



TRENINGS
PARTNER PRO

COMMERCIAL CATALOGUE

Premium strength and cardio equipment

SPIRIT

dyaco
medical



KEISER

avant°pool

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We specialize in the fitness center industry and larger installations.

This makes us a complete supplier of equipment for home training, companies, hotel, physiotherapists, top sports, fitness centers and more. Our professional salesmen have a high level of competence in health and training equipment.

We deliver design, project management, assemble and offer the best service and after market in Scandinavia.

RETAIL STORE & SHOWROOM

Treningspartner AS
Ringeriksveien 16
3414 Lierstranda

treningspartner.no/pro

KEISER

For nearly four decades, Keiser has influenced the training of athletes, fitness enthusiasts and rehabilitation experts worldwide with better fitness products.

keiser.com



American Barbell is a manufacturing company with extensive experience in providing premium strength training equipment and services to the fitness and exercise community worldwide.

americanbarbell.com

SPIRIT

We built our first fitness product in 1983, with the simple goal of giving our customers the highest quality equipment to help them achieve their fitness goals.

spiritcommercialfitness.com



Abilica (/abilika/) is a Norwegian fitness brand using Scandinavian designs developed back in 2002. Our name is derived from the English word "ability", which means to be able to execute.

abilica.com



Dyaco Medical designs, manufactures, and distributes professional equipment, tools and solutions for medical exercise facilities that serve caregivers and patients alike.

medical.dyaco.com

avant°pool

The portable Avantopool cold pools bring the benefits of ice swimming to everyone, everywhere. They're always ready-to-use.

avantopool.com



KEISER

For nearly four decades, Keiser has influenced the training of athletes, fitness enthusiasts and rehabilitation experts worldwide with better fitness products that unite both components of human performance: the force you produce, and the speed at which you produce it.

[keiser.com](https://www.keiser.com)

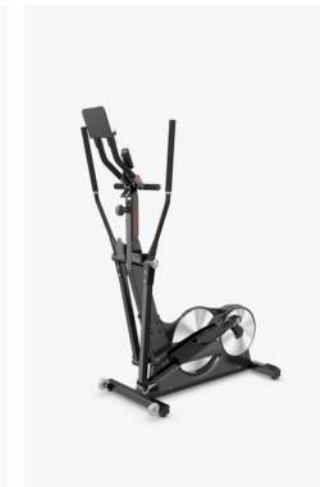
CARDIO

Our groundbreaking rear-wheel M Series indoor bikes are what made us famous. But the same science-proven Keiser quality is engineered into all cardio products - from the M3i with innovative new pedals to our new M5i Strider elliptical and M3i Total BodyTrainer, all equipped with Bluetooth®.



M3i

The Keiser M3i is the only indoor group cycling bike built entirely around YOU - that's YOU the rider, YOU the gym owner and YOU the service technician.



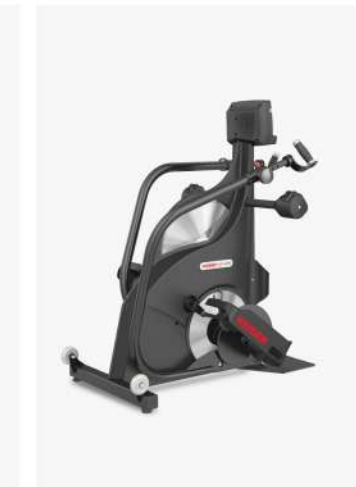
M5i

An elliptical machine designed to offer an effective group training option, while still offering the same unique benefits that made the M3i a success.



M3i TOTALBODY TRAINER

Obtain a concurrent, full body workout, work the upper or lower body independently, or perform single limb rehabilitative movements.



M7i

Because success starts with access, the Keiser M7i is designed for easy use with any mobility device or a standard chair.



M3i STUDIO

The Legendary M3i with an innovative new display. The new Studio Display makes M3i a better ride.



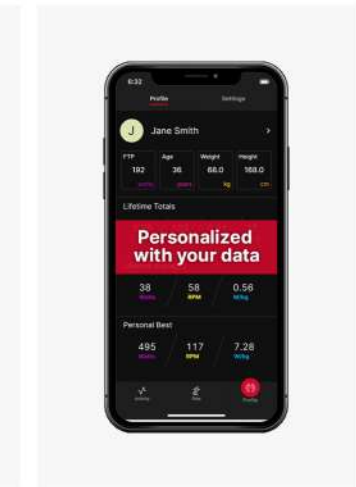
STUDIO DISPLAY

Optimized for home, studio or medical use. The features of the new Studio Display make it the ultimate display — no matter where you ride.



M CONNECT DISPLAY

Connecting riders in the studio and at home. All the data a rider needs. Displays RPMs, watts, kcals, time and distance on a single screen.



APP

The Keiser M Series app is a powerful tool for collecting data from Keiser M Series Intelligent equipment. Connect Keiser Metrics to other cloud platforms like Apple Health, Strava, and TrainingPeaks for automatic session syncing!

STUDIO DISPLAY

OPTIMIZED FOR HOME, STUDIO, OR MEDICAL USE.

The features of the new Studio Display make it the ultimate display — no matter where you ride. Can share data with the latest cycling and fitness apps. Displays live heart-rate data continuously throughout the ride from heart rate straps, smart bands, and smart watches. Works with all major group fitness projection systems. The display's quick reset feature makes it easy to reset ride data — such as after warm up. With quick reset, your performance metrics reflect only the exercise you want to track.



AVAILABLE ON...



M3i STUDIO



M3i STUDIO PLUS

TRACK INTENSITY FOUR WAYS.

Switch between modes during your ride for a three-dimensional ride experience.



RIDE BY COLOR

Enter your FTP and HRmax for color-coded FTP and heart rate zones to make monitoring intensity levels easy, engaging, and instantaneous.



LATEST WIRELESS FITNESS TECHNOLOGY

Supports ANT+™ and Bluetooth® CSCS, CPS, and FTMS standards. Ensures compatibility with new apps and devices for years to come.



72 GEARS

More gears make it easy to fine-tune resistance to find the right intensity.



NO CORD, NO BATTERIES

Pedal-powered generator in the hub of the M3i charges a super capacitor that can store a charge for faster startup next time.



86% LARGER SCREEN

The Studio Display is 86% larger screen area than Keiser's M Connect Display.



EASILY IDENTIFY YOUR BIKE

Find your bike on projections and when pairing with prominent, on-screen bike ID number.



5, 6, OR 7 FTP ZONES

Enter your FTP for Ride by Color™ FTP zone display. Choose five-, six-, or seven-zone option.



HEART RATE

Enter your HRMax and pair a heart-rate monitor with the display for Ride by Color™ HR display.



METS

Now cardiac patients — and anyone else — can use METs to track exercise intensity on an indoor bike.



SPEED

You can always access speed mode to track exercise intensity by speed (MPH or KM/H).

STRENGTH

Only Keiser's Dynamic Variable Resistance safely builds strength at any speed, which is the key to building maximum power (Force x Velocity). Keiser resistance machines enable you to develop power, and power is the key to performance.



AIR250 STANDING UP

The product of choice for athletes. It is essential for developing strength and power, allowing athletes to train at explosive speeds.



AIR250 LEGPRESS

Features a bilateral leg movement function. Its simple design and ease of adjustment makes this a perfect starter piece for facilities.



AIR250 LAT PULLDOWN

The revolutionary design of the Lat Pulldown eliminates the cable, thereby reducing the maintenance and the chance of injury to the user.



AIR250 LEG EXTENSION

Designed to make entry into the machine easy. Leg cushions and seat backs are fully adjustable, without getting of the machine.



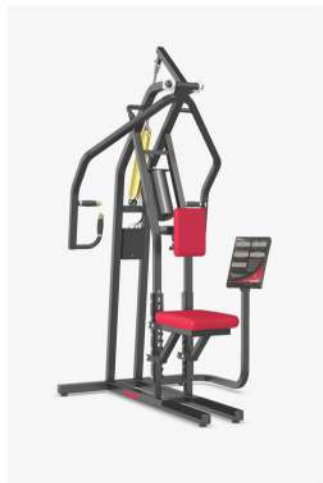
AIR250 CHESTPRESS

This machine replicates the movement of a free-weight bench press, but in a comfortable seated position. This not only maximizes comfort, it also minimizes floor space.



AIR250 LEGCURL

A less intimidating seated position to reduce stress on the lower back. An adjustable cushion holds the thighs in a comfortable and stable position for maximum results.



AIR250 UPPER BACK

This machine features two hand-grip positions to maximize the work on the muscles of the upper, middle, and sides of your back.



AIR250 MILITARY PRESS

Shoulder presses can be difficult for some, due to the high starting weight on most machines. This machine's low starting resistance and adjustable seat allow almost anyone to begin a shoulder exercise program.



PERFORMANCE

We're just as relentless as you are. The demands of elite athletic competition inspired Keiser to create performance training products and programs that help your athletes safely achieve the highest level of performance possible on the field of play. Only Keiser's Dynamic Variable Resistance safely builds strength at any speed, which is the key to building maximum power (Force x Velocity). Keiser strength machines enable you to develop power, and power is the key to performance.



AIR300 RUNNER
Allows athletes to train the lower body for power by using the components of speed and resistance. Improves acceleration and explosive power.



350 BIAxIAL CHEST PRESS
A smaller version of the original POWER Rack and incorporates the same exercises. Designed for space conscious applications.



AIR300 LEG EXTENSION PRO
The A300 Leg Extension Pro's low-inertia design gives you a smooth resistance. The result is a workout unlike anything else on the market.



AIR300 LEG CURL PRO
Industry's best leg curl machine for eccentric loading. Offers unilateral or bilateral leg training. Smooth pneumatic resistance.



AIR300 SEATED CALF
Unique machine engineered to create explosive power from the lower leg. Increased Resistance Range for more intense functional workouts.



AIR300 LEG PRESS
The combination of unilateral/ bilateral movement and pneumatic technology makes the AIR300 Leg Press a perfect fit for developing power.



AIR300 BELT SQUAT
This innovative lower body piece helps build dynamic hip explosion with no shoulder or spine loading. Smooth Pneumatic Resistance.



AIR 300 SQUAT
Combining a low impact workout with the ability to move safely at higher speeds, the AIR300 Squat enhances explosive power.



INFINITY SERIES

Train real-world movement at real-world speed. From professional athletes to the frail elderly, Keiser's Infinity Series is the most efficient way to develop functional, real-world power - on any plane, at any speed. Whatever the motion you want to train - throwing a baseball, swinging a club, or just performing the activities of daily living - Keiser's Infinity Series lets you train the neuromuscular system at the speed of life.



FUNCTIONAL TRAINER

Just because you can pull a cable in a variety of directions doesn't make it functional. It's pulling at the speed we perform that makes it truly functional. We designed this machine to be faster than the fastest human being, so we could properly train any movement, at any speed, in any direction. To truly understand what this all means, you've got to try it. Once you do, you will understand true FUNCTION.



PERFORMANCE TRAINER

Takes the Performance Trainer and transforms it into a multi-user training zone. Versatility that allows you to customize your workout. The Performance Trainer has all of the speed benefits of the Functional Trainer, but packaged in an adjustable high-low pulley system. The cable length is shorter, but the resistance is higher. The Performance Trainer can be mounted to a wall or included in Six Pack.



SIX PACK

The Six Pack came about because of requests to configure our Performance Trainers around a column without having to attach the units to the column. The Six Pack turned out to be the perfect solution. It doesn't have to go around a column. It's an ideal way to have six Performance Trainers grouped in the middle of the floor and saves having to mount the Performance Trainers on a wall.



TRIPLE TRAINER

Since the arms of the Functional Trainer are angled at 120 degrees from each other, it made sense to connect three of them on one base for better utilization of space and to save the need for the big heavy Free-Standing Base (Model 3025) used on a single unit. Now, the three units have enough weight to hold themselves in place with a much simpler, lighter, and cost-effective Free-Standing Base (Model 3030).



RACKS & PLATFORM

All Keiser patented hybrid Racks combine Keiser Dynamic Variable Resistance and iron weight resistance. Keiser Dynamic Variable Resistance pulls straight down on the bar (just like gravity) and follows the bar as it moves horizontally. You can train at any speed, from controlled to explosive, developing Power and Stability.



HALF RACK
The Half Rack does begin to tighten things up, especially the amount of floor space it requires. We still provide a short version of the foot operated resistance controls provided on the Power Rack and Half Rack Long Base. It's a great way to get the explosive benefits of Keiser in a smaller footprint.



POWER RACK
Keiser put the power in Power Rack. A rack is just that, a rack to hang things on, until you add Keiser's patented system to it. Then it goes from ordinary to explosive. Use it as an ordinary rack for free weight lifting or blend the iron and the air.



PLATFORM INSERT MODEL 3180
At only 1 1/2" thick, our low profile platforms feature a hardwood maple flooring on a 3/4" marine-grade plywood base. The surface is triple-coated with a finish for commercial floors such as basketball courts.

Length: 55" / 1397 m
Depth: 104" / 2642 mm
Height: 1.5 / 38.1 m
Total Weight: 243 lbs / 110 kg



PLATFORM INSERT AND 6° LIFTING PLATFORM MODEL 3182
At only 1 1/2" thick, our low profile platforms feature a hardwood maple flooring on a 3/4" marine-grade plywood base. The surface is triple-coated with a finish for commercial floors such as basketball courts.

Length: 100" / 2540 m
Depth: 178 / 4521 m
Height: 1.5 / 38.1 mm
Weight: 659 Lbs / 299 kg





American Barbell is a manufacturing company with extensive experience in providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to life.

americanbarbell.com



WEIGHT BARS & PLATES

American Barbell make the best barbells on the planet. When you pick one of them up, you can feel the difference. We've been at it for over 40 years, and every decision made along the way has been in the pursuit of excellence. We have set the standard in barbell technology and quality. Our innovations have been imitated by the biggest names in the industry, but hey, that's the highest form of flattery, right? We originate, innovate and manufacture strength, that's what we do.



TRAINING BAR

A solid, versatile barbell that can be used for just about any application. Tested against the day-to-day abuse of heavy training and it's proven worthy.



CERAKOTE TRAINING BAR

A solid, versatile barbell that can be used for just about any application. Available in 10 standard colours and over 90 custom colours.



ELITE POWER BAR

A shaft made from precision grade stainless steel. Our selected steelgrade for our Power Bars provides very little flex, making it ideal for a variety of max load lifts.



PERFORMANCE BEARING BAR

A host of proprietary features unlike any other on the market. It's with this technology our bars spin smoother as the weight gets heavier on the bar.



URETHANE BUMPER PLATES

American Barbell is the first company to manufacture a urethane bumper plate. These bumpers are exceptionally durable.



SPORT COLOR PLATES

The American Barbell Sport color bumper plates are 450 mm in diameter and feature a quality stainless steel insert for easy loading onto the bar.



SPORT BLACK PLATES

The American Barbell Sport rubber bumper plates are 450 mm in diameter and feature a quality stainless steel insert for easy loading onto the bar.



COLOR TRAINING PLATES

A top choice for any weight room or platform and ensure a no-maintenance bumper plate despite repeated drops.

FUNCTIONAL TRAINING

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URETHANE DUMBBELLS
Black textured urethane head, easy to read number increments in gray and a high- quality construction - all at an affordable price point.



SOFT PLYO BOX
One of the best tools to perform box jumps, squad lunges, box squats, incline and decline push-ups without the risk of any fatal injury due to its non-slip surface.



PLYO BOX WOOD
This jump box is built for safe, effective plyometric training at any skill level. Its puzzle piece design allows for flat shipping and easy assembly.



CLASSIC KETTLEBELLS
We set out to make a premium kettlebell by using the highest quality materials available. A textured finish offers a solid grip and chip resistant surface.



COMPETITION KETTLEBELL
We are excited to introduce our new range of urethane competition kettlebells. We are confident that these are the highest quality kettlebells on the market.



PREMIUM WALL BALL
Premium grade wall ball. The heavy duty, Polyurethane & Polyester composite Honeycomb material was designed for grip and durability.



MEDICINE BALL
The American Barbell medicine balls are color-coded according to their weight. Each ball is textured to optimize its grip ability and enhance sensory feel.



SLAM BALL
Their tire-track shell enhances grip, making them the ideal choice for intense training sessions with a nearly zero-bounce effect.



FUNCTIONAL TRAINING

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FLAT UTILITY BENCH

Constructed with heavy-gauge steel framing and featuring a low profile, this bench exceeds the expectations of typical home-use benches and withstands the demands of intense, heavy lifting.



MULTIPLE ADJUSTABLE BENCH 0-75 DEGREE

This bench is constructed from heavy-duty steel framing to provide the stability and support that you need when training intensely.



PUSH-PULL SLED

Heavy duty with multiple handles that are also reversible. Great for parallel grip push and pulling with a track harness or strongman harness.



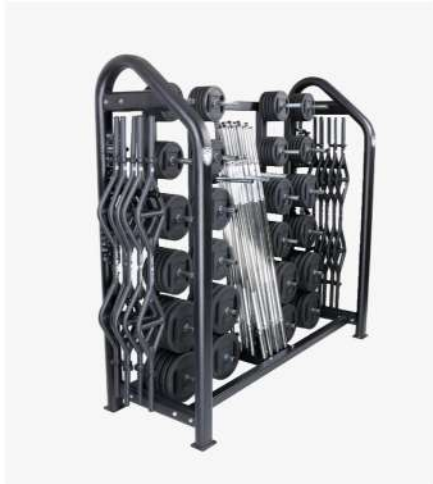
EAGLE BIKE

Meet the American Barbell Eagle Bike – your ultimate partner in training. Specially designed for high-intensity sessions, this bike features a heavy-duty steel frame that ensures exceptional stability and durability. Weighing 156 lbs, it strikes the perfect balance between robust support and mobility, thanks to its commercial-grade roller wheels.



GLUTE HAM DEVELOPER

The American Barbell Glute Ham Developer is an incredibly stable and secure piece of equipment. The combination of heavy-duty steel framing and wide-angle triangular base design will keep you securely in place as you work your posterior chain muscles. The base framing is fitted with band pegs to allow you to take your training intensity up a notch.



CLUB STRENGTH RACK PACKAGE

Club strength racks for group strength classes can receive a lot of wear and tear during group weight training programs. The quality and construction of group strength barbells, weightplates and collars are imperative to keeping your equipment safe and functional.



RACKS AND RIGS

American Barbell is a manufacturing company with extensive experience in providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to life.



PERFORMANCE STATION HALF RACK PLATFORM
A versatile rack and platform combination designed to revolutionize your fitness experience. We've engineered the Performance Station to be the Swiss Army knife of fitness equipment, giving you the power to build, customize, and optimize your training space like never before.



HALF RACK
3x3 11 gauge steel and 3/4" hardware makes this an incredibly solid rack with modular functionality and a wide variety of customization options. Plastic protection on both sides of the J Hooks help protect the bar and uprights from scratching and wear.



48 RACK
The American Barbell Rack 48 features 3x3 11 gauge steel and 3/4" hardware, with modular functionality and a wide variety of customization options. Plastic protection on both sides of the J-Hooks helps protect the bar and uprights from scratching and wear.



SQUAT STAND
A staple for any garage gym, affiliate, or school training center. Our squat stand is constructed from premium 3x3 11 gauge square steel tubing. Support braces at the base of the frame ensure maximum stability, ensuring that this stand will not move when you're going under the heavy iron.



PULL-UP SQUAT STAND
A staple for any garage gym, affiliate or school training center. It is modular in design and has available add-on accessories like safety spotter bars, other styles of pull-up bars and a utility or adjustable bench, offering the versatility to do a range of exercises within a small footprint.



PLATE LOADED

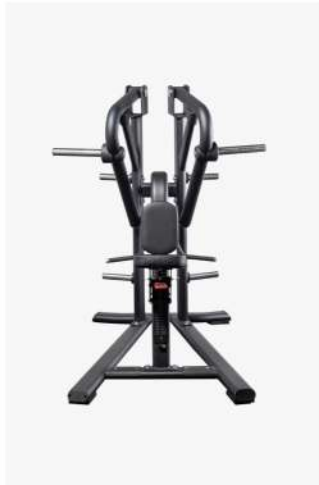
The Flight line of plate loaded strength equipment was designed to facilitate Athletic Movement. We realize that strength is relative, and the journey of building, maintaining or rehabbing strength is an ever-evolving one. One of the biggest challenges in the fitness industry is that most decision makers do not train. At American Barbell our leadership team loves to train and it shows in our product. If we wouldn't use it, we wouldn't make it.



SHOULDER PRESS
A robust and bio-mechanically sound machine —designed as a compound training tool to primarily target the shoulders from a fixed, seated position.



VERTICAL LEG PRESS
A cornerstone for progressively overloading the legs, from a lying down, but with height adjustable position.



LOW LAT-PULL
A robust and bio-mechanically sound machine that is designed as an effective alternative to the dumbbell and seated row.



LAT PULL-DOWN
A robust and bio-mechanically sound machine – designed for the purpose of compound training – primarily targeting the lats.



HIP THRUST
A safe and effective method of executing the hip thrust exercise outside barbell training, which can be unsafe and inconsistent, depending on one's experience or skill level.



INCLINE CHEST PRESS
A robust and bio-mechanically sound machine—designed to primarily work the upper chest, as well as target the front deltoids and triceps muscles.



FLAT OLYMPIC BENCH
Provides a solid and sturdy platform from which a variety of sized lifters can train their chest. With 3 different rack heights this machine can cover a range of arm span lengths.



CHEST PRESS
Their tire-track shell enhances grip, making them the ideal choice for intense training sessions with a nearly zero-bounce effect.



CABLE MACHINES

American Barbell is a manufacturing company with extensive experience in providing premium strength training equipment and services to the fitness and exercise community worldwide. As a first-rate gym equipment brand, we utilize the best domestic and international manufacturing and sourcing solutions available to bring innovative, creative, and functional exercise equipment to life.



HI-LOW SINGLE STACK

Discover the remarkable features of our Hi-Low Single Stack, meticulously engineered to enhance your workouts. We nailed it with this...solid and sturdy hi-low that comes with a 200 pound hefty stack. Our strong metal design is clean with metal shroud enclosure for an attractive look. We have heavy-duty, simple adjustments and beautifully-machined pulley cages!



LAT PULL-LOW ROW SINGLE STACK

Discover the versatility and style of our Lat Pull-Low Row Single Stack, engineered to amplify your fitness routine. Great as a stand-alone but can also be attached to our Performance Stations or rigs.

This single stack has it. Our original metal design and super cool shroud enclosures make this a good-looking piece for getting you pumped up. And yes, it has our same beautifully-appointed pulley cage as our Hi-Low piece if you want to match them.



SPIRIT

We built our first fitness product in 1983, with the simple goal of giving our customers the highest quality equipment to help them achieve their fitness goals.

It is that same simple purpose which continues today in designing and developing every piece of equipment that bears the Spirit Fitness name. We make sure that each new equipment design meets the same demanding standards that have crafted the Spirit Fitness brand.

spiritcommercialfitness.com

CARDIO 900 SERIES

The Cardio 900 series of Spirit Fitness equipment is crafted with features to enhance the user's experience while standing up to the rigors of the health club. Quick adjustments, easy-to-read consoles, and intuitive functions make start-up and operation simple. Features like cooling fans, optimized movement patterns and ergonomic touch points create a comfortable and effective workout. Manufactured in our company-owned, ISO-certified factory with solid construction, you can rest assured your Spirit Fitness equipment will stand the test of time.



CT900

Robust construction and commercial-grade components make the CT900 the gold standard for treadmills.



CE900

From stride length and hand grips to pedal placement and flywheel inertia, this elliptical combines fit and function in one robust machine.



CU900

The CU900 Upright Bike boasts features that provide users with precise fit and function and a beautiful console to track performance.



CR900

Takes workout ease and comfort to a new level. Step-through design makes it easy for all users to enter and exit the bike.



CT900ENT

Combines the quality and construction of the CT900 with the beauty and innovation of an display for TV, web browsing and music streaming.



CE900ENT

Created to workout with comfort and ease, the CE900ENT features the Spirit signature entertainment console for media at your fingertips.



AB900+ AIR BIKE

The AB900+ Air Bike is a classic design with powerful impact and is the perfect addition to commercial facilities.



CSC900

Features a super sleek design, locking stairs for safety and the largest surface area on the market for multiple foot position training options.

CARDIO 1000 SERIES

The 1000ENT Series are designed to meet our customer’s need for a new, robust, modern, and engaging console interface. Our treadmill boasts an impressive 21.5” TFT touch screen that is super clear, and touch-sensitive. Navigating our console is easy with the intuitive layout of the touch screen buttons. The consoles of the elliptical and bikes use a 15.6” TFT touch screen, which captivates users; the brilliant graphic software interface and entertainment media will immerse exercisers into a unique user experience.



CT1000ENT
Combines our workhorse heavy duty commercial with a NEW, modern and engaging console interface. Boasting an impressive 21.5” TFT crystal clear, touch sensitive screen and designed to be user-centric and intuitive.



CE1000ENT
Features a smooth pedal motion with a 2-degree inversion of the pedals for an ergonomic foot path to minimize joint stress. Impressive 15.6” TFT crystal clear, touch sensitive screen and designed to be user-centric and intuitive.



CR1000ENT
Built to perform and entertain. A NEW, an impressive 15.6” TFT crystal clear, touch sensitive screen and designed to be user-centric and intuitive.



CU1000ENT
Presents three workout display modes for rider engagement, and oversized 1” crank axle and heavy-duty roller bearings for a smooth ride and reliable longevity.



CARDIO 800 SERIES

Spirit Fitness announces the release of their new 800 Series and ENT Series to its commercial range of cardiovascular equipment. The new products were redesigned for high performance with technological enhancements that will keep users engaged and coming back for more. Spirit makes sure that each new equipment design meets the same demanding standards that have crafted the Spirit Fitness brand.



CT850+
Designed to withstand the rigors of a commercial fitness environment, the CT850+ Treadmill combines convenient features with durable construction to provide an exceptional workout experience.



CT800+
The CT800+ commercial treadmill has a reputation for reliability and value that meets your space and budget needs. Weighing in at 173 kg, this machine is truly heavy-duty and packs a load of premium features that keep clients happy.



CE800+
The CE800+ was specifically engineered for the commercial environment, from its heavy-duty steel frame to its premium console features.



CU800+
The CU800+ Upright Bike was specifically engineered for the commercial environment, from its heavy-duty steel frame to its durable powder coat paint finish.



CR800+
The CR800+ Semi-Recumbent Bike is the perfect bike for the commercial environment. The step-through design and easy-adjust seat makes it easy for your clients to get on the bike and quickly find the most comfortable seat position.



CS800+
The CS800+ Stepper combines the familiar dependent stepping action with an arched step-rail design and impressive 16" maximum step height for an effective lower body workout.



CRS800S+
The CRS800S+ Recumbent Stepper makes total-body exercise accessible for a wide variety of users. Regardless of age or physical ability, the CRS800S+ offers a variety of features that take the effort out of getting on and working out.



SELECTORIZED SP-43 SERIES

It is rugged performance strength training equipment that takes what athletes dish out and helps exercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you that every product from every series will offer fluid movement, ergonomically sound comfort and the durability to stand up to the most rigorous exercise environments.



LAT PULLDOWN
Traditional Lat Pulldown with adjustable chain-links for positioning of bar height. Storage hooks for bar when not in use.



LOW ROW
Low row challenges the entire body with stabilization while pulling with arms and upper back muscles. Dual foot bars allow users of all sizes a proper set-up and full range motion.



SHOULDER PRESS
Horizontal and parallel grip options for users with shoulder limitations. Unilateral and bilateral path of motion. Seat provides range of motion adjustment.



SEATED CHEST PRESS
Overhead pivot follows body's natural movement for pressing motion. Unilateral and bilateral motions for correcting muscle imbalances. Vertical grips aid users with limited shoulder flexibility.



SEATED LEG CURL
Thigh pad adjusts to front of knees, keeping user in alignment with axis of rotation. Lower tibia pad self-adjusts limiting the number of necessary adjustments.



SEATED LEG PRESS
Large foot platform for foot placement variety and angled lower edge for calf exercises. Angled sled provides support and simulates a squatting movement.



LEG EXTENSION
Back pad adjustments for proper alignment with machine's axis of rotation. Lower tibia pad self-adjusts limiting the number of necessary adjustments.



PRONE LEG CURL
Prone positioning allows full range of motion training of hamstrings across both hip and knee joints. Pad angles stabilize hips to prevent them from rising during exercise.



SELECTORIZED SP-46 SERIES

It is rugged performance strength training equipment that takes what athletes dish out and helps exercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you that every product from every series will offer fluid movement, ergonomically sound comfort and the durability to stand up to the most rigorous exercise environments.



**ABDOMINAL /
BACK EXTENSION**

Entry and positioning for both abdominal and lower back exercises is easy for users of all levels. Easily adjust machine cam to switch between exercises.



**LEG PRESS /
CALF EXTENSION**

Footplate and back pad angle adjust for ideal setup for both leg and calf pressing. Footplate four-bar linkage helps maintain ideal ankle alignment throughout exercise.



**BICEPS CURL /
TRICEPS EXTENSION**

Angled arm pad helps limit shoulder movement for focus on biceps and triceps. Easily adjust machine cam to switch between these opposing muscle exercises.



**LEG EXTENSION /
LEG CURL**

Challenges opposing muscle groups, quadriceps and hamstrings. Exercises can be switched and adjusted without leaving seated position.



CHEST PRESS / SHOULDER PRESS

Seat and back pad adjust for proper pressing angles. User can adjust for two chest press angles and a shoulder press.



FLY / REAR DELT

Dual machine combines the two most popular back exercises. Traditional Lat Pulldown with adjustable bar height and storage hooks.



PULLDOWN / SEATED ROW

Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids. Multiple hand grips and range of motion adjustment aid positioning for these exercises.



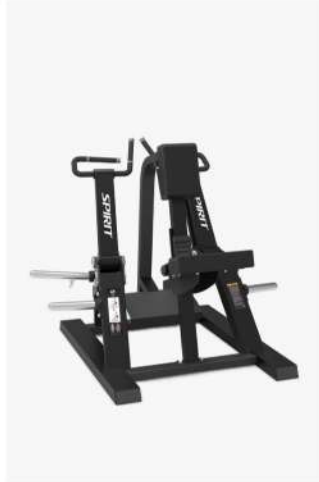
PLATE LOADED

A modern trend for machine design is to convey strength-in-design. In other words, just looking at the larger tubing used, provides greater confidence that it can handle whatever is thrown at it. Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessory weight trees.



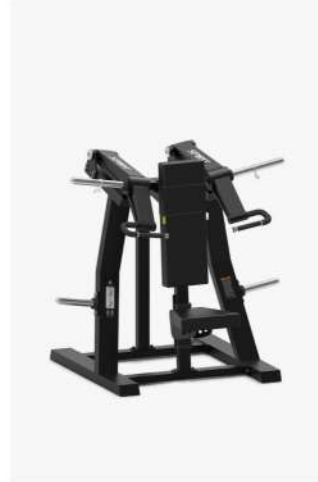
CHEST PRESS

Highly visibility marker on back pad to help with proper alignment of chest with handles. Easy lift and lock seat adjustment. Heavy duty construction using 4 mm steel.



ROW

Traditional row exercise challenging stabilization ability and all muscles of the back. Declined angle of pad helps with stabilization during heavy lifts.



SHOULDER PRESS

Horizontal and parallel grip options for users with shoulder limitations. Unilateral and bilateral converging path of motion.



LEG PRESS

Unilateral and bilateral motions for correcting muscle imbalances. Horizontal grips with natural converging path of motion.



LEG EXTENSION

Unilateral and bilateral motions for correcting muscle imbalances. Angled user positioning helps with stabilization during exercise.



LEG CURL

Unilateral and bilateral motions for correcting muscle imbalances. Upright positioning allows for training hamstrings across both hip and knee joints.



BICEPS CURL

Angled arm pad helps to reduce shoulder involvement and maintain focus on biceps pivoting gripbar adjusts for varying forearm lengths and maintains alignment with axis of rotation.



LAT PULLDOWN

Unilateral and bilateral motions for correcting muscle imbalances. Stabilizing handle in the middle to help when performing unilateral pull downs.



FREE WEIGHTS

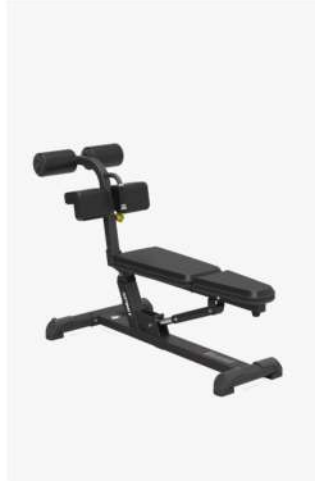
With features such as thick 3mm gauge steel and a support structure designed to withstand the most demanding training environments, our free weight benches and racks are not just the benchmark standard, but significantly raise the bar in the commercial club market. Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessory weight trees.



SQUAT RACK
Four racking positions accommodate all users. Racks are positioned to allow easy removal and re-racking of the bar.



CHIN DIP /LEG RAISE
Integrated pull-up bar with multiple grips for individual preference. Back and arm pads are angled to help with user stabilization during leg raises.



AB BENCH
Multiple positions of pad adjustment to challenge every user. Wide back pad and adjustable leg support provides stabilization.



ROW
Angled design with chest pad provides firm support to isolate the back muscles. Multiple hand grips give the user training variety for the lats or upper back.



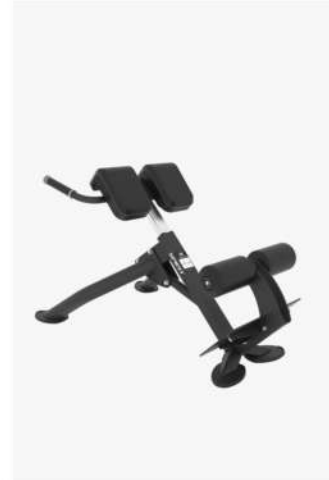
ADJUSTABLE BENCH
Bench adjusts from flat to 90-degrees. Seat pad adjusts in 4 positions to align with back pad angle. Handle and integrated wheels for easy transport.



PREACHER CURL
Elbow pad is angled at 55-degrees to vary resistance and improve user comfort. Wear resistant guards protect frame powder coating. Three-point contact provides excellent stability.



OLYMPIC FLAT BENCH
Multiple weight take-off points spaced for easy take-off and return. Standard weight storage keeps weight plates close. Wear resistant guards protect frame powder coating.



BACK EXTENSION
45-degrees positioning is ideal for training posterior muscles. Thigh pads are adjustable to fit all user sizes. Lower leg pads support at the calf which eliminates knees discomfort.



FREE WEIGHTS

With features such as thick 3mm gauge steel and a support structure designed to withstand the most demanding training environments, our free weight benches and racks are not just the benchmark standard, but significantly raise the bar in the commercial club market. Wherever possible, weight storage horns are integrated to keep additional weights on-hand. Weight storage on the benches or racks also helps to reduce clutter in a busy gym and eliminate the need for accessory weight trees.



45°- DEGREES LEG PRESS
45-degrees is the most popular angle for a plate loaded leg press. Back pad is adjustable in 7-positions to open or close hip angle.



HALF RACK
Half Racks have become essential additions to many clubs. Half Racks are multi-functional for all types of lifts J-Hook style bar holders and adjustable safety stops.



HALF RACK WITH PLATFORM
1524mm / 5' x 3048mm / 10' Hardwood platform with full insert. Platform aids in providing a good shoe grip for Olympic lifts. Rubber impact zones to reduce noise, protect gym floors and plates.



POWER RACK
Fully enclosed Rack for greater safety and spotting when performing lifts. Three-sets of J-Hooks for a lot of variety; fully enclosed bar stops. Two stations for pull ups and hanging accessories.



POWER RACK WITH PLATFORM
1524 mm / 5' x 3048 mm / 10' Hardwood platform with full insert. Platform aids in providing a good shoe grip for olympic lifts. Rubber impact zones to reduce noise, protect gym floors and plates.



SEATED CALF
Seated position helps focus on the soleus muscles. Seat moves with movement arm to maintain alignment. Knee pads adjust for tibia length and range of motion.



OLYMPIC INCLINE BENCH
Adjustable seat and multiple take-off points for confident positioning. Integrated spotters' platform with non-slip coating. Foot bar helps lower body stabilization during heavy lifts.



OLYMPIC FLAT BENCH
Multiple weight take-off points spaced for easy take-off and return. Standard weight storage keeps weight plates close. Wear resistant guards protect frame powder coating.



CABLE SERIES/MULTI STATIONS

It is rugged performance strength training equipment that takes what athletes dish out and helps exercisers get to where they strive to be. SPIRIT Strength moves the way the body is meant to move and rewards hard work with results. It's our promise to you that every product from every series will offer fluid movement, ergonomically sound comfort and the durability to stand up to the most rigorous exercise environments.



4 STACK MULTISTATION

- Adjustable Hi/Lo Pulley
- Triceps Pressdown - Low Row
- Lat Pulldown



5 STACK MULTI STATION

- Adjustable Hi/Lo Pulley
- Triceps Pressdown
- Low Row
- Lat Pulldown
- Functional trainer



8 STACK MULTI STATION

- Adjustable Hi/Lo Pulley x 2
- Triceps Pressdown x 2
- Low Row x 2
- LatPulldown x 2
- Pull Up Bar



FUNCTIONAL TRAINER

- 1:2 ratio for easy starting and rapid work out. Multi accessories gives the user training variety. Ergonomically design in grips for trainer persistence.



SMITH MACHINE

Bar is counter balanced to 2 kg for very low starting resistance. Vertical design accommodates most exercise and provides easier set-up.



CABLE CROSSOVER

With a 1:1 Direct Drive ratio for a solid and "Real Feel" intense workout. Multi accessory pack gives your members the variety they need.



ULTRA TRAINER

Versatile trainer integrates a Smith Machine and a Dual-Pulley DAP into one functional Multi-Gym. Smith machine is oriented vertically to allow for all types of bench presses, pulls and squats. Dual-Pulley DAP combines 2-pulleys on each side to enhance the exercise possibilities. Ideal for small group training, includes a variety of accessories and pull-up bar.



GLUTE CONCEPT

Glute training is becoming more and more popular and with the help of Spirit Glute Concept you can help give your members what they want.

There are many advantages to a strong rear end. Greater and more efficient power development in the extensor apparatus in the legs is important for several reasons:

- Important in most sports
- Better daily function
- Reduced risk of injury to knees, hips and back

With the Spirit Glute Concept, you will be able to stress the following muscle groups:

- Gluteus muscles (buttocks)
- Hamstrings (back thigh)
- Quadriceps (front thigh)

We offer Spirit Glute Concept as 2 different package solutions: Spirit Glute Concept Small & Spirit Glute Concept Large.

Glute Concept Small



HIP ABDUCTION

Unique Hip Abduction machine: user performs exercise standing. Upright alignment is more effective for hip muscle activation. Plate loading horn is adjustable in 3-positions. Adjusting horn position changes the resistance felt by user. Extra long hand grips for users of all heights.



REAR KICK

Standing during Glute training is ideal compared to kneeling on floor. Curvilinear motion places emphasis on Glutes and Hamstrings. Chest pad and handlebar provide support and stability during exercise. Edge at bottom of foot plate keeps feet secure from slipping.



GLUTE DRIVE

Gas Adjustable, oversized, foot platform. Multi-angle ergonomic cushion pad to accommodate users of all sizes. Seat pad for user safety.

Glute Concept Large



HIP ABDUCTION

Unique Hip Abduction machine: user performs exercise standing. Upright alignment is more effective for hip muscle activation. Plate loading horn is adjustable in 3-positions. Adjusting horn position changes the resistance felt by user. Extra long hand grips for users of all heights.



REAR KICK

Standing during Glute training is ideal compared to kneeling on floor. Curvilinear motion places emphasis on Glutes and Hamstrings. Chest pad and handlebar provide support and stability during exercise. Edge at bottom of foot plate keeps feet secure from slipping.



STANDING LEG CURL

Unilateral and bilateral motions for correcting muscle imbalances. Upright positioning allows for training hamstrings across both hip and knee joints. Knee and thigh pads stabilize the non-exercising leg. Arm pad and handle grips provide for upper body stability.



LEG PRESS

Curvilinear path of motion matches the natural motion of a squat. Extra large foot plate uses a 4-bar linkage to maintain correct ankle alignment. Back pad adjusts into 3-positions for varying hip positions and users of all sizes. Long weight loading horns to handle very heavy workouts.



GLUTE DRIVE

Gas Adjustable, oversized, foot platform. Multi-angle ergonomic cushion pad to accommodate users of all sizes. Seat pad for user safety.



Abilica (/abilika/) is a Norwegian fitness brand using Scandinavian designs developed back in 2002. Our name is derived from the English word "ability", which means to be able to execute. Abilica is an affirmative word with associations of will and strength! We want you to have positive associations with our brand, like a feeling of achievement and accomplishment in all levels of training. We are doing everything that we can to be a sustainable choice.

abilica.com



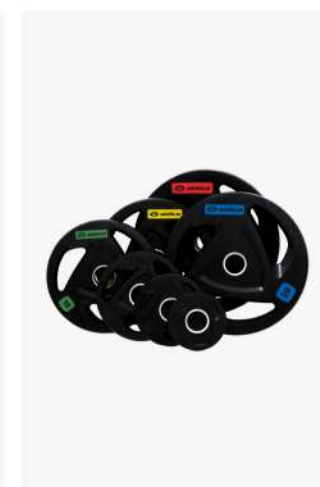
TRAINING

A series of high-quality training equipment made with environmentally friendly choices that will last season after season. Our products are for anyone who wants to train, even for world champions.



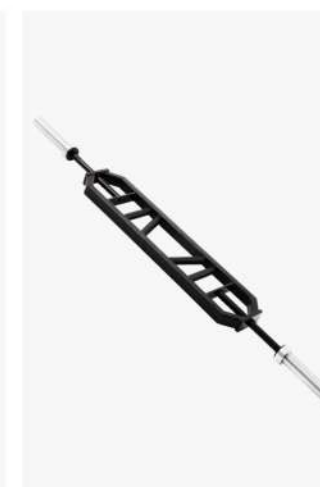
HEX DUMBBELLS

Rubberized and hexagonal manuals with solid and good grip. Perfect for exercises such as Renegade Row and other exercises that require the manual not to roll.



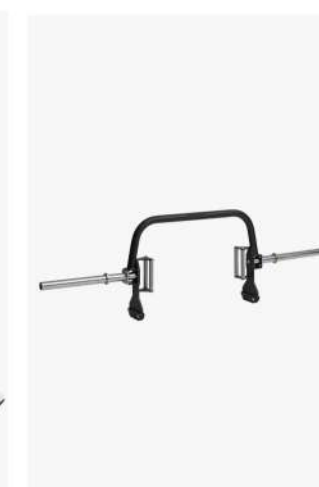
OLYMPIC WEIGHT PLATES

Weight plates for Olympic standard 50 mm barbells. Made of solid iron, covered with rubberized coating for good grip and protection of floors.



MULTIGRIP BAR

The barbell is particularly suitable for exercises that involve quick turns, such as jerks and shocks. Provides opportunities for great variation in training.



OPEN HEXBAR

Allows you to center the weight in line with your center of gravity to a greater extent than training with a normal barbell. This makes exercises such as deadlifts less technically demanding.



HR 500

Abilica HR 500 is a half rack for those who want a solid rack with a small footprint and many options for additional equipment for the best possible adaptation to your training!



SQUAT PAD

Abilica SquatPad is SquatSponge and BarPad in one. Protects shoulders and hips during strength training. Perfect for exercises such as squats, lunges, hip thrust and glute bridge.



BALANCE PAD

Large balance cushion in soft EVA, approx. 39 x 32 cm. 6 cm thick. Designed for exercises on two legs, as a base for shoulder exercises, exercises on the knees, etc.



SOFT STEP

Abilica SoftStep is flat and hard on one side, and round and soft on the other. Can be used on both sides. 61 cm in diameter. Pump included.

XC-MILL 2700

Tested and developed by Johannes Klæbo. With an incline of up to 15%, it lets you train technical diagonal stride at home. And with a top speed of 30 kph, you can train at high speed on both easy and difficult inclines. The best thing about Abilica XC-Mill 2700? You can use roller skis, run, or even use your bike.



Abilica XC-Mill 2700 si the treadmill that stands out from the others. This performance treadmill covers three usages for serious athletes.

RUNNING

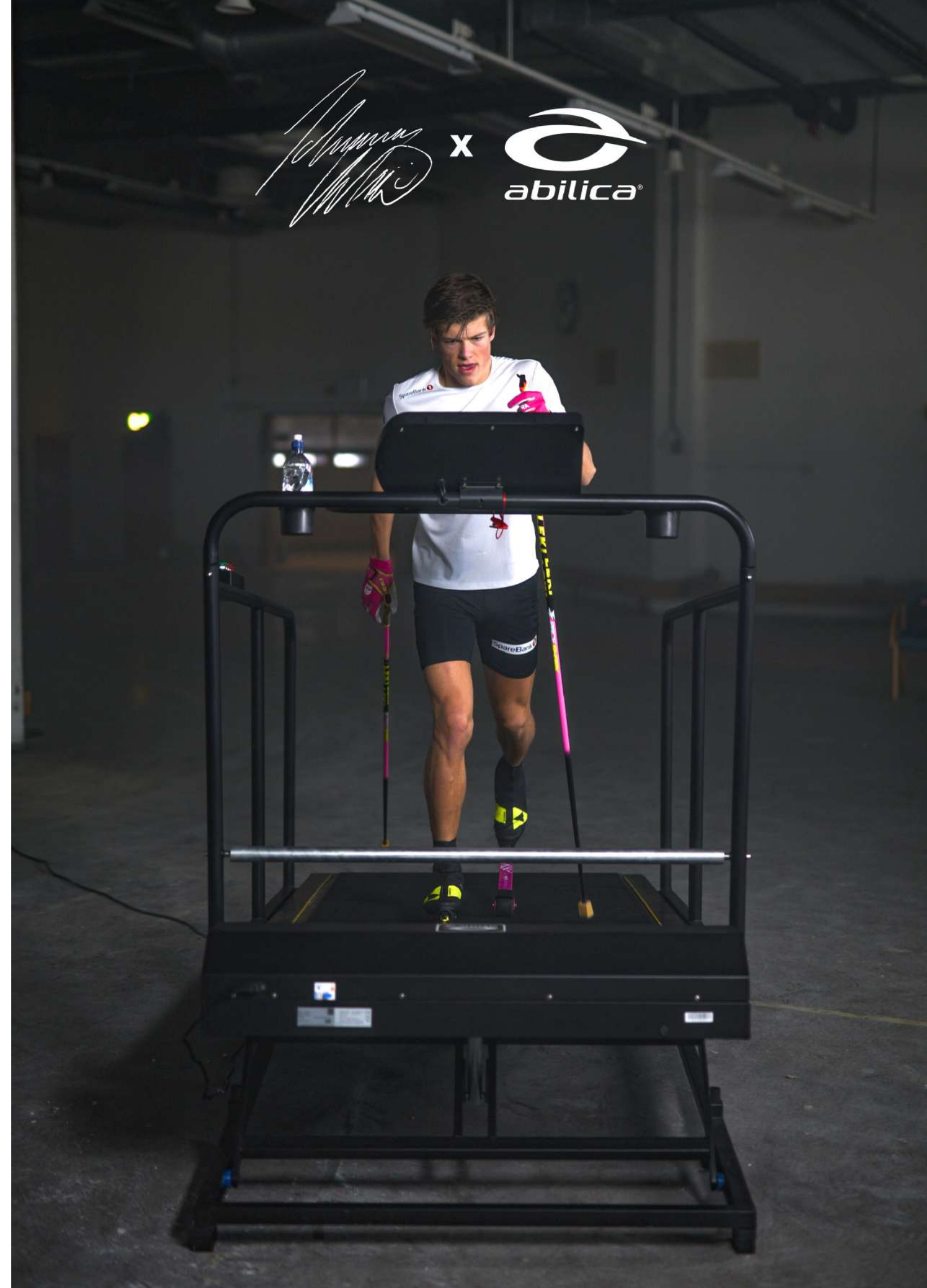
With a wide running surface and 250 cm length, two people can run at the same time on the treadmill, and change places during their run. It's also beneficial to train bounding when you want to control speed and climb.

ROLLER SKI

There are endless possibilities with the Abilica XC-Mill 2700. When the weather makes it impossible to train cross-country skiing outdoors, you can have a huge advantage to be able to use the treadmill as an active part of your training routine. Another big advantage si that it feels in a similar way of outdoor cross-country sking. With an incline up ot 15% it lets you train technical stride indoors, in your own home. And with a top speed of 30 kph, you can train at high speed on both easy and difficult inclines.

BIKE

This treadmill is the future of home training. It's also well adapted if you want to use your mountain or racing bike, no need to change tires. Using a bike on the treadmill gives you the ability to ride your bike freely indoors where you can perfect your uphill training. Picture this: you're climbing the Alpe d'Huez - but the uphill never ends!



ABILICA X NORMILL XC-3300

The treadmill is made to fulfill all needs in multiple sports. We have the performance that is expected in pro-athlete training equipment. The belt surface is 2500 x 3300 mm, suitable for running, cycling, speedskating, cross-country etc. Uses high-performance motors and motor drivers. With a closed-loop feedback system, we are able to maintain the same speed on the treadmill no matter the conditions. This is important for the athlete to be able to compare their exercise without the external factors changing.



MAX SPEED 50 kph	MAX INCLINE 25 %	INCLINE SPEED 1 sec per %	BELT DIMENSIONS 2500 mm x 3300 mm	TOTAL MOTOR SIZE 9 HP





Dyaco Medical designs, manufactures and distributes professional equipment, tools and solutions for medical exercise facilities that serve caregivers and patients alike. We work together with quality medical exercise facilities to transform people's quality of life and support independent living for as long as possible.

medical.dyaco.com



MED RANGE

Medically certified rehabilitation devices & accessories. The MED range provides care givers with advanced features to deliver better outcomes to their patients suffering from a wide range of neurological, cardiovascular or musculoskeletal issues. With a holistic approach to rehabilitation, caregivers can analyse the unique needs of their patients in order to create customised treatment plans aimed to move, reduce pain, restore function, and prevent disability.



REHABILITATION TREADMILL - 7.0T

Packed with features that reflect the true needs of physiotherapists, this translates into patients feeling confident and comfortable in using this for their recovery in physical mobility. Designed with the highest quality standards, being awarded medical certification according to the CE 93/42 Class IIa.



REHABILITATION BIKE - 7.0R

Not only puts comfort at the forefront of a patient's experience, it also has been engineered for every single workout to be highly effective therapy for recovery. Sitting in and exiting is made easy with its swivelling seat functionality. Perfect for deconditioned or assisted patients to be correctly aligned when sitting for their physical therapy session.



REHABILITATION BIKE. 7.0U

Comfort is ensured for patients with features like its oversized, padded seat that can also be positioned with precision for an effective ride workout. The adjustable crank lengths cater for patients with a limited range of motion.



REHABILITATION RECUMBENT SEATED STEPPER - 7.0S

Has a semi-recumbent position so hips, knees and ankles are protected from unnecessary strain. The stepper helps therapists to place patients onto this machine and its 360 degrees rotating seat further aids the process for ideal positioning.

avant°pool

Avantopool's roots go back to a swimming pool shop in Espoo in 2014, when some ice swimming enthusiasts asked for a cold pool that could be used at home. We didn't have one, so we started a frantic search. We found a few pools around the world, but they were massive and, in addition, complicated to install and maintain. And VERY expensive.

There simply wasn't a cold pool on the market that was suitable for home use for ice swimmers, fitness enthusiasts and others interested in wellbeing. So we – three engineering entrepreneurs who had been doing sports our whole lives – set out to right this wrong in the world.

avantopool.com



COLD POOLS

The portable Avantopool cold pools bring the benefits of ice swimming to everyone, everywhere. They're always ready-to-use, and you can adjust the clean water to your desired temperature with the touch of a button. Avantopool brings the ice hole to the gym, your team's locker room, your work or home – all year round.



KINOS

Avantopool Kinos is the first mobile and compact cold pool on the market able to deliver high-quality cold recovery even in your own home. It offers professional water therapy either in cold or warm, but always in clean water. Kinos is ready whenever you are – just choose whether you want to cool down in cold water or relax in a warm bath. The wide temperature range of +4°C to +38°C delivers all the benefits of both hot and cold water.



HANKI

Avantopool Hanki is an affordable and easy to move cold pool with an external refrigeration unit. It goes wherever you go and wherever you want to enjoy refreshing cold bath or muscle recovery. Hanki is easy to move and easy to use. It's a particularly easy-to-move cold recovery and cold therapy pool with an external cooling & heating unit. Hanki is easy to place almost anywhere and doesn't require any special care other than regular water change.



KIDE

Avantopool Kide is an inflatable, compact pool designed for professional and home use. Kide pool can be used almost anywhere and it travels easily in a carry bag. Together with the Avantopool Cooling & Heating Unit you can enjoy professional level cold baths or relax in warm water. The external Cooling & Heating Unit is easy to use, and the hoses can be quickly attached with 32 mm quick connectors. The pool fits up to two persons but is most comfortable for single person use.



KINOS PLUS

Avantopool Kinos Plus is a transportable pool for cold & warm water therapy and professional level cold recovery – always ready for use. Kinos Plus is 20 cm longer than Kinos, enabling taller people to get full body immersion. The Kinos Plus pool's water filtration and automatic continuous ozone purification ensure that the water is always clean. The pool's energy efficiency keeps operating cost low. Using the smart "sleep mode" for example during the nights, the electricity consumption can be reduced significantly (30-40%).



TRENINGS
PARTNER PRO

treningspartner.no/pro