

INNOVATIVE EQUIPMENT FOR FITNESS, SPORTS & REHABILITATION



GYMSTICK[®] PRO

PROFESSIONAL FITNESS EQUIPMENT



WWW.GYMSTICK.COM

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The most innovative fitness company

Gymstick International turns unexciting and unprofitable spaces of facilities into vibrant, profitable and productive areas. We specialise in creating studio, PT, performance and free-weight environments and offer everything from design, marketing support, equipment and training to add value to the customer's facility.

The product development team of Gymstick has a remarkable experience of professional sports and commercial fitness which gives an extremely innovative touch to our products.

Gymstick Pro range

The PRO Professional Fitness equipment collection by Gymstick International consists of innovative, effective and professional quality fitness solutions.

The PRO collection fulfills the needs of even the most demanding users with its' comprehensive range of products - all important tools from exercise tubings to large gym machines. The own innovations of Gymstick International such as Gymstick Original, Power Wheelz, Chair Gym and many others are just the tip of the iceberg. The Gymstick Pro equipment offer the fitness professionals and enthusiast a simply effective access to getting fit as well as to succesfull improving of the wellbeing.

Gymstick has paid special attention to colour design of the cardio and strength machines and as a result proudly presents the PRO Red Power fitness equipment collection. It looks totally different from the other brands. The red colour urges to exercising and taking care of the well being.

Exercising can be like driving a Ferrari - it should bring emotional sensation as well as a feeling of doing something with your whole body and soul.

Red Power machines tempt you to get fit. There are studies showing that red colour can cause a physical effect by increasing the rate of respiration.

Red refers to power, hence the red tie of business people and the red carpet for celebrities and VIPs.

The elegant looks of the PRO Red Power collection brings new dimension to fitness: you can decorate your fitness facility with them!

With Red Power equipment training feels less like a routine and more like luxury – something to look forward to every day.

PRO Red Power collection includes series of cardio machines, gym machines and some other special equipment for semi commercial and commercial use.

Exercising with Red Power machines and other Gymstick Pro equipment makes you feel like a VIP!



European Union
European Regional Development Fund

Leverage from
the EU
2007-2013



Työ- ja
elinkeino-
keskus
Arbets- och
näringscentralen

GYMSTICK ORIGINAL

Gymstick Original is a fitness tool designed to combine cardiovascular, muscular endurance and flexibility training in a simple and effective way. Gymstick Original is an innovative fitness tool combining stick- and resistance band training into one effective workout. Gymstick Original is available in five different resistance levels to choose from – depending on the fitness level of the user. The range of resistance varies from 1–30 kilos, depending on the chosen level.

Gymstick Original offers a range of personal fitness training programmes, post rehabilitation training and sports performance training. Today, more than ever, people are willing to train smartly taking the well-being, core stabilization, muscular endurance, strength, balance and coordination into consideration. It is not easy to find a fitness product that can fulfill so many diverse needs. Gymstick Original meets the exercise needs of everybody - from juniors to seniors, from rehab patients to world class athletes and all fitness enthusiasts from beginners to professional bodybuilders simply because it is so small, light, versatile, easy and safe to use and it really adapts to the fitness level of the user and starts developing it immediately towards the goal one has set. Gymstick is one of the best tools for group training, Personal training, rehabilitation and sports training. It is simply effective!

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)



GYMSTICK
ORIGINAL RACK
FOUND ON
PAGE 50.



Gymstick Original light/green

- for group training, rehabilitation and exercise of the elderly.
- the resistance ranges from 1 to 10 kg / 2–22 lb.
- Item code: 11001



Gymstick Original medium/blue

- for group training, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2–33 lb.
- Item code: 11002



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.
- Item code: 11003



Gymstick Original extra strong/silver

- for extremely fit men and athletes
- the resistance ranges from 1 to 25 kg / 2–55 lb.
- Item code: 11004



Gymstick Original superstrong / gold

- for athletes
- the resistance ranges from 1 to 30 kg / 2–66 lb.
- Item code: 11005



TELESCOPIC GYMSTICK

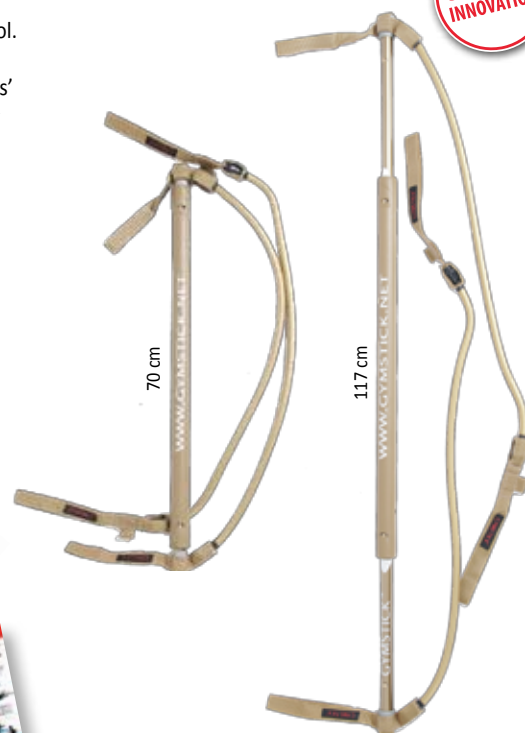
Gymstick Telescopic is an adjustable version of Gymstick Original. It is the ultimate portable fitness tool. It's ideal for travellers, sports teams, athletes or anyone looking for a versatile portable fitness tool. The Telescopic Gymstick works just like Gymstick original but the stick part can be easily adjusted to its' full length 117 cm or to minimum length of 70 cm. The Telescopic Gymstick is a perfect tool especially for Personal Trainers who need to take the equipment to many places for their customers. Gymstick telescopic is also available in five different resistance levels.

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)



GYMSTICK
INNOVATION



Telescopic Gymstick light/green

- for group training, rehabilitation and exercise of the elderly.
- the resistance ranges from 1 to 10 kg / 2–22 lb.
- Item code: 13001



Telescopic Gymstick medium/blue

- for group training, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2–33 lb.
- Item code: 13002



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.
- Item code: 13003



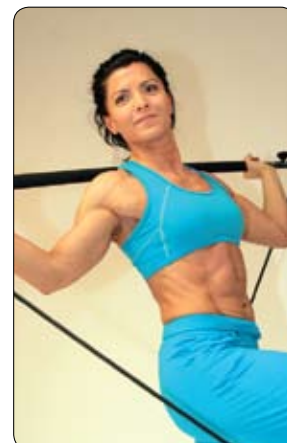
Telescopic Gymstick extra strong/silver

- for extremely fit men and athletes
- the resistance ranges from 1 to 25 kg / 2–55 lb.
- Item code: 13004



Telescopic Gymstick super strong / gold

- for athletes
- the resistance ranges from 1 to 30 kg / 2–66 lb.
- Item code: 13005



GYMSTICK AQUA

Gymstick Aqua is a fitness tool that combines the exercise bands and water resistance exercise into one effective workout. Until now it has not been possible to train with any equipment above the water – with Aqua Gymstick it is possible!

Exercising with Gymstick Aqua provides an increased level of instability, balance, and proprioception stimulus. Water provides a protective and supportive environment for balance and core stability training. Gymstick Aqua resistance training can create turbulence in addition to the resistance of the bands like no other piece of aqua training equipment currently available. It helps in the development of postural awareness and can be used for swimming and sports training.

Gymstick Aqua is one of the best tools for group training, Personal training, rehabilitation or sports training in the water. Simply effective!

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)



Gymstick Aqua light/green

- for aqua group training, rehabilitation and elderly
- the resistance ranges from 1 to 10 kg / 2–22 lb.
- Item code: 14001

Gymstick Aqua medium/blue

- for aqua group training and women
- the resistance ranges from 1 to 15 kg / 2–44 lb.
- Item code: 14002

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.
- Item code: 14003

Gymstick Aqua extra strong/silver

- for extremely fit men and athletes
- the resistance ranges from 1 to 25 kg / 2–55 lb.
- Item code: 14004

Gymstick Aqua super strong/gold

- for athletes
- the resistance ranges from 1 to 30 kg / 2–66 lb.
- Item code: 14005



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 fiberclass 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 bag in camouflage design
- instruction and workout poster
- a 60 min workout DVD



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
- Item code: 13323



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
- Item code: 13324

POWER WHEELZ PRO

Gymstick Power Wheelz Pro is a fitness tool combining exercise rollers and exercise bands into one effective workout. With Power Wheelz Pro it is possible to perform effective combination and core movements in standing position but the most demanding movements are made at floor level. The body weight and gravity bring extra challenge to different variations of rolling movements. With Power Wheelz you can do individual muscle conditioning workouts at home or you can participate in a Power Wheelz group in a fitness studio.

Power Wheelz meets the exercise needs of everybody - from juniors to seniors, from rehab patients to world class athletes and all fitness enthusiasts from beginners to professional body-builders simply because it is so versatile, light, easy to use and it really adapts to the fitness level of the user and starts developing it immediately towards the goal one has set. Power Wheelz Pro is a great tool for group training, Personal training, rehabilitation and sports training. It is simply effective!

Power Wheelz Pro consists of 2 pcs rollers with a weighted handle, two different resistance level bands: red = extra light and green = light. The resistance bands can be used together or one at a time. Using one band or two bands allows the resistance to be easily adjusted during the workout.

Power Wheelz Pro consist of:

- 2 pcs stylish chrome rollers with weighted handle
- 4 pcs latex rubber resistance bands (extra light & light) with attachment hooks and adjustable fabric loops
- X-strap for connecting the bands together
- Instruction and workout poster
- Workout DVD

POWERWHEELZ

Power Wheelz Pro

- extra light/red: the resistance varies from 1 to 7 kg / 2- 15lb
- light/green: the resistance varies from 1 to 10 kg / 2- 22lb
- extra light/red+ light/green. The resistance varies from 1 to 17 kg / 2-50lb
- Item code: 15013



GYMSTICK
INNOVATION



X-strap system



Attachment hooks



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!



GYMSTICK CHAIR GYM PRO

Consist of:

- 4 pcs of leg units • 2 pcs of extra light/red exercise bands • 2 pcs of light/green exercise bands • 2 pcs of foam coated handles • 2 pcs of ankle straps
- 1 door anchor • 1 exercise chart • 1 workout DVD
- Item code: 17001PRO



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 roll the bands around the "ear" part. The shorter the band the more resistance you get.

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)

NORDIC WALKING
GYM
EXERCISE BANDS

GYMSTICK
INNOVATION



Nordic Walking Gym light/green

- the resistance ranges from 1 to 10kg / 2-22 lb.
- Item code: 20021



Nordic Walking Gym medium/blue

- the resistance ranges from 1 to 15 kg / 2-33 lb
- Item code: 20022



Nordic Walking Gym strong/black

- the resistance ranges from 1 to 20 kg / 2-44 lb.
- Item code: 20023

GYMSTICK RUNNER'S GYM

GYMSTICK RUNNER'S GYM

An 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.

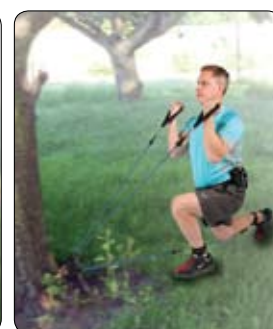
To start the actual Runner's Gym training the attaching anchor must be first fixed onto a tree or a stable bench and the resistance bands are attached to the anchor by a carabiner. Possible to perform tens of muscle strength exercises for upper body, mid section and lower body muscles or combined exercises 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
- 4 pcs 52 cm medium resistance latex exercise bands with aluminium carabiner hooks
- 2 pcs ankle straps
- 2 pcs foam gripped handles
- 1 pcs tree or door attachment anchor
- 1 pcs exercise poster
- Item code: 20100



Attaching anchor must be first fixed onto a tree or a stable bench.



Pro Exercise Band

Gymstick Pro Low Powder and Low Protein Exercise Band are to avoid the dissatisfaction with the messiness of the conventional powdery bands and also to get rid of the concerns for latex allergy (Note: powder is used to prevent the tackiness of the latex). To get rid of these concerns, Gymstick Exercise Band are low in powder and low in protein, thereby improving the user's comfort and also avoiding the concern for latex allergy. The protein allergy problem is solved by two steps: first of all, Gymstick Exercise Band is treated to remove most of the proteins content in latex. Secondly, Gymstick Exercise Band is washed to remove the excessive powder on the band, thereby reducing the possibility of the powder acting as a transporting agent of proteins into the skin of users when contact.

30 unit of 1.5meter pack in dispensing tower

Item code:

61096-1 apricot	extra light
61096-2 spring green	light
61096-3 lavender	medium
61096-4 brown	heavy
61096-5 sea green	extra heavy
61096-6 purple	super heavy

Gymstick Pro exercise band 5.5 meters rolls

Item code:

61097-1 apricot	extra light
61097-2 spring green	light
61097-3 lavender	medium
61097-4 brown	heavy
61097-5 sea green	extra heavy
61097-6 purple	super heavy

Gymstick Pro exercise band 46 meters rolls

Item code:

61095-1 apricot	extra light
61095-2 spring green	light
61095-3 lavender	medium
61095-4 brown	heavy
61095-5 sea green	extra heavy
61095-6 purple	super heavy

Available in:

- A** 30 pcs dispenser
- B** 6 yards roll dispenser (5,5 m)
- C** 50 yards roll dispenser (45,7 m)

Pull Force Test

		Pull Force Test (Kg)	
		100%	300%
	APRICOT - Extra light	Min 1.3	Min 2.5
	SPRING GREEN - Light	Min 2.1	Min 3.7
	LAVENDER - Medium	Min 2.6	Min 4.5
	BROWN - Heavy	Min 3.2	Min 5.5
	SEA GREEN - Extra heavy	Min 4.2	Min 7.7
	PURPLE - Super heavy	Min 4.8	Min 8.3



Pro Exercise Tubing

Gymstick Pro Exercise Tubing offers alternative to resistance band.

It allows more variation to exercises and is widely used both in the rehabilitative and strength training various sports.

Gymstick Pro 30 meters tubing

Item code:

61094-1 apricot	extra light
61094-2 spring green	light
61094-3 lavender	medium
61094-4 brown	heavy
61094-5 sea green	extra heavy
61094-6 purple	super heavy

Accessories available:



Handle. Item code: 61102



Door anchor. Item code: 61103

Available in:

A 30,5 m / 100 ft dispenser

Pull Force Test

		Pull Force Test (Kg)	
		100%	300%
	APRICOT - Extra light	Min 1.3	Min 2.5
	SPRING GREEN - Light	Min 2.1	Min 3.7
	LAVENDER - Medium	Min 2.6	Min 4.5
	BROWN - Heavy	Min 3.2	Min 5.5
	SEA GREEN - Extra heavy	Min 4.2	Min 7.7
	PURPLE - Super heavy	Min 4.8	Min 8.3



Pro Exercise Ball

The Gymstick Pro burst resistance exercise ball is recommended for professionals and heavy duty use in all club environments. Four common sizes are available for a custom fit. Static resistance 1500kg/3300lb and dynamic resistance 500kg/1100lb. Available in two different colours. The ball is designed to deflate slowly if punctured.

Art.No:	Colour:	Size:
70045	pearlized metallic red	45 cm
70055	pearlized metallic red	55 cm
70065	pearlized metallic red	65 cm
70075	pearlized metallic red	75 cm

Art.No:	Colour:	Size:
70045	black graphite	45 cm
70055	black graphite	55 cm
70065	black graphite	65 cm
70075	black graphite	75 cm



Medicine Ball

A great way to incorporate resistance training into personal training sessions, circuit classes and gym programmes with a complete range of weight options. Available in four color coded weight levels.

Art.No:	Weight:
61045-1	1 kg
61045-3	3 kg
61045-5	5 kg
61045-8	8 kg



MEDICINE BALL
RACK FOUND ON
PAGE 50.

Double Grip Medicine Ball

More versatile than traditional medicine balls. Hold with one or two hands and train your core stability, flexibility, agility and overall fitness. Available in four color coded weight levels.

Art.No:	Weight:
61044-4	4 kg
61044-6	6 kg
61044-8	8 kg
61044-10	10 kg



MEDICINE BALL
RACK FOUND ON
PAGE 50.

Redondo Ball

The Gymstick Redondo Ball is suitable for many different exercises like MindBody, Pilates, Wellness and Fitness. The “foldable” ball is suitable, for example, to strengthen the spine musculature, mobility of the spinejoints, relaxation, abdominal training, pelvis training and for neck massage.

The Gymstick Redondo Ball can be inflated and deflated very quickly and easily and can therefore be taken everywhere you go. With little air inside, you can also use it as a support pillow for neck and back.

Colour: graphite grey Size: 22-24 cm
Item code: 61062



Soft Exercise Weight Ball

Two pieces of weighted soft balls that can be used to strengthen, tone and re-align the body. These toning balls are easy to grip, surface washable and sold in pairs.

Art.No:	Colour:	Size:	Weight:
62013	blue	13 cm	2 x 1 kg



Reaction Ball

This 10 cm diameter rubber ball includes 6 smaller half balls around the main ball. When throwing the ball to the floor or wall it will bounce and change its direction! Develops speed, reaction and co-ordination skills.

Art.No:	Colour:	Size:
61052-10	green	10 cm



Squeeze Ball

Exercising with this TBU gel ball improves “back to basic” skills, exercise hand / arm and upper body muscles while improving grip. Great for carpal tunnel syndrome and injury rehab.

Art.No:	Colour:	Size:
61028	blue	5 cm



FitnessBag

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.
- Includes workout DVD
- 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



Aerobic Bar 3, 4, 6, 8 KG

Aerobic bar is a classic fitness tool; a simple, one piece solid iron, weighted fitness bar encased in high quality easy grip rubber for a secure and comfortable grip. User friendly, cost effective and versatile, Aerobic bar can be used not only in group exercise and the fitness center, but also for personal training, physical therapy, and home workouts.

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



AEROBIC BAR
RACK FOUND ON
PAGE 50.



Pro Kettlebell

The stylish Gymstick Pro Kettlebell is made of cast iron with neoprene cover. The Pro Kettlebell is available in several different weights:

61098-4 4kg
 61098-8 8kg
 61098-12 12kg
 61098-16 16kg
 61098-20 20kg
 61098-24 24kg
 61098-28 28kg
 61098-32 32kg
 61098-40 40kg

Unlike traditional dumbbells, the kettlebell's center of mass is extended beyond the hand. This makes the swinging movements possible. Because more muscle groups are utilized for swinging movement of a kettlebell than during the lifting of dumbbells, the kettlebell workout is more effective. Also micro-muscles are needed to balance a swinging kettlebell.



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



Vinyl Kettlebell

- High quality vinyl casing improves durability and rubber stops protect flooring and diminishes noises.
- Color coated multi purpose training kettlebells - Ideal for strength training, flexibility and balance
- Designed with specially positioned flat spots to ensure kettlebells remain stationary when in use or not in use.
- The attractive ergonomics handles graduate from 27mm grip up to a 42mm grip depending upon the weight of the kettlebell.
- Available in following weights: - 2kg, 3kg, 4kg, 6kg, 8kg, 10kg, 12kg, 14kg, 16kg, 18kg, 20kg
- Color box packing
- Suitable for home and club use
- Stylish kettlebell rack available for club and retail use
- Includes workout DVD!



Pro Neoprene Dumbbells

Neoprene covered steel dumbbells. Available in six colour coded weight levels. Great for group fitness.

- 61068-1 Pro Neoprene Dumbbells 1 kg
- 61068-2 Pro Neoprene Dumbbells 2 kg
- 61068-3 Pro Neoprene Dumbbells 3 kg
- 61068-4 Pro Neoprene Dumbbells 4 kg
- 61068-5 Pro Neoprene Dumbbells 5 kg
- 61068-6 Pro Neoprene Dumbbells 6 kg



Pro Rubber Dumbbells

A combination of the beauty of chrome and the durability of extended durable rubber surface to protect floors. Gymstick Pro dumbbells are user friendly and fulfill the heavy user demands of the commercial level.

- 61056-2 Pro dumbbells 2kg
- 61056-4 Pro dumbbells 4 kg
- 61056-6 Pro dumbbells 6kg
- 61056-8 Pro dumbbells 8kg
- 61056-10 Pro dumbbells 10 kg
- 61056-12 Pro dumbbells 12 kg

etc. up to 50 kg



Pro Pump set

30mm Gymstick Pro pump set is excellent for strength training for groups or personal training. 1400mm bar with soft rubber sleeve to protect the shoulders and for a comfortable grip. Integrated hand grips enable the discs to be used as dumbbells. Colour-coded discs for easy recognition. Angular shape of discs to prevent rolling. Quick release spring collars with rubber grips. Maximum loading on standard bar – 37.5kg.

Item code: 61057

Gymstick Pro pump set includes:

One 1400mm bar (weight without spring collars 2 kg), 2 x 5kg, 2 x 2,5kg, 2 x 1,25kg rubber discs, 2 x 30mm quick release spring collars

10 kg black color rubbers discs available separately!



PRO PUMP SET
RACK FOUND
ON PAGE 50.



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.

By moving the parts at the bottom into different positions, the Pro Balance challenges the stability and muscles with tens of different ways. Athletes may perform exercises suitable for their particular sports 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.



Gymstick Pro Balance

Pro Balance consists of:

- 2 pcs one foot boards
- 2 pcs cushions
- 4 pcs small moving parts
- 2 pcs attachment pins
- 1 pce big moving part
- 2 pcs skill balls
- 2 pcs Non-slipping floor mat
- Storage bag
- Item code: 17000



Balanco balance board



- have fun and challenge yourself with Balanco – 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!
- Item code: 61036



Stability air pad

This inflatable air pad offers tremendous versatility for lying, sitting and standing exercises to increase balance and proprioception. Adjust the volume of air to change the degree of difficulty / stability.

Flat on one side, with raised dimples on the other, the exercise Air pad is latex free, portable, great for sport performance, functional training and rehabilitation • Dimensions – 60cm. • Item code: 62035



Balance board with adjustable tilt

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
- Item code: 62061





Exercise Mat NBR

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

61042G/61042B - Size: 60 x 170 x 1,5 cm - 2 colors: grey, blue. With iron rings.

61042P - Size: 60 x 170 x 0,7 cm - Light purple. With iron rings and carry straps.

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
- Item code: 61043P



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
- Item code: 61007

Pro Step

The Gymstick Pro Step board is a versatile board for step aerobics. It is adjustable in three different heights: 15cm, 20cm or 25cm. This step is great for commercial use and the advanced level stepper.

Features:

- Three adjustment heights of: 15cm, 20cm or 25cm
- Snapping adjustment legs for maximum stability
- Size: 97 x 36 x 25 cm
- Non-slip TPR material for optimal friction and shock absorption
- Optimal length and width for Step moves
- Inclines and declines for body sculpting
- Weight 8kg
- Weight Capacity: 150 kg
- Item code: 61054



Three training heights.



Weight Vest

- Adjustable weight vest adds resistance to training – cardio, running, walking, jumping rope etc.
- Designed to offer superior form and fit
- Color: Grey-black • 2,5 KG and 5 kg
- Item code: 61047-2,5, 61047-5



Adjustable Hand Grip

- Great for training hand, wrist and forearm muscles. Adjusting the resistance is easy! Everyone can find a 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

Item codes:

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



Door Gym Bar Set

- Versatile Chin up bar with resistance tubes and feet straps
- Chin ups have never been so easy as with Door Gym bar set. The innovative combination of resistance tubes, feet straps and chin up bar makes the user lighter when pulling up. Includes also changeable resistance tube handles offering comprehensive full body workout.
- Colour: 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
- Item code: 62064



Pro Jump Rope

- Improves cardiovascular endurance
- Builds strong legs • Helps to loose fat
- 2,7 m (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
- Item code: 62018

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)



21100*-135* Gymstick Start

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

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: Universal Paw
- Exercise bands available: medium, strong
- Shaft colour: silver/light grey
- Lengths: 100–135/5 cm 39,5" – 52" /2"



22100*-135* Gymstick Health

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

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: Universal Paw
- Exercise bands available: medium, strong
- Shaft colour: Green
- Lengths: 100–135/5 cm 39,5" – 52" /2"



25100*-135* Gymstick Force

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

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: Universal Paw
- Exercise bands available: medium, strong
- Shaft colour: Light blue
- Lengths: 100–135/5 cm 39,5" – 52" /2"

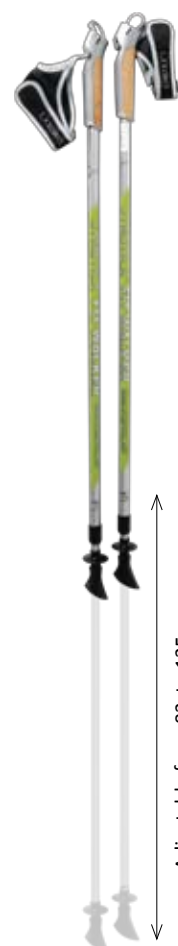


BASIC NORDIC WALKING POLES



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

28000
Telescopic
Fitwalker

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

23100*-135*
Walker One

(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

26100*-135*
Walker Two

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

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

29100*-135*
Fit Walker

(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

27100*-135*
Pro Walker

(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



PRO RED POWER COLLECTION

Gymstick has paid special attention to colour design and as a result proudly presents the PRO Red Power fitness equipment collection. It looks totally different from the others. The red colour urges you to exercise and to take care of the well being.

Exercising can be like driving a Ferrari - it should bring emotional sensation as well as a feeling of doing something with your whole body and soul.

Red Power machines tempt you to get fit. Studies show that red colour can cause a physical effect by increasing the rate of respiration.

Red refers to power, hence the red tie of business people and the red carpet for celebrities and VIPs.

The elegant looks of the PRO Red Power collection brings new dimension to fitness: you can decorate your fitness facility with them!

With Red Power equipment, training feels less like a routine and more like luxury – something to look forward to every day.

PRO Red Power collection includes series of cardio machines, gym machines and some other special equipment for semi commercial and commercial use.

Exercising with Red Power machines will make you feel like a VIP!

RED POWER



RED POWER

FITNESS ROOM

Gymstick PRO Red Power fitness room concept is a selected range of Gymstick fitness equipment for anybody looking for a functional, easy and stylish fitness room & studio for own or customer's use when there is not hundreds of square meters to spend. The Red Power room concept focuses on companies, hotels and housing cooperatives as well as for personal Trainers.

A Red Power fitness room can be furnished with Gymstick PRO Red Power equipment and other Gymstick Pro equipment. The high quality of Gymstick PRO Red Power machines and the shiny red colour encourages to set up a luxury space with inspiring training atmosphere. The stylish looks of Gymstick Red Power room is guaranteed to increase the utilization degree.

Gymstick International has prepared three Red Power room of different sizes but the final selection of equipment is always decided by the customer – customising is the key word.

Below list of equipment for furnishing a small Pro Red Power room – just one example among many variations.



Red Power room small (20-25m2):

- 1pcs Pro Run 50 treadmill
- 1pcs Pro Glide crosstrainer
- 1 pcs Pro Spin 60
- 1pcs Functional Trainer
- 1pcs G8 GYM
- 1set 32.5 kg selective dumbbells with rack
- 1 pcs Pro exercise ball 65 cm
- 1 pcs Pro exercise ball 55 cm
- 1 pcs Gymstick Pro balance
- 3 pcs Exercise mat NBR (gray)
- 6 pcs Pro Kettlebell (4kg, 8kg, 12kg, 16kg, 20kg, 24kg)



RED
POWER
FITNESS ROOM

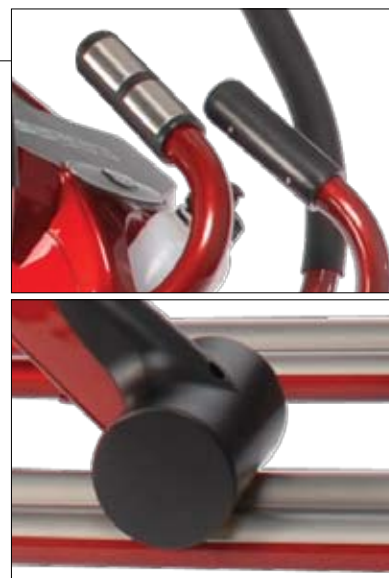
ZEUS 100



The Red Power – Zeus 100 semi commercial crosstrainer has 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.

FEATURES

- Extra-smooth 51 cm stride length
- Easy-to-use console with large LCD-window



SPECS

Item code	CT-100
Console	Large LCD-window with blue backlight
Programs	12 Pre-set programs, 1 User program, 1 H.R.C. program, Manual program
Console feedback	Time, Distance, Speed, Calories, RPM, Pulse, Pulse recovery, Watt control, Built-in
Cooling fan	Telemetric and Contact
Heart rate	13
Program levels	Computer drive magnetic w/ 12 kg Flywheel
Resistance system	Heavy-Gauge High-Strength Steel w/ Durable Powder-Coat paint
Frame	51 cm / 20"
Stride length	Main powered
Power	200 X 50 X 168 CM
Product dimensions	88 kg
Product weight	150 kg / 330 lbs
Max user weight	

CONSOLE

Large LCD-window with blue backlight
Time, Distance, Speed, Calories, RPM, Pulse, Pulse recovery, Watt control,
16 resistance levels, Built-in cooling fan
12 Pre-set programs, 1 User program, 1 H.R.C. program, Manual program



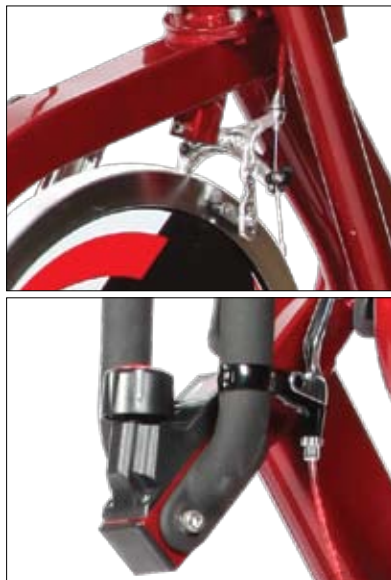
PRO GLIDE

RED POWER

The Gymstick Pro Glide commercial elliptical is designed specifically for group exercise workouts. The patent-pending direct drive creates the smoothest possible elliptical motion. Your clients will feel as if they are actually floating above the Pro Glide. This feeling is created by the combination of the direct drive system, perfect gear ratio, optimum stride length and ergonomic pedal placement. The addition of solid steel machined pulleys and automotive-grade Poly-V belts assure it will hold up to the toughest environments. It's all in the detail.

FEATURES

- Patent-Pending Direct Drive System
- Large Foot Pedals with Slip-Resistant Design and Sweat Drain
- Heavy Gauge Steel Frame
- Durable Powder-Coated Paint
- Easy-To-Use Console with Micro-Adjust Tension Resistance
- Telemetric Heart Rate



SPECS

Item Code	PRO GLIDE
Console	4-Window LCD
Console Feedback	Time, RPM, Distance, Heart Rate
Heart Rate	Telemetric
Program Levels	Variable Resistance
Resistance System	Magnetic Resistance w/ Variable Adjustable Knob and Hand Brake
Drive System	Patent-Pending Direct Drive
Handlebars	Multi-Position
Frame	Heavy-Gauge High Strength Steel w/ Durable Powder-Coat Paint
Foot Pedals	Extra-Large w/ Slip-Resistant Surface and Built-In Sweat Drains
Stride Length	20"
Power	3 AA Batteries to power the Console
Product Dimensions	175 x 61 x 168 cm / 69" x 24" x 66"
Product Weight	104 kg / 230 lbs.
Max. User Weight	204 kg / 450 lbs.



CONSOLE

The simple Pro Glide console is easy to use and easy to read. Simply set the workout time and get started. The tension is manually adjusted by turning the micro-adjustment knob below the console. This moves the rare-earth magnets towards the flywheel to increase resistance. The combination of these magnets and perfectly balanced flywheel (with most of its weight concentrated in the outer perimeter) help create the smoothest elliptical feel. Combine this with the ergonomically placed foot pedals and the direct drive, and your clients won't just be using the Pro Glide for a group exercise class, but also for their regular workouts.

When your clients achieve their perfect RPM, they will begin to experience the Pro Glide's characteristic floating effect, which will keep them working out longer and thus achieving their fitness goals.



PRO CROSS 50

RED POWER

The Gymstick Pro Crosstrainer 50 commercial elliptical is designed for the commercial environment, from its heavy-gauge steel frame to its durable painting. The extra-smooth feel of the Pro Cross 50 comes from the combinations of ergonomically positioned foot plates, 20" stride length and perfectly balanced integrated generator/fly wheel system. This combination, along with the easy-to-use console will keep your clients happy workout after workout.



FEATURES

- Extra-Smooth 20" Stride Length
- Integrated Generator/Flywheel Resistance System
- Heavy-Gauge Steel Frame
- Durable Powder-Coated Paint
- Easy-To-Use Console with 40 Resistance Levels
- Contact & Telemetric Heart Rate

SPECS

Item Code	PRO CROSS50
Console	Large Blue-LED Matrix Window w/ 20-Character LED Message Center, Separate LED Heart Rate Bar, and Integrated Reading Rack
Programs	2 Heart Rate (Standard & Auto Pilot), Hill, Fat Burn, Cardio, Strength, Interval, Custom, Fit Test and Manual
Console Feedback	Time, Distance, Calories, Watts, Speed, RPM, Pulse, METs
Cooling Fan	Single Turbo Cooling Fan
Heart Rate	Telemetric and Contact
Program Levels	40
Resistance System	Integrated Generator w/ 13.5 kg Flywheel
Frame	Heavy-Gauge High-Strength Steel w/ Durable Powder-Coat paint
Stride Length	20"
Power	Self-Generating
Product Dimensions	198 x 71 x 170 cm / 78" x 28" x 67"
Product Weight	111 kg / 245 lbs.
Max. User Weight	204 kg / 450 lbs.

CONSOLE

The console is easy to use and boasts ample easy-to-read motivational information. A quick touch of the fan button and your clients will be cooled by a turbo powered fan. Touch the upper "Display" button to view the workout in either a Track or Workout profile on the large LED Matrix. There are 10 different programs to keep the user motivated, from Heart Rate to Strength to Fat Burn; most have 40 resistance levels. The console features a Fit Test program, or the user can simply push "Start" and begin their workout. A convenient cargo holder offers storage for a cell phone or room keys. The console is also used on the Pro Recumbent 50 and the Pro Bike 50. This makes it easy for clients to vary their workouts on different machines and help them achieve their fitness goals.



PRO BIKE 50

RED POWER

The Red Power 50 Commercial Upright Pro Bike was designed for the commercial user. The heavy-gauge steel frame and heavyweight flywheel create the perfect base. The console offers multiple programs, most with 40 levels of resistance, and enough feedback information to make sure your clients never grow bored. The multi-grip handlebar, along with the easy ratcheting seat post, integrated with the fore/aft positioning of our dual-spring seat, assures your client an extra-comfortable workout. It's all in the details.



SPECS

Item Code
Console

Programs

Console Feedback

Cooling Fan
Heart Rate

Program Levels
Resistance System

Frame

Seat
Seat Post

Handlebars

Pedals

Power

Product Dimensions

Product Weight

Max. User Weight

PRO BIKES0
Large Blue-LED Matrix
Window w/ 20-Character
LED Message Center,
Separate LED Heart Rate Bar,
and Integrated Reading Rack
2 Heart Rate
(Standard & Auto Pilot),
Hill, Fat Burn, Cardio,
Strength, Interval, Custom,
Fit Test, and Manual
Time, Distance, Calories,
Watts, Speed, RPM, Pulse, METs
Single Turbo Cooling Fan
Telemetric and Contact
40
Integrated Generator
w/ 13.5 kg Flywheel
Heavy-Gauge
High-Strength Steel w/
Durable Powder-Coat Paint
Dual-Spring Cushioned Seat
Easy-Ratchet w/Full
Fore/Aft Adjustment
Multi-Grip Position
Dual-Width Self-Balancing
Self-Generating
43" x 22" x 54"
52 kg / 115 lbs.
200 kg / 450 lbs.



FEATURES

- Easy-To-Use Console with 40 Resistance Levels
- Micro-Adjust Seat w/ Fore/Aft Positioning
- Heavy-Gauge Steel Frame
- Integrated Generator/Flywheel Resistance System
- Durable Powder-Coated Paint
- Contact & Telemetric Heart Rate

CONSOLE

The console is easy to use and boasts ample easy-to-read motivational information. A quick touch of the fan button and your clients will be cooled by a turbo powered fan.

Touch the upper "Display" button to view the workout in either a Track or Workout profile on the large LED Matrix. There are 10 different programs to keep the user motivated, from Heart Rate to Strength to Fat Burn; most have 40 resistance levels. The console features a Fit Test program, or the user can simply push "Start" and begin their workout. A convenient cargo holder offers storage for a cell phone or room keys.

The console is also used on the Pro Recumbent 50 and the Pro Cross 50. This makes it easy for clients to vary their workouts on different machines and help them achieve their fitness goals.



PRO RECUMBENT 50



The Red Power 50 Commercial Semi-Recumbent Bike is the perfect bike for the commercial environment. The step-thru design makes it easy for your clients to get on the bike, and the easy-adjust seat allows them to find the most comfortable position. The console offers multiple programs, most with 40 levels of resistance and enough feedback information to make sure your clients never grow bored of the Pro Recumbent 50. The extra-smooth ride comes from the perfect gearing and the integrated generator/flywheel system. It's all in the details.

FEATURES

- Easy-To-Use Console with 40 Resistance Levels
- Easy-To-Adjust 12-position Aluminum Seat Rail
- Heavy-Gauge Steel Frame
- Integrated Generator/Flywheel Resistance System
- Durable Powder-Coated Paint
- Contact & Telemetric Heart Rate



SPECS

Item Code	PRO RECU50
Console	Large Blue-LED Matrix Window w/ 20-Character LED Message Center, Separate LED Heart Rate Bar, and Integrated Reading Rack
Programs	2 Heart Rate (Standard & Auto Pilot), Hill, Fat Burn, Cardio, Strength, Interval, Custom, Fit Test and Manual
Console Feedback	Time, Distance, Calories, Watts, Speed, RPM, Pulse, METs
Cooling Fan	Single Turbo Cooling Fan
Heart Rate	Telemetric and Contact
Program Levels	40
Resistance System	Integrated Generator w/ 13.5 kg Flywheel
Frame	Heavy-Gauge High-Strength Steel w/ Durable Powder-Coat Paint
Seat	Durable Commercial-Grade Seat
Seat Rail	Aluminum with 12 Easy-Adjust Positions
Handlebars	Multi-Grip Position
Pedals	Dual-Width Self-Balancing
Power	Self-Generating
Product Dimensions	145 x 76 x 130 cm / 57" x 30" x 51"
Product Weight	65 kg / 145 lbs.
Max. User Weight	204 kg / 450 lbs.

CONSOLE

The console is easy to use and full of easy-to-read motivational information. A quick touch of the fan button and your clients are being cooled by a turbo-powered fan. Touch the upper "Display" button to view the workout in either a Track or Workout profile on the large LED Matrix. There are 10 different programs to keep the user motivated, from Heart Rate to Strength to Fat Burn; most have 40 resistance levels. The features a Fit Test program, or the user can simply push "Start" and begin their workout. A convenient cargo holder offers storage for a cell phone or room keys. The console is also used on the Pro Bike 50 and the Pro Cross 50. This makes it easy for clients to vary their workouts on different machines and help them achieve their fitness goals.



PRO SPIN 60

RED POWER

The Gymstick Pro 60 Spin bike can deliver a complete cardiovascular workout with super smooth performance. This commercial model spin bike has a unique and stable frame as well as its sturdy 21kg flywheel weight. Gel seat for added comfort and variable handle bar for a perfect cycle position. The smooth belt drive give the user a true cycling experience.



SPECS

Item Code	PRO SPIN60
Resistance system	Top brake with emergency stop
Transmission system	Belt
Flywheel	21 kg
Crank	3 pcs 6.5 lenght
Max.user weight	160kg
Frame	Steel
Saddle	Gel
Upright post	aluminium
Seat post	aluminium
Handlebar adjustment	Height and horizontal
Seat adjustment	Height, horizontal and tilt
Transport wheelz	Yes
Certifications	TUV/GS



PRO SPIN 80

RED POWER

This commercial-level spin bike with advanced manual magnetic resistance system brings luxury to cycling. Ultra sturdy structure with stainless frame. Solid crank deliver long serving life. Spin 80 includes LCD computer with several functions such as time, speed, distance and watt. Spin 80 will give a true cycling experience. Easy resistance adjustment system close to handle bar so no need to change the comfortable driving position for ideal resistance level.

FEATURES

- Advanced resistance system enables constantly fine tuning to challenge your fitness level.
- Ultra sturdy structure with stainless welding seam and solid crank deliver long serving life.
- Stainless seat with sweet proof finish, adjustable and ergonomic handle bar assist the most comfortable sitting.
- Professional toe clip / strap pedal, plus stylish looking make a great workout experience.
- Bigger wheels make it easy to relocate and storage.



SPECS

Item Code	PRO SPIN80
Resistance System	Manual Magnetic
Transmissions System	V-Belt
Fly Wheel	406mm (3.3kg)
Transmissions Ratio	01:10
Resistance Level	24
Power	Battery (Computer)
Max. User Weight	160kg
Mechanical Features	
Frame	Steel
Transportation Wheel	Yes
Console	
Time	Yes
Speed	Yes
Distance	Yes
Pulse	Yes
Watt	Yes
Recovery Pulse	Yes
Watt Constant Program	Yes
Pulse Constant Program	Yes
Preset Program	Yes
Graphical Display Of Profiles	Lcd
Tft-Tv	Yes
Pulse Measurement	
Hand Pulse	Yes
Heart Rate Receiver	Yes
Heart Rate Belt	Optional



CONSOLE

The console has an easy-to-read LCD display giving information on time, speed, distance and watts.



PRO HERCULES 40

RED POWER

High speed, high performance and high comfort - that really is the best way to describe Hercules 40 semi commercial treadmill. 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.

FEATURES

- 3.0 hp AC Motor



SPECS

Item Code	PROTM-40
Motor	3,0 hp AC motor with PWM controlling system
Console	LCD-window with blue backlight
Programs	5 Pre-set programs and 10 difficulty levels, manual
Console Feedback	Time, Speed, Distance, Incline, Calories, Pulse
Cooling Fan	Built-in
Heart Rate	Contact
Belt Area	160 x 53 CM
Elevation	0% to 15%
Speed	0,8 - 20 km/h
Rollers	2
Frame	High strength steel
Product dimensions	215 x 86 x 140 CM
Product weight	162 kg / 357 lbs
Max. user weight	170 kg / 375 lbs

CONSOLE

LCD-window with blue backlight.
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)



PRO RUN 50



The Pro Run 50 Commercial Treadmill with its heavy gauge steel frame is designed to take the constant punishment of the commercial environment. Its durable powdercoat paint and aluminum side rails and console mast will keep it looking great for years. Eff ective heat management extends the life of a commercial treadmill. Our dual cooling fans circulate air around the motor and motor control board for a longer life. It's all in the details.

FEATURES

- 3.0 hp AC Motor with Grade H Insulation
- Large 55 x 152 cm Workout Area
- Contact & Telemetric Heart Rate
- Habasit® Commercial Belt
- Easy-To-Use Console with Integrated HR Feedback Bar
- Heavy-Gauge Steel Frame with Aluminum Console Masts



SPECS

Item Code
Console

Programs

Console Feedback

Cooling Fan
Heart Rate
Running surface

Elevation

Speed

Motor

Deck

Belt
Rollers
Frame

Product Dimensions
Product Weight
Max. User Weight

PRO RUN50

Large Blue-LED Matrix Window w/ 4 Separate LED Information Windows, a 20-Character LED Message Center, Separate LED Heart Rate Bar, and Integrated Reading Rack 2 Heart Rate, Interval, Custom, 5K Run, Hill, Fat Burn, Cardio, Fit Test (Gerkin Protocol), and Manual

Time, Distance, Calories, Pace, Speed, Incline, Pulse, METs

Dual Turbo Cooling Fans

Telemetric and Contact

55 x 152 cm

0% to 15%

1.0 to 20 km/h

3.0hp AC Drive

1" Reversible,

Double-Sided Phenolic

w/ Wax Coating

Habasit® Multi-Ply Commercial

3"

High-Strength Steel with

Aluminum Console Masts

216 x 89 x 145 cm / 85" x 35" x 57"

161 kg / 355 lbs.

204 kg / 450 lbs.

CONSOLE



The PRO RUN 50 Commercial Treadmill with its heavy gauge steel frame is designed to take the constant punishment of the commercial environment. Its durable powdercoat paint and aluminum side rails and console mast will keep it looking great for years. Eff ective heat management extends the life of a commercial treadmill. Our dual cooling fans circulate air around the motor and motor control board for a longer life. It's all in the details.

PRO FUNCTIONAL TRAINER



Functional Trainer

Many of the activities we do in life are performed across multiple planes of movement. Functional Training embraces that fact and allows strength training to be more applicable to the everyday movements of the human body as well as sports specific training. In addition to building strength, significant improvements in balance and coordination are principle benefits of the unrestricted motion of functional training. Gymstick Pro semi commercial Functional Trainer is simple machine with unique high/low pulley system with one-handed ergonomic handles easily adjusts to more than twenty height positions. The dual weight stack allows you to engage more than one muscle and often more than one joint for isolateral resistance training. With its space efficient design and red power color Functional Trainer complements your home or gym décoration and suits your lifestyle.

Instructional wall chart and optional music & video player

Two easy-to-read instructional wall charts are mounted to the inner walls of the to show you a total-body exercise routine. You can also integrate special music & i pod video player for machine.

Specs

- Product dimensions: 105 x 133 x 210 cm
- Frame: High-strength steel / durable powder-coat paint
- Weight stack: 2 x 72kg
- Accessories: 1 ankle strap, 1 hand strap, 2 D-ring grips
- EN957 certified
- Item code: PRO FTRA



PRO G8 GYM



Training with Red Power G8 semi commercial gym will help you to achieve all of your strength-training goals. With this machine you can do numerous types of lifts, rows, presses and curls to build muscle, strength and balance.

Chest supported seated row position offers optimal back and biceps development. Freedom chest press technology offers multiple functional exercises with free-floating multi-directional arm press.

Seat and seat back are easily adjusted and locked in place to personalize the position and the support you want.

We recommend this machine small PT studios or home gyms looking for high quality with reasonable cost.

Optional leg press station

Standard accessories

Aluminum short bar and wide lat bar with center cable attachment point, ab/tri strap, ankle strap, and instructional wall chart to guide users through a complete range of exercises.

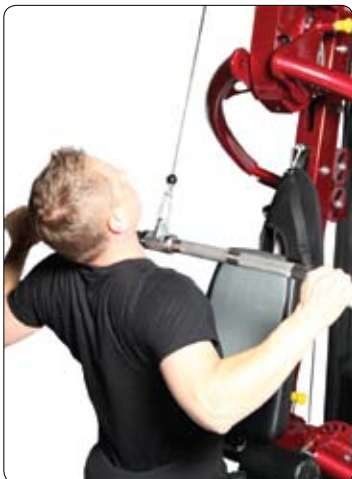
Heavy weight stack

Specs

- Product dimensions: 195 x 150 x 218 cm
- Frame: High-strength 2.0-3.0mm steel tubing / durable powder-coat paint
- Weight stack: 91kg
- Accessories: 1 ankle strap, 1 triceps & ab crunch strap, 2 D-ring grips
- EN957 certified
- Item code: PRO G8GYM

Assembled with leg press:

195 x 200 x 218 cm



PRO ADJUSTABLE DUMBBELLS WITH STAND

New from Gymstick Pro are the exciting Dial Tech Dumbbells for home or studio. Their twist-to-select mechanism makes changing weight for different workouts a doddle. The comfortable handles and secure locking mechanism also add to the package to create a superb solution for home and commercial weights.

Once you try these selectorised dumbbells you'll be impressed by how easy it is to move to different weights for different exercises.

You'll also enjoy the benefits of the ergonomically designed stand that stops you stooping to the floor to pick up your weights. We've used these ourselves and it makes your workout much easier, quicker and more enjoyable.

The 32.5kg set is made for those who have been lifting weights for a while and need a more challenging weight limit than the standard 17.5kg.

RED POWER

17,5 kg

- Compact dumbbell set for home or studio.
- Dial up from 2.5 to 17.5 kg in seven 2.5 kg steps.
- Single dial control to set weights.
- Ergo grip handles with textured rubber grips.
- Mid height tilted rack to avoid stooping.
- Security straps to hold dumbbells on rack.
- colour: black / chrome
- Size with rack (H)75, (W)50, (D)70cm.
- Item code: PRO 17,5KG



RED POWER

32,5 kg

- Compact dumbbell set for home or studio.
- Dial up from 2.5 to 32.5 kg in thirteen 2.5 kg steps.
- Single dial control to set weights.
- Ergo grip handles with textured rubber grips.
- Mid height tilted rack to avoid stooping.
- Security straps to hold dumbbells on rack.
- colour: black / chrome
- Size with rack (H)75, (W)50, (D)70cm.
- Item code: PRO 32,5KG





GYMSTICK RED POWER CIRCUIT

The Gymstick PRO Red Power hydraulic Circuit line is perfect for gyms, school environment, hotel or rehabilitation classes, as it puts the fun into fitness.

The PRO Circuit range is a must for schools or NHS rehabilitation professionals who need a range of portable, reliable, easy-to-use and most importantly SAFE range of fitness equipment. A nine-piece circuit can easily fit into a space of 25sq/m.

Circuit machines are easy to use, totally safe with a strong and reliable cylinder that will give years of maintenance-free operation. The seat positions are comfortable and there are also foot rests for smaller individuals to place their feet on during the exercise.

Since there is resistance on both the push and pull side of each exercise, each piece of exercise equipment is there for two different opposing muscle groups working almost simultaneously. This is good for the user because it provides a well-balanced workout, increase the cardiovascular component of the workout, and cuts time in the gym in half. It's good for the gym owner since they have to buy half as many machines, or they can now accommodate twice as many users for the same price. Since not only the resistance can be controlled but also the speed with which the movements are performed in either direction, it is possible to quickly, easily, and simultaneously customize the strength, power, speed, and cardiovascular workouts.

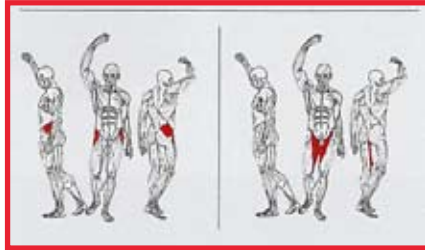
Teaching a class on Red Power circuit machines will open up a new dimension of learning. Classes can be varied in length, intensity and additional stations can be added to the circuit to make each session even more fun and varied.

Activity classes on circuit will benefit pupils fitness levels, social interaction, confidence, motor skills and co-ordination. Individuals can also develop their leadership skills by taking the group classes varying the music and intensity to suit the level of the class.

Key Benefits of Pro Red Power Hydraulic Circuit Equipment

- Combined cardio and strength in one package
- Requires less space and lower cost than conventional gym equipment
- User-friendly and Age-friendly Equipment - Safest available and the easiest on joints
- No eccentric load nearly eliminating DOMS (delayed onset muscle soreness)
- Minimal supervision - incredibly safe and simple to use
- Machines accommodate any level of fitness making it the perfect tool for group training
- Affordable
- Low maintenance
- Portable – easy to move so machines can be stored away when not in use





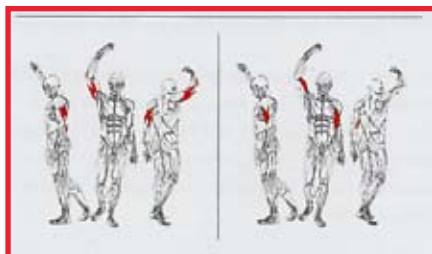
PRO 50200 ABDUCTION/ADDUCTION

Weight: 66 kg
Size: 142x100x91 cm

Exercise instruction:

This machine targets adductor and gluteus muscles.

Sit on the machine and keep your back against the backrest straightly. Grasp the handles firmly and put your calves into the pads. Then repeat the adduction and abduction movements of lower limbs.



PRO 50201 BICEPS/TRICEPS EXERCISE MACHINE

Weight: 34 kg
Size: 110x80x106 cm

Exercise instruction:

This machine targets the biceps and triceps muscles.

Sit on the machine and keep your back straight. Put your elbows onto the pad and keep the elbow joint and rotating point of handles matched. Then repeat the flexion and extension movements of the elbow.

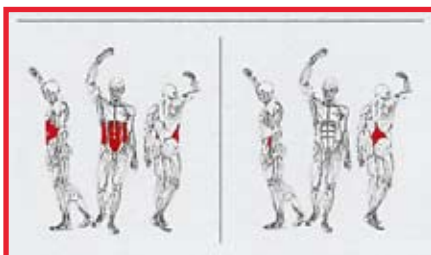


**PRO 50202****INCLINE UP PRESS/
PULL DOWN**

Weight: 50 kg
Size: 137x85x90 cm

Exercise instruction:

This machine targets shoulder and elbow joints, top part of pectoralis major, front deltoid, serratus anterior, middle latissimus dorsi and biceps muscles. Sit on the machine and keep back against the backrest straightly. Then grasp the handles firmly and repeat pushing and pulling movements of the upper limbs on the frontal plane.

**PRO 50203****ABDOMEN/BACK EXERCISE
MACHINE**

Weight: 51 kg
Size: 120x80x107 cm

Exercise instruction:

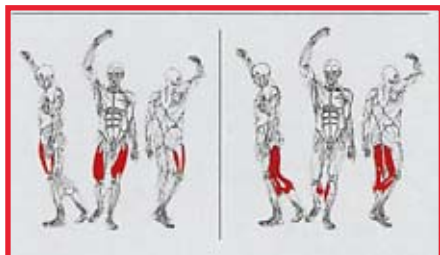
This machine targets the rectus abdominis and erector spinae muscles. Sit on the machine and keep your back against the rollers and put ankles between rollers and pedals. Then push up the handlebars and repeat flexion and extension movements of the trunk on the sagittal plane.



PRO 50204**LEG EXTENSION/CURL**

Weight 58 kg

Size: 162x162x90 cm



Exercise instruction:

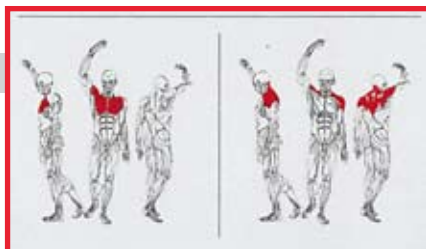
This machine targets quadriceps femoris, popliteus and gastrocnemius muscles.

Sit on the machine and keep your back against the backrest straightly. Then grasp the handles firmly and put ankles between two rollers and repeat the extension and flexion movements of knee.

**RED POWER****PRO 50205****PEC/BUTTERFLY**

Weight: 60 kg

Size: 132x90x90 cm



Exercise instruction:

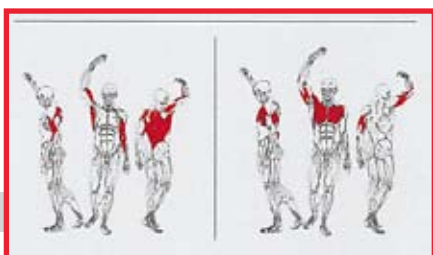
This machine targets the pectoralis major, rear deltoid, rhomboideus, middle and lower parts of trapezius and some other back muscles.

Sit on the machine and keep your back against the backrest straightly. Grasp the handles with arms lifting horizontally. Then repeat adduction and abduction movements of the upper limbs on the transversal plane.

**PRO 50206****CHEST PRESS/
ROWING MACHINE**

Weight: 48 kg

Size: 137x85x90 cm



Exercise instruction:

This machine targets the pectoralis major, rear deltoid, rhomboideus, middle and lower parts of trapezius and some other back muscles.

Sit on the machine and keep your back against the backrest straightly. Grasp the handles with arms lifting horizontally. Then repeat adduction and abduction movements of the upper limbs on the transversal plane.



PRO 50207 DEEP SQUAT

RED POWER

Weight: 63 kg
Size: 175x80x113 cm



Exercise instruction:

This machine targets quadriceps femoris and gluteus muscles. Stand against the backrest and keep the back against the backrest straightly. Grasp the handles firmly and put your shoulders against the pads. Then repeat bending and extending movements of lower limbs from the standing position in a closed kinetic chain. The resistance is also produced when returning to the standing start position.



PRO 50208 LEG PRESS

Weight: 78 kg
Size: 200x80x90 cm



Exercise instruction:

This machine targets quadriceps femoris, gluteus and gastrocnemius muscles. Sit on the machine and keep your back against the backrest straightly. Grasp the handles firmly and keep your feet separate naturally. Then repeat seated bending and extending movements of lower limbs in a closed kinetic chain.





Gymstick Fitness concept

Gymstick International has developed a fitness concept around three products, which offers the fitness enthusiast an easy and effective way to enjoy a healthy and active lifestyle. The Gymstick concept includes: Gymstick Original for indoors, Gymstick Aqua for water and Gymstick Nordic Walking for outdoors. These safe and effective activities can be performed individually or in groups anywhere and anytime.

Level 1 Gymstick Instructor Fundamentals

The purpose of the Level 1 Gymstick Instructor Fundamentals education is to provide a clear and extensive overview of the Gymstick Original as an effective and versatile fitness tool. The education will also demonstrate theoretically and practically how it can be used to improve muscle strength and endurance, balance, coordination, mobility and cardiovascular conditioning. Another key aim of the Fundamentals Instructor training is to demonstrate how to adapt and apply the materials and the skills to train individuals and groups whilst understanding the necessary safety requirements and you will know how to maintain the condition of the Gymstick Original.

After the Level 1 Gymstick Instructor Fundamental education, you will know how to use the Gymstick Original, maximising its potential to assist your clients in achieving their health, fitness or sporting goals and ensuring that they receive professional instruction on how to use the Gymstick Original effectively.

At the completion of the Fundamentals education you will:

- Have your name and contact details listed on the www.gymstick.net web-site
- Be able to purchase Gymstick instructor labelled workout clothing
- Be entitled to use Gymstick logos for marketing and advertising
- Be able to use photos owned by Gymstick in for marketing and advertising purposes
- Be able to participate in national and international "Gymstick Idea-days" and update educations
- Be able to teach Gymstick all over the world
- Be able to move onto Gymstick level 2 instructor education

At the completion of a Level 2 Gymstick Group fitness instructor you will:

- get an updated workout DVD and music CD every four months
- have your name and contact details (and the facility if they paid for your training) listed on the Gymstick group fitness instructor website locator
- be able to purchase Gymstick instructor labelled workout clothing
- be entitled to use the Gymstick trademarked program logos for marketing and advertising
- Be able to use photos owned by Gymstick in for marketing and advertising purposes
- Be able to participate in national and international "Gymstick Idea-days" and update educations
- Be able to teach Gymstick all over the world
- have the opportunity to apply to become Gymstick National Master Trainer

Gymstick Indoor group training concept

Gymstick Original Indoor training concept consists of six different programs. Three of these are pre-choreographed workout programs – Gymstick Cardio, Gymstick Muscle and Gymstick Pilates and they are intended for fitness studios and general group training. The other three programs are not pre-choreographed – Gymstick Basic, Gymstick Circuit and Gymstick Bootcamp and these programs do not come with a regular instructor update.

Gymstick Indoor instructor education

Gymstick Original concept consists of a compulsory Level I Instructor Fundamental education. Having completed this training, you will be ready to use the Gymstick for Basic, Circuit and Bootcamp programs. To teach Muscle, Cardio or Pilates, a specific Level 2 Instructor training in either Muscle, Cardio or Pilates must be completed which will educate you on the purpose of the program as well as teach you how to deliver the program. You will also receive an updated DVD and music CD to compliment the training. The three programs will have an update every four months.

If you are a personal trainer, there is also a specialised Gymstick Personal Trainer module that can be completed after the Fundamental education.

Level 1.

Gymstick Instructor Fundamentals – 6 hours

Level 2.

Gymstick Cardio instructor – 6 hours

Gymstick Muscle instructor – 6 hours

Gymstick Pilates instructor – 6 hours (A Pilates matwork certification is required before commencing the Gymstick Pilates program)

The above programs require instructors to be updated every 4 months with the new choreography

Gymstick PT instructor – 6 hours





Gymstick Aqua group concept and instructor education

Gymstick Aqua concept consists of three different water workout programs. This concept caters well for sporting groups, rehabilitation clients, individual training or group exercise in the water. The programs are Aqua Gymstick Cardio, Circuit and Muscle. A prerequisite for any of the Aqua Gymstick programs is the Level 1 Fundamentals education.

Level 1.
Gymstick Instructor Fundamentals – 6 hours

Level 2.
Gymstick Aqua Cardio instructor – 6 hours
Gymstick Aqua Muscle instructor – 6 hours
Gymstick Aqua Circuit instructor – 6 hours



Gymstick Outdoor training concept and instructor education

Outdoor concept is ideal for the outdoor and Nordic walking instructor who would like to offer new training methods to their customers. Gymstick outdoor concept is based on two instructor training programs - Gymstick Nordic Walking poles and the Gymstick Walking Gym. A prerequisite for any of the Nordic Walking Gymstick programs is the Level 1 Fundamentals education

Level 1.
Gymstick Instructor Fundamentals – 6 hours

Level 2.
Nordic Walking Instructor – 6 hours
Gymstick Walking Gym – 6 hours

Instructor Education

Gymstick education through the World Gymstick Team

World Gymstick Team (WGT) offer education around the world for the Gymstick products via each country's Gymstick National Team. Through the Gymstick Fitness Academy, it is possible to also be trained for other products including: Gymstick Fitness Bag, Runners Gym and Power Wheelz Pro.

To advance to the Gymstick Master Trainer level and have the opportunity to work directly with the National Gymstick team to deliver Gymstick instructor education, the Level 1 Fundamentals and a Level 2 Group Training must be completed.

Ultimately with the appropriate credentials, a Gymstick Master Trainer can achieve International Gymstick Master Trainer status where opportunities to be involved in program development and delivering presentations at fitness conventions will be possible.

3. Update group training programs



Gymstick Cardio

Gymstick Cardio is an inspiring cardio group exercise workout with the Gymstick. This high-energy interval training class combines functional Gymstick

movements with aerobic steps designed to increase cardiovascular fitness, coordination, mobility, muscular strength and mobility. Throughout the Gymstick Cardio class the focus is correct exercise technique and postural alignment that will follow through with everyday activities.

Benefits of Gymstick Cardio:

- High caloric usage
- Improves balance and core strength
- Improves coordination and agility
- Improves cardio respiratory fitness whilst working the whole body

A Gymstick Cardio class consists of:

- A warm up using the stick
- Cardiovascular conditioning that is combined with muscular strengthening exercises
- Balance exercises
- Muscle conditioning
- Stretching using the stick

The Cardiovascular conditioning section is compromised of movements performed in a repetitive rhythmical pattern which combine upper body, torso and lower body exercises to elevate heart rate. These compound exercises are effective for not only improving muscle endurance but also coordination and balance.

Gymstick Cardio is appropriate for:

This workout is designed for active and intermediate fitness level enthusiast who is keen to do an effective workout with choreography.



Gymstick Muscle

This workout challenges all the major muscle groups as well as the often neglected smaller intrinsic muscles by using typical resistance based exercises combined with Gymstick functional movements.

Benefits of Gymstick Muscle

- Shapes and tones muscles
- Improves balance and core strength
- Improves bone mass
- Burns up to 500 calories per class

A Gymstick Muscle class consists of:

The Gymstick Muscle class comprises of so-called 'Trios' of exercises. Each Trio includes a combination of isolation and compound movements. The Trios are focused around a specific muscle group and within the Trio there are movements that challenge coordination, balance and proprioception. Each Trio is approximately 4 minutes which effectively improves muscle endurance. There is a strong emphasis in this workout on correct movement technique and postural alignment.

Gymstick Muscle is appropriate for:

Gymstick Muscle is a muscle conditioning workout that is designed for those who required an effective total body muscle strengthening workout without choreography.



Gymstick Pilates

Joseph Pilates developed this now well known method of training the body, at the beginning of the 19th century as a simple, yet effective way of improving muscle strength and mobility. The Gymstick is ideal for this method of training the body by providing a tool that assists with strengthening the deep core muscles which is vital for ease of movement and good posture.

The Gymstick can be used to assist in performing movements or to make them more challenging. For many Pilates instructors, the Gymstick has proven to be very effective as it is small, light weight and simple to use. The Gymstick is used in the same way as a reformer bed and because it is portable, it makes for an ideal inexpensive tool for Pilates instructors and fitness facilities.

Gymstick Pilates workouts strengthen core muscles whilst improving balance, strength, flexibility and coordination.

Benefits of Gymstick Pilates:

- Improves joint flexibility and range of motion
- Improves core strength
- Reduces stress levels
- Provides a sense of well-being and calmness

A Gymstick Pilates class consists of:

The Gymstick Pilates class is centred on a carefully structured series of movements, stretches and poses to create a holistic workout that brings the body into a state of harmony and balance. Performed at a slow tempo with a strong emphasis on correct breathing technique, each movement has several progressions to suit all levels.

Gymstick Pilates is appropriate for:

Gymstick Pilates is designed for people who are looking for an effective workout combining the principles of Pilates with the versatility of Gymstick.

3.1 Group training programs without update ...



Gymstick Basic

Gymstick Basic workouts are designed for individual training and rehabilitation groups to develop muscular conditioning mobility in a safe, effective and motivating way. The workout consists of resistance based exercises as well moving joints through their comfortable range of motion.

The aim of the class is to condition both mind and body and provide an opportunity for people to enjoy exercising in groups whilst providing information on how they can exercise independently at home.

Benefits of Gymstick Basic:

- Improves muscle conditioning
- Improves flexibility
- Improves balance
- Improves breathing and circulatory system

A Gymstick Basic class consists of:

- A warm up with the stick
- Muscle conditioning performed in a stationary standing and sitting position as well as movements performed lying on the floor. Simple compound exercises are incorporated in this section
- Balance exercises
- Aerobic recovery movements
- Exercises performed in pairs
- Stretches – with and without the stick

Gymstick Basic is appropriate for:

Gymstick Basic is designed for beginners, elderly and clients between 40 – 60 with health issues.



GYMSTICK™

Gymstick Circuit

Gymstick Circuit is a simple and effective muscle conditioning workout that includes many traditional Gymstick Original exercises. Aimed to improve co-ordination and proprioception, the Gymstick Circuit class consists of 10-15 compound and isolation exercises that are performed 2-3 times during the class. The exercises are easy to understand and execute, ideal for the beginner through to the advanced fitness enthusiast. It can also be used a progression to the Gymstick Muscle workout.

The Gymstick Circuit cards are available for use for this workout.

Gymstick Circuit is appropriate for:

Gymstick Circuit is designed for clients looking for an effective muscle endurance and strength workout that incorporates balance training without choreography.



GYMSTICK™

Bootcamp Gymstick

The Bootcamp Gymstick provides a unique twist to the traditional Boot Camp workout. The versatility of the Gymstick caters for all aspects of a Boot Camp class – endurance, strength, mobility, agility and balance, providing an efficient total body workout. The Bootcamp Gymstick can be used in partner exercises to challenge cardiovascular fitness and muscular strength. With an extra set of bands in a comfortable to wear Gymstick backpack, this tool can be literally taken anywhere.

Conception of the Gymstick Original

The Gymstick concept and product range were invented in Finland by Gymstick International Oy who specialise in fitness products and education.

“We started developing this new fitness tool based on two well known fitness concepts, namely the exercise stick and the exercise band. We already had a lot of experience with using these two fitness tools and one day the idea of combining the two to create a more versatile and effective fitness tool was conceived. We wanted to improve the exercise stick by merging it with exercise bands. Gymstick Original was initially developed for muscle conditioning exercises, however, it is now also used to improve mobility, balance, co-ordination and aerobic fitness – all at the same time! Thus the Gymstick’s effectiveness lies in the fact that it is such a comprehensive fitness tool with a wide range of applications.”



ACCESSORIES

Gymstick Nordic Walking spare bands



Exercise bands blue
60 cm or 70 cm



Exercise bands black
60 cm or 70 cm

Handles for poles with resistance training system



20001
GS Foam
grip



20002
GS Cork
grip



Handles for Basic poles



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



Size:
S,M

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

ACCESSORIES

Gymstick Original, Telescopic, Gymstick and Aqua spare bands



30001 Original/Telescopic Exercise bands green/light
34001 Gymstick Aqua Exercise bands green/light



30003 Original/Telescopic Exercise bands black/strong
34003 Gymstick Aqua Exercise bands black/strong



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



30002 Original/Telescopic Exercise bands blue/medium
34002 Gymstick Aqua Exercise bands blue/medium



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



95100 X-Strap



Gymstick Powerwheelz Pro spare bands



35100 Extra light / red



35101 Light / green

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.



40017 Gymstick Aqua DVD NEW!
Available now: Aqua Gymstick water workout DVD made by Marietta Mehanni, our Aqua World Master Trainer from Australia. The DVD includes Cardio program which suits for all fitness levels and target groups.



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 BAGS

Gymstick Original team bags

Item code: 45001

Gymstick Team bag, small

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



Item code: 45002

Gymstick Team bag, big

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

**Gymstick Pro Sport bag**

Item code: 45008

Perfectly sized all-purpose bag to take you from the office to the gym or an overnight trip.

Size: 65 x 30 x 32 cm. Material: 1680D polyester.

**Gymstick Pro Trolley bag**

Item code: 45007

A trolley bag with a lot of space! The side tube-pocket allows transporting Gymstick Originals or Nordic Walking poles without problem. Great bag for Gymstick instructors or Personal Trainers who travel with equipments constantly.

Size: 105 x 50 x 50 cm. Material: 1680D polyester.

Gymstick Pro Racks



Gymstick Rack for fitness tools

Item code: 95000

The compact rack with wheels enables easy access and moving of 36 fitness tools. Can be used for Gymstick Originals, Telescopes, Aquas and Bootcamps.

Gymstick Pro rack for Aerobic Bar

Item code: 61051-0

The Gymstick Pro aerobic bar rack has a space efficient and unique design making it suitable for even the smallest fitness studio. Holds up to 50 aerobic bars. Assembled size: 930 x 770 x 1050mm

Rack for Pro Neoprene dumbbells

Item code: 61057-2

Holds: 1 kg = 19 pcs,

2 kg = 13 pcs,

3 kg = 11 pcs,

4 kg = 11 pcs,

5 kg = 10 pcs,

6 kg = 9 pcs.



Gymstick Pro rack for Medicine balls

Item code: 61045-0

A simple 5-level rack for medicine balls.

Holds up to 5 medicine balls.

Assembled size: 620 x 410 x 1440mm.



Gymstick Pro rack for 30 Pump Sets

Item code: 61057-1

The space efficient and unique design of Gymstick Pro Pump Set rack makes it suitable for any fitness studio. Holds up to 30 Gymstick Pro pump Sets.

Assembled size: 1310 x 1000 x 1280mm



Gymstick Pro rack for 15 Pump Sets

Item code: 61057-0

The space efficient and unique design of Gymstick Pro Pump Set rack makes it suitable for even the smallest fitness studio. Holds up to 15 Gymstick Pro pump Sets.

Assembled size: 670 x 490 x 500mm





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