The Sport Essentials Retail Price List FEB. 2007

Tel: 2575 6787 Fax: 2575 6700 www.thesportessentials.com

Ladders

#SA4	8m Fastfoot Ladder	HK$ 525
#SA4C	8m Multi-coloured Fastfoot Ladder	HK$ 580
#SA4AC	8m Agility Cross Ladder	HK$ 580
#SA4F	8m Flat Fastfoot Ladder	HK$ 525
#SA17F	4m Mini Flat Fastfoot Ladder	HK$ 340
#SA16	8m Pro-Acceleration Ladder	HK$ 465
#SA17ST	4m Indoor Soft Rung Ladder	HK$ 360
#SA4CST	Indoor Multi-coloured Soft Rung Ladder	HK$ 600
#SA4ACST	Indoor Agility Soft Cross Ladder	HK$ 600

Hurdles

#SA6A	10cm Atomic Hurdles	HK$ 65
#SA6	15cm Quicken Micro Hurdles	HK$ 70
#SA5	30cm Quicken Mini Hurdles	HK$ 75
#SA26	50cm Plyo Hurdles	HK$ 100
#SA29	7.5cm Hurdle Extension	HK$ 60
#SA27	15cm Hurdle Extension	HK$ 60
#SA6E	6x15cm Hurdle + 6x15cm Ext. Set	HK$ 700

Resistors / Chutes / Weighted Vests

#SA1L	Power Speed Resistor - Large	HK$ 210
#SA1M	Power Speed Resistor - Medium	HK$ 210
#SA3L	Power Speed Chute - Large	HK$ 400
#SA3	Power Speed Chute - Regular	HK$ 380
#SA34	Weighted Vest - 10 kg	HK$ 650

Over Speed Training

#SA9	6m Slingshot Overspeed Trainer	HK$ 850
#SA18	3m Mini Slingshot Trainer	HK$ 660
#SA103	3m Additional Flexicord	HK$ 460
#SA102	2m Additional Flexicord	HK$ 400

Plyometrics / Leg Speed Trainers

#SA23	Leg Speed Tube - Standard	HK$ 260
#SA23	Leg Speed Tube - Light	HK$ 260
#SA25	Lateral Speed Resistor - Standard	HK$ 220
#SA25H	Lateral Speed resistor - Heavy	HK$ 220
#SA22	Power Jumper	HK$ 440
#SA24	Portable Power Jumper	HK$ 300
#PPS	Plyo Platform (Set of 4)	HK$4500

Reaction / Evasion

#SA7	Reactive Ball	HK$ 65
#SA11	Super Reactaball	HK$ 90
#SA8	Evasion Belt	HK$ 95
#SA8T	Pro-Evasion Belt	HK$ 135
#SA35	Plyo-X	HK$ 240
#TT1	Tackle Tag Set - 20 belts, 40 tags	HK$1100
#TT2	Tackle Tags - 1 belt, 2 tags yellow	HK$ 60
#TT3	Tackle Tags - 1 belt, 2 tags red	HK$ 60
#C4	Super Aerodome Marker Set 30pcs	HK$ 400
#C8	Agility Marker Spot – Set of 6	HK$ 200

AOK MediBalls

#MB45**	45cm MediBall Pro	HK$ 350
#MB55**	55cm MediBall Pro	HK$ 400
#MB65**	65cm MediBall Pro	HK$ 450
#MB75**	75cm MediBall Pro	HK$ 500
#MX55BK	55cm MaxiBall - Black	HK$ 650
#MX55GD	55cm MaxiBall - Gold	HK$ 650
#MX65BK	65cm MaxiBall - Black	HK$ 750
#MX65GD	65cm MaxiBall - Gold	HK$ 750

AOK MediBalls Accessories

#MBST1	MediBall Stacker	HK$ 125
#MBST3	MediBal Stacker Set - 3pcs	HK$ 300
#MBDVD	MediBall Dynamics DVD	HK$ 200
#MBWCH	MediBall Exercise Wallchart	HK$ 90
#MBPRD	Prescription Pad	HK$ 80
#MBWEB	Ball Web	HK$ 380

Massage Balls / Pilates Balls

#MSGB**	Massage Ball	HK$ 90
#PLTBBL	20cm Pilates Ball - Blue	HK$ 160

AOK Balance Systems

#DD33BL	33cm DuraDisc - Blue	HK$ 380
#DD33GY	33cm DuraDisc - Grey	HK$ 380
#DD39BP	39cm Balance Plate	HK$ 280
#DD50BP	50cm Balance Plate	HK$ 400
#DDMBL	25cm DuraDome - Blue	HK$ 380
#ARBL	AirRoller - Blue	HK$ 480
#H4	BOSU - Blue	HK$1250
#FMRL1	6” Foam Roller - Long	HK$ 350
#FMRL3	6” Foam Roller - Short	HK$ 150
#SWC	Swopper Chair – Standard, Softex	HK$ 6000

AOK Medicine Balls / Cyclone Balls

#MCB1BL	1kg Live Medicine Ball - Blue	HK$ 185
#MCB2RD	2kg Live Medicine Ball - Red	HK$ 305
#MCB3GN	3kg Live Medicine Ball - Green	HK$ 420
#MCB4YW	4kg Live Medicine Ball - Yellow	HK$ 520
#MCB5BL	5kg Live Medicine Ball - Blue	HK$ 620
#MCB6OR	6kg Live Medicine Ball – Orange	HK$ 720
#MCB6SD	Medicine Ball Stand - 5/6 Balls	HK$1800
#CLC1BL	1kg Cyclone Ball - Blue	HK$ 500
#CLC2RD	2kg Cyclone Ball - Red	HK$ 600
#CLC3GN	3kg Cyclone Ball - Green	HK$ 760
#CLC4YW	4kg Cyclone Ball - Yellow	HK$ 820

PowerBags

#PWB3	3kg PowerBag	HK$ 525
#PWB5	5kg PowerBag	HK$ 550
#PWB7.5	7.5kg PowerBag	HK$ 570
#PWB10	10kg PowerBag	HK$ 600
#PWB15	15kg PowerBag	HK$ 650
#PWB20	20kg PowerBag	HK$ 700
#PWWB25	25kg PowerBag	HK$ 750
#PWB30	30kg PowerBag	HK$ 830
#PWB35	35kg PowerBag	HK$ 880

Sport Specific

#SKTRK	Skill-Tec Rugby	HK$ 340
#SKTRKJ	Skill-Tec Rugby - Junior	HK$ 320
#SKTSK	Skill-Tec Soccer	HK$ 320
#SKTSKJ	Skill-Tec Soccer - Junior	HK$ 300
#SKTNK	Skill-Tec Netball	HK$ 320
#RT3	Rugby Perfect Passing Trainer	HK$ 200
#RT6	Rugby Perfect Throwing Trainer	HK$ 330
#RT5	Rugby Perfect Handler	HK$ 200
#RT4	Rugby Perfect Catch Trainer	HK$ 200
#RT22S	Aerial Support - Small < 70kg	HK$ 480
#RT22M	Aerial Support - Medium	HK$ 480
#RT22L	Aerial Support - Large >150kg	HK$ 480

Books & Videos

#BNSCA1	Essentials of Strength & Conditioning	HK$ 600
#BNSCA2	Essentials of Personal Training	HK$ 600
#B26	Total Training For Rugby Fitness	HK$ 260
#B9	Fitness Management Diary	HK$ 380
#MBDVD	MediBall Dynamics - DVD	HK$ 200
#PRBDVD	Preggi Bellies - DVD	HK$ 250
#FTMDVD	Fit Mum - DVD	HK$ 250
#PCVHS1	SwissBall for Abs, Back & Bum	HK$ 280
#PCVHS2	Medicine Ball Workout	HK$ 310
#TPTDVD	Trigger Point Therapy - 2 DVDs	HK$ 500
#QV1	Quickness & Agility for Sport Vol.1	HK$ 180
#QV2	Quickness & Agility for Sport Vol.2	HK$ 180
#QV9DVD	Super Agility M.C. Ladder DVD	HK$ 160
#PWBDVD1	PowerBag DVD1	HK$ 260
#PWB3DVD2	PowerBag DVD2	HK$ 260

Arctic Heat Cooling Vest

#CLVT	Cooling Vest (S-4XL)	HK$1450

* Prices subject to change without notice