



Functional Fitness Specialists

2016

BROCHURE

www.jordanfitness.com



HOW TO CONTACT

Jordan Fitness: www.jordanfitness.com

RBT: www.jordanrbt.com

Resources: www.jordanfitnessresources.co.uk

Phone: +44 (0)1553 763285

Fax: +44 (0)1553 768685

Email: sales@jordanfitness.co.uk

HOW TO ORDER

It's simple to order products from the Jordan Brochure, simply call one of our Sales Team today at +44 (0)1553 763285 or email sales@jordanfitness.co.uk to complete your order. Alternatively visit www.jordanfitness.com or www.jordanrbt.com



ITEM KEY



NEW ITEM(S) & NEW DESIGN(S)
New or have an updated design for this brochure.



BEST SELLER
Our best selling products - These are essential fitness items!



BSI APPROVED
Approved and tested by the British Standards Institute.



SATRA APPROVED
Tested and approved by Satra Standards.



CUSTOM LOGO
You can add your own logo and branding to all these products.



CUSTOM COLOUR
You can add a custom paint colour to all these products.

MEMBERS



SOCIAL MEDIA



EXCLUSIVE SUPPLIERS





TIME LINE

1984

Neil Jordan opens first health club - manufacturing many items himself.

1986-88

On a consultancy basis, Neil helped with the design, build & renovation of several health clubs.

1989

First fitness equipment sales under the Jordan Fitness name and first office opens in Cambridgeshire.

1994

Warehousing and Service centre opens in Heathrow.

1996

First Central London office opens.



WELCOME TO JORDAN FITNESS

FUNCTIONAL FITNESS SPECIALISTS



1997
First real focus on Free Weights, Functional equipment and Flooring.



2000
Jordan Fitness now employ 7 members of full time staff.



2005
One of the first companies in Europe to sell Kettlebells on a mass scale.



2010
Jordan Fitness acquires Juice Performance and launch the Jordan Fitness Training Academy.



2013
Offices move to new HQ in Kings Lynn. Expanding our warehousing space to 94,000 square feet.



2015
Jordan Fitness now employ 40 members of full time staff.



Jordan Fitness has become an internationally recognised brand with over 25 years of experience in the fitness industry.

The experiences and expertise gained during that time mean that we can provide the best service possible, no matter the size, shape or difficulty of your goals!

The extensive product range is tested and redefined in the UK after thorough product development and market research. The high quality equipment presents innovations in the fitness market and offers incredible value to any customer.

As a specialist in Functional Fitness equipment, our range covers free weights, studio, combat, flooring and much more.

Our Training Academy continues to go from strength to strength offering top quality CPD education to more fitness professionals across Europe and beyond than ever before!

The Jordan Training Academy combines our high quality equipment and industry leading education through our Results Based Training system (RBT). Jordan Fitness helps facilities to “evaluate” their gym, “enhance” the customer experience and “engage” their staff and users through REPs accredited courses.



CUSTOM PRODUCT DESIGN & BRANDING

A brand is a promise – an identity to communicate with your customers. It's their first point of contact; before your staff, trainers & sales team interact with them. It's all about your image.

- **Custom Branded Products** - Use your own logo
- **Bespoke Flooring Solutions** - Customisable markings & logos
- **Bespoke Colour Options** - We will match your colours
- **Premium Paint finishes** - Choose from a range of finishes
- **Custom Branded Upholstery** - Customise your benches
- **Bespoke Wall Graphics** - Made to measure wallpapers

If you are interested in customising your equipment, contact us on

YOUR CUSTOM DESIGN IN 5 EASY STEPS





URETHANE OLYMPIC DISCS •
PREMIUM RUBBER KETTLEBELL
• PLYOBLOCK • CORE HAMMER

NEW PRODUCTS FOR 2016



CONTENTS PAGE

S1 Free Weights

10-27

Ignite® Dumbbells	12
Urethane Dumbbells	13
Classic Rubber Solid End Dumbbells	13
Ignite® Barbells	14
Classic Rubber Solid End Barbells	14
Ignite® Olympic Discs	16
Olympic Classic Urethane Disc	16
Classic Rubber Olympic Discs	17
Calibrated Olympic Competition Discs	17
High Grade Black Rubber Training Discs	18
Olympic Weightlifting Technique Discs	18
PVC Olympic Technique Weightlifting Discs	18
Fractional Plates	18
Free Weight Racks	19
Ultimate Bar	21
7ft Elite Steel High Performance Bar	21
6ft Aluminium Training Bar	21
Steel Series Bars - with bearings	22
Steel Series Bars - without bearings	23
Tricep Bar 34"	23
Hex Bar	23
Free Weight Accessories	24
Technique Boxes	25
Weightlifting Accessories	25

S2 Performance

28-53

Chrome / Rubber Kettlebells	30
Neoprene Kettlebells	30
Cast Iron / Competition Kettlebells	31
Kettlebell Rack	31
PowerWave™ 2.0 & Accessories	32
6 Digital Interval Timer	34
Jordan Flexi-Bag	34
Kettlebell Wrist Guard	34
Training Ropes & Accessories	35
Sandbags	36
Suspension Training	38
Fortitude Functional Training Ladder	39
Performance Sleds	40
Functional Training Vest	41
TDT Spray	41
Slam Balls	42
Tornado Balls	43
Loumet™ Balls	44
Oversized Medicine Balls	45
Gym Hammer	46
Multi-Grip Chinning Bar	46
Functional Block	46
Core Trainers	47
The Hub	48
Plyometric Boxes & Platforms	50
The Sqyre	51
Power Bands	52
Lifting Chains	53

S3 Studio Equipment

54-67

Ignite® Studio Barbells	56
Classic Rubber Studio Barbells	56
Studio Barbell Racks & Accessories	57
Ignite® Studio Dumbbells & Racks	58
Aerobic Step	59
Mini Aerobic Bands	59
Medicine Balls	60
Double Grip Medicine Balls	60
Medicine Ball Rebounder	61
Medicine Ball Rack	61
Fit Balls, Fit Bars & Rack	62
Resistance Tubes	63
Balance Trainers	64
FLOWIN®	66

S4 Combat Equipment

68-75

Jordan Gloves	70
Jordan Pads	72
Jordan Punch Bags & Accessories	74

S5 Benches & Machines

76-83

I-Series Benches	78
J-Series Benches	81
Olympic Adjustable Multi-Bench	81
Olympic Power Rack	82
Dual Adjustable Pulley	83

S6 Functional Training Rigs 84-91

Ignite Functional Rig & Attachments	86
Functional Rigs & Attachments	88

S7 Fitness Flooring 92-111

Aerobic Flooring 10mm	94
Fitness Flooring 15mm	94
Tatami Flooring 15 / 20 / 30mm	96
Rubber Fleck Flooring 12mm	98
Free Weight Flooring 8 / 12mm	100
Performance Flooring 7mm	102
Flexi-Sports Playground Flooring 13mm	104
Activ Flooring	106
Floor Customisation	108
Sports Mats & Flooring Accessories	110

S8 Lifeline® USA 112-121

Jungle Gym® XT	114
Build Your Own System	116
TNT Cable System	118
Exchange Handle System	118
Chest Expander™	119
Power Pushup™	119
Power Wheel™	120
Ropes	121

S9 Per4m® 122-129

Juke 360	124
Quick Hurdles	124
Jump Trainer	125
Leg Power Tube	125
Power Chute	126
Quick Cones	127
Reaction Belts	127
Speed Ladder	128
Quick Puncher	129
Power Drag Bag	129

S10 Pre/Rehab 130-141

Foam Yoga Block	132
Yoga Mat	132
Yoga Stretch Strap	132
Rollers	134
Rejuvenation® Foot Therapy Roller	136
Rejuvenation® Hand Invigoration Putty	136
Rejuvenation® Hand Renewal Kit	137
Rejuvenation® Muscle Massage Kit	137
Rejuvenation® Muscle Therapy Bar	137
Rejuvenation® Rollers	138
Rejuvenation® Stretch & Flex Kit	138
Rejuvenation® Wrist Arm Recovery Bar	139
Rejuvenation® Stamina & Strength Bands	139
Natural Fitness® Hemp Yoga Strap	140
Natural Fitness® Natural Rubber Yoga Mat	141

S11 Training Academy 142-151

Introduction	144
Training Pathway	144
Our Workshops	146
Our Certifications	148
Associated Further Education Courses	150

S12 Results Based Training 152-157

8 Stage Process	154
Frequently Asked Questions	156
3D Plan Examples	157

S13 Extras 158-171

Team Jordan	160
Where Our Equipment Used	166
Installation	168
Manufacturing	169
Leasing	170
Warranty Information	171

Credits	173
----------------	-----

FREE WEIGHTS

“ Jordan Fitness are our supplier of choice when it comes to functional fitness equipment. Our custom branded “Ripped Gym” dumbbells are the latest Jordan addition to our gym and they look great! We have had a great experience with Jordan Fitness in the past, their team were really helpful and knowledgeable and we will definitely be using them for future projects! ”

Alper Kani, Director
- Ripped Gym Basildon
www.rippedgymbasildon.co.uk



DUMBBELLS

The range of Jordan Dumbbells continues to evolve. From our stylish new Ignite® range through to our ever popular Classic Dumbbell, we have something to suit every facility and budget.

WHY IGNITE®?

- Unique and Stylish - compact one piece design
- Totally encapsulated - no end caps!
- Solid Steel - more durable and compact than other cast iron products on the market
- Raised number and braille weight identification
- Heat treated Brushed Steel handles
- Anti-Roll design - increased range of exercises and safety



COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® URETHANE DUMBBELLS

- Black with Red Face
- Premium Polyurethane coating
- Ideal for high use free weight areas
- 3 year warranty



JORDAN IGNITE® URETHANE DUMBBELLS

DUMBBELL SETS

JT-IUD-P1	2.5-25kg	2.5kg increments / 10 pairs
JT-IUD-P2	27.5-37.5kg	2.5kg increments / 5 pairs
JT-IUD-P3	40-50kg	2.5kg increments / 5 pairs
JT-IUD-P4	2.5-50kg	2.5kg increments / 20 pairs
JT-IUD-P5	2.5-30kg	2.5kg increments/12 pairs
JT-IUD-P6	1-10kg	1kg increments/10 pairs
JT-IUD-P10	1-10kg & Vertical Rack	1kg increments/10 pairs
JT-IUD-P12	2.5-25kg & 10 Pair Rack	2.5kg increments / 10 pairs
JT-IUD-P13	2.5-50kg & 2x 10 Pair Rack	2.5kg increments /10 pairs
JT-IUD-P14	2.5-30kg & 12 Pair Rack	2.5kg increments /12 pairs

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® PREMIUM RUBBER DUMBBELLS

- Black Premium Rubber coating - More durable than standard Rubber Dumbbells
- 2 year warranty



JORDAN IGNITE® PREMIUM RUBBER DUMBBELLS

DUMBBELL SETS

JT-IRD-P1	2.5-25kg	2.5kg increments / 10 pairs
JT-IRD-P2	27.5-37.5kg	2.5kg increments / 5 pairs
JT-IRD-P3	40-50kg	2.5kg increments / 5 pairs
JT-IRD-P4	2.5-50kg	2.5kg increments / 20 pairs
JT-IRD-P5	2.5-30kg	2.5kg increments/12 pairs
JT-IRD-P6	52.5-62.5kg	2.5kg increments/5 pairs
JT-IRD-P7	12.5-35kg	2.5kg increments/10 pairs
JT-IRD-P8	1-10kg	1kg increments/10 pairs
JT-IRD-P9	1-10kg & Vertical Rack	1kg increments/10 pairs
JT-IRD-P10	2-20kg	2kg increments/10 pairs
JT-IRD-P11	2-20kg & Vertical Rack	2kg increments/10 pairs
JT-IRD-P12	2.5-25kg & 10 Pair Rack	2.5kg increments / 10 pairs
JT-IRD-P13	2.5-50kg & 2x 10 Pair Rack	2.5kg increments /10 pairs
JT-IRD-P14	2.5-30kg & 12 Pair Rack	2.5kg increments /12 pairs

JORDAN URETHANE DUMBBELLS

- New improved design
- Premium Polymer Polyurethane coating
- 1 Piece design - Eliminates end caps that can be dislodged through extreme use
- Solid steel core for ultimate durability
- Heat treated straight steel handles for maximum strength
- Extended 3 year warranty



JORDAN URETHANE DUMBBELLS

DUMBBELL SETS

JLUD2-P1	2.5-25kg	2.5kg increments/10 pairs
JLUD2-P2	27.5-37.5kg	2.5kg increments/5 pairs
JLUD2-P3	40-50kg	2.5kg Increments/5 pairs
JLUD2-P4	2.5-50kg	2.5kg increments/20 pairs
JLUD2-P5	2.5-30kg	2.5kg increments/12 pairs
JLUD2-P6	52.5-62.5kg	2.5kg increments/5 pairs
JLUD2-P12	2.5-25kg & 10 Pair Rack	2.5kg increments/10 pairs
JLUD2-P13	2.5-50kg & 2x 10 Pair Racks	2.5kg increments/20 pairs
JLUD2-P14	2.5-30kg & 12 Pair Rack	2.5kg increments/12 pairs

INDIVIDUAL PAIRS ARE ALSO AVAILABLE

LARGER SIZES AVAILABLE

JORDAN CLASSIC RUBBER SOLID END DUMBBELLS

- Popular "Classic" Solid End Design
- Contoured Chrome Easy-Grip Handle
- Black Rubber Coating
- Updated design
- Braille markings
- 1 year warranty



CLASSIC RUBBER SOLID END DUMBBELLS

DUMBBELL SETS

JTFDSRN2-1N	2.5-25kg	2.5kg increments / 10 pairs
JTFDSRN2-2N	27.5-37.5kg	2.5kg increments / 5 pairs
JTFDSRN2-3N	40-50kg	2.5kg increments / 5 pairs
JTFDSRN2-4N	2.5-50kg	2.5kg increments / 20 pairs
JTFDSRN2-5N	2.5-30kg	2.5kg increments/12 pairs
JTFDSRN2-6N	52.5-62.5kg	2.5kg increments/5 pairs
JTFDSRN2-8N	12.5kg-35kg	2.5kg increments/10 pairs
JTFDSRN2-P1	1 - 10kg	1kg increments / 10 pairs
JTFDSRN2-P2	1kg-10kg	1kg incs/10 pairs + Vertical Rack
JTFDSRN2-P3	2-20kg	2kg increments /10 pairs
JTFDSRN2-P4	2kg-20kg	2kg incs /10 pairs + Vertical Rack
JTFDSRN2-P5	2.5kg-25kg	2.5kg incs / 10 pairs + 10 Pair Rack
JTFDSRN2-P6	2.5kg-50kg	2.5kg incs / 20 pairs + 2x 10 Pair Rack
JTFDSRN2-P7	2.5kg-30kg	2.5kg incs/12 pairs + 12 Pair Rack
JTFDSRN2-26	65KG Pair	
JTFDSRN2-27	67.5KG Pair	
JTFDSRN2-28	70KG Pair	
JTFDSRN2-29	72.5KG Pair	
JTFDSRN2-30	75KG Pair	

INDIVIDUAL PAIRS ARE ALSO AVAILABLE



JORDAN BARBELLS

Fixed Barbells remain an essential part of any free weight area. Our latest range includes the new Ignite® barbells which are part of a family of products featuring Dumbbells and Discs

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® URETHANE BARBELLS

- Available in Black with Red face
- Unique and stylish anti-roll design
- Raised number & braille weight identification
- Totally encapsulated, no end caps
- Heat treated brushed steel handle
- 3 year warranty



JORDAN IGNITE® URETHANE BARBELLS

STRAIGHT BARS

JT-IUBS-1N 10 bars 10 - 45kg (5kg increments)

JT-IUBS-2N 10 bars + Oval Rack 10 - 45kg (5kg increments)

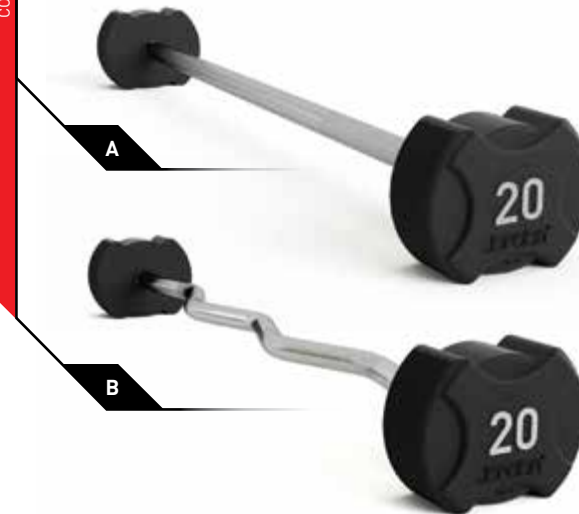
INDIVIDUAL BARBELLS ARE ALSO AVAILABLE

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® PREMIUM RUBBER BARBELLS

- Unique and stylish anti-roll design
- Raised number & braille weight identification
- Totally encapsulated, no end caps
- Heat treated brushed steel handle
- Black rubber coating
- 2 year warranty



JORDAN IGNITE® PREMIUM RUBBER BARBELLS

A. STRAIGHT BARS

JT-IRBS-1N 10 bars 10 - 45kg (5kg increments)

JT-IRBS-2N 10 bars + Oval Rack 10 - 45kg (5kg increments)

B. CURL BARS

JT-IRBC-1N 10 bars 10 - 45kg (5kg increments)

JT-IRBC-2N 10 bars + Oval Rack 10 - 45kg (5kg increments)

INDIVIDUAL BARBELLS ARE ALSO AVAILABLE

JORDAN CLASSIC SOLID END RUBBER BARBELLS

- Popular "Classic" Solid End Design
- Contoured Chrome Easy-Grip Handle
- Black Rubber Coating
- New updated design
- 1 year warranty



JORDAN SOLID END RUBBER BARBELLS

STRAIGHT BARS

JTRBARSN2-1N 10 bars 10 - 45kg (5kg increments)

JTRBARSN2-2N 10 bars + Oval Rack 10 - 45kg (5kg increments)

CURL BARS

JTRBARCN2-1N 10 bars 10 - 45kg (5kg increments)

JTRBARCN2-2N 10 bars + Oval Rack 10 - 45kg (5kg increments)

INDIVIDUAL BARBELLS ARE ALSO AVAILABLE



Since opening my Personal Training Studio and starting fat loss bootcamps, using Jordan's Fitness equipment was the best choice I could of made. They not only have a vast array of equipment to choose from but the quality is also of a very high standard. Be it dumbbells, benches and barbells for your studio or gym, to chains, sleds, bands, medicine balls and much more for bootcamps. Possibly the best fitness equipment company that I have done business with.



Gavin Attorre, Personal Trainer



JORDAN OLYMPIC DISCS

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® URETHANE OLYMPIC DISCS

- Black with Red face
- Unique and stylish anti-roll design
- Premium Polyurethane coating
- Ideal for high use free weight areas
- 50mm Olympic Stainless Steel centres
- 3 year warranty



JORDAN IGNITE® URETHANE OLYMPIC DISCS

INDIVIDUAL DISCS

JT-IUP-01	25kg	JT-IUP-05	5kg
JT-IUP-02	20kg	JT-IUP-06	2.5kg
JT-IUP-03	15kg	JT-IUP-07	1.25kg
JT-IUP-04	10kg		

OLYMPIC DISC SETS

JT-IUP-P1	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
JT-IUP-P2	400kg set	4x 5,10,25 6x 15,20 8x 1.25, 2.5kg
JT-IUP-P3	300kg set	2x 25, 4x 5,15,20, 6 x 10, 8x 1.25, 2.5kg
JT-IUP-P4	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® PREMIUM RUBBER OLYMPIC DISCS

- Black Premium Rubber coating - More durable than standard Rubber Olympic Discs
- Unique and stylish anti-roll design
- 50mm Olympic Stainless Steel centres
- 2 year warranty



JORDAN IGNITE® PREMIUM RUBBER OLYMPIC DISCS

INDIVIDUAL DISCS

JT-IRP-01	25kg	JT-IRP-05	5kg
JT-IRP-02	20kg	JT-IRP-06	2.5kg
JT-IRP-03	15kg	JT-IRP-07	1.25kg
JT-IRP-04	10kg		

OLYMPIC DISC SETS

JT-IRP-P1	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
JT-IRP-P2	400kg set	4x 5,10,25 6x 15,20 8x 1.25, 2.5kg
JT-IRP-P3	300kg set	2x 25, 4x 5,15,20, 6x 10, 8x 1.25, 2.5kg ^o
JT-IRP-P4	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg

COMMUNITY REGISTERED DESIGN

OLYMPIC CLASSIC BLACK URETHANE DISCS

- New Stylish Design
- Premium Polyurethane coating
- 3x contoured hand grips
- Designed for Olympic Bars
- 3 Year Warranty
- Custom Branding available
- Laser etched logo and weight ID. No badges or stickers



JORDAN URETHANE RUBBER DISCS (ROUND)

INDIVIDUAL DISCS

JTOPU-01	25kg	JTRCPR-05	5kg
JTOPU-02	20kg	JTRCPR-06	2.5kg
JTOPU-03	15kg	JTRCPR-07	1.25kg
JTOPU-04	10kg		

OLYMPIC DISC SETS

JTOPU-P4	1000kg set	10x 10,25 16x 1.25,2.5,20 14x 15 12x 5kg
JTOPU-P1	400kg set	4x 5,8,10,25 6x 15,20 8x 1.25, 2.5kg
JTOPU-P2	300kg set	2x 25, 4x 5,15,20, 6 x 10, 8x 1.25, 2.5kg
JTOPU-P3	200kg set	2x 15,20,25 4x 2.5,5,10, 8x 1.25kg
JTOPU-P5	200kg set + Weight Tree	



JORDAN CLASSIC RUBBER OLYMPIC DISCS (ROUND)

- Popular "Classic" Design
- Cast Iron encapsulated in durable Rubber
- 3x contoured hand grips
- 50mm Olympic centres
- 1 Year Warranty



JORDAN OLYMPIC RUBBER DISCS (ROUND)

INDIVIDUAL DISCS

JTRCPR-01	25kg	JTRCPR-05	5kg
JTRCPR-02	20kg	JTRCPR-06	2.5kg
JTRCPR-03	15kg	JTRCPR-07	1.25kg
JTRCPR-04	10kg		

OLYMPIC DISC SETS

JTRCPR-P4	1000kg set	10x 10,25	16x 1.25,2.5,20	14x 15	12x 5kg
JTRCPR-P1	400kg set	4x 5,8,10,25	6x 15,20	8x 1.25, 2.5kg	
JTRCPR-P2	300kg set	2x 25, 4x 5,15,20,	6 x 10,	8x 1.25, 2.5kg	
JTRCPR-P3	200kg set	2x 15,20,25	4x 2.5,5,10,	8x 1.25kg	
JTRCPR-P5	200kg set + Weight Tree				

JORDAN CALIBRATED OLYMPIC COMPETITION DISCS

- Highest specification of Jordan Olympic training disc
- Designed to be used for Olympic lifting and meets IWF standards
- Highly Durable Solid Virgin Rubber will not bend or crack
- Steel centres for increased durability
- Calibrated to 0.7% accuracy of weight
- Outer diameter of the disc is 450mm (IWF standards)
- Diameter of inner hole is 50.44mm
- Colour coded for easy weight identification
- For use on Olympic Lifting Platforms



JORDAN CALIBRATED OLYMPIC COMPETITION DISCS

PRODUCT INFORMATION

JLCTP-25	25kg Red
JLCTP-20	20kg Blue
JLCTP-15	15kg Yellow
JLCTP-10	10kg Green

JORDAN OLYMPIC TRAINING DISCS

JORDAN HIGH GRADE BLACK RUBBER TRAINING DISCS

- High Grade Solid Virgin Rubber discs will not break or crack
- For use on Olympic Lifting Platforms
- Reinforced steel centre sleeve allows easy Olympic bar loading
- Full size (450mm) for correct technique
- Tested to 15,000 drops



JORDAN HIGH GRADE BLACK RUBBER TRAINING DISCS

PRODUCT INFORMATION

JLBRTP-25	25kg
JLBRTP-20	20kg
JLBRTP-15	15kg
JLBRTP-10	10kg
JLBRTP-05	5kg

JORDAN OLYMPIC WEIGHTLIFTING TECHNIQUE DISCS

- Light weight Technique discs
- Full size (450mm diameter) for correct technique
- Durable One Piece Construction
- Diameter of inner hole: 50.4mm
- For use on Olympic Lifting Platform



JORDAN OLYMPIC WEIGHTLIFTING TECHNIQUE DISCS (EACH)

PRODUCT INFORMATION

JLTP-05	5kg Olympic technique disc	Green
JLTP-06	2.5kg Olympic technique disc	Black

FRACTIONAL PLATES

- KG Change Plates for microloading, personal records and custom weight selection
- Sold in pairs or as full 25KG set
- 50.4mm opening
- Gloss finish



JORDAN FRACTIONAL PLATES

PRODUCT INFORMATION

JTFRACPL	Jordan Fractional Plate Set
	2x5kg, 2x2.5kg, 2x2kg, 2x1.5kg, 2x1kg, 2x0.5kg, 6x0.25kg

PVC OLYMPIC TECHNIQUE WEIGHT LIFTING DISKS

- Power technique disk are hollow 1-piece weights
- Made of hygienic non-porous PVC plastic
- For use indoors and outdoors
- 11mm thick plastic walls
- Will not soak up dirt or sweat
- Designed to allow shock absorption
- These bumper plates will fit any Olympic bar
- Bright and striking design
- The disks are a valuable and cost effective
- Perfect bumper plates for Olympic weightlifting, Crossfit, fitness, schools gyms, gyms, and for physiotherapy rehabilitation purposes.
- Available in Red (5kg) and White (2.5kg)



PVC OLYMPIC TECHNIQUE WEIGHTLIFTING DISKS (EACH)

PRODUCT INFORMATION

JLTP-06	Red	2.5kg PVC Olympic Technique Disks
JLTP-05	White	5kg PVC Olympic Technique Disks

FREE WEIGHT RACKS

JORDAN VERTICAL DUMBBELL RACKS

- Modern, space saving design
- Curved Oval Steel Frame
- Easy access for removal and return of dumbbells to the rack
- 2 sizes to fit all Jordan 1-10kg and 2-20kg dumbbell sets



JORDAN DUMBBELL RACKS

VERTICAL RACK

JTDR-05-10	1kg-10kg	H1570mm, L740mm, D600mm
JTDR-05-20	2kg-20kg	H1570mm, L740mm, D600mm

JORDAN TIERED DUMBBELL RACKS

- Heavy duty 2 & 3 tier design
- Silver oval frame
- Saddles for correct weight location
- Saddles prevent damage to dumbbells
- Ultra flexible design. These racks can be 'Daisy chained' together to provide one continuous rack
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



JORDAN DUMBBELL RACKS

2 TIER RACKS

JTDR-09N	5 pair rack	H840mm, L1225mm, D530mm
JTDR-08-10N	10 pair rack	H840mm, L2450mm, D530mm
JTDR-08-12N	12 pair rack	H840mm, L2976mm, D530mm

3 TIER RACKS

JTDR-08-10N3	10 pair rack	H890mm, L1800mm, D760mm
---------------------	--------------	-------------------------

* DUMBBELLS NOT INCLUDED

JORDAN BARBELL RACKS

- Racks for 10 bars and 5 bars
- Stable double or single sided designs
- Colour - silver
- Oval Frame
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



BARBELL RACKS

5 BAR

JTBR-07	Holds 5 bars	H1460mm, L900mm, D670mm
----------------	--------------	-------------------------

10 BAR

JTBR-05	Holds 10 bars	H1275mm, L875mm, D750mm
----------------	---------------	-------------------------

FREE WEIGHT RACKS CONTINUED

JORDAN OLYMPIC WEIGHT TREE

- Designed to store all sizes of Olympic discs ranging from 1.25kg to 25kg in a safe and secure location.
- Stylish oval steel frame with high quality chromed bars combined with rubber feet make this an essential part of any free weight area.
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Holds up to 350kg
- Holds up to 50kg on each arm
- Colour - Silver



JORDAN OLYMPIC WEIGHT TREE

PRODUCT INFORMATION

JTOWT-05 Silver L900mm, H1300mm, D570mm

JORDAN OLYMPIC TRAINING DISC RACK

- Holds Olympic training discs (8 discs)
- Complete with handle and wheels for easy mobility
- Colour: Silver
- Frame is made from 11-gauge steel
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Weight: 20kg



JORDAN OLYMPIC TRAINING DISC RACK

PRODUCT INFORMATION

JTRCTPR Silver L1402mm, H305mm, D330mm

* DISCS NOT INCLUDED

COMMUNITY REGISTERED DESIGN

JORDAN SQUAT STAND

- Space efficient alternative to a Power Rack.
- Ideally use with a Jordan incline/decline bench and 7ft Olympic bar
- Extremely stable - no floor drilling required
- Top and bottom adjustable safety bars
- Adjustable top stands and lower safety bar support
- Unique locking system allowing easy width adjustment
- 100 x 50 x 2.5mm stylish oval steel structure
- Unique textured Silver paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



JORDAN SQUAT STAND

PRODUCT INFORMATION

JTHDSS Height of squat hooks - Min 950mm / Max 1598mm
Height of safety bars - Min 429mm / Max 728mm
Width 1450mm, Depth 820mm, Height 1200mm

JORDAN OLYMPIC BARS

Jordan Bars are manufactured using the latest techniques. Our Olympic bars undergo stringent quality control and testing. Our range now includes the New Ultimate Bar, the Elite Performance bars, lightweight technique bars and either precision bearings or bronze bushes for smooth rotation.

JORDAN 7FT ELITE STEEL HIGH PERFORMANCE OLYMPIC BAR (tested to exceed 1,600 lbs / 750kg)

- Premium grade bearings for smooth operation
- Durable, brushed steel finish
- 28mm Diameter grip
- Yellow, high visibility end cap
- Spring steel, heat treated to HB400
- 185,000 psi
- Length 2200mm
- Weight 20kg

BENEFITS

- Performing the Olympic Lifts - Snatch, Clean and Jerk - the Modified Lifts - Power Clean and Power Snatch - and the Olympic Pulls
- Practicing for weightlifting competitions - optimal diameter and weight to meet competition standards
- All standard resistance exercises, like the Squat, Deadlift, Row and Overhead Press



JORDAN 6FT ULTIMATE LADIES BAR (BLUE) (tested to 1000lbs / 450kg)

- Hardened chrome finish
- Brass Bushing
- 25mm Diameter grip
- Weight 15kg
- Length 2050mm
- 200,000 psi



JORDAN 7FT ULTIMATE MENS BAR (RED) (tested to 2,000 lbs / 907kg)

- Hardened chrome finish
- 8 needle bearings
- 28mm Diameter grip
- Weight 20kg
- Length 2200mm
- 200,000 psi



JORDAN 6FT ALUMINIUM TRAINING BAR (130lbs / 65kg test)

- Brushed steel finish
- Length 1830mm, Diameter 28mm
- Weight 7kg

BENEFITS

- Learning the Olympic Lifts, without having to lift a full 20kg Olympic bar
- Females and younger athletes to learn these skills, when a full bar would be too heavy
- Use with light rubber training discs (up to 5kg)
- Many other resistance exercises, like the Overhead Squat, Single Arm Overhead Press or High Windmill



JORDAN BARS

INDIVIDUAL LENGTHS

JTPOB-86	7ft	Steel Performance Bar
JTNB-72	6ft	Aluminium Training Bar
JLULTIMAL-01	6ft	6ft Ultimate Ladies Bar (Blue Cap)
JLULTIMAM-01	7ft	7ft Ultimate Mens Bar (Red Cap)

JORDAN OLYMPIC BARS - STEEL SERIES

WITH BEARINGS

High grade Bars featuring precision bearings for a smoother rotation. These bars also feature a unique and contemporary brushed steel finish which is far more durable than traditional chrome bars, the Jordan Steel Series Bars look great in any facility.



JORDAN BARS - STEEL SERIES

A. STEEL SERIES BARS - WITH BEARINGS

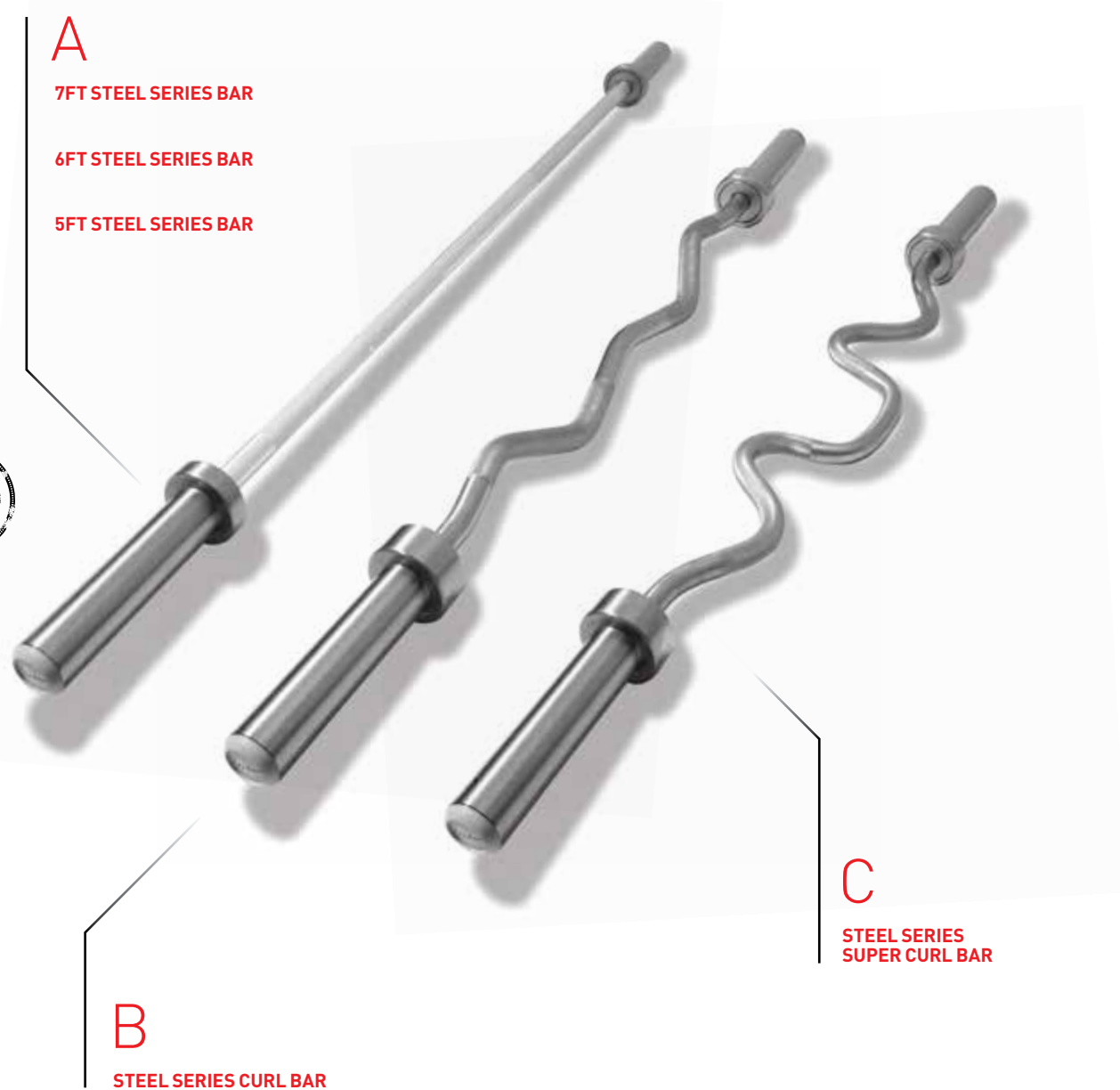
JTNB-86-15	7ft	Total Length 2180mm Internal Length 1320mm End Length 385mm Weight 20kg
JTNB-72-7	6ft	Total Length 1830mm Internal Length 1240mm End Length 245mm Weight 15kg
JTNB-60-7	5ft	Total Length 1500mm Internal Length 940mm End Length 245mm Weight 13kg

B. STEEL SERIES CURL BAR - WITH BEARINGS

JTNB-48		Total Length 1200mm Internal Length 810mm End Length 175mm Weight 7.5kg
----------------	--	--

C. STEEL SERIES SUPER CURL BAR - WITH BEARINGS

JTNB-48S		Total Length 1180mm Internal Length 795mm End Length 175mm Weight 7.5kg
-----------------	--	--



A
7FT STEEL SERIES BAR
6FT STEEL SERIES BAR
5FT STEEL SERIES BAR

B
STEEL SERIES CURL BAR

C
STEEL SERIES SUPER CURL BAR

JORDAN OLYMPIC BARS

WITHOUT BEARINGS

Made to the same high standards as the rest of our Steel Series Bars with the exception of bronze bushes replacing the premium grade bearings.

JORDAN BARS - STEEL SERIES

A. STEEL SERIES BARS - WITHOUT BEARINGS

JTN0B-86-15	7ft	Total Length 2180mm	Internal Length 1320mm	End Length 385mm	Weight 20kg
JTN0B-72-7	6ft	Total Length 1830mm	Internal Length 1250mm	End Length 385mm	Weight 15kg
JTN0B-60-7	5ft	Total Length 1500mm	Internal Length 930mm	End Length 245mm	Weight 13kg

B. STEEL SERIES CURL BAR - WITHOUT BEARINGS

JTN0B-47		Total Length 1152mm	Internal Length 762mm	End Length 174mm	Weight 8.2kg
-----------------	--	----------------------------	------------------------------	-------------------------	---------------------

C. TRICEP BAR 34" - WITHOUT BEARINGS

JTN0B-34		Total Length 834mm	Internal Length 474mm	End Length 162mm	Weight 10.20kg
-----------------	--	---------------------------	------------------------------	-------------------------	-----------------------

D. HEX BARS - WITHOUT BEARINGS

JTN0B-HB72	6ft	Total Length 1824mm	Internal Length 1263mm	End Length 230mm	Weight 27.6kg
JTN0B-HB86	7ft	Total Length 2180mm	Internal Length 1302mm	End Length 372mm	Weight 32.1kg

A

7FT STEEL SERIES BAR
(1500lbs / 681kg test)

6FT STEEL SERIES BAR

5FT STEEL SERIES BAR

B

**STEEL SERIES
CURL BAR**

D

6FT HEX BAR

7FT HEX BAR

**HEX BAR
(TRAP BAR)**

C

TRICEP BAR 34"

BENEFITS

- An alternative bar when performing the deadlift
- Developing grip strength and endurance
- Placing the hands in an optimal,

neutral position during shrugs

- Standard resistance exercises, like the Shrug, or for more unusual exercises, like the Farmers Walk
- Contemporary brushed steel finish

FREE WEIGHT ACCESSORIES

OLYMPIC SPRING COLLARS 50MM (PAIR)

- Cost effective light weight collars



OLYMPIC CLAMP COLLARS 50MM (PAIR)

- Ideal for securing Olympic discs onto a 50mm bar - "click & lock" to secure discs
- Virtually eliminated bar damage compared to conventional collars



QUICK LOCK COLLARS (PAIR)

- Ideal for securing Olympic discs onto a 50mm bar - "click & lock" to secure discs
- Virtually eliminated bar damage compared to conventional collars



FAT GRIPZ (PAIR)

- Grip Collars fit virtually all bars and cable attachments - making the bar more than twice as thick
- Made from a ultra tough rubber-like compound, they grip the bar like a clamp and wont compress
- Turn any bar into thick bars



OLYMPIC BAR HOLDER

- Holds 8 Olympic bars
- New unique "TUFF COAT" textured paint finish - more resistant to wear and tear damage than normal powder coat
- Weight 19kg



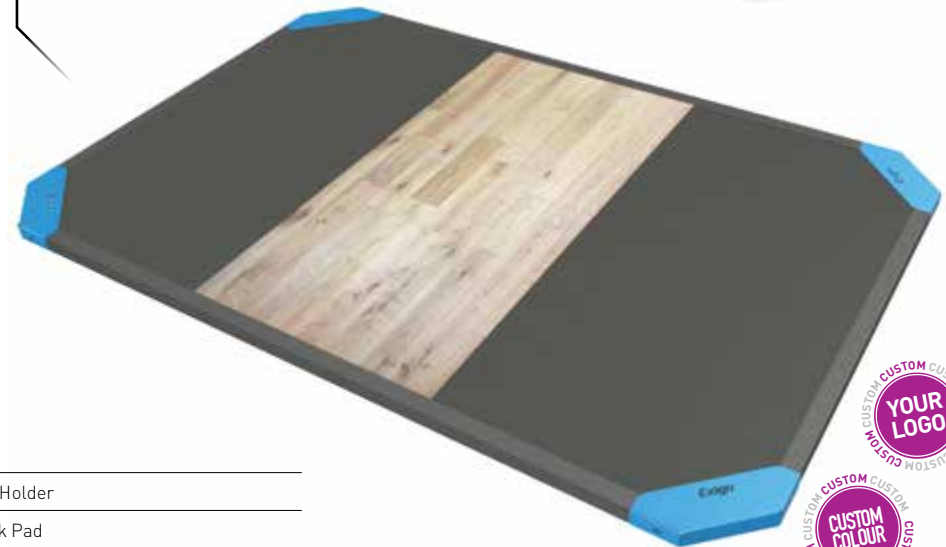
OLYMPIC NECK PAD

- Eliminate neck strain when performing squats with our bar pad which is designed to fit all of our Olympic bars
- Length: 390mm x 80mm



OLYMPIC LIFTING PLATFORM

- 3m x 2m Oak Centre Lifting Platform
- Length: 3000mm Width: 2000mm Height: 60mm
- Weight: 30kg



FREE WEIGHT ACCESSORIES

PRODUCT INFORMATION

JTC-03	Olympic Spring Collars 50mm (Pair)
JLOCC	Olympic Clamp Collars 50mm (Pair)
JLQLC-01	Quick Lock Collars (Pair)
JLFG	Fat Gripz

JTBR-11	Olympic Bar Holder
JTNP	Olympic Neck Pad
JL-4099/1	Olympic Lifting Platform

JORDAN TECHNIQUE BOXES

- Strong wood material to hold any weight
- Comes in a pair (set of 8)
- Includes stoppers on each box
- Handles for easy lifting access
- Specifically designed for Olympic lifting

**JORDAN TECHNIQUE BOXES****PRODUCT INFORMATION****JL-TBS**

Includes: 2x 2.25" / 6" / 12" / 15"
Dimensions: Total Height stacked 895mm

JORDAN LIGHTWEIGHT WEIGHT LIFTING BELT

- Lightweight neoprene belt
- Extra wide thick padding - 20.5cm
- Steel roller buckle for secure fit
- Available in sizes M, L & XL
- Colour: Black

**JORDAN WEIGHT LIFTING BELTS****LIGHTWEIGHT BELT**

JLWLB-16008M	Medium
JLWLB-16008L	Large
JLWLB-16008XL	Extra Large

JORDAN LEATHER WEIGHT LIFTING BELT

- Lined leather belt
- 10cm wide
- Steel roller buckle for secure fit
- Available in sizes M, L & XL
- Colour: Black

**JORDAN WEIGHT LIFTING BELTS****LEATHER BELT**

JLWLB-15007M	Medium
JLWLB-15007L	Large
JLWLB-15007XL	Extra Large

JORDAN WEIGHT LIFTING GLOVES

- Quality glove for comfort and durability
- Leather/cotton mesh glove
- Gel and foam padding for comfort
- Washable by hand
- Available in sizes M, L & XL

A. JORDAN SHORT WEIGHT LIFTING GLOVES

- Narrow wrist grip
- Black with red stitching

B. JORDAN LONG WEIGHT LIFTING GLOVES

- Wide wrist grip
- Black/Grey

**JORDAN WEIGHT LIFTING GLOVES****A. SHORT GLOVES**

JLWLG-17022M	Medium
JLWLG-17022L	Large
JLWLG-17022XL	Extra Large

B. LONG GLOVES

JLWLG-17011M	Medium
JLWLG-17011L	Large
JLWLG-17011XL	Extra Large

JORDAN URETHANE CABLE ATTACHMENTS



JORDAN CABLE ATTACHMENTS

PRODUCT INFORMATION

JTMBU-01	A. Cable handle with fabric grip
JTMB-01	B. Cable handle with rubber grip
JTMBU-02	C. V handle

JTMBU-03	D. Angled pressdown bar
JTMBU-04	E. Straight cable bar
JTMBU-05	F. Tricep rope (black)
JTMBU-06	G. Pivoting pressdown bar
JTMBU-07	H. Cable EZ curl bar

JTMBU-08	I. Cable curl bar
JTMBU-09	J. Parallel grip lat wide pulldown bar
JTMBU-10	K. Parallel grip lat narrow pulldown bar
JTMBU-11	L. Close grip low row/pulldown handle
JTMBU-12	M. Single rope

JTRHMAU-04	N. 36" Standard lat pulldown bar
JTRHMAU-03	O. 48" Standard lat pulldown bar
JLAS	P. Leather ankle strap
JTMR-15	Cable Attachments Rack



* ATTACHMENTS NOT INCLUDED

JORDAN CABLE ATTACHMENTS RACK

- Holds up to 15 attachments
- Vertical space saving design
- One piece construction for stability
- Chrome attachment pins
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver
- Height 1100mm, Depth 500mm
- Weight 25kg



PERFORMANCE

“ Jordan Fitness’ functional equipment provides the ultimate in durability and high performance. I use Jordan Fitness kettlebells, training ropes and power wheels, in addition to the new Sandbag X-Treme’s for intense strength training and coaching. Their world class products are designed to endure the most punishing of workouts and achieve maximum results. ”

Jason Robinson OBE
England Rugby Union World Cup Winner
www.jasonrobinson.co.uk



JORDAN KETTLEBELLS

The kettlebell is an old-school strength tool that has made a resurgence in recent years. So much so, there is no getting away from them... and for good reason.

You CAN do standard weight training exercises with a kettlebell, but to really take your training to another level then introduce more traditional ballistic exercises such as Swings, Cleans, Snatches and Jerks. Not only will you target each major muscle group, but you will work so many different parts of your body in such a short space of time that your fat burning potential will be drastically increased.

Kettlebell users can expect to develop a strong and lithe physique that is robust and as injury-proof as possible...so what are you waiting for?



ACADEMY COURSE AVAILABLE
 • Kettlebell Instructor Certification

COMMUNITY REGISTERED DESIGN

JORDAN CHROME / RUBBER KETTLEBELLS

- Super Smooth Chrome Handle
- Durable Rubber Coating
- Flat Base
- Available in 2kg increments



JORDAN CHROME / RUBBER KETTLEBELLS

INDIVIDUAL KETTLEBELLS

JTKBRC2-04	4kg	JTKBRC2-14	14kg
JTKBRC2-06	6kg	JTKBRC2-16	16kg
JTKBRC2-08	8kg	JTKBRC2-18	18kg
JTKBRC2-10	10kg	JTKBRC2-20	20kg
JTKBRC2-12	12kg	JTKBRC2-24	24kg

KETTLEBELL SETS

JTKB-RC5	10 Kettlebells & Rack Set (1x 4kg, 1x 6kg, 1x 8kg, 1x 10kg, 1x 12kg, 1x 14kg, 1x 16kg, 1x 18kg, 1x 20kg, 1x 24kg, 1x Kettlebell Rack)
----------	---

COMMUNITY REGISTERED DESIGN

JORDAN NEOPRENE COVERED KETTLEBELLS

- Made from Cast Iron with a Neoprene Cover
- Colour coded for easy weight identification
- Flat Base
- Durable Neoprene will not split, scratch or scuff like Vinyl covered alternative



JORDAN NEOPRENE COVERED KETTLEBELLS

INDIVIDUAL KETTLEBELLS

JTKBC-04	4kg	Blue	JTKBC-20	20kg	Green
JTKBC-06	6kg	Pink	JTKBC-24	24kg	Grey
JTKBC-08	8kg	Yellow	JTKBC-28	28kg	Black
JTKBC-12	12kg	Red	JTKBC-32	32kg	Blue
JTKBC-16	16kg	Orange	JTKBC-40	40kg	Purple

KETTLEBELL SETS

JTKB-NP1	Womens Beginner Kettlebell Set (1x 4kg, 1x 8kg, 1x 12kg)
JTKB-NP2	Beginner Kettlebell Set (1x 12kg, 1x 16kg, 1x 20kg)
JTKB-NP3	Intermediate Kettlebell Set (1x 20kg, 1x 24kg, 1x 28kg)
JTKB-NP4	Advanced Kettlebell Set (1x 28kg, 1x 32kg, 1x 40kg)
JTKB-NP5	Kettlebells & Rack Set (1x 4kg, 1 x 8kg, 1x 12kg, 2x 16kg, 2x 20kg, 1x 24kg, 1x 28kg, 1x Kettlebell Rack)

JORDAN CAST IRON KETTLEBELLS

- Solid Cast Iron Kettlebell
- Colour: Black
- Flat Base



JORDAN CAST IRON KETTLEBELLS

INDIVIDUAL KETTLEBELLS

JTKB-4C	4kg	JTKB-24C	24kg
JTKB-8C	8kg	JTKB-28C	28kg
JTKB-12C	12kg	JTKB-32C	32kg
JTKB-16C	16kg	JTKB-40C	40kg
JTKB-20C	20kg		

KETTLEBELL SETS

JTKB-CP1	Womens Beginner Kettlebell Set (1x 4kg, 1x 8kg, 1x 12kg)
JTKB-CP2	Beginner Kettlebell Set (1x 12kg, 1x 16kg, 1x 20kg)
JTKB-CP3	Intermediate Kettlebell Set (1x 20kg, 1x 24kg, 1x 28kg)
JTKB-CP4	Advanced Kettlebell Set (1x 28kg, 1x 32kg, 1x 40kg)
JTKB-CP5	Kettlebells & Rack Set (1x 4kg, 1x 8kg, 1x 12kg, 2x 16kg, 2x 20kg, 1x 24kg, 1x 28kg, 1x Kettlebell Rack)

JORDAN COMPETITION KETTLEBELLS

- Made from Steel with a hollow core
- All weights are the same size to meet comp standards
- Smooth, comfortable handle
- Large, flat, stable base for floor based exercises
- 35mm Diameter handle
- Colour coded for easy weight identification



JORDAN COMPETITION KETTLEBELLS

INDIVIDUAL KETTLEBELLS

JLCKB-08	8kg Pink	JLCKB-28	28kg Orange
JLCKB-12	12kg Blue	JLCKB-32	32kg Red
JLCKB-16	16kg Yellow	JLCKB-36	36kg Grey
JLCKB-20	20kg Purple	JLCKB-40	40kg White
JLCKB-24	24kg Green		

KETTLEBELL SETS

JLCKB-P1	Womens Beginner Kettlebell Set (1x 4kg, 1x 8kg, 1x 12kg)
JLCKB-P2	Beginner Kettlebell Set (1x 12kg, 1x 16kg, 1x 20kg)
JLCKB-P3	Intermediate Kettlebell Set (1x 20kg, 1x 24kg, 1x 28kg)
JLCKB-P4	Advanced Kettlebell Set (1x 28kg, 1x 32kg, 1x 40kg)
JLCKB-P5	Kettlebells & Rack Set (1x 4kg, 1x 8kg, 1x 12kg, 2x 16kg, 2x 20kg, 1x 24kg, 1x 28kg, 1x Kettlebell Rack)

JORDAN KETTLEBELL RACK

- 2 Tier Rack store a maximum of 10 Kettlebells
- 3 Tier Rack store a maximum of 15 Kettlebells
- Rack will hold bells of any size
- Rubber covered top prevents kettlebell damage
- Rubber mats on shelves reduce noise and protect kettlebells
- Colour: Silver
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage



JORDAN KETTLEBELL RACK

PRODUCT INFORMATION

JTKBR	A 2 Tier Kettlebell Rack	H 840mm, L 1220mm, D 530mm
JTKBR-03	B 3 Tier Kettlebell Rack	H 1180mm, L 1560mm, D 600mm

* KETTLEBELLS NOT INCLUDED

POWERWAVE™ 2.0

PowerWave™ multifunctional training device that is revolutionary by design allowing a complete body workout that is guaranteed to unleash explosive core strength and physical endurance to achieve a desirable shape in just 20 minutes. Athletes all over the world are now adopting the PowerWave™ into their daily workout.

- Enhances core strength, muscle development and endurance
- Increases metabolic rate, which results in accelerating fat loss
- Enhances rotational movement promoting joint flexibility
- The amount of exercises that can be performed using the PowerWave™ are endless
- Superb benefits for any gender, age or fitness level
- Portable and easy to store
- Unique shape will enhance speed and agility in a way that free weights and static machines cannot.
- The PowerWave™ enhances specific fluid movements to minimize impact on joints and ligaments.
- Each PowerWave™ is subject to rigorous checks to ensure maximum durability at an affordable price.



COMMUNITY REGISTERED DESIGN

POWERWAVE 2.0 SUPER

- Recommended for Athletes 60-140lbs • Static Weight: 7kg

POWERWAVE 2.0 SPARTAN

- Recommended for Athletes 140-210lbs
- Static Weight: 12kg

COMMUNITY REGISTERED DESIGN

POWERWAVE 2.0 BEAST

- Recommended for Extreme Strength Development • Static Weight: 20kg

COMMUNITY REGISTERED DESIGN



POWERWAVE 2.0

PRODUCT INFORMATION

JLPW2-07	Super 2.0	7kg
JLPW2-12	Spartan 2.0	12kg
JLPW2-20	Beast 2.0	20kg



ACADEMY COURSE AVAILABLE

- PowerWave 2.0 Certification

POWERWAVE™ 2.0 ACCESSORIES



POWERWAVE TRUE GRIP

- A special rubber padding that reacts with the PowerWave to give you the ultimate grip. No slipping here. The True Grip will keep you holding on longer during your Wave20 workout.

A



POWERWAVE CARRY CASE

- Ultra Durable with Padded Grip Track and extra pocket.

B



POWERWAVE 2.0 ACCESSORIES

A TRUE GRIP

JLPWTG-M Small / Medium

JLPWTG-L Large / X-Large

B CARRY CASE

JLPWCC-M Medium

JLPWCC-L Large



WHAT MAKES THE POWERWAVE 2.0 SO UNIQUE?

THE KEYSTONE

Pivotal to the structural balance that aids body posture during workouts. It also holds the majority of the weight of the PowerWave™ which creates the incredible gravitational force when in motion. This force has been measured and can exceed up to 6 times the value of the PowerWave™.

THE HANDLES

Located on the spine of the PowerWave™ with anti-rip tension, adding over a 1000 possibilities of new and demanding workouts.



THE GRIP TRACKS

Removable padded strap grip tracks allow for multiple methods of handling, that support the wrists and increases the demand and momentum of the gravitational force.

THERMO GEL PAD

Temperature responsive gel neck padding shielded through a perforated leather shield, which increases the catabolic rate of energy release, resulting in greater calorie burn.

THE STRAPS

Triple weave straps that can withstand incredible G-Force from the momentum of the PowerWave™.

6 DIGIT DIGITAL INTERVAL TIMER

PRODUCT INFORMATION

This wall timer is perfect for a gym or home environment, designed for class/personal interval based training sessions. Aluminium casing - ensuring a much more durable timer. Comes with a larger, easier to manage remote control, higher density LED and clearer audio.

- 12/24 hour clock
- Training time in seconds
- Rest period timer
- Start/Stop
- Countdown/Count Up
- Stopwatch mode
- Save times and data
- Instructions provided
- Dimensions Height: 21cm, Length: 79cm, Depth: 9cm



6 DIGIT DIGITAL INTERVAL TIMER

PRODUCT INFORMATION

JL-DTC06 LED Screen

JORDAN FLEXI-BAG

COMMUNITY REGISTERED DESIGN

PRODUCT INFORMATION

The new Flexi-Bag allows the user to easily work in all three planes of motion, and perform many exercises for every human movement pattern making this the ultimate functional training tool.

- Great for co-ordination, balance and shoulder mobility/stability drills
- Increase strength and muscular endurance of your grip
- Develop strength and/or power throughout the entire body
- 100% portable for PTs/Boot Camps & Small Group Training
- Lift, swing, curl or press it - limited by your imagination!



JORDAN FLEXI-BAG

PRODUCT INFORMATION

JLFLEX-05	Yellow	Outside 82cm	Inside 67cm	Diameter 5cm
JLFLEX-7.5	Green	Outside 88cm	Inside 71cm	Diameter 6cm
JLFLEX-10	Orange	Outside 101cm	Inside 78cm	Diameter 7.5cm
JLFLEX-15	Blue	Outside 115cm	Inside 92cm	Diameter 8cm
JLFLEX-20	Red	Outside 124cm	Inside 92cm	Diameter 9.5cm



KETTLEBELL WRIST GUARD

- Slim fit for comfort
- Protects the forearm from impact
- Ideal for use by beginners and professionals
- Designed to take pressure off and support the wrist



JORDAN KETTLEBELL WRIST GUARD

PRODUCT INFORMATION

JLWRIST Kettlebell Wrist Guard

JORDAN TRAINING ROPES

PRODUCT INFORMATION

- Extremely versatile conditioning tool, ideal for any ability from beginners to elite athletes
- Work multiple muscle groups simultaneously, meaning you can achieve better results in less time
- Increased aerobic and anaerobic capacity
- Increased strength and power
- Suitable for indoor and outdoor use
- Natural Manilla rope covered with a water resistant nylon jacket
- 15m length - available in 25, 38 & 50mm diameters
- Waterproof Jacket
- Colour: Black



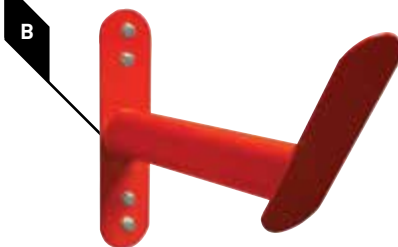
TRAINING ROPE ANCHOR

- Provides safe and secure point for Training Ropes to be looped through
- Can also be used with Resistance Bands & Resistance Tubes
- Fixings not included



TRAINING ROPE STORAGE POINT

- Provides safe and secure storage for a single Training Rope
- Fixings not included



JORDAN TRAINING ROPES

PRODUCT INFORMATION

JLTR-03	25mm	10m Black with nylon casing	5kg
JLTR-04	25mm	15m Black with nylon casing	7kg
JLTR-01	38mm	15m Black with nylon casing	15kg
JLTR-02	50mm	15m Black with nylon casing	28kg
JLRA	A Rope Anchor	H 120mm L 285mm D 65mm	
JLRSP	B Rope Storage Point	H 250mm L 340mm D 65mm	
JLRASK	NEW Rope Anchor Strap Kit		



JORDAN SANDBAGS

Sandbags have been around for decades. Usually found in underground fitness facilities, old school gyms, garages, and used for strong man competitions. In the last few years sandbags have been introduced to the mainstream fitness world so their benefits are more widely accessible to us all

WORKOUTS & BENEFITS:

- Challenging and never boring
- The bag or ball is shifting and changing every time you move it, which makes this workout challenging and effective
- Choose heavy, and do slower more controlled movements
- Choose light, and work on speed and higher reps
- Train individually or with larger groups
- Can do multiple exercise drills standing in one position
- Portable and easy to transport
- Used for most single and multi-joint movements
- Inexpensive compared to most traditional equipment
- Anyone from Beginner to Professional can get results
- Can be used in combination with Kettlebells, Bands etc.
- Conditioning for Athletes, Martial Artists, Armed Forces, Firefighters and other Industrial Athletes.



ACADEMY COURSE AVAILABLE

- Sandbag Certification

COMMUNITY REGISTERED DESIGN

JORDAN PRO SANDBAG

- Improve strength and power endurance
- Can be thrown and caught, as an alternative to a medicine ball
- Can be used indoors and outdoors
- Benefits energy expenditure leading to metabolic acceleration
- Adjustable colour coded weights
- Maintains its tubular shape
- Top handle
- 1 year guarantee



JORDAN PRO SANDBAG

PRODUCT INFORMATION

JLSB-PRON-5	Purple logo	JLSB-PRON-20	Blue logo
JLSB-PRON-7.5	Orange logo	JLSB-PRON-25	Red logo
JLSB-PRON-10	Green logo	JLSB-PRON-30	Silver logo
JLSB-PRON-15	Yellow logo	JLSB-PRON-35	Gold logo

FOR YOUR INFORMATION

X SANDBAG pro DO NOT slam & Throw

COMMUNITY REGISTERED DESIGN

JORDAN SANDBAG RACK

- Holds 5 Pro Sandbag's or Sandbag X-Treme's
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver



JORDAN SANDBAG RACK

PRODUCT INFORMATION

JTPBR-05	H 1420mm, L 580mm, D 680mm
----------	----------------------------



JORDAN SANDBALL X-TREME

- Holds up to 12kg maximum

COMMUNITY REGISTERED DESIGN



JORDAN SANDBAG X-TREME MEDIUM

- Holds up to 22kg maximum

COMMUNITY REGISTERED DESIGN



JORDAN SANDBAG X-TREME SMALL

- Holds up to 12kg maximum

COMMUNITY REGISTERED DESIGN



JORDAN SANDBAG X-TREME LARGE

- Holds up to 40kg maximum

COMMUNITY REGISTERED DESIGN

JORDAN SANDBALL X-TREME

PRODUCT INFORMATION

JL-SBXT-S Orange logo

JORDAN SANDBAG X-TREME

PRODUCT INFORMATION

JL-SXT-S Green logo

JL-SXT-M Blue logo

JL-SXT-L Red logo



Images from Judgement Day event



FOR YOUR INFORMATION

- ✓ SANDBAG Extreme D0 slam & throw

SUSPENSION TRAINING SYSTEMS

Bodyweight suspension training has become very popular recently, with more and more trainers and clubs investing in this concept of training. Bodyweight suspension training involves the manipulation of bodyweight, through the use of straps or a strap system suspended from fixed anchor points, to exercise the body through multiple movement patterns and planes of motion.

LIFELINE JUNGLE GYM® XT

- Dual straps mean that anchor points can be moved closer or further apart for altered stability and improved line of pull for many exercises
- Rubber handle is more durable & easier to clean than foam
- Solid offset heel straps make placing your feet into them easier and more comfortable



SUSPENSION TRAINING SYSTEMS

PRODUCT INFORMATION

JLJG-XT Jungle Gym® XT

JLGR Gym rings

GYM RINGS

Gym (Gymnastics) Rings are the original suspension system and the system involves 2 solid rings looped through 2 adjustable straps

BENEFITS

- These are very popular with Cross Fit advocates as they are most comfortable for dips, muscle ups and ice cream maker exercises
- They are not suitable for placing your foot onto, so the number of exercises is much more limited.



JORDAN SUSPENSION TRAINING

The sleek oval steel frame in contemporary silver will look perfect alongside the cardiovascular and fixed path machines, and can be integrated with many of the freeweights you already have, such as Dumbbells, Kettlebells and Sandbags.

The Suspension Training Station is designed to support multiple users at any one time, perfect for use by your Personal Training team, group training class and your members. Bodyweight Suspended Training with some of the kits mentioned above has become one of the most popular methods of training over the last few years, used with both beginners to progress into other freeweight training, or for advanced clients to really challenge them in all 3 planes of motion.

PRODUCT INFORMATION

- Suitable for use with MiloKit, Jungle Gym® XT, Gym Rings & TRX
- Loop attachments on all feet for rope and band work
- Unique splayed leg design for increase stability
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage

1.5M UP TO 2 USER STATION

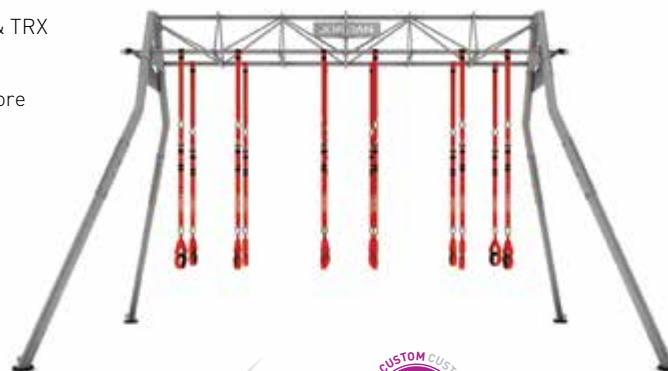
- Length 2500mm, Depth 2570mm, Height 2560mm

2M UP TO 4 USER STATION

- Length 2500mm, Depth 3070mm, Height 2560mm

3M UP TO 6 USER STATION

- Length 4070mm, Depth 2560mm, Height 2500mm



COMMUNITY REGISTERED DESIGN

FOR YOUR INFORMATION

Ensure that there are appropriate anchor points in your facility for the suspension systems.

JORDAN SUSPENSION TRAINING

PRODUCT INFORMATION

JTSTS-01	1.5m	Up to 2 users
JTSTS-02	2m	Up to 4 users
JTSTS-03	3m	Up to 6 users

FORTITUDE FUNCTIONAL TRAINING LADDER

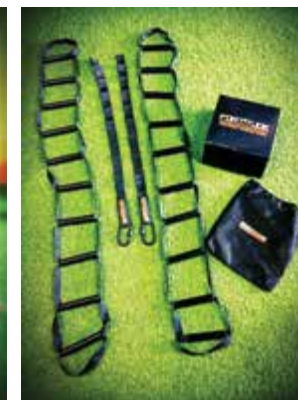


PRODUCT INFORMATION

- Fixed Ladder handles offer immediate progression/regression for exercises over traditional suspension trainers with adjustable straps

BENEFITS

- Vertical, fixed ladders offer instability for an extreme core, balance and proprioceptive workout
- Staggered foot and handholds for a more functional workout
- Limitless amount of exercises, limited only by the user
- Perfect training tool for obstacle and endurance events
- Small and compact mobile tool, perfect for PT's, beginners, up to elite athletes
- REPs Workshop available



FORTITUDE FUNCTIONAL TRAINING LADDER

PRODUCT INFORMATION

JLFTL	Black	Functional Training Ladder
-------	-------	----------------------------



Sled Training has been embraced by strength and conditioning coaches over the last few years as a fantastic tool to improve functional strength and performance.

Basic human movement patterns, such as pressing, pulling, dragging and rotating can all be accomplished with this single piece of equipment. Strongmen, combat fighters, rugby and football players, and any athlete interested in improving speed, power, strength and stability can all use Sled Training within their strength and conditioning programme.

PERFORMANCE SLED

PRODUCT INFORMATION

- Solid steel frame
- Unique push/pull design
- Multi point harness for comfortable use
- Increase load up to 140kg
- Colour: Silver
- Weight: 24kg



PERFORMANCE SLED

PRODUCT INFORMATION

JTPS	Sled Only
JTPSH	Harness
JTPSWH	Sled & Harness

* DISCS NOT INCLUDED

PROWLER SLED

PRODUCT INFORMATION

- Our heavy duty conditioning sled is versatile to many strength exercises
- Builds strength and stamina for testing endurance levels
- Plate loading for increased resistance, 2 heavy duty removable weight pins
- Multiple comfort grip handlebars for varied pushing positions
- Sled can be pulled by attaching a rope/straps to the heavy duty front eyelet
- Height: 1180mm, Length: 1210mm, Width: 1165mm
- Harness not included
- Unique push/pull design
- Solid steel frame
- Increase load up to 140kg
- Colour: Silver
- Weight: 40kg



PROWLER SLED (CONDITIONING SLED)

PRODUCT INFORMATION

JL-2155	Sled only
----------------	-----------

FUNCTIONAL TRAINING VEST

PRODUCT INFORMATION

- Durable, neoprene resistance vest
- Seven pairs of anchor points front and side, 3 central anchor points on back
- Low impact resistance
- Comfortable fit
- For use indoors or outdoors
- Used with DAP for unique Functional Cable Training drills

BENEFITS

- Performing dragging drills with sleds or tyres - multiple attachment points provide unilateral or bilateral loading at hip or shoulder height
- Loading the core centrally (rather than peripherally in the hands) for dozens of cable exercises
- Rehabilitation to reduce the load on the body by changing the position of the cable attachment



FUNCTIONAL TRAINING VEST

PRODUCT INFORMATION

JTFTV-L	FT Vest - Large (38"-40")
JTFTV-XL	FT Vest - Xlarge (41"-43")
JTFTV-2XL	FT Vest - 2XLarge (44"-46")
JTFTV-3XL	FT Vest - 3XLarge (47"-49")



Persistence no matter the set back that you have experienced, it is key to getting through the hurdles that you will face when trying to achieve a goal. My motto "Why be the best, when you can be the greatest?"



Ali Jawad, World Record Paralympic Bench Press Champion

TDT PERFORMANCE SPRAY



PRODUCT INFORMATION

- Absorbed within 5-15 minutes unlike oral drinks which can take up to 60 minutes to reach peak concentration in the blood
- Could increase strength, stamina and endurance capacity greater than oral caffeine
- Could increase fat utilisation during training
- Easy and convenient to use, just rub it on your hands
- No sugars, preservatives, or any unnatural ingredients



TDT RECOVERY SPRAY



PRODUCT INFORMATION

- Aid the recovery process
- Tackle DOMS head on in a localised fashion
- Could aid sleep due to magnesiums relaxing effect on the body
- Contains essential nutrients for the ATP energy cycle
- Just like oral ZMA, but applied via the skin



Ben Coomber TDT Owner

Ben created TDT due to a passion and love for everything performance nutrition related.

Find out more about TDT Sprays online at: transdermaltechnology.co.uk



JORDAN SLAM BALLS

PRODUCT INFORMATION

- Diameter 20cm for 3-9kg Diameter 30cm for 12-15kg
- Bright red colour makes it easier to spot when thrown
- Does not bounce when thrown against wall or onto floor
- NOT suitable for medicine ball rebounder use

BENEFITS

- Great way to exercise any area of your body including the core, upper and lower extremities
- Improves core strength, joint integrity, coordination, range of motion, and flexibility
- Used to train explosive power and improve coordination
- Perfect for circuits, functional training, etc
- Great for use indoors or outdoors
- A favourite piece of equipment for Bootcamps and HIIT



JORDAN SLAM BALLS

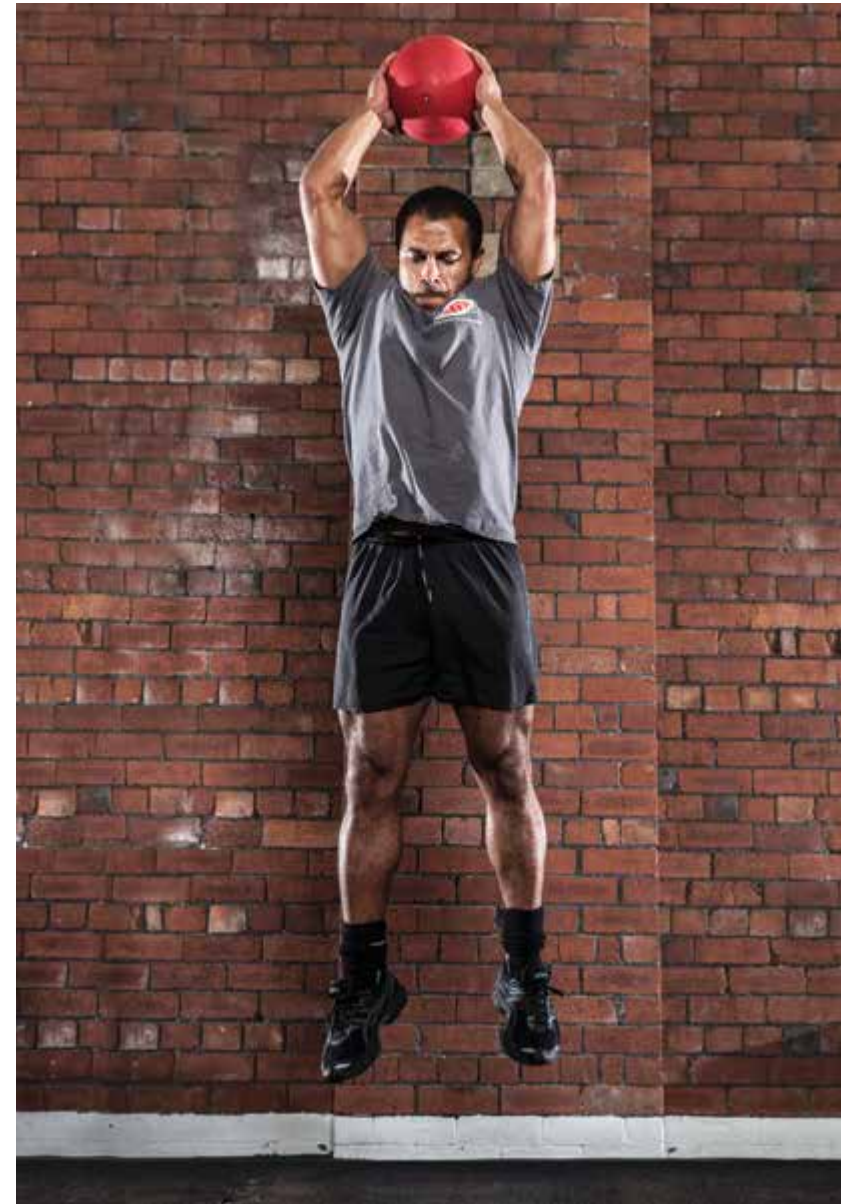
PRODUCT INFORMATION

JLSB-03	3kg	20cm diameter
JLSB-05	5kg	20cm diameter
JLSB-07	7kg	20cm diameter
JLSB-09	9kg	20cm diameter
JLSB-12	12kg	30cm diameter
JLSB-15	15kg	30cm diameter

JORDAN 5 MEDICINE BALL RACK (VERTICAL)

JTMSN-05	5	H 1600mm, L 280mm, D 360mm
-----------------	---	----------------------------

* BALLS NOT INCLUDED



JORDAN TORNADO BALLS

Jordan Tornado Balls provide a challenging workout - great for both power and core stability training. They are stylish and offer a dynamic, effective, and rewarding workout.

PRODUCT INFORMATION

- Colourful premium quality textured rubber surface
- Rope runs through the middle of the ball
- Excellent for rhythmical stabilisation drills
- Great for explosive rebounding exercises
- 3 month warranty

It is an innovative and versatile piece of modern training equipment and can be used for functional resistance training or anaerobic conditioning. They are excellent for rhythmical stabilisation drills, explosive rebounding exercises against a wall, explosive floor core training and dynamic integrated training – such as standing lunge and slam.



JORDAN TORNADO BALLS

PRODUCT INFORMATION

JTTB-02	2kg	Red
JTTB-03	3kg	Grey
JTTB-04	4kg	Dark Blue
JTTB-05	5kg	Orange

RBT by **JORDAN FITNESS**
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE

- Core Training Digital Workshop



JORDAN FITNESS TRAINING TIPS

Scan this QR Code for instant training videos and to see our equipment in action.

LOUMET™ BALLS To slam or not to slam? With Loumet™ Balls you can!

The Loumet™ range is revolutionary and unique in offering ultimate durability, performance and reliability. Loumet™ Gym balls and rope balls offer superior quality and they continue to outperform and outlast other medicine balls on the market. The Loumet™ products are versatile pieces of training equipment that can be used for functional resistance training or high intensity anaerobic conditioning. They are ideal for dynamic swinging, chopping and throwing exercises. Also great for explosive rebounding exercises and rhythmic



LOUMET™ GYM BALLS

- Durable colour coded design
- Designed to bounce, float and not split when slammed against hard surfaces (such as walls or the floor)
- Slam after slam, the Loumet™ Gym Ball has been field tested and proven to keep bouncing right back at you.



LOUMET™ GYM BALLS

PRODUCT INFORMATION

JL-LGB01	1kg	Dark Blue	JL-LGB06	6kg	Orange
JL-LGB02	2kg	Red	JL-LGB07	7kg	Red
JL-LGB03	3kg	Green	JL-LGB08	8kg	Dark Blue
JL-LGB04	4kg	Yellow	JL-LGB09	9kg	Orange
JL-LGB05	5kg	Light Blue	JL-LGB10	10kg	Green

LOUMET™ ROPE BALLS

- Durable 1 piece roto moulded design with premium quality double braid rope
- Versatile, reliable, heavy-duty and semi-bouncing medicine ball.
- Loumet™ Gyballs are the most durable and reliable medicine ball on the market today



LOUMET™ ROPE BALLS

PRODUCT INFORMATION

JL-LRB01	1kg	Red
JL-LRB02	2kg	Blue
JL-LRB03	3kg	Green
JL-LRB04	4kg	Yellow



Jason Robinson OBE England Rugby Union Legend

JORDAN OVERSIZED MEDICINE BALLS

The Oversized Medicine Balls provide numerous variations in exercises, and with a leather-like PVC exterior they are more forgiving on the hands.

These are a type of non-bouncing medicine ball which can be thrown, caught or held for a multitude of different drills. They can be used to improve relative strength, power, cardiovascular conditioning and for metabolic acceleration leading to fat loss. Can be thrown against walls or used with partners for a fun, invigorating and challenging workout.



OVERSIZED MEDICINE BALLS

- Durable, hand sewn, leather-like PVC medicine ball
- 35mm diameter
- Colour coded for ease of identification
- Inner load is protected by high density foam
- Black colour with coloured weight identification



JORDAN OVERSIZED MEDICINE BALLS

INDIVIDUAL WEIGHTS

JLOMB-06	6kg	Black/Green
JLOMB-08	8kg	Black/Blue
JLOMB-10	10kg	Black/Red
JLOMB-15	15kg	Black/Orange

OVERSIZED MEDICINE BALL RACK

JTOMBS-01	H1420mm, L 580mm, D 680mm
------------------	---------------------------

* BALLS NOT INCLUDED

JORDAN OVERSIZED MEDICINE BALL RACK

- Holds 4 oversized medicine balls
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver



COMMUNITY REGISTERED DESIGN

JORDAN GYM HAMMER

- Silver, smooth finish gym hammer
- Available in 3 sizes
- One of the original unconventional training tools
- Used for slams onto a tyre
- Optimal grip to prevent slippage during use
- 40mm Diameter handle



JORDAN GYM HAMMER

PRODUCT INFORMATION

JLGH-04	4kg	Silver gym hammer	Length: 57cm
JLGH-08	8kg	Silver gym hammer	Length: 75cm
JLGH-10	10kg	Silver gym hammer	Length: 75cm

MULTI-GRIP CHINNING BAR

- Aluminum Ends
- Rubber Hand Grips
- Dimensions L: 1200 W: 510 H:290mm
- Weight: 9kg



MULTI-GRIP CHINNING BAR (WALL MOUNTED)

PRODUCT INFORMATION

JTWMCB Multi-Grip Chinning Bar (Wall Mounted)



JORDAN FUNCTIONAL BLOCK

- Limited only by your imagination! - The Functional Block can be used for a wide variety of exercises
- Use it as Plyo Box, Step, Bench etc
- Use it for carrying, throwing, tipping, pulling etc
- Interlocking ends
- Weight: 40kg
- Length 630mm, Depth 310mm, Height 240mm



JORDAN FUNCTIONAL BLOCK

PRODUCT INFORMATION

JLFBG 40kg Functional Block Black

JORDAN CORE TRAINERS

Multi-directional swivel action allows rotational exercises and presses for core strength training, as well as stability, rotational strength and upper body mobility.

CORE PLATE

- Essential piece of kit for any gym or PT studio
- Turns a standard bar into a multi-functional tool suitable for a wide range of exercises
- Heavy base plate featuring non-slip rubber
- Bolt holes for fixing to the floor
- Built in handle doubles as a rope or band anchor point
- Can be used with either 50mm Olympic or 30mm Studio Bars
- Length: 50cm, Depth: 45cm
- Bar Holder Length: 50cm
- Weight: 22.5kg



JORDAN CORE PLATE

PRODUCT INFORMATION

JTCP	Core Plate
JTCPH	Core Plate Handle

PORTABLE CORE TRAINER

- The same great benefits as our fixed Core Plate but totally portable
- Use any standard Olympic Disc as it's base
- Can be used absolutely anywhere
- Lightweight - Easy to move
- Suitable for use with all 50mm Olympic Bars
- Designed for use in The HUB for small group training scenarios (Please see overleaf for more information)
- Length: 355mm, Width: 62mm, Depth: 62mm
- Bar Holder Length: 208mm
- Weight: 4kg



JORDAN CORE TRAINER

PRODUCT INFORMATION

JTPCT	Portable Core Trainer
-------	-----------------------





This multi-directional product combines all of the benefits of the core plate and portable core trainer into a group training environment. The Hub will hold up to 4 bars, and in conjunction with other products from the Jordan Fitness range, can be used for sessions with up to 8 people simultaneously.

Images from LIW 2014



WHO IT SHOULD BE USED BY:

- As part of a periodised strength and conditioning programme for well conditioned athletes
- As a learning/developmental tool for unconditioned members/clients
- For short duration/high intensity workouts
- With individual clients
- As one part of a circuit/boot camp session with large groups
- For specific group training sessions for up to 8 people

IDEAL FOR:

- Unilateral conditioning
- Pressing
- Rotating
- Rowing
- Squatting
- Lunging
- Advanced athletes
- Beginners



ACADEMY COURSE AVAILABLE
 • The Hub Training Workshop



FOR YOUR INFORMATION

Holes are available to screw your product into a secure floor or surface.

COMMUNITY REGISTERED DESIGN

PRODUCT INFORMATION

- Can be used with as many as 4 portable core trainers at any one time
- Storage system for the Olympic Plates
- Steel with textured grey tough coat finish
- Ideal for small group training sessions
- Length: 1132mm, Width: 360mm, Depth: 277mm
- Weight: 41kg



THE HUB®

PRODUCT INFORMATION

JT-HUB	The Hub®	1x Hub
JT-HUB-01	Pack 1	1x Hub / 2x Portable Core Trainers / 1x 7ft Steel Series Bars 1x 6ft Aluminum Training Bar / 1x Pair of Quick Lock Collars / Core Plate Handle
JT-HUB-02	Pack 2	1x Hub / 4x Portable Core Trainers / 2x 7ft Steel Series Bars 2x 6ft Aluminum Training Bars / 2x Pair of Quick Lock Collars / Core Plate Handle
JT-HUB-03	Pack 3	1x Hub / 4x Portable Core Trainers / 2x 7ft Steel Series Bars 2x 6ft Aluminum Training Bars / 2x Pair of Quick Lock Collars 4x 10kg Ignite Urethane Discs / 2x 5kg Ignite Urethane Discs / Core Plate Handle



JORDAN PLYOMETRIC BOXES

The Soft Plyo Boxes are a fantastic addition to the Jordan range of performance equipment. These boxes are perfect for use with gym users, athletes and even children.

The Soft Plyo Boxes are made from a high density foam and covered with hard wearing, non-skid vinyl. So if you want to develop power, reactive strength or (like Crossfitters) you just want to overload the cardiorespiratory system with multiple jumps, then these are perfect for you.



JORDAN SOFT PLYOMETRIC BOXES

- Soft surface reduces stress on joints
- Boxes can be stacked on top of each other and are held in place securely with Velcro strips
- Stackable design minimizes space required
- Light and easier to move around
- Working platform area - 914mm x 762mm
- Total height stacked approximately: 1.6m
- Total Height: 1598mm, Length 914mm, Width: 762mm



JORDAN SOFT PLYOMETRIC BOXES

PRODUCT INFORMATION

JLSPB-03	3" Purple	Height 76mm
JLSPB-06	6" Blue	Height 152mm
JLSPB-12	12" Green	Height 304mm
JLSPB-18	18" Orange	Height 457mm
JLSPB-24	24" Red	Height 609mm
JLSPB-5	Set of 5	Length 914mm Width 762mm Height 1598mm

3-IN-1 PLYO BLOCK

The 3 The 3-in-1 Plyo Block, incorporating all the benefits of our Soft Plyometric Boxes into one.

BENEFITS

- You get three heights from one piece of equipment – 51cm (20in), 61cm (24in), 76cm (29in). Official dimensions used at the CrossFit games.
- Plyo Block is made from a high-density foam blocks.
- Covered with durable, non-skid vinyl.
- Absorbs the impact of landing and eases the shock on your ankles, knees and hips.
- Perfect for saving space and introducing beginners to plyometrics at your facility.



JORDAN 3-IN-1 PLYOBLOCK

PRODUCT INFORMATION

JLPLYOBLOCK	3-In-1 Plyo Block	One Size
--------------------	-------------------	----------

JORDAN PLYOMETRIC PLATFORMS

- Non-slip platforms
- Unique stackable design minimises space required
- Heavy-duty oval frame construction provides a stable exercise platform
- Wheels for portability
- Colour: Silver
- Working platform area: 700mm x 600mm
- Total dimensions: 1000mm x 850mm

BENEFITS

- Slow tempo resistance exercises like Bulgarian split squats and step ups
- Resisted bodyweight drills, such as with the SAQ Viper Belt and Flexi-Cord
- Practicing jumping with a reduced eccentric component, or stabilization when landing
- Improving elastic strength of the lower body associated with Plyometric exercises like box drives



JORDAN PLYOMETRIC PLATFORMS

PRODUCT INFORMATION

JTPP-S	Small	Height 350mm
JTPP-M	Medium	Height 500mm
JTPP-L	Large	Height 650mm

THE SQYRE

3 reasons for a square design.

1. It will flip in a predictable direction, and will never bobble meaning it may be used in classes in close quarters with other clients.
2. It allows a large area in the middle of the product to allow users to carry and lift without being restricted by the inner shoulder of the circle.
3. It has allowed us to connect the straps to steel.... None of this sew them onto the cover so they will snap off in a few years, all our straps are connected to steel clasps welded to steel box section, built to ISO standard. These will not come off.



THE SQYRE

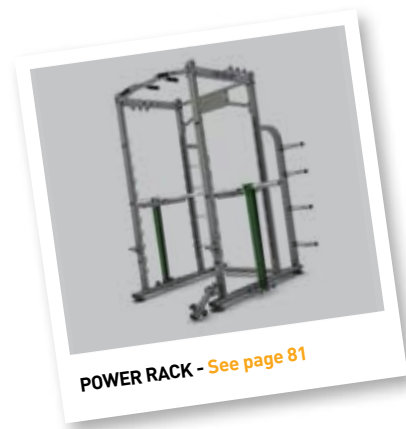
PRODUCT INFORMATION

JL-SQYRE45	45kg	Green
JL-SQYRE60	60kg	Red
JL-SQYRE80	80kg	Yellow
JL-SQYRE100	100kg	Blue

POWER BANDS

Power Bands have been used in Powerlifting circles, such as Westside Barbell Club, for a couple of decades to increase strength and power. Used alongside chains as a form of Progressive Resistance Training, essentially it provides a means of progressively adding more load throughout a range of motion whilst you are performing an individual repetition.

The bands are connected to the ends of the barbell and anchor points near the floor (usually on a Squat Rack), and would be used with exercises such as the squat, deadlift and bench press.



PRODUCT INFORMATION

- Available in 6 sizes
- Width varies which determines resistance the wider the band the more resistance offered
- Very durable seamless latex rubber
- Anchor attachments on Jordan Squat Rack

BENEFITS

- Speed Training, Agility Drills & Jump Resistance
- As an alternative to standing cable exercises
- Prehabilitation and Rehabilitation



JORDAN POWER BANDS

PRODUCT INFORMATION

JLPOWB-01	2000mm x 13mm x 4.6mm	Red	2 - 16kg
JLPOWB-02	2000mm x 22mm x 4.6mm	Black	4 - 23kg
JLPOWB-03	2000mm x 32mm x 4.6mm	Purple	11 - 36kg
JLPOWB-04	2000mm x 44mm x 4.6mm	Green	23 - 54kg
JLPOWB-05	2000mm x 64mm x 4.6mm	Blue	27 - 68kg
JLPOWB-06	2000mm x 83mm x 4.6mm	Orange	36 - 79kg



LIFTING CHAINS

Chains have been an integral part of advanced strength and conditioning programmes with athletes, strongmen and powerlifters for decades. This awesome training tool is now available to all.

Chains are used alongside Barbells, EZ or Triceps Bars as a method of 'Progressive Resistance'. The chains are attached to the end of the bar, as the normal weight is lifted, more of the chains are lifted off the ground, progressively increasing the load on the working muscles.



PRODUCT INFORMATION

- Increase lifting load gradually as you lift
- High quality chains with chrome finish
- Complete with chrome collars for Olympic bars
- Length of chain - 1800mm
- Available in 3 sizes for all abilities
- Sold in pairs



JORDAN LIFTING CHAINS

PRODUCT INFORMATION

JTCLC-20	14.7kg	1800mm length with collar	20mm (pair)
JTCLC-25	23kg	1800mm length with collar	25mm (pair)
JTCLC-30	32.1kg	1800mm length with collar	30mm (pair)



OLYMPIC BARS - From page 20



STUDIO EQUIPMENT

Jordan Fitness set a benchmark for excellence in functional fitness equipment, and that's why we have chosen Jordan Fitness as our preferred supplier. Continually investing in new equipment is hugely important because it ensures that members at our health clubs always have access to the very best equipment. Jordan Fitness have proven to be reliable and consistent in meeting our expectations. The account managers service and personal attention is second to none

Justin Musgrove, Commercial Director
- Bannatyne's Group
www.bannatyne.co.uk



JORDAN IGNITE® STUDIO BARBELLS

Use our adjustable barbells for one of the most effective group exercise formats available which combines strength training and cardiovascular activity.

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® URETHANE STUDIO BARBELLS

- Highly durable Urethane coating
- 2 grip anti-roll design discs (30mm)
- 2 tone colour coded for easy weight identification
- 3 year warranty



COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® PREMIUM RUBBER STUDIO BARBELLS

- Premium Rubber coating
- 2 grip anti-roll design discs (30mm)
- Colour coded & raised text weight identification
- 2 year warranty



JORDAN CLASSIC RUBBER STUDIO BARBELLS

- 2 grip anti-roll design disc (30mm)
- Colour coded for easy weight identification
- Classic 12 sided design
- 1 year warranty



JORDAN IGNITE® URETHANE STUDIO BARBELLS

PRODUCT INFORMATION

JT-IUSB1.25	1.25kg	Red/Black
JT-IUSB2.5	2.5kg	Orange/Black
JT-IUSB5	5kg	Green/Black
JT-IUSB10	10kg	Purple/Black
JT-IUSBS	Standard Set, includes: 2x 5kg, 2x 2.5kg, 2x 1.25kg, pair spring collars & bar	
JT-IUSBS-P1	12x Studio barbell sets & rack	
JT-IUSBS-P2	30x Studio barbell sets & rack	

JORDAN IGNITE® RUBBER STUDIO BARBELLS

PRODUCT INFORMATION

JT-IRSB1.25	1.25kg	Red
JT-IRSB2.5	2.5kg	Orange
JT-IRSB5	5kg	Green
JT-IRSB10	10kg	Purple
JT-IRSBS	Standard Set, includes: 2x 5kg, 2x 2.5kg, 2x 1.25kg, pair spring collars & bar	
JT-IRSBS-P1	12x Studio barbell sets & rack	
JT-IRSBS-P2	30x Studio barbell sets & rack	

JORDAN CLASSIC RUBBER STUDIO BARBELLS

PRODUCT INFORMATION

JTSB1.25	1.25kg	Yellow
JTSB2.5	2.5kg	Blue
JTSB5	5kg	Red
JTSB10	10kg	Grey
JTSBS	Standard Set, includes: 2x 5kg, 2x 2.5kg, 2x 1.25kg, pair spring collars & bar	
JTSBS-P1	12x Studio barbell sets & rack	
JTSBS-P4	30x Studio barbell sets & rack	

JORDAN STUDIO BARBELL RACKS

COMMUNITY REGISTERED DESIGN

JORDAN STUDIO BARBELL RACK

- Holds up to 12 sets
- Colour - Silver



JORDAN STUDIO BARBELL RACKS

HOLDS 12 SETS MAX

JTSBR-10 Studio Barbell Rack H:1490mm L:638mm D:721mm

* DISCS NOT INCLUDED

COMMUNITY REGISTERED DESIGN

JORDAN STUDIO BARBELL RACK

- Holds up to 30 sets
- Colour - Silver
- Additional accessory tray also available for this rack



JORDAN STUDIO BARBELL RACKS

HOLDS 30 SETS MAX

JTSBR-15 Studio Barbell Rack H:1605mm L:1925mm D:727mm

* DISCS NOT INCLUDED

SPRING COLLARS 30MM (PAIR)

- Cost effective light weight collars

A



CLAMP COLLARS 30MM (PAIR)

- 'Click & Lock' collars

B



STUDIO BARBELL BAR 30MM

C



JORDAN STUDIO BARBELL COMPONENTS

A/B. SPRING COLLARS

JTSBC 30mm Spring collars (pair)

JLSBCC 30mm Clamp collars (pair)

C. STUDIO BARBELL BAR

JTSBB 30mm Studio barbell bar with steel hand grip

JORDAN IGNITE STUDIO DUMBBELLS

Generally used in group exercise classes. Our studio dumbbells are coated in tactile Neoprene for greater user comfort, unlike the cheaper vinyl coated variety they do not become slippery when your hands sweat.

Fun and easy to use, these colourful dumbbells can be used in studio or gym and are available in 10 sizes.

Jordan Fitness fully understood the needs of our firefighters in terms of functional training - supplying medicine balls, dumbbells, benches, fit balls and mats. We are delighted with the equipment and service provided by Jordan Fitness.

Gareth Redmond,
Kent Fire & Rescue

COMMUNITY REGISTERED DESIGN



JORDAN IGNITE® STUDIO DUMBBELLS

- Anti-roll design improves class safety
- Comfort grip
- Sold in pairs
- Colour coded for easy weight identification
- Weight (kg) marked on each dumbbell
- High quality Neoprene covered Studio Dumbbells



JORDAN IGNITE® STUDIO DUMBBELLS					
INDIVIDUAL DUMBBELLS					
JTISD-05N	0.5kg	Yellow	JTISD-6N	6kg	Yellow
JTISD-1N	1kg	Red	JTISD-7N	7kg	Red
JTISD-2N	2kg	Orange	JTISD-8N	8kg	Orange
JTISD-3N	3kg	Green	JTISD-9N	9kg	Green
JTISD-4N	4kg	Purple	JTISD-10N	10kg	Purple
JTISD-5N	5kg	Black			
DUMBBELL SET					
JTISD-P1	Studio dumbbells and rack (42 pairs)				

JORDAN STUDIO DUMBBELL RACK

- Lockable chrome top bar
- Colour - Silver
- Holds up to 41 pairs of Studio Dumbbells
- Max load: 95kg
- Dimensions H:1080mm L:1020mm D: 620mm



JORDAN STUDIO DUMBBELLS	
DUMBBELL RACK	
JT-SDR	Studio dumbbell rack with wheels
Fits Jordan Weight's Only	



JORDAN AEROBIC STEP & BANDS

JORDAN AEROBIC STEP

- Ideal for group exercise, the height of this ever popular aerobic step can be tailored to individual needs by inserting risers under the step
- Feet and base have non slip pads
- Black/grey design
- No assembly required
- Max user weight: 200kg
- 2x Pair Risers Included



JORDAN AEROBIC STEP

PRODUCT INFORMATION

JTAS	Aerobic step	L1091 x W400 x H203mm (max)
JTASR	Risers (Pair)	

JORDAN MINI AEROBIC BANDS

- Add extra dimension to your workout with these versatile aerobic bands
- Contains latex
- Set of 4 colour coded strength bands



JORDAN MINI AEROBIC BANDS

PRODUCT INFORMATION

JL-ABS	Mini Aerobic bands (set of 4)	Size 440mm (loop) x 50mm
---------------	-------------------------------	--------------------------

JORDAN MEDICINE BALLS

Medicine balls are an ideal way to add variety to your upper body workout. Double Grip Medicine balls have dual handles offering easier grip for flexibility, agility and fitness training. Medicine balls are perfect for circuits and functional training.



JORDAN MEDICINE BALLS

- Updated design
- Premium quality textured rubber surface for excellent grip
- Rubber weighted centres for good balance
- 10 coloured coded sizes for easy weight identification



JORDAN MEDICINE BALLS

INDIVIDUAL MEDICINE BALLS

JTMEDH-01	1kg	Pale Blue
JTMEDH-02	2kg	Pink
JTMEDH-03	3kg	Deep Blue
JTMEDH-04	4kg	Pale Orange
JTMEDH-05	5kg	Mauve
JTMEDH-06	6kg	Yellow
JTMEDH-07	7kg	Green
JTMEDH-08	8kg	Red
JTMEDH-09	9kg	Blue
JTMEDH-10	10kg	Orange

MEDICINE BALL SETS

JTMEDH-P1	5x Med balls and vertical rack (1-5kg)
JTMEDH-P2	5x Med balls and vertical rack (6-10kg)
JTMEDH-P3	15x Med Balls and horizontal rack
JTMEDH-P4	18x Med Balls & horizontal rack (3x 2-7kg)

JORDAN DOUBLE GRIP MEDICINE BALLS

- Premium quality textured rubber surface for excellent grip
- Rubber weighted centres for good balance

BENEFITS

- Circuit training with larger groups
- Functional training exercises such as lunge and overhead reach
- Single hand drills like a medicine ball swing
- Exercises that require a strong grip, such as fast standing rotations.



JORDAN DOUBLE GRIP MEDICINE BALLS

INDIVIDUAL MEDICINE BALLS

JTMEDDG-5	5kg	Mauve
JTMEDDG-6	6kg	Yellow
JTMEDDG-7	7kg	Green
JTMEDDG-8	8kg	Red
JTMEDDG-9	9kg	Blue
JTMEDDG-10	10kg	Orange

JORDAN MEDICINE BALL REBOUNDER

- Adjustable angle
- Built in storage for up to 8 medicine balls
- Height: 80cm, Length: 101cm, Depth: 128cm, Diameter of rebounder 97cm
- Use only with Medicine Balls 1-5kg

BENEFITS

- Training in pairs or small groups
- Use as a circuits station with larger groups
- Developing for upper body reactive strength with plyometric exercises like a chest throw and overhead triceps throw
- Core exercises like a reverse woodchop or split kneeling slam throw
- Improving rotator cuff function with single arm throws
- Developing reaction speed, hand-eye coordination and also balance



JORDAN MEDICINE BALL REBOUNDER

PRODUCT INFORMATION

JTMBR Medicine Ball Rebounder

Medicine ball training is one of the oldest forms of strength and conditioning training, anyone serious about their core strength should be using this simple but amazingly effective tool.

David Woods - Premier Training International Ltd

JORDAN MEDICINE BALL RACK (HORIZONTAL)

- Holds up to 20 Medicine balls
- Silver oval frame
- Lockable wheels
- Colour: Silver
- Weight: 35kg



JORDAN 5 & 10 MEDICINE BALL RACK (VERTICAL)

- Holds 5 & 10 Medicine balls
- Colour: Silver



JORDAN MEDICINE BALL RACKS

RACKS

JTMBSN-05	5	H 1600mm, L 280mm, D 360mm
JTMBS-10	10	H 1600mm, L 280mm, D 360mm
JTMBS-20	20	H 1020mm, L 1510mm, D 640mm

* BALLS NOT INCLUDED

JORDAN FIT BALLS & FIT BALL RACKS

One of the strongest commercial gym balls available and a mainstay for performance training.

This ultra strong ball provides almost unlimited exercise options with the added security that a high quality commercial ball provides.

Fitness Balls are a great way to improve strength, stability, flexibility and alignment. Ideal for Functional training, Physiotherapy, Yoga and Pilates. Improve your body's alignment, stability, strength and flexibility with our range of professional fit balls.

It's generally best to purchase a range of these balls as different exercises require different sizes. If you have to choose only one size please see the fit ball size guide.



55CM BALL
Up to 5ft

65CM BALL
5ft - 5ft 9in

75CM BALL
Over 6ft tall

JORDAN FIT BALLS

- Anti burst technology
- Tested to exceed 1200kg
- Slowly deflates when punctured
- The ball comes packaged with a foot pump
- Available in 3 sizes to suit any body size



JORDAN FIT BALLS

INDIVIDUAL SIZES

JTCFB55	55cm	Red
JTCFB65	65cm	Black
JTCFB75	75cm	Silver

FIT BALL SETS

JTCFB-P1	3 x Fit Balls and 3 ball rack (55cm, 65cm & 75cm)
JTCFB-P2	6 x Fit Balls and 6 ball rack (2 x 55cm, 2 x 65cm & 2 x 75cm)

JORDAN 3 FIT BALL RACK

- Holds 3 balls
- Multi adjustable position and height
- Colour: Silver
- Height: 1530mm, Length: 765mm, Depth: 765mm
- Weight: 14kg



JORDAN 6 FIT BALL RACK

- Holds 6 balls
- With caster wheels
- Colour: Silver, texture paints
- Height: 1810mm, Length: 930mm, Depth: 930mm



JORDAN FIT BALL RACKS

VERTICAL RACKS

JTJSR-3	3	H 1530mm, L 765mm, D 765mm
JTJSR-06	6	H 1810mm, L 930mm, D 930mm

* BALLS NOT INCLUDED

JORDAN FIT BARS

PRODUCT INFORMATION

- Comfortable high quality foam covered bar
- Solid steel core for evenly distributed weight
- Non marking colour coded rubber end caps
- Available in 5 sizes
- Length 1000mm

BENEFITS

- Studio classes, personal training sessions or circuit training classes
- Performing various exercises including lunges, squats, sit-ups and upper body exercises



JORDAN FIT BAR RACK

- Holds 60 Fit bars
- Lockable wheels
- Colour: Silver
- Height: 1150mm, Length: 810mm, Depth: 860mm
- Weight: 35kg



JORDAN FIT BARS

PRODUCT INFORMATION

JTFB-3	3kg	Orange
JTFB-4	4kg	Purple
JTFB-5	5kg	Red
JTFB-6	6kg	Green
JTFB-7	7kg	Blue
JTFBR *	Fit Bar Rack	H 1150mm, L 810mm, D 860mm
JTFB-P1	x40 Fit Bars & Fit Bar Rack	

* BARS NOT INCLUDED

JORDAN RESISTANCE TUBES

Resistance tubes are perfect for indoor and outdoor use, easily portable making them a great choice for circuit or bootcamp sessions and always a favourite for home use.

PRODUCT INFORMATION

- Durable resistance band
- Available in 4 sizes
- Comfortable anti pick foam handle
- 60cm sleeve to protect tube
- Colour coded for ease of identification



JORDAN RESISTANCE TUBES

PRODUCT INFORMATION

JTRT01	Resistance Tube Level 1	Pink
JTRT02	Resistance Tube Level 2	Yellow
JTRT03	Resistance Tube Level 3	Pale Blue
JTRT04	Resistance Tube Level 4	Red



As a Fitness Manager, Personal Trainer and an educator, I've experienced equipment from most manufacturers both as a user and as a customer. Jordan Fitness have managed to get the balance between cost and quality just right. Having purchased a number of items from them, I have always been pleased by their affordability and impressed by their quality.

**Jeremy Boyd - Resilience Fitness
Owner, Personal Trainer, Lecturer
and Presenter**



BALANCE TRAINERS

BOSU BALANCE TRAINER

The Bosu Integrated Balance Trainer is a truly unique balance, core stability and proprioception training device. It can be integrated with all types of fitness training, or stand alone as an outstanding functional tool. Maximum loading for a Bosu Balance Trainer is 300lbs (136kg).

- Complete with pump and manual
- Height: 254mm (inflated), Length: 673mm, Depth: 635mm
- Weight: 7.7kg



BOSU BALANCE TRAINER

PRODUCT INFORMATION

JLBOSUB	BOSU Balance Trainer	H 254mm, L 673mm, D 635mm
JTBOSUR	5 Tier Bosu Rack	H 1560mm, W 638mm, D 720mm Colour: Silver



BOSU ELITE BALANCE TRAINER

Geared toward athletics, the BOSU®Elite incorporates a much firmer dome to spring load the body for more efficient force transfer, priming the body for greater strength and power. Its ultra durable dome benefits from a honeycomb grip and reference points to assist with optimal body placement and alignment during unique programming. Comes complete with training DVD, owner's manual, pump and wall chart.

- Height: 254mm (inflated), Length: 673mm, Depth: 635mm
- Weight: 7.7kg



BOSU ELITE BALANCE TRAINER

PRODUCT INFORMATION

JLBOSUB-ELITE	BOSU Elite Trainer	H 254mm, L 673mm, D 635mm
----------------------	--------------------	---------------------------

JORDAN STABILITY DISC

- Ideal for balance, strength and rehab exercises
- Target: Knee, ankle, foot, shoulder and core stability
- Increase and decrease the air to vary the stability of the cushion - less air increases the difficulty to balance as the cushion becomes soft and unstable
- Colour: Red
- Diameter: 340mm
- Thickness: 40mm

**JORDAN STABILITY DISC**

PRODUCT INFORMATION

JTASD Stability Disc D 340mm

JORDAN WOBBLE BOARD

The wobble board (sometimes referred to as a balance board) is an excellent tool for improving balance, core strength and excellent for remedial work. Anti-slip top surface provides secure balance area.

- Diameter: 400mm
- Height: 50mm
- Thickness of wooden board: 15mm

**JORDAN WOBBLE BOARD**

PRODUCT INFORMATION

JTWB Wobble Board D 400mm, H 50mm

JORDAN REBOUNDER

- Professional quality
- Ultra durable fabric
- Six leg steel frame for extra stability
- All steel frame for commercial durability
- Can be stowed away when not in use
- 36 reinforced galvanised chrome springs
- Max load: 125kg
- Height: 220mm, Length 1017mm, Depth 1017mm

**JORDAN REBOUNDER**

PRODUCT INFORMATION

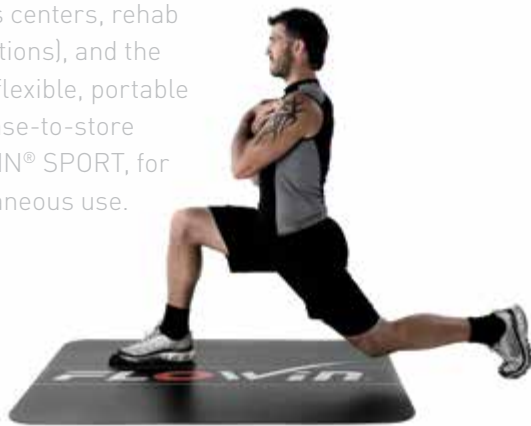
JTREB H 220mm, L 1017mm, D 1017mm

FLOWIN®

FRICTION TRAINING™

FLOWIN® Friction Training™ is a body weight based, result orientated training concept developed by Swedish decathletes. With a multitude of training opportunities it can effectively target the upper, lower body and core in group exercise classes, small group training and individual training.

The FLOWIN® Friction Trainers are available in two models: the FLOWIN® PRO for professional use, using a rigid board, intended for daily high-frequency use (gyms, fitness centers, rehab institutions), and the more flexible, portable and ease-to-store FLOWIN® SPORT, for spontaneous use.



FLOWIN® PRO

- Includes: 1x Non rollable board, 1x Manual, 2x Foot pads, 2x Hand pads, 1 Knee pad
- Club packages including education available
- Non rollable
- Easy to store
- Length: 1380mm, Width: 980mm
- Weight: 6,0kg
- Made in Sweden



FLOWIN® PRO

PRODUCT INFORMATION

JLFL0PRO FLOWIN® Pro L 1380mm, W 980mm

FLOWIN® SPORT

- Includes: 1x Rollable board, 1x Instructional DVD, 1x Manual, 2x Foot pads, 2x Hand pads, 1 Knee pad and 1x Travel carry bag
- FLOWIN® Sport should only be used on even, horizontal surfaces. Preferable hard floors.
- Rollable
- Weight: 3,0kg
- Made in Sweden
- Length: 1380mm, Width: 980mm



FLOWIN® SPORT

PRODUCT INFORMATION

JLFL0SPORT FLOWIN® Sport L 1380mm, W 980mm

I have been using the FLOWIN® for 6 months now. The FLOWIN® affords the physiotherapist and other rehabilitation specialists the opportunity to administer multidirectional and multi-level loading to a variety of upper, core and lower limb structures in a unique way. I support the use of the product as an integral component of progressive loading for my clients.

Michael Dalglish - APA Sports Physiotherapist & Sports Scientist - Optima Sports Medicine - Director of The Golf Athlete



RBT by
JORDAN FITNESS
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE

- FLOWIN® Friction Training™ - For details please see **page 147**



FLOWIN®
IN ACTION

Scan here for FLOWIN®
example exercises

COMBAT EQUIPMENT

Jordan Fitness' functional equipment is excellent for high performance workouts. Their range of Combat and Performance equipment is perfect for those looking to incorporate boxing specific training into their fitness routine.



Jordan Gill
- Professional Boxer
www.jordangill.com



JORDAN GLOVES

JORDAN TRAINING GLOVES (PAIR)

- Quality leather glove with 'Jordan Cool flex' lining, keeps the hand cool and dry during use
- Wide comfortable punch line with high density
- Impact resistance foam
- Wide wrist support and velcro fasteners
- Intended for use in fitness training
- Available in sizes 8oz, 10oz and 12oz



JORDAN TRAINING GLOVES

PRODUCT INFORMATION

JLBOX-TG08	A. 8oz	White
JLBOX-TG10	B. 10oz	Grey
JLBOX-TG12	C. 12oz	Red

JORDAN HAND WRAP (100% COTTON PAIR)

- 3m Red / 3.5m Black
- With thumb attachment and velcro fastening
- Provides added protection
- Instructions included



JORDAN HAND WRAPS

PRODUCT INFORMATION

JLBOX-HW3	A. 3m	Red
JLBOX-HW3.5	B. 3.5m	Black

JORDAN PUNCH MITTS (PAIR)

- Polyurethane glove with 'Jordan Cool Flex' lining, keeps the hand cool and dry during use
- Stylish carbon optic effect finish
- Combination of elastic & velcro improves the comfortable wrist support
- Available in 2 sizes - S/M & L/XL



JORDAN PUNCH MITTS

PRODUCT INFORMATION

JLBOX-PML	A. Large/Xlarge	Black
JLBOX-PMM	B. Small/Medium	Silver

JORDAN MMA SPARRING GLOVES (PAIR)

- Quality leather padded sparring gloves
- Red, Grey or Black leather with black palm
- Open leather finger grip
- Thumb protection with velcro wrist fastening
- Available in 3 sizes: Medium, Large and Extra Large



JORDAN MMA SPARRING GLOVES

PRODUCT INFORMATION

JLMMA-SGM	A. Medium	Grey
JLMMA-SGL	B. Large	Red
JLMMA-SGXL	C. Xlarge	Black

JORDAN INNER GEL GLOVE (PAIR)

- Neoprene, gel filled inner glove
- Colour: Red/Black
- Can be used as an alternative to wraps
- Cotton wrist wrap with velcro fasteners
- Available in 2 sizes - S/M and L/XL



JORDAN INNER GEL GLOVE

PRODUCT INFORMATION

JLBOX-IGL	Large/Xlarge	Black/Red
JLBOX-IGM	Small/Medium	Black/Red



JORDAN PADS & STORAGE

JORDAN THAI PAD PVC

- Thai style training pad
- Heavy duty laminated PVC
- Reinforced handle
- Double arm straps with velcro fasteners
- Lightweight and shock absorbent high impact foam
- Dimensions: Height: 40cm, Width: 21cm, Depth: 10cm



JORDAN THAI PAD

PRODUCT INFORMATION

JLBOX-TP2 Single Black/Red

JORDAN CURVED FOCUS MITTS (PAIR)

- One size fits all
- Quality full leather mitt (grey/black)
- Traditional curved oval shape
- Extra wrist support
- Thick padding for protection & shock absorption



JORDAN CURVED FOCUS MITTS

PRODUCT INFORMATION

JLBOX-CFM One size fits all Grey/Black

JORDAN STORAGE CAGE

- Stores all types of small items - boxing, studio dumbbells, etc.
- Lockable lid for added security
- Unique textured paint finish "TUFF COAT" makes more resistant to wear and tear damage
- Colour: Silver
- Height: 780mm, Length: 1350mm, Depth: 650mm
- Weight: 49kg



JORDAN STORAGE CAGE

PRODUCT INFORMATION

JTSC H 780mm, L1350mm, D 650mm



The Jordan Training Gloves are very comfortable due to the brilliant 'Jordan Cool Flex' lining. The quality of these gloves are perfect for my high intensity training routine.

Jordan Gill, Professional Boxer



RBT by **JORDAN FITNESS**
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE

- Combat Certification
- See Page 147 for our full Training Academy course details

JORDAN PUNCH BAGS

EXTRA HEAVY PUNCH BAG

- Quality leather bag
- Colour: Grey
- Comes complete with chains and basic swivel
- Height: 150cm, Depth: 35cm
- 47kg - 50kg
- Quality swivel fastenings are available

A



HEAVY PUNCH BAG

- Quality leather bag
- Colour: Red
- Comes complete with chains and basic swivel
- Height: 100cm, Depth: 30cm
- 26kg - 28kg
- Quality swivel fastenings are available

B



TRIPLE PUNCH BAG

- Quality leather bag
- Colour: Grey/Red
- Comes complete with chains and basic swivel
- 40kg
- H: 130cm, D: 42cm, D: 31cm

C



JORDAN PUNCH BAGS

PRODUCT INFORMATION

JLBOX-PB01	A. Extra Heavy Punch Bag
JLBOX-PB02	B. Heavy Punch Bag
JLBOX-PB04	C. Triple Punch Bag



GET IN TOUCH WITH
THE JORDAN SALES TEAM

+44(0)1553 763285
sales@jordanfitness.co.uk



JORDAN TRAINING ACADEMY TIPS

Scan this QR Code for training videos
and to see our equipment in action.

4 IN 1 BOXING STATIONS (BAGS NOT INC)

- 3 punch bag arms and speedball platform or 4 punch bag arms
- Can be used simultaneously by 4 people
- Free standing unit, ideal for fitness studios
- Also available with silver finish frame
- Speedball platform - Swivel clip not inc
- Choose accessories from our Combat range

D/E



LEATHER PUNCHING BALL

- Full leather, inflatable punching ball
- Colour: Red/Grey
- Double ended fixing points for focused strike
- Shock cords included
- Senior size

F



LEATHER SPEED BALL

- Full leather speed ball with reinforced leather loop
- Colour: Red/Grey
- Shaped and balanced for accurate re-bounds
- Quality swivel fastenings are available (not included)
- Size C (approx 20cm Diameter)

G



SWIVEL CLIP FOR HEAVY PUNCH BAG & BALL BEARING FOR SPEED BALL

- Heavy duty lockable metal swivel fixing with link

H/I



WALL BRACKETS

- Heavy duty lockable metal swivel fixing with link for speed ball

J



K/L



JORDAN PUNCH BAGS

PRODUCT INFORMATION

JL-7000	D. 4 in 1 boxing station - 3 bag arms and speedball platform
JL-7001	E. 4 in 1 boxing station - 4 bag arms
JLBOX-PB	F. Leather Punching Ball
JLBOX-SB	G. Leather Speed Ball

JLBOX-SCHPB	H. Swivel Clip for Heavy Punch Bag
JL-7075	I. Ball Bearing for Speed Ball
JLBOXFWB-03	J 3ft Folding Wall Bracket
JLBOXWB-04	K. 1.25ft Ultimate Wall Bracket
JLBOXWB-03	L. 3ft Fixed Wall Bracket

BENCHES AND MACHINES

Functional fitness is the heartbeat of everything my business (Bodyfire) and personal philosophy is all about. Jordan Fitness are the one company who cover every piece of equipment you could ever need or possibly want to use to achieve your functional fitness goals. I personally use their equipment, therefore I feel able to recommend it to other people.



James Haskell
- Professional Rugby Player
www.jameshaskell.com



JORDAN I-SERIES BENCHES

Our i-series exclusive collection of benches were designed to be both stylish, yet ultra durable.

With over 25 years experience in this sector and inspiration from other design-led products, we created a contemporary range of benches with soft, smooth flowing lines that do not intimidate, high quality components for long lasting use and sensible pricing.



I-SERIES BENCHES FEATURES

- Laser cut bar supports, high quality protective chrome finish
- Manufactured from premium oval steel (100mm x 50mm)
- Triple stitched upholstery for increased durability
- Secure rubber feet provide excellent stability when in use.
- Yellow adjusters for clear, smooth height selection
- Hydraulic gas cylinder provides easy height adjustment
- Dual bearing systems for safe operation
- Ultra durable silver frame
- Choice of Red, Blue or Black upholstery
- 1 Year Warranty frame and 90 days upholstery

OLYMPIC FLAT BENCH

- Weight storage system
- Low bench height
- Recessed area for spotter
- 1750mm with weight storage

BENEFITS

- Bench Press in a stable environment to lift heavy loads or for hypertrophy training
- Developing the horizontal press muscles, specifically the sternal fibres of the pectoralis major, the deltoids and triceps
- Additional weight disc storage



JORDAN I-SERIES BENCHES

OLYMPIC FLAT BENCH

JT-9942 70kg H1200mm, L1650mm, D1220mm

OLYMPIC DECLINE BENCH

- Weight storage system
- 5 Adjustable length - high visibility adjuster
- Recessed area for spotter
- 1750mm with weight storage

BENEFITS

- Developing the press muscles in the downwards diagonal plane, specifically targeting the lower sternal fibres of the pectoralis major, the deltoids and triceps
- Other decline exercises such as supine triceps extension or decline flys
- Additional weight disc storage



JORDAN I-SERIES BENCHES

OLYMPIC DECLINE BENCH

JT-9944 101kg H1140mm, L1840mm, D1220mm

OLYMPIC INCLINE BENCH

- Weight storage system
- Foot rest
- Adjustable length
- Recessed area for spotter
- 1750mm with weight storage

BENEFITS

- Developing the horizontal press muscles, specifically the sternal fibres of the pectoralis major, the deltoids and triceps
- Other incline exercises such as incline dumbbell flys
- Additional weight disc storage



JORDAN I-SERIES BENCHES

OLYMPIC INCLINE BENCH

JT-9943 97kg H1350mm, L1820mm, D1220mm

ADJUSTABLE INCLINE/DECLINE BENCH

- Ten possible angles from -10 to +85
- Auto adjusting seat
- Anti slip rubber feet
- Handle and wheels for portability
- Weight 40kg

BENEFITS

- A multitude of free exercises including dumbbell or cable flys, single arm rows, chest press, seated shoulder press or seated curls
- Use with Dumbbells, Barbells, Cables, Curl Bars or Tricep bars
- Adjusting the angle on exercises like chest press, flys and supine triceps extension to vary the exercise and hit different motor units

**JORDAN I-SERIES BENCHES****ADJUSTABLE INCLINE/DECLINE BENCH**

JT-9953 H460mm, L1520mm, D695mm

ADJUSTABLE ABDOMINAL DECLINE BENCH

- 6 angle adjustments
- Gas strut adjuster
- Anti slip rubber feet
- Weight: 72kg

BENEFITS

- Performing a variety of declined freeweight and cable exercises, such as declined flys, chest press and tricep extension
- Working the anterior core muscles with declined crunches, leg raises and rotations

**JORDAN I-SERIES BENCHES****ADJUSTABLE ABDOMINAL DECLINE BENCH**

JT-9952 H1020mm, L1550mm, D840mm

45 DEGREE HYPER EXTENSION

- 6 height adjustments
- Anti slip rubber feet
- Assister handles
- Open pad design
- Weight: 41kg

BENEFITS

- Developing back strength and endurance in the spinal erectors and hip extensors
- Helping to decrease back issues as poor back endurance has been proven to be a key risk factor in those with back pain
- Use with Dumbbells, Sandbags or Medicine Balls

**JORDAN I-SERIES BENCHES****45 DEGREE HYPER EXTENSION**

JT-9972 H950mm, L1500mm, D840mm

PREACHER CURL

- 7 seat height adjustments
- Anti slip rubber feet
- Weight 55kg

BENEFITS

- Providing a stable position to perform Preacher or Scott Curls
- Performing curls on curl bars or Dumbbells with a pronated, supinated or semi-supinated grip
- Developing strength and size in the elbow flexors



JORDAN I-SERIES BENCHES

PREACHER CURL

JT-9941

H890mm, L900mm, D870mm

SEATED CALF

- 6 height adjustments
- Anti slip rubber feet
- Ultra durable Silver frame
- Weight 58kg

BENEFITS

- Developing back strength and endurance in the spinal erectors and hip extensors
- Helping to decrease back issues as poor back endurance has been proven to be a key risk factor in those with back pain

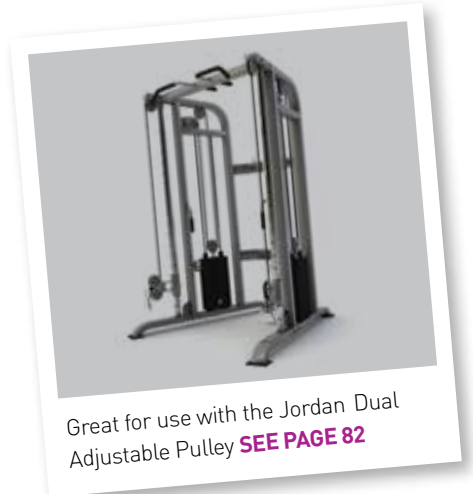


JORDAN I-SERIES BENCHES

SEATED CALF

JT-9945

H980mm, L1330mm, D890mm



Great for use with the Jordan Dual Adjustable Pulley **SEE PAGE 82**

FLAT BENCH

- Open frame design
- Low pad height
- Anti slip rubber feet
- Weight: 31kg



JORDAN I-SERIES BENCHES

FLAT BENCH

JT-9940

L1480mm, D540mm, H460mm

JORDAN J-SERIES BENCHES

The J-Series bench and Vertical Chin/Dip/Knee Raise completes our range of benches. Designed with Personal Training studios and fitness clubs in mind, the J-Series benches offer a stylish yet functional solution at an affordable price.

ADJUSTABLE INCLINE/DECLINE BENCH

- Great value fitness bench
- Ten possible angles from -10 to +85 degrees
- Rubber feet prevents floor damage and optimises
- Low user height for user comfort and security
- Solid frame made from 100 x 50 x 3mm oval steel
- Wheels for portability
- Tapered backrest provides optimal user support
- 1 Year frame warranty, 90 day upholstery warranty
- Weight: 38kg



JORDAN J-SERIES BENCHES

ADJUSTABLE INCLINE/DECLINE BENCH

JT-2055S H53cm, L152cm, D68cm

VERTICAL CHIN/DIP/KNEE RAISE

- Available with Black, Red or Blue upholstery
- 1 Year frame warranty, 90 day upholstery warranty
- Steel Size: 150mm x 50mm x 3mm
- Weight: 86kg



JORDAN J-SERIES BENCHES

VERTICAL CHIN/DIP/KNEE RAISE

JTSB-78S H211cm, L158cm, D106cm

JTSB-78A Light Commercial - H211cm, L158cm, D106cm



OLYMPIC ADJUSTABLE MULTI-BENCH

The Full Commercial Olympic Adjustable Multi Bench is suitable for all fitness and strength environments. Thick oval section steel ensures that the Bench is stable, and is built to endure the toughest workouts.

- Bench has 6 positions of adjustment covering flat, incline & decline positions ranging from -5 to 80 degrees
- Guide rail for adjustable bench ensuring the bench is positioned in the perfect position every time.
- 6 Multi-position bar catchers
- Spot platform for maximum safety
- 4 Olympic weight storage horns
- Weight: 125kg



BENCHES

OLYMPIC ADJUSTABLE MULTI-BENCH

JL-4046 H185cm, W177cm, L226cm

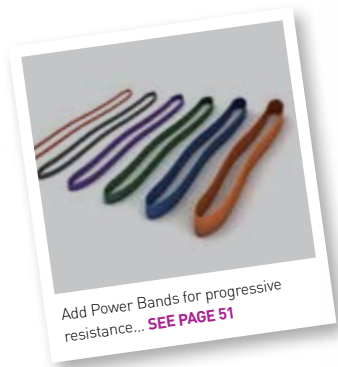
* DISCS & BAR NOT INCLUDED

JORDAN OLYMPIC POWER RACK

Ultra versatile commercial Olympic Power Rack with a host of in built features for dynamic strength workouts.

PRODUCT INFORMATION

- Unique textured paint finish " TUFF COAT" makes racks more resistant to wear and tear
- Oval steel frame (100 x 50mm)
- Removeable Dipping Bar (not shown)
- Industry leading price due to our lean manufacturing processes
- 11 bar racking height adjustments



Add Power Bands for progressive resistance... [SEE PAGE 51](#)



JORDAN OLYMPIC POWER RACK

PRODUCT INFORMATION

JTPR Graphite Metallic H2445mm, L1290mm, D1680mm

* BANDS, DISCS AND BARS NOT INCLUDED



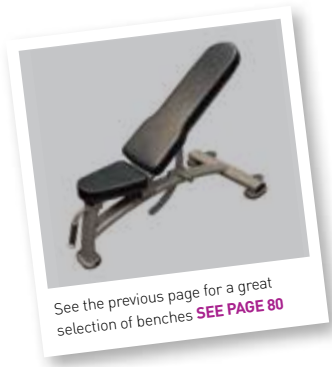
DUAL ADJUSTABLE PULLEY

PRODUCT INFORMATION

- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Weight: 402kg

BENEFITS

- Working the body in a functional, standing position with many upper body, core and lower body exercises
- A huge range of transverse plane, rotational exercises like the russian twist, woodchop, reverse woodchop and judo throw
- Use with the Jordan Attachment Vest



18 indexed pulley height positions per column

16 pulley system for smooth cable movement



Chin Bar with multi width grips

Storage point for 6 attachments

Steel frame (100mm x 50mm)

2x 100kg weight stacks

Non mark rubber feet



DUAL ADJUSTABLE PULLEY

PRODUCT INFORMATION

JTDAP-01 Graphite Metallic H2320mm, L1620mm, D1500mm

FUNCTIONAL TRAINING RIGS

“ After 22 years of experience in the fitness industry and having developed Mi-Gym.com (CrossFit Chelmsford) we understand the benefits of functional training for our members.

There are endless possibilities of high intensity workouts, it is heavy duty, extremely flexible and our members love it. Jordan Fitness continually exceed our expectations. ”

Rachel Young, Owner & Head Coach
- MiGym CrossFit Chelmsford
www.migym.com

IGNITE[®] RIG

The Ignite Rig is the Flagship of our Functional Training Rig range. It's premium look and finish make it a fantastic centerpiece for any facility or functional training area. Manufactured in the UK to the highest specifications, the Ignite Rig can be fully customisable with a variety of options, accessories, colourways and textures.

The Ignite Rig comes loaded with the following as standard, before adding your own options:

- Full Length Monkey Bar Run
- Pull Up Bar
- Boxing Bag Fixing Point
- Side ladders x 2
- Two tone colour options



Image from install at Bannatynes Health Club, Darlington, UK



COMMUNITY REGISTERED DESIGN

IGNITE[®] RIG

- Lead time: 2-6 weeks
- Dimensions: D 3650mm / H 2826mm / W 3650mm
- Registered Design
- It is recommended that the rigs be secured to suitable floor and wall. Please ensure sufficient suitability of floor/wall and ceiling height.



IGNITE RIG WORKOUTS

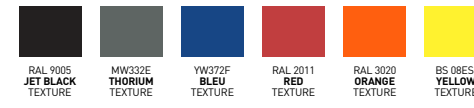
Watch basic, intermediate and advanced workouts.



Primary Colours



Secondary Colours



PRIMARY COLOURS
Rig Uprights
SECONDARY COLOURS
Monkey Bars, Wings,
Attachments etc...

*Combinations can be altered to suit you



IGNITE® RIG ATTACHMENTS

PRODUCT INFORMATION

JL-IGNITERIG		Ignite Rig Only
JL-IGNITERIG-2650	A	45° Degree 3 Bar Wing
JL-IGNITERIG-2660		10° Degree 3 Bar Wing
JL-IGNITERIG-005	B	Dipping Attachment
JL-IGNITERIG-010	C	Step Attachment

JL-IGNITERIG-015	D	Core Plate (No Bar Storage)
JL-IGNITERIG-025	E	Ball Storage (Max 6 per ladder)
JL-IGNITERIG-030	F	Kettlebell Storage (Max 6 per ladder)
JL-IGNITERIG-035	G	Squat Attachment (Including J-Hook (Pair))
JL-IGNITERIG-040	G	Squat Safety Spot Arms (Pair)

JL-IGNITERIG-050	H	500 Utility Bar
JL-IGNITERIG-055	H	1000 Utility Bar
JL-IGNITERIG-075		Rebound Board
JL-IGNITERIG-080	I	Rope Pull Attachment

Bespoke Rig Options are available. Please call our Sales Team for info

FUNCTIONAL TRAINING RIGS CONTINUED

Functional Training Rigs have become the modern equivalent of the old multi-gym. With a multitude of attachments and accessories, these functional training rigs can allow clubs to maximise the potential of their functional training areas.



Not only are they a striking addition to the normal gym look, Functional Training Rigs certainly generate significant interest from the gym user. They can be used for both personal training and for unsupervised use, but most beneficially they can also be used for a variety of functional group training sessions, which can either be an additional income stream or used to increase adherence with members and to prevent attrition.

MFS TRI-SERIES RIG BASE UNIT

Lead time: Up to 6 weeks



MFS CLASSIC RIG 3M BASE UNIT

• Lead time: Up to 6 weeks



MFS DOUBLE ARC SYSTEM 5M X 1.5M BASE UNIT

• Lead time: Up to 6 weeks



PRODUCT INFORMATION

JL-MSF1 Rig D: 2283mm, W: 3012mm, H: 2462mm

PRODUCT INFORMATION

JL-MFS24-ELITE Rig D: 2729mm, W: 3916mm, H: 2462mm

PRODUCT INFORMATION

JL-MSF19 Rig D: 5000mm, W: 2416mm, H: 2460mm



FOR YOUR INFORMATION

It is recommended that the Rigs be secured to suitable floor and wall. Please ensure sufficient suitability of floor/wall and ceiling height.

FROM A VERSATILITY PERSPECTIVE THE FUNCTIONAL RIGS ARE VERY MULTI-PURPOSE AND CAN BE USED:

- As multiple Squat Racks
- As an MMA conditioning station with punch bags, suspension systems, and kick-punch band attachments
- As a multi-user suspension system station with at least 8 users, for use with Jungle Gym XT, Milokits or Gym Rings
- As a Group Training Station, used with ropes, freeweights, gym rings and kettlebells.
- For Storage of Olympic Size bars
- As an alternative to multiple individual pieces of equipment

MOST OF THE FUNCTIONAL TRAINING RIGS AVAILABLE WILL HAVE A CHOICE OF ATTACHMENTS INCLUDING:

- Dip Bars
- Core Plate/Landmine Sleeve
- Step Up/Plyometric Jump Platform
- Bungee Cord, Band or Rope Loop
- Jpeg Hooks to support Olympic Bars

THEY ARE COMMONLY USED WITH OTHER PERIPHERAL FUNCTIONAL EQUIPMENT SUCH AS

- Jungle Gym XT, Milokits and Gym Rings
- Punchbags and other combat equipment
- Olympic barbells and rubber training plates
- Bungee Cords and Waist/Vest Attachments
- Weighted Vests / Kettlebells / Sandbags / Ropes / Benches

CLUB POWER STATION RIG BASE UNIT (EXC J-HOOKS)

- Lead time: Up to 6 weeks



PRODUCT INFORMATION

JL-CF2-3 Rig

D: 1345mm, W: 1345mm, H: 2460mm

CLUB WALL STATION - STANDARD (EXC J-HOOKS)

- Lead time: Up to 6 weeks



PRODUCT INFORMATION

JL-CF2-3

D: 1137mm, W: 1345mm, H: 2460mm

CLUB CLASSIC RIG 3M - BASE UNIT

- Lead time: Up to 6 weeks



PRODUCT INFORMATION

JL-CW-100 Rig 2m x 3 Bar Wing, 1x Punch Bag Arm, 1x Rebound Board, 1x Dipping Attachment, 1x Step Attachment

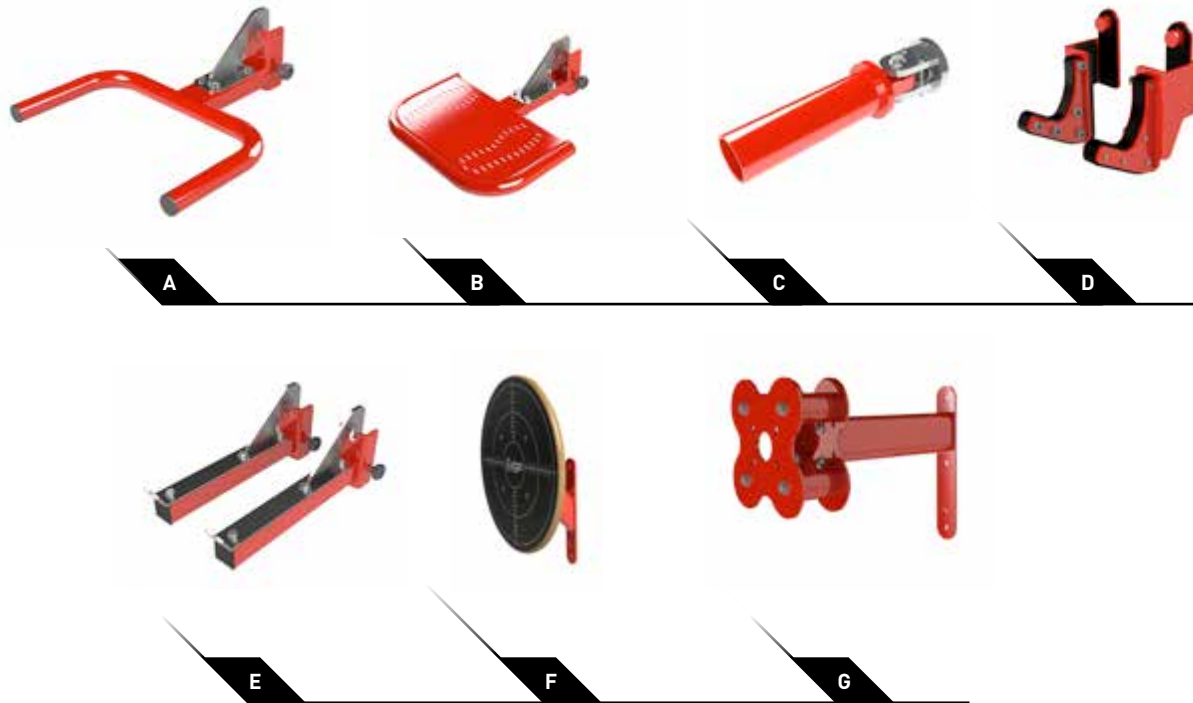
D: 2091mm, W: 3591mm, H: 2460mm

RBT by **JORDAN FITNESS**
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE

- Functional Fitness Workshop

BASIC FUNCTIONAL RIG ATTACHMENTS



WING ATTACHMENTS

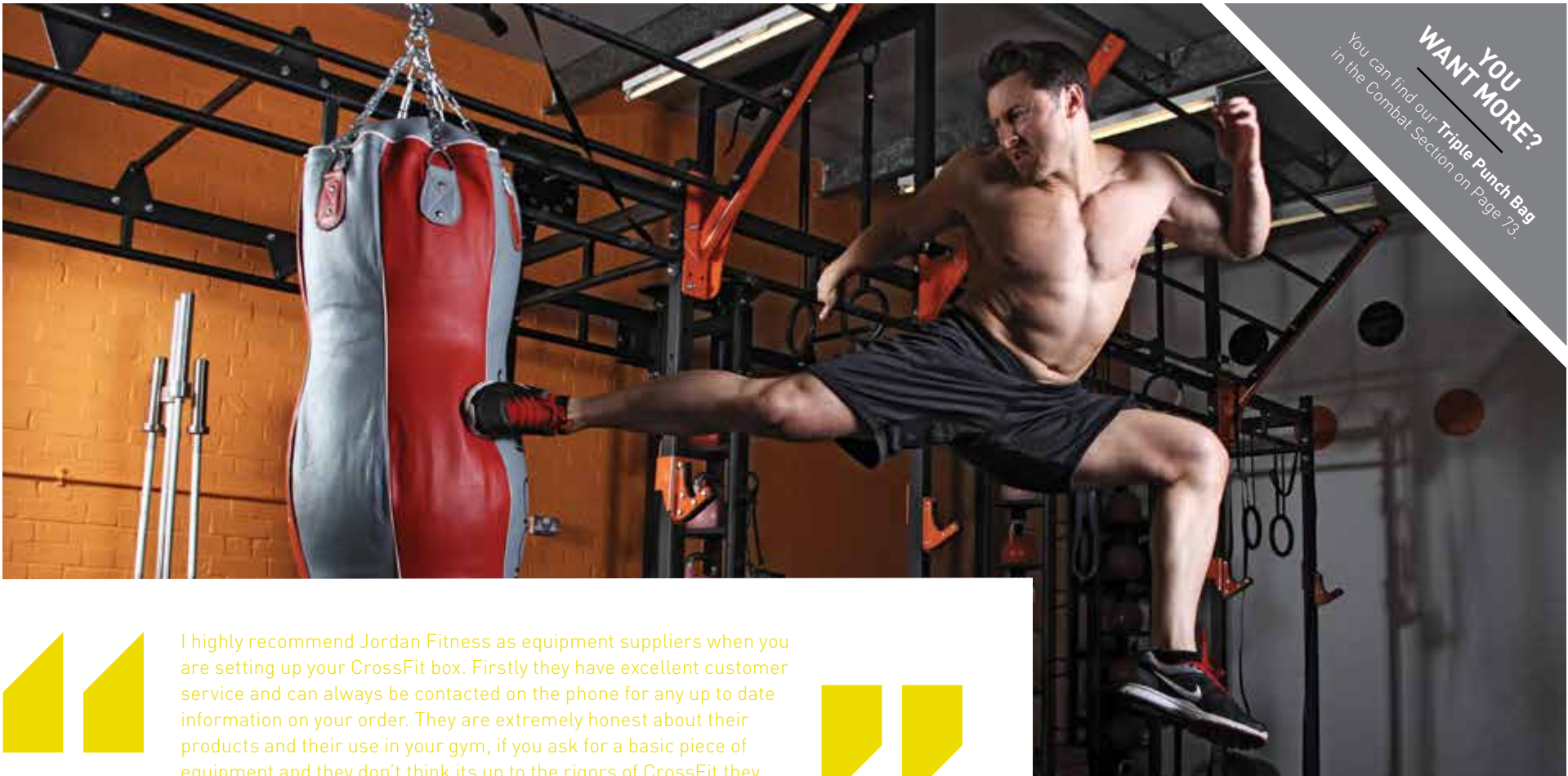
- These can be added to any style rig and also wall mounted.
- If the length of wing is not shown please call for a quote
- A wide range of colours available



JORDAN CABLE ATTACHMENTS 6 week lead time	
PRODUCT INFORMATION	
JL-ATT-6045	A. Dipping Attachment
JL-ATT-6040	B. Step Attachment
JL-ATT-6012	C. Core Plate Attachment

JL-ATT-6080	D. J Hooks
JL-ATT-6075	E. Safety Spot Arms
JL-ATT-6090	F. Steel Rebound Board
JL-ATT-6050	G. Rope Pull Attachment

WING ATTACHMENTS 3 week lead time	
PRODUCT INFORMATION	
JL-2650	1.24m x 3 Bar Wing
JL-2660	2m x 3 Bar Wing
JL-2670	3m x 3 Bar Wing



YOU WANT MORE?
 You can find our Triple Punch Bag in the Combat Section on Page 73.



I highly recommend Jordan Fitness as equipment suppliers when you are setting up your CrossFit box. Firstly they have excellent customer service and can always be contacted on the phone for any up to date information on your order. They are extremely honest about their products and their use in your gym, if you ask for a basic piece of equipment and they don't think its up to the rigors of CrossFit they will advise you based on previous CrossFit customers experiences.

Duncan Bolt - Crossfit Stag's & Doe's, Cambridge



ISSUES OR QUESTIONS? GET IN TOUCH WITH THE JORDAN TEAM

+44(0)1553 763285

sales@jordanfitness.co.uk



**TIME LAPSE RIG
 INSTALL VIDEO**

Watch MiGym's fantastic time lapse rig install video

FITNESS FLOORING

“ We chose Jordan Fitness as they offer the best quality at the best price, and offer the best customer service. They have provided us with a very attractive flooring solution which is enhancing the results of our already very active members. ”

Anna Rounaja, Development Manager
- Hukka Oy, Finland
www.hukka.net



AEROBIC FLOOR (10MM)

Easy-Lock Aerobic is a professional sports floor which has been developed for use in aerobic halls, home gyms, multipurpose sports halls, indoor cycling areas etc.

PRODUCT INFO

- Modern design
- Fast installation
- Wide range of colours
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints

TECHNICAL SPECIFICATIONS

- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 10mm
- **Density:** 320kg/m³
- **Hardness:** 75°
- **Weight:** 2.8kg



FITNESS FLOOR (15MM)

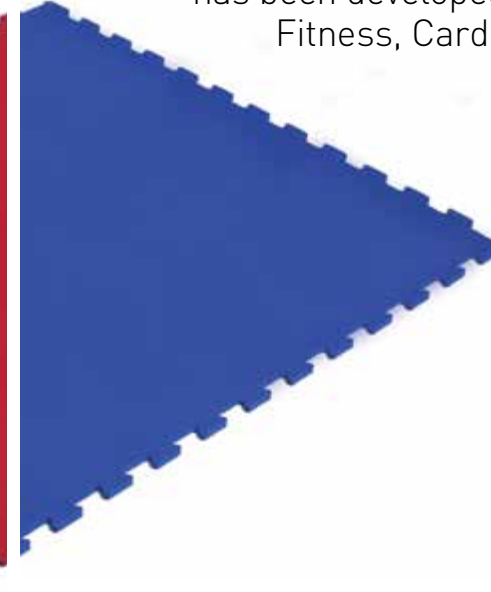
Easy-Lock Fitness is a professional sport floor which has been developed for commercial gyms in their Fitness, Cardio and free weight areas.

PRODUCT INFO

- Modern design
- Fast installation
- Easy maintenance
- Easy repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints
- Suitable for kettlebell training zones

TECHNICAL SPECIFICATIONS

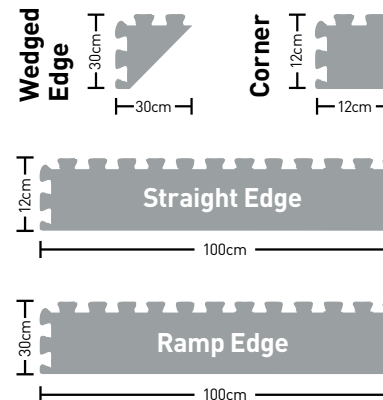
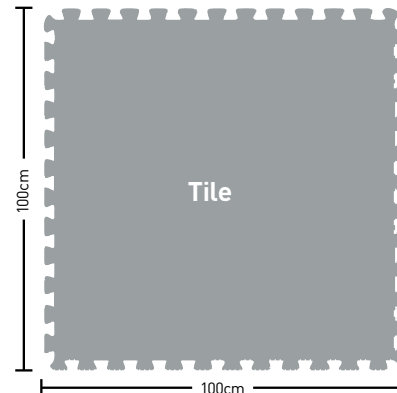
- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 15mm
- **Density:** 320kg/m³
- **Hardness:** 75°
- **Weight:** 3.9kg



FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

JORDAN FITNESS FLOORING		
EASY LOCK AEROBIC FLOOR (10MM)		
JLELA	Easy Lock Floor Tile	100cm x 100cm
JLELAE	Ramp Edge	30cm x 100cm
JLELAC	Ramp Corner	30cm x 30cm
JLELAES	Straight Edge	12cm x 100cm
JLELACS	Straight Corner	12cm x 12cm



FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.









JORDAN FITNESS FLOORING		
EASY LOCK FITNESS FLOOR (15MM)		
JLELF	Easy Lock Floor Tile	100cm x 100cm
JLELFE	Ramp Edge	30cm x 100cm
JLELFC	Ramp Corner	30cm x 30cm
JLELFES	Straight Edge	12cm x 100cm
JLELFCS	Straight Corner	12cm x 12cm



CASE STUDY #1
 Jordan Aerobic Flooring install at
 Bannalyne's Health Club HQ
 in Darlington, UK

COLOUR OPTIONS

Actual floor colours may vary slightly from the colours shown to the right. Colour options available for both the 10mm Aerobic and 15mm Fitness Floor tiles.

- 
BLUE
- 
GREY
- 
BEIGE
- 
RED
- 
GREEN
- 
BLACK
- 
LIGHT WOOD
- 
DARK WOOD

JORDAN TATAMI FLOOR (15, 20, 30MM)

Easy-Lock Tatami is the professional flooring that has been developed for the Martial Arts world, its also suitable for yoga, rehabilitation and childrens play areas. Shock absorbing Air Care System offers maximum protection for feet and joints. EVA material used is highly durable and will last 5x longer. Supplied 2cm thick and has a specific stronger lock in the middle for longer service. This floor is designed for use without shoes.

CAN'T DECIDE?
 Call for a free sample



PRODUCT INFORMATION

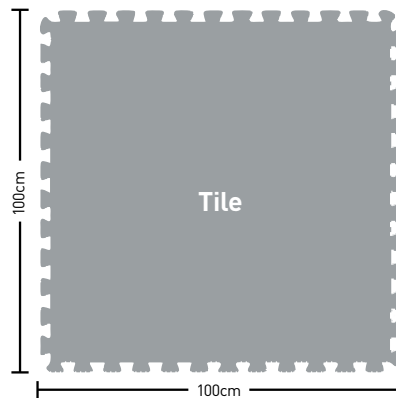
- Modern design
- Fast installation
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Air Care System helps minimise impact on joints

TECHNICAL SPECIFICATIONS

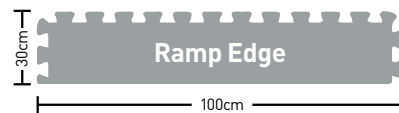
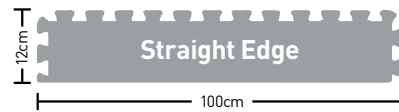
- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 15mm / 20mm / 30mm
- **Density:** 160kg/m³
- **Hardness:** 55°
- **Weight:** 2.8kg

COLOUR OPTIONS

Actual floor colours may vary slightly from the colours shown above.



Wedged Corner Corner



FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

JORDAN FITNESS FLOORING

EASY LOCK TATAMI FLOOR (20MM THICKNESS)

JLELT2	Easy Lock Floor Tile	100cm x 100cm
JLELT2E	Ramp Edge	30cm x 100cm
JLELT2C	Ramp Corner	30cm x 30cm
JLELT2ES	Straight Edge	12cm x 100cm
JLELT2CS	Straight Corner	12cm x 12cm



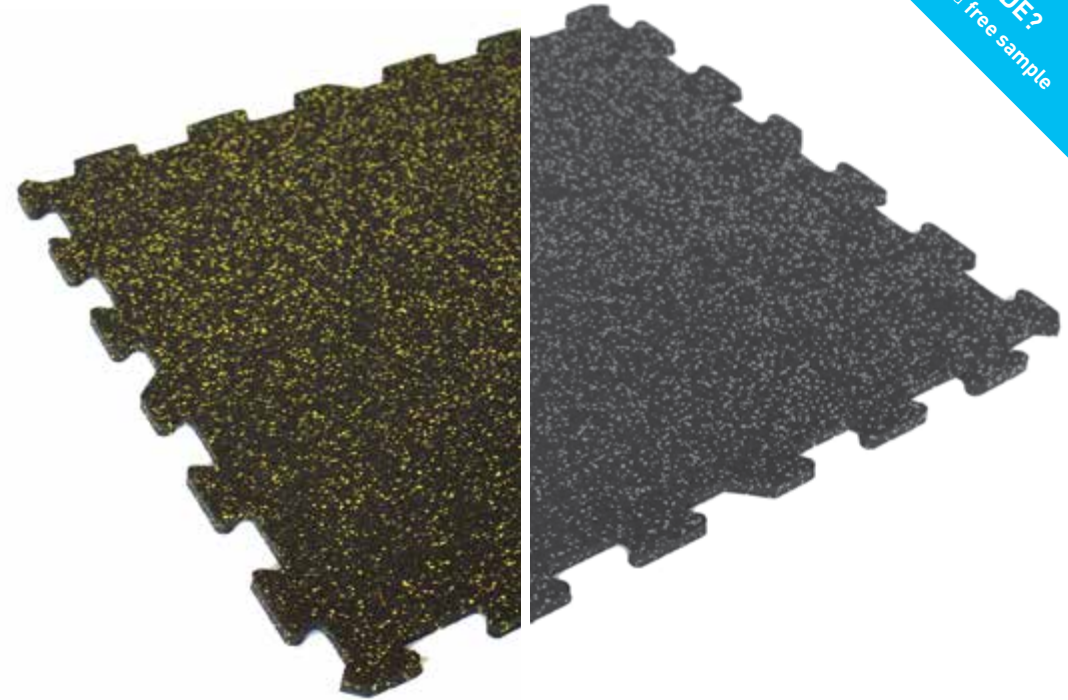
JORDAN RUBBER FLECK FLOOR (12MM)



CAN'T DECIDE?
 Call for a free sample

Rubber Fleck Floor is a professional sport floor which has been developed for commercial gyms in their Fitness, Cardio and free weight areas.

This floor is very popular because of its versatility and durability. Rubber Fleck flooring is an attractive and hygienic addition to any fitness environment.



PRODUCT INFORMATION

- Modern design
- Fast installation
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Air Care System helps minimise impact on joints

TECHNICAL SPECIFICATIONS

- **Material:** EVA
- **Dimensions:** 100 x 100cm
- **Thickness:** 15mm / 20mm / 30mm
- **Density:** 160kg/m³
- **Hardness:** 55°
- **Weight:** 2.8kg

FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

COLOUR OPTIONS

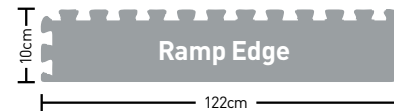
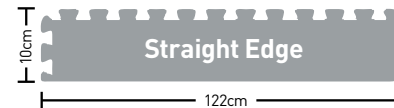
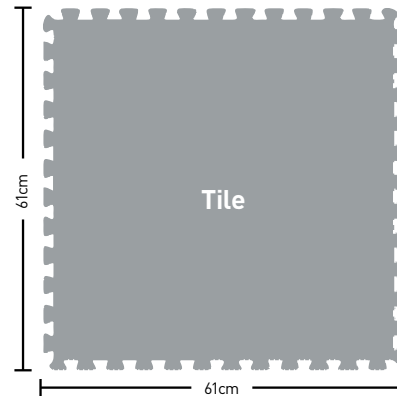
Actual floor colours may vary slightly from the colours shown above.



BLACK WITH YELLOW FLECK



BLACK WITH GREY FLECK



JORDAN FITNESS FLOORING

YELLOW RUBBER FLECK FLOOR (12MM THICKNESS)

JL-ELT61Y	Yellow Fleck Floor Tile	61cm x 61cm
JL-ELT61EY	Yellow Straight Edge	10cm x 122cm
JL-ELT61REY	Yellow Ramp Edge	10cm x 122cm

GREY RUBBER FLECK FLOOR (12MM THICKNESS)

JL-ELT61G	Grey Fleck Floor Tile	61cm x 61cm
JL-ELT61EG	Grey Straight Edge	10cm x 122cm

PROFESSIONAL RAMP EDGE

JL-EDGE2.7	Professional Ramp Edge	2.7m
-------------------	------------------------	------



CASE STUDY #3
Jordan Yellow Fleck Flooring Install
at Bannatyne's Health Club in Luton, UK

JORDAN FREE WEIGHT FLOOR (8, 12MM)

A unique highly durable and flexible solution that will ensure your free weights and floor are protected from damage and marking by benches or other equipment.

Easy-Lock Free Weight Flooring provides a high impact resistant, long lasting surface that will absorb punishment that would normally damage most other conventional lightweight foam flooring or tiles.



CAN'T DECIDE?
Call for a free sample

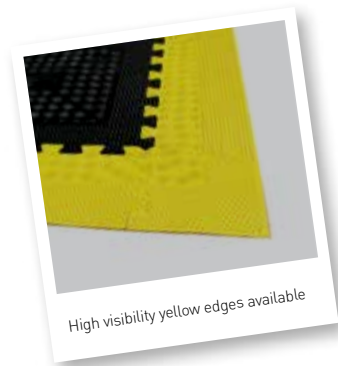


PRODUCT INFORMATION

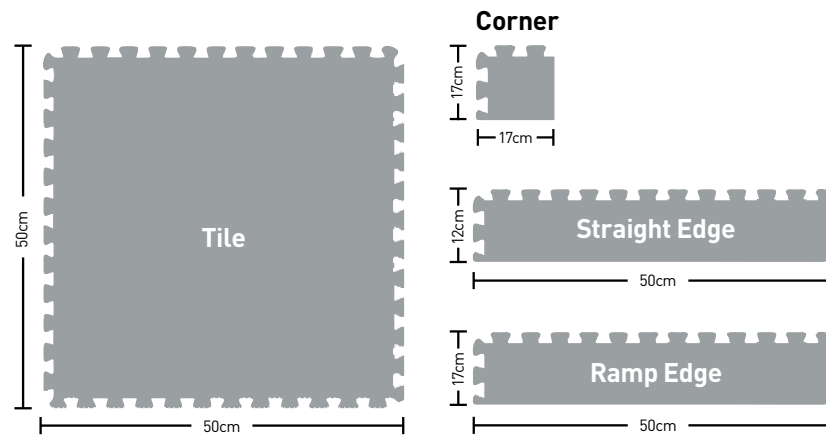
- Available in 8 & 12mm thickness
- Modern design
- Fast installation
- Easy to maintain, repair & move
- High durability
- Anti-slip surface
- Reduce noise and vibration
- Cushioned surface
- Suitable for kettlebell training zones

TECHNICAL SPECIFICATIONS

- **Material:** High grade rubber
- **Dimensions:** 50 x 50cm
- **Thickness:** 8mm / 12mm
- **Density:** 2200kg/m³
- **Hardness:** 66°
- **Weight:** 4kg / 6kg



High visibility yellow edges available



JORDAN FITNESS FLOORING

FREE WEIGHT FLOOR

JTELT-01B	12mm Black Rubber Tile	50cm x 50cm
JTELT-02B	12mm Ramp Edge	17cm x 50cm
JTELT-03B	12mm Corner	17cm x 17cm
JTELT-07B	12mm Straight Edge	12cm x 50cm
JTELT-09Y	12mm Yellow Edge	12cm x 50cm
JTELT-10Y	12mm Yellow Corner	17cm x 17cm
JTELT-04B	8mm Black Rubber Tile	50cm x 50cm
JTELT-05B	8mm Ramp Edge	17cm x 50cm
JTELT-06B	8mm Corner	17cm x 17cm
JTELT-08B	8mm Straight Edge	12cm x 50cm
JTELT-11Y	8mm Yellow Edge	12cm x 50cm
JTELT-12Y	8mm Yellow Corner	17cm x 17cm

CASE STUDY #4
Our Free Weight Flooring
can be found around the world



HIGH PERFORMANCE FLOORING (7MM)

This floor is highly resistant and comes in a wide variety of finishes, offering us a whole range of application possibilities for any type of room, whether machinery, weights, indoor cycling, indoor walking... as well as for heavy use areas.

HIGH PERFORMANCE

Bi-Density flooring which combines best features of EVA and Rubber. It's surface is highly resistant to all types of marks.

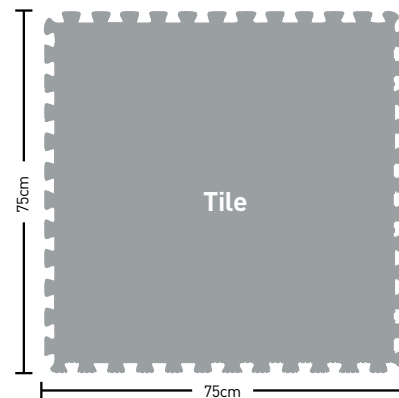
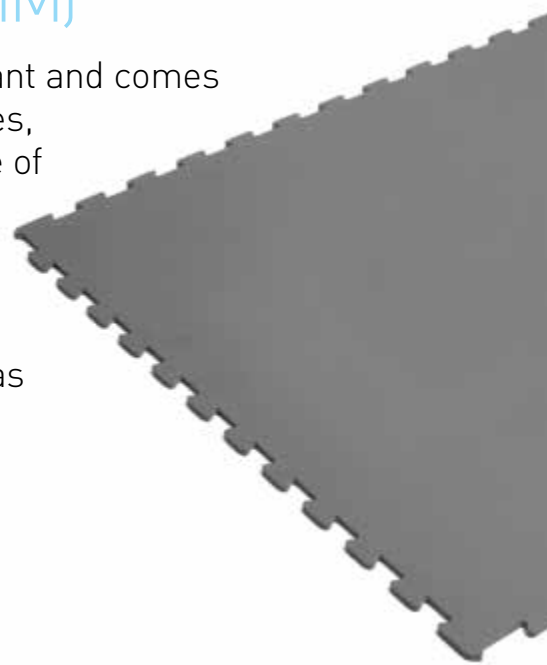
TECHNICAL SPECIFICATIONS

- **Material:** EVA/Rubber
- **Dimensions:** 75 x 75cm
- **Thickness:** 7mm
- **Density:** 800kg/m³
- **Hardness:** 90°
- **Weight:** 6.7kg

JORDAN FITNESS FLOORING

HIGH PERFORMANCE FLOOR (7MM)

JLELHP	High Performance Tile	75cm x 75cm
JLELHPE	Straight Edge	10cm x 75cm
JLELHPC	Straight Corner	10cm x 10cm



FUNCTIONAL PERFORMANCE FLOORING (7MM)

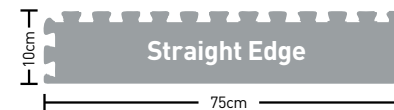
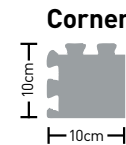
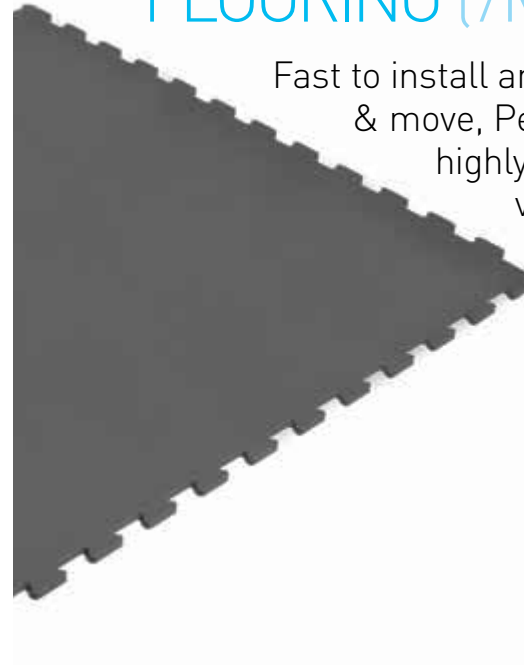
Fast to install and easy to repair, maintain & move, Performance flooring is highly durable, reduces noise & vibration with its cushioned surface.

FUNCTIONAL PERFORMANCE

With advantages & benefits of the High Performance flooring but is an EVA based tile. Ideal for the more functional space.

TECHNICAL SPECIFICATIONS

- **Material:** EVA
- **Dimensions:** 75 x 75cm
- **Thickness:** 7mm
- **Density:** 760kg/m³
- **Hardness:** 70°
- **Weight:** 6.4kg



FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

JORDAN FITNESS FLOORING

FUNCTIONAL PERFORMANCE FLOOR (7MM)

JLELFP	Functional Performance Tile	75cm x 75cm
JLELFPE	Straight Edge	10cm x 75cm
JLELFPC	Straight Corner	10cm x 10cm



CAN'T DECIDE?
Call for a free sample



CASE STUDY #5
Performance Flooring install
at Hukka Oy in Finland

COLOUR OPTIONS

Actual floor colours may vary slightly from the colours shown to the right. Colour options available for both the 7mm High and Functional Performance Floor tiles.

- 
ORANGE
- 
VIOLET
- 
BEIGE
- 
BLACK
- 
GREEN
- 
RED
- 
LIGHT WOOD
- 
DARK WOOD
- 
BLUE
- 
GREY & ALUMINIUM



FLEXI-SPORTS PLAYGROUND FLOORING (13MM)

CAN'T DECIDE?
 Call for a free sample

A world first cushioning floor for training areas. Playground has been developed to protect and optimise your training. Suitable for loads of 25,000kg per m² this PUR based material is a soft, supportive and functional floor solution proven to counteract fatigue and ensure motivation and performance.



PRODUCT INFORMATION

- Modern design
- Fast installation
- Easy maintenance
- Easy repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints
- Suitable for kettlebell training zones

TECHNICAL SPECIFICATIONS

- **Material:** PUR
- **Dimensions:** 88 x 88cm
- **Thickness:** 13mm
- **Density:** N/A
- **Hardness:** N/A
- **Weight:** 4kg

FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.

COLOUR OPTIONS

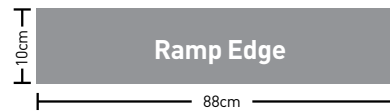
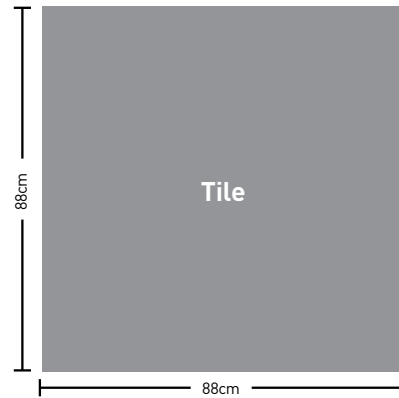
Actual floor colours may vary slightly from the colours shown above. Other colours are available from 55 m²



LIGHT GREY



DARK GREY



FLEXI-SPORTS PLAYGROUND FLOORING

PRODUCT INFORMATION

JLPLAYST	Playground Tile with Straight Edge (Grey)	88cm x 88cm
JLPLAYJIG	Playground Tile with Jigsaw Edge	88cm x 88cm
JLPLAYLUN	Lunge Circuit Marking	
JLPLAYPB	Power Bone Marking	
JLPLAYML	Multi Ladder Marking	
JLPLAYCM	Custom Marking	
JLPLAYRE	Ramp Edge	
JLPLAYFT	Flooring Tape	

CASE STUDY #6
NEW Playground
Flooring install in Sweden



JORDAN ACTIV FLOORING (15, 30MM)

Protect your free weights from impact damage with this new tactile cushioned flooring. Ideal for Professional sports facilities, free weights and general fitness areas, with fantastic noise suppression capabilities this flooring is soft to touch and ultra durable.

PRODUCT INFORMATION

- Suitable for Free Weights, Functional & Machine Areas, CV, Resistance etc.
- Easy to fit
- Easy maintenance
- Ultra durable
- Ramp edges available
- Installation service available, please call for details
- Spread the cost and use our tax efficient finance service

TECHNICAL SPECIFICATIONS

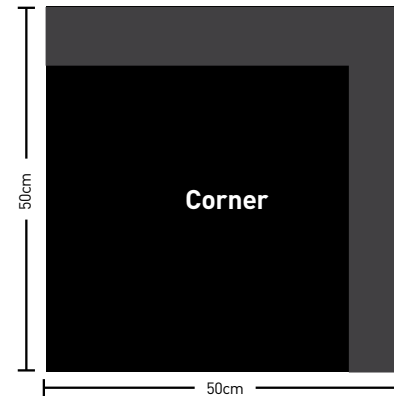
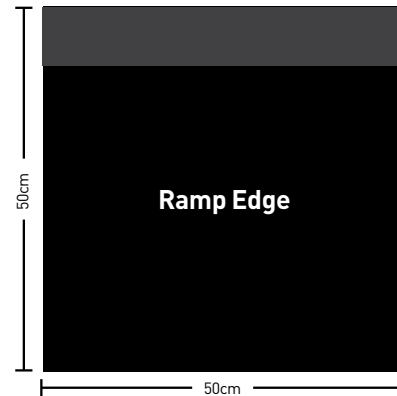
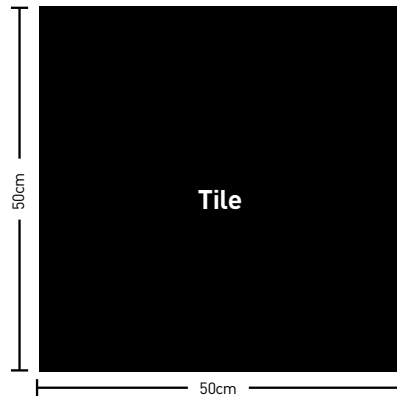
- **Material:** Rubber
- **Dims:** 50 x 50 x 15/30cm (4 tiles per sqm)
- **Thickness:** 28mm / 7mm (Ramp Edge)
- **Density:** N/A
- **Weight:** 4kg / 6kg

FLOOR MARKINGS

A selection of floor markings are available. Please contact us for more information.



CAN'T DECIDE?
 Call for a free sample

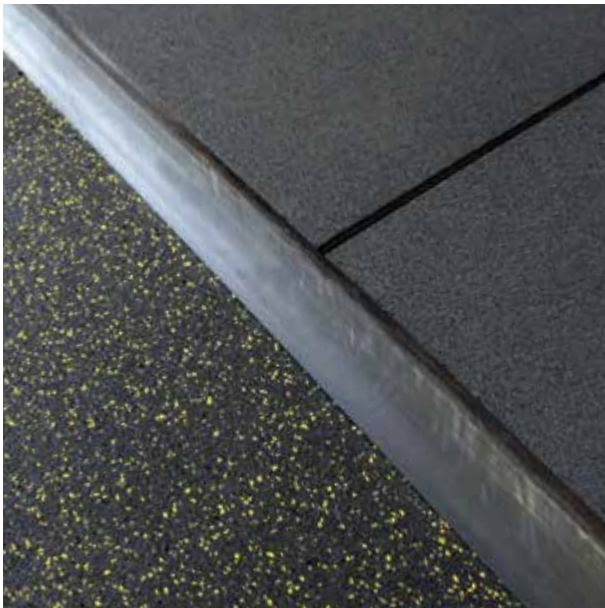


JORDAN FITNESS FLOORING

JORDAN ACTIV FLOORING (15, 30MM THICKNESS)

JLACTIVBT15	Black Tile	15mm	50cm x 50cm
JLACTIVBC15	Black Corner	15mm	50cm x 50cm
JLACTIVBR15	Black Ramp Edge	15mm	50cm x 50cm
JLACTIVBT30	Black Tile	30mm	50cm x 50cm
JLACTIVBC30	Black Corner	30mm	50cm x 50cm
JLACTIVBR30	Black Ramp Edge	30mm	50cm x 50cm

ALSO AVAILABLE IN GREY. CALL FOR DETAILS



CASE STUDY #7
Jordan Activ Flooring installs
at Bannatynes Health Clubs, UK

FLOOR CUSTOMISATION

Any of the flooring tiles featured on previous pages (excluding free-weight tiles) can be customised or personalised to customer's specifications. Logos and functional markings can be added to the tiles... bringing that special unique touch to gyms and fitness facilities.

FUNCTIONAL FLOORING

More and more health clubs and gyms are adding functional training areas to increase personal training, to allow for more and varied group training sessions and to promote unsupervised use of the functional training equipment.

As well as having a varied selection of functional training equipment, such as medicine balls, Sandbags, suspension systems, combat gear and freeweights, the use of customized flooring can increase the potential of this area.

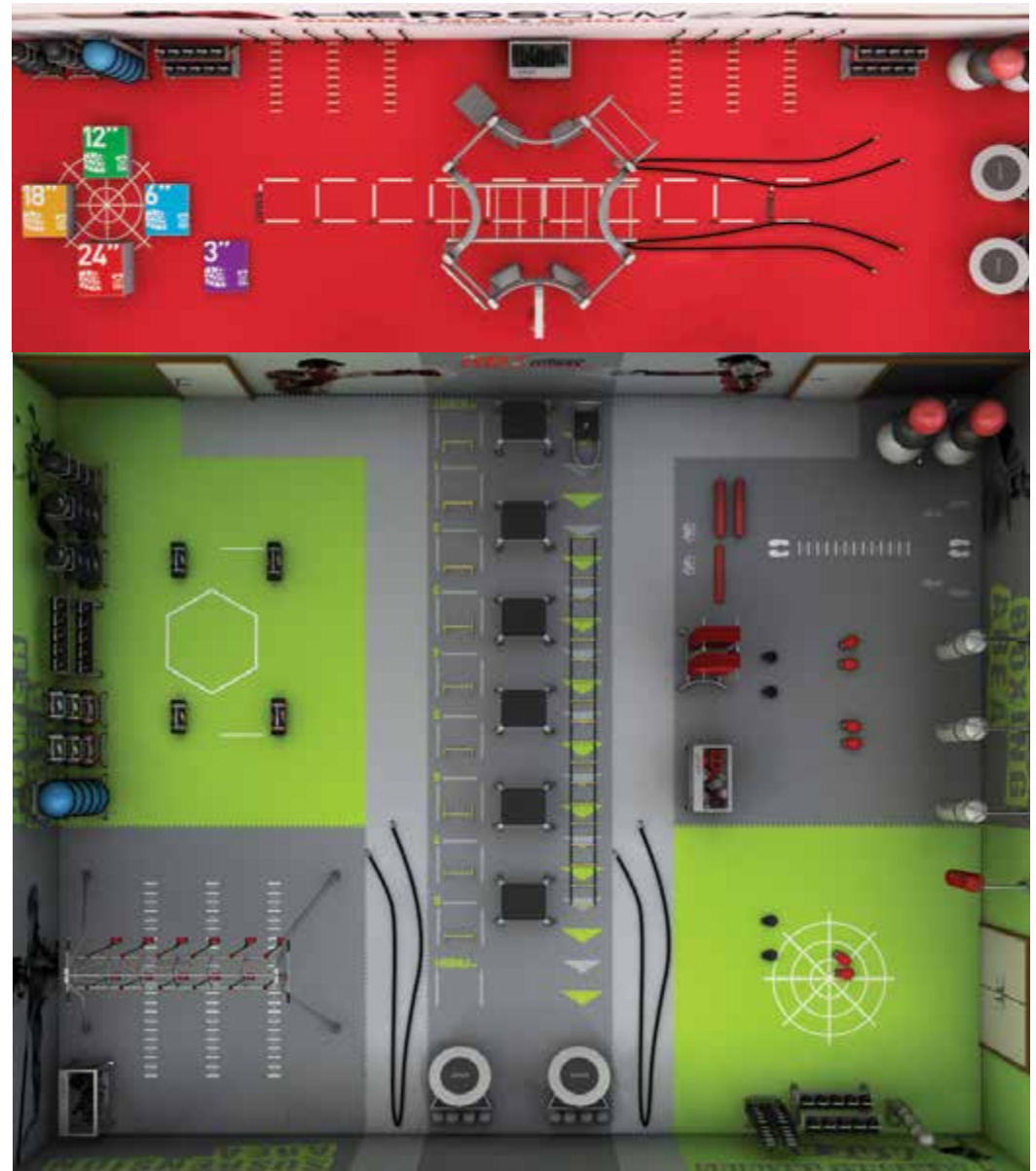
CUSTOMISED FLOORING POSITIVES:

- Highlight dedicate areas for purpose, such as stretching, unstable training or medicine ball rebounder work.
- Allow for fitness testing - such as broad jumps and Hexagon Jumps, as well as single leg multi-planar stability with a compass marking.
- Maintain a clear area for sled work, plyometric training or sprints.
- Replace physical markers, such as cones, when performing speed and agility drills
- Be used for a variety of functional training games - popular with both adults and children

Whether you want your functional flooring to highlight dedicated training areas or to add colour, energy and interest to your functional training zone – our team can work with you so you get exactly the look and outcome you are searching for.

GET IN TOUCH WITH OUR SALES TEAM

+44(0)1553 763285 | sales@jordanfitness.co.uk





JORDAN SPORTS MATS

Easy-Lock Sports Mats are popular in the world of aerobics and fitness. They have become an essential piece of equipment for people in gyms as well as for kids, physiotherapy and rehabilitation.

They are suitable for any exercise performed on the floor. For practical and hygienic storage we can also supply Easy-Lock Hangers. One Hanger will hold up to 20 Easy-Lock Sports Mats.

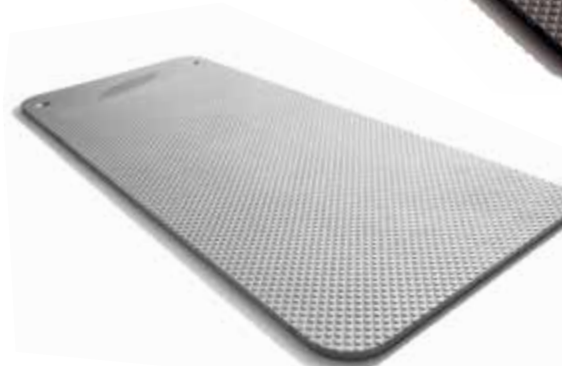
PRODUCT INFORMATION

- Modern Design
- Fast installation
- Wide range of colours
- Easy maintenance
- Fast repairs
- Easy to move
- High durability
- Anti-slip surface
- Air Care System helps minimise impact on joints

TECHNICAL SPECIFICATIONS

- **Material:** EVA
- **Dimensions:** 160 x 60cm
- **Thickness:** 9mm / 19mm
- **Density:** 100kg/m³
- **Hardness:** 35[°]
- **Weight:** 0.9kg / 1.8kg

STOCK COLOURS



CAN'T DECIDE?
Call for a free sample



JORDAN SPORTS MATS

PRODUCT INFORMATION		
JLSM9B	Blue	9mm
JLSM9-vzzzvBK	Black	9mm
JLSM9G	Grey	9mm
JLSM19B	Blue	19mm
JLSM19BK	Black	19mm
JLSM19G	Grey	19mm

SPORTS MATS RACK

- Holds up to 70 x 9mm mats
- Stylish yet affordable systems for sports mats
- Unique textured paint finish "TUFF COAT" makes racks more resistant to wear and tear damage
- Colour: Silver
- Height: 1820mm, Length: 720mm, Depth: 1020mm

**SPORTS MATS HANGER**

- Cost effective way of storing sports mats
- Holds up to 10 x 19mm mats or 20 x 9mm mats

**40MM MULTI-PURPOSE STRETCH MATS (with non slip base)**

- Easy wipe clean vinyl surface
- Ideal for martial arts - taekwondo, judo, karate etc
- Size meets international judo standards
- Slip resistance textured surface
- Thickness: 40mm
- Colour Options: Red or Grey
- Dimensions: 2000mm x 1000mm

**JORDAN AB MAT**

- Compact design ideal for mobile use
- Can be used for core training and knee support
- Grey leather with orange graphics
- Solid Base

**JORDAN SPORTS MATS****FLOORING ACCESSORIES**

JTSMR	A. Sports mat rack
JLSMH	B. Sports mats hanger

JORDAN STRETCH MATS**FLOORING ACCESSORIES**

JTMPSM-04R	40mm multi purpose stretch mats Red
JTMPSM-04G	40mm multi purpose stretch mats Grey

JORDAN AB MAT**FLOORING ACCESSORIES**

JLAM2	Jordan Ab Mat
--------------	---------------

SECTION 7

FIND THE **EXCHANGE HANDLE SYSTEM** ON PAGE 118

LIFELINE[®] USA

“ I’m delighted to have Lifeline[®] USA partnered with Jordan Fitness. Our two companies personify dedication to quality and innovation, and together we’ll bring revolutionary new training tools to the European market. It’s a fantastic pairing. ”



Bobby 'Sugar' Hinds, Owner & Founder
- Lifeline[®] USA



20

 **LIFELINE**



JUNGLE GYM® XT

THE NEXT GENERATION IN SUSPENSION SYSTEMS

The Jungle Gym® XT offers new and enhanced features and design aesthetics to what is arguably the hottest category in fitness today!

Built for punishing commercial use, the Jungle Gym® XT is very different from traditional suspension bodyweight trainers on the market today. Most notably, it features a 'split design', which allows users to quickly and easily adjust the forces on the body by changing the width of the system. From "V-shaped" suspension (found on traditional suspension trainers), to neutral suspension (found in Olympic rings) and now wide-angle suspension, the Jungle Gym® XT offers new features and versatility unlike anything the category has seen before.



Additional features include: Easy-In Foot Cradle™ for hands free use, comfortable inline adjustment buckles, integrated cinch loop and non-scuff door attachments with Duro-Link™, ergonomic handles that are easy to wipe clean, workout poster and a 90 minute DVD with bonus workouts.

**JUNGLE GYM® XT**

- Split design does more
- Do traditional v-shaped moves
- Now do ring moves, dips and pullups
- Adjust to wide angle to change the force angles
- Easy-In Foot Cradles and Handles
- Hands free and easy to get in and out of
- Durable, comfortable and easy to clean
- Integrated Non-Scuff Door Anchor & Cinch Loops
- Attach to doors, beams and poles
- Connect sides to throw over high anchor points
- Quick and easy length adjustment

CONTENTS

- Two Industrial suspension straps (8 feet each)
- Two Integrated easy-wipe handles and Easy-In Foot Cradles™
- Two comfortable inline adjustment buckles
- Two Non-scuff door anchors
- Two Strap end adjustors
- One Duro-Link™
- One Instructional DVD with brochure
- One Large, full colour workout wall chart

**JUNGLE GYM® XT STRAP EXTENDERS**

- Add up to 8 feet to your Jungle Gym® XT
- Cinches to beams and poles, or clip to carabiners
- 4-Layer cinch loop designed to grip rough surfaces
- Adjustable length for a cushion-fit and professional install

CONTENTS

- Two Industrial suspension straps (8 feet each)
- Two Dupont® Zytel™ cam buckles
- Two velcro excess strap-wraps
- One Instructional brochure

**JUNGLE GYM® XT WALL MOUNT**

- Attach your XT to wall or ceiling studs
- Innovative, clean low-profile design
- 136kg per mount
- Includes hardware and mounting instructions

**LIFELINE® USA****PRODUCT DESCRIPTION**

JLJG-XT	A. Jungle Gym® XT
JL-JGXT-EXT	B. Jungle Gym® XT Strap Extenders
JL-JGXT-WM	C. Jungle Gym® XT Wall Mount

BUILD YOUR OWN SYSTEM (3 EASY STEPS)

1. SELECT CABLES

Lifeline® USA's cables are all made using Progressive Layering Technology™, so they feel better and last longer than common extruded fitness bands. The reviews say it all and it's true - Lifeline® really makes great fitness bands (and handles)!

Use different bands for different exercises and ranges of motion - or move up to the next resistance level for added challenge and continued strength, endurance and performance gains.

It's also a good idea to replace your bands every 3 to 5 years, depending on use and wear - and with Lifeline's interchangeable system, it's easy! Feel the difference and try a Lifeline® cable today!

PREMIUM FITNESS CABLES

- Progressive Variable Resistance
- No inertia for high speed training
- Physiologically superior to weights for developing strength and cutting fat
- Dipped natural rubber
- Interchangeable design
- Choose your resistance
- Change / upgrade as needed
- Use up to 136kg
- Resist thousands of movements



LIFELINE® USA		
CABLES		
JL-FCB-1E	4.53kg	Teal
JL-FCB-2E	9.07kg	Purple
JL-FCB-3E	13.60kg	Pink
JL-FCB-4E	18.14kg	Magenta
JL-FCB-5E	22.67kg	Orange
JL-FCB-6E	27.21kg	Red
JL-FCB-7E	31.74kg	Yellow
JL-FCB-8E	36.27kg	Green
JL-FCB-9E	40.81kg	Blue
JL-FCB-10E	45.34kg	Black
JL-QF-2	Quik Fit Cable R2	

2. SELECT HANDLES

The patented Exchange Handles are ergonomic and have loads of subtle cable saving and comfort adding features, but the most important is the cable pocket design. The 'pocket and channel' allows you to interchange any of the 10 resistances Lifeline® USA offers.

Hold 1, 2 or 3 cables at the same time using the patented Lifeline® USA Triple Grip Handle. The simple, patented design allows you to stack up to 136kg on a pair of handles.

Or try our basic handle, the Quik Fit Handle, which does a great job and brings added portability to your resistance band / cable system.

TRIPLE GRIP HANDLES

- 3x The Resistance / Fun
- Hold/swap up to 3 different cables at the same time
- Ergonomic and cable saving design
- Easy to keep clean



EXCHANGE HANDLES

- Elegant single-slotted handle
- Hold one cable at a time
- Interchange with all 10 cable sizes



LIFELINE® USA	
HANDLES & DVD	
JL-TGH	A. Triple grip handles
JL-XCH	B. Exchange handles

3. SELECT KIT

By simply closing it in any three hinge-door, you have a durable cable anchor that will allow you to do up to 10x more exercises / movements by eliminating the need for you to stand on the tubing.

The new non-wear cable pocket saves you money by reducing wear and tear on your cables 11% over the standard model.



WANT MORE INFORMATION?

Scan this QR code

HEAVY-DUTY DOOR ATTACHMENT

- Essential must-have
- Do 10x as many exercises
- Holds up to 158kg



LIFELINE® USA

DOOR ATTACHMENT & DVD

JL-DOORANCHOR Heavy-duty door attachment

TNT CABLE SYSTEM

PREPARE TO BE AMAZED

Lifeline® USA's cables are all made using Progressive Layering Technology™, so the TNT Cable System is proven to be better than weights for developing size, strength and power.

PRODUCT INFORMATION - R3

- 54kg of adjustable resistance
- Comes with deluxe TNT DVD and door attachment
- Features triple grip handles

CONTENTS

- Three 5ft cables (13lbs peak resistance each)
- Two 3-in-1 ergonomically designed Triple Grip handles
- One door attachment
- One instructional DVD with brochure by fitness expert Jon Hinds
- One cable exercises poster and door attachment insert (while supply lasts)



LIFELINE® USA

TNT CABLE SYSTEMS

JL-TNTS-3

R3 Cables Pack (Retail Packaging)

Pink



EXCHANGE HANDLE SYSTEM

READY TO GO

Each cable has multiple layers that work together to add durability and provide extremely smooth cable feedback across even the widest ranges of motion.

PRODUCT INFORMATION

- Cable, DVD and door attachment
- Features exchange handles
- Everything you need to get started

CONTENTS

- One 5ft cables (13lbs peak resistance)
- Two exchange handles with hard grip rotators
- One door attachment
- One instructional DVD with brochure by fitness expert Jon Hinds
- One cable exercises poster and door attachment insert (while supply lasts)



LIFELINE® USA

EXCHANGE HANDLE SYSTEM

JL-FCX-3

R3 Cable - Pink, grips, attachment & DVD

CHEST EXPANDER™

CLASSIC FAVOURITE

Sculpt your chest like never before with the Lifeline® USA's Chest Expander™. Overhead downward pulls, lateral raises, military presses and more will provide your chest, back and shoulders with a workout that delivers results.

PRODUCT INFORMATION

- Build superior power and strength
- Load up with up to 77kg of resistance
- DVD features new full body movements



LIFELINE® USA

CHEST EXPANDER™

JL-CX-3 Chest Expander™ (Includes R3 cables 13.6kg)

POWER PUSHUP™

INVERTED BENCH PRESS

This is precisely why professional athletes in virtually every sport have adopted functional training techniques and now you can too. The grid of Lifeline's® patented cable pockets on the padded back strap let you build up to the serious resistances and develop real power.

PRODUCT INFORMATION

- Total body engagement
- 20 ounces light for portability
- Adjustable from 36-108kg plus
- Add or remove bands to liking



LIFELINE® USA

POWER PUSHUP™

JL-PPU3-3 R3 Power Pushup™ Pink (13.6kg)



POWER WHEEL™

MOST EFFECTIVE CORE TRAINER



A strong core not only helps improve power and balance, it can also help decrease the likelihood of injuries. And nothing looks better than a strong, lean mid-section.

PRODUCT INFORMATION

- UC Berkeley Study proves it
- 14" wheel challenges the core in all planes of motion
- Used with hands and feet, both indoors and out

CONTENTS

- One heavy-duty wheel with adjustable toe/heel fasteners
- One instruction DVD for advanced workouts by fitness expert Jon Hinds



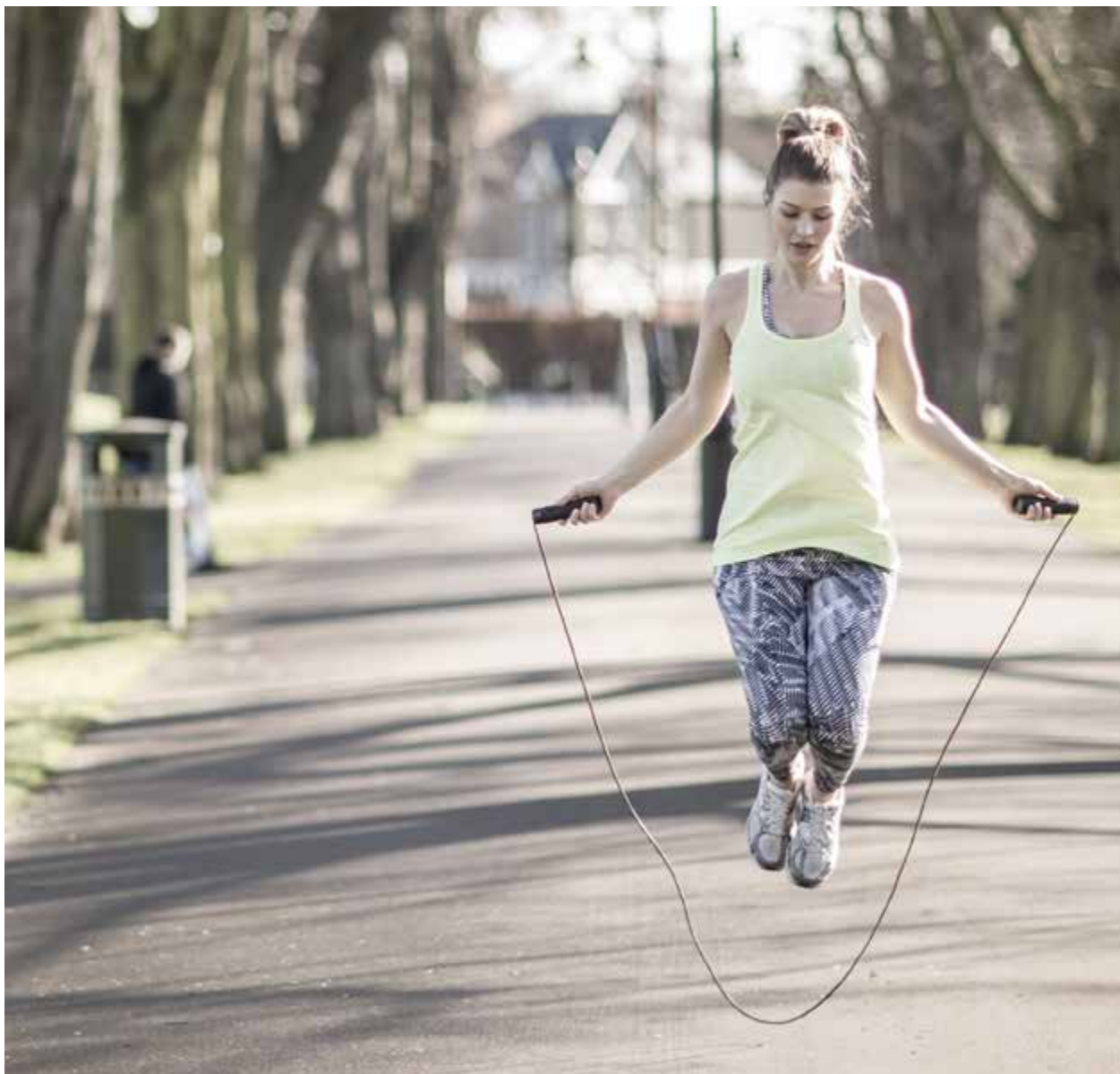
LIFELINE® USA

POWER WHEEL™

JL-PW-2C

Heavy-duty wheel & instruction DVD





HEAVY WEIGHTED SPEED ROPES

If you're looking for a powerful and effective cardio workout, the Weighted Speed Rope is for you. Professionally engineered, the Weighted Speed Rope features our new high-tech, ball bearing handles for smooth rotation.

PRODUCT INFORMATION

- Ball bearing handles with perfectly weighted and balanced ropes
- Patented length adjustment feature works for all heights
- Half a pound difference in the rope makes a big difference
- Includes caloric expenditure chart

CONTENTS

- One 10ft Heavy or Extra-Heavy Weighted Speed Rope
- Two high-tech, ball bearing handles
- One "Your Guide to Jump Rope Fitness" workout book by Bobby Hinds.



LIFELINE® USA

HEAVY WEIGHTED SPEED ROPES

JL-WSR-H Heavy Weighted Speed Rope 340g (Red)

JL-WSR-X Extra-Heavy Weighted Speed Rope 567g (Black)

SECTION 9

FIND THE JUKE 360 ON PAGE 124

PER4M[®]

For many sports, how fast you play the game determines success. In order to achieve this athletes must be physically capable of performing their specific actions at high speed and with exceptional control.



Drills which consistently challenge and facilitate fast decision making and actions, over long periods of time, will help athletes play the game faster.

A great range of high quality equipment, which allows for large drill variation and sustainable work to improve ultimate athletic performance, will support the implementation of your coaching philosophy in a wide range of contexts and environments.



Ben Rosenblatt, Senior Strength & Conditioning Coach
- English Institute of Sport
www.eis2win.co.uk



PER4M™

JUKE 360

PRODUCT INFORMATION

Per4m® Juke 360 is used to build explosive movement power and more efficient footwork technique. The Juke 360 helps create strength, stamina whilst improving movement and speed.

- 8ft stretch cord safely extends to 20ft
- Adjustable belt with free slide ring for movement in any direction
- 10 different drill cards for training and practicing

BENEFITS

- Improve sport specific speed & movement efficiency
- Use resistance to build power and quickness
- Increase footwork speed and fluidity for enhanced performance



PER4M® JUKE 360

PRODUCT INFORMATION

JL-J360 Juke 360



QUICK HURDLES

PRODUCT INFORMATION

Per4m® Quick Hurdles improve knee lift and leaping power through intense stepping and jumping drills.

- 5 Quick Hurdles constructed of durable, lightweight PVC
- Adjustable hurdle height: from 8" to 12"
- Hurdle legs rotate inward for easy storage
- 10 different drill cards for training and practicing

BENEFITS

- Improve footwork and knee lift for enhanced performance
- Boost coordination and step efficiency to increase foot speed
- Increase total body control, quickness and leaping ability



PER4M® QUICK HURDLES

PRODUCT INFORMATION

JL-QH Quick Hurdles

JUMP TRAINER

PRODUCT INFORMATION

Per4m® Jump Trainer increases both vertical and horizontal leaping ability. Increasing lower body dynamic strength by adding resistance to drills and training workouts.

- Padded adjustable belt and ankle straps fit most sizes
- Quick release power tubes are easily added and removed
- Durable latex tube construction
- 10 different drill cards for training and practicing

BENEFITS

- Develop powerful vertical jump capability
- Strengthen lower body muscles for maximum spring
- Use during Plyo-training to improve muscle contraction



PER4M® JUMP TRAINER

PRODUCT INFORMATION

JL-JT Jump Trainer



LEG POWER TUBE

PRODUCT INFORMATION

Per4m® Leg Power Tube increases lower body strength and builds robust power and leg drive. The Leg Power Tube provides resistance while moving in all directions to allow for freedom of movement and balanced strengthening.

- Latex power tube provides progressive resistance
- Heavy duty nylon webbing for strength and durability
- Adjustable padded cuffs for a comfortable fit
- 10 different drill cards for training and practicing

BENEFITS

- Build complete lower body strength for explosive moves
- Increase speed and stride length to outpace opponents
- Improve conditioning and stamina to outlast the competition



PER4M® LEG POWER TUBE

PRODUCT INFORMATION

JL-LPT Leg Power Tube

POWER CHUTE

PRODUCT INFORMATION

Per4m® Power Chute increases speed and power gain during sprinting drills through added resistance. The quick release buckle allows you to engage in over-speed surges while running.

- Mesh panels improves chute stability and prevents tangling
- 54" Chute with quick release buckle
- Adjustable belt with free slide ring for movement in all directions
- 10 different drill cards for training and practicing

BENEFITS

- Provides resistance to build total body speed & power
- Develop rapid acceleration and proper form
- Quick release buckle allows mid-run over-speed surge



PER4M® POWER CHUTE

PRODUCT INFORMATION

JL-PC Power Chute



QUICK CONES

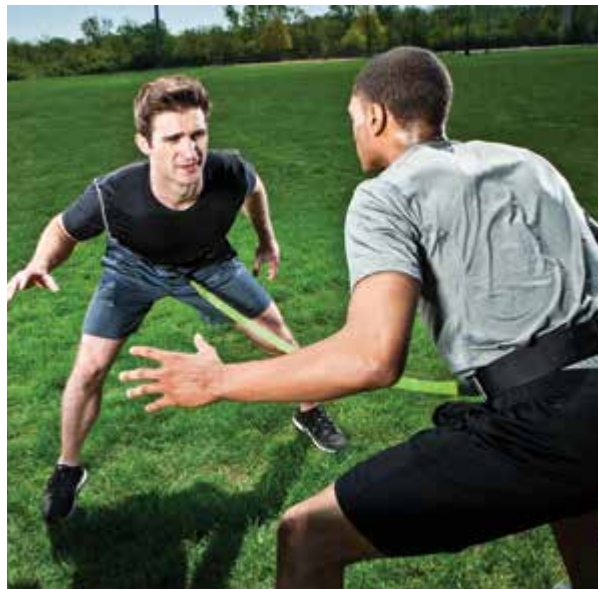
PRODUCT INFORMATION

Per4m® Quick Cones develop ultimate agility and body control through various custom drills. 20 Cones provide extensive drill options for continuous variety and challenge.

- 20x 8" Diameter 2" tall high-visibility cones
- Storage/Transport rack
- Made of flexible, high-strength plastic; won't break if stepped on
- 10 different drill cards for training and practicing

BENEFITS

- Develop acceleration, deceleration, and change of direction quickness
- Improve body control & coordination through a wide range of movements
- Increase foot speed & agility for superior in-game performance



PER4M® QUICK CONES

PRODUCT INFORMATION

JL-QC Quick Cones

REACTION BELTS

PRODUCT INFORMATION

Per4m® Reaction Belts enhance forward, backward and lateral juke and shadow drills. Reaction Belts challenge athletes to improvise and foster competition.

- Adjustable belts with free slide ring allow movement in all directions
- 4ft, 7ft and 10ft tethers for variable proximity drills
- Breakaway tethers allow safe, aggressive moves
- 10 different drill cards for training and practicing

BENEFITS

- Enhance quickness, agility and reaction time through shadow drills
- Promote competition between athletes
- Improve foot speed and movement creativity



PER4M® REACTION BELTS

PRODUCT INFORMATION

JL-RB Reaction Belts

SPEED LADDER

PRODUCT INFORMATION

Per4m® Speed Ladder for intense training drills of the upper and lower body as well as excellent body stability. Attack the Per4m® Speed Ladder with quick feet and high knees for breakout explosion for first step movements.

- Distance between rungs is 15"
- Flat rungs easily lay on ground
- Ground stakes for use outdoors keep ladder in place
- 10 different drill cards for training and practicing

BENEFITS

- Improve acceleration, lateral quickness and change of direction
- Gain greater body control by improving agility
- Adapt training to sport specific movements to improve muscle memory



PER4M® SPEED LADDER

PRODUCT INFORMATION

JL-SL Speed Ladder



QUICK PUNCHER

PRODUCT INFORMATION

Per4m® Quick Puncher for strike and dodge training to improve total body quickness and coordination. Power through striking drills to boost timing and rhythm while increasing cardiovascular fitness and hand-eye coordination.

- Cord tension can be adjusted for novice or advanced users
- Punch ball is soft, durable & designed for frequent use
- Quick change ball lock allows for easy ball height adjustment
- Weighed base keeps unit in place while in use
- 10 different drill cards for training and practicing

BENEFITS

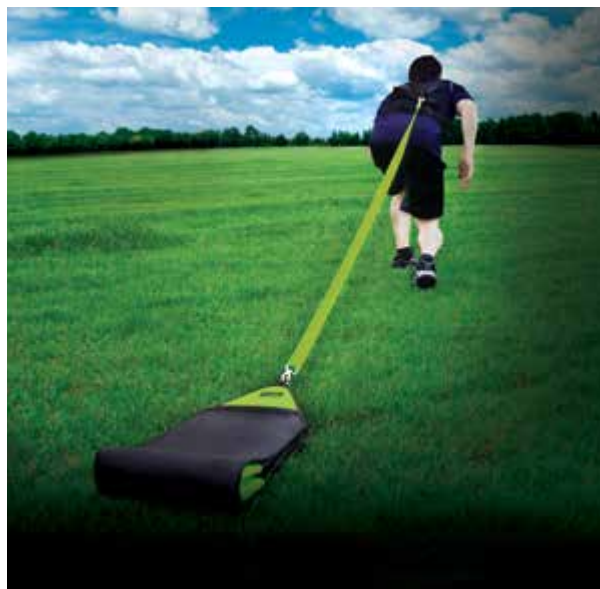
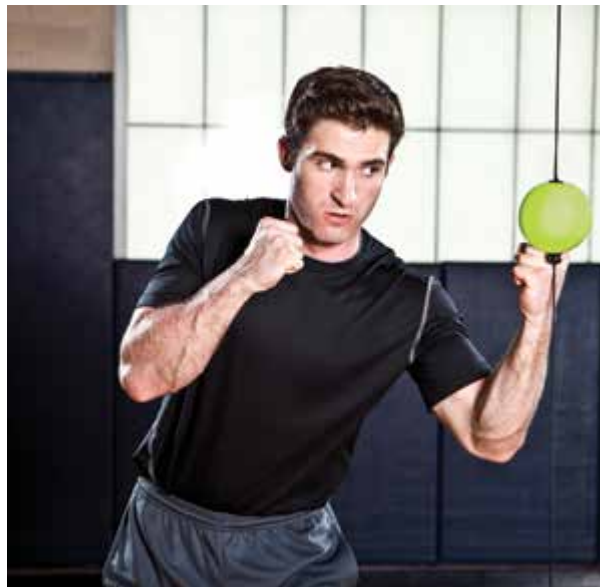
- Improve reaction speed and hand-eye coordination
- Develop timing, hand speed and accuracy of movement
- Build quickness and agility while increasing stamina



PER4M® QUICK PUNCHER

PRODUCT INFORMATION

JL-QP Quick Puncher



POWER DRAG BAG

PRODUCT INFORMATION

Per4m® Power Drag Bag builds strength and adds resistance to sprinting and footwork drills. Develop full lower body explosiveness through a wide range of drills.

- Durable Power Drag Bag is safe for use outdoors and indoors, and won't mark wooden flooring
- Adjustable length tether for customised fit
- Adjustable padded vest provides customised fit
- Heavy duty weight bags with handles
- 10 different drill cards for training and practicing

BENEFITS

- Increase lower body power to maximise speed and drive
- Use moving forward, backward and laterally for complete strengthening
- Weight bags feature integrated handles to allow use during upper body training



PER4M® POWER DRAG BAG

PRODUCT INFORMATION

JL-PDB Power Drag Bag

SECTION 10

FIND THE FOAM & RUMBLE ROLLERS ON PAGE 134

PRE/REHAB

Having worked in both the fitness and healthcare professions it is plain to see how important the health of our clients are. Exercise brings a host of great health benefits but unfortunately sometimes people will get injured to some extent or another. I work with Jordan Fitness teaching other fitness/healthcare professionals how to minimise the risk of injury, and how to fix existing structural/musculature issues. This range of prehabilitation and rehabilitation products is vital to my success as a chiropractor and a tutor.

Dr Ben Boulter, Chiropractor & Owner
- B2: Fitness Training Solutions
www.b2chalfontchiropractic.com



REJUVENATION



NATURAL FITNESS™



REJUVENATION™
PREVENT + PERFORM + RECOVER

YOGA BY JORDAN

JORDAN FOAM YOGA BLOCK

This high-density foam Yoga Block has rounded edges and corners to provide additional comfort and an easier hand grip. Lightweight and easy to carry, it's a popular choice for yoga studios, home practice or travel.

Blocks are ideal for adding lift, helping stabilisation and adding height in standing and balancing poses. You can also place between the knees to activate the outer leg muscles.

- Ideal stretching tool
- Grey
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free
- Height: 150mm, Length: 228mm, Depth: 100mm



JORDAN YOGA FOAM BLOCK

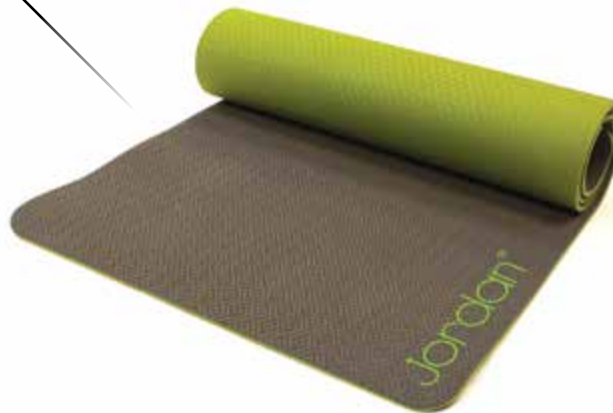
PRODUCT INFORMATION

JLYB Yoga Foam Block H 150mm, L 228mm, D 100mm

JORDAN YOGA MAT

This high performance mat will withstand the rigours of a vigorous practice, whilst providing superb grip and extra cushioning. This heavyweight mat will provide a firm, even surface over uneven floors.

- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free
- Non-slip Traction
- Dense, high-rebound cushion
- Width: 625mm, Length: 1740mm, Depth: 5mm



JORDAN YOGA MAT

PRODUCT INFORMATION

JLYM Yoga Mat W 615mm, L 1740mm, D 5mm

JORDAN YOGA STRETCH STRAP

The Jordan Yoga Stretch Strap allows users to reach those hard-to-reach yoga positions and hold poses for longer thanks to the robust buckle that securely holds the strap in place. Also ideal for warming up and warming down.

- Comfortable and durable
- Unique material
- Helps you ease into stretches and hold poses longer
- Provides extra support and helps maintain alignment
- Width: 40mm, Length: 1850mm, Depth: 5mm



JORDAN YOGA STRETCH STRAP

PRODUCT INFORMATION

JLYSRP Yoga Stretch Strap W 40mm, L 1850mm, D 5mm



RBT by **JORDAN FITNESS**
RESULTS BASED TRAINING

ACADEMY COURSE AVAILABLE
• Functional Rehabilitative Training

JORDAN ROLLERS

Foam Rolling is a Self Myofascial Release (SMFR) technique that is used by athletes and physical therapists to inhibit overactive muscles. This form of stretching utilises the concept of autogenic inhibition to improve soft tissue extensibility, thus relaxing the muscle and allowing the activation of the antagonist muscle.

Our Foam Rollers offer many of the same benefits as a sports massage, but at a much cheaper price. The foam roller not only stretches muscles and tendons but it also breaks down soft tissue adhesions and scar tissue.

The Rumble Roller surface has specially designed firm but flexible bumps. The bumps continuously knead the contours of your body, gently stretching soft tissue (muscle and fascia) in multiple directions. This provides a deeper and more penetrating relief and helps to restore flexibility.

JORDAN ROLLERS

- Dense red foam
- Ideal stretching tool
- Length: 900mm
- Diameter: 150mm



RUMBLE ROLLERS

- 2 sizes - Compact 12.5cm x 30cm Full Size 15cm x 77.5cm
- Ideal stretching tool
- Black / Blue
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free



JORDAN TRAINING ACADEMY COURSES

Find our full list of Taught Training Academy courses

JORDAN ROLLERS

PRODUCT INFORMATION

JTFHR Half roller **Red**

RUMBLE ROLLERS

PRODUCT INFORMATION

JLRR316 Rumble Roller original - **Blue**

JLRRX317 Rumble Roller, extra firm, 36% firmer - **Black**

JLRRC126 Compact Rumble Roller original - **Blue**

JLRRCX127 Compact Rumble Roller, extra firm, 36% firmer - **Black**

JORDAN SOFT ROLLERS

- 2 sizes - Compact 14cm x 34cm Full Size 14cm x 62cm
- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free

**JORDAN SOFT ROLLER**

PRODUCT INFORMATION

JLSSR Short Soft Roller - Green

JLLSR Long Soft Roller - Green

JORDAN FOAM ROLLER

- 2 sizes - Compact 45cm x 15cm Full Size 98cm x 15cm
- Ideal stretching tool
- Grey/Green
- Colour instructions included
- EVA/polyolefin blend - Waterproof & Latex free

**JORDAN FOAM ROLLER**

PRODUCT INFORMATION

JLSFR Short Foam Roller - Green

JLLFR Long Foam Roller - Green





Rejuvenation™ is the market leader for sports therapy. Developing products designed by experts to prevent injury, perform better and recover faster.

Our expert team have been involved in sports at all different levels...recreational, college and professional. While we all performed at different levels, one thing remained a constant; we wanted to keep our body pain free.

We draw on our past experiences to build highly innovative, state-of-the-art products to aid you in injury prevention, rehabilitation and recovery. Many of our products have patented, revolutionary designs, and are made from environmentally-friendly materials.

- Strengthening & boosting muscle endurance
- Improving flexibility & range of motion
- Reducing muscle soreness, pain & stiffness
- Regeneration before and after sport

FOOT THERAPY ROLLER

The Foot Therapy roller is designed to provide effective massage therapy for your feet. The muscles in the body rely on the performance of the feet for proper weight distribution and posture. Help soothe sore, tired feet and revitalise your entire body by relieving tension, increasing circulation and relaxing your muscles.



FOOT THERAPY ROLLER

PRODUCT INFORMATION

JL-FTR Foot Therapy Roller

HAND INVIGORATION PUTTY

Hand Invigoration Putty is a versatile tool that can help rehabilitate weakened hand, wrist and forearm muscles. Increasing hand strength, coordination and dexterity promotes improved flexibility and blood flow as well as relieves stress.



HAND INVIGORATION PUTTY

PRODUCT INFORMATION

JL-HIP1	Level 1	Red	Soft
JL-HIP2	Level 2	Green	Medium
JL-HIP3	Level 3	Blue	Firm

HAND RENEWAL KIT

The Hand Renewal Kit's exercise squeeze balls will strengthen and rehab hands, wrists & forearms. These round squeeze balls will aid in the prevention of stiffness. It comes in three progressive levels to advance with your routine.

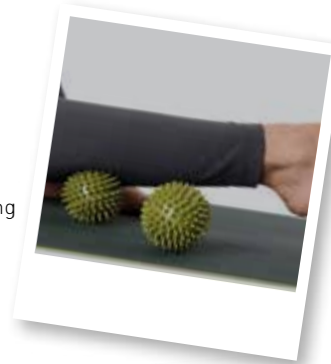
**HAND RENEWAL KIT**

PRODUCT INFORMATION

JL-HRK Hand Renewal Kit

MUSCLE MASSAGE KIT

The Muscle Massage Kit is designed to provide effective massage therapy for muscles all over your body. By targeting trigger points, aka knots, and applying pressure with the nubs on the balls, you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Massage Kit regularly can relieve stress, improve strength and flexibility while helping prevent muscle injuries.

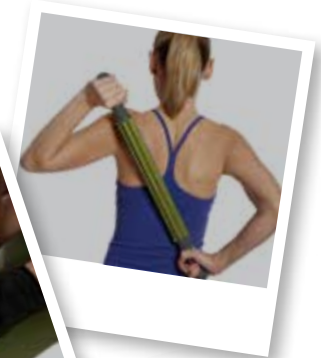
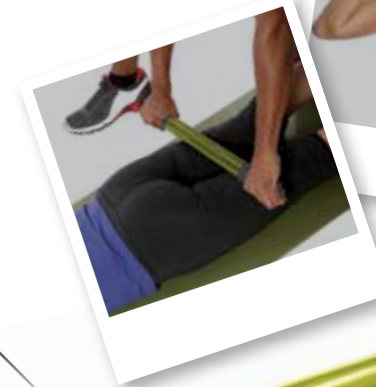
**MUSCLE MASSAGE KIT**

PRODUCT INFORMATION

JL-MMK Muscle Massage Kit

MUSCLE THERAPY BAR

The Muscle Therapy massage bar is designed to provide effective massage therapy for muscles. By targeting trigger points, aka knots, and applying pressure with the grooved surface and rolling action of the unique Muscle Therapy massage bar you can work out tension and allow your muscles to function optimally. In addition, you can stimulate circulation, decrease muscle aches and pains and disperse the effects of lactic acid following activity. Using the Muscle Therapy massage bar regularly can improve flexibility while helping prevent muscle injuries.

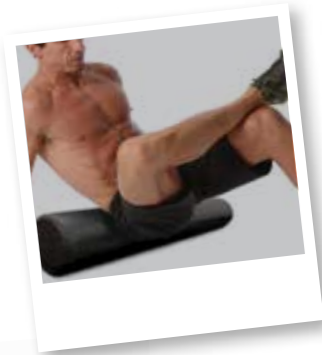
**MUSCLE THERAPY BAR**

PRODUCT INFORMATION

JL-MTB Muscle Therapy Bar

PROFESSIONAL FOAM ROLLERS

The Alignment & Mobility foam roller provides excellent muscle massage for legs, back, arms and core. The foam roller is made from high density material and will hold up under vigorous use. The foam roller also improves alignment and hip mobility while increasing core flexibility.



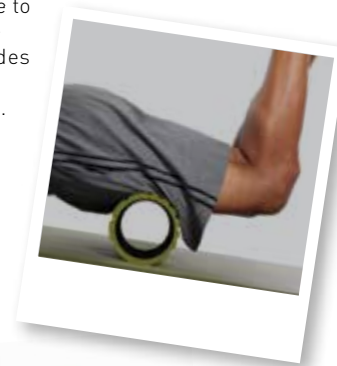
PROFESSIONAL FOAM ROLLERS

PRODUCT INFORMATION

JL-PFM18	Professional Foam Roller	Length 18" x Diameter 6"
JL-PFM36	Professional Foam Roller	Length 36" x Diameter 6"

PROGRESSION ROLLERS

These unique foam rollers allow you to perform deep tissue self-massage and increase blood flow to soft muscle tissue. The progressively contoured surfaces provide variable pressure to address joint and muscle pain. The pipe core provides stability and support and will not deform over time.



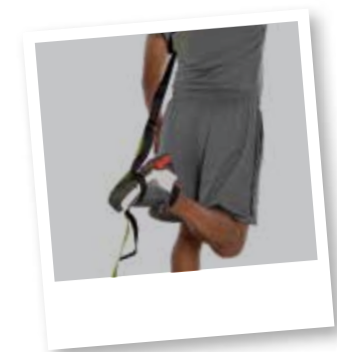
PROGRESSION ROLLERS

PRODUCT INFORMATION

JL-PR13	Progression Roller	Length 13" x Diameter 6"
JL-PR23	Progression Roller	Length 23" x Diameter 6"

STRETCH AND FLEX KIT

This unique tool is specifically designed to help you achieve much deeper, more effective stretches than are possible when done on your own. The Stretch & Flex stretching strap helps you prepare for daily activities, prevent injury, alleviate tightness and enhance overall everyday performance. Comfort pockets along strap allow for easy stretching.



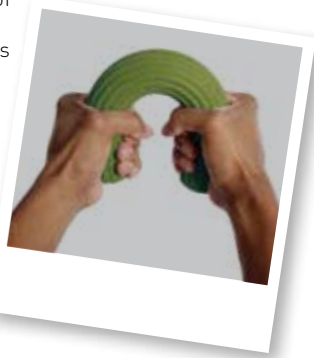
STRETCH AND FLEX KIT

PRODUCT INFORMATION

JL-SFK	Stretch & Flex Kit
---------------	--------------------

WRIST & ARM RECOVERY BAR

The Wrist & Arm Recovery Bar is designed to help strengthen and rehabilitate hands, wrists and forearms. By bending, rotating, and otherwise manipulating and deforming the Recovery Bar, you can build and regain power and flexibility. Regular use of the Recovery Bar can also assist in preventing stiffness and alleviating hand, wrist and arm soreness & discomfort. Made from natural rubber in three progressive resistance levels.

**WRIST & ARM RECOVERY BAR****PRODUCT INFORMATION**

JL-WARB1	Level 1	Red	5-10lbs
JL-WARB2	Level 2	Green	10-15lbs
JL-WARB3	Level 3	Blue	15-20lbs

STAMINA & STRENGTH BANDS

The Stamina & Strength Bands are designed to improve muscle stamina & strength, balance, range of motion and coordination of muscle groups. These versatile, easy to use bands are well suited for rehabilitation from injury as well as general strength training and are available in progressive colour coded resistance levels to allow you to increase resistance as your strength increases.

**STAMINA & STRENGTH BANDS****PRODUCT INFORMATION**

JL-SSVL	Very Light	Purple	6x6
JL-SSL	Light	Red	6x6
JL-SSM	Medium	Green	6x6
JL-SSH	Heavy	Blue	6x6
JL-SSVH	Very Heavy	Silver	6x6





We give the yoga and fitness communities thoughtfully designed tools with unparalleled performance and minimal environmental impact.

We like to keep our products simple, functional and environmentally friendly. We plant a tree for every product we sell and have done so since day one.

Our inspiration comes from imagination, awesome brands, cool cities, amazing people and art. We add life to our practice with our colours, design and innovation. We make sure what we say are truths. Our brand and products constantly evolve as we look to improve what we do.

ZERO IMPACT PROGRAM (ZIP) We do more than just the minimum...we always want to push a little further than everyone else. Giving back is important to us as we want to make a difference above and beyond the products we make.

We realise that everything has a carbon footprint and an environmental cost; planting trees is how we offset the costs associated with our products.

HEMP YOGA STRAP

Reclining big toe pose seem like a stretch? Falling a little short during your hurdler's stretch? Bring the most difficult poses within reach with the Natural Fitness Hemp Yoga Strap. Used to improve flexibility, this sturdy strap allows you to achieve difficult binds and intensify your practice by deepening your poses. By taking the stress off joints and muscles, this strap also helps you ease into dynamic stretches and hold poses for longer periods of time. By allowing you to maintain proper alignment, this piece of equipment helps prevent injuries while speeding up your skill-level advancement. Made of environmentally-friendly hemp.

- Comfortable and durable
- Unique and beautiful material
- Helps you ease into stretches and hold poses longer
- Provides extra support and helps maintain alignment



HEMP YOGA STRAP

PRODUCT INFORMATION

JL-HYSG	Yoga Stretch Strap	Granite
JL-HYSO	Yoga Stretch Strap	Olive



NATURAL RUBBER YOGA MAT

The Natural Fitness Professional Yoga Mat is made from natural rubber, a sustainable and biodegradable material sustainably harvested from rubber trees. This product's green pedigree is unmatched. Also, by offering superb traction and a high-rebound dense cushion, this mat can handle the rigors of advanced hot yoga classes while providing the protection beginners' bodies need as they get used to balancing and kneeling poses. At 72" it is also three-inches longer than standard mats so that you can take your poses to the limit. Also, they are reversible, featuring a different colour each side, helping you make your yoga sessions anything but routine.

- 100% Natural Rubber
- Sustainable & Biodegradable
- Non-slip Traction
- Dense, high-rebound cushion

**NATURAL RUBBER YOGA MAT**

PRODUCT INFORMATION

JL-NRYM Eggplant/Lavendar L 72" x W 24" x D 4.5mm



SECTION 11

FIND THE **COURSE DETAILS** ON PAGE 146

TRAINING ACADEMY



TRAINING ACADEMY

One of the main factors that stands Jordan Fitness head and shoulders above its competitors is the quality, experience and complete package that is offered by our Training Academy. The Jordan Training Academy provides first class education to fitness professionals across the globe, and our training team has trained thousands of students and trainers over the years, specializing in CPD courses.

The Jordan Training Academy is the best in the business at providing REPs endorsed, quality education courses. They are practical, relevant and allow you to immediately apply the in-depth knowledge that you learn the very next day, in order to get improved results.

- We currently deliver our CPD training courses in the UK and abroad, so wherever you are in the world we can assist with your on-going education
- We have over 75 CPD training courses in total
- We have experienced tutors and each experts in their individual fields, to train and develop your fitness team
- We have innovated and developed Continued Professional Development training for the European fitness industry over the last 5 years
- The first training provider to run endorsed training on Olympic Weightlifting, Mixed Martial Arts Fitness, Extreme Circuits, Unconventional Training, Powerbags and Vintage Training – We lead where others choose to copy!
- Every course includes comprehensive and detailed manuals, certificates, additional supportive material and the answers to any question your team may have!
- We deliver education training to National Operators, Independent Gyms, Leisure Trusts, the Police & Fire Services, Navy, RAF & Army, as well as elite sports teams.

If you would like more information about the Jordan Training Academy and all of our CPD approved courses, please visit www.jordanrft.com and for the full list of courses.

YOUR JORDAN FITNESS TRAINING PATHWAY



All of our staff really enjoyed the Functional Training Workshop with Mark Laws. There was something for everyone, from absolute beginners to the most advanced of trainers. All were very impressed, learned lots of new ideas and would 100% recommend to others.

**Tommy Cope, Duty Officer/Fitness Co-Ordinator
- Polesworth Sports Centre**



WORKSHOPS SHOW OTHERS

Our Workshops are designed to increase the trainer's confidence with a particular piece of equipment and learn how to use each item safely. Our unique 'Pick & Mix' (see page 139 for details) system allows you to choose precisely what you want to learn. We have a thorough range of workshops that you can select from, with over 60 in total. Simply select between 1 and 6 different subjects that you wish to learn and we will do the rest.

- Be aware of health & safety implications
- Incorporate the equipment into your personal workouts
- Up to 6 products per 1 day workshop

CERTIFICATIONS TEACH OTHERS

Our certifications are aimed at qualified Fitness Instructors, Personal Trainers and Group Instructors enabling them to up-skill in specific area. We offer Level 1 and Level 2 certifications in the following areas: Kettlebell Training, Bodyweight Suspension Training, Sandbag Training, Olympic Weightlifting and Combat & MMA Fitness, Functional Rehabilitative Training plus additional certifications coming soon. All certifications are fully endorsed with 16 REPs points.

- Become a "certified" instructor
- Teach classes in the specific field
- Level 1 and Level 2, 1 day certifications

MASTER TRAINER CERTIFY OTHERS

If you wish to join the Jordan Fitness Training Academy team then you must complete our Master Trainer courses. This will allow you to teach your own certifications and workshops. For International Master Trainer enquiries contact education@jordanfitness.co.uk

- Host your own Jordan Fitness certifications
- Have complete understanding of the specific field
- Organiser must pay for travel, food, accommodation and daily rate for instructor
- Alternatively trainers can come to Jordan HQ at their own expense



EMAIL US FOR A COPY

The New Jordan Fitness Training Academy Brochure 2015. Written by trainers for the trainees

OUR WORKSHOPS



BEHAVIOURAL CHANGE & MOTIVATIONAL COACHING

- Ideal for anyone regularly working with clients
- Improve the potential for your clients success
- Develop your communication, sales, retention, management and business skills
- Stand apart from your competitors



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)

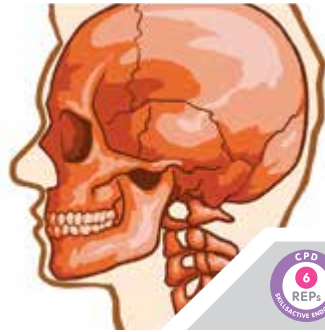


BODYWEIGHT SOLUTIONS

- Understand basic principles of Strength & Conditioning.
- Learn how to apply these principles using your own/a partners bodyweight
- Learn how to tailor these skills to clients of any ability
- Maximise your earning potential



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



BIOMECHANICS

- Learn how to understand the different between extrinsic and intrinsic biomechanics
- Analyse clients posture and identify any dysfunctional areas
- Develop a catalogue of screens/exercises to improve any dysfunction that is found.



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



COMBAT S & C

- Understand basic principles of Strength & Conditioning within the combat/MMA field
- Learn how to apply these principles within a gym environment
- Learn how to tailor these skills to clients of any ability
- Maximise your earning potential



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



BODY TYPE NUTRITION

- Learn how to set up a diet for body recomposition, health and performance.
- Goal setting for long term success.
- Understand the power of food
- How to be an awesome nutrition coach
- Written by Ben Coomber, taught by Stephen Box



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



FUNCTIONAL FITNESS

- Define 'Functional' training and the application of the functional capacity triangle.
- Safety and effectively use different equipment.
- Learn how to design and implement 'functional' sessions for groups/1-2-1 of varying abilities.
- Learn hundreds of new ideas for workouts.



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



MINDSET: INNER PEACE

- Improve business, client & family relationships by understanding thought, language and motivation
- Learn how to control anger, stress and fear by understanding reactions and choice
- Learn powerful techniques that put you back in control rather than playing victim to the outside world, events and people.



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



S & C FOR PTS

- Understand basic principles of Strength & Conditioning.
- Learn how to apply these principles within a gym environment
- Learn how to tailor these skills to clients of any ability
- Maximise your earning potential



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



POWER & PERFORMANCE

- Intro to Olympic Weightlifting and Kettlebell basics
- Grip endurance
- Overviews
- 7 stage Plyometric Progression to train the force-velocity curve



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



VELOCITY BASED TRAINING

- Measure 'power' and use this to aid programming as well as measuring how effective your current training programme is
- Analyse and compare mean and peak velocities
- Learn how to maximise use of the PUSH band.



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



RIG TRAINING

- Understand the benefits and considerations of using functional training rigs.
- Understand the safety considerations and contraindications associated with functional training rigs.
- Gain the knowledge and practical experience of correct techniques for basic exercises with rigs.



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)



WEIGHT MANAGEMENT

- Understand the scientific concepts of weight gain, and the methods of how to avoid these pitfalls.
- Assess a client's body composition using calipers and mathematical equations.
- Understand how to manipulate a client's diet to ensure effective fat loss.



MAX ATTENDEES: 24 PEOPLE
DURATION: 6 HOURS (FACE-TO-FACE)

OUR CERTIFICATIONS



BODYWEIGHT SUSPENSION INSTRUCTOR

- Understand the benefits Bodyweight Suspension System Training and how this equipment fits into the Functional Training Methodology
- Understand the safety considerations and how to safely and effectively set up and use Bodyweight Suspension Systems.
- Demonstrate the correct techniques for different upper and lower body and core exercises.
- Progress and regress these exercises using a variety of methods.
- List the pros and cons of Bodyweight Suspension System Training in comparison with other training modalities.



MAX ATTENDEES: 16 PEOPLE
DURATION: 8 HOURS (FACE-TO-FACE)
 8 HOURS (PRE/POST COURSE)

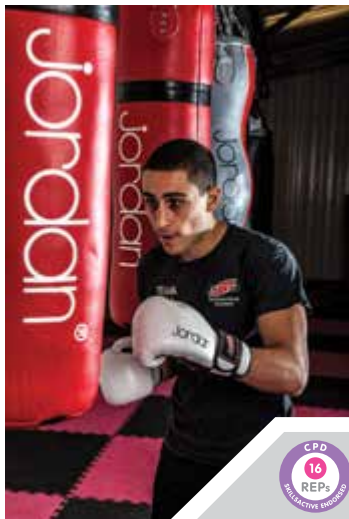


FLOWIN® FRICTION TRAINING™

- The FLOWIN® training tool offers a very efficient, comprehensive full-body workout.
- A complete training tool intended for all people of all fitness levels and for all workout purposes
- Designed by elite athletes
- With the FLOWIN® plate you are training with carefully tested friction between pads and plate. In one single exercise you are activating several muscle groups, rendering functional strength training.
- The FLOWIN® plate is a training tool and concept which helps you achieve desired improvements, may it concern mobility, stability, strength or speed.



MAX ATTENDEES: TBC
DURATION: TBC



COMBAT / MMA FITNESS INSTRUCTOR

- Understand how Combat Fitness drills can be used to develop fitness in a non-combative environment
- Demonstrate competent techniques for the kicks, punching, elbow and knee strikes
- Demonstrate competent techniques for basic combinations and for MMA-specific conditioning drills
- Safety and effective use of pads for basic combat.
- Demonstrate competent ability to teach and train individual clients of a basic ability and fitness level using Combat Fitness pad and fitness drills.
- Demonstrate competent ability to teach and train a group using basic Combat Fitness pad and fitness drills



MAX ATTENDEES: 16 PEOPLE
DURATION: 8 HOURS (FACE-TO-FACE)
 8 HOURS (PRE/POST COURSE)



KETTLEBELL INSTRUCTOR

- List the benefits of Kettlebell training and how it differs from all other training methods
- List and practically apply the safety considerations of training with a Kettlebell.
- Apply the warm up drills into a safe and specific warm up for Kettlebell training sessions.
- Demonstrate the correct techniques for the foundation Kettlebell exercises
- Teach, analyse and correct technique for the foundation Kettlebell exercises
- Utilise remedial drills to correct common errors.
- Apply and integrate Kettlebell exercises into a comprehensive and effective training programme.



MAX ATTENDEES: 16 PEOPLE
DURATION: 8 HOURS (FACE-TO-FACE)
 8 HOURS (PRE/POST COURSE)



OLYMPIC WEIGHTLIFTING INSTRUCTOR

- Understand the correct terminology for the Olympic lifts, modified lifts and the pulls
- Understand safety considerations and contra-indications associated with Olympic weightlifting
- List the benefits of Olympic lifting as part of a well-rounded and appropriately periodised resistance training programme
- Demonstrate competent techniques for the Power Clean, Split Jerk and Power Snatch exercises.
- Apply progressions and regressions to the Clean, Jerk and Snatch exercises



MAX ATTENDEES: 16 PEOPLE
DURATION: 8 HOURS (FACE-TO-FACE)
 8 HOURS (PRE/POST COURSE)

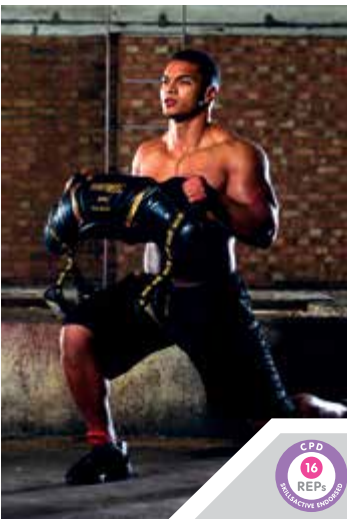


SANDBAG INSTRUCTOR

- Understand the benefits Sandbag Training & how the equipment fits into Functional Training Methodology
- Understand the safety considerations and how to safely and effectively use Sandbags
- Demonstrate the correct techniques for different upper, lower and core Sandbag exercises.
- Progress and regress these exercises using a variety of methods
- Lists the pros and cons of Sandbag Training in comparison with other training modalities.
- Suitable for Personal Trainers, Gym Instructors and Strength and Conditioning Coaches.



MAX ATTENDEES: 16 PEOPLE
DURATION: 8 HOURS (FACE-TO-FACE)
 8 HOURS (PRE/POST COURSE)



POWERWAVE™ 2.0 INSTRUCTOR

- The PowerWave™ Instructor certification will enable you to teach all of the PowerWave™ workouts
- This certification will also enable you to host this revolutionary workout at your facility
- Understand how a specific meal plan can benefit you and your attending clients.
- Understand and teach the relevant workouts to individuals and in group classes
- Attendees require a minimum of level 2 fitness qualification or a coaching qualification recognised by a sporting governing body
- Understand and list the benefits of how the PowerWave can be used in group exercises.



MAX ATTENDEES: 16 PEOPLE
DURATION: 8 HOURS (FACE-TO-FACE)
 8 HOURS (PRE/POST COURSE)



WANT MORE REPS INFORMATION?

Scan this QR or visit REPS online at: www.exerciseregister.org

FOR FURTHER COURSE DETAILS:

Visit | jordanrft.com or Email | education@jordanfitness.co.uk



ASSOCIATED FURTHER EDUCATION COURSES



ACTION INTUITIVE THE NLP BEHAVIOURAL CHANGE AND MOTIVATIONAL COACHING PRACTITIONER COURSE

- Our Practitioner course is a 6 day practical course involving pre and post study. This extensive course is designed for any health and fitness professional or sports performance coach.
- Improve potential for client success, communication, sales (membership/clients), client retention, management, business skills and mindset.
- The course aims to give you an edge in a career, which is full of competition and consistently growing.

PLUS MUCH MORE.



DURATION: 6 DAYS (FACE-TO-FACE)
MORE: actionintuitive.co.uk/nlp-behavioural-change



BIOMECHANICS COACH™ DIPLOMA

- 5x 2 day face-to-face modules
- 2 day Pelvic Module
- 2 day Spinal Module
- 2 day Shoulder Module
- 2 day Knee & Foot Module
- 2 day Low back health Module
- 12 week case study - you will be required to assess 4 clients at least 4 times in these 3 months. Document the evidence of your screens over this period with supplied screening forms while making choices using the Biomechanics Coach™ screening methods.
- Your mentor will be available to you for support throughout your training and your tutor will advise you on appropriate insurance, mentoring packages on offer and the Intrinsic Biomechanics Association (IBA).

PLUS MUCH MORE.



DURATION: 10 DAYS (FACE-TO-FACE)
MORE: biomechanicseducation.com/site/courses/biomechanics-coach



BODY TYPE NUTRITION ACADEMY

- A multi-stage 2 year long nutrition education program designed to up-skill coaches, personal trainers, practitioners and people interested in advancing their nutrition knowledge.
- The full BTN Academy is split into 3 sections, Foundation (2 months), Practical Academy (12 months), and Advanced Academy (10 months). The Academy is a hands on, interactive learning experience, so while we cover lots of theory throughout the syllabus, much of our teaching is about helping you apply the knowledge to the real world and the people you are trying to help. We are always looking to help you identify which theories, protocols, and systems of thinking are applicable to each client or individual to maximise your results.



DURATION: 2 YEARS (IN TOTAL)
MORE: bodytypenutrition.co.uk/academy



FUNCTIONAL REHABILITATIVE TRAINING

- The aim of this certificate is to bridge the gap between medical and alternative health care intervention and the prevention of injury.
- The ability to understand and recognise various functional muscle, along with their action and orientation.
- The ability to comprehend and explain the working anatomy of the spine and spinal unit.
- The ability to understand and assess the landmarks associated with a standing and seating posture
- The ability to understand and teach neutral spine
- The ability to use comprehensive knowledge to assess and train upper and lower-crossed postures.

PLUS MUCH MORE.



DURATION: 2 DAYS (FACE-TO-FACE)
MORE: jordanrft.com/pages/functional-rehabilitative-training



STRENGTH AND CONDITIONING MENTORSHIP

- World class 9 month mentorship programme
- A recognised qualification AND tried and tested methods from people working 'in the trenches' day-in day-out
- A combination of structured live events and flexible online learning resources
- Personal mentoring with our personal elite master coach
- The skills you need to become a world-class coach and practitioner, ensuring that your clients will stick with you.
- The chance to mingle with other top-quality professionals in your field.
- The unique opportunity to ask the advice of some of the world's most highly esteemed fitness pros.

PLUS MUCH MORE.



DURATION: 9 MONTHS (IN TOTAL)
MORE: strengthandconditioningmentorship.com

A QUICK WORD FROM THE COACHES

Ben Coomber

BTN Academy Founder & Coach



I am delighted to have an association with Jordan Fitness. Myself and the rest of the BTN team are looking forward to delivering our workshops to the mainstream fitness market and being a part of the Jordan Training Academy which is growing from strength to strength. Keep an eye out for me and my team delivering talks on the Jordan Fitness stand at fitness exhibitions – and there will be plenty of quality social media content from us too.

Find out more about the BTN Academy online at:
www.bodytypenutrition.co.uk/academy



Brendan Chaplin

Strength & Conditioning Coach

I am proud to be associated with Jordan Fitness and their fantastic Training Academy.

To be able to share my Strength and Conditioning knowledge with their client base is great. I enjoy working alongside Mark to deliver some in-depth courses that can benefit anyone who is willing to learn.

I am very happy for my Strength and Conditioning Mentorship to be included in Training Academy's course programme.

Find out more about Brendan online at:
www.strengthandconditioningeducation.com

SECTION 12

FIND THE 8 STAGE PROCESS ON PAGE 154

RESULTS BASED TRAINING



RESULTS BASED TRAINING (RBT)

The Jordan RBT system is an 8 stage process that will help you select, design and implement the most appropriate functional space for your needs. Our start-to-finish process is designed to **EVALUATE**, **ENHANCE** and **ENGAGE**.

1

EVALUATION

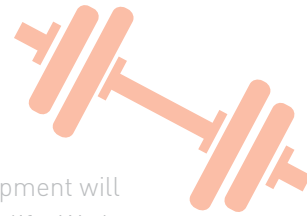
What do you intend to use the space for? Group exercise classes? Combat training? Strength & Conditioning? CrossFit style training? Functional sessions? Have a look at our ready made templates for inspiration and we are here to offer advice in helping you decide, should you need it.



2

EQUIPMENT

Next you need to select which equipment will bring your area to life. We have a vast range of products, including free weights, performance, combat, studio, rehabilitation and rig equipment... plus much more. To choose between similar products then speak to one of our experts to see which will be the most effective for your requirements.



3

FLOORING

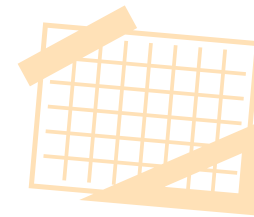
If you are looking at generating a dynamic new functional area then customised flooring can make all the difference. We can provide roll out sprint tracks, a range of interlocking tiles and the option of bespoke floor markings.



4

DESIGN

If you struggle to visualise how the space will look then allow us to provide 2D and 3D images do you can see exactly how it will look. Trade customers can subscribe to our design programme (EC Design) and create these images themselves. There is also a new range of pre-designed wallpaper designs available.



5

MARKETING

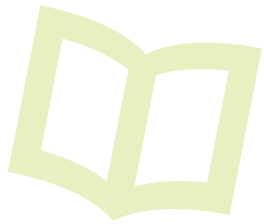
How you sell the benefits of this new area to your customers is crucial, and our in-house marketing department can help. Not only do you need to inform existing customers of the new benefits available to them, but we can also help you attract new customers. Our wall imagery, informative posters and educational leaflets are just part of the solution.



6

EDUCATION

The Jordan Training Academy provides first class education to fitness professional across the globe. Our team have helped thousands of trainers to enhance their ability. The more educated they are, the more they can help your customers... the longer the customers stay with you.



7

IMPLEMENTATION

Now that the area is fully equipped and operational it's time to make sure it gets used. Following on from the staff training, we can also provide all manner of educational leaflets/videos to ensure your customers are getting the most out of the new space you have created.



8

ONGOING SUPPORT

To show how committed we are for you to succeed, we are always here to help should you need us. Access to new promotional material and educational resources are just a phone call away.



NEED MORE INFORMATION

Scan the code to link to the Jordan RBT Website



FREQUENTLY ASKED QUESTIONS



IS A SITE VISIT NECESSARY?

It is not always necessary for us to visit the site, but it can help us to make a more accurate assessment of your specific requirements if a member of our team was to make a visit. Our team has a lot of expertise in this field and could maybe offer some inspiration or ideas that you didn't think of.

CAN YOU PROVIDE GENERIC DESIGNS?

We can provide you with previous designs to act as a template to show the versatility of our installations, but we are aware that each and every facility is entirely unique, with specific goals and demands. So rather than chum our identical facilities we want your design to offer maximum results for YOU.

DO YOU NEED SEPERATE BRIEFS FOR MULTIPLE SITES?

If the sites are identical, for example - studios within a chain of gyms that are the same size, then one brief can be used for multiple sites. However in our experience this is rarely the case, therefore each site will require its own brief. This is for your own benefit so you can maximise the potential of each individual site and it's needs.

WHAT IS THE DIFFERENCE BETWEEN A WORKSHOP AND A CERTIFICATION?

Workshops have no assessment, no prerequisites and no formal qualification is obtained upon completion. Workshops are ideal for tasters/refreshers for staff, for people to gain confidence and understand the basics of certain products, of for non-fitness members of staff/members of public to attend in order to understand the benefits of the particular item and how to use it safely.

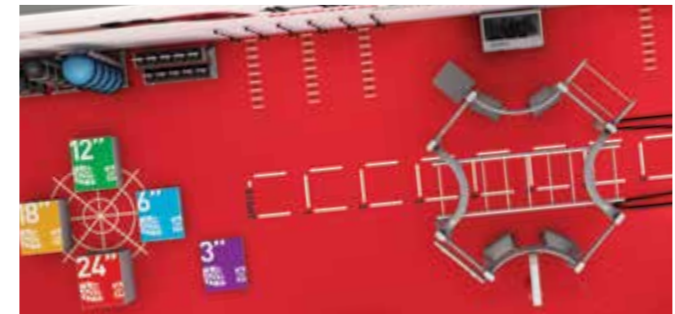
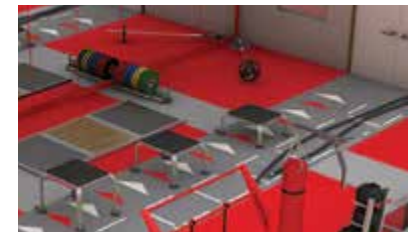
Certifications have written and physical assessments, attendees must be a minimum of Level 2 Gym Instructors, and upon successful completion attendees will be awarded with a certificate of achievement and we be 'certified' instructors within the chosen subject. This allows them to teach classes and use the items within 1:2:1 training sessions and be confident that they are qualified to teach the subject safely.

As a general rule we would recommend attending a workshop to learn the basics and introduce the product to your own training. Then look to attend a Certification further down the line and learn to safely pass on your skills to others **For more information, please see page 151**

GYM PLAN EXAMPLES



Our 3D gym plans are all designed based on the customers request, from specific equipment to the colour of the walls.



SEE THE FULL GALLERY HERE

Scan the code to link to the full example area gallery

SECTION 13

FIND THE **TEAM JORDAN** ON PAGE 160

EXTRAS



TEAM JORDAN



Jordan Fitness are proud to support athletes, clubs and individuals who are dedicated to their fitness training for a variety of different goals

At Jordan Fitness, we try to be associated with as many diverse sports and sporting personalities to as can, in the past we have sponsored sports ranging from the Leicester Swimming Club to Commercial Airline Pilot Daniel Hughes on his Comic Relief exhibition to climb Mount Everest. Other past sponsors include St Johnstone Football Club and the UCMMA (Ultimate Cage Fighting). The Jordan Fitness Team aims to find new talent and support sporting legends in providing the best functional fitness equipment.

WOULD YOU LIKE TO
REPRESENT JORDAN
FITNESS IN YOUR SPORT?

Email | sales@jordanfitness.co.uk





TEAM JORDAN FACT

Born and Raised in Cambridgeshire, Jordan Gill has just won his 14th Professional fight in a row.



JORDAN GILL

Jordan Gill is one of the youngest professional boxers in Britain. Having progressed from the amateur ranks he has settled comfortably with an impressive unbeaten professional record. After making his debut in 2005 at the age of 11, he racked up a total of 53 amateur bouts, reaching 7 national finals and representing Team GB along the way. In February 2014, Gill claimed the British Masters Bronze Title, the first of many as a professional.

Jordan Gill currently trains full time at the world famous Ingle Boxing Gym in Sheffield. However, being born and raised in the Fens, we spotted potential greatness in this local boxer back in 2011. We are hugely proud to be associated with Jordan and supporting him in his blossoming boxing career.

FOLLOW JORDAN GILL





TEAM JORDAN FACT

Jason was appointed Officer of the Order of the British Empire (OBE) in the 2008 New Years Honours.

JASON ROBINSON

Jason Robinson OBE is a Rugby Legend and World Cup Winner who played both codes of rugby internationally. He is known for his explosive speed and agility which enabled him to score some of the most memorable tries of all time. Jason regularly makes appearances at events and exhibitions to sign autographs, chat with customers about his favourite products and to train with other members of our team - helping to keep him in the phenomenal shape you can see from our recent photo shoot.

FOLLOW **JASON ROBINSON**



@Jason15Robinson



'Jason Robinson'

JAMES HASKELL

With over 50 International caps to his name, 6ft 4in and nearly 18 stone of James Haskell is a force to be reckoned with. The London Wasps and England Back Row Forward makes regular appearances at our exhibitions, always making time to chat with customers about his training or to show off his immense strength and power. We are delighted to be associated with such an incredible athlete who is still performing at the top level of his sport.

FOLLOW **JAMES HASKELL**



@jameshaskell



'James Haskell'



TEAM JORDAN FACT

Plays Flanker, Number 8 for London Wasps and has won 50 caps playing for the England National Rugby Union Squad.



NIELS-KRISTIAN IVERSEN

Speedway Racer Niels-Kristian Iversen is currently world number 3, winning 3 Grand Prix's and Danish Champion 500cc in 2013. Niels started racing 50cc in 1994 aged 11, he turned Pro back in 2003. Jordan Fitness are happy to be associated with Niels, he uses Jordan equipment for training including the popular Jungle Gym XT & Loumet Rope Ball.

FOLLOW **NIEL-KRISTIAN IVERSEN**

 @doniverson

 www.nielsiversen.com

JACQUIE NORRIS

Jacque is a member of the PowerWave Elite team and a champion fitness competitor. In 2015 she won the Miami Pro fitness category, Miami Pro short class and Miami Pro over 35's. Her next aim is to compete in and win a WBFF title. Jacque can be found on the Jordan Fitness stand at exhibitions showing off her physique and giving advice to aspiring fitness competitors.

FOLLOW **JACQUIE NORRIS**

 @thepowerwave

 'JY Norris'





GEORGE GROVES

Following a glittering amateur career, George 'The Saint' Groves has taken his deadly combination of speed and power from the back streets of Hammersmith to become one of the most exciting boxers on the planet. Since turning pro in 2008 the Super Middleweight has won an impressive 19 out of 21 fights, with 15 KOs. We are proud to supply equipment helping George to achieve his potential.

FOLLOW GEORGE GROVES



@StGeorgeGroves



www.georgegroves.com

BRENDAN CHAPLIN

Brendan is a performance enhancement specialist and Strength & Conditioning Coach working with everyone from elite athletes as well as the general public - specialising in Strength and Conditioning coaching, athletic development, youth training, presenting, fitness coaching and nutrition. He is an accredited Strength & Conditioning Coach through the United Kingdom Strength and Conditioning Association (UKSCA), he also holds the CSCS qualification through the National Strength and Conditioning Association.

FOLLOW BRENDAN CHAPLIN

@BrendanChaplin



www.brendanchaplin.co.uk

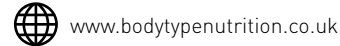
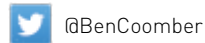




BEN COOMBER

Ben is a Performance Nutritionist, public speaker, writer & coach. Ben runs online based Body Type Nutrition, created Ditch the Diet – a women only health & diet program running across the UK, invented Transdermal Technology – a via the skin sports supplement company, has a #1 rated iTunes podcast 'Ben Coomber Radio', and writes for major publications like Men's Health, Men's Fitness and Train magazine.

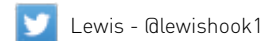
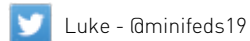
FOLLOW BEN COOMBER



LUKE FERRARA & LEWIS HOOK

Luke (Sheffield Steelers) and Lewis (Coventry Blaze) have worked with our Training Academy Manager Mark Laws since 2010 at the Peterborough Phantoms Ice Hockey Academy. Since then they have both represented Great Britain at under 16/18/20 level. Look out for them scoring goals in the Elite League this year as they have both signed full time professional contracts.

FOLLOW LUKE FERRARA



WHERE IS OUR EQUIPMENT FEATURED?



INDEPENDENT GYMS

- + **Ripped Gym (Harlow & Basildon)**
- + Crayford Weights and Fitness
- + One Leisure, St Ives
- + Feel Good Fitness
- + Soho Gyms
- + The Gym Clinic
- + MiGym Chelmsford
- + Hero's Gym
- + Evisa Fitness

NATIONAL OPERATORS

- + Bannatyne Health & Fitness
- + Fitness First
- + Nuffield Health
- + Virgin Active (inc South Africa)
- + **Snap Fitness**
- + Pure Gym
- + Xercise4Less
- + Anytime Fitness
- + Fitness24Seven (Sweden)
- + Fitlane (France)
- + Energie Fitness Clubs
- + Fitness 365 (The Netherlands)
- + The Gym Group
- + Active4Less
- + Simply Gym
- + TruGym
- + Pure Gym
- + Fit 4 Less

UNIVERSITIES & SCHOOLS

- + Loughborough University
- + University of Kent
- + **Stantonbury Campus - GYM MK**
- + Southampton Solent University
- + Bath University
- + Leeds Metropolitan University
- + Anglia Ruskin University
- + Oxford Brookes University
- + University of Liverpool
- + Royal Ballet School

HOTELS & SPA'S

- + Village Hotels
- + Grange Hotels
- + Champneys Spa Hotels
- + Marriot Hotels
- + **Shire Hotels**
- + Crown Spa Hotels

ELITE SPORTS

- + **Sahara Force India F1**
- + Arsenal FC
- + Bayern Munich FC
- + Everton FC
- + Norwich City FC
- + Valencia FC
- + Brighton & Hove Albion FC
- + Red Bull Racing
- + England Cricket Squad
- + Core Cambridge Sports Performance Centre
- + England Rugby
- + Brawn F1
- + Warrington Wolves
- + Charlton Athletic
- + Williams F1



ROYAL PALACES & UNIFORM SERVICES

- + Sandringham House
- + Buckingham Palace
- + **Police Service**
- + Prison Service
- + Fire Service
- + Armed Forces



TELEVISION, BROADCASTING & RETAIL

- + Biggest Loser
- + Big Brother
- + **BT Sport**
- + This Morning
- + Holland & Barrett
- + A League Of Their Own
- + Coronation Street
- + TOWIE



COMBAT

- + Fight Academy Wales (Used by Nathan Cleverly, Gavin Rees & Jason Cook)
- + Matrix MMA
- + Unit One Combat Sports & Fitness
- + 1st Legion Fighters Gym
- + George Groves
- + **JRL Training (Used by Chris Eubank Jnr)**
- + ZT Fight Skool
- + Tsunami Gym (Used by Luke Barnatt from the UFC)



CROSSFIT

- + CrossFit London
- + CrossFit Reading
- + CrossFit Avon
- + CrossFit Velocity
- + **CrossFit Stags & Does**
- + CrossFit Cambridge
- + Other CrossFit affiliates across Europe



PT/GROUP PT & BOOT CAMPS

- + Cambridge Athletic Performance
- + Reach Fitness
- + The Fitness Experts
- + Full Circle Fitness
- + Performance Pro
- + No. 1 Boot Camps
- + **Bawsey Fitness Boot Camp**
- + 5 Star Boot Camps
- + Wisbech Boot Camp
- + Judgement Day
- + The Body Camp

HAVE WE MISSED YOU OFF OUR LIST? WOULD YOU LIKE JORDAN FITNESS EQUIPMENT IN YOUR FACILITY? GET IN TOUCH:
+44(0)1553 763285 sales@jordanfitness.co.uk

INSTALLATION

Our expert team are here to assist you with the installation at your facility. The installation is performed to showroom standards with extreme attention to detail, using high quality equipment. We also offer continual service support to facilities post installation.

1 Your order is taken, either over the phone, in person or online.

2 We contact the customer and organise an initial site visit**.

We will consult with the client

- 3**
- Recieve installation advice including the process.
 - Flooring installations may require further process to make sure the flooring is level and safe to use.
 - A floor plan is agreed.
 - A date of installation is agreed.

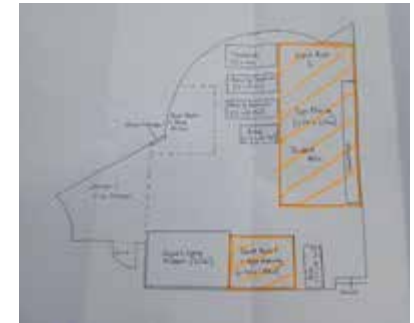
4 You will recieve a courtesy call to confirm all details are correct.

Installation day

- 5**
- Arrive on site for installation with the team.
 - A brief of the job and tasks is carried out with the customer and Jordan installation team.
 - Palletised flooring and equipment is brought onto site which Jordan unpack.
 - Equipment is fitted and installed as agreed at the consultation stage.
 - All equipment is checked and cleaned up to showroom standards.
 - Customer is shown around the installation before customer signs for the completion of the works.
 - All packaging and rubbish is removed from site***.

5 You will recieve a courtesy follow up phone call after installation.

6 Continual support is available 8am - 5pm, 5 days a week.



* Various communication methods are used. This will be decided on a case-by-case basis.

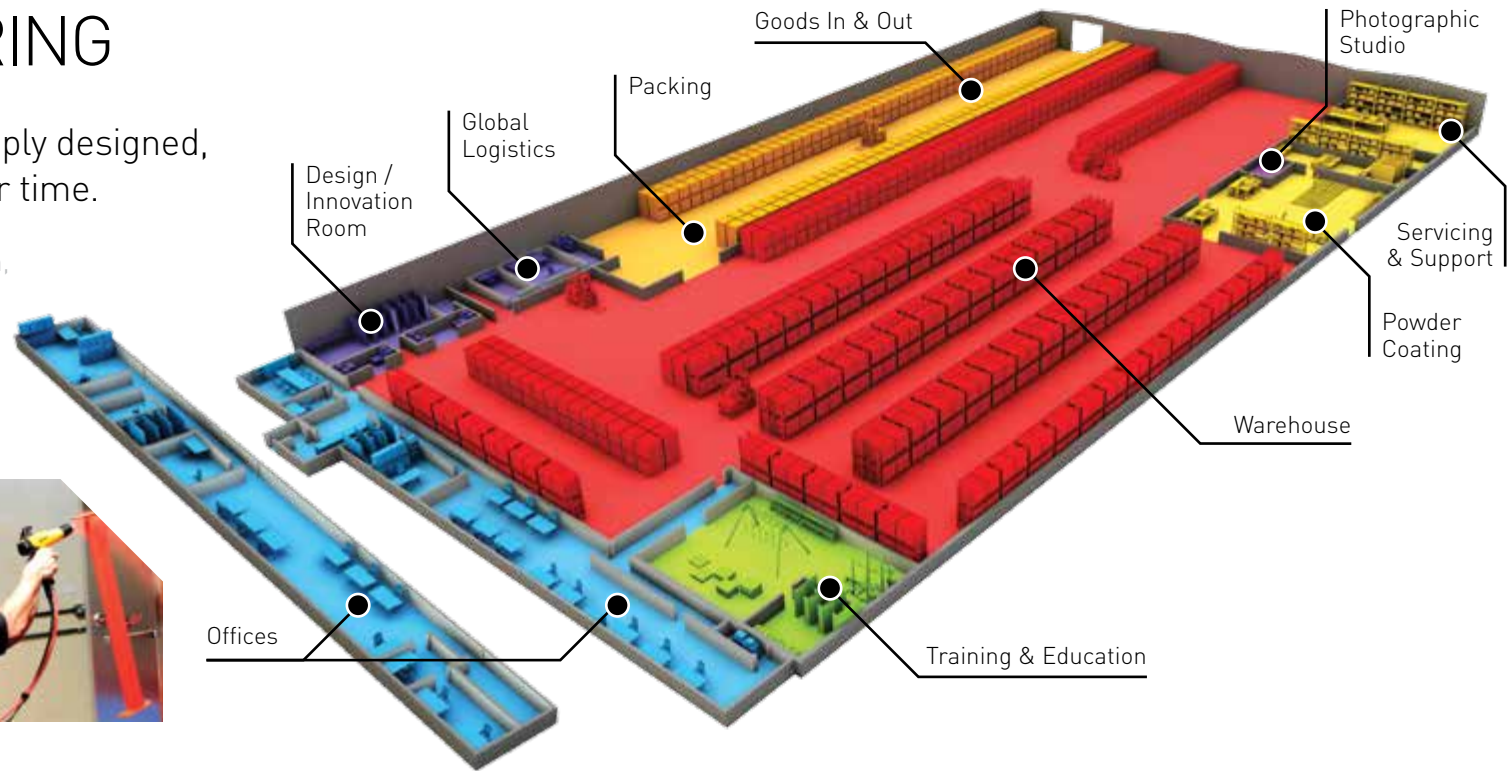
** Site visits are arranged for large installations i.e. flooring, functional rigs etc..

*** Pallets and skips may require an extra day for collection

MANUFACTURING

Great products are not simply designed, but instead they evolve over time.

Through countless hours of research, analysis, design studies, engineering and prototyping efforts, and finally, testing, modifying and re-testing until the design has been perfected.



THE COMPLETE JORDAN FITNESS PROCESS IN 7 EASY STEPS



LEASING BENEFITS

LOW INITIAL OUTLAY - A cash flow benefit, your cash can be put to better use within the business.

VAT SPREAD across the term of agreement - another cash flow benefit.

LOW INITIAL DEPOSIT

100% TAX RELIEF allowed on each monthly payment. The total monthly payment can be deducted as a trading expense. Bank borrowing is generally less efficient as it's only the interest that can be claimed.

RENTALS ARE FIXED for the duration of the contract.

IMMEDIATE USE of new equipment without large outlay.

PAYMENT SCHEDULE to suit your requirements.

FAST DECISION on your application.

RETAIN THE EQUIPMENT - Equipment becomes yours at end of agreement with one month's payment

FUNDING IS NOT SECURED against bricks and mortar

Leasing applications are subject to status and credit scoring.

Quotations are for business purchases only.



FOR A HASSLE FREE QUOTE, CALL US TODAY
+44(0)1553 763285 | sales@jordanfitness.co.uk



Leasing is a Tax efficient way of spreading the cost over a set period of time (2,3,5 years etc)

WARRANTY INFORMATION

All Jordan products are covered by our standard limited 12 month warranty from the original date of purchase unless otherwise stated. This warranty covers products against manufacturing defects for the original purchaser; wear and tear is not covered under warranty. Products not manufactured by Jordan are covered by the manufacturer's own warranty.

EXCEPTIONS TO THE 12 MONTH WARRANTY PERIOD

- All Urethane Coated products are covered for 3 years against manufacturing defects (i.e. Urethane Dumbbells and Olympic/Studio Discs)
- R2 Premium Rubber Dumbbells and Ignite Premium Rubber Dumbbells are covered for 2 years against manufacturing defects
- Upholstery on Benches is covered for 90 days
- All Jordan Tornado Balls are covered for 90 days

CLAIM PROCEDURE

Each warranty claim should be detailed on a Jordan Warranty Claim Form which can be supplied by Jordan Fitness or any of our distributors. Depending on the nature of the claim Jordan may request for photographic evidence of for the item to be returned to us for inspection.

If the item is deemed to be faulty within the warranty period then Jordan will repair or replace the item as deemed necessary.

The warranty period will continue to be from the date of the original purchase rather than the date of the replacement being supplied.

ISSUES NOT COVERED BY THE WARRANTY

The following issues would not be covered by the standard warranty:

- Damage resulting from misuse or neglect
- Anything deemed to be normal wear and tear
- Damage resulting from items being used on inappropriate flooring, i.e. concrete, wood or especially hard surfaces. Suitable Rubber or EVA flooring is recommended to prolong the life of your free weight and functional equipment.
- Damage resulting from Olympic Training Discs and Competition Discs not being used on a suitable good quality Olympic Lifting Platform
- Chipping of the painted finish on Cast Iron products, including but not limited to Cast Iron Dumbbells, Olympic Discs and Kettlebells
- Any issues with superficial stickers badges or end caps
- Damage resulting from throwing or dropping products that are not designed for this purpose, including but not limited to Dumbbells, Barbells and Kettlebells. Bent handles on Dumbbells is a clear sign of abuse and may exclude the product from the warranty
- Damage resulting from slamming products that are not designed for this purpose, including but not limited to Sandbag Pro Bags and Medicine Balls
- Loosening of Multi Disc Dumbbells and Barbells. Regular maintenance is required for these products
- Any issues with flooring resulting from regular exposure to direct sunlight or heat sources

- Any damage resulting from use with racks and storage solutions not sourced from Jordan Fitness. For example Rubber/Cast Dumbbells should be stored on Jordan Dumbbell rack which feature saddles to increase the lifetime of the product.
- Overloading of weight tree - Recommended weight 350kg
- Any associated carriage costs

Certain products must be bolted to the floor for safe use. Including but not limited to:

- Power Racks
- Dual Adjustable Pulley
- Core Plate
- Smith/Power Rack
- Suspension Training Stations
- Chin/Dip/Knee Raise
- Functional Training Rigs



FOR FURTHER INFORMATION, CONTACT YOUR DISTRIBUTOR OR OUR SERVICE DEPARTMENT TODAY ON:

+44(0)1553 763285 | customerservice@jordanfitness.co.uk







CREDITS

EDITORIAL

Zak Pitt | Maddie Darrell | Chris Abrams

ART DIRECTION, DESIGN, PRINT & PRODUCTION

Chris Abrams | Mainstream Print, Sutton Coldfield

PHOTO & VIDEO DIRECTION

Mat Wright Photography | Jamie Maxwell | Richard Peart | Ian Stewart

MODELS

Joe Racey | Natasha Burrows | Marc Edwards | Jason Robinson | Jordan Gill | Georgia Archer
Zilvinas Nacas | Livvy Macduff | Miranda Nolan | Rochelle Wood | Jesse | Jessica Tracey | Nick Gayle

SPECIAL THANKS

The whole Jordan Team | Ripped Gym, Basildon, UK | Bannatyne Group | James Haskell
Jason Robinson | MiGym Crossfit Chelmsford, UK | Hukka Oy, Finland | Ben Rosenblatt
Dr Ben Boulter | Ben Coomber | Brendan Chaplin

