



R-S-A
2018-2019

FITNESS
CATALOG



LIFEFIT®

fitness equipment for your life

Dear customers,

It is our great pleasure to introduce our new fitness catalog featuring LIFEFIT brand equipment. We have prepared a selection of the most popular products that help maintain and improve physical fitness.

Not only top level athletes will be able to choose from our catalog but also people who just want to improve their physical fitness and live a healthy life. Our range of fitness equipment includes gym balls, weights and dumbbells, balance and rotational discs, door bars, skipping ropes and many other products featured in the catalog.

We hope that you will stay active with our fitness equipment and that using it will become an integral part of your daily life.

LIFEFIT team

FITNESS

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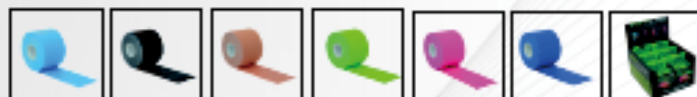
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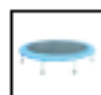
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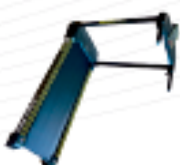
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	TM-1001	TM-1002	TM-1003	TM-1004	TM-1005	TM-1006	TM-1007
ENGINE POWER - PERMANENT	1.25 HP	1.5 HP	2 HP	2.5 HP	3 HP	3 HP	3 HP
SPEED	1-14 km/h	1-14 km/h	1-14 km/h	1-20 km/h	1-22 km/h	1-22 km/h	1-20 km/h
INCLINE	MANUAL 8V	MANUAL 8V	MANUAL 8V	POWER 0-20	POWER 0-20	POWER 0-22	POWER 0-22
SUSPENSION	8 POINT	8 POINT	2 CURSOR + 8 POINT	4 CURSOR + 8 POINT	8 POINT	4 CURSOR + 8 POINT	4 CURSOR + 8 POINT
TYPE / SIZE OF SCREEN	3 x LED	LED 5"	LED 5"	LED 5"	LED 7"	LED 7"	TV 7"
DATA AT THE SCREEN							
CALORIES	✓	✓	✓	✓	✓	✓	✓
PULSE	✓	✓	✓	✓	✓	✓	✓
SPEED	✓	✓	✓	✓	✓	✓	✓
TIME	✓	✓	✓	✓	✓	✓	✓
RACE TRACK	✓	✓	✓	✓	400 m track	400 m track	✓
DISTANCE	✓	✓	✓	✓	✓	✓	✓
TILT ANGLE	✓	✓	✓	✓	✓	✓	✓
BODYFAN	✓	✓	✓	✓	✓	✓	✓
PRESET PROGRAMS	12	24	24	99	99	99	36
USER PROGRAMS	✓	✓	✓	✓	3	3	3
HRC PROGRAM	✓	✓	✓	✓	✓	✓	✓
SPEAKERS	2	2	2	2	2	2	2
AUDIO INPUT	✓	✓	✓	✓	✓	✓	✓
USB INPUT	✓	✓	✓	✓	✓	✓	✓
HYDRAULICALLY FOLDABLE CONSTRUCTION	✓	✓	✓	✓	✓	✓	✓
FAN	✓	✓	✓	✓	✓	✓	✓
CUP - HOLDER	2	✓	✓	4	1	1	2
STAND FOLDABLE	✓	✓	✓	✓	✓	✓	✓
TRANSPORT WHEELS	✓	✓	✓	✓	✓	✓	✓
HEART RATE SENSORS ON THE HANDLES	✓	✓	✓	✓	✓	✓	✓
SPEED CONTROL ON THE HANDLES	✓	✓	✓	✓	✓	✓	✓
ELEVATION CONTROL ON THE HANDLES	✓	✓	✓	✓	✓	✓	✓
SAFETY BRAKE	✓	✓	✓	✓	✓	✓	✓
MAXIMUM LOAD CAPACITY	120 kg	120 kg	120 kg	150 kg	150 kg	150 kg	150 kg
SIZE OF RUNNING PLATFORM	40 x 126 cm	40 x 126 cm	43 x 126 cm	46 x 130 cm	46 x 131 cm	50,5 x 135 cm	50,5 x 135 cm
OVERALL DIMENSIONS OF THE MACHINE	1520 x 670 x 1200 mm	1520 x 710 x 1200 mm	1600 x 700 x 1220 mm	1730 x 770 x 1200 mm	1820 x 81,6 x 1300 mm	1824 x 820 x 1310 mm	1824 x 820 x 1250 mm
DIAMETERS WHEN FOLDED	750 x 670 x 1460 mm	720 x 710 x 1460 mm	1170 x 700 x 1240 mm	1040 x 770 x 1450 mm	1090 x 81,6 x 1500 mm	1110 x 820 x 1510 mm	1100 x 820 x 1540 mm
WEIGHT	48 kg	46 kg	47 kg	66 kg	78 kg	85 kg	86 kg
POWER SOURCE / POWER	220V / 1500W	220V / 1200W	220V / 1500W	220V / 2000W	220V / 2000W	220V / 2000W	220V / 1800W
CLASS	HC (EN ISO 20967-1)	HC (EN ISO 20967-1)	HC (EN ISO 20967-1)	HC (EN ISO 20967-1)	HC (EN ISO 20967-1)	HC (EN ISO 20967-1)	HC (EN ISO 20967-1)
USER	HOME	HOME	HOME	HOME	HOME	HOME	HOME
WEIGHT PACKAGING	80 kg	53 kg	66 kg	75 kg	88 kg	94 kg	94 kg
SIZE PACKAGING	1570 x 750 x 310 mm	1390 x 750 x 285 mm	1610 x 740 x 320 mm	1770 x 820 x 320 mm	1840 x 820 x 340 mm	1890 x 820 x 360 mm	1820 x 820 x 380 mm

						
ENGINE POWER - REMANENT	TM-7100 3.5 HP	TM-7200 3.0 HP	TM-7100 3.0 HP	TM-5100 2.5 HP	TM-5100 1.25 HP	TM-5100 2.0 HP
SPEED	1-22 km/h	1-20 km/h	1-20 km/h	1-20 km/h	1-16 km/h	0.9-19 km/h
INCLINE	POWER 0-20 10 POINTS	POWER 0-20 10 POINTS	POWER 0-20 10 POINTS + 8 CUSTOMS	POWER 0-15 4 CUSTOM+6 POINT	POWER 0-15 8 CUSTOM+6 POINT	POWER 0-15 8 POINTS + 8 CUSTOMS
SUSPENSION	10 POINTS	10 POINTS	10 POINTS + 8 CUSTOMS	4 CUSTOM+6 POINT	8 CUSTOM+6 POINT	8 POINTS + 8 CUSTOMS
TYPE / SIZE OF SCREEN	LCD 7"	LCD 7"	LCD 7"	LCD 9"	LCD 9"	LCD 9"
DATA AT THE SCREEN	✓	✓	✓	✓	✓	✓
CALORIES	✓	✓	✓	✓	✓	✓
PULSE	✓	✓	✓	✓	✓	✓
SPEED	✓	✓	✓	✓	✓	✓
TIME	✓	✓	✓	✓	✓	✓
DISTANCE	✓	✓	✓	✓	✓	✓
TILT ANGLE	✓	✓	✓	✓	✓	✓
ROTORAT	✓	✓	✓	✓	✓	✓
PRESET PROGRAMS	99	99	48	99	48	48
USER PROGRAMS	3	3	3	—	—	3
HRC PROGRAM	✓	✓	✓	✓	✓	—
SPEAKERS	2	2	2	✓	✓	2
AUDIO INPUT	✓	✓	✓	✓	✓	✓
USB INPUT	✓	✓	✓	✓	✓	—
HYDRAULICALLY FOLDABLE CONSTRUCTION	✓	✓	✓	✓	✓	✓
PAN	—	—	—	—	—	—
CUP - HOLDER	2	2	2	✓	✓	2
STAND FOR TABLET	—	—	—	✓	✓	—
TRANSPORTWHEELS	✓	✓	✓	✓	✓	✓
HEART RATE SENSORS ON THE HANDLES	✓	✓	✓	✓	✓	✓
SPEED CONTROL ON THE HANDLES	—	—	✓	✓	✓	✓
ELEVATION CONTROL ON THE HANDLES	—	—	✓	✓	✓	✓
SAFETY BRAKE	✓	✓	✓	✓	✓	✓
AUTO LUBRICATION	✓	✓	—	—	—	—
MAXIMUM LOAD CAPACITY	160 kg	160 kg	150 kg	140 kg	120 kg	120 kg
SIZE OF RUNNING PLATFORM	1400 x 580 mm	1400 x 520 mm	1350 x 480 mm	1280 x 460 mm	1200 x 400 mm	1150 x 420 mm
OVERALL DIMENSIONS OF THE MACHINE	2040 x 925 x 1360 mm	1965 x 855 x 1500 mm	1930 x 880 x 1420 mm	1735 x 745 x 1295 mm	1535 x 700 x 1240 mm	1320 x 640 x 890 mm
DIMENSIONS WHEN FOLDED	1280 x 915 x 1542 mm	1140 x 625 x 1510 mm	1180 x 785 x 1445 mm	1480 x 1070 x 745 mm	1390 x 890 x 700 mm	755 x 655 x 1285 mm
WEIGHT	101 kg	97 kg	79 kg	65 kg	47 kg	51 kg
POWER SOURCE / POWER	220W / 3000W	220W / 2500W	220W / 2500W	220W / 2250W	220W / 1500W	220W / 1875W
CLASS	HC (EN ISO 20957-1)	HC (EN ISO 20957-1)	HC (EN ISO 20957-1)	HC (EN ISO 20957-1)	HC (EN ISO 20957-1)	HC (EN ISO 20957-1)
USER	HOME	HOME	HOME	home	home	HOME
WEIGHT PACKAGING	117 kg	112 kg	89 kg	71 kg	53 kg	60 kg
SIZE PACKAGING	2070 x 970 x 440mm	1980 x 900 x 41 mm	1870 x 860 x 370 mm	1835 x 765 x 330mm	1590 x 780 x 290mm	1535 x 725 x 325 mm



	TM-3300	TM-3300	TM-9100	TM-1200	TM-1100
ENGINE POWER - PERMANENT	1,5 HP	1,25 HP	1,0 HP	0,85 HP	0,8 HP
SPEED	0,8-17 km/h	1-14 km/h	1-12 km/h	1-12 km/h	1-10 km/h
NOISE	MANUAL REV	MANUAL REV	MANUAL REV	—	—
SUSPENSION	8 POINTS + 6 CUSHIONS	—	—	—	—
TYPE / SIZE OF SCREEN	LCD 5"	BURDER LCD	BURDER LCD	BURDER LCD	BURDER LCD
DATA AT THE SCREEN	✓	✓	✓	✓	✓
CALORIES	✓	✓	✓	✓	✓
PULSE	✓	✓	✓	✓	✓
SPEED	✓	✓	✓	✓	✓
TIME	✓	✓	✓	✓	✓
DISTANCE	✓	✓	✓	✓	✓
TILT ANGLE	—	—	—	—	—
BOOSTER	✓	—	—	—	—
PRESET PROGRAMS	12	12	12	3	12
USER PROGRAMS	3	—	—	—	—
HR PROGRAM	✓	✓	✓	—	—
SPEAKERS	2	✓	✓	—	—
AUDIO INPUT	✓	✓	—	—	—
USB INPUT	—	✓	—	—	—
HYDRAULICALLY FOLDABLE CONSTRUCTION	✓	—	—	—	—
FAN	—	—	—	—	—
CUP - HOLDER	2	✓	✓	—	✓
STAND PORTABLE FT	—	—	✓	—	✓
TRANSPORT WHEELS	✓	✓	✓	—	✓
HEART RATE SENSORS ON THE HANDLES	✓	✓	✓	—	✓
SPEED CONTROL ON THE HANDLES	✓	—	—	—	—
REVISION CONTROL ON THE HANDLES	✓	✓	✓	✓	✓
SAFETY BRAKE	✓	✓	✓	✓	✓
AUTO LUBRICATION	—	—	—	—	—
MAXIMUM LOAD CAPACITY	120 kg	100 kg	100 kg	100 kg	100 kg
SIZE OF RUNNING PLATFORM	1190 x 420 mm	1200 x 400 mm	1000 x 340 mm	1140 x 380 mm	1000 x 340mm
OVERALL DIMENSIONS OF THE MACHINERY	1525 x 690 x 1270 mm	1510 x 675 x 1190 mm	1250 x 690 x 1210 mm	1140 x 640 x 1075 mm	1370 x 630 x 1120mm
OVERALL DIMENSIONS WHEN FOLDED	800 x 690 x 1285 mm	1485 x 660 x 675 mm	1195 x 580 x 610 mm	1400 x 250 x 640 mm	1225 x 650 x 610mm
WEIGHT	46 kg	37 kg	26 kg	35 kg	27 kg
POWER SOURCE / POWER	220V / 1500W	220V / 1500W	220V / 1125W	220V / 1125W	220V / 1125W
CLASS	HC (EN ISO 20957-1)	HC (EN ISO 20957-2)	HC (EN ISO 20957-4)	HC (EN ISO 20957-4)	HC (EN ISO 20957-4)
USER	HOME	HOME	HOME	HOME	HOME
WEIGHT PACKAGING	54 kg	43 kg	33 kg	39 kg	31 kg
SIZE PACKAGING	1535 x 725 x 310 mm	1585 x 755 x 265 mm	1350 x 690 x 240mm	1470 x 720 x 240mm	1310 x 660 x 230 mm



KEEP RUNNING



Treadmill LIFEFIT TM-7300

- engine with an output of 3.5-7HP (continuity / high peak)
- speed of 1-22 km/h
- elevation setting 0-20%
- 10 points deck suspension with 6 spring pad with a running platform of 1450 x 580mm
- LCD display 7" showing heart rate, time, distance, speed, calories
- a program with a countdown of time, distance, calorie
- 99 preset programs, HRC(heart rate control)program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- MP3 / USB input
- 2 cup- holders
- hydraulically foldable construction and caster allow for easy handling
- with bluetooth function, can connect LIFEFIT® HRC belt & IRITSHOW app
- automatic turn off after 5 minutes w/o using
- maximum loading 180kg

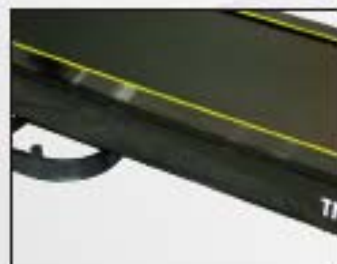


ID	NAME	LOAD CAPACITY	WEIGHT	PKGS
FB-RMS-7300	Treadmill LF 7300	180 kg	117 kg	1 pc



Treadmill LIFEFIT TM-7200

- engine with an output of 3-6HP (continuity / high peak)
- speed of 1-20 km/h
- elevation setting 0-20%
- 10 points deck suspension with 6 spring pad with a running platform of 1400 x 520mm
- LCD display 7" showing heart rate, time, distance, speed, calories
- a program with a countdown of time, distance, calorie
- 99 preset programs, HRC(heart rate control)program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- MP3 / USB input
- 2 cup- holders
- hydraulically foldable construction and caster allow for easy handling
- with bluetooth function, can connect LIFEFIT™ HRC belt & IFITSHOW app
- Automatic turn off after 5 minutes w/o using
- maximum loading 180kg



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-RNS-7200	Treadmill LF 7200	180 kg	112 kg	1 pc



Treadmill LIFEFIT TM-7100

- engine with an output of 3-6HP (continuity / high peak)
- speed of 1-20 km/h
- elevation setting 0-20%
- 10 points deck suspension with 6 spring pad with a running platform of 1350 x 480mm
- LCD display 7" showing heart rate, time, distance, speed, calories
- a program with a countdown of time, distance, calorie
- 99 preset programs, HRC(heart rate control)program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- MP3 / USB input
- 2 cup- holders
- hydraulically foldable construction and caster allow for easy handling
- with bluetooth function, can connect LIFEFIT® HRC belt & IRITSHOW app
- Automatic turn off after 5 minutes w/o using
- maximum loading 150kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKGS
PS-RAS-7100	Treadmill LF 7100	150 kg	89 kg	1 pc



Treadmill LIFEFIT TM-5300

- engine with an output of 2.5-4.5HP (continuity/high peak)
- speed of 1.0-20km/h
- elevation setting 0-15%
- six point and four cushion elastic belt with a running platform of 128*46cm
- LCD display 5" showing heart rate,time,distance,speed,calories
- manual program
- 99 preset program HRC (heart rate control)
- heart rate sensors, driver tilt and speed on the handles
- audio,USB input
- condition bluetooth and fitshow app
- speakers and cup holders
- maximum load:140kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKGS.
FB-PMS-5300	Treadmill LF 5300	140kg	71 kg	1 pcs



Treadmill LIFEFIT TM-5200

- engine with an output of 1.5-3.0HP (continuity/high peak)
- speed of 1.0-16km/h
- elevation setting 0-15%
- six point elastic belt with a running platform of 120*40cm
- LCD display 5" showing heart rate, time,distance,speed,calories
- manual program
- 48 preset program HRC (heart rate control)
- heart rate sensors, driver tilt and speed on the handles
- audio,USB input
- condition bluetooth and feshow app
- speakers and cup holders
- maximum load:120kg



ID	NAME	LOAD CAPACITY	Weight	PKQZ
FB-RS-5200	Treadmill LF 5200	120 kg	55 kg	1 pc



Treadmill LIFEFIT TM-5100

- engine with an output of 2-4HP (continuity / high peak)
- speed of 0.8-19 km/h
- elevation setting 0-15%
- 8 points deck suspension with 6 spring pad with a running platform of 1150 x 420mm
- LCD display 5" showing heart rate, time, distance, speed, calories
- a program with a countdown of time, distance, calorie
- a program with a countdown of time, distance, calories
- 12 preset programs
- heart rate sensors on the handles
- speakers and cup-holders
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 120 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-RAG-5100	Treadmill LF 5100	120 kg	60 kg	1 pc



Treadmill LIFEFIT TM-3300

- engine with an output of 1.5-3HP (continuity / high peak)
- speed of 0.8-17 km/h
- 3 levels of elevation setting
- 8 points deck suspension with 6 spring pad with a running platform of 1150 x 420mm
- LCD display 5" showing heart rate, time, distance, speed, calories
- a program with a countdown of time, distance, calorie
- 12 preset programs, HRC(heart rate control)program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- bluetooth speak / USB Input
- 2 cup- holders
- hydraulically foldable construction and caster allow for easy handling
- with bluetooth function, can connect LIFEFIT® HRC belt
- automatic turn off after 5 minutes w/o using
- maximum loading 120kg



ID	NAME	LOAD CAPACITY	WEIGHT	INCK.
FB-MS-3300	Treadmill LF 3300	120 kg	54 kg	1 pcs



Treadmill LIFEFIT TM-3200

- engine with an output of 1.25-2.5HP (continuity/high peak)
- speed of 1.0-14km/h
- 3 manual elevation setting
- running platform of 120*40cm
- LCD display 5" showing heart rate, time, distance, speed, calories
- manual program
- 9 preset program HRC (heart rate control)
- heart rate sensors, driver tilt and speed on the handles
- audio, USB input
- condition bluetooth and fitshow app
- speakers and cup holders
- maximum load:100kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKGS
FB-WA-3200	Treadmill LF 3200	100 kg	48 kg	1 pcs

100

Treadmill LIFEFIT TM-3100

- engine with an output of 1.0-2.0HP (continuity/high peak)
- speed of 1.0-12km/h
- 3 manual elevation setting
- running platform of 100*54cm
- LCD blue backlit showing heart rate, time,distance,speed,calories
- manual program
- 12 preset program HRC (heart rate control)
- heart rate sensors, driver tilt and speed on the handles
- condition bluetooth and fitshow app
- cup holders
- maximum load:100kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKGS.
FB-RS-3100	Treadmill LF 3100	100kg	33 kg	1 pc



Treadmill LIFEFIT TM-1200

- engine with an output of 0.85-1.5HP (continuity/high peak)
- speed of 1.0-12km/h
- running platform of 114*38cm
- LCD blue backlit showing heart rate, time,distance,speed,calories
- manual program
- 12 preset program
- maximum load:100kg



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-RNS-1200	Treadmill LF 1200	100 kg	39 kg	1 pcs



Treadmill LIFEFIT TM-1100

- engine with an output of 0.6-1.0HP (continuity/high peak)- speed of 1-14 km /h
- speed of 1.0-10km/h- eightpoint manual program
- LCD blue backlit showing heart rate, time,distance,speed,calories
- manual program
- 12 preset program
- heart rate sensors, driver tilt and speed on the handles
- cup holders
- maximum load:100kg



ID	NAME	LOAD CAPACITY	Weight	PACK
FB-PLS-1100	Treadmill LP 1100	100 kg	31 kg	1 pc

HEART RATE MONITOR

- Heart rate monitor for wireless heart rate and calorie measurement with ANT+ and Bluetooth data transfer.
- connectivity to devices supporting ANT+,Bluetooth 4.0 and 5.3kHz
- compatible with Runtastic PRO,Endomondo,Drop,Runkeeper and more
- adjustable chest strap from 60 to 80cm(circumference length)
- removable textile strap
- System requirements:iPhone 4S and newer,iPad 3 and newer,Android from version 4.0,
- ANT+ and Bluetooth 4.0(SMART).



5.3 KHZ HEART RATE MONITOR



BLUETOOTH 4.0



SWEAT RESISTANT



CALORIES CALCULATOR



ANT+



ID	NAME	WEIGHT	PACK
PS-MHR-10-01	Heart Rate Monitor	0.064 kg	1 pcr



Treadmill LIFEFIT TM-1007

- engine with an output of 3-6 HP (continuity / high peak)
- speed of 1-20 km/h
- elevation setting 0-22%
- twelwepoint elastic belt with a running platform of 135 x 50.5 cm
- (TFT touchscreen) display 7" showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 36 preset programs, 5 user-defined programs, HRC (heart rate control) program, BODYFAT test
- setting for 5 users storing personal data and workout history
- heart rate sensors, driver tilt and speed on the handles
- audio input / output, USB / SD input
- Android operating system, Wi-Fi / Bluetooth connectivity
- speakers, fans and cup-holders
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 150 kg



ID	NAME	LOAD CAPACITY	WEIGHTS	PACK.
PS-MS-1007A	Treadmill LP 1007A	150 kg	66 kg	1 pcs



Treadmill LIFEFIT TM-1006

- engine with an output of 3-6 HP (continuity / high peak)
- speed of 1-22 km/h
- elevation setting 0-22%
- twelwepoint elastic belt with a running platform of 135 x 50.5 cm
- LCD display 7" showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 99 preset programs, 3 user-defined programs, HRC (heart rate control) program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- audio, USB input
- speakers, fans and cup-holders
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 150 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-MS-1006A	Treadmill LF 1006A	150 kg	85 kg	1 pc



Treadmill LIFEFIT TM-1005

- engine with an output of 3-6 HP (continuity / high peak)
- speed of 1-22 km/h
- elevation setting 0-22%
- eightpoint elastic belt with a running platform of 131 x 46 cm
- LCD display 7" showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 99 preset programs, 3 user-defined programs, HRC (heart rate control) program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- audio input
- speakers, fans and cup-holders
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 150 kg

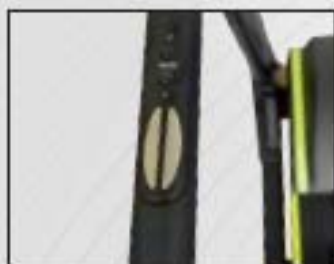


ID	NAME	LOAD CAPACITY	WEIGHT	PACK
PS-RNS-1005A	Treadmill LF 1005A	150 kg	78 kg	1 pc



Treadmill LIFEFIT TM-1004

- engine with an output of 2.5-5 HP (continuity / high peak)
- speed of 1-20 km/h
- elevation setting 0-22%
- tenpoint elastic belt with a running platform of 130 x 46 cm
- LCD display 5" showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 99 preset programs, HRC (heart rate control) program, BODYFAT test
- heart rate sensors, driver tilt and speed on the handles
- audio / USB input
- speakers and cup-holders
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 150 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKCL
FB-FAS-1004A	Treadmill LF 1004A	150 kg	66 kg	1 pc



Treadmill LIFEFIT TM-1003

- engine with an output of 2.4 HP (continuity / high peak)
- speed of 1-14 km/h
- 3 levels of elevation setting
- tenpoint elastic belt with a running platform of 126 x 43 cm
- LCD display 5" showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 24 preset programs, HRC (heart rate control) program
- heart rate sensors on the handles
- audio input
- speakers and swap shelf for small personal belongings
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 120 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKGS.
FB-FAS-1003M	Treadmill LF 1003M	120 kg	47 kg	1 pc



Treadmill LIFEFIT TM-1002

- engine with an output of 1.5-3 HP (continuity / high peak)
- speed of 1-14 km/h
- 3 levels of elevation setting
- eightpoint elastic belt with a running platform of 126 x 40 cm
- LCD display 5" showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 24 preset programs, HRC (heart rate control) program
- heart rate sensors on the handles
- audio input
- speakers and swap shelf for small personal belongings
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 120 kg



ID	NAME	LOAD CAPACITY	Weight	PKQ.
FB-PLS-1002M	Treadmill LF 1002M	120 kg	46 kg	1 pc



Treadmill LIFEFIT TM-1001

- engine with an output of 1.25-2.5 HP (continuity / high peak)
- speed of 1-14 km /h
- 3 levels of elevation setting
- eightpoint elastic belt with a running platform of 126 x 40 cm
- LED display showing heart rate, time, distance, speed, calories
- manual program
- a program with a countdown of time, distance, calories
- 12 preset programs
- heart rate sensors on the handles
- speakers and cup-holders
- hydraulically foldable construction and casters allow for easy handling
- maximum load: 120 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-RG-1001M	Treadmill LF 1001M	120 kg	48 kg	1 pc



LIFEFIT[®]

**STRONG
MIND
STRONG
BODY**

Multifunctional Sit Up Bench PLUS



Multifunctional Sit Up Bench with a split backrest offers a variety of tilt adjustment - from classical inclined position for strengthening abdominal muscles through the horizontal position to the seating position for exercise with short dumbbells. Suitable both for beginners and advanced home workouts.

- quality padding for comfortable workout
- straight backrest
- simple tilt reset
- robust design with anti-slip elements
- intended for home use (class H, based on EN ISO 20957-1)
- maximum recommended load: 110 kg
- bench dimension (backrest): 74.5 x 30 x 31 cm
- overall dimensions (unfolded): 150 x 30 cm



ID	NAME	LOAD-CAPACITY	WEIGHT	PACK.
FB-LMF-11-002	Multifunctional Sit Up Bench PLUS	110 kg	12 kg	1 per

Multifunctional Sit Up Bench

Multifunctional Sit Up Bench offers at least 5 levels adjustment of tilt with a simple system for readjustment. Thanks to the second positioning support of bench can be adjusted to a horizontal position. The bench is equipped with a pair of expanders and foam armrests under the seat for greater variability exercises. Suitable both for beginners and advanced home workouts.

- quality padding for comfortable workout
- straight backrest
- fitness expanders
- robust design with anti-slip elements
- height-adjustable foam backrest with extended length
- 4 pairs of foam backrest for selecting the optimum position during exercise.

- Intended for home use (class H, based on EN ISO 20957-1)
- maximum recommended load: 110 kg
- bench dimension (backrest): 104 x 30 cm
- overall dimensions (unfolded): 134 x 52 cm



ID	NAME	LOAD CAPACITY	WEIGHT	PACK.
FB-LAF-11-001	Multifunctional Sit Up Bench	110 kg	9 kg	1 pc



Sit Up Bench **ADJUSTABLE CURVED**

Adjustable Curved Sit Up Bench for strengthening abdominal muscles offers at least 5 levels adjustment of tilt with a simple system for readjustment. The bench is equipped with a pair of foam armrests under the seat for greater variability exercises. Suitable both for beginners and advanced home workouts. Easy-to-use folding mechanism makes store bench in smaller spaces.

- quality padding for comfortable workout
- curved backrest
- robust design with anti-slip elements
- height-adjustable foam backrest with extended length
- intended for home use (class H, based on EN ISO 20957-1)

- maximum recommended load: 110 kg
- bench dimension (backrest): 2 x 51,5 x 30 cm
- overall dimensions (unfolded): 123 x 55 cm



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-LAV-01-004	Adjustable Curved Sit Up Bench	110 kg	9 kg	1 pc



Sit Up Bench **CURVED WITH EXPANDERS**

Classic Curved Sit Up Bench for strengthening abdominal muscles offers at least 5 levels adjustment of tilt with a simple system for readjustment. The bench is equipped with a pair of expanders and foam armrests under the seat for greater variability exercises. Suitable both for beginners and advanced home workouts.

- quality padding for comfortable workout
- curved backrest
- fitness expanders
- robust design with anti-slip elements
- height-adjustable foam backrest with extended length
- 3 pairs of foam backrest for selecting the optimum position during exercise

- intended for home use (class H, based on EN ISO 20957-1)
- maximum recommended load: 110 kg
- bench dimension (backrest): 104 x 30 cm
- overall dimensions (unfolded): 134 x 52 cm



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
FB-LAV-01-003	Curved Sit Up Bench with Expanders	110 kg	8,5 kg	1 pc

Sit Up Bench **CURVED**

Classic Curved Sit Up Bench for strengthening abdominal muscles offers at least 5 levels adjustment of tilt with a simple system for readjustment. Suitable both for beginners and advanced home workouts.

- quality padding for comfortable workout
- curved backrest
- fitness expanders
- robust design with anti-slip elements
- height-adjustable foam backrest
- intended for home use (class H, based on EN ISO 20957-1)

- maximum recommended load: 110 kg
- bench dimension (backrest): 96 x 24 cm
- overall dimensions (unfolded): 120 x 30 cm



ID	NAME	LOAD CAPACITY	WEIGHT	PKQ.
PB-LAF-01-002	Curved Sit Up Bench	110 kg	7,8 kg	1 pc.

Sit Up Bench **STRAIGHT**

Classic Straight Sit Up Bench for strengthening abdominal muscles offers at least 5 levels adjustment of tilt with a simple system for readjustment. Suitable both for beginners and advanced home workouts.

- quality padding for comfortable workout
- straight backrest
- fitness expanders
- robust design with anti-slip elements
- height-adjustable foam backrest
- intended for home use (class H, based on EN ISO 20957-1)

- maximum recommended load: 110 kg
- bench dimension (backrest): 96 x 24 cm
- overall dimensions (unfolded): 120 x 30 cm



ID	NAME	LOAD CAPACITY	WEIGHT	PKQ.
PB-LAF-01-001	Straight Sit Up Bench	110 kg	7,8 kg	1 pc.

FITNESS GLOVES

Fitness gloves
LIFEFIT PRO

Proven fitness gloves with very good breathability and ventilation, foam reinforcements on palm, a new system for easily removing gloves QUICK UNDRESS. Velcro closure.

- leather palm and top part of the glove
- foam reinforcements on the palm
- excellent breathability and ventilation
- system for easy removing gloves QUICK UNDRESS
- velcro closure



ID	NAME	WEIGHT	PACK
FITNESS-PRO-S	Fitness Gloves LIFEFIT PRO, size S, White	006 kg	1 pc
FITNESS-PRO-M	Fitness Gloves LIFEFIT PRO, size M, White	006 kg	1 pc



Fitness gloves
LIFEFIT TOP

Proven fitness gloves with very good breathability and ventilation, foam reinforcements on palm, a new system for easily removing gloves QUICK UNDRESS. Velcro closure.

- leather palm and top part of the glove
- foam reinforcements on the palm
- excellent breathability and ventilation
- system for easy removing gloves QUICK UNDRESS
- velcro closure

ID	NAME	WEIGHT	PACK
FITNESS-TOP-L	Fitness Gloves LIFEFIT TOP, size L, Black	007 kg	1 pc
FITNESS-TOP-XL	Fitness Gloves LIFEFIT TOP, size XL, Black	007 kg	1 pc

Fitness gloves
LIFEFIT KNIT

Fitness gloves with leather palms, very good breathability and ventilation, foam reinforcements on the palm. System for easy removing gloves QUICK UNDRESS. Velcro closure.

- leather palm
- knitted top side
- excellent breathability and ventilation
- system for easy removing gloves QUICK UNDRESS
- velcro closure



ID	NAME	WEIGHT	PACK
FITNESS-KNIT-S	Fitness Gloves LIFEFIT KNIT, size M, Black/White	006 kg	1 pc
FITNESS-KNIT-L	Fitness Gloves LIFEFIT KNIT, size L, Black/White	007 kg	1 pc
FITNESS-KNIT-XL	Fitness Gloves LIFEFIT KNIT, size XL, Black/White	007 kg	1 pc

Fitness gloves
LIFEFIT FIT

Fitness gloves with leather palms, very good breathability and ventilation, foam reinforcements on the palm. System for easy removing gloves QUICK UNDRESS. Velcro closure.

- leather palm
- knitted top side
- excellent breathability and ventilation
- system for easy removing gloves QUICK UNDRESS
- velcro closure



ID	NAME	WEIGHT	PACK
FITNESS-FIT-S	Fitness Gloves LIFEFIT FIT, size S, White/Green	006 kg	1 pc
FITNESS-FIT-M	Fitness Gloves LIFEFIT FIT, size M, White/Green	006 kg	1 pc
FITNESS-FIT-L	Fitness Gloves LIFEFIT FIT, size L, Black/Green	007 kg	1 pc
FITNESS-FIT-XL	Fitness Gloves LIFEFIT FIT, size XL, Black/Green	007 kg	1 pc

Dumbbell LIFEFIT KETTLEBELL VINYL

Unique one-handed dumbbell LIFEFIT VINYL Kettlebell is shaped bell with a triangular grip. Body of dumbbell is made of high quality vinyl material, filled with cement filling. Quality and solid handle of the dumbbell ensures safe and comfortable workout. Among the most important exercises include TGU, swing, deadlift, squat, chin, clean, press and Snatch. This dumbbell is suitable for all ages of users and is designed to develop strength and dynamism.

- material: quality vinyl material, filled with cement filling
- surface moisture resistant and wear
- designation of the body weight on dumbbells
- quality and solid handle of the kettlebell ensures safe and comfortable workout.
- weight: 4 kg / 6 kg / 8 kg / 10 kg / 12 kg / 16 kg /

ID	NAME	WEIGHT	PKCK
F-VIN-KETT04	Kettlebell Vinyl LIFEFIT 4 kg, Green	4 kg	1 pcs
F-VIN-KETT06	Kettlebell Vinyl LIFEFIT 6 kg, Green	6 kg	1 pcs
F-VIN-KETT08	Kettlebell Vinyl LIFEFIT 8 kg, Green	8 kg	1 pcs
F-VIN-KETT10	Kettlebell Vinyl LIFEFIT 10 kg, Green	10 kg	1 pcs
F-VIN-KETT12	Kettlebell Vinyl LIFEFIT 12 kg, Green	12 kg	1 pcs
F-VIN-KETT16	Kettlebell Vinyl LIFEFIT 16 kg, Green	16 kg	1 pcs
F-VIN-KETT20	Kettlebell Vinyl LIFEFIT 20 kg, Green	20 kg	1 pcs



Dumbbell LIFEFIT KETTLEBELL STEEL

Unique one-handed dumbbell LIFEFIT STEEL kettlebell is shaped bell with a triangular grip. Body of dumbbell is made of high quality metal material. The bottom side is slightly right angles for greater stability at the postponement. Among the most important exercises include TGU, swing, deadlift, squat, chin, clean, press and Snatch. This dumbbell is suitable for all ages of users and is designed to develop strength and dynamism.

- material: high-quality metal material
- you can train with one barbell or with pair
- the bottom side is slightly right angles for greater stability at the postponement
- designation of the body weight on dumbbells
- weight: 4 kg / 8 kg / 12 kg / 16 kg / 20 kg / 24 kg / 28 kg / 32 kg

ID	NAME	WEIGHT	PKCK
F-STE-KETT06	Kettlebell Steel LIFEFIT 6 kg	6 kg	1 pcs
F-STE-KETT08	Kettlebell Steel LIFEFIT 8 kg	8 kg	1 pcs
F-STE-KETT12	Kettlebell Steel LIFEFIT 12 kg	12 kg	1 pcs
F-STE-KETT16	Kettlebell Steel LIFEFIT 16 kg	16 kg	1 pcs
F-STE-KETT20	Kettlebell Steel LIFEFIT 20 kg	20 kg	1 pcs
F-STE-KETT24	Kettlebell Steel LIFEFIT 24 kg	24 kg	1 pcs
F-STE-KETT28	Kettlebell Steel LIFEFIT 28 kg	28 kg	1 pcs
F-STE-KETT32	Kettlebell Steel LIFEFIT 32 kg	32 kg	1 pcs



DUMBBELL SETS

Dumbbell set

LIFEFIT DUMBBELL SET STEEL HB 10 KG ABS

LIFEFIT DUMBBELL SET STEEL HB 10 KG ABS is made of high quality metal materials. Dumbbell Axis have thread with a safety nuts at both ends for easy security weights. Stress discs are made of metal and are coated with a special coating with enhanced moisture resistance. The entire set comes in a handy plastic case, which ensures easy transfer of all parts.

- dimensions of axis: length 35 cm, weight 0.55 kg (including nuts), diameter 30 mm
- 2 pieces of safety nuts
- 4 pieces of discs weighing 1.25 kg
- 2 pieces of discs weighing 2.0 kg

ID	NAME	WEIGHT	PACK
F-4MSET10B-02	LIFEFIT Dumbbell Set STEEL HB 10 kg ABS	9.55 kg	1 per



Dumbbell set

LIFEFIT PREMIUM 10 KG

Loading dumbbell set LIFEFIT PREMIUM 10 kg is a unique and affordable set of loading dumbbells with cement filling. The discs are made of plastic filled with cement filling. The axis of the dumbbell is made of high quality metallic material. The dumbbell axis has a diameter 30 mm (normal European standard). The handle is made of hard plastic with a non-slip finish. The threads on both ends of the axis and two plastic sleeves ensure a secure attachment.

- possibility of loading 2.5 / 5 / 7.5 / 10 kg + 0.85 kg axis
 - quality metal dumbbell axis 30 mm EU standard
 - mounting with two safety threaded bushes
 - hardened plastic handle with antiskid adjustment
- The kit includes:
- 4 x 1.25 kg cement disc
 - 2 x 2.5 kg cement disc
 - 2 x safety sleeve
 - 1 x shaft with thread 45 cm (length of the loading part 2x16 cm)

ID	NAME	WEIGHT	PACK
FW-SET10-01	Dumbbell Set LIFEFIT PREMIUM 10 kg	10.85 kg ± 3%	1 per



Dumbbell set

LIFEFIT STRONG 15 KG

Loading dumbbell set LIFEFIT STRONG 15 kg is a unique and affordable set of loading dumbbells with cement filling. The discs are made of plastic filled with cement filling. The axis of the dumbbell is made of high quality metallic material. The dumbbell axis has a diameter 30 mm (normal European standard). The handle is made of hard plastic with a non-slip finish. The threads on both ends of the axis and two plastic sleeves ensure a secure attachment.

- possibility of loading 2.5 / 5 / 7.5 / 10 / 12.5 / 15 kg + 0.85 kg axis
 - quality metal dumbbell axis 30 mm EU standard
 - mounting with two safety threaded bushes
 - hardened plastic handle with antiskid adjustment
- The kit includes:
- 4 x 1.25 kg cement disc
 - 4 x 2.5 kg cement disc
 - 2 x safety sleeve
 - 1 x shaft with thread 45 cm (length of the loading part 2x16 cm)

ID	NAME	WEIGHT	PACK
FV-SET15-01	Dumbbell Set LIFEFIT STRONG 15 kg	15.85 kg ± 3%	1 per



Dumbbell set

LIFEFIT MASTER 20 KG

Loading dumbbell set LIFEFIT MASTER 20 kg is a unique and affordable set of loading dumbbells with cement filling. The discs are made of plastic filled with cement filling. The axis of the dumbbell is made of high quality metallic material. The dumbbell axis has a diameter 30 mm (normal European standard). The handle is made of hard plastic with a non-slip finish. The threads on both ends of the axis and two plastic sleeves ensure a secure attachment.

- possibility of loading 2.5 / 5 / 7.5 / 10 / 12.5 / 15 / 17.5 / 20 kg + 0.9 kg axis
 - quality metal dumbbell axis 30 mm EU standard
 - mounting with two safety threaded bushes
 - hardened plastic handle with antiskid adjustment
- The kit includes:
- 4 x 1.25 kg cement disc
 - 2 x 2.5 kg cement disc
 - 2 x 5 kg cement disc
 - 2 x safety sleeve
 - 1 x shaft with thread 48 cm (length of the loading part 2x18 cm)

ID	NAME	WEIGHT	PACK
FW-SET20-01	Dumbbell Set LIFEFIT MASTER 20 kg	20.9 kg ± 3%	1 per

Dumbbell set LIFEFIT 4 DISC

LIFEFIT Dumbbell Set One Hand is made of high quality metal materials. Axis of dumbbells have thread with a safety nuts at both ends for easy security weights. Stress discs are made of metal and are coated with a special coating with enhanced moisture resistance. Quality materials, good surface finish and easy replacement loads are qualities that rank these dumbbells among indispensable part of the home gym.

- dimensions of axis: length 35 cm, weight 2.3 kg, diameter 30 mm
- 2 pieces of safety nuts
- 4 pieces of discs



ID	NAME	DISC 1 KG	DISC 1.5 KG	DISC 2.5 KG	DISC 5 KG	AXIS 350x30mm	SAFETY NUTS	WEIGHT	PACK
F-CN-06-2	Dumbbell Set One Hand 6 kg, 30 mm bar / 4x disc	4 pcs	-	-	-	1 pcs	2 pcs	6.5 kg	1 pcs
F-CN-07-2	Dumbbell Set One Hand 7 kg, 30 mm bar / 4x disc	2 pcs	2 pcs	-	-	1 pcs	2 pcs	7.5 kg	1 pcs
F-CN-08-2	Dumbbell Set One Hand 8 kg, 30 mm bar / 4x disc	-	4 pcs	-	-	1 pcs	2 pcs	8.5 kg	1 pcs
F-CN-09-2	Dumbbell Set One Hand 9 kg, 30 mm bar / 4x disc	2 pcs	-	2 pcs	-	1 pcs	2 pcs	9.5 kg	1 pcs
F-CN-10-2	Dumbbell Set One Hand 10 kg, 30 mm bar / 4x disc	-	2 pcs	2 pcs	-	1 pcs	2 pcs	10.5 kg	1 pcs
F-CN-12-2	Dumbbell Set One Hand 12 kg, 30 mm bar / 4x disc	-	-	4 pcs	-	1 pcs	2 pcs	12.5 kg	1 pcs
F-CN-14-2	Dumbbell Set One Hand 14 kg, 30 mm bar / 4x disc	2 pcs	-	-	2 pcs	1 pcs	2 pcs	14.5 kg	1 pcs
F-CN-15-2	Dumbbell Set One Hand 15 kg, 30 mm bar / 4x disc	-	2 pcs	-	2 pcs	1 pcs	2 pcs	15 kg	1 pcs
F-CN-17-2	Dumbbell Set One Hand 17 kg, 30 mm bar / 4x disc	-	-	2 pcs	2 pcs	1 pcs	2 pcs	17.5 kg	1 pcs

Dumbbell set LIFEFIT 6 DISC

LIFEFIT Dumbbell Set One Hand is made of high quality metal materials. Axis of dumbbells have thread with a safety nuts at both ends for easy security weights. Stress discs are made of metal and are coated with a special coating with enhanced moisture resistance. Quality materials, good surface finish and easy replacement loads are qualities that rank these dumbbells among indispensable part of the home gym.

- dimensions of axis: length 35 cm, weight 2.3 kg, diameter 30 mm
- 2 pieces of safety nuts
- 6 pieces of discs



ID	NAME	DISC 1 KG	DISC 1.5 KG	DISC 2.5 KG	DISC 5 KG	AXIS 350x30mm	SAFETY NUTS	WEIGHT	PACK
F-CN-08-3	Dumbbell Set One Hand 8 kg, 30 mm bar / 6x disc	6 pcs	-	-	-	1 pcs	2 pcs	8.5 kg	1 pcs
F-CN-09-3	Dumbbell Set One Hand 9 kg, 30 mm bar / 6x disc	4 pcs	2 pcs	-	-	1 pcs	2 pcs	9.5 kg	1 pcs
F-CN-10-3	Dumbbell Set One Hand 10 kg, 30 mm bar / 6x disc	2 pcs	4 pcs	-	-	1 pcs	2 pcs	10.5 kg	1 pcs
F-CN-11-3	Dumbbell Set One Hand 11 kg, 30 mm bar / 6x disc	-	6 pcs	-	-	1 pcs	2 pcs	11.5 kg	1 pcs
F-CN-12-3	Dumbbell Set One Hand 12 kg, 30 mm bar / 6x disc	2 pcs	2 pcs	2 pcs	-	1 pcs	2 pcs	12.5 kg	1 pcs
F-CN-13-3	Dumbbell Set One Hand 13 kg, 30 mm bar / 6x disc	-	4 pcs	2 pcs	-	1 pcs	2 pcs	13.5 kg	1 pcs
F-CN-14-3	Dumbbell Set One Hand 14 kg, 30 mm bar / 6x disc	2 pcs	-	4 pcs	-	1 pcs	2 pcs	14.5 kg	1 pcs
F-CN-15-3	Dumbbell Set One Hand 15 kg, 30 mm bar / 6x disc	-	2 pcs	4 pcs	-	1 pcs	2 pcs	15.5 kg	1 pcs
F-CN-17-3	Dumbbell Set One Hand 17 kg, 30 mm bar / 6x disc	2 pcs	2 pcs	-	2 pcs	1 pcs	2 pcs	17.5 kg	1 pcs
F-CN-20-3	Dumbbell Set One Hand 20 kg, 30 mm bar / 6x disc	-	2 pcs	2 pcs	2 pcs	1 pcs	2 pcs	20.5 kg	1 pcs
F-CN-22-3	Dumbbell Set One Hand 22 kg, 30 mm bar / 6x disc	-	-	4 pcs	2 pcs	1 pcs	2 pcs	22.5 kg	1 pcs
F-CN-27-3	Dumbbell Set One Hand 27 kg, 30 mm bar / 6x disc	-	-	2 pcs	4 pcs	1 pcs	2 pcs	27.5 kg	1 pcs

PLATES

Plates LIFEFIT

This steel weight LIFEFIT is intended for all types of fitness dumbbells with diameter of axis 30 mm. Surface of the disc is provided with a special coating with enhanced corrosion resistance.

- high-quality steel weights
- special coating with enhanced resistance to corrosion and humidity
- diameter of hole: 30 mm

ID	NAME	WEIGHT	PACK
F-40T30-01	Plate LIFEFIT 1 kg, metal, for bar of 30 mm	1.0 kg	1 pcs
F-40T30-015	Plate LIFEFIT 1.5 kg, metal, for bar of 30 mm	1.5 kg	1 pcs
F-40T30-025	Plate LIFEFIT 2.5 kg, metal, for bar of 30 mm	2.5 kg	1 pcs
F-40T30-05	Plate LIFEFIT 5 kg, metal, for bar of 30 mm	5 kg	1 pcs
F-40T30-10	Plate LIFEFIT 10 kg, metal, for bar of 30 mm	10 kg	1 pcs
F-40T30-15	Plate LIFEFIT 15 kg, metal, for bar of 30 mm	15 kg	1 pcs
F-40T30-20	Plate LIFEFIT 20 kg, metal, for bar of 30 mm	20 kg	1 pcs



SAFETY NUTS

Safety Nuts LIFEFIT

This robust safety nut used as security for weights of dumbbells. Nut is intended for an axis with a diameter of 30 mm. The nut is made of high quality steel with a polished surface. Internal thread of nut along with a rubber ring allows you to easily and securely tightening.

- high quality steel body
- polished surface resistant to moisture
- internal thread allows easy and firmly tightening
- a rubber ring against loosening
- dedicated for axis diameter of 30 mm
- 2 pieces in the pack



ID	NAME	WEIGHT	PACK
F-4030-NUT	Safety steel nuts LIFEFIT	0.07 kg	2 pcs

DUMBBELL BAR

Dumbbell Bar for one hand LIFEFIT

This universal Dumbbell Bar LIFEFIT 35 cm / 30 mm or 45 cm / 30 mm is made of stainless steel and is provided thread with safety nuts at both ends for easy security weights. Quality material and knurled anti-slip grip ranks this axis among real universals for all-round workout.

- quality axis for one hand dumbbell
- stainless steel
- length of axis: 35 cm / 45 cm
- length of thread: 10 cm / 17 cm
- diameter of axis: 30 mm
- length of the loading part: 2 x 10 cm / 2 x 15 cm
- 2 x safety sleeve

ID	NAME	WEIGHT	PACK
F-4030-0-35	One Hand Dumbbell Bar LIFEFIT 35 cm / 30 mm including nuts	2.3 kg	1 pcs
F-4030-0-45	One Hand Dumbbell Bar LIFEFIT 45 cm / 30 mm including nuts	2.8 kg	1 pcs



35 cm / 30 mm

45 cm / 30 mm

Dumbbell bar LIFEFIT STRAIGHT

Standard LIFEFIT Dumbbell Bar with thread is made of high-quality chrome steel with a polished surface. Handles are fitted with anti-slip indentations to ensure maximum stability of the bar in your hands. Due to the length of the bar and 30 mm in diameter is the bar suitable for strengthening on a bench or for weightlifting.

- high-quality chrome steel
- non-slip fluted grips for maximum stability dumbbells in hand
- designed for discs with a hole of 30 mm
- length of barbell: 120 cm / 160 cm / 180 cm / 220 cm
- length of the loading part: 2 x 17 cm / 2 x 22.5 cm / 2 x 32.5 cm, 2 x 37.5 cm
- weight of barbell: 6.8 kg / 8.8 kg / 9.8 kg / 11.8 kg
- load capacity: 350 kg
- 2 pieces of safety sleeve

ID	NAME	LOAD CAPACITY	WEIGHT	LEN.
F-BAR90-L0120	Standard LIFEFIT Dumbbell Bar, straight, 120 cm / 30 mm including nuts	350 kg	6.8 kg	2 x 17 cm
F-BAR90-L0160	Standard LIFEFIT Dumbbell Bar, straight, 160 cm / 30 mm including nuts	350 kg	8.8 kg	2 x 22.5 cm
F-BAR90-L0180	Standard LIFEFIT Dumbbell Bar, straight, 180 cm / 30 mm including nuts	350 kg	9.8 kg	2 x 32.5 cm
F-BAR90-L0220	Standard LIFEFIT Dumbbell Bar, straight, 220 cm / 30 mm including nuts	350 kg	11.8 kg	2 x 37.5 cm



Dumbbell Bar LIFEFIT CURLING

LIFEFIT Chrome Curling Dumbbell Bar with thread is made of high-quality chrome steel with a polished surface. It is suitable for your biceps, triceps and upper muscles of body. The Barbell is ergonomically curved so that it is possible to strengthen each muscle group separately. Handles are fitted with anti-slip indentations to ensure maximum stability of the bar in your hands.

- high-quality chrome steel
- non-slip fluted grips for maximum stability dumbbells in hand
- ergonomic curvature
- designed for discs with a hole of 30 mm
- length of bar: 120 cm
- length of the loading part: 2 x 17.5 cm
- weight: 6.8 kg
- load capacity: 350 kg

ID	NAME	LOAD CAPACITY	WEIGHT	LEN.
F-BAR90-CU120	LIFEFIT Chrome Curling Barbell 120 cm / 30 mm including nuts	350 kg	6.8 kg	2 x 17.5 cm

Dumbbell Bar LIFEFIT TRICEPS COMBO

LIFEFIT Chrome Triceps Combo Dumbbell Bar with thread is made of high-quality chrome steel with a polished surface. It is suitable for your biceps, triceps and upper muscles of body. The bar is ergonomically curved so that it is possible to strengthen each muscle group separately. Handles are fitted with anti-slip indentations to ensure maximum stability of the bar in your hands.

- high-quality chrome steel.
- non-slip fluted grips for maximum stability dumbbells in hand.
- ergonomic curvature.
- designed for discs with a hole of 30 mm.
- length of bar: 120 cm
- length of the loading part: 2 x 17.5 cm
- weight: 6.8 kg
- load capacity: 350 kg

ID	NAME	LOAD CAPACITY	WEIGHT	LEN.
F-BAR90-CT120	LIFEFIT Chrome TRICEPS COMBO Barbell 120 cm / 30 mm including nuts	350 kg	6.8 kg	2 x 17.5 cm



ALL FOR YOU



OUR BODY



 **LIFEFIT**[®]



Multifunctional Door Bar LIFEFIT TOP

Multifunctional Door Bar LIFEFIT TOP is trapeze booster that is easy to hung on door frames and after exercise easy take down. Advantage of Door Bar is immediate dismantling and the small dimensions. Door Bar can also be used as a training aid on the floor as Push up Bar.

- quality material with increased resistance and soft grips for maximum comfort
- pitch grips: 94 cm
- diameter of bar: 3 cm
- width on the door: 45 cm
- designed for door frames with a width: 60-90 cm
- intended for a door frame thickness: about 150 mm
- maximum load capacity 130 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKCK
F48A2-001-01	Indoor horizontal Bar LIFEFIT TOP	3,2 kg	130 kg	1 pcs



Multifunctional Door Bar LIFEFIT PLUS

Multifunctional Door Bar LIFEFIT PLUS is trapeze booster that is easy to hung on door frames and after exercise easy take down. Advantage of Door Bar is immediate dismantling and the small dimensions. Door Bar can also be used as a training aid on the floor as Push up Bar.

- quality material with increased resistance and soft grips for maximum comfort
- pitch grips: 94 cm
- diameter of bar: 3 cm
- width on the door: 45 cm
- designed for door frames with a width: 60-90 cm
- intended for a door frame thickness: about 150 mm
- maximum load capacity 100 kg



ID	NAME	LOAD CAPACITY	WEIGHT	PKCK
F48A2-001-01	Indoor horizontal Bar LIFEFIT PLUS	2,2 kg	100 kg	1 pcs

Door Bar LIFEFIT

Door Bar LIFEFIT is suitable for strengthening the back, stomach and arms. Ideal for both regular and occasional strengthening at home. Door Bar LIFEFIT can easily be mounted to the top of the doorframe for strengthening of the back and arms and can be mounted into the bottom of the doorframe for strengthening of abdominal muscles.

- quality stainless steel
- soft ergonomic non-slip grips
- adjustable size: 59-92 cm
- load capacity: 100 kg

ID	NAME	LOAD CAPACITY	WEIGHT	PKCK
F-HRAZ-A01-01	Door Bar LIFEFIT	1.18 kg	100 kg	1 pc



PUSH UP BAR



Door Bar LIFEFIT

Door Bar LIFEFIT is suitable for strengthening the back, stomach and arms. Ideal for both regular and occasional strengthening at home. Door Bar LIFEFIT can easily be mounted to the top of the doorframe for strengthening of the back and arms and can be mounted into the bottom of the doorframe for strengthening of abdominal muscles.

- quality stainless steel
- soft ergonomic non-slip grips
- adjustable size: 80 - 110 cm
- load capacity: 100 kg

ID	NAME	LOAD CAPACITY	WEIGHT	PKCK
F-HRAZ-A11-01	Door Bar LIFEFIT	1.30 kg	100 kg	1 pc



Push Up Bar LIFEFIT

Push Up Bars are made of steel material and are fitted with soft grips. Thanks to Push Up Bars reduce the angle of exercise and produce the greater the load on the pectoral muscles. Push Up Bars are made from high quality material.

- soft handles for a comfortable training
- stable base
- strengthening of the shoulders, chest and upper limbs
- load capacity 100 kg

ID	NAME	LOAD CAPACITY	WEIGHT	PKCK
F-PUSH-01-01	Ochepny re lifefit LIFEFIT PUSH UP BAR	0.6 kg	100 kg	2 pc





YOUR EXERCISES INDOORS OR OUTDOORS

Hanging Booster System LIFEFIT MULTITRAINER HOME I

LIFEFIT MULTITRAINER HOME I is a multipurpose system which designed to fitness exercise and strengthen its own weight. The system consists of straps and buckles that are easy attached to a door, a tree or another foothold. High quality and easy assembly ensure a high degree of safety and comfort during exercise.

- simple booster system
- foam handlebars for a more comfortable workout
- effective strengthening of all muscle groups
- easy and quick to install
- light weight, minimum dimensions
- the universal mounting system allows the use at home, in the gym, outdoors or on vacation
- load capacity 150 kg
- hinge for anchoring to the door, a tree or other fixed point



ID	NAME	LOAD CAPACITY	WEIGHT	PACK
F40P-01-01	LIFEFIT MULTITRAINER HOME I, Black/Green	150 kg	0.8 kg	1 pc

Hanging Booster System LIFEFIT MULTITRAINER HOME II

LIFEFIT MULTITRAINER HOME II is a multipurpose system which designed to fitness exercise and strengthen its own weight. The system consists of straps and buckles that are easy attached to a door, a tree or another foothold. High quality and easy assembly ensure a high degree of safety and comfort during exercise.

- simple booster system
- foam handlebars for a more comfortable workout
- effective strengthening of all muscle groups
- easy and quick to install
- light weight, minimum dimensions
- the universal mounting system allows the use at home, in the gym, outdoors or on vacation
- load capacity 150 kg
- hinge for anchoring to the door, a tree or other fixed point

ID	NAME	LOAD CAPACITY	WEIGHT	PACK
F-POP-02-01	LIFEFIT MULTITRAINER HOME II, Black/Green	150 kg	0.8 kg	1 pc



150

150

Hanging Booster System LIFEFIT MULTITRAINER HOME BASIC

LIFEFIT MULTITRAINER HOME is a multipurpose system which designed to fitness exercise and strengthen its own weight. The system consists of straps and buckles that are easy attached to a door, a tree or another foothold. High quality and easy assembly ensure a high degree of safety and comfort during exercise.

- simple booster system
- foam handlebars for a more comfortable workout
- effective strengthening of all muscle groups
- easy and quick to install
- light weight, minimum dimensions
- the universal mounting system allows the use at home, in the gym, outdoors or on vacation.
- load capacity 150 kg
- hinge for anchoring to the door, a tree or other fixed point.

ID	NAME	LOAD CAPACITY	WEIGHT	PACK
F-POP-11-01	LIFEFIT MULTITRAINER HOME BASIC, Black/Red	150 kg	0.9 kg	1 pc
F-POP-11-02	LIFEFIT MULTITRAINER HOME BASIC, Black/Yellow	150 kg	0.9 kg	1 pc



BLACK/RED

BLACK/PINK

BLACK/YELLOW

Ceiling holder LIFEFIT MULTITRAINER

Cross hinge for Booster System LIFEFIT MultiTrainer - ceiling, multipoint. It is intended for all kinds of hanging straps.

- the possibility of hanging on the ceiling or wall
- 2 pieces of screws are included
- diameter of the hinge (area with holes for screws) is 12 cm
- load capacity 150 kg

ID	NAME	WEIGHT	PACK
F-POP-01-01	Ceiling suspension mount LIFEFIT for MULTITRAINER	0.65 kg	1 pc



150

12 cm



LIFEFIT SUPPORTS
FOR YOUR SPORT LIFE

Tape

KINESIO LIFEFIT TAPE

Kinesiology tape is a special breathable tape based on cotton, which thanks to its adhesion and high elasticity helps relax and stimulate muscles. It contributes to reduction of fatigue of overloaded muscles, increases range of motion, reduces pain, improves lymphatic and blood flow and joint stability.

- breathable tape based on cotton
- each roll is individually packed in a plastic film and the paper packaging
- dimension of tape: 5 cm x 5 m
- colors: light blue, black, beige, light green, pink, dark blue

ID	NAME	PACK
F-DAPS-02-01	Kinesio LIFEFIT Tape 5 cm x 5 m, light blue	1 pcs
F-DAPS-02-02	Kinesio LIFEFIT tape 5cm x 5m, black	1 pcs
F-DAPS-02-03	Kinesio LIFEFIT tape 5cm x 5m, beige+dkn	1 pcs
F-DAPS-02-04	Kinesio LIFEFIT tape 5cm x 5m, light green	1 pcs
F-DAPS-02-05	Kinesio LIFEFIT tape 5cm x 5m, pink	1 pcs
F-DAPS-02-06	Kinesio LIFEFIT tape 5cm x 5m, dark blue	1 pcs



Tape

KINESIO LIFEFIT TAPE

Kinesiology tape is a special breathable tape based on cotton, which thanks to its adhesion and high elasticity helps relax and stimulate muscles. It contributes to reduction of fatigue of overloaded muscles, increases range of motion, reduces pain, improves lymphatic and blood flow and joint stability.

- breathable tape based on cotton
- each roll is individually packed in a plastic film and the paper packaging
- dimension of tape: 5 cm x 5 m
- colors in box: light blue, black, beige, light green, pink, dark blue

ID	NAME	PACK
F-DAPS-02	Kinesio LIFEFIT Tape 5 cm x 5 m, mix colors	6 pcs



BANDAGES

Pressure bandage made of neoprene. The material used allows optimal compression of muscles and ligaments, helps maintain body heat and warm the affected area, while promoting blood circulation in the affected area. Anatomically shaped bandage provides very effective reinforcement thereby assisting natural movement. Simple mounting and adjustment with velcro closure, slip-resistant. Gentle to skin.



BACK SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK
F-BN01	Back Support LIFEFIT Neoprene	0.27 kg	1 pcs



KNEE OPEN CONTROL SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK
F-BN04	Knee Open Control Support LIFEFIT Neoprene	0.2 kg	1 pcs



KNEE OPEN SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK
F-BN03	Knee Open Support LIFEFIT Neoprene	0.13 kg	1 pcs



KNEE SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK
F-BN02	Knee Support LIFEFIT Neoprene	0.14 kg	1 pcs



KNEE STRAP-PATELLA SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK
F-BN01	Knee Strap-Patella Support LIFEFIT Neoprene	0.06 kg	1 pcs



ELBOW SUPPORT NEOPRENE BIG

ID	NAME	WEIGHT	PACK.
F-BH02	Elbow Support LIFEFIT Neoprene	008 kg	1 pcs



ELBOW SUPPORT NEOPRENE SMALL

ID	NAME	WEIGHT	PACK.
F-BH01	Elbow Support LIFEFIT Neoprene	007 kg	1 pcs



WRIST SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK.
F-BH03	Wrist Support LIFEFIT Neoprene	005 kg	1 pcs



WRIST STRAP SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK.
F-BH01	Wrist Strap Support LIFEFIT Neoprene	006 kg	1 pcs



ANKLE SUPPORT NEOPRENE

ID	NAME	WEIGHT	PACK.
F-BH101	Ankle Support LIFEFIT Neoprene	007 kg	1 pcs



ANKLE COMPRESIVE SUPPORT

ID	NAME	WEIGHT	PACK.
F-BH01	Ankle Compressive Support LIFEFIT	006 kg	1 pcs

Running T-shirt WOMEN / MEN'S

Innovative sportswear is designed for movement, speed, and outdoor sports. Moisture-wicking material keeps your body in dry during sports activities. Ventilation and moisture provide optimal comfort and performance.

- material: 95% polyester, 5% elastane
- sizes: S, M, L, XL, XXL
- colors for men: red, orange, blue
- colors for women: green, blue, red

ID	NAME	PACK
TRK-M-01-0ml	Running T-shirt SULOVI RUNFIT, Red	1 pcs
TRK-M-02-0ml	Running T-shirt SULOVI RUNFIT, Orange	1 pcs
TRK-M-03-0ml	Running T-shirt SULOVI RUNFIT, Blue	1 pcs
ID	NAME	PACK
TRK-DA-01-0ml	Running T-shirt SULOVI RUNFIT, Green	1 pcs
TRK-DA-02-0ml	Running T-shirt SULOVI RUNFIT, Blue	1 pcs
TRK-DA-03-0ml	Running T-shirt SULOVI RUNFIT, Red	1 pcs

MENS



WOMENS



Quick-drying towel SULOVI ATACAMA

Towels LIFEFIT are suitable for all sporting activities, outdoor activities and traveling. Functional microfiber high absorbency allows multiple use of the towel without prior drying. Towels are supplied in breathable carrying case.

- excellent absorbency.
- quick-drying material.
- lightweight and very compact.
- breathable carrying case.
- size: 35 x 70 cm / 70 x 140 cm / 105 x 175 cm
- material: 85% polyester, 15% polyamide



ID	NAME	WEIGHT	PACK
FBIJ-10-01	RYO-LESCH. BUCHK 35x70cm, pink	0.05kg	1 pcs
FBIJ-20-01	RYO-LESCH. BUCHK 70x140cm, pink	0.19kg	1 pcs
FBIJ-30-01	RYO-LESCH. BUCHK 105x175cm, pink	0.36kg	1 pcs

YOGA FOR GREATER SELF CONTROL



 **LIFEFIT**®

LIFEFIT



Massage
LIFEFIT JOGA ROLLER A11

Massage Yoga roller is tool designed for different kinds of exercises with your own body weight, yoga and pilates. Thanks to the specially shaped surface (protruding points) is suitable for release muscle tension through automasážnich techniques or to improve circulation. During exercise in addition efficiently promotes decomposition of subcutaneous fat. It is available in several colors.

- dimensions 45 x 14 cm
- harmless material and moisture resistant
- non-slip material
- easy maintenance

ID	NAME	PKCZ
F-ROL-A11-01	Yoga Roller LIFEFIT A11 45 x 14 cm, green	1 pcz
F-ROL-A11-02	Yoga Roller LIFEFIT A11 45 x 14 cm, pink	1 pcz
F-ROL-A11-03	Yoga Roller LIFEFIT A11 45 x 14 cm, light blue	1 pcz
F-ROL-A11-04	Yoga Roller LIFEFIT A11 45 x 14 cm, black	1 pcz



Massage LIFEFIT JOGA ROLLER A01

Massage Yoga roller is tool designed for different kinds of exercises with your own body weight, yoga and pilates. Thanks to the specially shaped surface (protruding points) is suitable for release muscle tension through automasážních techniques or to improve circulation. During exercise in addition efficiently promotes decomposition of subcutaneous fat. It is available in several colors.

- dimensions 33 x 14 cm
- harmless material and moisture resistant
- non-slip material
- easy maintenance

ID	NAME	PACK
F-ROL-A01-01	Yoga Roller LIFEFIT A01 33 x 14 cm, Green	1 pc
F-ROL-A01-02	Yoga Roller LIFEFIT A01 33 x 14 cm, Pink	1 pc
F-ROL-A01-03	Yoga Roller LIFEFIT A01 33 x 14 cm, Light Blue	1 pc
F-ROL-A01-04	Yoga Roller LIFEFIT A01 33 x 14 cm, Black	1 pc



Massage LIFEFIT JOGA ROLLER B01

Massage Yoga roller is tool designed for different kinds of exercises with your own body weight, yoga and pilates. Thanks to the specially shaped surface (protruding points) is suitable for release muscle tension through automasážních techniques or to improve circulation. During exercise in addition efficiently promotes decomposition of subcutaneous fat. It is available in several colors.

- dimensions 33 x 14 cm
- harmless material and moisture resistant
- non-slip material
- easy maintenance

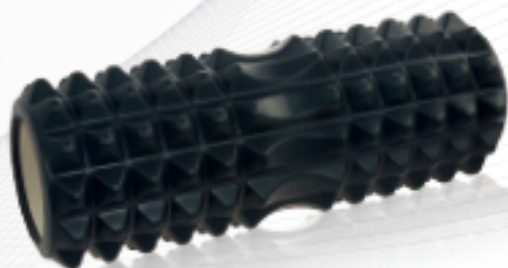
ID	NAME	PACK
F-ROL-B01-01	Yoga Roller LIFEFIT B01 33 x 14 cm, Green	1 pc
F-ROL-B01-02	Yoga Roller LIFEFIT B01 33 x 14 cm, Pink	1 pc
F-ROL-B01-03	Yoga Roller LIFEFIT B01 33 x 14 cm, Light Blue	1 pc
F-ROL-B01-04	Yoga Roller LIFEFIT B01 33 x 14 cm, Black	1 pc

Massage LIFEFIT JOGA ROLLER C01

Massage Yoga roller is tool designed for different kinds of exercises with your own body weight, yoga and pilates. Thanks to the specially shaped surface (protruding points) is suitable for release muscle tension through automasážních techniques or to improve circulation. During exercise in addition efficiently promotes decomposition of subcutaneous fat. It is available in several colors.

- dimensions 33 x 13 cm
- harmless material and moisture resistant
- non-slip material
- easy maintenance

ID	NAME	PACK
F-ROL-C01-01	Yoga Roller LIFEFIT C01 33 x 13 cm, Green	1 pc
F-ROL-C01-02	Yoga Roller LIFEFIT C01 33 x 13 cm, Pink	1 pc
F-ROL-C01-03	Yoga Roller LIFEFIT C01 33 x 13 cm, Light Blue	1 pc
F-ROL-C01-04	Yoga Roller LIFEFIT C01 33 x 13 cm, Black	1 pc



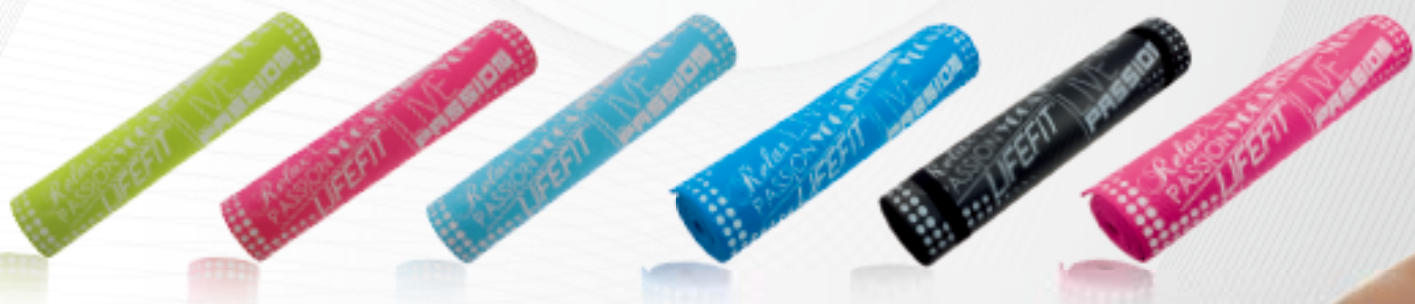


Gymnastic Mat LIFEFIT SLIMFIT

Yoga Mat LIFEFIT SLIMFIT is suitable for Aerobic, Pilates and Yoga. Thanks it you can improve flexibility, stability, strengthen and sculpt your character or relax. It is available in several colors. Material pads LIFEFIT SLIMFIT is harmless, non-slip and moisture resistant.

- dimensions 173 x 61 cm
- thickness 4 mm
- made from non-toxic material and resistant to moisture and sweat
- anti-slip surface
- easy maintenance

ID	NAME	WEIGHT	PACK
F-MAT-A01-01	Gymnastic Mat LIFEFIT SLIMFIT, 173 x 58 x 04 cm, Light Green	0.9 kg	1 pc
F-MAT-A01-02	Gymnastic Mat LIFEFIT SLIMFIT, 173 x 58 x 04 cm, Light Pink	0.9 kg	1 pc
F-MAT-A01-04	Gymnastic Mat LIFEFIT SLIMFIT, 173 x 58 x 04 cm, Light Blue	0.9 kg	1 pc
F-MAT-A01-05	Gymnastic Mat LIFEFIT SLIMFIT, 173 x 58 x 04 cm, Dark Blue	0.9 kg	1 pc
F-MAT-A01-06	Gymnastic Mat LIFEFIT SLIMFIT, 173 x 58 x 04 cm, Black	0.9 kg	1 pc
F-MAT-A01-07	Gymnastic Mat LIFEFIT SLIMFIT, 173 x 58 x 04 cm, Bordo	0.9 kg	1 pc



Gymnastic Mat LIFEFIT SLIMFIT PLUS

Yoga Mat LIFEFIT SLIMFIT PLUS is suitable for Aerobic, Pilates and Yoga. Thanks it you can improve flexibility, stability, strengthen and sculpt your character or relax. It is available in several colors. Material pads LIFEFIT SLIMFIT PLUS is harmless, non-slip and moisture resistant.

- dimensions 173 x 61 cm
- thickness 6 mm
- made from non-toxic material and resistant to moisture and sweat
- anti-slip surface
- easy maintenance



ID	NAME	WEIGHT	PACK
F-MAT-A03-01	Gymnastic Mat LIFEFIT SLIMFIT PLUS, 173 x 58 x 06 cm, Light Green	1.4 kg	1 pc
F-MAT-A03-02	Gymnastic Mat LIFEFIT SLIMFIT PLUS, 173 x 58 x 06 cm, Light Pink	1.4 kg	1 pc
F-MAT-A03-04	Gymnastic Mat LIFEFIT SLIMFIT PLUS, 173 x 58 x 06 cm, Light Blue	1.4 kg	1 pc
F-MAT-A03-05	Gymnastic Mat LIFEFIT SLIMFIT PLUS, 173 x 58 x 06 cm, Dark Blue	1.4 kg	1 pc
F-MAT-A03-06	Gymnastic Mat LIFEFIT SLIMFIT PLUS, 173 x 58 x 06 cm, Black	1.4 kg	1 pc
F-MAT-A03-07	Gymnastic Mat LIFEFIT SLIMFIT PLUS, 173 x 58 x 06 cm, Bordo	1.4 kg	1 pc





100x60

THICKNESS
1.0 cm

Gymnastic Mat LIFEFIT YOGA MAT EXKLUZIV

Yoga Mat EXCLUSIVE LIFEFIT is a professional equipment for fitness exercises on the floor. Soft material NBR (synthetic rubber) is extremely comfortable and resistant to water and sweat. Thanks to a special 10 mm memory foam and anti-slip surface is a mat designed for more demanding and regularly repeated exercises, for example yoga, pilates or aerobic. It is available in several colors.

- professional gymnastic mat
- the soft material
- resistant to sweat and water
- memory foam
- non-slip surface
- dimensions: 100 x 60 cm
- the thickness of pad: 1 cm
- material: NBR

ID	NAME	WEIGHT	PACK
F-MXF-C02-01	Yoga Mat LIFEFIT EXCLUSIVE, 100x58x1 cm, Light Green	0.5 kg	1 pc
F-MXF-C02-02	Yoga Mat LIFEFIT EXCLUSIVE, 100x58x1 cm, Light Pink	0.5 kg	1 pc
F-MXF-C02-04	Yoga Mat LIFEFIT EXCLUSIVE, 100x58x1 cm, Light Blue	0.5 kg	1 pc
F-MXF-C02-05	Yoga Mat LIFEFIT EXCLUSIVE, 100x58x1 cm, Dark Blue	0.5 kg	1 pc
F-MXF-C02-06	Yoga Mat LIFEFIT EXCLUSIVE, 100x58x1 cm, Black	0.5 kg	1 pc
F-MXF-C02-07	Yoga Mat LIFEFIT EXCLUSIVE, 100x58x1 cm, Beige	0.5 kg	1 pc



180x60

THICKNESS
1.5 cm

Gymnastic Mat LIFEFIT YOGA MAT EXKLUZIV PLUS

Yoga Mat EXCLUSIVE LIFEFIT is a professional equipment for fitness exercises on the floor. Soft material NBR (synthetic rubber) is extremely comfortable and resistant to water and sweat. Thanks to a special 15 mm memory foam and anti-slip surface is a mat designed for more demanding and regularly repeated exercises, for example yoga, pilates or aerobic. It is available in several colors.

- professional gymnastic mat
- the soft material
- resistant to sweat and water
- memory foam
- non-slip surface
- dimensions: 180 x 60 cm
- the thickness of pad: 1.5 cm
- material: NBR

ID	NAME	WEIGHT	PACK
F-MXF-C01-01	Yoga Mat LIFEFIT EXCLUSIVE PLUS, 180x58x1.5 cm, Light Green	1.2 kg	1 pc
F-MXF-C01-02	Yoga Mat LIFEFIT EXCLUSIVE PLUS, 180x58x1.5 cm, Light Green	1.2 kg	1 pc
F-MXF-C01-04	Yoga Mat LIFEFIT EXCLUSIVE PLUS, 180x58x1.5 cm, Light Blue	1.2 kg	1 pc
F-MXF-C01-05	Yoga Mat LIFEFIT EXCLUSIVE PLUS, 180x58x1.5 cm,	1.2 kg	1 pc
F-MXF-C01-06	Yoga Mat LIFEFIT EXCLUSIVE PLUS, 180x58x1.5 cm,	1.2 kg	1 pc
F-MXF-C01-07	Yoga Mat LIFEFIT EXCLUSIVE PLUS, 180x58x1.5 cm,	1.2 kg	1 pc



Gymnastic Mat

LIFEFIT TPE

Yoga Mat LIFEFIT TPE is suitable for Aerobic, Pilates and Yoga. The mat is skin-friendly, non-slip and durable. They can be easily rolled and transported easily.

- material: TPE
- dimensions 183 x 61 cm
- thickness: single color 4mm;
double color 5mm
- made from non-toxic material and resistant to moisture and sweat
- Provides protection against abrasion.
- Insulates the temperature of the cold

ID	NAME	WEIGHT	PACK
MWF-PB01-01	YOGA MAT TPE, 183x61x0,4, Pink	0,70kg	1 pc
MWF-PB01-02	YOGA MAT TPE, 183x61x0,4, Blue	0,70kg	1 pc
MWF-PB02-01	YOGA MAT TPE, 183x61x0,5, Grey-Light Green	0,75kg	1 pc



Gymnastic Mat

LIFEFIT FOLD

Yoga Mat LIFEFIT FOLD is suitable for Aerobic, Pilates and Yoga. The pad is extremely comfortable, resistant to moisture and sweat.

- material PVC
- dimensions 173 x 61 cm
- thickness 4mm
- made from non-toxic material and resistant to moisture and sweat
- Provides protection against abrasion.
- Insulates the temperature of the cold ground, ground.

ID	NAME	WEIGHT	PACK
MWF-FOLD01-01	YOGA MAT FOLD, 173x61x0,4, Purple	0,85kg	1 pc



Gym Shoes

Gym shoes have a classic rubber strap over instep, which ensuring that gym shoes do not slide from the foot and allows smooth walking and comfortable exercise. Non-slip rubber sole is suitable for all sports halls and gyms. Upper part of gym shoes are made from textile. Gym shoes have a reinforced heel and toe for a comfortable and safe workout. Gym shoes can also be used as water shoes. Gym shoes are tested on stony beaches which thanks to non-slip soles do not slide on the rocks and serves as a protection against sea urchins.



ID	NAME	EU SIZES																PKL		
JANML-05-(vnl)	Gym shoes, White	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-05-(vnl)	Gym shoes, Black	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-05-(vnl)	Gym shoes, Red	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-05-(vnl)	Gym shoes, Blue	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-05-(vnl)	Gym shoes, Pink	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-001-(vnl)	Gym shoes, DESIGN I	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-002-(vnl)	Gym shoes, DESIGN II	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-003-(vnl)	Gym shoes, DESIGN III	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-004-(vnl)	Gym shoes, DESIGN IV	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-005-(vnl)	Gym shoes, DESIGN A14-1 (pink)	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-006-(vnl)	Gym shoes, DESIGN A14-2 (blue)	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc
JANML-007-(vnl)	Gym shoes, DESIGN A14-4 (green)	27	28	29	29,5	30	31	32	33	33,5	34	35	36	37	37,5	38	39	41	42	1 pc



Gymnastic Ball LIFEFIT ANTI-BURST

LIFEFIT ANTI-BURST ball is a professional gymnastic ball. LIFEFIT ball is made of strong and durable PVC with a load capacity of 200 kg. The series of gymnastic balls LIFEFIT is manufactured in several sizes and colors.

- universal gymnastic ball
- diameter: 55 cm / 65 cm / 75 cm / 85 cm
- the recommended height of athlete 155-195 cm (below just RHA)
- maximum weight of athlete: 200 kg
- material: highly resistant PVC
- anti-slip surface

- ANTI-BURST system (in case of overpressure slow release of air)
- designed for all-round fitness, cardio and rehabilitation exercise
- suitable for commercial and private use

ID	NAME	WEIGHT	LOAD CAPACITY	RHA	PKCK
F-GYM-55-01	Gymnastic Ball LIFEFIT ANTI-BURST 55 cm, Light Green	0,9 kg	200 kg	155-165 cm	1 pc
F-GYM-65-01	Gymnastic Ball LIFEFIT ANTI-BURST 65 cm, Light Green	1 kg	200 kg	165-175 cm	1 pc
F-GYM-75-01	Gymnastic Ball LIFEFIT ANTI-BURST 75 cm, Light Green	1,23 kg	200 kg	175-185 cm	1 pc
F-GYM-85-01	Gymnastic Ball LIFEFIT ANTI-BURST 85 cm, Light Green	1,49 kg	200 kg	185-195 cm	1 pc



TURQUOISE



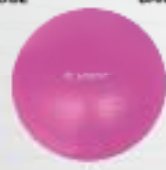
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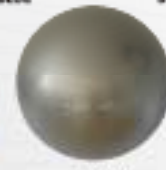
BLACK



LIGHT GREEN



PINK



SILVER



BORDO



Pump LIFEFIT

Pump LIFEFIT for gymnastic balls is suitable for all gymnastics, massage, jumping balls and overballs.

ID	NAME	WEIGHT	PKCK
F-GYM-01	Pump LIFEFIT for Gymnastic Ball	0,07 kg	1 pc



Gymnastic Ball LIFEFIT TRANSPARENT

Gymnastic ball LIFEFIT TRANSPARENT is made of high strength and durable PVC with a load capacity of 200 kg. The series of gymnastic balls LIFEFIT is manufactured in several sizes.

- universal gymnastic ball
- diameter: 65 cm / 75 cm
- the recommended height of athlete 165-185 cm (below just RHA)
- maximum weight of athlete: 200 kg
- material: highly resistant PVC
- anti-slip surface

- ANTI-BURST system (in case of overpressure slow release of air)
- designed for all-round fitness, cardio and rehabilitation exercise
- suitable for commercial and private use

ID	NAME	WEIGHT	LOAD CAPACITY	RHA	PKCK
F-GYM-65-01	Gymnastic Ball LIFEFIT TRANSPARENT 65 cm, Light Green	1 kg	200 kg	165-175 cm	1 pc
F-GYM-75-01	Gymnastic Ball LIFEFIT TRANSPARENT 75 cm, Light Green	1,23 kg	200 kg	175-185 cm	1 pc



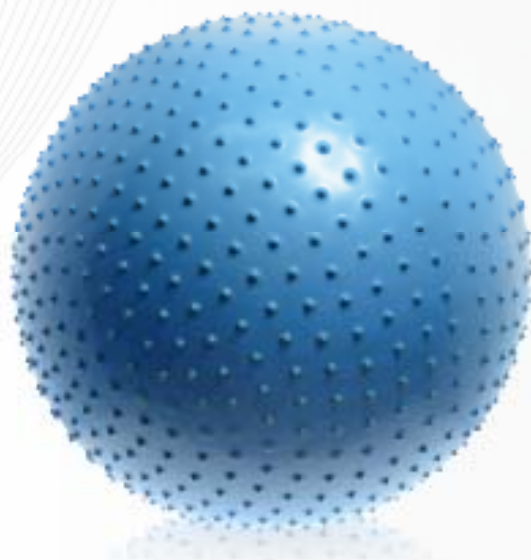
Gymnastic Ball with Expander LIFEFIT GYMBALL EXPAND

Gymnastic ball with expander is a professional gymnastic ball that enhances effectiveness of arm, shoulders and upper back exercises. The Gym Ball EXPANDER is made of strong and durable PVC with a load capacity of 200 kg. The balls are suitable for all-round use in fitness, cardio and rehabilitation exercises. The balls are suitable for commercial and private use.

- expanders significantly increase utilization of the ball for all levels of exercise
- for all levels of fitness exercises
- diameter: 55 cm / 65 cm / 75 cm
- the recommended height of athlete 155-185 cm (below just RHA)
- maximum weight of gymnast: 200 kg

- material: highly resistant PVC
- anti-slip surface
- ANTI-BURST system (in case of overpressure slow release of air)
- designed for all-round fitness, cardio and rehabilitation exercise
- suitable for commercial and private use

ID	NAME	WEIGHT	LOAD CAPACITY	RHA	PACK
F-GYM-EXP-01	Gymnastic Ball LIFEFIT EXPANDER 55 cm, Light Green	1,5 kg	200 kg	155-165 cm	1 pc
F-GYM-EXP-01	Gymnastic Ball LIFEFIT EXPANDER 65 cm, Light Green	1,17 kg	200 kg	165-175 cm	1 pc
F-GYM-EXP-01	Gymnastic Ball LIFEFIT EXPANDER 75 cm, Light Green	1,38 kg	200 kg	175-185 cm	1 pc



Gymnastic Massage Ball LIFEFIT MASSAGE BALL

Gymnastic massage LIFEFIT MASSAGE BALL is a ball of a series of professional gymnastic balls. It is made of very strong and durable PVC with a load capacity of 200 kg. LIFEFIT balls are suitable for universal use in fitness, cardio and rehabilitation exercises. The balls are suitable for commercial and private use.

- diameter: 55 cm / 65 cm / 75 cm
- the recommended height of athlete 155-185 cm (below just RHA)
- maximum weight of gymnast: 200 kg
- material: highly resistant PVC
- anti-slip surface

- ANTI-BURST system (in case of overpressure slow release of air)
- designed for all-round fitness, cardio and rehabilitation exercise
- suitable for commercial and private use

ID	NAME	WEIGHTS	LOAD CAPACITY	RHA	PACK
F-GYM-MSS-01	Massage Ball LIFEFIT 55 cm, Light Blue	1,04 kg	200 kg	155-165 cm	1 pc
F-GYM-MSS-01	Massage Ball LIFEFIT 65 cm, Light Blue	1,24 kg	200 kg	165-175 cm	1 pc
F-GYM-MSS-01	Massage Ball LIFEFIT 75 cm, Light Blue	1,48 kg	200 kg	175-185 cm	1 pc

Kids Jumping Ball LIFEFIT JUMPING BALL

Kids LIFEFIT JUMPING BALL is a ball of a series of professional balls for children's entertainment and exercise. It is provided with one handle and is made of very strong and durable PVC with a load capacity of 100 kg. Jumping movement strengthens muscles of the upper and lower halves of the body beneficially thus affecting children growth.

- diameter: 45 cm / 55 cm
- maximum weight of gymnast: 100 kg
- material: highly resistant PVC
- ANTI-BURST system (in case of overpressure slow release of air)

- beneficial effects on motor coordination and strengthening the muscles of the upper and lower body

ID	NAME	WEIGHT	LOAD CAPACITY	PACK
F-GYM-JAB-01	Kids Jumping Ball 45 cm, Pink	0,6 kg	100 kg	1 pc
F-GYM-JAB-01	Kids Jumping Ball 55 cm, Pink	0,75 kg	100 kg	1 pc
F-GYM-JAB-02	Kids Jumping Ball 45 cm, Orange	0,6 kg	100 kg	1 pc
F-GYM-JAB-02	Kids Jumping Ball 55 cm, Orange	0,75 kg	100 kg	1 pc





Gymnastic Ball LIFEFIT NUTS



Gymnastic ball LIFEFIT NUTS is a ball of a series of professional gymnastic balls. Ball is made of high strength and durable PVC with a load capacity of 200 kg. Anti-slip surface and ANTI-BURST system ensures a high degree of safety. The series of gymnastic balls LIFEFIT is manufactured in several sizes. LIFEFIT balls are suitable for universal use in fitness, cardio and rehabilitation exercises. The balls are suitable for commercial and private use.

- dimensions: 90 x 45 cm
- the recommended height of athlete 155-195 cm (below just RHA)
- maximum weight of gymnast: 200 kg
- material: highly resistant PVC
- anti-slip surface

- ANTI-BURST system (in case of overpressure slow release of air)
- designed for all-round fitness, cardio and rehabilitation exercise
- suitable for commercial and private use



ID	NAME	HIGHTHST	LOAD CAPACITY	RHA	PACK
F-GYM-NUTS-01	Gym Ball NUTS 90x45 cm, Green	1.0 kg	200 kg	155-195 cm	1 pc



LIGHT GREEN



TURQUOISE



LIGHT BLUE



SILVER



BLACK



BORDO



DARK BLUE

Aerobic Ball LIFEFIT OVERBALL

Overball LIFEFIT is suitable for widespread use in strengthening, stretching, balancing exercises, aerobics and gymnastics. The overball can also be used as a supplement enhancing correct sitting position, for example in the office.

- diameter: 20 cm / 25 cm / 30 cm
- capacity: 100 kg
- material: highly resistant PVC
- ANTI-BURST system (in case of overpressure slow release of air)

- designed for all-round fitness, cardio and rehabilitation exercise
- suitable for commercial and private use

ID	NAME	WEIGHT	LOAD CAPACITY	PACK
F-GYM-O20-01	Overball LIFEFIT 20 cm, Light Green	0.16 kg	100 kg	1 pc
F-GYM-O25-01	Overball LIFEFIT 25 cm, Light Green	0.2 kg	100 kg	1 pc
F-GYM-O30-01	Overball LIFEFIT 30 cm, Light Green	0.24 kg	100 kg	1 pc



BALANCE PADS

Balance Pad LIFEFIT BALANCE 39

Balance pad LIFEFIT BALANCE enables you to perform all exercises for balance keeping. Thanks to the possibilities to relax and exercise all muscle groups, along with better coordination through the 3D-effect it can be used as backing for rehabilitation purposes and within the framework of comprehensive training programs. LIFEFIT BALANCE activates the deep stabilizing muscles, allows you to perform rehabilitation exercises to improve mobility and confidence in motion.

- balance boards
- made of highly durable plastic
- diameter: 39 cm
- height: 7.5 cm
- load capacity: 120 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PKCK.
F-BALAN-001-01	Balance Pad LIFEFIT BALANCE 39 cm	1.04 kg	120 kg	1 per



LIGHT GREEN

LIGHT BLUE

TURQUOISE

BORDEO



DARK BLUE

BLACK

SILVER

Balance Pad LIFEFIT BALANCE CUSHION 33

This unique balance massage cushion is a suitable massage supplement during prolonged sitting. The ideal equipment for exercising the stabilizing muscles and straightening up the spine and supporting the upright posture while sitting.

- balance pillow in the shape of the lens
- made of high quality materials
- one side with massage bumps, and the other with spikes
- can be inflated
- diameter: 33 cm
- load capacity: 180 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PKCK.
F-BALAN-001-01	LIFEFIT Balance CUSHION 33 cm, Light Green	1.09 kg	180 kg	1 per

Balance Pad LIFEFIT BALANCE BALL

This versatile balance pad LIFEFIT Balance Ball is the perfect accessory for aerobic and balance exercises which contribute to the development and coordination of movements to activate and strengthen the stabilizing muscles stored in deeper layers which are otherwise very difficult to exercise. The exercise helps relieve stress, muscle tension and imbalance. Balance exercises also help eliminate back and joint pain and strengthen the body.

This balance pad can also be used to exercise in a prone position for stretching individual muscle groups. Use flexible handles to easily exercise your muscles of the upper and lower extremities. The air chamber part of the ball can be turned towards the ground and balance exercises can be performed on the flat part of the pad. The difficulty of the exercise can be adjusted through dropping of the air pressure.

- single chamber air pad
- made from high strength materials (PVC)
- base of the pad made of toughened PP (polypropylene)
- lowering pressure can adjust the difficulty of exercises
- inflation valve
- anti-slip base
- additional handles for maximum variability of exercises
- inflation pump
- capacity: 200 kg
- dimensions: diameter 58 cm, height 25 cm
- made from harmless materials

ID	NAME	HMDTHOST	NOGHOSE	BAL.
F-805-A10-01	Balance pad/ball LIFEFIT BALANCE BALL 58 cm	1.04 kg	200 kg	1 per



BACK SIDE



BLACK



SILVER



DARK BLUE



BORDEO



TURQUOISE



Balance Massage Cushion LIFEFIT CUSHION FOOT

This unique balance massage cushion is a suitable massage supplement during prolonged sitting. It acts favorably against back pain and massage and rehabilitative effects are provable. The ideal tool for exercising the stabilizing muscles and straightening up the spine and supporting the upright posture while sitting. It acts very favourably during rehabilitation process as it is often used to train how to keep balance of the body. LIFEFIT CUSHION FOOT is completely safe and suitable for all ages of users.

- balancing pillow in the shape of two feet LIFEFIT BALANCE CUSHION FOOT
- made of high quality materials
- one side with massage bumps and the other with spikes
- can be inflated
- dimensions: 38 x 33 x 7 cm
- load capacity: 200 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PACK
F-BALAN-A20-01	Balance massage cushion LIFEFIT CUSHION FOOT 38 x 33 x 7 cm	1.04 kg	200 kg	1 pc

Rotating Disc LIFEFIT ROTANA COMPUTER 28

Rotating disc LIFEFIT ROTANA Computer helps to fight against obesity and removes excess fat from the waist. Disc is complemented by a unique LCD display with counter moves. Disc is a device which the whole family can practice, regardless of sex and age, and it can be used anywhere.

- massage knobs for better blood circulation in the feet
- digital counter of exercises with synoptic LCD display
- functions: time, stopwatch, counting of exercises, calories, fats
- diameter: 28 cm
- load capacity 100 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PACK
F-ROT-10-01	Rotating disc LIFEFIT ROTANA COMPUTER 28 cm	0.8 kg	100 kg	1 pc



Rotating Disc LIFEFIT MAGNETIC ROTANA 25

Rotating disc LIFEFIT Magnetic ROTANA helps to fight against obesity and removes excess fat from the waist. Disc is a device which the whole family can practice, regardless of sex and age, and it can be used anywhere.

- massage knobs for better blood circulation in the feet
- special magnetic points for higher efficiency exercises
- diameter: 25 cm
- load capacity 100 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PACK
F-ROT-02-01	Rotating disc LIFEFIT MAGNETIC ROTANA 25 cm	0.5 kg	100 kg	1 pc

Rotating Disc LIFEFIT ROTANA 25

Rotating disc LIFEFIT helps to fight against obesity and removes excess fat from the waist. Disc is a device which the whole family can practice, regardless of sex and age, and it can be used anywhere.

- massage knobs for better blood circulation in the feet
- diameter: 25 cm
- capacity 100 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PACK
F-ROT-01-01	Rotating disc LIFEFIT ROTANA 25 cm	0.5 kg	100 kg	1 pc



DUMBBELLS

Foam Dumbbells
LIFEFIT PLUS

LIFEFIT foam dumbbells are a modern solution for active aerobic exercising. Dumbbells are coated with special soft foam and are provided with simple mounting Velcro tapes. These tapes allow a secure grip of the dumbbell making thus the exercise more effective. LIFEFIT foam dumbbells are suitable for all types of aerobic exercises.

- special layer of soft foam for maximum comfort during exercise
- material resistant to moisture and sweat
- suitable for all types of aerobic exercises
- weight: 2 x 0.5 kg / 2 x 1 kg / 2 x 1.5 kg
- set contains 2 pieces of dumbbells

ID	NAME	WEIGHT	PACK
F-CN-SP01-01	Foam Dumbbells LIFEFIT PLUS 2x0.5 kg	1.1 kg	2 per
F-CN-SP03-01	Foam Dumbbells LIFEFIT PLUS 2x1.0 kg	2.1 kg	2 per
F-CN-SP05-01	Foam Dumbbells LIFEFIT PLUS 2x1.5 kg	3.1 kg	2 per

KG
2x0.5KG
2x1.0KG
2x1.5KG
2x0.5KG
2x1.0Foam Dumbbells
LIFEFIT

LIFEFIT foam dumbbells are a modern solution for active aerobic exercising. Dumbbells are coated with special soft foam and are provided with profiling for better grip which ensures stability of the dumbbell in your hand and prevents its slipping. LIFEFIT foam dumbbells are suitable for all types of aerobic exercises.

- special layer of soft foam for maximum comfort during exercise
- material resistant to moisture and sweat
- made of non-toxic material
- suitable for all types of aerobic exercises
- weight: 2 x 0.5 kg / 2 x 1 kg
- set contains 2 pieces of dumbbells

ID	NAME	WEIGHT	PACK
F-CN-001-01	Foam Dumbbells LIFEFIT 2x0.5 kg	1.1 kg	2 per
F-CN-002-01	Foam Dumbbells LIFEFIT 2x1 kg	2.1 kg	2 per

Vinyl Dumbbells
LIFEFIT

LIFEFIT Vinyl Dumbbells are intended for strengthening exercises of upper extremities and upper torso. Vinyl dumbbells are used in aerobics, P-Class fitness and body styling. Dumbbells are made from a metal core coated with vinyl.

- steel core coated with vinyl
- material resistant to moisture and sweat
- made of non-toxic material
- suitable for all types of aerobic exercises
- weight: 2 x 0.5 kg / 2 x 1 kg / 2 x 2 kg / 2 x 3 kg / 2 x 4 kg
- set contains 2 pieces of dumbbells

ID	NAME	WEIGHT	PACK
F-CN-V01-01	Vinyl Dumbbells LIFEFIT 2x0.5 kg	1.1 kg	2 per
F-CN-V02-01	Vinyl Dumbbells LIFEFIT 2x1 kg	2.1 kg	2 per
F-CN-V04-01	Vinyl Dumbbells LIFEFIT 2x2 kg	4.2 kg	2 per
F-CN-V06-01	Vinyl Dumbbells LIFEFIT 2x3 kg	6.2 kg	2 per
F-CN-V08-01	Vinyl Dumbbells LIFEFIT 2x4 kg	8.2 kg	2 per

KG
2x0.5KG
2x1.0KG
2x2.0KG
2x3.0KG
2x4.0

Neoprene Weight LIFEFIT HAND WEIGHTS

Neoprene LIFEFIT HAND WEIGHTS serve as equipment to streamline and increase training load while exercising, walking or running. Neoprene weights LIFEFIT streamlines strengthening and burning calories. Solid and safe tightening Velcro strap for different diameters of arms. Thumb slots for better fixation of weights. Pleasant neoprene material is resistant to moisture and sweat.

- supplied in pairs
- weight: 2 x 0.5 kg / 2 x 1 kg / 2 x 1.5 kg
- velcro strap
- the hole for the thumb for better fixation
- material: neoprene
- moisture and sweat resistant
- suitable for strengthening the upper extremities

ID	NAME	WEIGHT	PACK
F-ZXF-HB01	Neoprene LIFEFIT HAND WEIGHTS 2x0.5 kg	1.1 kg	2 pcs
F-ZXF-HB02	Neoprene LIFEFIT HAND WEIGHTS 2x1 kg	2.1 kg	2 pcs
F-ZXF-HB03	Neoprene LIFEFIT HAND WEIGHTS 2x1.5 kg	3.1 kg	2 pcs



KG
2x0.5

KG
2x1.0

KG
2x1.5

KG
2x2.0

KG
2x3.0



Neoprene Weight LIFEFIT ANKLE/WRIST WEIGHTS

Neoprene LIFEFIT ANKLE / WRIST WEIGHTS serve as equipment to streamline and increase training load while exercising, walking or running. Neoprene weights LIFEFIT streamlines strengthening and burning calories. Solid and safe tightening Velcro strap for different diameters of arms or legs. Pleasant neoprene material is resistant to moisture and sweat.

- supplied in pairs
- weight: 2 x 0.5 kg / 2 x 1 kg / 2 x 1.5 kg / 2 x 2 kg / 2 x 3 kg
- velcro strap
- material: neoprene
- moisture and sweat resistant

ID	NAME	WEIGHT	PACK
F-ZXF-NA01-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x0.5 kg	1.1 kg	2 pcs
F-ZXF-NA02-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x1 kg	2.1 kg	2 pcs
F-ZXF-NA03-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x1.5 kg	3.1 kg	2 pcs
F-ZXF-NA04-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x2 kg	4.1 kg	2 pcs
F-ZXF-NA05-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x3 kg	6.1 kg	2 pcs

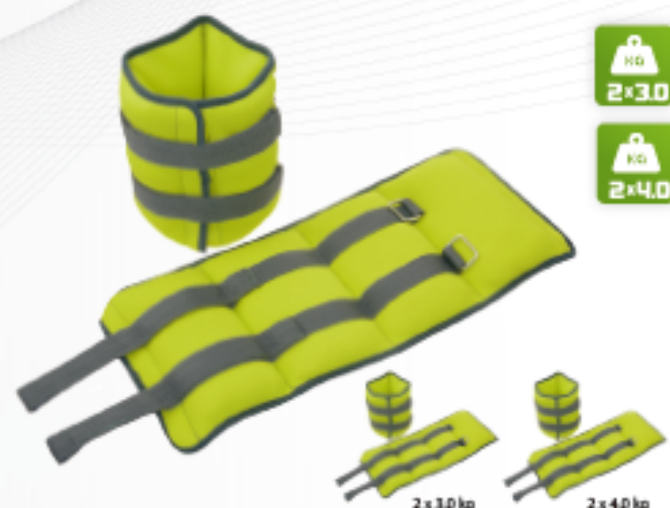


Neoprene Weight LIFEFIT ANKLE/WRIST WEIGHTS

Neoprene LIFEFIT ANKLE / WRIST WEIGHTS serve as equipment to streamline and increase training load while exercising, walking or running. Neoprene weights LIFEFIT streamlines strengthening and burning calories. Solid and safe tightening Velcro strap for different diameters of arms or legs. Pleasant neoprene material is resistant to moisture and sweat.

- supplied in pairs
- weight: 2 x 3 kg / 2 x 4 kg
- two tightening belts with velcro
- material: neoprene
- moisture and sweat resistant

ID	NAME	PACK
F-ZXF-NA05-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x3 kg	2 pcs
F-ZXF-NA06-01	Neoprene LIFEFIT ANKLE/WRIST WEIGHTS 2x4 kg	2 pcs



KG
2x3.0

KG
2x4.0



Jump Rope LIFEFIT DIGITAL ROPE 265

Jump Rope LIFEFIT DIGITAL ROPE 265 is suitable for universal fitness training, improves breathing and activity joints. Foam handles with anti-slip protection provide easy grip, rope made of PVC with a length of 265 cm can be shortened. Digital counter will help you measure your performance. Made from harmless materials.

- foam handles with anti-slip protection
- rope made of PVC
- function: the number of rotation, calories, miles and kilometres
- length 265 cm (can be shortened)
- packed in color box

ID	NAME	WEIGHT	PACK
R-GR-C01-01	Jump Rope LIFEFIT DIGITAL ROPE 265 cm	0.18 kg	1 pc



← 280 →



Jump Rope LIFEFIT COUNTER ROPE 280

Jump Rope LIFEFIT COUNTER ROPE 280 is suitable for universal fitness training, improves breathing and activity joints. Foam handles provide easy grip, rope made of PVC with a length of 280 cm can be shortened. Mechanical counter will help you measure your performance. Made from harmless materials.

- mechanical counter
- foam handles
- rope made of PVC
- length 280 cm (can be shortened)
- packed in color box

ID	NAME	WEIGHT	PACK
F-014-020-01	Jump Rope LIFEFIT COUNTER ROPE 280 cm	0.15 kg	1 pcs

Jump Rope LIFEFIT SOFT ROPE 280

Jump Rope LIFEFIT SOFT ROPE 280 is suitable for universal fitness training, improves breathing and activity joints. Foam grips provide easy grip, rope made of PVC with a length of 280 cm can be shortened. Mechanical counter will help you measure your performance. Made from harmless materials.

- foam handles
- rope made of PVC
- length 280 cm (can be shortened)
- packed in color box

ID	NAME	WEIGHT	PACK
F-014-001-01	Jump Rope LIFEFIT SOFT ROPE 280 cm	0.15 kg	1 pcs

← 280 →



Jump Rope LIFEFIT SPEED ROPE 260

Jump Rope LIFEFIT SPEED ROPE is suitable for universal fitness training, improves breathing and activity joints. Plastic handle provides for easy grip, rope made of PVC with a length of 260 cm can be shortened. Made from harmless materials.

- handles and rope made of PVC
- length 260 cm (can be shortened)
- packed in a tube

ID	NAME	WEIGHT	PACK
F-014-011-01	Jump Rope LIFEFIT SPEED ROPE 260 cm, Light Green	0.11 kg	1 pcs
F-014-011-02	Jump Rope LIFEFIT SPEED ROPE 260 cm, Pink	0.11 kg	1 pcs
F-014-011-03	Jump Rope LIFEFIT SPEED ROPE 260 cm, Light Blue	0.11 kg	1 pcs
F-014-011-04	Jump Rope LIFEFIT SPEED ROPE 260 cm, Orange	0.11 kg	1 pcs

← 260 →



Jump Rope LIFEFIT WOOD ROPE 280

Jump Rope LIFEFIT WOOD ROPE 280 is suitable for universal fitness training, improves breathing and activity joints. Wooden handles are ergonomically shaped, moisture-resistant, rope made of cotton with a length of 280 cm can be shortened. Made from harmless materials.

- wooden handles
- rope made of cotton
- length 280 cm (can be shortened)
- packed in polybag

ID	NAME	WEIGHT	PACK
F-014-021-01	Jump Rope LIFEFIT WOOD ROPE 280 cm	0.09 kg	1 pcs

← 280 →



Rubber Expander

LIFEFIT RUBBER EXPANDER

1-5

LIFEFIT RUBBER EXPANDER is a universal expander designed to strengthen all muscle groups - shoulders, arms, chest, back, and inner and outer thighs. Exercise with the expander is simple and effective. Rubber springs provide a natural resistance during exercise and light handles give the necessary comfort. The expander is made of materials resistant to moisture and sweat with increased resistance to damage. It is compact and can be carried easily. It is suitable for versatile use at home and on vacation.

- rubber expander
- 5 pieces of removable rubber springs
- lightweight ergonomic handles
- extra durable rubber springs
- suitable for universal strengthening of the entire body



ID	NAME	WEIGHT	PACK
F-DIWH-01-01	LIFEFIT Rubber DIWHDEL, Light Green	0.35 kg	1 pcs

36



Rubber Expander

LIFEFIT EXPANDER EIGHT

LIFEFIT EXPANDER EIGHT is meant for strengthening of muscles of arms and legs. Expander string is made of durable and extra-flexible silicone material and is fitted with soft non-slip grips. Thanks low cost and high efficiency of exercise LIFEFIT EXPANDER EIGHT is a popular equipment for home workout.

- special expander rubber in the shape of a eight
- soft foam anti-slip grips
- suitable for all-round home workout

ID	NAME	WEIGHT	PACK
F-GUM-10-01	LIFEFIT Expander BRHT, Light Green	0.11 kg	1 pcs

Rubber Expander

LIFEFIT EXPANDER CIRCLE

36

LIFEFIT EXPANDER CIRCLE is meant for strengthening of muscles of arms and legs. Expander string is made of durable and extra-flexible silicone material and is fitted with soft non-slip grips. Thanks low cost and high efficiency of exercise LIFEFIT EXPANDER CIRCLE is a popular equipment for home workout.

- special expander rubber in the shape of a circle
- soft foam anti-slip grips
- suitable for all-round home workout

ID	NAME	WEIGHT	PACK
F-GUM-11-01	LIFEFIT Expander CIRCLE, Light Green	0.08 kg	1 pcs



Rubber Expander LIFEFIT EXPANDER LONG

LIFEFIT EXPANDER LONG is meant for strengthening of muscles of arms and legs. Expander string is made of durable and extra-flexible silicone material and is fitted with soft non-slip grips. Thanks low cost and high efficiency of exercise it is a popular equipment for home workout.

- special solid expander rubber
- 150 cm + 2 x 15 cm grips (total 1.8 m)
- soft foam anti-slip grips
- suitable for all-round home workout

ID	NAME	WEIGHT	PACK
F-GUMA-01-01	LIFEFIT Expander LONG, Light Green	0.17 kg	1 pc



180

120

SOFT
cm
0,35

SOFT
cm
0,45

MEDIUM
cm
0,55

HARD
cm
0,65



Rubber Tape LIFEFIT FLEXBAND

Rubber Tape LIFEFIT FLEXBAND is a popular equipment for aerobics and fitness exercises used to effectively exercise all muscle groups, especially the gluteus, back and abdominal muscles. Each rubber tape has a different stiffness so as different intensity of the exercise can be set. It allows you to easily and effectively exercise all muscles. Thanks to low initial costs and high efficiency of conducted exercises it is very suitable for all categories of trainees.

- dimensions: 120 cm x 15 cm x 0.35 mm / 0.45 mm / 0.55 mm / 0.65 mm
- colors are varied according stiffness: pink, yellow, green, red
- designed both for amateurs and professionals
- highly effective training

ID	NAME	WEIGHT	PACK
F-GUMA-01-01	Rubber Tape LIFEFIT FLEXBAND 0.35 mm, Pink	0.1 kg	1 pc
F-GUMA-01-02	Rubber Tape LIFEFIT FLEXBAND 0.45 mm, Yellow	0.1 kg	1 pc
F-GUMA-01-03	Rubber Tape LIFEFIT FLEXBAND 0.55 mm, Green	0.1 kg	1 pc
F-GUMA-01-04	Rubber Tape LIFEFIT FLEXBAND 0.65 mm, Red	0.1 kg	1 pc

Rubber Tape LIFEFIT CIRCLE

Rubber Tape LIFEFIT CIRCLE is a popular equipment for aerobics and fitness exercises used to effectively exercise all muscle groups, especially the gluteus and arm muscles. Each rubber tape has a different stiffness. Therefore different intensity of the exercise can be set (green-SOFT, blue-MEDIUM, violet-HARD). It allows you to easily and effectively exercise all muscles. Thanks to low initial costs and high efficiency of conducted exercises it is very suitable for all categories of trainees.

- dimensions: 26 cm
- circuit 52 cm x 2 cm x 0.45 mm / 0.65 mm / 0.95 mm
- designed both for amateurs and professionals
- highly effective training
- colors are varied according stiffness: green, blue, purple

ID	NAME	WEIGHT	PACK
F-GUMA-02-01	Rubber Tape LIFEFIT CIRCLE SOFT 0.45 mm, Light Green	0.01 kg	1 pc
F-GUMA-02-02	Rubber Tape LIFEFIT CIRCLE MEDIUM 0.65 mm, Light Blue	0.01 kg	1 pc
F-GUMA-02-03	Rubber Tape LIFEFIT CIRCLE HARD 0.95 mm, Light Purple	0.01 kg	1 pc



26

SOFT
cm
0,045

MEDIUM
cm
0,065

HARD
cm
0,095



5-20



20-40



Hand Grip LIFEFIT EXTEND HAND GRIP

Extend Hand Grip LIFEFIT is a equipment for effective strengthening of the fingers and wrist. Strengthening works on the basis of a spring resistance, which can be adjusted according to the possibilities and needs of the athlete. Ergonomically designed handles are equipped with soft rubber and provide a comfortable and effective daily workout fingers and wrist.

- spring resistance
 - adjustable: 5 - 20 kg / 20 - 40 kg
 - ergonomic handle with rubber surface
- price for 1 piece

ID	NAME	WEIGHT	PACK
F-GL-N01-01	Hand Grip LIFEFIT EXTEND HAND GRIP 5-20 kg	0.2 kg	1 pcs
F-GL-N02-01	Hand Grip LIFEFIT EXTEND HAND GRIP 20-40 kg	0.2 kg	1 pcs

Hand Grip LIFEFIT GRIP MANUAL COUNTER

HandGrip Manual Counter LIFEFIT is a equipment for effective strengthening of the fingers and wrist. Strengthening works on the basis of the spring resistance. The handles are made of highly durable plastic. Variable resistor and ergonomic handles allow for daily workouts with the fingers and wrist. Mechanical meter tracks the number of exercises.

- function: the number of exercises
- spring resistance
- ergonomic handles
- increased resistance to moisture and sweat
- price for 2 pieces

ID	NAME	WEIGHT	PACK
F-GL-C00-01	Hand Grip with manual counter LIFEFIT MANUAL COUNTER, pair	0.3 kg	2 pcs



Hand Grip LIFEFIT SOFT HAND GRIP

SOFT Hand Grip LIFEFIT is a equipment for effective strengthening of the fingers and wrist. Strengthening works on the basis of a spring resistance, which can be adjusted according to the possibilities and needs of the athlete. Variable resistor and foam handles provides daily workouts with the fingers and wrist.

- spring resistance
 - soft handle with the increased resistance to moisture and sweat
- price for 2 pieces

ID	NAME	WEIGHT	PACK
F-GL-S01-01	Hand Grip LIFEFIT SOFT HAND GRIP, pair	0.3 kg	2 pcs





Hand Grip LIFEFIT SPEED HAND GRIP

Speed Hand Grip LIFEFIT is a equipment for effective strengthening of the fingers and wrist. Strengthening works on the basis of the spring resistance. Variable resistor and ergonomic handles allow for daily workouts with the fingers and wrist.

- spring resistance
- ergonomic handles with anti-slip
- price for 2 pieces

ID	NAME	WEIGHT	PACK
F-SL-P01-01	Hand Grip LIFEFIT SPEED HAND GRIP, pair	0.3 kg	2 pcs

Hand Grip LIFEFIT CIRCLE

A simple and effective power of the fingers. Hand Grip Circle can also serve as a relaxation and anti-stress tool. Circle is totally portable and fits into any pocket. You can use it at every available moment, anywhere.

ID	NAME	HARDNESS	WEIGHT	PACK
F-SL-C01-01	Hand Grip CIRCLE 90, Yellow	10kg	0.30 kg	1 pcs
F-SL-C01-02	Hand Grip CIRCLE 90, Green	15kg	0.25 kg	1 pcs
F-SL-C01-03	Hand Grip CIRCLE 90, Blue	20kg	0.30 kg	1 pcs
F-SL-C01-04	Hand Grip CIRCLE 90, Black	25kg	0.35 kg	1 pcs



BLACK



YELLOW



GREEN



BLUE

Small Massage Ball LIFEFIT

Massage ball LIFEFIT is suitable for reinforcement of wrist and has a calming effect. Extended use of the ball relaxes and gets rid of unnecessary stress.

- massage knobs for relaxing internal muscles.
- soothing properties
- strengthening muscles which you do not use normally
- diameter: 6 cm / 7 cm / 9 cm / 10 cm

ID	NAME	WEIGHT	PACK
F-MAS-06-01	Massage ball LIFEFIT 6 cm	0.1 kg	1 pcs
F-MAS-07-01	Massage ball LIFEFIT 7 cm	0.1 kg	1 pcs
F-MAS-09-01	Massage ball LIFEFIT 9 cm	0.1 kg	1 pcs
F-MAS-10-01	Massage ball LIFEFIT 10 cm	0.1 kg	1 pcs



Abdominal Trainer LIFEFIT AB EFFECT

Abdominal Trainer LIFEFIT AB EFFECT is a modern and efficient machine to exercise. Its sophisticated design supports neck and back, and therefore exercise is healthier. Trainer focuses on all abdominal muscles (lower, upper, middle and side). Five moving rollers of the backrest and 3 levels of resistance allow perfect strengthen of tummy, waist and back muscles. Moving rollers and have a relaxing massage effect. Abdominal trainer is very durable and easy to transport. Rotary cylinders can be removed and machine can be placed virtually anywhere.

- a modern and efficient trainer with 3 levels of difficulty
- moving rollers have a massage effect

- load capacity: 100 kg
- dimensions: length 55 cm / width 58 cm / height 70 cm



ID	NAME	WEIGHT	LOAD CAPACITY	PKCK
F-POS-01-01	Abdominal Trainer LIFEFIT AB EFFECT	4.6 kg	100 kg	1 pcs



Exercise wheel LIFEFIT EXERCISE WHEEL DUO

Exercise Wheel DUO LIFEFIT offers a very effective strengthening of the arms, abdomen, chest and back muscles. Exercise wheel is a double, which ensures greater stability for gymnasts and thus greater safety. Handles of exercise wheel are anti-slip grip for better comfort.

- strengthens and shapes the waist
- strengthens the arms, shoulders and back
- material: plastic, rubber, foam grips
- load capacity: 100 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PKCK
F-POS-02-01	Exercise LIFEFIT WHEEL DUO	0.6 kg	100 kg	1 pcs

Exercise wheel LIFEFIT EXERCISE WHEEL SINGLE

Exercise Wheel SINGLE LIFEFIT offers a very effective strengthening of the arms, abdomen, chest and back muscles. Handles of exercise wheel are anti-slip grip for better comfort.

- strengthens and shapes the waist
- strengthens the arms, shoulders and back
- material: plastic, rubber, foam grips
- capacity: 100 kg

ID	NAME	WEIGHT	LOAD CAPACITY	PKCK
F-POS-02-00	Exercise LIFEFIT WHEEL SINGLE	0.6 kg	100 kg	1 pcs



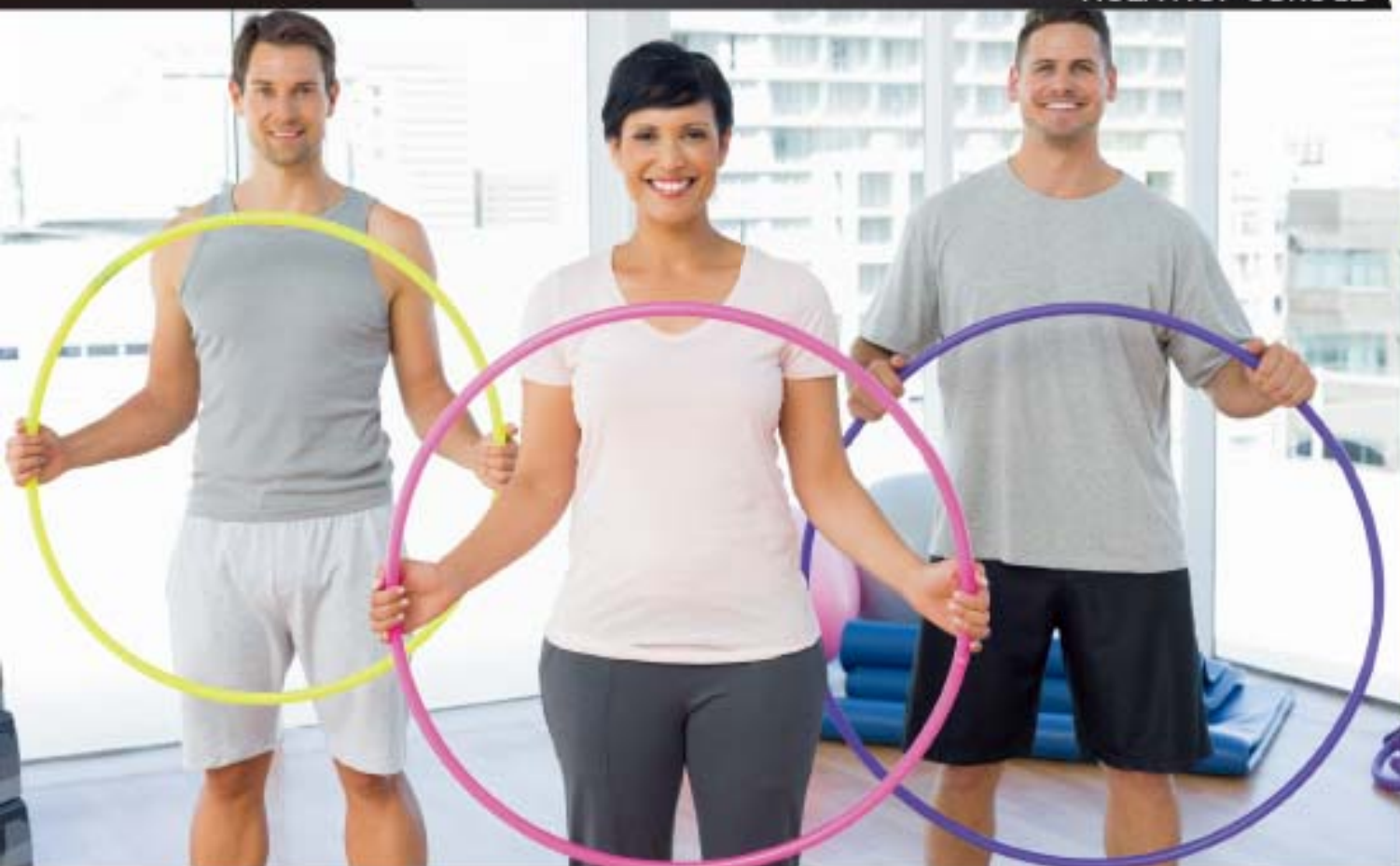
Boosters LIFEFIT BODY TRIMMER

LIFEFIT Body Trimmer is suitable for strengthening the external and inner thighs, pectoral muscles, biceps, triceps and other muscles of the upper body. Body Trimmer operates on a simple but effective principle of the spring resistance. Shoulders of the boosters are coated with a thick layer of soft foam, very pleasant to the touch. By strengthening you can achieve stabilization of external and inner thighs. Thanks to the versatility and small dimensions is it the ideal body trimmer for home exercise.

- small size and low weight, versatility of use
- coated with a thick layer of soft foam, resistant to moisture and sweat
- made from harmless materials
- safe strengthening without the need for professional supervision

ID	NAME	WEIGHT	PKCK
F-POS-03-01	LIFEFIT Body Trimmer	0.63 kg	1 pcs





HULA HOOPS

Light gymnastic hoop is a versatile exercise equipment for strengthening the entire body.

- diameter 40 cm / 50 cm / 65 cm / 75 cm
- lightweight plastic material
- mixed colors - not possible to choose

ID	NAME	PKC.
F-HULA-840	Hula Hoops 40 cm	1 pc.
F-HULA-850	Hula Hoops 50 cm	1 pc.
F-HULA-865	Hula Hoops 65 cm	1 pc.
F-HULA-875	Hula Hoops 75 cm	1 pc.



40 cm

50 cm

65 cm

75 cm

Trampoline MINI

A small trampoline without safety nets.

- quality and stable frame
- support leg equipped with protective elements to avoid damaging the floor
- massive perimeter cushion for increased safety and comfort
- target area with a high reflection, material developed in the USA
- easy assembly without tools
- suitable for both indoor and outdoor use
- dimensions: 96 x 22,5 cm / 101 x 22,5 cm / 121 x 22,5 cm
- load capacity 100 kg

ID	NAME	LEGS	SPRINGS	LOAD CAPACITY
TRAMPOLNA-38	Trampoline MB8 96 x 22,5 cm	6	32	100 kg
TRAMPOLNA-40	Trampoline MB8 101 x 22,5 cm	6	34	100 kg
TRAMPOLNA-48	Trampoline MB8 121 x 22,5 cm	8	38	100 kg



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