

# CORTEX®

GER.



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2023 CATALOGUE

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**BETTER.  
FASTER.  
STRONGER.**



## **CORTEX®**

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### **STRENGTH**

POWER RACKS & TOWERS	4
GYM STATIONS	7
EXERCISE BENCHES	12
LEG PRESS	14

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### **WEIGHTS**

OLYMPIC BARS & WEIGHTS	15
OLYMPIC BARS & ACCESSORIES	16
WEIGHT TRAINING ACCESSORIES	17
STANDARD BARS & WEIGHTS	19
KETTLEBELLS	21
DUMBBELLS	22

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### **FUNCTIONAL TRAINING**

PLYOMETRIC BOXES	24
WEIGHT BALLS & BAGS	25

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### **REHABILITATION**

ACCESSORIES	28
RESISTANCE BANDS	29
YOGA & THERAPY	30

## PR-2 HALF RACK



### POWERRACKPR2

Versatile half-rack designed for Olympic and standard barbells.

- Wide grip pull up handles
- Resistance band pegs
- 4 x Weight storage sleeves
- 2 x Olympic barbell storage slots
- Assembled dimensions: 165cm x 131.3cm x 233.3cm (L x W x H)



AVAILABLE IN PACKAGES:

**PR-2 Half Rack Home Gym Package**  
CSST-PR2SET-B

**PR-2 Half Rack & BN-6 Bench Package**  
CSST-PR2SET-C

**PR-2 Half Rack & BN-6 Bench Package + 90kg Standard Tri-Grip Weight Set**  
CSST-PR2SET-D

## PR-3 POWER RACK

### POWERTOWERPT1

- Built for Barbell Squats, Bench Press
- Adjustable Barbell Hooks
- Dip Attachment
- Assembled dimensions: 173.5cm x 173.2cm x 228cm (L x W x H)



## PT-1 POWER TOWER

### POWERTOWERPT1

Versatile 4-way power tower for a big range of exercises.

Great for:

- Dips
- Leg raises
- Vertical knee raises
- Chin ups/pull ups
- Push ups
- Assembled dimensions: 140cm x 105cm x 216cm (L x W x H)



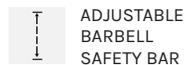


## SR-1 SQUAT RACK

SQUATRACKSR1

Our squat stands are great for barbell bench press, back & front squats, shoulder press and more.

- Adjustable stand width
- Can be used for dips
- Assembled dimensions: 187cm x 52cm x 177cm (L x W x H)



ADJUSTABLE  
BARBELL  
SAFETY BAR



HEAVY DUTY  
STEEL TUBING



ADJUSTABLE  
J HOOKS

AVAILABLE IN PACKAGES:

**SR-1 Squat Rack & BN-6  
Bench Package**  
CSST-SR1SET-A

## SR-3 SQUAT RACK

CSST-SR3

Solid, strong, and tall 1.8m squat rack. Perfect for squats, bench press, military shoulder press, and many more

- 40cm safety spots
- Resistance band pegs
- Assembled dimensions: 100cm x 160.9cm x 200cm (L x W x H)



ADJUSTABLE BARBELL  
SAFETY BAR



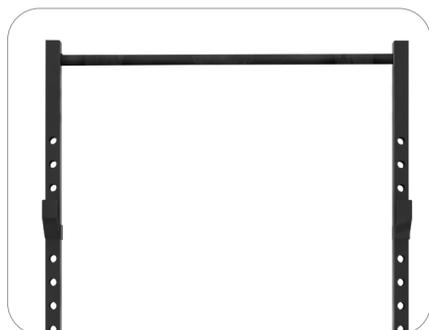
HEAVY DUTY  
STEEL TUBING



ADJUSTABLE  
J HOOKS

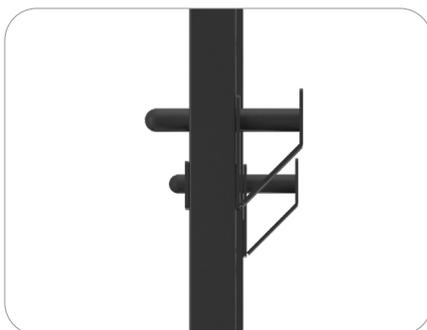
AVAILABLE IN PACKAGES:

**SR-3 Squat Rack 95kg  
Home Gym Package**  
CSST-SR3SET-A



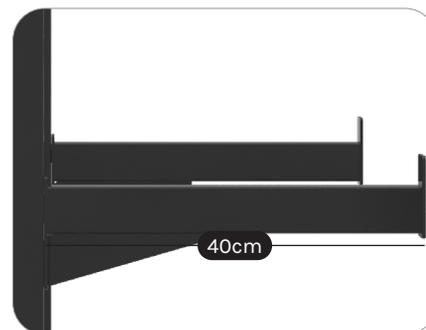
### PULL UP BAR

Enhance your training sessions with the addition of a pull up bar.



### ADJUSTABLE J HOOKS

Load weights safely with your bar balanced in secure J Hooks. Adjust your hooks up to the maximum squat rack height of 1.8m and find the most comfortable height for whatever exercise you're performing.



### 40CM LONG SAFETY SPOTS

Rely on 40cm long safety spot bars to catch the bar if you run out of energy on your last rep.

## FT-40 CABLE CROSSOVER STATION

### STATIONFT40

- Plug pin coupling for quick selection of the weight load in steps of 5kg
- Weights with aperture as injury protection
- 17 hole notches each with 10cm distance from the positioning of the pull handles
- Carabiner connection for easy exchange of pull handles: lateral/longitudinal grip or leg cuff
- Includes 2.1m high pull-up bar with varied grip lengths and opportunities
- Beginner to athlete
- Assembled dimensions: 112cm x 201cm x 213cm (L x W x H)

### Includes:

- 1 x Cable pull station (assembly kit)
- 36 x 5 kg weight plate
- 1 x lengthwise pull bar
- 2 x T-handle



 75+ EXERCISES

 180KG WEIGHT RANGE

 STRONG STEEL FRAME



### FEEL THE BURN THROUGH 75+ EXERCISES

Isolate specific muscle groups or focus on endurance exercises. Find the ultimate variety of home gym strength training with more than 75 available exercises.



### STRONG CONSTRUCTION

Constructed from a solid steel square tube and with a heavy net weight, working out on the FT40 is always stable and secure. All parts are either powder-coated or chromed, giving the FT40 superior protection from scratches, corrosion, and rust.



### HUGE 180KG WEIGHT RANGE

Two stacks, each weighing 90kg, supply you with a huge 180kg grand total weight. Weights increase in 5kg increments to give you ultimate specificity for each exercise.

### SS2 SINGLE STATION

STATIONSS2

- 73.5kg weight stack (expandable)
- Height Adjustable Preacher Pad for Bicep Curls
- Workout diagram chart provided
- Basic attachments included

Assembled dimensions:  
188cm x 103cm x 217cm (L x W x H)



CUSTOMISABLE WEIGHT STACK



38+ EXERCISES FOR A FULL BODY WORKOUT



2000LB TENSILE STRENGTH CABLES

\*Additional 25kg Weight Stack can be purchased additionally,

**25kg Weight Stack Optional Upgrade Kit (SS2/GS6)**  
WPSCONC25-SET



Upper Cable Attachment



Middle Cable Attachment



Lower Cable Attachment

Lat Pull Down Bar

Chest Press / Flys

Preacher Pad

73.5kg Weight Stack

Leg Extension

### ALPHA SERIES FIXED BARBELL SET 100KG + STAND

CSBB-STD100

- Comes with 10kg, 15kg, 20kg, 25kg and 30kg fixed weight barbells
- Commercial Grade construction
- Includes 5-Tier Barbell Rack

**01** ALPHA Series Fixed Barbell Stand L05  
CXCAFBBRACK05

**02** Alpha Series Fixed Barbell Set 100kg  
BBFIXSET100



HUGE VARIETY OF EXERCISES



STRONG STEEL FRAME



## SS3 SINGLE STATION

CSST-SS3

With over 36 exercise options the SS3 Single Station's compact design is the perfect accessory for any home gym.

- 36+ Exercises for a full body workout
- Lat Pulldown Bar, Curl Bar, Tricep Rope, Single Handle, Straight Row Bar and Ankle Straps
- Assembled dimensions: 178.2cm x 105cm x 211.5cm (L x W x H)

 HEIGHT ADJUSTABLE SEAT & PREACHER PAD

 2000LB TENSILE CABLES

 73KG CUSTOMISABLE WEIGHT STACK

\*Additional 25kg Weight Stack can be purchased additionally,

**25kg Weight Stack Optional Upgrade Kit (SS3)**  
WPSCONC25-SET2



### HEAVY DUTY CABLES

Rated to 2000lb of tensile strength.



### DELUXE PADDING & STITCHING

The perfect amount of cushioning supported by strong stitching for any type of exercise.



### STANDARD ATTACHMENTS INCLUDED

Alternate between the Tricep Rope, Lat Pulldown Curl Bar and Ankle Strap to perform a range of exercises.

## GYM STATION ATTACHMENTS

	<b>Close Grip V Handle</b> ATTACHVTRIANGLE		<b>D Stirrup Handle</b> ATTACHSTIRRUPHANDLE		<b>Tricep Rope</b> ATTACHTRICEPROPE
	<b>D Bar</b> ATTACHDBAR		<b>Revolving Straight Bar</b> ATTACHREVOLVESTRAIGHTBAR		<b>Tri Pushdown Bar</b> ATTACHTRIPRESSBAR
	<b>Lat Pulldown Bar</b> ATTACHLATPULLDOWNBAR		<b>D Handle Row Bar</b> ATTACHDROW		<b>D Handle Wide Row Bar</b> ATTACHDWROW
	<b>Cable Curl Bar</b> ATTACHCABLECURLBAR		<b>25kg Weight Stack Addon for GS6/SS2</b> WPSCONC25-SET		

## SM-20 6-IN-1 POWER RACK WITH SMITH & CABLE MACHINE

CSST-SM20

- 2.0m Smith Machine with 10-Level Height Adjustable Spotters
- 10 Level Adjustable Front Padded J-Hooks and Spot Bars
- Two Height Adjustable Cable Crossover Pulleys
- Barbell & 4 Weight Plate Storage
- 45kg Weight stack, expandable to 100kg with Weight plates
- Chin up/Pull Up Bar
- Landmine Attachment And Footplate for Seated Rows
- Assembled Dimensions: 203cm x 171cm x 211cm (L x W x H)



COMPATIBLE WITH OLYMPIC & STANDARD PLATES



45KG WEIGHT STACK EXPANDABLE UP TO 100KG



STRONG STEEL FRAME

AVAILABLE IN PACKAGES:

**SM-20 6-in-1 Power Rack with Smith & Cable Machine + BN-6 Bench + 100kg Olympic Tri-Grip Weight Plate & Barbell Package CSST-SM20-A**





## SM-10 CABLE & SMITH MACHINE

### STATIONSM10SET

- Smith Machine with Linear Bearings
- 9 Smith Bar Hook Points
- Integrated Cable Machine
- Smith safety spot bars
- Chin-up Bar: 300kg Max Weight
- Cable Machine: 200kg Max Weight
- Dip Attachment: 250kg Max Weight
- Smith Machine: 300kg Max Weight
- Assembled dimensions: 199cm x 136cm x 212cm (L x W x H)



ADJUSTABLE  
DIP HANDLES



HUGE VARIETY  
OF EXERCISES



STRONG STEEL  
FRAME

## FT-11 PLATE LOADED CABLE CROSSOVER STATION

### CSST-FT11

Structured with strong commercial grade steel, the FT-11 is designed to last workout after workout.

- Two Individual Weight Intake (50mm Weight Plate Hole Compatible)
- Max Weight of 80kg per intake/side
- Assembled dimensions: 296cm x 156cm x 223.7cm (L x W x H)



COMPATIBLE WITH  
OLYMPIC WEIGHT PLATES



STRONG  
STEEL FRAME



MAX WEIGHT OF 80KG  
PER INTAKE/SIDE

AVAILABLE IN PACKAGES:

**FT-11 Plate Loaded Cable Crossover Station  
with 115kg Olympic Tri-Grip Weight Set**  
CSST-FT11-A



# GS6 GYM STATION

## STATIONGS6

- 73.5kg Weight Stack (Expandable)
- Height adjustable seat and preacher pad
- Workout diagram chart provided
- Free-standing and foldable ab bench
- Integrated power tower
- Basic attachments included



CUSTOMISABLE WEIGHT STACK



250KG MAX BODY WEIGHT



2000LB TENSILE STRENGTH CABLES

AVAILABLE IN PACKAGES:

**GS6 Pro Gym Package**  
STATIONGS6-PRO

**GS6 Ultimate Gym Package**  
STATIONGS6-ULTIMATE

**GS6 Ultimate Gym + 90kg Standard Tri-Grip Weight & Bar Package**  
STATIONGS6-A



SCAN QR FOR DEMO VIDEO



Assembled dimensions: 211cm x 163cm x 230cm (L x W x H)

\*Additional 25kg Weight Stack can be purchased, or included if purchasing GS6 Ultimate Gym Package.

**25kg Weight Stack Optional Upgrade Kit (SS2/GS6)**  
WPSCONC25-SET

## EXERCISE BENCHES

## BN-6 EXERCISE BENCH

BENCHBN6

- Fully adjustable bench with six levels (flat, incline, decline)
- Modular attachments for dip/chin ups
- High density padding
- Assembled dimensions: 144cm x 51cm x 115cm (L x W x H)

 ADJUSTABLE SEAT HEIGHT (2 LEVELS)

 HEAVY DUTY STEEL TUBING

 SCAN QR FOR DEMO VIDEO


BENCHBN6-SET

- Set includes chin up attachment and dip attachment



BENCHBN6CUP



BENCHBN6DIP

## BN-7 FLAT EXERCISE BENCH

BENCHFLAT

- Wide and long backrest to assist user stability during workouts
- Wide and rubber footing base plate for bench stability
- High Density padding
- Assembled dimensions: 132cm x 67cm x 49cm (L x W x H)

 HUGE VARIETY OF EXERCISES

 HEAVY DUTY STEEL TUBING

 SCAN QR FOR DEMO VIDEO


## BN-8 PREACHER PAD

BENCHPREACH

- Target Biceps and Arm Muscles
- Adjustable seat height
- High density padding
- Assembled dimensions: 89cm x 70.5cm x 87.5cm (L x W x H)

 ADJUSTABLE SEAT HEIGHT

 HEAVY DUTY STEEL TUBING

AVAILABLE IN PACKAGES:

**BN-8 Preacher Pad + 84kg Standard Tri-Grip Weight Plate & Curl Bar Package**  
CSBN-BNPRCH-A



## BN-11 EXERCISE FID BENCH WITH PREACHER PAD &amp; LEG EXTENSION

CSST-BENCHBN11

Undertake a range of exercises on the BN-11 Exercise FID Bench with Preacher Pad and Leg Extension.

- Fully adjustable from decline, flat and incline positions (7 levels)
- 3 Seat Angle Adjustments
- Leg Extension and Leg Curl with Standing Bicep Curl Bar
- Leg Extension compatible with Olympic 50mm or Standard 25mm Weight Plates

 250KG MAX WEIGHT

 DELUXE PADDING & STITCHING

 SCAN QR FOR DEMO VIDEO

AVAILABLE IN PACKAGES:

**BN-11 Exercise FID Bench + 79kg Standard Tri-Grip Weight Plate and Dumbbell Package**  
CSBN-BN11-A

**BN-11 Exercise FID Bench + 85kg Olympic Tri-Grip Weight Plate and Dumbbell Package**  
CSBN-BN11-B



## MF410 MULTIFUNCTION BENCH PRESS

CSST-MF410

Perfect for muscle building training the MF-410 Multifunction Bench Press targets the chest and upper body muscles.

- 9 Adjustable Levels of Flat and Incline
- 3 Seat Angle Adjustments
- Height Adjustable Barbell Holders



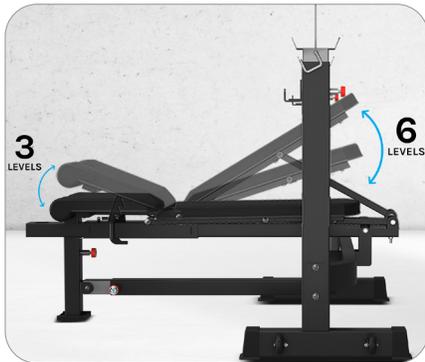
BARBELL HOOKS



SAFETY SPOTS

AVAILABLE IN PACKAGES:

**MF410 MultiFunction Bench Press + 100kg Olympic Tri-Grip Weight Plate & Barbell Package**  
CSST-MF410-A



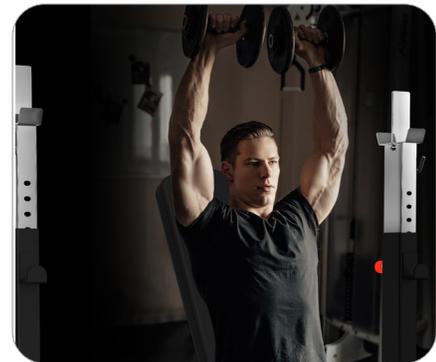
### MULTI POSITION BENCH AND SEAT ANGLE

Benefit from the maximum amount of variety your bench press has to offer. The MF-410 features a total of 9 angle settings, including 6 bench incline angles and 3 seat angle variations.



### FOLDABLE WITH TRANSPORT WHEELS

Save space and protect your equipment with the MF-410 folding feature. With the assistance of two transportation wheels located on the frame, you'll be able to relocate this bench press in your home gym or studio with ease.



### OVERHEAD PRESS

Seat pad slides back to allow for a completely upright seating position, great for overhead press exercises.

## MF-4000 MULTI-FUNCTION BENCH PRESS

BENCHMF4000

- Bench Width: 27cm (back rest)/30cm (seat)
- Huge range of exercises that will target your entire body
- Chest: flat, incline and decline bench press
- Shoulders: shoulder press, military press
- Assembled dimensions: 134cm x 115cm x 172cm (L x W x H)



ADJUSTABLE ANGLE (FLAT / INCLINE)



SAFETY SPOTS



BARBELL HOOKS



## ALPHA SERIES FID-09 COMMERCIAL MULTI ADJUSTABLE BENCH WITH DECLINE

CXST-FID09

- Fully adjustable from decline, flat and incline positions (8 levels)
- Commercial Grade Steel (12-gauge, 2.5mm)
- Transportation Wheels for easy mobility



8 LEVELS OF FLAT, INCLINE, DECLINE



3 LEVELS SEAT ADJUSTMENT



SCAN QR FOR DEMO VIDEO



## LEG PRESS



## LP1 VERTICAL LEG PRESS

STATIONLP1

Compact leg press compatible with Olympic and standard weight plates.

- Adjustable safety pins
- High density padding
- Back support
- 5 Adjustable levels for user height 160cm to 190cm

 COMPATIBLE WITH STANDARD AND OLYMPIC

 200KG MAX WEIGHT


## LP-10 45 DEGREE LEG PRESS/HACK SQUAT COMBO

CSST-LP10

The 2-in-1 machine offers versatility and comfort to your workout with the removeable cushioned back rest and padded shoulder rest.

- 45 degree leg press
- Removable Back Rest to interchange for Hack Squats
- 4 Weight Storage Pegs, compatible with Olympic weight plates (50mm)


 ADJUSTABLE FOOTPLATE

 240KG MAXIMUM WEIGHT

 COMPATIBLE WITH 50MM OLYMPIC WEIGHTS

AVAILABLE IN PACKAGES:

**LP-10 45 Degree Leg Press & Hack Squat + 100kg Olympic Tri-Grip Plate Package**

CSST-LP10-A

## 01 COMPETITION BUMPER PLATES

Available sizes:

- 5kg CSST-WPOCP05-2
- 10kg CSST-WPOCP10-2
- 15kg CSST-WPOCP15-2
- 20kg CSST-WPOCP20-2
- 25kg CSST-WPOCP25-2



DESIGNED FOR OLYMPIC LIFTING



COMMERCIAL GRADED



SCAN QR FOR DEMO VIDEO



## 02 BLACK SERIES V2 BUMPER PLATE

Available sizes:

- 5kg CSWP-OBPV205-2
- 10kg CSWP-OBPV210-2
- 15kg CSWP-OBPV215-2
- 20kg CSWP-OBPV220-2
- 25kg CSWP-OBPV225-2



STEEL RING CORE



50MM HOLE DIAMETER



## 03 OLYMPIC TRI-GRIP

Available sizes:

- 1.25kg (4 Pack) CSST-WPOTG012-4
- 2.5kg (2 Pack) CSST-WPOTG025-2
- 5kg (2 Pack) CSST-WPOTG050-2
- 10kg (2 Pack) CSST-WPOTG100-2
- 20kg (1 Pack) CSST-WPOTG200-1



DESIGNED FOR OLYMPIC LIFTING



STEEL RING CORE



## 04 FRACTIONAL PLATES

WPOLYFRAC0065

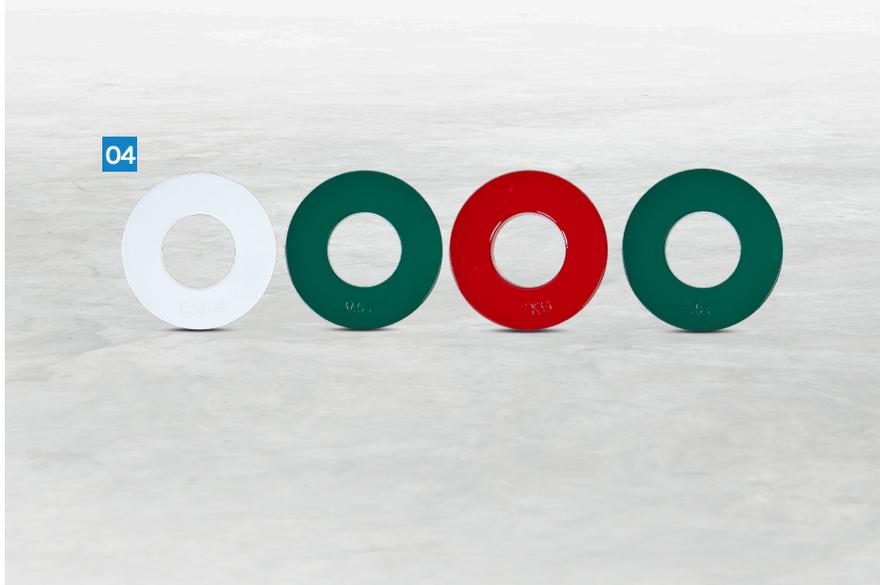
- Allow for precision loading for consistent progress
- Breakthrough lifting plateaus
- Sold in pack of 6.5kg
- Includes pairs of 0.25kg, 0.5kg, 1kg and 1.5kg



DESIGNED FOR OLYMPIC LIFTING



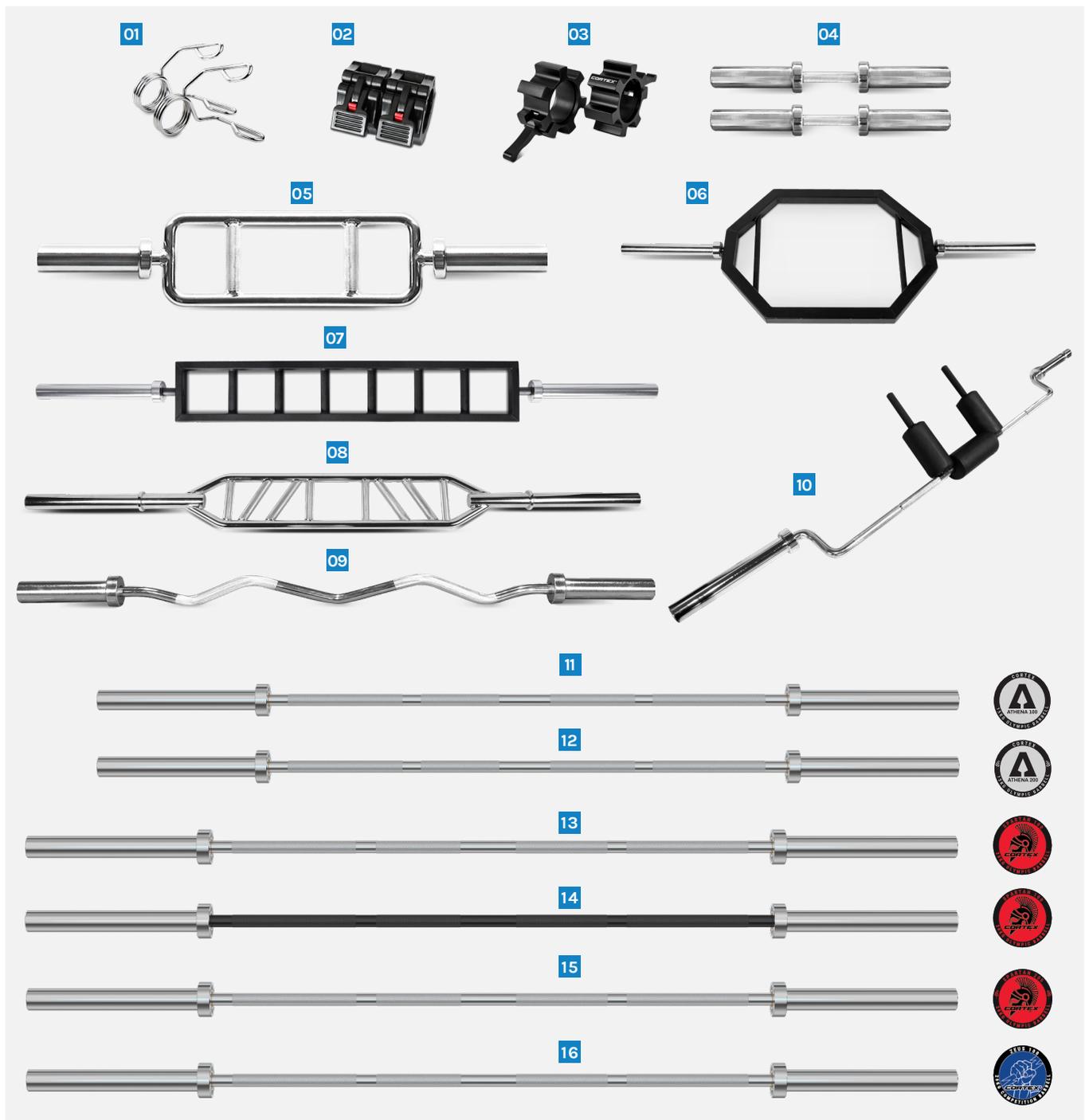
STEEL CONSTRUCTION



**OLYMPIC BARS & ACCESSORIES**

\*Please refer to the website to see weight sets.

- 01** Spring Collars (Pair)  
OLYCOLLARS-SPRING
- 02** Olympic Lock Jaw Collars (Pair)  
OLYCOLLARS-LOCKJAW
- 03** Olympic Alpha Aluminium Collars  
OLYCOLLARSALU
- 04** Olympic Dumbbell Handles + SC  
OLYDBPAIRSCSET
- 05** Olympic Tri Bar + SC  
OLYBBTRISCSET
- 06** Olympic Hex Deadlift Bar + LC  
OLYBBHEXLJCSET
- 07** Olympic Multi Grip Bar + LC  
OLYBBMGRJJCSET
- 08** Olympic Swiss Bar + LC  
OLYBBSWSLJCSET
- 09** Olympic Curl Bar + SC  
OLYBBCBSCSET
- 10** Safety Squat Olympic Barbell + LC  
CXBB-STYSQT-LC
- 11** Athena 100 79" 15kg Olympic Barbell (Chrome) + SC / LC  
CXBB-ATNA100-SC / CXBB-ATNA100-LC
- 12** Athena 200 86" 15kg Olympic Barbell (Chrome) + LC  
CXBB-ATNA200-LC
- 13** Spartan 100 86" 20kg Olympic Barbell + LC  
CXBB-SPTN100-LC
- 14** Spartan 100 Olympic Barbell (Black Oxide) + LC  
CXBB-SN100BO-LC
- 15** Spartan 205 Olympic Barbell (Hard Chrome) + LC  
CXBB-SN205HC-LC
- 16** Zeus 100 Competition 86" 20kg Olympic Barbell (Chrome) + AC  
CXBB-ZEUS100-AC





## PUMP/STUDIO BARBELL WEIGHT SET 20KG/30KG

STUDIO-WEIGHTSET / CSST-WPSSDO-30

- Studio barbell with rubber grip (35mm grip)
- 8 side anti-roll design plates
- Rubber constructed
- Colour coded for different weights
- Choose between sets of 20kg or 30kg

 30MM HOLE DIAMETER

 SPRING COLLAR CLAMPS INCLUDED



### WEIGHT TRAINING ACCESSORIES

## WEIGHT LIFTING CHALK

CSACHALKWL

Magnesium chalk for gym, weightlifting, kettlebell or dumbbell. Chalk reduces moisture on hands to improve your ability to maintain grip.

- Pack of 8 (360g)
- 56g per pack



## THICK BAR GRIPS (PAIRS)

BARWEIGHTGRIPS-BLACK-PAIR

Turn any barbell or bar into a thicker 50mm diameter handle to improve grip strength and muscle activation.

 50MM DIAMETER  125MM WIDE

 HIGH QUALITY RUBBER



## BARBELL SQUAT PAD

BARBELLSQUATPAD

Eliminate pain from heavy, centre-knurled barbells during squats so you can focus on your form and lift heavier without discomfort.

 43CM LONG  
10CM WIDE

 ERGONOMICAL DESIGN

 GREAT WORKOUT RANGE

 25MM HOLE



## OLYMPIC POST LANDMINE

BARBELLANDMINE-POST

Essential for landmine exercises which unlock a huge variety of pulling, pushing squatting, lunging and rotating in one tool.



360° RANGE OF MOTION



MAX WEIGHT LOAD: 250KG



FITS 50MM OLYMPIC BARBELLS



## SINGLE ARM BARBELL JACK

BARBELLIFTERSA

Compact single-arm deadlift barbell jack to make loading and unloading plates easier.

- Nylon wear pads protect barbell



200KG MAX WEIGHT



RAISES BARBELL TO 310MM



## TOASTER RACK 16 PLATE

WTOLYTOAST16

- Keeps floor tidy and allows for easy access
- 16 slots to fit weight plates



HEAVY DUTY STEEL CONSTRUCTION



500KG MAX WEIGHT CAPACITY

**150KG Competition Bumper Plates Set with 16 Plate Toaster Rack**

CSST-WPOCPSET-D



## 50MM PARALLEL LANDMINE HANDLE

BARBELLANDMINE-PARH

Paired with the post landmine, the landmine handle unlocks rows for a killer back workout.



SEAMLESS STEEL SLEEVES



STRONG STEEL CONSTRUCTION



FITS 50MM OLYMPIC BARBELLS



## DEADLIFT BARBELL JACK

BARBELLIFTER

Spend more energy on lifting weights and less on loading plates with our Deadlift Barbell Jack.

- Allows for easy weight racking and un-racking
- Nylon wear pads protect barbell
- Durable steel construction



150KG MAX WEIGHT



RAISES BARBELL TO 310MM



## OLYMPIC WEIGHT TREE

WTOLYMPIC

- 3-tier weight tree
- Designed to fit plate diameter of 450mm
- 2 x Olympic bar/barbell holders



400KG MAX WEIGHT



3 LEVELS OF OLYMPIC WEIGHT STORAGE



**01 ENDURASHELL WEIGHT PLATES**

Available sizes:

- 1.25kg CSST-WPSEC012-4
- 2.5kg CSST-WPSEC025-4
- 5kg CSST-WPSEC050-4
- 10kg CSST-WPSEC0100-2



25MM HOLE DIAMETER



ENDURASHELL PVC COATED



**02 CAST IRON TRI-GRIP WEIGHTS**

Available sizes:

- 1.25kg CSST-WPSTG012
- 2.5kg CSST-WPSTG025
- 5kg CSST-WPSTG050
- 10kg CSST-WPSTG100
- 20kg CSST-WPSTG200



STEEL RING CORE



HEAVY DUTY CAST IRON

**20KG STANDARD DUMBBELL SET WITH CASE**

DBSET20CASE

- Dumbbell handles with rubber grips and spiral lock collars
- Set comes with 4 x 1.25kg and 4 x 2.5kg cast iron plates
- Carry case included



DESIGNED FOR GYM OR COMMERCIAL USE



20KG WEIGHT SET



**STANDARD WEIGHT TREE**

WTSTANDARD

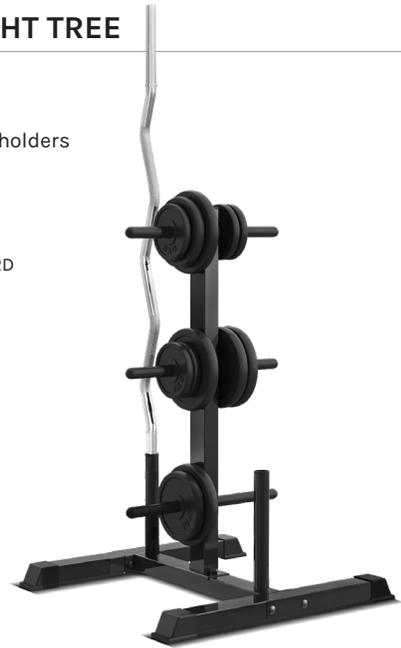
- 3-Tier weight tree
- 2x Standard bar/barbell holders



200KG MAX WEIGHT



3 LEVELS OF STANDARD WEIGHT STORAGE



**STANDARD BARS**

\*Please refer to the website to see weight sets.

**01 Standard Dumbbell Handles**  
DBSTANDARD14

**02 Standard Tri Bar**  
TRIBARSTD

**03 Standard EZ Curl Bar**  
CURLBARSTD47

**04 Standard 6ft Barbell (25mm)**  
BARBELLSTD72A



### OLYMPIC BARBELL HOLDER 9

CSWT-BBH900

- Designed for 50mm sleeves
- Heavy Duty Steel Construction

-  HOLDS UP TO 9 OLYMPIC BARS
-  SPACE EFFICIENT



### VERTICAL BARBELL WALL MOUNT

WTOLYVWALL5

- Heavy duty steel construction
- Space efficient
- Weight loading: 125kg Total



### 6-TIER WALL BARBELL MOUNT (GUN RACK STYLE)

CSWT-BBH6

- Fits 6 Barbells
- Plastic Inserts to protect your bars
- Assembled Size: Each Rack - 103cm x 10cm x 4.5cm (L x W x H)

-  HEAVY DUTY STEEL CONSTRUCTION

### 3M X 2M 50MM WEIGHTLIFTING PLATFORM WITH DUAL DENSITY MATS FRAMED SET

CSST-PF30205-A

- 3.0m wide by 2.0m long
- High density rubber tiles (50mm thick) to absorb impact
- 4x Resistance band pegs for band deadlifts

-  STEEL CONSTRUCTION
-  50MM THICK MATS

AVAILABLE IN PACKAGES:

**3m x 2m 50mm Weightlifting Framed Platform (Dual Density Mats) + 230kg Olympic V2 Weight Plates & Barbell Package**

CSST-PF30205-G

**3m x 2m 50mm Weightlifting Framed Platform (Dual Density Mats) + 170kg Olympic V2 Weight Plates & Barbell Package**

CSST-PF30205-E



### 3M X 1M 50MM WEIGHTLIFTING PLATFORM WITH DUAL DENSITY MATS SET

CSST-PF30105-A

- 3.0m wide by 1.0m long
- High density rubber tiles (50mm thick) to absorb impact
- 2 piece High density plywood platform

-  HIGH DENSITY FIBREBOARD PLATFORM
-  50MM THICK MATS

AVAILABLE IN PACKAGES:

**3M X 1M 50mm Weightlifting Platform with Dual Density Mats Set + 90kg Olympic Weight Plates & Barbell Package**

CSST-PF30105-B

**3M X 1M 50mm Weightlifting Platform with Dual Density Mats Set + 90kg Olympic V2 Weight Plates & Barbell Package**

CSST-PF30105-C





01



## COMMERCIAL STEEL KETTLEBELL V2

Available sizes:

- 8kg CXST-KBS2-08
- 10kg CXST-KBS2-10
- 12kg CXST-KBS2-12
- 14kg CXST-KBS2-14
- 16kg CXST-KBS2-16
- 20kg CXST-KBS2-20
- 24kg CXST-KBS2-24
- 28kg CXST-KBS2-28
- 32kg CXST-KBS2-32

01 8kg to 32kg + Stand  
CXST-KBS2-B



INDUSTRIAL  
GRADE STEEL



HEAVY DUTY  
STEEL CONSTRUCTION



8KG TO 32KG STEEL  
KETTLEBELL SET

## HIGH QUALITY KETTLEBELLS

### STANDARD KETTLEBELL

Available sets:

- Kettlebell set 6kg to 16kg KBSTANDARDSET6-16KG
- Kettlebell set 6kg to 12kg CSST-KBSTSET-A

- 6kg KBSTANDARD6
- 8kg KBSTANDARD8
- 10kg KBSTANDARD10
- 12kg KBSTANDARD12
- 16kg KBSTANDARD16



HEAVY DUTY  
PLASTIC SHELL



COMFORTABLE  
GRIP



### ADJUSTABLE KETTLEBELL 10KG

KBADJUST10KG

Our adjustable kettlebell offers 7 possible unique weights between 2kg to 10kg. Ergonomically designed to feel just like using a regular kettlebell, our adjustable kettlebell has authentic weight distribution.



10KG MAX



### CAST IRON KETTLEBELLS

- Kettlebell set 4kg to 20kg KBVINYLSET4-20KG
- Kettlebell set 4kg to 12kg KBVINYLSET4-12KG
- 2-Tier kettlebell rack KETTLEBELLRACK2T



VINYL DIP  
COATING



GREAT FOR  
HOME



COLOUR CODED



SCAN QR FOR  
DEMO VIDEO

Available sizes:

- 4kg KBVINYL4
- 6kg KBVINYL6
- 8kg KBVINYL8
- 10kg KBVINYL10
- 12kg KBVINYL12
- 16kg KBVINYL16
- 20kg KBVINYL20



### 2-TIER KETTLEBELL RACK

KETTLEBELLRACK2T

Our 2-tier kettlebell rack will help store your weights and bars conveniently.



200KG MAX  
WEIGHT PER TIER



HEAVY DUTY STEEL  
CONSTRUCTION



### 3-TIER KETTLEBELL RACK

KBRACK3TSET

Designed for gyms or studios, our 3-tier offers more storage for the same space.



200KG MAX  
WEIGHT PER TIER



HEAVY DUTY STEEL  
CONSTRUCTION



**DUMBBELLS**

**V1 ADJUSTABLE DUMBBELL PAIR**

DBADJUST52.5PAIR / DBADJUST52.5PAIR-STAND / DBADJUSTSTAND

- Contoured handle for easy gripping weight system
- Stand is an optional extra
- Change weight in seconds
- Each Dumbbell Adjustable from 2.5kg to 24kg
- Comes in Pairs

 ADJUSTABLE FROM 2.5KG TO 24KG

 CONTOURED HANDLE FOR EASY GRIPPING

 SMART LOCKING SYSTEM



**Smart Locking System**

With a simple weight selection dial and smart locking system, it takes seconds to pick the right weight for your workout allowing you to spend more time working out and less time switching weights.



**REVOLOCK® ADJUSTABLE DUMBBELLS WITH STORAGE STAND**

CSST-DBAJ032-2S

- Knurl Grippd Handle
- RevoLock System: Twist Handle to change weight
- Dumbbell becomes smaller as there are less weights
- Stand is an optional extra

 32KG PAIR

 ADJUSTABLE FROM 2KG TO 32KG

 KNURL GRIP HANDLE

 SMART LOCKING SYSTEM



CSST-DBAJ032-2  
2 x 32kg  
RevoLock Adjustable  
Dumbbells

### HEX DUMBBELL SET

**01** 1kg - 10kg (10 Pairs)  
CSST-DBHSET-110



STRONG DURABLE  
STEEL FRAME

**02** 4kg - 10kg (4 Pairs)  
CSST-DBHSET-56

**03** Hex Fixed Dumbbell Stand  
(Suitable for 1-10kg Pairs)  
CSST-DBHSTND110



### 1KG TO 3KG 3-PAIR DUMBBELL SET WITH STAND

CSAC-DBVNY-12

- Vinyl Dipped & Colour coded
- Easy to handle
- Smooth consistent grip
- Comes with 3-tier Stand



12KG TOTAL  
WEIGHT



STAND  
INCLUDED



### PRO-FIXED DUMBBELLS WITH 2-TIER RACK

DBPRO2SET5-30KG

- Heavy duty commercial grade dumbbells
- Rubber pro-style with weight (kg) embossed
- Knurl grip handles
- 2-Tier dumbbell rack



RANGE FROM  
5KG TO 30KG



12 PAIRS OF  
DUMBBELLS



## WOODEN 3-IN-1 MULTI PLYO BOX

PLYOBOXWOOD3IN1

- Roll over to adjust 3 different heights (51cm, 61cm, 76cm)
- Side handles for easy mobility



## STEEL PLYO BOX

PLYOBOX30-BK    PLYOBOX60-BK  
 PLYOBOX45-BK    PLYOBOX3SET-BK

The original plyometric box. Steel frame for exceptional durability and strength. Rubber slip resistant platform and rubber feet for safety and stability.



## SOFT 3-IN-1 MULTI PLYO BOX

PLYOBOX-3IN1

- Capable of adjustment to 3 different heights (51cm, 61cm, 76cm), to allow for progressive exercises.
- Soft structure to cushion accidental falls
- Ultra-high density foam



## SOFT PLYO BOX STACKING SET

PLYOBOXSOFT-SET

- Set comes with 15cm, 30cm, 45cm, 60cm tall plyometric foam boxes
- Base size: 90cm x 75cm (L x W)
- Soft structure to cushion accidental falls
- Stack on Plyo Boxes to combine box heights
- Velcro Tabs to attach boxes together



## MEDICINE BALLS

Our rubber medicine balls are great for developing strength, power, endurance, and are suitable for all levels of abilities and ages.

Available sizes:

- 2kg MEDBALL2
- 4kg MEDBALL4
- 6kg MEDBALL6
- 8kg MEDBALL8
- 10kg MEDBALL10

AVAILABLE IN PACKAGES:

- Medicine ball rack MEDBALLRACK10
- Medicine ball 28kg set MEDBALLSET28
- Medicine ball 30kg set MEDBALLSET30
- Medicine ball 60kg set + Stand MEDBALLSET60S



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SMALL DIAMETER



## WALL BALLS

Great for drills to improve weightlifting movements, train strength and target multiple muscle areas.

Available sizes:

- 4kg WALLBALL-4KG
- 6kg WALLBALL-6KG
- 8kg WALLBALL-8KG
- 10kg WALLBALL-10KG

AVAILABLE IN PACKAGES:

- Wall ball complete 28kg set WALLBALLSET28



LARGE DIAMETER



COLOUR CODED



## SLAM BALL

Available sizes:

- 6kg CSST-SBLV2-06
- 8kg CSST-SBLV2-08
- 10kg CSST-SBLV2-10
- 12kg CSST-SBLV2-12
- 15kg CSST-SBLV2-15
- 20kg CSST-SBLV2-20
- 25kg CSST-SBLV2-25
- 30kg CSST-SBLV2-30



STRONG TYRE TREAD GRIP



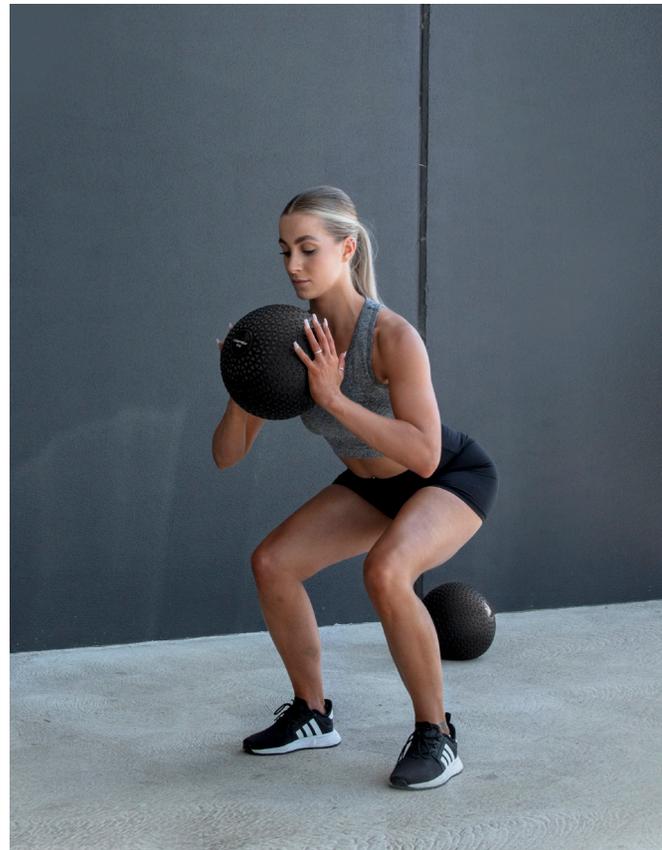
EXTRA DURABLE SHELL



SCAN QR FOR DEMO VIDEO

AVAILABLE IN PACKAGES:

- 6-12kg CSST-SBLV2-0612
- 6-30kg CSST-SBLV2-0630



## POWER BAGS

Power bags are an excellent conditioning tool and the soft construction of the bag allows for a safe, effective functional way to train.

Available sizes:

- 5kg POWERBAGX-05KG
- 10kg POWERBAGX-10KG
- 15kg POWERBAGX-15KG
- 20kg POWERBAGX-20KG
- 25kg POWERBAGX-25KG



COLOUR CODED FOR DIFFERENT WEIGHTS



▶ SCAN QR FOR DEMO VIDEO

AVAILABLE IN PACKAGES:

- Power bag complete 75kg set POWERBAGXSET75
- Power bag complete 75kg set + Stand POWERBAGXSET75S



HEAVY DUTY PU LEATHER



## STRONGMAN SANDBAG FULL SET (45KG, 70KG, 90KG)

Suitable for professional or home use our Strongman Sandbag Full Set can be utilised in cross training, tactical fitness and military conditioning. Sand not included.

Available sizes:

- 45kg CSST-SSB-45
- 70kg CSST-SSB-70
- 90kg CSST-SSB-90



45KG, 70KG, 90KG WEIGHTS



AVAILABLE IN PACKAGES:

- Strongman Sandbag Full Set CSST-SSB-A

HEAVY DUTY MATERIALS



## MEDICINE BALL RACK

MEDBALLRACK10

Able to store up to 10 medicine balls or other fitness accessories.



HOLDS UP TO 10 MEDICINE BALLS



STRONG DURABLE STEEL FRAME



\*Medicine Balls not included

## 5-TIER POWER BAG RACK

POWERBAGRACK5

Keep your power bags stored neatly and in order with our 5-tier power bag rack.



5 TIER STORAGE



STRONG DURABLE STEEL FRAME



\*Power Bags not included



### PLATE LOADED WEIGHT VEST

CSAC-WVESTPL

- Condura Style Heavy Duty Fabric
- Comfortable mesh liner
- Quick Buckle Adjustable shoulder straps
- Hook and loop fasteners for Under-arm
- Spinlock Collars included
- Compatible with 50mm Olympic Weight Plates



130KG MAXIMUM WEIGHT LOAD



COMPATIBLE WITH OLYMPIC WEIGHT PLATES

AVAILABLE IN PACKAGES:

**Plate Loaded Weight Vest with 35kg Tri-Grip Olympic Plate Package**  
CSAC-WVESTPL-A

### 10KG WEIGHT VEST

WEIGHTVEST-10KG

- Quick release buckle
- Mesh back pocket
- Easy to equip



10KG TOTAL WEIGHT



### 20KG ADJUSTABLE WEIGHT VEST

CSAC-WVEST-20

- Hook and loop fasteners for Weight pouch
- Hook and loop fasteners for Waist strap
- Made from Dupont fabric and foam
- Length of Vest: 42cm



1KG PER WEIGHT PACK



## SLEEVED BATTLE ROPE 38MM X 15M

CSAC-BRSVD-3815

- Variety in training
- Sleeved for longevity



HIGH DENSITY NYLON



15M LONG, 38MM DIAMETER



## PARALLEL BARS

BARSPARALLELA

Simple, portable, extremely versatile and highly multi-purpose to work arms, chest, back and core muscles.

- Comes in Pairs



200KG MAX WEIGHT



SOFT GRIP HANDLES



HEIGHT ADJUSTABLE



## AB ROLLER WHEEL

ABROLLER

- Great for ab/core workout
- Knee pad included



ERGONOMIC RUBBER HAND GRIPS



HIGH GRADE TPE MATERIAL



LIGHTWEIGHT AND COMPACT



## SPEED SKIPPING ROPES

- Precision ball bearings and steel head
- 3.0m coated and adjustable cable

Available sizes:

- Black SKIPROPE-BK
- Silver SKIPROPE-SIL2



ALUMINIUM KNURL GRIPPED HANDLES



TPU COATED SKIPPING CABLE



## GYM RING PAIR 28MM

CSAC-GYMRNG2-28

- Easy to adjust and secure, ready for a variety of workouts.
- Crafted with commercial quality straps and wooden rings.
- Comes in Pairs
- Measurements on straps



400KG MAX WEIGHT



CRAFTED AND BUILT TO FIG STANDARDS



## REVOBOUNCE FITNESS TRAMPOLINE

TRMINI40-2

Our RevoBounce trampoline will burn heaps of calories while toning quads, glutes and calves for fun-packed aerobic workout.

- Comes with resistance bands to intensify and add variation to your workout.



40" DIAMETER



STEEL ZINC PLATED SPRINGS



HEIGHT ADJUSTABLE HANDLE



## 01 RESISTANCE BANDS AND HANDLE

### BANDRESISTHANDLE

- Handles provide extra grip on pulling exercises
- Steel construction for strength and durability
- More natural grip for most movements



PRECISE KNURL GRIPPING



CHROME PLATING

## 02 RESISTANCE BANDS

Purchase separately or in sets:

- Set of 5 BANDRESIST-SET5
- Set of 5 and Handles BANDRESIST-SET5HANDLE
- Set of 10 BANDRESIST-SET10

Available colours and sizes

- 5mm (red) - up to 10kg resistance
- 13mm (blue) - up to 15kg resistance
- 21mm (purple) - up to 30kg resistance
- 32mm (orange) - up to 45kg resistance
- 45mm (green) - up to 60kg resistance



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## MICRO WIDE RESISTANCE BANDS

### CSAC-RBD37-5

- Small 60cm Diameter
- Suited towards prehab, activation and warm up drills
- Up to a maximum of 20kg resistance
- Pack of 5



COLOUR CODED



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## FIBRABANDS FABRIC PREMIUM BANDS

### CSAC-RBDFB082-3

- Premium Non-Slip Fabric
- For isolated training sessions, great for glutes and lower body workouts
- Up to a maximum of 36kg resistance
- Pack of 3



COMPACT & CONVENIENT



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## RESISTANCE BAND & BELT HANGER

### BANDHOOK16

- Lightweight steel construction
- Mount to reinforced wall
- 16 Hooks for belts or bands





### MULTI LEVEL AEROBIC STEP

CXAC-CTXSTEP

- Made from PP and TPR
- 200kg Max Weight
- Adjustable Height: 9cm, 15.5cm, 20cm



HEIGHT ADJUSTABLE TO 3 POSITIONS



NON-SLIP SURFACE



SCAN QR FOR DEMO VIDEO

#### 5 Level Multi Level Aerobic Step

CXAC-CTXSTEP-5

### AB WORKOUT SUPPORT MAT

CSAC-MATAB

- Great for abdominal exercises
- PU & EPE Material
- Portable, compact and lightweight
- High Density Foam



HIGH DENSITY FOAM



PORTABLE, COMPACT AND LIGHTWEIGHT



### GRIDSFT EPP FOAM ROLLER & MASSAGE BALL SET (33CM)

CSAC-FRL3314-HH

- 2-in-1 Massage Ball and Foam Roller
- Made from High Density EPP Foam
- Multiple Trigger Points



33CM TOTAL LENGTH



HIGH QUALITY EVA FOAM



### WALL MOUNT EXERCISE MAT HANGER

CSAC-MATWALLH

- Steel construction
- Two rods (23cm long) designed for mats with eyelets
- Powder coated for durability





## FITNESS BALL

- Anti-burst material
- Air pump included

Available sizes

- 55cm Grey FITNESSBALL55-GY
- 75cm Grey FITNESSBALL75-GY



EXTREMELY  
VERSATILE



SUPER STRONG  
ANTI-BURST MATERIAL



UV RESISTANT  
MATERIAL

## RUBBER GYM FLOOR MAT 50MM

CSAC-MATDD50-1

- Protects flooring and absorbs vibrations
- 100cm x 100cm x 50mm (L x W x H)
- Top Layer: 950kg/m<sup>3</sup> Bottom Layer: 850kg/m<sup>3</sup>
- Approx 42.3kg per mat



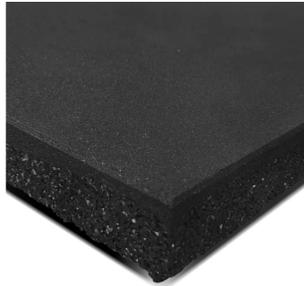
PASSES FIRE TEST  
FOR FLOORING



RECYCLED RUBBER  
GRANULES



50MM  
THICKNESS



## RUBBER GYM FLOOR MAT 10MM / 15MM

MATGYM10 / MATGYM15

- Protects flooring and absorbs vibrations
- 100cm x 100cm (L x W)
- 10mm/15mm: 933kg/m<sup>3</sup> density



PASSES FIRE TEST  
FOR FLOORING



RECYCLED RUBBER  
GRANULES



10MM / 15MM  
THICKNESS



## INTERLOCKING RUBBER GYM FLOOR MAT 10MM

CSAC-MATIN10-1

- Protects flooring and absorbs vibrations
- 100cm x 100cm (L x W)
- 950kg/m<sup>3</sup> density



PASSES FIRE TEST  
FOR FLOORING



RECYCLED RUBBER  
GRANULES



98CM  
LENGTH



## FOLDING EXERCISE MAT 50MM

MATEXERFOLDING

A great accessory, perfect for any type of work or stretching routine, pilates, gymnastics and any sort of general fitness.

Assembled size: 180cm x 60cm x 5cm (L x W x H)

Folded size: 60cm x 60cm x 15cm (L x W x H)



5CM THICK  
PADDED MAT



FOLDABLE



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