



**PHOENIX
FITNESS**

EST: 2014



**FEEL
THE
BURN**

ETHOS

Fitness, or being fit and healthy is a main component to life, with many of us venturing on a 'fitness journey'. But this 'journey' can vary for each individual and have a number of obstacles that Phoenix Fitness can help you overcome.

Phoenix Fitness was established with the simple aim to support individuals with the right equipment and knowledge to not only motivate, but to also educate. No matter their fitness goal, the main objective is to make each individual a better version of themselves.

Providing a selection of core fitness products, Phoenix Fitness focuses on the entire fitness spectrum from power, strength, stamina and performance to rehab and flexibility.

The Phoenix Fitness Blog brings together fitness and lifestyle knowledge to inform, educate and motivate anyone on their own journey. Our free blog builds on genuine relationships with authentic fitness experts and ambassadors who share our passion for fitness.

**We just give you the tools,
YOU put in the work.**



WITH @Sean_gymfit



WITH @mvfitnessuk

BLOG

MINDSET



Phoenix Fitness stands by the premise of creating a new and better you. We pride ourselves on helping people achieve their goals whether at home, outdoors or in the gym.

We believe fitness should be available for all.
Not everyone has space at home.
Not everyone feels comfortable exercising outdoors.
Not everyone has the confidence to go to the gym or classes
Not everyone can afford to go the gym.

**Phoenix is for anyone; fitness is for everyone –
Let Phoenix Fitness support your fitness journey**

DUMBBELLS

Phoenix Fitness solid cast dumbbells are encased in CPU rubber to protect from rust, reduce noise and prevent damage to your floors. Features ergonomic handles designed for comfort and grip, whilst the rubber weight casing will not crack or fade.



- RY1406 - Weight Rack
- RY1407 - 2.5kg Dumbbell
- RY1408 - 5kg Dumbbell
- RY1409 - 7.5kg Dumbbell
- RY1410 - 10kg Dumbbell
- RY1411 - 12.5kg Dumbbell
- RY1412 - 15kg Dumbbell
- RY1413 - 17.5kg Dumbbell
- RY1414 - 20kg Dumbbell
- RY1415 - 22.5kg Dumbbell
- RY1416 - 25kg Dumbbell
- RY1676 - 27.5kg Dumbbell
- RY1677 - 30kg Dumbbell
- RY1678 - 32.5kg Dumbbell
- RY1679 - 35kg Dumbbell
- RY1680 - 37.5kg Dumbbell
- RY1681 - 40kg Dumbbell
- RY1682 - 42.5kg Dumbbell
- RY1683 - 45kg Dumbbell
- RY1684 - 47.5kg Dumbbell
- RY1685 - 50kg Dumbbell



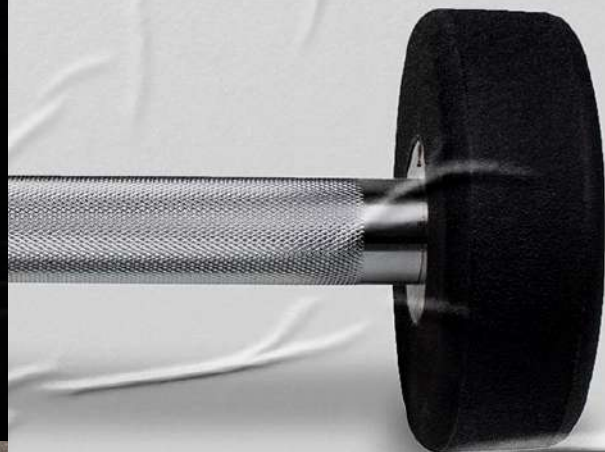
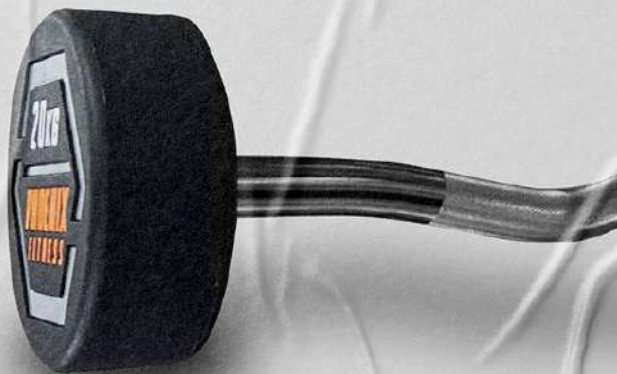
BARBELLS

Phoenix Fitness solid cast barbells are encased in CPU rubber to protect from rust, reduce noise and prevent damage to your floors. Features ergonomic handles designed in straight and curl configurations for comfort and grip, whilst the rubber weight casing will not crack or fade.

RY1687 - 10kg Standard Barbell
RY1688 - 15kg Standard Barbell
RY1689 - 20kg Standard Barbell
RY1690 - 25kg Standard Barbell
RY1691 - 30kg Standard Barbell
RY1692 - 35kg Standard Barbell
RY1693 - 40kg Standard Barbell
RY1694 - 45kg Standard Barbell
RY1695 - 50kg Standard Barbell
RY1696 - 55kg Standard Barbell

RY1697 - 10kg Curl Barbell
RY1698 - 15kg Curl Barbell
RY1699 - 20kg Curl Barbell
RY1700 - 25kg Curl Barbell
RY1701 - 30kg Curl Barbell
RY1702 - 35kg Curl Barbell
RY1703 - 40kg Curl Barbell
RY1704 - 45kg Curl Barbell
RY1705 - 50kg Curl Barbell
RY1706 - 55kg Curl Barbell





HEX DUMBBELLS

Phoenix Fitness solid cast hex dumbbells are encased in rubber to protect from rust, reduce noise and prevent damage to your floors. Features ergonomic handles designed for comfort and grip, whilst the hexagonal weight allows for floor work such as push-ups and rows.





RY1773 - 2.5kg Hex Dumbbell

RY1774 - 5kg Hex Dumbbell

RY1775 - 7.5kg Hex Dumbbell

RY1776 - 10kg Hex Dumbbell

RY1777 - 12.5kg Hex Dumbbell

RY1778 - 15kg Hex Dumbbell

RY1779 - 17.5kg Hex Dumbbell

RY1780 - 20kg Hex Dumbbell

RY1781 - 22.5kg Hex Dumbbell

RY1782 - 25kg Hex Dumbbell





KETTLEBELLS

KETTLEBELLS

Perfect for your core stability and functional full-body workouts.

Challenge both your muscular and cardio system.

Increase your strength, endurance, agility and balance.

RY930 - ● 4kg kettlebell

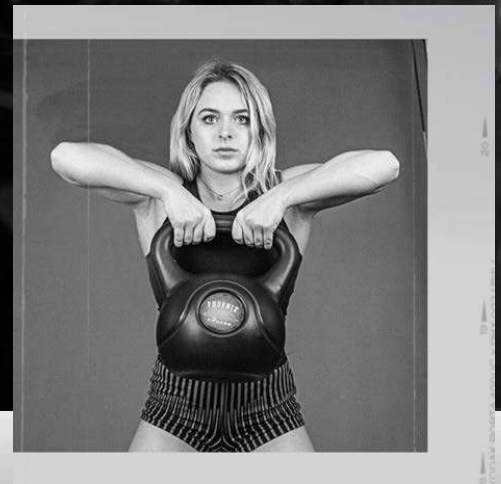
RY931 - ● 6kg kettlebell

RY932 - ● 8kg kettlebell

RY971 - ● 12kg kettlebell

RY972 - ● 16kg kettlebell

RY973 - ○ 20kg kettlebell





SKULL
KETTLEBELLS

SKULL KETTLEBELLS



Cast iron kettlebell, perfect for cardio, strength and core workouts.

Helps you challenge yourself and progress in your fitness plan.

Features a wide, ergonomic handle to provide a comfortable and safe grip.

RY1314 - ● 12kg Skull Kettlebell

RY1315 - ● 16kg Skull Kettlebell

RY1316 - ● 20kg Skull Kettlebell

RY1317 - ● 24kg Skull Kettlebell

RY1318 - ● 28kg Skull Kettlebell

RY1319 - ● 32kg Skull Kettlebell





DUMBBELLS

DUMBBELLS

Soft grip dumbbells, perfect for home and gym workouts, warm-ups, physiotherapy exercises or any type of light free weight training.

Non-slip neoprene coating.

Helps develop, strengthen and tone your body.

RY926 - ● 1 kg Dumbbell

RY927 - ● 1.5 kg Dumbbell

RY928 - ● 2 kg Dumbbell



WEIGHT PLATES

**& LIFTING
BARS**



WEIGHTPLATES

& LIFTING BARS

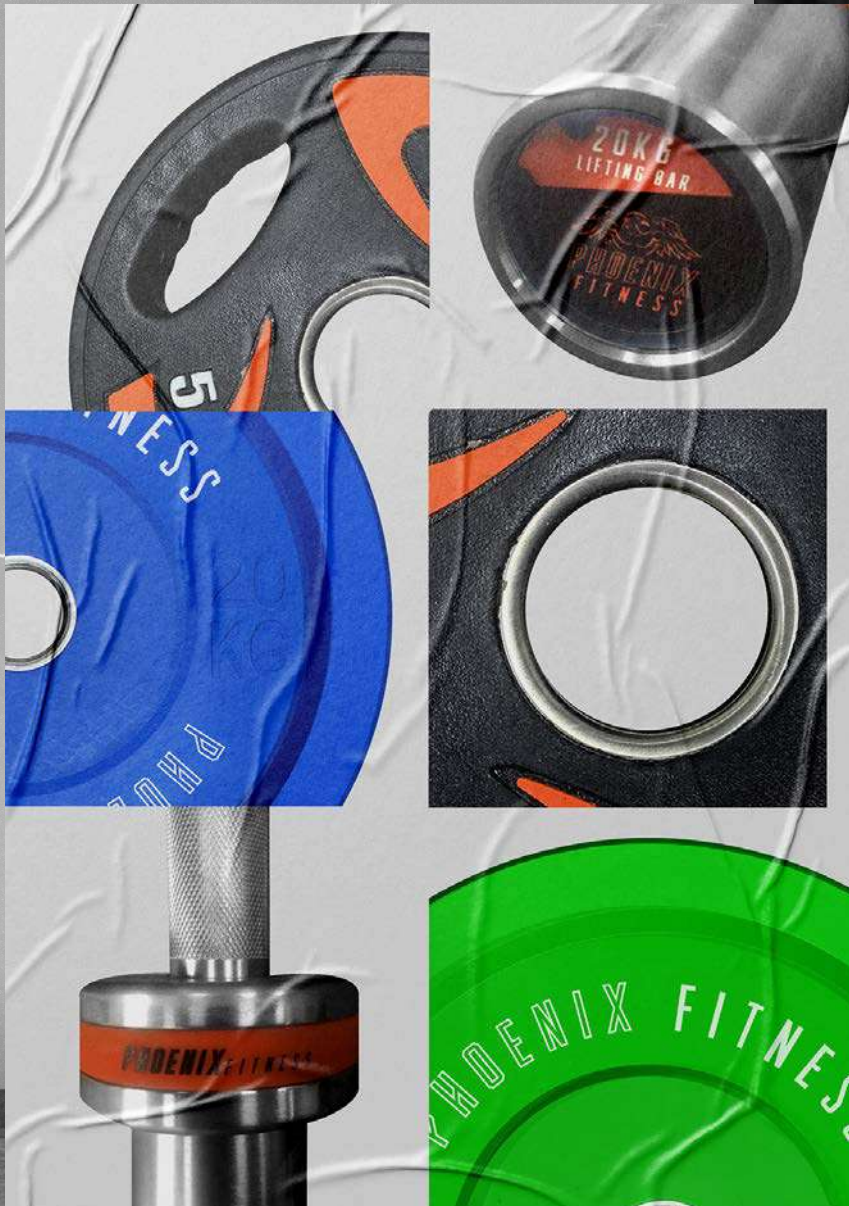
Olympic weight plates are designed with a triple handle feature which allows for improved grip and greater handling when used on or off the bar. Olympic bumper plates offer a dead bounce when dropped on to any surface and are colour coded for easy identification.

RY1721 - ● 2.5kg Olympic Plate
RY1722 - ● 5kg Olympic Plate
RY1723 - ● 10kg Olympic Plate
RY1724 - ● 15kg Olympic Plate
RY1725 - ● 20kg Olympic Plate
RY1726 - ● 25kg Olympic Plate

RY1794 - ○ 5kg Bumper Plate
RY1795 - ● 10kg Bumper Plate
RY1796 - ● 15kg Bumper Plate
RY1797 - ● 20kg Bumper Plate
RY1798 - ● 25kg Bumper Plate

RY1719 - 20kg Olympic Bar
RY1727 - 20KG Olympic Hex Bar

RY1579 - Olympic Lockjaw Collar



SLAM BALLS & WALL BALLS



SLAM & WALL BALLS

Non-bounce Slam balls are great for developing explosive power and can be used for a wide variety of exercises. Wall balls are a great way to improve upper body strength either during individual workouts or with a partner.

- RY1740 - 2KG WALLBALL
- RY1741 - 3KG WALLBALL
- RY1742 - 4KG WALLBALL
- RY1743 - 5KG WALLBALL
- RY1744 - 6KG WALLBALL
- RY1745 - 7KG WALLBALL
- RY1746 - 8KG WALLBALL
- RY1747 - 9KG WALLBALL
- RY1748 - 10KG WALLBALL
- RY1749 - 12KG WALLBALL

- RY1751 - 1KG SLAM BALL
- RY1752 - 2KG SLAM BALL
- RY1753 - 3KG SLAM BALL
- RY1754 - 4KG SLAM BALL
- RY1755 - 5KG SLAM BALL
- RY1756 - 6KG SLAM BALL
- RY1757 - 7KG SLAM BALL
- RY1758 - 8KG SLAM BALL
- RY1759 - 9KG SLAM BALL
- RY1760 - 10KG SLAM BALL



WORKOUT HAMMER

RY1761 - 10kg Workout Hammer



WEIGHT SLED

RY1665



GYM TRACK

RY1734 - 12m x 1m Track



WEIGHTRACKS

Phoenix Fitness Weight Racks are perfect for both commercial and home gyms. Featuring racks to store all of our free weights - clean and safely. The racks offer great space saving for small gyms.



RY1799 - Wall Ball Rack



RY1800 - Medicine Ball Rack



RY1686 - Barbell Rack



RY1729 - Kettlebell Rack



RY1739 - Olympic Weight Rack

FIRM

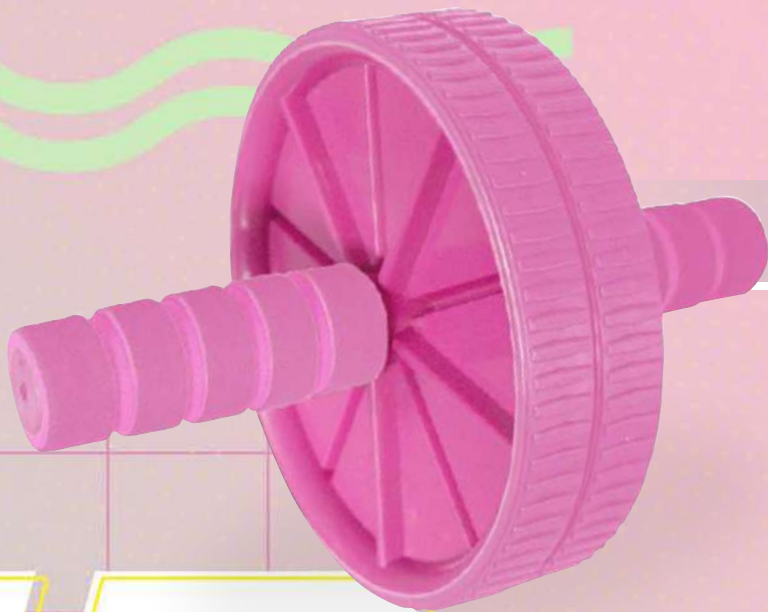


TONE

RY1555 THIGH TONER

Designed to tone and sculpt your body without adding bulk. Excellent for fat burning and general fitness.





RY1552 AB ROLLER

The Phoenix Fitness Ab Roller helps strengthen, develop and tone your body. Burns calories and helps build your 6 pack.

FE

RY1545 RESISTANCE BAND

Aids in strengthening multiple parts of the body with different exercises including legs, arms, back, abs, shoulders and buttocks.



CORE



RY1547 NBR FITNESS FLOOR MAT

High density, anti slip, double sided multi purpose fitness mat. 12mm thickness and includes a carry strap.



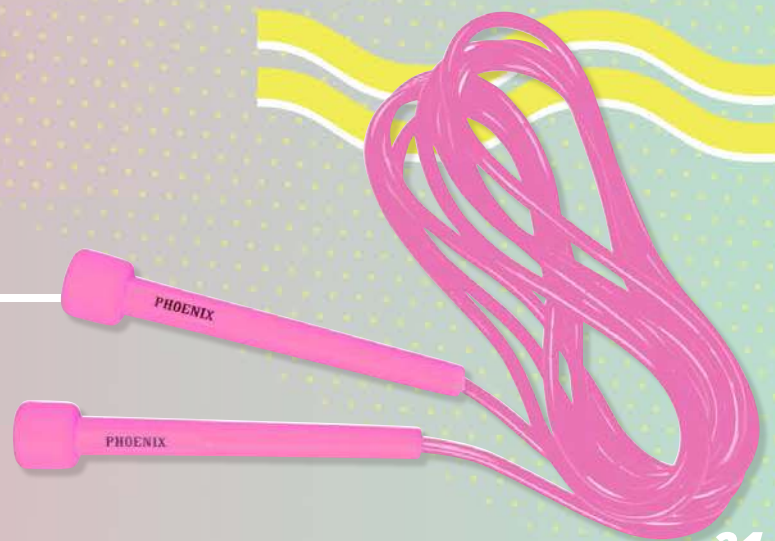
RY1548 HAND GRIPS

Quickly and effectively strengthens arm and wrist muscles. Compact size, use at the gym, work or at home.



RY1549 SPEED SKIPPING ROPE

A great all round lightweight polymer speed rope that will take you from beginner to advanced in no time at all.



PINK

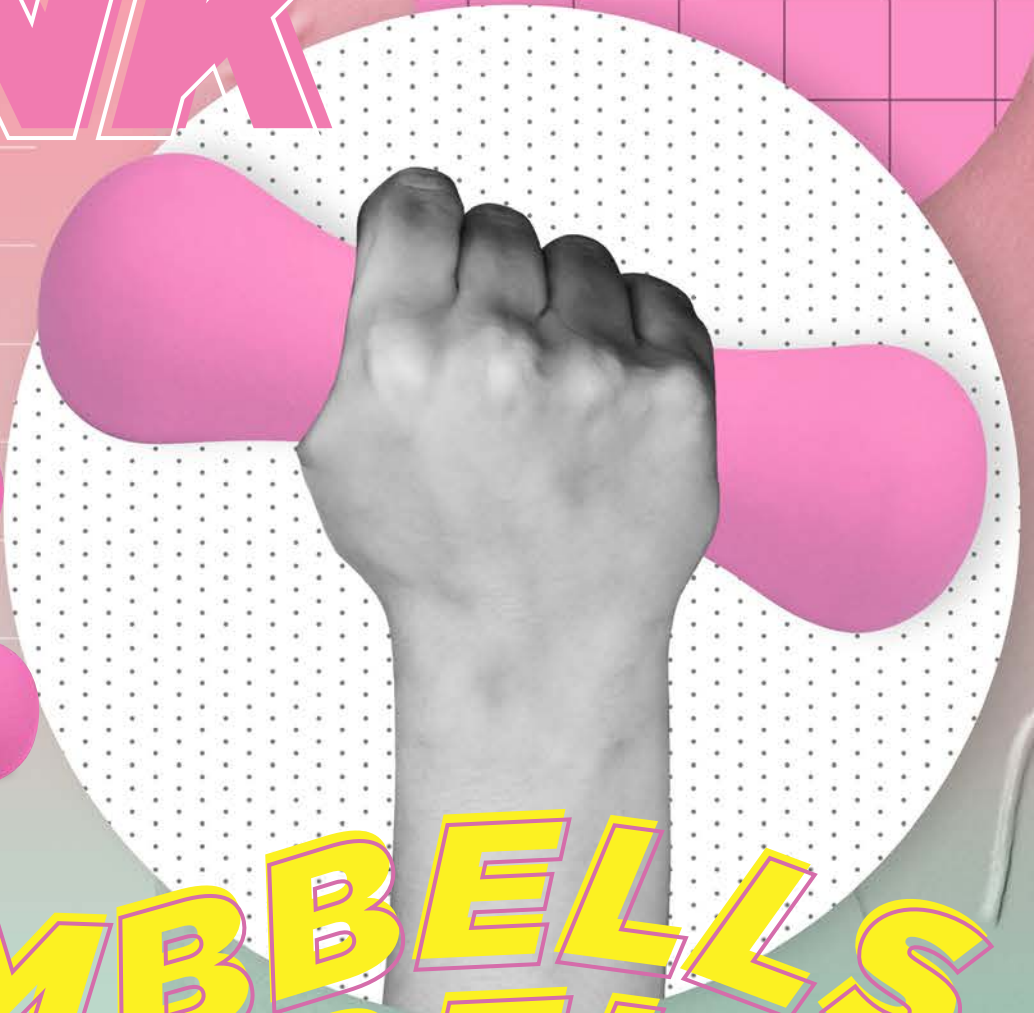
1KG RY1556



1.5KG RY1557



2KG RY1558



DUMBBELLS DUMBBELLS

Our dumbbells feature a hard wearing neoprene foam coating with ergonomically designed hand grips to offer extra comfort during a workout routine.



FITNESS BALL
FITNESS BALL
FITNESS BALL

RY1553

The Phoenix Fitness exercise ball comes with a pump and is made from the highest quality materials to withstand intense workouts.



RY1546

This 1.1kg weighted foam padded hoop is 96cm in diameter and features a wave groove design. Great for core balance and strengthening.



PINK KETTLEBELLS



Heavyweight kettlebells in a soft pastel pink colour. Available in 8 different weights that are suitable for strength and cardio training.

- | | | | |
|-------|--------|--------|--------|
| ○ 2kg | RY1420 | ○ 10kg | RY1424 |
| ○ 4kg | RY1421 | ○ 12kg | RY1538 |
| ○ 6kg | RY1422 | ○ 16kg | RY1539 |
| ○ 8kg | RY1423 | ○ 20kg | RY1540 |

RESISTANCE BANDS

Work the muscles throughout the body including shoulders, back, hamstrings, thighs, abs and glutes. Includes 3 varying resistances that are great for rehab and full body workouts.



RY1551 CIRCLE RESISTANCE BANDS

RY1550 STRETCH BANDS

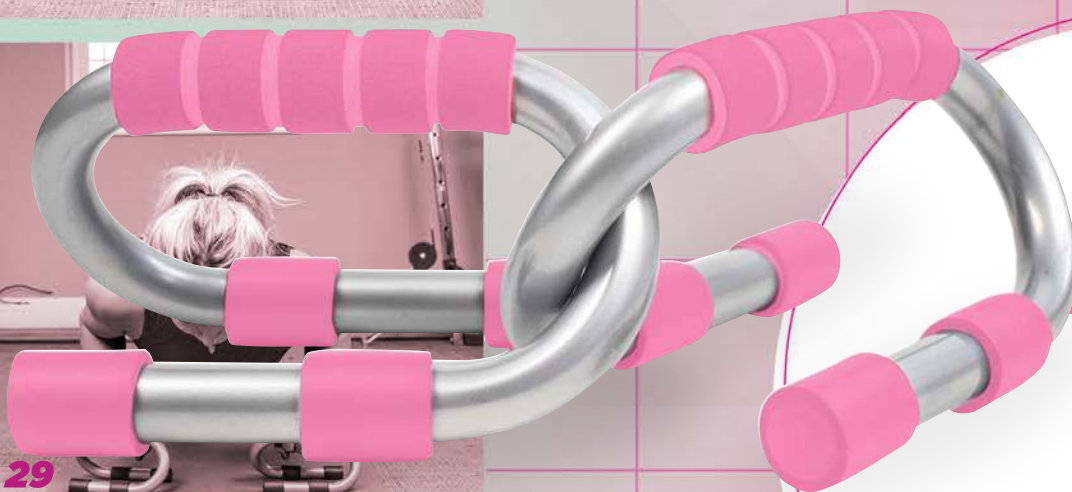




PUSHING

THE

LIMIT



RY1554 PUSH UP BARS

Ideal for developing
muscles in the chest, arms
and shoulders

WIG

RY961 2.2 LITRE BOTTLE

Comes with a stainless steel cap secured with a strap.



RY1014 1 LITRE BOTTLE

BPA-Free, DEHP-Free plastic bottle.



RY1141 SHAKER BOTTLE

Sleek compact design to fit your gym bag. Great for pre or post workout shakes and juices.

WITNESS THE FITNESS

RY1542 AB ROLLER





RY1541 PUSH UP BARS

RY1561 STRETCH STRAP



RY1544 SLIDERS



RY929 MEDICINE BALL

RY1010

LEVEL UP - LEVEL UP - LEVEL UP - LEVEL UP



LEVEL UP - LEVEL UP - LEVEL UP - LEVEL UP

LEVEL UP - LEVEL UP - LEVEL UP - LEVEL UP

FITNESS STEPPER
FITNESS STEPPER
FITNESS STEPPER



RY935 PULL UP BAR



RY848 DOOR SIT UP BAR



RY934 PUSH UP BAR

MULTI USE 15KG WEIGHT SET
 MULTI USE 15KG WEIGHT SET
 MULTI USE 15KG WEIGHT SET
 MULTI USE 15KG WEIGHT SET
 MULTI USE 15KG WEIGHT SET
 MULTI USE 15KG WEIGHT SET



RY936

A versatile weight set that can be incorporated into Crossfit or Circuit Training to further engage the muscles, boost endurance and raise the heart rate.



RY1426 20KG BARBELL SET

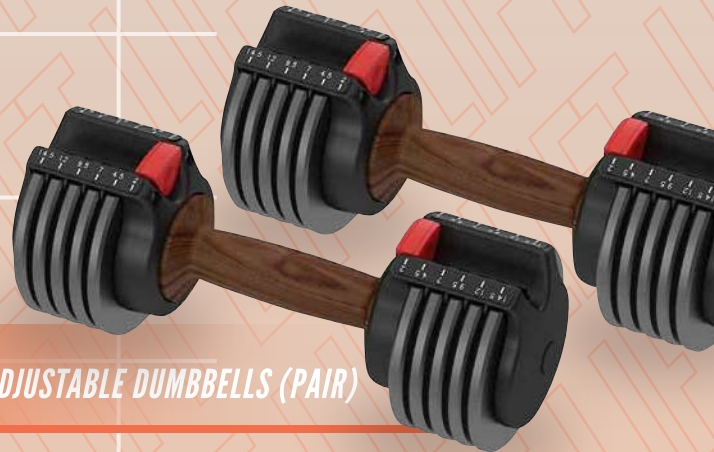
RY859 8KG MEDICINE BALL



RY1425 15KG ADJUSTABLE DUMBBELL SET



RY1517 ADJUSTABLE DUMBBELLS (PAIR)



RY1532 ADJUSTABLE DUMBBELL



SPIN IT - SPIN IT -



RY1070

SPIN BIKE



PULL UP - PULL UP - PULL UP -

RY1047

PULL UP TOWER

RY1672

GYM FLOOR TILES

RY1673

GYM FLOOR CONNECTOR CLIPS



STEP UP - STEP UP - STEP UP - STEP UP - STEP UP -

RY1563

PARALLEL BARS



RY1537

HIGH STEPPER



RY937

GYM WORKOUT GLOVES



RY887

***2 IN 1 SPORTS
GYM BAG***

RY975

LARGE ANTI-BACTERIAL GYM TOWEL

RY1002

SMALL ANTI-BACTERIAL GYM TOWEL





RY1272

DIGITAL SCALES

- WEIGHT KG / LB** 
- BODY FAT %** 
- BODY WATER %** 
- CALORIE INTAKE** 
- MUSCLE %** 
- BONE %** 
- METABOLISM** 
- VISCERAL FAT** 
- BMI** 

RY913

***7 DAY MEAL PREP
BENTO CONTAINERS***



RY1560

THICK JUMP ROPE



RY1543

ADJUSTABLE SKIPPING ROPE



RY916

WEIGHTED SKIPPING ROPE



RY1096

10M BATTLE ROPE



RY917

SPEED ROPE



RY1088

**FULL LENGTH
FREE STANDING
PUNCH BAG**



RY1021

**FREE STANDING
PUNCH BAG**



RY939

BOXING GLOVES



RY1019

BOXING MAN



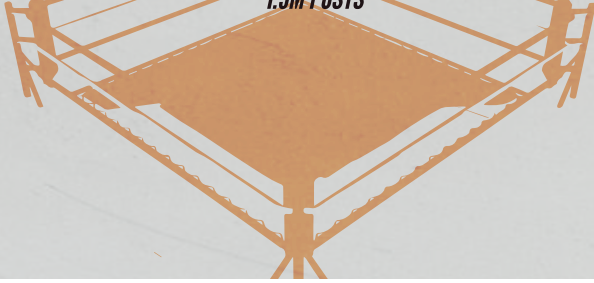
RY1071

**FREE STANDING
SPEED BALL**



RY1733 - BOXING RING

4M X 4M X RING SIZE
1.5M POSTS







HYDRATION

RY996 - Protein Shaker

RY898 - • 2L Smoke Bottle

RY961 - • 2L Pink Bottle

RY962 - • 2L Black Bottle

RY963 - • 2L Orange Bottle

RY964 - • 2L Clear Bottle

RY1014 - • 1L Pink Bottle

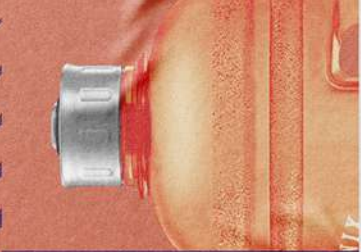
RY1015 - • 1L Clear Bottle

RY1016 - • 1L Smoke Bottle

RY1017 - • 1L Orange Bottle

RY1018 - • 1L Black Bottle





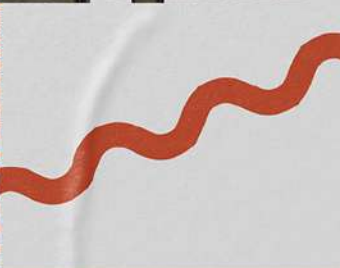
PHOENIX
FITNESS



HYDRATION
HYDRATION
HYDRATION
HYDRATION
HYDRATION
HYDRATION
WATER



2 LITRE
1 LITRE
2 LITRE
1 LITRE
2 LITRE
1 LITRE



HYDRATION
HYDRATION
HYDRATION
HYDRATION
HYDRATION



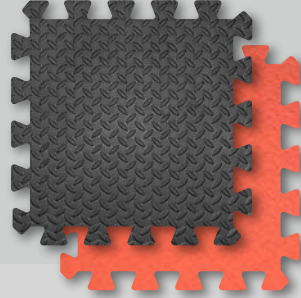
GYM MATS



EVA RUBBER FLOOR MAT
200cm x 100cm x 6mm
RY834 - • Gym Floor Mat



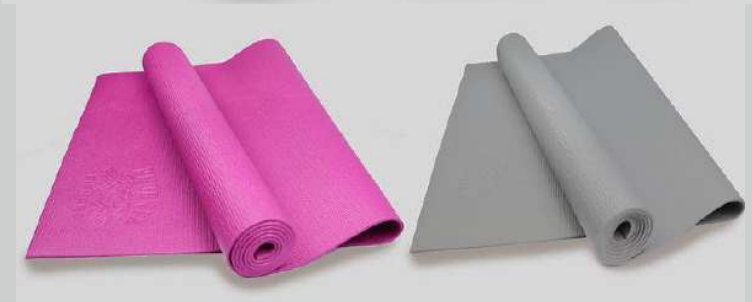
20 INTERLOCKING FLOOR TILES
30 x 30cm x 10mm
RY1801 - • Black Floor Tiles
RY1802 - • Orange Floor Tiles

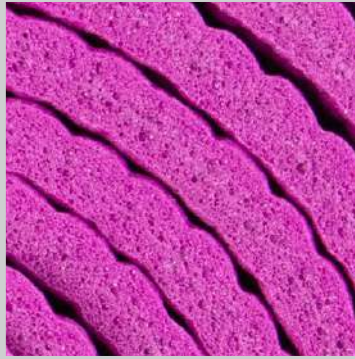
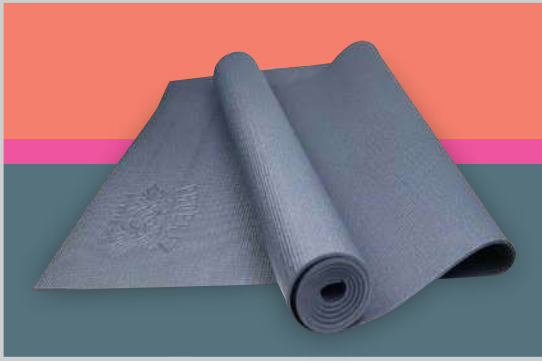


NBR FITNESS MAT
180cm x 60cm x 12mm
RY1068 - • NBR Fitness Mat



YOGA MATS
183cm x 61cm x 4mm
RY1098 - • Dark Navy Yoga Mat
RY1098 - • Light Grey Yoga Mat
RY1098 - • Purple Yoga Mat
RY1098 - • Orange Yoga Mat





YOGA ACCESSORIES

COTTON YOGA STRAP

3 Metres x 3cm

RY1732 - • Army Green Yoga Strap

EVA YOGA BRICK

23cm x 14cm x 7cm

RY1731 - • Army Green Yoga Block

PVC YOGA MAT

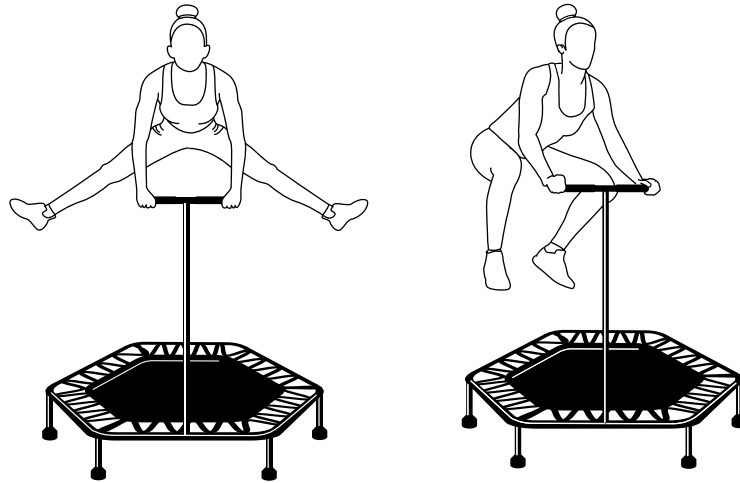
183cm x 61cm x 4mm

RY1730 - • Army Green Yoga Mat



RY1720 - HEXAGON FITNESS TRAMPOLINE

Exercising on mini trampoline is the most popular way to achieve your aerobic fitness goal. A ten-minutes session on trampoline burns the calorie equals 30 minutes of jogging, plus an improvement of your core power and body muscle coordination.



RY1051

WORK WITH PLAY - ALL WORK



EXERCISE DICE
EXERCISE DICE

FITNESS BALL

Made to withstand intense workouts, the ball is anti-burst and is ideal for performing a wide range of exercises. Comes with a hand pump.

RY925



WEIGHTED HULA HOOP

Features a wave groove design to help increase your circulation and flexibility.

RY1008

BALANCE BOARD

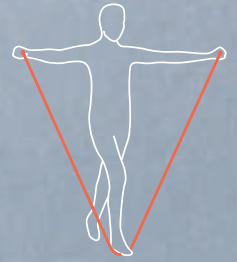
Great to help with injury recovery and speed up your rehabilitation.

RY1012





RESISTANCE TUBES



RY918

LIGHT



RY919

MEDIUM



RY920

STRONG



RESISTANCE BANDS



RY978

CIRCLE RESISTANCE BANDS



RY995

STRETCH BANDS



THIGH TONER

Designed to tone and sculpt without adding bulk, this Thigh Toner is excellent for fat burning and general fitness.



RY921

Helps lessen the appearance of cellulite and alleviates muscle tension with daily use.



RY1559

**ANTI CELLULITE
MASSAGER**

PILATES RING

Complete with foam padded handles on both sides to provide total comfort. Perfect to tone your upper arms and thighs.



RY1009



AB ROLLER

Helps strengthen, develop and tone your body. Burns calories and help build a 6 pack.

RY922



RUN - RUN - RUN -



RY933

**WRIST AND ANKLE
STRAP WEIGHTS**



RY989

**RUNNING
HOOK EARPHONES**



RY1562

WALKING WEIGHTS



WEIGHTED RUNNING VEST

**RY1788 - 2KG RUNNING VEST
RY1789 - 5KG RUNNING VEST
RY1790 - 10KG RUNNING VEST**



RECO
VERY+

RY1735 RESISTANCE BAND SET



RY1440 MASSAGE GUN



RY915 HAND GRIPS



The Phoenix Fitness twin set of Hand Grip Strengtheners are brilliant to increase the strength in both of your hands and fingers.

RY993 EVA FOAM ROLLER

Designed with a textured surface to target and isolate certain muscle groups, helping to reduce soreness and discomfort from your gym workout.



RY942 MASSAGE BALL SET

Helps with circulation by applying pressure that can move blood through the congested areas of the body.



RY1804 PILATES BALL

Provides resistance for strength and rehabilitation exercises, helping you target specific muscle groups

HOME GYM SOLUTION

COMPLETE RANGE OF FITNESS MACHINES FOR YOUR HOME OR GYM

SINGLE AND MULTI-USE
FUNCTIONAL TRAINING
MACHINES HELP DELIVER
EFFECTIVE WORKOUTS
WHERE YOU NEED IT MOST

IMPROVE YOUR STRENGTH,
BALANCE, ENDURANCE
AND SPEED WITH ENDLESS
EXERCISE POSSIBILITIES



HOME / GYM



MAX:
70KG - 115KG

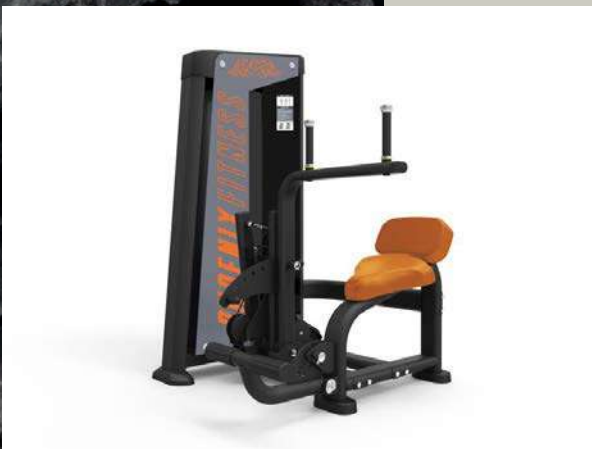


STEEL TUBE
CONSTRUCTION

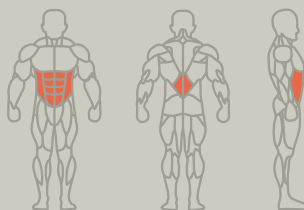


POWDER COATED





RY1474 AB / BACK EXTENSION



ABDOMINAL / BACK EXTENSION

MULTI-FUNCTIONAL

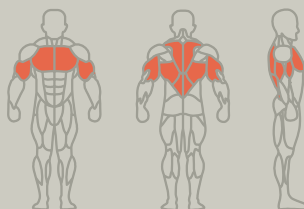
ANTI-SLIP COATED HANDLES

STANDARD CONFIGURED
WEIGHT STACK

70KG MAX WEIGHT



RY1472 DIP/CHIN-UP ASSIST



ALLOWS USERS TO PERFORM DIP,
CHIN-UP AND PULL-UP MOVEMENTS

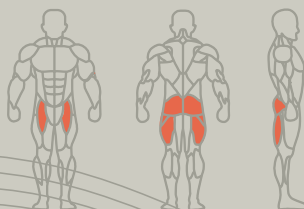
MULTI-FUNCTIONAL

5KG WEIGHT INCREMENTS

100KG MAX WEIGHT



RY1470 LEG PRESS



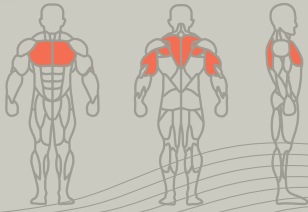
COMPREHENSIVE LOWER
BODY TRAINING

FIBREGLASS REINFORCED
NYLON PULLEYS

ANTI-SLIP COATED HANDLES

115KG MAX WEIGHT

RY1471 PEC DECK



TRAINS THE PECTORALS AND
REAR DELTOIDS

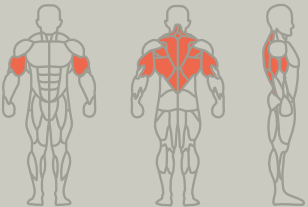
MULTI-FUNCTIONAL

ANTI-SLIP COATED HANDLES

100KG MAX WEIGHT



RY1478 LAT PULLDOWN



INCLUDES SEATED CABLE ROW

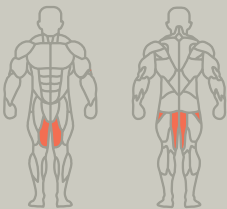
5KG WEIGHT PLATES

FIBREGlass REINFORCED
NYLON PULLEYS

70KG MAX WEIGHT



RY1473 ABDUCTOR/ADDUCTOR



DESIGNED FOR INNER AND
OUTER THIGH EXERCISES

FOR STRENGTHENING
THE LOWER BODY

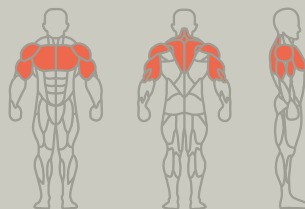
MULTI-FUNCTIONAL

70KG MAX WEIGHT





RY1477 CHEST / SHOULDER PRESS



POSITION UPRIGHT FOR
SHOULDER PRESS

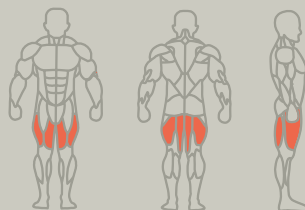
POSITION FLAT FOR
CHEST PRESS

5KG WEIGHT PLATES

70KG MAX WEIGHT



RY1476 LEG EXTENSION / CURL

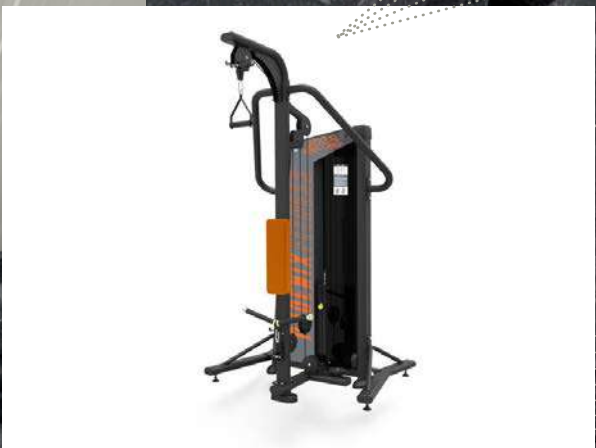


MULTI-FUNCTIONAL

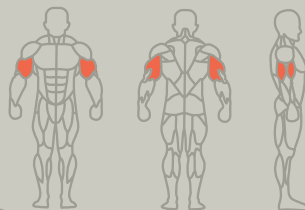
ALLOWS USERS TO PERFORM LEG
EXTENSIONS AND LEG CURLS

5KG WEIGHT PLATES

70KG MAX WEIGHT



RY1475 BICEP / TRICEP PULL



LOWER PULLEY FOR BICEP CURLS

UPPER PULLEY FOR TRICEP PULLS

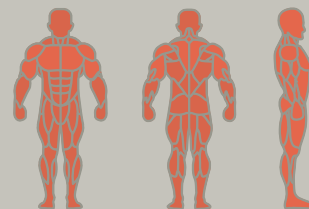
FIBREGLOSS REINFORCED
NYLON PULLEYS

70KG MAX WEIGHT

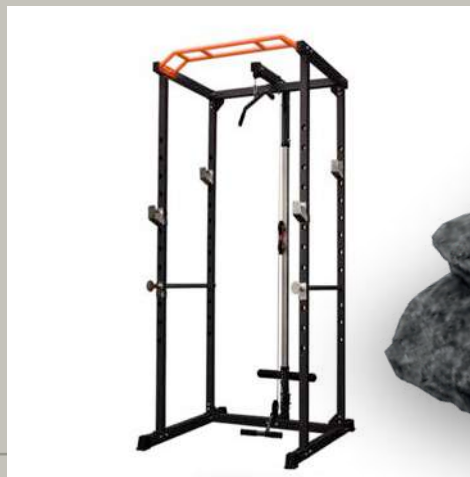
RY1518
MULTI-FUNCTION SMITH MACHINE



- ALL IN ONE SMITH MACHINE
- FULL BODY WORKOUT
- ADJUSTABLE BARBELL HOOKS
- HEAVY-DUTY PULLEY CABLES
- SQUAT RACK / LEG PRESS /
PULL UP / CHEST PRESS /
ROW PULLEY /



RY1664
POWER RACK



RY1519
**3 IN 1 MULTI-
PURPOSE BENCH**



RY1521
**SUPER
BENCH**



RY1520
**SQUAT
BENCH**



RY1522
SELF POWERING TREADMILL

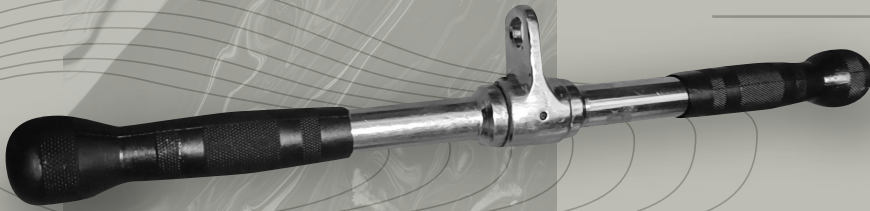
SELF PROPELLED CURVED TREADMILL
ALLOWS A BETTER STRIDE WITH LESS IMPACT
BURNS 30% MORE CALORIES THAN THE
CONVENTIONAL TREADMILL



RY1523
WATER ROWING MACHINE

UNIQUE WATER FLYWHEEL
TRANSPORTATION GUIDE-WHEELS
BURN CALORIES AND BUILD STRENGTH.
MINIMAL IMPACT ON JOINTS AND THE LOWER BACK
AEROBIC AND ANAEROBIC WORKOUT

**RY1786
REVOLVING STRAIGHT
BAR ATTACHMENT**



**RY1783
SEATED ROW ATTACHMENT**



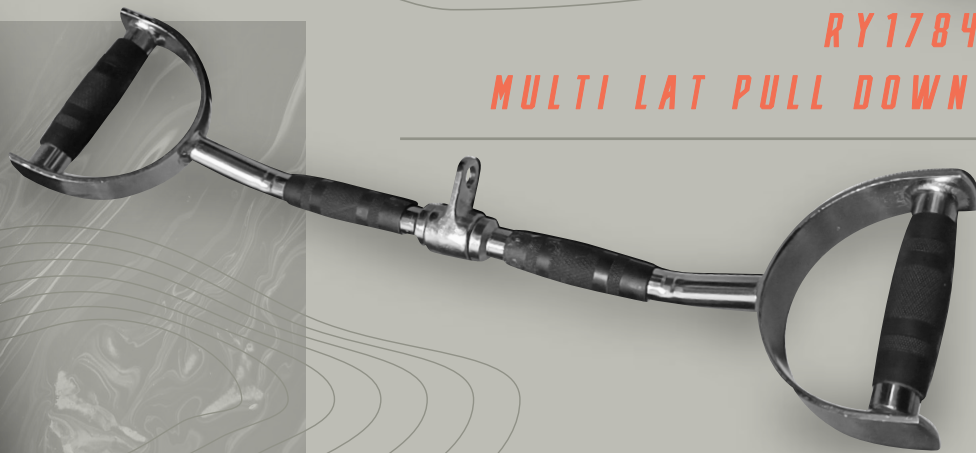
**RY1787
MULTI BAR
ATTACHMENT**



**RY1785
TRICEP V BAR
ATTACHMENT**



RY1784
MULTI LAT PULL DOWN



RY1577
SINGLE END
ROPE ATTACHMENT



RY1578
DOUBLE END
ROPE ATTACHMENT





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