



Exercise Ball

24" inflatable vinyl ball with pump. Fitness guide included. MCTN 12 China
EX2461B
\$37.00 EA \$35.00 EA/6 13 lbs



Stretching/Toning



Pilates Resistance Tubing

Cushioned grip handles. With three interchangeable levels of light, medium and heavy resistance tubing. Fitness guide included. MCTN 24 Taiwan
EX2404-B
\$40.00 EA \$38.00 EA/6 8 lbs



Pilates 4-Way Ab Stretch

Tighten abs and core muscles. Increases strength and flexibility. Upper and lower body workout. Adjustable tension for varied resistance. Soft comfort cord. Fitness guide included. MCTN 24 China
EX7661-B
\$24.80 EA \$22.80 EA/6 6 lbs



Duowheel Exercise Wheel

Two easy glide wheels for balance and stability. Works your abs. Molded handles. Fitness guide included. MCTN 18 Taiwan
EX2413-S
\$24.80 EA \$22.80 EA/6 12 lbs

2-way Action Exercise Wheel

Ab strengthening. Off-center axle. Soft grip. Fitness guide included.
EV2414-S \$15.98 EA

SW258-60



TheraBand Soft Weight

Soft construction promotes a functional grip strength. All weights are the same size. 4.5" in diameter.
TB SW258-40 Green 2.0 kg (4.4 lbs) \$19.98 EA
SW258-60 Black 3.0 kg (6.6 lbs) \$20.98 EA

Exercise [ES]



Chinning/Sit-Up Bar

2 sets of brackets to move from hi-level chin-up to low-level sit-up. Soft, foam covered bar. Adjusts to any standard doorway. Telescopes from one end. Holds up to 300 lbs. MCTN 12 China
EX2405B \$37.00 EA \$35.00 EA/6 20 lbs



Multi-Function Chinning Bar

For working out pecs, biceps, abs and obliques. Chin-ups, push-ups and sit-ups. Multiple comfort grip positions to allow working muscles at different angles. Adjusts to fit any standard doorway up to 32". Portable. Quick simple assembly. No screws needed. Taiwan
EX2750B \$62.80 EA \$60.80 EA/6 43 lbs



Slimmer Belt

Helps flatten and tone abs. Provides excellent back support. Hand washable.
2458-BK Fits up to 46" waist. \$16.60 EA \$14.60/6



Deluxe Black EVA Sauna Suit

Excellent for aerobic conditioning. Two piece outfit with elastic waist, cuffs and ankles. Full-cut for a comfortable active fit. Durable, EVA fabric. China
2455-ML MED/LGE \$35.00 EA \$33.00 EA/6
2455-LX LGE/XL
2455-XE XL/XXL



PVC Sauna Suit

Excellent for aerobic conditioning. Two piece outfit with elastic waist, cuffs and ankles. Full-cut for a comfortable active fit. Heavy-duty PVC fabric. China
2454-ML \$28.00 EA \$26.00 EA/6 10 lbs
2454-LX LGE/XL 11 lbs
2454-XE XL/XXL 13 lbs



Wrist & Ankle Weights

Thumb loop provides lifting control and acts as anchor for attaching weight. Contoured to fit ankles and wrists. Sturdy velcro closure. Strong durable construction. One size fits all. 10 lb set has removable weight pouches to allow easy adjustment. China

2 lb PR (1 lb EA)
EX2753B

\$18.80 PR \$14.80 PR/6 13 lbs



Adjustable Ankle Weights

Contoured form fit. Friction free comfort soft padding. One size fits all. China

5 lb Pair (2.5 lbs EA)
EX2419-B

\$41.20 PR \$37.20 PR/6 33 lbs

10 lb Pair (5 lbs EA)
EX2420-B

\$56.00 PR \$52.00 PR/3 30 lbs

EV 720 10 lb Pair (5 lbs EA) \$13.98 PR



Wood Hand Grips

Develops arms and wrists. High tension. Taiwan
EX2429-W
\$19.80 PR \$17.80 PR/6 5 lbs



Plastic Hand Grips

Develops arms, wrists. Lightweight. Taiwan

EX2430-B
\$15.00 PR \$13.00 PR/6 5 lbs



Conventional Hand Grips

Plastic handles, asst. colors, chrome-plated springs. Individually boxed. 100 pcs 44 lbs. (H-50130) Taiwan
EX G2H \$3.00 PR
UPC# 0 16562 63050 0



Pilates Yoga Mat

Non-slip foam provides traction and protection on hard surfaces. Easy to roll, washable. 68"L x 24"W. Taiwan

EX7632-B

\$31.60 EA \$29.60 EA/6