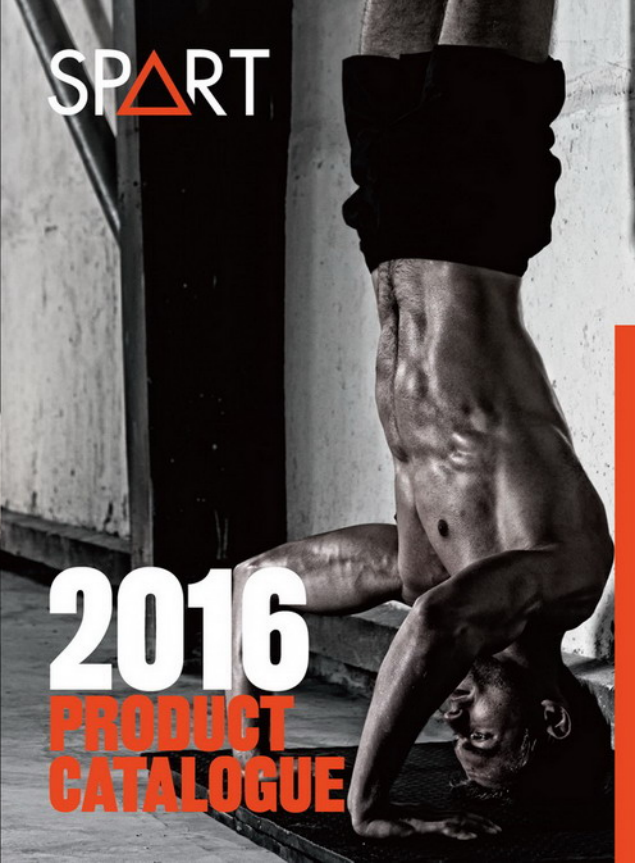




SPART

2016  
PRODUCT  
CATALOGUE

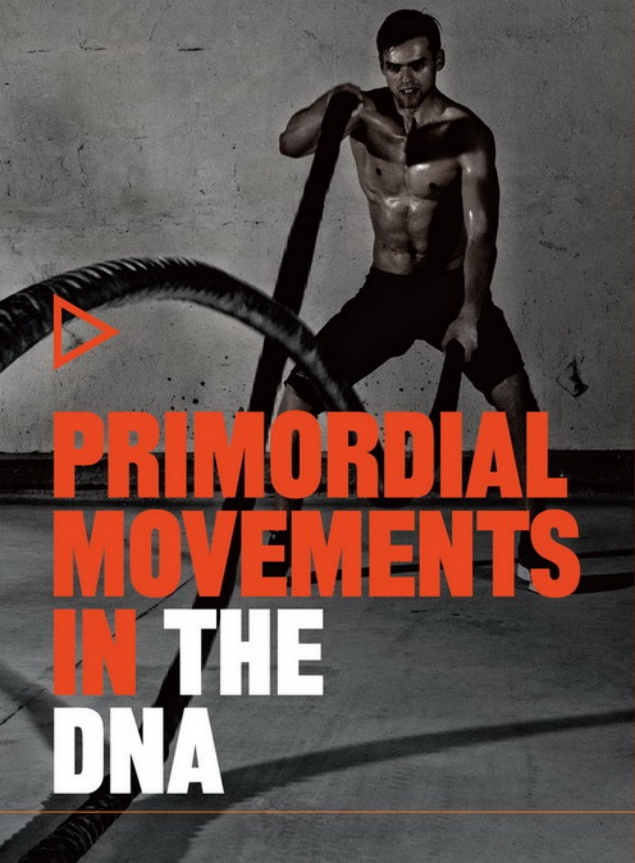


SPART

A black and white photograph of a muscular man with a beard, looking down and to the side. He is shirtless, showing his abdominal muscles, and is wearing dark athletic pants. His right hand is on his hip. The background is a plain, light-colored wall. The image is partially overlaid by an orange banner at the bottom.

# NO DOUBTS

HARD TRAINING  
FIGHT TO YOURSELF



▶

# PRIMORDIAL MOVEMENTS IN THE DNA

## SPART PHILOSOPHY

Strength, balance and agility: these are the three keywords on which we build a collection entirely dedicated to the functional training.

The SPART name comes from the old Greek warriors, which is the most strong fighter in the world! Our equipments allow you to focus on managing your own body weight that fights against the gravity force.

Our philosophy is to think of your training as a way to develop and improve your strength, coordination and balance, giving the best-quality tools in order to achieve it.

**BE A SPART! NO DOUBT!**



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▷  
**/01**

# **STRENGTH EQUIPMENT**

/CROSS RIG  
/POWER RACK  
/FLAT BENCH  
/GHD  
/SQUAT RACK



# ST1001



## TECHNICAL MEASURES

Assembly Size : L827 x W227 x H368cm

## PRODUCT FEATURES

Provides a dedicated space for countless functional training exercise.  
Monkey bars are great for developing shoulder and arm strength.  
Attach any bodyweight training device, such as climbing ropes, rings etc for unique training options.  
Includes specially designed holders for resistance bands, training ropes, Olympic Bars and weight plates.

## /01 STRENGTH EQUIPMENT CROSS RIG



ACCESSORIES NOT INCLUDED

## /01 STRENGTH EQUIPMENT

# CROSS RIG

### ST1002



#### TECHNICAL MEASURES

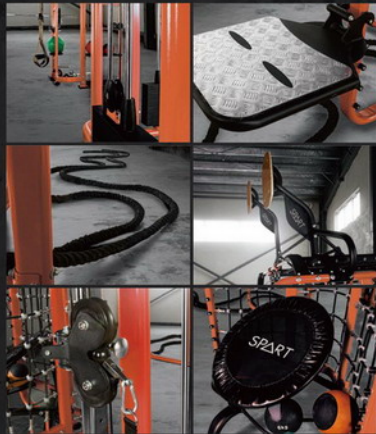
Assembly Size : L539 x W461 x H373cm

#### PRODUCT FEATURES

- /Provides a dedicated space for countless functional training exercise.
- /Attach any bodyweight training device, such as climbing ropes, plys platform, wall ball target, weight block system, medicine ball rebounder etc for unique training options.
- /Includes specially designed holders for training ropes, Olympic Bars etc.

## /01 STRENGTH EQUIPMENT

# CROSS RIG



ACCESSORIES NOT INCLUDED

## /01 STRENGTH EQUIPMENT **POWER RACK**

**ST1003**



### TECHNICAL MEASURES

Assembly Size : 226x234x225cm

### PRODUCT FEATURES

- /Extremely stable base to support the hardest cross trainer.
- /Perform any exercise you would normally perform on a regular power rack such as presses, lifts, squats.
- /Can be used with the optional bumper plate toaster rack for tidy storage and easy selection of bumper plates.

## /01 STRENGTH EQUIPMENT **FLAT BENCH**

**ST1005**



### TECHNICAL MEASURES

Assembly Size : 134x61x46cm

### PRODUCT FEATURES

- /Backrest = 120cm (Length) x 30cm (Width) x 6cm densely thick padding.
- /Gives you some of the best free weight exercises to build a rock solid body!
- /Get a full-body workout with the strongest and most versatile Flat Bench available
- /Front handle & Dual rear transport wheels allows you to easily move and roll the bench anywhere you like without having to pick up the bench completely





## ST2002



### TECHNICAL MEASURES

Assembly Size : 221.5x74.8x109.4cm

### PRODUCT FEATURES

The GHD is stable and solidly constructed of steel. Perfect for commercial or home gym use. The half moon pad is made of high density foam and upholstered in vinyl, making it very resistant to crushing and easy to clean. The single pop-pin adjustability makes it easy to change pad-to-foot roller lengths when moving between exercises or athletes. Bolt-together design allows it to be shipped flat, resulting in considerable freight savings.



## /01 STRENGTH EQUIPMENT

# SQUAT RACK

### ST3001



#### TECHNICAL MEASURES

Assembly Size : 228x101x186cm

#### PRODUCT FEATURES

/Many incremental adjustments for the perfect height required for your exercise  
 /Weight holder on back for extra storage.  
 /Dip handles included as standard (slightly angled so very ergonomic).  
 /Adjustable width squat stands.



# /02

## WEIGHT LIFTING

/HEX BAR  
/OLYMPIC BAR  
/BUMPER PLATES  
/KETTLEBELLS  
/WEIGHTLIFTING PLATFORM  
/CHAIN SET  
/POWER BAND





## /02 WEIGHT LIFTING HEX BAR

### WL4001



#### TECHNICAL MEASURES

Assembly Size: 168x80x29cm  
Main Pipe: 50x3mm  
Packing Size: 96x45x19cm  
(Split Design in small package)  
G.W./N.W.: 27kg / 24kg

#### PRODUCT FEATURES

Patent num. 201130240929.9  
2011102099953.5  
201120265670.8





/02 WEIGHT LIFTING

# OLYMPIC BAR

## OLYMPIC BAR OBM-86

### PRODUCT FEATURES

The Bar of choice for squats, bench presses, and deadlifts. Heat-treated alloy with top-quality thrust bearings for smooth spin and durability. Unique nut-and-pin system keeps the sleeve secure. Uniform knurled grips.



## OLYMPIC BAR OBAM-72

### PRODUCT FEATURES

Aluminum grips.



Dual knurl marks for both Olympic and powerlifting.

/02 WEIGHT LIFTING

## BUMPER PLATES



### RUBBER BUMPER PLATE WL5001

#### TECHNICAL MEASURES

- /Drop test : 2m x 5000 repetitions
- /Steel rim bushing.
- /Weights: 5kg-25kg in 5kg increments 10LB, 25-55LB in 10LB increments



### BUMPER PLATE RACK WL5002

#### TECHNICAL MEASURES

- THE RACK CAN BE LOADED WITH BUMPER PLATE
- 1.25KG X 4PCS
- 2.5KG X 2PCS
- 5KG X 2PCS
- 10KG X 2PCS
- 15KG X 2PCS
- 20KG X 2PCS
- 25KG X 2PCS

/02 WEIGHT LIFTING

## KETTLEBELLS

### SOFT KETTLEBELL WL6003

#### TECHNICAL MEASURES

- /Made of heavy-duty vinyl, strong and hard-wearing.
- /Black painting iron handle.
- /Don't worry about dropping them on your toe or damaging your floor by accident.
- /Weights: 4kg-16kg in 2kg increments 9LB, 13LB, 16LB, 22LB, 26LB, 35LB



### CLASSICAL KETTLEBELL WL6001

#### TECHNICAL MEASURES

- /One piece, cast iron bell has no fillers.
- /New coating makes bells more consistent and durable.
- /Use for squats, cleans, jerks, snatches, rotational swings and more.
- /Weights: 4kg, 8kg, 20kg in 2kg increments 24kg, 28kg, 30kg, 32kg, 36kg, 40kg 5LB, 8LB, 10LB, 12LB, 15LB-80LB in 5LB increments



### COMPETITION STEEL KETTLEBELL WL6002

#### TECHNICAL MEASURES

- /Steel kettlebells have an unpainted handle, allowing chalk to stick better.
- /Competition colors are used for easy identification.
- /All kettlebells are the same size and diameter makes going up in weight an easier transition.
- /Weights: 8kg-24kg in 2kg increments 28kg, 32kg, 40kg, 44kg, 48kg 20LB-80LB in 5LB increments



## /02 WEIGHT LIFTING WEIGHTLIFTING PLATFORM

### WL7001



#### TECHNICAL MEASURES

Assembly Size : 256x206x3.2cm

#### PRODUCT FEATURES

- /The weightlifting platform has a 50x25mm steel frame that bolts together. Easily with gusseted corners.
- /The rubber surface is shock absorbing and will cause less wear and tear on your equipment.
- /It also dampens the sound when dropping a fully loaded barbell.
- /Also it is with additional band peg set for your dynamic effort work.

## /02 WEIGHT LIFTING CHAIN SET



### WL7002

#### TECHNICAL MEASURES

1 set including:  
 Ø20mmx1.86M-2pcs (31.7KGx2)  
 Ø25mmx1.86M-2pcs (24.5KGx2)  
 Ø20mmx1.83M-2pcs (14.5KGx2)

#### PRODUCT FEATURES

Chains can be used to build strength and to increase speed and acceleration.  
 (Throw a set or help over your shoulders and do weighted pull-ups or dips.  
 /Each chain is zinc electroplated to prevent rust.

## /02 WEIGHT LIFTING POWER BAND



### WL7003



#### TECHNICAL MEASURES

Size: 200cmx1.3cmx0.45cm  
 200cmx2.2cmx0.45cm  
 200cmx3.2cmx0.45cm  
 200cmx4.4cmx0.45cm  
 200cmx6.5cmx0.45cm

#### PRODUCT FEATURES

A power lifter's favorite! Resistance bands attach to bars and benches for added resistance during lifts. Bands are also an effective stretching tool.  
 Sturdy seamless construction.





# /03

## CONDITIONING EQUIPMENT

- /AGILITY & SPEED
- /SLAM BALL
- /MEDICINE BALL
- /POWER BAG
- /SLED
- /PLYOMETRIC BOX
- /JUMP ROPE



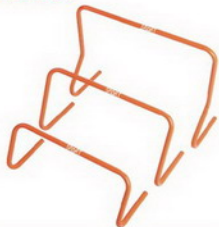
### /03 CONDITIONING

## AGILITY & SPEED



#### HURDLES

### CD8001



#### TECHNICAL MEASURES

/Set up a course to teach obstacles avoidance and to improve athleticism, agility, strength and power.

/15/22, 5/30/45cm steps for intermediate to advanced polymeric exercise.  
/Change heights for speed or strength work and lateral movement drills.

#### CONES

### CD8002



#### TECHNICAL MEASURES

/Saucer Cones are bright and easy to see on any surface.  
/Made of strong, pliable PVC, cones resist damage from direct foot strikes.  
/Size: 2"

#### REACTION BALL

### CD8003



#### TECHNICAL MEASURES

/The random bounces of the reaction ball improve overall coordination, reaction time, and depth perception.  
/Ball can be bounced off any hard surface.  
/Dia: 6,7cm

### /03 CONDITIONING

## AGILITY & SPEED



#### POWER CHUTE

### CD8004



#### TECHNICAL MEASURES

Resistance and overspeed training during the same run.  
Training: Increase speed, explosiveness, and acceleration.  
The power chute provides both resistance and explosive training to improve the 2 key elements of speed: stride length and frequency. Chute opens during training runs for resistance and the Velcro belt allows for mid-stride release for overspeed training.  
Motivation: Athletes love that "shot out of a cannon" feeling immediately after releasing the Power Chute.  
Diversity: Waist belt allows for training in any direction, even on curves. It is the ideal training device for most sports.  
Superior Product: Built-in mesh panels keep leads from tangling and help to stabilize the chute during training runs.  
Power Chute includes: Adjustable belt with storage pocket.

#### LADDER

### CD8005



#### TECHNICAL MEASURES

Develop rapid, precise foot strikes and focus. Fixed round rungs save set-up time and withstand abuse from cleats and other turf shoes. Use indoors or outdoors. High-impact round PVC rungs. Includes carry bag. 30"L x 20"W ladder has 20 rungs. 15"L x 20"W ladder has 10 rungs.  
Material: Fabric

#### TIMER

### CD8006



#### TECHNICAL MEASURES

The Timer offers a variety of standard functions including: clock display, stop watch to the hundredths of a second and 20 min count down. In addition the timer can be programmed with specific count up and down from times. The timer can also be used to program custom intervals. The timer can save up to eight custom programs.

## /03 CONDITIONING AGILITY & SPEED

### RESISTANCE TUBE CD8009



#### TECHNICAL MEASURES

Size: 5x12x2000mm  
6x13x2000mm  
6x16x2000mm

#### TECHNICAL MEASURES

Improve speed by training stride length and frequency in 2 athletes simultaneously. Stretch the tubing to the desired tension and have both athletes run in the same direction. The front athlete receives resistance training while the back athlete receives overspeed training. The fully sheathed resistance tubing provides a smooth, consistent tension for both athletes while offering maximum safety. Swivel waist belt allows athletes to change direction of the tension easily without removing belt.

### CORE TRAINER CD8010

#### TECHNICAL MEASURES

Assembly Size: 81x69x27cm  
Without Plate & Bar

#### TECHNICAL MEASURES

This ground-based rotational training device works the entire body. Perform explosive 1 and 2-arm movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the pivoting sleeve at the unit's base. A 5.5" sleeve is also available to hold standard 1" bars. Portable for use in or out of the weight room.

## /03 CONDITIONING SLAM BALL



#### TECHNICAL MEASURES

Durable, sand-filled no-bounce balls are ideal for tossing and slamming activities. Heavy-duty rubber shell provides maximum durability. Pliable, tacky surface is easy to grasp and throw. Perfect for rebounder, wall and floor slams.



### SLAM BALL CD8007

#### TECHNICAL MEASURES

Weight:  
1kg-10kg in 1kg increments  
12kg, 15kg, 16kg, 18kg, 20kg, 23kg  
25kg-65kg in 5kg increments

2LB-12LB in 2LB increments  
15LB, 16LB  
20LB-50LB in 5LB increments  
60LB-100LB in 10LB increments  
120LB, 150LB



## /03 CONDITIONING MEDICINE BALL

VINYL LEATHER  
MEDICINE BALL  
**CD8011**



CAMOUFLAGE  
MEDICINE BALL  
**CD8021**



HEAVY-DUTY VINYL  
MEDICINE BALL  
**CD8031**



### TECHNICAL MEASURES

Dia.: 35.5cm  
3kg-13kg in 1kg increments  
6LB-18LB in 2LB increments / 20LB / 25LB / 30LB

### PRODUCT FEATURES

The soft-shell construction and balanced, uniform weight of this ball make it easy to handle. It covered with heavy-duty vinyl coated nylon. Water and scuff resistant. This non-slam, oversized ball is ideal for toss-and-catch activities and soft on the hands.



## /03 CONDITIONING POWER BAG

### POWER BAG CD8113

#### TECHNICAL MEASURES

5kg-25kg in 5kg increments  
10LB-50kg in 10LB increments

#### HEAVY-DUTY VINYL



### POWER BAG CD8013

#### TECHNICAL MEASURES

5kg-25kg in 5kg increments  
10LB-50kg in 10LB increments

#### PRODUCT FEATURES

POWER BAGS are excellent for complex motion based workouts with multi-joint movements that require a high emphasis on stability. Movement training, such as fast feet, ladder drills, heel flicks etc. Jumps & drops, which are hard to do due to awkwardness of bags. Throwing, hard to achieve with most items other than a medicine ball which doesn't often exceed over 15kg.

Catching and absorbing impact, hard to achieve with most items. Dynamic movements with a partner, throw...move...catch...throw...move...catch...  
Total resistant core stability movements.

#### CAMOUFLAGE



#### BLACK

### CORDURA POWER BAG CD8012

#### TECHNICAL MEASURES

One Set Including : 1 Bag + 2 Inner Bags;  
S max loading 18kg  
M max loading 35kg  
L max loading 45kg

#### PRODUCT FEATURES

The sand bags are built with heavyweight Military Spec 1000D Cordura; That means they are tough as nails! This material is relied upon in the most demanding of conditions every day. The Cordura material has a DWR coating to make each sand bag water resistant so you can wash these if needed.

#### CAMOUFLAGE



## /03 CONDITIONING **SLED**

### PREMIUM SLED **CD8014**



#### TECHNICAL MEASURES

Assembly Size: 121x114x88cm

#### PRODUCT FEATURES

This heavy-gauge steel, solid welded construction, 42kg sled trains speed, quickness, and explosiveness. Dual-point harness attachment provides an even load while pulling. Flat bottom rails slide smoothly on most surfaces. 14" center post accommodates up to 315lbs in Olympic plates.



## /03 CONDITIONING

# PLYOMETRIC BOX



### SOFT PLYOMETRICBOX CD9001

#### TECHNICAL MEASURES

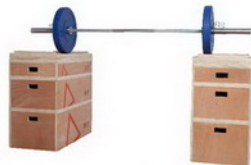
Outside cover is heavy duty vinyl leather, inter layer is soft material, inside is high density board.  
Size : 30x20x24"  
Patent num. 201520792550.1



### PLYOMETRIC BOX CD9002

#### TECHNICAL MEASURES

Get the advantage of three plyo boxes in one.  
With large dimensions (30x20x24").



### WOODEN JERK BLOCK CD9003

#### TECHNICAL MEASURES

Stoppers Prevent Weight Roll off  
Top Platform  
Size : 30x17x2.25"  
36x20x6"  
36x20x12"  
36x20x15"

### PLYOMETRIC STEEL BOX CD9004



#### TECHNICAL MEASURES

These plyometric boxes provide maximum stability and durability with their steel construction and fully welded frames. Athletes can use these boxes for forward jumps, lateral jumps and other plyometric drills. Available in multiple heights for developing reaction time and overall explosiveness. Nonslip platform maximizes safety.

These plyometric boxes provide maximum stability and durability with their steel construction and fully welded frames. Athletes can use these boxes for forward jumps, lateral jumps and other plyometric drills. Available in multiple heights for developing reaction time and overall explosiveness. Nonslip platform maximizes safety.

## /03 CONDITIONING

# JUMP ROPE



### SPEED ROPE

## CD1103

#### TECHNICAL MEASURES

Removable Weight per Handle : 40g x 2 or 75g x 2  
Patent num. 201320706066.3

#### PRODUCT FEATURES

The Premium Speed Rope comes with a thicker, more durable cable. Making it less susceptible to wear and tear as well as crinkling. The handle is reinforced for durability and ergonomically designed for comfort in your hands. The optional weight in the handles allows you to push your shoulder and forearm conditioning to their limits! Once you're feeling the burn, you can unscrew the bottom of the handle and remove the weight to relax the common fatigue areas of your forearms and shoulders.  
Cable size: Ø2.5mmx3m  
Bearing: with versatile ball



### SPEED ROPE

## CD1105

#### TECHNICAL MEASURES

Aluminum handle



### SPEED ROPE

## CD1101

#### TECHNICAL MEASURES

Designed and tested to outperform any other jump rope available. The Speed Rope has an ergonomically-designed handle that eliminates friction. Outstanding durability and unmatched speed in competitive categories. Additional features of the rope include a height adjustable cord with a vinyl coating and technically superior speed bearings to ensure fluid and precise movement at high speeds.  
Cable size: Ø2.5mmx3m



### SPEED ROPE

## CD1102

#### TECHNICAL MEASURES

Wire rope Length: 11'  
PP Handle with sweatband  
With removable weights.



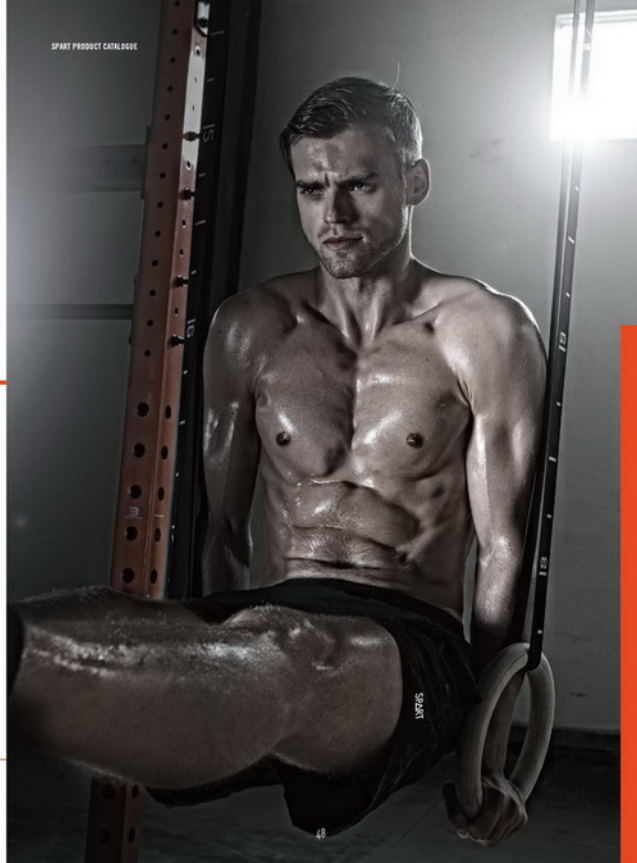




# /04

## GYMNASTICS EQUIPMENT

/RING  
/AB SLING  
/AB MAT  
/EXERCISE WHEEL  
/EQUALIZER  
/WEIGHT VEST  
/WALL MOUNTED  
/ROPES  
/FOAM ROLLER



## /04 GYMNASTICS RING

### ABS GYM RING CE2101



#### PRODUCT MEASURES

Dia of handle: Ø1.1"  
Width of strap: 1"  
Length of strap: 15'

#### PRODUCT FEATURES

They're not just for gymnasts! One of the hottest pieces of alternative training equipment are the Training Rings. Challenge your fitness level and your body weight training like never before.

Perform pull-ups, rows, muscle ups and other suspended exercises on the independently hanging rings. This unstable environment will call in more muscles to assist in almost every exercise.

### WOODEN GYM RING CE2102



#### PRODUCT MEASURES

For big size:  
Made with the same superior quality you have come to expect, but with a thicker 1.25" diameter for secure gripping.

For small size:  
These multi-laminated, hardwood rings meet the international gymnastics standards of 1.1" and are the preferred choice of elite athletes all over the world. With a break strength over 1,000 lb, they are some of the strongest wood rings available.

#### PRODUCT FEATURES

This multi-laminated, hardwood ring set is great for performing muscle-ups, L-sits, pull ups, dips, pushups and more... Includes two 15'/18' foot, 1 7/8" wide nylon straps with safe and secure quick-release buckles. Attaches quickly and easily to a weight rack or any secure overhead object.

## /04 GYMNASTICS AB SLING



### CE2103

#### PRODUCT FEATURES

For strengthening and toning abdominal muscles.  
Brushed nylon lining for enhanced comfort.  
Forged steel carabiners lock on to any universal gym.



## /04 GYMNASICS AB MAT

### AB MAT CE2104



#### PRODUCT FEATURES

The AbMat is a totally one-of-a-kind abdominal exerciser and core trainer. A safe, comfortable design contoured to your lower back to provide support and to help prevent injury. One size fits all! Small & portable.

## /04 GYMNASICS EXERCISE WHEEL

### EXERCISE WHEEL CE2105



#### PRODUCT MEASURES

Set Up Size : 18x26cm

#### PRODUCT FEATURES

Build firmer, stronger abs and strength in the shoulders, chest, and core.  
Extra-wide single wheel with ergonomic handles lets you perform roll-outs, inch worms, lat/diagonal pulls, and rolling planks.

## /04 GYMNASICS EQUALIZER

### EQUALIZER CE2106



#### TECHNICAL MEASURES

Color: Pink, Yellow, Lime

#### PRODUCT FEATURES

It is a total-body strength training piece of equipment that is extremely versatile. Train the arms, back and core muscles using your own body weight for resistance. Strong design supports up to 400lbs. Stack together for efficient storage when not in use.



## /04 GYMNASTICS WEIGHT VEST



### WEIGHT VEST CE3101

#### TECHNICAL MEASURES

Weights: 10kg, 20kg, 30kg

#### PRODUCT FEATURES

This sweat-resistant cordura adjustable vest comes with flexible 1kg weighted iron blocks that fit easily and securely into hook-and-loop vest pockets. Large overlapping hook-and-loop waist straps secure vest tightly to body even while running, jumping, and bounding.



### WEIGHT VEST CE3102

#### TECHNICAL MEASURES

Weights: 10kg

#### PRODUCT FEATURES

/Fashion camouflage pattern  
/Comes with flexible 2kg weighted iron blocks that fit easily and securely into hook-and-loop vest pockets.  
/Large overlapping hook-and-loop waist straps secure vest tightly to body.



## /04 GYMNASTICS WALL MOUNTED



### MULTI-GRIP CHIN UP CE4101

#### TECHNICAL MEASURES

Assembly Size : 31x58x60cm

#### PRODUCT FEATURES

Chin-ups are arguably the best upper body exercise around. There is no other pulling exercise that can replace its functional value; and no, the lat pull down is a not a suitable replacement. A chin-up bar in a gym is a highly useful fixture, given that it can also be used as an anchor for rings, bands or a suspension training device.

## /04 GYMNASTICS ROPES



### CLIMBING ROPE CE5101

#### TECHNICAL MEASURES

Material: sisal  
Size:  $\Phi 38\text{mm} \times 1.15\text{m}$   
 $\Phi 38\text{mm} \times 1.4\text{m}$   
 $\Phi 38\text{mm} \times 1.7\text{m}$   
 $\Phi 50\text{mm} \times 1.15\text{m}$

#### PRODUCT FEATURES

Great for building upper body strength. Superior quality "Grade A" manila rope complete with specially-designed mounting bracket for easy installation to ceiling attachments. This natural fiber rope absorbs perspiration for the best grip and is extremely durable. 38mm/50mm diameter and custom lengths available.

### BATTLE ROPE CE5102

#### TECHNICAL MEASURES

Material: polypropylene fibre  
Size:  $\Phi 38\text{mm} \times 1.15\text{m}$   
 $\Phi 50\text{mm} \times 1.15\text{m}$



#### PRODUCT FEATURES

Nothing works the body for developing power and explosiveness quite like rope training. Various lengths and diameters push your stamina, grip strength and overall conditioning like no other. Find out what all of the excitement is about. Available in Black or White both 38mm and 50mm diam. Custom lengths is available.

### BATTLE ROPE WITH NYLON COVER CE5103

#### TECHNICAL MEASURES

Size:  $\Phi 38\text{mm} \times 1.15\text{m}$   
 $\Phi 50\text{mm} \times 1.15\text{m}$



#### PRODUCT FEATURES

With nylon cover  
The same great metabolic and strength workout as before, now with the all-weather covered training ropes designed to withstand the toughest indoor and outdoor conditions. Each rope is available in various lengths.

## /04 GYMNASTICS FOAM ROLLER



### EVA MASSAGE ROLLER

**CE6101**

#### TECHNICAL MEASURES

- /Ideal for pilates, core, ab and back stabilization and strengthening.
- /Made from premium EVA foam.
- /Essential balance training tool.
- /Release myofascial tightness and self massage of the back, calf, hamstring, glutes and quads.
- /Designed to maintain its shape even after years of use.
- /Size: 90x15cm.

### DEEP TISSUE FOAM ROLLER

**CE6102**

#### TECHNICAL MEASURES

- Size : 14 x 33cm
- Maximum User Weight : 60kgs



**NO  
DOUBTS**