



The New Revolution in Bodyweight Training  
[www.fitnessconcept.com.sg](http://www.fitnessconcept.com.sg)

## Value Pack Power Programs

*Fitness Concept* has training and conditioning programs for tennis, soccer, football, baseball, softball, basketball, and volleyball. *Fitness Concept* has created these sport specific training programs to improve athletic performance in each of these sports. Each Power Program contains the training equipment and instructional materials necessary to improve sport specific conditioning and performance. Power Programs address agility, core stability, strength, and speed training. By offering these programs in packages, *Fitness Concept* is able to discount the total cost of the equipment and training aids contained in each program.

	<p><b>Boost athletic performance! This 12-week sport-specific training program includes-</b></p> <ul style="list-style-type: none"> <li>Pro Agility Ladder</li> <li>6 lb. Elite Power Med-Ball</li> <li>Power Stepper (intermediate)</li> <li>Versa Disc</li> <li>Power Chute (large)</li> <li>Power Throw-Ball Set</li> <li>Nylon Carry Bag</li> </ul> <p>*Image shows Baseball Power Program. Softball Power Program includes Softball-sized Power Throw-Ball Set.</p>
Product	Stock
Baseball Power Program w/DVD	In Stock
	<p><b>Boost athletic performance! This 12-week sport-specific training program includes-</b></p> <ul style="list-style-type: none"> <li>Pro Agility Ladder</li> <li>6 lb. Elite Power Med-Ball</li> <li>Power Stepper (intermediate)</li> <li>Versa Disc</li> <li>Power Builder</li> <li>Six 6" Agility Cones</li> <li>Nylon Carry Bag</li> </ul>
Product	Stock
Basketball Power Program w/DVD	In Stock
	<p><b>Boost athletic performance! This 12-week sport-specific training program includes-</b></p> <ul style="list-style-type: none"> <li>Pro Agility Ladder</li> <li>6 lb. Elite Power Med-Ball</li> <li>Power Stepper (intermediate)</li> <li>Versa Disc</li> <li>Power Builder w/standard belt</li> <li>Six 6" Agility Cones</li> <li>Nylon Carry Bag</li> </ul>

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VivoVista LLP Registration No. LL0600738J

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

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Product	Stock
<b>Soccer Power Program w/DVD</b>	In Stock
	<b>Boost athletic performance! This 12-week sport-specific training program includes-</b> Pro Agility Ladder 8 lb. Elite Power Med-Ball Power Stepper (intermediate) Power Chute (large) Six 6" Versa Step Hurdles Nylon Carry Bag
Product	Stock
<b>Football Power Program w/DVD</b>	In Stock
	<b>Boost athletic performance! This 12-week sport-specific training program includes-</b> Pro Agility Ladder 6 lb. Elite Power Med-Ball Power Stepper (intermediate) Power Builder 4 lb. Power Grip-Ball Versa Disc Nylon Carry Bag
Product	Stock
<b>Tennis Power Program w/DVD</b>	In Stock
	<b>Boost athletic performance! This 12-week sport-specific training program includes-</b> Pro Agility Ladder 6 lb. Elite Power Med-Ball Power Stepper (intermediate) Versa Disc 4 lb. Power Grip-Ball Economy Power Jumper Nylon Carry Bag
Product	Stock
<b>Volleyball Power Program</b>	In Stock

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## Items Description



### Pro Agility Ladder

Exclusive! Our Pro Agility Ladder features a unique quick-change latch that lets you adjust the placement of the slats and lock them into position—a feature that's ours exclusively. Use narrow spacing for short and quick steps or wider spacing for longer strides. 30' ladder separates into 2 sections for more training variety. Stakes keep the ladder stable when using it outdoors; loops let you attach weight plates to hold it in position indoors. High-impact PVC slats. Includes carry bag, stacking pin, and stakes. Red/White. 30' L x 20" W ladder has 20 slats. 6 lbs. 15' L x 20" W ladder has 10 slats. 4 lbs. 15' ladder cannot connect to other ladders. **(Recommend)**



### Elite Power Med-Ball

Exclusive design! Perfectly balanced and durably constructed, our Elite Power Med-Balls are guaranteed to maintain their shape. Perform traditional medicine ball exercises, bounce them against a wall or floor, or pass them to a partner. The textured surface ensures superior grip and handling. Incorporate them into any group fitness, sport-specific, or rehabilitation movement for added resistance. Hollow synthetic rubber construction allows balls to bounce. 2 lb. to 4 lb. = 8" diam. 6 lb. to 8 lb. = 9" diam. 10 lb. to 18 lb. = 10" diam. 20 lb. to 30 lb. = 11" diam. Color coded by weight; colors may vary. 3-year limited warranty.



### Power Stepper

3 challenging levels! Develop strong first-step quickness and target the hard-to-isolate inner and outer thigh muscles. Start with intermediate resistance to teach and perfect skill and then graduate to advanced and elite resistance. Padded ankle cuffs are now 2" longer to accommodate more users. Each unit includes one 10" long latex tube and 2 padded ankle cuffs with Velcro straps. 1 lb.



### Economy Power Jumper

Improved! Explosive training anywhere. Adds approximately 32 lbs. or resistance at 100% elongation. User friendly design and portability make it ideal for training athletes in role-specific situations. Choose from the following harness options: standard waist belt, XXL waist belt, or shoulder harness (see size chart for assistance). Unit includes 2 sets of resistance tubing (two 45" tubes on each side) with nylon loop anchors and harness or belt. Use indoors or outdoors. 1 lb.

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### Nylon Carry Bag

This large bag is strong enough to store and carry medicine balls and other weighted equipment. Features interior pocket, removable shoulder strap, plastic bottom liner, and zipper closure. Carry up to 50 lbs. Black. 33-1/2" L x 10" W x 11" H. 2 lbs.



### Versa Disc

Our No. 1 selling balance product! Build strength by using this 13-1/2" diameter air-filled disc when doing balance-based exercises. Enhance balance and functional training by incorporating 2 discs. The bottom of the Versa Disc has small nodules for use in rehabilitation and massages therapy; also keeps disc from moving during exercise. Soft PVC. 13-1/2" diam. x 3" H. 3 lbs. Ships inflated however some users may need to adjust the inflation level; maximum inflation is 4" high. Inflation instructions included.



### Power Chute

Resistance and over speed training during the same run.

**Training:** Increase speed, explosiveness, and acceleration. The Power Chute provides both resistance and over speed training to improve the 2 key elements of speed: stride length and frequency. Chute opens during training runs for resistance and the Velcro belt allows for mid-stride release for over speed training.

**Motivation:** Athletes love that "shot out of a cannon" feeling immediately after releasing the Power Chute.

**Diversity:** Waist belt allows for training in any direction, even on curves. It is the ideal training device for most sports.

**Superior product:** Built-in mesh panels keep strings from tangling and help to stabilize the chute during training runs.

**Power Chute includes:** Adjustable belt with storage pocket (fits 20" to 42" waist). 1 lb. ea.

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### **Power Throw-Ball**

Strengthen and rehabilitate the shoulder. These durable, small weighted balls help develop dynamic strength through the throwing motion. Use for upper-body rehabilitation exercises as well. Available in baseball and softball sizes (a standard baseball/softball weighs 5 oz.). Made of rugged vinyl shell with filler. Color coded by weight; colors may vary.



### **Power Grip-Ball**

With its easy-to-grip, built-in handle, this weighted ball makes a great tool for full-body Kettlebell-like training. Ideal for fitness, sport performance, rehabilitation, and group exercise classes. 8" diam. Hard molded PVC shell with filler. Color coded by weight; colors may vary. Balls do not bounce. 3-year limited warranty.



### **Power Builder with standard belt**

Perform plyometrics and explosive multidirectional agility drills without compromising technique. Fully sheathed Slastix resistance tubing provides maximum safety. Tubing clips onto D-rings for secure fit. Each tube provides 13 lbs. of resistance at 100% elongation and 20 lbs. at 200%. Each unit includes two 8' Slastix resistances tubing (maximum stretch 24") and a waist belt. Fits up to 40" waist. Use indoors or outdoors. 4 lbs.



### **Versa 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.

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### Agility Cones

Eliminate questions about where to change direction with these highly visible cones.  
Lightweight and portable. Hard PVC. Orange. 1 lb. ea.

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