

## Strength Training Misc.



Heavy-gauge steel construction with black powder coat finish, the GymRatZ Adjustable Farmers Walk Handles weigh 15kg each and can be loaded up to 300kg. These are ideal for a tough free-weight gym with space or rugby club. In fact, we've sold many pairs of these to top-level rugby clubs.

Price: £275.00

<http://www.gymratz.co.uk/gymratz-adjustable-farmers-walk-handles>



GRowler Prowler Pushing Sled is a must for rugby clubs and strength athletes alike, weather & space permitting. Made without compromise, the whole GRowler/Prowler is welded, ensuring it's as tough as you are! Now also available with removable uprights for ease of vehicular transportation.....

Price from £465.00

<http://www.gymratz.co.uk/gymratz-growler-pushing-sled>



Why have one handle when you can have two... With these awesome Dual Grip Farmers Walk Handles you have the choice of a regular 30mm thick handle or a big 50mm Fat Grip handle. Switch from one to the other in the same working set for a killer superset/drop set.. "drop" being how your set will end !!

Price: £335.00

<http://www.gymratz.co.uk/gymratz-dualgrip-farmers-walk-handles>



These Raised Farmers Walk Handles are built to the same exceptional quality as the rest of our commercial gym equipment and our other Farmers Walk Handles except they have their own built-in stands which allow easy and rapid loading & unloading

Price: £325.00

<http://www.gymratz.co.uk/gymratz-raised-farmers-walk-handles>



This particular Grappler is designed to be bolted to the floor, however, we also offer free-standing and double grappler versions (see 'Similar Items') that may also be of interest.

Price: £160.00

<http://www.gymratz.co.uk/gymratz-grappler-single>



Make the most of your GymRatZ Grappler and order these 3 handles - Grappler Handle, T-Bar Row Handle, One-Arm Grappler Handle - together at a discounted price.

Price: £140.00

<http://www.gymratz.co.uk/gymratz-grappler-handle-package>



Slip 1 or 2 barbells (sold separately) into the Double Grappler and away you go - a fully functioning workout station ideal for upper body and rotational torso training, particularly popular with rugby players. Exercise options include Russian Twists, One Arm Deadlifts, One Arms Rows, Shrugs

Price: £205.00

<http://www.gymratz.co.uk/gymratz-grappler-double>



The Free Standing Grappler is designed to be weighted down (with olympic weights), but we also offer bolt down versions (please see 'Similar Items'). (Click here to see a Grappler in use)

Price: £210.00

<http://www.gymratz.co.uk/gymratz-free-standing-single-grappler>



Slip 1 or 2 barbells (sold separately) into the Double Grappler and away you go - a fully functioning workout station ideal for upper body and rotational torso training, particularly popular with rugby players. Exercise options include Russian Twists, One Arm Deadlifts, One Arms Rows, Shrugs

Price: £255.00

<http://www.gymratz.co.uk/gymratz-free-standing-double-grappler>



Four handles (yes, 4 handles) are supplied in this Double Grappler Handle Package. The 4 handles supplied in the package are: Grappler Handle; T-Bar Row Handle; Single Grappler Handle x 2.

Price: £179.00

<http://www.gymratz.co.uk/gymratz-grappler-handle-package2>



"Rocky" style olympic chains. Anyone who's ever trained with chains, whether for rehabilitation or just general training, will agree they're a fantastic variation for almost any exercise - deep squats, front squats, pressing, lateral raises (like Rocky).

RRP: £250.00

**Our Price: £160.00**

You Save: £90.00 - 36 % Discount

<http://www.gymratz.co.uk/gymratz-chains-set-club-pack>



The Olympic Loading Pin is ideal for use with cable handles, particularly for forearm/grip strength with our Wrist Roller, Pinch Grip Block or Fat Grip Rolling Stirrup Handle.

**Price £40.00**

<http://www.gymratz.co.uk/gr-loadingpin-oly>



Pinch Grip Block for improving grip strength. We make these extra long (300mm), so you can pinch with one hand or two. We also offer them in a variety of pinch thicknesses (25mm to 110mm) to suit your preference - please choose upon purchase.

**Price from £35.00**

<http://www.gymratz.co.uk/gymratz-pinch-grip-block>



The Gymnastic Rings can be hung from your power rack (as pictured above), wall mount chin bar, smith machine etc. using the fully adjustable heavy duty straps (supplied). The rings are great for performing exercises like inverted grip chins, hip flexion etc.

**Price: £39.99**

<http://www.gymratz.co.uk/gymratz-gymnastic-rings>



The Standard Loading Pin is ideal for use with cable handles, particularly for forearm/grip strength with our Wrist Roller, Pinch Grip Block or Fat Grip Rolling Stirrup Handle. Also great for loading up a dip belt for weighted chins and dips

**Price £48.00**

<http://www.gymratz.co.uk/gr-loadingpin-std>



Eccentric hooks for performing a heavy negative - ideal for use with bench press and squats. Simply add the loaded eccentric hooks on to your bar and they "drop off" at the mid-point (bottom) of the movement, thereby lessening the weight on the positive action of the exercise.

Price: £275.00

<http://www.gymratz.co.uk/eccentric-hooks>



With many rugby clubs wanting to benefit from the excellent equipment we make, such as the Prowler and Glute Ham Bench, but not having the facilities of the top-level clubs to house them, we've been making a few alternative options. This far smaller glute ham raise, measuring only 50cm wide by

Price £340.00

<http://www.gymratz.co.uk/gymratz-portable-glute-ham-raise>



Constructed from thick steel box section and fully welded (no bolts!), the 5 stackable plyo. boxes have a super grippy top surface and come in the following sizes:

1. 150mm tall, 450 x 450mm
2. 300mm tall, 530 x 530mm
3. 450mm tall, 610 x 610mm
4. 610mm tall, 690 x 690mm

Price £985.00

<http://www.gymratz.co.uk/gymratz-stackable-plyo-boxes>



Traditional-style Standing Gripper for grip strength training. Features a variable starting positioned for partials or different sized users (hand size). Built to the normal GymRatZ Commercial standard, the Standing Gripper is suitable for heavy-duty use.

Price: £270.00

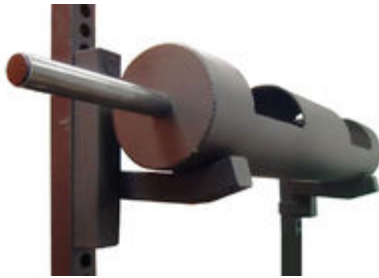
<http://www.gymratz.co.uk/gymratz-standing-gripper>



Adjustable heavy-duty strongman lifting yoke ideal for strongman training alongside our other "strongman" products.

Price £730.00

<http://www.gymratz.co.uk/gymratz-strongman-lifting-yoke>



Log Bar Lift-Offs for use with the GymRatZ Power Rack (note: fits the GymRatZ Power Cage and GymRatZ Professional Half Rack to) and our rolled Log Bars.

Price: £125.00

<http://www.gymratz.co.uk/log-bar-lift-offs-for-power-rack>



A variation from the original GRowler (Prowler) sled, introducing the adjustable drive pad. As you'd expect, mainly popular with rugby clubs in order to strengthen scrummaging, but can be used for unique exercises like bear crawls also, as well as the standard pushing and pulling exercises you can

Price from £535.00

<http://www.gymratz.co.uk/gymratz-growler-scrummager>



Freestanding (so you weigh it down with weights!) Conan's Wheel for true strongman training. Renowned for making the heaviest duty kit in the UK, this is yet another strongman product in our arsenal. Also see: Log Bars, Car Lift Frame, Farmers Walk Handles, Axle Bars etc.

Price: £1,389.00

<http://www.gymratz.co.uk/conans-wheel>

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Joining of array of strongman goodies, the Strongman Car Lift Frame. You may also wish to review our other strongman and strength training items, including Log Bars, Fat Bars, Conan's Wheel, Farmers Walk Handles etc. [CLICK HERE](#) to view the whole GymRatZ "specialist" range.

RRP: £1,395.00

**Our Price: £995.00**

You Save: £400.00 - 29 % Discount

<http://www.gymratz.co.uk/strongman-car-lift-frame>



A combination of three strength training methods (fat grip, revolving handle, kettlebell) in one unique product - the Poliquin Kettlebell. Those of you that have purchased our fat grip kit know how it adds another dimension to your training, the revolving aspect even more so, & then you're adding

Price: £89.00

<http://www.gymratz.co.uk/gr-poliquin-fat-grip-kettlebell>

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Pro 44kg Kettlebell. Black Powder Coated Cast Iron 44Kg KB

Price: £80.83

<http://www.gymratz.co.uk/pro-kettlebell-44kg>



The STRONGMAN KETTLEBELL SET features one of each of our 4 heaviest Pro Kettlebells - 52kg, 56kg, 60kg, 70kg.

RRP: £550.00

Our Price: £470.80

You Save: £79.20 - 14 % Discount

<http://www.gymratz.co.uk/strongman-kettlebell-set>



The ELITE KETTLEBELL SET features one of each of our 6 heavier Pro Kettlebells - 28kg, 32kg, 36kg, 40kg, 44kg, 48kg.

RRP: £647.93

Our Price: £395.00

You Save: £252.93 - 39 % Discount

<http://www.gymratz.co.uk/elite-kettlebell-set>



With the re-emergence of traditional lifts like Kettlebell Swings, we introduce a loadable (with olympic plates) bar for performing Swings.

Price from £75.00

<http://www.gymratz.co.uk/kettlebell-swings-bar>





For use with one of our sleds (such as the GRowler) or use separately with a car, cart or truck (depending on your ability!). Another addition to the GymRatZ range allowing Strongman-style training for the masses. Although the IronMind Harness is the best on the market, as used in the World's

RRP: £349.99

**Our Price: £295.00**

You Save: £54.99 - 16 % Discount

<http://www.gymratz.co.uk/ironmind-truck-pull-harness>



For use primarily with our sleds (such as the GRowler), but can also be used with resistance bands etc. With front and rear attachment points, it's easy to hook up quickly for forward and backward facing pulls. With adjustable upper body and padded shoulders & leg straps make for improved comfort.

RRP from: £199.99

**Our Price £110.00**

You Save: £89.99 - 45 % Discount

<http://www.gymratz.co.uk/pulling-harness>



Matt writing. "Functional" training has become increasingly popular over the last few years with many traditional Strongman equipment coming in to popularity. Sandbag training is just one of them. This Large Tough-As-Nails Sandbag can hold up to a whopping 300lb of sand when fully loaded. You can

RRP: £79.99

**Our Price: £64.99**

You Save: £15.00 - 19 % Discount

<http://www.gymratz.co.uk/ironmind-sandbag>



As shown, one-piece heavy-duty pulling sled with holes for strap connection at either end (note: straps included). Ideal for adding variety to club rugby training or a great addition to any strength athletes workouts. For sled pulls, you may also want our pulling harness (see 'Related Items').

**Price: £195.00**

<http://www.gymratz.co.uk/pulling-sled>



Available in 3 thicknesses (see drop down menu) for grip strength training. The revolving fat handles can be used in conjunction with sleds, cables, ropes, loading pins etc. for a variety of exercise variations, such as fat grip sled pulls, grappler throws, fat grip rows, the list goes on and on.

Price from £75.00

<http://www.gymratz.co.uk/thick-grip-grappling-handle>



Great for use alongside our Pulling Sled, GRowler or for cart/ car pulls. Something to note, for more general sled pulls (i.e. forward and backward pulling), you may opt for our multi-purpose Pulling Harness (see 'Similar Items'), which has attachment points on the front and rear, so you

Price: £75.00

<http://www.gymratz.co.uk/car-pull-harness>



Training aid Ideally purchased with our Loading Pin (see 'Related Items'), the Rolling Handle is a particular favourite of Strongmen and arm-wrestlers. The handle rotates as you lift engaging hand and forearm muscles to lift the weight.

Price: £69.99

<http://www.gymratz.co.uk/rolling-deadlift-handle>



Multi-use strongman station. In essence, press/ squat stands with safeties, but can also be used as a lifting yoke or sled too. Ideal for strongman-style/ functional training and suitable for the most demanding of users. Optional attachments, such as our Heavy-Duty Dipping Bars and Log Lift-Offs,

Price £1,710.00

<http://www.gymratz.co.uk/gymratz-strongman-multi-functional-station>



Matt writing. Plate-load strongman-style leverage machines are becoming popular again of late, no more so than the deadlift/ shrug machine, which presents a deadlift much like that of a car deadlift. With the neutral-grip and no crossbar in the way, the lift is much like using a trap/ shrug bar, so

Price £1,290.00

<http://www.gymratz.co.uk/gymratz-deadlift-shrug-machine>





Matt writing. Custom-made to your requirements. The image shown is of a rack with narrow bar spacing with alternating grip thickness (25mm and 50mm), varying height, ladder-rack wing (foreground), and chin bar wing (background). Crossfit stations can be made with varying widths, heights, bar

RRP: £995.00

**Our Price: £795.00**

You Save: £200.00 - 20 % Discount

<http://www.gymratz.co.uk/gymratz-crossfit-training-station>



Flip the plyo. box to alter the height from 18" (450mm), 16" (400mm), or 14" (350mm). Box Squats, Jumps and other plyometric exercises

Price: £41.66

<http://www.gymratz.co.uk/wooden-plyo-box>



Add-on pair of large chains to increase load (with all links off the floor) by 25kg. Ideal for use with squats to greater increase the ratio of weight lifted at the top-of-the-movement compared to the mid-position.

Price: £125.00

<http://www.gymratz.co.uk/chains-set-add-on>



Normally used as a "finisher" by powerlifters, the hip belt squat greatly reduces the requirement of the lower back when performing a squat, but keeps the emphasis on the quads and glutes. Sometimes the hip belt squat is considered by those with shoulder complaints that can no longer perform a

Price £1,695.00

<http://www.gymratz.co.uk/gymratz-belt-squat-machine>



Made from high-density foam and covered in vinyl, creating a light-weight and durable box set of plyo. platforms. Provided in sizes of 6", 12", 18" & 24", the boxes can be used separately or together (joined by velcro), therefore, making them ideal for varying ability, including the elite.

RRP: £1,399.99

**Our Price: £1,199.00**

You Save: £200.99 - 14 % Discount

<http://www.gymratz.co.uk/a-unit-soft-land-plyo-box-set>

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A bit of a beast for you here: the GymRatZ Crossfit Training Rig. Comprises: 2 half racks (with 2 bar holders each and adjustable hooks & safeties); ladder-style chin bars as crossbeams; monkey bars joining the two half racks. Measurements are: 5500mm Wide, 1350mm Deep, 2750mm High.

Price £4,390.00

<http://www.gymratz.co.uk/gymratz-crossfit-training-rig>

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[www.gymratz.co.uk](http://www.gymratz.co.uk)

12" stackable plyo box by York Barbell can be combined with other sized Plyo Boxes in the range to create a multitude of height variations and options. Including a beveled technique box for partial range lifts. Made from urethane varnished 22mm thick oak with high density rubber top

Price: £165.83

<http://www.gymratz.co.uk/york-12-inck-plyo-box>

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[www.gymratz.co.uk](http://www.gymratz.co.uk)

6" stackable plyo box by York Barbell can be combined with other sized Plyo Boxes in the range to create a multitude of height variations and options. Including a beveled technique box for partial range lifts. Made from urethane varnished 22mm thick oak with high density rubber top

Price: £149.17

<http://www.gymratz.co.uk/york-6-inch-plyo-box>

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[www.gymratz.co.uk](http://www.gymratz.co.uk)

3" stackable plyo box by York Barbell can be combined with other sized Plyo Boxes in the range to create a multitude of height variations and options. Including a beveled technique box for partial range lifts. Made from urethane varnished 22mm thick oak with high density rubber top

Price: £132.50

<http://www.gymratz.co.uk/york-3-inch-plyo-box>

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[www.gymratz.co.uk](http://www.gymratz.co.uk)

York Barbell Technique / Set-up box can be used by it's self or combined with other Plyo Boxes in the range to create a multitude of height variations and options. Note: you will need to buy a pair of this item to use for barbell techniques

Price: £149.17

<http://www.gymratz.co.uk/york-sp-technique-box>

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Ironmind's finger-grip-strengthener - Eagle Loops. Hitch your fingers (excluding thumb) in the loops to increase required finger-grip-strength during pulling exercises (e.g. pull-ups, rows, deadlifts etc.), making for a greater overall grip strength. As per all Ironmind equipment, the Eagle Loops

RRP: £44.99

**Our Price: £31.99**

You Save: £13.00 - 29 % Discount

<http://www.gymratz.co.uk/eagle-loops-pair>



The Cast Iron Cartwheels were a bit of a novelty for show, but these Steel Cartwheels are the real deal for heavy lifting and help to create a bit of an "old-school" atmosphere alongside our fat bars and other strongman goodies. 80cm in diameter, the Steel Cartwheels are practical too for loading

RRP: £249.99

**Our Price: £225.00**

You Save: £24.99 - 10 % Discount

<http://www.gymratz.co.uk/olympic-steel-cartwheels>



Made from high-density foam and covered in vinyl, creating a light-weight and durable box set of plyo. platforms. Provided in sizes of 15cm, 30cm & 60cm, the boxes can be used separately or together (joined by velcro), therefore, making them ideal for varying ability, including the elite.

RRP: £599.99

**Our Price: £499.99**

You Save: £100.00 - 17 % Discount

<http://www.gymratz.co.uk/soft-land-plyo-box-set>



Measuring 90cm x 75cm, this 15cm tall soft land plyometric box is our introductory size box. Made from high-density foam and covered in vinyl, with velcro attachments allowing the boxes to be stacked. Creates a safer way to train box jumps without the risk of injuring/hurting the shins from missed

RRP: £139.99

**Our Price: £116.66**

You Save: £23.33 - 17 % Discount

<http://www.gymratz.co.uk/soft-land-plyo-box-6-inch>



Measuring 90cm x 75cm, this 30cm deep plyometric box is made from high-density foam and covered in vinyl, with velcro attachments allowing the boxes to be stacked. Creates a safer way to train box jumps without the risk of injuring/hurting the shins from missed jumps. Also available in 6", 18", 24"

RRP: £189.99

**Our Price: £158.33**

You Save: £31.66 - 17 % Discount

<http://www.gymratz.co.uk/soft-land-plyo-box-12-inch>



Measuring 90cm x 75cm, this 45cm deep plyometric box is made from high-density foam and covered in vinyl, with velcro attachments allowing the boxes to be stacked. Creates a safer way to train box jumps without the risk of injuring/hurting the shins from missed jumps.

RRP: £239.99

**Our Price: £199.99**

You Save: £40.00 - 17 % Discount

<http://www.gymratz.co.uk/soft-land-plyo-box-18-inch>



Measuring 90x75x60cm this 60cm plyometric box is the largest in the range and made from high-density foam and covered in vinyl, with velcro attachments allowing the boxes to be stacked. Creates a safer way to train box jumps without the risk of injuring/hurting the shins from missed jumps.

RRP: £289.99

**Our Price: £241.66**

You Save: £48.33 - 17 % Discount

<http://www.gymratz.co.uk/soft-land-plyo-box-24-inch>



Suitable for use with the GymRatZ Power Rack, GymRatZ Power Cage, or Professional Half Rack. The Grappler Attachment plugs-in to the upright holes providing a Grappler for all-sorts of leverage and rotational work.

Price: £160.00

<http://www.gymratz.co.uk/plug-in-grappler-attachment>



Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. We offer the sledgehammer in 3 weight increments - 6kg, 10kg, 15kg, please select your desired weight from the

Price from £34.99

<http://www.gymratz.co.uk/gym-sledgehammer>



Provided in a large 250ml pot for many applications, Liquid Chalk improves grip by reducing sweat on the hands. It means you'll now be that little bit closer to your new Deadlift and Pull-Up PB's without creating a mess in the gym by using traditional chalk.

Price: £9.99

<http://www.gymratz.co.uk/liquid-chalk>

**BUY ONE GET ONE FREE**



At this size - a whopping 75kg, the 75kg Medicine Ball is more for use as a "light" Atlas Stone than anything else. It's of the same design as our Slam Balls, just a bit too big for slamming and hence the "slam" tag has been removed.

Price: £175.00

<http://www.gymratz.co.uk/75kg-medicine-ball>



Features multiple handles for a variety of chin-ups and pull-ups e.g. an orthodox Wide-Grip Chin-Up, Neutral/Parallel-Grip Chin-Up, Reverse-Grip Pull-Up, Semi-Supinated Pull-Up. Please visit full-description for an up-to-date image

Price: £95.00

<http://www.gymratz.co.uk/wall-mount-multi-angle-chin-up-bar>



Offered due to demand, the gold standard for building and testing grip strength - Captains of Crush grippers. Precision made from premium materials and proprietary elements. Captains of Crush (CoC) are available in 11 strengths for a perfect fit, whether you are just starting off, rehabilitating

RRP from: £24.95

**Our Price £22.95**

You Save: £2.00 - 8 % Discount

<http://www.gymratz.co.uk/captains-of-crush-grippers>



Not too dissimilar to the GRowler/ Prowler, the basic dog sled design allows for a robust and cost-effective push and pull sled for a CrossFit box, functional training facility, bootcamp, or strongman-style gym. Supplied with four pull-out poles, this heavy

RRP: £274.99

**Our Price: £224.99**

You Save: £50.00 - 18 % Discount

<http://www.gymratz.co.uk/gym-dog-sled>





41" bands available in various resistance (please see drop down menu) primarily for use with squatting, but also used for bench press and deadlift training. Many of the GymRatZ "Professional" range of commercial gym equipment are now fitted (or can be fitted) with band pegs for resistance band

Price from £6.99

<http://www.gymratz.co.uk/41-inch-gymratz-resistance-bands>



Olympic Chain collars to fit Olympic sleeve's and bars. A Truly great product that will take your strength to new levels

Price: £165.80

<http://www.gymratz.co.uk/olympic-chain-set-with-collars>



20Kg Olympic Chain collars to fit Olympic sleeve's and bar's. A Truly great product that will take your strength to new levels

Price: £129.16

<http://www.gymratz.co.uk/20kg-olympic-chain-set-with-collars>



5Kg Olympic Chain collars to fit Olympic sleeves and bar's. A Truly great product that will take your strength to new levels

Price: £54.99

<http://www.gymratz.co.uk/5kg-olympic-chain-set-with-collars>





The Plyometric Boxes come in a set of 4

Sizes: 12? 18? 24? 30?

Price: £345.00

<http://www.gymratz.co.uk/plyometric-boxes-set-of-4>



This Wooden Plyometric box is the ultimate space saver, it can be tilted which means it has three different heights. This product is essentially three boxes in one!

Price: £127.50

<http://www.gymratz.co.uk/wooden-3in1-plyometric-box>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £770.00

<http://www.gymratz.co.uk/soft-plyometric-boxes-set-of-4>



The Performance Sled has a solid steel frame and a multi point harness for comfort and ease of use. A fanciful essential for boot camp classes.

Price: £125.00

<http://www.gymratz.co.uk/performance-sled-with-harness>



This Prowler/Dog Sled has been around for a long time now, and like kettlebells it's become a key part of the modern day functional training gym along with an artificial grass performance track on which to use it. Prowler/Sled training for trainers that are clued up about how it should be used to

Price: £205.00

<http://www.gymratz.co.uk/prowler-sled-gg>



These Fit Bars are ideal for a wide array of uses such as Studio classes, personal training sessions and circuit training classes. The typical exercises which can be performed include lunges, squats, sit-ups and upper body exercises.

Price from £11.00

<http://www.gymratz.co.uk/fit-bars-options>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £125.00

<http://www.gymratz.co.uk/soft-plyometric-box-6>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £165.00

<http://www.gymratz.co.uk/soft-plyometric-box-12>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £215.00

<http://www.gymratz.co.uk/soft-plyometric-box-18>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £265.00

<http://www.gymratz.co.uk/soft-plyometric-box-24>



A versatile and unique piece of equipment that allows multiple users to participate in immensely adaptable sessions. This hub allows up to 4 portable core trainers to be used simultaneously.

Price: £286.00

<http://www.gymratz.co.uk/jordan-core-training-hub>



A versatile and unique piece of equipment that allows multiple users to participate in immensely adaptable sessions. This hub package contains 4 portable core trainers to be used simultaneously with the included Hub.

RRP: £648.00

**Our Price: £583.49**

You Save: £64.51 - 10 % Discount

<http://www.gymratz.co.uk/jordan-core-training-hub-package>



This product is genuinely portable, no need for screws or fixings. The Portable Core Trainer is perfect for your Olympic Bar and discs!

Price: £96.28

<http://www.gymratz.co.uk/portable-core-trainer>



Handle for use with Olympic bars.

Price: £52.06

<http://www.gymratz.co.uk/core-plate-handle>



A high quality wall timer, perfect for a gym or home environment, purposely designed for interval training. Aluminum casing ensures great durability and included is a large, easy to use remote control.

Price: £230.70

<http://www.gymratz.co.uk/digital-interval-timer-jordan>



The NEW Technique Box from Jordan comes in a pair (set of 8) and is made from strong solid wood to hold any weight.

Price: £799.42

<http://www.gymratz.co.uk/technique-boxes-by-jordan>



A brilliant commercial grade core plate that gives you a choice of either bolting or not bolting into the floor thanks to the rubber 'anti-slip' base. Also featured is a fixing point for ropes or bands.

Price: £131.66

<http://www.gymratz.co.uk/steel-core-plate>



An incredibly versatile station, perfect for squatting or pressing off. It is also a fully functional adjustable Yoke, as well as being great for benching from.

Price: £208.33

<http://www.gymratz.co.uk/sg-adjustable-yoke-training-station>



20" bands available in various resistance (please see drop down menu) We also have the more popular 41" bands but these 20" resistance bands have their own specific uses from rehabilitation to using directly for muscle stimulation

Price from £6.99

<http://www.gymratz.co.uk/20-inch-gymratz-resistance-bands>



Resistance Bands Club Pack (Woody Bands) - This full set of resistance bands contains a pair of every strength band in both 41" and 20" lengths. Not something your average home gym or commercial gym would typically need but for a PT studio or performance coaching centre this set is a must-have

RRP: £572.33

**Our Price: £450.00**

You Save: £122.33 - 21 % Discount

<http://www.gymratz.co.uk/resistance-bands-club-pack>



14.7Kg Olympic Chain collars to fit Olympic sleeve's and bar's. A Truly great product that will take your strength to new levels

Price: £124.93

<http://www.gymratz.co.uk/147kg-olympic-chain-set-with-collars-url>



23Kg Olympic Chain collars to fit Olympic sleeve's and bar's. A Truly great product that will take your strength to new levels

RRP: £169.18

**Our Price: £169.18**

You Save: £0.00 - 0 % Discount

<http://www.gymratz.co.uk/23kg-olympic-chain-set-with-collars-url>



Well-designed and strong Parallettes of a good-size

We (Gym Ratz) sourced these Parallettes of said dimensions following requests from local customers for handles of just this size. Price is for a pair.

RRP: £99.50

**Our Price: £99.50**

You Save: £0.00 - 0 % Discount

<http://www.gymratz.co.uk/parallettes-joinbar>

Image Unavailable

Heavy duty wall mounted chin bar, suitable for home or commercial use. Available from stock, with straightforward bolt-together assembly. Must be fixed to a solid structural wall.

Price: £99.99

<http://www.gymratz.co.uk/wall-mounted-chin-bar>

Image Unavailable

A Ladder Wing that is suitable for wall mounting, and presents itself as a highly versatile piece of equipment when installed by a competent tradesman.

Price: £191.66

<http://www.gymratz.co.uk/wall-mounted-wing>

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Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. This particular gym hammer is the lightest one at 4Kg we also have 8Kg and 10Kg versions available

Price: £24.74

<http://www.gymratz.co.uk/gym-sledgehammer-4kg>

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Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. This particular gym hammer is the lightest one at 8Kg we also have 4Kg and 10Kg versions available

Price: £49.45

<http://www.gymratz.co.uk/gym-sledgehammer-8kg>

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Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. This particular gym hammer is the heaviest one at 10Kg we also have 4Kg and 8Kg versions available

Price: £61.95

<http://www.gymratz.co.uk/gym-sledgehammer-10kg>

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Jordan 3 in 1 soft plyometric box with official crossfit dimensions and made from a high density impact absorbing foam which eases shock on knees, hips and ankles. Covered in a hard wearing non-slip vinyl.

Price: £198.00

<http://www.gymratz.co.uk/3-in-1-soft-plyo-box>

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Heavy-gauge steel construction with black powder coat finish, these Strength Systems imported adjustable Farmers Walk Handles are as good as our own GymRatZ fabricated ones but being imported they're cheaper and typically available off-the-shelf for next day delivery

Price: £199.99

<http://www.gymratz.co.uk/ss-farmers-walk-handles>

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A Ladder Wing that is suitable for wall mounting, and presents itself as a highly versatile piece of equipment when installed by a competent tradesman.

Price from £215.00

<http://www.gymratz.co.uk/rig-wing-ladder>



An incredibly versatile station, perfect for squatting or pressing off. It is also a fully functional adjustable Heavy Yoke, as well as being great for benching from.

Price: £358.32

<http://www.gymratz.co.uk/sg-heavy-duty-yoke-training-station>



Essential Farmers walk handles are an economical but "essential" addition to any functional training gym, boot-camp etc.

Extremely simple in design these farmers walk handles take up very little space. Just add plates and collars and off you go.

Price: £108.33

<http://www.gymratz.co.uk/essential-farmers-walk-handles>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan Tuff nut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £1,056.00

<http://www.gymratz.co.uk/jordan-tuff-nut-100kg>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £499.00

<http://www.gymratz.co.uk/jordan-tuff-nut-40kg>



Take your training to the next level. This is going to sort the men from the boys!  
The new Jordan TufNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £966.12

<http://www.gymratz.co.uk/jordan-tuff-nut-80kg>



Take your training to the next level. This is going to sort the men from the boys!  
The new Jordan TufNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £804.00

<http://www.gymratz.co.uk/jordan-tuff-nut-60kg>



Spud Inc are a brand noted for producing powerlifting safety straps and the like however trying to get them in the UK is impossible and ordering direct from the USA is hugely expensive. Fortunately our friends at Strength Systems have created their own version and the price is much more plausible...

Price: £83.35

<http://www.gymratz.co.uk/safety-suspension-straps>

Gym Ratz - (Fitness Equipment UK)

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