

COMMERCIAL CATALOGUE

Premium strength and cardio equipment











03 ABOUTUS 05 KEISER Cardio & Strength Apps Performance Infinity Series Racks & Platform 15 AMERICAN BARBELL Weight Bars & Plates Various Equipment Racks & Rigs 23 SPIRIT 900 series 1000 series 800 series Selectorized SP-35 Series Selectorized SP-43 Series Plate Loaded Free Weights Cable Series & Multi Stations 43 ABILICA Training XC-Mill 2700 Normill 49 EXXENTRIC Train Up Your Potential 51 FLUID POWER ZONE Fluid Power Zone Range



We specialize in the fitness center industry and larger installations. This makes us a complete supplier of equipment for home training, companies, hotel, physiotherapists, top sports, fitness centers and more. Our professional salesmen have a high level of competence in health and training equipment. We deliver design, project management, assemble and offer the best service and after market in Scandinavia.

ABILICA STORE & SHOWROOM Rørhaven 6 7100 Vejle

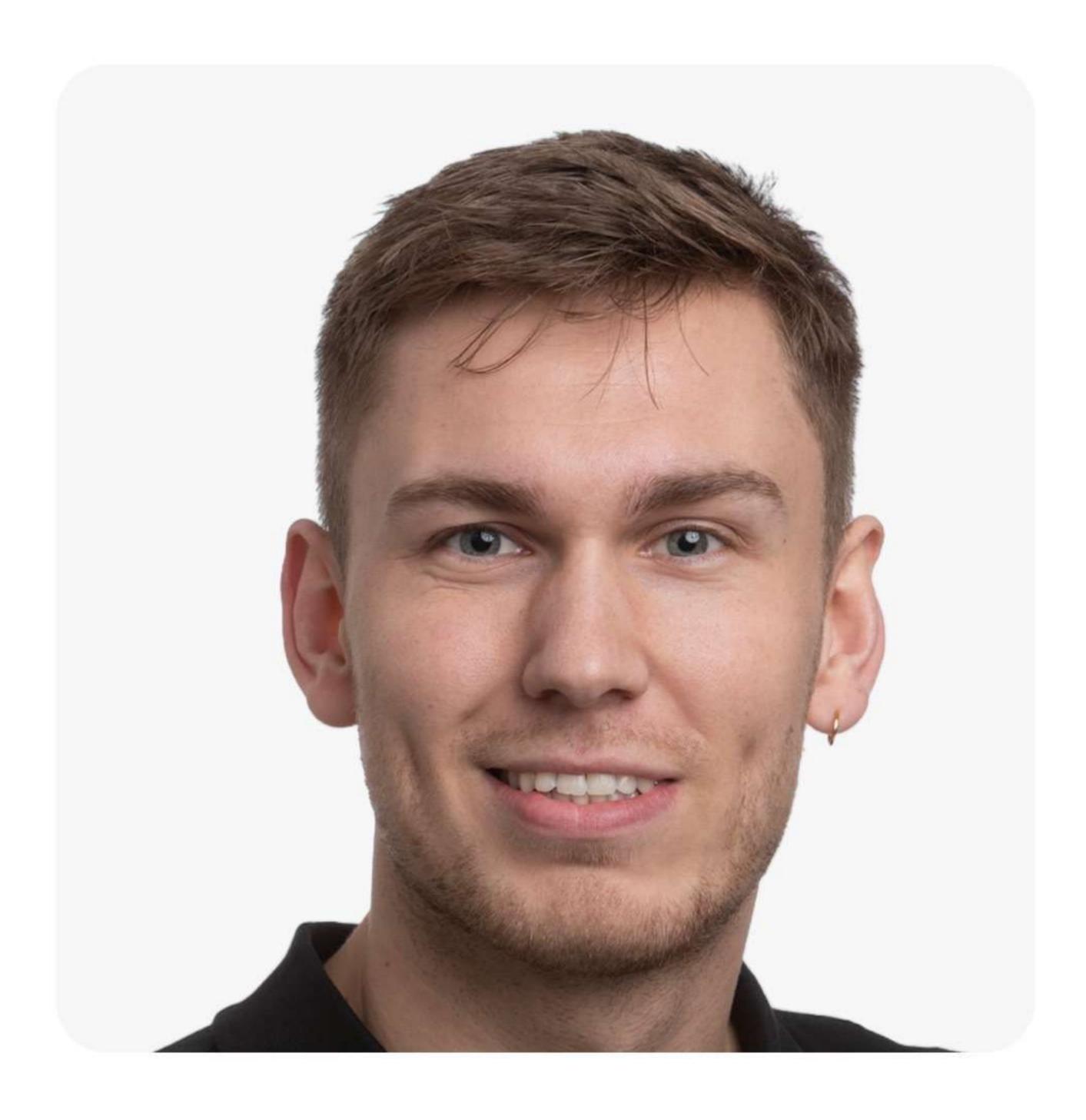
ABILICA STORE & SHOWROOM

Trindsøvej 12 8000 Aarhus C

ABILICA STORE & SHOWROOM

Vesterlundvej 13 2730 Herlev

ABILICAONLINE.DK/PRO

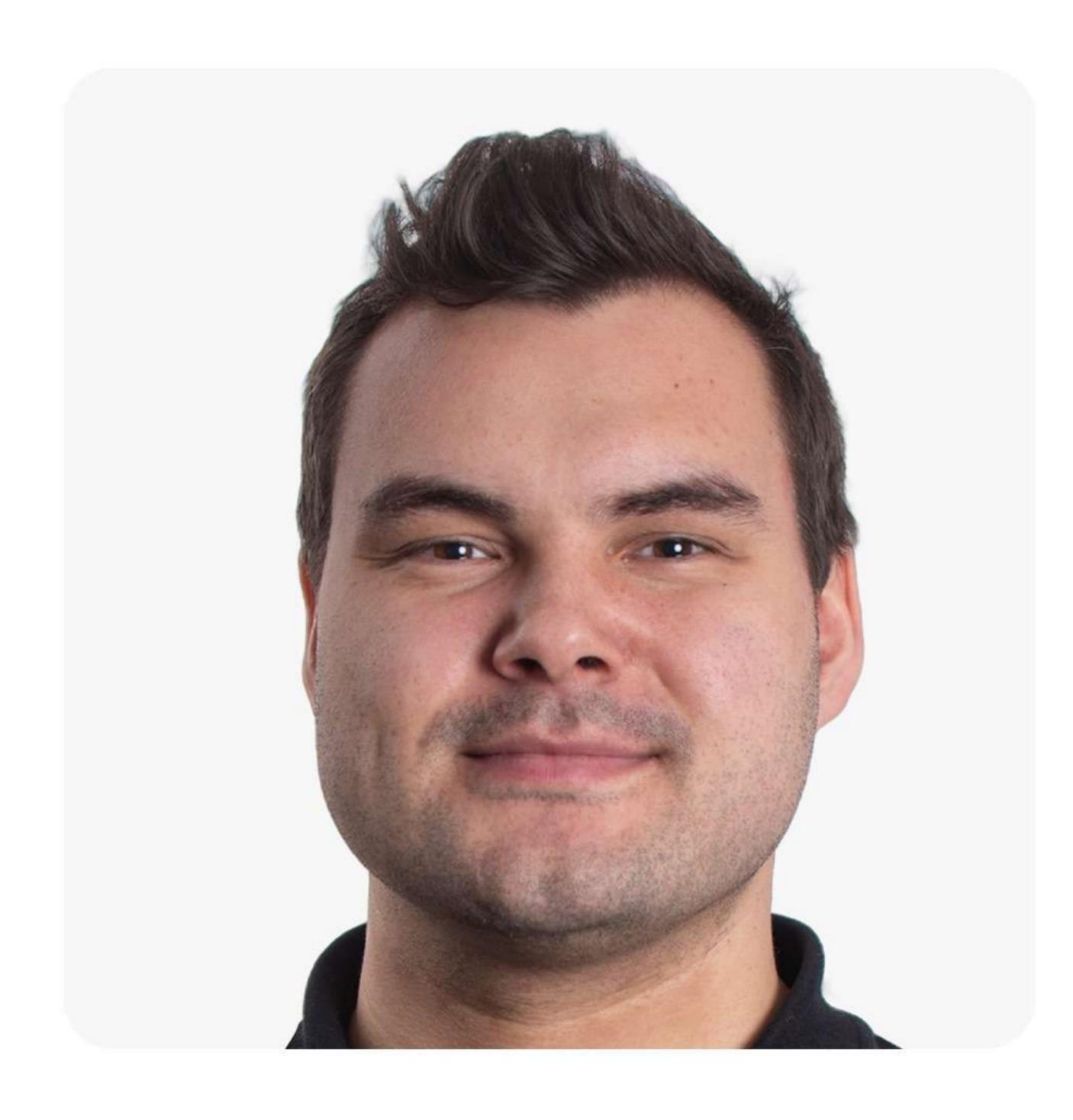


ANDERS GERDES

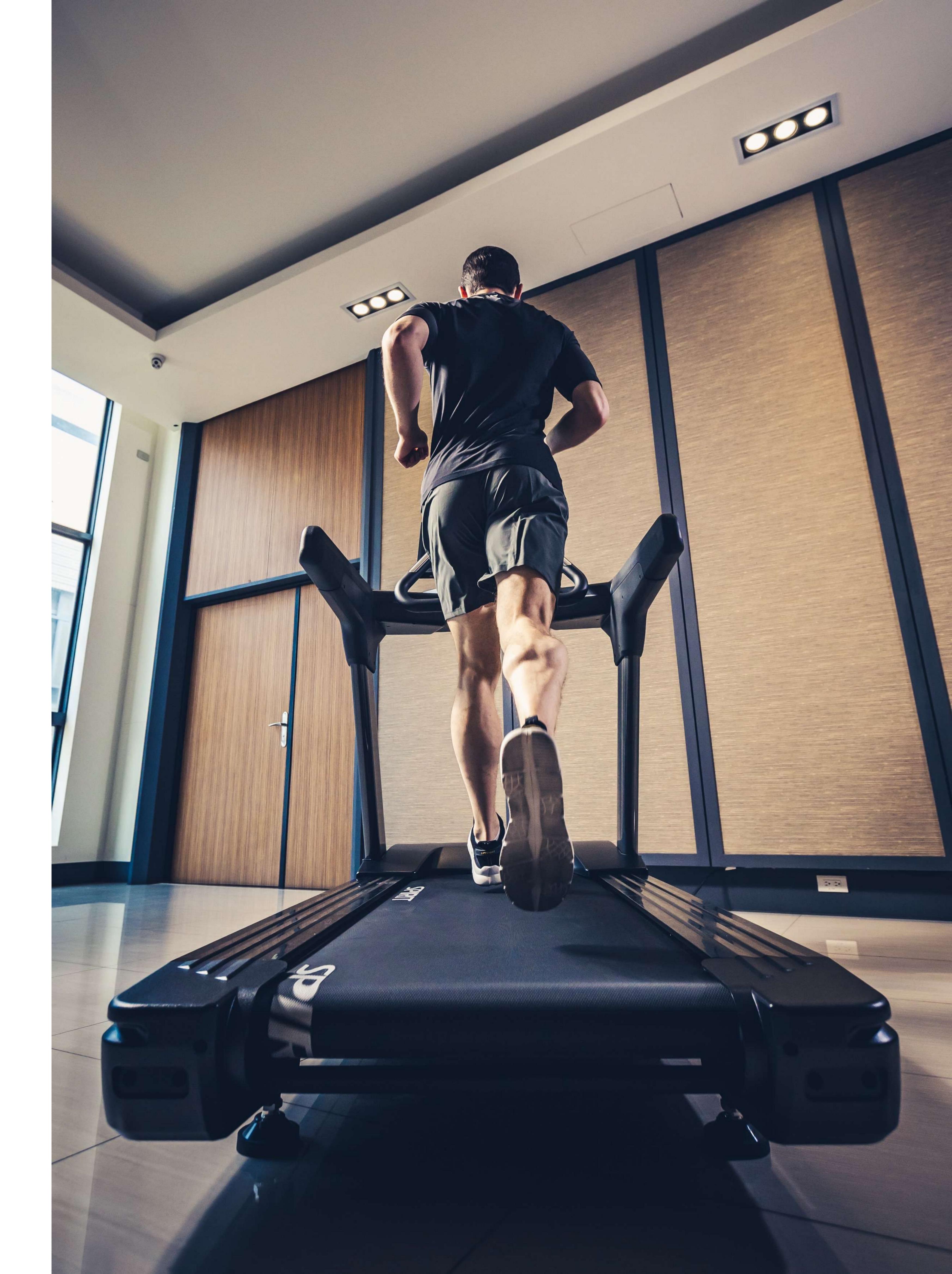
Sales: Jylland

anders@abilicaonline.dk

93 633 890



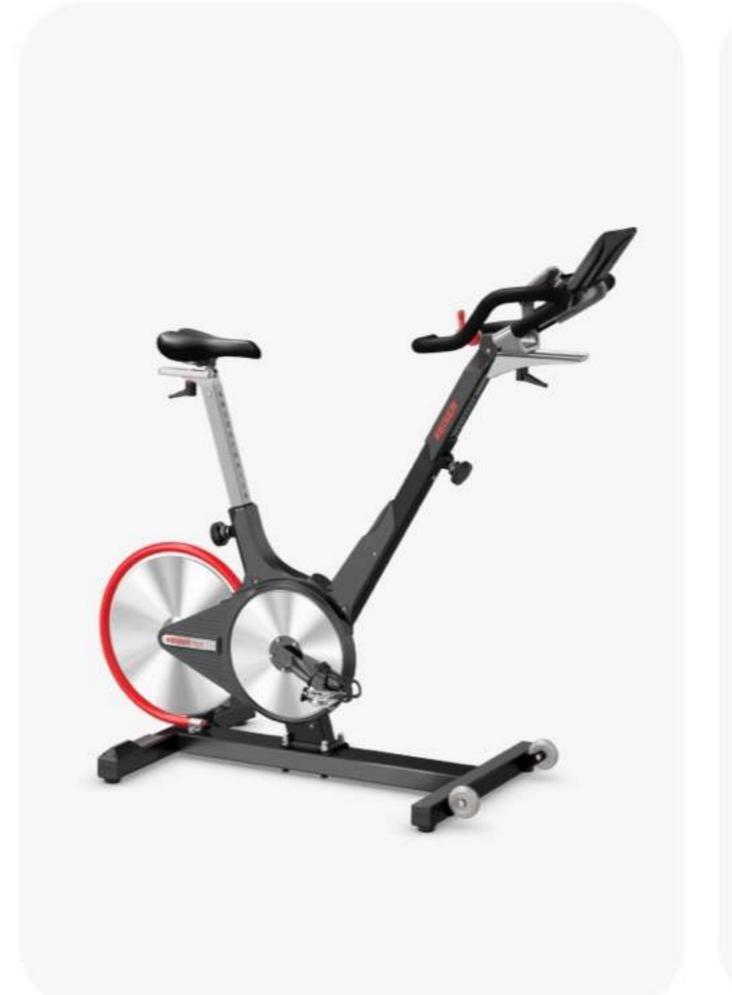
MALIK SKIFTE WASSINI Sales Manager: Sjælland, fyn og øerne. malik@abilicaonline.dk 91 899 279





CARDIO & STRENGTH

Our groundbreaking rear-wheel M Series indoor bikes are what made us famous. But the same science-proven Keiser quality is engineered into al cardio products - from the M3i with innovative new pedals to our new M5i Strider elliptical and M3i Total BodyTrainer, all equipped with Bluetooth®. Introduce precision to your strength training programs. Our machines are equipped with patented Keiser pneumatic technology to give everyone from first-time gym members to pro athletesa safer, easier, more efficient way ot boost power output, improve core stability, and gain overall muscle performance.



M3i

The Keiser M3i is the only indoor group cycling bike built entirely around YOU - that's YOU the rider, YOU the gym ownerand YOU the service technician.



An elliptical machine designed tooffer aneffective group training option, while still offering the sameunique benefits that made the M3i a success.



M3i TOTALBODY TRAINER

Obtain a concurrent, full body
workout, work the upper or
lower bodyindependently, or
perform single limb
rehabilitative movements.

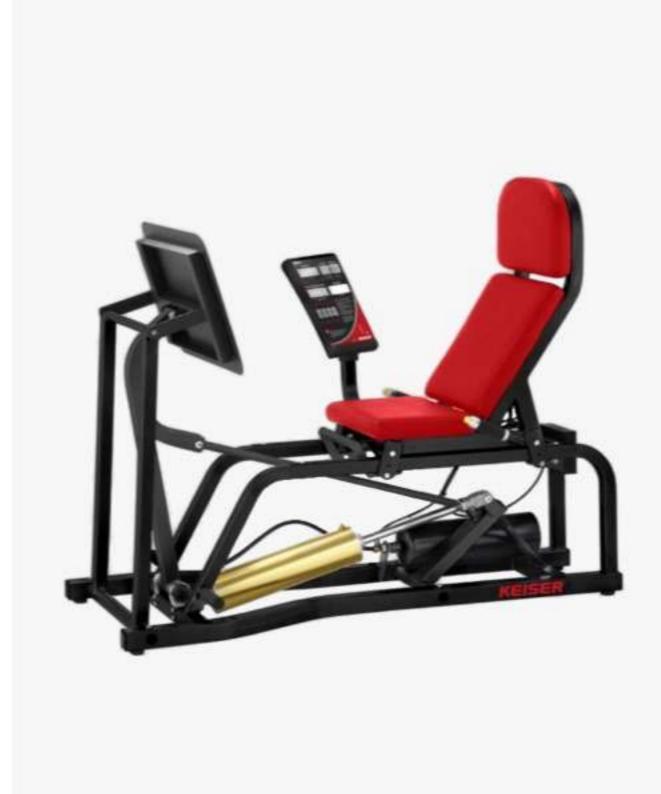


M7i

Because success starts with access, the Keiser M7i is designed for easy use with any mobility device or a standard chair.



AIR250 STANDING UP
The product of choice for athletes. It is essentialfor developing strength and power, allowing athletes ot trainat explosive speeds.



AIR250 LEGPRESS

Features a bilateral leg movement function. Its simple design and ease of adjustment makes this a perfect starter piece for facilities.



AIR250LAT PULLDOWN
The revolutionary design of the
Lat Pulldown eliminates
the cable, thereby reducing
the maintenance and the
chance of injury to the user.



AIR250 LEG EXTENSION

Designed ot make entry into the machine easy. Leg cushions and seat backs are fuly adjustable, without getting of the machine.



M SERIES APP

The Keiser M Series app is a powerful tool for collecting data from Keiser M Series Intelligent equipment. Quickly connect to equipment and begin training with real-time graphs for power, cadence range dials, FTP zones, and W/Kg ratios. Choose to free ride, perform an FTP test, or follow one of the guided sessions designed by Keiser Master Trainers.

Sign in with your Keiser Metrics account to sync workout sessions with the Keiser Metrics cloud. Keiser Metrics allows advanced analysis and review of workout sessions. Connect Keiser Metrics to other cloud platforms like Apple Health, Strava, and TrainingPeaks for automatic session syncing!









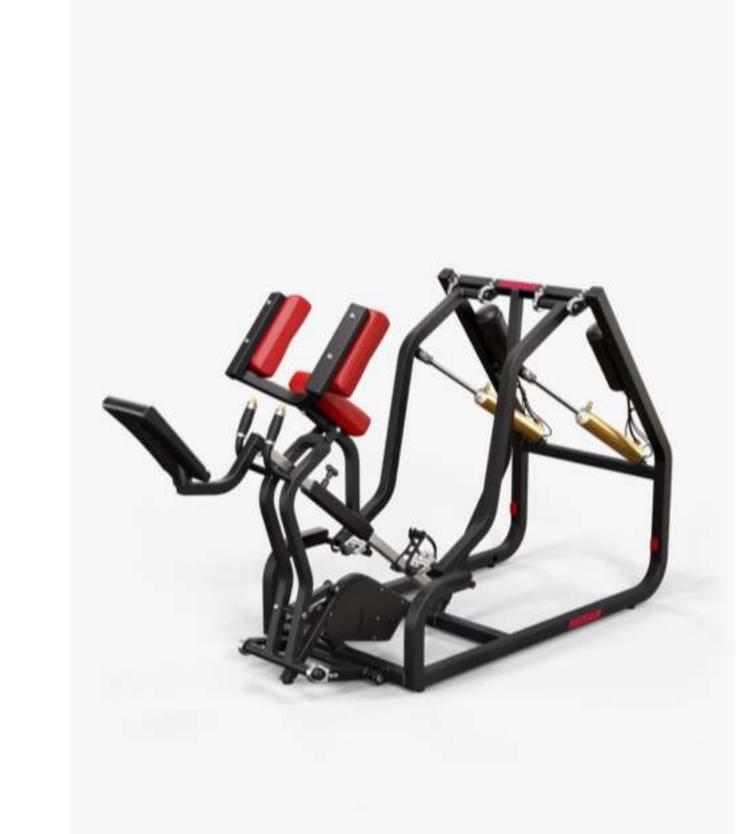
Ride with us. Anytime, anywhere.

For only \$6.99 USD per month, connect to inspiring and engaging indoor cycling workouts ranging in intensity, duration, formats and languages. Choose from a catalog of signature classes like Rhythm, Rush or Race or try any of our new classes added weekly. Our globally-connected trainers are the best in the industry and will guide and support you on your journey to achieve your goals. Start today and experience The Ride for FREE for 30 days. Cancel anytime.



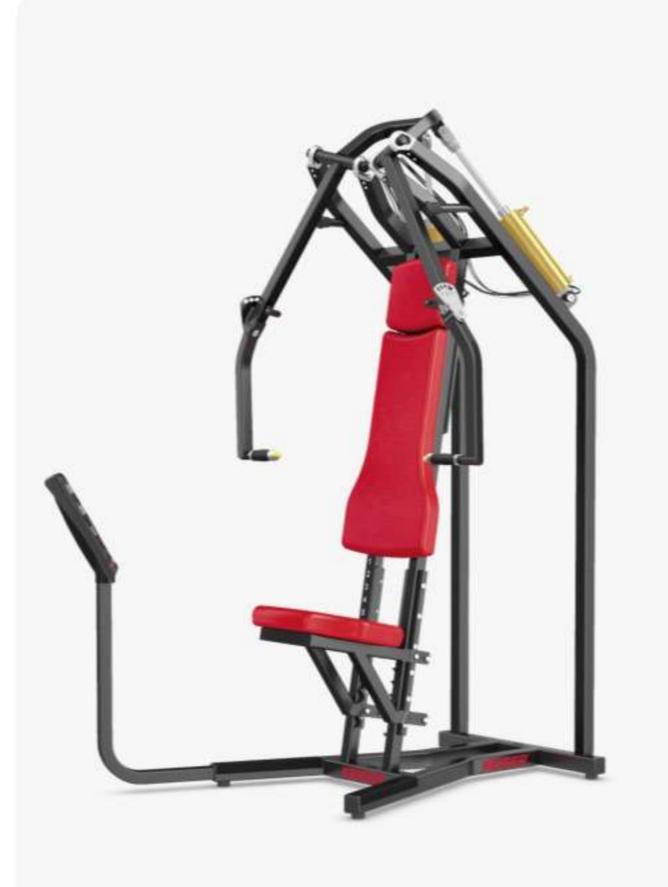
PERFORMANCE

We're just as relentless as you are. The demands of elite athletic competition inspired Keiser to create performance training products and programs that helpyour athletes safely achieve the highest level of performance possible on the field of play. Only Keiser's Dynamic Variable Resistance safely builds strength at any speed, which si the key to building maximum power (Force x Velocity). Keiser strength machines enable you to develop power, and power is the key to performance.



AIR300 RUNNER

Allows athletes to train the lower body for power by using the components of speed and resistance. Improves acceleration and explosive power.



350 BIAXIAL CHEST PRESS

A smaller version of the original POWER Rack and incorporates the same exercises. Designed for space. conscious applications.



AIR300 LEG EXTENSION PRO

The A300 Leg Extension Pro's low-inertia design gives you a smooth resistance. The result is a workout unlike anything else on the market.



AIR300 LEGCURL PRO

Industry's best leg curl machine for eccentric loading. Offers unilateral or bilateral leg training. Smooth pneumatic resistance.



AIR300 SEATED CALF

Unique machine engineered to create explosive power from the lower leg. Increased Resistance Range For more intense functional workouts.



AIR300 LEG PRESS

The combination of unilateral/ bilateral movement and pneumatic technology makes the AIR300 Leg Press a perfect fit for developing power.



AIR300 BELT SQUAT

This innovative lower body piece helps build dynamic hip explosion with no shoulder or spine loading. Smooth Pneumatic Resistance.



AIR 300 SQUAT

Combining a low impact workout with the ability ot move safely at higher speeds, the AIR300 Squat enhances explosive power.



INFINITY SERIES

Train real-world movement at real-world speed. From professional athletes to the frail elderly, Keiser's Infinity Series is the most efficient way to develop functional, real-world power - on any plane, at any speed. Whatever the motion you want to train - throwing a baseball, swinging aclub, or just performing the activities of daily living - Keiser's Infinity Series lets you train the neuromuscular system at the speed of life.



FUNCTIONAL TRAINER

Represents the core machine within the Infinity Series. As the name implies, it is amulti-functional machine for a complete body



PERFOMANCE TRAINER

Takes the Performance Trainer and transforms it into a multi-user training zone. Versatility that allows you to customize your



SIX PACK
Athletes who have trained on the Power Rack have seen overall strength gains, better speed, control and explosive power.



TRIPLE TRAINER

Packs all of the benefits of the Functional Trainer into a spacesaving, triangular-shaped column. Accommodates up to three
exercisers at one time.



RACKS & PLATFORM

Al Keiser patented hybrid Racks combine Keiser Dynamic Variable Resistance and iron weight resistance. Keiser Dynamic Variable Resistance pulls straight down on the bar (just like gravity) and followsthebar as ti moves horizontally. You can train at any speed, from controlled ot explosive, developing Power and Stability.



HALF RACK
A smaller version of the original Power Rack and incorporates the same exercises. Designed for space-conscious applications.



POWER RACK

Athletes who have trained on the Power Rack have seen overall strength gains, better speed, control and explosive power.



PLATFORM INSERT MODEL 3180

Length: 55"/ 1397 m

Depth: 104"/ 2642 mm

Height: 1.5/ 38.1 m

Total Weight: 243 lbs /110 kg



PLATFORM INSERT AND 6° LIFTING PLATFORM MODEL 3182

Length: 100" / 2540 m

Depth: 178/4521 m

Height: 1.5/38.1 mm

Weight: 659 Lbs / 299 kg



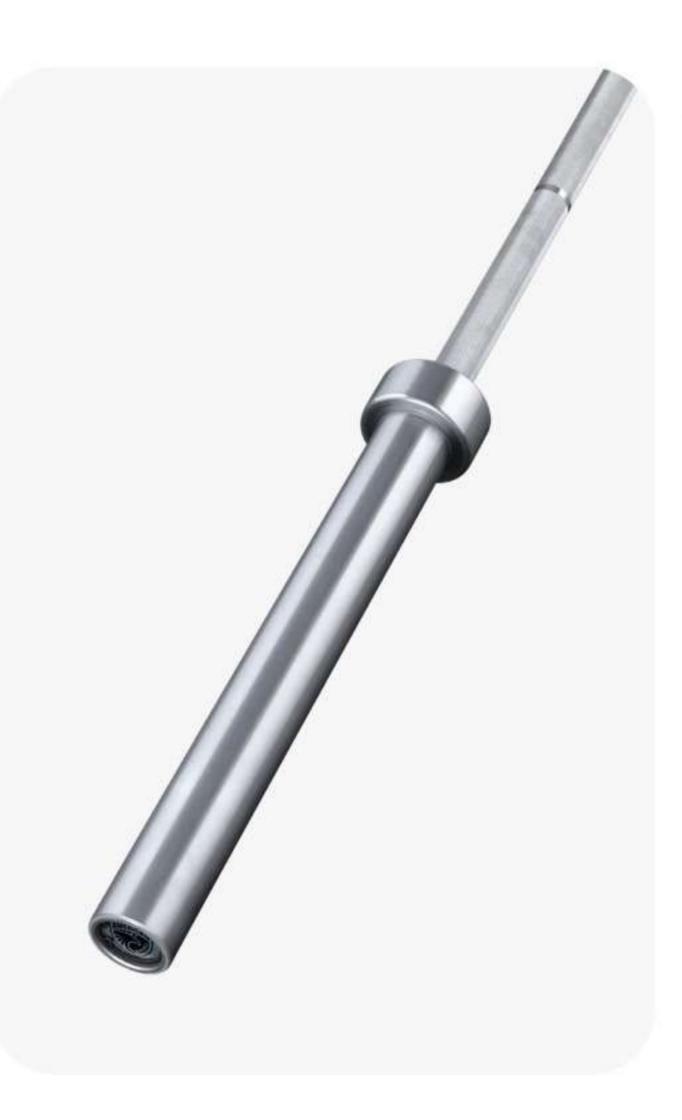


American Barbell is a manufacturing company with extensive experience in providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to life.



WEIGHT BARS & PLATES

American Barbell make the best barbells on the planet. When you pick one of them up, you can feel the difference. We've been at it for over 40 years, and every decision made along the way has been in the pursuit of excellence. We have set the standard in barbell technology and quality. Our innovations have been imitated by the biggest names in the industry, but hey, that's the highest form of flattery, right? We originate, innovate and manufacture strength, that's what we do.



TRAINING BAR

A solid, versatile barbell that can be used for just about any application. Tested against the day-to-day abuse of heavy training and it's proven worthy.



CERAKOTE TRAINING BAR

A solid, versatile barbell that can be used for just about any application. Available in 10 standard colours and over 90 custom colours.



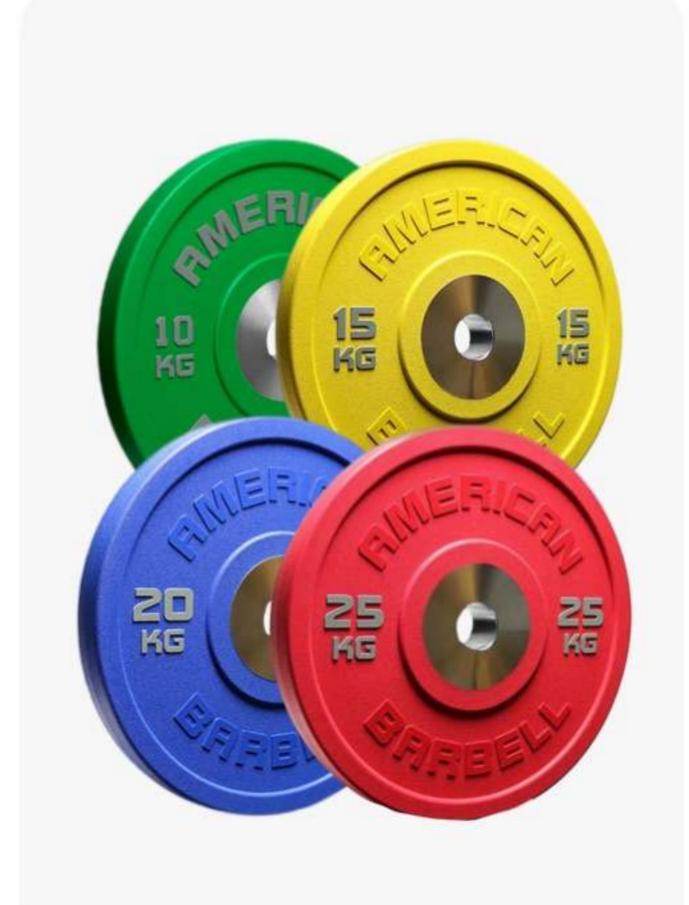
ELITE POWER BAR

A shaft made from precision grade stainless steel. Our selected steelgrade for our Power Bars provides very little flex, making it ideal for a variety of max load lifts.



PERFORMANCE BEARING BAR

A host of proprietary features unlike any other on the market. It's with this technology our bars spin smoother as the weight gets heavier on the bar.



URETHANE BUMPER PLATES

American Barbell is the first company to manufacture a urethane bumper plate.

These bumpers are exceptionally durable.



SPORT COLOR PLATES

The American Barbell Sport color bumper plates are 450 mm in diameter and feature a quality stainless steel insert for easy loading onto the bar.



SPORT BLACK PLATES

The American Barbell Sport rubber bumper plates are 450 mm in diameter and feature a quality stainless steel insert for easy loading onto the bar.



COLOR TRAINING PLATES

A top choice for any weight room or platform and ensure a no-maintenance bumper plate despite repeated drops.

VARIOUS EQUIPMENT

American Barbell si a manufacturing company with extensive experience ni providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to lite.



URETHANE DUMBBELLS Black textured urethane head, easy to read number increments in gray and a high-

quality construction - all at an

affordable price point.



One of the best tools to perform box jumps, squad lunges, box squats, incline and decline push-ups without the risk of any fatal injury due to its

non-slip surface.



PLYO BOX WOOD

This jump box is built for safe, effective plyometric training at any skill level. Its puzzle piece design allows for flat shipping and easy assembly.



CLASSIC KETTLEBELLS

We set out to make a premium kettlebell by using the highest quality materials available. A textured finish offers a solid grip and chip resistant surface.



We are excited to introduce our new range of urethane competition kettlebells. We are confident that these are the highest quality kettlebells on the market.



PUSH-PULL SLED

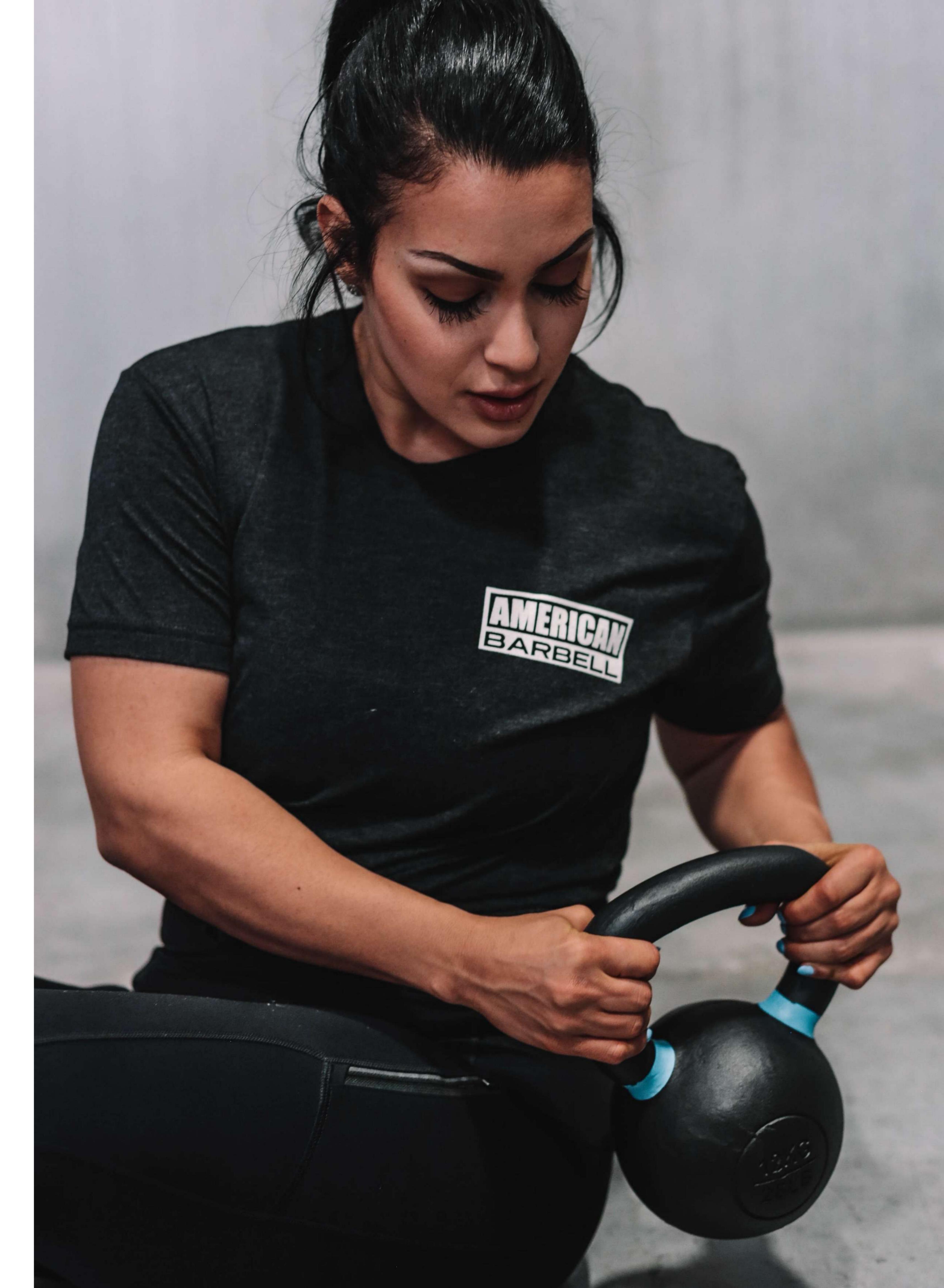
Heavy duty with multiple
handles that are also
reversible. Great for parallel
grip push and pulling with a
track harness or strongman
harness.



PREMIUM WALL BALL
Premium grade wall ball.
The heavy duty, Polyurethane
& Polyester composite
Honeycomb material was
designed for grip and
durability.



Designed to soar when your training demands it. Giving you the stability you need to really dig in and grind out those tough intervals.



VARIOUS EQUIPMENT

American Barbell si a manufacturing company with extensive experience ni providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to lite.



FLAT UTILITY BENCH
Provides the beastly support
that you need to rep out with

total confidence.



WEIGHTLIFTING BELT
Our leather weight lifting belts
give you what you need when
you're attacking your lifts.



Our genuine leather Power
Lifting belts give you what you
need when you're under serious
load.



The American Barbell medicine balls are color-coded according to their weight. Each ball is textured to optimize its grip ability and enhance sensory feel. These sand-filled balls are exceptionally weighted to provide even balance and functionality. The balls are available in the following weights:

1-10 kg and 12 kg.



MULTIPLE ADJUSTABLE BENCH 0-75 DEGREE

This bench is constructed
from heavy-duty steel framing
to provide the stability and support
that you need when training intensely.



Club strength packs for group strength classes can receive a lot of wear and tear during group weight training programs. The quality and construction of group strength barbells, weightplates and collars are imperative to keeping your equipment safe and functional.



RACKS AND RIGS

American Barbell si a manufacturing company with extensive experience ni providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to lite.



AMERICAN BARBELL RIGS Make your own design of our high quality

rigs or choose one of our standard rigs.



HALF RACK 3x3 11 gauge steel and 3/4" hardware makes this an incredibly solid rack with modular functionality and a wide variety of customization options. Plastic protection on both sides of the J Hooks help protect the bar and uprights from scratching and wear.



48 RACK

The American Barbell Rack 48 features 3x3 11 gauge steel and 3/4" hardware, with modular functionality and a wide variety of customization options. Plastic protection on both sides of the J-Hooks helps protect the bar and uprights from scratching and wear.



SQUAT STAND

A staple for any garage gym, affiliate, or school training center. Our squat stand is constructed from premium 3x3 11 gauge square steel tubing. Support braces at the base of the frame ensure maximum stability, ensuring that this stand will not move when you're going under the heavy iron.



PULL-UP SQUAT STAND

A staple for any garage gym, Affiliate or school training center. It is modular in design and has available add-on accessories like safety spotter bars, other styles of pull-up bars and a utility or adjustable bench, offering the versatility to do a range of exercises within a small footprint.



We built our first fitness product in 1983, with the simple goal of giving our customers the highest quality equipment to help them achieve their fitness goals.



CARDIO 900 SERIES

The Cardio 900 series of Spirit Fitness equipment is crafted with features to enhance the user's experience while standing up to the rigors of the health club. Quick adjustments, easy-to-read consoles, and intuitive functions make start-up and operation simple. Features like cooling fans, optimized movement patterns and ergonomic touch points create a comfortable and effective workout. Manufactured in our company-owned, ISO-certified factory with solid construction, you can rest assured your Spirit Fitness equipment will stand the test of time.



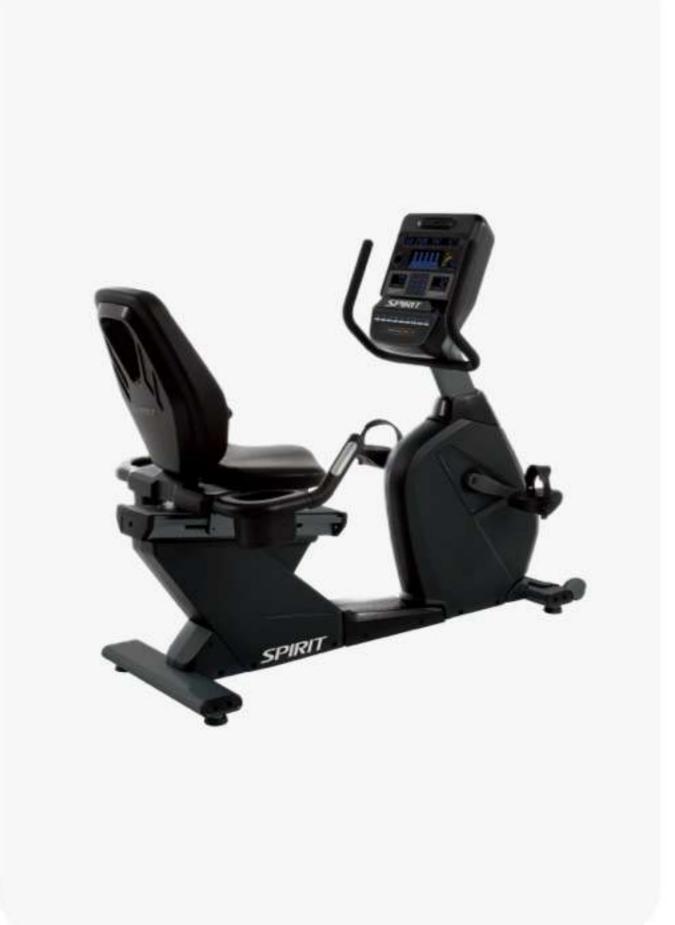
Robust construction and commercial-grade components make the CT900 the gold standard for treadmills.



CE900
From stride length and hand grips to pedal placement and flywheel inertia, this elliptical combines fit and function in one robust machine.



CU900
The CU900 Upright Bike boasts features that provide users with precise fit and function and a beautiful console to track performance.



Takes workout ease and comfort to a new level. Stepthrough design makes it easy for all users to enter and exit the bike.



CT900ENT

Combines the quality and construction of the CT900 with the beauty and innovation of an display for TV, web browsing and music streaming.



CE900ENT

Created to workout with comfort and ease, the CE900ENT features the Spirit signature entertainment console for media at your fingertips.



AB900 AIR BIKE
The AB900 Air Bike is a classic design with powerful impact and is the perfect addition to commercial facilities.



CSC900
Features a super sleek design, locking stairs for safety and the largest surface area on the market for multiple foot position training options.

CARDIO 1000 SERIES

The new 1000ENT Series are designed to meet our customer's need for a new, robust, modern, and engaging console interface. Our treadmill boasts an impressive 21.5" TFT touch screen that is super clear, and touch-sensitive. Navigating our console is easy with the intuitive layout of the touch screen buttons. The consoles of the elliptical and bikes use a 15.6" TFT touch screen, which captivates users; the brilliant graphic software interface and entertainment media will immerse exercisers into a unique user experience.



CT1000ENT

Combines our workhorse heavy duty commercial with a NEW, modern and engaging console interface. Boasting an impressive 21.5' TFT crystal clear, touch sensitive screen and designed to be usercentric and intuitive.



CE1000ENT

Features a smooth pedal motion with a 2-degree inversion of the pedals for an ergonomic foot path to minimize joint stress. Combine this with a NEW modern and engaging console interface. Impressive 15.6" TFT crystal clear, touch sensitive screen and designed to be usercentric and intuitive.

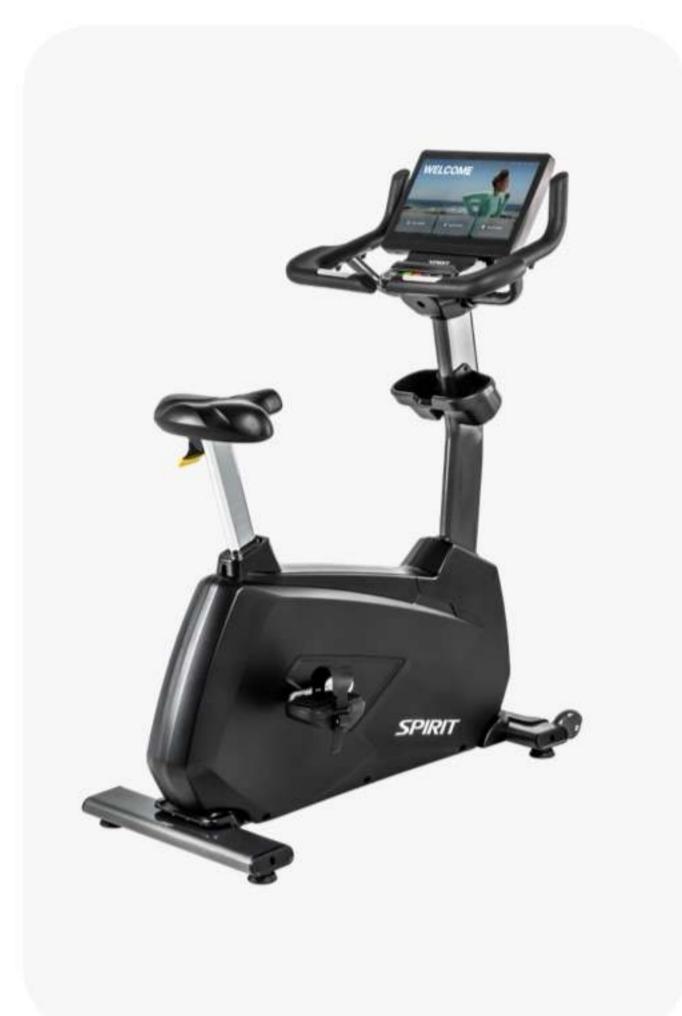


CR1000ENT

Built to perform and entertain.

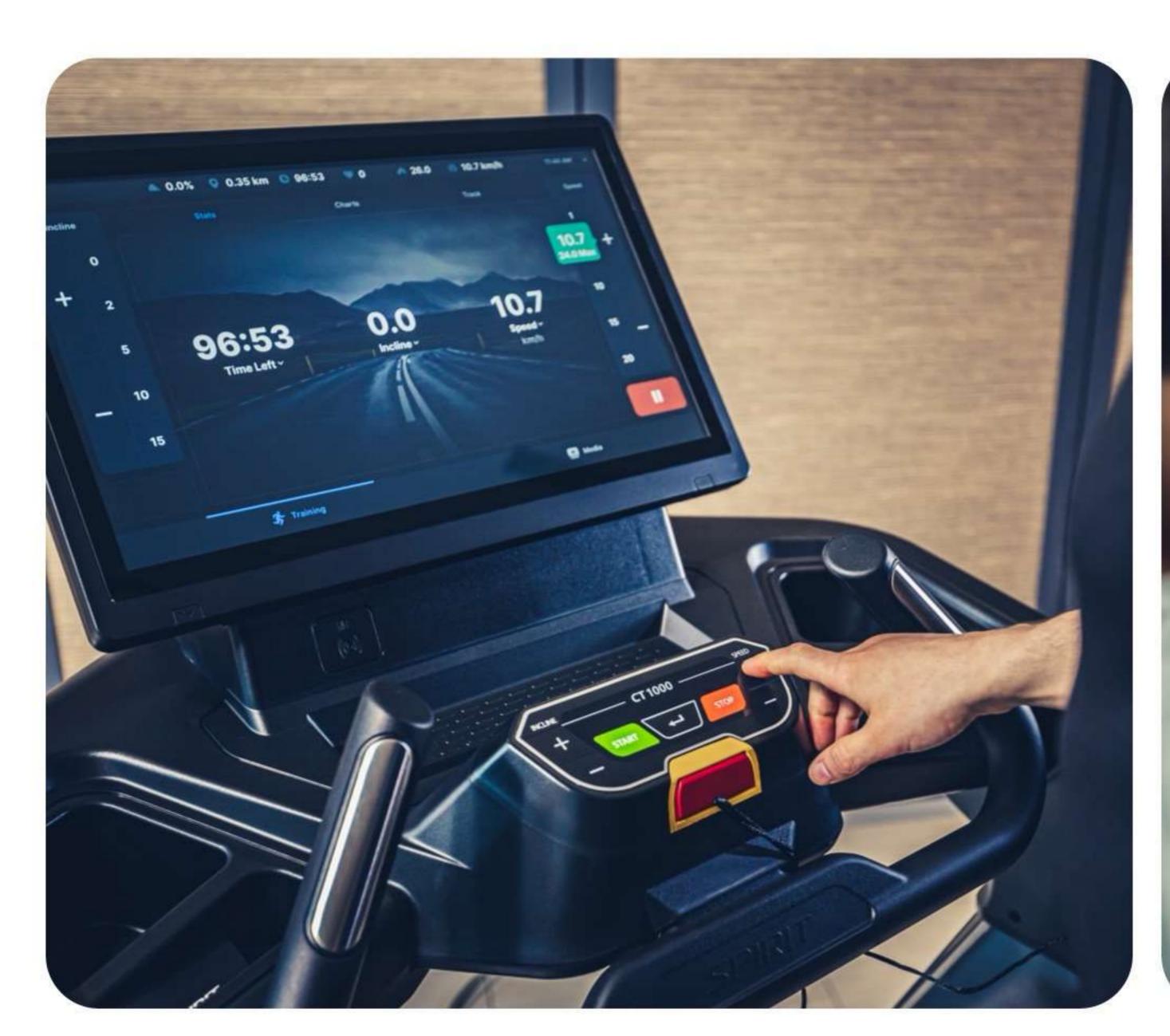
A NEW, an impressive 15.6"

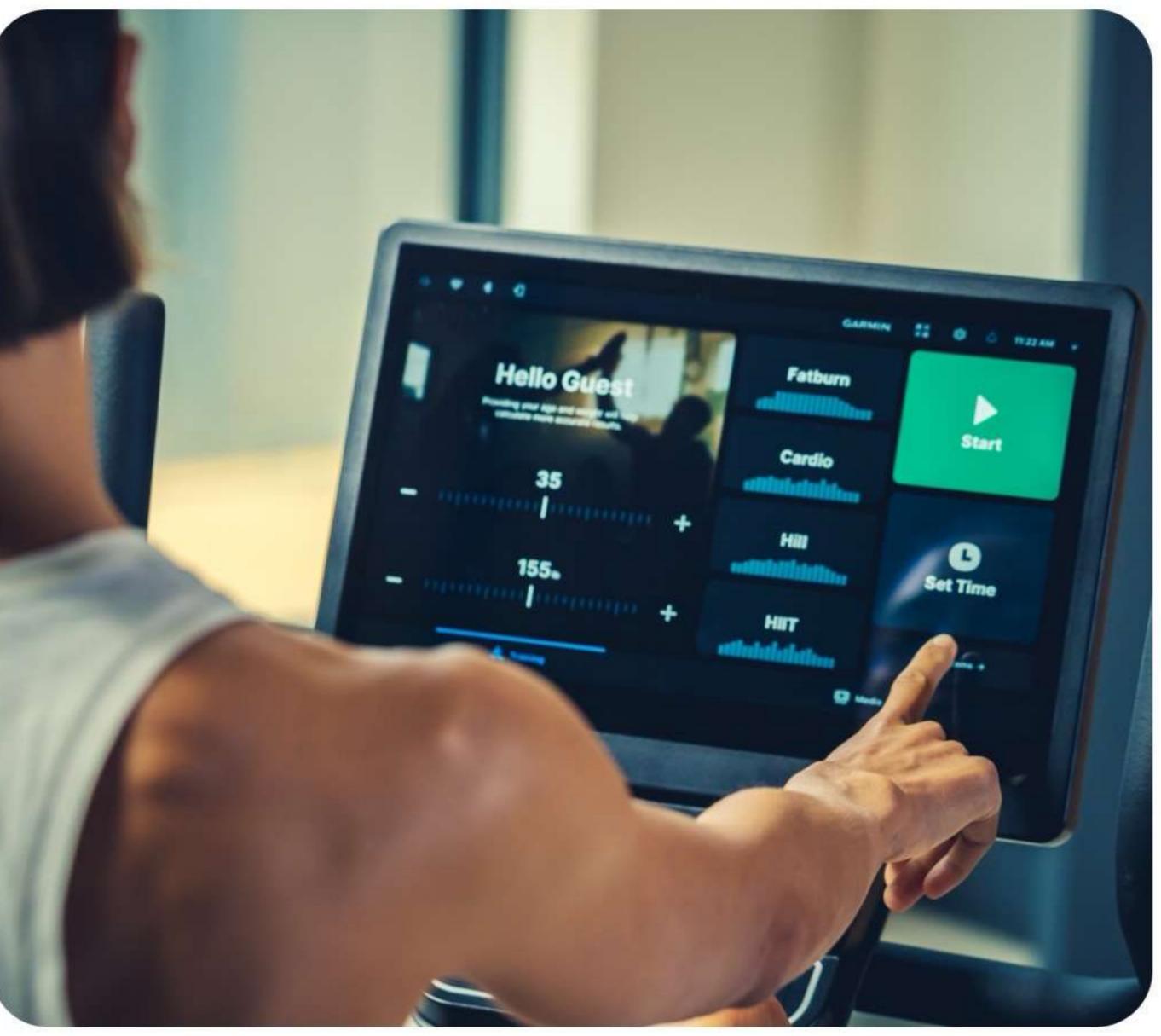
TFT crystal clear, touch sensitive screen and designed to be user-centric and intuitive.



CU1000ENT

Presents three workout display modes for rider engagement, and oversized 1" crank axle and heavy-duty roller bearings for a smooth ride and reliable longevity.









CARDIO 800 SERIES

Spirit Fitness announces the release of their new 800 Series and ENT Series to its commercial range of cardiovascular equipment. The new products were redesigned for high performance with technological enhancements that will keep users engaged and coming back for more. Spirit makes sure that each new equipment design meets the same demanding standards that have crafted the Spirit Fitness brand.



SPIRIT



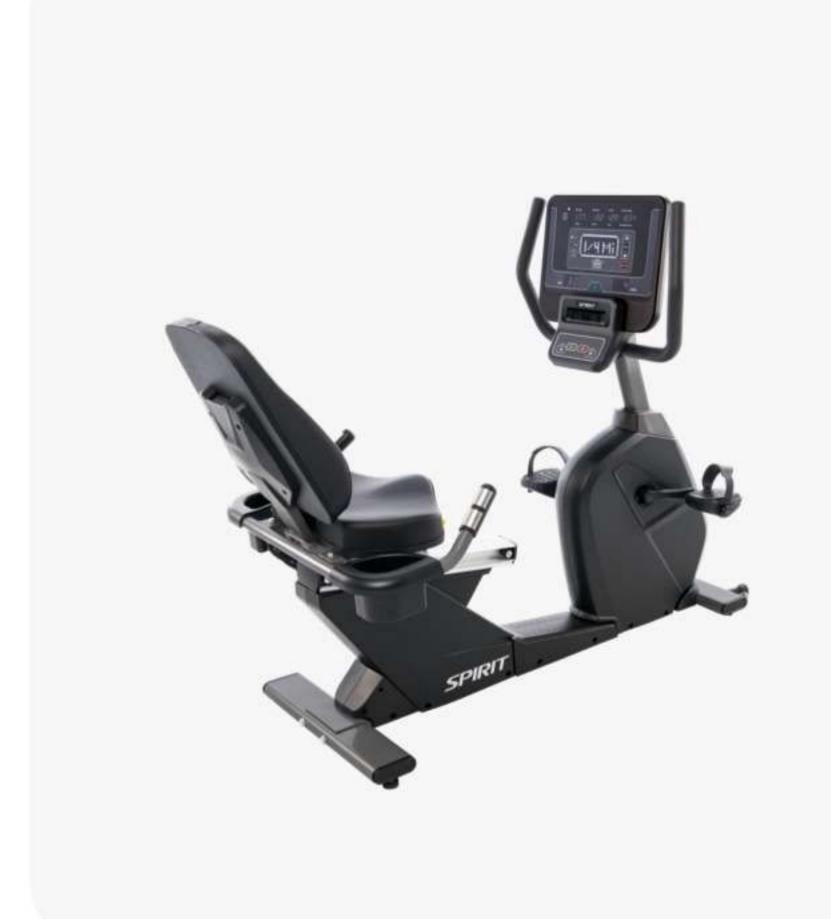


Designed to withstand the rigors of a commercial fitness environment, the CT850+ Treadmill combines convenient features with durable construction to provide an exceptional workout experience.

The CT800+ commercial treadmill has a reputation for reliability and value that meets your space and budget needs. Weighing in at 173 kg, this machine is truly heavy-duty and packs a load of premium features that keep clients

CE800+ The CE800+ was specifically engineered for the commercial environment, from its heavyduty steel frame to its premium console features.

CU800+ The CU800+ Upright Bike was specifically engineered for the commercial environment, from its heavy-duty steel frame to its durable powder coat paint finish.



CR800+

The CR800+ Semi-Recumbent Bike is the perfect bike for the commercial environment. The step-through design and easy-adjust seat makes it easy for your clients to get on the bike and quickly find the most comfortable seat position.



CS800+

The CS800+ Stepper combines the familiar dependent stepping action with an arched step-rail design and impressive 16" maximum step height for an effective lower body workout.



CRS800S+

The CRS800S+ Recumbent Stepper makes total-body exercise accessible for a wide variety of users. Regardless of age or physical ability, the CRS800S+ offers a variety of features that take the effort out of getting on and working out.



SELECTORIZED SP-43 SERIES

It is rugged performance strength training equipmentthat takes what athletes dish out and helpsexercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you thatevery product from every serieswill offer fluid movement, ergonomically sound comfort and the durability to stand upto the most rigorous exercise environments.



LAT PULLDOWN

Traditional Lat Pulldown with adjustable chain-links for positioning of bar height.
Storage hooks for bar when notis use.



LOWROW

Low rowchallenges the entire body with stabilization while pulling with arms and upper back muscles. Dual foot bars allow users o fall sizes a proper set-up and full range motion.



SHOULDER PRESS

Horizontal andparallel grip options for users with shoulder limitations. Unilateral and bilateral pathof motion.

Seat provides range of motion adjustment.



SEATED CHEST PRESS

Overhead pivot follows body's natural movement for pressing motion. Unilateral and bilateral motions for correcting muscle imbalances Vertical grips aid users with limited shoulderflexibility.



SEATED LEG CURL

Thigh pad adjusts ot front of knees, keeping user in alignment with axis of rotation.

Lower Tibia pad self- adjusts limiting the number of necessary adjustments



SEATED LEG PRESS

Large foot platform for foot placement variety and angled lower edgefor calf exercises.

Angled sled provides support and simulates asquatting movement.



LEG EXTENSION

Back padadiustments for proper alignment with machines axis of rotation.

LowerTibia pad self-adjusts limiting the number of necessary adjustments



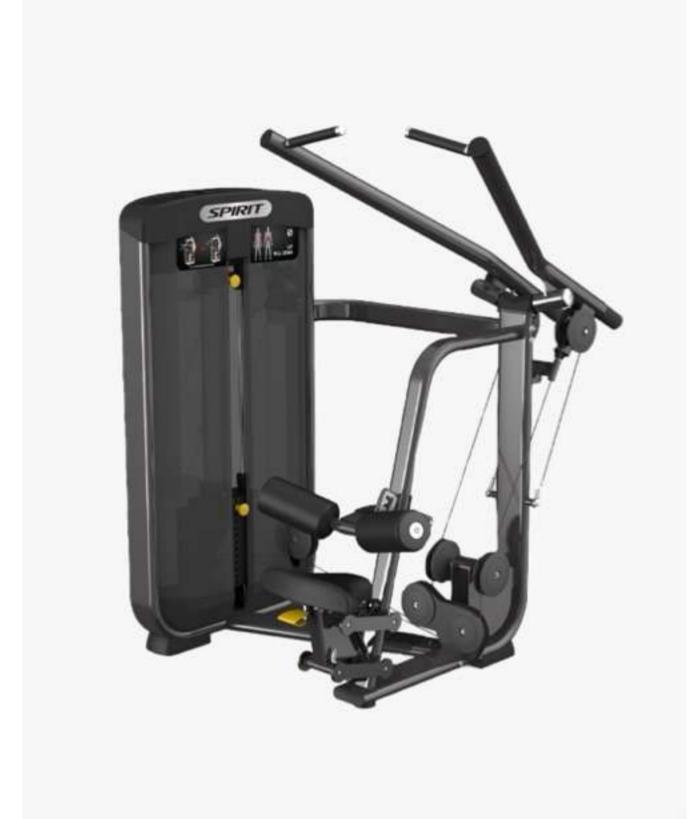
PRONE LEG CURL

Prone positioning allows ful range of motion training of hamstrings across both hip and knee joints. Pad angles stabilize hips to prevent them from rising during exercise.



SELECTORIZED SP-35 SERIES

It is rugged performance strength training equipment that takes what athletes dish out and helps exercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you that every product from every series will offer fluid movement, ergonomically sound comfort and the durability to stand up to the most rigorous exercise environments.



LAT PULLDOWN

Unilateral and bilateral motions for correcting muscle imbalances. Horizontal grips with natural diverging path of motion.



SEATED ROW

Grips pivot and rotate to selfadjust and help maintain focus on back muscles Adjustable seat and chest pad provide ideal positioning.



PEC FLY / REAR DELT

Dual exercise machine saves floor space. Multiple hand grips and range of motion adjustment for lots of exercise variety.



LEG PRESS

Large foot platform increases movement variety including calf exercises. Forward hand grip assists with entry and exit from machine.



LEG EXTENSION

Back pad adjustments for proper alignment with machines axis of rotation.

Lower Tibia pad self-adjusts limiting the number of necessary adjustments.



LEG CURL

Adjustable roller and back pads provide proper positioning with the machine's axis of rotation. Angled user positioning helps with stabilization during exercise.



HIP ABDUCTOR / ADDUCTOR

Dual exercise machine saves floor space. Large thigh pads and foot supports provide comfort and stability.



CHEST PRESS

Unilateral and bilateral motions for correcting muscle imbalances. Horizontal grips with natural converging path of motion.



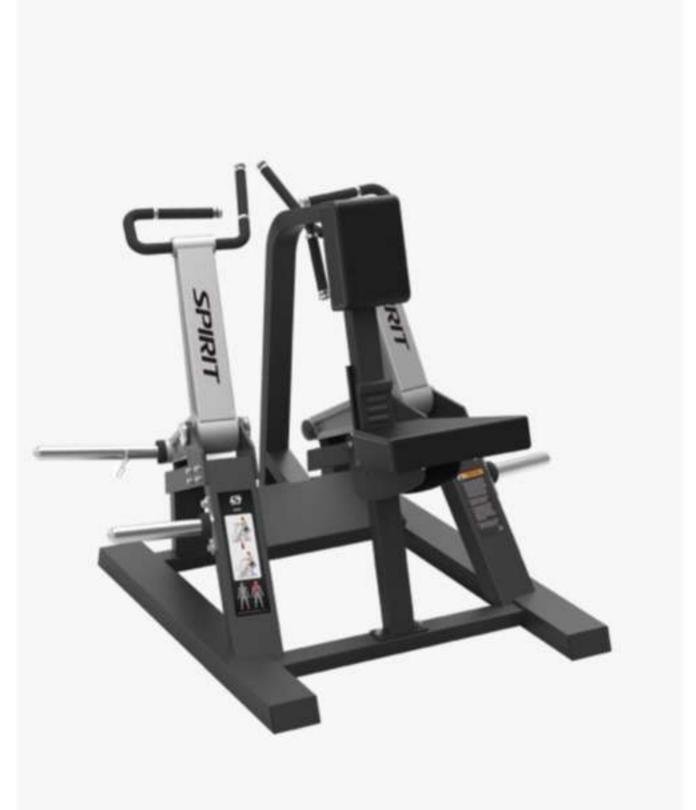
PLATE LOADED

It is rugged performance strength training equipmentthat takes what athletes dish out and helpsexercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you thatevery product from every serieswill offer fluid movement, ergonomically sound comfort and the durability to stand upto the most rigorous exercise environments.



CHEST PRESS

Highly visibility marker on back pad to help with proper alignment of chest with handles. Easy lift and lock seat adjustment. Heavy duty construction using 4mm steel.



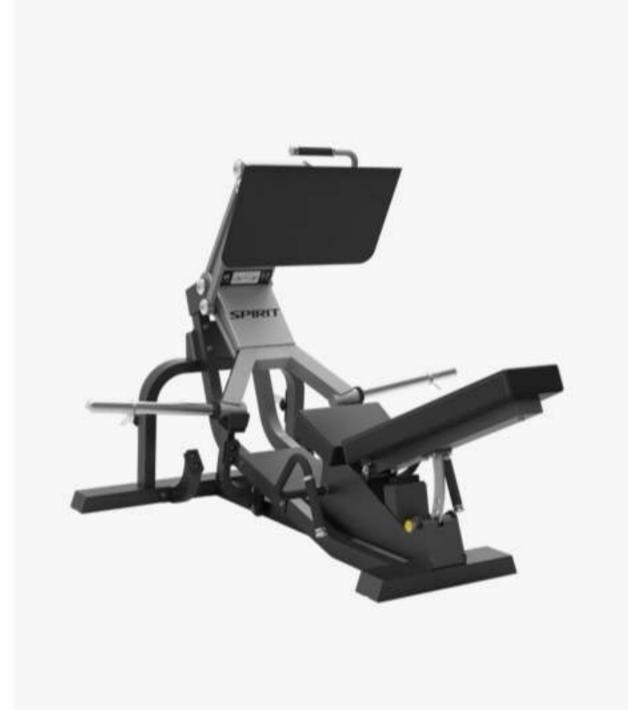
ROW

Traditional row exercise challenging stabilization ability and al muscles of the back. Declined angle of pad helpswith stabilization during heavy lifts.



SHOULDER PRESS

Horizontal and parallel grip options for users with shoulder limitations. Unilateral and bilateral converging path of motion.



LEG PRESS

Unilateral and bilateral motions for correcting muscle imbalances. Horizontal grips with natural converging path of motion.



LEG EXTENSION

Unilateral and bilateral motions for correcting muscle imbalances. Angled user positioning helps with stabilization during exercise.



LEG CURL

Unilateraland bilateral motions for correcting muscle imbalances. Upright positioning allows for training hamstrings across both hip and knee joints.



BICEPS CURL

Angled arm pad helps ot reduce shoulder involvement and maintain focus on Biceps Pivoting gripbar adjusts for varying forearm lengths and maintains alignment with axis of rotation.



LAT PULLDOWN

Unilateraland bilateral motionsfor correcting muscle imbalances. Stabilizing handle in themiddle to help when performing unilateral pulldowns.



FREE WEIGHTS

With features such as thick 3mm gauge steel and a support structure designed to withstand the most demanding training environments, our free weight benches and racks are not just the benchmark standard, but significantly raise the bar in the commercial club market. Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessary weight trees.



SQUAT RACK Four racking positions accommodate al users. Racks are positioned toallow

easy removal and re-racking of

thebar.



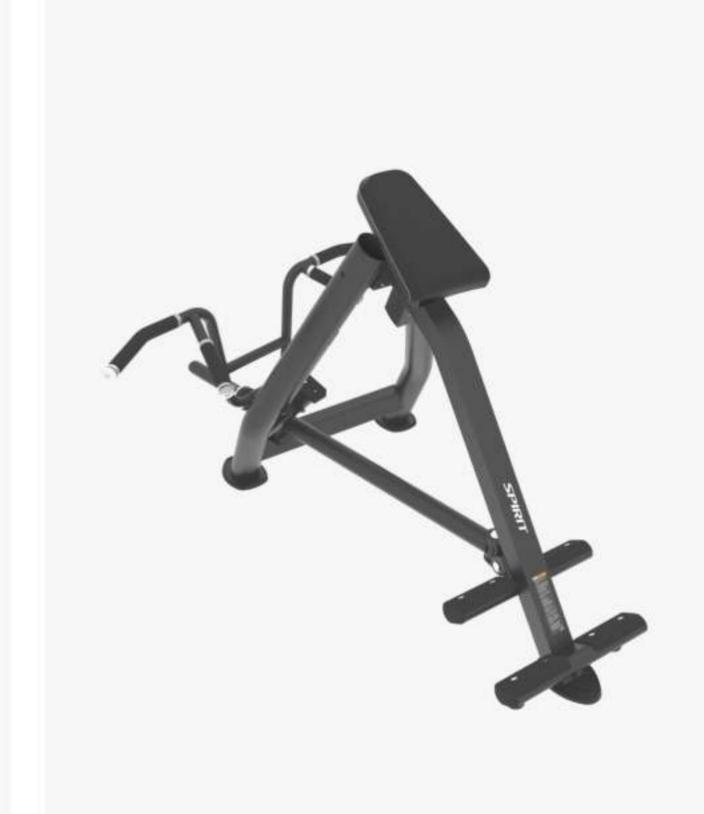
CHIN DIP /LEG RAISE

Integrated pull-up bar with multiple grips for individual preference. Backand arm pads are angled to help with user stabilization during leg raises.



AB BENCH

Multiple positions of pad adjustment to challenge every user. Wide back pad and adjustable leg support provides stabilization.



ROW

Angled design with chest pad provides firm support to isolate the back muscles Multiple hand grips give the user training variety for the lats or upper back.



ADJUSTABLE BENCH

Bench adjusts from flat to 90degrees. Seat pad adjusts in4 positionsto align with back pad angle. Handle and integrated wheels for easy transport.



PREACHER CURL

Elbow pad is angled at 55degrees to varyresistance and improve user comfort. Wear resistant guards protect frame powder coating. Threepointcontact provides excellent stability.



OLYMPIC FLAT BENCH

Multipleweighttake-off points spaced for easy take-off and return. Standard weight storagekeeps weight platesclose.Wear resistant guards protect frame powder coating.



BACK EXTENSION

45-degrees positioning si ideal fortraining posterior muscles. Thigh pads are adjustable to fit al usersizes. Lower leg pads support at the calf which eliminates knees discomfort.



FREE WEIGHTS

With features such as thick 3mm gauge steel and a support structure designed to withstand the most demanding training environments, our free weight benches and racks are not just the benchmark standard, but significantly raise the bar in the commercial club market. Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessary weight trees.



45°- DEG LEG PRESS 45-degrees is the most popular angle for a plate loaded leg press. Back pad is adjustable in 7-positions to open or

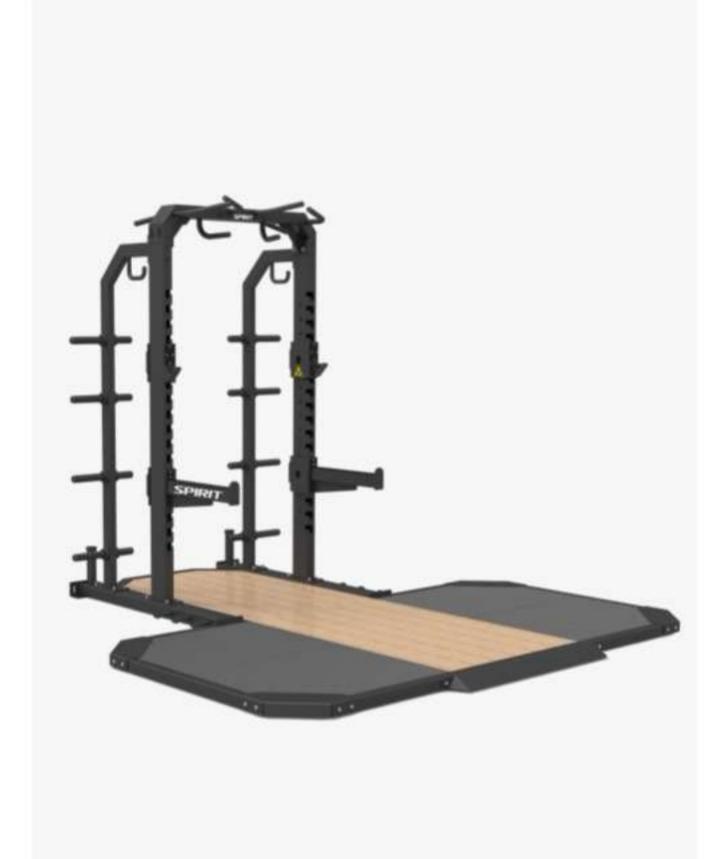
close hip angle.



HALF RACK

Half Racks have become essential additions to many clubs. Half Racks are multifunctional for all types of lifts J-Hook style bar holders and

adjustable safety stops.



HALF RACK WITH PLATFORM

1524mm / 5' x 3048mm / 10'

Hardwood platform with full insert.

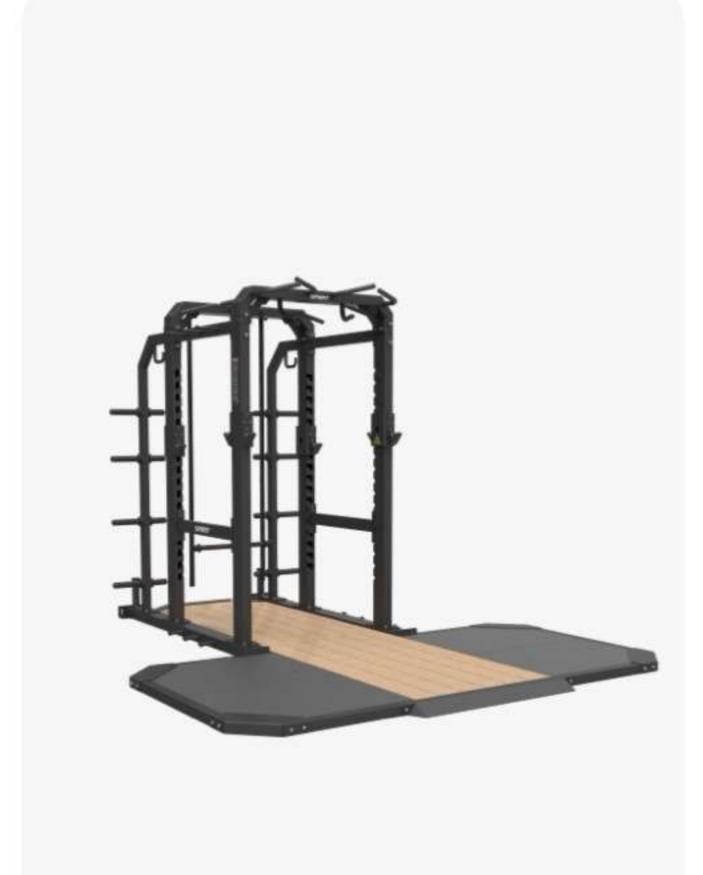
Platform aids in providing a good shoe grip for Olympic lifts.

Rubber impact zones to reduce noise, protect gym floors and plates.



Fully enclosed Rack for greater safety and spotting when performing lifts. Three-sets of J-Hooks for a lot of variety; fully enclosed bar stops.

Two stations for pull ups and hanging accessories.



POWER RACK WITH PLATFORM 1524mm / 5' x 3048mm / 10'

1524mm / 5' x 3048mm / 10'
Hardwood platform with full insert.
Platform aids in providing a good
shoe grip for Olympic lifts.
Rubber impact zones to reduce
noise, protect gym floors and plates.



SEATED CALF

Seated position helps focus on the Soleus muscles. Seat moves with movement arm to maintain alignment. Knee pads adjust for tibia length and range of motion.



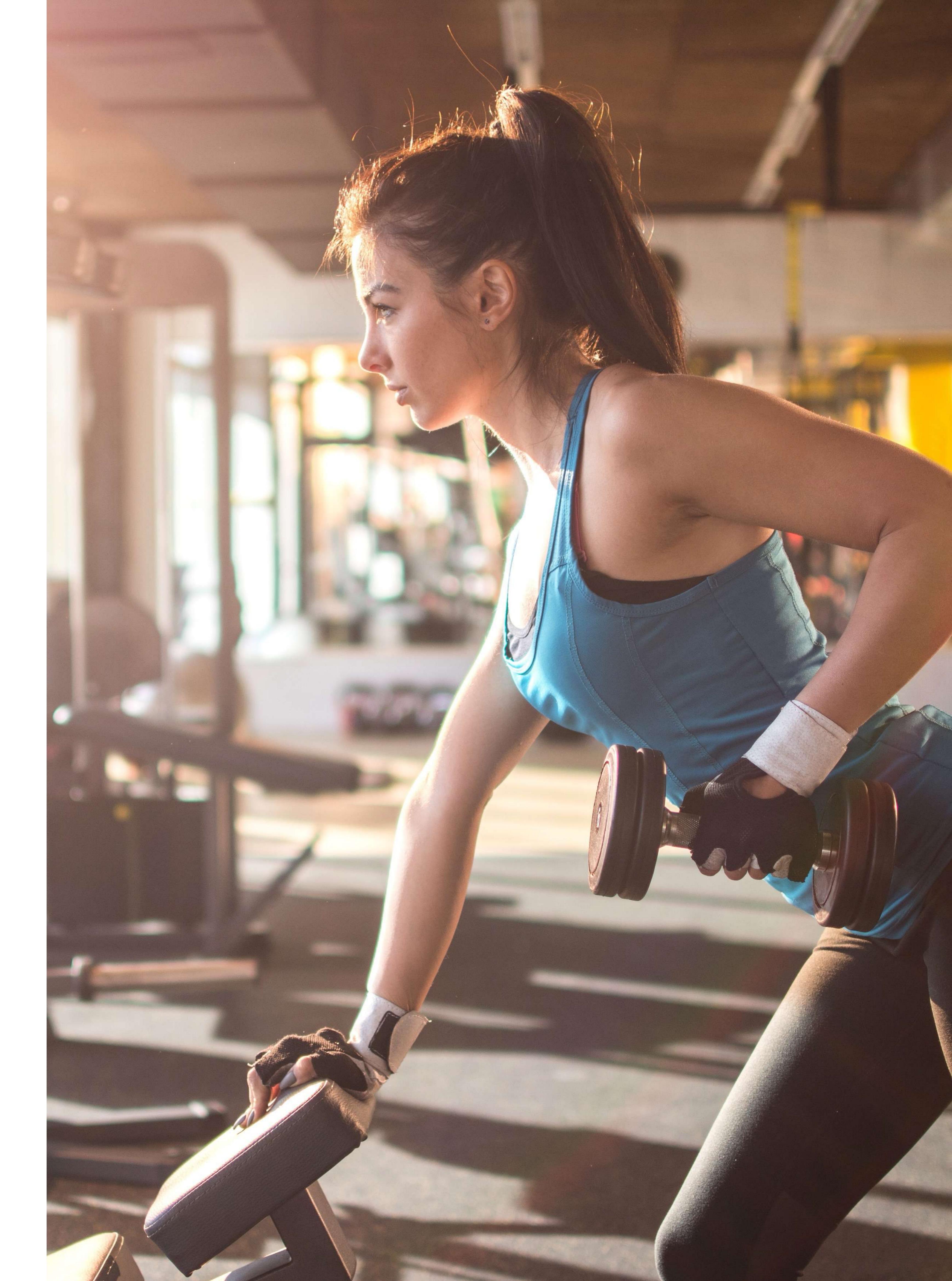
OLYMPIC INCLINE BENCH

Adjustable seat and multiple take-off points for confident positioning. Integrated spotters' platform with non-slip coating. Foot bar helps lower body stabilization during heavy lifts.



OLYMPIC DECLINE BENCH

Bench is angled at 15-degrees for effective muscle stimulation. Multiple take-off positions provide adaptability for users with varying arm lengths. Tibia adjuster allows for confident positioning.



CABLE SERIES & MULTI STATIONS

It is rugged performance strength training equipmentthat takes what athletes dish out and helpsexercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you thatevery product from every serieswill offer fluid movement, ergonomically sound comfort and the durability to stand upto the most rigorous exercise environments.



4 STACK MULTISTATION

- Adjustable Hi/Lo Pulley

-Triceps Pressdown - Low Row

-Lat Pulldown



8 STACK MULTI STATION

-Adjustable Hi/Lo Pulley ×2

- Triceps Pressdown ×2

- Low Row× 2

- LatPulldown ×2

-Pull UpBar



FUNCTIONAL TRAINER

1:2 ratio for easy starting and rapid work out. Multi accessories gives the user training variety. Ergonomically design ni grips for trainer persistence.



SMITH MACHINE

Bar si counter balanced to 2 kg for very low starting resistance. Vertical design accommodates most exercise and provides easier set-up.



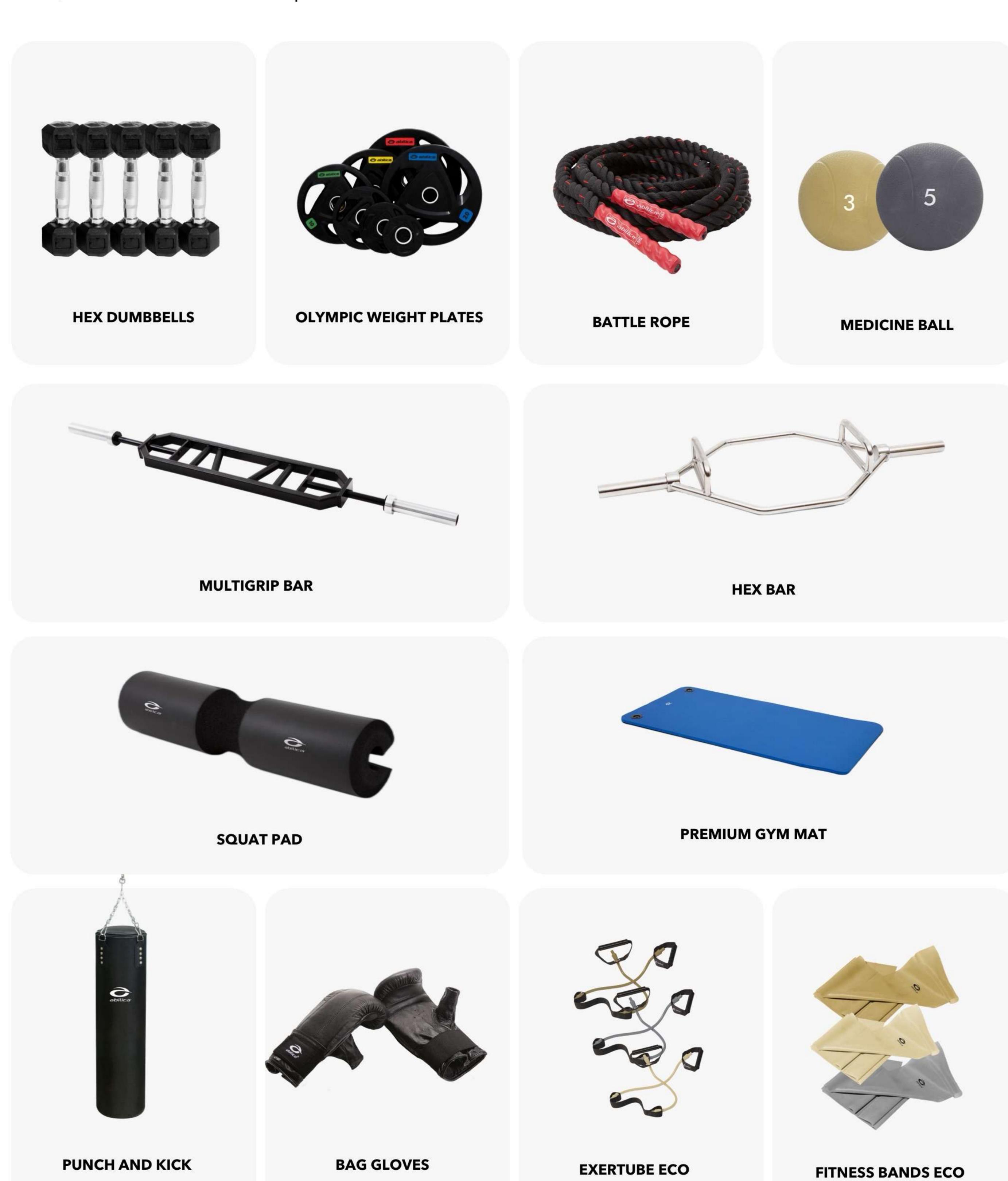
With a 1:1 Direct Drive ratio for a solid and "Real Feel" intense workout. Multi accessory pack gives your members the variety they need.





TRAINING

Abilica Training is a series of high-quality training equipment made with environmentally friendly choices that wil last season after season. Our products are for anyone who wants to train, even for world champions.



XC-MILL 2700

Tested and developed by Johannes Klabo. With an incline of up to 15%, it lets you train technical diagonal stride at home. And with a top speed of 30 kph, you can train at high speed on both easy and difficult inclines. The best thing about Abilica XC-Mil 2700? You can use roller skis, run, or even use your bike.



Abilica XC-Mill 2700 si the treadmill that stands out from the others. This performance treadmillcovers three usages for serious athletes.

RUNNING

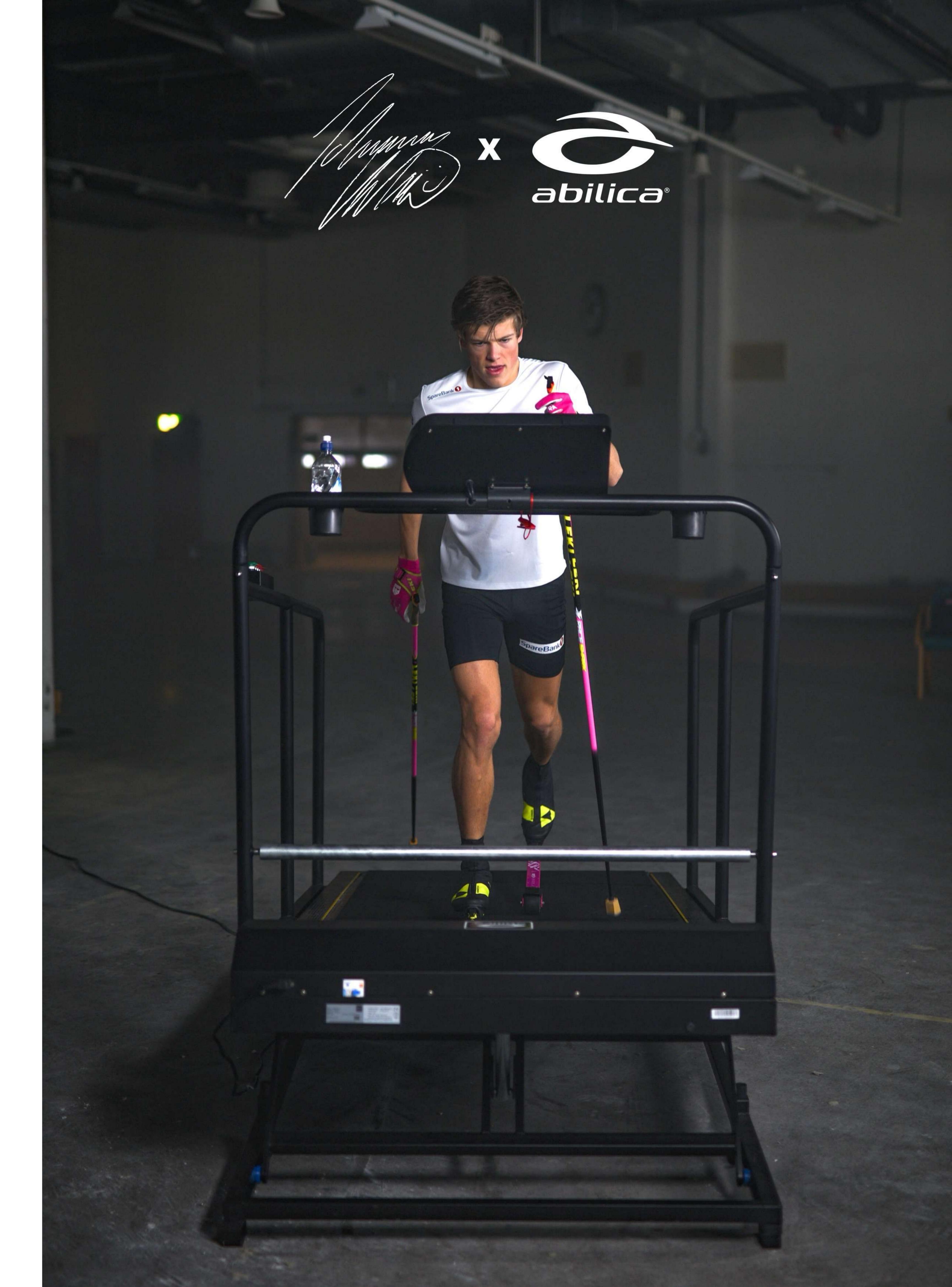
With a wide running surface and 250 cm length, two people can run at the same time on the treadmill, and change places during their run. It's also beneficial totrain bounding when you want ot control speed and climb

ROLLER SKI

There are endless possibilities with the Abilica XC-Mil 2700. When the weather makes it impossible to train cross-country skiing outdoors, you can have a huge advantage to be able to use the treadmill as an active part of your training routine. Another big advantage si that ti gives avery similar way of outdoor cross-country sking. With an incline up of 15% ti lets you train technical stride indoors, in your own home. And with a top speed of 30 kph, you can train at high speed on both easy and difficult inclines

BIKE

This treadmill is the future of home training. It's also wel adapted fi you want to use yourmountain or racing bike, no need to change tires. Using a bike on the treadmill gives you the ability ot ride your bike freely indoors where you can perfect your uphill training Picture this: you're climbing the Alpe d'Huez - but the uphill never ends!



ABILICA X NORMILL XC-3300

Abilica x Normill XC-3300 multisport mill is made to fulfill all needs in multiple sports. We have the performance that is expected in pro-athlete training equipment. The belt surface is 250 x 330 cm, suitable for running, cycling, speedskating, cross-country etc. Normill is founded in a high-tech industrial environment in Norway and uses the oil industry's best suppliers for high quality parts.



MULTI SPORT EQUIPMENT

Our treadmill is made to fulfill all needs in multiple sports. We have the performance that is expected in proathlete training equipment. The belt surface is 2500 x 3300mm, suitable for running, cycling, speedskating, crosscountry etc.

ZERO TOLERANCES

Our treadmill uses high-performance motors and motor drivers. With a closed-loop feedback system, we are able to maintain the same speed on the treadmill no matter the conditions. This is important for the athlete to be able to compare their exercise without the external factors changing.

SPECIFICATIONS

Length: 395 cm
Width: 378 cm
Height running belt: 33 cm
Width running belt: 250 cm
Minimum required ceiling height: 270 cm
Max speed: 50 kph (70 kph)
Belt speed acceleration: 0.2 sec/kmh
Speed deviation: +/- 0.7%
Incline: 0-25%
Incline speed: 1 sec/%
Incline deviation: +/- 0.3%
Total motor size: 9 HP





TRAIN UP YOUR POTENTIAL

With the kBox and kPulley, instead of a fixed load determined by gravity when lifting weights, you work against the variable inertia of heavy steel flywheels determined by the effort and energy you unleash into the device. These training devices are truly versatile and serve multiple purposes, allowing you to engage your upper body, core and lower body with a wide variety of exercises.



kBOX4 ACTIVE SYSTEMS

Kickstart your Flywheel Training with our entry-level kBox model. The perfect device for strength training, rehabilitation, injury prevention, and training in general. Available with our free Flywheel Training



kBOX4 LITE SYSTEMS

Broader range of resistance provided by the lightest kBox model, practical to pack and bring with you on the move. Its built-in kMeter feedback system allows you to monitor your progress in real-time.



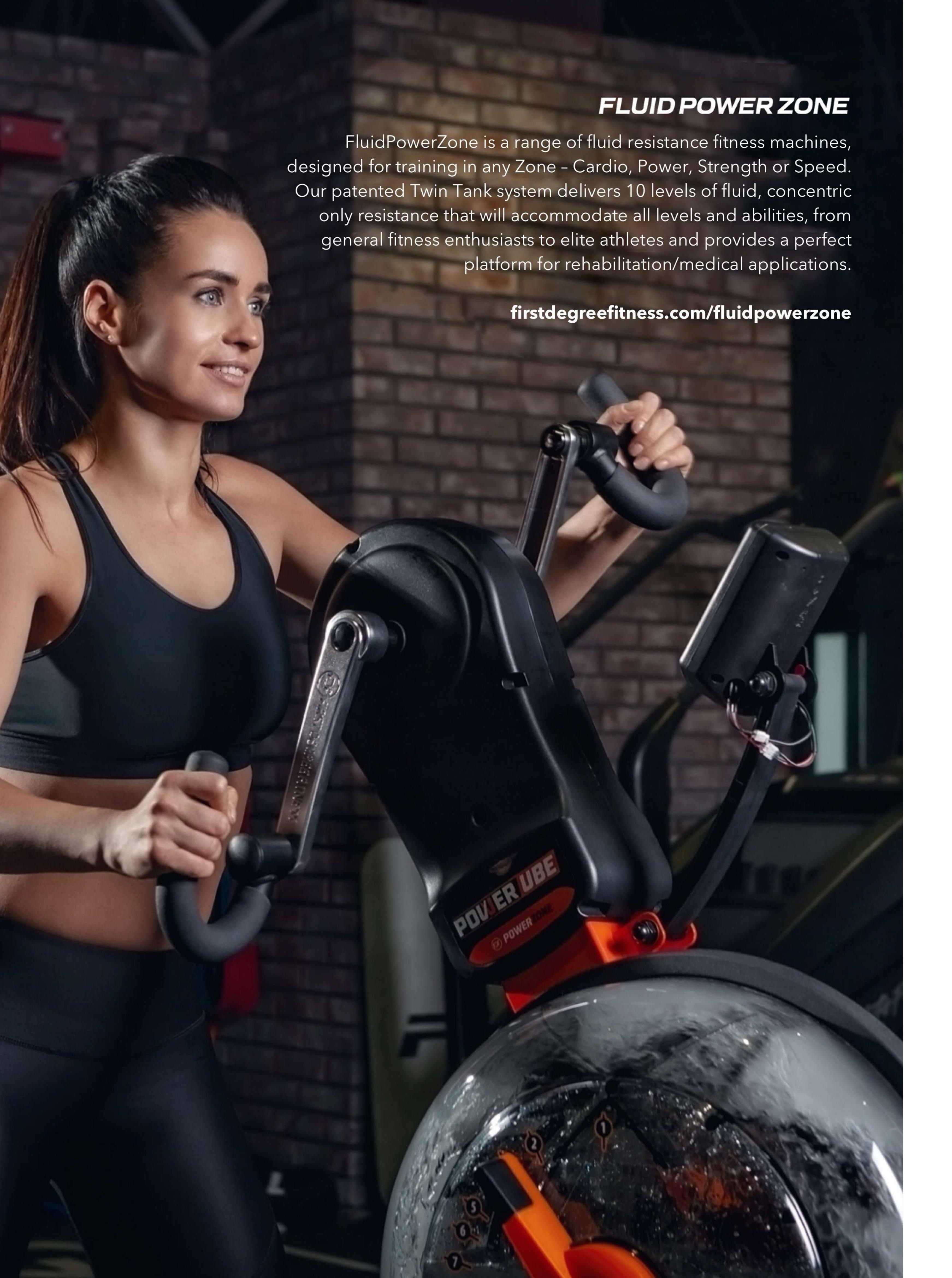
kBOX4 PRO SYSTEMS

The premium and best-selling kBox model with the largest performance area. Made for intense workouts and serious strength building exercises. Its built-in kMeter feedback system allows you to monitor your progress in real-time.



kPULLEY GO SYSTEMS

Kickstart or enhance your Flywheel Training setup with one of our entry-level models. Its compact size and design provides you with freedom in your training, while also maintaining a great capacity for loading & variable resistance.



FLUID POWER ZONE RANGE

FluidPowerZone is a range of fluid resistance fitness machines, designed for training in any Zone - Cardio, Power, Strength or Speed. Our patented Twin Tank system delivers 10 levels of fluid, concentric only resistance that will accommodate all levels and abilities, from general fitness enthusiasts to elite athletes and provides a perfect platform for rehabilitation/medical applications.



FIRST DEGREE POWER CLIMB

A high-quality commercial grade contralateral full body climber. The resistance is infinitely variable via the 10x Adjustable Fluid Resistance mechanism.



FIRST DEGREE POWER ERG

A heavy-duty, commercial quality ski ergometer designed to withstand high intensity, powerful workouts for your core, arms and back.



FIRST DEGREE POWER PRESS

An industrial quality, concentric action Squat to Overhead press machine. The resistance is infinitely variable via the 10x Adjustable Fluid Resistance mechanism.



FIRST DEGREE POWER CUBE

Designed to support complex lifting routines without the force of the accelerated weight on the way back down, providing a suitable workout platform for sports or rehabilitation applications.



FIRST DEGREE POWER UBE

An industrial quality, standing Upper Body Ergometer, designed to withstand high intensity powerful workouts or provide silky smooth resistance suitable for warm ups, cool downs and rehabilitation.



FIRST DEGREE POWER ROW

A high-quality commercial grade rowing ergometer with an instant natural catch and a smooth consistent feel throughout the whole stroke.

