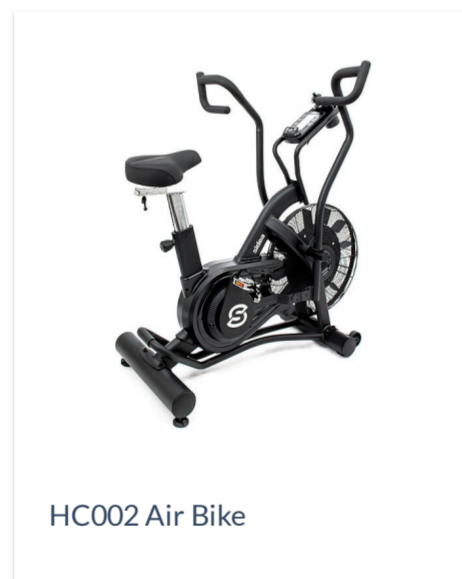




## CARDIO



HC002 Air Bike

## STRENGTH - BENCH



9021 Seal Row Bench



9024 Functional Bench



9122 Hip Thrust Platform Bench



9122K Hip Thrust Kit



9123 Ghd & Sissy Squat - Hamstring Bench

FUNCTIONAL - RACK



0397 Wall Mat Rack



0398 Mat Storage Rack



0399 Mat Horse Storage Rack



0449 Gym Ball Storage Rack



0499/1 Medicine Ball Rack



0510 Giant Med Ball Rack



0732 Body Bar Rack



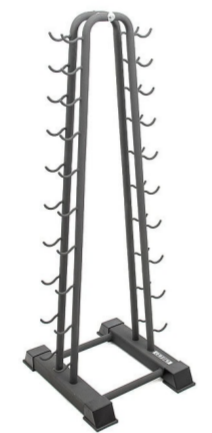
1134/1 Kit Pump Rack Large



1135 Small Kit Pump Rack



1155 Vertical Dumbbells Rack



1156 Pyramid Dumbbells Rack



4135 Box Storage



4137 Wooden Box Storage



2185 Kettlebell Rack



8880 Dumbbell Rack



4150 Storage Cage Cart



4146 Holistic Compact Rack



8034 Dune Ball Board Storage Rack



9049/4 Wall Barbell Rack 1 Place



9049/2 Wall Barbell Rack





9092M1 Functional Wall Storage



9092 Upright Pillar Per Wall Storage



9048/1 Pull Up Bar



9048/1A Pull Up Bar 110cm



9048/2 Multi Grip Bar - Multi-Grip Pull Up Bar



9098/1 Standing Rack Pro



4151 Fitness Hand Cart Trolley



4139 Mini Upright Column Kit



4145 Universal Storage Rack Standard



4144 Bumpers Shelf



4143 Flat Shelf



4142 Angled Shelf



4141 Balls Shelf



4140 Upright Column Kit

## OUTRACE TOWER



OUTRACE TOWER



OR17000 - TOWER PILLAR



OR17008 OUTRACE TOWER PEG



OR17400 OUTRACE TOWER PB HOOK



OR17100LL ARM LAT BAR - LAT BAR



OR17100HL ARM HOOK LAT



OR17100HH ARM HOOK-

OUTRACE PACK



OUTRACE W1



OUTRACE CUBE



OUTRACE A3



OUTRACE W4



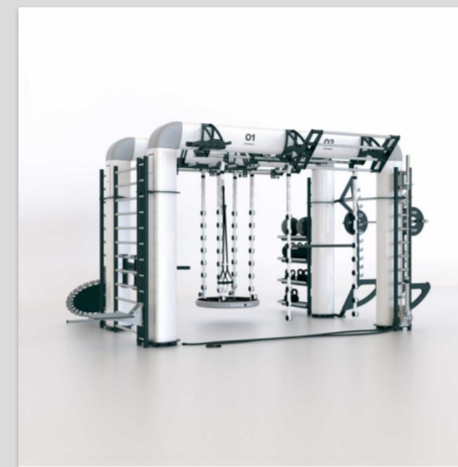
OUTRACE W5



OUTRACE W6



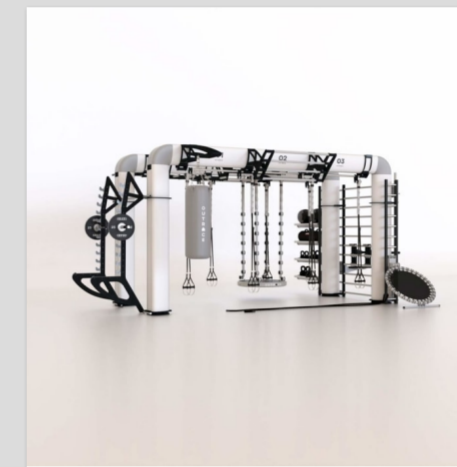
OUTRACE H7



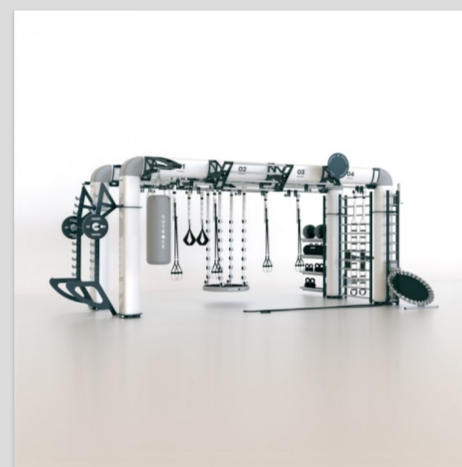
OUTRACE R2-4



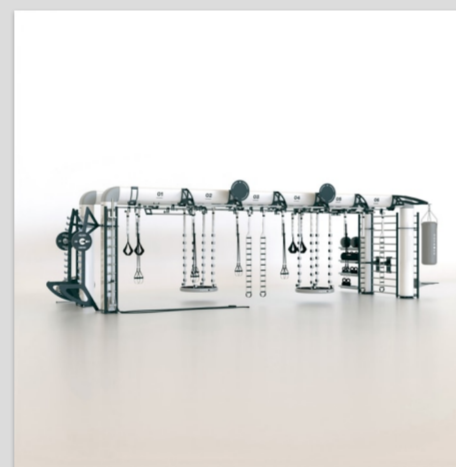
OUTRACE T5



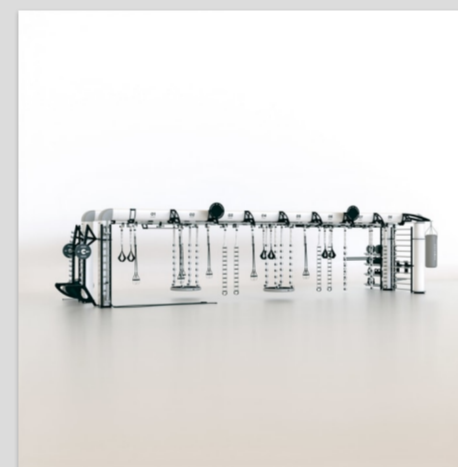
OUTRACE R2-5



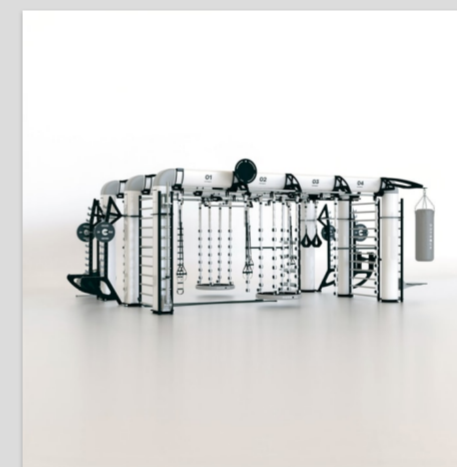
OUTRACE R2-6



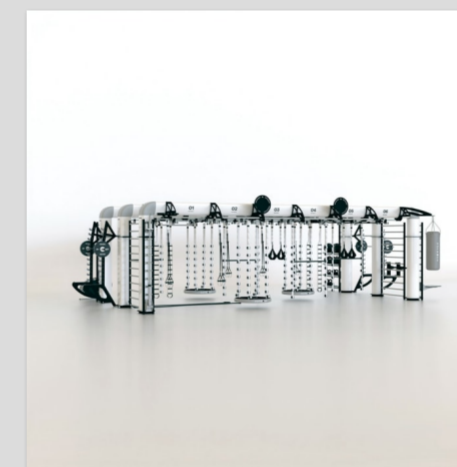
OUTRACE R2-9



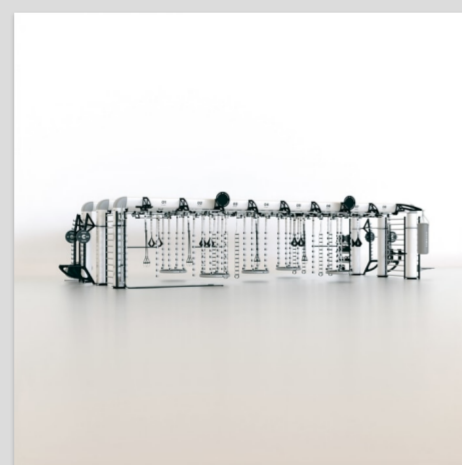
OUTRACE R2-12



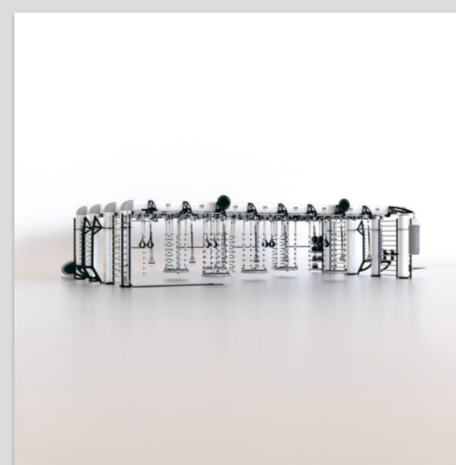
OUTRACE R3-6



OUTRACE R3-9



OUTRACE R3-12



OUTRACE R4-12

OUTRACE FRAME



OR11002 - R2-6 FRAME



OR11020 - R2-4 FRAME



OR17000 - TOWER PILLAR

OUTRACE ACCESSORIES



OR16003 Connectors pair



OR16045 Trapezex



OR16046 Flyo



OR16047 Training Ladder



OR16052 Punching Bag  
OUTRACE 30 Kg

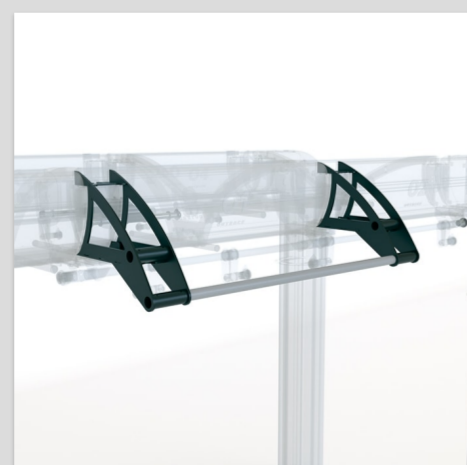


OR2092 Flying OUTRACE



OR2094 Abdominal  
Suspension Bands Outrace

OUTRACE COMPONENT



OR16007-16009 Lat Bar



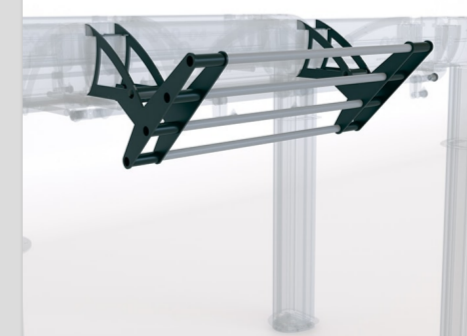
OR16001-16002 Gym Ladder



OR16005 Tiny Gym Ladder



OR16006 Ball Target



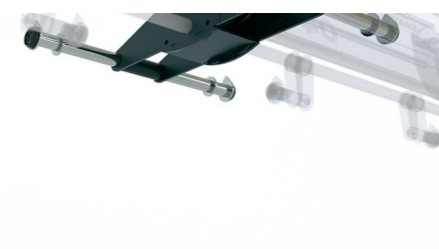
OR16011 - OR16012 Jump Up



OR16014 - OR16016 SKY GYM LADDER



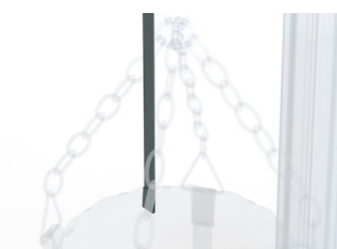
OR16017 Side Sky Gym Ladder



OR16021 Universal Flyo Adapter



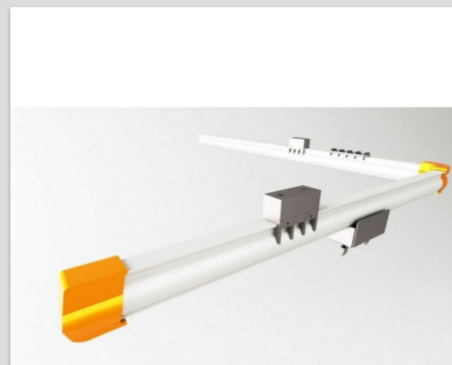
OR16023 Punching Bag Storage



OR16024S Punching Bag Stop



OR16024B Punching Bag Block



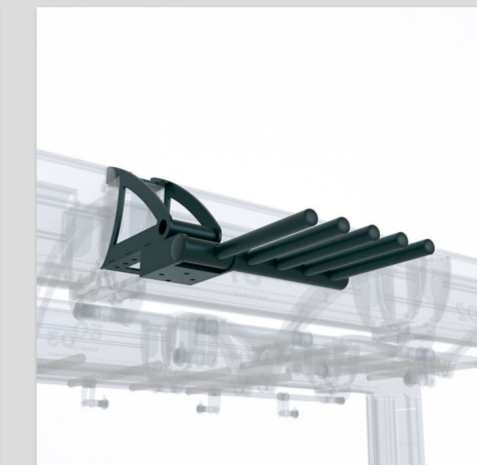
OR16024R Punching Bag Rail



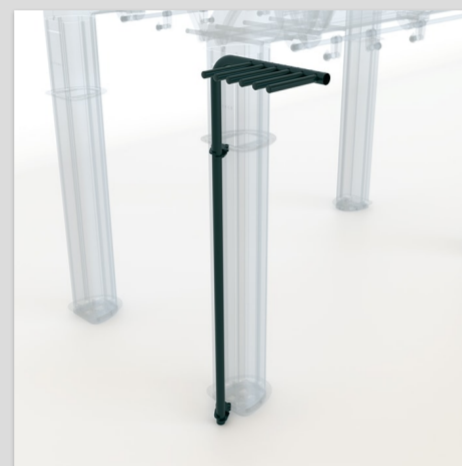
OR16025 Olympic Rack



OR16025S Olympic Rack Door



OR16026 Sky storage



OR16027 Functional Sky Storage

OUTRACE MOVABLE



OR16028 Tray Storage



OR16029 Mid Tray Storage



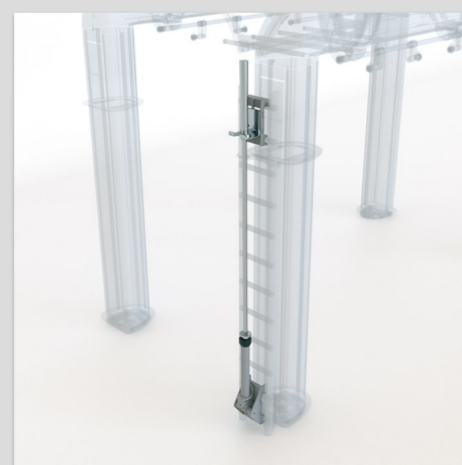
OR16032 Plates Holder OUTRACE



OR16038 Ball Trampoline



OR16039 Outrace Plyo Board



OR16040 Barbell Lever



OR16041 Dips Bar



OR16042 Smart Dips Bar

OUTRACE OUTDOOR FIXED COMPONENT



OD17510 Inox Lat Bar



OD17520 Fixed Dips Bar



OD17530 Fixed Plyo Board



OD17540 Fixed Abdominal Bench



OD17550 - Inox Dips Bar



OD17560 Fixed Barbell Lever



OD17570 Low Horizontal Bar

HIGH PERFORMANCE



9300M0 - High Performance Cage Rack



9300M1 - High Performance Push & Pull Rack



9300M2 - High Performance Multi Functional Rack



9300M3 - High Performance Double Station Rack



9300M4 - High Performance Bridge Rack



9300M5 - High Performance Mega Rack



9300C1 - High Performance Calisthenics Rack Mod 1



9300C2 - High Performance Calisthenics Rack Mod 2



9300C3 - High Performance Calisthenics Rack Mod 3



9300X1 - HIGH PERFORMANCE CROSS RACK MOD 1



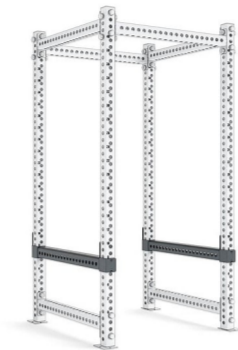
9300X2 - HIGH PERFORMANCE CROSS RACK MOD 2



9300X3 - HIGH PERFORMANCE CROSS RACK MOD 3



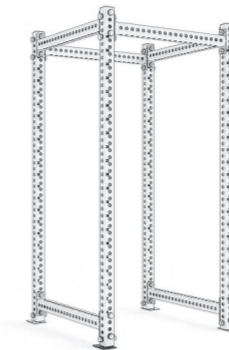
9301 H.P. Lever Arms Pair



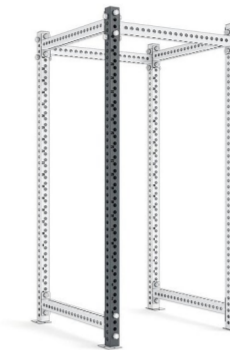
9307 H.P. Flip Down Safeties



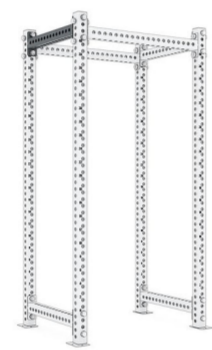
9303 H.P. Bridge



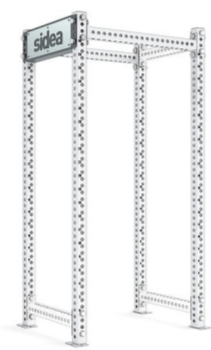
9310 H.P. Foot



9311 H.P. Upright



9312 H.P. Short Spacer



9312A H.P. Spacer Logo



9313 H.P. Long Spacer



9313A H.P. Front Logo



9314 J H.P. Hook Pair



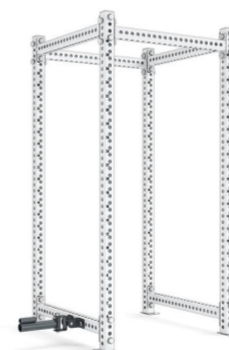
9314A H.P. Roller J Hook



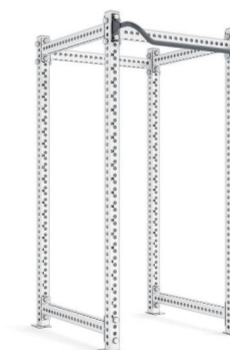
9317 H.P. Safety Spotter Pair



9318 H.P. Plates Holder



9320 H.P. Barbell Lever



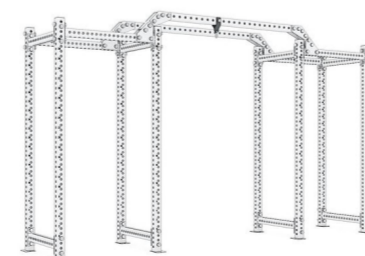
9321 H.P. Front Bar



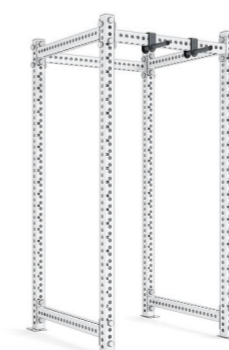
9339 H.P. Plyboard



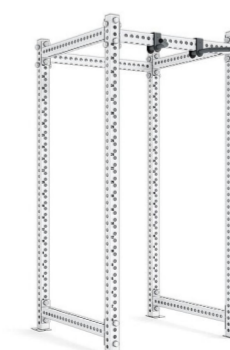
9341 H.P. Dips



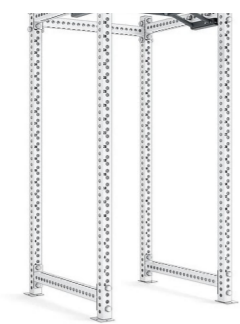
9345 H.P. Suspension Hook



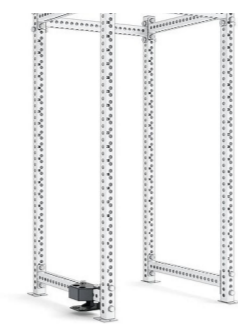
9346 H.P. Pivot



9347 H.P. Angled Pivot



9348 H.P. Multi Grip Bar



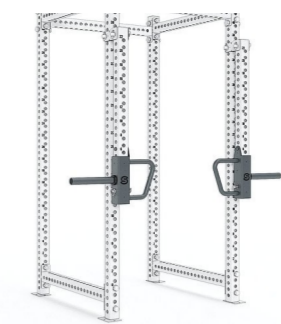
9349 H.P. Barbell Rack Floor



9350 H.P. Pulley



9302 H.P. Easy Lever Arms Pair



9301A H.P. Lever Arms Handle Pair



9319 H.P. Bar For Lever Arms



9305 H.P. 1860mm Bar



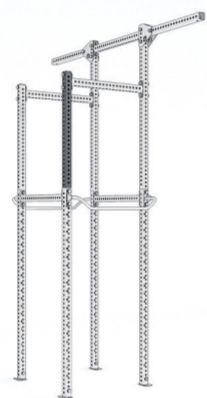
9305A H.P. 1060mm Bar



9304 H.P. PU Bar



9306 H.P. 1860 mm Beam



9308 H.P. Low Adjustment



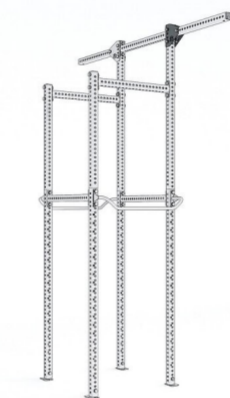
9315 H.P. 300 mm Handle



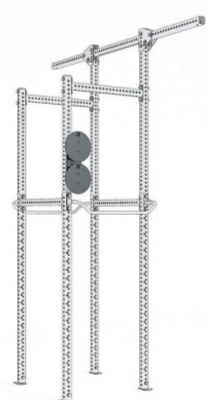
9309 H.P. High Adjustment



9322 H.P. Suspension Beam



9323 H.P. Suspension Beam Plate



9316 H. P. Ball Target

## FUNCTIONAL RACK



9093/2 Functional Rack Model



9093 Functional Rack Modello



9093/1 Functional Rack

## ALL IN ONE



9080 All in One Rack



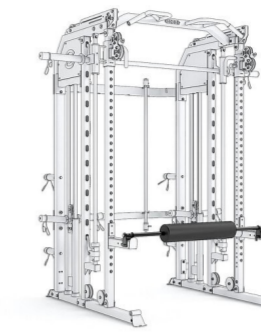
9080/7 All-in-One Belt Squat



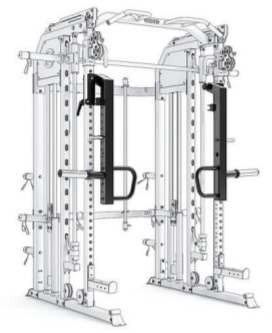
9080/6 All-in-One Leg Extension & Curl



9080/4 All-in-One Monolift



9080/3 All-in-One Knee Holder



9080/1 All-in-One Lever Arms

## FREE WEIGHTS



1660 Super Pump Barbell



1660/1 Super Pump Iron Barbell



1129 PU Super Pump Kit 19.5 Kg



1133 Neoprene Super Pump Kit 18 Kg



8610-8645 EZ Fixed Rubber Barbell



9011/1 Safety Squat Barbell



9011/2 Seal Row Barbell



9011/3 Multi Grip Bar



9012 Olympic Hex Bar



9012/1 Super Hex Bar



9012/3 Low Hex Bar



9014/1 Lightweight Aluminium Barbell



9027/1 Triceps Bar



0723-0727 Aerobic Bar



9015/1 Lightweight Intro Barbell



9015/2 Competition Powerlift Bar 29mm



9015/7 Axle Barbell 50



0715 Wooden Stick 140 cm



0719 Aluminum Rings Bar



9026 Farmer Walk Bars



2189-2201 Competition Kettlebell



1161-1170 Chromed Dumbbells



1156/110C Chrome Weights Kit 110KG



0031-0033 28 mm Neoprene Super Pump Plates



0040-0042 28 mm Super Pump PU Plates



9037/250-9037/05 Add-On Flex Plate



9030/3-9035/3 Rubber Coated Weight Plates - Symmetrical Grip



9036/6-9046/6 Powerlifting Plates



9040/25h-9040/50h Technique Hollow Plates



9040/25 Technique Plate

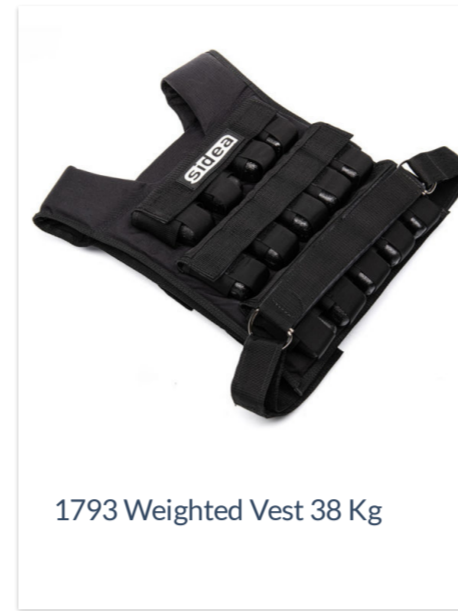




0940-0945 Ankle Weights



0949 Adjustable Ankle Weights



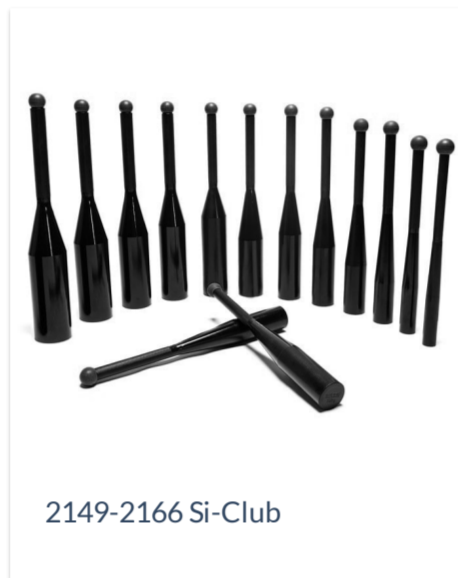
1793 Weighted Vest 38 Kg



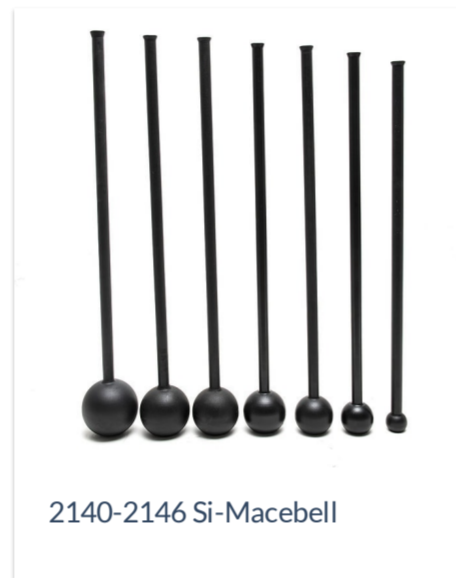
1794 Weighted Vest 15 Kg



1795 Weighted Vest with Gel 5 Kg



2149-2166 Si-Club



2140-2146 Si-Macebell



2139 Loadable Macebell

## TOOLS



0560-0562 Latex Band



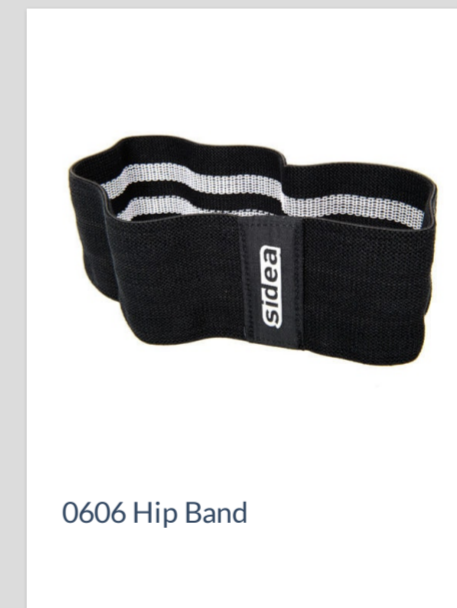
0600 Black Textile Band - Medium Resistance



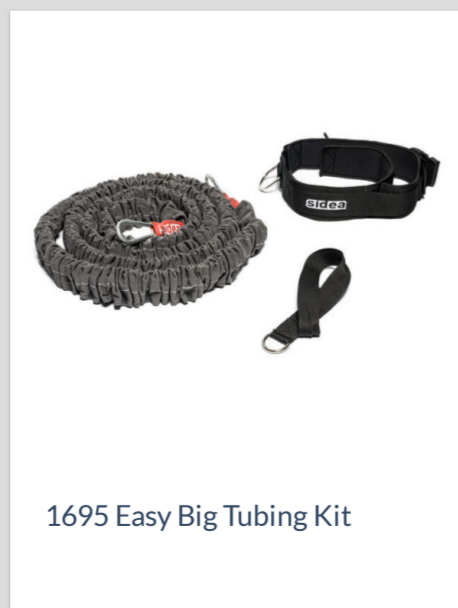
0601 Grey Textile band - light resistance



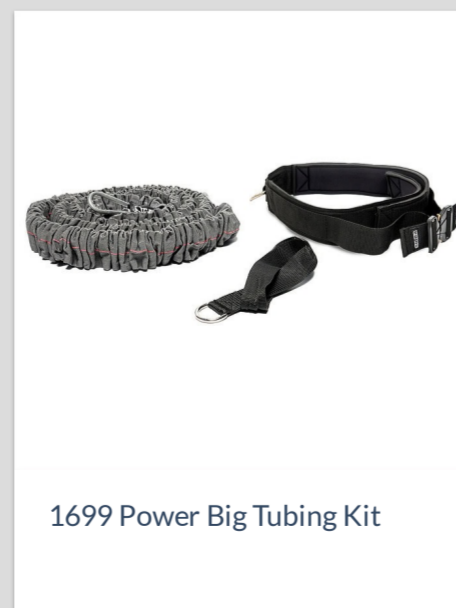
0605 Pop Elastics



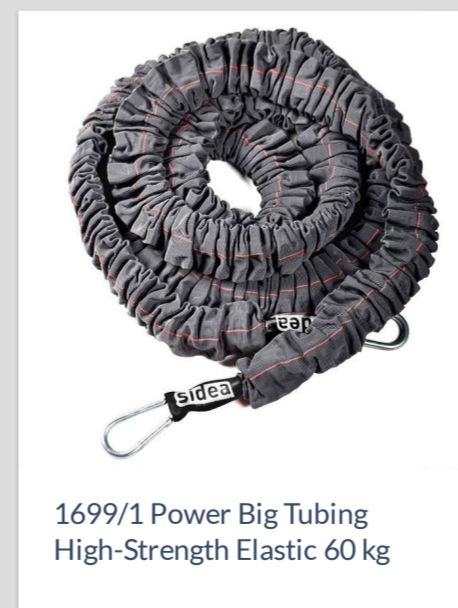
0606 Hip Band



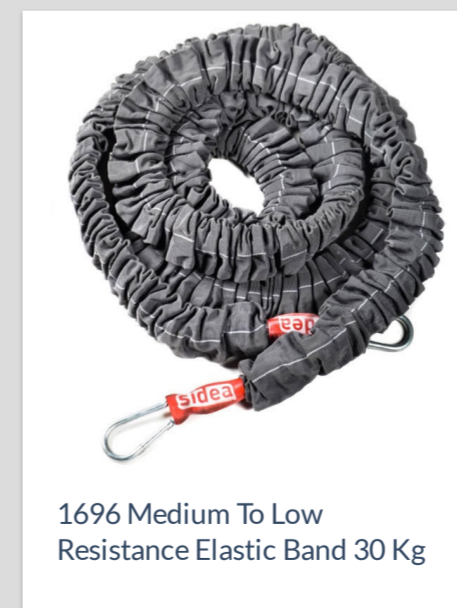
1695 Easy Big Tubing Kit



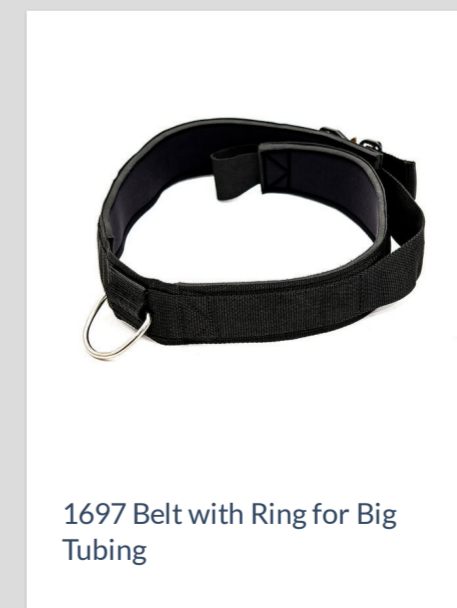
1699 Power Big Tubing Kit



1699/1 Power Big Tubing High-Strength Elastic 60 kg



1696 Medium To Low Resistance Elastic Band 30 Kg



1697 Belt with Ring for Big Tubing





1698 Fastening Strap



1707 Weight-Lifting Belt



0404 Drop Mats



9016 Spin Collars Ø 50 mm



9016/1 Lock Collar - Pair of Collars Ø 50 mm



9023/1 Barbell Pad Hip Thrust



9023 Nylon Barbell Pad



R9011/1 Spare Parts Safety Squat Barbell Pro



9029 Total-Core Pin - Landmine



9029/1 V-Handle



9029/3 T-Handle



9029/4 Viking Handle - Clean and Jerk Handle



9084 Barbell Jack



9084/2 Barbell Jack Pro



9114 Wooden Step h10



0092 Pilates Ring



0282 Cork Peanut Ball



4202 Cork Block



1274 Cork Ball



1276 Spike Massage Ball



4200 Yoga Block



2050 Hammock



2086 Yoga Belt



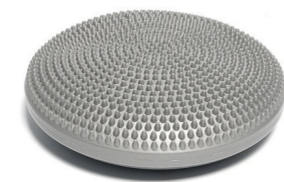
2090 Slidisk



0414-0417 Soft Ball



7510-7511 Bump Stimulating Balance Pot



3001 Bump Stimulating Disc



0451 Pilates Ball 1,0 Kg



0490-0493 Medicine Ball



0495-0498 Medicine Ball with Grip Handles



0509 Giant Med Ball Strap



9097/2 Competition Sled



9097/1 Speed Sled



9096 Sled Bag kit



R9097 Sled Harness



R9097/2 Push Tube Sled Pair



9013/1 GHR - Glute Hamstring AB Roller



2082 Black Link



2087 Pair of handles



2088 Pvc Ring



2088/1 Wooden Ring standard diameter 28mm



OR2094 Abdominal Suspension Bands Outrace



2092/2 Strap For Flying



9062/1 Universal Wall Anchor



OR16047 Training Ladder



0405 Big Mat



0406 Landing Mat



0409 Foldable TPE Mat



3024 Pilates Mat



3025 Yoga/Pilates Mat 1x2 m



2501 Half Foam Roller EVA



2503/1 EVA Foam Roller



2504 Foam Roller in Polietilene



1711 Easy Gym Rope



1710 Gym Rope



1712 Sled Pulling Rope



2703 Aerobic Jump



0250 Training Cone



0251 Agility Cone Set



0253 Multi Hurdle Set



0257 Speed Hurdle height 50 cm



0255 Speed Hurdle height 30 cm



0465 Reaction Ball



1005 Soft Hurdle



2035 Agility Ring



4112 Adjustable Agility Ladder



4111 Rubber Agility Ladder



9111 Wooden Plyobox 3 in 1



0212W SiStep White



0230 AeroStep



0230/1 AeroStep - 16 Raisers



0235 Premium Step

0231 Easy AereoStep



0239 Ecofit Step

0231/2 Mini AeroStep



0231/1 Risers for AereoStep

0231/2K Deficit Sumo Squat Kit



0235/1 Risers Pair for Premium Step

0231/3K Deficit Sumo Squat Kit + T-Bell Handle



1011 Round Balance Wood Board



1012 Square Balance Wood Board



1013 Weightlifting Balance board



1014 Balance Board Rack



1014K Balance Board Kit



2907 Eva Multifunctional Board



2909 Balance Pad



2106 Master Gloves Pad



2116 Pao Training Pad



2115 Curved Body Shield



OR16052 Punching Bag OUTRACE 30 Kg



OR16053 Punching Ball 30Kg



2095/1 Base+Bag Fitness Boxing



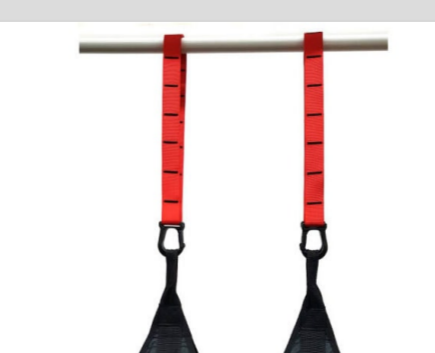
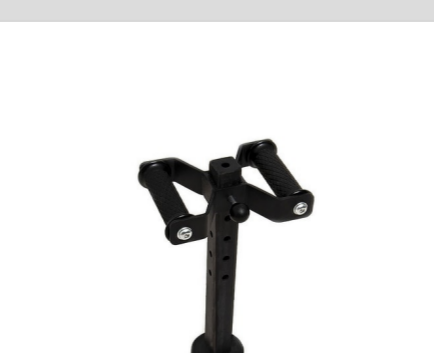
9060 L-Shaped Bracket



9002 Stirrup Cable Handle



9003 AB Crunch Cable



9005 V-bar

9007 Revolving Curl Bar

9011 T-Bell Handle – Loadable T-Grip

2094 Abdominal Suspension Bands

9022 Couple of anklets with hooks and underfoot lanyards



9210 Training Platform 3x3



9211 Training Platform 3x3 – Only Rubber



9212 Training Platform 3x2



9214 Olympic Competition Warm-Up Platform 3x2



9209 Weight Lifting Platform Power cage rack



9213 Olympic Competition Platform 4x4



9215 Olympic Weightlifting Platform 2x2m All Rubber



9216 Training Weightlifting Platform 3x2 All-Rubber

## OUTDOOR



9085/2 Public Island Bench-Dips



9085/3 Public Island Parallels



9085/4-/5-/6 Public Island Plyoboxes



9085M2 – Public Island Model 2



9085M3 – Public Island Model 3



9085M4 – Public Island Model 4



9085M5 – Public Island Model 5

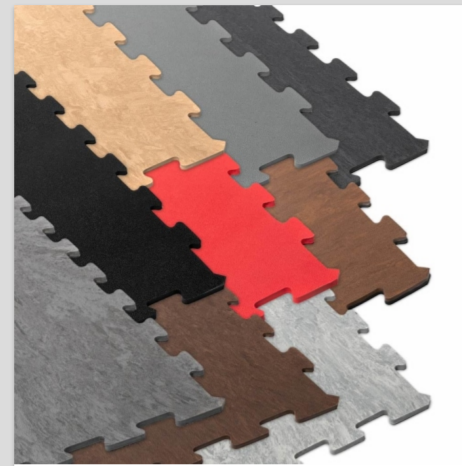


9085M6 – Public Island Model 6



T6BCP Public Island OUTRACE T6

FLOORING



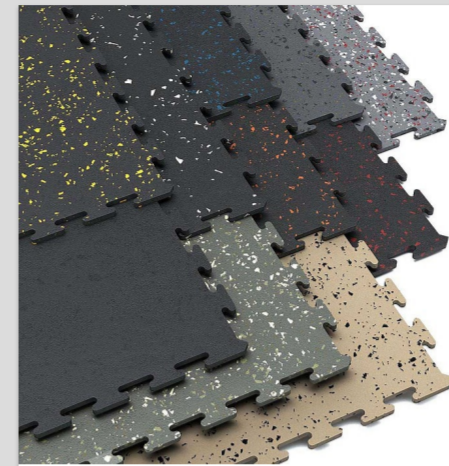
9190 Outrace Rubber Floor



9190/E Outrace Rubber Floor Edge



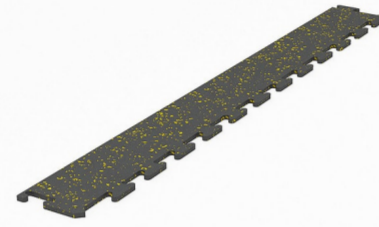
9190/C Outrace Rubber Floor Corner



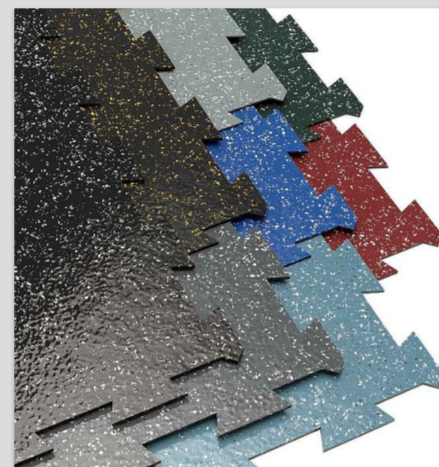
9191 Ecofit Rubber Floor



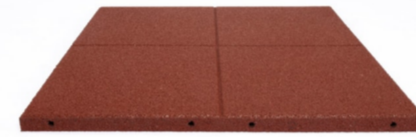
9191/C Ecofit Rubber Floor Corner



9191/E Ecofit Rubber Floor Edge



9193 Ecofit Rubber Floor Classe B



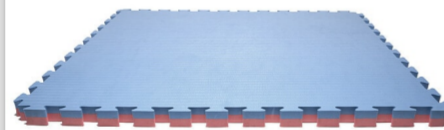
9199 Ecogym 40 – Outdoor Rubber Flooring – Public areas



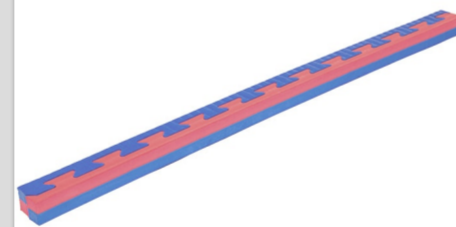
9200 EvaGym



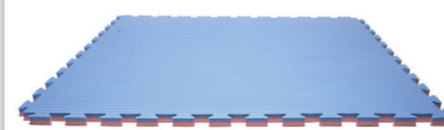
9200/1 EvaGym Border – Pair



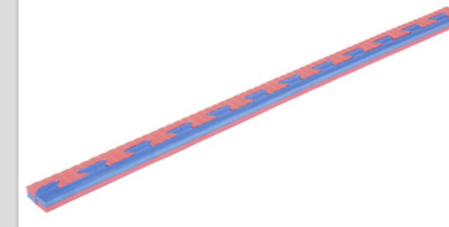
9204 Tatami Eva 4 cm



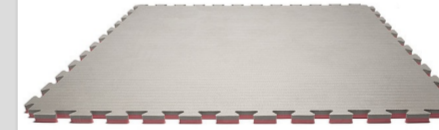
9204/1 Tatami border Eva 4 cm



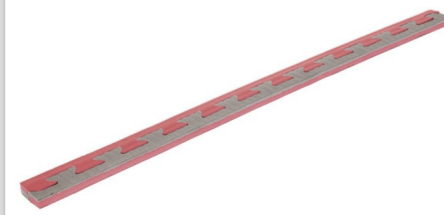
9205 Tatami Eva 2 cm – Blue-Red



9205/1 Tatami Eva 2 cm Border – Pair



9207 Tatami Eva 2 cm – Red-Grey



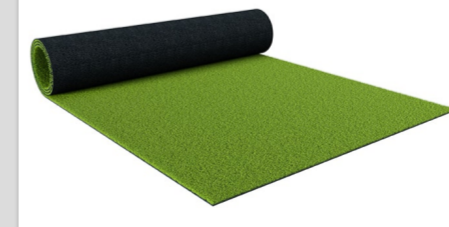
9207/1 Bordo Tatami Eva 2 cm – COPPIA



9208 Tatami Eva 2 cm – Light Wood Print



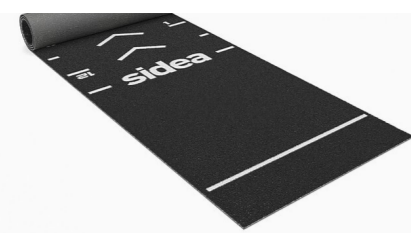
9208/1 Tatami Eva Border light wood



9192/R EcoGarden Premium Roll 2x15m -16mm



9192/RM EcoGarden Premium Roll 2x15m – 16mm with Marker



9192/RMH EcoGarden  
Competition Marker



9198 EcoGym Rubber Floor  
Public Garden



9203 EcoGym Garden 35mm



9201P EcoGym Premium 1 cm



9201/2P EcoGym Puzzle 1cm  
Premium - Corner



9201/1P EcoGym Puzzle 1cm  
Premium - Border



9202P EcoGym Premium 2 cm



9201S EcoGym Floor Straight  
Edge 1 cm



9202S EcoGym Floor Straight  
Edge 2 cm

# sidea

BRANCHES CATALOG

**sidea**  
BRANCHES CATALOG