

March
2026

PROGRESSIVE FITNESS LTD

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Exclusive Authorised Distributors for Core Health & Fitness Brands in Kenya:



All Equipment Comes with a **TWO YEAR WARRANTY**
www.progressivefitness.co



STAR TRAC®

MADE TO PERFORM



STAR TRAC 8 Series Treadmill 8TR

- 5HP AC Motor
- Dimension 2060*910*1520mm
- LCD Screen
- Shock Absorption Deck
- Steel Frame
- Compatible with Apple Watch
- Speed till 20kmh
- Incline: 0 to 15%
- Maximum User Weight is 227kg

@USD 8,500



STAR TRAC 8 Series Cross Trainer RDE

- Ergonomic hand grips offer multiple hand positions
- 18" Stride Length
- LCD Screen
- Soft Trac® pedals provide ultimate shock absorbing comfort
- Compatible with Apple Watch
- Heart Rate Sensor
- Maximum User Weight is 181kg

@USD 6,900



STAR TRAC 8 Series Upright Bike 8UB

- Self Generating (Requires No Power)
- LCD Screen
- Morse Taper Bottom Bracket and Pedal System
- Compatible with Apple Watch
- Lighter Weight Aluminium Frame for Maximum Corrosion Protection
- Maximum User Weight is 159kg

@USD 5,400



STAR TRAC S Series Recumbent Bike SRBx

- Self Generating (Requires No Power)
- LCD Screen
- Armrests alleviate tension in the shoulders and allow for a more relaxed posture
- Morse Taper Bottom Bracket and Pedal System
- Heart Rate Sensor
- Maximum User Weight is 159kg

@USD 4,500



STAR TRAC S Series Upright Bike SUBx

- Self Generating (Requires No Power)
- LCD Screen
- Morse Taper Bottom Bracket and Pedal System
- Heart Rate Sensor
- Maximum User Weight is 159kg

@USD 3,900



STAR TRAC®
MADE TO PERFORM



STAR TRAC 4 Series Treadmill 4TR

- Perfect Solution for Home, Hospitality & Multi Housing Units
- 3HP DC Motor
- Dimension 2060*810*1520mm
- Full Color LCD Panel
- Speed till 20kmh
- Incline: 0 to 15%
- Maximum User Weight is 227kg

@USD 4,900



STAR TRAC 4 Series Cross Trainer 4CT

- Perfect Solution for Home, Hospitality & Multi Housing Units
- 20inch Stride Length
- Soft Trac® pedals provide ultimate shock absorbing comfort throughout
- Full Color LCD Panel
- Self Generating; no power required
- Maximum User Weight is 159kg

@USD 4,500



STAR TRAC 4 Series Recumbent Bike 4RB

- Perfect Solution for Home, Hospitality & Multi Housing Units
- 40 Levels of Resistance
- Full Color LCD Panel
- Self Generating; no power required
- Maximum User Weight is 159kg

@USD 4,100



STAR TRAC 4 Series Upright Bike 4UB

- Perfect Solution for Home, Hospitality & Multi Housing Units
- 40 Levels of Resistance
- Full Color LCD Panel
- Self Generating; no power required
- Maximum User Weight is 159kg

@USD 3,800



StairMaster®

THIS IS HIIT



STAIR MASTER HIIT Rower

- StairMaster HIIT Console
 - Isokinetic Fan Resistance
 - Drive Train Nickel Plated Steel Chain
 - Construction Aluminium & Steel
 - Maximum User Weight is 227kg
- @USD 2,900**



STAIR MASTER Gauntlet 10G

- Includes the Landmark Challenge Program & Standard Programs
 - Includes the Overdrive Training mode that simulates performing a Sled Push and Farmers Carry up stairs.
 - LCD Screen
 - Electrically controlled Generator, Brake & Drive Chain precisely control the Stair Speed
 - Revolving Staircase with 8 Steps
 - Step Rate: 24 – 190 Steps per minute
 - Maximum User Weight is 181kg
- @USD 11,900**



STAIR MASTER Gauntlet 8Gx

- Includes the Landmark Challenge Program & Standard Programs
 - LCD Screen
 - Redesigned handrail system supports multiple climbing positions
 - Step Rate: 25 Levels ranging from 24 – 190 steps per minute
 - Maximum User Weight is 159kg
- @USD 9,800**



STAIR MASTER HIIT Bike 9-4650

- Dual Action Wind Resistance provides a Total Body Workout
 - StairMaster HIIT Console
 - Robust, Heavy Gauge Steel Construction
 - Maximum User Weight is 159kg
- @USD 3,500**



STAIR MASTER Box Master Tower 9BM-K9401

- 12 Perfectly Positioned Striking Pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention

Box Master Tower @USD 4,800

Box Master Kickpad @USD 800

Box Master Base @USD 1,500



STAIR MASTER HIITMILL X

- Magnetic resistance brake with resistance control lever
- Self-powered walking, running and pushing
- Farmer's Carry lift arms
- HIIT Console
- 3mm cushioned turf belt compatible with plastic field cleats
- Maximum User Weight is 159kg

@USD 5,800



STAIR MASTER HIIT UBE Upper Body Ergometer

- Ideal for Rehabilitation Setting or High Performance Fitness Centre
- Integrated Bench for Seated Workouts can be removed to accommodate standing or wheelchair workouts
- Adjustable Cranks for varied range of motion
- HIIT Console
- Maximum User Weight is 159kg

@USD 5,000



SCHWINN
RIDE AS ONE



SCHWINN ZA Bike

- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- 4iiii® crank arm power meter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Zone Console Included (compatible with Apple & Samsung Watch)
- Morse Taper pedals for increased durability and reliability
- Max User Weight = 159kg

@USD 4,500



SCHWINN AC Sport 9-7340

- Carbon Blue™ durable toothed drive train provides an Authentic Cycling experience
- Magnetic Resistance Brake for zero drive train maintenance
- Morse Taper pedals for increased durability and reliability
- Max User Weight = 159kg

@USD 2,200



NAUTILUS Instinct Dual
Lat Pull Down / Vertical Row
9NL-D3340 @USD 4,950



NAUTILUS Instinct Dual
Leg Extension/ Leg Curl
9NL-D1014 @USD 4,950



NAUTILUS Instinct Dual
Inner/ Outer Thigh
9NL-D1015 @USD 4,950



NAUTILUS Dual
Pec Fly/ Rear Deltoid
9NL-D2110 @USD 4,950



NAUTILUS Instinct
Dual Multipress 9NL-02120
@USD 4,950



NAUTILUS Dual
Biceps Curl/ Triceps
9NL-D5120 @USD 4,950



NAUTILUS Angled Leg Press
9NP L1141 @USD 5,200



NAUTILUS Instinct Dual
Adjustable Pulley
- Weight Stack: 2 x 50kg
9NL D2002 @USD 7,900



NAUTILUS Cable Cross Over
- Weight Stack: 2 x 52.2kg
@USD 7,500



NAUTILUS Impact Leg Curl
9NA-S1301 @USD 4,950



NAUTILUS Impact Leg Extension
9NA-S1312 @USD 4,950



NAUTILUS Impact Lat Pull
9NA-S3305 @USD 4,950



NAUTILUS Impact
Shoulder Press
9NA-S4307 @USD 4,950



NAUTILUS Glute Drive
NP-L1131 @USD 4,400



NAUTILUS Impact
Chest Press
9NA-S4301
@USD 4,950



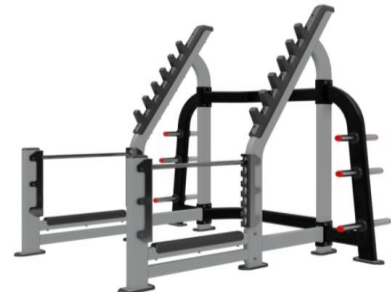
NAUTILUS Impact
Assisted Chinup Dips
9NA-S6334
@USD 4,950



NAUTILUS Power Cage
9NP-R8005 @USD 4,500



NAUTILUS Smith Machine
9NP L8500 @USD 5,500



NAUTILUS Olympic Squat Rack
9NP R8008 @USD 3,400

NAUTILUS Multi Adjustable
Bench 9NN-B7501 @USD 1,500



NAUTILUS Dumbbell Rack 2 Tier
10 Pair R8001 @USD 1,500



NAUTILUS 4 Sided Olympic Weight
Tree 9NP-R7513 @USD 1,400



NAUTILUS Instinct Olympic Flat
Bench 9NN-B7503 @USD 1,500



NAUTILUS Instinct Olympic Incline
Bench 9NN-B7201 @USD 1,500



NAUTILUS Pull Up/Dip/
Leg Raise 9NP-B7511
@USD 1,850

NAUTILUS Five Station Multigym @USD 16,000



- 1) Low Row
- 2) Lat Pull Down
- 3) Free Pulley
- 4) Triceps
- 5) Cable Cross Over