

FITNESS FLOWSHEET



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Strength Training

Strength training may be undertaken for a variety of reasons but ultimately the goal is to increase strength and muscle mass and improve stamina

Standard 20mm



Cushioning ★★
Stability ★★ ★
Wear resistance ★★ ★

Standard 25mm



Cushioning ★★
Stability ★★ ★ ★
Wear resistance ★★ ★



Functional Training

Functional training is a type of physical exercise that trains the body for activities that are performed in everyday life.

Standard 15mm



Cushioning ★★
Stability ★★ ★
Wear resistance ★★ ★

Standard 20mm



Cushioning ★★
Stability ★★ ★ ★
Wear resistance ★★ ★



High Intensity

High intensity fitness combines weightlifting, athletics and gymnastics. High intensity fitness is based on the premise that if you focus purely on just one of these three aspects the way in which your body develops will be limited.

Heavy Duty 50mm



Cushioning ★★ ★ ★
Stability ★★ ★ ★
Wear resistance ★★ ★ ★

Heavy Duty 40mm



Cushioning ★★ ★ ★
Stability ★★ ★ ★
Wear resistance ★★ ★ ★



Weightlifting

Weightlifting is a sport that tests physical strength. Those who practise the sport attempt to lift heavy weights (dumb bells) from ground level to above their heads.

Heavy Duty 40mm



Cushioning ★★ ★ ★
Stability ★★ ★ ★
Wear resistance ★★ ★ ★



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