

DVDs, Posters & Circuit Cards

Code	Product	pris
A1 Posters		
	High quality laminated posters showing various exercises. Dimensions - (84cm x 59.4cm)	
JLKBP-01	A1 Kettlebell Poster	399:-
JLPBP-02	A1 Powerbag Poster	399:-
JLDBP-03	A1 Dumbell Basics Poster	399:-
JLDBP-04	A1 Dumbell Advanced Poster	399:-
JLSBBP-04	A1 Studio Barbell Poster	399:-
JLMBP-05	A1 Medicine Ball Poster	399:-
JLSBP-06	A1 Stability Ball Poster	399:-
JLDAP-07	A1 Dual Adjustable Pulley Poster	399:-
JLSTP-08	A1 Suspension Training Poster	399:-



A4 Circuit Cards - Coming Soon		
	High quality laminated circuit cards showing various exercises. Dimensions - (29.7cm x 21cm)	
JLKBCC-01	A4 Kettlebell circuit cards	299:-
JLPBCC-02	A4 Powerbag circuit cards	299:-
JLDBCC-03	A4 Dumbell circuit cards	299:-
JLSBBCC-04	A4 Studio Barbell circuit cards	299:-
JLMBCC-05	A4 Medicine Ball circuit cards	299:-
JLSBCC-06	A4 Stability Ball circuit cards	299:-



Training dvds		
JLAOSRGWDVD	AOS: Ropes Gone Wild dvd	349:-
JLAOSWBJDVD	AOS: Wild Black Jack 21 Rope Training dvd	598:-
JLAOSKBDVD-KW	Art of Strength Kettlebell dvd - Kettlebell Way	598:-
JLAOSKBDVD-KW.	Art of Strength Kettlebell dvd - Kettlebell Way Vol 2	598:-
JLAOSKBDVD-N	Art of Strength Kettlebell dvd - Newport	598:-
JLAOSKBDVD-F	Art of Strength Kettlebell dvd - Firepower	598:-
JLAOSKBDVD-C	Art of Strength Kettlebell dvd - Training Clinic (2 dvds)	898:-



Code	Product	pris
Cyclex-VR Dvd		
CYCLEX	Cyclex-VR utilises stunning 3D computer generated backgrounds, projected a large screen, with full-motion animations taking the rider through a virtual landscape. Package consists of 4 x DVD's (with backing sound tracks & on screen instructor) No Licence fee required Timetables, Posters available (£5.00 each) Increase your Studio return Run extra classes outside of your instructor lead timetable Please ask for our new CyclEX-VR brochure with video clip	2495:-

