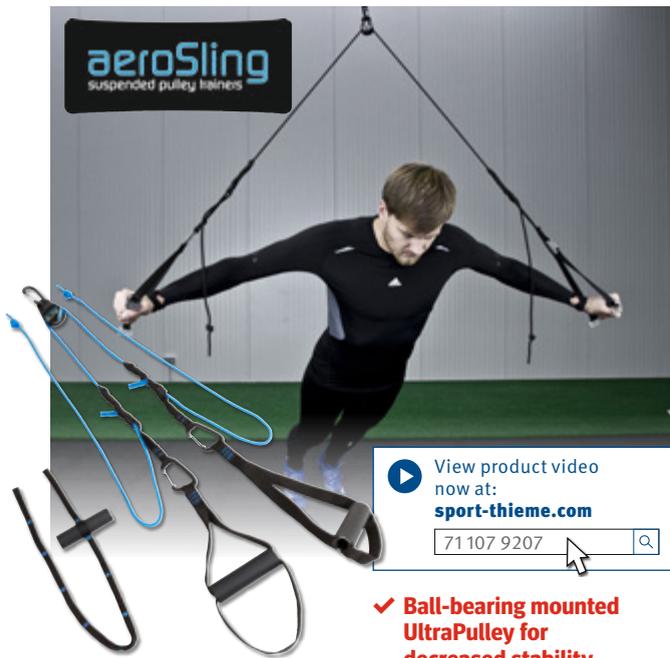


Suspension & Cross Training



View product video now at: sport-thieme.com
71 107 9207

✓ Ball-bearing mounted UltraPulley for decreased stability

1 | AeroSling Elite Plus

The AeroSling Elite Plus is the further-developed version of the standard AeroSling Elite and is ideally suited for professional and ambitious athletes. Along with all of the proven components of the AeroSling Elite, this model has a particularly easy-running ball-bearing mounted pulley: the UltraPulley. This intensifies training

as less friction on the pulley necessitates more body tension and activation of deep muscles. The bottom half of the Flex Handle S allows you to suspend your feet, lower legs or forearms. Thanks to the integrated Flex Clips, these loops can be removed whenever you like, should you need to stop during an exercise.

71 107 9207 Each



2 | AeroSling Elite

The AeroSling Elite is no ordinary suspension trainer. Thanks to its pulley, it enables a wider variety of exercises to be carried out when compared to a static suspension trainer. Its components can be swapped out individually and be added to with accessories. Includes high-quality handles with an aluminium core, an integrated door anchor for use on the go e.g. in a hotel, a training DVD and an exercise poster (both in German) as well as carrying bag for space-saving transport.

71 107 9106 Each



✓ For use at home, in the gym, outdoors and when travelling
✓ Full-body workout

3 | TRX Rip Trainer Basic Kit

Develop more rotation strength, speed and core stability, improving your endurance with the intensive (metabolic) workout at the same time. The TRX 'Rip Trainer' is a bar with an elastic cord attached to it. The cord can be fixed in various ways, just like the TRX suspension trainer. The aim of the exercises is to work with powerful movements coming from the whole body against the resistance of the elastic cord. This makes the TRX 'Rip Trainer' the perfect addition to the TRX suspension trainer. Incl. training DVD as well as exercises manual (both in German), a medium resistance cord, nylon bag and door hooks.

71 107 3384 Each

View video now at: sport-thieme.com
71 107 3384



4 | Sport-Thieme 'Crosstraining' Indoor Gymnastics Rings

Complete set consisting of 2 rings and 2 suspension straps specifically designed for circuit training and functional training. Rings made of bonded beech plywood with a good-grip surface. Exterior diameter: 236 mm, interior diameter: 180 mm. Straps made of 100% polypropylene, 500x2.5 cm, with buckles for flexible height adjustment. Maximum load 200 kg.
71 202 8415 Without storage bag Pair
71 202 8431 With storage bag Pair



5 | Sport-Thieme 'Crosstraining' Outdoor Gymnastics Rings

Specifically designed for circuit training and functional training outdoors. Complete set consisting of 2 rings and 2 suspension straps. Rings made of plastic with a good-grip surface. Exterior diameter: 250 mm, interior diameter: 180 mm. Straps made of 100% polypropylene, 450x4 cm, with buckles for flexible height adjustment. Maximum load 200 kg.
71 258 2809 Pair



New!

✓ With numbered straps for quickly adjusting the length

6 | New! Sport-Thieme 'Numbers' Indoor Gymnastics Rings

For fitness and gymnastics: set of 2 good-grip wooden rings, 2 nylon straps, 4 snap hooks with safety buckle for quickly suspending the rings and adjusting the strap to your desired length. 2 straps for additional attachment options and a carry bag. Maximum adjustable length: approx. 1.90 m, shortest length: approx 1.30 m. Rings (thickness): approx. 28 mm, inner ø: approx. 16.5 cm, outer ø: approx 23.5 cm. Strap (LxW): approx. 200x3.7 cm. Maximum load: approx. 200 kg. Approx. 1.5 kg.
71 285 2300 Set



7 | Sport-Thieme Grip Ball Set

The handy set for intensive upper-body training.
Set includes:
• 2 grip balls
• 2 long straps (each 2.2 m long)
• 2 short straps (each approx. 40 cm long)
71 273 7401 Set