

## Speed & Agility Equipment



Set of 20 Agility Cones with storage, carry rack. Ideal for SAQ drills or for marking out a small playing field for football or other ball sports. Made from high durable plastic

Price: £16.60

<http://www.gymratz.co.uk/20-agility-cones>



Set of 50 Coloured Agility cones with a handy velcro retaining strap for easy transport. Ideal for SAQ drills or for marking out a small playing field for football or other ball sports. Made from PE.

Price: £29.99

<http://www.gymratz.co.uk/50-coloured-agility-cones>



Standard Hula Hoop. 6 part construction plain hula hoop with comfortable NBR padding. 100cm diameter with 3.5cm diameter tube. This hula hoop can also be disassembled for storage.

Price: £21.66

<http://www.gymratz.co.uk/standard-hula-hoop-11kg>



Hula hooping is great exercise and will help to naturally firm and tone the waist and abdomen. The weighted design (2Kg) further enhances workout benefits.

Price: £26.66

<http://www.gymratz.co.uk/wave-hula-hoop-2kg>



Hula hooping is great exercise and will help to naturally firm and tone the waist and abdomen. The weighted design (1.5Kg) further enhances workout benefits.

Price: £24.16

<http://www.gymratz.co.uk/weighted-15kg-wave-hula-hoop>



Ultra fast tangle proof cable rope, ideal for double unders, crossfit, HIIT & MMA training to boost speed, agility and coordination.

Price: £12.49

<http://www.gymratz.co.uk/ultra-speed-cable-rope>



Set of 50 Coloured Agility cones with a handy retaining strap for easy transport. Ideal for SAQ drills or for marking out a small playing field for football or other ball sports. Made from PE.

Price: £13.00

<http://www.gymratz.co.uk/60-coloured-agility-cones>



Made from genuine cow hide leather the 7 inch small size ball enables a more intermediate/ advanced level workout due to the slightly increased difficulty in hitting the reduced surface area on offer.

Price: £49.99

<http://www.gymratz.co.uk/recoil-rx7-reaction-ball>



A high quality wall timer, perfect for a gym or home environment, purposely designed for interval training. Aluminum casing ensures great durability and included is a large, easy to use remote control.

RRP: £296.10

**Our Price: £266.49**

You Save: £29.61 - 10 % Discount

<http://www.gymratz.co.uk/digital-interval-timer-jordan>

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These high-performance training hurdles offer a choice of 2 heights 18 or 30cm, by simply rotating the leg. The high visibility yellow and black design and stable feet make this perfect for use in or outdoors in multiple training set ups. Helps improve footwork and agility and maximise leg power.

Price: £45.83

<http://www.gymratz.co.uk/dual-height-training-hurdles-6-pack>



These high-performance training hurdles offer a choice of 2 heights. The high visibility yellow and black design and stable feet make this perfect for use in or outdoors in multiple training set ups. Helps improve footwork and agility and maximise leg power.

Price: £49.00

<http://www.gymratz.co.uk/dual-height-training-hurdles-5-pack>



The Agility Ladder is 4m long. light weight flat lay rungs spaced 15" apart and includes 4 x ground stakes to ensure secure fixing when used outdoors on grass, bootcamps etc

Price: £26.56

<http://www.gymratz.co.uk/jordan-agility-ladder-4m>



Increase your speed and power by sprinting with the 54" Power Chute

Price: £20.75

<http://www.gymratz.co.uk/fitness-powerchute>

Gym Ratz - (Fitness Equipment UK)

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