

Look Inside for 100's of Amazing Products!

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Leading the World To Better Balance



We are all Moving More!

Everyone is on the Move and travel is at record levels. Gyms, Pools and Health Centres are as busy as ever. Folks seem happy to be Moving again! Fitterfirst product users have had the great advantage of being active daily throughout the COVID years and find the transition into an active lifestyle easy and enjoyable. To reflect this we'd like to introduce new products! FitFoot is the perfect addition to any travel as it gives you an easy to maintain workout of the calf muscles while you sit! It also increases circulation and reduces inflammation (page 10). BoBo is another movement product that blends Gaming into Balance training activities. WiFi sensors for any board and Smart Balance Boards make for great family fun or serious rehab exercises (page 7).

As founder of Fitterfirst I have encouraged folks to include balance training into their regular daily routine since 1985. It's called SAM...



Practice **STABILITY** in daily living to improve **AGILITY** at play and enhance **MOBILITY** for life

Regardless of what age or stage you are in, daily balance training simply improves your quality of Life! Time & Gravity always win in the Great Game of Life! Our job is to play the smartest game we can every step of the way until the last hand is dealt.

Wear a seat belt, brush your teeth and practice balance activities everyday. Incorporating SAM into learning, working, and playing so that you can maintain your best possible relationship with gravity. Making SAM a habit keeps Rehab at bay, although you can use Fitterfirst products there too! You owe it to yourself and your loved ones to get this right; stay 26 healthy and age gracefully balanced with Fitterfirst.

> "Balance is the essence of movement, movement is the essence of life" - Louis Stack

At Fitterfirst, we continue to maintain the highest quality Canadian made and carefully sourced products that exceed your expectations. If it is not right we will do our best to make it right! The supply of some products and the prices published in this catalog are only a guideline, check fitter1.com

Our product guarantee assures you 100% satisfaction. If it's not right, we'll do our best to make it right! Our friendly, helpful team will always help to make your experience with Fitterfirst a pleasant one. RETURNS: Returns can be made within 30 days. Some exemptions apply. See online for details. IMPORTANT! All returns must have at 1.800.348.8371 or email sales@fitter1.com. With the exception of errors in shipment, refunds or credits will not be issued for shipping charges. A restocking fee may be applied.

PRICES & AVAILABILITY SUBJECT TO CHANGE

Please be aware that all prices and product availability may change without notice. Please refer to www.fitter1.com for the most current prices and product selection. Shipping charges may also be subject to change.

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REDUCE **BACK PAIN**



METABOLISM

NEW - FitFoot by TS Medical

Promote Blood Flow While You Sit!

Get fit while you sit with FitFoot! Seated heel-toe raise exercises keep the foot, ankle and calf muscles working together to increase blood flow for long term health.

- Portable compact Design
- Immediate Relief
- Easy to use

Find out more about FitFoot on pg 8!



Active Office™ What it is & Why it's Right for You!

Too many smart people finish the workday in worse health than when they started it. The simple solution is to change your work place from a health liability into a healthy asset. This can be created with movement. The first step to successfully implement an Active Office™ is to make movement easily accessible, every 30 minutes.

- Fitterfirst Founder, Louis Stack

Active Office[™] products such as Active Office Boards are highly effective solutions to get you moving. When combined with your commitment to Active Standing and Active Sitting, your body benefits from movement throughout the work day.

With the use of Active Sitting and Active Standing tools, at work or at home, you can comfortably maintain great posture and proper movement all day long.

> Feel less stress. Feel more comfortable, healthier, and energetic. Be more productive.

It is Time to Create "Your Active Office™. REVIVE YOUR 9 TO 5™







VARI® Electric Standing Desks

Assembles in Minutes for a Healthier Work Environment!

VARI® Electric Standing Desks suit your mood and make it easy to go from sitting to standing during the day. Available in 48" and 60" models, created with heavy-duty materials and have 4 programmable memory settings so you're just one touch away from your perfect height. Sit and stand confidently, knowing the new T-style legs provide enhanced stability.

VARI® built the Electric Standing Desk series from the ground up. They're tough enough to withstand use in a corporate environment and help create a workspace that makes you feel healthier and more productive.

FEATURES

- Height range from 25" to 50.5"
- Commercial-Grade quality with durable laminate top
- LED Control Panel with 4 programmable settings
- Easily assembled in under 15 minutes
- Cable Management Tray sold separately

\$975.00 VDG48 48" x 30" Desk VDG60 60" x 30" Desk \$1100.00 **VDESHW** 48" x 24" Split Top Desk \$499.00 **VDCMT** Cable Management Tray \$75.00



Electric Standing Desks in 5 Colours



VariDesk® Pro Plus™ Series

The VariDesk® Pro Plus™ series is the most popular of the VARI® models. This multi-tiered desk topper has a top display shelf with plenty of space for monitors and paperwork. The lower keyboard deck fits your mouse and keyboard. Ships fully assembled and ready to use in minutes.

FEATURES

- Drop-down keyboard tray lifts with desk for ergonomic comfort
- Sits on top of existing desk without damaging the desk surface
- Sturdy & stable even when fully extended
- Spring assisted for easy raising & lowering

VDSP1 Pro Plus™ 30, max load 35lbs \$500.00 VDPP1 Pro Plus™ 36, max load 35lbs \$575.00 VDPP48 Pro Plus™ 48, max load 35lbs \$700.00





VariDesk® Cubicle Series

The VariDesk® Cubicle Series was created with the size of the standard cubicle in mind. VariDesk® Cube Plus® 40 is slim enough to use in a standard cubicle with its pull out keyboard tray. VariDesk® Cube Corner® 36 has a triangular display surface and narrow footprint, fitting corner desks.

FEATURES

- Two options to fit almost every cubicle setup
- Keyboard tray has plenty of room for your keyboard, mouse & more
- Both models fit 2 monitors comfortably

VariDesk® Cube Plus® 40

VDCP40 VDCC36 Cube Plus® 40, max load 35lbs Cube Corner® 36. max load 35lbs



\$650.00

\$700.00





in under 1

VariDesk® **Essentials** Split Top

> "I love this product! I am usually achy from sitting all day. This product gives me the flexibility to stand when I need to at a very affordable cost."

- Laurel D., Guelph, ON.

"Very versatile. Only used it in the standing position so far, but should I need to sit, that is an option. Exceptionally sturdy and set up was effortless. Would not go back to sitting all the time. Should have done this years ago."

- Wychopen

"The VariDesk® Pro Plus™ 36 is a freakin masterpiece! It is absolutely awesome! I can't tell you the feeling of FREEDOM that overcomes me when I get to stand at my desk...sitting all the time is just outrageous. You will not regret buying this desk - it is high quality and works well. Also, the Fitter people shipped it so fast I could hardly believe it.'

-Kevin



VARI® Active Seat

The VARI® Active Seat is the perfect complement to any standing desk. This articulating pedestal lets you move in any direction, keeping your lower body engaged. Perfect for sitting or standing so you can rock, stretch or lean throughout your day. Its wide cushioned seat is comfortable and encourages good posture.

FEATURES

- Durable polypropylene seat pan & wide cushioned seat supports up to 250lbs
- Seat height range from 25.5" to 35"
- Dynamic range of motion at any height
- New tilt guard prevents seat from articulating forward more than 20°. Ships fully assembled

VDCHRP

Active Seat

\$400.00



"Well thought out, well designed, flexible, ergonomic. Glad I bought one for use with my computer."

- Kevin S





VARI® Task Chair

The VARI® Task Chair is ergonomically designed to help you maintain proper alignment and reduce muscle strain while you work. Easily assembled, this chair goes together in minutes with no tools required. Giving you the comfort and support you need to do your best work, this chair features a mesh back for breath-ability and a pivoting backrest for maximum lumbar support.

FEATURES

- Unbox and set up in minutes without tools
- Seat height range from 17.6" to 22"
- Durable rolling casters work on carpet & wood floors
- Ergonomic adjustment points for customized fit
- Adjustable mesh back & seat supports up to 300lbs

VDTCHR

Task Chair

\$575.00



"Super easy to adjust! Armrests instantly change height, depth and rotate. At Fitterfirst we have many Active Seating chairs, but the Vari Task Chair is our team's favourite for desk use."

- Fitterfirst Team

VARI® Accessories

Easily customize your workspace to your needs with the best accessories, including anti-fatigue mats, privacy panels, and adjustable monitor arms with VESA-compatible display mounts.

BENEFITS

Dual-Monitor

Arm 180°

- Anti-fatigue mats reduce strain on feet, ankles, knees & hips (Check out the AOB as well on Pg 9)
- Monitor arms easily adjust for ergonomic placement
- File Cabinets fit under Electric Standing Desk & Table units, & comes with soft-touch lockable drawers & wheels
- Privacy/Modesty panels give 3 ways to add privacy to the workspace, fit all Electric Standing Desks

VDMAT	Standing Mat 34x20	\$90.00
VDMP48	Privacy Panel 48"	\$200.00
VDMP60	Privacy Panel 60"	\$270.00
VDARM1	Single-Monitor Arm	\$250.00
VDA2180	Dual-Monitor Arm 180	\$300.00
VDARM2	Dual-Monitor Arm	\$375.00











FitFoot[™] by TS Medical

Fit in Good Health Everywhere You Sit!

FitFoot™ is a lightweight, quiet exerciser that promotes better circulation for the whole body. It feels great and strengthens and stretches the foot, ankle and calf. Folds instantly, making it easy to use anywhere - on a plane, in a car, on a train, or at a desk. First find a comfortable place to sit*, then open it up, set it on the floor, and start exercising.

BENEFITS

- Activates muscles in feet & lower legs
- Improves circulation & burns calories
- Helps with alertness
- Promotes blood flow • Compact, portable & easy to use exercise aid

FEATURES

- Click open for quick setup, ready in seconds
- Easy to clean non-slip base & feet
- Colour-coded resistance bands for variable settings Folds flat for easy
- transport & storage

Includes travel carry bag

FITFT Fitfoot - Introduction Pricing FFTB9 Heavy Bands (pack of 4)

\$99.95 \$28.00



Mary Anne Tarkington, MD, TS Medical, Inventor FitFoot™

I saw a need for a product that would help people move easily and keep the foot, ankle and calf musices working together to increase blood flow for long term health.

CoreChair®

Relieve Pressure with 'Super Comfy Contoured Sitting Surface'

This chair provides comfort for hours with it's sculpted seat and lumbar support. The shorter back rest allows for stabilization of the pelvis and improved posture. Give your sitz bones the pressure point relief they deserve!

BENEFITS

- Lessens fatigue, promotes movement & stimulates blood flow
- Strengthens core muscles & encourages improved posture
- Reduces back pain with sculpted seat to stabilize support

FEATURES

- Mobility in all directions
- Classic model has fully adjustable resistance, allowing you to personalize your level of seat movement
- Tango model has a fixed tension setting (no throttle) for a consistent level of active seat movement
- Comfortably seats those 5' to 6'5" tall
- Eco-friendly, seat made from 100% recycled water bottles
- Seat has up to 14° tilt with spring loaded lumbar support
- All prices quoted include ground shipping

CCTTBK \$645.00 Tango **CORECH** \$995.00 Classic



Active Office Board (AOB)

Micro-Movements Help Strengthen as You Stand on this Adjustable Platform for Office, School or Home!

As standing becomes more common in the workplace and home offices, new troubles are emerging such as standing fatigue and sore feet. Just as sitting all day is bad for your health, so is standing statically. Active Standing can help this. The AOB (Active Office Board) encourages you to move effortlessly in a small space, while ensuring good posture.

Moving during the workday helps avoid pain resulting from sedentary behaviour. This board has adjustable foam legs that can be positioned in different combinations for your comfort. Prevent standing fatigue, strengthen stabilizing muscles, and add healthy balance and movement to your standing at home or the office. Also use as a multi-angle calf stretcher.

BENEFITS

- Strengthens core stabilizing muscles
- Reduces foot fatigue & joint soreness
- Works well for stretching calves & feet Makes standing feel more like floating
- Decreases amount of static sitting/standing

FEATURES

- Silent, non-marking legs provide cushion & encourage proper posture
- Tailor movement to your preference by rearranging the legs
- Foam legs will compress with time & frequent use - extra sets available Original & Firm foam

AOB • Board + 4 Original legs

AOBL Extra leg set 4pk (Original or Firm)

U.S. Patent No. US D785, 731 S

Multi-Purpose Mini Mat





\$159.95

\$39.95

& author of Sitting Kills - Moving Heals

No to Pivot

There are many forms of boards you can stand on. In my experience, none match the ingenuity and versatility of the Active Office Board. Its simplicity makes it usable for a few minutes every time you stand so that you can make it a habit. If you use a stand-up desk use the board to stand on. Just keep moving. - find Joan's books at fitter1.com.

ASK AN EXPERT: Joan Vernikos, PhD, former

Director of the Life Sciences Division at NASA

Cushiun (SP1KE Technology)

Ultimate Portable Comfort from 'Nub Technology'

Improve your health anywhere you sit or stand with Cushiun. Composed of hundreds of connected mini SP1KE nubs and flexible rods that actively move and flex in 3D space, responding to your unique comfort needs.

BENEFITS

Encourage Micro-Movements

& Proper Posture

- Promotes blood circulation as it massages
- Keeps you cool by allowing airflow
- Molds to your body for therapeutic comfort

FEATURES

- Anti-slip bottom grips any surface
- Lightweight, waterproof & portable
- Use mats barefoot for nerve stimulation & gentle massage

SP1MSM SP1CBR SP1MBK Multi-purpose Mini 18" x 11" Seat 18" x 18" (2 colours) Mat Regular 28" x 19"

\$49.95 \$79.95 \$89.95

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BackJov® SitSmart

Change your Posture, Change your Life...Seriously!

The BackJoy® SitSmart is the revolutionary result of in-depth medical research and cutting edge technology. SitSmart products utilize a simple and ergonomic design to gently rotate the pelvis forward and induce a neutral spine position, effectively relieving pressure and strain on the back while sitting. Comforts hard surface sitting with pivot rocking motion.

The **Relief** model is a soft cushioned model designed to provide all-day posture support, keeping you comfortable

The **Posture Plus** model has a durable coating for indoor/ outdoor use and is washable. This model is a firmer version than the Relief model.



TheraGear® Disc

Office, Home & School

This sit disc is ergonomically designed to promote active sitting by optimizing posture and building back strength. Two-sided design for thigh and back support. This disc engages the small, intrinsic muscles involved in maintaining balance, improving overall stability and mobility. The flat top and high walls provide a level of comfortable movement at work or home.

BENEFITS

- Improves posture & core
- Helps relieve back pain
- Trains balance when used for standing exercises

FEATURES

- Durable material for indoor & outdoor use
- Flat top and high sidewalls
- Pre-inflated level

SIT 14" \$84.95 **ADISC15**15"



ProActive Sit Disc

For Travel & Driving

This sit disc is made with self-inflating Therm-a-Rest® technology. It inflates and deflates to suit your needs, making it portable and ideal for travel. Over-inflate to use as a bolster or for exercise. Improve posture on the go. rolls up to fit in a bag, drawer or anywhere you need it to go. The soft, washable fabric-covered surface is comfortable for both standing exercises and sitting.

BENEFITS

- Prevents sitting & nerve pain
- Aids in injury rehab
- Portable comfort
- Try as lumbar support

FEATURES

- Over-inflates & deflates
- Therm-a-Rest® valve
- Soft fabric-covered surface
- Durable for portability

\$49.95 ADISCR 12" x 17" \$49.95



Relief

For High-Use Settings

This sit disc model is a soft cushioned model designed to provide all-day posture support & back relief, keeping you comfortable for hours.

BENEFITS

- Sit pain free for extended periods everywhere you go
- Takes pressure off the spine & reduces back pain
- Engages & strengthens core & postural muscles

FEATURES

- Soft fabric cover
- Light & portable for travel, effective in most seats & chair styles
- Flexible for use on hard surfaces, bleachers. cars & planes
- Curved shape adds subtle movement including pivot & rotation



Posture Plus

Posture Alignment

This sit disc model tilts your pelvis into a posturecorrecting position to help prevent slouching and back strain, while aligning the spine and providing comfort.

BENEFITS

- Sit pain free for extended periods everywhere you go
- Takes pressure off the spine & reduces back pain
- Engages & strengthens core & postural muscles

FEATURES

- Waterproof cover
- Light & portable for travel, effective in most seats & chair styles
- Flexible for use on hard surfaces, bleachers. cars & planes
- Curved shape adds subtle movement including pivot & rotation

BACKJOY Relief \$74.95 BJPPBL Posture Plus \$74.95

Exercise Ball Chair

A Healthy, Energizing & Dynamic Active Sitting Solution

Active sitting on an exercise ball can improve your core stability, balance and awareness while you sit at your desk. Sitting on an exercise ball is a healthy and energizing alternative to slouching in a conventional chair. Sitting on a ball while working can improve efficiency. Great for keeping kids active while doing homework, watching TV or playing games. Great for reducing back, hip, and leg pain from sitting at work or at home.

BENEFITS

• Helps maintain proper posture

• Reduces pain from pressure on spine & tailbone

• Improved posture & balance

• Increased alertness & awareness

FEATURES

- All Fitterfirst balls are burst resistant
- High static & dynamic load ratings for safety
- Different firmness levels to suit all users
- Variety of sizes available





For more Exercise Ball information see page 24.



Turn your Exercise Ball into a Rolling Active Office Chair!

This frame has 5 adjustable legs and locking wheels for safety, giving you the best base for your ball. Get all the benefits of sitting on an exercise ball with the stability and movement of an office chair.

BENEFITS

- Helps maintain proper posture while engaging core muscles
- Encourages subtle movement & increases energy
- Removes compression from spine

FEATURES

- Use with any 55cm (21") ball
- Adjustable legs & locking casters
- 4 height settings to suit most users

CFRAME Frame Only FBDC55 55 cm TheraGear Classic



BoBo Balance

Turn Any Balance Product Into a Smart Training Tool

BoBo Balance products use breakthrough technology to make workouts more challenging, engaging, motivating and fun. Set the smart board on any balance product, turn it on to connect the app on your phone, tablet, or TV. Tilting the BoBo is like using a joystick, controlling motivating, challenging games. For all ages and skill levels, transforming balance and core exercises with breakthrough technology and endless possibilities. BoBo Makes Balance Better!

BENEFITS

- Turn any balance product into a smart training platform
- Wide range of training, exercise levels and games for all ages
- Integrates mobile tilt games into balance exercises

FEATURES

BoBo Wobbly Use this fun home workout board to improve your skills in stability and balance while simultaneously strengthening your core. Download the app, turn on the board and go!



BBBM Smart Board, App w/Games & Training

\$239.95

BoBo Home 2.0 Core Trainer Balance Board turns balance training into a game with an integrative smart training platform. Just download and open the app, turn on the board and you're ready to start!



BBBH Smart Board, Balance Pad, Pump, Phone/Tablet Stand, Guide, App w/Tests, Games & Training Programs

BoBo Pro 2.0 offers an app based database of pre-set rehabilitation protocols. It helps patients perform various postural exercises in a simple, effective way. Data is collected with each session and automatically transformed into detailed exportable reports and graphs for further clinical analysis. Can also be used for fun workouts with Bobo Home App!



BBBP Smart Board, Motion Sensor, Console

10

ACTIVE SITTING • ACTIVE OFFICE®

Call us @ 1.800.fitter1

Order @ fitter1.ca ACTIVE OFFICE®/FAMILY FITNESS

\$69.95

\$64.95



Fitterfirst Soft Boards

A Harmony Between Balance Boards and the Fluid Sensation of Floating

Soft Boards provide a whole new dimension to balance training by creating the fluid sensation of floating on a cushion, all while providing a predictable foundation underfoot. The unique design allows you to safely achieve better balance, coordination, and agility. Perfect for home, gym and office use, (see also Active Office Board on pg 8).

BENEFITS

- Improves balance, proprioception, & agility through gentle movement
- Increases ankle & lower leg strength with stimulation
- Engages support muscles & tissue

FEATURES

- Enhanced function: compression, tilting & floating creates 3D movement
- Non-slip, non-marking & silent base provides stability on any flooring
- Large surface area allows comfortability for a doing variety of standing, sitting & bridging positions
- Soft top easy to grip for upper-body exercises like planking
- Closed-cell foam is hygienic & easy to clean

Advanced Board - Our Most Popular Design!

This board has a large deck with a single centre leg, creating a challenging 3D range of motion. The multi-directional movement is perfect for experienced users, high-level exercise and SUP training.

WBSBA

■ Advanced / SUP

\$119.95



Stable, yet dynamic, the Balance Pad is a great introductory piece of equipment for someone new to balance training or early rehabilitation, or as an Active Office™ Surface. Build ankle strength and foot flexibility.

WBSB4

Balance Pad

\$69.95

Classic Balance Board

The Gentler Dual-Level Board for Home & Office

This lightweight board is a great way to incorporate balance training into your home and work life. Incorporate into daily activities to increase proprioception and range of motion, and build balance while standing at your work or home office desk.

BENEFITS

- Increases knee, ankle & core strength
- Improves range of motion & balance
- Increases difficulty of your workout routine

FEATURES

- Adjustable sphere for 14 & 17 degree angles
- Suitable for all footwear or bare feet
- Highly portable, low-profile beginner board great for personal use

WBC16 WBCK

• 16" Adjustable Board Kit: 4x 16" Boards with Stand

\$59.95 \$239.95





"I tried this balance board at physical herapy and using it has helped to loosen up my ankle after having a stroke. Since the board arrived I've used it 4 or 5 times a day. I think it's great!"

- Timothy, Sonoma, CA.

Professional Balance Boards



Get Better Balance for Everything You do with these Tri-Level Boards!

Integrate balance challenges into all aspects of your life with Fitterfirst Professional Balance Boards. See increases in balance, coordination, and agility while improving strength in core and stabilizing muscles in the lower body. The patented tri-level sphere adjusts quickly and easily to steeper angles giving you progressive difficulty and many years of use with these durable boards.

BENEFITS

- Improves balance, strength & proprioception
- Decreases the risk of injury with stronger ankles
- Builds core & lower body strength
- Decreases rehabilitation time & improves sports performance

FEATURES

- Quickly adjusts to steeper angles, providing a greater balance challenge
- Safe, non-slip surface for any type of footwear or bare feet
- Made from durable 3/4" birch plywood suitable for commerical use



20" Pro Rocker Board - Beginner

Our most popular board, ideal for seniors and anyone new to balance training. This single-plane rocker board is great for improving ankle strength & mobility, and balance.

RB20 • 20" Square: 10, 12 & 15 Degrees

\$199.95





20" Pro Balance Board - Intermediate

For beginner to intermediate level users wanting a comfortably wide stance with more range of movement than a Rocker Board. Great for daily maintenance, rehabilitation and injury prevention.

WB20 ●■20" Circle: 10, 12 & 15 Degrees

\$149.95

Take our quiz to find the right

board for you!

Simply turn the sphere to increase the height



\$129.95

This board is the one that started the balance revolution. With steep angles and a narrow stance, this board is ideal for athletes, fitness trainers, and experienced balance board users.

WB16 ■ 16" Circle: 15, 17 & 20 Degrees

16" Pro Balance Board - Advanced

U.S. Patent No. 5,810,703

Pro Board Balance Kit with Stand

This kit includes the 20" Pro Rocker Board, 20" Pro Balance Board, 16" Pro Balance Board, and a five board stand for storage. Move seamlessly from Beginner to Intermediate to Advanced progression.

WBK WBS

3 Board Kit: WB16, WB20, RB20 & WBS Board Stand (separate)

\$599.95













Naboso[®]

Designed by a Doctor to Optimize Your Movement from the Ground Up!

Improve the way you move, feel and live. Naboso® products provide the first-ever small nerve proprioceptive surface designed to stimulate the nervous system and enhance movement. The patented, innovative design is based on texture research and surface science, making Naboso®'s proprioceptive products stimulate the skin of the feet so you can reconnect to the sensory side of movement. Improve everything from your posture and power to your balance and agility with these products!

BENEFITS

- Improves balance, gait & posture during any activity
- Improves small nerve proprioceptive input

FEATURES

- Barefoot-specific density & patent-pending texture
- Made of Latex Free TPE & rubber for high quality & durability
- Available as balance board covers, mats, insoles, & flooring



BALANCE BOARD COVERS - Upgrade Your Favourite Board!

Bring the power of Naboso® technology to your home or business by converting your balance board or Active Office™ Board with these pre-cut self-adhesive textured pads. Designed to fit the 4 most popular Fitterfirst balance boards. Intended for barefoot use.

PRC15	15" Circle for WB16	\$35.95
PRC20	18" Circle for WB20	\$44.95
PRR185	10.5 x 18.5" Rectangle for AOB	\$39.95
PRS185	18.5" Square for RB20	\$49.95

ThermaWedge®

Don't be Sidelined by Plantar Fasciitis...and if You are This will Fix it!

ThermaWedge® has been clinically studied and endorsed by physicians and therapists for treating Plantar fasciitis and Achilles Tendon injuries. It combines all the recommended treatments in one device, to reduce pain, enhance mobility, improve foot and ankle strength.

BENEFITS

- Lightweight & portable for use at home or office
- Provides calf & plantar fascia stretching, toe dorsiflexion & massage
- A convenient rehabilitation tool to relieve Plantar Fasciitis pain & promote healing

FEATURES

- Padded incline for comfortable foot & ankle stretching & strengthening
- Natural cork roller/cross-friction massage tool
- Cooling or warming heel pad

TWEDGE 5-in-1 Foot & Leg Treatment Device \$59.95

U.S. Patent No. 10,744,056 & 10,219,967 & 9,931,264 & UK Patent No. GB2534102



Slant Board

Increase Flexibility and Reduce Tightness in Ankle and Calves

The Fitterfirst Slant Boards are effective stretching devices for performance enhancement, injury prevention, and rehabilitation. These adjustable incline boards are designed to target and stretch the calf, arch, hamstring and hip muscles. Well-suited for use in a clinic, club or at home. The new 12-inch Regular design features a 10° angle at the lowest setting for the BESTest Balance Evaluation System Test. The 14-inch model provides steeper angles for athletes and larger foot-sizes. It also includes a built in handle.

BENEFITS

- Stretches arch, calf, hamstring & hips
- Enhances sports performance
- Prevents & rehabilitates injuries

FEATURES

- Non-slip top & bottom surface
- 12" Version: 10°, 20°, & 26° & folds flat
- 14" Version: 20°, 30°, & 40° & folds flat

SLANT12 • 12" Regular \$199.95 **SLANTL** 14" Large w/handle **\$269.95**



ProStretch®

The Original Calf-Stretcher

ProStretch is lightweight, durable & portable. Stretch sore & stiff muscles anywhere. The curved design allows you to control your stretch by rolling it forward or backwards. The classic blue version can hold up to 250lbs & comfortably fit a size 12 shoe. A large wood version is available for special order for shoe sizes 14-21 & up to 350lbs.

BENEFITS

- Alleviate Plantar Fasciitis, Achilles Tendon & heel pain
- Relax stiff leg muscles & improve flexibility

PS100 \$69.95 Classic Blue **PS500** Large Wood \$239.95

BoardRock®

This Board Totally Rocks!

A versatile tool for balance and fitness exercises or practicing tricks. The 31" deck is a unique boarding challenge best used on a smooth outdoor surface. Perfect for dryland training for skateboarders, snowboarders, and wake boarders to improve overall balance, agility and core stability.

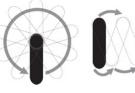
BENEFITS

- Enhances leg strength & core stability
- Improves balance, agility & coordination

FEATURES

- Skateboard deck allows for life-like feel & carryoverto board sports
- Flexing spheres for practicing boarding tricks

\$169.95 **BRCK** BoardRock











NABOSO •

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STRETCHING

TRAINING & ATHLETICS

A friend who is a doctor recommended it to improve

loving it. It is super challenging... My son & daughter don't have it mastered...but they are well on their way.

proprioception. Everyone in the family is using it &

- Maui Family



The Ultimate Challenge - Our Most Dynamic Club Quality Board! The Fitterfirst Extreme Balance Board Pro gives you the ability to train

balance and coordination, build upper and lower body strength, and increase mobility at a high level. Features include a full 360° rotational disc, in addition to side-to-side and front-to-back motion. Includes unpredictable perturbation function through lateral movement making this board uniquely challenging.

BENEFITS

- Improves balance, coordination & proprioceptive awareness
- Builds ankle, knee & core strength
- Great for advanced users, clubs, gyms & teams

FEATURES

- Multi-directional R.O.M. & full 360° rotation
- Adjustable to increase stabilization
- Non-slip top for all footwear or barefoot use

EXTRBB2

◆ 10 x 30" Board

U.S. Patent No. 9.987.518B1

\$299.95



Bongo Board®

The Original Surfers & Skiers Training Board

The Fitterfirst Bongo Board® is the hottest balance training product on the market! The fast and dynamic movement of the board is perfect for skiers, surfers, skaters, hockey players, and other athletes. Develop great performance-enhancing reaction skills and master tricks with this super challenging board.

The patented roller design provides an authentic experience, with tapered edges allowing for heel-to-toe rocking. The independently rolling sides enable rotational movement. The Bongo Board® is used by many elite-level athletes as a crosstraining tool to improve functional and sport-specific skills, and to train overall reaction times and balance.

BENEFITS

- Enhances core strength & stability
- Improves balance & proprioception
- Increases coordination & responsiveness
- Advanced development of reaction time

FEATURES

 Double sealed bearing wheel system allows two halves of roller to roll independently for rocking, rolling & 360° movement

U.S. Patent No. 5.190.506

- Tapered roller allows toe-heel movement
- Bumpers for added safely & control

BONGO 8.5 x 31" Board with Roller

\$179.95

Our Most

Advanced

Balance

Trainer





Extreme Balance Board Pro *

- Safe if left unsupervised in a Club
- 3-D movement based on fixed point
- Falls should not be expected
- Blue tape easier than black tape
- A little less risk, much reward

these 2 Advanced Level Boards?

- New user will step off safely
- Spotter not required

Bongo Board *

• Not safe to be left unsupervised

- 3-D rolling barrel with cable
- New user will not step off easily
- Falls may occur with this product
- Spotter recommend for new users All foot positions equally hard
- · Highest challenge, risk, reward



Bumper for added safety & control







CAUTION The Bongo Board® is not for the timid - serious concentration is required! We strongly suggest that you follow the Bongo Board Safety Instructions while learning how to use this product. Falls may occur. First time users should have a spotter.









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U.S. Patent No. 9,987,518B1

TRAINING & ATHLETICS

Pro Fitter 3-D Cross Trainer







Pro Fitter Ski Trainer

Master Over 20 Dynamic Exercises for Agility and Strength to Help Keep You on Your Board(s)

The Fitterfirst Pro Fitter Ski Trainer is challenging, fun and easy to learn! Individuals of all ages quickly discover that skill building with the Pro Fitter is more like a sport than an exercise and the results have a high carry over to sports and daily living. Since 1985, athletes and medical experts worldwide have depended on the Pro Fitter to maximize their results during off-season training.

In rehabilitation the Pro Fitter has helped patients rebuild their confidence, skill and balance as they overcome physical and emotional barriers associated with injury. The Pro Fitter is used worldwide because of its effectiveness. If you and your family want to maintain an active lifestyle with greater confidence and fewer injuries, the Pro Fitter is for you.

BENEFITS

- Better balance, coordination & agility
- Enhance core strength & stability
- Build precise reaction skills & better timing
- Use for total upper, core & lower body programs
- Improve cardiovascular endurance in a fun, challenging way
- Reduce injury risk with better proprioceptive development

FEATURES

- Independent flexing & rotating footpads
- 6 resistance levels for every skill level, adjusts in seconds
- 20+ exercises for full body strengthening & stability
- Comes with attachable Soft Ankle Board (SAB2) for sitting, standing & upper body work

18

PF2 ● Pro Fitter Ski Trainer with SAB2

\$1099.95



Pro Fitter Physio Kit



A Rehabilitation Favourite - The Original 'Functional' Cross Trainer for Every Clinic & Training Facility

The Pro Fitter is a dynamic tool that offers the benefits of a complete "integrated and FUNctional" rehabilitation program for ankle, knee, hip, back and shoulder injuries. Used by experts worldwide because of its effectiveness, this version of the Pro Fitter comes with the Soft Ankle Board as well as the more stable Hard Ankle board and self-standing Balance Aids for users with limited balance skills. Ideal for clinics, clubs, and rehabilitation centers.

• All the benefits of the Pro Fitter Ski Trainer with additional stability accessories to rehabilitate safely

FEATURES

- All the features of the Pro Fitter Ski Trainer
- Comes with attachable Hard Ankle Board, Soft Ankle Board & Balance Aid set

PFK2 Pro Fitter Physio Kit \$1299.95

Balance Aids







These self-standing Balance Aids are a popular item used to assist individuals with limited balance or in early rehabilitation for additional safety and support, and first time balance board users. These lightweight poles are easy to assemble and the domed caps are designed to give you a safe hand-hold without a tight grip so you can build confidence in your balance.

BENEFITS

- Build better balance & stability safely
- Pair with balance board to improve user's confidence & posture

- 51" poles with self-standing 9" bases
- Suited for use with Pro Fitters, Balance Boards, Soft Boards & other balance products
- Can be used as an indoor walking aid for improved mobility

BA

Set of 2 Poles

\$129.95

Slide Board

The Ultimate Off Ice Training Tool

This 8'x 1/4" rigid Slide Board has been the preferred dry-land training tool for hockey players and speed and figure skaters for years. This versatile off-ice training tool is used for conditioning, maintenance or to crosstrain, accurately re-creating the effects of skating. Also great for injury rehabilitation and prevention, core exercises and upper body strengthening.

- Develop strength, power & endurance
- Improve balance, agility, speed & flexibility

FEATURES

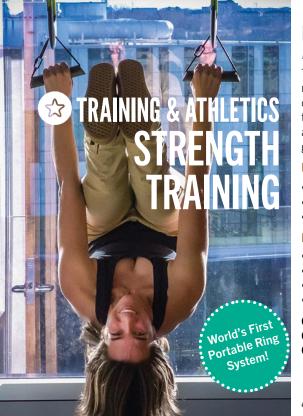
- Adjustable to 5', 6', 7' and 8' wide skate area
- Includes non-slip base with bumper kit & booties

SLIDE8

■ Slide Board Kit

\$679.95





Duonamic Eleviia Chin Up Set

Exercise your Freedom - The Rocker Climber's Buddy

Transform yourself on your own terms with the safest, most portable way to do pull ups in your own home or office. The Clamp Safe feature with a spiral spring keeps the arms of the Duonamic Eleviia securely fastened around your door. Add new Powrholds with adjustable grip depth and angle & Rings for ultimate grip strength!



BENEFITS

- Build grip strength using your own bodyweight
- Develop your core & back muscles
- Increase mobility by decompressing your spine

FEATURES

- Portable size to go anywhere
- Rubber coated clamp to protect the door frame
- Comfortable, washable handles
- Installs in seconds

\$169.95 CHIN Duonamic Eleviia Set \$129.95 CHINPH **Duonamic PowrHolds CHINRNG** Duonamic Rings \$129.95



Smart Straps Bodyweight Training System

One Product. Countless Movements. **Endless Possibilities for Your Training Routine**

The Smart Straps Bodyweight Training System is a revolutionary training device. Build your core and sculpt your body anywhere, anytime. No more wrestling with floppy straps; easily place your foot in the pre-formed cuffs either facing down or facing up to perform even more core and leg exercises! Great for free motion dynamic muscle balance and core intensification. With a series of self-guided exercises printed directly onto the straps for easy reference, this set is great for beginners and solid enough for experienced users.



- Progress your exercises using your bodyweight
- Be stronger from your core out
- Increase your body's durability & endurance

FEATURES

- Workout anywhere with built-in door anchors
- Length is easily adjustable
- Setup is fast & easy, under 60 seconds

\$179.95

Exercise Icons printed on bands for easy guides

Bodyblade[®]

With Rhythm & Grace Build Strong, Lasting Core Power!

The Bodyblade® is the simplest most-effective corestrengthening tool you'll ever use. When in use the blade flexes back and forth causing co-contraction your muscles. **40" CXT** is the smallest and lightest version, for anyone rehabilitating serious injuries, working on neurological development, and for seniors.

48" Classic is the most popular size, providing the greatest resistance range of the Bodyblade® line and designed for the majority of uses from late rehab to athletic training. 60" Pro version is for larger, stronger and more advanced users, providing the highest resistance rating of the series. The Bodyblade® is useful for anyone looking for a simple, quiet and effective tool for use at home, office or anywhere.

- Improves spinal stability, proprioception, muscle endurance & cardiovascular fitness
- Strengthens core & arm/shoulder joints
- Blade flexes silently back & forth at 270 contractions at 4.5hz to contract & release your muscles

FEATURES

- 3 different models to suit all users
- Comes with poster, booklet, & online training video access

BBCXT 40" CXT \$149.95 **BB400** 48" Classic \$239.95 **BB500** 60" Pro \$309.95

Smart Strength Band Exercise Loops

Add Resistance or Assistance to Your Workout

These loops are great for customizing your training. The different strengths are useful for pull-up assistance, stretching, conditioning, rehabilitation and strength training. Providing smooth, constant resistance throughout a range of motion, these bands are versatile, allowing users to add them into their training routines. Easily loops over railings, pull up bars, or hands and feet for an infinite variety of exercise possibilities.

BENEFITS

- Add resistance to any exercise, improving muscle development & tone
- Develop cardio, power & strength
- Add to a routine to challenge or assist

FEATURES

- Contains rubber latex, use with caution
- Durable, portable, & effective
- Easy to clean & suitable for club use
- Loops are 40" long & 3/6" thick, & vary in width/resistance

LOOPR	(5-35lbs) XX-Light Red	\$27.95
LOOPBK	(10-50lbs) X-Light Black	\$35.95
LOOPP	(15-80lbs) Light Purple	\$45.95
LOOPGR	(20-120lbs) Medium Green	\$55.95
LOOPBL	(25-150lbs) Heavy Blue	\$69.95

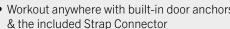






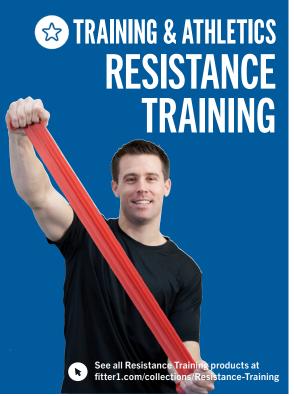






- 12 self-guided exercises printed on the straps

LLJGXT Smart Straps Set



Sup-R Band Latex Free Exercise Bands

Your Best Option for Premium Resistance Flat Bands

Sup-R Band is made from a premium latex free formula and excels compared to other exercise bands. The TPE formula has similar use and strength characteristics to traditional latex-based exercise bands. Powder free, these bands resist tearing better than traditional bands and have a great texture for holding comfortably. This banding is lightweight, portable, and perfectly suited for the gym, fitness classes, clinics, home exercise and rehabilitation routines, and bringing movement to your Active Office™.

Klip is a great new addition to Sup-R Bands that allows you to make any size loop from any flat bands. Adds great versatility to your flat band exercise or rehab program.

BENEFITS

- Versatile for use throughout your workout routine or office day
- Improve muscle tone, strength & conditioning

FEATURES

- Puncture & tear resistant
- Follows traditional colour system
- New Klip turns your band into a loop in seconds



SINGLES 5" x 5ft Precut Packet

\$9.95
9

PEP PACKS 5" x 5ft Precut Packet, 3-Pack

CSBPL	Light PEP (Yellow/Red/Green)	\$25.95
CSBPM	Med PEP (Green/Blue/Black)	\$29.95

ROLLS 5" x 50yd Roll

CSBXL	X-Light Yellow	\$159.95
CSBL	Light Red	\$169.95
CSBM	Medium Green	\$179.95
CSBH	Heavy Blue	\$189.95
CSBXH	X-Heavy Black	\$199.95

DISPENSER PACKS 5" x 5ft Precut Packets, Box of 30

CSBDXL	X-Light Yellow	\$189.95
CSBDL	Light Red	\$199.95
CSBDM	Medium Green	\$209.95
CSBDH	Heavy Blue	\$219.95
CSBDXH	X-Heavy Black	\$229.95

Klip 7" Band Clamp

Resistance Rating Guide					
Colour level 1 Red Green Blue Black 4					
Resistance at 100% elongation	3 lb	4 lb	5 lb	6 lb	7 lb
Resistance at 200% elongation	7.5 lb	10 lb	12.5 lb	15 lb	17.5 lb

\$8.95









Smart Covered Toners

Your Safest and Most Durable Go Anywhere Choice

This sleeved tubing is made of professional-grade rubber-dipped tubing encased in nylon sheathing to enhance your safety and comfort during resistance training. The nylon sheath protects from UV light, drying out, and general wear and tear damage. The handles are reinforced for safety and durability, so they are ideal for high usage situations from home gyms to clubs and clinics.

BENEFITS

- Ideal for high-use areas
- Improves strength & tones muscles

FEATURES

- Protection from latex irritation
- Double the lifespan of other cables
- Easy to clean handles
- 4ft tubing fits into most exercise routines

SLRVL	5lb	Very Light Teal	\$34.95
SLRL	10lb	Light Pale Green	\$35.95
SLRM	15lb	Medium Red	\$37.95
SLRH	20lb	Heavy Blue	\$39.95
SLRVH	25lb	Very Heavy Black	\$41.95





Smart Resistance Cable System

Create Your Own Versatile, Performance-Packed Workout with this Fully Adjustable Handle & Cables System

This interchangeable fitness cable system is paired with the Smart Quick Flip Handles allowing you to create your own resistance routine. Strengthen and tone with every movement! Move up resistance levels as your strength increases. The cables are multi-layered so they last longer than common extruded bands and are super portable. Handles and cables are sold separately allowing for a variety of combinations to suit each user.

BENEFITS

- Diversify your workouts, comparable to an adjustable weight machine
- Quickly change out cables for varying resistances with different exercises
- Target specific muscles, perfect for injury recovery & prevention routines
- Boost your stamina, flexibility, ROM & more

FEATURES

- Increased durability from progressive layering
- Customizable with interchangeable cables
- Add up to 3 cables at once with the Triple Grip Handle
- Strong enough for commercial use & home gym settings

RC1NH	10lb Teal	\$18.95
RC2NH	20lb Purple	\$19.95
RC3NH	30lb Pink	\$21.95
RC4NH	40lb Magenta	\$23.95
RC5NH	50lb Orange	\$25.95
RC6NH	60lb Red	\$27.95
RC7NH	70lb Yellow	\$32.95
RC8NH	80lb Green	\$35.95
RC9NH	90lb Blue	\$39.95
RC10NH	100lb Black	\$44.95
LLDA	Door Anchor	\$29.95
ANKWR	Wrist/Ankle Wrap	\$34.95
LLXCH	Exchange Handle (Pair)	\$24.95
LLTGH	Triple Grip Handle (Pair)	\$34.95







KLIPL



TheraGear 55cm Pink



TheraGear 65cm Slate



TheraGear® Classic Ball

The Safest High-Quality, Burst-Resistant Exercise Ball!

The TheraGear® Classic Ball is perfect for your home exercise routines. This balance ball is great for all ages and abilities, from seniors and physiotherapy patients to world-class athletes. Perfect for everyday health and fitness needs. Also makes a great accesory to any Active Office™. (See page 11)

Ball Pump Sold Separately

BENEFITS

- Your safest choice for office & home health
- For sitting, stretching & strengthening
- Improve your trunk, pelvic girdle stability & core strength
- Stays round for better core development

FEATURES

- University tested: Burst resistant up to 500lb (250kg)
- Static load rating of 2200lb (1000kg)
- Made with the Theragueartd[™] sytem: Latex & Phthalate free
- PVC base is non-allergenic

FBGT55	Classic 55cm (21in) Pink	\$64.95
FBGT65	Classic 65cm (26in) Slate	\$69.95
FBGT75	Classic 75cm (29in) Green	\$74.95
PUMPS	Hand Pump	\$15.95

Exercise Ball Safety

The Do's and Don'ts for Safe Exercise Ball Use

Do's:

- Inflate per instructions & Date your ball to keep track of the lifespan
- Use only high quality burst resistant balls
- Inspect ball for gouges, cracks, peeling or under-inflation
- Exercise on a padded floor or mat
- Use a spotter & extreme caution when using resistance equipment with a ball
- Replace balls every 12 24 months or at first sign of wear, especially in high-use settings

Don'ts:

- Store balls near sharp metal or heat sources
- Patch or plug a damaged or leaking ball
- Inflate larger than the recommended size
- Use a ball with visible signs of wear
- · Kick or throw an exercise ball
- If you do not know how old a ball is, it is likely to old for advanced weight bearing exercises. Use great caution. Or better yet get a new ball and mark the date you inflate it!

Be Smart -Be On The Ball



DuraBall® Pro Ball

World's Strongest Exercise Ball - The Professional's Choice

The DuraBall® Pro Ball is the strongest, safest, and most burst-resistant exercise ball available. The best choice for advanced users or anyone looking for a firmer ball, perfect for training and high use settings like Clubs, Clinics and Gyms.

• Ball Pump Sold Separately

BENEFITS

- Exceeds Club & Clinic standards for exercise & rehab
- Maximum support for core, trunk, & pelvic girdle strengthening & stability
- Firmer support when sitting & training

FEATURES

- Retains shape under dynamic loads
- University tested: Burst resistant up to 1100lb (500kg)
- Static load rating of 4400lb (1996kg)
- Made from Duralon™: BPA, latex, rubber & phthalate free
- PVC base is non-allergenic

FBPC55	Pro 55cm (21in) Purple	\$89.95
FBPC65	Pro 65cm (26in) Blue or Silver	\$109.95
FBPC75	Pro 75cm (29in) Blue or Silver	\$129.95
PUMPS	Hand Pump	\$15.95

Fitterfirst Classic 45cm Ball



The Fitterfirst Classic 45cm Ball is perfect for kids that like to move. Great for sitting, bouncing, and exercise, this ball is great for use as a chair watching TV or doing homework.

• Ball Pump Sold Separately

BENEFITS

- Enhances coordination
- Extremely durable & safe

FEATURES

- Easy to clean
- Great for children 3+ years, up to 284lbs
- BPA & Phthalate free

FBCJ45 Classic 45cm Yellow \$39.95

Which Ball is Right For You?

Specification	TheraGear® Classic Ball	DuraBall® Pro Ball
Description	Soft / Conforms to User	Firm / Retains
		shape during use
Dynamic	500lb / 250kg	1100lb/500kg
Burst Rating		
Static Load	2200lb / 1000kg	4400lb/2000kg
Rating		

CHOOSING THE RIGHT SIZE

Exercise

OPTIMAL CHAIR HEIGHT Hips should be above knees



CHAIR USE	EXERCISE USE	BALL SIZE
Kids	< 5.0ft	45cm / 18"
< 5ft 5"	5ft - 5ft 7"	55cm / 21"
5ft 2" - 6ft	5ft 6" - 6ft 2"	65cm / 26"
> 6ft	> 6ft 2"	75cm / 30"



The Beam by Nimbleback

Self Care Made Simple - Release, Relax & Restore

Stretch on your beam for 10 minutes daily to help ease tension, calming your mind and body. Prop behind your spine to correct your posture anywhere you sit.

BENEFITS

- Builds core strength with precision exercises
- Straightens spine & releases tension
- Reduces stress with regular use
- Use with breathing exercises to improve sleep

FEATURES

- Closed-cell EVA foam is 39 x 2.5 x 1.5"
- Narrow enough to target muscles & tissue connected to the spine
- Available in Gentle & Firm densities

BEAMG Gentle (Blue) \$29.95 \$29.95 **BEAMO** Firm (Black)



Exercise Mats

Start Your Exercise with a Good Foundation...a High Quality Mat!

These lightweight, high-cushioning mats are of the best quality to provide stability through even the most demanding positions.

BENEFITS

• Quality foundation for any exercise or rehabilitation routine

• Designed for a lifetime of dynamic use indoors, outdoors & even in water

FEATURES

- Hard-wearing & long lasting (no memory effect)
- Hygienic treatment inhibits fungal & bacterial growth
- Waterproof closed-cell structure that remains warm to touch
- Slip-proof, comfortable & flat placement

MATYOGA Fitterfirst Yoga Mat

70.75 x 23.5 x 0.25"





Maple Balance Beam





Restore Strong, Pain Free Feet & Feel Like a Kid Again!

These natural maple hardwood Balance Beams come with a pair of cradles for stability and support. Available in two lengths to meet your foot health needs, these beams can be used with shoes but are optimal barefoot. Check out booklet for full body stretchs.

BENEFITS

- Improve full body balance
- Increase foot, toe & calf flexibility
- Stretch to relieve leg and foot pain
- Enhance ankle strength & stability



FEATURES

- Available in 2 different sizes
- Made from very strong and durable solid maple hardwood

GBB2 24" Beam \$109.95 GBB4 44" Beam \$159.95

Foam Rollers

Tension Relief for Your Whole Body - Every Body Needs a Good Roll!

Body rolling is the best way to comfortably relieve muscle tension and reduce stress. With a variety of rollers available, you can find the style that best suits your needs. The more you roll the better your back and muscles will feel and the more your balance and postural alignment will improve!

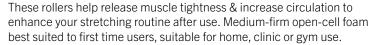
BENEFITS

- Great for relieving tight muscles
- Increases blood flow throughout the body
- Target almost any area of the body
- Increase flexibility & core strength
- Use before & after exercise for muscle recovery & flexibility

FEATURES

- Available in different sizes & densities
- Shape allows for massaging of larger muscles & hard-to-reach areas

CLASSIC ROLLERS - Soft



3 x 18" Short Half	\$14.95
3 x 36" Long Half	\$19.95
6 x 18" Short Round	\$19.95
6 x 36" Full Round	\$34.95
	3 x 36" Long Half 6 x 18" Short Round

MAX ROLLERS - Firm

The firmest roller we carry, suited to experienced rollers for myofascial release & breaking down connective tissues. Increases circulation & improves flexibility for avid users.

FROLMH	3 x 36" Long Half	\$25.95
FROLM	6 x 36" Full Round	\$39.95

MYOFASCIAL RELEASE BALL - Medium Firmness

Treat tension spots with precision & control with this 6" closed-cell EVA foam ball. Rolling motion improves muscular flexibility & increases circulation while stillness and pressure is great for self-myofascial release & tight muscles for all users.

MYOR \$21.95 6" Sphere

TRAVEL ROLLER - Firm 4.3" Roller

Made with durable, non-deforming & waterproof foam over PVC pipe. Are toxin free with comfortable padding & a washable outer cover. They are designed to be portable, lightweight, & durable with a hollow centre great for storage.

	Roller Only (Black or Blue) Roller Kit includes TR 3-Ball Set & 6ft Mobility Band TR Ball Pro (Soft Purple) TR Ball Elite (Firm Blue) TR 3-Ball Set	\$60.00 \$90.00 \$19.95 \$19.95
FROLTRB	TR 3-Ball Set	\$35.00

PILATES BALL - Soft

Not just great for pilates but strengthening and toning as well. This ball easily deflates and inflates to the resistance of your choice and is great for portability.

PRBALL Purple (soft) or Blue (firm) \$16.95



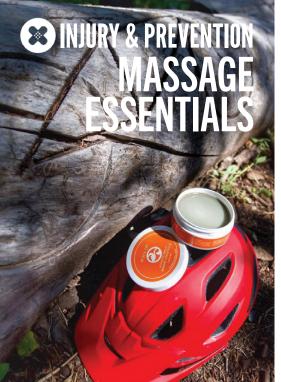












Rock On Clay

Soar, not Sore! - Tested and Used Daily by the Fitter Team

This 2oz tub of Rock On Clay is made with the purest ingredients for their natural healing properties. Designed for anyone looking to reduce recovery time and get back to moving. Used topically, this clay balm goes directly on areas of soreness and the minerals will be absorbed into your skin.

- Use after a shower, before bed, or after rolling ona ball or foam roller
- Naturally controls excessive inflammation, drawsout toxins & replenishes lost minerals
- Increased flexibility & reduced recovery time
- Rapid relief from pain & tension

BENEFITS

- Sourced from pristine glacier mountains in BC, CANADA
- All-organic ingredients include coconut oil, olive oil, glacial clay, & cocoa butter
- Lightly scented with eucalyptus & peppermint

ROC2 2oz Tub \$25.00



Pain Relief Gel



Doctor Hoy's[™] - Our Founder uses it Every Day! **Ultimate Natural Pain Relief - Another Fitter Team Favourite!**

- **Doctor Hoy's™ Natural Pain Relief Gel** has Encapsulation Technology you can see that works to protect the ingredients, keeping them fresh and potent. It provides a powerful sensation of cool to warm for ultimate relief, with Witch Hazel to draw in the ingredients. The gel includes Arnica Montana to aggressively target inflammation, easing pain quickly.
- Arnica Boost focuses on inflammation and circulation. This cream is unscented and safe for use on sensitive areas. The Arnica Boost was designed for impact injuries, joint pain, arthritis, neuropathy, muscle soreness, and bruises.

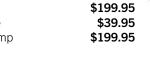
BENEFITS

- Gel contains natural crystalline time-release Menthol & Camphor
- Arnica is unscented & contains Arnica Montana extract, MSM, & Aloe Vera
- Natural anti-inflammatory for hours of relief, reducing the pain & inflammation cycle
- Absorbs quickly & improves flexibility

FEATURES

- Use 3 layers of Gel with 1 layer Arnica on top for increased strength & long-lasting relief
- Gel has vanishing scent & Arnica Boost is unscented
- High-quality, non-toxic ingredients & paraben free
- Water based, pH balanced with no oils or residue

DHPR4 Gel 4oz Tube \$39.95 DHPR32 Gel 32oz Pump DHAB3 Arnica 3oz Tube DHAB32 Arnica 32oz Pump





RAD Massage Tools

Relief in Motion - Deep Tissue Release You Deserve!



These RAD products mean relief of muscle tightness, tension and reduced movement. RAD massage tools are great for every body and lifestyle. Liberate your soft tissues of built-up waste and toxins while you release knots and improve flexibility. Combined they give you better leverage for hard-to-reach places than traditional massage tools.

BENEFITS

- Designed to replicate the touch of a massage therapist
- Provides controlled, acute point release
- Moves waste out of your soft tissue

FEATURES

- Hygienic & easy to clean
- BPA, latex, & plastic free
- Made of eco-friendly silicone
- Tools work together to increase benefits



RADRND RADRO	Rounds (Set of 3) Roller (Original & Soft)	\$34.95 \$34.95
RADBL	Block	\$49.95
RADROD	Rod	\$59.95
RADH	Helix	\$69.95

RAD NEURO BALL with NABOSO®

This all-in-one design is paired with Naboso®'s patent-pending technology, covering the surface with pressure points for enhanced sensory stimulation.



RADNB Neuro Ball \$40.00

Tiger Tail® Massage Tools

Make your Muscles Happy - You'll be Happy too!

Tiger Tail myofascial release tools are ideal for restoring muscle balance. Great for light self massage and to really get deep into the muscle.

BENFFITS

- Relieve muscle knots, aches & stiffness
- Quickly massage any part of the body
- Relieve muscles knots, aches, cramping, spasms & stiffness

FEATURES

18"

22"

- Deep grip & friction on fascia muscles
- Ergonomic save hands from fatigue
- Durable & Portable

Tiger Tail

This classic comes in two sizes and is a great tool for anyone needing effective relief through self-massage.

TTS Small 18" Tiger \$39.95 **TTL** Large 22" Tiger **\$44.95**

Tiger Ball

Great for muscles you can't reach, with a handy rope to help hold the ball in position.

\$29.95

TTTB Tiger Ball



Knotty Tiger

A powerful knot-buster that fits in the palm of your hand.

TTKT Knotty Tiger \$25.95



Curve Ball

This tool offers deep tissue release and stability.

TTCB

Curve Ball







Wave Soft Tissue Release Tool

The Ultimate All-in-One Massage Device

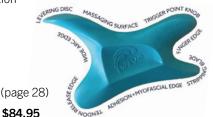
The Wave Tool is the ultimate muscle scraping and soft tissue release tool. It incorporates massage surfaces with IASTM and Guasha Edges to effectively treat myofascial pain. Designed by a Colorado-based physical therapist and professional rock climber as an ergonomic multi-use tool for tissue wellness and health maintance.

BENEFITS

- Releases myofascial restrictions, adhesions & scar tissue
- Precision edges stimulate the body's natural healing & self-repair
- Therapeutic release of tension & neural restriction
- Improves circulation & cellular activity
- Enhances athletic recovery & performance

- 3D ergonomic grips for controlling pressure
- Portable, lightweight & fits in your pocket
- Washable use with lotion such as Arnica Boost (page 28)

WAVE Wave Tool



Rolflex® Pro

The Best Tool for Forearm Muscle Release

The unique clam-shaped Rolflex® Pro gives precise leverage and pressure without restricting motion. Comfortably and effectively perform self-massage without relying on weight or gravity.

BENEFITS

- Adjust pressure with ease
- Therapeutic release of tension
- Promotes healthy tissue

FEATURES

- Ergonomic design
- Adjustable & versatile
- Dual stability rollers & non-skid base
- Comes with handle extender strap

RLFX101

Rolflex® Pro





Dr. Cohen's AcuProducts

The Only Ball That's Heatable! Just Position it and Relax

Relieve pain and tight muscles 100% naturally with Dr. Cohen's AcuBall. The unique design stimulates natural painkillers and the nervous system relaxation responses while relieving muscle blockages.

BENEFITS

- Heatable to reach deeper tissues
- Enhances joint movement, relieves muscle & joint pain
- Stimulates nutrient & blood flow to flush out muscle waste

- Precision nibs help work out knots
- Spine Align Belt opens tight vertebrae

ACBM \$22.99 acuBall Mini **ACBL** \$34.99 acuBall Large **ACBB** acuBack \$49.99

Activator Rehab Walking Poles

Ergonomic and Stable for Rehab and Every Kind of Walking Imaginable

Urban Poling (also known as Nordic walking) is like cross-country skiing without the skis. Using these poles to walk is a healthy mode of physical activity suitable for rehabilitation.

BENEFITS

- Burns calories & improves posture & confidence
- Makes walking easier on knees & hips, reduces risk of injury & aids in rehab
- Tones upper body & core through motion
- Reduces stress & improves circulation

FEATURES

BENEFITS

FEATURES

Button-locking system for safety

Naboso[®] Splay

stability & foot shape

& improves circulation

- Maximum user weight 250lbs & users up to 6.6ft tall
- Use bell-shaped tip for stability or remove tips & use carbide steel tip for slippery terrain
- Ergonomic grips so no straps needed

UPACT Activator Poles (Pair)

Toe Separators for Optimal Alignment

use, starting with an easy 15 minutes a day.

• Improves balance, mobility, flexibility,

• Reduces pain, maintains proper arch

• 100% natural latex free silicone

These toe separators help reconnect and recover

natural foot shape and optimize alignment. Restore

your feet back to their natural shape with consistent

Toe Separators (Pair) \$40.00

\$119.95





Original Backnobber II®



A must have for anyone with muscle-related tension in their back. Apply firm, deep pressure to knots with the functional S-shape design allowing you to accurately relieve tension.

BENEFITS

- Therapeutic release of tension
- Relieves muscle fatigue, knots, trigger points, discomfort & stiffness
- Improves circulation to flush out muscle waste & reduce soreness

FEATURES

- Ergonomic design for control & precision
- Portable can be broken down for storage & travel
- 2 hook sizes target pressure points

BKNOB Backnobber II®

\$79.95





This 100% Canadian-Made marine collagen uses the highest quality raw materials sourced from the North Atlantic Ocean's wild-caught fish. Completely natural, this collagen helps provide significant health benefits throughout the body.

BENEFITS

- Relieves joint pain & inflammatory skin conditions
- Anti-oxidant, helps protect cells from damage
- Reduces wrinkles making skin look/feel younger
- Improves hair & nail strength, bone density, skin hydration & gut health

MC30 30-Day Supply













\$59.95



BoBo Balance

Turn Your Balance Board Into a Smart Training Tool



Check out the BoBo Balance line on page 7 or at fitter1.ca



Designed and devoloped by Physical Therapists to stretch shoulders and rotator cuffs on your own. Portable, safe and effective rehab and mobility tool.

PSSF ProStrech Shoulder Flex \$229.95

Laevo Exoskeleton

Take Back Control of your Body

Find out more about this wearable chest and back support at *fitter1.ca*





Disclaimer/Warning: The products presented in this document are designed to challenge and improve your balance skills. When using this equipment, you must accept full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products.

Order Today!

www.fitter1.ca • 1.800.fitter1





