

**1st Jan
2025**

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) Novotel Hotel (Lower Kabete, Westlands)
- 3) Mara Serena (Masai Mara)
- 4) Nairobi Serena Hotel (Nairobi)
- 5) Grand Royal Swiss Hotel (Kisumu)
- 6) Best Western Plus Meridian Hotel (Murang'a Road)
- 7) Pride Inn Paradise Hotel (Mombasa)
- 8) Sarova Stanley (Nairobi)
- 9) Workout Warehouse (Highway Mall)
- 10) Lifetime Fitness (Eastleigh)
- 11) Brana Eagles Fitness Centre (Syokimau)
- 12) Thika Sports Club (Thika)
- 13) Synina Residency (Kileleshwa)
- 14) Clarence House Hotel (School Lane, Westlands)
- 15) Jenga Gym (West Park Towers, Westlands)
- 16) Tilisi Development
- 17) Aga Khan Academy (Mombasa)
- 18) Vipingo Fitness Centre (Vipingo)
- 19) Isuzu East Aftica (Nairobi)
- 20) Jamii Telecommunications (Nairobi)
- 21) Nelion Place (Thindigwa, Kiambu Road)
- 22) Pride Inn Flamingo Hotel (Shanzu, Mombasa)
- 23) Pride Inn Paradise Beach Resort (Shanzu, Mombasa)
- 24) Sarova Whitesands (Mombasa)
- 25) Ciala Resort (Kisumu)
- 26) Aura Apartments (1st Parklands)
- 27) Kamanja Kung Fu Center (Malindi)
- 28) Kingfisher Nest (Westlands)
- 29) Bank of Africa (Westlands)
- 30) One 23 Apartments (General Mathenge)
- 31) Exeter Heights Apartments (Brookside)
- 32) Thabiti Health & Fitness Centre (Syokimau)
- 33) Eden Springs Hotel (Kabsabet)
- 34) Silver Deck Apartments (Spring Valley)
- 35) Silver Terraces (Raphta Road)
- 36) Ivory Terraces (Raphta Road)
- 37) Juja B Fitness Centre (Eastleigh)
- 38) Ark Gym (Ngong Town)
- 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) Aga Khan Sports Complex (Parklands)
- 52) Honeywood Apartments (General Mathenge)
- 53) Smash Fit Gym (Sarit Centre)
- 54) Natty Gym (Ruiru & Kahawa)
- 55) Galaxy Inn (Athi River)
- 56) Serengeti Homes (Ngong Road)
- 57) Shaligram Apartments (Lower Kabete Road, Spring Valley)
- 58) The Burn Club (General Mathenge, Nairobi)
- 59) Park Place (1st Parklands)
- 60) Lace Up Sports Centre (Kiambu Road)
- 61) Horse Shoe Village (Runda)
- 62) The Haven (Loresho)
- 63) Tabere Heights (Kileleshwa)
- 64) Impala Club (Ngong Road)
- 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) KCB Leadership Centre (Karen)
- 72) Hillcourt Resort & Spa (Nakuru)
- 73) Phenom Park Estate (Southern Bypass)
- 74) AMREF (Langata)
- 75) Catholic Relief Services (CRS)
- 76) Health Hub Oasis (Kisumu)
- 77) Vihiga Gardens (Kileleshwa)
- 78) Right Address Apartments (Nyali)
- 79) Klub Lion Gym (Eastleigh)
- 80) City Blue Hotel (Nyali, Mombasa)
- 81) Unity Homes (Eldoret)
- 82) Shiloh Gym (Garden Estate & Kikuyu Road)
- 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) HFC Gym (Eldoret)
- 90) Courtyard Hotel (Kampala, Uganda)
- 91) Rumaisa Apartments (Riverside Drive)
- 92) Papillon Lagoon Reef Hotel (Diani)
- 93) Colosseum Residences (City Park, Parklands)
- 94) Hurlingham Heights (Kilimani)
- 95) Bidwood Suites (Karuna Road, Westlands)
- 96) Southern Palms Beach Resort (Diani)
- 97) VMX Fitness (Village Market)
- 98) Sky Nest Apartments (Parklands Road)
- 99) Tree Top Apartments (Peponi Road)
- 100) Bamburi Beach Hotel (Mombasa)



PROGRESSIVE Commercial Treadmill 8919

- 7HP AC Motor
- Dimension 2190*970*1650mm
- 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
- New Modern Design LCD Screen
- Roller Diameter 100mm
- Wireless Heart Rate Monitor

@Ksh 750,000



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
- Roller Diameter 70mm
- 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

@Ksh395,000



PROGRESSIVE Commercial Upright Bike

- Self Generated Motor Electric System; Requires No Electricity
- LED Display
- Handheld Heart Rate Test
- Maximum User Weight = Ksh150kg

@Ksh395,000



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 Commercial Stairclimber

- LED Display
- Dimensions: 1389mm x 737mm x 1953mm
- Speed: 24 Steps / Minute to 164 Steps / Minute
- Max user weight 150kg

@Ksh 395,000



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 Upright Bike

- Perfect Solution for Home, Hospitality & Multihousing Units
- Electromagnetic Resistance
- 24 Resistance Levels
- 7inch LCD Screen
- Maximum User Weight is 150kg

@Ksh250,000



PROGRESSIVE Club Series Spin Bike 7010A

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

@Ksh 65,000



PROGRESSIVE Club Series 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 Commercial

Four Station Multigym @Ksh850,000

Dimensions:

3450*2200*2350(mm)

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

PROGRESSIVE

Signature Series



Signature Cable Chest Press
@Ksh395,000



Signature Chest Trainer &
Rear Deltoids @Ksh395,000



Signature Lat Pull &
Seated Row @Ksh395,000



Signature Multipress
@Ksh395,000



Signature Cable Shoulder Press
@Ksh395,000



Signature Assisted Chinup/Dips
@Ksh395,000



Signature Dual Adjustable Pulley
@Ksh525,000



Signature Cable Abdominal
@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 Dual Biceps / Triceps
@Ksh395,000



Signature Biceps Curl
@Ksh395,000



Signature Cable Tricep Press
@Ksh395,000



Signature Cable Dual Leg
Extension & Curl
@Ksh425,000



Signature Cable Leg Press
@Ksh395,000



Commercial Smith Machine
@Ksh425,000

PROGRESSIVE

Plate Loaded Series



Plate Loaded Leg Extension
@Ksh220,000



Plate Loaded Leg Curl
@Ksh325,000



Plate Loaded Hip Thrust
@Ksh220,000



Plate Loaded Pendulum Squat
@Ksh275,000



Plate Loaded Hack Squat
@Ksh325,000



Plate Loaded Leg Press
@Ksh425,000



Plate Loaded Deadlift / Shrug
@Ksh220,000



Plate Loaded Calf Raise
@Ksh125,000



Plate Loaded Belt Squat
@Ksh220,000

PROGRESSIVE

Plate Loaded Series



Plate Loaded Chest Press
@Ksh220,000



Plate Loaded Horizontal Press
@Ksh220,000



Plate Loaded Shoulder Press
@Ksh220,000



Plate Loaded Lat Pull
@Ksh220,000



Plate Loaded Row
@Ksh220,000



Plate Loaded T Bar
@Ksh220,000



Plate Loaded T Bar Row
@Ksh220,000



Plate Loaded Tricep Dip
@Ksh220,000



Plate Loaded Bicep Curl
@Ksh220,000

Power Rack
@Ksh375,000



Squat Rack
@Ksh220,000



PROGRESSIVE

Premium Series



Premium Multipress
@Ksh295,000



Premium Dual Lat Pull
& Row @Ksh295,000



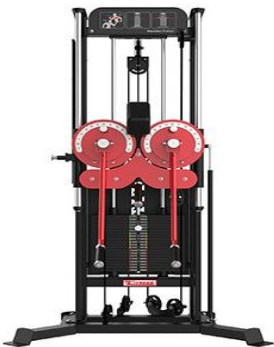
Premium Dual Leg Extension
& Lying Leg Curl
@Ksh295,000



Premium Dual Abductor
& Adductor @Ksh295,000



Premium Waist Rotary
@Ksh250,000



Premium Standing Multi
@Ksh225,000



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

Bumper Plate Holder
@Ksh125,000



Sissy Squat **@Ksh60,000**



Dumbbell Rack (10 Pairs)
@Ksh80,000

Dumbbell Rack (12 Pairs) **@Ksh100,000**
Dumbbell Rack (15 Pairs) **@Ksh140,000**





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	105,00
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 Urethane Olympic Plates	PROGRESSIVE Urethane Bumper Olympic Plates
5kg	6,000	7,000	20,000
10kg	12,000	14,000	40,000
15kg	18,000	21,000	60,000
20kg	24,000	28,000	80,000
25kg	30,000	35,000	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 <u>VINYL</u> 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 <u>STEEL CHROME</u> 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	



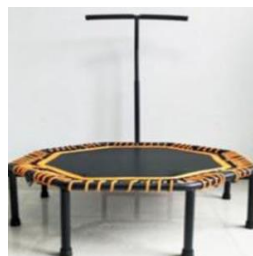
Bulgarian Bag	Price per pc
15kg	Ksh21,000
20kg	Ksh28,000



Vinyl Dumbbell Rack with Wheels
@Ksh50,000



20kg Body Pump Set
@Ksh40,000



Trampoline
@Ksh25,000



Fixed Rubber Barbels	Price per pc
10kg	Ksh10,000
15kg	Ksh15,000
20kg	Ksh20,000
25kg	Ksh25,000
30kg	Ksh30,000
35kg	Ksh35,000
40kg	Ksh40,000
45kg	Ksh45,000
50kg	Ksh50,000
55kg	Ksh55,000
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
28kg	Ksh28,000
32kg	Ksh32,000
Rack	Ksh50,000



Accessory Rack
@Ksh40,000



BALLS	Price per pc
Medicine Ball 3kg	Ksh5,500
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

PROGRESSIVE
Punching Bag
@Ksh30,000

PROGRESSIVE
Slam Man Standing Bag
@Ksh60,000

Gym Accessories @Ksh10,000per pc





PROGRESSIVE Aerobic Step
 LARGE 109x42x21cm@Ksh15,000



Bar Holder (10 Bars)
 @Ksh40,000



PROGRESSIVE Aerobic Step
 SMALL 70x28x21cm @Ksh10,000



PROGRESSIVE Foam Plyo Box
 @Ksh39,500



PROGRESSIVE Skipping Rope
 @Ksh3,000



PROGRESSIVE Exercise Mat
 @Ksh10,000



Olympic Collar Locks
 @Ksh5,000per pair



PROGRESSIVE Yoga Mats
 @Ksh5,000



Exercise Ball
 55cm @Ksh5,500
 65cm @Ksh6,500
 75ccm @Ksh7,500



PROGRESSIVE Ankle / Wrist Weight
 1kg Pair @Ksh2,000
 2kg Pair @Ksh4,000
 3kg Pair @Ksh6,000



Bosu Ball
 @Ksh15,000



Suspension Training Belt
 @Ksh10,000



Gym Tyre 40kg
 @Ksh65,000



PROGRESSIVE Foam Roller
 @Ksh5,000



PROGRESSIVE Battle Rope
 12m @Ksh18,000
 15m @Ksh29,500



PROGRESSIVE Waist Lifting Belt @Ksh5,000



Power Sled 35kg
 @Ksh50,000



PROGRESSIVE Gloves
 Small @Ksh2,000
 Medium @Ksh2,500
 Large @Ksh3,000



PROGRESSIVE Barbel Pad
 @Ksh5,000



Exercise Ball Rack
 @Ksh40,000

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 @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