



**Trade Catalogue**  
**2022/2023**

**LONSDALE**





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# GLOVES



## FORCE PU MESH GLOVES BLACK

Hook and loop strap closure for easy adjustment. Soft touch synthetic leather finish. LonsdaleTech enhanced performance and comfort. Breathable mesh palm area to keep hands cool. Sizes available: Jr 8oz, 10oz, 12oz, 14oz and 16oz. Designed for Fitness and General training

10oz | 12oz | 14oz | 16oz

**B1518**

JUNIOR

**B1517**





COMBAT GLOVES

Lonsdale Combat Gloves

12oz | 14oz | 16oz  
REGULAR  
B1564



STEALTH GLOVES

Lonsdale Stealth Gloves

12oz | 14oz | 16oz  
REGULAR  
B1565





TARGET GLOVES

Lonsdale Target Gloves

12oz | 14oz | 16oz  
REGULAR | LARGE  
B1566





**L60 FIGHT GLOVE BLACK/  
GOLD**

10oz  
REGULAR  
**B1570**



**L60**

**L60 FIGHT GLOVE WHITE/  
GOLD**

10oz  
REGULAR  
**B1571**





**L60 TRAINING GLOVE  
MAROON/SILVER (HOOK &  
LOOP)**

The Lonsdale L60 Training Gloves Are designed with a double wrist closure to give the wrist more support when training. Constructed with finest cow hide leather with Lonsdale logos. Features a multi-layer core to provide the best comfort and fit

12oz | 14oz | 16oz | 18oz  
REGULAR | LARGE

**B1445**



**L60**

**L60 TRAINING GLOVE  
WHITE/MAROON (HOOK &  
LOOP)**

The Lonsdale L60 Training Gloves Are designed with a double wrist closure to give the wrist more support when training. Constructed with finest cow hide leather with Lonsdale logos. Features a multi-layer core to provide the best comfort and fit

12oz | 14oz | 16oz | 18oz  
REGULAR | LARGE

**B1446**





**L60 TRAINING GLOVE  
MAROON/SILVER (LACE UP)**

The Lonsdale L60 Training Gloves Are designed with a lace closure to give the wrist & hand a tighter fit when training. Constructed with finest cow hide leather with Lonsdale logos. Features a multi-layer core to provide the best comfort and support

12oz | 14oz | 16oz | 18oz  
REGULAR | LARGE  
**B1447**



L60

**L60 TRAINING GLOVE  
WHITE/MAROON (LACE UP)**

The Lonsdale L60 Training Gloves Are designed with a lace closure to give the wrist & hand a tighter fit when training. Constructed with finest cow hide leather with Lonsdale logos. Features a multi-layer core to provide the best comfort and support

12oz | 14oz | 16oz | 18oz  
REGULAR | LARGE  
**B1448**





**X60 PU TRAINING GLOVE  
MAROON/SILVER**

X60 training gloves gives you the ultimate protection and comfort when sparring & training. Constructed with finest synthetic leather with screen printed Lonsdale logos. Features a Hook & Loop wrist strap for convenience and a firm secure closure

10oz | 12oz | 14oz | 16oz  
REGULAR  
**B1449**



**X60**

**X60 PU TRAINING GLOVE  
SILVER/MAROON**

X60 training gloves gives you the ultimate protection and comfort when sparring & training. Constructed with finest synthetic leather with screen printed Lonsdale logos. Features a Hook & Loop wrist strap for convenience and a firm secure closure

10oz | 12oz | 14oz | 16oz  
REGULAR  
**B1450**





**L60 CONTEST GLOVE  
MAROON/SILVER**

The Lonsdale L60 Fight Gloves Are designed for contest boxing only. Approved by Pro Trainers. Constructed with finest cow hide leather making them durable & long lasting. Features a multi-layer core to provide the best comfort and fit. Embossed Lonsdale Lion on wrist

8oz | 10oz  
REGULAR | LARGE

**REG PADDING**  
B1440

**SOFT PADDING**  
B1441



L60

**L60 CONTEST GLOVE  
WHITE/MAROON**

The Lonsdale L60 Fight Gloves Are designed for contest boxing only. Approved by Pro Trainers. Constructed with finest cow hide leather making them durable & long lasting. Features a multi-layer core to provide the best comfort and fit. Embossed Lonsdale Lion on wrist

8oz | 10oz  
REGULAR | LARGE

**REG PADDING**  
B1442

**SOFT PADDING**  
B1443





**CLUB TRAINING GLOVES**

Dense foam padding for increased shock absorption and cushioning, with full padding to the back of the wrist for additional support. Mesh moisture wicking inner palm provides ventilation. Wrist closure is elasticated with hook and loop to maximise support and ensure a snug fit

8oz | 10oz | 12oz | 14oz | 16oz  
REGULAR  
**B1504**





## TRAINING PU MITTS

Durable PU bag mitts with thick super shock absorbing foam padding and elasticated wrist strap with Velcro fastening for support and to ensure a comfortable fit

**B1111**



## TRAINING PU CURVED HOOK & JAB PADS

PU curved hook and jab pads for coaching timing and speed combinations. The multi-layer foam padding offers good protection and the curved shape provides the anatomically correct position in which to catch the punch

**B1112**





CLUB BOXING PACK

- Contents:
- 10 x Training PU mitts
  - 10 x Training PU curved hook and jab pads
  - 10 x Skip ropes
  - 1 x Holdall

B323



TRAINING BOXING PACK

- Contents:
- 6 x Training PU mitts
  - 6 x Training PU curved hook and jab pads

B1126





STRIKE ROUND SHEILD

The Lonsdale L60 Round Strike Pad Is ideal for kicks, knees and all punches. Constructed with finest cow hide leather with Lonsdale logos. Features reinforced handles to ensure a tight grip

B1500



L60 MINI AIR FOCUS PADS

The Lonsdale L60 Mini Air Focus Pads Is ideal to develop and improve timing & accuracy of combinations. Constructed with finest cow hide leather with Lonsdale logos. Features air flow chamber to help absorb hard punches

B1495



X60 FOCUS PAD

X60 focus pads Developed to improve timing & speed of combinations. Constructed with finest synthetic leather with Lonsdale logos. Features ultra-lightweight shock absorbent foam padding inside

B1498



FOCUS AIR PADS

Made of synthetic leather with multiple layers of foam padding, Exclusive Air Vent Technology has integrated air release channels that escape during impact and then inhale to expand back to normal size, fully padded rear wrist cover, and finger cover offers added comfort

B1569





# PROTECTION



## X-60 HEAD GUARD WITH CHEEK

X60 Headguard Designed to offer protection when used in training & sparring. Constructed with finest synthetic leather with Lonsdale logos. Technology Used – M:CORE

SMALL/MEDIUM | LARGE/X LARGE  
**B1512**

# X60





**L60 HEADGUARD WITH CHEEK**

The Lonsdale L60 Light Head Guard With Cheek. Constructed with finest cow hide leather with Lonsdale logos & Suede inner lining for less head movement. Features our new vented area around the back to help keep your head cool during training, also extra light for comfort. Technology Used – M:CORE

SMALL/MEDIUM | LARGE/X LARGE  
**B1492**



L60

**FULL FACE HEAD GUARD**

The Lonsdale L60 Face - Saver Head Guard Are designed to protect the full face when general training. Constructed with finest cow hide leather with Lonsdale logos & Suede inner lining for less head movement. Features our new vented area around the back to help keep your head cool during training. Fully adjustable with laces top & Back to provide extra comfort. Technology Used – M:CORE

SMALL/MEDIUM | LARGE/X LARGE  
**B1493**





## COMBAT HEAD GUARD

Made in a durable matte synthetic leather, has 3-layers density foam and the whole face was design in order to combine the full cranial protection and 180-degree vision. The headgear has incredible lightness and excellent visibility

SMALL/MEDIUM

**B1567**



## STEALTH HEAD GUARD

Made in a durable matte synthetic leather, and a pliable foam interior that forms to your head designed to be flexible and lightweight, Features hook and loop closure on the back and a combination of elastic/mesh straps on top

SMALL/MEDIUM

**B1568**





L60 GROIN GUARD

The Lonsdale L60 Groin Guard Offers ultimate protection against low punches and kicks. Constructed with finest cow hide leather with Lonsdale logos. Features ultra-lightweight shock absorbent foam padded inner

SMALL | LARGE

B1490



CUP PROTECTOR

The Lonsdale Club Cup Protector Ideal for protection during boxing and MMA training. Constructed with finest synthetic leather with Lonsdale logos. Features elastic waist strap

SMALL | MEDIUM | LARGE | X LARGE

B1503



CLUB OPEN FACE HEADGUARD

Developed specifically for sparring training. This headguard features a padded synthetic leather shell, and a hook and loop fastening to the chin. It is ideal for protecting yourself from jabs during light sparring

SMALL | MEDIUM | LARGE

B1505



L60 TRAINERS VEST

The Lonsdale L60 Trainers Vest Is specifically designed to protect the body from punches and kicks. Constructed with cow hide leather and thick PU with Lonsdale logos. Features extra-long straps to allow any size person to fit comfortably

B1488





# VINTAGE



## VINTAGE LEATHER TRAINING GLOVE - VINTAGE BROWN

Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Features an extra strong suede wrist strap to give additional support

12oz | 14oz | 16oz | 18oz

REGULAR

**B1444**





VINTAGE CUBAN PADS

The Lonsdale Vintage Curved Cuban Pads Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Features an angle striking surface and small target area to help with speed / accuracy training

B1496



LEATHER VINTAGE CURVED FOCUS PAD

Gives an old school look. Constructed with finest cow hide leather with embossed Lonsdale logos. Features a curved design with wrist padding and shock absorbing foam

B1497





VINTAGE LEATHER MAIZE BAG

The Lonsdale Vintage Leather Maize Bag Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Ideal to help improve hand-eye co-ordination, also helps you avoid punches from opponent. Dimensions : 30kg – 53cm x 58cm x 66cm (Approx.) Requires : 4 Hook Chain (Recommend Lonsdale Industrial Bag Chain)

B1451



VINTAGE LEATHER FLOOR TO CEILING BALL

The Lonsdale Vintage Floor To Ceiling Ball gives an old school look. Constructed with finest cow hide leather with embossed Lonsdale logos with elastic cables top and bottom. Ideal to help improve agility, speed & reactions

B1452



VINTAGE LEATHER BAG

The Lonsdale Vintage Leather Punch Bag Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Features a thick shock absorbing foam layer to absorb the impact of punches. . Dimensions : 34kg – 40cm x 40cm x 120cm (Approx.) Requires : 4 Hook Chain (Recommend Lonsdale Industrial Bag Chain)

B1453



VINTAGE LEATHER ANGLE BAG

The Lonsdale Vintage Leather Angle Bag Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Ideal to help improve your uppercuts, also ideal to help with punch combinations due to the angled shape . Dimensions : 32kg – 48cm x 48cm x 102cm (Approx.) Requires : 6 Hook Chain (Recommend Lonsdale Industrial Bag Chain)

B1454





**VINTAGE  
COLOSSUS BAG**

The Lonsdale Vintage Leather Colossus Punch Bag Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Features a thick shock absorbing foam layer of 5cm to absorb the impact of punches. Dimensions : 60kg- 44cm x 44cm x143cm (Approx.) Requires : 6 Hook Chain (Recommend Lonsdale Industrial Bag Chain

**B1455**



**VINTAGE  
LEATHER 3 IN 1  
BAG**

The Lonsdale Vintage Leather 3 - 1 Bag Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. This Bag is a combination between a straight bag, maize bag and floor to ceiling ball all in one. Dimensions : 22kg- 34cm x 34cm x 75cm (Approx.) Requires : 4 Hook Chain (Recommend Lonsdale Industrial Bag Chain)

**B1456**



**VINTAGE LEATHER  
SPEEDBALL**

The Lonsdale Vintage Leather Speedballs Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Ideal to help improve agility, speed & hand eye co-ordination

**REGULAR | SMALL**  
**B1457**







## VINTAGE LEATHER HEADGUARD

Gives an Old School Look. Constructed with finest cow hide leather with embossed Lonsdale logos. Features New breathable hole system for extra comfit. Technology Used – M:CORE

**B1489**





# PUNCH BAGS



## WRECKING BALL

Lonsdale L60 wrecking ball 66cm x 66cm  
Constructed with finest cow hide leather with embossed Lonsdale logos. Ideal to help improve hand-eye co-ordination, also helps you avoid punches from opponent. Requires : 4 Hook Chain (Recommend Lonsdale Industrial Bag Chain)

**B1502**





**L60 BIG DADDY LEATHER PUNCHBAG**

The Lonsdale L60 Big Daddy Bags Dimensions : 65kg – 51cm x 51cm x122cm (Approx.) Requires : 6 Hook Chain (Recommend Lonsdale Industrial Bag Chain) . Gives a Professional look. Constructed with finest cow hide leather with Lonsdale logos. Features a thick shock absorbing inner foam layer to absorb the impact of punches. Suitable for hard hitting boxers

**B1463**



**L60 LEATHER ANGLE PUNCHBAG**

The Lonsdale L60 Leather Angle Bag Dimensions : 32kg – 48cm x 48cm x 102cm (Approx.) Requires: 6 Hook Chain (Recommend Lonsdale Industrial Bag Chain). Gives a Professional look Constructed with finest cow hide leather with Lonsdale logos. Ideal to help improve your uppercuts, also ideal to help with punch combinations due to the angled shape

**B1464**



**L60 HEAVY LEATHER PUNCH BAG**

Weight - 32kg. Height - 118cm. Width - 36cm. Length - 36cm Approx. Requires 4 Hook chain

**B1465**



**L60 EXTRA HEAVY LEATHER PUNCH BAG**

Weight - 42kg. Height - 125cm. Width - 40cm. Length - 40cm Approx. Requires 4 Hook chain

**B1466**





L60 COLOSSUS LEATHER PUNCH BAG

"L60 COLOSSUS PUNCH BAG DimensionsWeight - 60kgHeight - 143cmWidth - 40cmLength - 40cmApproxRequires : 6 Hook"

B1467



L60 LEATHER MAIZE BAG

The Lonsdale L60 Leather Maize Bag Dimensions : 20kg – 45cm x 45cm x 55cm (Approx.) Requires: 4 Hook Chain) Constructed with finest cow hide leather with Lonsdale logos. Ideal to help improve hand-eye co-ordination

B1468

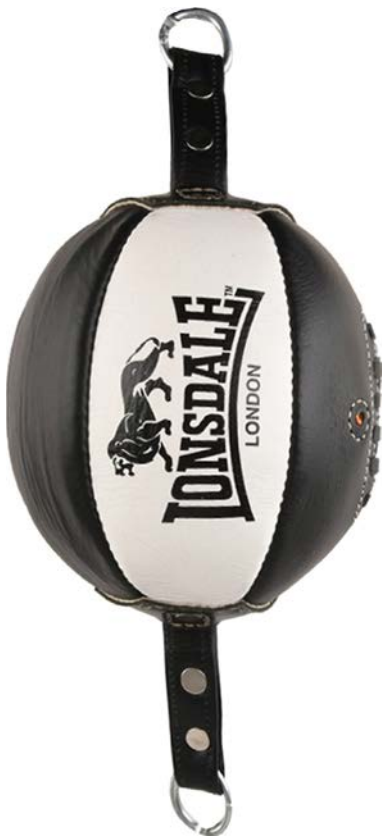


George Fox

L60 LEATHER FLOOR TO CEILING BALL

The Lonsdale L60 Leather Speed Balls Is designed to improve sharpness & hand to eye co-ordination. Constructed with cow hide leather with Lonsdale logos

B1459



L60 LEATHER REACTION BALL

The Lonsdale L60 Leather Speed Balls Is designed to improve sharpness & hand to eye co-ordination. Constructed with cow hide leather with Lonsdale logos. Great for home and gym use

REGULAR | SMALL  
B1461





SPEEDBALL PLATFORM

Made from heavy duty board and precision cut for accurate re-bound. Includes pro bearing swivel. Speedball not included

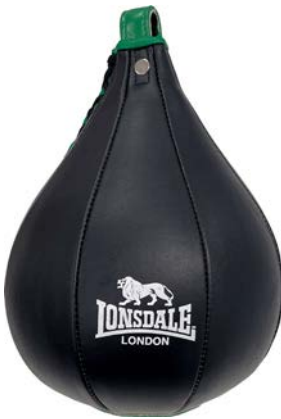
B314



SPEEDBALL

Constructed from the finest cow hide leather, fully lined and perfectly shaped for accurate rebounds

B315



OMNIFLEX FREESTANDING BAG

This freestanding punch bag has an adjustable Omniflex design which means that you can get a full body intense fitness and boxing workout. Simply fill the base with sand or water and adjust the height for kicks, knee strikes or punches. Height: adjustable up to approximately 5'7"

B1178



FITNESS STRIKE BAG

This great all round boxing training aid is quick and simple to assemble. Features a heavy duty base which can be filled with water or sand to weight it down. Height: 6ft. Weight: 100kg (approx.) when filled with water

B1303



REFLEX FREESTANDING BAG

The Lonsdale Reflex is a freestanding punch bag with a heavy duty base that can be filled with water or sand to provide greater stability. It has an adjustable height and is spring mounted to help you develop hand speed, accuracy and timing

B1398





**SPAR PARTNER**

Freestanding spar partner in the shape of head and torso of EVA foam-bonded construction. 3 height-adjustable settings to approx. 6', 5'6" and 5'. Base can be filled with water or sand. Product weight: empty 20kg, water-filled 110kg

**B324**





**3FT PU PUNCHBAG**

Excellent quality PU punchbag with soft inner filling for kindness to hands and wrists. Complete with hanging straps. Available in 3 heights 3ft, 4ft & 5ft

**B318**



**4FT PU PUNCHBAG**

**B319**



**5FT PU PUNCHBAG**

**B320**



**ANGLE PU PUNCHBAG**

Excellent quality PU punchbag with soft inner filling for kindness to hands and wrists. Complete with hanging straps. 3'6" high

**B321**





# ACCESSORIES



## ELECTRONIC GYM TIMER

This gym timer features adaptable parameters, extra loud sound, large visibility display and touch buttons

B1177



## CLUB SPEED SKIP ROPE

Super soft nylon rope. Length: 2.7m

B325



## CLUB FOLDING WALL BRACKET

Solid construction powder coated box section wall hanging bracket which drops flat to the wall. Suitable for use with punch bags

B313





VINTAGE LEATHER ROPES  
WITH WOODEN HANDLE

The Lonsdale Vintage Leather Rope With Wooden Handle Gives an Old School Look. Constructed with durable leather with strong wooden handles. Ideal to help improve agility, speed and fitness. Suitable for use at home or Gym.9ft

B1469



VINTAGE LEATHER ROPES  
WITH METAL HANDLE

The Lonsdale Vintage Leather Rope With Metal Handle Gives an Old School Look. Constructed with durable leather with strong metal handles. Ideal to help improve agility, speed and fitness. Suitable for use at home or Gym.9ft

B1470



G-CORE GLOVE HANDWRAP

Lonsdale G core wrap The ultimate in hand protection offering extra protection to a standard hand wrap. Comes with a 2.5 M hand wrap attached. Ideal for all levels of boxing

SMALL/MEDIUM | LARGE/X LARGE  
B1474



STANDARD STRETCH HAND  
WRAP

Helps to protect your hands and wrist during training and contests. Constructed with highest quality stretch material. Equipped with a thumb loop

3.5M  
B1471

4.5M  
B1472

JUNIOR 2.5M  
B1491



STRETCH/MEXICAN HAND  
WRAP 4.5M

Helps to protect your hands and wrist during training and contests. Constructed with highest quality stretch material. Equipped with a thumb loop

BLACK | BLACK/WHITE  
B1473

TRADITIONAL  
HERRINGBONE HAND  
WRAP 4.5M

Helps to protect your hands and wrist during training and contests. Constructed with highest quality stretch material. Equipped with a thumb loop

B1475





G-CORE KNUCKLE PROTECTOR

The Lonsdale G-CORE Knuckle Protector 26286 Protects your knuckles while training. Convenient easy on easy off style. Ideal for all levels of boxing

B1476



CORNER PADS (SET OF 4)

The Lonsdale Corner Pads Developed to fit most Amateur and Professional rings. Constructed from high quality PU material. A Complete set of 4 pads (2 white, 1 red and 1 blue)

B1477



SPORTS TAPE ROLL

Specially designed professional tape with perforated easy tear edging. This high quality tape offers excellent adhesive qualities with the flexibility and texture required for professional hand and glove wrapping

PLAIN 1.25CM X 13.7M

B1508

BRANDED 2.5CM X 13.7M

B1509

Lonsdale 2.5cm x 13.7m Sports Tape Roll

BRANDED 5CM X 13.7M

B1511





CLUB TEAM HOLDALL WITH WHEELS

Lonsdale Club Team Holdall With Wheels

B1494



ELITE ADJUSTABLE SPEEDBALL PLATFORM

Features a unique 10 positional system with numeric indicators for quick, safe, and easy height adjustments over 225mm. This speedball platform is made in Britain and ideal for any boxing club, commercial facility, or home gym. Constructed using 100x50x3 flat sided oval steel, with a 6mm laser cut supporting plate, 30mm thick birch plywood board and a dual bearing swivel to ensure the platform remains stable during use and to also provide a perfect rebound from the speedball. This product is secured to a solid wall/surface with 5 fixing points

B1563



SNAP HOOK SILVER - 10MM

Ideal way of quickly fixing all kinds of boxing equipment whether it's boxing punchbags of boxing floor to ceiling balls

B1478



HD CEILING HOOK WITH SWIVEL PB HANGER

The Lonsdale Ceiling Hook With Swivel. Constructed from highest quality steel with chrome finish. comes with all fixings

B1479



HEAVY DUTY BAG CHAIN SILVER 4 HOOK

The Lonsdale Industrial Bag Chain. Perfect for hanging bags up to approximately 70kg. Constructed from highest quality thick steel with chrome finish. Has a reinforced swivel for extra support and to stop the chain from tangling together

B1480

INDUSTRIAL HEAVY DUTY BAG CHAIN 4 HOOK

The Lonsdale Industrial Bag Chain. Perfect for hanging bags up to approximately 70kg. Constructed from highest quality thick steel with chrome finish. Has a reinforced swivel for extra support and to stop the chain from tangling together

B1487





**SPARE BEARING SWIVEL**

Perfect to be attached to any speed ball platform. Constructed with highest quality steel with chrome finish. Ideal for home or gym use. Comes with a safety clip

**B1481**



**UNIVERSAL BAG HOOK WITH SWIVEL**

The Lonsdale Universal Bag Swivel With Hook Perfect link between chain and bracket or stand, reduces wear of bag straps and ensures that the bag rotates when in use. Constructed from highest quality thick steel with chrome finish. Ideal for home or gym use

**B1482**



**TRADITIONAL END SWELL IRON**

The Lonsdale Traditional No Swell Iron Developed to be used at Amateur and Professional levels. Constructed from high quality steel. Helps reduce swelling, keep cold with ice during rounds

**B1483**



**INDUSTRAIL HD BAG CHAIN SILVER 6 HOOK**

Perfect for hanging bags up to approximately 70kg. Constructed from highest quality thick steel with chrome finish. Has a reinforced swivel for extra support and to stop the chain from tangling together

**B1484**





**3 MIN PRO GYM CLOCK**

The Lonsdale Pro Gym Clock Timer A must have product for any gym or fitness club. Timer counts 3 minutes and 1 minute rest. Now with LED Indicator. Has a extra load buzzer so it can be heard in a busy environment

**B1485**



**2 MIN AMATEUR CLOCK**

The Lonsdale Amateur Gym Clock Timer A must have product for any gym or fitness club. Timer counts 2 minutes and 1 minute rest. Now with LED indicator. Has a extra load buzzer so it can be heard in a busy environment

**B1486**







POWER BANDS

Made from natural rubber. Used for a broad range of exercises. Safely increase the intensity of a workout without adding additional weights to a bar. Use with or without weights. Colours represent a different resistance: Black – Heavy, Green – Medium & Yellow – Light

H2482





CORE BAG

Lonsdale core bags are ideal for strength and power endurance training and are supplied pre-filled. They are suitable for use indoors or outdoors and come fitted with heavy duty straps. Available in 5 weights.

5KG  
H1245

20KG  
H1088

10KG  
H1086

25KG  
H1089

15KG  
H1087

CORE BAG RACK

The Stand neatly holds 5 sandbags and can be lined up horizontally. Solid metal construction

B1506

CORE BAGS & RACK PACK

- Contents:
- 1 x 5kg core bag
  - 1 x 10kg core bag
  - 1 x 15kg core bag
  - 1 x 20kg core bag
  - 1 x 25kg core bag
  - 1 x core bag rack

B1507



MEDICINE BALL

Develop your strength, speed and explosiveness. Ideal for fitness, physiotherapy and personal trainers. Durable dimpled grip. Available in 10 weights

1KG  
H2468

6KG  
H2473

2KG  
H2469

7KG  
H2474

3KG  
H2470

8KG  
H2475

4KG  
H2471

9KG  
H2476

5KG  
H2472

10KG  
H2477





HEX DUMBBELL

Hexagonal shape means when placing your weight down during exercises they do not roll away. Knurled Grip Handles. Durable Rubber construction. Sold per weight. Available in 16 weights

2KG H2441	12.5KG H2449
4KG H2442	15KG H2450
5KG H2443	17.5KG H2451
6KG H2444	20KG H2452
7KG H2445	22.5KG H2453
8KG H2446	25KG H2454
9KG H2447	27.5KG H2455
10KG H2448	30KG H2456



HEX DUMBBELL RACK  
2-10KG

Solid space saving A-Frame rack. Non-slip rubber feet with nylon guards covering the dumbbell rests. Suitable for storing 10 pairs of rubber hex dumbbells

H2485



PLEASE NOTE RACK IS ONLY  
SUITABLE FOR 2-10KG WEIGHTS

BATTLE ROPE

The Lonsdale battle rope with its anti-slip grip technology is perfect for cardio training, improving your endurance of shoulders, back, arms, increasing reaction time and metabolic rate. Extremely easy to set up - just wrap it around something and get to work! Available in 2 sizes

9M  
H2478

12M  
H2479



BATTLE ROPE STORAGE RACK

It fastens to any secure wall with 4 bolts and provides a great storage solution for your battle ropes so that you are not left with an unravelling mess the time you come to train.

H2480



BATTLE ROPE SUSPENSION FRAME

The durable, heavy duty frame can be mounted vertically and horizontally into a variety of surfaces including walls, floors, overhead beams and studs

H2481





NEOPRENE KETTLEBELL

Excellent for core stability. Neoprene cover helps to protect your floor. Colour coded for easier weight identification. Available in 10 weights

4KG H2486	10KG H2489	20KG H2492	32KG H2495
5KG H2487	12KG H2490	24KG H2493	
8KG H2488	16KG H2491	28KG H2494	



NEOPRENE DUMBBELL

Perfect for Aerobic, Toning and Strengthening workouts. The neoprene cover helps to protect your floor. Colour coded for easier weight identification. Available in 10 weights

1KG H2457	6KG H2462
2KG H2458	7KG H2463
3KG H2459	8KG H2464
4KG H2460	9KG H2465
5KG H2461	10KG H2466





**LONSDALE**