

WEB TRAINER



HART Web Trainer

The ultimate portable, bodyweight training tool. Attach to a beam, wall, tree or door and use your bodyweight to perform hundreds of exercises.

Features:

- Heavy duty webbing with foam covered handles plus webbing foot loops.
- Straps adjustable from 100cm to 145cm (total length from "D" clip to end of foot loop).
- 70cm anchor strap with snaplock hooks on both ends.
- Door anchor strap.
- Mesh carry bag.

6-751

ea

\$59.00



GYM RINGS



HART Gym Rings

Fantastic apparatus for increasing upper body and core strength. Pull Ups and Dips take on a whole new dimension with these rings while Muscle Ups and Iron Crosses are a true test of strength. ABS Rings are 235mm diameter and 27.5mm thick. Webbing straps are 25mm thick x 6m long which gives a maximum hang height of 3m. The steel cam buckle allows for easy adjustments and the embroidery on the straps can be used to match heights between the two rings.

6-762

pr

\$75.00



BATTLING ROPE



HART Battling Rope — 15m

These ropes offer a fantastic cardio and strength workout. Feed the rope through a hook to create two 7.5m lengths, grab the ends and go for it. Guaranteed to get the heart rate up, work your core and burn your upper body muscles. Heavy duty Sisal rope with capped ends.

Rope thickness: 38mm. Length: 15m. Weight: 12kg

6-378

ea

\$149.00



HART Rope Wall Mount

Strong and sturdy hook ideal for storing battling ropes or tug-o-war ropes. Fixing bolts included. Base Plate: 32cm(L) x 5cm(W) x 5mm(T). Mount extends 38cm from base plate.

Weight: 1.8kg.

6-376

ea

\$35.00



HART Battling Rope Anchor

Provides a safe and secure anchor point for the HART Battling Rope or the HART Resistance Bands and Tubes to be looped through. Can be bolted to the floor or mounted on a wall. Fixing bolts included.

Base plate: 32cm(L) x 5cm(W) x 5mm(T). Loop is 10.5cm high and 9cm wide. Weight: 1.1kg.

6-377

ea

\$29.00



EXERCISE BLOCK



HART Exercise Block

High density foam block with a hard wearing vinyl cover for durability and easy cleaning. Portable, convenient and safe platform for a huge variety of exercises that would normally require a bench, step or hurdle. Suitable for use indoors or outdoors.

Size: 100cm(L) x 30cm(W) x 30cm(H).

6-588

ea **\$139.00**



HART Exercise Wedge

High density foam wedge which provides a secure yet unstable base for bodyweight and strength training exercises. Hard-wearing vinyl cover for durability and easy cleaning.

Size: 100cm x 50cm x 400/25mm.

6-590

ea **\$149.00**



HART Exercise Log

High density foam cylinder provides an unstable and challenging base for a variety of balance, flexibility and strength exercises. Heavy duty vinyl cover. Size: 100cm(L) x 50cm diameter.

6-589

ea **\$159.00**



PT ELIXIR LOOPS

HART PT Elixir Loops

Innovative product designed for trainers and individuals to mimic exercises normally performed with a bar or pulley machine. Constructed of webbing with strong, foam covered iron handles. The loops can be placed around poles for rows and chest press, hooked over horizontal poles or tree branches for chin ups, or looped around a training partner's waist for towing exercises. Use both loops for partner based strength and rehabilitation drills where the level of resistance can easily be controlled. Includes carry bag.

Distance between handles is 70cm.

6-727

pr **\$29.00**



HART Tug-o-War Ropes

High quality, rugged Sisal Rope with heat shrunk end caps to prevent fraying.

20 metres

Size: 20m long x 24mm thick
33-351

ea **\$99.00**

30 metres

Size: 30m long a 32mm thick
33-352

ea **\$249.00**



HART 4 Way Tug-o-War Rope

Features four interlocked 1m segments for fun Tug-o-War action with pairs or groups of four. Made of tough 32mm thick Sisal rope with capped ends.

6-713

ea **\$79.00**

HART 1 on 1 Tug-o-War Rope

Made of tough 32mm thick Sisal rope. Great for one on one strength drills. 2m long with capped ends.

6-712

ea **\$29.00**



HART PVC Jump Rope Thin Handle

Adjustable length with ball bearing swivel.
6-556-2.7 2.7m ea **\$6.00**
6-556-3 3m ea **\$7.00**



HART PVC Jump Rope Thick Handle

Adjustable length with ball bearing swivel.
6-557-2.7 2.7m ea **\$6.00**
6-557-3 3m ea **\$7.00**



HART Leather Jump Rope

High quality leather rope with ball bearing swivels and contoured wooden handles.
6-558-2.7 2.7m ea **\$9.00**
6-558-3 3m ea **\$9.50**



HART Cable Speed Rope

Super fast rope with plastic coated wire cable. Ball bearing swivel.
6-571-2.7 2.7m ea **\$9.00**
6-571-3 3m ea **\$9.50**



HART Skipping Ropes

Quality rubberised PVC rope with tough, colour coded plastic handles. Length can be adjusted if required.
6-300-1.8 1.8m Orange ea **\$3.00**
6-300-2.1 2.1m White ea **\$3.20**
6-300-2.4 2.4m Green ea **\$3.40**
6-300-2.7 2.7m Red ea **\$3.60**
6-300-3 3m Blue ea **\$3.80**
6-299 4.5m Yellow ea **\$4.80**
6-300-9 9m Purple ea **\$5.90**



HART Weighted Jump Rope

Create a heavy duty skipping workout with this 11mm thick solid PVC rope with swivel handles. Rope is 2.7m long and weighs approx 500g.
6-559 ea **\$19.00**



HART Skipping Rope Rack

Easily fixed to a wall with five 25cm rods angled specifically for storage of jump ropes. Fixings included. Size of backing plate: 60cm x 5cm.
6-305 ea **\$33.00**



HART Fitness Spots

Handy set of 10 which can be used and taken anywhere. Great for exercise circuits and warm ups. Includes: Push-up, plank hold, tuck jump, star jump, lunge, burpee, v-sit, squat, sit up and dips. Each spot is 25cm diameter.
6-550 set of 10 **\$39.00**



HART Numbered Discs

25cm discs with non-slip surface. Discs are numbered 1-20. Great for circuits, warm ups and activity stations for group sessions and classes.
6-635 set of 20 **\$59.00**



HART Ground Disc Set 1 to 30

Very handy set of markers numbered One to Thirty that can be used for all kinds of circuits, station activities and games. Each blue disc is 12cm diameter and made of TPR rubber (Phthalate Free). Numerals are 7 cm high.
44-106 set of 30 **\$55.00**



HART Foam Fitness Dice

Add the element of surprise to your warm ups and workouts with these fun fitness dice. Roll the dice and then perform the exercise and number of reps that come up. Set contains 2 foam dice with a PU coating. The numbered dice is printed with numbers 2 to 20 in increments of 2. The Exercise dice features 10 exercises: Burpee, Lunge, Push Up, Star Jump, Dips, V-Sits, Plank Hold, Squats, Sit Ups and Tuck Jumps. Size: 18cm.
6-717 pr **\$45.00**

6-717 pr **\$45.00**



HART Marking Cone Number Set - 1-10

Set of 10 cones, numbered 1-10. Red cones are 23cm high and come with 14cm high black numerals.
44-104 set of 10 **\$25.00**

set of 10 **\$25.00**

**More
Markers and
Cones
Page 62**



HART 20 Sided Dice

Handy dice numbered 1-20 adds variety and fun to the number of reps you need to perform. Lightweight, solid, high density foam with protective skin. Size: 12cm.
33-251 ea **\$8.50**

33-251 ea **\$8.50**

HINT!

Which jump rope is right for me

The best length for a skipping rope is when the user can stand on the middle of the rope with both feet and the handles come under the armpits.

ROPE LENGTH	USER HEIGHT
1.8m	up to 140cm tall
2.1m	140cm to 150cm tall
2.4m	150cm to 160cm tall
2.7m	160cm to 180cm tall
3.0m	over 180cm tall

**Check stock online at
hartsport.com.au**

PORTA BARS



HART Porta Bars

One of the most convenient and versatile products available for body weight training. Perfect to take outdoors for group training or keep them in the corner of the gym. Hundreds of exercises can be performed based on a variety of dips, rows, squats, push ups and jumps. 38mm diameter tubing with durable rubber grips. Each bar is 70cm high x 60cm wide. Bases are 40cm long with non-slip rubber feet. Total weight: 10kg (each bar is 5kg)
6-766

pr **\$69.00**



HART Sleek Push Up Bars

Strong design with durable grip pads and wide base for stability. Height: 12cm.
6-553

pr **\$15.00**



HART Push Up Pods

Innovative new pods combine the elements of both Push Up Grips and Balance Cushions. The soft foam provides an unstable surface, forcing you to brace your stabilising muscles. Moulded design fits in to the palm of your hand. Can be used either side up. Includes mesh carry bag. Colour: Marble Blue. Size: 13cm(diameter) x 9cm(H).
6-745

pr **\$15.00**



HART Push-up Grips

Ease pressure on wrists and allow for greater stretch and range of motion for strengthening chest, shoulders and arms. Soft foam grips. Wide stable bases which can be removed for transport. Height: 13cm.
6-552

pr **\$19.00**



FLEX BAR



2 piece

HART Flex Bar

Lightweight bar with weighted ends. Excellent for general toning and shoulder rehabilitation. Two piece for easy transport and storage.
6-279

ea **\$19.90**



HART Stretching Strap

Stretch webbing allows variable resistance which is great for isometric holds to increase strength and flexibility. Loops at both ends. Size: 1.8m(L) x 65mm(W).
6-566

ea **\$20.00**



HART Stretching Strap

Get more range out of your stretches without the need for a partner. Multi-position grips allow deep, gradual stretching of major muscle groups with greater safety and effectiveness. Size: 1.8m long with 10 loops.
2-091

ea **\$11.00**



Soft



Firm



HART Squeeze Balls

Develops the muscles of the fingers, hand, wrist and forearm. Ideal for rehabilitation, stroke recovery, arthritis, repetitive stress injuries and stress reduction. Diameter: 50mm.

6-753 Red - Soft

ea **\$4.90**

6-754 Blue - Firm

ea **\$4.90**

GENERAL FITNESS



HART Mini Trampoline

Quality rebounder. Suitable for all levels. 915mm diameter.

6-010

ea

\$69.00



HART Mini Trampoline - Folding

Great when storage or portability is a priority. Easy to fold down and transport. Includes carry bag. 915mm diameter.

6-011

ea

\$89.00



HART Mini Tramp Handle

Great for beginners and rehabilitation. Height adjustable and suits both styles of HART Mini Trampolines.

Trampoline not included.

6-013

ea

\$29.50



HART Shuttle Grip

Use for shuttle runs, relays or lateral movement drills. Triangular ends keep the shuttle in place and the moulded rubber grip sits off the ground, making it easy and safe to pick-up.

33-540

ea

\$8.90



HART Hula Hoop - Senior

Hooping is a fun, popular aerobic exercise that can burn body fat and tone muscles. This large, weighted hoop will get your heart rate up, improve co-ordination, strengthen torso muscles, and help improve your general fitness. Can be used on the waist, hips, arms, or legs to target specific body areas. Diameter: 100cm. Weight: 1.5kg.

33-212

ea

\$24.50



HART Shuttle Ball

Innovative new game which will burn your arms and shoulders and get your heart pumping. Expand the chest and extend the arms to send the ball down the rope to your partner. If they can time it right it will come back even faster! Will add an element of fun to circuits and group workouts. Includes two 3m ropes with handles and a 30cm diameter shuttleball.

33-295

ea

\$39.90



Stretching Poster Series

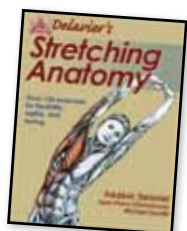
Each poster includes easy-to-read instructions for every stretch or range of motion test pictured. Laminated and printed on durable matte paper. Testing your Flexibility, Stretching Basics, Stretching for a Healthy Back.

Poster size: 91cm x 61cm.

33-869

set of 3

\$35.90



144 pages

Delavier's Stretching Anatomy

Get an inside view of the muscles in action during every stretch you perform! With full-color photos and illustrations, this guide depicts over 130 exercises to increase flexibility, tone muscles, and reduce injury.

33-912

ea

\$26.90



Buy the Kit
SAVE \$68.00
off individual prices

HART PT Starter Kit

Great starter kit for Personal Trainers with a large variety of gear to make your sessions effective, varied and fun. Includes a kit bag with wheels for storage and portability.

- 1 HART Vinyl Exercise Mat - Black 90cm
- 1 HART Anti Burst Swiss Ball - 65cm
- 1 HART Flat Agility Ladder - 4m
- 2 HART Balance Discs - 34cm
- 1 HART Set of 6 Mini Hurdles with Carry Bag
- 1 HART Plastic Whistle and Lanyard
- 1 HART Flexible Field Marker Set (50 cones)
- 1 HART Marking Cones Number Set (1-10)
- 1 HART Sports Timer
- 1 HART Gym Ball - 3kg

- 1 HART Abdominal Wheel
- 2 HART Skipping Ropes 3m
- 1 pr HART PT Boxing Gloves 12oz
- 1 pr HART PT Focus Pads
- 1 HART Fitness Spots Set 10
- 1 HART Weight Bag - 15kg
- 1 HART Kit Bag with Wheels

6-514

kit

\$590.00

Items marked attract extra freight.

HART PLAY ON
SPORT