

Jan
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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 10 Series Treadmill 10TRx

- 5HP AC Motor
- Dimension 2070*880*1520mm
- LCD Screen
- Shock Absorption Deck with Revolutionary HexDeck Technology
- Speed till 24kmh
- Incline: 0 to 20%
- Compatible with Apple Watch
- Maximum User Weight is 227kg

@USD 12,700



STAR TRAC 8 Series Treadmill 8TRx

- 5HP AC Motor
- Dimension 2150*910*1520mm
- LCD Screen
- Shock Absorption Deck
- Lighter Weight Aluminium Frame
- Hotbar Frame
- Compatible with Apple Watch
- Speed till 24kmh
- Incline: 0 to 20%
- Maximum User Weight is 227kg

@USD 9,500



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®
MADE TO PERFORM



STAR TRAC 8 Series Cross Trainer RDE

- Ergonomic hand grips offer multiple hand positions and heart rate detection
 - 18" Stride Length
 - LCD Screen
 - Soft Trac® pedals provide ultimate shock absorbing comfort throughout the entire workout
 - Compatible with Apple Watch
 - Heart Rate Sensor
 - Maximum User Weight is 181kg
- @USD 7,500**



STAR TRAC 8 Series Upright Bike 8UB

- Self Generating (Requires No Power)
 - LCD Screen
 - Morse Taper Bottom Bracket and Pedal System
 - Personal Fan
 - Compatible with Apple Watch
 - Lighter Weight Aluminium Frame for Maximum Corrosion Protection
 - Maximum User Weight is 159kg
- @USD 5,400**



STAR TRAC 8 Series Recumbent Bike 8RB

- Self Generating (Requires No Power)
 - LCD Screen
 - Contoured Backrest for Increased Airflow & Comfort
 - Armrests alleviate tension in the shoulders and allow for a more relaxed posture
 - Morse Taper Bottom Bracket and Pedal System
 - Personal Fan
 - Compatible with Apple Watch
 - Maximum User Weight is 159kg
- @USD 5,900**



STAR TRAC®
MADE TO PERFORM



STAR TRAC S Series Upright Bike SUBx

- Self Generating (Requires No Power)
 - LCD Screen
 - Morse Taper Bottom Bracket and Pedal System
 - Personal Fan
 - Heart Rate Sensor
 - Maximum User Weight is 159kg
- @USD 4,200**



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
 - Personal Fan
 - Heart Rate Sensor
 - Maximum User Weight is 159kg
- @USD 4,500**

CORE | HOME FITNESS

Home Glute Drive
@USD 600



Multi-Adjustable Bench
UB200 **@USD 750**



FightMaster BM100
@USD 1,500





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 4,700



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 4,400



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 4,200



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 2,800**



STAIR MASTER Gauntlet 10G

- Includes the Landmark Challenge Program as well as 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 9,900**



STAIR MASTER Gauntlet 8Gx

- Includes the Landmark Challenge Program as well as 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 7,900**



STAIR MASTER StepMill SM3

- Perfect Solution for Home, Hospitality & Multi Housing Units
 - 8ft Ceiling Height Clearance
 - Backlit LCD Console
 - Electrically controlled Alternator, Brake & Drive Chain precisely control the Stair Speed
 - Revolving Staircase with 6 Steps
- @USD 3,900**



StairMaster®

THIS IS HIIT



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



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 Twistlock Dumbbells with Stand

- Adjustable Dumbbells with Patented Twistlock Technology
- Weight Range 2kg to 20kg
- Space Efficient & Easy to Adjust

Twist Lock Dumbbell Pair **@USD 800**

Twist Lock Dumbbell Stand **@USD 200**



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



SCHWINN SC5 9-7410

- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide a Smooth Cycling experience
- Direct Pressure Brake Resistance
- Morse Taper pedals and bottom bracket for increased durability and reliability
- Flywheel Weight = 19kg
- Max User Weight = 159kg

@USD 2,200



SCHWINN SC Power 9-7310

- Heavy Perimeter-Weighted Flywheel and quiet Poly-V belt Drive Train provide a Smooth Cycling experience
- Direct Pressure Brake Resistance
- Morse Taper pedals and bottom bracket
- 4iiii® crank arm power meter delivers accurate strain gauge power feedback to help riders train harder and smarter.
- Echelon2G Display Console
- Flywheel Weight = 19kg
- Max User Weight = 159kg

@USD 3,000



NAUTILUS Instinct Dual
Leg Press/ Calf Raise
9NL-D1013 @USD 5,500



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



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



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



NAUTILUS Dual
Abdominal/ Lower Back
9NL-D6330 @USD 4,950



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



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



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



NAUTILUS Instinct
Rotary Torso 9NL-S6300
@USD 4,950



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 Impact
Pec Fly/Rear Deltoid
9NA-S4304 @USD 4,950



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



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



NAUTILUS Inspiration Dual
Adjustable Pulley NP-D9302
- Weight Stack: 2 x 90kg
@USD 8,900



NAUTILUS Instinct Dual
Adjustable Pulley
- Weight Stack: 2 x 50kg
9NL D2002 @USD 6,900



NAUTILUS Cable Cross Over
- Weight Stack: 2 x 52.2kg
@USD 7,000



NAUTILUS Glute Drive
NP-L1131 @USD 4,400



NAUTILUS Leverage
Chest Press
9NP-L2002 @USD 4,500



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



NAUTILUS Deadlift Shrug
9NP-L3006 @USD 5,500



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



NAUTILUS Smith Machine
9NP L8500 @USD 5,500



NAUTILUS HD 6inch Bamboo
Platform @USD 5,500



NAUTILUS Half Rack
9-HDHR2 @USD 4,500
Bumper Plate Storage
9-HDCS1 @USD 450



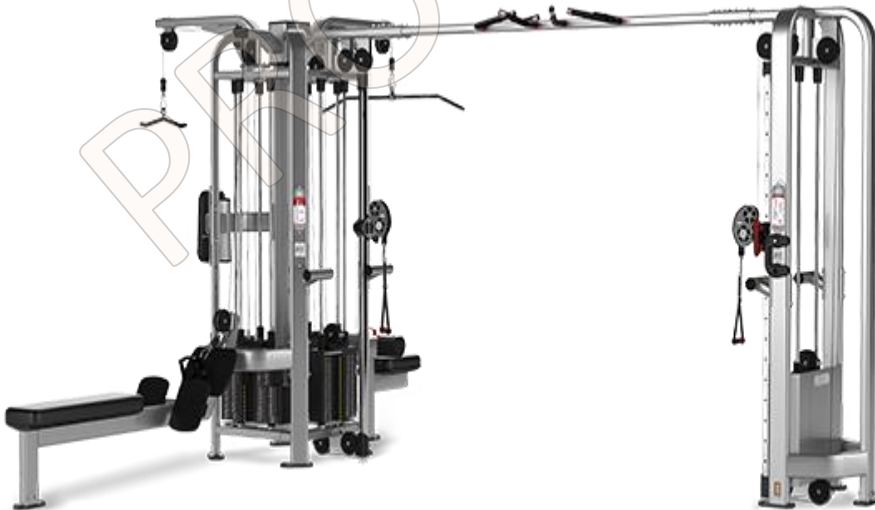
NAUTILUS Power Cage
9NP-R8005 @USD 4,500

NAUTILUS Four Station Multigym @**USD 15,000**



- 1) Low Row
- 2) Lat Pull Down
- 3) Free Pulley
- 4) Triceps

NAUTILUS Five Station Multigym @**USD 18,000**



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

NAUTILUS Multi Adjustable
Bench 9NN-B7501 @USD 1,200



NAUTILUS Adjustable Decline
Bench 9NN-B7200 @USD 1,200



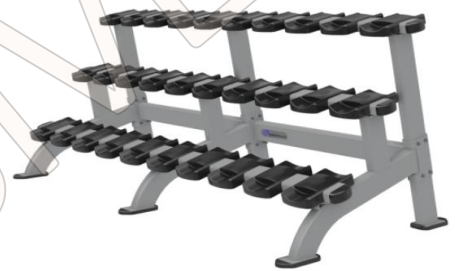
NAUTILUS Dumbbell Rack 2 Tier
10 Pair R8001 @USD 1,500



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



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



NAUTILUS Dumbbell Rack 3 Tier
15 Pair R8011 @USD 1,800



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



NAUTILUS Olympic Decline
Bench 9NP-B7204 @USD 1,850

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



NAUTILUS Beauty Bell Rack
9NP-R8014 @USD 1,200



NAUTILUS Hyper Extension
9NP-B7514 @USD 1,700



NAUTILUS Tilt Seat Calf
9NP-L1110 @USD 1,950



THROWDOWN®

PUSHING BOUNDARIES



SIZE	PRICE PER PAIR (USD)
	THROWDOWN Urethane Round Dumbbells
2.5kg	USD 75
5kg	USD 150
7.5kg	USD 225
10kg	USD 300
12.5kg	USD 375
15kg	USD 450
17.5kg	USD 525
20kg	USD 600
22.5kg	USD 675
25kg	USD 750
30kg	USD 900



SIZE	PRICE PER PAIR (USD)
	THROWDOWN Urethane Olympic Plates
1.25kg	USD 50
2.5kg	USD 100
5kg	USD 150
10kg	USD 300
15kg	USD 450
20kg	USD 600
25kg	USD 750

PROGRESSIVE FLOORING

SBR Rubber vs EPDM Rubber:

- SBR has a recycled rubber surface
- EPDM has a synthetic rubber surface
- EPDM is easier to clean, more wear resistant & has less smell compared to SBR



20mm SBR Rubber Tiles (500mm x 500mm x 20mm thickness)

Interlocking @Ksh5,900 per sqm (Supply Only)

Thickness: 20mm

Colors: *Black*

Interlock Accessory @Ksh100per pc

Installation @Ksh600per sqm



20mm EPDM Rubber Tiles (500mm x 500mm x 20mm thickness)

Interlocking @Ksh8,000 per sqm (Supply Only)

Thickness: 20mm

Colors: *Black with 70% Grey EPDM Specks*

Interlock Accessory @Ksh100per pc

Installation @Ksh600per sqm



Aerobics PVC Flooring 6mm

3mm Rubber Underlay with 3mm PVC Mat

@Ksh6,000per sqm (Supply Only)

@Ksh7,000 per sqm (Supply & Fix)



Weight Lifting Platform

2510x1910x50mm

@Ksh200,000



Marked Grass for Sled

12m x 2m x 20mm

@Ksh275,000



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