

Alpha X State

PEAK PERFORMANCE EQUIPMENT

CATALOGUE

EQUIPMENT



2021-2022



BODY | MIND | PURPOSE

MINDSET IS EVERYTHING

We live in a hyper-stimulated society. It's hard. It's fast. It's connected. Life demands a lot from you. You demand even more from yourself. Performance is valued above all. But how can you sustain it without burning out? What's the point of living a highly productive existence if it's not filled with meaningful and enjoyable experiences?

Since the 1980s wellness has emerged as a key concept that has transformed all major industries. It advocates for healthy living through diet, exercise and relaxation. But human society has been evolving, rapidly. Don't get us wrong, if you are sweating at the gym for 30-mins a day, eating fruit and vegetables and doing a few breathing exercises in the morning then you are in a far better place than most. For us, however, wellness in the 21st century is about moving beyond the confines of healthy living. We advocate for optimal living built on mindset.

AlphaState Optimal produces tools and strategies geared towards physical and mental fitness. Mindset is everything. Success? Happiness? Performance? Healthy living? No matter what you are trying to achieve, the result is shaped by your mindset. Thoughts become intentions. Intentions influence actions. Actions determine your future. The AlphaState of Being is a mindset built on the synergy between three vital rings: Body, Mind and Purpose. By linking these three rings, and managing their interface, you begin to harness the power in you to sustain an optimal, healthy and happy existence. An existence unbounded from fear and discontent.

If you are looking to immerse yourself in a more rewarding human experience, step into AlphaState blue to beat your personal best and live an optimal life with purpose.

ALPHASTATE FITNESS

AlphaState Fitness is the fitness arm of AlphaState Optimal. Fitness is one vehicle through which AlphaState of Being can be achieved by stimulating Body through training. We have consolidated more than a decade's worth of experience in functional fitness to develop an equipment offering that comprises the tools to build and sustain peak performance. Each piece, component or product family has been carefully selected to offer the essential tools necessary to build powerful, strong, dynamic and optimal bodies.

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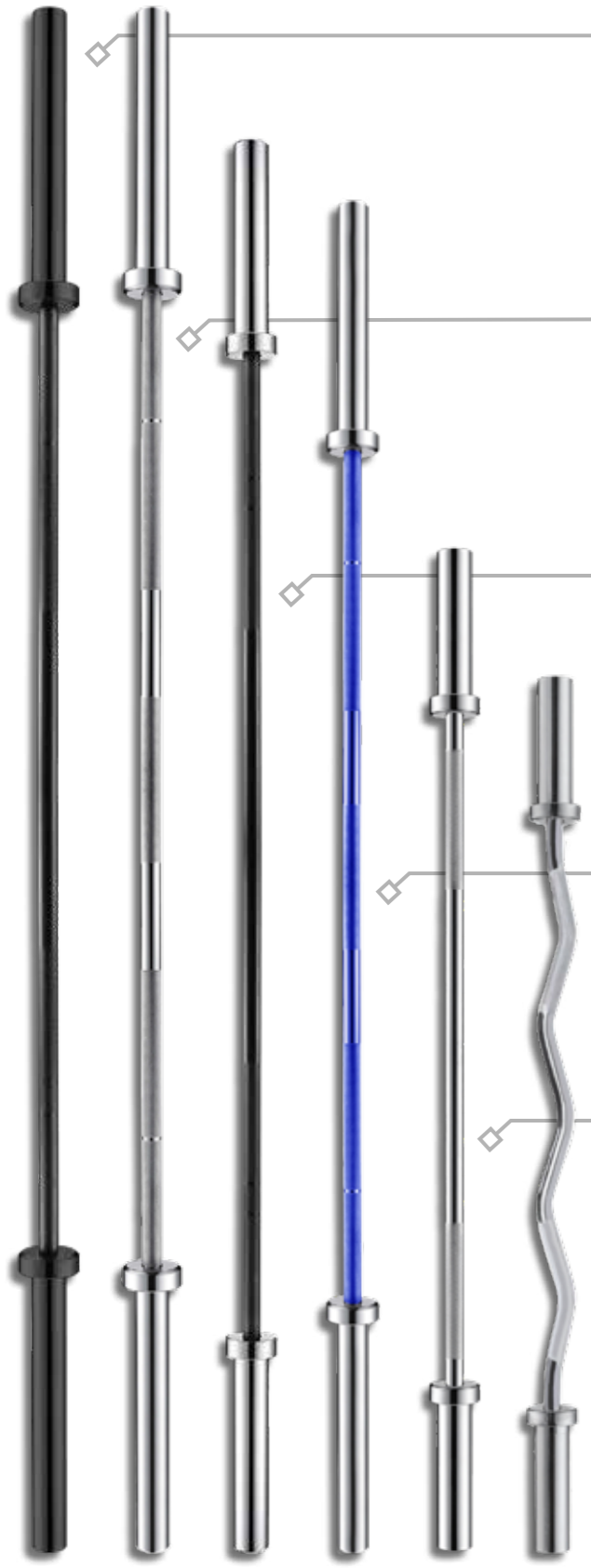
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POWER

Explosive and compound multi-joint movements are essential for boosting natural testosterone and other anabolic hormones. High-intensity, high-volume training with little rest periods offers the right stimulus to induce such anabolic after-effects. The AlphaState Power Line provides cutting edge tools made from high-grade materials, and manufactured according to world-class specifications. AlphaState barbells and bumper plates promise an exceptional user experience and are essential pieces in the arsenal of effective power and compound strength training.



NEMESIS MEN'S XF BAR

Capacity: 1000lb / Bar Length: 220cm /
 Shaft Diameter: 28mm / Bar Weight: 20 kg /
 Rotation System: 4 Needle bearing with brass
 bushing



OLYMPIC BAR

Capacity: 700lb / Bar Length: 220cm /
 Shaft Diameter: 28mm / Bar Weight: 20 kg /
 Rotation System: Screw Lock/Brass Bushing



NEMESIS LADIES XF BAR

Capacity: 500lb / Bar Length: 201cm /
 Shaft Diameter: 25mm / Bar Weight: 15 kg /
 Rotation System: 4 needle bearing with brass
 bushing



TRAINING BAR

Capacity: 170lb / Bar Length: 183cm /
 Shaft Diameter: 25mm / Bar Weight: 7.5kg /
 Rotation System: Brass bushing

SHORT OLYMPIC BAR

Capacity: 275lb / Bar Length: 152cm /
 Shaft Diameter: 28mm / Bar Weight: 15kg

EZ BAR

Capacity: 500lb / Shaft Diameter: 28mm /
 Bar Weight: 12 kg / Rotation System: Nylon
 Bushing



HEX BAR

WEIGHT: 21 kg

The AlphaState Hex Bar is durable and well crafted from high-quality steel. This equipment will prove to be a powerful tool for both weightlifting and bodybuilding.



SAFETY SQUAT BAR

WEIGHT: 22 kg

The AlphaSate Safety Squat Bar complements any commercial gym, powerlifting club, Cross-training or garage gym. Safety Squat bars are used by many lifters to overcome complications related to the inability to externally rotate their shoulders. These bars encourage you to stay upright while squatting.





HI TEMP BUMPER PLATES

5kg / 10kg / 15kg / 20kg / 25kg

Manufactured from nearly indestructible recycled vulcanized rubber and sporting a stainless-steel insert, Hi-temp bumper plates are an ideal addition to your weight-training arsenal. These bumper plates are dependable, eco-friendly and a great buy for anyone looking for the best quality high-use bumper plate on the market.



TRI GRIP PLATES

2.5kg / 5kg / 10kg / 15kg / 20kg

The Alphastate Tri-Grip Rubber Weight Plate is a flat, heavy polyurethane rubber weight. Each plate fits any standard bar and collars and incorporates three holes for easy carrying. These plates are standard for any free-weight strength and conditioning work in the gym.



COMPETITION PLATES

5kg / 10kg / 15kg / 20kg / 25kg

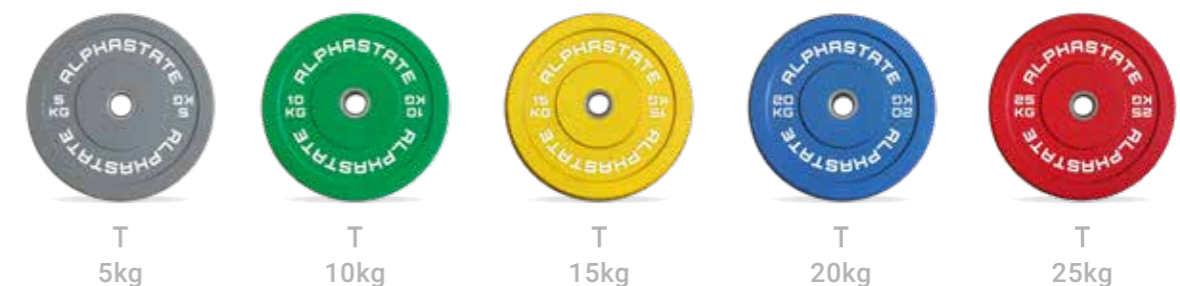
Manufactured from high-grade virgin rubber these premium plates are extremely durable and offer an exceptionally low bounce. Their lifespan extends many times that of a standard bumper plate. At the core of the plates is a steel chrome-plated insert with a precise 50.4mm (+0.1mm) opening that interlocks with the rubber in a unique design that prevents separation.



COLOUR BUMPER PLATES

5kg / 10kg / 15kg / 20kg / 25kg

AlphaState's standard high-quality olympic bumper plates are manufactured from high-grade rubber with steel insert. Fitting any standard bar, these durable and reliable plates are geared towards optimal strength and power training, from dynamic Olympic Lifting to high-impact cross-training.





SPECKLED HI TEMP BUMPER PLATES

5kg / 10kg / 15kg / 20kg / 25kg

These bumper plates are manufactured from nearly indestructible recycled vulcanized rubber with a stainless steel insert. Coloured speckles in the rubber distinguish between different weight increments. These rubber bumpers really strong, perfect for high levels of use in functional fitness studios and CrossFit boxes. Durable, flexible and with a grunge look that will bring colour and style your facility. workouts. These bumpers have a standard 450mm diameter and their low dead-bounce means that they are safe to drop over and over again.



T
5kg



T
10kg



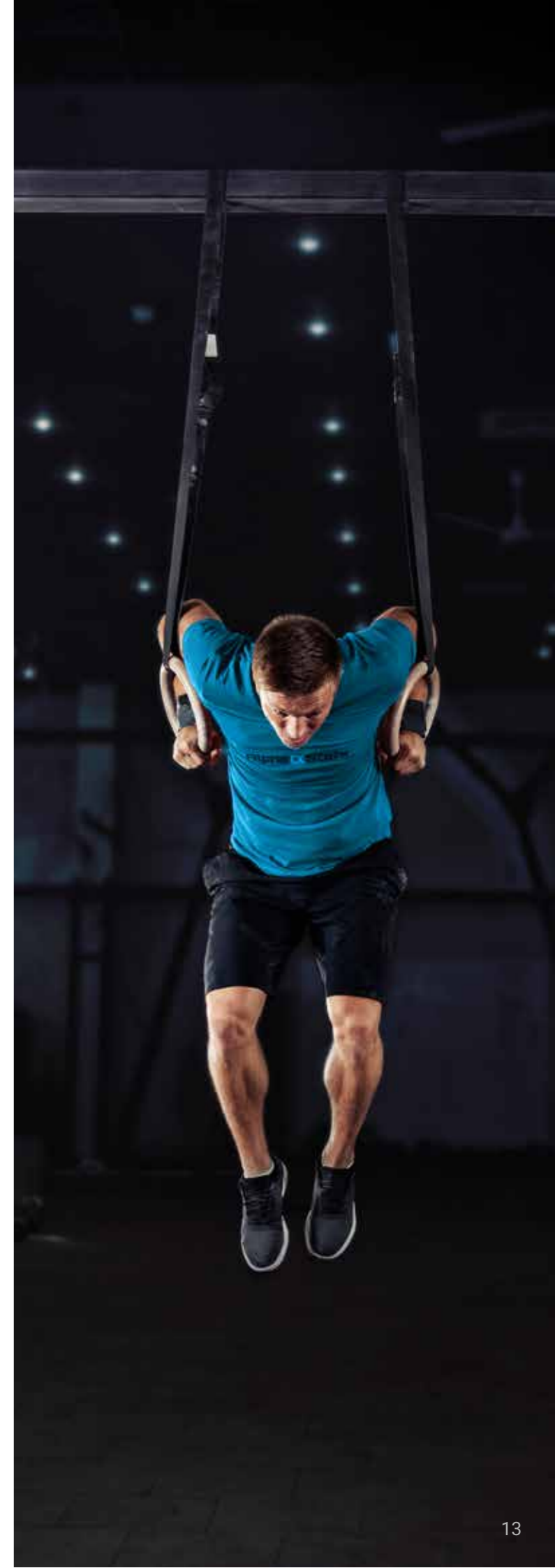
T
15kg



T
20kg



T
25kg



STRENGTH

In terms of periodisation planning, power follows strength. The same goes for life. To be powerful, you must first be strong. The AlphaState Strength Line offers a minimalist and streamlined offering of essential strength and conditioning tools to work the body while practising focus. By building physical and mental control, strength training is the foundation on which power and endurance can be built.



T
10lbs



T
14lbs



T
20lbs

WALL BALL

10lbs / 14lbs / 20lbs

AlphaState Wall Balls are durable, built to withstand repetitive impact. The even weight distribution, and overall feel and reinforcement of all the seams and joints, gives you a top-quality Wall Ball that will keep its shape and balance over time.



DEAD BALLS

5kg / 10kg / 15kg / 20kg / 30kg / 40kg / 50kg / 60kg

AlphaState Dead Balls are essential tools for optimal strength and conditioning training. These robust balls are made from high quality rubber and filled with sand with a no-bounce and no-roll design. The variants are perfect for being slammed into the ground at maximum velocity or thrown over the shoulder for light to very heavy power movements. Their textured surface offers extra grip during long and sweaty workouts.



T
10kg

T
15kg

T
20kg

T
30kg

T
40kg

T
50kg

T
60kg



MEDICINE BALLS

2kg / 4kg / 6kg / 8kg / 10kg

AlphaState Medicine Balls with durability in mind. They are perfect fit for any functional gym space. Sold in increments of 2kg, these weighted balls will offer versatility in your functional fitness sessions. Note that these exercise balls are not made for slamming onto the floor.



T
2kg



T
4kg



T
6kg



T
8kg



T
10kg



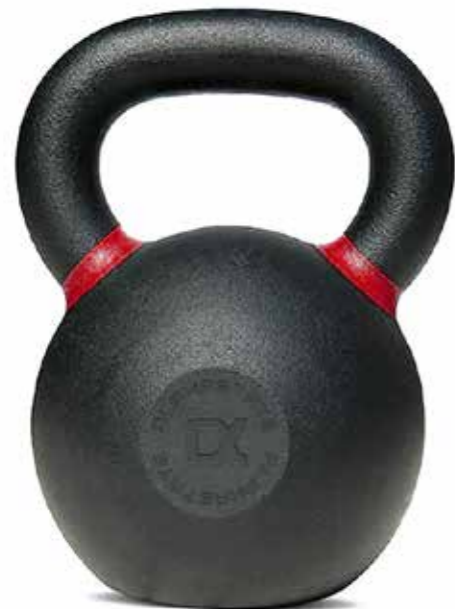
COMPETITION KETTLEBELLS

8kg / 12kg / 16kg / 20kg / 24kg / 28kg / 32kg

AlphaState Comp Kettlebells are uniform in appearance. Their weight is differentiated via a colour coding. The consistency in dimensions of all Kettlebells include the ball of the kettlebell, the flatness of the base, and the handle diameter. Competition kettlebells are made of a single piece of steel; the variation in weight is determined by the size of a cavity in the middle of each kettlebell.



T 8kg T 12kg T 16kg T 20kg T 24kg T 28kg T 32kg



CAST IRON KETTLEBELLS

4kg / 8kg / 12kg / 16kg / 20kg / 24kg / 28kg / 32kg

Each AlphaState Cast-iron Kettlebell is cast in a single mold, making them virtually indestructible! The ergonomic shape of the handles offers a superior grip, keeping the same dimensions throughout each increment of weight. Perfectly balanced, with a black powder-coated finish, each weight variant is easily distinguished by the colour coded rings around the handles.



T 4kg T 8kg T 12kg T 16kg T 20kg T 24kg T 28kg T 32kg



URETHANE COVERED KETTLEBELLS

4kg / 6kg / 8kg / 10kg / 12kg / 14kg / 16kg / 18kg / 20kg / 22kg / 24kg / 26kg / 28kg / 30kg / 32kg

AlphaStatePU Kettlebells are built to the highest quality, with a sleek, neutral design. Urethane is highly durable and has the added bonus of not marking floors or equipment. The chrome handle offers a smooth grip, while the rubber coating ensures protection for both flooring and kettlebell. It is a perfect accessory for a full-body workout



HEXAGON DUMBBELLS

2,5kg / 5kg / 7.5kg / 10kg / 12.5kg / 15kg / 17.5kg / 20kg / 22.5kg / 25kg / 27.5kg / 30kg / 32,5kg / 35kg / 37,5kg / 40kg / 42,5kg / 45kg / 47,5kg / 50kg

AlphaState's Rubber Hexagon Dumbbells are a popular piece of exercise equipment, especially suitable for Cross training and Functional gyms. Made from High-density rubber, with a chrome-plated handle bar, these Hex Dumbbells can withstand from focused strength sessions to forcefull high-impact loads.



ROUND PU DUMBBELLS

2,5kg / 5kg / 7.5kg / 10kg / 12.5kg / 15kg / 17.5kg / 20kg / 22.5kg / 25kg / 27.5kg / 30kg / 32,5kg / 35kg / 37,5kg / 40kg / 42,5kg / 45kg / 47,5kg / 50kg

Alphatstate PU Dumbbells are designed with a solid steel head and durable, shock-absorbent polyurethane plating. The heads are welded to a hardened chrome handle to create a solid, single-piece dumbbell that moves easily without damage to your flooring when dropped. These PU Dumbbells have a precision machined handle with a medium-grade knurling for a firm but comfortable grip. The combination of the polyurethane plating and textured finish makes these dumbbells uniquely low-maintenance.



VINYL DUMBBELL

1kg / 2kg / 3kg / 4kg / 5kg / 6kg / 7kg / 8kg / 9kg / 10kg

AlphaState Vinyl-coated Dumbbells offer both protection and a better grip.



WOODEN GYM RINGS

Gymnastic Rings are excellent and versatile functional fitness tools. Use them for a diversity of bodyweight and suspension training exercises. Attach them to your wall-mounted pull-up rig at home (or any other solid fixtures) to add to your strength-training repertoire. With an added dimension of destabilization. AlphaState Wooden Gym Rings offer are strong enough to take heavy loads, while the wooden rings provide a comfortable grip when used with AlphaState chalk.



PLASTIC GYM RINGS

These plastic Gym Rings offer all the versatility and functionality afforded by Wooden Gym Rings with the added cost benefit of plastic over wood.



BATTLE ROPE

Length 15m x diameter 38mm

AlphaState Battle Rope measures 15m in length with a diameter of 38mm. It is made of to withstand the intense workouts and is an ideal addition to any functional, kombat or cross training space.



TACTICAL WEIGHT VEST

15KG / 20KG

AlphaState Weight Vests add extra load and resistance to bodyweight, resistance training and cardio workouts. These vests increase strength, stamina and endurance while offering an even distrubtion of load across the body.



GLUTE HAM DEVELOPER

Size:1425 X 1165 X 1170mm / N.W.: 75kg

The AlphaState Glute Ham Developer (GHD) is a hyper stable and adjustable conditioning tool. There is no better way to strengthen your posterior chain.



CLIMBING ROPE

Length 7m, dia 38mm

The AlphaState climbing rope measures 7m in length with a diameter of 38mm. It is made of natural sisal and comes with a hanging attachment as well as a nylon heat shrink end to prevent fraying. The product predominantly targets the upper body and will have you developing functional strength as well as muscular and cardiovascular endurance.





ADJUSTABLE BENCH

The AdjuStable Adjustable Bench is more versatile than a Flat Bench. It has several seat and back-rest positions to choose from. Equally as compact and sturdy as the Flat Bench, its frame is masterly crafted from solid steel and sports a commercial grade upholstered high-density foam-padded seat for increased comfort.



FLAT BENCH

The AlphaState Flat Bench is an essential piece of commercial and functional gym equipment. The Alphastate Flat Bench is compact and easy to manoeuvre. With a strong, functional design, that is suitable for any size athlete, its solid steel frame is crafted with a commercial-1 grade upholstered, high-density, foam-padded seat.



ALPHASTATE SUSPENSION TRAINER

Develop strength, balance, flexibility and core stability simultaneously through suspension training. This system is a highly portable performance training tool that leverages gravity and the user's body weight to enable one to complete a wide variety of exercises.



EQUALIZER

The Alphastate Equalizer is a simple piece of functional equipment that allows you to work your arms, chest, back and core muscles by using their own body weight as resistance. This versatile piece is portable, allowing for awesome calisthenics workouts in outdoor and urban environments.



PUNCHING BAG

30 / 50 / 70 / 100kg options

The AlphaState Boxing bag is a high performance combat conditioning tool. With different weights available, users are able to engage in different degrees of resistance to the effect of increasing strength and power.



PARALLETTES

SPECIFICATIONS: Grip tube: 32*2mm
Base: 40*40mm
Tube size: 30cm(w)*60cm(l)*30cm(h)

Parallettes are a versatile piece of gym equipment that allows its user to perform assisted resistance body weight exercises in virtually any indoor and outdoor training environment. Our steel tube parrallettes are durable, light weight, with a strong stable base. Stack your pair within each other making for easy storage and transport.



WRAPPED PLYOMETRIC BOX

Dimensions: 30" x 24" x 20"

The AlphaState Wrapped Plyo Box offers a safer alternative to the traditional wooden plyometric box. Its soft exterior offers piece of mind when conducting plyometric exercises on this standard 32" x 24" x 20" box. Rest assured that, even when fatigue sets in, your limbs are safe from scrapes and bruises.



WOODEN PLYOMETRIC BOX

Dimensions: 30" x 24" x 20"

AlphaState Wooden Plyometric Boxes are super stable 32" x 24" x 20" platforms that facilitate both plyometric and strength movements.



STACKABLE WRAPPED PLYO BOX

90 x 74 x 15/30/45/60cm

Stack these wrapped plyometric boxes together or use alone to achieve desired training height. Soft Plyo Boxes are made with high density EVA foam. The anti-skid matte cover is durable. Each box has two handles and Velcro strips for stability and re-positioning. The boxes are stackable with landing space 30"x 36", Stack any combination together for desired height. Heights that can be configured : 15, 30, 45, 60cm



PUMP SET

2 x (1.25, 2.5, 5kg)

A Pump Set provides strength and conditioning application at home or in a commercial environment. The hollow-design barbell is lightweight and accompanied by an assortment of moulded plastic weights with double grip handles that allow for multiple applications. The weights are squared off on the underside, which means the bar remains still while you move through more high-intensity circuits. The easy-locking system ensures speedy interchange, meaning no interruptions during a workout.



T
5kg

ALPHASTATE POWER BAGS

5kg / 10kg / 15kg / 20kg / 25kg

Training with a power bag enables the body to use its core stabilizers more efficiently so that the transfer of energy can take place during even the most complex of movement patterns. It provides a feedback mechanism to assist with the development of all movements being high quality. It requires a high level of co-ordination within each movement and increases the strength and stamina with which these co-ordinated movements can be carried out.



T
10kg

T
15kg

T
20kg

T
25kg



PUSH/PULL SLED

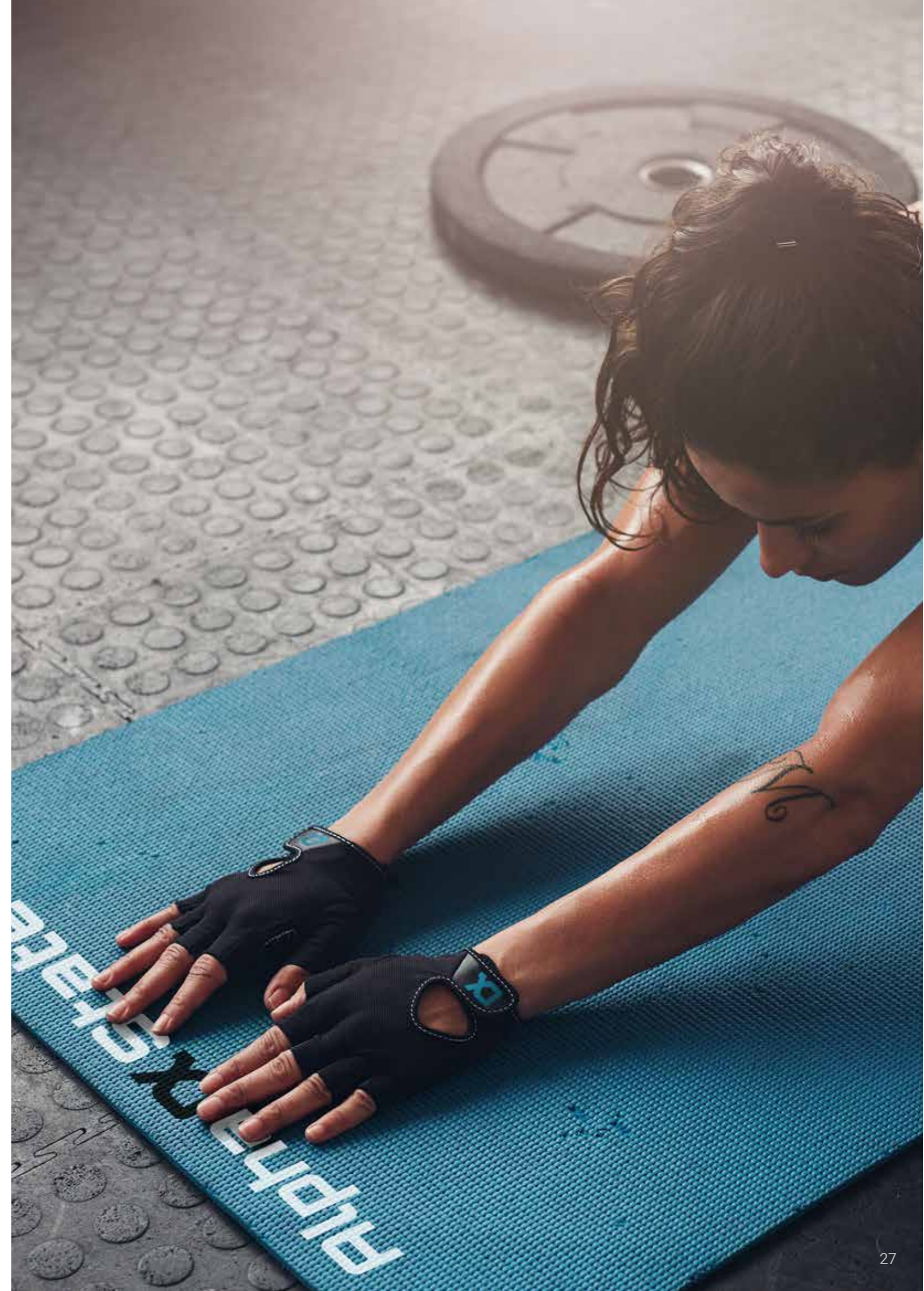
If you are looking for the ultimate push, pull and speed training tool, look no further than the the AlphaState Push/Sled. It's a compact, tough and versatile conditioning tool that will optimise overload and recovery due to the ability to avoid eccentric movements. With a little space it can be used on almost any surface.

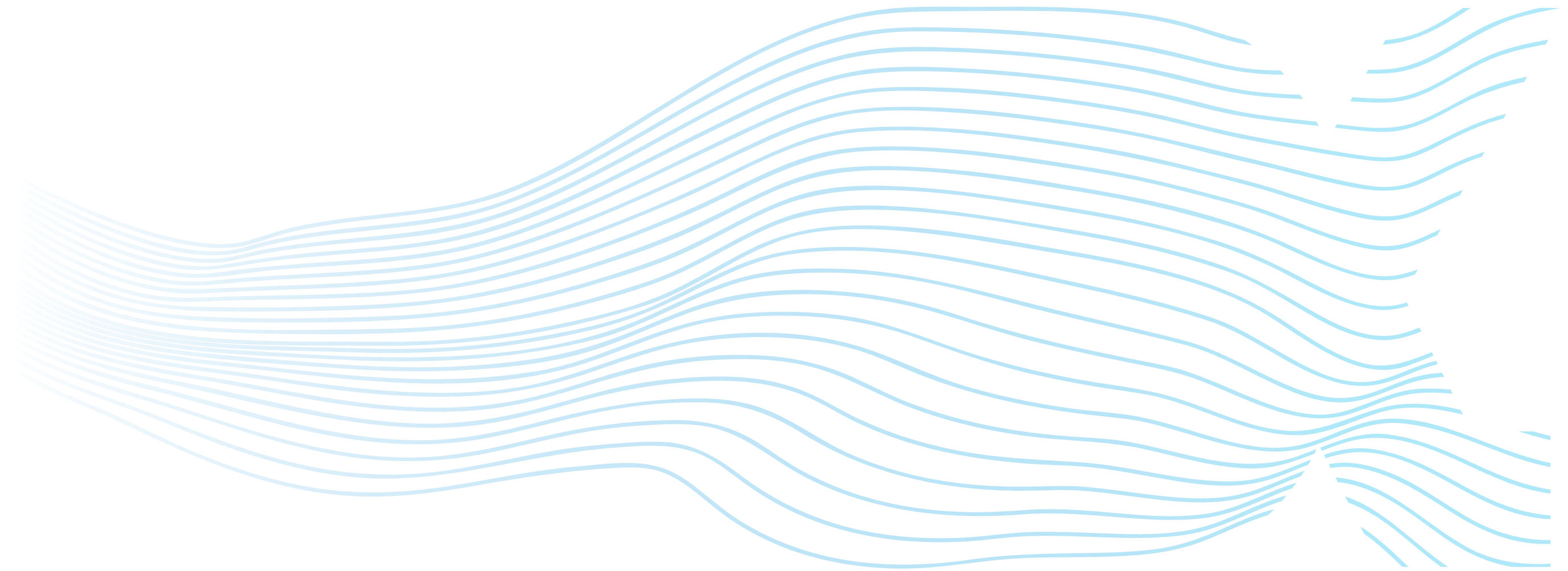


CORE TRAINER

Dimensions: 520mm x 400mm x 500mm

This piece of Cross training equipment has been specially designed to help you to perform a range of core building exercises and improve mobility, balance and functional strength. The level of difficulty can be adjusted by simply slipping in an Olympic Barbell into the sleeve and adding weights to match your own physical ability. The multi directional swivel will allow you to do a wide variety of exercises with a free range of movement. The unit can be used for home and commercial usage and can be weighted down in position using any style of Olympic plates. It is easily portable so you can take it anywhere that you need it!





ACCESSORIES

Strength and power can only be honed with the help of functional accessories. AlphaState offers a comprehensive range of accessories that enhance strength, power and mobility training. With the focus on building optimal bodies to achieve peak performance, no fitness solution is complete with these additional tools.



POWER BAND

Red / Black / Purple / Green

Power bands (or resistance bands) can be used in a multitude of creative ways that include scaling bodyweight exercises, adding resistance during workouts or for mobility exercises. The bands are colour coded according to their resistance level. Green offers the most resistance, while black the least. They are manufactured from seamless, durable rubber.



BOOTY BANDS

Variants: 55cm / 65cm / 75cm

A set of fabric resistance bands to let you train anywhere, any time. Made from high-quality thickened & strengthened fabric with an anti-slip rubber layer, these bands are elastic and durable with strong resistance.

- Size: 8cm (w) x 76cm (diameter)
- Material: Cotton
- Pink - 60lbs resistance
- Grey - 90lbs resistance
- Blue - 150lbs resistance



LOCK JAWS

Alphastate Lock-jaw collars are durable, lightweight and easy-to-use collars for securing bumper plates to a barbell. A solid nylon-resin core frame as well as injection moulded pressure pads make these collars near unbreakable. They fit all standard Olympic barbell sleeves with an easy-to-use single action latch. The permanent sprung snap-latch keeps these collars fastened to your bar, even throughout heavy workouts. These Lock-jaws are light-weight, durable, long-lasting, and by far the best quality collar on the market.



BAR CLAMPS

Alphastate Bar Clamps are a durable, lightweight and easy-to-use means of securing bumper plates to a barbell. The solid clamps offer a secure fit on any standard Olympic barbell sleeve.



JUMP ROPE

The Alphastate Jump Rope is designed for you to overcome your personal best. This speed jump rope features a light-weight 2mm wire rope with functional swivel handles. Its 3m length can be adjusted using the screws on the handles and then shortened permanently by cutting off the excess wire.



6 UNIT DIGITAL TIMER

This six-digit timer offers a high quality screen with the clarity, sharpness, contrast and brightness to see the 100mm-high numbers from hundreds of meters away. Unlike standard timers, the timer will maintain its display visibility in direct sunlight. Functions include: a clock display; alternate timing for training; rest and cycle times; count-up; countdown; stop watch; "Fight Gone Bad"; "TABATA"; 15min, 10min and 5min countdowns; as well as custom program options.



EPP ROLLER

The Alphastate EPP Foam Roller is a high density massage roller made from expanded polypropylene foam (EPP). This durable material produces a roller that holds a consistent shape for trusted deep tissue therapy.



DEEP TISSUE ROLLER

Owning a good quality foam roller is like having a personal masseuse on hand! The AlphaState Deep Tissue Roller is designed to facilitate targeted myofascial massage that combats post-workout muscle aches and stiffness.



NBR MAT

The Alphastate NBR Mat has a cushioned, non-slip design, providing a soft surface to perform stretches and workouts. This lightweight exercise mat comes with a carry-strap and is made from water-resistant rubber foam that is easy to clean.



YOGA MAT

The AlphaState standard Yoga Mat offers high-density cushioning for supreme joint protection and versatility on any surface (carpet, cement, hardwood floors). Sustainable engineering ensures high quality material that will not peel, flake or fade.



GYM BALL

Variants: 55cm / 65cm / 75cm

The AlphaState Gym Ball is constructed from soft durable elastic with a diameter of approximately 35 to 85 centimeters (14 to 34 inches). The air pressure is changed by removing a valve stem and either filling with air or letting the ball deflate.



PREMIUM YOGA MAT

The Alphastate Premium Yoga Mat is constructed from a high-grade polyurethane and rubber complex. Sustainable engineering ensures that this high quality material will not peel, flake or fade. This premium mat provides outstanding comfort and durability. You will never need another mat again.



AB MAT

The AlphaState Ab Mat is a simple gym accessory that allows for effective sit-ups and crunches whilst reducing discomfort and sustaining greater balance. By facilitating a slight hyperextension, your muscles move through a greater range of movement for quality abdominal targeting.



BOSU BALL

The Alphastate BOSU Ball improves balance and core stability. Perform multiple exercises - standing, sitting, squatting, bodyweight supported core strengthening and rehabilitation exercises- on the BOSU ball. With a solid base, the ball is 69cm wide x 25cm high. The base has protective feet so that it can be inverted for Bosu Ball pushups, without breaking or flexing too much.





DROP PADS

AlphaState drop pads provide a brilliant solution that allows you to drop your weights making minimal noise and without causing damage to your barbell, dumbbells or flooring.



CHALK

8pcs

Chalk blocks are used to keep your hands dry when performing weightlifting and calisthenics workouts. The chalk absorbs sweat and increases grip through friction. The stronger grip improves control and prevents slipping.



AGILITY HURDLE SET

These multi coloured steel agility hurdles from are created from a steel pipe, giving them extra weight and stability when out on the field. Used to develop agility, speed and co-ordination, hurdles also aid in increasing overall cardiovascular fitness in a cost effective and simple way. Ideal for indoor and outdoor personal applications.

1 x (15, 23, 30, 45, 50cm) hurdles



AGILITY LADDER

The AlphaState Agility Ladder is an adjustable conditioning tool for training footwork, speed, agility and directional changes in sports such as football, soccer, rugby, boxing and hockey. By harnessing multi-directional movements, the agility ladder helps with overall mobility and injury prevention, while in the long run improving cardiovascular conditioning and weight loss. If you are a personal trainer or therapist, you can also use the agility ladder for rehab training to improve balance and body control. This convenient piece of sports equipment is compact for easy transport and is sure to add a little extra fun and entertainment to sports conditioning sessions.

- Length: 10m
- Wattle: 20pcs



BARBELL PAD

The AlphaState Barbell Pad fits snugly on your barbell. Its cushioned pad affords the full benefits of the barbell exercise, without the pain and pressure.

- Length:38cm
- Diameter:8cm

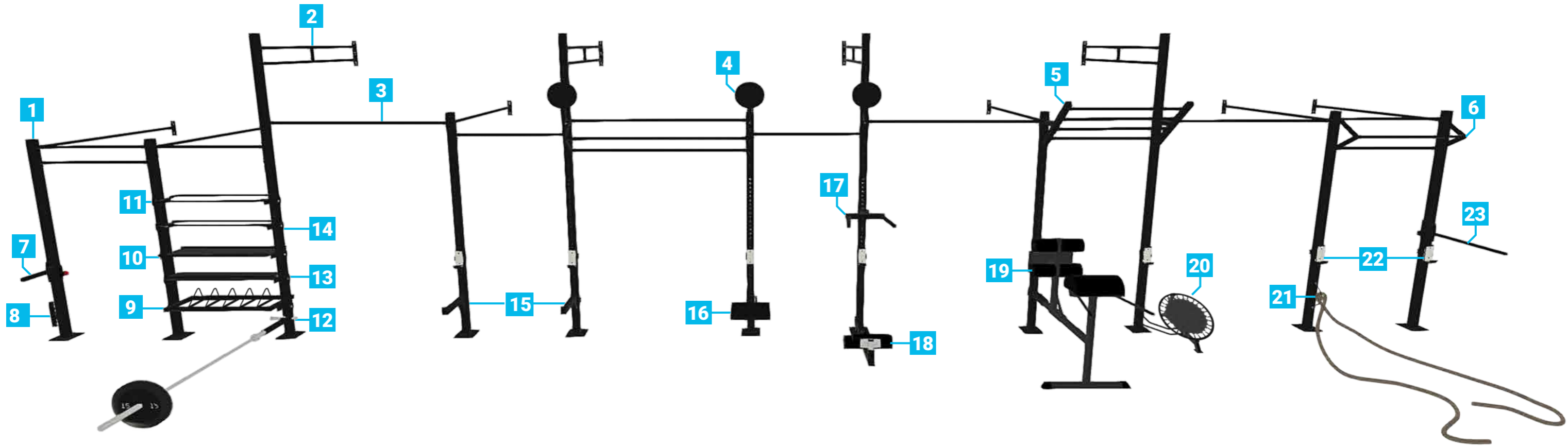


AEROBIC STEP

The Aerobic Step is a solid aerobic conditioning tool that adds height to bodyweight and weightbearing exercises. From Step-Ups to Elevated Push-Ups, the possibilities are endless. The height is easily altered through a user-friendly clip on and off solution to save time and effort in high intensity environments.

RIGS, RACKS & MULTI GYMS


In 2000 the fitness industry was forever changed with the introduction of CrossFit® on a commercial scale. CrossFit® has contributed to fitness on many fronts. However, the introduction of CrossFit-style rigging opened up a new spectrum in the training space. Rigs, racks and multigyms provide a variety of exercise options and save on space and time and transform a gym into a peak performance training centre.




- 01** Upright Beam 2.4m / 2.74m / 3.68m
- 02** Double Cross Beam 1.08m / 1.80m
- 03** Single Cross Beam 1.08m / 1.80m
- 04** Wall Ball targets
- 05** Flying Pull up/Pull up ramp 1.08m / 1.80m
- 06** Dirty South (Triangle beam) 1,80m
- 07** Plate Storage
- 08** Bar Holder
- 09** Bumper Plate Bookshelf Storage 1.08m / 1.80m
- 10** Kettlebell Bookshelf Storage 1.08m / 1.80m
- 11** Swissball Bookshelf Storage 1.08m / 1.80m
- 12** Landmine Sleeve

- 13** Dumbbell Bookshelf Storage 1.08m / 1.80m
- 14** Wall ball/Slam Ball Bookshelf Storage 1.08m / 1.80m
- 15** Spotters arms
- 16** Plyo box attachment
- 17** Dip Horn
- 18** Sissy Squat
- 19** GHD attachment
- 20** Medicine Ball Rebounder attachment
- 21** Rope D shape attachment
- 22** J Cups
- 23** Kids pull up attachment
Wall-mount dip attachment



- 


4 WALL BALL TARGETS




5 FLYING PULL UP RAMP
1.08m / 1.80m

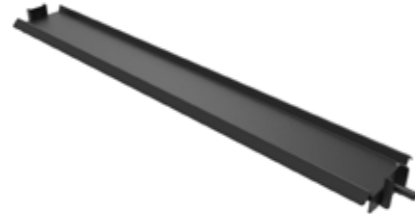


7 PLATE STORAGE



8 BAR HOLDER



9 BUMPER PLATE BOOKSHELF STORAGE
1.08m / 1.80m
- 

10 KETTLEBELL BOOKSHELF STORAGE
1.08m / 1.80m



11 SWISSBALL BOOKSHELF STORAGE
1.08m / 1.80m



12 LANDMINE SLEEVE




13 DUMBBELL BOOKSHELF STORAGE
1.08m / 1.80m



14 WALL BALL/SLAM BALL BOOKSHELF STORAGE
1.08m / 1.80m
- 

15 SPOTTERS ARMS




16 PLYO BOX ATTACHMENT




17 DIP HORN



18 SISSY SQUAT



19 GHD ATTACHMENT
- 


20 MEDICINE BALL REBOUNDER




21 ROPE D SHAPE ATTACHMENT



22 J CUPS



23 KIDS PULL UP ATTACHMENT



WALL-MOUNT DIP ATTACHMENT



MULTIFUNCTIONAL POWER RACK

The AlphaState Multifunctional Power Rack offers complete functionality built into just one solid steel structure. It includes a power rack, adjustable J-cups, spotter's arms, weightlifting platform, a landmine sleeve and row attachment, two pull-up options, hooks for rubber bands as well as bumperplate and barbell storage.



HALF RACK WITH PLATFORM

Dimensions: 75 x 75 x 3mm steel tube



POWER CAGE

The AlphaState Power Cage is your standard stout and resilient weightlifting support structure. Made from solid steel, the frame includes J-cups, cross beams, as well as horizontal bars for safe lifting. Push your performance to the next level with countless lifts year after year.



FOLDABLE RIG

This folding wall rack is a great space saving alternative to full-size power racks people who want to train in their home or garage as well as for smaller boutique gyms and boxes. Folding racks require only some empty wall space and a few inches of floor space to store, yet they open up into a full-size rack that's almost as versatile as a normal power rack, and able to support more than enough weight.



MULTI GYM 360

Footprint Size: L4810 x W4385 mm / Hight: 2540 mm / Weight: 1134 kg [reference weight] / Recommended Exercise Area: 8200 x 8200 mm

PRODUCT LIST:

- Kettlebell Set [10 / 15 / 20 / 25 / 30 lb]
- Gravity Ball Set [6 / 8 / 10 / 12 / 15 lb]
- Double handle Gravity Ball [8 / 10 lb]
- TRX Suspension Trainer
- Physical Training Rope [1,5inch / 12m / with jacket]
- Soft Gravity Ball - Smooth surface [2 / 3 / 4 / 5 / 6 / 8 lb]
- Boxing Sandbag [1.1m]
- Boxing Gloves [Free Fighting / 1Pair]
- Boxing Gloves [sandbag Gloves / 1Pair]
- Stretch Training Area [203 x 3.2 x 0.45cm / 1Pair]

FEATURES:

- Boxing Sandbag Fighting Zone
- Gravity Ball Bomb Zone
- Rope Training Area
- Grip Chin-up
- Step-up Height Table
- Handle Parallel Bars
- Climbing Training Station
- Free Weight
- TRX Suspension Training Zone



MULTI GYM 360S

Footprint Size: L4800 x W3450 mm / Hight: 2440 mm / Weight: 635 kg [reference weight] /
Recommended Exercise Area: 5500 x 6500 mm

PRODUCT LIST:

- 2 x TRX Suspension Trainers
- TRX Training Bar
- Boxing Sandbag
- Power Shaft Rod
- 8 x Accessory Storage Shelves
- Step-up Platform

FEATURES:

- Free Weight Workstation
- Power Shaft Rod Workstation
- Ascending Height Workstation
- The Boxing Sandbag Workstation
- Gravity Ball Bombs Workstation
- TRX Suspension Training Zone



MULTI GYM 360XL

Footprint Size: L3500 x W3090 mm / Hight: 2440 mm / Weight: 519 kg [reference weight] /
Recommended Exercise Area: 6000 x 6000 mm

PRODUCT LIST:

- 2 x TRX Suspension Trainers
- DAP Training Belt
- Boxing Sandbag
- Power Shaft Rod
- Cable Station
- 4 x Accessory Storage Shelves
- General Accessory Storage Shelves
- Dip Handle
- Step-up Platform
- 2 x U-link Adjustment Columns
- 2 x Suspension Chin Up Bar

FEATURES:

- Power Shaft Rod Workstation
- The Boxing Sandbag Workstation
- Gravity Ball Bombs Workstation
- Rope Training Area, Grip Chin-up
- Ascending Height Workstation
- The Parallel Bars Handle
- TRX Suspension Training Zone

ISOLATION

Isolation machines are important components of any larger fitness centre. They complete the offering by providing members the option to do more focused or precision targeting of muscles at different phases of their training or rehabilitation. The AlphaState Isolation line includes selectorized units with strong design elements and functional comfort. With the inclusion of a Smith Machine and GHD option, this line completes our greater fitness offering by combining flawless design with affordability.



CABLE CROSSOVER

Size: 4140 x 765 x 2360mm



PEC FLY/REAR DELT

Size: 1420 x 1210 x 2030mm / N.W.: 213kg



SHOULDER PRESS

Size: 1713 X 1515 X1630 mm / N.W.: 198.5 kg



CHEST PRESS

Size: 1713 X 1515 X1630 mm / N.W.: 198.5 kg



PEC FLY

Size: 1480 X 1235 X1535mm / N.W.: 205kgs



SEATED ROW

Size: 1530 x 1060 x 1630mm / N.W.: 215kg



BICEP CURL

Size: 1150 x 1130 x 1630mm / N.W.: 180kg



SINGLE CABLE PULLEY SYSTEM

Assemble size: 750 x 650 x 2350mm / N.W.: 170kg



LOWER BACK

Size: 1215 X 1300 X 1535mm / N.W.: 196kg



ABDOMINAL CRUNCH

Size: 1175 X 1280 X 1535mm / N.W.: 161kg



TRICEP PRESS

Size: 1530 X 1230 X 1630 mm / N.W.: 207.56 kg



ASSISTED CHIN/DIP

Size: 1455 X 1275 X 2335mm / N.W.: 258kg



ROTARY TORSO

Size: 1225 X 1235 X 1535mm / N.W.: 172kg



LAT PULL DOWN

Size: 1480 x 1790 x 2020mm



HORIZONTAL LEG CURL

Size: 1160 x 1660 x 1630mm



LEG PRESS

Size: 1970 x 1100 x 1630mm / N.W.: 241kg



SEATED HORIZONTAL PULLEY

Size: 985 X 1830 X 1535mm / N.W.: 172kg



SEATED LEG CURL

Size: 1240 x 1770 x 1535mm / N.W.: 222kg



LEG EXTENSION

Size: 1190 x 1790 x 1535mm / N.W.: 224kg



STANDING LEG EXTENSION

Size: 1605 x 1150 x 1630mm



MULTI HIP

Size: 1160 x 1660 x 1630mm



CALF EXTENSION

Size: 1160 x 1660 x 1630mm



SMITH MACHINE

Size: 2465 x 1575 x 2390 mm /
N.W.: 228kg



INNER THIGH ADDUCTOR

Size: 1170 x 1670 x 1535mm / N.W.:199kg



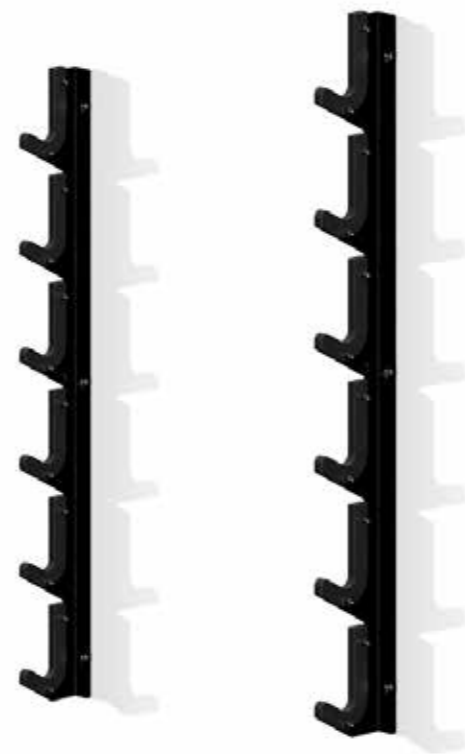
OUTER THIGH ABDUCTOR

Size: 1150 x 1650 x 1535mm / N.W.: 200kg



STORAGE & FLOORING

When engaging in focused physical exertion, set and setting is everything. AlphaState storage options contribute to the effective use of space so that users can immerse themselves in the task at hand. Along with storage, flooring sets the tone of the training space. It demarcates, protects and with colours and textures, brings space to life. Protective flooring allows users to lose themselves in the moment and freely interact with equipment without holding back on their intent.



BAR RACK

6 Bar Rack

This wall-mounted bar rack is a great space-saver in any functional gym environment. Store up to six barbells horizontally to avoid any dropping on their sleeves and keep them out of your training floor space. Plus, it just looks awesome when your weapons adorn your walls!



BAR HOLDER

9 Bar Holder / 0.5 m x 0.5m

Keep your gym tidy and save some floor space with this Olympic Bar Holder. It is made from black powder coated steel and weighs approximately 13kg. The bar holder can hold up to 9 bars and measures 0.5 m by 0.5m. This is a very useful piece of gym storage equipment to help you optimize your workout space!



PLATE STORAGE TROLLEY

Package size:1200 x 450 x 310



VERTICAL PLATE TROLLEY

The AlphaState Vertical Plate Trolley is a mobile storage unit for any kind of bumper plate. The storage unit ensures a tidy gym space and offers you versatility by allowing you to move the bumpers around on wheels.



WALL-MOUNTED BUMPER PLATE STORAGE RACK

9 Bar Holder / 0.5 m x 0.5m

The Wall Mounted Storage Rack is a convenient storage solution for your bumper plates. Increase the flow by saving on space.



WALL-MOUNTED FRAC PLATE STORAGE RACK

Be sure to not lose your frac plates with this this wall-mounted Frac Plate Storage Rack.



WALL-MOUNTED BALL STORAGE

This carefully crafted steel wall rack allows for the convenient storage of medicine balls and wall balls.



MEDICINE BALL STORAGE

Pack away your medicine or dead balls and gain some space in your cross training or functional gym with this Medicine Ball Rack. The unit can hold up to 10 medicine/ slam balls (up to 15kg).

*(Please note that this rack does not cater for wall balls).



GYM BALL HOOP

This standard Gym Ball Hoop can be mounted to the wall to keep your balls from rolling around freely in your space.



KETTLEBELL RACK

The AlphaSate Kettlebell Rack is the perfect system to keep your Kettlebells organised.



ROUND DUMBBELL RACK

The AlphaSate Round Dumbbell Rack is the perfect system to keep your round dumbbells from rolling around.



HEX DUMBBELL RACK

Organize and store your dumbbells with the Hex Dumbbell Rack. You won't look back. Three tiers to keep your equipment safe and your gym tidy.



VINYL DUMBBELL RACK

Holds 5 Sets

with the Alphastate Vinyl Dumbbell Rack. The unit takes up to five sets!



CHALK CONTAINER

Store your chalk in this chalk bowl for easy access during your workout. Save on cleaning and unnecessary loss of chalk.



BATTLE ROPE ATTACHMENT

A hook to attach your battle rope to things. Its strong and super easy to install. Solid metal wall anchor for the battle rope and also useful for other implements that need a solid connection point on the wall. Simply pass your battle rope through the loop and you are ready to go, this item can also be used in association with other products like the running harness or power band/ speed power loop exercises and drills.

Comes with 4 plugs and fixing screws and suitable for fixing to all types of concrete, brick or timber walls/ structures.



SUSPENSION TRAINER ATTACHMENT

This suspension-system hook allows you to attach suspension training systems, like the popular TRX, to stable structures. Enjoy your workout with the knowledge that you can give way to the weight of your body in safety and comfort.





THE ALPHA - STORAGE SYSTEM

Assemble size: 270 x 40 x 150cm

The Alpha storage system by AlphaState offers you an integrated solution for gym equipment storage in your functional gym space. Pack your Kettlebells, Dumbbells, Wall Balls, Slam Balls, Medicine Balls and other accessories away in one central location.

SYSTEM INCLUDES:

- Kettlebell Rack
- Dumbbell Rack
- Wall Ball Rack
- Ball Rack
- Accessory Hook



THE BETA - STORAGE SYSTEM

Assemble size: 387 x 40 x 150cm

The Beta integrated storage system by AlphaState offers a more comprehensive solution for gym equipment storage in your functional gym space. Like the Alpha, you get to pack your Kettlebells, Dumbbells, Wall Balls, Slam Balls, Medicine Balls and other accessories away in one central location. Additionally the Beta includes integrated bumper plate storage for your Olympic weightlifting discs.

SYSTEM INCLUDES:

- Kettlebell Rack
- Dumbbell Rack
- Wall Ball Rack
- Ball Rack
- Accessory Hook
- Bumper Plate Storage



THE DELTA - STORAGE SYSTEM

Assemble size: 387 x 40 x 150cm

The Delta integrated storage system is a fully equipped gym equipment storage unit for those in need of more space for their functional equipment. Larger than the Alpha, the Delta offers more space for Kettlebells, Dumbbells, Wall Balls, Slam Balls, Medicine Balls and Accessories.

SYSTEM INCLUDES:

- Kettlebell Rack
- Dumbbell Rack
- Wall Ball Rack
- Ball Rack



THE GAMMA - STORAGE SYSTEM

Assemble size: 543 x 40 x 100cm

Building on AlphaState's Alpha and Beta integrated storage systems, the Gamma is a fully equipped gym equipment storage unit for larger functional and commercial gym facilities. This large unit offers more space for Kettlebells, Dumbbells, Wall Balls, Slam Balls, Medicine Balls, Accessories and Bumper Plates.

SYSTEM INCLUDES:

- Kettlebell Rack
- Dumbbell Rack
- Wall Ball Rack
- Ball Rack
- Accessory Hook
- Bumper Plate Storage



THE ZETA - STORAGE SYSTEM

Assemble size: 388 x 40 x 150cm

The Zeta is your premium integrated storage solution for functional gym facilities. The system is fully equipped to house your Kettlebells, Dumbbells, Wall Balls, Slam Balls, Medicine Balls, Bumper Plates and Accessories.

SYSTEM INCLUDES:

- Kettlebell Rack
- Dumbbell Rack
- Wall Ball Rack
- Ball Rack
- Accessory Hook
- Bumper Plate Rack

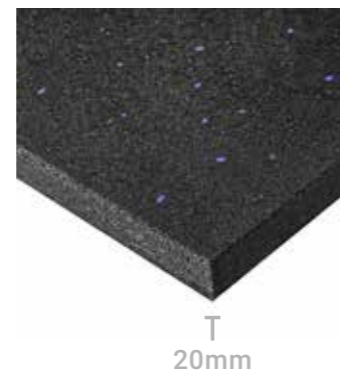
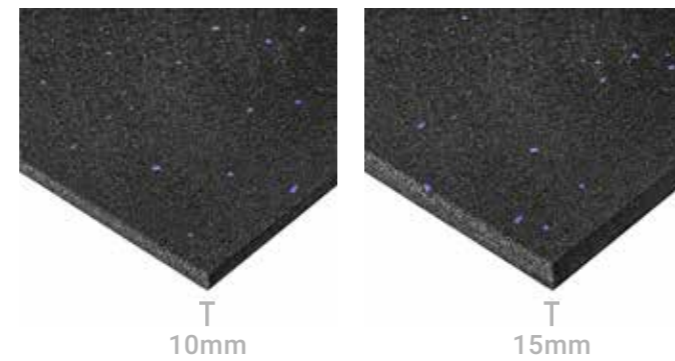
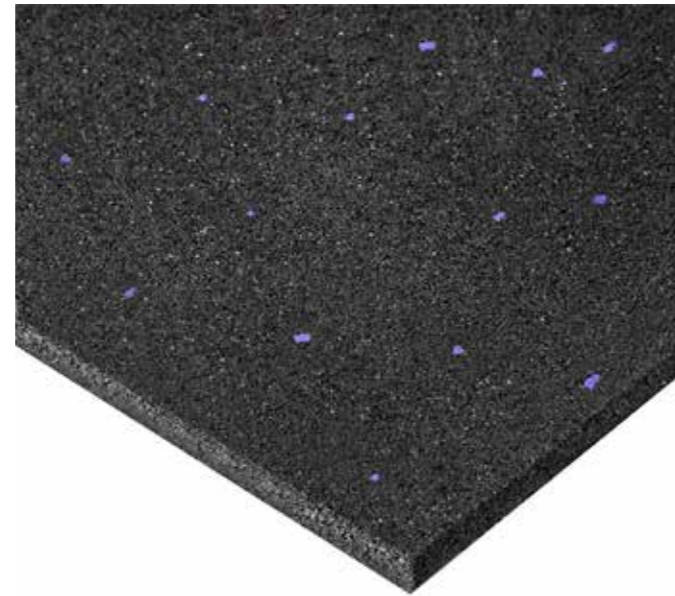


STORAGE UNIT WITH PULL UP BAR

Dimensions: (W)390cm, (H)240cm, (D)101cm,
Weight:430kg

FEATURES:

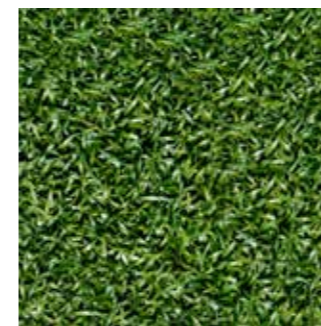
- 75 x 75mm steel frame
- Laser cut and precision bent gussets
- Universal shelves
- Stores wall balls, kettlebell, medicine balls, slam balls, dumbbells, and anything you can sit on the shelf
- Floor mounted
- Bolt together design



BLUE FLECK FLOORING

Size: 1m x1m square | 10mm / 15mm / 20mm thick

AlphaState Blue Fleck flooring is an essential for any commercial and functional gym facility. These tough high density rubber tiles (1m x 1m) are easy to cut and shape to fit the needs of your facility. Protect your floors and equipment from damage and offer a surface on which your members want to train.



Close up

ASTRO

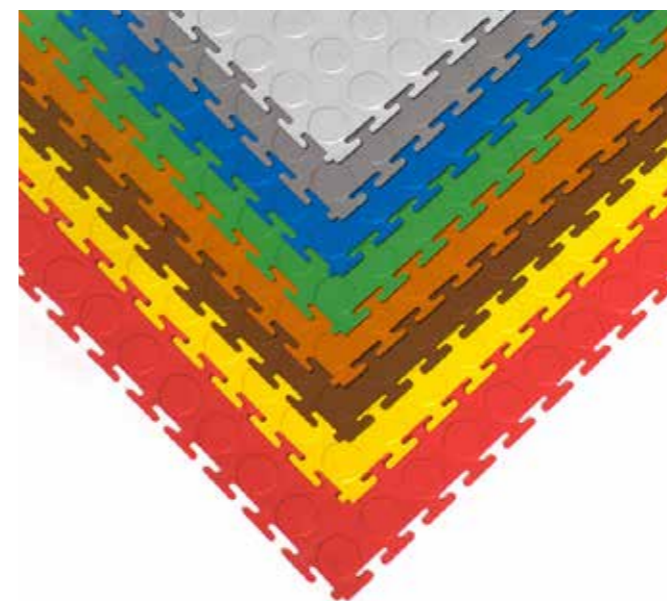
Size: 1m x1m square | 32mm thick

32mm AlphaState Astro is a hard-wearing high-grade Belgian artificial grass for indoor and outdoor application.

INTERLOCKING GYM FLOORING

Size: 1m x1m square | 6mm thick

AlphaState Coloured Interlocking Gym flooring will be an amazing addition to your commercial or functional gym. This quality 6mm flooring is durable and easy to install. Keep your floors safe, protect your equipment and offer members a surface they are excited to train on. Easily choose your colours and design a vibrant gym space that matches your identity.



AIR-BASED CARDIO

Human power. Human resistance. Air-based cardio machines are effective cardiovascular and metabolic conditioning tools. By harnessing your own resistance and intensity, your only opponent is yourself. The AlphaState line of indoor rowers, ergometers, bikes and treadmills are easy to store, and rely on no electricity to run. These specific pieces have been included because they are essential pieces of any cutting-edge fitness space.



NEMESIS AIR BIKE

The Nemesis Airbike. It will blow you away This commercial quality air bike is built to be the strongest and most durable air bike ever made. With the fusion of bike technology, weight and tough construction, the Nemesis Air Bike is built to facilitate continuous high-intensity total-body workouts in and out of the saddle.

FEATURES

Unlimited Air Resistance: The durable dual steel fan blades handle the most intense workout.

Console with Interval Programs: The console offers interval programs for high intensity workouts and displays time, distance, calories, rpm, watts, H/R and speed.

Micro-Fit Seat Adjustment: The 4 way adjustable seat allows for a quick and easy personalized fit.

Sealed Bearings: The commercial-grade design is built to last.



PERFORMANCE AIR BIKE

The AlphaState Performance Airbike is a no-holds-barred conditioning beast-of-burden. While the focus is on simplicity and ease-of-use, the Performance Air Bike is built with a solid frame that holds a huge resistance fan connected to the pedals via a belt and pulley system. Increase the burn and beat your personal best.



PERFORMANCE CURVED TREADMILL

The AlphaState Performance Curved Treadmill is a dynamic non-motorized sprint treadmill that improves speed and metabolics. This entirely manual machine makes use of your own energy and exertion to burn more calories per metre. Moreover, you save 100% on electrical costs and have the ability to take your training to a whole new level.



PERFORMANCE SKI-ERG

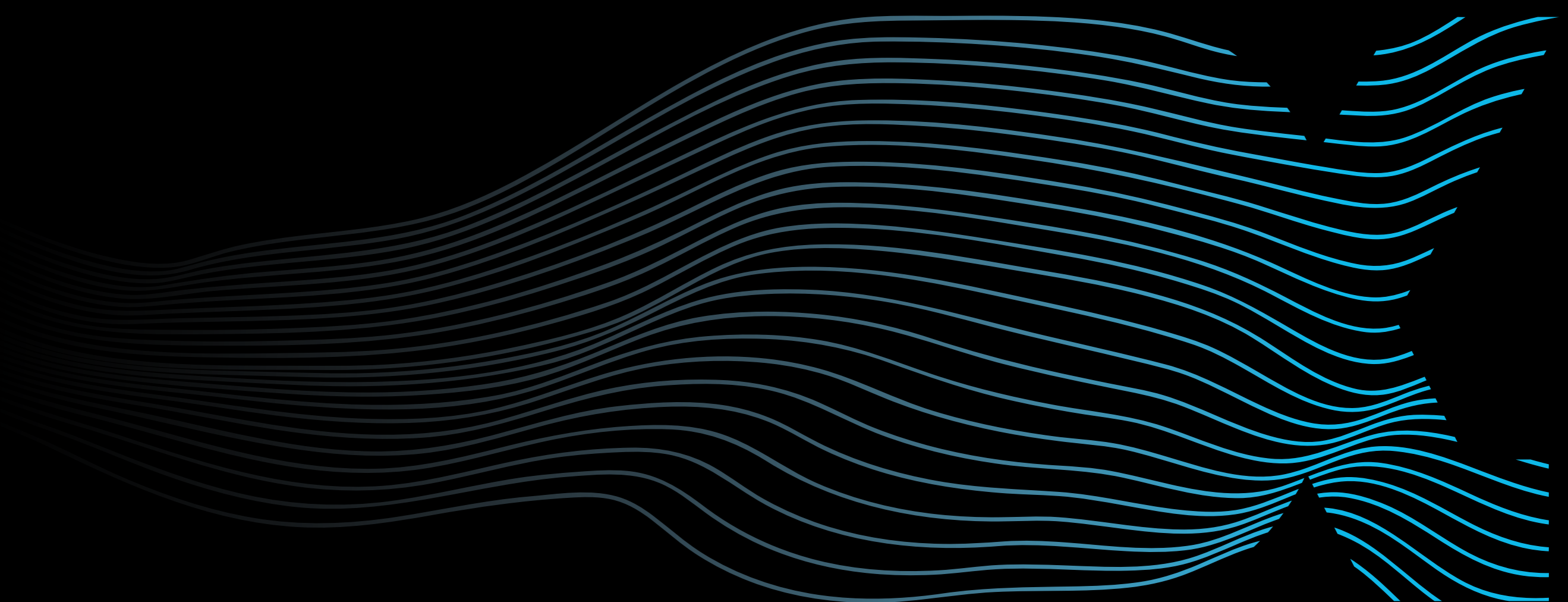
The Alphastate Performance SkiErg helps build strength and endurance using the poling motions integral to the sport of Nordic skiing, but you don't need to be a skier to benefit from the terrific low impact and full-body exercise. The double poling movement involves not just arms and shoulders, but also core and legs; classic ski technique (alternating arms) is also possible. The SkiErg easily accommodates adaptive athletes and those with lower body injuries, as one can sit or kneel and still get a great upper body and core workout. The SkiErg is suitable for use with most wheelchairs.



PERFORMANCE INDOOR ROWER

The Alphastate Performance Indoor Rower is a high performing air-based cardio unit built for for aerobic and anaerobic training sessions. World-class design meets great price-point in this outstanding indoor rowing machine.





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