



GYM & FITNESS EQUIPMENT

A LEADING SPORTS AND FITNESS COMPANY BASED IN UAE.

We are the distributors of premium and quality Fitness and Sports products. We offer a wide range of Fitness products and offer competitive prices too, with free delivery and installation to our clients in UAE.

Moreover, we deal with famous brands such as APUS, Skinners, Lebert, Concept 2, 1441 Fitness, TRX, Promixx, and others brands, as we aim to provide the best and quality products to our clients.

WWW.PROSPORTSAE.COM

DUBAI - UAE



ABOUT US

Pro Sports was founded in 2009 with a vision of distributing cricket equipment to the local cricket clubs in Kuwait. Our humble beginning started from a small store with only one sport's products in 2009. Since our incorporation in 2009, ProSports has now grown into one of the biggest sports distribution companies in Kuwait and UAE with over 10 exclusive brands. Along with our success in the distribution and retail field, in 2013 ProSports expanded into an online shopping store for better services to our esteemed customers. ProSports offered special discounted prices on our Online Stores in Kuwait and UAE.

Alongside the retail outlet, Prosportsae.com & Prosportskw.com gives you access to a wide range of quality sports equipment, which can be delivered to your doorstep from our online catalogue.

Our famous brands such as GM, Yonex, Unicorn, Powerglide, Molten, Zoggs, SS, Ihsan, Malik, Flowin, Elliptigo and others, provide sports gear which will help you train and improve in your chosen sport or activity whether you are a beginner or a professional and exceptional value which means you can get more worth for your money! You can keep fit, socialize or simply enjoy yourself using the first-grade equipment available at Pro Sports

Our mission is to be the premier sports store of choice on the web, by continuously adapting to our customers' changing needs. We offer an unparalleled shopping experience by providing convenience and delivering exceptional customer service. As we continue to offer excellent value on sports equipment and sportswear, we are always pleased to hear from our customers.

CATEGORIES



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A woman with dark hair in a ponytail, wearing a black sports bra and shorts, is running on a treadmill in a gym. She is wearing earbuds and has a focused expression. The background shows other treadmills and large windows letting in natural light.

CARDIO

TREADMILL

ROWER

ELLIPTICAL

BIKES

CARDIO COLLECTION

INDOOR ROWING MACHINE , MODEL D WITH PM 5 MONITOR

- Performance Monitor
- PM5 monitor has both Bluetooth and ANT+ wireless connectivity
- Flywheel and Damper
- Storage and Mobility
- Adjustable Footrests and Ergonomic Handle
- The Model D keeps a low profile.

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CONCEPT 2 ROWERG



MARCY USA FOLDABLE TURBINE ROWER

- 8 varying resistance settings.
- Computer display tracks time, speed, distance, calories burned, and rpm.
- Adjustable foot straps for safety and comfort.
- Durable foam-padded seat for maximum comfort.
- Solid steel frame to ensure years of use.
- Foldable design for easy and compact storage.
- Durable foam handle designed for a comfortable non-slip grip.

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BH FITNESS ROWER VARIO PRO R350

- Abs biceps and lower body anaerobic workouts.
- Extremely direct central shot rowing action
- LCD monitor with 5 predefined programs.
- Withstand workouts of more than 20 hours a week
- Magnetic brake system allows smooth and silent training
- Frequency of use: Semi-professional

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CONCEPT 2 SKIERG INDOOR ROWER

- Ideal machine for home use
- PM5 performance monitor
- Workout metrics tracking
- Flywheel resistance
- Designed for total body workout

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PRO  SPORTS



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DUBAI - UAE

STRENGTH

FREE WEIGHTS

DUMBBELLS & RACKS

PLATES & BARS

KETTLEBELLS

CLUBBELL

MACEBELL

GO TO COLLECTION

DUMBBELLS

STRENGTH TRAINING

PROSPORTS

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HEX
ROUND
CHROME
NEOPRENE
ADJUSTABLE

[GO TO COLLECTION](#)



HEX DUMBBELLS

2.5 KG
5 KG
7.5 KG
10 KG
12.5 KG
15 KG
17.5 KG
20 KG
22.5 KG
25 KG
27.5 KG
30 KG
35 KG
40 KG
45 KG
50 KG



RUBBER HEX DUMBBELLS IN KILOGRAM (SOLD IN PAIRS) 2.5 KG - 50 KG

- 1 Tough and durable
- 2 Hexagonal design to prevent dumbbells from rolling
- 3 Chrome plated, solid steel, ergonomically contoured knurled handle
- 4 Pinned heads for long lasting durability
- 5 Cast iron heads coated in high-grade rubber for additional durability and protection
- 6 Easy to clean

Usage: Domestic and commercial

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RUBBER HEX DUMBBELLS IN POUNDS (SOLD IN PAIRS) 5 LBS - 50 LBS

- 1 Tough and durable
- 2 Hexagonal design to prevent dumbbells from rolling
- 3 Chrome plated, solid steel, ergonomically contoured knurled handle
- 4 Pinned heads for long lasting durability
- 5 Cast iron heads coated in high-grade rubber for additional durability and protection
- 6 Easy to clean

Usage: Domestic and commercial

5 POUNDS	10 POUNDS	15 POUNDS
20 POUNDS	25 POUNDS	30 POUNDS
35 POUNDS	40 POUNDS	45 POUNDS
50 POUNDS		

APUS POLAND CHROME DUMBBELLS



PREMIUM CHROME DUMBBELLS 1 KG -10 KG

- 1 Chrome-coated Dumbbells.
- 2 It prevents chip- ping and gives them a great aesthetic look.
- 3 The ergonomic design and the knurled grip ensure comfort while you have your workout.
- 4 The handles provide a non-slip grip.

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NEOPRENE HEX DUMBBELLS



PROSPORTSAE NEOPRENE HEX DUMBBELLS (SOLD AS PAIR)

- 1 Dumbbells are excellent for resistance training.
- 2 Printed weight number on each end cap and color-coded for quick identification.
- 3 Hexagonal shape prevents dumbbells from rolling away.



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ROUND DUMBBELLS



1441 FITNESS RUBBER ROUND DUMBBELLS 2.5 KG - 30 KG

- 1 Precision drilled solid steel headed dumbbells
- 2 Rubber encased head
- 3 Solid steel handle.
- 4 Perfect for strength and isolation training.

2.5 KG 5 KG 7.5 KG 10 KG

12.5 KG 15 KG 17.5 KG 20 KG

22.5 KG 25 KG 27.5 KG 30 KG

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APUS POLAND PREMIUM ROUND RUBBER DUMBBELLS 2.5 KG - 50 KG

- 1 Ease of use and a modern design.
- 2 Constructed ergonomically.
- 3 large knurled area which makes them fit comfortably
- 4 Poly- urethane construction contributes.
- 5 designed for heavy repetitive use.

2.5 05 7.5 10 12.5

15 17.5 20 22.5 25

27.5 30 35 40 45

50

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VERTICAL DUMBBELLS RACK

6 PAIRS RACK



10 PAIRS RACK



- It can be used for plated dumbbells, fixed dumbbells, rubberized dumbbells, lacquered dumbbells, diving dumbbells and other dumbbell specifications.
- Ideal for adults or children, fitness enthusiasts and seniors who relax at home in the exercise area to exercise effectively
- Easy to assemble and use, adjustable in height and width, suitable for friends of different sizes and ages.
- The ABS plastic card slot prevents the barbell handle from coming into direct contact with the steel frame, but also makes it easier to place dumbbells.
- Non-slip: The foot pad is non-slip and prevents damage to the floor, which also increases safety.

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DUMBBELLS RACK

2 TIER DUMBBELL RACK HEAVY DUTY 10 PAIRS

- Holds ten pairs of dumbbells
- Urethane protective saddles
- Heavy duty steel construction
- Assembly required



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3 TIER DUMBBELL RACK FOR 8 PAIRS

- Made with a sturdy steel frame with a powder coat finish.
- Cast iron or solid steel conveniently.
- Boasts an ergonomic design and commercial grade steel construction.
- Dumbbell rails are made of extra strong & heavy-duty steel
- Rubberized feet allow for floor protection from scratches, absorb shock for re-stacking weights, and prevents the rack from sliding.

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HAMMER

CLEVERLOCK DUMBBELL BEAST

ADJUSTABLE DUMBBELLS SET WITH RACK
2.3 KG TO 20 KG (16 ADJUSTMENTS)

Adjustments	In Kilograms	In Pounds
1	2.3	5
2	3.8	8.4
3	4.2	9.25
4	5.3	11.7
5	5.8	12.8
6	6.8	15
7	7.3	16.1
8	8.4	18.5
9	8.8	19.4
10	10.3	22.7
11	12.5	27.5
12	14.5	32
13	15.5	34
14	17.5	38.5
15	18.5	40.8
16	20	44



HAMMER

- Strengthening of the upper body and arms
- Strengthening the legs
- Strengthening of the trunk muscles
- Improving fitness and strength
- Includes stable Pro-Rack for the dumbbell rack.
- You can do different exercises with these dumbbell like **Bench press, Butterfly, Neck Press, Back Pull, Biceps Curl and Triceps.**

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Prosportsae

ADJUSTABLE DUMBBELLS

24 KG SET



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40 KG SET



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24 KG SET & 40 KG SET

- The dumbbell plate is made of steel metal material, the dumbbell piece is coated with high-density material, without any odor, and more environment friendly.
- The dumbbell base adopts the boat shape and supporting design, exquisite, beautiful and easy to move.
- The dumbbell adopts advanced metal buckle design, 10 locking grooves to lock, to ensure that the dumbbell piece can only be adjusted on the dumbbell seat, to prevent the dumbbell piece from falling off during use, and to eliminate the noise generated during adjustment.
- The dumbbell grip has a humanized curved design, wrapped with a layer of environmentally friendly rubber, which provides a very strong friction force, the handle feels comfortable, and prevents accidents caused by hand slip.



PLATES & BARS

PROSPORTSAE BUMPER PLATES

5 KG TO 25 KG

5 10 15 20

- Rubber construction that prevents damage to floors even when it is dropped.
- Ideal for strength training and olympic lifting.
- Constructed using high-quality rubber and strong steel insert for incredible durability.
- Very low bounce
- Extremely durable
- Quieter than steel plates

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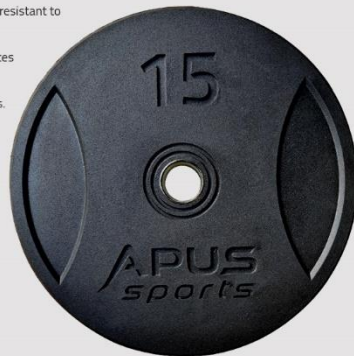
APUS POLAND BUMPER PLATES

5 KG TO 25 KG

5 10 15 20

- APUS Bumper Plates are made entirely of a compressed granulate which makes them resistant to mechanical damage.
- Their textured surface facilitates easy lifting from the floor and attaching them to the barbells.
- They are perfect for snatch and jerk.

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1441 FITNESS BUMPER PLATES

5 KG TO 25 KG



- Rubber construction that prevents damage to floors even when it is dropped.
- Ideal for strength training and olympic lifting.
- Constructed using high-quality rubber and strong steel insert for incredible durability.
- Very low bounce
- Extremely durable
- Quieter than steel plates

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COLOR

1441 FITNESS FRACTIONAL WEIGHT PLATES

1.25 KG TO 2.5 KG

- Our plates are made from steel and covered in a rubber coating to add longevity.
- It provide a firm hold on your barbell.
- Each plate is painted with bright with beautiful colors which makes them easy to identify, even from afar.
- The 2-inch opening makes it compatible with any standard barbell.



APUS POLAND

PREMIUM OLYMPIC RUBBER PLATES

1.25 TO 25 KG



- Color coded for ease of use.
- Steel ring makes it easier to load bar.
- Hard wearing, non-slip surface.
- Dual Grip Handles make it easy for transportation.
- Made from polyurethane with
- 3 years warranty.

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TRI-GRIP

OLYMPIC RUBBER PLATES

2.5 KG TO 20 KG



PROSPORTSAE PREMIUM QUALITY TRI GRIP PLATE

- Strong and sturdy.
- Designed with a tri-grip handle.
- A versatile use for gym lovers.
- Perfect for the gym at home as well
- as commercial health centres.
- Designed to make lifting and loading weights onto bars easier

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TRI GRIP PU OLYMPIC PLATES

BLACK

2.5 KG TO 25 KG



- Strong and sturdy.
- Designed with a tri-grip handle.
- A versatile use for gym lovers.
- Perfect for the gym at home as well as commercial health centres.
- Designed to make lifting and loading weights onto bars easier

SHOP NOW



COLOR

2.5 KG TO 25 KG



- Designed to make lifting and loading weights onto bars easier
- perfect for the gym at home as well as commercial health center.
- Designed with a tri-grip handle.
- Standard weight plate offers a versatile use for gym lovers.
- Strong and sturdy.
- Easy to fit in diverse weight bars.

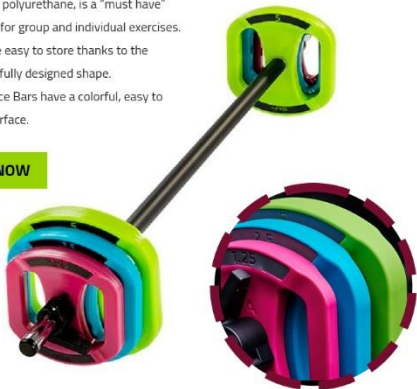
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APUS POLAND

PREMIUM QUALITY BODY PUMP SET- 20 KG

- Apus Sports ergonomically designed Space Bar, made of polyurethane, is a "must have" in gyms for group and individual exercises.
- They are easy to store thanks to the purposefully designed shape.
- Our Space Bars have a colorful, easy to clean surface.

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LEBERT

FITNESS SRT BARBELL

- New Lebert SRT™ Spring Resistance training barbell with spring technology.
- It adds another plane of movement.
- exercises like the bicep curl, and adds chest and delt activation, hitting muscles you never knew you had!
- Two sliding hand grips activating more muscles.
- Creating more resistance with every rep.

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PLATES RACK

1441 FITNESS HEAVY DUTY PLATE TREE

- Made of Heavy duty high tensile strength steel
- The Plate Tree is a sturdy solution to keep your gym tidy with minimal footprint.
- It features 7 plate holders.



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1441 FITNESS 3 LEVEL PLATE TREE WITH 4 BAR HOLDER

- keep plates safely suspended off the floor for easy storage and removal.
- Four Olympic bar holders store all styles of Olympic bars.
- Designed with central weight load distribution that virtually eliminates the risk of tipping.
- High tensile strength steel with all-4-side welded construction.
- Finished with ultra-tough electrostatically applied powder coat finish.

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APUS POLAND TROLLEY RACK FOR BUMPER PLATES

- Apus Bumper Plate Trolley is a very useful element in the free weights zone and beyond, making it easy to move the plates around with little effort.
- Comes equipped with wheels for full mobility.
- It can be used as a stand for bumper plates and may be used when organizing a training area.

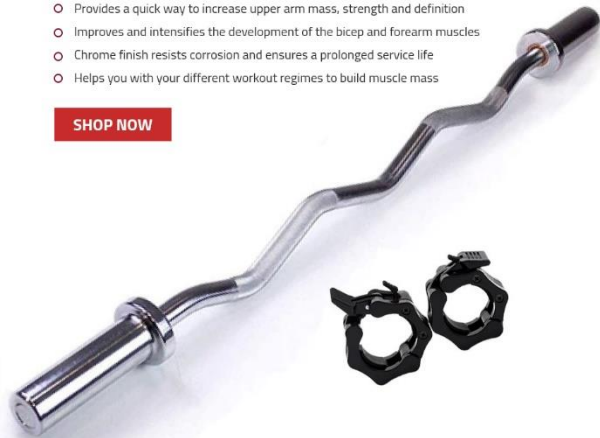
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PROSPORTSAE 4 FT OLYMPIC SIZE EZ CURL BAR WITH COLLAR

- The 47 Inches curl bar construction allows convenient and firm hold for rigorous workout sessions
- Provides a quick way to increase upper arm mass, strength and definition
- Improves and intensifies the development of the bicep and forearm muscles
- Chrome finish resists corrosion and ensures a prolonged service life
- Helps you with your different workout regimes to build muscle mass

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PROSPORTSAE

PROSPORTSAE OLYMPIC STRAIGHT BAR WITH COLLAR

4 FT

5 FT

6 FT

7 FT

- The bar allows convenient and firm hold for rigorous workout sessions.
- Provides a quick way to increase upper arm mass, strength and definition.
- Improves and intensifies the development of the bicep and forearm muscles.
- Chrome finish resists corrosion and ensures a prolonged service life.
- Helps you with your different workout regimes to build muscle mass.

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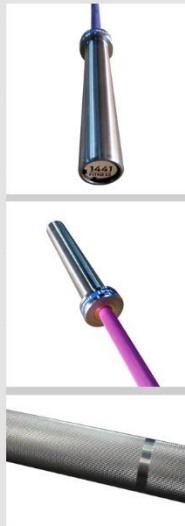
1441 FITNESS

PREMIUM RANGE

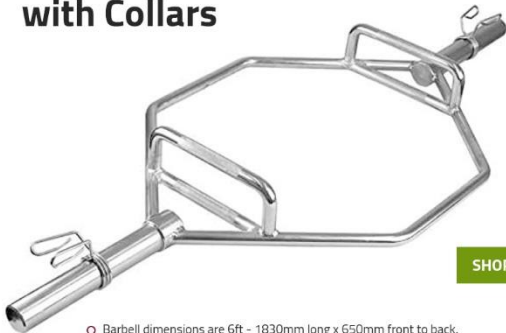
OLYMPIC STRAIGHT BARBELL WITH COLLARS



- 1 Ideal for both home gyms and professional fitness centres, this deadlift bar allow you to work on your curls, biceps, and triceps
- 2 extensions while offering a perfect balance between sturdiness and flexibility to ensure a minimal risk workout.
- 3 Manufactured from a premium-grade material, this Olympic barbell is rigid and durable in construction. Perfect for muscle building exercises.
- 4 Typically straight, this 7 feet-long workout equipment is easy to lift and has a rugged surface for convenient holding.
- 5 Ideal to use by the bodybuilders or lifters, this Olympic weight bar comes with solid collars to firmly secure the weight plates.
- 6 A traditional workout equipment, this Olympic bar helps you to build the muscles while performing strength training or simple workout.

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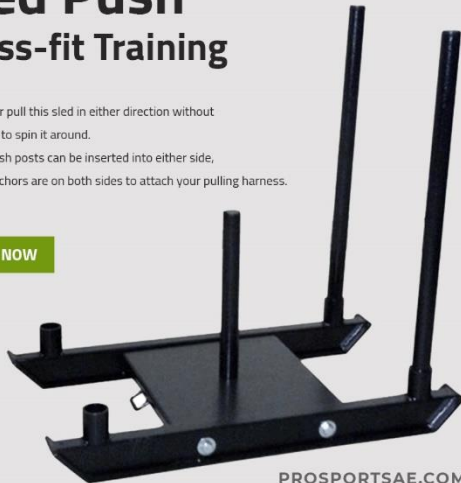
6 Ft Olympic Hex Trap Dead lift Bar with Collars

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- Barbell dimensions are 6ft - 1830mm long x 650mm front to back.
- Dual handles are 25mm shaft size spaced at 630mm centers set of
- raised handles are 150mm above the bars axis.
- End sleeves to suit Olympic plates are 50mm x 350mm long plate loading capacity.
- Dual handle grips feature non slip knurling giving you full control over your lifts.
- Chrome coating provides a durable maintenance free protective finish to the bar.

Sled Push Cross-fit Training

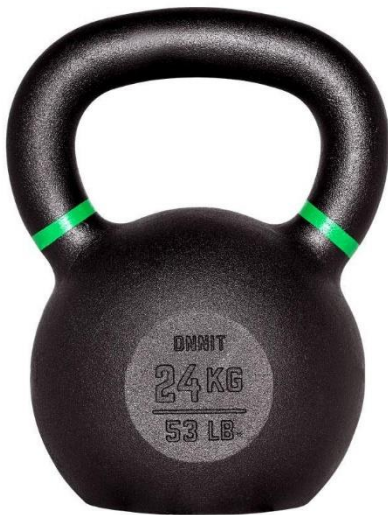
- Push or pull this sled in either direction without having to spin it around.
- The push posts can be inserted into either side, and anchors are on both sides to attach your pulling harness.

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KETTLEBELLS

CAST IRON
VINYL KETTLEBELL
COMPETITION KETTLEBELL

COLLECTIONS



4 Kg
6 Kg
8 Kg
10 Kg
12 Kg
14 Kg
16 Kg
18 Kg
20 Kg
24 Kg
28 Kg
32 Kg
36 Kg
40 Kg

Powder Coated Cast Iron KettleBell

4 KG TO 40 KG

- Off-centered weight of kettlebells increases the demand placed on core stabilization, and agility
- Powder Coated Cast iron with a rubber, non-skid bottom.
- Kettlebells work the body across a wide range of angles.
- Use for squats, throws, cleans, jerks, snatches, rotational swings and more
- Color may vary.

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4 Kg

6 Kg

8 Kg

10 Kg

12 Kg

14 Kg

16 Kg

18 Kg

20 Kg

Vinyl Kettlebell

4 KG TO 20 KG

- Designed with a firm grip handle.
- Crafted from high-grade solid cast iron.
- This kettlebell ensures durability and strength.
- The heavy kettlebell is designed with an ergonomic handle that makes it easy to carry.
- This gym kettlebell is perfect for times when you are going down or up in size during a fast-paced workout.

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Cast Iron Competition Kettlebell

- The shape of competition kettlebells makes performing kettlebell exercises that predominantly utilize the overhead and rack positions easier.
- Made from the highest quality steel available .
- Each weight has been assigned a different color so that the weight of the kettlebell is easily identifiable.
- 1441 Fitness competition kettlebells also have extremely smooth handles which are intended to prevent blistering and grip fatigue.
- Each kettlebell has a wide base which provides extra stability. The extra stability provided by the wide base makes storing the kettlebells.
- Competition kettlebells additionally provide fantastic dynamic flexibility.
- The size of different weights of competition kettlebells is kept constant. This makes performing kettlebell exercises more consistent no matter which weight you use.
- Suitable for indoor and outdoor use.

KETTLEBELL RACK



1441 FITNESS 2 TIER KETTLEBELL RACK FOR 10 PAIRS

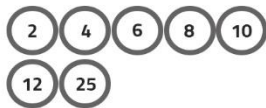
- Our two tier kettlebell rack is made of strong steel and is super easy to put together.
- The Rack can be put together within 15 minutes with simple tightening of screws.
- Depending on the size of the kettlebell, each level can hold 10-15 kettlebells. It is ideal for organizing your home gym.
- The rack also features secured rubber linings on each layer to help protect your kettlebells from marks or scratches

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CLUBBELL

STRENGTH TRAINING

2 KG TO 25 KG



- Shoulder strength and flexibility.
- providing more complete shoulder strength and flexibility.
- Grip and forearm strength.
- Core strength.
- Body coordination.

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MACEBELL

STRENGTH TRAINING

4 KG TO 12 KG



PROSPORTSAE PREMIUM QUALITY TRI GRIP PLATE

- Made from commercial-quality steel.
- Sturdy and indestructible to last for a long time.
- Secure and strong grip.
- The weighted head and long length of the steel macebell are balanced to give you a more intensive core training and rotational movement exercises.

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CROSSFIT

Plyobox
Balls
Fit Bag
Rope
Stepper
Yoga Mat

PLYOBOX

4 IN 1 ADJUSTABLE

- Perfectly aids in your balance training workout
- Features four varying sizes that perfectly matches different body sizes (15cm, 30cm, 45cm, 60cm),
- Protects against injury whilst remaining firm enough for all exercises.
- Durable soft foam interior.
- Large Velcro strips ensure the boxes will not slip when stacked.
- Made from high quality EVA foam.

Comes in multi colors (Green, Blue, Red and Black)



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3 IN 1

SOFT PLYOBOX

- Designed with both comfort and safety in mind.
- Soft landing surface reduces stress on joints
- Best for cardio & strength training

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1441 FITNESS

STEEL PLYOMETRIC BOX SET

12" 18" 24" 30"



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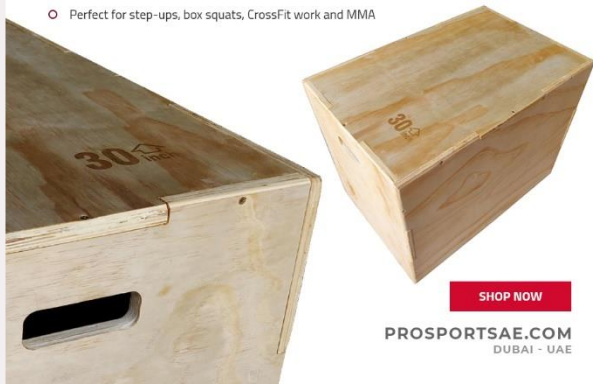
- Plyometric Box set provides four stackable boxes ranging from 12 to 30 inches in height.
- Made from durable square tubular steel construction with fully welded frames.
- These step-up boxes provide a stable platform to support your body weight.
- There are no screws on these boxes.
- A non-slip vinyl surface to provide a secure jumping platform.
- The four sizes provide an ideal progression from beginner to advanced athlete.
- It is recommended that beginners start with a 12-inch box.

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3 IN 1

WOODEN PLYO BOX

- Durable, stable, easy to use & assemble.
- Save more space with one box.
- There is an internal bracing (on 3 largest sizes) for maximum strength.
- Strength, elasticity, muscle innervations get used to jump higher.
- Throw farther - hit harder.
- Perfect for step-ups, box squats, CrossFit work and MMA



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PRO GRIP SLAM BALL 2 KG - 20 KG



- Quality manufacturing with durable materials
- Weighted with sand to prevent bouncing or rolling
Designed for intense usage, including repeated, high-intensity slamming
- Excellent addition to any all over body high density workout
- Textured surface is easy to grip
- PVC construction is easy to wipe down and keep clean
- Ideal for use in highly-trafficked areas, including gyms and classes



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PRO SPORTS

APUS POLAND SLAM BALL 3 KG - 20 KG



- Slam Balls feature clear weight markings, consistent with the weight labelling on our other products.
- Their textured surface, with a pattern resembling a honeycomb, as well as an optimum diameter ensures a firm grip during exercises.
- Slam Balls are made of a premium quality rubber, featuring outstanding resistance to any damage.

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APUS POLAND MEDICINE BALL 2 KG - 10 KG



- Apus Medicine Ball feature a varied surface and a special concave texture.
- This resembles a honeycomb for improved gripping action when throwing and catching the ball during dynamic training.
- The clear weight markings are consistent with the color codes used for free weights, allowing you to quickly identify the proper medicine ball.
- Products are made of premium quality rubber ensuring longevity and resistance to damage.

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PROSPORTSAE WALL BALL 1 KG - 12 KG



- Covers are made from a soft but durable synthetic leather, which won't scratch you up during those times you decide to catch a wall ball with your chin.
- Double-stitched seams help strengthen the cover.
- Tested for balanced weight distribution.

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APUS POLAND ANTI-BURST GYM BALLS

55 CM

65 CM

75 CM

- Apus Sports Gymnastic Balls, made of anti-burst, foamed PVC.
- These are resistant to deformation and their profiled.
- Non-slip surface ensures a stable position during exercise.

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PROSPORTS

PROSPORTSAE ANTI BURST GYM BALL

65 CM

- Anti-burst sturdy exterior supports your body optimally
- Improves posture and balance whilst also increasing abdominal and thigh flexibility
- Helps relax and relieve muscle tension
- Anti-slip design makes training safe and increase exercise efficiency.



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APUS POLAND PEANUT GYM BALL

55 CM

- Professional grade peanut style stability ball
- The rehabilitation ball is used for active exercise, but also for stretching and rehabilitation
- Used to improve stability, balance, strength, and overall flexibility
- The rehabilitation oval is made of a very durable material.
- Load capacity of up to 200 kg

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PROSPORTSAE

FIT BAG 5 KG - 25 KG

5 KG 10 KG 15 KG 20 KG 25 KG

- Made of durable and high-quality nylon
- Handles for various grip angles
- Practice in all directions, under any angle and in any position
- Practice virtually all muscle groups
- Resistance allows you to determine optimal training intensity.
- The bag can also be used for stretching exercises.

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PROSPORTS

APUS POLAND

FIT BAG 5 KG - 25 KG

5 KG 10 KG 15 KG 20 KG 25 KG

- Apus Sports Fit Bags come equipped with additional ergonomic handles, allowing you to perform a significantly wider range of exercises.
- Includes a reinforced construction and sturdy straps.
- Designed with thick foam jacket and sand filling for efficient performance.
- EVA-LUTION FOAM™ under layer for shock resistance and cushioning whilst training.



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LIVEUP PRO BULGARIAN BAG

10 KG

15 KG

20 KG

- The bag's shape allows for both upper and lower body training while emphasizing grip strength.
- Because of its shape, material and construction, Bulgarian Bag can be used to develop quickness and agility in ways which solid iron weights and circuit machines cannot.
- The Bulgarian Bag strengthens and increases the muscular endurance of the grip, wrists, arms, shoulders, back, legs, and rotational muscles.
- It also aids in building core musculature, coordination, and improving overall shoulder and joint mobility.
- Because of its shape, material and construction, Bulgarian Bag can be used to develop quickness and agility in ways which solid iron weights and circuit machines cannot.

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Rope

Prosportsae Battle Rope

9 M

12 M

15 M



- Great for strength, power and endurance.
- Increases aerobic and anaerobic capacity.
- Develop a better grip strength.
- Provides a incredible full body workout, including great trunk conditioning.
- Alternative cardiovascular training .
- Simple to immediately adjust workout intensity for individual needs,

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APUS Poland Jump Rope

- New design, rotate 360° with ease.
- The handle use aluminum alloy material which is light weight and beautiful in appearance.
- The wire rope is covered with abrasion proof PU surface.

SHOP NOW

PROSPORTS

Prosportsae Climbing Rope

20 Feet/6 Meter

Climbing Ropes have always been one of the most popular and standard equipment requests for overall improvement of physical fitness and muscle tone, particularly for upper arms and shoulders. Extremely popular training apparatus for strength, grip and arm coordination skills for use in physical education, wrestling, gymnastics, military, and cross-fit applications. Landing mats, spotting and supervision suggested when using.

SHOP NOW



BOSU PRO Balance Trainer

- BOSU® Integrated Balance Training Manual and DVD
- Enhanced movement capabilities
- Tone & strengthen
- Improve flexibility
- Next level functional training



SHOP
NOW

Balance Trainer

- Reshape your body
- Tone & strengthen
- Increase balance & agility
- Enhance movement capabilities
- Improve flexibility
- Latex-free, burst-resistant material



SHOP
NOW



APUS POLAND PREMIUM QUALITY ADJUSTABLE STEP



- Apus Sports Step is perfect for strengthening, cardio and mixed training.
It features a three position height adjustment and has a non-slip surface
- that even when wet ensures safety during exercise.
- It is lightweight and durable.

SHOP NOW



LIVEUP AEROBIC STEP

- Offers a secure, non-slip surface for your workout routine
- Prevents any muscle strain during exercise
- Helps build endurance, strength and improve overall fitness
- Adjustable height level
- Provides a great way to work out in the comfort of your own home
- Non-slip surface on the platform

SHOP NOW





APUS Poland Sledge **HAMMER**

- Apus Sports Training Hammers, cast in one piece.
- Have a knurled surface providing a better grip during your workout.
- Training Hammers are often used to complement a tire workout.
- They are great for improving strength and developing an athletic physique.



[SHOP NOW](#)



APUS POLAND WOODEN Gymnastic Ring

- Our Wooden Gymnastic Rings will work well for all types of suspension trainings.
- Their durability and slip resistance ensures precise movements.
- They are a universal piece of equipment that every gym should have.
- Using one's own body weight this product can be used in gymnastics, isometric exercises and in functional training.

SHOP
NOW

Abs Exercise Mat

Firmer Ab Trainer Sit Up Board

- The curved shape design allows your abs to get a proper stretch on the bottom portion of the movement followed by a complete contraction at the top of the movement.
- Prosportsae Abs mat is specifically designed to give you the ultimate and most effective abdominal workout.
- You will be able to target and isolate upper abs, lower abs, obliques, and even the lower back muscles.
- No matter if you are a beginner or pro one size fits all.



SHOP
NOW

BHOGA PREMIUM LOTUS SUN ALIGNMENT YOGA MAT



- Rubber construction that prevents damage
- Ideal for strength training and olympic
- Constructed using high-quality rubber
- Very low bounce
- Extremely durable
- Quieter than steel plates

SHOP NOW



PRO  SPORTS

APUS Poland Long Fitness Mat

- Rubber construction that prevents
- Ideal for strength training and olympic
- Constructed using high-quality rubber
- Very low bounce
- Extremely durable
- Quieter than steel plates

SHOP NOW



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Bhoga

Infinity Blocks

- Rounded and open sides provides a natural contoured grip creating stability for optimal alignment, deeper poses and increased balance
- Bhoga block arches connect comfortably and simply with hand/feet arches
- Conforms naturally with spinal curves
- Perfect for restorative poses as Bhoga blocks nestle into and support spinal curves
- Offers another level of awareness, increasing attention to alignment and feeling of healthful support
- Can be beneficial for releasing computer-related neck & shoulder tightness
- Can benefit wrist discomfort in downward/upper facing dog and standing poses by gripping the ergonomic arch shape whilst raising/lowering the base of the palm to users preference

[SHOP NOW](#)

LIBERT EQUALIZER

SMALL

LARGE

X-LARGE

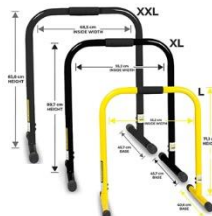
XX-LARGE

FRANK MEDRANO SIGNATURE SERIES



SHOP NOW

LIBERT
FITNESS® FOR ALL



- AVAILABLE IN 3 SIZES
- ULTIMATE STABILITY
- FREE-STANDING, SEPERATE BARS
- SUPPORTS OVER 180 KG
- NON SLIP GRIPS
- TOP-GRADE MATERIALS

FREE
EXCLUSIVE ONLINE
SUPPORT & COACHING GROUP



FREE
ONLINE WORKOUT GUIDE



FREE
HIP RESISTANCE BAND



Benches

Flat

Incline

Decline

Adjustable

HOME USE ADJUSTABLE BENCH

SUPER ADJUSTABLE FLAT, INCLINE BENCH



- 1 Extra thick cushioning for excellent Comfort during the workout.
- 2 Adjustable backrest that enables choosing either a flat or incline Positions (7 adjustable position).
- 3 Sturdy frame that ensures Used for training biceps, triceps, chest and shoulders.
- 4 Used as a sit up bench when placed in the decline position for an abdominal workout.
- 5 Supreme durable.

KNOW MORE

PROSPORTSAE MULTIFUNCTION WEIGHT BENCH



INCLINE DECLINE FOLDABLE WEIGHT LIFTING BENCH FOR HOME

- 1 Full-body Exercise Equipment.
 - 2 Used as a sit-up bench, incline bench, ab bench, roman chair, weightlifting chair.
 - 3 Heavy-duty Structure.
 - 4 Adjustable Weight Bench.
 - 5 Multifunctional Workout Bench.
- Convenient Assembly and
Space Saving

KNOW MORE

HOME USE ADJUSTABLE BENCH

PROSPORTSAE ADJUSTABLE MULTIFUNCTION BENCH

WEIGHT LIFTING UTILITY BENCH

- 1 This high quality multi-functional sit up bench, equipped with an adjustable seat and a backrest, is great for people who like exercising at home.
- 2 Color: Black and red.
- 3 Frame material: Steel.

[KNOW MORE](#)



PREMIUM QUALITY ADJ. DECLINE BENCH

- 1 Sturdy and heavy-duty commercial grade structure.
- 2 Adjustable to flat, incline, decline, and vertical positions.
- 3 2 Built-in transport wheels and a handle, just lift it and push. Can be easily moved when you need.
- 4 5 cm thickness high-density cushion.
- 5 8 Backrest positions and 3 seat positions. Suitable for your full-body workout.
- 6 Anti-slip caps for good stability.

[KNOW MORE](#)



HOME USE BENCH

ADJ. ROMAN CHAIR - HYPER EXTENSION



- Adjustable for different height.
- Maintain a solid grip.
- Targets the lower back, hip and glutes.
- A sleek and sturdy compact steel frame design.
- Foldable for easy storage, convenience and portability.
- High density foam hip support pads with foam leg rollers.

[KNOW MORE](#)



BH FITNESS MULTI POSITION BENCH



OPTIMA G320

- Solid support under any weight Multi position incline back rest.
- Constant lumbar support Contoured upholstery and thick foam rollers.
- Gives comfort during the exercise.
- Multi-position strength bench with multiple possibilities of backrest, seat and legs.
- The reinforced steel structure offers maximum stability and safety.

[KNOW MORE](#)



HOME USE ELITE BENCH

MARCY USA DIAMOND ELITE STANDARD BENCH

MD389



- Standard bench system for working chest, shoulders, biceps, legs and more.
- Durable steel frame with high-density foam padding and powder-coated finish.
- Four-position back pad; adjustable preacher curl pad, independent pec fly arms.
- Dual-function leg developer with comfortable foam roller pads.
- Fits standard size barbell and weight plates.

KNOW MORE



PROSPORTS

MARCY USA WEIGHT BENCH WITH BARBELL RACK

LEG AND PREACHER CARL EXTENSION MWB850

- Independent Deluxe Mid Width Uprights.
- Height Adjustable squat rack for Bench press and Squats.
- Walk in squat.
- Decline/flat/military/ incline positions.
- Preacher Curl Extension for Biceps and Triceps Curl.
- Leg extension for exercises.

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HOME USE DECLINE BENCH



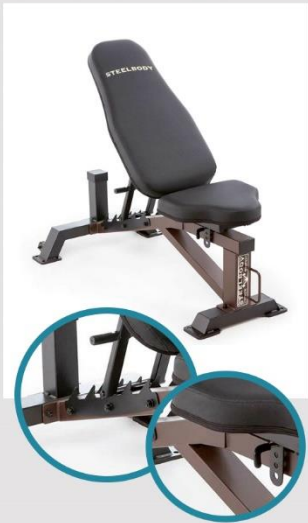
SUPER ADJUSTABLE DECLINE BENCH

- Recently upgraded to provide even greater stability.
- High-Strength steel tubes for ab exercise equipment.
- High strength 4-way frame structure adds stability and durability to the slant board.
- Newly added support bar connects front and rear feet to stop wobbling or shaking
- The 36.22 x 11.81 inches back pad helps to maintain good posture.
- Reverse sit up bench helps to build your lower abdominals and obliques.
- Ergonomic design reduces the chances of getting injured, Soft, durable leather pad

KNOW MORE

HEAVY DUTY BENCH

MARCY USA
HEAVY DUTY UTILITY BENCH



STEEL BODY STB-10105

- 1 Strength Training.
- 2 Full Body Workout.
- 3 Adjustable Position.
- 4 Non-Marking and Thick Padding.
- 5 Quality Construction.

[KNOW MORE](#)

PROSPORTS

MARCY USA
DELUXE UTILITY WEIGHT BENCH



SB-350 WITH LEG EXTENSION

- 1 Powder-coated steel frame.
- 2 High-density foam with boxed upholstery.
- 3 Back adjusts from decline to flat to incline.
- 4 Padded leg extension/curl bar with weight post.
- 5 Convenient transport handle.
- 6 Perfect for upper and lower body workouts.
- 7 Fits most Smith machines, racks and cages

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HEAVY DUTY BENCH

PROSPORTSAE ADJ. BENCH

- 1 Flat/Incline Bench.
- 2 The heavy-duty 2" x 3" steel frame can easily handle a load capacity.
- 3 The back and seat pads lock into eight positions to align your body for perfect posture.
- 4 Lock your legs in the T-Bar Leg.

KNOW MORE



PREMIUM QUALITY ADJ. DECLINE BENCH

- 1 Fully adjustable from Flat to Incline positions.
- 2 10 different levels of incline/flat on the backrest
- 3 4 levels on the seat pad
- 4 High-density foam padding
- 5 Rear transportation wheels

KNOW MORE



HEAVY DUTY FLAT BENCH

PROSPORTSAE HEAVY DUTY FLAT BENCH

- The essential bench for any gym, home or professional.
- The great sturdy design makes all exercises easy and comfortable to perform.
- Extra thick high density padding creates greater comfort with sturdy support.
- Dual thickness commercial padding gives maximum durability.
- Features non-slip floor pads.
- The flat training bench is a great choice for an efficient workout.
- Helps you maximize your dumbbell workouts.
- Offers an optimum position for conventional flat bench exercises.

[KNOW MORE](#)

STRENGTH TRAINING WORKOUTS

- Non-marking feet,
- Sturdy frame design and easy assembly.
- Fabricated with heavy-duty 2 inch steel.
- Powder-coated for extra durability.
- Top is 48" x 12", made of 2" firm foam covered in a non-slip black vinyl.

[KNOW MORE](#)

COMMERCIAL BENCH

SUPER ADJUSTABLE FLAT, INCLINE BENCH

- Commercial-quality workout bench with 7 adjustable positions.
- Adjusts from 90 degrees upright to flat and 5 positions in between.
- Separate seat and back adjustments.
- High-density foam padding.
- Integrated transport wheels and handle for transport or storage.

KNOW MORE

PREMIUM QUALITY ADJ. DECLINE BENCH

- Back support pivot into 8 different positions from 10 to -25 degrees.
- Elevated knee position reduces low-back stress.
- Split-pad design holds any size user in the proper position.
- The handle is mounted on front rollers for easy exit.

KNOW MORE

COMMERCIAL BENCH

FLAT & EXTENSION



SUPER ADJUSTABLE FLAT BENCH

- 1 Heavy-Duty Framework.
- 2 Powder Coating.
- 3 Thick Padding.
- 4 Sturdy steel frame construction.
- 5 Increased durability.

KNOW MORE



ROMAN CHAIR, HYPER EXTENSION BENCH

- 1 Hyper extension bench.
- 2 Height adjustable.
- 3 Versatile equipment.
- 4 Sturdy and durable.
- 5 It helps strengthen the lower back.

KNOW MORE



SQUAT RACK

POWER CAGE
LAT ATTACHEMENT
PULLUP BAR
HALF CAGE

A squat is a strength exercise in which the trainee lowers their hips from a standing position and then stands back up. During the descent of a squat, the hip and knee joints flex while the ankle joint dorsiflexes; conversely the hip and knee joints extend and the ankle joint plantarflexes when standing up.

COLLECTIONS

10

Squat Rack



Squat Rack - MDL65

- 1 This squat rack has a 500 lbs capacity.
- 2 Our Squat Rack does more than provide a place to set your bar. It includes 2 Sets of safety arms ,
- 3 2 J-Cups that can be set to the perfect height.
- 4 It also has two 12-inch posts to hold bumper plates and aid with storage. It is also fitted with a pull up bar to perform pull ups.
- 5 This Squat Rack comes with a pull up bar , safety arms and posts for plate storage.

[KNOW MORE](#)



Multi-Function Adjustable Squat Rack with J-Hooks

- 1 Heavy duty 11 gauge steel with 1,000Lbs capacity.
- 2 Durable matte black powder coating.
- 3 Two Pull-up bars at different diameters are included and mounted at your preferred height.
- 4 Two spotter arms/dip bars with safety locks and two J-Hooks are included.
- 5 Two weight plate holders (upright) designed for convenience and stability.
- 6 Constructed with 12 gauge steel, this squat stand has a 800Lbs weight capacity.
- 7 The 2.5 x 2.5 inch frame offers greater stability and durability.

[KNOW MORE](#)

squat rack



Heavy Duty Semi Commercial Half Cage Squat Rack with Pull Up Bar

- 1 Multi-Functional Half-Rack Design
- 2 Adjustable Bar Holds
- 3 Adjustable Spotter Arms
- 4 Multi-Grip Pull-Up Station
- 5 Integrated Weight Storage

[KNOW MORE](#)



Adjustable Squat Rack

- 1 Heavy Duty with weight Capacity of 400kgs.
- 2 Have durable protective sleeves.
- 3 Robust Construction.
- 4 Safe - 33cm adjustable height spotter bars.
- 5 Bench press and squat heavyweight without the need for a spotter.
- 6 Uprights have 14 adjustment positions for different exercises and user heights.

[KNOW MORE](#)



Heavy Duty Semi Commercial Half Cage Squat Rack with Pull Up Bar

- 1 5mm Rubber coated j-hooks & Spotters
- 2 80mm steel round tubing uprights
- 3 Commercial pulleys with sealed bearings
- 4 High tensile cable rated to 2000lbs
- 5 Lat pulldown and bicep curl bar attachment included
- 6 Adjustable dip bars with rubber handles
- 7 Heavy-duty black textured powder coating
- 8 2 weight plate storage posts
- 9 Plate loaded cable system
- 10 Accepts Olympic and standard weight plates.

[KNOW MORE](#)



Heavy Duty Squat Rack

Power Cage

Pull Up Bar

Lat Attachment

- Designed specifically for home gym.
- Provide you with a multifunctional gym experience suitable for most home fitness places.
- Freestanding unit with spacious walk-in space and rubber feet to ensure stability and protect the floor.
- There is a set of adjustable pulleys for safe and effective exercises.
- Upgraded sleeves, equipped with a barbell protection bar, and solid steel supports that can be adjusted freely.
- This Power provides you greater support, and the barbell can perform high-intensity exercise.
- The front of the frame includes a multi-handle upper pull rod for other exercises and stretching exercises.
- The crossbar can also be used for band and resistance training.
- Squats, Pull-ups, Triceps pulldown, Biceps, Latt pull-down, Incline/-flat/decline Bench pressing, Shoulder Press, Back Rows etc.

KNOW MORE

Heavy Duty Smith Machine

Squat Rack, Lat attachment Pulley, Pull Up Bar and Landmine

- 1 Heavy Duty Smith Machine
- 2 Adjustable Safety Spotter Arms and J hooks for Squat
- 3 Lat Attachments with Pulley for Pull down Exercises (Back, Shoulder and Chest)
- 4 Low Lat Pull attachment for Biceps and Triceps
- 5 Seated Row Support
- 6 Multi Grip Pull Up Bar
- 7 T - Bat Landmine attachment for Press
- 8 Plate Holders on both Side

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Heavy Duty Smith Machine Cable Crossover Squat Rack

- All-In-One Full Body Workout Home Gym.
- Exercises: Smith Machine, Cables Crossover, Squats, Pull-ups, Triceps pulldown, Biceps, Lat pull-down, Incline/flat/decline Bench pressing, Shoulder Press, Back Rows and absolutely all the muscles you need to train.
- Smith Machine.
- Multilevel Cables Crossover.
- Adjustable Free Barbell Rack, and Pull-up Jungle.

[KNOW MORE](#)



Functional Trainer

1441 Fitness Dual Pulley Functional Trainer

The all-new G13 is full of versatility, but at an affordable price. It's also one of the industry's smallest footprints in a full functional trainer.

Made with heavy duty steel with a matte finish, electrostatic powder coat, Inspire Fitness G13 Functional Trainer is designed to deliver best workout performance. Features two standard weight stacks facilitate independent movements alongside thirty swivel pulley positions, functional training will be at its best on this tool.

[KNOW MORE](#)

Home Multi GYM

COLLECTION

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