

HAB

direct

Product Catalogue



**INSPIRATORY
MUSCLE TRAINERS**



**FITNESS TESTING
and MEASURING**



**PERFORMANCE TESTING
and MONITORING**



LAB ANALYSIS



**REHABILITATION, STRENGTH
and CONDITIONING**

ISSUE ONE

www.habdirect.com.au

Welcome to the HaB Direct Oceania Catalogue

Welcome to the 1st Edition of the HaB Direct Oceania Catalogue.

The HaB Direct (incorporating Bodycare) project has established itself over the past 21 years as the UK's market leader in delivering 'Products that Perform'.



Working closely with leading manufacturers from around the world who deliver quality and innovative market leading products, HaB Direct has established itself as the preferred supplier of Health, Fitness and Sports Performance products to a diverse range of customers. e.g. Universities, Colleges and Schools; Sports Performance Centres; National Governing Bodies of Sports; Uniformed Services; Fitness Professionals; Health and Medical Practitioners.

HaB Direct Oceania, in association with our UK based partners are excited to be offering you innovative and quality products at competitive prices, supported by a knowledgeable customer support team. Included are:

- Breathing Trainers
- Lung Function Devices
- Lactate Analysers
- Ergometers
- Body Composition Analysers
- Timing Systems
- Heart Rate Monitors
- Pedometers
- Height and Weight Measures
- Blood Pressure Monitors
- Testing Equipment
- Health and Fitness Accessories
- Altitude Simulation Systems

For more information on our range please browse through the catalogue, visit www.habdirect.com.au or phone 1800 000 180.



5 Easy Ways to Order

CONTENTS

1. Online

- www.habdirect.com.au
- sales@habdirect.com.au

2. By Phone

- 1800 000 180

3. By Fax

- + 61 7 3268 3940

4. By Post

HaB Direct
c/o HaB Oceania Pty Ltd
PO Box 1230
Eagle Farm BC, QLD 4009
Australia

5. By Cheque or Credit Card

Payments can be made by Cheque (Hab Oceania Pty Ltd), Credit Card or direct Deposit.



Pages 2 – 8
Breathing Trainers / Inspiratory Muscle Trainers

Pages 9 – 12
Fitness, Testing and Measuring

Pages 13 – 18
Performance Testing and Monitoring

Pages 19 – 22
Lab Analysis

Pages 23 – 24
Rehabilitation, Strength and Conditioning

For a full list of products please refer to the INDEX on the inside back cover.



HaB

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Due to the limitations of printed catalogues, please visit: www.habdirect.com.au where you can find more detailed product information.

POWERbreathe Information

POWER[®] breathe

the world's no.1 breathing trainerSM

POWERbreathe Inspiratory Muscle Training

POWERbreathe is one of the most time efficient training devices at the disposal of today's health, fitness and sports professional.

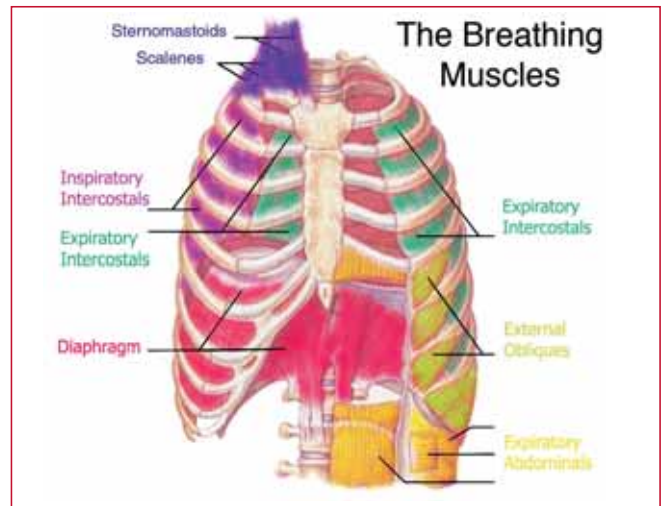
Only 30 breaths twice daily, less than 5 minutes training has been clinically proven to improve exercise performance and reduced breathlessness in as little as 4 weeks.

Why POWERbreathe?

When we breathe the diaphragm and intercostal muscles act together like bellows to pump air in and out of the chest. To breathe in, these muscles contract to expand the chest cavity, causing a pressure drop into which the air flows. At rest we breathe approximately 12 litres of air per minute, but during heavy exercise this can rise to over 150 litres per minute, and in elite athletes, this can be as high as 220 litres. Due to the increase in oxygen demand during exercise and physical activity the breathing muscles begin to work harder and just like any other muscle they fatigue, limiting performance.

What is POWERbreathe?

POWERbreathe works by making the user breathe against an adjustable, calibrated resistance. The concept of training is called Inspiratory Muscle Training or IMT. The breathing muscles work harder to open a pressure threshold valve inside the POWERbreathe. This valve acts as a weight against the breathing muscles. Over a short period of time the breathing muscles adapt to cope with lifting the weight.



POWERbreathe For:

Fitness and Sports Performance

- POWERbreathe has been scientifically proven to delay limb fatigue during intense activity by preventing the inspiratory muscles from diverting blood away from exercising limbs during exercise
- POWERbreathe improves time trial performance and endurance when used as part of a preparatory Warm Up
- POWERbreathe warrants improvements in repeated sprint recovery by up to 7% making it ideal for team sports and multi sprint activities.
- POWERbreathe training has been proven to improve lactate clearance by as much as 16% when used as part of a post exercise Cool Down programme

- Independent studies have shown that time trial performance improves elite rowing and cycling performance by as much as 4.6%. That slashes almost 3 minutes of a 40km cycling time trial and gives a winning margin of 60m in a 2000m rowing race
- POWERbreathe can also be integrated into simple postural specific training to replicate the demands of a specific sport on the respiratory system

Uniformed Services and Occupational Health

- Physically demanding work activities can place significant demand on the respiratory system. POWERbreathe training strengthens the breathing muscles reducing breathlessness and exercise fatigue

- POWERbreathe strengthens and develops the muscles of the thorax, rib cage and diaphragm. This results in a reduction in breathing effort perception and improved performance when carrying heavy loads and wearing protective clothing such as stab vests, NBC protection suits and protective helmets
- Respiratory protective equipment can significantly increase breathing effort, POWERbreathe aids in improving operational performance when wearing respiratory equipment and improved cylinder air use in simulated fire fighting by 8%

POWER breathe[®] K-SERIES

POWERbreathe K-Series

The World's 1st Intelligent Digital Breathing Trainer

The new innovative POWERbreathe K-Series of electronic inspiratory muscle trainers are designed to deliver a superior breathing training experience.

POWERbreathe auto-optimising IMT technology, the next generation in breathing training

Breathing physiology indicates that when your lungs are empty the breathing muscles are at their strongest. However, as they fill up with air they start to lose strength; therefore at high loads the breathing muscles can't maintain a full contraction throughout an entire breath.

The POWERbreathe K-Series provides the user with variable valve loading to overcome this. A tapered loading resistance matches the contraction curve of the breathing muscles throughout the entire breath. This enables the user to complete a full breath and muscular contraction at an optimal resistance.

Peace of mind with POWERbreathe K-Series

The POWERbreathe K-Series is an exclusive, adaptable and personalised respiratory coaching system offering many unique training features:

- Personalised Auto-optimising technology, IMT, that adapts specifically to users breathing function
- Advanced variable load training for improved training performance
- Performance monitoring capability for analysing breathing muscle strength, power and training volume
- Training intensity selector for creating specific and tailored training
- Breathe-Link performance monitoring software*
- Built in breathing guidance parameters to train, warm-up* and cool-down*
- Integrated pacing metronome, breath counter and end of session indicator
- Easy maintenance and user friendly design
- Rechargeable by both mains and pc

*Availability of features dependant on model

Also available: POWERbreathe K-Series Portable Systems for Sports, Fitness, Education and Health Professionals, utilizing POWERbreathe K-Series unique multi-user options. (Models offered are K5 or KH2)



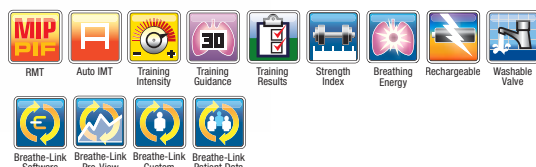
Model K5



Options available: 1. Sports Team Pack. 2. Education Pack. 3. Fitness Club Pack. 4. Medical and Home Healthcare Pack.

“ Accurate load setting is key to ensuring the best possible training outcomes. The ability of the K-Series to deliver this automatically, as well as monitoring progress, make it a quantum leap in breathing muscle training. ”

Professor Alison McConnell, PhD, FACSM, professor of applied physiology centre for sports medicine and human performance, Brunel University. (UK)



POWERbreathe K-Series

POWERbreathe[®] KSERIES

Research and Development

The POWERbreathe K-Series has been researched, developed, and designed in the UK in partnership with top UK sport, health and exercise scientists.

Technology

The POWERbreathe K-Series uses state of the art piezo-resistive pressure sensing technology to take precise measurements of respiratory pressure 500 times/second. The triple-aperture rotary valve system makes up to 4000 precision movements every second.

Medical classification

POWERbreathe K-Series is a Class 1 medical device as classified under the Medical Device Directive 93/42/EEC, and complies with EN 60601-1:2006 regarding medical electrical equipment.



Model KH2



BREATHELINK™ – Examples
LIVE FEEDBACK SOFTWARE

“The World’s 1st Intelligent Digital Breathing Trainer”

Training Technology Features:



Auto IMT: The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.



Training Intensity: The training intensity adjustment option allows resistance to be manually set from 10 to 200cmH₂O to suit your personal training requirements.



Training Guidance: The K-Series training guidance system provides breathing pacing guidance, displays the number of breaths remaining in your training session and informs you when the session is complete.



Warm-up & Cool-down mode: Automatically sets the optimal resistance for inspiratory muscle warm-up and cool-down.

Training Feedback and Testing Features:



Training Results: Provides detailed breathing training feedback including Load (cmH₂O), Power (Watts) and Inhaled Volume (Litres).



Strength Index: Calculates your inspiratory muscle strength (cmH₂O) based upon your peak inspiratory flow. Strength index is rated in comparison with your predicted value.



Single Breath Test: Measures inspiratory muscle strength, peak inspiratory flow rate and inhaled volume in a single breath. Rates inspiratory muscle strength (Poor, Fair, Average, Good, Excellent) in comparison with your predicted value.



Training Index: Displays the percentage effectiveness and effectiveness rating (Poor, Fair, Average, Good, Excellent) of your breathing training session based upon the amount of work you achieved.



Breathing Energy: Measures the mechanical work of breathing during your breathing training session. Breathing energy combines the force exerted by your inspiratory muscles and the volume of air inhaled.



Training History: Displays a graphical history of your last 36 training sessions allowing you to review trends and previous personal best results.

Technology Features:



Washable Valve: The K-Series valve head can be removed for cleaning using POWERbreathe cleansing solution (sold separately).*



You and I Option: Interchangeable Valve Head option for multiple users (Additional valve heads sold separately).



Rechargeable: Rechargeable power system with auto power-off and charge level indicator.

K-Series Health Features:



Multi-user Filter Option: Compatible with TrySafe™ bacterial/viral filters for multiple users (sold separately).*



Respiratory Muscle Testing (RMT): Maximum Inspiratory Pressure and Peak Inspiratory Flow tests for inspiratory muscle assessment.

Breathe-Link Features:



Breathe-Link Software: PC connectivity via USB enables real time training and performance testing. Select specific training and testing parameters and then assess inspiratory muscle condition, training progress and try and beat previous scores.



Breathe-Link Custom: Allows you to create and upload your own personalised breathing training sessions.

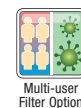


Breathe-Link Pro-View: Use the Breathe-link Pro-View for detailed, simultaneous plotting and analysis of all inspiratory muscle training data.



Breathe-Link Patient Database: Quickly access patient data using the Breathe-Link patient database interface.

Please call or visit our website for more details



Multi-user Filter Option: Compatible with TrySafe™ bacterial/viral filters for multiple users.

Product code: PBFIL



Spacer: for use with filters when using K-Series models.

Product code: PBSPACE



POWERbreathe K-Series

POWERbreathe K-Series

Probably the most portable, efficient and effective fitness and performance training equipment available anywhere!



1 POWERbreathe K1

Entry-level K-Series breathing trainer with essential state of the art training features.

Technology features:

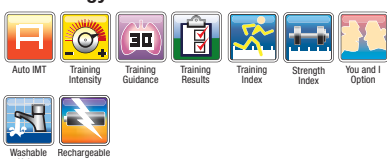


Product code: PBK1

2 POWERbreathe K2

Cutting edge POWERbreathe testing technology enables performance monitoring to maximize training performance.

Technology features:

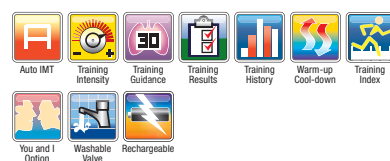


Product code: PBK2

3 POWERbreathe K3

Take breathing training to the next level, review and monitor breathing training over 36 days and utilize specific breathing warm-up and cool-downs to boost performance.

Technology features:

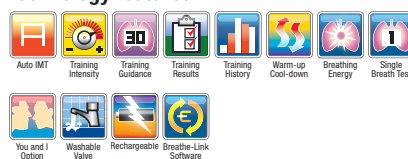


Product code: PBK3

4 POWERbreathe K4 Downloadable

Maximize training with Breathe-Link performance monitoring software and PC interface. Train, Analyse, Improve.

Technology features:



Product code: PBK4

5 POWERbreathe K5 Ironman Downloadable

The ultimate in breathing training technology. Manage and store customised training routines and utilise specific performance testing parameters. Train, Analyse, Compare, Improve.

Technology features:



Product code: PBK5

POWERbreathe K-Series products can be used in Group / Team situations, by utilising the specially designed:-



6 Valve head and mouthpiece

Product codes: PBKHVGR Valve head-Grey
PBKHVBLK Valve head-Black
PBKHVBLU Valve head-Blue



Powerbreathe Classic and Plus, Ironman and Iron Girl



Ironman has been a respected name in triathlon since its inception and is regarded as one of the world's most challenging endurance events made up of a 3.8km swim, 180km bicycle race and a 42.2km marathon!

The special edition POWERbreathe Ironman and Iron Girl models are the official breathing trainers of Ironman and Iron Girl and are used extensively by some of the world's top athletes.

These exclusive POWERbreathe models are approved to bear the Ironman and Iron Girl brand and feature all the benefits of the POWERbreathe plus range. Available in 3 levels of resistance so anyone from an aspiring spectator to an elite performer can benefit from better breathing strength, power and endurance.



POWERbreathe Ironman Plus (Black)

The Special Edition POWERbreathe Ironman Plus is an official Ironman licensed training device designed to improve performance.

Product codes:	PBIMLR	Light resistance	
	PBIMMR	Medium resistance	
	PBIMHR	Heavy resistance	

POWERbreathe Iron Girl Plus (Pink)

The Special Edition POWERbreathe Iron Girl Plus is an official Iron Girl licensed training device designed to improve performance.

Product codes:	PBIGLR	Light resistance	
	PBIGMR	Medium resistance	
	PBIGHR	Heavy resistance	

POWERbreathe instructional DVD and carrying pouch included.



POWERbreathe Inspiratory Muscle Trainers and Breathing Trainers have been developed and validated by professional sport scientists and world-leading researchers at Loughborough, Birmingham and Brunel Universities (UK), and are unparalleled in the world of respiratory training.



POWERbreathe Plus

The POWERbreathe Plus range contains all the benefits of the POWERbreathe Classic range but has been developed with new and exclusive design features:

- Variable easy read resistance dial for adapting and monitoring your training
- Softer, more comfortable antibacterial mouthpiece
- Ergonomic easy to hold design
- 65% improvement in airflow dynamics
- Soft touch nose clip
- Available in three variable resistance levels

Product codes:

BPBW	Light resistance	
PBPF	Medium resistance	
PBPS	Heavy resistance	

POWERbreathe Classic

The original and popular POWERbreathe Classic series is the result of intense research, trials and development by scientists at Birmingham and Loughborough Universities in the UK, and was launched in 2001.

- Entry level model, cost effective access to easier breathing and better sports performance
- Variable resistance dial for increasing levels of lung muscle strength
- Available in 3 levels of variable resistance; light, medium and heavy

Product codes:

PBCW	Light resistance	
PBCF	Medium resistance	
PBCS	Heavy resistance	

POWERbreathe's "TrySafe" filter option allows for multi-user group/team use. Product Code: **PBFILTER**

POWER breathe MEDIC
makes breathing easierSM

The use of Inspiratory Muscle Training (IMT) is now globally accepted as a functional training tool for athletic performance, POWERbreathe has also brought the benefits of IMT to the clinical professional. POWERbreathe Medic is an evidence based clinical IMT device for patients for which breathlessness is the limiting factor in everyday tasks. Clinically proven and designed to maximize the benefits of IMT, POWERbreathe Medic can be added to patient rehabilitation programmes reducing breathlessness by up to 36%, increasing exercise tolerance by up to 28% and quality of life by up to 21%.

POWERbreathe Medic:

- POWERbreathe is an Inspiratory Muscle Trainer for treating COPD, Asthma, Cardiac Rehabilitation and General Health Rehabilitation
- POWERbreathe is evidence based and clinically proven by world class researchers across the globe
- POWERbreathe is drug free, with no side effects or contraindications
- POWERbreathe can be used as part of pulmonary rehabilitation or as a standalone treatment
- POWERbreathe reduces medical expenditure by lowering primary care consultations, hospital length of stay and drug usage
- POWERbreathe improves quality of life and exercise tolerance
- POWERbreathe only takes 5-15 mins of training per day depending on medical condition

Product code: **PBM**



Asthma
Reduce β_2 -agonists consumption by up to 79%

Reduction in β_2 -agonist use¹



- FEV¹ improved by 14%² (p<0.005)
- Absence from school/work reduced by ~95%² (p<0.05)
- Emergency hospitalisations reduced by ~75%² (p<0.05)

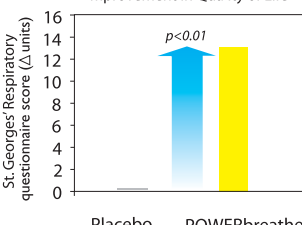
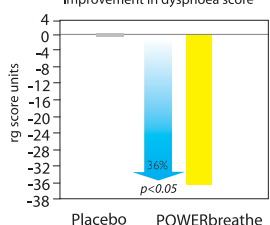
Inspiratory Muscle Training – Benefits

- Inspiratory muscle strength up by 27%*
- Improves exercise tolerance up to 28%*
- Reduces breathlessness up to 36%*
- Fewer GP visits reduced up to 23%*
- Improves quality of life up to 21%*

COPD

Improve dyspnoea by 36%¹

Improve Quality of Life¹

St. Georges' Respiratory questionnaire score (Δ units)

rg score units

Placebo POWERbreathe Placebo POWERbreathe

POWERbreathe Healthcare and Medical Series

POWER breathe KSERIES

The Worlds 1st digital, hand held respiratory muscle training, assessment and monitoring device.

Designed specifically for the patient, healthcare and/or medical professional.

POWERbreathe K-Series Healthcare products use state of the art technology to deliver safe and effective breathing training, monitoring and assessment.

The POWERbreathe KH1 and KH2 offer advanced portable hand held electronic breathing training that can be used bedside, on a hospital ward, as part of a pulmonary rehabilitation programme or within a doctors office or for mobile home healthcare services.



1 POWERbreathe KH1

Intelligent, portable hand-held respiratory muscle training and assessment device.

Features:

1. Respiratory Muscle Testing (RMT)
2. Auto-optimising IMT technology
3. Training intensity selector
4. Training guidance system
5. Training session display
6. Test mode (S-Index)
7. Training index results (T-Index)
8. Washable valve system
9. Multi Person Usage (MPU)

Product code: **PBKH1**



Features included:



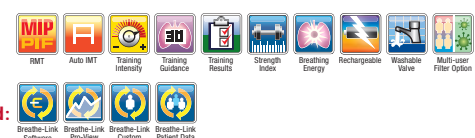
2 POWERbreathe KH2 downloadable

Intelligent, hand-held respiratory muscle training and assessment device with specific healthcare related software package. Live, real time training session display.

Features:

1. Respiratory Muscle Testing (RMT)
2. Auto-optimising IMT technology
3. Training intensity selector
4. Training guidance system
5. Training session display
6. Test mode (S-Index)
7. Training index results (T-Index)
8. Washable valve system
9. Multi Person Usage (MPU)
10. PC Sync
11. Downloadable multiphase and customisable training
12. Breathe-Link data base, Medical testing capabilities

Product code: **PBKH2**



Features included:

Better Breathing Products

HaB Direct has teamed up with POWERbreathe and other quality manufacturers of breathing training and respiratory care products, to offer our customers, popular tried and tested products.

Already, by working with POWERbreathe, we have introduced the benefits of breathing training to thousands of users involved in Sport, Fitness, Education, Research, Health, Medical, Occupational Health, Uniformed Services, Life Coaching, Sleep Therapy, Music, Speech Therapy and Singing, and more...



1. Flow Ball

Popular, low cost, easy to use, entry level training concept that is fun to use to introduce Breathing Training, for people of all ages. (Only available in packs of 10)

Product code: PFLOW



2. Shaker Classic:

Personal Mucus Clearance Device

- Brazil's No.1 clearance device, established 20+ years
- Affordable, entry level, easy to use, home use option
- Effective single user respiratory therapy to help free bronchial congestion
- Ease breathing by clearing congestion

Product code: PBSHC



3. Shaker Deluxe:

Personal Mucus Clearance Device

- Latest design technology used to improve performance
- Effective, convenient, easy to use and clean
- Recommended by professionals, can be used by adults and children
- Free bronchial congestion and ease breathing by expiratory breathing exercise

Product code: PBSHD



4. Respiromer

Incentive Spirometer or Respiratory Exerciser

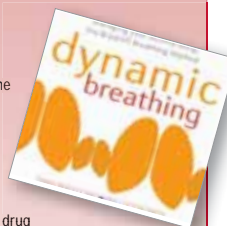
- Manual, flow orientated breathing trainer, that is adjustable
- 3 Flow chambers 600/900/1.200mL per sec
- Helps patients to recover respiration following chest or abdominal surgery

Product code: PRES

Dynamic Breathing Book

A fully revised, updated (and renamed) edition of the successful 2002 Breathing Works for Asthma. Featuring the POWERbreathe, this book is the asthma sufferer's indispensable companion. In recent years, asthma patients may have been well informed about their drug management but less emphasis has been placed on physical coping skills and the importance of the correct use of the muscles of breathing. Dynamic Breathing for Asthma takes you through a step by step breathing retraining process, which can help you to reduce medications, reduce stress levels, exercise comfortably and most importantly - breathe effectively.

Product code: DYNAMICB

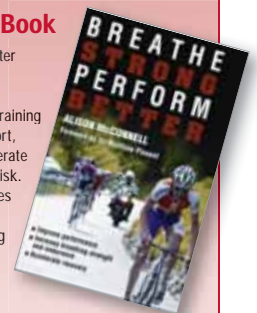


Breathe Strong Book

Breathe Strong, Perform Better explains how anyone, from everyday exercisers to elite athletes, can use breathing training to increase power and comfort, improve performance, accelerate recovery, and reduce injury risk. With easy-to-use programmes and sport-specific workouts, this is your guide to achieving efficient breathing and peak fitness.

In this comprehensive guide, the world's leading authority on breathing muscle training, Alison McConnell, will show you how to apply the latest scientific research and case studies to maximize training, conditioning and performance. With detailed instruction, practical advice, and easy-to-use sample programmes in Breathe Strong, Perform Better.

Product code: BSTRONG



Breathing Matters Book

Breathing Matters is a revolutionary book from one of New Zealand's top Ear, Nose & Throat surgeons. He believes that good breathing patterns can dramatically improve the lives of people with major diseases such as heart disease, asthma and depression and migraine. Breathing well helps us relax, normalises body biochemistry, reduces muscle pain and allows the re-establishment of normal posture and movement.

Product code: BMATTERS



Cleansing tablets

Available for use with all products in the POWERbreathe range.

Product codes: PBST24 Box of 24

Lung Function

asmaPLAN Peak Flow Meter

The lightweight, portable and accurate asmaPLAN, with its "one-size-fits-all" design, is a true advance in helping patients' manage their asthma.

- Accurate Compact, lightweight and portable
- Robust and durable
- Comfortable Integral Mouthpiece
- Easily Read Scale Markers
- Suitable for Adults and Children
- Suitable for multi-patient use with MicroCheck mouthpiece (sold separately)

Product Code: VG43600



asmaPLAN+Peak Flow Meter

The new asmaPLAN+ peak flow meter is designed to meet the new standards in performance and quality, including a high visibility scale and built-in colour-zone asthma management system. The lightweight, portable and accurate asmaPLAN+, with its "one-size-fits-all" design, is a true advance in helping patients' manage their asthma. The patented dual colour sliders on the asmaPLAN+ define the management colour zones set by the healthcare professional for the asthmatic to follow.

Product Code: VG43800



Vitalograph Electronic Peak Flow Meter

The new Vitalograph asma-1 electronic asthma monitor measures both FEV1 and PEF and provides a colour zone indicator of current performance compared to personal best. Test data is automatically stored with a date & time stamp and test quality information for the physician to review at the next appointment. Small, light-weight and affordable, the asma-1 makes it convenient and easy for the patients to monitor and manage their asthma. Our SafeTway® disposable mouthpieces prevent cross-contamination for multi-patient use.

Product Code: VG40000



Vitalograph COPD-6

Electronic COPD Screening

Fast, simple and effective screening of those at risk for COPD. The dual zone indicators provide an instant indication of both the obstructive index and the COPD classification. Using NHANESIII predicted values, the copd-6 measures and displays FEV1, FEV6, FEV1/FEV6 and percent of predicted. The copd-6 identifies those at risk of COPD at the pre-symptomatic stage to allow early medical intervention and facilitate better clinical outcomes.

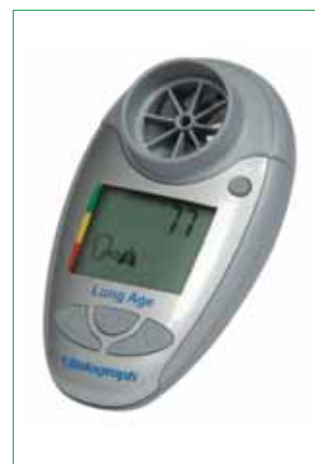
Code: VG40200



Vitalograph Lung Age Meter

A motivational tool for smoking intervention by healthcare professionals. Smoking is attributed as the main cause of COPD (Chronic Obstructive Pulmonary Disease). COPD is often undiagnosed and untreated in its early stages, especially in smokers. A key indicator of COPD is a reduced FEV1 compared with predicted FEV1 value. Early identification of a reduction in FEV1 can provide early warning of the damage already suffered by the lungs at the pre-symptomatic stage. The Vitalograph lung age compares a subject's FEV1 with predicted normal values to calculate the subject's 'lung age'.

Product Code: VG40500



Vitalograph Lung Monitor

This easy to use, hand-held, home monitoring device is designed to record key lung function parameters for those with respiratory conditions including asthma, cystic fibrosis and transplant patients. The Vitalograph lung monitor was designed in-line with the recent asthma recommendations, using FEV6 as a replacement for FVC. The side colour zone indicator, compares current FEV1 performance against the patients personal best to indicate current airway status.

Product Code: VG40550



Vitalograph Micro Spirometer

Vitalograph Micro Pocket spirometer with PC spirometry reports
This simple handheld spirometer features a high performance Fleisch flow measuring technology and displays key spirometry parameters. It also enables spirometry reports to be printed from your PC.

Product Code: VG63000



Vitalograph Alpha Spirometer

Vitalograph Alpha Spirometer with Inbuilt Printer Performing spirometry tests could not be easier than with the Vitalograph ALPHA. Simply enter the subject's age, height and gender, then select VC or FVC test. After the test series is complete, print the report on the built-in printer and/or transmit the report to your PC. The Vitalograph ALPHA automatically selects the best test and presents real-time curve visualisation, interpretation and test quality information in a simple, clear and easy to read format.

Product Code: VG65010



SafeTway Mouthpieces

Suitable for all Vitalograph products.

Code: VG20242
(A box of 200 pieces)



Blood Pressure

1. A&D Medical Manual Digital BP Monitor

The ergonomically designed UA-704 has an innovative "Palm Top" style that makes monitoring blood pressure easy. Its great portability enables you to carry this unit anywhere to monitor at anytime.

Product Code: ANDUA704



2. Premium Automatic Blood Pressure Monitor



This blood pressure monitor draws on the latest medical research and contains new features integrated primarily to take the anxiety out of blood pressure monitoring.

Product Code: ANDUA851



3. UB-511 Wrist Blood Pressure Monitor

This compact lightweight monitor is ideal for people who travel, and understand their blood pressure readings. Both Irregular Heartbeat Indicator and Blood Pressure Classification indicator provide additional information to the user.

Product Code: ANDUB511



4. BCI Digit Finger Pulse Oximeter

The Digit® Finger Oximeter delivers fast, reliable oximetry in an extremely handy, pocket-size solution by combining the monitor and sensor into one unit. While it's small in size, Digit® is big on performance, providing SpO2, pulse rate and pulse strength measurements on patients from pediatric to adult. Suitable for hospital or clinical environments, as well as home use.

Product Code: BCI3420



5. BCI Spectro 10 Pulse Oximeter

Features

- PI (Pulse amplitude Index) Indicator
- Large Bright LED Display
- Simple One Handed Operation
- Durable Construction
- At-a-glance patient assessment
- On-board sensor storage cradle
- Versatility with multiple sensors

Product Code: BCIWW1000



6. Omron HEM7203 Automatic Blood Pressure Monitor

Features:

- Clinically Proven Accuracy
- Guaranteed Measurements with Intellisense Technology
- Simple One - Touch Operation
- 30 Reading Memory with Date and Time
- Averaging Function
- Blood Pressure Level Indicator
- Carry Bag Included

Product Code: OMHEM7203



7. Omron Ultra Premium Automatic BP Monitor

Fully featured automatic blood pressure monitor with cutting edge technology offering the very best in the fight against hypertension. Unique pre-formed cuff fits medium and large arms with ease and comfort.

Product Code: OMHE7221



8. Riester Automatic Blood Pressure Monitor

Automatic Blood Pressure Monitor ri-champion® N Fully automatic digital blood pressure monitor for precise and fast measurement. The clinically validated device according to BHS standard A/A offers beside an easy handling and irregular heartbeat recognition also 99 memories, pulse tone, date and time. It operates with AA-batteries (included) or an optional mains adapter.

Product Code: RIN



9. Riester Anestophon Stethoscope

The anestophon® sets high standards! The innovative stethoscope especially for nurses and nursing personnel is fitted with a completely new developed aluminium chest-piece for particular comfort when taking blood pressure measurements. The acoustic performance has been enormously improved in the relevant frequency range. This stethoscope provides extra-ordinary high standards of quality at an attractive price.

Product Code: R141770ILF



10. Riester Duplex Stethoscope

Riester Duplex Stethoscope duplex® is the high-grade Riester quality stethoscope with precision double chest-piece. The acoustic performance has been considerably improved.

Product Code: R1400101LF



Scales

1. Omron HN283 Digital Scales

New from Omron, the HN-283 Digital Body Weight Scale uses 4 sensors for greater precision to accurately measure body weight. It's large and easy to read LCD clearly displays body weight between 5kg and 150kg in increments of 100g so even a slight change can be detected.

Product Code: OMHN283



2. SECA 760 heavy duty floor scales

A precise design classic with large clear and well defined dial has non-slip platform and scratch resistant finish. 150kg capacity 1kg graduation.

Product codes:

SE760R	BURGUNDY RED
SE760BL	MIDNIGHT BLUE
SE760E	ECRU
SE760W	WHITE
SE760B	BLACK



3. SECA 813 digital floor scale

A high capacity, wide, low platform with non slip dimpled mat. High bearing capacity of up to 200kg. The Seca 813 is well suited for hotels, nutritional centres and households. Graduation: 100g

Product code: SE813



4. SECA 869 digital flat floor scales with cable remote display

A two-meter-long cable connects the display so it can be set up separately from the base and read from its position on the wall or desk. Features include: BMI for nutritional conditions, HOLD to keep measurements displayed and TARE for weighing small children held in an adult's arms. It is suitable for stationary or mobile use, thanks to its handle, compact size, low weight and a levelling base for set-up on all types of surfaces.

Product code: SE869



5. SECA 700 mechanical column scale

Mechanical column scales with eye-level beam. Includes seca 220 height rod 60cm – 200cm with 1mm graduations. 220kg capacity scale with a 50g graduation.

Product code: SE700



6. SECA 703 digital pillar scales

Robust, precise, stable and capacity of 250kg with integrated, automatic BMI function these scales have the prerequisites for determining the weight of heavyweight persons. Can be fitted with 220 height rod, available separately.

Product code: SE703



7. SECA 710 classic heavy duty scales

A very strong, stable, and precise waist level scale with large tread area. With 50g graduation and 200kg capacity. Can be fitted with 220 height rod, available separately.

Product code: SE710



8. SECA 213 Portable stadiometer

The Seca 213 mobile stadiometer is especially suitable for use in the field but also ideal for doctors' practices and pediatric hospitals.

The measuring rod can be dismantled into several pieces and set up easily and quickly. The spacer keeps the rod straight and stable without any fittings. As the scale is printed along the side of the measuring rod, it is easy to read off the result while measuring, thus guaranteeing precise results - up to a height of 205 cm.

Product Code: SE213



9. SECA 242 electronic measuring rod

A wall mounted battery powered measuring rod determines height via opto-sensor, transmitting wirelessly to reader.

Product code: SE242



10. Telescopic measuring rod for seca column scales

This telescopic measuring rod can be fitted at any time to many seca column scales, including the SE703 and the SE710. It has the same convenient eye-level read out even for taller patients.

- Measuring range: 60 - 200 cm
- Graduation Length: 1 mm
- Weight: 696 g
- Dimensions: 55 x 1480 x 286 mm / 55 x 2053 x 286 mm mounted



Strength, Flexibility, Reaction and Temperature

1. Basic height measure

- Portable or wall mounted height measure
- Range: 0-200cm.

Product code: LJP60



2. Digital medical ear thermometer

Easy to use battery operated electronic ear thermometer. Suitable for all ages, especially babies, young children and the elderly.

Product codes:
ANDUT202 Digital ear thermometer



3. Seiko quartz metronome

Light and sound signal option. Easy to use dial setting. Required for sub maximal aerobic testing.

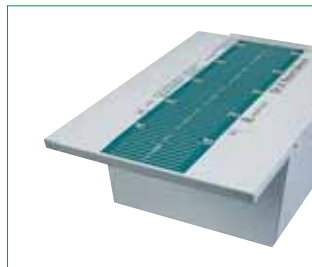
Product code: SQ50V



4. Steel sit and reach box

For trunk flexibility measurements. With lockable base. Ideal storage space for mobile screening. Scale 0 - 55cm.

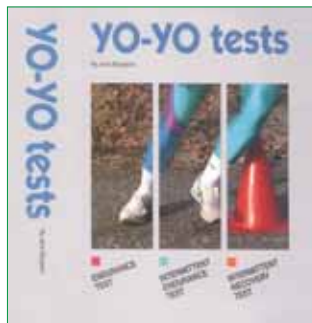
Product code: LSRBS1



5. Yo-Yo test

Evaluate and develop fitness levels with this precise and simple test.

Product code: YOYOC



6. Multistage fitness test

An easy to use bleep test based on established scientific research.

Product code: BCD-M STAGE



7. Hand grip dynamometer

A simple and popular test for general strength testing with an adjustable hand grip.

- **Digital:** Range 5.0-100kg, graduation 0.1kg
- **Analogue:** Range 0-100kg, graduation 500g

Product codes:
5401 Digital
L5001 Analogue

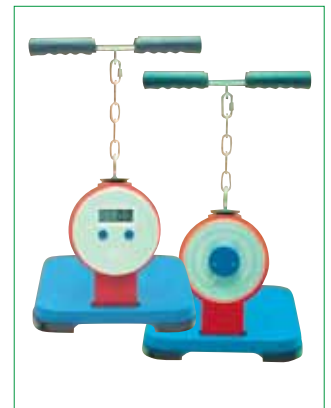


8. Back/leg dynamometer

For measuring the strength of the back and leg, this provides a base for sure footing, with an adjustable hand-grip chain to accommodate height differences.

- **Digital:** Range 20-300kg, graduation 0.5kg
- **Analogue:** Range 0-300kg, graduation 1kg

Product codes:
L5402 Digital
L5002 Analogue



9. Jump meter

Includes adjustable waist belt with a cord secured to a rubber mat. Large, easy to read digital display. Range 5-99cm, graduation 1cm.

Product code: L5106



10. LaCrosse Wireless Forecast Station

- Weather Tendency Arrow (Up / Down) & Advance Storm Warning Indicator Icon
- Weather History Display: A Record of All Values is Stored Every 3 Hours for a total of 140 Records
- Wireless Outdoor Temperature and Humidity with MIN/MAX Time and Date Records (°F/°C) & (%RH) respectively
- Wind Speed and Gust with MAX Time Record
- Wind Chill and Dew Point with MIN/MAX Time and Date Records

Code: WS1913



11. LaCrosse Wireless Professional Weather Centre

- Wireless outdoor temperature (°F or °C)
- MIN/MAX value of IN and OUT temperature
- Barometric tendency arrow
- Time alarm with snooze
- Wall hanging or free standing

Code WS9133



Stopwatches

1. Digi Stopwatch DT1

Features:

- 6 Digit Basic stopwatch
- 1/100 sec for 30 minutes
- Calendar
- Time of Day and Alarm
- Water resistant

Product Code: DS6500



2. Digi Stopwatch DT3

Features:

- 7 Digit Stopwatch
- 1/100 sec with cumulative split or lap
- Count Down Timer Function with repeat Option
- Pacer • Water resistant

Product Code: DS6100



3. Digi Stopwatch DT 480A

Features:

- 50 Lap recall memory
- Lap Counter to 99 laps
- Count Down Timer
- 30 Second Shuttle timer for time outs
- Pacer
- Water resistant

Product Code: DS6200



4. Digi Lap Stopwatch DT 100

Features:

- 100 Lap Memory
- 3 Line Display • Average Lap time
- Time of Day • Pacer Mode
- Count Down timer • Metal Case
- Water resistant

Product Code: DS6150



5. Digi Stopwatch DT 2000

Features:

- 100 Lap Memory
- 3 Line Display
- Average Lap time • Time of Day
- Pacer Mode • Count Down timer
- Metal Case
- 2000 Lap Segregated Memory
- Data can be printed to DT500P Printer (available separately)
- Data can be Downloaded to Windows based Digi Link software programme (optional)
- Water resistant

Product Code: DS6480



6. Digi Sports Multi lane Timer DT 800

- An 8000 Lap Memory Capacity
- A built in Printer for instant results
- 1 Button start removes inaccuracies from watching for gun smoke
- Up to 10 individual lane buttons available for track and road finishes
- Track and road race modes
- Single and multiple race start times in road race mode
- Wave start option for road races for age groups or categories
- Automatic Printing of final results summary
- Download Race results to PC via Digi sport instruments software

Product Code: DT 800
3m Buttons DS6650
15m Buttons DS6651
Paper DS6640



7. DT2000 Software

DT2000 Software for use with DT2000 and DT500 Stopwatches,

Features

- Digi DT2000 Stopwatch Computer Software
- USB Upload Kit with Cable and Software

Product Code: DS6485



8. Digi DT500P Stopwatch Printer

DT500 Printer for use with DT2000 and DT500 stopwatches

Features

- Compatible with DT2000 & DT500
- Japanese Thermal Printer
- 1.5 Lines per Sec • 13 Digits/Row

Product Code: DS6450



9. Digi Sports DT810 Stopwatch and Printer

Features

- 2000 memories
- Segregated memory (capability to memorize LAP times of different races)
- User Selectable LAP/SPLIT or LAP/SPEED display
- Average and best lap time display
- Automatic release of LAP time after 10 seconds to allow progress monitoring
- Data can be printed at operation or selectively by race later
- Data can be uploaded to computer through upload Cable and software

Product Code: DS6490

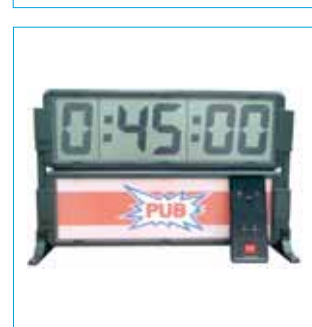


10. Digi Sports E69 Wall Timer

Features

- 24 hour clock display
- Count up timer to 9hr : 59min : 59sec
- Countdown timer with beep
- Large LCD digits
- View from as far away as 50m
- RF remote control - no cords required
- Wall mounted or free standing

Product Code: DS6600



11. Digi DTS1 Scoreboard

Features

- 2 x 3 digit scores
- Count down timer
- Stopwatch
- Time
- Large LCD digits
- View from as far away as 50m
- AC power or battery powered
- Remote control
- Wall mounted or free standing

Product Code: DS6610



GPS and Heart Rate Monitoring



Innovative Market leaders in the world of GPS. Garmin has helped to take GPS to new heights by going beyond ordinary features and performance, while always pushing the boundaries of quality and design.



1. Garmin Forerunner 110

This Sports Watch is the easiest way to track your training. It's GPS-enabled so it knows how far and how fast you run - with no bells or whistles. There's virtually no setup required, so you can just press start and run or walk with it. Forerunner 110's data-friendly display makes it simple to read on the run with the all-important time, distance and average pace always there when you need it.

Product codes:

- GMF110** Unisex (Watch Only)
- GMF110M** Men's (with HRM)
- GMF110W** Women's (with HRM)



2. Garmin Forerunner 405CX

This is the evolution of GPS-enabled training. This sleek sportswatch tracks your time, distance, pace and heart rate, then wirelessly sends the data to your PC for later analysis. The 405CX features heart rate-based calorie computation and comes with a fabric wrist band option suitable for smaller or larger wrists. With a high-sensitivity GPS receiver and HotFix® satellite prediction.

Product code: GMF405CX



3. Garmin Forerunner 405

Long runs, tempo runs, speed drills. You expect a lot from your body and from your training gear. Meet Forerunner 405. This GPS-enabled sport watch tracks your training, then wirelessly sends your data to your computer. The ultimate in training technology, its sleek design features a touch bezel that lets you quickly scroll and select features on the run.

Product codes:

- GMF405UB** 405 with USB ANT Stick (Black)
- GMF405HB** 405 with HRM and USB ANT Stick (Black)



4. Garmin FR60

Log every mile and every minute with FR60, a sleek fitness watch plus workout tool that tracks your time, heart rate and calories burned. When bundled with the wireless foot pod, FR60 also tracks speed and distance, indoors or out. Then, FR60 wirelessly sends your workout data to your computer for later analysis.

Product codes:GMFR60M

- Men's HRM Only (Red & Grey)
- GMFR60W** Women's HRM Only (Lilac)
- GMFR60MB** Men's Bundle includes foot pod, USB ANT stick and Premium Heart Rate Monitor
- GMFR60WB** Women's Bundle includes foot pod, USB ANT stick and Premium Heart Rate Monitor



Cardiosport heart rate monitors offer a personal solution to make your fitness training more rewarding.

A Cardiosport heart rate monitor helps you to train and exercise at the right intensity, not too heavy and not too light on your goals - whether they be general fitness, high performance or weight management.

2. Cardiosport GO

The Cardiosport GO is a great basic heart rate monitor and is ideal for those who have general health and fitness goals.

The Cardiosport GO has one main screen showing heart rate. There is a single button for switching heart rate ON and OFF and everything has been laid out to make this technology truly easy to use. During exercise, GO also measures the time since the sessions started and the minimum, maximum and average heart rates.

Product Code: CS8000



1. Cardiosport G015

- Water resistant to 30 metres
- Heart Rate updated every two seconds
- ECG accurate
- User changeable transmitter battery
- World leaders in heart rate monitoring technology. Cardiosport has developed a safe 122kHz low frequency digital transmission with improved signal interference resistance and coding to allow exercise in close proximity to other monitors

Product Code: CS8015



3. Cardiosport Group Kit

Heart rate monitoring is an essential part of any workout programme and using the new System 122™ digital coding, Cardiosport has developed a safe, low frequency coded heart rate monitor which is ideal for use by groups of cyclists, runners, schools and gym classes. In these environments, heart rate monitoring has been difficult with traditional heart rate monitors because of potential cross-talk with other users.

Cardiosport System 122™ offers users a personal, easy to set up, coded monitoring system.

Group Kit Includes:

- 20 x Fusion 10 Heart Rate Monitors
- 20 x Digital Coded Transmitter Straps
- 1 x Large Carry Bag

Product Code: CS8600



Yamax is widely recognised as one of the most accurate and reliable pedometers on the market. They are manufactured in Japan and are the first choice for most physical activity research and education programs with a return rate of less than 0.1%.



1. Yamasa Manpo 100

- Step Counter: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- 6 Digit: Display up to 1 million steps
- Inbuilt Alligator Clip
- 12 month manufacturers warranty

Product Code: YXMP100



2. Yamasa Manpo 365

- Step Counter: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- Display up to 1 million steps
- Inbuilt Alligator Clip
- 12 month manufacturers warranty

Product Code: YXMK365



3. Yamax SW200

- STEP COUNTER: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- LARGE DISPLAY: Wide and easy to read LCD
- Flip screen for protection

Product Code: YXSW200



4. Yamax SW500

- STEP COUNTER: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- DISTANCE: Measures the distance covered while walking or jogging up to 999km
- CLOCK: 24 hour system clock

Product Code: YXSW500



5. Yamax SW700

- STEP COUNTER: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- DISTANCE: Measures the distance covered while walking or jogging up to 999km
- CALORIES: Measures the number of calories while walking or jogging up to 9999 kcal

Product Code: YXSW700



6. Yamax Digi-Walker CW300

- STEP COUNTER: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- ACTIVITY TIME: Measures the time covered up to 999 km
- DUAL DISPLAY: Wide and easy to read LCD & 24 hour system clock
- 6 DIGIT: Displays up to 1 million steps

Product Code: YXCW300



7. Yamax Digi-Walker CW600

- STEP COUNTER
- ACTIVITY TIME
- DUAL DISPLAY
- 7 DAYS MEMORY: Records the number of steps and calorie consumption up to 7 days ago.
- 2 WEEKS MEMORY: Records the steps, activity time and distance for the last 2 weeks

Product Code: YXCW600



8 Yamax Digi-Walker CW700

- STEP COUNTER/ACTIVITY TIME/ DUAL DISPLAY
- 7 DAYS MEMORY
- 2 WEEKS MEMORY
- DISTANCE: Measures the distance covered up to 999km
- CALORIES: Measures the number of calories up to 9999 kcal

Product Code: YXCW700

1. Digi DW1A

The Digi DW1A is a great multi - function pedometer

Features

- Step Counter - Up to 99999 Steps
- Distance in KM
- Large easy to read screen
- Water Resistant
- 2 Year Battery Life

Product Code: DS6050



2. Digi DW2A

The Digi DW2A is a great multi - function pedometer

Features

- Step Counter - Up to 99999 Steps
- 4 Functions
- Step Counter - Up to 99999 Steps
- Calorie Counter
- Stopwatch
- Distance in KM
- Large easy to read screen
- Water Resistant
- 2 Year Battery Life

Product Code: DS6001



Activity Monitors



1. POWERwalker PW610 (3D Accelerometer)

The first accelerometer to install the "3D Accelerometer Sensor". This 3D sensor can perceive any type of movement – top to bottom – left to right – front to back - which means the POWER WALKER can be worn in your pocket or bag.

- Step Counter
- Activity Time
- Speed & Distance
- Calorie Expenditure
- Clock
- 7 Days Memory
- Power Walking
- Dual Display
- 3d Accelerometer Sensor

Product Code: YXPW610



4. Kenz eSTEP

Winner of 2009 Health Smart Pedometer Award, Kenz Lifecorder Activity Monitors offer so much more than a pedometer. In addition to counting steps they measure the intensity and duration of physical activity. A Lifecorder Activity Monitor can therefore provide an extremely accurate record of time spent at moderate or greater intensity levels and daily calorie expenditure in addition to counting steps.

- Exclusive Activity Timer: Keeps track of your activity minutes at moderate or greater intensity
- Calories Burned: Displays your estimated basal metabolism rate and Total Calorie Expenditure (T Cal)
- Step Counter: Counts the number of steps taken while walking or jogging up to 99 999 Steps
- 7 Days Memory: 7 days of data is stored and displayed on demand
- Solid state sensor delivers greater accuracy making it ideal for older and obese users.
- Filters motion and vibration and only counts real steps
- No moving parts resulting in a highly durable activity monitor

Product Code: KZSTEP



2. POWERwalker PZ270

The Powerwalker Lite is ideal for everyone from individuals to personal trainers and exercise physiologists.

It is simple to use and has the same Yamax standards on accuracy and quality.

- STEP COUNTER: Counts the number of steps taken while walking or jogging up to 99,999 Steps
- DISTANCE: measures the distance covered while walking or jogging up to 999 km
- CALORIE EXPENDITURE: measures the number of calories expended while walking or jogging up to 9999 kcal
- CLOCK: 24 hour system clock
- 7 DAYS MEMORY: Records the number of steps and calorie consumption up to 7 days ago.
- DUAL DISPLAY: wide and easy to read LCD
- 1D SENSOR
- 12 month warranty

Product Code: YXPZ270

5. Kenz PLUS

- Step Counter: counts the number of steps taken while walking or jogging up to 99,999 Steps
- Exclusive Activity Timer: keeps track of your activity minutes at moderate or greater intensity
- Activity Intensity Graph: bars in the graph display the intensity level of your physical activity in 2 minute intervals.
- Calories Burned: displays your estimated basal metabolism rate and Total Calorie Expenditure (T Cal)
- Distance: In KM's
- LCD Memory: 7 days of data is stored and displayed on demand
- Internal Memory: 60 days of data is stored on the Lifecorder (Downloadable)
- Downloadable: Free Software Available on Kenz & PAAS Analysis Software Available for Results
- Set User Info: weight / gender / age / height / stride / calendar / clock
- Set Targets: daily step count / Activity Time / Energy Expenditure
- Battery Life: 2 months
- 2 year warranty from date of purchase

Product Code: KZPLUS



3. POWERWalker EX510 Accelerometer

The EX510 is the top of the range in Accelerometers. With inbuilt 3D accelerometer technology and the new fat burn feature it is ideal for serious weight loss and health programmes.

- Can be worn pocket or bag
- Step Counter
- Distance
- Calorie Expenditure
- Fat Burnt
- Activity Time
- Clock
- 30 Days Memory
- 30 Weeks Memory
- Dual Display
- 3D Sensor
- 12 Month Warranty

Product Code: YXEX510



6. Kenz PAAS Software

Lifestyle Coach Physical Activity Analysis Software (PAAS) Lifestyle Coach is unique, user friendly software that has been specifically designed to analyse the data collected by the Kenz Activity Monitors.

Product Code: KZPAAS



BROWER Timing Systems

1. TC-System

A wireless timing device that enables athletes and coaches to measure time, speed, count repetitions, input test data and save it all in the TC-Timer memory. The TC-System can send radio transmissions up to 850 feet and is accurate to the thousandth of a second, making it a highly precise timing tool. It is also equipped with five different radio frequencies allowing multiple Brower systems to be used in the same area. With Brower Timing's dedication to portability, all components of the TC-System have been designed to fit neatly into a small lumbar pack.

Product codes: BTCS



2. TC-Timer

With seven different timing modes the TC-Timer can handle a wide array of timing needs. Its built in memory can recall up to 199 athletes with athlete results and splits.

Product codes: BTCT



3. TC-Timer USB

The TC-Timer USB retains all the functions of the TC-Timer and adds the ability to download the timer data to a computer. With the TC-Results Center software, the data can be manipulated and organized to provide informative profiles displaying all the test results for the athlete.

Product codes: BTCTUSB



4. TC-PhotoGate A&B

The TC-PhotoGate A & B create an infrared beam that can start, split or stop the time. With the TC-System, users can add up to 9 splits.

Product codes: BTCG



5. TC-Start Pod & Accessories

These parts are not included with each Brower TC-Timing System, but can be added for extra functionality.

Product codes:
BTCFW - Footwand
BTCM - Microphone
BTCSP - Stairpad - no cleats
BTCFP - Floorpad - no cleats

Dynamic Movement Skills™ Systems'



The Dynamic Movement Skills™ (DMS) is a training methodology that develops gross motor skills, agility and coordination in people of all ages, abilities and speed, explosiveness and turning ability for athletes in all sports.

The Dynamic Movement Skills Training Methodology is based on detailed physiological and sports science research of the nervous system, sports movements and the stretch-shortening cycle. We have used the Dynamic Movement Skills Training Methodology as part of a periodized training programme for elite athletes of different sports and abilities. As well as children and youngsters. It has been used with professional footballers, sprinters, rugby players, basketball players and cricketers amongst others.

DMS Youth (Ages 12-16)

Did you know?

Approximately 15% of students attending secondary schools experience motor skill difficulties (Berger and Thompson, 1995).

Kids who are more physically active perform better academically.

Are you?

- Sports Coach
- PE teacher
- Sport Scientist
- S&C Coach
- Sports Team
- School

What are the benefits?

- Improved Agility
- Increased Coordination
- Increased Fitness
- Improved Gross Motor Skills
- Ability to test and retest



Product codes:
DMSYTTY Youth Team System
DMSYTTP Pro Team System

DMS Pro (Ages 16+)

Are you?

- Sports Coach
- Sport Scientist
- Fitness Coach
- S&C Coach
- Sports Team
- Involved in PE Teacher Training
- Personal Trainer

What are the Benefits?

- Quick Feet
- Enhanced Speed
- Better Turning Ability
- Increased Explosiveness
- Improved Agility
- Increased Coordination
- Ability to test and retest

What does it include?

Both the DMS Youth & DMS Pro provide excellent value for money through a complete system, which allows you to get started with training immediately. The system includes:

- Instructional DVD
- DMS Non Slip Mats
- Coaching Manual
- Complete encapsulated and removable session plans. Dynamic Movement Skills Team Version – Includes 10 Mats. Suitable for training teams and groups of up to 30.



Dynamic Movement Skills Individual Version Suitable for training 1- 3 people per session. Training courses are available in the Dynamic Movement Skills methodology. For further information on the DMS Junior version and more research information log on to:

www.dynamicmovementskills.com



Product codes:
DMSYMY Youth Single System
DMSYMP Pro Single System



Simulated Altitude Systems

Altitude Technology Solutions (ATS) - have been operating for over 5 years in the fields of sports performance, health and wellness, pre-acclimatisation and rehabilitation. ATS provides the client with the capability to "Bring The Mountains To Me."

Home Use

ATS – Base system is an introductory system which provides the user with the basic functions of altitude training while still allowing them to achieve their goals. The unit is capable of air flow at 2750m of 50 LPM and can reach altitudes of up to 3400m.

- Flow rate 50 LPM @ 15%O₂
- Altitude range up to 3400m
- Finger Pulse Oximeter
- Universal Mask Kit
- Mask and Head Strap

Performance

ATS – Elite system is for the professional athlete or trekker. The unit provides the client advanced monitoring capability with an inbuilt oximeter and is capable of air flows at 2750m of 50 LPM and caters for advanced protocols by reaching altitudes of up to 6000m.

- Flow rate 120 LPM @ 15%O₂
- Altitude range up to 5000m
- Internal Digital altitude reading in oxygen concentration
- Finger Pulse Oximeter
- Universal Mask Kit
- Mask and Head Strap



Inflatable Chamber

Inflatable Chamber

- Dimension 1.4m x 2.2m x 2.4m high
- Volume 7.4m³
- Ports for Split air-conditioning
- Carry case
- Other larger chambers are available

CALL FOR DETAILS

ATS – High Performance Engineered by Professionals for Professionals

Over the past decade simulated altitude training has become an acceptable performance method in an individual or elite teams tool kit. With the evolving boundaries of sports science and greater understanding of the driving factors in the human performance physiology the limiting factor has now become the technology. ATS over the last two years in conjunction with NSW Institute of Sport have developed a product with the technology to overcome these limiting factors through the ATS – High Performance unit.

Mask Based Systems Specifications:

- Constant Purity
- Constant Flow
- Flow rate 120LPM @15% O₂
- Flow rate 95LPM @12% O₂
- Altitude range up to 5000m
- Hyperoxic capacity up to 35% concentration
- Internal Digital altitude reading in oxygen concentration
- Weight: 60kg
- Dimensions: 500 x 500 x 850 high

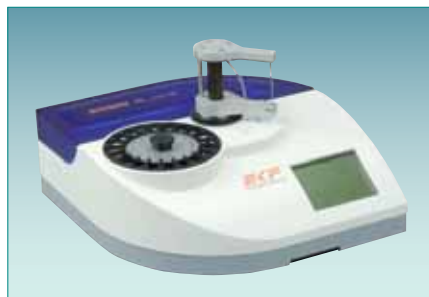
Capable of training two athletes in steady state



Note: Simulated Altitude Systems can be individually designed to suit your unique needs and requirements. A range of accessories also available. Please call for details.

Since 1990, EKF Diagnostics have developed high quality analysers for thousands of customers who trust in their premium product and service quality. EKF diagnostic has developed a special chip sensor technology for the BIOSEN C_line range that guarantees fast measurement and high precision.

**EXCLUSIVE
DISTRIBUTOR**



1. BIOSEN C_line

The BIOSEN C_line has been especially developed for professional use in sports laboratories, professional sports clubs and clinical settings. The state of the art graphical touch screen allows you to easily see the super fast results and the special 'Chip Sensor' technology provides the high accuracy required.

- Up to 120 samples per hour
- Chip-Sensor for user-friendly and safe handling
- Integrated quality control
- Low operating costs by minimal reagent consumption
- Easy sample handling & compact design
- Integrated Barcode reader (optional)

Product Codes:

EKF521200511200 C_line Sport lactate or glucose (1 measuring channel) (please specify)

EKF521201211200 C_line Sport lactate and glucose (2 measuring channels)

Other options available – call for details



4. Blood analysis – EKF Hemo Control

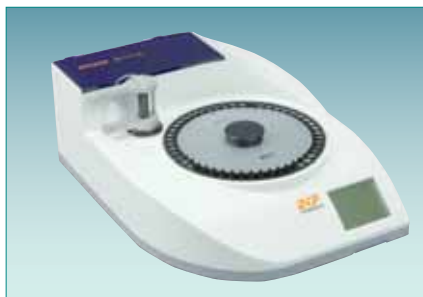
The Hemo Control system enables the fast and precise determination of haemoglobin and haematocrit in blood. It consists of a handy photometer, operating with microcuvettes (dry chemistry).

- Haemoglobin and haematocrit from one sample in approx 25 secs
- Only 8 µL sample volume required
- Comfort touch screen
- Ready for mobile and stationary use
- No additional reagents or dilutions required

Product code:

EKF300500360313P Hemo Control Unit

EKF300030120765 Microcuvettes



2. BIOSEN S_line

The larger BIOSEN S_line is especially developed and designed for professional use in hospital laboratories or the purposeful use in research or sports medicine and is able to process 160 samples per hour

- Up to 160 samples per hour
- Chip-Sensor for user-friendly and safe handling
- Integrated quality control
- Low operating costs by minimal reagent consumption
- Easy sample handling & compact design
- Integrated Barcode reader (optional)

Product Codes:

EKF522100554200 S_line Lab for lactate or glucose (please specify)

EKF522101224200 S_line Lab with glucose & lactate (2 channel)



3. Lactate Scout

This medical hand held device for Lactate measurement is ideal for use by sports scientists, sports coaches, medical and clinical professionals and individuals.

- Reliable results in 15 seconds
- Sample volume 0.5ul
- Measurement range 0.5 –25.0 mmol/l
- Single – and step test measurements (resting / exercise / recreation)
- Memory: 250 measurements (storage place, date, time and training- level)
- PC-Link for cable / Bluetooth (optional)
- Function (stopwatch, countdown setting, step test calculation)
- 2 x 1.5v AAA/LR03-batteries

Product codes:

LACSC Lactate Scout Solo

LACSCB Lactate Scout Basic

LACSCS Lactate Scout Start

Product codes for main consumables:

EKF702334050846 72 Lactate strips 3 x 24

EKF702334050727 48 Lactate strips 2 x 24

EKF702334050608 24 Lactate strips 1 x 24 + 25 lancets + 30 alcohol pads

EKF702335070562 100 x lancets

EKF702335080580 100 x alcohol pads



5. Urine analysis - Osmocheck

Osmocheck is a portable, personal osmometer, calibrated from 0 to 1500mOsmols/kgH₂O, for use with urine to give an instant measure of dehydration. Doing strenuous exercise whilst being dehydrated is not conducive to peak performance and can be positively dangerous. Product comes with 1 year guarantee.

Product code: OSM01 Osmocheck

**Are you using Lactate Pro?
If so – we can supply
the consumables or better
still offer you a great
deal to upgrade
to the Lactate Scout.**



Lactate Pro Test Strips

Lactate Test Strips for the entry-level hand held lactate analysis device for use in the field. Sold in boxes of 25.

Product Code: LACPRS

Body Composition



1. The Bodystat®1500 measures/calculates

The Bodystat 1500 Analyser is a hand-held, battery operated, Bio-impedance analyser that is lightweight, easy to use and requires no specialist skills. It is non-invasive and measures the impedance value of the body, providing quick and effective analysis of body composition. Whole Body analysis, rather than partial body analysis of arms or legs only, is measured for greater accuracy. Bodystat 1500 has been tried and

tested in gyms for over 20 years and users find it an invaluable tool for motivating their clients and getting real long term results, providing clients with a 12-page health and fitness report using the unique Bodystat Software or an instant print out with the Bodystat at Bluetooth printer. The Bodystat 1500 Body Composition Monitoring Unit is single frequency and ideal for assessment for adults from age 18 years.

Product codes:

- BS1500** Bodystat 1500 Analyser
- BS1500P** Replacement electrode pads (100) (suitable for all Bodystat models)
- BS1500R** Replacement report pads
- BSP** Thermal Printer



2. Maltron 900 body fat analyser

Safe and simple-to-use, this quickly separates weight into fat, lean and water using the tetrapolar method of 4 electrodes, applied to hand, wrist, foot and ankle. Results displayed: body fat %; target fat % (min/max); basal metabolic rate (BMR) (Kcal); body impedance. Replacement electrode pads available.

Product code: BMBF900

3. Maltron 906 body fat analyser

Safe and simple to use, this quickly separates weight into fat, lean and water using the tetrapolar method of 4 electrodes, applied to hand, wrist, foot and ankle. Results displayed: Body fat %; body fat weight; target fat (min/max); body mass index (BMI); body impedance; basal metabolic rate (BMR) (Kcal); target weight (min/max); lean weight; lean %; water litres; water %; target water (min/max). Replacement Electrode Pads available.

Product codes: BMBF906

Replacement electrode pads (100)
BMME4000



4. Harpenden Caliper

The original Harpenden Caliper. Made from high quality stainless steel with a rubber gripped handle, these calipers comply with the industry standard for quality and accuracy.

- Range = 0 - 80mm
- Graduation = 0.2mm
- Booklet and case included
- Class 1 medical Device with measuring function

Product code: LHSC



5. Harpenden body assessment software

User friendly software for body fat assessment using either the 4 Site Durnin & Womersley system or 3 site Jackson & Pollock system.

- BMI
- Basal metabolic rate
- % Body fat content, % body fat preferred level
- Lean body mass
- Fat mass
- Min/max weight guide
- Child BMI growth charts
- Subjects data can be printed in graphic or plain text formats

Product code: LHSCSOFTWARE

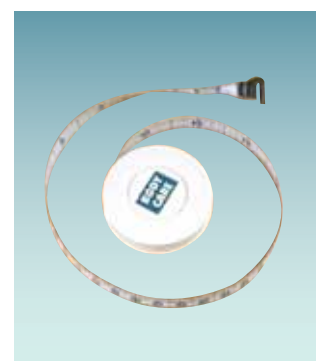


6. Slimguide caliper

The popular Slimguide caliper is extremely economical and is very strong, made from ABS plastic.

- Range 0 - 85mm
- How to measure fat booklet included
- Available in white, red and black

Product code: LSG, LSGBLACK, LSGRED



7. Anthropometric measuring tape

- Non-stretch fibreglass
- Retractable
- Range: 0-60 inches/150cms

Product code: LCR01

Body Composition



1. Omron HBF202 Body Composition Scale

- Fast and Simple Measurement
- Easy to Read Display
- Memory for 4 Users
- Weight Measurement, BMI Display and Assessment
- Automatic ON/OFF Function
- Weighs Up to 150KG

Product Code: HN202



2. Tanita BC-541 Body Composition Scale

Tanita BC541 Body Composition Scale incorporates Bioelectric Impedance Analysis (BIA), Advanced Dual Frequency (ADF) with Transparent Electrodes. The Tanita BC541 measures visceral fats physique rating body fats in increments of 0.1%, total body water percentage, muscle mass, bone mass, basal metabolic range (BMR), calculating metabolic age and total weight in increments of 0.1kg.

- 150kg weight capacity adult, child & athlete mode
- Healthy range indicator
- 60mm LCD readout
- Kilo / pound / stone switch
- 4-memory setting
- Guest mode feature
- Weight only button Recall - Displays previous weight and body fat reading
- 2 x lithium long life batteries
- 10 Year Warranty

Product Code: TBC541



3. Tanita BC-601 Body Composition Scale

The Tanita BC601 is the perfect tool for monitoring the effectiveness of any professional fitness or sports programme over time. From tracking body fat and muscle mass trends, to recommending calorie intake and indicating hydration levels this Monitor helps you to tailor your exercise and dietary requirements helping attain peak physical performance. All your body composition data is automatically stored on the SD Card (included) and can be downloaded onto your computer in EXCEL format. Software is pre-loaded onto the SD card for ease of use.

- 8 Electrode Segmental BIA Technology and Assessment
- Body Fat % & Total
- Bone Mineral Mass
- Daily Calorie Intake
- Metabolic Age
- Visceral Fat indicator
- Athlete and Guest Mode

Product Code: TBC601



4. Tanita BF410GS Body Fat Analyser

Tanita BF410GS Body Fat Analyser uses patented "foot-to-foot" BIA technology, the TBF-410GS determines body composition accurately in less than ten seconds. This unit features a column-mounted display with a built-in thermal printer. As on all GS models, the Goal Setter feature calculates the amount of fat mass to be lost or gained in order to achieve a pre-selected target body fat percentage.

Product Code: TBF410



5. Tanita portable body composition analyser (with visceral fat indicator)

- Total body measurements with instant printout of results
- Weight, BMI, body fat % and fat mass
- Fat free mass, muscle mass total body water - kg / %
- Basal metabolic rate, target ranges, and mineral mass
- Additional features include: Visceral fat indicator, metabolic age, and healthy bone mass indicator

Product codes:
TBSC330S
TBTBFPA Thermal paper rolls



6. Tanita BF-350 professional body composition scale

Displays weight, body fat percentage and body mass index (BMI) on digital display. 200kg capacity in graduations of 100g. Can also be connected to a PC running HMS Plus software. (Not included – available online).

Product code: BTBF350

Ergometers



1. Monark 837E fitness cycle

A functional recumbent for warm up and exercise. This model has a heavy flywheel with a brake belt which provides a great cycling feel on all load levels. A wide and comfortable seat makes it suitable for sensitive patients who have difficulty using a standard cycle. Few moving or visible parts make the bike extremely reliable for unsupervised use. The bike is very easy to service and maintain.

Product code: MNK837E



2. Monark 881E rehab trainer

- Leg/arm unit for exercise and rehab work
- Crank arms individually adjustable
- Digital display showing pedal rpm, rev counter and timer
- Graduated scale in Watts at 50 rpm

Product code: MNK881E



3. Monark Ergomedic 828E

- The industry standard testing ergometer
- Encased flywheel
- Heart rate compatible
- New console with digital display showing speed, distance, pedal rpm and time (count up/down)
- Includes meter showing resistance in KP or Newtons and power in watts at 50 and 60 rpm

Product code: MNK828E



4. Monark 839E computerised pendulum balance ergometer

- One of the world's most accurate cycle ergometers
- Used for fitness assessment and stress testing as well as in research, sports medicine and rehabilitation
- Programmed with Atrand, Bruce, YMCA, Naughton, Ramp and Incremental amongst others
- Target heart rate adjusted workload

Product code: MNK839E



5. Monark 915E

A small and compact ergometer that can be calibrated. Displays watts and kcal at 60 respectively 70 rpm. This model is easy to use and extremely durable. Suitable for facilities with small areas.

Product code: MNK915E



6. Monark Ergomedic 874E

- Weight loaded ergometer for fitness testing or training
- More stable and enclosed frame
- Heart rate compatible
- Digital display shows pedal revolution, rpm, HR, time, speed, distance, calories and Watts

Product code: MNK874E



7. Monark Ergomedic 894E Peak Bike

- Standard Anaerobic ergometer with new frame design and improved stability and rigidity
- The Windows based Wingate software offers more setting possibilities with clear and easy to use graphics
- New sensors, faster electronics and improved mechanics ensure the best, most accurate and reliable tests

Product code: MNK894E



8. Monark 928E

New Monark 928E Ergometer is a unique combination of safe testing and training in one product. Low entrance frame combined with swift settings makes it easy to use, can withstand 250 kg in user weight. One of the main features with the 928E is that the workload in watts is adjusted by + and - buttons on the display. The display has (Astrand, YMCA) and a manual mode for training. During training or testing detailed information is shown in the display which also can be saved to memory card or sent to PC via USB cable for further processing. **Product code: MNK928E**



9. Monark 809E

This model has no electronics, which makes it easy to use, especially for elderly people. The easy entrance frame and single resistance knob allows anyone to use this bike. The light flywheel makes it comfortable to use at low loads.

Product code: MNK809E

Gym and Aerobic Equipment – Core and Stability Training

1. Reebok deck

An essential piece of equipment for group exercise and personal training. A versatile, multi-purpose system that can be used as an aerobic stepping platform, an incline or decline bench as well as a seat.

Product code:
RBK21170 Reebok Deck



2. Reebok medicine balls

The perfect partner for resistance work, circuit training sessions or the studio.

Product codes:

RBK21121	Reebok Medicine Ball	1kg
RBK21122	Reebok Medicine Ball	2kg
RBK21123	Reebok Medicine Ball	3kg
RBK21124	Reebok Medicine Ball	4kg
RBK21125	Reebok Medicine Ball	5kg

Double Grip

RBK21126H	Double Grip Medicine Ball	6kg
RBK21127H	Double Grip Medicine Ball	7kg
RBK21128H	Double Grip Medicine Ball	8kg
RBK21129H	Double Grip Medicine Ball	9kg
RBK21130H	Double Grip Medicine Ball	10kg



3. Kettlebells

Lifting and controlling the Kettlebells increases strength, endurance, agility and balance.

Product codes:

RBK21300	Reebok Kettlebell	4kg
RBK21301	Reebok Kettlebell	8kg
RBK21302	Reebok Kettlebell	12kg
RBK21303	Reebok Kettlebell	16kg
RBK21304	Reebok Kettlebell	20kg



4. Foam rollers

Available in two shapes, the half round shape is for beginners or for balance and stabilisation training. While the full round shape is for the more experienced exerciser or for the self massage and alignment work.

Product codes:

RBK21006	Reebok long half round roller
RBK21007	Reebok long round roller



5. Reebok training bars

They allow for versatility in use, easy storage and a selection of resistance levels from 3-7kg. Also available is the sturdy floor standing training bar rack that holds 60 training bars.

Product codes:

RBK21093	Reebok Training Bar	3kg
RBK21095	Reebok Training Bar	5kg
RBK21097	Reebok Training Bar	7kg



6. REEBOK GYM BALL

Highly durable, inflatable balls made from anti-burst foam PVC. Available in sizes 55cm, 65cm and 75cm and can be used on most surfaces.

Product Code:
RBK21015(55cm)
RBK21016(65cm)
RBK21017(75cm)
RBK21018(Gymball Stacker Ring)



7. Adidas Weight Vest

Designed to help you take your training up to a whole new level. The vest is adjustable and weighted to 10kg helping you gain extra resistance during all round training.

Product code: AD10701



8. Adidas Skipping Rope

- 300cm length
- Adjustable Rope
- Comfort handle grip

Product Code: AD11011



9. Reebok Studio Mat

Specially formulated non-slip foam base make it suitable for stretching, mind, body and balance exercises.

- Hard wearing, easy to clean and hygienic mat
- Made from a welded and sealed laminated foam and PVC
- Eyelets allow for safe and hygienic storage
- Size 1000 x 500 x 8mm

Product Code: RBK20021-e
(Available in silver or green)



10. Body Concept BODY-BAND

An economical way of providing resistance training. Strong and versatile. Available in 4 levels of resistance and 2 lengths

- Light Resistance / Red Band
- Medium Resistance / Green Band
- Strong Resistance / Blue Band
- Extra Strong Resistance / Black Band

Product Codes:
Body Band 25M Rolls
BC30053, BC30054, BC30055,
BC30056

Body Bands BC30037, BC30038,
BC30039, BC30040



11. Body Concept BODY-TUBE

Resistance training at work, at home, at the office or on the road with a Body Concept BODY-TUBE. BODY-TUBES are available in 4 resistance levels:

Product Codes:
BC30061 Light Resistance / Yellow
BC30062 Medium Resistance / Green
BC30063 Strong Resistance / Red
BC30064 Extra Strong Resistance / Blue



Gym and Aerobic Equipment – Core and Stability Training



1. Reebok Step Professional

Ideal for cardiovascular fitness, lower body muscle tone, and burning calories. Easy to store and simple to use.

- Three adjustable height levels 150, 200 and 260mm
- Due to its professional nature this product carries a 2 year warranty

RBK21150 Reebok Step



2. Rubber Handweights

Reebok Rubber Handweights with anti-roll shape and all rubber construction for safer exercising.

RBK21051 Rubber Handweight 1kg

RBK21052 Rubber Handweight 2kg

RBK21053 Rubber Handweight 3kg

RBK21054 Rubber Handweight 4kg

RBK21055 Rubber Handweight 5kg

(Vinyl Handweights also available CALL FOR DETAILS)



3. Reebok Adjustable Hurdle

2 size, step hurdle. Simply twist to adjust height from 150mm to 300mm. One piece construction means no assembly or pieces to lose.

- Made from high impact PVC
- No assembly required

RBK21209 6-12" Adjustable Hurdle



4. High Cones

The perfect field or court marker for all of your training drills. High colour contrast against turf, track, grass and indoor court surfaces.

- Symmetrical shape and wide base, provides good stability

RBK21208 High Cones (6 pieces per set)



5. Speed Ladder

A great tool to work on change of direction and quickness. Polypropylene inserts inside webbing ensure shatterproof rigid rungs always lay flat and evenly spaced, reducing time spent resetting the ladder between drills.

- Two ladders can be easily hooked together
- Tangle free design

RBK21202 Reebok Speed Ladder



6. Resistance Parachute

Parachutes create the drag necessary to force athletes to push themselves harder to achieve speed. Gain speed, power and explosive reactions by adding resistance training to your cardio workout.

- Easy step-in belt with anti-roll comfort feature
- Improved heavy-duty webbing lead and veil fabric withstands heavy use

RBK21206 Resistance Parachute



1. ActiBreathe body conditioning programme includes:

The ultimate ActiBreathe training system. This heart pumping, calorie burning, aerobic mix of exercise is designed to condition and tone the whole body.

- A POWERbreathe Plus Fitness Model
- ActiBreathe Resistance Band with Adjuster grips
- ActiBreathe Anti Burst Balance Ball and Pump
- Deluxe full length DVD featuring the ActiBreathe CardioCurve, MuscleMix and AbsCoreMore workouts (Approx 90 minutes total)

Product Code: PBABBC

2. ActiBreathe AbsCoreMore Programme

A medium intensity workout that will exercise, strengthen the abs and lower back, improving muscle tone in the mid section promoting better posture and firmer, flatter abs.

Programme Includes:

- A POWERbreathe Plus Fitness Model
- ActiBreathe Anti Burst Balance Ball with Pump
- Full length ActiBreathe AbsCoreMore work out DVD (Approx 30 minutes)

Product Code: PBABAC

DVD also sold separately: ActiBreathe AbsCoreMore

Product Code: PBAB21

Key ActiBreathe training benefits

- ActiBreathe work out tones and sculpts the whole body with targeted fun work outs and choreography
- Develops exercise endurance and stamina by up to 33% through specific POWERbreathe training
- ActiBreathe workouts are flexible and come with easy to follow instruction and exercise guidance
- **ASK FOR A FREE DEMO DVD**

3. ActiBreathe MuscleMix Programme

Sculpt and tone the upper body then target the legs and butt, with a medium intensity cardio workout included in the mix to boost metabolism and calorie burn.

Programme Includes:

- A POWERbreathe Plus Fitness Model
- ActiBreathe Resistance Band with Adjuster Grips
- Full length ActiBreathe MuscleMix work out DVD (Approx 30 minutes)

Product Code: PBABMM

DVD also sold separately: ActiBreathe MuscleMix
DVD Product Code: PBAB21



MIR Medium resistance



4. ActiBreathe CardioCurve Programme

The ActiBreathe Cardio Curve Workout Programme is a low impact medium intensity cardio-conditioning workout aimed at improving cardiovascular fitness, boosting metabolism and burning calories, helping you to lose weight and condition your body.

Programme Includes:

- A POWERbreathe Plus Fitness Model
- Full length ActiBreathe CardioCurve work out DVD (Approx 30 minutes)

Product Code:

CardioCurve Programme PBABCC

DVD also sold separately: ActiBreathe CardioCurve

DVD Product Code: PBAB23

A		H		R	
Actibreathe by POWERbreathe	24	Hand grip dynamometer	12	Reebok gym & aerobic equipment	23-24
Activity Monitors	16	Hand weights.....	24	Rehabilitation speed, strength & conditioning	23-24
Adidas	23	Harpenden caliper and software	20	Resistance bands	23
Altitude.....	18	Heart rate monitoring.....	14	Resistance Parachute	24
Anthropometric tape	20	Height measurement	11-12	Respiron.....	8
Asthma Peak Flow Meter	9	Hurdles (adjustable).....	24	Riester.....	10
B		I		S	
Back & leg dynamometer.....	12	Inspiratory Muscle Trainers	2-8	Scoreboards	13
Biosen	19	J		Seca scales & height measure	11
Blood analysis	19	Jump Meter	12	Scales	11
Blood pressure monitors	10	K		Shaker (Classic and Plus).....	8
Body Bands	23	Kenz Activity Monitors.....	16	Sit & reach box	12
Body Tubes	23	Kettlebells.....	23	Skipping ropes.....	23
Bodystat	20	L		Slim guide caliper	20
Body composition	20-21	Lab analysis.....	19-22	Speed training & testing.....	17
Breathing Training Products	2-8	Lactate Analysers	19	Seed ladder	24
Breathing Books	8	Lactate Pro Test Strips	19	Spirometer.....	9
Brower Timing System.....	17	Lactate Scout	19	Stethoscopes.....	10
C		Lung Age Meter	9	Stopwatches.....	13
Calipers	20	Lung Monitor	9		
Cardiosport heart rate monitors	14	Lung Training.....	2-9	T	
Cones	24	M		TC Timing System.....	17
Core & stability training.....	23	Maltron body fat analysers.....	20	Tanita body composition	21
COPD Screening	9	Medicine balls	23	Temperature & thermometer.....	12
D		Metronome	12	Training Bars	23
Dynamic Movement Skills.....	17	Mini peak flow meter	9	Training Mat	23
Dynamometers	12	Monark ergometers	22	U	
Digi Pedometers	13	Movement Skills	17	Urine analysis	19
Digi Stopwatches, Timers & Scoreboards	13	Multistage fitness test.....	12	V	
E		O		Vitalograph	9
EKF Biosen C_Line.....	19	Osmocheck.....	19	W	
EKF Biosen S_Line.....	19	Omron	11,21	Wall Timer	13
EKF Lactate Scout.....	19	P		Weather stations.....	12
EKF Hemo Control.....	19	Peak flow meter.....	9	Weight, height & flexibility.....	11-12
Ergometers	22	Pedometers	15-16	Weight Vest.....	23
F		Performance Testing and Monitoring	13-18	Y	
Fitness, testing & measuring.....	9-12	POWERbreathe Classic	6	Yo-Yo test	12
Flow Ball.....	8	POWERbreathe Ironman.....	6	Yamasa Activity Monitors and Pedometers	15-16
Foam Rollers.....	23	POWERbreathe K Series.....	3-5	Yamax Activity Monitors and Pedometers	15-16
G		POWERbreathe K Series Health.....	7		
GPS	14	POWERbreathe Medic	7		
Garmin (GPS)	14	POWERbreathe Plus.....	6		
Glucose Analysis.....	19	Powerwalker	16		
Gym & Aerobic Equipment	23-24	Pulse Oximeter	10		
Gym Mat.....	23				
Gymnastic balls	23-24				

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