

STUDIO · FUNCTIONAL TRAINING · FREE WEIGHTS
PILATES, YOGA & BODY MIND · BOXING · REHAB

CATALOG



WWW.OLIVE-FITNESS.COM

 **O'LIVE**
FITNESS



WITH INTERNATIONAL PRESENCE + 30 COUNTRIES

Find out and **share your experiences** and acquisitions with the community.

We are growing fast and we want to do it in the proper way, close to all of You.

- Do you have something to show to the world of fitness?
- Need support or comments on your fitness plans, ideas, workouts, etc.?
- Do you have inspiring or original O'live pictures to motivate people from different countries doing their best?

· What are your favourite O'live products? How you use them?

· Has your gym great sessions? The best team?

Keep in touch and discover all the advantages offered.

In the fitness community we will **promote your efforts** and give you **feedback**.

We want to know your opinion and enjoy with you the way of improving life, follow us!



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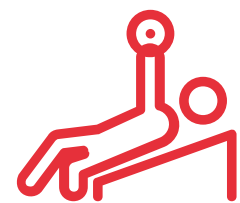
AEROBIC&FITNESS
created its brand O'live Fitness
in which to project its

25 YEARS

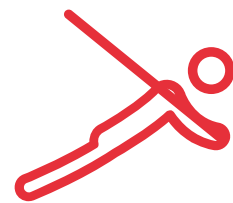
OF EXPERIENCE

as a supplier of equipment and
products for Fitness.

In a few years O'live Fitness has been increasing the number of
products offered to the sector especially for:



**FREE
WEIGHT**



**FUNCTIONAL
TRAINING**



**GROUP
EXERCISE**



Including

SUB-BRANDS

for specific products:

POWERDISK
by O'LIVE FITNESS

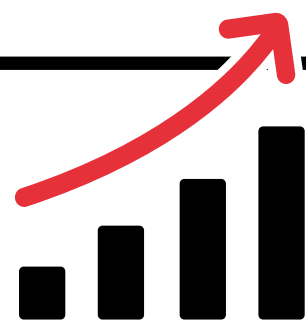
o'sky
by O'LIVE FITNESS

ONE+

ONE

FCS Functional
Crosstraining
Stations

SLIDER
by O'LIVE FITNESS



Thanks to the good acceptance of the market,
O'LIVE FITNESS HAS GROWN to become an
INTERNATIONALLY RECOGNIZED BRAND
that enjoys high prestige in the fitness sector.

**O'LIVE FITNESS IS PRESENT ANNUALLY AT THE
MOST IMPORTANT FITNESS FAIRS IN THE WORLD.**

O'LIVE
FITNESS

f @OliveFitness

Instagram Olivefitness_official

STUDIO

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O'LIVE POWER DISK COMPACT RACK

Made of compact material seeking a more innovative design. Its shape can be placed along the wall for better use of available space. Power disk not included.

REF.:	MU05000	MU05100
Dimensions:	91,5 x 131,7 x 50 cm	141,5 x 115,5 x 50 cm
Capacity:	10 sets	20 sets



O'LIVE POWER DISK RACK

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

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

O'LIVE POWER DISK KIT A

Kit made of 12 Power Disk sets and the Rack ref: MU06000

REF.: ST15800

O'LIVE POWER DISK KIT B

Kit made of 30 Power Disk sets and the Rack ref: MU06100

REF.: ST15900

O'LIVE POWER DISK KIT C

Kit made of 10 Power Disk sets and the Rack ref: MU05000

REF.: ST16000

O'LIVE POWER DISK KIT D

Kit made of 20 Power Disk sets and the Rack ref: MU05100

REF.: ST16100



O'LIVE POWER DISK COMPLETE SET

- 12-sided design to avoid ground rolling.
- 3 holes for easy and secure grip.
- Soft and comfortable foam coated bar, 3 mm thick, providing more load capacity
- The PVC central ring facilitates the introduction of disks through the bar, while preventing wear.
- Colour-coded for easy weight identification.
- Load capacity 70 kg

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 3 cm and 2.8 kg
- 2 Clamps of ø 3 cm

REF.: ST13500



O'LIVE POWER DISK LADY SET

The set consists of:

- 2 Orange disks of 1.25 kg
- 2 Red disks of 2.5 kg
- 1 Bar of 140 x ø 3 cm and 2.8 kg
- 2 Clamps of ø 3 cm

REF.: **ST13600**



O'LIVE 10 KG POWER DISKS

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

REF.: **ST13800**
Color: Grey

O'LIVE POWER DISK BAR

Made of 3mm thick, providing more load capacity without deformation. The bar also incorporates a new foam texture for a better grip and less moisture absorption.

REF.: **ST13700**
Dimensions: ø 3 x 140 cm
Weight: 2.8 kg



O'LIVE MUSCLE CLAMP COLLARS

Incorporates rubber inserts for a safe attachment without damaging the bar. It is supplied in pairs.

REF.: **PL17201**



O'LIVE 30 MM SPRING CLIPS

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

REF.: **ST13400**



O'LIVE SIKLOON

Increase training opportunities by adding the Sikloon, 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. 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 Sikloon, adding new possibilities in core strengthening training by performing all kinds of functional exercises.

REF.: **ST20001** **ST20002**
Bar: ø 30 mm ø 25 mm



O'LIVE ANKLE WEIGHT

Made of nylon, achieving a durable and odor-free product with no moisture absorption. With velcro fastener and buckle to suit users of all sizes. Price per pair.



REF.:	ST20407	ST20401	ST20408	ST20402	ST20403	ST20404	ST20405	ST20406
Weight:	0.5 kg	1 kg	1.5 kg	2 kg	3 kg	4 kg	5 kg	6 kg
Color:	Green	Purple	Black	Blue	Red	Orange	Yellow	Black



NEW



O'LIVE SLIDERS

They provide an sliding training surface that allows you to simulate many slideboard exercises. You can work multiple muscles while engaging core stabilization throughout the range of motion.

Note: Not useful for rubber flooring

REF.: **ST22101** **ST22102** **ST22103**
Others: Pair 25 pairs + bag 10 pairs





O'LIVE STEP PLATFORM COMPACT RACK

Made of compact material seeking a more innovative design. Its shape can be placed along the wall for better use of available space. Steps not included.

REF.:	MU03000
Dimensions:	113 x 200 x 50 cm
Capacity:	20 u



O'LIVE STEP BLOCK COMPACT RACK

Made of compact material seeking a more innovative design. Its shape can be placed along the wall for better use of available space. Bases not included.

REF.:	MU03100
Dimensions:	81 x 25 x 51 cm
Capacity:	40 u



O'LIVE PLATFORM STEP RACK

Suitable for 19 Platform steps. It comes with wheels. Platforms not included.

REF.:	MU07200
Dimensions:	113 x 196 x 47 cm
Capacity:	19 u
Color:	Grey



O'LIVE PLATFORM STEP BLOCK RACK

Suitable for step support blocks. It comes with wheels. Support Blocks not included.

REF.:	MU07300
Capacity:	40 Blocks
Color:	Grey



O'LIVE ELITE PROFESSIONAL STEP PLATFORM

The platform features a new design non-slip rubber mat and incorporates internal reinforcements to withstand the most challenging classes. It incorporates 8 rubber feet for a greater stability and grip to the ground. The height can be increased up to 15 or 20 cm when adding the bases.

REF.:	ST23400
Dimensions:	109 x 10 x 40 cm
Color:	Green



NEW

O'LIVE PROFESSIONAL STEP PLATFORM

The platform features a rugged, non-slip surface and incorporates internal reinforcements to withstand the most challenging classes. It incorporates 8 rubber feet for a greater stability and grip to the ground. The height can be increased up to 15 or 20 cm when adding the bases.

REF.:	ST22300	ST22600	ST22700
Dimensions:	109 x 10 x 40 cm	109 x 15 x 40 cm	109 x 20 x 40 cm
Color:	Grey	Grey	Grey
Others:	Plataform	Plataform + 2 blocks	Platform + 4 blocks

O'LIVE PROFESSIONAL STEP BLOCK

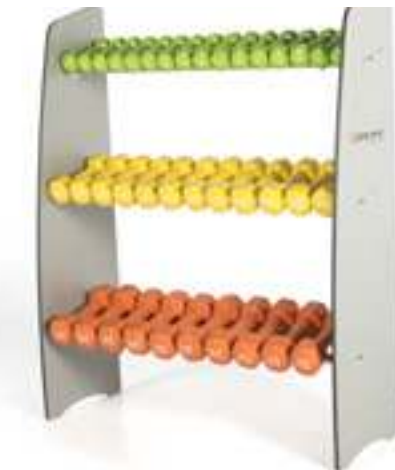
The support blocks allow you to adjust the height of the platform to 15 cm and 20 cm.

REF.:	ST14100
Color:	Black

O'LIVE VINYL DUMBBELLS NEW

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. Sold in pairs.

				
REF.: ST22201	REF.: ST22202	REF.: ST22203	REF.: ST22204	REF.: ST22205
Weight: 1 kg	Weight: 2 kg	Weight: 3 kg	Weight: 4 kg	Weight: 5 kg
Color: Green	Color: Yellow	Color: Orange	Color: Red	Color: Purple



O'LIVE HPL DUMBBELLS RACK

Including three trays to store any weight of dumbbells, either vinyl or rubber. Dumbbells not included.

Each shelf can store:

- 8 pairs of 1kg. vinyl dumbbells / 6 pairs of 1kg. rubber dumbbells.
- 6 pairs of 2kg. vinyl dumbbells / 5 pairs of 2kg. rubber dumbbells.
- 5 pairs of 3kg. vinyl dumbbells / 4 pairs of 3kg. rubber dumbbells.
- 5 pairs of 4kg. vinyl dumbbells / 4 pairs of 4kg. rubber dumbbells.
- 4 pairs of 5kg. vinyl dumbbells / 4 pairs of 5kg. rubber dumbbells.

REF.:	MU15000
Dimensions:	82,2 x 100 x 30 cm



O'LIVE VINYL DUMBBELLS RACK

Recommended capacity: 18 pair of 1kg, 9 pair of 2 kg, 8 pair of 3 kg, 7 pair of 4 kg and 3 pair of 5 kg. Not accepts whatever capacity option, consult desired configuration. Dumbbells and lock not included.

REF.:	MU06500
Dimensions:	82 x 54 x 108 cm

O'LIVE BODY BAR

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 5 different weights.

REF.:	ST13201	ST13202	ST13203	ST13204	ST13205
Dimensions:	120 cm	120 cm	120 cm	120 cm	120 cm
Weight:	2 kg	3 kg	4 kg	5 kg	6 kg
Color:	Yellow	Orange	Red	Maroon	Dark Grey



O'LIVE BODY BAR COMPACT RACK

Made of compact material. Each body bar is placed in rows compartmentalized for better management. Suitable for any measure of body bar. Body bars not included.

REF.:	MU02400
Dimensions:	66 x 100 x 40 cm
Capacity:	30 u

O'LIVE RUBBER DUMBBELLS

They are coated with high quality virgin rubber being more resistant and ergonomic than vinyl dumbbells. Its oval design prevents from rolling on the floor. Differentiated by color, allowing easy identification. Sold in pairs.

				
REF.: ST20201	REF.: ST20202	REF.: ST20203	REF.: ST20204	REF.: ST20205
Weight: 1 kg	Weight: 2 kg	Weight: 3 kg	Weight: 4 kg	Weight: 5 kg
Color: Green	Color: Yellow	Color: Orange	Color: Red	Color: Purple



O'LIVE RUBBER STUDIO DUMBBELLS RACK

It has three shelves to store rubber dumbbells. Dumbbells not included.

Top shelf can store:

- 6 pairs of rubber dumbbells 1kg

The intermediate shelf can store:

- 5 pairs of rubber dumbbells 1kg, 2kg and 3kg

The lower shelf can store:

- 4 pairs of rubber dumbbells 1kg, 2kg, 3kg, 4kg and 5Kg

REF.:	MU13500
Dimensions:	30 x 100 x 112 cm



O'LIVE RUBBER STUDIO DUMBBELLS RACK

It has three shelves to store rubber dumbbells. Dumbbells not included.

Top shelf can store:

- 12 pairs of rubber dumbbells 1kg

The intermediate shelf can store:

- 10 pairs of rubber dumbbells 1kg, 2kg and 3kg

The lower shelf can store:

- 8 pairs of rubber dumbbells 1kg, 2kg, 3kg, 4kg and 5Kg

REF.:	MU13600
Dimensions:	112 x 100 x 30 cm

O'LIVE RUBBER DUMBBELLS + RACK KIT A

Kit A consist of:

- 6 pairs of 1kg.
- 5 pairs of 2kg.
- 4 pairs of 3 kg.
- O'live rubber Studio rack (ref: MU13500).

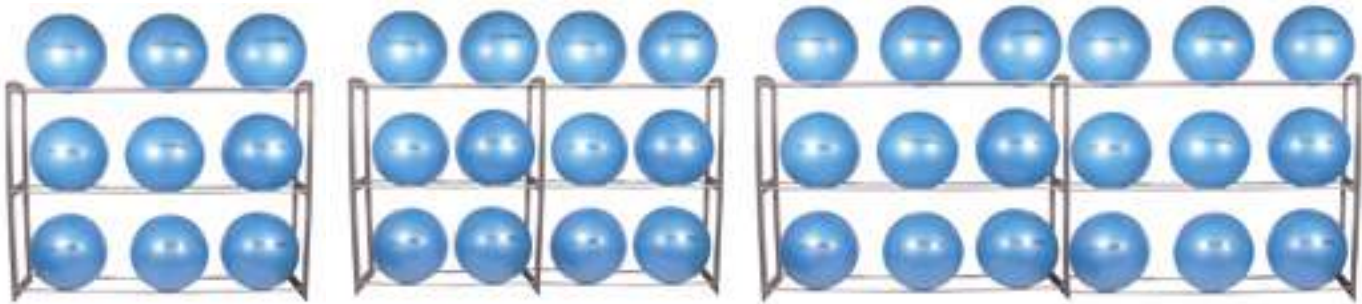
REF.:	ST20800
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O'LIVE RUBBER DUMBBELLS + RACK KIT B

Kit B consist of:

- 12 pairs of 1kg.
- 10 pairs of 2kg.
- 8 pairs of 3 kg.
- O'live rubber Studio rack (ref: MU13600).

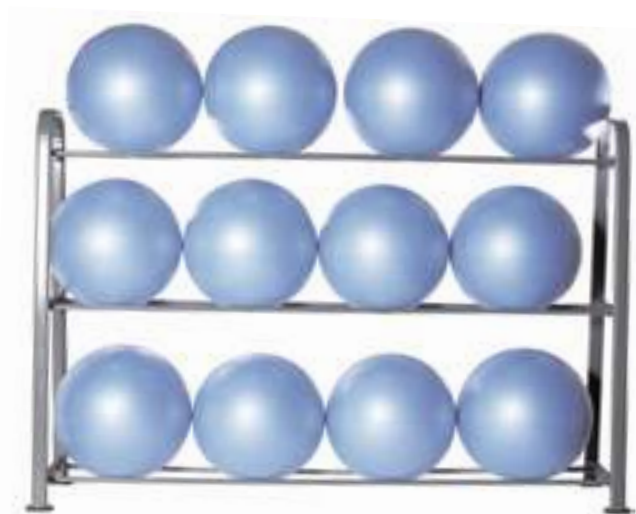
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O'LIVE FITNESS BALL COMPACT RACK

Made of compact material, seeking a more innovative design. Balls not included.

REF.:	MU01700	MU01800	MU09500
Dimensions:	220 x 175 x 45 cm	297 x 45 x 175 cm	442 x 45 x 175 cm
Capacity:	9 u	12 u	18 u



O'LIVE FITNESS BALL RACK

Suitable for storing 12 fitness balls. Balls not included. The 75 cm fitness balls only fit on the top shelf.

REF.:	MU06900
Dimensions:	270 x 180 x 65 cm
Capacity:	12 u
Color:	Grey



O'LIVE 4 BALL COMPACT RACK

It is suitable for storing Fit Balls. It is screwed into the wall at the desired height.

REF.:	MU09400
Dimensions:	292 x 42 x 15 cm

O'LIVE FITNESS BALL

Manufactured by Flexton silpower® exclusive material (patent), the safety factor is especially reinforced. Their look is particularly attractive and they offer a pleasant soft and velvety surface.

- Latex and DOP-DEHP free.

- Manufactured in Europe with CE and medical certification.

- Maximum weight load of 400 Kg

REF.:	BA06802	BA06806	BA06810	BA06813	BA06814	BA06815	BA06816	BA06817	BA06818
Dimensions:	ø 55 cm	ø 65 cm	ø 75 cm	ø 55 cm	ø 65 cm	ø 75 cm	ø 55 cm	ø 65 cm	ø 75 cm
Color:	Blue	Blue	Blue	Green	Green	Green	Orange	Orange	Orange

REF.:	BA06819	BA06820	BA06821	BA06822	BA06823	BA06824	BA06825	BA06826	BA06827
Dimensions:	ø 55 cm	ø 65 cm	ø 75 cm	ø 55 cm	ø 65 cm	ø 75 cm	ø 55 cm	ø 65 cm	ø 75 cm
Color:	Red	Red	Red	Purple	Purple	Purple	Grey	Grey	Grey



SUPER PUMP

Super pump that allows to inflate any model of balls easily, adapting the necessary mechanism.

REF.:	BA00600
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HAND PUMP

Hand pumps that allows to inflate any model of balls easily, adapting the necessary mechanism.

REF.:	BA00500
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FOOT PUMP

Foot pumps that allows to inflate any model of balls easily, adapting the necessary mechanism.

REF.:	BA00400
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SET PLUG

Plug for Fitness balls and Pilates balls.

REF.:	BA01000
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FITNESS BALL STOPPERBALL

To maintain fitballs stable. Suitable for balls with a diameter from 42 to 86 cm.

REF.:	BA00900
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BALLDISH

Offers an easy way to save the fiballs, either for storage or to facilitate the work.

REF.:	BA00300
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CAP EXTRACTOR

To help extraction of Fit Balls caps.

REF.:	BA00800
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BALL NEEDLES

Needle for madicine balls, slam balls, etc.

REF.:	BA00100
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O'LIVE MAT RACK

Suitable for storing up to 30 mats. Maximum mat length of 140cm. It is suitable for any eyelet width range. It comes with wheels. Mats not included.

REF.:	MU07000
Dimensions:	72 x 60 x 166 cm
Capacity:	30 u



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 widths.

REF.:	MU04200
Dimensions:	78 x 160 x 35 cm



O'LIVE MAT ADJUSTABLE COMPACT HANGER

Hanger for bolting to the wall for the storage of mats with eyelets. It is adjustable to any distance between eyelets.

REF.:	MU04100
Dimensions:	75 x 15 x 24,5 cm
Capacity:	15/20 u



O'LIVE FITNESS MAT KIT WITH ADJUSTABLE HANGER

Kit composed of 20 Fit Mat with adjustable hanger (MU04100).

REF.:	CL00700
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O'LIVE FITNESS MAT

Made of EVA foam, these mats have excellent durability. They have a flat underside for increased grip and a grooved non-slip upperside. They are suitable for general use, for studio class activities and for fitness rooms. Eyelets are non metal.

REF.:	CL00600
Dimensions:	120 x 50 x 1 cm
Color:	Blue
Eyelets distance(cm):	35



O'LIVE EVA MAT

Made of EVA foam, these mats have excellent durability. They have a smooth underside for increased grip and a grooved non-slip upper side. They are suitable for general use, for studio class activities and for fitness rooms. Metal ring eyelets.

REF.:	CL03601	CL03602	CL03603
Dimensions:	140 x 60 x 0,7 cm	140 x 60 x 0,7 cm	140 x 60 x 0,7 cm
Color:	Grey	Blue	Black
Eyelets distance(cm):	50	50	50



O'LIVE FREEFLEX MAT

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...Metal eyelets.

REF.:	CL00403	CL00404	CL00405
Dimensions:	140 x 60 x 1 cm	140 x 60 x 1 cm	140 x 60 x 1 cm
Color:	Blue	Red	Grey
Eyelets distance(cm):	48,5	48,5	48,5



O'LIVE VYNIL MAT

Made of PVC, one side is non-slip whilst the other side is smooth. They are 9 mm thick with a rather soft touch. Light and easy to clean.

REF.:	CL00501
Dimensions:	50 x 100 x 0,9 cm
Color:	Grey
Eyelets distance (cm):	39,5

O'LIVE ELASTIC BAND

The elastic bands add resistance to any exercise. They are 15 cm wide and 250 cm length.

REF.:	EL13001	EL13002	EL13003	EL13004
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Red	Green	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. Length 28 cm.

REF.:	EL06203	EL06201	EL06202
Dimensions:	13 x 280 mm	24 x 280 mm	30 x 280 mm
Intensity:	Light	Medium	Strong
Color:	Yellow	Red	Green

O'LIVE LOOPS XL

Ideal for short and limited movements. It fits comfortably to the upper and lower body and allows users to work the hip, leg, arm and back muscles.

REF.:	EL14301	EL14302	EL14303	EL14304
Dimensions:	50 x 280 mm	50 x 280 mm	50 x 280 mm	50 x 280 mm
Intensity:	Light	Medium	Strong	Extra Strong
Color:	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 ropes, hoops, etc. It is screwed into the wall at desired height.

REF.:	MU04300
Dimensions:	12 x 15 x 24,5 cm
Capacity:	10 u

O'LIVE MULTIPLE ELASTIC COMPACT RACK HOLDER

It is suitable for storing up to 40 elastic tubes. Also suitable for other materials such ropes, loops, etc. It is screwed into the wall at desired height.

REF.:	MU04400
Dimensions:	70 x 15 x 24,5 cm
Capacity:	40 u

O'LIVE TUBES/ ROPES RACK

Suitable for storing resistance tubes or jump ropes. Tubes not included.

REF.:	MU11900
Capacity:	80 u
Color:	Grey



O'LIVE ELASTIC TEXTILE BAND

The elastic band is made of Jacquard elastic fabric, giving greater properties in terms of resistance to breakage. It incorporates a series of loops providing grip handles thus facilitating the versatility of the product, since it allows to perform a large number of exercises of both upper and lower body. Each band has 9 loops, the center loop is 25 cm long allowing to work with both legs and with a total distance of 115 cm.

REF.:	EL14401
Intensity:	Light
Color:	Green
REF.:	EL14402
Intensity:	Medium
Color:	Yellow
REF.:	EL14403
Intensity:	Strong
Color:	Orange



O'LIVE RESISTANCE TUBE

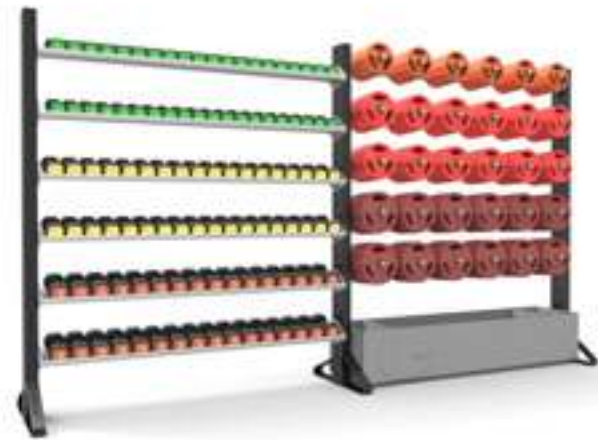
- Slightly flexible, breathable and ergonomic handles.
- Made with 100% high quality natural rubber.
- Nylon cover for added protection.
- Four levels of resistance, perfect for circuit training.
- Colour coded, for easy identification of the resistance provided.
- 1,20 m long plus handles.

REF.:	EL08101	EL08102	EL08103	EL08104
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Green	Red	Blue

O'LIVE RESISTANCE TUBE PLUS

Resistance tubes made from high quality natural rubber with flexible breathable and ergonomic handle. They are nylon covered for extra protection against chafing, moisture and dehydration. Elastic length of 1,24 m + handle.

REF.:	EL08201	EL08202	EL08203	EL08204
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Green	Red	Blue



O'LIVE MULTIPLE RACK

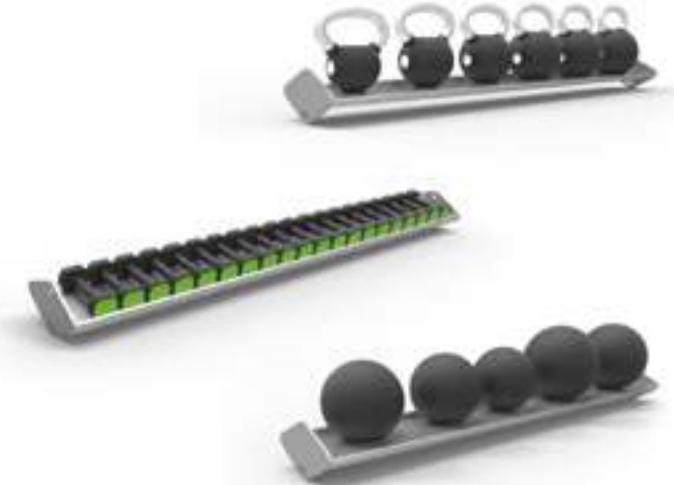
ALLOWS YOU TO STORE YOUR EQUIPMENT IN AN ORDERLY, MODULABLE AND CUSTOMIZABLE WAY.



O'LIVE MULTIPLE RACK VERSATILE SHELF SUPPORTS

The supports can be added to the versatile shelf (ref: MU15900) as to increase the capacity.

| REF.: MU15600



O'LIVE MULTIPLE RACK SMALL FLAT SHELF

Shelf to store kettlebells or products like Studio dumbbells or Slam balls. Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: MU15400



O'LIVE MULTIPLE RACK BALL SHELF

Suitable for Multiple rack or any O'live Functional Station. Each shelf can store:

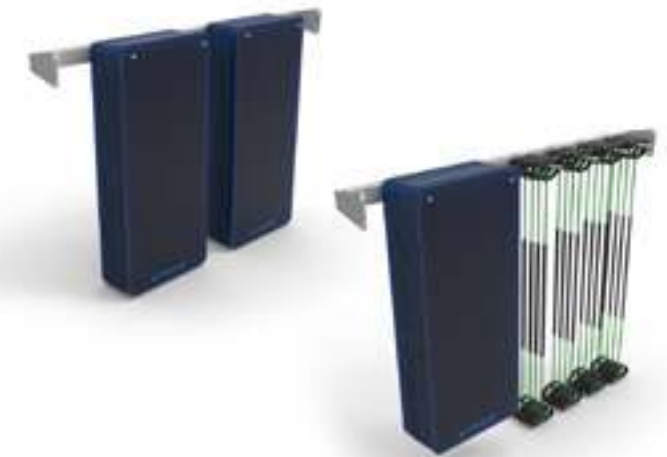
- Functional balls (4 units)
- Medicine balls (6 units)
- Fitness Balls (2-3 units)

| REF.: MU15800

O'LIVE MULTIPLE RACK BOX SHELF

Shelf to store Power Disk bars and clips. Also useful to store other kind of products such bands, mini balls or loops thanks to the 3 compartments. Suitable for Multiple rack.

| REF.: MU15500



O'LIVE MULTIPLE RACK PLATES/ BOSUS SHELF

Shelf for storing Bumper plates. The capacity depends on the size of them. It also allows store 6 Bosu trainers. Suitable for O'live Multiple rack or any O'live Fitness functional station. Can only be installed to the bottom line, in floor contact.

| REF.: MU16300

O'LIVE MULTIPLE RACK POWER DISC SHELF

Shelf to store up to 9 completes sets of Power disks. Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: MU16000



O'LIVE MULTIPLE RACK COLUMN

Support for holding various shelves according to the products stored. Each module requires two supports. When annexed module is required, only one extra support is needed for the expansion.

| REF.: MU16400

O'LIVE MULTIPLE RACK VERSATILE SHELF

Shelf to store mats, tubes, ankle weights, etc. It includes 4 supports allowing to store 40 mats (1cm thickness) or 40 elastic tubes. It allows to add more supports for extra capacity (ref: MU15600). Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: MU15900

NEW



O'LIVE VYNIL KETTLEBELL

Made of cast iron, they incorporate a colour vinyl coating which simplifies weight identification and provides extra protection with a less aggressive design.

REF.:	EN51201	EN51202	EN51203	EN51204
Weight:	4 kg	6 kg	8 kg	10 kg
Color:	Green	Yellow	Orange	Red

REF.:	EN51205	EN51206	EN51207
Weight:	12 kg	16 kg	20 kg
Color:	Maroon	Purple	Grey



O'LIVE KETTLEBELL COMPACT RACK

Made of compact material seeking a more innovative design. Its shape can be placed along the wall for better use of available space. Kettlebells not included.

REF.:	MU05400
Dimensions:	75 x 100 x 30 cm
Capacity:	10 u

O'LIVE FLEX BAR

The Flex bar is a glass fibre bar with rubber weights at both ends. The bar is 160 cm long and weighs about 0.5 kg. Balancing the bar causes vibrations that stimulate the deep muscles of your body.

REF.:	EN19200
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O'LIVE FLEX BAR COMPACT RACK

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

REF.:	MU09800
Capacity:	20 u

O'LIVE BOSU COMPACT RACK

Rack for storing the BOSU® Balance Trainer and BOSU® Elite. Made of compact material, seeking a more innovative design. Each BOSU® is supported on its own base for stability and conservation. BOSU®'s not included.

REF.:	MU08500
Dimensions:	69 x 220 x 60 cm
Capacity:	7 u



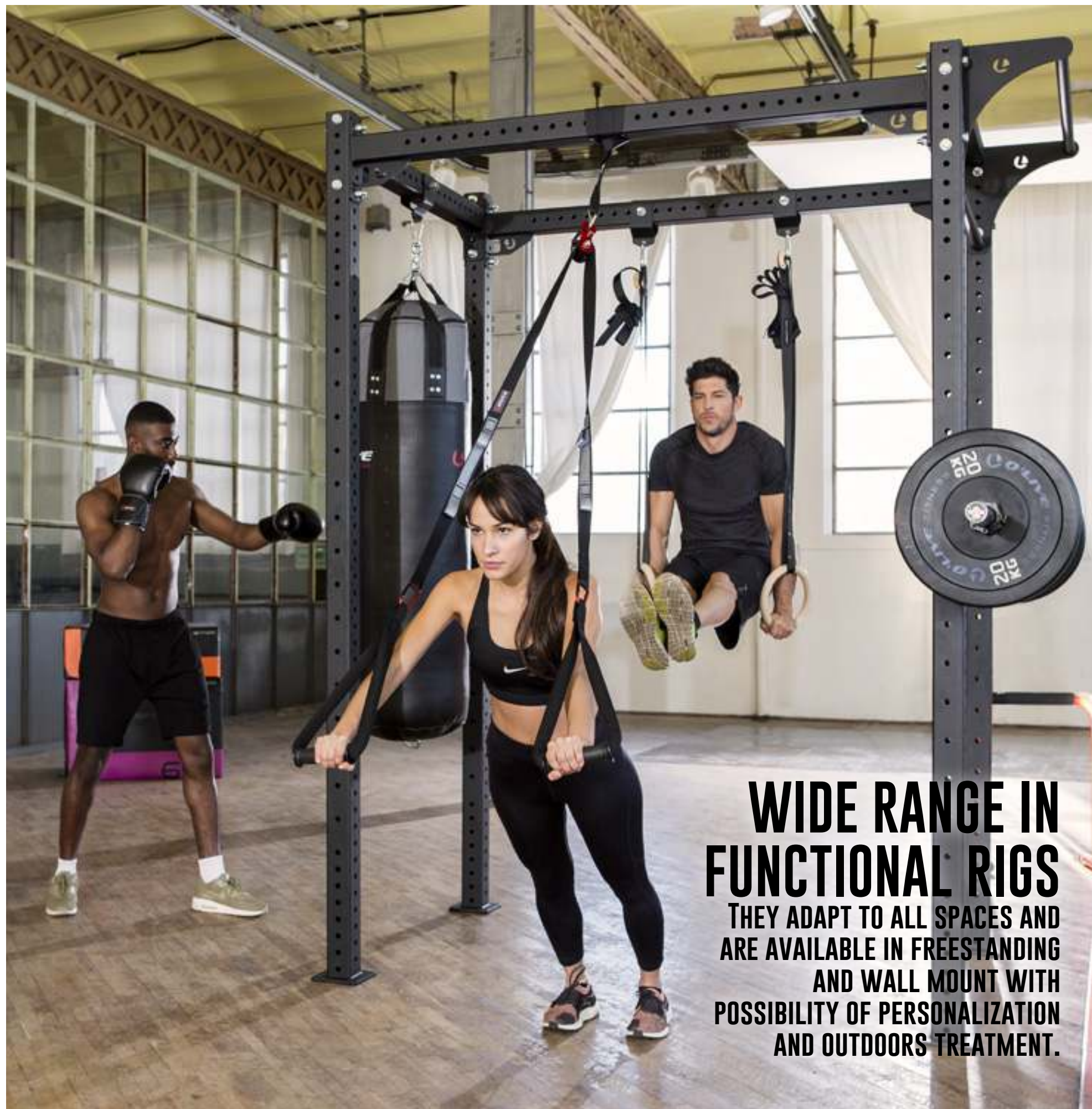
FUNCTIONAL TRAINING

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O'LIVE FUNCTIONAL TRAINING STATIONS

FOR MORE INFORMATION, ASK FOR THE FUNCTIONAL RIGS CATALOGUE



WIDE RANGE IN FUNCTIONAL RIGS
THEY ADAPT TO ALL SPACES AND ARE AVAILABLE IN FREESTANDING AND WALL MOUNT WITH POSSIBILITY OF PERSONALIZATION AND OUTDOORS TREATMENT.



NINJA GRIPS

Designed to be ergonomic, they allow you to suspend, hang and swing without abrasion on the skin. Made of non-toxic polyurethane of the highest quality. Not only is polyurethane much stronger, it is also environmentally friendly.

REF.:	ES26901	ES26902	ES26903
Others:	Sphera	Cone	Cylinder



O'LIVE MEDICINE BALL

Made of rubber, incorporates a new innovative design with grooved surface that allows an optimum grip.

Note: This equipment is not suitable for throwing and bouncing against the ground. This use can damage or break the equipment.

REF.:	BA09001	BA09002	BA09003	BA09004	BA09005
Dimensions:	ø17 cm	ø17 cm	ø19 cm	ø19 cm	ø19 cm
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
Color:	Green	Yellow	Orange	Red	Purple

REF.:	BA09006	BA09007	BA09008	BA09009	BA09010
Dimensions:	ø25 cm	ø25 cm	ø25 cm	ø25 cm	ø25 cm
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg
Color:	Maroon	Grey	Black	Orange	Red



O'LIVE DUAL GRIP MEDICINE BALL

Made of PVC, it includes 2 handles for optimum grip and to help the performance of new exercises, increasing the versatility of the product.

REF.:	BA09201	BA09202	BA09203	BA09204	BA09205
Dimensions:	ø23 cm	ø23 cm	ø23 cm	ø23 cm	ø23 cm
Weight:	4 kg	5 kg	6 kg	7 kg	8 kg



O'LIVE SLAM BALLS

The Slam balls are made of rubber with sand inside, in order to achieve heavy weights. They are much more resistant than traditional medicine balls and can be thrown hard against the floor with no risk of breakage. They do not rebound. The texture of the surface provides better grip and safety. They are suitable for crossfit and high intensity workouts.

REF.:	BA08901	BA08902	BA08903	BA08904
Dimensions:	ø22 cm	ø22 cm	ø22 cm	ø29 cm
Weight:	3 kg	6 kg	9 kg	12 kg

REF.:	BA08905	BA08906	BA08907	BA08908
Dimensions:	ø29 cm	ø29 cm	ø29 cm	ø29 cm
Weight:	15 kg	20 kg	25 kg	30 kg



O'LIVE LOUMET GYMBALL

Loumet Gymballs are extremely robust and durable. They can be used outdoors and in swimming pools. Due to its bouncing capabilities it is a very versatile ball.

REF.:	BA09301	BA09302	BA09303	BA09304	BA09305
Dimensions:	ø19,5 cm	ø20 cm	ø25 cm	ø25 cm	ø25 cm
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg

REF.:	BA09306	BA09307	BA09308	BA09309	BA09310
Dimensions:	ø25 cm	ø30 cm	ø30 cm	ø30 cm	ø30 cm
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg



O'LIVE MEDICINE BALL STANDING RACK

Suitable for medicine balls and functional balls. Balls not included

REF.:	MU06200
Dimensions:	65 x 145 x 47 cm
Capacity:	5 med. balls / 4 func. balls
Color:	Grey



O'LIVE MEDICINE BALL COMPACT RACK

It is suitable for storing medicine balls, medicine balls with handles and functional balls. Balls not included.

REF.:	MU03700	MU03800	MU03900
Dimensions:	37 x 130 x 35 cm	62 x 130 x 35 cm	110 x 130 x 35 cm
Capacity:	5 med. balls/ 4 func. balls	10 med. balls/ 8 func. balls	20-25 med. balls

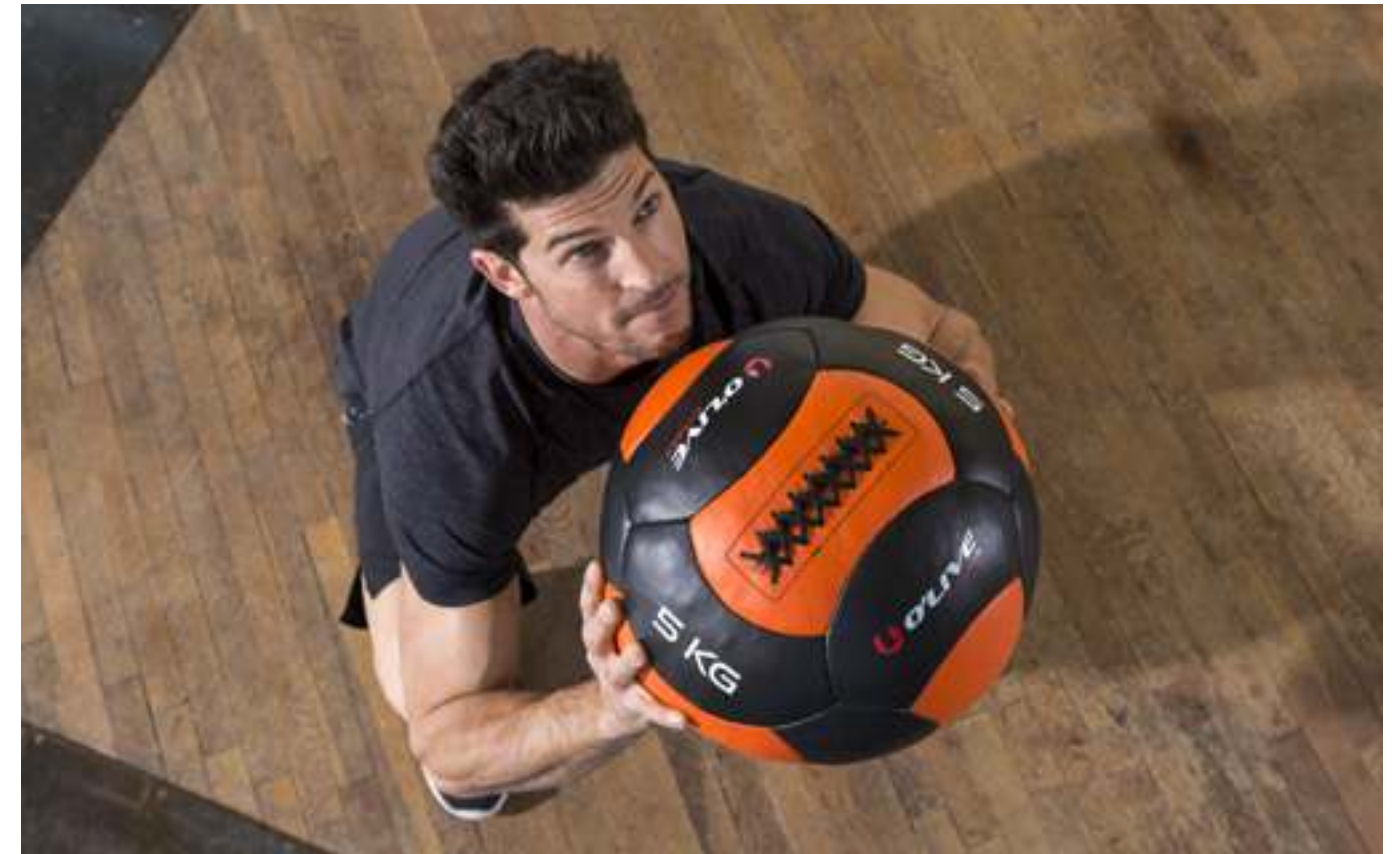


NEW

O'LIVE MEDICINE BALL REBOUNDER

Improves reflexes and strengthens core muscles while burning calories. It allows to vary the angle for greater versatility. Incorporates plate pegs and nylon cover. Plates not included.

REF.:	EN47800
Dimensions:	100 x 95 x 100 cm



O'LIVE FUNCTIONAL BALL

Make with a textile surface, they are soft and pleasant to touch. Although they can be used in a variety of exercises, they are ideal when users throw the balls to each other in movements involving trunk stabilization. They don't rebound.
Note: These balls are not usefull for slam.



REF.:	BA06501	REF.:	BA06505	REF.:	BA06502	REF.:	BA06506
Weight:	3 kg	Weight:	4 kg	Weight:	5 kg	Weight:	6 kg
Color:	Green	Color:	Yellow	Color:	Orange	Color:	Red

REF.:	BA06503	REF.:	BA06507	REF.:	BA06504	REF.:	BA06508
Weight:	7 kg	Weight:	8 kg	Weight:	9 kg	Weight:	10 kg
Color:	Maroon	Color:	Purple	Color:	Grey	Color:	Black



O'LIVE BATTLE ROPES

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

REF.:	EN50201	EN50202	EN50203
Dimensions:	9 m	12 m	15 m



NEW O'LIVE BATTLE ROPE WITH NYLON COVER

The O'live Fitness battle rope is made of 38 mm poliester rope with nylon cover. The ends incorporate a new rubber finish handle that prevents the rope from fraying and provides comfort and grip.

REF.:	EN50801	EN50802
Dimensions:	9 m	12 m



O'LIVE BATTLE ROPE ANCHORING PROTECTOR

It protects the battle rope from friction and fraying and increases the overall length for added difficulty. The kit includes a protector, two straps and one carabiner.

REF.:	EN50900
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O'LIVE ROPE COMPACT RACK HOLDER

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

REF.:	MU10100
Dimensions:	75 x 15 x 70 cm



O'LIVE FUNCTIONAL TYRE

You can perform a lot of pushing-pulling functional exercises and dead lifts. The design is very attractive, including a tyre covered by a PVC jacket and rivetted handles to help performance.

REF.:	EN45500
Dimensions:	Ø 105 cm
Weight:	68 kg



O'LIVE SHOULDER BAG

Dynamic and ballistic movements are performed with the usual front grips, but also allow more exercise options by incorporating back handles ensuring greater versatility.



REF.:	EN40901
Weight:	5 kg
Color:	Yellow



REF.:	EN40902
Weight:	8 kg
Color:	Orange



REF.:	EN40903
Weight:	12 kg
Color:	Red



REF.:	EN40904
Weight:	15 kg
Color:	Purple



REF.:	EN40905
Weight:	18 kg
Color:	Grey



O'LIVE PRO PUSH UP BARS

- 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.

REF.: EN36300



O'LIVE CORE WHEELS

Core Wheels 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.

REF.: EN33700



O'LIVE LOUMET CYCLONE BALL

Ideal for dynamic turns, throws and blows helps to exercise the core, shoulders, arms, and back as well as lower body. Assorted colors.

REF.:	BA09402	BA09403	BA09404
Weight:	2 kg	3 kg	4 kg



O'LIVE AB WHEEL

Can be used for a upper and lower body strength training exercises to develop core strength and increase power in the chest, shoulders and arms.

REF.: EN33800



O'LIVE TRIPLE JUMP ROPE

The jumping rope uses plastic handles. Nylon coating steel wire. You can easily adjust the length through screew.

REF.: ST22400



O'LIVE JUMP ROPE

The jumping rope incluyes bearings in the aluminium handles as to add more speed. Nylon coating steel wire. It can be adapted to tall users (max. 2 m) and it can be easily adjusted with a screwdriver

REF.: EN51900



O'LIVE GHD

Provides excellent stability and ergonomics, thanks to fully adjustable foot holders. Pads are made of dense and durable foam to ensure maximum durability and reliability. Wheels for transport and pegs for the use of superbands.

REF.:	EN51500
Dimensions:	180 x 140 x 83 cm
Weight:	64 kg



O'LIVE GYM SLED

Two types of different handles for pushing exercises and multi-point attachments to use with harness . It includes a low friction base to allow you to use the sled in indoor rubber floors. Plate not included.

REF.:	EN51300
Dimensions:	1020 x 980 x 610 mm
Weight:	36 kg



O'LIVE CROSSTRAINING PARALLELS

Its design allows stability and resistance under great weights and efforts. Coated with textured paint for optimal grip. Sold in pairs.

REF.:	EN52600
Dimensions:	56 x 30 x 33 cm



O'LIVE FUNCTIONAL HURDLE

You can work arms, chest, back and core muscles using your own body weight and you can also use it for sports agility training. Sold in pairs.

REF.:	EN39200
Dimensions:	60 x 73 x 38 cm
Color:	Red



O'LIVE WEIGHT VEST

The O'live weight vest is rugged, durable with fully adjustable strap to ensure it fits perfectly to your torso. The Vest is weighted, each of which is secured snugly into its own Velcro pocket. The 10 kg vest has got 6 pockets on the front and 6 on the back to ensure even weight distribution. The 20 kg vest has got 8 pockets on the front and 8 on the back to ensure even weight distribution. You can quickly and easily load or unload the weight to suit your needs.

REF.:	EN47601	EN47602
Weight:	10 kg	20 kg

O'LIVE 6 DIGIT INTERVAL TIMER

- Aluminium case and a 220v socket is required
- Remote controlled
- Count up & count down function
- Stop Watch function
- Interval Training function
- You can program and save your top intervals for quick operation.
- Audible beeper to start, pause, and end intervals and workouts.

REF.:	EN50500
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O'LIVE 8 DIGIT INTERVAL TIMER

- Aluminium case and a 220v socket is required
 - Remote controlled
 - Count up & count down function
 - Stop Watch function
 - Interval Training function
 - You can program and save your top intervals for quick operation.
 - 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.

REF.:	EN51600
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O'LIVE PORTABLE INTERVAL TIMER

The watch is an interval timer, small and easy to use. It works with AAA type batteries and has a holding clip.

REF.:	ME08800
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NEW



O'LIVE FUNCTIONAL BAG

Made of high quality synthetic leather, it is firm and resistant. It has 5 ergonomic grips for greater versatility and comfort.



REF.:	EN47401
Weight:	5 kg
Color:	Yellow



REF.:	EN47402
Weight:	10 kg
Color:	Orange



REF.:	EN47403
Weight:	15 kg
Color:	Red



REF.:	EN47404
Weight:	20 kg
Color:	Purple



REF.:	EN47405
Weight:	25 kg
Color:	Grey



O'LIVE FUNCTIONAL BAG RACK

Suitable for Functional Bags. Functional bags are not included.

REF.:	MU10500
Dimensions:	70 x 150 x 67 cm
Capacity:	5 u
Color:	Grey



O'LIVE FUNCTIONAL BAG COMPACT RACK

It is suitable for storing functional bags. Functional bags not included.

REF.:	MU11700
Dimensions:	92 x 165 x 60 mm
Capacity:	12 u



O'LIVE CLIMBING ROPE

40 mm diameter made of natural sisal fibers, ensuring excellent grip. It is ideal in FCS functional stations because its length is adequate, in addition to being easily installed to the upper crossbeam.

REF.: ST21200
Dimensions: 4,0 x 500 cm



O'LIVE 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.

REF.: ST22500
Dimensions: ø 3,8 x 600 cm



O'LIVE PEG BOARD

The design of O'live Fitness proposes a birch wood board of 42mm thickness, with two high quality aluminum pegs. Note: Wall supports not included (ref:EN52700)

REF.: ES22800
Dimensions: 120 x 4,2 x 46 cm



O'LIVE PEG BOARD XL

The design of O'live Fitness proposes a birch wood board of 42mm thickness, big dimensions aim a greater challenge for the users. Includes two high quality aluminum pegs. Note: Wall supports not included (ref:EN52700)

REF.: ES26700
Dimensions: 201 x 4,2 x 30 cm



O'LIVE PEG BOARD SUPPORT

Suitable support to fix the Peg boards at a certain distance from the wall.

REF.: EN52700



O'LIVE SAND DISC

Made of durable and flexible neoprene, useful to strengthen the core muscles. Uses an outline to facilitate the grip.



REF.: EN47501
Weight: 2 kg
Color: Green

REF.: EN47502
Weight: 4 kg
Color: Yellow

REF.: EN47503
Weight: 6 kg
Color: Orange

REF.: EN47504
Weight: 8 kg
Color: Red

REF.: EN47505
Weight: 10 kg
Color: Maroon

REF.: EN47506
Weight: 12 kg
Color: Purple



NEW

O'LIVE AB MAT

The O'Live Ab mat is safe and comes with a comfortable design contoured to your lower back to provide support and avoid laceration to the tailbone and glutes during hard or high speed workouts.

REF.: EN51400
Dimensions: 30 x 9 x 39 cm



LOUMET STEDIBALL

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. 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. It comes with an exercise book for a quick start. The Stediball is burst-resistant of up to 150 kg.

REF.: BA08200
Dimensions: ø 65 cm
Color: Purple



LOUMET FITNESS BALL PRO

The Loumet Fitness ball Pro is one of the most reliable, safe and durable balls in the market. 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.

REF.:	BA08001	BA08002	BA08003
Dimensions:	ø 55 cm	ø 65 cm	ø 75 cm
Color:	Grey	Grey	Grey



LOUMET BALANCE BOARD

Incorporates a non-slip circular relief on the surface for increased gripping capacity. The rounded corners allow a safe hand use when doing ground work. Built in one piece, making it extremely durable and able to withstand up to 350 kg.

REF.: EN29000
Dimensions: ø 37 x 8 cm
Color: Blue



O'LIVE STORAGE CAGE

Cage made of steel suitable for storing various materials. You can store several functional bags (or Shoulder bags), as well as boxing equipment such as gloves, pads, etc. Wheels included.

REF.: MU09900
Dimensions: 135 x 78 x 65 cm
Color: Grey



O'LIVE STANDING FITNESS BALL RACK

Suitable for fitness balls. Balls not included.

REF.: MU06700
Dimensions: ø 77 x 151 cm
Capacity: 3 u
Color: Grey



O'LIVE STANDING FITNESS BALL RACK

Suitable for fitness balls. Balls not included.

REF.: MU06800
Dimensions: ø 127 x 180 cm
Capacity: 9 u
Color: Grey



O'LIVE COMPACT BALL HOLDER

It is suitable for storing a fitness ball. It is screwed into the wall at the desired height. Ball not included.

REF.: MU01500
Dimensions: 82 x 100 x 30 cm
Capacity: 1 u



NEW

CHECK AVAILABILITY

O'LIVE FUNCTIONAL BENCH

The functional bench of O'live Fitness has been designed to store functional training products while providing useful support for the execution of exercises as well as a plyometric box. Material not included.

- Steel construction
- Wheels and handle for movement
- Rings for fixing elastic tubes
- Stores 6 pairs of dumbbells (2-4-6-8-10-12,5 kg), 2 kettlebells and 1 ball
- It has a drawer to store material such as bands, jump ropes, etc ...
- Customizable

REF.: **EN52800**
Dimensions: 43 x 51 x 118 cm

NEW



O'LIVE PLYOMETRIC PLATFORMS

They are lightweight and trapezoidal and can be stored one on top the other without taking up much space. They feature a rubber surface for superior grip and cushioning. It is ideal for consecutive jumps at different heights.

REF.: **EN47701** **EN47702** **EN47703** **EN47704** **EN47705**
Dimensions: 15 cm 30 cm 45 cm 60 cm 76 cm

NEW



O'LIVE WOOD ADJUSTABLE PLYOMETRIC BOX

Depending on which side it is positioned, it allows three different heights: 50 cm, 60 cm or 75 cm.

REF.: **EN50300**
Dimensions: 60 x 50 x 75 cm



NEW

O'LIVE SAFE PLYOMETRIC BOX

Foam platforms are indicated when safety is the premise. Such a soft material minimises the consequences of possible stumbling. They are available in different heights and they can be stacked one on top of the other and held together with Velcro.



REF.: **EN50401**
Dimensions: 15 x 90 x 76 cm

REF.: **EN50402**
Dimensions: 30 x 90 x 76 cm

REF.: **EN50403**
Dimensions: 45 x 90 x 76 cm

REF.: **EN50404**
Dimensions: 60 x 90 x 76 cm

NEW



O'LIVE SOFT ADJUSTABLE PLYOMETRIC BOX

It allows three different heights: 50 cm, 60 cm or 75 cm. The box is easy to move thanks to its light weight and it is the best option for beginners and overall users to avoid some of the most common injuries of plyometric training.

REF.: **EN52200**
Dimensions: 60 x 50 x 75 cm



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.

REF.: MU10200
Dimensions: 7,5 x 165 x 2,5 cm



O'LIVE RESIST PULL BELT

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.

REF.: EN45000



O'LIVE RESIST BELT

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.

REF.: ST20800



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.

REF.: EL13800



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.

REF.: ST00100
Dimensions: ø 3 x 105 cm



O'LIVE SUPERBANDS

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.

REF.:	EL08301	EL08302	EL08303	EL08304	EL08305	EL08306
Intensity:	X Light	Light	Medium	Heavy	X Heavy	XX Heavy
Color:	Red	Black	Yellow	Green	Blue	Orange



O'LIVE SUPERBANDS 2 M

The 2 meter long superbands allow the execution of exercises with a longer range of motion than the normal standard superbands. You can attach them to a point and perform a wide range of flexibility, strength or athletic conditioning exercises with an added resistance to displacement.

REF.:	EL14201	EL14202	EL14203	EL14204
Dimensions:	200 x 1,3 x 0,45 cm	200 x 1,9 x 0,45 cm	200 x 2,1 x 0,45 cm	200 x 2,9 x 0,45 cm
Intensity:	XX- Light	X-Light	Light	Medium
Color:	Purple	Red	Black	Yellow

O'LIVE RESIST TUBE HANDLES

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

REF.: ST16300



O'LIVE RESIST ANKLE STRAP

It has a velcro fastener which allows a quick and easy attachment. Its metal rings safely anchor the elastic cords.

REF.: ST20700



O'LIVE RING ANCHOR STRAP

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

REF.: EL13900



O'LIVE RESIST ARM STRAP

It has a velcro strap which allows a quick and easy attachment. Its metal rings safely anchor the tubing.

REF.: EN45100

O'LIVE SAFETY CARABINER

Used to set different products like climbing ropes, rings, punching bags, etc.

REF.: EN45600
Color: Red



O'LIVE CARABINER

Necessary to allow binding of various products. Lightweight aluminum carabiner alignment, cold forged, with straight finish. Aperture 18 mm.

REF.: EL14500



O'LIVE RESIST TUBE

Covered with a nylon sleeve to protect from rips, humidity and dehydration.

REF.:	ST00801	ST00802	ST00803	ST00804
Dimensions:	120 cm	120 cm	120 cm	120 cm
Intensity:	Light	Medium	Strong	Extra strong
Color:	Yellow	Green	Red	Blue

REF.:	ST05501	ST05502	ST05503	ST05504
Dimensions:	240 cm	240 cm	240 cm	240 cm
Intensity:	Light	Medium	Strong	Extra strong
Color:	Yellow	Green	Red	Blue



O'LIVE RESIST BATTLE ROPE

REF.:	EN37700	EN32200
Intensity:	35 kg	48 Kg.



O'LIVE 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 carabiners and 2 storage bags.

REF.:	EL12300	EL12200
Intensity:	35 kg	48 kg



O'LIVE SPEED RESIST KIT

Set consisting of a 6 meter Resist battle rope, a Resist harness, an anchor strap, two Carabiners and a storage bag. The elastic is 6 meters long and it can reach a maximum length of 12 meters.

REF.:	EL12100	EL11700
Intensity:	35 kg	48 kg



O'LIVE MMA RESIST KIT

Set consisting of a 6 meter Resist battle rope, one Resist bar, one Resist pull belt, one anchor strap, two carabiners and a storage bag. The set allows multiple drills and core training exercises useful for martial arts enthusiasts.

REF.:	EL12500	EL12400
Intensity:	35 kg	48 kg



O'LIVE VARIABLE RESIST KIT

Apply resistance during agility and power training. There are two athletes performing exercises taking turns the role to provide resistance one each other. It Consist of 2 resist belts ST00600 and one strong resistance tube of 1.2 m ST00803

REF.:	EN44600
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O'LIVE UNLIMITED FUNCTIONAL VEST KIT

The O'live Fitness Functional vest allows training with constant tension and freedom of movement even when changing directions. Anchor points are moved on the same plane, facilitating the performance of combined exercises in different ways. The vest is made by heavy duty nylon and features padded protection for comfort. It allows multiple applications as it can be used alone or with a partner, it can also be set at a fixed point or use it to drag sleds or tires.

Includes:

- Full functional Vest (includes 2 auxiliary belts with rings and carabiners).
- Rigid 2 nylon straps for use by a partner.
- 2 elastic cords of medium intensity.
- One anchor strap suitable for attaching the elastic cord to a fixed point.
- 2 handles, suitable to hold the straps or elastic cords.

REF.:	EN44000
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O'LIVE SPRINTER RESIST KIT

Apply both lower and upper resistance during sprint or race training.

Consists of:

- 2 arm straps EN38800, 2 ankle straps ST00700.
- 1 anchor strap EL11900.
- 4 resistance tubes of 1.20 m
- 1 carry bag.

REF.:	EN44101	EN44102
Intensity:	Medium	Strong

O'LIVE 2 PLAYER RESIST KIT

A partner holds the elastic during use allowing greater range of movement of the athlete and versatility of the exercises. It consists of:

- 1 harness EL11800
- 1 medium intensity resistance tube of 2.4 meters ST05502
- 1 handle PL18400

REF.:	EN44500
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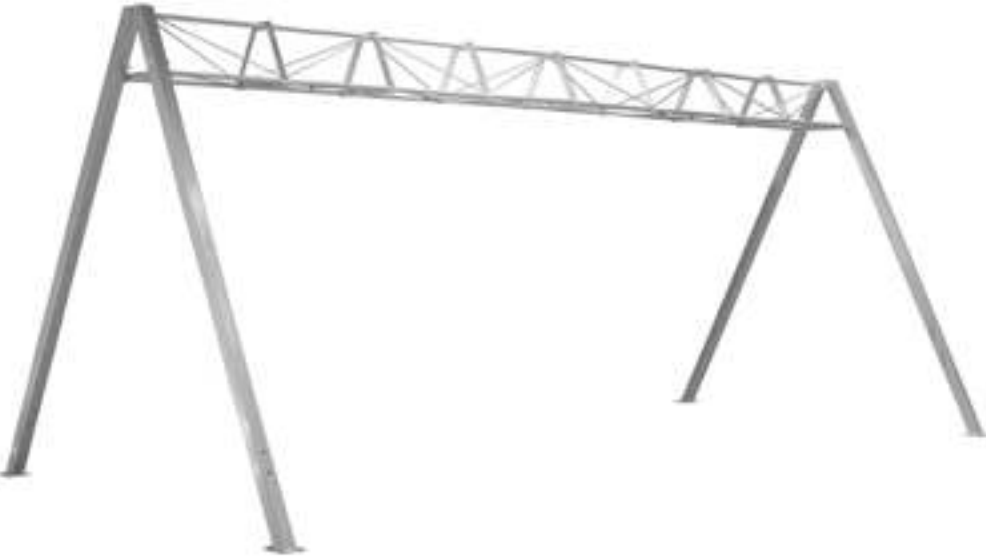
O'LIVE 360° RESIST KIT

Apply resistance during agility and power training. By fixing the elastic in two opposite points, the athlete gets strength in all directions with complete freedom of movement. This consists of:

- 1 belt ST00600
- 2 anchor straps EL119001
- 2 strong resistance tubes of 2.4 meters ST05503.

REF.:	EN44700
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ANTI-SKID PLATES FOR SUSPENSION STATION

These anti-skid plates are useful when looking for greater stability and when ground screwing of the suspension station is not possible.

REF.: EN41100

O'LIVE FREESTANDING SUSPENSION TRAINING STATION

The O'live Fitness suspension training station is stable and robust, suitable for suspension training with multiple users working at the same time. Ground screwing of the structure recommended.

REF.:	EN41500	EN41600	EN41700	EN41800	EN41900	EN42000
Dimensions:	292 x 300 x 174 cm	292 x 300 x 324 cm	292 x 300 x 474 cm	292 x 300 x 624 cm	292 x 300 x 774 cm	292 x 300 x 924 cm
Capacity:	4 users	6 users	8 users	12 users	14 users	16 users



NEW



NEW

O'LIVE WOOD SUSPENSION RINGS

Made of ø 2,8 cm diameter wood and a nylon adjustable strap with numbering.

REF.: EN50600
Dimensions: ø 23 cm

O'LIVE AB-STRAPS

Made with heavy-duty nylon straps and thick foam padding, are both durable and comfortable.

REF.: EN50700



O'LIVE O'SKY SUSPENSION TRAINER

The power of rotation: The O'Sky incorporates a pulley that allows bilateral exercises and exercises involving other functional movement chains. In addition, instability provided by the pulley is causing greater activation of the abdominal muscles, and provides a greater challenge for advanced users.

Versatile: The pulley can be locked, allowing also make unilateral exercises, useful for beginners to get a lower difficulty of the exercises.

Universal grips: Another aspect of differentiation is the multidisciplinary grips. These allow multiple grip options being suitable for the hands, feet, and forearms. Its design allows different hands positions depending on user preferences, and includes a professional quality rubber handle for generic use.

Ease of use: The O'Sky is easy to use; the length is simply regulated by setting the grips of one of the 3 levels available through the aluminum carabiner in each handle. The lock of the pulley is easily done by an industrial quality secure pin.

Safe: The O'Sky provides a security maillon by fastening screw, this allows take it down easily, or if its screwed, impossible to take down without tools.



SUSPENSION TRAINER CEILING MOUNT

Designed to set the suspension trainer on the roof or wall. This requires one solid surface, not hollow for optimum anchorage.

REF.: EN43700

REF.: EN44300



O'LIVE WALL SUSPENSION TRAINING STATION

The wall Suspension Station creates a training area, making it possible to suspend o' sky's, punching bags or rings. It is essential to have a solid wall to screw the structure safely. Available in different lengths can accommodate up to eight users exercising simultaneously.

REF.:	EN45301	EN45302	EN45303	EN45304
Capacity:	2 users	4 users	6 users	8 users
Dimensions:	1,5 m	3 m	4,5 m	6 m



O'LIVE PULL UP BAR

32 mm diameter bar to hang on the wall and perform pull-ups. Solid steel construction in textured black color with a maximum capacity of 500 kg. It allows the union of the extension (ref: EN51700) and thus create an integrated line for multiple users. The pull-up bar needs a wall that allows a strong union of the set.

REF.:	EN50100
Dimensions:	580 x 1300 x 920 mm

NEW



O'LIVE PULL UP BAR EXTENSION

The wall-mounted O'Live Pull-Up Bar (EN50100) can be extended as far as you like.

REF.:	EN51700
Dimensions:	580 x 1240 x 920 mm

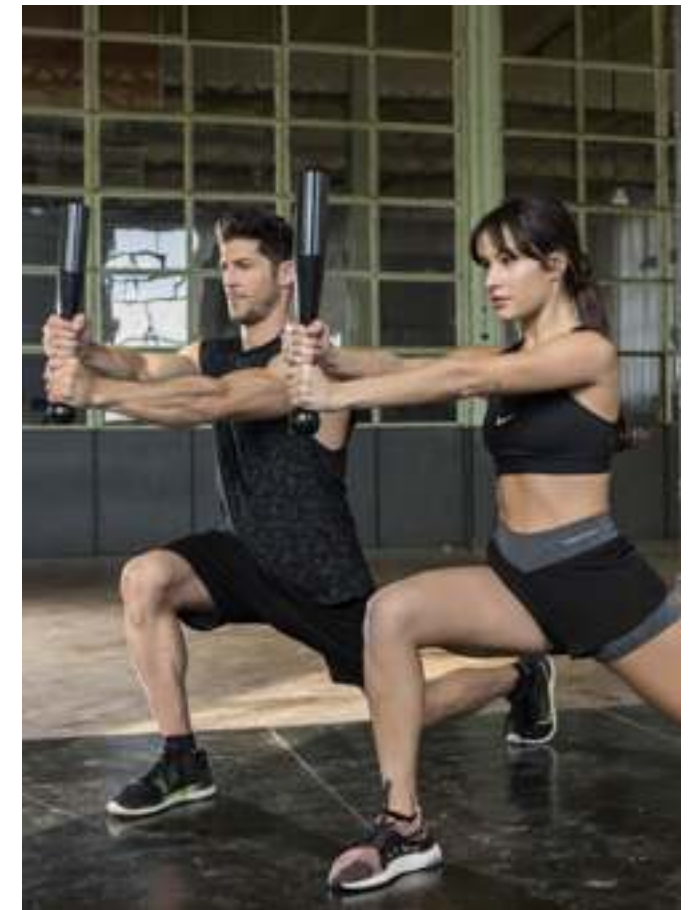
NEW



O'LIVE TRAINING CLUBBELLS

Thanks to a displaced center of mass, the leverage created by their length and weight improves the grip and wrist strength. Sold in pairs

REF.:	EN39101	EN39102	EN39103	EN39104	EN39105	EN39106
Weight:	2 kg	4 kg	6 kg	8 kg	10 kg	12 kg
ØHandle:	17 mm	25 mm	29 mm	32 mm	32 mm	35 mm



O'LIVE CLUBBELLS RACK

This rack can store 1 pair of Clubbells of each weight. It comes with a rubber base for added protection.

REF.:	MU12000
Capacity:	6 pairs (1 pair of each weight)



O'LIVE MULTI-GRIP PULL UP BAR

- Provides a 5 degree angle to create the optimum biomechanical position for your wrist.
- Bottom slot hole to allow the use of all type of suspension training kits.
- Features rubber handles for optimum grip, comfort and total safety.
- Designed to ensure suitable wall clearance.
- Easily attached to any solid brick or stone surface.
- All fixings and instructions included.
- Back plate measurements: 225 x 225 mm.

REF.:	EN41000
Dimensions:	121 x 48 x 23 cm



O'LIVE MULTIPLE RACK

The functional bags, functional balls, kettlebells and Shoulder bags are the necessary and indispensable products for a good functional training program. It includes:
- 2 columns, 1 Functional bags shelf, 1 Functional balls shelf, 1 Kettlebells shelf and 1 Shoulder bags shelf. (Material not included).

| REF.: **MU16500**



O'LIVE MULTIPLE RACK COLUMN

Support for holding various shelves according to the products stored. Each module requires two supports. When annexed module is required, only one extra support is needed for the expansion.

| REF.: **MU16400**



O'LIVE MULTIPLE RACK PLATES/ BOSUS SHELF

Shelf for storing Bumper plates. The capacity depends on the size of them. It also allows store 6 Bosu trainers. Suitable for O'live Multiple rack or any O'live Fitness functional station. Can only be installed to the bottom line, in floor contact.

| REF.: **MU16300**



O'LIVE MULTIPLE RACK BALL SHELF

Suitable for Multiple rack or any O'live Functional Station. Each shelf can store:
- Functional balls (4 units)
- Medicine balls (6 units)
- Fitness Balls (2-3 units)

| REF.: **MU15800**



O'LIVE MULTIPLE RACK BIG FLAT SHELF

Shelf to store dumbbells or any product that requires a large base as ab mats, etc. Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: **MU15700**



O'LIVE MULTIPLE RACK VERSATILE SHELF

Shelf to store mats, tubes, ankle weights, etc. It includes 4 supports allowing to store 40 mats (1cm thickness) or 40 elastic tubes. It allows to add more supports for extra capacity (ref: MU15600). Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: **MU15900**



O'LIVE MULTIPLE RACK FUNCTIONAL BAGS SHELF

Shelf to store 5 functional bags. Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: **MU16100**



O'LIVE MULTIPLE RACK BOX SHELF

Shelf to store Power Disk bars and clips. Also useful to store other kind of products such bands, mini balls or loops thanks to the 3 compartments. Suitable for Multiple rack.

| REF.: **MU15500**



O'LIVE MULTIPLE RACK SMALL FLAT SHELF

Shelf to store kettlebells or products like Studio dumbbells or Slam balls. Suitable for Multiple rack or any O'live Fitness functional station.

| REF.: **MU15400** **MU16200**



O'LIVE MULTIPLE RACK VERSATILE SHELF SUPPORTS

The supports can be added to the versatile shelf (ref: MU15900) as to increase the capacity.

| REF.: **MU15600**



O'LIVE AGILITY HEXAGONS

The system allows the hexagons to be placed in different positions for training in different directions. Carrying bag included. Single Color.

REF.: EN42500
Color: Yellow

NEW



O'LIVE AGILITY DOTS

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.

REF.: EN51000
Dimensions: ø 25 cm
Color: Red

NEW



O'LIVE REACTION BALL

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

REF.: BA09700
Dimensions: ø 10 cm
Color: Red



O'LIVE SPEED SLED

The speed sled is used for power training. It can be used indoors or outdoors and includes 3 removable bags of 5 kg each. Supplied with full bags.

REF.: EN43200



O'LIVE LATERAL RESISTOR

Ideal for training the side postural skills of the athlete, improving the speed agility. Ankles have velcro closure and are padded for comfort. Available in two intensities.

REF.: EL13601 EL13602
Intensity: Medium Strong



O'LIVE SPEED LADDER

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.

REF.: EN01200
Size: 4 m



O'LIVE RUBBER SPEED LADDER

Unlike standard speed ladders, do not waste time adjusting the spaces, making it much more practical and quick to install. It is made of rubber providing an ideal sports non-slip surface.

REF.: EN52400



O'LIVE SPEED CONE

Made from heavy duty injected plastic. Wide stable round base. For use both indoors and outdoors.

REF.: EN42800
Dimensions: ø 7 x 28 cm
Color: Red



O'LIVE FLEXIBLE SPEED CONES KIT

They can be used on any surface and their low profile and flexible material make them safe. You can add slalom poles to simulate obstacles and increase their versatility. The kit contains 16 units in different colors.

REF.: EN42900



O'LIVE HURDLE

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

REF.:	EN42601	EN42602	EN42603
Dimensions:	22 x 15 x 45 cm	22 x 23 x 45 cm	22 x 30 x 45 cm
Color:	Yellow	Yellow	Yellow

O'LIVE ADJUSTABLE HURDLE

Can be adjusted to 20 cm and 30 cm of height. Supplied in 4-unit packs. Single color.

REF.:	EN42700
Color:	Yellow



O'LIVE SLALOM POLE

They are helpful for an infinite number of agility drills. If they are used for slalom drills, a base is needed to keep them straight.

REF.:	EN43100	EN43400
Dimensions:	170 cm	1 m

O'LIVE SLALOM POLE BASE

Base needed to keep the pole standing.

REF.:	EN43000
Dimensions:	Ø 16 x 24 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. 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).

REF.:	EN06600
Dimensions:	140 x 100 cm
Color:	White



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. 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).

REF.:	EN07401
Dimensions:	140 x 100 cm
Color:	Black



FLOWIN® PAD KIT

This kit includes five pads (1 knees, 2 hands and 2 feet).

REF.:	EN07000
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FLOWIN DVD

Flowin® DVD with three different training programs, and instructions to each exercise. Recommended for all difficulty levels.

REF.:	DV04201	DV04202
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NEW

O'LIVE AQUAFIT BOARD

The Aquafit Board is a training platform that offers a new, dynamic and fun way to exercise. Its main characteristic is its rigidity, along with its ability to float on water. The AquaFit Board allows different types of training such as Functional Training, Pilates or Yoga. Easy to transport, it can be used in both outdoor and indoor pools. The training with the AquaFit Board is done with the constant instability of the board over the water providing neuromuscular improvements from the first moment. It contains:

- 1 Board
- 2 fastening straps with carabiners
- 1 transport belt
- 1 repair kit

REF.: **AQ23500**
Dimensions: 80 x 10 x 200 cm



O'LIVE AQUAFIT BOARD HAND PUMP

Double action pump for inflating the AquaFit board.

REF.: **AQ23300**



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O'LIVE CHROMED DUMBBELLS

Coated with quality chrome with polyurethane rings in the heads and in the handle to prevent premature wear and for easy grip. The indication of the weight on the side is in color and oversized. Sold in pairs.

REF.:	PL23601	PL23602	PL23603	PL23604	PL23605
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
REF.:	PL23606	PL23607	PL23608	PL23609	PL23610
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg



O'LIVE CHROMED DUMBBELLS KIT

With a range of 1 kg to 10 kg, in 1 kg increments, they are a complement to heavier weights, and also popular in female training. Kit consisting of 10 pairs of dumbbells of 1 kg to 10 Kg.

REF.:	PL23700
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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. Sold in pairs.

REF.:	PL15701	PL15702	PL15703	PL15704	PL15705
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
REF.:	PL15706	PL15707	PL15708	PL15709	PL15710
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg
REF.:	PL15711	PL15712	PL15713	PL15714	PL15715
Weight:	12.5 kg	15 kg	17.5 kg	20 kg	22.5 kg
REF.:	PL15716	PL15717	PL15718	PL15719	PL15720
Weight:	25 kg	27.5 kg	30 kg	32.5 kg	35 kg



O'LIVE RUBBER HEX DUMBBELLS KIT

10 pairs of 1kg. to 10 kg.

REF.:	PL15400
Capacity:	10 pairs



O'LIVE PRO-STYLE DUMBBELLS

The new O'live Pro-style dumbbells offer a higher level of quality. The new design prevents ground rolling and now they are made of steel instead of cast, which proves to be more compact and have excellent balance. The union of the heads is more durable and reliable, avoiding possible detachments. Protected by high quality virgin rubber, they are more resistant, silent and odor-free, with good looks and pleasant feeling. An oversized color weight identification helps reading easily, and the handle has a soft while safe hard chrome treatment for extra durability. Sold in units.

REF.:	PL23201	PL23202	PL23203	PL23204	PL23205	PL23206	PL23207	PL23208	PL23209	PL23210
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
REF.:	PL23211	PL23212	PL23213	PL23214	PL23215	PL23216	PL23217	PL23218	PL23219	PL23220
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

RUBBER PRO STYLE DUMBBELLS KITS

REF.:	PL23301	PL23302	PL23303	PL23304	PL23305	PL23306
Others:	5 pairs from 2,5 to 12,5 kg	5 pairs from 15 to 25 kg	5 pairs from 27,5 to 37,5 kg	5 pairs from 40 to 50 kg	10 pairs from 1 to 10 kg	10 pairs from 12,5 to 35 kg
REF.:	PL23307	PL23308	PL23309	PL23310	PL23311	
Others:	6 pairs from 12,5 to 25 kg	6 pairs from 27,5 to 40 kg	6 pairs from 2,5 to 15 kg	6 pairs from 17,5 to 30 kg	6 pairs from 32,5 to 45 kg	



O'LIVE DUMBBELLS VERTICAL RACK

Suitable for 10 pairs of chrome, hexagonal or Pro-style dumbbells. Dumbbells not included.

REF.:	MU08300
Dimensions:	60 x 42 x 55 cm
Capacity:	10 pairs from 1kg to 10kg
Color:	Grey



O'LIVE DUMBBELLS HORIZTONTAL RACK

Suitable for hexagonal dumbbells. with a 3 mm rubber base to increase protection. Dumbbells not included.

REF.:	MU07700
Dimensions:	150 x 83 x 63 cm
Capacity:	From 4 to 7 pairs per tray (depending on weight)
Color:	Grey



O'LIVE PRO-STYLE BARS

Decagonal design prevents ground rolling. Made of steel instead of cast, which proves to be more compact and have excellent balance. Protected by high quality virgin rubber. An oversized color weight identification helps reading easily. Handle has a soft while safe hard chrome treatment for extra durability. Handle's total internal length: 110 cm

REF.:	PL23401	PL23402	PL23501	PL23502
Capacity:	From 10 to 15 kg.	From 25 to 45 kg.	From 10 to 15 kg.	From 25 to 45 kg.
Material:	Curved	Curved	Straight	Straight
Others:	5 bars in 2,5 kg. increment	5 bars in 5 kg increment	5 bars in 2,5 kg. increment	5 bars in 5 kg increment



O'LIVE PRO-STYLE DUMBBELLS RACK

Suitable for the storage of Pro-Style dumbbells. It has plastic saddles for proper positioning. Dumbbells not included.

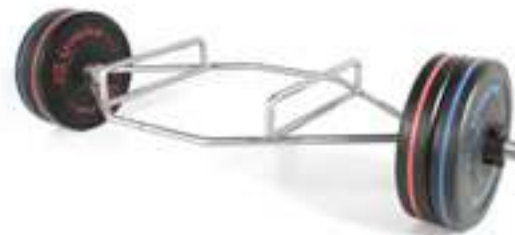
REF.:	MU07500	MU07600
Dimensions:	125 x 81 x 53 cm	240 x 90 x 57 cm
Capacity:	5 pairs	10 pairs
Color:	Grey	Grey



O'LIVE PRO-STYLE DUMBBELLS RACK

Fits up to 6 pairs of Pro-Style dumbbells. Dumbbells not included.

REF.:	MU14200	MU14300
Dimensions:	65 x 148 x 85 cm	73 x 191 x 110 cm
Capacity:	6 pairs	12 pairs



O'LIVE OLYMPIC TRAP BAR

Optimized for the execution of deadlifts, providing less stress on the lower back. It is also suitable for beginning athletes as well as those suffering from some back problem. Handle provides a comfortable and safe neutral grip. Disks not included.

REF.:	PL28100
Dimensions:	182 x 73 x 16 cm
Weight:	25 kg
Others:	Grip diameter: 25mm

O'LIVE PRO-STYLE BARS RACK

Suitable for storing 5 Pro-Style weight bars. Weight bars not included.

REF.:	MU07400
Dimensions:	90 x 134 x 61 cm
Capacity:	5 u
Color:	Grey



O'LIVE OLYMPIC MULTI GRIP TRAP BAR

Optimized for the execution of deadlifts, providing less stress on the lower back. It is also suitable for beginning athletes as well as those suffering from some back problem. It incorporates three different types of gripping diameter swiveling handles (25mm, 38mm and 48mm). The improved design makes it easy to change the disks, as they do not touch the ground, the disks also never receive direct impacts on the floor. Disks not included.

REF.:	PL25000
Dimensions:	164 x 77 x 26 cm



FREE WEIGHTS



FREE WEIGHTS



O’LIVE OLYMPIC BAR RACK

Capacity for 9 Olympic bars. Its compact design allows for better space utilisation. It comes with nylon protections to prevent bar deterioration.

REF.:	PL27200
Dimensions:	46 x 25 x 46 cm
Color:	Black



O’LIVE BARBELL WALL RACK

Holds up to six barbells on a wall-mounted frame. It is a safe and easy way to store barbells and must be bolted to wall. It incorporates plastic saddles for barbell and rack protection.

REF.:	PL27400
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TYPE	USE	WEIGHT	TOTAL LENGTH	SHAFT GRIP LENGTH	GRIP DIAMETER	COATING	ROTATION	MAX LOAD
PL14401 O’LIVE OLYMPIC BAR, 1520 MM	BENCHES & RACKS	13 KG	1520 MM	940 MM	30 MM	NICKEL	BRASS BUSHING	300 KG
PL14402 O’LIVE OLYMPIC BAR, 1830 MM	BENCHES & RACKS	15 KG	1830 MM	1250 MM	30 MM	NICKEL	BRASS BUSHING	300 KG
PL14403 O’LIVE OLYMPIC BAR, 2180 MM	BENCHES & RACKS	20 KG	2180 MM	1330 MM	30 MM	NICKEL	BRASS BUSHING	650 KG
PL18200 OLYMPIC FUNCTIONAL BASIC BAR	FUNCTIONAL, MODERATE USE	20 KG	2200 MM	1315 MM	28 MM	BLACK ZINC / HARD CHROMED	BRASS BUSHING	650 KG
PL20901 OLYMPIC FUNCTIONAL ELITE BAR, MAN	FUNCTIONAL, HEAVY USE	20 KG	2200 MM	1310 MM	28 MM	MANGANESE PHOSPHATE / CHROMED	COOPER ALLOY BUSHING	680 KG
PL20902 OLYMPIC FUNCTIONAL ELITE BAR, WOMAN	FUNCTIONAL, HEAVY USE	15 KG	2010 MM	1310 MM	25 MM	MANGANESE PHOSPHATE / CHROMED	COOPER ALLOY BUSHING	540 KG
PL21700 OLYMPIC FUNCTIONAL TECHNICAL BAR	INITATION	8 KG	1820 MM	126 MM	28 MM	ALUMINIUM	BRASS BUSHING	60 KG
PL13500 O’LIVE EZ OLYMPIC BAR	FREE WEIGHTS	8 K	1200 MM	785 MM	28 MM	NICKEL	BRASS BUSHING	-
PL13702 O’LIVE SUPER EZ OLYMPIC BAR	FREE WEIGHTS	10 KG	1200 MM	795 MM	28 MM	NICKEL	BRASS BUSHING	-
PL14500 O’LIVE TRICEPS OLYMPIC BAR	FREE WEIGHTS	12 KG	860 MM	490 MM	28 MM	NICKEL	BRASS BUSHING	-
PL14102 O’LIVE SHORT OLYMPIC BAR	FREE WEIGHTS	4,5 KG	510 MM	135 MM	28 MM	NICKEL	BRASS BUSHING	-
PL25300 O’LIVE OLIMPIC TRAP BAR	DEATH LIFT	25 KG	1820 MM	630 MM	25MM	NICKEL	-	-
PL25000 O’LIVE OLIMPIC MULTI GRIP TRAP BAR	DEATH LIFT	24 KG	1640 MM	700 MM	25-28-48 MM	CHROMED / PAINTED	-	-



O’LIVE OLYMPIC BAR

The O’Live Olympic bars are brushed steel bars with a rotating sleeve and rubber end caps. These are basic bars for general exercises in a fitness room/environment. They are not suitable for cross training, Powerlifting, weightlifting, etc. They are suitable for 50mm diameter discs.

REF.:	PL14403	PL14402	PL14401	PL13702
Nº image:	1	2	3	4
Dimensions:	ø 0,3 x 218 cm	ø 0,3 x 183 cm	ø 0,3 x 152 cm	ø 2,8 x 120 cm
Weight:	20 kg	15 kg	13 kg	10 kg
Others:	Olympic bar (max. load 68kg)	Olympic bar	Olympic bar	Super Ez Olympic bar

REF.:	PL13500	PL14500	PL14102
Nº image:	5	6	7
Dimensions:	ø 2,8 x 120 cm	ø 2,8 x 86 cm	ø 2,8 x 120 cm
Weight:	8 kg	12 kg	4.5 kg
Others:	Ez Olympic bar	Olympic triceps bar	Short Olympic Bar



O’LIVE OLYMPIC FUNCTIONAL BASIC BAR

An entry level bar. Although this bar is not intended for hard use, isn’t defcient in strength.
Tensile Strength: 150 Kpsi
Sleeve coating: Hard chrome
Shaft coating: Black oxide
Tolerance: 650 kg

REF.:	PL27000
Dimensions:	ø 2,8 x 220 cm
Weight:	20 kg



O’LIVE OLYMPIC FUNCTIONAL ELITE BAR

Used in Cross training and Powerlifting centers, they hold up to high intensity training and repeated dropping without bending or breaking. With a tensile strength of 216 Kpsi and a tolerance of 680 kg, this barbell is designed specifically for functional training, with an ideal compromise between rigidity and flexibility.

REF.:	PL20902	PL20901
Dimensions:	ø 2,5 x 201 cm	ø 2,8 x 220 cm
Weight:	15 kg	20 kg
Others:	Woman	Man



O’LIVE OLYMPIC FUNCTIONAL TECHNICAL BAR

These 8 kg aluminum barbells are a perfect starter bar for teaching beginners the technique of Olympic lifting. Combine this bar with our 2.5 kg technique plates and you’ve got the perfect combination for anyone starting out. You can learn the technique with as little as 13 kg total weight.

REF.:	PL27700
Dimensions:	ø 2,8 X 182 cm
Weight:	8 kg



O'LIVE SPRING COLLAR

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

REF.: PL26900



O'LIVE SPRING COLLAR

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.

REF.: PL16800



O'LIVE MUSCLE CLAMP COLLARS

Solid plastic clamps for 50mm 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.

REF.: PL17202



O'LIVE TURN PIN COLLAR

Provide a greater safety without sacrificing speed or effectiveness. It can be quickly locked by pressing the latch. It is for 50 mm diameter bars.

REF.: PL16700



O'LIVE COMPETITION COLLARS

The competition clamps are designed for Olympic bars of 50 mm diameter sleeves. With a weight of 2.5 kg each unit, they provide a fast fixing and a strong attachment to ensure that the disks are subject during the most intense lifts. Sold in pairs.

REF.: PL23800



O'LIVE QUICK LOCK COLLARS

Including a solid core of nylon specially designed to ensure a firm bond without damaging the bar. Fastened with a pressure spring that can be manipulated with just one hand, making its use extremely easy. Sold in pairs.

REF.: PL24800



O'LIVE STRAP COLLARS

The strap collars are made of nylon and have a velcro closure, thus preventing them from loosening. They are suitable especially in repeated discs changes in the bar as well as frequent drops as they barely regress. They fit virtually all types of bars regardless of its diameter.

REF.: PL24900

TYPE	PURPOSE	USE	TYPE OF CLOSURE	FEATURES
PL16900 O'LIVE, SPRING COLLARS	FREE WEIGHTS	LIGHT USE	SPRING	ECONOMICAL IDEAL FOR EZ BARS
PL16800 O'LIVE, SPRING COLLARS 90°	FREE WEIGHTS	LIGHT USE	SPRING	ECONOMICAL IDEAL FOR EZ BARS THE INCLINATION AVOID DAMAGE
PL17202 O'LIVE, MUSCLE CLAMP COLLARS	FREE WEIGHTS CROSSTRaining	MODERATE USE	ROTATING CLAMP	BETTER FIXING RUBBER INSERTS AVOID DAMAGE THE BAR WHILE SECURES FIRMLY
PL16700 O'LIVE TURN PIN COLLARS	FREE WEIGHTS CROSSTRaining	MODERATE USE	HANDLE SCREW	STURDY & ECONOMICAL
PL24800 O'LIVE QUICK LOCK COLLARS	FREE WEIGHTS CROSSTRaining	HEAVY USE	CLAMP PRESSURE WITH LOCK	SECURE & FIRM LOCK RUBBER INSERTS AVOID DAMAGE THE BAR
PL24900 O'LIVE STRAP COLLARS	CROSSTRaining	LIGHT USE / MODERATE USE	VELCRO	ESPECIALLY IN REPEATED DISCS CHANGES
PL23800 O'LIVE COMPETITION COLLARS	OLIMPIC LIFTS	HEAVY USE	DOUBLE FIXATION	2.5 KG EACH UNIT



NEW

O'LIVE OLYMPIC BUMPER DISCS

Designed for olympic training and lifting. Plates have an IWF standard 450mm diameter, minimal surface imperfections, and a weight tolerante of +/- 0,1% . Incorporates stainless steel inserts and quality virgin rubber, as well as perimeter stripes in color for easy identification of the weight.

REF.:	PL26701	PL26702	PL26703	PL26704	PL26705
Weight:	5 kg	10 kg	15 kg	20 kg	25 kg



O'LIVE OLYMPIC RUBBER DISCS

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. Sold in units.

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



NEW

O'LIVE OLYMPIC COMPETITION BUMPER PLATE

The O'Live Competition Bumper plates increases performance comparing to Standard Bumper plates. Plates have an IWF standard 450mm diameter, minimal surface imperfections, and uses a steel core reinforcement resulting in a more compact plate. They are more durable and allows more plates fit onto the barbell. The quality coloured virgin rubber allows easy weight identification and more hardness offers minimal bounce. Sold in units.

REF.:	PL28005	PL28001	PL28002	PL28003	PL28004
Weight:	5 kg	10 kg	15 kg	20 kg	25 kg



O'LIVE OLYMPIC FRACTIONAL PLATE

They are made from cast-iron and coated in brightly coloured rubber in the traditional Olympic colours. The rubber provides an added degree of protection. Sold in pairs.

REF.:	PL27801	PL27802	PL27803	PL27804	PL27805
Weight:	0.5 kg	1 kg	1.5 kg	2 kg	2.5 kg
Color:	White	Green	Yellow	Blue	Red



O'LIVE TECHNIQUE PLATE

The Technique Plates are made of rubber and are standard IWF plate size (450mm). Combine these plates with our 8 kg aluminium weightlifting bar then you've got the perfect combination for anyone starting out. Sold in pairs.

REF.:	PL27900
Weight:	2.5 kg
Color:	Black



O'LIVE DISK RACK

Ideal for the storage of Olympic discs. It also includes two practical supports to store Olympic bars. Disks and bars not included.

REF.:	PL23900
Dimensions:	62 x 69 x 114 cm
Color:	Grey



O'LIVE BUMPER PLATE RACK

Suitable for the storage of bumper or competition plates. It incorporates one support to store fractional plates. Plates not included.

REF.:	PL27100
Dimensions:	142 x 42 x 33 cm
Color:	Black



O'LIVE CAST IRON KETTLEBELLS

Cast iron manufactured and powder coated textured for optimum grip. Differentiated by color for easy weight identification. They have a flat base that provides them great stability, which makes them very useful for certain crosstraining exercises.

REF.:	EN47902	EN47903	EN47904	EN47905
Weight:	8 kg	12 kg	16 kg	20 kg
REF.:	EN47906	EN47907	EN47908	
Weight:	24 kg	28 kg	32 kg	



O'LIVE RUBBER KETTLEBELLS

- The flat base allows for greater stability in floor exercises.
- 360° visible colour embossed weight identification.
- Hard chrome 31 mm handle that provides extra comfort and protection.
- The design of the handle allows working with both hands in all weights.
- The rubber will not scratch or damage benches or floors.

REF.:	EN48001	EN48002	EN48003	EN48004
Weight:	4 kg	8 kg	12 kg	16 kg
REF.:	EN48005	EN48006	EN48007	
Weight:	20 kg	24 kg	28 kg	



O'LIVE COMPETITIVE KETTLEBELLS

- Four specially contoured flats, reducing friction and discomfort during overhead presses, cleans, and snatches.
- All weights are same sphere size of Ø 210 mm according to standard measurements.
- Made from cast steel, stronger than cast iron Kettlebells.
- Perfectly smooth 33mm handle.
- Stable base for optimum floor exercises.

REF.:	EN51101	EN51102	EN51103	EN51104
Weight:	8 kg	12 kg	16 kg	20 kg
Color:	Pink	Blue	Yellow	Purple
REF.:	EN51105	EN51106	EN51107	
Weight:	24 kg	28 kg	32 kg	
Color:	Green	Orange	Red	



FREE WEIGHTS



FREE WEIGHTS



FREE WEIGHTS



O'LIVE KETTLEBELL RACK

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

REF.: MU06400
Dimensions: 129 x 53 x 81 cm
Color: Grey

NEW



O'LIVE ADJUSTABLE BENCH

The O'live Fitness bench's back pad and seat has adjustable pressing angles to help ensure solid ergonomic performance. The bench is strong enough to be suitable for commercial and professional environments.

REF.: PL29100
Dimensions: 120 x 45 x 34 cm



NEW

O'LIVE PORTABLE SQUAT STAND

- Heavy-duty squat rack designed to hold weight bar safely and securely
- Ideal for flat, incline, and decline bench presses, squats, curls, rows, and more
- 3 mm heavy-gauge steel frame with solid base with wheels.
- J-Hook with a gentler curve to its shape for optimum position of the bar. With a polyethylene insert to protect the knurling of the bar and to avoid scratches to the frame itself.
- Recommended Max Weight 400 kg.
- Bars and disks not included.

REF.: PL27300
Dimensions: 56 x 65 x 186 cm

NEW

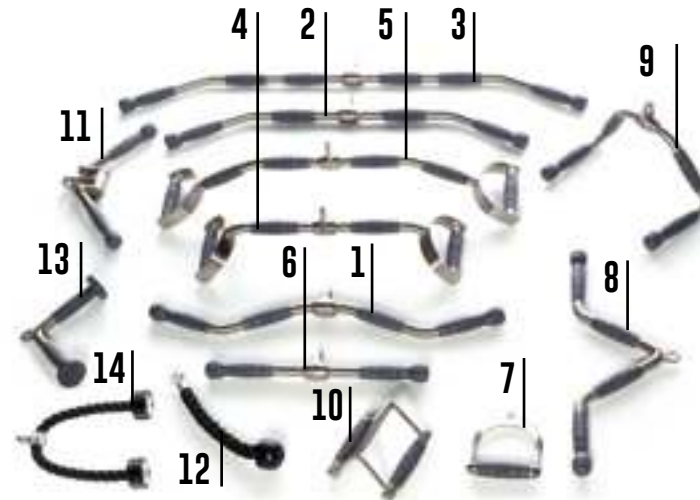


O'LIVE JERK BOXES

Use them as pull blocks for partial deadlifts, or as a way to set hang positions for cleans, high pulls and snatches, and even as spotting implements for heavy squats or bench presses. Vary the box combinations for box jumps and complex plyometric drills, and in one piece of equipment you have a tool around which an entire session can be based.

Includes:
2 boxes of 900 X 500 X 70 mm
2 boxes of 900 x 500 x 150 mm
2 boxes of 900 x 500 x 300 mm
2 boxes of 900 x 500 x 380 mm

REF.: PL27600



O'LIVE CABLE ATTACHMENTS

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

REF.:	Description	ORDER
PL13602	O'LIVE CURL LAT BAR, 71 cm	1
PL13801	O'LIVE LAT BAR, 91 cm	2
PL13802	O'LIVE LAT BAR, 122 cm	3
PL13901	O'LIVE LAT BAR PRO, 61 cm	4
PL13902	O'LIVE LAT BAR PRO, 96 cm	5
PL14000	O'LIVE REVOLVING TRICEPS & BICEPS BAR, 50 cm	6
PL14600	O'LIVE SINGLE HANDLER, Pair	7
PL15901	O'LIVE MULTI EXERCISE BAR	8
PL15902	O'LIVE MULTI EXERCISE BAR	9
PL16000	O'LIVE SHORT ROWING HANDLER	10
PL16100	O'LIVE REVOLVING TRICEPS BAR	11
PL16200	O'LIVE SINGLE PULL ROPE	12
PL16300	O'LIVE FIXED TRICEPS BAR	13
PL16600	O'LIVE DOUBLE PULL ROPE	14



NEW

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.

REF.: PL26300



O'LIVE SINGLE HANDLER

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

REF.: PL18400



O'LIVE ACCESSORIES RACK

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

REF.: MU08200
Dimensions: 50 x 125 x 50 cm
Color: Grey



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.

REF.: EN05500
Dimensions: ø 8 x 50 cm
Color: Black



FAT GRIPZ

REF.: PL18000
Dimensions: 7 x 7 x 35 cm



O'LIVE TRAINING PLATFORM

The platform is manufactured using 30mm thick rubber tiles and then attached with a metal profile. It is suitable for training with heavy loads in order to allow safe area for both athlete and floor installation.

REF.: PL23000
Dimensions: 303 x 3 x 203 cm



O'LIVE WOOD WEIGHTLIFTING PLATFORM

A weightlifting platform is ideal for performing explosive Olympic lifts such as deadlifts and cleans. This Rubber Lifting Platform with wood centre is suitable for any gym, or athlete looking to train with heavy weights. Made with wood birch on center and heavy duty outer rubber sections. With metal surround.

REF.: PL28800
Dimensions: 303 x 3 x 203 cm



O'LIVE CORE TRAINER

Use this versatile device for perform core exercises, upper and lower body, or perform movements that work different muscle groups at once. The Fixed Core Trainer can be fixed into the Core Trainer Station and all O'live Functional Stations.

REF.: ES15200
Dimensions: 39 x 15 x 8 cm



O'LIVE WEIGHTLIFTING PLATFORM

This Rubber Lifting Platform with wood/vinyl centre is suitable for any gym, or athlete looking to train with heavy weights.

REF.: PL22700
Dimensions: 303 x 3 x 203 cm



O'LIVE CORE TRAINER

Use this versatile device for perform core exercises, upper and lower body, or perform movements that work different muscle groups at once. The Core Trainer needs a 25 kg portable disk or 2 of less weight to allow optimal stabilization.

REF.: PL24700



O'LIVE CORE TRAINER BAR

Use this versatile device for perform core exercises, upper and lower body, or perform movements that work different muscle groups at once. The Core Trainer Bar is screwed to the Core Trainer Station and all O'live Functional Stations.

REF.: ES15300
Dimensions: 250 x 24 x 120 cm



O'LIVE CORE TRAINER STATION

The Core Trainer Station is a base where you can set one or two Core Trainers. For optimum performance Olympic disks are required to increase the weight and gain stability.

REF.: PL22800
Dimensions: 80 x 60 x 28 cm



O'LIVE BASIC CORE TRAINER HANDLE

Optimum grip options allow users to upgrade their skills to perform exercises such as chest press.

REF.: PL25100

O'LIVE MULTIFUNCTION CORE TRAINER HANDLE

It is suitable for performing the Clean & Jerk and squats completely safely. It incorporates rotating handles providing neutral wrist position, avoiding injuries and winning ergonomics. It is suitable for Olympic bars of 50 mm diameter.

REF.: PL22900
Dimensions: 94 x 78 x 18 cm

O'LIVE CORE TRAINER SUPPORT

This support allows the bar rests at a high level, so the user does not have to lean to raise the bar. Especially useful when there are a lot of weight or to perform squats. It has brackets on each side to hold Olympic disks and additional accessories.

REF.: ES15400
Dimensions: 52 x 80 x 82 cm

NEW



O'LIVE GRIP TRAINER

Grip trainer is an effective finger-hand-forearm strength and endurance trainer. Sold in units.

45 kg, the 45 kg will be just the right place for you to start.

70 kg Things start to get serious because most people who lift weights cannot close it the first time they try.

90 kg If you are strong enough to fully close it, you have exceptionally strong hands.

110 kg Once you have mastered the 90 kg, you will undoubtedly begin to think about closing the 110 kg gripper.

Note: Weight force is for reference only

REF.:	PL27501	PL27502	PL27503	PL27504
Weight:	45 kg	70 kg	90 kg	110 kg



NEW

O'LIVE LIFTING CHAINS

The use of chains to add resistance gradually increases the load during lifting. Sold in pairs.

REF.:	PL26801	PL26802
Weight:	12 kg	24 kg



NEW

O'LIVE WEIGHT LIFTING BELTS

Made of anatomically shaped neoprene. Wide velcro closure and sliding buckle. Washable.

REF.:	PL26401	PL26402
Others:	ø23-26 cm aprox.	ø28-32 cm aprox.
Size:	S/M	L/XL



NEW

O'LIVE FITNESS GLOVE

They are specially designed for the practice of both bodybuilding and toning exercises thanks to the protections at specific points in the palm of the hand, looking for a superior grip. It incorporates a back with elastic fabric and towel in the thumb.

REF.:	PL26501	PL26502	PL26503
Size:	S	M	L



NEW

O'LIVE PRO FITNESS GLOVE

The Pro Fitness gloves wrist strap has an easy and quick closure system with Velcro for a great grip on the wrist, making it more comfortable for exercises with extreme weights and minimizing joint injuries. It incorporates a back with elastic fabric and towel in the thumb.

REF.:	PL26601	PL26602	PL26603
Size:	S	M	L



PILATES, YOGA & BODY MIND

MATS..... 74 ACCESSORIES 75 FOAM ROLLER..... 77 BALLET BARRE 78



O'LIVE PILATES MAT

Made of NBR foam, free of toxic substances, and overall a softer material with good elasticity and adaptability characteristics ideal for activities like Pilates. Metal ring eyelets.

REF.:	CLO2600
Dimensions:	61 x 1 x 182 cm
Color:	Blue



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.

REF.:	CLO2700
Dimensions:	61 x 0,3 x 172 cm
Color:	Blue



O'LIVE FOLDING MATS COMPACT

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

REF.:	MU09000	MU09100
Dimensions:	65 x 30 x 28 cm	68 x 120 x 60 cm
Capacity:	10 u	20 u



O'LIVE YOGA BLOCK

Is recommended as an aid in achieving correct posture during exercise. It is manufactured in foam of optimal hardness.

REF.:	PI13500	PI13600
Dimensions:	15,5 x 7,5 x 23 cm	20,5 x 5 x 30,5 cm
Color:	Blue	Blue



O'LIVE TONO BALL

Ideal for increasing the difficulty of the exercises in Pilates Matwork sessions, while helping to improve balance, coordination and flexibility.

REF.:	BA09101	BA09102	BA09103
Dimensions:	ø 9,5 cm	ø 9,5 cm	ø 11 cm
Weight:	0.5 kg	1 kg	1.5 kg
Color:	Purple	Blue	Grey



O'LIVE PILATES BALL

The ball provides an unstable support for activating the deeper stabilizing muscles. Its texture is soft and velvety. Látex free.

REF.:	BA09501	BA09502	BA09503
Dimensions:	ø 15 cm	ø 22 cm	ø 26 cm
Color:	Purple	Blue	Grey



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 tono balls, 20 rings and 20 balance cushions or pads.

REF.:	MU09300
Dimensions:	87 x 170 x 60 cm



NEW

O'LIVE YOGA WHEEL

Helps to stretch and gain greater flexibility in the whole body, especially in the back, shoulders and hip. It is made of ABS plastic, ensuring high rigidity and EVA cover for a soft touch and comfortable use.

REF.: PI20200
Dimensions: ø 33 X 13 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.

REF.: PI13700
Dimensions: 245 cm
Color: Blue



O'LIVE PILATES RING

Includes foam grips new texture, more comfortable and more hygienic for greater comfort on the inside and outside of the ring.

REF.: PI13300
Dimensions: ø 38,5 cm



O'LIVE STABILITY CUSHION

The Cushion provides balance and strength challenge while performing exercises standing, sitting, kneeling or lying down. With non-plastic texture (pleasant to touch), supports up to 155 kg.

REF.: EN20200
Dimensions: ø 36 cm
Color: Blue



O'LIVE ELASTIC BAND

The elastic bands add resistance to any exercise. They are 15 cm wide and 250 cm length.

REF.:	EL13001	EL13002	EL13003	EL13004
Dimensions:	15 x 250 cm	15 x 250 cm	15 x 250 cm	15 x 250 cm
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Red	Green	Blue

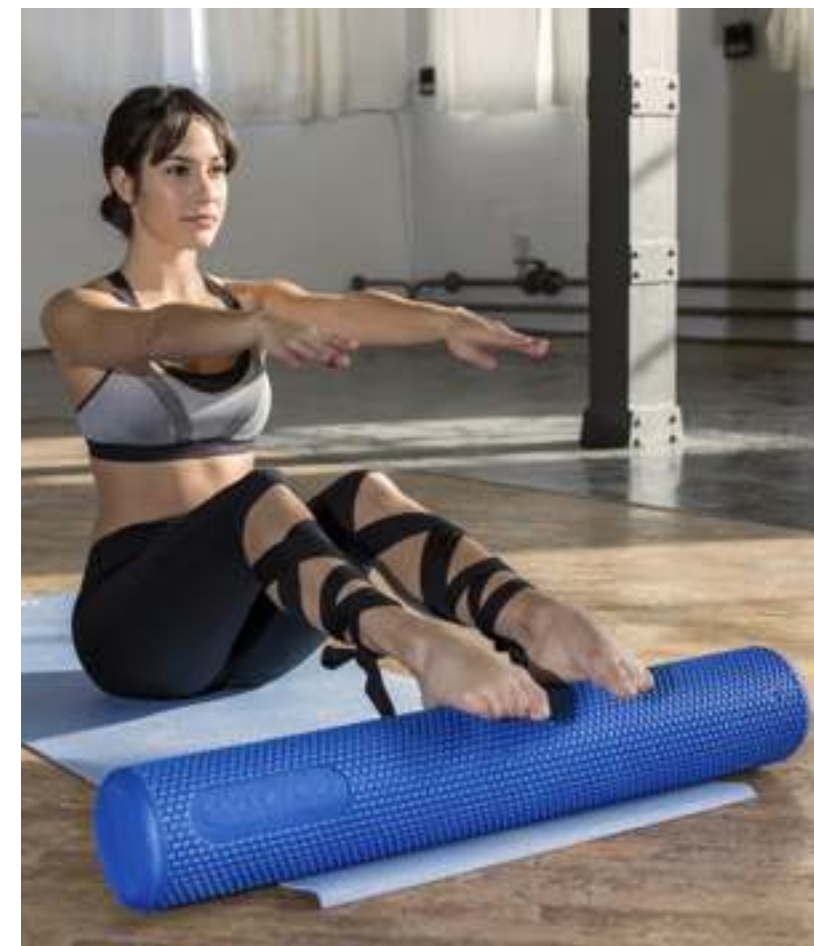


NEW

O'LIVE FOAM ROLLER

Foam roller manufactured in high density EVA (shore 30/35), a closed cell material with a textured surface that maintains shape even with heavy use. Ideal for Pilates and body mind sessions.

REF.: EN49004
Dimensions: ø 14,5 x 91 cm



NEW

O'LIVE HALF FOAM ROLLER

Half Foam roller manufactured in high density EVA (shore 30/35), a closed cell material with a textured surface that maintains shape even with heavy use. Ideal for Pilates and body mind sessions.

REF.: EN50004
Dimensions: ø 7,5 x 91 cm



O'LIVE SUPPORT CYLINDER FOAM

Support to allow foam roller tidy. Capacity for 5 units.

REF.: EN11500
Dimensions: 20 x 8 x 97 cm



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.

REF.: MU09200
Dimensions: 103 x 170 x 42 cm
Capacity: 20 u



O'LIVE WOODEN ROD

Varnished beech wood rod, measuring 3 cm in diameter.

REF.:	EN05601	EN05602
Dimensions:	ø 3 x 120 cm	ø 3 x 150 cm



O'LIVE WOODEN RODS RACK

Wood rack suitable for storage of up to 20 rods. Attached to the wall by screws (not included).

REF.:	EN05700
Dimensions:	67 x 4 x 12 cm
Capacity:	20 u



O'LIVE BALLET BARRE

Ballet Barre of 45 mm diameter made with Flanders wood. Fits the different types of supports.

REF.:	F102601	F102602	F102603
Dimensions:	100 cm	150 cm	200 cm

O'LIVE BALLET BARRE SUPPORT

Metal wall bracket suitable to fix the ballet barre. The distance of the bar to the walls is 19 cm. The distance between the bars is 27 cm in the double model. Available in two models: Single and Double.

REF.:	F102701	F102702
Color:	Grey	Grey
Others:	Single	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. Screws not included.

REF.:	F102401	F102402
Dimensions:	30 x 90 x 30 cm	30 x 104 x 30 cm
Color:	Grey	Grey
Others:	Single	Double



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 2 models: single and double. Screws not included.

REF.:	F102501	F102502
Dimensions:	15 x 90 x 15 cm	15 x 104 x 15 cm
Color:	Grey	Grey
Others:	Single	Double



BOXING

GLOVES
PADS

PUNCHING BAGS
SUPPORTS

FREESTANDING PUNCHING BAGS



O'LIVE STUDIO BOXING GLOVES

- Minimal protection, being suitable for aerobic activities where hits are more for marking than impact.
- They have a cotton wristband with velcro closure.
- Sold in pairs.

REF.:	F106501	F106502
Size:	S/M	L/XL



O'LIVE MMA LIGHT BOXING GLOVES

- Used for boxing training and martial arts.
- Made of high quality synthetic leather.
- With a dense layer of cushioning to prevent injury.
- Comfortable and breathable with ventilation to remove moisture.
- Sold in pairs.

REF.:	F106801	F106802
Size:	S/M	L/XL



O'LIVE BOXING CURVED MITTS

- Stuffed with high-compression foam.
- Made of high quality synthetic leather.
- Arched design for improved ergonomics.
- Sold in pairs.

REF.:	F107100
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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.
- Sold in units.

REF.:	F107000
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O'LIVE BOXING GLOVES

- Suitable for punching bag training.
- Made of high quality synthetic leather.
- A thick cushioning layer to prevent injury.
- The curvature in the filling is uniform.
- Sold in pairs.

REF.:	F106701	F106702
Size:	S/M	L/XL



O'LIVE BOXING GLOVES

- Suitable for sparring and punching bag.
- Made of high quality synthetic leather.
- Dense and uniform filling throughout the glove.
- One size fits all. 16 Oz.
- Sold in pairs.

REF.:	F106600
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O'LIVE BOXING PUNCHING BALL

- Made of cowhide leather with latex inner chamber.
- The size of the ball is symmetric, improving accuracy of speed and direction.
- It includes elastic straps for attachment.

REF.:	F107400
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O'LIVE BOXING SPEEDBALL

Made of cowhide leather and double stitched for strength and stability.

REF.:	F107300
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O'LIVE ADJUSTABLE SPEEDBALL PLATFORM

The speedball platform is adjustable in height and is built with a highly resistant 600 x 10 mm thick HPL platform. All fixing included.

REF.:	F106200
Dimensions:	67 x 60 x 35 cm



O'LIVE BOXING HAND WRAP

- Made of pure cotton.
- Soft and comfortable.
- Nylon Velcro fastener.
- Sold in pairs.

REF.:	F106900
Dimensions:	5 x 250 cm



O'LIVE BALL BEARING SWIVEL

The high resistance chromed swivel creates a smooth fast movement of the speedball when in use.

REF.:	F106300
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BOXING



BOXING



BOXING

O'LIVE PUNCHING BAG

- Made of high quality synthetic leather.
- High elastic and environmentally friendly inner material.
- Suspended by silent nylon straps with a rotation mechanism for greater balance.
- 6 attachment points to the bag for better balance and strength.
- Carabiner included.

REF.:	F107201	F107202
Dimensions:	ø 40 x 130 cm	ø 40 x 160 cm
Weight:	35 kg	45 kg
Color:	Black	Black



O'LIVE WALL PUNCH BAG SUPPORT

Designed for hanging punching bags of max 35 Kg. To be set on strong brick or concrete walls. Screws included.

REF.:	F106000
Dimensions:	30 x 60 x 80 cm



O'LIVE ELITE WALL PUNCH BAG BRACKET

Designed for hanging punching bags or climbing ropes. To be set on strong brick or concrete walls. Screws included.

REF.:	F106100
Dimensions:	126 x 87 x 82 cm



O'LIVE WALL / CEILING HOOK

The 6 mm steel ceiling hook with 4 fixings ensures it remains firmly fixed to the ceiling. It comes complete with all fixings.

REF.:	F105900
Dimensions:	22 x 7 x 5 cm



BOXING

O'LIVE BOXING STATION

The O'live Boxing Station is a freestanding station in which you can hang three punch bags and one Speedball without the need of any kind of fixation. This can be useful for gym rooms with small space or walls not strong enough to support a high weight.

Note: Speedball and punch bags not included; swivel and attachments are included.

REF.:	F106400
Dimensions:	180 x 175 x 242 cm





O'LIVE FREE STANDING PUNCHING BAG

Suitable for cardio boxing. Allows a slight flexion of 30° for shock absorption. Filled by water or sand it reach 75 kg.

REF.: F103600
Dimensions: ø 69 x 170 cm
Color: Black



O'LIVE ELITE FREESTANDING PUNCHING BAG

Built to last; it is constructed for commercial use completely made of foam rubber. The donut shaped foam base is stronger and shock absorbent than plastic, providing extra user safety.

REF.: F104600
Dimensions: ø 75 x 185 cm
Color: Black / Grey



REHAB

RUSSIAN BELT86 MASSAGE ROLLER87 MASSAGE BALLS.....88



O'LIVE MASSAGE ROLL

By using your own body weight and a cylindrical roller you can perform a myofascial release or selfmassage, break trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues. Incorporates an extra mini roll (ø 5cm) that makes it ideal for smaller parts of the body, such as the arms, lower thighs, and the soles of the feet.

REF.: EN52500
Dimensions: ø14 X 33 cm
Color: Black



O'LIVE RUSSIAN BELT

You can perform 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 with a metal buckle for quick and easy adjustment adding versatility and comfort.

REF.: EN29100



O'LIVE BALANCE PAD

It provides an added stability challenge, while strengthening core muscles, improving proprioceptive awareness and increasing muscle strength and mobility.

REF.: PI13400
Dimensions: 46 x 6 x 40 cm



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.

REF.: CL01500
Dimensions: 60 x 1,5 x 180 cm
Color: Blue



NEW

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.

REF.: FI04400
Dimensions: 106 x 203 x 18 cm



REHAB



REHAB



O'LIVE PINPOINT APPLICATION BALL

These balls are ideal for self-massage application. Manufactured using EPP, they achieve a high deformed resistance. Ideal for massaging the arms, neck and feet. They are odorless and easy to clean.

REF.:	BA09801	BA09802
Dimensions:	ø 8 cm	ø 10 cm



O'LIVE SPINE APPLICATION BALL

The spine application ball is used as a double pinpoint massage around the spine, the back and the neck. Manufactured using EPP, they achieve a high deformed resistance. They are odorless and easy to clean.

REF.:	BA09901	BA09902
Dimensions:	ø 8 x 12 cm	ø 12 X 24 cm



O'LIVE MASSAGE BALL

The ball incorporates spiky sensory points that helps relieve the stress, pain and tension and also increase well-being by improving blood circulation.

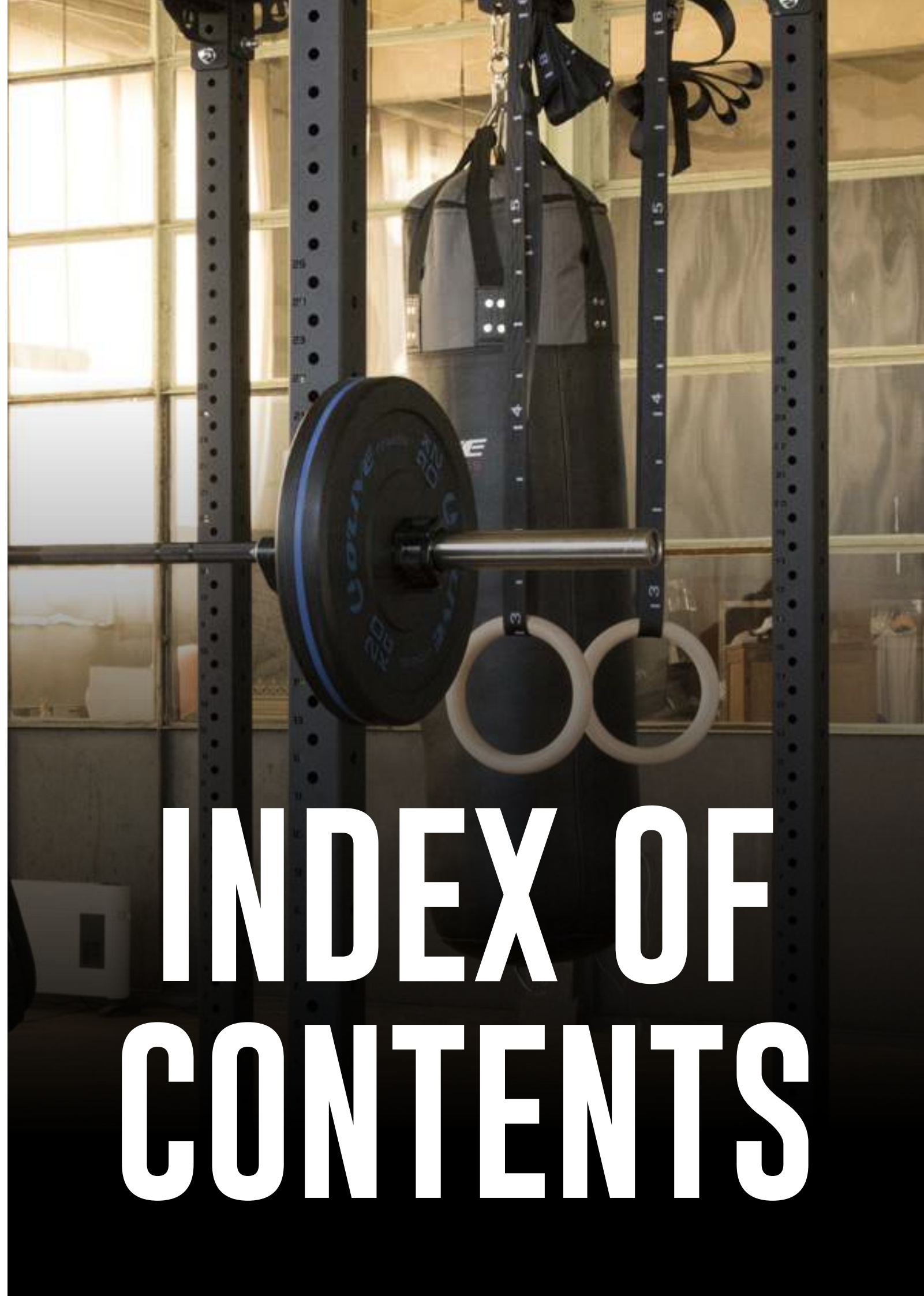
REF.:	BA09601
Dimensions:	ø 9 cm
Color:	Black



O'LIVE STABILITY CUSHION

The Cushion provides balance and strength challenge while performing exercises standing, sitting, kneeling or lying down. With non-plastic texture (pleasant to touch), supports up to 155 kg.

REF.:	EN20200
Dimensions:	ø 36 cm
Color:	Blue



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O'LIVE ANKLE WEIGHT	9	O'LIVE FUNCTIONAL BENCH	40	O'LIVE PLATFORM STEP BLOCK RACK.....	10	O'LIVE STRAP COLLARS	64
O'LIVE AQUAFIT BOARD.....	56	O'LIVE FUNCTIONAL HURDLE.....	33	O'LIVE PLATFORM STEP RACK.....	10	O'LIVE STUDIO BOXING GLOVES.....	80
O'LIVE AQUAFIT BOARD HAND PUMP	56	O'LIVE FUNCTIONAL TYRE	30	O'LIVE PLYOMETRIC PLATFORMS.....	40	O'LIVE SUPERBANDS.....	43
O'LIVE BALANCE PAD	86	O'LIVE GHD.....	33	O'LIVE PORTABLE INTERVAL TIMER	34	O'LIVE SUPERBANDS 2 M	43
O'LIVE BALL BEARING SWIVEL	81	O'LIVE GRIP TRAINER.....	72	O'LIVE PORTABLE SQUAT STAND	68	O'LIVE SUPPORT CYLINDER FOAM.....	77
O'LIVE BALLET BARRE.....	78	O'LIVE GYM SLED.....	33	O'LIVE POWER DISK BAR	8	O'LIVE TECHNIQUE PLATE.....	66
O'LIVE BALLET BARRE FIXED SUPPORT.....	78	O'LIVE HALF FOAM ROLLER.....	77	O'LIVE POWER DISK COMPACT RACK	6	O'LIVE TONO BALL	75
O'LIVE BALLET BARRE PORTABLE SUPPORT	78	O'LIVE HPL DUMBBELLS RACK.....	12	O'LIVE POWER DISK COMPLETE SET	7	O'LIVE TRAINING CLUBBELLS.....	49
O'LIVE BALLET BARRE SUPPORT	78	O'LIVE HURDLE.....	54	O'LIVE POWER DISK KIT A	6	O'LIVE TRAINING PLATFORM.....	70
O'LIVE BARBELL WALL RACK.....	62	O'LIVE JERK BOXES	68	O'LIVE POWER DISK KIT B	6	O'LIVE TRIPLE JUMP ROPE	32
O'LIVE BASIC CORE TRAINER HANDLE.....	71	O'LIVE JUMP ROPE.....	32	O'LIVE POWER DISK KIT C	6	O'LIVE TUBES/ ROPES RACK.....	18
O'LIVE BASIC RESIST KIT	44	O'LIVE KETTLEBELL COMPACT RACK.....	22	O'LIVE POWER DISK KIT D	6	O'LIVE TURN PIN COLLAR.....	64
O'LIVE BATTLE ROPE ANCHORING PROTECTOR....	30	O'LIVE KETTLEBELL RACK	68	O'LIVE POWER DISK LADY SET	8	O'LIVE UNLIMITED FUNCTIONAL VEST KIT	45
O'LIVE BATTLE ROPE WITH NYLON COVER	30	O'LIVE LATERAL RESISTOR	52	O'LIVE POWER DISK RACK.....	6	O'LIVE VARIABLE RESIST KIT	44
O'LIVE BATTLE ROPES.....	30	O'LIVE LEATHER ANKLE STRAP	69	O'LIVE PRO FITNESS GLOVE	72	O'LIVE VINYL DUMBBELLS RACK	12
O'LIVE BODY BAR.....	12	O'LIVE LIFTING CHAINS.....	72	O'LIVE PRO PUSH UP BARS	32	O'LIVE VINYL DUMBBELLS	12
O'LIVE BODY BAR COMPACT RACK.....	12	O'LIVE LOOPS.....	18	O'LIVE PRO-STYLE BARS	61	O'LIVE VYNIL KETTLEBELL.....	22
O'LIVE BOSU COMPACT RACK	22	O'LIVE LOOPS XL	18	O'LIVE PRO-STYLE BARS RACK	61	O'LIVE VYNIL MAT.....	17
O'LIVE BOXING CURVED MITTS	81	O'LIVE LOUMET CYCLONE BALL	32	O'LIVE PRO-STYLE DUMBBELLS.....	59	O'LIVE WALL / CEILING HOOK.....	83
O'LIVE BOXING GLOVES.....	80	O'LIVE LOUMET GYMBALL.....	27	O'LIVE PRO-STYLE DUMBBELLS RACK.....	60	O'LIVE WALL PUNCH BAG SUPPORT	83
O'LIVE BOXING GLOVES.....	80	O'LIVE MESSAGE BALL	88	O'LIVE PRO-STYLE DUMBBELLS RACK.....	60	O'LIVE WALL SUSPENSION TRAINING STATION....	48
O'LIVE BOXING HAND WRAP.....	80	O'LIVE MESSAGE ROLL.....	87	O'LIVE PROFESSIONAL STEP BLOCK	11	O'LIVE WEIGHT LIFTING BELTS.....	72
O'LIVE BOXING PAD	81	O'LIVE MAT ADJUSTABLE COMPACT HANGER.....	16	O'LIVE PROFESSIONAL STEP PLATFORM.....	11	O'LIVE WEIGHT VEST	34
O'LIVE BOXING PUNCHING BALL	81	O'LIVE MAT COMPACT RACK.....	16	O'LIVE PULL UP BAR	48	O'LIVE WEIGHTLIFTING PLATFORM.....	70
O'LIVE BOXING SPEEDBALL	81	O'LIVE MAT RACK	16	O'LIVE PULL UP BAR EXTENSION.....	48	O'LIVE WOOD ADJUSTABLE PLYOMETRIC BOX.....	40
O'LIVE BOXING STATION.....	83	O'LIVE MEDICINE BALL	27	O'LIVE PUNCHING BAG.....	82	O'LIVE WOOD SUSPENSION RINGS	46
O'LIVE BUMPER PLATE RACK.....	66	O'LIVE MEDICINE BALL COMPACT RACK	28	O'LIVE QUICK LOCK COLLARS.....	64	O'LIVE WOOD WEIGHTLIFTING PLATFORM	70
O'LIVE CABLE ATTACHMENTS	69	O'LIVE MEDICINE BALL REBOUNDER	28	O'LIVE REACTION BALL	52	O'LIVE WOODEN ROD	78
O'LIVE CARABINER	42	O'LIVE MEDICINE BALL STANDING RACK	28	O'LIVE RESIST ANKLE STRAP	42	O'LIVE WOODEN RODS RACK.....	78
O'LIVE CAST IRON KETTLEBELLS	67	O'LIVE MMA LIGHT BOXING GLOVES	80	O'LIVE RESIST ARM STRAP	42	O'LIVE YOGA BLOCK.....	74
O'LIVE CHROMED DUMBBELLS.....	58	O'LIVE MMA RESIST KIT	44	O'LIVE RESIST BAR	42	O'LIVE YOGA MAT	74
O'LIVE CHROMED DUMBBELLS KIT	58	O'LIVE MULTI-GRIP PULL UP BAR.....	49	O'LIVE RESIST BATTLE ROPE	43	O'LIVE YOGA STRAP.....	76
O'LIVE CLIMBING ROPE	36	O'LIVE MULTIFUNCTION CORE TRAINER HANDLE	71	O'LIVE RESIST BELT.....	42	O'LIVE YOGA WHEEL.....	76
O'LIVE CLIMBING ROPE.....	36	O'LIVE MULTIPLE ELASTIC COMPACT		O'LIVE RESIST HARNESS.....	42	SET PLUG	15
O'LIVE CLUBBELLS RACK	49	RACK HOLDER.....	18	O'LIVE RESIST PULL BELT	42	SUPER PUMP.....	15
O'LIVE COMPACT BALL HOLDER	39	O'LIVE MULTIPLE RACK	20	O'LIVE RESIST TUBE.....	43	SUSPENSION TRAINER CEILING MOUNT	47
O'LIVE COMPACT WALL BARS	87	O'LIVE MULTIPLE RACK	50	O'LIVE RESIST TUBE HANDLES.....	42		
O'LIVE COMPETITION COLLARS.....	64	O'LIVE MULTIPLE RACK BALL SHELF	20	O'LIVE RESIST TUBE STATION.....	42		
O'LIVE COMPETITIVE KETTLEBELLS.....	67	O'LIVE MULTIPLE RACK BALL SHELF	50	O'LIVE RESISTANCE TUBE	19		
O'LIVE CORE TRAINER.....	70	O'LIVE MULTIPLE RACK BIG FLAT SHELF	50	O'LIVE RESISTANCE TUBE PLUS.....	19		
O'LIVE CORE TRAINER.....	70	O'LIVE MULTIPLE RACK BOX SHELF	21	O'LIVE RING ANCHOR STRAP.....	42		
O'LIVE CORE TRAINER BAR.....	70	O'LIVE MULTIPLE RACK BOX SHELF	51	O'LIVE ROPE COMPACT RACK HOLDER.....	30		
O'LIVE CORE TRAINER STATION.....	71	O'LIVE MULTIPLE RACK COLUMN	21	O'LIVE RUBBER DUMBBELLS.....	13		
O'LIVE CORE TRAINER SUPPORT.....	71	O'LIVE MULTIPLE RACK COLUMN.....	21	O'LIVE RUBBER DUMBBELLS + RACK KIT A.....	13		
O'LIVE CORE WHEELS.....	32	O'LIVE MULTIPLE RACK FUNCTIONAL BAGS SHELFs1	50	O'LIVE RUBBER DUMBBELLS + RACK KIT B.....	13		
O'LIVE CROSSTRaining PARALLELS.....	33	O'LIVE MULTIPLE RACK PLATES/BOSUS SHELF ...	20	O'LIVE RUBBER HEX DUMBBELLS	58		
O'LIVE DISK RACK.....	66	O'LIVE MULTIPLE RACK PLATES/BOSUS SHELF ...	50	O'LIVE RUBBER HEX DUMBBELLS KIT.....	58		





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