



***ALPHAFIT***

**ESSENTIAL TRAINING  
EQUIPMENT & ACCESSORIES**

2018 CATALOGUE



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# ALPHA FIT

**EVERY TRAINING FACILITY IS DIFFERENT IN IT'S METHODOLOGY AND DELIVERY, YET ONE THING REMAINS CONSTANT—THE NEED FOR PREMIUM, QUALITY EQUIPMENT THAT IS FIT FOR PURPOSE.**

In this essentials catalogue, we have included our go-to training equipment and accessories which are used by our training facility partners and clients both locally and internationally. This kit has been battle tested by leading Strength & Conditioning and Health & Fitness professionals in high volume commercial and boutique facilities.

AlphaFit pride ourselves on being Australian manufacturers who produce the highest quality equipment and innovative products. We meticulously work with our partners to supply premium, fit for purpose equipment to the industry as a whole. Simply put, our gear is well-built and ready to perform.

For a full list of our equipment, plus examples of custom products and fitouts, visit [www.alphafit.com.au](http://www.alphafit.com.au)



## ENDURE BUMPER PLATES

No matter your application—whether it be Functional Training, Olympic Lifting, Strongman, Personal Training or Commercial use—our Endure Bumper Plates have been designed to meet entry level requirements and be cost effective, while still delivering a quality plate with weight tolerance accuracy.

AlphaFit's Endure Bumper Plates are subject to a rigorous quality control process, ensuring each plate is constructed with a perfectly balanced mix of virgin rubber and composite materials. This makes each plate both durable and aesthetically striking in its delivery. The specifically chosen blend of rubber has enabled us to deliver a plate which has a low bounce when dropped along with sound deadening properties reducing its acoustic impacts.

### ENDURE BUMPER PLATE ANATOMY

- 1 Protective Rubber Lip
- 2 Raised and Printed Lettering
- 3 Machined Steel Centre
- 4 50.4mm Collar Opening
- 5 High Virgin Rubber Content Mix
- 6 Strict Weight Tolerance



5KG ENDURE BUMPER PLATES - BLACK



10KG ENDURE BUMPER PLATES - BLACK



15KG ENDURE BUMPER PLATES - BLACK



20KG ENDURE BUMPER PLATES - BLACK



25KG ENDURE BUMPER PLATES - BLACK



10KG ENDURE BUMPER PLATES - COLOUR



15KG ENDURE BUMPER PLATES - COLOUR



20KG ENDURE BUMPER PLATES - COLOUR



25KG ENDURE BUMPER PLATES - COLOUR



100KG ENDURE BUMPER PLATE PACK - BLACK



150KG ENDURE BUMPER PLATE PACK - BLACK



100KG ENDURE BUMPER PLATE PACK - COLOUR



150KG ENDURE BUMPER PLATE PACK - COLOUR

### ENDURE BUMPER PLATE DIMENSIONS

| WEIGHT    | 5KG  | 10KG | 15KG | 20KG | 25KG |
|-----------|------|------|------|------|------|
| THICKNESS | 25MM | 40MM | 55MM | 75MM | 87MM |

# COMPETITION BUMPER PLATES

As the name suggests, these plates are made for the competition platform and those who want the best while training. With a sturdier construction specific to this design, the hefty nickle plated steel centre has a larger surface area contacting the rubber spreading the load to better absorb the abuse of high volume use. These plates are narrower in width than our Premium Bumpers, allowing more weight to be loaded to the bar for any serious strength enthusiast.

AlphaFit's strict manufacturing processes ensures that the primarily virgin rubber used to mould each Competition Bumper Plate is uniform in colour, texture and density—allowing for a consistently dead bounce when dropped. With a matte finish in each of the IWF colours, protective raised rubber flanges guarding the printed lettering, textured face for improved grip and a tolerance within 15 grams of claimed weight, AlphaFit ensure every detail has been covered for this top tier bumper plate.

## COMPETITION BUMPER PLATE ANATOMY

- 1

Protective Rubber Flanges
- 2

Raised and Printed Lettering
- 3

Nickel Plated Steel Insert
- 4

50.4mm Collar Opening
- 5

Matte Smooth Outer Surface
- 6

Strict Weight Tolerance (+/- 10g)



10KG COMPETITION BUMPER PLATES



15KG COMPETITION BUMPER PLATES



20KG COMPETITION BUMPER PLATES



25KG COMPETITION BUMPER PLATES



140KG COMPETITION BUMPER PLATE PACK

## COMPETITION BUMPER PLATE DIMENSIONS

| WEIGHT    | 10KG | 15KG | 20KG | 25KG |
|-----------|------|------|------|------|
| THICKNESS | 32MM | 44MM | 55MM | 65MM |

# PU BUMPER PLATES

Our PU Bumper Plate is the newest addition to our premium range, delivering high quality, unmatched durability and outstanding performance. AlphaFit is proud to be one of the first commercial equipment suppliers to be pioneering the use of this modern high-quality composite material, Polyurethane. Urethane plates are fracture resistant, harder wearing than the typical rubber bumper plate, easier to clean and have a consistent dead bounce.

These plates are built for a commercial environment much like their counterpart Urethane Dumbbells, which have been used in high volume settings for the last decade. These plates are resilient in design, and remain aesthetically appealing over time.

## PU BUMPER PLATE ANATOMY

- 1 Protective Rubber Lip
- 2 Raised, Etched & Printed Lettering
- 3 Nickel Plated Steel Insert
- 4 50.4mm Collar Opening
- 5 Matte Smooth Outer Surface
- 6 Strict Weight Tolerance (+/- 1.5%)



5KG PU BUMPER PLATES



10KG PU BUMPER PLATES



15KG PU BUMPER PLATES



20KG PU BUMPER PLATES



25KG PU BUMPER PLATES



100KG PU BUMPER PLATE PACK



150KG PU BUMPER PLATE PACK

## PU BUMPER PLATE DIMENSIONS

| WEIGHT    | 5KG  | 10KG | 15KG | 20KG | 25KG |
|-----------|------|------|------|------|------|
| THICKNESS | 22MM | 40MM | 44MM | 52MM | 58MM |



# ENDURE BARBELLS

The workhorse of barbells—that’s really all we need to say. Our Endure Barbells have been used at the highest level competitions, Commercial Gyms, Strength & Conditioning facilities, Professional Sporting Teams and Personal Training Studios. We are yet to see a bar that is as resilient as this hardened chrome bearing barbell.

Conforming to both IPF and IWF characteristics, the barbell includes dual knurling marks and zip lock sleeves with a standard 50.4mm diameter to suit bumper plates of any variant in our weight plate range. These bars feature a soft touch knurling grippy enough to cater for a 250kg deadlift but forgiving enough for a 21-15-9 high-rep barbell based conditioning workout.

Make no mistake – this is the best value for money Olympic barbell on the market. We have thousands of satisfied customers who swear by it.

- ✓

Needle bearing barbell rated at 1500lb
- ✓

Dual IWF markings
- ✓

Hardened chrome shaft coating
- ✓

50.4mm collar openings
- ✓

Soft touch knurling for maximum comfort
- ✓

No centre knurling and zip lock



ENDURE BARBELL - 15KG



ENDURE BARBELL - 20KG

## ENDURE BARBELL DIMENSIONS

| BAR TYPE | BAR WEIGHT | BAR LENGTH | SHAFT DIAMETER | SLEEVE LENGTH | SLEEVE DIAMETER |
|----------|------------|------------|----------------|---------------|-----------------|
| MENS     | 20KG       | 2200MM     | 28MM           | 4150MM        | 50MM            |
| WOMENS   | 15KG       | 2005MM     | 25.4MM         | 4150MM        | 50MM            |

# WEIGHTLIFTING ACCESSORIES

## COLLARS

Keep your plates secure during all your lifts with our genuine Lock-Jaw collars. These feature elastomer pads to fit snug and not slide around the barbell sleeve, plus a resin frame which is impact resistant and durable. For a more cost effective solution, nothing beats the traditional spring collars which clamp on and slide off just as easily.

## NECK PADS

AlphaFit Neck Pads are designed to take away the pressure on your neck and shoulders when performing back squats. They can also be used to protect your hips when hip thrusting.

## CHALK

It is key for any gym or facility to have chalk. AlphaFit Chalk is pure grade natural compressed magnesium carbonate. Use to reduce moisture and maintain better grip.



LOCK-JAW COLLARS



SPRING COLLARS



SQUAT NECK PAD - FORMED



SQUAT NECK PAD - WRAP



CHALK - BOX OF 8 BLOCKS



CHALK BALL





## SOFT BLOCKS & PLYO BOXES

Increase your explosive power and simplify your plyometric training with the AlphaFit Soft Blocks and Plyo Boxes. AlphaFit Soft Blocks are designed to give athletes the extra confidence they need and have a range of uses from plyo boxes and jerk blocks to crash mats and rope climbing mats. Each block is made from high density foam and covered with durable vinyl. They also have two handles for easy positioning and velcro to increase stability when stacked. Our Soft Blocks are available individually as plyo boxes or in pairs to be used for jerk blocks.

The Timber Plyo Box and Foam Plyo Box are both pieces of equipment that can be turned for 20", 24" or 30" jump height to suit all your athletes.



3" SOFT BLOCK



6" SOFT BLOCK



12" SOFT BLOCK



18" SOFT BLOCK



24" SOFT BLOCK



TOP SET SOFT BLOCKS - 3 PIECE  
(3", 6", 12")



TOP SET SOFT BLOCKS - 4 PIECE  
(3", 6", 12", 18")



TOP SET SOFT BLOCKS - 5 PIECE  
(3", 6", 12", 18", 24")



TIMBER PLYO BOX - 3 IN 1



FOAM PLYO BOX - 3 IN 1



## RUBBER HEX DUMBBELLS

Not all hex head dumbbells are built the same. We have evolved our Rubber Hex Dumbbells based on continued feedback from the best facilities and coaches around the country. The main request from the industry was for a “straight handle with consistent knurl” to mimic a barbell instead of the old-school dumbbell barrel handle. They spoke, we listened.

The rubber used in our hex head dumbbells is preferred by many gym operators because of the impact resistance and ease of cleaning. The flat edges allow for anti-rolling and versatility in exercise selection.

### RUBBER HEX DUMBBELL DIMENSIONS

| HANDLE LENGTH | HANDLE DIAMETER - 5KG WEIGHTS & UNDER | HANDLE DIAMETER - OVER 5KG WEIGHTS |
|---------------|---------------------------------------|------------------------------------|
| 140MM         | 22MM                                  | 26MM                               |

### RUBBER HEX DUMBBELLS - AVAILABLE WEIGHTS

|        |        |        |        |        |        |        |
|--------|--------|--------|--------|--------|--------|--------|
| 1KG    | 2KG    | 3KG    | 4KG    | 5KG    | 6KG    | 7KG    |
| 8KG    | 9KG    | 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   |        |        |



## COMPETITION KETTLEBELLS

AlphaFit's competition-grade Kettlebells stand out for their sleek design and exceptional quality. Each kettlebell is cast from the highest grade steel available and finished with a black texture coating ensuring superior grip. Each kettlebell is weight stamped and individually colour banded on the handle for easy identification.

AlphaFit Competition Kettlebells are all one size, meaning that athletes will be comfortable with the standard feel of the equipment and will not be intimidated by the size of the kettlebell as they increase their load. Consistent sizing allows athletes to learn movements at lighter weights and maintain their technique when moving up weights as they increase their ability.

### COMPETITION KETTLEBELLS - AVAILABLE WEIGHTS

|      |      |      |      |      |      |
|------|------|------|------|------|------|
| 6KG  | 8KG  | 10KG | 12KG | 16KG | 20KG |
| 24KG | 28KG | 32KG | 36KG | 40KG |      |



# SLAM BALL

The AlphaFit Slam Ball is designed to take a beating! The slam ball is also commonly known as a 'dead ball' because the rubber cased ball is a dead weight with no bounce.

Performing traditional dead ball exercises with the AlphaFit Slam Ball, including slamming and throwing, will build strength and explosive power in any athlete.

The rubber casing means that our Slam Ball is a more comfortable, though just as intense alternative to traditional medicine ball exercises such as squats, lunges and carries. The heavier slam balls can also be used as a much safer alternative to atlas stones, allowing you to train many classic strongman lifts and carries.

## SLAM BALLS - AVAILABLE WEIGHTS

|      |      |      |      |      |      |
|------|------|------|------|------|------|
| 3KG  | 4KG  | 5KG  | 6KG  | 7KG  | 8KG  |
| 9KG  | 10KG | 12KG | 15KG | 18KG | 20KG |
| 25KG | 30KG | 35KG | 40KG | 45KG | 50KG |
| 55KG | 60KG | 65KG | 70KG | 75KG |      |



# HIGH GRIP DEAD BALL

The most robust, heavy duty slam ball on the market, the AlphaFit 'HG' Dead Ball features a high grip textured skin giving you exceptional control when performing under pressure. This rubber cased ball is a completely dead weight, ensuring that each and every rep is as hard as the last.

Unable to bounce or roll, these balls are built to be slammed, dropped, flipped, beaten and more without fear of falling apart. Our dead ball is available in a range of sizes to suit athletes of any size and ability.

- ✓ High grip textured skin
- ✓ Pliable shape to make you work harder
- ✓ Dead weight with zero bounce

## HIGH GRIP DEAD BALLS - AVAILABLE WEIGHTS

|      |      |      |      |      |      |
|------|------|------|------|------|------|
| 2KG  | 3KG  | 4KG  | 5KG  | 6KG  | 7KG  |
| 8KG  | 9KG  | 10KG | 12KG | 15KG | 20KG |
| 25KG | 30KG | 35KG | 40KG | 45KG |      |





## WALL BALLS

The humble Wall Ball exercise - simple, effective and a movement that is sure to leave your heart racing. Our standard Wall Balls have been constructed to last and remained balanced. We get it—there's nothing worse than a lop-sided wall ball mid-air.

These balls have a double-foam outer layer and are wrapped in a durable split leather to absorb maximum impact—but remember, these are not a slam or medicine ball and aren't made to be repeatedly slammed into the ground.

AlphaFit Wall Balls are available in 8lb, 14lb, and 20lb weights.



8LB WALL BALL



14LB WALL BALL



20LB WALL BALL

## DYNAMAX BALLS

Dynamax was designed for athletes, by athletes. Dynamax balls are 14" in diameter, moisture resistant, and are made from 70% post-consumer recycled materials. The design and construction ensures that they will remain dimensionally stable and balanced. Their trade secret and craftsmanship guarantee that each ball, regardless of weight, has a friendly feel and will absorb high velocity impact, making for a fun and vigorous workout. All models of the Dynamax Medicine Ball have undergone extensive testing and are designed to endure repeated impact in all athletic training and fitness situations.

The seams on a Dynamax Medicine Ball will not fail unless the product is abused by repeated impact against a rough, aggregate surface or slamming the product on the ground from overhead. Dynamax Medicine Balls have been tested to withstand repeated impact against any relatively smooth, reinforced wall.



4LB DYNAMAX  
MEDICINE BALL



8LB DYNAMAX  
MEDICINE BALL



12LB DYNAMAX  
MEDICINE BALL



14LB DYNAMAX  
MEDICINE BALL



20LB DYNAMAX  
MEDICINE BALL



25LB DYNAMAX  
MEDICINE BALL



30LB DYNAMAX  
MEDICINE BALL

# MEDICINE BALLS

Medicine balls are a versatile tool for the development of speed, strength, power and conditioning. They can be used as part of a beginner exercise program all the way through to elite-level athlete training. AlphaFit's Medicine Balls feature a rubberised outer layer with a textured finish to ensure grip is optimal and a durable product is delivered. Clear weight markings and colour coding ensure easy identification.

- ✓

Textured rubber surface for better grip
- ✓

Size range 1-10kg
- ✓

Different colours for easy to identify weights
- ✓

Extremely versatile piece of equipment

## MEDICINE BALLS - AVAILABLE WEIGHTS

|                    |                      |                     |                      |
|--------------------|----------------------|---------------------|----------------------|
| 1KG - RED / BLACK  | 2KG - PURPLE / BLACK | 3KG - GREEN / BLACK | 4KG - ORANGE / BLACK |
| 5KG - PINK / BLACK | 6KG - GREY / BLACK   | 7KG - BLUE / BLACK  | 8KG - YELLOW / BLACK |
| 9KG - BLUE / BLACK | 10KG - GREEN / BLACK |                     |                      |



# JUMP ROPES

## SKIPPING ROPES

The AlphaFit Basic Skipping Rope is designed to get the job done. Perfect for beginners or for bulk sets for facilities to keep on hand, the Basic Skipping Rope will get your athletes from singles to doubles in no time. Available in four sizes.

## SPEED ROPES

AlphaFit Peak and Element Speed Ropes are made of tangle-free, nylon sheathed metal cable and are designed for speed through the air. The ball bearing loaded handles create friction-free turnover and maximise your rotations per second. Defy the laws of physics with our Peak Speed Rope to string together dozens of impressive triple unders.

In addition to improving your speed, agility and cardiovascular fitness, skipping will increase your joint strength, proprioception and coordination. These ropes are three meters in length and can be cut to adjust to size.



210CM/7" SKIPPING ROPE BASIC RED



240CM/8" SKIPPING ROPE BASIC BLUE



270CM/9" SKIPPING ROPE BASIC BLACK



305CM/10" SKIPPING ROPE BASIC BLACK



ELEMENTS SPEED ROPE (PINK OR BLUE)



PEAK SPEED ROPE





# ACTIVATION & POWER BANDS

AlphaFit resistance bands are made from layered latex technology for maximum durability and suitable for a wide array of uses. From simple warm up movements all the way through to power and strength development. They can also be used for a range of mobility and stretching purposes to either regress or progress a movement.

The benefits of these resistance based exercises include isolation, dynamic stabilisation, added concentric tension and increased eccentric load. These bands are basic in nature but complex in application and only limited by your imagination.



ACTIVATION LOOP BAND  
RED - X-LIGHT



ACTIVATION LOOP BAND  
ORANGE - LIGHT



ACTIVATION LOOP BAND  
YELLOW - MEDIUM



ACTIVATION LOOP BAND  
GREEN - HEAVY



ACTIVATION LOOP BAND  
BLUE - X-HEAVY



ACTIVATION LOOP BAND SET OF 5



PINK POWER BAND  
2080 X 6.4 X 4.5MM



RED POWER BAND  
2080 X 13 X 4.5MM



BLACK POWER BAND  
2080 X 22 X 4.5MM



PURPLE POWER BAND  
2080 X 32 X 4.5MM



GREEN POWER BAND  
2080 X 44 X 4.5MM



BLUE POWER BAND  
2080 X 64 X 4.5MM



ORANGE POWER BAND  
2080 X 83 X 4.5MM



POWER BAND PACK  
SET OF 14 (2 OF EACH)



SKLZ MINI BANDS  
SET OF 3



# PREHAB & MOBILITY

## ROLLERS & MASSAGE BAR

Benefits from regular foam roller and massage bar use can include increased blood flow, alleviation of muscle soreness and tightness, and increased mobility.

## FLOSS BANDS

Compression Floss Bands are made from layered latex technology for maximum durability and can be used for self-administered compression tack and flossing exercises designed to get athletes moving more freely and comfortably.

## MOBILITY BALLS

AlphaFit Lacrosse Balls increase mobility and are great to release trigger points in those hard to reach places. The SKLZ Accupoint Spine and Tissue Massager offers an ergonomic design that cradles the spine for corrective therapy or applies pressure to localized pain in parts of the body where trigger release is required



TRIGGER POINT FOAM ROLLER 33CM



EXTRA FIRM FOAM ROLLER 45CM



EXTRA FIRM FOAM ROLLER 90CM



SKLZ MASSAGE BAR



COMPRESSION FLOSS BAND  
BLACK/HEAVY



COMPRESSION FLOSS BAND  
RED/X-HEAVY



LACROSSE BALL



SKLZ ACCUPOINT MASSAGER



# ALPHA

## **ALPHAFIT**

☎ 1300 257 428  
📍 60 Export Drive, Molendinar QLD 4214  
✉ admin@alphafit.com.au  
🌐 www.alphafit.com.au

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