



www.olive-fitness.com

CATALOG #26

ARE YOU INTERESTED IN
BUYING OR DISTRIBUTING
OUR PRODUCTS?



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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!

Become part of our O'live Fitness Family and stay updated!



@OliveFitness



@Olive_Fitness



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Keep in touch!

THE SOLUTION FOR FITNESS

This Catalog represents once again the continuous effort of the brand internationally. It is a pleasure for Aerobic & Fitness Group to release as many solutions as we can for this growing year by year with all of you. This time we have increased our product range with lots of great equipment, focusing in our specialities: Studio, Cross and Functional Training and Free weights. We have developed a wide range of structures that will feed all gyms needs.

Always working with high end materials that allow users to improve in their exercise day by day with the maximum warranty of results and in a safety way.

Quality materials and good design are the essence of a good useful product which allows new different training options. Behind each O'live fitness product there is the study and the expertise of this 25 years forging trends in this constant evolving industry.

Also our Body Mind line has multiple accessories to define the best way to accomplish specific exercises with optimal comfort. The evolution of Yoga and Pilates also have a practical reply in O'live materials. Any new fitness demand find an extended solution with better results in our equipment range.

Optimal comfort, less space, better look, maximum efficiency and a great combination of series and levels to define the sense that we give to each fitness solution also at a reasonable price to complete the essence of our job.

By this ideals we work to get your interest day by day, with the aim to contribute and inspire your work with great opportunities for the best fitness.

Discover O'live novelties and enjoy fitness!

The O'live Fitness Team

www.olive-fitness.com

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REACH A NEW LEVEL FOR YOUR CLUB, FIND OUT SUPPORT FOR YOUR FITNESS TRAININGS.

Discover our aim to help you finding the best results and take advantage of each material to the detail.



In our website you will find interesting video examples of the top products but we can offer also extra information on how to improve using O'live material.



Our experience in fitness education for professionals is now available on different training methods and programs for products as Sikloon.

Master Trainers showing tips and different ways to train with O'live material.



Discover new ideas and the best way to use O'live fitness equipment in your gym, sessions or personal training.



Engagement is the key, with O'live you will have the right tool to obtain it, with entertaining sessions and exercises.

Motivate groups or individuals with a healthy and funny lifestyle associated with quality fitness.



www.olive-fitness.com

STUDIO



THE TRADITIONAL CARDIO TONNING BAR & DISC GROUP EXERCISE CLASSES HAS THE SOLUTION WITH THE **O'LIVE POWER DISC SET**, WITH AN IMPROVED DESIGN IT RESULTS A MORE VALUABLE PRODUCT PREFERRED FOR USERS AND TRAINERS.



POWER DISC



O'LIVE POWER DISK COMPLETE SET

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

- 12-sided design to avoid ground rolling.
- 3 holes for easy and secure grip.
- Soft and comfortable foam coated bar, 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 Power Disk set consists of a pleasant to touch foam-coated bar and rubber coated iron disks. These disks are not fully circular to avoid ground rolling. They have strategically placed holes to allow easy grip and facilitate specific workouts.

- 12-sided design to avoid ground rolling.
- 3 holes for easy and secure grip.
- Soft and comfortable foam coated bar, 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 discs of 1,25 kg
- 2 Red discs of 2,5 kg
- 1 Bar of 140 x ø 3 cm and 2,8 kg
- 2 Camps of ø 3 cm

Ref.: ST13600



THE POWER DISK BAR IS 3MM THICK, PROVIDING MORE LOAD CAPACITY AND PROVIDED WITH DENSE THINNER FOAM TEXTURE FOR EASY GRIP AND NO MOISTURE ABSORPTION.



- QUALITY RUBBER COATED FOR BETTER GRIP AND PROTECTION
- 12-SIDED DESIGN FOR NON GROUND ROLLING
- 3 HOLES DESIGN FOR SECURE AND VERSATILE GRIP
- NYLON RINGS FOR EXTRA PROTECTION AND EASY LOADING
- CLEAR COLOR WEIGHT IDENTIFICATION



O'LIVE POWER DISK BAR

We have redefined the Power Disk bar, made now 3mm thick, providing more load capacity without deformation. This allows the performance of exercises with more plate weight and adds variability and difficulty to the session. The bar also incorporates a new foam texture for a better grip and less moisture absorption.

Ref.: ST13700
Dimensions (cm): 140 x 3
Weight (Kg): 2,8



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 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.: 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. It offers such a wide range of possibilities that you can do without traditional exercises and program new sessions focusing on core strengthening functional exercises, agility, coordination and balance workouts.

The Sikloon uses disks and bars commonly utilised in gyms and sports centres to help develop its role. Its size is compact and does not take up too much space. For proper floor support and optimal functioning during the sessions, it is recommended to use disks with greater weight in their pivot point to prevent displacement two discs of 5 kg or one of 10 kg are recommended for this purpose. During the Sikloon session a great variety of exercises can be performed by users regardless of their physical condition. At the top of the bar each user determines the level of difficulty by adding the remaining disks from the Power Disk set.

The classic workout done in sessions with bars and disks focuses mainly on strength endurance and cardiovascular work; core stabilizing muscles of the body are partly forgotten.

This muscle group is thoroughly worked with the Sikloon, adding new possibilities in core strengthening training by performing all kinds of functional exercises.

Ref.:	ST20001	ST20002
Bar diameter (mm):	ø 30	ø 25

O'LIVE SIKLOON COMPACT RACK

Suitable for storage of 20 Power Disks of 10kg and 20 Sikloon units. Sikloon and discs not included.

Ref.:	MU08400
Dimensions (cm):	155 x 37 x 55

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



O'LIVE POWER DISK RACK

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

Ref.:	MU06000	MU06100
Dimensions (cm):	158 x66x 66	145 x153x 102
Capacity:	12 sets	30 sets
Color:	Grey	Grey

O'LIVE 10 KG POWER DISK

Rack made of oval steel tube, suitable for storing 10 Kg Power Disks. Disks not included.

Ref.:	MU11800
Capacity:	48 u.
Color:	Grey



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.

Ref.:	MU05000	MU05100
Dimensions (cm):	131,7 x 91,5 x 50	50 x 115,5 x50
Capacity:	10 sets	20 sets

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

O'LIVE POWER DISK RACK KIT A

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

Ref.:	ST15800
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O'LIVE POWER DISK RACK KIT B

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

Ref.:	ST15900
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O'LIVE POWER DISK RACK KIT C

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

Ref.:	ST16000
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O'LIVE POWER DISK RACK KIT D

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

Ref.:	ST16100
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STEP

PROVIDES REINFORCEMENTS FOR BETTER RIGIDITY
ADDED 8 RUBBER PADS FOR EXTRA GRIP



O'LIVE PROFESSIONAL STEP PLATFORM

- Grey platform with non slippery surface and 8 rubber pads for extra grip.
- It can hold up to 180 kg of load.
- With the support blocks the height can be adjusted at 15 cm and 20 cm

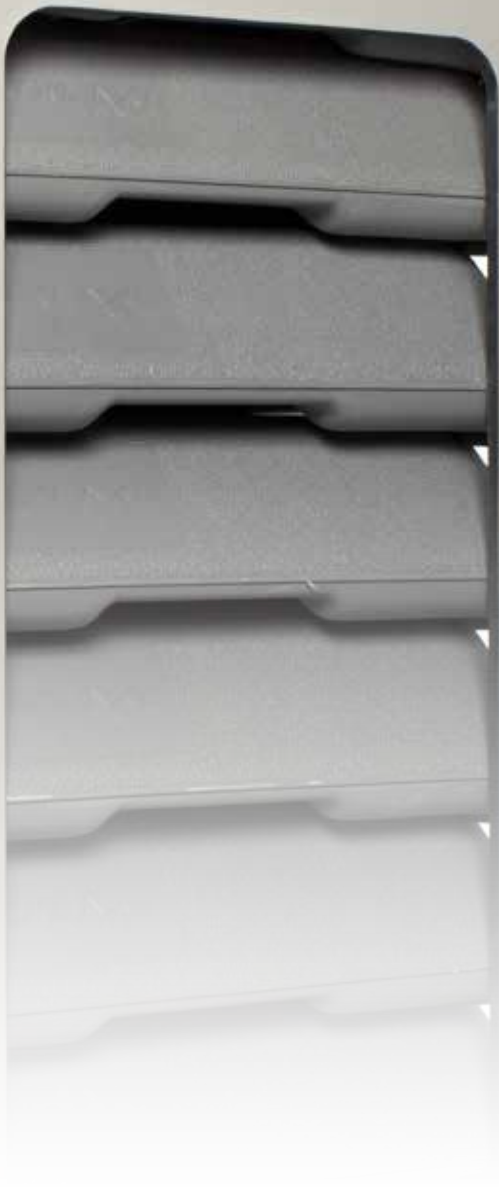
Ref.:	ST14000	ST14600	ST14700
Dimensions (cm):	40x 10 x 109	15 x109x 40	20 x109x 40
Color:	Grey	Grey	Grey
Others:	Platform	Platform + 2 blocks	Platform + 4 blocks



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



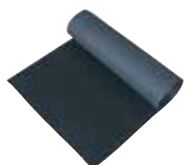
O'LIVE PLATFORM COMPACT RACK

Suitable for storing 20 Platform steps. It is made of steel with a decorative panel known as Compact hpl. Its reduced size allows for a gain of available space in the room. Steps not included.

Ref.:	MU03000	MU03100
Capacity:	20 u.	40 u.
Others.	Platforms	Blocks

FUNCTIONAL	DESIGN
The material is stored in an orderly and accessible way.	It is made of steel with a decorative panel known as Compact hpl. It is freestanding, resistant, hygienic and easy to clean.

CUSTOMISABLE	COMPACT
The panel design allows for the possibility of customizing the rack with the Club's or Sports Centre's corporate image using vinyl stickers.	Its reduced size allows for a gain of available space in the room.



STEP ACCESSORIES

Rubber maintenance steps. Unique size.

Ref.: ST04900



STEP ACCESSORIES

Caps maintenance steps. Unique size.

Ref.: ST04800



O'LIVE PLATFORM STEP RACK

Rack made of oval steel tube suitable for 19 Platform steps (original model). It comes with wheels. Platforms not included.

Ref.:	MU07200	MU07300
Capacity:	19 u.	40 Blocks
Color:	Grey	Grey
Others.	Platforms	Blocks

EXERCISE BALL



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

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

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

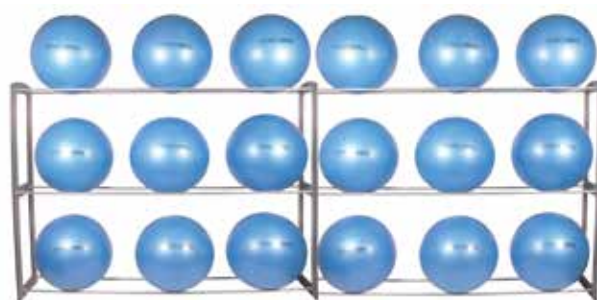
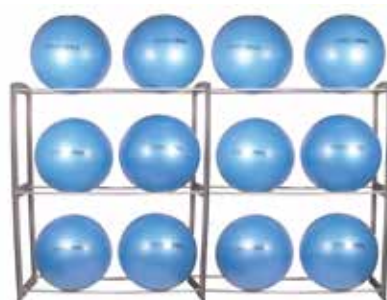
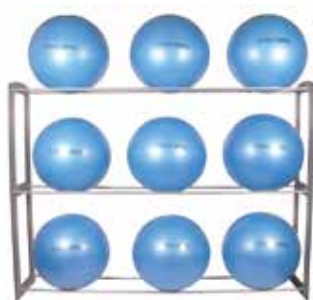


O'LIVE FITNESS BALL

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. If broken by a cut or puncture deflate slowly offering a higher safety factor for the user.

- Latex and DOP-DEHP free.
- They can be repaired with cuts of up to 5 mm.
- Manufactured in Europe with CE and medical certification.
- Maximum weight load of 400 Kg

Ref.:	BA06813	BA06814	BA06815	BA06816	BA06817	BA06818	BA06819	BA06820	BA06821
Dimensions (cm):	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75
Color:	Green	Green	Green	Orange	Orange	Orange	Red	Red	Red
Ref.:	BA06822	BA06823	BA06824	BA06825	BA06826	BA06827	BA06802	BA06806	BA06810
Dimensions (cm):	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75
Color:	Purple	Purple	Purple	Grey	Grey	Grey	Blue	Blue	Blue



O'LIVE FITNESS BALL COMPACT RACK

It is suitable for storing Fit Balls. Made of compact material, seeking a more innovative design. Balls not included.

Ref.:	MU01700	MU01800	MU09500
Dimensions (cm):	175 x 220 x 45	297 x 175 x 45	447 x 175 x 45
Capacity:	9 u.	12 u.	18 u.

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



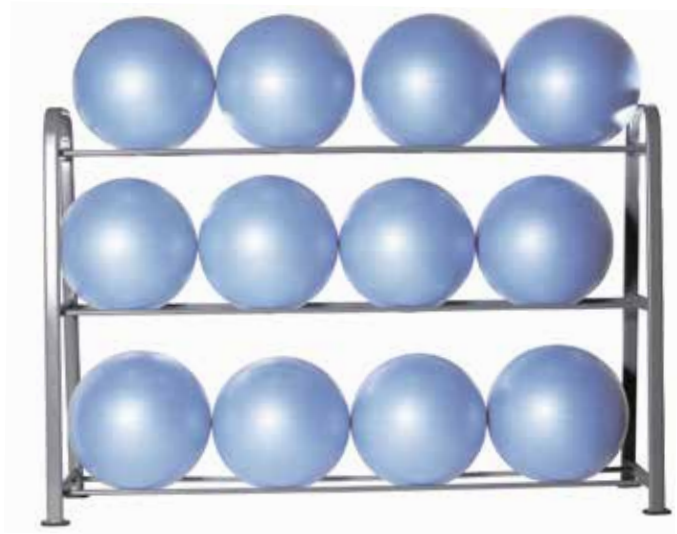
O'LIVE 4 BALL COMPACT RACK

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

Ref.: MU09400

Dimensions (cm): 42 x 292 x 15

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



O'LIVE FITNESS BALL RACK

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

Ref.: MU06900

Dimensions (cm): 270 x 180 x 65

Capacity: 12 u.

Color: Grey



BALLDISH

The Balldish offers an easy way to save the fitballs, either for storage or to facilitate the work.

Ref.: BA00300



FITNESS BALL STOPPERBALL

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

Ref.: BA00900



FOOT PUMPS

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

Ref.: BA00400



HAND PUMPS

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

Ref.: BA00500



SUPER PUMPS

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

Ref.: BA00600



BALL NEEDLES

Needle for medicine balls, slam balls, etc.

Ref.: BA00100



CAP EXTRACTOR

To help extraction of Fit Balls caps.

Ref.: BA00800



SET PLUG

Plug for Fitness balls and Pilates balls.

Ref.: BA01000



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. For these reasons the vinyl Kettlebells are commonly used in instructor lead activities or in female environments.

Ref.:	EN34001	EN34002	EN34003	EN34004	EN34005	EN34006	EN34007	EN34008
Weight (Kg):	4	6	8	10	12	16	20	24



O'LIVE KETTLEBELL RACK

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

Ref.:	MU06400
Dimensions (cm):	53 x 129 x 81
Color:	Grey



O'LIVE KETTLEBELL COMPACT RACK

Made of compact material, seeking a more innovative design.

Ref.:	MU05400	MU05500
Dimensions (cm):	100 x 75 x 30	100 x 130 x 30
Capacity:	10 u.	15 u.

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

O'LIVE VYNIL KETTLEBELLS + RACKS KIT A

Composed by 10 Vinyl Kettlebells: 4Kg / 6 Kg / 8 Kg (2u.) / 10 Kg (2u.) / 12 Kg (2u.) / 16 Kg (2u.) plus rack (MU05400)

Ref.:	ST16400
Capacity:	10 u.

O'LIVE VYNIL KETTLEBELLS + RACKS KIT B

Composed by 16 Vinyl Kettlebells: 2x 4Kg / 2x 6 Kg / 2x 8 Kg / 3x 10 Kg / 3x 12 Kg / 2x 16 Kg / 2x 20Kg plus rack (MU05500)

Ref.:	ST16500
Capacity:	16 u.



O'LIVE VINYL DUMBBELLS

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

Ref.:	ST13302	ST13304	ST13306	ST13307	ST13308
Weight (Kg):	1	2	3	4	5
Color:	Orange	Purple	Dark Grey	Silver Grey	Yellow



O'LIVE VINYL DUMBBELLS + RACK

Kit consisting of vinyl dumbbells and rack to store in an orderly manner. Designed for 19 pairs of vinyl dumbbells:

- 8 pairs of 1 kg
- 6 pairs of 2 kg
- 5 pairs of 3 kg
- Dumbbells rack (ref: MU15000)

Ref.: ST21000



O'LIVE VINYL DUMBBELLS RACK

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

Ref.: MU06500



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

O'LIVE RUBBER DUMBBELLS

Commonly used for aerobic group sessions, they are ideal for resistance training. 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	ST20202	ST20203	ST20204	ST20205
Weight (Kg):	1	2	3	4	5
Color:	Green	Yellow	Orange	Red	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

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



O'LIVE RUBBER DUMBBELLS + RACK KIT A

Kit of rubber dumbbells and rack to store the dumbbells in an orderly manner. The shelves have settlements forcing the correct location of the dumbbells.

Kit A consist of:

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

Ref.: ST20800

O'LIVE RUBBER DUMBBELLS + RACK KIT B

Kit of rubber dumbbells and rack to store the dumbbells in an orderly manner. The shelves have settlements forcing the correct location of the dumbbells.

Kit B consist of:

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

Ref.: ST20900

MATS

To be able to choose the best mat we need to look into the context in which it might be used. There are special mats for yoga, pilates, martial arts, stretches or general fitness. The difference lie in the used materials, the available sizes and the thicknesses among other features; always matching the mat's functionality to the required use. The Mats for general use have other features that make them ideal for cardio, stretches, crunches or any other workout that might require the protection of hands, back or knees. The construction materials and sizes may determine their characteristics, which can be quite different from one another. There are also mats made for specific exercises and training sessions.



O'LIVE FITNESS MAT

Made of EVA foam, these mats have excellent durability. Their size and thickness make them ideal for a variety of uses, and perhaps for this reason they are the most versatile mats in the market. They have a 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
Color:	Blue
Dimensions (cm):	120 x 50 x 1
Eyelets distance (cm) :	35



O'LIVE VYNIL MAT

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

Ref.:	CL00500
Color:	Silver Grey
Dimensions (cm):	100 x 50 x 0,9
Eyelets distance (cm) :	39,5

O'LIVE FITNESS MATS MAT KIT WITH ADJUSTABLE HANGER

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

Ref.:	CL00700
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O'LIVE EVA MAT

Made of EVA foam, these mats have excellent durability. Their size and thickness make them ideal for a variety of uses, and perhaps for this reason they are the most versatile mats in the market. They have a smooth underside for increased grip and a grooved non-slip upper side. They are suitable for general use, for studio class activities and for fitness rooms. Metal ring eyelets.

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



O'LIVE FREEFLEX MAT

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

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

TYPE	USE	DIMENSIONS	MATERIAL	COLOR	FEATURES
FIT MAT O'LIVE CL00600	STUDIO	1200 x 500 x 10 mm	EVA	Dark Blue	The most practical and versatile choice with best quality / price ratio. Non-metallic eyelets / Hard touch
O'LIVE VINYL MAT CL00500	STUDIO	1000 x 500 x 9,5 mm	PVC	Grey	Allows easily cleaned / Metal eyelets / Non reversible / Smart Design / Soft touch
O'LIVE EVA MAT CL03601-3	STUDIO	1400 x 600 x 7 mm	EVA	Grey, black and blue	For those seeking a higher size and metal eyelets. Hard touch
O'LIVE FREEFLEX MAT CL00403-5	BODY MIND STRETCHING	1400 x 600 x 10 mm	VINYL FOAM	Grey, blue and red	More comfort and grip / Nice touch / Soft touch Sanitized Treatment / Allows to be rolled / Metal eyelets
O'LIVE PILATES MAT CL02600	PILATES	1820 x 610 x 10 mm	NBR FOAM	Blue	Nice soft touch / Allows to be rolled / Metal eyelets
O'live YOGA MAT CL02700	YOGA	1720 x 610 x 3 mm	PVC	Blue	Great value - price / Allows to be rolled / No eyelets
O'LIVE ELITE YOGA MAT	YOGA / HOT YOGA BODYART	1830 x 600 x 4 mm	RUBBER	Blue with inner red fringe	The best grip option / No eyelets / Resistant / Allows to be rolled
O'LIVE FITNESS MAT CL01500	REHAB PERSONAL TRAINING	1800 x 600 x 15 mm	VINYL FOAM	Blue	Large / Greater comfort and grip / Nice touch / Sanitized treatment / Allows to be rolled / No eyelets



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 (cm): 160 x78x 35



O'LIVE MAT RACK

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

Ref.: MU07000
Capacity: 30 u.



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 (cm): 15 x75 x 24,5
Capacity: 15/20 u.

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



- SLIGHTLY FLEXIBLE, BREATHABLE AND ERGONOMIC HANDLES
- MADE OF 100% HIGH QUALITY NATURAL RUBBER
- NYLON COVER FOR ADDED PROTECTION

O'LIVE RESISTANCE TUBE

Resistance tubes made with high quality natural rubber with flexible breathable and ergonomic handles. It comes with a nylon cover for added protection. Commonly used for strength training, rehabilitation and functional training. They are available in different resistance levels with different colours.

- 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. Commonly used for strength training, rehabilitation and functional training. They are nylon covered for extra protection against chafing, moisture and dehydration. Four levels of resistance, perfect for circuit training. They are available in different colour coded intensities. 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 ELASTIC BAND

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

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. They are available in different colour coded intensities. Length 28 cm.

Ref.:	EL06201	EL06202	EL06203
Intensity:	Medium	Strong	Light
Color:	Red	Green	Yellow



O'LIVE TUBES/ ROPES RACK

Standing rack, made in oval steel tube, suitable for storing resistance tubes or jump ropes. Tubes not included.

Ref.:	MU11900
Capacity:	80 u.
Color:	Grey



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 (cm):	15 x12x 24,5
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 (cm):	15 x70x 24,5
Capacity:	40 u.



O'LIVE BODY BAR

Steel bars covered with foam for a softer feel. Many people find them much easier to use than regular disks bars. They can be used to exercise any muscle group in your body. Coated with high quality foam. Colour-coded for easy weight identification. The square shape of the side plugs prevents accidental rolling on the floor. Available in 6 different weights. Length: 120 cm.

Ref.:	ST13201	ST13202	ST13203	ST13204	ST13205
Weight (Kg):	2	3	4	5	6
Color:	Yellow	Orange	Red	Garnet	Dark Grey



O'LIVE BODY BAR COMPACT RACK

Rack for storage of the body bar. Made of compact material seeking a more innovative design. Its shape can be placed along the wall for better use of available space. Each body bar is placed in rows compartmentalized for better management. Suitable for any measure of body bar. Body bars not included.

Ref.:	MU02400	MU09600
Dimensions (cm):	100 x 66 x 40	140 x 100 x 51
Capacity:	30 u.	20 u.

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



SLIDERS



O'LIVE SLIDERS

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

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

Note: Not useful for rubber flooring

Ref.:	ST18400	ST18500	ST18600
Others:	1 pair	10 pairs	25 pairs + bag



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. The benefits are weight loss, overall fitness improvement and greater abdominal strength.

Ref.: EN19200



O'LIVE FLEX BAR COMPACT RACK

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

Ref.: MU09800
Capacity: 20 u.

ANKLE - WRIST WEIGHT



O'LIVE ANKLE - WRIST WEIGHT

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

Ref.:	ST20407	ST20401	ST20408	ST20402	ST20403	ST20404	ST20405	ST20406
Weight (Kg):	0,5	1	1,5	2	3	4	5	6
Color:	Green	Purple	Black	Blue	Red	Orange	Yellow	Black



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 (cm):	220 x69x 60
Capacity:	7 u.

FOAM ROLLER



O'LIVE FOAM ROLLER

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

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

Ref.:	EN19801	EN19802	EN20001	EN20002
Dimensions (cm):	ø 15 x 45	ø 15 x 99	ø 15 x 45	ø 15 x 99
Intensity:	Soft	Soft	Normal	Normal
Color:	Grey	Grey	Blue	Blue

O'LIVE HALF FOAM ROLLER

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

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

Ref.:	EN19901	EN19902	EN20101	EN20102
Dimensions (cm):	7,5 x ø 15x 45	7,5 x ø 15x 99	7,5 x15x 45	7,5 x15x 99
Intensity:	Soft	Soft	Normal	Normal
Color:	Grey	Grey	Blue	Blue



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 (cm): 170 x103x 42

Capacity: 20 u.

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



O'LIVE SUPPORT CYLINDER FOAM

Support to allow foam roller tidy. Made of the same material. Capacity for 5 units.

Ref.: EN11500

Dimensions (cm): 8 x20x 97



O'LIVE PILATES RING

By using the Pilates ring you add difficulty to your workout routine, you develop muscle strength, improve endurance and additionally increase body awareness. Includes foam grips new texture, more comfortable and more hygienic for greater comfort on the inside and outside of the ring.

Ref.: P113300

Dimensions (cm): ø 38,5

PILATES BALL



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. If broken by a cut or puncture deflate slowly offering a higher safety factor for the user.

- Latex and DOP-DEHP free.
- They can be repaired with cuts of up to 5 mm.
- Manufactured in Europe with CE and medical certification.
- Maximum weight load of 400 Kg.

Ref.:	BA06819	BA06820	BA06821	BA06822	BA06823	BA06824
Dimensions (cm):	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75
Color:	Red	Red	Red	Purple	Purple	Purple

Ref.:	BA06813	BA06814	BA06815	BA06816	BA06817	BA06818
Dimensions (cm):	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75
Color:	Green	Green	Green	Orange	Orange	Orange

Ref.:	BA06825	BA06826	BA06827	BA06802	BA06806	BA06810
Dimensions (cm):	ø 55	ø 65	ø 75	ø 55	ø 65	ø 75
Color:	Grey	Grey	Grey	Blue	Blue	Blue



O'LIVE TONO BALL

Tono balls are small sized little weight balls used to add resistance to exercises in order to increase intensity. 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 (cm):	ø 9,5	ø 9,5	ø 11
Weight (Kg):	0,5	1	1,5
Color:	Purple	Blue	Grey



O'LIVE PILATES BALL

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

Ref.:	BA09501	BA09502	BA09503
Color:	Purple	Blue	Grey
Dimensions (cm):	ø 15	ø 22	ø 26



O'LIVE STABILITY CUSHION

Add variety and functionality incorporating the stability challenge to your training sessions. The Cushion provides balance and strength challenge while performing exercises standing, sitting, kneeling or lying down.

- Suitable for both: rehabilitation and skilled athletes.
- Non-plastic texture (pleasant to touch).
- It supports up to 155 kg.

Ref.:	EN20200
Dimensions (cm):	ø 36
Color:	Blue



O'LIVE BALANCE PAD

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

Ref.:	PI13400
Dimensions (cm):	6 x 46 x 40



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
Color:	Blue



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
Dimensions (cm):	7,5 x 15,5 x 23
Color:	Blue



O'LIVE BIG YOGA BLOCK

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

Ref.:	PI13600
Dimensions (cm):	5 x 20,5 x 30,5
Color:	Blue



O'LIVE PILATES MAT

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

Ref.: CL02600

Dimensions (cm): 1 x 61 x 182

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.: CL02700

Dimensions (cm): 0,3 x 61 x 172

Color: Blue



O'LIVE FOLDING MATS COMPACT

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

Ref.: MU09000

Dimensions (cm): 30 x 65 x 28

Capacity: 10 u.



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 (cm): 170 x 87 x 60



O'LIVE FOLDING MATS COMPACT

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

Ref.: MU09100

Dimensions (cm): 120 x 68 x 60

Capacity: 20 u.



O'LIVE WOODEN ROD

Varnished beech wood rod, measuring 3 cm in diameter.

Ref.:	EN05601	EN05602
Dimensions (cm):	ø3 x 120	ø3 x 150



O'LIVE BALLET BARRE

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

Ref.:	FI02601	FI02602	FI02603
Dimensions (cm):	100	150	200



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.:	FI02401	FI02402
Dimensions (cm):	90 x 30 x 30	104 x 30 x 30
Color:	Grey	Grey
Others:	Single	Double



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 (cm):	4 x 67 x 12
Capacity:	20 u.



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.:	FI02501	FI02502
Dimensions (cm):	90 x 15 x 15	104 x 15 x 15
Color:	Grey	Grey
Others:	Single	Double



O'LIVE BALLET BARRE WALL 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.:	FI02701	FI02702
Color:	Grey	Grey
Others:	Single	Double

FUNCTIONAL TRAINING



KETTLEBELLS



Kettlebell are weights made of iron that resemble a cannonball with a handle. Its unique shape results in their centre of gravity to be slightly offset from the grip, making them ideal when performing ballistic exercises. The Kettlebells are used for different fitness goals such as losing weight, gaining muscle, or for strength development. They are one of the most flexible and effective functional training products available today. are used in training programs that include explosive movements which combine cardio and strength workouts. Thanks to its displaced centre of gravity the kettlebells are harder to control, resulting in increased demands of agility, trunk stabilization and co-ordination. The weight of the Kettlebell depends on the fitness level of the user.



O'LIVE COMPETITIVE KETTLEBELLS

The O'Live Competition kettlebells are all made to the exactly same dimensions throughout the weight range. This means that the kettlebell will always rest on the same part of your forearm no matter what weight you are using ensuring your technique remains consistent throughout your routine.

- 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 regulation 33mm polished handle.
- Colour Coded for easy weight identification.
- Stable base for optimum floor exercises.
- Available in sizes from 8kg to 36kg in 4kg increments.

Ref.:	EN38901	EN38902	EN38903	EN38904	EN38905	EN38906	EN38907
Weight (Kg):	8	12	16	20	24	28	32
Color:	Pink	Blue	Yellow	Purple	Green	Orange	Red



O'LIVE RUBBER KETTLEBELLS

They feature a chromed steel handle and rubber coating which is stronger than vinyl. The handle is completely smooth, and soft to the touch. They are commonly used in fitness centres and in personal training spaces.

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

Ref.:	EN19601	EN19602	EN19603	EN19604	EN19605	EN19606	EN19608
Weight (Kg)	4	8	12	16	20	24	28



O'LIVE CAST IRON KETTLEBELLS

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

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

Ref.:	EN19501	EN19502	EN19503	EN19504	EN19505	EN19506	EN19508	EN195087
Weight (Kg)	4	8	12	16	20	24	28	32



O'LIVE KETTLEBELL RACK

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

Ref.:	MU06400
Dimensions (cm):	53 x 129 x 81
Color:	Grey



POWER BAG



- MADE OF NYLON FOR MAXIMUM RESISTANCE
- SILICON FILLED HANDLES FOR EASY GRIP
- DOUBLE STITCHING IN CRITICAL POINTS

O'LIVE CAMOUFLAGE POWER BAG

The Camouflage Power Bags will be useful to increase the challenge of basic weightlifting exercises like squats, deadlifts and presses. The displaced centre of mass increases the difficulty, ensuring a more intense workout. They are made of nylon with double stitching in critical points. Inner sand bags include a double velcro closure to prevent leakage. Handles are fixed in 3 positions to allow countless variations and are made of silicon filling, which allows them to mould to your hand during work, while maintaining stiffness and durability.

The Original Camouflage Power Bag measures 69,5 x 23,5 cm and is filled with 3 x 10 kg inner bags of 65 x 20 cm, holding up to 30 kg.

Ref.:	EN39700
Dimensions (cm):	49 x36x 74
Weight (Kg):	30
Others:	Original



O'LIVE FUNCTIONAL BAG

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

- Made of tough, firm and strong high quality synthetic leather.
- Colour coded for easy weight identification.
- Compact size and equal for all weights to increase functionality.
- 6 Rubber handles for added versatility during exercise.
- Supplied with inner sand and foam padding.

Ref.:	EN32501	EN32502	EN32503	EN32504	EN32505	EN32506	EN32507
Weight (Kg):	5	7,5	10	12,5	15	20	25
Color:	Green	Yellow	Orange	Red	Maroon	Purple	Grey



O'LIVE FUNCTIONAL BAG RACK

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

Ref.:	MU10500
Dimensions (cm):	150 x70x 67
Capacity:	5 u.
Color:	Grey



O'LIVE FUNCTIONAL BAG COMPACT RACK

It is suitable for storing functional bags.

Ref.:	MU11700
Dimensions (cm):	165 x92x 60
Capacity:	12 u.

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



O'LIVE SHOULDER BAG

The O'live Fitness shoulder bag is normally used, as the name suggests, around the shoulders for core and strength training. Dynamic and ballistic movements are performed with the usual front grips, but also allow more exercises options by incorporating back handles ensuring greater versatility.

Ref.:	EN40901	EN40902	EN40903	EN40904	EN40905
Weight (Kg):	5	8	12	15	18
Color:	Yellow	Orange	Red	Purple	Grey



O'LIVE SAND DISK

Made of neoprene filled with sand inside, is a versatile functional product that can be used as a kettlebell, dumbbell or medicine ball in a safer and effective way. Like a free weight product, you can perform a full body workout involving arms, abs, glutes and grip strength. Ideal for training circuits or HIT is soft and safe for the user and floor.

Ref.:	EN44901	EN44902	EN44903	EN44904	EN44905	EN44906	EN44907
Weight (Kg):	2	4	6	8	10	12	15

FUNCTIONAL BALL



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

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



O'LIVE FUNCTIONAL BALL

The Functional balls are 39 cm of diameter with a textile surface, which is soft and pleasant to touch. Its main feature is impact absorption which facilitates continued use by several users. They have been used by boxers when focusing on core and abdominal training. 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. They are suitable for cross training and High Intensity workouts.

Ref.:	BA06501	BA06505	BA06502	BA06506	BA06503	BA06507	BA06504	BA06508
Weight (Kg):	3	4	5	6	7	8	9	10
Color:	Green	Yellow	Orange	Red	Maroon	Purple	Grey	Black



O'LIVE LOUMET CYCLONE BALL

The Loumet Cyclone ball is a versatile product used for functional strength training and anaerobic conditioning. Ideal for dynamic turns, throws and blows helps to exercise the core, shoulders, arms, and back as well as lower body. Available from 1kg to 4kg, they are manufactured in one piece and with a high quality double braided rope. Assorted colors.

Ref.:	BA09401	BA09402	BA09403	BA09404
Weight (kg):	1	2	3	4



O'LIVE MEDICINE BALL

Made of rubber, their weight does not exceed 10 kg, and its measurements are reduced. It 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	BA09006	BA09007	BA09008	BA09009	BA09010
Dimensions (cm):	ø17	ø17	ø19	ø19	ø19	ø25	ø25	ø25	ø25	ø25
Weight (kg):	1	2	3	4	5	6	7	8	9	10
Color:	Green	Yellow	Orange	Red	Purple	Maroon	Grey	Black	Orange	Red



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 cross training and high intensity workouts.

Ref.:	BA08901	BA08902	BA08903	BA08904	BA08905	BA08906	BA08907	BA08908
Dimensions (cm):	ø22	ø22	ø22	ø29	ø29	ø29	ø29	ø29
Weight (kg):	3	6	9	12	15	20	25	30



O'LIVE DUAL GRIP MEDICINE BALL

Made of PVC, weight is not more than 8 Kg. 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 (cm):	ø23	ø23	ø23	ø23	ø23
Weight (kg):	4	5	6	7	8



O'LIVE LOUMET GYMBALL

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

Ref.:	BA09301	BA09302	BA09303	BA09304	BA09305	BA09306	BA09307	BA09308	BA09309	BA09310
Dimensions (cm):	ø19,5	ø20	ø25	ø25	ø25	ø25	ø30	ø30	ø30	ø30
Weight (kg):	1	2	3	4	5	6	7	8	9	10



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 (cm):	130 x37x 35	130 x62x 35	30 x 110 x 35
Capacity:	5 med. balls/ 4 func. balls	10 med. balls/ 8 func. balls	20-25 med. balls

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



O'LIVE MEDICINE BALL STANDING RACK

Standing rack manufactured in oval steel tube suitable for medicine balls and functional balls. Balls not included.

Ref.:	MU06200
Dimensions (cm):	145 x65x 47
Capacity:	5 med. balls / 4 func. balls
Color:	Grey

TYPE	WEIGHT	DIMENSIONS	FEATURES	PRECAUTION
O'LIVE MEDICINE BALL	From 1 to 10 kg	1-2 kg: 17 cm 3-5 kg: 19 cm 6-10 kg: 25 cm	Made of rubber Embossed surface for added grip	Not for releases and impacts on the ground.
LOUMET GYMBALLS	From 1 to 10 kg	1 kg: 195 mm 2 kg: 200 mm 3 - 6 kg: 250 mm 7 -10 kg: 300 mm	Robust and indestructible Indoor and Outdoor It bounce	Suitable for any use
LOUMET CYCLONE BALL	From 1 to 4 kg	1 kg: 195 mm 2 kg: 200 mm 3 - 4 kg: 250 mm	Allows ballistic exercises Embossed surface for added grip	Suitable for any use
O'LIVE FUNCTIONAL BALL	From 3 to 10 kg	All of 36 cm	Textile surface with soft touch Larger diameter balls	Not for releases and impacts on the ground
O'LIVE SLAM BALL	3-6-9-12-15-20-25-30 kg	3-9 kg: 22 cm 12-30 kg 29 cm	Made of rubber Heavier balls Inside sand providing inertia	Suitable for any use
O'LIVE MEDICINE BALL WITH HANDLES	From 4 to 8 kg	All of 23 cm	Made of PVC Gripping handles, giving more versatility	Not for releases and impacts on the ground



O'LIVE MEDICINE BALL REBOUNDER

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

Ref.: EN19400

Dimensions (cm): 80 x ø 92



O'LIVE FUNCTIONAL TYRE

The Functional Tyre is a non conventional's product but it is very interesting with many training possibilities. 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 (cm): Ø 105

Weight (Kg): 80



O'LIVE MULTIPLE TRIPLE FT RACK

Useful rack to store the products used in the TRIPLE FT training program. The functional bags, functional balls, kettlebells and Shoulder bags are the necessary and indispensable products for a good functional training program. O'live Fitness facilitates the performance of the method by using a format with all necessary equipment, storage and program.

It includes:

- 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 BALLS 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 PLATES/BOSUS SHELF

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

Ref.: MU16300



O'LIVE MULTIPLE RACK BIG FLAT SHELF

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

Ref.: MU15700



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 SHOULDER BAGS SHELF

Shelf to store upto 6 shoulder bags. Suitable for Multiple rack or any O'live Fitness functional station.

Ref.: MU16200



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 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 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.



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 POWER DISK SHELF

Shelf to store the Power Disk plates. Each shelf can store up to 9 sets. Suitable for Multiple rack or any O'live Fitness functional station.

Ref.: MU16000



O'LIVE PULL UP BAR

Wall mounted pull up bar. It is manufactured in black steel. You can join multiple units in line. You can convert the pull up bar in a workstation adding superbands or suspension products like O'SKY. Its maximum load is 500 kg.

Ref.: EN20600

Dimensions (cm): 55 x 126 x 85



O'LIVE PULL UP BAR EXTENSION

The wall-mounted O'Live Pull-Up Bar (EN20600) can be extended as far as you like. Each extension measures 1220mm in length and consists of an additional support Bracket and an additional 1170mm pull-up bar (32mm diameter).

Ref.: EN40000

Dimensions (cm): 122 x 55 x 85



O'LIVE MULTI-GRIP PULL UP BAR

Chin-ups are one of the best upper body resistance exercises. There is no other exercise that can equal its functional value, as not only do they develop gripping strength and back, biceps, abdominals and chest muscles, it is also an excellent full body workout. The bar features multiple gripping options to allow different exercise options to the user.

- Increases overall upper body fitness and strength with chin-ups and pull-ups.
- 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 (cm): 48 x 121 x 23



O'LIVE STEEL SUSPENSION RINGS

The suspension rings are lightweight and portable and can be setup in seconds. They are useful for dozens of exercises, from the basics like push-ups to more difficult ones like Iron Crosses or Dips. They are made of steel and they have a nylon adjustable strap with numbering. Grip: ø 2,8 cm.

Ref.: ST13100

Dimensions (cm): ø 23



O'LIVE WOOD SUSPENSION RINGS

The suspension rings are lightweight and portable and can be setup in seconds. They are useful for dozens of exercises, from the basics like push-ups to more difficult ones like Iron Crosses or Dips. They are made of wood and they have a nylon adjustable strap with numbering. Grip: ø 2,8 cm.

Ref.: EN33300

Dimensions (cm): ø 23



O'LIVE CLIMBING ROPE

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

Ref.: ST14400

Dimensions (cm): ø 3,8 x 600



O'LIVE PULL-UP ROPE

The pull-up is a great upper body exercise that involves back, shoulders and abdominals, while developing gripping strength. The rope allows different hand positions to increase gripping demand and provide a more natural line of pull. The pull-up rope can be used for a variety of exercises: for example it can be looped around the handle of a kettlebell to increase the lever length and help teaching proper exercise execution, or it can be also attached to a SuperBand. The rope can be used for upper body pulling and pushing exercises along with a number of other rotational exercises.

Ref.: EN33600

Dimensions (cm): ø 3,8 x 300



O'LIVE CLIMBING ROPE WITH LOOP, 5 M

Climbing rope of 40 mm diameter made of natural sisal fibers, ensuring excellent grip during ascent and descent. 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: diameter 40mm x 5 meters



O'LIVE AB-STRAPS

You can quickly connect a pair of heavy duty performance AB Straps to any standard pull-up bar for ab defining workouts the way the pros do it. Experienced professionals use AB Straps to perform off-the-floor crunches and leg lifts. O'Live AB Straps are sturdy, comfortable and designed for years of performance. Made with heavy-duty nylon straps, mountain steel carabiners, and thick foam padding, the O'Live AB Straps are both durable and comfortable.

Ref.: EN33500

GYM SLED



O'LIVE GYM SLED

The O'Live Gym Sled is the ideal tool to increase your strength and endurance, giving you the ability to tone and enhance your entire body with just one piece of workout equipment. Flat bottom and solid steel skis allow for smooth pushing/pulling on multiple surfaces. The sled weights and uses your existing bumpers or olympic discs for a more intense workout. Two types of different handles for pushing exercises and multi-point attachments to use with heavy harness (sold separately). It includes a low friction base to allow you to use the sled in indoor rubber floors.

Ref.:	EN39300
Dimensions (cm):	99 x101x 61
Weight (Kg):	42



O'LIVE GYM SLED HARNESS

The O'Live Gym Sled Harness is made of resistant nylon and can be used for all sled pulling and speed training. Featuring wide padding to distribute weight comfortably and comfort.

Ref.:	EN39400
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O'LIVE BATTLE ROPES

The benefit of training with combat ropes is double: They provide an intense cardiovascular workout while working gripping strength and upper body endurance. Another benefit associated with battle rope training is the important role the core is playing in coordinating and maintaining movement execution. Yet another advantage is the fact that it does not require a high level of skill or physical condition; basic instructions are enough to get started. The O'Live battle rope is made of 38 mm safe and non-abrasive black braided nylon and PP. The ends incorporate a heatseal finish that prevents the rope from fraying and provides comfort.

Ref.:	EN20801	EN20802	EN20803
Weight (Kg):	7,6	9	11,2
Size:	9 m.	12 m	15 m.
Color:	Black	Black	Black

O'LIVE BATTLE ROPE WITH NYLON COVER

The benefit of training with combat ropes is double: They provide an intense cardiovascular workout while working gripping strength and upper body endurance. Another benefit associated with battle rope training is the important role the core is playing in coordinating and maintaining movement execution. Yet another advantage is the fact that it does not require a high level of skill or physical condition; basic instructions are enough to get started. The O'live battle rope is made of 38 mm sisal rope with nylon cover. The ends incorporate a heatseal finish that prevents the rope from fraying and provides comfort.

Ref.:	EN34301	EN34302
Weight (Kg):	7,6	9
Size:	9 m	12 m
Color:	Camouflage	Camouflage

ROPE TRAINING & ANCHORING GUIDELINES:

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



O'LIVE ROPE COMPACT RACK HOLDER

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

Ref.:	MU10100
Dimensions (cm):	15 x75x 70

O'LIVE BATTLE ROPE ANCHORING PROTECTOR

The rope anchoring protector is an essential element when using battle ropes. It protects the battle rope from friction and fraying and increases the overall length for added difficulty. It is resistant, durable, effective and inexpensive and will increase the life span of the battle rope. It is easy to adjust and remove with the use of Velcro straps and it fits any battle rope diameter. The kit includes a protector, two straps and one carabiner.

Ref.:	EN34400
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O'SKY

The O'sky suspension trainer by O'live Fitness is a versatile, easy to use and efficient for anyone regardless of age or physical condition. Use your own body weight to provide resistance and offer many options for the whole body workout. By simply changing the angle which you perform the exercise, you can work any muscle without stopping. The O'Sky activates your abdominal zone in every exercise, increasing flexibility and ensuring intense muscular and cardiovascular workout.



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.

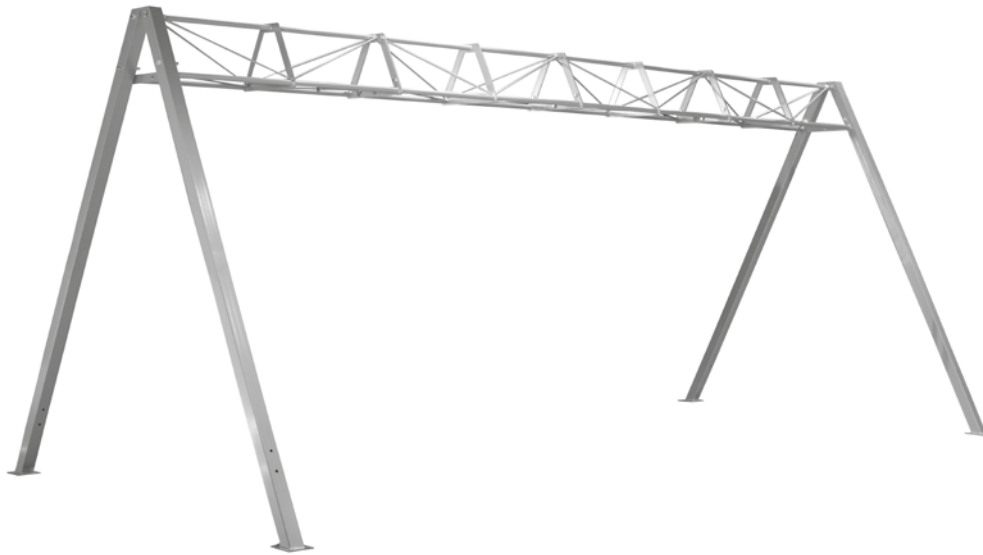
Safe: The O'Sky provides a security maillon by fastening screw, this allows take it down easily, or if it screwed, impossible to take down without tools.

Ref.: EN44300

SUSPENSION TRAINER CEILING MOUNT

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

Ref.: EN43700



PLATES

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. Available in different lengths, 16 users can exercise simultaneously. Made in Europe with optimum quality. Ground screwing of the structure recommended.

Ref.:	EN41500	EN41600	EN41700	EN41800	EN41900	EN42000
Dimensions (cm):	300 x292x 174	300 x292x 324	300 x292x 474	300 x292x 624	300 x292x 774	300 x292x 924
Weight (Kg):	115	126,5	138	149,5	161	172,5
Capacity:	4 users	6 users	8 users	12 users	14 users	16 users



O'LIVE WALL SUSPENSION TRAINING STATION

The wall Suspension Station creates a training area by suspension systems, making it possible to also suspend other products like 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. Made in Europe, ensuring optimum quality.

Ref.:	EN45301	EN45302	EN45303	EN45304
Capacity:	2 users	4 users	6 users	8 users



PLYO BOXES



O'LIVE WOOD ADJUSTABLE PLYOMETRIC BOX

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

Ref.: EN32900

Dimensions (cm): 60 x 50 x 75

O'LIVE SOFT ADJUSTABLE PLYOMETRIC BOX

The 3 in 1 soft plyometric box gives the opportunity to adjust its height, by just changing the side it is placed. It allows three different heights: 50 cm, 60 cm or 75 cm. Commonly used in cross training, it is also suitable for other types of exercises which require a safer platform due to its soft and dense foam construction.

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.: EN39000

Dimensions (cm): 60 x 50 x 75



O'LIVE ELITE PLYOMETRIC BOX

O'live Fitness Elite plyometric boxes have a solid steel structure and larger working area, resulting in a greater functionality, stability and security. It incorporates rubber feet and landing platform to avoid possible landslides, as well as wheels for easy movement. Size of working area: 700 mm x 600 mm.

Ref.:	EN43301	EN43302	EN43303
Dimensions (cm):	300 x700x 600	450 x700x 600	600 x700x 600



O'LIVE SAFE PLYOMETRIC BOX

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

Ref.:	EN33001	EN33002	EN43900	EN33003
Dimensions (cm):	15 x76x 90	30 x76x 90	45 x 76 x 90	60 x76x 90



O'LIVE PLYOMETRIC PLATFORMS

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

Ref.:	EN19101	EN19102	EN19103	EN19104	EN19105
Dimensions (cm):	15 x31x 31	30 x39x 39	45 x50x 50	60 x60x 60	76 x65x 65
Color:	Black	Black	Black	Black	Black



O'LIVE 6 DIGIT INTERVAL TIMER

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

- Remote controlled.
- Count Up function.
- Count Down function.
- Stop Watch function.
- Interval Training function.
- You can program and save your top seven intervals for quick operation in the future.
- Audible beeper to start, pause, and end intervals and workouts.

Ref.:	EN33100
Dimensions (cm):	16 x73x 4



O'LIVE 8 DIGIT INTERVAL TIMER

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

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

Ref.:	EN39900
Dimensions (cm):	5 x86x 16



LOUMET BALANCE BOARD

Unlike traditional balance boards, the Loumet balance board incorporates a non-slip circular relief on the surface for increased gripping capacity. In addition, its slightly convex shape allows greater user support. The rounded corners allow a safe hand use when doing ground work. The Loumet balance board is built in one piece, making it extremely durable, strong, resilient and able to withstand up to 350 kg.

Ref.:	EN29000
Dimensions (cm):	8 x ø 37
Color:	Blue



FLOWIN® SPORT

The Flowin concept consists of functional exercises focusing on core stability, mobility, strength, balance, speed and power. By using a rectangular base plate and various pads effective friction is generated in this training that can be adjusted safely by the user by simply altering the degree of pressure. Using their own bodyweight as counterweight users can regulate the degree of friction and thus the difficulty level. Sport models are suitable for the end consumer. The plate can be rolled and includes a carry bag, 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad), a manual and a DVD with three different training programs.

Ref.:	EN06600
Dimensions (cm):	100 x 140
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. Using their own bodyweight as counterweight users can regulate the degree of friction and thus the difficulty level. The Flowin Pro model's plate is designed for professional environments. It cannot be rolled. It incorporates 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad).

Ref.:	EN07401
Dimensions (cm):	100 x 140
Color:	Black



FLOWIN® PAD KIT

Additional Flowin® pad kit for the gym or to use at home. 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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LOUMET FITNESS BALL PRO

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

Ref.:	BA08001	BA08002	BA08003
Dimensions (cm):	ø 55	ø 65	ø 75
Color:	Grey	Grey	Grey

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

Ref.:	BA08200
Dimensions (cm):	ø 65
Color:	Purple



O'LIVE STANDING FITNESS BALL RACK

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

Ref.:	MU06700	MU06800
Dimensions (cm):	151 x ø 77	180 x ø 127
Capacity:	3 u.	9 u.
Color:	Grey	Grey

O'LIVE COMPACT BALL HOLDER

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

Ref.:	MU01500
Dimensions (cm):	53 x 30 x 11
Capacity:	1 u.



O'LIVE TRAINING CLUBBELLS

The Clubbells develop shoulder strength, endurance and flexibility through extreme ranges of motion. Thanks to a displaced center of mass, the leverage created by their length and weight improves the grip and wrist strength. This equipment is also useful to exercise coordination and stability skills. Sold in pairs.

Ref.:	EN39101	EN39102	EN39103	EN39104	EN39105	EN39106
Weight (Kg):	2	4	6	8	10	12
Handle diameter (mm):	17	25	29	32	32	35
Large (cm):	38	42	46	50	56	60



O'LIVE CLUBBELLS RACK

This rack can store 1 pair of Clubbells of each weight. Made of Steel, it comes with a rubber base for added protection.

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



O'LIVE RUSSIAN BELT

The Russian belt is a very simple to use product. You must have a support (Wall bar, bracket) allowing static and dynamic exercises for lower body strength: femoral biceps area, quadriceps and hamstrings. You can perform unconventional exercise positions aiding recovery, preventing injuries, and improving strength and flexibility. The O'LIVE Russian belt is manufactured with a metal buckle for quick and easy adjustment adding versatility and comfort.

Ref.:	EN29100
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O'LIVE STORAGE CAGE

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

Ref.:	MU09900
Dimensions (cm):	78 x135x 65
Color:	Grey



O'LIVE PRO PUSH UP BARS

Push-ups are an effective upper-body exercise that builds muscular strength and endurance in the chest, shoulders and triceps. The Push-up bar offers a way to alter the classic style increasing intensity and helping with the discomfort sometimes experienced with these types of exercises. The O'Live Pro Push-up bars will help you neutralize the wrist angle so there is less pressure on the joints. Without that pain, you might be able to perform more push-ups than you normally might, with your palms flat on the floor.

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

Ref.: EN36300



O'LIVE CORE WHEELS

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

Ref.: EN33700

O'LIVE AB WHEEL

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

Ref.: EN33800



O'LIVE TRIPLE JUMP ROPE

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

Ref.: ST14300

Color: Black



O'LIVE JUMP ROPE

The O'Live Jumping Rope includes a heavier wire, offering a new and better feeling by making it easier to know the location wire during its use. The jumping rope has other improvements as well: the handles include rolling-bearing to add more speed. This makes the difference when you are trying to do as many double-jumps as possible in just one set. The handles are made of nylon, reinforced with glass fiber, to ensure high resistance. The wire, made of steel, has a nylon coating to improve protection and to avoid unwanted knots. It can be adapted to tall users (max. 2 m) and it can be easily adjusted with a Philips screwdriver.

Ref.: EN43800



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 (cm): 165 x 7,5 x 2,5



O'LIVE RESIST TUBE

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

Ref.:	ST00801	ST00802	ST00803	ST00804	ST05501	ST05502	ST05503	ST05504
Dimensions (cm):	120	120	120	120	240	240	240	240
Intensity:	Light	Medium	Strong	Extra strong	Light	Medium	Strong	Extra strong
Color:	Yellow	Green	Red	Blue	Yellow	Green	Red	Blue



O'LIVE RESIST TUBE HANDLES

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

Ref.: ST16300



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 BAR

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

Ref.: ST00100
Dimensions (cm): ø 3 x 105



O'LIVE RESIST ROPE

The Resist O'Live rope consists of a 1,50 m long double braided rope with nylon strip cover with both ends terminating with an anchor ring for attaching elastics or Resist battle ropes. The Resist rope improves grip strength while the user is performing core training drills and multi-functional movements. It is useful for toning exercises with rotation, and for stability and coordination. It is ideal for explosive strength training while accomplishing a high metabolic intensity challenge in the workouts.

Ref.: ST20500



O'LIVE RESIST BELT

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

Ref.: ST20600



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 PULL BELT

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

Ref.: EN45000



O'LIVE RESIST ANKLE STRAP

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

Ref.: ST20700



O'LIVE RESIST ARM STRAP

The arm strap increases the number of available exercises during a training session. It has a velcro strap which allows a quick and easy attachment. Its metal rings safely anchor the tubing. Working with the arm strap will provide you with a wider variety of upper body exercises allowing you to exercise the upper body in its many variants, adding new challenges and developing new skills.

Ref.: EN45100

RESIST BATTLE ROPE



O'LIVE RESIST BATTLE ROPE

The O'Live resist battle ropes are incredibly versatile products that can be used as traditional combat ropes, as speed resistors, to move backwards, lateral movements, or rotational movements. Incorporating the resistance provided by the elastic cords you can modify the training adding traditional combat ropes and achieving muscle contraction in all three planes of motion. The ropes are secured thanks to the nylon protective cover and they can be used for anyone regardless of their fitness level. They are 6 meters long at rest and they can reach a length of a maximum of 12 meters.

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

O'LIVE CARABINER

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

Ref.:	EL12000
Dimensions (cm):	5,8 x 10,5
Color:	Red





O'LIVE SPEED RESIST KIT

Set consisting of a 6 meter Resist battle rope, a Resist harness, an anchor strap, two Carabineers and a storage bag. The speed resistor is designed to help athletes accelerate faster and with greater power. The more the elastic cord is stretched, the more resistance it will provide to the user in their advancing motion. The elastic is 6 meters long and it can reach a maximum length of 12 meters.

Ref.:	EL11700	EL12100
Intensity:	48 kg	35 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 carabineers and 2 storage bags.

Ref.:	EL12200	EL12300
Intensity:	48 kg	35 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 carabineers and a storage bag. The set allows multiple drills and core training exercises useful for martial arts enthusiasts.

Ref.:	EL12400	EL12500
Intensity:	48 kg	35 kg

SUPERBANDS



O'LIVE SUPERBANDS

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

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.:	EL14001	EL14002	EL14003	EL14004
Dimensions (mm):	4,5 x400x 13	4,5 x400x 19	4,5 x400x 22	4,5 x400x 32
Intensity:	XX Light	X Light	Light	Medium
Color:	Red	Red	Black	Purple



O'LIVE RESISTANCE TUBE

Resistance tubes made with high quality natural rubber with flexible breathable and ergonomic handles. It comes with a nylon cover for added protection. Commonly used for strength training, rehabilitation and functional training. They are available in different resistance levels with different colours.

- 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. Commonly used for strength training, rehabilitation and functional training. They are nylon covered for extra protection against chafing, moisture and dehydration. Four levels of resistance, perfect for circuit training. They are available in different colour coded intensities. Elastic length of 1,24 m + handle.

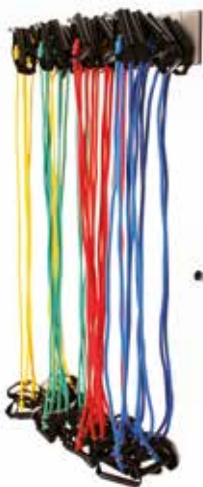
Ref.:	EL08201	EL08202	EL08203	EL08204
Intensity:	Light	Medium	Strong	Extra Strong
Color:	Yellow	Green	Red	Blue



O'LIVE LOOPS

The elastic loops can be used for a variety of applications, particularly for lower body work when aiming to gain strength and balance. They are available in different colour coded intensities. Length 28 cm.

Ref.:	EL06201	EL06202	EL06203
Intensity:	Medium	Strong	Light
Color:	Red	Green	Yellow



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 (cm):	15 x70x 24,5
Capacity:	40 u.



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 (cm):	15 x12x 24,5
Capacity:	10 u.

FUNCTIONAL HURDLE



- SOLID 2MM STEEL TUBE
- IMPROVED HANDLE SIZE AND TEXTURE



O'LIVE FUNCTIONAL HURDLE

The O'Live Functional Hurdle is a simple piece of equipment that offers a wide range of strength training exercises. 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 (cm): 73 x60x 38

Color: Red



O'LIVE WEIGHT VEST

Weight vests are useful to increase load during cardio-vascular exercises, for plyometric and agility drills and body-weight exercises. The O'live weight vest is rugged, durable with fully adjustable strap to ensure it fits perfectly to your torso. The Vest is weighted with 1.1kg weights, each of which is secured snugly into its own Velcro pocket. The 10 kg vest has got 5 pockets on the front and 4 on the back to ensure even weight distribution. The 20 kg vest has got 9 pockets on the front and 9 on the back to ensure even weight distribution. You can quickly and easily load or unload the weight to suit your needs.



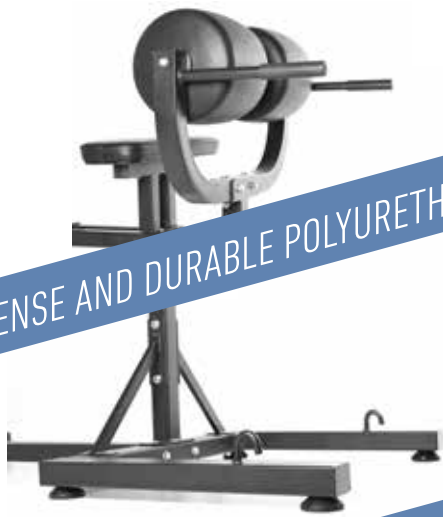
Ref.: EN32801

Weight (Kg): 10

EN32802

20

DENSE AND DURABLE POLYURETHANE



SUPERBAND ATTACHMENTS



ADJUSTABLE FOOT ROLLER PADS



O'LIVE GHD

The GHD provides a platform for flexion and extension exercises on the trunk. It can be used for hip and back extension to condition the posterior chain, and in the supine position perform sit-ups.

The O'Live GHD provides excellent stability, eliminating all movement thanks to fully adjustable foot holders. The platform is a rolling pad that allows a much smoother transition into extensions and the resting pad under the rolling pad provides a stable position for set-up. All pads and rollers are constructed of a dense and durable polyurethane to ensure maximum durability and reliability.

Ref.:	EN39600
Dimensions (cm):	115 x155x 80
Weight (Kg):	50

O'LIVE AB MAT

The Ab mat increases the range of motion necessary to work the entire abdominal muscle group. You can perform a variety of exercises that isolate upper and/or lower abs, as well as the obliques and lower back muscles.

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.:	EN39500
Dimensions (cm):	9 x30x 39



SPEED & AGILITY



O'LIVE SPEED LADDER

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

Ref.:	EN01200	EN01300
Size:	4 m	4 m
Others:	Single	Double



O'LIVE RUBBER SPEED LADDER

The rubber speed ladder is an effective sports product for training skills such as coordination and agility. 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.:	EN43600
Dimensions (cm):	450 x 41 x 0,4



O'LIVE SPEED CONE

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

Ref.:	EN42800
Dimensions (cm):	28 x ø 7



O'LIVE HURDLE

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

Ref.:	EN42601	EN42602	EN42603
Dimensions (cm):	15 x22x 45	23 x22x 45	30 x22x 45



O'LIVE ADJUSTABLE HURDLE

Adjustable hurdle made of PVC that can be adjusted to 20 cm and 30 cm of height. Supplied in 4-unit packs. Single color.

Ref.:	EN42700
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O'LIVE REACTION BALL

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

Ref.:	BA04802
Dimensions (cm):	10
Color:	Red



O'LIVE FLEXIBLE SPEED CONES KIT

The speed cone kit is useful to mark specific zones for agility drills. 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
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O'LIVE AGILITY DOTS

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

Ref.:	EN37201	EN37202
Dimensions (cm):	ø 23	ø 30
Color:	Red	Black



O'LIVE AGILITY HEXAGONS

Set of 6 hexagons joined together, used to help develop speed and agility exercises. The system allows the hexagons to be placed in different positions for training in different directions. Carrying bag included. Single Color.

Ref.:	EN42500
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O'LIVE SLALOM POLE BASE

Base needed to keep the pole standing. It is made from rubber for added stability.

Ref.:	EN43000
Dimensions (cm):	24 x Ø 16



O'LIVE SLALOM POLE

Made of PVC, they are helpful for an infinite number of agility drills. They can be used for slalom drills or to simulate the movements used in the most common sports. Designed for indoor activities, a base is needed to keep them straight.

Ref.:	EN43100	EN43400
Dimensions (cm):	170	100



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 medium intensity resistance tubes of 1.20 m ST00803.
- 1 carry bag.

Ref.:	EN44101	EN44102
Intensity:	Medium	High



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 and one carry bag.

Ref.:	EN44600
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O'LIVE 2 PLAYER RESIST KIT

Apply resistance during agility and power training. 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.
- 1 carry bag.

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.
- 1 carry bag.

Ref.: EN44700



O'LIVE SPEED SLED

The speed sled is used for power training and to strengthen the lower body. It can be used indoors or outdoors and includes 3 removable bags of 5 kg each, to change the ballast weight. Supplied with full bags.

Ref.: EN43200



O'LIVE LATERAL RESISTOR

The Lateral resistor is 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



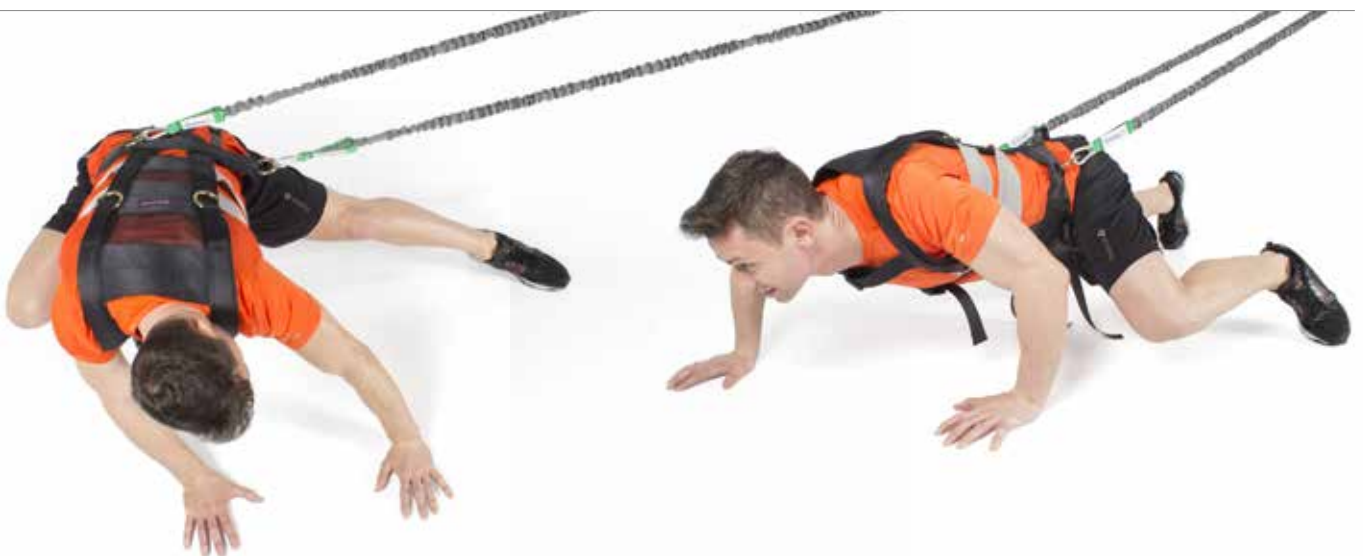
O'LIVE UNLIMITED FUNCTIONAL VEST KIT

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



FUNCTIONAL RIGS





O'LIVE ONE + FUNCTIONAL STATION

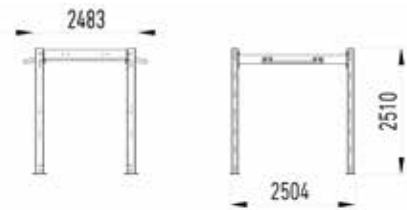
O'live Fitness One+ Functional Station supports up to 10 users exercising at the same time, thereby maximizing the available space. It allows a complete workout of the whole body, providing quick and effective results. Users of any age and physical condition, challenges and fun experience while an effective workout. The One + is extremely versatile because workstations are different, ensuring a varied training sessions and allowing small group sessions.

Features:

- High stability and solidity.
- Provides a variety of workstations.
- Coating with epoxy textured black paint on monkey bars for optimum grip.
- Made in Europe, ensuring high quality.

Ref.: ES20300

Dimensions (cm): 248 x250x 251



O'LIVE SQUAT ADD ON F.S. ONE

Increase the O'live Fitness Functional Station One and One+ with an addition on for working with the Olympic bar usually for executing squats, deadlifts or press. It includes 4 connectors, 2 columns, a reinforced bar and a pair of J-cups.

Ref.: ES18200

Dimensions (cm): 182 x513x 261



O'LIVE RACK FOR F.S. ONE

Set consisting of shelves to fit most common products for functional training to fix to One and One+ O'live Fitness functional stations. The functional bags, functional balls and kettlebells are the necessary and indispensable products for a good functional training program.

Note: The O'live Fitness Functional Stations allows up to 4 shelves, any other options are possible according to the choice of products preferences.

For the One + functional station, a converter is necessary, Ref.: ES21100.

Ref.: MU14500



O'LIVE ONE + KIT FUNCTIONALSTATION

Accessories included:

- O'live Fitness One+ Functional Station.
- Boxing Arm and 35 Kg. punching bag.
- Core Trainer Bar and support.
- 1 Plate storage attachment and one 5kg and one 10kg bumper plate.
- 2 O'sky suspension trainers.
- 1 Battle rope attachment.
- 12 m battle rope.
- Infinite rope training Station.
- 1 functional wall board.
- 3 ring attachment for elastic tubes.
- 2 medium and 2 heavy resist tubes.
- 1 resist bar.
- 1 Superbands training station.
- 1 x-light superband (1m.).
- 1 xx-light and 1x-light 2m superband.
- 1 light superband (1m.).
- 2 resistance tube storage attachment.



Note: image does not match the kit.

Ref.: ES20400
 Dimensions (cm): 243 x250x 251



ONE+ GRAPHIC KIT

A clever and useful tool for instructors and coaches, specially designed to give an added value to clients and users. Made of the highest resistance materials available, the sticker provides a strong fixation to the floor. The sticker is covered with an external layer of high durability polycarbonate, provides a long term protection against UV radiation and has an anti-slip surface.

Graphics can be used to guide users inside a fitness center, can help saving space and equipment and are also very useful for instructors. A revolutionary tool designed to help people perform exercises and to improve safety and enthusiasm in all kinds of facilities.

Maximize your investment on your One+ by customizing your own floor graphics. Your members will immediately benefit from having a visual positioning reference, making it easier for clients and instructors to work consistently and to deliver new ways of workout programming.

The graphics kit for One+ is available in several colors and it is possible to add your own logos to it. Suitable for all kind of surface, including rubber, recycled rubber, concrete, wood or laminated.

Ref.: EN45700



O'LIVE ONE FUNCTIONAL STATION

The O'live Fitness One Functional Station is a hybrid between the F.C.S. and One +. It is made of 80mm x 80mm and 3mm thick columns and with the reinforced crossbeams of the One+ Station. The station provides good stability and resistance value and incorporates features such as numbering of the spaces in the columns, thus facilitating adjustments of the accessories. Training possibilities are the same as the One + Station, offering versatility by allowing the addition of a large number of accessories.

Features:

- 80mm x 80mm and 3 mm thick columns, gaining in strength.
- Numbering performed by laser cut in the columns, providing functionality.
- Reinforced crossbeam, ensuring stability.
- Polyethylene protected on the accessories, preventing scratches and wear.
- Variety of accessories available for greater utility.
- The coating with texture epoxy black paint offers optimum grip on the monkey bars.
- Made in Europe ensuring high quality.

Note: Columns must be bolted to the floor to ensure stability.

Ref.: ES20100

Dimensions (cm): 199 x 251 x 261

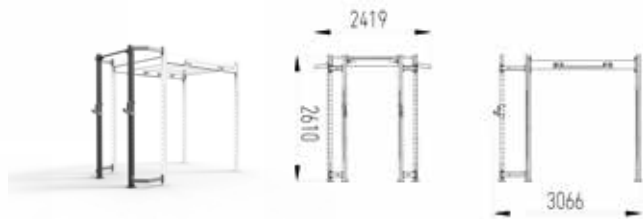


O'LIVE SQUAT ADD ON F.S. ONE

Increase the O'live Fitness Functional Station One and One+ with an addition on for working with the Olympic bar usually for executing squats, deadlifts or press. It includes 4 connectors, 2 columns, a reinforced bar and a pair of J-cups.

Ref.: ES18200

Dimensions (cm): 182 x 513 x 261

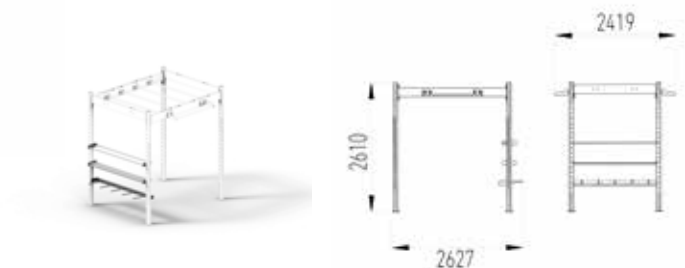


O'LIVE RACK FOR F.S. ONE

Set consisting of shelves to fit most common products for functional training to fix to One and One+ O'live Fitness functional stations. The functional bags, functional balls and kettlebells are the necessary and indispensable products for a good functional training program.

Note: The O'live Fitness Functional Stations allows up to 4 shelves, any other options are possible according to the choice of products preferences. For the One + functional station, a converter is necessary, Ref.: ES21100.

Ref.: MU14500





Note: image does not match the kit.

O'LIVE ONE KIT FUNCTIONAL STATION

Accessories included:

- O'live Fitness One Functional Station.
- Boxing arm and 35 Kg. punching bag.
- Dips attachment.
- Fixed Core Trainer.
- Olympic bar holder.
- Plate storage attachment.
- 220 cm Olympic bar..
- O'sky suspension trainer.
- Battle rope attachment.
- 12 m battle rope.
- Infinite rope training Station.
- 1 Olympic bumper disc (5kg).
- 1 Olympic bumper disc (10kg.)

Ref.: ES20200

Dimensions (cm): 199 x 251 x 261

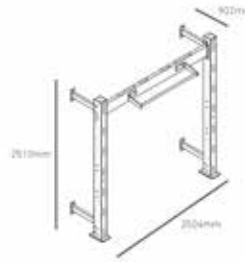


O'LIVE ONE + WALL MOUNT

Where there is limited space or when it is required, One+ Functional station can be mounted against the wall. It can be extended by consecutive modules.

Ref.: ES20700

Dimensions (cm): 90 x 250 x 251

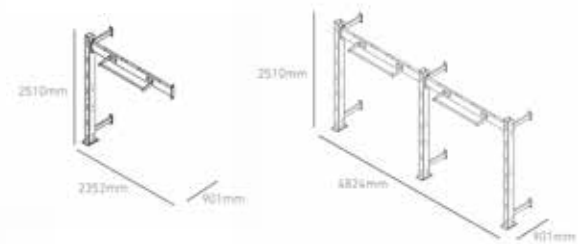


O'LIVE ONE + WALL MOUNT ADD ON

Expansion modules for One+ Functional Station increase the number of workstations. Each module is made for a crossbeam, a column and anchoring arms to the wall.

Ref.: ES20800

Dimensions (cm): 90 x 235 x 251



O'LIVE ONE WALL MOUNT

Where there is limited space or when it is required, One Functional station can be mounted against the wall. It can be extended by consecutive modules.

Ref.: ES20500

Dimensions (cm): 86 x 191 x 261

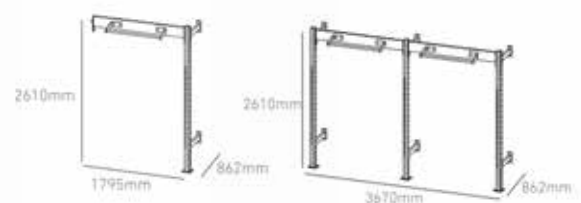


O'LIVE ONE WALL MOUNT ADD ON A

Expansion modules for One Functional Station increase the number of workstations. Each module is made for a crossbeam, a column and anchoring arm to the wall.

Ref.: ES20600

Dimensions (cm): 86 x 179 x 261



O'LIVE F.C.S

The O'live Fitness Functional Crosstraining Station (F.C.S.) is an evolution of the standard designs, setting new options in terms of functionality, adaptability and stability. With 80mm x 80mm and 3 mm thick columns, reinforced crossbeams and 16mm diameter screws, the station provides a good balance between stability and solidity. The F.C.S is customizable and extensible that can be enhanced by available functional training accessories. It incorporates features such as numbering value of spaces in the columns, thus facilitating adjustments and polyethylene protections in the accessories, allowing optimal fit and preventing wear. The FCS is offered in different configurations, either as freestanding or wall mounted.

Features:

- 80mm x 80mm and 3 mm thick columns, increasing solidity.
- Reinforced crossbeams for stability.
- 16mm screws for a secure attachment.
- Numbering performed by laser cut in the columns, providing functionality.
- Polyethylene protections of the accessories, preventing scratches and wear.
- 32 mm bars and 3mm thickness
- Adaptability and customization, accommodating to any space and need.
- Large variety of accessories available for greater utility.
- Expandable with modules with 1080mm or 1680mm predefined widths.
- The coating with epoxy textured black paint offers optimum grip on the monkey bars.
- Made in Europe ensuring high quality.

Note: Columns must be bolted to the floor to ensure stability.



O'LIVE F.C.S. BASIC

The basic configuration is designed in terms of affordability and simplicity. It is the base for future customizations and extensions. The crossbeams can be mounted at various heights and also allows the incorporation of most accessories. With a height of 2.60 meters, it is available in 5 standard sizes and can be expandable in 1080mm or 1680mm modules width. The station is supplied with all necessary hardware for installation.

Ref.:	ES18701	ES18702	ES18703	ES18704	ES18705
Dimensions (cm):	192 x 131 x 261	192 x 308 x 261	192 x 424 x 261	192 x 601 x 261	192 x 717 x 261
Others:	BASIC 1	BASIC 2	BASIC 3	BASIC 4	BASIC 5

Basic 1



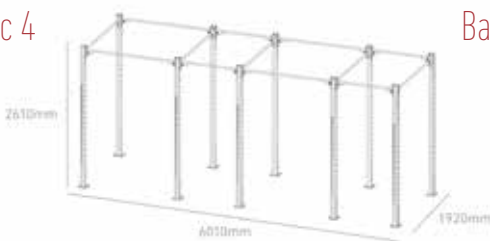
Basic 2



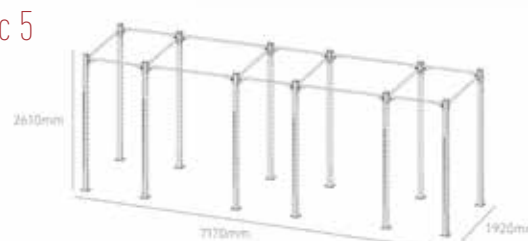
Basic 3



Basic 4



Basic 5



O'LIVE F.C.S. BASIC ADD ON

Expansion module for the F.C.S. Basic, allows for increased user capacity. It includes all necessary hardware.

Extension A, 108 cm.

Extension B, 168 cm.

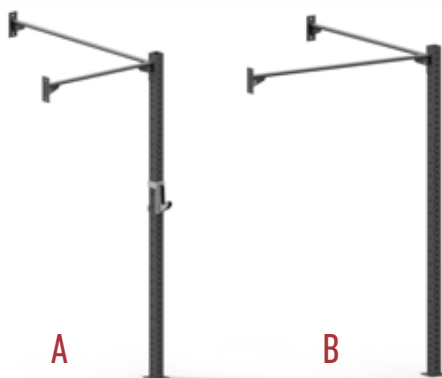
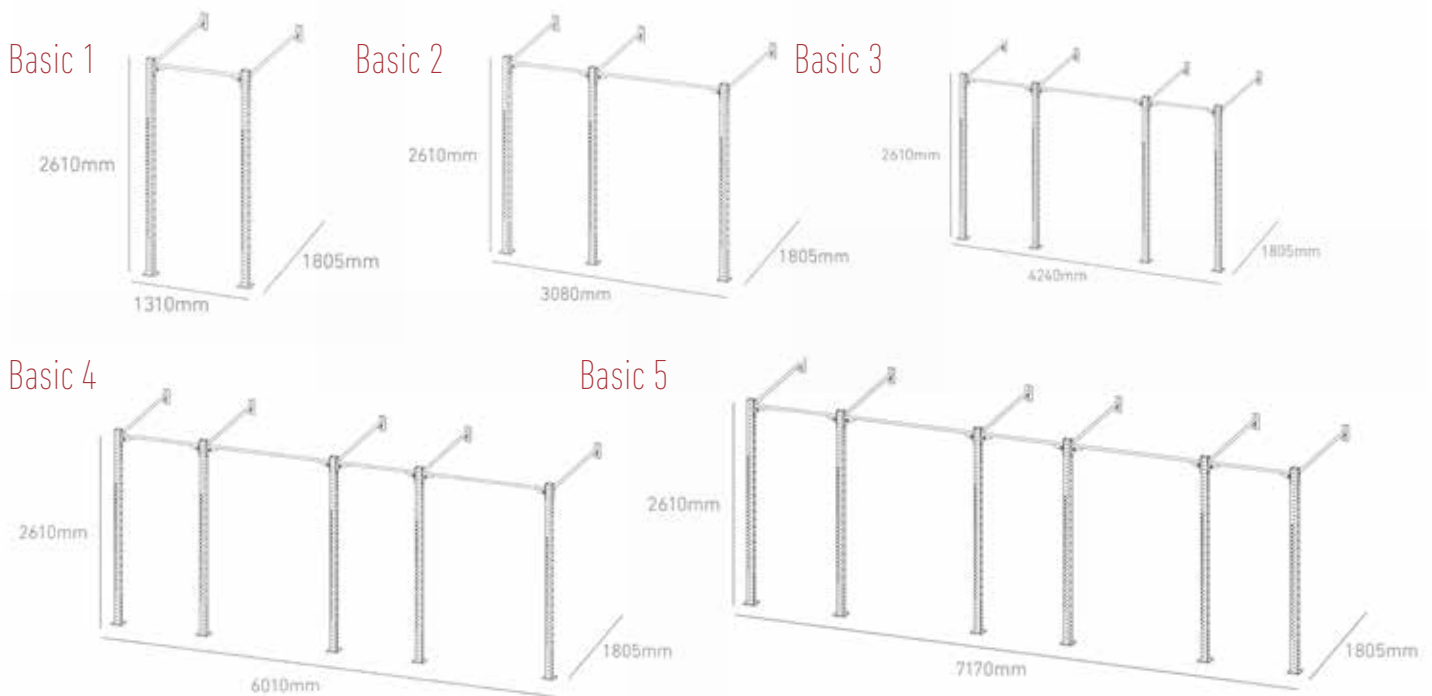
Ref.:	ES18801	ES18802
Dimensions (cm):	192 x 117 x 261	192 x 255 x 261
Others:	Extension A	Extension B



O'LIVE F.C.S. WALL MOUNT BASIC

The basic configuration is designed in terms of affordability and simplicity. It is the base for future customizations and extensions. The crossbeams can be mounted at various heights and also allows the incorporation of most accessories. With a height of 2.60 meters, it is available in 5 standard sizes and can be expandable in 1080mm or 1680mm modules width. The station is supplied with all necessary hardware for installation.

Ref.:	ES18901	ES18902	ES18903	ES18904	ES18905
Dimensions (cm):	180 x 131 x 261	180 x 308 x 261	180 x 431 x 261	180 x 601 x 261	184 x 717 x 261
Others:	BASIC 1	BASIC 2	BASIC 3	BASIC 4	BASIC 5



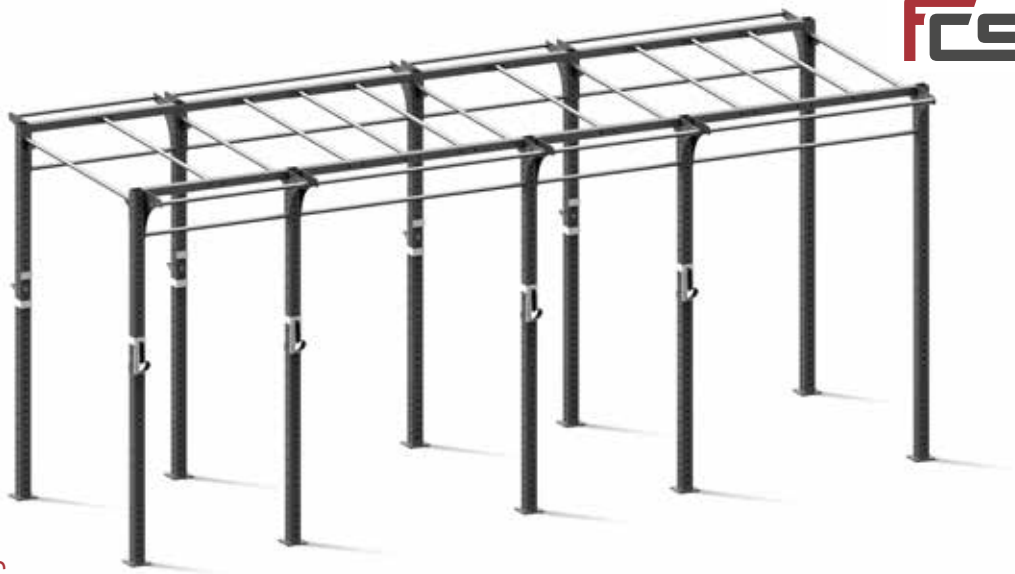
O'LIVE F.C.S. BASIC WALL MOUNT BASIC ADD ON

Expansion module for the F.C.S. Wall mount Basic, allows for increased user capacity. It includes all necessary hardware.

Extension A, 108 cm.

Extension B, 168 cm.

Ref.:	ES19001	ES19002
Dimensions (cm):	180 x 117 x 261	180 x 255 x 261
Others:	Extension A	Extension B

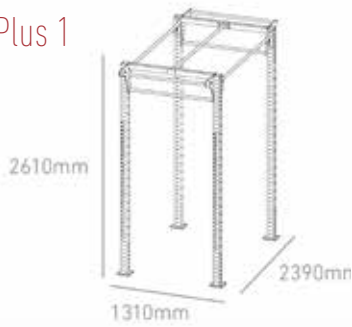


O'LIVE F.C.S PLUS

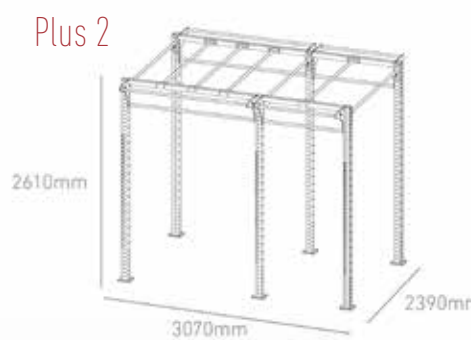
The F.C.S Plus is a step forward in terms of solidity and stability. For added versatility and reinforcement it incorporates a high ladder and flying bar crossbeams, which can be adapted to a larger number of users, while providing greater rigidity. The crossbeams can be mounted at different heights and allows the incorporation of most training accessories. With a height of 2.60 meters, it is available in 5 standard sizes and can be expandable in 1080mm or 1680mm modules width. The station is supplied with all necessary hardware for installation. J-Cups included.

Ref.:	ES19101	ES19102	ES19103	ES19104	ES19105
Dimensions (cm):	239 x 131 x 261	239 x 307 x 261	239 x 423 x 261	239 x 599 x 261	239 x 715 x 261
Others:	PLUS 1	PLUS 2	PLUS 3	PLUS 4	PLUS 5

Plus 1



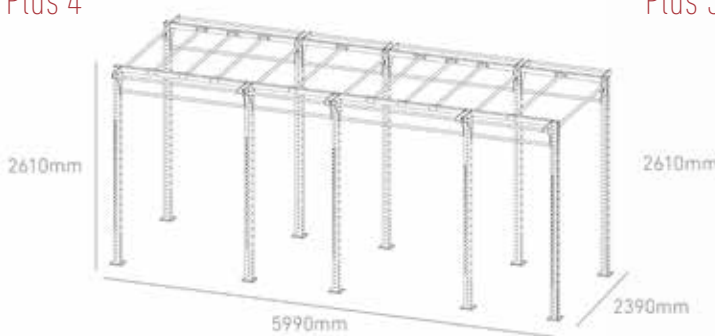
Plus 2



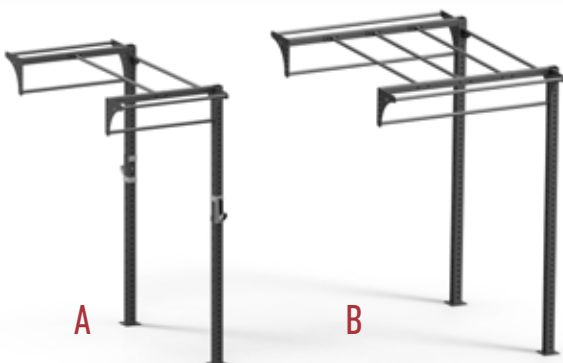
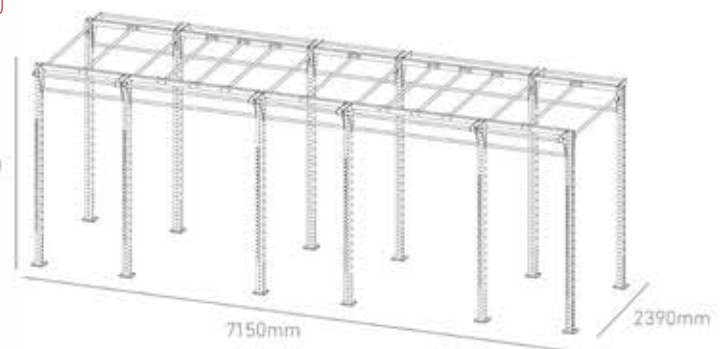
Plus 3



Plus 4



Plus 5



O'LIVE F.C.S. PLUS ADD ON

Expansion module for the F.C.S. Plus, allows for increased user capacity. It includes all necessary hardware.

Extension A, 108 cm.
Extension B, 168 cm.

Ref.:	ES19201	ES19202
Dimensions (cm):	239 x 117 x 261	239 x 255 x 261
Others:	Extension A	Extension B



O'LIVE F.C.S. WALL MOUNT PLUS

The F.C.S. Plus is a step forward in terms of solidity and stability. For added versatility and reinforcement it incorporates a high ladder and flying bar crossbeams, which can be adapted to a larger number of users, while providing greater rigidity. The crossbeams can be mounted at different heights and allows the incorporation of most training accessories. With a height of 2.60 meters, it is available in 5 standard sizes and can be expandable in 1080mm or 1680mm modules width. The station is supplied with all necessary hardware for installation. J-Cups included.

Ref.:	ES19301	ES19302	ES19303	ES19304	ES19305
Dimensions (cm):	204 x 131 x 261	204 x 307 x 261	204 x 423 x 261	204 x 599 x 261	204 x 715 x 261
Others:	PLUS 1	PLUS 2	PLUS 3	PLUS 4	PLUS 5

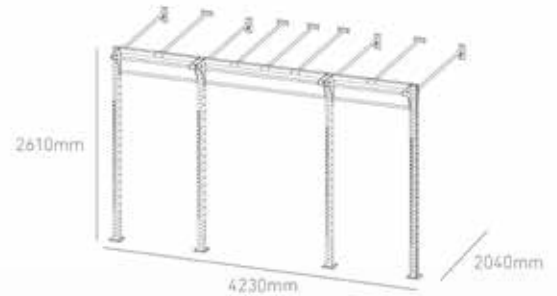
Plus 1



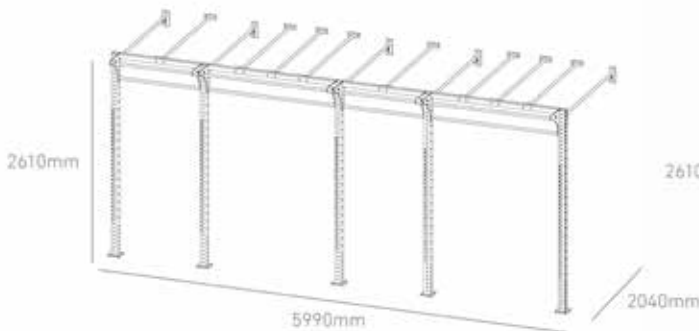
Plus 2



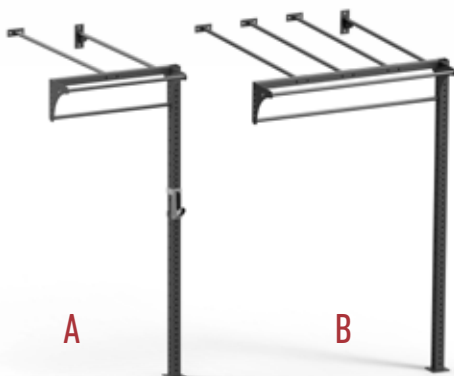
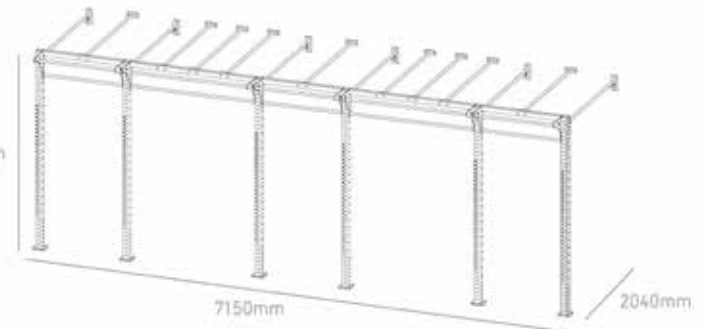
Plus 3



Plus 4



Plus 5



O'LIVE F.C.S. PLUS WALL MOUNT PLUS ADD ON

Expansion module for the F.C.S. Wall Mount Plus, allows for increased user capacity. It includes all necessary hardware.

Extension A, 108 cm.
Extension B, 168 cm.

Ref.:	ES19501	ES19502
Dimensions (cm):	204 x 117 x 261	204 x 255 x 261
Others:	Extension A	Extension B



O'LIVE F.C.S CUSTOM 1

The custom 1 configuration includes two extensions of up to 3.6 meters for working with rings. The station is also connected with 80 x 80 mm crossbeams for greater rigidity and stability. The crossbeams can be mounted at different heights and allows the incorporation of most training accessories. With a height of 3.60 meters, it can be expandable in 1080mm or 1680mm modules width. The station is supplied with all necessary hardware for installation. J-Cups included.

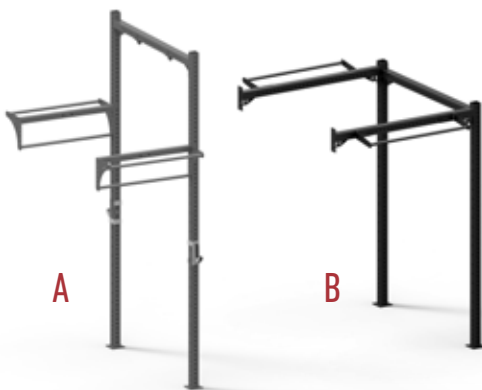
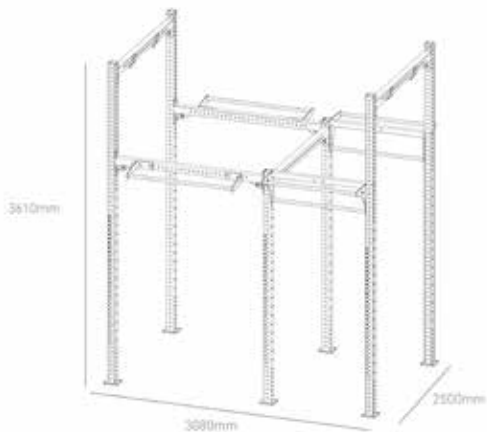
Ref.:	ES19601
Dimensions (cm):	250 x 308 x 361
Others:	CUSTOM 1



O'LIVE F.C.S CUSTOM 2

The custom 2 configuration includes two extensions of up to 3.6 meters for working with rings and one extension of 4,5 meters where to suspend the climbing rope. The station is also connected with 80 x 80 mm crossbeams for greater rigidity and stability. The crossbeams can be mounted at different heights and allows the incorporation of most training accessories. With a height of 4.50 meters, it can be expandable in 1080mm or 1680mm modules width. The station is supplied with all necessary hardware for installation. J-Cups included.

Ref.:	ES19602
Dimensions (cm):	250 x 308 x 451
Others:	CUSTOM 2

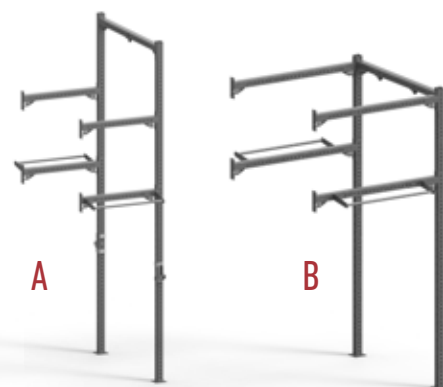


O'LIVE F.C.S. CUSTOM ADD ON 1

Expansion module for the F.C.S. Custom 1, allows for increased user capacity. It includes all necessary hardware.

Extension A, 108 cm.
Extension B, 168 cm.

Ref.:	ES19702	ES19701
Dimensions (cm):	250 x 255 x 361	250 x 177 x 261



O'LIVE F.C.S. CUSTOM ADD ON 2

Expansion module for the F.C.S. Custom 2, allows for increased user capacity. It includes all necessary hardware.

Extension A, 108 cm.
Extension B, 168 cm.

Ref.:	ES19801	ES19802
Dimensions (cm):	250 x 117 x 451	250 x 255 x 361
Others:	Extension A	Extension B



O'LIVE PLUS POWER RACK

The O'live Fitness Basic Power Rack goes beyond a simple squat rack. The design allows it to be a full training station with the possibility of adding different accessories. The Power Rack is the base or basic initial configuration from which additions and accessories can be incorporated. It is a really solid rack and incorporates one pair of j-cups and a safety strap system. The rack is supplied with all necessary hardware for installation.

Note: Product Made in Europe.

Ref.:	ES19901
Dimensions (cm):	139 x139x 261
Others:	Power Rack



O'LIVE PLUS POWER RACK

The Power Rack Plus goes beyond a simple squat rack. The design allows it to be a full training station with the possibility of adding different accessories. The Power Rack Plus is a rack that allows not only work squat, deadlift or bench exercises, but with the addition of dips accessory and core trainer allows training with multiple users working simultaneously on different workstations. The rack is supplied with all necessary hardware for installation. It is a really robust rack and incorporates:

- 1 pair of j-cups.
- 1 set of safety strap system.
- 1 dips accessory.
- 1 set of superbands attachment.
- 4 Plates storage attachments.
- 1 Fixed Core Trainer.
- 1 Olympic bar holder.

Note: Product Made in Europe. Olympic bar, bumper plates and bench not included.

Ref.:	ES19902
Dimensions (cm):	139 x 139 x 261 + accessories
Others:	Power Rack Plus



O'LIVE CUSTOM 1 DOUBLE POWER RACK

The Custom 1 double Power Rack goes beyond a simple squat rack. The design allows it to become a full training station with the possibility of adding different accessories. The Custom 1 Power Rack is a rack that allows not only perform squat, deadlift or bench exercises, but with the addition of dips accessory and core trainer allows training with multiple users working simultaneously on different workstations. The rack is supplied with all necessary hardware for installation. It is a really robust rack and incorporates:

- 2 pair of j-cups.
- 2 set of safety strap system.
- 8 Plates storage attachments.
- 1 Core Trainer Bar.
- 1 Core Trainer Support.

Ref.:	ES20000
Dimensions (cm):	139 x487x 261



O'LIVE CORE TRAINER

The Core Trainer transforms your Olympic bars and disks in tools that allow you to perform a wide range of multi directional exercises to get stronger and more powerful core. The Core Trainer has axes of rotation for moving the bar 360 degrees in either direction. 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 (cm):	15 x39x 8



O'LIVE CORE TRAINER BAR

The Core Trainer Bar transforms your Olympic bars and disks in tools that allow you to perform a wide range of multi directional exercises to get stronger and more powerful core. The Core Trainer has axes of rotation for moving the bar 360 degrees in either direction. 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 (cm):	24 x250x 12



O'LIVE CORE TRAINER SUPPORT

Designed for use with the Core Trainer, 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 (cm):	80 x52x 82



J-CUPS

The O'live Fitness J-Cups have a curved shape to sustain the bar. With Polyethylene inserts to protect the bar knurling and to avoid scratches on the structure. Including a double posterior fixation to ensure a better distribution load. Suitable for columns of the FCS.

Ref.: ES16200
Dimensions (cm): 9 x23x 22



SAFETY BARS

They add safety when a failed lift occurs. They also can be used for partial lifting. It incorporates Polyethylene inserts to protect the knurling of the bar, reduce noise and prevent scratching and paint of the column. Their holes allow the addition of superband accessories and thus increase the possibilities of training.

Ref.: ES16300
Dimensions (cm): 9 x25x 73



SAFETY STRAP SYSTEM

Provides security for the athlete to any eventual fall of the bar. The system is easily adjusted without removing any pin and is composed of 4 supports and a pair of high tenacity nylon straps able to support up to 2 tons. The system is noiseless since there is no metal to metal contact, and polyethylene covers prevent scratches in columns.

Note: Suitable for Power Rack and 108cm depths.

Ref.: ES17600



DIP ATTACHMENT

Right accessory for performing triceps curls. The locking mechanism is fast and easy, no "pins" to set, simply turn and push. It has added a double posterior fixation to ensure a better load distribution and incorporates polyethylene inserts to prevent scratches and abrasions in the columns.

Ref.: ES16500
Dimensions (cm): 26 x75x 67



FUNCTIONAL WALL BOARD

Compatible with all O'live Fitness functional stations, installation is quick and easy. The height is easily adjustable (also in competition standard 2.70 m 3.00 m). The board allows for greater precision during training with the wall ball. Made by 40 cm diameter HPL compact board and engraved in black, prevents chafing and faded from the use itself.

Ref.: ES16600
Dimensions (cm): 18 x64x 40



PUNCHING BAG ARM

The extension allows suspended punching bags in all O'live Fitness functional stations.

Ref.: ES16400
Dimensions (cm): 25 x64x 8



INFINITE ROPE TRAINING STATION

Infinite rope Training Station is a unique accessory that allows different functional exercises based on the use of battle ropes. Different movements can be performed, not only pulling, allowing metabolically intense workouts and involving different muscle chains. The advantage of our system is the peculiarity of being able to perform the exercises without having to stop because of the finite rope. The included rope with the system is double braided allowing a firm and secure grip and is jointed looped allowing a workout without stops. The resistance can also be modified simply by winding the rope to the tubes. Another innovation of the system is the ability to allow pull from various heights without having to make any adjustments. It is possible to pull from the top, middle and bottom indistinctly allowing much more versatile than other commonly used rope systems.

The infinite rope training station fits to any O'Live Fitness station.

Ref.:	ES17800
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SUPERBANDS TRAINING STATION

The station allows training with supebands easily and safely because of its multiple attachment points. You can perform countless exercises either of strength or flexibility of both the upper and lower body as well as the abdominal area. The station can be mounted at any O'live Fitness functional station.

Superband not included.

Ref.:	ES18100
Dimensions (cm):	10 x24x 184



BATTLE ROPE ATTACHMENT

Support for screwing to the floor, wall or any O'live Fitness functional station suitable for use with combat ropes and other products that require an attachment point as resist tubes, speed resistor, etc. The tube is made of stainless steel preventing wear caused by friction.

Ref.:	ES17400
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Dimensions (cm):	15 x17x 6
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OLYMPIC BAR HOLDER

The Olympic bar holder allows you to store the bar when not in use. The support is bolted to the columns of all O'live Fitness functional stations.

Ref.:	ES17100
Dimensions (cm):	18 x11x 8



PLATE STORAGE ATTACHMENT

It allows storage of Olympic disks. It's made of stainless steel and is screwed to the columns of all O'live Fitness functional stations.

Ref.:	ES17200
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Dimensions (cm):	7 x15x 30
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RING ATTACHMENT FOR ELASTIC TUBES

The Ring attachments are indispensable for any O'live fitness functional station. They are made of stainless steel, and allow fixing any elastic tubes or other accessories.

Ref.:	ES17700
Dimensions (cm):	7 x15x 8



COLUMN FOR F.C.S.

The column for functional training stations FCS and One is made of 80 x 80 mm and 3 mm thick steel tube, ensuring rigidity and stability. It has laser cut numbering for easy adjustments of the accessories. Powder coated with textured black epoxy paint. Made in Europe, ensuring optimum quality. It includes hardware for mounting on the floor.

Ref.:	ES18600
Dimensions (cm):	15 x 15 x 261



MONKEY BAR

Ladder bars are used in all Functional Stations of O'live Fitness to create a horizontal ladder on top of the station. Coated in textured black epoxy paint provides an optimum grip for push-ups. Grip has a diameter of 35mm.

Ref.:	ES15600
Dimensions (cm):	15 x 168 x 60



STRENGTHENED BAR FOR F.C.S

The reinforced bars are used in the FCS stations to join different components and modules. Made of steel tube of 32 mm diameter and 3mm thick with reinforcements for rigidity. Coated in textured black epoxy paint providing optimum grip.

Ref.:	ES15701	ES15702
Dimensions (cm):	20 x 108 x 8	20 x 168 x 8



80 X 80 MM CROSSBEAM

The crossbeams are used in the O'live F.C.S to ensure greater stability, especially in higher settings. Made of 80 x 80 mm and 3 mm thick steel tube incorporate reinforcements for rigidity. Shackles, front flying bars and other accessories can be attached.

Ref.:	ES16101	ES16102
Dimensions (cm):	25 x 108 x 8	25 x 168 x 8



FLYING BAR CROSSBEAM

The Flying bar crossbeams are used in the O'live fitness FCS for pull ups and other exercises such as muscle ups. They can be mounted at different heights and incorporates two 32mm diameter bars. Made of 60 x 60 mm and 3 mm thick steel tube, they provide high rigidity. Coated in textured black epoxy paint for optimum grip.

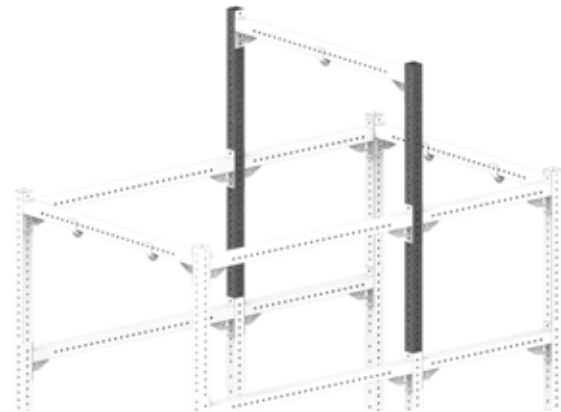
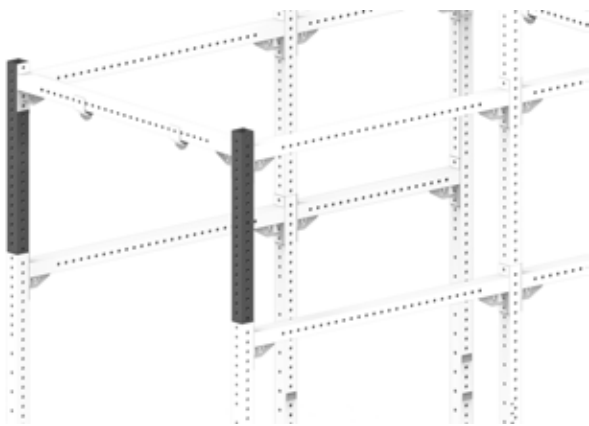
Ref.:	ES15801	ES15802
Dimensions (cm):	35 x 108 x 35	35 x 168 x 35



LARGE FRONT FLYING BAR

Front Flying bars are mounted on 80 x 80 mm crossbeams and in F.Station One and One+. They have a small angle which allows the bar to install two possible heights according to preference. Coated with epoxy textured black paint ensuring optimal grip.

Ref.:	ES16901	ES16902
Dimensions (cm):	30 x 100 x 8	30 x 120 x 8
Others:	Short	Long



HEIGHT EXTENSION KIT

Increase the height of the O'live Fitness F.C.S to a total height of 3.6 meters. When installed allows a station to accommodate rings. In this case a 1680mm crossbeam, two shackles and two carabiners are necessary to fix the straps of the rings.

Note: When 2 or more high extensions are installed, the union of these it is recommended by the 80 x 80 mm crossbeam to ensure rigidity.

Increases the height of the O'live Fitness F.C.S to a total height of 4.5 meters. When installed allows a station to accommodate a climbing rope. In this case a crossbeam of 168 cm, a shackle and a carabiner are needed to attach the rope.

Note: The height extension of 4.5 meters is only possible together with another high extension (3.6 m or 4.5 m) and then fixed by 80 x 80 mm crossbeams to ensure rigidity and stability.

Ref.:	ES16701	ES16702
Dimensions (cm):	8 x8x 100	8 x8x 190



VERSATILE PULL UP BAR

The versatile bar allows perform pushups more comfortably, because of the rotation of the grips the wrist joints and elbow do not suffer much. It incorporates a central ring to set superbands and thus provide assistance for the execution of the exercise. For this reason the bar is useful for both beginners and advanced users.

Ref.:	ES18001	ES18002
Dimensions (cm):	8 x15x 170	8 x15x 176
Others:	ONE	ONE+



SHACKLE FOR CROSSBEAM

The shackles are attached to the 80 x 80 mm crossbeams. They are used to fix carabiners and these suspend climbing ropes, rings, punching bags, suspension trainers, etc. It includes carabiner.

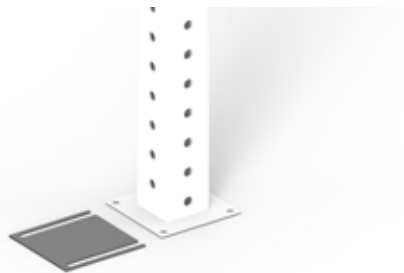
Ref.:	ES16800
Dimensions (cm):	8 x 13 x 8



LATERAL EXTENSION FOR RINGS

The lateral extension allows an extra rings station for using with all O'live Fitness Stations. It incorporates reinforcements for rigidity and can be mounted at any height of the column. It is necessary to add two shackles and two carabiners if rings are suspended.

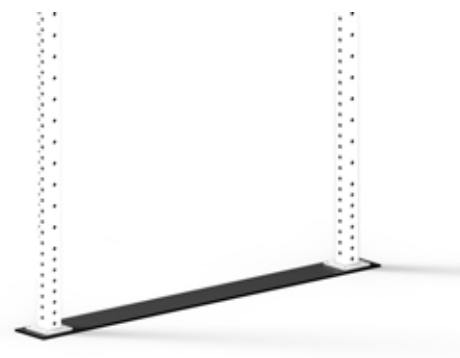
Ref.:	ES15900
Dimensions (cm):	35 x120x 8



LEVELING PLATES

Laser cut to the same dimensions as the base plates of F.C.S columns; they are used for leveling the station when the floor is not perfectly level. They are installed between the column and the floor allowing rest all the columns firmly.

Ref.:	ES17001	ES17002
Dimensions (cm):	15 x 15 x 0,2	15 x 15 x 0,6



BASE PLATES FOR F.C.S.

It ensures the necessary stability of the station in situations where screwing the columns on the floor is not possible or the station is located in a provisional site.

Ref.:	ES17300
Dimensions (cm):	20 x 199 x 1



SUPERBAND ATTACHMENT

For adding resistance with superbands, it consists of a 4 tubes set. They can also be useful for storing various accessories such as belts, chains, ropes, etc. Suitable for the O'live Fitness F.C.S.

Ref.:	ES17500
Dimensions (cm):	4 x 4 x 21



RESIST TUBE STORAGE ATTACHMENT

It allows you to store all kinds of elastic tubes, superbands, resist bar, etc ...

Ref.:	ES17900
Dimensions (cm):	22 x 15 x 9



WALL ATTACHMENT ARM

It is used to fix a column near the wall, in situations of limited space. It requires a solid wall for optimum rigidity. It includes necessary hardware for mounting.

Ref.:	ES16000
Dimensions (cm):	20 x 50 x 8



O'LIVE SAFETY CARABINER

The locking carabiner is used to set different products like climbing ropes, rings, punching bags, etc.

Ref.:	EN45600
Color:	Red

FREE WEIGHTS



DUMBBELLS



O'LIVE CHROMED DUMBBELLS

The O'live Chrome dumbbells are coated with high quality chrome, and have polyurethane rings in the heads to prevent premature wear. The handle also incorporates polyurethane inserts for easy grip and increase security. The indication of the weight on the side is in color and oversized, thus facilitating the identification of weight. 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. Price per pair.

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



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



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	PL15706	PL15707	PL15708	PL15709	PL15710
Weight (Kg):	1	2	3	4	5	6	7	8	9	10

Ref.:	PL15711	PL15712	PL15713	PL15714	PL15715	PL15716	PL15717	PL15718	PL15719	PL15720
Weight (Kg)	12,5	15	17,5	20	22,5	25	27,5	30	32,5	35

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 nickel-plating treatment for extra durability. Price per unit.

- Design matching other O'live products like disks and bars.
- The rubber avoids scratching or damaging benches or floors.
- Made of one piece with steel heads, resulting in a more compact and balanced design.
- Oversized color weight identification for easy reading.
- Available in units with 2.5 kg increment and kits.

Ref.:	PL23201	PL23202	PL23203	PL23204	PL23205	PL23206	PL23207	PL23208	PL23209	PL23210
Weight (Kg):	2,5	5	7,5	10	12,5	15	17,5	20	22,5	25
Ref.:	PL23211	PL23212	PL23213	PL23214	PL23215	PL23216	PL23217	PL23218	PL23219	PL23220
Weight (Kg):	27,5	30	32,5	35	37,5	40	42,5	45	47,5	50

O'LIVE 5 PAIR RUBBER PRO STYLE DUMBBELLS KIT

Kit consists of 5 pairs of dumbbells from 2.5 kg to 12.5 kg in 2.5 kg increments.

Ref.:	PL23301
Others:	5 pairs from 2,5 to 12,5 kg

Kit consists of 5 pairs of dumbbells from 15 kg to 25 kg in 2.5 kg increments.

Ref.:	PL23302
Others:	5 pairs from 15 to 25 kg

Kit consists of 5 pairs of dumbbells from 27.5 kg to 37.5 kg in 2.5 kg increments.

Ref.:	PL23303
Others:	5 pairs from 27,5 to 37,5 kg

Kit consists of 5 pairs of dumbbells from 40 kg to 50 kg in 2.5 kg increments.

Ref.:	PL23304
Others:	5 pairs from 40 to 50 kg

O'LIVE 6 PAIR RUBBER PRO STYLE DUMBBELLS KIT

Kit consists of 6 pairs of dumbbells from 2.5 kg to 15 kg in 2.5 kg increments.

Ref.:	PL23309
Others:	6 pairs from 2,5 to 15 kg

Kit consists of 6 pairs of dumbbells from 12.5 kg to 25 kg in 2.5 kg increments.

Ref.:	PL23307
Others:	6 pairs from 12,5 to 25 kg

Kit consists of 6 pairs of dumbbells from 27.5 kg to 40 kg in 2.5 kg increments.

Ref.:	PL23308
Others:	6 pairs from 27,5 to 40 kg

Kit consists of 6 pairs of dumbbells from 17.5 kg to 30 kg in 2.5 kg increments.

Ref.:	PL23310
Others:	6 pairs from 17,5 to 30 kg

Kit consists of 6 pairs of dumbbells from 32.5 kg to 45 kg in 2.5 kg increments.

Ref.:	PL23311
Others:	6 pairs from 32,5 to 45 kg

O'LIVE 10 PAIR RUBBER PRO STYLE DUMBBELLS KIT

Kit consists of 10 pairs of dumbbells from 1 kg to 10 kg in 1 kg increments.

Ref.:	PL23305
Others:	10 pairs from 1 to 10 kg

Kit consists of 10 pairs of dumbbells from 12.5 kg to 35 kg in 2.5 kg increments.

Ref.:	PL23306
Others:	10 pairs from 12,5 to 35 kg



O'LIVE DUMBBELLS VERTICAL RACK

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

Ref.:	MU08300
Dimensions (cm):	42 x60x 55
Capacity:	10 pairs from 1kg to 10kg
Color:	Grey



O'LIVE 5 PAIRS PRO-STYLE DUMBBELLS RACK

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

Ref.:	MU07500
Dimensions (cm):	81 x125x 53
Capacity:	5 pairs
Color:	Grey



O'LIVE 10 PAIRS PRO-STYLE DUMBBELLS RACK

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

Ref.:	MU07600
Dimensions (cm):	90 x240x 57
Capacity:	10 pairs
Color:	Grey



O'LIVE 6 PAIRS PRO-STYLE DUMBBELL RACK

The RS Series dumbbell rack incorporates loading plastic supports to protect the ends of the dumbbells. It is a useful rack in terms of storage capacity and fits up to 6 pairs of Pro-Style dumbbells. Dumbbells not included.

Ref.:	MU14200
Capacity:	6 pairs



O'LIVE 12 PAIRS PRO-STYLE DUMBBELL RACK

The RS Series dumbbell rack incorporates loading plastic supports to protect the ends of the dumbbells. It is a useful rack in terms of storage capacity and fits up to 12 pairs of Pro-Style dumbbells. Dumbbells not included.

Ref.:	MU14300
Capacity:	12 pairs



O'LIVE DUMBBELLS HORIZONTAL RACK

Rack with capacity up to 12 pairs of hexagonal dumbbells. dumbbells are supported on a 3 mm rubber base to increase protection for both dumbbells and rack. Dumbbells not included.

Ref.:	MU07700
Dimensions (cm):	83 x150x 63
Capacity:	From 4 to 7 pairs per tray (depending on weight)
Color:	Grey

PLATES



O'LIVE OLYMPIC RUBBER DISCS

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

Ref.:	PL14801	PL14802	PL14803	PL14804	PL14805	PL14806	PL14807
Weight (Kg):	1,25	2,5	5	10	15	20	25



O'LIVE OLYMPIC BUMPER DISCS

O'Live Bumper plates are designed for olympic training and lifting. Plates have an IWF standard 450mm diameter, minimal surface imperfections, and a weight tolerance of +/- 0,1% . Combined with stainless steel inserts and quality virgin rubber, the O'Live Bumper plates offer a small bounce and durability rarely seen in an economical plate. Sold in units.

Ref.:	PL14701	PL14702	PL14703	PL14704	PL14705
Weight (Kg):	5	10	15	20	25



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.:	PL25202	PL25203	PL25204	PL25205
Weight (Kg):	10	15	20	25



O'LIVE FRACTIONAL PLATE 0.5 KG

The Fractional Plates allows for precision loading. 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.:	PL21801	PL21802	PL21803	PL21804	PL21805
Weight (Kg):	0,5	1	1,5	2	2,5
Color:	White	Green	Yellow	Blue	Red



O'LIVE TECHNIQUE PLATE 2

Lightweight technique plate are a benefit to beginning lifters, both children and adults alike and are great for teaching proper lifting technique from the floor. You can learn Olympic lifting skills easily, quickly and safely thanks to a weight that is manageable. The Technique Plates are made from a hard plastic resina and are standard IWF plate size (450mm). This means that you can learn the proper lifting technique from the floor at the correct height.

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.:	PL21900
Weight (Kg):	2,5
Color:	Black & Green



O'LIVE DISK RACK

Rack manufactured in oval steel tube, 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 (cm):	69 x62x 114
Color:	Grey



O'LIVE BUMPER PLATE RACK

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

Ref.:	PL18300
Dimensions (cm):	33 x120x 48
Color:	Grey



O'LIVE PRO-STYLE CURVED BARS

The new O'live Fitness Pro-style bars offer a higher level of quality. The new decagonal 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 chrome treatment treatment for extra durability. Price per unit.

- Design matching other O'live products like disks and dumbbells.
- The rubber avoids scratching or damaging benches or floors.
- Made of one piece with steel heads, resulting in a more compact and balanced design.
- Oversized color weight identification for easy reading.
- Handle's total internal length: 110 cm.

Ref.:	PL23401	PL23402
Others:	From 10-20 kg in 2,5 kg increments	From 25 - 45 kg in 5 kg increments

O'LIVE PRO-STYLE STRAGHT BARS

The new O'live Fitness Pro-style bars offer a higher level of quality. The new decagonal 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 chrome treatment treatment for extra durability. Price per unit.

- Design matching other O'live products like disks and dumbbells.
- The rubber avoids scratching or damaging benches or floors.
- Made of one piece with steel heads, resulting in a more compact and balanced design.
- Oversized color weight identification for easy reading.
- Handle's total internal length: 110 cm.

Ref.:	PL23501	PL23502
Others:	From 10-20 kg in 2,5 kg increments	From 25 - 45 kg in 5 kg increments



O'LIVE OLYMPIC TRAP BAR

The Olympic hexagonal bar, also known as trap bar is 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.

Ref.:	PL25300
Dimensions (cm):	61,5 x182,5x 19



O'LIVE OLYMPIC MULTI GRIP TRAP BAR

The Olympic hexagonal bar, also known as trap bar is 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.

Ref.:	PL25000
Dimensions (cm):	77 x164x 26



O'LIVE PRO-STYLE BARS RACK

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

Ref.:	MU07400
Dimensions (cm):	134 x90x 61
Capacity:	5 u
Color:	Grey

O'LIVE OLYMPIC BARS

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

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



Ref.:	PL13500	PL13702	PL14102	PL14401	PL14402	PL14403	PL14500
Dimensions (cm):	ø 28 x 120	ø 28 x 120	ø 28 x 51	ø 30 x 152	ø 30 x 183	ø 30 x 218	ø 28 x 86
Weight (Kg)	8	10	4,5	13	15	20	12
Others:	1- Ez Olympic bar	2- Super Ez Olympic bar	3- Short Olympic Bar	4- Olympic bar	5- Olympic bar	6- Olympic bar (max. load 68kg)	7- Olympic triceps bar

O'LIVE OLYMPIC FUNCTIONAL TECHNICAL BAR

These 8 kg aluminum barbells are a perfect starter bar for teaching beginners the technique of Olympic lifting or to scale loads to the strength of beginning athletes. 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.:	PL21700
Dimensions (cm):	ø 2,8 x 182
Weight (Kg)	8
Others:	Max. load 60 kg



O'LIVE OLYMPIC FUNCTIONAL ELITE BAR

These barbells are the ideal choice for cross training and Gym centers taking into consideration construction, durability, and price.

Many of O'Live Functional Elite bars are in use in cross training and Gym centers because they hold up to high intensity training and repeated dropping without bending or breaking, and they exhibit the performance of barbells that cost much more. This barbell was designed specifically for functional training, with an ideal compromise between rigidity and flexibility, allowing you to switch between the Olympic lifts and slow lifts without switching your barbell.

Specifications:

Ref.:	PL20901	PL20902
Bar Type:	Man	Woman
Bar use:	Cross training, Weightlifting, Powerlifting	
Weight:	20 kg	15 kg
Length:	2200 mm	2010 mm
Diameter:	28 mm	25 mm
Rotation:	Copper Alloy bushings	Copper Alloy bushings
Tensile Strength:	216 Kpsi	216 Kpsi
Shaft grip length:	1310 mm	1310 mm
Knurl Marks:	Dual Knurling / No center	Dual Knurling / No center
Sleeve coating:	Manganese Phosphate	Manganese Phosphate
Shaft coating:	Chrome	Chrome
Tolerance:	680 kg	540 kg
Ref.:	PL20901	PL20902

O'LIVE OLYMPIC FUNCTIONAL BASIC BAR

An entry level bar at a price anyone can afford with performance that is more than you could ever expect of a barbell at this price point.

This barbell was designed specifically for functional training, with an ideal compromise between rigidity and flexibility, allowing you to switch between the Olympic lifts and slow lifts without switching your barbell. Although this bar is not intended for hard-core use, isn't deficient in strength. The Functional Basic bar has a tested weight bearing capacity of 650 kg.

Specifications:

Ref.:	PL18200
Bar use:	Multipurpose: Functional training
Weight:	20 kg
Length:	2200 mm
Diameter:	28 mm
Rotation:	Brass bushings
Tensile Strength:	150 Kpsi
Shaft grip length:	1310 mm
Knurl Marks:	Dual Knurling / No center
Sleeve coating:	Chrome
Shaft coating:	Black oxide
Tolerance:	650 kg
Ref.:	PL18200

*Warranty against Bending: Barbells are designed to be used in conjunction with bumper plates and weightlifting platforms. Warranty will not cover bars that have been dropped onto steel cages, spotting arms or any foreign objects. Warranty will not cover bars that are used for Olympic weightlifting without bumper plates or adequate weightlifting platforms.

TYPE	USE	WEIGHT	TOTAL LENGTH	SHAFT GRIP LENGTH	GRIP DIAMETER	COATING	ROTATION	TOLE-RANCE
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 / 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	CHROMED	-	-
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 RACK

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

Ref.:	PL18800
Dimensions (cm):	40 x40x 14
Color:	Grey



O'LIVE BARBELL WALL RACK

The 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.:	PL21200
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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



O'LIVE TURN PIN COLLAR

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

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 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 SPRING COLLAR

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

Ref.: PL16900

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



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
- Adjustable bar supports from 35 to 173 cm with 39 numbered match locations to accommodate several exercises
- 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.:	PL21100
Dimensions (cm):	65 x57x 185
Color:	Black



O'LIVE HALF RACK

- 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
- Integrated pull up bar for even more exercises.
- 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.
- 5 mm heavy-gauge steel frame with solid base.
- Incorporates safety spotting arms and utility pegs for band attachment or plate storage.
- No plastic end caps, end caps are metal and welded.
- Recommended Max Weight 450 kg.
- Bars and disks not included.

Ref.:	PL21300
Dimensions (cm):	175 x120x 235
Color:	Black



O'LIVE HALF RACK UTILITY PEGS

Made from solid steel, are suitable for the O'Live Half Rack, and used for dip stations, band attachments or plate storage.

Ref.:	PL21400
Dimensions (cm):	10 x19x 43

R SERIES

STATIONS, BENCHES AND RACKS

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



O'LIVE RS FLAT BENCH

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

Ref.:	PL20700
Dimensions (cm):	56 x138x 45



O'LIVE RS ADJUSTABLE BENCH

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

Ref.:	PL20500
Dimensions (cm):	81 x76x 162



O'LIVE RS BICEPS BENCH PRESS

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

Ref.:	PL20400
Dimensions (cm):	97 x84x 132



O'LIVE RS KNEE RISE

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

Ref.:	PL19600
Dimensions (cm):	160 x71x 112



O'LIVE RS OLYMPIC DISCS RACK

The elite discs rack is very useful to store Olympic discs in a minimal floor space. It is robust and stable and incorporates rubber protectors to prevent friction. The disc pegs are stainless steel for maximum durability. Discs not included.

Ref.:	PL19000
Dimensions (cm):	125 x56x 70



O'LIVE RS PROSTYLE BAR STAND

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

Ref.:	PL20800
Dimensions (cm):	150 x99x 71



O'LIVE RS ABDOMINAL BENCH

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

Ref.:	PL20600
Dimensions (cm):	114 x132x 68



O'LIVE RS LUMBAR BENCH

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

Ref.:	PL19500
Dimensions (cm):	75 x114x 90



O'LIVE RS STRETCH STATION

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

Ref.:	PL20300
Dimensions (cm):	130 x140x 45



O'LIVE RS OLYMPIC CHEST BENCH PRESS

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

Ref.: PL19700
Dimensions (cm): 123 x173x 117



O'LIVE RS SQUAT CAGE

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

Ref.: PL19300
Dimensions (cm): 230 x150x 126



O'LIVE RS SQUAT RACK

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

Ref.: PL19400
Dimensions (cm): 150 x99x 71



O'LIVE RS MULTIPOWER

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

Ref.: PL20000
Dimensions (cm): 230 x222x 144



O'LIVE RS SEATED CALF

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

Ref.:	PL19900
Dimensions (cm):	100 x145x 53



O'LIVE RS ANGLED LEG PRESS

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

Ref.:	PL20200
Dimensions (cm):	130 x210x 165



O'LIVE RS ROWING

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

Ref.:	PL19800
Dimensions (cm):	118 x185x 95



O'LIVE RS DUAL MULTIFUNCTION

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

Ref.:	PL20100
Dimensions (cm):	233 x175x 112



O'LIVE CURL LAT BAR

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.:	PL13602	PL13801	PL13802	PL13901	PL13902	PL14000
Others:	1- Curl Lat Bar	2 - Lat Bar 91 cm	3 - Lat Bar 122 cm	4 - Lat Bar Pro 61 cm	5 - Lat Bar Pro 96,5 cm	6 - Revolving Triceps & Biceps Bar

Ref.:	PL14600	PL15901	PL15902	PL16000	PL16100	PL16300
Others:	7- Single Handle	8- Multi Exercise Bar	9 - Multi Exercise Bar - V Shaped	10 - Short Rowing Handle	11 - Revolving Triceps Bar	12 - Fixed Triceps Bar



O'LIVE ACCESSORIES RACK

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

Ref.:	MU08200
Dimensions (cm):	125 x50x 50
Color:	Grey



O'LIVE PULL ROPE

Heavy duty triceps rope is designed for maximum triceps contraction when is used with weight stack cable equipment. Rubber ended rope ensure comfortable grip. Constructed with heavy braided nylon and toughened swivelling attachment, the strength and endurance is tested in 400 kg on rubber ends and will not be pull apart.

Ref.:	PL16200	PL16600
Others:	Single	Double



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
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O'LIVE GRIP TRAINER

The O'Live Grip trainer is an effective finger-hand-forearm strength and endurance trainer. With 5 different strengths to choose from, they offer you a made-to-measure fit, whether you are just starting off, are rehabilitating an injury, or already have the world's strongest hands. Sold in units.

(100 lb) 45 kg The chances are that if you've been lifting weights for a while or if grip strength is a part of your daily work, the 100 will be just the right place for you to start.

(150 lb) 70 kg Things start to get serious because most people who lift weights cannot close it the first time they try. When you can do ten consecutive repetitions with this gripper, you will already have an unusually strong grip.

(200 lb) 90 kg If you are strong enough to fully close it, you have exceptionally strong hands. The 200 lg grip trainer marks the standard of strength for top athletes.

(250 lb) 110 kg Once you have mastered the 200 lb, you will undoubtedly begin to think about closing the 300 lb gripper. It was with the express goal of helping you get there, by giving you a bridge in between.

(300 lb) 135 kg Closing the 300 lb grip trainer is the mark of a grip master.

Ref.:	PL21501	PL21502	PL21503	PL21504	PL21505
Others:	45 Kg	70 Kg	90 Kg	110 Kg	135 Kg



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.:	PL18500
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O'LIVE JERK BOXES

Jerk boxes are often utilized in weight training as a way for athletes to focus on improving their jerk without having to clean the weight to the rack position on each rep. Furthermore, the ability to manipulate the height of the Jerk Boxes leads to a diverse range of exercises in which they can be utilised. 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 (from 15cm to a maximum height of 196cm!) and complex plyometric drills, and in one piece of equipment you have a tool around which an entire session can be based.

O'Live Jerk Boxes are CNC cut to insure that the boxes are interchangeable but still keep a secure fit when stacked. Each box features double-wall construction coupled with interior bracing and blocking that locks each box into place securely and easily.

Dimensions: 4 blocks of 51 x 91 x 15 cm · 2 blocks of 51 x 91 x 30 cm · 2 blocks of 51 x 91 x 38 cm

Ref.:	PL21600
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O'LIVE LIFTING CHAINS

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

Ref.:	PL15501	PL15502
Weight (Kg):	12	24



FAT GRIPZ

The Fat Gripz have been used by hundreds of athletes worldwide increasing muscle activation and offering greater strength and muscle mass. They adapt easily to any measure bar, barbell or maneral by increasing its thickness more than double. A compound made of high density are adapted to the bar and will not compress, although exercise load is high. The results are immediately noticeable from the first practice. Sold in units.

Ref.:	PL18000
Dimensions (cm):	7 x 7 x 35



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 (cm):	ø 8 x 50
Color:	Black



O'LIVE DUMBBELL GRIPS

Sweat resistant dumbbell grips made of high quality vinyl. They are non-slip and incorporate a wear prevention fabric in the inside. Sold in pairs.

Ref.:	EN05400
Color:	Black



O'LIVE WEIGHTLIFTING PLATFORM

Popular in specialist training facilities, a weightlifting platform is ideal for performing explosive Olympic lifts such as deadlifts and cleans. This Rubber Lifting Platform with wood/vinyl centre is suitable for any gym, or athlete looking to train with heavy weights. Helps with firm, stable footing for safe lifting and protects floor. Made with wood/vinyl on center and heavy duty outer rubber sections. With metal surround.

Ref.: PL22700

Dimensions (cm): 306 x 206 x 3



O'LIVE TRAINING PLATFORM

The training platform provides adequate area for weight training, whether barbells, dumbbells or kettlebells. 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. It provides a stable and non skid base for secure basis for safely lifts while is silent and protects the floor.

Ref.: PL23000

Dimensions (cm): 306 x 206 x 3



RUBBER TILE 30 MM

The 30 mm rubber tiles are especially suitable for areas where high amounts of absorbing bumps, drops and noise are needed. Its 30 mm thickness is enough to reduce a high percentage of energy caused by falls or shock caused for dumbbells, barbells or kettlebells. Rubber is also non-slip, ensuring optimal training area for athletes. Therefore, they are used in free weight areas, functional training and cross training. The installation is simple, does not require adhesives and can be placed over existing floor. They are also available with edge tiles, facilitating the transition from floors at different heights.

Ref.: SU04001

SU04002

Others:

Tile

Edge



O'LIVE CORE TRAINER STATION

The Core Trainer Station is a base where you can set one or two Core Trainers. The advantage is that it ensures a solid and fixed station that allows training up to two Core Trainers, enabling bilateral exercises and versatility. For optimum performance Olympic disks are required to increase the weight and gain stability.

Note: Fixed Core trainers not included.

Ref: PL22800

Dimensions (cm): 60 x80x 28



O'LIVE CORE TRAINER

The Core Trainer transforms your Olympic bars and disks in tools that allow you to perform a wide range of multi directional exercises to get stronger and more powerful core. The Core Trainer has axes of rotation for moving the bar 360 degrees in either direction. 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 MULTIFUNCTION CORE TRAINER HANDLE

The multifunction Core Trainer handle can increase the number of possible exercises with the Core Trainer. 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 (cm): 78 x 94 x 18



O'LIVE BASIC CORE TRAINER HANDLE

The basic core trainer handle is designed to fit into the end of the Olympic bar and thus provide better ergonomics and functionality while using the Core trainer. Optimum grip options allow users to upgrade their skills to perform exercises such as chest press.

Ref.: PL25100



O'LIVE CORE TRAINER

The Core Trainer transforms your Olympic bars and disks in tools that allow you to perform a wide range of multi directional exercises to get stronger and more powerful core. The Core Trainer has axes of rotation for moving the bar 360 degrees in either direction. 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 (cm):	15 x39x 8



O'LIVE CORE TRAINER BAR

The Core Trainer Bar transforms your Olympic bars and disks in tools that allow you to perform a wide range of multi directional exercises to get stronger and more powerful core. The Core Trainer has axes of rotation for moving the bar 360 degrees in either direction. 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 (cm):	24 x250x 120



O'LIVE CORE TRAINER SUPPORT

Designed for use with the Core Trainer, 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 (cm):	80 x52x 82

REHAB



BLACK ROLL



O'LIVE BLACKROLL

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

For more intensive practice, the Groove version has stronger massage-effect, for prevention and treatment of cellulite. Recommended for professionals.

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

Ref.:	EN18701	EN18702
Dimensions (cm):	ø 15 x 30	ø 15 x 30
Intensity:	Medium	Strong
Color:	Black	Black
Others:	Standard	Groove

O'LIVE RUSSIAN BELT

The Russian belt is a very simple to use product. You must have a support (Wall bar, bracket) allowing static and dynamic exercises for lower body strength: femoral biceps area, quadriceps and hamstrings. You can perform unconventional exercise positions aiding recovery, preventing injuries, and improving strength and flexibility. The O'Live Russian belt is manufactured with a metal buckle for quick and easy adjustment adding versatility and comfort.

Ref.:	EN29100
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SPINE APPLICATION BALL



O'LIVE PINPOINT APPLICATION BALL

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

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

Ref.:	BA08501	BA08502
Dimensions (cm):	ø 8	ø 12



O'LIVE SPINE APPLICATION BALL

The spine application ball is used as a double pinpoint massage around the spine, the back and the neck.

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

Ref.:	BA08601	BA08602
Dimensions (cm):	ø 8	ø 12



O'LIVE MASSAGE BALLS

Release tension, relax muscles and stimulates nerves with the 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.:	BA03103	BA03105
Dimensions (cm):	ø 8	ø 10
Color:	Red	Blue



O'LIVE STRETCH STRAP

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

Ref.:	EN45200
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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.:	F104400
Dimensions (cm):	106 x 230 x 18



O'LIVE FITNESS MAT

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

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

Ref.:	CL01500
Dimensions (cm):	60 x 1,5x 180
Color:	Blue



O'LIVE BALANCE PAD

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

Ref.:	P113400
Dimensions (cm):	46 x 6 x 40



O'LIVE STABILITY CUSHION

Add variety and functionality incorporating the stability challenge to your training sessions. The Cushion provides balance and strength challenge while performing exercises standing, sitting, kneeling or lying down.

- Suitable for both: rehabilitation and skilled athletes.
- Non-plastic texture (pleasant to touch).
- It supports up to 155 kg.

Ref.:	EN20200
Dimensions (cm):	ø 36
Color:	Blue

COMBAT





O'LIVE STUDIO BOXING GLOVES

The Studio boxing gloves feature minimal protection, being suitable for performing aerobic or choreographed activities where hits are more for marking than impact. They have a cotton wristband with velcro closure. Available in two sizes. Sold in pairs.

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



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 GLOVES

Suitable for punching bag training. Made of high quality synthetic leather. With a thick cushioning layer to prevent injury. The curvature in the filling is uniform. Breathable with ventilation to remove moisture. Thumb and palm separated and flexible during use. 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.
- Adjustment made of durable and firm touch fastener.
- Close fit of thumb, to minimize the risk of injury.
- Comfortable and soft on the back of the hand.
- One size fits all. 16 Oz.
- Sold in pairs.

Ref.:	F106600
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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.: FI07100



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.: FI07000



O'LIVE BOXING HAND WRAP

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

Ref.: FI06900

Dimensions (cm): 5 x 250



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.: FI07400



O'LIVE BOXING SPEEDBALL

Made of cowhide leather and double stitched for strength and stability. Its symmetric equipotential latex inner chamber improves the accuracy of speed and direction.

Ref.: F107300



O'LIVE ADJUSTABLE SPEEDBALL PLATFORM

Suitable for professional settings, the speedball platform is adjustable in height and is built with a highly resistant 600 x 10 mm thick HPL platform. The wall binding plate is 6 mm thick and the 4 screws secure the bracket firmly. All fixing included.

Note: Swivel not included (Ref.: F106300).

Ref.: F106200

Dimensions (cm): 60 x 67 x 35



O'LIVE BALL BEARING SWIVEL

The high resistance chromed swivel creates a smooth fast movement of the speedball when in use. It comes with a detachable housing making it easier to remove the speedball.

Ref.: F106300



O'LIVE WALL/CEILING HOOK

High resistance ceiling hook, suitable for full commercial gym environments. 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



O'LIVE WALL PUNCH BAG SUPPORT

The Wall Punchbag support is designed for hanging boxing punching bags of max 35 Kg. Made for professional use, it is made of oversized steel tube and powder coated with epoxy resin for durability. To be set on strong brick or concrete walls. Screws included.

Ref.: F106000



O'LIVE ELITE WALL PUNCH BAG BRACKET

The Elite wall punchbag bracket is designed for hanging punching bags or climbing ropes. For professional use, it is made of oversized 80 mm x 40 mm steel tube. Powder coated with epoxy resin for increased durability. To be set on strong brick or concrete walls. Screws included.

Ref.: F106100



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.

Ref.:	FI07201	FI07202
Dimensions (cm):	130 x ø 40	160 x ø 40
Weight (Kg):	35	45
Color:	Black	Black



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.

- Can be used by 4 people simultaneously.
- Floor fixing plate, but can be used as freestanding.
- Epoxy powder coating finish, for extreme durability and quality.
- Manufactured in 80 x 80 mm steel box section tube.
- High resistant chromed rotational swivel.
- Rotation of balls creates a smooth fast movement of the speedball when in use.
- 600 x 10 mm HPL board finish on both sides.
- Rotate the board locks to adjust the height.
- The side locks prevent any movement while in use and keep the board in one position.

Ref.:	FI06400
Dimensions (cm):	175 x 180 x 242

FREE STANDING PUNCHING BAG



O'LIVE FREE STANDING PUNCHING BAG

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 (cm):	ø 69 x 170
Color:	Black

O'LIVE ELITE FREESTANDING PUNCHING BAG

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

Ref.:	F104600
Dimensions (cm):	ø 75 x 185
Color:	Black / Grey

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Aerobic & Fitness SL

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