

1st Jan
2024

PROGRESSIVE

FITNESS LTD

10 Mwanzi Road, Westlands

Mobile: 0790735410; Website: www.progressivefitness.co

2 YEAR
WARRANTY

We have supplied Gym Equipment to the following establishments:

- 1) Hill Park Hotel (Upper Hill)
- 2) Progressive Park Gym (Westlands)
- 3) Mara Serena (Masai Mara)
- 4) Mt Kenya University (Thika)
- 5) Grand Royal Swiss Hotel (Kisumu)
- 6) Best Western Plus Meridian Hotel (Murang'a Road)
- 7) Pride Inn Paradise Hotel (Mombasa)
- 8) Lake Nakuru Flamingo Lodge (Nakuru)
- 9) Workout Warehouse (Highway Mall)
- 10) Impala Club (Ngong Road)
- 11) Sentrim Elementaita Hotel (Lake Elementaita)
- 12) Thika Sports Club (Thika)
- 13) Perfect Body Gym (Mega Mall, Kakamega)
- 14) Clarence House Hotel (School Lane, Westlands)
- 15) Bellway Gardens (Riverside Drive, Nairobi)
- 16) The Smiths Hotel (Ongata Rongai)
- 17) Aga Khan Academy (Mombasa)
- 18) Afrika Pearl Hotel & Spa (Diani Beach, Mombasa)
- 19) Rosslyn Gardens & Villas (Nairobi)
- 20) Rosslyn Heights (Nairobi)
- 21) Nelion Place (Thindigwa, Kiambu Road)
- 22) Kenya School of Government (Kabete)
- 23) Pride Inn Paradise Beach Resort (Shanzu, Mombasa)
- 24) Mombasa Sports Club (Mombasa)
- 25) Samto Fitness Centre (Langata)
- 26) Aura Apartments (1st Parklands)
- 27) Kamanja Kung Fu Center (Malindi)
- 28) Kingfisher Nest (Westlands)
- 29) GymHouse & Spa (Nyayo Estate)
- 30) Golden Gym (Eastleigh)
- 31) Meridian 673 Fitness Centre (Maua, Meru)
- 32) Muimara Gym & Fitness (Imara Daima)
- 33) Eden Springs Hotel (Kabsabet)
- 34) Elysian Gym & Spa (Makueni)
- 35) Avenidus Fitness (Kitale)
- 36) ACME Apartments (Riverside Lane, Riverside Drive)
- 37) Juja B Fitness Centre (Eastleigh)
- 38) Galu Fit (Galu Inn , Diani)
- 39) Executive Residency by Best Western (Riverside Drive)
- 40) Sixteen Second Park (2nd Parklands)
- 41) Fireframe Gym & Aerobics (Nyahururu)
- 42) Enkare Apartments (Ruaka)
- 43) Rupaz Gym (Eldoret)
- 44) Creadex Hotel (Migori)
- 45) Westside Heights(General Mathenge)
- 46) Myra Residences (Kindaruma Road)
- 47) Chester Hotel (Nakuru)
- 48) Capital M (Muthithi Road)
- 49) Oakland Residences (Peponi Road)
- 50) Leijona Lifestyle Centre (Umoja)
- 51) Suite Life Serviced Apartments (Denis Pritt Road)
- 52) Honeywood Apartments (General Mathenge)
- 53) Smash Fit Gym (Sarit Centre)
- 54) Natty Gym (Ruiru)
- 55) Galaxy Inn (Athi River)
- 56) Serengeti Homes (Ngong Road)
- 57) Classic Gym (Eastleigh)
- 58) Meridian Gym (Maua, Meru County)
- 59) Park Place (1st Parklands)
- 60) Pentagon Valley Apartments (Kilimani)
- 61) Ivory Terraces (Raphta Road)
- 62) The Haven (Loresho)
- 63) Tabere Heights (Kileleshwa)
- 64) United Kenya Club (Nairobi)
- 65) Westlands Place (Westlands Road)
- 66) Florence Hotel (Migori)
- 67) Amani Sea Resort (Watamu)
- 68) Morning Star Fitness Centre (Kiambu)
- 69) Blisspark Apartments (Ruaka)
- 70) Roswam Hotel (Kerugoya)
- 71) Casa Ozone Apartments (Dennis Pritt Road)
- 72) Hillcourt Resort & Spa (Nakuru)
- 73) Phenom Park Estate (Southern Bypass)
- 74) AMREF (Langata)
- 75) Catholic Relief Services (CRS)
- 76) Jeffs Fitness Centre (Kisumu)
- 77) Vihiga Gardens (Kileleshwa)
- 78) Right Address Apartments (Nyali)
- 79) New Power House Gym (Meru Makutano)
- 80) Langata Paradise Apartments (Langata)
- 81) Unity Homes (Eldoret)
- 82) Shiloh Gym (Garden Estate)
- 83) Braeburn School (Rubber Floor)
- 84) Donyo Park (General Mathenge)
- 85) Utawala Gym & Aerobics (Utawala)
- 86) Sands at Chale Island (Diani)
- 87) Haveli Properties (2nd Parklands)
- 88) Executive Residency by Best Western (Riverside Drive, Nbo)
- 89) Fitness 360 (South C)
- 90) Courtyard Hotel (Kampala, Uganda)
- 91) Rumaisa Apartments (Riverside Drive)
- 92) Papillon Lagoon Reef Hotel (Diani)
- 93) Cosy Apartments (Kileleshwa)
- 94) Hurlingham Heights (Kilimani)
- 95) Bidwood Suites (Karuna Road, Westlands)
- 96) Ark Gym (Ngong Town)
- 97) Ciala Resort (Kisumu)
- 98) VMX Fitness (Village Market)
- 99) Sky Nest Apartments (Parklands Road)
- 100) Tree Top Apartments (Peponi Road)



PROGRESSIVE Commercial Treadmill X9 SERIES

- 7HP AC Motor
- Dimension 2190*960*1580mm
- Belt Size: 1570mm x 580mm
- Shock Absorption Device
- Speed: 0.8 to 20km/h
- Incline: 0 to 15%
- Downhill Incline: -3% to 0%
- Maximum User Weight is 180kg
- MP3 Player & Speakers

@Ksh 650,000



PROGRESSIVE Curve Treadmill 3000A

- Requires No Electricity
- Dimension 2270*855*1500mm
- Belt Size: 1700mm x 440mm
- Resistance Adjustment with a Rotary Knob
- Maximum User Weight is 150kg

@Ksh 480,000



PROGRESSIVE Commercial Cross Trainer E800

- Self Generated Motor Electric System; Requires No Electricity
- LED Display
- 32 Resistance Levels
- Handheld Heart Rate Test
- Maximum User Weight = 160kg

@Ksh 550,000



PROGRESSIVE Commercial Recumbent Bike

- Self Generated Motor Electric System; Requires No Electricity
- LED Display
- 14kg Fly Wheel
- Electromagnetic Resistance with 40 Levels
- Handheld Heart Rate Test
- Maximum User Weight = Ksh150kg

@Ksh385,000



Commercial Upright Bike 8318LC TV3

- 15.6inch TV Screen
- LED Touch Screen Display
- AV Input, DVD Connection, Headphone Outlet, USB Connection
- Handheld Heart Rate Test

@Ksh295,000



PROGRESSIVE Air Rower

- Wind Resistance Rowing Machine
- 10 Resistance Levels
- Dimensions: 2440 x 620 x 130mm
- Maximum User Weight = Ksh150kg

@Ksh 195,000



PROGRESSIVE Commercial Spin Bike 7036

- Belt Drive
- 4kg Fly Wheel
- Magnetic Resistance System
- Max user weight 150kg

@Ksh 150,000



PROGRESSIVE Club Series Spin Bike

7010A

- Belt Drive
- 21kg Flywheel
- Double Chip Resistance System
- Max user weight 100kg

@Ksh 65,000



- PROGRESSIVE Club Series Treadmill 5170
- 4.5HP AC Motor
 - Perfect Solution for Home, Hospitality & Multihousing Units
 - Dimension 1925*900*1450mm
 - Belt Size: 1350mm x 520mm
 - Shock Absorption Device
 - Speed: 1.5 to 18km/h
 - Incline: 0 to 10%
 - Maximum User Weight is 130kg
- @Ksh375,000**



- PROGRESSIVE Club Series Cross Trainer
- Perfect Solution for Home, Hospitality & Multihousing Units
 - Electromagnetic Resistance
 - 10kg Flywheel
 - 24 Resistance Levels
 - 7inch LCD Screen
 - Maximum User Weight is 150kg
- @Ksh275,000**



- PROGRESSIVE Club Series Recumbent Bike
- Perfect Solution for Home, Hospitality & Multihousing Units
 - Electromagnetic Resistance
 - 24 Resistance Levels
 - 7inch LCD Screen
 - Maximum User Weight is 150kg
- @Ksh275,000**



- PROGRESSIVE Club Series Single Station Multigym
- Perfect Solution for Home, Hospitality & Multihousing Units
 - Chest Press, Pec Fly, Row, Lat Pull, Leg Extension, Bicep Curl, Tricep Press etc
 - 66kg Weight Stack
 - High Quality Cable
- @Ksh250,000**



- PROGRESSIVE Club Series Three Station Multigym
- Perfect Solution for Home, Hospitality & Multihousing Units
 - **Station 1:** Chest Press, Pec Fly, Row, Lat Pull, Leg Extension, Bicep Curl, Tricep Press etc with 66kg Weight Stack & High Quality Cable
 - **Station 2:** Hack Squat
 - **Station 3:** Dips / Leg Raise
- @Ksh348,000**

PROGRESSIVE

Signature Series



Signature Cable Chest Press
@Ksh395,000



Signature Chest Trainer &
Rear Deltoids @Ksh395,000



Signature Lat Pull &
Seated Row @Ksh395,000



Signature Cable Triceps Press
@Ksh395,000



Signature Cable Shoulder Press
@Ksh395,000



Signature Cable Bicep Curl
@Ksh395,000



Signature Cable Abdominal Trainer
@Ksh395,000



Signature Cable Waist Rotary
@Ksh395,000



Signature Cable Back Extension
@Ksh395,000



Signature Cable Row/
Rear Deltoid @Ksh395,000



Signature Cable Abductor/Adductor
@Ksh395,000



Signature Cable Leg Extension
@Ksh395,000



Signature Cable Glute Drive
@Ksh395,000



Signature Cable Leg Curl
@Ksh395,000



Signature Cable Dual Leg
Extension & Curl
@Ksh425,000



Signature Dual Adjustable Pulley
@Ksh525,000



Commercial Smith Machine
@Ksh425,000

PROGRESSIVE Signature Commercial
Four Station Multigym @Ksh850,000



Dimensions: 3450*2200*2350(mm)

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

PROGRESSIVE

Plate Loaded Series



Plate Loaded Shoulder Press
@Ksh220,000



Plate Loaded Lat Pull
@Ksh220,000



Plate Loaded Row
@Ksh220,000



Plate Loaded Chest Press
@Ksh220,000



Plate Loaded Bicep Curl
@Ksh220,000



Plate Loaded Hip Thrust
@Ksh220,000



Plate Loaded Leg Extension
@Ksh220,000



Plate Loaded T Bar
@Ksh220,000



Plate Loaded Tricep Dip
@Ksh220,000



Plate Loaded Leg Press
@Ksh425,000



Power Rack
@Ksh375,000



Squat Rack
@Ksh220,000

PROGRESSIVE

Premium Series



Premium Multipress
@Ksh325,000



Premium Dual Lat Pull
& Row @Ksh325,000



Premium Dual Leg Extension &
Leg Curl @Ksh325,000



Premium Dual Abductor
& Adductor @Ksh325,000



Premium Waist Rotary
@Ksh325,000



Premium Dual Leg Extension
& Lying Leg Curl
@Ksh325,000



Premium Cable Cross Over
@Ksh425,000



Flat to Incline Bench
@Ksh85,000



Flat Bench @Ksh50,000



Adjustable Abdominal Bench
@Ksh100,000



Flat Bench Press
@Ksh150,000 (with Tree)



Incline Bench Press
@Ksh150,000 (with Tree)



Decline Bench Press
@Ksh150,000 (with Tree)



Vertical Bench
@Ksh150,000 (with Tree)



Chin Dip Leg Raise Station
@Ksh165,000



Preacher Curl Bench
@Ksh100,000



Hyper Extension
@Ksh100,000



Weight Tree
@Ksh65,000



Ab Coaster
@Ksh100,000



Dumbbell Rack (10 Pairs)
@Ksh100,000

Dumbbell Rack (15 Pairs)
@Ksh140,000



Sissy Squat @Ksh60,000



Ab Crunch @Ksh130,000



SIZE	PRICE PER PAIR (Ksh)	
	PROGRESSIVE Rubber Dumbbells (Round / Hexagon)	PROGRESSIVE Urethane Dumbbells (12 Sided)
2.5kg	4,000	7,500
5kg	8,000	15,000
7.5kg	12,000	22,500
10kg	16,000	30,000
12.5kg	17,500	37,500
15kg	21,000	45,000
17.5kg	24,500	52,500
20kg	28,000	60,000
22.5kg	29,250	67,500
25kg	32,500	75,000
30kg	39,000	90,000
35kg	45,500	105,000
40kg	52,000	120,000
45kg	58,500	135,000
50kg	65,000	150,000

SIZE	PRICE PER PAIR (Ksh)		
	PROGRESSIVE Rubber Olympic Plates	PROGRESSIVE Rubber Bumper Olympic Plates	PROGRESSIVE Urethane Bumper Olympic Plates
5kg	8,000	10,000	20,000
10kg	16,000	20,000	40,000
15kg	24,000	30,000	60,000
20kg	32,000	40,000	80,000
25kg	40,000	50,000	100,000

OLYMPIC SIZE BARBELS (Includes Spring Clips)

TYPE	SIZE	WEIGHT	PRICE (Ksh)
Men's Barbel	2200mm	20kg	40,000
Safety Squat Bar	2200mm	22kg	40,000
Hex Bar	1420mm	10kg	35,000
E Z Bar	1200mm	10kg	17,500
Olympic Bar	1200mm	10kg	17,500



PROGRESSIVE VINYL DUMBBELLS	PRICE/ Ksh (per piece)	PRICE/ Ksh (per pair)
1kg	800	1,600
1.5kg	1,200	2,400
2kg	1,600	3,200
2.5kg	2,000	4,000
3kg	2,400	4,800
4kg	3,200	6,400
5kg	4,000	8,000
6kg	4,800	9,600
7kg	5,600	11,200
8kg	6,400	12,800
9kg	7,200	14,400
10kg	8,000	16,000
10 Pair Vinyl Dumbbell Rack	30,000	



PROGRESSIVE STEEL CHROME DUMBBELLS	PRICE/ Ksh (per piece)	PRICE/ Ksh (per pair)
1kg	1,000	2,000
2kg	2,000	4,000
3kg	3,000	6,000
4kg	4,000	8,000
5kg	5,000	10,000
6kg	6,000	12,000
7kg	7,000	14,000
8kg	8,000	16,000
9kg	9,000	18,000
10kg	10,000	20,000
Vertical Dumbbell Rack	35,000	



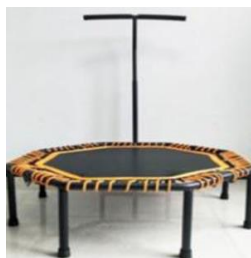
Bulgarian Bag	Price per pc
15kg	Ksh21,000
20kg	Ksh28,000



Vinyl Dumbbell Rack with Wheels
@Ksh50,000



20kg Body Pump Set
@Ksh40,000



Trampoline
@Ksh25,000



Fixed Rubber Barbels	Price per pc
5kg	Ksh5,000
10kg	Ksh10,000
15kg	Ksh15,000
20kg	Ksh20,000
25kg	Ksh24,000
30kg	Ksh25,000
35kg	Ksh26,000
40kg	Ksh27,000
45kg	Ksh28,000
50kg	Ksh29,000
55kg	Ksh30,000
Rack	Ksh30,000



Kettlebell	Price per pc
4kg	Ksh4,000
6kg	Ksh6,000
8kg	Ksh8,000
10kg	Ksh10,000
12kg	Ksh12,000
14kg	Ksh14,000
16kg	Ksh16,000
18kg	Ksh18,000
20kg	Ksh20,000
24kg	Ksh24,000
30kg	Ksh30,000
Rack	Ksh50,000



PROGRESSIVE Punching Bag
@Ksh25,000



BALLS	Price per pc
Medicine Ball 2kg	Ksh4,000
Medicine Ball 4kg	Ksh7,000
Medicine Ball 6kg	Ksh9,000
Medicine Ball 8kg	Ksh12,000
Medicine Ball 10kg	Ksh15,000
Slam Ball 6kg	Ksh6,000
Slam Ball 8kg	Ksh8,000
Slam Ball 10kg	Ksh10,000
Slam Ball 12kg	Ksh12,000
Slam Ball 15kg	Ksh15,000
Slam Ball 20kg	Ksh20,000
Rack	Ksh18,000



Gym Accessories @Ksh10,000per pc





PROGRESSIVE Aerobic Step
(SMALL 72x36x21cm)
@Ksh10,000



Skipping Rope
@Ksh3,000



PROGRESSIVE Aerobic Step
(LARGE 109x42x21cm)
@Ksh15,000



Bosu Ball
@Ksh15,000



PROGRESSIVE Resistance Loop Bands
600x50x1.2mm @Ksh2,000



Gym Tyre 40kg
@Ksh65,000

PROGRESSIVE Yoga Mats
(183x61x0.6cm) @Ksh6,000

PROGRESSIVE PU Mat
(183x61x0.6cm) @Ksh10,000

PROGRESSIVE Exercise Mat
@Ksh10,000



Exercise Ball
55cm @Ksh5,500



Agility Ladder
@Ksh10,000



PROGRESSIVE Barbel Pad
@Ksh5,000



Olympic Collar Locks
@Ksh5,000per pair



Suspension Training Belt
@Ksh10,000



PROGRESSIVE Foam Plyo Box
@Ksh39,500



BATTLE ROPE

SMALL (Diameter = 38mm, Length = 12m)
@Ksh18,000

LARGE (Diameter = 50mm, Length = 15m)
@Ksh29,500



Power Sled 35kg
@Ksh50,000



Bar Holder (10 Bars)
@Ksh40,000



Massage Gun
@Ksh30,000



Weight Lifting Platform
2510x1910x50mm
@Ksh200,000

MDF GYM LOCKERS

(Set of 6)
209cm X 50cm X 120cm
@Ksh90,000



Marked Grass for Sled
12m x 2m x 20mm
@Ksh275,000

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 @Ksh7,500 per sqm (Supply Only)

Thickness: 20mm

Colors: Black with 70% Grey EPDM Specks

Interlock Accessory @Ksh100per pc

Installation @Ksh600per sqm



40mm EPDM Rubber Tiles (500mm x 500mm x 20mm thickness)

Interlocking @Ksh 10,900 per sqm (Supply Only)

Thickness: 40mm

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)



Crossfit Turf

4m x 25m Roll

@Ksh4,000per sqm (Supply Only)

@Ksh4,600 per sqm (Supply & Fix)