

GYMSTICK™

FITNESS COLLECTION



SIMPLY EFFECTIVE

For you

HIGHLINE



HIGHTS



04 / 5
06 / 07
08 / 09
/ 10
/ 11
12 / 21
22 / 45

GYMSTICK H.I.T.
GYMSTICK ORIGINAL
GYMSTICK AQUA
FITNESSBAG
POWERSLIDER
PERFORMANCE
FITNESS ACCESSORIES

46 / 49
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/ 82

EMOTION
WELLNESS
CARDIO
STRENGTH
RACKS
ACCESSORIES
EDUCATION

PRODUCT DEVELOPMENT:

We keep constantly developing our products to become even better. Therefore some details in products may differ from what is seen in this catalogue.



GYMSTICK

Gymstick H.I.T.

Gymstick H.I.T. is the second generation Gymstick designed for high intensity and performance training. This tool can be used for Olympic weight lifting and other functional strength training. Suitable all who are starting weight lifting and require technical training.

Gymstick H.I.T. is designed to offer total body resistance training, by incorporating hundreds of movements and variations that replicate free weight exercises. It provides resistance in virtually any desired direction and in any position.

Gymstick H.I.T. training builds core strength with rotational movements that mirror the way you move in sport and in life, and you can challenge your core with asymmetrical loads. Attaching the resistance cord to an anchor point with carabiner or door anchor, you can create a variable, unbalanced load that enables you to develop strength, explosive power, flexibility and endurance.

Gymstick H.I.T. is easily portable and can be used by virtually anyone anywhere.



- Includes carabiner and door anchor
- 2 sets of rubber resistance bands with quick lock straps
- Two-piece stick with easy lock-mechanism
- Stylish and functional carrybag



18001-D Gymstick X-mount





AVAILABLE SUMMER 2015!

H.I.T.



Why Gymstick H.I.T. ?

- Crossfit training
- Weightlifting technique training and warmup (diameter of the H.I.T. stick is 28mm)
- Light-weight portable tool which offers up to 40kg of resistance
- Performance training for sports
- Sport specific training
- Unlimited movements
- Versatile training tool for any fitness levels
- Safe, small risk of injury
- Excellent for core stability
- For high and low speed training
- Fluid load shifting movement patterns
- Great for improving rotational force and core strength
- Effective for challenging mobility and stability

Gymstick H.I.T. consists of:

- Two-piece sturdy fibreglass stick with easy quick lock-mechanism, assembled length 130cm / disassembled length 75cm
- Extra durable high density foam for different grips
- 2 sets of latex rubber resistance bands with quick lock attachment straps
- Basic, resistance range 1-20kg / 2-44lbs
- Pro, resistance range 1-40kg / 2-88lbs
- Door anchor
- Attachment carabiner
- Stylish and functional carrybag
- Instruction and workout poster
- Performance DVD
- Item code: 18001





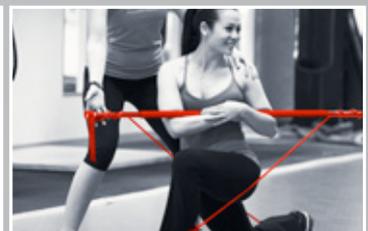
NEW REVOL

Gymstick Original

Gymstick Original is an innovative fitness tool consisting of a fiberglass stick and two resistance bands. Gymstick Original allows the user to combine cardiovascular, muscle endurance and flexibility training using a single workout tool.

Gymstick Original is available in five different resistance levels ranging from 1-30 kgs, 2 - 66 lbs. Gymstick Original therefore assists anyone of any fitness level to achieve their goals. From kids to seniors; rehabilitation patients to world class athletes; beginners to professionals

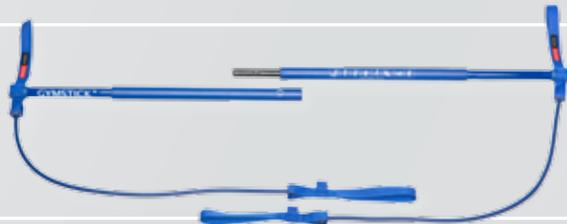
Gymstick Original is the tool that will deliver a great workout for everyone. It is small, light, versatile and easy to use. It can be used indoors and outdoors, at home or in the gym. Gymstick Original helps everyone to move: safely, efficiently and naturally.
It's simply effective!





NEW: Easy quick lock-mechanism

OLUTION



Gymstick Original comes with:

- Stylish fabric carry bag
- Instructional poster including 18 basic movements
- 60 minute DVD including three easy-to-follow workout programs

Gymstick Original consists of:

- Two-piece fibreclass stick with easy quick lock-mechanism, assembled length 130cm / disassembled length 75cm
- Soft foam hand grips
- 2 latex rubber resistance tubes with durable fabric loops



Gymstick Original light/green

- Rehabilitation and senior users
- Resistance range - 1-10kg 2-22lbs.
- Item code: 11001



Gymstick Original medium/blue

- General fitness
- Resistance range 1-15kg 2-44lbs
- Item code: 11002



Gymstick Original strong/black

- Fit and active
- Resistance range 1-20kg 2-33lbs
- Item code: 11003



Gymstick Original extra strong/silver

- Athletes
- Resistance range 1-25kg 2-55lbs
- Item code: 11004



Gymstick Original superstrong / gold

- Athletes
- Resistance range 1-30kg 2-66lbs
- Item code: 11005





GYMSTICK

Gymstick Aqua

Gymstick Aqua has all the features of the Gymstick Original, but with one special feature – it can be used for water-resistance training. With Gymstick Aqua, training at the pool can be even more effective! Gymstick Aqua provides the user with an increased level of stability, balance and proprioception stimulus.

Water provides a supportive and protective environment for the user to focus on balance and core-stability training. Gymstick Aqua resistance training can create turbulence and resistance like no other piece of training equipment currently available. Gymstick Aqua is a safe and functional tool for water-based group training, personal training, rehabilitation or sports performance training. Gymstick Aqua helps everyone to move: safely, efficiently and naturally in a water-based environment.

It's simply effective!





AQUA



Gymstick Aqua comes with:

- Stylish fabric carry bag
- Instructional poster including 18 basic movements

Gymstick Aqua consists of:

- Fibreglass stick 130cm/51.18" in length
- Soft foam hand grips
- 2 latex rubber resistance tubes with durable fabric loops



Gymstick Exercise Cards

High quality print, 5 Information Cards, 30 Exercise Cards

- Easy to transport, easy to use
- Simply effective!
- Item code: 40001



Gymstick Aqua light/green

- Rehabilitation and senior users
- Resistance range – 1-10kg 2-22lbs.
- Item code: 14001



Gymstick Aqua medium/blue

- General fitness
- Resistance range 1-15kg 2-44lbs
- Item code: 14002



Gymstick Aqua strong/black

- Fit and active
- Resistance range 1-20kg 2-33lbs
- Item code: 14003



Color key system

Lower body, Core training, Upper body, Total body workout, Balance, Stretching

Picture of the movement in starting and in end position

Name of exercise

Performing instructions and tips



Running numbering for easy planning

Size 88 x 63 mm

Description of the target muscles



Pro Walker
228105* -
125*

(the three last figures refer to the length of the poles 105-125 cm)

- Shaft carbon index: 20 % carbon
- Grip: Basic GS cork
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft color: Silver/Pink



FitWalker
222105* -
125*

(the three last figures refer to the length of the poles 105-125 cm)

- Shaft carbon index: 20% carbon
- Grip: Basic GS cork
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: Pearly white/Blue



PaceWalker
221105* -
125*

(the three last figures refer to the length of the poles 105-125 cm)

- Shaft composition: 100% glassfiber
- Grip: Basic GS foam
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: Silver/Black



Telescopic Fitwalker
28000

Two-section telescopic Nordic walking poles. Continuously adjustable 83 - 135 cm.

- Packing length 83 cm.
- Shaft composition: 20% carbon
- Grip: Basic GS cork
- Strap: Salomon strap
- Tip: GS Universal
- Paw: Universal paw
- Shaft colour: lime-silver

Adjustable from 83 to 135 cm



NORDIC WALKING GYM

Modify your Nordic Walking poles into a Gymstick! With Nordic Walking Gym exercise bands you can modify your walking-, cross country- or alpine poles into a Gymstick exercise bar in just a few seconds by attaching the NW Gym bands on them. The combination of poles and bands will allow you to perform a complete workout improving your muscle strength, balance and mobility. You can choose to exercise in between your walking programme in the open air or at home with the help of the NW Gym workout DVD.

Nordic Walking Gym consists of:

- a pair of latex exercise bands with special pole attachment strap system
- a stylish black waistbag
- Nordic Walking Gym instruction/ workout poster
- Gymstick Nordic Walking Gym workout DVD (incl. 2 programmes)



Nordic Walking Gym light/green

- for rehabilitation and elderly
- the resistance ranges from 1 to 10 kg / 2-22 lb.
- Item code: 20021

Nordic Walking Gym medium/blue

- for beginners, junior athletes and women
- the resistance ranges from 1 to 15 kg / 2 -33 lb
- Item code: 20022

Nordic Walking Gym strong/black

- for fit women and men starting to exercise
- the resistance ranges from 1 to 20 kg / 2 -44 lb.
- Item code: 20023

GYMSTICK ACCESSORIES



Gymstick Original spare bands

- 30001 Original/Telescopic Exercise bands green/light
- 30002 Original/Telescopic Exercise bands blue/medium
- 30003 Original/Telescopic Exercise bands black/strong
- 30004 Original/Telescopic Exercise bands silver/extra strong
- 30005 Original/Telescopic Exercise bands gold/super strong



Gymstick Aqua spare bands

- 34001 Gymstick Aqua Exercise bands green/light
- 34002 Gymstick Aqua Exercise bands blue/medium
- 34003 Gymstick Aqua Exercise bands black/strong
- 34004 Gymstick Aqua Exercise bands silver/extra strong
- 34005 Gymstick Aqua Exercise bands gold/super strong



Gymstick H.I.T. spare bands

- 18111 Gymstick H.I.T. Exercise bands BASIC / 1-20kg
- 18112 Gymstick H.I.T. Exercise bands PRO / 1-40kg

Powerslider spare sliding socks

62131-S



Additional spare parts for all Nordic Walking poles

- 20007 GS Strap (pair) Size: S, M
- 20008 GS Universal Paw (2 pcs)
- 20009 GS Universal Spike (2 pcs)



Treadmill Lubrication

Keep your treadmill in good condition and give it longer life with this quality and easy to use lubricant. When used regularly it also reduces wear on the other parts of the machine.

250ml pump bottle with long straw

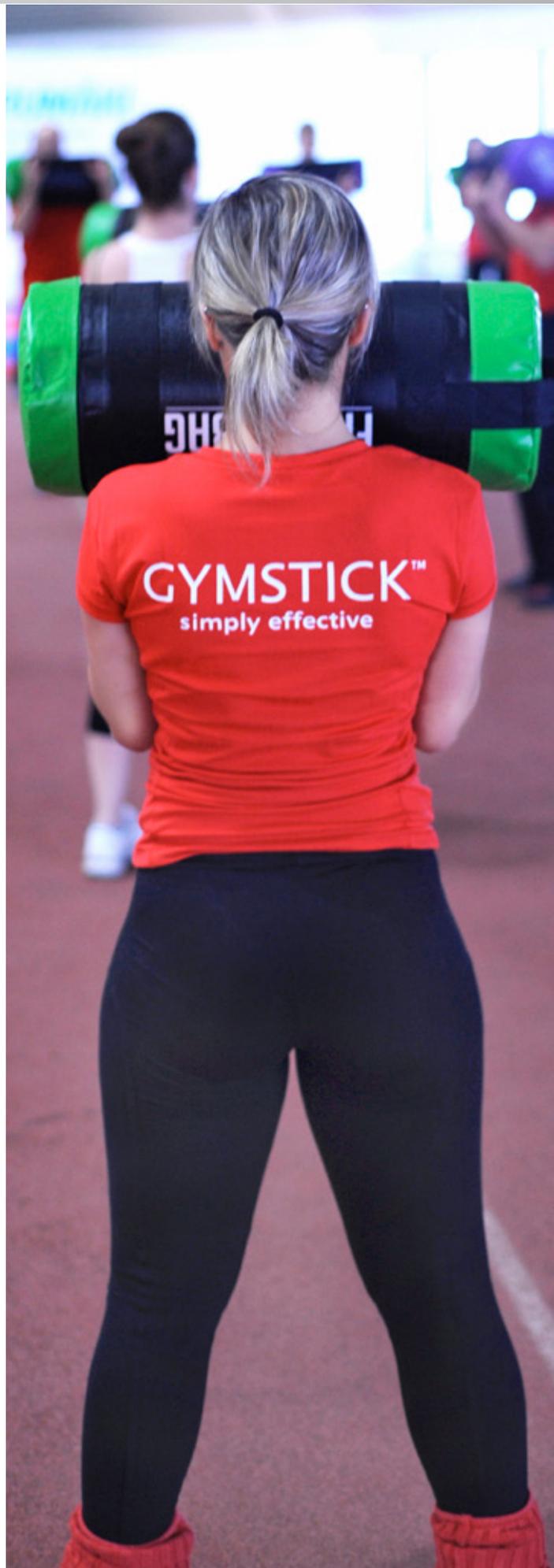
Item code: 61141



SPD Pedals

Pedal with high impact resin cage for greater foot stability. Designed for all round use with pop-up binding mechanism for easy entry and release. Pedal can be also used with normal shoes.

Item code: SB-SPD





GYMSTICK TEAM

Ladies functional T-shirt

91% polyester, 9% elastic single jersey
 Colour: RED
 Sizes: XS, S, M, L
 Item code: 91350



Men's functional T-shirt

100% polyester jersey+waffle
 Colour: RED
 Sizes: M, L, XL
 Item code: 91353



Ladies training jacket

100% polyester tricot+rib
 Two colour options: RED and WHITE
 Sizes: S, M, L
 Item code: 91351



Men's training jacket

100% polyester tricot+rib
 Two colour options: RED and WHITE
 Sizes: M, L, XL
 Item code: 91352



Gymstick Team bag, small

A strong bag for a group instructor or a group.
 Holds 15-20 Gymstick Originals.
 Item code: 45001



Gymstick Team bag, big

A strong bag for a group instructor or a group.
 Holds 45 Gymstick Originals.
 Item code: 45002



Gymstick Pro Sport bag

Perfectly sized all-purpose bag to take you from the office to the gym or an overnight trip. Size: 65 x 30 x 32 cm. Material: 1680D polyester.
 Item code: 45008



Gymstick Wrist Band

Light weight and comfortable wrist bands with concaved Gymstick-logos. Suitable for promotional needs.
 • 2 color options: white-red / red-white
 • One size fits all
 Wrist band (white-red): 61148-W
 Wrist band (red-white): 61148-R



NEW PRODUCT!



Why do the Gymstick Educations?

Gymstick is a simple and effective tool but also extremely versatile.

The Gymstick education is an important step for any instructor, trainer or practitioner as the full benefits of Gymstick cannot be truly appreciated until it is demonstrated in formal training.



Gymstick PT

Want to learn how to cater for athletes, seniors, recreational fitness and rehabilitation clients?

Gymstick is a gym on a stick – portable, easy to use anywhere, anytime and anyone and this education will teach you HOW to use the Gymstick for functional training.



Gymstick Muscle

The only functional training group fitness program available in the world! This revolutionary group fitness format can also be used for personal training.

Gymstick Muscle is like no other group fitness program and it comes with a specific music format to make it easy for the instructor to deliver the workout and for the members to follow.



Gymstick Aqua

Aqua classes will never be the same with Gymstick Aqua.

This innovative tool and fitness concept brings functional training to the water. This education is suitable for all fitness instructors, personal trainers and health professionals who are ready for a fresh approach to aquatic exercise.



Gymstick Nordic Walking

Everyone can walk! Gymstick Nordic Walking is the Simply Effective way to exercise anywhere, anytime. Learn how to deliver workouts that incorporate cardio and muscle conditioning, flexibility and balance in the outdoors.



Gymstick Fitness Bag

Fitness Bag can be used improve muscular conditioning, balance, coordination, mobility and aerobic conditioning and the exercises can be adapted to group fitness classes or personal training workouts.

More about education from www.gymstick.com



