

Contents:

Rigs and Racks 4-16

Rigs 4-11
Racks 12-16

Strength and Functional Training 18-35

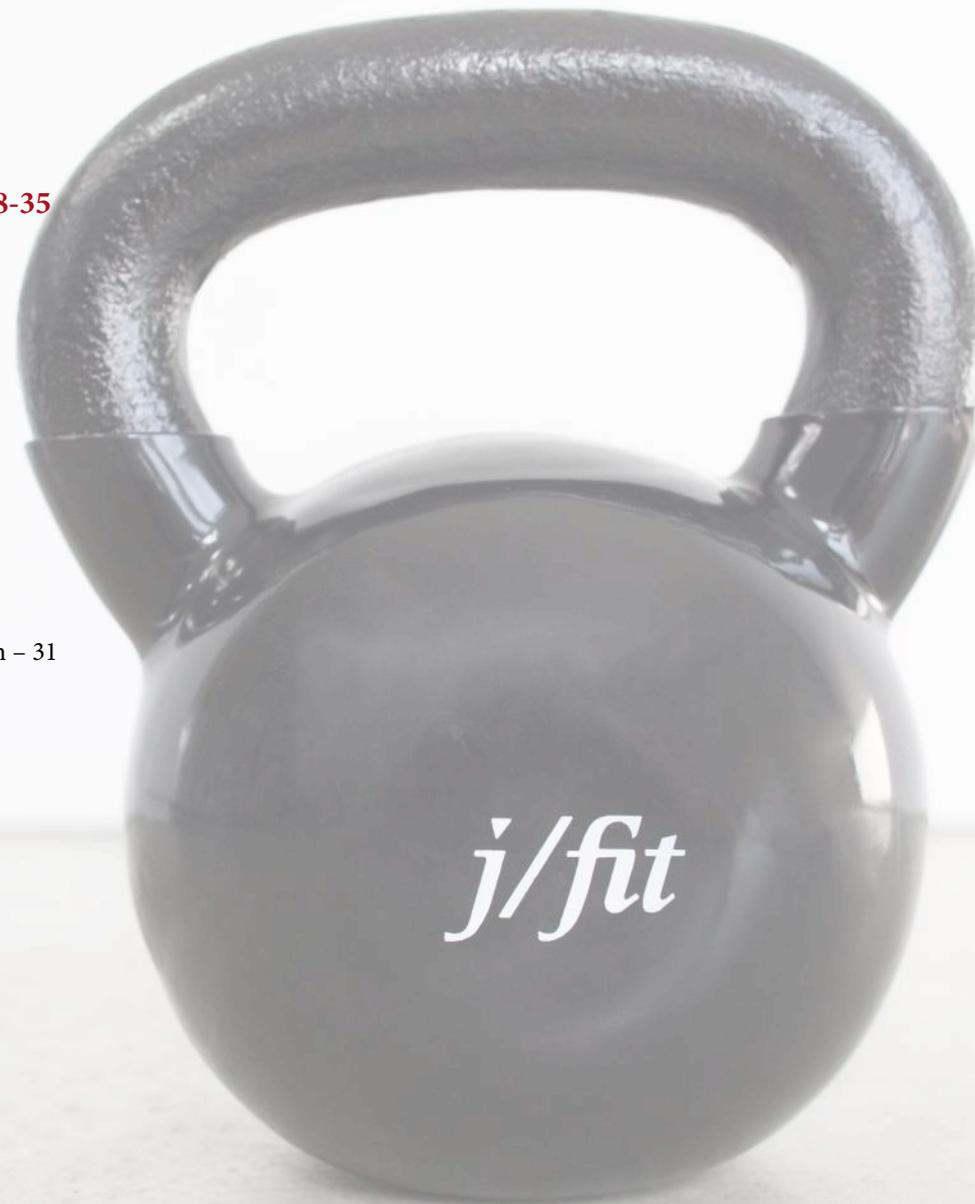
Wall Balls – 18
Slam Balls – 18
Medicine Balls – 19
Dumbbells – 20-21
Kettlebells – 22-23
Small Hand Weights – 24
Tone Balls – 25
Wearable Weights – 25-26
Weighted Bars – 27
Barbell and Clamps – 28
Rubber Bumper Plates – 28
Grip work – 29
Powerbands – 30
Portable Suspended Training System – 31
Crossfit Rings – 31
Doorway Pull-up Bar – 32
Upper Body Workout Bars – 32
Push-up Bars – 33
Core Ab Wheel – 34
Wrist Roller – 34
Sled – 35

Resistance Training – 37-41

Tubing – 37-39
Travel Kits – 40
Change it Handles – 41
Exercise Bands Sets – 41

Therapy 43-48

Massage Balls – 43
Massage Bars – 44
Foam Rollers – 45-47
Fit Stretch – 48
Stretch Strap – 48
Therapy Ball – 48



Balance 50-56

Fit/Balance Discs – 50-51
Gym Balls – 52-53
Stability Ball Chair – 54
Balance Dome – 54
Spring Ball – 54
Balance Pod and Foot Fitness – 55
Balance Boards – 56

Agility and Cardio 58-62

Plyo Boxes – 58
Health Club Step – 58
Agility Cones – 59
Agility Ladder – 59
Adjustable Step Hurdles – 60
Agility Rings – 60
Reaction Balls – 60
Jump Ropes – 61
Cardio Ropes – 62
Hula Hoop – 62

Yoga/ Pilates and Mats 64-70

Yoga Mats – 64
Pilates Mats – 65
Gym Mats – 66
Yoga Blocks, Towels, Straps – 67
Pilates Ring – 68
Pilates Mat Carry Strap – 68
Yoga Bags – 69-70

Accessories – 72-77

Stability Ball Accessories – 72
Pumps – 73
Weightlifting Gloves – 74
Padded Lifting Straps – 74
Door Anchors – 75
Foam Roller Covers – 75
Pull-up Bar Replacement parts – 76
Replacement Ankle Straps – 76
Replacement Handles – 76



Rigs and Racks

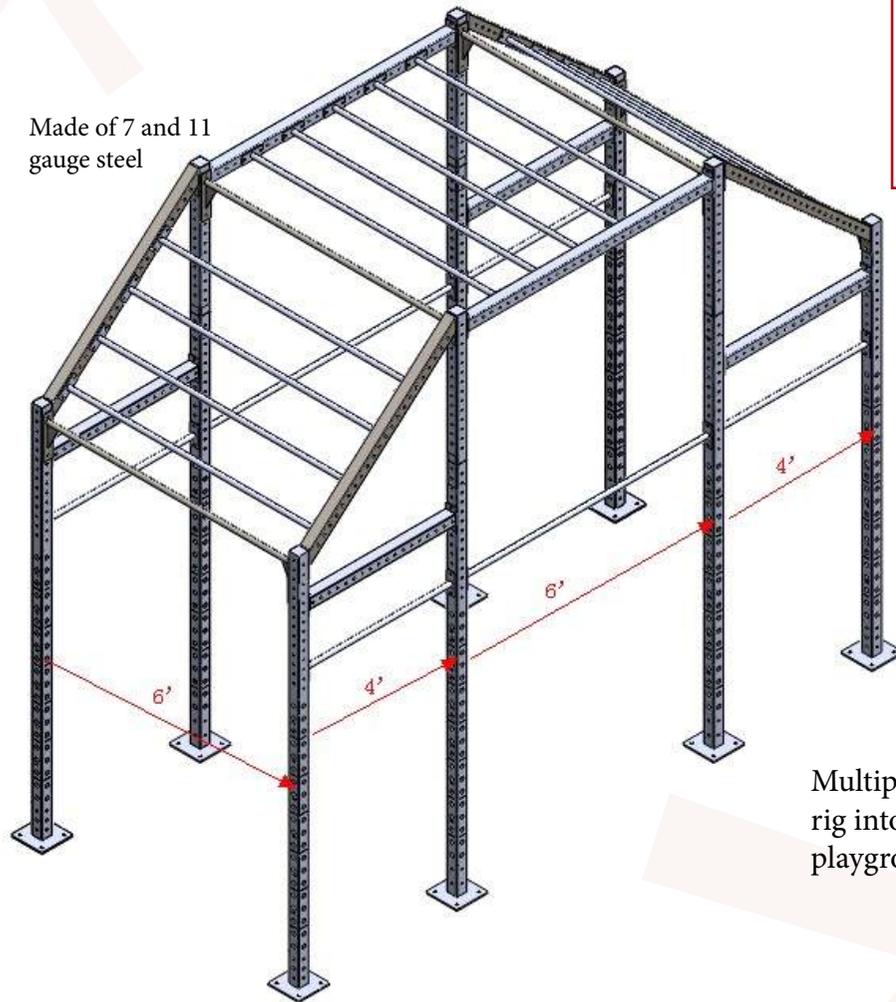


Cross Training Rig

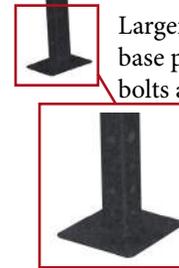
Burly Freestanding

All racks are customizable and can be built wider and longer as needs grow.

Made of 7 and 11 gauge steel



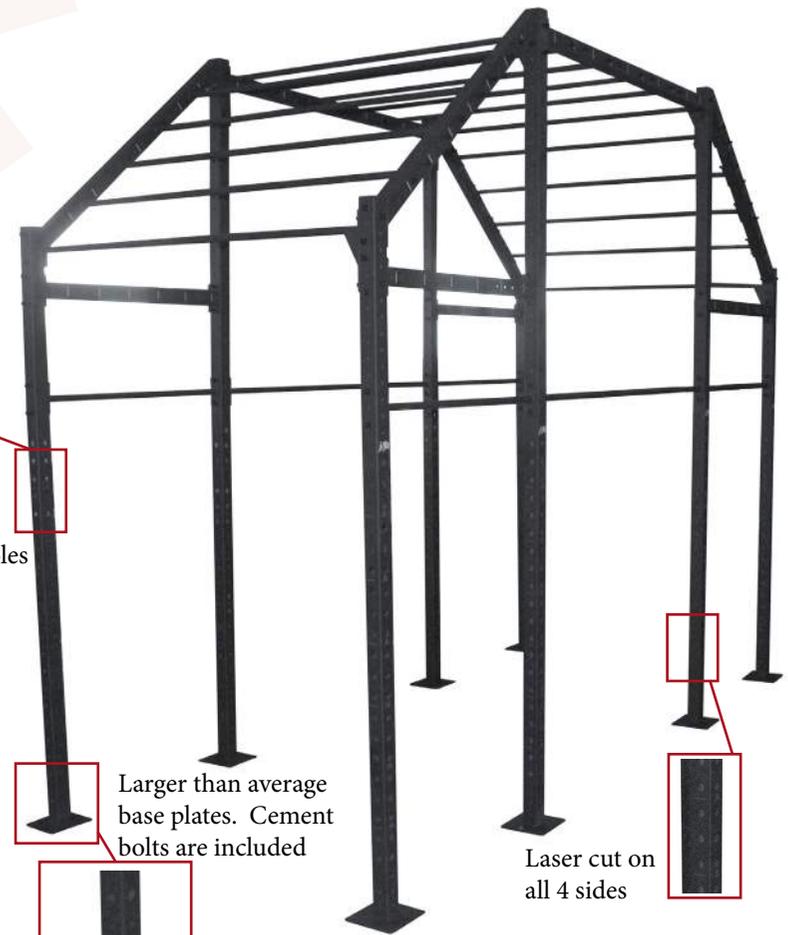
Accessory holes on all 4 sides



Larger than average base plates. Cement bolts are included



Laser cut on all 4 sides



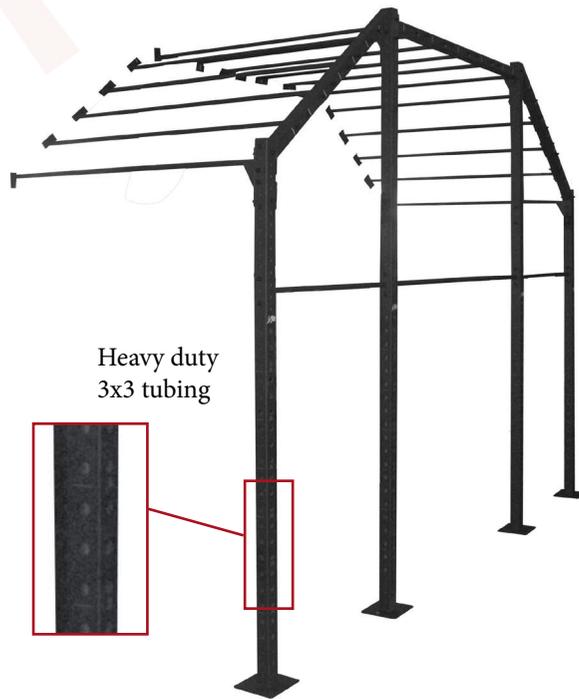
10-5000 - Burly Freestanding - 41 total pieces

Multiple accessory items turn your rig into your own personal "workout playground."

- The following parts are included in the set:
- # 10-5109 - 9' Upright - 4 pieces
 - # 10-5112 - 12' Upright - 4 pieces
 - # 10-5117 - 4' Elevation Cross Bar - 4 pieces
 - # 10-5116 - 6' Monkey Bar - 15 pieces
 - # 10-5114 - 4' Monkey Bar - 4 pieces
 - # 10-5106 - 6' Cross Bar - 2 pieces
 - # 10-5104 - 4' Cross Bar - 4 pieces
 - # 10-5212 - 6' Chin up Bar - 4 pieces

Cross Training Rig Burly Wall Mount

Ideal set-up when width space is an issue. Extends from 9' to 12'. This rig has two squat stations, 4 pull-up stations and suspension system station. The 6' width of the monkey bars will accommodate two climbers.



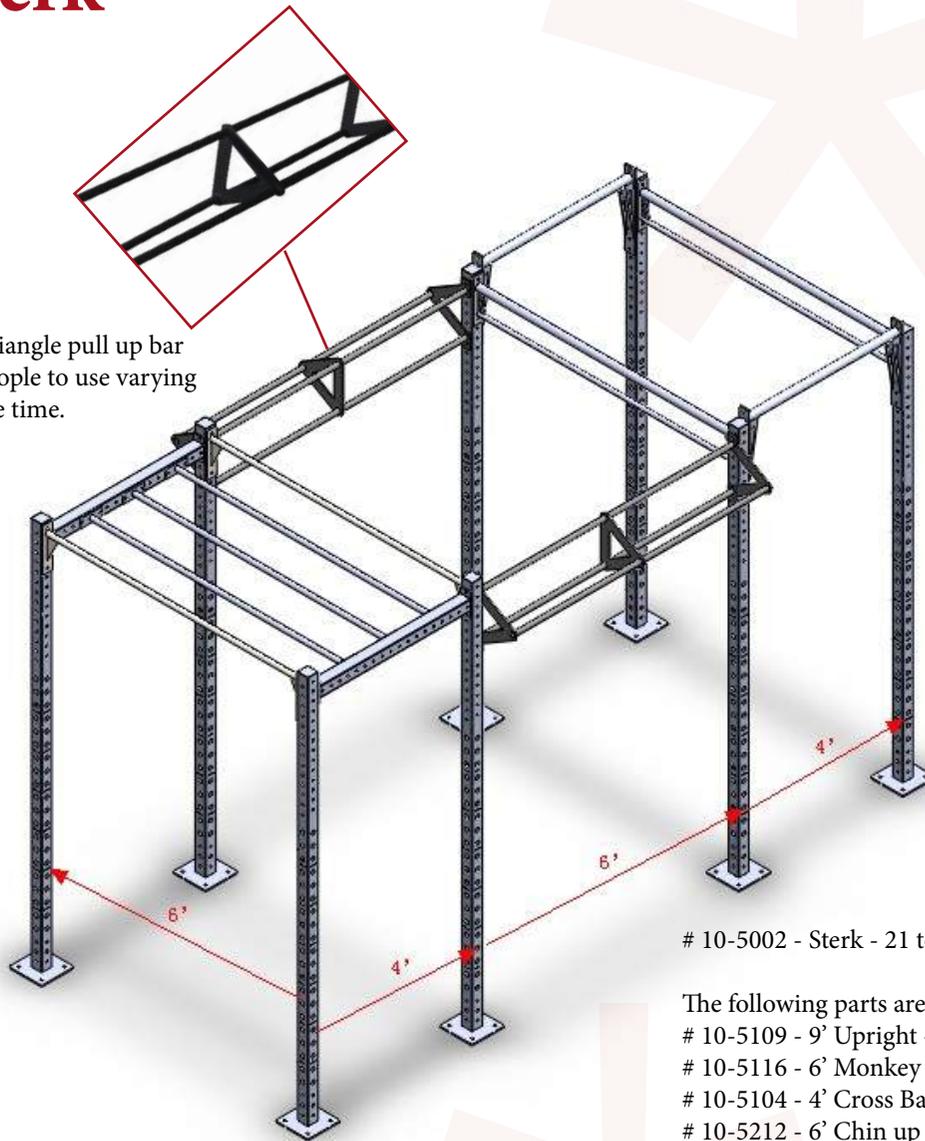
10-5001 - Burly Wall Mount - 29 total pieces

Included

- # 10-5109 - 9' Upright - 2 pieces
- # 10-5112 - 12' Upright - 2 pieces
- # 10-5117 - 4' Elevation Cross Bar - 2 pieces
- # 10-5116 - 6' Monkey Bars - 14 pieces
- # 10-5114 - 4' Monkey Bars - 2 pieces
- # 10-5106 - 6' Cross Bar - 1 piece
- # 10-5104 - 4' Cross Bar - 2 piece
- # 10-5212 - 6' Chin up Bar - 4 pieces

Cross Training Rig Sterk

Heavy duty triangle pull up bar allows two people to use varying height at same time.



10-5002 - Sterk - 21 total pieces

The following parts are included in the set:

- # 10-5109 - 9' Upright - 8 pieces
- # 10-5116 - 6' Monkey Bars - 3 pieces
- # 10-5104 - 4' Cross Bar - 2 pieces
- # 10-5212 - 6' Chin up Bar - 2 pieces
- # 10-5214 - 6' Parallel Pull up Bar - 2 pieces
- # 10-5108 - 4' Riser Overpress Bars - 2 pieces
- # 10-5216 - 6' Triangle Bar - 2 pieces



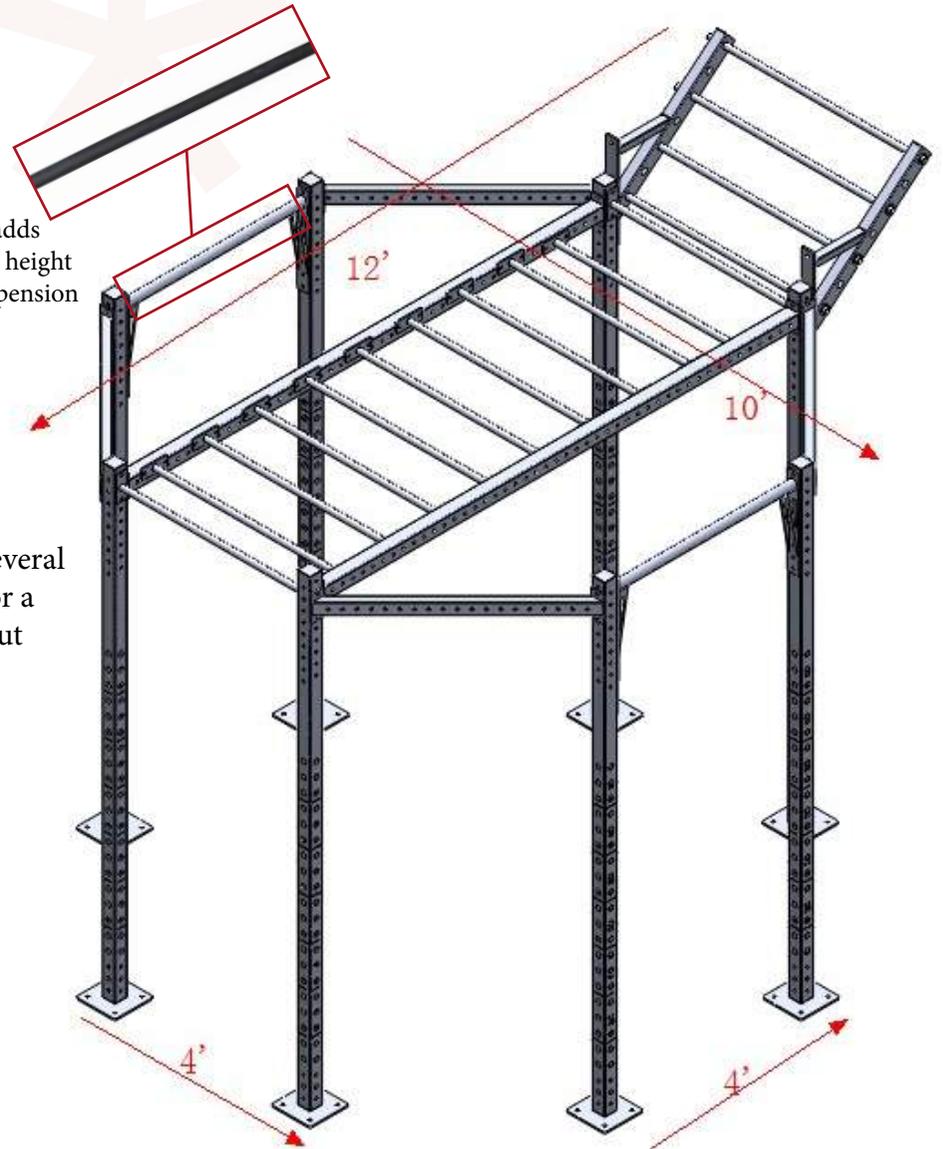
The j/fit Sterk model is “pull-up bar heaven.” This model includes 2 heavy duty triangle bar stations, 2 parallel bar stations, 2- 6' chin up bars, and 2 riser bars, which will extend the height to 11' to accommodate rings, rope and suspension system. It has 4 squat stations, multiple pull up, muscle up, chin up stations and monkey bars. Which makes this one of our most versatile rigs

Cross Training Rig Rotunda

4' Monkey Ladder adds extra climbing ability.



Extension Bar adds two feet to rack height for rings or suspension system.



The Rotunda allows for several stations and works well for a square room. Compact but supports multiple users.

10-5003 - Rotunda - 28 total pieces

The following parts are included in the set:

10-5109 - 9' Uprights - 8 pieces

10-5114 - 4' Monkey Bars - 11 pieces

10-5108 - 4' Riser Overpress - 2 pieces

10-5105 - 9' Cross Bar - 2 pieces

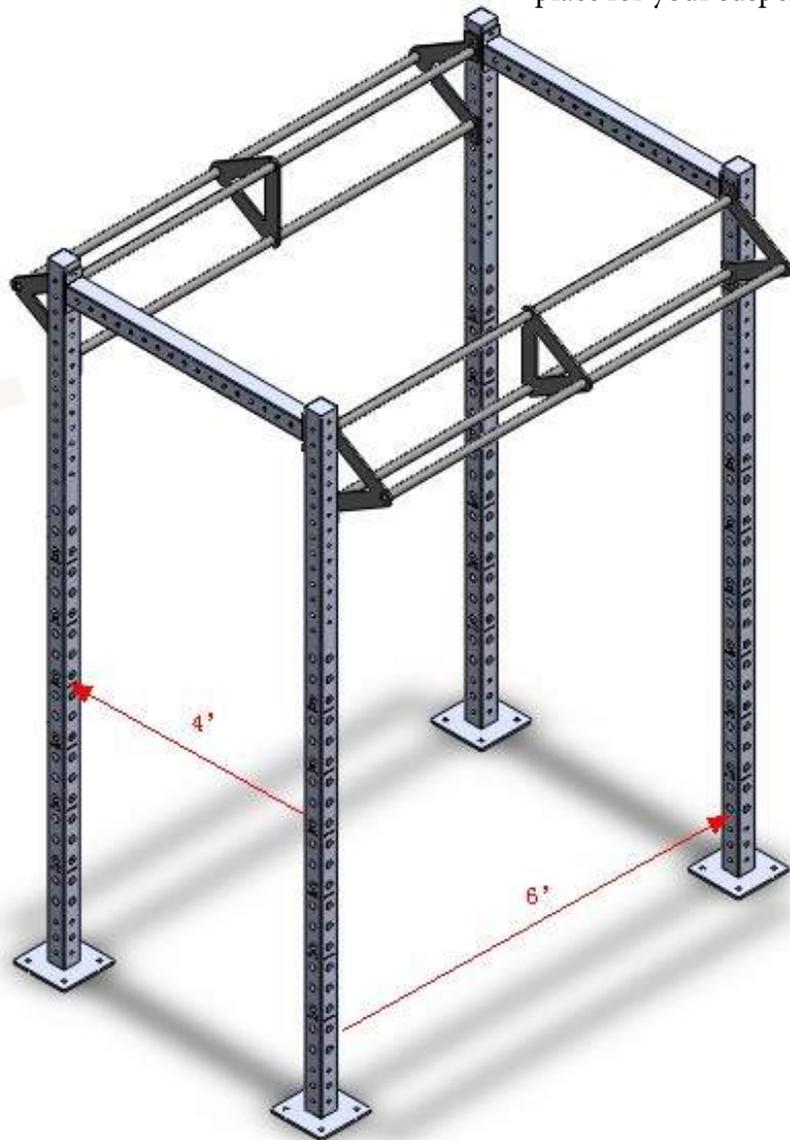
10-5119 - 4' Elevation Cross Bar - 4 pieces

10-5120 - 4' Monkey Ladder - 1 unit

Cross Training Rig

Fors-4

Perfect setup for garage or indoor gym. This rig has 2 squat stations and 2 pull-up stations and a place for your suspension system.



10-5004 - Fors-4 - 8 total pieces

The following parts are included in the set:

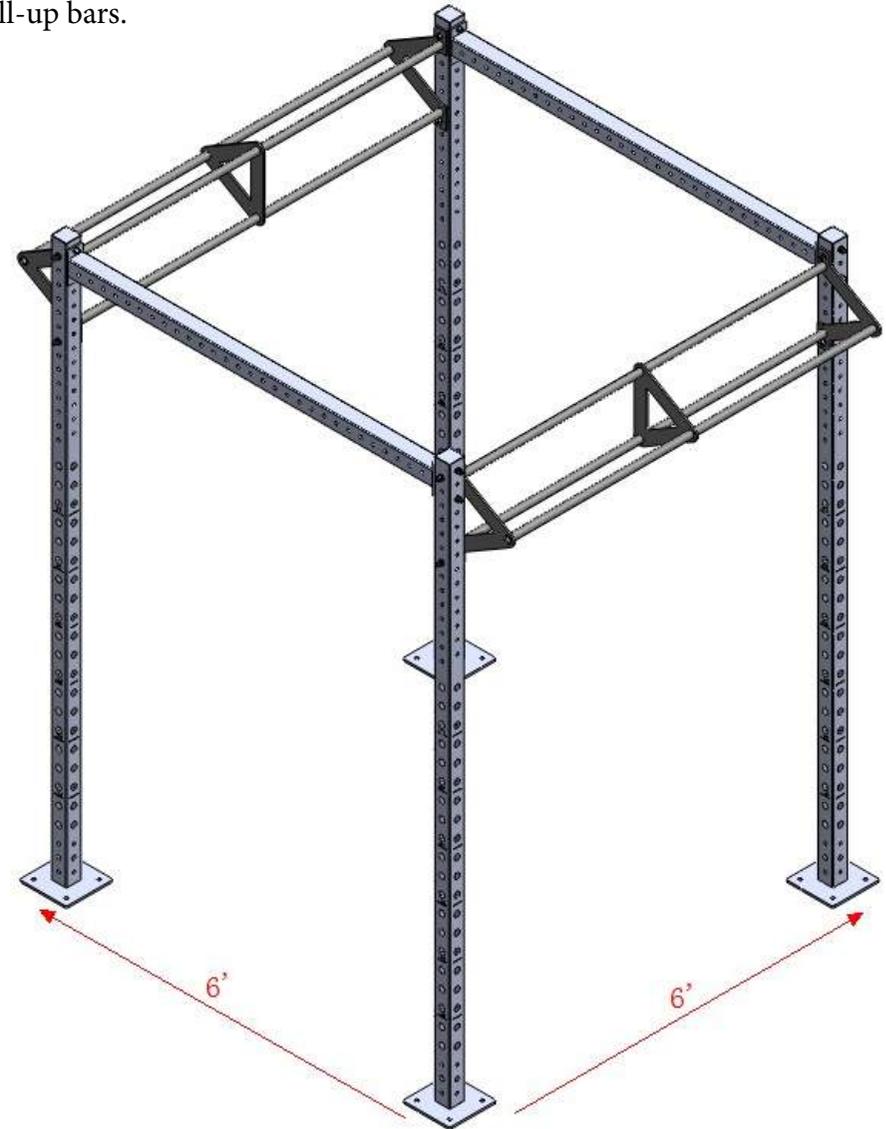
10-5109 - 9' Uprights - 4 pieces

10-5104 - 4' Cross Bars - 2 pieces

10-5216 - 6' Triangle Bars - 2 pieces

Cross Training Rig Fors-6

The Fors-6 is perfect starter unit. You can have 4 stations for pull ups and suspension system. Comes equipped with 2 heavy duty triangle pull-up bars.



10-5006 - Fors-6 - 8 total pieces

The following parts are included in the set:

10-5109 - 9' Upright - 4 pieces

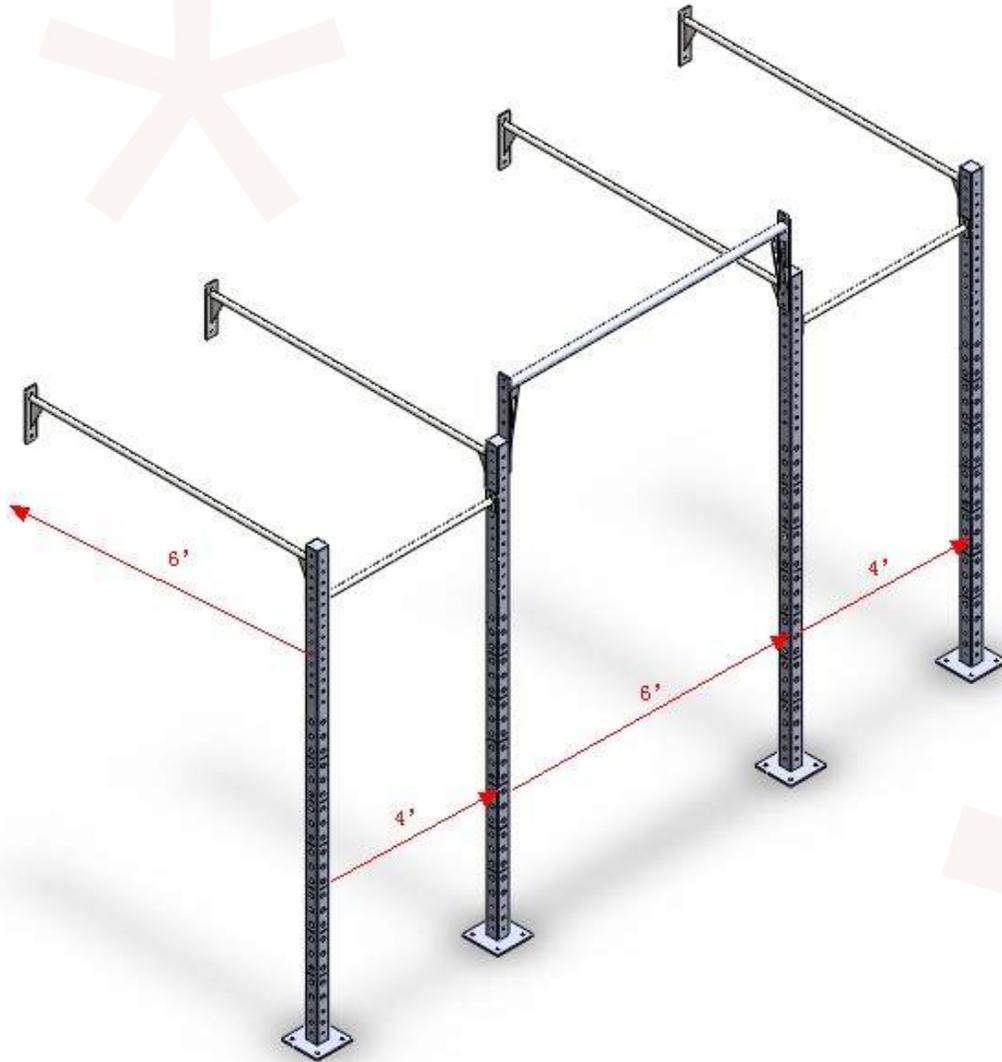
10-5106 - 6' Cross Bars - 2 pieces

10-5216 - 6' Triangle Pull-up Bar - 2 pieces

Cross Training Rig

Fornindo

The j/fit Fornindo is a great starter rack that you can build on as space and customers grow. Comes equipped with 2 squat stations and 5 pull up stations. It also has a riser which extends the rig to 11' to accommodate rings and suspension system.



10-5007 - Fornindo - 11 pieces total

The following parts are included in the set:

10-5109 - 9' Upright - 4 pieces

10-5114 - 4' Monkey Bars - 2 pieces

10-5212 - 6' Chin up Bars - 4 pieces

10-5107 - 6' Riser Overpress Bar - 1 piece

Rig Attachment

Chin Up Bar



10-5221 -
Mounted Chin-up Bar



10-5120 - 4' Monkey Ladder

Wall Ball Target



10-5203 -
26" Wall Ball Target



10-5204 -
14" Wall Ball Target

Dip Horn



10-5205 -
Dip Horn

Pylo Box



10-5210 -
Plyo Platform

Rope Attachment

U Shaped Hook



Bar and Safety Holder

10-5200 -
J Hook Set of 2



10-5201 -
Heavy Duty Safety
Holder - Pair

Grip Training



10-5206 -
Ball Grip



10-5207 -
D-Shape
Grip Handle

Single Station



10-5227 -
Glute & Ham Developer



10-5228 - Supine Board



10-5226 - Free Weight Station

10-5219 - Medicine Ball
Rebounder



Core Training



10-5208 -
Rotational Core Trainer

Attachment

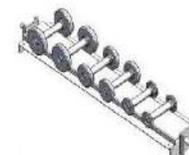


10-5225 -
A-Hanger

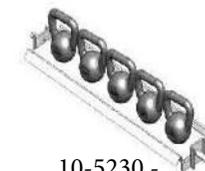
Storage



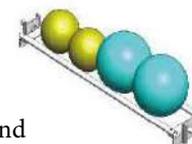
10-5224 - Wall Ball Storage



10-5229 -
Dumbbell Storage



10-5230 -
Kettle Bell Storage



Slam Ball and
Medicine Ball Storage



10-5209 -
Plate Storage Sleeve

Customized Storage Rack



This very efficient Storage rack will organize, display and store all your balls and accessories in one convenient system. Expandable in length and size, you can customize the system to fit your needs. Store medicine balls, wall balls, bumper plates, slam balls, dumbbells, kettlebells. Keep accessories such as jump ropes, bands, belts, and tubing organized and separate in one convenient location. Made of powder coated heavy-duty steel finish to match our j/fit rigs.



Racks and Rigs

Medicine Ball Racks

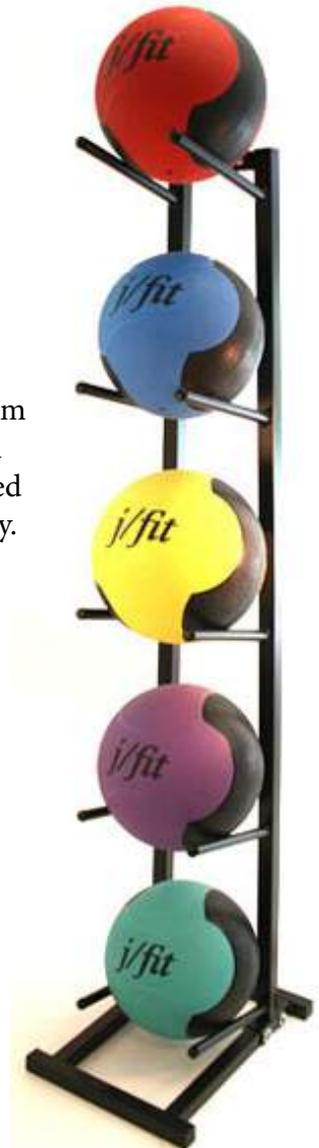


10-0150 - 4-sided Medicine Ball Rack

Our j/fit 4-sided Medicine Ball Rack holds maximum amount of medicine balls in minimal space. This rack is fully mobile and easy to transport with lockable caster wheels. This item is shipped in two separate boxes with minimal assembly. Holds 20 medicine balls (not included).

10-0100 - Medicine Ball Rack

Keep track of your complete set of j/fit Premium Rubberized Medicine Balls with this one sided rack. The j/fit Medicine Ball Rack is constructed from solid steel and requires minimal assembly. Holds up to 5 medicine balls (not included).

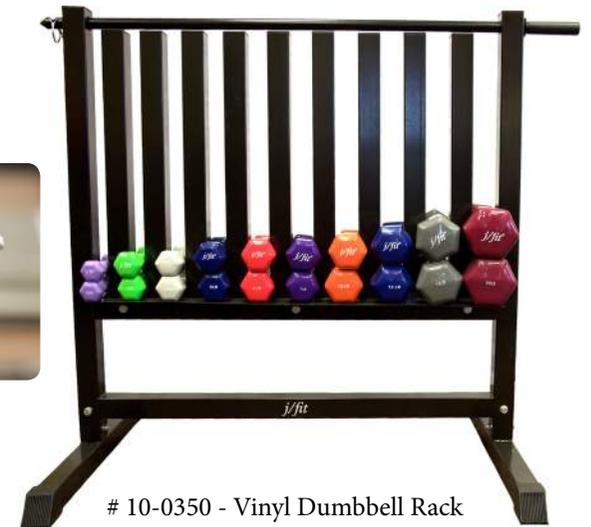


Dumbbell Racks



10-0300 - Rubber Hex Dumbbell Rack

Keep track of your j/fit Rubber Hex Dumbbells with this 3-tier dumbbell rack. Constructed from 2" steel tubing, our j/fit Rubber Hex Dumbbell Rack is heavy duty and will hold up to the toughest abuse. Longer than other dumbbell racks on the market (49" face), our rack can hold more dumbbells in a wide range of sizes from 4 to 40 pounds (not included).



10-0350 - Vinyl Dumbbell Rack

Organize your j/fit Vinyl Dumbbells with this slotted dumbbell rack. Constructed from 2" steel tubing, our j/fit Vinyl Dumbbell Rack is heavy duty. Locking pin bar atop keeps dumbbells secure and safe while not in use. Remove bar during class time to easily access dumbbells. (Dumbbells not included).

Kettlebell Racks

This solid steel rack holds our most popular j/fit Kettlebell sizes for home use. Keep your kettlebells off of the floor and nicely organized for quick use. Ringed platform design securely holds kettlebells in place. A variety of kettlebell sizes allows for a complete home workout. Set includes a 10, 12, 15 and 20 pound vinyl coated kettlebell.

10-0505 - Kettlebell Rack with Set of 4 Kettlebells



Keep your j/fit kettlebell set off of the floor and organized with our j/fit Kettlebell Rack. Constructed from 3" x 2" steel tubing, our racks are heavy duty and will hold up to the toughest abuse. Longer than other racks on the market (48" face), our rack can hold up to 20 kettlebells (not included).



10-0500 - Kettlebell Rack

Weighted Bar Rack

10-0450 - Weighted Bar Rack



Heavy-duty Metal Rack for a great way to organize your gym or studio space. Holds up to 14 weighted bars and is 26" Long, 20 1/2" Deep and 38" High (weighted bars not included)



Vertical Olympic Bar Rack

Keep your barbells organized and off the floor with this convenient support rack. Made from heavy gauge steel it will support up to 8 bars. Holds 5', 6' or 7' Olympic bars, curls trap or tricep bars.

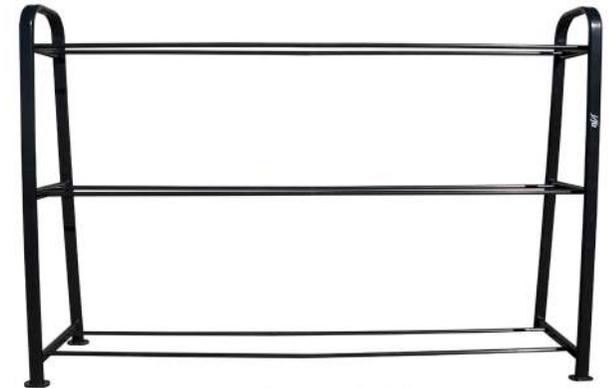


20-6702 - Barbell Support Rack

Stability Ball Rack



Heavy-duty Metal Rack for a great way to organize your gym or studio space. Holds 12 Stability Balls and is 9ft Length, 6ft Height, 2ft wide. Stability Balls not included.



10-0175 - Stability Ball Rack

Mat Racks

30-5016 - Hanging Mat Rack



Heavy duty steel rack will safely and securely hang your j/fit club mats. Will hold up to 25-48" mats or 21-68" mats. The distance between hooks is 19 3/4" on center. The rack is 25" wide by 14" tall and weights almost 10 lbs. Hanging hardware is not included. Please use hardware applicable for your wall type.

Keep mats vertically organized, convenient and flat. By hanging the mat it eliminates the possibility of cracking or tearing and allows for easy cleaning. Rolling mat rack allows you to roll your mats from room to room. Adjustable arms allows for any size grommets width. Arms are 12" each. Holds approximately 46 half inch mats and is 75" H, 27 1/2" W and 24" D. Mats not included.

10-0180 - Mat Rack with Wheels



Strength and Functional Training



<http://www.jfit.com>

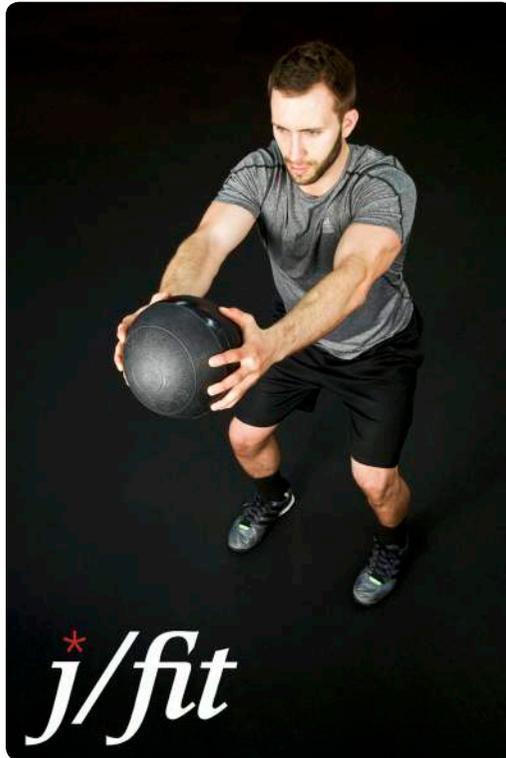
Wall Ball



- Textured Vinyl slip resistance outer skin ball great for all-over body exercises that creates enormous potential for increasing athletic performance
- Stuffed cotton batting insures a soft feel that is essential to safety with high velocity throwing.
- Triple stitched seams, vertical tie laces and double encapsulated inner sand bags keep the Medicine Ball Max balanced, strong, and leak proof.



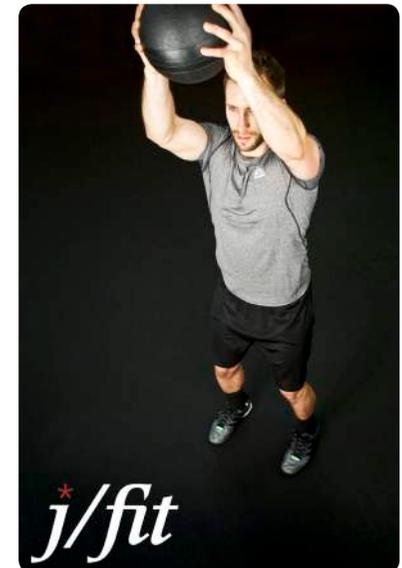
- # 20-0050 Wall Ball - 6lb
- # 20-0051 Wall Ball - 8lb
- # 20-0052 Wall Ball - 10lb
- # 20-0053 Wall Ball - 12lb
- # 20-0054 Wall Ball - 15lb
- # 20-0055 Wall Ball - 18lb
- # 20-0056 Wall Ball - 20lb
- # 20-0057 Wall Ball - 25lb
- # 20-0058 Wall Ball - 30lb



Dead Weight Slam Ball

- Improve muscle mass, cardiovascular endurance and hand/eye coordination with our j/fit Dead Weight Slam Balls.
- Increase your heart rate and burn more calories
- Designed for throwing, slamming and catching
- Firm texture allows for easy gripping

- # 20-0070 Dead Weight Slam Ball - 10lb
- # 20-0071 Dead Weight Slam Ball - 15lb
- # 20-0073 Dead Weight Slam Ball - 20lb
- # 20-0074 Dead Weight Slam Ball - 25lb
- # 20-0075 Dead Weight Slam Ball - 30lb
- # 20-0076 Dead Weight Slam Ball - 35lb
- # 20-0077 Dead Weight Slam Ball - 40lb
- # 20-0079 Dead Weight Slam Ball - 50lb



Strength and Functional Training



Improve strength, coordination and endurance by incorporating the j/fit Premium Rubberized Medicine Ball into your workout. Durable and weather resistant, our all rubber medicine balls have a synthetic rubber shell and hollow construction, allowing them to bounce. Textured surface for improved grip. Throw them against the walls, off the floor, indoors and out.

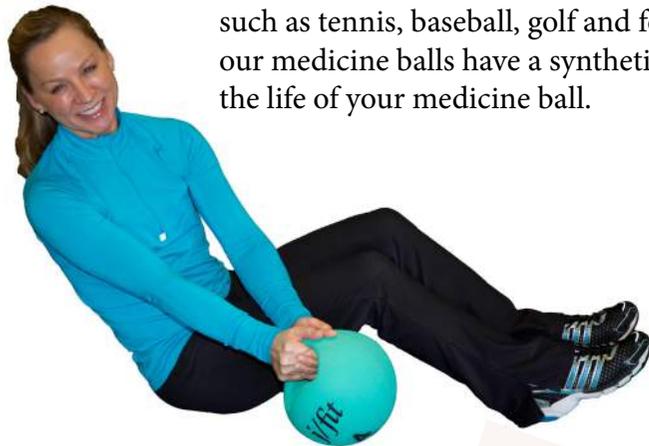
- # 20-0004 - Medicine Ball - 4lb
- # 20-0006 - Medicine Ball - 6lb
- # 20-0008 - Medicine Ball - 8lb
- # 20-0010 - Medicine Ball - 10lb
- # 20-0012 - Medicine Ball - 12lb

Medicine Ball



Handle Medicine Ball

Built in handle makes these balls easy to grip. Ideal for throwing and rotational drills. Excellent workout for strengthening trunk for sports such as tennis, baseball, golf and football. Durable and weather resistant, our medicine balls have a synthetic rubber shell to protect and prolong the life of your medicine ball.



- # 20-0015 - Handle Medicine Ball - 3.3lbs
- # 20-0020 - Handle Medicine Ball - 4.4lbs
- # 20-0030 - Handle Medicine Ball - 6.6lbs
- # 20-0040 - Handle Medicine Ball - 8.8lbs



Rubber Hex Dumbbell

Rubber Coated Hex Dumbbells are the perfect solution for sculpting a firm and shapely upper body. Made from solid cast iron with a 6-sided anti-roll design and encased in rubber.



- # 20-6504 - Rubber Hex Dumbbell - 4lb
- # 20-6505 - Rubber Hex Dumbbell - 5lb
- # 20-6506 - Rubber Hex Dumbbell - 6lb
- # 20-6507 - Rubber Hex Dumbbell - 7lb
- # 20-6508 - Rubber Hex Dumbbell - 8lb
- # 20-6510 - Rubber Hex Dumbbell - 10lb
- # 20-6512 - Rubber Hex Dumbbell - 12lb
- # 20-6515 - Rubber Hex Dumbbell - 15lb
- # 20-6518 - Rubber Hex Dumbbell - 18lb
- # 20-6520 - Rubber Hex Dumbbell - 20lb
- # 20-6525 - Rubber Hex Dumbbell - 25lb
- # 20-6530 - Rubber Hex Dumbbell - 30lb
- # 20-6535 - Rubber Hex Dumbbell - 35lb
- # 20-6540 - Rubber Hex Dumbbell - 40lb
- # 20-6545 - Rubber Hex Dumbbell - 45lb
- # 20-6550 - Rubber Hex Dumbbell - 50lb
- # 20-6560 - Rubber Hex Dumbbell - 60lb
- # 20-6570 - Rubber Hex Dumbbell - 70lb
- # 20-6580 - Rubber Hex Dumbbell - 80lb
- # 20-6590 - Rubber Hex Dumbbell - 90lb
- # 20-6100 - Rubber Hex Dumbbell - 100lb



- # 20-6504-2 - Rubber Hex Dumbbell - 4lb pair
- # 20-6505-2 - Rubber Hex Dumbbell - 5lb pair
- # 20-6506-2 - Rubber Hex Dumbbell - 6lb pair
- # 20-6507-2 - Rubber Hex Dumbbell - 7lb pair
- # 20-6508-2 - Rubber Hex Dumbbell - 8lb pair
- # 20-6510-2 - Rubber Hex Dumbbell - 10lb pair
- # 20-6512-2 - Rubber Hex Dumbbell - 12lb pair
- # 20-6515-2 - Rubber Hex Dumbbell - 15lb pair
- # 20-6518-2 - Rubber Hex Dumbbell - 18lb pair
- # 20-6520-2 - Rubber Hex Dumbbell - 20lb pair
- # 20-6525-2 - Rubber Hex Dumbbell - 25lb pair
- # 20-6530-2 - Rubber Hex Dumbbell - 30lb pair
- # 20-6535-2 - Rubber Hex Dumbbell - 35lb pair
- # 20-6540-2 - Rubber Hex Dumbbell - 40lb pair
- # 20-6545-2 - Rubber Hex Dumbbell - 45lb pair
- # 20-6550-2 - Rubber Hex Dumbbell - 50lb pair



Dipped in vinyl coating allows for a comfortable hand held grip for any exercise intensity.



- # 20-5502-2 - 2lb Vinyl Dumbbell Pair, Lavender
- # 20-5503-2 - 3lb Vinyl Dumbbell Pair, Lime
- # 20-5504-2 - 4lb Vinyl Dumbbell Pair, Silver
- # 20-5505-2 - 5lb Vinyl Dumbbell Pair, Dark Blue
- # 20-5506-2 - 6lb Vinyl Dumbbell Pair, Red
- # 20-5507-2 - 7lb Vinyl Dumbbell Pair, Purple
- # 20-5508-2 - 8lb Vinyl Dumbbell Pair, Black
- # 20-5510-2 - 10lb Vinyl Dumbbell Pair, Orange
- # 20-5512-2 - 12lb Vinyl Dumbbell Pair, Royal Blue
- # 20-5515-2 - 15lb Vinyl Dumbbell Pair, Gray
- # 20-5518-2 - 18lb Vinyl Dumbbell Pair, Dark Green
- # 20-5520-2 - 20lb Vinyl Dumbbell Pair, Maroon

Vinyl Dumbbell

Our j/fit Vinyl Dumbbells are the perfect solution for sculpting a firm and shapely upper body. Constructed from solid cast iron, these weights are encased in an elastic rubber to protect the dumbbell and workout surface. Hexagonal, 6-sided design prevents the dumbbell from rolling, and a chrome finished ergonomic handle reduces fatigue and improves the comfort of your grip.

Easy on your floor, and easily cleaned



32lb Dumbbell Set with Rack

The perfect set for home or office use. Takes up little space and the rack keeps the dumbbells organized and looking nice so you can place them in any room in the house for quick and easy access. Neoprene coated solid steel dumbbells with easy to grip non-slip handles. Set includes 1 pair of 3lb, 5lb, and 8lbs dumbbells and one storage rack to fit all dumbbells.



20-5200 - 32lb Dumbbell Set with Rack

Vinyl Kettlebell

Kettlebells are the ultimate training tool, offering a variety of full body workouts that will challenge your muscular and cardiovascular systems. Our j/fit Vinyl Kettlebells are guaranteed to be one of the top quality kettlebells on the market providing durability and comfort for the user. Our kettlebells are a solid one piece cast iron, providing a 2" handle that is smooth and durable. Vinyl coating protect both the kettlebell and workout surface and prolongs the life of the kettlebell.



- # 20-6005 - Vinyl Kettlebell - 5lb
- # 20-6008 - Vinyl Kettlebell - 8lb
- # 20-6010 - Vinyl Kettlebell - 10lb
- # 20-6012 - Vinyl Kettlebell - 12lb
- # 20-6015 - Vinyl Kettlebell - 15lb
- # 20-6020 - Vinyl Kettlebell - 20lb
- # 20-6025 - Vinyl Kettlebell - 25lb
- # 20-6030 - Vinyl Kettlebell - 30lb
- # 20-6035 - Vinyl Kettlebell - 35lb



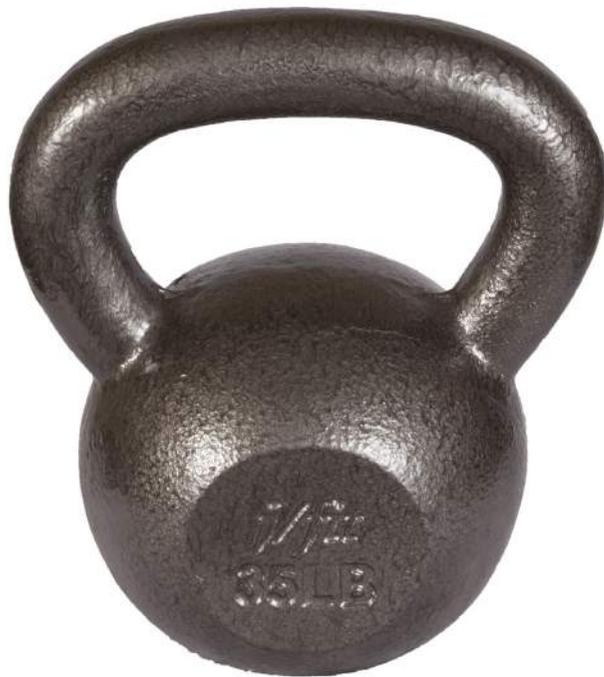
- Sets:**
- # 20-6008-10 - Vinyl Kettlebell - 8-10lb Set
 - # 20-6008-12 - Vinyl Kettlebell - 8-15lb Set
 - # 20-6008-35 - Vinyl Kettlebell - 8-35lb Set
 - # 20-6008-500 - Vinyl Kettlebell - 8-35lb Set with Rack
 - # 20-6010-20 - Vinyl Kettlebell - 10, 12, 15, 20lb Set
 - # 20-6012-15 - Vinyl Kettlebell - 12-15lb Set
 - # 20-6020-25 - Vinyl Kettlebell - 20-25lb Set
 - # 20-6030-35 - Vinyl Kettlebell - 30-35lb Set

Cast Iron Kettlebell

Our j/fit Cast Iron Kettlebells are a solid one piece cast iron, providing a 2" handle that is smooth and durable. Made with premium material, no fillers. Our Cast Iron Kettlebells are painted grey to protect the kettlebell from the elements, prolongs the life of the kettlebell and to give it a great feel. They are machined with a wide flat base so it sits perfectly on the floor and doesn't wobble.

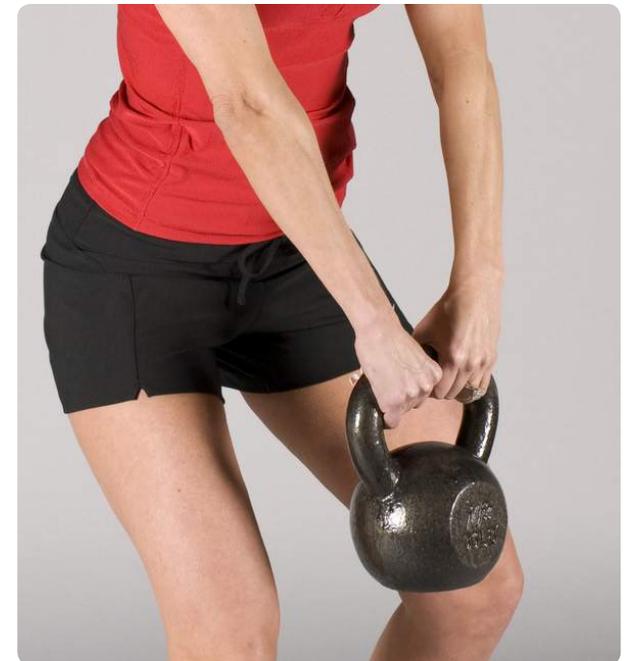


Sets:
20-6130-35 - Cast Iron Kettlebell - 30-35lb Set
20-6130-50 - Cast Iron Kettlebell - 30-50lb Set
20-6140-50 - Cast Iron Kettlebell - 40-50lb Set



Used to increase strength, agility, endurance and balance

20-6130 - Cast Iron Kettlebell - 30lb
20-6135 - Cast Iron Kettlebell - 35lb
20-6140 - Cast Iron Kettlebell - 40lb
20-6150 - Cast Iron Kettlebell - 50lb
20-6160 - Cast Iron Kettlebell - 60lb



Strength and Functional Training

S-Shape Dumbbell

The innovative design of the j/fit S Shape Dumbbells eliminates hand and wrist fatigue caused by over-gripping. This ergonomic design combined with a non-slip neoprene surface allows the hand weight to be used with minimal grip. Unique S shape distributes the weight evenly around the hand reducing stress on the wrist.



- # 20-5206 - S-Shape Dumbbell Pair - 3lb
- # 20-5208 - S-Shape Dumbbell Pair - 4lb
- # 20-5210 - S-Shape Dumbbell Pair - 5lb



Neoprene Grip Weight

The innovative design of the j/fit Neoprene Grip Dumbbell eliminates hand and wrist fatigue caused by over-gripping. This ergonomic design combined with a non-slip neoprene surface allows the hand weight to be used with minimal grip.

Sets:

- # 20-5217-2 - Neoprene Grip Weight - 1lb Set
- # 20-5227-2 - Neoprene Grip Weight - 2lb Set
- # 20-5237-2 - Neoprene Grip Weight - 3lb Set
- # 20-5247-2 - Neoprene Grip Weight - 4lb Set
- # 20-5257-2 - Neoprene Grip Weight - 5lb Set



- # 20-5217 - Neoprene Grip Weight - 1lb
- # 20-5227 - Neoprene Grip Weight - 2lb
- # 20-5237 - Neoprene Grip Weight - 3lb
- # 20-5247 - Neoprene Grip Weight - 4lb
- # 20-5257 - Neoprene Grip Weight - 5lb



- # 20-7802 - Soft Hand Weights - 1lb Set
- # 20-7804 - Soft Hand Weights - 2lb Set
- # 20-7806 - Soft Hand Weights - 3lb Set



Soft Hand Weights

Combine the j/fit Soft Hand Weights to any aerobic exercise to increase the intensity. These 6" soft, flexible neoprene covered hand weights conform to your hand providing the perfect grip. The elastic hand strap eliminates over-gripping and hand fatigue. Provides upper body resistance ideal for walking or running.

Strength and Functional Training



Increase fore-arm, wrist and finger strength with the j/fit Soft Weighted Toning Balls. Great for toning and strengthening, this toning ball can be used in place of standard dumbbells. Made from soft, easy to grip vinyl which makes them easy to toss and catch.

- # 20-1302 - Toning Ball - 2lb
- # 20-1503 - Toning Ball - 3lb
- # 20-1505 - Toning Ball - 5lb

Toning Ball



Weighted Cardio Gloves

Add a pair of weighted gloves to your workout routines and increase the intensity of your workout. The j/fit 1lb Weighted Cardio Gloves are a comfortable and convenient addition to any workout; backhand weights do not impede your grip and limit functionality. One size fits most.



20-7800 - Weighted Cardio Gloves



Soft Wrist Weights

Wrist weights are a great addition to strengthening and muscle toning programs, as well as enhancing aerobic exercises. Our j/fit Soft Wrist Weights feature a soft, comfortable neoprene shell that promotes breathability for your skin. Convenient slip on design. Set includes two 1lb wrist weights.



20-7810 - Soft Wrist Weights



Strength and Functional Training

Ergonomical Ankle Weights



20-7831 - Ankle Weights (Ergonomical) 5lb Set

Ankle weights are a great addition to strengthening and muscle toning programs. Our j/fit Neoprene Ankle Weights feature heavy duty Velcro straps that make for a snug fit for all ankle sizes. A soft, comfortable neoprene shell that promotes breathability for your skin. Set includes two 2.5lb ankle weights.



Weighted Vest



10-6100 - Weighted Vest - 10lb
10-6300 - Weighted Vest - 30lb



J/fit's Adjustable Weighted Vests are a great tool to add weighted resistance to any workout. The vest fits securely with Velcro wrap closures and features padded shoulders for added comfort. Can be adjusted to hold from 2 lbs up to the full weight with removable 1lb packs. Great for athletic training as well as for police and fire academy training.

Weighted Bar

J/fit weighted bars are ideally suited for strength training, group exercise classes, yoga/pilates workouts, home gyms or during any workout where added weight and resistance helps to build core strength, endurance, flexibility and balance. Approximately 4ft long, one piece solid steel encased in high quality easy to grip rubber. Provides even weight distribution.



- # 20-7010 - Weighted Bar - 10lb
- # 20-7012 - Weighted Bar - 12lb
- # 20-7015 - Weighted Bar - 15lb
- # 20-7018 - Weighted Bar - 18lb
- # 20-7020 - Weighted Bar - 20lb
- # 20-7025 - Weighted Bar - 25lb



Strength and
Functional Training

Elite Olympic Bars



Made of alloy steel the j/fit Olympic bar compares to some of the finest bars on the market. Construction consists of 8 needle bearings and 2 oversized oil impregnated bushings to allow for a smooth spin. Gripping area is 28mm surface for men and 25mm for woman. Surface is hard chrome and has a max load of 1250 lbs. for men and 750 for women. Knurling is medium grip for just the right feel, no center knurling. Loadable sleeve length for men's is 16.25" and 12.50" for women. Men's bar weighs 20kg and the women's bar weighs 15kg.



20-6700 - Mens Barbell 45lbs

20-6701 - Womens Barbell

Barbell Clamp



30-0055 - j/fit Barbell Clamp Pro 2"



30-0050 - j/fit Barbell Chrome Spring Collar

Rubber Bumper Plate



J/fit's bumper plates are made to withstand the daily use of the gym. The bumper plates are standard IWF 450mm in diameter. They have a dead bounce and are designed with durable stainless steel inserts and a distinctive smooth finish that provides an economical weightlifting alternative for a home gym or large-scale strength training facility.



- # 20-6610 - Rubber Bumper Plate - 2.5lb
- # 20-6611 - Rubber Bumper Plate - 5lb
- # 20-6612 - Rubber Bumper Plate - 10lb
- # 20-6615 - Rubber Bumper Plate - 15lb
- # 20-6625 - Rubber Bumper Plate - 25lb
- # 20-6635 - Rubber Bumper Plate - 35lb
- # 20-6645 - Rubber Bumper Plate - 45lb

Grip Sand Bag

Strengthen your grip, wrists and forearms with the j/fit Grip Sand Bags. Challenge your core by tossing, lifting and swinging the bag. Shifting of the sand subjects to instability for a better workout. Easier on floors than conventional weights and kettlebells. Sold filled.

- # 20-0090 - Grip Bag - 10lb
- # 20-0091 - Grip Bag - 20lb
- # 20-0092 - Grip Bag - 30lb
- # 20-0093 - Grip Bag - 40lb



Starter Hand Grips



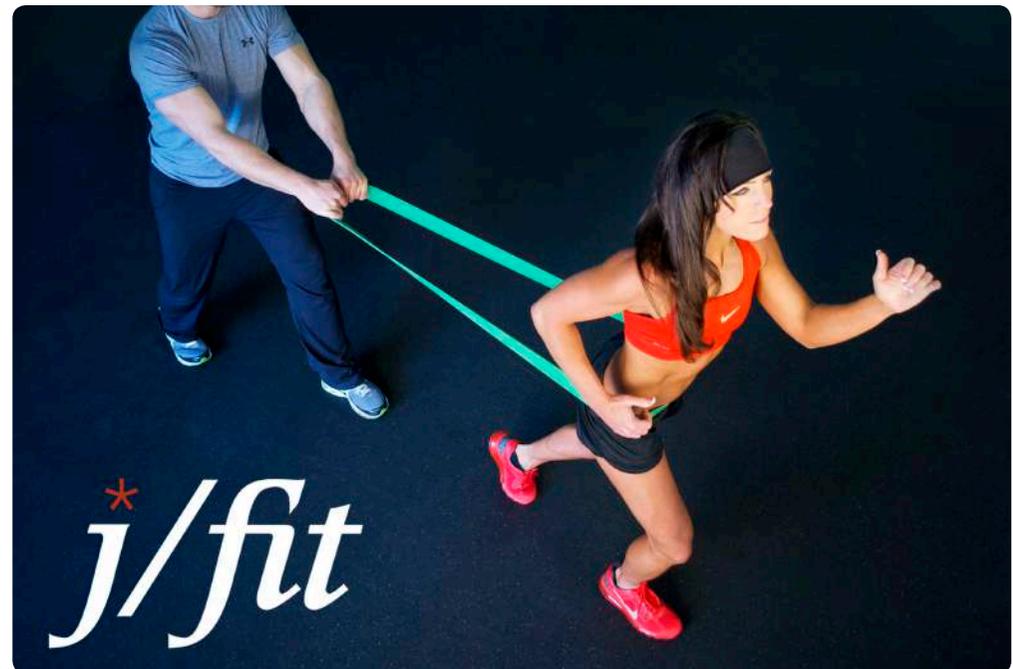
20-3440 - Starter Hand Grips

People with strong grips tend to be strong elsewhere. The gripping muscles pass through the forearms, the wrists and into the hands, fingers and thumbs on both the front and the back of the forearms. A strong grip is essential for strong lifts, better injury resiliency and any sport where catching, throwing, or lifting is involved. To develop a stronger grip, your goal is to squeeze the gripper so that the handles touch together and work up to multiple reps. Starting your grip strength routine with these starter grips will insure a safe and effective way to work up to stronger and more efficient grip strength.



Power Bands

J/fit Premium Power Lifting Bands are made with an innovative process to give them more of an even overall stretch. Their seamless latex bands made of continuous layering to prevent breakage. Excellent tool for individuals working towards unassisted body weight exercises like pull-ups and chin-ups. They are commonly used for cross fit, speed and agility training, assisted pull-ups, power lifting, jumping, plyometric, P90X and yoga and Pilates practice. The j/fit Premium Power Bands are portable to take anywhere and easily attaches to most overhead bars.



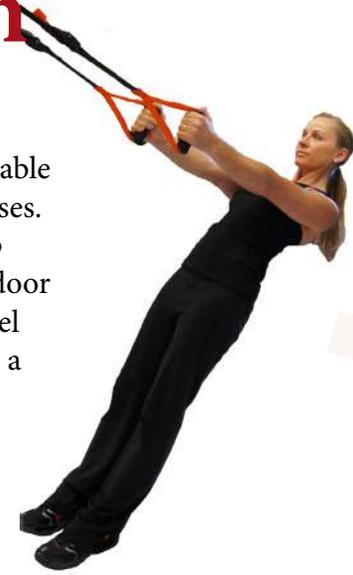
- # 20-1023 - Power Bands - Heavy
- # 20-1024 - Power Bands - X-Heavy
- # 20-1025 - Power Bands - XX-Heavy

Portable Suspended Training System



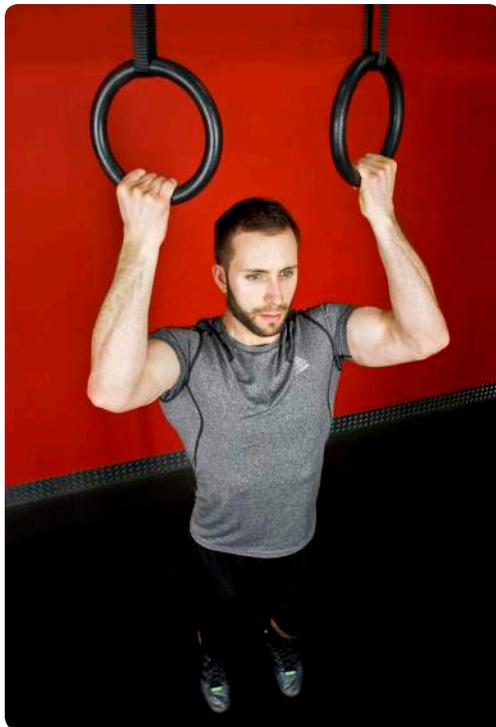
10-9000 - Portable Suspended Training System

Use your own body weight to get in shape with the j/Fit Portable Body Weight Training System for suspension training exercises. The system allows for hundreds of different exercises to keep workout routines fun and challenging. It is great for both indoor and outdoor use and fits into a convenient mesh bag for travel and storage. The j/fit Portable Suspension Training System is a great workout tool for users of all skill levels.



CrossFit Rings

The instability of the rings will help you build more strength in your upper body and core. Great for performing muscle-ups, pull ups, L-sits, fly's, push ups, and more. Attaches quickly and easily to a weight rack or any secure overhead object.



10-3250 - CrossFit Rings

Plastic ring set includes two rings with an external diameter of 9.25 inches; and the internal diameter of the ring is 7 inches. The Nylon Webbing Straps (W x L): 0.98 inch X 175 inches



#10-3251 - Wooden Crossfit Rings

Set Includes two 15' by 1' wide nylon straps with safe and secure quick-release buckles. 1.25" diameter



Deluxe Doorway Pull-up Bar

Turn your door frame into a powerful workout station. Sturdy steel construction allows the j/fit Deluxe Doorway Pull-Up Bar to hold up to 250 lbs for performing chin-ups or pull-ups. Diversify your workout and mount into the bottom of your door frame to perform push-ups or dips. Adjustable length from 26" to 40", the Doorway Bar fits most door frames and includes optional screw-in brackets for secure mounting.



20-0265 - Deluxe Doorway Pull-up Bar



Total Upper Body Workout Bar



You now have the convenience of a full body workout in the comfort of your own home. The Total Upper Body Workout Bar combines several workouts to target your back, chest, biceps, triceps, shoulders and abs. This product fits into standard door frames, 24" to 32" wide with doorway trim or molding up to 3.5" wide, allowing the user to perform pull-ups or chin-ups. The Workout Bar can instantly be removed from a door frame and placed on the floor for push-ups, dips and sit-ups. After your workout is complete this product can be put away and stored in a closet out of sight.



10-7000 - Total Upper Body Workout Bar

Upper Body Workout Pro

The Upper Body Workout Pro combines several workouts to target your back, chest, biceps, triceps, shoulders and abs. This product fits into standard door frames, 24" to 32" wide with doorway trim or molding up to 3.5 inches wide, allowing the user to perform pull-ups or chin-ups with several different grip options. The Workout Pro can instantly be removed from a door frame and placed on the floor for push-ups, dips and sit-ups. After your workout is complete this product can be put away and stored in a closet out of sight.



10-7100 - Upper Body Workout Pro

Pro Push-up Bar

The oversized j/fit Pro Push-Up Bars add a greater range of motion to your workout than traditional push-up bars. Using these bars to perform push-ups, dips and other core workouts will benefit the user by minimizing hand, wrist and elbow stress associated with those workouts. These push-up bars feature foam padded grips for comfort and non-skid feet to use on any surface.



20-0610 - Pro Push-up Bar



Padded Grip Push-up Bar

The j/fit Padded Push-Up Bars add a greater range of motion to your workout. Using these bars to perform push-ups, dips and other core workouts will benefit the user by minimizing hand, wrist and elbow stress associated with those workouts. These push-up bars feature foam padded grips for comfort and non-skid feet to use on any surface. Height: 6"



20-0614 - Padded Grip Push-up Bar



Core Ab Wheel

Build firmer and stronger abs and improve overall core strength with the j/fit Core Ab Wheel Roller. Extra wide single wheel with ergonomic handles lets you perform roll-outs, inch worms, lat/diagonal pulls and rolling planks.



20-8000 - Core Ab Wheel



Wrist Roller

The j/fit Pro Wrist Roller is an effective way to strengthen hands, forearms and wrists with one workout. Constructed from strong tubular steel with a 5' cable and removable plate attachment. Plates are sold separately.



20-8100 - Wrist Roller

Premium Sled

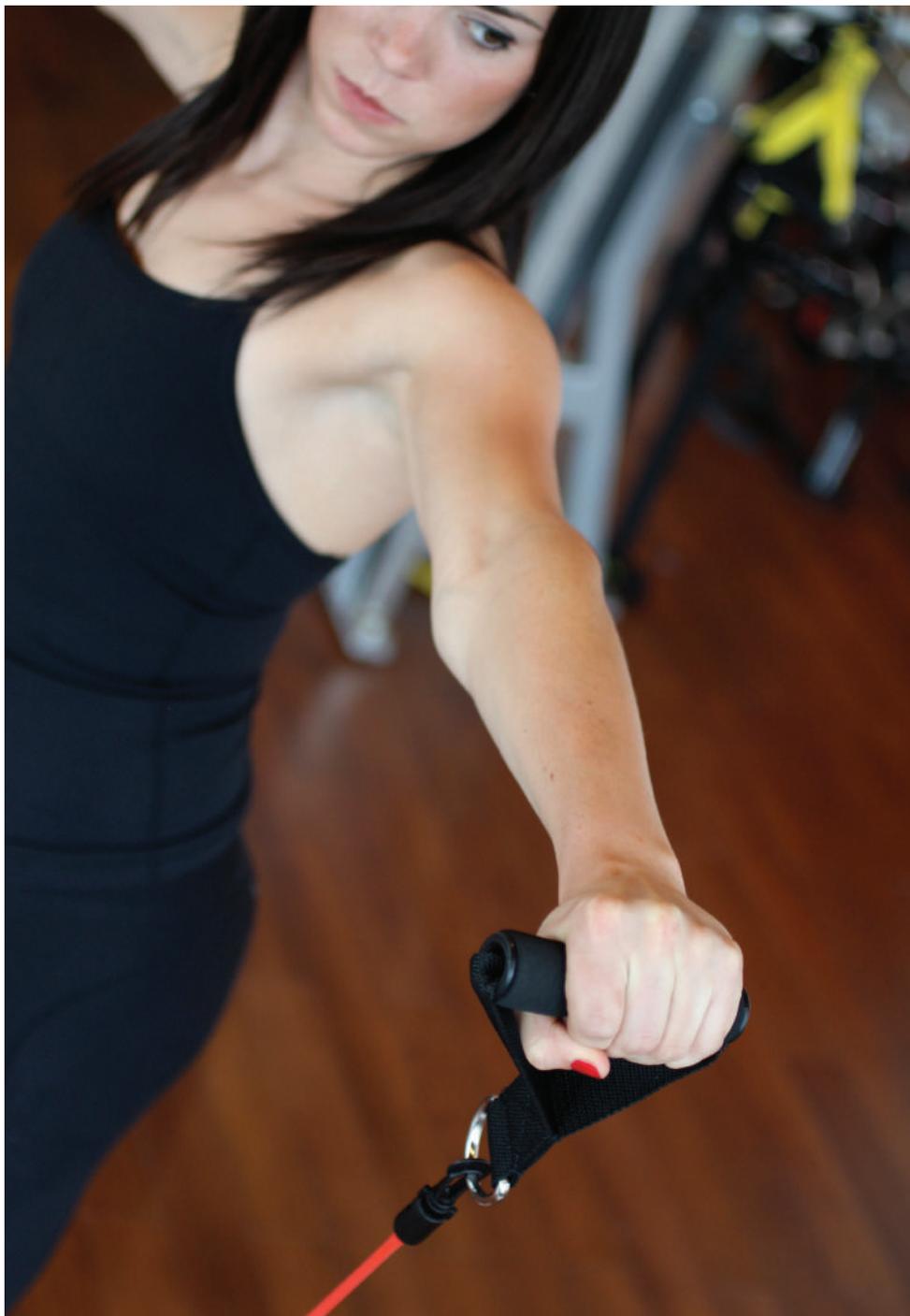


The j/fit Premium Sled trains speed, quickness, and explosiveness. It has a dual-point harness attachment which provides an even load while pulling. The flat bottom rails slide smoothly on most surfaces. This Premium Sled is made of heavy-gauge steel and solid welded construction. It has 14" center post which will accommodate up to 315lbs in Olympic plates.



10-2500 - Premium Sled





Resistance Training



<http://www.jfit.com>

Interchangeable Tubing System

Our j/fit Tubing with Handles provides a low impact workout using resistance to tone and strengthen your biceps, triceps, shoulders, back, abs and legs. Resistance Tubing offers a versatile way to add resistance to your existing workout as well as add a variety of new workouts to your routine. This product is compact and portable to take on the go. Includes a pair of nylon padded handles. The band has clips that allow for interchanging different bands to handles. Door anchor may be used for additional exercises. Exercise guide included.



- # 20-2131 - Tubing w/ Handles - Light - Yellow
- # 20-2132 - Tubing w/ Handles - Medium - Green
- # 20-2133 - Tubing w/ Handles - Heavy - Red
- # 20-2134 - Tubing w/ Handles - X-Heavy - Blue
- # 20-2135 - Tubing w/ Handles - XX-Heavy - Black
- # 20-2136 - Tubing w/ Handles - XXX-Heavy - Orange



Replacement Tubing

Replacement tubing comes in 6 different resistances for replacing tubing that has cracked or lost its resistance at a less cost than replacing the entire set. Clips on the end of tubing offers versatility to interchange resistance with one set of handles. Create varied resistance levels by attaching multiple tubes to one handle.

- # 20-0213-LGH - Replacement Tubing - Light - Yellow
- # 20-0213-MED - Replacement Tubing - Medium - Green
- # 20-0213-HVY - Replacement Tubing - Heavy - Red
- # 20-0213-XHY - Replacement Tubing - X-Heavy - Blue
- # 20-0213-XXH - Replacement Tubing - XX-Heavy - Black
- # 20-0213-XXX - Replacement Tubing - XXX-Heavy - Orange

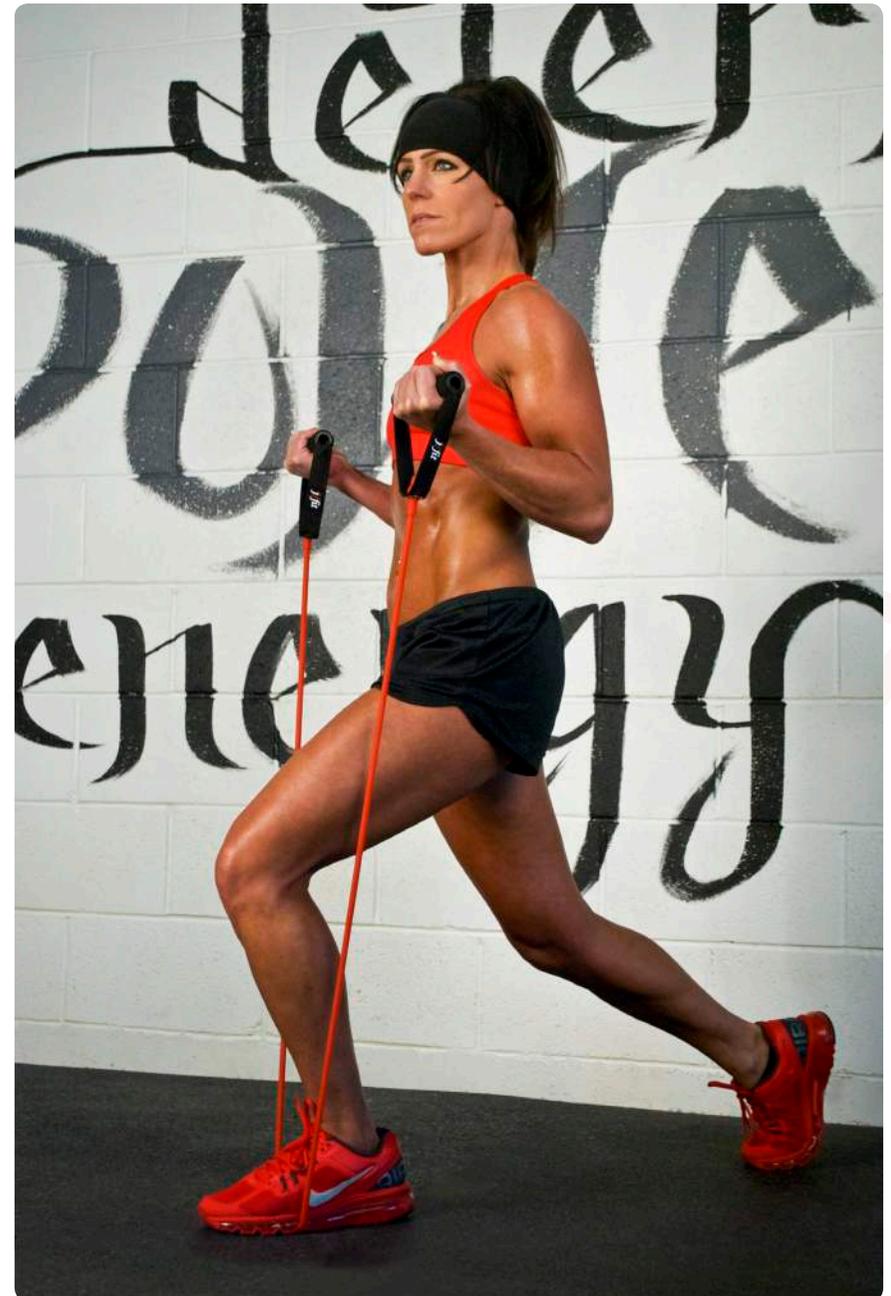


Tubing with Fixed Handles

Our j/fit Tubing with Handles provides a low impact workout using resistance to tone and strengthen your biceps, triceps, shoulders, back, abs and legs. Resistance Tubing offers a versatile way to add resistance to your existing workout as well as add a variety of new workouts to your routine. This product is compact and portable to take on the go.



- # 20-2140 - Tubing with Fixed Handles - Light - Yellow - 6lb
- # 20-2141 - Tubing with Fixed Handles - Medium - Green - 8.5lb
- # 20-2142 - Tubing with Fixed Handles - Heavy - Red - 12lb
- # 20-2143 - Tubing with Fixed Handles - X-Heavy - Blue - 18lb
- # 20-2144 - Tubing with Fixed Handles - XX-Heavy - Black - 21lb



Safety Sleeve Tubing



20-2150 - Safety Sleeve Tubing - Medium - Blue

High quality resistance tubing with a durable safety cover allows for tubing to last much longer than conventional tubing. Safety cover protects tubing from sharp objects, nicks, perspiration and body oils that will damage conventional tubing. Gym quality tubing with extra strong ergonomic padded handles; Easy to grip, strong and sturdy in your hands. Protect yourself and your resistance tubing from snapping while in use. Ergonomic professional grade handles will not wear out and can be easily wiped clean. Safety sleeves and specially designed attachment allow you to stretch the tubing further than conventional tubing without breaking or dislodging from the handles.



20-2155 - Safety Sleeve Tubing - Heavy - Red

Resistance from dumbbells never changes, while the resistance from tubing increases throughout the exercise motion. The Heavy Handles with Tubing combines two variations of resistance making the exercise motion more efficient in toning and building lean muscle. Create a body sculpting program that will tone you from head to toe, and help you gain up to three times as much strength than traditional weight training alone.

Heavy Handles



- # 20-0102 - Heavy Handles - 2 lb
- # 20-0103 - Heavy Handles - 3 lb
- # 20-0104 - Heavy Handles - 4 lb
- # 20-0105 - Heavy Handles - 5 lb
- # 20-0106 - Heavy Handles - 6 lb

Extra Thick Looped Bands



- # 20-1010 - Extra Thick Looped Bands - Heavy
- # 20-1011 - Extra Thick Looped Bands - X-Heavy
- # 20-1012 - Extra Thick Looped Bands - XX-Heavy

The j/fit Loop Resistance Bands are an inexpensive alternative to conventional weights and exercise equipment. These bands tone and define muscles with virtually unlimited possible uses. Suitable for all fitness levels, these bands can be used for rehabilitation as well as basic strength training. Lightweight and portable for travel and home use. The 12" closed loops are ideal for short limited movements.



Travel Exercise Bar

The j/fit Travel Exercise Bar provides all the equipment you need to perform basic workouts on the go. Set includes a 3-piece bar, door anchor, medium and heavy resistance tubing. All items conveniently fit into the carry bag included, making the Travel Kit great for use while traveling or at the office. Fits easily into a carry-on or briefcase.



20-3122 - Travel Exercise Bar



Travel Kit

The j/fit Travel Kit provides all the equipment you need to give your body a complete workout. Set includes a 3-piece bar, 5 different resistant cords, door anchor, two ankle straps and two handles. All items conveniently fit into the carry bag included, making the Travel Kit great for use while traveling or at the office. Fits easily into a carry-on or briefcase.



20-3213 - Travel Kit

Change it Handles

Multi purpose handle allows you to insert tubing, bands, or rope material. Strong rigid plastic handle with soft neoprene grips will give you a sturdy grip that will not give in while pushing or pulling. Great for larger hands or persons with problems gripping conventional handles. (bands not included)



20-0900 - Change it Handles



Exercise Band Sets

The j/fit Resistance Exercise Bands are an inexpensive alternative to conventional weights and exercise equipment. These bands tone and define muscles with virtually unlimited possible uses. Suitable for all fitness levels, these bands can be used for rehabilitation as well as basic strength training. Lightweight and portable for travel and home use.

20-1003 - Exercise Bands Set of 3 with Clip (5' length)



20-1000 - Exercise Bands Set of 4 with Clip (4' length)

Therapy

<http://www.jfit.com>



Mini Massage Balls

40-8910 - Mini Massage Balls (set of 3)

Relax sore and strained muscles after hard workouts. The j/fit Mini Massage Balls are a great therapeutic tool ideal for relieving pain, tension, stiffness and stress. Massaging bumps increase blood circulation and can be used for massage therapy or to improve dexterity. Use on back, feet or where ever you feel tension. Easy to hold, catch and throw. Set includes 8cm, 9cm and 10cm massage balls.



Muscle Knot Relief Balls

The unique and varied density and texture of the j/fit Muscle Knot Relief Balls will help to penetrate through layers of skin and connective tissues to get deeply and precisely into the muscle knots to rub out adhesions and tension. The varied densities of the balls allow you to maneuver around bones without pinching or irritating nerves like a harder golf ball or lacrosse ball. Made from a special material which specifically targets the muscle knot. The unique feature of the three tiered density system allows you to slowly increase density rather than using a tennis or golf ball (which can be too light or too hard and cause bruising). The small size makes them perfect for travel.



40-8915 - Muscle Knot Relief Balls (Set of 3)

Muscle Tension Release Ball

Return to an active, pain-free lifestyle with the j/fit Muscle Tension Release Ball. Promotes circulation and increase your range of motion to enhance stretching. Provides a gentle, kneading manipulation that stretches, softens, lengthens and realigns fascia. Beneficial for stretching and preventing injuries as well as treating injuries. Size: 6" Diameter.



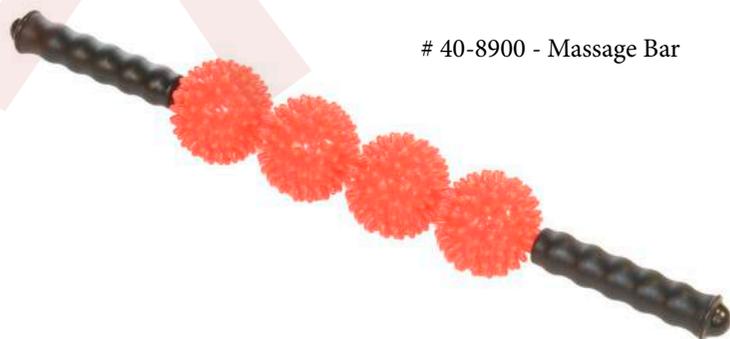
20-1643 - Muscle Tension Release Ball



Therapy

Massage Bar

Massage muscle tissue to relax sore and strained muscles after hard workouts with the j/fit Massage Bar. Roll these four massaging balls along large muscle areas to stimulate tissue and promote blood flow. The massage bar is a great therapeutic tool ideal for relieving pain, tension, and stiffness. This product is 18" in length and four massage balls with 2.5" diameter. Features an ergonomic handle.



40-8900 - Massage Bar



Rolling Massage Bar

Myo facial and deep tissue massage therapy. Accelerates recovery time and reduces muscle soreness, stiffness and pain. Promotes flexibility and increases range of motion. Ergonomic handles allow for better grip to apply desired pressure while rolling. Can be used for sore thighs, hamstrings, IT bands, calf's, ankles, feet and buttocks. Portable, compact and easy to use after those long runs or workouts that leave your muscles feeling tired and sore. 4 rolling spindles target your pressure points to help relieve pain and increase circulation.



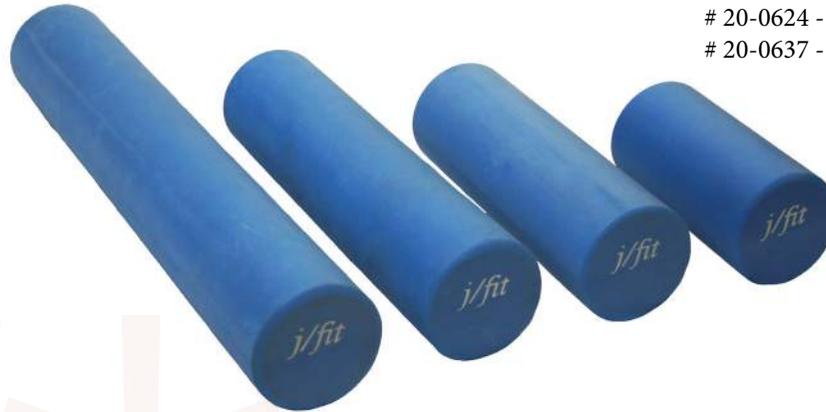
40-8905 - Rolling Massage Bar

EVA High Density Foam Roller



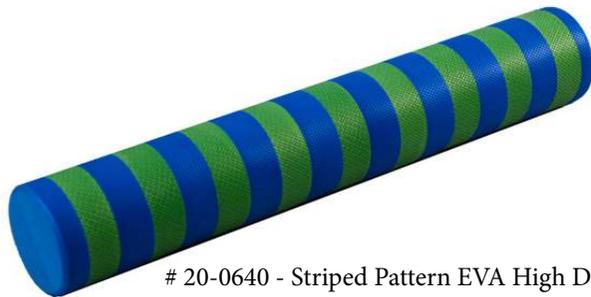
Foam rollers enhance balance, body awareness, muscle re-education, flexibility, dynamic strength and myofascial release. Constructed from durable EVA material, our j/fit High Density EVA Rollers are extra firm and are far superior than standard foam rollers. Dense EVA construction provides firm support for all body types and prolongs the life of your roller.

- # 20-0617 - EVA High Density Foam Roller - 12"
- # 20-0618 - EVA High Density Foam Roller - 18"
- # 20-0624 - EVA High Density Foam Roller - 24"
- # 20-0637 - EVA High Density Foam Roller - 36"



20-0641 - EVA High Density Foam Roller with Vinyl Cover - 36"

20-0638 - Textured EVA High Density Foam Roller - 36"



20-0640 - Striped Pattern EVA High Density Foam Roller - 36"



20-0642 - Deluxe EVA Myo Body Roller - 36"

High Density Beaded Foam Roller

We use the highest quality EVA foam available to make our high-density rollers with NO fillers like the cheaper versions. One of the longest lasting rollers on the market it will hold high weights and will not dent in or collapse under multi users. Commercial grade and used by gyms and physical therapy clinics worldwide.



- # 20-2639 - Half-Round High Density Foam Roller - 36"
- # 20-0639 - Black High Density Foam Roller - 36"
- # 20-0619 - Black High Density Foam Roller - 18"
- # 20-0616 - Black High Density Foam Roller - 12"



20-0645 - Black Myo Body Roller - 36"



20-0646 - Black Myo Body Roller - 18"



20-0647 - Black Myo Body Roller - 12"



20-0652 - White High Density Foam Roller Soft - 36"



Basic Foam Roller

Foam rollers enhance balance, body awareness, muscle re-education, flexibility, dynamic strength and myofascial release. Constructed from medical grade foam. Our j/fit Basic Foam Rollers are our least firm roller, for a less intense experience. Dense foam construction provides firm support for all body types. These rollers are a great way to get started with self-myofascial release without breaking the bank. Great tool for rehab exercises and preventative treatment. Also when used in conjunction with pilates, yoga and other balance/stability/strengthening exercises.



- # 20-0636-DBL - Basic Foam Roller Dark Blue - 36"
- # 20-0636-DGR - Basic Foam Roller Dark Gray - 36"
- # 20-0636-GRN - Basic Foam Roller Green - 36"
- # 20-0636-LBL - Basic Foam Roller Light Blue - 36"
- # 20-0636-PUR - Basic Foam Roller Purple - 36"
- # 20-0636-RED - Basic Foam Roller Red - 36"
- # 20-0636-SIL - Basic Foam Roller Silver - 36"



20-0650 - Basic Foam Roller Pink - 24"



- # 20-0612 - Basic White Foam Roller - 12"
- # 20-0613 - Basic White Foam Roller - 18"
- # 20-0623 - Basic White Foam Roller - 24"
- # 20-0636 - Basic White Foam Roller - 36"



- # 20-2612 - Half-Round Foam Roller - 12"
- # 20-2618 - Half-Round Foam Roller - 18"
- # 20-2636 - Half-Round Foam Roller - 36"



Fit Stretch



40-1212 - Fit Stretch



The j/fit Fit Stretch is ideal for stretching and rehabilitation of the ankle, achilles tendon and calf muscles. Unique rocking feature allows dynamic stretching of the lower leg. Extra large platform is designed to fit all feet sizes.

Stretch Strap



Stretch out to your full potential with the j/fit Stretch Strap. This strap allows the user to perform a full range of unassisted stretches and even works as a tool for simplifying more difficult movements. This durable, nylon strap is 6' long with 10 individual loops.



30-3118 - Stretch Strap



Therapy Ball



Increase inner leg and pelvic muscle strength or intensify your ab workouts with the j/fit Exercise Therapy Balls. Use slightly deflated for best functionality. Made of soft and durable easy-grip vinyl.

- # 20-3007 - Therapy Ball - 7"
- # 20-3000 - Therapy Ball - 9"
- # 20-3011 - Therapy Ball - 11"



Balance



and

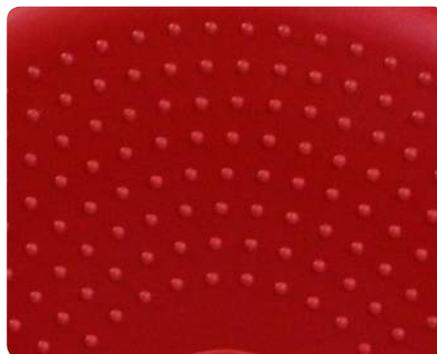


Stability

<http://www.jfit.com>

Fit Disc

The j/fit Fit Disc promotes core stability and can be used to strengthen the back and abdomen. On the ground the Fit Disc can be used in conjunction with numerous workouts including crunches, push-ups and squats to improve balance and strengthen stabilizer muscles. This product can also be used in most standard chairs to support and strengthen the spine and promote good posture. Textured massage foot surface improves grip and comfort. Anti-burst, can withstand up to 350lbs. Inflatable with a standard ball needle and pump (included). Size: 13" Diameter.



- # 20-1301 - Fit Disc Blue
- # 20-1301-BLK - Fit Disc Black
- # 20-1301-PUR - Fit Disc Purple
- # 20-1301-RED - Fit Disc Red

Balance Disc 24"

The Large 60cm Balance Fit Disc can withstand up to 450lbs. It promotes core stability and has many of the same benefits of a gym ball while performing lower back and abdominal exercises. Can be use in most chairs too: Support and challenge the spinal muscles while enhancing posture. For children with hyperactive nervous systems - enhances calmness and concentration. Can be used on the floor for exercises to: Improve balance and increase strength. Inflatable with a standard ball needle and pump (not included). 3 x 24 x 24 inches ; 6 pounds



20-1300 - Balance Disc 24"



Contoured Balance Disc



20-1290 - Contoured Balance Disc

The j/fit Contoured Balance Cushion is an ideal tool for anyone who sits for long periods of time. The contoured shape allows for the cushion to be used for a wide range of exercises as well as keep the core engaged at all times. The rigid sides create a more stable environment for rehab and balance use. Challenge yourself with the j/fit Contoured Balance Cushion.



Wedge Fit Disc

The j/fit Sit Wedge promotes core stability and can be used to strengthen the back and abdomen. On the ground this wedge can be used in conjunction with numerous workouts including crunches, push-ups and lunges to improve balance and strengthen stabilizer muscles. This product can also be used in most standard chairs to support and strengthen the spine and promote good posture.



20-1299 - Wedge Fit Disc



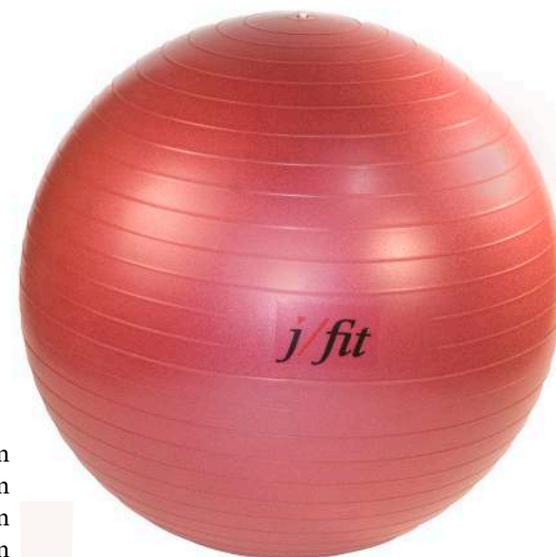
Anti-Burst Gym Ball

Strengthen and tone your entire body with the j/fit Anti-Burst Gym Ball. These gym balls promote strength and balance by using instability to keep core muscles engaged. Ideal for high risk patients or high performance gym use, our anti-burst balls can withstand up to 2,000 lbs of dynamic pressure. These gym balls are made of burst resistant material allowing the ball to slowly deflate if punctured, minimizing the chance of injury. Combine with weights or bands to increase the effective range and targeted muscle groups in workouts performed.

- # 20-1801 - Anti-Burst Gym Ball with Pump - 45 cm
- # 20-2201 - Anti-Burst Gym Ball with Pump - 55 cm
- # 20-2601 - Anti-Burst Gym Ball with Pump - 65 cm
- # 20-3001 - Anti-Burst Gym Ball with Pump - 75 cm
- # 20-3301 - Anti-Burst Gym Ball with Pump - 85cm



- # 20-0120 - Gym Ball with Pump - 45 cm
- # 20-0122 - Gym Ball with Pump - 55 cm
- # 20-0126 - Gym Ball with Pump - 65 cm
- # 20-0130 - Gym Ball with Pump - 75 cm
- # 20-0133 - Gym Ball with Pump - 85 cm

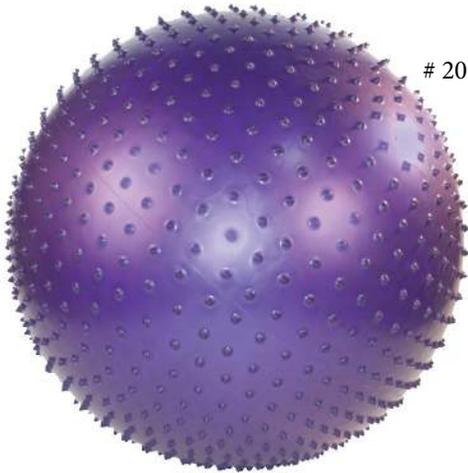


Gym Ball

Strengthen and tone your entire body with the j/fit Stability Exercise Ball. Great for all ages and fitness levels, these stability balls promote strength and balance by using instability to keep core muscles engaged. Able to withstand up to 600lbs of dynamic pressure, these stability balls are durable and can withstand the toughest abuse. Combine with weights or bands to increase the effective range and targeted muscle groups in workouts performed.



Massage Ball



20-2600 - Massage Ball with Pump - 65 cm

Strengthen and tone your entire body with the j/fit Exercise Massage Ball. Great for all ages and fitness levels, these stability balls promote strength and balance by using instability to keep core muscles engaged. Textured surface is great for massaging and increasing blood circulation, making this gym ball ideal for rehabilitation exercises. Able to withstand up to 600lbs of dynamic pressure, these stability balls are durable and can withstand the toughest abuse. Combine with weights or bands to increase the effective range and targeted muscle groups in workouts performed. Size: 65cm (26")

Anti-Roll Ball

The Anti-Roll gym ball promotes strength and balance by using instability to keep core muscles engaged. Ideal for high risk patients or high performance gym use, our anti-burst balls can withstand up to 2,000 lbs of dynamic pressure. These gym balls are made of burst resistant material allowing the ball to slowly deflate if punctured, minimizing the chance of injury. Combine with weights or bands to increase the effective range and targeted muscle groups in workouts performed. Anti-roll balls are weighted with 2.2lbs of sand, to keep your ball in place and to increase the amount of resistance for many of your workouts. Size: 65cm (26")



20-2602 - Anti-Roll Ball 65 cm

Gym Roller



20-4001 - Gym Roller with Pump - 40 cm



The j/fit Gym Roller improves lateral stability and strength while limiting movement. Limited side-to-side movement makes the Gym Roller ideal for rehabilitation and the elderly. The j/fit Gym Rollers promote strength and balance by using instability to keep core muscles engaged. Able to withstand up to 600lbs of dynamic pressure, these stability balls are durable and can withstand the toughest abuse. Combine with weights or bands to increase the effective range and targeted muscle groups in workouts performed. Size: 40cm

Stability Ball Chair

Strengthen your back and improve your posture. Ergonomic seating system combines the core strengthening benefits of the stability ball and the convenience of a rolling base. Promotes active sitting while strengthening the back. Use with or without the back support. Includes 50cm ball and air pump.

10-0200 - Stability Ball Chair



Balance Dome



10-0800 - Balance Dome

Our j/fit balance dome is designed to target several aspects of fitness, incorporating muscle strengthening, balance, and cardiovascular endurance all in one piece of equipment. We have included two resistance bands with handles that attach to the base to increase the functionality. Looking to challenge yourself, flip over the balance dome with the platform facing upwards to increase the difficulty. Whether looking to strengthen, improve balance and stability the Balance Dome is easy to use, effective, and fun.



The Spring Ball is a great aerobic workout for any age. It works like a mini trampoline for great fun and exercise and teaches balance and coordination. Reinforced molded-plastic platform with a special shaped heavy-duty vinyl ball. Standard needle-type inflation. Comes deflated, pump included.

Spring Ball



60-7001 - Spring Ball

Balance Pod and Foot Fitness



Use the j/fit Balance Pods in your next training session to improve balance and agility. These balance pods can be used flat side or round side up, to offer varying degrees instability and difficulty depending on skill level or application. Textured surface for use in rehabilitation and massage therapy. Includes a pair of 6" balance pods.



20-1200 - Balance Pod and Foot Fitness

Balance Pod 13"

The j/fit Large Balance Pod is used to improve balance and agility. This balance pod has a larger diameter which will allow for both feet to fit on the pod at the same time. This balance pod can be used flat side or round side up, to offer varying degrees instability and difficulty depending on skill level or application. Textured surface for use in rehabilitation and massage therapy. Includes a single 13" balance pod.



20-1212 - Balance Pod - 13" (Large)



16" Round Fixed Angle Balance Board



10-1500 - 16" Round Fixed Angle Balance Board

This j/fit balance board offers a fixed 14 degree angle for proprioceptive and rehabilitative exercises with movement in any plane. Constructed from Birch wood with a 16" diameter and non-skid surface, this product is a great tool for balance and agility training.



Balance Board with 5 Fulcrums



The j/fit 5 Fulcrum Balance Board offers a versatile balance training product for all skill levels. This product includes five interchangeable fulcrums to provide varying levels of difficulty. Velcro fasteners securely attach each piece. Constructed from Birch wood with a non-skid surface, this product is a great tool for balance and agility training.

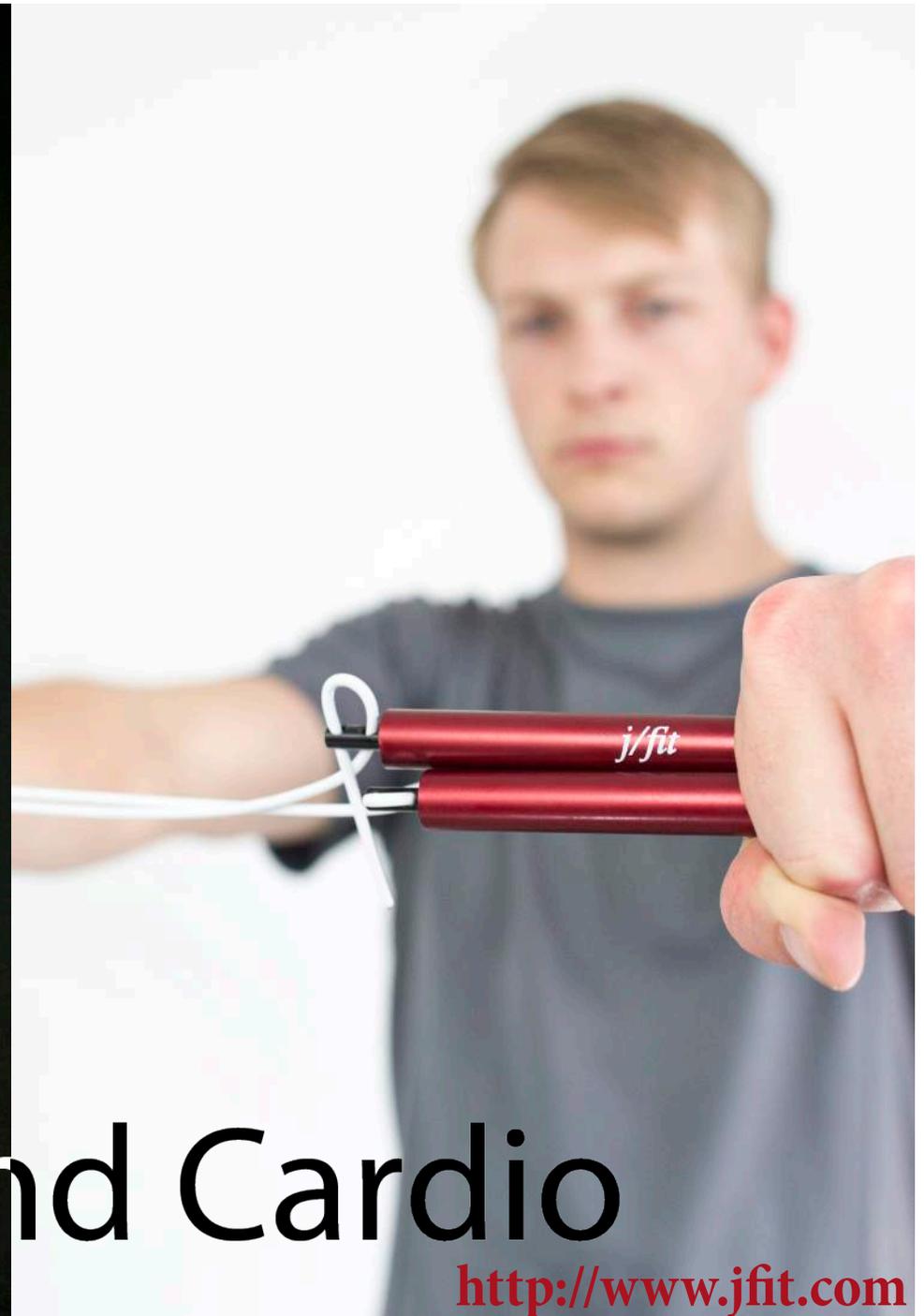
10-2000 - Balance Board with 5 Fulcrums



j/fit



Agility and Cardio



<http://www.jfit.com>

Plyo Box

Strong, sturdy plyo boxes for plyometric and explosive training essential for most sports. Excellent tool for plyometric drills, lateral jumps and forward jumps. Tapered design allows for greater stability and ease in jumping, Easy stacking for storage.



- # 10-0190 - Plyo Box - Set
- # 10-0192 - Plyo Box - 12"
- # 10-0194 - Plyo Box - 18"
- # 10-0196 - Plyo Box - 24"
- # 10-0195 - Plyo Box - 30"



The j/fit Health Club Step Trainer comes with a durable, non slip surface and two sets of risers that adjust from four inches all the way up to eight, to accommodate users of all fitness levels. Extra risers can be added to the set to increase difficulty. Color: Black/ Grey



10-0607-GRY - Health Club Step (Black/Gray)



Health Club Step

#10-0609-BLK - Health Club Step Risers (Black)



Add height and increase the intensity of your workout with the j/fit Step Risers. These square shaped high density polyethylene risers are made for use with your Health Club Step. Sold in pairs to give your step a 2" lift.

Agility Cone



Mark any course with these versatile, high visibility orange cones. Made of high impact polyethylene plastic, the j/fit cone is one of the most durable on the market. They are lightweight and portable, which makes them easy to transport from field to field.



- # 10-0906 - Agility Cone - 6"
- # 10-0906-6 - Agility Cone - 6" (Set of 6)
- # 10-0909 - Agility Cone - 9"
- # 10-0909-6 - Agility Cone - 9" (Set of 6)
- # 10-0912 - Agility Cone - 12"
- # 10-0912-6 - Agility Cone - 12" (Set of 6)
- # 10-0915 - Agility Cone - 15"
- # 10-0915-6 - Agility Cone - 15" (Set of 6)



Agility Ladder

The ultimate footwork training device; improve your coordination, balance, agility and quickness. The j/fit Agility Ladder is 10 yards long, with 20 low profile plastic slats to reduce tripping. Separate the ladder into two 5 yard sections and build your own course with fully adjustable slats to accommodate different strides. Comes in a lightweight nylon carry bag and an exercise booklet is included.



10-3075 - Agility Ladder

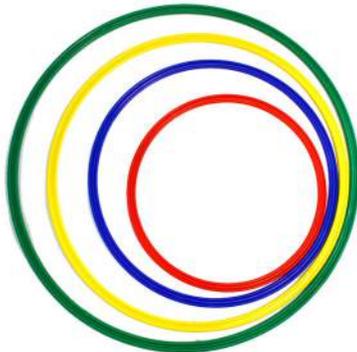


Adjustable Step Hurdles



10-3073 - Adjustable Step Hurdles

The j/fit Adjustable Step Hurdles offer the advantages of traditional agility hurdles with the added benefit of staying in place. Build your own course and adjust the spacing between hurdles on the ladder. Increases speed, agility, coordination and balance. These hurdles are fully adjustable from 6" to 12" in a snap, and collapse upon contact for safety. Comes in lightweight carry bag



10-3203 - Agility Rings (Set of 4)

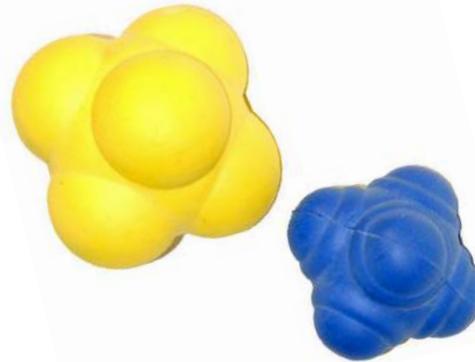
Agility Rings

Enhance quick footwork, mental focus, lateral speed, agility, and overall coordination with the j/fit Agility Rings Set. Constructed from thick heavy duty plastic, these agility rings stay in place on any surface. Use indoor or outdoor to assemble in multiple positions and custom patterns. Set includes four brightly colored rings in 15.5", 19", 23" and 27" sizes.



Reaction Ball

Improve your reaction time and first step quickness. This wonderful, small device is perfect for developing balance and hand-eye coordination. Use alone or in small groups. Made of high-density rubber, ball can be bounced off any hard surface. To increase difficulty, add the smaller ball.



20-1050 - Reaction Ball - Large
20-1450 - Reaction Ball - Small

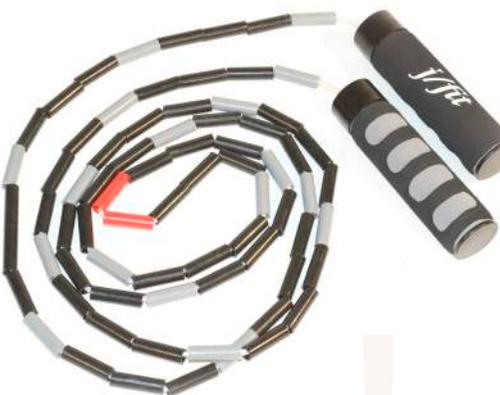
Jump Ropes

Enjoy a challenging cardiovascular workout and build-up your endurance, increase your speed and agility with any of j/fit's jump ropes. Jump ropes are great to bring along on travels so you don't miss out on a workout. They are lightweight and small to pack.

20-2723 - Speed Rope



- Compact, lightweight plastic molded handles
- Fully adjustable up to 9'
- Provides a smooth swing rotation.



20-2739 - Beaded Jump Rope

- A combination of black and gray beads enables a slower rope speed and wider swing.
- This rope is adjustable up to 9'
- Has ergonomically designed foam grips to provide a comfortable and cushioned feel.
- Beaded rope beads form around rope for consistent weight distribution

20-2737 - Aluminum Handle Speed Rope

- Light weight Aluminum Handles
- Light weight cable provides a smooth swing rotation
- Easy to adjust length



20-2738 - Cushioned Jump Rope

- Sealed bearings ensure fluid rope spin, and a
- Synthetic cord allows for faster rope speed.
- This rope is adjustable up to 9' and has ergonomically designed foam grips to provide a comfortable and cushioned feel.



20-2740 - Jump Rope - Black

- Adjustable rope starts at 10-Foot length
- Comfortable handles with soft foam grips
- Sealed ball bearings for ease of rotation
- Solid rubber construction

Cardio Rope

The j/fit Nylon Cardio Training Rope provides the ultimate workout by providing strength training and cardio repetition in one workout. These training ropes have incredible tensile strength that will not splinter with the comfort advantages of being constructed from nylon. Looped ends provide a versatile grip.



- # 10-4030 - Cardio Rope - 30'
- # 10-4040 - Cardio Rope - 40'
- # 10-4050 - Cardio Rope - 50'
- # 10-4060 - Cardio Rope - 60'



Weighted Hula Hoop



A solid one piece metal rod hoop gives smooth rotation. Neoprene coating provides extra comfort and helps to protect it from the elements. The j/fit 3lb Weighted Hula Hoop has a 37" diameter that offers a great aerobic workout for all users.

10-6003 - Weighted Hula Hoop - 3lb



Yoga/Pilates and Mats

***MA** yoga

Premium Pilates

***CAUTION: May help you find your center**

68" Long - 1/4" Thick

Feel secure in your poses

Non-slip surface, durable, lightweight and

Use soap and water to clean your yoga mat. Avoid soaps with scented oils as they may
irritate the skin. Only wipe the surface of the mat, but do not rub excessively. To maintain sticky texture

<http://www.jfit.com>

Yoga Mats



80-8500 - 1/8" mat - 68" - Assorted colors
 # 80-8572 - 1/8" mat - 72" - Assorted colors

Our j/fit Premium Sticky Yoga Mats are the highest quality mats available on the market. Sticky, skid-less surface allows our mats to be used on any surface without slipping. Made from durable clean PVC material, we guarantee our mats will not tear and will outlive competitors mats. Our product wash during the manufacturing process leaves our mats free from chemical smells associated with inferior mats. We offer a variety of colors in our standard 68" and 72" lengths and all mats are 24" wide.



80-9001 - 1/8" Leopard Mat
 # 80-9000 - 1/8" Tiger Mat
 # 80-9002 - Zebra Mat

This quality yoga mat is lightweight and durable. They offer insulation from cool floors and can be rolled or folded for use in poses. J Fit yoga mats provide a stable, non-slip surface that helps you achieve proper alignment to experience the full benefits of yoga. Made of durable foam with a high tack surface that provides stability, with a waffle weave for high durability. Mats measure 24-Inch x 68-Inch x 1/8-Inch thick.



80-8400 - 1/8" Elements Mat - Assorted Colors

Pilates Mats

Our j/fit Premium Sticky Pilates and Yoga Mats are the highest quality mats available on the market. Sticky, skid-less surface allows our mats to be used on any surface without slipping. Made from durable clean PVC material, we guarantee our mats will not tear and will outlive competitors mats. Our product wash during the manufacturing process leaves our mats free from chemical smells associated with inferior mats. We offer a variety of colors in our standard 68" and 72" lengths and all mats are 24" wide.



80-8450 - 1/4" Elements Pilates Mat 68" - Assorted Colors
80-8572 - 1/4" Elements Pilates Mat 72" - Assorted Colors



80-8305 - 1/4 Lotus Print Pilates Mat 68"



80-8600 - 1/4 Pilates Mat 68" - Assorted Colors



80-8672 1/4 Pilates Mat 72" - Assorted Colors

- Sticky, skid-less mat provides non-slip surface
- Waffle weave pattern
- Durable, clean PVC material that will not tear
- Studio quality
- 1/4" mats add extra cushion for pilates floor work

Black Gym Mat

- # 30-5024 - Black Gym Mat - 48"
- # 30-5017 - Black Gym Mat - 68"



The j/fit Exercise Club Mat is an all purpose, high quality club mat that offers 3/8" padded surface and insulation for floor exercises. Closed cell foam structure provides comfort and durability for long lasting use. This mat is odor, stain and moisture resistant.

Hanging Black Gym Mat with Grommets

Our closed cell foam construction creates durability and comfort to floor exercises. Odor, stain, and moisture resistance makes this mat perfect for high volume commercial use. 2 holes 19" apart, allow for hanging your mats to keep them fresher and lasting longer. Available in two lengths 48" and 68". 24" W x 3/8" thick



- # 30-5025 - Hanging Black Gym Mat with Grommets - 48"
- # 30-5018 0 Hanging Black Gym Mat with Grommets - 68"

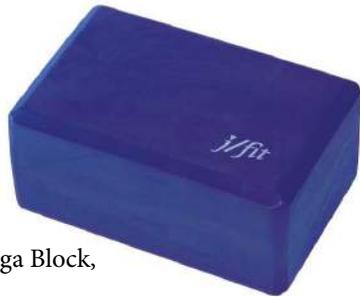
Heavy Duty Gym Mat

30-8615 - Heavy Duty Gym Mat



Constructed from the best quality antimicrobial foam material, the j/fit Anti-Microbial Exercise Gym Mat is ideal for heavy duty and frequent gym use. Long lasting anti-microbial prevents bacterial growth and odors forming on your mat. Features a nonslip, ribbed surface for use on any surface. This mat is a soft, 5/8" thick mat making floor workouts more comfortable. Length: 72"

Yoga Blocks



#80-0469 - 4" Yoga Block,
Navy or Purple

Product Dimensions: 9 x 4 x 6 inches

- Lightweight and durable
- Beveled edges
- Our yoga blocks are lightweight and durable. Use them to ground your lower hand in standing poses, to space your hands in peacock pose, or to support your sacrum in bridge.
- Blocks have beveled edges.



#80-0369 - 3" Yoga Block,
Blue or Olive

Product Dimensions: 9 x 3 x 6 inches

Yoga Towels



80-4001
Olive or Gray



- Super absorbent, dries much quicker than standard cotton towels
- Made of 75 Percent polyester, 25 Percent nylon
- Covers standard yoga mats, 68" L x 24" W
- Helps eliminate odor and stains on your yoga mat
- Super absorbent towel works great for Hot Yoga, Ashtanga and Vinyasa.
- Dries in half the time of a cotton towel. Perfect size for travel when you want to place it over a borrowed yoga mat. Sanitary and easy care.
- 75-Percent nylon/25-Percent polyester. 68-Length x 24-Width.

- Helps you stretch and properly position yourself body into yoga poses
- Soft cotton design
- Secure anti-slip buckle makes the strap simple to thread and adjust

80-6009 - Yoga Strap 8' (Navy with Cream Stripe)



Yoga Strap

Our cotton j/fit Yoga Straps are great for all skill levels. Use this strap to help you stretch and aid you in different poses.

80-6011 - Yoga Strap 10'
(Green with White Stripe)



Pilates Ring

Tones thighs, abdominals and arms with the j/fit Medium Resistance Pilates Ring. Flexible plastic ring provides a lighter resistance than banded steel pilates rings. Fixed inner and outer padded handles for perfect positioning. Great for improving your balance and posture. Add resistance to your exercise route with this medium resistance pilates ring. Lightweight and easy for travel.



80-7000 - Pilates Ring - Medium



Pilates Mat Carry Strap



Carry straps are an inexpensive, easy way to carry your yoga mat to and from class. Made of durable, lightweight nylon, with Velcro straps for quick release. Holds mats up to 1/4" thick (Pilates).

80-9015 - Carry Strap - Pilates Mat



Yoga Bags



80-9010 Yoga Mat Shoulder Tote

Our durable cotton canvas tote conveniently holds a mat and all of your gear. Converts from a tote to either a satchel or a backpack, and has three convenient inside pockets plus one large zippered pocket to store valuables.

80-9023 Bronze Deluxe Yoga Bag



80-9013 Yoga Mat Bag - Navy Suede

This suede bag is constructed of three layers of material for a beautiful but durable way to carry your yoga mat. Comes with a drawstring closure and zippered pouch to hold keys or money. Holds mat size to 1/4" thick.



80-9023 Black Deluxe Yoga Bag

This silky j/fit deluxe mat bag will perfectly fit your everyday yoga/pilates needs with a touch of flair. With a cinch of a jaw string you can quickly open the bag to insert and secure your yoga/Pilates mat, and just as easily you can remove it. For extra carrying convenience we have included a shoulder strap that is easily adjustable so that you can find a comfortable length that is just right for you. Additionally, we have provided a deep zipper pocket in the front of the bag so that you can easily store and access your keys, phone, and any other personal items.

80-9025 Teal Blue Deluxe Yoga Bag



Yo-Goer Bag



80-9020 - Yo-Goer Bag - Ostrich

Our J/fit Yo-Goer bag is perfect for any yoga/Pilates users. Our stylish collection of bags allow you to incorporate your own flair, while also providing great functionality for all of your yoga accessories. The large sturdy handles make it easy to carry.



80-9022 - Yo-Goer Bag - Linen

Four bottom vents allow for continual air circulation.



80-9021 - Yo-Goer Bag - Denim



Equipped to hold two yoga/Pilates mats, towel, and accessories.

Accessories

**j/fit®*

<http://www.jfit.com>

Stability Ball Base

Designed to hold your stability exercise ball in place while you perform your favorite core exercises. The j/fit Stability Exercise Ball Base can fit all sizes of stability balls, as well as accommodate the addition of exercise tubing to increase the range of workouts performed by the user. It also can be used as a base for using an exercise ball as a chair in the home or office.



10-0900 - Stability Ball Base

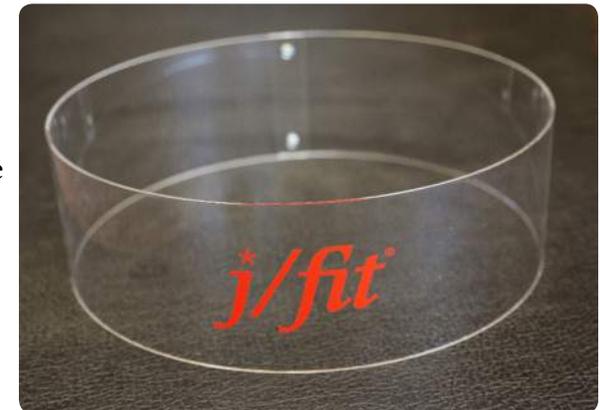


Heavy Duty Acrylic Ball Stacker Ring



10-0901 - Heavy Duty Acrylic Ball Stacker Ring

This stacker is the most durable on the market, most often you will find thin plastic and attached with sticky strips of tape. The j/fit stacker is so strong that small screws are included to hold the ends securely in place for a long lasting highly stable ring. One stacker must be used for the base and then one additional stacker is used between the balls. The stackers are so strong that you can stack several balls on top of each other (with a stacker in between). Perfect for high traffic gym use; Holds any size stability ball in place.



Stability Ball Plugs



70-1000 - Stability Ball Plug (Basic) (Set of 2)

Moving? Traveling? It's easy to misplace the original plug and although our stability plugs come with 2 plugs, they are easy to misplace. Set of 2 plugs for your stability ball. Available for either your anti-burst ball or our deluxe gym ball.

70-1002 - Anti-Burst Stability Ball Plug (Set of 2)



Double Action Pump

Large double action pump allows you to quickly fill your stability ball or other non-needle inflation fitness accessories. With the double action pump air flows on both the downward push and the upward pull of the handle to create twice the air. This pump is 18" tall.

30-0011 - Double Action Pump



Double Action Hand Pump



70-1004 - Double Action Hand Pump



This is the handheld version of the double action pump. It will also fill your non-needle inflation fitness accessories quickly. This pump is 9 1/2" in length.

Stability Ball Pump With Needle

For all your needle inflation fitness products (fit disc, medicine ball, muscle tension release ball, etc). This pump comes with a needle that is nicely stored to keep the needle from being lost or misplaced. This needle pump is 5" a nice compact size.

70-1001 - Stability Ball Pump With Needle



Weightlifting Gloves



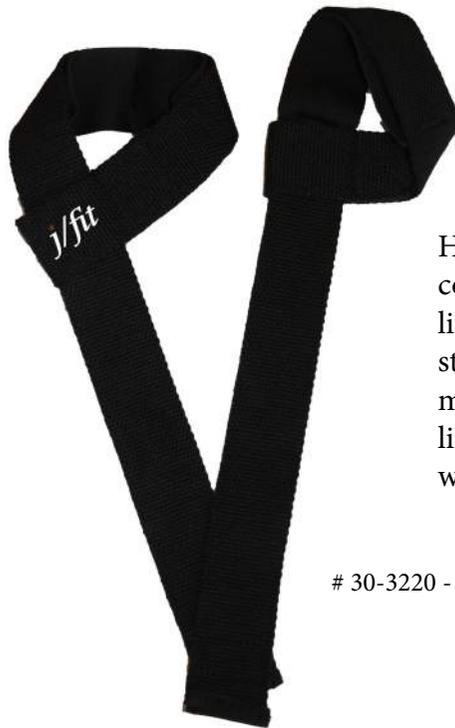
- # 30-2350-MED - Weightlifting Gloves (Mens) - Medium
- # 30-1250-LRG - Weightlifting Gloves (Mens) - Large
- # 30-1250-XLRG - Weightlifting Gloves (Mens) - X-Large

Get a comfortable and secure grip during your next workout with the j/fit's Weightlifting Gloves. The padded genuine leather palm holds up under intense use. The breathable ribbed spandex back provides a more comfortable fit. These gloves even offer an easy close system with elasticized wristband and heavy duty double stitching throughout for durable performance.



- # 30-1260-LRG - Weightlifting Gloves (Womans) - Large

Padded Lifting Straps



High quality foam padded strap provides a secure, comfortable grip on the weight bars during weight lifting exercise. The added safety provided by this strap allows for increased repetitions while helping to minimize hand fatigue. Protects hands during weight lifting with the adjustable, super heavy-duty strap which is 2" wide x 21" length. One size fits most.

- # 30-3220 - Padded Lifting Straps



Door Anchors

Secure your tubing or bands to a door jam and expand your workout routine with your j/fit Exercise Door Anchor. The strap is made from durable, lightweight nylon and has a soft neoprene lining to preserve your exercise bands.



30-3212 - Door Anchor



30-3215 - Heavy Duty Deluxe Door Anchor

Attaches to any solid door without damaging the paint or wood. Heavy duty construction has a large high density foam pad with soft felt cover. Can be used with most suspension system or tubing. Can be placed on the top or bottom of most doors along with the hinge side. This door anchor has super strong nylon webbing.

Foam Roller Covers

Prolong the life of your foam roller by using a perfectly fitted cover to keep it clean while not in use. Our j/fit Vinyl Foam Roller Cover is a convenient and economical way to store your foam roller. Fits standard 36" x 6" foam rollers snugly. Simply slip your roller into the cover and pull the drawstring to secure. Roller not included.



30-3201 - Foam Roller Cover



Prolong the life of your foam roller by using a perfectly fitted cover to keep it clean while not in use. Our j/fit Soft Poly Foam Roller Cover is a convenient and economical way to store your foam roller. Machine washable and durable, fits standard 36" x 6" foam rollers snugly. Simply slip your roller into the cover and pull the drawstring to secure. Roller not included.



30-3202 - Soft Poly Foam Roller Cover



Deluxe Doorway Pull-Up Bar Replacement Parts



90-2001 - Deluxe Doorway Pull-Up Bar Replacement Grips

Our quick and convenient replacement grips for the deluxe doorway gym bar will always keep your hands sturdy and comfortable. Set of two with Velcro closures.

90-2000 - Deluxe Doorway Pull-Up Bar Replacement Brackets

Need an extra set of end caps for multiple locations? Moved and left behind your end caps? Extra set of caps.



Replacement Ankle Straps

30-3250 - Replacement Ankle Straps (Pair)

Perfect accessory for your tubing. Clip on your tubing and strap on your ankle for a great leg workout.



30-3225 - Replacement Handles (Pair)

Replacement Handles

Soft neoprene grip handles for your replacement tubing. Clip on a piece of tubing and you have an exercise tool for your entire body.