

# Premium Grade.

Same as High-End Commercial Gym





UNIVERSAL MASSAGE ROLLER 1,190.-

DEEP TISSUE THERAPY ROLLER

Ergonomic shape helps relieve tensions, aches and reduces recovery time in hard to reach areas, while its distinct texture stimulates circulation and increases mobility.a

- Ergonomic design relieves joint and muscle tension from head-to-toe to help reduce chances of injury and recovery times
- Unique shape and size allows you to target hard to reach muscles such as the neck and the back
- Distinct texture stimulates circulation and increases mobility aiding recovery
- Portable & easy to use
- Water resistant and easy to clean





#### **FOOT MASSAGE BALL**

2.5" DEEP TISSUE THERAPY BALL

Designed to increase foot and ankle mobility, with a unique texture to help stimulate circulation. The 2.5-inch Foot Massage Ball is the ideal size to relieve aches and pains and target small muscle groups.

- Designed to relieve minor aches and pains associated with the foot
- Distinct texture stimulates circulation and increases mobility, aiding recovery
- 2.5" ball is ideal for targeting small muscles through deep tissue compression massage
- · Portable and easy to use
- · Water resistant and easy to clean



- Distinct texture stimulates circulation and relieves pain associated with tension
- 5" ball ideal for targeting large muscles through deep tissue compression massage
- Firm durometer creates optimal pressure to break up knots and restore mobility
- Portable and easy to use
- Water resistant and easy to clean



With a unique texture that helps

stimulate circulation, provide tension release and break up knots, the Targeted Massage Ball is an essential tool for total body health.







Help sore muscles recover faster by releasing tension and soreness. This lightweight Travel Massage Bar fits in almost any bag for recovery on the go.



- Provides massage therapy to help sore muscles recover faster
- Lightweight and fits easily into almost any bag
- Ergonomically designed handles for maximum comfort
- Unique rod and ball bearing system for a smooth and consistent feel
- · Aeration lines promote better circulation and hydrate muscles
- Durable material that is built to last



#### MASSAGE BAR 1,590.-

SOFT-TISSUE MASSAGE TOOL



Designed with a mountain bike-inspired handgrip, the Massage Bar gives a more comfortable and effective massage that target muscles and aids in recovery.

19 inches

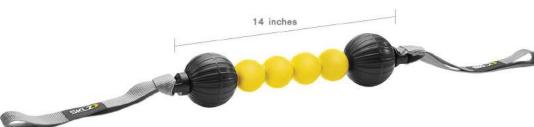




- Provides myofascial release therapy to get rid of knots and help sore muscles recover faster
- Unique ball bearing rollers for smoother skin contact, reduced pinching and pulling
- Roller grooves for more effective tissue massage
- Use before and after training to increase blood flow and speed up muscle recovery







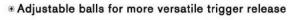
## MASSAGE ROLLER 1,390.-

ADJUSTABLE MASSAGE ROLLER



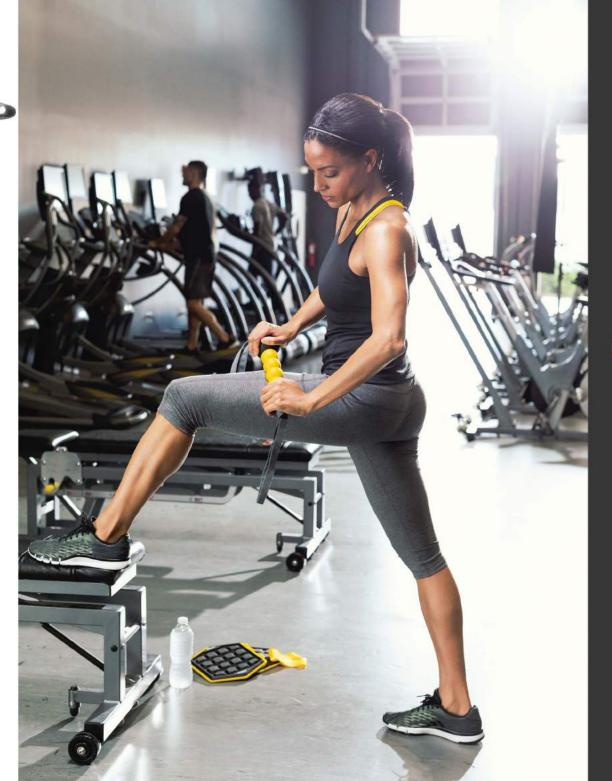
If there's one pre- and post-activity tool you need in your bag, it's the AccuRoller.





- Helps increase muscle flexibility, oxygenation and strength
- Designed for head-to-toe massaging and stretching
- Durable nylon straps can be used as handles or for stretching straps





## ACCUSTICK 990.-

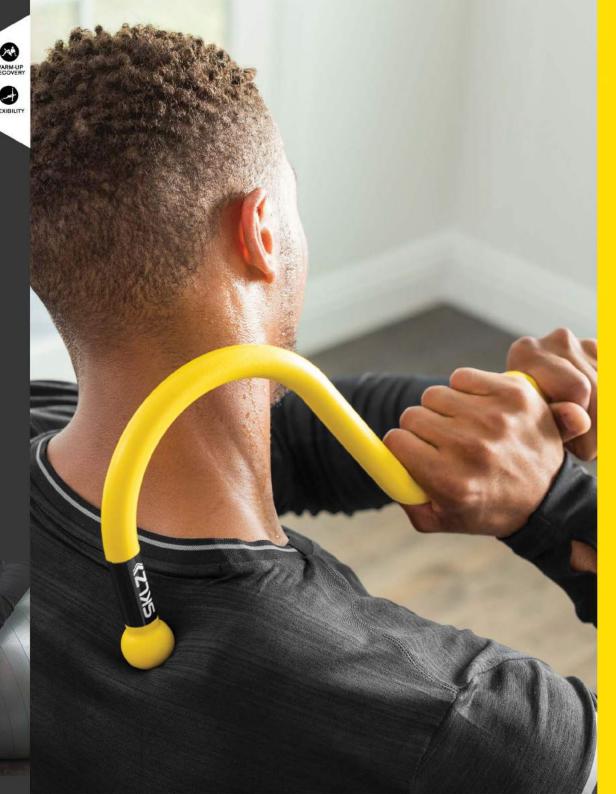
TENSION RELIEF MASSAGE TOOL



Curves, corners and points designed to massage muscles and release trigger points. AccuStick's unique shape provides leverage to release hard to reach knots.

- Recover faster with massage and trigger point release
- \* Target all muscle groups with curves, corners and points
- Lightweight and portable to use anywhere you train or play





#### **MINI BAND**

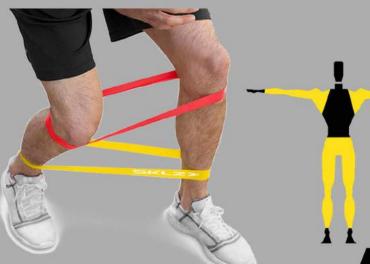
MINI-RESISTANCE TRAINING BAND SET

Mini Bands are built to enhance your strength and endurance levels. Just strap these bands around your arms or legs for effective resistance training, including lateral leg extensions and shoulder stabilization exercises.



Constructed from high quality, durable latex

- \* Effective and versatile training tool that can be used anywhere
- Scannable codes for easy mobile access to online exercise videos
- \* Kit includes 3 resistance bands and instructional booklet
- \* Use for upper and lower body resistance training - ideal for lateral movement and shoulder stabilization exercises as well as leg extensions











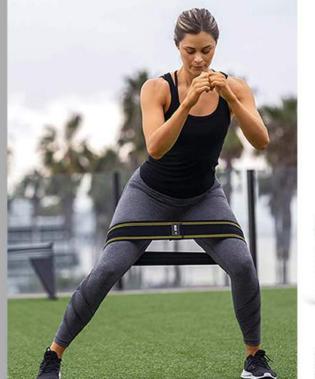
MEDIUM (10 PACK) - Red



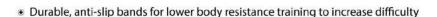
HEAVY (10 PACK) - Black







#### PRO KNIT HIP BAND 890.-STRONG, DURABLE FABRIC AVAILABLE RESISTANCE



- Comfortable fabric that stays in place during training and won't pinch or pull skin
- Can be used to add resistance during warmup and stretching
- ® Strong, durable fabric available in light, medium and heavy resistances
- Portable size, machine washable and easy to clean
- Bands measure 4'x13'



#### ANTI-SLIP BANDS

Used for lower body resistance training to increase difficulty



Stays in place during training and won't pinch or pull skin







ADD RESISTANCE Typically worn around the ankles for longer stride movements



Strong, durable fabric available in light, medium, and heavy resistance



#### ANTI-SLIP BANDS

Used for upper and lower body resistance training to increase difficulty



#### PRO KNIT MINI BAND

STRONG, DURABLE FABRIC AVAILABLE RESISTANCE

 Durable, anti-slip bands for lower body resistance training to increase difficulty

- Comfortable fabric that stays in place during training and won't pinch or pull skin
- Can be used to add resistance during warmup and stretching
- Strong, durable fabric available in light, medium and heavy resistances
- Portable size, machine washable and easy to clean
- ⊕ Bands measure 2.5"x13"













Extra Light 10-20lb

Medium

50-60lb







Resistance Range 20-40 LB

Resistance Range 40-80 LB

Light

At its core, all exercise involves resistance. The Pro Bands give you all the benefits of resistance-increased strength, flexibility and stamina-in a portable size. Use them to warm-up muscles and prime joints, for strength and flexibility training and to help increase lateral speed and forward acceleration.



- \* Use to add tension to common exercises such as push-ups and squats
- Develop lateral speed and forward acceleration.
- \* Build upper & lower body strength safely & effectively
- \* Improve flexibility and recovery with restorative exercises
- \* Designed for heavy-duty use at home or in commercial facilities













#### COREWHEELS

DYNAMIC CORE STRENGTH TRAINER

Blast your core and max your flexibility with this dynamic core strength trainer.



- Enhance traditional plank and push-up exercises
- Develop pillar strength (shoulders, torso and hips) through a variety of exercises
- Wheels on each side move together for safety and ground control
- Lightweight and portable ergonomic foam handles

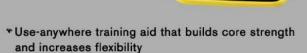


#### SLIDEZ

The core stability discs built to slide on virtually any surface.



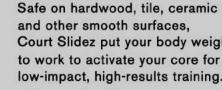


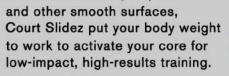


- \* Integrated fasteners clip together for bilateral training
- \*Unique shape reinforces omnidirectional movement
- \* Large surface area with ergonomic tread provides a comfortable, non-slip grip for hands and feet

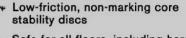
#### COURT SLIDEZ 1,390.-











- · Safe for all floors, including hardwood, tile and courts
- · Amplifies body weight exercises to activate your core and shoulders
- · Use to help increase strength and flexibility
- · Unique shape designed to reinforce functional movement







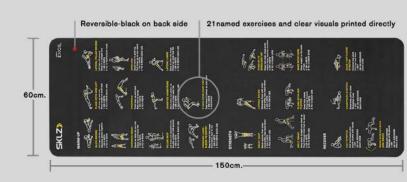




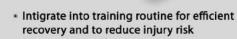
## TRAINER MAT

1,590.-

Illustrates the muscles being targeted and provides a more efficient full-body workout.



- \* Shows muscles being targeted to help improve your performance
- \* Layer exercises together for a proven full-body fitness program
- \* Patented program created by EXOS, the leader in human performance
- \* 24x72"x4.5mm thick premium mat material



- \* Easy-clean surface
- Designed by professional trainers



CONDITIONING TRAINER





An easy-to-use jump rope for adding intensity to cardiovascular training. Perfect for improving footwork, sharpening agility and amping up speed

SPEED ROPE 990.-

SPEED AND CONDITIONING TRAINER

Low-kink coated cord-

\* Exceptional value, durable jump rope

Ergonomic, padded grips

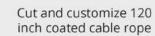
- · Great tool for improving coordination, footwork and quickness
- Adjustable rope length
- Center-mounted swivel









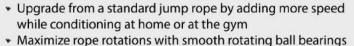




6 inch premium rubber coated lightweight handle for easy grip







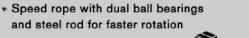
SPEED ROPE PRO 1,090.-

SPEED AND CONDITIONING TRAINER

- great for double unders and footwork training
- Comfortable, ergonomic handle designed to help eliminate forearm fatigue by reducing the need to grip the handles too tight
- Cut and customize 120" coated cable rope to desired length for most heights
- Designed for easy grip with 6" premium rubber coated lightweight handle
- Low-kink cable provides durability for season of use







Right-Angle cord

Enjoy the smooth rotation of the steel rod and ball bearing

system, slim profile ergonomic handles and a coated rope

Coated low-kink cord

Sheathed for ultra durability

mounted at a wrist-saving 90-degree angleV

\* Precision tuned for accurate spin





-Ergonomic handles

Cord length adjustment screw





#### TRAINING ROPE PRO [ 20]

STRENGTH AND ENDURNCE TRAINER









Put a better battling rope in your hands. The 40' Training Rope Pro is designed to provide the feedback waves that develop strength, power and endurance

- Builds strength, power, endurance, balance and muscle control
- Comes in 40' for optimal performance
- Sheathed for ultra durability
- Adjustable belt fits most athletes
- · Rugged handles prevent fraying and protect hands
- Designed to establish feedback of correct wave patterns





Durable weight bag with handle for long lasting use

and versatility

#### **SUPER SANDBAG**

HEAVY-DUTY TRAINING BAG

3,190.-

Develop power and explosiveness and build strength throughout body

- \* Develop power and explosiveness
- · Great for strength building throughout body
- Maximum weight of 40 lbs
- \* Durable outer shells for long lasting use
- Four weight bags included must be filled with a high density material, like sand





6 easy grip handles

Durable material





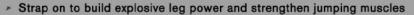
HOPZ

**VERTICAL JUMP TRAINER** 



With a new, adjustable belt and patented Slide-Lock technology, HOPZ increases explosive leg power and strengthens muscles for higher vertical jump.





- Move resistance cables on belt to target specific muscles
- \* Change resistance cable quickly with patented Slide-Lock on belt and ankle straps
- \* Adjustable belt with side padding fits better and helps with proper cable placement
- \* Durable cables and ankle straps with built-in shoe harness keeps





#### LATERAL RESISTOR PRO 1,490.

STRENGTH AND SPEED TRAINER











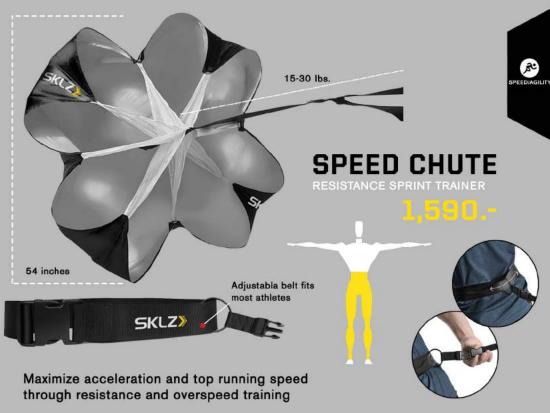


- Strengthens key muscles for fluid movement and proper body positioning
- Patented Slide-Lock system for quick, safe switching of resistance cables
- Includes three different resistant cables: light, medium and heavy
- Padded, adjustable ankle cuffs for comfortable fit





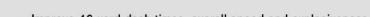




- Maximize acceleration and top running speed through resistance and overspeed training
- 360° rotation belt with free motion ring allows for movement in any direction
- Quick-release belt buckle allows training with acceleration bursts
- Adjustable belt fits most athletes
- Built-in mesh panels keep strings from tangling and helps stabilize the chute during training
- ➢ Provides approximately 15-30 lbs of resistance with its 54" diameter



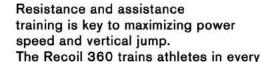




- \* Strengthen lower-body muscle groups
- \* Adjust weight options for variable weight resistance
- Includes 3 durable weight bags that can each be filled with up to 10 lbs of sand (30 lbs total)
- \* Adjustable leash length to accommodate athletes of any size







direction, with or without a partner



- Maximize power, speed and vertical jump
- \* Engineered with a "free floating" ring for 360 degrees of movement
- Designed for solo use or for training with a partner
- \* Features a comfortable, durable belt





## **ACCELERATION** TRAINER 3,190.-

DYNAMIC OVERLOAD AND RELEASE SYSTEM





- Add the speed that adds up to victories
- \* Build new speed, power from the start, during acceleration and at the top-end
- Use the dynamic load and release method prowen in research





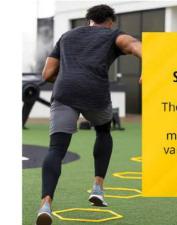


#### AGILITY CONES 990.-

Multiple high-visibility colors for marking training areas, setting up drills, and much more.

- Multiple high-visibility colors for marking training areas
- 2-inches tall
- Durable, will not break when stepped on
- ✗ Includes 20 cones 5 each: yellow, black, white, orange
- Carry rack for easy transport and storage

CONES IN 4 COLORS 20



#### SIX HEXAGONAL RINGS

The hexagonal shaped rings and easy-connect clips make it customizable for a variety of training patterns.

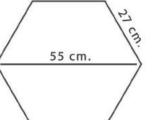


## **SPEED WEB 1,790.-**

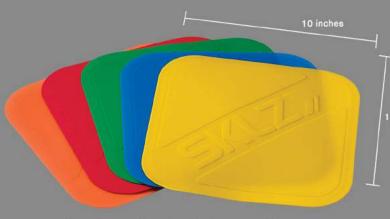
CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

The Speed Web was designed to improve footwork, agility, and explosive movements with six customizable hexagonal rings. Configure the web in a variety of speed ladder patterns, or hurdles with easy to connect clips.

- Improve footwork, agility and explosive movement in game like patterns
- Hexagonal rings with easy connect clips for customizable training layouts
- Rings can be used as a speed ladder or stand up together to create a hurdle
- Durable build to use on any surface, including grass, turf and tracks
- Set includes 6 hexagonal rings and 4 connect clips







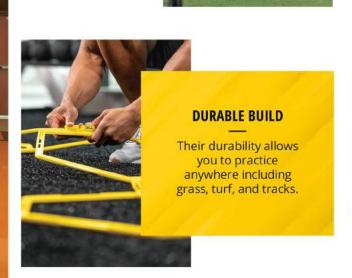
 Build footwork and explosiveness with non-slip, multi-surface markers

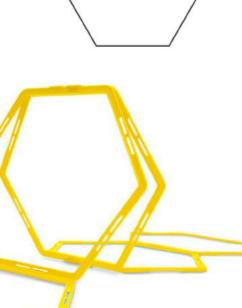
- Five colors for use in reactive agility and change-of-directions drills to build quickness
- Low-profile, non-slip design that won't interfere with footwork or ball movement



Improve 40-yard dash times, overall speed, and explosiveness

- Great for the hardwood, outdoor courts or most any basketball surface
- Includes convenient carry bag with drawstring and made from a dishwasher-safe material for cleaning
- Comes in a set of 5









- Improves reaction time and rapid decision making by combining mental and physical training
- Includes online exclusive programming and content designed by certified trainers
- Develops Athletic Intelligence™ by increasing hand-eye coordination and the ability to read and react
- Use for pregame warmup and game-like scenarios in solo or team training
- thletes of all skill levels can use to train the brain and body to be ready for almost any sport
- Three-pointed design features rounded ends and center for more ergonomic catching and throwing
- Simple and fun to use, toss in the air and call out a color to catch
- Athletic Intelligence products are designed to develop specific skill sets and can be combined in drills
- to customize training

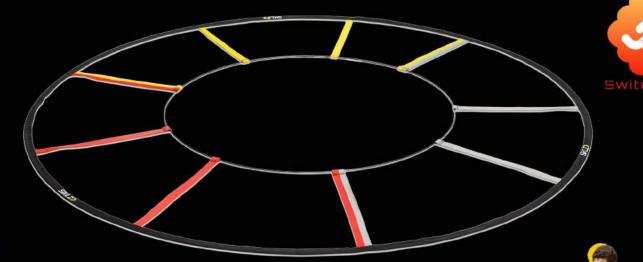








The Reactive Agility Ladder uses color and audible cues to engage the brain and body during training to develop Athletic Intelligence and improve reaction time and speed through rapid decision making. With included online exclusive programming and content designed by certified trainers, athletes can take training to the next level. Utilize the eight cones and ladder for endless training sequences including speed gates or marking drills.









- Improves acceleration, lateral speed, change of direction and reaction time by combining mental and physical training
- Includes exclusive online programming and content designed by certified trainers
- Circular shape helps train footwork and agility patterns in all directions for almost any sport or skill level
- Includes eight cones in four different colors to enhance random response and memory sequencing patterns
- Ladder and cones combined can be set in endless training sequences including speed gates or marking training drills
- Designed to work on any surface including grass, turf, court, track, and concrete
- Sets up and folds down instantly with an included carry bag for portability
- Athletic Intelligence products are designed to develop specific skill sets and can be combined in drills to customize training.
- For more versatile training use with the SwitchedOn training app.



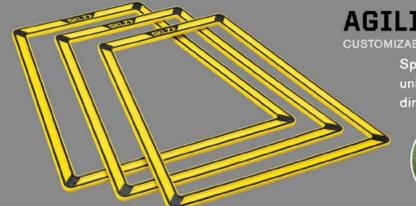












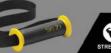
#### AGILITY TRAINER PRO **3180**

CUSTOMIZABLE FOOTWORK AND AGILITY TRAINER

Sports aren't played in a straight line. The Agility Trainer Pro's unique trapezoid design builds footwork and speed in all directions and game-like patterns.

- Train footwork and agility patterns in game-like situations
- Designed for curvilinear and customizable training patterns
- Cut your reaction time while adding speed in all directions
- Durable and built to use on any surface, including grass, tracks and courts
- Comes in a set of 10 with a carry handle

FOOTWORK AND AGILITY TRAINING HURDL





**6X HURDLES** 

#### **SPEED HURDLE PRO**

The Speed Hurdle Pro's low-profile design and one-click height adjustment means less tripping and more pushing to to new levels of performance.



\* Elevate speed and agility training with flexible, multi-height hurdles -Set of 6-

Easy1 button adjustment

One button, quick-adjusting heights for varying training drills

\*Folds down for easy storage in convenient carrying case

\*Choose from 6-, 9- or 12-inch settings to add or decrease intensity

\* Highly durable, stable and bounces back instantly when stepped on



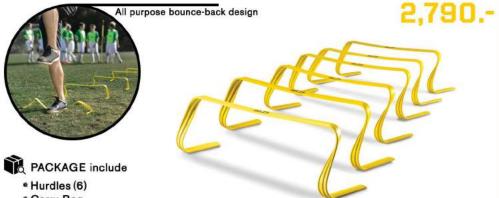
Flexible, bouce back material







- Carry Bag
- Usage guide



Use for multidirectional plyometric drills

Bounce-back constuction returns to its original shape when stepped on 20.5" Width x 6" Height 52cm Width x 15cm Height



Includes six 6-inch hurdles

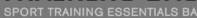
- → Bounce-back construction
- \*Superior, one-piece twist design
- \*Lightweight, durable and easy to store

. Highly durable, multi-directional speed, agility and plyometric hurdles



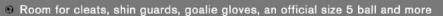
# TRAINING BAG 2,450.SPORT TRAINING ESSENTIALS BAG

SKLID









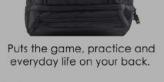
- Expanding, ventilated pockets for storing sweat-soaked gear
- Built to last multiple seasons
- Bag measures approximately 18" x 15" x 3"



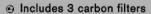
SPORT TRAINING ESSENTIALS BAGT







- ⊕ C6 technology eliminates unwanted odors
- Holds all necessary gear for your training and school
- 3 C6 vented compartment, plus a fleece lined pocket for valuables
- ⊕ Pullout mesh netting for carrying your ball
- ⊕ Eliminate unwanted odor from clothing and shoes



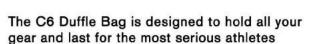




### C6 DUFFLE BAG 4,590.-

ODOR-ELIMINATING TRANING BAG





- ⊕ C6 Technology keeps duffle bag and clothes smelling clean
- ⊕ Strong, durable fabrics prevent tears
- @ Padded shoulder strap and handles allow for bag to be carried by hand or over the shoulder
- ⊕ Multiple sections allow athlete to keep bag organized
- ⊕ Comes with a 3-pack of C6 filters















⊕www.bestelixir.com
Galler
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