



# FUNCTIONAL TRAINING

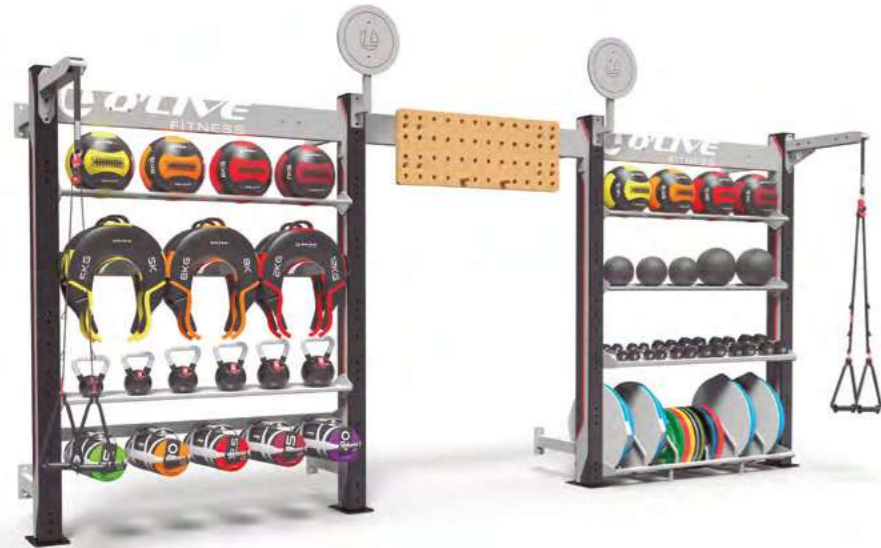
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FUNCTIONAL TRAINING



# O'LIVE FUNCTIONAL TRAINING STATIONS

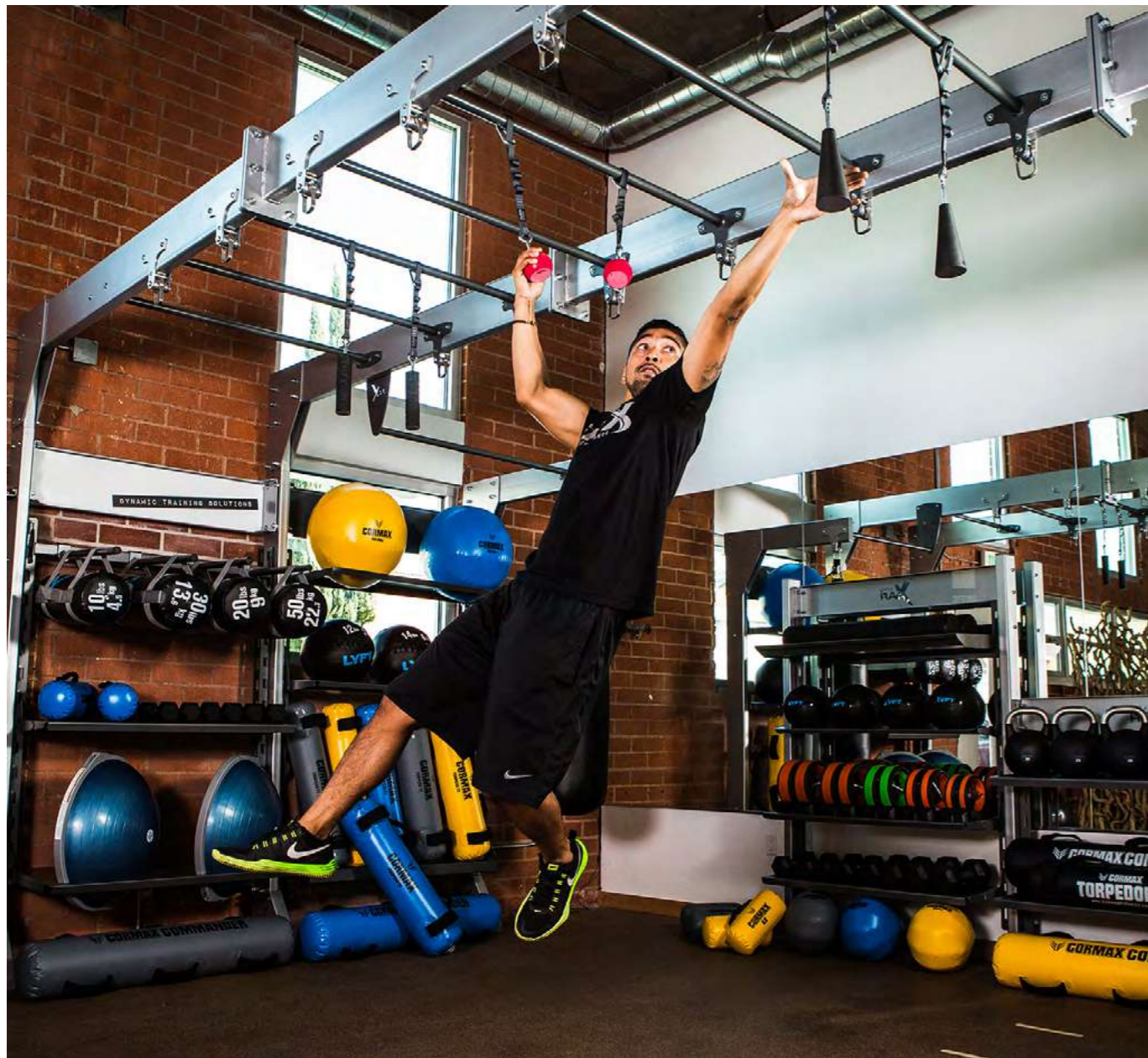
FOR MORE INFORMATION, ASK FOR THE FUNCTIONAL RIGS CATALOGUE



FUNCTIONAL TRAINING

**WIDE RANGE IN FUNCTIONAL RIGS**  
THEY ADAPT TO ALL SPACES AND ARE AVAILABLE IN FREESTANDING AND WALL MOUNT WITH POSSIBILITY OF PERSONALIZATION AND OUTDOORS TREATMENT.





# NINJA GRIPS

Designed to be ergonomic, they allow you to suspend, hang and swing without abrasion on the skin. Made of non-toxic polyurethane of the highest quality. Not only is polyurethane much stronger, it is also environmentally friendly.

<b>REF.:</b>	<b>ES26901</b>	<b>ES26902</b>	<b>ES26903</b>
Others:	Sphera	Cone	Cylinder



## O'LIVE MEDICINE BALL

Made of rubber, incorporates a new innovative design with grooved surface that allows an optimum grip.

Note: This equipment is not suitable for throwing and bouncing against the ground. This use can damage or break the equipment.

<b>REF.:</b>	<b>BA09001</b>	<b>BA09002</b>	<b>BA09003</b>	<b>BA09004</b>	<b>BA09005</b>
Dimensions:	ø17 cm	ø17 cm	ø19 cm	ø19 cm	ø19 cm
Weight:	1 kg	2 kg	3 kg	4 kg	5 kg
Color:	Green	Yellow	Orange	Red	Purple
<b>REF.:</b>	<b>BA09006</b>	<b>BA09007</b>	<b>BA09008</b>	<b>BA09009</b>	<b>BA09010</b>
Dimensions:	ø25 cm	ø25 cm	ø25 cm	ø25 cm	ø25 cm
Weight:	6 kg	7 kg	8 kg	9 kg	10 kg
Color:	Maroon	Grey	Black	Orange	Red



## O'LIVE DUAL GRIP MEDICINE BALL

Made of PVC, it includes 2 handles for optimum grip and to help the performance of new exercises, increasing the versatility of the product.

<b>REF.:</b>	<b>BA09201</b>	<b>BA09202</b>	<b>BA09203</b>	<b>BA09204</b>	<b>BA09205</b>
Dimensions:	ø23 cm	ø23 cm	ø23 cm	ø23 cm	ø23 cm
Weight:	4 kg	5 kg	6 kg	7 kg	8 kg

## O'LIVE SLAM BALLS

The Slam balls are made of rubber with sand inside, in order to achieve heavy weights. They are much more resistant than traditional medicine balls and can be thrown hard against the floor with no risk of breakage. They do not rebound. The texture of the surface provides better grip and safety. They are suitable for crossfit and high intensity workouts.



<b>REF.:</b>	<b>BA08901</b>	<b>BA08902</b>	<b>BA08903</b>	<b>BA08904</b>
Dimensions:	ø22 cm	ø22 cm	ø22 cm	ø29 cm
Weight:	3 kg	6 kg	9 kg	12 kg
<b>REF.:</b>	<b>BA08905</b>	<b>BA08906</b>	<b>BA08907</b>	<b>BA08908</b>
Dimensions:	ø29 cm	ø29 cm	ø29 cm	ø29 cm
Weight:	15 kg	20 kg	25 kg	30 kg





## O'LIVE MEDICINE BALL STANDING RACK

Suitable for medicine balls and functional balls. Balls not included

**REF.:** MU06200  
**Dimensions:** 65 x 145 x 47 cm  
**Capacity:** 5 med. balls / 4 func. balls  
**Color:** Grey



## O'LIVE MEDICINE BALL COMPACT RACK

It is suitable for storing medicine balls, medicine balls with handles and functional balls. Balls not included.

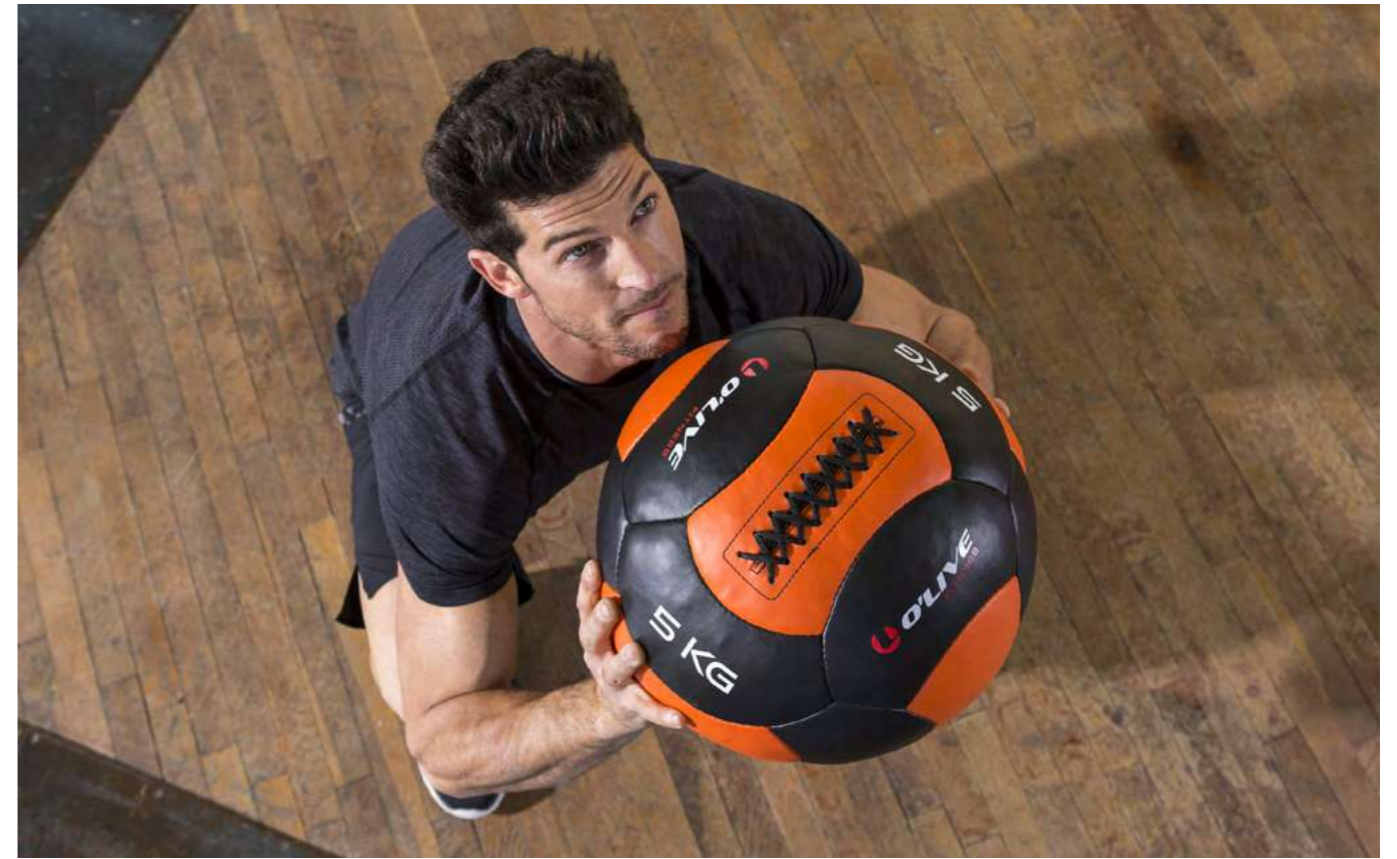
<b>REF.:</b> MU03700	<b>MU03800</b>	<b>MU03900</b>
<b>Dimensions:</b> 37 x 130 x 35 cm	62 x 130 x 35 cm	110 x 130 x 35 cm
<b>Capacity:</b> 5 med. balls/ 4 func. balls	10 med. balls/ 8 func. balls	20-25 med. balls



## O'LIVE MEDICINE BALL REBOUNDER

Improves reflexes and strengthens core muscles while burning calories. It allows to vary the angle for greater versatility. Incorporates plate pegs and nylon cover. Plates not included.

**REF.:** EN47800  
**Dimensions:** 100 x 95 x 100 cm



## O'LIVE FUNCTIONAL BALL

Make with a textile surface, they are soft and pleasant to touch. Although they can be used in a variety of exercises, they are ideal when users throw the balls to each other in movements involving trunk stabilization. They don't rebound.  
 Note: These balls are not useful for slam.



**REF.:** BA06501  
**Weight:** 3 kg  
**Color:** Green



**REF.:** BA06505  
**Weight:** 4 kg  
**Color:** Yellow



**REF.:** BA06502  
**Weight:** 5 kg  
**Color:** Orange



**REF.:** BA06506  
**Weight:** 6 kg  
**Color:** Red



**REF.:** BA06503  
**Weight:** 7 kg  
**Color:** Maroon



**REF.:** BA06507  
**Weight:** 8 kg  
**Color:** Purple



**REF.:** BA06504  
**Weight:** 9 kg  
**Color:** Grey



**REF.:** BA06508  
**Weight:** 10 kg  
**Color:** Black





## O'LIVE BATTLE ROPES

The O'Live battle rope is made of 38 mm safe and non-abrasive black braided PP material. The ends incorporate a heatseal finish that prevents the rope from fraying.

REF.:	EN50201	EN50202	EN50203
Dimensions:	9 m	12 m	15 m



## O'LIVE BATTLE ROPE WITH NYLON COVER

The O'live Fitness battle rope is made of 38 mm poliester rope with nylon cover. The ends incorporate a new rubber finish handle that prevents the rope from fraying and provides comfort and grip.

REF.:	EN50801	EN50802
Dimensions:	9 m	12 m



## O'LIVE BATTLE ROPE ANCHORING PROTECTOR

It protects the battle rope from friction and fraying and increases the overall length for added difficulty. The kit includes a protector, two straps and one carabiner.

REF.:	EN50900
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## O'LIVE ROPE COMPACT RACK HOLDER

Wall bracket suitable for storing the training rope into a loop.

REF.:	MU10100
Dimensions:	75 x 15 x 70 cm



## O'LIVE FUNCTIONAL TYRE






You can perform a lot of pushing-pulling functional exercises and dead lifts. The design is very attractive, including a tyre covered by a PVC jacket and rivetted handles to help performance.

REF.:	EN45500
Dimensions:	Ø 105 cm
Weight:	68 kg



## O'LIVE SHOULDER BAG

Dynamic and ballistic movements are performed with the usual front grips, but also allow more exercise options by incorporating back handles ensuring greater versatility.

 <b>REF.:</b> EN40901 Weight: 5 kg Color: Yellow	 <b>REF.:</b> EN40902 Weight: 8 kg Color: Orange	 <b>REF.:</b> EN40903 Weight: 12 kg Color: Red	 <b>REF.:</b> EN40904 Weight: 15 kg Color: Purple	 <b>REF.:</b> EN40905 Weight: 18 kg Color: Grey
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## O'LIVE PRO PUSH UP BARS

- Designed to relieve stress on your wrists and hands.
- Sturdy steel structure for commercial use.
- Durable Vinyl handles which provide greater user comfort.
- Round shaped with rubber base for maximum stability and grip.

REF.: EN36300



## O'LIVE CORE WHEELS

Core Wheels will destabilize your movements causing your shoulders, torso and hips to work harder. You can strengthen the entire core and improve flexibility with more push up variations.

REF.: EN33700



## O'LIVE GHD

Provides excellent stability and ergonomics, thanks to fully adjustable foot holders. Pads are made of dense and durable foam to ensure maximum durability and reliability. Wheels for transport and pegs for the use of superbands.

REF.: EN51500  
 Dimensions: 180 x 140 x 83 cm  
 Weight: 64 kg



## O'LIVE GYM SLED

Two types of different handles for pushing exercises and multi-point attachments to use with harness. It includes a low friction base to allow you to use the sled in indoor rubber floors. Plate not included.

REF.: EN51300  
 Dimensions: 1020 x 980 x 610 mm  
 Weight: 36 kg



## O'LIVE LOUMET CYCLONE BALL

Ideal for dynamic turns, throws and blows helps to exercise the core, shoulders, arms, and back as well as lower body. Assorted colors.

REF.:	BA09402	BA09403	BA09404
Weight:	2 kg	3 kg	4 kg



## O'LIVE AB WHEEL

Can be used for a upper and lower body strength training exercises to develop core strength and increase power in the chest, shoulders and arms.

REF.: EN33800



## O'LIVE CROSSTRAINING PARALLELS

Its design allows stability and resistance under great weights and efforts. Coated with textured paint for optimal grip. Sold in pairs.

REF.: EN52600  
 Dimensions: 56 x 30 x 33 cm



## O'LIVE FUNCTIONAL HURDLE

You can work arms, chest, back and core muscles using your own body weight and you can also use it for sports agility training. Sold in pairs.

REF.: EN39200  
 Dimensions: 60 x 73 x 38 cm  
 Color: Red



## O'LIVE TRIPLE JUMP ROPE

The jumping rope uses plastic handles. Nylon coating steel wire. You can easily adjust the length through screw.

REF.: ST22400



## O'LIVE JUMP ROPE

The jumping rope includes bearings in the aluminium handles as to add more speed. Nylon coating steel wire. It can be adapted to tall users (max. 2 m) and it can be easily adjusted with a screwdriver

REF.: EN51900





## O'LIVE WEIGHT VEST

The O'live weight vest is rugged, durable with fully adjustable strap to ensure it fits perfectly to your torso. The Vest is weighted, each of which is secured snugly into its own Velcro pocket. The 10 kg vest has 6 pockets on the front and 6 on the back to ensure even weight distribution. The 20 kg vest has 8 pockets on the front and 8 on the back to ensure even weight distribution. You can quickly and easily load or unload the weight to suit your needs.

REF.:	EN47601	EN47602
Weight:	10 kg	20 kg

## O'LIVE 6 DIGIT INTERVAL TIMER

- Aluminium case and a 220v socket is required
- Remote controlled
- Count up & count down function
- Stop Watch function
- Interval Training function
- You can program and save your top intervals for quick operation.
- Audible beeper to start, pause, and end intervals and workouts.

REF.:	EN50500
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## O'LIVE 8 DIGIT INTERVAL TIMER

- Aluminium case and a 220v socket is required
- Remote controlled
- Count up & count down function
- Stop Watch function
- Interval Training function
- You can program and save your top intervals for quick operation.
- Audible beeper to start, pause, and end intervals and workouts.
- 24 hour clock displayed when the timer is not in use. Seconds are displayed so anyone in the gym can run their own interval training session without the need to have individual control of the clock.

REF.:	EN51600
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## O'LIVE PORTABLE INTERVAL TIMER

The watch is an interval timer, small and easy to use. It works with AAA type batteries and has a holding clip.

REF.:	ME08800
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## O'LIVE FUNCTIONAL BAG

Made of high quality synthetic leather, it is firm and resistant. It has 5 ergonomic grips for greater versatility and comfort.



REF.:	EN47401
Weight:	5 kg
Color:	Yellow



REF.:	EN47402
Weight:	10 kg
Color:	Orange



REF.:	EN47403
Weight:	15 kg
Color:	Red



REF.:	EN47404
Weight:	20 kg
Color:	Purple



REF.:	EN47405
Weight:	25 kg
Color:	Grey



## O'LIVE FUNCTIONAL BAG RACK

Suitable for Functional Bags. Functional bags are not included.

REF.:	MU10500
Dimensions:	70 x 150 x 67 cm
Capacity:	5 u
Color:	Grey



## O'LIVE FUNCTIONAL BAG COMPACT RACK

It is suitable for storing functional bags. Functional bags not included.

REF.:	MU11700
Dimensions:	92 x 165 x 60 mm
Capacity:	12 u





## O'LIVE CLIMBING ROPE

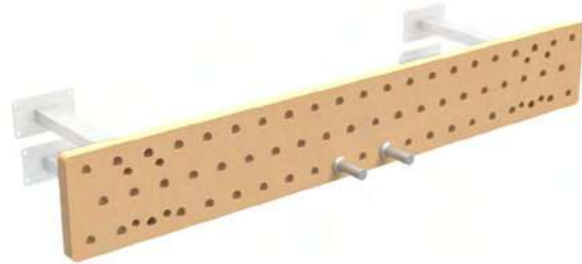
40 mm diameter made of natural sisal fibers, ensuring excellent grip. It is ideal in FCS functional stations because its length is adequate, in addition to being easily installed to the upper crossbeam.

**REF.: ST21200**  
Dimensions: 4,0 x 500 cm

## O'LIVE CLIMBING ROPE

Incorporates a metal locking ring at one end that allows anchoring of the rope to the ceiling or a wall mount. With a diameter of 38 mm, it is made of sisal string for optimal grip.

**REF.: ST22500**  
Dimensions: ø 3,8 x 600 cm



## O'LIVE PEG BOARD

The design of O'live Fitness proposes a birch wood board of 42mm thickness, with two high quality aluminum pegs. Note: Wall supports not included (ref:EN52700)

**REF.: ES22800**  
Dimensions: 120 x 4,2 x 46 cm

## O'LIVE PEG BOARD XL

The design of O'live Fitness proposes a birch wood board of 42mm thickness, big dimensions aim a greater challenge for the users. Includes two high quality aluminum pegs. Note: Wall supports not included (ref:EN52700)

**REF.: ES26700**  
Dimensions: 201 x 4,2 x 30 cm



## O'LIVE PEG BOARD SUPPORT

Suitable support to fix the Peg boards at a certain distance from the wall.

**REF.: EN52700**



## O'LIVE SAND DISC

Made of durable and flexible neoprene, useful to strengthen the core muscles. Uses an outline to facilitate the grip.



**REF.: EN47501**  
Weight: 2 kg  
Color: Green

**REF.: EN47502**  
Weight: 4 kg  
Color: Yellow

**REF.: EN47503**  
Weight: 6 kg  
Color: Orange

**REF.: EN47504**  
Weight: 8 kg  
Color: Red

**REF.: EN47505**  
Weight: 10 kg  
Color: Maroon

**REF.: EN47506**  
Weight: 12 kg  
Color: Purple







## O'LIVE AB MAT

The O'Live Ab mat is safe and comes with a comfortable design contoured to your lower back to provide support and avoid laceration to the tailbone and glutes during hard or high speed workouts.

**REF.:** EN51400  
**Dimensions:** 30 x 9 x 39 cm



## LOUMET BALANCE BOARD

Incorporates a non-slip circular relief on the surface for increased gripping capacity. The rounded corners allow a safe hand use when doing ground work. Built in one piece, making it extremely durable and able to withstand up to 350 kg.

**REF.:** EN29000  
**Dimensions:** ø 37 x 8 cm  
**Color:** Blue



## O'LIVE STORAGE CAGE

Cage made of steel suitable for storing various materials. You can store several functional bags (or Shoulder bags), as well as boxing equipment such as gloves, pads, etc. Wheels included.

**REF.:** MU09900  
**Dimensions:** 135 x 78 x 65 cm  
**Color:** Grey



## LOUMET STEDIBALL

The Stediball is a high quality ball filled with 1 kg of specially selected material and designed to move in different directions. It can be used both on the ground and in the air. The weight of the material inside the Stediball allows unique exercises dynamic routines and improves performance while increasing stability and security as it is stable on the floor. It comes with an exercise book for a quick start. The Stediball is burst-resistant of up to 150 kg.

**REF.:** BA08200  
**Dimensions:** ø 65 cm  
**Color:** Purple



## LOUMET FITNESS BALL PRO

The Loumet Fitness ball Pro is one of the most reliable, safe and durable balls in the market. The Loumet Pro outperforms its competitors while providing a nice texture and high satisfaction. Its burst strength goes up to 350 kg static, being useful for dumbbell training.

<b>REF.:</b>	<b>BA08001</b>	<b>BA08002</b>	<b>BA08003</b>
<b>Dimensions:</b>	ø 55 cm	ø 65 cm	ø 75 cm
<b>Color:</b>	Grey	Grey	Grey



## O'LIVE STANDING FITNESS BALL RACK

Suitable for fitness balls. Balls not included.

**REF.:** MU06700  
**Dimensions:** ø 77 x 151 cm  
**Capacity:** 3 u  
**Color:** Grey



## O'LIVE STANDING FITNESS BALL RACK

Suitable for fitness balls. Balls not included.

**REF.:** MU06800  
**Dimensions:** ø 127 x 180 cm  
**Capacity:** 9 u  
**Color:** Grey



## O'LIVE COMPACT BALL HOLDER

It is suitable for storing a fitness ball. It is screwed into the wall at the desired height. Ball not included.

**REF.:** MU01500  
**Dimensions:** 82 x 100 x 30 cm  
**Capacity:** 1 u





CHECK AVAILABILITY

## O'LIVE FUNCTIONAL BENCH

The functional bench of O'live Fitness has been designed to store functional training products while providing useful support for the execution of exercises as well as a plyometric box. Material not included.

- Steel construction
- Wheels and handle for movement
- Rings for fixing elastic tubes
- Stores 6 pairs of dumbbells (2-4-6-8-10-12,5 kg), 2 kettlebells and 1 ball
- It has a drawer to store material such as bands, jump ropes, etc ...
- Customizable

REF.: EN52800  
Dimensions: 43 x 51 x 118 cm



## O'LIVE SAFE PLYOMETRIC BOX

Foam platforms are indicated when safety is the premise. Such a soft material minimises the consequences of possible stumbling. They are available in different heights and they can be stacked one on top of the other and held together with Velcro.



REF.: EN50401  
Dimensions: 15 x 90 x 76 cm



REF.: EN50402  
Dimensions: 30 x 90 x 76 cm



REF.: EN50403  
Dimensions: 45 x 90 x 76 cm



REF.: EN50404  
Dimensions: 60 x 90 x 76 cm



## O'LIVE PLYOMETRIC PLATFORMS

They are lightweight and trapezoidal and can be stored one on top the other without taking up much space. They feature a rubber surface for superior grip and cushioning. It is ideal for consecutive jumps at different heights.

REF.: EN47701 EN47702 EN47703 EN47704 EN47705  
Dimensions: 15 cm 30 cm 45 cm 60 cm 76 cm



## O'LIVE WOOD ADJUSTABLE PLYOMETRIC BOX

Depending on which side it is positioned, it allows three different heights: 50 cm, 60 cm or 75 cm.

REF.: EN50300  
Dimensions: 60 x 50 x 75 cm



## O'LIVE SOFT ADJUSTABLE PLYOMETRIC BOX

It allows three different heights: 50 cm, 60 cm or 75 cm. The box is easy to move thanks to its light weight and it is the best option for beginners and overall users to avoid some of the most common injuries of plyometric training.

REF.: EN52200  
Dimensions: 60 x 50 x 75 cm





## O'LIVE RESIST TUBE STATION

Stainless steel training tube station with multiple anchor points to fix elastic tubes. It has 9 fixing points for multiple training options. It mounts vertically to any wall at desired height.

REF.: **MU10200**  
Dimensions: 7,5 x 165 x 2,5 cm



## O'LIVE RESIST PULL BELT

It is designed for movement in any direction up to 240° (frontal and lateral) with no tension on the adjusting buckle. It is padded with neoprene for comfort.

REF.: **EN45000**



## O'LIVE RESIST BELT

It incorporates a buckle fastener which allows a quick and easy attachment. Its metal rings safely anchor the elastic cords; they incorporate neoprene around them for greater user comfort.

REF.: **ST20600**



## O'LIVE SUPERBANDS

All the bands are made of 100% natural layered latex to ensure a long lasting product. Superbands are 104 cm long and 0.95 cm thick. Six different widths provide the current range of intensity.



REF.:	EL08301	EL08302	EL08303	EL08304	EL08305	EL08306
Intensity:	X Light	Light	Medium	Heavy	X Heavy	XX Heavy
Color:	Red	Black	Yellow	Green	Blue	Orange



## O'LIVE RESIST HARNESS

Universal and adjustable harness padded for comfort. It features a buckle behind the chest and includes fixed anchor rings on the back. Its design allows use in a variety of exercises.

REF.: **EL13800**



## O'LIVE RESIST BAR

The Resist bar consists of a 105 cm long metal bar with both ends terminated in a rotating anchor ring for the elastic cords. The bar is covered with a non-porous high density rubber which allows a comfortable and secure grip.

REF.: **ST00100**  
Dimensions: ø 3 x 105 cm



## O'LIVE SUPERBANDS 2 M

The 2 meter long superbands allow the execution of exercises with a longer range of motion than the normal standard superbands. You can attach them to a point and perform a wide range of flexibility, strength or athletic conditioning exercises with an added resistance to displacement.

REF.:	EL14201	EL14202	EL14203	EL14204
Dimensions:	200 x 1,3 x 0,45 cm	200 x 1,9 x 0,45 cm	200 x 2,1 x 0,45 cm	200 x 2,9 x 0,45 cm
Intensity:	XX- Light	X-Light	Light	Medium
Color:	Purple	Red	Black	Yellow

## O'LIVE RESIST TUBE HANDLES

Ergonomic handles slightly flexible for optimal grip. They are practically indestructible and hygienic.

REF.: **ST16300**



## O'LIVE RESIST ARM STRAP

It has a velcro strap which allows a quick and easy attachment. Its metal rings safely anchor the tubing.

REF.: **EN45100**



## O'LIVE RESIST ANKLE STRAP

It has a velcro fastener which allows a quick and easy attachment. Its metal rings safely anchor the elastic cords.

REF.: **ST20700**



## O'LIVE SAFETY CARABINER

Used to set different products like climbing ropes, rings, punching bags, etc.

REF.: **EN45600**  
Color: Red



## O'LIVE RING ANCHOR STRAP

Anchor strap designed for fixing elastic tubes. It can be rolled on poles or brackets or be hand held.

REF.: **EL13900**



## O'LIVE CARABINER

Necessary to allow binding of various products. Lightweight aluminum carabiner alignment, cold forged, with straight finish. Aperture 18 mm.

REF.: **EL14500**



## O'LIVE RESIST TUBE

Covered with a nylon sleeve to protect from rips, humidity and dehydration.

REF.:	ST00801	ST00802	ST00803	ST00804
Dimensions:	120 cm	120 cm	120 cm	120 cm
Intensity:	Light	Medium	Strong	Extra strong
Color:	Yellow	Green	Red	Blue

REF.:	ST05501	ST05502	ST05503	ST05504
Dimensions:	240 cm	240 cm	240 cm	240 cm
Intensity:	Light	Medium	Strong	Extra strong
Color:	Yellow	Green	Red	Blue



## O'LIVE RESIST BATTLE ROPE

REF.: **EN37700**      **EN32200**  
Intensity: 35 kg      48 Kg.





### O'LIVE BASIC RESIST KIT

It is suitable for all users that want to develop upper body strength and power. The set includes two 6 meter Resist battle rope, 2 anchor straps, 2 carabiners and 2 storage bags.

REF.:	<b>EL12300</b>	<b>EL12200</b>
Intensity:	35 kg	48 kg



### O'LIVE SPEED RESIST KIT

Set consisting of a 6 meter Resist battle rope, a Resist harness, an anchor strap, two Carabiners and a storage bag. The elastic is 6 meters long and it can reach a maximum length of 12 meters.

REF.:	<b>EL12100</b>	<b>EL11700</b>
Intensity:	35 kg	48 kg



### O'LIVE MMA RESIST KIT

Set consisting of a 6 meter Resist battle rope, one Resist bar, one Resist pull belt, one anchor strap, two carabiners and a storage bag. The set allows multiple drills and core training exercises useful for martial arts enthusiasts.

REF.:	<b>EL12500</b>	<b>EL12400</b>
Intensity:	35 kg	48 kg



### O'LIVE VARIABLE RESIST KIT

Apply resistance during agility and power training. There are two athletes performing exercises taking turns the role to provide resistance one each other. It Consist of 2 resist belts ST00600 and one strong resistance tube of 1.2 m ST00803

REF.:	<b>EN44600</b>
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## O'LIVE UNLIMITED FUNCTIONAL VEST KIT

The O'live Fitness Functional vest allows training with constant tension and freedom of movement even when changing directions. Anchor points are moved on the same plane, facilitating the performance of combined exercises in different ways. The vest is made by heavy duty nylon and features padded protection for comfort. It allows multiple applications as it can be used alone or with a partner, it can also be set at a fixed point or use it to drag sleds or tires.

- Includes:
- Full functional Vest (includes 2 auxiliary belts with rings and carabiners).
  - Rigid 2 nylon straps for use by a partner.
  - 2 elastic cords of medium intensity.
  - One anchor strap suitable for attaching the elastic cord to a fixed point.
  - 2 handles, suitable to hold the straps or elastic cords.

REF.:	<b>EN44000</b>
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## O'LIVE SPRINTER RESIST KIT

Apply both lower and upper resistance during sprint or race training.

- Consists of:
- 2 arm straps EN38800, 2 ankle straps ST00700.
  - 1 anchor strap EL11900.
  - 4 resistance tubes of 1.20 m
  - 1 carry bag.

REF.:	<b>EN44101</b>	<b>EN44102</b>
Intensity:	Medium	Strong

## O'LIVE 2 PLAYER RESIST KIT

A partner holds the elastic during use allowing greater range of movement of the athlete and versatility of the exercises. It consists of:

- 1 harness EL11800
- 1 medium intensity resistance tube of 2.4 meters ST05502
- 1 handle PL18400

REF.:	<b>EN44500</b>
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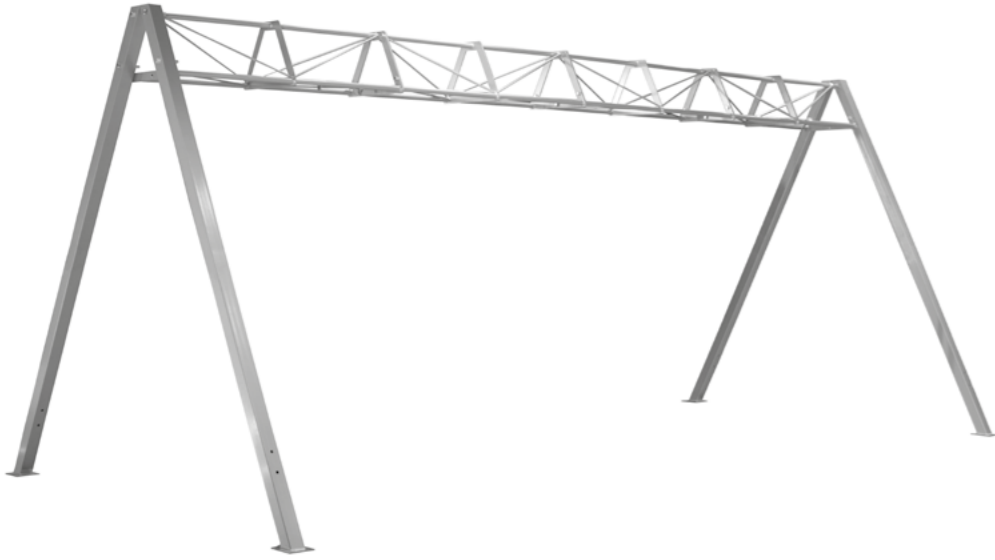
## O'LIVE 360° RESIST KIT

Apply resistance during agility and power training. By fixing the elastic in two opposite points, the athlete gets strength in all directions with complete freedom of movement. This consists of:

- 1 belt ST00600
- 2 anchor straps EL119001
- 2 strong resistance tubes of 2.4 meters ST05503.

REF.:	<b>EN44700</b>
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### ANTI-SKID PLATES FOR SUSPENSION STATION

These anti-skid plates are useful when looking for greater stability and when ground screwing of the suspension station is not possible.

REF.: EN41100

## O'LIVE FREESTANDING SUSPENSION TRAINING STATION

The O'live Fitness suspension training station is stable and robust, suitable for suspension training with multiple users working at the same time. Ground screwing of the structure recommended.

REF.:	EN41500	EN41600	EN41700	EN41800	EN41900	EN42000
Dimensions:	292 x 300 x 174 cm	292 x 300 x 324 cm	292 x 300 x 474 cm	292 x 300 x 624 cm	292 x 300 x 774 cm	292 x 300 x 924 cm
Capacity:	4 users	6 users	8 users	12 users	14 users	16 users



## O'LIVE WOOD SUSPENSION RINGS

Made of ø 2,8 cm diameter wood and a nylon adjustable strap with numbering.

REF.: EN50600  
Dimensions: ø 23 cm

## O'LIVE AB-STRAPS

Made with heavy-duty nylon straps and thick foam padding, are both durable and comfortable.

REF.: EN50700



## O'LIVE O'SKY SUSPENSION TRAINER

**The power of rotation:** The O'Sky incorporates a pulley that allows bilateral exercises and exercises involving other functional movement chains. In addition, instability provided by the pulley is causing greater activation of the abdominal muscles, and provides a greater challenge for advanced users.

**Versatile:** The pulley can be locked, allowing also make unilateral exercises, useful for beginners to get a lower difficulty of the exercises.

**Universal grips:** Another aspect of differentiation is the multidisciplinary grips. These allow multiple grip options being suitable for the hands, feet, and forearms. Its design allows different hands positions depending on user preferences, and includes a professional quality rubber handle for generic use.

**Ease of use:** The O'Sky is easy to use; the length is simply regulated by setting the grips of one of the 3 levels available through the aluminum carabiner in each handle. The lock of the pulley is easily done by an industrial quality secure pin.

**Safe:** The O'Sky provides a security maillon by fastening screw, this allows take it down easily, or if its screwed, impossible to take down without tools.



### SUSPENSION TRAINER CEILING MOUNT

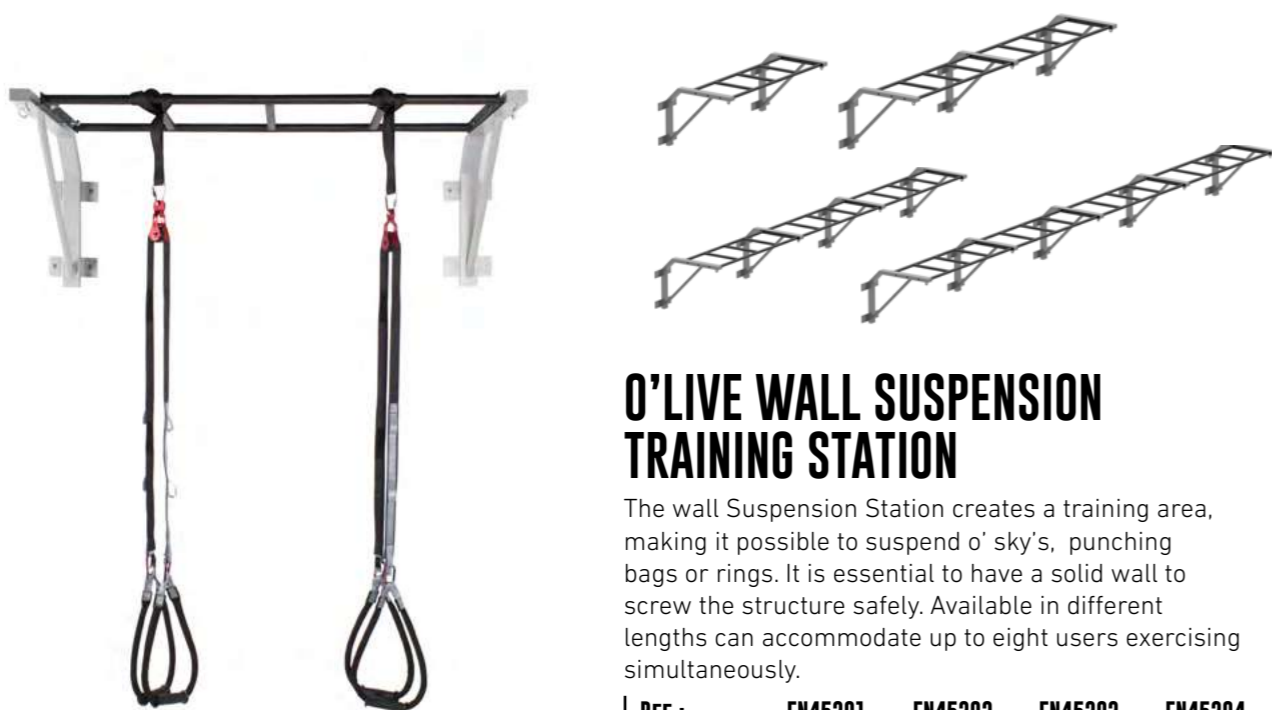
Designed to set the suspension trainer on the roof or wall. This requires one solid surface, not hollow for optimum anchorage.

REF.: EN43700

REF.: EN44300







## O'LIVE WALL SUSPENSION TRAINING STATION

The wall Suspension Station creates a training area, making it possible to suspend o' sky's, punching bags or rings. It is essential to have a solid wall to screw the structure safely. Available in different lengths can accommodate up to eight users exercising simultaneously.

REF.:	EN45301	EN45302	EN45303	EN45304
Capacity:	2 users	4 users	6 users	8 users
Dimensions:	1,5 m	3 m	4,5 m	6 m



## O'LIVE PULL UP BAR

32 mm diameter bar to hang on the wall and perform pull-ups. Solid steel construction in textured black color with a maximum capacity of 500 kg. It allows the union of the extension (ref: EN51700) and thus create an integrated line for multiple users. The pull-up bar needs a wall that allows a strong union of the set.

REF.:	EN50100
Dimensions:	580 x 1300 x 920 mm



## O'LIVE TRAINING CLUBBELLS

Thanks to a displaced center of mass, the leverage created by their length and weight improves the grip and wrist strength. Sold in pairs

REF.:	EN39101	EN39102	EN39103	EN39104	EN39105	EN39106
Weight:	2 kg	4 kg	6 kg	8 kg	10 kg	12 kg
ØHandle:	17 mm	25 mm	29 mm	32 mm	32 mm	35 mm



## O'LIVE CLUBBELLS RACK

This rack can store 1 pair of Clubbells of each weight. It comes with a rubber base for added protection.

REF.:	MU12000
Capacity:	6 pairs (1 pair of each weight)



## O'LIVE MULTI-GRIP PULL UP BAR

- Provides a 5 degree angle to create the optimum biomechanical position for your wrist.
- Bottom slot hole to allow the use of all type of suspension training kits.
- Features rubber handles for optimum grip, comfort and total safety.
- Designed to ensure suitable wall clearance.
- Easily attached to any solid brick or stone surface.
- All fixings and instructions included.
- Back plate measurements: 225 x 225 mm.

REF.:	EN41000
Dimensions:	121 x 48 x 23 cm



## O'LIVE PULL UP BAR EXTENSION

The wall-mounted O'Live Pull-Up Bar (EN50100) can be extended as far as you like.

REF.:	EN51700
Dimensions:	580 x 1240 x 920 mm





# O'LIVE MULTIPLE RACK

The functional bags, functional balls, kettlebells and Shoulder bags are the necessary and indispensable products for a good functional training program. It includes:  
 - 2 columns, 1 Functional bags shelf, 1 Functional balls shelf, 1 Kettlebells shelf and 1 Shoulder bags shelf. (Material not included).

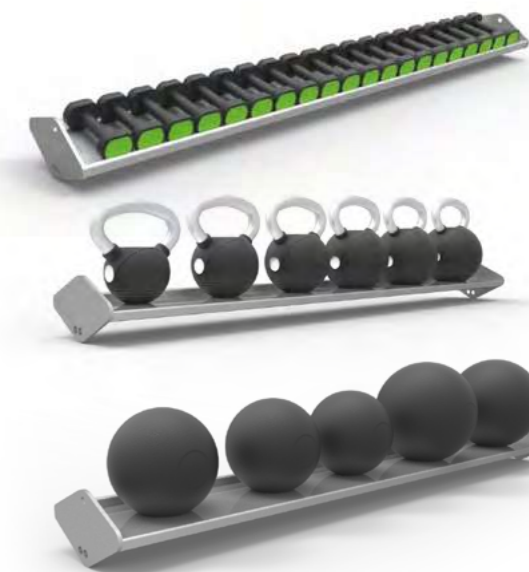
REF.: **MU16500**



## O'LIVE MULTIPLE RACK VERSATILE SHELF

Shelf to store mats, tubes, ankle weights, etc. It includes 4 supports allowing to store 40 mats (1cm thickness) or 40 elastic tubes. It allows to add more supports for extra capacity (ref: MU15600). Suitable for Multiple rack or any O'live Fitness functional station.

REF.: **MU15900**



## O'LIVE MULTIPLE RACK SMALL FLAT SHELF

Shelf to store kettlebells or products like Studio dumbbells or Slam balls. Suitable for Multiple rack or any O'live Fitness functional station.

REF.: **MU15400** **MU16200**  
 Dimensions: 168 cm



## O'LIVE MULTIPLE RACK COLUMN

Support for holding various shelves according to the products stored. Each module requires two supports. When annexed module is required, only one extra support is needed for the expansion. Sold in units.

REF.: **MU16400**  
 Dimensions: 200x62x60 cm



## O'LIVE MULTIPLE RACK BALL SHELF

Suitable for Multiple rack or any O'live Functional Station. Each shelf can store:  
 - Functional balls (4 units)  
 - Medicine balls (6 units)  
 - Fitness Balls (2-3 units)

REF.: **MU15800**



## O'LIVE MULTIPLE RACK FUNCTIONAL BAGS SHELF

Shelf to store 5 functional bags. Suitable for Multiple rack or any O'live Fitness functional station.

REF.: **MU16100**



## O'LIVE MULTIPLE RACK PILATES/ BALANCE TRAINERS SHELF

Shelf for storing Bumper plates. The capacity depends on the size of them. It also allows store 6 Bosu trainers. Suitable for O'live Multiple rack or any O'live Fitness functional station. Can only be installed to the bottom line, in floor contact.

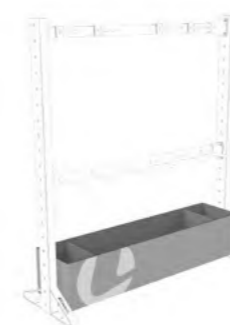
REF.: **MU16300**



## O'LIVE MULTIPLE RACK BIG FLAT SHELF

Shelf to store dumbbells or any product that requires a large base as ab mats, etc. Suitable for Multiple rack or any O'live Fitness functional station.

REF.: **MU15700**



## O'LIVE MULTIPLE RACK BOX SHELF

Shelf to store Power Disk bars and clips. Also useful to store other kind of products such bands, mini balls or loops thanks to the 3 compartments. Suitable for Multiple rack.

REF.: **MU15500**



## O'LIVE MULTIPLE RACK VERSATILE SHELF SUPPORTS

The supports can be added to the versatile shelf (ref: MU15900) as to increase the capacity.

REF.: **MU15600**





## O'LIVE AGILITY HEXAGONS

The system allows the hexagons to be placed in different positions for training in different directions. Carrying bag included. Single Color.

REF.: **EN42500**  
Color: Yellow



## O'LIVE AGILITY DOTS

It can be used as a speed ladder or as a fixed point. They are safe thanks to the extra grip to the ground they provide.

REF.: **EN51000**  
Dimensions: ø 25 cm  
Color: Red



## O'LIVE REACTION BALL

The ball has an unpredictable bounce which makes the athlete focus when trying to catch it, improving reflexes and therefore reducing reaction time.

REF.: **BA09700**  
Dimensions: ø 10 cm  
Color: Red



## O'LIVE SPEED SLED

The speed sled is used for power training. It can be used indoors or outdoors and includes 3 removable bags of 5 kg each. Supplied with full bags.

REF.: **EN43200**



## O'LIVE LATERAL RESISTOR

Ideal for training the side postural skills of the athlete, improving the speed agility. Ankles have velcro closure and are padded for comfort. Available in two intensities.

REF.: **EL13601**      **EL13602**  
Intensity: Medium      Strong

# O'LIVE SPEED LADDER

Item to help develop speed and agility. The ends allow the ladder to join other ladders and make a longer training element. Carrier bag included.

REF.: **EN01200**  
Size: 4 m



## O'LIVE RUBBER SPEED LADDER

Unlike standard speed ladders, do not waste time adjusting the spaces, making it much more practical and quick to install. It is made of rubber providing an ideal sports non-slip surface.

REF.: **EN52400**



## O'LIVE SPEED CONE

Made from heavy duty injected plastic. Wide stable round base. For use both indoors and outdoors.

REF.: **EN42800**  
Dimensions: ø 7 x 28 cm  
Color: Red



## O'LIVE FLEXIBLE SPEED CONES KIT

They can be used on any surface and their low profile and flexible material make them safe. You can add slalom poles to simulate obstacles and increase their versatility. The kit contains 16 units in different colors.

REF.: **EN42900**





## O'LIVE HURDLE

Training hurdles made of durable plastic, designed to work in multiple jumps, lateral agility, technique enhancement, etc.

REF.:	<b>EN42601</b>	<b>EN42602</b>	<b>EN42603</b>
Dimensions:	22 x 15 x 45 cm	22 x 23 x 45 cm	22 x 30 x 45 cm
Color:	Yellow	Yellow	Yellow

## O'LIVE ADJUSTABLE HURDLE

Can be adjusted to 20 cm and 30 cm of height. Supplied in 4-unit packs. Single color.

REF.:	<b>EN42700</b>
Color:	Yellow



## O'LIVE SLALOM POLE

They are helpful for an infinite number of agility drills. If they are used for slalom drills, a base is needed to keep them straight.

REF.:	<b>EN43100</b>	<b>EN43400</b>
Dimensions:	170 cm	1 m



## O'LIVE SLALOM POLE BASE

Base needed to keep the pole standing.

REF.:	<b>EN43000</b>
Dimensions:	Ø 16 x 24 cm



## FLOWIN® SPORT

The Flowin concept consists of functional exercises focusing on core stability, mobility, strength, balance, speed and power. By using a rectangular base plate and various pads effective friction is generated in this training that can be adjusted safely by the user by simply altering the degree of pressure. Sport models are suitable for the end consumer. The plate can be rolled and includes a carry bag, 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad).

REF.:	<b>EN06600</b>
Dimensions:	140 x 100 cm
Color:	White



## FLOWIN® PRO

The Flowin® concept consists of functional exercises focusing on core stability, mobility, strength, balance, speed and power. By using a rectangular base plate and various pads effective friction is generated in this training that can be adjusted safely by the user by simply altering the degree of pressure. The Flowin Pro model's plate is designed for professional environments. It cannot be rolled. It incorporates 5 pads (2 x foot pads, 2 x hand pads and 1 x knee pad).

REF.:	<b>EN07401</b>
Dimensions:	140 x 100 cm
Color:	Black



## FLOWIN® PAD KIT

This kit includes five pads (1 knees, 2 hands and 2 feet).

REF.:	<b>EN07000</b>
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## FLOWIN DVD

Flowin® DVD with three different training programs, and instructions to each exercise. Recommended for all difficulty levels.

REF.:	<b>DV04201</b>	<b>DV04202</b>
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