

**SELF-  
LOVE**



**AND FITNESS**



# BRAND STORY

**MAKE YOURSELF A PRIORITY.**

**SELF-LOVE AND FITNESS is an online lifestyle brand and retailer of fitness bundles and wholesale fitness accessories. Increase your personal power, self-discipline, and mental strength by building a strong body.**

**I started my fitness journey because of how it positively impacted my mind (helping my anxiety) and my wellness. A strong body is a bonus.**

**Many people do not recognize their unique strength, fitness truly helps you connect with yourself on a deeper level, define yourself, define your values, and increase your confidence in being true to who you are. The proof of your increased physical and mental strength is made visible through fitness, which increases your willingness to attempt more and more challenging things and goals in all areas of life.**

**Fitness teaches you the power of not settling.**

# GOOD TO KNOW + HOW TO ORDER

**MINIMUM ORDER QUANTITY: \$175 BEFORE TAXES.**

**NEED A PRICE LIST?**

**PLEASE E-MAIL US AT: [INFO@SELFLOVEANDFITNESS.COM](mailto:INFO@SELFLOVEANDFITNESS.COM)**

**READY TO PLACE AN ORDER?**

**PLEASE E-MAIL US AT [INFO@SELFLOVEANDFITNESS.COM](mailto:INFO@SELFLOVEANDFITNESS.COM)**

**NOT ALL ITEMS LISTED IN THIS CATALOGUE ARE AVAILABLE ON THE SHOPIFY STORE.  
THE CATALOGUE IS DESIGNED TO OFFER CUSTOMIZED VARIATIONS.**

# HOW DOES SHIPPING WORK?

**ONTARIO: 2-5 BUSINESS DAYS FOR SHIPPING, 24-48 HOUR DISPATCH.**

**REST OF CANADA: 5-8 BUSINESS DAYS, 24-48 HOUR DISPATCH.**

**SHIPPING IS BASED ON DISTANCE FROM THE TORONTO, ONTARIO-BASED WAREHOUSE AND WEIGHT: (0.90 CENTS PER POUND).**

**WE ONLY SHIP WITHIN CANADA AT THIS TIME.**

# GOOD TO KNOW (continued)

**NEED A WHOLESALE ACCOUNT?**

**WE HAVE WHOLESALE PRICING AVAILABLE FOR RESELLERS, RETAILERS, PHYSIOTHERAPY OFFICES, FITNESS TRAINERS, AND GYMS.**

**GYM OWNERS ARE ELIGIBLE FOR WHOLESALE (VOLUME) PRICES—  
PRICING AVAILABLE UPON REQUEST: [INFO@SELFLOVEANDFITNESS.COM](mailto:INFO@SELFLOVEANDFITNESS.COM).**

# GOOD TO KNOW (continued)

## STORE POLICY:

**FOR HEALTH AND SAFETY REASONS AND TO KEEP PRICING REASONABLE, WE ONLY OFFER EXCHANGES FOR DAMAGED OR LOST MERCHANDISE, NO REFUNDS.**

## **GOOD TO KNOW (continued)**

### **PAYMENTS ARE ACCEPTED VIA:**

- PAYPAL**
- E-TRANSFER**



**COREFX  
ADJUSTABLE  
BENCH &  
FITNESS  
STEP**

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**BOSU  
BALLAST  
BALL  
(WEIGHTED)**

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# **BOSU BALLAST REPLACEMENT PLUG**



# BOSU NEXGEN HOME



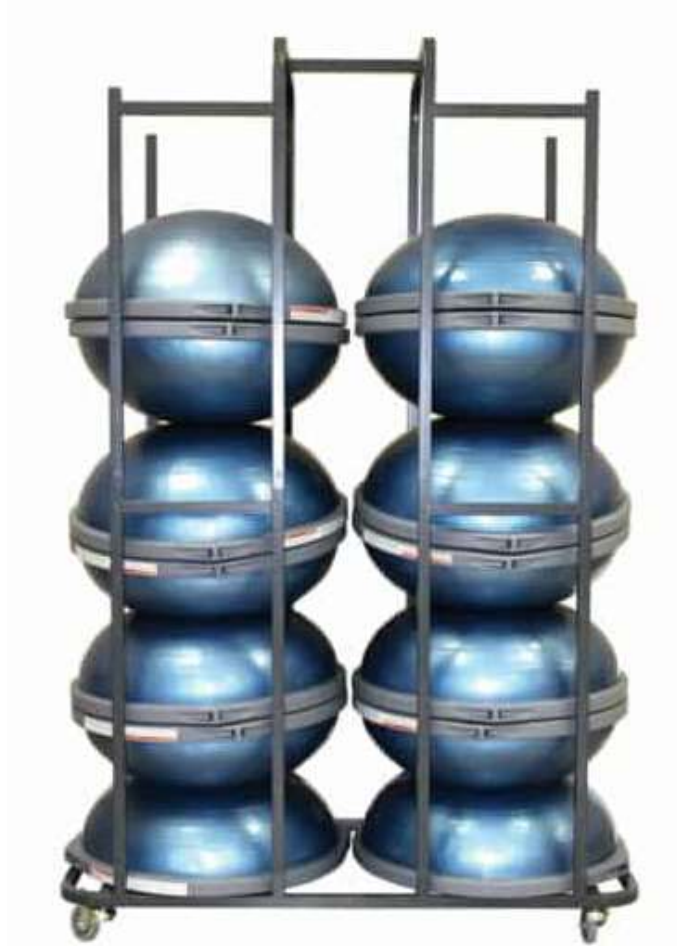
# BOSU BALANCE TRAINER



# **BOSU SPORT (FOR YOUTH)**



# **BOSU STORAGE RACK**



**BOSU  
TRAINER  
REPLACEMENT  
FEET**





**BOSU  
TRAINER  
REPLACEMENT  
PLUG**





**BOSU  
REPLACEMENT  
BLADDER  
(PRO)**

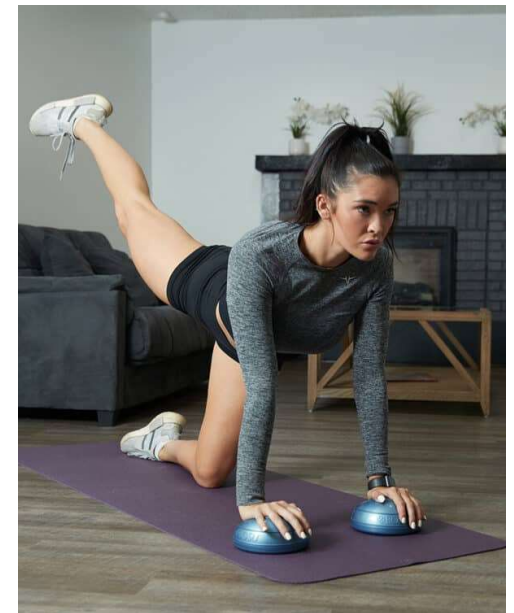




**BOSU  
REPLACEMENT  
BLADDER  
(TRAINER)**



# BOSU BALANCE PODS (PAIR)





# **CONCORDE WEIGHTED YOGA BALLS**



# **STABILITY BALL PUMP**



# COREFX ANTI-BURST BALL





# **COREFX ADJUSTABLE DUMBBELL (UP TO 25LB)**

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**COREFX ADJUSTABLE DUMBBELL (UP TO 70LBS)**



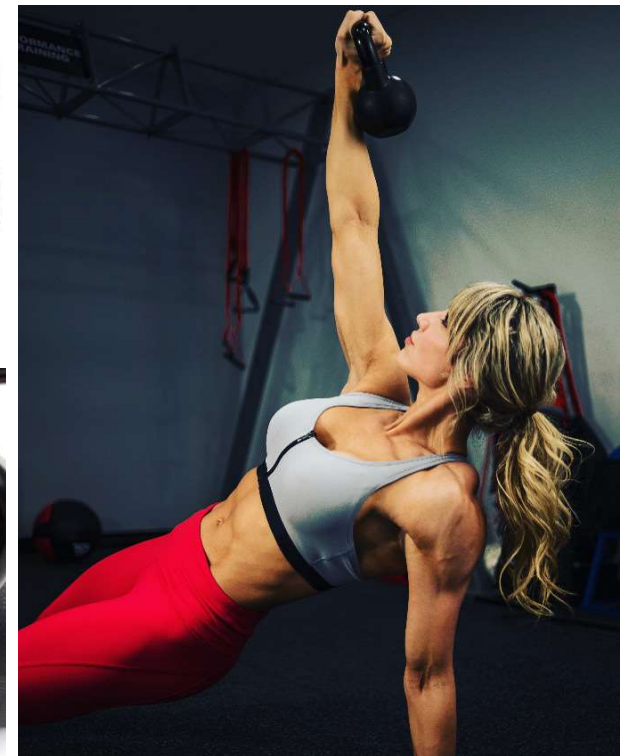
**COREFX  
WEIGHTED  
VEST  
(20LB)**



**COREFX  
WEIGHTED  
VEST  
(40LB)**



# COREFX KETTLEBELLS



# KETTLEBELL/ DUMBBELL RACK



# COREFX MEDICINE BALL



# CABLE MACHINE ATTACHMENTS








# YBELL NEO







# COREFX RUBBER DUMBBELL



# 47" OLYMPIC CURLED BAR



# SPORTS CHALK

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# COREFX SKILL SLIDE

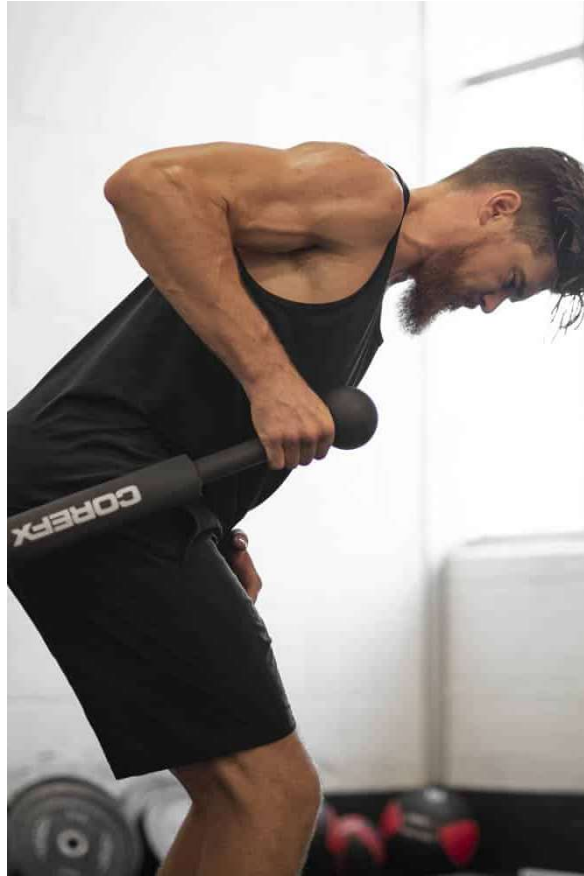
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# **COREFX LANDMINE POST**

# COREFX LANDMINE HANDLE



# TRI-LEVEL WOBBLE BOARD

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# COREFX POWER SYSTEM

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# CONCORDE EXERCISE MAT



# CONCORDE YOGA BLOCKS



# TRX XMOUNT



**TRX  
COMMERCIAL  
SUSPENSION  
TRAINER**

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**TRX PRO4  
HOME  
SUSPENSION  
TRAINING KIT**





**TRX SWEAT**

# COREFX SUSPENSION TRAINER



**COREFX  
HIGH  
DENSITY  
FOAM  
ROLLER**





# EVA FOAM ROLLER



# LEBERT EQUALIZER

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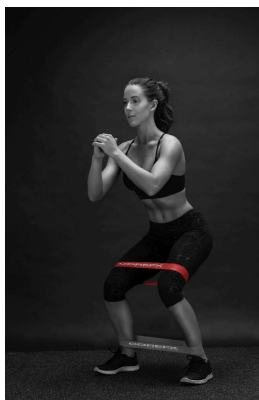


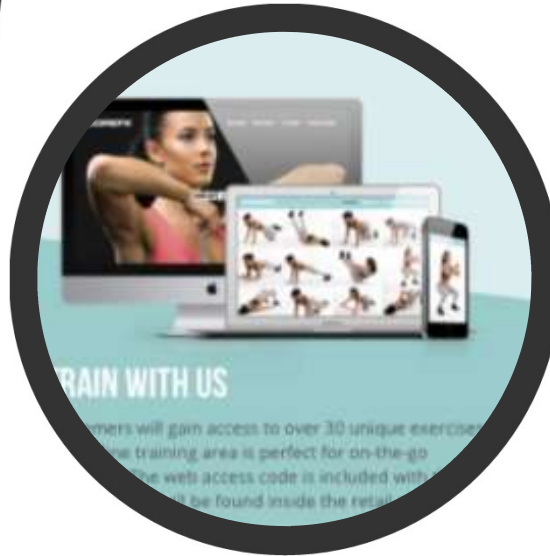
# LEBERT EQUALIZER XL BLACK

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# COREFX PRO LOOPS





# COREFX LADIES MINI BANDS



# COREFX LADIES FLAT BANDS



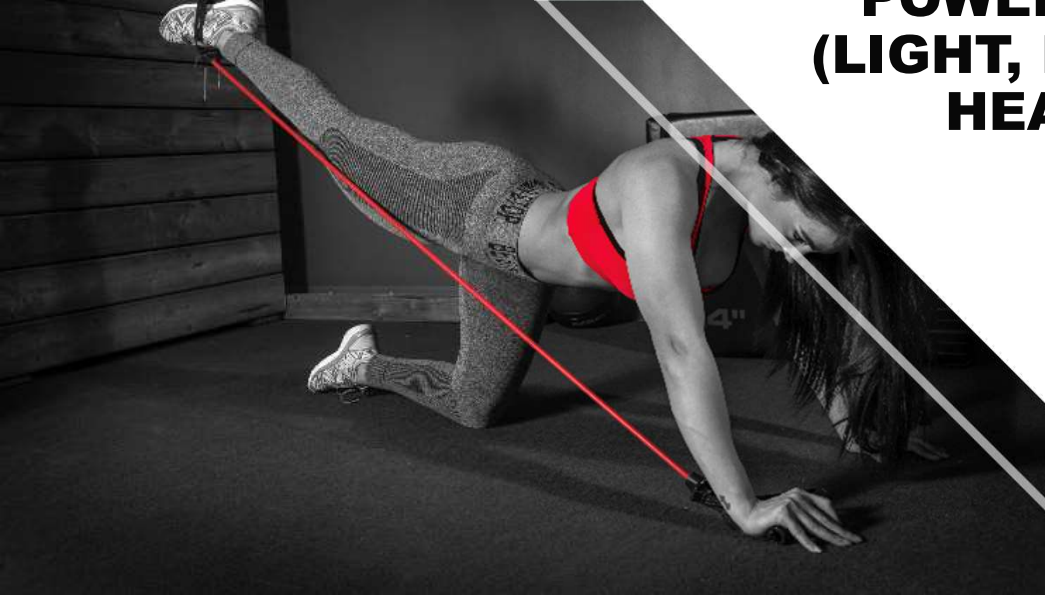
# COREFX LADIES STRENGTH BANDS







**COREFX  
RESISTANCE  
POWER TUBE  
(LIGHT, MEDIUM,  
HEAVY)**





# COREFX ADVANCED TONER (LIGHT, MEDIUM, HEAVY)

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**COREFX  
STRENGTH  
(LOOP) BANDS**

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**RED RESISTANCE BAND: 15-35 LBS. IT IS 0.5" WIDE AND 41" LONG.**

**BLACK RESISTANCE BAND: 25-65 LBS. IT IS 0.86" WIDE AND 41" LONG.**

**PURPLE RESISTANCE BAND: 35-85 LBS. IT IS 1.3" WIDE AND 41" LONG.**

**ORANGE RESISTANCE BAND: 50-125 LBS. IT IS 1.8" WIDE AND 41" LONG.**

**GREEN RESISTANCE BAND: 65-175 LBS. IT IS 2.5" WIDE AND 41" LONG.**

**BLUE RESISTANCE BAND: 85-230 LBS. IT IS 3.3" WIDE AND 41" LONG.**

# COREFX STRENGTH LOOP (MEDIUM - 14.5')





# COREFX SPEED ROPE

# COREFX DUAL SURFACE GLIDERS







# COREFX MUSCLE ACTIVATOR BALL



# **COREFX RECOVERY BALL**

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# COREFX TRAINING CONES



# CONCORDE SENSORY MASSAGE BALL SET



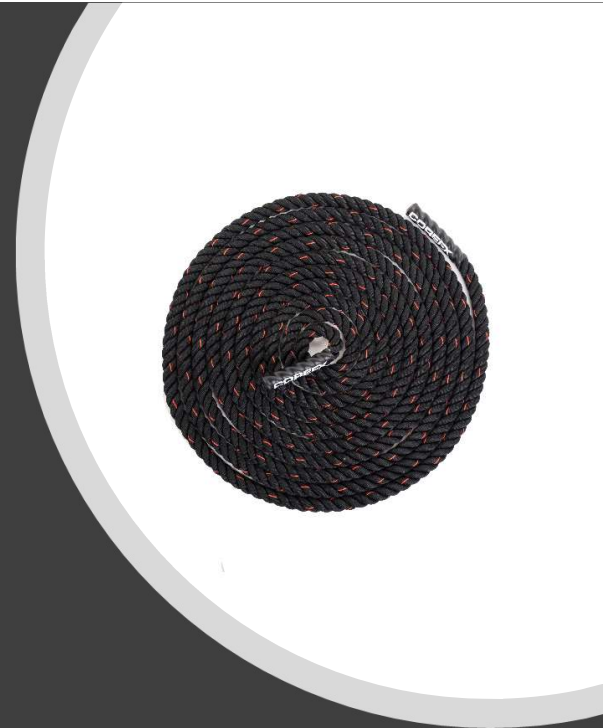


# COREFX SHAKER CUP

# CONCORDE PRO LADDER (AGILITY LADDER)

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# COREFX BATTLE ROPE

# BATTLE ROPE ATTACHMENT ANCHOR

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## **CONCORDE YOGA STRAP**





**COREFX ADJUSTABLE  
AEROBIC STEP**



# CONCORDE AB WHEEL





# **COREFX SPEED ROPE**



**COREFX BARBELL PAD**

# CONCORDE FITNESS MAT

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**COREFX  
RESISTANCE  
PARACHUTE**

# COREFX 3-IN-1 FOAM PLYOBOX

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# COREFX 3-IN-1 ANTI-SLIP FOAM PLYOBOX

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# COREFX 3-IN-1 ANTI-SLIP FOAM PLYOBOX

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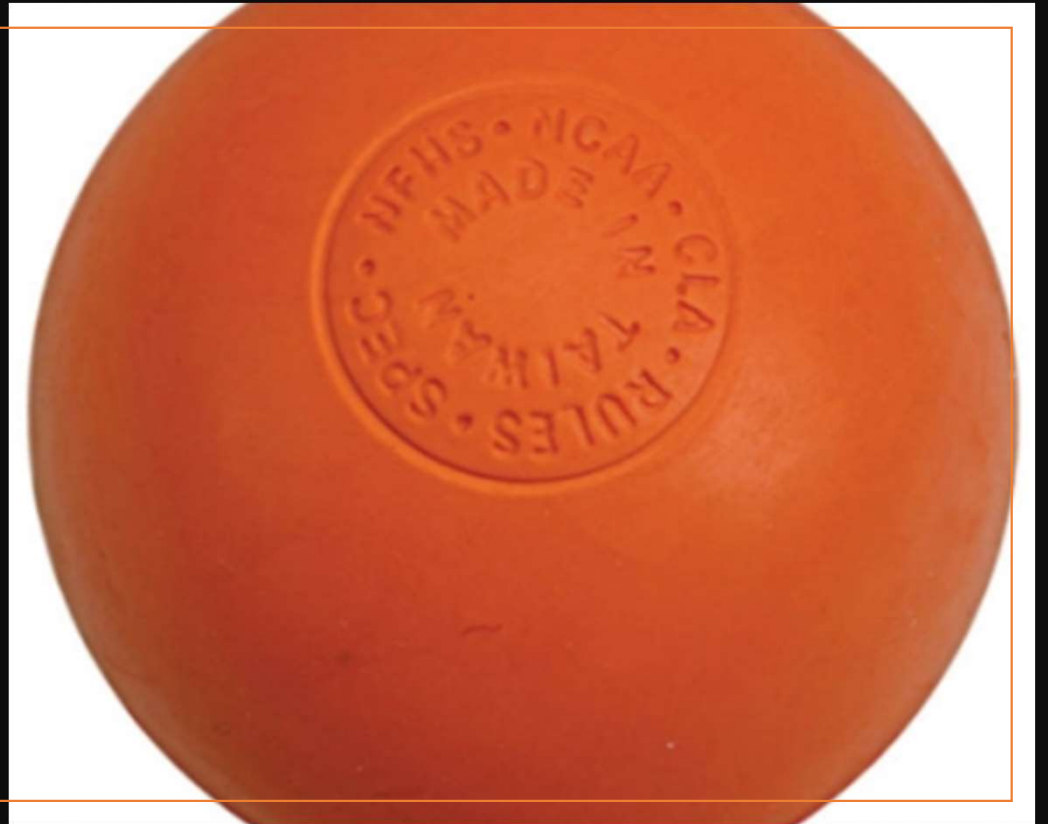




**LACROSSE  
BALL -  
WHITE**



**LACROSSE  
BALL -  
ORANGE**



**SOFT TOSS  
LACROSSE  
STICK - BLUE**



**SOFT TOSS  
LACROSSE  
STICK - RED**



# COREFX RESISTANCE LOOP SLEEVE (2 PACK)



**QUESTIONS?**

**[INFO@SELFLOVEANDFITNESS.COM](mailto:INFO@SELFLOVEANDFITNESS.COM)**

