



SPART[®]

www.spartfitness.it

CONDITIONING EQUIPMENT

AGILITY & SPEED
RESISTANCE TUBES
CORE TRAINERS
SLAMBALLS / MEDBALLS / WALLBALLS
POWER BAGS
SLEDs
PLYOBOXES
CLUBBELL
TRAMPOLINES
SPEED ROPES

CONES

TECHNICAL MEASURES
Saucer Cones are bright and easy to see on any surface.
Made of strong, pliable PVC, cones resist damage from direct foot strikes.

Diameter: 19cm

HURDLES

TECHNICAL MEASURES
15 - 30 - 45 cm steps for intermediate to advanced polymeric exercise.
Change heights for speed or strength work and lateral movement drills.

REACTION BALL

TECHNICAL MEASURES
The random bounces of the reaction ball improve overall coordination.
Ball can be bounced off any hard surface.

Diameter: 6.7cm

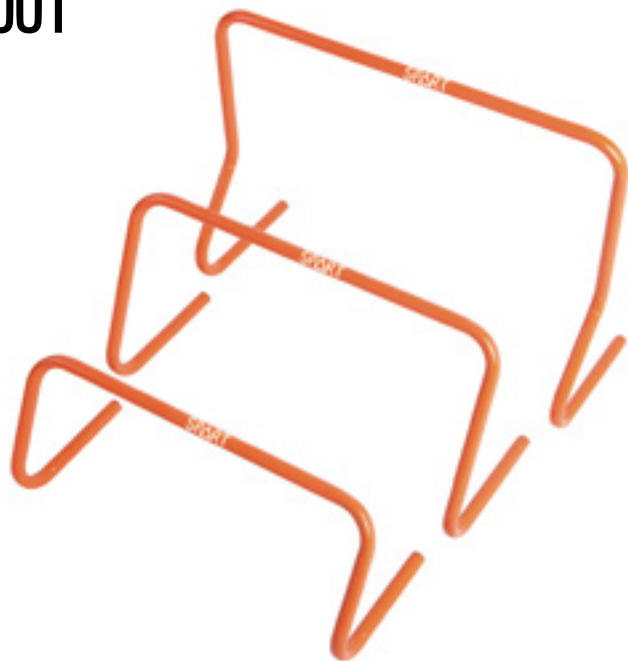
LACROSSE MASSAGE BALL

Diameter: 65 mm

▷ CD8002



▷ CD8001



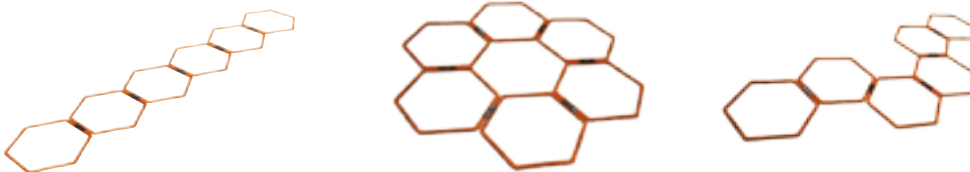
▷ CD8003



▷ CE7001 CE7002



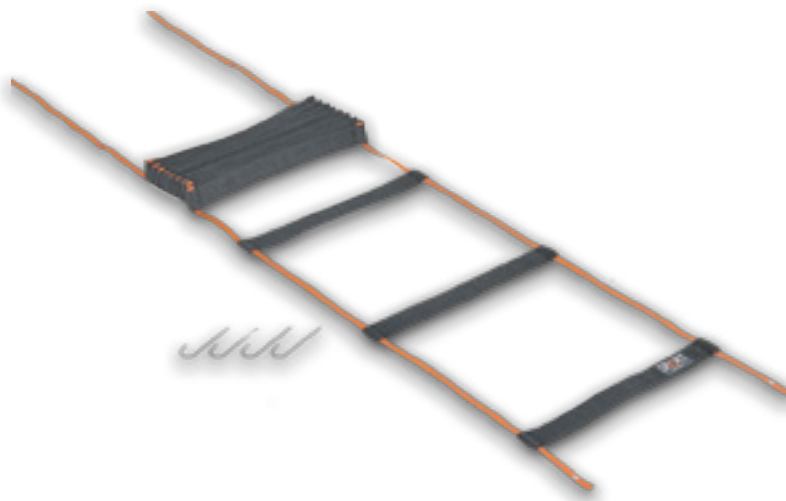
▷ CD8023



▷ CD8004



▷ CD8005



AGILITY RINGS

TECHNICAL MEASURES
Ideal tool to improve foot speed, coordination, overall balance and general fitness.
6 individual rings can create a variety of shapes for preferential needs.

Diameter: 50 cm

POWER CHUTE

TECHNICAL MEASURES
Increase speed, explosiveness, and acceleration. The power chute provides both resistance and explosive training to improve the 2 key elements of speed: stride length and frequency. Chute opens during training runs for resistance and the Velcro belt allows for mid-stride release for overspeed training.
Power Chute includes: Adjustable belt with storage pocket.

AGILITY LADDER

TECHNICAL MEASURES
Develop rapid, precise foot strikes and focus. Fixed round rungs save set-up time and withstand abuse from cleats and other turf shoes. Use indoors or outdoors.
High-impact round PVC rungs.
Includes carry bag.

Length 9m L x 50cm W, ladder with 20 pegs.
Length 4.50m L x 50cm W, ladder with 10 pegs.

TIMER

The Timer offers a variety of standard functions including clock display, stop watch to the hundredths of a second and 20 min count down. In addition, the timer can also be used to program custom intervals and can save up to eight custom programs.

ROLL OUT LADDER

The Roll Out Ladder resists bunching-up and stays in place on all types of indoor surfaces, and some outdoor surfaces. Made of heavy-duty, durable, non-skid recycled rubber, this ladder quickly unrolls and lies flat, then rolls up for easy storage and portability.
Size: 454 x 41 x 0.35cm

RESISTANCE TUBE

Improve speed by training stride length and frequency in 2 athletes simultaneously. The resistance tube provides a smooth, consistent tension for both athletes while offering maximum safety. Swivel waist belt allows athletes to change direction of the tension easily without removing belt. Supplied with 2 belts and 2 elastic bands.
Size: 6 x 13 x 2000mm

RESISTANCE TUBE

Made in Italy elastic tube, supplied with belt for traction. Great system for explosive strength training. Available in two versions, length 300 or 120 cm.

▷ CD8006



▷ CD8026



▷ CD8008



▷ CD8009



▷ CD8019



▷ CD8010



▷ CD8007



▷ CD8035-B



CORE TRAINER

TECHNICAL MEASURES

This ground-based rotational training device works the entire body. Perform explosive 1 and 2-arm movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the pivoting sleeve at the unit's base. A 14cm sleeve is also available to hold standard 2.5cm bars. Portable for use in or out of the weight room.

Assembly Size: 81 x 69 x 27cm
Without Plate & Bar

SLAM BALL

TECHNICAL MEASURES

Durable, sand-filled no-bounce balls are ideal for tossing and slamming activities. Heavy-duty rubber shell provides maximum durability. Pliable, tacky surface is easy to grasp and throw. Perfect for rebounder, wall and floor slams.

Weight:
1kg-10kg in 1kg increments
12kg, 15kg, 16kg, 18kg, 20kg, 23kg
25kg-70 kg in 5 kg increments

MED BALL WITH HANDLES

Medical ball equipped with comfortable and strong handles for functional exercises, core training, muscle toning and sports training.

HEAVY-DUTY VINYL MEDICINE BALL

TECHNICAL MEASURES

Dia.: 35.5cm
3kg-13kg in 1kg increments

PRODUCT FEATURES

The soft-shell construction and balanced, uniform weight of this ball make it easy to handle. It covered with heavy-duty vinyl coated nylon. Water and scuff resistant. This non-slam, oversized ball is ideal for toss-and-catch activities and soft on the hands.

MEDICINE BALL RACK

TECHNICAL MEASURES

Assembly Size: L102 x W73 x H84cm
Max load capacity: 135kg
Diameter: 85 cm x 135 cm (H)
Contains up to 15 balls.

▷ CD8031



▷ CD8113



POWER BAG

TECHNICAL MEASURES

5KG-25KG IN 5KG INCREMENTS

PRODUCT FEATURES

POWER BAGS are excellent for complex motion based workouts with multi-joint movements that require a high emphasis on stability. Movement training, such as fast feet, ladder drills, heel flicks etc. Jumps & drops, which are hard to do due to awkwardness of bags. Throwing, hard to achieve with most items other than a medicine ball which doesn't often exceed over 15kg. Catching and absorbing impact, hard to achieve with most items. Dynamic movements with a partner, throw..move..catch..throw..move..catch. Total resistant core stability movements.

▷ WL7005



▷ CD8012



CORDURA POWER BAG

TECHNICAL MEASURES

One Set Including:
1 Bag + 2 Inner Bags;
max loading 35kg

PRODUCT FEATURES

The sand bags are built with heavyweight Military Spec 1000D Cordura; That means they are tough as nails! This material is relied upon in the most demanding of conditions every day! The Cordura material has a DWR coating to make each sand bag water resistant so you can wash these if needed.

PREMIUM SLED

TECHNICAL MEASURES

This heavy-gauge steel, solid welded construction, 42kg sled trains speed, quickness, and explosiveness. Dual-point harness attachment provides an even load while pulling. Flat bottom rails slide smoothly on most surfaces. 36cm center post accommodates up to 143kg in Olympic plates.

Assembly Size: L121 x W114 x H88cm
Max load capacity: 225kg

▷ CD8014



▷ FM1015



ARTIFICIAL GRASS

TECHNICAL MEASURES

Roll dimension 2 x 25 m

High density artificial grass available in rolls. Ideal to absorb weight loss, sled training or giving a touch of color to functional indoor areas or outdoor spaces.

SMALL SLED

TECHNICAL MEASURES

Assembly Size: L102 x W73 x H84cm
Max load capacity: 135kg

▷ CD8048



▷ GT3505



STORAGE CONTAINER

Very large storage container to hold balls and accessories of various kinds and sizes. Equipped with wheels to always be placed where you need it.

Dimensions: 125 cm x 68 cm x 75 cm (H)

SOFT PLYOMETRIC BOX

TECHNICAL MEASURES

Outside cover is heavy duty vinyl leather, inter layer is soft material, inside is high density board.

CD9001:40 x 50 x 60cm
CD9001S:50 x 60 x 75cm

▷ CD9001



▷ CD9001S



▷ CD9008



PLYOMETRIC BOX

TECHNICAL MEASURES

Get the advantage of three plyo boxes in one.

CD9002:40 x 50 x 60cm
CD9002S:50 x 60 x 75cm

▷ CD9002



▷ CD9002S



▷ WL6021



FOAM PLYO BOX

Complete set of 4 mats made with high density foam boxes covered in heavy duty vinyl for maximum reliability and safety to guarantee non-deformability over time. Equipped with handles to be easily positioned and stored on each other.

TECHNICAL MEASURES

92 x 77 x 15 cm
92 x 77 x 30 cm
92 x 77 x 45 cm
92 x 77 x 60 cm

CLUBBELL

Guarantee excellent quality, resistance, grip and durability for total body workout at high intensity, allowing multiarticular movements developing muscle fluidity and elasticity. Great for Tactfit program.

Weights from 2.5 - 4,5 kg - 7 kg - 9 kg - 11 kg - 16 kg

▷ CD8058



▷ CD8055



▷ CD1101



▷ CD1102



▷ CD1103



▷ CD1105



TRAMPOLINE

TECHNICAL MEASURES

- ▷ CD8058 - HEXAGON TRAMPOLINE WITH HANDLEBAR
126 x 140 cm x 120 (H)
- ▷ CD8055 - REBOUND
Diameter 100 cm - Height 23 cm

SPEED ROPE

TECHNICAL MEASURES

- CD1101: Diam. 2,5 mm x 3 m plastic handles
- CD1102: Diam. 3.5 mm x 3.4 m plastic handles
- CD1103: Diam. 2.5 mm x 3 m plastic handles
- CD1105: Diam. 2.5 mm x 3 m aluminium handles

PRODUCT FEATURES

Designed and tested to outperform any other jump rope available. The Speed Rope has an ergonomically-designed handle that eliminates friction. Outstanding durability and unmatched speed in competitive categories. Additional features of the rope include: a height adjustable cord with a vinyl coating and technically superior speed bearings to ensure fluid and precise movement at high speeds.