



☆ TRAINING & ATHLETICS



🏠 FAMILY FITNESS



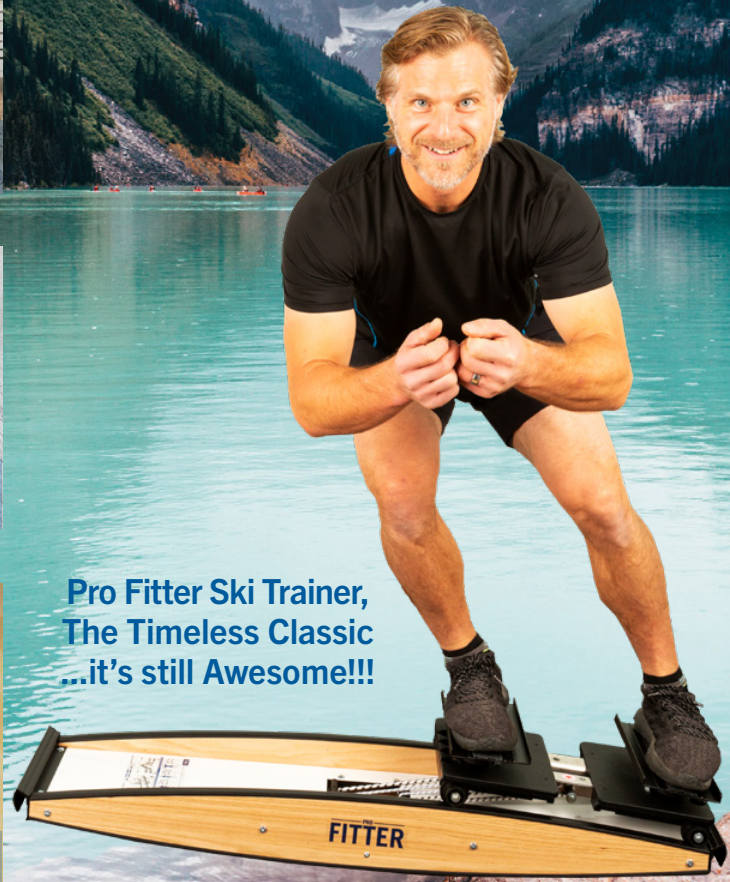
💻 ACTIVE OFFICE™



✕ INJURY & PREVENTION

# BALANCE MOVEMENT LIFE

Born & Raised in  
the Rocky Mountains



Pro Fitter Ski Trainer,  
The Timeless Classic  
...it's still Awesome!!!

Look Inside for 100's of Amazing Products!

# Leading the World To Better Balance



Louis & Margaret Stack  
President & CFO of Fitterfirst  
with Roxy & Nemo

## We are all Moving More!

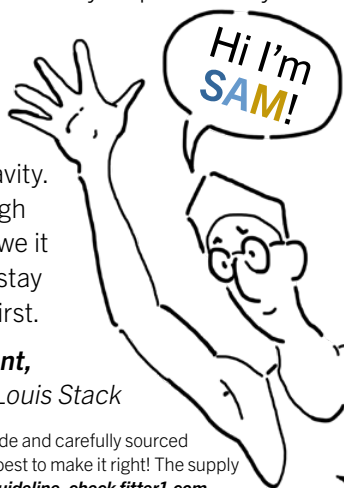
Everyone is on the Move and travel is at record levels. Gyms, Pools and Health Centres are as busy as ever. Folks seem happy to be Moving again! Fitterfirst product users have had the great advantage of being active daily throughout the COVID years and find the transition into an active lifestyle easy 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 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.**

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**THE FINE PRINT**  
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 an RMA (Return Merchandise Authorization) Number or they will not be accepted. Call Customer Service toll free 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.

"Active Office™" & "Revive Your 9 to 5™" are registered Canadian trademarks. "Active Office Revive your 9 to 5™" is a USA Trademark. "Fitter" and "Fitterfirst™" are registered trademarks of Fitter International Inc.

**Beginner** ●  
**Intermediate** ■  
**Advanced** ◆  
**Very Advanced** ◆◆



## ACTIVE OFFICE HOME & OFFICE SOLUTIONS



**MORE PRODUCTIVITY**



**REDUCE BACK PAIN**



**BETTER HEART HEALTH**



**BOOST METABOLISM**

*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™**

### 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 10!





Ideal for Sit-Stand Desk Users



## 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 is much better than regular standing. The AOB (Active Office Board) encourages you to move effortlessly in a small space, while ensuring good posture.

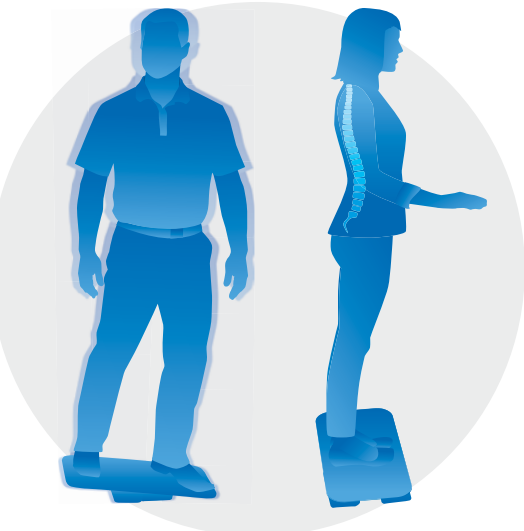
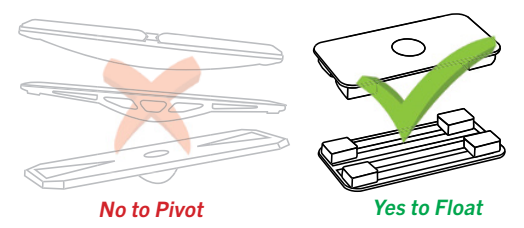
Moving during the workday helps avoid pain resulting from sedentary behaviour. This board has adjustable foam legs that can be positioned in different combinations for your comfort. Can also be used as a multi-angle calf stretcher. Prevent standing fatigue, strengthen stabilizing muscles, and add healthy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

- 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 **\$129.95**  
**AOBL** ● Extra leg set 4pk (Original or Firm) **\$39.95**

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



### Encourage Micro-Movements & Proper Posture



**Joan Vernikos, PhD, former Director of the Life Sciences Division at NASA & author *Sitting Kills - Moving Heals***

There are many forms of boards you can stand on. In my experience, none match the ingenuity and versatility of the Active Office Board. If you use a stand-up desk use the board to stand on. Just keep moving.

## CoreChair®

Relieve Pressure and Gain Support with a 'Super Comfy Contoured Sitting Surface'

This chair provides comfort for hours with its sculpted seat and lumbar support. The shorter back rest allows for stabilization of the pelvis and improved posture. The molded seat promotes movement and active sitting. Proper weight distribution gives your sitz bones the pressure point relief they deserve. Available in two models, Classic and Tango.

**Classic**  
 This model has fully adjustable resistance, allowing you to personalize your level of seat movement

**Tango**  
 This model has a fixed tension setting (no throttle) for a consistent level of active seat movement

- 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
  - 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
  - NEAT™ certified (Non Exercise Activity Thermogenesis)

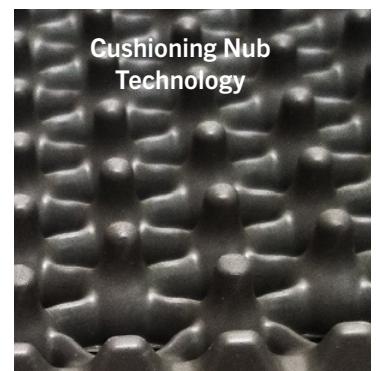
<b>CCTBK</b>	Tango	<b>\$545.00</b>
<b>CORECH</b>	Classic	<b>\$795.00</b>



Adjustable Height & Resistance



Spring Loaded Lumbar Support



Cushioning Nub Technology



Seat



Mat Regular



Multi-Purpose Mini Mat

## 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. Great for the feet and the seat!

- BENEFITS**
- 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 on the feet or the seat for nerve stimulation & gentle massage

<b>SP1MSM</b>	Multi-purpose Mini 18" x 11"	<b>\$49.95</b>
<b>SP1CBR</b>	Seat 18" x 18" (2 colours)	<b>\$79.95</b>
<b>SP1MBK</b>	Mat Regular 28" x 19"	<b>\$89.95</b>



## BackJoy® 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 for hours.

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" \$69.95

### 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

**ADISC15** 15" \$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

**BACKJOY** Relief \$59.95

### Posture Plus

*Posture Alignment*

This sit disc model tilts your pelvis into a posture-correcting 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

**BJPPBL** Posture Plus \$59.95

## 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

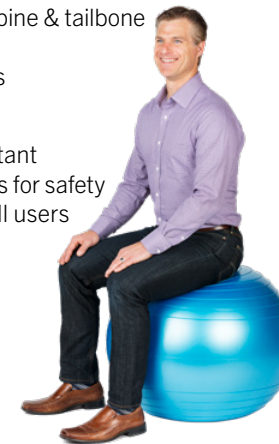
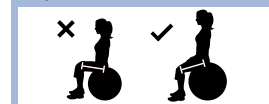
- Helps maintain proper posture
- Reduces pain from pressure on spine & tailbone
- Improved posture & balance
- Increased alertness & awareness

#### 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

#### OPTIMAL CHAIR HEIGHT

Hips should be above knees



For more Exercise Ball information see page 20.



## Chair Frame

*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 \$69.95  
**FBDC55** 55 cm TheraGear Classic \$54.95



## 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 for controlling motivating, challenging balance 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 \$199.95

**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 \$299.95

**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!

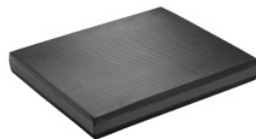
**BBBP** Smart Board, Motion Sensor, Console \$899.95



# INJURY & PREVENTION BALANCE & MORE



Great for  
**SUP**  
Training



## 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 page 4).

### BENEFITS

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

### 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 doing a 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**

### Balance Pad

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**    ● 16" Adjustable Board    **\$54.95**  
**WBCK**    Kit: 4x 16" Boards with Stand    **\$199.95**

Great for  
ankle & foot  
rehabilitation



Buy 4  
SAVE  
More!



"I tried this balance board at physical therapy 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 commercial 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    **\$159.95**



### 20" Pro Balance Board - Intermediate

For beginner to intermediate users wanting a multi-directional board with more range of movement than a Rocker Board. Great for daily maintenance, rehabilitation and injury prevention.

**WB20**    ● 20" Circle: 10, 12 & 15 Degrees    **\$129.95**



### 16" Pro Balance Board - Advanced

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    **\$109.95**

### 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**    3 Board Kit: WB16, WB20, RB20 & WBS    **\$499.95**  
**WBS**    Board Stand (separate)    **\$119.95**



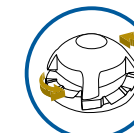
Includes  
16 page  
user manual



Take our quiz to  
find the right  
board for you!



All Pro Boards include  
the easy to adjust  
Tri-level Adjustable Sphere  
to increase difficulty



Simply turn the sphere to  
increase the height



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



## 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
- Color-coded resistance bands for variable settings
- Folds flat for easy transport & storage
- Includes travel carry bag

<b>FITF</b>	Fitfoot - <b>Introduction Pricing</b>	<b>\$79.95</b>
<b>FFTB9</b>	Heavy Bands (pack of 4)	<b>\$20.00</b>

\*To be used while sitting



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

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

## Naboso®

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

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 products stimulate the skin so you can reconnect to the sensory side of movement. Improve everything from your posture and power to your balance and agility.

### 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 Favorite 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.

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

## 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

<b>SLANT12</b>	12" Regular	<b>\$189.95</b>
<b>SLANTL</b>	14" Large w/handle	<b>\$199.95</b>



20°

10°

Folds Flat

## 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

<b>PS100</b>	Classic Blue	<b>\$59.95</b>
<b>PS500</b>	Large Wood	<b>\$199.95</b>

## ThermaWedge® - Don't be Sidelined by Plantar Fasciitis!

ThermaWedge® is a convenient rehabilitation tool recommended by physicians and therapists for effectively treating Plantar Fasciitis, Achilles Tendon injuries & stability issues. It combines all favored treatments in one easy to use device, proven to reduce pain, enhance mobility and significantly improve foot and ankle strength and function.

### BENEFITS

- Lightweight & portable for use at home, work or travel
- Provides calf & plantar fascia stretching, toe dorsiflexion, cross-friction & stick massage options
- Ideal for seniors & knee/hip post-surgical rehabilitation

### FEATURES

- Padded heel pad & incline for foot & ankle stretching & strengthening
- Natural textured cork roller/massage tool
- Cooling & warming heel gel pad

<b>TWEDGE</b>	5-in-1 Foot & Leg Treatment Device	<b>\$59.95</b>
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U.S. Patent # 9931264, 10219967, 10744056, Canada # 2967674, UK # GB2534102



★ TRAINING & ATHLETICS  
ACTION  
SPORT  
TRAINING

“A friend who is a doctor recommended it to improve proprioception. Everyone in the family is using it & loving it. It is super challenging... My son & daughter don't have it mastered...but they are well on their way.”  
- Maui Family 2018

## Extreme Balance Board Pro



*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

\$259.95



## 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 cross-training 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
- Tapered roller allows toe-heel movement
- Bumpers for added safety & control

BONGO ◆ 8.5 x 31" Board with Roller

Our Most Advanced Balance Trainer

\$159.95

U.S. Patent No. 5,190,506



Bumper for added safety & control



U.S. Patent No. 5,190,506

### What is the Difference between

*Extreme Balance Board Pro* ◆

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

### these 2 Advanced Level Boards?

*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

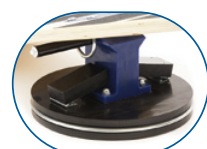


CAUTION The Bongo Board® is not for the timid - serious concentration is required! We strongly suggest that you follow the *Bongo Board Safety Instructions* while learning how to use this product. Falls may occur. First time users should have a spotter.

**HIGHEST**  
CHALLENGE+RISK+REWARD



Rotates 360°  
2 Difficulty Settings



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

# Pro Fitter 3-D Cross Trainer



The Timeless Classic that started the Functional Fitness Revolution...  
...and it is still Awesome!



Power Thrust



Leg Extension



Ab Adduction



Trunk & Core



Push-Up

## 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

PF2 Pro Fitter Ski Trainer with SAB2

\$899.95



## 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.

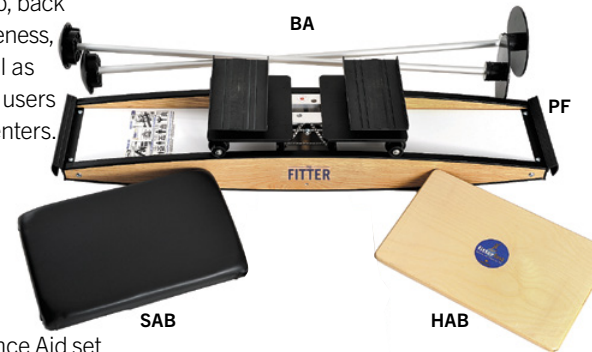
### BENEFITS

- 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 \$1099.95



## Balance Aids

Improve your Mobility Safely - Self-Standing Poles, There When You Need Them

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

### FEATURES

- 51" poles with self-standing 9" bases
- Suited for use with Pro Fitters, Balance Boards, Soft Boards & other balance products
- Can be used as standing balance aid in any location

BA Set of 2 Poles \$109.95

## 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 cross-train, accurately re-creating the effects of skating. Also great for injury rehabilitation and prevention, core exercises and upper body strengthening.

### BENEFITS

- 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 \$529.95

\*oversize shipping fee applies





## Weeble Boards



**Maximize Your Balance Challenge with One Board per Foot!**

An exciting, advanced balance board pair! The Fitterfirst Weeble Boards were designed by a staff member who wanted to challenge their balance during the workday! Each Weeble Board acts independently and can be used to increase the difficulty of exercises such as squats or push-ups. Sold as a pair (2 pieces per box).

### BENEFITS

- Improves balance, strength & proprioception
- Builds core & lower body strength
- Decreases rehabilitation time & improves sports performance

### FEATURES

- Tri-level adjustable sphere allows you to adjust difficulty with ease
- Safe, non-slip surface for any type of footwear or bare feet

**WB11** ◆ Weeble Boards **\$89.95**



Take our quiz to find the right board for you!



## Combobble Board



**The Combination of Two Great Fitterfirst Balance Boards!**

The best elements of the Fitterfirst Professional Balance Boards combined with the rectangular top of the Fitterfirst Combo Board and the dome base of our other Fitterfirst Balance Boards. The Combobble Board is excellent for increasing the difficulty of exercise such as squats and tosses.

### BENEFITS

- Improves balance, strength & proprioception
- Builds core & lower body strength
- Decreases rehabilitation time & improves sports performance

### FEATURES

- Tri-level adjustable sphere allows you to adjust difficulty with ease
- Safe, non-slip surface for any type of footwear or bare feet

**CMBLB** ◆◆ Combobble Board **\$99.95**

## 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.

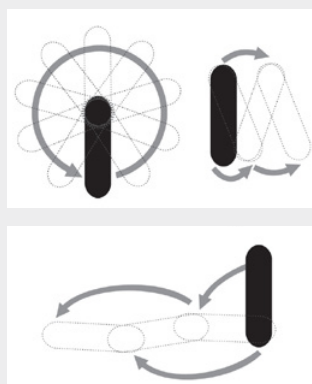
### BENEFITS

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

### FEATURES

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

**BRCK** ◆ BoardRock **\$139.95**



U.S. Patent No. 6,616,583



Dryland board training ANYWHERE!



★ TRAINING & ATHLETICS  
STRENGTH  
TRAINING

### Duonamic Rings

The first true portable rings system on the market! Duonamic rings will elevate your training to the next level. Easily install with the combination of carabiner and triangle threaded links. Full height adjustment includes stitched incremental spacing so you can get back to the same length every time.

**CHINRNG** Duonamic Rings/Straps **\$99.95**



World's First Portable Ring System!



Rings

## 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 to give endless holds for climbers to strengthen fingers.

### 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



**CHIN** Duonamic Eleviia Set **\$129.95**

### PowrHolds with Adjustable Grip Depth & Angle

PowrHolds are a revolutionary grip strength trainer developed by climbers for climbers. The most compact hangboard on the market that has the ability to adjust both the crimp depth and the angle so you can customize your grip styles. Crimp depth adjustment from 5/8" to 1 3/4". Angle adjustments from -90 degrees to 30 degrees. Choose your challenge!



**CHINPH** Duonamic PowrHolds **\$99.95**





☆ **TRAINING & ATHLETICS**  
**RESISTANCE TRAINING**

## 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



<b>LOOPR</b>	(5-35lbs) XX-Light Red	<b>\$19.95</b>
<b>LOOPBK</b>	(10-50lbs) X-Light Black	<b>\$25.95</b>
<b>LOOPP</b>	(15-80lbs) Light Purple	<b>\$31.95</b>
<b>LOOPGR</b>	(20-120lbs) Medium Green	<b>\$39.95</b>
<b>LOOPBL</b>	(25-150lbs) Heavy Blue	<b>\$52.95</b>

## 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.

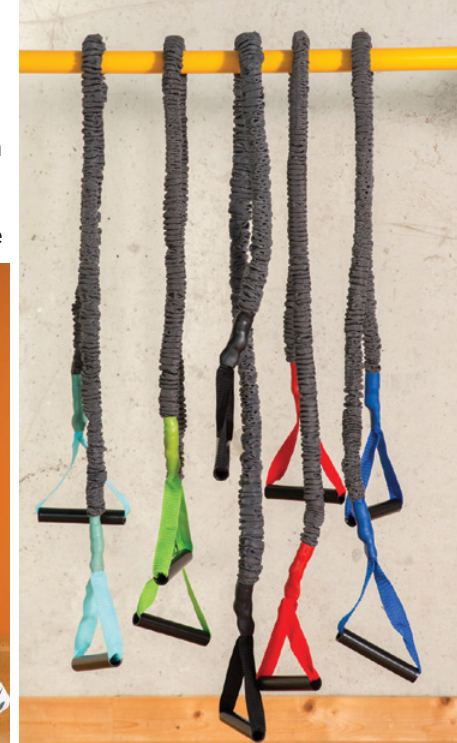
### BENEFITS

- 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

<b>SLRVL</b>	5lb Very Light Teal	<b>\$24.95</b>
<b>SLRL</b>	10lb Light Pale Green	<b>\$25.95</b>
<b>SLRM</b>	15lb Medium Red	<b>\$26.95</b>
<b>SLRH</b>	20lb Heavy Blue	<b>\$27.95</b>
<b>SLRVH</b>	25lb Very Heavy Black	<b>\$28.95</b>



## 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.

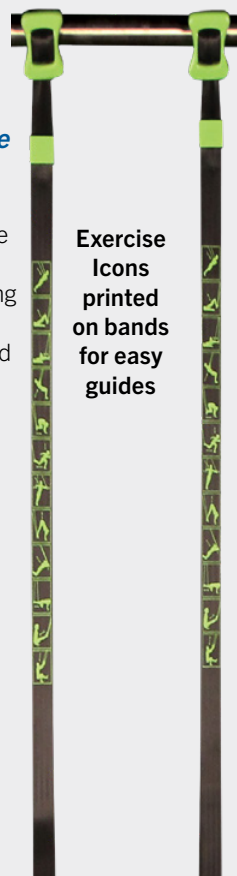
### BENEFITS

- 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 & the included Strap Connector
- 12 self-guided exercises printed on the straps
- Length is easily adjustable
- Setup is fast & easy, under 60 seconds

<b>LLJGXT</b>	Smart Straps Set	<b>\$119.95</b>
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Exercise Icons printed on bands for easy guides

## 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

<b>RC1NH</b>	10lb Teal	<b>\$9.95</b>
<b>RC2NH</b>	20lb Purple	<b>\$11.95</b>
<b>RC3NH</b>	30lb Pink	<b>\$13.95</b>
<b>RC4NH</b>	40lb Magenta	<b>\$15.95</b>
<b>RC5NH</b>	50lb Orange	<b>\$17.95</b>
<b>RC6NH</b>	60lb Red	<b>\$19.95</b>
<b>RC7NH</b>	70lb Yellow	<b>\$21.95</b>
<b>RC8NH</b>	80lb Green	<b>\$23.95</b>
<b>RC9NH</b>	90lb Blue	<b>\$25.95</b>
<b>RC10NH</b>	100lb Black	<b>\$27.95</b>
<b>LLDA</b>	Door Anchor	<b>\$9.95</b>
<b>ANKWR</b>	Wrist/Ankle Wrap	<b>\$24.95</b>
<b>LLXCH</b>	Exchange Handle (Pair)	<b>\$17.95</b>
<b>LLTGH</b>	Triple Grip Handle (Pair)	<b>\$24.95</b>



Triple Grip Handle



# INJURY & PREVENTION EXERCISE BALLS



TheraGear 21in Pink



## 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 accessory 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™ system: Latex & Phthalate free
- PVC base is non-allergenic

<b>FBGT55</b>	Classic 21in (55cm) Pink	<b>\$45.95</b>
<b>FBGT65</b>	Classic 26in (65cm) Slate	<b>\$49.95</b>
<b>FBGT75</b>	Classic 29in (75cm) Green	<b>\$52.95</b>
<b>PUMPS</b>	Intex Hand Pump	<b>\$7.95</b>



## 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

<b>FBPC55</b>	Pro 21in (55cm) Purple	<b>\$74.95</b>
<b>FBPC65</b>	Pro 26in (65cm) Blue or Silver	<b>\$94.95</b>
<b>FBPC75</b>	Pro 29in (75cm) Blue or Silver	<b>\$109.95</b>
<b>PUMPS</b>	Intex Hand Pump	<b>\$7.95</b>



## Fitterfirst Classic 45cm Ball

*Great Ball for Kids!*

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.

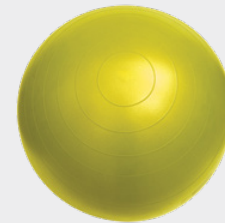
• **Ball Pump Sold Separately**

### BENEFITS

- Enhances coordination
- Extremely durable & safe

### FEATURES

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



<b>FBCJ45</b>	Classic 45cm Yellow	<b>\$39.95</b>
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## Which Ball is Right For You?

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

## CHOOSING THE RIGHT SIZE

### 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"

# INJURY & PREVENTION MATS, BEAMS & FOAM ROLLERS

## 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

<b>BEAMG</b>	Gentle (Blue)	<b>\$22.95</b>
<b>BEAMO</b>	Firm (Black)	<b>\$22.95</b>



## 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.

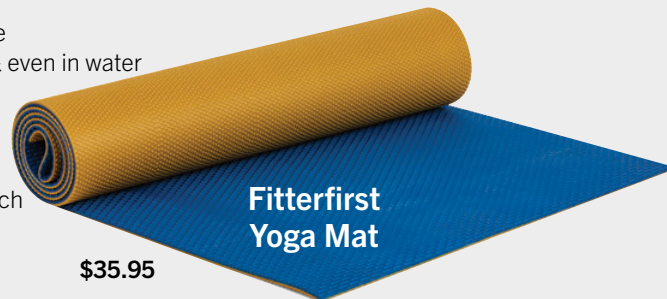
### BENEFITS

- 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

<b>MATYOGA</b>	Fitterfirst Yoga Mat	70.75 x 23.5 x 0.25"	<b>\$35.95</b>
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## 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 stretches.

### 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

<b>GBB2</b>	24" Beam	<b>\$89.95</b>
<b>GBB4</b>	44" Beam	<b>\$129.95</b>



## 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

These rollers help release muscle tightness & increase circulation to enhance your stretching routine after use. Medium-firm open-cell foam best suited to first time users, suitable for home, clinic or gym use.

<b>FROL6H18</b>	3 x 18" Short Half	<b>\$12.95</b>
<b>FROL6H</b>	3 x 36" Long Half	<b>\$17.95</b>
<b>FROL618</b>	6 x 18" Short Round	<b>\$17.95</b>
<b>FROL6</b>	6 x 36" Full Round	<b>\$29.95</b>

### 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.

<b>FROLMH</b>	3 x 36" Long Half	<b>\$19.95</b>
<b>FROLM</b>	6 x 36" Full Round	<b>\$35.95</b>

### 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.

<b>MYOR</b>	6" Sphere	<b>\$19.95</b>
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### TRAVEL ROLLER - Firm

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.

<b>FROLTRO</b>	Roller Only (Black or Blue)	<b>\$49.95</b>
<b>FROLTR</b>	Roller Kit <i>includes TR 3-Ball Set &amp; Gift Mobility Band</i>	<b>\$79.95</b>
<b>FROLTRBP</b>	TR Ball Pro (Soft Purple)	<b>\$15.95</b>
<b>FROLTRBB</b>	TR Ball Elite (Firm Blue)	<b>\$15.95</b>
<b>FROLTRB</b>	TR 3-Ball Set	<b>\$29.95</b>

### 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.

<b>PRBALL</b>	Purple (soft) or Blue (firm)	<b>\$10.95</b>
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**CLASSIC: Soft Beginner**

**Customer Favorite!**

**MAX: Firm Expert**

**MYO BALL**

**TRAVEL ROLLER:  
Firm & Portable**

**PILATES BALL**

# INJURY & PREVENTION MASSAGE ESSENTIALS



## 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.

### BENEFITS

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

### FEATURES

- 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**



## 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** Rounds (Set of 3) **\$29.95**  
**RADRO** Roller (Original & Soft) **\$29.95**  
**RADBL** Block **\$34.95**  
**RADROD** Rod **\$49.95**  
**RADH** Helix **\$59.95**

### 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 **\$35.95**

## Tiger Tail® Massage Tools

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

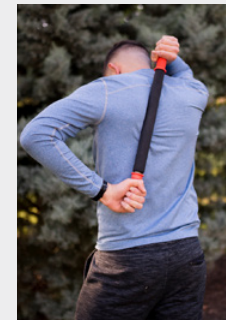
Tiger Tail myofascial release tools are ideal for restoring muscle balance. Great for light self massage and to really get deep into the muscle.

### BENEFITS

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

### FEATURES

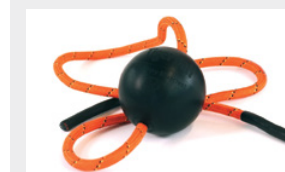
- Deep grip & friction on fascia muscles
- Ergonomic - save hands from fatigue
- Durable & Portable



### Tiger Tail

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

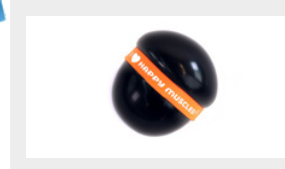
**TTS** Small 18" Tiger **\$34.95**  
**TTL** Large 22" Tiger **\$39.95**



### Tiger Ball

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

**TTTB** Tiger Ball **\$25.95**



### Knotty Tiger

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

**TTKT** Knotty Tiger **\$22.95**



### Curve Ball

This tool offers deep tissue release and stability.

**TTCB** Curve Ball **\$25.95**



Pain Relief Gel

## Doctor Hoy's™ - Our Founder uses it Every Day!

*Ultimate Natural Pain Relief - Another Fitter Team Favorite!*

- **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



Arnica Boost

**DHPR4** Gel 4oz Tube **\$34.95**  
**DHPR32** Gel 32oz Pump **\$179.95**  
**DHAB3** Arnica 3oz Tube **\$29.95**  
**DHAB32** Arnica 32oz Pump **\$179.95**



Arnica Montana





## 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 maintenance.

### 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

### FEATURES

- 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

**\$79.95**



## 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

**RLF101**

Rolflex® Pro



**\$129.95**



**Muscle Tension & Pain Relief**

## 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 in microwave or hot water to reach deeper tissues
- Enhances joint movement, relieves muscle & joint pain
- Stimulates nutrient & blood flow to flush out muscle waste

### FEATURES

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

<b>ACBM</b>	acuBall Mini	<b>\$22.99</b>
<b>ACBL</b>	acuBall Large	<b>\$34.99</b>
<b>ACBB</b>	acuBack	<b>\$49.99</b>



## 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

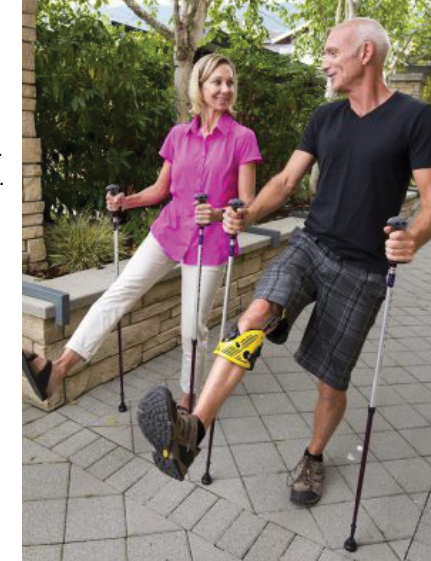
### FEATURES

- Button-locking system for safety
- 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)

**\$99.95**



## Naboso® Splay

*Toe Separators for Optimal Alignment*

These toe separators help reconnect and recover natural foot shape and optimize alignment. Restore your feet back to their natural shape with consistent use, starting with an easy 15 minutes a day.

### BENEFITS

- Improves balance, mobility, flexibility, stability & foot shape
- Reduces pain, maintains proper arch & improves circulation

### FEATURES

- 100% natural latex free silicone

**SPLAY**

Toe Separators (Pair)

**\$22.95**



## Original Backnobber II®

*Bring Deep Relief to Muscles Anywhere...Foldable & Portable*

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**



**Easy Fold for Storage & Travel!**

## DeepMarine Collagen - World's Best Performing!

*Small Molecule for Enhanced Absorbability, Canadian-Made!*

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**

**Customer Favorite!**





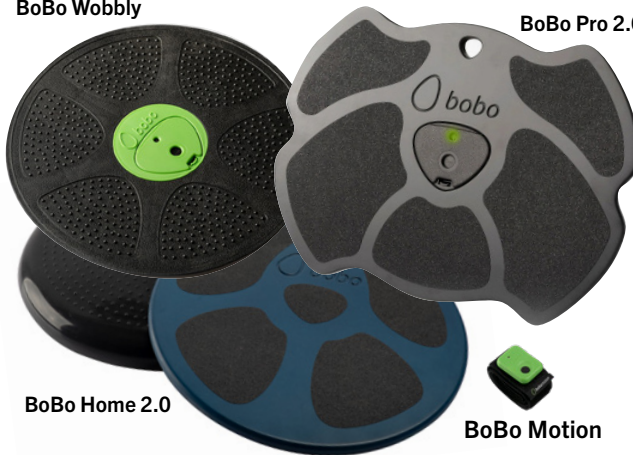
**FAMILY FITNESS**

## BoBo Balance

*Turn Your Balance Board Into a Smart Training Tool*

**BoBo Wobbly**

**BoBo Pro 2.0**



**BoBo Home 2.0**

**BoBo Motion**

Check out the BoBo Balance line on page 7 or at [fitter1.com](http://fitter1.com)

## Shoulder Flex

*Regain and Retain Flexibility in Your Shoulders & Rotator Cuffs*



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

**PSSF**

ProStretch Shoulder Flex

**159.95**

## Laevo Exoskeleton

*Take Back Control of your Body*

Find out more about this wearable chest and back support at [fitter1.com](http://fitter1.com)



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.com](http://www.fitter1.com) • 1.800.fitter1



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