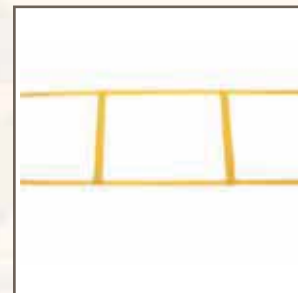
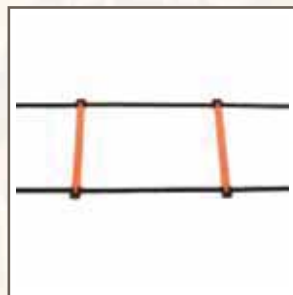
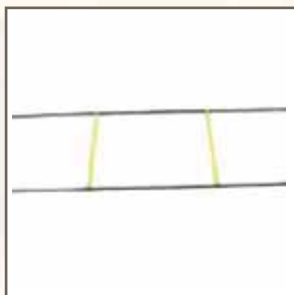




**FITNESS**



### SPEED LADDERS

Plastic 4 Colour 8m  
**EXE083** **\$49.00**  
 Multi Coloured Adjustable Ladder.

Round Speed Ladder 4m  
**EXE001** **\$24.00**  
 Round Speed Ladder 8m  
**EXE002** **\$44.00**

Plastic Flat Speed Ladder 4m  
**EXE071** **\$29.00**  
 Plastic Flat Speed Ladder 8m  
**EXE072** **\$44.00**

Nylon Flat Speed Ladder 4m  
**EXE003** **\$19.00**  
 Nylon Flat Speed Ladder 8m  
**EXE004** **\$29.00**



### SPEED SLED STANDARD

**SSLED001** **\$69.00**  
 Multi Straight line speed and strength improvement device. Improves sprinting speed and power. Designed to develop powerful leg strength. Weights may be added to increased resistance. Includes sled, heavy duty harness and connecting lead (weights not included)



### SPEED SLED DELUXE

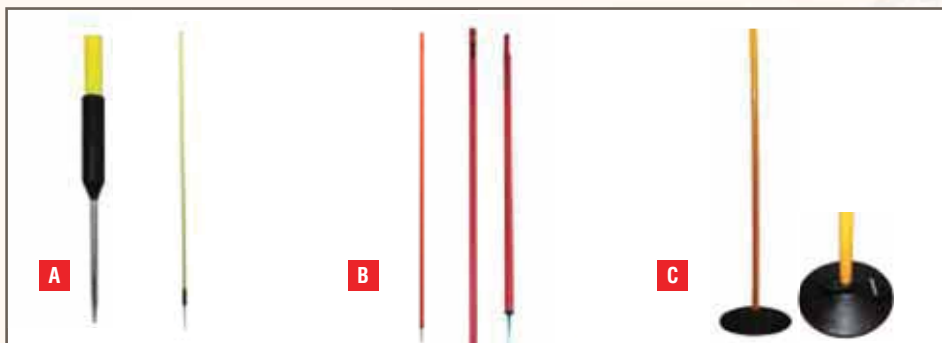
**SSLED002** **\$169.00**  
 Multi Straight line speed and strength improvement device. Improves sprinting speed and power. Designed to develop powerful leg strength. Weights may be added to increased resistance. Includes sled, heavy duty harness and connecting lead (weights not included)



### CATAPULT TRAINER

**6m - EXE107** **\$99.00**  
**3m - EXE108** **\$69.00**  
 Flexible bungee cord covered with safety cloth, includes hooks at both ends. Supplied with 2 waist belts packed in carry bag. Developed to increase stride rate and length





### AGILITY POLES

**A:** Agility Pole **RUG034 \$19.90**  
 With rubber spring base with 2 piece model  
 Agility Poles Set of 20 **RUG035 \$410.00**  
 Comes in kit bag.

**C:** Indoor Agility Pole **RUG080 \$19.90**  
**B:** 2 Piece Agility Pole **RUG081 \$14.90**  
 Agility Pole Storage Bag **RUG083 \$24.90**  
 Holds 20 poles.



### SPEED CHUTE

Speed Chute **EXE006 \$39.00**

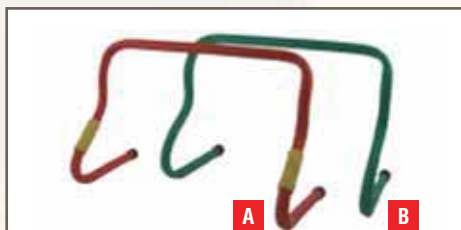
Ultimate training device for improving speed, strength and resistance. Could be used without a partner. Just wear the belt & chute is ready to use



### SPEED HARNESS

Speed Harness **EXE008 \$29.00**

Nylon harness with padded shoulder strap & foam covered PVC handle. Harness fits into 10" long webbing. Adjustable fits any size. Comes packed in a bag.



### TRAINING HURDLES

**A:** Adjustable Training Hurdle  
 Adjusts 6" to 12". **EXE012 \$14.90**  
 Mini Hurdle 6" **EXE009 \$8.90**  
 Mini Hurdle 9" **EXE010 \$9.90**  
**B:** Mini Hurdle 12" **EXE011 \$10.90**



### HURDLE CARRY BAG

Mini Hurdle Carry Bag **EXE082 \$16.90**  
 Can hold up to 10x12" hurdles



### SPEED RESISTOR

Speed Resistor **EXE005 \$24.00**

Nylon harness with padded shoulder strap & nylon webbing. Adjustable belt fits any size. Comes in an attractive carry bag.



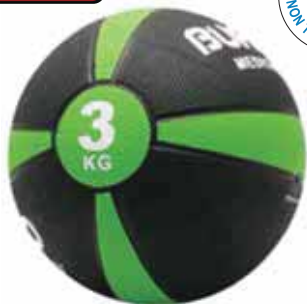
### EVASION BELT

Evasion Belt **EXE007 \$9.90**

Two nylon belts joined together with velcro. Attacker tries to loose defender. One size fits all. Improves agility.

**IMPROVED QUALITY**

SAFE FOR CHILDREN  
PHTHALATE FREE  
NON TOXIC MATERIAL



### RUBBER MEDICINE BALLS

Buffalo Sports medicine balls are made from a higher grade natural rubber. Each weight ball is colour coded for easy identification.

Medicine Ball 1kg	<b>EXE022</b>	<b>\$22.90</b>
Medicine Ball 2kg	<b>EXE023</b>	<b>\$28.90</b>
Medicine Ball 3kg	<b>EXE024</b>	<b>\$31.90</b>
Medicine Ball 4kg	<b>EXE025</b>	<b>\$44.90</b>
Medicine Ball 5kg	<b>EXE026</b>	<b>\$53.90</b>
Medicine Ball 6kg	<b>EXE027</b>	<b>\$63.90</b>
Medicine Ball 7kg	<b>EXE028</b>	<b>\$72.90</b>
Medicine Ball 8kg	<b>EXE029</b>	<b>\$81.90</b>
Medicine Ball 9kg	<b>EXE030</b>	<b>\$89.90</b>
Medicine Ball 10kg	<b>EXE031</b>	<b>\$95.90</b>
Medicine Ball 11kg	<b>EXE073</b>	<b>\$99.90</b>
Medicine Ball 12kg	<b>EXE074</b>	<b>\$105.90</b>
Medicine Ball 13kg	<b>EXE075</b>	<b>\$109.90</b>
Gel Filled Med Ball 1kg	<b>GELMED1K</b>	<b>\$14.90</b>
Gel Filled Med Ball 3kg	<b>GELMED3K</b>	<b>\$19.90</b>



**MEDICINE BALL STORAGE RACK**  
Holds 6 medicine balls.  
**EXE076** **\$99.00**



### FUN ROPES

2.1m White Handles	<b>FUN064</b>	<b>\$3.90</b>
2.6m Red Handles	<b>FUN065</b>	<b>\$3.90</b>
3m Blue Handles	<b>FUN066</b>	<b>\$3.90</b>
5m Yellow Handles	<b>FUN067</b>	<b>\$4.90</b>
9m Purple Handles	<b>FUN068</b>	<b>\$7.90</b>



### WOBBLE BOARD

Plastic Wobble Board **EXE015** **\$39.00**  
Heavy duty moulded plastic wobble board for balance and co-ordination exercises



### REACTION BALLS

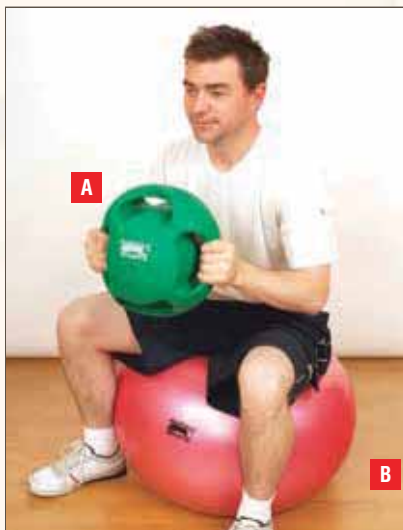
Improve Refl exes. Improves hand eye co-ordination.

Small	<b>EXE013</b>	<b>\$2.90</b>
Large	<b>EXE014</b>	<b>\$4.90</b>



### PEDOMETER

Buffalo FM Pedometer **PEDO001** **\$29.90**  
Compact pedometer features FM tuner, volume, earphone and safety alarm. Running, jogging and walking adjustment Keeps track of calories, distance and time.



### A. WEIGHTED EXERCISE BALL

- 4 way grip  
High Quality roto-molded inflatable rubberised P.V.C.

Exercise Ball 3kg	<b>EXE034</b>	<b>\$49.90</b>
Exercise Ball 5kg	<b>EXE036</b>	<b>\$75.90</b>
Exercise Ball 7kg	<b>EXE052</b>	<b>\$98.00</b>

### B. FITNESS BALLS

Anti-Burst Fitness Ball 55cm	<b>EXE017</b>	<b>\$27.90</b>
Anti-Burst Fitness Ball 65cm	<b>EXE018</b>	<b>\$32.90</b>
Anti-Burst Fitness Ball 75cm	<b>EXE019</b>	<b>\$36.90</b>
Anti-Burst Fitness Ball 85cm	<b>EXE020</b>	<b>\$39.90</b>
Regular Fitness Ball 55cm	<b>EXE077</b>	<b>\$22.90</b>
Regular Fitness Ball 65cm	<b>EXE078</b>	<b>\$25.90</b>
Regular Fitness Ball 75cm	<b>EXE079</b>	<b>\$29.90</b>
Regular Fitness Ball 85cm	<b>EXE080</b>	<b>\$32.90</b>



### LEATHER SKIP ROPE

2.8m Leather Rope **FUN069 \$13.90**



### EXERCISE MAT

Sticky Exercise mat **GYM052 \$17.90**  
150cm x 60cm x 4mm.



### BAG MITTS

Buffalo Deluxe Bag Mitts **BOX204 \$39.00**  
Full grain highest quality leather.  
Curved fingers. velcro strap



### FOCUS PADS CURVED

Buffalo Deluxe Focus Pads **BOX205 \$59.00**  
Curved shape. Full grain leather. High quality construction.



### FOCUS PADS STRAIGHT

Buffalo Deluxe Focus Pads **BOX206 \$55.00**  
Straight flat style. Full grain leather. High quality construction.



### BOXING GLOVES

Buffalo Deluxe Competition **BOX073 \$74.00**  
Highest Grade Leather. Injection moulded foam.  
Available in 10oz, 12oz, 14oz, 16oz. Colours  
Available: red or blue.



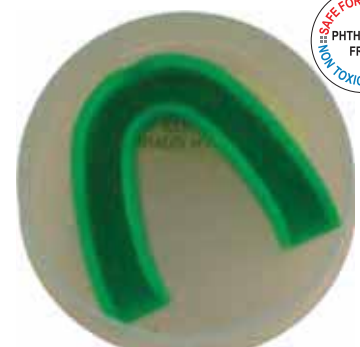
### BOXING GLOVES

Buffalo Pro Model **BOX201 \$39.00**  
High quality PU material. Available in 10oz,  
12oz, 14oz, 16oz. Colours  
Available: red or blue.



### BAG MITTS

Buffalo Pro Model Curved **BOX074 \$24.90**  
High quality synthetic PU leather.  
Available in medium or large

**SPEEDBALL MITTS**Buffalo Pro Model **BOX202** **\$19.90**High quality synthetic PU leather.  
Flat style. Available in Medium or Large.**FOCUS PADS**Buffalo Pro Model **BOX039** **\$29.00**High quality synthetic PU leather.  
Curved style. One size fits all**FOCUS PADS**Buffalo Elite Model **BOX203** **\$24.00**High quality synthetic PU leather.  
Flat style. One size fits all.**BOXING HEADGUARDS**Buffalo Leather Headgear **BOX081** **\$74.00**Sizes available: small, medium, large.  
Colours available: red or blue**GROIN PROTECTOR**Buffalo Groin Protector **BOX082** **\$74.00**Competition model. Available in Small,  
Medium, Large & Extra Large.**ONLY BY  
BUFFALO****MOUTHGUARDS**Buffalo Anti Shock A+ Mouthguard  
**FOOT501** **\$12.90**Heavy duty rubber shock frame with gel fit  
liner. Provides ultimate protection. Senior or  
Junior sizes. Available in White/Blue, Yellow/  
Clear, Black/Orange.**MOUTHGUARDS**Standard Model **HOC029** **\$4.90**Senior or junior. Available in White, Blue,  
Red, Green, Yellow.



### SKIPPING ROPES

Yellow 1.8m	<b>FUN071</b>	<b>\$2.90</b>
Red 2.1m	<b>FUN072</b>	<b>\$2.90</b>
Brown 2.4m	<b>FUN073</b>	<b>\$2.90</b>
Blue 2.7m	<b>FUN074</b>	<b>\$2.90</b>
Green 4.5m	<b>FUN075</b>	<b>\$4.90</b>



### POWER STRIKE PUNCH BAGS

Heavy duty ripstop material. Double stitched seams. Hanging chain not included, sold separately.

75cm Power Strike bag	<b>BDF021</b>	<b>\$79.00</b>
90cm Power Strike bag	<b>BDF029</b>	<b>\$89.00</b>
120cm Power Strike bag	<b>BDF030</b>	<b>\$99.00</b>
150cm Power Strike bag	<b>BDF099</b>	<b>\$129.00</b>



### BAG BRACKET

Fixed Wall Mount	<b>BDF057</b>	<b>\$49.00</b>
Swing Away	<b>BDF057SW</b>	<b>\$160.00</b>
Hanging Chain	<b>BDF054</b>	<b>\$14.90</b>
Snap Hook Swivel	<b>BDF053</b>	<b>\$15.00</b>



### PORTABLE BAG STAND

Portable Bag Stand  
**BDF058** **\$250.00**  
Facilitates 75cm to 150cm bag. Floor space 1.1 x 1.2m. Height 2.4m



### FLOOR TO CEILING BAG

Floor to Ceiling bag **BDF076** **\$49.00**  
Enhance hand speed, accuracy and timing. Premium leather construction. Double stitched stems.  
Replacement straps **BDF082** **\$14.90**



### FLOOR TO CEILING PLATE/HOOK

Floor to Ceiling Plate/Hook  
**BDF055** **\$19.90**



### SPEEDBALL

10" Racer **BDF116** **\$80.00**  
Premium Australian made.  
10" Standard **BDF117** **\$29.00**  
Imported Leather.



### SPEEDBALL WALLFRAME

Speedball Wallframe **BDF122** **\$99.00**  
Laminated surface. 32mm board. To suit 10" ball. Ball and swivel not included.



### SPEEDBALL SWIVEL

Speedball Swivel **BDF119** **\$12.90**  
Super Strong Polycarbonate.

**3 WAY STATION****A:** 3 way station**BDF112****\$450.00**

Facilitates speedball, floor to ceiling, punch bags.  
Speedball height adjustable. Can be secured to floor.

**5 WAY COMMERCIAL TRAINING STATION****B:** 5 Way Training Station**BDF5WAY****\$1449**

Facilitates speedball, floor to ceiling, punch bags.  
Chin up and dip stations for chest, arm, shoulder  
and back exercises. Floor space 1.85 x 0.8m. Height 2.45m.

**BOB PUNCHING MAN**

- Makes hanging obsolete. Mimics human movement. Heavy duty flammable base with sand or water up to 125kg.

Large 177cm

**BDFBOB-H****\$849.00**

Medium 168cm

**BDFBOB-M****\$699.00****AEROBIC STEP**

Deluxe Model

**BDF124D****\$109.00**

33 x 90cm. Adjustable Height to 15, 20, 25cm.

**CHIN UP BAR**Chin Up Bar **BDF130****\$129.00**

Heavy Duty Construction.

**HAND WRAPS**

Hand Wraps

**BDF059****\$9.90**

4m length. Thump loop, hook and loop closure.





## DISC WEIGHTS

Blue Hammertone Metal 28mm hole

1.5kg	<b>WEIG004</b>	<b>\$4.15</b>
2.5kg	<b>WEIG005</b>	<b>\$6.35</b>
5kg	<b>WEIG006</b>	<b>\$12.70</b>
7.5kg	<b>WEIG007</b>	<b>\$19.00</b>
10kg	<b>WEIG008</b>	<b>\$25.40</b>
15kg	<b>WEIG009</b>	<b>\$38.10</b>
20kg	<b>WEIG010</b>	<b>\$50.80</b>
25kg	<b>WEIG067</b>	<b>\$63.60</b>
50kg barbell set	<b>WEIG503</b>	<b>\$190.00</b>
20kg dumbbell set	<b>WEIG504</b>	<b>\$71.00</b>

## ELEIKO IRON DISC WEIGHTS



Approved by International Powerlifting Federation.

Competition 250g	<b>WEIG076</b>	<b>\$19.00</b>
Competition 500g	<b>WEIG077</b>	<b>\$24.00</b>
Competition 1.25kg	<b>WEIG078</b>	<b>\$36.00</b>
Competition Black 2.5kg	<b>WEIG079</b>	<b>\$45.00</b>
Competition White 5kg	<b>WEIG080</b>	<b>\$83.00</b>
Competition Green 10kg	<b>WEIG081</b>	<b>\$145.00</b>
Competition Yellow 15kg	<b>WEIG082</b>	<b>\$205.00</b>
Competition Blue 20kg	<b>WEIG083</b>	<b>\$235.00</b>
Competition Red 25kg	<b>WEIG084</b>	<b>\$265.00</b>

## ELEIKO RUBBER DISC WEIGHTS



Approved by IWF for use in Olympic games and world championships. Calibrated.

International Green 1kg	<b>WEIG102</b>	<b>\$59.00</b>
International Yellow 1.5kg	<b>WEIG114</b>	<b>\$69.00</b>
International Blue 2kg	<b>WEIG103</b>	<b>\$74.00</b>
International Red 2.5kg	<b>WEIG115</b>	<b>\$84.00</b>
International Red 5kg	<b>WEIG120</b>	<b>\$119.00</b>
International Green 10kg	<b>WEIG104</b>	<b>\$385.00</b>
International Yellow 15kg	<b>WEIG105</b>	<b>\$515.00</b>
International Blue 20kg	<b>WEIG068</b>	<b>\$545.00</b>
International Red 25kg	<b>WEIG069</b>	<b>\$638.00</b>



## BUFFALO RUBBER DISC WEIGHTS



50mm Olympic Hole

Competition Green 1kg	<b>WEIG085</b>	<b>\$29.00</b>
Competition Yellow 1.5kg	<b>WEIG086</b>	<b>\$39.00</b>
Competition Blue 2kg	<b>WEIG087</b>	<b>\$49.00</b>
Competition Red 2.5kg	<b>WEIG088</b>	<b>\$55.00</b>
Competition White 5kg	<b>WEIG121</b>	<b>\$97.00</b>
Competition Green 10kg	<b>WEIG089</b>	<b>\$215.00</b>
Competition Yellow 15kg	<b>WEIG090</b>	<b>\$235.00</b>
Competition Blue 20kg	<b>WEIG091</b>	<b>\$315.00</b>
Competition Red 25kg	<b>WEIG092</b>	<b>\$350.00</b>

## BUFFALO IRON DISC WEIGHTS



50mm Olympic Hole

Competition 250g	<b>WEIG093</b>	<b>\$26.00</b>
Competition 500g	<b>WEIG094</b>	<b>\$29.00</b>
Competition 1.25kg	<b>WEIG095</b>	<b>\$35.00</b>
Competition 2.5kg	<b>WEIG096</b>	<b>\$49.00</b>
Competition White 5kg	<b>WEIG097</b>	<b>\$97.00</b>
Competition Green 10kg	<b>WEIG098</b>	<b>\$139.00</b>
Competition Yellow 15kg	<b>WEIG099</b>	<b>\$215.00</b>
Competition Blue 20kg	<b>WEIG100</b>	<b>\$249.00</b>
Competition Blue 25kg	<b>WEIG101</b>	<b>\$279.00</b>

## BUFFALO BARS

Olympic Bar Mens	<b>WEIG106</b>	<b>\$990.00</b>
Olympic Bar Ladies	<b>WEIG107</b>	<b>\$990.00</b>
Collars Each	<b>WEIG108</b>	<b>\$69.00</b>

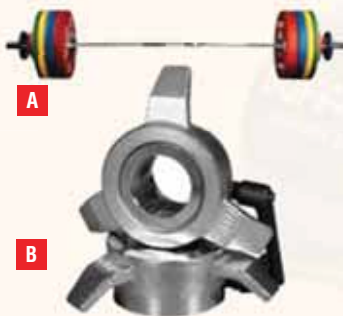


## RUBBER WEIGHTLIFTING DISCS



Black rubber discs with coloured coded writing.

Training Green 10kg	<b>WEIG070</b>	<b>\$290.00</b>
Training Yellow 15kg	<b>WEIG071</b>	<b>\$360.00</b>
Training Blue 20kg	<b>WEIG072</b>	<b>\$430.00</b>
Training Red 25kg	<b>WEIG073</b>	<b>\$495.00</b>



### ELEIKO BARS

Approved by IWF for use in Olympic games and world championships.

**A:** Olympic Bar Mens **WEIG109 \$1820**  
 Olympic Bar Ladies **WEIG110 \$1820**

Approved by International Powerlifting Federation.

Power Lifting Bar **WEIG111 \$1820**  
**B:** Collars Each **WEIG112 \$260**



### PLASTIC COATED DUMBBELLS (PAIR)

1kg	<b>WEIG017</b>	<b>\$5.85</b>
2kg	<b>WEIG019</b>	<b>\$10.80</b>
3kg	<b>WEIG020</b>	<b>\$17.85</b>
4kg	<b>WEIG021</b>	<b>\$22.35</b>
5kg	<b>WEIG113</b>	<b>\$28.35</b>



### DUMBBELL SET

20kg dumbbell set **WEIG504 \$71.00**  
 2 x spinlock dumbbell handles.  
 4 x 1.5kg plates. 4 x 2.5kg plates. 




### WEIGHT LIFTING ACCESSORIES

Buffalo Weight Lifting Gloves **WEIG118 \$19.90**  
 Sizes XS - XXL



### BARBELL SET

50kg barbell set **WEIG503 \$195**  
 1 x 1800mm bar with collars. 2 x spinlock  
 dumbbell handles. 6 x 15kg plates.  
 6 x 2.5kg plates. 4 x 5kg plates. 



### TOASTER RACKS

Weight Rack **WEIG201 \$390.00**  
 Storage for Olympic style plates.  
 Heavy Duty Model



### ANKLE WEIGHTS

4kg (sold per pair) **WEIG505 \$46.00**  
 5kg (sold per pair) **WEIG505 \$26.00**

### DUMBBELL HANDLES

400mm dumbbells **WEIG501 \$27.00**  
 With spinlock collars, per pair.



### WEIGHT LIFTING ACCESSORIES

Buffalo Weight Lifting Belt **WEIG116 \$29.00**  
 Sizes XS - XXL  
 Buffalo Power Lifting Belt **WEIG117 \$49.00**  
 Sizes XS - XXL



### BAR

**C:** Bars 5ft **WEIG001 \$39.00**  
 with collars.  
 Bars 6ft **WEIG002 \$49.00**  
 with collars.  
**CURL BAR**  
**D:** EZ Curl Bar **WEIG003 \$42.00**  
 with collars



### MULTI STAGE FITNESS TEST

- Tape Beep Test PE079 **PHY001 \$39.50**
- CD Beep Test PE077 **PHY002 \$55.50**
- 20m shuttle run test



### BASIC BUDDY

- CPR Manikin LF3S93 **PHY032 \$231.00**
- CPR Manikin Set LF3S94 **PHY033 \$1122**
- Set of 5 with carry bag
- Spare Lung/Mouth LF3S9S **PHY034 \$86.00**
- Pack of 100.



### GENERAL

- Portable Height Scale PE087 **PHY008 \$233.00**
- I: Handy Height Scale PE027 **PHY005 \$39.00**
- J: Sit & Reach Box PE041 **PI-N006 \$261.50**
- Bathroom Scales **PHY013 \$42.00**



### GONIOMETERS

- Robinson Goniometer PE032 **PHY016 \$46.50**

Shows location of axis of motion and observation of joint movement 180cm on protractor and inch/cm scale on arm, Overall length 18cm

- Small Joint Goniometer PE033 **PHY017 \$76.50**

Has 145 degree scale on protractor and inch/cm scale on arm Overall length is 15cm.

### FITNESS WALL CHARTS

- Laminated Paper **PHY035 \$34.50**
- Unlaminated **PHY036 \$25.00**

### LIST OF CHARTS AVAILABLE:

- Exercise and muscle guide - male BAF01;
- Exercise and muscle guide - BAF02;
- Shape up exercise BAW08;
- Stomach shape up BAF07;
- Leg shape up BAF10;
- Weight training shape up BAF12;
- The bench press BAF03;
- Squat workout BAF09;
- Chest workout BAF06;
- Arm workout BAF05;
- Back workout BAF08;
- Shoulder workout BAF04;
- Training heart rate target BAF11;
- Weight training fl exibility BAG11;
- Exercise do's and don'ts BAF18;
- Stretching do's and don'ts BAF19



**C**



### MEASURING EQUIPMENT

- A:** Sphygmomanometer PE006 **PHY022 \$140.00**

Digital LCD display The unit has audible and visual signals which are used to assist with pressure determinations and a unique error display for incorrect measurement technique

- B:** Mercurial PE005 **PHY023 \$113.50**

Easy reading scale graduated from 0-300mm Hg. Complete with Velcro cuff and metal case that closes for easy storage (Stethoscope not included)

- C:** Doctor's Stethoscope PE020 **PHY014 \$14.85**

- Nurse's Stethoscope PE004 **PHY015 \$13.50**

- Portable Spirometer PE013 **PHY003 \$202.00**

Measures vital capacity from which tidal volume and expiratory reserve volume can be calculated, Needle is reset after each reading by rotating dial, Includes 50 disposable mouthpieces, 50 Mouthpieces PE013/1 **\$18.50**

**PHY004**



### BODY FAT MEASUREMENT

Plastic-Slim Guide PE067

Skin Fold Calipers PE014

Tape Measure PE024

**PHY020**

**\$68.50**

**PHY019**

**\$630.00**

**PHY018**

**\$18.00**



### STRENGTH DYNAMOMETERS

**G:** Advanced Hand PE022

**PHY009**

**\$227.50**

Comes complete with sturdy case and instructions, Measures a grip strength of up to 100kg.

Back PE018

**PHY010**

**\$560.50**

For evaluating the strength of back and leg muscles, Measures up to 300kg, Shoulder and Arm PE017

**PHY011**

**\$480.00**

For evaluating both the pressure and pulling power of the shoulder and arm, Measures up to 100kg.

**H:** Hand Hydraulic PE0S1

**PHY012**

**\$627.00**

Gives accurate grip strength readings without "feeling" the handle move.

The adjustable handle has 5 positions to accommodate an)/ size hand, Registers up to 91 kg and has dual scales that show kg and pound