



Functional Fitness Specialists

# 2014/15 **BROCHURE**

GLOBAL SUPPLIERS  
[WWW.JORDANFITNESS.CO.UK](http://WWW.JORDANFITNESS.CO.UK)





# THANK YOU

A big thank you to all of our customers, old and new,  
for supporting Jordan Fitness for the last 25 years.  
We couldn't have done it without you.  
Here's to the next 25 years...

## HOW TO CONTACT

Jordan Fitness: [www.jordanfitness.co.uk](http://www.jordanfitness.co.uk)

RBT: [www.jordanrbt.com](http://www.jordanrbt.com)

Resources: [www.jordanfitnessresources.co.uk](http://www.jordanfitnessresources.co.uk)

Phone: +44 (0)1553 763285

Fax: +44 (0)1553 768685

Email: [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)

## HOW TO ORDER

It's simple to order products from the Jordan Brochure, simply call one of our Sales Team today at **+44 (0)1553 763285** or email [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk) to complete your order. Alternatively visit [www.jordanfitness.co.uk](http://www.jordanfitness.co.uk)



## ITEM KEY



### BRAND NEW / UPDATED ITEM

All products that use this sticker are new or have an updated design for this brochure.



### BSI & SATRA APPROVED

All products showing these specifically approved logos have been tested to British Standards and Satra Standards.



### BEST SELLING ITEM

Attached to the best selling products  
- These are essential items!



### STAFF CHOICE ITEM

All products that feature this sticker have been recommended by the Jordan Team.



DESIGN



MANUFACTURE



DISTRIBUTION



EDUCATION

#### MEMBERS



#### SOCIAL MEDIA



#### EXCLUSIVE SUPPLIERS





**1984**  
Neil Jordan opens first health club - manufacturing many items himself.

**1986-88**  
On a consultancy basis, Neil helped with the design, build & renovation of several health clubs.

**1989**  
First fitness equipment sales under the Jordan Fitness name and first office opens in Cambridgeshire.

**1994**  
Warehousing and Service centre opens in Heathrow.

**1996**  
First Central London office opens.

## TIME LINE

# WELCOME TO JORDAN FITNESS



### SETTING THE BENCHMARK OF EXCELLENCE.

Jordan Fitness are recognised as a global leader in Functional Fitness and aim to continuously improve their customer's experience. Throughout 2014 we are celebrating a milestone 25th year of fitness innovation. We are one of the industry's leading Functional Fitness Specialists - designing, manufacturing and supplying premium grade functional equipment and are the preferred supplier to a wide range of fitness facilities. Our vast experience has enabled us to produce a range of premium quality products, giving our customers both amazing innovations and incredible value. We work hard to understand how best to fulfil our ambitions and give our customers the best experience we can.

### COMPREHENSIVE PRODUCT RANGE.

Our ever-growing range now includes some of the most functional brands around such as, Lifeline® USA, Per4m™, Rejuvenation™, Natural Fitness™, Loumet Fitness™ and our own range of Jordan branded products including the new exciting Ignite® range.

### PRIDE IN OUR PERFORMANCE.

We have decades of technical product innovation and constant dedication to design and innovation. All Jordan Fitness products are designed, tested and refined in the UK and manufactured to our own specifications following thorough product development and market research. We place close attention to quality control and pricing. We are able to keep prices competitive as we manufacture in large quantities while keeping overheads to a minimum.

### LEADING FUNCTIONAL FITNESS SUPPLIERS IN EUROPE.

We supply to independent facilities, national chains, sports teams/organisations, equipment resellers as well as trade and retail customers. Our recent growth has seen our experienced team grow from 15 to 35 full time staff, who are all based at our new headquarters in Norfolk.

### STOCK AND DISTRIBUTION.

We hold high levels of stock at our 94,000 square foot warehouses and also offer the opportunity to ship consignments direct from any of our manufacturing facilities around the world. By keeping our overheads low, stock levels high and continually investing in new and more efficient systems we have become one of the largest companies in our field.





**1997**

First real focus on Free Weights, Functional equipment and Flooring.

**2000**

Jordan Fitness now employ 7 members of full time staff.

**2005**

One of the first companies in Europe to sell Kettlebells on a mass scale.

**2010**

Jordan Fitness acquires Juice Performance and launch the Jordan Fitness Training Academy.

**2013**

Offices move to new HQ in Kings Lynn. Expanding our warehousing space to 94,000 square feet.

**2014**

Jordan Fitness celebrate 25 years in the Fitness Industry and now employ 35 members of full time staff.

# FUNCTIONAL FITNESS SPECIALISTS

## **JORDAN TRAINING ACADEMY.**

The Jordan Training Academy continues to go from strength to strength, combining our high quality equipment and industry leading education. Our 8 step Results Based Training (RBT) system can guide you through the three key stages of enhancing your facilities potential - we "evaluate" the look and feel of the facility using appropriate equipment and layout; we "enhance" the customer experience using in-club imagery and promotional materials; finally we "engage" with staff and users by addressing training needs through REPs accredited courses. Our key customers range from individual facilities to multi-national chains, recreational athletes to elite sports teams, personal trainers to group exercise instructors and anyone inbetween.

Looking at the history of Jordan Fitness over the last 25 years tells a fascinating story. From humble beginnings we've evolved into a worldwide fitness brand and market leader in functional fitness. Our new Ignite® range epitomises our core values in terms of quality, durability and value for money, but also gives a glimpse of the future in terms of innovation.

**Zak Pitt, Sales Director**



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## SECTION 1

# FREE WEIGHTS



Jordan Fitness are our supplier of choice when it comes to functional fitness equipment. Our custom branded “Ripped Gym” dumbbells are the latest Jordan addition to our gym and they look great! We have had a great experience with Jordan Fitness in the past, their team were really helpful and knowledgeable and we will definitely be using them for future projects!



Alper Kani, Director  
- Ripped Gym Basildon  
[www.rippedgymbasildon.co.uk](http://www.rippedgymbasildon.co.uk)





FIND THE URETHANE  
DUMBBELL ON [PAGE 12](#)



# DUMBBELLS

The range of Jordan Dumbbells continues to evolve. From our stylish new Ignite® range through to our ever popular Classic Dumbbell, we have something to suit every facility and budget.

## WHY IGNITE®?

- Unique and Stylish - compact one piece design
- Totally encapsulated - no end caps!
- Solid Steel - more durable and compact than other cast iron products on the market
- Raised number and braille weight identification
- Heat treated Brushed Steel handles
- Anti-Roll design - increased range of exercises and safety



To increase forearm and grip strength add **Fat Gripz** to your Free Weight order... **SEE PAGE 25**

COMMUNITY REGISTERED DESIGN



## JORDAN IGNITE® URETHANE DUMBBELLS

- Black with Red Face
- Premium Polyurethane coating
- Ideal for high use free weight areas
- 3 year warranty



## JORDAN IGNITE® URETHANE DUMBBELLS

### DUMBBELL SETS

<b>JT-IUD-P1</b>	2.5-25kg	2.5kg increments / 10 pairs
<b>JT-IUD-P2</b>	27.5-37.5kg	2.5kg increments / 5 pairs
<b>JT-IUD-P3</b>	40-50kg	2.5kg increments / 5 pairs
<b>JT-IUD-P4</b>	2.5-50kg	2.5kg increments / 20 pairs
<b>JT-IUD-P5</b>	2.5-30kg	2.5kg increments/12 pairs
<b>JT-IUD-P6</b>	1-10kg	1kg increments/10 pairs
<b>JT-IUD-P10</b>	1-10kg & Vertical Rack	1kg increments/10 pairs
<b>JT-IUD-P12</b>	2.5-25kg & 10 Pair Rack	2.5kg increments / 10 pairs
<b>JT-IUD-P13</b>	2.5-50kg & 2x 10 Pair Rack	2.5kg increments /10 pairs
<b>JT-IUD-P14</b>	2.5-30kg & 12 Pair Rack	2.5kg increments /12 pairs

COMMUNITY REGISTERED DESIGN



## JORDAN IGNITE® PREMIUM RUBBER DUMBBELLS

- Black Premium Rubber coating - More durable than standard Rubber Dumbbells
- 2 year warranty



## JORDAN IGNITE® PREMIUM RUBBER DUMBBELLS

### DUMBBELL SETS

<b>JT-IRD-P1</b>	2.5-25kg	2.5kg increments / 10 pairs
<b>JT-IRD-P2</b>	27.5-37.5kg	2.5kg increments / 5 pairs
<b>JT-IRD-P3</b>	40-50kg	2.5kg increments / 5 pairs
<b>JT-IRD-P4</b>	2.5-50kg	2.5kg increments / 20 pairs
<b>JT-IRD-P5</b>	2.5-30kg	2.5kg increments/12 pairs
<b>JT-IRD-P6</b>	52.5-62.5kg	2.5kg increments/5 pairs
<b>JT-IRD-P7</b>	12.5-35kg	2.5kg increments/10 pairs
<b>JT-IRD-P8</b>	1-10kg	1kg increments/10 pairs
<b>JT-IRD-P9</b>	1-10kg & Vertical Rack	1kg increments/10 pairs
<b>JT-IRD-P10</b>	2-20kg	2kg increments/10 pairs
<b>JT-IRD-P11</b>	2-10kg & Vertical Rack	2kg increments/10 pairs
<b>JT-IRD-P12</b>	2.5-25kg & 10 Pair Rack	2.5kg increments / 10 pairs
<b>JT-IRD-P13</b>	2.5-50kg & 2x 10 Pair Rack	2.5kg increments /10 pairs
<b>JT-IRD-P14</b>	2.5-30kg & 12 Pair Rack	2.5kg increments /12 pairs



**JORDAN URETHANE DUMBBELLS**

- New improved design
- Premium Polymer Polyurethane coating
- 1 Piece design - Eliminates end caps that can be dislodged through extreme use
- Solid steel core for ultimate durability
- Heat treated straight steel handles for maximum strength
- Extended 3 year warranty

**JORDAN URETHANE DUMBBELLS****DUMBBELL SETS**

<b>JLUD2-P1</b>	2.5-25kg	2.5kg increments/10 pairs
<b>JLUD2-P2</b>	27.5-37.5kg	2.5kg increments/5 pairs
<b>JLUD2-P3</b>	40-50kg	2.5kg Increments/5 pairs
<b>JLUD2-P4</b>	2.5-50kg	2.5kg increments/20 pairs
<b>JLUD2-P5</b>	2.5-30kg	2.5kg increments/12 pairs
<b>JLUD2-P6</b>	52.5-62.5kg	2.5kg increments/5 pairs
<b>JLUD2-P12</b>	2.5-25kg & 10 Pair Rack	2.5kg increments/10 pairs
<b>JLUD2-P13</b>	2.5-50kg & 2x 10 Pair Racks	2.5kg increments/20 pairs
<b>JLUD2-P14</b>	2.5-30kg & 10 Pair Rack	2.5kg increments/12 pairs

**INDIVIDUAL PAIRS ARE ALSO AVAILABLE****JORDAN R2 PREMIUM RUBBER DUMBBELLS**

- Enhanced rubber composite for increased durability
- Eye catching yellow/black design
- Brushed steel easy grip handle
- Extended 2 year warranty

**JORDAN R2 PREMIUM RUBBER DUMBBELLS****DUMBBELL SETS**

<b>JTFDSR2-P1</b>	2.5-25kg	2.5kg increments / 10 pairs
<b>JTFDSR2-P2</b>	27.5kg-37.5kg	2.5kg increments / 5 pairs
<b>JTFDSR2-P3</b>	40kg-50kg	2.5kg increments / 5 pairs
<b>JTFDSR2-P4</b>	2.5kg-50kg	2.5kg increments / 20 pairs
<b>JTFDSR2-P5</b>	2.5kg-30kg	2.5kg increments/12 pairs
<b>JTFDSR2-P6</b>	52.5kg-62.5kg	2.5kg increments/5 pairs
<b>JTFDSR2-P7</b>	65kg-75kg	2.5kg increments/ 5 pairs
<b>JTFDSR2-P8</b>	1kg-10kg	1kg increments/10 pairs
<b>JTFDSR2-P9</b>	1kg-10kg	1kg incs/10 pairs + Vertical Rack
<b>JTFDSR2-P10</b>	2kg-20kg	2kg increments/10 pairs
<b>JTFDSR2-P11</b>	2kg-20kg	2kg incs /10 pairs + Vertical Rack
<b>JTFDSR2-P12</b>	2.5kg-25kg	2.5kg incs / 10 pairs + 10 Pair Rack
<b>JTFDSR2-P13</b>	2.5kg-50kg	2.5kg incs / 20 pairs + 2x 10 Pair Rack
<b>JTFDSR2-P14</b>	2.5kg-30kg	2.5kg incs/12 pairs + 12 Pair Rack

**INDIVIDUAL PAIRS ARE ALSO AVAILABLE****JORDAN CLASSIC RUBBER SOLID END DUMBBELLS**

- Popular "Classic" Solid End Design
- Contoured Chrome Easy-Grip Handle
- Black Rubber Coating
- 1 year warranty

**CLASSIC RUBBER SOLID END DUMBBELLS****DUMBBELL SETS**

<b>JTFDSRN-1N</b>	2.5-25kg	2.5kg increments / 10 pairs
<b>JTFDSRN-2N</b>	27.5-37.5kg	2.5kg increments / 5 pairs
<b>JTFDSRN-3N</b>	40-50kg	2.5kg increments / 5 pairs
<b>JTFDSRN-4N</b>	2.5-50kg	2.5kg increments / 20 pairs
<b>JTFDSRN-5N</b>	2.5-30kg	2.5kg increments/12 pairs
<b>JTFDSRN-6N</b>	52.5-62.5kg	2.5kg increments/5 pairs
<b>JTFDSRN-8N</b>	12.5kg-35kg	2.5kg increments/10 pairs
<b>JTFDSRN-P1</b>	1 - 10kg	1kg increments / 10 pairs
<b>JTFDSRN-P2</b>	1kg-10kg	1kg incs/10 pairs + Vertical Rack
<b>JTFDSRN-P3</b>	2-20kg	2kg increments / 10 pairs
<b>JTFDSRN-P4</b>	2kg-20kg	2kg incs /10 pairs + Vertical Rack
<b>JTFDSRN-P5</b>	2.5kg-25kg	2.5kg incs / 10 pairs + 10 Pair Rack
<b>JTFDSRN-P6</b>	2.5kg-50kg	2.5kg incs / 20 pairs + 2x 10 Pair Rack
<b>JTFDSRN-P7</b>	2.5kg-30kg	2.5kg incs/12 pairs + 12 Pair Rack

**INDIVIDUAL PAIRS ARE ALSO AVAILABLE**



## DUMBBELLS CONTINUED

### JORDAN CAST DUMBBELLS

- Traditional "Multi-disc" design
- Stylish Polished Cast Iron Discs with Rubber End Plates
- Chrome comfort grip handles
- Aircraft-grade hex bolts help prevent loosening
- Can be supplied in any weight up to 150kg
- 1 Year Warranty



### JORDAN CAST DUMBBELLS

#### DUMBBELL SETS

<b>JTFDS01/P1</b>	2.5-25kg	2.5kg increments/10 pairs
<b>JTFDS01/P2</b>	27.5-37.5kg	2.5kg increments/5 pairs
<b>JTFDS01/P3</b>	40-50kg	2.5kg Increments/5 pairs
<b>JTFDS01/P4</b>	2.5-50kg	2.5kg increments/20 pairs
<b>JTFDS01/P6</b>	52.5-62.5kg	2.5kg increments/5 pairs
<b>JTFDS01/P7</b>	65-75kg	2.5kg increments/5 pairs
<b>JTFDS01/P8</b>	2.5-25kg	2.5kg incs/10 pairs + 10 Pair Rack
<b>JTFDS01/P9</b>	2.5-50kg	2.5kg incs/20 pairs + 10 Pair Rack

**INDIVIDUAL PAIRS ARE ALSO AVAILABLE**

### JORDAN CHROME DUMBBELLS

- Stylish chrome dumbbell
- Chip-proof finish
- Chrome comfort grip handles
- Pressed fitted ends
- Engraved weight identification
- 1 Year Warranty



### JORDAN CHROME DUMBBELLS

#### DUMBBELL SETS

<b>JTD-04-10</b>	1kg-10kg	Chrome dumbbells
<b>JTD-04/P2</b>	1kg-10kg	Chrome dumbbells + Rack
<b>JTD-04/P3</b>	2kg-20kg	Chrome dumbbells
<b>JTD-04/P4</b>	2kg-20kg	Chrome dumbbells + Rack

# JORDAN DUMBBELL RACKS

## JORDAN VERTICAL DUMBBELL RACKS

- Modern, space saving design
- Curved Oval Steel Frame
- Easy access for removal and return of dumbbells to the rack
- 2 sizes to fit all Jordan 1-10kg and 2-20kg dumbbell sets



## JORDAN DUMBBELL RACKS

### VERTICAL RACK

<b>JTDR-05-10</b>	1kg-10kg	H1570mm, L740mm, D600mmww
<b>JTDR-05-20</b>	2kg-20kg	H1570mm, L740mm, D600mm

\* DUMBBELLS NOT INCLUDED

## JORDAN TIERED DUMBBELL RACKS

- Heavy duty 2 & 3 tier design
- Silver oval frame
- Saddles for correct weight location
- Saddles prevent damage to dumbbells
- Ultra flexible design. These racks can be 'Daisy chained' together to provide one continuous rack
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



## JORDAN DUMBBELL RACKS

### 2 TIER RACKS

<b>JTDR-09N</b>	5 pair rack	H840mm, L1225mm, D530mm
<b>JTDR-08-10N</b>	10 pair rack	H840mm, L2450mm, D530mm
<b>JTDR-08-12N</b>	12 pair rack	H840mm, L2976mm, D530mm

\* DUMBBELLS NOT INCLUDED



All Jordan dumbbell racks feature rubber saddles to help prevent damage to dumbbells.



## JORDAN DUMBBELL RACKS

### 3 TIER RACKS

<b>JTDR-08-10N3</b>	10 pair rack	H890mm, L1800mm, D760mm
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\* DUMBBELLS NOT INCLUDED



# JORDAN BARBELLS

Fixed Barbells remain an essential part of any free weight area. Our latest range includes the new Ignite® barbells which are part of a family of products featuring Dumbbells and Discs



## JORDAN IGNITE® URETHANE BARBELLS

- Available in Black with Red face
- Unique and stylish anti-roll design
- Raised number & braille weight identification
- Totally encapsulated, no end caps
- Heat treated brushed steel handle
- 3 year warranty



## JORDAN IGNITE® URETHANE BARBELLS

### STRAIGHT BARS

**JT-IUBS-1N** 10 bars 10 - 45kg (5kg increments)

**JT-IUBS-2N** 10 bars + Oval Rack 10 - 45kg (5kg increments)

INDIVIDUAL BARBELLS ARE ALSO AVAILABLE

COMMUNITY REGISTERED DESIGN



## JORDAN IGNITE® PREMIUM RUBBER BARBELLS

- Unique and stylish anti-roll design
- Raised number & braille weight identification
- Totally encapsulated, no end caps
- Heat treated brushed steel handle
- Black rubber coating
- 2 year warranty



## JORDAN IGNITE® PREMIUM RUBBER BARBELLS

### A. STRAIGHT BARS

**JT-IRBS-1N** 10 bars 10 - 45kg (5kg increments)

**JT-IRBS-2N** 10 bars + Oval Rack 10 - 45kg (5kg increments)

### B. CURL BARS

**JT-IRBC-1N** 10 bars 10 - 45kg (5kg increments)

**JT-IRBC-2N** 10 bars + Oval Rack 10 - 45kg (5kg increments)

INDIVIDUAL BARBELLS ARE ALSO AVAILABLE



SCAN TO  
SEE THIS  
PRODUCT  
IN ACTION



Scan this QR Code to link through to the Jordan RBT Videos section of [www.jordanrft.com](http://www.jordanrft.com). Alternatively, you can view them all on our YouTube Channel.

Since opening my Personal Training Studio and starting fat loss bootcamps, using Jordan's Fitness equipment was the best choice I could of made. They not only have a vast array of equipment to choose from but the quality is also of a very high standard. Be it dumbbells, benches and barbells for your studio or gym, to chains, sleds, bands, medicine balls and much more for bootcamps. Possibly the best fitness equipment company that I have done business with.

Gavin Attorre, Personal Trainer

#### JORDAN CLASSIC SOLID END RUBBER BARBELLS

- Popular "Classic" Solid End Design
- Contoured Chrome Easy-Grip Handle
- Black Rubber Coating
- 1 year warranty



#### JORDAN SOLID END RUBBER BARBELLS

##### STRAIGHT BARS

**JTRBARSN-1N** 10 bars 10 - 45kg (5kg increments)

**JTRBARSN-2N** 10 bars + Oval Rack 10 - 45kg (5kg increments)

##### CURL BARS

**JTRBARCN-1N** 10 bars 10 - 45kg (5kg increments)

**JTRBARCN-2N** 10 bars + Oval Rack 10 - 45kg (5kg increments)

#### INDIVIDUAL BARBELLS ARE ALSO AVAILABLE

#### JORDAN BARBELL RACKS

- Racks for 10 bars and 5 bars
- Stable double or single sided designs
- Colour - silver
- Oval Frame
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



#### BARBELL RACKS

##### 5 BAR

**JTBR-07** Holds 5 bars H1460mm, L900mm, D670mm

##### 10 BAR

**JTBR-05** Holds 10 bars H1275mm, L875mm, D750mm

\* BARBELLS NOT INCLUDED

# JORDAN OLYMPIC DISCS

COMMUNITY REGISTERED DESIGN



## JORDAN IGNITE® URETHANE OLYMPIC DISCS

- Black with Red face
- Unique and stylish anti-roll design
- Premium Polyurethane coating
- Ideal for high use free weight areas
- 50mm Olympic Stainless Steel centres
- 3 year warranty



COMMUNITY REGISTERED DESIGN



## JORDAN IGNITE® PREMIUM RUBBER OLYMPIC DISCS

- Black Premium Rubber coating - More durable than standard Rubber Olympic Discs
- Unique and stylish anti-roll design
- 50mm Olympic Stainless Steel centres
- 2 year warranty



### JORDAN IGNITE® URETHANE OLYMPIC DISCS

#### INDIVIDUAL DISCS

<b>JT-IUP-01</b>	25kg	<b>JT-IUP-05</b>	5kg
<b>JT-IUP-02</b>	20kg	<b>JT-IUP-06</b>	2.5kg
<b>JT-IUP-03</b>	15kg	<b>JT-IUP-07</b>	1.25kg
<b>JT-IUP-04</b>	10kg		

#### OLYMPIC DISC SETS

<b>JT-IUP-P4</b>	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
<b>JT-IUP-P1</b>	400kg set	4x 5,8,10,25 6x 15,20 8x 1.25, 2.5kg
<b>JT-IUP-P2</b>	300kg set	2x 25, 4x 5,15,20, 6 x 10, 8x 1.25, 2.5kg
<b>JT-IUP-P3</b>	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg

### JORDAN IGNITE® PREMIUM RUBBER OLYMPIC DISCS

#### INDIVIDUAL DISCS

<b>JT-IRP-01</b>	25kg	<b>JT-IRP-05</b>	5kg
<b>JT-IRP-02</b>	20kg	<b>JT-IRP-06</b>	2.5kg
<b>JT-IRP-03</b>	15kg	<b>JT-IRP-07</b>	1.25kg
<b>JT-IRP-04</b>	10kg		

#### OLYMPIC DISC SETS

<b>JT-IRP-P4</b>	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
<b>JT-IRP-P1</b>	400kg set	4x 5,8,10,25 6x 15,20 8x 1.25, 2.5kg
<b>JT-IRP-P2</b>	300kg set	2x 25, 4x 5,15,20, 6x 10, 8x 1.25, 2.5kg
<b>JT-IRP-P3</b>	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg







### JORDAN CLASSIC RUBBER OLYMPIC DISCS (ROUND)

- Popular "Classic" Design
- Cast Iron encapsulated in durable Rubber
- 3x contoured hand grips
- 50mm Olympic centres
- 1 Year Warranty



### JORDAN OLYMPIC RUBBER DISCS (ROUND)

#### INDIVIDUAL DISCS

<b>JTRCPR-01</b>	25kg	<b>JTRCPR-05</b>	5kg
<b>JTRCPR-02</b>	20kg	<b>JTRCPR-06</b>	2.5kg
<b>JTRCPR-03</b>	15kg	<b>JTRCPR-07</b>	1.25kg
<b>JTRCPR-04</b>	10kg		

#### OLYMPIC DISC SETS

<b>JTRCPR-P4</b>	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
<b>JTRCPR-P1</b>	400kg set	4x 5,8,10,25 6x 15,20 8x 1.25, 2.5kg
<b>JTRCPR-P2</b>	300kg set	2x 25, 4x 5,15,20, 6 x 10, 8x 1.25, 2.5kg
<b>JTRCPR-P3</b>	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg
<b>JTRCPR-P5</b>	200kg set + Weight Tree	

### JORDAN CAST IRON OLYMPIC DISCS

- Traditional Cast Iron Design
- 3x contoured hand grips
- Silver Polished finish
- 50mm Olympic centres
- 1 Year Warranty



### JORDAN OLYMPIC GREY CAST DISCS (ROUND)

#### INDIVIDUAL DISCS

<b>JTCP-01</b>	25kg	<b>JTCP-05</b>	5kg
<b>JTCP-02</b>	20kg	<b>JTCP-06</b>	2.5kg
<b>JTCP-03</b>	15kg	<b>JTCP-07</b>	1.25kg
<b>JTCP-04</b>	10kg		

#### OLYMPIC DISC SETS

<b>JTCP-01P4</b>	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
<b>JTCP-01P1</b>	400kg set	4x 5,8,10,25 6x 15,20 8x 1.25, 2.5kg
<b>JTCP-01P2</b>	300kg set	2x 25, 4x 5,15,20, 6 x 10, 8x 1.25, 2.5kg
<b>JTCP-01P3</b>	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg
<b>JTCP-01P5</b>	200kg set + Weight Tree	

# JORDAN OLYMPIC WEIGHT TREE

## PRODUCT INFORMATION

- Designed to store all sizes of Olympic discs ranging from 1.25kg to 25kg in a safe and secure location.
- Stylish oval steel frame with high quality chromed bars combined with rubber feet make this an essential part of any free weight area.
- Colour - Silver
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Holds up to 350kg
- Holds up to 50kg on each arm



## JORDAN OLYMPIC WEIGHT TREE

### PRODUCT INFORMATION

**JTOWT-05** Silver L900mm, H1300mm, D570mm

\* DISCS NOT INCLUDED



We use Jordan equipment extensively within our strength and conditioning facility and always recommend them to sports teams, squads, councils, schools and companies that we work with.

**Ed Hallam,**  
Director of  
Performance,  
Core Cambridge



**JORDAN FITNESS  
TWITTER PAGE**

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Twitter: #results #teamjordan

# JORDAN OLYMPIC TRAINING DISCS

## JORDAN CALIBRATED OLYMPIC COMPETITION DISCS

- Highest specification of Jordan Olympic training disc
- Designed to be used for Olympic lifting and meets IWF standards
- Highly Durable Solid Virgin Rubber will not bend or crack
- Steel centres for increased durability
- Calibrated to 0.7% accuracy of weight
- Outer diameter of the disc is 450mm (IWF standards)
- Diameter of inner hole is 50.44mm
- Colour coded for easy weight identification
- For use on Olympic Lifting Platforms



## JORDAN CALIBRATED OLYMPIC COMPETITION DISCS

### PRODUCT INFORMATION

<b>JLCTP-25</b>	25kg (Red)
<b>JLCTP-20</b>	20kg (Blue)
<b>JLCTP-15</b>	15kg (Yellow)
<b>JLCTP-10</b>	10kg (Green)

## JORDAN HIGH GRADE BLACK RUBBER TRAINING DISCS

- High Grade Solid Virgin Rubber discs will not break or crack
- For use on Olympic Lifting Platforms
- Reinforced steel centre sleeve allows easy Olympic bar loading
- Full size (450mm) for correct technique
- Tested to 15,000 drops



## JORDAN HIGH GRADE BLACK RUBBER TRAINING DISCS

### PRODUCT INFORMATION

<b>JLB RTP-25</b>	25kg
<b>JLB RTP-20</b>	20kg
<b>JLB RTP-15</b>	15kg
<b>JLB RTP-10</b>	10kg
<b>JLB RTP-05</b>	5kg

## JORDAN OLYMPIC WEIGHTLIFTING TECHNIQUE DISCS

- Light weight Technique discs
- Full size (450mm diameter) for correct technique
- Durable One Piece Construction
- Diameter of inner hole: 50.4mm
- For use on Olympic Lifting Platform



## JORDAN OLYMPIC WEIGHTLIFTING TECHNIQUE DISCS (EACH)

### PRODUCT INFORMATION

<b>JLTP-05</b>	5kg Olympic technique disc
<b>JLTP-06</b>	2.5kg Olympic technique disc



# JORDAN OLYMPIC TRAINING DISCS CONTINUED

## JORDAN OLYMPIC TRAINING DISC RACK

- Holds Olympic training discs (8 discs)
- Complete with handle and wheels for easy mobility
- Colour: Silver
- Frame is made from 11-gauge steel
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Weight: 20kg



## JORDAN OLYMPIC TRAINING DISC RACK

### PRODUCT INFORMATION

**JTRCTPR** Silver L1402mm, H305mm, D330mm

\* DISCS NOT INCLUDED



**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE

- Olympic Lifting Certification

# JORDAN OLYMPIC BARS

Jordan Bars are manufactured using the latest techniques. Our Olympic bars undergo stringent quality control and testing. Our range now includes the New Ultimate Bar, the Elite Performance bars, lightweight technique bars and either precision bearings or bronze bushes for smooth rotation.

## JORDAN 7FT ELITE STEEL HIGH PERFORMANCE OLYMPIC BAR

(tested to exceed 1,600 lbs / 750kg)

- Premium grade bearings for smooth operation
- Durable, brushed steel finish
- 28mm Diameter grip
- Yellow, high visibility end cap
- Spring steel, heat treated to HB400
- 185,000 psi
- Length 2200mm
- Weight 20kg

### BENEFITS

- Performing the Olympic Lifts - Snatch, Clean and Jerk - the Modified Lifts - Power Clean and Power Snatch - and the Olympic Pulls
- Practicing for weightlifting competitions - optimal diameter and weight to meet competition standards
- All standard resistance exercises, like the Squat, Deadlift, Row and Overhead Press



## JORDAN BARS

### INDIVIDUAL LENGTHS

<b>JTPOB-86</b>	7ft	Steel Performance Bar
<b>JTNB-72</b>	6ft	Aluminium Training Bar
<b>JLULTIMAL-01</b>	6ft	6ft Ultimate Ladies Bar (Blue Cap)
<b>JLULTIMAM-01</b>	7ft	7ft Ultimate Mens Bar (Red Cap)

## JORDAN 6FT ULTIMATE LADIES BAR (BLUE)

(tested to 1000lbs / 450kg)

- Hardened chrome finish
- Brass Bushing
- 25mm Diameter grip
- Weight 15kg
- Length 2050mm
- 200,000 psi

## JORDAN 7FT ULTIMATE MENS BAR (RED)

(tested to 1,600 lbs / 750kg)

- Hardened chrome finish
- 8 needle bearings
- 28mm Diameter grip
- Weight 20kg
- Length 2200mm
- 200,000 psi



## JORDAN 6FT ALUMINIUM TRAINING BAR

(130lbs / 65kg test)

- Brushed steel finish
- Length 1830mm, Diameter 28mm
- Weight 7kg

### BENEFITS

- Learning the Olympic Lifts, without having to lift a full 20kg Olympic bar
- Females and younger athletes to learn these skills, when a full bar would be too heavy
- Use with light rubber training discs (up to 5kg)
- Many other resistance exercises, like the Overhead Squat, Single Arm Overhead Press or High Windmill

# JORDAN OLYMPIC BARS - STEEL SERIES

## WITH BEARINGS

High grade Bars featuring precision bearings for a smoother rotation. These bars also feature a unique and contemporary brushed steel finish which is far more durable than traditional chrome bars, the Jordan Steel Series Bars look great in any facility.



### JORDAN BARS - STEEL SERIES

#### A. STEEL SERIES BARS - WITH BEARINGS

<b>JTNB-86-15</b>	7ft	<b>Total Length</b> 2165mm <b>Internal Length</b> 1325mm <b>End Length</b> 383mm <b>Weight</b> 20.9kg
<b>JTNB-72-7</b>	6ft	<b>Total Length</b> 1832mm <b>Internal Length</b> 1319mm <b>End Length</b> 231mm <b>Weight</b> 12.5kg
<b>JTNB-60-7</b>	5ft	<b>Total Length</b> 1509mm <b>Internal Length</b> 937mm <b>End Length</b> 243mm <b>Weight</b> 7.5kg

#### B. STEEL SERIES CURL BAR - WITH BEARINGS

<b>JTNB-48</b>	<b>Total Length</b> 1207mm <b>Internal Length</b> 813mm <b>End Length</b> 175mm <b>Weight</b> 7.3kg
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#### C. STEEL SERIES SUPER CURL BAR - WITH BEARINGS

<b>JTNB-48S</b>	<b>Total Length</b> 1180mm <b>Internal Length</b> 795mm <b>End Length</b> 174mm <b>Weight</b> 7.4kg
-----------------	--

A.

#### 7FT STEEL SERIES BAR

- Length 2165mm, Diameter 383mm, Weight 20.9kg

#### 6FT STEEL SERIES BAR

- Length 1832mm, Diameter 231mm, Weight 12.5kg

#### 5FT STEEL SERIES BAR

- Length 1509mm, Diameter 243mm, Weight 7.5kg



C

#### STEEL SERIES SUPER CURL BAR

- Length 1207mm, Diameter 175mm, Weight 7.3kg

B

#### STEEL SERIES CURL BAR

- Length 1180mm, Diameter 174mm, Weight 7.4kg



### JORDAN TRAINING ACADEMY TIPS

Scan this QR Code for instant training videos



A.

**7FT STEEL SERIES BAR  
(1500lbs / 681kg test)**

- Length 2160mm, Diameter 383mm, Weight 20.8kg

**6FT STEEL SERIES BAR**

- Length 1800mm, Diameter 242mm, Weight 15.4kg

**5FT STEEL SERIES BAR**

- Length 1497mm, Diameter 241mm, Weight 13.4kg

B

**STEEL SERIES  
CURL BAR**

- Length 1497mm, Diameter 174mm, Weight 8.2kg

C

**TRICEP BAR 34"**

- Length 834mm, Diameter 174mm, Weight 10.2kg

D

**6FT HEX BAR**

- Length 1824mm, Weight 27.6kg

**7FT HEX BAR**

- Length 2180mm, Weight 32.1kg

**HEX BAR  
(TRAP BAR)****BENEFITS**

- An alternative bar when performing the deadlift
- Developing grip strength and endurance
- Placing the hands in an optimal,

neutral position during shrugs

- Standard resistance exercises, like the Shrug, or for more unusual exercises, like the Farmers Walk
- Contemporary brushed steel finish

# JORDAN OLYMPIC BARS

## WITHOUT BEARINGS

Made to the same high standards as the rest of our Steel Series Bars with the exception of bronze bushes replacing the premium grade bearings.

**JORDAN BARS - STEEL SERIES****A. STEEL SERIES BARS - WITHOUT BEARINGS**

<b>JTN0B-86-15</b>	7ft	<b>Total Length</b> 2160mm	<b>Internal Length</b> 1321mm	<b>End Length</b> 383mm	<b>Weight</b> 20.8kg
<b>JTN0B-72-7</b>	6ft	<b>Total Length</b> 1800mm	<b>Internal Length</b> 1246mm	<b>End Length</b> 242mm	<b>Weight</b> 15.4kg
<b>JTN0B-60-7</b>	5ft	<b>Total Length</b> 1497mm	<b>Internal Length</b> 932mm	<b>End Length</b> 241mm	<b>Weight</b> 13.4kg

**B. STEEL SERIES CURL BAR - WITHOUT BEARINGS**

<b>JTN0B-47</b>	<b>Total Length</b> 1152mm	<b>Internal Length</b> 762mm	<b>End Length</b> 174mm	<b>Weight</b> 8.2kg
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**C. TRICEP BAR 34" - WITHOUT BEARINGS**

<b>JTN0B-34</b>	<b>Total Length</b> 834mm	<b>Internal Length</b> 474mm	<b>End Length</b> 162mm	<b>Weight</b> 10.20kg
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**D. HEX BARS - WITHOUT BEARINGS**

<b>JTN0B-HB72</b>	6ft	<b>Total Length</b> 1824mm	<b>Internal Length</b> 1263mm	<b>End Length</b> 230mm	<b>Weight</b> 27.6kg
<b>JTN0B-HB86</b>	7ft	<b>Total Length</b> 2180mm	<b>Internal Length</b> 1302mm	<b>End Length</b> 372mm	<b>Weight</b> 32.1kg

# FREE WEIGHT ACCESSORIES

## OLYMPIC SPRING COLLARS 50MM (PAIR)

- Cost effective light weight collars



## OLYMPIC CLAMP COLLARS 50MM (PAIR)

- Ideal for securing Olympic discs onto a 50mm bar - "click & lock" to secure discs
- Virtually eliminated bar damage compared to conventional collars



## QUICK LOCK COLLARS (PAIR)

- Ideal for securing Olympic discs onto a 50mm bar - "click & lock" to secure discs
- Virtually eliminated bar damage compared to conventional collars



## FAT GRIPZ (PAIR)

- Grip Collars fit virtually all bars and cable attachments - making the bar more than twice as thick
- Made from a ultra tough rubber-like compound, they grip the bar like a clamp and wont compress
- Turn any bar into thick bars



## OLYMPIC BAR HOLDER

- Holds 8 Olympic bars
- New unique "TUFF COAT" textured paint finish - more resistant to wear and tear damage than normal powder coat
- Weight 19kg



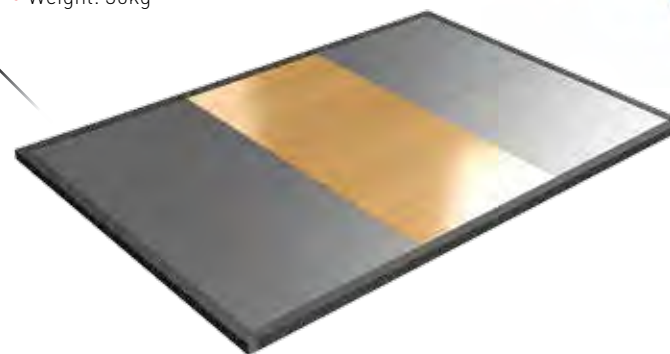
## OLYMPIC NECK PAD

- Eliminate neck strain when performing squats with our bar pad which is designed to fit all of our Olympic bars
- Length: 390mm x 80mm



## OLYMPIC LIFTING PLATFORM

- 3m x 2m Oak Centre Lifting Platform
- Length: 3000mm Width: 2000mm Height: 60mm
- Weight: 30kg



## FREE WEIGHT ACCESSORIES

### PRODUCT INFORMATION

**JTC-03** Olympic Spring Collars 50mm (Pair)

**JLOCC** Olympic Clamp Collars 50mm (Pair)

**JLQLC-01** Quick Lock Collars (Pair)

**JLFG** Fat Gripz

**JTBR-11** Olympic Bar Holder

**JTNP** Olympic Neck Pad

**JL-4099/1** Olympic Lifting Platform



## JORDAN FITNESS TRAINING TIPS

Scan this QR Code for instant training videos and to see our equipment in action.

**JORDAN TECHNIQUE BOXES**

- Strong wood material to hold any weight
- Comes in a pair (set of 8)
- Sizes include: 2.25", 6", 12" and 15"
- Includes stoppers on each box
- Handles for easy lifting access
- Specifically designed for Olympic lifting

**JORDAN TECHNIQUE BOXES****PRODUCT INFORMATION****JL-TBS**

Includes: 2x 2.25" / 6" / 12" / 15"  
 Dimensions: Total Height stacked 895mm



It's no wonder these Black Bumper Plates are such a big seller for us, the quality is great and so is the price. They're perfect for all Olympic Lifts, Deadlifts and any other occasions you need a durable Olympic Disc

**Tom, UK Key Account Manager**

SEE  
PAGE 20  
FOR DETAILS





## JORDAN SQUAT STAND

- Space efficient alternative to a Power Rack.
- Ideally use with a Jordan incline/decline bench and 7ft Olympic bar
- Extremely stable - no floor drilling required
- Top and bottom adjustable safety bars
- Adjustable top stands and lower safety bar support
- Unique locking system allowing easy width adjustment
- 100 x 50 x 2.5mm stylish oval steel structure
- Unique textured Silver paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



## JORDAN SQUAT STAND

### PRODUCT INFORMATION

**JTHDSS**

Height of squat hooks - Min 950mm / Max 1598mm  
Height of safety bars - Min 429mm / Max 728mm  
Width 1380mm, Depth 1450mm



**YOU WANT MORE?**  
You can find our **Lifting Chains**  
in the Performance Section on Page 56



## WANT A DIGITAL COPY OF THIS BROCHURE?

All you need to do is scan this QR code and you will be re-directed to your digital copy.

**JORDAN LIGHTWEIGHT WEIGHT LIFTING BELT**

- Lightweight neoprene belt
- Extra wide thick padding - 20.5cm
- Steel roller buckle for secure fit
- Available in sizes M, L & XL
- Colour: Black

**JORDAN STANDARD WEIGHT LIFTING BELT**

- Very lightweight neoprene belt
- 12.5cm wide
- Steel roller buckle for secure fit
- Available in sizes M, L & XL
- Colour: Red/Black

**JORDAN LEATHER WEIGHT LIFTING BELT**

- Lined leather belt
- 10cm wide
- Steel roller buckle for secure fit
- Available in sizes M, L & XL
- Colour: Black

**JORDAN WEIGHT LIFTING BELTS****LIGHTWEIGHT BELT**

<b>JLWLB-16008M</b>	Medium
<b>JLWLB-16008L</b>	Large
<b>JLWLB-16008XL</b>	Extra Large

**JORDAN WEIGHT LIFTING BELTS****STANDARD BELT**

<b>JLWLB-16012M</b>	Medium
<b>JLWLB-16012L</b>	Large
<b>JLWLB-16012XL</b>	Extra Large

**JORDAN WEIGHT LIFTING BELTS****LEATHER BELT**

<b>JLWLB-15007M</b>	Medium
<b>JLWLB-15007L</b>	Large
<b>JLWLB-15007XL</b>	Extra Large

**JORDAN WEIGHT LIFTING GLOVES**

- Quality glove for comfort and durability
- Leather/cotton mesh glove
- Gel and foam padding for comfort
- Washable by hand
- Available in sizes M, L & XL

**A. JORDAN SHORT WEIGHT LIFTING GLOVES**

- Narrow wrist grip
- Black with red stitching

**B. JORDAN LONG WEIGHT LIFTING GLOVES**

- Wide wrist grip
- Black/Grey

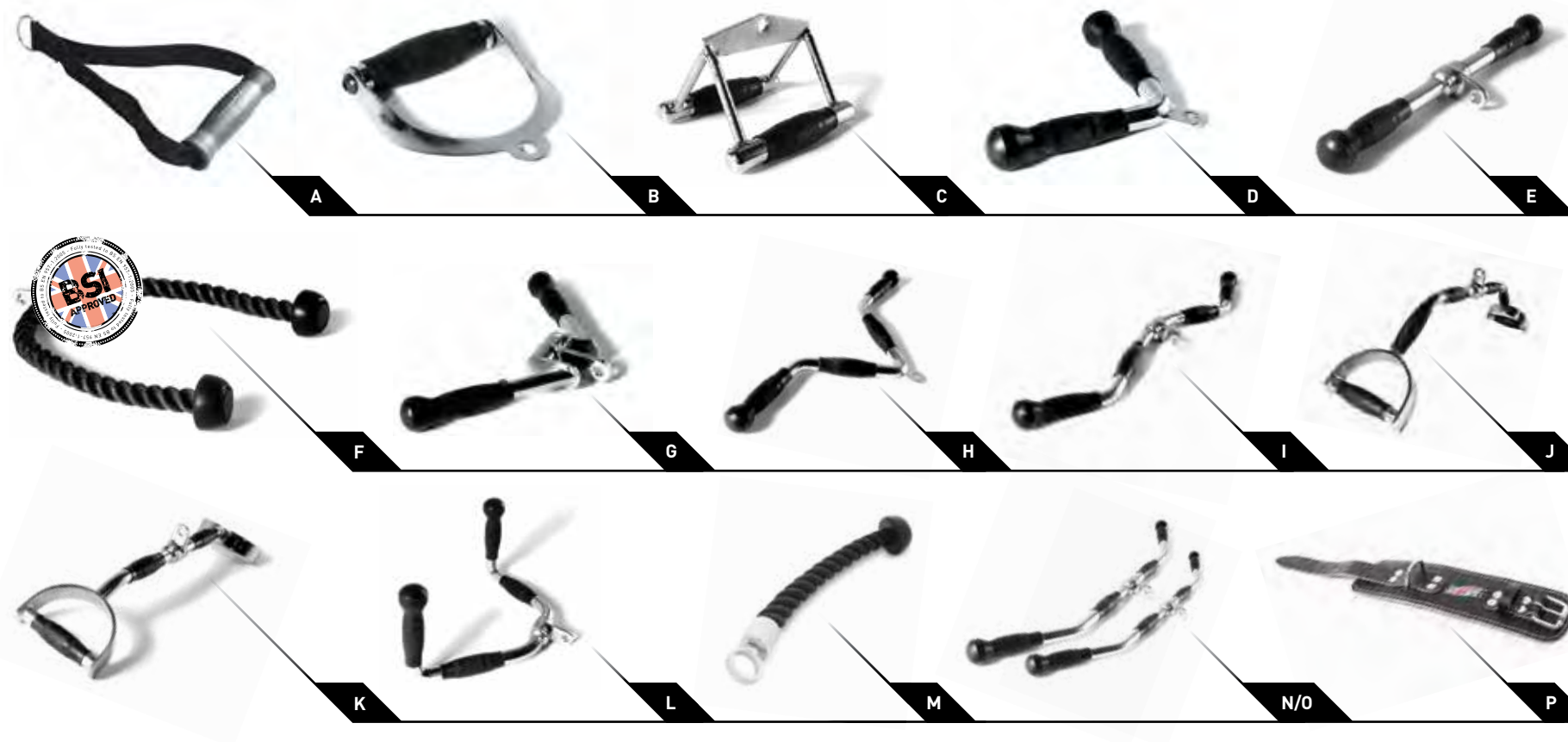
**JORDAN WEIGHT LIFTING GLOVES****A. SHORT GLOVES**

<b>JLWLG-17022M</b>	Medium
<b>JLWLG-17022L</b>	Large
<b>JLWLG-17022XL</b>	Extra Large

**B. LONG GLOVES**

<b>JLWLG-17011M</b>	Medium
<b>JLWLG-17011L</b>	Large
<b>JLWLG-17011XL</b>	Extra Large

# JORDAN CABLE ATTACHMENTS



## JORDAN CABLE ATTACHMENTS

### PRODUCT INFORMATION

<b>JTMB-16</b>	<b>A.</b> Cable handle with fabric grip
<b>JTMB-01</b>	<b>B.</b> Cable handle with rubber grip
<b>JTMB-02</b>	<b>C.</b> V handle

<b>JTMB-03</b>	<b>D.</b> Angled pressdown bar
<b>JTMB-04</b>	<b>E.</b> Straight cable bar
<b>JTMB-05</b>	<b>F.</b> Tricep rope (black)
<b>JTMB-06</b>	<b>G.</b> Pivoting pressdown bar
<b>JTMB-07</b>	<b>H.</b> Cable EZ curl bar

<b>JTMB-08</b>	<b>I.</b> Cable curl bar
<b>JTMB-09</b>	<b>J.</b> Parallel grip lat pulldown bar
<b>JTMB-10</b>	<b>K.</b> Parallel grip lat pulldown bar
<b>JTMB-11</b>	<b>L.</b> Close grip low row/pulldown handle
<b>JTMB-12</b>	<b>M.</b> Single rope

<b>JTRHMA-04</b>	<b>N.</b> 36" Standard lat pulldown bar
<b>JTRHMB</b>	<b>O.</b> 48" Standard lat pulldown bar
<b>JLAS</b>	<b>P.</b> Leather ankle strap
<b>JTMR-01</b>	Cable Attachments Rack

**NEW URETHANE HANDLES ALSO AVAILABLE**





\* ATTACHMENTS NOT INCLUDED

#### JORDAN CABLE ATTACHMENTS RACK

- Holds up to 15 attachments
- Vertical space saving design
- One piece construction for stability
- Chrome attachment pins
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver
- Height 1100mm, Depth 500mm
- Weight 25kg



#### FOR YOUR INFORMATION

All Jordan Cable Attachments are now available in more durable Urethane material Contact Jordan Sales for more information

## SECTION 2

# PERFORMANCE



Jordan Fitness' functional equipment provides the ultimate in durability and high performance. I use Jordan Fitness kettlebells, training ropes and power wheels, in addition to the new Sandbag X-Treme's for intense strength training and coaching. Their world class products are designed to endure the most punishing of workouts and achieve maximum results.



A white, stylized signature of Jason Robinson.

Jason Robinson OBE  
- England Rugby Union World Cup Winner  
[www.jasonrobinson.co.uk](http://www.jasonrobinson.co.uk)



FIND THE COMPETITION  
KETTLEBELL ON ON [PAGE 34](#)

**Jordan®**  
Functional Fitness Specialists



# JORDAN KETTLEBELLS

The kettlebell is an old-school strength tool that has made a resurgence in recent years. So much so, there is no getting away from them... and for good reason.

You CAN do standard weight training exercises with a kettlebell, but to really take your training to another level then introduce more traditional ballistic exercises such as Swings, Cleans, Snatches and Jerks. Not only will you target each major muscle group, but you will work so many different parts of your body in such a short space of time that your fat burning potential will be drastically increased.

Kettlebell users can expect to develop a strong and lithe physique that is robust and as injury-proof as possible...so what are you waiting for?

**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE

- Kettlebell Instructor Certification

COMMUNITY REGISTERED DESIGN

## JORDAN CHROME / RUBBER KETTLEBELLS

- Super Smooth Chrome Handle
- Durable Rubber Coating
- Flat Base
- Available in 2kg increments



## JORDAN CHROME / RUBBER KETTLEBELLS

### INDIVIDUAL KETTLEBELLS

<b>JTKBRC-04</b>	4kg	<b>JTKBRC-14</b>	14kg
<b>JTKBRC-06</b>	6kg	<b>JTKBRC-16</b>	16kg
<b>JTKBRC-08</b>	8kg	<b>JTKBRC-18</b>	18kg
<b>JTKBRC-10</b>	10kg	<b>JTKBRC-20</b>	20kg
<b>JTKBRC-12</b>	12kg	<b>JTKBRC-24</b>	24kg

### KETTLEBELL SETS

<b>JTKB-RC5</b>	10 Kettlebells & Rack Set (1x 4kg, 1x 6kg, 1x 8kg, 1x 10kg, 1x 12kg, 1x 14kg, 1x 16kg, 1x 18kg, 1x 20kg, 1x 24kg, 1x Kettlebell Rack)
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## JORDAN NEOPRENE COVERED KETTLEBELLS

- Made from Cast Iron with a Neoprene Cover
- Colour coded for easy weight identification
- Flat Base
- Durable Neoprene will not split, scratch or scuff like Vinyl covered alternative



## JORDAN NEOPRENE COVERED KETTLEBELLS

### INDIVIDUAL KETTLEBELLS

<b>JTKBC-04</b>	4kg (Blue)	<b>JTKBC-20</b>	20kg (Green)
<b>JTKBC-06</b>	6kg (Pink)	<b>JTKBC-24</b>	24kg (Grey)
<b>JTKBC-08</b>	8kg (Yellow)	<b>JTKBC-28</b>	28kg (Black)
<b>JTKBC-12</b>	12kg (Red)	<b>JTKBC-32</b>	32kg (Blue)
<b>JTKBC-16</b>	16kg (Orange)	<b>JTKBC-40</b>	40kg (Purple)

### KETTLEBELL SETS

<b>JTKB-NP1</b>	Womens Beginner Kettlebell Set (1x 4kg, 1x 8kg, 1x 12kg)
<b>JTKB-NP2</b>	Beginner Kettlebell Set (1x 12kg, 1x 16kg, 1x 20kg)
<b>JTKB-NP3</b>	Intermediate Kettlebell Set (1x 20kg, 1x 24kg, 1x 28kg)
<b>JTKB-NP4</b>	Advanced Kettlebell Set (1x 28kg, 1x 32kg, 1x 40kg)
<b>JTKB-NP5</b>	Kettlebells & Rack Set (1x 4kg, 1x 8kg, 1x 12kg, 2x 16kg, 2x 20kg, 1x 24kg, 1x 28kg, 1x Kettlebell Rack)

**JORDAN CAST IRON KETTLEBELLS**

- Solid Cast Iron Kettlebell
- Colour: Black
- Flat Base

**JORDAN CAST IRON KETTLEBELLS****INDIVIDUAL KETTLEBELLS**

<b>JTKB-4C</b>	4kg	<b>JTKB-24C</b>	24kg
<b>JTKB-8C</b>	8kg	<b>JTKB-28C</b>	28kg
<b>JTKB-12C</b>	12kg	<b>JTKB-32C</b>	32kg
<b>JTKB-16C</b>	16kg	<b>JTKB-40C</b>	40kg
<b>JTKB-20C</b>	20kg		

**KETTLEBELL SETS**

<b>JTKB-CP1</b>	Womens Beginner Kettlebell Set (1x 4kg, 1x 8kg, 1x 12kg)
<b>JTKB-CP2</b>	Beginner Kettlebell Set (1x 12kg, 1x 16kg, 1x 20kg)
<b>JTKB-CP3</b>	Intermediate Kettlebell Set (1x 20kg, 1x 24kg, 1x 28kg)
<b>JTKB-CP4</b>	Advanced Kettlebell Set (1x 28kg, 1x 32kg, 1x 40kg)
<b>JTKB-CP5</b>	Kettlebells & Rack Set (1x 4kg, 1x 8kg, 1x 12kg, 2x 16kg, 2x 20kg, 1x 24kg, 1x 28kg, 1x Kettlebell Rack)

**JORDAN COMPETITION KETTLEBELLS**

- Made from Steel with a hollow core
- All weights are the same size to meet comp standards
- Smooth, comfortable handle
- Large, flat, stable base for floor based exercises
- 35mm Diameter handle
- Colour coded for easy weight identification

**JORDAN COMPETITION KETTLEBELLS****INDIVIDUAL KETTLEBELLS**

<b>JLCKB-08</b>	8kg (Pink)	<b>JLCKB-28</b>	28kg (Orange)
<b>JLCKB-12</b>	12kg (Blue)	<b>JLCKB-32</b>	32kg (Red)
<b>JLCKB-16</b>	16kg (Yellow)	<b>JLCKB-36</b>	36kg (Grey)
<b>JLCKB-20</b>	20kg (Purple)	<b>JLCKB-40</b>	40kg (White)
<b>JLCKB-24</b>	24kg (Green)		

**KETTLEBELL SETS**

<b>JLCKB-CP1</b>	Womens Beginner Kettlebell Set (1x 4kg, 1x 8kg, 1x 12kg)
<b>JLCKB-CP2</b>	Beginner Kettlebell Set (1x 12kg, 1x 16kg, 1x 20kg)
<b>JLCKB-CP3</b>	Intermediate Kettlebell Set (1x 20kg, 1x 24kg, 1x 28kg)
<b>JLCKB-CP4</b>	Advanced Kettlebell Set (1x 28kg, 1x 32kg, 1x 40kg)
<b>JLCKB-CP5</b>	Kettlebells & Rack Set (1x 4kg, 1x 8kg, 1x 12kg, 2x 16kg, 2x 20kg, 1x 24kg, 1x 28kg, 1x Kettlebell Rack)

**JORDAN KETTLEBELL RACK**

- 2 Tier Rack store a minimum of 10 Kettlebells
- 3 Tier Rack store a minimum of 15 Kettlebells
- Rack will hold bells of any size
- Rubber covered top prevents kettlebell damage
- Rubber mats on shelves reduce noise and protect kettlebells
- Colour: Silver
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage

**JORDAN KETTLEBELL RACK****PRODUCT INFORMATION**

<b>JTKBR</b>	<b>A</b> 2 Tier Kettlebell Rack	H 840mm, L 1220mm, D 530mm
<b>JTKBR-03</b>	<b>B</b> 3 Tier Kettlebell Rack	H 1180mm, L 1560mm, D 600mm

\* KETTLEBELLS NOT INCLUDED

# JORDAN FLEXI-BAG



## PRODUCT INFORMATION

The new Flexi-Bag allows the user to easily work in all three planes of motion, and perform many exercises for every human movement pattern making this the ultimate functional training tool.

- Great for co-ordination, balance and shoulder mobility/stability drills
- Increase strength and muscular endurance of your grip
- Develop strength and/or power throughout the entire body
- 100% portable for PTs/Boot Camps & Small Group Training
- Lift, swing, curl or press it - limited by your imagination!



## JORDAN FLEXI-BAG

### PRODUCT INFORMATION

JLFLEX-05	Yellow	Outside 82cm	Inside 67cm	Diameter 5cm
JLFLEX-7.5	Green	Outside 88cm	Inside 71cm	Diameter 6cm
JLFLEX-10	Orange	Outside 101cm	Inside 78cm	Diameter 7.5cm
JLFLEX-15	Blue	Outside 115cm	Inside 92cm	Diameter 8cm
JLFLEX-20	Red	Outside 124cm	Inside 92cm	Diameter 9.5cm



## KETTLEBELL WRIST GUARD

- Slim fit for comfort
- Protects the forearm from impact
- Ideal for use by beginners and professionals
- Designed to take pressure off and support the wrist



## JORDAN KETTLEBELL WRIST GUARD

### PRODUCT INFORMATION

JLWRIST	Kettlebell Wrist Guard
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# JORDAN TRAINING ROPES

## PRODUCT INFORMATION

- Extremely versatile conditioning tool, ideal for any ability from beginners to elite athletes
- Work multiple muscle groups simultaneously, meaning you can achieve better results in less time
- Increased aerobic and anaerobic capacity
- Increased strength and power
- Suitable for indoor and outdoor use
- Natural Manilla rope covered with a water resistant nylon jacket
- 15m length - available in 25, 38 & 50mm diameters
- Waterproof Jacket
- Colour: Black



## JORDAN TRAINING ROPES

### PRODUCT INFORMATION

JLTR-03	25mm	10m Black with nylon casing	10kg
JLTR-04	25mm	15m Black with nylon casing	12.3kg
JLTR-01	38mm	15m Black with nylon casing	15.8kg
JLTR-02	50mm	15m Black with nylon casing	23.5kg
JLRA	A Rope Anchor		H 120mm L 285mm D 65mm
JLRSP	B Rope Storage Point		H 250mm L 340mm D 65mm

## TRAINING ROPE ANCHOR

- Provides safe and secure point for Training Ropes to be looped through
- Can also be used with Resistance Bands & Resistance Tubes
- Fixings not included



## TRAINING ROPE STORAGE POINT

- Provides safe and secure storage for a single Training Rope
- Fixings not included



## JORDAN FITNESS SPONSOR VIDEOS

Scan for an exclusive video of our sponsor Jordan Gill having his way with one of our Training Ropes.



# NEW JORDAN SANDBAG RANGE

Sandbags have been around for decades. Usually found in underground fitness facilities, old school gyms, garages, and used for strong man competitions. In the last few years sandbags have been introduced to the mainstream fitness world so their benefits are more widely accessible to us all

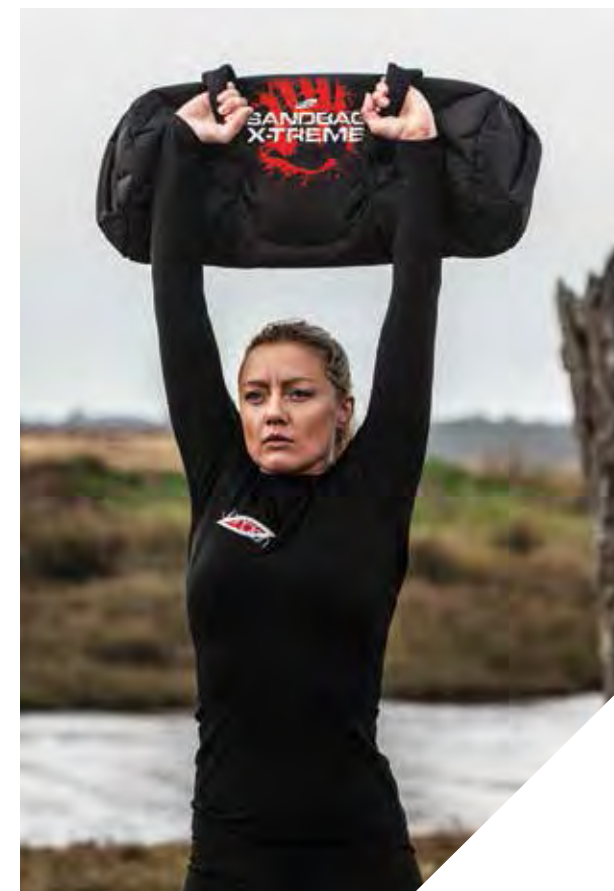
## WORKOUTS & BENEFITS:

- Challenging and never boring
- The bag or ball is shifting and changing every time you move it, which makes this workout challenging and effective
- Choose heavy, and do slower more controlled movements
- Choose light, and work on speed and higher reps
- Train individually or with larger groups
- Can do multiple exercise drills standing in one position
- Portable and easy to transport
- Used for most single and multi-joint movements
- Inexpensive compared to most traditional equipment
- Anyone from Beginner to Professional can get results
- Can be used in combination with Kettlebells, Bands etc.
- Conditioning for Athletes, Martial Artists, Armed Forces, Firefighters and other Industrial Athletes.

**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE

- Sandbag Certification



I love using the Sandball X-Treme in my workouts as there are so many things you can do with them. They can be slammed, thrown, hit and swung all day long. Due to them being softer than kettlebells they're great for practising your kettlebell snatches without worrying about bruised wrists.

**Felicity, Sales Support**





#### JORDAN SANDBALL X-TREME

- Holds up to 12kg maximum

COMMUNITY REGISTERED DESIGN



#### JORDAN SANDBAG X-TREME LARGE

- Holds up to 40kg maximum

COMMUNITY REGISTERED DESIGN



#### JORDAN SANDBAG X-TREME SMALL

- Holds up to 12kg maximum

COMMUNITY REGISTERED DESIGN



#### JORDAN SANDBAG X-TREME MEDIUM

- Holds up to 22kg maximum

COMMUNITY REGISTERED DESIGN

#### JORDAN SANDBAG X-TREME

##### PRODUCT INFORMATION

JL-SXT-S	Green logo
JL-SXT-M	Blue logo
JL-SXT-L	Red logo

#### FOR YOUR INFORMATION

✓	SANDBAG X-TREME	✗	PRO SANDBAG
	DO slam & throw		DO NOT slam & throw

#### JORDAN SANDBALL X-TREME

##### PRODUCT INFORMATION

JL-SBXT-S	Orange logo
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COMMUNITY REGISTERED DESIGN

### JORDAN PRO SANDBAG

- Improve strength and power endurance
- Can be thrown and caught, as an alternative to a medicine ball
- Can be used indoors and outdoors
- Benefits energy expenditure leading to metabolic acceleration
- Adjustable colour coded weights
- Maintains its tubular shape
- Top handle
- 1 year guarantee



### JORDAN PRO SANDBAG

#### PRODUCT INFORMATION

<b>JLSB-PRON-5</b>	Purple logo	<b>JLSB-PRON-20</b>	Blue logo
<b>JLSB-PRON-7.5</b>	Orange logo	<b>JLSB-PRON-25</b>	Red logo
<b>JLSB-PRON-10</b>	Green logo	<b>JLSB-PRON-30</b>	Silver logo
<b>JLSB-PRON-15</b>	Yellow logo	<b>JLSB-PRON-35</b>	Gold logo

COMMUNITY REGISTERED DESIGN

### JORDAN SANDBAG RACK

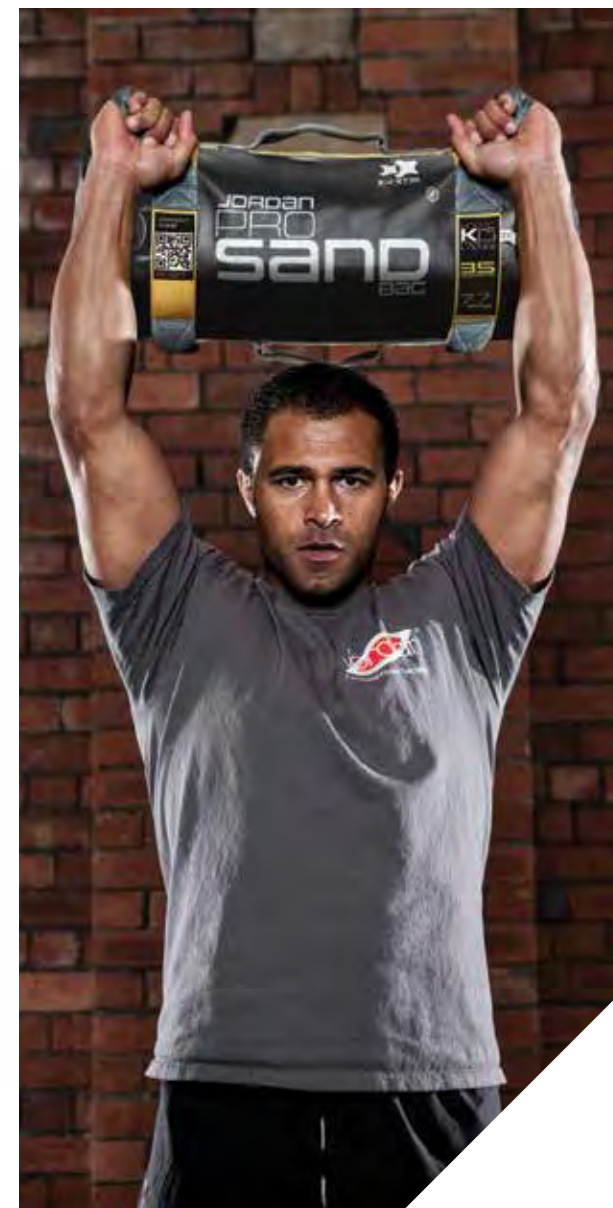
- Holds 5 Pro Sandbag's or Sandbag X-Treme's
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver



### JORDAN SANDBAG RACK

#### PRODUCT INFORMATION

**JTPBR-05** H 1420mm, L 580mm, D 680mm



# WEIGHTED VEST

## PRODUCT INFORMATION

- Increase the intensity by adding this weighted vest to your workout
- Different vest weights allow exercise progression
- Unique adjustable design - One size fits all
- Granulated steel shot packets make for a comfortable user experience
- Durable nylon outer canvas is extremely durable
- Neoprene covered shoulder padding for comfort

## BENEFITS

- Use with suspension training (MiloKit®, Jungle Gym® XT and Gym Rings)
- Cardiovascular training (sprint and hill climbs), bodyweight resistance exercises and Plyometric (jumps, hops and bounds)



## WEIGHTED VESTS

### PRODUCT INFORMATION

<b>JTWV-05</b>	5kg	Weighted Vest, black
<b>JTWV-10</b>	10kg	Weighted Vest, black
<b>JTWV-20</b>	20kg	Weighted Vest, black

# FUNCTIONAL TRAINING VEST

## PRODUCT INFORMATION

- Durable, neoprene resistance vest
- Seven pairs of anchor points front and side, 3 central anchor points on back
- Low impact resistance
- Comfortable fit
- For use indoors or outdoors
- Used with DAP for unique Functional Cable Training drills

## BENEFITS

- Performing dragging drills with sleds or tyres - multiple attachment points provide unilateral or bilateral loading at hip or shoulder height
- Loading the core centrally (rather than peripherally in the hands) for dozens of cable exercises
- Rehabilitation to reduce the load on the body by changing the position of the cable attachment



## FUNCTIONAL TRAINING VEST

### PRODUCT INFORMATION

<b>JTFTV-L</b>	FT Vest - Large (38"-40")
<b>JTFTV-XL</b>	FT Vest - XLarge (41"-43")
<b>JTFTV-2XL</b>	FT Vest - 2XLarge (44"-46")
<b>JTFTV-3XL</b>	FT Vest - 3XLarge (47"-49")



# SUSPENSION TRAINING SYSTEMS

Bodyweight suspension training has become very popular recently, with more and more trainers and clubs investing in this concept of training. Bodyweight suspension training involves the manipulation of bodyweight, through the use of straps or a strap system suspended from fixed anchor points, to exercise the body through multiple movement patterns and planes of motion.

## LIFELINE JUNGLE GYM® XT

- Dual straps mean that anchor points can be moved closer or further apart for altered stability and improved line of pull for many exercises
- Rubber handle is more durable & easier to clean than foam
- Solid offset heel straps make placing your feet into them easier and more comfortable



One of my favourite pieces of kit is the Jungle Gym® XT. A real all-rounder which can be used for such a wide variety of exercises. So easy to use and totally portable as well!

**Zak Pitt,**  
Sales Director



COMMUNITY REGISTERED DESIGN

## SAQ MILOKIT®

The Milokit from SAQ® is another dual strap system that has been on the market for many years.

### BENEFITS

- Meets British Safety Standards with each strap tested to take 200kg of load
- Karabiner clips means that different attachments are available - large handle, fat gripz, triceps rope etc...
- Used extensively by many professional athletes



**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE

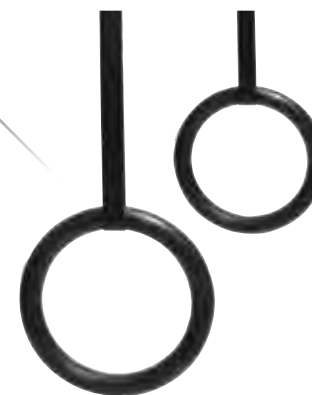
- Suspension Certification
- SAQ®

## GYM RINGS

Gym (Gymnastics) Rings are the original suspension system and the system involves 2 solid rings looped through 2 adjustable straps

### BENEFITS

- These are very popular with Cross Fit advocates as they are most comfortable for dips, muscle ups and ice cream maker exercises
- They are not suitable for placing your foot onto, so the number of exercises is much more limited.



## SUSPENSION TRAINING SYSTEMS

### PRODUCT INFORMATION

<b>JLJG-XT</b>	Jungle Gym® XT
<b>JLMK</b>	Milokit®
<b>JLGR</b>	Gym rings





## JORDAN SUSPENSION TRAINING

The sleek oval steel frame in contemporary silver will look perfect alongside the cardiovascular and fixed path machines, and can be integrated with many of the freeweights you already have, such as Dumbbells, Kettlebells and Sandbags.

The Suspension Training Station is designed to support multiple users at any one time, perfect for use by your Personal Training team, group training class and your members. Bodyweight Suspended Training with some of the kits mentioned above has become one of the most popular methods of training over the last few years, used with both beginners to progress into other freeweight training, or for advanced clients to really challenge them in all 3 planes of motion.

### PRODUCT INFORMATION

- Suitable for use with MiloKit, Jungle Gym® XT, Gym Rings & TRX
- Loop attachments on all feet for rope and band work
- Unique splayed leg design for increase stability
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage

### 1.5M UP TO 2 USER STATION

- Length 2500mm, Depth 2570mm, Height 2560mm

### 2M UP TO 4 USER STATION

- Length 2500mm, Depth 3070mm, Height 2560mm

### 3M UP TO 6 USER STATION

- Length 4070mm, Depth 2560mm, Height 2500mm

COMMUNITY REGISTERED DESIGN



### FOR YOUR INFORMATION

Ensure that there are appropriate anchor points in your facility for the suspension systems.

**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

### ACADEMY COURSE AVAILABLE

- Suspension Certification
- Functional Circuits

### JORDAN SUSPENSION TRAINING

#### PRODUCT INFORMATION

JTSTS-01	1.5m	Up to 2 users
JTSTS-02	2m	Up to 4 users
JTSTS-03	3m	Up to 6 users



Sled Training has been embraced by strength and conditioning coaches over the last few years as a fantastic tool to improve functional strength and performance.

Basic human movement patterns, such as pressing, pulling, dragging and rotating can all be accomplished with this single piece of equipment. Strongmen, combat fighters, rugby and football players, and any athlete interested in improving speed, power, strength and stability can all use Sled Training within their strength and conditioning programme. Used inside or outside, the Sled and various attachments can become an integral part of your Functional Training Area, and key to your programming for fat loss, injury prevention and improved sports performance.



I love using the Jordan Performance Sled, Sled training is a great conditioning and fat burning workout, the sled provides immediate resistance, Sled pushes through the sand at Bootcamp can be especially challenging but rapid changes in body composition are worth the effort.

**Fiona, Service Manager**

## PERFORMANCE SLED

### PRODUCT INFORMATION

- Solid steel frame
- Unique push/pull design
- Multi point harness for comfortable use
- Increase load up to 140kg
- Colour: Silver
- Weight: 24kg



### PERFORMANCE SLED

#### PRODUCT INFORMATION

<b>JTPS</b>	Sled & Harness
<b>JTPSH</b>	Harness

**\* DISCS NOT INCLUDED**





## PROWLER SLED

### PRODUCT INFORMATION

- Our heavy duty conditioning sled is versatile to many strength exercises
- Builds strength and stamina for testing endurance levels
- Plate loading for increased resistance, 2 heavy duty removable weight pins
- Multiple comfort grip handlebars for varied pushing positions
- Sled can be pulled by attaching a rope/straps to the heavy duty front eyelet
- Height: 1180mm, Length: 1210mm, Width: 1165mm
- Harness not included
- Unique push/pull design
- Solid steel frame
- Increase load up to 140kg
- Colour: Silver
- Weight: 40kg



### PROWLER SLED (CONDITIONING SLED)

#### PRODUCT INFORMATION

JL-2155

Sled only



# JORDAN SLAM BALLS

## PRODUCT INFORMATION

- Diameter 20cm for 3-9kg Diameter 30cm for 12-15kg
- Bright red colour makes it easier to spot when thrown
- Does not bounce when thrown against wall or onto floor
- NOT suitable for medicine ball rebounder use

## BENEFITS

- Great way to exercise any area of your body including the core, upper and lower extremities
- Improves core strength, joint integrity, coordination, range of motion, and flexibility
- Used to train explosive power and improve coordination
- Perfect for circuits, functional training, etc
- Great for use indoors or outdoors
- A favourite piece of equipment for Bootcamps and HIIT



## JORDAN SLAM BALLS

### PRODUCT INFORMATION

<b>JLSB-03</b>	3kg	20cm diameter
<b>JLSB-05</b>	5kg	20cm diameter
<b>JLSB-07</b>	7kg	20cm diameter
<b>JLSB-09</b>	9kg	20cm diameter
<b>JLSB-12</b>	12kg	30cm diameter
<b>JLSB-15</b>	15kg	30cm diameter

### JORDAN 5 MEDICINE BALL RACK (VERTICAL)

<b>JTMBN-05</b>	5	H 1600mm, L 280mm, D 360mm
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\* BALLS NOT INCLUDED



# JORDAN TORNADO BALLS

Jordan Tornado Balls provide a challenging workout - great for both power and core stability training. They are stylish and offer a dynamic, effective, and rewarding workout.

## PRODUCT INFORMATION

- Colourful premium quality textured rubber surface
- Rope runs through the middle of the ball
- Excellent for rhythmical stabilisation drills
- Great for explosive rebounding exercises
- 3 month warranty

It is an innovative and versatile piece of modern training equipment and can be used for functional resistance training or anaerobic conditioning. They are excellent for rhythmical stabilisation drills, explosive rebounding exercises against a wall, explosive floor core training and dynamic integrated training – such as standing lunge and slam.



## JORDAN TORNADO BALLS

### PRODUCT INFORMATION

JTTB-02	2kg	Red
JTTB-03	3kg	Grey
JTTB-04	4kg	Dark Blue
JTTB-05	5kg	Orange

**RBT** by **JORDAN FITNESS**  
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE

- Core Training Digital Workshop



## JORDAN FITNESS TRAINING TIPS

Scan this QR Code for instant training videos and to see our equipment in action.



# LOUMET™ BALLS

To slam or not to slam? With Loumet™ Balls you can!

The Loumet™ range is revolutionary and unique in offering ultimate durability, performance and reliability. Loumet™ Gym balls and rope balls offer superior quality and they continue to outperform and outlast other medicine balls on the market. The Loumet™ products are versatile pieces of training equipment that can be used for functional resistance training or high intensity anaerobic conditioning. They are ideal for dynamic swinging, chopping and throwing exercises. Also great for explosive rebounding exercises and rhythmic stabilisation

## LOUMET™ GYM BALLS

- Durable colour coded design
- Designed to bounce, float and not split when slammed against hard surfaces (such as walls or the floor)
- Slam after slam, the Loumet™ Gym Ball has been field tested and proven to keep bouncing right back at you.



## LOUMET™ GYM BALLS

### PRODUCT INFORMATION

<b>JL-LGB01</b>	1kg	Red	<b>JL-LGB06</b>	6kg	Orange
<b>JL-LGB02</b>	2kg	Light Blue	<b>JL-LGB07</b>	7kg	Red
<b>JL-LGB03</b>	3kg	Green	<b>JL-LGB08</b>	8kg	Dark Blue
<b>JL-LGB04</b>	4kg	Yellow	<b>JL-LGB09</b>	9kg	Orange
<b>JL-LGB05</b>	5kg	Dark Blue	<b>JL-LGB10</b>	10kg	Green

## LOUMET™ ROPE BALLS

- Durable 1 piece roto moulded design with premium quality double braid rope
- Versatile, reliable, heavy-duty and semi-bouncing medicine ball.
- Loumet™ Gyballs are the most durable and reliable medicine ball on the market today



## LOUMET™ ROPE BALLS

### PRODUCT INFORMATION

<b>JL-LRB01</b>	1kg	Red
<b>JL-LRB02</b>	2kg	Blue
<b>JL-LRB03</b>	3kg	Green
<b>JL-LRB04</b>	4kg	Yellow

**Loumet**  
Fitness™



Jason Robinson OBE England Rugby Union Legend



# JORDAN OVERSIZED MEDICINE BALLS

The Oversized Medicine Balls provide numerous variations in exercises, and with a leather-like PVC exterior they are more forgiving on the hands.

These are a type of non-bouncing medicine ball which can be thrown, caught or held for a multitude of different drills. They can be used to improve relative strength, power, cardiovascular conditioning and for metabolic acceleration leading to fat loss. Can be thrown against walls or used with partners for a fun, invigorating and challenging workout.



## OVERSIZED MEDICINE BALLS

- Durable, hand sewn, leather-like PVC medicine ball
- 35mm diameter
- Colour coded for ease of identification
- Inner load is protected by high density foam
- Black colour with coloured weight identification



## JORDAN OVERSIZED MEDICINE BALLS

### INDIVIDUAL WEIGHTS

<b>JLOMB-06</b>	6kg	Black/green
<b>JLOMB-08</b>	8kg	Black/orange
<b>JLOMB-10</b>	10kg	Black/blue
<b>JLOMB-15</b>	15kg	Black/red

### OVERSIZED MEDICINE BALL RACK

<b>JTOMBS-01</b>	H1420mm, L 580mm, D 680mm
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\* BALLS NOT INCLUDED

## JORDAN OVERSIZED MEDICINE BALL RACK

- Holds 4 oversized medicine balls
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver



## JORDAN GYM HAMMER

- Silver, smooth finish gym hammer
- Available in 3 sizes
- One of the original unconventional training tools
- Used for slams onto a tyre
- Optimal grip to prevent slippage during use



### JORDAN GYM HAMMER

#### PRODUCT INFORMATION

JLGH-04	4kg	Silver gym hammer
JLGH-08	8kg	Silver gym hammer
JLGH-10	10kg	Silver gym hammer

## MULTI-GRIP CHINNING BAR

- Aluminum Ends
- Rubber Hand Grips
- Dimensions L: 1200 W: 510 H:290mm
- Weight: 9kg



### MULTI-GRIP CHINNING BAR (WALL MOUNTED)

#### PRODUCT INFORMATION

JTWMCB Multi-Grip Chinning Bar (Wall Mounted)



## JORDAN FUNCTIONAL BLOCK

- Limited only by your imagination! - The Functional Block can be used for a wide variety of exercises
- Use it as Plyo Box, Step, Bench etc
- Use it for carrying, throwing, tipping, pulling etc
- Interlocking ends
- Weight: 40kg
- Length 630mm, Depth 310mm, Height 240mm



### JORDAN FUNCTIONAL BLOCK

#### PRODUCT INFORMATION

JLFBG 40kg Functional Block Grey

# JORDAN CORE TRAINERS

Multi-directional swivel action allows rotational exercises and presses for core strength training, as well as stability, rotational strength and upper body mobility.

## CORE PLATE

- Essential piece of kit for any gym or PT studio
- Turns a standard bar into a multi-functional tool suitable for a wide range of exercises
- Heavy base plate featuring non-slip rubber
- Bolt holes for fixing to the floor
- Built in handle doubles as a rope or band anchor point
- Can be used with either 50mm Olympic or 30mm Studio Bars
- Length: 50cm, Depth: 45cm
- Bar Holder Length: 50cm
- Weight: 22.5kg



## JORDAN CORE PLATE

### PRODUCT INFORMATION

<b>JTCP</b>	Core Plate
<b>JTCPH</b>	Core Plate Handle

## PORTABLE CORE TRAINER

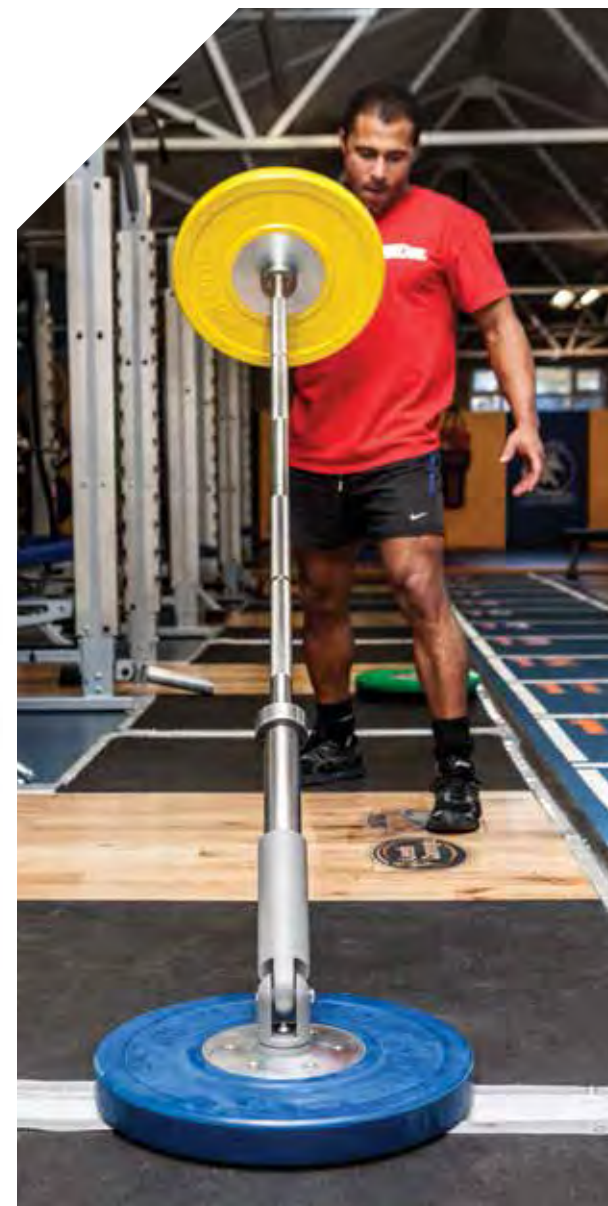
- The same great benefits as our fixed Core Plate but totally portable
- Use any standard Olympic Disc as it's base
- Can be used absolutely anywhere
- Lightweight - Easy to move
- Suitable for use with all 50mm Olympic Bars
- Designed for use in The HUB for small group training scenarios (Please see overleaf for more information)
- Length: 355mm, Width: 62mm, Depth: 62mm
- Bar Holder Length: 208mm
- Weight: 4kg



## JORDAN CORE TRAINER

### PRODUCT INFORMATION

<b>JTPCT</b>	Portable Core Trainer
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This multi-directional product combines all of the benefits of the core plate and portable core trainer into a group training environment. The Hub will hold up to 4 bars, and in conjunction with other products from the Jordan Fitness range, can be used for sessions with up to 8 people simultaneously.

Images from Bodypower 2014



**RBT** by **JORDAN FITNESS**  
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE  
• The Hub Training Workshop



The Hub is ideal for anyone wanting a really tough and varied workout. I have just started training with Barbells but I must admit I found them a little intimidating. However, using The Hub on a regular basis has massively increased my confidence, as well as my results – which are better than ever!!

**Natasha,**  
Sales Support



**WHO IT SHOULD BE USED BY:**

- As part of a periodised strength and conditioning programme for well conditioned athletes
- As a learning/developmental tool for unconditioned members/clients
- For short duration/high intensity workouts
- With individual clients
- As one part of a circuit/boot camp session with large groups
- For specific group training sessions for up to 8 people

**IDEAL FOR:**

- Unilateral conditioning
- Pressing
- Rotating
- Rowing
- Squatting
- Lunging
- Advanced athletes
- Beginners

**FOR YOUR INFORMATION**

Holes are available to screw your product into a secure floor or surface.

**JORDAN FITNESS TRAINING TIPS**

Scan for instant training videos of the Hub in action

COMMUNITY REGISTERED DESIGN

**PRODUCT INFORMATION**

- Can be used with as many as 4 portable core trainers at any one time
- Storage system for the Olympic Plates
- Steel with textured grey tough coat finish
- Ideal for small group training sessions
- Length: 1132mm, Width: 360mm, Depth: 277mm
- Weight: 41kg

**THE HUB®****PRODUCT INFORMATION**

<b>JT-HUB</b>	The Hub®	1x Hub
<b>JT-HUB-01</b>	Pack 1	1x Hub / 2x Portable Core Trainers / 1x 7ft Steel Series Bars 1x 6ft Aluminum Training Bar / 1x Pair of Quick Lock Collars / Core Plate Handle
<b>JT-HUB-02</b>	Pack 2	1x Hub / 4x Portable Core Trainers / 2x 7ft Steel Series Bars 2x 6ft Aluminum Training Bars / 2x Pair of Quick Lock Collars / Core Plate Handle
<b>JT-HUB-03</b>	Pack 3	1x Hub / 4x Portable Core Trainers / 2x 7ft Steel Series Bars 2x 6ft Aluminum Training Bars / 2x Pair of Quick Lock Collars 4x 10kg Ignite Urethane Discs / 2x 5kg Ignite Urethane Discs / Core Plate Handle





The versatility and innovative design of the soft plyo set allows for a revolutionary new workout and is now a key contributor in the success of my own training schedule. This product is hard wearing, great value for money and most importantly, functionally effective. A must have accessory for any strength and conditioning coach and end user, from the most inexperienced to elite of ability levels.



**Matthew,  
Business  
Development  
Manager**



SEE PAGE 54  
FOR DETAILS



## JORDAN PLYOMETRIC BOXES

The Soft Plyo Boxes are a fantastic addition to the Jordan range of performance equipment. These boxes are perfect for use with gym users, athletes and even children.

The Soft Plyo Boxes are made from a high density foam and covered with hard wearing, non-skid vinyl. So if you want to develop power, reactive strength or (like Crossfitters) you just want to overload the cardiorespiratory system with multiple jumps, then these are perfect for you.



### JORDAN TRAINING ACADEMY TIPS

Scan this QR Code for training videos and to see our equipment in action.



**JORDAN SOFT PLYOMETRIC BOXES**

- Soft surface reduces stress on joints
- Boxes can be stacked on top of each other and are held in place securely with Velcro strips
- Stackable design minimizes space required
- Light and easier to move around
- Working platform area - 914mm x 762mm
- Total height stacked approximately: 1.6m
- Total Height: 1598mm, Length 914mm, Width: 762mm

**JORDAN SOFT PLYOMETRIC BOXES****PRODUCT INFORMATION**

<b>JLSPB-03</b>	3" Purple	Height 76mm
<b>JLSPB-06</b>	6" Blue	Height 152mm
<b>JLSPB-12</b>	12" Green	Height 304mm
<b>JLSPB-18</b>	18" Orange	Height 457mm
<b>JLSPB-24</b>	24" Red	Height 609mm
<b>JLSPB-5</b>	Set of 5	Length 914mm Width 762mm Height 1598mm

**JORDAN PLYOMETRIC PLATFORMS**

- Non-slip platforms
- Unique stackable design minimises space required
- Heavy-duty oval frame construction provides a stable exercise platform
- Wheels for portability
- Colour: Silver
- Working platform area: 700mm x 600mm
- Total dimensions: 1000mm x 850mm

**BENEFITS**

- Slow tempo resistance exercises like Bulgarian split squats and step ups
- Resisted bodyweight drills, such as with the SAQ Viper Belt and Flexi-Cord
- Practicing jumping with a reduced eccentric component, or stabilization when landing
- Improving elastic strength of the lower body associated with Plyometric exercises like box drives

**JORDAN PLYOMETRIC PLATFORMS****PRODUCT INFORMATION**

<b>JTPP-S</b>	Small	Height 350mm
<b>JTPP-M</b>	Medium	Height 500mm
<b>JTPP-L</b>	Large	Height 650mm

**6 DIGIT DIGITAL INTERVAL TIMER**

This wall timer is perfect for a gym or home environment, designed for class/personal interval based training sessions. Aluminium casing - ensuring a much more durable timer. Comes with a larger, easier to manage remote control, higher density LED and clearer audio.

- 12/24 hour clock
- Training time in seconds
- Rest period timer
- Start/Stop
- Countdown/Count Up
- Stopwatch mode
- Save times and data
- Instructions provided
- Dimensions Height: 21cm, Length: 79cm, Depth: 9cm

**6 DIGIT DIGITAL INTERVAL TIMER****PRODUCT INFORMATION**

<b>JL-DTC06</b>	LED Screen
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**CIRCUIT CARDS**

Interested in Jordan exercise posters and circuit cards?  
Contact us for more information



# POWER BANDS

Power Bands have been used in Powerlifting circles, such as Westside Barbell Club, for a couple of decades to increase strength and power. Used alongside chains as a form of Progressive Resistance Training, essentially it provides a means of progressively adding more load throughout a range of motion whilst you are performing an individual repetition.

The bands are connected to the ends of the barbell and anchor points near the floor (usually on a Squat Rack), and would be used with exercises such as the squat, deadlift and bench press.



## PRODUCT INFORMATION

- Available in 6 sizes
- Width varies which determines resistance the wider the band the more resistance offered
- Very durable seamless latex rubber
- Anchor attachments on Jordan Squat Rack

## BENEFITS

- Speed Training, Agility Drills & Jump Resistance
- As an alternative to standing cable exercises
- Prehabilitation and Rehabilitation



## JORDAN POWER BANDS

### PRODUCT INFORMATION

<b>JLPWB-01</b>	2000mm x 13mm x 4.6mm	Red	2 - 16kg
<b>JLPWB-02</b>	2000mm x 22mm x 4.6mm	Black	4 - 23kg
<b>JLPWB-03</b>	2000mm x 32mm x 4.6mm	Purple	11 - 36kg
<b>JLPWB-04</b>	2000mm x 44mm x 4.6mm	Green	23 - 54kg
<b>JLPWB-05</b>	2000mm x 64mm x 4.6mm	Blue	27 - 68kg
<b>JLPWB-06</b>	2000mm x 83mm x 4.6mm	Orange	36 - 79kg





# LIFTING CHAINS

Chains have been an integral part of advanced strength and conditioning programmes with athletes, strongmen and powerlifters for decades. This awesome training tool is now available to all.

Chains are used alongside Barbells, EZ or Triceps Bars as a method of 'Progressive Resistance'. The chains are attached to the end of the bar, as the normal weight is lifted, more of the chains are lifted off the ground, progressively increasing the load on the working muscles.



## PRODUCT INFORMATION

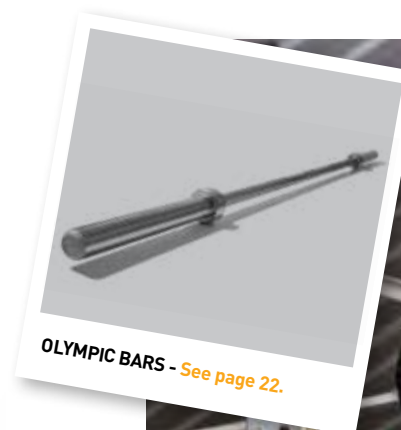
- Increase lifting load gradually as you lift
- High quality chains with chrome finish
- Complete with chrome collars for Olympic bars
- Length of chain - 1800mm
- Available in 3 sizes for all abilities
- Sold in pairs



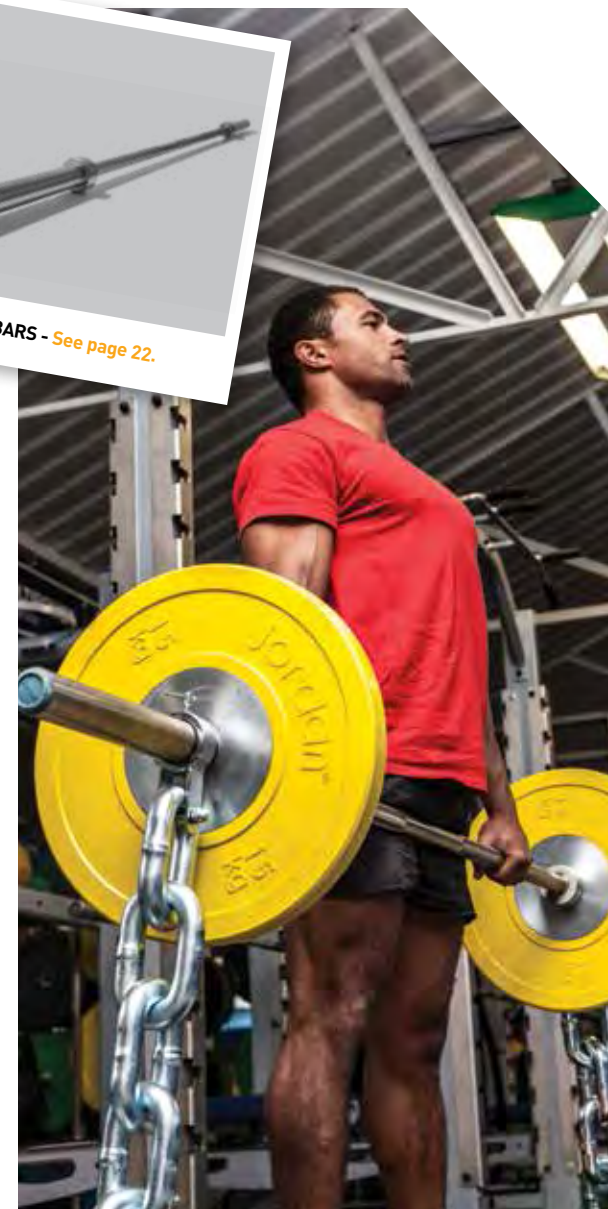
## JORDAN LIFTING CHAINS

### PRODUCT INFORMATION

JTCLC-20	13.5kg	1800mm length with collar	20mm (pair)
JTCLC-25	24.1kg	1800mm length with collar	25mm (pair)
JTCLC-30	31.1kg	1800mm length with collar	30mm (pair)



OLYMPIC BARS - See page 22.





## SECTION 3

# STUDIO EQUIPMENT



“ Jordan Fitness set a benchmark for excellence in functional fitness equipment, and that's why we have chosen Jordan Fitness as our preferred supplier. Continually investing in new equipment is hugely important because it ensures that members at our health clubs always have access to the very best equipment. Jordan Fitness have proven to be reliable and consistent in meeting our expectations. The account managers service and personal attention is second to none ”

Justin Musgrove, Commercial Director  
- Bannatyne's Group  
[www.bannatyne.co.uk](http://www.bannatyne.co.uk)

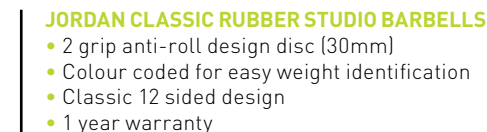


FIND THE NEW STUDIO  
DUMBBELLS ON [PAGE 61](#)

Jordan®  
7

# JORDAN IGNITE® STUDIO BARBELLS

Use our adjustable barbells for one of the most effective group exercise formats available which combines strength training and cardiovascular activity.



## JORDAN IGNITE® URETHANE STUDIO BARBELLS

### PRODUCT INFORMATION

<b>JT-IUSB1.25</b>	1.25kg	Red/Black
<b>JT-IUSB2.5</b>	2.5kg	Orange/Black
<b>JT-IUSB5</b>	5kg	Green/Black
<b>JT-IUSB10</b>	10kg	Purple/Black
<b>JT-IUSBS</b>	20kg	Standard Set, includes: 2x 5kg, 2x 2.5kg, 2x 1.25kg, pair spring collars & bar
<b>JT-IUSBS-P1</b>	12x Studio barbell sets & rack	
<b>JT-IUSBS-P2</b>	30x Studio barbell sets & rack	

## JORDAN IGNITE® RUBBER STUDIO BARBELLS

### PRODUCT INFORMATION

<b>JT-IRSB1.25</b>	1.25kg	Red
<b>JT-IRSB2.5</b>	2.5kg	Orange
<b>JT-IRSB5</b>	5kg	Green
<b>JT-IRSB10</b>	10kg	Purple
<b>JT-IRSBS</b>	20kg	Standard Set, includes: 2x 5kg, 2x 2.5kg, 2x 1.25kg, pair spring collars & bar
<b>JT-IRSBS-P1</b>	12x Studio barbell sets & rack	
<b>JT-IRSBS-P2</b>	30x Studio barbell sets & rack	

## JORDAN CLASSIC RUBBER STUDIO BARBELLS

### PRODUCT INFORMATION

<b>JTSB1.25</b>	1.25kg	Yellow
<b>JTSB2.5</b>	2.5kg	Blue
<b>JTSB5</b>	5kg	Red
<b>JTSB10</b>	10kg	Grey
<b>JTSBS</b>	20kg	Standard Set, includes: 2x 5kg, 2x 2.5kg, 2x 1.25kg, pair spring collars & bar
<b>JTSBS-P1</b>	12x Studio barbell sets & rack	
<b>JTSBS-P4</b>	30x Studio barbell sets & rack	



# JORDAN STUDIO BARBELL RACKS

## JORDAN STUDIO BARBELL RACK

- Holds up to 12 sets
- Colour - Silver



## JORDAN STUDIO BARBELL RACKS

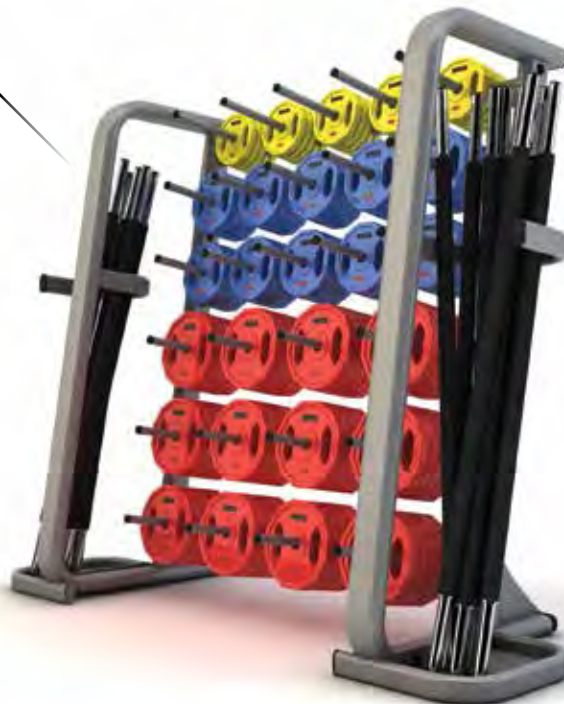
HOLDS 12 SETS MAX

**JTSBR-10** Studio Barbell Rack H:1490mm L:638mm D:721mm

\* DISCS NOT INCLUDED

## JORDAN STUDIO BARBELL RACK

- Holds up to 30 sets
- Colour - Silver
- Additional accessory tray also available for this rack



## JORDAN STUDIO BARBELL RACKS

HOLDS 30 SETS MAX

**JTSBR-15** Studio Barbell Rack H:1605mm L:1925mm D:727mm

**JTSBR-15A** Accessory Tray Only

\* DISCS NOT INCLUDED

## SPRING COLLARS 30MM (PAIR)

- Cost effective light weight collars

A



## CLAMP COLLARS 30MM (PAIR)

- 'Click & Lock' collars

B



## STUDIO BARBELL BAR 30MM (PAIR)

- Available with Rubber hand grip
- New Steel grip design coming soon

C



\*Updated steel grip design coming soon

## JORDAN STUDIO BARBELL COMPONENTS

### A/B. SPRING COLLARS

**JTSBC** 30mm Spring collars (pair)

**JLSBCC** 30mm Clamp collars (pair)

### C. STUDIO BARBELL BAR

**JTSBB** 30mm Studio barbell bar with steel hand grip

# JORDAN IGNITE STUDIO DUMBBELLS

Generally used in group exercise classes. Our studio dumbbells are coated in tactile Neoprene for greater user comfort, unlike the cheaper vinyl coated variety they do not become slippery when your hands sweat.

Fun and easy to use, these colourful dumbbells can be used in studio or gym and are available in 10 sizes.

Jordan Fitness fully understood the needs of our firefighters in terms of functional training - supplying medicine balls, dumbbells, benches, fit balls and mats. We are delighted with the equipment and service provided by Jordan Fitness.

**Gareth Redmond,**  
Kent Fire & Rescue

COMMUNITY REGISTERED DESIGN



## JORDAN IGNITE® STUDIO DUMBBELLS

- Anti-roll design improves class safety
- Comfort grip
- Sold in pairs
- Colour coded for easy weight identification
- Weight (kg) marked on each dumbbell
- High quality Neoprene covered Studio Dumbbells



## JORDAN IGNITE® STUDIO DUMBBELLS

### INDIVIDUAL DUMBBELLS

<b>JTISD-05N</b>	0.5kg	Yellow	<b>JTISD-6N</b>	6kg	Yellow
<b>JTISD-1N</b>	1kg	Red	<b>JTISD-7N</b>	7kg	Red
<b>JTISD-2N</b>	2kg	Orange	<b>JTISD-8N</b>	8kg	Orange
<b>JTISD-3N</b>	3kg	Green	<b>JTISD-9N</b>	9kg	Green
<b>JTISD-4N</b>	4kg	Purple	<b>JTISD-10N</b>	10kg	Purple
<b>JTISD-5N</b>	5kg	Black			

### DUMBBELL SET

<b>JTISD-P1</b>	Studio dumbbells and rack (42 pairs)
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## JORDAN STUDIO DUMBBELL RACK

- Lockable chrome top bar
- Colour - Silver
- Holds up to 41 pairs of Studio Dumbbells
- Max load: 95kg
- Dimensions H:1080mm L:1020mm D: 620mm



## JORDAN STUDIO DUMBBELLS

### DUMBBELL RACK

<b>JT-SDR</b>	Studio dumbbell rack with wheels
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\* DUMBBELLS NOT INCLUDED



## JORDAN AEROBIC STEP & BANDS

### JORDAN AEROBIC STEP

- Ideal for group exercise, the height of this ever popular aerobic step can be tailored to individual needs by inserting risers under the step
- Feet and base have non slip pads
- Black/grey design
- No assembly required
- Max user weight: 200kg



### JORDAN AEROBIC STEP

#### PRODUCT INFORMATION

<b>JTAS</b>	Aerobic step	L1091 x W400 x H203mm (max)
<b>JTASR</b>	Risers (Pair)	



### WANT A DIGITAL COPY OF THIS BROCHURE?

All you need to do is scan this QR code and you will be re-directed to your digital copy.

### JORDAN MINI AEROBIC BANDS

- Add extra dimension to your workout with these versatile aerobic bands
- Contains latex
- Set of 4 colour coded strength bands



### JORDAN MINI AEROBIC BANDS

#### PRODUCT INFORMATION

<b>JL-ABS</b>	Mini Aerobic bands (set of 4)	Size 440mm (loop) x 50mm
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# JORDAN MEDICINE BALLS

Medicine balls are an ideal way to add variety to your upper body workout. Double Grip Medicine balls have dual handles offering easier grip for flexibility, agility and fitness training. Medicine balls are perfect for circuits and functional training.



## JORDAN MEDICINE BALLS

- Updated design
- Premium quality textured rubber surface for excellent grip
- Rubber weighted centres for good balance
- 10 coloured coded sizes for easy weight identification



## JORDAN MEDICINE BALLS

### INDIVIDUAL MEDICINE BALLS

<b>JTGMED-01</b>	1kg	Pale Blue
<b>JTGMED-02</b>	2kg	Pink
<b>JTGMED-03</b>	3kg	Deep Blue
<b>JTGMED-04</b>	4kg	Pale Orange
<b>JTGMED-05</b>	5kg	Mauve
<b>JTGMED-06</b>	6kg	Yellow
<b>JTGMED-07</b>	7kg	Green
<b>JTGMED-08</b>	8kg	Red
<b>JTGMED-09</b>	9kg	Blue
<b>JTGMED-10</b>	10kg	Orange

### MEDICINE BALL SETS

<b>JTGMED-P1</b>	5x Med balls and vertical rack (1-5kg)
<b>JTGMED-P2</b>	5x Med balls and vertical rack (6-10kg)
<b>JTGMED-P3</b>	15x Med Balls and horizontal rack
<b>JTGMED-P4</b>	18x Med Balls & horizontal rack (3x 2-7kg)

## JORDAN DOUBLE GRIP MEDICINE BALLS

- Premium quality textured rubber surface for excellent grip
- Rubber weighted centres for good balance

### BENEFITS

- Circuit training with larger groups
- Functional training exercises such as lunge and overhead reach
- Single hand drills like a medicine ball swing
- Exercises that require a strong grip, such as fast standing rotations.



## JORDAN DOUBLE GRIP MEDICINE BALLS

### INDIVIDUAL MEDICINE BALLS

<b>JTMEDDG-5</b>	5kg	Mauve
<b>JTMEDDG-6</b>	6kg	Yellow
<b>JTMEDDG-7</b>	7kg	Green
<b>JTMEDDG-8</b>	8kg	Red
<b>JTMEDDG-9</b>	9kg	Blue
<b>JTMEDDG-10</b>	10kg	Orange

**JORDAN MEDICINE BALL REBOUNDER**

- Adjustable angle
- Built in storage for up to 8 medicine balls
- Height: 80cm, Length: 101cm, Depth: 128cm, Diameter of rebounder 97cm
- Use only with Medicine Balls 1-5kg

**BENEFITS**

- Training in pairs or small groups
- Use as a circuits station with larger groups
- Developing for upper body reactive strength with plyometric exercises like a chest throw and overhead triceps throw
- Core exercises like a reverse woodchop or split kneeling slam throw
- Improving rotator cuff function with single arm throws
- Developing reaction speed, hand-eye coordination and also balance

**JORDAN MEDICINE BALL REBOUNDER****PRODUCT INFORMATION**

**JTMBR** Medicine Ball Rebounder

**\* BALLS NOT INCLUDED**

Medicine ball training is one of the oldest forms of strength and conditioning training, anyone serious about their core strength should be using this simple but amazingly effective tool.

**David Woods - Premier Training International Ltd**



**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE

- Medicine Ball Certification - See Page 132-133

# JORDAN MEDICINE BALL RACKS

## JORDAN MEDICINE BALL RACK (HORIZONTAL)

- Holds up to 20 Medicine balls
- Silver oval frame
- Lockable wheels
- Colour: Silver
- Weight: 35kg



## JORDAN 5 MEDICINE BALL RACK (VERTICAL)

- Holds up to 5 Medicine balls
- Colour: Silver
- Weight: 6kg



## JORDAN 10 MEDICINE BALL RACK (VERTICAL)

- Holds up to 10 Medicine balls
- Colour: Silver



Workouts using a medicine ball are easy to do and it's so much fun, twisting, turning and bending – even for a beginner like me. Medicine balls are excellent to train your core as you can easily perform so many variations of functional moves.

**Tamara,  
Marketing  
Manager**



## JORDAN MEDICINE BALL RACKS

### RACKS

JTMBSN-05	5	H 1600mm, L 280mm, D 360mm
JTMBS-10	10	H 1600mm, L 280mm, D 360mm
JTMBS-20	20	H 1020mm, L 1510mm, D 640mm

\* BALLS NOT INCLUDED





# JORDAN FIT BALLS & FIT BALL RACKS

One of the strongest commercial gym balls available and a mainstay for performance training.

This ultra strong ball provides almost unlimited exercise options with the added security that a high quality commercial ball provides.

Fitness Balls are a great way to improve strength, stability, flexibility and alignment. Ideal for Functional training, Physiotherapy, Yoga and Pilates. Improve your body's alignment, stability, strength and flexibility with our range of professional fit balls.

It's generally best to purchase a range of these balls as different exercises require different sizes. If you have to choose only one size please see the fit ball size guide.



**55CM BALL**  
Up to 5ft



**65CM BALL**  
5ft - 5ft 9in



**75CM BALL**  
Over 6ft tall

## JORDAN FIT BALLS

- Anti burst technology
- Tested to exceed 1200kg
- Slowly deflates when punctured
- The ball comes packaged with a foot pump
- Available in 3 sizes to suit any body size



## JORDAN FIT BALLS

### INDIVIDUAL SIZES

<b>JTCFB55</b>	55cm	Red
<b>JTCFB65</b>	65cm	Black
<b>JTCFB75</b>	75cm	Silver

### FIT BALL SETS

<b>JTCFB-P1</b>	3 x Fit Balls and 3 ball rack (55cm, 65cm & 75cm)	
<b>JTCFB-P2</b>	6 x Fit Balls and 5 ball rack (2 x 55cm, 2 x 65cm & 75cm)	

## JORDAN 3 FIT BALL RACK

- Holds 3 balls
- Multi adjustable position and height
- Colour: Silver
- Height: 1530mm, Length: 765mm, Depth: 765mm
- Weight: 14kg



## JORDAN 6 FIT BALL RACK

- Holds 6 balls
- With caster wheels
- Colour: Silver, texture paints
- Height: 1810mm, Length: 930mm, Depth: 930mm



## JORDAN FIT BALL RACKS

### VERTICAL RACKS

<b>JTJSR-3</b>	3	H 1530mm, L 765mm, D 765mm
<b>JTJSR-06</b>	6	H 1810mm, L 930mm, D 930mm

\* BALLS NOT INCLUDED

# JORDAN FIT BARS

## PRODUCT INFORMATION

- Comfortable high quality foam covered bar
- Solid steel core for evenly distributed weight
- Non marking colour coded rubber end caps
- Available in 5 sizes
- Length 1000mm

## BENEFITS

- Studio classes, personal training sessions or circuit training classes
- Performing various exercises including lunges, squats, sit-ups and upper body exercises



## JORDAN FIT BAR RACK

- Holds 60 Fit bars
- Lockable wheels
- Colour: Silver
- Height: 1150mm, Length: 810mm, Depth: 860mm
- Weight: 35kg



## JORDAN FIT BARS

### PRODUCT INFORMATION

JTFB-3	3kg	Orange
JTFB-4	6kg	Purple
JTFB-5	7kg	Red
JTFB-6	8kg	Green
JTFB-7	9kg	Blue
JTFBR *	Fit Bar Rack H 1150mm, L 810mm, D 860mm	
JTFB-P1	x40 Fit Bars & Fit Bar Rack	

\* BARS NOT INCLUDED



## JORDAN RESISTANCE TUBES

Resistance tubes are perfect for indoor and outdoor use, easily portable making them a great choice for circuit or bootcamp sessions and always a favourite for home use.

### PRODUCT INFORMATION

- Durable resistance band
- Available in 4 sizes
- Comfortable anti pick foam handle
- 60cm sleeve to protect tube
- Colour coded for ease of identification



### JORDAN RESISTANCE TUBES

#### PRODUCT INFORMATION

<b>JTRT01</b>	Resistance Tube Level 1	Pink
<b>JTRT02</b>	Resistance Tube Level 2	Yellow
<b>JTRT03</b>	Resistance Tube Level 3	Pale Blue
<b>JTRT04</b>	Resistance Tube Level 4	Red

## JORDAN CONE MARKERS

### PRODUCT INFORMATION

- Sold as packs of 4 or individually
- Height Sizes: 15cm, 22cm, 30cm, 37cm
- Colour: Red & Orange
- Made from plastic

### BENEFITS

- Perfect for marking zones in a variety of sports training drills
- Suitable for indoor and outdoor use
- Used for boot camps and circuits sessions
- Easy to store and light to carry for ease of portability
- Vibrant colours for visual ease during drills



### JORDAN CONE MARKERS

#### PRODUCT INFORMATION

<b>JLCM-01</b>	Cone Markers	Set of 4
<b>JLCM-06</b>	6" (15cm)	Red
<b>JLCM-09</b>	9" (22cm)	Orange
<b>JLCM-12</b>	12" (30cm)	Red
<b>JLCM-15</b>	15" (37cm)	Orange

## AB CRADLE

- Complete head and neck support for abdominal isolation and safety
- 1" loading bars included for increased resistance when used with weighted 1" discs (not included) One pair of spring collars included
- Head and arm pads made from durable wipe clean moulded polyurethane for a comfortable fit.
- Frame made from heavy-duty steel tubing making it suitable for high use environments.
- Height: 550mm, Length 730mm, Depth 800mm
- Weight: 9.1kg



### AB CRADLE

#### PRODUCT INFORMATION

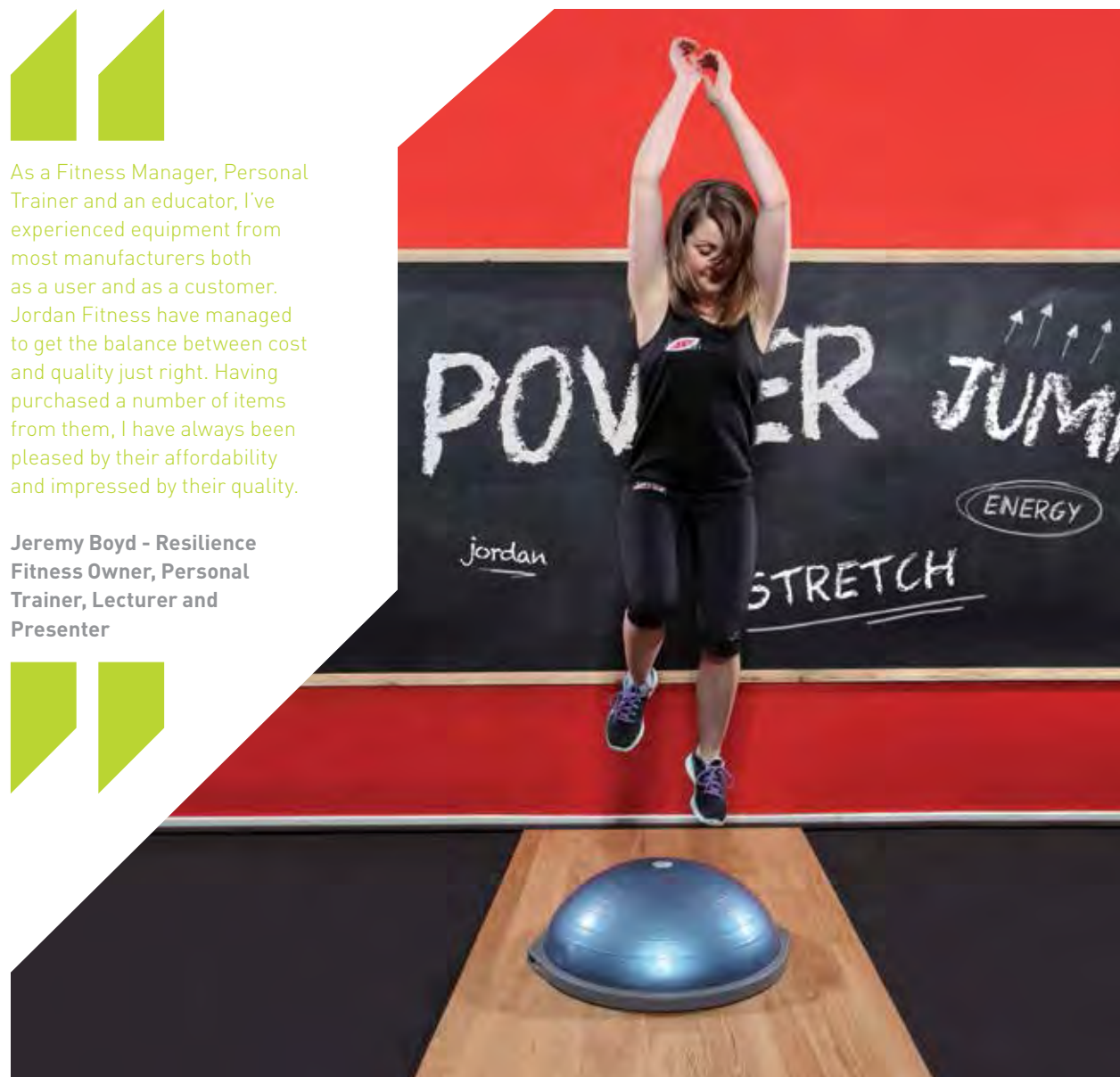
<b>JLAB</b>	H 550mm, L 730mm, D 800mm
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As a Fitness Manager, Personal Trainer and an educator, I've experienced equipment from most manufacturers both as a user and as a customer. Jordan Fitness have managed to get the balance between cost and quality just right. Having purchased a number of items from them, I have always been pleased by their affordability and impressed by their quality.

**Jeremy Boyd - Resilience Fitness Owner, Personal Trainer, Lecturer and Presenter**



## BALANCE TRAINERS

### BOSU BALANCE TRAINER

The Bosu Integrated Balance Trainer is a truly unique balance, core stability and proprioception training device. It can be integrated with all types of fitness training, or stand alone as an outstanding functional tool. Maximum loading for a Bosu Balance Trainer is 300lbs (136kg).

- Complete with pump and manual
- Height: 254mm (inflated), Length: 673mm, Depth: 635mm
- Weight: 7.7kg



### BOSU BALANCE TRAINER

#### PRODUCT INFORMATION

**JLBOSUB** Bosu Balance Trainer H 254mm, L 673mm, D 635mm

**JORDAN STABILITY DISC**

- Ideal for balance, strength and rehab exercises
- Target: Knee, ankle, foot, shoulder and core stability
- Increase and decrease the air to vary the stability of the cushion - less air increases the difficulty to balance as the cushion becomes soft and unstable
- Colour: Red
- Diameter: 340mm
- Thickness: 40mm

**JORDAN STABILITY DISC****PRODUCT INFORMATION**

**JTASD** Stability Disc D 340mm

**JORDAN WOBBLE BOARD**

The wobble board (sometimes referred to as a balance board) is an excellent tool for improving balance, core strength and excellent for remedial work. Anti-slip top surface provides secure balance area.

- Diameter: 400mm
- Height: 50mm
- Thickness of wooden board: 15mm

**JORDAN WOBBLE BOARD****PRODUCT INFORMATION**

**JTWB** Wobble Board D 400mm, H 50mm

**JORDAN REBOUNDER**

- Professional quality
- Ultra durable fabric
- Six leg steel frame for extra stability
- All steel frame for commercial durability
- Can be stowed away when not in use
- 36 reinforced galvanised chrome springs
- Max load: 125kg
- Height: 220mm, Length 1017mm, Depth 1017mm

**JORDAN REBOUNDER****PRODUCT INFORMATION**

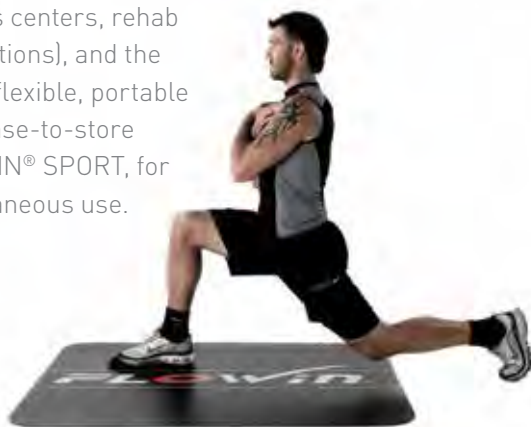
**JTREB** H 220mm, L 1017mm, D 1017mm

# FLOWIN®

## FRICTION TRAINING™

FLOWIN® Friction Training™ is a body weight based, result orientated training concept developed by Swedish decathletes. With a multitude of training opportunities it can effectively target the upper, lower body and core in group exercise classes, small group training and individual training.

The FLOWIN® Friction Trainers are available in two models: the FLOWIN® PRO for professional use, using a rigid board, intended for daily high-frequency use (gyms, fitness centers, rehab institutions), and the more flexible, portable and ease-to-store FLOWIN® SPORT, for spontaneous use.



### FLOWIN® PRO

- Includes: 1x Non rollable board, 1x Manual, 2x Foot pads, 2x Hand pads, 1 Knee pad
- Club packages including education available
- Non rollable
- Easy to store
- Length: 1380mm, Width: 980mm
- Weight: 6,0kg
- Made in Sweden



### FLOWIN® PRO

#### PRODUCT INFORMATION

**JLFL0PRO** FLOWIN® Pro L 1380mm, W 980mm

### FLOWIN® SPORT

- Includes: 1x Rollable board, 1x Instructional DVD, 1x Manual, 2x Foot pads, 2x Hand pads, 1 Knee pad and 1x Travel carry bag
- FLOWIN® Sport should only be used on even, horizontal surfaces. Preferable hard floors.
- Rollable
- Weight: 3,0kg
- Made in Sweden
- Length: 1380mm, Width: 980mm



### FLOWIN® SPORT

#### PRODUCT INFORMATION

**JLFL0SPORT** FLOWIN® Sport L 1380mm, W 980mm



I have been using the FLOWIN® for 6 months now. The FLOWIN® affords the physiotherapist and other rehabilitation specialists the opportunity to administer multidirectional and multi-level loading to a variety of upper, core and lower limb structures in a unique way. I support the use of the product as an integral component of progressive loading for my clients.

**Michael Dalglish - APA Sports Physiotherapist & Sports Scientist - Optima Sports Medicine - Director of The Golf Athlete**



**RBT** by **JORDAN FITNESS**  
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE

• FLOWIN® Friction Training™ - For details please see **page 157-158**



**FLOWIN®  
IN ACTION**

Scan here for FLOWIN®  
example exercises

## SECTION 4

# COMBAT EQUIPMENT



“Jordan Fitness’ functional equipment is excellent for high performance workouts. Their range of Combat and Performance equipment is perfect for those looking to incorporate boxing specific training into their fitness routine.”

A stylized white signature of Jordan Gill on a dark background.

Jordan Gill  
- Professional Boxer  
[www.jordangill.com](http://www.jordangill.com)



FIND OUR TRAINING  
GLOVES ON PAGE 75



# JORDAN GLOVES

## JORDAN TRAINING GLOVES (PAIR)

- Quality leather glove with 'Jordan Cool flex' lining, keeps the hand cool and dry during use
- Wide comfortable punch line with high density
- Impact resistance foam
- Wide wrist support and velcro fasteners
- Intended for use in fitness training
- Available in sizes 8oz, 10oz and 12oz



## JORDAN TRAINING GLOVES

### PRODUCT INFORMATION

JLBOX-TG08	A. 8oz	White
JLBOX-TG10	B. 10oz	Grey
JLBOX-TG12	C. 12oz	Red

## JORDAN HAND WRAP (100% COTTON PAIR)

- 3m Red / 3.5m Black
- With thumb attachment and velcro fastening
- Provides added protection
- Instructions included



## JORDAN HAND WRAPS

### PRODUCT INFORMATION

JLBOX-HW3	A. 3m	Red
JLBOX-HW3.5	B. 3.5m	Black

## JORDAN PUNCH MITTS (PAIR)

- Polyurethane glove with 'Jordan Cool Flex' lining, keeps the hand cool and dry during use
- Stylish carbon optic effect finish
- Combination of elastic & velcro improves the comfortable wrist support
- Available in 2 sizes - S/M & L/XL



## JORDAN PUNCH MITTS

### PRODUCT INFORMATION

JLBOX-PML	A. Large/Xlarge	Black
JLBOX-PMM	B. Small/Medium	Silver

**JORDAN MMA SPARRING GLOVES (PAIR)**

- Quality leather padded sparring gloves
- Red, Grey or Black leather with black palm
- Open leather finger grip
- Thumb protection with velcro wrist fastening
- Available in 3 sizes: Medium, Large and Extra Large

**JORDAN MMA SPARRING GLOVES****PRODUCT INFORMATION**

JLMMA-SGM	A. Medium	Grey
JLMMA-SGL	B. Large	Red
JLMMA-SGXL	C. Xlarge	Black

**JORDAN INNER GEL GLOVE (PAIR)**

- Neoprene, gel filled inner glove
- Colour: Red/Black
- Can be used as an alternative to wraps
- Cotton wrist wrap with velcro fasteners
- Available in 2 sizes - S/M and L/XL

**JORDAN INNER GEL GLOVE****PRODUCT INFORMATION**

JLBOX-IGL	Large/Xlarge	Black/Red
JLBOX-IGM	Small/Medium	Black/Red



# JORDAN PADS & STORAGE

## JORDAN THAI PAD PVC

- Thai style training pad
- Heavy duty laminated PVC
- Reinforced handle
- Double arm straps with velcro fasteners
- Lightweight and shock absorbent high impact foam
- Dimensions: Height: 40cm, Width: 21cm, Depth: 10cm



## JORDAN THAI PAD

### PRODUCT INFORMATION

JLBOX-TP	A. Single	Black/Red	
JLBOX-TP2	B. Single	Black/Red	New Design

## JORDAN CURVED FOCUS MITTS (PAIR)

- One size fits all
- Quality full leather mitt (grey/black)
- Traditional curved oval shape
- Extra wrist support
- Thick padding for protection & shock absorption



## JORDAN CURVED FOCUS MITTS

### PRODUCT INFORMATION

JLBOX-CFM	One size fits all	Grey/Black
-----------	-------------------	------------

## JORDAN STORAGE CAGE

- Stores all types of small items - boxing, studio dumbbells, etc.
- Lockable lid for added security
- Unique textured paint finish "TUFF COAT" makes more resistant to wear and tear damage
- Colour: Silver
- Height: 780mm, Length: 1350mm, Depth: 650mm
- Weight: 49kg



## JORDAN STORAGE CAGE

### PRODUCT INFORMATION

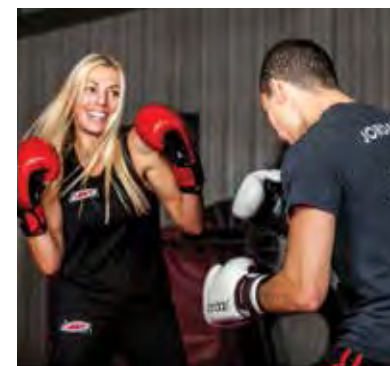
JTSC	H 780mm, L1350mm, D 650mm
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The Jordan Training Gloves are very comfortable due to the brilliant 'Jordan Cool Flex' lining. The quality of these gloves are perfect for my high intensity training routine.

**Jordan Gill, Professional Boxer**



**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE

• Combat Certification

See Page 152 for our full  
Training Academy course details

# JORDAN PUNCH BAGS

## HEAVY PUNCH BAG

- Quality leather bag
- Colour: Red
- Comes complete with chains and basic swivel
- Height: 100cm, Depth: 30cm
- 26kg - 28kg
- Quality swivel fastenings are available

A



## EXTRA HEAVY PUNCH BAG

- Quality leather bag
- Colour: Grey
- Comes complete with chains and basic swivel
- Height: 150cm, Depth: 35cm
- 47kg - 50kg
- Quality swivel fastenings are available

B



## TRIPLE PUNCH BAG

- Quality leather bag
- Colour: Grey/Red
- Comes complete with chains and basic swivel
- 40kg
- H: 130cm, D: 42cm, D: 31cm

C



## JORDAN PUNCH BAGS

### PRODUCT INFORMATION

JLBOX-PB01	A. Heavy duty punch bag
JLBOX-PB02	B. Extra heavy punch bag
JLBOX-PB04	C. Triple punch bag



## GET IN TOUCH WITH THE JORDAN SALES TEAM

+44(0)1553 763285  
sales@jordanfitness.co.uk



## JORDAN TRAINING ACADEMY TIPS

Scan this QR Code for training videos and to see our equipment in action.

**4 IN 1 BOXING STATIONS (BAGS NOT INC)**

- 3 punch bag arms and speedball platform or 4 punch bag arms
- Can be used simultaneously by 4 people
- Free standing unit, ideal for fitness studios
- Also available with silver finish frame
- Speedball platform - Swivel clip not inc
- Choose accessories from our Combat range

D/E

**LEATHER PUNCHING BALL**

- Full leather, inflatable punching ball
- Colour: Red/Grey
- Double ended fixing points for focused strike
- Shock cords included
- Senior size

F

**LEATHER SPEED BALL**

- Full leather speed ball with reinforced leather loop
- Colour: Red/Grey
- Shaped and balanced for accurate re-bounds
- Quality swivel fastenings are available (not included)
- Size C (approx 20cm Diameter)

G

**SWIVEL CLIP FOR HEAVY PUNCH BAG & BALL BEARING FOR SPEED BALL**

- Heavy duty lockable metal swivel fixing with link

H/I

**WALL BRACKETS**

- Heavy duty lockable metal swivel fixing with link for speed ball

J



K/L

**JORDAN PUNCH BAGS****PRODUCT INFORMATION**

JL-7000	D. 4 in 1 boxing station - 3 bag arms and speedball platform
JL-7001	E. 4 in 1 boxing station - 4 bag arms
JLBOX-PB	F. Leather Punching Ball
JLBOX-SB	G. Leather Speed Ball

JLBOX-SCHPB	H. Swivel Clip for Heavy Punch Bag
JL-7075	I. Ball Bearing for Speed Ball
JLBOXFWB-03	J 3ft Folding Wall Bracket
JLBOXWB-04	K. 1.25ft Ultimate Wall Bracket
JLBOXWB-03	L. 3ft Ultimate Wall Bracket



## SECTION 5

# BENCHES AND MACHINES



Functional fitness is the heartbeat of everything my business (Bodyfire) and personal philosophy is all about. Jordan Fitness are the one company who cover every piece of equipment you could ever need or possibly want to use to achieve your functional fitness goals. I personally use their equipment, therefore I feel able to recommend it to other people.

James Haskell  
- Professional Rugby Player  
[www.jameshaskell.com](http://www.jameshaskell.com)



FIND OUR OLYMPIC  
POWER RACK ON [PAGE 87](#)

# JORDAN I-SERIES BENCHES

Our i-series exclusive collection of benches were designed to be both stylish, yet ultra durable.

With over 25 years experience in this sector and inspiration from other design-led products, we created a contemporary range of benches with soft, smooth flowing lines that do not intimidate, high quality components for long lasting use and sensible pricing.

## OLYMPIC FLAT BENCH

- Weight storage system
- Low bench height
- Recessed area for spotter
- 1750mm with weight storage

## BENEFITS

- Bench Press in a stable environment to lift heavy loads or for hypertrophy training
- Developing the horizontal press muscles, specifically the sternal fibres of the pectoralis major, the deltoids and triceps
- Additional weight disc storage



## JORDAN I-SERIES BENCHES

### OLYMPIC FLAT BENCH

**JT-9942** 70kg H1200mm, L1650mm, D1220mm

## OLYMPIC DECLINE BENCH

- Weight storage system
- 5 Adjustable length - high visibility adjuster
- Recessed area for spotter
- 1750mm with weight storage

## BENEFITS

- Developing the press muscles in the downwards diagonal plane, specifically targeting the lower sternal fibres of the pectoralis major, the deltoids and triceps
- Other decline exercises such as supine triceps extension or decline flys
- Additional weight disc storage



## JORDAN I-SERIES BENCHES

### OLYMPIC DECLINE BENCH

**JT-9944** 101kg H1140mm, L1840mm, D1220mm

## I-SERIES BENCHES FEATURES

- Laser cut bar supports, high quality protective chrome finish
- Manufactured from premium oval steel (100mm x 50mm)
- Triple stitched upholstery for increased durability
- Secure rubber feet provide excellent stability when in use.
- Yellow adjusters for clear, smooth height selection
- Hydraulic gas cylinder provides easy height adjustment
- Dual bearing systems for safe operation
- Ultra durable silver frame
- Choice of Red, Blue or Black upholstery
- 1 Year Warranty frame and 90 days upholstery

## OLYMPIC INCLINE BENCH

- Weight storage system
- Foot rest
- Adjustable length
- Recessed area for spotter
- 1750mm with weight storage

## BENEFITS

- Developing the horizontal press muscles, specifically the sternal fibres of the pectoralis major, the deltoids and triceps
- Other incline exercises such as incline dumbbell flys
- Additional weight disc storage



## JORDAN I-SERIES BENCHES

### OLYMPIC INCLINE BENCH

**JT-9943** 97kg H1350mm, L1820mm, D1220mm



**ADJUSTABLE INCLINE/DECLINE BENCH**

- Ten possible angles from -10 to +85
- Auto adjusting seat
- Anti slip rubber feet
- Handle and wheels for portability
- Weight 40kg

**BENEFITS**

- A multitude of free exercises including dumbbell or cable flys, single arm rows, chest press, seated shoulder press or seated curls
- Use with Dumbbells, Barbells, Cables, Curl Bars or Tricep bars
- Adjusting the angle on exercises like chest press, flys and supine triceps extension to vary the exercise and hit different motor units

**JORDAN I-SERIES BENCHES****ADJUSTABLE INCLINE/DECLINE BENCH****JT-9953**

H460mm, L1520mm, D695mm

**ADJUSTABLE ABDOMINAL DECLINE BENCH**

- 6 angle adjustments
- Gas strut adjuster
- Anti slip rubber feet
- Weight: 72kg

**BENEFITS**

- Performing a variety of declined freeweight and cable exercises, such as declined flys, chest press and tricep extension
- Working the anterior core muscles with declined crunches, leg raises and rotations

**JORDAN I-SERIES BENCHES****ADJUSTABLE ABDOMINAL DECLINE BENCH****JT-9952**

H1020mm, L1550mm, D840mm

**45 DEGREE HYPER EXTENSION**

- 6 height adjustments
- Anti slip rubber feet
- Assister handles
- Open pad design
- Weight: 41kg

**BENEFITS**

- Developing back strength and endurance in the spinal erectors and hip extensors
- Helping to decrease back issues as poor back endurance has been proven to be a key risk factor in those with back pain
- Use with Dumbbells, Sandbags or Medicine Balls

**JORDAN I-SERIES BENCHES****45 DEGREE HYPER EXTENSION****JT-9972**

H950mm, L1500mm, D840mm

### PREACHER CURL

- 7 seat height adjustments
- Anti slip rubber feet
- Weight 55kg

### BENEFITS

- Providing a stable position to perform Preacher or Scott Curls
- Performing curls on curl bars or Dumbbells with a pronated, supinated or semi-supinated grip
- Developing strength and size in the elbow flexors



### JORDAN I-SERIES BENCHES

#### PREACHER CURL

JT-9941

H890mm, L900mm, D870mm

### SEATED CALF

- 6 height adjustments
- Anti slip rubber feet
- Weight: 58kg

### BENEFITS

- Developing back strength and endurance in the spinal erectors and hip extensors
- Helping to decrease back issues as poor back endurance has been proven to be a key risk factor in those with back pain



### JORDAN I-SERIES BENCHES

#### SEATED CALF

JT-9945

H980mm, L1330mm, D890mm

### FLAT BENCH

- Open frame design
- Low pad height
- Anti slip rubber feet
- Weight: 31kg



Great for use with the Jordan Dual Adjustable Pulley **SEE PAGE 88**



### JORDAN I-SERIES BENCHES

#### FLAT BENCH

JT-9940

L1480mm, D540mm, H460mm



### JORDAN TRAINING ACADEMY TIPS

Scan this QR Code for training videos and to see our equipment in action.

# JORDAN J-SERIES BENCHES

The J-Series bench and Vertical Chin/Dip/Knee Raise completes our range of benches. Designed with Personal Training studios and fitness clubs in mind, the J-Series benches offer a stylish yet functional solution at an affordable price.

## ADJUSTABLE INCLINE/DECLINE BENCH

- Great value fitness bench
- Ten possible angles from -10 to +85 degrees
- Rubber feet prevents floor damage and optimises
- Low user height for user comfort and security
- Solid frame made from 100 x 50 x 3mm oval steel
- Wheels for portability
- Tapered backrest provides optimal user support
- 1 Year frame warranty, 90 day upholstery warranty
- Weight: 38kg



## JORDAN J-SERIES BENCHES

### ADJUSTABLE INCLINE/DECLINE BENCH

**JT-2055S** H53cm, L152cm, D68cm

## VERTICAL CHIN/DIP/KNEE RAISE

- Available with Black, Red or Blue upholstery
- 1 Year frame warranty, 90 day upholstery warranty
- Steel Size: 150mm x 50mm x 3mm
- Weight: 86kg



## JORDAN J-SERIES BENCHES

### VERTICAL CHIN/DIP/KNEE RAISE

**JTSB-78S** H211cm, L158cm, D106cm

**JTSB-78A** Light Commercial - H211cm, L158cm, D106cm



Please see the Multi-Grip Chinning Bar (Wall Mounted) **SEE PAGE 49**

## OLYMPIC ADJUSTABLE MULTI-BENCH

The Full Commercial Olympic Adjustable Multi Bench is suitable for all fitness and strength environments. Thick oval section steel ensures that the Bench is stable, and is built to endure the toughest workouts.

- Bench has 6 positions of adjustment covering flat, incline & decline positions ranging from -5 to 80 degrees
- Guide rail for adjustable bench ensuring the bench is positioned in the perfect position every time.
- 6 Multi-position bar catchers
- Spot platform for maximum safety
- 4 Olympic weight storage horns
- Weight: 125kg



## BENCHES

### OLYMPIC ADJUSTABLE MULTI-BENCH

**JL-4086** H185cm, W177cm, L226cm

\* DISCS & BAR NOT INCLUDED

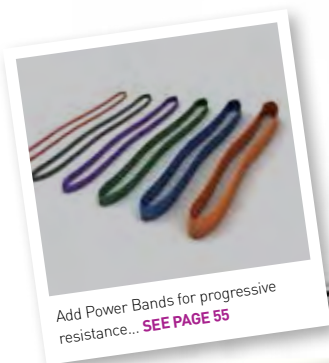


# JORDAN OLYMPIC POWER RACK

Ultra versatile commercial Olympic Power Rack with a host of in built features for dynamic strength workouts.

## PRODUCT INFORMATION

- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear
- Oval steel frame (100 x 50mm)
- Removeable Dipping Bar (not shown)
- Industry leading price due to our lean manufacturing processes
- 11 bar racking height adjustments



Add Power Bands for progressive resistance... [SEE PAGE 55](#)

## JORDAN OLYMPIC POWER RACK

### PRODUCT INFORMATION

**JTPR** Graphite Metallic H2445mm, L1290mm, D1680mm

\* BANDS, DISCS AND BARS NOT INCLUDED

Chin bars (30mm grip) – narrow & wide with non slip grips. 50mm grip upper bar for upper body stretching

Oval steel design upper bars are ideal for attaching body weight suspension systems – Milokit, Jungle Gym XT & TRX.

Quick release safety bars are for easy height adjustment (Urethane covered to prevent damage)

2 steps for easy chin bar access

Core plate/land mine functional trainer built in

6 Integrated band training loops for progressive resistance

Rubber covered feet for greater stability

8 intergrated weight storage bars (50mm)

Alloy chin bar grip end to prevent handgrip slippage

Open back design for better visibility & large internal training area (925mm)

The quality and rigidity of the power rack gives you the confidence to keep pushing yourself. This combined with aesthetics make it the perfect addition to any gym.

Stuart,  
Overseas Key  
Account Manager



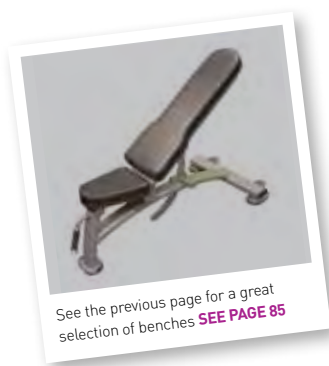
# DUAL ADJUSTABLE PULLEY

## PRODUCT INFORMATION

- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Weight: 402kg

## BENEFITS

- Working the body in a functional, standing position with many upper body, core and lower body exercises
- A huge range of transverse plane, rotational exercises like the russian twist, woodchop, reverse woodchop and judo throw
- Use with the Jordan Attachment Vest



18 indexed pulley height positions per column

Small increment weights to provide finite resistance adjustment (2x 1kg, 2x 2.5kg)

16 pulley system for smooth cable movement

Chin Bar with multi width grips



Storage point for 6 attachments

Steel frame (100mm x 50mm)



2x 100kg weight stacks

Non mark rubber feet

## DUAL ADJUSTABLE PULLEY

### PRODUCT INFORMATION

**JTDAP-01** Graphite Metallic H2320mm, L1620mm, D1500mm

## SECTION 6

# FUNCTIONAL RIGS



“ After 22 years of experience in the fitness industry and having developed Mi-Gym.com (CrossFit Chelmsford) we understand the benefits of functional training for our members.

The Monster Wall Rig from Jordan Fitness puts the fun back into exercise and is perfect for multiple kinds of fitness training activities.

There are endless possibilities of high intensity workouts, it is heavy duty, extremely flexible and our members love it. Jordan fitness continually exceed our expectations. ”

Rachel Young, Owner & Head Coach  
- MiGym CrossFit Chelmsford  
[www.migym.com](http://www.migym.com)





FIND THIS LARGE  
WALL RIG ON [PAGE 91](#)

# FUNCTIONAL RIGS

Functional Training Rigs have become the modern equivalent of the old multi-gym. With a multitude of attachments and accessories, these functional training rigs can allow clubs to maximise the potential of their functional training areas.

Not only are they a striking addition to the normal gym look, Functional Training Rigs certainly generate significant interest from the gym user. They can be used for both personal training and for unsupervised use, but most beneficially they can also be used for a variety of functional group training sessions, which can either be an additional income stream or used to increase adherence with members and to prevent attrition.

## CORNER RIG

- Lead time: Up to 6 weeks



## CORNER RIG

### PRODUCT INFORMATION

<b>JL-MSF1</b>	Rig	D: 2248mm, W: 2055mm, H: 2543mm
<b>JL-MSF1-P1</b>	Pack	Please see Page 94

## MONSTER RIG

- Lead time: Up to 6 weeks



## MONSTER RIG

### PRODUCT INFORMATION

<b>JL-MFS24-ELITE</b>	Rig	D: 4866mm, W: 4176mm, H: 2870mm
<b>JL-MFS24-ELITE-P1</b>	Pack	Please see Page 94

## LARGE WALL RIG

- Lead time: Up to 6 weeks

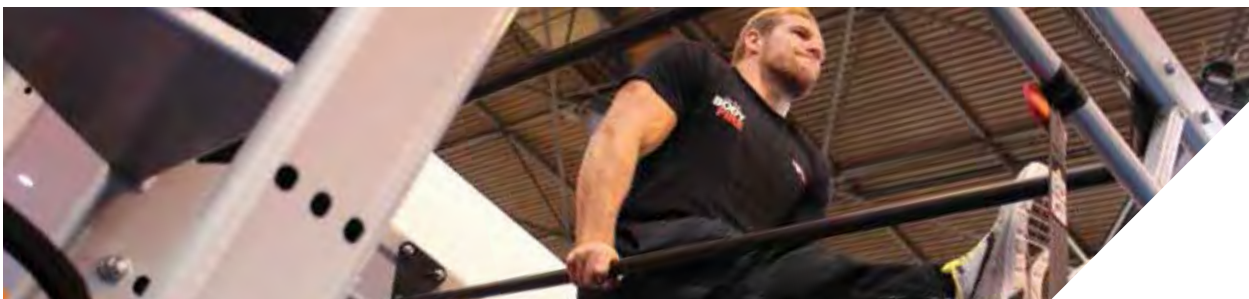


## LARGE WALL RIG

### PRODUCT INFORMATION

<b>JL-MSF19</b>	Rig	D: 2658mm, W: 6801mm, H: 2891mm
<b>JL-MSF19-P1</b>	Pack	Please see Page 94





### CLUB SERIES FREE STANDING RIG

- Lead time: Up to 6 weeks



### CLUB SERIES FREE STANDING RIG

#### PRODUCT INFORMATION

JL-CF2-3	Rig	D: 2658mm, W: 6801mm, H: 2891mm
JL-CF2-3-P1	Pack	Please see Page 94

### COMPACT WALL RIG

- Lead time: Up to 6 weeks



### COMPACT WALL RIG

#### PRODUCT INFORMATION

JL-CW-100	Rig	2m x 3 Bar Wing, 1x Punch Bag Arm, 1x Rebound Board, 1x Dipping Attachment, 1x Step Attachment
JL-CW-100-P1	Pack	Please see Page 94

### FOR YOUR INFORMATION

It is recommended that the Rigs be secured to suitable floor and wall. Please ensure sufficient suitability of floor/wall and ceiling height.

### FROM A VERSATILITY PERSPECTIVE THE FUNCTIONAL RIGS ARE VERY MULTI-PURPOSE AND CAN BE USED:

- As multiple Squat Racks
- As an MMA conditioning station with punch bags, suspension systems, and kick-punch band attachments
- As a multi-user suspension system station with at least 8 users, for use with Jungle Gym XT, Milokits or Gym Rings
- As a Group Training Station, used with ropes, freeweights, gym rings and kettlebells.
- For Storage of Olympic Size bars
- As an alternative to multiple individual pieces of equipment

### MOST OF THE FUNCTIONAL TRAINING RIGS AVAILABLE WILL HAVE A CHOICE OF ATTACHMENTS INCLUDING:

- Dip Bars
- Core Plate/Landmine Sleeve
- Step Up/Plyometric Jump Platform
- Bungee Cord, Band or Rope Loop
- Jpeg Hooks to support Olympic Bars

### THEY ARE COMMONLY USED WITH OTHER PERIPHERAL FUNCTIONAL EQUIPMENT SUCH AS

- Jungle Gym XT, Milokits and Gym Rings
- Punchbags and other combat equipment
- Olympic barbells and rubber training plates
- Bungee Cords and Waist/Vest Attachments
- Weighted Vests / Kettlebells / Sandbags / Ropes / Benches

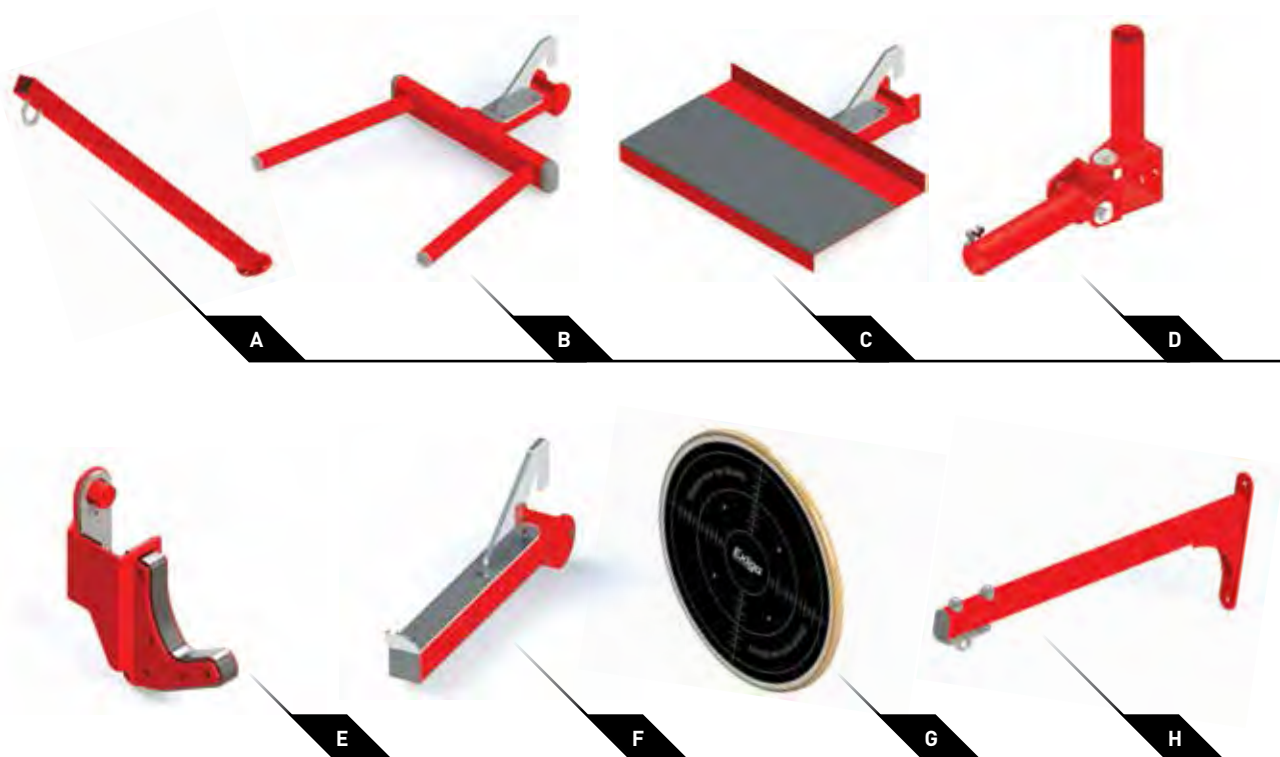
**RBT** by **JORDAN FITNESS**  
**RESULTS BASED TRAINING**

#### ACADEMY COURSE AVAILABLE

- Functional Rig Workshop



# FUNCTIONAL RIG ATTACHMENTS



## JORDAN CABLE ATTACHMENTS 6 week lead time

### PRODUCT INFORMATION

JL-ATT-065	A. Rope Pull Arm
JL-ATT-005	B. Dipping Attachment
JL-ATT-010	C. Step Attachment

JL-ATT-015	D. Core Plate Attachment with Storage
JL-ATT-035	E. J Hooks
JL-ATT-040	F. Safety Spot Arm
JL-ATT-CS-080	G. Rebound Board
JL-ATT-CS-090	H. Punch Bag Arm



## WING ATTACHMENTS

- These can be added to any style rig and also wall mounted.
- If the length of wing is not shown please call for a quote
- A wide range of colours available



## WING ATTACHMENTS 3 week lead time

### PRODUCT INFORMATION

JL-2650	1.24m x 3 Bar Wing
JL-2660	2m x 3 Bar Wing
JL-2670	3m x 3 Bar Wing

## EQUIPMENT PACK LIST

## CORNER RIG EQUIPMENT PACK

<b>JLBOX-PB02</b>	Heavy Punch Bag
<b>JLBOX-TG12</b>	Pair Training Gloves 12kg
<b>JLJG-XT</b>	Jungle Gym XT
<b>JLCKB</b>	5x Competition Kettlebells [8, 12, 14, 16, 20kg]
<b>JLSB</b>	5x Slam Balls [3, 5, 7, 9, 12kg]
<b>JTNB-60-7</b>	5ft Steel Series Olympic Bar
<b>JLPWB</b>	Set of 3 Powerbands [2, 4, 6]

## MONSTER RIG EQUIPMENT PACK

<b>JLPOB-86</b>	2x Elite Olympic Bars
<b>JLQLC-01</b>	2x Pairs Quick Lock Collars
<b>JTRCTP</b>	360kg Set of Olympic Round Rubber Discs
<b>JLJG-XT</b>	4x Jungle Gym XT
<b>JLPWB</b>	Set of 6 Powerbands
<b>JLCKB</b>	10x Competition Kettlebells [2x 8, 12, 14, 16, 20kg]
<b>JL-SBXT-S</b>	5x Sandballs
<b>JLSB</b>	5x Slam Balls [3, 5, 7, 9, 12kg]

## LARGE WALL RIG EQUIPMENT PACK

<b>JLJG-XT</b>	3x Jungle Gym XT
<b>JTPOB-86</b>	2x 7ft Elite Olympic Bars
<b>JLQLC-01</b>	2x Pairs Quick Lock Collars
<b>JTRCTP</b>	360kg Set of Olympic Round Rubber Discs
<b>JLCKB</b>	10x Competition Kettlebells [2x 8, 12, 14, 16, 20kg]
<b>JL-SBXT-S</b>	5x Sandballs
<b>JLSB</b>	5x Slam Balls [3, 5, 7, 9, 12kg]
<b>JLBOX-PB02</b>	Heavy Punch Bag
<b>JLBOX-TG12</b>	Pair Training Gloves 12kg
<b>JLPWB</b>	Set of 6 Powerbands
<b>JLTR-02</b>	Training Rope 50mm

## CLUB SERIES FREE STANDING RIG EQUIPMENT PACK

<b>JTNB-60-7</b>	5ft Steel Series Olympic Bar
<b>JLPWB</b>	Set of 3 Powerbands [2, 4, 6]
<b>JLJG-XT</b>	6x Jungle Gym XT
<b>JLTR-02</b>	Training Rope 50mm

## COMPACT WALL RIG EQUIPMENT PACK

<b>JLBOX-PB02</b>	Heavy Punch Bag
<b>JLBOX-TG12</b>	Pair Training Gloves 12kg
<b>JLJG-XT</b>	Jungle Gym XT
<b>JLOMB</b>	Oversized Medicine Ball [6, 10kg]
<b>JLPWB</b>	Set of 3 Powerbands [2, 4, 6]
<b>JLQLC-01</b>	1x Pairs Quick Lock Collars
<b>JTPOB-86</b>	1x Elite Olympic Bars
<b>JTRCTP</b>	180kg Set of Olympic Round Rubber Discs



I highly recommend Jordan Fitness as equipment suppliers when you are setting up your CrossFit box. Firstly they have excellent customer service and can always be contacted on the phone for any up to date information on your order. They are extremely honest about their products and their use in your gym, if you ask for a basic piece of equipment and they don't think its up to the rigors of CrossFit they will advice you based on previous CrossFit customers experiences.

**Duncan Bolt -**  
**Crossfit Stag's & Doe's, Cambridge**



**TIME LAPSE RIG  
INSTALL VIDEO**

Watch MiGym's fantastic time lapse rig install video



## SECTION 7

# FITNESS FLOORING



“ We chose Jordan Fitness as they offer the best quality at the best price, and offer the best customer service. They have provided us with a very attractive flooring solution which is enhancing the results of our already very active members. ”

Anna Rounaja, Development Manager  
- Hukka Oy, Finland  
[www.hukka.net](http://www.hukka.net)



Jordan®

**HUKKA**  
Enemmän elämää.

FIND THE PERFORMANCE FLOORING ON [PAGE 103](#)



# JORDAN AEROBIC FLOOR (10MM)

Easy-Lock Aerobic is a professional sports floor which has been developed for use in aerobic halls, home gyms, multipurpose sports halls, indoor cycling areas etc.

This floor has become an essential piece of equipment as it is an attractive, practical and hygienic addition to any sports environment.

CAN'T  
DECIDE?  
Call for a free sample



## PRODUCT INFORMATION

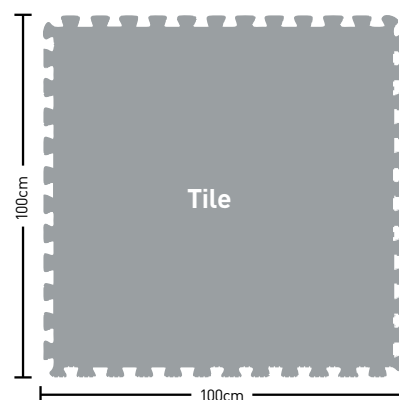
- Modern design
- Fast installation
- Wide range of colours
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints

## TECHNICAL SPECIFICATIONS

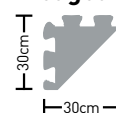
- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 10mm
- **Density:** 320kg/m3
- **Hardness:** 75°
- **Weight:** 2.8kg

## COLOUR OPTIONS

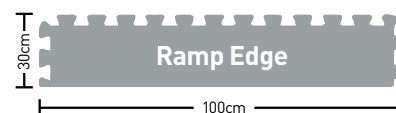
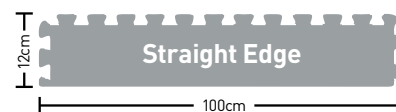
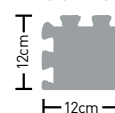
Actual floor colours may vary slightly from the colours shown above.



## Wedged Corner



## Corner



## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

## JORDAN FITNESS FLOORING

### EASY LOCK AEROBIC FLOOR (10MM THICKNESS)

<b>JLELA</b>	Easy Lock Floor Tile	100cm x 100cm
<b>JLELAE</b>	Ramp Edge	30cm x 100cm
<b>JLELAC</b>	Ramp Corner	30cm x 30cm
<b>JLELAES</b>	Straight Edge	12cm x 100cm
<b>JLELACS</b>	Straight Corner	12cm x 12cm

# JORDAN FITNESS FLOOR (15MM)

Easy-Lock Fitness is a professional sport floor which has been developed for commercial gyms in their Fitness, Cardio and free weight areas.

This floor is very popular because of its versatility and durability. Easy-Lock Fitness flooring is an attractive and hygienic addition to any fitness environment.

## PRODUCT INFORMATION

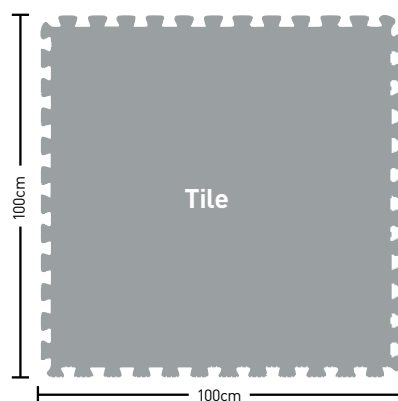
- Modern design
- Fast installation
- Easy maintenance
- Easy repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints
- Suitable for kettlebell training zones

## TECHNICAL SPECIFICATIONS

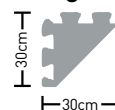
- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 15mm
- **Density:** 320kg/m<sup>3</sup>
- **Hardness:** 75°
- **Weight:** 3.9kg

## COLOUR OPTIONS

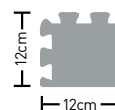
Actual floor colours may vary slightly from the colours shown above.



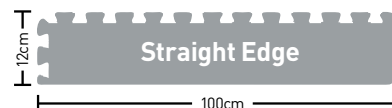
## Wedged Corner



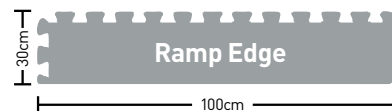
## Corner



## Straight Edge



## Ramp Edge



## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

## JORDAN FITNESS FLOORING

### EASY LOCK FITNESS FLOOR (15MM THICKNESS)

JLELF	Easy Lock Floor Tile	100cm x 100cm
JLELFE	Ramp Edge	30cm x 100cm
JLELFC	Ramp Corner	30cm x 30cm
JLELFES	Straight Edge	12cm x 100cm
JLELFCs	Straight Corner	12cm x 12cm

CAN'T  
DECIDE?  
Call for a free sample



# JORDAN TATAMI FLOOR (15, 20, 30MM)

Easy-Lock Tatami is the professional flooring that has been developed for the Martial Arts world, its also suitable for yoga, rehabilitation and childrens play areas. Shock absorbing Air Care System offers maximum protection for feet and joints. EVA material used is highly durable and will last 5x longer. Supplied 2cm thick and has a specific stronger lock in the middle for longer service. This floor is designed for use without shoes.

CAN'T  
DECIDE?  
Call for a free sample



## PRODUCT INFORMATION

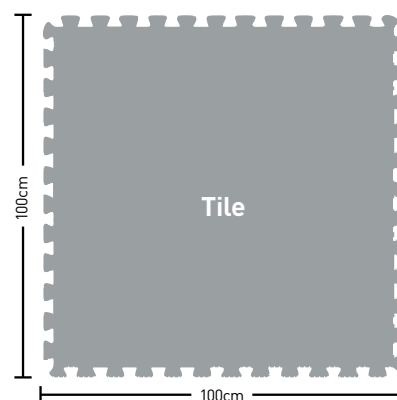
- Modern design
- Fast installation
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Air Care System helps minimise impact on joints

## TECHNICAL SPECIFICATIONS

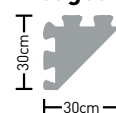
- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 15mm / 20mm / 30mm
- **Density:** 160kg/m3
- **Hardness:** 55°
- **Weight:** 2.8kg

## COLOUR OPTIONS

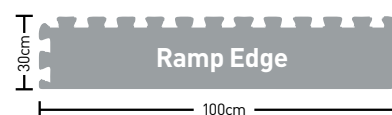
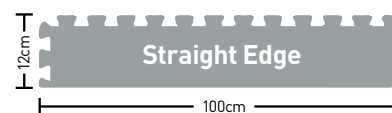
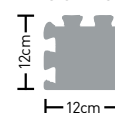
Actual floor colours may vary slightly from the colours shown above.



## Wedged Corner



## Corner



## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

## JORDAN FITNESS FLOORING

### EASY LOCK TATAMI FLOOR (20MM THICKNESS)

<b>JLELT2</b>	Easy Lock Floor Tile	100cm x 100cm
<b>JLELT2E</b>	Ramp Edge	30cm x 100cm
<b>JLELT2C</b>	Ramp Corner	30cm x 30cm
<b>JLELT2ES</b>	Straight Edge	12cm x 100cm
<b>JLELT2CS</b>	Straight Corner	12cm x 12cm

# JORDAN RUBBER FLECK FLOOR (12MM)

Rubber Fleck Floor is a professional sport floor which has been developed for commercial gyms in their Fitness, Cardio and free weight areas.

This floor is very popular because of its versatility and durability. Rubber Fleck flooring is an attractive and hygienic addition to any fitness environment.

## PRODUCT INFORMATION

- Modern design
- Fast installation
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Air Care System helps minimise impact on joints

## TECHNICAL SPECIFICATIONS

- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 15mm / 20mm / 30mm
- **Density:** 160kg/m<sup>3</sup>
- **Hardness:** 55°
- **Weight:** 2.8kg



## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

## COLOUR OPTIONS

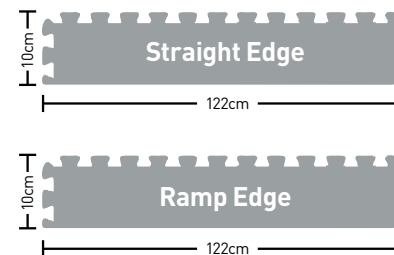
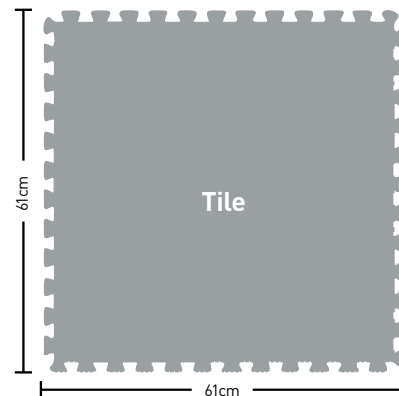
Actual floor colours may vary slightly from the colours shown above.



BLACK WITH  
YELLOW FLECK



BLACK WITH  
GREY FLECK



## JORDAN FITNESS FLOORING

### YELLOW RUBBER FLECK FLOOR (12MM THICKNESS)

JL-ELT61Y	Yellow Fleck Floor Tile	61cm x 61cm
JL-ELT61EY	Yellow Straight Edge	10cm x 122cm
JL-ELT61REY	Yellow Ramp Edge	10cm x 122cm

### GREY RUBBER FLECK FLOOR (12MM THICKNESS)

JL-ELT61G	Grey Fleck Floor Tile	61cm x 61cm
JL-ELT61EG	Grey Straight Edge	10cm x 122cm

### PROFESSIONAL RAMP EDGE

JL-EDGE2.7	Professional Ramp Edge	2.7m
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# JORDAN FREE WEIGHT FLOOR (8, 12MM)

A unique highly durable and flexible solution that will ensure your free weights and floor are protected from damage and marking by benches or other equipment.

Easy-Lock Free Weight Flooring provides a high impact resistant, long lasting surface that will absorb punishment that would normally damage most other conventional lightweight foam flooring or tiles.



CAN'T  
DECIDE?  
Call for a free sample

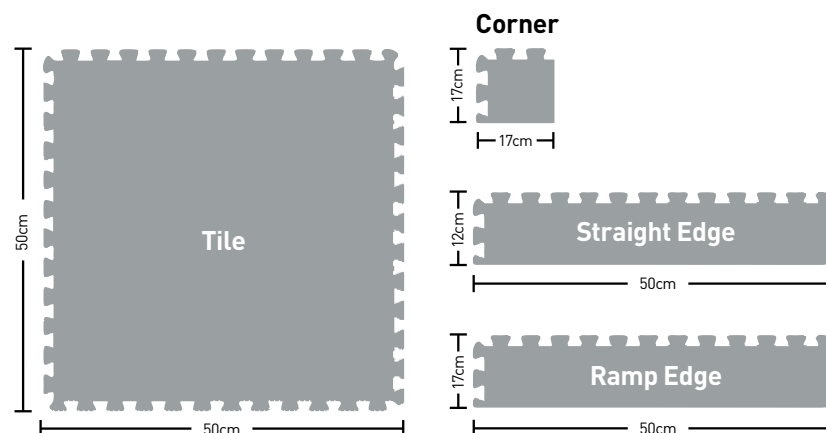
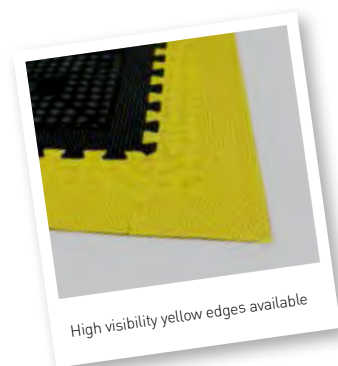


## PRODUCT INFORMATION

- Available in 8 & 12mm thickness
- Modern design
- Fast installation
- Easy to maintain, repair & move
- High durability
- Anti-slip surface
- Reduce noise and vibration
- Cushioned surface
- Suitable for kettlebell training zones

## TECHNICAL SPECIFICATIONS

- **Material:** High grade rubber
- **Dimensions:** 50 x 50cm
- **Thickness:** 8mm / 12mm
- **Density:** 2200kg/m3
- **Hardness:** 66°
- **Weight:** 4kg / 6kg



## JORDAN FITNESS FLOORING

### FREE WEIGHT FLOOR

JTELT-01B	12mm Black Rubber Tile	50cm x 50cm
JTELT-02B	12mm Ramp Edge	17cm x 50cm
JTELT-03B	12mm Corner	17cm x 17cm
JTELT-07B	12mm Straight Edge	12cm x 50cm
JTELT-09Y	12mm Yellow Edge	12cm x 50cm
JTELT-10Y	12mm Yellow Corner	17cm x 17cm
JTELT-04B	8mm Black Rubber Tile	50cm x 50cm
JTELT-05B	8mm Ramp Edge	17cm x 50cm
JTELT-06B	8mm Corner	17cm x 17cm
JTELT-08B	8mm Straight Edge	12cm x 50cm
JTELT-11Y	8mm Yellow Edge	12cm x 50cm
JTELT-12Y	8mm Yellow Corner	17cm x 17cm





**CASE STUDY #1**  
Our Free Weight Flooring  
can be found around the world

# JORDAN PERFORMANCE FLOOR (7MM)

This floor is highly resistant and comes in a wide variety of finishes, offering us a whole range of application possibilities for any type of room, whether machinery, weights, indoor cycling, indoor walking... as well as for heavy use areas. Fast to install and easy to repair, maintain & move, Performance flooring is highly durable, reduces noise & vibration with its cushioned surface.

## HIGH PERFORMANCE

Bi-Density flooring which combines best features of EVA and Rubber. It's surface is highly resistant to all types of marks.

## TECHNICAL SPECIFICATIONS

- **Material:** EVA/Rubber
- **Dimensions:** 75 x 75cm
- **Thickness:** 7mm
- **Density:** 800kg/m<sup>3</sup>
- **Hardness:** 90°
- **Weight:** 6.7kg

## FUNCTIONAL PERFORMANCE

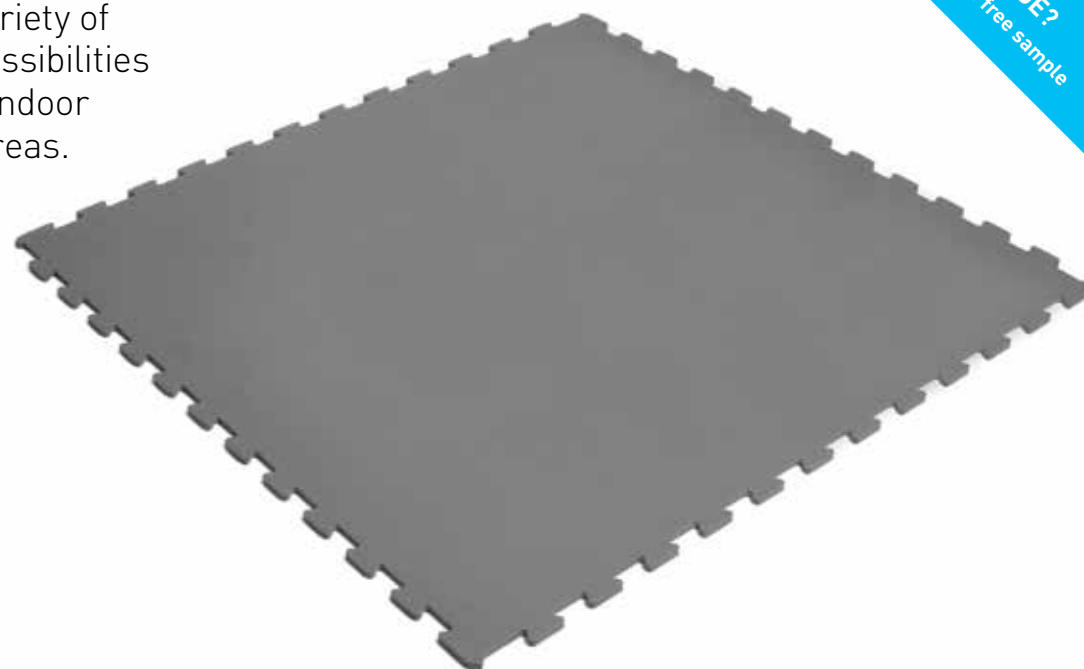
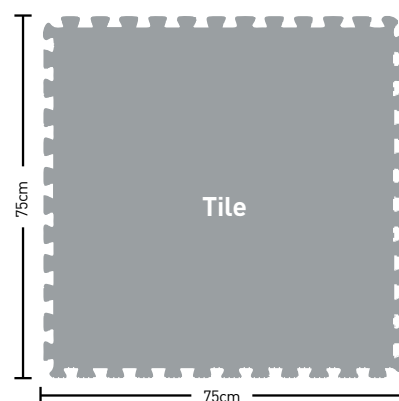
With advantages & benefits of the High Performance flooring but is an EVA based tile. Ideal for the more functional space.

## TECHNICAL SPECIFICATIONS

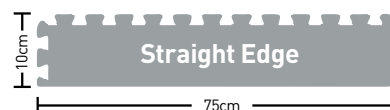
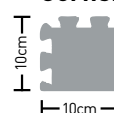
- **Material:** EVA
- **Dimensions:** 75 x 75cm
- **Thickness:** 7mm
- **Density:** 760kg/m<sup>3</sup>
- **Hardness:** 70°
- **Weight:** 6.4kg

## COLOUR OPTIONS

Actual floor colours may vary slightly from the colours shown above.



## Corner



## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

## JORDAN FITNESS FLOORING

### HIGH PERFORMANCE FLOOR (7MM THICKNESS)

JLELHP	High Performance Floor Tile	75cm x 75cm
JLELHPE	Straight Edge	10cm x 75cm
JLELHPC	Straight Corner	10cm x 10cm

### FUNCTIONAL PERFORMANCE FLOOR (7MM THICKNESS)

JLELFP	Functional Performance Floor Tile	75cm x 75cm
JLELFPE	Straight Edge	10cm x 75cm
JLELFPC	Straight Corner	10cm x 10cm

CAN'T  
 DECIDE?  
 Call for a free sample



**CASE STUDY #2**  
Performance Flooring install  
at Hukka Oy in Finland







# FLEXI-SPORTS PLAYGROUND FLOORING (13MM)

CAN'T  
DECIDE?  
Call for a free sample

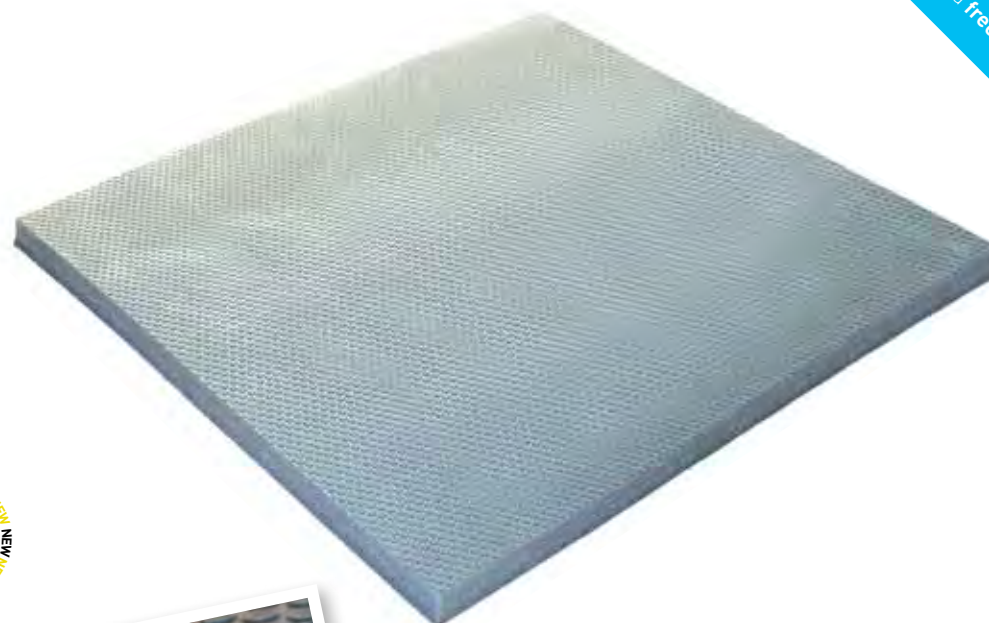
A world first cushioning floor for training areas. Playground has been developed to protect and optimise your training. Suitable for loads of 25,000kg per m<sup>2</sup> this PUR based material is a soft, supportive and functional floor solution proven to counteract fatigue and ensure motivation and performance.

## PRODUCT INFORMATION

- Modern design
- Fast installation
- Easy maintenance
- Easy repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints
- Suitable for kettlebell training zones

## TECHNICAL SPECIFICATIONS

- **Material:** PUR
- **Dimensions:** 88 x 88cm
- **Thickness:** 13mm
- **Density:** N/A
- **Hardness:** N/A
- **Weight:** 4kg

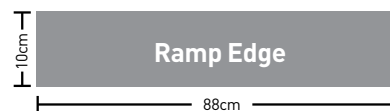
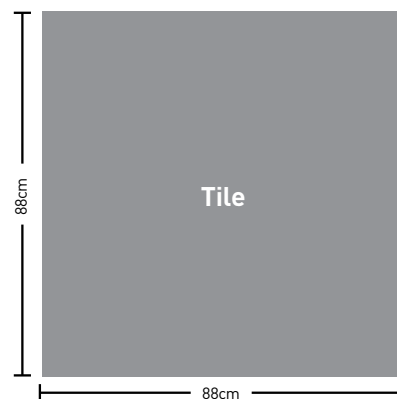


## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

## COLOUR OPTIONS

Actual floor colours may vary slightly from the colours shown above. Other colours are available from 55 m<sup>2</sup>



## FLEXI-SPORTS PLAYGROUND FLOORING

### PRODUCT INFORMATION

JLPLAYST	Playground Tile with Straight Edge (Grey)	88cm x 88cm
JLPLAYJIG	Playground Tile with Jigsaw Edge	88cm x 88cm
JLPLAYLUN	Lunge Circuit Marking	
JLPLAYPB	Power Bone Marking	
JLPLAYML	Multi Ladder Marking	
JLPLAYCM	Custom Marking	
JLPLAYRE	Ramp Edge	
JLPLAYFT	Flooring Tape	



**CASE STUDY #3**  
**NEW Playground**  
 Flooring install in Sweden

# JORDAN ACTIV FLOORING (15, 30MM)

Protect your free weights from impact damage with this new tactile cushioned flooring. Ideal for Professional sports facilities, free weights and general fitness areas, with fantastic noise suppression capabilities this flooring is soft to touch and ultra durable.

## PRODUCT INFORMATION

- Suitable for Free Weights, Functional & Machine Areas, CV, Resistance etc.
- Easy to fit
- Easy maintenance
- Ultra durable
- Ramp edges available
- Installation service available, please call for details
- Spread the cost and use our tax efficient finance service

## TECHNICAL SPECIFICATIONS

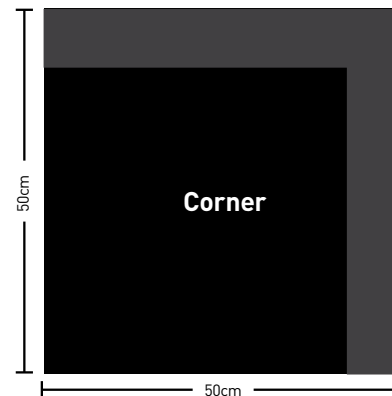
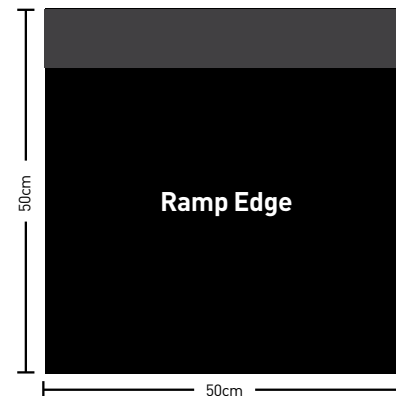
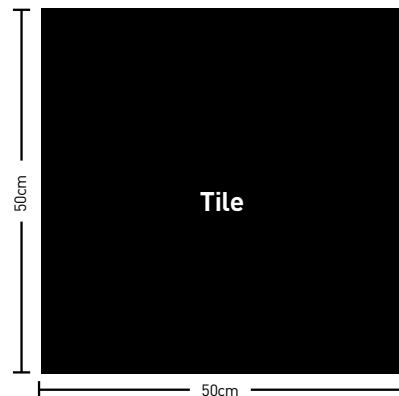
- **Material:** Rubber
- **Dims:** 50 x 50 x 30cm (4 tiles per sqm)
- **Thickness:** 28mm / 7mm (Ramp Edge)
- **Density:** N/A
- **Weight:** 4kg / 6kg

## FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.



CAN'T DECIDE?  
Call for a free sample



## JORDAN FITNESS FLOORING

### JORDAN ACTIV FLOORING (15, 30MM THICKNESS)

<b>JLACTIVBT15</b>	Black Tile	15mm	50cm x 50cm
<b>JLACTIVBC15</b>	Black Corner	15mm	50cm x 50cm
<b>JLACTIVBR15</b>	Black Ramp Edge	15mm	50cm x 50cm
<b>JLACTIVBT30</b>	Black Tile	30mm	50cm x 50cm
<b>JLACTIVBC30</b>	Black Corner	30mm	50cm x 50cm
<b>JLACTIVBR30</b>	Black Ramp Edge	30mm	50cm x 50cm

ALSO AVAILABLE IN GREY. CALL FOR DETAILS



# FLOOR CUSTOMISATION

Any of the flooring tiles featured on previous pages (excluding free-weight tiles) can be customised or personalised to customer's specifications. Logos and functional markings can be added to the tiles... bringing that special unique touch to gyms and fitness facilities.

## FUNCTIONAL FLOORING

More and more health clubs and gyms are adding functional training areas to increase personal training, to allow for more and varied group training sessions and to promote unsupervised use of the functional training equipment.

As well as having a varied selection of functional training equipment, such as medicine balls, Sandbags, suspension systems, combat gear and freeweights, the use of customized flooring can increase the potential of this area.

## CUSTOMISED FLOORING POSITIVES:

- Highlight dedicate areas for purpose, such as stretching, unstable training or medicine ball rebounder work.
- Allow for fitness testing - such as broad jumps and Hexagon Jumps, as well as single leg multi-planar stability with a compass marking.
- Maintain a clear area for sled work, plyometric training or sprints.
- Replace physical markers, such as cones, when performing speed and agility drills
- Be used for a variety of functional training games - popular with both adults and children

Whether you want your functional flooring to highlight dedicated training areas or to add colour, energy and interest to your functional training zone – our team can work with you so you get exactly the look and outcome you are searching for.

## GET IN TOUCH WITH OUR SALES TEAM

+44(0)1553 763285 | [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)



# JORDAN ROLL OUT SPRINT TRACK

The Roll Out Sprint Track is a synthetic rubber track surface designed to provide traction between training shoes and track unlike cheaper interlocking foam tile surfaces.

## PRODUCT INFORMATION

- Designed to give greater shock absorption
- Lower pressure on the feet and higher energy return
- Space saving roll out design can be rolled up out of the way
- Highly visible white markings
- Durable rubber material

## TECHNICAL SPECIFICATIONS

- **Material:** Synthetic Rubber
- **Dimensions:** 1.2m x 10m
- **Thickness:** 10mm

## COLOUR OPTIONS

Actual floor colours may vary slightly from the colours shown.

 BLUE  BLACK  RED

The Sprint Track is my favourite, it really stands out as a colourful, fun and versatile product. Training ropes, Slam Balls, and Plyometric boxes can all be used with the Sprint Track perfect for an exhilarating work out, if space is a problem then this is a great solution.

**Caroline, Warehouse Manager**



Want to use a Functional Sled on your Sprint Track? [SEE PAGE 43](#)

## JORDAN FITNESS FLOORING

### ROLL OUT SPRINT TRACK

<b>JL-STR</b>	Red with White Markings	10m x 1.2m x 10mm
<b>JL-STB</b>	Blue with White Markings	10m x 1.2m x 10mm
<b>JL-STBK</b>	Black with White Markings	10m x 1.2m x 10mm







# JORDAN SPORTS MATS

Easy-Lock Sports Mats are popular in the world of aerobics and fitness. They have become an essential piece of equipment for people in gyms as well as for kids, physiotherapy and rehabilitation.

They are suitable for any exercise performed on the floor. For practical and hygienic storage we can also supply Easy-Lock Hangers. One Hanger will hold up to 20 Easy-Lock Sports Mats.

## PRODUCT INFORMATION

- Modern Design
- Fast installation
- Wide range of colours
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints

## TECHNICAL SPECIFICATIONS

- **Material:** EVA
- **Dimensions:** 160 x 60cm
- **Thickness:** 9mm / 19mm
- **Density:** 100kg/m<sup>3</sup>
- **Hardness:** 35°
- **Weight:** 0.9kg / 1.8kg

## STOCK COLOURS



BLUE GREY BLACK

## OTHER COLOURS AVAILABLE



BROWN ORANGE RED GREEN VIOLET



## JORDAN SPORTS MATS

### PRODUCT INFORMATION

JLSM9B	Blue	9mm
JLSM9BK	Black	9mm
JLSM9G	Grey	9mm
JLSM19B	Blue	19mm
JLSM19BK	Black	19mm
JLSM19G	Grey	19mm

**SPORTS MATS RACK**

- Holds up to 70 x 9mm mats
- Stylish yet affordable systems for sports mats
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver
- Height: 1820mm, Length: 720mm, Depth: 1020mm

**SPORTS MATS HANGER**

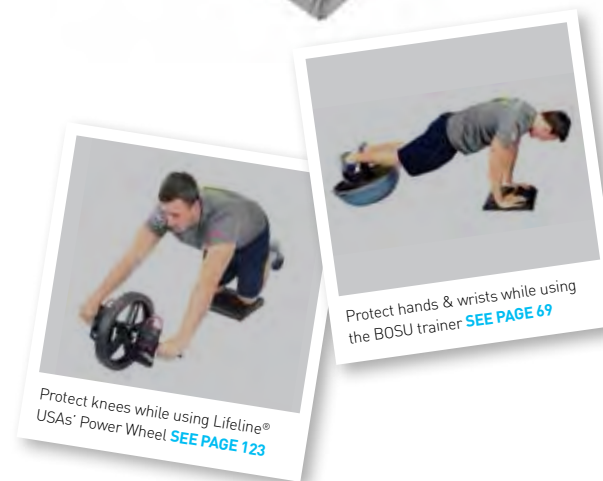
- Cost effective way of storing sports mats
- Holds up to 10 x 19mm mats or 20 x 9mm mats

**40MM MULTI-PURPOSE STRETCH MATS (with non slip base)**

- Easy wipe clean vinyl surface
- Ideal for martial arts - taekwondo, judo, karate etc
- Size meets international judo standards
- Slip resistance textured surface
- Thickness: 40mm
- Colour Options: Red or Grey
- Dimensions: 2000mm x 1000mm

**JORDAN AB MAT**

- Compact design ideal for mobile use
- Can be used for core training and knee support
- Grey leather with orange graphics
- Solid Base

**JORDAN SPORTS MATS****FLOORING ACCESSORIES**

<b>JTSMR</b>	A. Sports mat rack
<b>JLSMH</b>	B. Sports mats hanger

**JORDAN STRETCH MATS****FLOORING ACCESSORIES**

<b>JTMPSM-04R</b>	40mm multi purpose stretch mats Red
<b>JTMPSM-04G</b>	40mm multi purpose stretch mats Grey

**JORDAN AB MAT****FLOORING ACCESSORIES**

<b>JLAM2</b>	Jordan Ab Mat
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## SECTION 8

# LIFELINE® USA



“I’m delighted to have Lifeline® USA partnered with Jordan Fitness. Our two companies personify dedication to quality and innovation, and together we’ll bring revolutionary new training tools to the European market. It’s a fantastic pairing.”

*Bobby Hinds*

Bobby ‘Sugar’ Hinds, Owner & Founder  
- Lifeline® USA  
[www.lifelineusa.co.uk](http://www.lifelineusa.co.uk)





FIND THE EXCHANGE HANDLE  
SYSTEM ON [PAGE 119](#)

 **LIFELINE**



# JUNGLE GYM® XT

## THE NEXT GENERATION IN SUSPENSION SYSTEMS



The Jungle Gym® XT offers new and enhanced features and design aesthetics to what is arguably the hottest category in fitness today!

Built for punishing commercial use, the Jungle Gym® XT is very different from traditional suspension bodyweight trainers on the market today. Most notably, it features a 'split design', which allows users to quickly and easily adjust the forces on the body by changing the width of the system. From "V-shaped" suspension (found on traditional suspension trainers), to neutral suspension (found in Olympic rings) and now wide-angle suspension, the Jungle Gym® XT offers new features and versatility unlike anything the category has seen before.

Additional features include: Easy-In Foot Cradle™ for hands free use, comfortable inline adjustment buckles, integrated cinch loop and non-scuff door attachments with Duro-Link™, ergonomic handles that are easy to wipe clean, workout poster and a 90 minute DVD with bonus workouts.

**RBT** by  
**JORDAN  
FITNESS**  
RESULTS BASED TRAINING

ACADEMY  
COURSE  
AVAILABLE

• Lifeline Workshop





One of the most important aspects of my work is being able to cater for so many different abilities, from elite athletes to elderly clients and everything in between. The Jungle Gym® XT has such great versatility that I can use progression and regression drills to cater for any athletic ability. Not only that, but it's so light that I take one on holiday with me and always have one in my gym bag. I couldn't work without it.

**Mark, Training Academy Manager**



### JUNGLE GYM® XT

- Split design does more
- Do traditional v-shaped moves
- Now do ring moves, dips and pullups
- Adjust to wide angle to change the force angles
- Easy-In Foot Cradles and Handles
- Hands free and easy to get in and out of
- Durable, comfortable and easy to clean
- Integrated Non-Scuff Door Anchor & Cinch Loops
- Attach to doors, beams and poles
- Connect sides to throw over high anchor points
- Quick and easy length adjustment

### CONTENTS

- Two Industrial suspension straps (8 feet each)
- Two Integrated easy-wipe handles and Easy-In Foot Cradles™
- Two comfortable inline adjustment buckles
- Two Non-scuff door anchors
- Two Strap end adjusters
- One Duro-Link™
- One Instructional DVD with brochure
- One Large, full colour workout wall chart



### JUNGLE GYM® XT STRAP EXTENDERS

- Add up to 8 feet to your Jungle Gym® XT
- Cinches to beams and poles, or clip to carabiners
- 4-Layer cinch loop designed to grip rough surfaces
- Adjustable length for a cushion-fit and professional install

### CONTENTS

- Two Industrial suspension straps (8 feet each)
- Two Dupont® Zytel™ cam buckles
- Two velcro excess strap-wraps
- One Instructional brochure



### JUNGLE GYM® XT WALL MOUNT

- Attach your XT to wall or ceiling studs
- Innovative, clean low-profile design
- 136kg per mount
- Includes hardware and mounting instructions



### LIFELINE® USA

#### PRODUCT DESCRIPTION

<b>JLJG-XT</b>	A. Jungle Gym® XT
<b>JL-JGXT-EXT</b>	B. Jungle Gym® XT Strap Extenders
<b>JL-JGXT-WM</b>	C. Jungle Gym® XT Wall Mount



# BUILD YOUR OWN SYSTEM (3 EASY STEPS)

## 1. SELECT CABLES

Lifeline® USA's cables are all made using Progressive Layering Technology™, so they feel better and last longer than common extruded fitness bands. The reviews say it all and it's true - Lifeline® really makes great fitness bands (and handles)!

Use different bands for different exercises and ranges of motion - or move up to the next resistance level for added challenge and continued strength, endurance and performance gains.

It's also a good idea to replace your bands every 3 to 5 years, depending on use and wear - and with Lifeline's interchangeable system, it's easy! Feel the difference and try a Lifeline® cable today!

### PREMIUM FITNESS CABLES

- Progressive Variable Resistance
- No inertia for high speed training
- Physiologically superior to weights for developing strength and cutting fat
- Dipped natural rubber
- Interchangeable design
- Choose your resistance
- Change / upgrade as needed
- Use up to 136kg
- Resist thousands of movements



### LIFELINE® USA

#### CABLES

JL-FCB-1E	4.53kg	Teal
JL-FCB-2E	9.07kg	Purple
JL-FCB-3E	13.60kg	Pink
JL-FCB-4E	18.14kg	Magenta
JL-FCB-5E	22.67kg	Orange
JL-FCB-6E	27.21kg	Red
JL-FCB-7E	31.74kg	Yellow
JL-FCB-8E	36.27kg	Green
JL-FCB-9E	40.81kg	Blue
JL-FCB-10E	45.34kg	Black
JL-QF-2	Quik Fit Cable R2	

## 2. SELECT HANDLES

The patented Exchange Handles are ergonomic and have loads of subtle cable saving and comfort adding features, but the most important is the cable pocket design. The 'pocket and channel' allows you to interchange any of the 10 resistances Lifeline® USA offers.

Hold 1, 2 or 3 cables at the same time using the patented Lifeline® USA Triple Grip Handle. The simple, patented design allows you to stack up to 136kg on a pair of handles.

Or try our basic handle, the Quik Fit Handle, which does a great job and brings added portability to your resistance band / cable system.

### TRIPLE GRIP HANDLES

- 3x The Resistance / Fun
- Hold/swap up to 3 different cables at the same time
- Ergonomic and cable saving design
- Easy to keep clean



### EXCHANGE HANDLES

- Elegant single-slotted handle
- Hold one cable at a time
- Interchange with all 10 cable sizes



### EXCHANGE HANDLE SYSTEM DVD

- Learn how to really use your system
- Get more strength & toning benefits
- Enjoy new workouts



### LIFELINE® USA

#### HANDLES & DVD

JL-TGH	A. Triple grip handles
JL-XCH	B. Exchange handles
JL-DVD-XC	C. Exchange Handle System DVD

### 3. SELECT KIT

By simply closing it in any three hinge-door, you have a durable cable anchor that will allow you to do up to 10x more exercises / movements by eliminating the need for you to stand on the tubing.

The new non-wear cable pocket saves you money by reducing wear and tear on your cables 11% over the standard model.



#### WANT MORE INFORMATION?

Scan this QR code

#### HEAVY-DUTY DOOR ATTACHMENT

- Essential must-have
- Do 10x as many exercises
- Holds up to 158kg



#### TNT CABLE SYSTEM™ DVD

- Learn how to really use your cables
- Get more strength and toning benefits out of your cables
- Learn full body cable movements
- Enjoy new workouts



#### LIFELINE® USA

##### DOOR ATTACHMENT & DVD

**JL-DOORANCHOR** Heavy-duty door attachment

**JL-DVD-TNT** TNT Cable System™ DVD



# TNT CABLE SYSTEM

## PREPARE TO BE AMAZED

Lifeline® USA's cables are all made using Progressive Layering Technology™, so the TNT Cable System is proven to be better than weights for developing size, strength and power.

### PRODUCT INFORMATION - R3

- 54kg of adjustable resistance
- Comes with deluxe TNT DVD and door attachment
- Features triple grip handles

### CONTENTS

- Three 5ft cables (13lbs peak resistance each)
- Two 3-in-1 ergonomically designed Triple Grip handles
- One door attachment
- One instructional DVD with brochure by fitness expert Jon Hinds
- One cable exercises poster and door attachment insert (while supply lasts)



LIFELINE® USA

TNT CABLE SYSTEMS

JL-TNTS-3

R3 Cables Pack (Retail Packaging)

Pink



# EXCHANGE HANDLE SYSTEM

## READY TO GO

Each cable has multiple layers that work together to add durability and provide extremely smooth cable feedback across even the widest ranges of motion.

### PRODUCT INFORMATION

- Cable, DVD and door attachment
- Features exchange handles
- Everything you need to get started

### CONTENTS

- One 5ft cables (13lbs peak resistance)
- Two exchange handles with hard grip rotators
- One door attachment
- One instructional DVD with brochure by fitness expert Jon Hinds
- One cable exercises poster and door attachment insert (while supply lasts)



LIFELINE® USA

EXCHANGE HANDLE SYSTEM

JL-FCX-3

R3 Cable - Pink, grips, attachment & DVD



# TRAIN STATION™ SYSTEM

## THE TRAINER'S CHOICE

Weighing in at just 0.68kg, the multi-function Train Station™ is perfect for taking your fitness routine on the road. Just loop over a door and get to work on your back, shoulders, legs, core, arms, hips and more

### PRODUCT INFORMATION

- In-home setup in seconds
- Patented 2-way buckle for fast height adjustment
- Ankle attachment works legs
- Weighs just 3 pounds



**LIFELINE® USA**

**MOUNTS & CABLES**

**JL-TSDI-3** Door Mount (Includes R3 cables 18.14kg)



# CHEST EXPANDER™

## CLASSIC FAVOURITE

Sculpt your chest like never before with the Lifeline® USA's Chest Expander™. Overhead downward pulls, lateral raises, military presses and more will provide your chest, back and shoulders with a workout that delivers results.

### PRODUCT INFORMATION

- Build superior power and strength
- Load up with up to 77kg of resistance
- DVD features new full body movements



**LIFELINE® USA**

**CHEST EXPANDER™**

**JL-CX-3** Chest Expander™ (Includes R3 cables 13.6kg)

# POWER CHIN UP™

## SMALLEST CHINUP BAR EVER

From pull-ups to hanging knee-ups, the Power Up Chin Up™ is a fast and effective way to sculpt and define. What's best, it weighs less than a pound, making it convenient to carry with you. Simply attach it to any door and you're ready to go.

### PRODUCT INFORMATION

- Throw it over a door
- Do upper body and core exercises anywhere
- Sculpt and define your upper body
- Convenient for you to use anywhere
- Use your own body weight as resistance

### CONTENTS

- Two foam grips
- Instructions
- Two wrist cushions



LIFELINE® USA

POWER CHIN UP™

JL-PCU

Portable chin up bars (pair)



# PORTABLE POWER JUMPER™

## ULTIMATE JUMP TRAINER

Whether you're looking to increase your vertical jump or gain speed, agility and power, the Portable Power Jumper™ is a great tool. The Power Jumper™ is unlike any other platform or weight-based jump trainer because it is portable.

### PRODUCT INFORMATION

- Average vertical jump increase is 10" in 90 days
- Average broad jump increase is 12" in 90 days
- Use during live drills - indoor and out
- Heavy full body resistance while promoting safe landings

### CONTENTS

- Two 5ft cables (18kg peak resistance each) with padding
- Two foot stirrups with 3-in-1 cable pockets
- One instructional DVD with brochure by fitness expert Jon Hinds



LIFELINE® USA

PORTABLE POWER JUMPER™

JL-PPJ-3

Portable Power Jumper™ (Includes R3 cables 18.14kg)

# MONSTER WALK™

## SPEED, AGILITY AND BALANCE

The Monster Walk™ uses progressive variable resistance to restrict you from using momentum, as a result, you will strengthen lower body and core muscles at their weakest point, increasing your overall speed and agility and reaction time. The Monster Walk™ is also a great way to warm up muscles to help reduce the chance of injury.

### PRODUCT INFORMATION

- Resists lateral movements
- Soft ankle cuffs grip comfortably, even when doing high-knees
- A Staple ingredient in any speed training program

### CONTENTS

- One 30" cable ring
- Two soft ankle cushions
- One instructional DVD with brochure by fitness expert Jon Hinds



LIFELINE® USA

MONSTER WALK™

JL-LR3-3

R3 Monster Walk™

Pink (13.6kg)





# POWER PUSHUP™

## INVERTED BENCH PRESS

This is precisely why professional athletes in virtually every sport have adopted functional training techniques and now you can too. The grid of Lifeline's® patented cable pockets on the padded back strap let you build up to the serious resistances and develop real power.

### PRODUCT INFORMATION

- Total body engagement
- 20 ounces light for portability
- Adjustable from 36-108kg plus
- Add or remove bands to liking



LIFELINE® USA

POWER PUSHUP™

JL-PPU3-3

R3 Power Pushup™

Pink (13.6kg)

# PULLUP REVOLUTION™

## DO MORE WITH YOUR PULLUP BAR

Maximising the effectiveness of every minute you spend on the bar. The exclusive design lets you dial in up to 100lbs of power assistance, so you get just the right amount of support whether you're doing traditional pullups or any of the new advanced exercises the Pullup Revolution™ allows you to do.

### PRODUCT INFORMATION

- 45kg of adjustable assistance
- Do more reps for a better workout
- Focus on good technique
- Work more muscles
- Do fun and challenging new moves



LIFELINE® USA

PULLUP REVOLUTION™

JL-PUR

Cables, bar attachment, foot stirrup & DVD



# PULLUP REVOLUTION™ PRO

## CLUB DESIGN, MORE FEATURES

Designed based upon feedback from personal trainers & strength coaches, the Pullup Revolution™ Pro is proven to increase pullup strength more than 70% in 60 days with regular usage.

### PRODUCT INFORMATION

- Get assistance on challenging pushup varieties
- Focus on good technique and more reps
- Attach to a wider bar with the bar adaptor
- Extra support for beginners and advanced moves



LIFELINE® USA

PULLUP REVOLUTION™ PRO

JL-PUR1

Cables, bar attachment, pushup belt & DVD



# POWER WHEEL™

## MOST EFFECTIVE CORE TRAINER



A strong core not only helps improve power and balance, it can also help decrease the likelihood of injuries. And nothing looks better than a strong, lean mid-section.

### PRODUCT INFORMATION

- UC Berkeley Study proves it
- 14" wheel challenges the core in all planes of motion
- Used with hands and feet, both indoors and out

### CONTENTS

- One heavy-duty wheel with adjustable toe/heel fasteners
- One instruction DVD for advanced workouts by fitness expert Jon Hinds



LIFELINE® USA

POWER WHEEL™

JL-PW-2C

Heavy-duty wheel & instruction DVD



Protect your back, knees and hands with the Ab Mat **SEE PAGE 112**





## HEAVY WEIGHTED SPEED ROPES

If you're looking for a powerful and effective cardio workout, the Weighted Speed Rope is for you. Professionally engineered, the Weighted Speed Rope features our new high-tech, ball bearing handles for smooth rotation.

### PRODUCT INFORMATION

- Ball bearing handles with perfectly weighted and balanced ropes
- Patented length adjustment feature works for all heights
- Half a pound difference in the rope makes a big difference
- Includes caloric expenditure chart

### CONTENTS

- One 10ft Heavy or Extra-Heavy Weighted Speed Rope
- Two high-tech, ball bearing handles
- One "Your Guide to Jump Rope Fitness" workout book by Bobby Hinds.



### LIFELINE® USA

#### HEAVY WEIGHTED SPEED ROPES

<b>JL-WSR-H</b>	Heavy Weighted Speed Rope 340g (Red)
<b>JL-WSR-X</b>	Extra-Heavy Weighted Speed Rope 567g (Black)

## AIR ROPE™

Perfect for all ages and fitness levels. The Airopo™ is easier than traditional jump roping, but delivers all the same great benefits. Improve balance, speed, agility and coordination. Increase endurance - 10 minutes of jumping rope equals 30 minutes of jogging. Burn fat 3 times faster than jogging.

### PRODUCT INFORMATION

- Increase your cardiovascular system
- Improve your balance, speed, agility and co-ordination
- Burn fat three times faster than jogging

### CONTENTS

- 2 handles attached to foam weights with cables



### LIFELINE® USA

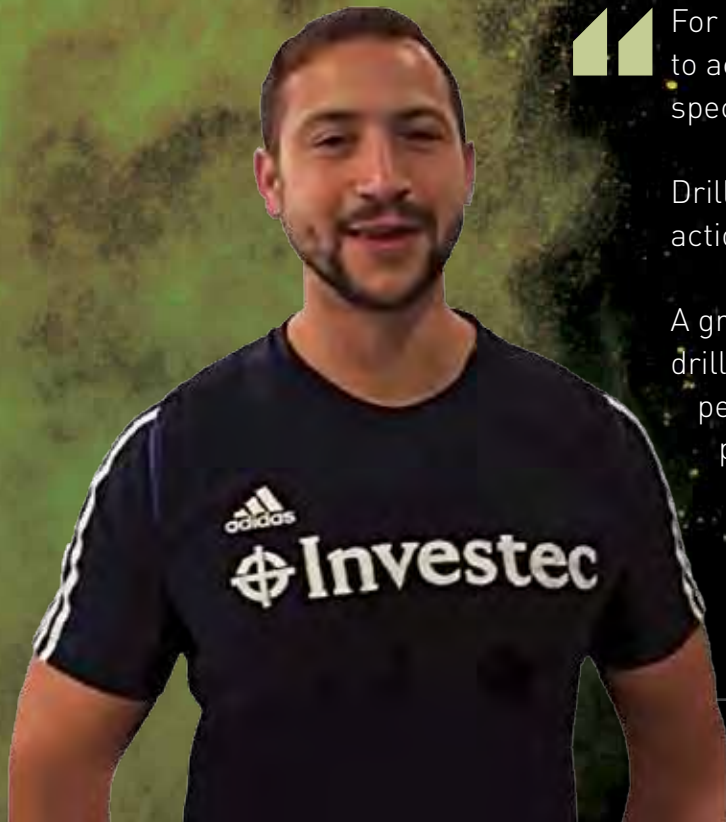
#### AIR ROPE™

<b>JL-AIRROPE</b>	Air Rope™
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## SECTION 9

# PER4M<sup>®</sup>



“ For many sports, how fast you play the game determines success. In order to achieve this athletes must be physically capable of performing their specific actions at high speed and with exceptional control.

Drills which consistently challenge and facilitate fast decision making and actions, over long periods of time, will help athletes play the game faster.

A great range of high quality equipment, which allows for large drill variation and sustainable work to improve ultimate athletic performance, will support the implementation of your coaching philosophy in a wide range of contexts and environments.”

- Ben Rosenblatt, Senior Strength & Conditioning Coach  
- English Institute of Sport  
[www.eis2win.co.uk](http://www.eis2win.co.uk)





FIND THE JUKE 360 ON [PAGE 129](#)

**PER4M**™



# JUKE 360

## PRODUCT INFORMATION

Per4m® Juke 360 is used to build explosive movement power and more efficient footwork technique. The Juke 360 helps create strength, stamina whilst improving movement and speed.

- 8ft stretch cord safely extends to 20ft
- Adjustable belt with free slide ring for movement in any direction
- 10 different drill cards for training and practicing

## BENEFITS

- Improve sport specific speed & movement efficiency
- Use resistance to build power and quickness
- Increase footwork speed and fluidity for enhanced performance



## PER4M® JUKE 360

## PRODUCT INFORMATION

JL-J360

Juke 360



# QUICK HURDLES

## PRODUCT INFORMATION

Per4m® Quick Hurdles improve knee lift and leaping power through intense stepping and jumping drills.

- 5 Quick Hurdles constructed of durable, lightweight PVC
- Adjustable hurdle height: from 8" to 12"
- Hurdle legs rotate inward for easy storage
- 10 different drill cards for training and practicing

## BENEFITS

- Improve footwork and knee lift for enhanced performance
- Boost coordination and step efficiency to increase foot speed
- Increase total body control, quickness and leaping ability



## PER4M® QUICK HURDLES

## PRODUCT INFORMATION

JL-QH

Quick Hurdles

# JUMP TRAINER

## PRODUCT INFORMATION

Per4m® Jump Trainer increases both vertical and horizontal leaping ability. Increasing lower body dynamic strength by adding resistance to drills and training workouts.

- Padded adjustable belt and ankle straps fit most sizes
- Quick release power tubes are easily added and removed
- Durable latex tube construction
- 10 different drill cards for training and practicing

## BENEFITS

- Develop powerful vertical jump capability
- Strengthen lower body muscles for maximum spring
- Use during Plyo-training to improve muscle contraction



## PER4M® JUMP TRAINER

### PRODUCT INFORMATION

**JL-JT** Jump Trainer



# LEG POWER TUBE

## PRODUCT INFORMATION

Per4m® Leg Power Tube increases lower body strength and builds robust power and leg drive. The Leg Power Tube provides resistance while moving in all directions to allow for freedom of movement and balanced strengthening.

- Latex power tube provides progressive resistance
- Heavy duty nylon webbing for strength and durability
- Adjustable padded cuffs for a comfortable fit
- 10 different drill cards for training and practicing

## BENEFITS

- Build complete lower body strength for explosive moves
- Increase speed and stride length to outpace opponents
- Improve conditioning and stamina to outlast the competition



## PER4M® LEG POWER TUBE

### PRODUCT INFORMATION

**JL-LPT** Leg Power Tube



# POWER CHUTE

## PRODUCT INFORMATION

Per4m® Power Chute increases speed and power gain during sprinting drills through added resistance. The quick release buckle allows you to engage in over-speed surges while running.

- Mesh panels improves chute stability and prevents tangling
- 54" Chute with quick release buckle
- Adjustable belt with free slide ring for movement in all directions
- 10 different drill cards for training and practicing

## BENEFITS

- Provides resistance to build total body speed & power
- Develop rapid acceleration and proper form
- Quick release buckle allows mid-run over-speed surge



## PER4M® POWER CHUTE

### PRODUCT INFORMATION

JL-PC

Power Chute



## JORDAN TRAINING ACADEMY TIPS

Scan this QR Code for training videos and to see our equipment in action.





# QUICK CONES

## PRODUCT INFORMATION

Per4m® Quick Cones develop ultimate agility and body control through various custom drills. 20 Cones provide extensive drill options for continuous variety and challenge.

- 20x 8" Diameter 2" tall high-visibility cones
- Storage/Transport rack
- Made of flexible, high-strength plastic; won't break if stepped on
- 10 different drill cards for training and practicing

## BENEFITS

- Develop acceleration, deceleration, and change of direction quickness
- Improve body control & coordination through a wide range of movements
- Increase foot speed & agility for superior in-game performance



## PER4M® QUICK CONES

### PRODUCT INFORMATION

JL-QC

Quick Cones

# REACTION BELTS

## PRODUCT INFORMATION

Per4m® Reaction Belts enhance forward, backward and lateral juke and shadow drills. Reaction Belts challenge athletes to improvise and foster competition.

- Adjustable belts with free slide ring allow movement in all directions
- 4ft, 7ft and 10ft tethers for variable proximity drills
- Breakaway tethers allow safe, aggressive moves
- 10 different drill cards for training and practicing

## BENEFITS

- Enhance quickness, agility and reaction time through shadow drills
- Promote competition between athletes
- Improve foot speed and movement creativity



## PER4M® REACTION BELTS

### PRODUCT INFORMATION

JL-RB

Reaction Belts

# SPEED LADDER

## PRODUCT INFORMATION

Per4m® Speed Ladder for intense training drills of the upper and lower body as well as excellent body stability. Attack the Per4m® Speed Ladder with quick feet and high knees for breakout explosion for first step movements.

- Distance between rungs is 15"
- Flat rungs easily lay on ground
- Ground stakes for use outdoors keep ladder in place
- 10 different drill cards for training and practicing

## BENEFITS

- Improve acceleration, lateral quickness and change of direction
- Gain greater body control by improving agility
- Adapt training to sport specific movements to improve muscle memory



## PER4M® SPEED LADDER

### PRODUCT INFORMATION

JL-SL

Speed Ladder





# QUICK PUNCHER

## PRODUCT INFORMATION

Per4m® Quick Puncher for strike and dodge training to improve total body quickness and coordination. Power through striking drills to boost timing and rhythm while increasing cardiovascular fitness and hand-eye coordination.

- Cord tension can be adjusted for novice or advanced users
- Punch ball is soft, durable & designed for frequent use
- Quick change ball lock allows for easy ball height adjustment
- Weighed base keeps unit in place while in use
- 10 different drill cards for training and practicing

## BENEFITS

- Improve reaction speed and hand-eye coordination
- Develop timing, hand speed and accuracy of movement
- Build quickness and agility while increasing stamina



## PER4M® QUICK PUNCHER

### PRODUCT INFORMATION

JL-QP

Quick Puncher



# POWER DRAG BAG

## PRODUCT INFORMATION

Per4m® Power Drag Bag builds strength and adds resistance to sprinting and footwork drills. Develop full lower body explosiveness through a wide range of drills.

- Durable Power Drag Bag is safe for use outdoors and indoors, and won't mark wooden flooring
- Adjustable length tether for customised fit
- Adjustable padded vest provides customised fit
- Heavy duty weight bags with handles
- 10 different drill cards for training and practicing

## BENEFITS

- Increase lower body power to maximise speed and drive
- Use moving forward, backward and laterally for complete strengthening
- Weight bags feature integrated handles to allow use during upper body training



## PER4M® POWER DRAG BAG

### PRODUCT INFORMATION

JL-PDB

Power Drag Bag



## SECTION 10

# PRE/REHAB



Having worked in both the fitness and healthcare professions it is plain to see how important the health of our clients are. Exercise brings a host of great health benefits but unfortunately sometimes people will get injured to some extent or another. I work with Jordan Fitness teaching other fitness/healthcare professionals how to minimise the risk of injury, and how to fix existing structural/musculature issues. This range of prehabilitation and rehabilitation products is vital to my success as a chiropractor and a tutor.

Dr Ben Boulter, Chiropractor & Owner  
- B2: Fitness Training Solutions  
[www.b2chalfontchiropractic.com](http://www.b2chalfontchiropractic.com)

FIND THE FOAM & RUMBLE  
ROLLERS ON PAGE 139



NATURAL FITNESS™

**REJUVENATION™**  
PREVENT + PERFORM + RECOVER

# YOGA BY JORDAN

## JORDAN FOAM YOGA BLOCK

This high-density foam Yoga Block has rounded edges and corners to provide additional comfort and an easier hand grip. Lightweight and easy to carry, it's a popular choice for yoga studios, home practice or travel.

Blocks are ideal for adding lift, helping stabilisation and adding height in standing and balancing poses. You can also place between the knees to activate the outer leg muscles.

- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free
- Height: 150mm, Length: 228mm, Depth: 100mm



## JORDAN YOGA FOAM BLOCK

### PRODUCT INFORMATION

<b>JLYB</b>	Yoga Foam Block	H 150mm, L 228mm, D 100mm
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## JORDAN YOGA MAT

This high performance mat will withstand the rigours of a vigorous practice, whilst providing superb grip and extra cushioning. This heavyweight mat will provide a firm, even surface over uneven floors.

- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free
- Non-slip Traction
- Dense, high-rebound cushion
- Width: 625mm, Length: 1740mm, Depth: 5mm



## JORDAN YOGA MAT

### PRODUCT INFORMATION

<b>JLYM</b>	Yoga Mat	W 615mm, L 1740mm, D 5mm
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## JORDAN YOGA STRETCH STRAP

The Jordan Yoga Stretch Strap allows users to reach those hard-to-reach yoga positions and hold poses for longer thanks to the robust buckle that securely holds the strap in place. Also ideal for warming up and warming down.

- Comfortable and durable
- Unique material
- Helps you ease into stretches and hold poses longer
- Provides extra support and helps maintain alignment
- Width: 40mm, Length: 1850mm, Depth: 5mm



## JORDAN YOGA STRETCH STRAP

### PRODUCT INFORMATION

<b>JLYSRP</b>	Yoga Stretch Strap	W 40mm, L 1850mm, D 5mm
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**RBT** by **JORDAN**  
**FITNESS**  
**RESULTS BASED TRAINING**

ACADEMY COURSE AVAILABLE  
• Functional Rehabilitative Training

# JORDAN ROLLERS

Foam Rolling is a Self Myofascial Release (SMFR) technique that is used by athletes and physical therapists to inhibit overactive muscles. This form of stretching utilises the concept of autogenic inhibition to improve soft tissue extensibility, thus relaxing the muscle and allowing the activation of the antagonist muscle.

Our Foam Rollers offer many of the same benefits as a sports massage, but at a much cheaper price. The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue.

The Rumble Roller surface has specially designed firm but flexible bumps. The bumps continuously knead the contours of your body, gently stretching soft tissue (muscle and fascia) in multiple directions. This provides a deeper and more penetrating relief and helps to restore flexibility.



## JORDAN TRAINING ACADEMY COURSES

Find our full list of Taught Training Academy courses

### JORDAN ROLLERS

- Dense red foam
- Ideal stretching tool
- Length: 900mm
- Diameter: 150mm



### JORDAN ROLLERS

#### PRODUCT INFORMATION

<b>JTFRR</b>	Round roller
<b>JTFHR</b>	Half roller

### RUMBLE ROLLERS

- 2 sizes - Compact 12.5cm x 30cm Full Size 15cm x 77.5cm
- Ideal stretching tool
- Black / Blue
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free



### RUMBLE ROLLERS

#### PRODUCT INFORMATION

<b>JLRR316</b>	Rumble Roller original - Blue
<b>JLRRX317</b>	Rumble Roller, extra firm, 36% firmer - Black
<b>JLRRC126</b>	Compact Rumble Roller original - Blue
<b>JLRRCX127</b>	Compact Rumble Roller, extra firm, 36% firmer - Black

**JORDAN SOFT ROLLERS**

- 2 sizes - Compact 14cm x 34cm Full Size 14cm x 62cm
- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free

**JORDAN SOFT ROLLER****PRODUCT INFORMATION**

<b>JLSSR</b>	Short Soft Roller - Green
<b>JLLSR</b>	Long Soft Roller - Green

**JORDAN FOAM ROLLER**

- 2 sizes - Compact 45cm x 15cm Full Size 98cm x 15cm
- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free

**JORDAN FOAM ROLLER****PRODUCT INFORMATION**

<b>JLSFR</b>	Short Foam Roller - Green
<b>JLLFR</b>	Long Foam Roller - Green







Rejuvenation™ is the market leader for sports therapy. Developing products designed by experts to prevent injury, perform better and recover faster.

Our expert team have been involved in sports at all different levels...recreational, college and professional. While we all performed at different levels, one thing remained a constant; we wanted to keep our body pain free.

We draw on our past experiences to build highly innovative, state-of-the-art products to aid you in injury prevention, rehabilitation and recovery. Many of our products have patented, revolutionary designs, and are made from environmentally-friendly materials.

- **Strengthening & boosting muscle endurance**
- **Improving flexibility & range of motion**
- **Reducing muscle soreness, pain & stiffness**
- **Regeneration before and after sport**

#### FOOT THERAPY ROLLER

The Foot Therapy roller is designed to provide effective massage therapy for your feet. The muscles in the body rely on the performance of the feet for proper weight distribution and posture. Help soothe sore, tired feet and revitalise your entire body by relieving tension, increasing circulation and relaxing your muscles.



#### FOOT THERAPY ROLLER

##### PRODUCT INFORMATION

**JL-FTR** Foot Therapy Roller

#### HAND INVIGORATION PUTTY

Hand Invigoration Putty is a versatile tool that can help rehabilitate weakened hand, wrist and forearm muscles. Increasing hand strength, coordination and dexterity promotes improved flexibility and blood flow as well as relieves stress.



#### HAND INVIGORATION PUTTY

##### PRODUCT INFORMATION

<b>JL-HIP1</b>	Level 1	Red	Soft
<b>JL-HIP2</b>	Level 2	Green	Medium
<b>JL-HIP3</b>	Level 3	Blue	Firm

**HAND RENEWAL KIT**

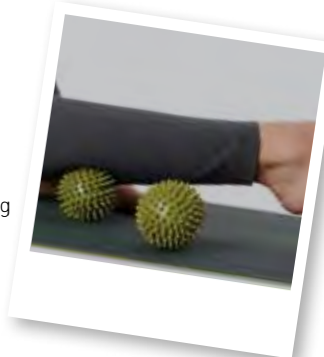
The Hand Renewal Kit's exercise squeeze balls will strengthen and rehab hands, wrists & forearms. These round squeeze balls will aid in the prevention of stiffness. It comes in three progressive levels to advance with your routine.

**HAND RENEWAL KIT****PRODUCT INFORMATION**

**JL-HRK** Hand Renewal Kit

**MUSCLE MASSAGE KIT**

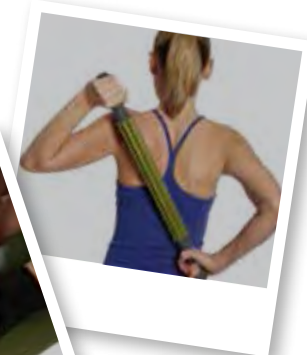
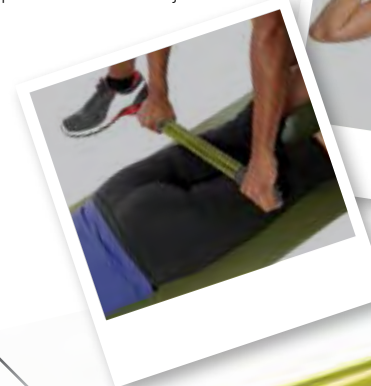
The Muscle Massage Kit is designed to provide effective massage therapy for muscles all over your body. By targeting trigger points, aka knots, and applying pressure with the nubs on the balls, you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Massage Kit regularly can relieve stress, improve strength and flexibility while helping prevent muscle injuries.

**MUSCLE MASSAGE KIT****PRODUCT INFORMATION**

**JL-MMK** Muscle Massage Kit

**MUSCLE THERAPY BAR**

The Muscle Therapy massage bar is designed to provide effective massage therapy for muscles. By targeting trigger points, aka knots, and applying pressure with the grooved surface and rolling action of the unique Muscle Therapy massage bar you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Therapy massage bar regularly can improve flexibility while helping prevent muscle injuries.

**MUSCLE THERAPY BAR****PRODUCT INFORMATION**

**JL-MTB** Muscle Therapy Bar

**PROFESSIONAL FOAM ROLLERS**

The Alignment & Mobility foam roller provides excellent muscle massage for legs, back, arms and core. The foam roller is made from high density material and will hold up under vigorous use. The foam roller also improves alignment and hip mobility while increasing core flexibility.

**PROFESSIONAL FOAM ROLLERS****PRODUCT INFORMATION**

<b>JL-PFM18</b>	Professional Foam Roller	Length 18" x Diameter 6"
<b>JL-PFM36</b>	Professional Foam Roller	Length 36" x Diameter 6"

**PROGRESSION ROLLERS**

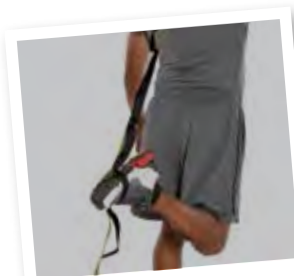
These unique foam rollers allow you to perform deep tissue self-massage and increase blood flow to soft muscle tissue. The progressively contoured surfaces provide variable pressure to address joint and muscle pain. The pipe core provides stability and support and will not deform over time.

**PROGRESSION ROLLERS****PRODUCT INFORMATION**

<b>JL-PR13</b>	Progression Roller	Length 13" x Diameter 6"
<b>JL-PR23</b>	Progression Roller	Length 23" x Diameter 6"

**STRETCH AND FLEX KIT**

This unique tool is specifically designed to help you achieve much deeper, more effective stretches than are possible when done on your own. The Stretch & Flex stretching strap helps you prepare for daily activities, prevent injury, alleviate tightness and enhance overall everyday performance. Comfort pockets along strap allow for easy stretching.

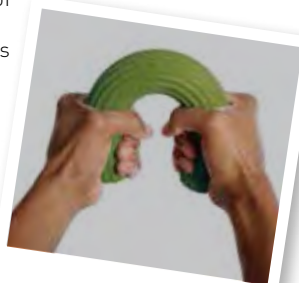
**STRETCH AND FLEX KIT****PRODUCT INFORMATION**

<b>JL-SFK</b>	Stretch & Flex Kit
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**WRIST & ARM RECOVERY BAR**

The Wrist & Arm Recovery Bar is designed to help strengthen and rehabilitate hands, wrists and forearms. By bending, rotating, and otherwise manipulating and deforming the Recovery Bar, you can build and regain power and flexibility. Regular use of the Recovery Bar can also assist in preventing stiffness and alleviating hand, wrist and arm soreness & discomfort. Made from natural rubber in three progressive resistance levels.

**WRIST & ARM RECOVERY BAR****PRODUCT INFORMATION**

<b>JL-WARB1</b>	Level 1	Red	5-10lbs
<b>JL-WARB2</b>	Level 2	Green	10-15lbs
<b>JL-WARB3</b>	Level 3	Blue	15-20lbs

**STAMINA & STRENGTH BANDS**

The Stamina & Strength Bands are designed to improve muscle stamina & strength, balance, range of motion and coordination of muscle groups. These versatile, easy to use bands are well suited for rehabilitation from injury as well as general strength training and are available in progressive colour coded resistance levels to allow you to increase resistance as your strength increases.

**STAMINA & STRENGTH BANDS****PRODUCT INFORMATION**

<b>JL-SSVL</b>	Very Light	Purple	6x6
<b>JL-SSL</b>	Light	Red	6x6
<b>JL-SSM</b>	Medium	Green	6x6
<b>JL-SSH</b>	Heavy	Blue	6x6
<b>JL-SSVH</b>	Very Heavy	Silver	6x6





We give the yoga and fitness communities thoughtfully designed tools with unparalleled performance and minimal environmental impact.

We like to keep our products simple, functional and environmentally friendly. We plant a tree for every product we sell and have done so since day one.

Our inspiration comes from imagination, awesome brands, cool cities, amazing people and art. We add life to our practice with our colours, design and innovation. We make sure what we say are truths. Our brand and products constantly evolve as we look to improve what we do.

**ZERO IMPACT PROGRAM (ZIP)** We do more than just the minimum...we always want to push a little further than everyone else. Giving back is important to us as we want to make a difference above and beyond the products we make.

We realise that everything has a carbon footprint and an environmental cost; planting trees is how we offset the costs associated with our products.

#### HEMP YOGA STRAP

Reclining big toe pose seem like a stretch? Falling a little short during your hurdler's stretch? Bring the most difficult poses within reach with the Natural Fitness Hemp Yoga Strap. Used to improve flexibility, this sturdy strap allows you to achieve difficult binds and intensify your practice by deepening your poses. By taking the stress off joints and muscles, this strap also helps you ease into dynamic stretches and hold poses for longer periods of time. By allowing you to maintain proper alignment, this piece of equipment helps prevent injuries while speeding up your skill-level advancement. Made of environmentally-friendly hemp.

- Comfortable and durable
- Unique and beautiful material
- Helps you ease into stretches and hold poses longer
- Provides extra support and helps maintain alignment



#### HEMP YOGA STRAP

##### PRODUCT INFORMATION

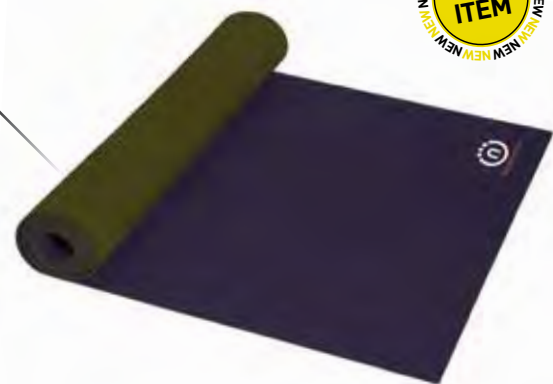
<b>JL-HYSG</b>	Yoga Stretch Strap	Granite
<b>JL-HYSO</b>	Yoga Stretch Strap	Olive



**NATURAL RUBBER YOGA MAT**

The Natural Fitness Professional Yoga Mat is made from natural rubber, a sustainable and biodegradable material sustainably harvested from rubber trees. This product's green pedigree is unmatched. Also, by offering superb traction and a high-rebound dense cushion, this mat can handle the rigors of advanced hot yoga classes while providing the protection beginners' bodies need as they get used to balancing and kneeling poses. At 72" it is also three-inches longer than standard mats so that you can take your poses to the limit. Also, they are reversible, featuring a different colour each side, helping you make your yoga sessions anything but routine.

- 100% Natural Rubber
- Sustainable & Biodegradable
- Non-slip Traction
- Dense, high-rebound cushion

**NATURAL RUBBER YOGA MAT****PRODUCT INFORMATION**

**JL-NRYM** Eggplant/Lavendar L 72" x W 24" x D 4.5mm

**FOR FURTHER DETAILS ABOUT PRE/REHAB CONTACT:**

[www.jordanfitness.co.uk](http://www.jordanfitness.co.uk) or email [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)





## SECTION 11

# TRAINING ACADEMY



I have the best job in the world! I have the freedom to do almost anything that promotes and develops Jordan's Training Academy. The best part of my job is that I have the opportunity to be responsible for the development of the next generation of fitness professionals. There is nothing more satisfying than passing on wisdom that will help lots of people. At the same time I love working with so many great trainers who I learn something from every day.



A handwritten signature in white ink that reads 'Mark Laws'.

Mark Laws, Training Academy Manager  
- Jordan Fitness  
[www.jordanrft.com](http://www.jordanrft.com)



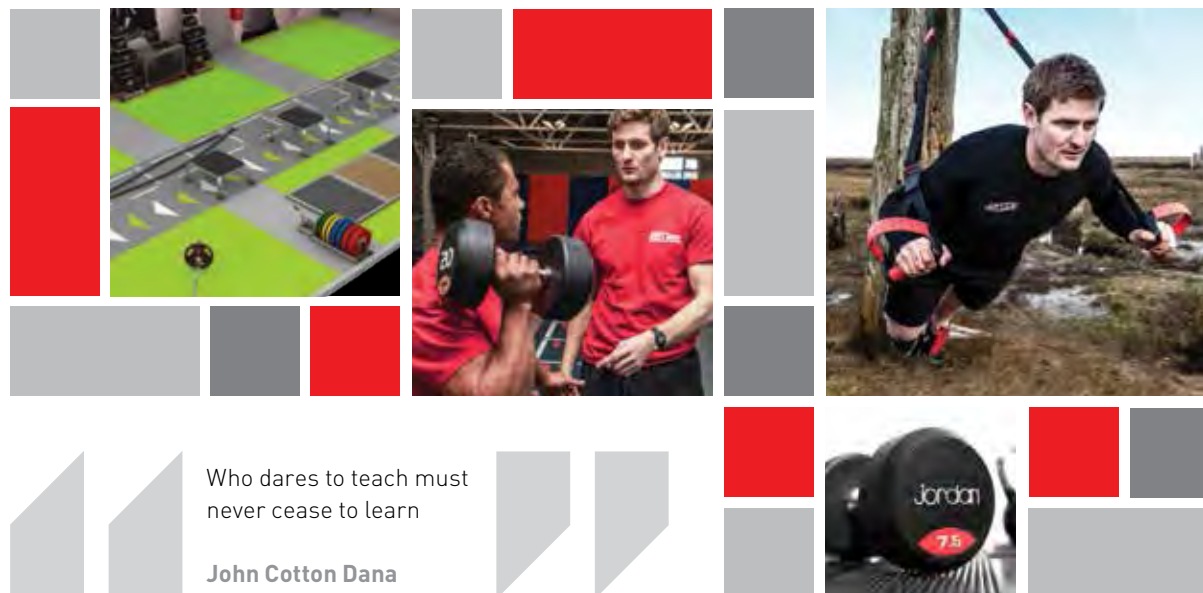
COURSE DETAILS ON PAGE 151

# TRAINING ACADEMY

One of the main factors that stands Jordan Fitness head and shoulders above its competitors is the quality, experience and complete package that is offered by our Training Academy. The Jordan Training Academy provides first class education to fitness professionals across the globe, and our training team has trained thousands of students and trainers over the years, specializing in CPD courses.

The Jordan Training Academy is the best in the business at providing REPs endorsed, quality education courses. They are practical, relevant and allow you to immediately apply the in-depth knowledge that you learn the very next day, in order to get improved results.

- We currently deliver our CPD training courses in the UK and abroad, so wherever you are in the world we can assist with your on-going education
- We have a vast portfolio of CPD training courses with over 75 in total
- We have experienced tutors and each experts in their individual fields, to train and develop your fitness team
- We have innovated and developed Continued Professional Development training for the European fitness industry over the last 5 years
- The first training provider to run endorsed training on Olympic Weightlifting, Mixed Martial Arts Fitness, Extreme Circuits, Unconventional Training, Powerbags and Vintage Training – We lead where others choose to copy!
- Every course includes comprehensive and detailed manuals, certificates, additional supportive material and the answers to any question your team may have!
- We deliver education training to National Operators, Independent Gyms, Leisure Trusts, the Police and Fire Services, Navy, RAF and Army, as well as a host of elite sports teams.



Who dares to teach must  
never cease to learn

**John Cotton Dana**

If you would like more information about the Jordan Training Academy and all of our CPD approved courses, please visit [www.jordanrft.com](http://www.jordanrft.com) and for the full list of courses, either go to [www.jordanrft.com/pages/list\\_of\\_courses](http://www.jordanrft.com/pages/list_of_courses) or scan the QR Code (below) if you are using a smart phone or tablet.





All of our staff really enjoyed the Functional Training Workshop with Mark Laws. There was something for everyone, from absolute beginners to the most advanced of trainers. All were very impressed, learned lots of new ideas and would 100% recommend to others.

**Tommy Cope, Duty Officer/Fitness Co-Ordinator  
- Polesworth Sports Centre**

## WORKSHOPS SHOW OTHERS

Our Workshops are designed to increase the trainer's confidence with a particular piece of equipment and learn how to use each item safely. Our unique 'Pick & Mix' (see page 139 for details) system allows you to choose precisely what you want to learn. We have a thorough range of workshops that you can select from, with over 60 in total. Simply select between 1 and 6 different subjects that you wish to learn and we will do the rest.

- Be aware of health & safety implications
- Incorporate the equipment into your personal workouts
- Up to 6 products per 1 day workshop

## CERTIFICATIONS TEACH OTHERS

Our certifications are aimed at qualified Fitness Instructors, Personal Trainers and Group Instructors enabling them to up-skill in specific area. We offer Level 1 and Level 2 certifications in the following areas: Kettlebell Training, Bodyweight Suspension Training, Sandbag Training, Olympic Weightlifting and Combat & MMA Fitness, Functional Rehabilitative Training plus additional certifications coming soon. All certifications are fully endorsed with 16 REPs points.

- Become a "certified" instructor
- Teach classes in the specific field
- Level 1 and Level 2, 1 day certifications

## MASTER TRAINER CERTIFY OTHERS

If you wish to join the Jordan Fitness Training Academy team then you must complete our Master Trainer courses. This will allow you to teach your own certifications and workshops. For International Master Trainer enquiries contact [education@jordanfitness.co.uk](mailto:education@jordanfitness.co.uk)

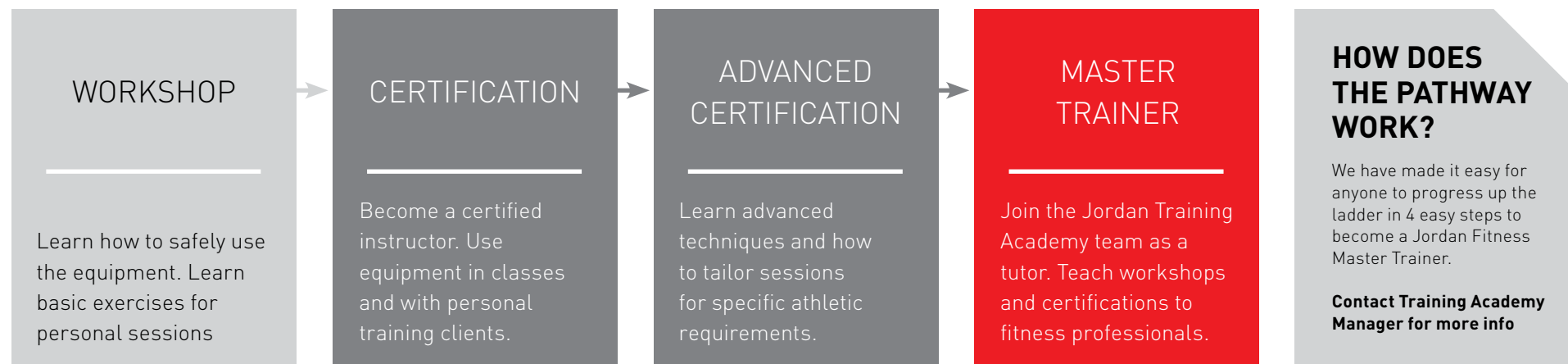
- Host your own Jordan Fitness certifications
- Have complete understanding of the specific field
- Organiser must pay for travel, food, accommodation and daily rate for instructor
- Alternatively trainers can come to Jordan HQ at their own expense



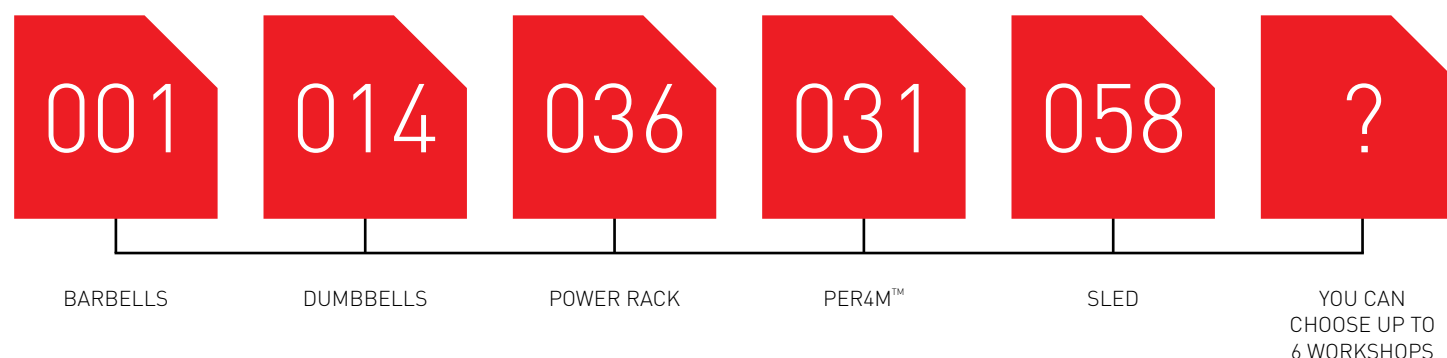
## UP AND COMING

**The New Jordan Fitness Training Academy Brochure 2015.** Written by trainers for the trainees

# YOUR JORDAN FITNESS TRAINING PATHWAY



## NEW PICK 'N' MIX WORKSHOPS



The example selection above allows you to choose up to 6 different workshops from the taught course list on Page 154 and we will arrange the schedule for your workshop. Follow the link [www.jordanrft.com/pages/pick-n-mix-workshop-form](http://www.jordanrft.com/pages/pick-n-mix-workshop-form) to start your Pick 'N' Mix workshop.

### HOW DO I DECIDE?

- Need a refresher?
- Need help with new products?
- Want to try before you buy?
- Introducing a new class?

**You decide the content based on your team's individual needs.**

# MOST POPULAR TAUGHT WORKSHOPS



FUNCTIONAL  
TRAINING  
WORKSHOP



FUNCTIONAL  
REHAB TRAINING  
WORKSHOP



RBT GROUP  
SANDBAG  
WORKSHOP



RBT FUNCTIONAL  
RIG TRAINING  
WORKSHOP



COMPREHENSIVE  
CORE TRAINING  
WORKSHOP

## HALF/FULL DAY TAUGHT WORKSHOPS AVAILABLE (4-6 REPS)

- |  |                                       |   |  |
|--|---------------------------------------|---|--|
| <b>001</b> BARBELLS                                  | <b>015</b> FIT BALLS                  | <b>032</b> PLYOMETRICS                          | <b>048</b> ROPE TRAINING                             |
| <b>002</b> BATTLE ROPES                              | <b>016</b> FITNESS ASSESSMENT         | <b>033</b> PROGRAMMING AND EXERCISE PROGRESSION | <b>049</b> S&C FOR CRICKET                           |
| <b>003</b> BOOT CAMP INSTRUCTOR                      | <b>017</b> FLEXI-BAGS                 | <b>034</b> POSTURAL CORRECTION                  | <b>050</b> S&C FOR GOLF                              |
| <b>004</b> BOSU                                      | <b>018</b> FLOWIN® FRICTION TRAINING™ | <b>035</b> POWER BANDS                          | <b>051</b> S&C FOR FOOTBALL                          |
| <b>005</b> BOXING                                    | <b>019</b> FUNCTIONAL BLOCK           | <b>036</b> POWER RACK                           | <b>052</b> S&C FOR MMA                               |
| <b>006</b> CIRCUIT TRAINING                          | <b>020</b> FUNCTIONAL REHAB TRAINING  | <b>037</b> POWER WHEEL                          | <b>053</b> S&C FOR RUGBY                             |
| <b>007</b> COMPREHENSIVE CORE TRAINING               | <b>021</b> FUNCTIONAL TRAINING        | <b>038</b> PT BUSINESS                          | <b>054</b> S&C FOR TENNIS                            |
| <b>008</b> CONSIDERATIONS FOR FEMALES                | <b>022</b> GYM HAMMER                 | <b>039</b> RBT BODYWEIGHT SUSPENSION            | <b>055</b> SAQ®                                      |
| <b>009</b> CONSIDERATIONS FOR PRE/POST NATAL CLIENTS | <b>023</b> HEALTH ASSESSMENT          | <b>040</b> RBT COMBAT FITNESS                   | <b>056</b> SELF MYOFASCIAL RELEASE WITH FOAM ROLLERS |
| <b>010</b> CONSIDERATIONS FOR OLDER ADULTS           | <b>024</b> THE HUB                    | <b>041</b> RBT GROUP SANDBAG                    | <b>057</b> SLAM BALLS                                |
| <b>011</b> CONSIDERATIONS FOR YOUNGER ADULTS         | <b>025</b> HYPERTROPHY                | <b>042</b> RBT FUNCTIONAL RIG TRAINING          | <b>058</b> SLED                                      |
| <b>012</b> CORE PLATE                                | <b>026</b> KETTLEBELLS                | <b>043</b> RBT KETTLEBELL                       | <b>059</b> SMITH RACK                                |
| <b>013</b> DUAL ADJUSTABLE PULLEY/CABLE MACHINE      | <b>027</b> LIFELINE® USA              | <b>044</b> RBT X-TREME CIRCUITS                 | <b>060</b> STRETCHING                                |
| <b>014</b> DUMBBELLS                                 | <b>028</b> LIFTING CHAINS             | <b>045</b> REACTOR BALLS                        | <b>061</b> VINTAGE TRAINING                          |
|  | <b>029</b> MMA FITNESS                | <b>046</b> REBOUNDER                            | <b>062</b> VIPER BELT                                |
|  | <b>030</b> OVERSIZED MED BALLS        | <b>047</b> RESISTANCE TUBES                     | <b>063</b> WEIGHT MANAGEMENT                         |
|  | <b>031</b> PER4M™                     |   |  |

DIGITAL CERTIFICATIONS & WORKSHOPS ALSO AVAILABLE

[www.jordanrbt.com](http://www.jordanrbt.com)

MISSING A COURSE? Email [education@jordanfitness.co.uk](mailto:education@jordanfitness.co.uk)





# TAUGHT CERTIFICATIONS



## BODYWEIGHT SUSPENSION

### THIS COURSE INCLUDES:

1. The benefits and how this equipment fits into the Functional Training Methodology.
2. Understand the safety considerations and how to safely and effectively set up and use Bodyweight Suspension Systems.
3. Demonstrate the correct techniques for different upper body, lower body and core Bodyweight Suspension exercises.



## SANDBAG INSTRUCTOR

### THIS COURSE INCLUDES:

1. Understand the benefits Sandbag Training and how this equipment fits into the Functional Training Methodology.
2. Understand the safety considerations and how to safely and effectively use Sandbags.
3. Demonstrate the correct techniques for different upper body, lower body and core Sandbag exercises.



## COMBAT/MMA FITNESS

### THIS COURSE INCLUDES:

1. Understand how Combat Fitness drills can be used to develop fitness in a non-combative environment.
2. Demonstrate competent techniques for the kicks, punching, elbow and knee strikes.
3. Demonstrate competent techniques for basic combinations and for MMA-specific conditioning drills.



## KETTLEBELL INSTRUCTOR

### THIS COURSE INCLUDES:

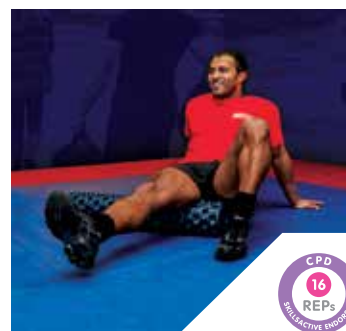
1. List the benefits of Kettlebell training & how it differs from all other training methods.
2. Apply the warm up drills into a safe and specific warm up for KB training sessions.
3. Demonstrate the correct techniques for the foundation KB exercises.
4. Teach, analyse and correct technique for the foundation KB exercises.



## OLYMPIC WEIGHTLIFTING

### THIS COURSE INCLUDES:

1. Understand the correct terminology for the Olympic Lifts, modified lifts and the pulls.
2. Understand the safety considerations and contra-indications associated with Olympic weightlifting.
3. List the benefits of Olympic lifting as part of a well-rounded and appropriately periodised resistance training programme.



## FUNCTIONAL REHAB TRAINING

### THIS COURSE INCLUDES:

1. The understanding of Posture & Muscular Control
2. Applying Core Stability and Torsional Control
3. 5 Levels including Motor Pattern Assessments, how to conduct Functional Gait Analysis and identifying Training Dysfunction and Imbalance



#### THIS COURSE INCLUDES:

1. Learn to deliver high intensity, interval based workouts
2. Understand how to utilise a wide range of Lifeline® products to their full potential



#### THIS COURSE INCLUDES:

1. Develop a sound understanding of the product and the Friction Training™ concept
2. Learn how to deliver a safe and effective FLOWIN® Friction Training™ session



#### PERFORMANCE SPORTS MOVEMENT AWARD

#### THIS COURSE INCLUDES:

1. For those wanting to develop and work with elite athletes
2. PSM is endorsed by International and Premiership clubs



#### SPECIAL EDUCATION MOVEMENT AWARD

#### THIS COURSE INCLUDES:

1. Ground breaking Award for those working with special educational needs
2. SEM is an Internationally recognised Special Education Award



#### FUNDAMENTAL MOVEMENT AWARD

#### THIS COURSE INCLUDES:

1. UK's leading Fundamental Award
2. FM is used within thousands of schools



#### EARLY ESSENTIAL MOVEMENT PATTERNS AWARD

#### THIS COURSE INCLUDES:

1. A 'must do' Award for those working with the very young
2. eEMP leads the way through Europe



#### WANT MORE REPs INFORMATION?

Scan this QR or visit the REPs website: [www.exerciseregister.org](http://www.exerciseregister.org)

FOR FURTHER COURSE DETAILS AND PRICING CONTACT:  
[www.jordanrbt.com](http://www.jordanrbt.com) or email [education@jordanfitness.co.uk](mailto:education@jordanfitness.co.uk)



## SECTION 12

# RESULTS BASED TRAINING





**RBT**<sup>by</sup> JORDAN  
FITNESS  
RESULTS BASED TRAINING

# RESULTS BASED TRAINING (RBT)

The Jordan RBT system is an 8 stage process that will help you select, design and implement the most appropriate functional space for your needs. Our start-to-finish process is designed to **EVALUATE**, **ENHANCE** and **ENGAGE**.

# 1

## EVALUATION

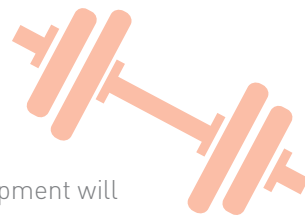
What do you intend to use the space for? Group exercise classes? Combat training? Strength & Conditioning? CrossFit style training? Functional sessions? Have a look at our ready made templates for inspiration and we are here to offer advice in helping you decide, should you need it.



# 2

## EQUIPMENT

Next you need to select which equipment will bring your area to life. We have a vast range of products, including free weights, performance, combat, studio, rehabilitation and rig equipment... plus much more. To choose between similar products then speak to one of our experts to see which will be the most effective for your requirements.



# 3

## FLOORING

If you are looking at generating a dynamic new functional area then customised flooring can make all the difference. We can provide roll out sprint tracks, a range of inter-locking tiles and the option of bespoke floor markings.



# 4

## DESIGN

If you struggle to visualise how the space will look then allow us to provide 2D and 3D images do you can see exactly how it will look. Trade customers can subscribe to our design programme (EC Design) and create these images themselves. There is also a new range of pre-designed wallpaper designs available.



5

### MARKETING

How you sell the benefits of this new area to your customers is crucial, and our in-house marketing department can help. Not only do you need to inform existing customers of the new benefits available to them, but we can also help you attract new customers. Our wall imagery, informative posters and educational leaflets are just part of the solution.



8

### ONGOING SUPPORT

To show how committed we are for you to succeed, we are always here to help should you need us. Access to new promotional material and educational resources are just a phone call away.



6

### EDUCATION

The Jordan Training Academy provides first class education to fitness professional across the globe. Our team have helped thousands of trainers to enhance their ability. The more educated they are, the more they can help your customers... the longer the customers stay with you.



7

### IMPLEMENTATION

Now that the area is fully equipped and operational it's time to make sure it gets used. Following on from the staff training, we can also provide all manner of educational leaflets/videos to ensure your customers are getting the most out of the new space you have created.



### NEED MORE INFORMATION

Scan the code to link to the Jordan RBT Website





## FREQUENTLY ASKED QUESTIONS

### IS A SITE VISIT NECESSARY?

It is not always necessary for us to visit the site, but it can help us to make a more accurate assessment of your specific requirements if a member of our team was to make a visit. Our team has a lot of expertise in this field and could maybe offer some inspiration or ideas that you didn't think of.

### CAN YOU PROVIDE GENERIC DESIGNS?

We can provide you with previous designs to act as a template to show the versatility of our installations, but we are aware that each and every facility is entirely unique, with specific goals and demands. So rather than chum our identical facilities we want your design to offer maximum results for YOU.

### DO YOU NEED SEPERATE BRIEFS FOR MULTIPLE SITES?

If the sites are identical, for example - studios within a chain of gyms that are the same size, then one brief can be used for multiple sites. However in our experience this is rarely the case, therefore each site will require its own brief. This is for your own benefit so you can maximise the potential of each individual site and it's needs.

### WHAT IS THE DIFFERENCE BETWEEN A WORKSHOP AND A CERTIFICATION?

Workshops have no assessment, no prerequisites and no formal qualification is obtained upon completion. Workshops are ideal for tasters/refreshers for staff, for people to gain confidence and understand the basics of certain products, or for non-fitness members of staff/members of public to attend in order to understand the benefits of the particular item and how to use it safely.

Certifications have written and physical assessments, attendees must be a minimum of Level 2 Gym Instructors, and upon successful completion attendees will be awarded with a certificate of achievement and we be 'certified' instructors within the chosen subject. This allows them to teach classes and use the items within 1:2:1 training sessions and be confident that they are qualified to teach the subject safely.

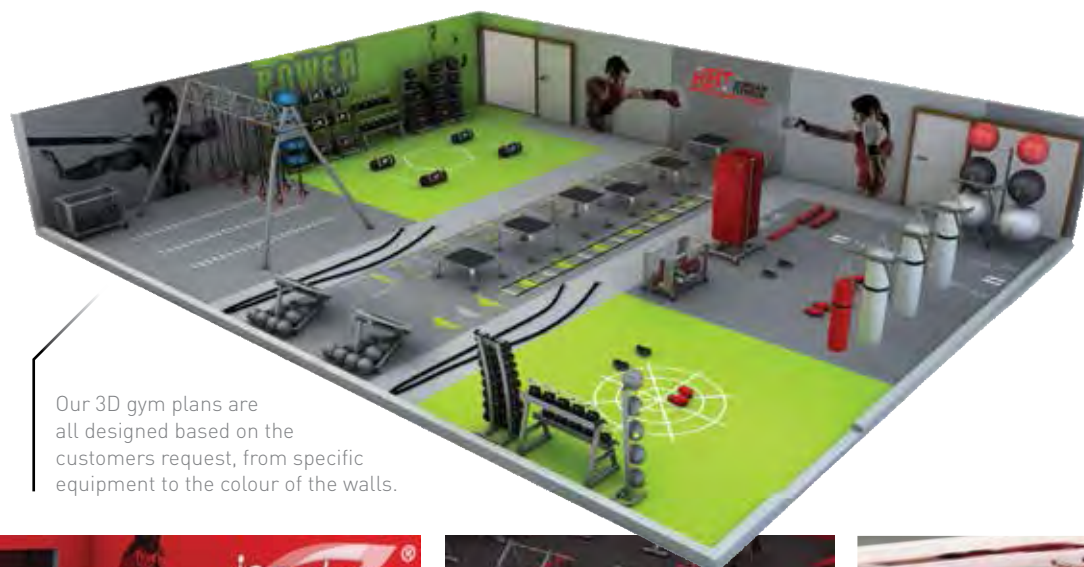
As a general rule we would recommend attending a workshop to learn the basics and introduce the product to your own training. Then look to attend a Certification further down the line and learn to safely pass on your skills to others **For more information, please see page 151**

On both a personal and professional level I am continuously trying to improve myself and my ability. Similarly, that is exactly what the RBT process will do for your facility. Whether your team need a refresher on the training, or maybe you are building a facility from scratch - the RBT system is the perfect way to ensure you get the most out of your resources and budget.

**Mark Laws - Training Academy Manager**



# GYM PLAN EXAMPLES



Our 3D gym plans are all designed based on the customers request, from specific equipment to the colour of the walls.



**SEE THE FULL GALLERY HERE**

Scan the code to link to the full example area gallery



The background is a dynamic, abstract composition. On the left, a vibrant plume of smoke or paint in shades of green, yellow, and red billows upwards and outwards. This colorful area transitions into a large, solid black triangle that occupies the right half of the frame. In the bottom right corner, a small, dark, textured area resembling a landscape or a close-up of a material is visible.

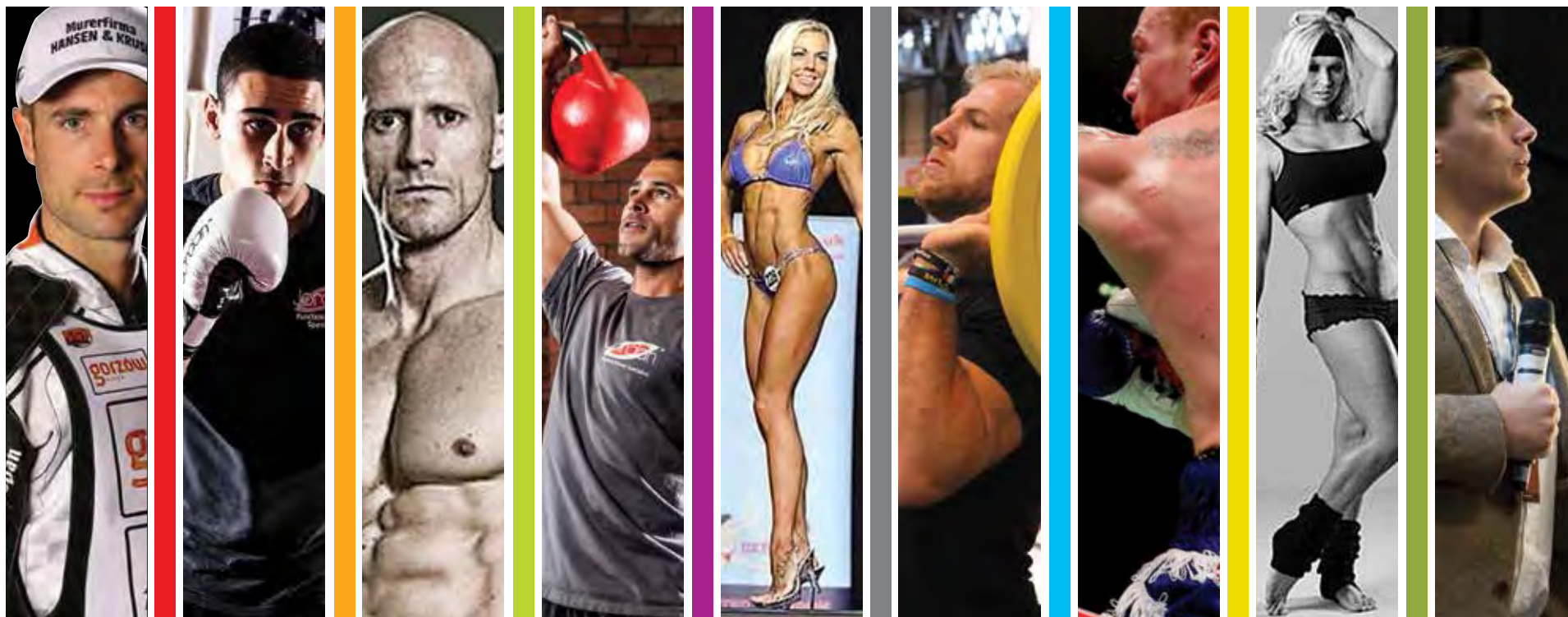
SECTION 13

# EXTRAS





# TEAM JORDAN



Jordan Fitness are proud to support athletes, clubs and individuals who are dedicated to their fitness training for a variety of different goals

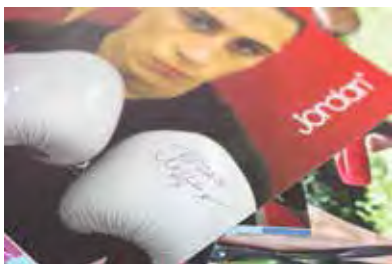
At Jordan Fitness, we try to be associated with as many diverse sports and sporting personalities to as can, in the past we have sponsored sports ranging from the Leicester Swimming Club to Commercial Airline Pilot Daniel Hughes on his Comic Relief exhibition to climb Mount Everest. Other past sponsors include St Johnstone Football Club and the UCMMA (Ultimate Cage Fighting). The Jordan Fitness Team aims to find new talent and support sporting legends in providing the best functional fitness equipment.

**WOULD YOU LIKE TO  
REPRESENT JORDAN  
FITNESS IN YOUR SPORT?**

Email [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)







## TEAM JORDAN FACT

Born and Raised in Cambridgeshire, Jordan Gill has just won his 10th Professional fight in a row.



## JORDAN GILL

Jordan Gill is one of the youngest professional boxers in Britain. Having progressed from the amateur ranks he has settled comfortably with an impressive unbeaten professional record. After making his debut in 2005 at the age of 11, he racked up a total of 53 amateur bouts, reaching 7 national finals and representing Team GB along the way. In February 2014, Gill claimed the British Masters Bronze Title, the first of many as a professional.

Jordan Gill currently trains full time at the world famous Ingle Boxing Gym in Sheffield. However, being born and raised in the Fens, we spotted potential greatness in this local boxer back in 2011. We are hugely proud to be associated with Jordan and supporting him in his blossoming boxing career.

### WANT MORE?



@\_JordanGill



Search 'Jordan Gill'



### FIND OUT ABOUT ALL OF JORDAN'S UPCOMING BOUTS

Scan here to visit Jordans' Website





#### TEAM JORDAN FACT

Jason was appointed Officer of the Order of the British Empire (OBE) in the 2008 New Years Honours.



#### FIND OUT MORE ABOUT JASON ROBINSON HERE

Scan here to visit Jasons' Wiki page

## JASON ROBINSON

Jason Robinson OBE is a Rugby Legend and World Cup Winner who played both codes of rugby internationally. He is known for his explosive speed and agility which enabled him to score some of the most memorable tries of all time. Jason regularly makes appearances at events and exhibitions to sign autographs, chat with customers about his favourite products and to train with other members of our team - helping to keep him in the phenomenal shape you can see from our recent photo shoot.

#### WANT MORE?



@Jason15Robinson



Search 'Jason Robinson'

## JAMES HASKELL

With over 50 International caps to his name, 6ft 4in and nearly 18 stone of James Haskell is a force to be reckoned with. The London Wasps and England Back Row Forward makes regular appearances at our exhibitions, always making time to chat with customers about his training or to show off his immense strength and power. We are delighted to be associated with such an incredible athlete who is still performing at the top level of his sport.

#### WANT MORE?



@jameshaskell



Search 'James Haskell'



#### FIND OUT MORE ABOUT JAMES HASKELL HERE

Scan here to visit James' Website



#### TEAM JORDAN FACT

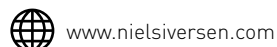
Plays Flanker, Number 8 for London Wasps and has won 50 caps playing for the England National Rugby Union Squad.



## NIELS-KRISTIAN IVERSEN

Speedway Racer Niels-Kristian Iversen is currently world number 3, winning 3 Grand Prix's and Danish Champion 500cc in 2013. Niels started racing 50cc in 1994 aged 11, he turned Pro back in 2003. Jordan Fitness are happy to be associated with Niels, he uses Jordan equipment for training including the popular Jungle Gym XT & Loumet Rope Ball.

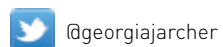
**WANT MORE?**



## GEORGIA ARCHER

Georgia is a UKBFF and IFBB British Grand Prix competitor. She recently finished 3rd at the 2014 IFBB British Grand Prix, and will next compete at the British Championships. As a member of Team Jordan she can be seen throughout our brochure, appearing in photo shoots for marketing material, as well as appearing on our stand at fitness exhibitions. She is a FirstProtein® sponsored athlete, personal trainer & group exercise instructor.

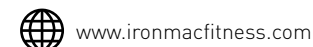
**WANT MORE?**



## ANDY MCKENZIE

Andy 'Ironmac' McKenzie is a UKSCA accredited Strength & Conditioning expert who prides himself upon practising exactly what he preaches. Andy is one of the best regarded coaches in his field and delivers the highest quality in everything he does, from conditioning workouts and competitions to presentations and seminars. Andy uses his 32, 36 and 40kg Jordan Fitness Competition Kettlebells to create hardcore training videos/workouts.

**WANT MORE?**







## GEORGE GROVES

Following a glittering amateur career, George 'The Saint' Groves has taken his deadly combination of speed and power from the back streets of Hammersmith to become one of the most exciting boxers on the planet. Since turning pro in 2008 the Super Middleweight has won an impressive 19 out of 21 fights, with 15 KOs. We are proud to supply equipment helping George to achieve his potential.

### WANT MORE?



@StGeorgeGroves



[www.georgegroves.com](http://www.georgegroves.com)



## CHARLENE HART

Charlene is an exceptionally talented and highly accomplished model, personal trainer, columnist and media personality. Between international bikini modelling competitions and providing eBooks for her followers, Charlene will be appearing on our stands at upcoming exhibitions, demonstrating her favourite Jordan Fitness products and chatting to fans/customers.

### WANT MORE?



@CharleneHartPBM



[www.purebodymakeover.com](http://www.purebodymakeover.com)



## ALEXANDER FERENTINOS

A former International level athlete, Alex is now a highly regarded Nutrition and Training consultant. He is an International speaker/presenter, writes articles for national publications and delivers his ever popular Nutrition seminars to an increasing number of professional sports teams and high profile fitness organisations. Look out for him on our stand at upcoming exhibitions.

### WANT MORE?



@AlexFerentinos7



[www.alexanderferentinos.co.uk](http://www.alexanderferentinos.co.uk)



# JORDAN CHARITY *Reach for a Star*

Reach For a Star is a charitable group and is entirely funded by public donations or commercial sponsorship.



Reach For a Star are both honored and proud to have the support of Jordan Fitness in their 25th year of trading. The validation and accreditation of a National company can offer a small charity is incredibly important when fundraising at a community level.

**James Lewis, Chairman/Principle Trustee - Reach For A Star**



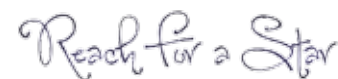
The group was formed in June 2012 following the discovery of a Pilocytic Astrocytoma within the founder and chairman's then four-year old son's thalamic region. Teaming up with friends, family and colleagues, Reach For a Star was initiated as a group intending to assist fundraising for families with concern for their child's health.

All money raised allows Reach For a Star to assist any child under eighteen in Norfolk, Cambridgeshire and Lincolnshire with the provision of specialist equipment, hospice periods or the appointment of private specialist workers to help those children fight life altering, life threatening or terminal medical conditions.

Jordan Fitness and Reach For a Star are working together to help the community and help raise money for kids in and around Norfolk. In our 25th anniversary year, the Jordan Fitness team will be participating in various charity events and donating equipment throughout the year.



Scan here to be re-directed to our Virgin Money Giving charity page where you can find out all about our 25 years / 25 charity events and donate.



Want more information about all the fantastic work Reach For a Star do. Scan this QR Code.



We have recently donated sets of Chris Eubank Jnr signed training gloves for auction to help raise money for Reach For a Star

# WHERE IS OUR EQUIPMENT FEATURED?



## INDEPENDENT GYMS

- + **Ripped Gym (Harlow & Basildon)**
- + Crayford Weights and Fitness
- + One Leisure, St Ives
- + Feel Good Fitness
- + Soho Gyms
- + The Gym Clinic
- + MiGym Chelmsford
- + Hero's Gym

## NATIONAL OPERATORS

- + Bannatyne Health & Fitness
- + Fitness First
- + Nuffield Health
- + Virgin Active (inc South Africa)
- + **Snap Fitness**
- + Pure Gym
- + Xercise4Less
- + Anytime Fitness
- + Fitness24Seven (Sweden)
- + Fitlane (France)
- + Energie Fitness Clubs
- + Fitness 365 (The Netherlands)
- + The Gym Group
- + Active4Less

## UNIVERSITIES & SCHOOLS

- + Loughborough University
- + University of Kent
- + **Stantonbury Campus - GYM MK**
- + Southampton Solent University
- + Bath University
- + Leeds Metropolitan University
- + Anglia Ruskin University
- + Oxford Brookes University
- + University of Liverpool
- + Royal Ballet School

## HOTELS & SPA'S

- + Village Hotels
- + Grange Hotels
- + Champneys Spa Hotels
- + Marriot Hotels
- + **Shire Hotels**
- + Crown Spa Hotels

## ELITE SPORTS

- + Arsenal FC
- + Bayern Munich FC
- + Everton FC
- + Norwich City FC
- + Valencia FC
- + Brighton & Hove Albion FC
- + Red Bull Racing
- + England Cricket Squad
- + Core Cambridge Sports Performance Centre
- + England Rugby
- + Brawn F1



"We purchased two Power racks from Jordan Fitness having seen them at LIW. Since taking delivery 4 months ago, I am delighted with the positive response from our members. The machines are very robust and highly versatile. There is always a strong demand to get on the racks and given the very affordable price, if I had space I would put in two more. I would whole-heartedly recommend these to any other gym."

**Declan Ryan, Managing Director - Active4Less**





## ROYAL PALACES & UNIFORM SERVICES

- + Sandringham House
- + Buckingham Palace
- + **Police Service**
- + Prison Service
- + Fire Service
- + Armed Forces



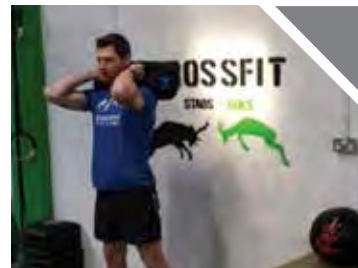
## TELEVISION, BROADCASTING & RETAIL

- + Biggest Loser
- + Big Brother
- + **BT Sport**
- + This Morning
- + Holland & Barrett
- + A League Of Their Own
- + Coronation Street



## COMBAT

- + Fight Academy Wales (Used by Nathan Cleverly, Gavin Rees & Jason Cook)
- + Matrix MMA
- + Unit One Combat Sports & Fitness
- + 1st Legion Fighters Gym
- + George Groves
- + **JRL Training (Used by Chris Eubank Jnr)**
- + ZT Fight Skool
- + Tsunami Gym (Used by Luke Barnatt from the UFC)



## CROSSFIT

- + CrossFit London
- + CrossFit Reading
- + CrossFit Avon
- + CrossFit Velocity
- + **CrossFit Stags & Does**
- + CrossFit Cambridge
- + Other CrossFit affiliates across Europe



## PT/GROUP PT & BOOT CAMPS

- + Cambridge Athletic Performance
- + Reach Fitness
- + The Fitness Experts
- + Full Circle Fitness
- + Performance Pro
- + No. 1 Boot Camps
- + **Bawsey Fitness Boot Camp**
- + 5 Star Boot Camps
- + Wisbech Boot Camp
- + Judgement Day

HAVE WE MISSED YOU OFF OUR LIST? WOULD YOU LIKE  
JORDAN FITNESS EQUIPMENT IN YOUR FACILITY? GET IN TOUCH:

+44(0)1553 763285

sales@jordanfitness.co.uk



**WANT A DIGITAL  
COPY OF THIS  
BROCHURE?**

Scan this QR code



# CUSTOM PRODUCT DESIGN & BRANDING

Custom branding is becoming increasingly popular with all kinds of facilities, from multi-site operators to single site independent Gyms and personal training studios.

We can add your logo or custom design to selected products in this brochure to ensure your free weights and functional equipment is unique to your facility. Products that we have custom branded in the past include Dumbbells, Barbells, Olympic Discs and Kettlebells.

Minimum quantities and longer lead times may apply, for further details please contact our sales team.

[sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)



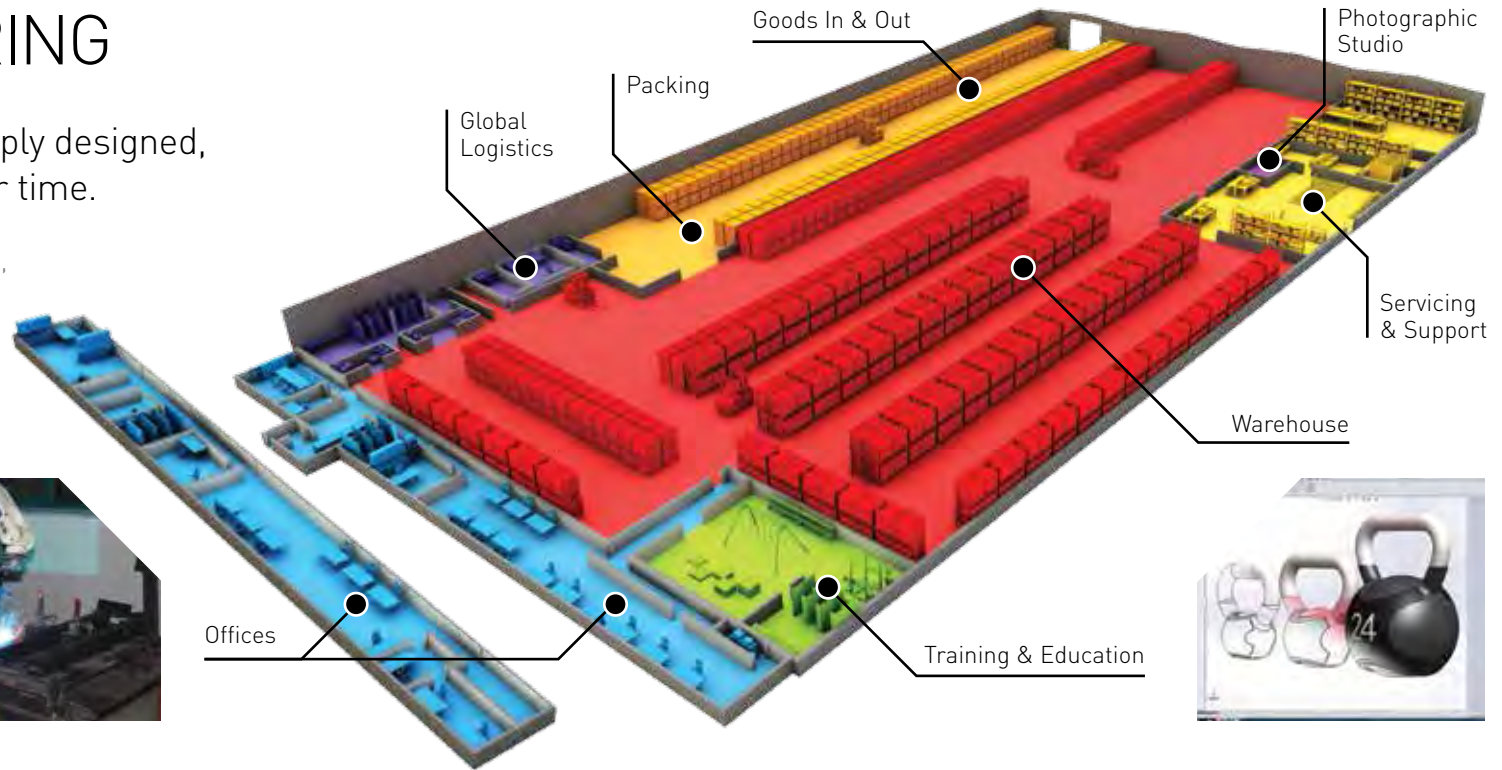
## YOUR CUSTOM DESIGN IN 5 EASY STEPS



# MANUFACTURING

Great products are not simply designed, but instead they evolve over time.

Through countless hours of research, analysis, design studies, engineering and prototyping efforts, and finally, testing, modifying and re-testing until the design has been perfected.



## THE COMPLETE JORDAN FITNESS PROCESS IN 7 EASY STEPS





**LOW INITIAL OUTLAY** - A cash flow benefit, your cash can be put to better use within the business.

**VAT SPREAD** across the term of agreement - another cash flow benefit.

### LOW INITIAL DEPOSIT

**100% TAX RELIEF** allowed on each monthly payment. The total monthly payment can be deducted as a trading expense. Bank borrowing is generally less efficient as it's only the interest that can be claimed.

**RENTALS ARE FIXED** for the duration of the contract.

**IMMEDIATE USE** of new equipment without large outlay.

**PAYMENT SCHEDULE** to suit your requirements.

**FAST DECISION** on your application.

**RETAIN THE EQUIPMENT** - Equipment becomes yours at end of agreement with one month's payment

**FUNDING IS NOT SECURED** against bricks and mortar

Leasing applications are subject to status and credit scoring.

Quotations are for business purchases only.



**FOR A HASSLE FREE QUOTE, CALL US TODAY**  
**| +44(0)1553 763285 | [sales@jordanfitness.co.uk](mailto:sales@jordanfitness.co.uk)**

Leasing is a Tax efficient way of spreading the cost over a set period of time (2,3,5 years etc)



# WARRANTY INFORMATION

All Jordan products are covered by our standard limited 12 month warranty from the original date of purchase unless otherwise stated. This warranty covers products against manufacturing defects for the original purchaser; wear and tear is not covered under warranty. Products not manufactured by Jordan are covered by the manufacturer's own warranty.

## EXCEPTIONS TO THE 12 MONTH WARRANTY PERIOD

- All Urethane Coated products are covered for 3 years against manufacturing defects (i.e. Urethane Dumbbells and Olympic/Studio Discs)
- R2 Premium Rubber Dumbbells and Ignite Premium Rubber Dumbbells are covered for 2 years against manufacturing defects
- Upholstery on Benches is covered for 90 days
- All Jordan Tornado Balls are covered for 90 days

## CLAIM PROCEDURE

Each warranty claim should be detailed on a Jordan Warranty Claim Form which can be supplied by Jordan Fitness or any of our distributors. Depending on the nature of the claim Jordan may request for photographic evidence of for the item to be returned to us for inspection.

If the item is deemed to be faulty within the warranty period then Jordan will repair or replace the item as deemed necessary.

The warranty period will continue to be from the date of the original purchase rather than the date of the replacement being supplied.

## ISSUES NOT COVERED BY THE WARRANTY

The following issues would not be covered by the standard warranty:

- Damage resulting from misuse or neglect
- Anything deemed to be normal wear and tear
- Damage resulting from items being used on inappropriate flooring, i.e. concrete, wood or especially hard surfaces. Suitable Rubber or EVA flooring is recommended to prolong the life of your free weight and functional equipment.
- Damage resulting from Olympic Training Discs and Competition Discs not being used on a suitable good quality Olympic Lifting Platform
- Chipping of the painted finish on Cast Iron products, including but not limited to Cast Iron Dumbbells, Olympic Discs and Kettlebells
- Any issues with superficial stickers badges or end caps
- Damage resulting from throwing or dropping products that are not designed for this purpose, including but not limited to Dumbbells, Barbells and Kettlebells. Bent handles on Dumbbells is a clear sign of abuse and may exclude the product from the warranty
- Damage resulting from slamming products that are not designed for this purpose, including but not limited to Sandbag Pro Bags and Medicine Balls
- Loosening of Multi Disc Dumbbells and Barbells. Regular maintenance is required for these products
- Any issues with flooring resulting from regular exposure to direct sunlight or heat sources

- Any damage resulting from use with racks and storage solutions not sourced from Jordan Fitness. For example Rubber/Cast Dumbbells should be stored on Jordan Dumbbell rack which feature saddles to increase the lifetime of the product.
- Overloading of weight tree - Recommended weight 350kg
- Any associated carriage costs

Certain products must be bolted to the floor for safe use. Including but not limited to:

- Power Racks
- Dual Adjustable Pulley
- Core Plate
- Smith/Power Rack
- Suspension Training Stations
- Chin/Dip/Knee Raise
- Functional Training Rigs



FOR FURTHER INFORMATION, CONTACT YOUR DISTRIBUTOR OR OUR SERVICE DEPARTMENT TODAY ON:

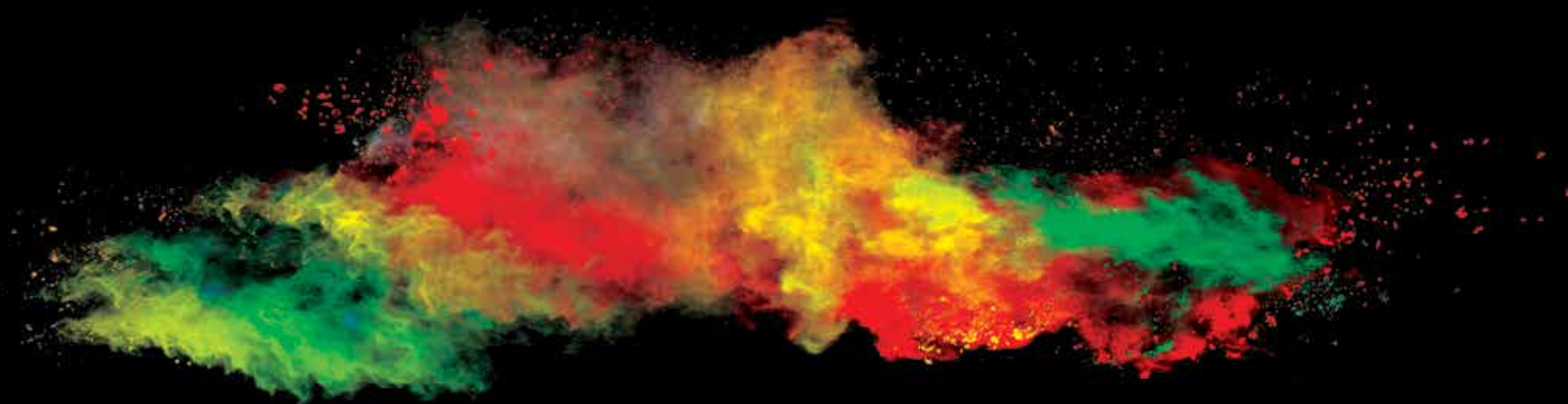
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