

WWW.GYMSTICK.COM



FITNESS COLLECTION  
**2010**

# Gymstick Fitness Collection 2010

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European Union  
European Regional Development Fund

Leverage from  
the EU  
2007-2013



Työ- ja  
elämäntutkimus  
Arbeits- und  
Lebensforschung

## The Company vision

is to introduce new designs, innovations and concepts to fitness enthusiasts all over the world.

The fitness collections of Gymstick consist of simply effective fitness products for exercising any where, at any time as well individually as in a group. The high quality Gymstick fitness products meet the requirements of even the most demanding fitness enthusiasts.



## Gymstick Concept Collection

Gymstick International has developed year-around fitness equipment and concept which allow the fitness enthusiasts to enjoy a healthy and active lifestyle. The Gymstick concept includes effective forms of exercising with unique products for indoors, outdoors and for water. Gymstick fitness training programmes are particularly motivating for improving the physical condition, controlling the weight and taking care of the personal well-being.

The collection has been a success in numerous countries and continues its' great path in retail as well as in professional side of the business. For the new season the collection is updated with most fascinating new innovations: Power Wheelz Pro, Balance Pro, Runner's Gym and Chair Gym. The entire collection offers one of the most unique and versatile line of fitness products for today's fitness industry.



### Training with Gymstick Concept products improves:

- cardiovascular fitness
- muscular endurance and core strength
- balance and flexibility
- muscular co-ordination
- fat loss and toning



## GYMSTICK ORIGINAL

### Gymstick Original consists of:

- a fibreglass stick, length 130 cm / 51.18"
- soft foam hand grip
- a pair of latex rubber resistance tubes with durable fabric loops at both ends
- a rubber stopper at both ends of the stick for attaching the exercise bands

### Gymstick Original comes with:

- a stylish fabric cover/ carry bag
- a Gymstick instruction and workout poster (incl. 18 basic movements)
- a 60 min Gymstick workout DVD (incl. 3 workout programmes)



#### 11001 Gymstick Original light/green

- for group training, rehabilitation and exercise of the elderly.
- the resistance ranges from 1 to 10 kg / 2-22 lb.

GREEN



#### 11002 Gymstick Original medium/blue

- for group training, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2-33 lb.

BLUE



#### 11003 Gymstick Original strong/black

- for group training, fit women and men who want to start exercising
- the resistance ranges from 1 to 20 kg / 2-44 lb.

BLACK



#### 11004 Gymstick Original extra strong/silver

- for extremely fit men and athletes
- the resistance ranges from 1 to 25 kg / 2-55 lb.

SILVER



#### 11005 Gymstick Original superstrong / gold

- for athletes
- the resistance ranges from 1 to 30 kg / 2-66 lb.

GOLD



## TELESCOPIC GYMSTICK

### Telescopic Gymstick consists of:

- a three-piece telescopic fibreglass stick with a simple quick lock-mechanism
- max length 117cm/ 46" / min 70cm/27.5"
- a pair of latex rubber resistance tubes with durable fabric loops at both ends
- a rubber stopper at both ends of the stick for attaching the exercise bands

### Telescopic Gymstick comes with:

- a stylish fabric cover/ carry bag
- a Gymstick instruction and workout poster (incl. 18 basic movements)
- a 60 min Gymstick workout DVD (incl. 3 workout programmes)



#### 13001 Telescopic Gymstick light/green

- for group training, rehabilitation and exercise of the elderly.
- the resistance ranges from 1 to 10 kg / 2-22 lb.

GREEN



#### 13002 Telescopic Gymstick medium/blue

- for group training, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2-33 lb.

BLUE



#### 13003 Telescopic Gymstick strong/black

- for group training, fit women and men who want to start exercising
- the resistance ranges from 1 to 20 kg / 2-44 lb.

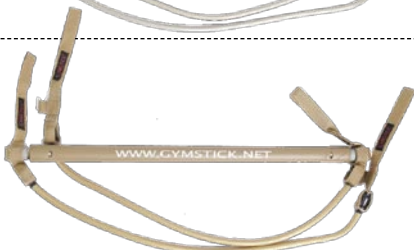
BLACK



#### 13004 Telescopic Gymstick extra strong/silver

- for extremely fit men and athletes
- the resistance ranges from 1 to 25 kg / 2-55 lb.

SILVER



#### 13005 Telescopic Gymstick super strong / gold

- for athletes
- the resistance ranges from 1 to 30 kg / 2-66 lb.

GOLD

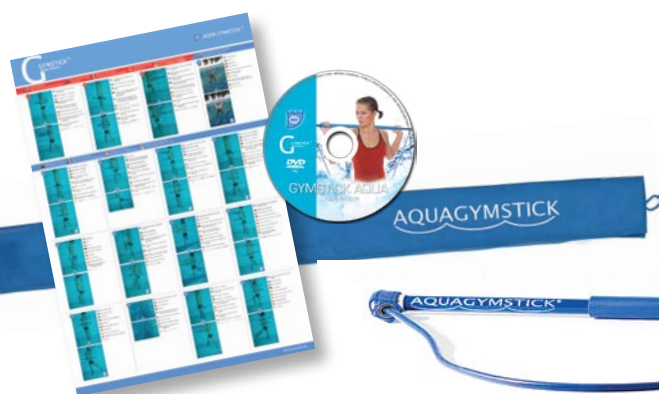
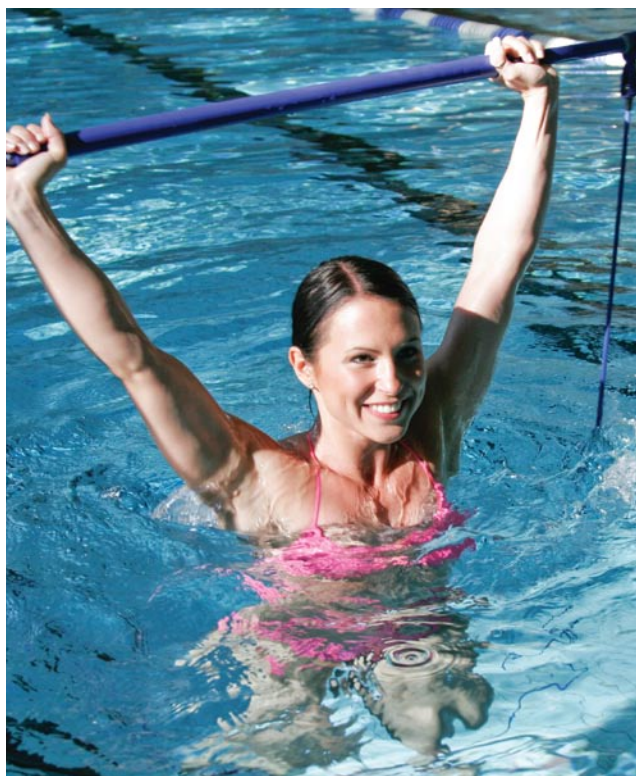
## GYMSTICK AQUA

### Gymstick Aqua consists of:

- a fiberglass stick, length 117 cm / 46"
- soft water resistant hand grip
- a pair of latex rubber resistance tubes with durable and adjustable fabric loops
- a rubber stopper at both ends of the stick for attaching the exercise bands

### Gymstick Aqua comes with:

- a fabric cover / carry bag
- a Gymstick Aqua instruction and aqua workout poster (incl. 18 basic aqua movements)



#### 14001 Gymstick Aqua light/green

- for aqua group training, rehabilitation and elderly
- the resistance ranges from 1 to 10 kg / 2-22 lb.

GREEN



#### 14002 Gymstick Aqua medium/blue

- for aqua group training and women
- the resistance ranges from 1 to 15 kg / 2-44 lb.

BLUE



#### 14003 Gymstick Aqua strong/black

- for aqua group training, fit women and men who wants to start exercising
- the resistance ranges from 1 to 20 kg / 2-44 lb.

BLACK



#### 14004 Gymstick Aqua extra strong/silver

- for extremely fit men and athletes
- the resistance ranges from 1 to 25 kg / 2-55 lb.

SILVER



#### 14005 Gymstick Aqua super strong/gold

- for athletes
- the resistance ranges from 1 to 30 kg / 2-66 lb.

GOLD



## BOOTCAMP GYMSTICK

Bootcamp Gymstick is a second generation telescopic Gymstick designed for demanding training workouts both indoors and in open air. The new camouflage appearance and the extremely durable construction and materials of Bootcamp Gymstick suit well for heavy use in outdoor or indoor training. The Boot Camp bag is designed to fit tight even when running or during the most demanding training sessions. Boot Camp Gymstick comes with two pairs of exercise bands in two different resistance levels allowing you to adjust the resistance according to the training level.

### Bootcamp Gymstick consists of:

- a three-piece telescopic fiberglass stick with an easy quick lock-mechanism.
- max length 117/46' min 70cm/27.5'
- durable soft foam hand grip
- two pairs of latex rubber resistance bands with durable fabric loops at both ends.  
Resistance levels: medium & strong and strong & extra strong
- a rubber stopper at both ends of the stick for attaching the exercise bands
- a stylish multifunction cover/carry bag in camouflage design
- instruction and workout poster
- a 60 min workout DVD



#### 13323 Gymstick Bootcamp Medium

**Medium** resistance bands are designed for female beginners, group training and juniors athletes. The resistance range is from 1 to 15 kg / 2-33lb

**Strong** resistance bands are ideal for fit women, junior athletes and male beginners. The resistance range varies from 1 to 20 kg / 2-44lb



#### 13334 Gymstick Bootcamp Heavy

**Strong** resistance bands are ideal for fit women, junior athletes and male beginners. The resistance range varies from 1 to 20 kg / 2-44lb

**Extra strong** bands suit for fit men, extra fit women and athletes. The resistance ranges from 1 to 25 kg / 2 - 55 lb



## GYMSTICK POWER WHEELZ

Gymstick Power Wheelz is a fitness tool combining exercise rollers and exercise bands into one effective workout. With Power Wheelz you can do effective combination and core movements in standing position - the most demanding movements are made on floor level. Your own body weight and gravity will challenge your body when performing different variations of rolling movements with Power Wheelz. With Power Wheelz you can do individual muscle conditioning workouts at home or you can join a Power Wheelz group class at a fitness studio.

### Gymstick Power Wheelz consists of:

- 2 pcs Power Wheelz rollers
- 2 latex rubber resistance bands with durable and adjustable fabric loops
- X-strap for connecting the bands
- instruction and workout poster
- workout DVD



GYMSTICK  
**POWERWHEELZ**  
CHALLENGE YOUR BODY

#### 15001 Power Wheelz light

- for group training, rehabilitation and exercise of the elderly.
- the resistance ranges from 1 to 10 kg / 2-22 lb.



#### 15002 Power Wheelz medium

- for group training, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2-33 lb.



#### 15003 Power Wheelz strong

- for group training, fit women and men who want to start exercising
- the resistance ranges from 1 to 20 kg / 2-44 lb.



#### 15004 Power Wheelz extra strong

- for extremely fit men and athletes
- the resistance range from 1 to 25 kg / 2-55 lb.



#### 15005 Power Wheelz super strong

- for athletes
- the resistance ranges from 1 to 30 kg / 2-66 lb.



## GYMSTICK POWER WHEELZ PRO

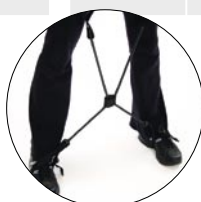
The second generation Power Wheelz Pro is mainly created for professional and heavy-duty use. Power Wheelz Pro consist of 2 pcs rollers with extra weight inside the handle. There are two different resistance levels to choose from: green bands = light and black bands = strong. The resistance can be easily adjusted during the workout by using two bands or just one band at the time. Exercising with Power Wheelz Pro is easy, smooth and effective.

### Power Wheelz Pro consists of:

- 2 pcs Power Wheelz Pro rollers with extra weight and stylish chrome wheel
- 4 pcs latex rubber resistance bands ( light & strong ) with attachment hooks and adjustable fabric loops
- X-strap for connecting the bands
- Instruction and workout poster
- workout DVD



Attachment hooks



X-strap system



### 15013 Power Wheelz Pro

- Light/Green: the resistance ranges from 1 to 10 kg / 2-22 lb.
- Strong/Black: the resistance ranges from 1 to 20 kg / 2-44 lb.
- Light/Green + Strong/Black: the resistance ranges from 1 to 30 kg / 2-66 lb.



## GYMSTICK PRO BALANCE

# GYMSTICK™ probalance

Pro Balance is a transformable balance board designed for balance training for athletes as well as for fitness enthusiasts. The product consists of two separate one leg balance boards which have moving parts at the bottom. Adjusting the parts to different positions will bring lots of variations to the training.

The two boards can be combined to one bigger board with one big moving part at the bottom.

Pro Balance will challenge the balance and muscles with tens of different ways by moving the parts at the bottom into different positions. Athletes may perform exercises suitable for their particular sports art but altering the positions of the moving parts at the bottom the same board will serve for example as rehabilitation tool for ankles.

Pro Balance is designed for:

- Balance training for fitness enthusiasts
- Balance training for children and adolescent
- Specific sports art training and rehabilitation for athletes
- Rehabilitation for people who have restrictions of exercising
- Balance training for seniors



The two boards can be combined to one bigger board with one big moving part at the bottom.



Pro Balance brings new dimension to balance training and rehabilitation.



### 17000 Gymstick Pro Balance

**Pro Balance consists of:**

- 2 pcs one foot boards
- 2 pcs cushions
- 4 pcs small moving parts
- 2 pcs safety pins
- 1 pce big moving part
- 2 pcs moving balls
- 2 pcs Non-slipping floor mat
- Storage bag



## GYMSTICK CHAIR GYM



## GYMSTICK™ CHAIR GYM

Today we sit several hours each day which can cause the lower back to numb and the posture to collapse.

Gymstick Chair gym is a new fitness tool to be used with a chair. Attaching the bands onto a chair with four legs will transform the chair to a compact fitness studio!

Tens of muscle strength and mobility exercises can be performed either on sitting on the chair or on standing by the chair. Open your own gym anywhere – all you need is a chair and Gymstick Chair gym!

Gymstick Chair gym is ideal for elderly who tend to sit long times during the day but it serves superbly all fitness enthusiasts who want to benefit the sitting position when performing a muscle strength exercise. Chair gym brings comfort and safety to training and it suits for both individual and group training.

- Exercise while sitting
- Every chair can become a gym
- Get fit by sitting on a chair!
- Easy, safe, comfortable and yet effective training!



Set Leg Units under two or four legs of a chair. Attach the resistance bands and you're ready to go.

If you need more resistance, just loop the exercise tube over the "ear" part. More loops mean more resistance.



### 17001B GYMSTICK CHAIR GYM

**Consists of:**

- 2 pcs of leg units
- 2 pcs of Medium/blue exercise bands
- 2 pcs of foam coated handles
- 2 pcs of ankle straps
- 1 Workout DVD
- 1 big exercise chart incl. 20-30 exercises



### 17001PRO GYMSTICK CHAIR GYM PRO

**Consists of:**

- 4 pcs of leg units
- 2 pcs of Light/green exercise bands
- 2 pcs of Medium/blue exercise bands
- 2 pcs of foam coated handles
- 2 pcs of ankle straps
- 1 door anchor
- 1 Workout DVD
- 1 big exercise chart incl. 20-30 exercises
- 1 bar
- 1 fabric bag for all parts

## NORDIC WALKING POLES WITH RESISTANCE TRAINING SYSTEM

Nordic Walking poles with resistance tubes are not just walking poles but a complete fitness studio! You can transform the poles in just a few seconds to a Gymstick resistance bar by pulling out the exercise bands from inside the shafts. The multifunction nordic walking poles allow you to perform not only a cardio training but an efficient muscle condition exercise anywhere, anytime!

### Structure of the poles:

- Ergonomically designed GS foam or GS cork grip
- Durable carbon or glass fibre shaft
- Ergonomically designed GS strap
- GS handle foam grip for Gymstick resistance band exercising (Only available on Force model)
- Universal spike
- Universal paw
- Gymstick resistance training bands attached with patented Quick-hole mechanism
- Available in two resistance levels:
  - medium / blue 1 to 15 kg / 2-33 lb
  - strong / black 1 to 20 kg / 2-44 lb



### Nordic Walking poles with resistance training system come with:

- a stylish fabric cover/carry bag (Only available on Force model)
- a Gymstick instruction/workout poster
- a 60 min Gymstick workout DVD (incl. 2 Gymstick workout programmes)



**21 \*\*\* Gymstick Start**  
Gymstick Start is an excellent pole for anybody who is newly introduced to Nordic Walking.

- Shaft carbon index: 100 % glassfiber
- Grip: GS plastic
- Strap: GS strap
- Tip: GS Universal
- Paw: GS air cell paw
- Exercise bands available: medium, strong
- Shaft colour: silver/light grey
- Lengths: 100-135/5 cm  
39,5" - 52" / 2"



**22 \*\*\* Gymstick Health**  
Gymstick Health is an excellent pole for anybody who is newly introduced to Nordic Walking.

- Shaft garbon index: 100 % glass fibre
- Grip: GS foam
- Strap: GS strap
- Tip: GS Universal
- Paw: GS air cell paw
- Exercise bands available: medium, strong
- Shaft colour: Green
- Lengths: 100-135/5 cm  
39,5" - 52" / 2"



**25 \*\*\* Gymstick Force**  
Gymstick Force is designed for Nordic Walking enthusiasts who respect the excellent performance and lightness of the pole. Ideal for group instructing use.

- Shaft carbon index: 40 % carbon
- Grip: GS cork
- Strap: GS Universal
- Tip: GS sharp
- Paw: GS air cell paw
- Exercise bands available: medium, strong
- Shaft colour: Light blue
- Lengths: 100-135/5 cm  
39,5" - 52" / 2"



## BASIC NORDIC WALKING POLES



### The structure of the poles:

- Ergonomic Basic GS foam or cork grip
- Durable glass- or carbon fibre shaft
- Salomon strap
- GS Universal tip
- Universal paw



### Telescopic Fitwalker 28000

Two-section telescopic Nordic walking poles. Continuously adjustable 83 - 135 cm.

- Packing length 83 cm.
- Shaft composition: 20% carbon
- Grip: Basic GS cork
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: lime-silver

Adjustable from 83 to 135 cm



### Walker One 30100\*-135\*

(the three last figures refer to the length of the poles 100-135 cm)

- Shaft composition: 100% glassfibre
- Grip: Basic GS foam
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: Black



### Walker Two 31100\*-135\*

(the three last figures refer to the length of the poles 100-135 cm)

- Shaft composition: 100% glassfibre
- Grip: Basic GS foam
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: Red



### Fit Walker 29100\*-135\*

(the three last figures refer to the length of the poles 100-135 cm)

- Shaft carbon index: 20% carbon
- Grip: Basic GS cork
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: Silver



### Pro Walker 27100\*-135\*

(the three last figures refer to the length of the poles 100-135 cm)

- Shaft carbon index: 20 % carbon
- Grip: Basic GS cork
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft color: Gold



## NORDIC WALKING GYM

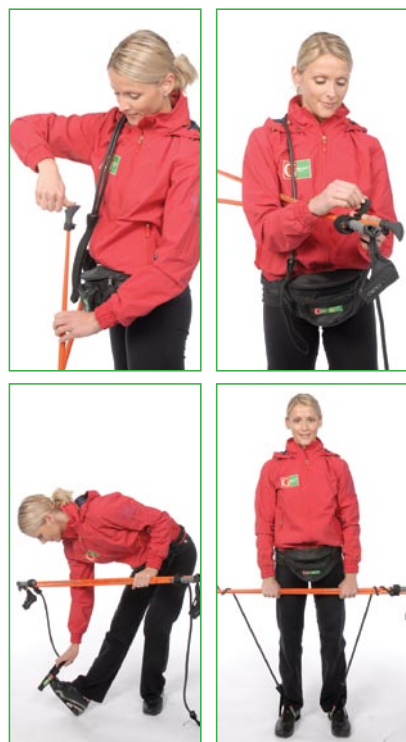
Modify your Nordic Walking poles into a Gymstick!

With Nordic Walking Gym exercise bands you can modify your walking-, cross country- or alpine poles into a Gymstick exercise bar in just a few seconds by attaching the NW Gym bands on them. The combination of poles and bands will allow you to perform a complete workout improving your muscle strength, balance and mobility.

You can choose to exercise in between your walking programme in the open air or at home with the help of the NW Gym workout DVD.

### Nordic Walking Gym consists of:

- a pair of latex exercise bands with special pole attachment strap system
- a stylish black waistbag
- Nordic Walking Gym instruction/workout poster
- Gymstick Nordic Walking Gym workout DVD ( incl. 2 programmes)



#### 20021 Nordic Walking Gym light/green

- for rehabilitation and elderly
- the resistance ranges from 1 to 10kg / 2-22 lb.



#### 20022 Nordic Walking Gym medium/blue

- for beginners, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2 -33 lb



#### 20023 Nordic Walking Gym strong/black

- for fit women and men starting to exercise
- the resistance ranges from 1 to 20 kg / 2 -44 lb.



## GYMSTICK RUNNER'S GYM

# RUNNER'S GYM

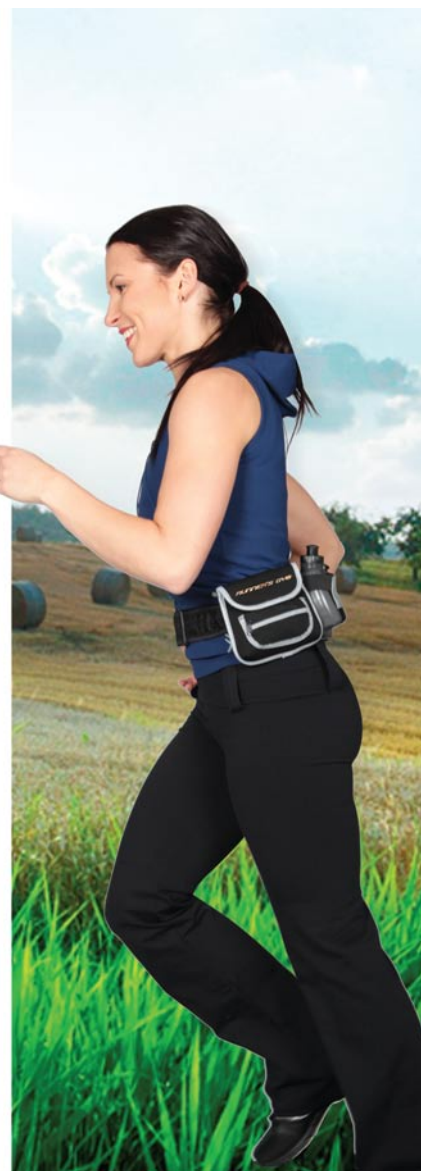
The active runner easily forgets about muscle condition training and stretching – the main focus being on running! Still it is obvious that one does not improve as a runner by just running, it is vital to pay attention to muscle strength training and maintenance of mobility.

Runner's Gym is a fitness tool designed for runners, walkers and nordic walkers for muscle strength training in open air and/or indoors. Runner's Gym is based on resistance bands which make up a complete fitness tool with the supplements - all fitting into the Runner's belt. The belt has also place for drinking bottle – it is a compact fitness set.

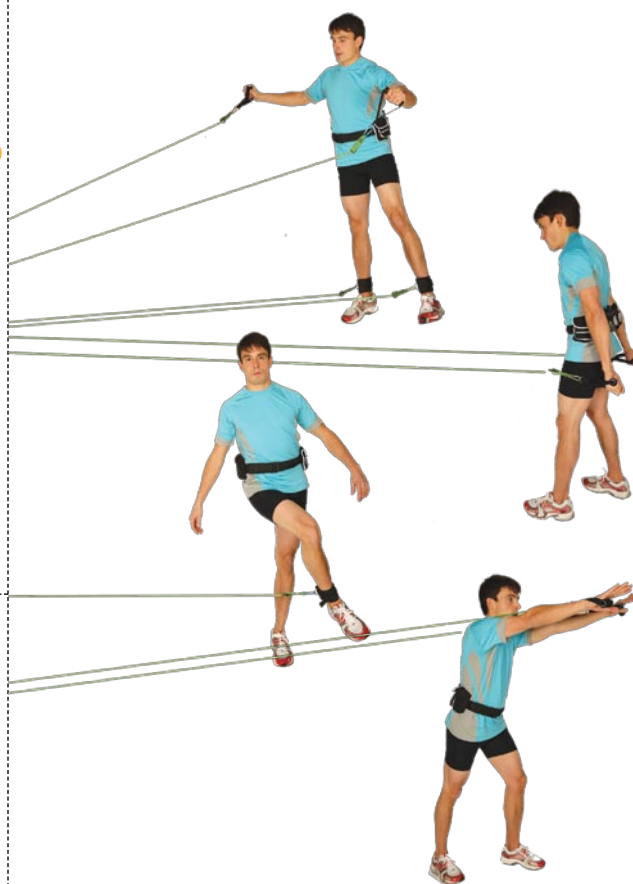
To start the actual Runner's Gym training the attaching anchor must be first fixed onto a tree or a stable bench and the resistance bands are attached to the anchor by a carabiner. Possible to perform tens of muscle strength exercises for upper body, mid section and lower body muscles or combined exercises for activating several muscle groups simultaneously. Easy to take along, easy to use anywhere at all times and yet effective. Regular training brings more speed into the running performance and improves strength.

### Runner's Gym consists of:

- Runner Gym belt with two big pockets, mobile phone pocket and two drinking bottles (1)
- 2 pcs 60 cm latex exercise bands with aluminium carabiner attachment hooks (2)
- 2 pcs 30 cm latex exercise bands with aluminium carabiner attachment hooks (3)
- 2 pcs ankle straps (4)
- 2 pcs foam gripped handles (5)
- 1 pcs band attachment anchor (6)
- 1 pcs exercise poster



20100 Runner's Gym



## OUTDOOR ACCESSORIES

### Gymstick Nordic Walking spare bands



Exercise bands blue  
60 cm or 70 cm



Exercise bands black  
60 cm or 70 cm

### Additional spare parts for Nordic Walking collection with resistance training system



20001  
GS Foam  
grip



20002  
GS Cork  
grip



### Additional spare parts for Basic Nordic Walking collection



20030  
GS Basic foam  
grip (gray)



20031  
GS Basic foam  
grip (red)



20032  
GS Basic cork  
grip (gray)



20033  
GS Basic cork  
grip (gold)

### Additional spare parts for all Nordic Walking poles



20007  
GS Strap  
(pair) Salomon  
license



20009  
GS Universal  
Spike (2 pcs)



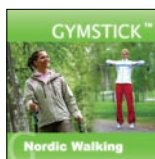
20004  
GS Sharp (2  
pcs)



20006  
GS Soft paw  
(2pcs)



20008  
GS Universal  
Paw (2 pcs)



#### 40020 Gymstick Outdoor workout DVD

The Gymstick Nordic Walking Outdoor workout DVD includes two Gymstick training programmes and stretching exercises. The DVD includes also Nordic Walking technique and basic knowledge on how to exercise with Gymstick Nordic Walking poles. Running time: 60 min



#### 90002 GS Led

GS LED will provide safety and visibility to any outdoor activities performed in the dark time of the day. Attachable to almost anywhere: on the walking poles, on shoes, gloves, jacket or even on a bicycle!

Functions: 3 different lighting variations  
Material: Silicon. Size: 11,5 x 4,0 x 1,5 cm  
Colour: Red

### Gymstick Nordic Walking team bags

#### 45003

##### Gymstick Nordic Walking Team bag, small

A strong bag for a group instructor or a group. Holds 10–15 pairs of Gymstick Nordic Walking poles. Colour: Green



#### 45004

##### Gymstick Nordic Walking Team bag, big

A strong bag for a group instructor or group. Holds 35–40 pairs of Gymstick Nordic Walking poles. Colour: Green





## INDOOR ACCESSORIES

### Gymstick Original, Telescopic, Gymstick Aqua and Power Wheelz spare bands



30001 Original/Telescopic Exercise bands green/light  
34001 Gymstick Aqua Exercise bands green/light  
35001 Power Wheelz bands green/light



30003 Original/Telescopic Exercise bands black/strong  
34003 Gymstick Aqua Exercise bands black/strong  
35003 Power Wheelz bands black/strong



30005 Original/Telescopic Exercise bands gold/super strong  
34005 Gymstick Aqua Exercise bands gold/super strong  
35005 Power Wheelz bands gold/super strong



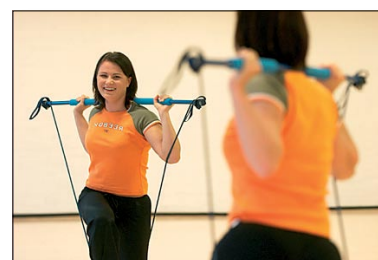
30002 Original/Telescopic Exercise bands blue/medium  
34002 Gymstick Aqua Exercise bands blue/medium  
35002 Power Wheelz bands blue/medium



30004 Original/Telescopic Exercise bands silver/extra strong  
34004 Gymstick Aqua Exercise bands silver/extra strong  
35004 Power Wheelz bands silver/extra strong



95100 X-Strap



### Gymstick Group workout Music



#### 41002 Gymstick Cardio Music

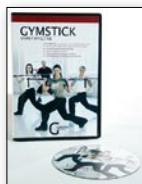
Music to give beat to Gymstick Cardio classes.  
Running time 60 min.



#### 41003 Gymstick Muscle Music

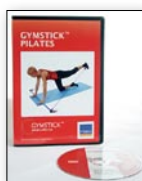
Music to keep up in the challenging Gymstick Muscle class.  
Running time 60 min.

### Gymstick DVD



#### 40015 Gymstick Simply Effective DVD

The Gymstick simply effective programme consists of a warm up phase, two training programmes and stretching exercises. A special application to this DVD is that you can choose whether you want to exercise with or without music or speak.  
Running time: 60 min.



#### 40014 Gymstick Pilates DVD

The Gymstick Pilates programme will complete your Pilates training by adding variety and a dynamic approach to your existing Pilates programme. If you are newly introduced to the Pilates technique you will learn how to progress gradually and how to use GYMSTICK to enhance your strength and mobility.  
Running time: 60 min.



#### 40019 Gymstick Muscle Master DVD **NEW!**

Gymstick is getting out a new home workout called the Gymstick Muscle Master. This DVD is made by our Canadian Master Trainer Joelle Menard. It focused on Gymstick Basic and Muscle group class concept and is guaranteed to give an incredible effective total body workout  
Running time: 77 min.

### Gymstick Original team bags



#### 45001 Gymstick Team bag, small

A strong bag for a group instructor or a group. Holds 15-20 Gymstick Originals.



#### 45002 Gymstick Team bag, big

A strong bag for a group instructor or a group. Holds 45 Gymstick Originals.



GYMSTICK is one of the fastest growing workouts in the world!

### GYMSTICK BASIC

Improves flexibility, balance, core stability and activity. Ideal basic programme for beginners, elderly and persons recovering from an injury.



### GYMSTICK CIRCUIT

Gymstick Circuit is an enjoyable, versatile and intensive mixture of strength and condition training.



### GYMSTICK CARDIO

Trains effectively the condition, strength and body awareness. The programme consists of three phases: warm-up, combination movements including dynamic strength training and stretching.



### GYMSTICK MUSCLE

This is a real muscle strength training programme. Each muscle group at a time is challenged by isolating and combination movements.



### GYMSTICK PILATES

Gymstick Pilates strengthens and tones the core and trains balance and coordination at the same time. Concentrated movements performed in low tempo combined with the Pilates breathing enhance quickly the body awareness. The programmes are developed together with Pilates Institute in London.



### GYMSTICK AQUA

Until now it has not been possible to train with any equipment above the water surface – with Gymstick Aqua it is now possible! Training with resistance tubes in the water brings new dimensions to water gymnastics.



### GYMSTICK NORDIC WALKING

Gymstick Nordic Walking is a combination of Nordic Walking and Gymstick resistance training. Gymstick Nordic Walking poles are a complete fitness experience improving not only the cardiovascular fitness but also strengthening and toning the muscles. First you walk and then you pull the resistance bands out to perform a muscle conditioning workout – in the fresh air! All your physical abilities can be trained with Gymstick NWV poles – outdoors or indoors, depending on your desire!



### POWER WHEELZ

Power Wheelz training is an effective combination of core training, balance training and muscle endurance training for whole body. With Power Wheelz you can do effective combination and core movements in standing position - the most demanding movements are made on floor level. Your own body weight and gravity will challenge your body when performing different variations of rolling movements with Power Wheelz.



### BOOTCAMP

Gymstick Bootcamp group training is a most efficient total body workout. The heart and muscles are drilled by moving from one exercise to another with no rest in between. The workout consists for example of push ups, jumping jacks, crunches and running combined with versatile Gymstick Original movements. Guaranteed to get 100% pure workout satisfaction.

"DROP AND GIVE ME 20"



Gymstick Group training concept consists altogether of 9 different group workout products for indoors, outdoors and now also for water. The products are developed, updated and marketed by World Gymstick Team (WGT). The National Gymstick Teams (NGT) around the world are supervising the development of Gymstick products in their own area in co-operation with WGT. There are thousands of people participating Gymstick group classes in fitness studios, fitness centres, health clubs, spas and hotels all over the world.

## Gymstick RED POWER – collection

The colour red is associated with energy, strength, power, determination as well as passion and desire.

Gymstick International brings all these aspects to fitness with the Red Power collection consisting of a full range of home fitness equipment – everything from steppers to treadmills.

The elegant looks of the Red Power collection brings new dimensions to home fitness equipments – you can decorate your home with them! No need to hide the equipment in the basement any more – the metal shine red colour with chrome coloured details combined with functional design tempts to place the Red Power equipment in the middle of the living room!

The high quality finishing is not only catching the eye - the real Red Power is put to use when exercising:

Reliability. Comfort. Smooth natural motion. Motivating workout programs. With a Red Power product at your home, training feels less like a routine and more like luxury you can look forward to every day.

Feel the fire of the Red colour. Decorate your home with fitness. Welcome to Red Power !



Decorate your home with fitness!



# STRONG SERIES

CROSSSTRONG



Model no. CS-CT

Resistance type	Manual magnetic
Operating environment	Home
Flywheel	app. 6 KG, Two-way bearing
Power supply	Battery
Maximum user weight	115 KG
Product size	168 X 63 X 180 CM
Computer	LCD-window
Computer functions	Time, Distance, Speed, Calories, Pulse, RPM
Ergonomics and other details	Stride length 35cm (3-part crank), Floor leveller, transport wheels, computer angle adjustment
Certifications	RoHS / CE certified
Package type	White box with color poster
Package size and weight	108 X 56 X 39,5 CM / net 33 KG gross 34,5 KG
Loading 20°/40°/40°HC	120 / 252 / - pcs

ROWSTRONG



Model no. CS-RW

Resistance type	Manual magnetic
Operating environment	Home
Power supply	Battery
Maximum user weight	115 KG
Product size	192 x 43 x 75 CM
Flywheel	app. 5 KG
Computer	LCD-window
Computer functions	Time, Distance, Speed, Calories, Pulse, RPM, Fat%
Ergonomics and other details	Foldable (space saver!), Sturdy sliding seat, feet support bends with movement, floor leveller, transport wheels
Certifications	RoHS / CE certified
Package type	White box with color poster
Package size and weight	74,5 X 23 X 78 CM / net 29 KG gross 32,5 KG
Loading 20°/40°/40°HC	220 / 450 / - pcs

Motor	1,1 HP DC motor
Operating environment	Home
Power supply	Mains powered
Speed	1,0 - 12 km/h
Elevation	Manual, 3-level
Maximum user weight	100 KG
Running surface	120 x 40 CM
Product size	162 x 71 x 150 CM
Computer	Large LCD-window
Computer functions	Time, Speed, Distance, Calories, Pulse, RPM, 6 speed shortcut keys (2, 4, 6, 8, 10 and 12 km/h), 8 Pre-set programs
Ergonomics and other details	Pre-assembled!, Feet support bends with movement, Foldable (space saver!)
Certifications	CE, RoHS Certified
Package type	White box with color poster
Package size and weight	170 x 77 x 33 CM
Loading 20°/40°/40°HC	30 / 70 / 84 pcs./net 55,5 KG gross 65 KG
	71 / 147 / - pcs

Ultimate finishing and chromed details give a touch of luxury to this series. Angle adjustable monitors, easy-to-use functions and unique design are the key elements of Strong series.

BIKESTRONG



Model no. CS-EB

Resistance type	Manual magnetic
Operating environment	Home
Crank and Power supply	3-pcs., 6,5' length / Battery
Flywheel	app. 6 KG, One-way bearing
Maximum user weight	115 KG
Product size	109 X 50 X 132 CM
Computer	LCD-window
Computer functions	Time, Distance, Speed, Calories, Pulse, RPM, Fat%
Ergonomics and other details	Seat adjustments: height, tilt and horizontal, Tilt adjustment for handle bar, transport wheels, Angle adjuster for computer
Certifications	RoHS / CE certified
Package type	White box with color poster
Package size and weight	85 X 25 X 66 CM / net 25 KG gross 28 KG
Loading 20°/40°/40°HC	190 / 420 / - pcs

RUNSTRONG



Model no. CS-TM

# 40-SERIES

## APOLLON 40 EXERCISE BIKE



Model no. MB-40

Resistance type	Computer magnetic
Operating environment	Home
Crank and Power supply	3-pcs., 6,5' length / Mains powered
Flywheel	app. 7 KG, One-way bearing
Maximum user weight	120 KG
Product size	115 X 51 X 140 CM
Computer	LCD-window
Computer functions	Speed, Distance, Time, Calories, RPM, Pulse, Fat%, Watt control, User profiles, 16 resistance levels
Programs	6 Pre-set programs, 4 H.R.C. programs, 4 User programs, 1 watt program, 1 fat burning program
Ergonomics and other details	Seat adjustments: horizontal, height and tilt
Certifications	Tilt adjustment for handle bar, transport wheels, leveller, drinking bottle
Package type	EN-957 / GS certified
Package size and weight	White box with color poster
Loading 20'/40'/40"HC	89 X 25 X 61 CM / net 31 KG gross 33 KG
	185 / 380 / 430 pcs.



Model no. RB-40

Resistance type	Computer magnetic
Operating environment	Home
Crank and Power supply	3-pcs., 6,0' length / Mains powered
Flywheel	app. 7 KG, One-way bearing
Maximum user weight	120 KG
Product size	96 X 52 X 139 CM
Computer	Large LCD-window with blue backlight
Computer functions	Time, Distance, Speed, Calories, Pulse, Fat%, RPM, Pulse recovery, Watt control, User profiles, 16 resistance levels
Programs	12 Pre-set programs, 3 H.R.C. programs, 1 User program, 1 Watt program, Manual program
Ergonomics and other details	Seat adjustments: horizontal, height and tilt
Certifications	Tilt adjustment for handle bar, transport wheels, leveller, drinking bottle
Package type	EN-957 / RoHS certified
Package size and weight	White box with color poster
Loading 20'/40'/40"HC	99 X 25 X 58,5 CM / net 29 KG gross 32 KG
	165 / 370 / 420 pcs.

Resistance type	Manual magnetic
Operating environment	Home
Power supply	Batteries for computer
Maximum user weight	120 KG
Product size	200 x 56 x 60 CM
Flywheel	app. 6 KG
Computer	LCD-window
Computer functions	Time, Calories, Reps, Total count and Scan
Ergonomics and other details	Foldable (space saver!), Comfortable seat, feet support bends with movement, floor leveller, transport wheels
Certifications	EN-957 / computer RoHS certified
Package type	White box with color box
Package size and weight	110 X 27 X 58 CM / net 25 KG gross 27 KG
Loading 20'/40'/40"HC	154 / 336 / 370 pcs.

## ODYSSEUS 40 RECUMBENT BIKE

Built with high quality components and unprecedented attention paid to details. The innovative training computer with stylish blue backlight display and large program profile window make it easy to track the progress through any of the multiple workout programs. 40-series include only all round performers that will give enjoyable, impact free training for years to come.

## ZEUS 40 CROSSTRAINER



Model no. CT-40

Resistance type	Computer magnetic
Operating environment	Home
Flywheel	app. 7 KG, Two-way bearing
Power supply	Mains powered
Maximum user weight	120 KG
Product size	115 X 60 X 152 CM
Computer	Large LCD-window with blue backlight
Computer functions	Time, Distance, Speed, Calories, RPM, Pulse, Pulse recovery, Fat%, Watt control, User profiles
Programs	12 Pre-set programs, 1 User program, 3 H.R.C. programs, 1 Watt program
Ergonomics and other details	Stride length 40cm, Floor leveller, transport wheels, drinking bottle
Certifications	EN-957 / RoHS certified
Package type	White box with color poster
Package size and weight	96,5 X 38 X 54,5 CM / net 37,5 KG gross 41 KG
Loading 20'/40'/40"HC	136 / 288 / 333 pcs.

## POSEIDON 40 ROWING MACHINE



Model no. RW-40

# 40-SERIES

## CROSSTRAINERS

### ZEUS 100 CROSSTRAINER

The Red Power – Zeus 100 crosstrainer represents the peak of the quality and performance. Boasting an extra long 20-inch / 51cm stride length and 15 inspiring training programs, the Zeus 100 will get you back on track to healthier you. The solidly constructed frame will take a maximum user weight of 150 kg and is suitable for commercial as well as home use. The computer driven magnetic is behind the smoothest and most balanced elliptical motion available in Red Power range. "Front wheel drive" and large blue back light LCD display with built-in cooling fan guarantee to keep you on task and on target.



<b>Resistance type</b>	Computer magnetic
<b>Operating environment</b>	Light commercial / Home
<b>Flywheel</b>	app. 12 KG, Two-way bearing
<b>Power supply</b>	Mains powered
<b>Maximum user weight</b>	150 KG
<b>Product size</b>	200 X 50 X 168 CM
<b>Computer</b>	Large LCD-window with blue backlight
<b>Computer functions</b>	Time, Distance, Speed, Calories, RPM, Pulse, Pulse recovery, Watt control, 16 resistance levels, Built-in cooling fan
<b>Programs</b>	12 Pre-set programs, 1 User program, 1 H.R.C. program, Manual program
<b>Ergonomics and other details</b>	Stride length 51cm, transport wheels, floor leveller, receiver and chest belt (122 kHz)
<b>Certifications</b>	EN-957 / RoHS certified
<b>Package type</b>	White box with color poster
<b>Package size and weight</b>	167,5 X 58 X 84 CM / net 88 KG gross 100 KG
<b>Loading 20°/40°/40°HC</b>	32 / 70 / 70 pcs.

Model no. CT-100

### ZEUS 90 CROSSTRAINER



Model no. CT-90

<b>Resistance type</b>	Computer magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	app. 10,5 KG, Two-way bearing
<b>Power supply</b>	Mains powered
<b>Maximum user weight</b>	130 KG
<b>Product size</b>	160 X 50 X 159 CM
<b>Computer</b>	Large LCD-window with blue backlight
<b>Computer functions</b>	Time, Distance, Speed, Calories, RPM; Pulse, Pulse recovery, Watt control, 16 resistance levels, Built-in cooling fan
<b>Programs</b>	12 Pre-set programs, 1 User program, 1 H.R.C. program, Manual program
<b>Ergonomics and other details</b>	Stride length 46cm, transport wheels, floor leveller
<b>Certifications</b>	EN-957 / RoHS certified
<b>Package type</b>	White box with color poster
<b>Package size and weight</b>	151 X 55 X 75,5 CM / net 70 KG gross 78 KG
<b>Loading 20°/40°/40°HC</b>	42 / 90 / 90 pcs.

### ZEUS 25 CROSSTRAINER



Model no. CT-25

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	app. 6 KG, Two-way bearing
<b>Power supply</b>	Batteries for computer
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	119 X 58 X 163 CM
<b>Computer</b>	Easy-to-read LCDwindow
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse, Scan
<b>Ergonomics and other details</b>	Stride length 32cm, Transport wheels, Product is semi-assembled !
<b>Certifications</b>	EN-957 certified
<b>Package type</b>	White box with color poster
<b>Package size and weight</b>	106 X 45 X 66 CM / net 34,5 KG gross 38,5 KG
<b>Loading 20°/40°/40°HC</b>	81 / 165 / 190 pcs.



## EXERCISE- AND SPIN BIKES

### APOLLON 30 EXERCISE BIKE



Model no. MB-30

Resistance type	Computer magnetic
Operating environment	Home
Crank and Power supply	3-pcs., 6,5' length / Mains powered
Flywheel	app. 7 KG, One-way bearing
Maximum user weight	120 KG
Product size	115 X 51 X 140 CM
Computer	LCD-window
Computer functions	Speed, Distance, Time, Calories, RPM, Pulse, Fat%, Watt control, User profiles, 16 resistance levels
Programs	6 Pre-set programs, 4 H.R.C. programs, 4 User programs, 1 watt program, 1 fat burning program
Ergonomics and other details	Seat adjustments: horizontal, height and tilt. Tilt adjustment for handle bar, transport wheels, leveller, drinking bottle
Certifications	EN-957 / GS certified
Package type	White box with color poster
Package size and weight	89 X 25 X 61 CM / net 31 KG gross 33 KG
Loading	20' / 40' / 40"HC
	185 / 380 / 430 pcs.

### FORTUNA 30 SPIN BIKE



Model no. SB-30

Resistance type	Clamp brake with emergency stop
Operating environment	Home
Crank and Power supply	3-pcs., 6,5' length (heavy duty) / Batteries for computer
Flywheel	18 KG, Two-way bearing / Smooth belt transmission
Maximum user weight	125 KG
Product size	127 X 50 X 118 CM
Computer	LCD-window
Computer functions	Time, Distance, Speed, Calories, Scan
Ergonomics and other details	Handlebar height adjustment, Sport seat, floor leveller, Seat adjustments: Horizontal, height and tilt, Aluminium pedals, transport wheels, emergency stop
Certifications	EN-957 certified
Package type	White box with color poster
Package size and weight	103 x 25 x 86 CM / net 44 KG gross 47,5 KG
Loading	20' / 254' / 303 pcs.



Model no. SB-40

### FORTUNA 40 SPIN BIKE

This model is equipped with special racing saddle with spring, special pedals and 100% sporty ergonomics. The frame structure is heavy-duty and 18kg swing mass is enough for most demanding exercises.



Resistance type	Top brake with emergency stop
Operating environment	Home
Crank and Power supply	3-pcs., 6,5' length (heavy duty) / Batteries for computer
Flywheel	18 KG, Two-way bearing / Smooth belt transmission
Maximum user weight	125 KG
Product size	116 X 50 X 113 CM
Computer	LCD-window
Computer functions	Time, Distance, Speed, Calories, Scan
Ergonomics and other details	Handlebar height and horizontal adjustment, Sport seat with spring, floor leveller, Seat adjustments: Horizontal, height and tilt, Aluminium pedals, transport wheels, emergency stop
Certifications	EN-957 certified
Package type	White box with color poster
Package size and weight	114,5 x 22 x 87 CM / net 45 KG gross 49 KG
Loading	20' / 264' / 316 pcs.

## TREADMILLS

### HERCULES 40 TREADMILL

High speed, high performance and high comfort - that really is the best way to describe Hercules 40. It has very luxurious and supreme design. The easy-to-read large blue backlight LCD display screen provides all the feedback you need for an effective workout and with a top speed of 20km/h there's no excuse not to keep running! Pulse can be monitored via the hand sensors. With a built-in speakers and MP3 input you can lose yourself in your favourite music whilst working out.



<b>Motor</b>	4,0 HP DC motor with PWM controlling system
<b>Operating environment</b>	Light commercial / Home
<b>Speed and Power supply</b>	0,8 - 20 km/h / Mains powered
<b>Elevation</b>	Quiet incline system 0 - 15%
<b>Maximum user weight</b>	170 KG
<b>Running surface</b>	160 x 53 CM
<b>Product size and weight</b>	215 x 86 x 140 CM / 162 KG
<b>Computer</b>	LCD-window with blue backlight
<b>Computer functions</b>	Time, Speed, Distance, Incline, Calories, Heart rate, Program, Level, Manual, Fast start, 4 Speed and Incline shortcuts keys, 5 Pre-set programs and 10 difficulty levels, Wireless heart rate monitor [optional]
<b>Ergonomics and other details</b>	2 built-in speakers, MP3 and TV interface Top quality - top material, Transport wheels, Flexible belt gives an extra running comfort
<b>Certifications</b>	ISO9001, CE, EMC, GS, RoHS Certified
<b>Package type</b>	White box with color poster
<b>Package size</b>	221x91x45cm (body) / 100x93x40cm (meter)
<b>Loading</b>	20' / 40' / 40'HC 20 / 40 / 50 pcs.

Model no. TM-40



### HERCULES 30 TREADMILL

With the elegant design and several programs Hercules 30 will keep the workouts varied, interesting and stimulating. The large, cushioned running surface ensures minimum impact to the joints while training and the 5 pre-set programs automatically adjust the speed and incline settings. The simple folding mechanism and transport wheels make it easy to move and store between your exercises.



<b>Motor</b>	3,0 HP DC motor with PWM controlling system
<b>Operating environment</b>	Home
<b>Speed and Power supply</b>	0,8 - 18 km/h / Mains powered
<b>Elevation</b>	Quiet incline system 0 - 15%
<b>Maximum user weight</b>	140 KG
<b>Running surface</b>	145 x 50 CM
<b>Product size and weight</b>	196 x 83 x 135 CM / 110 KG
<b>Computer</b>	LCD-window with blue backlight
<b>Computer functions</b>	Time, Speed, Distance, Incline, Calories, Heart rate, Program, Level, Manual, Fast start, 6 Speed and Incline shortcuts keys, 5 Pre-set programs and 10 difficulty levels, Wireless heart rate monitor [optional], 2 built-in speakers with MP3 interface
<b>Ergonomics and other details</b>	Built-in cooling fan in the panel, Foldable with pneumatic spring, transport wheels, Flexible belt gives an extra running comfort
<b>Certifications</b>	ISO9001, CE, EMC, GS, RoHS Certified
<b>Package type</b>	White box with color poster
<b>Package size</b>	203 x 91 x 47 CM
<b>Loading</b>	20' / 40' / 40'HC 30 / 65 / 65 pcs.

Model no. TM-30



## TREADMILLS

### HERCULES 20 TREADMILL

A combination of stylish design and raw performance, a 2.5HP DC engine is the powerhouse at the heart of the Hercules 20. It delivers constant power at low speeds and will take you all the way up to 16 km/h. It has an integrated visible cushioning system that lets you see the amount of flex in the deck, reducing impact on the joints versus road running. Convenient speed and incline adjusters are located on the display and with speakers and an MP3 player input you can listen to your favourite tunes during your workout.



Motor	2,5 HP DC motor with PWM controlling system
Operating environment	Home
Speed and Power supply	0,8 - 16 km/h / Mains powered
Elevation	Quiet incline system 0 - 15%
Maximum user weight	120 KG
Running surface	145 x 45 CM
Product size and weight	191 x 80 x 135 CM / 98 KG
Computer	LCD-window with blue backlight
Computer functions	Time, Speed, Distance, Incline, Calories, Heart rate, Program, Level, Manual, Fast start 8 Speed and Incline shortcuts keys, 5 Pre-set programs and 10 difficulty levels
Ergonomics and other details	Wireless heart rate monitor (optional) 2 built-in speakers with MP3 interface, Built-in cooling fan in the panel, Foldable with pneumatic spring, transport wheels, Flexible belt gives an extra running comfort
Certifications	ISO9001, CE, EMC, GS, RoHS Certified
Package type	White box with color poster
Package size	198 x 86 x 42 CM
Loading	20° / 40° / 40°HC
	30 / 70 / 84 pcs.

Model no. TM-20



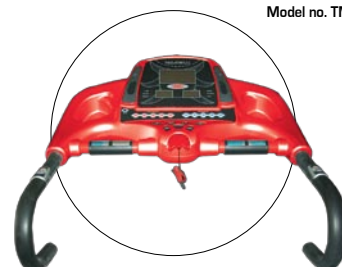
### HERCULES 10 TREADMILL

It is designed with form and functionality in mind. High quality and a passion for delivering the best running experience possible is what sit behind every Gymstick Red Power treadmill, and the Hercules 10 is no exception. An excellent folding treadmill, with a top speed of 16 km/h, 5 preset programs, cushioned deck and powered by 2,0 HP DC engine - if you are serious about running the Hercules 10 won't let you down.



Motor	2,0 HP DC motor with PWM controlling system
Operating environment	Home
Speed and Power supply	0,8 - 16 km/h / Mains powered
Elevation	Quiet incline system 0 - 15%
Maximum user weight	120 KG
Running surface	127 x 38,5 CM
Product size and weight	167 x 71 x 132 CM / 77 KG
Computer	LCD-window with blue backlight
Computer functions	Time, Speed, Distance, Incline, Calories, Heart rate, Program, Level, Manual, Fast start 5 Speed and Incline shortcuts keys
Ergonomics and other details	5 Pre-set programs and 10 difficulty levels
Certifications	Wireless heart rate monitor (optional), 2 built-in speakers with MP3 interface, Foldable with pneumatic spring, transport wheels
Package type	Flexible belt gives an extra running comfort
Package size	ISO9001, CE, EMC, GS, RoHS Certified
Loading	White box with color poster
	171 x 76,5 x 35 CM
	60 / 114 / 147 pcs.

Model no. TM-10





## STRENGTH

### DEMETER10 HOMEGYM



Model no.HG-10

<b>Operating environment</b>	Home
<b>Main frame</b>	Sturdy steel tubing frame (oval shape)
<b>Weight stack</b>	app. 10 x 7kg = 70 KG / 10 x 15 lbs. = 150 lbs.
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	140 x 115 x 208 CM
<b>Product weight</b>	116 KG
<b>Functions:</b>	Pec/Arm press and Pec deck Lat pulldown / high pulley Seated row / low pulley Seated leg developer Ankle strap
<b>Ergonomics and others</b>	Full length weight stack cover Adjustable seat Adjustable pec/arm press a) 184X54X17,5 B) 39x38x19 C) 161x25x11,5 CM
<b>Package type</b>	110 sets
<b>Package size</b>	
<b>Loading 20' / 40'</b>	

### WEIGHT BENCH 200



Model no.WB-200

<b>Operating environment</b>	Light commercial / Home
<b>Main frame</b>	Sturdy steel tubing for heavy use also
<b>Maximum weight load</b>	200 KG
<b>Product size</b>	142 x 125 x 120 cm
<b>Functions:</b>	Weight bench for heavy duty training at home or at gym
<b>Package type</b>	White box with color poster
<b>Package size</b>	140 x 50 x 21 CM / net 35 KG gross 37,5 KG
<b>Loading 20' / 40'</b>	200 pcs. / 450 pcs.

### MULTI-FUNCTIONAL WEIGHT BENCH 120



Model no.MWB-120

<b>Operating environment</b>	Home
<b>Main frame</b>	Sturdy steel tubing
<b>Maximum weight load</b>	120 KG
<b>Product size</b>	165 x 100 x 115 cm
<b>Functions:</b>	Multi-functional: Weight stand can be used on squats and bench presses. Includes also bicep curl and leg extension units.
<b>Ergonomics and others</b>	Adjustable seat angle Separate bar stand and weight bench
<b>Package type</b>	White box with color poster
<b>Package size</b>	145 x 60 x 27 CM / net 47,5 KG gross 51 KG
<b>Loading 20' / 40'</b>	110 pcs. / 220 pcs.



Model no.  
RP-2,5/RP-5/  
RP-10/RP-15/RP-20

Model no. OC-02 / OC-07



Model no. OB-20 / OB-15



### Black rubber Olympic plates

<b>Plate options</b>	2,5kg / 5kg / 10kg / 15kg / 20kg
<b>Details</b>	Top quality Red Power Olympic plate Black rubber covered cast 2 handles for ease of lifting onto bar Ideal for strength training and body conditioning 51mm centre to fit a 50mm bar Steel ring centre for durability Each plate. in PE bag
<b>Package</b>	

### Olympic collars

<b>Plate options</b>	Details of Spring collars [OC-07]: Chrome plates steel spring collar Easily be put on and taken off Designed for standard Olympic 50mm bars
<b>Details</b>	Details of Pressure collar with spin lock [OC-02] Cast iron collar - weighs 2,5kg each Pressure collar tightly- secure fit "Locs" plates tight against inside collar of bar Each pair in PE bag
<b>Package</b>	

### Olympic bars

OB-20 - 20kg weight Olympic bar  
OB-15 - 15kg weight Olympic bar

<b>Bar's weight capacity</b>	OB-20: 320kg / OB-15: 140kg
<b>Product length</b>	86" / 218 CM
<b>Details:</b>	Chrome plated steele bar with quality bearings Ideal for strength training and body conditioning Takes standard 51mm centered Olympic discs.
<b>Package</b>	Each unit in paper tube

## STRENGTH

Powerstation and -bench series offer a silent strength training option compared to products with weight plates. Strong and durable resistance tubes can be easily adjusted to have suitable resistance level for different movements.



### POWERSTATION 30

Versatile total body gym for home use offering all the same exercises and movement options as any local gym. It has an adjustable incline bench and arm rods for various upper body and ab movements. The resistance from rods are comparable for dumbbell exercises. Bench is integrated with upright stand where tens of efficient movements such as bench press, squat, t-bar, upright row, bicep, military press etc. barbell movements can be performed. Adjustment of resistance is easy- the maximum resistance being as much as 68kg!

<b>Maximum user weight</b>	110 KG
<b>Product size</b>	Main frame: 1220 x 300 x 170. Stand: 1350 x 680 x 140CM
<b>Functions</b>	Strong and durable resistance tubings allow an effective, simple and silent training. Various adjustable angles on bench and arm rods give comprehensive training effect
<b>Other details</b>	Innovative stand complete the total body workout experience. 3 adjustable angles on back seat 3 adjustable angles on arm rods Includes Workout DVD
<b>Certifications</b>	EN-957 certified
<b>Package</b>	White box with color poster
<b>Package size and weight</b>	Main frame: 1240 X 185 X 320 CM / net 15,3 KG cross 16,5 KG Stand: 1370 x 155 x 750 CM / net 24,6 KG cross 28 KG
<b>Loading 20'/40'/40'HC</b>	120 / 250 / 285

Model no. PS-30

### POWERBENCH 20

<b>Maximum user weight</b>	110 KG
<b>Product size</b>	146 x 130 x 109,5 CM
<b>Functions</b>	Strong and durable resistance tubings allow an effective, simple and silent training. 3 adjustable levels of strength in arm rods (6, 9, 12 KG) / 4 adjustable levels of strength in barbell (13, 16, 19, 22 KG) Various adjustable angles on bench and arm rods give comprehensive training effect
<b>Other details</b>	Bench press complete the total body workout experience. 3 adjustable angles on back seat 3 adjustable angles on arm rods Includes Workout DVD
<b>Certifications</b>	EN-957 certified
<b>Package</b>	White box with color poster
<b>Package size and weight</b>	112,5 x 28,5 x 34 CM / net 22,4 KG gross 24 KG
<b>Loading 20'/40'/40'HC</b>	215 / 455 / 540 pcs.

Model no. PB-20



### POWERBENCH 10

<b>Maximum user weight</b>	110 KG
<b>Product size</b>	130 x 84 x 123 CM / folded: 108 x 17 x 30 CM
<b>Functions</b>	Strong and durable resistance tubings allow an effective, simple and silent training. Various adjustable angles on bench and arm rods give comprehensive training effect
<b>Other details</b>	3 adjustable angles on back seat 3 adjustable angles on arm rods Includes Workout DVD
<b>Certifications</b>	EN-957 certified
<b>Package</b>	White box with color poster
<b>Package size and weight</b>	110 x 18,5 x 31 CM / net 14 KG
<b>Loading 20'/40'/40'HC</b>	410 / 875 / 1000 pcs.

Model no. PB-10



## VIBRATION PLATE / STEPPERS



Model no. VP-20

### NEMESIS 20 VIBRATION PLATE

Power supply	Mains powered - 230V / 450WATT, 50-60 Hertz
Maximum user weight	130 KG
Product size	53 x 49 x 119 CM
Computer	LCD-Window
Functions	9 levels of speed, 3 time programs
Other details	Relaxing muscle conditioner
Certifications	GS and CE certified
Package	White box with color poster
Package size and weight	70,5 x 44,2 x 36CM / net 17 KG gross 19 KG
Loading 20°/40°/40°HC	250 / 525 / 595 pcs.



Model no. TS-20

### TWISTSTEPPER 20

Maximum user weight	100 KG
Product size	50 x 48 x 135 CM
Computer	LCD-window
Computer functions	Time, Steps, Calories and Scan
Ergonomics and other details	Adjustable front post!
Package	White box with color poster
Package size and weight	50 x 25,3 x 54 CM / net 11,5 KG gross 12,5 KG
Loading 20°/40°/40°HC	416 / 850 / 944 pcs.



Model no. SS-10

### SWINGSTEPPER 10

Maximum user weight	100 KG
Product size	35 x 34 x 30 CM
Package	Color box
Package size and weight	36,5 X 35,5 X 31,5 CM / net 7,0 KG gross 8,5 KG
Loading 20°/40°/40°HC	700 / 1400 / 1500 pcs.



Model no. WS-20

### WAVESTEPPER 20

Maximum user weight	100 KG
Product size	50 x 27 x 26,5 CM
Computer	LCD-window
Computer functions	Time, Calories, Steps, Total steps and Scan
Ergonomics and other details	Includes also: 2 pcs. length adjustable resistance bands, pvc-mat under the wavestepper
Package	Color box
Package size and weight	51 X 28 X 29 CM / 7 KG
Loading 20°/40°/40°HC	640 / 1282 / 1474 pcs.



## AB TRAINERS / ROWER

Have fun with Ab workout and challenge yourself for a few minutes every day for great results! Do a sit up and touch the button that is lit to score. Two pre-set programs "Reactio & Knockout"



### COREACT 40

<b>Functions</b>	Time/Reps/Targets buttons/Success rate/Speed
<b>Product size</b>	2 preset programs, 4 user profiles
<b>Other details</b>	* 75 x 58 x 44 CM
<b>Certifications</b>	Adjustable height
<b>Package</b>	EN-957 / CE Certified
<b>Package size and weight</b>	White box and color poster
<b>Loading 20'/40'/40*HC</b>	62 x 16,5 x 21 CM / net 3,5 KG gross 4,0 KG
	1464 / 2965 / - pcs.

Model no. AB-40



### COREACT 50

<b>Functions</b>	Time/Reps/Targets buttons/Success rate/Speed
<b>Product size</b>	2 preset programs, 4 user profiles
<b>Other details</b>	126 x 58 x 99 CM
	Foldable space saver
	Adjustable height
	Adjustable bench angle
<b>Certifications</b>	EN-957 / CE Certified
<b>Package</b>	White box with color poster
<b>Package size and weight</b>	98 x 26 x 19 CM / net 12 KG gross 13 KG
<b>Loading 20'/40'/40*HC</b>	645 / 1320 / - pcs.

Model no. AB-50

## POSEIDON 5 ROWING MACHINE

Uses the performer's body weight as resistance. The resistance is altered by changing the grip lower or higher. Very smooth and silent movement.

<b>Resistance type</b>	Bodyweight. User's own weight used for the resistance
<b>Operating environment</b>	Home
<b>Product size</b>	122 x 76,5 x 535 CM
<b>Maximum user weight</b>	100 KG
<b>Ergonomics and other details</b>	Adjustable feet support, Adjustable hand supports
	Ergonomically designed wide and smooth movement
<b>Certifications</b>	
<b>Package type</b>	White box with color poster
<b>Package size and weight</b>	62 x 33,5 x 14 CM / net 7,3 KG gross 8,2 KG
<b>Loading 20'/40'/40*HC</b>	990 / 1990 / 2290 pcs.

Model no. RW-5



### AB TRIMMER 10

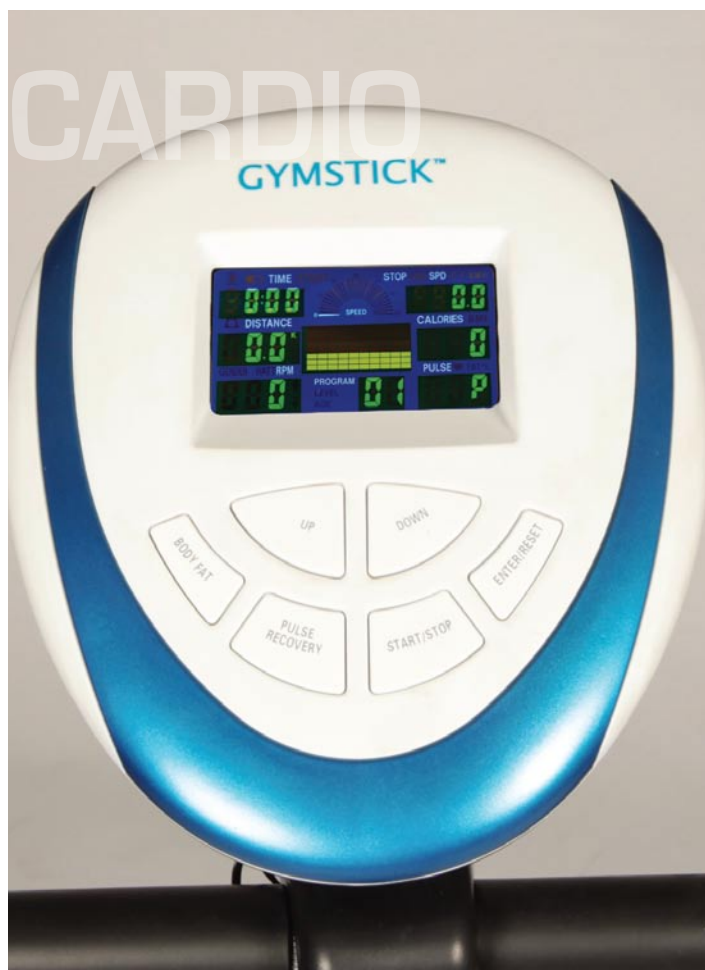
Simplifies ab training. Activates and isolates abdominals to work longer and harder.

<b>Product size</b>	70 x 66 x 55 CM
<b>Ergonomics and other details</b>	Adjustable arm rests, Comfortable head rest, Ergonomically designed back support
<b>Package</b>	Color box
<b>Package size and weight</b>	71 x 12 x 73 CM / net 5,0 KG gross 6,0 KG
<b>Loading 20'/40'/40*HC</b>	450 / 920 / 1065 pcs.

Model no. AB-10

## CARDIO COLLECTION

Gymstick cardio equipment has been developed focusing on the user and his/her goals. The cardio equipment has to fit for all users despite of the differences in size, height, weight and training needs - all this has been considered carefully when developing the Gymstick Cardio collection. These impact free products guarantee safe and motivating workouts time after time.



## FREESTYLE

### "TUNE YOUR RIDE - 4 in 1"

Until now it has not been possible to design and tune the fitness equipment the way one would like. Gymstick Freestyle products give the opportunity to tune the cardio machines with 4 different motifs. Each product comes with 2 x 4 quality easy-to-put-on stickers as extra feature. The motifs give extra value to the product and will definitely fascinate various people.

## Freestyle Crosstrainer

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Crank and Power supply</b>	3-pcs., 32 cm stride length / Batteries for computer
<b>Flywheel</b>	app. 6 KG, Two-way bearing
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	135 x 61 x 161 CM
<b>Computer</b>	Large LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse, Fat%, Pulse recovery
<b>Programs</b>	10 manual resistance levels
<b>Ergonomics and other details</b>	Transport wheels, floor leveller
<b>Certifications</b>	EN-957
<b>Package type</b>	White box with color poster
<b>Package size and weight</b>	127 x 43,5 x 58,5 cm / net 32,5 kg gross 36,5 kg
<b>Loading 20'/40'/40'HC</b>	84 / 184 / 205 pcs.

Model no. FS-CT



## Freestyle Exercise Bike

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Crank and Power supply</b>	3-pcs., 6,5" length chromed / Batteries for computer
<b>Flywheel</b>	app. 5 KG, One-way bearing
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	90 x 56 x 136 CM
<b>Computer</b>	LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse, Fat%, Pulse recovery
<b>Programs</b>	10 manual resistance levels
<b>Ergonomics and other details</b>	Transport wheels, leveller
<b>Certifications</b>	EN-957
<b>Package type</b>	White box with color poster
<b>Package size and weight</b>	91,5 x 27 x 69,5 cm / net 28,5 kg gross 31,5 kg
<b>Loading 20'/40'/40'HC</b>	176 / 370 / 415 pcs.

Model no. FS-EB





## 101-SERIES

101MB



Model no. 101EB



Model no. 101CT

### 101 EXERCISE BIKE

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	app. 4,5 KG, One-way bearing
<b>Crank/ Power supply</b>	1-pcs., 6,0" length / Battery
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	80 x 45 x 124 CM
<b>Computer</b>	LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories
<b>Ergonomics and other details</b>	8 manual resistance levels Seat adjustments: height and tilt. Tilt adjustment for handlebar
<b>Certifications</b>	RoHS / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	62,5 x 23,5 x 52,5 CM / net 18,5 KG gross 19,5 KG
<b>Loading 20'/40'/40*HC</b>	380 / 785 / 890 pcs.



### 101 CROSSTRAINER

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	app. 4,5 KG, Two-way bearing
<b>Crank/ Power supply</b>	Battery
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	95 x 56 x 156 CM
<b>Computer</b>	LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	8 manual resistance levels Stride length: 30 CM
<b>Certifications</b>	RoHS / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	74 x 31,5 x 50 CM / net 28 KG gross 29,5 KG
<b>Loading 20'/40'/40*HC</b>	260 / 540 / 613 pcs.



## 201-SERIES



Model no. 201CT

### 201 CROSSTRAINER-BIKE

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	1-pcs. 6,0" length / 30 CM / Battery
<b>Crank/ Power supply</b>	app. 5 KG, Two-way bearing
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	103 x 55 x 154 CM
<b>Computer</b>	LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	8 manual resistance levels Seat adjustments: horizontal and height. Tilt adjustment for handlebar, balance adjustment
<b>Certifications</b>	RoHS / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	85 x 30 x 51 CM / net 33,8 KG gross 37,5 KG
<b>Loading 20'/40'/40*HC</b>	208 / 432 / 475 pcs.



Model no. 201CTB



### 201 EXERCISE BIKE

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	1-pcs., 6,0" length / Battery
<b>Crank/ Power supply</b>	app. 5 KG, One-way bearing
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	90 x 50 x 125 CM
<b>Computer</b>	LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	8 manual resistance levels Seat adjustments: height. Tilt adjustment for handlebar, transport wheels
<b>Certifications</b>	RoHS / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	72 x 24 x 52 CM / net 22 KG gross 25 KG
<b>Loading 20'/40'/40*HC</b>	309 / 640 / 718 pcs.

Model no. 201EB

### 201 CROSSTRAINER

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	app. 5 KG, Two-way bearing
<b>Crank/ Power supply</b>	Battery
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	112 x 50 x 156 CM
<b>Computer</b>	LCD-Window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	8 manual resistance levels Stride length: 30 CM, transport wheels, balance / height adjustment
<b>Certifications</b>	RoHS / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	96 x 31,5 x 45 CM / net 33,8 KG gross 37,5 KG
<b>Loading 20'/40'/40*HC</b>	208 / 432 / 475 pcs.

### 201 RECUMBENT BIKE

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	1-pcs. 5,5" length / Battery
<b>Crank/ Power supply</b>	app. 5 KG, One-way bearing
<b>Maximum user weight</b>	100 KG
<b>Product size</b>	155 x 50 x 97 CM
<b>Computer</b>	LCD-näyttö
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	8 manual resistance levels Seat adjustments: horizontal, transport wheels, balance adjustment
<b>Certifications</b>	RoHS / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	87 x 32 x 56 CM / net 32,5 KG gross 36,5 KG
<b>Loading 20'/40'/40*HC</b>	180 / 360 / 415 pcs.



Model no. 201RB

## 301-SERIES

301CT

### 301 CROSSTRAINER

Model no. 301CT

<b>Resistance type</b>	Computer magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	Stride length 32 cm / Mains powered
<b>Crank/ Power supply</b>	app. 6 KG, Two-way bearing
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	125 x 56 x 160 CM
<b>Computer</b>	Programmable LCD-window with backlight
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	12 preset programs, 16 resistance levels Seat adjustments: horizontal and height. Tilt adjustment for handlebar, transport wheels
<b>Certifications</b>	RoHS / CE Certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	103 x 38 x 56,5CM / net 36,8KG gross 39,8KG
<b>Loading 20°/40°/40°HC</b>	144 / 288 / 325 pcs.

### 301 RECUMBENT ROWER "2 in 1"

Smart combination of rowing device and recumbent bike. Smooth and efficient range of movement.

<b>Resistance type</b>	Manual magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	3-pcs. 6,5" length, 33 CM / Battery
<b>Crank/ Power supply</b>	app. 5 KG, One-way bearing
<b>Maximum user weight</b>	110 KG
<b>Product size</b>	95 x 28 x 73 CM
<b>Computer</b>	LCD-window
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse, RPM
<b>Ergonomics and other details</b>	8 manual resistance levels, Seat adjustments: horizontal, transport wheels, foldable (saves space)
<b>Certifications</b>	RoHS / CE Certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	185 x 50 x 95 CM / net 41 KG gross 46 KG
<b>Loading 20°/40°/40°HC</b>	144 / 288 / 328 pcs.



301MB

### 301 EXERCISE BIKE

Model no. 301EB

<b>Resistance type</b>	Computer magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	3-pcs. 6,0" length / Mains powered
<b>Crank/ Power supply</b>	app. 6 KG, One-way bearing
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	110 x 55 x 125 cm
<b>Computer</b>	Programmable with LCD-window and backlight
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse
<b>Ergonomics and other details</b>	12 preset programs, 16 resistance levels, Transport wheels
<b>Certifications</b>	RoHS / CE Certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	85 x 28 x 68 CM / net 28,5 KG gross 30 KG
<b>Loading 20°/40°/40°HC</b>	170 / 350 / 385 pcs.



Model no. 301RBR

301RBR

## MOTION SERIES 3



### CROSSTRAINER 3

The low impact workout and 19 varied programs offered by MOTION Crosstrainer 3 are enough to keep anybody motivated on the path to better health.

Accurate computer controlled magnetic resistance provides a steady and comfortable motion and 3 Heart Rate Controlled programs add an extra dimension by allowing you to exercise to your body's needs.

<b>Resistance type</b>	Computer magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	ca. 8 KG, Two-way bearing
<b>Crank/ Power supply</b>	Mains powered
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	131 X 66 X 158 CM
<b>Computer</b>	LCD-screen with 3-colour touch screen
<b>Computer functions</b>	Time, Distance, Speed, Calories, RPM, Pulse, Pulse recovery, Fat%, Watt control, User profiles
<b>Programs</b>	10 Preset programs, 4 User programs, 3 Pulse programs, 1 Watt program, 1 Manual program
<b>Ergonomics and other details</b>	Stride length: 40 cm, transport wheels, floor leveller
<b>Certifications</b>	EN-957 / CE certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	100 X 39 X 55,5 CM / net 48 KG gross 53 KG
<b>Loading</b>	20' / 40' / 40*HC
	124 / 260 / 303 pcs.

Product no. MOC-3

The sophisticated, eye-catching appearance of MOTION collection has quality with "golden touch".

**Crosstrainer 3** and **Bike 3** will increase your fitness in a most efficient way. The all-over workouts on the crosstrainer or sessions on the exercise bike will improve your aerobic fitness and allow you to build your stamina safely without impacts. Despite of the elegant looks these top-quality fitness equipments are guaranteed to make you sweat.

### BIKE 3

The innovative training computer with three-colour display and large program profile window allows you to track easily your progress through any of the 19 workout programs. The 3 piece crank with sealed bearings offers a smooth pedaling touch at all resistance levels. This exercise bike is built with high quality components and unprecedented attention to detail!

<b>Resistance type</b>	Computer magnetic
<b>Operating environment</b>	Home
<b>Flywheel</b>	ca. 8 KG, One-way bearing
<b>Crank/ Power supply</b>	3-piece crank, 6,5" / Mains powered
<b>Maximum user weight</b>	120 KG
<b>Product size</b>	100 X 47 X 139 CM
<b>Computer</b>	LCD-screen with 3-colour touch screen
<b>Computer functions</b>	Time, Distance, Speed, Calories, Pulse, Fat%, RPM, Watt control, Pulse recovery, User profiles
<b>Programs</b>	10 Pre-set programs, 4 User programs, 3 Pulse Programs, 1 Watt program, 1 Manual program
<b>Ergonomics and other details</b>	Seat adjustments: horizontal, height and tilt Adjustable handle bar, floor leveller, transport wheels
<b>Certifications</b>	EN-957 / CE certification
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	97,5 X 29 X 60 CM / net 37 KG gross 40,5 KG
<b>Loading</b>	20' / 40' / 40*HC
	145 / 307 / 352 pcs.

Product no. MOB-3





## MOTION SERIES 1



**MOTION by Gymstick** range includes also an entry level to fitness. Extremely cost-effective products which are ideal to anybody willing to start his/her journey into world of wellness. No power supply needed - total freedom of placing the product anywhere in your home. Crosstrainer 1, Bike 1 and Recumbent 1 offer great value for money - good quality and design with affordable prices.



### RECUMBENT 1

Resistance type	Manual magnetic
Operating environment	Home
Flywheel	ca. 5 KG, Two-way bearing
Crank/ Power supply	Batteries for computer
Maximum user weight	100 KG
Product size	120 X 61 X 92 CM
Computer	LCD-screen
Computer functions	Time, Distance, Speed, Calories, Pulse, Scan
Ergonomics and other details	Seat adjustments: horizontal transport wheels
Certifications	EN-957 / CE certified
Package type	White box with color poster
Package size / weight	92 X 31 X 56 CM / net 27 KG gross 32 KG
Loading	20' / 40' / 40*HC
	168 / 352 / 410 pcs.

Product no. MOR-1



### BIKE 1

Resistance type	Manual magnetic
Operating environment	Home
Flywheel	ca. 5 KG, One-way bearing
Crank/ Power supply	1-piece crank, 6" / Batteries for computer
Maximum user weight	100 KG
Product size	80 X 54 X 133 CM
Computer	LCD-screen
Computer functions	Time, Distance, Speed, Calories, Pulse, Scan
Ergonomics and other details	Seat adjustments: height and tilt transport wheels
Certifications	EN-957 / CE certified
Package type	White box with color poster
Package size / weight	62 X 27 X 52 CM / net 23 KG gross 25 KG
Loading	20' / 680' / 752 pcs.

Product no. MOB-1



### CROSSTRAINER 1

Resistance type	Manual magnetic
Operating environment	Home
Flywheel	ca. 5 KG, Two-way bearing
Crank/ Power supply	Batteries for computer
Maximum user weight	100 KG
Product size	120 X 51 X 142 CM
Computer	LCD-screen
Computer functions	Time, Distance, Speed, Calories, Pulse, Scan
Ergonomics and other details	Stride length: 30 cm, transport wheels
Certifications	EN-957 / CE certified
Package type	White box with color poster
Package size / weight	93 X 37,5 X 47 CM / net 27 KG gross 32 KG
Loading	20' / 40' / 40*HC
	180 / 370 / 370 pcs.

Product no. MOC-1

## GYMSTICK BOXING & STRENGTH COLLECTION

Using Gymstick boxing & strength equipment will soon show how much these products enhance the daily moves we perform. Built with comfort in mind, our equipment provide unlimited ways to train by giving a good feeling throughout every movement. Functional product design and countless workout variety are just a few of the reasons why to train with Gymstick equipment.

With Gymstick boxing & strength equipment you have all the tools to fight and train like a champion!



## BOXING STANDS & BAGS

### Heavybag & Speedbag Set

The perfect combination of speed bag platform and heavy bag stand gives two ways to train. Revolutionary multi-position removable speed bag platform designed to fit in any corner. 3 weight plate holders for additional support - weights not included. Comes with the speed bag and heavy weight bag.

<b>Material</b>	Boxing stand set with heavy bag and speed bag
<b>Product size</b>	118 x 140 x 214 CM / Heavybag: 97 CM (dia. 33 CM) 27 KG
<b>Product weight</b>	44 kg
<b>Frame:</b>	Main tube: steel, 75 MM / 1,3 MM - heavy-duty powder-coated steel Square tube for platform: steel, 50 MM / 1,3 MM
	Heavy bag: strong artificial leather / fabric filling Speed bag: artificial leather / rubber filling
<b>Adjustments / Ergonomics</b>	Adjustable speed bag height
<b>Certifications</b>	EN-957 Certified
<b>Package type</b>	2 white box with color poster
<b>Package size / weight</b>	1. 131 x 62 x 19 CM / 2. 99 x 34 x 34 CM / 44 kg
<b>Loading</b>	20°/40°/40°HC 210 pcs./ - / -

Model no. BX-100



### Boxing Stand

The perfect combination of speed bag platform and heavy bag stand gives two ways to train. Revolutionary multi-position removable speed bag platform designed to fit in any corner. 3 weight plate holders for additional support - weights not included. No bags included.

<b>Material</b>	Boxing stand for heavy bag and speed bag
<b>Product size</b>	118 x 140 x 214 CM
<b>Frame:</b>	Main tube: steel, 75 MM / 1,3 MM Square tube for platform: steel, 50 MM / 1,3 MM
<b>Adjustments / Ergonomics</b>	Adjustable speed bag height
<b>Certifications</b>	EN-957 Certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	131 x 62 x 19 CM
<b>Loading</b>	20°/40°/40°HC - / 375 / - pcs.

Model no. BXS-1



### Heavy bags 15 / 20 / 25 kg

<b>Material</b>	Heavy bag: Strong synthetic leather / Chain: Steel
<b>Product size</b>	15KG: 60 x 25CM / 20KG: 80 x 25 CM / 25KG: 90 x 30 CM
<b>Package size / weight</b>	15kg: 62 x 27 x 27 CM / net 15 KG gross 16 KG 20kg: 82 x 27 x 27 CM / net 20 KG gross 21 KG 25kg: 92 x 32 x 32 CM / net 25 KG gross 26 KG
<b>Certifications</b>	
<b>Package type</b>	White box with color poster

Model no. BC-15/-20/-25



## BOXING STANDS & BAGS



Model no. FS-BX

### Free standing heavy bag

Gymstick's Freestanding Heavy Bag has a reinforced, high-density LDPE base that provides maximum flexibility with outstanding durability and resilience. Precisely engineered freestanding bag with spring action response. Ideal for use in home and gym for fitness and cross-training workouts. Three height adjustments allow bag to stand from 143 cm to a full 170 cm tall.

<b>Product size</b>	Base dia. 56 CM / bag dia. 33 CM Adjustable height: 143 CM / 157 CM / 170 CM
<b>Material:</b>	PP plastic, high density foam, PU/PVC leather imitation shell
<b>Functions:</b>	Can be filled with water or sand (max weight of base tank is app. 100 kg)
<b>Certifications</b>	EN-957 Certified
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	74 x 64 x 75 CM / net 14 KG gross 17 KG
<b>Loading 20'/40'/40*HC</b>	- / 157 / - pcs.



SET

### Boxing fitness set + Workout DVD

Model no. BX-10SET

<b>Product size</b>	Boxing fitness set with boxing gloves and workout dvd
<b>Product weight</b>	50 CM x 22 CM
<b>Functions</b>	10 KG heavy bag
<b>Material</b>	Boxing mitts: PU synthetic leather / Size: one size fits all
<b>Extra features</b>	Includes comprehensive workout DVD
<b>Package type</b>	White box with color poster
<b>Package size / weight</b>	56 x 24 x 24 CM / net 10,5 KG gross 11,5 KG



SET

### Free standing boxing fitness set+DVD

Model no. FS-BXSET

<b>Product size</b>	Base dia. 56 CM / bag dia. 33 CM Adjustable height: 143 CM / 157 CM / 170 CM
<b>Material</b>	PP plastic / PU synthetic leather, Boxing mitts: PU synthetic leather
<b>Functions:</b>	Can be filled with water or sand Boxing mitts: PU synthetic leather / Size: one size fits all
<b>Package type</b>	Includes: freestanding heavy bag, boxing gloves (one size fits all), jump rope and inspiring comprehensive training DVD, jump White box with color poster
<b>Package size / weight</b>	74 x 64 x 75 CM / net 15 KG gross 18 KG

### Boxing gloves

Shaped glove for extra comfort and support. Hook and loop fixing wrist support and safety thumb attachment. Well padded PU artificial leather glove.

<b>Product size</b>	3 sizes: S / M / L
<b>Material</b>	Artificial leather / molded Velcro wrist fastening

### Boxing mitts

Durable, shaped and padded bag Mitts with elastic wrists. Lightweight design and easy-clean PU material. Ideal for boxing classes.

<b>Product size</b>	3 sizes: S / M / L
<b>Material</b>	Artificial leather / molded Velcro wrist fastening



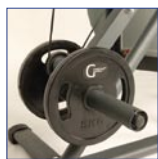
Model no. 61080S/M/L



Model no. 61081S-M/L

# HOME GYMS

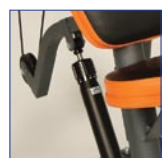
## GYMSTICK - Freeweight Gym



Maximum plate load 100 kg - can load olympic plates (50mm diameter) as well as smaller diameter plates (30mm).

Model no. STR-HG1

Frame	Sturdy steel tubing (40 x 80 x 1,5 MM)
Product size	152 x 83 x 200 CM
Max user weight	110 KG
Functions	Pec/Arm press and Pec deck Seated leg developer / biceps curl Ankle straps, ab curl straps Lat pulldown / high pulley Seated row / low pulley
Adjustments / Ergonomics	Resistance comes by adding free weights
Certifications	EN-957 Certified
Package type	Box with color poster
Package size / weight	160 X 55 X 18 CM / net 53,5 KG gross 56,5 KG
Loading	20' / 40' / 40* HC
	170 / 341 / - pcs.



Hydraulic resistance - light weight!

Model no. STR-HG2

## GYMSTICK - Shock Gym

Frame	Sturdy steel tubing (30 x 70 x 1,5 MM)
Resistance	Hydraulic resistance! Max. 45 KG
Product size	152 x 83 x 200 CM
Max user weight	110 KG
Functions	Pec/Arm press and Pec deck Seated leg developer / biceps curl Ankle straps, ab curl straps Lat pulldown / high pulley Seated row / low pulley
Adjustments / Ergonomics	12 resistance levels Versatile functions for whole body Light structure - no iron weights!
Certifications	Box with color poster
Package type	185 x 47,5 x 21 CM / net 38 KG gross 41 KG
Package size / weight	170 / 341 / - pcs.
Loading	20' / 40' / 40* HC



Model no. STR-HG3

## GYMSTICK - Home Gym 3

Uses new type of oval shape weight plates which are easy to put and remove even on a fully assembled home gym.

Frame	Strong oval shaped steel tubing (80 x 40 x 1,5 MM)
Weight stack	55 KG
Product size	112,5 x 111 x 207 CM
Max user weight	100 KG
Functions	Pec/Arm press and Pec deck Seated leg developer Ankle straps, ab curl straps Lat pulldown / high pulley Seated row / low pulley
Adjustments / Ergonomics	Bench for biceps curl New oval shaped weight stack that is easy to load and unload!
Certifications	EN-957 Certified
Package type	3 cartons with color poster
Package size / weight	1 set / 3 cartons / 8.73 cuft. / 103.6 KG
Loading	20' / 40' / 40* HC
	110 / - / - pcs.



Model no. 61082-M/L

## GYMSTICK - Weightlifting Belt

- Supports the core and spine while exercising
- 2 sizes: S-M / L-XL
- Color: Black-orange



## GYMSTICK - Interlocking Mat Set

- 4 pieces (60 CM x 60 CM)
- Size: 120 x 120 CM • Color: Dark grey



Model no. 61083

## BENCHES



Foldable

### WeightBench 50

Frame	Sturdy steel tubing
Product size	165 x 67 x 117,5 CM
Product weight	25KG
Max. user weight	200 KG (User and weights together)
Adjustments / Ergonomics	Foldable frame saves space
Certifications	EN-957 Certified
Package type	2 boxes with color poster
Package size / weight	115 x 46 x 10 CM / 128 x 53 x 40 CM / 30 KG
Loading 20°/40°/40°HC	290 / 580 / 680 pcs.

Model no. STR-WB

### WeightBench 30 with 40kg Barbellset

Frame	Sturdy steel tubing
Product size	150 x 56 x 106,5 CM
Product weight	18 KG + Barbell weight set 40 KG
Max. user weight	200 KG (User and weights together)
Functions	Includes bench, barbell, weights
Adjustments / Ergonomics	Foldable frame saves space
Certifications	EN-957 Certified
Package type	2 Boxes with color poster
Package size / weight	114 x 50 x 13 CM / 59 KG
Loading 20°/40°/40°HC	260 / - / - pcs.

Model no. STR-WB40

### Backbench



### Backbench

Max. user weight	100 kg
Product size	110 x 60 x 71-82 CM
Product weight	7,8 KG
Functions	Back extension and spine rolling movements. Exercises for glutes and hamstrings
Adjustments / Ergonomics	Adjustable height
Certifications	EN-957 Certified
Package type	Box with color poster
Package size / weight	77 x 61 x 16,5 CM / net 7,8 KG gross 8,8 KG

Model no. STR-BB1

### Multibench



### Multibench

Max. user weight	100 KG
Product size	149 x 50 x 80-100 CM
Product weight	15,8 KG
Functions	Versatile and adjustable ab bench, back bench and bicep bench all in one!
Adjustments / Ergonomics	Adjustable seat
Certifications	EN-957 Certified
Package type	Box with color poster
Package size / weight	124 x 51 x 20 CM / net 15,8 KG gross 17,6 KG

Model no. STR-MB1

### Fitness Bench



### Fitness bench

Max. user weight	100 KG
Product size	142 x 33,5 x 57 CM
Product weight	14,2 KG
Functions	Versatile bench for abdominal and dumbbell training
Adjustments / Ergonomics	Adjustable seat
Certifications	EN-957 Certified
Package type	Box with color poster
Package size / weight	131 x 35 x 16,5 CM / net 14,2 KG gross 16,2 KG

Model no. STR-FB1

### Ab-bench

Max. user weight	100 KG
Product size	129 x 77 x 32 CM
Product weight	8 KG
Functions	Designed for training abdominals Rubber bands for versatile workout Speed bag motivates and activates muscles in upper body, develops reaction skills and rhythm
Adjustments / Ergonomics	Foldable frame saves space
Certifications	EN-957 Certified
Package type	Box with color poster
Package size / weight	34 X 23 X 67,5 CM / net 8 KG gross 9 KG
Loading 20°/40°/40°HC	500 / 1100 / 1200 pcs.

Model no. STR-AB1

### Ab-Bench



# GYMSTICK™ KIDS



The lifestyle of children has undergone an enormous change during the last two decades: television, computers and video games have replaced many of the physical activities children used to enjoy. The words obesity, diabetes, heart disease and high blood pressure are mentioned more and more often when speaking about the children of today.

Fitness seems to have taken the backseat when it comes to modern children. Our kids are becoming physically inactive and unmotivated which leads to an unhealthy lifestyle and their health is deteriorating.

Gymstick wants to be a part of solving the problem. Gymstick KIDS series inspire children to physical activity at home. It will be fun for both children and parents to encourage the kids to blow off their energy by physical training! They just need equipment suitable for their measures – Gymstick treadmills, exercise bikes etc. will do the trick! Children will have a lot of fun and gain strength, balance, coordination and endurance. Training together can be a part of every family's daily activities.

## KIDS FITNESS BIKE

Operating environment	Home
Maximum user weight	68 KG / 4-8 years
Product size	54 x 35,5 x 69 CM
Computer functions	LCD-window: speed, time, distance, odo, cal & scan mode
Certification	CE certified
Package type	White box with color poster
Package size / weight	50 x 22 x 48 CM / net 6,7 KG gross 7,5 KG
Loading 20°/40°/40°HC	500 / 1050 / 1200 pcs.

Model no. KID-EB



## KIDS FITNESS TREADMILL

Operating environment	Home
Maximum user weight	68 KG / 4-8 years
Product size	80 x 65 x 78 CM
Computer functions	LCD-window, speed, time, distance, odo, cal & scan mode
Certification	CE Certified
Package type	White box with color poster
Package size / weight	55,5 x 19 x 80 CM / net 13,4 KG gross 15,1 KG
Loading 20°/40°/40°HC	336 / 616 / 720 pcs.

Model no. KID-TM

## KIDS FITNESS MULTI ROWER

Operating environment	Home
Maximum user weight	68 KG / 4+ years
Product size	62 x 41 x 70 CM
Computer functions	LCD-window: speed, time, distance, odo, cal & scan mode
Certification	CE Certified
Package type	White box with color poster
Package size / weight	93 x 46 x 19 CM / net 12,9 KG gross 14,4 KG
Loading 20°/40°/40°HC	330 / 700 / 820 pcs.

Model no. KID-RW



## BENCH / AIR WALKER / STEPPER

### KIDS FITNESS BENCH

Operating environment	Home
Maximum user weight	68 KG / 4-8 years
Product size	900 x 810 x 770 CM
Ergonomics and other details	Adjustable supporter for holding barbell. Barbell "weight plates" are lightweight EVA material
Certification	CE Certified
Package type	White box with color poster
Package size / weight	78 x 40 x 15 CM / net 8,6 KG gross 10,5 KG
Loading 20°/40°/40°HC	590 / 1350 / 1550 pcs.

Model no. KID-WB



### KIDS AIR WALKER

Operating environment	Home
Maximum user weight	68 KG / 4-8 years
Product size	68 x 41 x 85 CM
Ergonomics and other details	Nonslip foot-plates
Certification	CE Certified
Package type	Brown box
Package size / weight	79 x 51 x 17 CM / net 9,3 KG gross 11,4 KG
Loading 20°/40°/40°HC	460 / 780 / 920 pcs.

Model no. KID-AW



### KIDS MINISTEPPER

Operating environment	Home
Maximum user weight	68 KG / 4+ years
Product size	100 x 36 x 64 CM
Computer functions	LCD-window, speed, time, distance, odo, cal & scan mode
	12 level adjustable damper
Certification	CE Certified
Package type	White box with color poster
Package size / weight	46,5 x 37 x 27 CM / net 9,0 KG gross 10,0 KG
Loading 20°/40°/40°HC	580 / 1200 / 1350 pcs.

Model no. KID-TS

## ADVANCED HOME FITNESS COLLECTION

Today's fitness enthusiasts are demanding and require not only high quality products but also complete instructions for how to use their home training equipments and get 100 % benefit of them.

Gymstick International introduced in 2008 the ADVANCED HOME FITNESS collection consisting of already familiar fitness tools such as body balls, jump ropes, balance boards etc. EQUIPPED WITH A SPECIFIC WORKOUT DVD. Encouraged by the great success all over the world Gymstick is now introducing the expanded Advanced Home Fitness Collection 2010.

New products, new workouts, new design – you are guaranteed to get inspired!



### 62054 Aerobic Stepper with workout DVD

- Great for cardiovascular exercises and muscle conditioning
- PP Hi-impact aerobic stepper with 3 adjustment blocks
- Stepper size 63 x 25 x 12/17/22 CM
- 3 alternative heights for exercising – 12, 17 or 22 CM
- Platform with shock absorbing non-slip surface
- Maximum user weight 100 KG
- Includes an effective Step-workout DVD and exercise chart



### 62053 20 kg pump set with workout DVD

- The practical Pump barbell set is ideal for active barbell training individually or in groups
- The athletic total body workout with a pump set is an excellent workout and helps to shape your main muscle groups
- Includes: Pump bar with spring collars : length: 140 cm, weight: 2,5 KG (with spring collars)
- Vinyl plates 2 x 1,25 KG, 2 x 2,5 KG and 2 x 5 KG
- Comprehensive Pump workout DVD for toning and strengthening your whole body
- Exercise chart



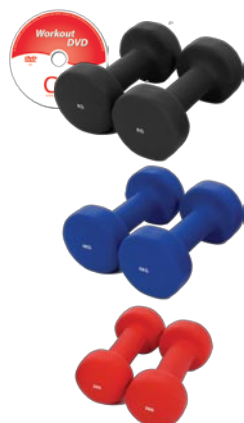
## GYMSTICK - FitnessBag + DVD

Totally new and innovative form of strength and core stability training. The hardwearing, soft flexible bags can be used indoors as well as outdoors, in all conditions and on any surface. With many safety, versatility, comfort, portability and performance advantages over conventional weight training and medicine ball exercises the Gymstick Fitness Bags are totally suited to all ages, fitness levels and training goals.

\* Combines kettlebell, medicine ball, barbell and boxing training.  
Available in 4 different weight levels:

- 62055-5** - 5 KG / 20 x 50 cm / Light green
- 62055-10** - 10 KG / 22,5 x 55 cm / Purple
- 62055-15** - 15 KG / 22,5 x 55 cm / Blue
- 62055-20** - 20 KG / 25 x 60 cm / Red

Includes: Exercise color poster and comprehensive workout DVD



### Neoprene Dumbbells with workout DVD

- 2 pcs. of durable neoprene dumbbells
- Shape and tone your whole body with dumbbells and effective dumbbell workout DVD
- Includes exercise chart

- 62051-2** 2 x 2 KG - Red
- 62051-4** 2 x 4 KG - Blue
- 62051-6** 2 x 6 KG - Black



### Vinyl Dumbbells with workout DVD

- 2 pcs. of vinyl dumbbells • Color: Silver-grey
- Includes: workout DVD

Available in 6 different weights:

- 62056-1** 2 x 1 KG
- 62056-1,5** 2 x 1,5 KG
- 62056-2** 2 x 2 KG
- 62056-3** 2 x 3 KG
- 62056-4** 2 x 4 KG
- 62056-5** 2 x 5 KG



### 62018 Pro jump rope with workout DVD

- Improves cardiovascular endurance
- Builds strong legs • Helps to loose fat
- 9 feet in length with adjustable clip inside the handle grip
- Rigid plastic handle with non-slip padding for extra comfort
- Includes workout DVD and exercise chart



### 62034 Push up bars with workout DVD

- Ergonomic foamed handle bars provide comfortable grips
- Ideal to reinforce upper body strength
- P.P. construction
- Non-slip E.V.A padded on the base
- Includes workout DVD and exercise chart



### 62057-1,5 1,5 kg Joined Hula hoop with workout DVD

- Burn calories and enjoy the motion!
- Weighted hula hoop training improves core power and co-ordination
- Color: Grey-Orange
- Dia. 100 cm / Weight 1,5 kg
- 6 piece assembly
- Includes workout DVD

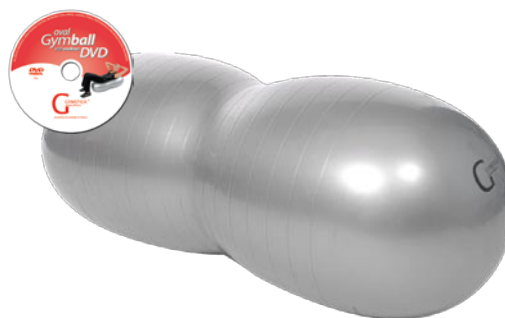




### 62058 Aerobic Ball 20cm with workout DVD

Increases flexibility, relaxes the whole body, reduces muscle pain. Stretches the spine and relaxes tight muscles

- Light violet
- Dia. 20 CM / Weight: 100 G
- Adjustable air pressure
- Includes: workout DVD, exercise chart and hand pump



### 62003 Oval gymball with workout DVD

- Heavy construction with a durable non-slip surface
- It offers moderate instability because it only rolls in one direction (forward and backward)
- Great for improving your strength, flexibility, balance and posture
- Relieves tension and stress • Perfect for all ages and fitness levels
- Includes Workout DVD, exercise chart, towel and foot pump
- Material: PVC



### 62004 Pilates rolling ball with workout DVD

- Brings positive, permanent changes and improves well being of the body
- Increases flexibility, relaxes the whole body, reduces muscle pain
- Stretches the spine and relaxes tight muscles
- Pilates therapy ball, diameter 20 cm
- Includes Workout DVD, exercise chart and hand pump



### Burst resistant Massage bodyball with workout DVD

Great for improving (your = pois) strength, flexibility, balance and posture. The small bumps on the ball's surface massage while exercising

- Light violet
- 1200 G (65 CM), 1350 G (75 CM)
- Activates blood circulation
- Adjustable air pressure
- Includes: 8" hand pump, workout DVD and exercise chart

**62059-65** Burst resistance Massage Bodyball 65cm

**62059-75** Burst resistance Massage Bodyball 75cm



### Burst resistant Bodyball with workout DVD

- Heavy construction with a durable non-slip surface
- Great for improving your strength, flexibility, balance and posture
- Relieves tension and stress
- Perfect for all ages and fitness levels
- Includes Workout DVD, exercise chart and foot pump
- Material PVC

**62009** Burst resistant Bodyball 55cm

**62010** Burst resistant Bodyball 65cm

**62011** Burst resistant Bodyball 75cm



### 62013 Exercise weight ball 2pcs with workout DVD

- Soft grip ball design allows comfortable open palm handling
- Place on various body parts for added resistance
- Strengthens your arms, legs, buttocks and abs
- Includes 2 x 1 kg Easy grip weighted ball, workout DVD and exercise chart



### Kettlebells with workout DVD

- The most attractive, valuable, ergonomic and the safest kettlebell on today's fitness market
- Increases strength, endurance and balance
- Challenges your muscular and cardiovascular system with dynamic, total-body movements
- Suitable for home and club use
- Includes a comprehensive workout-DVD and exercise chart



- 62050-3** 3 kg
- 62050-6** 6 kg
- 62050-8** 8 kg
- 62050-10** 10 kg
- 62050-12** 12 kg
- 62050-16** 16 kg
- 62050-20** 20 kg



#### 62060 Balance board with toning tubes + workout DVD

- Great tool for core, balance and coordination training.
- Toning tubes challenge or support the balance movement depending on the exercise
- Tubes: black-grey, Board: black-grey
- Dia. 40 CM (16") • Weight 750 G
- Includes: workout DVD, resistance tubes and balance board



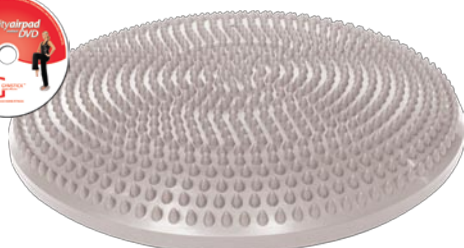
#### 62015 Balance board with workout DVD

- Increases balance, co-ordination and muscle strength
- Great for overall body toning and sports rehabilitation
- Great for home use, or for the office: use as a footrest. Builds pelvic stability, strengthens knees and increases the ankles range of motion!
- Includes workout DVD and exercise chart
- Material: P.P.
- Size: Diameter 14" (36 cm)



#### 62061 Balance board with adjustable tilt + workout DVD

- Increases balance, coordination, muscle strength. 3 different adjustable heights
- Dia. 36 CM (14") • Color: Black-red • Material: PP
- Includes: workout dvd, exercise chart, tilt tool and balance board



#### 62035 Stability Air pad with workout DVD

- Ideal for balance and core strength training
- Excellent for flexibility and stability exercises
- Improves ankle's range of motion and sensomotoric abilities
- Efficient help for recovering from ankle or knee injuries
- Great aid for lower back problems - Makes your sitting much more dynamic
- Comes with a hand pump, workout DVD and an exercise chart



#### 62052 Fitness Trampoline with workout DVD

- 4-way Folding fitness trampoline which counts jumps and measures jumping/training time
- Include fixable bodytoning tubes and comprehensive workout DVD which offers full cardiovascular and muscle conditioning program
- Trampoline's diameter 36" / 91 cm
- Maximum user weight 110 KG
- Package size and weight: 71x31x9 cm / 5,7 kg



## ■ GYMSTICK ADVANCED COLLECTION



light (0.35mm T) - yellow  
medium (0.50mm T) - light purple  
strong (0.65mm T) - blue



### 62021 Exercise bands with workout DVD

- Tones and shapes whole body
- Ideal for warming-up and muscle condition exercises
- Includes 3 pcs durable resistance latex bands, workout DVD and exercise chart



### 62007/-1 Exercise mat with carry bag and workout DVD

- Designed to enhance your flexibility, vitality and muscles
- Mesh bag with adjustable shoulder strap
- Portable, washable and easy to store
- Non-slip sticky surface
- Includes workout DVD and exercise chart



### 62022 Body toning tube with workout DVD

- Versatile tool for toning and strengthening the muscles of the whole body
- Great for beginners & intermediate-level workouts
- 2 pcs. on non-slip handles
- Protective sleeve around tubing eliminates abrasion when used
- Includes workout DVD and exercise chart



### 62001 6 piece yoga / pilates set with workout DVDs

- Perfect for yoga and pilates training
- Great for improving your strength, flexibility, balance and posture
- Sticky exercise mat supports and cushions your body
- Includes 65cm body ball, yoga mat, pilates band, yoga strap, hand pump and exercise chart
- Includes 3 x DVD for exercise band, exercise mat and body ball



### 62002 Door gym with workout DVD

- Easily anchors to most doors
- Versatile tool for toning and strengthening the muscles of the whole body
- 2 foam gripped handles / 2 ankle straps / 1 door stopper / Resistance tube
- Includes workout DVD and exercise chart



### 62014 Ultimate exercise roller with workout DVD

- Tone abs, arms, shoulders and glutes
- Two easy-glide wheels with molded handles and exercise resistance tube
- Compact size so you can use it anywhere
- Total body workout tool!
- Everything you need to keep fit
- Includes Workout DVD, exercise chart and knee pad



#### 62005 Pilates ring with workout DVD

- Flexible ring completely encased in a non-slip protective coating
- Features four padded cups for legs and arms
- Soft and comfortable to use • Lightweight, portable and compact.
- Fits in most carry-on luggage for easy travel • Use anywhere
- Tone and strengthen key core areas
- Create and maintain good posture
- Includes workout DVD and exercise chart



#### 62062 Power twister with workout DVD

- Improves upper body strength and challenges the core
- Twisting plate can be used separately for balance training by standing on it
- Push up bars can be used also as separate units
- Color: Black-grey • Includes: 2 pcs Push up bars, twisting plate and workout DVD



#### 62006 Rowing exerciser with workout DVD

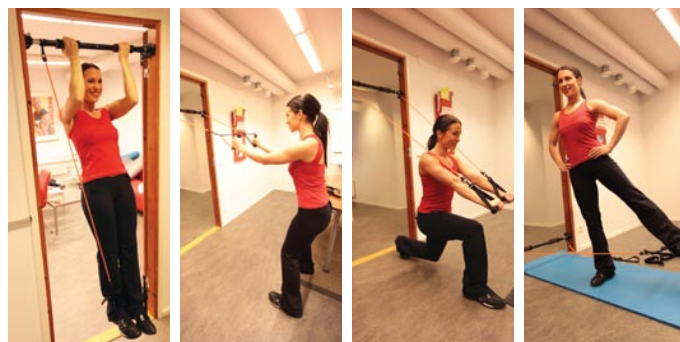
- Muscle conditioning and strength training for back, abs, thighs and buttocks
- Impact free motion
- Includes Workout DVD and exercise chart



#### 62063

##### Weighted Exercise Tube with workout DVD

- Resistance tubes with non-slip handles and extra weights
- Color: Black-red • Tube length 95 cm / product weight 1080 g
- Versatile tool for toning and strengthening the muscles of the whole body.
- Addable weights (380 G) to the handles
- Includes: workout DVD and 2 pcs.. extra weights



#### 62064 Door gym bar set with workout DVD

- Versatile Chin up bar with resistance tubes and feet straps
- Chin ups never been so easy as with Door Gym bar set. The innovative combination of resistance tubes, feet straps and chin up bar makes user lighter when pulling up. Set has also changeable resistance tube handles which offers comprehensive full body workout.
- Color: black / orange
- Weight of set 1,88 KG
- Bar width [min-max]: 63 - 100 CM
- Includes: Chin up bar, 2 pcs resistance tubes, 2 pcs handles, 2 pcs foot straps, 2 pcs corner irons, effective workout DVD and exercise chart



## BASIC HOME FITNESS COLLECTION

Basic products are designed for overall fitness to shape up and support healthier lifestyle. Collection includes products to every purpose from muscle conditioning and strength training to balance and stretching workouts. All products include workout poster or chart but not DVD.



### 61036 Gymstick Balance balance board

- have fun and challenge yourself with Balance – a balance board bringing new dimensions to training
- Includes three easy-to-change "maze" boards
- Improves effectively balance, concentration and reactivity
- Strengthens leg- and core muscles
- Designed for individual training at home, rehabilitation as well as for sports coaching
- Size: length 54 cm, width 40 cm, height 10 cm
- Max. user weight: 120 kg
- NB! Not suitable for children under 3 years!



### Training Gloves

- 2 pcs. of comfortable and breathable gloves
- Material: Spandex and micro suede

- 61033-S – Small
- 61033-M – Medium
- 61033-L – Large
- 61033-XL – Extra large

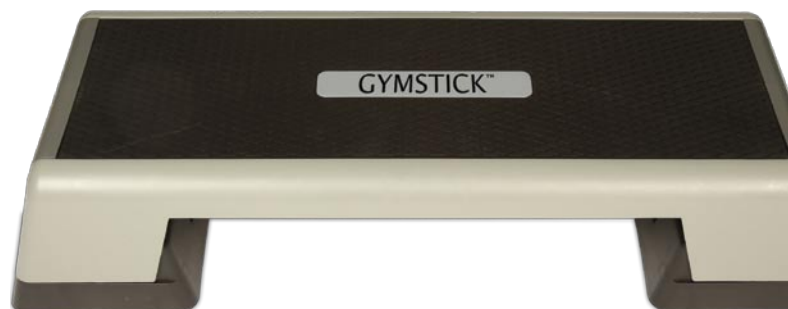


### 61008 Dual exercise wheel

- Tones abs, arms, shoulders and back.
- Two easy-glide wheels and ergonomic handles.
- Compact size – easy to use anywhere.
- Includes: • Wheel exerciser • Knee pad
- Workout instructions



Three training heights.



### 61054 Gymstick Pro Step

- Great for cardiovascular exercises and muscle conditioning
- Non-slip floor blocks and rubber coated platform provide a safe surface to step on.
- Adjusts to three training heights with interlocking block positions (15, 20 and 25 cm)
- Color: Gray and black
- Size: 97 x 36 x 25 CM
- Weight: 8 KG



## ■ GYMSTICK BASIC COLLECTION

### Aerobic Bar 3, 4, 6, 8 KG

Ideal for core strength, functional training, cardio/step workouts  
Soft and durable EVA coating for comfortable grip.

4 different weights:

- 61051-3** 3 KG: 102,5 x 5 CM / black-orange
- 61051-4** 4 KG: 102,5 x 5,7 CM / black-red
- 61051-6** 6 KG: 102,5 x 6,2 CM / black-blue
- 61051-8** 8 KG: 102,5 x 6,5 CM / black-grey



### 61041 Pilates Band 1pc

- 61041-1** light - yellow
- 61041-1** medium - light purple
- 61041-1** strong - blue



### Reaction Ball 7cm / 10 cm

Develops speed and reaction skills  
Available in 2 different sizes:

- 61052-7** 7 CM / 60 G / Red
- 61052-10** 10 CM / 160 G / Green



### 61029 Door gym bar

- Extra heavy duty chrome plated steel bar • Fully adjustable, extends from 66 - 104 cm
- PVC pads with PP caps on both sides
- Includes workout instructions, 6 pcs screws for fixing



### 61028 Soft Squeeze ball

- Build hand strength and flexibility.
- Great for Carpal Tunnel Syndrome and injury rehab.
- TPU Soft gell ball
- Diameter 5cm
- Includes Workout instructions



### Jump rope

- Great for cardiovascular exercises and muscle conditioning.
- Fashionable design of the handle (cylinder of the handle is pink or chrome)

- 61053P** - Jump rope pink
- 61053C** - Jump rope chrome



### Adjustable Hand Grip

- Great for training hand, wrist and forearm muscles. Adjusting the resistance is easy!  
Everyone can find suitable resistance level
- Light: 5-20 KG, color: orange-white
- Strong: 10-40 KG, color: grey-black
- 16,7 x 3 x 20,8 CM

- 61055-L** - Light
- 61055-S** - Strong

## ■ GYMSTICK BASIC COLLECTION



### Gymstick Exercise Mat NBR

Soft exercise mat for stretching and training  
NBR – environmentally friendly material

**61042R/61042B** - Size: 60 x 170 x 1,5 cm - 2 colors: red, blue  
With iron rings, w/o carry straps

**61042P** - Size: 60 x 170 x 0,7 cm - Light purple  
With carry straps, w/o iron rings



### 61045-1/3/5/8 - Medicine Ball

- Ideal for strength training, improving hand-eye co-ordination, flexibility and balance
- Excellent rehabilitation product
- Color: Black-orange
- 1, 3, 5 and 8 kg



### 61044-4/6/8/10

#### Medicine Ball with Handles

- Rubber compound core stability training ball for flexibility, agility and fitness training.
- Handle makes the ball much easier to grip
- Color: Light blue
- 4, 6, 8 and 10 kg



### 61043P - Exercise Mat PER

Soft exercise mat for stretching and training  
PER - environmentally friendly material

- With carry straps
- Size: 60 x 170 x 0,4 cm
- Color: Pink



### 61007 Exercise mat with carry bag

- Portable and washable mat, easy to store.
- Size: 172,7 x 60 x 0,35 cm
- Non-slip, sticky surface
- With carry bag
- Color: Blue



### 61046 - Massage Pillow

- Comfortable massage pillow improves blood circulation of head and neck
- 6 different massages
- High-quality lycra fabric
- Shuts off automatically by 20 minutes
- Color: Blue



### 61047-2,5/5 - Weight West

- Adjustable weight west adds resistance to your training – cardio, running, walking, jumping rope etc.
- Designed to offer superior form and fit
- Color: Grey-black
- 2,5 KG and 5 kg



## Basic aqua fitness equipments

### 61048-B/W/R - Noodle Solid

- Fun addition to any aquatic environment and can be used for therapy, floatation, or playing
- Thick and durable foam material



### 61049-S/M/L - Aqua Belt

- Allows proper floating and positioning during water running or water aerobics
- Made of durable non-abrasive EVA • Color: blue
- 3 sizes: Small: 61,5 x 22 x 4,0 cm  
Medium: 65,5 x 23,5 x 4,0 cm  
Large: 73 x 24,5 x 4,0 cm



### 61050 - Aqua Hand Bars

- Aquatic "dumb bells" for exercising the arms by creating resistance in the water. Made of super soft foam and feature non-slip hand-grips.
- Color: Blue/Black

# GYMSTICK DISTRIBUTORS

## Australia

Sports-Port Agencies Pty Ltd  
Rear of 196 Graham Street,  
Port Melbourne  
Victoria, Australia 3207  
tel: +61 3 9646 6867  
fax: +61 3 9646 6552  
email: info@sportportagencies.com  
www.gymstick.com.au

## Austria

Simplyfit HandelsGes. m.b.H.  
Bundesstraße 104  
2102 Bisamberg  
Tel: +43 676 840 974 777  
Fax: +43 1/253 0333 0099  
email: office@simplyfit.at  
www.simplyfit.at

## Belgium & Luxemburg

Fitness Store  
Brussels International Trade Mart,  
Atomium Square 1, BP 40  
1020 Brussels, (Action Zone,  
Bologna 264)  
Tel: + 32 2 376 13 51  
Fax: + 32 2 376 22 46  
www.gymstick-fitness.com

## Canada

Remington Medical Equipment Ltd.  
9401 Bentley Street, Suite 9  
Markham, Ontario L3R 9T2  
Tel: 1-905-470 7790  
Toll free: 1-800-267 5822  
Fax: 1 905 470 7787  
Fax Toll Free: 1-866 470 7787  
email: mail@remingtonmedical.com  
www.remingtonmedical.com  
www.gymstick.ca

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