



FREE WEIGHTS

DUMBBELLS.....	58	CLAMPS.....	64	KETTLEBELLS.....	67
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O'LIVE CHROMED DUMBBELLS

Coated with quality chrome with polyurethane rings in the heads and in the handle to prevent premature wear and for easy grip. The indication of the weight on the side is in color and oversized. Sold in pairs.

REF.:	PL23601	PL23602	PL23603	PL23604	PL23605
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
REF.:	PL23606	PL23607	PL23608	PL23609	PL23610
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg



FREE WEIGHTS



O'LIVE CHROMED DUMBBELLS KIT

With a range of 1 kg to 10 kg, in 1 kg increments, they are a complement to heavier weights, and also popular in female training. Kit consisting of 10 pairs of dumbbells of 1 kg to 10 Kg.

REF.:	PL23700
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O'LIVE RUBBER HEX DUMBBELLS

Rubber dumbbells with chrome ergonomic handle, slightly contoured for easy grip and increased safety. The rubber coating increases the durability, protects the floor and the equipment, improves appearance, reduces noise and are easy to clean. Sold in pairs.



REF.:	PL15701	PL15702	PL15703	PL15704	PL15705
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
REF.:	PL15706	PL15707	PL15708	PL15709	PL15710
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg
REF.:	PL15711	PL15712	PL15713	PL15714	PL15715
Weight:	12.5 kg	15 kg	17.5 kg	20 kg	22.5 kg
REF.:	PL15716	PL15717	PL15718	PL15719	PL15720
Weight:	25 kg	27.5 kg	30 kg	32.5 kg	35 kg

O'LIVE RUBBER HEX DUMBBELLS KIT

10 pairs of 1kg. to 10 kg.

REF.:	PL15400
Capacity:	10 pairs



FREE WEIGHTS



O'LIVE PRO-STYLE DUMBBELLS

The new O'live Pro-style dumbbells offer a higher level of quality. The new design prevents ground rolling and now they are made of steel instead of cast, which proves to be more compact and have excellent balance. The union of the heads is more durable and reliable, avoiding possible detachments. Protected by high quality virgin rubber, they are more resistant, silent and odor-free, with good looks and pleasant feeling. An oversized color weight identification helps reading easily, and the handle has a soft while safe hard chrome treatment for extra durability. Sold in units.

REF.:	PL23201	PL23202	PL23203	PL23204	PL23205	PL23206	PL23207	PL23208	PL23209	PL23210
Weight:	2.5 Kg	5 Kg	7.5 Kg	10 Kg	12.5 Kg	15 Kg	17.5 Kg	20 Kg	22.5 Kg	25 Kg
REF.:	PL23211	PL23212	PL23213	PL23214	PL23215	PL23216	PL23217	PL23218	PL23219	PL23220
Weight:	27.5 Kg	30 Kg	32.5 Kg	35 Kg	37.5 Kg	40 Kg	42.5 Kg	45 Kg	47.5 Kg	50 Kg

RUBBER PRO STYLE DUMBBELLS KITS

REF.:	PL23301	PL23302	PL23303	PL23304	PL23305	PL23306
Others:	5 pairs from 2,5 to 12,5 kg	5 pairs from 15 to 25 kg	5 pairs from 27,5 to 37,5 kg	5 pairs from 40 to 50 kg	10 pairs from 1 to 10 kg	10 pairs from 12,5 to 35 kg
REF.:	PL23307	PL23308	PL23309	PL23310	PL23311	
Others:	6 pairs from 12,5 to 25 kg	6 pairs from 27,5 to 40 kg	6 pairs from 2,5 to 15 kg	6 pairs from 17,5 to 30 kg	6 pairs from 32,5 to 45 kg	



O'LIVE DUMBBELLS VERTICAL RACK

Suitable for 10 pairs of chrome, hexagonal or Pro-style dumbbells. Dumbbells not included.

REF.: MU08300
 Dimensions: 60 x 42 x 55 cm
 Capacity: 10 pairs from 1kg to 10kg
 Color: Grey



O'LIVE DUMBBELLS HORIZONTAL RACK

Suitable for hexagonal dumbbells. with a 3 mm rubber base to increase protection. Dumbbells not included.

REF.: MU07700
 Dimensions: 150 x 83 x 63 cm
 Capacity: From 4 to 7 pairs per tray (depending on weight)
 Color: Grey



O'LIVE PRO-STYLE BARS

Decagonal design prevents ground rolling. Made of steel instead of cast, which proves to be more compact and have excellent balance. Protected by high quality virgin rubber. An oversized color weight identification helps reading easily. Handle has a soft white safe hard chrome treatment for extra durability. Handle's total internal length: 110 cm

REF.:	PL23401	PL23402	PL23501	PL23502
Capacity:	From 10 to 15 kg.	From 25 to 45 kg.	From 10 to 15 kg.	From 25 to 45 kg.
Material:	Curved	Curved	Straight	Straight
Others:	5 bars in 2,5 kg. increment	5 bars in 5 kg increment	5 bars in 2,5 kg. increment	5 bars in 5 kg increment

FREE WEIGHTS

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O'LIVE PRO-STYLE DUMBBELLS RACK

Suitable for the storage of Pro-Style dumbbells. It has plastic saddles for proper positioning. Dumbbells not included.

REF.:	MU07500	MU07600
Dimensions:	125 x 81 x 53 cm	240 x 90 x 57 cm
Capacity:	5 pairs	10 pairs
Color:	Grey	Grey



O'LIVE PRO-STYLE DUMBBELLS RACK

Fits up to 6 pairs of Pro-Style dumbbells. Dumbbells not included.

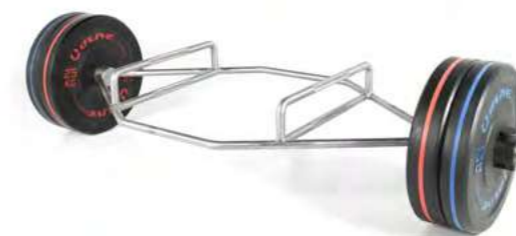
REF.:	MU14200	MU14300
Dimensions:	65 x 148 x 85 cm	73 x 191 x 110 cm
Capacity:	6 pairs	12 pairs



O'LIVE PRO-STYLE BARS RACK

Suitable for storing 5 Pro-Style weight bars. Weight bars not included.

REF.: MU07400
 Dimensions: 90 x 134 x 61 cm
 Capacity: 5 u
 Color: Grey



O'LIVE OLYMPIC TRAP BAR

Optimized for the execution of deadlifts, providing less stress on the lower back. It is also suitable for beginning athletes as well as those suffering from some back problem. Handle provides a comfortable and safe neutral grip. Disks not included.

REF.: PL28100
 Dimensions: 182 x 73 x 16 cm
 Weight: 25 kg
 Others: Grip diameter: 25mm

O'LIVE OLYMPIC MULTI GRIP TRAP BAR

Optimized for the execution of deadlifts, providing less stress on the lower back. It is also suitable for beginning athletes as well as those suffering from some back problem. It incorporates three different types of gripping diameter swiveling handles (25mm, 38mm and 48mm). The improved design makes it easy to change the disks, as they do not touch the ground, the disks also never receive direct impacts on the floor. Disks not included.

REF.: PL25000
 Dimensions: 164 x 77 x 26 cm



O'LIVE OLYMPIC BAR RACK

Capacity for 9 Olympic bars. Its compact design allows for better space utilisation. It comes with nylon protections to prevent bar deterioration.

REF.: PL27200
 Dimensions: 46 x 25 x 46 cm
 Color: Black



O'LIVE BARBELL WALL RACK

Holds up to six barbells on a wall-mounted frame. It is a safe and easy way to store barbells and must be bolted to wall. It incorporates plastic saddles for barbell and rack protection.

REF.: PL27400



O'LIVE OLYMPIC BAR

The O'Live Olympic bars are brushed steel bars with a rotating sleeve and rubber end caps. These are basic bars for general exercises in a fitness room/environment. They are not suitable for cross training, Powerlifting, weightlifting, etc. They are suitable for 50mm diameter discs.

REF.:	PL14403	PL14402	PL14401	PL13702
N° image:	1	2	3	4
Dimensions:	ø 0,3 x 218 cm	ø 0,3 x 183 cm	ø 0,3 x 152 cm	ø 2,8 x 120 cm
Weight:	20 kg	15 kg	13 kg	10 kg
Others:	Olympic bar (max. load 68kg)	Olympic bar	Olympic bar	Super Ez Olympic bar

REF.:	PL13500	PL14500	PL14102
N° image:	5	6	7
Dimensions:	ø 2,8 x 120 cm	ø 2,8 x 86 cm	ø 2,8 x 120 cm
Weight:	8 kg	12 kg	4.5 kg
Others:	Ez Olympic bar	Olympic triceps bar	Short Olympic Bar



O'LIVE OLYMPIC FUNCTIONAL BASIC BAR

An entry level bar. Although this bar is not intended for hard use, isn't deficient in strength. Tensile Strength: 150 Kpsi Sleeve coating: Hard chrome Shaft coating: Black oxide Tolerance: 650 kg

REF.: PL27000
 Dimensions: ø 2,8 x 220 cm
 Weight: 20 kg



O'LIVE OLYMPIC FUNCTIONAL ELITE BAR

Used in Cross training and Powerlifting centers, they hold up to high intensity training and repeated dropping without bending or breaking. With a tensile strength of 216 Kpsi and a tolerance of 680 kg, this barbell is designed specifically for functional training, with an ideal compromise between rigidity and flexibility.

REF.:	PL20902	PL20901
Dimensions:	ø 2,5 x 201 cm	ø 2,8 x 220 cm
Weight:	15 kg	20 kg
Others:	Woman	Man



O'LIVE OLYMPIC FUNCTIONAL TECHNICAL BAR

These 8 kg aluminum barbells are a perfect starter bar for teaching beginners the technique of Olympic lifting. Combine this bar with our 2.5 kg technique plates and you've got the perfect combination for anyone starting out. You can learn the technique with as little as 13 kg total weight.

REF.: PL27700
 Dimensions: ø 2,8 X 182 cm
 Weight: 8 kg

TYPE	USE	WEIGHT	TOTAL LENGTH	SHAFT GRIP LENGTH	GRIP DIAMETER	COATING	ROTATION	MAX LOAD
PL14401 O'LIVE OLYMPIC BAR, 1520 MM	BENCHES & RACKS	13 KG	1520 MM	940 MM	30 MM	NICKEL	BRASS BUSHING	300 KG
PL14402 O'LIVE OLYMPIC BAR, 1830 MM	BENCHES & RACKS	15 KG	1830 MM	1250 MM	30 MM	NICKEL	BRASS BUSHING	300 KG
PL14403 O'LIVE OLYMPIC BAR, 2180 MM	BENCHES & RACKS	20 KG	2180 MM	1330 MM	30 MM	NICKEL	BRASS BUSHING	650 KG
PL18200 OLYMPIC FUNCTIONAL BASIC BAR	FUNCTIONAL, MODERATE USE	20 KG	2200 MM	1315 MM	28 MM	BLACK ZINC / HARD CHROMED	BRASS BUSHING	650 KG
PL20901 OLYMPIC FUNCTIONAL ELITE BAR, MAN	FUNCTIONAL, HEAVY USE	20 KG	2200 MM	1310 MM	28 MM	MANGANESE PHOSPHATE / CHROMED	COOPER ALLOY BUSHING	680 KG
PL20902 OLYMPIC FUNCTIONAL ELITE BAR, WOMAN	FUNCTIONAL, HEAVY USE	15 KG	2010 MM	1310 MM	25 MM	MANGANESE PHOSPHATE / CHROMED	COOPER ALLOY BUSHING	540 KG
PL21700 OLYMPIC FUNCTIONAL TECHNICAL BAR	INITATION	8 KG	1820 MM	126 MM	28 MM	ALUMINIUM	BRASS BUSHING	60 KG
PL13500 O'LIVE EZ OLYMPIC BAR	FREE WEIGHTS	8 K	1200 MM	785 MM	28 MM	NICKEL	BRASS BUSHING	-
PL13702 O'LIVE SUPER EZ OLYMPIC BAR	FREE WEIGHTS	10 KG	1200 MM	795 MM	28 MM	NICKEL	BRASS BUSHING	-
PL14500 O'LIVE TRICEPS OLYMPIC BAR	FREE WEIGHTS	12 KG	860 MM	490 MM	28 MM	NICKEL	BRASS BUSHING	-
PL14102 O'LIVE SHORT OLYMPIC BAR	FREE WEIGHTS	4,5 KG	510 MM	135 MM	28 MM	NICKEL	BRASS BUSHING	-
PL25300 O'LIVE OLIMPIC TRAP BAR	DEATH LIFT	25 KG	1820 MM	630 MM	25MM	NICKEL	-	-
PL25000 O'LIVE OLIMPIC MULTI GRIP TRAP BAR	DEATH LIFT	24 KG	1640 MM	700 MM	25-28-48 MM	CHROMED / PAINTED	-	-

O'LIVE SPRING COLLAR

Chrome Collar with plastic ends for 50mm diameter bars. They are supplied in pairs.

REF.: PL26900



O'LIVE SPRING COLLAR

Nickel collar with 90° tilt for 50mm diameter bars. The inclination is useful to avoid damage when being fixed to the bar and this is down on the floor. They are supplied in pairs.

REF.: PL16800



O'LIVE MUSCLE CLAMP COLLARS

Solid plastic clamps for 50mm diameter bars. The fastening is quickly done by turning the handle. Incorporates rubber inserts for a safe attachment without damaging the bar. It is supplied in pairs.

REF.: PL17202



O'LIVE TURN PIN COLLAR

Provide a greater safety without sacrificing speed or effectiveness. It can be quickly locked by pressing the latch. It is for 50 mm diameter bars.

REF.: PL16700



O'LIVE COMPETITION COLLARS

The competition clamps are designed for Olympic bars of 50 mm diameter sleeves. With a weight of 2.5 kg each unit, they provide a fast fixing and a strong attachment to ensure that the disks are subject during the most intense lifts. Sold in pairs.

REF.: PL23800



O'LIVE QUICK LOCK COLLARS

Including a solid core of nylon specially designed to ensure a firm bond without damaging the bar. Fastened with a pressure spring that can be manipulated with just one hand, making its use extremely easy. Sold in pairs.

REF.: PL24800



O'LIVE STRAP COLLARS

The strap collars are made of nylon and have a velcro closure, thus preventing them from loosening. They are suitable especially in repeated discs changes in the bar as well as frequent drops as they barely regress. They fit virtually all types of bars regardless of its diameter.

REF.: PL24900



TYPE	PURPOSE	USE	TYPE OF CLOSURE	FEATURES
PL16900 O'LIVE, SPRING COLLARS	FREE WEIGHTS	LIGHT USE	SPRING	ECONOMICAL IDEAL FOR EZ BARS
PL16800 O'LIVE, SPRING COLLARS 90°	FREE WEIGHTS	LIGHT USE	SPRING	ECONOMICAL IDEAL FOR EZ BARS THE INCLINATION AVOID DAMAGE
PL17202 O'LIVE, MUSCLE CLAMP COLLARS	FREE WEIGHTS CROSSTRaining	MODERATE USE	ROTATING CLAMP	BETTER FIXING RUBBER INSERTS AVOID DAMAGE THE BAR WHILE SECURES FIRMLY
PL16700 O'LIVE TURN PIN COLLARS	FREE WEIGHTS CROSSTRaining	MODERATE USE	HANDLE SCREW	STURDY & ECONOMICAL
PL24800 O'LIVE QUICK LOCK COLLARS	FREE WEIGHTS CROSSTRaining	HEAVY USE	CLAMP PRESSURE WITH LOCK	SECURE & FIRM LOCK RUBBER INSERTS AVOID DAMAGE THE BAR
PL24900 O'LIVE STRAP COLLARS	CROSSTRaining	LIGHT USE / MODERATE USE	VELCRO	ESPECIALLY IN REPEATED DISCS CHANGES
PL23800 O'LIVE COMPETITION COLLARS	OLIMPIC LIFTS	HEAVY USE	DOUBLE FIXATION	2.5 KG EACH UNIT



O'LIVE OLYMPIC BUMPER DISCS

Designed for olympic training and lifting. Plates have an IWF standard 450mm diameter, minimal surface imperfections, and a weight tolerance of +/- 0,1%. Incorporates stainless steel inserts and quality virgin rubber, as well as perimeter stripes in color for easy identification of the weight.



REF.: PL26701 PL26702 PL26703 PL26704 PL26705
Weight: 5 kg 10 kg 15 kg 20 kg 25 kg

O'LIVE OLYMPIC RUBBER DISCS

They have a nice to touch coating of high quality shock resistant rubber. Their ergonomic design includes special handles which facilitate gripping. They also include a tool to facilitate disc removal from the bar and to pick them up from the floor. The inner hole is the 50 mm and is protected by a steel ring which allows a smooth rotation of the disc on to the bar. For easy weight identification the discs show the weight embossed and coloured. Sold in units.



REF.: PL14801 PL14802 PL14803 PL14804 PL14805 PL14806 PL14807
Weight: 1.25 kg 2.5 kg 5 kg 10 kg 15 kg 20 kg 25 kg

O'LIVE OLYMPIC COMPETITION BUMPER PLATE

The O'Live Competition Bumper plates increases performance comparing to Standard Bumper plates. Plates have an IWF standard 450mm diameter, minimal surface imperfections, and uses a steel core reinforcement resulting in a more compact plate. They are more durable and allows more plates fit onto the barbell. The quality coloured virgin rubber allows easy weight identification and more hardness offers minimal bounce. Sold in units.



REF.: PL28005 PL28001 PL28002 PL28003 PL28004
Weight: 5 kg 10 kg 15 kg 20 kg 25 kg

FREE WEIGHTS

FREE WEIGHTS



O'LIVE OLYMPIC FRACTIONAL PLATE

They are made from cast-iron and coated in brightly coloured rubber in the traditional Olympic colours. The rubber provides an added degree of protection. Sold in pairs.

REF.:	PL27801	PL27802	PL27803	PL27804	PL27805
Weight:	0.5 kg	1 kg	1.5 kg	2 kg	2.5 kg
Color:	White	Green	Yellow	Blue	Red



O'LIVE TECHNIQUE PLATE

The Technique Plates are made of rubber and are standard IWF plate size (450mm). Combine these plates with our 8 kg aluminium weightlifting bar then you've got the perfect combination for anyone starting out. Sold in pairs.

REF.:	PL27900
Weight:	2.5 kg
Color:	Black



O'LIVE CAST IRON KETTLEBELLS

Cast iron manufactured and powder coated textured for optimum grip. Differentiated by color for easy weight identification. They have a flat base that provides them great stability, which makes them very useful for certain crosstraining exercises.

REF.:	EN47902	EN47903	EN47904	EN47905
Weight:	8 kg	12 kg	16 kg	20 kg
REF.:	EN47906	EN47907	EN47908	
Weight:	24 kg	28 kg	32 kg	



O'LIVE RUBBER KETTLEBELLS

- The flat base allows for greater stability in floor exercises.
- 360° visible colour embossed weight identification.
- Hard chrome 31 mm handle that provides extra comfort and protection.
- The design of the handle allows working with both hands in all weights.
- The rubber will not scratch or damage benches or floors.

REF.:	EN48001	EN48002	EN48003	EN48004
Weight:	4 kg	8 kg	12 kg	16 kg
REF.:	EN48005	EN48006	EN48007	
Weight:	20 kg	24 kg	28 kg	



O'LIVE DISK RACK

Ideal for the storage of Olympic discs. It also includes two practical supports to store Olympic bars. Discs and bars not included.

REF.:	PL23900
Dimensions:	62 x 69 x 114 cm
Color:	Grey



O'LIVE BUMPER PLATE RACK

Suitable for the storage of bumper or competition plates. It incorporates one support to store fractional plates. Plates not included.

REF.:	PL27100
Dimensions:	142 x 42 x 33 cm
Color:	Black



O'LIVE COMPETITIVE KETTLEBELLS

- Four specially contoured flats, reducing friction and discomfort during overhead presses, cleans, and snatches.
- All weights are same sphere size of Ø 210 mm according to standard measurements.
- Made from cast steel, stronger than cast iron Kettlebells.
- Perfectly smooth 33mm handle.
- Stable base for optimum floor exercises.

REF.:	EN51101	EN51102	EN51103	EN51104
Weight:	8 kg	12 kg	16 kg	20 kg
Color:	Pink	Blue	Yellow	Purple
REF.:	EN51105	EN51106	EN51107	
Weight:	24 kg	28 kg	32 kg	
Color:	Green	Orange	Red	



O'LIVE KETTLEBELL RACK

Rack made of oval steel tube suitable for storing 10 kettlebells. Kettlebells not included

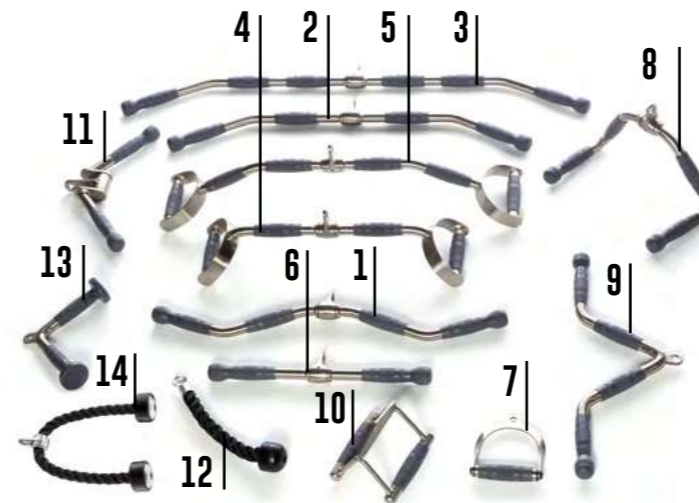
REF.: MU06400
 Dimensions: 129 x 53 x 81 cm
 Color: Grey



O'LIVE ADJUSTABLE BENCH

The O'live Fitness bench's back pad and seat has adjustable pressing angles to help ensure solid ergonomic performance. The bench is strong enough to be suitable for commercial and professional environments.

REF.: PL29100
 Dimensions: 120 x 45 x 34 cm



O'LIVE CABLE ATTACHMENTS

Accessories for cable or pulley machines that provide different grip options. They have a nickel plated surface, which is more durable than chrome. Ergonomic and pleasant to the touch PU handles, more durable than standard rubber ones.

REF.:	Description	ORDER
PL13602	O'LIVE CURL LAT BAR, 71 cm	1
PL13801	O'LIVE LAT BAR, 91 cm	2
PL13802	O'LIVE LAT BAR, 122 cm	3
PL13901	O'LIVE LAT BAR PRO, 61 cm	4
PL13902	O'LIVE LAT BAR PRO, 96 cm	5
PL14000	O'LIVE REVOLVING TRICEPS & BICEPS BAR, 50 cm	6
PL14600	O'LIVE SINGLE HANDLER, Pair	7
PL15901	O'LIVE MULTI EXERCISE BAR	8
PL15902	O'LIVE MULTI EXERCISE BAR - V SHAPED	9
PL16000	O'LIVE SHORT ROWING HANDLER	10
PL16100	O'LIVE REVOLVING TRICEPS BAR	11
PL16200	O'LIVE SINGLE PULL ROPE	12
PL16300	O'LIVE FIXED TRICEPS BAR	13
PL16600	O'LIVE DOUBLE PULL ROPE	14



O'LIVE ACCESSORIES RACK

Compact one-piece rack suitable for storing up to 15 handles. Handles not included.

REF.: MU08200
 Dimensions: 50 x 125 x 50 cm
 Color: Grey



O'LIVE PORTABLE SQUAT STAND

- Heavy-duty squat rack designed to hold weight bar safely and securely
- Ideal for flat, incline, and decline bench presses, squats, curls, rows, and more
- 3 mm heavy-gauge steel frame with solid base with wheels.
- J-Hook with a gentler curve to its shape for optimum position of the bar. With a polyethylene insert to protect the knurling of the bar and to avoid scratches to the frame itself.
- Recommended Max Weight 400 kg.
- Bars and disks not included.

REF.: PL27300
 Dimensions: 56 x 65 x 186 cm



O'LIVE JERK BOXES

Use them as pull blocks for partial deadlifts, or as a way to set hang positions for cleans, high pulls and snatches, and even as spotting implements for heavy squats or bench presses. Vary the box combinations for box jumps and complex plyometric drills, and in one piece of equipment you have a tool around which an entire session can be based.

Includes:
 2 boxes of 900 X 500 X 70 mm
 2 boxes of 900 x 500 x 150 mm
 2 boxes of 900 x 500 x 300 mm
 2 boxes of 900 x 500 x 380 mm

REF.: PL27600



O'LIVE LEATHER ANKLE STRAP

Black leather ankle strap with soft inner padding for extra comfort. It is useful when used with pulley cable machines.

REF.: PL26300



O'LIVE SINGLE HANDLER

The O'Live single handle is made of nylon and plastic tape and it is useful when used with pulley cable machines.

REF.: PL18400



O'LIVE NECK PROTECTOR

Padded cylinder designed to protect neck and shoulders during training with the lifting bar. It is made of soft and durable material awarded with the Sanitized certificate. It fits any size bar.

REF.: EN05500
 Dimensions: ø 8 x 50 cm
 Color: Black



FAT GRIPZ

REF.: PL18000
 Dimensions: 7 x 7 x 35 cm

FREE WEIGHTS

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O'LIVE TRAINING PLATFORM

The platform is manufactured using 30mm thick rubber tiles and then attached with a metal profile. It is suitable for training with heavy loads in order to allow safe area for both athlete and floor installation.

REF.: **PL23000**
Dimensions: 303 x 3 x 203 cm



O'LIVE WEIGHTLIFTING PLATFORM

This Rubber Lifting Platform with wood/vinyl centre is suitable for any gym, or athlete looking to train with heavy weights.

REF.: **PL22700**
Dimensions: 303 x 3 x 203 cm



O'LIVE CORE TRAINER

Use this versatile device for perform core exercises, upper and lower body, or perform movements that work different muscle groups at once. The Core Trainer needs a 25 kg portable disk or 2 of less weight to allow optimal stabilization.

REF.: **PL24700**



O'LIVE CORE TRAINER BAR

Use this versatile device for perform core exercises, upper and lower body, or perform movements that work different muscle groups at once. The Core Trainer Bar is screwed to the Core Trainer Station and all O'live Functional Stations.

REF.: **ES15300**
Dimensions: 250 x 24 x 120 cm

O'LIVE WOOD WEIGHTLIFTING PLATFORM

A weightlifting platform is ideal for performing explosive Olympic lifts such as deadlifts and cleans. This Rubber Lifting Platform with wood centre is suitable for any gym, or athlete looking to train with heavy weights. Made with wood birch on center and heavy duty outer rubber sections. With metal surround.

REF.: **PL28800**
Dimensions: 303 x 3 x 203 cm



O'LIVE CORE TRAINER

Use this versatile device for perform core exercises, upper and lower body, or perform movements that work different muscle groups at once. The Fixed Core Trainer can be fixed into the Core Trainer Station and all O'live Functional Stations.

REF.: **ES15200**
Dimensions: 39 x 15 x 8 cm



O'LIVE CORE TRAINER STATION

The Core Trainer Station is a base where you can set one or two Core Trainers. For optimum performance Olympic disks are required to increase the weight and gain stability.

REF.: **PL22800**
Dimensions: 80 x 60 x 28 cm



O'LIVE BASIC CORE TRAINER HANDLE

Optimum grip options allow users to upgrade their skills to perform exercises such as chest press. Max load 150kg.

REF.: **PL25100**

O'LIVE MULTIFUNCTION CORE TRAINER HANDLE

It is suitable for performing the Clean & Jerk and squats completely safely. It incorporates rotating handles providing neutral wrist position, avoiding injuries and winning ergonomics. It is suitable for Olympic bars of 50 mm diameter. Max load 150kg

REF.: **PL22900**
Dimensions: 94 x 78 x 18 cm

O'LIVE CORE TRAINER SUPPORT

This support allows the bar rests at a high level, so the user does not have to lean to raise the bar. Especially useful when there are a lot of weight or to perform squats. It has brackets on each side to hold Olympic disks and additional accessories.

REF.: **ES15400**
Dimensions: 52 x 80 x 82 cm

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