Hurdles

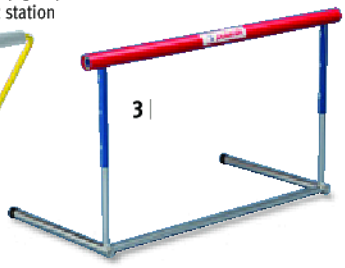
Training hurdles

SYPRO

Exclusive to Sport-Thieme

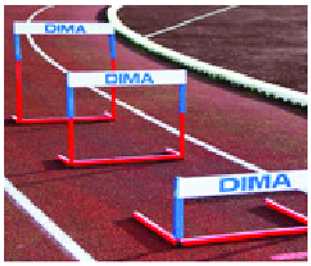
New!

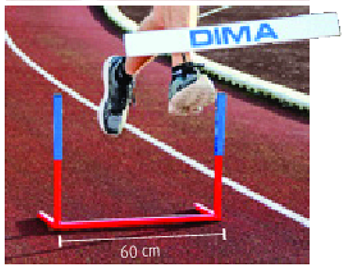
1| and 2|: For jump strength training, to help give you height for long jump or for use as a circuit station



✓ More safety thanks to the padded crossbar
✓ Simple height adjustment

✓ Helps greatly with hurdle training





✓ No need to be afraid to jump over the magnetic crossbar

1 | New! Sypro 'small' Zacharias Hurdle

Handy practice hurdle for new athletes. Freely height-adjustable from 8–60 cm. Also suitable for jump strength or long jump training. Powder-coated, sturdy steel tubing frame or lightweight aluminium frame. Width: 80 cm, tubing diameter: 22 mm, aluminium version: 2.25 kg, silver. Steel version: 3 kg, yellow.

71 293 3812 Steel tubing — Each
71 293 3809 Aluminium — Each

2 | Sypro 'classic' Zacharias Hurdle

Specially designed for beginners. Training can therefore be carried out without any risks. The product is also good for jump-strength training, as a height guide for long jump training or for use in circuit training. Powder-coated, strong steel tube or light aluminium frame, tubing diameter: 22 mm (2.8 kg or 3.5 kg). Height can be adjusted to anywhere between 8 and 107 cm, freely adjustable smooth joints, foam padding. 112 cm wide.

71 123 4507 Steel tubing — Each
71 123 4510 Aluminium — Each

3 | Polanik Children's Hurdle

Easy-to-assemble, durable hurdle with padded crossbar. Simple height adjustment using the push button. Height can be adjusted to 40, 50 and 60 cm. Chrome-plated steel frame, silver/blue/red. W: 100 cm

71 157 2100 — Each

Trolleys available online: **sport-thieme.com**
Hurdle trolleys

4 | Dima 'Baby' Hurdle

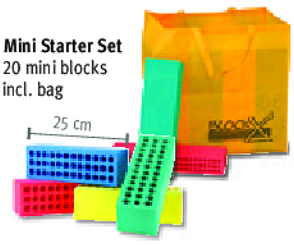
A robust mini hurdle with magnetic hurdle crossbar, which falls down when contact is made. Easy height adjustment (25, 30, 35, 40, 45, 50, 55 and 60 cm) using spring pressure mechanism. W: 60 cm.

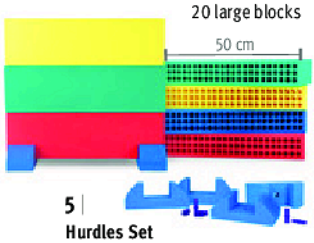
71 266 3601 — Set of 3

Don't forget to order:
- **Stopwatches, from p. 156**
- **Coordination training, from p. 75**

Training hurdles for encouraging training sessions

BlockX





	BlockX set	BlockX	Mini BlockX	Connectors	Hurdle bases	Incl. bag	Product code
5	Hurdles set	20	–	40	10	–	71 186 5530
6	Basic set	20	–	–	–	–	71 186 5501
7	Basic set with bag	20	–	–	–	large	71 186 5556-1
8	Mini starter set	–	20	–	–	small	71 281 3602
9	Mini BlockX hurdles set	–	20	40	10	small	71 286 4307

BlockX

The durable, multifunctional blocks are a modern piece of training equipment for use in athletics and have even been used in the new Bundesjugendspielen (German Federal Youth Games). Thanks to the soft material, beginners can train and practise without fear of injury. This makes the blocks perfect for use in school and club sport for training with anyone from small children to adults. The large BlockX blocks measuring 50x15x8 cm are the originals. The Mini BlockX blocks measuring 25x7.5x8 cm are compatible with the large blocks, but can also be used separately.

BlockX accessories available online at: **sport-thieme.com**
BlockX

✓ Can be combined in any way you like with the bar and hoop holders

10 | Sport-Thieme Mini Hurdles Set

Expand your training programme with this set of 6 complete hurdles. The best way to combine play and training.
The set includes:
- 18 gymnastics bars (100 cm)
- 12 bases
- 12 bar and hoop holders

71 144 6106 — Set of 6

11 | Sport-Thieme Mat Hurdle

Made of a robust foam material. Ideal for indoor hurdle training. Several hurdles can be fitted together thanks to the hook-and-loop bands on the side. A strap with press studs allows the height to be adjusted (25 and 32 cm). Undoing the studs allows you to unfold the hurdle and use it as an exercise mat for floor work and warm-up exercises. 60x40 cm, 2 kg, blue/yellow.

71 270 0003 — Each

Please contact us for prices and shipping costs.