

# FITNESS AGILITY



## AGILITY POLE BASE

Base for Agility Pole. Enables the poles to be used on any surface. Available in yellow only.

SKU: CSGPB032      Size: 25mm,32mm      Price: 6.90 NZD



## AGILITY POLE

1.7m agility pole with metal spike for planting in the ground. 1700mm x 32mm.

SKU: CSGSP1700      Price: 7.90 NZD

## 2 PIECE AGILITY POLE

2 piece agility pole. 1700mm x 32mm. Available in white only.

SKU: CSGSP170TY      Price: 9.90 NZD



## SPRING LOADED AGILITY POLE

1.7m agility pole with spring loaded base for rebound and increased safety during training. 1700mm x 32mm. Available in orange, white or yellow.

SKU: CSGSP170S      Price: 9.90 NZD



## SWISS BALL

Agility Swiss Ball. High quality at a low price. Colour may vary according to size and batch. Balls do not come with pump.

SKU: NANGB      Size: 55cm      Price: 13.00 NZD  
65cm,75cm      16.90 NZD  
85cm      19.90 NZD



## SPEED RING - SINGLE

Single ring to augment your speed ring set or to build your own. Available in single rings in 2 sizes with multiple colours.

SKU: CSGSR      Size and Colour: 50cm - Red,Green,Yellow      Price: 3.50 NZD  
70cm - Red,Blue,Green      5.90 NZD



## SPEED RING SET

Set of 12 x 40cm flat speed rings for speed and agility training. Each set contains 4 rings in each colour - red, blue, yellow.

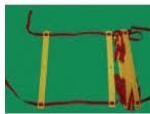
SKU: CSGSR012      Price: 19.90 NZD



## ROUND RUNG AGILITY LADDER, 4M

The ladder teaches basic skills to beginners, as well as allowing highly advanced athletes to develop blistering foot speed. This improved foot speed greatly contributes to improved acceleration and change of direction skills. Can connect in pairs using buckles. Rungs are spaced 43cm apart.

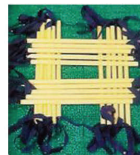
SKU: CSGRSL10      Price: 29.90 NZD



## FLAT RUNG AGILITY LADDER, 6M

Ideal for indoor training and fitness. Adjustable, 12 flat rungs 51cm wide.

SKU: CSGFSL12      Price: 34.90 NZD



## AGILITY LADDER, 4 X 5 RUNG LADDERS

4 x 5 rung speed ladders. These ladders are approximately 2m in length and can be used individually or attached using buckles to make a 10m ladder. Can be used in many different group or individual training exercises.

SKU: CSGRSL45      Price: 59.90 NZD





# FITNESS EQUIPMENT

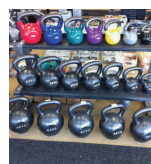


## DUMBBELL RACK - 3 LEVELS

An ideal storage space for your dumbbells. This three level storage rack is designed to take the heaviest of dumbbells and a lot of them! Each level also has a lip to keep the dumbbells on the shelf and stop them falling. The rack is 120cm long and 96cm high. A little assembly is required. Sorry, dumbbells not included.

SKU:  
NANRK2213

Price:  
179.00 NZD



## KETTLEBELL RACK

Its super heavy duty, designed to take the biggest of Kettlebells, just look in the photos at the big boys on the lower level. As you can see in the photos, it will take one each of our range from 4kg through to 48kgs - sorry but the kettlebells are not included. Each level has a thin vinyl non slip pad to keep the kettlebells where they should be!

SKU:  
PF493KBR

Price:  
199.00 NZD



## SQUAT RACK

Walk in design perfect for squat. 2 spotters for extra safety. When assembled measures 1100mm(l) x 700mm(w) x 1600mm(h). Powdercoated durable metal in a dark and silver colour. Price is for boxed set only, assembly not included.

SKU:  
PF358SR

Price:  
219.00 NZD



## OLYMPIC SQUAT RACK

This is a heavy duty, commercial quality Olympic Squat rack. Perfect for gyms, personal trainers, serious users and tall people! The top bar rest is at 1.76m and the spotters are adjustable. They have storage for Olympic plates and rubber pads so they don't damage your floors. Super heavy duty tubing provides sturdy safety. Bar catches distribute weight evenly on the upright. Spotters are easily adjustable. High quality metallic powder coating. Assembly is required. Purchase does not include weight bar or weights shown. Why pay \$1000 commercially for this item when you can get it at this low price? Don't confuse our cheap prices with cheap quality. Good luck getting this anywhere else!

SKU:  
NANRK6102C

Price:  
379.00 NZD



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# FITNESS MACHINE



**HOME USE MULTIGYM, 150LBS WEIGHT STACK**  
 Front/rear cro-mo axles. PVC coated 1 piece handle bar. Front posts adjustable to 6 height ranges. 6 adjustable ranges for horizontal seat adjustment. 14 ranges for seat height adjustment. Chain drive fixed wheel system with 18kg flywheel. Transport wheel for easy movement. Max user weight 120kg.

**SKU:**  
 JK9980

**Price:**  
 499.00 NZD



**3630 SPIN BIKE**  
 Front/rear cro-mo axles. PVC coated 1 piece handle bar. Front posts adjustable to 6 height ranges. 6 adjustable ranges for horizontal seat adjustment. 14 ranges for seat height adjustment. Chain drive fixed wheel system with 18kg flywheel. Transport wheel for easy movement. Max user weight 120kg.

**SKU:**  
 JK3600

**Price:**  
 865.00 NZD



**2 STATION HOME GYM**  
 Heavy duty steel frame. 1 weight stack at 210lbs. 2 stations. No cable change. Pec-dec, high/low pulleys, butterfly. Maximum user weight 150kg. 2100 x 1050mm x 2200mm. Weight covers extra. Price is for boxed gym, assembly required. Ideal for light commercial use.

**SKU:**  
 JK9950A

**Price:**  
 1499.00 NZD



**9865 SPRINT TREADMILL**  
 Display 193 x 79 LCD with two 16 x 11 dot matrix plus computer operation instruction display with time, program, incline, level, pulse, calories, speed, distance, BMI. Quick speed/incline button. Fan and hand pulse. Optional receiver/transmitter. One button functions as safety key and stopping control. 4HP duty CD motor. MCB: PWM controller. Speed:0.8 - 20kph. Push button incline 15%. Program - 1 manual, 12 preset programs in 3 level intensity, 4HRC, 3 user. Running size 560 x 1524mm (22 x 60). Aluminium rail with non skid panel and heavy duty aluminium tube. With transport wheels. Max. user weight 150kg.

**SKU:**  
 JKM9865

**Price:**  
 4953.00 NZD



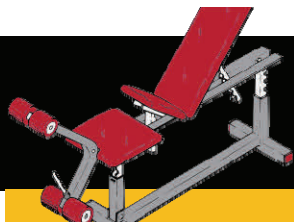
**9875 SPRINT TREADMILL**  
 Display 193 x 79 LCD with two 16 x 11 dot matrix plus computer operation instruction display with time, program, incline, level, pulse, calories, speed, distance, BMI. Quick speed/incline button. Has fan and hand pulse. Optional receiver/transmitter. One button functions as safety key and stopping control/ 3HP continuous AC motor. MCB inverter. Speed 0.8 - 22kph. Push button incline 15%. Program: 1 manual, 12 preset programs in 3 level intensity, 4 HRC, 3 user. Running size 560 x 560mm (22 x 60"). Aluminium rail with non skid panel and heavy duty aluminium tube. With transport wheels. Max. user weight 150kg. Ideal for light commercial use.

**SKU:**  
 JKM9875

**Price:**  
 6497.00 NZD



# FITNESS STRENGTH



## BOUNCING MEDICINE BALL

High quality rubberised medicine ball. These hollow synthetic balls are perfectly balanced for a range of activities with excellent grip and feel. Colour will vary between weight and batch.

SKU:  
CSGMB

|                |               |
|----------------|---------------|
| <b>Weight:</b> | <b>Price:</b> |
| 1kg            | 19.90 NZD     |
| 2kg            | 25.00 NZD     |
| 3kg            | 27.00 NZD     |
| 4kg            | 36.00 NZD     |
| 5kg            | 45.00 NZD     |
| 6kg            | 54.00 NZD     |



## AB SLINGS

Hanging Ab Slings by prime Fitness! These Hanging Ab Slings are made from heavy duty nylon with padded elbow sleeve pockets and an oversized attachment straps that fits nearly any bar or machine. Hanging Ab Slings isolate abs for total abdominal development. They encourage superior toning, trimming and conditioning of the entire abdominal area without lower back strain. They can also help a bad back by stretching the muscles and decompressing the spine, it easily attaches to any standard chin-up bar and, as shown, will even fit onto larger beams such as the pallet racking beams we have used! Extend you training today, and reach the next level!!!

SKU:  
NANAS5001

Price:  
39.00 NZD



## FID ATTACHMENT SET

Fits to 430 FID Utility bench. Ideal for leg and arm exercises. 6 over sized foam rollers for the leg developer. Olympic sleeves detachable for standard plates. Heavy duty powdercoated steel with durable, high density upholstery. Measures 900mm(l) x 520mm(w) x 800mm(h).

SKU:  
PF430A

Price:  
149.00 NZD



## FID UTILITY BENCH

Flat/incline/decline and military pressing positions. Chrome siding rack. Over sized curl holder foam rollers. Heavy duty steel tubing construction with high quality metallic powder coating. Durable upholstery. When assembled measures 1320mm(l) x 720mm(w) x 1100mm(h).

SKU:  
PF328UB

Price:  
169.00 NZD



## WEIGHT BENCH WITH ARM CURL & BUTTERFLY

Adjustable to incline, flat or decline. Removable arm curl pad. Leg curl option. Butterfly arm exerciser. Strong steel frame construction. Comfortable padded seat & adjustable backrest. Overall width (without a bar) 155 cms. Width between uprights 86 cms.

SKU:  
FMH5309B

Price:  
179.00 NZD



## DELUXE INVERSION TABLE

It can be folded up when not in use. It also has comfortable foam rollers to support the ankles. The bench has 3 levels of inversion and adjusts for different heights - accordingly it can be used by people varying in height from 147cm - 196cm and up to 136kg in weight.

SKU:  
FMH3209

Price:  
259.00 NZD



## DELUXE FID UTILITY BENCH

Flat/incline/decline and military pressing positions. Chrome siding bar. Dual action leg developer. Includes arm curl accessory. Over sized curl leg holder foam rollers. Heavy duty steel tube construction with metallic powder coating. High density upholstery. Measures 1800mm(l) x 680mm(w) x 1100mm(h).

SKU:  
PF330UB

Price:  
269.00 NZD



## POWER CAGE

Heavy duty steel tubing provides sturdy safety. Bar catches distribute weight evenly on upright. Easy adjustment of catches and spotters. Optional attachments lat/low, row, dips and UB. High quality metallic powder coating. Measures 1300mm(l) x 1150mm (w) x 2100mm(h).

SKU:  
PFU375R

Price:  
339.00 NZD



## OLYMPIC WEIGHT BENCH

Seat and backrest adjustable for incline/decline and flat positions. Adjustable spotters. Leg developer included. Olympic sleeves detachable for standard plates. Heavy duty steel tube construction. High density, durable upholstery.

SKU:  
PF450WB

Price:  
349.00 NZD



## POWER CAGE SYSTEM

Extra heavy duty steel tubing. Bar catches distribute weight evenly on upright. Pop pin adjustable safety rails and bar catches. Optional attachments lat/low, row, dips and UB. Dark and silver two tone metallic powder coated. When assembled stands 1400mm(l) x 1250mm(w) x 2100mm(h).

SKU:  
PFU475PC

Price:  
379.00 NZD



## DELUXE SMITH SYSTEM

Full Smith system including high lat/low row, pec dec, utility bench 330 UB and leg developer, preacher curl. Heavy duty steel tubing. Solid guide rods with hardness chrome. Uprights feature a 7 degree pitch. Measures 2800mm(l) x 1920mm(w) x 2150mm(h).

SKU:  
PF380SM

Price:  
749.00 NZD



## SMITH MACHINE

Extra heavy duty steel tubing construction. Linear ball bearing Smith system. Solid bar same as a standard 86 Olympic bar. Uprights feature a 7 degree pitch. High quality dark grey and silver two tone metallic powder coated. When assembled measures 1400mm(l) x 2200mm(w) x 2100mm(h).

SKU:  
PF482SM

Price:  
899.00 NZD



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# FITNESS TRAINING

**SUPASPORT**



## YOGA MAT

Large blue yoga mat. 1700mm x 600mm x 6mm thick. Great quality, perfect for home and gym use.

SKU:  
NANEM3002

Price:  
15.00 NZD



## BALANCE BOARD

Balance/Wobble board. Strong ABS with 40cm diameter.

SKU:  
NANB1001B

Price:  
25.00 NZD



## PERFECT PUSH UP

Who would have thought that something so deceptively simple would work so well? Rotating push up bars mean that you get maximum benefit of every push up, while the instructions will tell you how best to use the bars and how to increase your physical tone and strength.

SKU:  
NANPU3201

Price:  
39.90 NZD

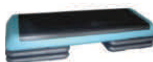


## AEROBIC STEP

A great way to increase fitness. Use this aerobic step, adjustable to 3 heights in the home. Top step measures 760mm x 280mm x 220mm.

SKU:  
NANSP1002

Price:  
59.90 NZD



## SUPER LARGE AEROBIC STEP

100mm x 420mm x 210mm. Large rubber non slip footplate. Adjustable to 3 heights.

SKU:  
PF710AS

Price:  
85.00 NZD



## SET OF 12, 18, 24 & 30" PLYO BOXES

4 Plyo boxes in the following heights: 12 Inch (30cms), 18 Inch (45cms), 24 Inch (60cms), 30 Inch (75cms). The boxes are constructed in boxed steel for strength and have a rubber non-slip platform designed to maximise your workout.

SKU:  
CKBFH010SET

Price:  
375.00 NZD



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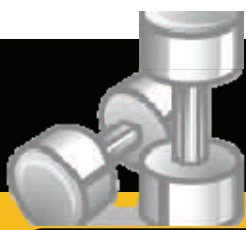
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# FITNESS WEIGHTS



## 25MM COLLARS

Standard spring collars for 25mm bars. Price is per pair.

SKU:  
NANCL03

Price:  
5.00 NZD



## 27MM COLLARS

Standard T collars. Steel, black for 27mm bars. Price is per pair.

SKU:  
PFSC03

Price:  
10.00 NZD



## SPRING COLLARS

Olympic sized spring collars. Price is per pair.

SKU:  
PFOC01

Price:  
10.00 NZD



## HANDLE COLLARS

Olympic handle collars, chromed. Price is per pair.

SKU:  
PFOC02

Price:  
10.00 NZD



## COMPRESS COLLARS

Olympic compress collars. Extra safe. Price is per pair.

SKU:  
PFOC03

Price:  
69.00 NZD



## DUMBBELL HANDLES

Spinlock 16 Dumbbell handles chromed. Price is per pair. Does not include weights.

SKU:  
NANSDA16T

Price:  
17.45 NZD



## OLYMPIC DUMBBELL HANDLES

Olympic Dumbbell handle, steel, chromed. Price is per handle. Weights not included.

SKU:  
PFOB20

Price:  
39.00 NZD



## NEOPRENE DUMBBELLS, 1KG

Neoprene coated dumbbells are safer for floors and great for continual use as the soft coating will not retain odour from your workouts.

SKU:  
NANDBS2133.01

Price:  
4.50 NZD

## RUBBER HEX DUMB BELLS

High density rubber hexagonal shaped dumb bells. Great for home and gym use and great protection against dropping onto floors.

SKU:  
PFRDB0

| Weight: | Price:     |
|---------|------------|
| 1kg     | 3.20 NZD   |
| 2kg     | 6.40 NZD   |
| 3kg     | 9.60 NZD   |
| 4kg     | 12.80 NZD  |
| 5kg     | 16.00 NZD  |
| 6kg     | 19.20 NZD  |
| 7kg     | 22.40 NZD  |
| 8kg     | 25.60 NZD  |
| 9kg     | 28.80 NZD  |
| 10kg    | 32.00 NZD  |
| 12.5kg  | 40.00 NZD  |
| 15kg    | 48.00 NZD  |
| 17.5kg  | 56.00 NZD  |
| 20kg    | 64.00 NZD  |
| 22.5kg  | 72.00 NZD  |
| 25kg    | 80.00 NZD  |
| 27.5kg  | 88.00 NZD  |
| 32.5kg  | 96.00 NZD  |
| 35kg    | 112.00 NZD |
| 37.5kg  | 120.00 NZD |
| 40kg    | 128.00 NZD |
| 42.5kg  | 136.00 NZD |
| 45kg    | 144.00 NZD |
| 47.5kg  | 152.00 NZD |
| 50kg    | 160.00 NZD |



## KETTLE BELL

Cast Iron Kettlebell with rubber base for grip and floor protection. Available in 4kg increments up to 48kg.

SKU:  
PFKB

| Weight: | Price:     |
|---------|------------|
| 4kg     | 12.00 NZD  |
| 8kg     | 24.00 NZD  |
| 12kg    | 36.00 NZD  |
| 16kg    | 48.00 NZD  |
| 20kg    | 60.00 NZD  |
| 24kg    | 72.00 NZD  |
| 28kg    | 84.00 NZD  |
| 32kg    | 96.00 NZD  |
| 36kg    | 108.00 NZD |
| 40kg    | 120.00 NZD |
| 44kg    | 132.00 NZD |
| 48kg    | 144.00 NZD |



## PLASTIC CASE KETTLEBELL

The smooth plastic casing makes these kettlebells easy on the hands! This is "Old School" training that is making a serious comeback. Search for "Kettlebell workout" on Youtube, to view a sample of workouts available.

SKU:  
CKBFH1004

| Weight: | Price:    |
|---------|-----------|
| 2kg     | 5.00 NZD  |
| 4kg     | 10.00 NZD |
| 6kg     | 15.00 NZD |
| 8kg     | 20.00 NZD |
| 10kg    | 25.00 NZD |
| 12kg    | 30.00 NZD |
| 14kg    | 35.00 NZD |
| 16kg    | 40.00 NZD |
| 18kg    | 45.00 NZD |
| 20kg    | 50.00 NZD |



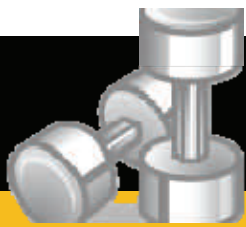
## RUBBER KETTLEBELL WITH CHROME HANDLE

High Quality rubber coated finish that LOOKS GREAT! HYGIENIC Chrome Plated handle that's real easy to clean - great for personal trainers & high use situations! QUIET TO USE & less likely to cause damage if dropped! CLEARLY SIZED with an attractive inset size panel!

SKU:  
CKBFH1004

| Weight: | Price:     |
|---------|------------|
| 4kg     | 18.00 NZD  |
| 6kg     | 27.00 NZD  |
| 8kg     | 36.00 NZD  |
| 10kg    | 45.00 NZD  |
| 12kg    | 54.00 NZD  |
| 16kg    | 72.00 NZD  |
| 20kg    | 90.00 NZD  |
| 24kg    | 108.00 NZD |
| 28kg    | 126.00 NZD |
| 32kg    | 144.00 NZD |





# FITNESS WEIGHTS



### 20KG DUMBBELL WEIGHT SET

4 x 2.5kg hamertone plates, 4 x 1.25kg hamertone plates, 4 x .5kg hamertone plates, 2 x chromed spinlocked dumbbell handles, 2 x chromed spinlocks.

SKU: NANDBS1201

Price: 59.90 NZD



### 20KG DUMBBELL WEIGHT SET

4 x 2.5kg hammertone plates, 4 x 1.25kg hammertone plates, 4 x .5kg hammertone plates, 2 x chromed spinlock dumbbells, 2 x chrome plated spinlocks, ABS storage case.

SKU: NANDBS1203

Price: 69.90 NZD



### PIVOT STEEL PLATES

Standard steel plates with a tri grip for easy lifting. Available for 27mm bars.

SKU: PFSP

| Weight: | Price:    |
|---------|-----------|
| 1.25kg  | 3.25 NZD  |
| 2.5kg   | 6.25 NZD  |
| 5kg     | 12.50 NZD |
| 10kg    | 25.00 NZD |
| 15kg    | 37.50 NZD |
| 20kg    | 50.00 NZD |



### STEEL PLATES

Standard steel plates with grey hammertone finish. For 25mm bars.

SKU: NANPL

| Weight: | Price:    |
|---------|-----------|
| 1.25kg  | 2.75 NZD  |
| 2.5kg   | 5.50 NZD  |
| 5kg     | 11.00 NZD |
| 10kg    | 22.00 NZD |
| 20kg    | 44.00 NZD |



### OLYMPIC RUBBER PLATES, 5KG

Olympic rubber coated steel plates. 12 sided with hand holes. Fits 50mm bar.

SKU: PFORP050

Weight: 5kg Price: 19.50 NZD



### OLYMPIC STEEL PLATE

Olympic steel plate. Tri grip, easy lift style.

SKU: PFOP

Weight: 5kg Price: 13.50 NZD  
20kg Price: 54.00 NZD



### STANDARD CURL BAR

Standard 47 curl bar solid steel chromed. 27m. Collars not included.

SKU: PFSSCB47

Price: 34.90 NZD



### STEEL BAR 25MM

Standard 6' bar, solid steel, chromed. 25mm

SKU: NANRB72

Price: 39.90 NZD



### STEEL BAR, 27MM

Standard 7' bar, solid steel, chromed. 27mm

SKU: PFSSB84

Price: 45.00 NZD



### REVOLVING 48" LAT BAR

Solid Steel. Chrome Plated. Grip Handles.

SKU: PF28501

Price: 49.00 NZD



### TRICEP BAR

Standard Tricep Bar, solid steel, chromed. Available in 25mm or 27mm diameter. Size: 25mm, 27mm

SKU: NANRB34

Price: 39.00 NZD



### TRICEP BAR - OLYMPIC

Olympic tricep bar, chromed.

SKU: PFOB34

Price: 79.00 NZD



### OLYMPIC BAR, 6

Olympic Bar, 6'. Copper bushing, chromed finish. Price is for bar only, weights not included.

SKU: PFOB72

Price: 105.00 NZD



### OLYMPIC BAR, 7

Olympic Bar, 7', copper bushed, chrome plated. 28mm. Weights not included.

SKU: PFOB86

Price: 105.00 NZD

