



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg

Step Hurdles



Exclusive! Step on these extremely durable and pliable hurdles and they return to their original shape. Weight of base helps keep hurdle in place—reducing the need to keep resetting hurdles. Entire set of hurdles stacks together on carry handle, making transport easy. Patent pending. Set includes 6 hurdles and a stacking carry handle. Soft PVC. Orange with black base. 18" W. **(Recommend)**

Product

Stock

VersaStep Hurdle - 6" (Set of 6)

In Stock

VersaStep Hurdle - 12" (Set of 6)

In Stock



Step Hurdle Training. From fitness enthusiasts to trained athletes, anyone can enhance their present skills and conditioning with hurdles! Step Hurdles are an excellent tool for increasing foot speed and knee lift or for raising the intensity level of any agility drill. With the height options and portability of the hurdles, you can develop multiple configurations that will produce amazing training results. Use for agility drills and plyometric jumps. Incorporate into any sports performance or rehabilitation exercises. Vary position/pattern of units to add or reduce drill intensity. Ideal for plyometric training and drills involving high knee lift. High-impact PVC tubing. Light and portable. Use indoors or outdoors. Orange. 2 lbs. ea.

Product

Stock

Step Hurdle 6" (Set of 6)

In Stock

Step Hurdle 12" (Set of 6)

In Stock

Step Hurdle 18" (Set of 6)

In Stock

Step Hurdle 24" (Set of 6)

In Stock

www.fitnessconcept.com.sg

VivoVista LLP Registration No. LL0600738J

Mobile: (65) 9107 0793 Fax: (65) 6234 1595 Email: sharon.chen@fitnessconcept.com.sg

10 Anson Road #05-17 International Plaza Singapore 079903



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg

	<p>Step Hurdle Training. From fitness enthusiasts to trained athletes, anyone can enhance their present skills and conditioning with hurdles! Step Hurdles are an excellent tool for increasing foot speed and knee lift or for raising the intensity level of any agility drill. With the height options and portability of the hurdles, you can develop multiple configurations that will produce amazing training results. Use for agility drills and plyometric jumps. Incorporate into any sports performance or rehabilitation exercises. Vary position/pattern of units to add or reduce drill intensity. Durable metal hurdle withstands force of foot strikes and also remains upright in windy conditions. Tubular steel design. 12" H x 20" W. Blue. 2 lbs. ea.</p>
<p>Product</p>	<p>Stock</p>
<p>Step Hurdle Pro 6 In. (Set of 6)</p>	<p>In Stock</p>
<p>Step Hurdle Pro 12 In. (Set of 6)</p>	<p>In Stock</p>
	<p>Exclusive! Height adjusts to 6" or 12" quickly and easily to meet a variety of training needs. High-impact PVC. Assembly required. Yellow. 18" W. 1 lb.</p>
<p>Product</p>	<p>Stock</p>
<p>2-in-1 Step Hurdle™ (Set of 6)</p>	<p>In Stock</p>
	<p>Carry up to 24 hurdles at once. Strap securely holds hurdles in place, making transport and storage easier. Nylon strap with 2 Velcro closures, 1 on each end. 92" L x 2" W. 1 lb.</p>
<p>Product</p>	<p>Stock</p>
<p>Carry Strap for Step Hurdles</p>	<p>In Stock</p>

www.fitnessconcept.com.sg

VivoVista LLP Registration No. LL0600738J

Mobile: (65) 9107 0793 Fax: (65) 6234 1595 Email: sharon.chen@fitnessconcept.com.sg

10 Anson Road #05-17 International Plaza Singapore 079903



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg



Folded design is convenient for stacking, transporting, and storing. Available in 3", 6", and 12" heights to meet a variety of training needs. Made of high-impact PVC. Each bottom edge is lined with nylon to protect indoor surfaces. Hurdle Carry Handle (sold separately) transports up to 24 hurdles. Orange. 16" W. 1 lb. ea.
(Recommend)

Product	Stock
Gorilla Hurdle 3 In. Tall (Set of 6)	In Stock
Gorilla Hurdle 6 In. Tall (Set of 6)	In Stock
Gorilla Hurdle 12 In. Tall (Set of 6)	In Stock
Gorilla Hurdle Carry Strap	In Stock



Challenge your athletes by adding 6" to the height of their hurdles! High-impact PVC risers easily snap onto hurdles. Flip up or down to change height. Orange. 1 lb. ea. **Step Hurdles sold separately. (Recommend)**

Product	Stock
Hurdle Riser (Set of 6)	In Stock

www.fitnessconcept.com.sg

VivoVista LLP Registration No. LL0600738J

Mobile: (65) 9107 0793 Fax: (65) 6234 1595 Email: sharon.chen@fitnessconcept.com.sg

10 Anson Road #05-17 International Plaza Singapore 079903



The New Revolution in Bodyweight Training
www.fitnessconcept.com.sg



This hurdle set adds variety to foot-speed and agility drills. Cone height quickly adjusts to 3", 5", or 7"; wide base measures 11-1/2". Multiple set-up options let you create different patterns for developing quick foot lift and control. Set includes 12 pliable PVC cones, six 38" PVC crossbar units (12 crossbar components and 6 connectors require assembly), and a carry bag. Use indoors or outdoors. 6 lbs.
(Recommend)

Product

Stock

Quick Cone Hurdle™ Set

In Stock



Exclusive! Height adjusts to 6", 12", or 18" to target everything from foot-speed to explosive knee lift. Compact design allows quick switches between linear and lateral training. Quality metal construction and powder coat resist wear. Assembly required. Use indoors or outdoors. Red. 18" W. 5 lbs.

Product

Stock

3-in-1 Step Hurdle™ (Set of 6)

In Stock

www.fitnessconcept.com.sg

VivoVista LLP Registration No. LL0600738J

Mobile: (65) 9107 0793 Fax: (65) 6234 1595 Email: sharon.chen@fitnessconcept.com.sg

10 Anson Road #05-17 International Plaza Singapore 079903