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Balance Ball Dynaso Bosu

S14876

- Dynaso is dynamically designed to improve balance, cardio fitness, sport performance, and rehabilitation
- Core training for increased strength posture and flexibility



Foam Roller Storage Rack

S7404

- A quality welded steel rack specifically made for storage of foam rollers and Bosu Balls



Balance Ball Dynaso Bosu - Tube Handles Only

S8908

Attaches to the Bosu Ball



Mobility Foam Roller - Large

S8948

- Increased blood flow
- Improved movements
- Better range of motion
- Decreased injury risk



Balance Disc Air Cushion

S8953

- The balance disc is designed to maximize your awareness, coordination and strength.
- Perfect for Rehabilitation and training exercises
- 2 different functional surfaces



Mobility Foam Roller - Small

S9526

- Light and ultra-portable
- Muscle isolation
- Perfect for warm ups
- Injury prevention
- Faster recovery



Balance Sitting Wedge Inflatable

S7549

- The ILS Physio inflatable sitting wedge is specifically designed with your posture in mind
- Encourages better back posture
- Increases a sense of body awareness



Mobility Grid Roller - Large

S15163

- Increased blood flow
- Improved movements
- Better range of motion
- Decreased injury risk
- Acute muscle isolation



Mobility Grid Roller - Small

S15164

- Light and ultra-portable
- Muscle isolation
- Perfect for warm ups
- Injury prevention
- Faster recovery
- Acute muscle isolation



Pilates/Yoga Mat Red 15mm

S8947

- Perfect for home
- Lightweight and portable
- Soft NBR foam for a more comfortable surface
- Extra thickness



Balance Pad Foam

S8954

- Improves Balance, coordination
- Helps with Rehabilitation
- Perfect for home, gym or in the clinic



Pilates Rings Black Heavy

S15169

- Targeted toning
- Versatile and effective
- Improving muscle strength
- Used by professionals
- Highest strength



Balance Foam Roller Stand

S8937

- A compact stand that is perfect for storing your collection of foam rollers



Pilates Rings Grey Medium

S15168

- Targeted toning
- Versatile and effective
- Improving muscle strength
- Used by professionals
- Medium strength



Pilates/Yoga Mat Green 10mm

S8946

- Perfect for home
- Lightweight and portable
- Soft NBR foam for a more comfortable surface



Pilates Rings Grey Light

S15167

- Targeted toning
- Versatile and effective
- Improving muscle strength
- Used by professionals
- Lightest strength



Exercise Tube Figure 8 Light Green

S8923

- Lower body toning
- Whole body workout
- Safe on muscles and joints
- Lightweight and portable
- Essential suitcase item
- Light resistance

Exercise Tube Figure 8 Medium Red

S8925

- Lower body toning
- Whole body workout
- Safe on muscles and joints
- Lightweight and portable
- Essential suitcase item
- Medium resistance

Exercise Tube Figure 8 Firm Blue

S8924

- Lower body toning
- Whole Body Workout
- Safe on muscles and joints
- Lightweight and portable
- Essential suitcase item
- Firm resistance

Exercise Tube O-Ring Red Medium

S8926

- Resistance training
- Develop muscle strength
- Help fix muscle imbalance
- Fits all body types
- Medium resistance



Exercise Tube O-Ring Blue Firm

S8927

- Resistance training
- Develop muscle strength
- Help fix muscle imbalance
- Fits all body types
- Firm resistance



Exercise Tube O-Ring Black X-Firm

S8928

- Resistance training
- Develop muscle strength
- Help fix muscle imbalance
- Fits all body types
- Extra Firm resistance



Exercise Tube Exertube Light Green

S8929

- Maximize your resistance training by utilizing variable resistance to suit your own fitness goals
- Light resistance



Exercise Tube Exertube Medium Blue

S8930

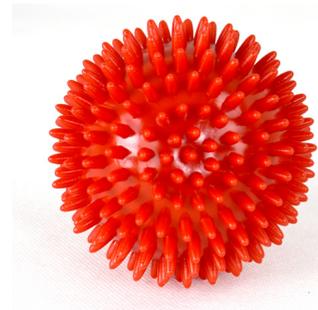
- Maximize your resistance training by utilizing variable resistance to suit your own fitness goals
- Medium resistance



Exercise Tube Exertube Firm Black

S8931

- Maximize your resistance training by utilizing variable resistance to suit your own fitness goals
- Firm resistance



Massage Reflex Balls Red 9cm

S8944

- Trigger point activation
- Helps blood circulation
- Aids in pain relief
- Dynamic product
- 8cm



Massage Reflex Balls Orange 6cm

S8941

- Trigger point activation
- Helps blood circulation
- Aids in pain relief
- Dynamic product
- 6cm



Massage Reflex Balls Blue 10cm

S9397

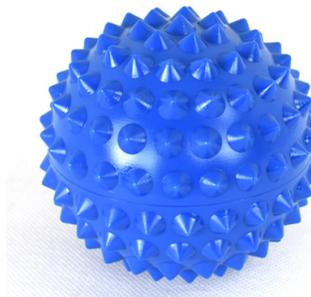
- Trigger point activation
- Helps blood circulation
- Aids in pain relief
- Dynamic product
- 10cm



Massage Reflex Balls Green 7cm

S8942

- Trigger point activation
- Helps blood circulation
- Aids in pain relief
- Dynamic product
- 7cm



Massage Spikey Ball 9cm Premium

S9729

- Trigger point activation
- Helps blood circulation
- Aids in pain relief
- Dynamic product
- Helps increases blood circulation
- Helps decrease muscle tension
- 9cm



Massage Reflex Balls Yellow 8cm

S8943

- Trigger point activation
- Helps blood circulation
- Aids in pain relief
- Dynamic product
- 7cm



Massage Peanut Backball Firm

S8945

- Portable
- Perfect for back pain
- Perfect for rehabilitation



Exercise Ball Yellow 45cm 450kg SWL

S8933

- The anti-burst balls are rated at 450kg
- Extra surface grip
- Ribbed grip for handling
- 45cm



Fitness Peanut Ball 50cm Anti Burst

S8952

- Can also be used in water
- Anti-burst
- Helps relieve pain
- Aids during pregnancy and labour
- 50cm



Exercise Ball Red 55cm 450kg SWL

S8934

- The anti-burst balls are rated at 450kg
- Extra surface grip
- Ribbed grip for handling
- 55cm



Hand Egg Orange X-Soft

S9027

- Perfect for grip strength, dexterity and mobility
- Hot or cold therapy
- Known uses for arthritis, RSI and stress reduction
- Extra soft resistance



Exercise Ball Green 65cm 450kg SWL

S8935

- The anti-burst balls are rated at 450kg
- Extra surface grip
- Ribbed grip for handling
- 65cm



Hand Egg Green Soft

S9028

- Perfect for grip strength, dexterity and mobility
- Hot or cold therapy
- Known uses for arthritis, RSI and stress reduction
- Soft resistance



Exercise Ball Blue 75cm 450kg SWL

S8936

- The anti-burst balls are rated at 450kg
- Extra surface grip
- Ribbed grip for handling
- 75cm



Hand Egg Blue Medium

S9029

- Perfect for grip strength, dexterity and mobility
- Hot or cold therapy
- Known uses for arthritis, RSI and stress reduction
- Medium resistance



Hand Egg Plum/Black Firm

S9030

- Perfect for grip strength, dexterity and mobility
- Hot or cold therapy
- Known uses for arthritis, RSI and stress reduction
- Firm resistance



Massage Hand Roller Ball

S7474

- Omni-directional for versatile application
- Comfort grip
- Perfect for knots and sore spots
- No internal parts to corrode



Massage Knobber 1 Point

S15166

- Lightweight
- Ergonomically designed
- Trigger point massager
- High-quality plastic
- Used by clinicians and athletes
- Unique design makes it stand out as a product that delivers specific results for the user.



Massage Knobber 4 Point

S15165

- lightweight
- Ergonomically designed trigger point massager
- Made of high-quality plastic
- Used by clinicians and athletes
- Unique design
- Delivers specific results for the user



Fitness Peanut Ball 50cm Anti Burst

- S6998 Weighted Dumbell 0.5kg
- S9863 Weighted Dumbell 1.5kg
- S6999 Weighted Dumbell 1kg
- S3135 Weighted Dumbell 2.5kg

- S3134 Weighted Dumbell 2kg
- S7186 Weighted Dumbell 3kg
- S7187 Weighted Dumbell 4kg
- S7185 Weighted Dumbell 5kg

ILS Weighted Dumbbells are mainly used for joint-isolation exercises such as biceps curls and shoulder raises. ILS dumbbells can also be utilized as full body exercise tools when combining exercises and using both upper and lower body. It also helps with cardiorespiratory fitness and flexibility when used properly.

- Full body exercise
- Joint isolation exercises
- Cardio exercises
- Flexibility exercises



Weighted Dumbbell Mini Rack

S15170

- Rack for dumbbell storage





Weighted Cuff Ankle 0.5kg (each)

S6996

- Isolate leg muscles
- Perfect for building muscle's and toning
- Safe on the knee and hip joints
- Made from quality nylon and steel
- 1kg



Balance Pogo Ball Green

S15125

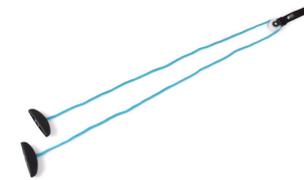
- Improves balance and coordination
- Fun way to workout
- Strengthen core



Weighted Cuff Ankle 1kg (each)

S2422

- Isolate leg muscles
- Perfect for building muscle's and toning
- Safe on the knee and hip joints
- Made from quality nylon and steel
- 2.5kg



Hand Egg Orange X-Soft

S8958

- Door mounted
- Easy grip large handles
- Adjustable cord length
- Increase range of motion
- Safe for home use



Weighted Cuff Ankle 2.5kg (each)

S7759

- Isolate leg muscles
- Perfect for building muscle's and toning
- Safe on the knee and hip joints
- Made from quality nylon and steel
- 5kg



Hand Strengthener Pair

S15171

- heavy-duty moulded plastic/foam
- Developing hand and forearm muscles.



Balance Board

S15162

- Dynamic stability exercises
- Perfect for fitness and rehabilitation
- Increase balance and coordination of the whole body



Air Pump for Inflating Items

S15172

- Portable hand-held pumps perfect for inflating rehab products at home or while travelling



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