



# FUNCTIONAL FITNESS SPECIALISTS

FREE WEIGHTS - PERFORMANCE EQUIPMENT - STUDIO EQUIPMENT - COMBAT EQUIPMENT - BENCHES & FUNCTIONAL MACHINES - FITNESS FLOORING

GLOBAL SUPPLIERS

[WWW.JORDANFITNESS.CO.UK](http://WWW.JORDANFITNESS.CO.UK)

  
Functional Fitness Specialists

### **In the industry for 25 years**

For 25 years now we have been the leading authority on the design, manufacture and supply of quality commercial functional fitness equipment in the UK and now internationally.

Always listening to client feedback we refine existing designs and produce innovative new ones to keep us at the forefront of the fitness industry.

### **Comprehensive product range**

All Jordan brand products are made to our own design and specifications after thorough product development and market research. This makes most of our functional fitness equipment unique to Jordan. This also means that we can pay close attention to

quality control and pricing. We are able to keep prices competitive as we order large quantities direct from the manufacturer and we try to keep overheads to a minimum. You will find that our products compare in quality (often better) to other products on the market that are much more expensive.

### **Fastest growing Functional Fitness supplier in Europe**

Our Jordan brand products are supplied to the trade, independants and distributors across the globe by our team of 30 staff based at our Cambridgeshire head quarters and offices in Bristol.

### **Large worldwide distributor network**

Distributing globally via our established distribution network

from various distribution centres. We hold high levels of stock at our 35,000 square feet main warehousing facility. We also offer the opportunity to ship consignments direct from any of our manufacturing facilities around the world. We have an in-house freight team solely dedicated to European and worldwide deliveries.

### **Massive stock levels held in our 40,000sq ft of warehousing**

By keeping our overheads low, stock levels high and continually investing in new and more efficient systems we have been able to become one of the largest companies in our field. From home gyms to large multi-site facilities we can supply a full range of quality products at short notice from our large stocks held at our warehouses.



## Global distributors

We are constantly growing as a Company, always striving to provide new groundbreaking products and services for our customers. With this in mind we often develop relationships with other leaders within the global fitness industry. Jordan has recently been accredited with the honour of becoming the main European distributor for two leading US fitness brands, Lifeline USA and Alpha Strong, as well as global distributors for UK based brands Powerbag, Beaverfit and SAQ.

We are a regular feature on the trade show circuit showcasing latest products and innovations, including international exhibitions in Germany, Italy and Poland.

## Jordan Training Academy

Jordan Fitness is not just about supplying quality equipment we also appreciate the need for customer support within the fitness industry. The Jordan Training Academy holds the belief that quality education is paramount when purchasing quality equipment. We are committed to ensuring our customers fully benefit from our products and have the knowledge that they are being used to their full potential. The Academy is fully endorsed by REPs in the UK and delivers courses across Europe and beyond to the health, fitness and sports performance industries, as well as to the Military and emergency services. Jordan Training Academy has the largest portfolio of CPD courses in Europe and are innovators in this field, constantly developing new courses for current trends. Businesses to

benefit from in-house training include fitness equipment suppliers, clubs and chains as well as independent gyms.

## Planning and design

Jordan Fitness are also able to offer a full facility design and planning service by their in-house creative design team using 3D visuals and advice from our experienced team. From inception to finance, installation and then final training of staff Jordan Fitness are able to offer a package that is unrivalled within the industry.

If the products you are interested in are not shown in this brochure it may be worth visiting our website [www.jordanfitness.co.uk](http://www.jordanfitness.co.uk) as we are continually adding to our range.

We're the company behind some of the largest names in the industry so why don't you call us now on +44 (0)1945 880257 or alternatively contact our Sales Team [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)

### SOCIAL MEDIA



### EXCLUSIVE SUPPLIER



**Lifeline<sup>usa</sup>**

**POWERBAG**

**SAQ**

### MEMBERS

Associate Member of  
**iHRSA**  
Success By Association®



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# FREE WEIGHTS



NEW IMPROVED DESIGN

## Rubber Dumbbells (Solid ends)

### Product Information

- Stylish and durable black rubber finish will not chip or damage machines
- Our unique J-lock system helps prevent loosening of the dumbbell head and minimises maintenance
- Rubber virtually eliminates “clanking” of dumbbells
- Chrome easy grip handles
- Raised number weight identification
- Compact one piece design encapsulated in odourless rubber offers a compact durable dumbbell with excellent balance
- Only available in packs

### Benefits

- A standardized ‘look’ can be achieved with our rubber solid end dumbbells, barbells and kettlebells
- Rubber will not scratch or damage metal benches or floor
- Vertical and horizontal racks available for rubber solid end dumbbell sets
- Used for bodybuilding, functional training and standard dumbbell exercises



### Dumbbell Sets

- JTFDSRN-1N** 2.5 - 25kg (2.5kg increments / 10 pairs)
- JTFDSRN-2N** 27.5 - 37.5kg (2.5kg increments / 5 pairs)
- JTFDSRN-3N** 40 - 50kg (2.5kg increments / 5 pairs)
- JTFDSRN-4N** 2.5 - 50kg (2.5kg increments / 20 pairs)
- JTFDSRN-5N** 2.5-30kg (2.5kg increments/12 pairs)
- JTFDSRN-6N** 52.5-62.5kg (2.5kg increments/5 pairs)
- JTFDSRN-8N** 12.5kg-35kg (2.5kg increments/10 pairs)
- JTFDSRN-P1** 1 - 10kg (1kg increments / 10 pairs)
- JTFDSRN-P3** 2-20kg (2kg increments /10 pairs)

### Dumbbells & Rack Sets

- JTFDSRN-P2** 1 - 10kg (1kg increments /10 pairs) & vertical rack
- JTFDSRN-P4** 2-20kg (2kg increments /10 pairs) & vertical rack
- JTFDSRN-P5** 2.5-25kg (2.5kg increments / 10 pairs) & 10 pair rack
- JTFDSRN-P6** 2.5-50kg (2.5kg increments / 20 pairs) & 2 x 10 pair racks
- JTFDSRN-P7** 2.5-30kg (2.5kg increments/12 pairs) with 12 pair rack



NEW IMPROVED DESIGN



## Urethane Dumbbells

### Product Information

- Solid steel dumbbell, ends encased in heavy duty, odourless polyurethane
- One piece, solid design means accurate weight and precision balance
- Stylish and extremely durable
- Brushed steel weight identification
- Will not scuff or mark
- Straight chrome handle
- Available in sets from 2kg-20kg to 52.5kg to 62.5kg

### Dumbbell Sets

- JTUD-P1** 2.5-25kg (2.5kg increments / 10 pairs)
- JTUD-P2** 27.5-37.5kg (2.5kg increments / 5 pairs)
- JTUD-P3** 40-50kg (2.5kg increments / 5 pairs)
- JTUD-P4** 2.5kg-50kg (2.5kg increments / 20 pairs)
- JTUD-P5** 2.5kg-30kg (2.5kg increments/ 12 pairs)
- JTUD-P6** 52.5kg-62.5kg (2.5kg increments/ 5 pairs)

### Dumbbells & Rack Sets

- JTUD-P9** 2.5kg-25kg and 10 pair racks
- JTUD-P10** 2.5kg-50kg and 2 x 10 pair racks



### Benefits

- The most durable dumbbell in our range
- The urethane will not scuff or mark any other surface
- Available in heavier weights than the rubber dumbbells, so perfect for heavy strength training and bodybuilding
- Vertical and horizontal racks available for urethane dumbbell sets



## Rubber Dumbbells (Multi disc)

### Product Information

- Stylish and durable black rubber finish will not chip or damage machines
- Rubber virtually eliminates “clanking” of dumbbells
- Chrome comfort grip handles
- In-set kg disc for clear weight identification
- Aircraft-grade hex bolts help prevent untightening
- Available as pairs from 2.5kg to 150kg (2.5kg increments)
- Available as individual pairs, with weights from 2.5kg up to 70kg per dumbbell

### Benefits

- Available in heavier loads than solid end rubber and urethane dumbbells
- Perfect for users interested in heavy strength training and heavy bodybuilding
- Standard pairs up to 70kg per dumbbell, but dumbbells are available up to 150kg each.
- Rubber will not scratch or damage metal benches
- Vertical and horizontal racks available for rubber multi disc dumbbell sets

### Individual Dumbbells

- JTFDS-08-01** 2.5kg / Pair
- JTFDS-08-02** 5kg / Pair
- JTFDS-08-03** 7.5kg / Pair
- JTFDS-08-04** 10kg / Pair
- JTFDS-08-05** 12.5kg / Pair
- JTFDS-08-06** 15kg / Pair
- JTFDS-08-07** 17.5kg / Pair
- JTFDS-08-08** 20kg / Pair
- JTFDS-08-09** 22.5kg / Pair
- JTFDS-08-10** 25kg / Pair
- JTFDS-08-11** 27.5kg / Pair
- JTFDS-08-12** 30kg / Pair
- JTFDS-08-13** 32.5kg / Pair
- JTFDS-08-14** 35kg / Pair

- JTFDS-08-15** 37.5kg / Pair
- JTFDS-08-16** 40kg / Pair
- JTFDS-08-17** 42.5kg / Pair
- JTFDS-08-18** 45kg / Pair
- JTFDS-08-19** 47.5kg / Pair
- JTFDS-08-20** 50kg / Pair
- JTFDS-08-21** 52.5kg / Pair
- JTFDS-08-22** 55kg / Pair
- JTFDS-08-23** 57.5kg / Pair
- JTFDS-08-24** 60kg / Pair
- JTFDS-08-25** 62.5kg / Pair
- JTFDS-08-26** 65kg / Pair
- JTFDS-08-27** 67.5kg / Pair
- JTFDS-08-28** 70kg / Pair

### Dumbbell Sets

- JTFDS-08-P1** 2.5-25kg (2.5kg increments / 10 pairs)
- JTFDS-08-P2** 27.5-37.5kg (2.5kg increments / 5 pairs)
- JTFDS-08-P3** 40-50kg (2.5kg increments / 5 pairs)
- JTFDS-08-P4** 2.5kg-50kg (2.5kg increments / 20 pairs)
- JTFDS-08-P5** 52.5-62.5kg (2.5kg increments / 5 pairs)
- JTFDS-08-P6** 65-75kg (2.5kg increments / 3 pairs)

### Dumbbells & Rack Sets

- JTFDS-08-P8** 2.5kg-25kg Dumbbells & 10 pair rack
- JTFDS-08-P9** 2.5kg-50kg Dumbbells & 2 x 10 pair racks



## Cast Dumbbells

### Product Information

- Stylish and durable silver metallic finish
- Chrome comfort grip handles
- Rubber virtually eliminates “clanking” of dumbbells
- In-set kg disc for clear weight identification
- Aircraft-grade hex bolts help prevent untightening
- Rubber end plates
- Available as pairs from 2.5kg to 150kg (2.5kg increments)

### Benefits

- Available in heavier loads than solid end rubber and urethane dumbbells
- Perfect for users interested in heavy strength training and heavy bodybuilding
- Standard pairs up to 70kg per dumbbell, but dumbbells are available up to 150kg each.
- Rubber ends will help prevent damage when ends of dumbbells touch
- Vertical and horizontal racks available for cast multi disc dumbbell sets

### Individual Dumbbells

- JTFDS-01** 2.5kg / Pair  
**JTFDS-02** 5kg / Pair  
**JTFDS-03** 7.5kg / Pair  
**JTFDS-04** 10kg / Pair  
**JTFDS-05** 12.5kg / Pair  
**JTFDS-06** 15kg / Pair  
**JTFDS-07** 17.5kg / Pair  
**JTFDS-08** 20kg / Pair  
**JTFDS-09** 22.5kg / Pair  
**JTFDS-10** 25kg / Pair  
**JTFDS-11** 27.5kg / Pair  
**JTFDS-12** 30kg / Pair  
**JTFDS-13** 32.5kg / Pair  
**JTFDS-14** 35kg / Pair

- JTFDS-15** 37.5kg / Pair  
**JTFDS-16** 40kg / Pair  
**JTFDS-17** 42.5kg / Pair  
**JTFDS-18** 45kg / Pair  
**JTFDS-19** 47.5kg / Pair  
**JTFDS-20** 50kg / Pair  
**JTFDS-21** 52.5kg / Pair  
**JTFDS-22** 55kg / Pair  
**JTFDS-23** 57.5kg / Pair  
**JTFDS-24** 60kg / Pair  
**JTFDS-25** 62.5kg / Pair  
**JTFDS-26** 65kg / Pair  
**JTFDS-27** 67.5kg / Pair  
**JTFDS-28** 70kg / Pair

### Dumbbell Sets

- JTFDS01/P1** 2.5-25kg (2.5kg increments / 10 pairs)  
**JTFDS01/P2** 27.5-37.5kg (2.5kg increments / 5 pairs)  
**JTFDS01/P3** 40-50kg (2.5kg increments / 5 pairs)  
**JTFDS01/P4** 2.5kg-50kg (2.5kg increments / 20 pairs)

### Dumbbells & Rack Sets

- JTFDS01/P8** 2.5kg-25kg Dumbbells & 10 pair rack  
**JTFDS01/P9** 2.5kg-50kg Dumbbells & 2 x 10 pair racks





## 5 Pair Dumbbell Rack

### Product Information

- Heavy duty 2 tier design
- Silver oval frame
- Rubber saddles for correct weight location
- Saddles prevent damage to dumbbells
- Ultra flexible design. These racks can be 'Daisy chained' together to provide one continuous rack
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 840mm, **Length** 1225mm, **Depth** 530mm
- **Weight** 36kg

JTDR-09N



## 10 & 12 Pair Dumbbell Racks

### Product Information

- Heavy duty 2 tier design
- Silver oval frame
- Rubber saddles for correct weight location
- Saddles prevent damage to dumbbells
- Ultra flexible design. These racks can be 'Daisy chained' together to provide one continuous rack
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage

**JTDR-08-10N** 10 pair dumbbell rack

- **Height** 840mm, **Length** 2450mm, **Depth** 530mm
- **Weight** 62kg

**JTDR-08-12N** 12 pair dumbbell rack

- **Height** 810mm, **Length** 2976mm, **Depth** 547mm



## 10 Pair Dumbbell Rack

### Product Information

- Heavy duty 3 tier design
- silver oval frame
- Rubber saddles for correct weight location
- Saddles prevent damage to dumbbells
- Ultra flexible design. These racks can be 'Daisy chained' together to provide one continuous rack
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage

**JTDR-08-10N3**





## Steel Dumbbells

### Product Information

- Stylish and durable dumbbell
- Brushed steel finish
- No flaking or chipping
- Comfort grip handles
- Engraved weight identification
- Available in sets 1-10kg and 2-20kg
- Only available in sets
- Unique to Jordan

### Dumbbell Sets

**JTD-04-CCP1** 1kg-10kg Steel dumbbells

**JTD-04-CCP2** 2kg-20kg Steel dumbbells

### Dumbbells & Rack Sets

**JTD-04-CCP3** 1kg-10kg set with vertical rack

**JTD-04-CCP4** 2kg-20kg set with vertical rack

### Benefits

- A great complement or alternative to heavier dumbbell sets
- The Steel will never flake or chip with normal use, but contact with other metal surfaces should be avoided
- Very popular in female training areas or when heavier dumbbells are not needed
- Vertical racks available for steel dumbbell sets



## Chrome Dumbbells

### Product Information

- Stylish beauty chrome dumbbell
- Chip-proof finish
- Chrome comfort grip handles
- Pressed fitting prevents untightening
- Engraved weight identification
- These are premium quality chrome dumbbells not to be confused with lower quality "look alikes"
- Available in 1-10kg or 2-20kg sets.
- Only available in packs.

### Dumbbell Sets

**JTD-04-10** 1kg-10kg Chrome dumbbells

**JTD-04/P3** 2kg-20kg Chrome dumbbells

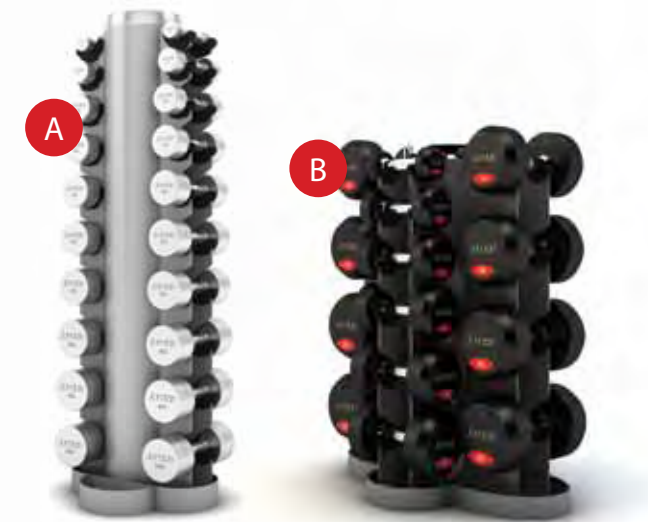
### Dumbbells & Rack Sets

**JTD-04/P2** 1-10kg Chrome dumbbells and rack

**JTD-04/P4** 2-20kg Chrome dumbbells and rack

### Benefits

- A great complement or alternative to heavier dumbbell sets
- Many users prefer the shinier chrome finish
- Very popular in female training areas or when heavier dumbbells are not needed
- Vertical racks available for chrome dumbbell sets



## Vertical Dumbbell Racks

### Product Information

- Stylish and space saving vertical design
- One piece construction for stability
- Durable plastic dumbbell rests prevent damage to dumbbells
- Colour - Silver (Also available in black)
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage

### A. Vertical Dumbbell Rack

- Holds 2 - 20kg chrome dumbbell set, 1-10kg chrome dumbbell set and 1-10kg rubber solid end dumbbell set.
- **Height** 1220mm, **Length** 410mm, **Depth** 410mm
- **Weight** 25kg

**JTDR-03-20**

### B. Vertical Dumbbell Rack

- For use with 2-20kg rubber dumbbells (solid ends)
- **Height** 830mm, **Length** 710 mm, **Depth** 495mm

**JTDR-04S**

Silver frame

**JTDR-04**

Black frame

Barbells are very versatile and offer a wide range of exercises including squats, rows and lifts in order to build muscle and strength. They can also be used for lunges and calf-raises.

All our barbells are ready to use and match our range of dumbbells. Whether choosing rubber multi-disc or the more contemporary one piece barbell design we can also offer stylish racks to suit.

*"We use Jordan equipment extensively within our strength and conditioning facility and always recommend them to sports teams, squads, councils, schools and companies that we work with."*

**Ed Hallam - Director of Performance, Core Cambridge**



## Rubber Barbells (Solid ends)

### Product Information

- Stylish and durable black rubber finish will not chip or damage machines
- Our unique J-lock system helps prevent loosening of the barbell head and minimises maintenance
- Rubber virtually eliminates "clanking" of barbells
- Chrome easy grip handles
- Raised number weight identification
- Compact one piece design encapsulated in odourless rubber offers a compact durable barbell with excellent balance
- Internal Handle Length 110cm

### Barbell Sets

**JTRBARSN-1N** 10 - 45kg (5kg increments/ 10 Bars)

(2 x 10kg, 2 x 15kg, 1 x 20kg, 1 x 25kg,  
1 x 30kg, 1 x 35kg, 1 x 40kg, 1 x 45kg)

### Barbells & Rack Sets

**JTRBARSN-2N** 10-45kg Barbells & Rack



## Rubber Barbells (Straight bar)

### Product Information

- Stylish and durable black rubber finish will not chip or damage machines
- Rubber virtually eliminates "clanking" of barbells
- Chrome knurled handles
- In-set kg disc for clear weight identification
- Aircraft-grade hex bolts help prevent untightening Available in sizes up to 75kg (contact for code)
- Internal Handle Length 110cm

### Individual Barbells

**JTBARS-10** 10kg

**JTBARS-15** 15kg

**JTBARS-20** 20kg

**JTBARS-25** 25kg

**JTBARS-30** 30kg

**JTBARS-35** 35kg

**JTBARS-40** 40kg

**JTBARS-45** 45kg

**JTBARS-50** 50kg

**JTBARS-55** 55kg

**JTBARS-60** 60kg

### Barbell Sets

**JTBARS-02** 10 - 45kg (5kg increments/ 10 Bars)w

(2 x 10kg, 2 x 15kg, 1 x 20kg, 1 x 25kg,  
1 x 30kg, 1 x 35kg, 1 x 40kg, 1 x 45kg)

### Barbells & Rack Sets

**JTBARS-P2** 10-45kg Barbells & Rack



## Rubber Barbells (Curl bar)

### Product Information

- Stylish and durable black rubber finish will not chip or damage machines
- Rubber virtually eliminates “clanking” of barbells
- Chrome knurled handles
- In-set kg disc for clear weight identification
- Aircraft-grade hex bolts help prevent untightening
- Available in sizes up to 75kg (contact for code)

### Individual Barbells

<b>JTBBARC-10</b> 10kg	<b>JTBBARC-40</b> 40kg
<b>JTBBARC-15</b> 15kg	<b>JTBBARC-45</b> 45kg
<b>JTBBARC-20</b> 20kg	<b>JTBBARC-50</b> 50kg
<b>JTBBARC-25</b> 25kg	<b>JTBBARC-55</b> 55kg
<b>JTBBARC-30</b> 30kg	<b>JTBBARC-60</b> 60kg
<b>JTBBARC-35</b> 35kg	

### Barbell Sets

**JTBBARC-02** 10 - 45kg (5kg increments/ 10 Bars)  
 (2 x 10kg, 2 x 15kg, 1 x 20kg, 1 x 25kg,  
 1 x 30kg, 1 x 35kg, 1 x 40kg, 1 x 45kg)

### Barbells & Rack Sets

**JTBBARC-P2** 10-45kg Barbells & Rack



## Barbell Rack

### Product Information

- Holds 10 fixed bars
- Stable double sided design
- Chrome bar supports
- Colour - silver
- Oval Frame
- Unique textured paint finish “TUFF COAT” makes racks more resistant to wear and tear damage
- **Height** 1275mm, **Length** 875mm, **Depth** 750mm

**JTBR-05**



## Barbell Rack

### Product Information

- Holds 10 fixed bars
- Stable double sided design
- Chrome bar supports
- Colour - silver or black
- **Height** 1275mm, **Length** 875mm, **Depth** 750mm
- **Weight** 38kg

**JTBR-04**





## Olympic Black Urethane Discs

### Product Information

- Most durable Olympic disc with stylish black finish
- Unique 3 grip contoured design
- Tapered hand grips eliminate nipped fingers
- Radius stainless steel Olympic size centres for ultra- smooth bar application
- Highest specification Jordan Olympic discs

### Individual Discs

<b>JTUCP-01</b>	25kg	<b>JTUCP-05</b>	5kg
<b>JTUCP-02</b>	20kg	<b>JTUCP-06</b>	2.5kg
<b>JTUCP-03</b>	15kg	<b>JTUCP-07</b>	1.25kg
<b>JTUCP-04</b>	10kg		

## Olympic Black Urethane Disc Sets

### Olympic Disc Sets

<b>JTUCP-P4</b>	1000kg set (10 x 25, 16 x 20, 14 x 15, 10 x 10, 12 x 5, 16 x 2.5, 16 x 1.25kg)
<b>JTUCP-P1</b>	400kg set (4 x 25, 6 x 20, 6 x 15, 4 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
<b>JTUCP-P2</b>	300kg set (2 x 25, 4 x 20, 4 x 15, 6 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
<b>JTUCP-P3</b>	200kg set (2 x 25, 2 x 20, 2 x 15, 4 x 10, 4 x 5, 4 x 2.5, 8 x 1.25kg)





## Olympic Black Rubber Discs

### Product Information

- Unique 3 grip contoured design enables easy and safe lifting
- Tapered handgrips eliminate “nipped” fingers
- Stylish and durable rubber finish
- Olympic sized centres
- Stainless steel centres allow smooth Olympic bar application
- Rubber virtually eliminates “clanking” of weights

### Individual Discs

<b>JTRCPR-01</b>	25kg	<b>JTRCPR-05</b>	5kg
<b>JTRCPR-02</b>	20kg	<b>JTRCPR-06</b>	2.5kg
<b>JTRCPR-03</b>	15kg	<b>JTRCPR-07</b>	1.25kg
<b>JTRCPR-04</b>	10kg		



## Olympic Black Rubber Disc Sets

### Olympic Disc Sets

<b>JTRCPR-P4</b>	1000kg set
	(10 x 25, 16 x 20, 14 x 15, 10 x 10, 12 x 5, 16 x 2.5, 16 x 1.25kg)
<b>JTRCPR-P1</b>	400kg set
	(4 x 25, 6 x 20, 6 x 15, 4 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
<b>JTRCPR-P2</b>	300kg set
	(2 x 25, 4 x 20, 4 x 15, 6 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
<b>JTRCPR-P3</b>	200kg set
	(2 x 25, 2 x 20, 2 x 15, 4 x 10, 4 x 5, 4 x 2.5, 8 x 1.25kg)

### Olympic Discs & Rack Sets

<b>JTRCPR-P5</b>	200kg discs with weight tree
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*Since opening my Personal Training Studio and starting fat loss bootcamps, using Jordan's Fitness equipment was the best choice I could of made.*

*They not only have a vast array of equipment to choose from but the quality is also of a very high standard. Be it dumbbells, benches and barbells for your studio or gym, to chains, sleds, bands, medicine balls and much more for bootcamps. Possibly the best fitness equipment company that I have done business with.*

*Gavin Attorre P.T.*



## Olympic Black Rubber Discs

### Product Information

- 2 grip contoured design enables easy and safe lifting
- Stylish and durable black rubber finish will not chip or damage machines
- Rubber virtually eliminates “clanking” of weights
- Olympic sized centres
- Anti-roll 12 sided design
- Available in 1.25, 2.5, 5, 10, 15, 20 and 25kg sizes

### Individual Discs

JTRCP-01	25kg	JTRCP-05	5kg
JTRCP-02	20kg	JTRCP-06	2.5kg
JTRCP-03	15kg	JTRCP-07	1.25kg
JTRCP-04	10kg		



## Olympic Black Rubber Disc Sets

### Olympic Discs Sets

JTRCP-P4	1000kg set
	(10 x 25, 16 x 20, 14 x 15, 10 x 10, 12 x 5, 16 x 2.5, 16 x 1.25kg)
JTRCP-P1	400kg set
	(4 x 25, 6 x 20, 6 x 15, 4 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
JTRCP-P2	300kg set
	(2 x 25, 4 x 20, 4 x 15, 6 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
JTRCP-P3	200kg set
	(2 x 25, 2 x 20, 2 x 15, 4 x 10, 4 x 5, 4 x 2.5, 8 x 1.25kg)

### Olympic Discs & Rack Set

JTRCP-P5	200kg discs with weight tree
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## Olympic Coloured Rubber Discs

### Product Information

- 2 grip contoured design enables easy and safe lifting
- Stylish and durable coloured rubber finish will not chip or damage machines
- Specific colour coding for easy weight identification
- Rubber virtually eliminates “clanking” of weights
- Olympic sized centres
- Anti-roll 12 sided design

### Individual Discs

JTRCP-09	25kg (Red)	●	JTRCP-13	5kg (Grey)	●
JTRCP-10	20kg (Blue)	●	JTRCP-06	2.5kg (Black)	●
JTRCP-11	15kg (Yellow)	●	JTRCP-07	1.25kg (Black)	●
JTRCP-12	10kg (Green)	●			



## Olympic Coloured Rubber Disc Sets

### Olympic Discs Sets

- JTRCP-P4C** 1000kg set  
(10 x 25, 16 x 20, 14 x 15, 10 x 10, 12 x 5, 16 x 2.5, 16 x 1.25kg)
- JTRCP-P1C** 400kg set  
(4 x 25, 6 x 20, 6 x 15, 4 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
- JTRCP-P2C** 300kg set  
(2 x 25, 4 x 20, 4 x 15, 6 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
- JTRCP-P3C** 200kg set  
(2 x 25, 2 x 20, 2 x 15, 4 x 10, 4 x 5, 4 x 2.5, 8 x 1.25kg)

### Olympic Discs & Rack Sets

- JTRCP-P5C** 200kg discs with weight tree



## Olympic Cast Discs

### Product Information

- Unique 3 grip contoured design enables easy and safe lifting.
- Tapered handgrips eliminate “nipped” fingers.
- Stylish and durable Silver metallic finish.
- Olympic sized centres.
- Precision milled cast iron.
- Available in 1.25, 2.5, 5, 10, 15, 20 and 25kg sizes.

### Individual Discs

- |                |      |                |        |
|----------------|------|----------------|--------|
| <b>JTCP-01</b> | 25kg | <b>JTCP-05</b> | 5kg    |
| <b>JTCP-02</b> | 20kg | <b>JTCP-06</b> | 2.5kg  |
| <b>JTCP-03</b> | 15kg | <b>JTCP-07</b> | 1.25kg |
| <b>JTCP-04</b> | 10kg |                |        |



## Olympic Cast Disc Sets

### Olympic Disc Sets

- JTCP-01P4** 1000kg set  
(10 x 25, 16 x 20, 14 x 15, 10 x 10, 12 x 5, 16 x 2.5, 16 x 1.25kg)
- JTCP-01P1** 400kg set  
(4 x 25, 6 x 20, 6 x 15, 4 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
- JTCP-01P2** 300kg set  
(2 x 25, 4 x 20, 4 x 15, 6 x 10, 4 x 5, 8 x 2.5, 8 x 1.25kg)
- JTCP-01P3** 200kg set  
(2 x 25, 2 x 20, 2 x 15, 4 x 10, 4 x 5, 4 x 2.5, 8 x 1.25kg)

### Olympic Discs & Rack Sets

- JTCP-01P5** 200kg discs with weight tree





### Olympic Weight Tree (Oval Frame)

**Product Information**

- Designed to store all sizes of Olympic weight ranging from 1.25kg to 25kg in a safe and secure location.
- Stylish oval steel frame with high quality chromed bars combined with rubber feet make this an essential part of any free weight area.
- Colour - Silver
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Length** 900 mm, **Height** 1300 mm, **Depth** 570 mm
- **Weight** 31kg

JTOWT-05



### Olympic Weight Tree

**Product Information**

- Holds Olympic discs
- Colour - silver or black
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 1000mm, **Length** 700mm, **Depth** 700mm
- **Weight** 22kg

JTOWTC-01 Silver  
 JTOWTC-02 Black



NEW IMPROVED DESIGN



## Olympic Training Rubber Discs

### Product Information

- Designed to be used for Olympic lifting
- Solid virgin rubber discs will not break or distort through Olympic lifting movements.
- Will not damage Olympic training platforms.
- Colour coded for easy weight identification.
- Reinforced steel centre bronze sleeve allows easy Olympic bar loading
- Full size (450mm) for correct technique.
- Available in 5 (Black), 10 (Green), 15 (Yellow), 20 (Blue) & 25kg (Red)
- New up-graded design

### Individual Discs

<b>JTRCTP-01</b>	5kg
<b>JTRCTP-02</b>	10kg
<b>JTRCTP-03</b>	15kg
<b>JTRCTP-04</b>	20kg
<b>JTRCTP-05</b>	25kg



## Olympic Training Rubber Disc Sets

### Olympic Disc Set

**JTRCTP-P1** 150kg Discs & Nickel Series bar  
 (2 x 5, 2 x 10, 2 x 15, 2 x 20, 2 x 25kg discs,  
 1 x 7ft Nickel Series bar (1500lb test) ,  
 1 x Spring Collars (pair)

### Olympic Discs & Rack Set

**JTRCTP-P2** 150kg Discs, Nickel Series bar & Rack  
 (2 x 5, 2 x 10, 2 x 15, 2 x 20, 2 x 25kg discs,  
 1 x 7ft Nickel Series bar (1500lb test) ,  
 1 x Spring Collars (pair)  
 1 x Olympic Training Disc rack



## Olympic Training Disc Rack

### Product Information

- Holds Olympic training discs (8 plates)
- 100mm gaps for discs
- Complete with handle and wheels for easy mobility
- Colour - silver
- Frame is made from 11-gauge steel
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 305mm, **Length** 1402mm, **Depth** 330mm
- **Weight** 20kg

**JTRCTPR**

These Jordan Olympic bars are manufactured using the latest techniques and with high quality spring steel.

These bars undergo stringent quality control and testing. Ideal for Olympic lifting and for use with Olympic training platforms and Olympic training discs.

NEW IMPROVED DESIGN



### 7ft Elite Steel High Performance Olympic Bar (tested to exceed 750kg)

#### Product Information

- Premium grade bearings for smooth operation
- Durable, brushed steel finish
- 28mm grip
- Yellow, high visibility end cap
- Spring steel, heat treated to HB400
- 185,000 psi
- **Length** 2200mm, **Diameter** 28mm
- **Weight** 20kg

#### Great For

- Performing the Olympic Lifts – Snatch, Clean and Jerk - the Modified Lifts – Power Clean and Power Snatch – and the Olympic Pulls
- Practicing for weightlifting competitions - optimal diameter and weight to meet competition standards
- All standard resistance exercises, like the Squat, Deadlift, Row and Overhead Press

JTPOB-86

NEW IMPROVED DESIGN



### 6ft Aluminium Training Bar (130lbs / 65kg test)

#### Product Information

- Brushed steel finish
- **Length** 1830mm, **Diameter** 28mm
- **Weight** 7kg

#### Great For:

- Learning the Olympic Lifts, without having to lift a full, 20kg Olympic bar.
- Females and younger athletes to learn these skills, when a full bar would be too heavy.
- Use with light rubber training plates (up to 5kg).
- Many other resistance exercises, like the Overhead Squat, Single Arm Overhead Press or High Windmill.

JTNB-72

NEW IMPROVED DESIGN

A. 7ft Steel Series Bar  
(1500lbs / 681kg test)

**Product Information**

- Length 2200mm, Diameter 32mm
- Weight 20kg

JTNB-86-15

A. 6ft Steel Series Bar

**Product Information**

- Length 1830mm, Diameter 30mm
- Weight 18kg

JTNB-72-7

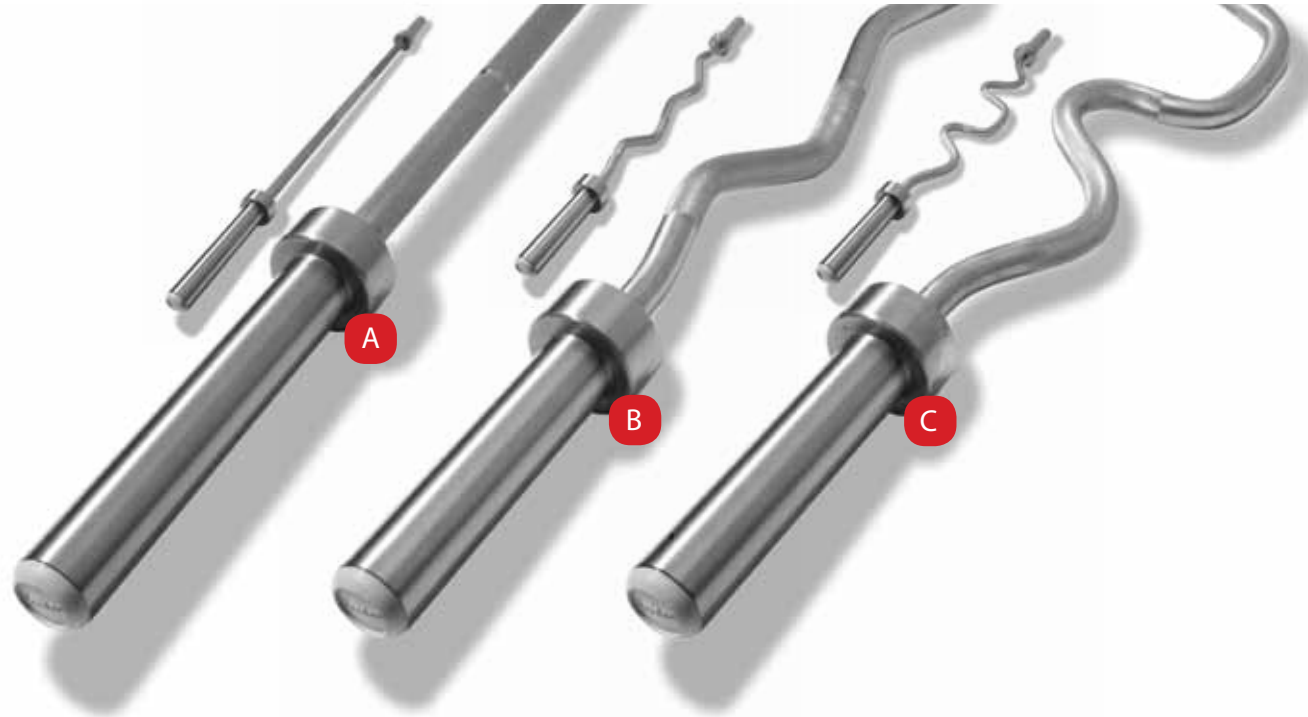
A. 5ft Steel Series Bar

**Product Information**

- Length 1530mm, Diameter 30mm
- Weight 16kg

JTNB-60-7

High grade Olympic Bars featuring precision bearings for a smoother rotation. These bars also feature a unique and contemporary brushed steel finish which is far more durable than traditional chrome bars, the Jordan Steel Series Bars look great in any facility.



B. Steel Series Curl Bar

**Product Information**

- Length 1200mm, Diameter 28mm
- Weight 10kg

JTNB-48

C. Steel Series Super Curl Bar

**Product Information**

- Length 1200mm, Diameter 25mm
- Weight 10kg

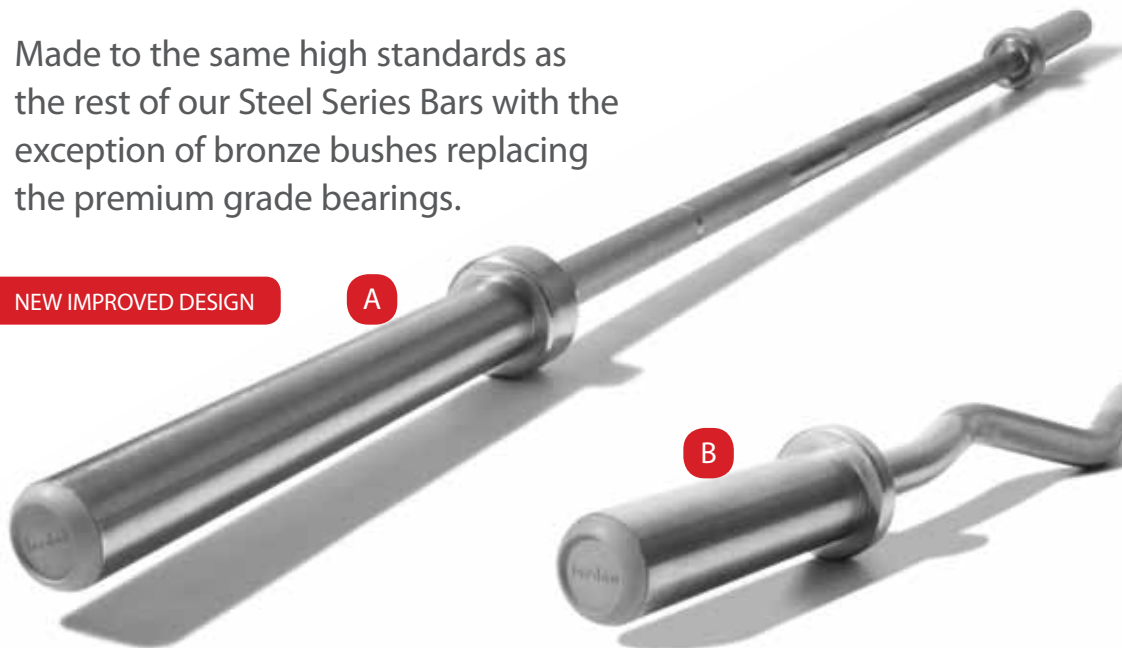
JTNB-48S

## OLYMPIC BARS - STEEL SERIES (WITHOUT BEARINGS)

Made to the same high standards as the rest of our Steel Series Bars with the exception of bronze bushes replacing the premium grade bearings.

NEW IMPROVED DESIGN

A



B



### A. 7ft Steel Series Bar (1500lbs / 681kg test)

#### Product Information

- Length 2200mm, Diameter 32mm
- Weight 20kg

JTNOB-86-15

### A. 6ft Steel Series Bar

#### Product Information

- Length 1830mm, Diameter 30mm
- Weight 18kg

JTNOB-72-7

### A. 5ft Steel Series Bar

#### Product Information

- Length 1530mm, Diameter 30mm
- Weight 16kg

JTNOB-60-7

### B. Steel Series Curl Bar (1500lbs / 681kg test)

#### Product Information

- Length 1200mm, Diameter 28mm
- Weight 10kg

JTNOB-47

### Tricep Bar 34"

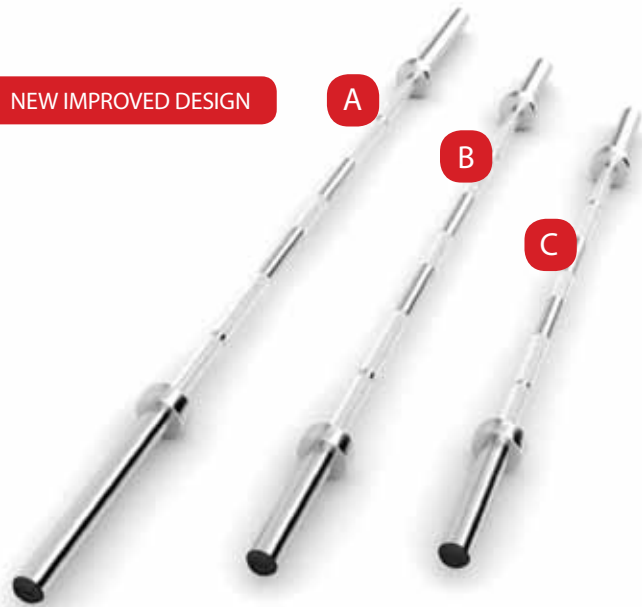
#### Product Information

- Length 860mm, Diameter 25.4mm

JTNOB-34



NEW IMPROVED DESIGN



## Straight Olympic Bars

### A. 7ft Chrome Olympic Bar (1500lbs / 681kg test)

- Length 2200mm Diameter 32mm
- Weight 20kg
- Product code JTOB-86-15

### A. 7ft Chrome Olympic Bar (700lbs / 318kg test)

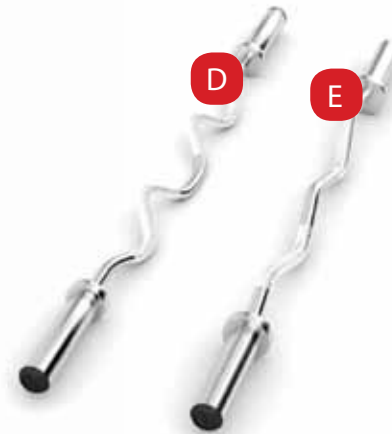
- Length 2200mm Diameter 32mm
- Weight 20kg
- Product code JTOB-86-7

### B. 6ft Chrome Olympic Bar (700lbs / 318kg test)

- Length 1830mm Diameter 30mm
- Weight 18kg
- Product code JTOB-72-7

### C. 5ft Chrome Olympic Bar (700lbs / 318kg test)

- Length 1530mm Diameter 32mm
- Weight 16kg
- Product code JTOB-60-7



## D. Olympic EZ Curl Bar

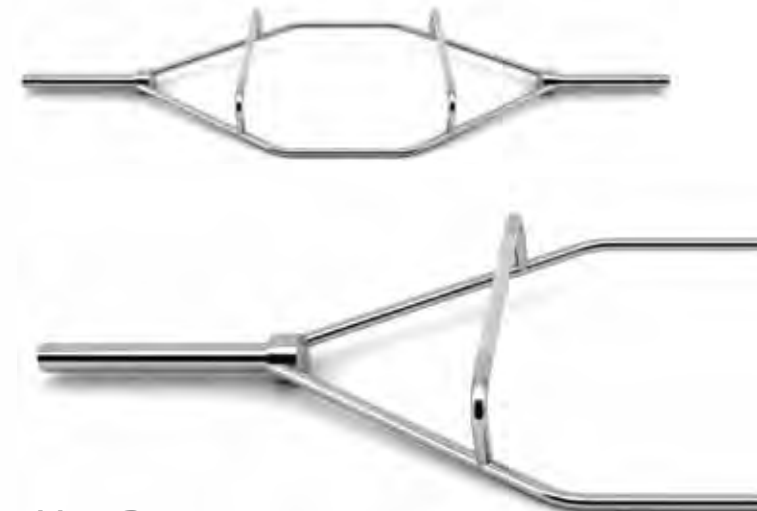
### Product Information

- Length 1200mm Diameter 28mm
- Weight 10kg
- Product code JTOB-47

## E. Olympic Super Curl Bar

### Product Information

- Length 1200mm Diameter 28mm
- Weight 10kg
- Product code JTOB-47S



## Hex Bars (Trap Bar)

### 6ft Hex Bar

- Length 1830mm
- Weight 20kg
- Product code JTHB-72

### 7ft Hex Bar

- Length 2200mm
- Weight 35kg
- Product code JTHB-86

### Great For

- An alternative bar when performing the deadlift
- Developing grip strength and endurance
- Placing the hands in an optimal, neutral position during shrugs
- Standard resistance exercises, like the Shrug, or for more unusual exercises, like the Farmers Walk.



Olympic Spring Collars 50mm  
(Pair)

**Product Information**

- Cost effective light weight collars

JTC-03



Olympic Clamp Collars 50mm  
(Pair)

**Product Information**

- Ideal for securing Olympic discs onto a 50mm bar - "click and lock" to secure discs.
- Virtually eliminated bar damage compared to conventional collars.

JLMCC-01



Olympic Starfasteners 50mm  
(Pair)

**Product Information**

- Highly durable secure collars

JTCS-01



Olympic Bar Holder

**Product Information**

- Holds 8 Olympic bars
- Colour - Silver
- New unique "TUFF COAT" textured paint finish - more resistant to wear and tear damage than normal powder coat

JTBR-11



Fat Gripz

**Product Information**

- Fat Gripz fit virtually all barbells, dumbbells, chin-up bars and cable attachments in seconds - making the bar more than twice as thick
- Made from a ultra tough rubber-like compound, they grip the bar like a clamp and won't compress
- Turn any bar into thick bars for thick bar training
- Sold in pairs

JLFG



Olympic Neck Pad

**Product Information**

- Eliminate neck strain when performing squats with our bar pad which is designed to fit all of our Olympic bars.
- 390mm x 80mm

JTOB-34

## Jordan Lightweight Weight Lifting Belt

### Product Information

- Lightweight neoprene belt
- Extra wide thick padding - 20.5cm
- Steel roller buckle for secure fit
- Black colour
- Available in sizes M, L and XL

JLWLB-16008M Medium

JLWLB-16008L Large

JLWLB-16008XL Extra Large



## Jordan Weight Lifting Belt

### Product Information

- Very lightweight neoprene belt
- 12.5cm wide
- Steel roller buckle for secure fit
- Red/black colour
- Available in sizes M, L and XL

JLWLB-16012M Medium

JLWLB-16012L Large

JLWLB-16012XL Extra Large



## Jordan Leather Weight Lifting Belt

### Product Information

- Lined leather belt
- 10cm wide
- Steel roller buckle for secure fit
- Black colour
- Available in sizes M, L and XL

JLWLB-15007M Medium

JLWLB-15007L Large

JLWLB-15007XL Extra Large



## Jordan Weight Lifting Gloves

### Product Information

- Quality glove for comfort and durability
- Leather/cotton mesh glove
- Gel and foam padding for comfort
- Washable by hand
- Available in sizes M, L and XL

### A. Jordan Short Weight Lifting Gloves

- Narrow wrist grip
- Black with red stitching

JLWLG-17022M Medium

JLWLG-17022L Large

JLWLG-17022XL Extra Large

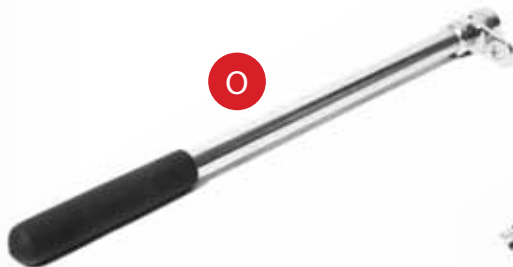
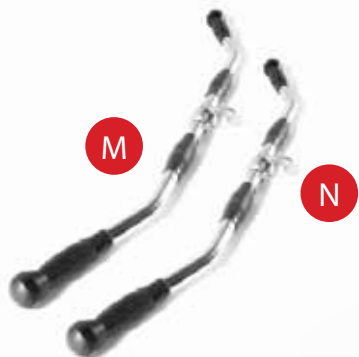
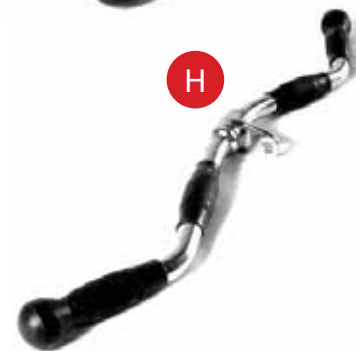
### B. Jordan Long Weight Lifting Gloves

- Wide wrist grip
- Black/Grey

JLWLG-17011M Medium

JLWLG-17011L Large

JLWLG-17011XL Extra Large





**A.** Cable handle with rubber grip

JTMB-01

**B.** V handle

JTMB-02

**C.** Angled pressdown bar

JTMB-03

**D.** Straight cable bar

JTMB-04

**E.** Tricep rope (black)

JTMB-05

**F.** Pivoting pressdown bar

JTMB-06

**G.** Cable EZ curl bar

JTMB-07

**H.** Cable curl bar

JTMB-08

**I.** Parallel grip lat pulldown bar

JTMB-09

**J.** Parallel grip lat pulldown bar

JTMB-10

**K.** Close grip low row/pulldown handle

JTMB-11

**L.** Single rope

JTMB-12

**M.** 36" Standard lat pulldown bar

JTRHMA-04

**N.** 48" Standard lat pulldown bar

JTRHMB

**O.** Short cable bar

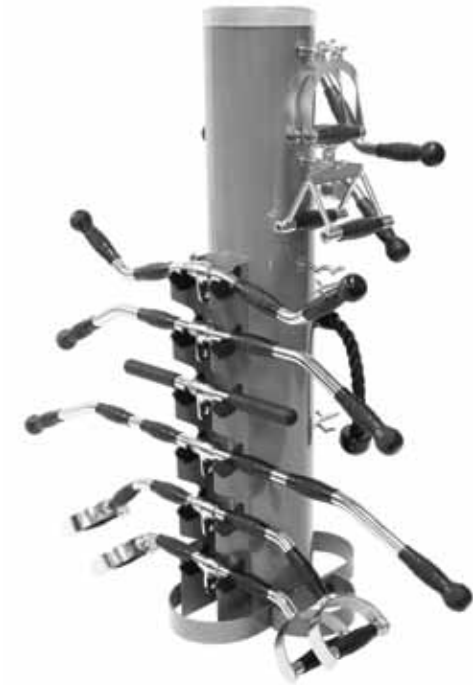
JTMB-14

**P.** Long cable bar

JTMB-13

**Q.** Leather ankle strap

JTART-427

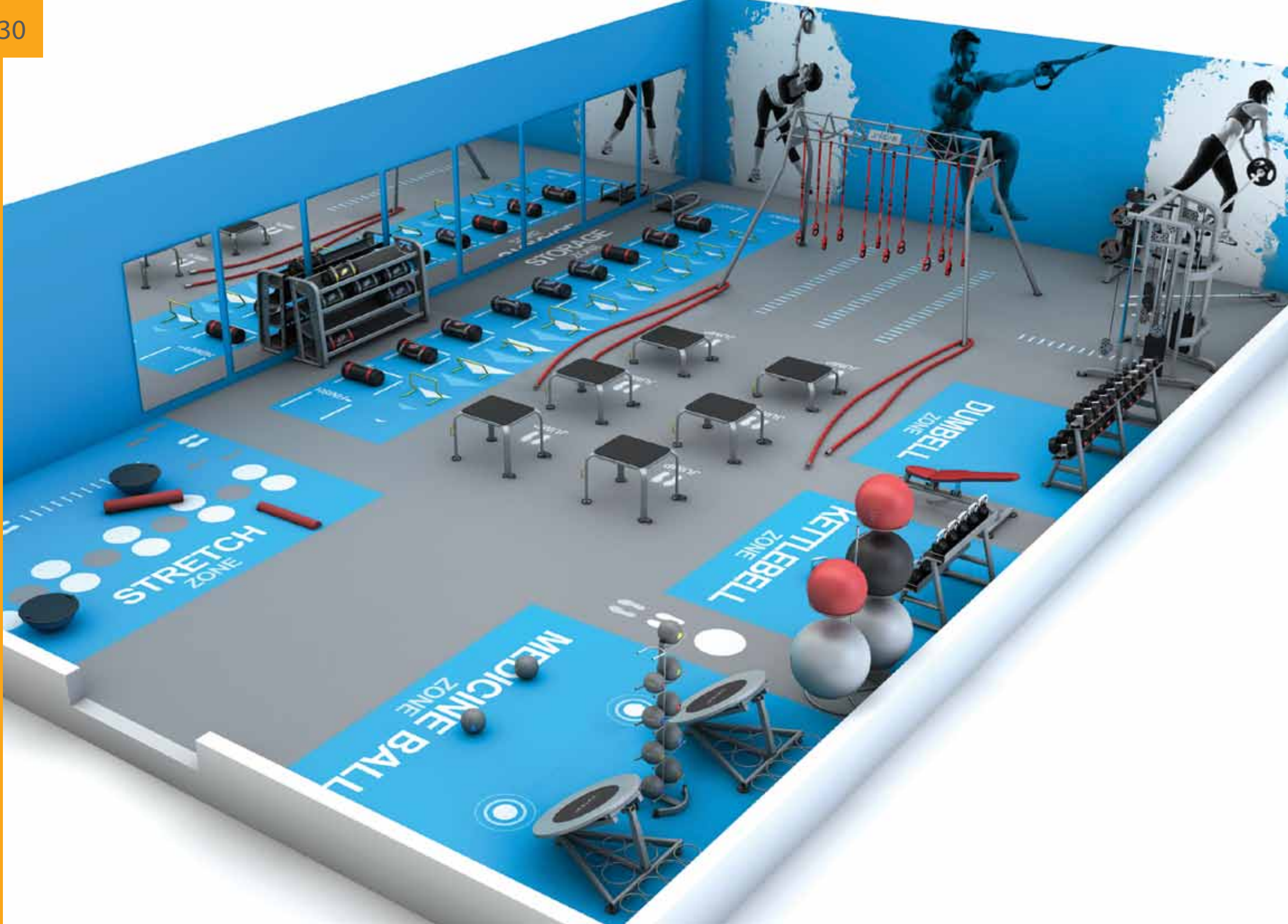


## Cable Attachments Rack

**Product Information**

- Holds up to 15 attachments
- Vertical space saving design
- One piece construction for stability
- Chrome attachment pins
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour - silver
- **Height** 1100mm, **Depth** 500mm
- **Weight** 25kg

JTMR-01



# PERFORMANCE EQUIPMENT



### Which kettlebell should I choose?

- **Cast Iron Kettlebells** are our most cost-effective, able to be used indoors or outdoors, and easy to clean.
- **Neoprene Covered Kettlebells** have been dipped in neoprene to protect the cast iron for increased durability, and colour-coded for easy weight-recognition by users.
- **Rubber and Chrome Handle Kettlebells** align with our range of dumbbells to give a consistent look, the chrome handles are smoother than the cast iron counterparts, and available in 2kg increments.
- **New Competition Kettlebells** are available for those looking at competing in kettlebell weightlifting, made from steel and are the same size for every weight.

### Optimal design

- All of our kettlebells have been designed and refined to ensure the perfect use. The handles are exactly the right length and distance from the bell to ensure it sits on the forearm and NOT on the wrist, ensuring pain-free training and optimal technique

### Largest Stock levels

- Jordan pride ourselves on having some of the largest stock levels on all equipment, so when you want it - we have it!

### Full supporting equipment and materials

- This includes 1 and 2-day kettlebell instructor and specialist courses, kettlebell racks, instructor and workalong DVDs, Exercise technique posters and promotional materials available (posters, banners, pull ups)



## Chrome / Rubber Kettlebells

### Product Information

- Unique stylish design
- Super smooth chrome handle
- Uniform design
- Smooth rubber coating - comfortable to use, protect kettlebell and floor
- Perfectly balanced - stands alone

### Individual Kettlebells

JTKBRC-04 4kg	JTKBRC-14 14kg
JTKBRC-06 6kg	JTKBRC-16 16kg
JTKBRC-08 8kg	JTKBRC-18 18kg
JTKBRC-10 10kg	JTKBRC-20 20kg
JTKBRC-12 12kg	JTKBRC-24 24kg

### Kettlebell Sets

#### JTKB-RC5

10 Kettlebells & Rack Set (1 x 4kg, 1 x 6kg, 1 x 8kg, 1 x 10kg, 1 x 12kg, 1 x 14kg, 1 x 16kg, 1 x 18kg, 1 x 20kg, 1 x 24kg, 1 x Kettlebell Rack)



## Neoprene Covered Kettlebells

### Product Information

- Coloured neoprene covered base
- Cast iron handle
- Covered base helps protect floor and kettlebell
- Easy weight identification
- Perfectly balanced – stands alone

### Individual Kettlebells

JTKBC-04 4kg ●	JTKBC-24 24kg ●
JTKBC-08 8kg ●	JTKBC-28 28kg ●
JTKBC-12 12kg ●	JTKBC-32 32kg ●
JTKBC-16 16kg ●	JTKBC-40 40kg ●
JTKBC-20 20kg ●	

### Kettlebell Sets

#### JTKB-NP1

Womens Beginner Kettlebell Set (1 x 4kg, 1 x 8kg, 1 x 12kg)

#### JTKB-NP2

Beginner Kettlebell Set (1 x 12kg, 1 x 16kg, 1 x 20kg)

#### JTKB-NP3

Intermediate Kettlebell Set (1 x 20kg, 1 x 24kg, 1 x 28kg)

#### JTKB-NP4

Advanced Kettlebell Set (1 x 28kg, 1 x 32kg, 1 x 40kg)

#### JTKB-NP5

Kettlebells & Rack Set (1 x 4kg, 1 x 8kg, 1 x 12kg, 2 x 16kg, 2 x 20kg, 1 x 24kg, 1 x 28kg, 1 x Kettlebell Rack)





## Cast Iron Kettlebells

### Product Information

- Solid cast iron kettlebell
- Colour - Black
- Uniform handle
- Perfectly balanced – stands alone

### Individual Kettlebells

<b>JTKB-4C</b> 4kg	<b>JTKB-24C</b> 24kg
<b>JTKB-8C</b> 8kg	<b>JTKB-28C</b> 28kg
<b>JTKB-12C</b> 12kg	<b>JTKB-32C</b> 32kg
<b>JTKB-16C</b> 16kg	<b>JTKB-40C</b> 40kg
<b>JTKB-20C</b> 20kg	

### Kettlebell Sets

<b>JTKB-CP1</b> Womens Beginner Kettlebell Set (1 x 4kg, 1 x 8kg, 1 x 12kg)
<b>JTKB-CP2</b> Beginner Kettlebell Set (1 x 12kg, 1 x 16kg, 1 x 20kg)
<b>JTKB-CP3</b> Intermediate Kettlebell Set (1 x 20kg, 1 x 24kg, 1 x 28kg)
<b>JTKB-CP4</b> Advanced Kettlebell Set (1 x 28kg, 1 x 32kg, 1 x 40kg)
<b>JTKB-CP5</b> Kettlebells & Rack Set (1 x 4kg, 1 x 8kg, 1 x 12kg, 2 x 16kg, 2 x 20kg, 1 x 24kg, 1 x 28kg, 1 x Kettlebell Rack)



## Competition Kettlebells

### Product Information

- Steel Competition Kettlebells with smooth finish
- Large base for stability
- Super smooth handle for comfort when in use
- Colour coded for ease of identification
- Uniform size and shape of kettlebell across the range
- Available in sizes 8kg to 40kg
- These kettlebells are made to meet competition standards, on handle diameter and bell dimensions
- Design gives a more stable base for floor-based exercises
- Manufactured with a hollow core
- 35mm diameter handle to meet competition standards

### Individual Kettlebells

<b>JLCKB-08</b> 8kg (Pink)	●
<b>JLCKB-12</b> 12kg (Blue)	●
<b>JLCKB-16</b> 16kg (Yellow)	●
<b>JLCKB-20</b> 20kg (Purple)	●
<b>JLCKB-24</b> 24kg (Green)	●
<b>JLCKB-28</b> 28kg (Orange)	●
<b>JLCKB-32</b> 32kg (Red)	●
<b>JLCKB-36</b> 36kg (Grey)	●
<b>JLCKB-40</b> 40kg (White)	○



## Kettlebell Rack

### Product Information

- Stores up to 12 Kettlebells
- Rack will hold bells of any size
- Rubber covered top prevents kettlebell damage
- Rubber mats on shelves reduce noise and protect kettlebells
- Colour - silver (White & black available at an extra cost of £30.00)
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 840mm, **Length** 1220mm, **Depth** 530mm
- **Weight** 35kg

JTKBR

1 & 2 day kettlebell instructor & kettlebell specialist certification course available. See Pages 134 - 135



## AOS: Kettlebell Clinic Volume 1

### Product Information

Kettlebell Training Clinic Volume I is a 2 disk instructional set which teaches you how to use kettlebell safely, quickly and effectively. In this special 2 disc dvd set you'll learn the fundamentals of Kettlebell training as perfected by Anthony Diluglio, one of America's top Kettlebell instructors. Finally discover the secrets behind one of the most intense training regiments in existence. Learn exactly what it takes to transform yourself from fit to kettlebell fit in 2 intense step by step instructional DVDs.

**JLAOSKBDVD-T**



## AOS: The Kettlebell Way Volume 1

### Product Information

Kettlebell Way, featuring Beth Chamberlin, star of "The Guiding Light", takes you through Providence with an entirely new look. Get the same intense workout you've come to expect from the Providence rounds delivered in a whole new way as both Anthony and Beth lead you through an intense sweat inducing workout designed to increase your strength, flexibility and mobility.

**JLAOSKBDVD-P**

## The Kettlebell Way: Empire State

### Product Information

Back again with an entirely new workout! The Beth and Anthony duo get you moving with yet another classic routine designed to get your cardio and strength levels to an entirely new level. Nothing is left behind as these two train you through snatches, renegade rows, swings and so much more - plus a special bonus round at the end that is guaranteed to have you begging for mercy.

**JLAOSKBDVD-KW2**



## AOS: Newport

### Product Information

AOS: Newport is the 2nd DVD in the Art of Strength series. This edition focuses on sustained strength and speed. The rounds are longer and will help you build true endurance. Take a trip to Newport today!

**JLAOSKBDVD-N**



## AOS: Firepower

### Product Information

AOS: Firepower was designed by Anthony Diluglio, RKC and Lieutenant Anthony Grokaitis, RKC. Firepower is the ultimate workout for "first responders" everywhere. Firefighters, Police Officers, SWAT Teams, and Paramedics need to be in the best shape possible to protect us. Whether you are a first responder or want to workout like one, Firepower is for you!

**JLAOSKBDVD-F**

NEW IMPROVED DESIGN



## Jordan Training Ropes

### Product Information

- Non-fray ropes will not shed and are easier on the hands
- Metal collar and loop both ends
- 10m in length – available in 2 sizes 25mm and 45mm diameter
- Colour – 25mm Black, 45mm Red
- Instructional DVDs available

### Great for:

- Performing undulating training, where you make rhythmical waves with the ropes as a form of conditioning
- Improving upper body anaerobic conditioning
- Training individuals or groups, either indoors or outside
- Improving grip strength, shoulder strength and endurance, core function, and during lower body rehabilitation to maintain cardiovascular fitness

**JTTR-25** - 10m black non Fray rope 25mm

**JTTR-45** - 10m red non Fray rope 45mm



## Art of Strength Training Ropes

### Product Information

- Non-fray ropes will not shed and are easier on the hands
- Metal collar and loop both ends
- 15m in length – available in 2 sizes 38mm and 51mm diameter
- Colour – 38mm Black, 51mm Black
- Instructional DVDs available

**JLAOSTR-01** 15m black non-fray 38mm

**JLAOSTR-02** 15m black non-fray 51mm



## Art of Strength Rope training DVDs

### Wild Black Jack 21

Our most comprehensive DVD ever created for Ropes Gone Wild. 21 Exercises divided into 7 rounds all designed to give you the most intense, heart pumping, metabolic training you've ever been put through. This Double disc DVD set contains your workout, designed to be done with or without kettlebells, your mobile files - allowing you to take this workout with you anywhere and your Tutorial Disc stepping you through each of the routines you see on this workout.

**JLAOSWBJDVD**

### Ropes Gone Wild DVD

Art of Strength Ropes Gone Wild DVD was shot on location at Santa Monica's Muscle Beach bringing revolutionary "authentic" fitness back to its birthplace. This training DVD will teach you everything you need to know to become proficient with our Ropes Gone Wild brand of exercise. Learn how it feels to have your heart rate reach near maximum in under 60 seconds. This DVD is a can't miss for anyone interested in alternative forms of cardio; get off the treadmill, stop running in place, grab some ropes and do some real cardio. No impact pure adrenaline.

**JLAOSRGWDVD**

Unconventional training and extreme circuits courses available. See Pages 134 - 135



**Powerbag™ Benefits:**

- Improved Strength, Strength-Endurance and Power-Endurance
- For energy expenditure leading to metabolic acceleration and fat loss
- Can be thrown and caught, as an alternative to a medicine ball
- Can be used as a form of unconventional training
- Can be used as a sports specific strength and conditioning tool for rugby, MMA, football
- Excellent for improving grip strength
- Improve Co-ordination, Proprioception and Core Efficiency
- Indoors or Outdoors
- With Professional Athletes, Armed Forces or Emergency Services Personnel
- As a Variation from Dumbbells, Barbells or Medicine Balls



NEW IMPROVED DESIGN

**Powerbag™****Product Information**

- All Powerbag™ now include an inner strap in order to protect the zip fastening, as well as extra Velcro tabs
- 2 heavy duty end straps
- 2 Inner bags, to hold the sand, with a foam inner lining
- Adjustable in weights from 3-50kg
- Maintains its tubular shape unlike other Sandbags
- Is sent pre-filled with sand (except non UK)
- Can be used outdoors
- 1-year guarantee

**Individual Powerbag™**

JLPB-03 3kg	JLPB-25 25kg
JLPB-05 5kg	JLPB-30 30kg
JLPB-7.5 7.5kg	JLPB-35 35kg
JLPB-10 10kg	JLPB-40 40kg
JLPB-15 15kg	JLPB-45 45kg
JLPB-20 20kg	JLPB-50 50kg





NEW IMPROVED DESIGN

## Jordan Powerbag™

### Product Information

- Made to the same exacting standards as the Original Powerbag™ with the addition of an extra handle, making the bag more versatile. Each size bag is colour coded for ease of identification.

### Individual Powerbag™

- JJL-PB-05** 5kg Studio Powerbag (purple/grey handles)
- JJL-PB-7.5** 7.5kg Studio Powerbag (orange/grey handles)
- JJL-PB-10** 10kg Studio Powerbag (green/grey handles)
- JJL-PB-15** 15kg Studio Powerbag (yellow/grey handles)
- JJL-PB-20** 20kg Studio Powerbag (blue/grey handles)
- JJL-PB-25** 25kg Studio Powerbag (red/grey handles)
- JJL-PB-30** 30kg Studio Powerbag (white/grey handles)
- JJL-PB-35** 35kg Studio Powerbag (gold/grey handles)



## Powerbag™ / Alpha Bag Rack

### Product Information

- Holds 5 Powerbags/Alpha bags
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour - Silver
- **Height** 1420mm, **Length** 580mm, **Depth** 680mm

**JTPBR-05**



## Powerbag™ / Alpha Bag Rack

### Product Information

- Unique space saving design
- Rubber trays prevent damage to bags
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour - Silver
- **Height** 1608mm, **Length** 2050mm, **Depth** 685mm

**JTPBR**

# THE TOUGHEST SANDBAG ON THE MARKET!

## Sandbag Training going global:

Sandbags have been around for decades, in underground fitness facilities, old school gyms, garages, years of strong men, lifting these odd heavy objects off the floor, but in the last 3 years sandbags have been introduced to the mainstream fitness world, because of the benefits to training with this tool.

## Benefits: Gym owners, Coaches, Individuals.

- Can do multiple exercise drills standing in one position.
- Portable.
- Used for most single and multi-joint movements.
- Inexpensive compared to most traditional equipment.
- Both Beginners or Pros get results.
- Can be used in combination with Kettle bells, Bands, clubs, etc.
- Used for Individual Training, Boot Camps, Hybrid Training, HITT Training and Group Training.
- Conditioning for Athletes, Martial Artists, Arm forces, Firefighters and other Industrial Athletes.

## Why Alpha Strong Bags?

Alpha Strong Sandbags are way ahead of the curve. Alpha Strong bags are simple, strong, made to last! These are the first sandbags on the market that have function driven handles in multiple places on the bags and balls for easy handling and versatility. You can do non-traditional moves by not using the handles or traditional moves like pulls, pushes, lifts, throws utilizing the handles. Alpha Strong bags feel like traditional sandbags, the sand shifts as you move them; we call it fighting the bag! Alpha Strong bags are made out of durable fabric that can take punishment! They are constructed to hold up under the most intense exercise regime. We started testing Alpha Strong bags in gyms that have used this type of equipment for years with no success in longevity of the equipment. Broken liners, ripped handles and inferior materials, have been a frustration in using this type of tool effectively, but they are no longer an issue with Alpha Strong bags.

## Sandbags and Sand ball workouts:

Challenging and never boring. You will be fatigued after every drill with these tools! The bag or ball is shifting and changing every time you move it, which makes this workout challenging and effective. You can go heavy or light. You Chose: heavy, slower more controlled movements or lighter, more speed and reps! You can train individually or with larger groups, this tool will bring change and results, oh yeah and sweat.



JOIN THE REVOLUTION

# TRAIN.HARD.

[www.bealphastrong-europe.com](http://www.bealphastrong-europe.com)

- Six Ergonomically Designed, Padded, Reinforced Handles
- Rugged High-Count Nylon Outer-Shell will outlast any other sandbag available!
- Stress points reinforced with Triple-Stitch Bar-Tacked zigzag stitching
- Easy Weight adjustments via double-protected wide mouth opening and no leak inner liner.



www.bealphastrong-europe.com



Thy Coach™ (7kg - 18kg)

**Product Information**

- Weight capacity 7kg - 18kg
- Load weight using the easy access, wide mouth, double closure opening
- Includes No Leak inner sandbag liner that holds up to 18kg (sand not included)\*
- Triple set handle configuration for maximum versatility
- Over 44 BarTacked reinforced stress points
- Ten layer "rip proof" handle attachment construction
- Ergonomically designed, padded handles for superior grip
- Sand sealed away behind four closures

<b>JLAS-TCB</b>	Blue logo
<b>JLAS-TCG</b>	Green logo
<b>JLAS-TCO</b>	Orange logo
<b>JLAS-TCR</b>	Red logo
<b>JLAS-TCY</b>	Yellow logo



Thy Beast™ (18 - 36kg)

**Product Information**

- Weight capacity 18 - 36kg
- Load weight using the easy access, wide mouth, double closure opening
- Includes No Leak inner sandbag liner that holds up to 36kg (sand not included)\*
- Triple set handle configuration for maximum versatility
- Over 44 BarTacked reinforced stress points
- Ten layer "rip proof" handle attachment construction
- Ergonomically designed, padded handles for superior grip
- Sand sealed away behind four closures

<b>JLAS-TBG</b>	Gold logo
<b>JLAS-TBO</b>	Olive logo



Thy Sandball™ (4.5 - 13.5kg)

**Product Information**

- Weight capacity 4.5 - 13.5kg
- Load weight using the easy access, wide mouth, double closure opening
- Includes No Leak inner sandbag liner that holds up to 13.5kg (sand not included)\*
- Double set handle configuration for maximum versatility
- Over 44 BarTacked reinforced stress points
- Ten layer "rip proof" handle attachment construction
- Ergonomically designed, padded handles for superior grip
- Sand sealed away behind four closures

<b>JLAS-TSB</b>	Blue logo
<b>JLAS-TSG</b>	Green logo
<b>JLAS-TSO</b>	Orange logo
<b>JLAS-TSR</b>	Red logo
<b>JLAS-TSY</b>	Yellow logo

Please see page 37 for Alpha Strong storage solutions.

\*These bags can be supplied sand filled. Please contact us for details.



Bodyweight Suspension Systems, like the MiloKit® and Jungle Gym® XT, are highly versatile pieces of equipment that allow you to develop a strong, functional body through manipulation of your own bodyweight. Because they require no external resistance it is suitable for adults of both genders as well as children.

Suspension Systems can be attached to any suitably sturdy high anchor point, meaning it can be used in the gym, at home or outside. Suspension System Exercises can be easily progressed through manipulation of vector resistance and stabilisation factors, and because elite athletes to every-day clients can achieve a challenging multi-planar workout, Suspension Systems are fast becoming an essential piece of health club, training centre and PT equipment.



### Bodyweight Suspension Training Coach

- REPs endorsed for 9 CPD points and available in In-House or Small Course formats
- Includes exercises for all main types of suspension systems
- Learn Bodyweight Suspension Training theory, such as the difference between single and two strap systems
- How to include suspension training as part of a comprehensive functional training methodology
- Upper body, lower body and core exercises, as well as stretches, and how to run sessions or classes using suspension training systems





## Jungle Gym® XT

### Product Information

#### SPLIT DESIGN DOES MORE

- Do traditional v-shaped moves
- Now do ring moves, dips and pullups
- Adjust to wide angle to change the force angles

#### EASY-IN FOOT CRADLES AND HANDLES

- Hands free and easy to get in and out of
- Durable, comfortable and easy to clean

#### INTEGRATED NON-SCUFF DOOR ANCHORS AND CINCH LOOPS

- Attach to doors, beams and poles
- Connect sides to throw over high anchor points

#### QUICK AND EASY LENGTH ADJUSTMENT

### Contents

- Two industrial suspension straps (8 feet each)
- Two integrated easy-wipe handles and Easy-In Foot Cradles™
- Two comfortable inline adjustment buckles
- Two non-scuff door anchors
- Two strap end adjusters
- One Duro-Link™
- One instructional DVD with brochure
- One large, full color workout wall chart

JLJG-XT



## MiloKit®

### Product Information

- Two strap system ensures correct biomechanics in all exercises.
- Two strap system ensures maximum safety in ALL exercises.
- Train at home, in the office, on the training ground, on the road – where and when you want to workout!
- Replace stand-alone gym equipment.
- Move quickly between different exercises.
- Create varied and multiple exercise uses.
- Fully compliant with Suspended Body Weight Training System.
- Small in size and low in weight for easy storage and transportation.
- First two strap system in the UK
- Complies with British Safety Standards

### Contents

- Two door anchor points
- Two bar/fixed point anchor points
- Two support straps
- Two hand/foot grips
- Two stainless steel strap adjusters
- Four stainless steel connecting carabiners
- Milokit instruction booklet

JLMK

MiloKit®

JLSTWB

Suspension training anchor points (pair)



## Gym Rings

### Product Information

- ABS plastic rings
- Diameter of ring 240mm, band width 25mm
- Adjustable band length
- The original suspension training system, used for over a hundred years for gymnastic training

### Great For:

- Performing fully suspended exercises such as the pull up or dips
- Advanced exercises to perform muscle ups and iron cross drills

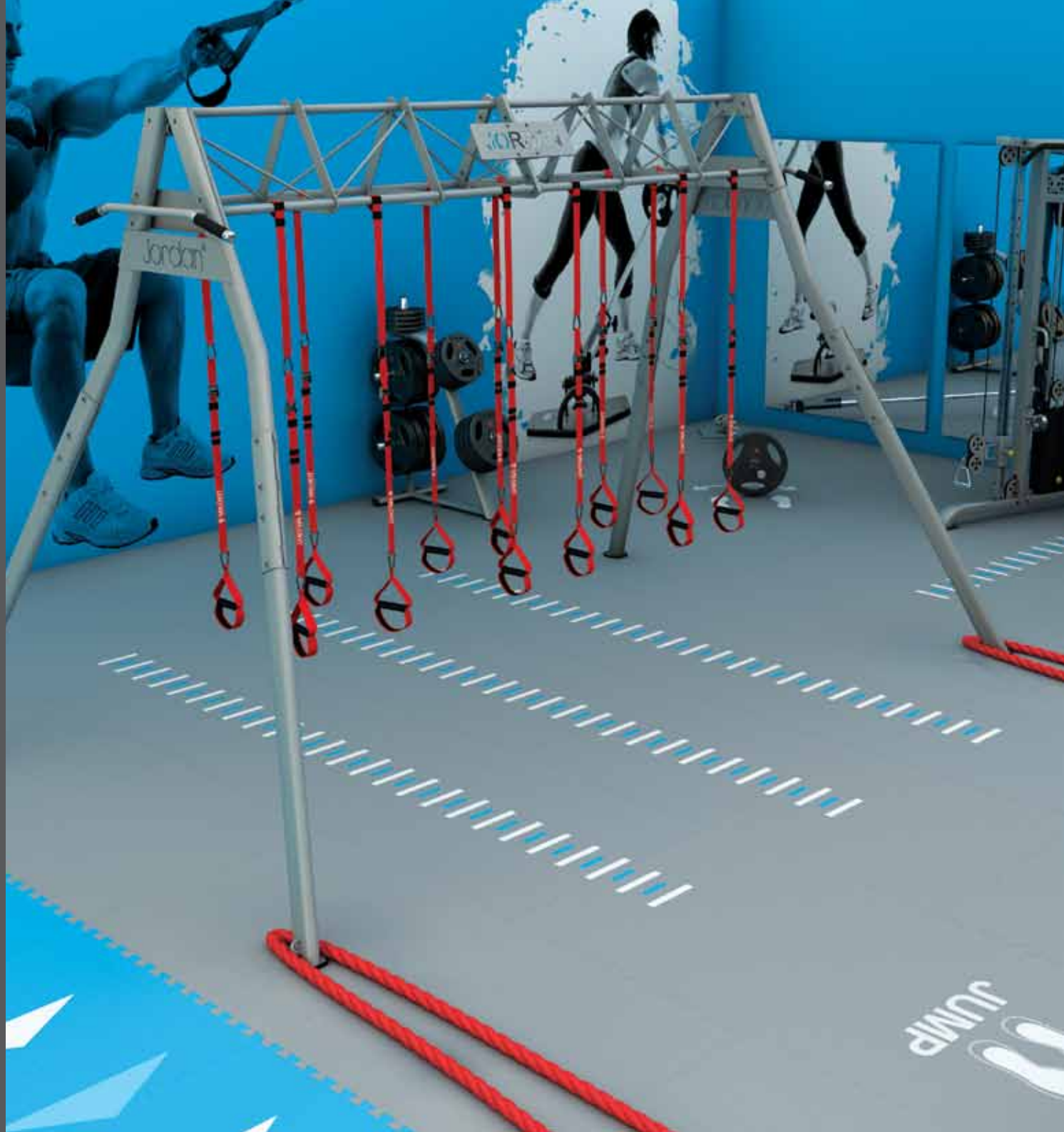
JLGR

Bodyweight suspension training courses available. See Pages 134 - 135

Jordan's Suspension Training Station is a fantastic addition to any Functional Training Zone, all are compatible with all major suspension training systems, such as the MiloKit®, TRX®, Jungle Gym® XT and Olympic Rings.

The sleek oval steel frame in contemporary silver will look perfect alongside the cardiovascular and fixed path machines, and can be integrated with many of the freeweights you already have, such as Dumbbells, Kettlebells and Powerbags.

The Suspension Training Station is designed to support multiple users at any one time, perfect for use by your Personal Training team, group training class and your members. Bodyweight Suspended Training with some of the kits mentioned above, has become one of the most popular methods of training over the last few years, used with both beginners to progress into other free weight training, or for advanced clients to really challenge them in all 3 planes of motion.





## 1.5m (up to 2 user station)

### Product Information

- Suitable for use with MiloKit, Jungle Gym® XT, Gym Rings & TRX
- Loop attachments on all feet for rope and band work
- Unique splayed leg design for increase stability
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 2500mm, **Length** 2570mm, **Depth** 2560mm

JTSTS-01



## 2m (up to 4 user station)

### Product Information

- Suitable for use with MiloKit, Jungle Gym® XT, Gym Rings & TRX
- Loop attachments on all feet for rope and band work
- Unique splayed leg design for increase stability
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 2500mm, **Length** 3070mm, **Depth** 2560mm

JTSTS-02

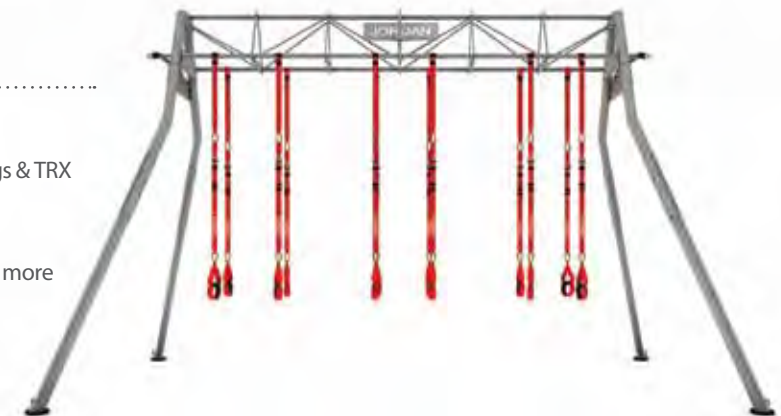


## 3m (up to 6 user station)

### Product Information

- Suitable for use with MiloKit, Jungle Gym® XT, Gym Rings & TRX
- Loop attachments on all feet for rope and band work
- Unique splayed leg design for increase stability
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Length** 4070mm, **Depth** 2560mm, **Height** 2500mm

JTSTS-03



Loop attachments on all feet for rope and band work





## Weighted Vests

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### Product Information

- Increase the intensity by adding this weighted vest to your workout
- Different vest weights allow exercise progression.
- Unique adjustable design - One size fits all
- Granulated steel shot packets make for a comfortable user experience
- Durable nylon outer canvas is extremely durable
- Neoprene covered shoulder padding for comfort

### Great For:

- Use with suspension training (MiloKit®, Jungle Gym® XT and Gym Rings)
- Cardiovascular training (sprint and hill climbs), bodyweight resistance exercises and plyometrics (jumps, hops and bounds)

**JTWV-04** 4.5kg (10lbs) Weighted Vest - Grey

**JTWV-09** 9kg (20lbs) Weighted Vest - Black

**JTWV-18** 18kg (40lbs) Weighted Vest - Black



Sled Training has been embraced by strength and conditioning coaches over the last few years as a fantastic tool to improve functional strength and performance. Basic human movement patterns, such as pressing, pulling, dragging and rotating can all be accomplished with this single piece of equipment. Strongmen, combat fighters, rugby and football players, and any athlete interested in improving speed, power, strength and stability can all use Sled Training within their strength and conditioning programme.

Used inside or outside, the Sled and various attachments can become an integral part of your Functional Training Area, and key to your programming for fat loss, injury prevention and improved sports performance. Exercises like the Sled Pull Through are commonly quoted as being a key exercise for the improvement of explosive hip extension, and the ability to accelerate quickly or jump high. The New Jordan Fitness Sled is a sturdy and well-designed piece of equipment and an excellent example of the new and innovative ideas coming out of Jordan Fitness.



## Jordan Performance Sled

### Product Information

- Solid steel frame
- Unique push/pull design
- Multi point harness for comfortable use
- Increase load up to 140kg
- Colour: Silver
- **Weight** 24kg

**JTPS** Sled & Harness

**JTPSH** Harness



## Attachment Vest

### Product Information

- Durable, neoprene resistance vest
- Seven pairs of anchor points front and side, 3 central anchor points on back
- Low impact resistance
- Comfortable fit
- The ultimate harness or attachment vest for use indoors or outside
- Used with Dual Action Pulleys for unique Functional Cable Training drills

### Great For:

- Performing dragging drills with sleds or tyres – multiple attachment points provide unilateral or bilateral loading at hip or shoulder height
- Loading the core centrally (rather than peripherally in the hands) for dozens of cable exercises, such as lunge or reverse woodchop
- Rehabilitation to reduce the load on the body by changing the position of the cable attachment
- Advanced exercises, such as weighted pull ups, as a simple way to attach load to the body without compromising posture

**JTAV-01**

Jordan Tornado Balls are tough, long lasting and provide a challenging workout - great for both power and core stability training. They are stylish and offer a dynamic and effective, as well as rewarding workout.

It is an innovative and versatile piece of modern training equipment and can be used for functional resistance training or anaerobic conditioning.

They are excellent for rhythmical stabilisation drills, explosive rebounding exercises against a wall, explosive floor core training and dynamic integrated training – such as standing lunge and slam.

For rotational and power training as well sports conditioning and endurance workouts the Jordan Tornado Ball is highly effective.



## Tornado Balls

### Product Information

- Colourful premium quality textured rubber surface
- Rope runs through the middle of the ball
- Excellent for rhythmical stabilisation drills
- Great for explosive rebounding exercises

### Individual Tornado Balls

**JTTB-02** 2kg (red)

**JTTB-03** 3kg (Grey)

**JTTB-04** 4kg (dark blue)

**JTTB-05** 5kg (orange)



## Rebounder

### Product Information

- Professional quality
- Ultra durable fabric
- Six leg steel frame for extra stability
- All steel frame for commercial durability
- Can be stowed away when not in use
- 36 reinforced galvanised chrome springs
- Max load 125kg
- **Height** 220mm, **Length** 1017mm, **Depth** 1017mm

JTREB



## Ab Trainer

### Product Information

- Complete head and neck support for abdominal isolation and safety.
- 1" loading bars included for increased resistance when used with weighted 1" discs (not included) One pair of spring collars included.
- Head and arm pads made from durable wipe clean moulded polyurethane for a comfortable fit.
- Frame made from heavy duty steel tubing making it suitable for high use environments.
- **Height** 550mm, **Length** 730mm, **Depth** 800mm
- **Weight** 9.1kg

JLAB



## Gym Hammer

### Product Information

- Silver, smooth finish gym hammer
- Available in 3 sizes
- One of the original unconventional training tools
- Used for slams onto a tyre
- Optimal grip to prevent slippage during use

**JLGH-04** 4kg

**JLGH-08** 8kg

**JLGH-10** 10kg



Multi-directional swivel action allows rotational exercises and presses for core strength training, as well as stability, rotational strength and upper body mobility.



## Core Plate

### Product Information

- Steel plate with textured silver finish
- Rubber anti slip base on base plate
- Extra heavy base plate for stability
- Floor fixing holes available
- Includes fixing point for training ropes and bands
- Olympic bars, discs and ropes available separately
- **Length** 50cm, **Depth** 45cm (length of bar holder 50cm)
- **Weight** 22.5kg

**JTCP** Core Plate  
**JTCPH** Core Plate Handle



### Great For:

- Rotational drills to work the obliques of the core
- Single arm exercises like the snatch, high pull, split kneeling press
- Lower body drills such as reverse lunges, split stance squats, lateral lunges and crossover lunges
- Avoiding the damage to corners in the club, where users will commonly use an Olympic bar to perform the exercises listed





## Plyometric Platforms

### Product Information

- Non-slip platforms
- Unique stackable design minimises space required
- Heavy duty oval frame construction provides a stable exercise platform
- Wheels for portability
- Colour - Silver
- **Working platform area** – 700mm x 600mm
- **Total dimension** – 1000mm x 850mm

### Great For

- Slow tempo resistance exercises like Bulgarian split squats and step ups
- Resisted bodyweight drills, such as with the SAQ Viper Belt and Flexi Cord
- Practicing jumping with a reduced eccentric component, or stabilization when landing
- Improving elastic strength of the lower body associated with plyometrics exercises like box drives

### Individual Plyometric Platforms

JTPP-S Small (Height 350mm)

JTPP-M Medium (Height 500mm)

JTPP-L Large (Height 650mm)



Improve your “Jump training” with these stylish new Plyo platforms. Plyometric platforms help develop explosive power, leg strength and dynamic balance.

See page 124 for Viper Belts

Comprehensive plyometrics course available.

See Pages 134 - 135

Power Bands have been used in the Powerlifting circles, such as Westside Barbell Club, for a couple of decades to increase strength and power. Used alongside chains as a form of Progressive Resistance Training, essentially it provides a means of progressively adding more load throughout a range of motion whilst you are performing an individual repetition.

The bands are connected to the ends of the barbell and anchor points near the floor (usually on a Squat Rack), and would be used with exercises such as the squat, deadlift and bench press. As you perform the bench press for example, the tension would be decreased at the start of the concentric phase, when the band is slack, and increases at the end of the concentric phase (the lockout). Alternatively the bands can be attached to high anchor points to again overload the final phase of the bench press.



## Bands

### Product Information

- Available in 6 sizes
- Width varies which determines resistance, the wider the band the more resistance offered
- Seamless latex rubber
- Very durable
- Can be used with Olympic, Hex and EZ Bars
- Anchor attachments on Jordan Squat Rack
- Can be used on their own or with freeweights

### Power Bands are great for

- Speed Training
- Agility Drills
- Jump Resistance
- As an alternative to standing cable exercises
- Prehabilitation and Rehabilitation
- Sports Specific Drills for sports like MMA.

<b>JLPOWB-01</b>	2000mm x 13mm x 4.6mm - Red
<b>JLPOWB-02</b>	2000mm x 22mm x 4.6mm - Black
<b>JLPOWB-03</b>	2000mm x 32mm x 4.6mm - Purple
<b>JLPOWB-04</b>	2000mm x 44mm x 4.6mm - Green
<b>JLPOWB-05</b>	2000mm x 64mm x 4.6mm - Blue
<b>JLPOWB-06</b>	2000mm x 83mm x 4.6mm - Orange



Chains have been an integral part of advanced strength and conditioning programmes with athletes, strongmen and powerlifters and this awesome training tool is now available to all.

Chains are used alongside Barbells, EZ or Triceps Bars as a method of 'Progressive Resistance'. The chains are attached to the end of the bar, as the normal weight is lifted, more of the chains are lifted off the ground, progressively increasing the load on the working muscles.

Imagine performing an EZ bicep curl where the weight gets heavier as the bar is lifted to the shoulders (usually the easy part), and you've got the idea.

Great for use with exercises like Squats, Overhead Press, Bench Press, Triceps Extensions or Reverse Curls, to overcome plateaus and to help continue to see improvements from your training.



## Lifting Chains

### Product Information

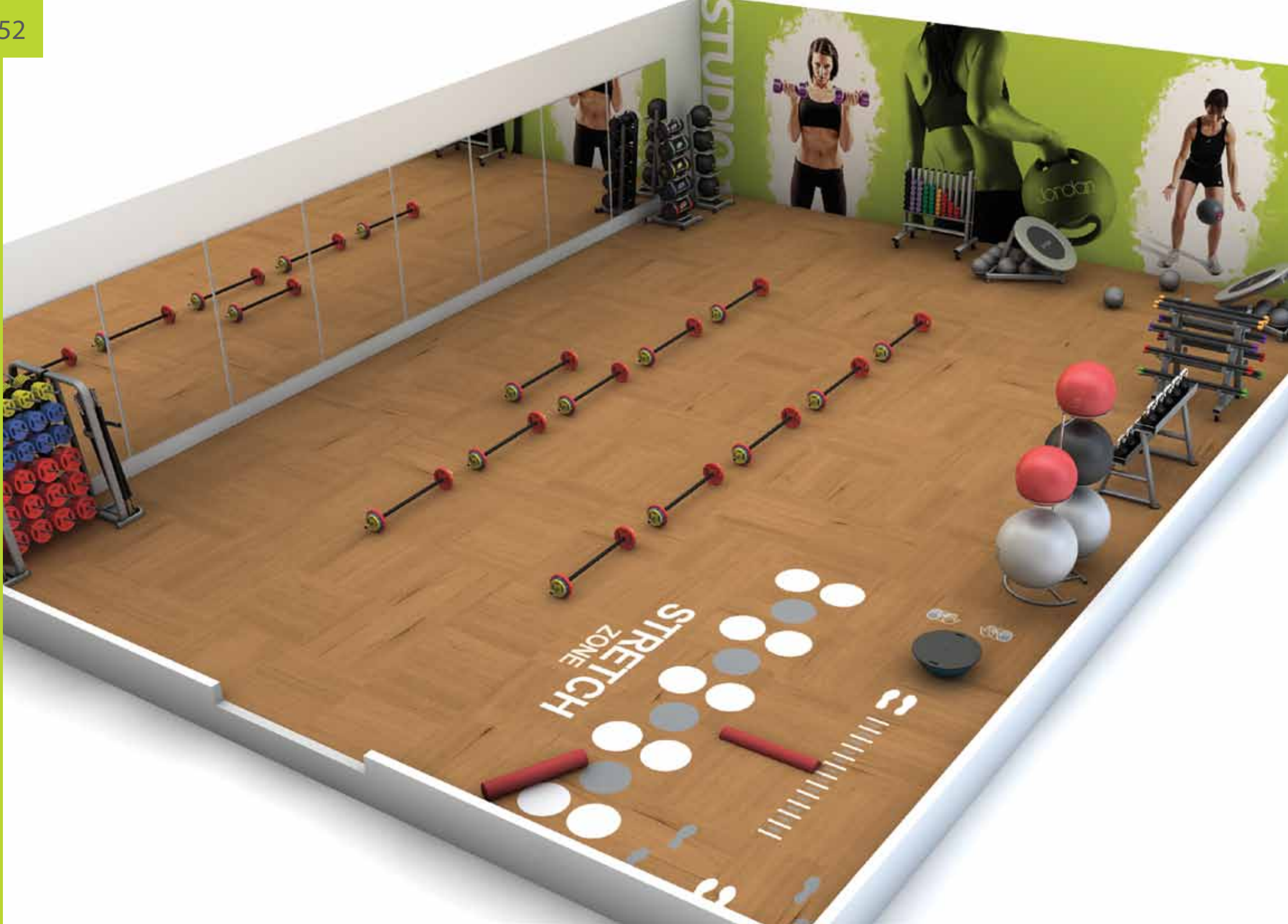
- Increase lifting load gradually as you lift
- High quality chains with chrome finish
- Complete with chrome collars for Olympic bars
- Length of chain – 60"/1524mm
- Available in 3 sizes for all abilities
- Sold in pairs

**JTCLC-20** 13.5kg 60"/1524 length with collar - 20mm (pair)

**JTCLC-25** 20kg 60"/1524 length with collar - 25mm (pair)

**JTCLC-30** 27kg 60"/1524 length with collar - 30mm (pair)







# STUDIO EQUIPMENT

Use our adjustable barbells for one of the most effective group exercise formats available which combines strength training and cardiovascular activity.

With a choice of either the colour coded 12 sided (anti-roll) or the more affordable black round discs there is a style and price to suit everyone.

*"Jordan Fitness fully understood the needs of our firefighters in terms of functional training – supplying medicine balls, dumbbells, benches, fit balls and mats. We are delighted with the equipment and service provided by Jordan Fitness."*

**Gareth Redmond - Kent Fire & Rescue**



## Studio Barbells (Coloured)

### Product Information

- 2 grip anti-roll design discs (30mm)
- Colour coded for easy weight identification
- Quick release collars (30mm)
- Soft rubber covered bar
- Bar dimensions: 1400mm x 30mm
- New 10kg Studio Barbell Discs now available

### Studio barbell Set

- 2 x 1.25kg (Yellow)
- 2 x 2,5kg (Blue)
- 2 x 5kg (Red)
- 2 x Spring collars
- 1 x Black bar with black rubber covered handles

### JTSBS

### Barbell Sets

**JTSBS-P1** 12 x Studio Barbell sets & static rack

**JTSBS-P3** 20 x Studio Barbell sets & rack (lockable wheels)



## Studio Barbells Components

### A. Clamp Collars (30mm) pair

- Available as an up-grade or alternative to the spring
- collars supplied with the studio barbell set.
- 'Click & lock' to secure discs on the studio barbell bar. Product

### JTCC-30

### B. 30mm Spring collars (pair)

**JTSBCJTSBS-01-P2** 20 x Studio Barbell sets & rack (lockable wheels)

### C. Studio barbell 30mm bar

### JTSBB

### D. Studio Barbell Discs

**JTSB1.25** 1.25kg Studio barbell disc (yellow)

**JTSB2.5** 2.5kg Studio barbell disc (blue)

**JTSB5** 5kg Studio barbell disc (red)

**JTSB10** 10kg Studio barbell disc (grey)

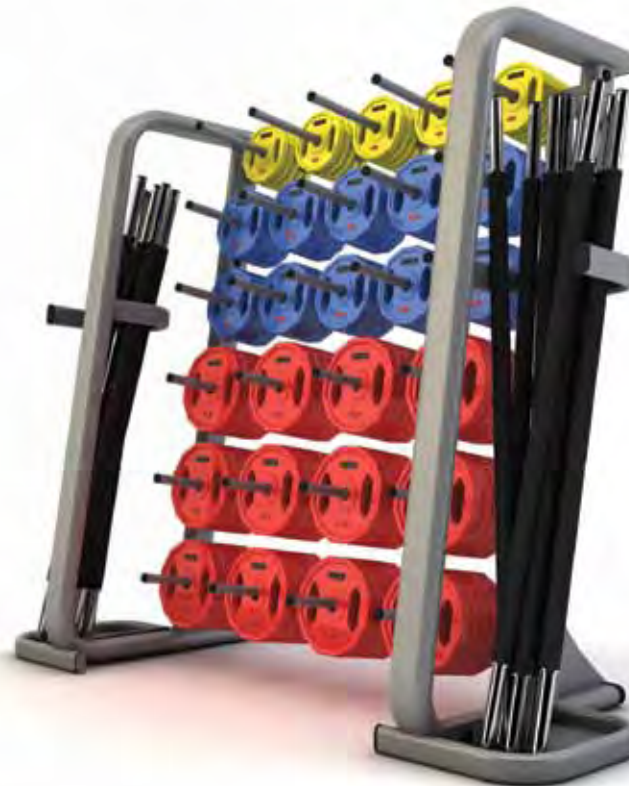


## Studio Barbell Rack

### Product Information

- Holds up to 12 coloured sets or 8 black sets
- Colour - Silver
- **Height** 1490mm, **Length** 638mm, **Depth** 721mm

JTSBR-10



## Studio Barbell Rack - Static

### Product Information

- Holds up to 30 coloured sets or 25 black sets
- Colour - Silver
- **Height** 1605mm, **Length** 1925mm, **Depth** 727mm

JTSBR-15

Studio Barbell Rack - Static



## Accessory Pack (Fits JTSBR-15)

### Product Information

- Holds spring collars
- Colour - Silver

JTSBR-15A

Accessory pack (trays with rubber inserts)

Generally used in group exercise classes. Our studio dumbbells are coated in tactile Neoprene for greater user comfort, unlike the cheaper vinyl coated variety they do not become slippery when your hands sweat.

Fun and easy to use, these colourful dumbbells can be used in studio or gym and are available in 6 sizes.



## Studio Dumbbells

### Product Information

- Anti roll design improves class safety
- Comfort grip
- Sold in pairs
- Colour coded for easy weight identification
- Weight (kg) marked on each dumbbell
- High quality Neoprene covered studio dumbbells

### Individual Dumbbells

<b>JTSD-05N</b>	0.5kg (Yellow)
<b>JTSD-1N</b>	1kg (Red)
<b>JTSD-2N</b>	2kg (Orange)
<b>JTSD-3N</b>	3kg (Green)
<b>JTSD-4N</b>	4kg (Purple)
<b>JTSD-5N</b>	5kg (Black)

### Dumbbell Set

<b>JTSD-P1</b>	Studio dumbbells and rack (42 pairs)
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## Studio Dumbbell Rack

### Product Information

- Lockable chrome top bar
- Colour - silver
- Holds up to 41 pairs of Studio Dumbbells
- Portable With Wheels (Lockable)
- **Height** 1080mm, **Length** 1020mm, **Depth** 620mm
- **Weight** 42kg

**JTSDR-O**



Oversized Medicine Balls provide a nice variation from our standard (bouncing) medicine balls and double grip medicine balls. These balls are larger than standard medicine balls, and with a leather-like PVC exterior are more forgiving on the hands.

These are a type of non-bouncing medicine ball which can be thrown, caught or held for a multitude of different drills. Popular with those that follow the CrossFit style of training, they can be used to improve relative strength, power, cardiovascular conditioning and for metabolic acceleration leading to fat loss. Can be thrown against walls or used with partners.



### Oversized Medicine Balls

**Product Information**

- Durable, hand sewn, leather-like PVC medicine ball
- 35cm diameter
- Available in sizes 6kg, 8kg, 10kg and 15kg
- Colour coded for ease of identification
- Inner load is protected by high density foam.
- Black colour with coloured weight identification
- Not suitable for floor slams

<b>JLOMED-06</b>	6kg Black/Green
<b>JLOMED-08</b>	8kg Black/Orange
<b>JLOMED-10</b>	10kg Black/Blue
<b>JLOMED-15</b>	15kg Black/Red



### Oversized Medicine Ball Rack

**Product Information**

- Holds 4 oversized medicine balls
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour - Silver
- **Height** 1420mm, **Length** 580mm, **Depth** 680mm

**JTOMBS-01**

Medicine balls are an ideal way to add variety to your upper body workout. Double Grip Medicine balls have dual handles offering easier grip for flexibility, agility and fitness training. Medicine balls are perfect for circuits and functional training.



## Medicine Balls

### Product Information

- Perfect for circuits, functional training, etc.
- Premium quality textured rubber surface for excellent grip.
- Rubber weighted centres for good balance.
- 8 coloured coded sizes for easy weight identification.

### Studio barbell Set

<b>JTGMED-01</b>	1kg (Pale Blue)
<b>JTGMED-02</b>	2kg (Pink)
<b>JTGMED-03</b>	3kg (Deep Blue)
<b>JTGMED-04</b>	4kg (Pale Orange)
<b>JTGMED-05</b>	5kg (Mauve)
<b>JTGMED-06</b>	6kg (Yellow)
<b>JTGMED-07</b>	7kg (Green)
<b>JTGMED-08</b>	8kg (Red)
<b>JTGMED-09</b>	9kg (Blue)
<b>JTGMED-10</b>	10kg (Orange)

### Medicine Ball Sets

<b>JTGMED-P1</b>	5x Med balls and vertical rack (1-5kg)
<b>JTGMED-P2</b>	5x Med balls and vertical rack (6-10kg)
<b>JTGMED-P3</b>	15x Med Balls and horizontal rack
<b>JTGMED-P4</b>	18x Med Balls & horizontal rack (3x 2-7kg)



## Medicine Ball Rebounder

### Product Information

- Adjustable angle
- Built in storage for up to 8 medicine balls
- **Height** 80cm, **Length** 101cm, **Depth** 128cm, Diameter of rebounder 97cm

### Great For:

- Training in pairs or small groups
- Use as a circuits station with larger groups
- Developing for upper body reactive strength with plyometrics exercises like a chest throw and overhead triceps throw
- Core exercises like a reverse woodchop or split kneeling slam throw
- Improving rotator cuff function with single arm throws
- Developing reaction speed, hand-eye coordination and also balance
- Use with the Jordan Medicine Ball

**JTMBR**

*"Medicine ball training is one of the oldest forms of strength and conditioning training, anyone serious about their core strength should be using this simple but amazingly effective tool"*

**David Woods - Premier Training International Ltd**



## Double-Grip Medicine Balls

### Product Information

- Perfect for circuits, functional training, etc
- Premium quality textured rubber surface for excellent grip
- Rubber weighted centres for good balance

### Great For:

- Circuit training with larger groups
- Functional training exercises such as lunge and overhead reach
- Single hand drills like a medicine ball swing
- Exercises that require a strong grip, such as fast standing rotations

### Studio barbell Set

JTMEDDG-5	5kg (Mauve)
JTMEDDG-6	6kg (Yellow)
JTMEDDG-7	7kg (Green)
JTMEDDG-8	8kg (Red)
JTMEDDG-9	9kg (Blue)
JTMEDDG-10	10kg (Orange)

Comprehensive medicine ball training courses available. See Pages 134 - 135



### Medicine Ball Rack (Horizontal)

#### Product Information

- Holds up to 20 Medicine balls
- Silver oval frame
- Lockable wheels
- Colour - silver
- **Height** 1020mm, **Length** 1510mm, **Depth** 640mm
- **Weight** 35kg

JTMBS-20



### 5 Medicine Ball Rack (Vertical)

#### Product Information

- Holds up to 5 medicine balls
- Colour - silver
- **Height** 1600mm, **Length** 280mm, **Depth** 360mm
- **Weight** 6kg

JTMBS-05



### 10 Medicine Ball Rack (Vertical)

#### Product Information

- Holds 10 Balls
- Colour - Silver

JTMBS-10



One of the strongest commercial gym balls available and a mainstay for performance training.

This ultra strong ball provides almost unlimited exercise options with the added security that a high quality commercial ball provides.

Fitness Balls are a great way to improve strength, stability, flexibility and alignment. Ideal for Functional training, Physiotherapy, Yoga and Pilates.

Improve your body's alignment, stability, strength and flexibility with our range of professional fit balls.

It's generally best to purchase a range of these balls as different exercises require different sizes. If you have to choose only one size please see the fit ball size guide.



## Fit Balls

### Product Information

- Anti burst technology
- Tested to exceed 1200kg
- Slowly deflates when punctured
- The ball comes packaged with a foot pump
- Available in 3 sizes to suit any body size

### Individual Fit Balls

JTCFB55	55cm (red)
JTCFB65	65cm (black)
JTCFB75	75cm (silver)

### Fit Ball Sets

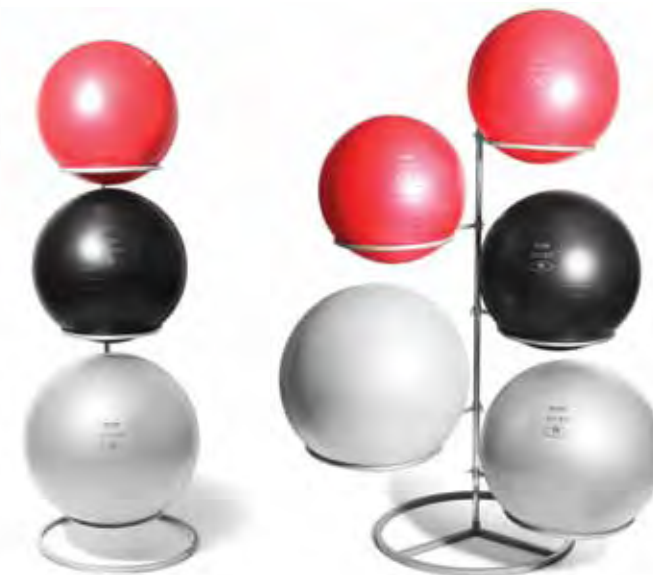
JTCFB-P1	3 x Fit Balls and 3 ball rack (55cm, 65cm & 75cm)
JTCFB-P2	5 x Fit Balls and 5 ball rack (45cm, 55cm, 2 x 65cm & 75cm)

### Fit Ball Size Guide

Select a ball size so your knees and hips form a 90 degree angle when seated on the ball.



55cm ball	65cm ball	75cm ball
5'4" to 5'8"	5'9" to 6'	Over 6' tall



## Fit Ball Racks

### 3 Fit Ball Rack

- Holds 3 balls
- Multi adjustable position and height
- Colour - Silver
- **Height** 1530mm, **Length** 765mm, **Depth** 765mm
- **Weight** 14kg

JTJSR-3

### 5 Fit Ball Rack

- Holds 5 balls
- Multi adjustable position and height
- Colour - Silver
- **Height** 1800mm, **Length** 910mm, **Depth** 910mm
- **Weight** 15kg

JTJSR-5

Comprehensive stability ball training courses available. See Pages 134 - 135



## Fit Bars

### Product Information

- Comfortable high quality foam covered bar
- Solid steel core for evenly distributed weight
- Non marking colour coded rubber end caps
- Available in 5 sizes
- **Length** 1000mm

### Great For:

- Studio classes, personal training sessions or circuit training classes
- Performing various exercises including lunges, squats, sit-ups and upper body exercises

### Individual Fit Bars

- JTFB-3** 3kg (Orange)
- JTFB-4** 4kg (Purple)
- JTFB-5** 5kg (Red)
- JTFB-6** 6kg (Green)
- JTFB-7** 7kg (Blue)



## Fit Bar Rack

### Product Information

- Holds 60 Bars
- Lockable wheels
- Colour - silver
- **Height** 1150mm, **Length** 810mm, **Depth** 860mm
- **Weight** 35kg

### JTFBR

Foam Rolling is a Self Myofascial Release (SMFR) technique that is used by athletes and physical therapists to inhibit overactive muscles. This form of stretching utilizes the concept of autogenic inhibition to improve soft tissue extensibility, thus relaxing the muscle and allowing the activation of the antagonist muscle.

Foam rollers offer many of the same benefits as a sports massage, but at a much cheaper price. The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue.

By using your own body weight and a cylindrical foam roller you can perform a self-massage or myofascial release, break up trigger points, and soothe tight fascia while increasing blood flow and circulation to the soft tissues.



## Rollers

### Product Information

- Dense red foam
- Ideal stretching tool
- **Length** 900mm,
- **Diameter** 150mm

**JTFRR** Round roller

**JTFHR** Half roller

The roller is a long cylindrical shaped foam piece, available as half round and full round. These foam rollers are a versatile gym accessory that is becoming used more widely.

Ideal for stretching, the foam roller can help improve stability and flexibility and is great for core strength and balance training. They can also be used to relieve muscle stiffness.

The half round roller can be used before progressing to the full round. The roller is also ideal for pilates, yoga, rehabilitation and physiotherapy.

Self-Myofascial Release Course available.

See Pages 134 - 135

Resistance tubes are perfect for indoor and outdoor use, easily portable making them a great choice for circuit or bootcamp sessions and always a favourite for home use.

*Having worked in the fitness industry for almost 20 years, as a Fitness Manager, Personal Trainer and an educator, I've experienced equipment from most manufacturers both as a user and as a customer. Jordan Fitness have managed to get the balance between cost and quality just right. Having purchased a number of items from them, particularly their neoprene covered kettlebells (which are excellent), I have always been pleased by their affordability and impressed by their quality.*

**Jeremy Boyd - Resilience Fitness Owner, Personal Trainer, Lecturer and Presenter**



NEW IMPROVED DESIGN

## Jordan Resistance Tubes

### Product Information

- Durable resistance band
- Available in 4 sizes
- Comfortable anti-pick foam handle
- 60cm sleeve to protect tube
- Colour coded for ease of identification

<b>JTRT01</b>	Level 1 (pink)
<b>JTRT02</b>	Level 2 (yellow)
<b>JTRT03</b>	Level 3 (pale blue)
<b>JTRT04</b>	Level 4 (red)







## Stability Disc

### Product Information

- Ideal for balance, strength and rehab exercises
- Target: Knee, ankle and foot stability. Shoulder and core stability
- Increase and decrease the air to vary the stability of the cushion - less air increases the difficulty to balance as the cushion becomes soft and unstable
- Colour: Red
- **Diameter** 340mm
- **Thickness** 40mm

JTASD



## Wobble Board

The wobble board (sometimes referred to as a balance board) is an excellent tool for improving balance, core strength and excellent for remedial work. Anti-slip top surface provides secure balance area.

### Product Information

- **Diameter** 400mm
- **Height** 50mm
- **Thickness** of wooden board: 15mm

JTWB



## BOSU Balance Trainer

The BOSU Integrated Balance Trainer is a truly unique balance, core stability and proprioception training device that can be integrated with all types of fitness training, or stand alone as an outstanding functional tool. Maximum loading for a BOSU Balance Trainer is 300lb (136kg).

### Product Information

- Complete with pump and manual
- **Height** 254mm (inflated), **Length** 673mm, **Depth** 635mm
- **Weight** 7.7kg

JLBOSUB



# COMBAT EQUIPMENT



### Jordan Training Gloves (pair)

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**Product Information**

- Quality leather glove with 'Jordan Cool flex' lining, keeps the hand cool and dry during use
- Wide comfortable punch line with high density
- impact resistance foam
- Wide wrist support and velcro fastener
- Intended for use in fitness training
- Available in sizes 8oz, 10oz and 12oz

**JLBOX-TG08** 8oz (White)

**JLBOX-TG10** 10oz (Grey)

**JLBOX-TG12** 12oz (Red)





Jordan Punch Mitt (pair)

**Product Information**

- Polyurethane glove with 'Jordan Cool Flex' lining, keeps the hand cool and dry during use
- Stylish carbon optic effect finish
- Combination of elastic & velcro improves the comfortable wrist support
- Available in 2 sizes - S/M and L/XL

<b>JLBOX-PML</b>	Large/Xlarge (Black)
<b>JLBOX-PMM</b>	Small/Medium (Silver)



Jordan Hand Wrap 100% cotton (pair)

**Product Information**

- 3m - red / 3.5m - black
- With thumb attachment and velcro fastening
- Provides added protection
- Instructions included

<b>JLBOX-HW3</b>	3m (Red)
<b>JLBOX-HW3.5</b>	3.5m (Black)



Jordan Inner Gel Glove (pair)

**Product Information**

- Neoprene, gel filled inner glove
- Colour - red/black
- Can be used as an alternative to wraps
- Cotton wrist wrap with velcro fastener
- Available in 2 sizes - S/M and L/XL

JLBOX-IGL Large/Xlarge  
 JLBOX-IGM Small/Medium



Jordan MMA Sparring Gloves (pair)

**Product Information**

- Quality leather padded sparring glove
- Red, Grey or Black leather with black palm
- Open leather finger grip
- Thumb protection with velcro wrist fastening
- Available in 3 sizes - M, L, XL

JLMMA-SGM Medium  
 JLMMA-SGL Large  
 JLMMA-SGXL Xlarge





## Jordan Curved Focus Mitts (pair)

### Product Information

- One size fits all
- Quality full leather mitt (grey/black)
- Traditional curved oval shape
- Extra wrist support
- Thick padding for protection & shock absorption

**JLBOX-CFM**



## Jordan Thai Pad PVC

### Product Information

- Thai style training pad
- Heavy duty laminated PVC
- Reinforced handle
- Double arm straps with velcro fasteners
- Lightweight and shock absorbent high impact foam
- Dimensions: H40cm x W21cm x D10cm
- Available as a pair or individually

**JLBOX-TP** (Single)

**JLBOX-TP2** (Pair)



## Jordan Storage Cage

### Product Information

- Stores all type of small items - boxing, studio dumbbells, etc
- Lockable lid for added security
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour - Silver
- **Height** 780mm, **Length** 1350mm, **Depth** 650mm

**JTSC**



## Jordan Heavy Punch Bag (26kg-28kg) leather

### Product Information

- Quality leather bag
- Colour - Red
- Comes complete with chains and basic swivel
- **Height** 1000mm, **Depth** 300mm
- Quality swivel fastenings are available

JLBOX-PB01

## Jordan Extra Heavy Punch Bag (47kg-50kg) leather

### Product Information

- Quality leather bag
- Colour - Grey
- Comes complete with chains and basic swivel
- **Height** 150mm, **Depth** 350mm
- Quality swivel fastenings are available

JLBOX-PB02

## Jordan Swivel Clip for Heavy Punch Bag

### Product Information

- Heavy duty metal swivel hook for use with punch bags

JLBOX-SCHPB



## Wall Brackets

### Product Information

- JLBOXFWB-02 2ft Folding Wall Bracket
- JLBOXFWB-03 3ft Folding Wall Bracket
- JLBOXWB-02 2ft Fixed Wall Bracket
- JLBOXWB-03 3ft Fixed Wall Bracket
- JLBOXCH-01 Heavy Duty Ceiling Hook





## 4 in 1 Boxing Station

(bags not included)

### Product Information

- Heavy duty 4 station bag frame
- Can be used simultaneously by 4 people
- Free standing unit ideal for fitness studios.
- No floor fixings required (optional).
- Silver finish – extremely durable
- Speedball platform and swivel included
- Choose suitable accessories from our Combat range

JTBS-04



## Jordan Leather Punching Ball

### Product Information

- Full leather, inflatable punching ball
- Colour - red/grey
- Double ended fixing points for focused strike
- Shock cords included
- Senior size

JLBOX-PB



## Jordan Leather Speed Ball

### Product Information

- Full leather speed ball with reinforced leather loop
- Colour - red/grey
- Shaped and balanced for accurate re-bounds
- Quality swivel fastenings are available (not included)
- Size C (approx 20cm diameter)

JLBOX-SB

## Jordan Swivel Clip for Speed Ball

### Product Information

- Heavy duty lockable metal swivel fixing with link for speed ball

JLBOX-SC



# BENCHES & FUNCTIONAL MACHINES

Our i-series exclusive collection of benches were designed to be both stylish, yet ultra durable.

With over 20 years experience in this sector and inspiration from other design-led products, we created a contemporary range of benches with soft, smooth flowing lines that do not intimidate, high quality components for long lasting use and sensible pricing.

Why not update your free weight area with the new i-series range.

### i-Series Benches Features

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- Laser cut bar supports with a high quality protective chrome finish
- Manufactured from premium oval steel (100mm x 50mm)
- Triple stitched upholstery for increased durability
- Secure rubber feet provide excellent stability when in use.
- Yellow adjusters for clear, smooth height selection
- Hydraulic gas cylinder provides easy height adjustment
- Dual bearing systems for safe operation
- Steel handgrip end design for stylish, ultra-durable



JT9943





## Olympic Flat Bench

### Product Information

- Weight storage system
- Low bench height
- Recessed area for spotter
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 1200mm, **Length** 1650mm, **Depth** 1220mm (1750mm with weight storage)
- **Weight** 70kg

### Great For:

- Bench Press in a stable environment to lift heavy loads or for hypertrophy training
- Developing the horizontal press muscles, specifically the sternal fibres of the pectoralis major, the deltoids and triceps.
- Additional weight disc storage

JT9942



## Olympic Decline Bench

### Product Information

- 5 Adjustable length – high visibility adjuster
- Weight storage system
- Recessed area for spotter
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 1140mm, **Length** 1840mm, **Depth** 1220mm (1750mm with weight storage)
- **Weight** 101kg

### Great For:

- Developing the press muscles in the downwards diagonal plane, specifically targeting the lower sternal fibres of the pectoralis major, the deltoids and triceps
- Other decline exercises such as supine triceps extension or decline flys
- Additional weight disc storage

JT9944



## Olympic Incline Bench

### Product Information

- Adjustable length
- Foot rest
- Weight storage system
- Recessed area for spotter
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 1350mm, **Length** 1820mm, **Depth** 1220mm (1750mm with weight storage)
- **Weight** 97kg

### Great For:

- Developing the press muscles in the upwards diagonal plane, specifically targeting the upper sternal and clavicular fibres of the pectoralis major, the deltoids and triceps
- Other incline exercises such as incline dumbbell flys
- Additional weight disc storage

JT9943



## Adjustable Incline/Decline Bench

### Product Information

- Ten possible angles from -10 to + 85
- Auto adjusting seat
- Anti slip rubber feet
- Handle and wheels for portability
- Choice of Red, Blue or Black upholstery
- Ultra durable silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 460mm, **Length** 1520mm, **Depth** 695mm
- **Weight** 40kg

### Great For:

- A multitude of free exercises including dumbbell or cable flys, single arm rows, chest press, seated shoulder press or seated curls
- Use with dumbbells, barbells, cables, curl bars or tricep bars
- Adjusting the angle on exercises like chest press, flys and supine triceps extension to vary the exercise and hit different motor units

JT9953



## Adjustable Abdominal Decline Bench

### Product Information

- 6 angle adjustments
- Gas strut adjuster
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 1020mm, **Length** 1550mm, **Depth** 840mm
- **Weight** 72kg

### Great for:

- Performing a variety of declined freeweight and cable exercises, such as declined flys, chest press and triceps extension
- Working the anterior core muscles with declined crunches, leg raises and rotations

JT9952



## 45° Hyper Extension

### Product Information

- 6 height adjustments
- Anti slip rubber feet
- Assister handles
- Open pad design
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 950mm, **Length** 1500mm, **Depth** 840mm
- **Weight** 41kg

### Great For:

- Developing back strength and endurance in the spinal erectors and hip extensors
- Helping to decrease back issues as poor back endurance has been proven to be a key risk factor in those with back pain
- Use with dumbbells, Powerbag® or medicine balls

JT9972



## Preacher Curl

### Product Information

- 7 seat height adjustments
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 890mm, **Length** 900mm, **Depth** 870mm
- **Weight** 55kg

### Great For:

- Providing a stable position to perform Preacher or Scott Curls
- Performing curls on curl bars or dumbbells with a pronated, supinated or semi-supinated grip
- Developing strength and size in the elbow flexors

JT9941



## Flat Bench

### Product Information

- Open frame design
- Low pad height
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Length** 1480mm, **Depth** 540mm, **Height** 460mm
- **Weight** 31kg

JT9940



## Seated Calf

### Product Information

- 6 height adjustments
- Anti slip rubber feet
- Choice of Red, Blue or Black upholstery
- Ultra durable Silver frame
- Warranty 12 months frame and 90 days upholstery
- **Height** 980mm, **Length** 1330mm, **Depth** 890mm
- **Weight** 58kg

### Great For:

- Developing calf strength or size as a replacement or addition to standing calf raises
- Building strength or size in the soleus muscle, as opposed to the gastrocnemius which is preferentially trained when the leg is straight.

JT9945

A complete range of benches to complement any fitness club. Designed with Personal Training studios and fitness clubs in mind, our J-series benches offer a stylish yet functional solution at an affordable price.



## Adjustable Incline/Decline Bench

### Product Information

- Adjustable Incline / Decline Bench
- Great value fitness bench
- Ten possible angles from -10 degrees to +80 degrees
- Rubber feet prevents floor damage and optimises bench stability
- Low user height for user comfort and security
- Solid frame made from 100 x 50 x 3mm oval steel
- Wheels for portability
- Silver frame with black, blue or red upholstery
- Tapered backrest provides optimal user support
- Warranty 12 months frame and 90 days upholstery
- **Height** 53cm, **Length** 152cm, **Depth** 68cm
- **Weight** 38kg
- Warranty 12 months frames and 90 days upholstery

JT-2055S



## Vertical Knee Raise/Dip

### Product Information

- Warranty 12 months frame and 90 days upholstery
- **Height** 211cm, **Length** 158cm, **Depth** 106cm,
- **Weight** 86kg

JTSB-78





## A. Olympic Flat Bench

### Product Information

- Designed for use with 7 ft bars
- Adjustable safety stops on all the Olympic benches for user safety
- Choice of silver or white frames and black, blue or red upholstery
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Warranty 12 months frame and 90 days upholstery
- **Height** 98cm, **Length** 203cm, **Depth** 125cm,
- **Weight** 70kg

JTSB-42



## B. Olympic Incline Bench

### Product Information

- Designed for use with 7 ft bars
- Adjustable safety stops on all the Olympic benches for user safety
- Choice of silver or white frames and black, blue or red upholstery
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Warranty 12 months frame and 90 days upholstery
- **Height** 123cm, **Length** 173cm, **Depth** 125cm,
- **Weight** 83kg

JTSB-43



## C. Olympic Decline Bench

### Product Information

- Designed for use with 7 ft bars
- Adjustable safety stops on all the Olympic benches for user safety
- Choice of silver or white frames and black, blue or red upholstery
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Warranty 12 months frame and 90 days upholstery
- **Height** 110cm, **Length** 218cm, **Depth** 125cm
- **Weight** 75kg

JTSB-44

## Power Rack

Ultra versatile commercial Olympic Power Rack with a host of in built features for dynamic strength workouts.

### Product Information

- Core plate/land mine functional trainer built in
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Removable dipping bars (not shown)
- 6 Integrated band training loops for progressive resistance (top and bottom)
- Oval steel frame (100 x 50mm)
- More working room than comparable Power racks.
- Industry leading price due to our lean manufacturing processes
- Quick release safety bars are for easy height adjustment (Urethane covered to prevent damage)
- 11 bar racking height adjustments
- Large internal training area (925mm)
- 8 Integrated weight storage bars (50mm)
- 2 steps for easy chin bar access
- Chin bars (30mm grip) – narrow & wide with non slip grips
- Alloy chin bar grip end to prevents handgrips slippage
- Open back design for better visibility
- 50mm grip upper bar for upper body stretching
- Rubber covered feet for greater stability
- Oval steel design upper bars are ideal for attaching body weight suspension systems – Milokit, Jungle Gym XT & TRX.
- Colour: Graphite metallic
- **Height 2445mm, Length 1290mm, Depth 1680mm**

JTPR



Chin bars (30mm grip) – narrow & wide with non slip grips

Quick release safety bars are for easy height adjustment (Urethane covered to prevent damage)

2 steps for easy chin bar access

Core plate/land mine functional trainer built in

Oval steel design upper bars are ideal for attaching body weight suspension systems – Milokit, Jungle Gym XT & TRX.

6 Integrated band training loops for progressive resistance (top and bottom)



## Smith Machine Counter Balanced

---

### Product Information

- 7 degree angle for natural lifting path
- Enclosed linear bearings for smooth movement
- Counter balanced bar with a 3kg start weight to accommodate beginners and experts alike.
- Open walk-in frame for easy bench placement
- Fully enclosed counter balanced weights eliminates guards that are easily damaged
- 15 Indexed bar positions and safety stops for accurate and safe exercise prescription
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- **Height** 2260mm, **Length** 1470mm, **Depth** 2130mm
- **Weight** 211kg

### Great For:

- Lifting heavier loads than a freeweights bench. Because less balance and stability are required, more load can be applied to the agonists (or prime mover muscles).
- Use with beginners, since the bar will always be horizontal (no chance of the discs falling off one side).
- Learning the basic techniques before progressing to more challenging freeweight exercises like the Barbell Bench Press.

JT-9947



## Dual Adjustable Pulley

### Product Information

- 100kg weight stacks x 2
- Chin Bar with multi width grips
- Comes complete with 9 cable attachments
- 18 indexed pulley height positions per column
- Steel frame (100mmx 50mm)
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour - Graphite metallic
- **Height** 2320mm, **Length** 1620mm, **Depth** 1500mm
- **Weight** 402kg

### Great for:

- Working the body in a functional, standing position with many upper body, core and lower body exercises.
- A huge range of transverse plane, rotational exercises like the russian twist, woodchop, reverse woodchop and judo throw.
- Use with the Jordan Attachment Vest

JTDAP





## Smith Machine / Power Rack

### Product Information

- "Twist & lock" bar allows full movement without the need of a spotter
- Full function power rack
- Four pin Olympic discs storage system holds over 500kg
- Steel frame (100 x 50mm)
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Graphite metallic
- **Height** 2200mm, **Length** 2150mm, **Depth** 2140mm
- **Weight** 220kg

### Great for:

- Training the upper body with traditional exercises like the bench press, seated shoulder press, shrugs and bent over row, either as a freeweight or on a fixed plane
- Training the lower body with exercises like the squat, lunge or deadlift
- Unusual exercises like the single arm barbell shrug or suitcase deadlift
- Performing pull ups and supine pull ups

JTSPR





Jordan®

Functional Fitness Specialists

JORDAN

jump

jump

jump

6

5

4

3

2

1

# FITNESS FLOORING

Product		Aerobic	Fitness	Tatami	Stretch	Free Weight	High Performance
Activity	Aerobic group strength	••••	•••••	•	•	•	•••••
	Strength cardio machines	•••	•••••	•	•	••••	•••••
	Group cycling	•••	•••••	•	•	••••	•••••
	Free-weights	••	•••	•	•	•••••	••••
	Stretch / yoga	•••	•••	••••	•••••	•	•
	Martial arts	•	•	•••••	••••	•	•
		Recommended				Not recommended	
		•••••	••••	•••	••	•	

Easy-Lock Aerobic is a professional sports floor which has been developed for use in aerobic halls, home gyms, multipurpose sports halls, indoor cycling areas etc.

This floor has become an essential piece of equipment as it is an attractive, practical and hygienic addition to any sports environment.

## Easy-Lock Aerobic Flooring

### Product Information

- Modern design
- Fast installation
- Wide range of colours
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints

### Technical specification:

- **Material** EVA
- **Dimensions** 100 x 100 cm
- **Thickness** 10 mm
- **Density** 320kg/m<sup>3</sup>
- **Hardness** 75°
- **Weight** 2.8 kg



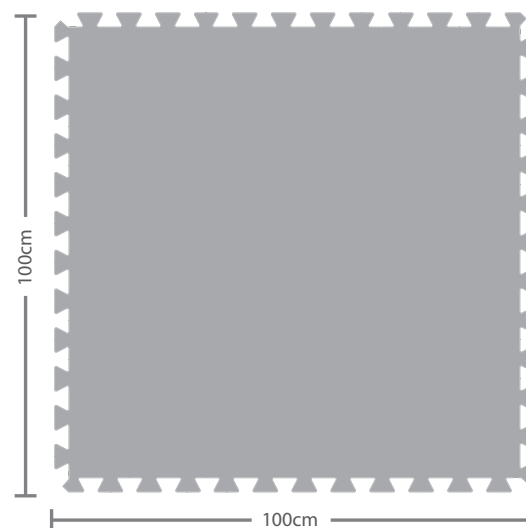
### Colour options

Actual floor colours may vary slightly from the colours shown below. Please call for a free sample.

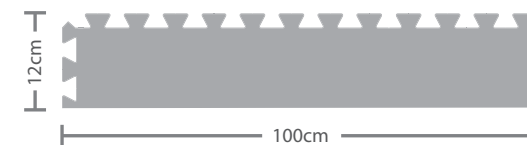


### JLELA

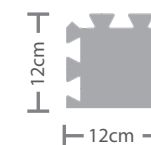
#### Tile



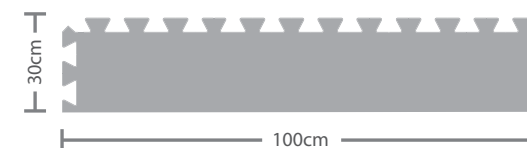
#### Straight Edge



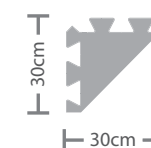
#### Corner



#### Ramp Edge



#### Ramp Corner





Easy-Lock Fitness is a professional sport floor which has been developed for commercial gyms in their Fitness, Cardio and free weight areas.

This floor is very popular because of its versatility and durability. Easy-Lock Fitness flooring is an attractive and hygienic addition to any fitness environment.

## Easy-Lock Fitness Flooring

### Product Information

- Modern design
- Fast installation
- Choice of colours
- Easy maintenance
- Easy repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints
- Suitable for kettlebell training zones.

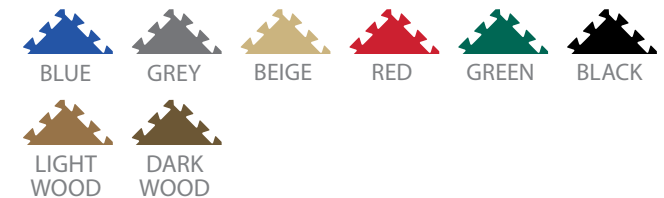
### Technical specification:

- **Material** EVA
- **Dimensions** 100 x 100 cm
- **Thickness** 15 mm
- **Density** 320kg/m<sup>3</sup>
- **Hardness** 75°
- **Weight** 3.9 kg



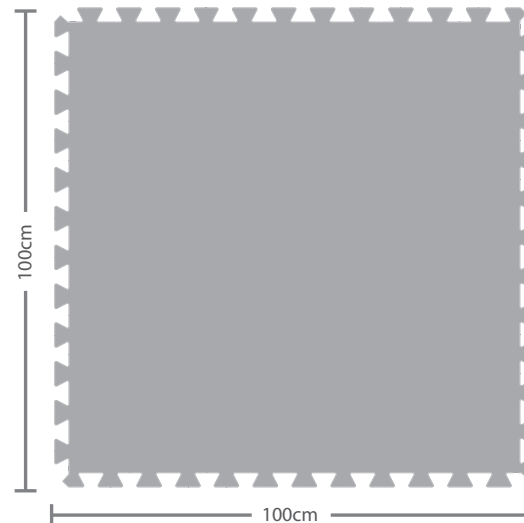
### Colour options

Actual floor colours may vary slightly from the colours shown below. Please call for a free sample.

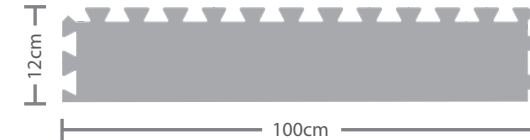


JLELF

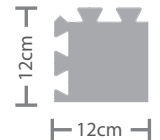
Tile



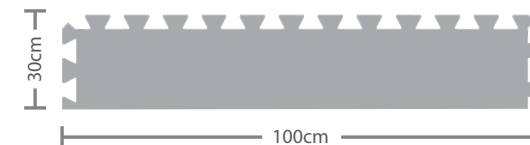
Straight Edge



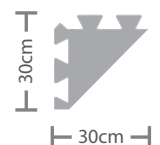
Corner



Ramp Edge



Ramp Corner



Easy-Lock Tatami is the professional flooring that has been developed for the Martial Arts world. This flooring is also suitable for yoga, rehabilitation and childrens play areas.

Easy-Lock Tatami features shockabsorbing Air Care System offering maximum protection for feet and joints. EVA material used is highly durable and will last 5x longer than Tatami from Polyurethane. Easy-Lock Tatami is supplied 2cm thick and has a specific stronger lock in the middle for longer service. This floor is designed for use without shoes.

## Easy-Lock Tatami Flooring

### Product Information

- Modern design
- Fast installation, easy to move
- Easy maintenance, fast repairs
- High durability
- Air Care System helps minimise impact on joints

### Technical specification:

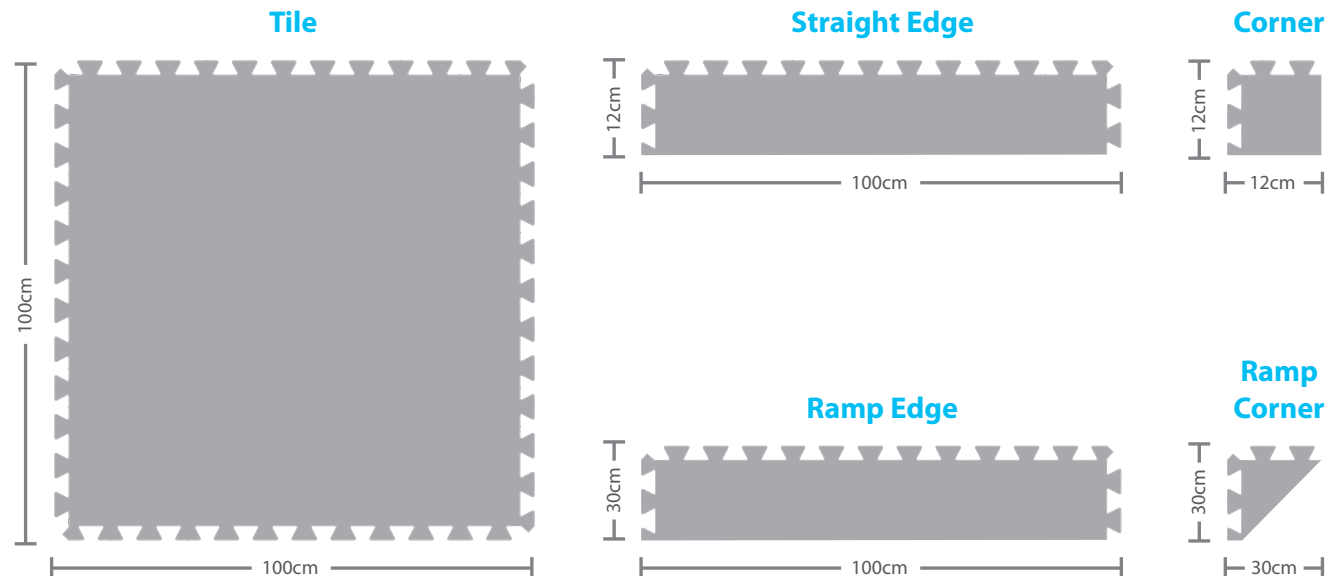
- **Material** EVA
- **Dimensions** 100 x 100 cm
- **Thickness** 15mm / 20 mm / 30 mm
- **Density** 160kg/m<sup>3</sup>
- **Hardness** 55°
- **Weight** 2.8 kg

JLELT2



### Colour options

Actual floor colours may vary slightly from the colours shown below. Please call for a free sample.



'Easy-Lock Stretch flooring is a professional flooring that has been especially designed for stretch areas and can also be used for other floor activities such as pilates and yoga. The texture and density of this flooring is designed to provide the level of comfort and support that this type of exercise requires.'

Easy-Lock Stretch is supplied 2cm thick and has a specific stronger lock in the middle for longer service. This floor is designed for use without shoes.

## Easy-Lock Stretch Flooring

### Product Information

- Modern design
- Fast installation, easy to move
- Easy maintenance, fast repairs
- High durability
- Air Care System helps minimise impact on joints

### Technical specification:

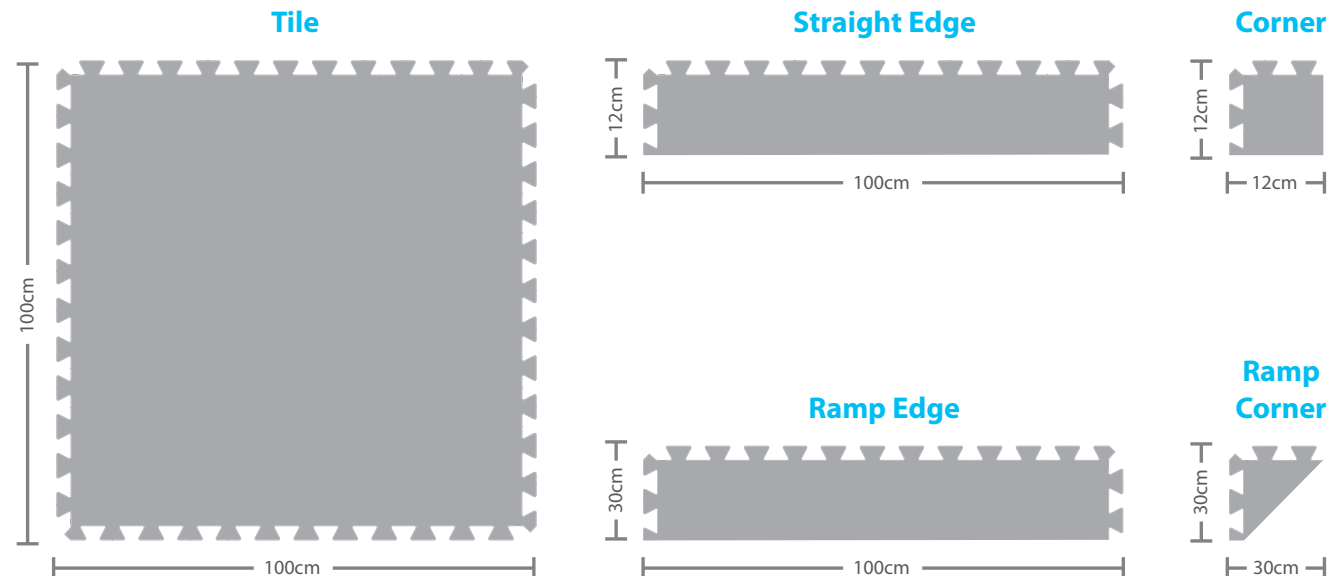
- **Material** EVA
- **Dimensions** 100 x 100 cm
- **Thickness** 20 mm
- **Density** 160kg/m<sup>3</sup>
- **Hardness** 55°
- **Weight** 2.8 kg

JLELT2



### Colour options

Actual floor colours may vary slightly from the colours shown below. Please call for a free sample.



Bi-Density flooring which combines the best features of EVA and rubber. Its surface is highly resistant to all types of marks from heavy machinery, knocks from weights, heels, furniture and so forth, and its base also offers shock absorption properties, while at the same time reducing vibrations and noise.

This floor is highly resistant and comes in a wide variety of finishes, offering us a whole range of application possibilities for any type of room, whether machinery, weights, indoor cycling, indoor walking... as well as for heavy use areas.

## Easy-Lock High Performance Flooring

### Product Information

- Fast installation
- Easy maintenance
- Easy repairs
- Easy to move
- High durability
- Reduces noise and vibration
- Cushioned surface for free weight areas, gymnasiums and other sports facilities.
- Suitable for kettlebell training zones.
- Suitable for rubber dumbbells up to 37.5kg

### Technical specification:

- **Material** EVA
- **Dimensions** 75 x 75cm
- **Thickness** 7mm
- **Density** 800kg/m<sup>3</sup>
- **Hardness** 90°
- **Weight** 5.2kg

JLELHP

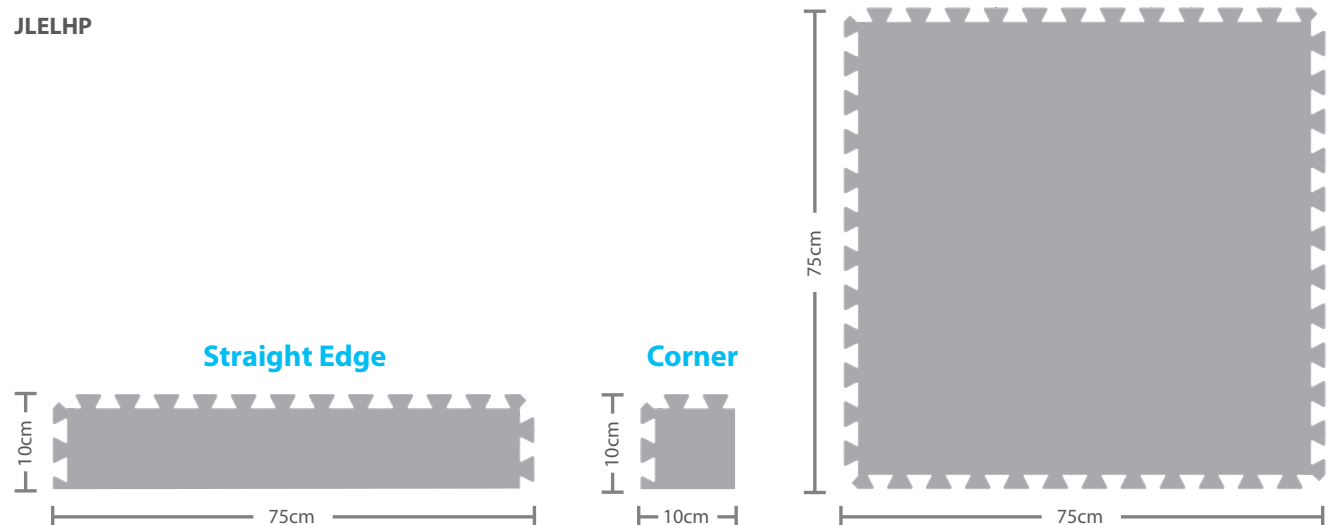


### Colour options

Actual floor colours may vary slightly from the colours shown below. Please call for a free sample.



### Tile





Any of the flooring tiles featured on previous pages (excluding free-weight tiles) can be customised or personalised to customer's specifications. Logos and functional markings can be added to the tiles... bringing that special unique touch to gyms and fitness facilities.

#### Functional Flooring

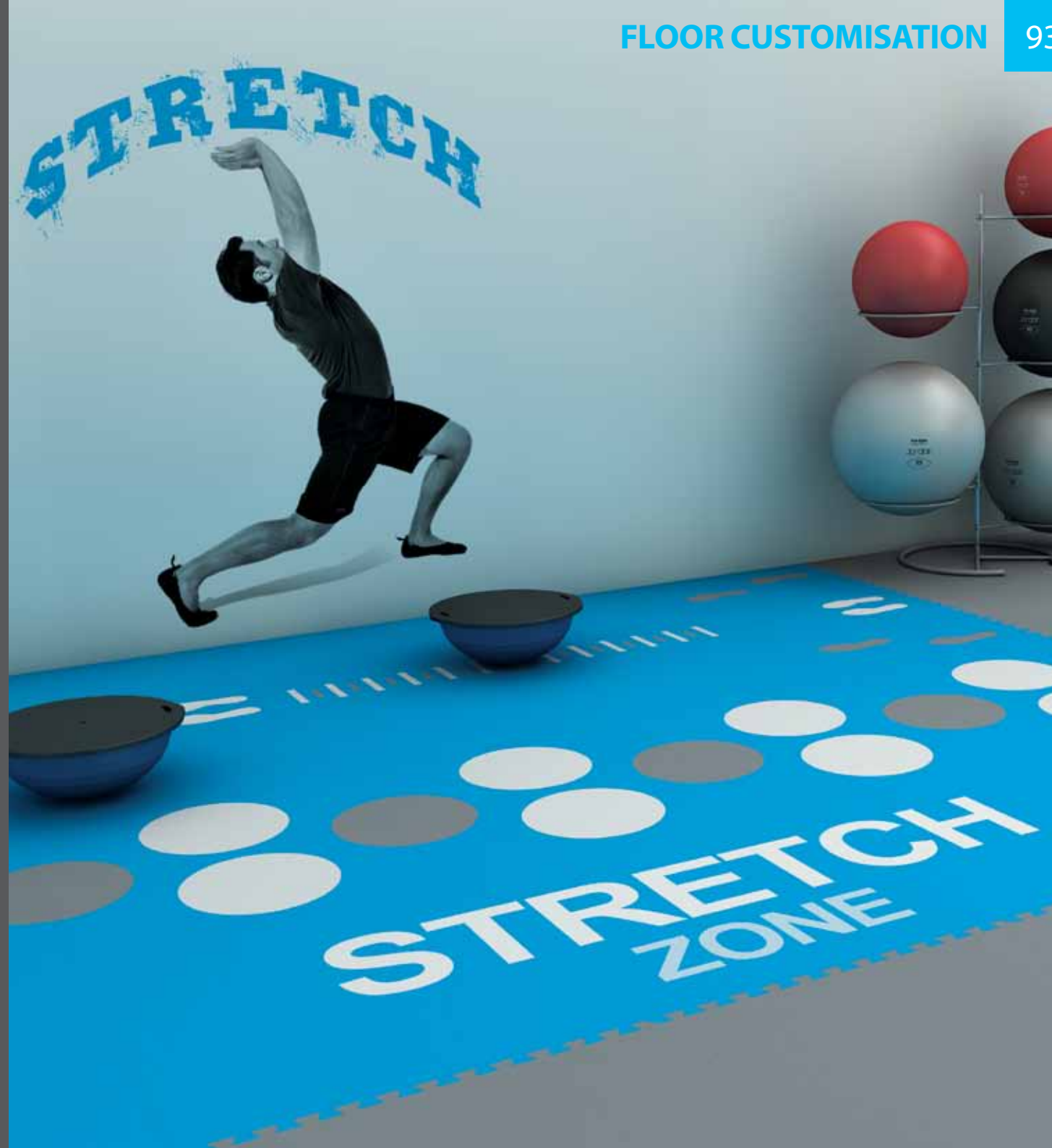
More and more health clubs and gyms are adding functional training areas to increase personal training, to allow for more and varied group training sessions and to promote unsupervised use of the functional training equipment.

As well as having a varied selection of functional training equipment, such as medicine balls, Powerbags, suspension systems, combat gear and freeweights, the use of customized flooring can increase the potential of this area.

#### Customised Flooring Can:

- Highlight dedicate areas for purpose, such as stretching, unstable training or medicine ball rebounder work.
- Allow for fitness testing – such as broad jumps and Hexagon Jumps, as well as single leg multi-planar stability with a compass marking.
- Maintain a clear area for sled work, plyometric training or sprints.
- Replace physical markers, such as cones, when performing speed and agility drills.
- Be used for a variety of functional training games – popular with both adults and children.

Whether you want your functional flooring to highlight dedicated training areas or to add colour, energy and interest to your functional training zone – our team can work with you so you get exactly the look and outcome you are searching for.



Easy-Lock Sports Mats are popular in the world of aerobics and fitness. They have become an essential piece of equipment for people in gyms as well as for kids, physiotherapy and rehabilitation. They are suitable for any exercise performed on the floor.

For practical and hygienic storage we can also supply Easy-Lock Hangers. One Hanger will hold up to 10 Easy-Lock Sports Mats.

## Sports Mats

### Product Information

- Modern design
- Fast installation
- Wide range of colours
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints

### Technical specification:

- **Material** EVA
- **Dimensions** 160 x 60cm
- **Thickness** 9mm / 19mm
- **Density** 100kg/m<sup>3</sup>
- **Hardness** 35°
- **Weight** 0.9kg / 1.8kg

<b>JLSM9B</b>	9mm Blue
<b>JLSM9-BK</b>	9mm Black
<b>JLSM9G</b>	9mm Grey

<b>JLSM19B</b>	19mm Blue
<b>JLSM19BK</b>	19mm Black
<b>JLSM19G</b>	19mm Grey



### Colour options

Actual floor colours may vary slightly from the colours shown below. Please call for a free sample.

### Stock Colours



BLUE GREY BLACK

### Other colours available



BROWN ORANGE RED GREEN VIOLET



## Sports Mats Rack

### Product Information

- Holds up to 70 x 9mm mats
- Stylish yet affordable storage systems for sports mats
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour silver
- **Height** 1820mm, **Length** 720mm, **Depth** 1020mm

JTSMR



## Sports Mats Hanger

### Product Information

- Cost effective way of storing sports mats
- Holds up to 10 x 19mm mats or 20 x 9mm mats

JLSMH



## 40mm Multi Purpose Stretch Mats (with non slip base)

### Product Information

- Easy wipe clean vinyl surface
- Ideal for martial arts - tae kwon do, judo, karate, etc
- Size meets international judo standards
- Slip resistance textured surface
- Colour Red
- **Dimensions** 2000mm x 1000mm
- **Thickness** 40mm

JTMPSM-04R



**Lifeline<sup>®</sup>**usa





# LIFELINE® USA

*"I'm delighted to have LifelineUSA partnered with Jordan Fitness. Our two companies personify dedication to quality and innovation, and together we'll bring revolutionary new training tools to the European market. It's a fantastic pairing."*

*Bobby 'Sugar' Hinds, Owner & Founder*

The Jungle Gym XT offers new and enhanced features and design aesthetics to what is arguably the hottest category in fitness today!

Built for punishing commercial use, the Jungle Gym XT is very different from traditional suspension bodyweight trainers on the market today. Most notably, it features a 'split design', which allows users to quickly and easily adjust the forces on the body by changing the width of the system. From "V-shaped" suspension (found on traditional suspension trainers), to neutral suspension (found in Olympic rings) and now wide-angle suspension, the Jungle Gym XT offers new features and versatility unlike anything the category has seen before.

Additional features include: Easy-In Foot Cradle™ for hands free use, comfortable inline adjustment buckles, integrated cinch loop and non-scuff door attachments with Duro-Link™, ergonomic handles that are easy to wipe clean, workout poster and a 90 minute DVD with bonus workouts.

If you need to reach higher anchor points, add 8 feet to each side of your Jungle Gym XT to reach up to 16 feet with our Jungle Gym XT Strap Xtenders!





## Jungle Gym® XT

The next-generation in suspension training

### Product Information

#### SPLIT DESIGN DOES MORE

- Do traditional v-shaped moves
- Now do ring moves, dips and pullups
- Adjust to wide angle to change the force angles

#### EASY-IN FOOT CRADLES AND HANDLES

- Hands free and easy to get in and out of
- Durable, comfortable and easy to clean

#### INTEGRATED NON-SCUFF DOOR ANCHORS AND CINCH LOOPS

- Attach to doors, beams and poles
- Connect sides to throw over high anchor points

#### QUICK AND EASY LENGTH ADJUSTMENT

### Contents

- Two Industrial suspension straps (8 feet each)
- Two Integrated easy-wipe handles and Easy-In Foot Cradles™
- Two comfortable inline adjustment buckles
- Two Non-scuff door anchors
- Two Strap end adjustors
- One Duro-Link™
- One Instructional DVD with brochure
- One Large, full color workout wall chart

JLJG-XT



## Jungle Gym® XT Accessories

### Strap Extenders

- Add up to 8 feet to your Jungle Gym XT
- Cinches to beams and poles, or clip to carabiners
- 4-Layer cinch loop designed to grip rough surfaces
- Adjustable length for a custom-fit and professional install

### Contents

- Two industrial suspension straps (8 feet each)
- Two Dupont® Zytel™ cam buckles
- Two velcro excess strap-wraps
- One instructional brochure

### JL-JGXT-EXT



### XT Wall Mount

- Attach your XT to wall or ceiling studs
- Innovative, clean low-profile design
- 300lbs per mount
- Includes hardware and mounting instructions

JL-JGXT-WM



## Cables

Lifeline's cables are all made using Progressive Layering Technology™, so they feel better and last longer than common extruded fitness bands. The reviews say it all and it's true - Lifeline really makes great fitness bands (and handles)!

Use different bands for different exercises and ranges of motion - or move up to the next resistance level for added challenge and continued strength, endurance and performance gains.

It's also a good idea to replace your bands every 3 to 5 years, depending on use and wear - and with Lifeline's interchangeable system, it's easy! Feel the difference and try a Lifeline cable today!

## Handles (come in pairs)

The patented Exchange Handles are ergonomic and have loads of subtle cable saving and comfort adding features, but the most important is the cable pocket design. The 'pocket and channel' allows you to interchange any of the 10 resistances LifelineUSA offers.

Hold 1, 2 or 3 cables at the same time using the patented LifelineUSA Triple Grip Handle. The simple, patented design allows you to stack up to 300lbs on a pair of handles. Go from light resistance for shoulder movements to very heavy for squats and curls...just add or remove a couple bands.

Or try our basic handle, the Quik Fit Handle, which does a great job and brings added portability to your resistance band / cable system.

## Heavy-Duty Door Attachment

By simply closing it in any three hinge-door, you have a durable cable anchor that will allow you to do up to 10X more exercises / movements by eliminating the need for you to stand on the tubing. The new non-wear cable pocket saves you money by reducing wear and tear on your cables 11% over the standard model.







## Premium Fitness Cables

### Product Information

#### PROGRESSIVE VARIABLE RESISTANCE

- No inertia for high speed training
- Physiologically superior to weights for developing strength and cutting fat

- Dipped natural rubber

#### INTERCHANGEABLE DESIGN

- Choose your resistance
- Change / upgrade as needed
- Use up to 300 pounds

#### RESIST THOUSANDS OF MOVEMENTS

<b>JL-FCB-1E</b>	4.53kg	<span style="color: teal;">●</span> Teal
<b>JL-FCB-2E</b>	9.07kg	<span style="color: purple;">●</span> Purple
<b>JL-FCB-3E</b>	13.60kg	<span style="color: pink;">●</span> Pink
<b>JL-FCB-4E</b>	18.14kg	<span style="color: magenta;">●</span> Magenta
<b>JL-FCB-5E</b>	22.67kg	<span style="color: orange;">●</span> Orange
<b>JL-FCB-6E</b>	27.21kg	<span style="color: red;">●</span> Red
<b>JL-FCB-7E</b>	31.74kg	<span style="color: yellow;">●</span> Yellow
<b>JL-FCB-8E</b>	36.27kg	<span style="color: green;">●</span> Green
<b>JL-FCB-9E</b>	40.81kg	<span style="color: blue;">●</span> Blue
<b>JL-FCB-10E</b>	45.34kg	<span style="color: black;">●</span> Black

**1) SELECT YOUR CABLES**

## Triple Grip Handles

3x The Resistance / Fun



### Product Information

- Hold/swap up to 3 different cables at the same time
- Ergonomic and cable saving design
- Easy to keep clean

**JL-TGH**

## Exchange Handles

Elegant single-slotted handle



### Product Information

- Hold one cable at a time
- Interchange with all 10 cable sizes

**JL-XCH**

## Quik Fit Handle

Maximum portability



### Product Information

- Foam handles, if you prefer
- Collapsible design
- Interchange with all 10 cable sizes

**JL-QFH**

**2) SELECT YOUR HANDLES**



## Heavy-Duty Door Attachment

Essential must-have

### Product Information

- Do 10x as many exercises
- Holds up to 350 pounds

**JL-DOORANCHOR**



## TNT Cable System™ DVD

Learn how to really use your cables

### Product Information

- Get more strength and toning benefits out of your cables
- Learn full body cable movements
- Enjoy new workouts

**JL-DVD-TNT**

**3) COMPLETE YOUR KIT**

The Lifeline TNT Cable System is proven to be better than weights for developing size, strength and power, according to Kevin Pasquay, Performance Director at the Sports Science Center.

Work your arms and shoulders with uppercuts, bicep curls and frontal raises. Then, build your lower body strength with lunges and squat presses. Our door attachment and belt (sold separately) can expand your fitness routine with lunges, hamstring extensions, ab exercises, resistance running and more. Need to modify the intensity of your workouts? You can easily vary the number of cables used-or switch them out with a new set.

And now, get the new TNT DVD included for FREE when you buy a TNT System! The 90 minute DVD takes you through a comprehensive series of full-body functional movements and training progressions!



## TNT Cable System

Prepare to be amazed

### Product Information

120 POUNDS OF ADJUSTABLE RESISTANCE

- Comes with deluxe TNT DVD and door attachment
- Features triple grip handles

### Contents

- Three 5 ft. cables (40lbs. peak resistance each)
- Two 3-in-1 ergonomically designed Triple Grip handles
- One door attachment
- One instructional DVD with brochure by fitness expert Jon Hinds
- One cable exercises poster and door attachment insert (while supply lasts)

JL-TNTS-4

Lifeline Fitness Cables are built using Progressive Layering Technology™, so each cable has multiple layers that work together to add durability and provide extremely smooth cable feedback across even the widest ranges of motion!

Add to your cable, a pair of Exchange Handles and door attachment and you have an incredibly effective resistance training system!

The patented Exchange Handles are ergonomic and have loads of subtle cable saving and comfort adding features. The most important is the patented cable pocket design. The open channel allows you to swap cables with the same handle - and with 10 resistances offered, you'll never outgrow this incredibly effective fitness system!

Get started with an R3 or R4 cable and work your way up. For more advanced users, start with an R5 or R6 cable. As you advance, just pickup the next resistance cable and use it with the system you already have.



## Exchange Handle System™

Ready to go

### Product Information

EVERYTHING YOU NEED TO GET STARTED

- Cable, DVD and door attachment
- Features exchange handles

### Contents

- One 5 ft. cable (30lbs. peak resistance)
- Two exchange handles with hard grip rotators
- One door attachment
- One instructional DVD featuring fitness expert Jon Hinds
- One cable exercises poster and door attachment insert (while supply lasts)

JL-FCX-3





## Portable Gym®

Your fitness is in the bag

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### Product Information

ALL THE BENEFITS OF CABLES WITH MORE

- Lifting bar for bar exercises
- Cardio belt for speed training / treadmill workouts
- Carry bag for the road

JL-PG-4



Weighing in at just 1 1/2 pounds, the multi-function Train Station is perfect for taking your fitness routine on the road. Just loop over a nearby door and get to work on your back, shoulders, legs, core, arms, hips and more. Change the height of your cable anchor point in seconds. Set it high for downward movements, set it low for upward movements, or center it for presses and rows!

And like all Lifeline equipment, changing resistance is as easy as switching out the cables. Get on board with Train Station and start seeing results-anytime, anywhere.

The door mount works on any 3 hinge door - the wall mounted model will make the home gym equipment you own jealous. ...Fast, secure, full-body workouts anywhere. Get yours today, you'll be happy you did!



## Train Station™ System

The trainer's choice

### Product Information

- In-home setup in seconds
- Patented 2-way buckle for fast height adjustment
- Ankle attachment works legs
- Weighs just 3 pounds

**JL-TSDI-4** Door Mount (Includes R4 cables 18.14kg)

**JL-TSWI-4** Wall Mount (Includes R4 cables 18.14kg)

**JL-TSI-2E** Extra Set of 2 Cables (9.07kg) ●

**JL-TSI-3E** Extra Set of 2 Cables (13.60 kg) ●

**JL-TSI-4E** Extra Set of 2 Cables (18.14kg) ●

**JL-TSI-5E** Extra Set of 2 Cables (22.67kg) ●

**JL-TSI-6E** Extra Set of 2 Cables (27.21kg) ●



Designed based upon feedback from personal trainers and strength coaches, the Pullup Revolution Pro has been proven to increase pullup strength more than 70% in 60 days with regular usage. The Pullup Revolution Pro provides 125 pounds of adjustable power assistance, which enables health club goers and athletes alike to perform not only more reps - but also higher quality reps - of pullup and pushup exercises.

With a durable support strap and reinforced foot stirrup, the Pullup Revolution Pro is ideal for the punishing usage at health clubs and training facilities. The Pullup Revolution Pro installs quickly and easily - even on wider diameter pullup bars. It also includes a webbed belt for assisted pushup exercises, a train-the-trainer instructional DVD and a full-color wall poster illustrating beginner, intermediate and advanced pullup and pushup exercises.



## Pullup Revolution™ Pro

Club design, more features

### Product Information

#### ADD PUSHUP BELT

- Get assistance on challenging pushup varieties
- Focus on good technique and more reps

#### ADD BAR ADAPTER

- Attach to wider bar frames

#### ADD 25 POUNDS OF ADJUSTABLE ASSISTANCE

- Extra support for beginners and advanced moves

#### ADD LARGE WORKOUT POSTER

- Includes three full body workouts

### Contents

- One reinforced foot stirrup with patented 3-in-1 cable pocket
- Three 16" cables that provide 125 pounds of peak assistance
- One high-density bar attachment with steel buckle
- One bar adaptor to fit wider diameter pullup bars
- One pushup assistance belt
- One train-the-trainer DVD featuring fitness expert Jon Hinds
- One 24" x 36" full-color wall poster highlighting beginner, intermediate and advanced exercises

JL-PUR-i

If you've got a pullup bar, you can build lean muscle like never before.

The Pullup Revolution maximizes the effectiveness of every minute you spend on the bar. The exclusive design lets you dial in up to 100 lbs of power assistance, so you get just the right amount of support whether you're doing traditional pullups or any of the new advanced exercises the Pullup Revolution allows you to do. The Pullup Revolution opens up an exciting new world full of the most extreme tricks and bar exercises ever conceived.

The FREE workout DVD will take you from any starting level to "above and beyond the bar" in just minutes a day!



## Pullup Revolution™

Do more with your pullup bar

### Product Information

#### ADJUSTABLE ASSISTED PULLUPS

- 100 pounds of adjustable assistance
- Do more reps for a better workout
- Focus on good technique

#### ADVANCED BAR EXERCISES

- Work more muscles
- Do fun and challenging new moves

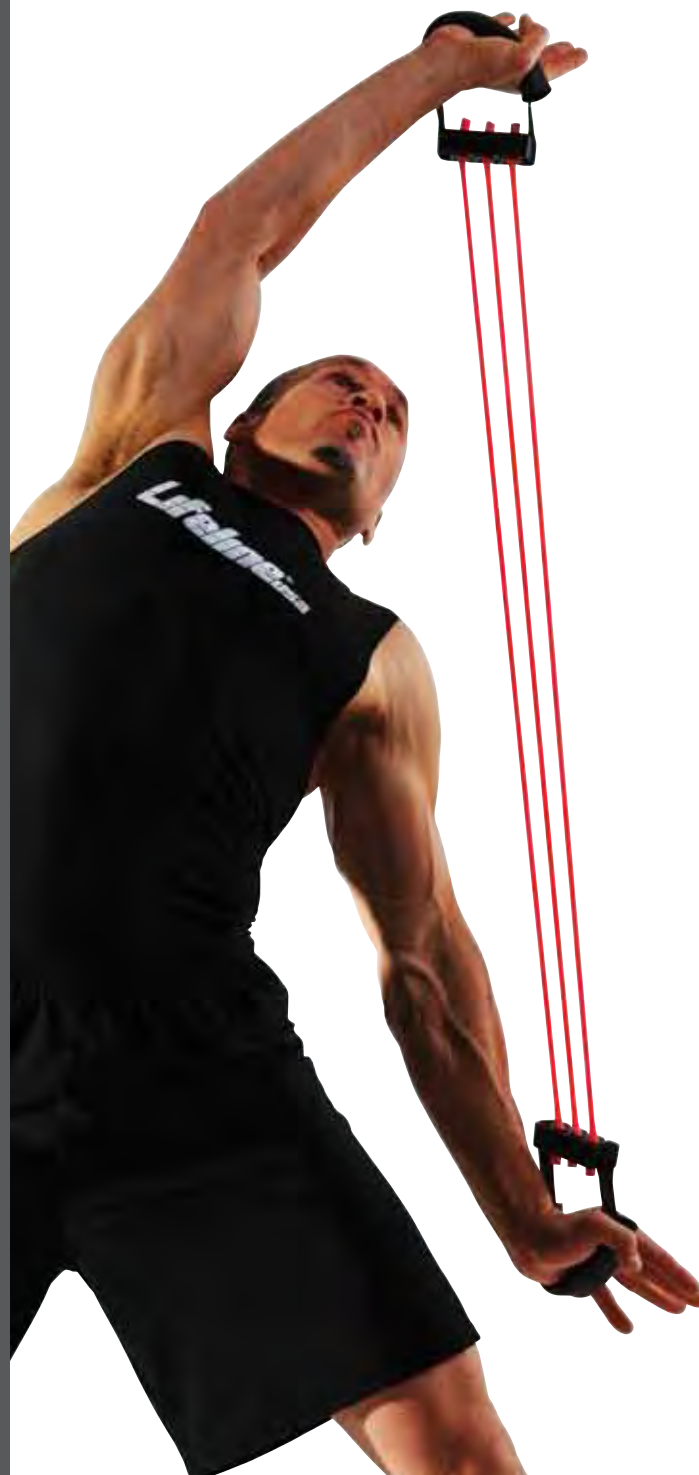
### Contents

- Three 16 inch cables (60lbs. peak resistance each)
- One foot stirrup with patented 3-in-1 cable pocket
- One high-density support strap with steel buckle
- One bar attachment strap with buckle
- One instructional DVD with brochure by fitness expert Jon Hinds

JL-PUR

Sculpt your chest like never before with the Lifeline Chest Expander.

Overhead downward pulls, lateral raises, military presses and more will provide your chest, back and shoulders with a workout that delivers results. And the Chest Expander does it without having to invest in expensive, bulky equipment. Need to modify the intensity of your workouts? You can easily vary the number of Lifeline cables used, and the flexible, space-saving handles make it easy to workout when you're away from home.



## Chest Expander™

Classic favorite

### Product Information

- Build superior power and strength
- Load up with up to 270 pounds of resistance
- DVD features new full body movements

**JL-CX-3** Chest Expander (Includes R3 cables 13.6kg)

**JL-CX-1E** Extra Set of 3 Cables (4.53kg) ●

**JL-CX-2E** Extra Set of 3 Cables (9.07kg) ●

**JL-CX-3E** Extra Set of 3 Cables (13.6kg) ●

**JL-CX-4E** Extra Set of 3 Cables (18.14kg) ●

**JL-CX-5E** Extra Set of 3 Cables (22.67kg) ●

**JL-CX-6E** Extra Set of 3 Cables (27.21kg) ●

**JL-CX-7E** Extra Set of 3 Cables (31.74kg) ●

**JL-CX-8E** Extra Set of 3 Cables (36.27kg) ●

**JL-CX-9E** Extra Set of 3 Cables (45.34kg) ●



If you think push-ups and dips are effective, wait until you try them with the added intensity of the Power Pushup. With a total of six cable pockets, it offers the flexibility to adjust your resistance anywhere between 60 and 240 lbs, making it appropriate for all fitness levels. In addition to traditional push-ups and dips, the Power Pushup can be used to add intensity to lunges, arm rows, rear deltoid flies and much, much more.

This is precisely why professional athletes in virtually every sport have adopted functional training techniques and now you can too.

The grid of Lifeline's patented cable pockets on the padded back strap let you build up to the serious resistances and develop real power.



## Power Pushup™

Inverted bench press

### Product Information

- Total body engagement
- 20 ounces light for portability
- Adjustable from 80-240 pounds plus
- Add or remove bands to liking

**JL-PPU3-3** Power Pushup (Includes R3 cables 13.6kg)

**JL-PPU2-2E** Extra Set of 6 Cables (9.07kg)

**JL-PPU2-3E** Extra Set of 6 Cables (13.6kg)

**JL-PPU2-4E** Extra Set of 6 Cables (18.14kg)

**JL-PPU2-6E** Extra Set of 6 Cables (27.21kg)

**JL-PPU2-8E** Extra Set of 6 Cables (36.27kg)



A strong core not only helps improve power and balance, it can also help decrease the likelihood of injuries. And nothing looks better than a strong, lean mid-section. The Lifeline Power Wheel delivers a series of intense exercises that challenge your abs, obliques, back, hips and glutes. You'll even see (and feel) the effects on your chest, arms, hamstrings and calves. With exercise options that vary from mild to downright wild, this is the perfect piece of equipment for all fitness levels.

The Lifeline® Power Wheel was determined to be "The Best Core Trainer in the World" by an independent research study done at the University of California Berkeley... Read the study.

**"THE BEST CORE TRAINER IN THE WORLD"**

INDEPENDENT RESEARCH BY UNIVERSITY OF CALIFORNIA BERKELEY





## Power Wheel™

Most effective core trainer

### Product Information

- UC Berkeley Study proves it
- 14 inch wheel challenges the core in all planes of motion
- Used with hands and feet, both indoors and out

### Contents

- One heavy-duty wheel with adjustable toe/heel fasteners
- One instruction DVD for advanced workouts by fitness expert Jon Hinds

JL-PW-2C



Whether you're looking to increase your vertical jump or gain speed, agility and power, the Portable Power Jumper is a great tool. The Power Jumper is unlike any other platform or weight-based jump trainers because it doesn't increase strain and damage to your knees, and it is portable - allowing you to train anywhere and incorporate agility and hand-eye drills into your training program.

In Monkey Bar Gym's summer basketball training camps, the Portable Power Jumper and "2-1-None" drill add an average of 8" to participants vertical jump and 12" to their broad jump. These results are unprecedented, easily duplicated and utilize a very simple program. (DVD included.)



## Portable Power Jumper™

The ultimate jump trainer

### Product Information

- Avg. vertical jump increase is 10 inches in 90 days
- Avg. broad jump increase is 12 inches in 90 days
- Use during live drills - indoor and out
- Heavy full body resistance while promoting safe landings

### Contents

- Two 5 ft. cables (40lbs. peak resistance each) with padding
- Two foot stirrups with 3-in-1 cable pockets
- One instructional DVD with brochure by fitness expert Jon Hinds

**JL-PPJ-4** Portable Power Jumper (Includes R4 cables 18.14kg)

**JL-PPJ-4E** Extra Cable with Foam (18.14kg) ●

**JL-PPJ-6E** Extra Cable with Foam (27.21kg) ●

**JL-PPJ-8E** Extra Cable with Foam (36.27kg) ●



The Lifeline Vertical Jumper is designed for those serious about towering over their competition. It works the same way the Portable Power Jumper does, only it doesn't resist the upper body and spine. We recommend the Vertical Jumper for people who have had any back or neck injury because it isolates your lower body.

Quickly go from 40lbs to 200lbs of knee saving resistance for more power, distance and height.

The Portable Power Jumper is the full body version that works your core and back at the same time. Use it with a jump rope and your cardio, strength training and jump training can all happen at the same time.



## Vertical Jumper

Just lower-body

### Product Information

- Load up lower body with even more force
- Can be used longer than the Portable Power Jumper

### Contents

- Six 12 inch cables (60lbs. peak resistance each)
- One adjustable belt with two 3-in-1 cable pockets
- Two foot stirrups with 3-in-1 cable pockets
- One instructional brochure

JL-VJ-4 R4 Vertical Jumper (18.14kg)

JL-VJ-6 R6 Vertical Jumper (27.21kg)

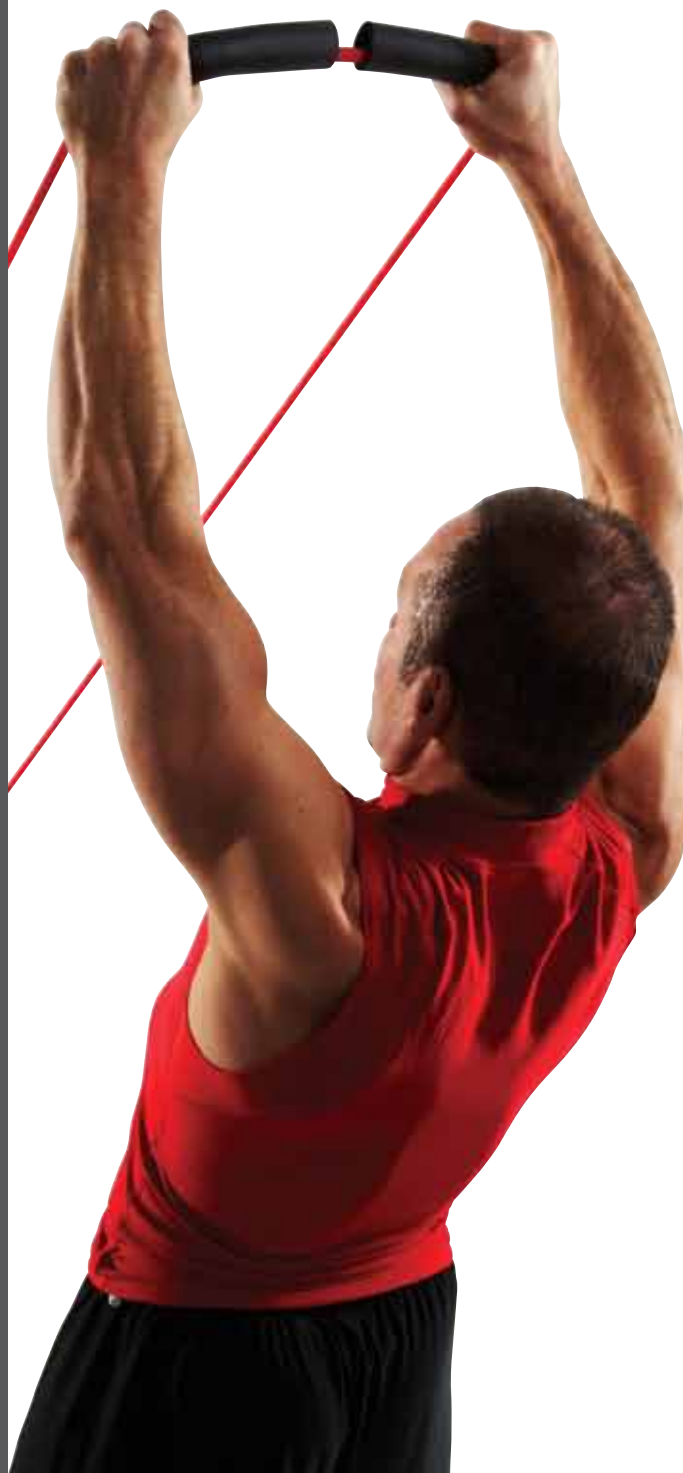
JL-VJ-4E Extra Set of Cables (18.14kg) ●

JL-VJ-6E Extra Set of Cables (27.21kg) ●



The Lifeline C-Band is perfect for those looking to improve functional strength and balance. It works on all three planes of motion available to the body and is a great training tool for individual or team use.

The C-Band is also a great team building and cooperation / communication encouraging tool...you'll feel it when you're out of sink, which makes correction and tuning into your teammates movements easier. Coaches and trainers report all kinds of creative uses and benefits of this simple yet effective training product.



## C-Band

Team training

### Product Information

- Interactive, team building training tool
- Multiple users add dynamic twist to cable workouts
- Variable force curves enhance stabilization and balance work

### Contents

- One 12.5' circular resistance cable
- Four foam cushioned grips
- One door attachment
- One instruction DVD by fitness expert Jon Hinds

**JL-CB-3** R3 C-Band (13.6kg) ●

**JL-CB-5** R5 C-Band (22.67kg) ●

**JL-CB-7** R7 C-Band ( 31.74kg) ●



## Power Jump Rope

### Product Information

- Great, classic training tool for beginners and pros alike
- 10 minutes of jumping equals 30 minutes of jogging
- Comprehensive step-by-step jump rope book by Bobby Hinds, the "Jump Rope King"
- Adjustable length, fits all heights

### Description

More than just a jump rope, the Lifeline Power Jump Rope is the best full-body conditioner you could ask for. With new cushioned handles, this beaded rope is perfectly balanced for good arching action. The newest version of the Original Lifeline Jump Rope developed by jump rope expert Bobby Hinds is owned by five of the greatest jump rope artists in the world.

### Contents

- One 9' 6" beaded Power Rope
- Two foam cushioned handles
- Your Guide to Jump Rope Fitness workout book by Bobby Hinds

JL-PJR-S



## Heavy Weighted Speed Ropes™

### Product Information

- Ball bearing handles with perfectly weighted and balanced ropes
- Patented length adjustment feature works for all heights
- Half a pound difference in the rope makes a big difference
- Comprehensive step-by-step jump rope book by Bobby Hinds, the "Jump Rope King"

Includes caloric expenditure chart

### Description

If you're looking for a powerful and effective cardio workout, the Weighted Speed Rope is for you. The Heavy Speed Rope weighs .75 lbs. The Extra Heavy speed rope is a maximum safe weight of 1.25 pounds is all in the rope-not in the handles-making your workout comfortable and smooth. Professionally engineered, the Weighted Speed Rope features our new high-tech, ball bearing handles for smooth rotation. It's used and recommended by recognized fitness experts and was developed by jump rope expert Bobby Hinds, the "Jump Rope King". Take your fitness to new heights with the comprehensive jump rope book.

### Contents

- One 10 ft. Heavy or Extra-Heavy Weighted Speed Rope
- Two high-tech, ball bearing handles
- One Your Guide to Jump Rope Fitness workout book by Bobby Hinds

JL-WSR-H Heavy Weighted Speed Rope (340g) ●

JL-WSR-X Extra-Heavy weighted Speed Rope (567g) ●



Walking is a great low-impact exercise for all ages. But we think you should get more out of your walks. The Power Walk™ Pro burns calories and develops strength by providing multi-directional resistance.

### What does that mean?

Well, you'll burn up to 3X as many calories on the same walk while also shaping and toning your body. Plus, you'll improve your balance, coordination, muscle endurance, bone density and general wellness.

By engaging your upper body, your arms, back, shoulders and core muscles get switched on and start burning calories. It's the opposite of a hybrid car...you want to burn more fuel for less miles!

Our Power Walk™ Pro silver cables provide light variable resistance, peaking at about 6lbs (2.7kg) at the top of your arm swing. Our gold cables provide medium variable resistance, peaking at about 10lbs (4.5kg) at the top of your arm swing. We recommend starting with our silver cables because, for example, your left arm, shoulder and side will be resisted every other step you take and the reps add up fast!

Slip the durable elastic foot cuffs over your feet, grab the handles and walk as you normally do! You'll feel the difference within 5 minutes, get yours today!



## Power Walk™ Pro

Body shaping exercise

### Product Information

- Turn walking into a full body workout
- Maximizes your caloric expenditure
- Aerobic and anaerobic
- Perfect for indoor and outdoor use
- Interchangeable and adjustable cable length

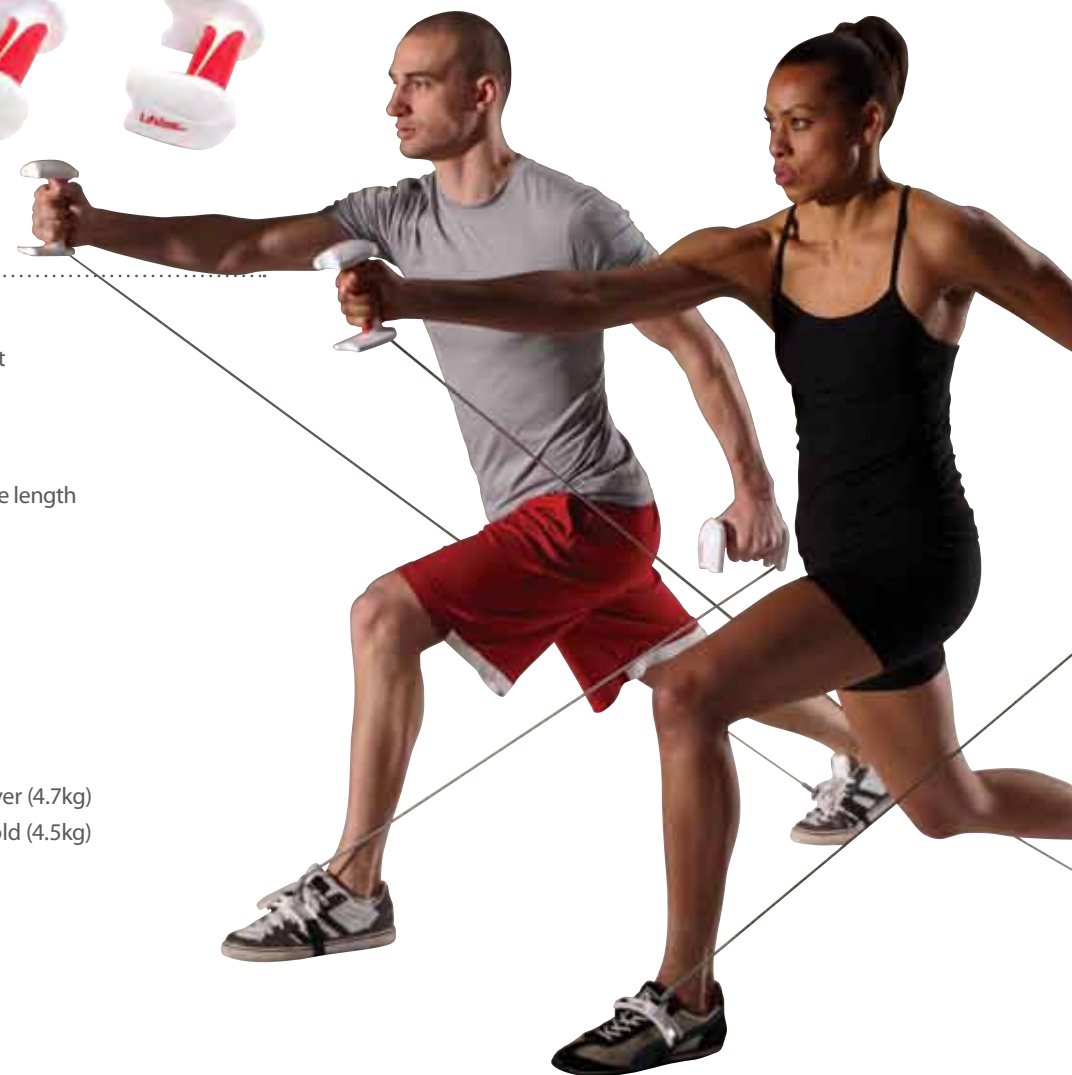
### Contents

- Two 2' silver resistance cables
- Two powerwalk™ pro handles
- Two foot straps
- One instruction manual and DVDs

**JL-SKW-SR** Power Walk Silver (4.7kg)

**JL-SKW-SE** Extra Set of 2 Cables - Silver (4.7kg)

**JL-SKW-GE** Extra Set of 2 Cables - Gold (4.5kg)





Sometimes, the simplest things are the best. Pull-ups are a classic way to gain definition in your arms, back and core using your own body weight as resistance. From pull-ups to hanging knee-ups, the Power Up Chin Up is a fast and effective way to sculpt and define. What's best, it weighs less than a pound, making it convenient to carry with you. Simply attach it to any door and you're ready to go.



## Power Up Chin Up™

Smallest chinup bar ever

### Product Information

- Throw it over a door
- Do upper body and core exercises anywhere

JL-PCU





## Monster Walk™

Speed, agility and balance

### Product Information

- Resists lateral movements
- Soft ankle cuffs grip comfortably, even when doing high-knees
- A staple ingredient in any speed training program

### Description

The Monster Walk uses progressive variable resistance to restrict you from using momentum. As a result, you will strengthen lower body and core muscles at their weakest point, increasing your overall speed and agility and reaction time. The Monster Walk is also a great way to warm up muscles to help reduce the chance of injury.

### Contents

- One 30 inch cable ring
- Two soft ankle cushions
- One instructional DVD with brochure by fitness expert Jon Hinds

**JL-LR3-3** R3 Monster Walk (13.6kg) ●

**JL-LR3-4** R4 Monster Walk (18.14kg) ●

**JL-LR3-5** R5 Monster Walk (22.67kg) ●



## Lateral Resistor 2

Need more resistance?

### Product Information

- Improve lateral, forward and reverse directional quickness
- Build more power, load it up with up to 180lbs
- Interchange different cables to achieve desired resistance

### Description

Learn to resist all types of lateral movements with the ultimate lateral speed and agility trainer. Lifeline's Lateral Resistor 2 is perfect for resisting defensive slides, quick feet drills, monster walks and all hip movements. It's 3-in-1 cable pocket can hold up to three interchangeable resistance cables for forces ranging from 30 to over 180 pounds. Be quick to get one today!

### Contents

- Three 9 inch cables (40lbs. peak resistance each)
- Two ankle cuffs with 3-in-1 cable pockets
- One instructional brochure

**JL-LR2-4** Lateral Resistor 2

**JL-LR2-3E** Extra Set of 3 Cables - R3 (13.6kg) ●

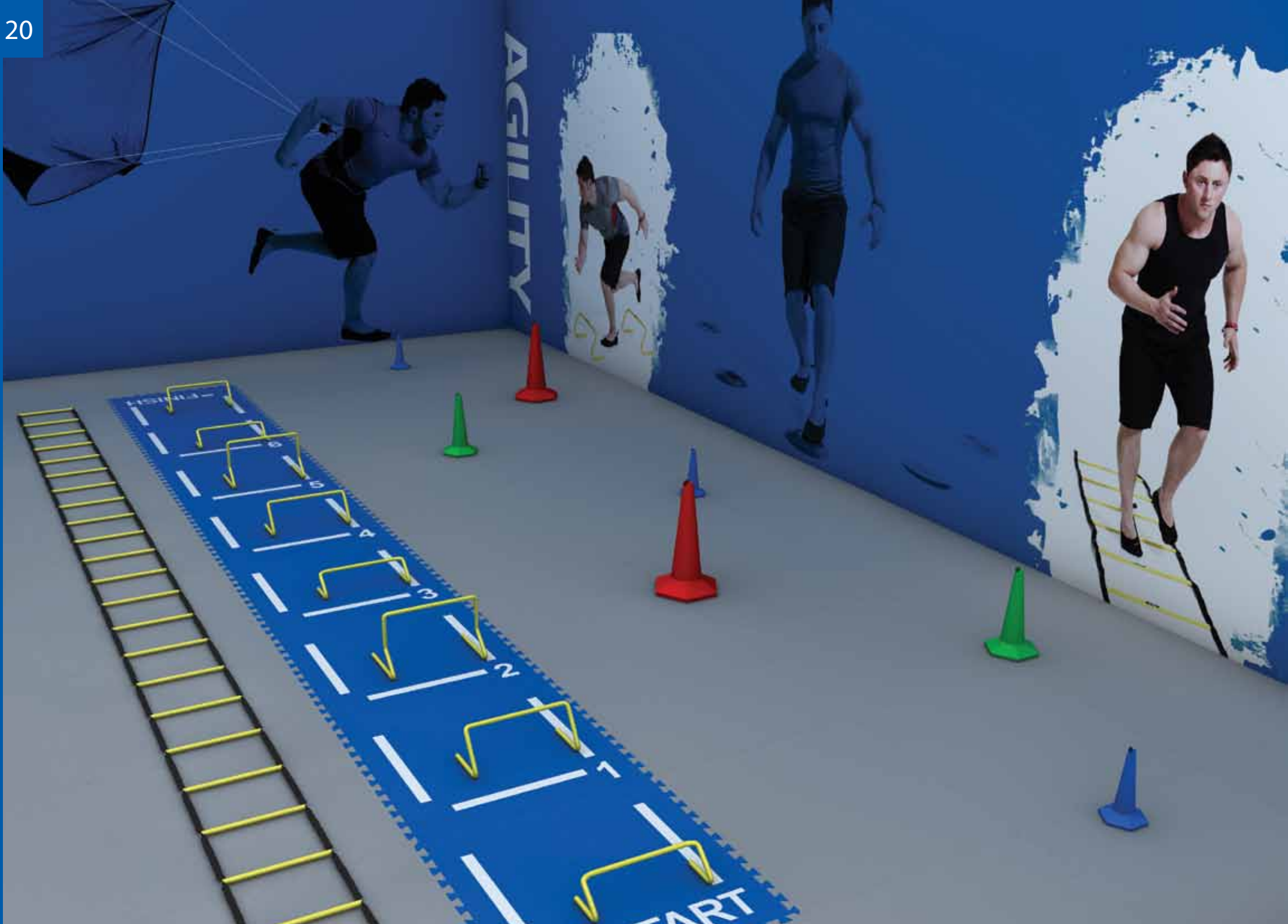
**JL-LR2-4E** Extra Set of 3 Cables - R4 (18.14kg) ●

**JL-LR2-5E** Extra Set of 3 Cables - R5 (22.67kg) ●

**JL-LR2-6E** Extra Set of 3 Cables - R6 (27.21kg) ●









# SPEED & AGILITY



*“The partnership between SAQ® International and Jordan Fitness is a natural progression for SAQ® to introduce its elite sports performance training and equipment into the health and fitness market.”*

*“Jordan Fitness provides a first class, premiership level of service, equipment and training. In elite sport you need partners; team mates that you can rely upon. Jordan Fitness ticks all the boxes. Together I see no reason why we can’t become the leaders in the sport, health and fitness industry.”*

*Alan Pearson, Managing Director of SAQ International*

## Professional Outdoor Fast Foot Ladder

### Product Information

- 5 rungs per section
- Sections are 230cm (7.5 feet) in length
- Available as 1-section or pack of 4 sections
- 2 Solid nylon connection clips at end of each section
- Rungs spaced 46cm (18 inches) apart
- Steel screw rung connectors
- Double stitched with anti-rot thread
- 4 section pack supplied with SAQ drawstring bag.

### Why you need

- Heaviest, most robust Fast Foot Ladder ever FULL SET WEIGHING 4 KILOS (1 KILO PER SECTION)
- Many of our customers still use the ladders they purchased after 7 years of continued use
- Rungs are screwed in place, not riveted, ensuring a long life
- Velcro at the end of each Fast Foot Ladder section
- Tough webbing side strips keep shape between rungs consistent
- Hard, weighted rungs for outdoor use on grass
- Brightly coloured for use in all lighting conditions
- Easy to clean, easy to arrange, easy to store
- Remains in position due to superior design
- Use with all population groups
- Suitable for participants wearing studded boots

JLS-OFFL

## Professional Indoor Fast Foot Ladder

### Product Information

- 5 rungs per single section
- Sections are 230cm (7.5 feet) in length
- Available as 1-section or pack of 4 sections
- Velcro connectors at end of each section
- Rungs spaced 46cm (18 inches) apart
- Double stitched with anti-rot thread
- 4 section pack supplied with SAQ drawstring bag.

### Why you need

- Rungs act as 'silent coach' encouraging correct foot placement
- Tough webbing side strips keep shape between rungs consistent
- Brightly coloured for use in all lighting conditions
- Easy to clean, easy to arrange, easy to store
- Remains in position due to superior design including weighted rungs
- Use with all population groups
- Soft, non-slip rungs for indoor/hard surfaces
- For participants wearing training shoes or barefooted
- Soft Velcro connectors between each section

JLS-IFFL



## Macro V Hurdle - 12"

### Product Information

- Brightly coloured, moulded PVC for a long life
- UV, Heat and extreme cold resistant
- Anti-shatter
- 30cm (12 inches) in height

### Why you need

- Great for small, low impact jumping
- Remain in position due to superior design and weight
- Maintains shape in all temperatures, even when stepped on
- Suitable for use on hard or soft surfaces
- Suitable for use indoors or outdoors
- Brightly coloured for use in all lighting conditions
- Easy to clean, easy to arrange
- Use with all population groups.

JLS-VH

## Micro V Hurdle - 7"

### Product Information

- Brightly coloured, moulded PVC for a long life
- UV, Heat and extreme cold resistant Anti-shatter
- 18cm (7 inches) in height

### Why you need

- Ideal height for knee raise and acceleration drills
- Remain in position due to superior design and weight
- Maintains shape in all temperatures, even when stepped on
- Suitable for use on hard or soft surfaces
- Suitable for use indoors or outdoors
- Brightly coloured for use in all lighting conditions
- Easy to clean, easy to arrange
- Use with all population groups

JLS-VHM

## Lateral/Infant V Hurdle - 4"

### Product Information

- Brightly coloured, moulded PVC for a long life
- 10cm (4 inches) in height
- Anti-shatter.

### Why you need

- Ideal height for infant knee raise drills
- Remain in position due to superior design and weight
- Maintains shape in all temperatures, even when stepped on
- Suitable for use on all hard or soft surfaces
- Suitable for use indoors or outdoors
- Brightly coloured for use in all lighting conditions
- Easy to clean, easy to arrange
- Ideal for rehabilitation work
- Use with all population groups

JLS-VHL





## Swivel Viper Belt™

### Product Information

- Additional strap with large stainless steel ring allowing for swivel/lateral movement
- Fully adjustable webbing waist belt with easy-release nylon clips
- Three, stainless steel resistance fastening points
- Pro Flexi-Cord™ featuring latex surgical tubing and elongation limiting safety governor
- Fixed resistance leash
- Anti-Shatter, nylon connection clips
- Large stainless steel cuff
- Anti-rot webbing and anti-rot twine.
- Wide, fully adjustable belt designed for resistance training
- Thick padding for maximum comfort and functionality
- Safe, Anti-Shatter connection clips featuring easy lock/release mechanism
- Unique locking safety strap
- Add more Pro Flexi-Cords™ to increase resistance and add variation
- Supplied with Pro Flexi-Cord™ and fixed resistance leash

**JLS-VB** Swivel Viper Belt (includes 1 Pro Flexi-cord)

**JLS-DVB** Swivel Viper Belt (includes 2 Pro Flexi-cords)



## Pro Flexi Cord™

### Product Information

- Tubing manufactured to SAQ exacting standards using surgical latex materials
- Safety sheath protects users from recoil in event of hose breakage
- Stainless steel carabiners at each end for easy connection to Viper Belt™ and other attachment points
- Max extension 2.5 times resting length (6.25 metres)
- Anti-Rot protective safety sleeve
- 2.5 metres in length.

### JLS-FC







## Side Stepper™

### Product Information

- Ankle cuffs connected by adjustable latex resistance cord.
- Improve multi-directional foot and leg speed, power and quickness.
- Innovative and uniquely adjustable to allow increase or decrease of resistance in a flash
- Ideal for the development of lateral and vertical explosive speed and acceleration
- Utilise in squad workouts, player physiotherapy, circuit training and recreational fitness training
- Delivers multi-positional resistance
- Incorporates patented Flexi-Cord™ resistance technology, only found in SAQ Equipment™
- Fully adjustable and padded ankle cuffs secure the Flexi-Cord™ between the ankles or knees.
- Pair of fully adjustable, padded ankle cuffs with Flexi-Cord™ and adjustable connection sockets
- Flexi-Cord™ features only latex surgical tubing
- Double stitched with anti-rot twine
- All weather attachment points

JLS-SS



## Quick Leg™

### Product Information

- Develop leg strength and knee drive to improve acceleration
- Resist and assist every stage of the knee drive and return movement
- Improve foot to ground contact for the development of 1st step explosion
- Stretch and strengthen muscles as well as isolate different muscle groups
- Incorporates Flexi-Cord™ resistance technology, only found in SAQ Equipment
- Connect to any fixed point with leash
- Fully adjustable ankle harnesses fit with ease and comfort around each ankle
- Provides light resistance for rehabilitation

### Specification

- Supplied with one Pro Flexi-Cord™ featuring latex surgical tubing and elongation limiting safety governor
- Double stitched, anti-rot twine
- Durable webbing attachment straps

JLS-QL



## Overspeed Tow Rope

### Product Information

- 30 metres of nylon cord on wide-diameter pulley reel.
- 2 Anti-rot, fully adjustable webbing waist belts with easy-release nylon clips.
- Stainless steel attachment points.

### Why you need

- Experience seemingly impossible sprinting speed and train the neuromuscular to better adapt.
- Durable nylon cord and training pulley system
- Easy to snap on and off with an easy to use, automatic release system
- Experience resisted and assisted running
- Achieve previously unattainable top speeds
- Encourage communication and teamwork amongst athletes.
- Guaranteed to make you run faster than ever!

JLS-TR



## Professional Punch-Kick-Swing Resistor™

### Product Information

- Fully adjustable, padded ankle/wrist cuff
- Pro Flexi-cord featuring latex surgical tubing and elongation limiting safety governor
- Stainless steel locking clip
- Leash provided for working with coach/trainer and/or for linking to any fixed position when using on your own
- Anti-rot webbing and twine

### Why you need

- Resist and assist every stage of punching, kicking and swinging
- Stretch and strengthen muscles as well as isolate different muscle groups
- Incorporates Flexicord resistance technology, only found in SAQ equipment
- Connect to any fixed point with leash
- Provides light resistance for rehabilitation

JLS-PKSR



## Speed Sprint Resistor™ Power Speed Resistor

### Product Information

- Fully adjustable webbing harness
- Thick felt padding to ensure a comfortable fit
- Generous length of leash for attachment to weighted resistance or partner
- Anti-Shatter, nylon connection clips
- Stainless steel attachment points
- Anti-rot webbing and anti-rot twine.

### Why you need

- Develops explosive sprint endurance
- Increases controlled patterns of running
- Takes away need for physical contact between individuals
- Affordable for mass use
- Produces instant feeling of explosive speed
- Improves balance and forward lean positioning
- Development of correct directional movement
- Develop strength and power
- Speed training

JLS-SR



## Breakaway Belt™

### Product Information

- Two waist belts connected by a choice of 3 Velcro straps of different lengths and colours
- The colour coded straps are for ease of identification of lengths and difficulty levels
- 3 x variable lengths of webbing connecting straps with Velcro attachments
- Double stitched with anti-rot thread
- SAQ drawstring bag.
- Choose longer strap lengths for beginners or shorter strap lengths for more competent movers
- Easy lock/release belt mechanism

### Why you need

- Waist belts connected by easy-rip lengths of webbing
- Improve co-operative skills and multi-directional random movement
- Simple to set-up and use for all manner of fun, challenging drills and games
- Unlimited variety of plyometric conditioning exercises for improved agility, dynamic balance and quickness.

JLS-BB



## Sonic Chute™, Power Speed Chute

### Product Information

- Lightweight nylon, ripstop Chute
- Rot-proof nylon cord
- Fully adjustable webbing belt
- Velcro 'rip-cord' incorporated
- 2 stainless steel anchor points

### Why you need

- Fantastic for sprint endurance, explosive re-acceleration, proprioception, balance and co-ordination
- Experience resisted running and 'in-run' acceleration
- Ideal for both aerobic and anaerobic threshold training
- Unique Velcro 'rip-cord' with easy grip handle to release the 'Chute mid-run
- Two anchor points to allow addition of further 'Chute resistance

JLS-SC





## VETS Sports Vision Goggles/ Glasses

### Product Information

- Robust black plastic
- Retracting arms
- Comfortable bridge design
- Adjustable head band supplied
- Suitable for youth to adult use
- Comes complete with drills card

### Why you need

- Goggles with pinhole lenses and thick frames to limit vision
- Improve the ability to judge the speed and distance of objects
- Develop the ability to maintain concentration and attention
- Improve movement of hands and body in response to visual stimuli
- Enhance the ability to look from near to far and vice versa without 'visual blur'
- Develop peripheral vision skills
- Improve the ability to track moving objects

JLS-VG



## Reactor Balls

### Product Information

- Solid, high density rubber ball designed to bounce unpredictably in any direction
- Ideal for hard and semi-hard surfaces, indoors or outdoors
- Coloured blue for ease of use

### Why you need

- Solid rubber shape designed to bounce crazily in all directions
- Durable and tough enough for daily use
- Suitable for use in all weather conditions
- Suitable for use on all hard and semi-hard surfaces
- Suitable for use indoors and outdoors
- Easy to clean
- Ideal for use with all population groups

JLS-RBL

Reactor Balls - Large

JLS-RBS

Reactor Balls - Small



## Non Slip Marker Line

### Product Information

- Easy to see, easy to move & easy to arrange
- Practically non-slip on almost any surface
- Durable, non-tearable and tough enough for daily use
- Suitable for use on hard or soft surfaces
- Suitable for use indoors or outdoors
- Brightly coloured for use in all lighting conditions
- Ideal for use with all population groups
- Withstands studded boots
- Specification 100cm long 10cm wide 250g in weight
- Sold in pack of 2 lines

JLS-ML





## Non Slip Colourful Marker Spots

### Product Information

- 25 cm in diameter
- 100 grams each Spot supplied in pack of 10 (2 of each colour - red, green, blue, yellow, purple) please note colours may vary
- Nautical standard, non-slip grade material
- Withstands all studded boots

### Why you need

- SAFELY ORGANISE AND MARK OUT ANY ACTIVITY SPACE
- Easy to see, easy to move, easy to arrange
- Both sides are non-slip on almost any surface
- Durable, non-tearable and tough enough for daily use
- Suitable for use on hard or soft surfaces
- Suitable for use indoors or outdoors
- Brightly coloured for use in all lighting conditions
- Easy to clean, easy to arrange, easy to store
- Ideal for use with all population groups
- Write letters, numbers, words and signs on with a marker pen (sold separately)

**JLS-CMS**



## Space, Sport, Safety Markers/ Cones

### Product Information

- Ideal for marking out exercise areas on most surfaces
- This item should never be used on slippery surfaces such as wooden floors as this may cause serious injury.
- Pack of 50 with stand – 5 colours

**JLS-SMC**





## Spiked Poles 180cm

### Product Information

- SAFELY ORGANISE AND MARK OUT ANY GRASS ACTIVITY SPACE
- Size and quality makes them ideal for all sports, games and play
- Spike protector supplied
- Available in Red Blue & Yellow
- 1.80 metres long pole
- 2.2 cm diameter
- Steel spike
- Spike protector

**JLS-SP**



## Spiked Poles Bag

### Product Information

- Holds up to 30 Spike Poles
- Strong Canvas material
- Tough carry handles for easy carriage
- Robust Zip to secure

**JLS-SPB**



## Traffic Cones

### Product Information

- Set of 4 cones (30cm - 12" / 45cm - 18" / 60cm - 24" / 75cm - 30")

**JLS-TC**

# BEAVERFIT



BeaverFit has established itself as a major supplier of Functional Training Rigs (FTRs) in the UK with a large and impressive list of customers including:

- University of Birmingham
- Royal Marines
- Loughborough University
- HMS Nelson
- Reebok Sports Club
- CrossFit Gyms
- MMA Gyms

Functional Fitness is increasingly recognised as an extremely effective way to train with fast results, equipping the user with skills, speed and strength allied to many sports, professions and life in general.

A BeaverFit FTR is an extremely cost efficient and effective functional fitness training tool. Within the footprint of even a small rig several users can train and be trained. As the exercises can be within a contained area it is easy for a trainer to monitor performance and for users to be motivated by the progress of their peers. There is great scope for competitions to be run either solely on the rig or as part of a circuit.

Working as a Partner with Jordan Fitness means that we can offer a huge range of functional training equipment as accessories to the rig, as well as support materials such as exercise posters, promotional banners and pull ups.

We are really excited to partner with Jordan Fitness, and are looking forward to the future.

Tom Beaver - Beaver Fitness





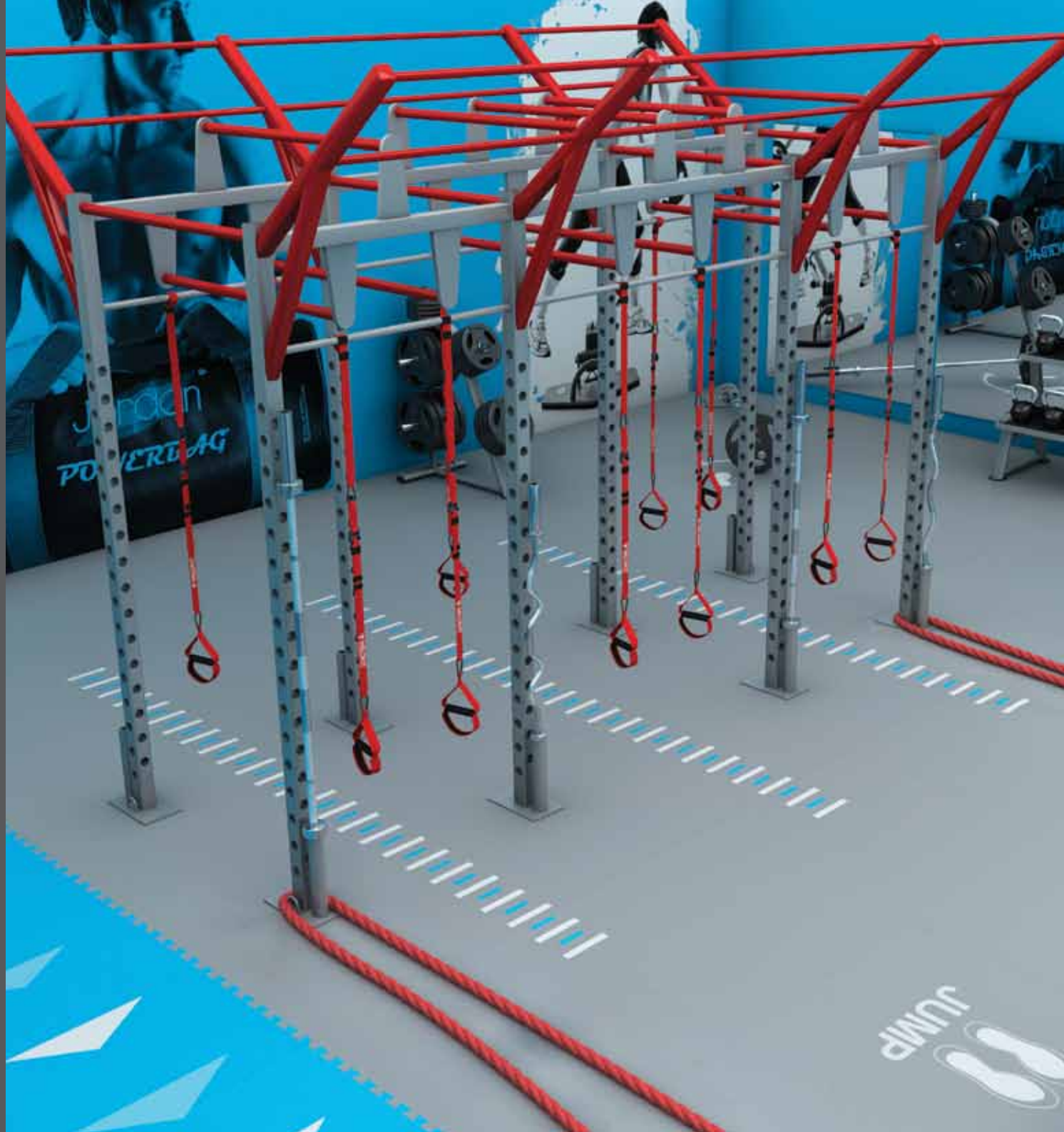
The Jordan Beaver Rig is the ultimate modern, functional multi-gym. With a multitude of both attachments and accessory equipment it can be used with, it enables clubs to maximize the potential of their functional training areas.

**As an example the Jordan Beaver Rig can be used:**

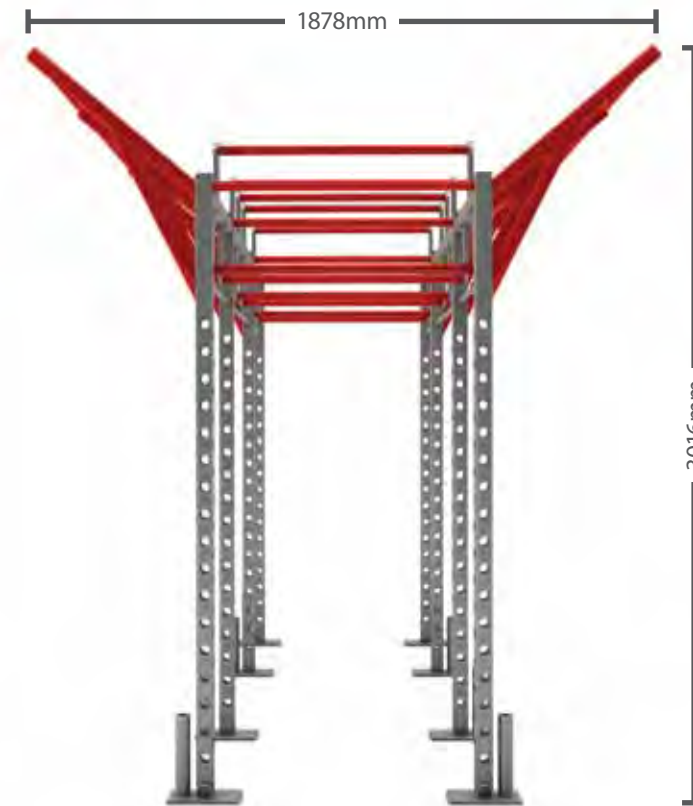
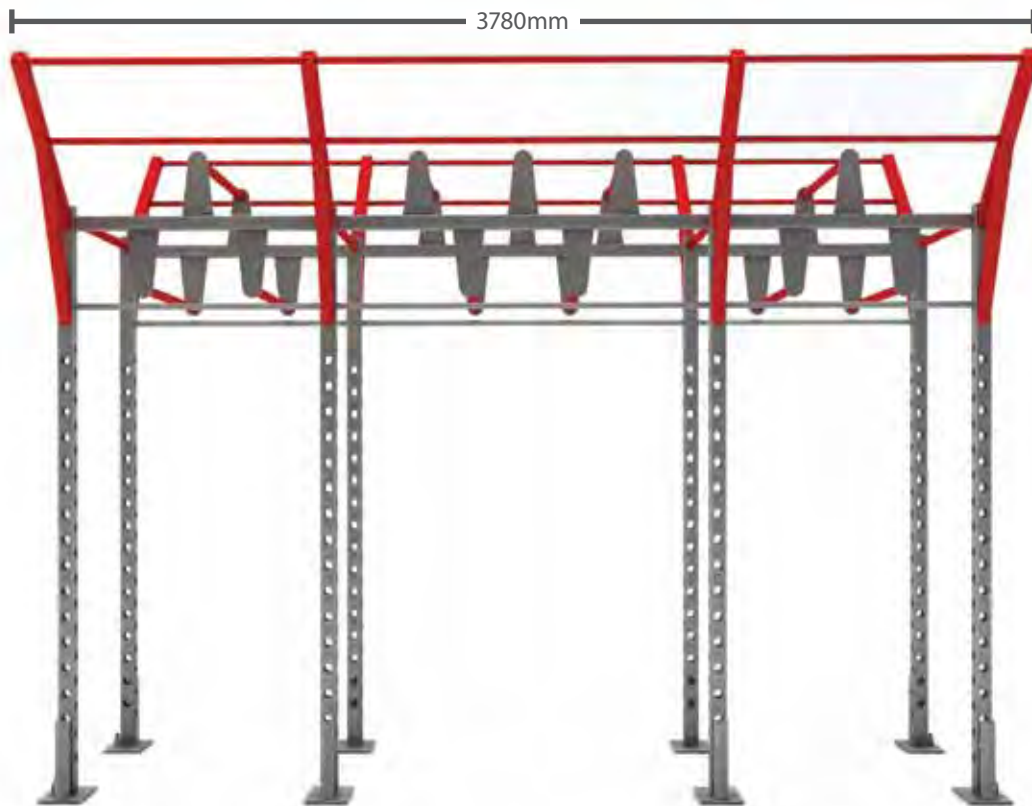
- As x4 Squat Racks.
- As an MMA conditioning station with punch bags, suspension systems, and kick-punch band attachments.
- As a multi-user suspension system station with at least 8 users, for use with Jungle Gym XT, Milokits or Gym Rings.
- As a Crossfit Group Training Station, used with ropes, freeweights, gym rings and kettlebells.

**Related Functional Equipment includes:**

- Jungle Gym XT, Milokits and Gym Rings
- Punchbags and other combat equipment
- Olympic barbells and rubber training plates
- Viper belt and Flexicord
- Weighted Vests
- Competition Kettlebells
- Powerbags and AlphaStrong bags
- Ropes
- Benches







**Key Features:**

- Size of the frame is customizable
- Angle and size of the wings is customizable
- Choose what colours you want to align with your corporate branding
- Unlike other rigs our attachments can be inserted at any height on the frames and on any side, so that attachments can face inwards or outwards.
- The thickness of the bars are customizable to provide more or less of a grip emphasis
- Monkey bar configuration is customizable

JL-BF01

**Great For:**

- Storage of x8 Olympic Size bars
- Improving grip strength and endurance
- Improving relative strength
- Training multiple users on different equipment – Squat Racks, Pulls Ups, Monkey Bar Walks, Suspension System Core Training, Combat Drills etc....
- Those interested in CrossFit and Unconventional exercises like Muscle-ups and Wing Climbs.
- Facilities that want to maximize their space and create a multi-use functional training area for PTs, Group Sessions and Unsupervised use.

**Attachments include:**

- Dip Bars
- Core Plate/Landmine Sleeve
- Step Up/Plyometric Jump Platform
- Bungee Cord, Band or Rope Loop
- Jpeg Hooks to support Olympic Bars

We now offer 3 brand new training courses:

Functional Rig Training 10 REPs CPD points / Tactical Rig Training 10 REPs CPD points (for emergency services and armed forces) / Advanced Functional Rig Training 10 REPs CPD points

The Jordan Training Academy is the best in the business at providing REPs endorsed, quality education courses that are practical, relevant and allow you to apply the in-depth knowledge so that you learn the very next day in order to get results.

- We currently deliver our CPD training courses in the UK and abroad, so wherever you are in the world we assist with your ongoing education
- We have the largest portfolio of CPD training courses with over 70 in total
- We have experienced tutors, each experts in their individual fields, to train and develop for your fitness team
- We are the training provider that has innovated and developed Continued Professional Development training for the UK fitness industry over the last 5 years
- The first training provider to run endorsed training on Olympic Weightlifting, Mixed Martial Arts Fitness, Extreme Circuits, Unconventional Training, Powerbags and Vintage Training – We lead where others choose to copy!
- Every course includes comprehensive and detailed manuals, certificates, additional supportive material and the answers to any question your team may have!
- We deliver education training to National Operators, Independent Gyms, Leisure Trusts, as well as the Police and Fire Services, Navy, RAF and Army – give us a call and see how we can help you.

*"We have worked with Jordan academy, Leon and Allan, for about 4 years now and have found them to be an honourable company. We recognise their courses as being excellent examples of cpd's being delivered in the health and fitness market".*

*Martin Haines - Physiotherapist and Biomechanics Expert - Intelligent Training Systems*



*"Just wanted to say a big thank you for organising the course. We all enjoyed it and feel as though all our expectations were met and more. The tutor was extremely knowledgeable who catered for all our requirements, patient and very considerate to our needs. Again a big thank you and we look forward to organising more courses with Jordan Fitness."*

*Rupon Miah - Oldham Academy (MMA Fitness Instructor Course)*

### Small Course Format

We bring the tutor and equipment to your site and run an exclusive course for your team, this format is restricted to a maximum of 4 attendees and is only available to Independent Operators and Individuals.

### In-House / Corporate Courses

You let us know which courses are of interest and the preferred timescales; we come back to you and agree dates to suit everyone. We then turn up at the arranged venue with all the equipment required and deliver your exclusive course.

### Are you a trade customer?

The Training Academy is available as a co-branded service to our trade customers so you can offer your own education service and be up and running in no time at all. Call us now to find out how you can start generating additional revenue from education.

### International Clients

The Training Academy has scope to deliver courses internationally; we even have some of our courses translated into local languages. We have delivered courses throughout Europe, the Middle East and South Africa.

### Corporate Services

The Training Academy is the only education provider in the UK that offers a full corporate service that is designed to qualify and quantify a full education programme. Training for your Success is the first service of its kind in the fitness industry designed specifically to aid the success of larger organisations. It's a logical sequenced process that ensures a practical approach to designing, implementing and evaluating a training program that results in success. If you are responsible for the training requirements of larger teams call the Academy to find out how we can help.

### Endorsement

All our courses are endorsed in the UK by the Register of Exercise Professionals (REPs) and are internationally recognised.



Our Training Academy has been developed to provide leading education courses specifically designed to ensure that you get the most from your equipment.

*"In relation to the fitness product for Klick Fitness. I was not looking for a training provider, I was looking for an educational supplier who understood my needs, listened and was flexible to change - I certainly got that with Jordan Education. Nothing has been an issue for them, they are solution orientated with every challenge I throw at them, be it locations, dates, content or skill level of the attendee. During the training the Klick Fitness teams have not only received accredited training but also Motivation, Inspiration and plenty of Perspiration!"*

Rachel Young - Klick Fitness

*"Just wanted to say thank you for the two day level 1 Kettlebell Instructor Course. It was the best and most relevant fitness instruction course we have been on - refreshing to be treated like adults, have the subject matter backed up by research and studies and have many of the level 2 and 3 fitness myths debunked, usually I walk away from courses saying how I would have done things differently...I can't say that of the this course. I have certainly learned plenty of new things and had much of what I thought was right reinforced. I am confident in applying the knowledge and drills with my clients and to sharpen up my own technique. I look forward to our next course, which will most certainly be through yourselves."*

PC Daniel Sullivan - Lead Physical Training Instructor  
Bedfordshire Police

**Courses Available**

We offer one of the largest portfolios of unique courses in the UK. These include:

- Kettlebell Instructor Certification
- Kettlebell Specialist Certification
- MMA Fitness Certification
- MMA Fitness Advanced Certification
- Unconventional Training Specialist
- Weight Management Specialist
- Speed Training Specialist
- Posture Correction Specialist
- Suspension System Coach
- Olympic Weightlifting Certification
- Modified Strongman Training
- Extreme Circuits Instructor
- Powerbag Coach
- PT Business Course
- PT Management Course
- Comprehensive Dumbbell Training
- Comprehensive Core Training
- Comprehensive Barbell Training
- Comprehensive Cable Training
- Comprehensive Fixed Path Training
- Comprehensive Resistance Training Programme Design
- Comprehensive CV Training Programme Design
- Comprehensive Bodyweight Training
- Comprehensive Stability Ball Training
- Comprehensive BOSU Training
- Comprehensive Medicine Ball Training
- Comprehensive Plyometrics
- Circuits Instructor
- Studio Powerbag Instructor
- Studio Cycling Instructor
- Studio Cycling Advanced Instructor
- Self Myofascial Release with Foam Rollers
- Posture & Functional Screening
- Fitness Assessment
- Health Assessment
- Training for Hypertrophy
- Training Fire Service Personnel
- Training Police Service Personnel
- Training Prison Service Personnel
- Training Armed Forces Personnel
- Bootcamp Instructor
- S&C Training for Tennis
- S&C Training for MMA
- S&C Training for Football
- S&C Training for Cricket
- S&C Training for Rugby
- S&C Training for Golf
- Rope Training
- Sled Training
- Considerations for Pre-Post Natal Clients
- Considerations for Older Adults
- Considerations for Younger Adults
- Considerations for Females
- Functional Training Workshop
- Stretching Workshop

**NEW COURSES**

- Klick Group Training (KGT) Instructor
- Functional Rig Training
- Advanced Functional Rig Training
- Tactical Rig Training
- Functional Vintage Training

We can deliver CPD training courses that cover every peice of functional training equipment we stock. Contact [training@jordanfitness.co.uk](mailto:training@jordanfitness.co.uk) or call 01945 880257 for more information.





**RBT** is a functional training experience, it harmonises equipment, education and fun and produces results; results for you, your company and your customer.

**RBT** is designed so you can make it your own, it's more than just a

course, it's more than just movement, it's more than just equipment; it's an experience! It's an experience because YOU live it - you decide how you get results with your customers, we just give you all the tools to make it happen. RBT is the flat pack furniture of fitness industry,

it's all in the box, the equipment, the tools and the instructions - it truly is flat pack fitness.

We take the thinking out of reaching the goal that everyone sets out to achieve from fitness, **RESULTS**



### Introducing Results Based Training.

RBT encourages correct exercise prescription using quality functional fitness equipment and makes it accountable. RBT is about harnessing education to get the maximum return on investment from your equipment.

We don't see the point in introducing new equipment, running a basic training course and hoping your members, staff and clients use the area because if they don't get RESULTS it will be short lived! RESULTS encourage referrals, testimonials and aids in member retention.

### What's included?

You can use as much of the RBT process as you require with the complete package including:

#### 1) Fitness Flooring

Tailored to suit your requirements and consisting of laser cut Sprint Tracks, Branded Tiles and Coloured and Labelled Zones

#### 2) Functional Equipment

Suspension Training, Kettlebells, Powerbags, Ropes, Chains, Sleds, Combat Equipment, Medicine Balls and Rebounders, Core Plates, Resistance Bands, Plyometric Platforms... The list goes on.

3) RBT education includes REPs endorsed on-site learning for your entire team tailored to align with your RBT equipment.

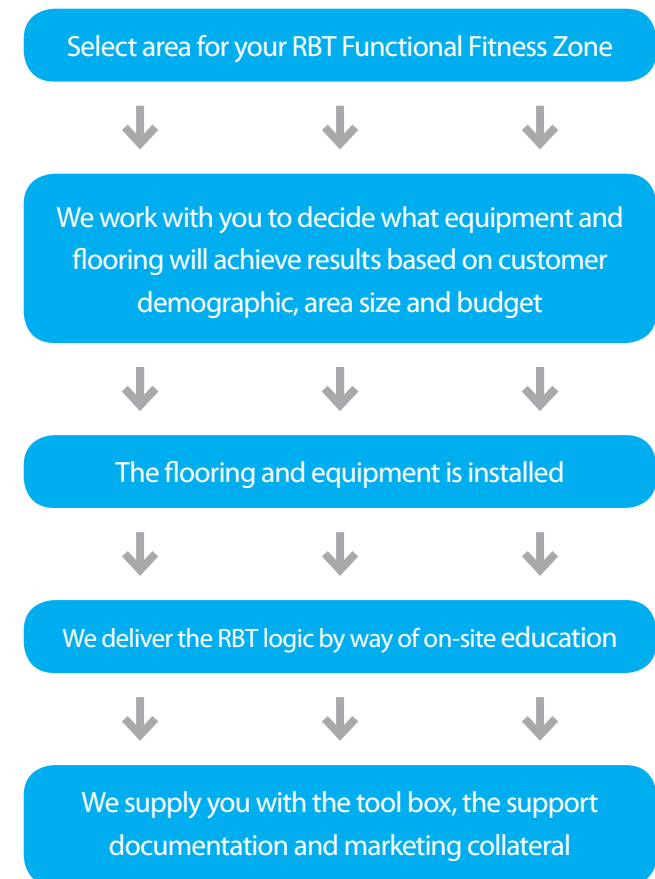
4) A comprehensive, results driven handbook that provides a "drag and drop" framework to achieve results. The handbook includes:

- Pre Exercise Testing (The Before)
- Pre Exercise Postural Assessment & Correction
- Equipment and Exercise Library
- Frameworks – You add the exercises to the numerous frameworks depending on the fitness concept, the client and the delivery format (1:1, Group or unsupervised member use)
- Post Exercise Testing (The After) – we need to test for Results and adjust accordingly

5) Support Material including program card templates, promotional posters and exercise posters all designed specifically for your RBT area.

### RBT's logical sales cycle.

Because RBT is more than just selling equipment and delivering a basic introduction course, it possesses a unique and logical process.



Following the successful launch of the Training Academy we have been field testing our Coaching Academy and it has been so successful it's forced us to launch it early.

The Coaching Academy is designed to maximise the revenue generated by your Fitness teams.

Our Coaching Academy is headed up by Jason Stennett. This adds a unique touch, as unlike most other coaching programs Jason actually has a successful track record of running Fitness businesses!

All good teams require a good manager and therefore we have developed a PT Management Course which compliments the Business Course.

Jordan has collaborated with Jason Stennett to create Jordan Coaching Academy.

Jason Stennett has coached & mentored some of the UK's most successful personal trainers, has owned his own Health Club and Personal Training business, sponsored fitness model, trained celebrities and is currently involved in a TV documentary with Sky1.

Coaching for the Health and Fitness industry is a new concept to the UK and is a cutting edge foresight on behalf of Jason & Jordan. Coaching has been in existence for many years and has recently become more popular, enabling companies and individuals to elicit full potential from within and structure a conscious plan to move forward.

Bespoke Packages & courses are created and designed for your team and/or any department. An initial FREE & non-obligatory consultation with Jason is carried out to assess and agree the best way to work together and realising goals.

Here are some of the exciting things you will learn, each explained in detail through a variety of learning techniques and practical exercises.

- Improve your ability to listen and hear what is really being said
- Advance in your ability to ask questions which get to the real heart of the issue
- Develop your intuitive skills
- Learn how to solve your own personal problems
- Discover how to move on from the past and break through the blocks that held you back
- Achieve a better work/life balance
- Able to motivate yourself to get things done
- Know when you are being your most effective as a coach
- Experience the best coaching techniques as used by professional coaches throughout the world

For more details contact Jason on **07545 043 095** to find out how Jordan Coaching Academy can benefit you and your facility.



### Don't just take our word for it...

*"Jason's joyful spirit is absolutely infectious. He is also empathic and practical. For example within a 5 minute coaching session he had given me the tools that I needed, to confidently and in a friendly manner discuss money during a business deal. I put into practise his suggestion the very next day and secured my very first paid contract! Thank you Jason!"*

*Glenda Scantlebury - Chartered Member CIPD & Qualified Personal Coach*

*"I have no hesitation at all in recommending Jason as both a mentor and business advisor. The proof is in the pudding - I am enjoying a successful & rewarding career, something that 2 years ago seemed completely unattainable. It is something I know I would not have achieved without his guidance, his astute business sense and imaginative marketing and sales skills and most importantly the time he invest in each and every one of those he mentors".*

*Emma Brace - PT Manager - Dip PT, Health & Nutrition for Fitness & Sports Massage Therapist*

*"I have valued Jason's insight and advice, which has helped me achieve a successful business with an average WEEKLY turnover of £1,000. Jason is a self-directed performer whose value to sales and marketing is Immeasurable. More than that he is a loyal and supportive colleague.*

*Peter Nunn - Personal Trainer*

*"Needless to say the training was amazing (truly). What I liked about the training was that it had no fancy PowerPoint presentation, no 15 mins in groups wasting time. It was truly an engaging 1-1 learning experience.*

*The even better part about it was immediately my trainers put this into practice immediately; even now we are generating new clients on a daily basis which is fantastic from where we were.*

*Overall the teams are happier which in turn makes our customers happier!*

*Well-Done Jason & Jordan Fitness"*

*"I just wanted to write to you and compliment Jason/Jordan Fitness on a fantastic training course that we received from Jason.*

*All I can say is WOW. I talked in length to Leon and Jason about what I wanted (utopia) outcome from the course, that being the P.T's putting the course into application. And believe me they did!"*

*Mark Bennett - Company Health & Fitness Manager for MyTime Active*

Call us today to ensure you are maximising the revenue generated by your fitness teams.

## WHERE IS OUR EQUIPMENT USED?

Jordan products and our associated brands can be found in the following facilities as well as many more across the world:

### Independent Gyms:

Ripped Gym  
Crayford Weights and Fitness  
Feel Good Fitness  
Soho Gyms  
The Gym Clinic

### National Operators:

Fitness First  
Esporta  
Greens  
Klick Fitness  
DW Sports  
Virgin Active (including South Africa)  
David Lloyd

### Universities and Schools:

Loughborough University  
University of Kent  
Southampton Solent University  
Bath University  
Leeds Metropolitan University

### Hotels and Spa's:

Village Hotels  
Grange Hotels  
Champneys  
Marriot Hotels  
The Scotsman

### Elite Sports:

Arsenal FC  
Bayern Munich FC - Germany  
Everton FC  
Norwich City FC  
Valencia FC – Spain  
Brawn GP  
Red Bull Racing  
England Cricket Squad  
Core Cambridge Sports Performance Centre

### Uniformed Services:

Prison Service  
Fire Service  
Police Service  
Army  
Navy  
RAF

### Combat:

Fight Academy Wales (Used by Nathan Cleverly, Gavin Rees, Jason Cook etc)  
Matrix MMA  
Unit One Combat Sports and Fitness  
1st Legion Fighters Gym

### CrossFit:

CrossFit London  
CrossFit Reading  
CrossFit Avon  
CrossFit Velocity  
And other CrossFit affiliates across Europe

### TV Shows:

Biggest Loser  
Big Brother  
The 5 O'clock Show

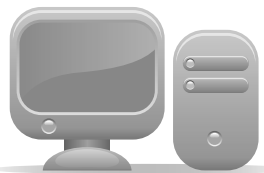
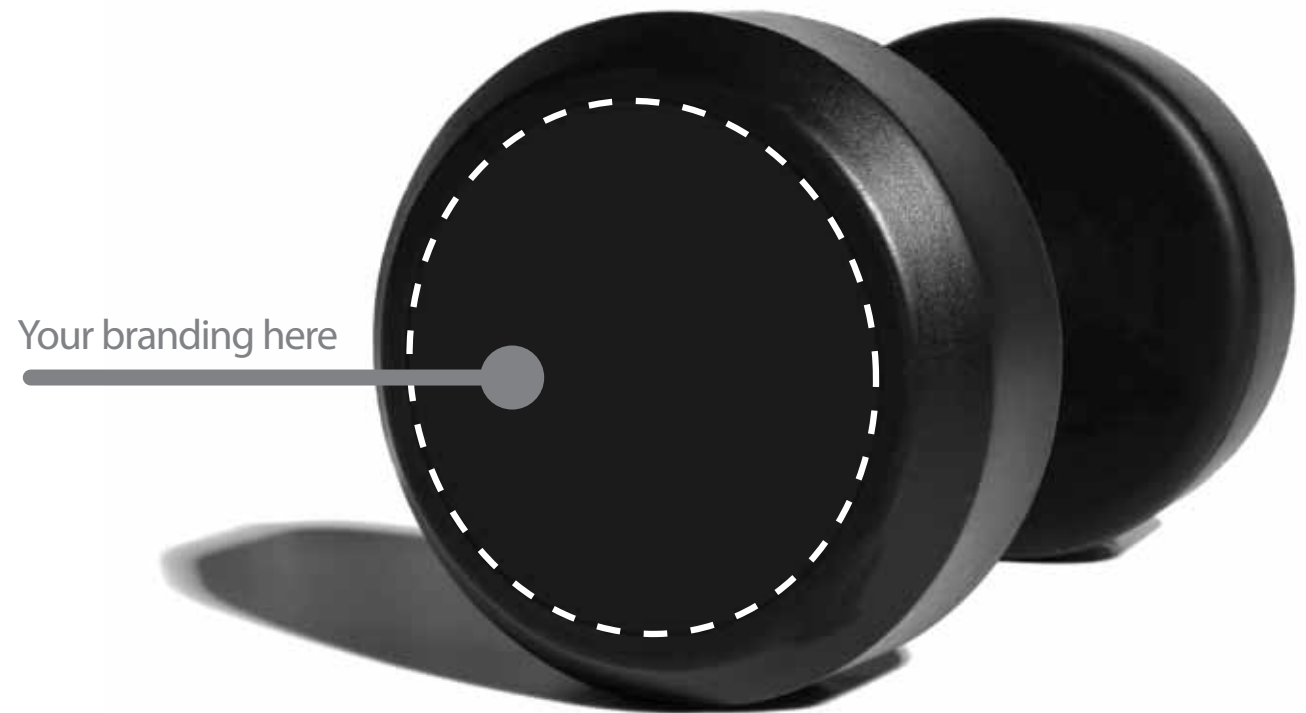




An expanding part of our business is to design and manufacture a range of fitness products with the clients own branding. Your branding can be added to any of the products in this brochure.

In other words we'll design, manufacture and distribute your products leaving you to focus on the sales and marketing.

Contact [emma@jordanfitness.co.uk](mailto:emma@jordanfitness.co.uk) for further information.



DESIGN



MANUFACTURE



STORAGE



DISTRIBUTION

## Leasing Benefits

**Low initial outlay** - a cash flow benefit, your cash can be put to better use within the business.

**Vat spread** across the term of agreement - another cash flow benefit.

### Low initial deposit

**100% tax relief** allowed on each monthly payment. The total monthly payment can be deducted as a trading expense. Bank borrowing is generally less efficient as it's only the interest that can be claimed.

**Rentals are fixed** for the duration of the contract.

**Immediate use** of new equipment without large outlay.

**Payment schedule** to suit your requirements.

**Fast decision** on your application.

### Retain the equipment -

Equipment becomes yours at end of agreement with one month's payment

**Funding is not secured** against bricks and mortar

Leasing is a Tax efficient way of spreading the cost over a set period of time (2,3,5 years,etc).

Leasing applications are subject to status and credit scoring. For further details or a hassle free quotation, email us ([sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)) or call us on 01945 880257.

Quotations are for business purchases only.

Jordan products carry a limited 12 month parts warranty against manufacturing defects for the original purchaser. Jordan will repair or replace any item (as per the above) that can be shown to have broken, provided the customer returns it to us for our inspection or provides detailed photographs. Rubber, Neoprene and Urethane coated products are not intended for use on concrete floors, wood floors or especially hard rubber surfaces. Use of rubber and neoprene covered free weights on these floors will void the warranty. It is highly recommended that the correct flooring is used (Easy-Lock Free Weight, Fitness, Hi-Performance, etc). Chipping of painted finish on Jordan cast iron weight plates, cast iron dumbbells and kettlebells is considered normal wear and tear and is not covered by the warranty. Re-sticking dumbbell, barbell or Olympic plate logo end caps is not considered a warranty issue, only maintenance and a repair kit will be supplied. The warranty excludes the Neoprene covered surface on the Kettlebells and Studio Dumbbells. Note: Rubber products should not be cleaned with detergent or acetone-based cleaners.

Please clean rubber products with a damp cloth only. Dumbbells and barbells (cast iron & rubber) should be hand checked for tightness on a daily basis and tightened as required. Loosening of multi disc dumbbells is not covered by warranty as this style of dumbbell requires maintenance. Jordan dumbbells are designed for years of heavy use, however are not designed to be dropped, thrown or otherwise abused. Repeated misuse may result in bent handles, any dumbbells showing signs of bent handles may be excluded from warranty.

Products not manufactured by Jordan™ (Alpha Strong™, LifelineUSA™, SAQ™) are covered by the manufacturers own warranty and details are available on the Jordan web site.

Powerbag™ are covered by the standard 12 months warranty against manufacturing defects but not damage caused by contact with abrasive surfaces (concrete, tarmac, etc). Occasional topping-up of the sand in the inner bags is not classed as a warranty issue and sand can be provided. Powerbag™

are designed for lifting and movement patterns, not slamming to the ground. We recommend that you regularly check the internal fasteners to prevent leakage.

Alpha Strong products (Thy Coach™, Thy Beast™, Thy Sandball™) are covered for use and not abuse. We recommend that you regularly check the internal fasteners to prevent leakage.

**Please Note:**

- Warranty extends to original purchaser only and is non-transferable.
- Warranty time is from the original date of purchase.
- Warranty shall not apply if the defect was caused by misuse, neglect, or normal wear and tear. Warranty does not cover transport costs. In cases where it is not economic to return multiple items we will ask for a part return supported by photographic evidence.
- Home or light commercial use products used in a commercial environment will not be covered by the warranty.
- In order to process warranty claim, item/s must be returned to Jordan for inspection along with a returns reference number provided by Jordan and a completed fault report sheet (available on request). Photographs will greatly

Our equipment goes through probably the most extreme life of any fitness or gym item, a correct maintenance program along with good exercise technique will prolong their life considerably. Please e-mail us if you would like advice on how to maintain your Jordan purchase.

Our team can design a range of marketing material to support your product sales from brochures with your branding to 3d modelling and photography.

**Services include:**

- 3D visuals
- Graphic Design
- Web site creation
- Photography

Contact [info@jordan-creative.co.uk](mailto:info@jordan-creative.co.uk) for further information or visit [www.jordan-creative.co.uk](http://www.jordan-creative.co.uk)





## Installation Service

Larger orders are normally despatched palletised and delivered curb-side drop only. Should a more personal service be required we do offer the following:

- Professional installation service available with our own dedicated team of technicians
- Service available nationwide and into Europe
- Contact our team for a quote for this service [customerservice@jordanfitness.co.uk](mailto:customerservice@jordanfitness.co.uk)

## Customer Service

- Extensive range of Jordan parts in stock for immediate despatch
- Maintenance programs
- Technical support from our own dedicated team of technicians
- Refurbishment service\* – dumbbells, upholstery for benches, etc. Contact our team for pricing.
- Warranty issues:  
Contact [customerservice@jordanfitness.co.uk](mailto:customerservice@jordanfitness.co.uk) (for full warranty and terms and conditions see pages 120, 131-132).

\*Applies to Jordan products only.



**Delivery**

- Normally 7 -10 working days from order confirmation.
- Monday to Friday during normal working hours 8am - 6pm (weekends by arrangement).
- Please notify us of any delivery obstructions and ensure that the delivery area is clear.
- All deliveries must be signed for on delivery.
- Pallet deliveries are normally curb-side drop only (special arrangements can be made upon request).
- Deliveries must be checked upon receipt. Any damages or discrepancies must be notified within 24 hours of receipt of order. Out of stock items will be notified.
- Jordan will endeavour to honour specific delivery dates upon request.
- Jordan cannot entertain any claim for compensation arising from late delivery due to a third party carrier.

*For our full Terms and Conditions, see below.*

**Specific Delivery Date Orders**

It is often possible to deliver on a specific date. Jordan will always try to ensure this happens, though we cannot guarantee it. Jordan cannot entertain any claim for compensation arising from late delivery due to a third party carrier.

**Order Cancellation/Refused Deliveries**

(See also Exchanges/Returns)

You may cancel your order for a full refund prior to your order being shipped or ordered from the manufacturer, though if any costs have been incurred they will be deducted from monies received. If you cancel your order after it has been shipped, you are responsible for any and all freight charges incurred by Jordan. Any unpaid freight charges will be deducted from your refund. If you refuse to accept delivery of your order for any other reason than the product being damaged in transit, you are liable for all outward and return freight charges incurred by your refusal. If it is found that any of the larger products upon delivery 'will not fit' through any doors/stairwells and the product is subsequently returned/refused, you are responsible for all outward and return carriage costs and a 15% re-stocking fee is applicable.

**Exchanges/Returns**

In all instances the customer is to contact Jordan Fitness before returning any item. Jordan Fitness will advise on method of return and collection note will be sent to include return reference number. Items should be returned to our stores within 14 days in a new and unused condition. Any refund due will be processed upon receipt of item as above. Goods returned for refund will incur carriage costs. Any exchanges will also incur additional delivery charges. A re-stocking charge of 15% of the total value of the Goods will be applied. Above information does not affect your Statutory Rights.

**Restricted Access**

Although our carriers are equipped with detailed road maps of every area of the UK mainland, is there any further information that would make your home/business easier to locate? Due to the overall size of some delivery vehicles, Jordan or any carriers delivering on behalf of us must be informed of any restrictions regarding access for the delivery vehicle. This includes, though not limited to, steps (including those required to climb to gain access to the property entrance), trees, shrubs, steeply inclined driveways, narrow lanes, tight bends or any other restrictions that may make it difficult for the delivering vehicle to gain access to the point of delivery. Jordan will not accept any claims for compensation arising from non/failed/refused delivery of any item where the carriers or Jordan were not made aware of any points regarding access restrictions. In the event that the item is refused/cancelled due to these restrictions, the customer is liable for all carriage charges and a 15% re-stocking fee will be applied. We would therefore recommend that you ensure the product will fit and can be transported to its ground floor point of installation easily. If you need to confirm the total 'boxed' dimensions of a product please call Jordan prior to placing your order.

**Delivery Terms**

Please note: Due to Health and Safety regulations upstairs deliveries are at the carriers discretion and are not guaranteed. This includes, but not limited to, steps that are immediately outside the premises, which are required to climb in order to gain access to the property.

**Delivery**

All orders are processed and shipped in the order that they are received. Normal delivery time is 7 to 10 working days. Delivery times may increase around holidays and peak shipping seasons. The freight delivery service you receive may vary among carrier companies. Since most carriers deliver to the curb side immediately adjacent to their vehicle and regard inside delivery as an extra service cost, it may be necessary for you to assist or move merchandise into your business/home, this is especially relevant if your premises covers several floors as carriers will only deliver to the ground floor entrance to the building. If you have alternative delivery requirements, please contact Jordan and we can make alternative arrangements. Ideally include two telephone numbers so that the carrier can contact you should they need too. All deliveries are made Monday to Friday between 8am and 6pm. Saturday deliveries are available, please contact Jordan for a low cost quotation. Unfortunately our carriers are unable to give specific times for the delivery service, if you would like a specific time or weekend we would be happy to provide a quotation, please call Jordan on 01945 880257.

Jordan will not be held responsible for any delays/damages due to third party carriers, nor can we entertain any claims for compensation where the carrier fails to deliver at an agreed time. Any claims for damages to property caused by any third party carrier must be taken up direct with the carrier.

**Liability**

Sports and exercise methods are potentially hazardous. It is advisable before undertaking any new form of exercise to seek medical advice. It is up to the individual to understand the proper techniques associated with safe use of equipment featured in this brochure. Any advice or direction given in this brochure is not a substitute for professional expert instruction. All risks must be accepted by the individual in full.

**Installation**

If you require installation of the product(s), the time between order and installation may be longer than for delivery only, though we always try our hardest to install as soon as possible. We will always try to arrive on time, but will not be held responsible for late arrival due to unforeseen circumstances.

It is imperative that the space for the product(s) has been cleared and that access is unrestricted. Therefore we would ask that you provide Jordan with as much information as possible concerning the placement of the equipment in to your home, e.g. will it be going through single or double front door, lower / ground / first floor?

All prices quoted are for ground floor installations in the main building of the property or a garage at side of the main part of the building. Installations above or below ground floor or outside the main building i.e. an outhouse etc. may be subject to surcharge, especially if not mentioned at the time of order. You may be asked to assist the installer to get the product(s) to their location; if no help is available then a 2 man installation may be required at extra cost.

Adequate parking / vehicle access must be provided by the customer. Any charges incurred by the installer for parking etc. will be chargeable. If the installation time is extended by there being inadequate parking /access then the extra time will also be chargeable at £40.00 per hour.

It is the customer's responsibility to check that the installation has been carried out to their satisfaction. If the customer is not present when the installation is completed the installation will be deemed as completed to the customer's satisfaction. Any subsequent visits that may be required will be chargeable at the same rate as the first visit.

Jordan is within its rights to refuse any installation if the installer deems the installation location to be hazardous or the request unreasonable.

If the product does not fit into the area where the installation is requested and a representative of Jordan did not measure the area, then Jordan cannot be held responsible, therefore the customer will incur the cost of the visit. Agreed installation times must be adhered to.

If you intend to use our equipment in a hotel, school, etc. (light commercial environment) or health club (full commercial) it is entirely the responsibility of the customer to check with Jordan that the product is suitable and manufactured to the required standards.

Please provide any further details or information that you think might be useful in making delivery and/or installation easier.

Should you have any queries or comments concerning either the forthcoming delivery of your equipment, or other items from Jordan, please do not hesitate to contact Jordan on + 44 (0)1945 880257.

- 01.** All orders are accepted on the following Terms and Conditions of Trading.
- 02.** All orders are to be sent in writing either via email or fax and include product codes.
- 03. General** – In the event of any conflict of inconsistency between these Terms and Conditions of Trading, and the terms of your order, these Terms prevail, unless agreed by us in writing. No alterations to your order will be recognised by us unless requested by you in writing and confirmed by us in the same way.
- 04. Acceptance** – No order shall be deemed accepted by us other than upon receipt of our official acknowledgement.
- 05. Delivery** – Time for delivery is given as accurately as possible, but is not guaranteed, and is subjected to extension to cover delay caused by strikes, lock-outs, works, breakdowns, delay in transport, shortage of raw materials, Government regulations or requirements, or any cause whatsoever (whether or not similar to those above-mentioned) beyond our control.
- 06. Description** – Colours, packaging and product specification may vary according to manufacturing changes, tolerances and stock availability. All descriptions and particulars furnished in price lists, literature and other documents issued by us are as accurate as possible, but being given for general information are not to be treated as binding unless specifically confirmed in writing. Any performance figures by us are based upon our general experience and are such as we expect to achieve. We will, however, accept no liability if those are not obtained unless we specifically guarantee them in writing.
- 07. Payment Terms** – With order unless otherwise stated in writing. Overdue 30 day accounts will be charged interest at the current Bank of England rate. All cheques written against uncollected funds will incur a £30.00 bank reprocessing fee.
- 08. Cancellation after delivery**, and/ or after delivery and installation, cannot be accepted and payment must be made in full.

**09. Storage** – We reserve the right to charge storage where the customer delays installation after the date of installation requested by the customer.

**10. Repossession by Seller** – Where the buyer had committed an Act of Bankruptcy (or where the buyer is a limited company, a Receiving or winding up Order has been made with respect of that Company) and property in goods the subject of this contract has not passed to the buyer but remains with seller, the buyer shall, within twenty one days of such Act or Order, give notice in writing of the same to the seller and shall afford the seller reasonable opportunity and access to repossess the said goods.

**11.** The property in the goods shall pass to the customer only upon being paid in full and until the property has so passed, the customer shall not charge or dispose of the goods and will at his own expense keep the goods safe and insured against customary commercial risks. Until the property in the goods have so passed the buyer shall return the goods to the seller on demand and the seller shall without prejudice to any other rights be entitled to go upon the property of the buyer and repossess and remove his goods.

**12.** Claims in respect of alleged faulty goods shall not be a ground for withholding payment of accounts and shall not give the customer any right to set off against payment due to the Company. If part of a consignment is not received, this shall not be grounds for withholding payment for the remainder of the invoice on which these goods appear.

**13. Law and Jurisdiction** - Where the Buyer is a business, this contract is to be interpreted according to UK law and the parties agree that the UK courts shall have exclusive jurisdiction for the settlement of any dispute arising out of this agreement. Where the Buyer is a consumer this contract is to be interpreted according to the law in which the Buyer is habitually resident and the Buyer retains the right to choose whether to file suit against Jordan in the UK, or in the Buyer's home court. Without prejudice to the above, Jordan shall also have the right to file suit against the Buyer either in the UK court or wherever the Buyer is domiciled or has a registered and/or branch office. In any event, the parties irrevocably agree that proceedings issued out of the said courts may, without prejudice to the rules of service of any court or jurisdiction, be served by delivering such proceedings in an envelope addressed to the party to be served at the address for such party set out in this contract or otherwise notified by that party to the other.



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