

WEIGHT BAGS

Silver Fern heavy duty PVC, double stitched, reinforced with Velcro End Cover & Zip.

5kg	WTBAG05
10kg	WTBAG10
15kg	WTBAG15
20kg	WTBAG20
25kg	WTBAG25
30kg	WTBAG30



LEATHER MEDICINE BALL

Silver Fern Leather with durable construction, a great training aid for any sport.

2KG	MED2KG
3KG	MED3KG
4KG	MED4KG
5KG	MED5KG
6KG	MED6KG
8KG	MED8KG
10KG	MED10KG



RUBBER MEDICINE BALL

Silver Fern high quality medicine ball made with extremely durable rubber.

2KG	MED2R
3KG	MED3R
4KG	MED4R
5KG	MED5R
6KG	MED6R
10KG	MED10R



GYM QUALITY BOXING BAGS

Includes Chain & Swivel, made from heavy duty PVC, chain secured with box stitched imitation leather and reinforced with rivets.

800 x 350mm	45-55lbs / 20-25kg	BOXBAG0800
1500 x 350mm	90-100lbs / 40-45kg	BOXBAG1500



AGILITY POLES

Standard 1.6m Pole with a fixed metal spike to secure it in the ground. Set of 12 incl. carry bag.

Single Pole	TPS16
Set of 12 with bag	TPS1680SET



AGILITY TRAINING HURDLE

Training aid for increasing foot speed, agility and lateral power - 3 options, all sold singly. Adjustable hurdle legs rotate to create two hurdle heights (22.5cm or 30cm) from the one hurdle.

Single 15cm (6")	TH15
Single 30cm (6")	TH30
Adjustable 22.5/30cm (9/12")	THREV



AGILITY RINGS

Flat plastic rings with no joins - assorted Colours
48cm Diameter

AGR19



AGILITY TRAINING LADDER

Enhances foot speed, agility, coordination and balance. 2 styles, both incl. carry bag:

4m adjustable (Flat Rungs x8)	TL4
9m non-adjustable (Flat Rungs x21)	TL9



RESISTANCE TRAINER - 3m

50mm width webbing shoulder harness with soft padded chest & shoulder cushioning, adjustable chest buckle, 2x plastic foam covered handles connect to 3m length (25mm width) webbing and attaches to harness with a carabineer. Comes in a mesh drawstring bag.

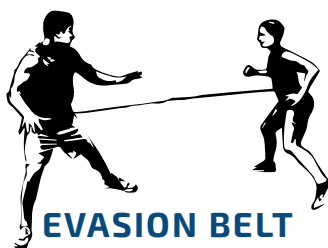
RTR-B3000



RESISTANCE TRAINER - 0.5m

50mm width webbing shoulder harness with soft padded chest & shoulder cushioning, adjustable chest buckle, 25mm width webbing is attached (boxed stitched for strength) to the back of the harness, looped handle 0.5m long. Comes in a mesh bag with zip

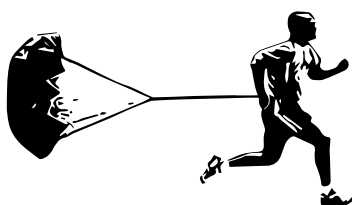
RTR-R500



EVASION BELT

25mm webbing belt on each end with buckle fastener. For 'one on one' evasive speed, agility and defensive training, marking up & mirroring.

EVB100



SPEED CHUTE

Premium speed chute, high quality nylon fabric with mesh panels for extra stability of the chute. Webbing belt has soft padded cushioning for comfort with velcro closure to adjust size. Adjustable webbing length with clip to attach to belt.

SPCH10



RESISTANCE BANDS - MINI

Used for Primer drills and strengthening exercises, great for targeting areas such as your thighs, glutes and shoulders.

Resistance is determined by band thickness - 5 levels of resistance.

600(L) x 50mm (W)
(see thickness/colour)

Thickness

Green: 0.35mm

Blue: 0.5mm

Yell: 0.7mm

Red: 0.9mm

Black: 1.1mm

5 Pack (1 of each)

RESL-G

RESL-B

RESL-Y

RESL-R

RESL-K

RESL-PK



RESISTANCE BANDS - LONG

Used for all variety of drills and strength and conditioning - ruck stability drills, on field strength training, dynamic speed and conditioning work.

Resistance is determined by band Strength/width - 5 levels of resistance.

2080(L) x 4.5mm (Thickness)
(see width/colour)

Width

Red: 13mm

Black: 22mm

Purp: 32mm

Green: 45mm

Blue: 63mm

5 Pack (1 of each)

RESB-R

RESB-K

RESB-P

RESB-G

RESB-B

RESB-PK



SKIPPING ROPE - 4.8m

8mm thick jute with
loop handles
16 Foot / 4.8m

SKIPLONG



SKIPPING ROPE - ELITE

Plastic coated steel
2.74m

SKIPWXL2.74



SKIPPING ROPE - 2.1m

Polypropylene Rope,
Plastic Handles 7 foot/2.1m

SKIPPR7



SKIPPING ROPE - 2.4m

Polypropylene rope
with plastic handles
8 foot/2.4m

SKIPCY135



SKIPPING ROPE - 2.4m

PVC Cord, Plastic Handles
(Big Grip), assorted colours
8 foot/2.4m

SKIPBH8



REACTION BALL

High-bounce rubber ball
with 6 rounded bulges.
Bounces randomly,
develops quick reflexes
and hand-eye
coordination. 2 sizes,
assorted colours.

100mm (d)
RBALL100LR

70mm (d)
RBALL70SR

SILVER FERN SPORTS ARMBAND

Fits iPhone 6, 7 and all similar sized phones.

Made from Neoprene material with Cut-outs
in back for access to speaker, charger and
headphone ports.

- Flexible Neoprene Material
- Adjustable Band
- Velcro Closure
- Key Pocket
- Port access holes
- Water Resistant
- Screen Protector
- Reflective border
- Lightweight

FITABSP-BLK

