

# КАТАЛОГ

на спортивные товары FLEX DISC

Архангельск (8182)63-90-72  
Астана (7172)727-132  
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# FLEX DISC MINI

Flex Disc's low impact, rolling platform establishes its Ground Movement Training™ system as highly effective for increasing:

Mobility • Stability • Balance • Core-Strength

The mini size Flex Disc's 6 unique double ball bearing polyurethane wheel construction provides for an incredibly effortless omnidirectional range of motion which can be used on:

Rubber • Carpet • Cement • Wood

Flex Disc's patented design has:

Center hub for removable, twist-click, self-locking handle

Attachment points for resistance tubes, cables, springs providing for loaded resistance.

Different than gliding and sliding products, Flex Disc's provides a stability challenge requiring users to maintain control whether you are performing a stationary (i.e. plank) or dynamic (i.e. lunge) exercise.

Each Flex Disc mini is 10" in diameter.

The Flex Disc mini set comes with 2 ¾" thick rubber pads that can be placed on top of the disc or on the floor for additional cushioning.



# FLEX DISC

Flex Disc's low impact, rolling platform establishes its Ground Movement Training™ system as highly effective for increasing:

Mobility • Stability • Balance • Core-Strength

The standard size Flex Disc's 8 unique double ball bearing polyurethane wheel construction provides for an incredibly effortless omnidirectional range of motion which can be used on:

Rubber • Carpet • Cement • Wood

Flex Disc's patented design has:

Center hub for removable, twist-click, self-locking handle

Attachment points for resistance tubes, cables, springs providing for loaded resistance.

Different than gliding and sliding products, Flex Disc's provides a stability challenge requiring users to maintain control whether you are performing a stationary (i.e. plank) or dynamic (i.e. lunge) exercise.

Flex Disc diameter is 14".

Each Flex Disc comes with a ¾" thick rubber pad that can be placed on top of the disc or on the floor for additional cushioning.



# FLEX MBar 25

The Flex MBar™ 25 is a pair of 12" long steel bars wrapped in foam with rotating eyebolts and steel disc hub.

- Screw the 2 bars together to form a 24" long bar and attach a Flex Cord™ Classic to one or both eyebolts for a variety of functional training movements.
- Screw the bar with the open end into a Flex Disc for a variety of multiplanar movement exercises utilizing a 1 or 2 handed grip.
- Screw the 2 bars together through the steel disc hub to create an omnidirectional Flex Roller.



# FLEX MBAR CONNECTOR

The Flex MBar Connector is a 12" long steel bar wrapped in foam with a threaded stem at one end and opening at the other end to enable connecting and converting the MBar 24 into a 36" long bar.

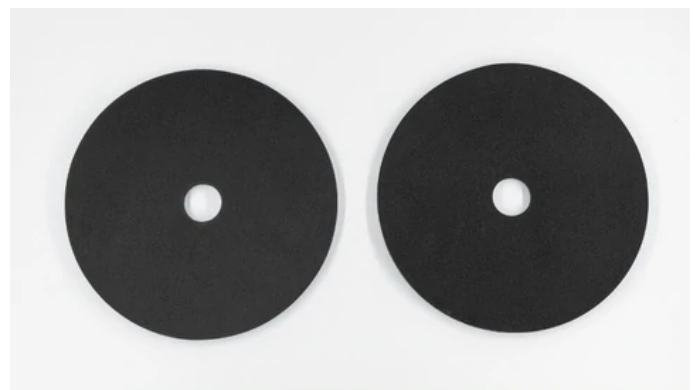
Attach a Flex Cord Classic to one or both eye bolts for a variety of functional training movements.



# FLEX MBAR RING PAD

The ring pad is designed to fit over an MBar that is vertically attached to a Flex Disc and provide a cushion for the hand.

This product is sold in pairs.



# FLEX MBAR 6 SET

The Flex MBar™ 6 is a 6" long steel bar wrapped in foam with a rotating eyebolt at 1 end.

Screw the open end of the bar directly into a Flex Disc for movement with multiple hand position options.

Attach a Flex Cord Classic to the eyebolt for asymmetrical resistance training.

Convert the MBar™ 6 into a dual anchor point handle by screwing in the additional eyebolt and attaching Flex Cords™ to both eyebolts for a variety of functional training movements.

This product is sold in pairs with 2 removable eyebolts.



# FLEX CORD LOOP HANDLE

Flex Cord Loop HAndle is the ideal resistance training tool for any age and fitness level.

It is the only sleeved elastic with the protected sleeve designed to stretch with the inner elastic tubing. This unique feature enables the Flex Cord to have a 5 to 1 stretch ratio which gives greater versatility to your exercise program.

The Flex Cord with loop handles is available in 3 different lengths.

Elastic sleeve is affixed at both ends to prevent tube from over stretching.

Elastic sleeve protects tubing from sunlight, dirt, nicks, and cuts.

Integrated loop handle stretches to secure hands and/or feet.

Compact, low profile makes for easy storage at home or for travel.





# FLEX CORD CLASSIC

The Flex Cord™ Classic with steel carabiners is a great addition to your Flex Disc regimen.

One end clips on to your disc and the other end can clip on to an anchoring point to provide loaded resistance training for stretching or strengthening of the upper or lower body.

It is the only sleeved elastic with the protected sleeve designed to stretch with the inner elastic tubing. This unique feature enables the Flex Cord Classic to have a 5 to 1 stretch ratio which gives greater versatility to your exercise program.



The Flex Cord Classic is available in 2 different lengths. We recommend the 41cm(16") length for Pilates and Barre exercises and the 61cm(24") length for traditional resistance training.

## FLEX CORD FEATURES

- Elastic sleeve protects tubing from sunlight, dirt, nicks, and cuts.
- Elastic sleeve is affixed at both ends to prevent tube from over stretching.
- Compact, low profile makes for easy storage at home or for travel.



# FLEX BLOX

Flex Blox have been ergonomically designed to match the natural contour of your hands which helps to minimize wrist pain during body weight exercises.

The dome shape puts your hand in a 45 angle instead of the typical 90 angle.

The closed cell foam dome material provides the right balance between support and tactile feedback.

Perform traditional bodyweight exercises such as pushups, mountain climbers, planks or utilize for your favorite yoga moves like downward dog.

Simply screw the dome off its base and screw on to the either size Flex Disc for comfortable multiplanar movements.



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