

P H O E  
N I X  
F I T N  
E S S .

FEEL THE BURN

CATALOGUE

PHOENIX  
FITNESS



## OUR ETHOS

Phoenix Fitness was established with the simple aim to support individuals with the right equipment and knowledge to not only motivate, but to also educate. No matter their fitness goal, the main objective is to make each individual a better version of themselves. Providing a selection of core fitness products, Phoenix Fitness focuses on the entire fitness spectrum from power, strength, stamina and performance to rehab and flexibility.

## OUR MINDSET

Phoenix Fitness stands by the premise of creating a new and better you. We pride ourselves on helping people achieve their goals whether at home, outdoors or in the gym. We believe fitness should be available for all. Not everyone has space at home. Not everyone feels comfortable exercising outdoors. Not everyone has the confidence to go to the gym or classes. Not everyone can afford to go the gym. We just give you the tools, YOU put in the work.



COMPLETE  
BARBELL SET





2 X 5KG WEIGHTS / 2 X 25KG WEIGHTS / 2 X 125KG WEIGHTS / 2 PART 25KG SPLIT BAR / 2 X SPRING LOCKS



2.5 - 50KG  
DUMBBELL SETS



10 - 55 KG

STRAIGHT BAR / CURL BAR

25 KG - 50 KG DUMBBELL SET / 10 KG - 55 KG STRAIGHT BARBELL SET / 10 KG - 55 KG CURL BARBELL SET





**RY936  
15KG BARBELL /  
DUMBBELLS WEIGHT SET**

4 x 1Kg Weight Plates  
4 x 2.5 Kg Weight Plates  
2 x 0.5g Weighted Handles  
Connecting Bar and 4 x Spin Locks



**RY1426  
20KG BARBELL SET**

2 x 5 Kg Weight Plates  
2 x 2.5 Kg Weight Plates  
2 x 1.25 Kg Weight Plates  
2 part 2.5 Kg Split Bar  
2 x Spring Locks



**RY1425  
15KG DUMBBELL SET**

4 x 1.25 Kg Weights  
4 x 2.5 Kg Weights Plates  
4 x Spin Locks  
2 x Gripped Bars



**RY1407-16-SET  
2.5 - 25KG RUBBER  
DUMBBELL SET**

Set contains 20 weights between 2.5 Kg and 25 Kg.

Solid cast dumbbells, encased in TPU rubber to protect from rust, reduce noise and prevent floor damage.



**RY1407-RY1685-SET  
2.5 - 50KG RUBBER  
DUMBBELL SET**

Set contains 40 weights between 2.5 Kg and 50 Kg.

Features ergonomic handles designed for comfort and grip, whilst the rubber casing will not crack or fade.



**RY1687-SET1  
STRAIGHT  
BARBELL SET**

Set contains 10 weights between 10 Kg and 55 Kg.

Solid cast iron weighted barbells, encased in durable rubber with a steel chrome straight bar.

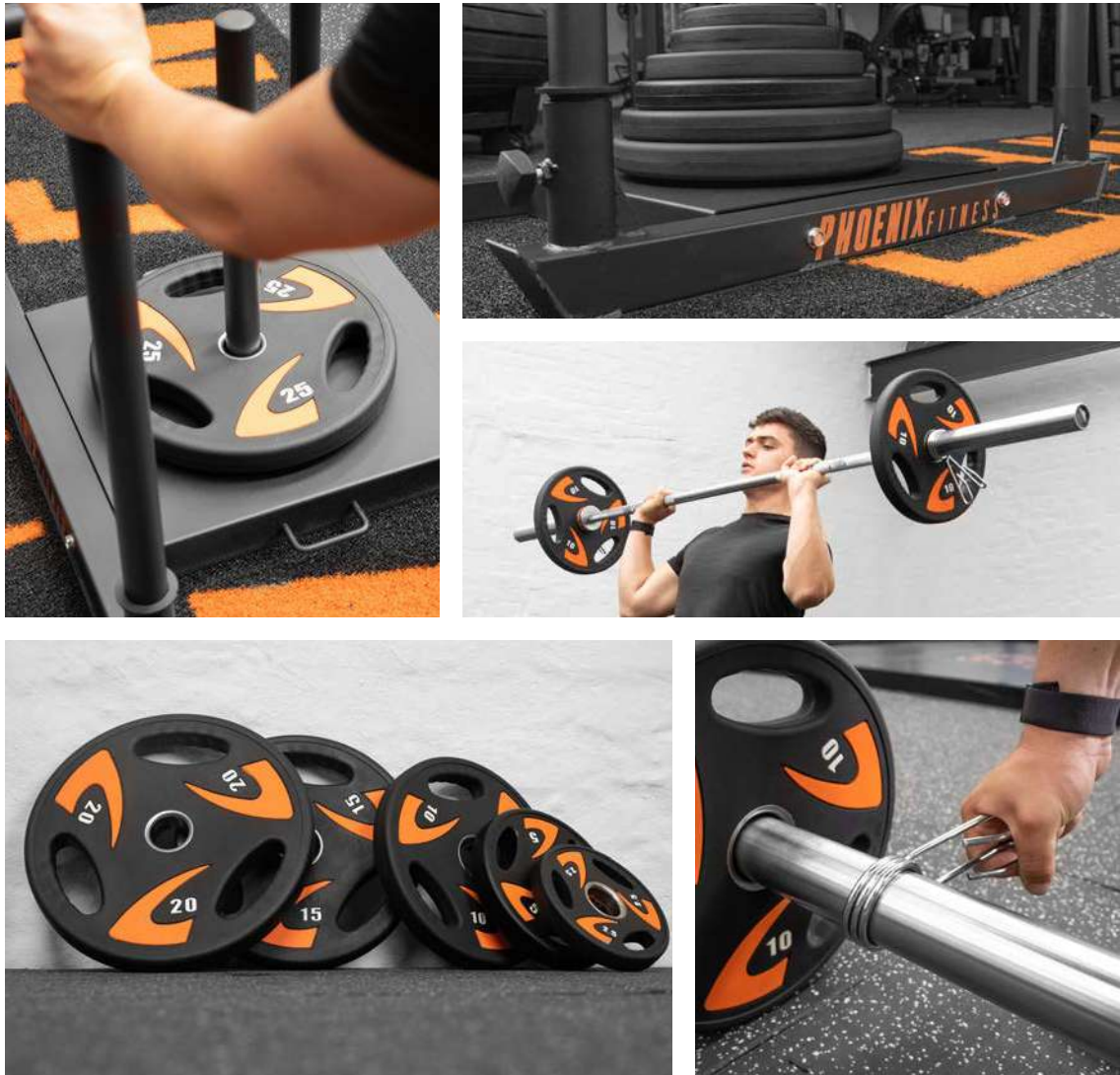


**RY1697-SET1  
CURL BARBELL  
SET**

Set contains 10 weights between 10 Kg and 55 Kg.

Expertly designed for durability and high performance, able to withstand repetitive use at home or in a gym.





**2.5 - 25KG  
OLYMPIC WEIGHT  
PLATES**

RY1721 2.5 Kg Plate  
RY1722 5 Kg Plate  
RY1723 10 Kg Plate  
RY1724 15 Kg Plate  
RY1725 20 Kg Plate  
RY1726 25 Kg Plate

Manufactured from durable TPU, ideal for use with a weight rack.

Built-in handles for an improved grip and greater handling.



**RY1739  
OLYMPIC WEIGHT  
RACK**

Compact, upright triangular design with 7 plate poles.

Hard wearing powder-coated steel frame. Sturdy feet ensuring maximum stability when loaded.

Available with and without weight plates. Suitable for 2" Olympic plates.



**RY1665  
WEIGHT SLED**

Increase your strength, explosiveness and power using pushing and pulling exercises.

Constructed in powder-coated steel, including a vertical pole for weight plate loading.

Horizontal bar and double pole options are easily exchanged for change of direction.



**RY1734  
12 METRE  
SPRINT TRACK**

High density, low pile height track, with multi-directional fibres to allow the smoothest of sled pushes.

12 Metres long with a non-slip backing and contrasting start area and distance markers.

Suitable for home workouts and commercial gyms.



**RY1719  
20KG OLYMPIC WEIGHT BAR**

Use for fundamental strength exercises such as squats, deadlifts and bench press.

The bar is knurled for extra grip and includes two spring clips. Olympic bar is 2" diameter, 220cm in length and weighs 20 kg.

**RY1727  
20KG OLYMPIC TRAP BAR**

The hex design helps improve your lifting posture by keeping the weight closer to your center of gravity. Perfect for exercises such as deadlifts and farmers walks.

Trap bar is 2" diameter, 142cm long, weighs 20 kg and comes with clips.



**2.5 - 25KG OLYMPIC BUMPER PLATES**

RY1794 5 Kg Bumper Plate  
RY1795 10 Kg Bumper Plate  
RY1796 15 Kg Bumper Plate  
RY1797 20 Kg Bumper Plate  
RY1798 25 Kg Bumper Plate

Olympic Bumper Plates offer a dead bounce when dropped on to any surface. Designed to be used on any standard Olympic bar and are colour coded for easy identification.

Suitable for use in Olympic lifting, powerlifting, functional training and other heavy duty exercise regimes. Constructed from high-grade rubber for great durability, with a stainless steel centre ring.

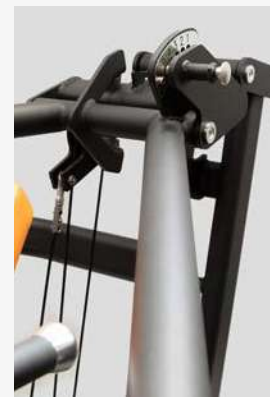
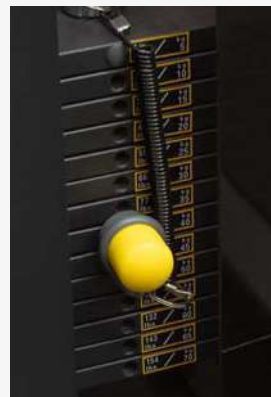
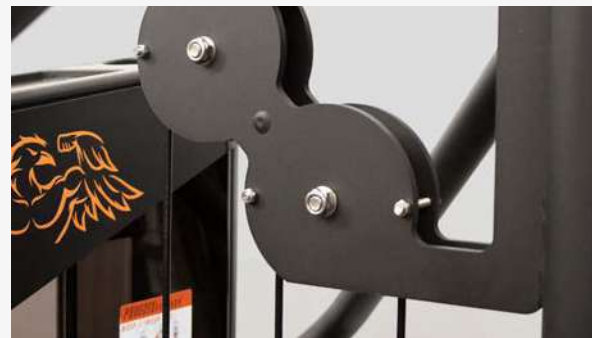
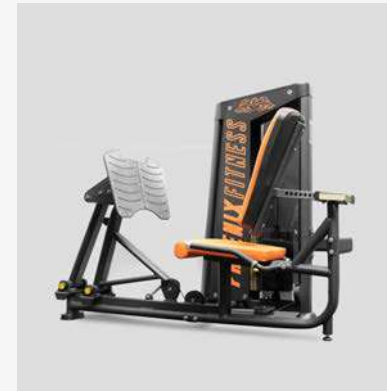
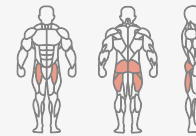
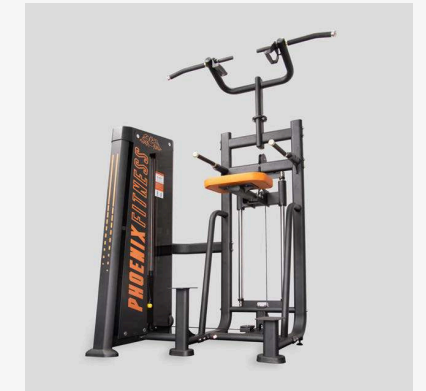
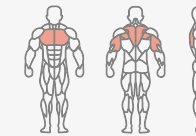
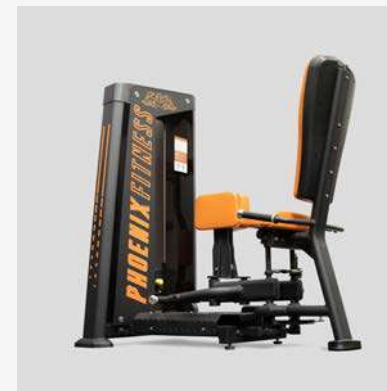
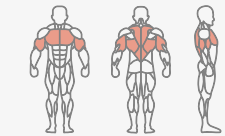
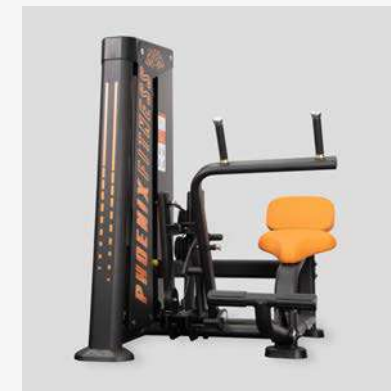
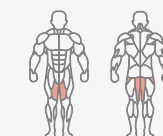
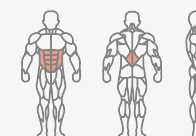
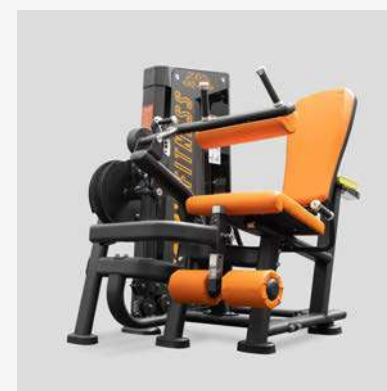
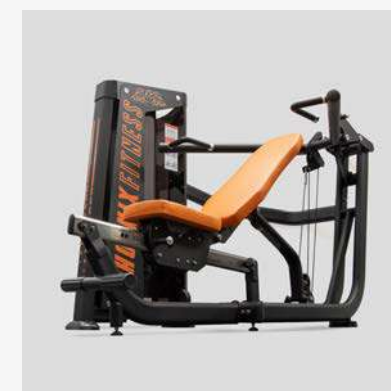
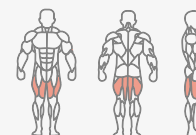
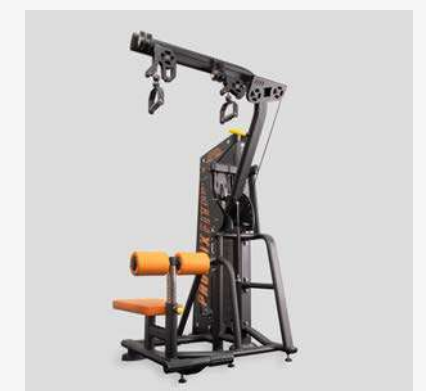
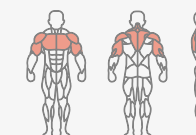
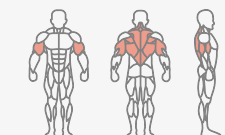


COMPLETE  
MACHINE RANGEHOME / GYM  
SOLUTIONCOMPREHENSIVE  
BODY TRAINING

# MULTI-FUNCTION FITNESS MACHINES

Single and multi-use functional training machines help deliver effective workouts where you need it most. Improve your strength, balance, endurance and speed with endless exercise possibilities.

Featuring adjustable weight stacks in 5kg increments. powder-coated steel frames with high density, water-resistant PU seating. Premium bearings for smooth rotation & silent movement.

STEEL TUBE  
CONSTRUCTIONPOWDER  
COATEDRY1470  
LEG PRESSRY1471  
REAR DELT / PEC FLYRY1472  
DIP/CHIN ASSISTRY1473  
ABDUCTOR/ADDUCTORRY1474  
ABDOMINAL/BACK EXTENSIONRY1475  
BICEPS/TRICEPS MACHINERY1476  
LEG EXTENSION/CURLRY1477  
CHEST/SHOULDER PRESSRY1478  
PULL DOWN/LONG PULL



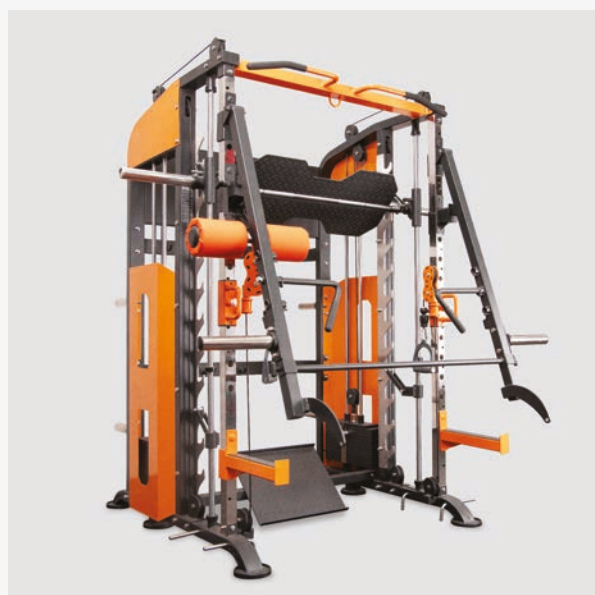
#### RY1047 PULL UP RACK

The Pull-Up Rack is ideal for home gyms and commercial facilities. Lightweight and easy to assemble, it's the perfect home fitness solution. Featuring four stations: pull-ups, dips, push-ups and knee raises, the Pull-Up Station has everything you need for a complete body conditioning workout. With comfortable and durable padded hand grips and arm rests that add additional cushion to the frame giving the confidence to train harder and longer.



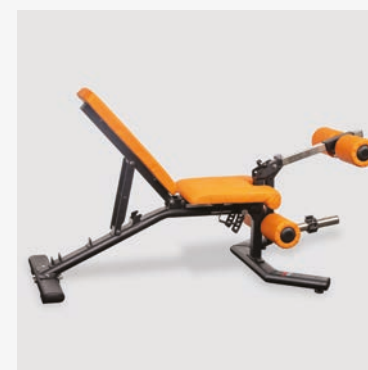
#### RY1664 SQUAT RACK

Our Squat Rack is a great all-rounder to provide you with a variety of workouts, suitable for front and back squats, bench press, dips, rows and much more. Featuring 13 adjustable levels and a cable pulley system, the Squat Rack is a great piece of equipment for anyone, no matter where they are on their fitness journey. The rack also features spotter arms, multi-grip pull-up bars and dip bars.



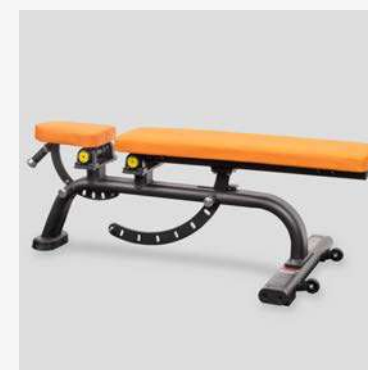
#### RY1518 SMITH MACHINE

The Smith Machine is a great all-rounder which allows the user to perform leg presses, squats, sit-ups, chest press, rows and pull-ups. It also has built in safety hooks so you can rack the bar at any point of the exercise. The design of the rack removes the element of stabilizing the bar, promoting good posture and form thus allowing you to train specific muscles more effectively. The rack includes adjustable weight stacks up to 70kg on each side.



#### RY1519 3 in 1 MULTI BENCH

Our adjustable weight bench features a leg extension making it versatile and perfect for a full body workout. Plate bar allows you load weight plates as you desire, customising your routine. Fully adjustable with the quick pull lever.



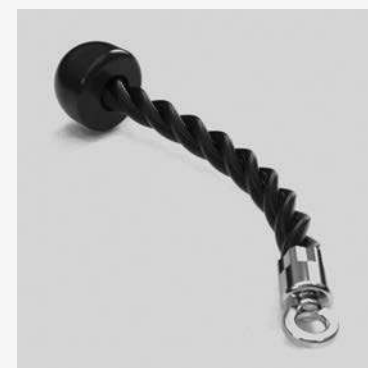
#### RY1521 SUPER BENCH

Our adjustable weight bench features quick incline and decline with the pull lever. Fully adjustable to 3 seat positions and 6 backrest positions, it can also be used in the flat position for a variety of workouts. Includes transportation wheels.

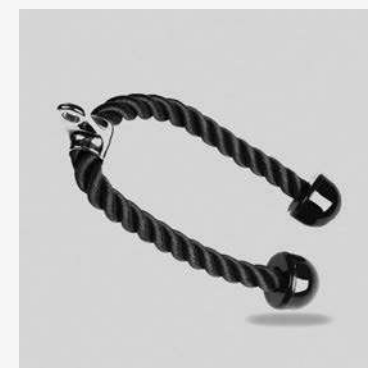


#### RY1520 SQUAT BENCH

The Squat Bench allows you to perform free standing squats safely and securely, helping you maintain good form and posture during the exercise. Featuring a solid steel frame and fully adjustable calf and shin padded cushions.



#### RY1577 SINGLE ROPE ATTACHMENT



#### RY1578 DOUBLE ENDED ROPE ATTACHMENT



#### RY1783 SEATED ROW ATTACHMENT



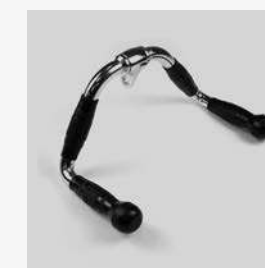
#### RY1784 FRONT LAT BAR ATTACHMENT



#### RY1785 TRICEP ATTACHMENT



#### RY1786 REVOLVING BAR ATTACHMENT



#### RY1787 MULTI-BAR ATTACHMENT





RY1579  
**2" BLACK BAR LOCKS**

RY1857  
**2" ORANGE BAR LOCKS**

RY1858  
**2" PINK BAR LOCKS**

RY1862  
**1" BLACK BAR LOCKS**

RY1863  
**1" ORANGE BAR LOCKS**

RY1864  
**1" PINK BAR LOCKS**



RY1542  
**AB ROLLER**

The Abdominal Roller is a lightweight workout tool which helps tone the abs, shoulders and back of arms. The roller is perfect to keep your core engaged during workouts.



RY1010  
**AEROBIC FITNESS STEPPER**

Lightweight and compact, the aerobic stepper has two height options (10 and 15cm) and is the perfect way to perform cardio exercises. The non-slip reinforced platform is ideal to help with rehabilitation. Great for beginners and advanced athletes.



RY1561  
**STRETCH STRAP**

The stretch strap aids deeper stretching of major muscle groups with greater control. Helps with injury rehabilitation with multiple handle points for progressive stretching.



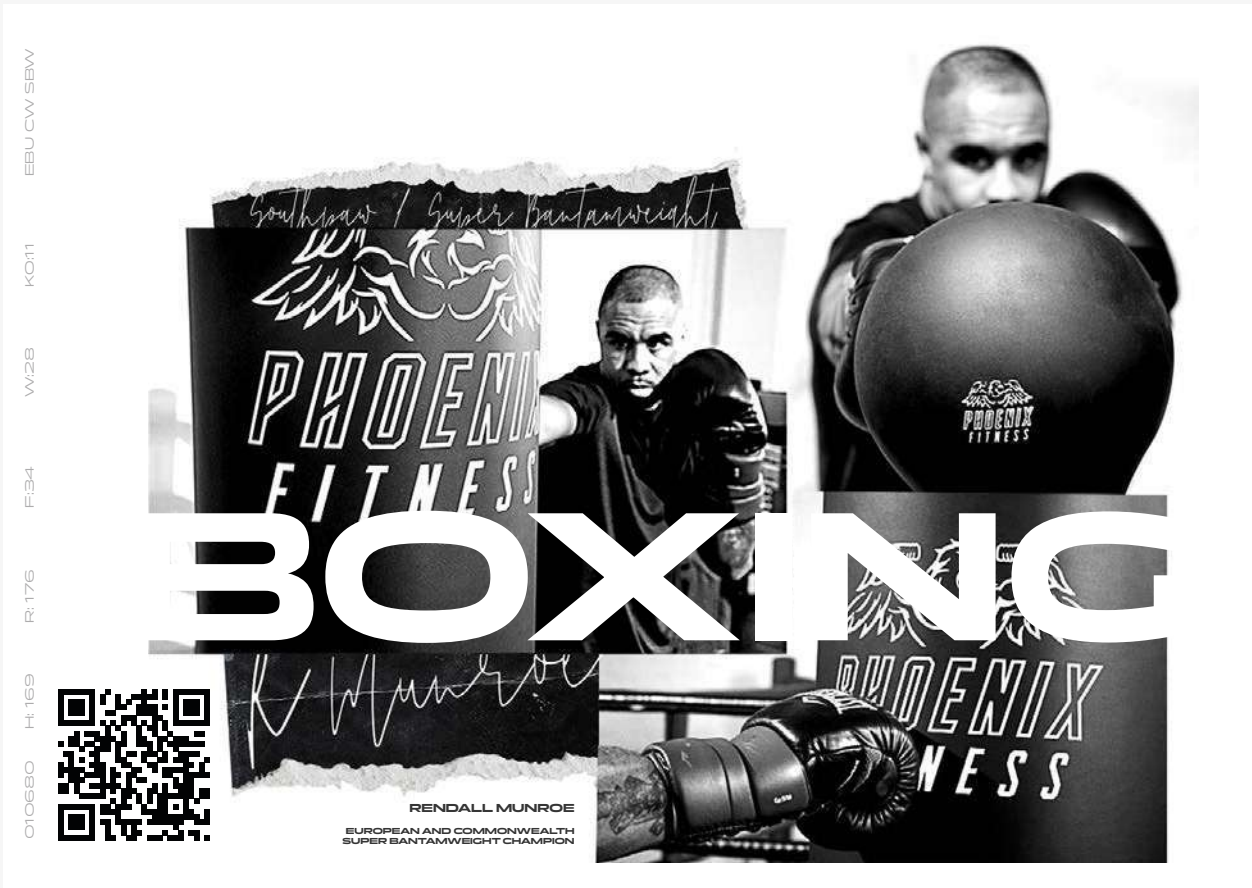
RY1051  
**EXERCISE DICE**

With 36 variations to land on, the dice can definitely add some variation and fun to get your heart pumping. These dice allow you to work as a group, or solo - they are made of durable and wipeable vinyl, so there's no need to worry about getting them dirty.



RY1544  
**GLIDING DISCS**

Add an extra dimension to your core exercises using the Gliding Discs. Double sided for a variety of surfaces. Used to strengthen your body and intensify your training.



RY1733  
**COMPETITION BOXING RING**



RY1071  
**SPEED BALL**



RY1088  
**FULL LENGTH PUNCH BAG**



RY1021  
**FREE STANDING PUNCH BAG**



RY1019  
**OPPONENT PUNCH BAG**

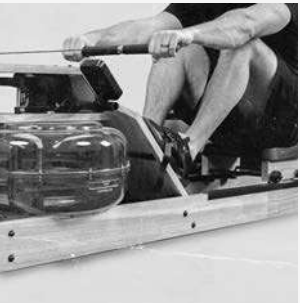
Free standing punch bags are perfect for all types of striking techniques and will allow you to practice your punching skills. The bags are attached to the base via a flexible post offering shock absorption and a great rebound effect. The punch bags also feature easy height adjustment and a base that can be filled with either sand or water to help withstand any workout.





**RY1522  
SELF-POWERING TREADMILL**

The Self-Powering Treadmill runs on the user's power, with no electricity consumption. You can customise your workout with 8 level adjustments. Featuring a curved base for a better stride and good form, built-in hand rails and an LCD display showing distance, time, calories, speed and watts. The curved base allows you to propel yourself into a better momentum, to keep yourself going whilst burning 30% more calories than a conventional treadmill.



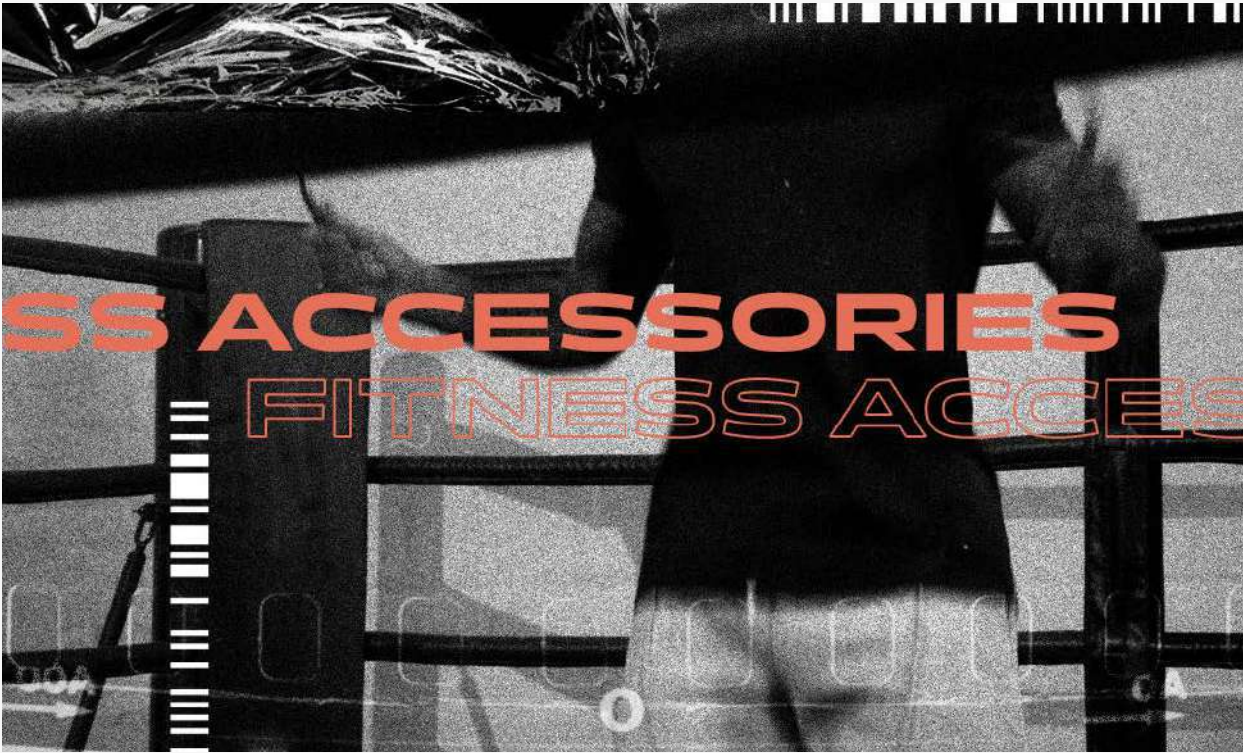
**RY1523  
WATER ROWING MACHINE**

The Water Rowing Machine allows you to experience the feeling of rowing on water from the comfort of your own home. The rower provides a low impact, full body workout, great for burning calories and building strength with minimal impact on joints. Featuring natural water resistance, for a realistic rowing sensation and an ever increasing resistance level. The LCD screen displays all the key workout stats including time, strokes and calories.



**RY1070  
SPIN BIKE**

Our Phoenix Fitness Spin Bike is ideal if you are looking to improve fitness levels, providing a low body, low-impact, cardiovascular workout. Featuring an LCD display which shows speed, distance, time, calories, heart rate and pulse rate. The adjustable seat and dipped handlebars allow you to find the perfect position for comfort whilst training. The bike uses an 8kg fly wheel for smooth and quiet operation.



**RY1732  
YOGA STRAP**  
The strap aids deeper, gradual stretching of major muscle groups with greater safety and effectiveness.



**RY1731  
YOGA BLOCK**  
Great way to improve balance, deepen flexibility and improve muscle strength.



**RY922  
AB ROLLER**  
Features foam padded handles for easy grip during use and is lightweight and easily transported.



**RY1008  
HULA HOOP**  
1.1 kg weighted hula hoop made from durable plastic core which is covered with soft EVA foam.



**R1543  
ADJUSTABLE  
SKIPPING ROPE**  
The 2.7 metre long adjustable skipping rope is great for cardio. Features textured handles for extra comfort and grip.



**RY916  
WEIGHTED  
SKIPPING ROPE**  
Ideal for home cardio workouts, our 3 metre weighted skipping rope includes 2 x 200g removable weights.



**RY917  
SPEED  
SKIPPING ROPE**  
Quickly improve agility with this 2.5 metre lightweight speed skipping rope. Designed to rotate 360 degrees for quicker skipping.



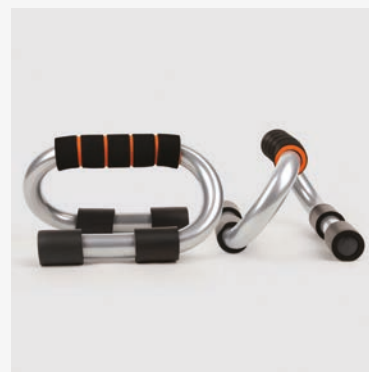


## PUSH UP BARS

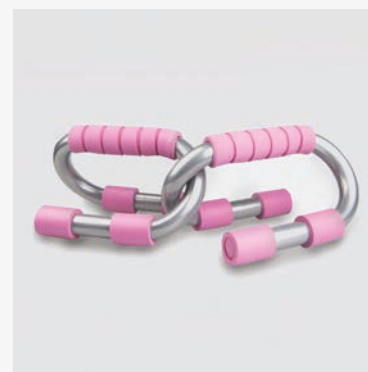


**RY1541  
POLYMER PUSH UP BARS**

The Polymer Push-up Bars feature cushioned hand grips and tacky floor pads for the most strenuous of arm workouts. The powder-coated metal Push-Up Bars have been designed to ease wrist discomfort during your workout. The bars feature a cushioned foam grip and rubber floor grips to add stability and traction.



**RY934  
PUSH UP BARS**

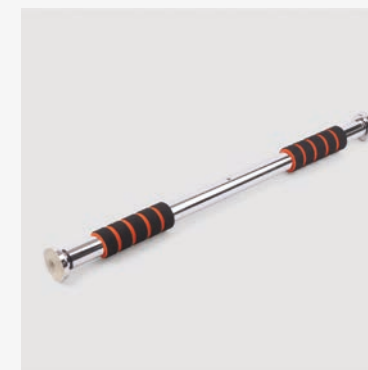


**RY1554  
PINK PUSH UP BARS**



**RY848  
DOOR SIT UP BAR**

Constructed of steel, with foam padding providing cushioning comfort. Adjustable to fit securely, it works with most doors and is designed to work with and fit under closed doors.



**RY935  
DOOR CHIN UP BAR**

Doorway Chin Up Bar is ideal for chin ups and pull ups, which rely on body weight. They are extremely effective for developing and toning muscles. The adjustable pull up bar fits door frames 62 - 100cm (approx). Rubber stoppers ensure a secure hold.



**RY933  
WRIST / ANKLE WEIGHTS**

Phoenix Fitness Ankle Weights feature a hard-wearing nylon cover with adjustable velcro straps. Each pack contains two 0.5kg wrist / ankle weights. Great for use at home or in the gym.



**RY1560  
BATTLE SKIPPING ROPE**

The Phoenix Fitness Battle Skipping Rope uses higher muscle engagement than most standard skipping ropes. The rope is 292cm long and weighs over 1KG. The rope provides a much greater workout for the entire body due to its weighted design.



**RY1096  
10M BATTLE ROPE**

Our 10M battle rope is made from a heavy duty poly-twine construction to ensure ultimate durability. The rope is 1.5 inches thick and has heat shrink caps on each end to improve the grip and protect your hands from friction.

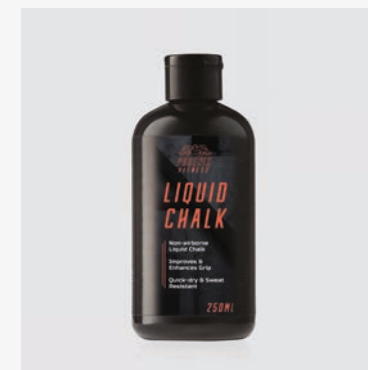


**RY937  
WEIGHT TRAINING GLOVES**

The gloves feature an adjustable wrist strap to secure a snug fit. Meanwhile a textured, reinforced palm helps keep a firm hold of free weights and other equipment with total confidence. Breathable mesh on the back of the gloves enables heat and moisture to escape.



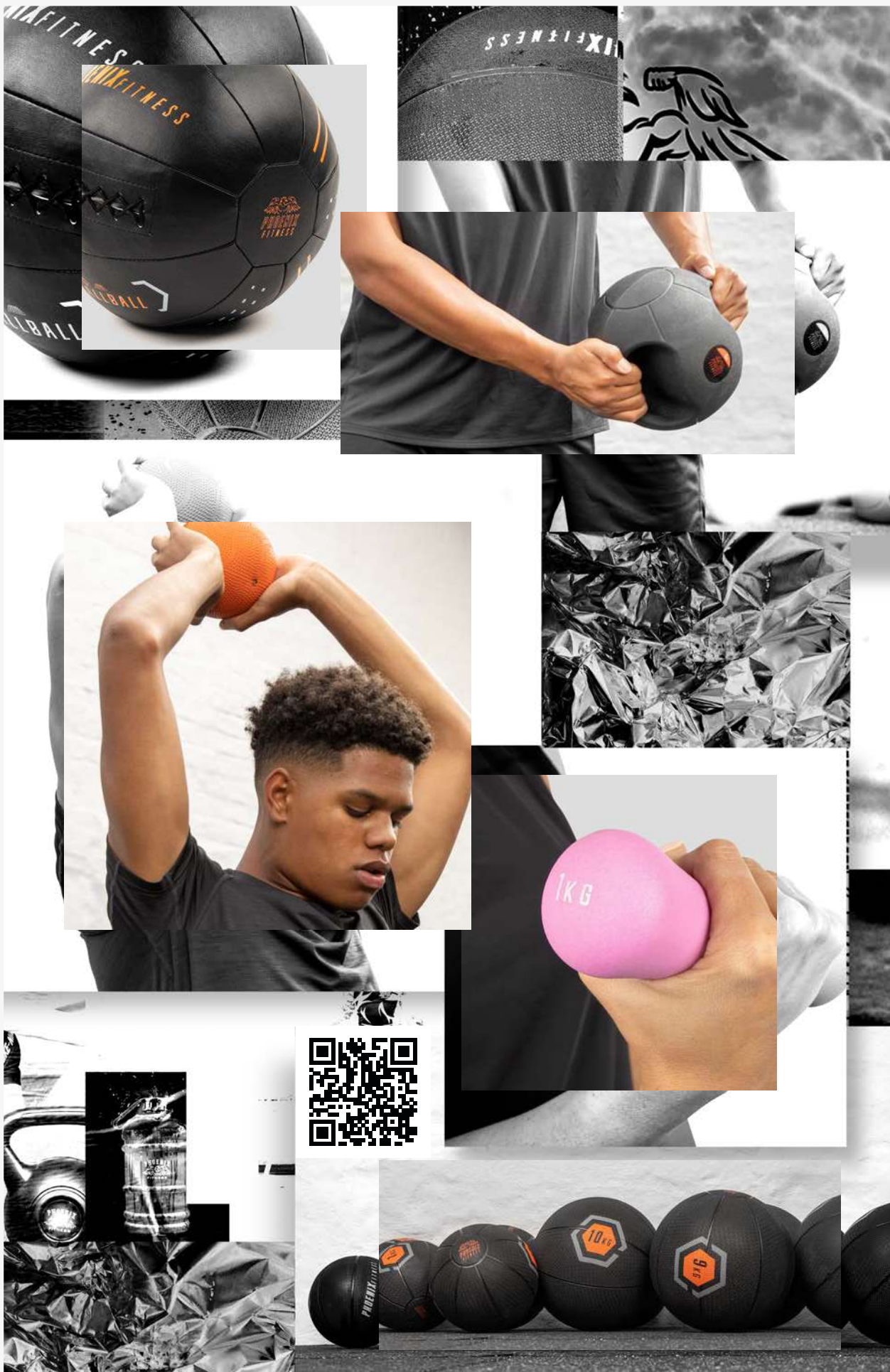
**RY1855  
50ML LIQUID CHALK**



**RY1856  
250ML LIQUID CHALK**

Our revolutionary liquid chalk is available in 50ml and 250ml options. The 50ml is in a convenient travel size and the 250ml chalk is perfect for commercial or home gyms. The liquid chalk is a fast, quick drying and long-lasting Magnesium Carbonate formula. The composition allows for no waste and no mess compared to traditional chalk blocks.





# SLAMBALLS



1KG - RY1751 / 2KG - RY1752 / 3KG - RY1753 / 4KG - RY1754 / 5KG - RY1755  
6KG - RY1756 / 7KG - RY1757 / 8KG - RY1758 / 9KG - RY1759 / 10KG - RY1760

Phoenix Fitness Slamballs come in 10 different weights, perfect for a variety of strength exercises and full body workouts. From 1 to 10KG, they have been designed to withstand any beating from your work out. Slam them, throw them, catch them, our slamballs feature a reduced bounce. Manufactured from durable poly-rubber.

# WALLBALLS



2KG - RY1740 / 3KG - RY1741 / 4KG - RY1742 / 5KG - RY1743 / 6KG - RY1744  
7KG - RY1745 / 8KG - RY1746 / 9KG - RY1747 / 10KG - RY1748 / 12KG - RY1749

The wallball can be used in a variety of HIIT workouts to incorporate throwing and catching exercises and excel in explosive exercises such as wall throws. Featuring a non-slip textured outside and laces for extra grip, it is ideal for partnered exercises. The wide design of the wall ball increases core activity during twists, crunches and squats. Manufactured from Polyurethane and Polyester, weighted with an iron / sand blend.

# MEDICINE BALLS / DUMBBELLS



RY929  
3KG BALL

RY859  
8KG BALL

1KG - GREEN RY926 / 1KG - PINK RY1556  
1.5KG - GREY RY927 / 1.5KG - PINK RY1557  
2KG - ORANGE RY928 / 2KG - PINK RY1558

3KG Medicine Ball is weighted with an iron / sand blend, is textured for extra grip and features a no-bounce design.

8kg Medicine Ball offers all the benefits of the standard Medicine Ball, with the extra double grip handles that increase control and ability to cope with heavier weight whilst increasing exercising options.

Phoenix Fitness Neoprene Dumbbells come in 1kg , 1.5kg and 2kg weights and are available in both standard and pink colour-ways. The soft textured grip is perfect for any type of light free weight training.





## VINYL



4KG - RY930 / 6KG - RY931 / 8KG - RY932 / RY971 - 12KG / RY972 - 16KG / RY973 - 20KG

Phoenix Fitness Vinyl Kettlebells come in 6 different weights to use for a variety of strength exercises and full body workouts. From 4Kg to 20Kg, the kettlebells are colour coordinated for quick recognition. They feature a large easy-grip handle and a wipe clean, non-scuff vinyl coating. Kettlebell workouts challenge both your muscular and cardio systems and can help increase your strength, endurance, agility and balance.

## PINK



2KG - RY1420 / 4KG - RY1421 / 6KG - RY1422 / 8KG - RY1423  
10KG - RY1424 / 12KG - RY1538 / 16KG - RY1539 / 20KG - RY1540

The Pink Vinyl Kettlebells come in 8 different weights, from 2KG all the way up to 20Kg. They feature a large ergonomic handle to provide extra grip during your exercise routine. The soft and flexible vinyl coating is designed to protect any floor surface whilst exercising. Large number decals make weight identification straight forward.

## SKULL



12KG - RY1314 / 16KG - RY1315 / 20KG - RY1316 / 24KG - RY1317 / RACK - RY1729

Iron Skull Kettlebells come in 4 different weights to use for a variety of strength exercises and full body workouts. From 12Kg to 24Kg, the kettlebells are colour coordinated for quick recognition. Cast iron kettlebells are perfect for cardio, strength and core workouts. They help challenge yourself and progress in your fitness plan. Featuring a wide, ergonomic handle to provide a comfortable and safe grip.

Phoenix Fitness Kettlebell rack has twin levels to hold all sizes and all type of kettlebell. Manufactured from high-grade steel, perfect for commercial and home gym use.





**RY1554  
PINK PUSH UP BARS**

The metal Push-Up Bars have been designed to ease wrist discomfort during your workout. They feature soft foam handles and rubber grips to add stability and traction.



**RY1552  
PINK AB ROLLER**

Adjustable double wheel abdominal exercise roller which tones the core, abs, shoulders and arms. Features foam padded handles for easy grip to help master your core.



**RY1548  
PINK HAND GRIPS**

Hand grips are a compact and portable training device that helps build up arm strength and muscle. Great for adding a simple exercise to your work out routine.



**RY1549  
PINK SPEED ROPE**

Lightweight polymer Speed Rope, perfect for home workouts or at the gym. Designed with lightweight handles for speed and balance.



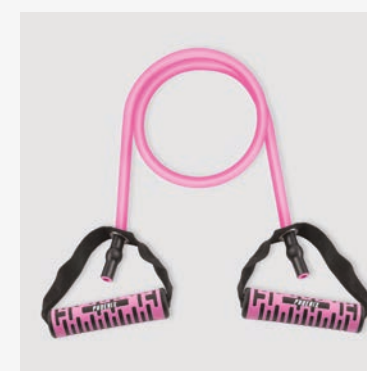
**RY1553  
PINK FITBALL WITH PUMP**

Ideal for performing a range of exercises, designed to improve balance and strengthen core muscles. Can be easily deflated for easy transportation.



**RY1546  
WEIGHTED HULA HOOP**

1.1KG Weighted hula hoop is the perfect way to improve core strength and mobility. The weighted hula hoop strengthens inner core muscles and adds variety to your workout routine.



**RY1545  
PINK RESISTANCE TUBE**

The lightweight resistance tube has a soft grip provided by EVA foam handles. This resistance tube is great for both rehab and strength training exercises.



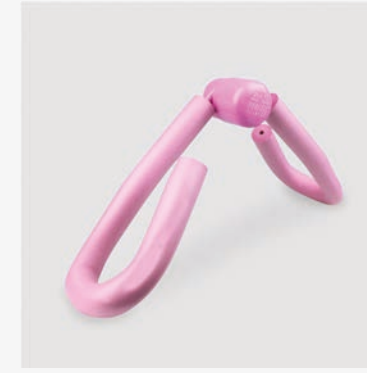
**RY1551  
THREE PINK CIRCLE  
RESISTANCE BANDS**

Add these circle bands to any strength routine to challenge your muscles. Great for assisting whilst stretching for increased resistance.



**RY1550  
THREE PINK YOGA  
RESISTANCE BANDS**

Designed with increasing resistance, the yoga bands are ideal for targeting and working specific muscle groups around the body.



**RY1555  
PINK THIGH TONER**

This handy thigh toner is a great piece of kit for your workout, to help train your abductor and adductor muscles. You can also use it for chest, arms and glutes.



**RY1547  
PINK NBR FITNESS MAT**

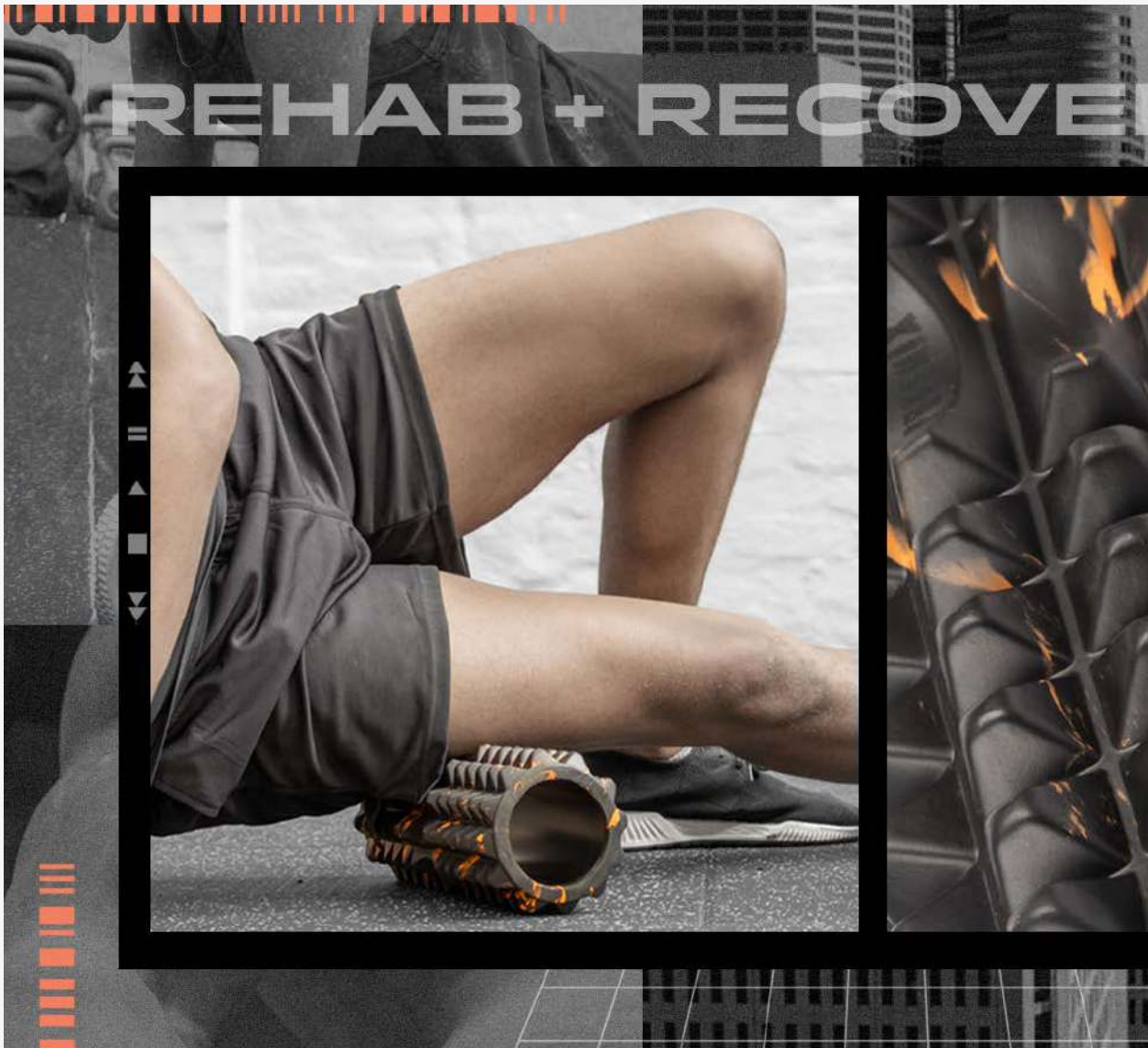
Made from an ultra thick NBR rubber material to help protect against hard floors and absorb impact from heavy weights and exercise. Includes carry strap.



**RY1141  
PINK PROTEIN SHAKER**

The Pink Protein Shaker comes with a screw-on, secure clip lid. It provides lump free shakes, using a stirring ball. Holds 600ml of water and is dishwasher friendly.





# RESISTANCE



**RY918 LIGHT (GREEN)**  
**RY919 MEDIUM (GREY)**  
**RY920 STRONG (ORANGE)**  
**RESISTANCE TUBE BANDS**  
Each band is approx 120cm long and features handles that are padded with EVA foam for maximum comfort. Great for rehabilitation routines or complete body workouts.



**RY995**  
**YOGA STRETCH BANDS**  
A great way to diversify any workout routine and easily target muscle groups whether for rehabilitation or strength training. Features 3 varying resistance bands and made from latex free material. Each band has an approx 16.4cm in length.



**RY978**  
**CIRCLE RESISTANCE BANDS**  
Designed for increasing strength during exercises, these bands are ideal for targeting and working specific muscle groups around the body. Includes 3 varying resistance bands to easily adapt levels during a workout. Each band has an approx 50cm diameter.



**RY1009**  
**PILATES RING**  
This lightweight Pilates Ring features inner and outer grips with foam padded contact areas to ensure total comfort. Perfect for resistance training and toning, and commonly used to increase intensity of pilates floor exercises.



**RY1979**  
**FOAM ROLLER**  
The textured surface isolates specific muscle groups to give a deeper massage, increasing flexibility and range of motion. It is designed to be lightweight and compact to effectively work muscles throughout your body.



**RY1562**  
**WALKING WEIGHTS**  
Includes two 450g weights that helps add resistance to simple cardio workouts. Consistent use develops muscular strength and endurance in the long run.



**RY925**  
**FITNESS BALL**  
Ideal for performing a range of exercises and is designed to improve balance and co-ordination, as well as strengthen core muscles. Each inflatable ball comes with a pump included.



**RY1012**  
**BALANCE BOARD**  
Designed to help prevent ankle/knee injuries and can also be used to help improve balance. The Balance Board has a textured surface for extra grip whilst exercising.



**RY921**  
**THIGH TONER**  
The targeted resistance of the Thigh Toner, firms muscles without adding bulk. Foam covered for maximum comfort, the Thigh Toner is easy to use, transport and store.



**RY942**  
**MASSAGE BALLS**  
Features 3 sizes that are specifically designed to target different areas of the body. These are designed to stimulate the deep tissue massage, blood circulation, pressure point, flexibility, and mobility. Made from durable PVC, which is firm enough to withstand a range of body weights.



**RY1559**  
**MASSAGER**  
Helps lessen the appearance of cellulite and alleviates muscle tension with daily use. Increases blood circulation, promotes skin elasticity and eliminates toxins. It also features ergonomically designed handles and a multi textured surface.



**RY915**  
**HAND GRIPS**  
Compact and portable training device that helps build up arm strength and muscle. Effectively improves hand grip and wrist strength when used on a regular basis. The handles are padded with EVA foam for maximum comfort during use. Great addition to any workout routine.





## FITNESS MATS



**RY1068  
BLACK NBR MAT**



**RY1547  
PINK NBR MAT**

These high density fitness rubber mats are designed for the fitness enthusiast. Made from ultra thick NBR material that helps protect against hard floors and absorbs impact from heavy weights and exercise. It's anti-slip design gives the user peace of mind during an extensive routine.

Easy to wipe down and includes a carry strap.

Dimensions: 61cm x 185cm x 1.5cm



**RY1098  
LIGHT GREY**



**RY1098  
PLUM**



**RY1098  
DARK GREY**



**RY1098  
ORANGE**

Perfect for any yoga beginner starting on their journey, or as a spare for an enthusiast, these yoga mats offer excellent grip, perfect for stability during exercise. These are lightweight, easy to roll up, quick drying and comfortable to carry around.

Material: PVC | Dimensions: 61cm x 183cm x 4mm

## GYM FLOORING



**RY834  
ANTI-SLIP GYM MAT**

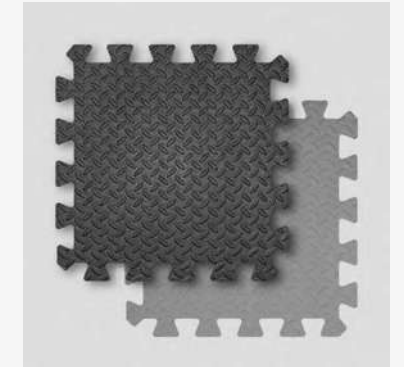
Made with heavy duty EVA Rubber Foam and embossed for an anti-slip surface.

Specification  
200cm x 100cm x 6mm



**RY1672  
GYM FLOORING**

Features a dense top layer that provides high impact protection and bottom structure that has excellent shock and sound absorption. Includes 4 x floor connectors per tile. Each tile is 100cm x 100cm and 20mm thick.



**RY1801  
BLACK INTERLOCK TILES**

**RY1802  
GREY INTERLOCK TILES**

Packs contain 20 interlocking tiles. Each tile is 30x30cm and 10mm thick. Tiles are made from EVA foam and include edge pieces.





## HYDRATION

## 1 LITRE



1L PINK - RY1014 / CLEAR - RY1015 / SMOKE - RY1016 / ORANGE - RY1017 / BLACK - RY1018

## 2 LITRE



2L PINK - RY961 / CLEAR - RY964 / SMOKE - RY898 / ORANGE - RY963 / 2L BLACK - RY962

Phoenix Fitness Water Bottles come in 5 different colours and 2 different sizes - one litre and two litres. Our bottles are BPA and DEHP free and feature a leak-free stainless steel cap. Convenient built-in handle allows easy drinking while the heavy duty plastic outer ensures that this sturdy bottle will stand up to the daily rigours of a hectic lifestyle.

## PROTEIN PREP

RY996  
700ML SHAKERRY1141  
600ML PINK SHAKERRY913  
7 MEAL PREP BOXES

Our protein shakers come in two colourways - a 700ml orange and a 600ml pink version. Both shakers come with screw-on, secure clip lids. They provide lump free shakes, using different accessories - the orange shaker uses a mesh grill, whilst the pink version uses a stirring ball.

3 Compartment Meal Prep Boxes with lids; stackable, reusable, microwave, dishwasher, and freezer safe. Ideal for meal prep and portion control. Pack contains 7x three compartment boxes with sealable lids and are dishwasher friendly.



# DID YOU KNOW?

PHOENIX FITNESS OFFERS THE FOLLOWING...



## FULL RETAIL SOLUTIONS & PLANOGRAM FACILITIES

From planograms to point of sale displays, we offer a full retail solution. Our team can assist you with online and in store merchandising, no matter the type of retail space.



## RETAIL FRIENDLY PACKAGING

We pride ourselves on providing retail friendly packaging for our entire product range. We have also dramatically reduced the amount of single-use plastic in our packaging.



## CHINA OFFICE AND WAREHOUSE

Phoenix Fitness has a dedicated office, staff and manufacturing facilities in China, to help oversee our production and quality assurance. We also have extensive warehouse space for FOB ordering.



F.O.B PRICING  
AVAILABLE



BSCI AUDITED  
FACILITIES



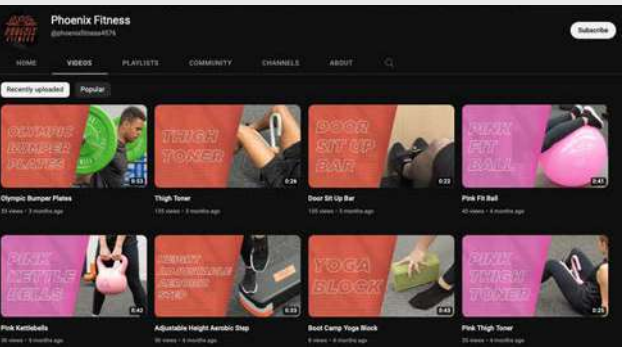
FULLY TESTED  
PRODUCTS



REGISTERED  
DESIGNS



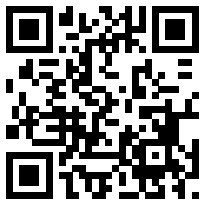
IMPORTING FOR  
OVER 30 YEARS



## YOUTUBE CHANNEL

Our Youtube channel features product information videos of the entire product range. Potential customers get to see the products in action before buying.

Scan any QR code throughout this catalogue to see our videos.





# PHOENIX FITNESS



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