



MAX FIT SA
PREMIUM GYM EQUIPMENT



PRODUCT CATALOGUE

SELECTORIZED

SINGLE STATION	01 - 07
DUALS	08 - 13

PLATE LOADED 14**FREE WEIGHTS & STORAGE 35****CABLE SERIES 60****MULTI STATION 65****MAXFIT 69****OKPRO 77****UFC 90****WATTBIKES 92****BARBELLS 96****WEIGHTS 102****COLLARS 108****ATTACHMENTS 111****SLEDS 121****FLOORING 123****BODYWEIGHT 128**

SELECTORIZED

SINGLE STATION





R32 200.00

MX Prone Leg Curl PRO

BH13

FEATURES

- Focuses on isolating and strengthening the hamstrings
- Features a well-padded seat and adjustable backrest
- Patented ergonomic TPU handle design with nickel plated end caps
- 3mm thick main frame tube

PRODUCT DIMENSION	1260×1860×1630mm
WEIGHT STACK	100kg
PRODUCT WEIGHT	264kg
CARTON DIMENSION	1620×1120×570mm



R32 200.00

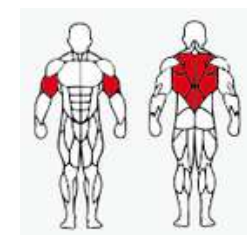
MX Row PRO

BH07

FEATURES

- Grip's pivot and rotate to self-adjust and help maintain focus on back muscles
- Adjustable seat and chest pad provide proper positioning during the exercise
- Unilateral and bilateral motions for correcting muscle imbalances

PRODUCT DIMENSION	1240×1230×1480mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	237kg
CARTON DIMENSION	1520×1020×910mm





MX Shoulder Press PRO

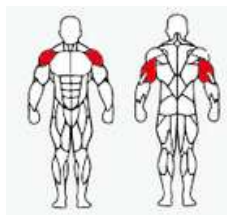
R32 200.00

BH03

FEATURES

- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral path of motion
- Seat provides range of motion adjustment

PRODUCT DIMENSION	1700×1440×1480mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	257kg
CARTON DIMENSION	1620×1320×720mm



MX Chest Press PRO

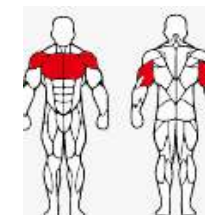
R32 200.00

BH01

FEATURES

- Press arms follow a natural arc to mirror free weight movements
- Seat height is adjustable to ensure proper alignment for all users
- Multiple grip positions target different parts of the chest

PRODUCT DIMENSION	1045×1500×1480mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	269kg
CARTON DIMENSION	1718×1018×1138mm





MX Low Row PRO

R32 200.00

BH09

FEATURES

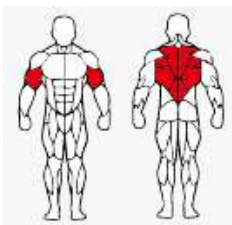
- Angled row arm design for optimal biomechanical alignment
- Ergonomic tri-grip handles for muscle-targeted rowing variations
- Non-slip rubber footplates for secure user positioning

PRODUCT DIMENSION	1840×790×1840mm
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WEIGHT STACK	96+4.6kg
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PRODUCT WEIGHT	223kg
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CARTON DIMENSION	1918×868×488mm
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MX Lat Pulldown PRO

R32 200.00

BH08

FEATURES

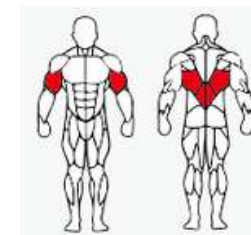
- High-quality pulley system and precision weight stack
- Easily accessible and adjustable
- Features an angled backrest and padded thigh support for optimal comfort and stability during intense lat workouts

PRODUCT DIMENSION	1770×1360×2280mm
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WEIGHT STACK	96+4.6kg
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PRODUCT WEIGHT	254kg
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CARTON DIMENSION	1920×870×490mm
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MX Back Extension PRO

R32 200.00

BH18

FEATURES

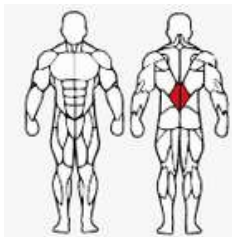
- Ergonomic padding & support to reduce stress on pressure points,
- Natural pivot point for proper hip hinging and spinal alignment
- Customize the start angle and thigh pad height to accommodate users of various sizes and flexibility levels

PRODUCT DIMENSION	1340×1070×1480mm
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WEIGHT STACK	96+4.6kg
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PRODUCT WEIGHT	236.5kg
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CARTON DIMENSION	1518×1018×608mm
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MX Iso Lat Pulldown Pro

R32 200.00

BH08B

FEATURES

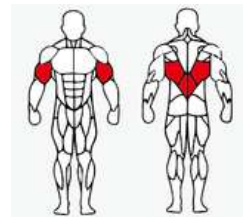
- Adjustable thigh pads and ergonomic seat provide secure positioning
- Precision weight stack for smooth, reliable performance
- Dual-handle design enables unilateral training for balanced muscle development and improved range of motion

PRODUCT DIMENSION	1510×1230×1960mm
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WEIGHT STACK	96+4.6kg
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PRODUCT WEIGHT	275kg
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CARTON DIMENSION	1870×970×560mm
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MX Leg Press PRO

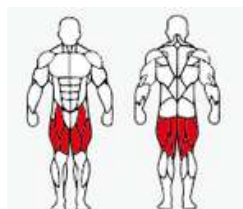
R32 200.00

BH14

FEATURES

- Linear bearings are durable and provide for a smooth pressing motion
- 3mm thick main frame tube
- Large foot platform for foot placement variety and angled lower edge for calf exercises

PRODUCT DIMENSION	2020×1100×1630mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	295.5kg
CARTON DIMENSION	2220×1320×620mm



MX Abdominal PRO

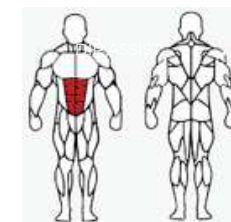
R32 200.00

BH12

FEATURES

- Specifically designed to isolate and engage the abdominal muscles
- Commercial-grade build with a high-performance weight stack
- Features a contoured back pad and comfortable rollers to support natural movement and reduce strain during crunch repetitions

PRODUCT DIMENSION	1340×1650×1580mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	279kg
CARTON DIMENSION	1520×1120×740mm





MX Lateral Raise

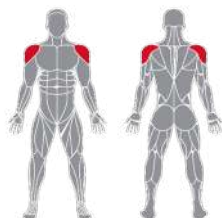
R32 200.00

BH04

FEATURES

- Swiveling handles and counterbalanced arms to assist users of all levels
- Unilateral and bilateral motions for correcting muscle imbalances
- Padded seat and adjustable arm supports

PRODUCT DIMENSION	1220×1220×1480mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	245kg
CARTON DIMENSION	1620×1020×610mm



SELECTORIZED

DUALS





MX Abductor/Adductor PRO

R33 350.00

BH34

FEATURES

- Dual exercise hip machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Patented ergonomic TPU handle design with nickel plated end caps

PRODUCT DIMENSION	1690×1600×1480mm
WEIGHT STACK	117+4.6kg
PRODUCT WEIGHT	259kg
CARTON DIMENSION	1718*1118+718mm



MX Pec Fly / Rear Delt PRO

R32 200.00

BH02

FEATURES

- Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids
- Multiple hand grips and range of motion adjustment aid positioning for these exercises
- Seat adjusts to accommodate users of all sizes

PRODUCT DIMENSION	1490×800×2190mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	269.5kg
CARTON DIMENSION	2120×1120×690mm





R33 350.00

MX Incline Chest Press / Shoulder Press PRO

BH30

FEATURES

- Seat and back pad adjust for proper pressing angles
- User can adjust for chest press angles and a shoulder press
- Multiple sets of grips for chest and shoulder pressing
- Bilateral pressing arm motion

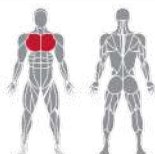
PRODUCT DIMENSION | 1940×1390×1480mm

WEIGHT STACK | 96+4.6kg

PRODUCT WEIGHT | 277kg

CARTON DIMENSION | 2020×1020×610mm

CHEST PRESS



SHOULDER PRESS



R33 350.00

MX Leg Curl/ Leg Extension PRO

BH33

FEATURES

- Challenges opposing muscle groups, Quadriceps and Hamstrings
- Exercises can be switched and adjusted without leaving seated position
- Machines axis of rotation is optimized for proper feel for both exercise

PRODUCT DIMENSION | 1390×1190×1480mm

WEIGHT STACK | 96+4.6kg

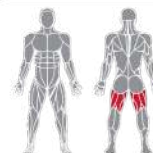
PRODUCT WEIGHT | 283kg

CARTON DIMENSION | 1518×968×738mm

LEG EXTENSION



LEG CURL





R33 350.00

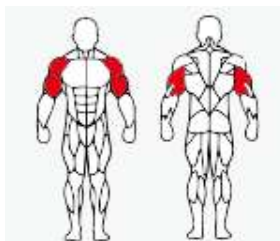
MX Bicep/Tricep PRO

BH31

FEATURES

- Seamlessly switch between bicep curls and tricep extensions
- Built with heavy-duty steel, precision weight stacks, and smooth pulley systems
- Features an angled arm pad, adjustable seat, and rotating grips for optimal alignment and reduced joint stress during both push and pull movements

PRODUCT DIMENSION	1340×1150×1480mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	227kg
CARTON DIMENSION	1570×970×670mm



R33 350.00

Lat Pulldown / Mid Row PRO

BH32

FEATURES

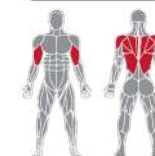
- Dual machine combines the two most popular back exercises
- Traditional Lat Pulldown with adjustable bar height and storage hooks
- Foot bars aid Low Row stabilization and storage hooks secure handle when not in use

PRODUCT DIMENSION	2140×1350×2420mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	260kg
CARTON DIMENSION	2120×870×690mm

LAT PULLDOWN



SEATED ROW





R33 350.00

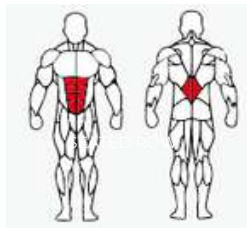
Ab Crunch/Lower Back

BH35

FEATURES

- Targets both abdominal and lower back muscles with a single machine
- Features ergonomically padded rollers and adjustable range of motion
- Built with a commercial-grade steel frame and precision weight stack system for smooth operation and long-term durability

PRODUCT DIMENSION	1290×1160×1480mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	268kg
CARTON DIMENSION	1520×970×640mm



R32 200.00

MX Pull Up / Dip Assist PRO

BH10

FEATURES

- User platform positions user in kneeling position for greater sense of security
- Dip handles rotate to fit different shoulder widths
- Machine uses a weight stack to reduce the users own body weight for pull up and dip exercises

PRODUCT DIMENSION	1560×1530×2210mm
WEIGHT STACK	96+4.6kg
PRODUCT WEIGHT	308kg
CARTON DIMENSION	2220×1220×1050mm





R28 750.00

MX Prone Leg Curl/Leg Ext

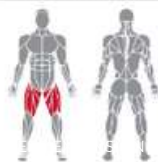
TY28

FEATURES

- Focuses on isolating and strengthening the hamstrings
- Features a well-padded seat and adjustable backrest
- Patented ergonomic TPU handle design with nickel plated end caps
- 3mm thick main frame tube

PRODUCT DIMENSION	1260×1860×1630mm
WEIGHT STACK	100kg
PRODUCT WEIGHT	264kg
CARTON DIMENSION	1620×1120×570mm

LEG EXTENSION



LEG CURL



PLATE LOADED





R19 500.00

MX Flat Chest Press

TA05

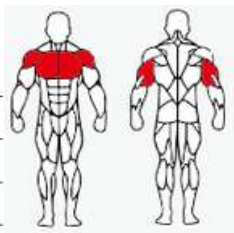
FEATURES

- Heavy duty construction
- Easy lift and lock seat adjustment
- Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core

PRODUCT DIMENSION MAX | 1185×1660×1720mm

PRODUCT WEIGHT | 120kg

CARTON DIMENSION | 1620×1320×590mm



R8 625.00

MX Seated Calf Raise

TB62

FEATURES

- Thick, square tubing has been electro-welded to maximum integrity.
- Plate loaded nature ensures low maintenance.
- Electrostatic powder-coated and heat cured for superior durability.
- Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core.

PRODUCT DIMENSION MAX | 1460×630×1000mm

PRODUCT WEIGHT | 53kg

CARTON DIMENSION | 1370×770×360mm





MX Shoulder Press

R19 500.00

TA35

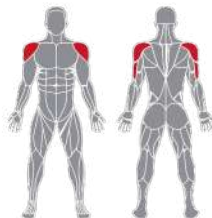
FEATURES

- Unilateral and bilateral converging path of motion
- Seat provides range of motion adjustment
- Heavy duty construction

PRODUCT DIMENSION MAX | 1270×1525×1520mm

PRODUCT WEIGHT | 120kg

CARTON DIMENSION | 1520×1120×550mm



MX Incline Chest Press

R19 500.00

TA15

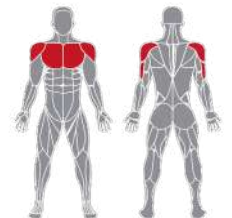
FEATURES

- Electrostatic powder-coated and heat cured for superior durability
- Easy lift and lock seat adjustment
- Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core

PRODUCT DIMENSION MAX | 1035×1900×1680mm

PRODUCT WEIGHT CARTON | 140kg

DIMENSION | 1620×1120×570mm





MX Wide Chest Press

R19 500.00

TA10

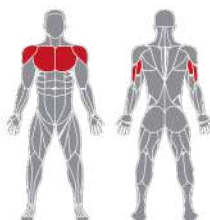
FEATURES

- Wider separation of the handles accommodates larger exercises
- • Electrostatic powder-coated and heat cured for superior durability
- Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core

PRODUCT DIMENSION MAX | 1270×1740×1775mm

PRODUCT WEIGHT | 120kg

CARTON DIMENSION | 1620×1320×590mm



MX Lat Pulldown

R19 500.00

TA20

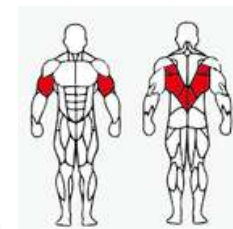
FEATURES

- Ergonomically designed to move in the body's natural motion
- Premium rubber and aluminium-capped handles
- Independent movement of each machine arm
- Easy lift and lock seat adjustment

PRODUCT DIMENSION | 1750×1130×1960mm

PRODUCT WEIGHT | 95kg

CARTON DIMENSION | 1720×1120×570mm





R19 500.00

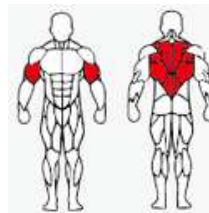
MX Low Row

TA25

FEATURES

- Converging or diverging range of motion.
- Premium rubber and aluminium-capped handles.
- Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core.

PRODUCT DIMENSION	1310×1290×1635mm
PRODUCT WEIGHT	120kg
CARTON DIMENSION	1620×1320×590mm



R25 875.00

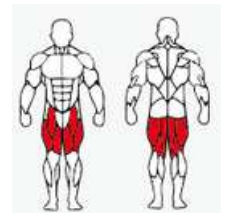
MX Leg Press

TN91

FEATURES

- Maximise weight used whilst applying a natural lifting motion.
- Extra large foot plate to maintain correct ankle alignment
- Back pad adjusts for varying positions and users of all sizes
- Comfortable 60mm thick seats and padding with industrial vinyl, thick plywood backing and 38mm foam core.

PRODUCT DIMENSION	2400×1610×1480mm
PRODUCT WEIGHT	260kg
CARTON DIMENSION	2270×1120×850mm





R19 500.00

MX Incline Level Row

TA30

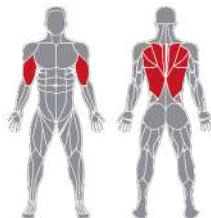
FEATURES

- Electrostatic powder-coated and heat cured for superior durability
- Premium rubber and aluminium-capped handles
- Ergonomically designed to move in the body's natural motion.
- Storage pegs and plate loading nature make it quick and easy to adjust weights between sets.

PRODUCT DIMENSION | 1430×1400×1300mm

PRODUCT WEIGHT | 137kg

CARTON DIMENSION | 1620×1320×700mm



R25 875.00

MX Belt Squat

TT666

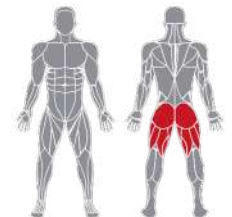
FEATURES

- The machine features side handles for balance and control
- Adjustable belt and platform height
- Spacious foot platform features a textured, non-slip surface
- Designed to deliver exceptional lower body strength training while reducing stress on the spine.

PRODUCT DIMENSION | 1600×1640×1580mm

PRODUCT WEIGHT | 185kg

CARTON DIMENSION | 1740×1620×420mm





MX Standing Calf Raise

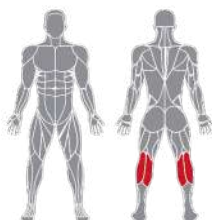
R13 800.00

TS3245

FEATURES

- Angled press allows effective training of calves without loading the spine
- Seat and back pad positioning stabilizes user through hips while performing calf raises
- Solid hand grips provide support during the exercise
- Heavy duty construction

PRODUCT DIMENSION	1220×1210×1520mm
PRODUCT WEIGHT	74kg
CARTON DIMENSION	1420×1220×420mm



MX Rear Kick

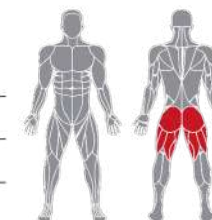
R19 500.00

TA40

FEATURES

- Standing during Glute training is ideal compared to kneeling on floor
- Curvilinear motion places emphasis on Glutes and Hamstrings
- Chest pad and handlebar provide support and stability during exercise
- Edge at bottom of foot plate keeps feet secure from slipping

PRODUCT DIMENSION	1490×1130×1600mm
PRODUCT WEIGHT	125kg
CARTON DIMENSION	1620×1320×570mm





MX Leg Extension

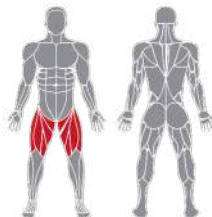
R19 500.00

TA70

FEATURES

- Unilateral and bilateral motions for correcting muscle imbalances
- Angled user positioning helps with stabilization during exercise
- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments

PRODUCT DIMENSION	1250×1345×1185mm
PRODUCT WEIGHT	120kg
CARTON DIMENSION	1420×1220×570mm



MX Hack Squat

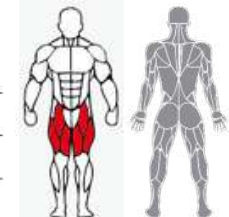
R19 500.00

TB57

FEATURES

- Ability to adjust the backrest and footplate angle
- Ergonomically Designed to Move in The Body's Natural Motion
- Padded backrest and shoulder pads, providing maximum support
- Premium Rubber and Aluminium-Capped Handles

PRODUCT DIMENSION	2240×1640×1270mm
PRODUCT WEIGHT	203kg
CARTON DIMENSION	2270×1410×530mm





R19 500.00

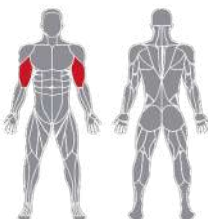
MX Bicep Preacher Curl

TA65

FEATURES

- Angled arm pad helps to reduce shoulder involvement and maintain focus on Biceps
- Counterbalanced curling arm reduces starting resistance
- Seat adjustment is used to align elbows with machines axis of rotation
- Pivoting grip bar adjusts for varying forearm lengths and maintains alignment with axis of rotation

PRODUCT DIMENSION	1420×1120×570mm
PRODUCT WEIGHT	150kg
CARTON DIMENSION	1060×1630×950mm



R14 950.00

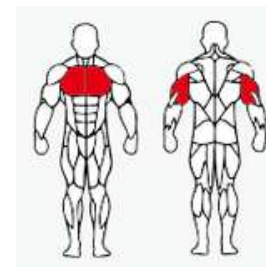
MX Seal Row

BL21

FEATURES

- Reinforced steel frame, non-slip foot platform, and durable padding for stability
- Includes multiple bar catch positions and integrated bar storage
- Designed to target the lats, rhomboids, and rear delts with strict form, minimizing lower back strain thanks to the angled chest support

PRODUCT DIMENSION	1533×2000×940mm
PRODUCT WEIGHT	70kg
CARTON DIMENSION	1420×1020×670mm





MX Standing Abductor

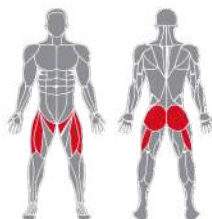
R28 750.00

DZ110

FEATURES

- Unique Hip Abduction machine: user performs exercise standing
- Upright alignment is more effective for hip muscle activation
- Plate loading horn is adjustable in 3-positions
- Adjusting horn position changes the resistance felt by user
- Extra long hand grips for users of all heights

PRODUCT DIMENSION	1558×970×1443mm
PRODUCT WEIGHT	122kg
CARTON DIMENSION	1720×1120×470mm



Standing Hamstring Curl

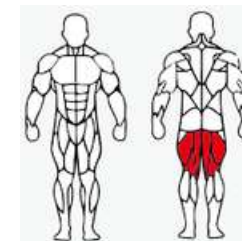
R19 500.00

TA75

FEATURES

- Premium Rubber and Aluminium-Capped Handles
- Maximise weight used whilst applying a natural lifting motion
- Easy lift and lock seat adjustment
- Engineered to mimic the natural movement of the hamstrings, reducing strain on the joints and ensuring a smooth, controlled motion

PRODUCT DIMENSION	1370×1140×1330mm
PRODUCT WEIGHT CARTON	120kg
DIMENSION	1420×1120×570mm





R19 500.00

MX Hack Squat/Leg Press

TB59

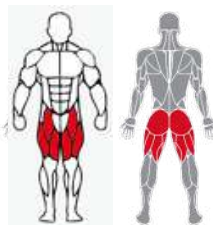
FEATURES

- Highly visible yellow adjustment levers
- Robust steel construction gives peace of mind in high use gyms
- Seamlessly switch between hack squats and leg presses with minimal adjustment

PRODUCT DIMENSION	2370×1640×1450mm
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PRODUCT WEIGHT	254kg
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CARTON DIMENSION	1840×1520×690mm
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R17 250.00

MX Incline Pec Fly

TA79

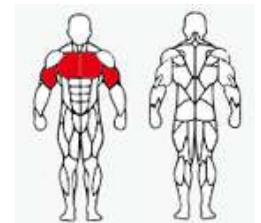
FEATURES

- Designed to target your upper chest, shoulders, and triceps
- Superior Biomechanics for Maximum Muscle Engagement
- Equipped with an adjustable seat and backrest
- The incline positioning of the backrest allows users to isolate the upper pectoral muscles and shoulders effectively, reducing strain on other areas while improving overall muscle symmetry

PRODUCT DIMENSION	1740×1650×1190mm
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PRODUCT WEIGHT CARTON	105kg
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DIMENSION	1580×740×470mm
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MX T-Bar Row

R14 950.00

TB46

FEATURES

- Targets the lats, traps, and rhomboids for a stronger, more defined back
- A non-slip, angled footplate provides a solid and secure base, ensuring proper posture and form
- Features multi-grip handles, allowing users to switch between wide and narrow grip positions.

PRODUCT DIMENSION	1880×850×560mm
PRODUCT WEIGHT	110kg
CARTON DIMENSION	1920×920×520mm



MX Chest Supported Row

R9 999.25

TB61

FEATURES

- Angled design with chest pad provides firm support to isolate the back muscles
- Dual position foot bars help users of all sizes with ideal positioning
- Bio-mechanically accurate movement path focuses exercise on the back and biceps.

PRODUCT DIMENSION	1800×1000×1160mm
PRODUCT WEIGHT	60kg
CARTON DIMENSION	1560×1020×490mm



MX Glute Isolator

R23 000.00

DZ97

FEATURES

- Versatile footplate and a 45-degree kick angle
- Adjustable hip pad ensures proper alignment
- High-density foam padding provides comfort and support, minimizing strain on the body

PRODUCT DIMENSION	2210×1190×1680mm
PRODUCT WEIGHT	135kg
CARTON DIMENSION	1920×970×470mm



MX Pendulum Squat

R23 345.00

DZ80C

FEATURES

- Design helps target the quadriceps, glutes, and hamstrings with precision
- Ergonomic Padding and Back Support
- The wide, textured foot platform is angled to promote proper squat mechanics

PRODUCT DIMENSION	2190×1340×1620mm
PRODUCT WEIGHT	135kg
CARTON DIMENSION	2500×1020×490mm



R25 300.00

MX Super Squat

TB65

FEATURES

- The dual pegs make it easy to load and unload weights
- The angled back pad and contoured shoulder pads ensure comfort and safety
- The large, non-slip foot platform is set at an angle to encourage a deeper range of motion, maximizing activation of the quadriceps, hamstrings, glutes, and calves

PRODUCT DIMENSION	1990×1640×1450mm
PRODUCT WEIGHT	196kg
CARTON DIMENSION	2120×1120×570mm



R11 500.00

Lat Pulldown / Low Row - Home Use

BH99

FEATURES

- Targets lats, traps, biceps, rear delts, and more
- Easily adjust the weight to match your strength level
- Heavy-duty steel construction ensures long-term reliability

PRODUCT DIMENSION	1420x965x2030mm
PRODUCT WEIGHT (N.W/G.W)	39.6/41.6kg
MAIN TUBE	50x50x2mm
CARTON DIMENSION	2000x410x145mm



R19 550.00

MX Standing Hip Thruster

DZ111

FEATURES

- Dual Oversized Foot Platforms: with a textured, anti-slip surface
- Increased Glute Activation, Improved Posture & Pelvic Stability, Reduced Lower Back Stress
- Adjustable Thigh Pads: to suit lifters of all heights, ensuring proper pelvic alignment and range of motion.

PRODUCT DIMENSION	1170×1240×1525mm
PRODUCT WEIGHT	89kg
CARTON DIMENSION	1620×820×420mm



R20 999.00

MX Hip Thrust PRO

TM118

FEATURES

- Effective for developing the glutes, hamstrings, and hip muscles
- The oversized, angled non-slip footplate provides secure footing
- high-density padded backrest and ergonomic roller pad that sits comfortably across the hips

PRODUCT DIMENSION	1745×1485×800mm
PRODUCT WEIGHT	105kg
CARTON DIMENSION	1370×920×550mm



R25 875.00

MX Arc Leg Press

TA50

FEATURES

- Adjustable padding designed to support the spine
- multiple foot positions for targeting different lower body muscle groups
- Promotes a more natural range of motion compared to linear presses, reducing stress on joints

PRODUCT DIMENSION	2045×1455×1320mm
PRODUCT WEIGHT	245kg
CARTON DIMENSION	2140×1120×730mm



R20 000.00

MX ISO Lateral Leg Press

TM03

FEATURES

- Independent leg pressing motion provides a natural, unilateral movement path
- The angled back pad ensures optimal hip and spine alignment
- Large anti-slip footplates for each leg, accommodating various foot positions and training styles

PRODUCT DIMENSION	1770×1690×1500mm
PRODUCT WEIGHT	145kg
CARTON DIMENSION	1670×1120×770mm



R19 500.00

MX Abdominal

TM72

FEATURES

- Full-range muscle engagement & Reduced tension on the lower back
- High-density foam seat and back pads offer comfort and support
- The movement arm follows a natural arc that mirrors the body's actual abdominal contraction pattern

PRODUCT DIMENSION	1100×2020×1600mm
PRODUCT WEIGHT	188kg
CARTON DIMENSION	1370×1120×620mm



R23 000.00

MX Hyper Extension

/

FEATURES

- This advanced unit features an adjustable footplate and pivot mechanism
- Focused activation of Lower back, Glutes, Hamstrings & Core stabilisers
- The machine features premium, high-density foam rollers and support pads

PRODUCT DIMENSION	/
PRODUCT WEIGHT	/
CARTON DIMENSION	/



R27 500.00

MX Multi FLY

TN115

FEATURES

- Independent Arm Movement – Promotes balanced strength development
- Wide Foot Platform – Provides stability and safety during heavy lifts
- Handle Positions – Multiple grips for targeting different muscle groups comfortably and safely

PRODUCT DIMENSION	1760×930×1680mm
PRODUCT WEIGHT	113kg
CARTON DIMENSION	1820×1120×570mm



R19 500.00

MX Lat Raise

TM58

FEATURES

- Padded seat with an adjustable height feature
- Built with angled lever arms that follow the natural shoulder movement
- Isolates the lateral deltoids with perfect form, adjustable resistance, and optimal joint alignment

PRODUCT DIMENSION	950×1370×1330mm
PRODUCT WEIGHT	92kg
CARTON DIMENSION	1370×920×550mm



R19 500.00

MX ISO Lateral Chest Press

TN28

FEATURES

- The independent pressing arms allow both unilateral and bilateral training
- flat bench ergonomically aligned with pressing arms to ensure perfect pressing angles
- The ergonomic arm path is designed to follow the body's natural motion (from the lower chest upward)

PRODUCT DIMENSION	1790×1790×1100mm
PRODUCT WEIGHT	98kg
CARTON DIMENSION	1620×1120×570mm



R28 750.00

MX Smith Chest/Shoulder Press

DZ83

FEATURES

- Bench adjustable from 90 degrees to 180 degrees
- Built with angled lever arms that follow the natural shoulder movement
- Adjustable seat and backrest positions - you can switch between different exercises (bench presses, incline presses, and shoulder presses)

PRODUCT DIMENSION	1920×1760×1830mm
PRODUCT WEIGHT	190kg
CARTON DIMENSION	1820×1120×490mm



MX ISO Lateral Chest Press

R19 500.00

TN28

FEATURES

- The independent pressing arms allow both unilateral and bilateral training
- flat bench ergonomically aligned with pressing arms to ensure perfect pressing angles
- The ergonomic arm path is designed to follow the body's natural motion (from the lower chest upward)

PRODUCT DIMENSION	1790×1790×1100mm
PRODUCT WEIGHT	98kg
CARTON DIMENSION	1620×1120×570mm



Tyre Flipper

R15 998.80

mf014

FEATURES

- Tyre Flipper is customizable, allowing athletes to adjust the weight to match their fitness goals and level
- Designed to cater to athletes of all levels seeking to improve their endurance, strength, and explosiveness

PRODUCT DIMENSION	1640×1240×600mm
PRODUCT WEIGHT	142kg
CARTON DIMENSION	1420×720×520mm



Sissy Squat

R5 750.00

TN92

FEATURES

- Non-slip tread ensures maximum stability
- High-strength foam provides optimal comfort and support
- Adjustable pads and footplates, which can be customized to your body type and fitness level.

PRODUCT DIMENSION	1110×570×500mm
PRODUCT WEIGHT	43kg
CARTON DIMENSION	1070×620×400mm

FREE
WEIGHTS &
STORAGE





R3 450.00

Flat Bench

TB36

FEATURES

- Three-point contact provides excellent stability
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

PRODUCT DIMENSION	1420×570×430mm
PRODUCT WEIGHT	36kg
CARTON DIMENSION	1420×420×250mm



R17 825.00

Half Power Rack

mf0909

FEATURES

- Half Racks have become essential additions to many clubs
- Half Racks are multi-functional for all types of lifts
- J-Hook style bar holders and adjustable safety stops
- Standard band pegs, multiple pull up grips, storage horns and hooks
- Insert and Platform ready

PRODUCT DIMENSION	220 x 120 x 120cm
PRODUCT WEIGHT	120kg



R17 250.00

Deadlift Platform

DZ18

FEATURES

- Hardwood platform with full insert
- Platform aids in providing a good shoe grip for Olympic lifts
- Rubber impact zones to reduce noise, protect gym floors and plates

PRODUCT DIMENSION	2120x2120x30mm



R5 175.00

MaxFit Adjustable Bench

mf0980

FEATURES

- 4 different height adjustments under the front pad
- Offers 9 different level adjustments on the back pad
- Flat bench press & incline bench press

PRODUCT DIMENSION	121cmx75cmx49cm
PRODUCT WEIGHT	40kg



Utility Bench

R3 450.00

TB38

FEATURES

- Foot bars help with stabilizing lower body during heavy lifts
- Strong but lightweight design can be easily moved
- Non-slip rubber feet give security and protect floors

PRODUCT DIMENSION	1200×670×840mm
PRODUCT WEIGHT	28kg
CARTON DIMENSION	1240×440×270mm



MX Preacher Curl

R6 900.00

TB44

FEATURES

- Elbow pad is angled to vary resistance and improve user comfort
- Wear resistant guards protect frame powder coating
- Robust steel construction gives peace of mind in high use gyms

PRODUCT DIMENSION	1340×780×940mm
PRODUCT WEIGHT	46kg
CARTON DIMENSION	1240×940×320mm



G3 Squat Rack

R5 750.00

mf11123

FEATURES

- Pull up bar
- 2x J cups
- 2x Spotter Arms

PRODUCT DIMENSION	200 x 120 x 120cm
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PRODUCT WEIGHT	60kg
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Deluxe Adjustable Bench

R6 900.00

mf78678

FEATURES

- Sleek powder-coated black frame
- Perform incline, decline and flat bench presses
- The pop pins make adjustments easy on the seat pad and backrest for optimal comfort and support

PRODUCT DIMENSION	1304x 745x460mm
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PRODUCT WEIGHT	45kg
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CARTON DIMENSION	1420x420x250mm
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Wall Mounted Squat Rack

R5 175.00

mf23654

FEATURES

- Four racking positions accommodate all users
- Racks are positioned to allow easy removal and re-racking of the bar
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	L200cmxW950cmxH50cm



MX Adjustable Ab Bench

R6 900.00

mf009812

FEATURES

- Adjustable settings allow you to customize the bench to preferred angle
- Padded support and comfortable leg rollers offer maximum comfort
- Supports a wide array of core exercises, including traditional sit-ups, decline crunches, and oblique twists

PRODUCT DIMENSION	1660×670×770mm
PRODUCT WEIGHT	48kg
CARTON DIMENSION	1440×590×420mm



MX Flat Bench Press

R12 650.00

TN38

FEATURES

- Pad thickness of 70mm, Durable 50 x 100mm box section steel.
- Standard weight storage keeps weight plates nearby
- Wear resistant guards protect frame powder coating

PRODUCT DIMENSION	1680×1880×1290mm
PRODUCT WEIGHT	86kg
CARTON DIMENSION	1370×770×410mm



MX Incline Bench Press

R12 650.00

TN42

FEATURES

- Pad thickness of 70mm.
- Thick, square tubing has been electro-welded to maximum integrity.
- Electrostatic powder-coated and heat cured for superior durability.

PRODUCT DIMENSION	1650×1880×1550mm
PRODUCT WEIGHT	93kg
CARTON DIMENSION	1670×820×520mm



MX Decline Bench Press

R12 650.00

TB41

FEATURES

- Bench is angled for effective muscle stimulation
- Pad thickness of 70mm.
- Thick, square tubing has been electro-welded to maximum integrity.

PRODUCT DIMENSION	2060×1660×1220mm
PRODUCT WEIGHT	78kg
CARTON DIMENSION	1470×1120×370mm



Ab Tower

R10 350.00

TB47

FEATURES

- Back and arm pads are angled to help with user stabilization during leg raises
- Forward handles are positioned to perform dip exercises
- Non-slip footsteps help with easy entry and exit for all exercises

PRODUCT DIMENSION	1170×750×1600mm
PRODUCT WEIGHT	69kg
CARTON DIMENSION	1720×1120×370mm



8 Tier Wall Mounted Barbell Rack

R1 840.00

mf00098

FEATURES

- Heavy duty vertical rack holds 8 barbells
- Powder-Coated Finish – long-lasting durability & resistant to rust & scratches
- Heavy-Duty Steel Construction – Built to last, this rack supports multiple barbells with ease

MEAS	140*16*9cm
N.W./G.W.	13/14kg



Adjustable Bench Press

R17 250.00

TB86

FEATURES

- Multiple positions of adjustment to challenge every user
- Wide back pad and adjustable leg support provides stabilization
- 3mm Steel, Thick Upholstery

PRODUCT DIMENSION	1040×1770×1390/1600×760×580mm
PRODUCT WEIGHT	140kg
CARTON DIMENSION	1470×1120×570mm



Power Tower

R11 500.00

TM100

FEATURES

- Integrated pull-up bar with multiple grips for individual preference
- Back and arm pads are angled to help with user stabilization during leg raises
- Forward handles are positioned to perform dip exercises

PRODUCT DIMENSION	1240×1210×2290mm
PRODUCT WEIGHT	69kg
CARTON DIMENSION	2270×520×420mm



MX Hyper Extension

R6 900.00

TB45

FEATURES

- 45-degrees positioning is ideal for training posterior muscles
- Thigh pads are adjustable to fit all user sizes
- Anti-slip feet of the machine ensure maximum stability, preventing the machine from slipping or moving during your workout

PRODUCT DIMENSION	1130×920×750mm
PRODUCT WEIGHT	45kg
CARTON DIMENSION	1240×970×440mm



Smith Machine

R25 300.00

TB63

FEATURES

- Robust steel construction gives peace of mind in high use gyms
- Adjustable bar stops are easy to identify and adjust in small increments for confidence
- Adjustable barbell height and ergonomic grips to ensure a comfortable workout experience

PRODUCT DIMENSION	1450×2200×2200mm
PRODUCT WEIGHT	284kg
CARTON DIMENSION	2270×1520×420mm



Wall Mounted Barbell Rack

R1 840.00

mf00098

FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Can stand against wall or in middle of room

PRODUCT DIMENSION	100 x 5 x 5cm
PRODUCT WEIGHT	20kg



Barbell Rack

R6 325.00

mf01112

FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Can stand against wall or in middle of room

PRODUCT DIMENSION	120 x 100 x 40cm
PRODUCT WEIGHT	50kg



Bumper Trolley

R2 530.00

mf01223

FEATURES

PVC foot covers provide protection to your floor and to the weight tree

Strong PU covered weight pegs protects your weight plates from damage and provides the user with a smooth removal and replacement of the weights on the tree



A-Frame Dumbbell Rack

R3 450.00

mf43709

FEATURES

- Heavy duty vertical rack holds 10 barbells, 5 each side
- PU hook saddles reduces risk of barbell damage and noise
- Can stand against wall or in middle of room

PRODUCT DIMENSION	127 x 22 x 16.5cm
CARTON DIMENSION	130 x 64 x 57cm



Two Tier Dumbbell Rack

R5 750.00

mf55554

FEATURES

- Heavy duty dumbbell rack with PU cups
- Stores 10 pairs of dumbbells safely without risk of damaging them
- Ergonomically designed for easy retrieval and resetting of dumbbells

PRODUCT DIMENSION	200cm L x 60cm W x 80cm H



Vertical Bar Storage (2 Bars)

R517.50

mf7623763

FEATURES

- Holds 2 Barbells
- Frees up floor space and contributes to a tidy and professional workout environment

PRODUCT DIMENSION	10 x 10 x 10cm
PRODUCT WEIGHT	3kg



Vertical Bar Storage (3 Bars)

R977.50

mf09098

FEATURES

- Holds 3 Barbells
- Frees up floor space and contributes to a tidy and professional workout environment

PRODUCT DIMENSION	20 x 10 x 10cm
PRODUCT WEIGHT	4kg



Kettlebell Rack

R4 427.50

mf060651

FEATURES

- Features two tiers
- Ribbed rubber protection provides protection & grip when storing kettlebells
- Suitable for 8-10 Kettlebells

PRODUCT DIMENSION	1mLx0,5mWx0,4mH



Vertical Plate Storage

R1 150.00

mf060551

FEATURES

- Each tier is designed to accommodate standard Olympic-sized plates
- Constructed from premium-grade steel
- Ideal for saving on floor space

PRODUCT DIMENSION	L110cmxW5cmxH4cm



R3 700.00

Weight Tree + Bar Storage

mf009813

FEATURES

- PVC foot covers provide protection to your floor and to the weight tree
- Strong weight pegs protect your weight plates from damage
- Integrated Bar Storage

PRODUCT DIMENSION	680x710x1270mm
PRODUCT WEIGHT	25kg
CARTON DIMENSION	1260x460x270mm



R4 600.00

Weight Tree + Bar Storage + Wheels

mf7878787

FEATURES

- PVC foot covers provide protection to your floor and to the weight tree
- Strong weight pegs protect your weight plates from damage
- Integrated Bar Storage and Transport Wheels

PRODUCT DIMENSION	680x710x1270mm
PRODUCT WEIGHT	25kg
CARTON DIMENSION	1260x460x270mm



Medicine Ball Rack

R2 400.00

mf0098113

FEATURES

- 6-Tier Vertical Storage – Holds up to six medicine balls of various sizes and weights
- Vertical structure keeps your gym floor clear
- Stable & Secure Base – Designed for superior stability

PRODUCT DIMENSION	32.5*85.5*157cm
N.W./G.W.	17/18kg



Three-Tier Dumbbell Rack

R5 002.50

mf0605588

FEATURES

- High weight capacity – supports up to 500kg
- Non-slip rubber feet for floor protection & stability

PRODUCT DIMENSION	1580*620*96mm
N.W./G.W.	31kg/33kg



Olympic Weight Tree

R2 400.00

mf0098713

FEATURES

- Featuring six precision-engineered weight pegs
- Rubberised Feet for Stability
- Compact and vertical structure helps maximise floor space

MEAS	99*73*16.5cm
MAIN TUBE	40*80*2cm
N.W./G.W.	20.5/22.5kg



Boxing Bag Bracket

R1 437.50

mf0605588

FEATURES

- Can Hold Up To 70KGS And Utilizes Space Perfectly
- Powder Coated Bracket Treated with a Special Anti-Rust Formulation

PRODUCT DIMENSION	25cm x 34cm x 56cm



MX Comp Flat Bench Press

R15 000.00

mf262613

FEATURES

- Spotter arms extend from uprights with UHMW liners to protect your bar's knurling
- Wide, low-profile feet distribute weight to eliminate wobble
- Forward-angled double-catch J-cups reduce the risk of wrist roll-off

PRODUCT DIMENSION	1560×1230×1190mm
PRODUCT WEIGHT	80kg
CARTON DIMENSION	820×900×230mm
	1420×450×400mm



MX Adjustable Bench (FID)

R7 475.00

mf909090

FEATURES

- Fully adjustable backrest and seat system (flat, incline & decline positions)
- Padded foot rollers to firmly lock your legs in place

PRODUCT DIMENSION	1610×610×490mm
PRODUCT WEIGHT	60kg
CARTON DIMENSION	1630×580×510mm



MX FID Bench Press

R12 000.00

mf2345765

FEATURES

- Flat, Incline & Decline Positions (7 backrest angle options)
- Integrated Barbell Rack with three-tier bar catch positions
- Durable padded rollers to hold legs firmly in place

PRODUCT DIMENSION	1830x1240x1370mm
PRODUCT WEIGHT	72kg
CARTON DIMENSION	1420x720x520mm



MX Super Squat Rack

R18 999.20

mf8556709

FEATURES

- Angled frame design ensures the barbell can be racked and unracked smoothly
- Multiple bar catch heights, accommodating lifters of all sizes and training styles

PRODUCT DIMENSION	1800x1780x1850mm
PRODUCT WEIGHT	113kg
CARTON DIMENSION	1820x920x370mm



MX Squat Rack & Smith Machine

R18 000.00

mf11056789

FEATURES

- Adjustable Spotter Arms & J-Hooks
- Multi-grip pull-up bar on the top crossmember
- Multiple Olympic plate storage horns

PRODUCT DIMENSION	1950x1670x2210mm
PRODUCT WEIGHT	150kg
CARTON DIMENSION	2170x700x370mm



Sand Bag Rack (5 Tier)

R4 025.00

mf44091245

FEATURES

- Sturdy way to store sandbags, weighted bags, or functional training equipment
- Keep your gym clean, safe, and efficient

PRODUCT DIMENSION	570mm x 680mm x 1470mm



Band Storage Rack

R517.50

mf7744765

FEATURES

- Six spacious hooks – Perfect for storing multiple bands and accessories
- Versatile storage – Holds more than just bands; ideal for ropes, belts, and straps
- Quick installation – Pre-drilled holes make wall mounting simple
- Space-saving design – Frees up valuable floor space and reduces clutter

PRODUCT DIMENSION	600mm x 135mm x 135 mm



Studio Dumbbell Rack (10 Pairs)

R4 025.00

mf30310

FEATURES

- Features 10 individual slots per side
- The staggered shelf placement ensures each dumbbell is visible and easy to reach, reducing clutter and improving workout flow

PRODUCT DIMENSION	960mm x 860mm x 1210mm
PRODUCT WEIGHT	23kg



MX Round Dumbbell Rack

R8 000.00

mf781038

FEATURES

- Holds 10 Pairs of Dumbbells
- Features angled tiers, which allow for safer loading and unloading of dumbbells
- Rubberised foot caps to protect your floors & keep the rack from shifting

PRODUCT DIMENSION	2095×520×790mm
PRODUCT WEIGHT	60kg
CARTON DIMENSION	2340×310×190mm



TRX Anchor

R345.00

mf01987655

FEATURES

- Compatible with TRX suspension trainers, resistance bands, and more
- 360° Multi-Directional Training – Featuring an X-shaped design, this anchor allows for smooth and unrestricted movement.

PRODUCT DIMENSION	965.2 × 50.8 × 12.7 mm
PRODUCT WEIGHT	2kg



Battle Rope Anchor

R517.50

mf002174

FEATURES

- Strong welded loop for secure rope attachment
- Suitable for concrete, wood, steel, and brick
- Four pre-drilled holes for stable installation

PRODUCT DIMENSION	30cm x 10cm x 6cm
PRODUCT WEIGHT	2kg
CARTON DIMENSION	30cm x 10cm x 6cm



Battle Rope Storage

R402.50

mf5091234

FEATURES

- Save valuable floor space by mounting the unit directly onto the wall
- The angled design of the support plate makes it easy to coil and uncoil your battle rope

PRODUCT DIMENSION	203.2 mm (H) x 50.8 mm (W) x 2.82 mm (T)
	x 355.6 mm (L)



Commercial GHD

R11 500.00

mf010

FEATURES

- Built with a heavy-duty frame and high-quality padding
- The main benefits of training with a GHD are building strength and stabilisation in the Core, Lower Back, Hamstrings and Glutes

PRODUCT DIMENSION	172cm x 102cm x 120cm
PACKING 1	174 x 107 x 7cm 20/22kg
PACKING 2	96 x 72 x 21cm 29/31kg
PACKING 3	54 x 44 x 28cm 15/16kg

CABLE SERIES



MX SERIES



MULTI FUNCTIONAL TRAINER + SMITH MACHINE COMBO
 (PIN LOADED;WEIGHT STACKS)

TS-100

FEATURES

- Functional trainer/standing pull down
- Seated Long pull
- Bench press
- Chin up/dip
- low pull
- Standing lifting with barbell
- Barbell anti-shoulder squat
- Boxing training
- Pull up
- Incline/decline/flat bench press
- Single pullsquat
- T-bar rowing
- Smith
- Land mine

PRODUCT DIMENSION	1490x1910x2320mm
PRODUCT WEIGHT	454kg
WEIGHT STACK	60kgx2
CARTON DIMENSION	2270x970x510mm

R44 275.00



Cable Crossover

TB16

FEATURES

- Cable Crossovers are very versatile and can allow multiple users simultaneously
- Each station provides smooth, adjustable resistance to tailor your workout to your specific needs.
- Equipped with fully adjustable pulleys, the machine allows for customization of cable height and angle

PRODUCT DIMENSION	3860×715×2270mm
PRODUCT WEIGHT	312kg
WEIGHT STACK	80kg×2
CARTON DIMENSION	2690×1120×790mm

R35 650.00



MX18 Dual Adjustable Pulley Station

TF23

FEATURES

- All-purpose cable functional trainer
- Elite training, giving you the full workout experience
- This unit is supplied in matt black
- Adjustable pulleys can be set to different heights and angles, accommodating a vast array of movements and exercise routines
- Dual adjustable pulleys, each with independent weight stacks, allowing for a wide variety of exercises and workout options

PRODUCT DIMENSION	1600×1200×2365mm
PRODUCT WEIGHT	395kg
WEIGHT STACK	96kg×2
CARTON DIMENSION	2470×1220×450mm

R43 700.00



Dual Arm Adjustable
Pulley Station

DZ82

FEATURES

- 22 Easy to Adjust Positions Per Column.
- Two Independent Weight Stack Movement of Body Promoting a Wider Workout Variety.
- Adjustable Hand Grips and Multi Position Chinning Bar for Exercise Choice.
- Ergonomics Neoprene Handle Designed for Maximum Control and Efficiency.

PRODUCT DIMENSION	2220×1155×1855mm
PRODUCT WEIGHT	360kg
WEIGHT STACK	2000×1140×670 mm
CARTON DIMENSION	80kg×2

R34 500.00

MULTI STATION



MX SERIES



R63 250.00

4 Multi Station Gym

TB66

FEATURES

- 3mm steel
- 3 layers of electroplating
- 6mm cables
- Quality finishes and cushioning
- Fully commercial
- Selectorised weight stack
- Lat pulldown
- Chest press
- Leg extension
- Seated row

PRODUCT DIMENSION	4605x1415x2345mm
PRODUCT WEIGHT	600kg
WEIGHT STACK	56kgx2 100kgx2 68kgx1
CARTON DIMENSION	2420×1120×830mm


R86 250.00

5 Multi Station Gym

TB82

FEATURES

- Lat pulldown
- Chest press
- Leg extension
- Seated row
- High pulley system
- 3mm steel
- 6mm cables

PRODUCT DIMENSION	5170x4620x2310mm
PRODUCT WEIGHT	860KG
WEIGHT STACK	56kgx2 100kgx2 68kgx1
CARTON DIMENSION	2690×1120×770mm



9 Multi Station Gym

TB83

FEATURES

- 2x Hi Low Pulley with weight Stacks
- 2x Multi Grip Pull up bars
- 1x Spring Board
- 1x Plyometric Jump Platform
- 1x Landmine
- 1x Olympic Barbell
- Kettlebell Storage
- Medicine Ball/Slam Ball Storage
- 1x Dip Bar
- 1x Leg Raise Stand
- 1x Boxing Bag 3

R149 500.00

PRODUCT DIMENSION

PRODUCT WEIGHT

WEIGHT STACK

CARTON DIMENSION

MaxFit



MAXFIT SA
PREMIUM GYM EQUIPMENT



**DESIGNED BY ATHLETES
BUILT FOR PERFORMANCE**



R219.90 – R879.80

Wall Balls

mf3280

FEATURES

- The textured surface provides excellent grip
- Heavy-duty synthetic leather & double stitching, ensuring they maintain their shape after repeated impact against walls & hard surfaces

PRODUCT SIZES	3kg, 5kg, 8kg, 10kg, 12kg



R276.00 – R862.50

Medicine Balls

mf002

FEATURES

- Sturdy outer shells and robust stitching to withstand rigorous workouts
- Provides a secure grip for enhanced control during exercises

PRODUCT SIZES	1kg - 10kg



Slam Balls

R189.75 - R1 581.25

mf001

FEATURES

- Enhances control and handling during dynamic movements
- Crafted with a tough outer shell and filled with sand to withstand intense workouts and repeated slams

PRODUCT SIZES	3kg, 5kg, 8kg, 10kg, 15kg, 20kg, 25kg



Resistance Bands

R108.70 - R473.92

mf006

FEATURES

- Enhance Flexibility and Mobility
- Dynamic Resistance for Strength Training
- Support for Rehabilitation and Recovery

PRODUCT INFORMATION	- Yellow - XXS, 6.4mm, 5-15lbs (R108.70)
	- Red - XS, 13mm, 15-45lbs (R152.18)
	- Black - S, 22mm, 35-70lbs (R230.44)
	- Purple - M, 32mm, 45-100lbs (R343.48)
	- Green - L, 45mm, 50-125lbs (R430.43)
	- Blue - XL, 64mm, 65-175lbs (R473.92)



Suspension Trainer

R920.00

mf011

FEATURES

- Durable rubber handles for serious training
- Perfect for strength, cardio and mobility

PRODUCT WEIGHT	2kg
PRODUCT LENGTH	Adjustable length 1.1-2.7M
PACKING SIZE	25X25X10 cm



Crash Pads

R2 357.50

mf004

FEATURES

- Made from durable canvas and vinyl
- Designed to absorb impact and reduce noise
- Sold as Pair

PRODUCT DIMENSIONS	80cm x 60cm x 20cm
PRODUCT WEIGHT (N.W./G.W.)	13kg / 14kg



Soft 3-in-1 Plyo Box

R3 220.00

mf009303

FEATURES

- Made from high quality upholstery and impact resistant foam
- Designed for plyometric exercises, which involve explosive movements and jumping

PRODUCT DIMENSIONS	50cm x 60cm x 75cm
PRODUCT WEIGHT (N.W./G.W.)	30 / 31kg
CARTON DIMENSION	51cm x 61cm x 76cm



Soft Plyo Box Set

R13 850.00

mf6729017

FEATURES

- The soft-impact design significantly reduces the risk of shin injuries, knee strain, and impact-related discomfort
- Anti-slip textured PVC coating for stability and grip

PRODUCT SIZES	Box 01 – 15cm
	Box 02 – 30cm
	Box 03 – 45cm
	Box 04 – 60cm



NBR Yoga Mat 15mm

R345.00

mf009

FEATURES

- High-Density NBR Foam for Durability
- Non-Slip Surface for Enhanced Stability
- Lightweight & Portable with Carrying Strap

MATERIAL	Premium-quality NBR foam



Sand Bags

R570.00 - R902.50

mf006

FEATURES

- High-quality, tear-resistant fabric
- Strategically placed handles, anti-slip grip ensures comfort and safety
- Colour-coded for easy identification

PRODUCT INFORMATION	• 5KG (Orange): R570.00
	• 8KG (Red): R593.34
	• 10KG (Green): R617.47
	• 15KG (Yellow): R665.00
	• 20KG (Purple): R779.01
	• 25KG (Blue): R902.50



Landmine Core Trainer

R2 300.00

mf006

FEATURES

- The rotating post and barbell setup enable exercises that challenge your core muscles in multiple planes of motion
- Crafted from high-quality, heavy-duty materials

This equipment consists of a sturdy base that anchors to the floor and a rotating post that accommodates a barbell or other weight attachments. The rotating post enables smooth, controlled movements, allowing for exercises that target the core and other muscle groups with precision and efficiency.



Arm Blaster

R402.50

mf006

FEATURES

- Offers stable support, allowing you to focus solely on targeting and strengthening your bicep/tricep muscles
- Aluminium Structure, Neoprene padding, Nylon Strap

PRODUCT DIMENSIONS

PRODUCT WEIGHT (N.W./G.W.)

0.75kg / 1.05kg

CARTON DIMENSION

61 cm x 11.5cm x 13cm



Air Bike

R15 525.00

mf003

FEATURES

- Offers individualized and infinite adjustments for an unlimited workout
- Designed to deliver a full-body, high-intensity workout

PRODUCT DIMENSION	1212 x 704 x 1376mm
MAX LOADING CAPACITY	205kg
PRODUCT WEIGHT	56kg / 123lb

OKPRO



OKPRO

**GLOBAL
FITNESS EQUIPMENT**

南通奥克运动用品有限公司
NANTONG OK SPORTING CO.,LTD.

SUPPLIER



Exercise Mat

R345.00

OK010

FEATURES

- Double-sided non-slip feature
- Grommets allow for easy and convenient storage
- PVC material provides a safe and durable workout experience

MATERIAL	Soft PVC
PRODUCT WEIGHT	15/17kg
CARTON DIMENSION	124x62x11cm



Sliding Discs

R230.00

OK020

FEATURES

- Core and stability training
- Cardiovascular conditioning
- Strength and muscle activation

DIAMETER	19cm
MATERIAL	ABS
PRODUCT WEIGHT	10/11KG
MEAS	50pcs/ctn 48*29*25cm



R316.25

High-Density Foam Roller

mf005

FEATURES

- High-Density EVA Foam for Maximum Durability
- Unique 3D Textured Surface for Deep Tissue Relief
- Improves Mobility, Flexibility & Blood Circulation

PRODUCT DIMENSIONS

90cm x 15cm x 15cm



R172.50

Performance Foam Roller

mf004

FEATURES

- Enhance Recovery and Muscle Performance
- Textured Surface for Deep Tissue Relief
- Durable, High-Density Construction

MATERIAL

High-density EVA foam surrounding a solid core



Battle Ropes

R1 955.00

OK050

FEATURES

- The handles are heavy-duty vinyl, ensuring a strong grip through tough workouts.
- Specially made with a highly durable jute twine for strength and flexibility

PRODUCT SIZES	38mm and 50mm
PRODUCT LENGTH	12m



Loop Band Set

R287.50

OK060

FEATURES

- Five Resistance Levels for All Fitness Needs
- Made from premium natural latex
- Stretch-resistant, Comfortable & skin-friendly

PRODUCT Details	✓ X-Light
	✓ Light
	✓ Medium
	✓ Heavy
	✓ X-Heavy



Dip/Chain Belt

R345.00

OK070

FEATURES

- Constructed to withstand the rigors of intense weightlifting sessions
- This belt boasts a double-layered EVA waistband that ensures maximum comfort and a secure fit

MATERIAL	EVA +Oxford
PRODUCT WEIGHT	20/21kg
MEAS	20pcs/ctn 50*40*30cm



OKPRO PU Balance Pad

R575.00

mf1090123

FEATURES

- Train your stabilizer muscles to improve posture and coordination
- Rehabilitation Support – Perfect for physiotherapy and post-injury recovery
- Unique diamond-textured surface ensures maximum grip

PRODUCT SIZE	490mm x 390mm x 55mm
PRODUCT WEIGHT	1.5kg



OKPRO Weight Vest – 10kg

R1 437.50

mf10103389

FEATURES

- Increased Strength and Endurance – Progressive overload made simple
- Adjustable strap system to ensure a secure and customized fit

PRODUCT WEIGHT	10kg
PRODUCT MATERIAL	Nylon



OKPRO Power Bags

R800.00 – R1 132.50

mf1230981

FEATURES

- Encourage full-body movements that engage multiple muscle groups
- Features multiple reinforced handles positioned around the bag (with comfortable & secure grip)

PRODUCT SIZEZ	5kg
	10kg
	15kg
	20kg
	25kg



OKPRO Ab Mat

R287.50

mf505067

FEATURES

- Curved shape supports arch of lower back (proper alignment and posture)
- Made from premium, non-slip synthetic leather that resists wear, sweat, and easy cleaning

PRODUCT SIZE	380mm x 310mm x 75mm
PRODUCT WEIGHT	1kg



OKPRO Bulgarian Bags

R465.80 – R1 863.00

3270

FEATURES

- Crescent shape fits naturally across the shoulders
- Perfect for swings, squats, lunges, presses, rotational exercises, and sport-specific drills

PRODUCT SIZES	5kg
	10kg
	15kg
	20kg



Ab Wheel

R287.50

OK090

FEATURES

- Designed to withstand intense pressure without breaking
- With grooves on the handles, our Ab Roller provides a secure grip for your fingers, preventing any slips even during the most intense exercises.

MEAS	12pcs/ctn 52*41*46cm
N.W./G.W.	17.5/18.5KG



Powerlifting Weight Belt

R517.50

OK019

FEATURES

- Dual-stitched design, ensuring maximum strength and stability
- Designed to reduce strain on your lower back, our leather weight lifting belts are a must-have for any serious weightlifter

PRODUCT SIZE	95/105/115/125cm
MEAS	20pcs 50*40*30cm 10/11kg
MATERIAL	Cow leather



Anti-Burst Balls

R195.50 - R264.50

OK012

FEATURES

- Crafted with anti-burst technology, this gym ball is built to withstand rigorous workouts and heavy use
- The textured surface provides a secure grip, allowing you to focus on your workout without worrying about slipping or sliding

SIZES	55CM
	65CM
	75CM



20kg Barbell Pump Set

R1 927.40

OK013

FEATURES

- Help improve overall strength, muscle tone, and functional fitness
- Pump sets often involve high-repetition, low-weight exercises, which can help improve muscular endurance

MATERIAL	Colour Rubber Coated
SIZE	1.25kg*2pcs, 2.5kg*2pcs, 5kg*2pcs, 30*1
	400mm Chromed bar*1pcs



PVC Jump Rope

R172.50

OK022

FEATURES

- Made from durable PVC and plastic materials
- Ergonomically designed handles provide a secure grip and reduce hand fatigue during extended workouts.

PRODUCT LENGTH	2.8m



Aerobic Step

R1 725.00

OK023

FEATURES

- Textured platforms provide a secure grip, preventing slips and ensuring stability
- Our steps are adjustable to varying heights, allowing you to customize the intensity of your workout and accommodate different fitness levels.

PRODUCT DIMENSION	395mm x 165mm x 975mm
PRODUCT WEIGHT	8kg



Latex Thera Bands

R201.25 - R287.50

OK012

FEATURES

- Durable & High-Quality Latex – Made from 100% natural latex, these resistance bands are built for durability, ensuring long-lasting elasticity and strength.
- Four Resistance Levels – Choose from Light, Medium, Heavy, and Extra Heavy to match your fitness needs

Product details	• Light – R201.25
	• Medium – R230.00
	• Heavy – R258.75
	• Extra Heavy - R287.50



Bosu Ball

R1 725.00

mf009282

FEATURES

- The handles offer support and variation
- Balance Training, Core Workouts, Strength Training, Flexibility and Stretching

PRODUCT DIMENSION	580mm x 580mm x 200mm
PRODUCT WEIGHT	5kg



Barbell Pad

mf208

R287.50

FEATURES

- Features a durable, non-slip surface that stays securely in place
- This high-density pad cushions your neck and shoulders during heavy lifts, reducing pressure and preventing discomfort

PRODUCT DIMENSIONS	40x8x8cm
PRODUCT MATERIAL	EVA
PRODUCT WEIGHT	1 kg



Gym Wall Timer

mf3201178

R3 450.00

FEATURES

- Features a high-contrast LED screen with large digits
- Features multiple timing modes, including count up, count down, interval training presets, and Tabata mode

PRODUCT DIMENSION	725mm x 160mm x 40mm
PRODUCT MATERIAL	Stainless Steel
PRODUCT FUNCTION	Remote control
PRODUCT VOLTAGE	DC 12V
PRODUCT POWER SUPPLY	110V~240V AC



R1 495.00

Wooden Plyo Box

mf002178

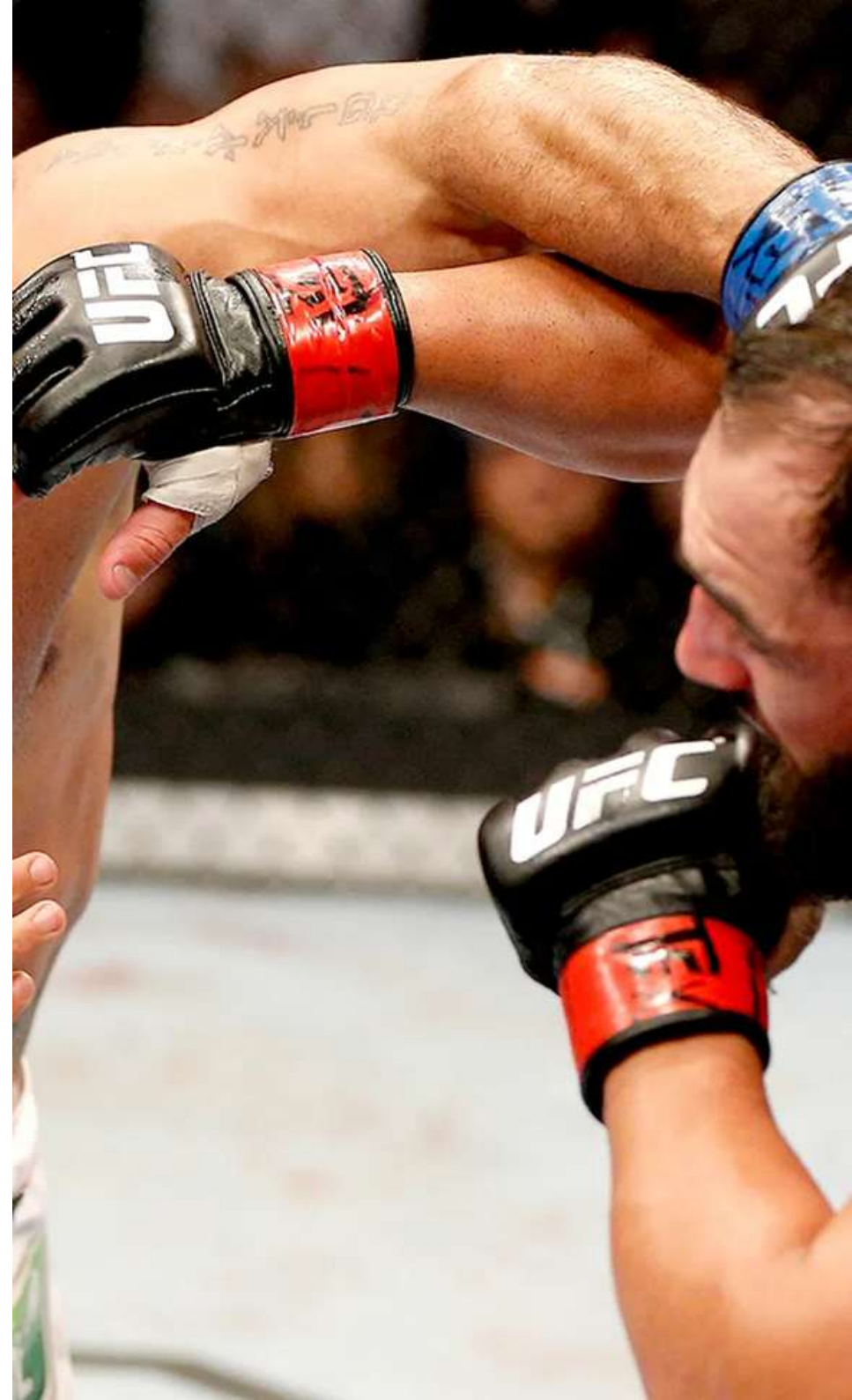
FEATURES

- Enhances lower-body strength, power, and explosiveness
- Adds training variety with exercises like step-ups, single-leg step downs, box jumps, and more

PRODUCT DIMENSIONS

750mm x 500mm x 600mm

UFC





Muay Thai Training Gloves

R1 150.00

UFC246

FEATURES

- Ridged strap for secure wrist while striking
- Durable engineered leather, Thai style design

GLOVE WEIGHTS	12oz (340g), 14oz (395g), 16oz (450g)
PRODUCT WEIGHT	1KG



R2 530.00

Contender MMA Heavy Bag 100lbs

UFC675

FEATURES

- Extended length for training kicks and simulated take downs
- Durable nylon straps for quiet workout

PRODUCT WEIGHT	5kg / 100lb

WATTBIKES





Trainer - Indoor Cycle

R73 140.00

WBT01

FEATURES

- Improve your physical fitness in less time with high-intensity interval training
- The Trainer allows you to have full control of the resistance so you do not overload your muscles

FRAME WIDTH x LENGTH	66cm x 125cm
PRODUCT WEIGHT	55kg
CARTON WEIGHT	65kg
HEIGHT	130cm
FOOTPRINT	145 x 66cm



Pro - Indoor Cycle

R73 140.00

WBP01

FEATURES

- The Bluetooth Monitor allows you to create your own interval sessions
- Comes with combination pedals so you can train in trainers or cycling shoes

FRAME WIDTH x LENGTH	66cm x 125cm
PRODUCT WEIGHT	55kg
CARTON WEIGHT	65kg
HEIGHT	130cm
FOOTPRINT	145 x 66cm



Air - Indoor Cycle

R56 925.00

WBA01

FEATURES

- Adjust resistance with the pull of a lever. Adjust your position without tools
- See your progress with reliable, instant data during your ride so you can focus on making gains

FRAME WIDTH x LENGTH	655mm x 1200mm
PRODUCT WEIGHT	55kg
CARTON WEIGHT	65kg
HEIGHT	1275mm
FOOTPRINT	122 x 65cm



Air Pro - Indoor

R83 375.00

WAP01

FEATURES

- Wireless 17.78cm Backlit, colour touchscreen Performance Monitor
- The unique air and magnetic resistance system can be controlled to meet the needs of every training session

FRAME WIDTH x LENGTH	655mm x 1275mm
PRODUCT WEIGHT	55kg
CARTON WEIGHT	65kg
HEIGHT	140cm
FOOTPRINT	122 x 65cm



AtomX - Indoor Cycle

R102 925.00

WBAX01

FEATURES

- Choose between three different modes: Ergo, Gear, and Climb
- Feature-filled high-definition touchscreen for a range of workouts and challenges and integrated digital shifters

FRAME WIDTH x LENGTH	680mm x 1000mm
PRODUCT WEIGHT	47.5kg
CARTON WEIGHT	56kg
HEIGHT	137cm
FOOTPRINT	144cm x 68cm



Proton - Indoor

R54 625.00

WBPT01

FEATURES

- Compatible with Strava, Zwift, Rouvy, Training Peaks and more
- The smart resistance dynamically adjusts every workout to the right level for you

FRAME WIDTH x LENGTH	570mm x 1250mm
PRODUCT WEIGHT	48kg
CARTON WEIGHT	55kg
HEIGHT	127cm
FOOTPRINT	102 x 57cm

Barbells





R4 485.00

20kg Chrome Olympic Barbell

mf002148

FEATURES

- IDEAL FOR HEAVY OLYMPIC LIFTS AND CROSSFIT MOVEMENTS
- Combining a 215K PSI steel shaft with quality needle bearings, friction-welded sleeves, and a full but non-abrasive knurl pattern

SHAFT DIAMETER	28mm
MAX LOADING CAPACITY	317KG / 700lbs
PRODUCT WEIGHT	20kg
LENGTH	2.2m



R2 990.00

15kg Ladies Olympic Barbell

mf009450

FEATURES

- This Competition Olympic Bar is a EN19 high-tensile strength alloy steel
- Has a black zinc shaft with knurling, hard-chromed sleeves, with 8 needle bearings + bushing

SHAFT DIAMETER	25mm
PRODUCT WEIGHT	15kg
LENGTH	2.01m



Hammer Curl Bar

R1 199.45

mf008602

FEATURES

- Features a unique, ergonomically designed shape that sets it apart from traditional straight bars
- The bar can be lifted in a multitude of ways to hit your biceps, anterior deltoids, and traps too

PRODUCT DIMENSION	91.4 x 20.3 x 7.6 cm
PRODUCT WEIGHT	10kg



Olympic EZ Bar

R2 990.00

mf002227

FEATURES

- The curl shape reduces strain on the wrists and elbows
- Extremely versatile, offering multiple grip options and enabling a variety of targeted movements

SHAFT DIAMETER	28mm
PRODUCT WEIGHT	8kg
LENGTH	1.2m



Olympic Safety Squat Bar

R2 990.00

mf2087

FEATURES

- Shoulder support with hand grips & cambered solid bar design
- Compatible with squat stands, racks, and bench presses
- Padded shoulders using foam rollers & covered with vinyl for optimal support

PRODUCT LENGTH	2.2m
PRODUCT WEIGHT	21kg
WEIGHT CAPACITY	1000lbs



Hex Trap Bar

R3 220.00

mf2015

FEATURES

- Enhances performance, safety, and comfort
- Beneficial for exercises such as deadlifts, shrugs, and carries
- The Hex Trap Bar helps to reduce strain on your lower back and shoulders, promoting better posture and alignment

PRODUCT DIMENSIONS	1680*700*270mm



PU Fixed Straight Bar Set

R8 050.00

mf206

FEATURES

- Ergonomic design ensures a comfortable grip and optimal balance
- Fixed-weight straight barbells coated in high-quality polyurethane (PU) for superior protection against damage and wear

PRODUCT SIZES

10kg, 15kg, 20kg, 25kg, 30kg



PU Fixed EZ Bar Set

R8 050.00

mf207

FEATURES

- EZ curl design provides a comfortable grip and reduces strain on your wrists
- Fixed-weight EZ barbells coated in high-quality polyurethane (PU) for exceptional protection against wear and tear

PRODUCT SIZES

10kg, 15kg, 20kg, 25kg, 30kg



R22 425.00

PU Barbell Set & Barbell Rack

mf012110

FEATURES

- The PU Barbell Set comes with a sturdy Barbell Rack
- Each barbell is crafted for durability and performance, with a range of weights to suit various fitness levels and training goals

PRODUCT SIZES:

Straight Bars:	10kg, 15kg, 20kg, 25kg, 30kg
EZ Bars:	10kg, 15kg, 20kg, 25kg, 30kg

WEIGHTS





R143.75 - R1 150.00

Olympic Tri Grip (Rubber)

mf300

FEATURES

- The handles allow for an effortless weight movement
- These rubber plates are very easy to work with and make minimal sound when dropped

PRODUCT SIZES	2,5kg, 5kg, 10kg, 15kg, 20kg, 25kg



R345.00 - R1 667.50

Rubber Bumper Plates

mf301

FEATURES

- Pressure is distributed across all the weights as they are the same diameter
- Designed to be dropped, to protect your floor and equipment - New increased shock absorbing technology

PRODUCT SIZES	5kg, 10kg, 15kg, 20kg, 25kg



R86.25 - R431.25

Fractional Weight Plates

mf302

FEATURES

- By incrementally increasing weight, individuals can effectively challenge their limits and reach new personal milestones
- These plates facilitate gradual progression, aiding lifters in overcoming performance plateaus

PRODUCT SIZES	0.5kg, 1kg, 1.5kg, 2kg, 2.5kg



R276.00 - R6 900.00

Rubber Hex Dumbbells

mf600

FEATURES

- The hexagonal shape ensures stability and prevents rolling
- They have a robust rubber coating that reduces noise and prevents damage to your floors and equipment

PRODUCT SIZES/WEIGHT	Ranging from 2kg - 50kg



Studio Dumbbells

R115.00 – R1 150.00

mf302

FEATURES

- Coated in high-quality neoprene offers comfortable grip that reduces slipping & also protects floors, reduces noise, prevents rusting
- The hexagonal shape prevents rolling, keeping your workout area safe and organized

PRODUCT SIZES	1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg,
	9kg, 10kg



Kettlebells

R230.00 - R1 840.00

mf009

FEATURES

- The robust construction of these kettlebells ensures longevity
- Made from high-quality materials and offer a comfortable grip and ensure a balanced performance

PRODUCT WEIGHTS	4kg, 6kg, 8kg, 12kg, 16kg, 20kg, 24kg, 28kg, 32kg
MATERIAL	Cast Iron



2.5kg-50kg PU Round Dumbbell Set+1x
Dumbbell Rack

R26 162.50

mf7789005

FEATURES

- The core of each dumbbell is made from solid cast iron, providing robust strength and stability
- Encased in a high-density polyurethane (PU) coating, these dumbbells are designed to offer a sleek, modern finish

PRODUCT SIZES	2.5kg to 25kg with 2.5kg increments



27.5kg-50kg PU Round Dumbbell Set+1x
Dumbbell Rack

R59 184.90

mf012102

FEATURES

- The core of each dumbbell is made from solid cast iron, providing robust strength and stability
- Encased in a high-density polyurethane (PU) coating, these dumbbells are designed to offer a sleek, modern finish

PRODUCT SIZES	27.5kg to 50kg with 2.5kg increments



2.5kg-50kg PU Round Dumbbell Set+2x
Dumbbell Racks

R83 272.50

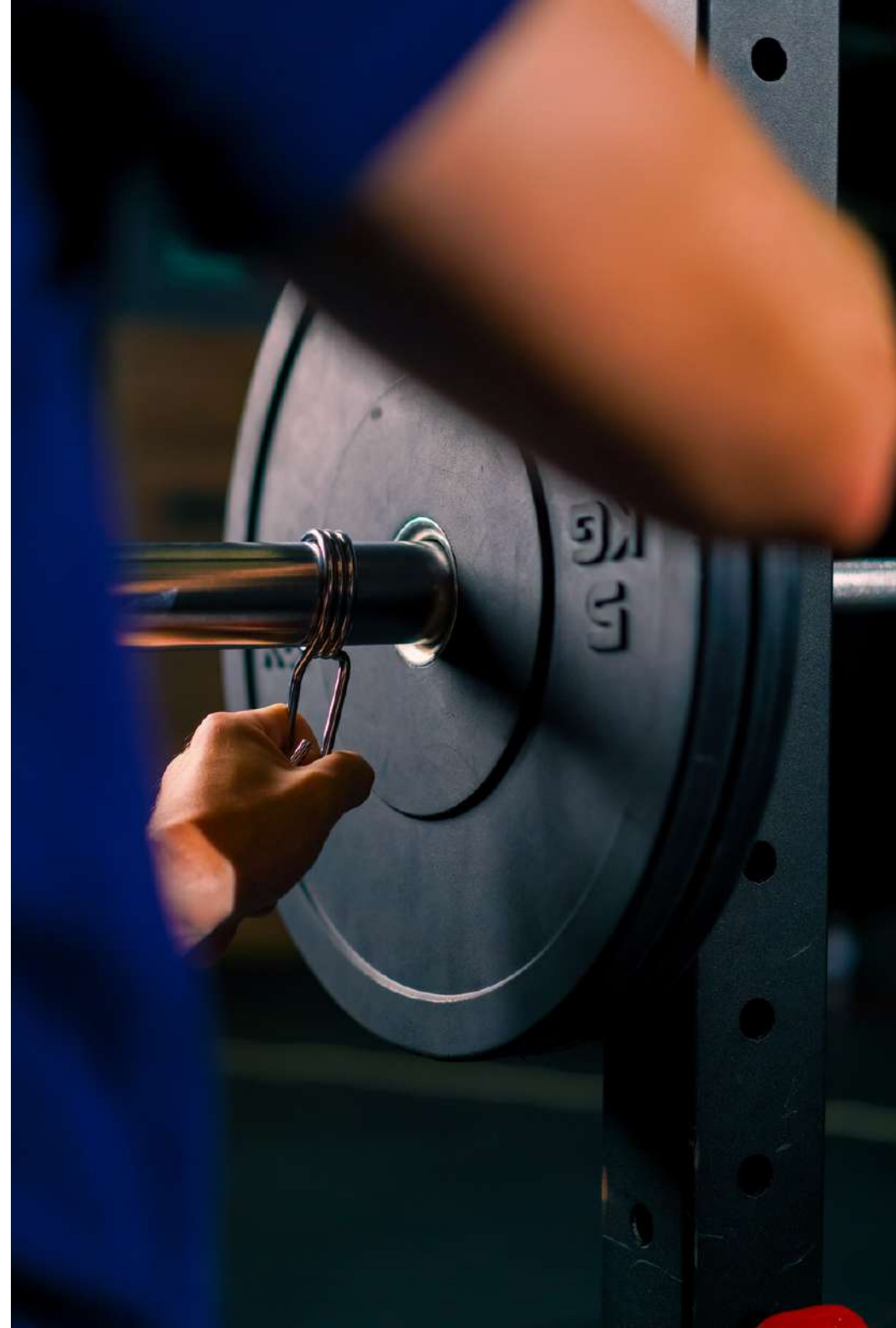
mf7789005

FEATURES

- The core of each dumbbell is made from solid cast iron, providing robust strength and stability
- Encased in a high-density polyurethane (PU) coating, these dumbbells are designed to offer a sleek, modern finish

PRODUCT SIZES	2.5kg to 50kg with 2.5kg increments

COLLARS





Jaw Lock Collars

R316.30

mf400

FEATURES

- Made of highly durable plastic
- Features a robust locking mechanism that keeps your weight plates firmly in place during intense lifts and barbell workouts

PRODUCT SIZE	50mm
PRODUCT DIMENSIONS	53mm x 32mm x 28mm



Olympic Spring Collars

R115.00

mf401

FEATURES

- Made of the highest spring steel quality
- Offer a tight and stable fit and are perfect for keeping your weight plates firmly in place

PRODUCT DIAMETER	50mm
PRODUCT DIMENSIONS	20 x 3 x 3cm



R92.00

Standard Spring Collars

mf402

FEATURES

- Made from durable materials and provide a firm grip on your barbell
- Designed to provide a secure and reliable fit for your barbell plates

PRODUCT DIMENSION	10 x 1.5 x 1.5cm
PRODUCT DIAMETER	25cm

ATTACHMENTS





Close-Grip V Handle

R805.00

mf700

FEATURES

- Solid steel with a rubber casing.
- Ergonomically designed for the ultimate muscle contraction

PRODUCT DIMENSIONS	177.80mm x 146.05mm x 120.65mm
PRODUCT WEIGHT	2kg



MaxFit Strap Handles

R345.00

mf15157894

FEATURES

- Break-proof plastic handle with foam cover
- Multi-stitched nylon loop with metal ring
- Sold as pair

HANDLE WIDTH	130mm



Dual Tricep Rope

R294.40

mf702

FEATURES

- Great range of motion and smooth operation
- Durable braided nylon, solid rubber grips, and heavy-gauge steel hook

ROPE LENGTH	67.5cm / diameter: 28mm
CARTON DIMENSION	35 x 14 x 7.5cm



Straight Bar

R258.80

mf703

FEATURES

- Textured rubber handles provide excellent grip
- Great for bicep or triceps exercises

PRODUCT LENGTH	53cm / 20.5"
HANDLE DIAMETER	31mm
PRODUCT WEIGHT	2kg



Wide Grip Row

R1 079.90

mf707

FEATURES

- Textured handles for improved grip
- Suitable for varied rowing exercises with the weight bar

PRODUCT DIMENSIONS	70cm x 16cm x 12cm
PRODUCT WEIGHT	3kg



Wide Grip Lat Pulldown

R999.40

mf705

FEATURES

- Solid rolled steel for optimum durability
- Ergonomically placed knurl markings for consistently secure grip during exercise with symmetrically bent wide handles

PRODUCT LENGTH	114.30cm
PRODUCT WEIGHT	5kg



MaxFit D Handles

R402.50

mf66998833

FEATURES

- Featuring a textured, non-slip rubber coating, ensuring a secure grip
- Attach to all standard cable systems using a carabiner
- Sold as Pair

PRODUCT DIMENSION	20 × 20 × 20 cm
PRODUCT WEIGHT	3kg



D Handles

R402.50

mf011194

FEATURES

- Constructed out of solid steel with a rubber grip
- Ideal for triceps press-downs, cable crossovers and more
- Sold as Pair

PRODUCT WEIGHT	1,500 lbs
GRIP AREA	5-1/4" wide



W Cable Attachment

R345.00

mf710

FEATURES

- Constructed from high-quality materials
- Targets the Lats along with the biceps, middle back, triceps and shoulders

RUBBER GRIP	35mm
PRODUCT DIMENSIONS	15"



EZ Cable Attachment

R826.90

mf5955432

FEATURES

- Textured rubber grips provide a non-slip hold
- The curved shape reduces strain on your wrists and elbows

PRODUCT LENGTH	760mm



Revolving Tricep Pushdown

R345.00

mf708

FEATURES

- Provides smooth and efficient movements during cable exercises
- Ergonomically shaped rubber handles - extra grip and absolutely non-slip

PRODUCT DIMENSION	15.00 x 1.50 x 9.00 Inches
PRODUCT WIDTH	44 cm



Multi Tricep V-Straight Press Down Bar

R345.00

mf709

FEATURES

- Textured handles for improved grip
- Suitable for varied rowing exercises with the weight bar

PRODUCT WEIGHT	2 kg
PRODUCT LENGTH	65cm Length



5-Piece Lat Pulldown Attachment Set

R4 427.50

mf99550123

FEATURES

- Each attachment features non-slip, rubberized grips
- The curved handles and neutral grip options reduce unnecessary wrist strain and keep your joints aligned

ATTACHMENTS INCLUDED:	Wide-Grip Lat Pulldown Bar
	Medium-Grip Pulldown Bar
	Close-Grip Neutral Pulldown Bar
	V-Shaped Neutral Grip Handle
	Ergonomic Close-Grip Handle



5-Piece Lat Pulldown Attachment Set with Rack

R6 900.00

mf90109010

FEATURES

- Each attachment features non-slip, rubberized grips
- The curved handles and neutral grip options reduce unnecessary wrist strain and keep your joints aligned

ATTACHMENTS INCLUDED:	Wide-Grip Lat Pulldown Bar
	Medium-Grip Pulldown Bar
	Close-Grip Neutral Pulldown Bar
	V-Shaped Neutral Grip Handle
	Ergonomic Close-Grip Handle



Ankle Cuffs

R402.50

mf706

FEATURES

- Adjustable straps that ensure a secure and customized fit for all users
- Padded interior provides a comfortable fit around your ankles and reduces the risk of chafing or discomfort during exercise

PRODUCT DIMENSION	23.5×8×0.8cm
PRODUCT WEIGHT	226g per pair



Single Arm Row Attachment

R575.00

mf5109879

FEATURES

- Focuses on unilateral strength, preventing muscle imbalances
- The non-slip, rubber-coated handle provides a secure grip for comfortable and effective workouts

GRIP SIZE	50mm



R3 450.00

Front Squat Landmine Attachment

mf706

FEATURES

- Seamlessly connects to a landmine base, allowing for a smooth movement and squat positioning. Quick-lock system ensures a secure fit.
- The padded shoulder rests ensure even weight distribution, reducing strain on the upper body

PRODUCT DIMENSION	1013mm x 770mm x 217mm
PRODUCT WEIGHT	15.5kg

SLEDS





Power Sled

R3 450.00

mf800

FEATURES

- 4 x zinc poles included
- The flat construction and solid gliding shoes allow for smooth pushing/pulling on multiple surfaces, even on rubber floors

PACKING DIMENSIONS	115 x 48 x 12 & 56 x 49 x 6
PRODUCT DIMENSIONS	1150*600*1055mm
MAIN TUBE SIZE	50 x 70 x 2mm
PRODUCT WEIGHT	42kg



Tanker Sled

R19 550.00

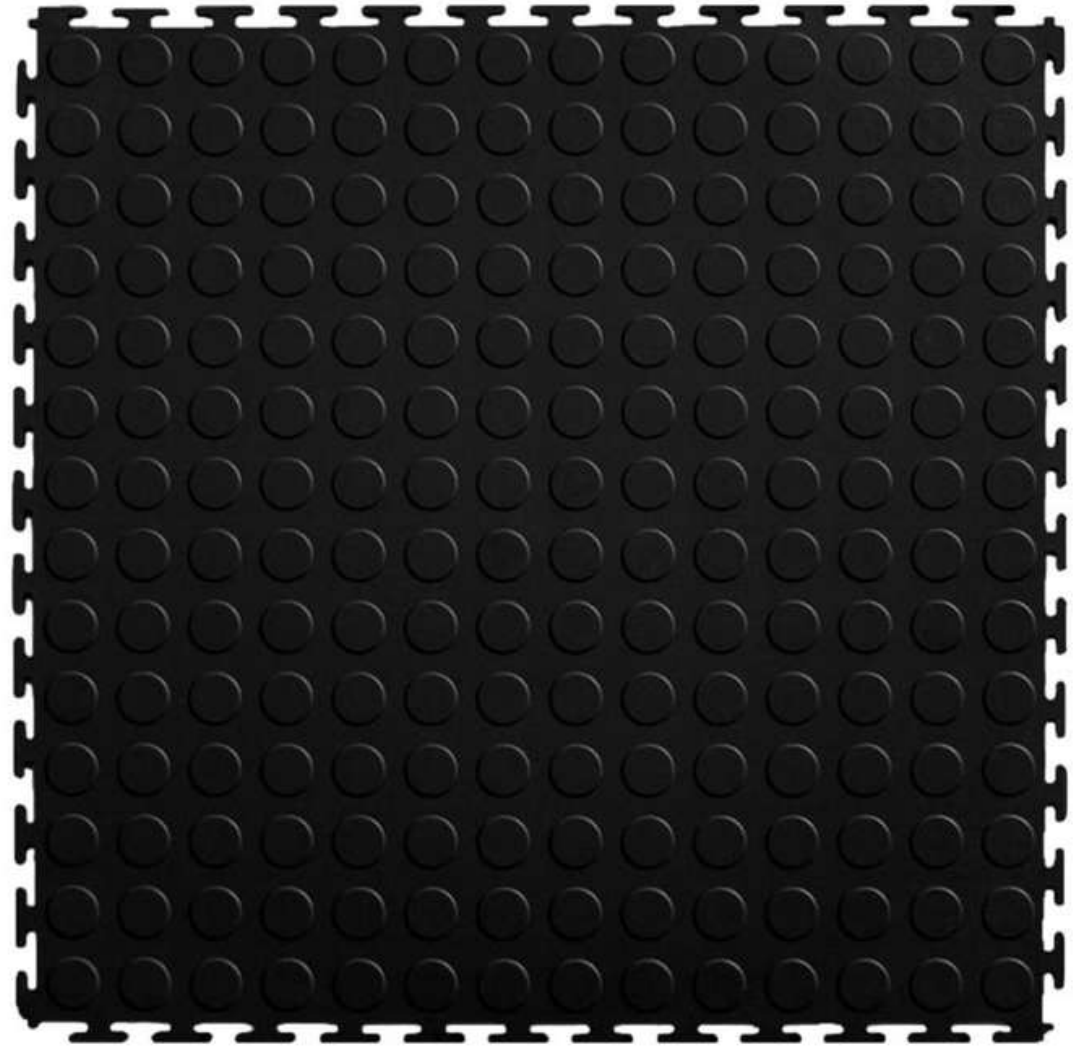
mf801

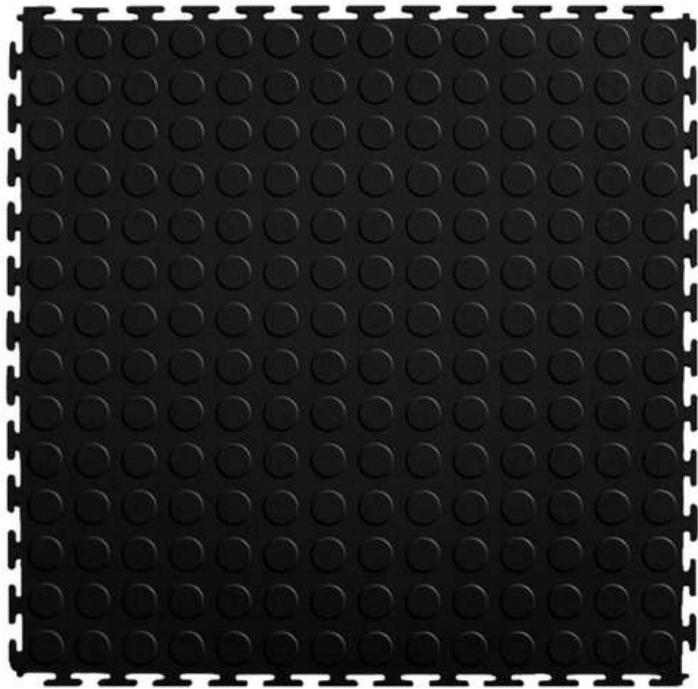
FEATURES

- Ultimate tool for building explosive power, speed, and endurance
- Consisting of many unique features such as all terrain wheels, an included weight cage, resistance levels and many other built-in accessories

PRODUCT DIMENSION MAX	120cm x 120cm x 51cm
LOADING CAPACITY	200 KG
MAX USER WEIGHT	86 kg

FLOORING





PVC Interlocking

R172.50

mf900

FEATURES

- Offers excellent shock absorption and comfort
- Provides a robust surface that resists wear and tear, making it ideal for both heavy equipment and high-impact exercises

PRODUCT DIMENSION	500mmx500mmx5mm



PVC Edging

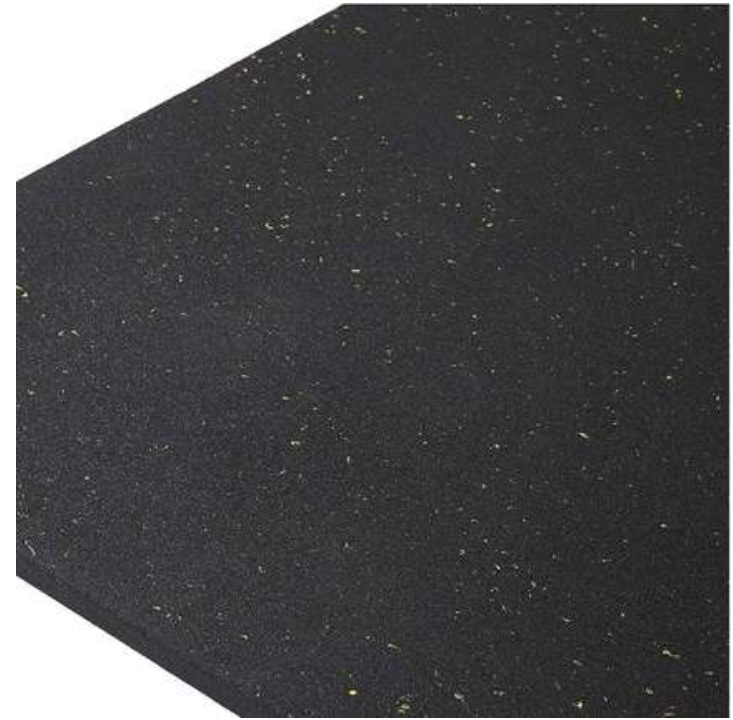
R92.00

mf901

FEATURES

- High Quality, Non-Slip Material
- No adhesive is required - made from high-grade PVC Pellets

PRODUCT LENGTH	1m



15mm Rubber Flooring (White Speckle)

R517.50

mf902

15mm Rubber Flooring (Yellow Speckle)

R517.50

mf903

FEATURES

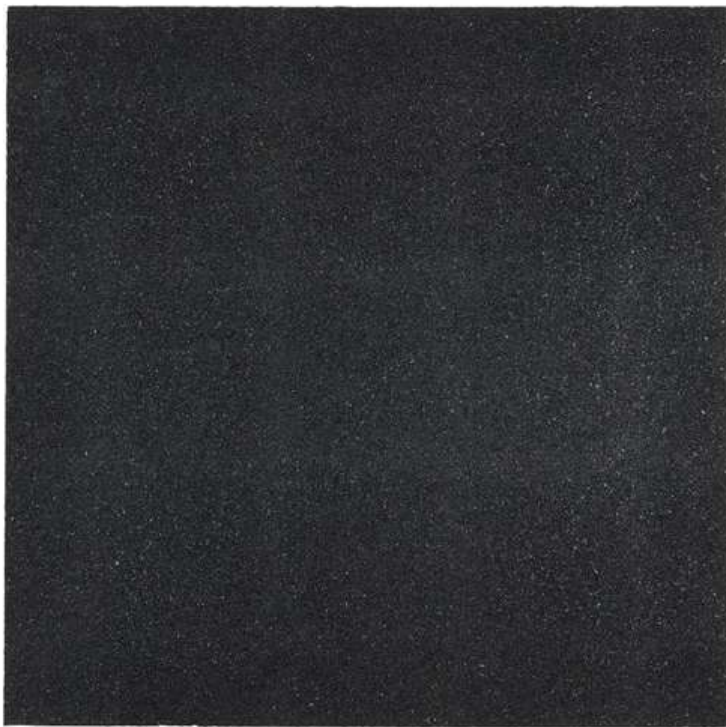
- Constructed from high-density (heavy duty) rubber giving them a sturdy weight
- They provide optimum durability, shock absorption and sound insulation

PRODUCT DIMENSION	100cmx100cmx15mm

FEATURES

- Constructed from high-density (heavy duty) rubber giving them a sturdy weight
- They provide optimum durability, shock absorption and sound insulation

PRODUCT DIMENSION	100cmx100cmx15mm



R517.50

15mm Rubber Flooring (Black)

mf904

FEATURES

- Constructed from high-density (heavy duty) rubber giving them a sturdy weight
- They provide optimum durability, shock absorption and sound insulation

PRODUCT DIMENSIONS	100cmx100cmx15mm



R517.50

15mm Rubber Flooring (Blue Speckle)

mf903

FEATURES

Constructed from high-density (heavy duty) rubber giving them a sturdy weight
They provide optimum durability, shock absorption and sound insulation

PRODUCT DIMENSION	100cmx100cmx15mm



Wood EVA Rubber Flooring (12mm)

R345.00

7739087

FEATURES

- Made from high-density EVA (Ethylene Vinyl Acetate)
- Get the luxurious appearance of wood flooring with the durability and practicality of rubber mats

PRODUCT DIMENSIONS	100cmx100cmx12mm



Artificial Grass

R517.50

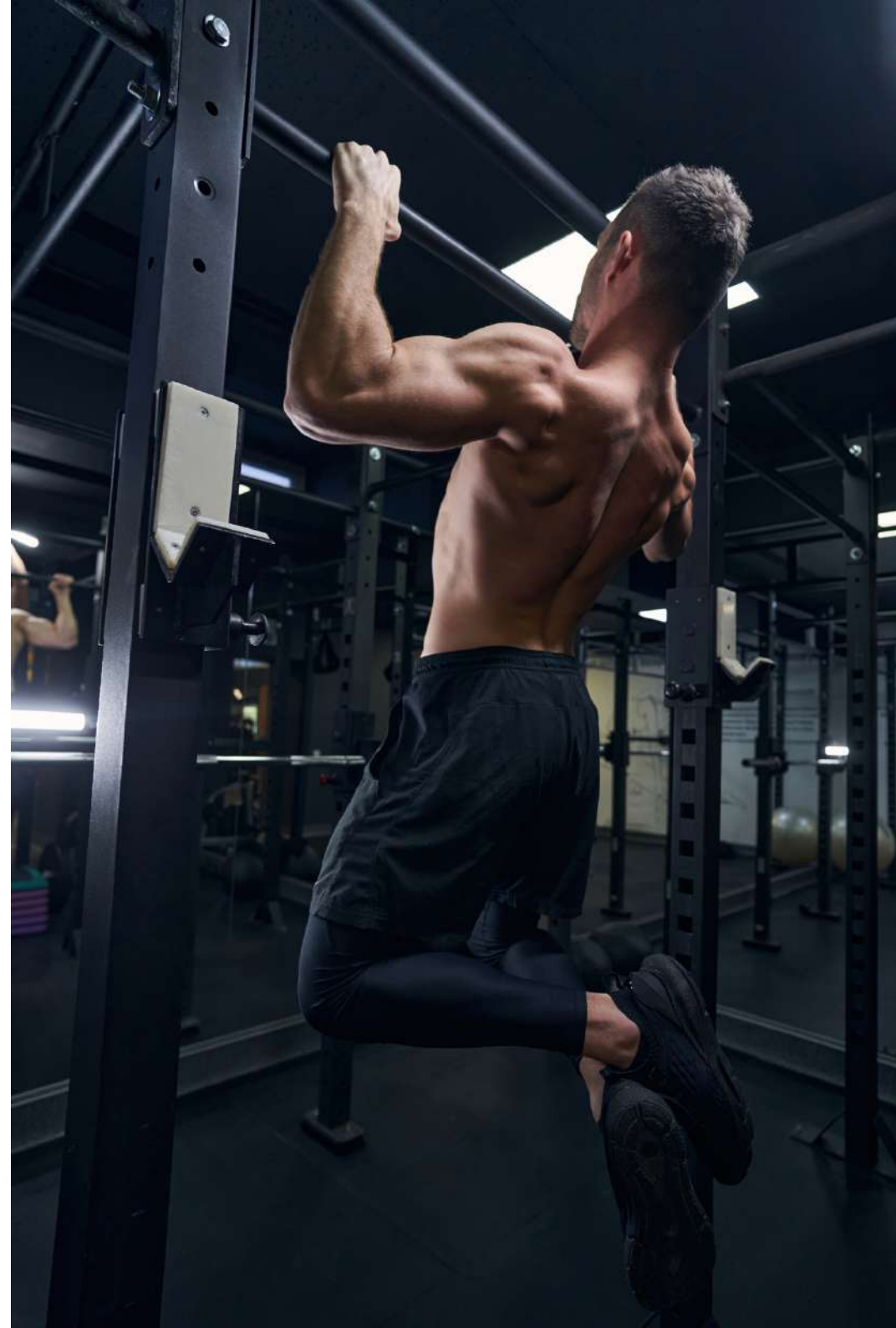
mf63002226

FEATURES

- Yarn Type: Wide PE curled yarn for a natural feel and high resilience
- Ideal for sled pushes, tire drags, plyometrics, agility ladders, and more

PRODUCT DIMENSION	10m x 1m x 5mm

BODYWEIGHT





Dip Bar

R1 150.00

mf1000

FEATURES

- Constructed from High-Quality Steel
- Targets multiple muscle groups, including the triceps, chest, shoulders, and core

MAX HOLDING CAPACITY	120kg



Pull Up Bar

R1 610.00

mf1001

FEATURES

- The bar extends 50cm from the wall leaving plenty of space
- Strong steel pull up bar with a wide grip

TUBE BAR	1m
MEAS	106*83*7cm
N.W./G.W.	13/15kg



Plastic Gymnastic Rings

R690.00

mf1004

FEATURES

- Textured surface ensures a firm hold, even during sweaty training sessions
- Designed for gymnastics strength development and bodyweight training and come with heavy-duty buckles and straps

DIAMETER	24cm
HANDLE THICKNESS	28mm



Multi Grip Pull Up Bar

R2 875.00

mf1003

FEATURES

- Heavy-duty round steel tubing and finished with a Matt Black powder coating layer
- The pull-up bar has a number of handle positions, catering for both wide grip and narrow grip for both pull-ups and chin-ups allowing for a full upper body workout

WIDTH	48"
VERTICAL WALL BRACKET	20"



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