



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

## Weight Training



### 2-tone & 3-tone Medicine Ball

**Product Features:**

Moulded rubber ball that bounce!

Easy to use as fitness and exercise. Devices for ultimate training and rehabilitation.



### Dual-Grip Medicine Ball

**Product Features:**

Moulded rubber ball that bounce!

Easy grip to use as fitness and exercise. Devices for ultimate training and rehabilitation.

Ball Weight Range :

3kgs, 4kgs, 5kgs, 6kgs, 7kgs, 8kgs  
6lbs, 8lbs, 10lbs, 12lbs, 14lbs, 16lbs, 18lbs



### Grip Medicine Ball

**Product Features:**

Moulded rubber ball that bounce!

Easy grip to use as fitness and exercise. Devices for ultimate training and rehabilitation.

Ball Weight Range :

1kgs, 2kgs, 3kgs, 4kgs, 5kgs  
4lbs, 6lbs, 8lbs, 10lbs



### Rubber Medicine Ball

**Product Features:**

Moulded rubber ball that bounce!

Easy to use as fitness and exercise. Devices for ultimate training and rehabilitation.

Ball Weight Range :

2 lbs, 4 lbs, 6 lbs, 8 lbs, 10 lbs  
1kgs, 2kgs, 3kgs, 4kgs, 5kgs, 6kgs, 7kgs, 8kgs, 9kgs, 10kgs



### 10KG Deluxe Weighted Vest

**Product Features:**

840D heavy-duty nylon fabric vest padded SBR foam for comfortable with a velcro fastener strap.

38 removable slide-in weight packets allow to the user to adjust the weight easily.

Adjustable Range: from 1.5kgs up to 10kgs by 38-slide-in weight packets.

Pack : Each / Polybag

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### 9kgs Removable-Weighted Belt

#### Product Features:

Total Weight 9kgs (20lbs). Removable-Weight-Packets Allow the Users to Choose the Weight Desired. Durable Fabric Cover is Securely Stitching for Long Use with Velcro Strap for Great Adjustability.  
Pack : Each / White Box



### 2LBS Adjustable Weight Gloves

#### Product Features:

Helps improve toning and fat burning. One size fits most. The easy way to add weight for intensity in a walking, jogging, and aerobic workout. Adjustable up to 2LBS pair (1LB each) by slide-in weight packets and velcro fastener.  
Pack : each / clam shell + header card



### 4lb Adjustable Weight Gloves

#### Product Features:

Helps improve toning and fat burning. The size fits most by velcro fastener. The easy way to add weight for intensity in a walking, jogging, and aerobic workout. Adjustable up to 4 lbs pair (2 lbs each) by slide-in weight packets and zippered fastener easily.  
Pack : Pair / colored box  
Assorted Sizes:  
2LBS / pair (1LBS each)  
4LBS / pair (2LBS each)



### Deluxe Weight Vest

#### Product Features:

840D heavy-duty nylon fabric vest padded SBR foam for comfortable with a velcro fastener strap.  
18 removable slide-in weight packets allow to the user to adjust the weight easily.  
Assorted Weight : 5kgs,8kgs  
Pack : Each / Polybag



### 2LB Weighted Gloves

#### Product Features:

Comfortable, one-size-fits-most Neoprene glove. The easy way to add weight for intensity in a walking, jogging, or aerobic workout to burn more calories. Creates more leverage than wrist weights.  
Assorted Sizes : 2LBS / pair (1LBS each)

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