

**IRON GYM**

**NQ SPORT**



**PRODUKT  
KATALOG**  
2021

# NY PRODUKTGRUPPE I NQ SPORT

## Velkommen

Du holder nå i Iron Gym® global trade katalogen for 2021. Her vil du finne våre styrke- og fitnessproduktene for hjemmetrening. Katalogen er på engelsk, men er noe uklart, så ta kontakt.

## Om Iron Gym

Iron Gym® er kjent for sine multifunksjon treningsmaskiner, med attraktivt salgsmateriell. The Original Iron Gym® Total Upper Body Workout Bar ble lansert i USA i 2008, den ble raskt markedets mest solgte fitnessprodukt, 20 millioner enheter er solgt til dags dato.

## NQ Sport

Hos oss finner du ledende merkevarer innenfor langrenn, sport, trening, fritid og friluftsliv. Våre varer er alltid tilpasset norske forhold. Vårt mål er å utvikle et helhetlig sortiment med grunnlag i våre solide merkevarer, alltid yte topp service og ha tett oppfølging av våre kunder. Vi holder til i Vøyenengatunet 14 på Vøyenenga i Bærum.

Har du spørsmål rundt Iron Gym produktene eller våre andre varemerker ta kontakt.

# INNHold

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# NEW DESIGN!

# PLACE YOUR ORDER NOW!



## YOGA BLOCK

Yoga block for perfecting yoga poses.

NQ varenummer:

4373136

Product Code:

**IGY-YB**

Retail Size: 22.5 x 15 x 7.5 cm, 0.2 kg, 0.002531 m<sup>3</sup>

Units in Master Carton:

10 Units



# ABDOMINAL TRAINING



## **SPEED ABS** **ULTIMATE ABDOMINAL TRAINER**

Speed Abs™ by IRON GYM® is the fast way to transform your floor into the ultimate workout platform for strong, ripped abs! Speed Abs™ lets you do all of the exercises you need to get a ripped six-pack, powerful core, chiseled shoulders, bulging biceps, carved triceps, increased endurance and a supercharged metabolism!

Internal Assist System provides superior resistance (as you roll out) and assistance (as you roll in), for longer sets and full range of motion with every rep.

NQ varenummer: 4306169

Product Code: IGSA

Retail Size: 21.6 x 25 x 12 cm, 1.45 kg, 0.0065 m<sup>3</sup>

Units in Master Carton: 4 Units



**TV-COMMERCIAL  
AVAILABLE**

# ABDOMINAL TRAINING



## SPEED ABS PRO **ESSENTIAL**

AB Wheel With Wide, Rubber Coated Tyre & Ergonomically Designed Grips

NQ varenummer: **4372511**  
 Product Code: **IGSA-PRO**  
 Retail Size: 21.6 x 25 x 12 cm, 1.45 kg, 0.0065 m<sup>3</sup>  
 Units in Master Carton: 4 Units



## DUAL AB WHEEL **ESSENTIAL**

Double AB Wheel with Rubber Grips

NQ varenummer: **4371750**  
 Product Code: **IGEDAW6**  
 Retail Size: 19 x 19 x 7.7 cm, 0.58 kg, 0.0028 m<sup>3</sup>  
 Units in Master Carton: 6 Units



## AB WHEEL (Single) **ESSENTIAL**

Single AB Wheel with Foam Grips

Product Code: **IGAW**  
 Retail Size: 22 x 20.5 x 5 cm, 0.50 kg, 0.0022 m<sup>3</sup>  
 Units in Master Carton: 4 Units

# ABDOMINAL TRAINING



## CRUNCH CORE KIT *ESSENTIAL*

Abdominal Trainer for Sit-Ups & Crunches

- Set Includes: Neck Support & Foot Strap Anchor

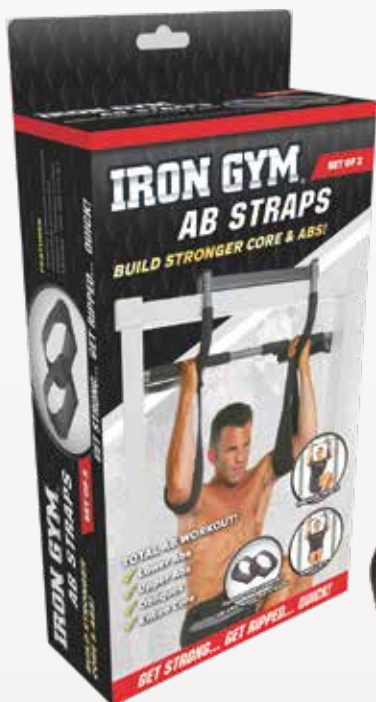
Product Code:

Retail Size: 23.5 x 14.5 x 6.5 cm, 0.26 kg, 0.0022 m<sup>3</sup>

Units in Master Carton:

**IGCC**

4 Units



## AB STRAPS *ESSENTIAL*

Set of 2 Abdominal Trainer for Leg Raises

- Velcro Adjustable
- Padded Straps

NQ varenummer:

4301092

Product Code:

**IRONAB-N**

Retail Size: 28.5 x 14.5 x 7 cm, 0.251 kg, 0.0028 m<sup>3</sup>

Units in Master Carton:

8 Units





# RESISTANCE TRAINING



## TUBE TRAINER **ESSENTIAL**

Resistance Trainer with Anti-Slip Grips

NQ varenummer:  
Product Code:

Medium: 4371675  
Medium **IG-TUTR6**

Retail Size: 18 x 14 x 5.5 cm, 0.205 kg, 0.0014 m<sup>3</sup>  
Units in Master Carton: 6 Units



## ADJUSTABLE TUBE TRAINER **ADVANCED**

Adjustable Resistance Trainer with Anti-Slip Grips

NQ varenummer:  
Product Code:

4371934  
**IG-ATUTR**

Retail Size: 18 x 14 x 7 cm, 0.294 kg, 0.0018 m<sup>3</sup>  
Units in Master Carton: 8 Units



# RESISTANCE TRAINING



## EXERCISE BAND SET **ESSENTIAL**

Set of 3 Resistance Bands

- Levels: Light, Medium, Heavy
- Material: Latex

NQ varenummer: **4371699**  
 Product Code: **IG-EBS6**  
 Retail Size: 19 x 13.5 x 3.5 cm, 0.32 kg, 0.0009 m<sup>3</sup>  
 Units in Master Carton: 6 Units



## POWER LOOP BANDS **ESSENTIAL**

Set of 3 Resistance Loop Bands

- Levels: Light, Medium, Heavy
- Material: Latex

NQ varenummer: **4372627**  
 Product Code: **IG-PLPB**  
 Retail Size: 19 x 13.5 x 3.5 cm, 0.32 kg, 0.0009 m<sup>3</sup>  
 Units in Master Carton: 6 Units



## POWER BAND **ADVANCED**

Multi-Use Resistance Band

- Measurements 208 x 4.5 x 19 mm
- Material: Latex

NQ varenummer: **4371958**  
 Product Code: **IG-POBA**  
 Retail Size: 18 x 12 x 3 cm, 0.226 kg, 0.0006 m<sup>3</sup>  
 Units in Master Carton: 10 Units



# EXERCISE / YOGA MATS



## EXERCISE MAT 6mm **ESSENTIAL**

- Carrying Strap Included
- Measurements: 183 x 61 cm
- Thickness: 6 mm
- Material: TPE (Durable, Non-Slip Surface)

NQ varenummer: **4371033**

Product Code: **IG-EXRM-TPE**

Retail Size: 13 x 61 x 13 cm, 1.0 kg, 0.0103 m<sup>3</sup>

Units in Master Carton: 4 Units

## EXERCISE & YOGA MAT 4mm **ESSENTIAL**



- Carrying Strap Included
- Measurements: 152 x 58 mm
- Thickness: 4 mm
- Material: EVA

NQ varenummer: **4371835**

Product Code: **IG-EXRM10**

Retail Size: 15 x 61.5 x 15 cm, 0.656 kg, 0.0138 m<sup>3</sup>

Units in Master Carton: 2 Units

## EXERCISE & YOGA MAT 10mm **ESSENTIAL**



- Carrying Strap Included
- Measurements: 183 x 61 cm
- Thickness: 10 mm
- Material: NBR

Product Code: **IG-EEXRME**

Retail Size: 9 x 58.4 x 9 cm, 0.39 kg, 0.0047 m<sup>3</sup>

Units in Master Carton: 6 Units



## EXERCISE YOGA MAT 3mm

- Measurements: 183 x 61 cm
- Thickness: 3 mm
- Material: PVC

NQ varenummer: **4371057**

Product Code: **IG-EXRM-PVC-3**

Retail Size: 31 x 8.5 x 8.5 cm, 0.72 kg, 0.0044 m<sup>3</sup>

Units in Master Carton: 4 Units

# EXERCISE / EQUIPMENT MATS



## INTERLOCKING FLOOR MATS *ESSENTIAL*

4 Pieces of Interlocking Floor Mats

- Individual mat size: 64 x 64 x 1.2 cm

Product Code:

**IGGFM**

Retail Size:

65 x 65 x 5 cm, 2 kg, 0.18 m<sup>3</sup>

Units in Master Carton:

8 Units



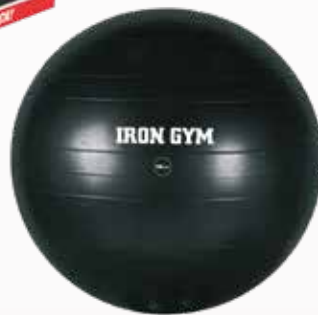
## EQUIPMENT MATS *ESSENTIAL*

Durable Rubber Mat for Equipment & Exercise

2 sizes available:

- 152 x 122 x 0.6 cm, Product Code **IG-EQM-M**
- 212 x 122 x 0.6 cm, Product Code **IG-EQM-L**

# EXERCISE BALLS



## EXERCISE BALL 55cm **ESSENTIAL**

Anti-Burst Exercise Ball - 55 cm

- Pump Included

NQ varenummer:

4371859

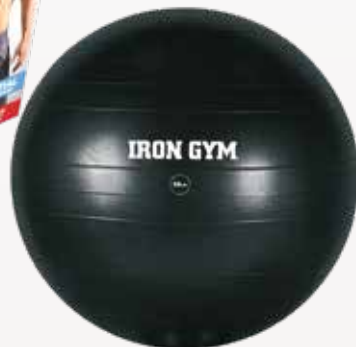
Product Code:

**IG-EEXRB6**

Retail Size: 17 x 20 x 9.5 cm, 1.0 kg, 0.0032 m<sup>3</sup>

Units in Master Carton:

6 Units



## EXERCISE BALL 65cm **ESSENTIAL**

Anti-Burst Exercise Ball - 65 cm

- Pump Included

NQ varenummer:

4370753

Product Code:

**IG-EXRB65**

Retail Size: 21.5 x 25 x 12 cm, 1.53 kg, 0.0065 m<sup>3</sup>

Units in Master Carton:

6 Units





# JUMP ROPES



## SPEED ROPE ELITE *ESSENTIAL*

3 m Fully Adjustable PVC-Coated Wire

- Rope Diameter 2.4 mm
- Ball Bearing Ensures Smooth and Even Rotation

NQ varenummer: **4370678**  
 Product Code: **IG-JR7001**  
 Retail Size: 22 x 14 x 3.4 cm, 0.16 kg, 0.0011 m<sup>3</sup>  
 Units in Master Carton: 8 Units  
 Not Sold in USA



## SPEED ROPE PRO *ESSENTIAL*

- Rope Length: 2.4 m
- Rope Diameter: 2.4 mm
- Anti-Slip Foam Grips

NQ varenummer: **4371019**  
 Product Code: **IG-NSR**  
 Retail Size: 17.5 x 12 x 3.8 cm, 0.193 kg, 0.0008 m<sup>3</sup>  
 Units in Master Carton: 8 Units



## ADJUSTABLE SPEED ROPE *ESSENTIAL*

3 m Fully Adjustable PVC Rope

- Rope Diameter 5 mm

NQ varenummer: **4371736**  
 Product Code: **IG-EASR8**  
 Retail Size: 25.5 x 5.5 x 5.5 cm, 0.1 kg, 0.0008 m<sup>3</sup>  
 Units in Master Carton: 8 Units

# ROLLERS



## MASSAGE ROLLER TRAVEL **ESSENTIAL**

Compact & Effective Massage Roller

- Measurements: 29.3 x 9.3 cm
- Weight: 100 g

NQ varenummer: **4371798**  
 Product Code: **IG-EFMR**  
 Retail Size: 31 x 9.3 x 9.3 cm, 0.11 kg, 0.0027 m<sup>3</sup>  
 Units in Master Carton: 8 Units



## TRIGGER POINT ROLLER TRAVEL **ESSENTIAL**

Compact & Effective Trigger Point Roller

- Measurements: 29.5 x 9.5 cm
- Weight: 550 g

NQ varenummer: **4371774**  
 Product Code: **IG-ETPR**  
 Retail Size: 31 x 9.3 x 9.3 cm, 0.56 kg, 0.0027 m<sup>3</sup>  
 Units in Master Carton: 8 Units  
 Not Sold in USA



## MASSAGE ROLLER **ADVANCED**

- Measurements: 30 x 15 cm
- Weight: 180 g

NQ varenummer: **4370777**  
 Product Code: **IG-FMR**  
 Retail Size: 30 x 14.5 x 14.5 cm, 0.26 kg, 0.0063 m<sup>3</sup>  
 Units in Master Carton: 6 Units



## TRIGGER POINT ROLLER **ADVANCED**

- Measurements: 33 x 14 cm
- Weight: 850 g

NQ varenummer: **4370791**  
 Product Code: **IG-TPR**  
 Retail Size: 33 x 13.5 x 13.5 cm, 0.87 kg, 0.0060 m<sup>3</sup>  
 Units in Master Carton: 6 Units

# WEARABLES



## 10KG WEIGHT VEST INCREASE THE CHALLENGE AND AMPLIFY YOUR RESULTS!

- Weight up to 10 kg, adjustable with 38 easily removable sand bags, 250 g each
- Even distribution of weight – front and back of the vest
- Compact and comfortable design for advanced exercises
- Secure and comfortable fastening with two velcro strips

NQ varenummer:  
Product Code:  
Retail Size:  
Units in Master Carton:

4370692  
**IG-WV10**  
40 x 30.5 x 9 cm, 11 kg, 0.011 m<sup>3</sup>  
2 Units



# WEARABLES



## IRON GRIP *ESSENTIAL*

Set of 2 Solid Steel Hooks With Non-Slip Coating

- Heavy Duty Quality Webbing
- High Quality Velcro Fastening

NQ varenummer:

4370395

Product Code:

**IGIG-N**

Retail Size: 27 x 12.5 x 6 cm, 0.68 kg, 0.0020 m<sup>3</sup>

Units in Master Carton:

7 Units



## LIFTING STRAPS *ESSENTIAL*

Set of 2 Lifting Straps with Neoprene Padding for Comfort

- Length 58 cm
- Width 4 cm
- Designed for Maximum Grip & Comfort

NQ varenummer:

4370890

Product Code:

**IGLS**

Retail Size: 26.5 x 12 x 2 cm, 0.184 kg, 0.0006 m<sup>3</sup>

Units in Master Carton:

12 Units



## WORKOUT GLOVES *ESSENTIAL*

### S-M / L-XL

- Textured Palm for Added Traction & Gripping Power
- Dual Layer Mesh Back for Comfort & Breathability
- Adjustable Closure

Product Code:

**IGWG-SM / IGWG-LXL**

Color Label Size:

10 x 9 cm

Units in Master Carton:

6 Units

# SUSPENSION TRAINING



## X-TRAINER **ESSENTIAL**

- Attaches to Any Door with Door Anchor [4 Adjustments]
- Length with Door Anchor: 200 cm [Anchor 70 cm]
- Anti-Slip Foam Grips
- Carrying Bag Included

NQ varenummer: **4371651**  
 Product Code: **IG-XT**  
 Retail Size: 18 x 18 x 5.5 cm, 0.425 kg, 0.00178 m<sup>3</sup>  
 Units in Master Carton: 5 Units



## GYM RINGS **ESSENTIAL**

Set of 2 Gymnastic Rings with Straps and Adjusting Buckles

- Handle diameter: 2.8 cm [ 1.1" ]
- Strap width: 2.5 cm [ 1" ]
- Strap length: 457 cm [ 180" ]
- Maximum load: 300 kg [660 lbs]
- **Available in Wooden or PU Plastic**

Product Code: Plastic **IG-GRP** / Wood **IG-GRW**  
 Retail Size: 18 x 18 x 5.5 cm, 0.425 kg, 0.00178 m<sup>3</sup>  
 Units in Master Carton: 4 Units



## X-TRAINER **PRO** **ADVANCED**

- Attaches to Any Door or Bar
- Straps Length 110 - 170 cm
- Suspension Anc. Length: 90 cm
- Carrying Bag & Door Anchor Included

NQ varenummer: **4371873**  
 Product Code: **IG-XTPRO**  
 Retail Size: 18 x 18 x 5.5 cm, 0.425 kg, 0.00178 m<sup>3</sup>  
 Units in Master Carton: 5 Units

# PUSH UPS



## ROTATING PUSH UP PRO **ESSENTIAL**

Set of 2 Rotating Push Up Grips. Rotating action engages more muscles and increases engagement of your core.

- Reduce strain on elbows, shoulders & wrists
- Product measurements: 15 x 15 x 8 cm

NQ varenummer: 4371613

Product Code: **IGPU-NPRO**

Retail Size: 28 x 16 x 4 cm, 0.493 kg, 0.00179 m<sup>3</sup>

Units in Master Carton: 9 Units



## PUSH UP PARALLELS **ESSENTIAL**

- Versatile and Compact
- Detachable Feet
- Anti-Slip Foam Grips

NQ varenummer: 4371897

Product Code: **IG-PARA**

Retail Size: 28 x 14.5 x 9.2 cm, 0.7 kg, 0.00374 m<sup>3</sup>

Units in Master Carton: 8 Units



## ROTATING PUSH UP MAX **ADVANCED**

Set of 2 Rotating Push Up Grips with Instability Discs

- Challenge Your Core and Stabilizer Muscles with Instability Discs

Product Code: **IGPU-NMAX**

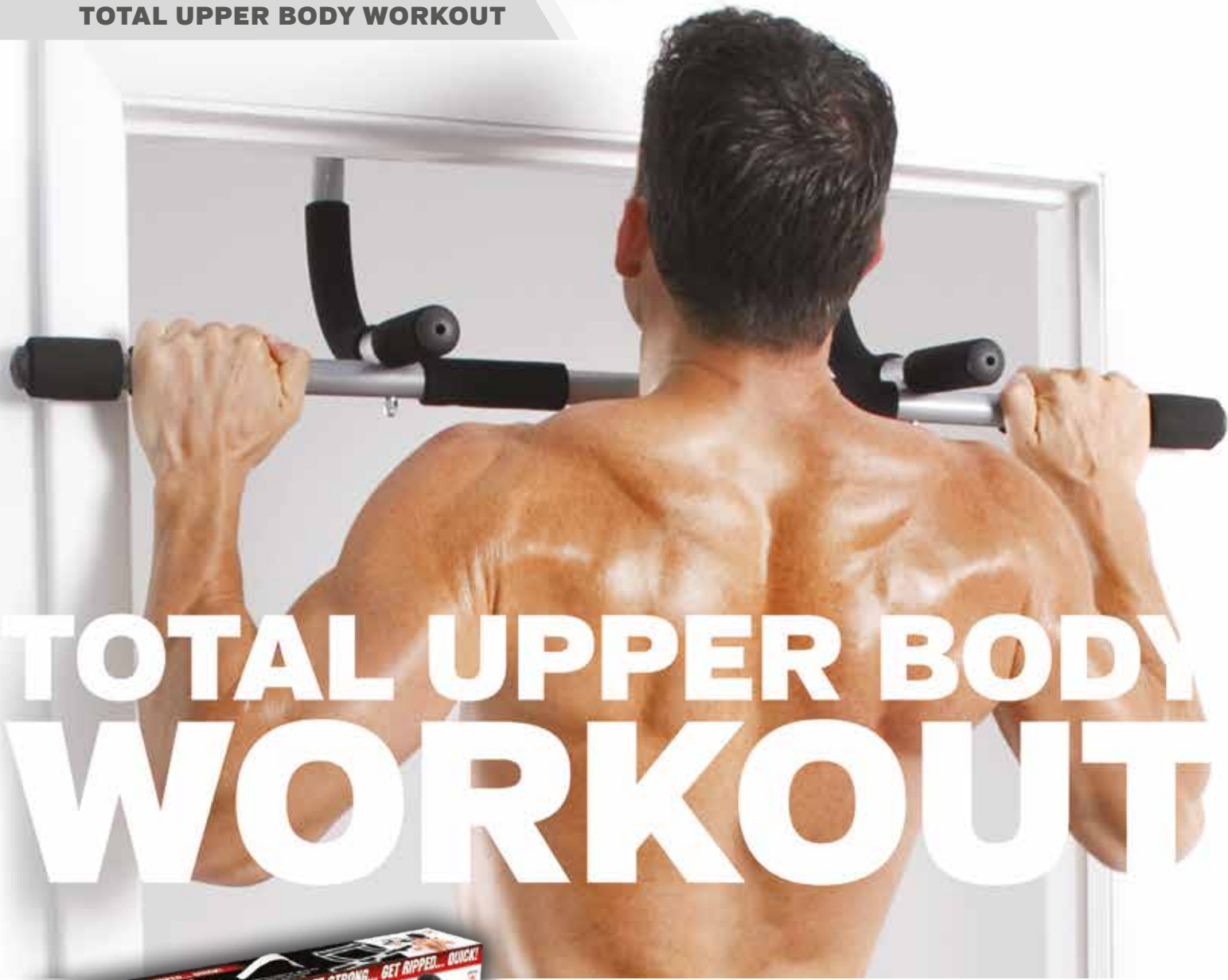
Retail Size: 21.6 x 30.5 x 12 cm, 1.7 kg, 0.010 m<sup>3</sup>

Units in Master Carton: 4 Units

Not Sold in USA







# TOTAL UPPER BODY WORKOUT



## IRON GYM ORIGINAL TOTAL UPPER BODY WORKOUT BAR

It's the ultimate, high quality, high performance, highly versatile and highly portable gym-in-a-box – delivering in just one piece of equipment every exercise you need to build a super-powerful upper body, super fast.

- Suitable frame sizes  
Width 60 - 80 cm, Depth 12 - 16 cm

Not Sold in USA



TV-COMMERCIAL  
AVAILABLE

NQ varenummer:

Product Code:

Retail Size:

Units in Master Carton:

4300581

IRON-G-N

20.5 x 51.5 x 8.9 cm, 2.394 Kg, 0.0094 m<sup>3</sup>

4 Units

# TOTAL UPPER BODY WORKOUT

## IRON GYM® EXPRESS

- Perfect for juniors with a thinner bar which makes a better hold possible.
- Suitable frame sizes:  
Width 60 - 80 cm, Depth 12 - 16 cm
- Safety Brackets Included

NQ varenummer: **4303094**  
 Product Code: **IGEXP-N**  
 Retail Size: 20 x 46 x 8.5 cm, 2.297 kg, 0.00782 m<sup>3</sup>  
 Units in Master Carton: 4 Units



## IRON GYM® XTREME

Advanced Version with Additional Wide Grips

- Suitable frame sizes:  
Width 60 - 80 cm, Depth 12 - 16 cm

NQ varenummer: **4310085**  
 Product Code: **IRONGX-N**  
 Retail Size: 22.5 x 51.5 x 8.5 cm, 3.8 kg, 0.00985 m<sup>3</sup>  
 Units in Master Carton: 4 Units



## IRON GYM® +

- Adjustable structure
- Suitable frame sizes:  
Width 60 - 90 cm, Depth 10 - 20 cm

Product Code: **IRONG+**  
 Retail Size: 20 x 51 x 8.5 cm, 2.6 kg, 0.00867 m<sup>3</sup>  
 Units in Master Carton: 4 Units



## IRON GYM® XTREME+

Advanced version with additional wide grips

- Adjustable structure
- Suitable frame sizes:  
Width 60 - 90 cm, Depth 10 - 20 cm

NQ varenummer: **4370036**  
 Product Code: **IRONGX+**  
 Retail Size: 23 x 51.5 x 8.5 cm, 4.2 kg, 0.01007 m<sup>3</sup>  
 Units in Master Carton: 4 Units



# PULL UPS



## CHIN UP BAR *ESSENTIAL*

- Adjustable: Fits 63 - 90 cm Wide Door Frames
- Mounting Brackets Included
- Premium Quality Full Length Rubber Grip

NQ varenummer: **4370579**  
 Product Code: **IG-PUBA**  
 Retail Size: 64 x 5.5 x 5.5 cm, 1.60 kg, 0.00194 m<sup>3</sup>  
 Units in Master Carton: 10 Units



## CHIN UP RACK - MULTI

Wall-mounted double bar with multiple grips

- Assembled Size: 131 x 58 x 60 cm

Product Code: **IGFPB-S3**  
 Retail Size: TBD  
 Units in Master Carton: TBD  
 Not Sold in USA



## CHIN UP RACK - SINGLE

Wall-mounted single bar with multiple grips

- Assembled Size: 110 x 27 x 17 cm

Product Code: **GFPB-S2**  
 Retail Size: TBD  
 Units in Master Carton: TBD  
 Not Sold in USA



## CHIN UP RACK - BOXER

Wall-mounted single bar with Punching Bag Attachment

- With Punching Bag Attachment
- Assembled Size: 100 x 36 x 15 cm

Product Code: **IGFPB-S1**  
 Retail Size: TBD  
 Units in Master Carton: TBD  
 Not Sold in USA



# GRIP STRENGTHENERS



## HAND GRIP **ESSENTIAL** Adjustable 10-40kg

Adjustable Hand Grip 10 - 40 kg

NQ varenummer:

4370715

Product Code:

**IG-HGA40**

Retail Size: 19.5 x 10.2 x 2.5 cm, 0.16 kg, 0.00050 m<sup>3</sup>

Units in Master Carton:

12 Units

## HAND GRIP (PAIR) **ESSENTIAL**



Hand Grip Exerciser, Set of 2

NQ varenummer:

4371712

Product Code:

**IG-EHGP6**

Retail Size: 18 x 14 x 6.4 cm, 0.34 kg, 0.00161 m<sup>3</sup>

Units in Master Carton:

6 Units

## POWER SPRING **ESSENTIAL**



Spring-Loaded 30 kg Resistance Bar

Product Code:

**IG-PWRS**

Retail Size: 65 x 4.5 x 4.5 cm, 1.30 kg, 0.00132 m<sup>3</sup>

Units in Master Carton:

10 Units



## IRON ARMS **ADVANCED**

Rotating Forearm Grips For Inner & Outer Forearms

Product Code:

**IARMS**

Retail Size: 25.5 x 40 x 4cm, 0.75 kg, 0.004 m<sup>3</sup>

Units in Master Carton:

6 Units



**TV-COMMERCIAL  
AVAILABLE**





## 15kg ADJUSTABLE DUMBBELL SET

15 kg Adjustable Dumbbell Set is the most popular piece in any home gym.

- Floor Friendly Vinyl-Coated Weight Plates

Set Includes:

- 2 x Dumbbell Bars
- 4 x 1.25 kg Vinyl Plates
- 4 x 2.5 kg Vinyl Plates
- 4 x Spin Locks



NQ varenummer: **4371095**

Product Code: **IG-DBSET-V15**

Retail Packing Measurements:

23 x 43.5 x 16.5 cm, 17 kg, 0.01651 m<sup>3</sup>

Units in Master Carton:

N/A, Delivered in Retail Packaging



# WEIGHTS



## FIXED HEX DUMBBELLS **ESSENTIAL**

2, 4 and 6 kg Vinyl Coated Hex Dumbbells

- Sold in Pairs

**NQ varenummer:** 4371217

Product Code: 6 kg x 2 / **IG-DBX-V6P**

Retail Size: 32 x 30 x 14.5 cm, 14 kg, 0.01392 m<sup>3</sup>

Units in Master Carton: 1 Units

**NQ varenummer:** 4371255

Product Code: 4 kg x 2 / **IG-DBX-V4P**

Retail Size: 27.5 x 26.5 x 13.5 cm, 9 kg, 0.00984 m<sup>3</sup>

Units in Master Carton: 2 Units

**NQ varenummer:** 4371293

Product Code: 2 kg x 2 / **IG-DBX-V2P**

Retail Size: 24 x 22 x 10.5 cm, 4.5 kg, 0.00554 m<sup>3</sup>

Units in Master Carton: 4 Units



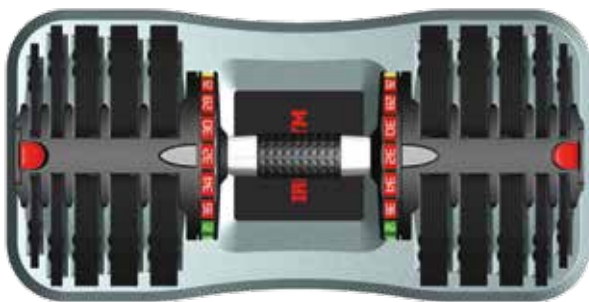
## FIXED MULTICOLOR DUMBBELLS **ESSENTIAL**

Multicolor Cast Iron Dumbbells with Rubber Coating

- Available Sizes  
0.5 / 1 / 1.5 / 2 / 2.5 / 3 / 4 / 5 kg
- Each Size Sold as Set of 2

Product Code:

**IG-DBMC-R**



## ADJUSTABLE DUMBBELL SET

Weight Adjustable 2 to 36 kg with 2 kg increment.

Product Code:

**IGADDB-36**





# WEIGHTS



## 23 KG ADJUSTABLE CURL BAR SET

- 2 pc Joint Bar
- Assembled Measurements  
25 mm x 1400mm, 5 kg

NQ varenummer: **4371156**

Product Code: **IG-EZBSET-V23**

Retail Size: 8.2 x 77 x 28.5 cm, 24 kg, 0.01799 m<sup>3</sup>

Units in Master Carton: N/A\*

\* Delivered in Retail Packaging



## 20 KG ADJUSTABLE BARBELL SET

- 2 pc Joint Bar
- Assembled Measurements  
25 mm x 1500 mm, 1.80 kg

NQ varenummer: **4371118**

Product Code: **IG-BBSET-V20**

Retail Size: 8.2 x 79.5 x 28.5 cm, 21 kg, 0.01858 m<sup>3</sup>

Units in Master Carton: N/A\*

\* Delivered in Retail Packaging

## 20KG PLATE SET (4 X 5KG)

- 4 x 5 kg Vinyl-Coated Weight Plates
- Center Hole Diameter: 25 mm [ 1" ]



NQ varenummer:

**4371170**

Product Code:

**IG-VWS-4X5**

Retail Size: 21 x 29.5 x 29.5 cm, 21 kg, 0.01828 m<sup>3</sup>

Units in Master Carton: N/A\*

\* Delivered in Retail Packaging

## 20KG PLATE SET (2 X 10KG)

- 2 x 10 kg Vinyl-Coated Weight Plates
- Center Hole Diameter: 25 mm [ 1" ]



NQ varenummer:

**4371194**

Product Code:

**IG-VWS-2X10**

Retail Size: 35.5 x 35.5 x 13 cm, 21 kg, 0.01638 m<sup>3</sup>

Units in Master Carton: N/A\*

\* Delivered in Retail Packaging

# WEIGHTS



## HEXBAR ELITE

- Rotating Grip System Provides 3 Different Handle Sizes
- Elevated Plate Storage System for Easy Loading
- Rubber Stoppers Protect Flooring
- Assembled Size: 168 x 80 x 29 cm

Product Code:

**IG-HEX-PRO**

Retail Size: 8.2 x 77 x 28.5 cm, 24 kg, 0.0179 m<sup>3</sup>

Units in Master Carton:

N/A\*

\* Delivered in Retail Packaging

## HEXBAR

- Assembled Size: 156 x 71 x 14 cm
- Olympic Plates, 5 cm [2"]

Product Code:

**IG-HEX**

Retail Size:

TBD

Units in Master Carton:

N/A\*

\* Delivered in Retail Packaging



## PLATE WEIGHTS

Cast Iron, Rubber Coated Olympic Plates

Available sizes: 5, 10, 15, 25 kg

Product Code:

**IG-HEX**

Retail Size:

TBD

Units in Master Carton:

N/A

# KETTLEBELLS

## KETTLEBELLS *ESSENTIAL*

Vinyl Coated Kettlebells

ProductCode	Retail Size	Nr*
<b>IG-KBV16</b>	33 x 25 x 25 cm, 16 kg, 0.02063 m <sup>3</sup>	1
<b>IG-KBV12</b>	30 x 21.5 x 21.5 cm, 12 kg, 0.01387 m <sup>3</sup>	1
<b>IG-KBV8</b>	25 x 22 x 17 cm, 8 kg, 0.00935 m <sup>3</sup>	2
<b>IG-KBV4</b>	22 x 19.5 x 15 cm, 4 kg, 0.00644 m <sup>3</sup>	4

NQ varenummer:  
 4371330  
 4371354  
 4371378  
 4371392

\* Units in Master Carton



**16KG**

**12KG**

**8KG**

**4KG**

## CAST IRON KETTLEBELLS

ProductCode	Retail Size	Nr*
<b>IG-KBC12</b>	23 x 20 x 13 cm, 12 kg, 0.005 m <sup>3</sup>	1
<b>IG-KBC10</b>	22 x 19 x 12 cm, 10 kg, 0.005 m <sup>3</sup>	1
<b>IG-KBC8</b>	20 x 18 x 11 cm, 8 kg, 0.004 m <sup>3</sup>	2
<b>IG-KBC6</b>	19 x 17 x 10 cm, 6 kg, 0.003 m <sup>3</sup>	4
<b>IG-KBC4</b>	17 x 15 x 9 cm, 4 kg, 0.002 m <sup>3</sup>	4

\* Units in Master Carton



**12KG**

**10KG**

**8KG**

**6KG**

**4KG**



# BENCHES & RACKS



## DUMBBELL BENCH

- 6 Different Backrest Positions [Decline to Full Upright]
- Thick Cushion for Maximum Comfort
- Durable and Compact Design
- Bench Dimensions  
41.4 cm x 102.8 cm x 45.7 cm
- Full Color Retail Packaging

NQ varenummer: 4371088

Product Code: **IG-DBBENCH**

Retail Size: 18.5 x 101 x 49 cm, 15.1 kg, 0.09156 m<sup>3</sup>

Units in Master Carton: N/A\*

\* Delivered in Retail Packaging



## POWER TOWER

Power Tower features:

- Push Ups, Vertical Knee Raises, Dips, Pull Up Stations
- Thick Cushions on Arm Pads & Backrest for Maximum Comfort
- Rubberised Non-Slip Grips
- Extended leg stabilizers with non-slip end caps.
- Freestanding Design

Dimensions:

165.5 L x 105 W x 212 H cm, 34 kg

NQ varenummer: 4371149

Product Code: **IG-PWRTWR**

Box 1/2: 19 x 101 x 46 cm, 16.5kg, 0.08827 m<sup>3</sup>

Box 2/2: 12 x 117 x 51 cm, 21 kg, 0.07160 m<sup>3</sup>

# NEW ITEMS



## FIGURE TWISTER

Rotating figure twister with massaging nubbles.

- Loose Weight & Tone Your Body!
- Great for Your Posture and Spinal Integrity!

Product Code:

**IGY-FTDM**

Retail Size: 28.5 x 4 x 28.5 cm, 0.7 kg, 0.003249 m<sup>3</sup>

Units in Master Carton:

6 Units



## FIGURE TWISTER DIGITAL

Rotating figure twister with digital display

- Loose Weight & Tone Your Body!
- Great for Your Posture and Spinal Integrity!

Product Code:

**IGY-FT**

Retail Size: 26 x 4 x 26 cm, 0.5 kg, 0.002704 m<sup>3</sup>

Units in Master Carton:

6 Units



## POWER BANDS SET OF 3

Set of 3 Resistance Bands

- Levels: Light, Medium, Heavy
- Material: Latex

NQ varenummer: **4372634**

Product Code: **IGY-EBS3**

Retail Size: 13.5 x 3.5 x 19 cm, 0.3 kg, 0.000898 m<sup>3</sup>

Units in Master Carton: **6 Units**







# NEW DESIGN!



## TUBE TRAINER

Resistance Trainer with Anti-Slip Grips

NQ varenummer:

4372658

Product Code:

IGY-TUTR

Retail Size: 14 x 5.5 x 18 cm, 0.16 kg, 0.001386 m<sup>3</sup>

Units in Master Carton:

6 Units

# NEW ITEMS



## AEROBIC TRIMMER

Resistance Trainer with Anti-Slip Grips

NQ varenummer:

4372672

Product Code:

**IGY-AETR**

Retail Size: 14 x 5.5 x 14.5 cm, 0.14 kg, 0.001117 m<sup>3</sup>

Units in Master Carton:

6 Units



## AB ROWER

Resistance Trainer with Anti-Slip Grips for intense abdominal workout.

NQ varenummer:

4372696

Product Code:

**IGY-AR**

Retail Size: 17 x 11.5 x 27.5 cm, 0.5 kg, 0.005376 m<sup>3</sup>

Units in Master Carton:

6 Units

# GLOBAL BESTSELLERS

- VOTED BY CONSUMERS!!



## HAND GRIP DIGITAL

Hand grip with digital display.

**NQ varenummer:** 4372719  
**Product Code:** IGY-HGD  
**Retail Size:** 12 x 5 x 15 cm, 0.1 kg, 0.0009 m<sup>3</sup>  
**Units in Master Carton:** 12 Units



## HAND GRIPS PAIR

Pair of hand grips.

**NQ varenummer:** 4372733  
**Product Code:** IGY-HGB  
**Retail Size:** 9.5 x 5.8 x 13.5 cm, 0.23 kg, 0.000744 m<sup>3</sup>  
**Units in Master Carton:** 12 Units



# NEW ITEMS



## HAND GRIP ADJUSTABLE

Adjustable hand grip.

NQ varenummer: **4372757**  
 Product Code: **IGY-HGA**  
 Retail Size: 16 x 2.5 x 9 cm, 0.18 kg, 0.00036 m<sup>3</sup>  
 Units in Master Carton: 10 Units



## POWER SPRING

Spring-Loaded 30 kg Resistance Bar

NQ varenummer: **4372771**  
 Product Code: **IGY-PWRS**  
 Retail Size: 63.5 x 5.3 x 5.3 cm, 1.2 kg, 0.001784 m<sup>3</sup>  
 Units in Master Carton: 10 Units



## CHIN UP BAR ADJUSTABLE

- Adjustable: Fits 63 - 90 cm Wide Door Frames
- Mounting Brackets Included
- Premium Quality Full Length Rubber Grip

NQ varenummer: **4372795**  
 Product Code: **IGY-CUB**  
 Retail Size: 63.5 x 5.3 x 5.3 cm, 1.2 kg, 0.001784 m<sup>3</sup>  
 Units in Master Carton: 10 Units

# AVAILABLE FOR ORDERS NOW!



## CHEST EXPANDER

Resistance trainer for strength training.

NQ varenummer:

4372818

Product Code:

**IGY-CE**

Retail Size: 33 x 7.3 x 13.5 cm, 0.45 kg, 0.003252 m<sup>3</sup>

Units in Master Carton:

8 Units



## BODY TONER

Tone Your Buttocks, Inner & Outer Thighs, Chest, Shoulders and Arms!

NQ varenummer:

4372832

Product Code:

**IGY-BTNR**

Retail Size: 30 x 11.5 x 13.5 cm, 0.5 kg, 0.004658 m<sup>3</sup>

Units in Master Carton: 6 Units



# NEW ITEMS



## TONING BALL

1kg toning ball.

NQ varenummer:

4372856

Product Code:

**IGY-TB1KG**

Retail Size: 11 x 10.5 x 11 cm, 1.1 kg, 0.001271 m<sup>3</sup>

Units in Master Carton:

8 Units



## TRIGGER BALL

Trigger ball for relieving pain and muscular tension.

NQ varenummer:

4372870

Product Code:

**IGY-TRGB**

Retail Size: 7.5 x 7.5 x 7.5 cm, 0.55 kg, 0.000422 m<sup>3</sup>

Units in Master Carton:

20 Units



# DESIGNED TO ATTRACT



## SPEED ROPE ADJUSTABLE

Adjustable jump rope.

NQ varenummer:

4372894

Product Code:

**IGY-SPDR**

Retail Size: 25 x 5.5 x 5.5 cm, 0.13 kg, 0.000756 m<sup>3</sup>

Units in Master Carton:

8 Units



## JUMP ROPE DIGITAL

Jump rope with digital display.

NQ varenummer:

4372917

Product Code:

**IGY-DJR**

Retail Size: 12 x 3.5 x 19 cm, 0.18 kg, 0.000798 m<sup>3</sup>

Units in Master Carton:

8 Units



# NEW ITEMS



## JUMP ROPE WITH COUNTER

Jump rope with mechanical counter.

**NQ varenummer:**

**4372931**

**Product Code:**

**IGY-SRDDC**

**Retail Size:** 12.5 x 4.5 x 20.5 cm, 0.21 kg, 0.001153 m<sup>3</sup>

**Units in Master Carton:**

**8 Units**



## WRIST / ANKLE WEIGHTS

Additional weights for arms and legs for more intense workout.

**NQ varenummer:**

**4372955**

**Product Code:**

**IGY-AWW2KG**

**Retail Size:** 22.5 x 6.5 x 13.5 cm, 2.2 kg, 0.00196 m<sup>3</sup>

**Units in Master Carton:**

**6 Units**



## WRIST WEIGHTS

Additional weights for arms for more intense workout.

**NQ varenummer:**

**4372979**

**Product Code:**

**IGY-WW1KG**

**Retail Size:** 15 x 4.5 x 11 cm, 1.1 kg, 0.001238 m<sup>3</sup>

**Units in Master Carton:**

**9 Units**

# SELECTED FOR EFFECT!



## PUSH UP BARS

Compact push up bars with stable non-slip feet.

NQ varenummer: **4373037**

Product Code: **IGY-PUB**

Retail Size: 23.5 x 8 x 15 cm, 0.9 kg, 0.00282 m<sup>3</sup>

Units in Master Carton: 6 Units



## PUSH UP BARS DELUXE

Compact push up bars with stable non-slip feet.

NQ varenummer: **4373051**

Product Code: **IGY-PUBD**

Retail Size: 24 x 12 x 13 cm, 0.93 kg, 0.003744 m<sup>3</sup>

Units in Master Carton: 6 Units



# NEW ITEMS



## GYM BALL 65cm

Anti-Burst Exercise Ball - 65 cm  
• Pump Included

NQ varenummer: **4373075**  
Product Code: **IGY-EB65**  
Retail Size: 18.5 x 9.5 x 18.5 cm, 1.1 kg, 0.003251 m<sup>3</sup>  
Units in Master Carton: 10 Units



## GYM BALL 75cm

Anti-Burst Exercise Ball - 75 cm  
• Pump Included

NQ varenummer: **4373099**  
Product Code: **IGY-EB75**  
Retail Size: 20 x 9.5 x 18.5 cm, 1.2 kg, 0.003515 m<sup>3</sup>  
Units in Master Carton: 10 Units



## MASSAGE BALL

Anti-Burst Exercise Ball with massaging nubbles,  
diameter 65 cm.  
• Pump Included

NQ varenummer: **4373112**  
Product Code: **IGY-ETB65**  
Retail Size: 20 x 9.9 x 18.5 cm, 1.1 kg, 0.003515 m<sup>3</sup>  
Units in Master Carton: 10 Units

# IRON GYM®

## NQ SPORT

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