

*A Trusted Leader
Since 1985*

Winter 2010 CDN

Sports Performance



Home Fitness



Injury Prevention



www.fitter1.com

**ORDER
NOW**
1-800-fitter-1



**Your Everyday Health
Begins with Good Balance**

*see
30 new
products
inside*

*Bongo Board Pg 10
BodyBlade Pg 14*



Original

**Dynamic products for
strength stability and balance!**
See 100's of products at www.fitter1.com



“Give yourself and your loved ones the gift of better health, confidence, as well as resistance to injury and aging!”



Dear Friend,

I travel often in search of interesting products that will help quench my thirst for better balance. I have come across many unique products, some that are very challenging and some that are too easy. This spring in Europe I came across our new Soft Boards, and as you might have guessed, they are just right.

Isn't it worth it to make your daily routine an asset to your long-term health?

As you age, balance has a greater impact on your S.A.M. (stability, agility, mobility) and hence your quality of life! A healthy, moving body will add years to your life and life to your years!

Soft Boards offer 3 levels starting with beginner which is very safe yet challenging for seniors and those with specific balance challenges. The advanced Soft Boards are very dynamic on a 3 - D level for higher skill users. Check out pg. 12 to learn more about our new Soft Boards as I am sure you will like them a lot.

Please enjoy browsing these pages of functional balance training products. Online we now have over 30 short videos to help you understand our products better. Visit www.fitter1.com or call us at 800-fitter-1 (9 to 5 MST- Mon - Sat.) if you have any further questions.

For super challenging outdoor balance fun check out our new Slack Lines on Pg. 23 .

Thanks for thinking Fitterfirst. Sincerely,

All of our quality products have been proven to help you in ways your body may have long forgotten. Many are easily used in your daily work or education environment to help you “Revive Your 9 to 5”.

Louis Stack
Louis Stack, President,
Fitter International, Inc.

Front Cover Photo by:
Kristian Bogner
Front Cover Model:
Arysta Bogner

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To Place Your Order

Online: www.fitter1.com

Download an Order Form:
www.fitter1.com/orderform.pdf

e orders@fitter1.com

p Toll Free: 1-800-fitter-1 (800-348-8371)

f Toll Free: 1-866-250-8824

with billing & shipping information or download an order form

m **Fitter International Inc.**

3050 - 2600 Portland St. SE

Calgary, Alberta, Canada T2G 4M6

We accept: Visa, MC, AMEX, or money orders.

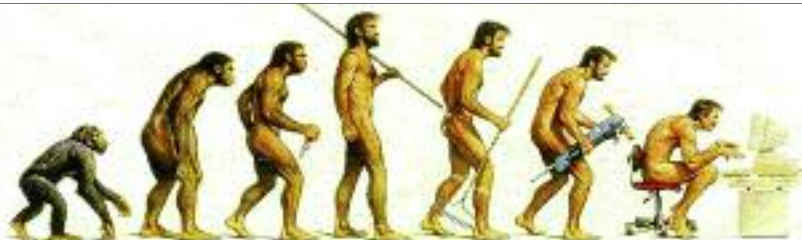
Please note that all catalog prices are subject to change without notice.

Shipping and Handling Rates*

For purchases totaling:

up to \$25	add \$8
\$26 - \$50	add \$10
\$51 - \$99	add \$13
\$100 - \$199	add \$19
\$200 - \$375	add \$26
\$376 - \$600	add \$35

*Extra shipping charges will apply for Hawaii, Alaska & Puerto Rico. For Slide Boards, Medicine Balls, Rebounders, Swopper Chairs, and overweight or large volume orders please call 1-800-fitter-1 for a shipping quote.



Somehow, Something has Gone Terribly Wrong

Our Commitment to You

Our product guarantee assures you 100% satisfaction. If it's not right, we'll do our best to make it right! Our friendly, helpful team will always do their best to make your experience with Fitterfirst a pleasant one.

Please be aware that prices may change on some items. Price displayed on www.fitter1.com are the most current.

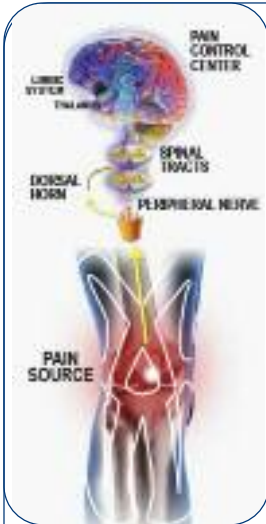
If for any reason you should find our products unsatisfactory, you may return the product within 60 days*. Before returning any product, please call customer service at 1-800-fitter1 (1-800-348-8371) for a return authorization (RMA) number. No product will be accepted without a RMA number. With the exception of shipping errors, refunds or credits will not be issued for shipping charges. *(excluding DVDs, videos, books and courses)

Dealer Inquiries

Fitter International Inc. welcomes dealer inquiries from medical, retail, web and catalog resellers. Call us to find out how to apply or visit our reseller web site at www.fitter2.com to learn more.



New Products



SpiderTech Tape For Professionals

Pain Reduction / Injury Prevention / Performance Enhancement

SpiderTech Tape is a line of pre-engineered tape-based therapeutic supports developed to facilitate a functional medicine approach to pain modulation and myofascial dysfunction.

- Dynamic muscle support
- Enhance muscle activation
- Improve muscle feedback
- Latex free

Re-invention of Kinesiology Tape methodologies, in the form of "pre-cut" applications, are designed for clinical and professional use providing a standardization of tape treatment to increase treatment output.

SpiderTech applications meet the needs of today's rehabilitative and performance enhancing professionals by providing a coupled, synergistic influence on pain reduction and healing.

Choose from 13 pre-cut tapes.

Go to www.fitter1.com for more details



Core-Tex

The Evolution in Revolution

Core-Tex is a revolutionary tool that can help anyone improve their functional movement capabilities. The Core-Tex uses its unique floating design to train the body to learn how to decelerate as it reacts, reaches and moves away from its comfort zone. Core-Tex is a must have tool when helping to activate the body's responses required to be truly functional, strong and pain-free

- Access a higher level of neuromuscular facilitation and integration
- Functionally integrate the body's core through a full spectrum of movements.
- Evaluate weight distribution and balance shifts during sport specific tasks.
- Provide unique rehab and performance movements for the shoulder girdle and upper body. Use in multiple positions to mobilize joints and increase range of motion- standing, kneeling, sitting and lying down.

Core-tex challenges the critical righting reflexes of the neck, eyes and inner ear which are so important to orientating ourselves to gravitational forces and accelerations of our center of gravity. The movements produced on the Core-Tex recruit the oblique myofascial connections between one side of the torso and opposite lower extremity that are the foundations of functional movements (walking, running, throwing, lunging, etc.). Made in the USA.

CORTEX	Core-Tex Base Only	\$599.95
CORTEXC	Core-Tex w/ Handle system	\$699.95

Go to www.fitter1.com for more details

Torex Hot / Cold Packs

Torex Flat Packs are available in 3 sizes and are excellent for hot / cold treatments on the trunk or other sensitive regions.

Torex coverage treats the injured area, delivering hot or cold relief deep into soft tissues where its needed. Made of premium medical grade materials Torex Packs:

- Are latex-free and non-toxic
- Stay soft when chilled
- Include insulating sleeve
- Heat in the microwave in water
- Store in freezer

Together, these features reduce treatment time, provide faster pain relief, keep swelling to a minimum, and greatly increase overall effectiveness.



See page 17

Ever Bamboo

Deodorizer and Dehumidifier.

Use Ever Bamboo in your gym bag, sports equipment, footwear or anywhere in your home or facility where odors are a concern. The porous structure of bamboo charcoal provides countless tiny holes that effectively absorb odors, moisture, and polluted air particles from the fridge, freezer, bedroom, bathroom, & kitchen.

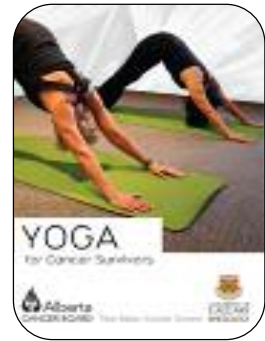


- Made of fast growing moso bamboo charcoal.
- Lasts up to one year once opened.
- A 100% natural product, the used charcoal is a great garden fertilizer.

EBSD	for shoes (pair)	\$9.95
EBRD	for rooms (single)	\$11.95
EBMD	Mini pack (3 units)	\$9.95
EBFFD	fridge / freezer (single)	\$9.95
EBCD	for closets (single)	\$11.95

Go to www.fitter1.com for more details

Yoga for Cancer Survivors™



This gentle 7 session therapeutic yoga program is based on hatha yoga, but has been modified for people who are stiff, immobile, ill or under stress. Previous cancer survivor clients have found significant benefits including improved:

- physical strength and function
- overall mood, stress levels and quality of life

The Yoga for Cancer Survivors research is under the direction of Dr. Nicole Culos-Reed. The program was developed by Susi Hately-Aldous of Functional Synergy. This 4-disc set covers a wide range of exercises that will be suitable for most people. Each session is 75 minutes and no yoga experience is required.

DVYCS 4 DVD's (7 x 75 minutes sessions) **\$29.95**

The World's Best Balance Boards!

Use Them and You will Enjoy Better Balance, Improved Sports Performance & Faster Rehabilitation.



CUSTOMER FAVORITE!



"Like anything else, balance is a skill. And like any other skill, you've got to constantly practice it to preserve it."

John Blievornicht, PT, New York Times Jan.12, 1999

16" Pro Wobble Board (Intermediate to Advanced)

Our most popular board -- the one that started the balance revolution.

- Best for athletes, fitness trainers and therapists.
- Adjusts to three angles: 15°, 17° and 20°

WB16 16" Board - Advanced, Tri-Level **\$69.95**

20" Pro Wobble Board (Beginner to Intermediate)

For seniors and beginners wanting a more stable stance.

- Great for daily maintenance, rehabilitation and injury prevention.
- Adjusts to three angles: 10°, 12° and 15°

WB20 20" Board - Intermediate, Tri-Level **\$79.95**

20" Pro Rocker Board (Beginner, single plane, new multi angle)

For basic balance training and fall prevention.

- This single plane Rocker base is great for improving ankle R.O.M. and overall balance. Adjusts to three angles: 10°, 12° and 15°
- Perfect for seniors or anyone new to balance training.

RB20 20" Board - Intermediate, Single Plane **\$79.95**

Pro Wobble Board Kits with Stand- Now Available in 3 or 5 board kits

WBK includes our 3 most popular boards with their own 5 board stand. Rocker Board, 20" & 16" Wobble Boards and stand.

WBKP Includes our 5 most popular boards with a 5 board stand. Includes: Combo Board, Weeble Boards, Rocker Board, 20" & 16" Wobble Boards and stand.

- Keeps up to 5 boards organized and accessible for different abilities.
- Best buy for clinic, training room or club use.

SAVE

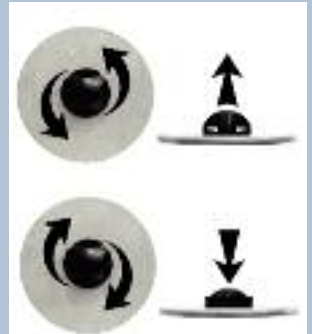
WBK RB20, WB20, WB16, Stand (top of page) **~~\$289.80~~ \$259.95**

WBKP RB20, WB20, WB16, Combo, WB11, Stand (to left) **~~\$389.80~~ \$359.95**

WBS Wobble Board Stand Only- 5 board stand only **\$69.95**

Adjustable Tri-Level Design

Pro Wobble Boards are crafted from 3/4" birch wood and adjust easily to 3 degrees of angulation with a spin of our patented sphere. Use a steeper angle for greater challenge as balance improves. Also features a non-slip top surface, for bare feet or shoes.



15° angle



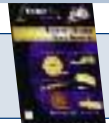
INCREASED ANGLE = INCREASED CHALLENGE

20° angle



USA Patent No. 5,810,703

16 Page Manual with every Professional Balance Board purchase!
Includes 24 exercises and tips for incorporating balance training into your lifestyle.



Balance Mastery is a Proven Key to Strength, Core Fitness and Overall Health & Vitality...At Any Age!

The more you use your Balance Board, the better your agility and reaction skills become. This leads to improved posture as well as greater confidence in sports and daily living. It's more fun to stand and move on a Balance Board than to stand on a normal floor. The more you use them, the more you'll like them!



Visit
www.fitter1.com
for more
information.

Use Balance Boards Daily and enjoy:

- Improved balance and coordination.
- Greater confidence in sports & daily living.
- Balance awareness for injury prevention.
- Enhanced lower & upper body stability.
- Increased leg strength and ankle range of motion (R.O.M.)
- Improved posture and better overall relationship with gravity.



16" Classic Balance Board (Beginner)

Your best choice for office and home. Use as a footrest or stand on it while talking on the phone.

- Injection-molded board suitable for leather-soled shoes.
- Patented sphere adjusts to two angles: 14° and 17°.

WBC16

16" Classic Balance Board

\$39.95

BEST OFFICE
CHOICE!



Balance Boards for Every Age and Skill Level



11" Weeble Boards (Advanced)

Maximize the balance challenge! Use these 22° fixed angle discs under each foot or hand to create dynamic, independent action. Adds difficulty to push-ups, squats and dumbbell lifts.

WB11

11" Weeble Boards - Pair

\$59.95

24" Combobble Board (Advanced)

For the wide athletic stance required for squats, push-ups and 180° turns. Combination of tri-level sphere with narrow, rectangular board shape results in many possible angles and challenges. Great for larger individuals who want more surface area.

CMBLB

11" x 24" Board, Tri-Level

\$79.95

24" Combo Board (All levels)

Our most versatile board for everyone from seniors to athletes. Choose from 5 interchangeable fulcrums (including 2 multi-directional) for different degrees of difficulty from 6° to 12°. Best for clinic or home settings. Velcro fasteners securely attach parts.

COMBO

11" x 24" Multi Board - 5 Fulcrums

\$89.95

BASIC

Fixed Angle (8°) Rocker Board (not shown)

\$49.95

Extreme Balance Board (Advanced)

This ultra challenging board taxes your balance on several planes. Fluid side-to-side and front-to-back movement combine to give you 360° of balance challenge. Achieve even greater difficulty by removing side plugs to add increased front-to-back instability.

EXTRBB 10" x 30" Extreme Balance Board

\$169.95

Balance Aids Shown above

For assistance with limited balance or early rehabilitation. 51" poles have self-standing bases always just a reach away. Great for use with wobble and rocker boards or Pro Fitter.

BA

Balance Aids - Pair

\$69.95

16" WobbleSmart™ Boards

(6 Levels, Non slip rubber base)

Dial in to 6 different levels in 1 second. A rubberized non slip base makes this the most versatile board we have ever offered. Suitable for all ages and most skill levels. The unique design provides a very stable feeling on the lowest setting of 15 degrees and a fast challenging feel on the highest setting of 20 degrees.

WBSM16

16" WobbleSmart Board

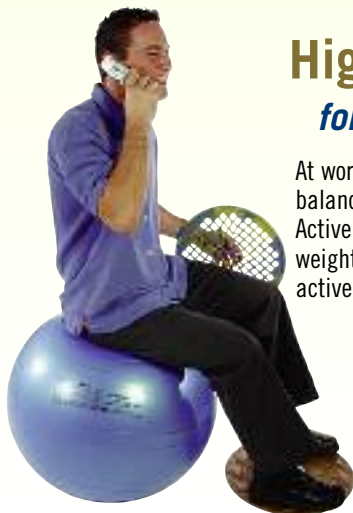
\$99.95

Most
Versatile



Highest Quality, Burst Resistant Exercise Balls

for Sitting, Stretching and Strengthening



At work or in the gym, Exercise Balls help you improve core stability, strength, balance and awareness. While at your desk, sit on a Ball Chair to engage in Active Sitting. When exercising, incorporate a ball into your stretching and weight programs to improve coordination and stability. Keep kids sitting active on a ball while doing homework, watching TV or playing games.

Why Is Burst Resistance Important?

Fitterfirst carries only burst-resistant balls to ensure that if a ball is punctured, it deflates slowly and safely, rather than bursting instantly, like a balloon. Burst-resistant balls offer excellent firmness, consistency and are long-lasting.

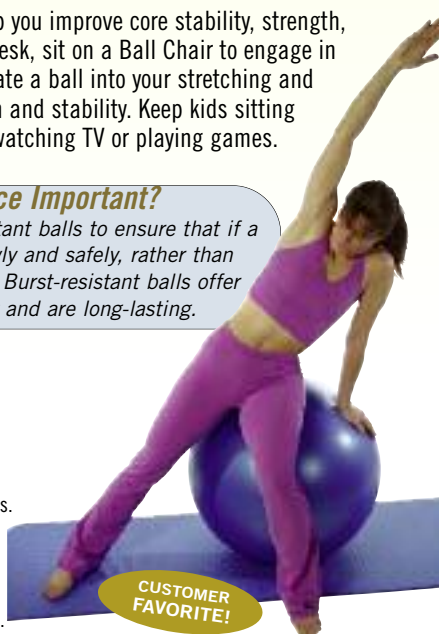
Classic Exercise Ball Chair

Great for general use as a ball chair or exercise ball. The Fitterfirst Classic Exercise Ball Chair is suitable for all ages and abilities — from seniors and physiotherapy patients to world-class athletes. It's perfect for your everyday health and fitness needs. Regular use for exercise or Active Sitting will improve your trunk and pelvic girdle stability and core strength.

- Made in Germany, this firm PVC base construction allows for shape resilience.
- Burst-resistant up to 286 lb. (130 kg) with a static load rating of 1000 lb. (454 kg).

FBCJ45	45 cm diameter	\$34.95
FBCJ55	55 cm diameter	\$39.95
FBCJ65	65 cm diameter	\$44.95
FBCJ75	75 cm diameter	\$49.95

Visit
www.fitter1.com
for more
information.



CUSTOMER FAVORITE!



Free with every Classic or DuraBall purchase!

11" x 17" Ball Exercise Chart with 19 exercises
plus 10 Tips for Healthy Office Ergonomics booklet.



Fun and Active Balance Toys for Kids

Kids love these toys that build muscles and teach balance and coordination.

It's important to encourage good health and fitness at an early age. Whether they're at school or home, at a desk, in front of the TV or just playing, kids will benefit from these active balance products.



Fitterfirst Exercise Balls, Hop Balls, Critters and Balance Stones

A. FB30	30 cm FitBall, 1 - 4 years	\$24.95
B. FBCJ45	45 cm Classic Ball, 4 - 7 years	\$34.95
C. FBPC45	45 cm DuraBall Pro, 4 - 7 years	\$59.95
D. HOP45	45 cm Hop Ball with Handles	\$33.95
E. HOP55	55 cm Hop Ball with Handles	\$35.95
HOP65	65 cm Hop Ball with Handles	\$37.95
G. PONY	Active Sitting Pony (Max. Load 55 lb./25 kg)	\$49.95
H. ELLE	Active Sitting Elephant (Max. Load 55 lb./25 kg)	\$49.95
I. RRH	Rocking Roddy (Max. Load 55 lb./25 kg)	\$99.95
J. BALSTON	Set of 6 Balance Stones	\$59.95
K. TEDDY	Active Sitting Polar Bear (White)	\$49.95

BOSU® Balance Trainers

BOSU combines the challenge of a ball with the safety of a balance board. Vary your workouts and challenge your balance by using the BOSU Balance Trainer with the platform either up or down. This popular hybrid product offers a complete approach to training. Suitable for any age or ability.



BOSU Ballast Ball filled with weight which adds a dynamic shifting component to any exercise movement. This is not just any ball as it can be easily integrated into any movement pattern and increases the core load during workouts. Includes a foot pump and a DVD.

BOSUC	BOSU, Manual, Pump, DVD	\$129.95
BOSU	BOSU, Professional (1 year warranty)	\$149.95
FBB65	65 cm, 5 lb. weighted Ball w/ pump, DVD	\$69.95

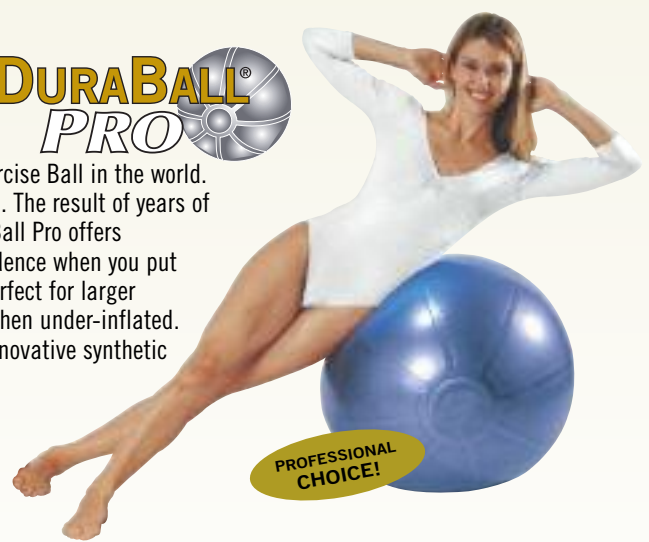


DuraBall PRO

The World's Strongest Exercise Ball



DuraBall Pro is the strongest and safest Exercise Ball in the world. It is the best choice for advanced level users. The result of years of development and rigorous testing, the DuraBall Pro offers maximum firmness and support. Have confidence when you put this ultra high quality ball to the test. It's perfect for larger individuals and is also suitable as a chair when under-inflated. DuraBall Pro is Made in Australia from an innovative synthetic material called Duralon™.



PROFESSIONAL CHOICE!

- FBPC45** 45 cm diameter **\$59.95**
- FBPC55** 55 cm diameter **\$69.95**
- FBPC65** 65 cm diameter **\$79.95**
- FBPC75** 75 cm diameter **\$89.95**
- FBPC85** 85 cm diameter **\$109.95**

Training Clients?

Using a high quality exercise ball is a must when working with clients. DuraBall Pro has a 30 second deflating time if ever punctured. At the gym, office or home, give your clients the security of knowing that they are using the best quality ball available. (Static loads of over 2000 Kilo's shown at left) Duraballs are Load Rating @4400 lb. (2200 kg) and Burst Rating 1100 lb. (500 kg)



DuraBall Pro Testing

Which Ball is right for You?

Whether you are using your Ball for exercise or for a chair, it's important to choose the right type and size of ball. Use these two charts to help you make the right decision. Still not sure? Visit our website at www.fitter1.com for more information or call us toll free at 1-800-fitter-1.

BALL SIZING GUIDE

Application	Height	Ball Size
Chair	5'2" & under	55 cm
Chair	5'2" & over	65 cm
Chair	6'0" & over	75 cm
Exercise	4'1" - 5'1"	45 cm
Exercise	5'2" - 5'8"	55 cm
Exercise	5'7" - 6'2"	65 cm
Exercise	6'3" & over	75 cm



MATERIAL DESCRIPTION	Duralon Very firm	PVC Base Firm	Foam PVC Very firm
LOAD RATE	4400 lb.	1000 lb.	600 lb.
BURST RATE	1100 lb.	286 lb.	300 lb.
CHAIR	YES (under inflated)	YES	YES
BRAND	DuraBall® Pro	CLASSIC	FitBALLSport®
	PROFESSIONAL CHOICE!	CUSTOMER FAVORITE!	
SIZE/PRICE			
45 cm	FBPC45 \$59.95	FBCJ45 \$34.95	FBS45 \$26.95
55 cm	FBPC55 \$69.95	FBCJ55 \$39.95	FBS55 \$31.95
65 cm	FBPC65 \$79.95	FBCJ65 \$44.95	FBS65 \$35.95
75 cm	FBPC75 \$89.95	FBCJ75 \$49.95	FBS75 \$42.95

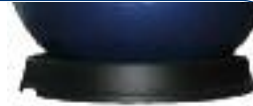
Fit Ball Peanuts Dual purpose product for fitness or rehab markets. Good core-training tool for beginners who find an exercise ball too challenging. Depending on user's position, rolls front to back or side to side. Also used extensively with children, seniors and during rehabilitation. The peanut is designed so that therapist and patient can sit on the FitBALL Peanut together. Moderate instability challenge. Burst-resistant material.

- FBPN40** 40 cm peanut ball **\$54.95**
- FBPN50** 50 cm peanut ball **\$64.95**
- FBPN60** 60 cm peanut ball **\$74.95**
- FBPN70** 70 cm peanut ball **\$84.95**



NEW!

Ball Stabilizer



Plastic base provides extra stability and protection. Prevents rolling — perfect for an office environment. One size fits all!

FBBASE For 55 cm - 75 cm Ball **\$39.95**



Fitterfirst Mini Pump

Keep one of these handy to fill your exercise ball. Smaller nozzle fits most size balls and is best for inflating all DuraBall PRO balls.

PUMPS 10" Fitterfirst Mini Pump **\$5.95**



Body Ball Book

Fitness ball exercises and stretches to improve your stability, flexibility and coordination.

BKBBH **\$10.95**

Ball Tower Stand (Set of 3)

Space-saving storage for home, gym or clinic. Made of super resilient translucent material reinforced with metal grommets.

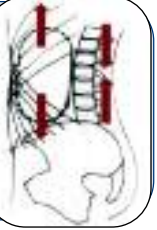
FBSTACK3 Set of Three Stands **\$35.95**

Active Sitting Products

“Once you have incorporated Active Sitting into your daily routine, you’ll wonder, ‘Why did I wait so long?’”

Louis Stack, President, Fitter International Inc.

Stop slouching in a conventional chair and get active with your sitting. Active Sitting engages your core and postural muscles, while allowing you to experience the benefits of movement while seated. Strengthen abdominal and back muscles, improve balance and posture and enhance core stability. Whether you’re on a ball, a disc or a Swopper, at home, at the office or at the gym, you’ll be more productive and alert. **It’s all in a day’s work!**



World’s Most Advanced Sitting Disc Strengthens Your Core While You Sit – At Work or Home!

Self-inflating Therm-a-Rest technology with easy-adjust valve lets you inflate the ProActive Disc to suit your needs, then deflate it for maximum portability. It’s perfect for use at work, school or while traveling, hiking or camping. Durable construction and superior craftsmanship make this disc easy and safe to use indoors and out. Made in the USA!

- Covered with washable high-quality fabric for extra comfort
- Strong enough for balance exercises and stretches.
- Insulates from both hot and cold seating surfaces.

ADISC15 15" ProActive Disc **\$49.95**

Great for Home, Car or Office!



PROACTIVE DISC



Easy Adjusting Valve



Easy to Transport



Self Inflates



Mini Ball for travel

Active Sitting in Style with Swopper®

The Swopper seating platform is the result of German innovation in technology and design. Incorporating motion into the act of sitting, the Swopper allows for a range of natural and intuitive movements, including tilting, swaying and bouncing. Its 3-D motion makes shifting from one position to another effortless and fun. Active sitting has never been so stylish!

- Adjusts to user’s height, weight, or work surface.
- Improves posture and strengthens core muscles.
- Helps stabilize the spine and reduce back pain.
- Increases circulation and enhances alertness

- SWOP** Softex Fabric - Red, Black, Blue, Grey **\$749.95**
- SWOPL** Leather - Black only **\$799.95**
- SWOPBACK** (not shown, Fits models above) **\$259.95**
- SWOPBW** Blue chair with 5 wheels (not shown) **\$799.95**



“Swopper presents a unique alternative to traditional seating by providing a new approach to correct sitting postures and directly addresses the real issues that make sitting such an unhealthy activity.”

Stephen H. Hochshuler, M.D.
Orthopedic Surgeon, Chairman
Texas Back Institute



Evolution Chair A Healthy, Energizing Seating Solution

The Evolution Chair is the ultimate seating solution, successfully combining a stability ball’s core health benefit with the movement and versatility of a rolling office chair. It is used by many medical professionals including Dentists, Physical Therapists, Chiropractors and others. When sitting you can safely roll the chair without touching the ball with your hands. The chair comes complete and is ready to use after proper ball inflation.



- Suitable for people from 5’ to 6’ 5”. Includes 2” height inserts and multi size ball.
- Base is 20” x 20”. It adjusts from 8.5” to 10.5”.
Weight limit 300 Lbs (136 Kg)



EVCHAIR Rolling base w/ height inserts, 50-55cm ball and pump **\$139.95**

The Original Multi-Purpose Active Sitting Disc



Classic Sit Disc Ideal for sitting, standing or working out, the Classic Sit Disc is your best bet for a wide range of uses. Incorporate it into your workout to increase instability and up the intensity. It's even strong enough for standing balance exercises — try putting one under each foot for squats. When at your desk, use the Classic Sit Disc as an Active Sitting cushion to promote proper posture, or put it on the floor to keep your legs and feet active. Made in Germany of durable synthetic material.

- Optional washable zip-on cover for discs. Great for office use.
- Air volume can be adjusted with a needle-valve pump.

SIT	13" Medium Disc	\$34.95
SITL	15" Large Disc	\$54.95
SITC	Cover for 13" Medium Disc (color may vary)	\$11.95
SITCL	Cover for 15" Large Disc (color may vary)	\$14.95



Fitball Sitting Wedge

This air-filled wedge tilts your pelvis to help prevent slouching and correctly align the spine.



FWDGJR	10" for kids	\$37.95
FWDG	13" for adults	\$39.95

Fitball Sitting Disc

Sit or stand on this durable, inflatable air cushion that mimics the shape and feel of a ball. Deflates flat for travel.



FSDJR	13" for kids	\$34.95
FSD	16" for adults	\$39.95

MODEL	ProActive Disc	Classic Sit Disc	Sitting Disc	Sitting Wedge
PRICE	15" \$49.95	13" \$34.95 15" \$54.95	13" \$34.95 16" \$39.95	13" \$37.95 16" \$39.95
ACTIVE SITTING	✓	✓	✓	✓
FITNESS	✓	✓	✓	X
STANDING	X	✓	✓	X
MATERIAL	Polyester / Polypropylene	PVC	PVC	PVC
INFLATION	Self-Inflates	Pre-Inflated	Requires Inflation	Requires Inflation
WEIGHT / SIZE	0.5 lb.	1.9 lb. - 13" 2.5 lb. - 15"	1.6 lb. - 13" 2.3 lb. - 16"	1.6 lb. - 10" 3.4 lb. - 13"
COLOR / SIZE	Blue - 15"	Indigo - 13" Indigo - 15"	Green - 13" Turquoise - 16"	Green - 10" Turquoise - 13"

Hand Exercisers

Tools for stronger Hands, Wrists and Fingers. Keep a firm grip on your daily tasks with these easy to use products.



Dyna-Flex Use gyroscopic resistive power (up to 13,000 rpms) to strengthen grip, wrists, forearms and biceps. A fun but serious tool for building hand and arm strength. Your wrists, grip, and arms are straining and working out against a gyroscopic action.

The Dyna-Flex Gyro Exercisers are one of the most effective exercise tools for strengthening wrist and arm muscles. Whether you play sports, an instrument or are just interested in general fitness one of the Dyna-Flex Gyros are definitely for you.

DFFP	Wrist Exerciser	\$34.95
DFPP	Wrist Exerciser with LED lights	\$47.95
DFPDS	Docking/starting station	\$23.95

Grip Pro trainer is an extremely effective finger-hand-forearm strength and endurance trainer. It comes in 3 different levels of difficulty: Green-30lb max resistance (easier)-for lighter weight people and warming up, Black-40lb max resistance (medium) for average weight men to train with and Red 50lb max resistance (difficult) for big guys or lower rep strength training.



GPTL	Hand & finger Exerciser-30lb	\$8.95
GPTM	Hand & finger Exerciser-40lb	\$8.95
GTPH	Hand & finger Exerciser-50lb	\$8.95

Power Web helps prevent wrist and hand injury and promotes strengthening through an endless array of hand exercises. Proven to be highly effective in offices and clinics worldwide. Portability and ease of use makes it a perfect warm-up tool for any sport or activity. Available in color coded resistance levels, from ultra-light to ultra-heavy.

PWBY	Classic Power Web - Office Use	\$29.95
PWUL	Beige - Early Rehab., R.O.M.	\$39.95
PWL	Yellow - R.O.M., Dexterity	\$39.95
PWM	Red - Intermediate Rehab., Early Athletics	\$39.95
PWH	Green - Advanced Rehab.	\$39.95
PWSH	Blue - Advanced Strengthening	\$39.95
PWUH	Black - Ultra Heavy	\$39.95

Combo Webs feature 2 resistance levels in one Power Web!

PWGY	Combo Green/Yellow - Light & Heavy, Levels 1 & 3	\$44.95
PWRB	Combo Red/Blue - Medium & Super Heavy, Levels 2 & 4	\$44.95



Original Surfers & Skiers Training Boards

Bongo Board. It's Fast, Challenging and Fun.

Bongo Board is the hottest balance training product on the market! Develop great performance enhancing skills with this super challenging board. Perfect for skiers, surfers, boarders and other athletes. Even serious athletes love the reaction skills and tricks they can master on the Original Bongo Board.

- Body Awareness
- Visual Challenge
- Skill Progression
- Coordination
- Enhanced Stability
- Core Strength

Bongo Boards are not for the timid – serious concentration required! We strongly suggest that you follow the Bongo Board Safety and Skills Guide closely and use a spotter while learning how to use this product. Falls may occur. 31" skateboard deck with dual-bearing roller.

U.S. Patent No. 5,190,506

**BONGO
BGOBRK**

Deck With Bungee Cord & Roller **\$119.95**
BoardRock & Bongo Board Package ~~\$219.90~~ **\$199.90**



**CUSTOMER
FAVORITE!**



BOARDROCK

Doesn't Roll, It Totally Rocks!

BoardRock makes a great addition to your balance training program. The perfect trainer for snowboarders, skateboarders or wakeboarders. Walking, rocking, spinning and jumping are just a few of the cool things you will love to do on your BoardRock.

A versatile tool for balance and fitness exercises or practicing your toughest tricks.

- 31" deck has flexing spheres for a unique boarding challenge.
- Master your ollies, nollies, kickflips, spins, grabs and more.
- Use indoors or out, year round to improve balance, agility and core stability.

BoardRock JR is a shorter board with all the same features but easier to use for smaller users. U.S. Patent No. 6,616,583

BRCKJR 25" Deck With Flexing Spheres **\$84.95**
BRCK 31" Deck With Flexing Spheres **\$99.95**
BGOBRK BoardRock & Bongo Board Package ~~\$219.90~~ **\$199.90**

**Buy Both
and Save \$20**



Indo Board Balance Trainer

The Indo Board is a specially shaped, oval board, balanced on a long roller. Great for fun and training, this unique balance training device feels like surfing without the waves! Using Indo Board helps develop:

- Balance
- Coordination
- Flexibility
- Core Fitness
- Motor Skills
- Leg Strength

The Indo Board can be used in any open 6 square foot area indoors or out. The learning curve for most enthusiasts is about 15 minutes to master basic control.

Indo Board Original

INDOBTN Natural 30" x 18" deck with 6.5" roller **\$119.95**
INDOBTB Rockies 30" x 18" deck with 6.5" roller **\$139.95**
INDOFLO 3 pc. Kit, Board, Cushion & Roller **\$139.95**
INDOBS 2 pc. Kit, Board & Cushion **\$99.95**
INDOBC IndoFLO Cushion **\$29.95**

More Indo Products online at www.fitter1.com



SRF Board *Designed by a PhD. PT for Exceptional Hip, Groin And Core Stabilization.*



An innovative multi-functional board for fitness, rehabilitation and cross-training. Designed by a physical therapist, this versatile trainer offers endless options for hip, groin and core development.

Stabilization: Unique weight bearing exercises for upper and lower body.
Rotational Discs: Dynamic movement in a friction-free environment.
Functional Training: For all ability levels from athletes to patients.

Ideal for golfers, skiers, skaters and dancers!

- Add up to 4 resistance cords to assist or resist gravity.
- Adjustable bumpers for 4 different R.O.M. settings.
- Each disc features lock out pins to eliminate disc rotation for increased safety and stability.
- Unlimited configurations with 2 piece system featuring one fixed and one sliding disc.

SRF 2 Pc. Unit with Instruction Manual **\$449.95**



"I developed the SRF Board to teach ballet dancers how to use the inner thigh muscles in standing positions. I discovered that it teaches stabilization and precise motion at the hip joint in all kinds of patients, including skaters, basketball players and those with hip replacements. It challenges and obtains a powerful but free connection between the legs and the pelvis that adds force and balance to all standing functions." **Marshall Hagins PhD, PT, OCS**

"The SRF Board is an incredible tool for helping golfers and other athletes with dynamic abduction and adduction while simultaneously developing better balance and kinesthetic sense. I have used the SRF for 5 years with golfers from amateurs to top tour players, all with incredible results. A truly must-have for any sports training program." **Neil Wolkodoff, Ph.D., Physical Golf**

Gliding Exercise System These specially designed sliding discs transform exercise movements into smooth, graceful lines of flowing motion. Works multiple muscles while engaging core stabilization throughout the range of motion. Available in 2 styles for either hardwood or carpeted floors. Pairs or 25 packs.



- | | | |
|-------------|---|-----------------|
| GC | Gliding Discs for Carpet, Manual, Basics DVD | \$24.95 |
| GH | Gliding Discs for Hardwood, Manual, Basics DVD | \$24.95 |
| GCP | Club Pack carpet, 25 pairs of Discs, Basics DVD, Trainers DVD | \$239.95 |
| GCPH | Club Pack hardwood, 25 pairs of Discs, Basics DVD, Trainers DVD | \$239.95 |

Rotational Discs Try these smooth, friction free rotational trainers for developing balance, agility and strength. Commonly used in dance studios and for hip rehabilitation. Rotational Discs minimize the torque applied to the joints, thereby decreasing the potential for injury. For use at home, gyms, studios and clinics. Great for Golf training



- | | | |
|--------------|---|----------------|
| ROTD | 2 Pc. Unit with Mid-Bearing, pair | \$84.95 |
| ROTDE | 1 Pc. Unit Mounted on Bearing, pair (not shown) | \$49.95 |



SlideBoard A Powerful Anytime, "Off Ice" Training Tool for Hockey, Figure and Speed Skaters!

SlideBoards have been a preferred off-ice and dryland training tool for years. Get in prime shape for skating and skiing with this time tested classic. Professional SlideBoards are exceptional for:

- Developing lateral strength, power and endurance for all levels of athletes.
 - Improving balance, agility, speed and flexibility.
 - Providing a wide variety of lower, middle and upper body exercises.
- SlideBoard features include:
- Solid core polymer board constructed with a slick "fresh ice-like" top surface.
 - Non-slip reinforced rubber underlay holds firm.

Includes speed booties & instruction booklet.

- | | | |
|---------------|---------------------------------------|------------------|
| SLIDE8 | 8' x 1/4", Adjustable to 6', 7' or 8" | \$299.95* |
| BOOTI | Replacement Booties, Pair | \$19.95 |



Biomechanically correct bumpers easily adjust to 3 settings.

*Please note extra shipping charges will apply

NEW!

Fitterfirst® Soft Boards

Soft Boards - A Balance Between Wobble Boards and Floating on Air

Soft Boards introduce a whole new dimension to balance training. They give you the sensation of floating on a cushion of air while still providing a predictable foundation underfoot. The unique design incorporates either 4 corner compression legs on the beginner Board or one large central compression leg on both the intermediate and advanced Boards. Soft Boards provide these benefits:

- Safely achieve better balance, coordination and overall agility.
- Enhance function based on a 3-D sensation where the boards tilt and float laterally creating a tri-plane sensation for the user.
- Non slip legs create a solid contact with the ground- no slipping sensation.
- Non marking and silent base means these boards are quiet when in use.
- Larger surface area allows for a variety of foot or hand and sitting positions.



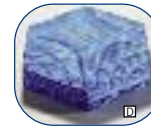
Soft Board - Beginner A large deck with 4 corner legs create a solid yet floating sensation. For early rehab & balance training.



Soft Board - Intermediate A round deck with 1 mid size center leg creates an unstable tilting movement. For later rehab and sports conditioning.



Soft Board - Advanced A large deck with 1 high center leg creates a challenging tri-plane movement for advanced users.



How does it work?

Soft Boards use special material which compresses under the users weight. This compression creates a tri-plane sensation to the user where the board tilts, moves up and down and rocks lateral. Four legs create a less challenging but engaging sensation of floating or surfing on a predictable surface. One center leg creates a dynamic movement that is freeform and unpredictable.



A. WBSBB	For beginners, rectangle deck 60 x 39 x 10 cm , 4 legs	\$109.95
B. WBSBI	For Intermediate users, round 39 x 39 x 9 cm deck, 1 center leg	\$89.95
C. WBSBA	For advanced users, rectangle deck 60 x 39 x 10 cm , 1 leg	\$99.95
D. WBSB6	6 side closed foam pad, 35 x 40 x 6 cm	\$49.95
E. WBSB4	4 sided rectangle pad 47 x 38 x 6 cm	\$59.95

TRX - Pro Suspension Trainer

The New Revolution in Bodyweight Training

TRX-Pro Suspension Trainer is one of the most versatile functional training tools available today. Incorporating strength movements with efficient core exercises, it allows you to train more effectively in a shorter period of time for optimum sports performance and health. Designed for the high-use demands of healthclubs and fitness professionals with features that include industrial quality construction and club-grade grips with integrated foot cradles for ground-based training.

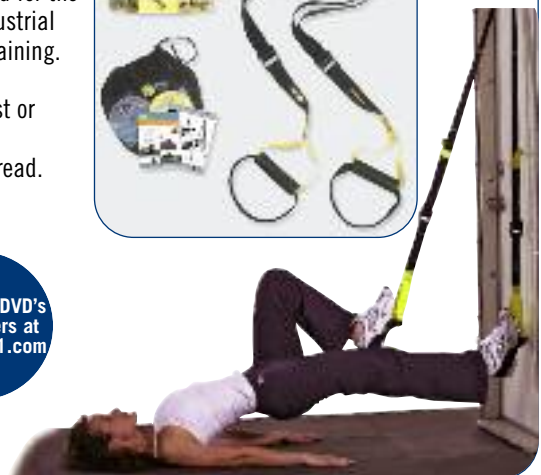
TRX Suspension Anchor easily attaches to any secure structure such as a weight rack, post or beam. Attach to a wall or door using optional attachments.

- Industrial-grade nylon webbing rated at 1,500 lb. Double-stitched heavy-gauge nylon thread.
- Adjustable non-slip CAM buckles rated to 1,250 lb., that adjust from 6' to 12'

TRX	Strap, Handles with Leg Shapers, DVD	\$159.95
TRXDA	Optional Door Anchor (not shown)	\$29.95
TRXW	Optional X wall mount (not shown)	\$39.95



More TRX DVD's and Posters at www.fitter1.com



Pro Fitter® 3-D Cross Trainer

Master Over 20 Powerful Agility Exercises for Dynamic Strength & 3-D Stability!



CUSTOMER FAVORITE!



Pro Fitter For Your General Health And Fitness

Pro Fitter is challenging, fun and easy to learn! Individuals of all ages quickly discover that skill building with Pro Fitter is more like a sport than an exercise and your results will have a high carry over to sports and daily living! Since 1985, athletes and medical experts worldwide have depended on Pro Fitter to maximize their results. If you or your family want to maintain an active lifestyle with greater confidence and fewer injuries, then enjoy these benefits from your own Pro Fitter:

- Achieve better balance, coordination and overall agility.
- Enhance functional core strength and stability.
- Obtain faster and more precise reaction skills.
- Develop total upper and lower body strength programs.
- Improve cardiovascular endurance.
- Improve proprioception reducing the risk of sports injury.

Over 20 exercises to enhance your core strength and stability for improved golf, skiing, tennis...and more. Your confidence will sky rocket!

Skiing and Boarding

Whether you prefer cruising the groomed terrain, running gates, or exploring the deep powder off piste chutes, regular use of the Pro Fitter will help you ski better than ever! Pro Fitter's unique design allows you to incorporate the strength, balance and rhythmic weight transfer of skiing into your workout. Combine 3 minute skill building sessions with 20 minute cardio/strength workouts and you will be thrilled with the results the first time you hit the slopes. We guarantee it!

Sport Specific Training

FUNctional cross trainers like the Pro Fitter effectively reproduce dynamic sport movements. Balance training is critical to optimal performance in any sport as it enhances the ability to react and respond. Whether you're averting a tackle, riding a rail, catching a ball, cycling a mountain trail or skiing moguls, quick feet and coordinated body movements will improve performance and help prevent injuries. Train on a Pro Fitter and feel the difference in your balance, agility and overall performance ability!

Pro Fitter 3-D Cross Trainer

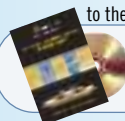
Perfect for home or gym use. Includes:

- Instructional DVD and color Exercise Chart.
- One attachable soft ankle board for sitting, standing & upper-body work.
- Support information on general conditioning and rehabilitation.

PF2 **Pro Fitter 3D Cross Trainer** w/ Soft Ankle Board **\$599.95**

PFK2 **Pro Fitter Physio Kit** For clinical use. Includes **\$699.95**

One pair of 51" Balance Aids for those with limited balance skill and one attachable hard ankle board, useful as a progression leading up to the soft ankle board.



DVD & 11" x 17" laminated Exercise Chart with every Pro Fitter purchase.

Additional Accessories Available for PF2 and PFK2

BA	Pair of 51" Balance aids for folks with limited balance	\$69.95
SAB2	Soft Ankle Board for PF or PF2 (Please specify model)	\$69.95
HAB2	Hard Ankle Board for PF or PF2 (Please specify model)	\$69.95
TCK	Replacement Tension Cords for all PF, PF2 and Kits	\$15.95
RBK	Replacement Tension Cords and Top Tracks for PF, PF2	\$24.95



"When I want to improve function, I always think 'Fitterfirst'. Fitter products allow you to train the movements that matter! At the C.H.E.K Institute, Fitter products are the most functional tools we use"

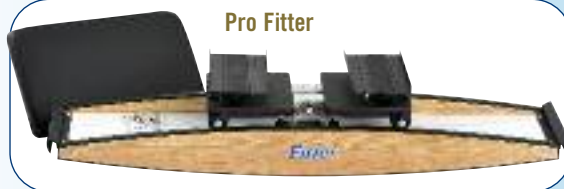
Paul Chek, HHP, NMT

Instantly Adjustable 6 Tension System



Independent Flexing/Rotating Footpads

Pro Fitter



Pro Fitter Physio Kit



Visit www.fitter1.com to view Product videos

1-800-fitter1

XCO's "Reactive Impact" Improves Strength & Joint Stability

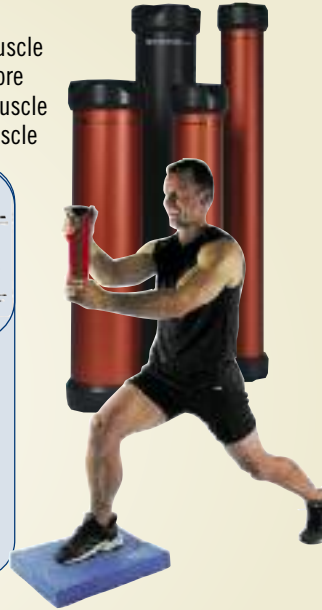
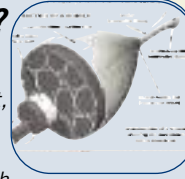
The Xco Trainer is revolutionary and unique in design, it allows you to build and tone muscle while strengthening the surrounding connective tissue to stabilize joints. Engage your core muscles as the shifting weight of the granulate pushes you off balance. Xco improves muscle tone and enhances cardiovascular fitness while it strengthens the entire structure of muscle & connective tissue.

Xco Walking and Running ... "Add a whole new dimension to your daily walk!"

Incorporate core and upper body strengthening into your walk or run. You can easily move your arms and trunk through any range of motion in any plane. Unlike nordic walking poles there is no restriction to the muscles you choose to engage while Xco Walking. Program includes 2 x 330 gram (Large Walking Xco's 450g) with hand straps, waist belt and a detailed DVD covering six different workouts.

How does it work?

Whether you play baseball, tennis, golf or any other sport, the Xco Trainer allows you to train with sport specific 3-dimensional movements. Each motion creates a delayed soft-impact as the granulate mass shifts inside the tube. This "Reactive Impact", or overload, occurs at the critical point in the movement - when it changes direction from eccentric to concentric - forcing you to react and use your muscles dynamically, simulating such actions as throwing a ball or swinging a golf club.

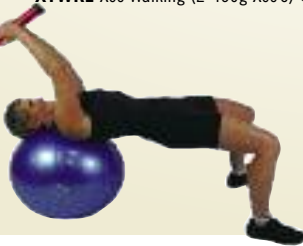


XTWR Xco Walking (2-330g Xco's) **\$184.95**

XTWRL Xco Walking (2-450g Xco's) **\$184.95**

MODEL PRICE	XTS \$59.95	XTM \$64.95	XTL \$69.95	XTXL \$74.95	XTT \$119.95
WEIGHT	1 lb. / 450g	1.3 lb. / 600g	2 lb. / 900g	2.6 lb. / 1200g	1XTM, 1XTL
LENGTH	12.75"	16.75"	12.75"	16.75"	16.75", 12.75"
DIAMETER	2" (50mm)	2" (50mm)	2.75" (70mm)	2.75" (70mm)	
COLOR	Red	Red	Red	Black	Red, Red
USER LEVEL	Beginner	Beginner, Intermediate	Intermediate	Advanced	Beg. / Int.
APPLICATIONS	Fitness Rehabilitation	Fitness Rehabilitation	Fitness Athletic Training	Advanced Fitness Athletic Training	Fitness Athletic Training

DVD & 11" x 17" Exercise Chart with every Xco purchase.



BodyBlade

Build Immense Power in Your Core with BodyBlade®

Bodyblade quickly improves spinal stability, proprioceptive awareness, muscle endurance and cardiovascular fitness.

Bodyblade is the simplest core-strengthening tool you will ever use. Grab the handle, shake the blade and let your body do the work as it counteracts the force of the blade bowing back and forth at a rate of 270 contractions per minute. Flexing at 4.5 Hz is a key engineering feat that uses Newton's laws of inertia to contract and release your muscles.

It's easy for everyone to use, from world class athletes to rehabilitation patients. Bodyblade will help you enhance your power, coordination and overall performance. Bodyblade is great for aerobic conditioning or for developing speed, strength and joint mobility. Available in 4 sizes to meet every users skill set and ability.

BBCARDIO	32" Cardioblade, Set of 2, 1-5 lb. Variable Resistance	\$109.95
BBLIT	32" Lite, 1-5 lb. Variable Resistance	\$59.95
BBCXT	40" CXT, 1-8 lb. Variable Resistance	\$74.95
BB400	48" Classic, 1-22 lb. Variable Resistance	\$119.95
BB500	60" Pro, 1-34 lb. Variable Resistance	\$194.95

DVD & 20" x 28" Exercise Chart included.



Cobblestone Walkway Ancient Chinese Health and Stress Therapy!



Walk Your Way to Better Health on a Cobblestone Walkway. Cobblestone walking is an ancient health enhancing practice that has been known in China for thousands of years. Recent research from the Oregon Research Institute (ORI) has confirmed that reduced blood pressure and better balance can be achieved by simply taking a daily barefoot walk on the Cobblestone Walkway. Included with each walkway purchase is the 16 week ORI study of 108 previously physically inactive adults found that Cobblestone Walking is:

- A safe way to improve physical function and reduce blood pressure.
- Promotes mobility, balance and overall health in older adults.
- An effective, therapeutic, health-enhancing exercise alternative.



Buy the Cobblestone Walkway & Foot Roller Together



16" x 16" Cobblestone Mat Great for the Office!

How does it work? Cobblestone mat walking is rooted in traditional Chinese holistic medicine and the principles of reflexology. Stimulating 'acupoints' in the feet, associated with different organ systems of the body, is believed to help promote the natural function of the corresponding body part, thereby reducing tension, improving circulation and enhancing well-being.

CBLC	16" x 72" Cobblestone Walkway, Green with Single Foot Roller	\$49.90
CBLSTN	16" x 72" Cobblestone Walkway, Green	\$44.95
CBLMAT-B	16" x 16" Cobblestone Mat, blue / yellow	\$17.95



CUSTOMER FAVORITE!

PS100

PS200

PS500

PROFESSIONAL CHOICE!

ProStretch the Runners Friend!

ProStretch increases performance and limits the risk of injury. This unique design naturally induces movement and enables you to stretch hamstrings, calf muscles, Achilles tendon and plantar fascia. Professional sports teams keep it by the bench to keep athlete's calves and ankles flexible during games. The ProStretch 500 is the best choice for health clubs where it will get extensive use from members of all foot sizes.

PS100	Single	\$39.95
PS200	Double with DVD	\$79.95
PS500	Size 12+	\$129.95
PS5000	Double (not shown)	\$249.95

Performance Stretching

New!



Stretch EZ cradle design encompasses the foot allowing for a comfortable stretch to the foot, heel, Achilles tendon, hamstring, quadriceps, inner/outer thigh and calf.

- Made of a comfortable poly laminate and webbing, it assists with the treatment of plantar fasciitis, heel spurs, calf, thigh, hip and low back strains and injuries.
- Strap loops allow for personal control of each stretch.

STREZ	EZ stretch	\$39.95
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"Stretch Back into Shape" with Core Stretch

An effective stretching device for your back, shoulders, hips, hamstrings and shins. It's unique design elongates the back, stretching the muscles, tendons and ligaments not only in the back, but also those in the legs that work in conjunction with the back. Weighs 2 1/2 lb. and is easily collapsible. Aluminum construction is lightweight but durable, while padded foam handles will keep your hands from slipping while exercising. Caution: Should not be used by people with acute back problems.



CSTR	Adjustable Stretching Pole	\$84.95
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StretchRITE™

Athletes and weekend warriors can remove tightness, recover from workouts faster, improve athletic performance and reduce injuries with StretchRITE. Improve flexibility in just a few minutes each day. Includes stretching guide.



- Used by fitness enthusiasts, physical therapists, athletic trainers and health clubs.
- Ergonomically designed handgrips allow you to stretch in stages & visually monitor progress.



STRITE	StretchRITE, Exercise Chart & Guide	\$39.95
DVSTRITE	DVD (28 min.)	\$11.95

Slant Board

The Slant Board is a simple and effective device for stretching, performance enhancement, injury prevention and rehabilitation. Targets arch, calf, hamstring and hip. Made of 3/4" birch plywood, this Slant Board is well suited for use in a clinic, club or at home.

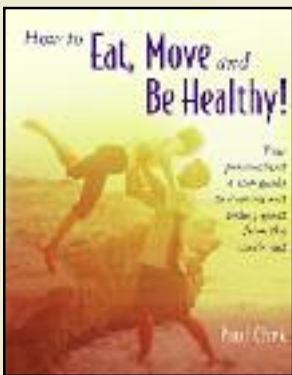
- Adjusts to 3 levels: 26°, 38° and 42° and folds flat.
- Non-slip top and bottom surfaces.

SLANT	Med. 11" Slant Board	\$69.95
SLANTL	Lge. 14" Slant Board	\$99.95

USA Patent # D473,272



DVDs, Books & Courses



Eat Move and be Healthy by Paul Chek

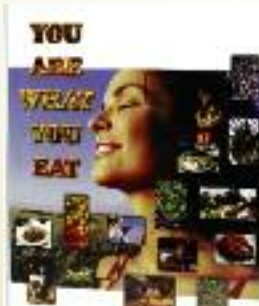
Paul Chek helps you achieving a healthy, balanced lifestyle while dropping pounds and re-shaping. Everyone responds to food, exercise and stress differently. This book will help you identify your individual needs and explain how to address issues that may be preventing you from looking and feeling your best.

BKEMH Book (256 pgs.) **\$34.95**

You Are What You Eat (audio program)

An informative audio program with Paul Chek highlighting issues to consider when selecting the food our bodies replace millions of cells each day, as our tissues turn over continually. These new cells are made out of the building blocks that come from our food and drink. Do you want your bones, muscles, eyes and hair to be made from low quality fast food or nutritious organic food.

CYAWYE 8 Audio CDs (8 hrs.) **\$99.95**



Ball Exercises for Athletes with Paul Chek

A progression from Ball Exercises for Better Abs, Buns and Backs. The exercises are more challenging and have a high carry over to sports or physically challenging work situations, such as those encountered by nurses, firefighters and construction workers.

• Vol. I - Instruction (33 min.) • Vol. II - Workout (48 min.)

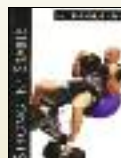
DVATH12 2 DVD Set **\$54.95**



Better Abs, Buns & Backs with Paul Chek

Learn proper techniques for safe, functional core conditioning. From fitness expert Paul Chek, this is one of our most popular DVDs. Includes stretches, warm-up and workout.

DVABS DVD (61 min.) **\$29.95**



Strong 'N' Stable: Swiss Ball Weight Training Learn how to incorporate dumbbells, Olympic bars, curl bars, cable machines and Bodyblade into your Exercise Ball workout.

• Vol. 1 (54 min.) 40 exercises for chest, shoulders & back.
• Vol. 2 (60 min.) 60 exercises for core, arms & legs.
• Vol. 3 (26 min.) 6 sample workouts.

DVSS 3 DVD Set **\$94.95**

See more Chek Correspondence Courses online at www.fitter1.com



The Great Handbook Series The quick reference guide to your better health. Each book has 64 color pages of detailed information and pictures to help you fully understand and complete a wide range of exercises. Great value.

Balance & Stability demonstrating exercises with 4 pieces of equipment designed to improve balance & stability **BKGBSH** **\$10.95**

Body Ball Fitness ball exercises and stretches to improve your stability, flexibility and coordination. **BKBBH** **\$10.95**

Medicine Ball Exercises for improving core strength, muscle coordination, functional movement and reaction time **BKMBH** **\$10.95**

Stretch Tubing Exercises to work the whole body using various styles of resistance tubing. Includes a rotator cuff section. **BKSTH** **\$10.95**

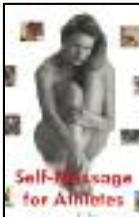
Foam Rollers Exercises to stretch and strengthen the whole body. Includes a section on Myofascial release. **BKFOAM** **\$10.95**



The Golf Biomechanic's Manual Understand the mechanics of the golf game and the importance of proper self conditioning to achieve peak performance. Covers the foundation of better golf through the C.H.E.K. Flexibility-Stability-Strength-Power formula. Intended for fitness and golf professionals.

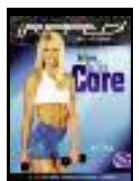
BKGBM Book (225 pgs.) **\$94.95**

DVSAGC DVD (108 min.) **\$42.95**



Self Massage for Athletes by Rich Poley I discovered self-massage while training for an ironman triathlon: Something that would help relieve muscle pain and soreness, prevent injuries, and speed recovery. Along the way I discovered more benefits of frequent massage. It strengthened my immune system and did wonders for my health. Massage also reduces stress which improves mood. Ten minutes a day is all it takes to feel better fast.

BKMFA Book (171 pgs.) **\$24.95**



Get RIPPED! to the Core With 9 compound exercises work multiple muscle groups simultaneously and your abs the entire time to stay stable. These exercises are double-duty movements that tone the entire body, burn mega calories, and build strong abs.

DVCORE (66 min.) **\$14.95**

More **Jari Love DVD's** at www.fitter1.com

NEW!



Fitness Fix - 3 DVD Set Intense and effective functional training for improving sports performance. Incorporates challenging balance techniques. Excellent post rehab for back, knee, hip and shoulder problems. Prevent chronic injury, especially in endurance sports. For all ages with a solid fitness background.

DVDB3 3 DVD set (169 min.) **\$39.95**

More **Denise Beatty DVD's** at www.fitter1.com



Yoga for the Desk Jockey by Susi Hately Aldous

Reduce the pain and strain from working at a computer. Simple strategies and techniques that you can use to release tension, gain strength and improve flexibility while at work.

BKYOGA Book (56 pgs.) plus CD (72 min.) **\$17.95**



Playing Your Sport Out of Your Mind

You can only perform in sport to the level you think you can. Let April Clay, M. Ed. and Registered Psychologist help you train your brain to play the best game you can. This 12 section CD helps you learn how to focus the mind, overcome obstacles, mind reboots and so much more.

DVMIND CD, over 60 Minutes **\$29.95**



Spinal Stabilization (2nd edition) by Rick Jemmett

Discover how spinal stabilization can control back pain and improve sports performance. An excellent education tool that accurately describes exercise techniques for acute and chronic low back pain. Includes over 100 photos of exercises using an Exercise Ball.

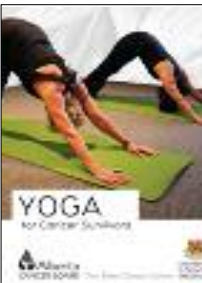
BKSS Book (95 pgs.) **\$39.95**



Ultimate Back Fitness and Performance by Stuart McGill

The latest scientific evidence on back exercise - what helps, what hurts and why - world renowned authority Prof. McGill provides professionals with the information to design and prescribe the best exercise programs for the back. His approach is based upon years of scientific research in back function of injured people through to elite athletes.

BKUBF Ultimate Back Book (381 pgs.) **\$54.95**



Yoga for Cancer Survivors

This gentle 7 session therapeutic yoga program developed by Susi Hately-Aldous is based on Hatha Yoga, but is modified for people who are stiff, immobile, injured, ill or under extreme stress. Previous cancer survivors who have completed this program have found significant benefits in physical strength and function, overall mood, stress levels and quality of life. The yoga for cancer survivors research is under the direction of Dr. Nicole Culos-Reed.

DVYCS 4 DVD's (75 minutes each) **\$29.95**

Massage & Therapeutic Products

Fast and Effective Relief for Hard Working Muscles

A. Backnobber II

Helps ease symptoms of muscle fatigue, neck/shoulder discomfort and headaches when combined with stretching. "S" shape allows you to reach back postural muscles, thighs and buttocks. Clips in half for easy storage or travel.

A. BKNOB Backnobber II **\$54.95**

B/C. Foot Roller

The only foot roller on the market that effectively replicates the pushing and releasing of a reflexologist's fingers. Recommended for use with Cobblestone Walkway 16 Week Program.

B. FTRLRS Foot Roller - Single **\$16.95**

C. FTRLRL Foot Roller - Double **\$19.95**

D/E. Indexnobber II & Jacknobber II

Indexnobber, with 2 different sized knobs, lets you apply deep pressure to trigger points. Jacknobber's ergonomic shape allows for gentle surface or deep tissue massage with 4 different sized knobs.

D. INOB Indexnobber II **\$11.95**

E. JKNOB Jacknobber II **\$11.95**

F. Glide Point

Give or receive the easiest massage ever! Just roll this clever tool along the back and around the shoulder blades. Glide point with Handle has a 5" gripe handle for easier gripping and control.

F. GPM Glide Point **\$29.95**

GPMH Glide Point w/ handle (not shown) **\$34.95**

G/H/I/J. Spiky Balls & Body Roll Spiky balls are a fast way to massage away tension and stimulate circulation. The Body Roll is effective for foot massage.

G. SPK7 Small 2.5" (7 cm) **\$8.95**

I. SPK9 Large 3.5" (9 cm) **\$10.95**

H. SPK8 Medium 3" (8 cm) **\$9.95**

J. SPKBR Body Roll 5" (13 cm) **\$16.95**

K. Palm Massager One of the most efficient massage therapy aids available anywhere. Fits in the palm of the hand. Use one, two or three of the round knobs to massage sore muscles.

K. PALMSR Palm Massager **\$12.95**

Tiger Tail Massage Stick

The **Tiger Tail** Cushioned, foam covered Rolling Muscle muscle aches, cramping, spasms and stiffness by restoring

- Even, consistent distribution of pressure
- Controlled muscle manipulation
- Saves fingers and hands from fatigue
- Does not pinch skin or pull hair
- Long lasting and easy to clean

Two sizes to choose from. Made in USA!

TTS 18" Tiger Tail roller **\$29.95**

TTL 22" Tiger Tail roller **\$34.95**



FitBALL® Small Ball Release Program Enhances Your Stretching!

The Small Ball Release Program is an amazing complement to any stretching program. Join Cheryl Soleway P.T. as she demonstrates step-by-step procedures for lengthening and releasing muscular and inter-connective tissues through leading edge stretching techniques that incorporate the use of small exercise balls. Areas explored include the pelvis, lower back, middle back, neck, chest and shoulders. This program is suitable for most fitness levels.

- | | | |
|-----------------|-----------------------------------|----------------|
| A. SMBL5 | Advanced Ball 5" | \$24.95 |
| B. SMBL6 | Intermediate Ball 6" | \$24.95 |
| C. SMBL7 | Beginner Ball 7" | \$24.95 |
| D. DVSMB | Small Ball Release DVD (45 min.) | \$24.95 |
| E. BKSMB | Small Ball Release Book (80 pgs.) | \$27.95 |



Keep it handy at the office!



Torex Hot/Cold Radial Sleeves & Flat Packs

Torex Radial Sleeves for maximum hot & cold therapy! From freezer to microwave and back again. Fast, effective & uniform treatment for limb soft-tissue. Provide fast first aid for acute soft tissue injuries, and combat swelling, pain and bruising.

- Roll on sleeve design surrounds limb and provides 360 degree coverage.
- Stays flexible, latex free & non-toxic.
- Excellent for pre & post operative treatment.
- Cost effective reusable & long lasting. Includes compression sleeve.

TXF	Finger sized Hot/Cold Pack	\$16.95
TXS	Small Hot/Cold Pack (wrist, elbow)	\$19.95
TXM	Medium Hot/Cold Pack (small knee, elbow)	\$22.95
TXL	Large Hot/Cold Pack (large knee, shoulder)	\$24.95
TXXL	Extra Large Hot/Cold Pack (quad, shoulder)	\$26.95

Torex Flat Packs offer the same medical grade materials and lay flat allowing a comfortable mold to the body.

TXFS	Small Flat Hot/Cold Pack (5.5 x 7.5" - 12 oz.)	\$12.95
TXFM	Med. Flat Hot/Cold Pack (6.5 x 11" - 22 oz)	\$14.95
TXFL	Large Flat Hot/Cold Pack (10 x 13.5" - 48 oz)	\$22.95
TXFC	Cervical Flat Hot/Cold Pack (4 x 21" - 22 oz)	\$22.95



NEW!

Airex is Warm, Durable, Comfortable and Bacteria Resistant! The #1 mat used by Therapists worldwide!



AIREX®

Always warm and comfortable to touch, Airex Mats provide a quality foundation for any exercise or rehabilitation routine. Hard wearing and long lasting with no memory effect, Airex mats offer maximum comfort for exercise, yoga, Pilates or rehabilitation applications. Designed for a lifetime of dynamic use!

- Special hygienic treatment inhibits fungal and bacterial growth.
- Light-weight and easy to roll-up.
- Waterproof closed cell structure.
- Non-slip surface always lies flat.
- Easy to clean and durable.

A. MATPILOGA	Airex Yoga/Pilates, charcoal	75" x 23" x 0.3", 3.5 lb.	\$94.95
B. MAT140	Airex Fitline 140, green	56" x 23" x 0.4", 3 lb.	\$74.95
MAT180	Airex Fitline 180, green	72" x 23" x 0.4", 4 lb.	\$94.95
C. MATCNLR	Airex Coronella, red*	72" x 23" x 0.6", 5 lb.	\$119.95
D. MATCNR	Airex Corona, red*	72" x 39" x 0.6", 8 lb.	\$179.95



E. MATATLR	Atlas, red	78" x 48" x 0.6", 12 lb.	\$299.95
F. MATHERB	Hercules, blue	78" x 39" x 1", 15 lb.	\$259.95
G. STRAP	Velcro Mat Holding Strap	2" x 24"	\$4.95

* Also available in blue and green.

Versatile Airex Balance Pad and Beam

These simple closed cell foam pads are the best introductory balance training tools for all ages and abilities. Trusted by health and fitness professionals worldwide to safely build or restore balance. Suitable for physiotherapy, rehabilitation and athletic training.

Sanitized closed cell foam won't absorb water.



MATBAL Balance Pad 20" x 16" x 2.5" **\$69.95**

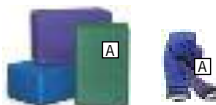


MATBBM Balance Beam 63" x 10" x 2.5" **\$139.95**

Fitterfirst® Classic Stretching & Yoga Mats

Comfortable, thick, soft, foam mats are economical and easy to store. Our quality mats are water resistant, warm to the touch and easy to clean. Use them for stretching, yoga, Pilates, strength training or general conditioning. Whether they are being used for the home or for classes at the gym, Fitterfirst mats are an excellent choice.

A. MATYOGA	Yoga	72" x 23" x 1/4" - 1 lb.	\$34.95
YBRK	Yoga Brick	6" x 9" x 3" (colors may vary)	\$7.95
LAYS	Yoga Strap	72" x 1 3/4" Cotton webbing with buckle (not shown)	\$9.95
B. FFMAT55	In/Outdoor	56" x 23" x 5/8" - 3 lb.	\$44.95
C. FFMAT72	In/Outdoor	72" x 23" x 5/8" - 4 lb.	\$49.95
D. FFMAT72W	In/Outdoor XL	72" x 46" x 5/8" - 6 lb. (not shown)	\$99.95



AcuBalls Heatable for Fast Relief

Acuball is wonderful for releasing tight muscles and joints in the neck, low back, hips and legs. It's patented design is heatable and can be used directly behind your back to release spinal tension. The smaller Acuball-mini which works wonders on the smaller muscles of the feet, arms and upper back.

ACBM	Acuball mini	\$19.95
ACBL	Heatable Acuball with instructions	\$29.95
ACBK	AcuBall mini, Acuball, book & DVD	\$49.95



Thera-Roll for Deep Muscle Access

Thera-Rolls ribbed design mobilizes your soft tissue to enable deeper access to muscles, targeting those sore and knotted areas in a more precise way. Available in both soft and firm models in 18" lengths. These rollers are made from 2 different densities of foam.

TRS18	Soft blue 18" ribbed roller	\$34.95
TRF18	Firm purple 18" ribbed roller	\$54.95



Foam Rollers

Quickly and Effectively Relieves Muscle Tension!

Relieve muscle tension at home after a long run or after a long day at work. Release muscle tightness in areas that are difficult to reach and add another dimension to your stretching routine. Foam rolls add a challenge for abdominal strengthening exercises. Suitable for clinic or gym use.

A. FROL6	Classic 6" Diameter x 36" Foam Roll	\$26.95
B. FROL6H	Classic Half 6" x 36" Foam Roll	\$15.95
C. FROL618	Classic 6" Diameter x 18" Foam Roll	\$14.95
D. FROL6H18	Classic Half 6" x 18" Foam Roll	\$7.95
E. FROLM	Pro 6" Dia. x 36" Black/firm Roll	\$44.95
FROLMH	Pro half 6" Dia. x 36" Black/firm Roll (not shown)	\$24.95
F. FROL6P	Pro 5 3/4" Diameter x 36" Pro Roller, green and white	\$49.95

Pro Foam Roller for Flexibility and Strength

Designed for myofascial release, muscular flexibility and dynamic strengthening. The Pro Foam Roller is heat molded from firm, closed-cell foam which resists distortion, even under the constant usage demands of fitness and therapy professionals. Textured surface reduces slipping and enhances exercise effectiveness.

F. FROL6P 5 3/4" Diameter x 36" Pro Roller, green and white **\$49.95**



Foam Roller Techniques

Illustrated guide to massages and stretches for the Foam Roller.

BKFRT Softcover Book (42 pgs.) **\$22.95**



Therapeutic Exercises w/ Foam Rollers

Essential guide to over 150 exercises for effectively using the Foam Roller.

BKFR Softcover Book (236 pgs.) **\$49.95**



Foam Rollers Exercises to stretch & strengthen the whole body. Includes a section on Myofascial release.

BKFOAM Softcover 64 pgs **\$10.95**

The TravelRoller®

The Ultimate Self Myofascial Release Tool!

The Travel Roller® is an extra firm and portable sized foam roller that has created incredible results and thousands of satisfied users. The Travel Roller allows the user to roll through the entire body - quads, IT band, lower back, upper back, shoulders, armpit, hamstrings, calves, feet, and neck. Its ideal size and dual density construction make it a unique evolution of the foam roller. The hollow center storage compartment can be used to store personal items or a bottle of wine. The Travel Roller extra firm design does not deform and carries a 1 year warranty. This Is How We Roll®



Travel Roller -

FROLTRO 4" x 13" Roller	\$49.95
FROLTRXL 5" x 15" Roller	\$64.95
DVFTROL 30mins, Includes 5 min. time lapse	\$9.95

"During my trip in China, I used Travel Roller twice a day for 15-20 minutes.....results were immediate and continued getting better with daily use. Using it on my upper back and shoulder feels the same as after an active release treatment - only I control the amount of time and it costs nothing! The Travel Roller paid for itself in 2 days."
- Bruce

"As my therapist puts it, we are making physiological changes to my body. I don't think it would have been possible without the Travel Roller, as the length of time it would take to do this work without the Travel Roller would be discouraging, expensive and too time consuming."
- Alex



Travel Roller Acupressure Kit -

Includes: 2 friction fit caps, soft, medium and hard density acupressure balls, 2 exercise posters, and 30 min. Basic- This Is How We Roll DVD. Free online educational videos.

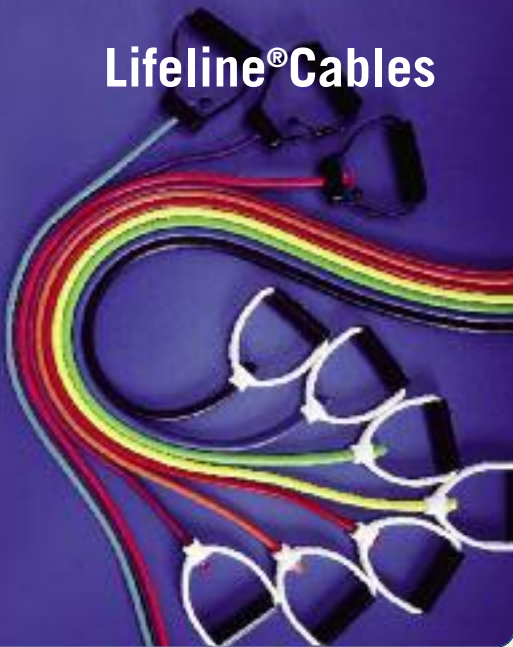
FROLTR 4" x 13" roller w/ balls, DVD **\$79.95**



New Lower Pricing



Lifeline® Cables



Ideal for strength and toning aerobic exercises. These high quality cables are well suited for commercial use in gyms, group exercise classes or for general rehabilitative purposes. All Lifeline® cables are made of high quality dipped latex rubber. Experience the many fitness benefits you can gain from using Lifeline® cables!

Lifeline® 6' Cables

Each 6' fitness cable comes with plastic rotator handles and door attachment. The 6' length allows for more exercises than is possible with shorter cables. For improving overall fitness, "pumping rubber" is better than pumping iron. Goes anywhere!

RC1	Teal	4 - 10 lb.	\$18.95
RC2	Purple	6 - 25 lb.	\$18.95
RC3	Pink	8 - 35 lb.	\$18.95
RC4	Magenta	14 - 45 lb.	\$20.95
RC5	Orange	16 - 55 lb.	\$20.95
RC6	Red	21 - 68 lb.	\$20.95
RC7	Yellow	24 - 75 lb.	\$23.95
RC8	Green	26 - 82 lb.	\$23.95
RC9	Blue	28 - 90 lb.	\$26.95
RC10	Black	29 - 99 lb.	\$26.95

Lifeline® Economy Aerobic Cables



Ideal for strength and toning exercises. Complete with webbing rotator handles, 4.5' cable.

ERC1	Teal	4 - 10 lb.	\$13.95
ERC2	Purple	6 - 25 lb.	\$13.95
ERC3	Pink	8 - 35 lb.	\$13.95
ERC4	Magenta	14 - 45 lb.	\$13.95



Lifeline® Power Up Chin-Up

Develop stronger biceps and back muscles naturally with the chin-up device you can use with any door.

- Portable and lightweight, fits in your pocket or purse.
- Includes 2 chin-up units with foam padded hand grips, wrist cushions and rotator door attachments.

CHIN Chin-up Kit **\$24.95**



Lifeline® Powrwalk TM Pro

Powrwalk Pro uses multi-directional resistance to engage your upper body, your arms, back, shoulders and core muscles. Burn up to 3X as many calories and improve your balance, coordination, muscle endurance, bone density and general wellness.

- 2' silver resistance (6lbs / 2.7kg) at the top of your arm swing.
- 2 powrwalk™ pro handles, 2 foot straps and DVD

POWRWK Complete power walking kit **\$34.95**



New!

Lifeline® Power Wheel

Power Wheel dynamically improves core strength, power and balance. Designed to fit hands or feet, the Power Wheel forces your core to adapt and stabilize with each dynamic move for stronger back and abs.

- Heavy-duty wheel with adjustable toe/heel fasteners
- Instruction manual DVD for advanced workouts

POWRWH Power wheel with straps **\$69.95**



Lifeline® Wall Gym 2000 Home Gym

The Lifeline® Wall Gym 2000 is a total fitness center for training or rehab with unmatched versatility, speed and convenience. The interchangeable/adjustable system lets you do a variety of exercises with ease (even in a wheel chair). Watch the included video for training suggestions

- 8 x 2.5' resistance cables (2) triple grip handles
- 1 height adjustable 3-in-1 cable pocket
- 1 cardio belt, (1) lifting bar, (1) ankle/wrist attachment
- 1 carrying case, (1) cable storage rack
- 2 snap lock pulleys, (1) extended 20" overhang
- 1 fitness/rehab instruction book and DVD

OTWML Single column home gym **\$359.95**



Lifeline® Wall 4000 Home Gym

The Lifeline® Wall Gym 4000 is a total rehab fitness center for home or the office. It combines the best features of a wall pulley/weight machine and a treadmill. If you're short on time and space, the Wall Gym 4000 is a great all-around value.

- 7 x 5' resistance cables (R3-R9)
- 2 triple grip handles, 2 cardio belts
- 1 lifting bar
- 1 ankle/wrist attachment
- 6 snap lock pulleys
- 1 extended overhang
- 1 fitness/rehab instruction book

SOS Deluxe wall gym **\$599.95**



Lifeline® Train Station

The world's most complete portable gym! System attaches to door- no bolts or clamps. Perform an array of upper and lower body strength-training exercises. Great for traveling or in-home training.

Kit includes:

- Two 24" R4 plugged cables
- Two TNT rotator handles
- Waist belt
- One ankle attachment
- Carrying bag
- Instructional DVD & booklet

LLTRN Train Station **\$69.95**



Lifeline® Deluxe Portable Gym

A total fitness & rehabilitation kit for at home or on the road. Lightweight, portable and convenient. Includes:

- 30" take apart lifting bar, waist belt, one RC6 cable unit, door attachment, instruction poster & case.

LYGM Portable Gym **\$59.95**



Lifeline® Shoulder Pulley

Increase R.O.M. in all planes of shoulder movement and speed rehabilitation with this unique shoulder pulley design.

- Ergonomically designed handles add comfort and ease of use.
- Instantly adjustable and interchangeable.
- Nylon pulley with door attachment for smooth movements.
- Praised by industry professionals and users alike.

LLSHR Shoulder Pulley Kit **\$20.95**



Lifeline® Jump Ropes

Perfectly weighted and balanced, this rope has foam cushioned rotational handles for ball bearing-like action. Adjustable in length. Includes a fully illustrated book by jump rope expert Bobby Hinds, ideal for all levels from beginner to elite athlete.

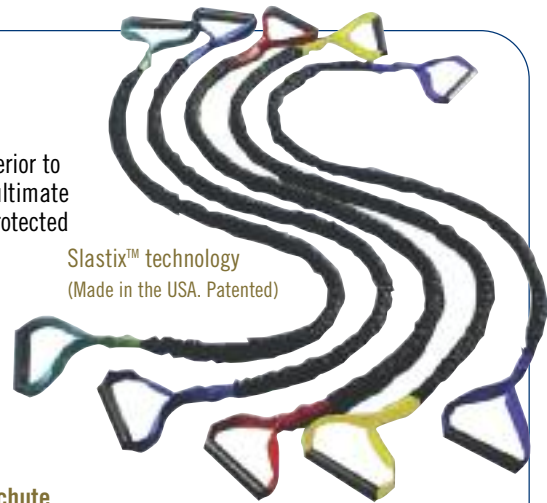
JUMP Beaded Rope **\$20.95**
JUMPW Weighted 1 Pound Speed Rope **\$29.95**

Covered Resistance Tubing

CRT is the Safe new standard.

Slastix™ technology is simply the best tubing available today! Slastix Safety Sleeve is superior to traditional naked tubing because it provides increased comfort and safety. It also provides ultimate protection from irritation caused by latex while increasing the life of the elastic since it is protected from wear. Stretch limitation not only protects the user, but it also protects the elastic, thus doubling the life of the equipment. (Made in the USA. Patented)

Slastix™ technology
(Made in the USA. Patented)



Slastix Toners- 4 foot

SLRVL	Purple	4 - 10 lb.	\$16.95
SLRL	Yellow	6 - 25 lb.	\$17.95
SLRM	Red	8 - 35 lb.	\$18.95
SLRH	Blue	14 - 45 lb.	\$19.95
SLRVH	Green	33 - 50 lb.	\$20.95

Slastix Toners- 6 foot

SLR6VL	Purple	4 - 10 lb.	\$26.95
SLR6L	Yellow	6 - 25 lb.	\$27.95
SLR6M	Red	8 - 35 lb.	\$28.95
SLR6H	Blue	14 - 45 lb.	\$29.95
SLR6VH	Green	33 - 50 lb.	\$30.95

NEW!



Leap Frog

The Leapfrog Tether is a 4' Slastix™ with 2-swivel belts. Lead runner and trailing runner take turns providing assisted acceleration. Ideal for resistance running, overspeed training, power running, and sport specific training

LEAPFRGM	4' Med. Teather and 2 belts	\$64.95
LEAPFRGH	4' Heavey Teather and 2 belts	\$64.95



Parachute

The Parachute uses resistance created by the athlete without interfering with running form. Parachute attaches to athlete by the included belt. After training is complete the parachute stores in the provided pouch for convenience.

PARCHUTS	Small Chute with carry pouch	\$89.95
PARCHUM	Medium Chute with carry pouch	\$99.95
PARCHUL	Large Chute with carry pouch	\$109.95



Shoulder Roller & Kit

Includes birch handles with adjustable 5/16" rope, durable brass swivel pulley, web door hook, laminated installation, warm-up and stretch charts. Perfect for shoulder rehabilitation and improving shoulder R.O.M. Includes:

- 40" light or medium Physio Toner Pre-pack.
- 1 shoulder pulley.
- Stretch chart, strengthening and R.O.M. chart.

A. SHR	Shoulder Roller w/ Door Hook	\$9.95
B. SHKL	Shoulder Roller Kit & PTP40L	\$19.95
SHKM	Shoulder Roller Kit & PTP40M	\$19.95



Physio Toner Bulk

Our 40" figure 8 toners features soft foam handles that will not hurt if you are hit by one. Removeable center wrap allows toner to open up into a 40" loop. Great for group exercise, school fitness or home rehab.

Pre-Packed with Chart & Door Hook

Convenient and affordable. Pre-Packs include: one 40" toner (L, M, H, or UH) one door hook (DH) and an 11" x 17" laminated exercise chart, all neatly packaged in a zip top bag. This is a great kit for Travel.

Bulk Price

Prepack Price

PT40L	40" Light Toner	\$6.95	PTP40L	\$9.95
PT40M	40" Medium Toner	\$7.95	PTP40M	\$10.95
PT40H	40" Heavy Toner	\$8.95	PTP40H	\$11.95
PT40UH	40" Ultra Tonerv	\$9.95	PTP40UH	\$12.95
DH	Door Hook (each)	\$1.95		

Attaches resistance tubes and bands to any doorway. (Shown right)



Resistance Bands & Tubing



- Resist-A-Band** is a bright neon colored, lower cost alternative to traditional resistance banding. Dispenser Box has pre-cut 60" lengths.
- Thera-Band** has set the standard for reliable, resistance therapy and conditioning programs. Available in 5 color coded resistance levels.
- Thera-Tube** bulk tubing available in 5 color coded resistance levels.

	RESISTA DISP. 40 x 5' = 200 ft Pre-cut Lengths	RESISTA BAND 150 ft Box BEST BUY!	THERA BAND 150 ft box	THERA TUBING 100 ft box
Light	RBDW \$104.95	RBW \$84.95	TBY \$114.95	TBTY \$69.95
Medium	RBDO \$114.95	RBO \$94.95	TBR \$119.95	TBTR \$74.95
Heavy	RBDG \$124.95	RBG \$104.95	TBG \$134.95	TBTG \$79.95
X Heavy	RBDL \$134.95	RBL \$119.95	TBL \$149.95	TBTBL \$89.95
XX Heavy	RBDP \$144.95	RBP \$129.95	TBK \$164.95	TBTBK \$99.95

Training Accessories

Eco Agility Ladders

The Eco Agility Ladder is the ultimate footwork training device. Vary the position of the ladder on the floor to work linear and lateral movements or change of direction drills. Quick releases in center allow for two 15' or one 30' ladder. Includes bag for easy storage.



Agility Ladder DVD drills for improving movement skills and coordination. Progressive drills and techniques shown help develop basic agility, foot quickness and greater R.O.M.

ECOLAD	Economy Ladder, 30'	\$79.95
DVLAD	Agility Ladder DVD	\$39.95

Medicine Balls

Get a Power-Building, Core-Strengthening Workout Unlike Any Other!

Fitterfirst PVC Balls Bounce

PVC1	1 kg / 2.2 lb.	\$19.95
PVC2	2 kg / 4.4 lb.	\$24.95
PVC3	3 kg / 6.6 lb.	\$29.95
PVC4	4 kg / 8.8 lb.	\$39.95
PVC5	5 kg / 11 lb.	\$49.95
PVC6	6 kg / 13.2 lb.	\$59.95
PVC7	7 kg / 15.4 lb.	\$69.95
PVC8	8 kg / 17.6 lb.	\$79.95
PVC9	9 kg / 19.8 lb.	\$89.95
PVC10	10 kg / 22 lb.	\$99.95
PVC11	11 kg / 24.2 lb.	\$104.95
PVC12	12 kg / 26.4 lb.	\$114.95
PVC13	13 kg / 28.6 lb.	\$129.95

Throw them. Catch them. Move with them.

Combine Fitterfirst Heavy Balls with a Balance Board for a fun and energetic power training workout. Use Heavy Balls for partner passes, power throws and squats to promote functional stability, muscle coordination, reaction time and explosive strength.

Bouncing PVC Balls can be thrown against a rebounder, wall, floor or used with a partner. They have solid shells with adjustable air pressure and are marked in kilograms and pounds. NB Balls are weighted soft shelled balls marked in kilo and pounds.

Fitterfirst NB Balls Non-Bouncing

NB1	1 kg / 2.2 lb.	\$22.95
NB2	2 kg / 4.4 lb.	\$24.95
NB3	3 kg / 6.6 lb.	\$26.95
NB4	4 kg / 8.8 lb.	\$39.95
NB5	5 kg / 11 lb.	\$44.95
NB6	6 kg / 13.2 lb.	\$54.95
NB7	7 kg / 15.4 lb.	\$59.95
NB8	8 kg / 17.6 lb.	\$69.95
NB9	9 kg / 19.8 lb.	\$74.95
NB11	11 kg / 24 lb.	\$79.95
NB14	14 kg / 30 lb.	\$99.95

Versatile NB balls are made of a durable, squeezable rubber shell with sand filler.

Best Seller



Adjustable Plyometric Rebounder



This stable, true-rebounding rebounder is fully adjustable to any incline level. The ball always returns perpendicular to the rebound surface at the same velocity and angle as it was thrown. Solid steel tubing and heavy trampoline material construction, mounted on commercial quality springs.

- Promotes core stabilization in safe and functional positions for the spine, trunk and extremities.
- Can be used as a jogger/balance training device.

MBREBO Rebounder, 40" L x 39" W x 36" H, Wt: 58 lb. *\$749.95

*Special shipping charges apply. Medicine balls sold separately. Assembly required.

Heavy Ball Stand Keeps your heavy balls organized and easy to reach. This powder coated steel stand holds the largest 30 pound balls below and the smallest balls on top.

MBTREE Stand for 5 Heavy Balls (shown above, balls not included) \$199.95

Perfect Pullup

Rotating hand grips allow your arms to rotate during use the same way they naturally twist when you throw a punch or press up a dumb bell. These are the ultimate pullup handles. Kit includes:

- 1 Swing Arm w/ 3 Exercise Positions
- 2 Unique Rotating Handles
- Easy installation in frames from 27" - 36"
- Makes Pullups Easy for Beginners
- Door can be closed after installation

The Perfect Pullup bar and handles support 300 lb when installed following instruction guide.

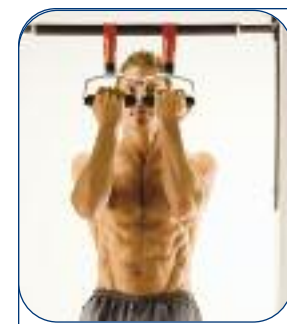
PPULL Rotational Pull up Handle, multi angle \$99.95

Perfect Pushup

Rotating hand grips allow your arms to rotate during use the same way they naturally twist when you throw a punch or press up a dumb bell. These are the ultimate workout handles because they:

- Move with your body's natural rotation
- Engage more muscles with less stress.
- Includes Get ripped DVD and instructional poster

PPUP Rotational Push up Handles, Pair \$39.95



Soft Weights

These small hand held weight offers an accommodating, functional grip that cannot be achieved with traditional weights. Designed for use in therapy and fitness, including strength training, plyometrics, balance and stabilization training, mobilization or functional implement training.



SWTT	Tan 0.5 kg / 1.1 lb.	\$11.95	SWTB	Blue 2.5 kg / 5.5 lb.	\$15.95
SWTY	Yellow 1.0 kg / 2.2 lb.	\$12.95	SWTBL	Black 3.0 kg / 6.6 lb.	\$16.95
SWTR	Red 1.5 kg / 3.3 lb.	\$13.95	SWTSET	Set of all 6 Balls	\$74.95
SWTG	Green 2.0 kg / 4.4 lb.	\$14.95			

Tornado Ball - For Non Ballistic Use

A 3 kg/6.6 lb. heavy ball with a durable rope molded into the core. Ideal for stabilization and core conditioning exercises.

Please Note: the Tornado Ball is intended for non-ballistic use only and is not suitable for aggressive, high impact applications.

TORB6 3 kg / 6.6 lb. Tornado Ball \$49.95



Cyclone Balls

The ultimate core challenge! This strong medicine type ball has a thick rope running through its core that extends into a handle for the user. Cyclone Ball is tough, durable and provides a challenging workout - great for both power training and core stability training. Cyclone Ball is available in 1, 2, and 3 kg sizes.



CBALL1	1 kg / 2.2 lb.	\$79.95
CBALL2	2 kg / 4.4 lb.	\$89.95
CBALL3	3 kg / 6.6 lb.	\$109.95

Power Gym Doorway Chin-up Bar

Built for durability and comfort, Designed to strengthen your shoulders, back, arms, and abs, and more. Chin-Up Bar mounts easily to any doorframe. The patented design with 12 grip positions makes this the perfect tool for chin-ups and pull-ups.

- Heavy-gauge steel (holds up to 300 lbs.) Quick and easy assembly
- Fits doorways up to 32" wide w/ trim required 5" to 6.5" width

PGCHIN Power Gym Doorway chin-up bar. \$39.95



GIBBON SLACKLINING Slacklining is simple, fun and very addictive!

This sport gets everyone moving! Whether in the backyard or in the park - within a few minutes any place turns into a big adventure playground. All lines are 2 part for easy set up. Kits include Instruction Manual, carry bag and are TUV Certified. Easy to set up with 2 sturdy fix points like trees and off you go.



Classic- A very robust, flexible line for everybody! The perfect allrounder! For families and progressive slackliners. Works as "the portable grind rail" for all bladers, skaters/boarders!

SLINE15 15 m, 50mm, 4T load **\$89.95**
SLINE25 25 m, 50mm, 4T load **\$109.95**



Jibline super bouncy is ideal for tricks and moves! Allows anyone to add more performance to their slackline adventures.

SLINEJ 15 m. 50 mm, 3T load **\$109.95**



FunLine is the kids line! Its less flexible for all the little Slackliners! A great main event at any child's birthday party - promise!

SLINEF 15 m. 50 mm, 3T load **\$109.95**



Travelline is light and compact and fits in any backpack! The ideal slackline for your vacations!

SLINET 15 m, 50mm, 2T load lb. **\$109.95**



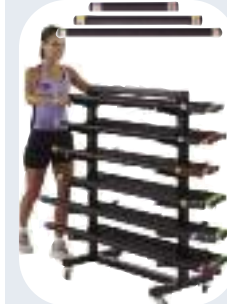
NEW!

Slackliner Balancing in the Rockies

Heavy Bars for Strength, Stretching & Stabilization

This cost effective, versatile tool can be used alone or as a toning and sculpting addition to cardio training classes. The Heavy Bar is perfect for resistance training, stretching and balance enhancement and can be used for fitness, aerobics, and Pilates.

- Superior rubberized coating, color coded ends.
- Weight is evenly distributed across bar.



A. HBAR2	2 lb. - 12" bar	\$14.95
B. HBAR3	3 lb. - 18" bar	\$19.95
C. HBAR4	4 lb. - 24" bar	\$24.95
HBAR6	6 lb. - 48" bar	\$34.95
HBAR9	9 lb. - 48" bar	\$39.95
HBAR12	12 lb. - 48" bar	\$49.95
HBAR15	15 lb. - 48" bar	\$59.95
HBAR18	18 lb. - 48" bar	\$79.95
HBAR24	24 lb. - 60" bar	\$94.95
HBAR30	30 lb. - 60" bar	\$109.95

Horizontal Rack for Heavy Bars

Use to store up to 48 heavy bars 40" or longer on twelve 7" inch long pegs. Steel construction with casters for easy mobility. Heavy bars sold separately.

HBSTL Heavy Bar Stand, 35" L x 17" W x 47" H, Wt. 50 lb.* **\$339.95**

* Extra shipping charges apply.

Balance Bells feature evenly distributed weight, providing consistent resistance through all natural joint rotations. Natural range of motion (ROM) while exercising is extremely important in the maintenance of healthy joints and connective tissue.



BBEL20 20 lb pair of circular, Vinyl dipped weights* **\$99.95**

Pro Kettle Bells range from 4 to 32 kilo's with rubber bases and vinyl dip for durability. Increase your functional strength, muscle endurance and core stability in the shortest amount of time with these quality Pro Kettle bells.

KB4	4 kilo	\$44.95
KB8	8 kilo	\$54.95
KB12	12 kilo	\$69.95
KB16	16 kilo	\$79.95
KB20	20 kilo	\$89.95
KB24	24 kilo	\$104.95
KB28	28 kilo	\$114.95
KB32	32 kilo	\$129.95



* Extra shipping charges apply.



Maximize your exercise routine and burn up to 70% more calories by adding resistance and weight to your core. Men and women of all ages and body types can use the Xvest to get in shape, lose weight, enhance fitness and improve their performance in almost any sport.



20" x 30" Exercise Chart & DVD included with every Xvest™



- Adjustable to fit any size torso to maintain natural range of motion and center of gravity for any activity.
- Great for strength training, general fitness, weight loss or just working around the house.
- Safer and more effective than ankle weights, wrist weights or a weight belt.
- Studies have found that weight vests effectively improve spinal bone density.
- Easily add or remove weights in 1 lb. increments.
- Used by pro teams in NBA, NFL, MLB as well as college and Olympic teams.
- 84 lb. Xvest used for training by police, firefighters, military and extreme athletes.

XV20	Xvest with 20 lb. (max. 20 lb., fits waist sizes 30" - 36")	\$229.95
XV40	Xvest with 40 lb. (max. 40 lb., fits waist sizes 34" - 40")	\$274.95
XV84L	Xvest with 84 lb. (max. 80 lb., fits waist sizes 34" - 40")	\$419.95
XVWT	1 lb. extra weight for any X Vest	\$4.95

New Products

Sand Bells

A SandBell is a cross between a sandbag, a dumbbell, a barbell, a grip bag, a medicine ball, a slam ball, a balance pod, and a kettlebell. Great for stabilization, grip strength and can be thrown and caught safely. Try as hard as you like to smash these durable bags until they break. You will have one great

workout trying because Sandbells are design to be thrown, step on, kicked and other wise abused to help give you the best work out possible. You may break one if you try hard enough, and you will get a killer workout in the process. Shipped full of sand.



Fitterfirst Sand Bells

- SB2** 1 kg / 2.2 lb. **\$10.95**
- SB4** 2 kg / 4.4 lb. **\$12.95**
- SB6** 3 kg / 6.6 lb. **\$14.95**
- SB8** 4 kg / 8.8 lb. **\$17.95**
- SB10** 5 kg / 11 lb. **\$22.95**
- SB12** 6 kg / 13.2 lb. **\$29.95**
- SB15** 7 kg / 15.4 lb. **\$39.95**
- SB20** 8 kg / 17.6 lb. **\$49.95**
- SB25** 9 kg / 19.8 lb. **\$59.95**
- SB30** 11 kg / 24 lb. **\$69.95**
- SB40** 14 kg / 30 lb. **\$84.95**
- SB50** 23 kg / 50 lb. **\$99.95**

* Extra shipping charges apply.



Stability
Agility
Mobility

Include **Stability** products in daily living to improve **Agility** at play and to maintain better **Mobility** for life!



P90 X

P90X is a revolutionary system of 12 sweat-inducing, muscle-pumping workouts, designed to transform your body from regular to ripped in just 90 days. You'll also receive a comprehensive 3-phase nutrition plan, specially designed supplement options, a detailed fitness guide, a calendar to track your progress, online peer support, and much more. Your personal trainer, Tony Horton, will keep you engaged every step of the way, and you won't believe your results!

P90X 12 DVD set Books & Guide

\$129.95

Adjustable Dumb Bells



Adjustable Dumb Bells

Eliminates the need for multiple dumbbells. Unlike traditional dumbbells which need a dumbbell rack and lots of space to store, adjustable dumbbells sit on a stand so can be tucked away in the corner of a room.

VBELL25 30 Lbs adjustable weight pair with bases

\$249.95

VBELL50 55 Lbs adjustable weight pair with bases

\$349.95

VBELLST Table stand with to hold either set above

\$129.95

Disclaimer/Warning: The products presented in this catalog are designed to challenge and improve your balance skills. When using this equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products. Remember, the best protection from injury is a little common sense!



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CDA winter 2010

Leading the World to Better Balance since 1985!