

FITNESS & EXERCISE



MINI/AGILITY HURDLES

This agility hurdle is made of heavy duty PVC tube which can be adjusted to two different heights 9" and 12". Height is adjusted by easy snap locking mechanism & twisting the hurdles foot. There is no need to detach any part to change height.

Single 2-in-1	FIT2IN1PE	\$11.90
Set 6 2-in-1	FIT2IN1PS	\$66.00
6" mini	FIT13	\$ 9.00
9" mini	FIT12	\$10.50
12" mini	FIT11	\$10.50



FLAT-FIXED AGILITY LADDER

This training aid forces the feet to adapt to extremely fast patterns of foot work by repeating the exercises over & over. Fixed flat rungs. 4m long with 10 rungs.

2m	FIT057	\$19.00
4m	FIT055	\$33.00
8m	FIT056	\$45.00



AGILITY LADDER-DOUBLE FLAT

Agility ladder with double block pattern. This ladder can be adjusted. i.e. the user can increase or decrease the distance between 2 rungs and can also make alternating patterns for different types of drills 4m long with bag.

FITDF04ML	\$49.00
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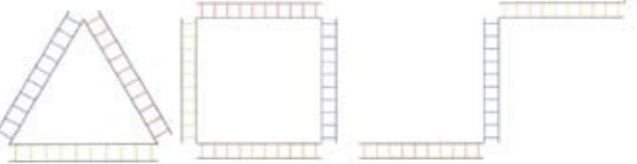
ALL PRICES EXCLUDE GST



STEP TRAINING HOOP

These specially designed hoops are fitted with three sponge rubber tubes. These rubber tubes give perfect height required for ultimate step training. Comes as a set of 6 with carry bag.

FITSTHP	\$72.00
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QUADRUPLE AGILITY LADDER

This newly designed ladder consists of 4 different colour ladders, red/blue/orange/yellow. Each ladder is available in 2m and 4m.

2m long, FITQD02M	\$50.00
4m long, FITQD04M	\$90.00



HOOPS AGILITY LADDER

Agility ladder made of hoops with alternating red/yellow/green/blue fixed to the web. Easy to fold and packs neatly into a mesh carry bag. Two or more hoops can be used to make more complex drills.

FITHP12	\$42.00
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MULTIPURPOSE TRAINING HURDLE

Multi-purpose training hurdles are available in different sizes, which can be used as obstacles, hurdles or for agility training purposes for seniors and juniors. All Poles 25mm in yellow colour.

Each kit containing 2 x 15" cones, 2 clips, 3 poles x 120cm.

3 poles x 80cm	FITMTPH80	\$22.00
3 poles x 100cm	FITMTPH100	\$23.00



PVC POSTS & BASES

Spare PVC poles available in different colours. With plastic lids at both ends.

80cm	PVCPOLE80	\$3.20
100cm	PVCPOLE100	\$4.10
120cm	PVCPOLE120	\$5.90
160cm	PVCPOLE160	\$6.30

Base-plastic impact resistant base that can be filled with sand or gravel.

Base only	FITDPYBO	\$7.00
Rotating clip	FITPOLECLIP	\$1.25



FOOTBALL COACHING KIT

This kit can be used both indoors and outdoors, bases can be filled with sand. 8 bases, 12 poles 160cm long, 8 clips.

FITFCK	\$105.00
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CONE AGILITY HURDLE SET

6" Set of 6. (12 cones and 6 x 80cm poles.)

FITC8126	\$49.00
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ECONOMY HURDLES

15" high cones, each with 3 holes for location of poles at different heights. Each set contains 10 cones and 5 x 100cm (25mm) long poles in yellow colour.

FITC15P100	\$65.00
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MULTI-PHYSICAL ACTIVITY SET

This is an ultimate Multiple Activity set. Ideal product for schools. One set consists of 6 bases, 12 PVC poles 100cm, 1 hoop 24cm, 1 hoop 30cm & 12 rotating clips to hold hoops & poles.

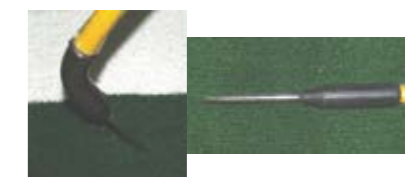
FITMPAS	\$94.00
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SLALOM POLES - SPIKE

An ideal product for side step development and evasion. 28mm diameter with metal spike end.

1 piece	FIT170	\$ 9.90
Set 12 (with bag)	FIT171	\$136.00



Rubber base spring agility pole.	
1 piece	FIT172 \$15.00

AGILITY/SPEED TRAINING KIT

Training kit includes:
 - 6 x 2-in-1 training hurdle (converts from 9" to 12" & vice-versa) orange colour
 - 10 x 9" (23cm) hat shaped cones yellow colour
 - 40 x 2" (5cm) dome shaped cones with stand (10 pcs each of 4 colours)
 - 2 x flat ladder (length 4m, includes 10 adjustable rungs) and
 - 1 x lanyard and black large whistle.
 Includes a heavy duty polyester fabric carry bag.

FITVAK100	\$147.00
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