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Ставрополь (8652)20-65-13  
Казахстан (772)734-952-31

Сургут (3462)77-98-35  
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Челябинск (351)202-03-61  
Череповец (8202)49-02-64  
Ярославль (4852)69-52-93

[www.throwdown.nt-rt.ru](http://www.throwdown.nt-rt.ru) | | [tw@nt-rt.ru](mailto:tw@nt-rt.ru)

# Технические характеристики на фитнес-принадлежности (фитнес-кольца, балансиры, напольные слайдеры, тренировочные кольца олимпийские, подвесные ремни. ролики)

КОМПАНИИ **THROWDOWN**

## Ab Wheel



Smoothest most stable wheel you will ever use

- Commercial grade now for your home/garage gym
- Heavy duty construction with ball bearings
- 8" diameter wheel
- Used in gyms across the US.

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## Floor Sliders



Engage your core like never before

- Adding a balance challenge aides in triggering your core and other muscle groups
  - Great for your garage gym; works well on carpet
  - Using floor slider disks gives an additional layer to your non-impact exercises
  - Set comes with two (2) disks
-

## Suspension Trainer - Olympic Rings Handle



Train like an Olympian

- Train at home to improve your form and technique
  - Increase core strength and stability
  - These wood rings provide a solid foundation for strength training
  - Great for all levels of fitness from beginner to advance.
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## Agility Dots



Take your agility workouts anyplace

- 7 inch diameter dots
  - Made with non-slip textured rubber which will stay in place
  - Sold in sets of 12.
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## Suspension Trainers



### Heavy duty Suspension Trainers

- The Suspension Straps come with 2 adjustable straps and 2 handles
- The straps are designed to attach to a pull up bar but are versatile enough to be used on other connection points including doorways and used for various body weight exercises
- The straps are rated for 300lbs per strap
- Great for your functional workouts and body-weight training.

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## Balance Trainer



Our balance trainer is all about functional fitness and building core strength

- The Balance Trainer Platform is used to introduce instability in various exercises including pushups, squats, lunges, and planks
  - The balance platform is designed to support body weight in controlled movements on either the ball side or flat side.
  - Improve your body awareness while increasing your core and coordination
  - Balance Training helps promote stable knees, ankles, hips and overall joint stability
  - Incorporation balance training into your exercise routine helps to maintain or improve your balance, which is needed to prevent falls and fractures
  - Many pair this with our FXD benches.
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# Foam Roller



Our roller is built to our high standards and yours

- High-density foam roller with molded edges
- Ideal for balance, strengthening, flexibility, and rehab exercises
- Made from molded polypropylene to maintain firmness
- Lightweight, easy to clean and transport
- Two sizes: 18 inches and 36 inches; both in 6 inch diameter.

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