

Weight & Functional Training



1 | Slashpipes: a different kind of training

Slashpipes allow for varied workouts – be it while sitting, standing or lying down. The coloured water inside the pipes moves around in an uncontrollable way and your job is to try and stabilise the forces at play. With functional training, you work strength, coordination, sensorimotor skills and various different muscle groups – a real full-body workout!



SLASHPIPE
THE POWER OF WATER

Effective training when trying to constantly offset the quick-moving liquid: stabilises the whole body!

View product video now at: sport-thieme.com

Slashpipe



✓ Every Slashpipe is available in blue or orange

1 | Slashpipe 'Single'

Ideally suited to use in fitness and gymnastics. For relaxation, sensorimotor, coordination and strength training. Stabilises and trains the whole body. Incl. straps and end caps. 50 cm long, ø 6 cm, 0.9 kg. Made in Germany, patented training aid.

71 237 6501 Orange
71 237 6514 Blue

Pair
Pair

3 | Slashpipe 'Fit'

Water-filled tube. Stabilises the body and promotes endurance. Also suitable for relaxation and sensorimotor exercises. For advanced users and adults. With hand straps and end caps. 150 cm long, ø 7 cm, approx. 3.5 kg.

71 237 6703 Orange
71 237 6716 Blue

Each
Each

2 | Slashpipe 'Mini'

Training equipment to keep fit. Ideally suited to fitness, relaxation, sensorimotor, coordination and strength training. Available in 2 colours. Great for a wide variety of exercises. 120 cm long, ø 6 cm, 2.25 kg.

71 237 6602 Orange
71 237 6615 Blue

Each
Each

4 | Slashpipe 'Pro'

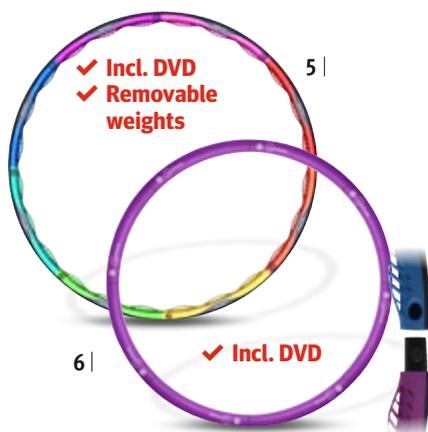
Ideally suited to fitness training. Also for relaxation, sensorimotor, coordination and strength training. Stabilises and trains the whole body. Incl. end caps and hand straps. 150 cm long, ø 9 cm, approx. 5.5 kg.

71 237 6804 Orange
71 237 6817 Blue

Each
Each

Storage & accessories available online at: sport-thieme.com

71 255 3607



✓ Incl. DVD
✓ Removable weights

✓ Incl. DVD

5 | Powerhoop 'Deluxe'

The popular piece of training equipment for use at home and at the gym. The Powerhoop guarantees varied, effective training for the back, torso, stomach and waist. 4 small steel weights make training more intense. With practical connector system. Incl. DVD. 1.6–1.9 kg, ø approx. 100 cm.

71 107 7908

Each

6 | Powerhoop 'Slim'

Ideal piece of training equipment for beginners. The Powerhoop guarantees varied, effective training for back, torso, stomach and waist. Incl. DVD and carrying bag. 1.4 kg, ø approx. 90 cm.

71 107 7807

Each

SPORT-THIEME



✓ 122 cm
✓ Won't roll away

7 | Sport-Thieme Weighted Steel Bar

The weighted bar with different weights for any training requirements. This training aid can be used for core and aerobic training, as well as for therapy and to keep fit in general. L: 122 cm, ø 30–37 mm, steel core, grip made of compact synthetic rubber.

71 140 1107 1 kg, grey
71 140 1110 2 kg, light blue
71 140 1123 3 kg, red
71 140 1136 4 kg, green
71 140 1149 5 kg, yellow
71 140 1152 6 kg, purple
71 140 1165 7 kg, bright red
71 140 1178 8 kg, orange

Each
Each
Each
Each
Each
Each
Each
Each

Sveltus



✓ 100 cm long

8 | Sveltus 'Weighted Bar'

Effective weight training for back, chest, shoulder and glutes. Ideal for warming up for core and strength training. 7 different weights. The weights are colour-coded. 100-cm long, steel filling 1–4 kg; ø 30 mm, 5–6 kg; ø 40 mm.

71 143 7300 1 kg
71 143 7313 1.5 kg
71 143 7326 2 kg
71 143 7339 3 kg
71 143 7342 4 kg
71 143 7355 5 kg
71 143 7368 6 kg

Each
Each
Each
Each
Each
Each
Each