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ИНВЕНТАРЬ ДЛЯ РЕЛАКСАЦИИ ТЕХНИЧЕСКОЕ ОПИСАНИЕ



Body-Solid Inversion Boots Brings instant relief to many forms of back pain and spasms. Do you sometimes feel pounded, beaten and jarred? Inversion boots allow you to recover quickly from compression fatigue caused by jogging, aerobic training, stepping, bicycling and weight training. Inversion boots counteract the downward pull of gravity. Hanging in the inverted position brings instant relief to many forms of back pain and spasms associated with consistent downward gravitational pull on the spine, discs and muscles. Just a few minutes a day are sufficient to spread apart painful compressed discs. Back, neck and shoulder muscles are also stretched, further increasing flexibility and reducing pain. Recommended by doctors and used in hospital back clinics nationwide. Boots feature thick, comfortable, contoured support pads and have a heavy-duty single-action locking mechanism with built-in safety lever. Extra pads allow easy adjustment for all size users.

GoFit Ultimate ProGym



The GoFit Ultimate ProGym is the go anywhere, train anytime home gym that comes complete with its own personal trainer on DVD. Learn more about the GoFit Ultimate ProGym.



One 18" Massage Roller and Training Manual. The GoFit Massage Roller is made of dense, closed-cell foam offering a soft-touch, while its rigid core provides firm, long-lasting support.



One 12" Go Roller, Myofascial Release Ball, Mesh Carry Bag, and Training Manual. When you're exercising on the go, the effective way to increase flexibility and speed-up recovery is with the GoFit Go Roller.



The GoFit Extreme Massage Roller's patent-pending Egg Crate design performs like an aggressive sports massage for tired and sore muscles. The Egg Crate design's firm-molded "Peaks" aggressively pinpoint and break up sore, knotted muscles or trigger points. Simultaneously, the Peaks and Valleys roll smoothly over muscle curves and harder body parts without causing discomfort. This self-massaging process relaxes muscle tissue also promoting more flexible movement. So, manage your muscle pain for maximum relief with GoFit's Extreme Massage Roller.



GoFit 18 inch Pink Ribbon Foam Roller and Training Manual. The GoFit Pink Ribbon Foam Roller has proven itself for muscle regeneration, stress relief and self massage. Ideal for improving alignment and flexibility, the Foam Roller also helps develop better balance and stability for a more active, pain-free lifestyle.



GoFit 24" Half Foam Roll and Training Manual. The GoFit Half Roll will help massage away your stress with our professional therapy techniques and exercises.



GoFit 5" Massage Ball and Training Booklet. GoFit's Massage Ball reaches deep muscle tissue—targeting knots and trigger points to relieve pain and soreness. Ideal portable therapy, the Massage Ball is part of GoFit's Muscle Pain Management System.



GoFit 5" Massage Ball and Training Booklet. GoFit's Massage Ball reaches deep muscle tissue—targeting knots and trigger points to relieve pain and soreness. Ideal portable therapy, the Massage Ball is part of GoFit's Muscle Pain Management System.



The GoFit 55cm Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. Learn more about the GoFit 55cm Stability Ball



The GoFit 75cm Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. Learn more about the GoFit 75cm Stability Ball.[L](#)



The GoFit 55cm Professional Grade Core Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. Learn more about the GoFit 55cm Professional Grade Core Stability Ball.



The GoFit 65cm Professional Grade Core Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. Learn more about the GoFit 65cm Professional Grade Core Stability Ball.



The GoFit 65cm Stability Ball is a fun, yet challenging way to stretch, tone and tighten your body. Learn more about the GoFit 65cm Stability Ball.



GoFit Extreme Massage Bar and Training Manual. Target deep muscle tissue with the GoFit Extreme Massage Bar for maximum pain relief. Excellent muscle management tool for sports massage and trigger point therapy. The unique, firm relief-surface pattern with ball-bearing roller system, gets through to deep muscle tissue, knocking out knots and relieving soreness.



GoFit Foot & Hand Massage Roller and Therapy Poster. Roll out relief for your sore feet and hands. Sooth the pain associated with Plantar Fasciitis and Carpal Tunnel Syndrome and massage-away stress.



GoFit GoBall and Therapy Poster. The GoFit GoBall gives targeted pain-relief for knots, trigger points and sore muscles. Reach your bac shoulders, glutes, legs, and other spots in need of deep-tissue massage.



The GoFit Extreme Ab Wheel challenges your abs, obliques, back, hips, and glutes for a total core workout. Learn more about the GoFit Extreme Ab Wheel.



GoFit Muscle Candy Massage Bar and Training Manual. The ultra firm translucent urethane of the GoFit Muscle Candy Massage Bar is a great tool to awaken tired muscles pre-workout and to help knead aching muscles, post workout. [L](#)



GoFit Polar Foot Roller and Owner's Manual. Roll out foot relief, and soothe Plantar Faciitis pain with GoFit's newest cryo therapy treatment that is now offered as an ergonomic foot-massage roller—The Polar Foot Roller.



The GoFit Fit Mat gets its comfortable feel from closed cell foam, which is durable and resists breaking down over time. [Learn more about the GoFit Fit Mat.](#)



The GoFit Pilates Mat is a professional grade mat just like the ones used in Pilates studios. [Learn more about the GoFit Pilates Mat.](#)



The GoFit Aerobic Exercise Mat is perfect for aerobic workouts that include floor exercises such as sit ups, crunches, leg lifts or any exercise or tumbling routines in which you may be on your knees or back. Learn more about the GoFit Aerobic Mat.



GoFit Yoga Mat, Yoga Block, Cotton Strap, Carrying Bag with Shoulder Strap, and Wall Chart. The GoFit Yoga Kit has everything you need for a complete Yoga workout.



GoFit One Pair Yoga Socks. Increase your stability and balance with the non-slip grip of GoFit's Yoga Socks.



GoFit One Yoga Strap. The GoFit 8-ft Yoga strap is easy to grip and enhances flexibility.



No home gym is complete without a Bosu ball. The Bosu ball is shaped like a dome. It is flexible and also allows for a variety of exercises, both high intensity and traditional exercises.

Durable, lightweight, and easy to transport, Bosu products are easy to work into just about any exercise regimen.



This 14" lightweight and portable Xerdisc™ is ideal for balance and strength workouts. The thick wall construction and increased rigidity provide more stability. Anyone can do exercises like push-ups, squats, and crunches, while the more advanced user can do more challenging balance workouts. The tapered platform surface allows for a varied foot placement and the lower profile decreases elevation off the floor. You can control the level of challenge by inflating the disk for easier balance or deflating it for more difficult practices. Includes a free downloadable exercise guide.



Body-Solid Pro-Style Ab Board - Commercial Rated | Abdominal Board Centered on a telescoping 2"x2" steel beam, our Pro-Style Ab Board adjusts to 12 positions for increased or decreased difficulty when doing sit-ups or crunches. Featuring an extra wide, extra thick double-stitched DuraFirm™ pad and oversize 8" foam rollers. Ideal for home and commercial use. 52"H x 54"L x 24"W [L](#)



Body-Solid Gut Blaster Ab Slings Encourage superior toning, trimming and conditioning of the entire abdominal area without lower back strain. These slings encourage superior toning, trimming and conditioning of the entire abdominal area without lower back strain. In fact, they can actually help a bad back by stretching the muscles and decompressing the spine. Features include solid steel Fire and Rescue Locking Carabiners that are rated at 10,000 lbs. capacity each. Arm slings are 8 1/2" wide with dense and durable 1" thick pads.



Body-Solid Ab Crunch Harness Extra-wide padded harness protects the neck, shoulders, back and chest while you concentrate on your abs and obliques. Extra-wide padded harness protects the neck, shoulders, back and chest while you concentrate on your abs and obliques. Comfortable foam grips offer quick and easy hand positioning. Heavy-duty solid steel D ring for strength and durability.



Take your daily core workout and turn it up (or down) a few degrees! The Best Fitness Total Core Trainer combines the two most popular core workouts, an ab crunch and a back hyperextension, into one, easy-to-use machine. The back hyperextension works comfortably from a standing position, providing a low-impact back workout, while the ab crunches will help you build abdominal muscles that are crucial to maintaining lumbar spine strength. The stronger these muscles are, the more support and stability they can provide. The Best Fitness Total Core Trainer allows you to vary the starting position of your workouts between 15, 20 and 25 degrees. The simple pull of a pin enables you control the angle of the bench to increase or decrease the intensity of each session. Best of all, the BFHYP10 comes completely assembled, meaning right out of the box, you're ready to rock!



The GoFit 13" Go Roller and Training Manual. Flexibility, core strength and muscle recovery are vital components to any training program. Use the compact, Go Roller 13" Massage Roller to awaken tired muscles and relieve muscle soreness.

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GoFit Polar Roller and Owner's Manual. The GoFit Polar Roller reduces swelling and inflammation from exercise, sports injuries, arthritis and more. After freezing the stainless roller ball, it stays cold longer than ice, and doesn't melt. So you can roll-out muscle pain with no wet mess.



GoFit Pro Foam Roller - 24" and Training Manual. The GoFit Pro Foam Roll is designed for deep tissue massage and is designed to withstand heavy use.



GoFit Roll-On Massager and Online Therapy Poster PDF. The ultra portable, GoFit Roll-On Massager is ideal for reaching tight spots and rolling the pain out of muscle tissue.



GoFit Stretch Rope and Training Manual. The GoFit Stretch Rope will help increase flexibility in tight muscles by reprogramming them to contract and relax through a new range of motions. [Learn More](#)



Wrist Roller - Durable heavy-duty rope and rubber handles Attachment clip is compatible with all weight plates Complete wrist, hand and forearm workout



A few minutes a day can help
 Relieve Back Pain Relax muscles,
 rejuvenate discs and reduce pressure
 Ease Stress Release tension in shoulders,
 neck & back
 Increase Flexibility
 Improve functional fitness for an active,
 healthy lifestyle
 Build Core Strength
 Strengthen core muscles with inverted
 exercises.



Ab and back exercises in one bench
 Eleven adjustable positions for various
 heights
 Great for users of all ages and fitness
 levels
 Wheels provide tilt 'n roll capability
 Self-aligning roller pads
 Folds flat for storage
 No assembly required



Perhaps the best Roman chair on the
 market, with hyper extension capability.



The Human Trainer Ab Straps are
 specifically designed to allow you to
 concentrate on your abdominal and obliq
 muscles. TRX



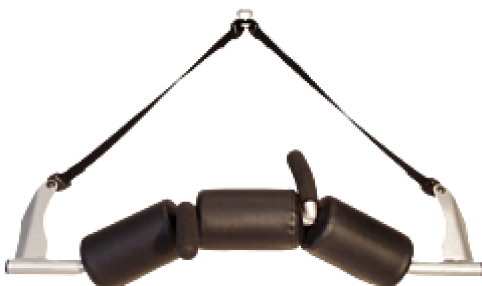
Foam Roller FULL ROUND - 36" long / 6" diameter



The Bowflex SelectTech 552 adjustable dumbbells replace 15 sets of weights. Learn more about the Bowflex SelectTech 552 adjustable dumbbells.



The Bowflex SelectTech 1090 adjustable dumbbells have weights that adjust from 10 to 90 lbs in 5 lb. increments. Learn more about the Bowflex SelectTech 1090 adjustable dumbbells.



The Inspire Fitness Ab Bar offers 4 different concentrated abdominal exercises. The Ab Bar has contoured upholstered pads with closed cell foam for more comfort and resistance to moisture.



The Inspire Fitness Ab Bench offers 2 in x 4 in Tubular, 12 gauge steel construction frame with powder coated finish. Learn more about the Inspire Fitness Ab Bench.



The new Inner Balance Wellness Jin L-track massage chair brings to life a multitude of relaxation and robotic massage features that will lead to a stress and pain reducing daily massage. The Jin experience starts with a 4 roller, L-track massage system that starts in the base of the skull and extends into the gluteal muscles.



Feel and move better with the CirC by Synca Wellness. Get an SL-Track design, lumbar heat, and impressive massage all in a great looking package that can fit in any room of your house. Synca designed the CirC from the ground up to give you the most ergonomically comfortable seating angle and position. The design of the 106-degree angle between the seat and backrest creates a posture so comfortable you won't want to leave. The CirC's ambient side lighting and superior massage will set a calming atmosphere every night to help you de-stress and prepare for a good night's sleep.

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