

WEIGHT TRAINING

The HART Sport range of weight training equipment is unsurpassed for quality and value for money. Designed for user comfort and functionality, the equipment is built to withstand the intense everyday use you would expect in Gyms, Clubs and Fitness Studios. Invest in a quality piece of equipment and you will have it for life.



C
COMMERCIAL
RATED

HART Flat Olympic Bench

- 50mm x 75mm heavy duty 11-gauge mainframe construction
 - Heavy duty construction with solid gun racks and durable upholstery.
 - 6mm zinc plated solid gun racks.
 - Durable double stitched upholstery.
 - Electrostatically applied powdercoat paint finish, metallic silver.
 - Only suitable for use with full size Olympic Bars.
- Dimensions: 170cm(L) x 125cm(W) x 120cm(H).
Weight: 51kg.
Full commercial warranty.

Note: Image shows optional spotters stand (6-316) which is purchased separately.
6-315 ea **\$790.00**

HART Optional Spotters Stand

Suitable for HART Flat Olympic Bench (6-315).
Size: 60cm(L) x 30cm(W).
Weight: 6kg.
6-316 ea **\$69.00**



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HART Flat/Incline Bench

- Adjusts from flat to 90° in 9 positions with convenient 'one touch' pop-pin
 - Double incline adjustments are perfect for a variety of dumbbell and barbell exercises.
 - Commercial 50mm x 75mm heavy duty gauge steel mainframe.
 - "Glide & Lock" seat and back pad adjustment system.
 - Full 70mm thick DuraFirm™ seat and back pads.
 - Includes wheels for easy mobility.
- Dimensions: 130cm(L) x 53cm(W) x 44cm(H).
115cm(H) when inclined.
Weight: 26kg.
Full Commercial Warranty.

6-318 ea **\$319.00**



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HART Flat Bench

- Perfect for all basic barbell and dumbbell exercises.
- Commercial 50mm x 75mm heavy duty gauge steel mainframe.
- Wide base eliminates rocking.
- Extra thick DuraFirm™ pad.
- All four side welded construction.
- Includes wheels for easy mobility.

Dimensions: 115cm(L) x 58cm(W) x 50cm(H).
Weight: 19kg.
Full Commercial Warranty.
6-317 ea **\$195.00**



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HART Flat/Incline/Decline Bench

- Adjusts from 90° incline down to 20° decline
- The cornerstone of all strength training equipment.
- Over 450kg capacity.
- Specifically designed with a shortened base frame to fit perfectly in the HART Multi-Press Station (6-319) or HART Power Rack (6-321).
- Features quick, easy, solid, and secure 6-position ladder style back pad adjustment.
- Adjustable seat pad allows all size users to do bent knee sit ups and ab crunches with proper lower back support and hip alignment.
- Includes T-Bar Leg Hold Down Attachment.
- Thick, rich, DuraFirm™ upholstery.
- Includes wheels for easy mobility.

Dimensions: 148cm(L) x 68cm(W) x 55cm(H).
132cm(H) when inclined.
Weight: 26kg.
Full Commercial Warranty.
6-320 ea **\$349.00**



Buy the Combo
SAVE \$99.00
off individual prices

HART Multi-Press Rack Combo

Includes:
1 x HART Multi-Press Station
1 x Flat/Incline/Decline Bench
6-140 kit **\$875.00**

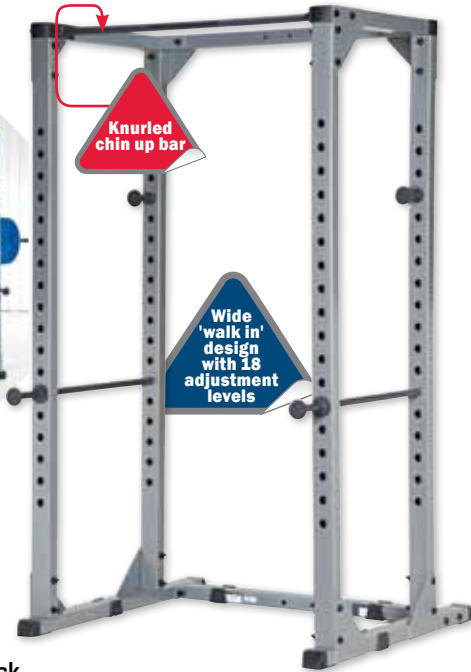


Buy the Combo
SAVE \$145.00
off individual prices

HART Power Rack Combo

Includes:
1 x HART Power Rack
1 x Flat/Incline/Decline Bench
6-141 kit **\$1099.00**

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HART Power Rack

- Freedom of movement combined with adjustable racking and safety positions make the HART Power Rack a must have for those who want to strength train without compromise.
- Designed to work with all types of benches and engineered for extreme workouts.
- Heavy duty 11-gauge high tensile strength steel frames feature all four side welded construction and oversized industrial strength hardware.
- 75mm x 75mm vertical support columns.
- 102cm wide knurled chinning bar.
- Heat tempered lift-offs and sabre-style safety rods keep your workout simple, safe and effective.
- Electrostatically applied powder coat finish resists chipping and scratching.
- Only suitable for use with full size Olympic Bars.

Dimensions: 123cm(L) x 115cm(W) x 205cm(H).
Weight: 87kg.
Full Commercial Warranty.

6-321 ea \$895.00

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HART Multi-Press Station

- Ultimate safety and freedom for your freeweight barbell workouts.
- 14 position gun rack can handle over 450kg and gives the user the ability to walk the bar up and down without removing plates.
- Includes oversized 42cm long safeties constructed from 50mm x 75mm 11-gauge steel.
- Mainframe uprights are set to a 7° reverse pitch that accommodates the body's natural lifting path.
- Features 4 Olympic plate storage posts that suspend weights for quick and easy access while keeping your workout area organised.
- Compatible with HART Flat / Incline / Decline Bench. (6-320) so all bench based routines can be performed.
- Only suitable for use with full size Olympic Bars.

Dimensions: 113cm(L) x 160cm(W) x 185cm(H).
Weight: 71kg.

Full Commercial Warranty.
6-319 ea \$625.00



HART Squat Stand

- Solid and stable, this Squat Rack holds the bar safe and secure with the heaviest of weights.
- Adjusts from 75cm to 150cm for a variety of freeweight exercises and user heights.
- Perfect for squats, lunges, calf raises and much more!
- Only suitable for use with full size Olympic Bars. Recommended max load 250kg

Dimensions: 115cm(W) x 93cm(L) x 75cm to 150cm(H) Weight: 21kg
Light Commercial Warranty.
6-322 ea \$215.00

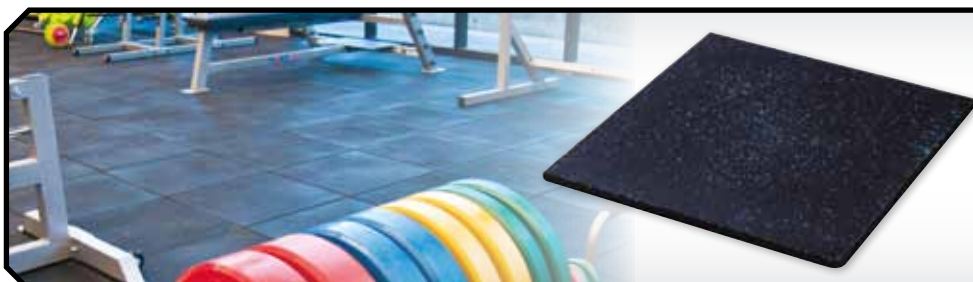
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HART Pro Squat Stands

- Full commercial grade heavy duty squat stands made of strong 75mm steel tubing.
- Base plates are 50cm x 40cm x 1cm thick.
- Adjustable to 15 different heights from 94cm to 164cm.
- Extra long 20cm bar catch for safe and easy barbell docking.
- Each stand weighs 25kg.

Plate weights and bar not included.
6-767 pr \$395.00



HART Gym Rubber Tile

Commercial grade black recycled rubber tile with 10% EPDM blue coloured speckle. Bevelled edges. Ideal flooring solution for Gymsnasiums and Fitness Studios.
Size: 50cm x 50cm x 15mm thick.
Each tile weighs 3kg.

Freight may be applicable depending on quantity and destination of the order.
6-760 ea \$10.00

Bulk Buy 10+ \$9.00

WEIGHT TRAINING



HART Glute Ham Developer (GHD Bench)

The Glute Hamstring Developer is specifically designed to target the posterior chain muscles (Lower back, Gluteals, Hamstrings and Calves). This machine is quickly becoming a must in all training facilities.

- Constructed from heavy duty 11-gauge steel.
- Split pad design for user comfort.
- Oversized angled pads with heavy duty foam allow for comfortable, safe full range of movement.
- Large chequered backing plate - 60cm(H) x 50cm(W)
- Chequered horizontal foot plate for easy mounting.
- Foot holder heights are independently adjustable.
- Dual rails, locking pop pins and quality bushings make horizontal adjustment of foot plate smooth & easy.
- Extra wide handles avoid interference with exercises.
- Advanced users can attach resistance bands to the front hooks.
- Wheels for easy transport.

Dimensions: 173cm(L) x 82cm(W) x 140cm(H).

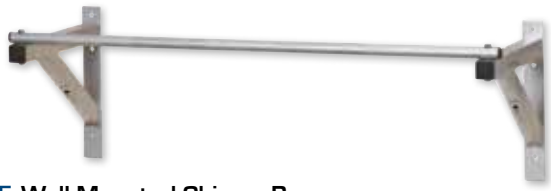
Weight: 66kg. Full Commercial Warranty.

6-295

ea \$550.00



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HART Wall Mounted Chin-up Bar

- 200kg rating.
- Bar diameter: 32mm.
- Width: 120cm of usable bar.
- Distance from wall: 45cm.

Total assembled size:
140cm(W) x 51cm(H) x 45cm(D).

Assembly and installation required. Fixing bolts included.

6-384

ea \$69.00



HART Wall Mounted Dip Bars

- 200kg rating.
- Diameter of grip tubing: 38mm.
- Distance from wall: 50cm.

Fixing bolts included

6-385

pr \$45.00

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HINT!

Weight Vests (p21) and Dipping Belts are a great way to add resistance when using Dip Bars and Chin-up Bars.

HART VKR/Dip/Chin/Push Up Station

- Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction.
- 10° reverse pitch increases abdominal range of motion and securely locks you into position.
- Lat Pull-Up / Chin-Up Station features easy step up entry.
- Easy access Dip Station features oversized diameter grips for ultimate comfort.
- Push-Up Station is cushioned and mounted a full 30cm off the floor for the deepest chest building push ups possible.
- Ultra thick DuraFirm™ back pad features extra lumbar support.
- Heavy gauge 50mm x 50mm all four side welded high tensile strength steel mainframe construction.

Dimensions: 143cm(L) x 108cm(W) x 205cm(H). Weight: 49kg.

Full Commercial Warranty

6-323

ea \$519.00



HART TRAIN HARD Dipping Belt

Heavy duty leather belt with attached chain to add weights for extra resistance when performing dips or chin ups.

Suitable for Olympic Plate Weights only.

6-107

ea \$39.00



HART Loaded Push Up Pad

Test your strength! This padded rack allows extra weight to be loaded on the back comfortably for weighted push ups. Pad is 50cm x 25cm x 4cm.

Olympic Sleeve 25cm long. Suits Olympic Plates only.

Note: This is a partner based training device and exercises must always be performed with a spotter.

6-761

ea \$75.00

All prices include GST

WEIGHT TRAINING



PRO KETTLEBELLS



HART Steel Comp Kettlebells

The HART Comp Kettlebells are all manufactured to the same size and specifications with the only difference being the weight. This allows users to progress up in weight without any technique changes. Handles are 32mm thick and made of exposed steel which is ideal for use with gym chalk so grip can be controlled. The large base makes a safer platform for push up type exercises. Colour coded for easy identification in the gym.

6-379-8	8kg	Yellow	ea	\$40.00
6-379-12	12kg	Green	ea	\$60.00
6-379-16	16kg	Red	ea	\$80.00
6-379-20	20kg	Blue	ea	\$100.00
6-379-24	24kg	Black	ea	\$120.00

Buy the Set
SAVE \$25.00
off individual prices



HART Steel Comp Kettlebells – Progress Pack
Ideal pack for the beginner to increase weight as technique and fitness increases.

- Includes:
- 1 x 12kg HART Steel Comp Kettlebell
 - 1 x 16kg HART Steel Comp Kettlebell
 - 1 x 20kg HART Steel Comp Kettlebell
- 6-136 kit **\$215.00**

Buy the Set
SAVE \$40.00
off individual prices



HART Steel Comp Kettlebells – Complete Set

Set includes one kettlebell of each size from 8kg to 24kg.
6-135 kit **\$360.00**



HART Kettlebells

Kettlebells are great for a huge range of drills to build on strength, power, muscular endurance, balance and core strength. Cast iron with hammertone plating. Handles are standard, round and fluent. Rubber padded base.

6-381-4	4kg	ea	\$17.50
6-381-8	8kg	ea	\$35.00
6-381-12	12kg	ea	\$52.50
6-381-16	16kg	ea	\$70.00
6-381-20	20kg	ea	\$87.50
6-381-24	24kg	ea	\$105.00



Strength Training Poster Series

Complete Set of 7 Strength Posters

Presents nine exercise illustrations that depict the anatomy in action, including musculoskeletal attachments and how exercise variations target specific muscles. Printed on durable matte paper and laminated. Abdomen, Arms, Back, Buttocks, Chest, Legs, Shoulders. Poster size: 80cm x 60cm.
33-877 set of 7 **\$109.00**

Buy the Kit
SAVE \$10.50
off individual prices



HART Kettlebell Kit – Light

- Includes:
- 1 x 4kg HART Kettlebell
 - 1 x 8kg HART Kettlebell
 - 1 x 12kg HART Kettlebell
- 6-130 kit **\$94.50**

Buy the Kit
SAVE \$27.50
off individual prices



HART Kettlebell Kit – Heavy

- Includes:
- 1 x 16kg HART Kettlebell
 - 1 x 20kg HART Kettlebell
 - 1 x 24kg HART Kettlebell
- 6-131 kit **\$235.00**

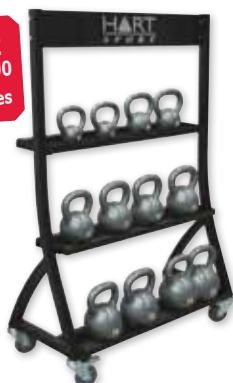


HART Kettlebell Rack

Strong design with 4 large, lockable wheels for safe, easy transport. Easily holds two full sets of HART Kettlebells 4kg to 24kg.

Only bottom shelf is suitable for HART Steel Comp Kettlebells [6-379].
Size: 100cm(L) x 45cm(W) x 145cm(H).
6-387 ea **\$299.00**

Buy the Kit
SAVE \$104.00
off individual prices



HART Kettlebell Kit – Mega

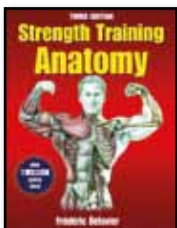
- Includes:
- 2 x 4kg HART Kettlebell
 - 2 x 8kg HART Kettlebell
 - 2 x 12kg HART Kettlebell
 - 2 x 16kg HART Kettlebell
 - 2 x 20kg HART Kettlebell
 - 2 x 24kg HART Kettlebell
 - 1 x HART Kettlebell Rack
- 6-388 kit **\$930.00**



HART Rubber Hex Dumbbells

- Rubber encased hexagonal ends prevent chipping and protect flooring.
 - Hex design prevents dumbbell rolling away.
 - Ergo shaped handle with knurling.
 - Embossed numbers for easy weight identification.
- Length of Handle: 132mm.
Diameter of Handle 6kg and above: 33.5mm.

6-362-1	1kg	ea	\$3.80
6-362-2	2kg	ea	\$7.60
6-362-3	3kg	ea	\$11.40
6-362-4	4kg	ea	\$15.20
6-362-5	5kg	ea	\$19.00
6-362-6	6kg	ea	\$22.80
6-362-7	7kg	ea	\$26.60
6-362-8	8kg	ea	\$30.40
6-362-9	9kg	ea	\$34.20
6-362-10	10kg	ea	\$38.00
6-362-12.5	12.5kg	ea	\$47.50
6-362-15	15kg	ea	\$57.00
6-362-17.5	17.5kg	ea	\$66.50
6-362-20	20kg	ea	\$76.00
6-362-22.5	22.5kg	ea	\$85.50
6-362-25	25kg	ea	\$95.00
6-362-27.5	27.5kg	ea	\$104.50
6-362-30	30kg	ea	\$114.00
6-362-35	35kg	ea	\$133.00
6-362-40	40kg	ea	\$152.00
6-362-45	45kg	ea	\$171.00
6-362-50	50kg	ea	\$190.00



Strength Training Anatomy 2nd Edition

More than 400 anatomical illustrations showcases the muscles used during each exercise and delineate how these muscles interact with surrounding joints and skeletal structures. Contains analysis of training injuries and preventative measures. Chapters are devoted to each major muscle group with 115 total exercises for arms, shoulders, chest, back, legs, buttocks and abdomen.

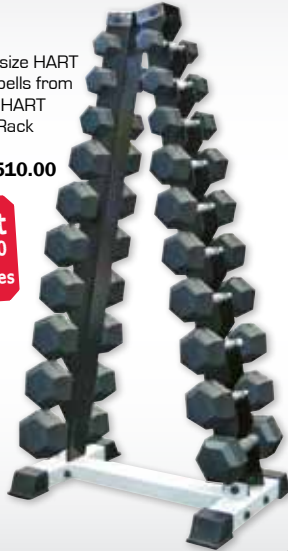
33-1002 ea **\$23.90**

HART 1kg to 10kg Dumbbell Kit with Rack

Includes 2 of each size HART Rubber Hex Dumbbells from 1kg to 10kg PLUS HART Vertical Dumbbell Rack (6-314).

6-364 kit **\$510.00**

Buy the Set
SAVE \$57.00
off individual prices



Grab a pair of every size HART Rubber Hex Dumbbells from 1kg up to 30kg. That's a total of **36 dumbbells!**

Buy the Set
SAVE \$215.00
off individual prices



HART 1 to 30kg Set

Set includes pairs of: 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg, 12.5kg, 15kg, 17.5kg, 20kg, 22.5kg, 25kg, 27.5kg and 30kg dumbbells.

6-363 1kg to 30kg set **\$1495.00**



Buy the Set
SAVE \$397.00
off individual prices

HART Mega Gym Pack

Rubber Hex Dumbbells with Racks

Includes a pair of HART Rubber Hex Dumbbells from 1kg to 50kg PLUS the HART 3 Tier Dumbbell Rack (6-326) PLUS the HART 2 Tier Dumbbell Rack (6-324) with the extra tier (6-325).

6-368 kit **\$3195.00**

The 1 to 50kg Set provides you with every size Rubber Hex Dumbbell. That's a total of **44 dumbbells!**

Buy the Set
SAVE \$307.00
off individual prices



HART 1kg to 50kg Set

Includes 2 of each size HART Rubber Hex Dumbbells.

6-365 1kg to 50kg set **\$2695.00**

Recommended Racks for Dumbbell Sets

1kg to 30kg Set (6-363)

We recommend the:

HART 2 Tier Dumbbell Rack (6-324) plus the HART Vertical Dumbbell Rack (6-314)

1kg to 50kg Set (6-365)

We recommend the:

HART 2 Tier Dumbbell Rack (6-324) and Optional 3rd Tier (6-325) plus the 3 Tier Dumbbell Rack (6-326)

HINT!

Items marked attract extra freight.

WEIGHT TRAINING



HART Vinyl Dumbbells

Cast iron dumbbells coated in soft durable PVC. Colour coded for easy weight identification.

Freight may be applicable depending on size, weight and destination of the order for these items.

6-347-1	1kg	ea	\$3.50
6-347-2	2kg	ea	\$7.00
6-347-3	3kg	ea	\$10.50
6-347-4	4kg	ea	\$14.00
6-347-5	5kg	ea	\$17.50
6-347-6	6kg	ea	\$21.00



HART Jogging / Aerobic Weights

Coated in soft durable PVC for greater comfort. Contoured for extra grip, great for dynamic exercises or when grip strength is limited.

6-346-1	1kg	ea	\$3.50
6-346-2	2kg	ea	\$7.00
6-346-3	3kg	ea	\$10.50



HART 12kg Vinyl Dumbbell Set

- 2 x 1kg Vinyl Dumbbells
- 2 x 2kg Vinyl Dumbbells
- 2 x 3kg Vinyl Dumbbells
- 1 x Carry Case

6-383 set \$42.50



HART Chrome Dumbbells

Premium quality steel with chrome finish. Ergo shaped handle with knurling.

6-348-1	1kg	ea	\$5.00
6-348-2	2kg	ea	\$10.00
6-348-4	4kg	ea	\$20.00
6-348-5	5kg	ea	\$25.00
6-348-7.5	7.5kg	ea	\$37.50
6-348-10	10kg	ea	\$50.00
6-348-15	15kg	ea	\$75.00
6-348-20	20kg	ea	\$100.00



HART Hex Dumbbells

Economical cast iron dumbbells with hammertone finish.

6-360-1	1kg	ea	\$3.00
6-360-2	2kg	ea	\$6.00
6-360-3	3kg	ea	\$9.00
6-360-4	4kg	ea	\$12.00
6-360-5	5kg	ea	\$15.00
6-360-7.5	7.5kg	ea	\$22.50
6-360-10	10kg	ea	\$30.00
6-360-20	20kg	ea	\$60.00



HART Spinlock Dumbbell Set

Total weight of set is 20kg.

- 2 x Spin/lock Dumbbell handles with Collars
- 4 x 1.25kg Plates
- 4 x 2.5kg Plates
- 1 x Carry Case

6-382 set \$69.00



HART Soft Touch Weighted Balls

Can be substituted for dumbbells in any strength, pilates or rehabilitation routine. Durable, soft outer shell with filler adds safety to workouts and these balls do not bounce or roll away when dropped. They fit in to the palm of the hand which makes them a great alternative for those who may have trouble gripping standard dumbbells.

6-623	2 x 0.5kg Yellow	pr	\$12.00
6-624	2 x 1kg Green	pr	\$14.00
6-625	2 x 1.5kg Red	pr	\$16.00
6-626	2 x 2kg Blue	pr	\$18.00

HART Soft Touch Weighted Balls - Complete Set

Includes:

- 1 pair 0.5kg Balls - Yellow
- 1 pair 1kg Balls - Green
- 1 pair 1.5kg Balls - Red
- 1 pair 2kg Balls - Blue

6-627 kit \$54.00

DUMBBELL STORAGE



Optional 3rd Tier



HART Dumbbell Rack - 2-Tier

- Keep your workout area organised, clean and, most importantly, safe.
- Heavy duty 50mm x 75mm mainframe features a reversed pitch design that allows easy access to all three tiers.
- Heavy gauge steel with all-4-side welded construction is de-burred inside and out for user safety.
- Optional third tier (6-325 purchased separately) allows extra storage.

Dimensions: 155cm(L) x 58cm(W) x 80cm(H).

Weight: 44kg.

Full Commercial Warranty.

Not suitable for Vinyl Dumbbells. Will fit a pair of HART Rubber Hex Dumbbells from 1kg to 15kg, or 12.5kg to 30kg, or 20kg to 40kg. With Optional 3rd Tier (6-325) holds 1kg to 25kg, or 17.5kg to 50kg.

6-324 ea \$295.00

HART Dumbbell Rack - 3-Tier

- Keep your workout area organised, clean and, most importantly, safe.
- Heavy duty 50mm x 75mm mainframe with reversed pitch design allowing easy access to all 3 tiers.
- Heavy gauge steel with all-4-side welded construction is de-burred inside and out for user safety.

Dimensions: 100cm(L) x 50cm(W) x 75cm(H).

Weight: 20kg.

Full Commercial Warranty.

Not suitable for Vinyl Dumbbells. Fully loaded will fit a pair of HART Rubber Hex Dumbbells from 1 to 15kg or 12.5kg to 30kg. Not suitable for Rubber Hex Dumbbells above 30kg.

6-326 ea \$195.00



HART Vertical Dumbbell Rack

- Strong, stable rack holds 10 pairs of dumbbells. Solid 3mm vertical racks are 85mm apart which allow any type of HART Dumbbell to be stored (including HART Vinyl Dumbbells).
- Dimensions: 72cm(L) x 62cm(W) x 136cm(H).
- Weight: 15kg.
- Full Commercial Warranty.

Suitable for ALL styles of HART Dumbbells. Heavier dumbbells above 10kg will not fit on adjacent slots.

6-314 ea \$149.00

Optional 3rd Tier

- Heavy duty construction for maximum strength and stability.
- Slant back design makes storage and retrieval a breeze.
- Only suitable for HART 150cm Dumbbell Rack (6-324).

Dimensions: 145cm(L) x 30cm(W) x 6cm(H).

Weight: 11kg.

Full Commercial Warranty.

When added to the 2-Tier dumbbell rack (6-324), entire rack will fit a pair from 1kg to 25kg or 17.5kg to 50kg.

6-325 ea \$100.00



OLYMPIC WEIGHTS



See page 30 for racks and sets



HART Olympic Bumper Plate

IVF colour coded. Steel Inner ring: 50.4-50.8mm. Weight tolerance 3%.

Rubber Coated Plates

6-351-1.25	1.25kg	Green	144 x 21mm	ea	\$8.00
6-351-2.5	2.5kg	Red	165 x 30mm	ea	\$16.00

Solid Rubber Bump Plates

Ideal for Olympic Style lifts.

6-351-5	5kg	White	450 x 25mm	ea	\$32.00
6-351-10	10kg	Green	450 x 52mm	ea	\$64.00
6-351-15	15kg	Yellow	450 x 70mm	ea	\$96.00
6-351-20	20kg	Blue	450 x 80mm	ea	\$128.00
6-351-25	25kg	Red	450 x 105mm	ea	\$160.00

HART Olympic Cast Iron Plate

Grey Hammertone finish. Excellent value. 51mm bore hole.

6-352-1.25	1.25kg	150mm dia	ea	\$3.70
6-352-2.5	2.5kg	195mm dia	ea	\$7.50
6-352-5	5kg	230mm dia	ea	\$15.00
6-352-10	10kg	285mm dia	ea	\$30.00
6-352-15	15kg	360mm dia	ea	\$45.00
6-352-20	20kg	450mm dia	ea	\$60.00
6-352-25	25kg	450mm dia	ea	\$75.00

Freight may be applicable depending on size, weight and destination of the order for these items. Please Note: The above plate weights are suited to Olympic Bars.

BARS



BAR GUIDE

OLYMPIC BAR (6-395) ONLY



Thrust bearings



Capped ends



Brass bushings



Steel sleeves

A. HART Olympic Bar - Thrust Bearings

- Length 2190mm
- Steel Sleeve & Thrust Bearings & capped ends.
- Weight 18.3kg
- Bar Thickness 28.5mm
- Weight rating - 650kg

6-395 ea \$290.00

B. HART Olympic Bar - 500kg

- Length 2185mm.
- Steel Sleeve & Brass Bushings.
- Weight 20kg
- Bar Thickness 30mm.
- Weight rating - 500kg

6-353 ea \$189.00

C. HART Olympic Bar - 6ft

- Length 1830mm.
- Steel Sleeve & Brass Bushings.
- Weight 15kg.
- Bar Thickness 28.5mm
- Weight rating - 300kg

6-356 ea \$139.00

D. HART Olympic Curl Bar

- Length 1200mm.
- Steel Sleeve & Brass Bushings.
- Weight 9.5kg.
- Bar Thickness 28.5mm.

6-359 ea \$85.00

E. HART Olympic Dumbbell Handle

- Length 500mm.
- Steel Sleeve & Brass Bushings.
- Weight 6kg
- Bar Thickness 28.5mm

6-355 ea \$55.00



HART Olympic Spring Collars

6-331 pr \$9.90



HART Olympic Collars

Each collar weighs 2.5kg.
6-358 pr \$39.00

WEIGHT TRAINING

REGULAR WEIGHTS



HART Rubber Coated Regular Plates

Cast iron with 5mm black rubber coating. Square edge. 26.5mm steel inner ring.

6-349-1.25	1.25kg	ea	\$4.30
6-349-2.5	2.5kg	ea	\$8.70
6-349-5	5kg	ea	\$17.50
6-349-7.5	7.5kg	ea	\$26.20
6-349-10	10kg	ea	\$35.00
6-349-20	20kg	ea	\$70.00

HART Cast Iron Regular Plates

Cast iron with grey hammertone finish. Round edge. 26.5mm bore hole.

6-350-1.25	1.25kg	ea	\$3.70
6-350-2.5	2.5kg	ea	\$7.50
6-350-5	5kg	ea	\$15.00
6-350-7.5	7.5kg	ea	\$22.50
6-350-10	10kg	ea	\$30.00
6-350-20	20kg	ea	\$60.00

Freight may be applicable depending on size, weight and destination of the order for these items. Please Note: The above plate weights are suited to Regular Bars.

BARS



A. HART Barbell

25mm diameter.
Inner distance between collars:
5ft-935mm, 6ft-1100mm.
Collars not included.

6-344	5ft	ea	\$30.00
6-345	6ft	ea	\$40.00

B. HART Spin & Lock Curl Bar

25mm diameter.

Length: 120cm.

Includes spin/lock collars.

6-336	ea	\$29.50
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C. HART Curl Bar

25mm diameter.

Length: 120cm.

Collars not included.

6-341	ea	\$29.50
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D. HART Spin & Lock Dumbbell Handle

Length: 35cm. Includes spin/lock collars.

6-333	ea	\$12.50
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E. HART Dumbbell Handle

Length: 35cm.

Collars not included.

6-343	ea	\$9.90
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HART Barbell Collar

6-342	ea	\$5.00
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HART Dumbbell Collar

6-342-A	ea	\$4.00
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HART Spin & Lock Collars

Suit Spin/Lock dumbbells and barbells only.

6-332	pr	\$5.00
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HART Regular Spring Collars

Suits regular dumbbells and barbells.

6-342-B	pr	\$2.50
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TRUNK BLASTER



HART Trunk Blaster Base

The entire body can be targeted with this floor based rotational platform. Insert a barbell into the sleeve, add weight if required then perform any number of powerful one arm, two arm or rotational exercises. Can be permanently bolted to the floor or taken anywhere with the welded handle. Features rubber non-slip base. Can be used with Olympic or Regular barbells.
Base Plate: 40cm x 48cm x 1cm.
Olympic Bar Sleeve is 30cm long.
Regular Bar Sleeve is 12.5cm long.
Weight: 23.0 kg.

Note: Barbells and weights are purchased separately.

6-770	ea	\$219.00
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HART Trunk Blaster Handle - Single

Great for single arm rows and deadlifts. Bar sleeve is 11 cm long. Suits Olympic Bars only.

6-771	ea	\$29.90
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HART Trunk Blaster Handle - Double

Increases the difficulty for rotational exercises by adding the distance between the weight and the body. Handles are 40cm apart and they extend 60cm from the bar. Suits Olympic Bars only.

6-772	ea	\$49.50
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OLYMPIC RACKS



HART Toaster Rack

Designed specifically to hold an entire set of HART Olympic Bumper Plates but will store any type of plate weight.

- Handle and 75mm wheels allow for simple transport around the gym, even when fully loaded.
- Total dimensions: 140cm(L) x 35cm(W) x 26cm(H).
- Large plate section has 2 slots each of widths: 110mm, 85mm, 70mm, 55mm, 30mm.
- Small plate section has 2 slots each of widths: 45mm, 40mm, 35mm.

6-308 ea **\$99.00**



**Buy the Set
SAVE \$112.00**
off individual prices

HART Bumper Plate Set with Rack

Contains:

- 1 x HART Toaster Rack
- 2 x HART Bumper Plates 1.25kg
- 2 x HART Bumper Plates 2.5kg
- 2 x HART Bumper Plates 5kg
- 2 x HART Bumper Plates 10kg
- 2 x HART Bumper Plates 15kg
- 2 x HART Bumper Plates 20kg
- 2 x HART Bumper Plates 25kg

6-366 kit **\$995.00**



HART Easy Load Olympic Weight Tree

Easy load design directs the weight load to the centre, reducing the risk of tipping. Six storage posts. 450kg load rating.

Dimensions: 65cm(L) x 40cm(W) x 60cm(H)

Weight: 10kg.

Full Commercial Warranty.

6-329 ea **\$99.00**



HART Olympic Weight Tree & Bar Rack

- 2 bar holders, 450kg load rating.
- Six 50mm x 200mm weight plate storage posts keep plates safely suspended off the floor for easy storage and removal.
- Two Olympic bar holders store all styles of Olympic bars.
- Designed with central weight load distribution that virtually eliminates the risk of tipping.
- Features heavy-duty 50mm x 50mm and 50mm x 75mm high tensile strength steel with all-4-side welded construction and finished with ultra-tough electrostatically applied powder coat finish.

Dimensions: 50cm(L) x 100cm(H) x 58cm(W).

Weight: 13kg.

Full Commercial Warranty.

6-327 ea **\$139.00**

**We deliver
Australia
wide!**



HART Olympic Bar Holder

Stores up to 5 Olympic Bars vertically to maximise gym floor space. Base plate is 30cm x 30cm x 1cm. Bar holders are 20cm high. (For safety we recommend this product is fixed to the floor using the two holes in the base plate). **Bars not included.**

6-309 ea **\$119.00**

REGULAR RACKS



HART Easy Load Standard Weight Tree

Easy load design directs the weight load to the centre, reducing the risk of tipping. Six storage posts. 450kg load rating. Size: 60cm(H) x 65cm(L) x 40cm(W).

Weight: 8kg. Full Commercial Warranty.

6-330 ea **\$85.00**



HART Standard Weight Tree & Bar Rack

- 2 bar holders, 450kg load rating.
- Six 25mm x 200mm storage posts keep plates safely suspended off the floor for easy storage and removal.
- Two standard bar holders keep bars upright.
- Designed with central weight load distribution that virtually eliminates the risk of tipping.
- Features heavy-duty 50mm x 50mm high tensile strength steel with all-4-side welded construction and finished with ultra-tough electrostatically applied powder coat finish.

Size: 50cm(L) x 58cm(W) x 100cm(H).

Weight: 10kg.

Full Commercial Warranty.

6-328 ea **\$135.00**



WEIGHT BAGS



To save on freight, bags are supplied empty



Longitudinal strap can be used for alternate exercises

HART Weight Bag

These bags can be used anywhere in any conditions to mimic all types of functional movement in your training. When filled with sand, they provide a progressive and challenging alternative to traditional strength training equipment. All bags are foam lined and covered with heavy duty vinyl for maximum durability and safety. Fantastic for strength, power, core stability and rotational movements, their application is only limited by your imagination.

Bags are supplied empty and we recommend using standard dry pit sand for filling.

6-700	10kg shell	ea	\$85.00
6-701	15kg shell	ea	\$89.00
6-702	20kg shell	ea	\$95.00
6-703	25kg shell	ea	\$99.00
6-704	30kg shell	ea	\$105.00
6-705	35kg shell	ea	\$109.00



HART Weight Bags

- Complete Set
Includes one weight bag shell in each size from 10 to 35kg.
6-706 kit **\$525.00**

Buy the Set
SAVE \$57.00
off individual prices

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.

- 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**



HART Interlock Gym Flooring

High density interlock flooring to keep your floor protected from heavy gym equipment. Set contains eight individual 50 x 50cm squares that are 10mm thick. Total floor area 2m². Multiple sets can easily be joined together to form larger floor areas. 16 edge strips are included so a smooth outer perimeter can be formed. Weight: 5.2kg (650g per piece). Foam density/hardness: 260/70.

6-724 set **\$99.00**

ACCESSORIES



HART Gym Chalk

100% pure magnesium carbonate to keep hands dry for secure grip. One pack contains eight individual 2oz blocks.

6-710 pk **\$18.50**



HART Train Hard Gloves

For weightlifting comfort. Stretch knit with leather padded palm. Velcro closure.

6-110-S	Small	pr	\$11.50
6-110-M	Medium	pr	\$11.50
6-110-L	Large	pr	\$11.50
6-110-XL	X-Large	pr	\$11.50



HART Barbell Pad

High density foam with heavy duty cover.

Length: 40cm.
Outside Diameter: 65mm.
Inside Diameter: 30mm.

6-721 ea **\$19.90**



HART Adjustable Hand Grip

Increase grip and forearm strength. Adjustable tension from approximately 10kg to 40kg. Soft TPR hand grips for comfort.

6-619 ea **\$9.90**



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	Soft: Red	ea	\$4.90
6-754	Hard: Blue	ea	\$4.90