Reebok
PROFITNESS
Reebok

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FUNCTIONAL

TOUGH FITNESS ATTITUDE.

Becoming more 'functional' promotes a stronger, more versatile version of you. With every push, pull, twist, lift and jump, we train movements - not muscle.
By incorporating functional equipment such as Olympic bars, battle ropes, slam balls and steel dumbbells into our workouts we can elicit masses of power.

We create change. We improve. We become better humans.

A Battling Rope **RSRP-10050**
B Lifting Straps **RSAC-10310**
C Speed Rope **RSRP-10083RD**
D Speed Rope **RSRP-10083BK**
E 7.5kg Dumbbell **RSWT-11075**
F Functional Gloves (S) **RSAC-10320**
Functional Gloves (M) **RSAC-10321**
Functional Gloves (L) **RSAC-10322**
Functional Gloves (XL) **RSAC-10323**
Functional Gloves (XXL) **RSAC-10324**

DETERMINATION IS POWER.

PlyoStack **RSAC-10100**

Aim high, jump high. Plyometrics, or jump training, is designed to help athletes of all levels build power and explosiveness. Featuring a 5 tier design, the Reebok PlyoStack provides variable box jump heights for you to customise, aim high and achieve your personal best. Robust yet soft, the platform helps you to increase leg strength, stamina and jumping form.

1# 75mm **RSAC-10100-075**
2# 150mm **RSAC-10100-150**
3# 300mm **RSAC-10100-300**
4# 455mm **RSAC-10100-455**
5# 610mm **RSAC-10100-610**

A

B

A Suspension Rings **RSRP-10060**
B Parallette Bars **RSRG-10500**

Lift Heavy

HEX DUMBBELL

- Rubber coated solid steel to reduce noise and damage
- Black knurled steel handle for a solid grip

Dumbbells are among the most widely used pieces of equipment and are a vital tool in any functional training regime. Strong and robust, the Reebok Hex Dumbbells are available in weights ranging from 5kg up to 50kg, and the black knurled steel handle ensures a solid grip whilst the hexagonal shape prevents the weights rolling during lifting sessions.

5kg **RSWT-11050**
7.5kg **RSWT-11075**
10kg **RSWT-11100**
12.5kg **RSWT-11125**
15kg **RSWT-11150**
17.5kg **RSWT-11175**
20kg **RSWT-11200**
22.5kg **RSWT-11225**
25kg **RSWT-11250**
27.5kg **RSWT-11275**
30kg **RSWT-11300**
35kg **RSWT-11350**
40kg **RSWT-11400**
45kg **RSWT-11450**
50kg **RSWT-11500**

Push harder, achieve more, be more.

A

B

C

A Bumper Plate
2.5kg **RSWT-13025**
5kg **RSWT-13050**
10kg **RSWT-13100**
15kg **RSWT-13150**
20kg **RSWT-13200**
25kg **RSWT-13250**

B 7ft Olympic Bar **RSWT-14110**
C Olympic Hex Bar **RSWT-14120**

STACKING IT UP.

Storage racks keep your weight plates organised and your training area neat and safe.

The horizontal plate storage provides easy access to your Olympic weights and is the rack you'll typically see at major weightlifting events alongside the lifting platform. It also features a handle on one end and wheels on the other to ensure it can be easily transported.

Alternatively, the vertical plate storage stacks your bumper weights up high meaning a much smaller footprint. It's solid and has wheels for better manoeuvrability.

HORIZONTAL PLATE STORAGE

- Keeps weight plates organised
- Maintains neat & safe training areas
- Integrated handle and wheels
- Dimensions: 124 (L) x 30 (W) x 28 (H)

A

VERTICAL PLATE STORAGE

- Space saving storage solution
- Integrated wheels
- Olympic bumper plate storage
- Dimensions: 61 (L) x 61 (W) x 104 (H)

B

A Horizontal Plate Storage **RSWT-20200**
B Vertical Plate Storage **RSWT-20100**

Back to basics

An effective means of improving strength gains, full-body conditioning, agility and balance, the Cast Iron Kettlebells from the Reebok Functional range are available in weights ranging from 4kg up to 50kg, making them ideal for progressive functional training.

4kg **RSWT-12304**
8kg **RSWT-12308**
12kg **RSWT-12312**
16kg **RSWT-12316**
20kg **RSWT-12320**
24kg **RSWT-12324**
28kg **RSWT-12328**
32kg **RSWT-12332**
36kg **RSWT-12336**
40kg **RSWT-12340**
50kg **RSWT-12350**

POTENTIAL IS LIMITLESS

A

B

C

A Power Bar **RSAC-10600**
B Single Row Olympic Bar **RSAC-10800**
C Core Trainer Bar **RSAC-10700**

BE COMFORTABLE WITH BEING UNCOMFORTABLE

A

B

A Freestanding Torso Trainer **RSAC-10400**
B 7ft Olympic Bar **RSWT-14110**

DEDICATED SPACE

The Reebok Lifting Platform provides a dedicated, solid and secure space for powerlifting and weight training circuits. 24 individual dense rubber tiles make up the 2m x 3m lifting platform which bolts securely into place within the interlocking steel frame.

Significantly reducing impact noise when lifting and dropping weights, the shock-absorbing rubber tiles prevent damage to floors and wear and tear on your strength training equipment.

Easy to assemble and tough enough for heavy-duty Olympic powerlifting sessions day-after-day, the Reebok Lifting Platform offers everything you need and much more. This is your territory, your dedicated zone and with a good platform underfoot, there's nothing to stop you beating your personal best.

Lifting Platform 2m x 3m **RSP-21275**

Slam Ball
2kg **RSB-10228**
3kg **RSB-10229**
4kg **RSB-10230**
5kg **RSB-10231**
6kg **RSB-10232**
8kg **RSB-10233**
10kg **RSB-10234**
12kg **RSB-10235**

Limitations are all in the mind..

What you think, you become.

DYNAMAX®
AMERICAN MADE. ATHLETE APPROVED.

APPROVED BY ATHLETES

Introducing the Reebok Dynamax® Medicine Ball - Individually hand-made.

Measuring 35cm (14") in diameter, the Reebok Dynamax® Medicine Ball is designed to withstand regular and rigorous use, but at the same time is forgiving enough for users to safely catch the ball from a high velocity. Its solid and reliable construction means it keeps its shape after prolonged use.

The medicine ball's stitched design features a black shell with red panels, displaying the Reebok and Dynamax® logos and weight clearly. Its flexible surface successfully aids grip during workouts and can be easily cleaned due to its moisture resistant attributes.

Dynamax® medicine balls were the first on the market and are the ball of choice, used by over 90% of professional sports franchises and NCAA athletes throughout the USA. The Reebok Dynamax® collaboration ensures the ball is meticulously designed and constructed for throwing and handling, whilst effectively absorbing high impact.

2kg **RSB-10162**
3kg **RSB-10163**
4kg **RSB-10164**
5kg **RSB-10165**
6kg **RSB-10166**
7kg **RSB-10167**
8kg **RSB-10168**
9kg **RSB-10169**
10kg **RSB-10170**
11kg **RSB-10172**
12kg **RSB-10173**

A

B

C

Target any muscle group effectively and simply with the Reebok Power Band.

Made from a highly durable rubber which maintains its strength and flexibility after prolonged periods of use, the Reebok Power Bands come in three different colours, red, grey and black which signify the strength levels of light, medium and heavy (sold separately). This range of resistance provides the ideal platform for progressive training.

A Power Band Level 1 **RSTB-10080**
B Power Band Level 2 **RSTB-10081**
C Power Band Level 3 **RSTB-10082**

A

B

C

A Ab Wedge Mat **RSMT-40010**
B Functional Mat **RSMT-40030**
C Tri-fold Mat **RSMT-40021**

FOUNDATION OF STRENGTH

Rigs are renowned around the world for being the ultimate piece of functional training equipment. Reebok offer a range of rigs and modular components, all of which are designed and manufactured in the UK. We specialise in offering solutions for almost any potential functional training zone.

TRI RIG

- Fully customisable
- Versatile and compact
- Free standing design
- Solid main frame
- Tiered storage solutions
- Quality fixtures & fittings
- Space efficient
- Core plate
- Bar storage
- Loop assembly
- Dip and step attachments
- Rope pull
- Rebound board

POWER STATION

- Solid main frame
- Tower storage solutions
- Space efficient
- Combat unit
- Quality fixtures & fittings
- Integrated ladder
- Bar storage
- Core plate
- Loop assembly
- Dip & step attachments
- Safety spot arms (pair)
- J hooks (pair)
- Rebound board
- Lifetime warranty on welds and fixtures

A Tri-Rig **RSRG-11000**
B Tri Rig Attachment - 1.5m Wing **RSRG-11015**
C Tri Rig Attachment - 2m Connecting Section **RSRG-11020**
D Tri Rig Attachment - Integrated 100Kg Stack **RSRG-11100**

E Power Station **RSRG-12000**
F Power Station Attachment - 1m Wing **RSRG-12010**
G Power Station Attachment - Band Peg Arms **RSRG-12020**
H Power Station Attachment - Rope Pull **RSRG-12020**

I Power Station Attachment - Punch Bag Arm **RSRG-12060**
J Power Station Attachment - Weight Plate Storage **RSRG-12070**
K Power Station Attachment - 2m Connecting Section **RSRG-12080**

Take control of your body

A

In your own hands

A Wall Mounted Pull Up Bar **RSRG-10600**
B Pro Utility Bench **RSBE-10235**

PRO UTILITY BENCH

- Easy to assemble
- 7 adjustable angles
- 3 seat adjustments
- 149 (L) x 56 (W) x 43 (H) cm
- 17" ground clearance provides greater stability
- Integrated wheels and handle for easy transport plus stable, non-slip feet

Push through the pain, one rep at a time.

PRO FLAT BENCH

- 10" x 47.5" back support
- Easy to assemble
- 17" ground clearance provides greater stability
- Integrated wheels and handle for easy transport
- High density foam cushioning
- Stable, non-slip feet
- Easy wipe clean surface

Pro Flat Bench **RSBE-10232**

COMBAT

INDISPUTABLE QUALITY

A Combat Leather Training Glove - 10oz Red/Black **RSCB-10040RDBK**
Combat Leather Training Glove - 12oz Red/Black **RSCB-10070RDBK**
Combat Leather Training Glove - 14oz Red/Black **RSCB-10100RDBK**
Combat Leather Training Glove - 16oz Red/Black **RSCB-10200RDBK**

B Combat Leather MMA Glove - Small **RSCB-10310RDBK**
Combat Leather MMA Glove - Medium **RSCB-10320RDBK**
Combat Leather MMA Glove - Large **RSCB-10330RDBK**
Combat Leather MMA Glove - XL **RSCB-10340RDBK**

C Combat Focus Pads **RSCB-11250**

Develop skill and punching precision.

COMBAT THAI PAD

- Heavy duty Thai Boxing Pad
- Thick padding to protect both trainer and boxer
- Reinforced handle for added stability
- Large rectangular striking area
- Ideal for attack and defence training
- Sold as a single unit

RSCB-11255

A

B

C

A Combat Grappling Bag **RSCB-11275**
B Combat Body Shield **RSCB-11265**
C Combat Strike Pad **RSCB-11200**

A SPLIT SECOND MAKES THE DIFFERENCE

A

B

C

D

A Combat 4ft Bag 40kg **RSCB-11245**
B Combat Heavy Bag - 65kg **RSCB-11225**
C Combat Upper Cut Bag **RSCB-11205**
D Combat Thai Bag **RSCB-11215**

A

B

A Combat 4ft Bag 40kg **RSCB-11245**
B Combat Heavy Bag - 65kg **RSCB-11225**

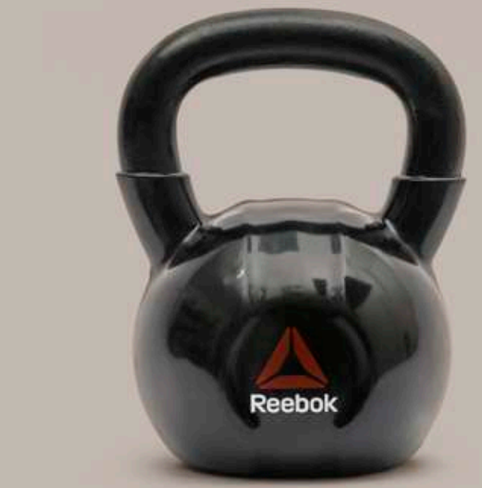
STUDIO

A Studio Rep Set **RSWT-16090**
B Rep Set Steel Bar **RSWT-16090-b**
C Rep Set Muscle Clamp **RSWT-16090-c**
D Leather Skipping Rope **RSRP-16080**

E Power Tube L1 **RSTB-16070**
Power Tube L2 **RSTB-16071**
Power Tube L3 **RSTB-16072**
Power Tube L4 **RSTB-16073**
Power Tube L5 **RSTB-16074**

F Studio Rep Discs 2 x 1.25kg **RSWT-16090-1**
Studio Rep Discs 2 x 2.5kg **RSWT-16090-2**
Studio Rep Discs 2 x 5kg **RSWT-16090-5**
Studio Rep Discs 2 x 10kg **RSWT-16090-10**

PUSH THE BODY'S LIMITS



Studio Kettlebell 4kg **RSWT-16300**
Studio Kettlebell 8kg **RSWT-16301**
Studio Kettlebell 12kg **RSWT-16302**
Studio Kettlebell 16kg **RSWT-16303**
Studio Kettlebell 20kg **RSWT-16304**
Studio Kettlebell 24kg **RSWT-16305**

Studio Dumbbell 1kg **RSWT-16051**
Studio Dumbbell 2kg **RSWT-16052**
Studio Dumbbell 3kg **RSWT-16053**
Studio Dumbbell 4kg **RSWT-16054**
Studio Dumbbell 5kg **RSWT-16055**
Studio Dumbbell 6kg **RSWT-16056**
Studio Dumbbell 7kg **RSWT-16057**
Studio Dumbbell 8kg **RSWT-16058**
Studio Dumbbell 9kg **RSWT-16059**
Studio Dumbbell 10kg **RSWT-16060**
Studio Dumbbell 12.5kg **RSWT-160625**
Studio Dumbbell 15kg **RSWT-16065**
Studio Dumbbell 17.5kg **RSWT-160675**
Studio Dumbbell 20kg **RSWT-16070**

WORK FOR IT

DOUBLE GRIP MEDICINE BALL

- Diameter 26cm
- Easy to clean high density rubber compound
- Scuffs on walls or studio floors are avoided
- Two textured grip handles

6kg **RSB-16126**
7kg **RSB-16127**
8kg **RSB-16128**
9kg **RSB-16129**
10kg **RSB-16130**

SKIPPING ROPE

- Ideal cardio workout
- For users of all fitness levels
- Lightweight with tough plastic handles
- Polymer rope

RSRP-16081

ADJUSTABLE RESISTANCE TUBE

- High density anti-sweat PU handles
- Ideal for body conditioning and circuit training
- Simple mechanism for adjusting the length

Light **RSTB-16075**
Medium **RSTB-16076**
Heavy **RSTB-16077**

SPEED ROPE

- 300cm in length
- Extremely durable slender cord
- Simple elegant design

RSRP-16082

FREEDOM OF MOVEMENT

A

A Gymball 55cm **RSB-16015**
Gymball 65cm **RSB-16016**
Gymball 75cm **RSB-16017**

IN A CLASS OF ITS OWN

The professional Reebok Deck is a revolutionary, reconfigurable exercise platform which marks the latest evolution of the ever-popular original Reebok Step. Enabling you to perform effective cardio workouts based on aerobic stepping, plus it can convert into a flat, incline or decline weight bench.

With its natural inertia, low centre of mass and non-slip rubber surface, the Reebok Deck remains very stable and safe throughout every workout.

RSP-16170

REEBOK STEP

- Adjustable to 3 different heights
- Compact storage
- Suitable for all abilities
- Non-slip workout surface
- Versatile piece of equipment

RSP-16150

A

Motivation gets you started,

habit keeps you going.

A Reebok Step **RSP-16150**
B Reebok Core Board **RSP-16160**

BALANCE, RECOVER, RECHARGE

Foam rolling is a form of self-myofascial release, or self-massage, that can help loosen up tight muscles and stimulate the healing and recovery process.

Use the long foam roller for core stability or to apply a medium amount of massage pressure. Made from high density foam, the design of this foam roller ensures it will not warp over time. Use the shorter version of the Reebok Foam Roller if you intend to take it with you to the gym or fitness class to incorporate into your post-workout stretching and recovery.

A Long Round Foam Roller **RSYG-16007**
B Short Foam Roller **RSYG-16009**

Back to basics, to the floor

STUDIO MAT

- Dimensions: 100 x 50 x 1cm
- Formed from a single piece of foam
- Includes two eyelets for easy storage
- Designed to be durable and long lasting
- 10mm thick Reebok Studio Mat

RSYG-16021

CLEAR YOUR MIND

A Elite Yoga Mat **RSYG-16022**
B Yoga Block **RSYG-16025**
C Yoga Strap **RSYG-16023**
D Pilates Mat **RSYG-16027**
E Yoga Mat **RSYG-16024**

THE PROFESSIONAL CLASS ENVIRONMENT

A Gymball Rack **RSRK-6GB**
B Power Tube Rack **RSRK-6TB**
C Studio Mat Rack **RSRK-6MT**

A

B

C

STUDIO LIFE, STUDIO STYLE

A Kettlebell Rack **RSRK-6KB**
B Medicine Ball Rack **RSRK-6MB**
C Rep Set Rack **RSRK-6RS**
D Dumbbell Rack **RSRK-6DB**

A

B

C

D

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