

BALANCE TRAINERS



HART Pro Balance Trainer

An essential part of any training facility, these inflatable domes are used for balance training, core stability, rehabilitation and athletic and sports conditioning. New design features a heavy duty base with non-slip PVC mat covering and lower profile ball. Supports up to 145kg and can be used curved or flat side up. Pump included.

Diameter: 60cm

Height: Approximately 20cm when inflated

Not recommended for heavy commercial use.

2-045

ea

\$149.00



HART Balance Trainer

Designed to integrate balance and flexibility into every aspect of fitness, sport performance and rehabilitation. This dynamic training device adds versatility and challenge including cardio, strength training, athletic and sports conditioning, and core training. The ball can be flipped over during workouts to use either the flat or inflated side. Includes detachable resistance cords. Recommended for use only on flat surface. Includes pump.

Diameter: 55cm

Height: Approximately 25cm when inflated

Not recommended for commercial use.

2-046

ea

\$99.00



HART Mega Balance Disc

Large enough to stand on with feet shoulder width apart which maximises body balance training capabilities.

Combine with other equipment such as medicine balls and small weights for rehabilitation and sports specific training. One side has pimple finish.

Size: 60cm diameter. Colour: Red

2-098

ea

\$55.00



HART Large Eco Balance Disc

High quality balance disc constructed completely of non-toxic materials. PVC, Phthalate, Latex and Chloride Free! The larger diameter and height allows for a huge variety of exercises as both hands or feet can be comfortably placed on the cushion. Heavy duty feel with circular ribbing on one side and pimple grip on the other. Inflation can be adjusted to suit individual needs.

Size: 50cm diameter x 15cm high. Colour: Dark Blue

2-050

ea

\$35.00



HART Large Balance Disc

Excellent for strength, stability and balance exercises. This disc is ideal for total body balance training, particularly for beginners and therapeutic use. Large enough for one or both feet during standing exercises and stepping movements and can also be used for lying, kneeling and sitting exercises. One side is more rounded to provide varying levels of difficulty.

Size: 45cm diameter. Colour: Blue

2-097

ea

\$29.00



HART Eco Balance Disc

High quality balance disc constructed completely of non-toxic materials. PVC, Phthalate, Latex and Chloride Free! A very versatile "eco-friendly" piece of equipment that looks great and has a heavy duty feel. Ribbed on both sides. Inflation can be adjusted to suit individual needs.

Size: 36cm diameter. Colour: Light Blue

2-049

ea

\$25.00



HART Balance Disc

Extremely versatile, compact and portable training tool. Excellent for balance, strength and rehabilitation exercises. Build core strength using one or two cushions for push ups, squats and lunges. Exercise difficulty can be adjusted by increasing or decreasing the amount of air pressure in the cushion. One side has pimple finish.

Size: 34cm diameter. Colour: Green

2-044

ea

\$20.00



HART Balance Dome

This large inflatable dome creates an instable and difficult surface for balance training. Can be used flat side down or up for varied levels of skill. Single or multiple domes can be used for a great variety of exercises. Pimple domed surface provides grip for the feet to prevent slipping.

Size: 33cm [diameter] x 17cm [H]. Colour: Blue

6-646

ea

\$19.00

WOODEN BALANCE BOARD SET



HART Wooden Balance Board Set

This quality timber set contains all you need for balance and rehabilitation.

Use the Rocker attachments for beginners and low level rehabilitation.

Progress to the Dome attachments for advanced users. All components are neatly stored on the custom stand, ready for use at any time.

Set contains:

- 1 x 450mm Board with Anti-slip surface
- 1 x Dome attachment - 6mm dia x 53mm(H)
- 1 x Dome attachment - 30mm dia x 66mm(H)
- 1 x Rocker attachment - 330mm(L) x 80mm(H)
- 1 x Rocker attachment - 380mm(L) x 60mm(H)
- 1 x Storage Stand

6-639

set

\$95.00

Stand

Wobble board

Rocker attachments

Dome attachments



HART Foam Balance Pad

Super soft foam acts as an unstable base so your stabilising muscles work harder. Use one or two pads for exercises such as squats, lunges, push ups and much more. Also ideal for balance, rehabilitation and coordination protocols. Size: 38cm x 48cm x 6cm

6-711

ea

\$39.00



HART Foam Balance Beam

Super soft foam to improve balance and proprioception. Can be used narrow or wide side up depending on level of ability. Place multiple beams end to end or in any formation to suit your needs.

Size: 95cm x 6cm x 11/19cm

2-060

ea

\$39.00



HART Soft Wobble Board

Feel the difference! The unique design of the TPE covered platform is large and very comfortable for bare feet. Foam base provides a 'wobble' challenge for all levels of user. Great alternative to traditional style wobble boards.

Colour: Marble Blue. Platform dimensions: 60cm x 39cm x 2cm. Foam Base: 20cm diameter x 12cm(H)

6-634

ea

\$69.00



HART Wobble Board

Heavy duty design with pimple upper surface. Utilise the stabilising muscles in your lower body to increase balance and stability. Great for rehabilitation work. Increase the tilt range by extending the balancing pivot. Diameter: 40cm. Height can be adjusted between 6cm and 7cm.

6-636

ea

\$25.00



HART Single Hand Abdominal Wheels

Add new elements to traditional Abdominal Wheel and Push Up exercises. Using one wheel in each hand you can vary the angles and variations of rolling to work the chest, lats and triceps in addition to the core. Use one wheel for twisting and stability exercises. Great for adding difficulty and variety to push up routines. Features 185mm polypropylene wheels with rubber covers and foam handles.

6-649

pr

\$19.90



HART Abdominal Wheel

Very popular tool for developing abdominal and core strength. Brace your abs and roll in and out from your knees (or feet for advanced users). New heavy duty design featuring ergo handles and an extra wide 50mm polypropylene wheel with rubber cover.

6-274

ea

\$15.00

Items marked attract extra freight.

UFO TRAINER



HART UFO Trainer

The UFO-shaped knee board has multidirectional wheels that allow the lower body to move in any direction. Abdominals, shoulders, lats and hip flexor muscles are all worked through a wide range of motion as the user increases functional core strength and endurance. Soft gel knee wells provide comfort and stability. The 15cm padded PVC push up handles support the user's torso during training. Base made of hard PVC. Size: 48cm diameter. 6-716 set **\$59.90**



HART Abdominal Slings

These slings are very effective for strengthening, tightening and toning the lower abdominals as well as the oblique abdominal muscles by adding a slight twist to the movement. Designed to hang from a chin up bar or power rack – rest your upper arms in the padded 12cm wide slings to perform knee raises and similar exercises. Slings are made from thick, strong 600D nylon and attach via extra large, solid steel, locking carabiners. 6-726 pr **\$79.00**



HART Foot Pods

Dome shaped pods improve dynamic balance, body awareness and co-ordination. Use flat side down or up for varied levels of difficulty. Ideal for gym, studio or field training. A fun way to improve your overall balance and agility. Pimple domed surface provides grip for the feet to prevent slipping. Pods are inflatable so pressure can be regulated to individual requirements. Size: 16cm(diameter) x 8cm(H).

2-047-B	Blue	ea	\$6.90
2-047-G	Green	ea	\$6.90
2-047-R	Red	ea	\$6.90
2-047-Y	Yellow	ea	\$6.90

HART Bucket of Foot Pods

12 Foot pods in a 20 litre bucket. 41-251 ea **\$91.50**

TRUNK BLASTER



HART Trunk Blaster Base

The entire body can be targeted with this floor based rotational platform. Insert a barbell into the sleeve, add weight if required then perform any number of powerful one arm, two arm or rotational exercises. Can be permanently bolted to the floor or taken anywhere with the welded handle. Features rubber non-slip base. Can be used with Olympic or Regular barbells.

Base Plate: 40cm x 48cm x 1cm / Weight: 23kg
Olympic Bar Sleeve is 30cm long / Regular Bar Sleeve is 12.5cm long

Note: Barbells & plate weights are purchased separately. See page 28.

6-770 ea **\$219.00**



HART Trunk Blaster Handle - Single

Great for single arm rows and dead lifts. Bar sleeve is 11 cm long. Suits Olympic Bars only. 6-771 ea **\$29.90**



HART Trunk Blaster Handle - Double

Increases the difficulty for rotational exercises by adding the distance between the weight and the body. Handles are 40cm apart and they extend 60cm from the bar. Suits Olympic Bars only. 6-772 ea **\$49.50**