



2014 CATALOG



O'LIVE OVER THE WORLD

GERMANY // DENMARK // KWAIT // FRANCE // FINLAND // UKRAINE // RUSSIA //
POLAND // CZECH REPUBLIC // SLOVENIA // PORTUGAL // ROMANIA // BULGARIA //
BELGIUM // GREECE // ITALY // MOROCCO // ANGOLA // SPAIN //

TERMS & CONDITIONS

ORDERS

All orders are accepted on the following terms and conditions, which are by their own nature should subsist, will remain effect with posteriority of the purchase order.

All orders are to be sent in writing to A&F and signed by an authorized person. The orders should contain the original references of the product, quantity requested, place of delivery and the invoicing address.

The company reserves the right to partially deliver on order, with previous customer concerns, and produce different invoices.

DELIVERY TIME

A&F aims to deliver within 7 working days for those products that are on stock. Delivery times are approximate and should always be checked.

PAYMENT

Upon placing the order, otherwise stated in writing.

DELIVERY TERMS

All shipments are Ex Works, unless otherwise stated.

RETURN POLICY

To avoid confusions all products should be examined. Please advise us within 48 hours upon receipt of the order if any discrepancy to 0034 938 355 950 or email us at: export@aerobicyfitness.com.

Product return should be notified in writing and previously accepted by A&F. The term accepted for a refund will be 15 days upon reception of the goods. It is indispensable requirement to return the products in the original packaging. We will not accept any items for return that are not in their original packaging. The customer will be responsible for the cost transport unless specified by A&F.

PRODUCTS CHANGES

A&F reserves the right to modify or exclude any of catalog products without implying any responsibility.

CANCELLATION

Cancellations will not be accepted for shipped orders. If the order has not been shipped, you might cancel your order with no charge, unless a cost have been incurred.

TAXES

The prices specified for the products do not include V.A.T

JURISDICTION

The present General Sales conditions are developed under the Spanish law. In case of litigation, the jurisdiction correspond to the court of Barcelona, to solve any discrepancy that could arise from the General Condition of Sales.

Once again this year we present the new 2014 catalog, which is imbued with the essence of Aerobics and Fitness: quality, design and innovation. Aerobic & Fitness Group is a fitness company leader in the Spanish market with over 20 years of experience. We supply throughout Spain and internationally with a wide range of fitness products and accessories. We work hard searching, creating and testing for product improvement, efficiency and competitiveness within the market; carried out with an enthusiasm to enjoy every minute.

The Most significant points

"O'live Fitness" has now become a recognized brand. In 2013 we consolidated the brand nationally and we launched it internationally with a fantastic response. We have developed a range of quality products with an unbeatable value for money, a homogeneous colour line that boosts the functional designs of its phenolic furniture, unique in the market. The range of products O'live Fitness continues its development, which you will soon be able to check out.

Our brand, **O'LIVE FITNESS** is thought to fulfill our client's requirements and the market specifications in functionality, quality, comfort, ability and diversity; always providing customer focused solutions. The products, designed in Barcelona, offer solutions to a wide range of categories within the Fitness industry such as: Studio, Performance, Body Mind, Combat, Free Weight or Speed & Agility.

Among the range of our products appearing in this catalog, those related to "Functional Training" are particularly noteworthy because of their involvement in the current economic climate. Some have been improved, some are brand new, and together these products are here to strengthen and expand the supply in this area of new training trends.

"Stations, Benches & Racks" is the name of the new family of benches, racks and free weights stations: a complete high performance and ergonomically designed range of products to kit out an entire free-weight area; quality equipment at affordable prices. You will be surprised; it is worth having a look at.

PurMotion™, an innovative brand in functional training, offers its products integrated within the Functional Training Stations through great packaging and versatility. Whatever your needs, Purmotion™ can supply areas dedicated to functional training. The products and the training are complete, effective and fun thanks to its methodology and principles.

We also provide the necessary support by providing training sessions and educational programs with the best leaders in the field. With professionalism and enthusiasm, we have dedicated one more year to give you the best at the best price. Our passion is to provide the best solutions for the fitness industry, so we hope you will find what you need. We are always happy to help you.

Enjoy!

OUR BRANDS:

O'live Fitness and sub-brands:

**POWER
DISC**

**GROUP
POLE**

SLIDER

BLACKROLL

U'BOUND

TORNADO

Purmotion:

PURMOTION

The solution for fitness

**O'LIVE
FITNESS**

www.olive-fitness.com





STUDIO

FITNESS BALLS

Fitness balls or Swiss balls have already become an indispensable product in any training program. They are used in various workouts such as body mind, personal training or rehabilitation. They are useful in balance work, core strengthening, flexibility and co-ordination as they can be very versatile and functional.

An important factor to consider when purchasing a fitness ball is its anti-burst capacity. This means that in case of accidental damage due to small cuts or punctures it will slowly deflate providing greater user safety.

The overall quality of a fitness ball can be determined by several factors: some materials provide a softer touch than others. The thickness will also affect the circular uniformity of the ball and all this will also determine its possible deformation, wear and tear or maximum load when in use. This last element is important if we want to use the fitness ball with weighted elements such as dumbbells or discs.

The **O'live Exercise ball** is a high quality professional ball made of PVC and with anti-burst features. With CE certificate, it has a smooth surface. In case of accidental damage due to small cuts or punctures it will slowly deflate providing greater user safety. It is great value for money which makes it ideal for group classes.

The **O'live Fitness Ball** is manufactured using the exclusive material flexton silpower® (patent), which provides a nice soft velvety surface. In case of accidental damage due to small cuts or punctures it will slowly deflate providing greater user safety. It is manufactured in Europe and has CE certificate. The maximum load is 400 kg.

The **Loumet Fitness ball Pro** is one of the most reliable, safe and durable balls in the market. The Loumet manufacturing approach is making premium quality balls that in terms of their strength, deformation, wear & tear and ability to return to its original form, always reach the highest standards. The Loumet Pro outperforms its competitors while providing a nice texture and high satisfaction. Its burst strength goes up to 350 kg static, being useful for dumbbell training.

The **Stediball** is a high quality ball filled with 1 kg of specially selected material and designed to move in different directions. It can be used both on the ground and in the air. When you lift and move the Stediball, its interior material moves freely to activate core muscles and stabilizers in a new and challenging way. The weight of the material inside the Stediball allows unique exercises, dynamic routines and improves performance while increasing stability and security as it is stable on the floor. The fact that it does not move freely Stediball makes it ideal for gyms, clinics and studios. It comes with an exercise book for a quick start. The Stediball is burst-resistant of up to 150 kg.



O'LIVE EXERCISE BALL

Reference:	BA08401	BA08405	BA08409
Size:	55 cm	65 cm	75 cm
Colour:	Purple	Purple	Purple

Reference:	BA08402	BA08406	BA08410
Size:	55 cm	65 cm	75 cm
Colour:	Blue	Blue	Blue

Reference:	BA08403	BA08407	BA08411
Size:	55 cm	65 cm	75 cm
Colour:	Grey	Grey	Grey

Reference:	BA08404	BA08408	BA08412
Size:	55 cm	65 cm	75 cm
Colour:	Dark grey	Dark grey	Dark grey

See at

Body & mind category

Performance category



FITNESS BALL



LOUMET FITNESS
BALL PRO



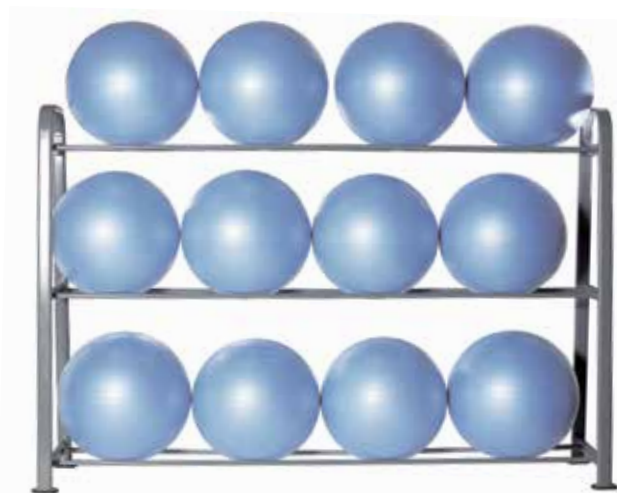
LOUMET
STEDIBALL



O'LIVE 4 BALL COMPACT RACK

It is suitable for storing of up to 4 fitness ball. It is screwed into the wall at the desired height.

Reference:	MU09400
Dimensions:	42 x 15 x 292 cm



O'LIVE 12 BALL RACK

Rack made of oval steel tube suitable for storing 12 fitness balls. *Balls not included.* The 75cm fitness balls only fit on the top shelf.

Reference:	MU06900
Capacity:	12 balls
Colour:	Grey
Dimensions:	65 x 270 x 180 cm.

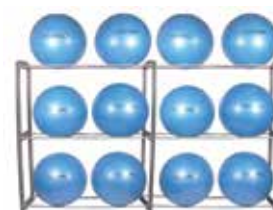


O'LIVE FITNESS BALL COMPACT RACK

Rack made of compact material panel suitable for storing fitness balls.



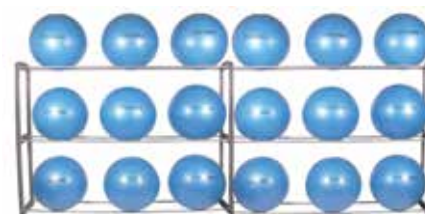
Reference:	MU01600
Dimensions:	175 x 149 x 45cm.
Capacity:	6 balls



Reference:	MU01800
Dimensions:	175 x 297 x 45cm.
Capacity:	12 balls



Reference:	MU01700
Dimensions:	175 x 224 x 45cm.
Capacity:	9 balls



Reference:	MU09500
Dimensions:	175 x 447 x 45cm.
Capacity:	18 balls

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.



FITNESS BALL STOPPERBALL

To fix balls from 42 to 86 cm diameter in a stable state.

Ref: BA00900
Dimensions: ø 26 cm



O'LIVE RESISTANCE TUBES

Resistance tubes made from high quality natural rubber with flexible breathable and ergonomic handles. Commonly used for strength training, rehabilitation and functional training. They are available in different colour coded intensities.

- Handles slightly flexible, breathable and ergonomic.
- Made with 100% high quality natural rubber
- Four levels of resistance, perfect for circuit training.
- Colour coded, for easy identification of the resistance provided.
- Large 1,20 m.

Reference:	EL08101	EL08102	EL08103	EL08104
Intensity:	Light	Medium	Strong	Extra Strong
Colour:	Yellow	Green	Red	Blue



O'LIVE ELASTIC BAND

The elastic bands add resistance to any exercise. The bands can be used by anyone regardless of age and physical condition. They are 15 cm wide and they are available in 4 intensities differentiated by colour.

Reference:	EL13001	EL13002	EL13003	EL13004
Length:	2,5 m			
Intensity:	Light	Medium	Strong	Extra Strong
Colour:	Yellow	Green	Red	Blue



OLIVE SINGLE ELASTIC COMPACT RACK HOLDER

It is suitable for storing up to 10 elastics tubes. Also suitable for other materials such as ropes, hoops, etc. It is screwed into the wall at the desired height.

Reference:	MU04300
Dimensions:	15 x 12 x 24,5 cm.



O'LIVE RESISTANCE TUBES PLUS

Resistance tubes made from high quality natural rubber with flexible breathable and ergonomic handle. Commonly used for strength training, rehabilitation and functional training. They are nylon covered for extra protection against chafing, moisture and dehydration. They are available in different colour coded intensities. Total length of 155 cm.

- Handle slightly flexible, breathable and ergonomic.
- Made with 100% high quality natural rubber
- Nylon covered for protection of 8 to 10 times higher.
- Greater safety against possible impacts in case of breakage.
- Four levels of resistance, perfect for circuit training.
- Colour coded for easy identification of the resistance provided.

Reference:	EL08201	EL08202	EL08203	EL08204
Intensity:	Light	Medium	Strong	Extra Strong
Colour:	Yellow	Green	Red	Blue



O'LIVE LOOPS

The elastic loops can be used for a variety of applications, particularly for lower body work when aiming to gain strength and balance.

Reference:	EL06203	EL06201	EL06202
Intensity:	Light	Medium	Strong
Colour:	Yellow	Red	Green



O'LIVE MULTIPLE ELASTIC COMPACT RACK HOLDER

It is suitable for storing up to 40 elastics tubes. The brackets are adjustable and can be screwed into the wall at the desired height.

Reference:	MU04400
Dimensions:	15 x 70 x 24,5 cm.



O'LIVE PROFESSIONAL STEP PLATFORM

- Colour Grey Platform with non-skid surface and rubber pads.
- It has a maximum load capacity of 180kg
- With the support blocks the height can be adjusted at 15cm and 20cm.

Reference:	ST14000
Dimensions:	109 x 40 x 10 cm.
Colour:	Grey



O'LIVE PROFESSIONAL STEP BLOCK

The support blocks allow you to adjust the height of the platform to 15 cm and 20 cm.

Reference:	ST14100
Dimensions:	40 x 40 x 5 cm.
Colour:	Black



O'LIVE STEP MAT

Achieve greater comfort when performing exercises on steps by adding the O'live Step Mat. The mat fits on top of the professional step. It is made of EVA foam providing comfort and durability with the advantage of superior functionality as their dimensions are perfectly suited to the size of the step.

Reference:	CL03701	CL03702	CL03703
Colour:	Black	Blue	Red
Size:	110 x 36 x 0,7 cm		



O'LIVE PLATFORM STEP RACK

Rack made of oval steel tube suitable for 20 Platform steps (original model). It comes with wheels. *Platforms not included.*

Reference:	MU07200
Capacity:	20 Platforms
Colour:	Grey
Dimensions:	113 x 47 x 196 cm.



O'LIVE STEP BLOCK RACK

Rack made of oval steel tube suitable for step support blocks (original model). It comes with wheels. *Support Blocks not included.*

Reference:	MU07300
Capacity:	40 bases
Colour:	Grey
Dimensions:	86 x 47 x 15 cm.



O'LIVE STEP PLATFORM COMPACT RACK

Suitable for storing up to 20 Platform steps (original model).

Reference:	MU03000
Dimensions:	200 x 113 x 50 cm.



O'LIVE STEP BLOCK COMPACT RACK

It is suitable for storing up to 40 step support blocks of the original model.

Reference:	MU03100
Dimensions:	25 x 81 x 51 cm

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.

O'LIVE BODY BAR

Steel bars covered with foam for a softer feel. Many people find them much easier to use than regular disks bars. They can be used to exercise any muscle group in your body.

- Coated with high quality foam.
- Colour-coded for easy weight identification.
- The square shape of the side plugs prevents accidental rolling on the floor.
- Available in 6 different weights
- Length: 120cm.

Reference:	ST13201	ST13202	ST13203	ST13204	ST13205
Weight:	2kg	3kg	4kg	5kg	6kg
Colour:	Yellow	Orange	Red	Maroon	Dark Grey



O'LIVE BODY BAR RACK

Rack made of oval steel tube suitable for storing up to 40 body bars. *Body bars not included*

Reference:	MU06600
Capacity:	40 body bars
Colour:	Grey
Dimensions:	61 x 128 x 135 cm.



O'LIVE BODY BAR COMPACT RACK

Suitable for the storage of body bars.

Reference:	MU02400	MU09600
Capacity:	30 Units	20 Units
Dimensions:	100 x 40 x 660cm	51 x 100 x 140 cm.



BODY BARS + RACK KITS

KIT A

It consists of 35 body bars: 6 body bars of 2kg / 8 body bars of 3kg / 8 body bars of 4kg / 7 body bars of 5kg / 6 body bars of 6kg Body bar Rack Ref: MU06600

Reference: ST15500

KIT B

It consists of 30 body bars: 6 body bars of 2kg / 6 body bars of 3kg / 6 body bars of 4kg / 6 body bars of 5kg / 6 body bars of 6kg Body bar Rack Ref: MU02400

Reference: ST15600

KIT C

It consists of 20 body bars: 4 body bars of 2kg / 4 body bars of 3kg / 4 body bars of 4kg / 4 body bars of 5kg / 4 body bars of 6kg Body bar Rack Ref: MU09600

Reference: ST15700

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.



O'LIVE POWER DISK COMPLETE SET

The Power Disk set consists of a pleasant to touch foam-coated bar and rubber coated iron disks. These disks are not fully circular to avoid ground rolling. They have strategically placed holes to allow easy grip and facilitate specific workouts.

- 12-sided design to avoid ground rolling.
- 3 holes for easy and secure grip.
- Soft and comfortable foam coated bar.
- The PVC central ring facilitates the introduction of disks through the bar, while preventing wear.
- Colour-coded for easy weight identification.

The set consists of:

- 2 Orange disks of 1.25 kg
- 2 Red disks of 2.5 kg
- 2 Maroon disks of 5 kg
- 1 Bar of 140 x Ø 3cm and 2.16 kg
- 2 Clamps of Ø 3 cm

Reference: ST13500



O'LIVE POWER DISK LADY SET

The Power Disk set consists of a pleasant to touch foam-coated bar and rubber coated iron disks. These disks are not fully circular to avoid ground rolling. They have strategically placed holes to allow easy grip and facilitate specific workouts.

- 12-sided design to avoid ground rolling.
- 3 holes for easy and secure grip.
- Soft and comfortable foam coated bar.
- Colour-coded for easy weight identification.
- The PVC central ring facilitates the introduction of disks through the bar, while preventing wear.

The set consists of:

- 2 Orange disks of 1.25 kg
- 2 Red disks of 2.5 kg
- 1 Bar of 140 x Ø 3cm and 2.16 kg
- 2 Clamps of Ø 3cm.

Reference: ST13600



O'LIVE 10 KG POWER DISKS

You can increase the difficulty of your training by adding more weight in your workouts using these 10 kg disks.

- 12-sided design to avoid ground rolling.
- 3 holes for easy and secure grip.
- The PVC central ring facilitates the introduction of disks through the bar, while preventing wear.
- Inner hole diameter of 30 mm

Reference: ST13800

Colour: Grey



O'LIVE POWER DISK BAR

Foam coated Bar with a diameter of 30 mm comfortable and with a soft touch.

Reference: ST13700

Dimensions: 140cm x 30mm



O'LIVE 30 MM SPRING CLIPS

Chrome clips with plastic ends for 30mm diameter bars. It is supplied in pairs.

Reference: ST13400

Diameter: 30mm



O'LIVE 30 MM CLAMP COLLARS

Solid plastic clamps for 30mm diameter bars. The fastening is quickly done by turning the handle. Incorporates rubber inserts for a safe attachment without damaging the bar. It is supplied in pairs.

Reference: PL17201

Diameter: 30mm



O'LIVE TORNADO

Increase training opportunities by adding the Tornado, a versatile product that lets you diversify and redesign your Power Disk sessions. It allows you to introduce rotational exercises to the classic training programmes with bars and disks. It offers such a wide range of possibilities that you can do without traditional exercises and program new sessions focusing on core strengthening functional exercises, agility, coordination and balance workouts.

The Tornado uses disks and bars commonly utilised in gyms and sports centres to help develop its role. Its size is compact and does not take up too much space. For proper floor support and optimal functioning during the sessions, it is recommended to use disks with greater weight in their pivot point to prevent displacement. Two discs of 5 kg or one of 10 kg are recommended for this purpose.

During the Tornado session a great variety of exercises can be performed by users regardless of their physical condition. At the top of the bar each user determines the level of difficulty by adding the remaining disks from the Power Disk set.

The classic workout done in sessions with bars and disks focuses mainly on strength endurance and cardiovascular work; core stabilizing muscles of the body are partly forgotten. This muscle group is thoroughly worked with the Tornado, adding new possibilities in core strengthening training by performing all kinds of functional exercises.

Reference:	ST14501	ST14502
Bar Diameter:	30 mm	25 mm
Large:	36 cm	36 cm



O'LIVE TORNADO COMPACT RACK

Suitable for storage of 20 Power Disks of 10kg and 20 Tornado units.

Reference:	MU08400
Dimensions:	37 x 55 x 155 cm

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.

O'LIVE POWER DISK RACK

Rack made of oval steel tube suitable for storing Power Disks. *Power disks not included.*

Reference:	MU06000	MU06100
Capacity:	12 sets	30 sets
Colour:	Grey	Grey
Dimensions:	66 x 66 x 158 cm.	153 x 102 x 145 cm



O'LIVE POWER DISK COMPACT RACK

FUNCTIONAL	DESIGN	CUSTOMISABLE	COMPACT
The material is stored in an orderly and accessible way.	It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.	The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.	Its reduced size allows for a gain of available space in the room.

It is suitable for storing Power Disks.

Reference:	MU05000	MU05100	MU05200
Capacity:	10 sets	20 sets	30 sets
Dimensions:	131.7 x 91 x 50cm	115.5 x 150 x 50cm	148 x 150 x 50cm



KIT A

Consisting of a set of 12 Power disk and a Rack ref: MU06000

Reference: ST15800

KIT B

Consisting of a set of 30 Power disk and a Rack ref: MU06100

Reference: ST15900

KIT C

Consisting of a set of 10 Power disk and a Rack ref: MU05000

Reference: ST16000

KIT D

Consisting of a set of 20 Power disk and a Rack ref: MU05100

Reference: ST16100

KIT E

Consisting of a set of 28 Power disk and a Rack ref: MU05200

Reference: ST16200

KETTLEBELLS

Kettlebell are weights made of iron that resemble a cannonball with a handle. Its unique shape results in their centre of gravity to be slightly offset from the grip, making them ideal when performing ballistic exercises.

The Kettlebells are used for different fitness goals such as losing weight, gaining muscle, or for strength development. They are one of the most flexible and effective functional training products available today. are used in training programs that include explosive movements which combine cardio and strength workouts. Thanks to its displaced centre of gravity the kettlebells are harder to control, resulting in increased demands of agility, trunk stabilization and co-ordination.

O'live Fitness offers three different types of Kettlebells. Depending on their design and their usage some models can be more suitable than others.

O'live Cast Iron Kettlebells. They are made entirely of cast iron with a paint finish. Their handle is slightly grooved, and they look rather coarse but weight identification provided by the colour makes them very easy to use. They have a totally flat base that affords them with great stability, making them very useful for certain exercises: for example, they are perfect for Crossfit applications and in traditional fitness rooms.

O'live Vinyl Kettlebells. They are also made of cast iron, but they incorporate a colour coating which simplifies weight identification and provides extra protection with a less aggressive design. For these reasons the vinyl Kettlebells are commonly used in studio class activities or in female environments.

O'live Rubber Kettlebells. They feature a chromed steel handle and rubber coating which is stronger than vinyl. They have an elegant look that can be combined with other products from O'live Fitness such as dumbbells and discs, providing a unified free weight area. The handle is completely smooth, and soft to the touch. They are commonly used in fitness centres and in personal training spaces.



O'LIVE VYNIL KETTLEBELLS

Reference:	EN34001	EN34002	EN34003	EN34004	EN34005	EN34006	EN34007	EN34008	EN34009	EN34010
Weight:	4kg	6kg	8kg	10kg	12kg	16kg	20kg	24kg	28kg	32kg
Colour:	Yellow	Orange	Red	Purple	Grey	Yellow	Orange	Red	Purple	Grey

See at

Free Weights
category



O'LIVE CAST IRON KETTLEBELLS



O'LIVE RUBBER KETTLEBELLS

O'LIVE KETTLEBELL RACK

Rack made of oval steel tube suitable for storing 10 kettlebells. *Kettlebells not included*

Reference:	MU06400
Colour:	Grey
Dimensions:	53 x 129 x 81 cm



VYNIL KETTLEBELLS + RACKS KITS

KIT A

Consisting of 10 Vinyl Kettlebells:

1 unit of 4kg / 1 unit of 6kg / 2 units of 8kg / 2 units of 10kg / 2 units of 12kg / 2 units of 16kg. Kettlebell Rack Ref: MU05400

Reference: ST16400

KIT B

Consisting of 16 Vinyl Kettlebells: 2 units of 4kg / 2 units of 6kg / 2 units of 8kg / 3 units of 10kg / 3 units of 12kg / 2 units of 16kg / 2 units of 20kg Kettlebell Rack Ref: MU05500

Reference: ST16500

KIT C

Consisting of 10 Vinyl Kettlebells: 1 unit of 4kg / 1 unit of 6kg / 2 unit of 8kg / 2 unit of 10kg / 2 unit of 12kg / 2 unit of 16kg Kettlebell Rack Ref: MU06400

Reference: ST16600

O'LIVE KETTLEBELL COMPACT RACK

It is suitable for storage of Kettlebells. The capacity depends on the weight thereof.

Reference:	MU05400	MU05500
Capacity:	10 Units	16 Units
Dimensions:	70 x 88 x 35 cm	70 x 120 x 35 cm



FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.

MATS

To be able to choose the best mat we need to look into the context into which it might be used. There are special mats for yoga, pilates, martial arts, stretches or general fitness. The differences lie in the materials used, the available sizes and the thicknesses among other features; always matching the mat's functionality to the required use.

General Fitness Mats. The mats for general use have other features that make them ideal for cardio, stretches, crunches or any other workout that might require the protection of hands, back or knees. The materials used, and the dimensions of the mats, will determine their characteristics, which can be quite different from one another.

- **O'live Vynil Mats.** Made of PVC, one side is non-slip whilst the other side is smooth. They are 9,5 mm thick with a rather soft touch and their dimensions are small. These characteristics make them light and easy to clean, as well as suitable for general use in studio class activities and fitness rooms.

- **O'live Freeflex Mats.** Its composition gives them a soft and pleasant feel. They have got "Sanitized" certification; have an excellent grip on the ground while its grooved surface prevents the user from slipping. They are suitable for general use, but they are especially adequate for environments dedicated to personal training, body mind, stretching, etc...

- **O'live Eva Mats.** Made of EVA foam, which gives the mats excellent durability properties, their size and thickness make them ideal for a variety of uses; and perhaps for this reason they are the most versatile mats in the market. They have a smooth underside for increased grip and a grooved non-slip upper side. They are suitable for general use, in studio class activities and in fitness rooms.

O'live Yoga Mats. Typically made of PVC, yoga mats are thin in order to provide a light padding while "feeling" the contact with the floor, a necessary feature in traditional exercises. They have a slightly grooved surface to make them non-slip and its long measurements are ideal to accommodate the entire body.

O'live Pilates Mats. As in yoga, pilates workouts also require an elongated mat to accommodate the whole body, but in this case it is necessary to increase the level of comfort, it is for this reason that the mats are thick and cushioned. The material used is also different; typically NBR foam is used for this type of mat. One side of the mat is smooth to allow a good grip on the floor while the other side is grooved to prevent the user from sliding.

O'live Fitness Mats. With the same material and characteristics as the Freeflex Mats, the O'live Fitness Mats are bigger. They are hygienic, adherent, non-slip and soft to touch. They are suitable for rehabilitation environments and stretching activities.



O'LIVE VINYL MAT

Reference:	CL00500
Dimensions:	100 x 50 x 0,95 cm
Colour:	Grey



O'LIVE EVA MAT

Reference:	CL03601	CL03603	CL03602
Colour:	Grey	Black	Blue
Dimensions:	140 x 60 x 0,7 cm		

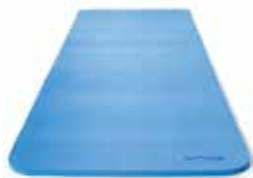


O'LIVE FREEFLEX MAT

Reference:	CL00403	CL00404	CL00405
Colour:	Blue	Red	Grey
Dimensions:	140 x 60 x 1 cm		

See at

Body & mind category



O'LIVE FITNESS MAT



O'LIVE PILATES MAT



O'LIVE YOGA MAT



O'LIVE MAT RACK

Rack made of oval steel tube suitable for storing up to 30 mats. Maximum mat length of 140cm. It is suitable for a range of eyelet width. It comes with wheels. *Mats not included.*

Reference:	MU07000
Colour:	Grey
Dimensions:	60 x 73 x 162 cm.



O'LIVE MAT COMPACT RACK

It is suitable for the storage of up to 20 mats of 1 cm thick and 140 cm long. The brackets are adjustable to accommodate different mat lengths.

Reference:	MU04200
Dimensions:	160 x 78 x 35 cm



O'LIVE MAT ADJUSTABLE COMPACT HANGER

It is suitable for the storage of up to 20 mats that are 1 cm thick. The distance between eyelets is adjustable depending on the mat you want to hang. It is screwed into the wall at any desired height.

Reference:	MU04100
Dimensions:	15 x 70 x 24.5 cm

FUNCTIONAL	The material is stored in an orderly and accessible way.
DESIGN	It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.
CUSTOMISABLE	The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.
COMPACT	Its reduced size allows for a gain of available space in the room.



O'LIVE ANKLE / WRIST WEIGHTS

The ankle / wrist weights are made of neoprene, providing a pleasant feel and preventing any absorption of moisture and odour. They can be adjusted with a Velcro strap.

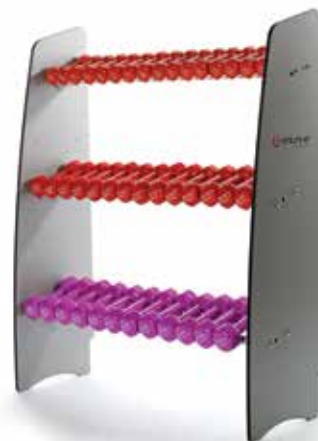
Reference:	ST14201	ST14202	ST14203	ST14204
Weight:	0.5kg	1kg	1.5kg	2kg
Colour:	Yellow	Orange	Red	Dark Grey



O'LIVE VINYL DUMBBELLS

Used in gyms for aerobics - toning classes, they are useful for strength and endurance work. They are coated with a vinyl layer that protects the floor and dumbbell itself from damage. They are colour coded for easy weight identification. They are easy to clean.

Reference:	ST13301	ST13302	ST13303	ST13304	ST13305	ST13306	ST13307	ST13308
Weight:	0.5kg	1kg	1.5kg	2kg	2.5kg	3kg	4kg	5kg
Colour:	Yellow	Orange	Red	Purple	Maroon	Gris	Silver	Yellow



O'LIVE VINYL DUMBBELLS COMPACT RACK

It is suitable for vinyl dumbbells, regardless of their size and weight. Each tray can hold: 8 pairs of 0.5 kg, 8 pairs of 1kg, 6 pairs of 1.5 kg, 5 pairs of 2 kg, 5 pairs of 2.5 kg and 4 pairs of 3 kg

Reference:	MU04700
Dimensions:	100 x 86 x 30 cm.



O'LIVE VINYL DUMBBELLS RACK

Rack made of oval steel tube suitable for storing vinyl dumbbells. It incorporates a security bar to prevent theft. The storage capacity depends on the size of the dumbbells. *Dumbbells and lock not included.*

Reference:	MU06500
Dimensions:	50 x 80 x 108 cm.



O'LIVE VINYL DUMBBELLS COMPACT VERTICAL RACK

It is suitable for storing vinyl dumbbells. It can hold up to 15 pairs of dumbbells. Not stores 0,5 kg. vinyl dumbbells.

Reference:	MU09700
Dimensions:	55 x 50 x 147 cm.

VINYL DUMBBELLS + RACK KITS

Kits consisting of vinyl dumbbells and Rack: the dumbbells are perfectly ordered thanks to the slots on the trays.



KIT A

Composed of 15 pairs of dumbbells: 6 pairs of 1kg / 5 pairs of 2kg / 4 pairs of 3kg. 3 Trays Simple Rack
Ref: MU04800

Reference: ST15000



KIT B

Composed of 30 pairs of dumbbells: 12 pairs of 1kg / 10 pairs of 2kg / 8 pairs of 3kg. 3 Trays Double Rack
Ref: MU04900

Reference: ST15100

KIT C

Composed of 15 pairs of dumbbells: 5 pairs of 1kg / 5 pairs of 2kg / 5 pairs of 3kg Vinyl Dumbbells Vertical Rack, Ref: MU09700

Reference: ST15200

KIT D

Composed of 19 pairs of dumbbells: 8 pairs of 1kg / 6 pairs of 1.5 Kg / 5 pairs of 2kg. Vinyl Dumbbells Rack, Ref: MU04700

Reference: ST15300

KIT E

Composed of 55 pairs of dumbbells: 8 pairs of 0.5kg / 13 pairs of 1kg / 11 pairs of 1.5kg. 10 pairs of 2kg / 5 pairs of 2.5kg / 4 pairs of 3kg / 4 pairs of 4kg. Vinyl Dumbbells Rack, Ref: MU06500

Reference: ST15400

FUNCTIONAL	DESIGN	CUSTOMISABLE	COMPACT
The material is stored in an orderly and accessible way.	It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.	The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.	Its reduced size allows for a gain of available space in the room.



O'LIVE SLIDERS

The O'live Sliders are a versatile product that can be used in a stand-alone Slider class or in an existing class format. They provide an unstable training surface that allows you to simulate many slideboard exercises. You can work multiple muscles while engaging core stabilization throughout the range of motion; they transform exercise movements into smooth, graceful lines of flowing motion.

- Provides a new stand alone group format class.
- Enhances your existing class format.
- Diversifies your choreography.
- Incorporates balance, flexibility, strength, core and cardio drills.
- A perfect addition on personal training sessions.

Reference:	ST18400	ST18500	ST18600
Unit:	1 pair	10 pair	25 pair + storage bag



O'LIVE O'BOUND

Jumping on a mini trampoline is a high intensity training but with zero impact and no damage to the joints. Training is very simple, effective and fun. When rebounding all parts of the body are involved, including all voluntary and involuntary muscles. The continuous bounce movement provided by the flexible Mat of the rebounder has multiple health benefits, from building strength and providing a cardio vascular workout, to accelerating the flow of our lymphatic fluid, which means for faster detoxing. The rebounder can also be used to exercise the brain, through a series of co-ordination movements requiring high levels of concentration. Rebounding exercises also assist with balance and co-ordination due to the flexible and thus unstable surface, which ensures that your balance is checked and corrected all the time. The O'live O'bound can be stored on top of each other using less space.

Reference:	ST18700
Dimensions:	100 cm x ø 24 cm



TRIMILIN REBOUNDER

This is a high quality rebounder with a particularly durable canvas, high quality springs and excellent overall manufacture. It is made of anti abrasive materials and plastic plugs that leave no trace or marks. It also incorporates a padded coating that not only is nice looking but also serves to protect the user from injury. Made in Europe.

Reference:	ST05400
Dimensions:	102cm x 24cm.

O'LIVE FLEX BAR

The Flex bar is a glass fibre bar with rubber weights at both ends. The bar is 160cm long and weighs about 0.5 kg. Balancing the bar causes vibrations that stimulate the deep muscles of your body. The benefits are weight loss, overall fitness improvement and greater abdominal strength.

Reference: EN19200

O'LIVE FLEX BAR COMPACT RACK

Wall rack made of compact material suitable for storing up to 20 Flex bars. *Flex bars not included.*

Reference:	MU09800
Dimensions:	79 x 11 x 1 cm.

O'LIVE BOSU COMPACT RACK

Rack suitable for storing Bosu each with its corresponding slot for proper positioning.

Reference:	MU08500	MU11600
Capacity:	7 units	14 units
Dimensions:	220 x 69 x 60 cm	220 x 136 x 60 cm

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.





BODY MIND



O'LIVE FOAM ROLLER

It is made of EVA foam, a high quality closed-cell material with non-slip textured surface.

- Made of high quality EVA foam, keeps its shape even after heavy use.
- New larger size for greater versatility and adaptability to users.
- Non-slip textured surface.
- Normal density (shore 30/35), and Soft density (shore 18).

Foam roller

Dimensions:	45 cm. x 15 cm.	99 cm. x 15 cm.	45 cm. x 15 cm.	99 cm. x 15 cm.
Hardness:	Normal	Normal	Soft	Soft
Reference:	EN20001	EN20002	EN19801	EN19802
Colours:	Blue	Blue	Grey	Grey

Half foam roller

Dimensions:	45 cm. x 7,5 cm.	99 cm. x 7,5 cm.	45 cm. x 7,5 cm.	99 cm. x 7,5 cm.
Hardness:	Normal	Normal	Soft	Soft
Reference:	EN20101	EN20102	EN19901	EN19902
Colours:	Blue	Blue	Grey	Grey



O'LIVE FOAM ROLLER COMPACT RACK

Rack made of compact material suitable for storage of foam rollers between 91 and 101 cm long. It has a maximum capacity of up to 20 units.

Reference:	MU09200
Dimensions:	42 x 103 x 180 cm

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.



O'LIVE FITNESS BALL

Manufactured with the exclusive flexton silpower® (patent) material, it offers a nice, velvety soft surface. In case of accidental damage due to small cuts or punctures it will deflate slowly providing extra safety to the user.

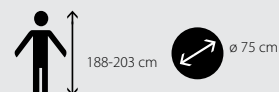
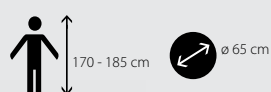
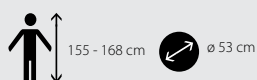
In addition, cuts of up to 5 mm or small punctures can be repaired.

- Velvety soft surface and pleasant to the touch.
- It slowly deflates if punctured.
- Maximum user weight of 400 kg.
- Made with the exclusive flexton silpower® material.
- Made in Europe, CE Certified.

Reference:	BA06802	BA6806	BA6810
Size:	53cm	65cm	75cm
Colour:	Blue	Blue	Blue

Reference:	BA06804	BA6808	BA6812
Size:	53cm	65cm	75cm
Colour:	White	White	White

RECOMENDED SIZE



O'LIVE PILATES BALL

Get a complete workout and improve posture using the Pilates ball. The ball provides an unstable support for activating the deeper stabilizing muscles. Its texture is soft and velvety.

Reference:	BA07601	BA07602	BA07603
Size:	15cm.	22 cm.	26 cm.
Colours:	Light grey	Blue	Dark grey





O'LIVE TONO BALL

Increase the difficulty of exercises by using the tono ball. It is ideal to enhance your mat workout while helping to improve balance, coordination and flexibility.

Weight:	0.5 kg.	1 kg.	1.5 kg.
Colours:	Light Gray	Blue	Dark Gray
Reference:	BA05901	BA05902	BA05903



O'LIVE PILATES RING

By using the Pilates ring you add difficulty to your workout routine, you develop muscle strength, improve endurance and additionally increase body awareness.

Reference:	PI13300
Diameter:	38.5 cm.



O'LIVE STABILITY CUSHION

Add variety and functionality incorporating the stability challenge to your training sessions. The Cushion provides balance and strength challenge while performing exercises standing, sitting, kneeling or lying down. Suitable for both: rehabilitation and skilled athletes. Non-plasticized texture (pleasant to touch), it supports up to 155 kg.

Reference:	EN20200
Diameter:	36 cm.
Colour:	Blue



O'LIVE BALANCE PAD

The balance pad is the stability product most recommended for beginners, seniors or people with reduced mobility. It is also recommended for rehabilitation, and for sports conditioning. It provides an added stability challenge, while strengthening core muscles, improving proprioceptive awareness and increasing muscle strength and mobility.

Reference:	PI13400
Dimensions :	48 x 40 x 6 cm.
Colour:	Blue



O'LIVE YOGA BLOCK

This Block is recommended as an aid in achieving correct posture during exercise. It is manufactured in foam of optimal hardness. Colour Blue.

Reference:	PI13500
Dimensions:	23 x 15.5 x 7.5 cm.



O'LIVE BIG YOGA BLOCK

The Block is recommended as an aid in achieving correct posture during exercise. It is manufactured in foam of optimal hardness. Colour Blue.

Reference:	PI13600
Dimensions:	30.5 x 20.5 x 5 cm



O'LIVE YOGA STRAP

The Strap is recommended as an aid in achieving correct posture during exercise. It is manufactured in cotton and it measures 2.45 meters. It includes a buckle for greater safety. Colour Blue.

Reference:	PI13700
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O'LIVE YOGA MAT

PVC mat free of toxic substances, it is ideal for Yoga workout. It provides optimal cushioning; it is non-slip, wear resistant, and easy to clean. Colour Blue.

Reference: CL02700

Dimensions : 172 x 61 x 0.3 cm.



O'LIVE PILATES MAT

The O'live Pilates mat is made of NBR foam, free of toxic substances, and overall a softer material with good elasticity and adaptability characteristics ideal for activities like Pilates.

- 180cm long: ideal for Pilates, Body Mind, etc.
- Slightly rough textured surface to prevent slipping during exercise.
- Mat that allows bending, achieving improved traction.

Reference: CL02600

Dimensions: 182 x 61 cm.

Colour: Blue



O'LIVE PILATES COMPACT RACK

Rack made of compact material suitable for storage a variety of Pilates equipment. You can store up to 20 balls, 40 tone balls, 20 rings and 20 balance cushions or pads.

Reference: MU09300

Dimensions: 87 x 60 x 170



O'LIVE FOLDING MATS COMPACT RACK

Rack made of compact material suitable for storing Pilates or Yoga mats.

Model: Wall mounted Standing

Reference: MU09000 MU09100

Capacity: 10 20

Dimensions: 65 x 28 x 300 cm 60 x 68 x 120 cm

FUNCTIONAL

The material is stored in an orderly and accessible way.

DESIGN

It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE

The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.

COMPACT

Its reduced size allows for a gain of available space in the room.



BODHI PREMIUM MAT

The Bodhi Premium mat is the best choice for your study/gym, mainly because of its thickness, flexibility and cushioning. It offers good traction, but with more cushioning thanks to its 4.5 mm thickness. Made of PVC, it is durable by being resistance to abrasion. It is non-slip and a good choice for either sitting or standing exercises. It is certified as being free of toxic and harmful substances to the skin according to the OKO-TEX Standard 100 P.1. It is machine washable at temperatures not exceeding 30°C. It is made in Europe. Includes two rubber bands to keep the mat perfectly rolled and compact

Reference:	CL02801	CL02802	CL02803
Colour:	Blue	Burgundy	Purple
Dimensions:	183 x 60 x 4.5mm.		



BODHI PREMIUM YOGA BLOCK

High density Yoga Block manufactured in EVA foam. It is especially suitable to support and assist in Yoga exercises. It permits different heights by simply turning the block.

Reference:	PI10402	PI10403	PI10404
Colour:	Blue	Burgundy	Purple
Dimensions:	220 x 110 x 66 mm.		



BODHI PREMIUM YOGA STRAP

A useful and practical aid during yoga workout, the strap allows for a greater range of possibilities when performing particular postures. In the most demanding positions the strap helps to keep the position longer while helping to further develop other aspects of yoga training. It is made of 100% cotton and it is machine washable up to 40°C.

Reference:	P110901	P110903	P110904
Colour:	Blue	Burgundy	Purple
Dimensions:	38mm x 2.5 m.		



BODHI ZAFU CUSHION

Classic and traditional meditation pillow used for all sitting techniques. It provides good alignment of the spine and a suitable height for a deeper and more comfortable meditation. The Zafu makes sitting meditation easier for the knees and ankles. The cushion is filled with spelt hull; the height can be adjusted by simply removing or adding hull through lateral openings. The cover is made of cotton, and it is available in several colours.

Reference:	PI11101	PI11102	PI11103
Colours:	Blue	Burgundy	Black
Dimensions:	35 cm x 14 cm.		



BODHI BOLSTER

The Bolster will help in yoga and Pilates exercises. Filled with spelt hull, it provides a nice support. It has a zip and a handle.

Reference:	PI10701	PI10702	PI10703
Colours:	Blue	Burgundy	Black
Dimensions:	23 x 60 cm.		



BODHI ASANA BLANKET

The Bodhi Asana blanket is a high quality fleece blanket; it is anti-pilling fleece, robust and soft. Its size is convenient and comfortable for different uses such as cervical or hip support, thermal protection, etc. It is made of 100% polyester, is machine washable at 30°C and it dries quickly.

Reference:	PI11001	PI11003	PI11004
Colours:	Blue	Burgundy	Purple
Density:	300 gr / m².		
Dimensions:	140 x 200 cm.		



BODHI YOGA TOWEL

Extra-absorbent and fast-drying microfiber yoga towel. When the NO SWEAT towel is damp, it becomes slip-resistant, making it ideal as a layer on top of your yoga mat, particularly for Ashtanga, Vinyasa or Hot Yoga. The large size and suede-like material of the towel make it also useful as a cover-up for the relaxation phase at the end of a session.

Reference:	PI14901	PI14902
Colours:	Blue	Green
Dimensions:	185 x 68 cm	

BLACKROLL O'LIVE

The Blackroll not only stretches muscles and tendons, it also breaks down soft tissue adhesions. By using your own body weight and a cylindrical roller you can perform a myofascial release or self-massage, break trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues.

- Highest production quality
- Made in Germany
- 100% recyclable
- Free of chemicals
- Inodorous
- Water resistant
- Easy to clean



Type:	Standard
Reference:	EN18701
Hardness:	Medium
Description:	Appropriate for all applications
Colour:	Black
Dimensions:	30 cm x 15 cm



Type:	Groove
Reference:	EN18702
Hardness:	50% harder than standard version
Description:	For more intensive practice, strong assage-effect, for prevention and treatment of cellulite. Recommended only for professionals.
Colour:	Black
Dimensions:	30 cm x 15 cm



O'LIVE ROLLER COMPACT RACK

Rack for storing up to 4 Pro rollers or foam cylinders. It neatly stores rollers with different characteristics and as a result have an area dedicated to the recovery and massage particular to each user. The rack includes a steel foot or it can be suspended mounting it on the wall.

Reference:	MU10300
Dimensions:	41 X 37 X 125 cm



RECOVERY POSTER O'LIVE

Roller exercises in a laminated 60 x 45 cm. poster.

Reference:	PO005500
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O'LIVE STRETCH STRAP

The Stretch strap provides the benefits of assisted stretching without help from another person. The different loops allow gradual and deep stretching of the most common muscles in a safe and effective way. Training manual included.

Reference: EN29200



STRETCH STRAP POSTER O'LIVE

Laminated 60 x 45 cm. poster featuring stretch strap exercises

Reference: PO05300

O'LIVE STRETCH STRAP + POSTER O'LIVE

Set of one O'live stretch strap and one Stretch strap Poster.

Reference: EN33900



O'LIVE MASSAGE BALLS

Release tension, relax muscles and stimulate nerves with the massage ball. The ball incorporates spiky sensory points that helps relieve stress, pain and tension and increase well-being by improving blood.

Reference:	BA03103	BA03105
Size:	8 cm	10cm
Colour:	Red	Blue



O'LIVE PINPOINT APPLICATION BALLS

Set of 2 balls, 8cm and 12cm diameter for pinpoint self-massage application. They are ideal for massaging the arms, neck and foot using a table, wall or on the floor.

- Highest production quality / Made in Germany / 100% recyclable / Free of chemicals / Inodorous / Water resistant / Easy to clean

Reference:	BA08501	BA08502
Size:	8 cm	12 cm



O'LIVE SPINE APPLICATION BALL

The ball is used for a pinpoint massage around the spine, the back and the neck.

- Highest production quality
- Made in Germany
- 100% recyclable
- Free of chemicals
- Inodorous
- Water resistant
- Easy to clean

Reference:	BA08601	BA08602
Size:	Standard	Small





O'LIVE FITNESS MAT

The Fitness mat has been awarded with the "Sanitized" certificate, which gives greater hygienic properties. At the same time its flexibility and its completely smooth surface on the reverse, allows excellent grip to the floor. Its size and properties make it ideal in areas dedicated to personal training, in stretching areas, rehabilitation, etc.

- Ideal for spaces dedicated to stretching, rehabilitation, etc ...
- "Sanitized" hygienic certification.
- Slightly textured surface to prevent slipping during exercise.
- Flexible mat that achieves high grip to the floor.
- Made in Europe.

Reference:	CL01500
Size:	180 x 60 x 1.5 cm
Colour:	Blue



O'LIVE COMPACT WALL BARS

Wall bars are useful for a variety of mobility, flexibility and stretching exercises. Made of compact hpl panel and wooden bars from Flanders, and styled to match the different racks from the O'live Compact Series. It includes the steel plates needed to attach the wall bar to the wall.

Reference:	FI04400
Dimensions:	230 x 106 x 18 cm



O'LIVE INVERSION TABLE

The inversion table helps reduce back stress by relieving the pressure on vertebrae discs and ligaments. It can also reduce fatigue, stress and it provides an overall relaxation of the body. It can boost blood circulation to relieve stiff muscles and increases body flexibility while improving athletic performance. The O'live inversion table has a stable frame that can be used in any fitness or rehab facility.

Reference:	FI04700
Dimensions:	155 x 78 x 156 cm
Max user height:	198 cm
Max user weight:	200 kg

O'LIVE BALLET BARRE

Ballet Barre of 47 mm diameter made with Flanders wood. Fits the different types of supports.

Reference:	FI02601	FI02602	FI02603
Length:	1m	1.5 m	2 m



O'LIVE BALLET BARRE FIXED SUPPORT

Standing metal support to fix the Ballet Barre. Square base with holes for floor anchorage. The distance between the bars is 27 cm. in the Double Model. Available in two Models: Single and Double. Colour Grey. *Screws not included*

Reference:	FI02501	FI02502
Model:	Simple	Double
Dimensions:	15 x 15 x 90 cm	15 x 15 x 104 cm



O'LIVE BALLET BARRE SUPPORT

Metal wall bracket suitable to fixing the Ballet Barre. The distance of the bar to the wall is 19 cm. The distance between the bars is 27 cm. in the Double Model. Available in two Models: Single and Double. Colour Grey.

Reference:	FI02701	FI02702
Model:	Simple	Double



O'LIVE BALLET BARRE PORTABLE SUPPORT

Standing metal support to fix the Ballet Barre. Heavy square base to ensure stability. The distance between the bars is 27 cm. in the Double Model. Available in two Models: Single and Double. Colour Grey.

Reference:	FI02401	FI02402
Model:	Simple	Double
Dimensions:	30 x 30 x 90 cm	30 x 30 x 104 cm



O'LIVE WOODEN ROD

Varnished beech wood Rod, measuring 3 cm in diameter.

Reference:	EN05601	EN05602
Length:	1.2 m	1.5 m



O'LIVE WOODEN RODS RACK

Wood rack suitable for storage of up to 20 rods. Attached to the wall by screws.

Reference:	EN05700
Dimensions:	67 x 12 x 4 cm





PERFORMANCE



O'LIVE SUSPENSION TRAINING STATION

- Suitable for any suspension training system: Human Trainer, Airfitpro, TRX, Jungle Gym, etc....
- Legs extended outwards to increase stability.

Reference:	EN20302
Model:	6 users
Dimensions:	4,10 x 2,60 m



O'LIVE MULTI-GRIP PULL-UP BAR

Chin-ups are one of the best upper body resistance exercises. There is no other exercise that can equal its functional value, as not only do they develop gripping strength and back, biceps, abdominals and chest muscles, it is also an excellent full body workout. The bar features multiple gripping options to allow different exercise options to the user. The Multi-grip pull-up bar is strong and the handles are protected with a comfortable vinyl cover. It requires a strong wall attachment for stability.

Reference:	EN33200
Dimensions:	98 x 57 x 70 cm



O'LIVE PULL UP BAR

Wall mounted pull up bar. It is manufactured in black steel. You can join multiple units in line. You can convert the pull up bar in a workstation adding superbands or suspension products like the Human Trainer or Airfitpro. Its maximum capacity is of 500 kg.

The pull up bar needs a strong wall attachment for a reliable clamping.

Reference:	EN20600
Dimensions:	55 x 85 x 125 cm



O'LIVE STEEL SUSPENSION RINGS

The suspension rings are lightweight and portable and can be setup in seconds. They are useful for dozens of exercises, from the basics like push-ups to more difficult ones like Iron Crosses or Dips. They are made of steel and they have a nylon adjustable strap with numbering.

Reference: ST13100



O'LIVE WOOD SUSPENSION RINGS

The suspension rings are lightweight and portable and can be setup in seconds. They are useful for dozens of exercises, from the basics like push-ups to more difficult ones like Iron Crosses or Dips. They are made of wood and they have a nylon adjustable strap with numbering.

Reference: EN33300



O'LIVE ROPE SUSPENSION RINGS

The suspension rings are lightweight and portable and can be setup in seconds. They are useful for dozens of exercises, from the basics like push-ups to more difficult ones like Iron Crosses or Dips. They are made of nylon rope and they have a nylon adjustable strap with numbering. The rope diameter is 38mm and the rings diameter is 315mm.

Reference: EN33400



O'LIVE AB-STRAPS

You can quickly connect a pair of heavy duty performance Ab-Straps to any standard pull-up bar for ab defining workouts the way the pros do it. Experienced professionals use Ab-Straps to perform off-the-floor crunches and leg lifts. O'live Ab-Straps are sturdy, comfortable and designed for years of performance.

Made with heavy-duty nylon straps, mountain steel carabiners, and thick foam padding, the O'live Ab-Straps are both durable and comfortable.

Reference: EN33500



O'LIVE PULL-UP ROPE

The pull-up is a great upper body exercise that involves back, shoulders and abdominals, while developing gripping strength. The rope allows different hand positions to increase gripping demand and provide a more natural line of pull.

The pull-up rope can be used for a variety of exercises: for example it can be looped around the handle of a kettlebell to increase the lever length and help teaching proper exercise execution, or it can be also attached to a Power Band. The rope can be used for upper body pulling and pushing exercises along with a number of other rotational exercises.

Reference: EN33600

Dimensions: 38 mm x 2 m

WEIGHTED BALLS

Training with medicine balls is common in athletes that want to improve their athletic performance. They have become increasingly popular among professionals because of its benefits when incorporated into a fitness program focusing strength, power or during rehabilitation.

Depending on use and the type of exercises to be performed, some balls are more suitable than others. Their endurance, touch, weight and size vary according to their function.

O'live Medicine Balls and Medicine Balls with Handles

They are suitable when throwing and bouncing against the ground isn't required. Made of rubber, their weight does not exceed 10 kg. This will prevent the wear of the shell and inhibit breakage. Its surface is slightly grooved for optimum grip and its dimensions are reduced. The medicine ball with handles allow different functional exercises.

O'live Functional Balls

The Functional balls are larger with a textile surface, which is soft and pleasant to touch. Its main feature is impact absorption which facilitates continued use by several users. They have been used by boxers when concentrating in core and abdominal training. Although they can be used in a variety of exercises, they are ideal when users throw the ball to each other in movements involving trunk stabilization, as well as shooting against the wall. They don't rebound. They are suitable for crossfit and high intensity workouts.

O'live Slam Balls

The Slam balls are made of rubber with sand inside to provide a high weight. They are much more durable than traditional medicine balls and they can be thrown hard to the ground without fear of breakage. They don't rebound. Its non-slip texture is similar to the medicine ball. They are suitable for Crossfit and in high intensity workouts.

Loumet Gymballs

Built in one piece, the Loumet Gymballs are extremely robust and durable medicine balls. They are very hard to wear when thrown to any surface and their texture and appearance is pleasant. They are water resistant so they can be used outdoors and in swimming pools. Due to its bouncing capabilities it is a very versatile ball.





O'LIVE MEDICINE BALL

Reference:	BA06201	BA06202	BA06203	BA06204	BA06205
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
Colour:	Yellow	Orange	Red	Purple	Maroon

Reference:	BA06206	BA06207	BA06208	BA06209	BA06210
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg
Colour:	Black	Grey	Yellow	Orange	Red



O'LIVE MEDICINE BALL WITH HANDLES

Reference:	BA06301	BA06302	BA06303	BA06304	BA06305	BA06306	BA06307
Weight:	4 kg	5 kg	6 kg	7 kg	8 kg	9 kg	10 kg
Colour:	Purple	Maroon	Black	Grey	Yellow	Orange	Red



O'LIVE FUNCTIONAL BALL

Reference:	BA06501	BA06502	BA06503	BA06504
Weight:	3 kg	5 kg	7 kg	9 kg
Colour:	Yellow	Orange	Red	Purple



O'LIVE SLAM BALLS

Reference:	BA08301	BA08302	BA08303	BA08304
Weight:	3kg	6kg	9kg	12kg
Color:	Black			
Diameter:	23 cm			

Reference:	BA08305	BA08306	BA08307	BA08308
Weight:	15kg	20kg	25kg	30kg
Color:	Black			
Diameter:	30 cm			



LOUMET GYMBALLS

Reference:	BA06901	BA06902	BA06903	BA06904	BA06905	BA06906
Weight:	1kg	2kg	3kg	4kg	5kg.	6 kg.
Colour:	Blue	Red	Green	Yellow	Blue	Orange
Diameter:	195 mm	200 mm	250 mm	250 mm	250mm	250mm



O'LIVE CYCLONE BALL

The Cyclone ball is a medicine ball with a rope coming out of its centre. This feature allows a series of exercises intended to increase rotational strength and flexibility. It is also useful in improving coordination, balance and stability.

Reference:	BA06401	BA06402	BA06403	BA06404
Weight:	2 kg	3 kg	4 kg	5 kg
Colour:	Orange	Red	Purple	Maroon



MEDICINE BALL POSTER O'LIVE

Medicine ball exercises in a laminated 60 x 45 cm. poster.

Reference: PO05100



O'LIVE MEDICINE BALL REBOUNDER

The medicine ball rebounder is an ideal and fun way to train speed, power and balance. Simply throw a medicine ball and try to catch it, you will improve reflexes and enhance core muscles while burning calories.

Reference:	EN19400
Dimensions:	92 x 92 x 80 cm



O'LIVE MEDICINE BALL STANDING RACK

Standing Rack manufactured in oval steel tube suitable for medicine balls. *Balls not included.*

Reference:	MU06200
Capacity:	5 balls
Colour:	Grey
Dimensions:	65 x 47 x 145 cm



O'LIVE WEIGHT BALL STORAGE RACK

Standing Rack manufactured in steel tube suitable for all types of weight balls. It comes with wheels for easy transport. *Balls are not included*

Reference:	MU11500
Capacity per tray:	5 medicine balls, 4 functional balls, 5 slam balls
Colour:	Grey
Dimensions:	76 x 76 x 134 cm



O'LIVE MEDICINE BALL COMPACT RACK

It is suitable for storing medicine balls, double grip balls and functional balls.

Reference:	MU03700	MU03800	MU03900
Medicine Ball capacity:	5	10	20/25
Double Grip Ball capacity:	5	10	20/25
Functional Ball capacity:	4	8	only first tray
Slam ball capacity:	5	10-13	until 12 kg balls
Dimensions:	130 X 37 X 35 cm	130 x 62 x 35 cm	130 x 110 x 35 cm

FUNCTIONAL	The material is stored in an orderly and accessible way.
DESIGN	It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.
CUSTOMISABLE	The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.
COMPACT	Its reduced size allows for a gain of available space in the room.





O'LIVE FUNCTIONAL BAG

It is used to improve strength, muscle endurance, and power. It is a great product for energy expenditure and metabolic acceleration and it used in weight loss programmes. It can be tossed and caught like the medicine balls can, and they are useful in co-ordination, proprioception and core stabilisation workouts.

- Made of tough, firm and strong high quality synthetic leather.
- Colour coded for easy weight identification.
- Compact size to increase functionality.
- 6 Rubber handles for added versatility during exercise.
- Supplied with inner sand and foam padding.
- Removable weight identification covers allow future weight changes for new updates.

Reference:	EN32501	EN32502	EN32503	EN32504	EN32505	EN32506	EN32507
Weight:	5 kg	7,5 kg	10 kg	12,5 kg	15 kg	20 kg	25 kg
Colour:	Green	Yellow	Orange	Red	Maroon	Purple	Grey



O'LIVE FUNCTIONAL BAG COMPACT RACK

It is suitable for storing functional bags.

Reference:	MU11700
Capacity:	12 units
Dimensions:	92 x 60 x 165 cm

FUNCTIONAL	The material is stored in an orderly and accessible way.
DESIGN	It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.
CUSTOMISABLE	The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.
COMPACT	Its reduced size allows for a gain of available space in the room.



O'LIVE FUNCTIONAL BAG RACK

Rack made of oval steel tube suitable for Functional Bags. *Fitness bags are not included*

Reference:	MU10500
Capacity:	6 Functional Bags
Colour:	Grey
Dimensions:	72 x 67 x 165 cm



FUNCTIONAL BAG POSTER O'LIVE

Laminated 60 x 45 cm. poster featuring exercises with the Functional Bag

Reference:	PO06200
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O'LIVE SHOULDER BAG

As the name suggest the shoulder bag fits around anyone's shoulder and provides handles for added grip options. It is used for strength training, performing dynamic movements and body weight activities. It is made of durable neoprene and it can be thrown and slammed for core stability and explosive power workouts.

Reference:	EN34101	EN34102	EN34103	EN34104	EN34105
Weight:	5 kg	10 kg	15 kg	20 kg	25 kg
Colour:	Black				



O'LIVE SAND DISK

Manufactured in durable and flexible neoprene, the O'live sand disk is a useful training tool for strengthening core muscles while improving gripping strength. The sand inside induces a shift to which the user must counteract in order to stabilise the body. It is available in various weights to suit different users and exercise options.

Reference:	EN34201	EN34202	EN34203	EN34204	EN34205	EN34206	EN34207
Weight:	2 kg	4 kg	6 kg	8 kg	10 kg	12kg	15kg



O'LIVE STORAGE CAGE

Cage made of steel suitable for storing various materials. You can store several fitness bags (or Bulgarian bags), as well as boxing equipment such as gloves, pads, etc. Wheels included. *Fitness bags not included.*

Reference:	MU09900
Capacity:	15 Bags
Colour:	Grey
Dimensions:	75 x 120 x 90 cm



O'LIVE BATTLE ROPES

The benefit of training with combat ropes is double: They provide an intense cardiovascular workout while working gripping strength and upper body endurance. Another benefit associated with battle rope training is the important role the core is playing in coordinating and maintaining movement execution.

Yet another advantage is the fact that it does not require a high level of skill or physical condition; basic instructions are enough to get started.

The O'live battle rope is made of 38 mm safe and non-abrasive black braided nylon and PP. The ends incorporate a heatseal finish that prevents the rope from fraying and provides comfort.

Reference:	EN20801	EN20802	EN20803
Length:	9 m	12 m	15 m



O'LIVE BATTLE ROPE WITH NYLON COVER

Reference:	EN34301	EN34302	EN34303
Length:	9 m	12 m	15 m

ROPE TRAINING & ANCHORING GUIDELINES:

- Training Surface - Training on rough or abrasive surfaces will cause major friction and can damage ropes. This is not the recommended use and is not covered by warranty. We recommend training on smooth surfaces such as training mats, hardwood flooring, rubberized flooring or carpets.
 - Fraying - Slight surface fraying can happen with regular use depending on the training surface used. This type of fraying is normal wear and tear and will not affect the rope. Any other major fraying is usually caused by improper wrapping. We do not warranty any rope against fraying.
 - Wrapping - If wrapping ropes, do so only around a smooth, round surface. A square, abrasive or sharp edge will cause rope to be cut and frayed and nullifies the warranty.
 - Anchoring - The recommended method for anchoring all ropes is to use our inexpensive Rope Protector. This will protect your rope from damage.
 - Covered ropes are designed and warranted for indoor use only on non-abrasive, smooth surfaces.
 - Do not wrap a covered rope around a pole or other object as this will damage your cover.
- Friction burns are not covered by warranty.



O'LIVE CLIMBING ROPE

The Climbing rope incorporates a metal locking ring at one end that allows anchoring of the rope to the ceiling or a wall mount. With a diameter of 38 mm, it is made of sisal string for optimal grip.

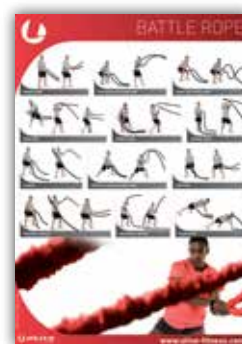
Reference:	ST14400
Dimensions:	38 mm x 6 m



O'LIVE ROPE ANCHOR

Floor or wall bracket suitable for battle ropes and other products that need an attachment point like Resist battle ropes, speed resistors, etc. The tube is made of stainless steel and provides less wear on the ropes during use.

Reference:	MU10000
Dimensions:	15 X 17 X 16 cm



BATTLE ROPE POSTER O'LIVE

Laminated 60 x 45cm. poster featuring Battle Rope exercises.

Reference: PO06500



O'LIVE ROPE COMPACT RACK HOLDER

Wall bracket suitable for storing the training rope into a loop.

Reference:	MU10100
Dimensions:	70 X 15 X 18 cm

O'LIVE BATTLE ROPE ANCHORING PROTECTOR

The rope anchoring protector is an essential element when using battle ropes. It protects the battle rope from friction and fraying and increases the overall length for added difficulty. It is resistant, durable, effective and inexpensive and will increase the life span of the battle rope.

It is easy to adjust and remove with the use of Velcro straps and it fits any battle rope diameter.

The kit includes a protector, two straps and one carabiner.

Reference: EN34400

PLYOMETRIC PLATFORMS / BOXES

O'live fitness offers a range of different models of plyometric platforms according to the needs and preferences of each centre or user.

The most common ones are the **plyometric platforms made of steel tube**. They are lightweight and trapezoidal and can be stored one on top the other without taking up much space. On top of this they feature a rubber surface for superior grip and cushioning. It is ideal for consecutive jumps at different heights.

Foam platforms are indicated when safety is the premise. Such a soft material minimises the consequences of possible stumbling. For this reason they are normally used to perform explosive jumps at great height or for the less experienced user. They are available in different heights and they can be stacked one on top of the other and held together with Velcro.

Another available model is the **plyometric wooden box**. A key feature is the ability to adjust its height. Depending on which side it is positioned, it allows three different heights: 50 cm, 60 cm or 75 cm. This type of plyometric box is commonly used in Crossfit and it is also suitable for other types of exercises which require a high base.





O'LIVE PLYOMETRIC PLATFORMS

Reference:	EN19101	EN19102	EN19103	EN19104	EN19105
Height:	15 cm.	30 cm.	45 cm.	60 cm.	76 cm.



O'LIVE SAFE PLYOMETRIC BOX

Reference:	EN33001	EN33002	EN33003
Dimensions:	15cm (h) x 76cm (w) x 90cm (L)	30cm (h) x 76cm (w) x 90cm (L)	60cm (h) x 76cm (w) x 90cm (L)



O'LIVE WOOD ADJUSTABLE PLYOMETRIC BOX

Reference: EN32900

CROSSROPE™

ELITE JUMP ROPE SYSTEM



CrossRope is a full 'Jump Rope System'; and there is nothing like it. Imagine that you had to do an entire workout with a single weight. It may be too light or perhaps too heavy, but you can't change the weight. That's what having a regular jump rope is like. With CrossRope, you can easily change the weight of your jump rope by snapping out one of seven different weights of the rope. Not only does this enhance your training versatility, it will make you a better jump-roper and can increase your strength, co-ordination, and fitness quicker and more effectively.

The ball bearing handles ensure that the heaviest rope rotates as smoothly as the lightest; so these ropes will spin as fast as you can move them!

HANDLES



QUICK HANDLES

The CrossRope Quick Handles are the lighter version of the two CrossRope handle variants. Their narrower grip is favorable for good jumping control with the lighter CrossRope handles, yet they are heavy and durable enough to withstand the strain of heavy rope cables. These handles are included in the CrossRope Solo Light, Swift Set, and Complete Set combos.

- The lighter, thinner options of the CrossRope handle choices. (Total weight: 212,62 gr.)
- Durably Mounted ball bearings ensuring smooth, consistent rotation for all CrossRope cables.
- Innovative, yet simple clip attachment enables you to easily interchange all seven CrossRope cable for unparalleled jump rope training.
- Intended primarily for use with Sprint, Speed, Stamina, and Explode cables.

Reference: EN35200



RUGGED HANDLES

The CrossRope Rugged Handles are the heavier version of the two CrossRope handle variants. The thicker handle is favorable for good grip strength and leverage when training with the heavier CrossRopes. These handles are included in the CrossRope Solo Heavy, Brute Set, and Complete Set combos.

- The heavier, larger grip options of the CrossRope handle choices. (Total weight: 311.84 gr.)
- Durably mounted ball bearings ensuring smooth, consistent rotation for all CrossRope cables.
- Innovative, yet simple clip attachment enables you to easily interchange all seven CrossRope cables for unparalleled jump rope training.
- Intended primarily for use with the Explode cable, Power cable, Strength cable, and Titan cable.

Reference: EN35300

CABLES

- **Sprint cable: 56,7 g.** Green nylon coated steel. This is the lightest and fastest CrossRope cable. It is geared toward advanced jumpers.
- **Speed cable: 82,21 g.** Red nylon coated steel. This is a great all-purpose speed rope. Great for cardio or speed skills like double unders.
- **Stamina cable: 147,42 g.** Blue nylon coated steel. This is our 'Heavy speed rope.' Very fast, yet three to four times as heavy as a standard speed rope. It is great for beginners.
- **Explode cable: 340 g.** Transparent red PVC coated steel. It is a mid-weight rope (light/heavy rope) that is heavy enough for upper body conditioning, but light enough for beginners.
- **Power cable: 567 g.** Yellow PVC coated steel. A great general use heavy rope for beginners or for more experienced jumpers who are looking to develop jump rope power.
- **Strength cable: 907,2 g.** Black PVC coated steel. This is an intermediate heavy rope for larger individuals or individuals that have previous heavy rope experience.
- **Titan cable: 1360,78 g.** Clear PVC coated steel. The ultimate upper body jump rope workout tool. This rope is great for short, intense intervals and it is an excellent workout challenge for any individual.

TYPE	DESCRIPTION	SIZE M	SIZE L
SPRINT CABLE	SUPER SPEED ROPE	EN34501	EN34502
SPEED CABLE	SPEED ALL PURPOSE	EN34601	EN34602
STAMINA CABLE	HEAVY SPEED ROPE	EN34701	EN34702
EXPLODE CABLE	INTRO HEAVY ROPE	EN34801	EN34802
POWER CABLE	HEAVY ROPE	EN34901	EN34902
STRENGTH CABLE	INTERMEDIATE HEAVY	EN35001	EN35002
TITAN CABLE	EXTRA HEAVY	EN35101	EN35102

SIZE CHART

M	157 cm to 170 cm
L	170 cm to 180 cm



COMBOS

MODEL	INCLUDES	SIZE M	SIZE L
SOLO LIGHT (SPRINT)	Quick & Sprint	EN35401	EN35402
SOLO LIGHT (SPEED)	Quick & Speed	EN35501	EN35502
SOLO LIGHT (STAMINA)	Quick & Stamina	EN35601	EN35602
SOLO HEAVY (POWER)	Rugged & Power	EN35701	EN35702
SOLO HEAVY (STRENGTH)	Rugged & Strength	EN35801	EN35802
SOLO HEAVY (TITAN)	Rugged & Titan	EN35901	EN35902
SWIFT SET	Quick, Speed & Explode	EN36001	EN36002
BRUTE SET	Rugged, Power & Strength	EN36101	EN36102
COMPLETE SET	Quick, Rugged, Sprint, Speed, Stamina, Explode, Power, Strength & Titan.	EN36201	EN36202

FITNESS BALLS

Fitness balls or Swiss balls have already become an indispensable product in any training program. They are used in various workouts such as body mind, personal training or rehabilitation. They are useful in balance work, core strengthening, flexibility and co-ordination as they can be very versatile and functional.

An important factor to consider when purchasing a fitness ball is its *anti-burst* capacity. This means that in case of accidental damage due to small cuts or punctures it will slowly deflate providing greater user safety.

The overall quality of a fitness ball can be determined by several factors: some materials provide a softer touch than others. The thickness will also affect the circular uniformity of the ball and all this will also determine its possible deformation, wear and tear or maximum load when in use. This last element is important if we want to use the fitness ball with weighted elements such as dumbbells or discs.

The **O'live Exercise Ball** is a high quality professional ball made of PVC and with anti-burst features. With CE certificate, it has a smooth surface. In case of accidental damage due to small cuts or punctures it will slowly deflate providing greater user safety. It is great value for money which makes it ideal for group classes.

The **O'live Fitness Ball** is manufactured using the exclusive material flexton silpower® (patent), which provides a nice soft velvety surface. In case of accidental damage due to small cuts or punctures it will slowly deflate providing greater user safety. It is manufactured in Europe and has CE certificate. The maximum load is 400 kg.

The **Loumet Fitness ball Pro** is one of the most reliable, safe and durable balls in the market. The Loumet manufacturing approach is making premium quality balls that in terms of their strength, deformation, wear & tear and ability to return to its original form, always reach the highest standards. The Loumet Pro outperforms its competitors while providing a nice texture and high satisfaction. Its burst strength goes up to 350 kg static, being useful for dumbbell training.

The **Stediball** is a high quality ball filled with 1 kg of specially selected material and designed to move in different directions. It can be used both on the ground and in the air. When you lift and move the Stediball, its interior material moves freely to activate core muscles and stabilizers in a new and challenging way. The weight of the material inside the Stediball allows unique exercises, dynamic routines and improves performance while increasing stability and security as it is stable on the floor. The fact that it does not move freely Stediball makes it ideal for gyms, clinics and studios. It comes with an exercise book for a quick start. The Stediball is burst-resistant up to 150 kg.





LOUMET FITNESS BALL PRO

Reference:	BA08001	BA08002	BA08003
Dimensions:	55 cm	65 cm	75 cm
Colour:	Grey	Grey	Grey



LOUMET STEDIBALL

Reference:	BA08200
Dimensions:	65 cm
Colour:	Purple



FITNESS BALL POSTER O'LIVE

Laminated 60 x 45cm. poster featuring Fitness Ball exercises.

Reference: PO06300



O'LIVE BALL COMPACT RACK HOLDER

It is suitable for the storing a fitness ball. It is screwed into the wall at the desired height.

Reference: MU01500

Dimensions: 11 x 30 x 53 cm

O'LIVE STANDING FITNESS BALL RACK

Rack made of tubular steel, suitable for fitness balls. *Balls not included*

Reference:	MU06700	MU06800
Capacity:	3 balls	9 balls
Colour:	Grey	Grey
Dimensions:	77 x 77 x 151 cm	127 x 127 x 180 cm





FLOWIN SPORT

The Flowin concept consists of functional exercises focusing on core stability, mobility, strength, balance, speed and power. By using a rectangular base plate and various pads effective friction is generated in this training that can be adjusted safely by the user by simply altering the degree of pressure. Using their own bodyweight as counterweight users can regulate the degree of friction and thus the difficulty level.

Sport models are suitable for the end consumer. The plate can be rolled and includes a carry bag, 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad), a manual and a DVD with three different training programs.

Reference: EN06600

Model: Sport

Colour: White

Dimensions: 140 x 100 cm



FLOWIN PRO

The Flowin concept consists of functional exercises focusing on core stability, mobility, strength, balance, speed and power. By using a rectangular base plate and various pads effective friction is generated in this training that can be adjusted safely by the user by simply altering the degree of pressure. Using their own bodyweight as counterweight users can regulate the degree of friction and thus the difficulty level.

The Flowin Pro model's plate is designed for professional environments. It cannot be rolled. It incorporates 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad)

Reference: EN07402 EN07401

Colour: White Black

Dimensions: 140 x 100 cm 140 x 100 cm



FLOWIN PHYSIO

The Flowin concept consists of functional exercises focusing on core stability, mobility, strength, balance, speed and power. By using a rectangular base plate and various pads effective friction is generated in this training that can be adjusted safely by the user by simply altering the degree of pressure. Using their own bodyweight as counterweight users can regulate the degree of friction and thus the difficulty level.

The Flowin Physio model's plate is for professionals, trainers and physiotherapists. It cannot be rolled. It is smaller and therefore it can be used in smaller spaces. It incorporates 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad)

Reference: EN07301

Colour: Black

Dimensions: 98 x 68 cm



FLOWIN PAD KIT

Extra set of Flowin * pads for the gym or for use at home. It includes five pads (1 x knee Pad, 2 x hand pads & 2 foot pads).

Reference: EN07000



FLOWIN WORKOUT POSTER

Try a more efficient workout by using this quick guide covering the most common exercises achievable with the Flowin system.

Reference: PO06000

PO06100

PO06200

Model: General

Upper Body

Lower Body

Dimensions: 100 x 70 cm

50 x 70 cm

50 x 70 cm



FLOWIN DVD

Flowin * DVD with three different training programs, and exercise specific instructions. For all difficulty levels.

Reference: DV04201

DV04202

Model: Friction training 1

Friction training 2



O'LIVE WEIGHT VEST

Vests are useful to increase load during cardio-vascular exercises, for plyometric and agility drills and body-weight exercises. The O'live weight vest is rugged, durable with fully adjustable strap to ensure it fits perfectly to your torso. The Vest is weighted with 1.1 kg weights, each of which is secured snugly into its own Velcro pocket.

The 10 kg vest has got 5 pockets on the front and 4 on the back to ensure even weight distribution. You can quickly and easily load or unload the vest to suit your needs.

The 20 kg vest has got 9 pockets on the front and 9 on the back to ensure even weight distribution. You can quickly and easily load or unload the vest to suit your needs.

Reference: EN32801 EN32802

Weight: 10 kg 20 kg



O'LIVE PRO PUSH UP BARS

Push-ups are an effective upper-body exercise that builds muscular strength and endurance in the chest, shoulders and triceps. The Push-up bar offers a way to alter the classic style increasing intensity and helping with the discomfort sometimes experienced with these types of exercises.

The O'live Pro Push-up bars will help you neutralize the wrist angle so there is less pressure on the joints. Without that pain, you might be able to perform more push-ups than you normally might, with your palms flat on the floor.

- Designed to relieve stress on your wrists and hands.
- Sturdy steel structure for commercial use.
- Durable Vinyl handles which provide greater user comfort.
- Round shaped with rubber base for maximum stability and grip.

Reference: EN36300



O'LIVE TRIPLE JUMP ROPE

With a new handle design and addition of a metal pin we have developed a resistant product that will last for many years. Jumpers use this type of rope to jump 5-6 times per second. It turns exceptionally well and it is very light allowing not only for fast jumps but also allows the user to perform double and triple jumps. You can easily adjust the length.

Reference: ST14300

Colour: Black



O'LIVE RUSSIAN BELT

The Russian belt is a very simple to use product. You must have a support (Wall bar, bracket) allowing static and dynamic exercises for lower body strength: femoral biceps area, quadriceps and hamstrings. You can perform unconventional exercise positions aiding recovery, preventing injuries, and improving strength and flexibility.

The O'live Russian belt is manufactured in neoprene which does not absorb moisture, and includes a metal buckle for quick and easy adjustment adding versatility and comfort.

Reference: EN29100



O'LIVE INTERVAL TIMER

The Interval Timer satisfies the needs of any gym or boxing area, as it lets you forget about counting and allowing you to focus on the training. It comes in an aluminium case and it needs a 220v socket, it can be hung onto a wall displaying LED lights viewed full 180 degree for maximum angle vision.

- Remote controlled
- Count Up function
- Count Down function
- Stop Watch function
- Interval Training function
- You can program and save your top seven intervals for quick operation in the future
- Audible beeper to start, pause, and end intervals and workouts.
- 24 hour clock displayed when the timer is not in use. Seconds are displayed so anyone in the gym can run their own interval training session without the need to have individual control of the clock.

Reference: EN33100



LOUMET BALANCE BOARD

Unlike traditional balance boards, the Loumet balance board incorporates a non-slip circular relief on the surface for increased gripping capacity. In addition, its slightly convex shape allows greater user support. The rounded corners allow a safe hand use when doing ground work.

The Loumet balance board is built in one piece, making it extremely durable, strong, resilient and able to withstand up to 350 kg.

Reference: EN29000

Colour: Blue



BALANCE BOARD POSTER O'LIVE

Laminated 60 x 45cm poster featuring Balance Board exercises.

Reference: PO05200



AB TRAINER

The Ab Trainer is a must have in any fitness facility. It's a professional grade Ab trainer made of solid frame tubing and polyurethane head and arm pads for maximum comfort and durability. It includes a 1" loading bars for increased resistance when 1" discs are added.

Ref.: FI01900

Dimensions: 550 x 730 x 800 mm



O'LIVE AB WHEEL

The Ab-wheel can be used for a multitude of dynamic upper and lower-body strength training exercises to develop core strength and increase power in the chest, shoulders and arms. It improves power and balance while preventing injuries.

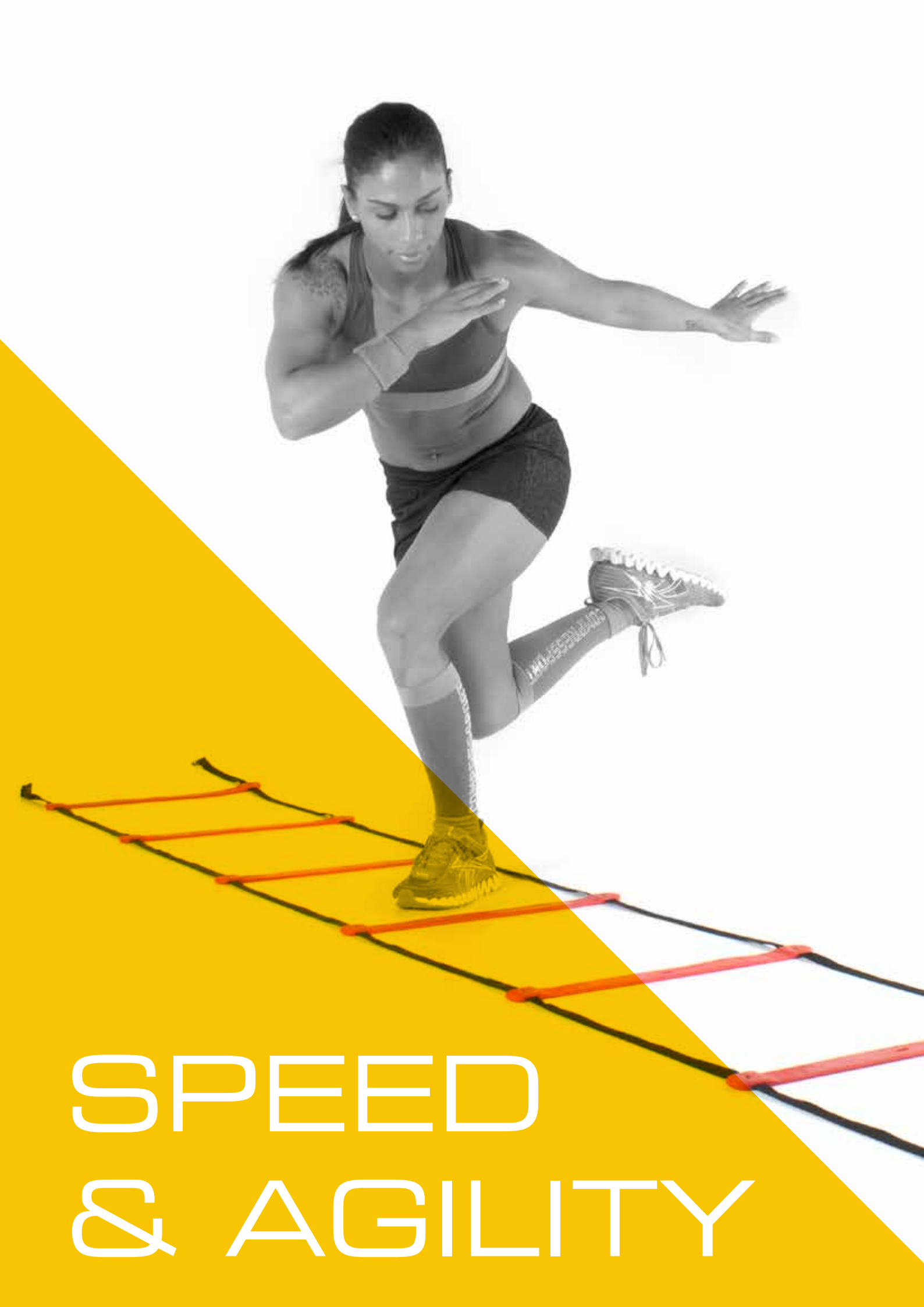
Reference: EN33800



O'LIVE CORE WHEELS

Core Wheels are a new dynamic core strength trainer that will destabilize your movements causing your shoulders, torso and hips to work harder. You can strengthen the entire core and improve flexibility with more push up variations. It is appropriate for all fitness levels.

Reference: EN33700



SPEED
& AGILITY



O'LIVE SPEED LADDER

Perfect sports item to help develop speed and agility. The ends allow the ladder to join other ladders and make a longer training element. Carrier bag included for transportation and storage. 4 meters long

Reference:	EN01200	EN01300
Model:	Simple	Double



O'LIVE ELITE SPEED LADDER

This speed ladder mat is perfect for indoor use. It is made of quality PVC with anti-skid fabric on the rear side and 5mm inner foam for extra cushioning. The elite speed ladder prevents the possibility of slipping and avoiding reset interruptions when restarting the exercise.

Reference:	EN36700
Dimensions:	0,4 x 4,5 m



O'LIVE AGILITY RING LADDER

Set of 12 rings joined together with a strap, it is perfect to help develop speed and agility. The system allows different hoop positions, modifying the directions and the step patterns during the workout. Carrier bag included for transportation and storage.

Reference:	EN36800
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O'LIVE HURDLES

Training Hurdles made of durable plastic, designed to work in multiple jumps, lateral agility, technique enhancement, etc. Colour Red.

Reference:	EN02401	EN02402	EN02403
Height:	15 cm	30 cm	23 cm



O'LIVE ADJUSTABLE HURDLES

Hurdles that can be adjusted with a simple movement, modifying the height from 10 cm to 40 cm. Made of PVC.

Reference:	EN02500
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O'LIVE PLYO SOFT HURDLES

They are designed to work with multiple jumps, lateral agility and technique enhancement with extra safety. They are made of textile material and supplied in a set of 3 pieces: 15cm, 23cm and 30 cm.

Reference:	EN36900
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O'LIVE SPEED CONES

Made from heavy duty injected plastic. Wide stable round base. For use both indoors and outdoors. Cone height: 28 cm.

Reference: EN37000

Colours: Red



O'LIVE FLEXIBLE SPEED CONES KIT

These flexible speed cones will help athletes to mark their movements on any surface. They are secure thanks to the low profile and flexible material. You can add slalom poles to create obstacles and increase versatility.

The Kit consists of 16 units.

Reference: EN37101



O'LIVE AGILITY DOTS

The agility dots are a versatile product that can be used in different formats. It can be used as a speed ladder or as a fixed point. They are safe thanks to the extra grip to the ground they provide.

Reference: EN37201 EN37202

Size: 23 cm 30 cm

Colour: Red Black



O'LIVE SLALOM POLE

Made of durable PVC material, the slalom pole allows an infinite number of agility drills. They are used in zig-zag movements in and out of the poles to mimic real world sports movement patterns. When used indoors a base is needed to keep them standing.

Reference: EN37300

Dimensions: 3,2 cm x xx

Colour: Red



SLALOM POLE BASE

Base needed to keep the slalom pole standing. It is made from heavy duty and injected plastic for added stability.

Reference: EN37400



O'LIVE REACTION BALL

The reaction ball is designed to increase the speed and agility of the athlete, improving reflexes and therefore reducing reaction time. The ball has an unpredictable bounce which makes the athlete focus when trying to catch it.

Reference: BA04802

Diameter: 10 cm

Colour: Red



O'LIVE SPEED SLED

This variable weight sled allows you to strengthen your lower body-muscle groups by providing alternative options during resistance training in a similar manner to metal sleds. The Speed sled can be used indoors or outdoors and it is filled with 3 x 10 kg removable bags for resistance variations.

Reference: EN37500





LEISURE EXCELLERATOR JUMP ROPE

8 mm Excellerator skipping rope made of nylon, providing high resistance. Ergonomically designed handles with ball bearings for speed and comfort during exercise. It includes a bag for transportation and storage.

Reference: EN00201

Length: 255 cm.

Colours: Blue, Red & Pink.



SPORTS EXCELLERATOR JUMP ROPE

6 mm Excellerator skipping rope made of vinyl, resulting in faster revolutions of the rope. Ergonomically designed handles with ball bearings incorporated for comfort and speed during exercise. It includes a bag for transportation and storage.

Reference: EN00101

Length: 255 cm

Colours: Yellow, Blue, Red



RESISTANCE TUBING EXCELLERATOR JUMP ROPE

Ergonomic handles for the best taken in hand. High quality ball bearings for speed and comfort during exercise. Allows toning exercises as an elastic tube with 9 kg resistance. It includes a bag for transportation and storage.

Reference: EN37900

Length: 255 cm

Colour: White



WEIGHT FOR EXCELLERATOR JUMP ROPE

Develop the strength of your arms and your wrists. Two threaded weight of 154 grams. Piece of galvanized steel

Reference: EN00300



ATHLETIC TRAINING POSTER O'LIVE

Laminated poster of 60 x 45 cm.

Reference: PO06700



O'LIVE SPEED RESIST KIT

Set consisting of a 6 meter Elastic Resist, a Resist harness, an anchor strap, two Carabiners and a storage bag.

The speed resistor is designed to help athletes accelerate faster and with greater power. The more the elastic cord is stretched, the more resistance it will provide to the user in their advancing motion. The elastic is 6 meters long and it can reach a maximum length of 12 meters.

Reference: EL11700 EL12100

Intensity: 48 kg 35 kg



RESIST TRAINING

Autonomous and easily movable with four different rotating anchoring points which can be positioned at different heights, allowing a wide variety of workouts and exercises. It has several elastic tubes of different resilience which permits up to 10 users working simultaneously. With the GroupPole you can exercise all muscle groups thanks to the different grip options available. It is very stable and completely mobile. It has wheels and accessories that greatly facilitate its movement. It has unlimited training options, including 360 ° degree rotation. It includes 4 rotating anchoring points for tube attachment, facilitating a variety of both upper body and lower body exercises achieving a cardiovascular, toning and flexibility workout.

Anyone can work at the GroupPole regardless of age and physical condition; it is also suitable for disabled users. Its circular format encourages group activity by promoting interaction and learning exercises without mirrors. It is therefore very useful in group sessions for up to 10 users and for personal training. The workouts can be done face-to-face, back-to-back or turning on the axis of the GroupPole, providing diversification and widening training opportunities. The traditional classroom environment changes with greater dynamism and interaction. The experience it is always very positive for participants.

The GroupPole comes with 14 medium intensity elastic tubes, 4 strong intensity elastic tubes and 2 light intensity elastic tubes, all of them with their grip handles. It can incorporate optional accessories like the Resist belt, the Resist ankle strap or the Resist bar.

GroupPole needs to be filled with dry sand grain to ensure stabilization. *It does not include sand.*



GROUPPOLE KIT

Includes:

- 1 GroupPole
- 20 elastic tubes (14 medium, 2 light & 4 strong intensity)
- 20 tube handles

Reference: ST00200

GROUPPOLE ADVANCE KIT

Includes:

- 1 GroupPole
- 20 elastic tubes (14 medium, 2 light & 4 strong intensity)
- 20 tube handles
- 10 Resist bars

Reference: ST00300

GROUPPOLE COMPLETE KIT

Includes:

- 1 GroupPole
- 20 elastic tubes (14 medium, 2 light & 4 strong intensity)
- 20 tube handles
- 10 Resist bars
- 10 Resist belts
- 10 Resist Ankle straps
- 1 Grouppole rack

Reference: ST00400



O'LIVE RESIST TUBE STATION

Stainless steel training tube station with multiple anchor points to fix elastic tubes. It has 9 fixing points for multiple training options. It mounts vertically to any wall at desired height.

Reference: MU10200

Dimensions: 165 x 7,5 x 2,5 cm.



O'LIVE GROUPOLE COMPACT RACK

This is a practical rack to store GroupPole accessories. Resist bars and Resist tubes that are not currently in use can be hung, with a drawer for storing belts and ankle straps. It is small in size and can be placed anywhere. It is made of a steel frame and with a hpl compact panel of soft form and nice design in line with other racks and stands of the O'live Fitness Compact Series.

Reference: MU03200

Dimensions: 60 x 50 x 180 cm.



O'LIVE RESIST TUBE

Elastic tube covered with a nylon sleeve to protect from rips, humidity and dehydration. Available in two lengths and 4 intensities: Extra Strong, strong, medium and light.

Reference:	ST00801	ST00802	ST00803	ST00804
Length:	1,2 m			
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Green	Red	Blue

Reference:	ST05501	ST05502	ST05503	ST05504
Length:	2,4 m			
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Green	Red	Blue



O'LIVE RESIST TUBE HANDLES

Ergonomic handles slightly flexible for optimal grip. They are practically indestructible and hygienic.

Reference: ST16300



O'LIVE RESIST BAR

The Resist bar consists of a 105 cm long metal bar with both ends terminated in a rotating anchor ring for the elastic cords. The bar is covered with a non-porous high density rubber which allows a comfortable and secure grip. The Resist bar is useful for toning exercises with rotation, and for stability and coordination. It is ideal for balance and explosive strength training while accomplishing a high metabolic intensity challenge in the workouts.

Reference: ST00100



O'LIVE RESIST ROPE

The Resist rope consists of a 150 cm long double braided rope with both ends terminating with an anchor ring for attaching elastics or Resist battle ropes. The Resist rope improves grip strength while the user is performing core training drills and multi-functional movements. The Resist rope is useful for toning exercises with rotation, and for stability and co-ordination. It is ideal for balance and explosive strength training while accomplishing a high metabolic intensity challenge in the workouts.

Reference: ST18300



O'LIVE RESIST BELT

The Resist belt increases the number of available exercises during a training session. It incorporates a buckle fastener which allows a quick and easy attachment. Its metal rings safely anchor the elastic cords; they incorporate neoprene around them for greater user comfort. Working with the belt will give you a wider variety of exercises in your workouts and will allow you to perform exercises like squats in its many variants, adding new challenges and developing new skills.

Reference: ST00600



O'LIVE RESIST HARNESS

Universal and adjustable harness padded for comfort. It features a buckle behind the chest and includes fixed anchor rings on the back. Its design allows use in a variety of exercises.

Reference: EN11800



O'LIVE RESIST PULL BELT

The Resist pull belt can be used for the heaviest loads and the most energetic training. It is designed for movement in any direction up to 240° (frontal and lateral) with no tension on the adjusting buckle. It is padded with neoprene for comfort. It can be used with Resist battle ropes, Resist tubes, straps or any Speed sled.

Reference: EN37600



O'LIVE RESIST ANKLE STRAP

The ankle strap increases the number of available exercises during a training session. It has a buckle fastener which allows a quick and easy attachment. Its metal rings safely anchor the elastic cords. Working with the ankle strap will provide you with a wider variety of lower extremity exercises in your workout and will allow you to exercise the lower body in its many variants, adding new challenges and developing new skills.

Reference: ST00700



RESISTANCE TUBE POSTER O'LIVE

Laminated 60 x 45 cm. poster featuring exercises with Elastic tubes

Reference: PO06600



O'LIVE RESIST BATTLE ROPES

Resist combat ropes are incredibly versatile products that can be used as traditional combat ropes, as speed resistors, to move backwards, lateral movements, or rotational movements.

Incorporating the resistance provided by the elastic cords you can modify the training adding traditional combat ropes and achieving muscle contraction in all three planes of motion.

The ropes are secured thanks to the nylon protective cover and they can be used for anyone regardless of their fitness level. They are 6 meters long at rest and they can reach a length of a maximum of 12 meters.

Reference:	EN32200	EN37700
Intensity:	48 kg.	35 kg.
Color:	Red	Orange



O'LIVE RING ANCHOR STRAP

Anchor strap designed for fixing elastic tubes. It can be rolled on poles or brackets or be hand held.
Reference: EL11900



CARABINER

Necessary to allow joining multiple products.
Reference: EL12000



BASIC RESIST KIT

It is suitable for all users that want to develop upper body strength and power.

The set includes two 6 meter Resist battle rope, 2 anchor straps, 2 carabineers and 2 storage bags.

Reference:	EL12200	EL12300
Intensity:	48 kg	35 kg



SPEED RESIST KIT

Set consisting of a 6 meter Resist battle rope, a Resist harness, an anchor strap, two Carabineers and a storage bag.

The speed resistor is designed to help athletes accelerate faster and with greater power. The more the elastic cord is stretched, the more resistance it will provide to the user in their advancing motion. The elastic is 6 meters long and it can reach a maximum length of 12 meters.

Reference:	EL11700	EL12100
Intensity:	48 kg.	35 kg



MMA RESIST KIT

Set consisting of a 6 meter Resist battle rope, one Resist bar, one Resist pull belt, one anchor strap, two carabineers and a storage bag.

The set allows multiple drills and core training exercises useful for martial arts enthusiasts.

Reference:	EL12400	EL12500
Intensity:	48 kg	35 kg



O'LIVE SUPERBANDS

The Superband is a very versatile tool for adding resistance to flexibility, weight lifting and bodyweight training. A higher quality band does not exist. It is ideal as an aid for doing pus-hups and dips. All the bands are made of 100% natural layered latex to ensure a long lasting product. Superbands are 104 cm long and 0.95 cm thick. Six different widths provide the current range of intensity.



X LIGHT

27 cm wide Red Superband, typically used to add strength to flexibility exercises. The intensity is between 2 kg and 11 kg.

Reference: EL08301



LIGHT

91 cm wide Black Superband. This is a good option for people with a body weight below 65 kg, for general use and for adding resistance to knee lifting exercises, steps and sprints. The intensity is between 2.27 kg and 15 kg.

Reference: EL08302



MEDIUM

2.86 cm wide Purple Superband. Good choice for people with a body weight between 60 and 90 kg, for general use and for push-ups. The intensity is between 4.65 kg and 22.68 kg.

Reference: EL08303



HEAVY

4.45 cm wide Green Superband. Ideal for beginners in bodyweight exercises, for athletes and expert users over 90 kg. It is also useful to add resistance to weightlifting. The intensity is between 11.3 kg and 36.3 kg.

Reference: EL08304



X HEAVY

6.35 cm wide Blue Superband. It is ideal for adding resistance to weightlifting. The intensity is between 17 kg and 54.43 kg.

Reference: EL08305



XX HEAVY

8.26 cm wide Orange Superband. It is ideal for adding resistance to weightlifting. The intensity is between 27.2 kg and 68 kg.

Reference: EL08306





O'LIVE ELASTIC BAND

The elastic bands provide resistance to any exercise. They can be used by anyone regardless of age and physical condition. They are 15 cm wide and 250 cm long and are available in 4 intensities differentiated by colour.

Reference:	EL13001	EL13002	EL13003	EL13004
Intensity:	Light	Medium	Strong	Extra Strong
Colour:	Yellow	Green	Red	Blue



O'LIVE LOOPS

The elastic loops can be used for a variety of applications, particularly for lower body work when aiming to gain strength and balance.

Reference:	EL06203	EL06201	EL06202
Intensity:	Light	Medium	Strong
Colour:	Yellow	Red	Green



O'LIVE RESISTANCE TUBES

Resistance tubes made from high quality natural rubber with flexible breathable and ergonomic handles. Commonly used for strength training, rehabilitation and functional training. They are available in different colour coded intensities.

- Handles slightly flexible, breathable and ergonomic.
- Made with 100% high quality natural rubber
- Four levels of resistance, perfect for circuit training.
- Colour coded, for easy identification of the resistance provided.
- Large 1,20 m.

Reference:	EL08101	EL08102	EL08103	EL08104
Intensity:	Light	Medium	Strong	Extra Strong
Colour:	Yellow	Green	Red	Blue



O'LIVE RESISTANCE TUBES PLUS

Resistance tubes made from high quality natural rubber with flexible breathable and ergonomic handle. Commonly used for strength training, rehabilitation and functional training. They are nylon covered for extra protection against chafing, moisture and dehydration. They are available in different colour coded intensities. Total length of 155 cm.

- Handle slightly flexible, breathable and ergonomic.
- Made with 100% high quality natural rubber
- Nylon covered for protection of 8 to 10 times higher.
- Greater safety against possible impacts in case of breakage.
- Four levels of resistance, perfect for circuit training.
- Colour coded for easy identification of the resistance provided.

Reference:	EL08201	EL08202	EL08203	EL08204
Intensity:	Light	Medium	Strong	Extra Strong
Colour:	Yellow	Green	Red	Blue



O'LIVE SINGLE ELASTIC COMPACT RACK HOLDER

It is suitable for storing up to 10 elastic tubes. Also suitable for other materials such as ropes, hoops, etc. It is screwed into the wall at the desired height.

Reference:	MU04300
Dimensions:	15 x 12 x 24,5 cm.



O'LIVE MULTIPLE ELASTIC COMPACT RACK HOLDER

It is suitable for storing up to 40 elastic tubes. The brackets are adjustable and can be screwed into the wall at the desired height.

Reference:	MU04400
Dimensions:	15 x 70 x 24,5 cm.



FREE
WEIGHTS

DUMBBELLS



O'LIVE CHROMED DUMBBELLS

Hard-wearing Dumbbells coated with high quality chrome and incorporating an ergonomic handle which is slightly contoured to facilitate gripping and increase safety. The weight is indicated on the sides. They are an alternative or a complement to the heavier dumbbells; they are popular in female training. Price pair.

Reference:	PL15601	PL15602	PL15603	PL15604	PL15605	PL15606	PL15607	PL15608	PL15609	PL15610
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg	6 kg	7 kg	8 kg	9 kg	10 kg

O'LIVE CHROMED DUMBBELLS KIT

Reference: PL15300

Weight: 10 pairs from 1kg. to 10 kg.



O'LIVE RUBBER HEX DUMBBELLS

Rubber dumbbells with chrome ergonomic handle, slightly contoured for easy grip and increased safety. The rubber coating increases the durability, protects the floor and the equipment, improves appearance, reduces noise and are easy to clean. Price pair.

Reference:	PL15701	PL15702	PL15703	PL15704	PL15705	PL15706	PL15707	PL15708	PL15709	PL15710
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg	6 kg	7 kg	8 kg	9 kg	10 kg

Reference:	PL15711	PL15712	PL15713	PL15714	PL15715	PL15716	PL15717	PL15718	PL15719	PL15720
Weight:	12,5 kg	15 kg	17,5 kg	20 kg	22,5 kg	25 kg	27,5 kg	30 kg	32,5 kg	35 kg

O'LIVE RUBBER HEX DUMBBELLS KIT

Reference: PL15400

Weight: 10 pairs of 1kg. to 10 kg.



O'LIVE DUMBBELLS VERTICAL RACK

Rack with capacity for 10 pairs of chrome, hexagonal or Pro-style dumbbells. Dumbbells are supported by a plastic base for added protection. *Dumbbells not included.*

Reference:	MU08300
Dimensions:	60 x 55 x 142 cm
Capacity:	10 pairs of 1 to 10 kg.
Colour:	Grey



O'LIVE DUMBBELLS HORIZONTAL RACK

Rack made of oval tube suitable for the storage of Rubber hex dumbbells. The trays are protected with a 3 mm thick rubber for added protection of the dumbbells and the rack. *Dumbbells not included.*

Reference:	MU07700
Capacity per tray:	between 4 and 7 pairs depending on the size of dumbbells.
Dimensions:	150 x 63 x 83 cm.
Colour:	Grey



O'LIVE PRO-STYLE DUMBBELLS

Dumbbell made of a single piece with a high quality rubber cover providing a durable and compact dumbbell with excellent balance. The weight is embossed in colour for easy identification. The handle is slightly contoured for added security and includes a brushed steel finish for greater durability and a smooth touch.

- Design matching other O'live products like discs, bars and kettlebells.
- The rubber will not scratch or damage benches or floors.
- Design in a single piece, compact and balanced.
- Colour embossed identification.
- Contoured and brushed steel finished handle.
- Available in units and kits.

Reference:	PL15801	PL15802	PL15803	PL15804	PL15805	PL15806	PL15807	PL15808	PL15809	PL15810
Weight:	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

Reference:	PL15811	PL15812	PL15813	PL15814	PL15815	PL15816	PL15817	PL15818	PL15819	PL15820
Weight:	27.5 kg	30 kg	32.5 kg	35 kg	37.5 kg	40 kg	42.5 kg	45 kg	47.5 kg	50 kg



O'LIVE PRO-STYLE DUMBBELLS KIT

Kit of 10 pairs of Pro Style dumbbells:	1 kg to 10 kg	Reference: PL14900
Kit of 5 pairs of Pro-Style dumbbells:	2.5 kg to 12.5 kg	Reference: PL15201
Kit 5 pairs Pro-Style dumbbells:	15 kg to 25 kg	Reference: PL15202
Kit 5 pairs Pro-Style dumbbells:	27.5 kg to 37.5 kg	Reference: PL15203



O'LIVE PRO-STYLE DUMBBELLS RACK

Rack made of oval tube suitable for the storage of Pro-Style dumbbells. It has plastic saddles for proper positioning. *Dumbbells not included.*

Reference:	MU07500	MU07600
Capacity:	5 pairs	10 pairs
Dimensions:	125 x 53 x 81 cm	240 x 57 x 90 cm
Colour:	Grey	Grey





O'LIVE PRO-STYLE BARS

Bars made in a single piece with a high quality rubber cover providing a durable and compact set with excellent balance. The weight is embossed in colour for easy identification. The handle has a brushed steel finish for greater durability and a smooth touch.

- Design matching other O'live products like discs, bars and kettlebells.
- The rubber will not scratch or damage benches or floors.
- Design in a single piece, compact and balanced.
- Colour embossed identification.
- Brushed steel finished 30 mm. handle.
- Handle's total internal length: 110 cm.
- Available in kits.

Model:	Straight	Straight
Weight:	10 kg to 20 kg	25 kg to 45 kg
Kit:	5 bars increase of 2.5 kg	5 bars increase of 5 kg
Reference:	PL15101	PL15102
Model:	Curved	Curved
Weight:	10 kg to 20 kg	25 kg to 45 kg
Kit:	5 bars increase of 2.5 Kg	5 bars increase of 5 kg
Reference:	PL15001	PL15002



O'LIVE LIFTING CHAINS

The use of chains to add resistance gradually increases the load during lifting. Studies have shown that greater force is performed during the third part of the lift. Using chains that add strength in this third part of the motion does not interfere with the lowest resistance in the initial part, but helps enhance the movement in question more easily without being held back by the weakness that appears in the initial part.

The Chains are made of galvanized steel. Their length is 180 cm. and include Olympic bar clips. They are supplied in pairs.

Reference:	PL15501	PL15502
Weight:	12 kg.	24 kg.



O'LIVE PRO-STYLE BARS RACK

Rack made of oval tube suitable for storing 5 Pro-Style weight bars. *Weight bars not included.*

Reference:	MU07400
Capacity:	5 bars
Dimensions:	90 x 60 x 134 cm
Colour:	Grey



O'LIVE OLYMPIC BARS

The O'live Olympic bars are brushed steel bars with a rotating sleeve with high quality bearings. These are basic bars for general exercises in a fitness room/environment. They are not suitable for Crossfit, Powerlifting, weightlifting, etc. They are suitable for 50mm diameter discs.

- The brushed steel finish is more wear resistant and comfortable to touch.
- The sleeve rotation with bearings is smoother and more resistant.
- The rubber end cap prevents and protects the bar from scratches.

Description	Reference	Dimensions	Weight
1- Olympic bar	PL14403	ø 30 mm x 220 cm	20 kg.(max. load 680 kg)
2- Olympic bar	PL14402	ø 30 mm x 183 cm	15 kg.
3- Olympic bar	PL14401	ø 30 mm x 153 cm	13 kg.
4- Super Ez Olympic bar	PL13702	ø 28 mm x 120 cm	10 kg.
5- Ez Olympic bar	PL13500	ø 28 mm x 120 cm	8 kg.
6- Triceps Olympic bar	PL14500	ø 28 mm x 86 cm	12 kg.
7- Short Olympic bar	PL14102	ø 28 mm x 51 cm	4,5 kg.



O'LIVE OLYMPIC ELITE BAR

High quality Olympic bar with a shaft treated with black oxide, and hard chromed sleeve with rotation through 4 needle bearings that allow a smooth rotation and guarantee a high level of resistance. The bar's diameter is 50 mm Olympic standard and its maximum load is 680 kg. These are quality bars suitable for Crossfit and Powerlifting.

Reference:	PL18200
Dimensions:	218 cm x 28 mm.
Weight:	20 kg

O'LIVE OLYMPIC BAR RACK

Rack made of steel tube with capacity for 8 Olympic bars. Its compact design allows for better space utilisation. It comes with nylon protections to prevent bar deterioration. *Olympic bars not included.*

Reference:	PL18800
Dimensions:	40 x 40 x 14 cm.
Colour:	Light Grey

OLYMPIC COLLARS



O'LIVE SPRING COLLAR

Chrome Collar with plastic ends for 50mm diameter bars. They are supplied in pairs.

Reference: PL16900



O'LIVE SPRING COLLARS 90°

Nickel collar with 90 ° tilt for 50mm diameter bars. The inclination is useful to avoid damage when being fixed to the bar and this is down on the floor. They are supplied in pairs.

Reference: PL16800



O'LIVE TURN PIN COLLARS

These bar collars provide a greater safety without sacrificing speed or effectiveness. It can be quickly locked by pressing the latch. It is for bars measuring 50 mm in diameter.

Reference: PL16700



MUSCLE CLAMP COLLARS

Solid plastic collar for 50mm diameter bars. The closure is done by turning the latch quickly. It provides rubber inserts for a secure attachment without damaging the bar. They are supplied in pairs.

Reference: PL17202



LOCK JAW PRO COLLARS

Collars with solid nylon core specially designed for Olympic movements. Includes rubber inserts for extremely secure attachment without damaging the bar. The lock incorporates a pressure spring which makes it very easy to manipulate with only one hand. They are supplied in pairs.

Reference: PL17100

OLYMPIC DISCS

When determining what discs are most suitable, we have to take into account what will they be needed for and what environment they will be used in.

O'live Rubber Discs. Currently rubber discs are the preferred choice for most users. They have a nice to touch coating of high quality shock resistant rubber. Their ergonomic design includes special handles which facilitate gripping. They also include a tool to facilitate disc removal from the bar and to pick them up from the floor. The inner hole is the 50 mm and is protected by a steel ring which allows a smooth rotation of the disc on to the bar. For easy weight identification the discs show the weight embossed and coloured.

O'live Bumper Plates. Bumper plates, also known as natural rubber discs, are built using solid natural rubber. Its main advantage lies in the fact that they can be used in specific weightlifting and Crossfit exercises in which discs can be dropped without fear of breakage. All weights are the same diameter and have a ring in the inside hole to allow a smooth rotation of the Olympic bar.

O'live Iron Discs. They are the most economical option available today. They are made from cast iron and then painted. Weight is embossed for easy identification. The inner hole is 50 mm. They look stern but authentic at the same time, since these were the first discs used around the world. Their use is common in Olympic bars, racks and benches, being the preferred option for sports clubs, schools or when the price is more important.



O'LIVE OLYMPIC RUBBER DISCS

Reference:	PL14801	PL14802	PL14803	PL14804	PL14805	PL14806	PL14807
Weight:	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg



O'LIVE OLYMPIC BUMPER PLATES

Reference:	PL14701	PL14702	PL14703	PL14704	PL14705
Weight:	5 kg.	10 kg.	15 kg.	20 kg.	25 kg.
Diameter:	ø 45 cm				



O'LIVE OLYMPIC CAST IRON DISCS

Reference:	PL18601	PL18602	PL18603	PL18604	PL18605	PL18606	PL18607
Weight:	1.25 kg	2.5 kg	5 kg	10 kg	15 kg	20 kg	25 kg



O'LIVE DISC RACK

Rack made of oval steel tube ideal for storing Olympic Discs. It has 7 storing brackets with a 360° easy access design. *Discs are not included.*

Reference:	PL18700
Dimensions:	85 x 85 x 118 cm.
Colour:	Light grey



O'LIVE BUMPER PLATE RACK

This is a steel rack ideal for storing bumper plates. Its removable plate dividers allow for a customisation of the spacing required between plates. The standard space between the dividers is 100mm and it can be moved up to 230mm by removing every second divider.

Reference:	PL18300
Dimensions:	1200 x 480 x 330mm.
Colour:	Light grey

KETTLEBELLS

Kettlebell are weights made of iron that resemble a cannonball with a handle. Its unique shape results in their centre of gravity to be slightly offset from the grip, making them ideal when performing ballistic exercises.

The Kettlebells are used for different fitness goals such as losing weight, gaining muscle, or for strength development. They are one of the most flexible and effective functional training products available today. are used in training programs that include explosive movements which combine cardio and strength workouts. Thanks to its displaced centre of gravity the kettlebells are harder to control, resulting in increased demands of agility, trunk stabilization and co-ordination.

O'live Fitness offers three different types of Kettlebells. Depending on their design and their usage some models can be more suitable than others.

O'live Cast Iron Kettlebells. They are made entirely of cast iron with a paint finish. Their handle is slightly grooved, and they look rather coarse but weight identification provided by the colour makes them very easy to use. They have a totally flat base that affords them with great stability, making them very useful for certain exercises: for example, they are perfect for Crossfit applications and in traditional fitness rooms.

O'live Vinyl Kettlebells. They are also made of cast iron, but they incorporate a colour coating which simplifies weight identification and provides extra protection with a less aggressive design. For these reasons the vinyl Kettlebells are commonly used in studio class activities or in female environments.

O'live Rubber Kettlebells. They feature a chromed steel handle and rubber coating which is stronger than vinyl. They have an elegant look that can be combined with other products from O'live Fitness such as dumbbells and discs, providing a unified free weight area. The handle is completely smooth, and soft to the touch. They are commonly used in fitness centres and in personal training spaces.



O'LIVE CAST IRON KETTLEBELLS

- Manufactured in solid cast iron, perfectly balanced.
- Available in weights of 4 kg. up to 32 kg., with 4kg increments.
- The flat base allows for greater stability in floor exercises.
- Optimal grip design that provides extra comfort and safety.
- The design of the handle allows working with both hands.
- Easy painted weight identification.

Reference:	EN19501	EN19502	EN19503	EN19504	EN19505	EN19506	EN19508	EN19507
Weight:	4 kg	8 kg	12 kg	16 kg	20 kg	24 kg	28 kg	32 kg



O'LIVE RUBBER KETTLEBELLS

- Manufactured in solid cast iron, perfectly balanced.
- Available in weights of 4 kg up to 32 kg., with 4kg increments.
- The flat base allows for greater stability in floor exercises.
- Very visible colour embossed identification.
- Chromed handle that provides extra comfort and safety.
- The design of the handle allows working with both hands.
- Design matching other O'live products like discs, bars and Dumbbells.
- The rubber will not scratch or damage benches or floors.

Reference:	EN19601	EN19602	EN19603	EN19604	EN19605	EN19606	EN19608	EN19607
Weight:	4 kg	8 kg	12 kg	16 kg	20 kg	24 kg	28 kg	32 kg



KETTLEBELLS POSTER O'LIVE

Laminated 60 x 45 cm poster featuring exercises with Kettlebells.

Reference: PO05400

See at

Studio category



O'LIVE VYNIL KETTLEBELLS

O'LIVE KETTLEBELLS RACK

Rack made of grey oval tube suitable for storing 10 kettlebells. *Kettlebells not included.*

The capacity depends on the weight of the kettlebells.

Reference:	MU06400
Dimensions:	53 x 129 x 81 cm



OLIVE KETTLEBELLS COMPACT RACK

Suitable for storing Kettlebells, its capacity depends on their weight.

Reference:	MU05300
Capacity:	max. 6 units
Dimensions:	36 x 100 x 35 cm



O'LIVE KETTLEBELLS KITS

KIT A

Consists of 10 Cast iron Kettlebells: 1 u. of 4 kg. / 1 u. of 8 kg. / 1 u. of 12 kg. / 2 u. of 16 kg. / 2 u. of 20 kg. / 1 u. of 24 kg. / 1 u. of 28 kg. / 1 u. of 32 kg.

Kettlebell Rack ref: MU06400

Reference: ST17500

KIT B

Consists of 5 Cast iron Kettlebells: 1 u. of 4 kg. / 1 u. of 8 kg. / 1 u. of 12 kg. / 1 u. of 16 kg. / 1 u. of 20 kg. / Kettlebell Rack ref: MU05300

Reference: ST17700

KIT C

Consists of 10 rubber Kettlebells: 1 u. of 4 kg. / 1 u. of 8 kg. / 1 u. of 12 kg. / 2 u. of 16 kg. / 2 u. of 20 kg. / 1 u. of 24 kg. / 1 u. of 28 kg. / 1 u. of 32 kg.

Kettlebell Rack ref: MU06400

Reference: ST17600

KIT D

Consists of 5 rubber Kettlebells: 1 u. of 4 kg. / 1 u. of 8 kg. / 1 u. of 12 kg. / 1 u. of 16 kg. / 1 u. of 20 kg. Kettlebell Rack: MU05300

Reference: ST17800



CABLE MACHINE ATTACHMENTS

Accessories for cable or pulley machines that provide different grip options. They have a brushed steel surface, which is more durable than chrome. Ergonomic and pleasant to the touch PU handles, more durable than standard rubber ones.

1. Curl Lat Bar.	PL13602
2. Lat bar 91 cm.	PL13801
3. Lat bar 122 cm.	PL13802
4. Lat bar pro 61 cm.	PL13901
5. Lat bar pro 96,5 cm.	PL13902
6. Revolving triceps & biceps bar.	PL14000
7. Single Handle.	PL14600
8. Multi exercise bar.	PL15901
9. Multi exercise bar- V shaped	PL15902
10. Short rowing handle.	PL16000
11. Revolving triceps bar.	PL16100
12. Single pull rope	PL16200
13. Fixed Triceps bar.	PL16300
14. Double pull rope	PL16600



O'LIVE ACCESSORIES RACK

Compact one-piece rack suitable for storing up to 15 handles. *Handles not included.*

Reference:	MU08200
Dimensions:	50 x 50 x 125 cm.
Colour:	Grey

ACCESSORIES



O'LIVE LEATHER ANKLE STRAP

Black leather ankle strap with soft inner padding for extra comfort. It is useful when used with pulley cable machines.

Reference: PL18500



O'LIVE SINGLE HANDLE

The O'live single handle is made of nylon and rubber tape and it is useful when used with pulley cable machines.

Reference: PL18400

ACCESSORIES



FUNCTIONAL VEST

Functional vest with front and rear rings are useful for use in dual cable machines or sleds.

Reference: EN37800



LOF ANATOMY WEIGHT LIFTING BELT

- Manufactured with anatomical shaped neoprene.
- Big Velcro closure with sliding buckle
- Washable

Reference:	PL17601	PL17602	PL17603
Size:	S	M	L
Colour:	Black		



LOF CHALLENGER WEIGHT LIFTING GLOVES

- Front made of synthetic leather.
- Elastic mesh back for ventilation and fitting.
- Velcro closure
- Non-slip glove palm
- Handy pull rings for easy removal
- Washable.

Reference:	PL17801	PL17802	PL17803	PL17804
Size:	S	M	L	XL
Colour:	Black			



LOF FULL VERSION WEIGHT LIFTING GLOVES

- Front made of synthetic leather.
- Elastic mesh back for ventilation and fitting.
- Velcro closure
- Wrist Wrap.
- Non-slip glove palm
- Handy pull rings for easy removal
- Washable.

Reference:	PL17901	PL17902	PL17903	PL17904
Size:	S	M	L	XL
Colour:	Black			



O'LIVE NECK PROTECTOR

Padded cylinder designed to protect neck and shoulders during training with the lifting bar. It is made of soft and durable material awarded with the Sanitized certificate. It fits any size bar.

Reference: EN05500

Dimensions: 50 cm x 8 cm diameter.

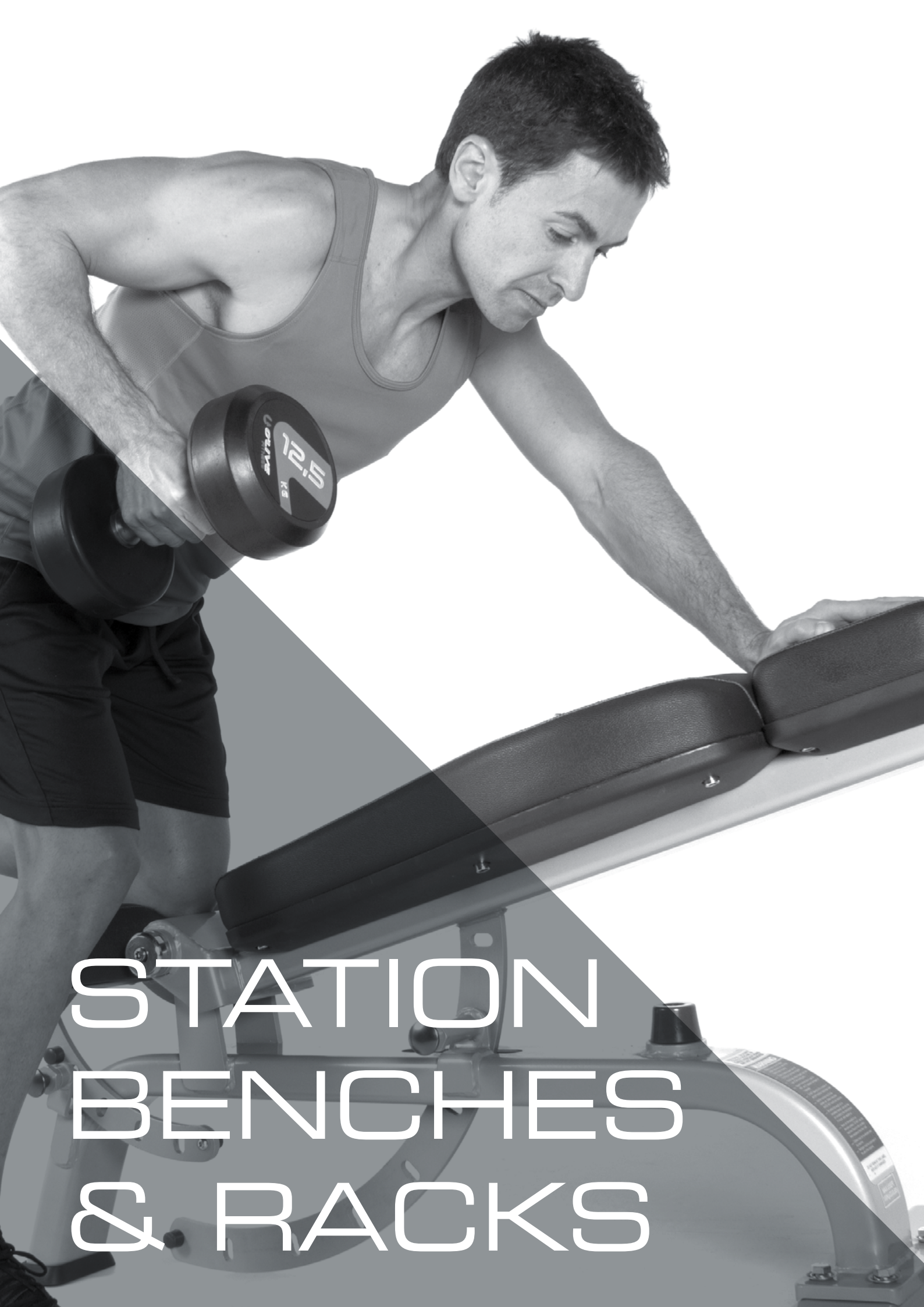
Colour: Black



O'LIVE DUMBBELL GRIPS

Sweat resistant Dumbbell grips made of high quality vinyl. They are non-slip and incorporate a wear prevention fabric in the inside. The price includes a pair.

Reference: EN05400



STATION BENCHES & RACKS

R SERIES

[STATIONS, BENCHES & RACKS]

The **R series** of stations, benches and racks are designed to provide high performance features to advanced users without intimidating the new ones; all thanks to their user friendly shapes. It is called **R Series** due to the **R**ectangular tube with rounded edges which provides rigidity as well as a great design. Another features are dense padding, stainless steel discs pegs and no metal supports for maximum protection and durability.

All the equipment in the **R Series** is engineered to provide good accessibility, proper biomechanics and to improve durability.



O'LIVE RS DUMBBELL RACK

The RS dumbbell rack incorporates loading spaces with rubber to protect the ends of the dumbbells. This rack can store only 10 pair of chromed dumbbells.

Ref:	PL18900
Dimensions:	65 x 145 x 100 cm
Capacity:	From 1 kg up to 10 kg of chrome dumbbells.



O'LIVE RS PRO STYLE DUMBBELL RACK

The Pro-style RS dumbbell rack incorporates rubber slots to protect the ends of the dumbbells. It is a very useful item in terms of storage capacity as it can accommodate the Pro-style dumbbells of up to 37,5 kg taking up minimal floor space.

Ref:	PL19100
Dimensions:	75 x 245 x 81 cm
Capacity:	10 pairs of Pro style dumbbells until 37,5 kg.



O'LIVE RS PROSTYLE BAR STAND

The Pro-style bar support is a very effective stand in terms of storage capacity as it takes very little space. The plastic protections on the brackets and frames help protect the bars and the brackets.

Ref:	PL20800
Dimensions:	71 x 99 x 150 cm.



O'LIVE RS OLYMPIC DISCS RACK

The RS discs rack is very useful to store Olympic discs in a minimal floor space. It is robust and stable and incorporates rubber protectors. The discs pegs are stainless steel for maximum durability.

Ref:	PL19000
Dimensions:	56 x 70 x 125 cm



O'LIVE RS ACCESSORIES RACK

The RS accessories rack is a very effective tool to accommodate different handle types. It has a very useful upper tray to store other accessories.

Ref.: PL19200

Dimensions: 118 x 74 x 106 cm



O'LIVE RS ABDOMINAL BENCH

This is a fundamental component in the fitness room of any sports centre. It is specifically designed for abdominal work and it is widely used by users. It includes 6 decline positions from 8 to 33 degrees. It is an ergonomic bench, with an oversized backrest and padded rolls for greater adaptability and user comfort.

Ref.: PL20600

Dimensions: 132 x 68 x 114 cm



O'LIVE RS LUMBAR BENCH

The lumbar bench allows users to exercise an area of their body that is often forgotten. It is durable and easy to use thanks to its sliding mechanism, which allows full adjustment to any user size.

Ref.: PL19500

Dimensions: 114 x 90 x 75 cm



O'LIVE RS STRETCH STATION

The stretch station is light and small in size. Users can safely and comfortably work on flexibility of the back and buttocks among other muscles. It is suitable for use both before and after the training.

Ref.: PL20300

Dimensions: 140 x 47 x 123 cm



O'LIVE RS KNEE RISE

The knee rise station provides effective core training by raising knees and by permitting dips and also working the triceps. It is stable and robust. Its padding allows a comfortable and effective training.

Ref.: PL19600
Dimensions: 71 x 112 x 160 cm



O'LIVE RS FLAT BENCH

The flat bench press is a basic component in any fitness centre; its three leg shape makes it stable and versatile as it allows complete freedom of movement to the user.

Ref.: PL20700
Dimensions: 138 x 56 x 45 cm



O'LIVE RS ADJUSTABLE BENCH PRESS

The versatility and durability of the adjustable bench press make it a key element in any sports facility. The saddle and the backrest can be adjusted for greater ergonomics and a variety of exercises. The padded backrest is set to XX positions from a flat position to 90°. The padded saddle can also be adjusted in 15 degree increments, from a flat position to a 45° angle.

Ref.: PL20500
Dimensions: 162 x 76 x 81 cm



O'LIVE RS BICEPS BENCH PRESS

The ergonomic design of this biceps bench press can accommodate the bar at two levels and can adjust the saddle at different heights to adapt to most users. Designed for a long life, it takes up very little space and incorporates plastic protections to prevent the bar and the frames from wearing.

Ref.: PL20400
Dimensions: 132 x 84 x 97 cm



O'LIVE RS OLYMPIC CHEST BENCH PRESS

Fundamental component of any free weight area in any sports facility. The Olympic chest bench press has been designed and manufactured with special focus on quality and detail. Its padding is designed to provide comfort and control. It includes two support bars for ease of use. It is made of plastic material to prevent the bar from wearing.

Ref.: PL19700
Dimensions: 117 x 173 x 123 cm



O'LIVE RS SQUAT CAGE

The squat cage is a fundamental unit in most sports facilities. It is very durable and designed to offer a great variety of exercises safely. It includes protections on the supports to prevent friction as well as wear and tear, and it can be adjusted in up to 12 different positions. It includes a non-slip squat bar.

Ref.: PL19300
Dimensions: 150 x 126 x 230 cm



O'LIVE RS SQUAT RACK

The squat rack has been designed and manufactured based on the criteria of quality and attention to detail of all O'live products. Its frame is sturdy and stable and includes supports for disc storage. It includes protections on the brackets and rails to prevent friction as well as wear and tear.

Ref.: PL19400
Dimensions: 71 x 99 x 150 cm



O'LIVE RS ROWING

The rowing machine is ideal for working the muscles of the back. It has a lever with two different grip positions for versatility, and the anatomical design of the padding facilitates the workout.

Ref.: PL19800
Dimensions: 185 x 95 x 118 cm



O'LIVE RS SEATED CALF

Its robust and stable design together with the handles and the release lever of this calf station allows the user to train safely. The weight discs support is angled for easy loading and unloading, and the pad for the thighs is adjustable to accommodate all types of users.

Ref.: PL19900
Dimensions: 145 x 53 x 100 cm



O'LIVE RS MULTIPOWER

The Multipower O'live bar starts from a weight below 7 kg. It is ideal for users to safely carry out a wide variety of exercises both of the upper and the lower body. Its design can freely accommodate benches as it does not have a transversal support at ground level.

Ref.: PL20000
Dimensions: 222 x 144 x 232 cm



O'LIVE RS ANGLED LEG PRESS

Angled press to work the lower body. It is soft and durable thanks to the mechanism which incorporates linear bearings. The backrest is adjustable for greater user comfort.

Ref.: PL20200
Dimensions: 210 x 165 x 130 cm



O'LIVE RS DUAL MULTIFUNCTION

The Dual Multifunction Training Station consists of two separate towers of 90 kg. with adjustable pulleys, which can provide resistance strength training with complete freedom of movement, and can improve co-ordination and stability. Its compact design, with smooth lines, is easy to use and it can be adapted to most training premises.

Ref.: PL20100
Dimensions: 175 x 112 x 233 cm



COMBAT



O'LIVE BOXING GLOVES

- Suitable for fitness training.
- Made of high quality synthetic leather.
- Durable and strong Velcro fastening.
- Machine padded cotton, ensuring equal density and thickness.
- Narrow thumb fitting, to avoid possible injuries.
- Comfortable & soft on the back of the hand and with uniform padding.
- One size fits all.

Reference: FI03100

Colours: Black & White



O'LIVE BAG BOXING GLOVES

- Suitable for training with the punching bag.
- Thick cushioning layer for an effective workout without injury.
- Made of high quality synthetic leather.
- Exact radius and uniform padding.
- Ventilated for effective moisture removal.
- Thumb separated from the mitten for greater flexibility.
- One size fits all.

Reference: FI03200

Colours: Black & White



O'LIVE MMA LIGHT BOXING GLOVES

- Suitable for training boxing, martial arts, kung fu, etc.
- Thick cushioning layer for an effective workout without injury.
- Made of high quality synthetic leather.
- Comfortable to use.
- Ventilated for effective moisture removal.
- One size fits all.

Reference: FI03000

Colours: Black & White



O'LIVE BOXING PAD

- Made of high quality synthetic leather.
- Fastened with braided leather.
- High stability due to the rear top and bottom fastening.
- Thick and reinforced handle for greater durability.
- Strong and resistant Velcro closure.
- Filled with EVA foam, prevents and resists deformation.
- Dimensions: 42 cm x 20 cm x 10 cm.

Reference: FI03500

Colours: Black & White



O'LIVE BOXING CURVED MITTS

- Stuffed with high-compression foam.
- Made of high quality synthetic leather.
- Arched design for improved ergonomics.
- Dimensions: 25 cm x 20 cm x 5.5 cm.

Reference: FI03400

Colours: Black & White



O'LIVE BOXING HAND WRAP

- Made of pure cotton.
- 2.5 meters long by 5 cm wide.
- Soft and comfortable.
- Nylon Velcro fastener.

Reference: FI03300

Colour: Black



O'LIVE FREE STANDING PUNCHING BAG

- Free standing punching bag suitable for cardio boxing.
- Allows a slight flexion of 30° for shock absorption.
- Bag Dimensions: 38 cm x 115 cm.
- Overall Dimensions: 69 cm x 170 cm.
- Filled with water or sand reaching a weight of 75 kg.

Reference: FI03600

Colour: Black

O'LIVE ELITE FREESTANDING PUNCHING BAG

The O'live Elite Freestanding punching bag is built to last; it is constructed for commercial use and with the user in mind. It is completely made of foam rubber. The donut shaped foam base is stronger and shock absorbent than plastic, providing extra user safety. The vertical tube is also made of foam rubber and includes an anti-bacterial covering.

Reference: FI04600

Colour: Black & grey

Dimensions: 750 x 1850 mm

Weight: 72 kg.



25 kg.



35 kg.



50 kg.

O'LIVE PUNCHING BAG

- Made of high quality synthetic leather.
- High elastic and environmentally friendly inner material.
- Suspended by a chain with a rotation mechanism for greater balance.
- Chain with 5 attachment points to the bag for added balance and strength.
- The 25 kg bag is suitable for beginners.

Reference: FI03701 FI03702 FI03704

Weight: 25 KG 35 KG 50 KG

Dimensions: 90 x 32 cm 110 x 36 cm 130 x 40 cm

Colours: Black Black Black



O'LIVE BAG WALL BRACKET

- Professional steel bracket suitable for punching bag suspension.
- It is screwed into the wall at the desired height.
- Weight capacity of 100 kg.
- Dimensions: 90 cm x 50 cm.

Reference: FI04100

Colour: Grey Bluish



COMBAT POSTER O'LIVE

Laminated 60 x 45 cm poster.

Reference: PO06000



O'LIVE BOXING PUNCHING BALL

- Made of high quality synthetic leather.
- The size of the ball is equipotential, improving speed and direction accuracy.
- Strong and stable to shock.
- Includes quick rebound elastic ropes.
- Manually stitched with leather braiding.
- Dimensions: 21 cm x 21 cm.

Reference: FI04200

Colours: Black



O'LIVE BOXING SPEEDBALL

- Made of high quality synthetic leather.
- Filled with latex with leather stitching for greater strength and stability.
- The size of the speedball is equipotential, improving speed and direction accuracy.
- Strong and stable to shock.
- Dimensions: 24 cm x 17 cm.

Reference: FI04300

Colours: Black



O'LIVE SPEEDBALL PLATFORM

- Steel and wooden bracket suitable for speedball.
- It is screwed into the wall at the desired height.
- Incorporates swivel.
- Indicated to train speed.
- Dimensions: 60 cm x 3 cm.

Reference: FI03900



O'LIVE PUNCHING BAG STATION

- Professional station for two punching bags.
- Robust steel frame, firm and stable.
- It does not require floor fixing.
- Allows two users simultaneously.
- Dimensions: 3.2 m x 1.4 m x 2.4 m.

Reference: FI04000

Colour: Grey Bluish



O'LIVE BOXING STATION

- Professional boxing training station.
- Robust steel frame, firm and stable.
- It does not require floor fixing.
- Allows three users simultaneously.
- It can suspend a bag, a speedball and a punching ball.
- Dimensions: 2 m x 1 m x 2.5 m.

Reference: FI04500

Colour: Grey Bluish

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O'LIVE BALL COMPACT RACK HOLDER... 47		COMPACT RACK HOLDER.....	8	O'LIVE SAFE PLYOMETRIC BOX.....	43

The solution for fitness



Aerobic & Fitness SL

Narcís Monturiol s/n - Pol. Ind. Salelles II
08253 Sant Salvador de Guardiola (Barcelona)
+34 938 355 950 ext. 36
export@aerobicyfitness.com
www.olive-fitness.com