

 **BODYKORE**

PRODUCT CATALOG



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W E I G H T L I F T I N G

OLYMPIC BARS

OB86- 7' ECONOMY BAR

OL86- 7' BLACK OXIDE BAR- 1500LB

EZBAR- 47" E-Z CURL BAR

OB48- 4' ECONOMY BAR

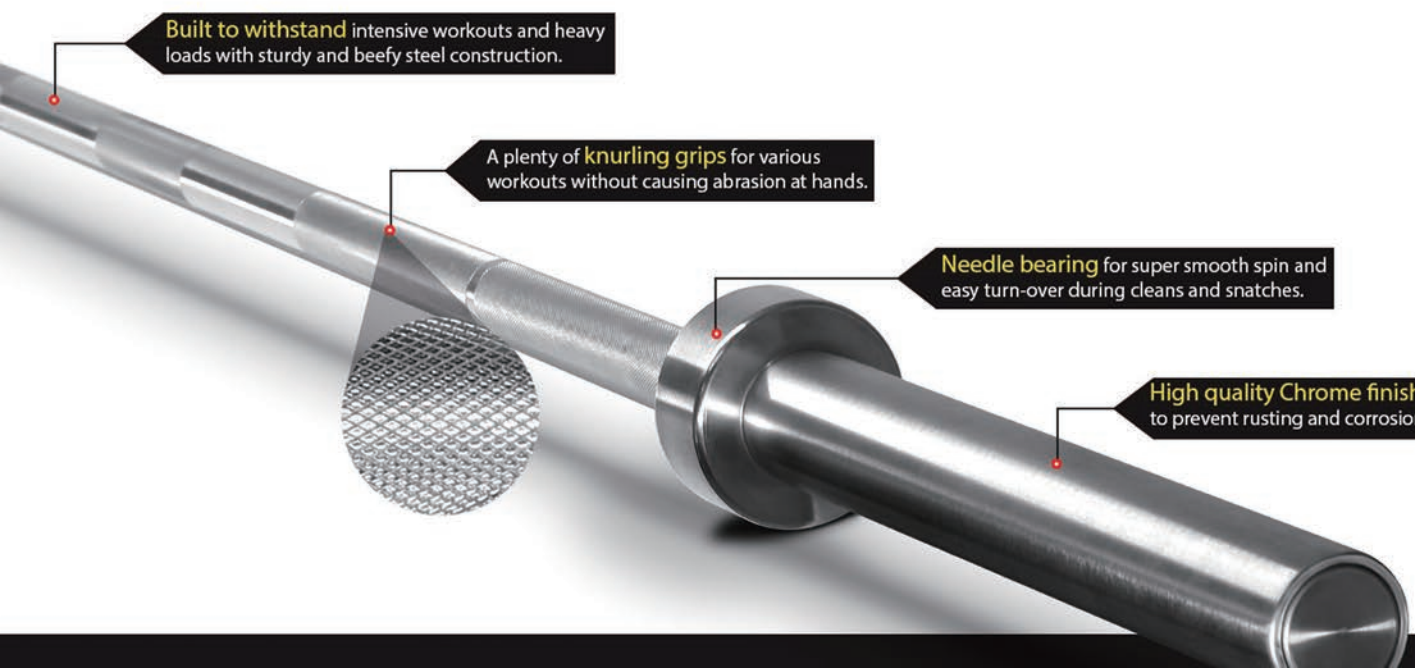


Built to withstand intensive workouts and heavy loads with sturdy and beefy steel construction.

A plenty of knurling grips for various workouts without causing abrasion at hands.

Needle bearing for super smooth spin and easy turn-over during cleans and snatches.

High quality Chrome finish to prevent rusting and corrosion.



OLYMPIC *PLATES*



INDESTRUCTIBLE BUMPER PLATES

MADE OF RECYCLED MATERIAL, CRUMB RUBBER WEIGHTS ARE ONE OF THE TOUGHEST TRAINING WEIGHTS AVAILABLE! IN THE COMBINATION OF STRENGTH AND PRICE, CRUMB RUBBER HAS NO EQUAL COMPETITORS. WE OFFER MANY SETS TO CHOOSE FROM! WHY RECYCLED CRUMB RUBBER? LESS IMPACT TO THE FLOOR THAN STEEL PLATES LESS ODER THAN REGULAR BUMPER PLATES MORE DURABLE THAN REGULAR BUMPER PLATES QUIETER THAN STEEL PLATES RECYCLED MATERIAL PROVEN DURABILITY - DROP TESTED TO WITHSTAND 30,000 DROPS FITS OLYMPIC BAR (2" SLEEVE)

AVAILABLE IN SIZES: 10LB, 15LB, 25LB, 35LB, 45LB
5KG, 10KG, 20KG, 25KG



URETHANE GRIP PLATES

OUR URETHANE PLATES ARE MADE OF SOME OF THE STRONGEST, MOST DURABLE COATING IN THE INDUSTRY. NOT ONLY WILL YOUR PLATES LOOK SHARPER FOR LONGER, THEY HELP PROTECT FLOORS AND EQUIPMENT FROM SCRATCHES. THE STAINLESS STEEL HUB PROVIDES EXTRA DURABILITY AND MAKES THIS PLATE THE MOST USER FRIENDLY WHEN SLIDING IT ON AND OFF YOUR BAR.

AVAILABLE IN SIZES: 5LB, 10LB, 25LB, 35LB, 45LB
2.5KG, 5KG, 10KG, 15KG, 20KG, 25KG

DUMBBELLS



URETHANE PRO DUMBBELLS

OUR URETHANE DUMBBELLS ARE MADE OF SOME OF THE STRONGEST, MOST DURABLE COATING IN THE INDUSTRY. AVAILABLE IN A STRAIGHT OR CONTOURED STAINLESS STEEL HANDLE, THESE DUMBBELLS ARE SLEEK LOOKING AND DURABLE AT THE SAME TIME.

AVAILABLE IN SIZES: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB
55LB, 60LB, 65LB, 70LB, 75LB, 80LB, 85LB, 90LB, 95LB, 100LB



RUBBER HEX DUMBBELLS

OUR RUBBER HEX DUMBBELLS (AKA HEXBELLS) ARE A NICE ECONIMICAL OPTION FOR DUMBBELLS. THE CAST IRON DUMBBELLS HAVE A THICK DURABLE RUBBER COATING AND CONTOURED STAINLESS STEEL HANDLE. THE HEXAGON SHAPED ENDS ALLOW THEM TO BE STACKABLE OR SECURELY PLACED ON A SHELF OR RACK.

AVAILABLE IN SIZES: 5LB, 10LB, 15LB, 20LB, 25LB, 30LB, 35LB, 40LB, 45LB, 50LB
55LB, 60LB, 65LB, 70LB, 75LB, 80LB, 85LB, 90LB, 95LB, 100LB

BARBELLS



URETHANE PRO BARBELL

OUR URETHANE BARBELLS ARE MADE OF SOME OF THE STRONGEST, MOST DURABLE COATING IN THE INDUSTRY. AVAILABLE IN A STRAIGHT OR CONTOURED STAINLESS STEEL HANDLE, THESE BARBELLS ARE SLEEK LOOKING AND DURABLE AT THE SAME TIME.

AVAILABLE IN SIZES: 10LB, 20LB, 30LB, 40LB, 50LB, 60LB, 70LB, 80LB, 90LB, 100LB



RUBBER PRO BARBELL

OUR RUBBER PRO BARBELLS ARE A NICE ECONOMICAL OPTION FOR CLUBS , HOTELS OR MULTI-FAMILY COMPLEXES. AVAILABLE IN STRAIGHT OR CONTOURED STAINLESS STEEL HANDLES AND COATED WITH A THICK DURABLE RUBBER.

AVAILABLE IN SIZES: 10LB, 20LB, 30LB, 40LB, 50LB, 60LB, 70LB, 80LB, 90LB, 100LB

ATTACHMENTS



CABLE ATTACHMENTS

THESE CABLE-MACHINE ACCESSORIES ARE ALL HARD CHROME-COATED WITH ERGONOMIC RUBBER GRIPS.

- CA48- 48" LAT BAR
- CA40- 40" LAT BAR
- CAEZ- EZ BAR
- CASB- STRAIGHT BAR
- CA36- 36" CLOSED GRIP LAT BAR
- CA42- 42" CLOSED GRIP LAT BAR
- CARB- WIDE GRIP ROW BAR
- CATB- CLOSED GRIP TRICEP BAR
- CARB2- CLOSE GRIP ROW BAR
- CAHD- CABLE HANDLE
- CATB2- MULTI-GRIP TRICEP BAR
- CART- ROTATING TRICEP BAR
- CARP- ROPE ATTACHMENT
- CARP2- SINGLE ROPE



F U N C T I O N A L T R A I N I N G

KETTLEBELLS



SINGLE CAST KETTLEBELLS

SINGLE PIECE CAST KETTLEBELLS MADE FROM PREMIUM ORE AND NOT SCRAP IRON. NO WELD SPOTS MAKES THE KETTLEBELL MORE DURABLE AND LESS LIKELY TO BREAK UPON HITTING THE GROUND. FINISHED WITH PREMIUM MATTE FINISH. THERE IS A COLOR STRAP MARKING ON THE HANDLE THAT DISTINGUISHES THE WEIGHTS OF THE KETTLEBELL.

AVAILABLE IN SIZES: 4KG/9LB, 8KG/18LB, 12KG/26LB, 16KG/35LB
20KG/44LB, 24KG/53LB, 28KG/62LB, 32KG/70LB

MACES



STEEL MACES

OUR POWER MACES COME WITH A THICK GRIP TO BUILD GRIP STRENGTH AND POWER IN THE WRIST. EVEN WEIGHT DISTRIBUTION FOR FLUID BEHIND THE NECK/OVERHEAD SWINGS GREAT WEIGHT DISTRIBUTION SMOOTH TEXTURE FOR EASY GRIP

AVAILABLE IN SIZES: 4KG/9LB, 8KG/18LB, 12KG/26LB

HAMMERS



SLEDGE HAMMERS

DURABLE STEEL CONSTRUCTION. MACHINED KNURLED OVER 90% OF HANDLE FOR EASY STRESS FREE GRIP. HEAD IS WELDED TO HANDLE FOR INCREASED SAFETY AND PERFORMANCE. SYMMETRICALLY BALANCED FOR OPTIMUM WEIGHT EQUALIZATION

AVAILABLE IN SIZES: 4KG/9LB, 8KG/18LB, 12KG/26LB

CLUBS



STEEL CLUBS

THE STEEL POWER CLUBS ARE A NEW DESIGN OF AN ANCIENT MARTIAL ART TRAINING WEAPONRY. THE SLEEK DESIGN IS MADE FOR POWER MOVEMENTS SUCH AS: SWINGS, PRESSES, SQUATS, CLEANS AND HOLDS.

AVAILABLE IN SIZES: 4KG/9LB, 8KG/18LB, 12KG/26LB



WOOD CLUBS

SOLID OAK WOODEN CLUBS HAND TURNED TO A PERFECTLY BALANCED AESTHETIC. THE CLUBS HAVE BEEN LACQUERED TO A BEAUTIFUL DARK CHERRY MATTE FINISH.

AVAILABLE IN SIZES: 1KG/2LB, 3KG/7LB, 5KG/11LB

WALLBALLS



WALL BALLS

BODYKORE'S WALL BALLS ARE A MUST HAVE TOOL FOR FUNCTIONAL TRAINING PROGRAMS. MADE OUT OF HEAVY DUTY VINYL, THE BALLS ARE DURABLE AND MADE FOR INDOOR/OUTDOOR USE. THEY'RE MADE WITH A HEAVY DUTY INDUSTRIAL VINYL WITH DOUBLE STITCHED FOR EXTRA DURABILITY.

AVAILABLE IN SIZES: 8LB, 10LB, 14LB, 20LB, 25LB

POWERBAGS



POWER BAGS

BODYKORE'S POWER BAGS ARE THE ULTIMATE FUNCTIONAL TRAINING TOOL. MADE OUT OF HEAVY DUTY VINYL, THE BAGS ARE DURABLE AND MADE FOR INDOOR/OUTDOOR USE. WITH 4 DIFFERENT GRIP SETTINGS, MULTIPLE MOTIONS AND EXERCISES CAN BE DONE WITH THE BAGS.

AVAILABLE IN SIZES: 5LB, 10LB, 15LB, 20LB, 25LB



A T H L E T I C T R A I N I N G

BOOST CORDS



BOOST CORDS

BOOST CORDS ARE BUNGEE CORDS MADE OF HIGH QUALITY TPR AND COVERED WITH A NYLON SAFETY SLEEVE. THE HIGH DENSITY TPR PROVIDES A ELASTIC PULL WHEN PERFORMING ATHLETIC DRILLS SUCH AS: ACCELERATION, PLYOMETRICS, EXPLOSIVE MOVEMENTS, LATERAL MOVEMENTS.

AVAILABLE IN SIZES: 10 FEET, 20 FEET

AVAILABLE IN RESISTANCE: 50LB, 100LB



WEIGHT ANCHOR

THE WEIGHTED ANCHOR HAS 8 SIDES THAT THE BOOST CORDS OR BATTLE ROPES CAN BE ATTACHED TO. THE ANCHOR IS MADE FOR OLYMPIC PLATES AND CAN STACK OVER 300LBS OF WEIGHTS ONTO. THIS VERSATILE STATION CAN BE BROUGHT ONTO THE FIELD OR KEPT IN THE GYM WITHOUT HAVING TO BOLT DOWN ONTO THE FLOOR.

HARNESSES & VESTS



H HARNESS

THE H HARNESS IS A HEAVY DUTY NYLON SHOULDER HARNESS WITH NEOPRENE PADDING WHICH ATTACHES TO ANY PULL SLED OR TIRE USING TWO 10 FOOT DRAG STRAPS FOR EXPLOSIVE SPEED TRAINING, ACCELERATION DRILLS, AND RESISTANCE STRENGTH TRAINING.

WEIGHTED VEST

THE WEIGHTED VEST IS MADE OF HEAVY DUTY INDUSTRIAL NYLON WEBBING AND NEOPRENE PADDING. THE VEST COMES WITH 40 POUNDS OF REMOVEABLE STEEL WEIGHT PLATES. THE VEST ALSO HAS TWO D HOOKS TO HOOK RESISTANCE BANDS TO DIVERSIFY YOUR WORKOUT.



SLEDS



PUSH/PULL SLED

MADE OF 2"X2" STEEL, THIS SLED IS MADE FOR HEAVY DUTY USAGE. WITH HANDLES ON BOTH SIDES OF THE SLED, IT CAN BE USED TO PUSH OR PULL THROUGH CONCRETE, TURF OR GRASS. THE TWO WEIGHT PEGS ALLOW THE USER TO STACK THE SLED WITH OLYMPIC SIZED WEIGHTS TO INCREASE THE RESISTANCE.

SLED ANCHOR W/ BELT HARNESS

THE SLED ANCHOR W/ BELT HARNESS IS A GREAT TOOL FOR ACCELERATION DRILLS. THE THICK PVC SLED CAN BE FILLED WITH WEIGHTS OR SAND BAGS TO INCREASE RESISTANCE. A SNAP HOOK IS CONNECTED THE HARNESS TO THE BELT SO THE SLED CAN BE DETACHED EASILY.



PLYOMETRICS



STACKABLE PLYOBXES

MADE OF DURABLE VINYL AND DENSE FOAM THESE STACKABLE PLYOBXES ARE SAFE AND DURABLE FOR ANY ENVIRONMENT. THE INDIVIDUAL BOXES ARE CONNECTED WITH A COMERCIAL GRADE VELCRO TO STOP FROM MOVING.

COMES IN SIZES: 6", 12", 18" FOR A TOTAL OF 36" HEIGHT



SOFT TIRES

THESE HIGH DENSE TIRES ARE GREAT FOR FLIPS, PULLS AND PLYOMETRIC JUMPS. THE MULTIPLE NYLON STRAPS GIVE THE USER MULTIPLE OPTIONS ON GRIPS AND THE COMMERCIAL GRADE VINYL IS MADE FOR INSIDE/OUTDOOR USAGE.

COMES IN SIZES: 50LB, 80LB, 100LB

PUNCHING BAGS



PUNCHING BAGS

MADE WITH A HIGH GRADE COMMERCIAL VINYL COVER, THIS HEAVY BAG IS MADE FOR PUNCHES, KNEES, ELBOWS, KICKS AND A VARIETY OF OTHER STRIKES. THE SAND WEIGHTED BAG IS FILLED WITH A DENSE FOAM THAT ABSORBS STRIKES AND PROVIDES EVERLASTING DURABILITY.

COMES IN SIZES: 80LB, 100LB, 150LB



S T R E T C H A N D B A L A N C E

RESISTANCE BANDS



POWERBAND 5 BAND SET- 41"

THIS 5 PIECE SET WITH RESISTANCES FROM 5 LBS TO 120 LBS IS MADE OF THE FINEST LATEX MATERIAL AVAILABLE TO ENSURE THAT YOU RECEIVE THE MOST EFFECTIVE STRETCH EACH TIME, EVERY TIME.

LEVEL 1- 1/2" THICKNESS- 5-35LBS

LEVEL 2- 3/4" THICKNESS- 10-50LBS

LEVEL 3- 1 1/4" THICKNESS- 20-70LBS

LEVEL 4- 1 3/4" THICKNESS- 35-100LBS

LEVEL 5- 2" THICKNESS- 50-120LBS



POWERBAND 5 BAND SET- 41"

THE SET COMPRISES OF 4 ITEMS EACH WITH A RESISTANCE LEVEL OF ABOUT 15 – 40 LBS. THEY ARE ALL MADE FROM THERMOPLASTIC RUBBER AND ARE NON-TOXIC, ODORLESS AND SAFE FOR USE.

SET INCLUDES:

CHEST EXPANDER

LEG STRETCHER

SHOULDER MOBILITY

MASSAGE BALL

BALANCE



POSTURENOMIC SLANT BOARD

THE POSTURENOMIC BOARD IS A PORTABLE STRETCHING DEVICE THAT YOU CAN FOLD UP AND BRING ANYWHERE. THE POSTURENOMIC BOARD USES A FLAT, ADJUSTABLE STRETCHING PLATFORM THAT CAN BE STATIONED AT DIFFERENT ANGLES. THIS CREATES A PERFECT STRETCH WITH A SMOOTH TRANSITION INTO THE NEXT MOVEMENT. THE POSTURENOMIC BOARD IS USED TO IMPROVE POSTURE BY ALLOWING ITS USERS TO STRETCH MULTIPLE MUSCLES AND ENHANCE MOBILITY



BALANCE TRAINER

THE IDEAL TOOL FOR HOME GYM PERSONAL TRAINING AND FITNESS CLASSES. THANKS TO ITS MULTI-FUNCTIONALITY AND INNOVATIVE DESIGN GIVES A WIDE RANGE OF APPLICATIONS. THE BALANCE TRAINER STIMULATES THE GROWTH OF STRENGTH, ENDURANCE, COORDINATION, BALANCE AND PERFORMANCE OF THE BODY.

CORE



XTREME KORE AB ROLLER

XTREME KORE AB ROLLER IS THE MOST HEAVY DUTY ROLLER ON THE MARKET. THIS PRODUCT IS MADE WITH MACHINED PARTS, HEAVY DUTY COMMERCIAL GRADE WHEELS WITH BRASS BUSHINGS AND ALUMINUM GRIPS WITH THICK RUBBER PADDING. THESE ROLLERS ARE MADE FOR DURABILITY AND HEAVY USAGE

KORE PAD

THE KORE PAD ALLOWS THE BODY FULL RANGE OF MOTION TO WORK THE ENTIRE ABDOMINAL MUSCLE GROUP TO ITS MAX - NOT ONLY IS THE KORE PAD PERFECT FOR DEVELOPING STONG ABS, IT ALSO IS GREAT FOR CORE STRENGTHENING IN YOU BACK AND OBLIQUES.

