



ALPHAFIT

**FITNESS EQUIPMENT
SOLUTION PROVIDERS**

COMMERCIAL CATALOGUE 2023-2024

BUILT NOT BOUGHT

AlphaFit is a 100% Australian owned family business. We manufacture gear specifically made for the functional fitness, high performance, and strength and conditioning community.

Our products are:

- Innovative
- High quality
- Almost exclusively made of Australian parts and materials
- Customisable

AlphaFit listens to the fitness community to develop new or improved products that are second to none in quality, design innovation and functionality. We are always happy to talk to new or existing customers about their training needs.

To ensure our products are the best available we manufacture using state of the art German Trumpf equipment. We also use the latest 3D modeling software to design, stress test and analyse our equipment before production. Our manufacturing facility is based on the Gold Coast, Queensland covering approximately 6000m².



We are the biggest and most reputable supplier of Australian made equipment to the Australian functional fitness community.

Look for the 'Australian Made and Owned' logo for all of our Australian Made products.





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FIT FOR PURPOSE.

WHY ALPHAFIT

FROM CONCEPT TO INSTALLATION, WE ARE YOUR END TO END SOLUTION TO CREATE A SPACE YOUR MEMBERS AND ATHLETES ARE EXCITED TO TRAIN IN

If your aim is to create a premium gym that is the envy of all Australian fitness facilities, then you need experience and innovation at your fingertips. Together we can build a benchmark training centre that meets the expectations and needs of your members.

We have worked alongside the best coaches in the industry to build high quality equipment with no compromise in design or manufacturing, to provide a premium product that will outlast the market. With a start-to-finish service, short turn-around times and unbeatable customisation alongside our ability to fit out large-scale training facilities, it has been a no-brainer for commercial gyms and elite sporting clubs to choose AlphaFit as their gym outfitter.

Regardless of your facility's size, AlphaFit is able to meet the expectations and needs of your members and athletes. We pride ourselves on being the best—not only through our premium equipment—but also in our customer service and industry expertise.

Offering our Gym Designer service we can help you plan your ideal fitout, utilising your space to its fullest potential. We don't just stop when you place an order with us, we organise safe delivery and can arrange installation with one of our experienced AlphaFit approved installers.

Set your facility apart and offer the best equipment to your members, a truly unique point of difference for those serious about delivering results.

ALPHAFIT TRUSTED BY THE BEST.



AIR FORCE



FITSTOP.



QAS



snap 24/7
fitness



PLUS
FITNESS



BFT



CLICK TO LEARN HOW ALPHAFIT IS YOUR SOLUTION PROVIDER.

AUSTRALIAN MADE

PROUDLY AUSTRALIAN MADE AND OWNED

At AlphaFit we have built our reputation on our range of 100% Australian made Rigs and Racks that exemplify everything AlphaFit stands for—they have been designed and built by AlphaFit at our Gold Coast manufacturing facility with unrivalled attention to detail and quality, to deliver a product that is second to none.

We are the biggest and most reputable supplier of Australian made equipment to the Australian fitness community. With full control from design to delivery, we can deliver fast turnarounds as well as the flexibility to customise your equipment to meet your needs.

We pride ourselves on our people, with the largest Australian design and engineering team dedicated to delivering products that are innovative, customisable, high quality and almost exclusively made of Australian parts and materials. This puts us at the forefront for product development—with a number of our involving products patent pending features.

To ensure our products are the best available we manufacture using state of the art German precision equipment. We also use the latest 3D modelling software to design, stress test and analyse our equipment before production.



Look for the 'Australian Made and Owned' logo identifying all of our proudly Australian made products.

WITH FULL CONTROL FROM DESIGN TO DELIVERY, WE CAN DELIVER SHORT LEAD TIMES AND OFFER THE FLEXIBILITY TO CUSTOMISE YOUR EQUIPMENT TO MEET YOUR NEEDS.



CLICK TO LEARN MORE ABOUT ALPHAFIT'S AUSTRALIAN MANUFACTURING PROCESS.

GYM DESIGNER SERVICE

PLAN & VISUALISE YOUR PERFECT GYM, WITH THE HELP FROM OUR EXPERIENCED DESIGN TEAM

No more imagining what the gym will look like—see real life rendered visuals including equipment colour, size and space surrounding it.

Our fitouts focus on maximising the functionality of the space and incorporating the right equipment for your needs. This service gives you a better understanding of the potential of your space and how to layout the equipment to give your students an outstanding training experience.

WE ARE PASSIONATE IN HELPING DESIGN AND IMPLEMENT YOUR DREAM GYM, EVERY STEP OF THE WAY.

WHAT TO EXPECT



CONSULT

Once you have made an enquiry, one of our dedicated sales experts will organise a meeting with you to discuss your vision. We will gather information about your floor plan, equipment wish list and budget.



CONCEPT DEVELOPMENT

Our sales expert then works with our design team to bring your vision to life. Our design team uses industry leading 3D software to produce high quality rendered layouts of your space, from different angles, to give you a complete experience.

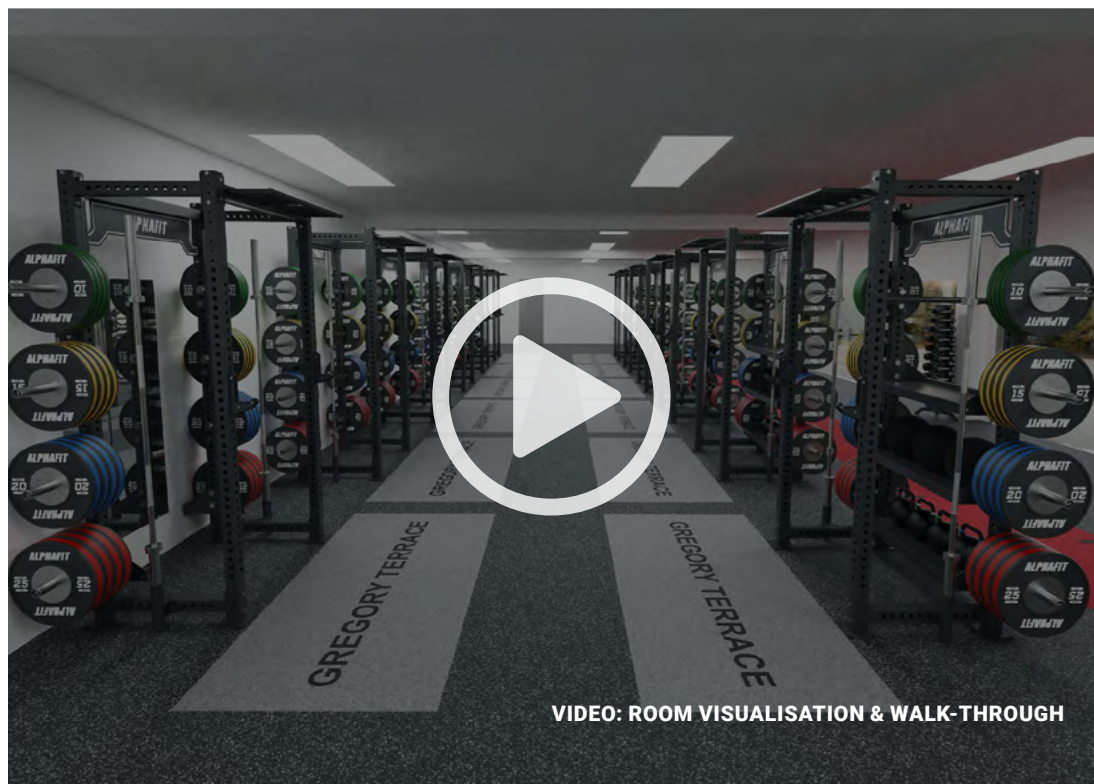


PROPOSAL

Once the brief has been met, we will provide you with a professional document presenting your dream facility. Our sales team will follow up with you to provide a quote and discuss the plans.



GYM DESIGNER - 3D ROOM RENDER EXAMPLE



VIDEO: ROOM VISUALISATION & WALK-THROUGH

SPORTS PERFORMANCE FLOORING

WHETHER MODERNISING YOUR CURRENT GYM FLOORING OR DEVELOPING A NEW FITOUT, WE CAN HELP.

In partnership with our sister company Arena Flooring, we can create and supply athletic surfaces unparalleled in aesthetics, safety and performance. Durable and functional, leave a lasting impression in your most high use areas.



ARENA FLOORING PROVIDE SOLUTIONS INCLUDING:

- **Synthetic turf rolls** with great footing for indoor training and fields of play
- **Custom sled tracks** incorporated with your brand colours, logo and area-specific line markings
- **Rubber tiles and rolls** for high-traffic, multi-use zones that are durable and easy to clean
- **Rubber lifting platforms** with 100% inlaid logos and impact absorbing, non-skid surfaces
- **Wood-grain vinyl** laminate ideal for group fitness studios and entryways
- **Carpet tiles**, welcome mats and more.

PROUDLY SERVICING SOME OF AUSTRALIA'S MOST TRUSTED BRANDS:



fitness
fernwood



AIR FORCE



FITSTOP.



Derrimut
24/7 Gym

LSND



snap 24/7
fitness

F45



ANYTIME
FITNESS

virginia
active

PLUS
FITNESS

ifeelgood 24/7
express health clubs

REVL
TRAINING



TOGETHER WITH ARENA FLOORING, WE DELIVER TURN-KEY COMMERCIAL GYM FITOUTS FROM THE GROUND UP.

[CLICK TO BOOK YOUR FREE FLOORING CONSULTATION WITH ARENA FLOORING.](#)

INSTALLATION

TRUST THE BEST WITH INSTALLING YOUR NEW EQUIPMENT

If you don't have your own installer organised we have a range of experienced AlphaFit approved installers we can recommend. Our installers are well-versed with the complete AlphaFit range so you can trust your equipment is being installed correctly and safely by the experts.

Want the hassle taken out of organising it yourself? We're happy to organise the installation for you. For us to organise the installation all we require is the date and time for the installer to gain access and a floor plan of where the equipment will be placed.

**REST EASY KNOWING YOUR INSTALLATION IS
IN EXPERT HANDS.**



FINANCE

TAKE THE STRAIN OUT OF FINANCING YOUR DREAM FACILITY

AlphaFit can guide you to specialist business advice for larger loans. With a dedicated focus on the fitness industry, and solutions tailored to your individual situation, you can access a broad product range through our recommended specialist business lenders.

AlphaFit offers commercial lending options with our finance partners, who specialise in equipment and fitout finance. Their equipment financing is great for customers starting a new business or commencing a new fitout.

Our partnership with these reputable lenders provides competitive industry rates exclusively to AlphaFit customers. They supply our customers with a personal account manager who can run you through all the options and explain how it works.

The benefits of such finance packages include:

- Flexible payment terms
- GST claimable and 100% tax deductible
- No hidden costs.

To find out more and secure a referral, contact us directly.



IP INDUSTRY PASS

ARE YOU #TEAMALPHAFIT? SIGN UP FOR AN INDUSTRY PASS TODAY!

WHO IS ELIGIBLE?

- Gym Owners, Coaches and Personal Trainers
- Schools, Universities and P.E. Teachers
- Sporting Clubs and Organisations
- Sports Medicine Professionals
- Defence and Emergency Services
- CrossFit Affiliates

MEMBERSHIP BENEFITS

- Access to industry pricing and discounts on all full priced products*
- Credit earned for every dollar spent on gear and equipment, redeemable online**
- Exclusive member only deals
- Be the first to know about new strength and conditioning equipment releases and more!

HOW TO APPLY

- Fill out the registration form online alphafit.com.au/industry-pass selecting 'ASCA Member' in the Industry drop-down menu
- Registration will be approved within 48hrs
- Once approved you will receive an email confirmation with more details
- Log into your online account to see industry pricing

TO LEARN MORE, VISIT ALPHAFIT.COM.AU/INDUSTRY-PASS

CUSTOMISE YOUR EQUIPMENT

STRENGTHEN YOUR BRAND WITH YOUR OWN BRANDED EQUIPMENT

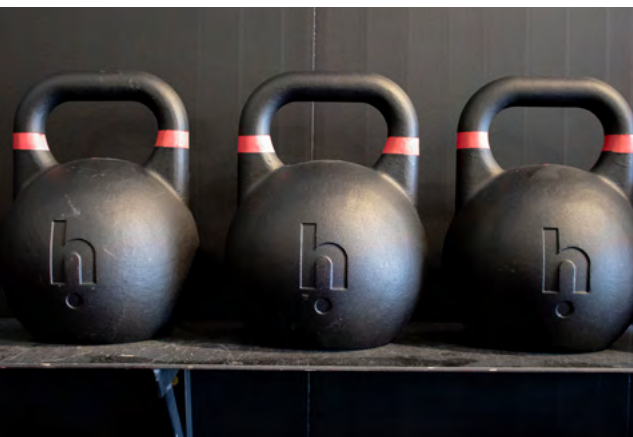
AlphaFit specialises in personalising your equipment with colour and branding to create a space your members and athletes will be proud of. Branded gym equipment is a sophisticated way of communicating brand identity and promoting loyalty amongst the fitness community. Branded gear also encourages engagement amongst your club members and social media followers.

The equipment we can customise:

- Steel equipment including logo braces, rigs, cages, benches and storage systems
- Strength equipment including dumbbells and fixed weight bars and more
- Conditioning equipment including kettlebells, dead balls, plyo boxes and more
- Flooring including Lifting Platforms.

Our custom equipment is a worthwhile investment not only because they look good, but the construction makes them a premium product sure to withstand the demands of a commercial gym environment.





RIGS & RACKS

12 |

Our Rigs and Racks are 100% Australian Made from the highest quality steel and are cut to precision with laser technology. We have developed our own unique powder coating to create the best surface for maximum grip with less tears to your hands. Fully customisable with the option to add accessories for safety, storage and to maximise the functional use of your space within your budget. These rigs and racks will last you a lifetime.



WALL MOUNTED RIGS

WALL MOUNTED RIGS KEEP THE MAIN FLOOR FREE

AlphaFit Wall Mounted Rigs are ideal for training facilities that are aiming to keep the centre of their training space as open-flow as possible. Wall mounted cells are the same as the freestanding cells except that your gym wall replaces one side of the rig. AlphaFit Rigs open up endless training possibilities from standard pull-ups and gymnastic bar work to lifting racks and ring work. Our unique hole spacing allows single chin up bars to be mounted from 2085mm off the ground to 2685mm in 25mm increments.

Like all of our Rigs, Wall Mounted Rigs can be matched with other components for endless layout options and flexibility. The modular construction of all AlphaFit Rigs gives you unparalleled flexibility to meet your training needs now and into the future.

WALL MOUNTED LOW COMPACT RIG

This pull up rig is perfect for facilities without the luxury of industrial height ceilings. Available in two heights and three spacings, it's simple to create your dream space-saving rack. The AlphaFit Wall Mounted Low Rig is compatible with Olympic rings, power bands and all AlphaFit rig accessories.

- ✓ Available heights—2250mm and 2500mm
- ✓ Compact design—675mm off wall
- ✓ 33mm diameter Pull Up Bars



2 Cell Wall Mounted Low Compact Rig

- ✓ Custom manufactured to order
- ✓ 75×75mm Upright and Crossbeam
- ✓ Available spacing—1500mm, 1800mm and 2100mm
- ✓ Must be bolted to the wall and floor
- ✓ J-Hooks not included
- ✓ 13 powder coat colour options available:



WALL MOUNTED LOW COMPACT RIG WITH BRACED CHIN UP BAR

Great for narrow spaces, this pull up rig features a 675mm brace which connects the rig closer to the wall than our other wall mounted options. Competition style Braced Chin Up Bars are mounted on the outside of this rig configuration so athletes can perform butterfly pull ups and muscle ups without restriction. Compatible with Olympic rings, power bands and all AlphaFit rig accessories.

- ✓ Available heights—2250mm and 2500mm
- ✓ Compact design—675mm off wall
- ✓ 33mm diameter Competition Chin Up Bars



2 Cell Wall Mounted Low Compact Braced Chin Up Bar Rig

WALL MOUNTED RIGS



WALL MOUNTED HIGH RIG

With taller uprights and higher wall braces, the Wall Mounted High Rig is perfect for setting up height adjustable anchor points for gymnastics rings or ropes. It also offers greater flexibility to make the most of rig accessories such as our Wall Ball Targets or Trawler Arms.

- ✓ Height 3750mm
- ✓ Available depths—1050mm, 1500mm, 1800mm and 2100mm
- ✓ 33mm diameter Pull Up Bars



WALL MOUNTED HIGH LOW RIG

This pull up rig features different height uprights and wall braces on each side of the cell. The High Low set up may suit gyms with wall features or windows, as well as those looking for height adjustable anchor points for gymnastics rings or ropes.

- ✓ Height 3750mm
- ✓ Available depths—1050mm, 1500mm, 1800mm and 2100mm
- ✓ 33mm diameter Pull Up Bars



WALL MOUNTED LOW RIG

This pull up rack is perfect for facilities with lower ceiling heights. The AlphaFit Wall Mounted Low Rig is compatible with Olympic rings, power bands and all AlphaFit rig accessories.

- ✓ Height 3750mm
- ✓ Available depths—1050mm, 1500mm, 1800mm and 2100mm
- ✓ 33mm diameter Pull Up Bars



WALL MOUNTED MONKEY RIG

The Wall Mounted Monkey Bar Rig can be used as a standalone cell against the wall, in between existing cells as a specialty feature, or matched with other Monkey Bar cells. Competition style chin up bars are mounted on the outside of the rig. Challenge your athletes by adding inclined and declining sections to the Monkey Bar path.

- ✓ Height 3750mm
- ✓ Available depths—1050mm, 1500mm, 1800mm and 2100mm
- ✓ 33mm diameter Pull Up Bars



FREESTANDING RIGS

DON'T BE SURPRISED IF YOUR ATHLETES NEVER GO HOME

AlphaFit's Freestanding Fully Braced Rigs are designed to be placed anywhere in a room, meaning you can set up your Rig up as a central feature of your training space or off to the side to maximise free floor space. Starting with a single cell, and expandable to as many cells as your space will accommodate.

We understand that floor space is premium. Our freestanding Rigs maximise the space available to you, with athletes able to use all four sides of the Rig for gymnastic work or two sides for lifting. You can also add or move cells and components as your training needs change.

Our unique hole spacing allows single chin up bars to be mounted at 25mm increments from 2085mm off the ground to 2685mm. AlphaFit Rigs open up endless training possibilities from standard pull-ups and gymnastic bar work to lifting racks and ring work.

HIGH FULLY BRACED RIG

This Fully Braced High Rig delivers maximum stability for our strongest set-up, perfect for hardcore athletes and extremely high traffic centres. Gymnastics, lifting, accessory work or stretching, your athletes can complete a full training program on the Rig.

- ✓ Height 3750mm
- ✓ 33mm diameter Pull Up Bars



3 Cell High Fully Braced Rig

- ✓ Custom manufactured to order
- ✓ 75x75mm Upright and Crossbeam
- ✓ Available depths—1050mm, 1500mm, 1800mm and 2100mm
- ✓ Available spacing—1500mm, 1800mm and 2100mm
- ✓ Must be bolted to the wall and floor
- ✓ J-Hooks not included
- ✓ 13 powder coat colour options available:



HIGH SEMI BRACED RIG

This Rig is bolted to the floor and is braced at the top of the Rig for unshakeable stability. AlphaFit Rigs open up endless training possibilities from standard pull-ups and gymnastic bar work to lifting racks and ring work. The Semi Braced High Rig is compatible with Olympic rings, power bands and all AlphaFit rig accessories.

- ✓ Height 3750mm
- ✓ 33mm diameter Pull Up Bars



3 Cell High Semi Braced Rig

FREESTANDING RIGS



HIGH LOW RIG

This functional rig does not compromise on safety and is still a strong and sturdy set-up for spaces where athletes are likely to be more focused on stricter, and less intense, movements. The High Low configuration gives you a range of adjustable heights to set anchor points for climbing ropes and rings, or for Wall Ball Targets and Trawler Arms.

- ✓ Height 3750mm
- ✓ 33mm diameter Pull Up Bars



MONKEY BAR RIG

The freestanding Monkey Bar Rig can be used as a stand alone cell, in between existing free standing cells, or with other Monkey Bar cells. Impressive in design and use, this system could become the centre piece of your facility. Specialty competition style brace chin up bars are mounted on the outside of the rig so athletes can perform pull ups without restriction.

Challenge your athletes by adding inclined and declining sections to the Monkey Bar path. The Monkey Bar Rig can still be used as a squat or bench cell and is fully compatible with all AlphaFit accessories.

- ✓ Height 2500mm
- ✓ 33mm diameter Pull Up Bars



LOW RIG

This pull up rig is perfect for facilities without the luxury of industrial height ceilings. Still a strong and sturdy set-up that is ideal for spaces where athletes are likely to be more focused on stricter, and less intense, movements. Gymnastics, lifting, accessory work or stretching, your athletes can complete a full training program on the Rig.

- ✓ Height 2500mm
- ✓ 33mm diameter Pull Up Bars



WYKIE ETSEBETH HOME GYM, ZINC COATED HIGH RIG

PROTECT YOUR RIG OUTDOORS

PROTECTION FROM THE ELEMENTS

Zinc Plating your AlphaFit steel gym equipment is the best solution to protecting your outdoor gym equipment from looking tired, old and rusty and keep it as new as possible. AlphaFit offers Zinc Plating as an option for all steel equipment to protect it against deteriorating from rust and UV damage.

Zinc Plating or Zinc Electroplating is a complex process of applying a protective zinc coating to the steel to prevent corrosion. The steel gym equipment is immersed in a chemical bath containing dissolved zinc to give the steel a thin coating of zinc metal known as substrate. The zinc coating creates a physical barrier that prevents rust from reaching the underlying metal surface. Afterwards, your AlphaFit equipment is powder coated with AlphaFit's unique powder coating to give it even extra corrosion protection and superior grip.

The quality of zinc coating is of vital importance, which is why AlphaFit's zinc electroplating is carried out from our Gold Coast workshop to ensure excellent corrosion protection.

**EXTEND THE LIFE OF YOUR AUSTRALIAN MADE
STEEL EQUIPMENT WITH ZINC PLATING.**

CAGES

ALPHAFIT IS PROUD TO OFFER YOU THE BEST AVAILABLE CAGES IN AUSTRALIA

AlphaFit Power Cages are essential for classic strength training that is still the core of strength programs for many sports. The modular cell can be customised by design. Select a set-up that suits your current needs with the knowledge that the Power Cage is designed to grow and adapt with you into the future. AlphaFit Cages create a safe environment to train an infinite variety of exercises and are compatible with all our standard accessories including our Cage Spotting Rails, platforms and storage solutions—the possibilities are endless.

Single chin up bars can be added from 2085mm (from the ground) to 2435mm.

HALF CAGE

This squat rack is a shallower design that is suitable for facilities who need to maximum their available floor space. Save space without compromising on functionality.

- ✓ Dimensions 900mm × 1275mm × 2500mm



SINGLE CAGE

This squat rack is the larger of our Cages, offering 1050mm of depth for even more space to lift.

- ✓ Dimensions 1275mm × 1275mm × 2500mm



- ✓ Custom manufactured to order
- ✓ 75×75mm Upright and Crossbeam
- ✓ 33mm diameter Pull Up Bars
- ✓ Must be bolted to the wall and floor
- ✓ J-Hooks and Spotter Rails not included
- ✓ 13 powder coat colour options available:



CAGES WITH STORAGE

HALF CAGE WITH STORAGE



This squat rack is our standard compact 675mm cell at the front of the cage with an additional two uprights spaced 675mm away that includes eight Premium Storage Pins at the back to keep your weights and equipment.

- ✓ Dimensions 1650mm × 1960mm × 2500mm
- ✓ Storage pin load rating: 250kg

SINGLE CAGE WITH STORAGE



This squat rack features our standard 1050mm cell at the front of the cage with an additional two uprights spaced 675mm away that included eight premium storage pins at the back.

- ✓ Dimensions 2025mm × 1960mm × 2500mm
- ✓ Storage pin load rating: 250kg

DOUBLE HALF CAGE WITH STORAGE



This squat rack features a 675mm cell at the front and back of the unit with a centre upright for 8 premium storage pins so that you can keep your weights close to where you'll need them.

- ✓ Dimensions 1650mm × 1960mm × 2500mm
- ✓ Storage pin load rating: 250kg





STAINLESS STEEL UPRIGHTS WITH CLEAR COAT - ONE PLAYGROUND, NEWTOWN

FREESTANDING CAGES

THE ULTIMATE SOLID, STAND ALONE CELL

The AlphaFit Freestanding Power Cages provide the perfect solution when it is not possible to affix equipment to the gym floor. By adding bracing and base extensions, you can now lock the Cage into one solid, stand alone unit. These additions create a secure base without the need to bolt into the floor, and provide ultimate strength and stability when using external Spotter Arms. Compatible with all our standard accessories including our Cage Spotting Rails, platforms and storage solutions.

Single chin up bars can be added from 2085mm (from the ground) to 2435mm.

FREESTANDING HALF CAGE

This squat rack is a shallower design that is suitable for facilities who need to maximum their available floor space. Save space without compromising on functionality.

- ✓ Dimensions 1465mm × 1275mm × 2500mm



FREESTANDING SINGLE CAGE

This squat rack is the larger of our Cages, offering 1050mm of depth for even more space to lift.

- ✓ Dimensions 1840mm × 1275mm × 2500mm



- ✓ Custom manufactured to order
- ✓ 75×75mm Upright and Crossbeam
- ✓ 33mm diameter Pull Up Bars
- ✓ Must be bolted to the wall and floor
- ✓ J-Hooks and Spotter Rails not included
- ✓ 13 powder coat colour options available:



FREESTANDING CAGES WITH STORAGE



FREESTANDING HALF CAGE WITH STORAGE

This squat rack is our standard compact 675mm cell at the front of the cage with an additional two uprights spaced 675mm away that includes eight Premium Storage Pins at the back to keep your weights and equipment.

- ✓ Dimensions 2215mm × 1960mm × 2500mm
- ✓ Storage pin load rating: 250kg



FREESTANDING SINGLE CAGE WITH STORAGE

This squat rack features our standard 1050mm cell at the front of the cage with an additional two uprights spaced 675mm away that included eight premium storage pins at the back.

- ✓ Dimensions 2590mm × 1960mm × 2500mm
- ✓ Storage pin load rating: 250kg



FREESTANDING DOUBLE HALF CAGE WITH STORAGE

This squat rack features a 675mm cell at the front and back of the unit with a centre upright for 8 premium storage pins so that you can keep your weights close to where you'll need them.

- ✓ Dimensions 2780mm × 1960mm × 2500mm
- ✓ Storage pin load rating: 250kg

CUSTOMISED STACKED LOGO BRACE

BRANDED INTO YOUR MEMBERS MIND

Take your rig or cage branding to the next level with this Custom Stacked Logo Brace featuring your gym or facility's logo. Tailored to include your logo or custom artwork, AlphaFit can create a one-of-a-kind Stacked Logo Brace that delivers on functionality and aesthetics.

Through our ability to manufacture locally on the Gold Coast with state of the art equipment and the latest 3D modeling software, we are able to virtually customise any of our Australian Made steel products. Using the highest quality Trumpf lasers we can precision cut your facility's logo into your equipment without adding lengthy turnaround times.

This custom Stacked Logo Brace is a standard 1050mm brace designed to fit AlphaFit's Rigs, Cages and Cells. It can be used to brace or join any of our Rigs, Cages or Cells to give a more customised look to your set up.

- ✓ Tailor to include your logo or custom artwork
- ✓ 1050mm wide
- ✓ Laser cut stacked logo brace
- ✓ Compatible with 13mm hole uprights



FREESTANDING CELLS

CAN'T BOLT DOWN? WE HAVE GOT A SOLUTION FOR YOU

Occupying less space than a full Power Cage our Free Standing Cells offer the same storage solutions and training benefits the only difference is that the lifter stands in front, rather than inside, the cell. These free standing units are the perfect solution if you cannot secure your set up to the floor or you are looking for greater flexibility in your layout. They're also compatible with all our standard accessories including our Spotter Arms for safer when squatting alone.

Our Freestanding Cells include a standard pull up bar that can be fixed at a height from 2115mm to 2165mm. AlphaFit recommends that you secure your cell to the floor with the bolt down feet brackets located at the front and back of the Cell if you are going to utilise the pull up bar.

- ✓ Custom manufactured to order
- ✓ 75x75mm Upright and Crossbeam
- ✓ 33mm diameter Pull Up Bars
- ✓ J-Hooks included, Spotter Arms not included
- ✓ 13 powder coat colour options available:



FREESTANDING CELL 2250MM

This 2250mm freestanding cell, with two built-in storage pins, offers a simple, space-efficient rack option to our rigs and cages.

- ✓ Dimensions 1540mm × 1210mm × 2255mm
- ✓ Storage pin load rating: 250kg



FREESTANDING CELL 2500MM

Featuring 2500mm uprights and two built-in storage pins to keep your weights on hand, this is a no-fuss space where you can get work done.

- ✓ Dimensions 1540mm × 1210mm × 2505mm
- ✓ Storage pin load rating: 250kg



FREESTANDING CELL WITH STORAGE 2250MM

Cell includes a set of J-Hooks and six Storage Pins and two storage channel crossbeams located at the top of the kit allowing you to be able to store equipment.

- ✓ Dimensions 1540mm × 1960mm × 2255mm
- ✓ Storage pin load rating: 250kg



FREESTANDING CELL WITH STORAGE 2500MM

Cell includes a set of J-Hooks and six Storage Pins and two storage channel crossbeams for ultimate store equipment.

- ✓ Dimensions 1540mm × 1960mm × 2505mm
- ✓ Storage pin load rating: 250kg

ORIGIN J-HOOK PAIR

J-HOOKS FOR A STRIKING LOOK AND MAXIMUM PROTECTION

You have spent hundreds of dollars or more on your quality barbells and rig so why not take the best possible care of them with AlphaFit's Origin J-Hooks. Lined with sturdy HDPE, the plastic inserts will absorb the impact as you rack and re-rack the barbell. If your liners begin to wear over time, you can simply replace the HDPE insert without needing to purchase an entirely new set of J-Hooks.

Our Origin XL J-Hooks are longer than our standard hooks to reduce the chance of you hitting your bars against the uprights, even when re-racking heavy loads.



- ✓ HDPE Lined to protect barbell and upright
- ✓ Fits 75mm × 75mm uprights with 25mm pinhole
- ✓ Sold in pairs
- ✓ 13 powder coat colour options available:



RIG ATTACHMENTS

MORE ACCESSORIES AND ATTACHMENTS THAN A SWISS ARMY KNIFE

AlphaFit's range of Rig Attachments will turn your Rig into the ultimate multi-purpose training space. From simple J-Hooks and Spotter Arms to help you lift, to Removable Plate Storage Pins, Rope Attachments, and Specialty Pull Up and Dip Bars for entirely new movements, our Rig Attachments extensive training options within your existing space.



✓ Compatible with all AlphaFit rigs and cages

✓ 13 powder coat colour options available:



CAGE SPOTTING RAIL PAIR 675MM

AlphaFit's Spotting Rails are designed to catch the barbell if you can't get out of that squat, particularly handy if you are squatting by yourself, or if you have an unreliable spotter.



CAGE SPOTTING RAIL PAIR 1050MM

AlphaFit's Spotting Rails are designed to catch the barbell if you can't get out of that squat, particularly handy if you are squatting by yourself, or if you have an unreliable spotter.



SPOTTER ARM PAIR

Our Spotter Arms use the same simple, secure locking system as our J-Hooks for quick set-up, adjustment and removal.



SLING BRACKET SPOTTING SET

AlphaFit's Sling and Bracket Spotting Set secures to your four existing uprights while the slings hang by your sides to catch your bar if you can't get out of the bottom of your squat.

RIG ATTACHMENTS



REMOVABLE SINGLE BAR 1050MM

This Rig Attached Dip/Push Up Bar has been designed to attach to your rig and can be secured at a low height for tricep dips, push-ups, or even as a kids' pull-up bar.

- ✓ Available in 1800mm



ADJUSTABLE PULL UP BAR

The AlphaFit Adjustable Pull Up Bar has been designed for beginners athletes who are looking to progress with their pull up technique. It can be attached quickly and easily to your existing 25mm hole uprights.



DIP BAR

New and improved Dip Bar has been revamped with a sleek aesthetic and plastic lining to ensure your uprights don't get scratched. Use this rack accessory to build your chest, shoulders and triceps.

- ✓ Handle diameters available—33mm and 42mm



JAMMER ARMS PAIR

AlphaFit Jammer Arms attach to your rig, cell or squat stand so that your athletes can perform pushing and pulling movements in safety. This squat rack attachment can be used with both plates or bands to add resistance.



GOOSENECK POWER BAND RAIL PAIR

AlphaFit's Gooseneck Power Band Rail Pair offers a safe and simple way to set up banded squats and deadlifts.



SINGLE LEG SQUAT PEG

Offering a comfortable and height-flexible support base for single leg training such as Bulgarian lunges. This Padded Peg Attachment uses the same adjustable hook mechanism as our J-Hooks to clip securely and easily into place at the required height on our AlphaFit uprights.



RIG ATTACHMENTS



CORE TRAINER RIG ATTACHED

The Rig Attached Core Trainer, provides a superior workout for your core muscles. The sleeve fits most Olympic barbells and is attached to your existing rig uprights and held in place with a simple but secure locking pin.



ROPE ANCHOR

While you want to struggle against your battle ropes in a workout, you don't want to struggle to step over them, untangle them or find a home for them when they are not in use.



POWER BAND PEGS

The AlphaFit Power Band Pegs are designed fit into all AlphaFit Rigs, Cages and Gooseneck Power Band Rails to help you perform banded squat and bench press work.

✓ Two sizes available



RIG MOUNTED CHALK BOWL

Keep your chalk off the floor, and your gym clean and tidy with the Rig Mounted Chalk Bowl.



RIG ATTACHED HIP THRUSTER

SAFE, SIMPLE AND SECURE

AlphaFit's Rig Attached Hip Thruster offers a safe and effective way to conduct a variety of movements including a single leg squat, hip thrust, Nordic hamstring curl and even a bicep curl. This rack attachment features an industry first Latch Pin that easily and securely slips into the base of your rig or racks - meaning it takes seconds to install and remove the accessory.

The Rig Attached Hip Thruster attaches to a 25mm hole upright and can be adjusted to the desired height on the upright. If your Rig Attached Hip Thruster Short Pad or Rig Attached Hip Thruster Long Pad begins to wear over time, you can simply replace them without needing to purchase an entirely new product.

- ✓ Features AlphaFit's patent-pending Latch Pin
- ✓ HDPE Lined to protect uprights and equipment
- ✓ Fits 75mm × 75mm uprights with 25mm pinhole
- ✓ 13 powder coat colour options available:



RIG ATTACHED MONOLIFT PAIR

A SERIOUS PIECE OF EQUIPMENT FOR SERIOUS LIFTERS

AlphaFit Rig Attached Monolift Pair offers greater functionality to your AlphaFit rig or cage setup. Commonly used by powerlifters attempting max or near-max lifts, a monolift attachment can also be used for strength or rehabilitation training. It mitigates the risk of injury by eliminating the need to reposition with the weighted barbell.

The AlphaFit Rig Attached Monolift Pair is designed to have a hook swing of 143mm and a generous barbell clearance of 70mm. In addition, AlphaFit's attachment features a limiting bolt to help reduce the arms from swinging individually when the barbell is racked. The bolt can be removed to offer another 35mm (105mm total) of barbell clearance if preferred. Another key point of difference is the integrated selector pins which allow the user to lock the monolift arms in their stowed position so they can be used as traditional J-Hooks.

- ✓ Sold in pairs
- ✓ 450kg maximum load rating (225kg each arm)
- ✓ Total barbell clearance 105mm
- ✓ Spring-loaded system to reduce overall size and weight
- ✓ 13 powder coat colour options available:



RIG COMPONENTS



TRAWLER ARM INCLINE

Also known as 'outriggers', this Trawler Arm adds additional height to 2500 and 2750mm uprights making it possible to attach and use gymnastic rings, climbing ropes and any other carabiner attached equipment.



TRAWLER ARM

With this extension you can add another ring muscle-up station or a rope climb station.



BASE EXTENSION 25MM HOLES

AlphaFit Base Extension 25mm Holes is designed to bolt to the base of your cage to turn it into a freestanding cell.



GYMNASTICS WALL

The AlphaFit Rig Mounted Gymnastics Wall is a fundamental gymnastic apparatus used to build full body strength and mobility.

✓ Available as Wall Mounted or a Stall Wall



HANDSTAND WALL

The AlphaFit Handstand Wall is a must-have rig accessory for any athlete looking to master handstand push ups.



BASE EXTENSION WITH BARBELL STORAGE

This Base Extension features barbell storage allowing you to store up to two Olympic barbells per Base Extension.



RIG COMPONENTS



SALMON LADDER

Featuring bar safety straps and rungs made from 8mm laser cut steel plates, the salmon ladder can be bolted to our 3750mm uprights in either 1050mm, 1500mm and 1800mm wide configurations.



FLY AWAY PULL UP BAR

The AlphaFit Rig Mounted Fly Away Bar is a challenging ladder of four pull up bars fitted on an incline. The Fly Away Bar can be attached to your existing uprights or screwed/bolted into a wall. The kit comes in our four standard pull-up bar lengths—1050mm, 1500mm, 1800mm and 2100mm.



CROSSBEAM MULTI GRIP 1050MM

The Multi Grip Chin Up Bar features multiple hand grips so that you can adjust your grip to target every angle and all the muscles through your back, arms and shoulders.



RIG MOUNTED STORAGE

Rig storage is a convenient way to maximise your floor and wall space for all types of facilities from compact home gyms to large training facilities. You can find AlphaFit's Rig Mounted Storage in the Storage section of this catalogue on pages 62–64.

RIG MOUNTED LIFTING PLATFORMS

Lifting platforms help athletes keep their footing firm and stable so that they can lift a variety of weights comfortably and confidently. You can find AlphaFit's Rig Mounted Lifting Platforms in the Weightlifting section of this catalogue on pages 83–84.

WALL BALL TARGETS

TEAR THE STICKY TAPE OFF THE WALLS AND DON'T LET YOUR ATHLETES GET AWAY WITH 'NEAR ENOUGH IS GOOD ENOUGH' ANY LONGER

Wall ball shots are a true test of functional fitness, demanding flexibility, explosive power and strength. Easily adjust the target to the standard CrossFit competition heights of 9 and 10 feet by mounting at your chosen point on the upright. Proudly 100% Australian made and available in a range of styles and sizes to suit every gyms requirements.



- ✓ Solid steel frame
 - ✓ Noise reducing rubber tiles
 - ✓ 13 powder coat colour options available:
-

COMPACT WALL BALL TARGETS

AlphaFit's Compact Wall Ball Target mounts to the 13mm hole uprights on your AlphaFit Rig or Power Cage with a compact bracket. This compact variation is designed specifically for rigs with uprights 3750mm and taller.

- ✓ Competition style target
- ✓ Dual targets for both men's and women's heights



TRAPEZOID TARGET



CIRCLE TARGET



DUAL TRAPEZOID TARGET



DUAL CIRCLE TARGET

WALL BALL TARGETS

The Wall Ball Targets mount to your rig with a long vertical bracket that attaches to the uprights on your AlphaFit freestanding, wall mounted or power cell. Easily adjust the target to the standard CrossFit competition heights of 9 and 10 feet.

- ✓ New design
- ✓ Adjustable for both men's and women's heights



TRAPEZOID TARGET



CIRCLE TARGET



DUAL TRAPEZOID TARGET



DUAL CIRCLE TARGET



CABLE EQUIPMENT

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AlphaFit's range of Cable Machines, Cable Cages and Cable Cells are all certified Australian made in our Gold Coast manufacturing facility. Designed for performance and built tough 'AF', our cable equipment is made from the highest quality steel and laser cut to precision. Our cable equipment is completely customisable with the choice of 13 different colours and the options to add storage, cable attachments and cable components to maximise the full functionality and use of your space.



CABLE CAGES & CELLS

MORE TRAINING OPTIONS THAN ANY OTHER RACK ON THE MARKET

It's not just the number of quality exercises that make cable cages great, it's the ability to utilise constant tension for a greater pump and opportunity to perform slow-eccentric training for better joint and muscle development. AlphaFit Cable Cages are constructed from the same uprights as our rigs and cages. The modular cell can be customised by design. Select a set-up that suits your current needs with the knowledge that the Cable Cage is designed to grow and adapt with you into the future. Creating a safe environment to train an infinite variety of workouts, and compatible with all our cable accessories, platforms and storage solutions—the possibilities are endless.

- ✓ 75kg per side of cable weight in 2.5kg increments
- ✓ 36 height positions that are spaced in 50mm increments
- ✓ Features Multi Grip Chin Up Bar and Logo Brace
- ✓ Includes 8 Storage Pins, 2 Spotting Rails and 2 Core J-Hooks
- ✓ Over-sized window and numbered uprights to align all accessories
- ✓ 13 powder coat colour options available:



CORE CABLE CAGE

Versatile and flexible, this compact rack has changed the game. The Core Cable Cage can be used for squats and lifting from the rack, pull ups, cable work and more.

- ✓ Dimensions 2505mm × 1960mm × 2340mm



CORE CABLE CELL

The AlphaFit Core Cable Cell offers you all of the functionality of the Core Cable Cage, in a compact system.

- ✓ Dimensions 1380mm × 1960mm × 2340mm



CORE FREESTANDING CABLE CELL

The AlphaFit Core Freestanding Cable Cell offers you all of the functionality of the Core Cable Cell, in a freestanding system that does not need to be bolted down.

- ✓ Dimensions 1580mm × 1960mm × 2270mm



CABLE MACHINES

IT'S NEVER BEEN EASIER TO CREATE A INDIVIDUAL TRAINING ZONE

Designed to adapt and grow with you into the future, our cable machines feature AlphaFit's signature freestanding construction, providing you with the ability to move your cable machine anywhere you like.



✓ 13 powder coat colour options available:



CORE CABLE CROSSOVER WITH 2X CHIN-UP BARS

AlphaFit's Core Cable Crossover consists of a Core Bridge that has been designed to connect to two Core High Low Towers to form your very own Core Cable Crossover.

The Core Bridge allows you to attach two of AlphaFit's 1050mm Competition Pull Up Bars and create two chin up stations.

- ✓ Dimensions 1280mm × 4225mm × 2545mm
- ✓ 75kg of cable weight in 2.5kg increments



CORE CABLE CROSSOVER WITH MULTI GRIP

The Core Cable Crossover with Multi Grip features multiple hand grips so that you can adjust your hand positioning to target every angle and all the muscles through your back, arms and shoulders.

- ✓ Dimensions 1280mm × 4225mm × 2545mm
- ✓ 75kg of cable weight in 2.5kg increments



CORE FREESTANDING HIGH LOW TOWER

The Core Freestanding High Low Cable Tower features a single handle, adjustable pulley delivering consistent and smooth movement with the ability to adjust to 36 different height positions.

Featuring AlphaFit's signature freestanding construction, provides you with the ability to move your very own custom cable tower anywhere you like.

- ✓ Dimensions 1065mm × 1280mm × 2340mm
- ✓ 75kg of cable weight in 2.5kg increments



CORE FREESTANDING HIGH PULLEY TOWER

The Core Freestanding High Pulley Tower features a single handle, billet aluminium pulley ensuring movements remain smooth session after session.

AlphaFit's signature modular construction, allows you to build your very own custom cable solution by upgrading your rig, cages, cell or wall any time you like.

- ✓ Dimensions 1395mm × 1280mm × 2340mm
- ✓ 75kg of cable weight in 2.5kg increments

CABLE MACHINES



CORE FREESTANDING LAT PULL LOW ROW TOWER

AlphaFit has designed the first extendable seat (patent pending) for a Lat Pull Low Row machine. With a footprint of less than 3 gym tiles, the Lat Pull Low Row Tower has been designed with the importance of floor space in mind.

The fold-away foot pegs and knee pad guarantees a clear work area with no interference between Lat Pulldown and Seated Row machine settings.

- ✓ Dimensions 1650mm × 1280mm × 2340mm
- ✓ 150kg Weight Stack with 5kg increments



CORE FREESTANDING LAT PULL TOWER

Gone are the days of being stuck between two uncomfortable knee pad settings. AlphaFit is the first in the industry to produce a hydraulic locking system (patent pending) for the knee pads used for the lat pulldown movement.

The Core Freestanding Lat Pull Tower features a single handle, billet aluminium pulley ensuring movements remain smooth session after session.

- ✓ Dimensions 1575mm × 1280mm × 2340mm
- ✓ 150kg of cable weight in 5kg increments
- ✓ Infinite range of knee positions



CORE FREESTANDING LOW ROW TOWER

The Core Freestanding Low Row Tower features a single handle, billet aluminium pulley to ensure smooth movements and rubber backed steel plate footrests to prevent your feet slipping.

AlphaFit's signature modular construction, allows you to build your very own custom cable solution by upgrading your rig, cages, cell or wall any time you like.

- ✓ Dimensions 2510mm × 1280mm × 2340mm
- ✓ 150kg of cable weight in 5kg increments
- ✓ Magnetic weight pin
- ✓ Rubber backed steel footrests



CORE FUNCTIONAL TRAINER

The AlphaFit Core Functional Trainer provides limitless strength training options in one compact unit. The Core Functional Trainer features two Core High Low Towers with a connecting laser cut Logo Brace and Tri-Grip Chin Up Bar.

It features our superior 75mm x 75mm uprights and two single handle, dual adjustable Trolleys delivering consistently smooth movement.

- ✓ Dimensions 1175mm × 1655mm × 2340mm
- ✓ 75kg per side of cable weight (150kg total) in 2.5kg increments
- ✓ 36 different height positions
- ✓ Includes 14 safety hooks for cable attachments

MULTI STATIONS

GET OUT OF THE JUNGLE AND ONTO THE TOUGHEST CABLE MULTI STATION OF ALL

Our range of Core Multi Stations deliver the most functional and visually appealing configurable cable solutions on the market for commercial gyms. Our range of Multi Stations are built with a variety of AlphaFit's signature Core Towers including: Core Lat Pull Tower, Core Low Row Tower, Core High Low Cable Tower, Core High Pulley Tower and Core Lat Pull Low Row Tower, varying in stations to deliver the most functional and visually appealing configurable cable solutions.

With everything you need for a comprehensive upper or lower body workout, this cable machine will undoubtedly become the showpiece of your gym.



- ✓ Freestanding unit
- ✓ 75kg per side of cable weight in 2.5kg increments
- ✓ 36 height positions that are spaced in 50mm increments
- ✓ 13 powder coat colour options available:



CORE CABLE MULTI STATION—4 TOWER

This Multi Station boasts 450kg of load across four weight stacks. AlphaFit's Core Cable Multi Station—4 Tower consists of AlphaFit Core Column that connects to a Core Lat Pull Tower, Core High Low Cable Tower, Core Low Row Tower and Core High Pulley Tower.

- ✓ Dimensions 3415mm × 2272mm × 2325mm



CORE CABLE MULTI STATION—5 TOWER

This Multi Station boasts 525kg of load across five weight stacks. AlphaFit's Core Cable Multi Station—5 Tower consists of AlphaFit Core Column that connects to a Core Lat Pull Tower, Core High Low Cable Tower, Core Low Row Tower and Core High Pulley Tower.

- ✓ Dimensions 4005mm × 5618mm × 2445mm



CORE CABLE MULTI STATION —8 TOWER

This Multi Station boasts 900kg of load across eight weight stacks. AlphaFit's Core Cable Multi Station—8 Tower consists of AlphaFit Core Column that connects to a Core Lat Pull Tower, Core High Low Cable Tower, Core Low Row Tower and Core High Pulley Tower.

- ✓ Dimensions 4005mm × 6857mm × 2445mm



MULTI STATIONS



CORE CABLE MULTI STATION—12 TOWER

This Multi Station boasts 1350kg of load across twelve weight stacks. AlphaFit's Core Cable Multi Station—12 Tower consists of AlphaFit Core Column that connects to a Core Lat Pull Tower, Core High Low Cable Tower, Core Low Row Tower and Core High Pulley Tower.

✓ Dimensions 4005mm × 11002mm × 2445mm



CORE CABLE MULTI STATION—16 TOWER

This Multi Station boasts 1800kg of load across sixteen weight stacks. AlphaFit's Core Cable Multi Station—16 Tower consists of AlphaFit Core Column that connects to a Core Lat Pull Tower, Core High Low Cable Tower, Core Low Row Tower and Core High Pulley Tower.

✓ Dimensions 4005mm × 15147mm × 2445mm



CABLE ATTACHMENTS

TRANSFORM YOUR SETUP WITH OUR AUSTRALIAN MADE CABLE MACHINE ATTACHMENTS

Compatible with 25mm hole Uprights, these specialty attachments provide new options for workouts as users get up off the floor and perform movements with correct form.

The Knee Pad and Foot Peg Attachments are recommended for use on AlphaFit machines with Core High Low Towers—products with 75kg weight stacks and a high low cable trolley.



- ✓ Compatible with Core High Low Towers, Core Cable Crossovers, Core Cable Cages, Core Cable Cells and Core Functional Trainers.
- ✓ Cost-effective options to enhance your training on Core Cable Machines.
- ✓ 13 powder coat colour options available:



KNEE PAD ATTACHMENT

When used with a lat pulldown bar and bench, the Knee Pad Attachment provides a more secure set-up to perform lat pulldowns on a High Low Tower. Not just for cable towers though—the attachment can also be used to assist with Bulgarian split squats or Nordic curls when attached to a Rig or Cage.

FOOT PEG ATTACHMENT

The AlphaFit Foot Peg Attachment is designed to enable users to perform seated row movements in a safer, more stable position – either off the floor or on a bench.



CABLE ATTACHMENTS



D HANDLE ROW BAR

The D Handle Row Bar is designed for optimum results. Made from a heavy duty steel construction, it is designed to fit on any cable rack or cable machine.



REVOLVING CLOSE GRIP HANDLE

Made from a solid, heavy duty construction, featuring knurl-textured rubber grip for ultimate comfort and to reduce strain on your wrists whilst you train.



REVOLVING D HANDLE PULLDOWN BAR

This solid steel bar features a neutral grip position, placing less stress on your shoulder region shifting the pain to your lats and back muscles.

✓ Available sizing—700mm and 950mm



REVOLVING LAT PULLDOWN BAR 1200MM

The AlphaFit Revolving Lat Pulldown Bar is one of the most versatile cable attachments. This solid steel bar features three knurl-textured rubber grip options for targeting narrow, neutral and wide grips.



CLOSE GRIP V BAR

The AlphaFit Close Grip V Bar is a versatile attachment that can be used for tricep press downs, straight bar curls, upright rows, bent over rows, arm pullovers.



REVOLVING CURL BAR

This bio-mechanically designed solid steel bar features two comfortable, knurl-textured rubber grip options for close or wide grip control. The angular shape of the bar has been designed specifically for peak bicep and tricep contraction.

CABLE ATTACHMENTS



TRICEP BAR

The AlphaFit Tricep Bar is engineered to provide continuous, steady resistance through a full range of motion. Featuring a dual handle, V shaped design with knurl-textured rubber grips for ultimate comfort.



REVOLVING STRAIGHT BAR

This solid steel bar features knurl-textured rubber grips for ultimate comfort, whilst the freely revolving cable attachment eyelet centre allows for smooth rotation on all exercises.



STIRRUP HANDLE

Designed from a solid single steel bar and featuring a knurl-textured rubber grip to reduce fatigue and ensure complete control.



TRICEP ROPE SINGLE

Featuring durable braided nylon, solid rubber grips, and a heavy-gauge steel hook to attach to your cable cage or cable machine.



TRICEP ROPE DOUBLE

More versatile than a straight bar alone, the AlphaFit Tricep Rope Double will target your triceps, back, shoulders and abs.



FABRIC STIRRUP HANDLE PAIR

Made from a Nylon straps, these attachments won't buckle under any pressure and are not affected by water or sweat.



ANKLE STRAPS

Fully adjustable, featuring a strong, double stitched Velcro strap with one reinforced D-ring; the Ankle Strap is designed to fit on a wide range of ankle sizes.

FORM TRAINING SYSTEMS

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Introducing Form, our Australian made rigging system for group training, storage and suspension. Our most customisable range yet, create a functional arena that will quickly become a drawcard for your business and the most utilised area of your gym. Each component is considered, and almost every aspect of the unit is multi-use. To maximise your offering, Form is compatible with many of our Origin range of accessories. This product is designed to easily morph and grow as your needs change.



FORM STORAGE SYSTEM

FORM A CUSTOMISED, MULTI-PURPOSE STORAGE UNIT

The AlphaFit Form Storage System is a versatile and customisable gym equipment system that can be easily adjusted and expanded over time to meet the changing needs of users. A Form Storage System is created by configuring your choice of Crossbeams, Storage Shelves with uprights and complementing training accessories into a unique functional training zone.

Form Shelves are available in four varying lengths and offer a variety of shelf options to create the perfect combination of storage space. Form Uprights have 25mm holes at their base for attaching Rig Attached Core Trainers, and Storage Channels can be mounted to the side of the upright to stow attachments or create a dedicated dip bar station.

- ✓ A versatile training unit
- ✓ Choose your own configuration
- ✓ Designed for unlimited expansion
- ✓ Custom manufactured to order
- ✓ Must be bolted to the floor
- ✓ 13 powder coat colour options available:



Form 3 Row Storage System



FORM WALL STATIONS

FORM THE ULTIMATE, COMPACT TRAINING ZONE

The AlphaFit Form Wall Station is a versatile and customisable gym equipment system. Similar to AlphaFit's rigs, they can be easily adjusted and expanded over time to meet the changing needs of users. Form Wall Stations are created by configuring your choice of Crossbeams, Trawler Arms, Pull Up Bars, Storage Shelves with uprights and complementing training accessories into a unique functional training zone.

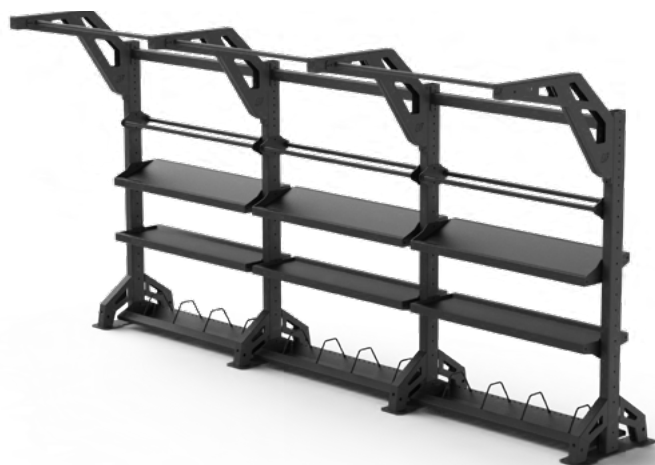
Form Uprights have 25mm holes at their base for attaching Rig Attached Core Trainers, and Storage Channels can be mounted to the side of the upright to stow attachments or create a dedicated dip bar station. The Form Trawler Arm adds an additional height making it possible to secure suspension trainers, longer boxing bags and any other carabiner attached equipment. Connecting the trawler arms are pull-up bars which are perfect for conducting muscle ups and chest-to-bar movements, creating the ultimate, compact training zone.

- ✓ A versatile training unit
- ✓ Choose your own configuration
- ✓ Custom manufactured to order
- ✓ Available spacing—1050mm, 1500mm, 1800mm and 2100mm
- ✓ Must be bolted to the floor
- ✓ 13 powder coat colour options available:



FORM SINGLE WALL STATIONS

The Form Single Wall Station is perfect for facilities without lots of space. The Single Wall Station can be placed along your wall saving space and offering more functionality than a standard storage system.



Form 3 Row Single Wall Station

FORM DUAL WALL STATIONS

The Form Dual Wall Station provides you with more training zones whilst still saving space. Designed to easily be reconfigured as you expand the Form Dual Wall Station is the ultimate compact training system.



Form 3 Row Dual Wall Station



FORM MULTI STATIONS

FORM YOUR PERFECT MULTI STATION

The AlphaFit Form Multi Station is a versatile and customisable gym equipment system. Similar to AlphaFit's rigs, they can be easily adjusted and expanded over time to meet the changing needs of users. A Form Multi Station is created by configuring your choice of Crossbeams, Bridges, Storage Shelves with uprights and complementing training accessories into a unique functional training zone.

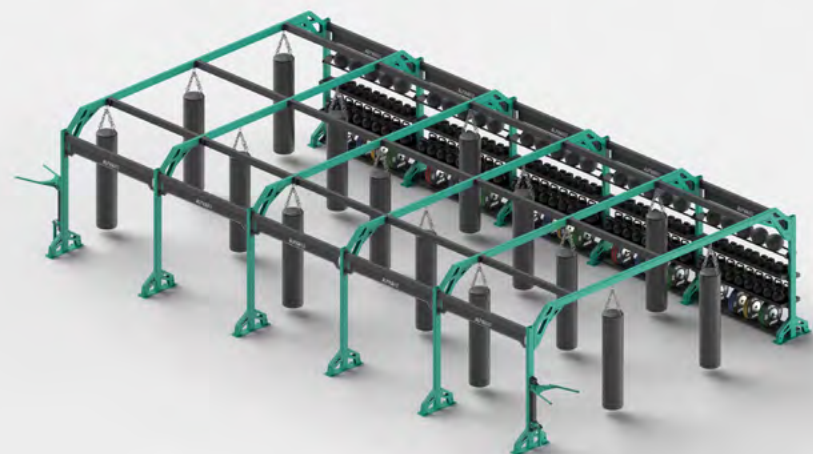
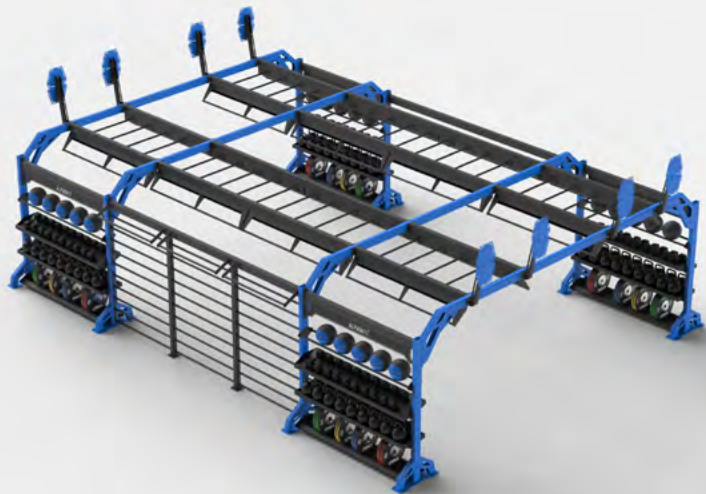
Form Bridges are available in three different lengths that can be installed at six heights vertically along the uprights. Form Crossbeams can be mounted between each Bridge to create various configurations such as monkey bar paths, boxing bag stations, chin up stations, plus suspension trainer, and gymnastic ring stations. Additionally, the Form Shelves come in four varying lengths and offer a variety of shelf options to create the perfect combination of storage space. Form Uprights have 25mm holes at their base for attaching Rig Attached Core Trainers, and Storage Channels can be mounted to the side of the upright to stow attachments or create a dedicated dip bar station. Form Trawler Arms provide options to hang boxing bags, suspension trainers and more.

AlphaFit's Form Squat Rack is a space-efficient rack that bolts onto the Form System Uprights to add a single or dual sided squat station. Form Stall Walls can also be installed to a Form Multi Station for full body strength and mobility training, and competition-style chin up bars can be affixed at the top of the Stall Wall for additional pull up stations.

- ✓ A versatile training unit
- ✓ Choose your own configuration
- ✓ Designed for unlimited expansion
- ✓ Custom manufactured to order
- ✓ Must be bolted to the floor
- ✓ 13 powder coat colour options available:



Form 3 Row



FORM SQUAT RACK

FORM A SQUAT RACK

AlphaFit's Form Squat Rack offers a uniquely designed, space-efficient rack made from the same quality materials and craftsmanship as our full rigs and cages. This squat rack bolts onto your Form uprights and can be upgraded in the future to be dual-sided, creating two squat stations when needed.

AlphaFit Form Squat Rack features a Bolt On Multi Grip Chin Up Bar which is bolted onto the laser cut logo brace. The Multi Grip Chin Up Bar has multiple hand grips so that you can adjust your grip to target every angle and all the muscles through your back, arms and shoulders.

- ✓ Choose your own configuration
- ✓ Custom manufactured to order
- ✓ Must be bolted to the floor
- ✓ 13 powder coat colour options available:



Form Single-sided Squat Rack



Form Dual-sided Squat Rack



STORAGE

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Storage of equipment and general cleanliness are a major consideration when fitting out any space. Every implement should have its place in the gym. We stock a variety of storage options to suit your gym needs from wall storage to freestanding and rig attachment storage units. Our most popular storage option is the Evolve Storage System which is fully customisable from length to height to shelf style.



FREESTANDING STORAGE

STORAGE THAT IS JUST AS TOUGH AS YOUR EQUIPMENT

AlphaFit continuously talks to home gym users, functional fitness affiliates and top end commercial training facilities to ensure that we have the best range of Freestanding Gym Storage designed with your needs in mind. All of our equipment storage systems are built to make your training space as well organised, efficient and safe as possible. AlphaFit's Freestanding range includes storage options for bumper plates, weightlifting barbells, dumbbells, kettlebells and more. Have a look through our range or contact AlphaFit to discuss how we can deliver a storage package tailored to your space.



- ✓ Safe and easy storage for your equipment
- ✓ Endless options and customisations
- ✓ 13 powder coat colour options available:



WEIGHT PLATE TREE

The freestanding racking system is very easy to relocate when empty and has three tiers of storage pins for your bumper plates or fractional plates.



WEIGHT PLATE TREE WITH STORAGE 4 BAR

Like our Weight Plate Tree this system features three tiers of storage pins and is easy to relocate as needed, with the added feature of providing upright storage for up to four Olympic or Technique Barbells.



WEIGHT PLATE TREE WITH MACHINED PINS AND 2 BAR STORAGE

Designed to fit any Olympic plates, the AlphaFit Premium Storage Pins offer 35cm of weight plate storage each—the equivalent of 6 x 10kg AlphaFit Competition Bumper Plates per pin. The shouldered machined pins remove potential wear from metal-to-coating contact when racking the plates over time.



MOBILE PLATE STORAGE

The Mobile Bumper Plate Storage eliminates the need for you to carry weights back and forth. The rack is safely balanced and able to support up to 500kg of plates.

TOASTER RACKS

TOAST TO THE WEIGHT PLATE RACK OF YOUR DREAMS

Keep your gym floor tidy by providing a dedicated space for storing weight plates. The low profile design of this freestanding unit features angled edges on either side of the rack, making it easy to roll your bumpers in and out of the frame without any heavy lifting. Perfect for when you're fatigued after a tough workout!

Ideal for home gyms or smaller training facilities, the Toaster Rack can store up to 350kg of weight plates. Available in three unique configurations, choose which fractional plate storage option suits your needs best.



- ✓ Rated to hold up to 350kg
 - ✓ Non-marking rubber feet
 - ✓ 13 powder coat colour options available:
- A row of 13 colored circles representing different powder coat options: black, blue, red, orange, pink, yellow, green, dark grey, light grey, dark blue, olive, dark green, and teal.



TOASTER RACK WITH CHANGE PLATE PIN

Featuring a machined storage pin for storing a complete set (0.5kg—5kg) of fractional plates. It's the perfect accompaniment to any weightlifting station.



TOASTER RACK WITH CHANGE PLATE RACK

Featuring a HDPE lined mini rack for storing a complete set (0.5kg—5kg) of fractional plates. The plastic lining of each slot ensures the edges of your plates are protected. Easily select your required weight without having to unstack a pile of plates over a pin.



TOASTER RACK WITH CHANGE PLATE TREE

AlphaFit's Toaster Rack with Change Plate Tree features three machined micro storage pins for storing a complete set (0.5kg—5kg) of fractional plates plus locking collars.



TOASTER RACK WITH DUAL BARBELL STORAGE

Conveniently store your plates and barbells right next to you with the AlphaFit Toaster Rack with Dual Barbell Storage. With a low profile design and angled edges, it is easy to roll your bumpers in and out of the frame without any heavy lifting.

FREESTANDING BUMPER PLATE STORAGE

STORAGE THAT'S BOTH TOUGH AND FUNCTIONAL

AlphaFit's Freestanding Bumper Plate Storage provides the ultimate compact storage solution for your weightlifting needs. The pins feature a hardened chrome finish, the same as our Endure Barbells, meaning a significantly less chance of the coating peeling or chipping as you move your weight plates on and off the pins over a long period of time. There is no reason for your quality barbells to languish on the floor, featuring Base Extensions with Barbell Storage.

This storage system is designed to be flexible and can be expanded or adapted as your gym grows. Compatible with other AlphaFit components such as Rig Mounted Chain Storage or Mini Storage Pins for fractional and change plate storage between bumpers.



- ✓ Safe and easy storage for your equipment
- ✓ Designed for unlimited expansion
- ✓ 13 powder coat colour options available:



FREESTANDING BUMPER PLATE STORAGE SINGLE SIDED

Featuring eight Premium Storage Pins running across four crossbeams this unit provides ample weight plate storage and also features four Olympic barbells holders.



FREESTANDING BUMPER PLATE STORAGE DOUBLE SIDED

With sixteen Premium Storage Pins running across four crossbeams this unit provides tones of weight plate storage and can also hold up to eight Olympic barbells.



FREESTANDING BUMPER PLATE STORAGE DOUBLE SIDED

With sixteen Premium Storage Pins running across four crossbeams this unit provides tones of weight plate storage and can also hold up to eight Olympic barbells.



FREESTANDING BUMPER PLATE STORAGE DOUBLE SIDED WITH CHANGE PLATE STORAGE

Never run out of storage with this unit's twenty-two Premium Storage Pins for your weight and change plates as well has eight Olympic barbells holders.

FREESTANDING STORAGE



REVOLVING VERTICAL FIXED BARBELL STORAGE RACK—12 BAR

The Lazy Susan of gym equipment storage, AlphaFit's Revolving Vertical Fixed Barbell Storage Rack—12 Bar is a space efficient way to store up to twelve fixed weight straight or curl barbells.



FIXED BARBELL STORAGE RACK 6 BAR

Designed to store up to six (6) fixed weight or fixed curl bars. Replaceable HDPE plastic strips line the rack hooks to protect your good quality barbells from getting scratched.



FIXED BARBELL STORAGE RACK 12 BAR

Designed to store up to twelve (12) fixed weight or fixed curl bars. Replaceable HDPE plastic strips line the rack hooks to protect your good quality barbells from getting scratched.



FLOOR MOUNTED BARBELL STORAGE SINGLE BAR

Conveniently store a Olympic barbell anywhere around your gym allowing you to have easy access during your workout. Fits any standard Olympic barbell sleeve into the tube.



DUMBBELL TOWER

AlphaFit's Dumbbell Tower is a freestanding, compact vertical storage rack designed to store a full paired-set of AlphaFit PU or Hex Dumbbells from 1kg – 10kg.



BARBELL STORAGE CUBE 9 BAR

The Cube provides storage for up to nine Olympic barbells or AlphaFit Axles and is a great option for facilities with limited wall space or those who need to be able to change the layout of their training space easily.

DUMBBELL STORAGE RACKS

THAT'S NOT A SHELF. THIS IS A SHELF

Store our Rubber Hex Dumbbells and PU Dumbbells safely with our modular dumbbell storage solutions. All our systems are designed with ease of access, equipment protection and a clutter free gym in mind. There are single and multi-tiered racking options available sure to suit your space and equipment.

HEX DUMBBELL STORAGE RACKS

The Hex Dumbbell Storage Racks are tiered racking systems featuring an inclined tray and protective trough to facilitate safe and easy re-racking without athletes straining their backs or pinching their fingers between the weights. This ergonomically designed rack creates a neat, efficient and user-friendly storage space for your traditional Rubber Hex Dumbbells. Customisable to meet your gyms needs, choose your tier height and number of rows. Each shelf can accommodate dumbbells from 2.5kg–70kg.

- ✓ Available shelf sizing—1000mm and 2000mm
- ✓ Extension kit available



1 TIER

2 TIERS

3 TIERS

4 TIERS



1 ROW

2 ROWS

3 ROWS

- ✓ Custom manufactured to order
- ✓ Choose your own configuration
- ✓ Designed for ultimate expansion
- ✓ 13 powder coat colour options available:



PU DUMBBELL STORAGE RACKS

The PU Dumbbell Storage Rack protects your equipment and keeps your gym tidy, providing a dedicated home for our premium quality PU Dumbbells. The ergonomically designed racking system features an inclined shelf and one-size-fits-all rubber cradles to make it safer and easier for athletes to load and unload even the heaviest weights. In addition to looking after your clients' backs and biceps, the radius edges and trough spacing reduces the chance of pinched fingers when racking or unracking the dumbbells.

- ✓ 5 pairs per tier
- ✓ Optional tier height and number of rows
- ✓ Extension kit available
- ✓ AlphaFit Weight ID Badges as an optional extra



1 TIER

2 TIERS

3 TIERS

4 TIERS

WEIGHT ID BADGE



Keeping your weights in the correct spot has never been more easy with AlphaFit Weight ID Badge. Designed to clearly label both the Revolving Vertical Fixed Barbell Storage Rack—12 Bar and PU Dumbbell Storage Rack.

EVOLVE STORAGE SYSTEM

THERE IS NO MESSING AROUND WITH THE MOTHER OF ALL STORAGE SYSTEMS

Every piece of gym and exercise equipment needs a home and the Evolve range allows you to mix and match the elements you need to build the perfect space, or select from our range of popular packs. This is a modular system which means you can adapt and expand with your training space. Fully customisable, select how many levels of storage you want and then browse through our range of Flat Trays, Wall Ball Shelves, Angle Trays and Bumper Troughs to choose the perfect combination for your gym and exercise equipment.

- ✓ Choose your own configuration
- ✓ Designed for unlimited expansion
- ✓ Powder coat finish
- ✓ 13 powder coat colour options available:



EVOLVE STORAGE END FRAMES



EVOLVE STORAGE END FRAME 2 TIER



EVOLVE STORAGE END FRAME 3 TIER



EVOLVE STORAGE END FRAME 4 TIER

EVOLVE STORAGE SHELVING



EVOLVE STORAGE BALL SHELF

- ✓ Available sizing—1000mm and 2000mm



EVOLVE STORAGE FLAT SHELF

- ✓ Available sizing—1000mm and 2000mm

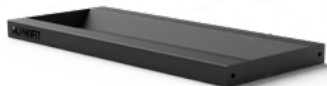


EVOLVE STORAGE ANGLE SHELF

- ✓ Available sizing—1000mm and 2000mm

EVOLVE STORAGE SYSTEM

EVOLVE STORAGE SHELVING



EVOLVE STORAGE BUMPER SHELF

✓ Available sizing—1000mm and 2000mm



EVOLVE STORAGE FLAT CORNER SHELF



EVOLVE BARBELL STORAGE RACK 30 BAR

EVOLVE STORAGE ACCESSORIES



EVOLVE BARBELL STORAGE 4 BAR MOUNT



WALL MOUNTED STORAGE CHANNEL 450MM



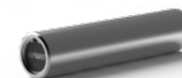
STORAGE WALL MOUNTED SKIPPING ROPE 440MM



WALL MOUNTED BATTLE ROPE STORAGE



WALL MOUNTED YOGA MAT STORAGE



MINI PLATE STORAGE PIN

EVOLVE STORAGE SYSTEM PACKS



EVOLVE STORAGE SYSTEM 2 TIER PACK 1

Pack 1 provides two levels of storage including 1 x flat shelf and 1 x bumper shelf perfect for housing your bumper plate and other small equipment such as kettlebells, J hooks, chalk and more.



EVOLVE STORAGE SYSTEM 2 TIER PACK 2

Pack 2 provides two levels of storage including 1 x angle shelf and 1 x bumper shelf perfect for housing your bumper plate and dumbbells.



EVOLVE STORAGE SYSTEM 2 TIER PACK 3

Pack 3 provides two levels of storage including 2 x flat shelf perfect for housing your kettlebells, J hooks, chalk and more.



EVOLVE STORAGE SYSTEM 3 TIER PACK 1

Pack 1 provides three levels of storage including 2 x flat shelf perfect for housing your kettlebells, J hooks and other small implements and 1 x bumper shelf for your bumper plates.



EVOLVE STORAGE SYSTEM 3 TIER PACK 2

Pack 2 provides three levels of storage including 1 x flat shelf perfect for housing your kettlebells, 1 x angle shelf for racking your dumbbells and 1 x bumper shelf for storing your bumper plates.



EVOLVE STORAGE SYSTEM 3 TIER PACK 3

Pack 3 provides three levels of storage including 3 x flat shelf perfect for housing your kettlebells and other small implements.

EVOLVE STORAGE SYSTEM PACKS



EVOLVE STORAGE SYSTEM 4 TIER PACK 1

Pack 1 provides three levels of storage including 1 x ball shelf for storing wall balls and slam balls, 2 x flat shelf perfect for housing your kettlebells and 1 x bumper shelf for storing your bumper plates.



EVOLVE STORAGE SYSTEM 4 TIER PACK 2

Pack 2 provides four levels of storage including 1 x ball shelf for storing wall balls, 1 x flat shelf perfect for housing your kettlebells, 1 x angle shelf for racking your dumbbells and 1 x bumper shelf for storing your bumper plates.



EVOLVE STORAGE SYSTEM 4 TIER PACK 3

Pack 3 provides four levels of storage including 1 x ball shelf for storing wall balls and 3 x flat shelf perfect for housing your kettlebells or other small mixed implements.



EVOLVE STORAGE SYSTEM 4 TIER PACK 4

Pack 4 provides five levels of storage including 2 x ball shelf for storing wall balls, 2 x flat shelf perfect for housing your kettlebells and 1 x bumper shelf for storing your bumper plates.



EVOLVE STORAGE SYSTEM 4 TIER PACK 5

Pack 5 provides five levels of storage including 1 x ball shelf for storing wall balls, 2 x flat shelf perfect for housing your kettlebells, 1 x angle shelf for racking dumbbells and 1 x bumper shelf for storing bumper plates.



EVOLVE STORAGE SYSTEM 30 BAR RACK

This rack allows you to store up to 30 Olympic barbells or Fat Barbells in a space efficient, vertical configuration. The modular design is compatible with our Evolve Storage System.

RIG MOUNTED STORAGE

KEEP YOUR EQUIPMENT CLOSE TO THE ACTION

AlphaFit's Rig Mounted Storage allows you utilise your existing rig uprights to help you to create efficient storage solutions for all of your gym and exercise equipment. Rig storage is a convenient way to maximise your floor and wall space for all types of facilities from compact home gyms to large training facilities. AlphaFit's Rig Mounted Storage includes specialty storage for barbells, weight plates, and balls as well as flat tray storage for small equipment and accessories.



- ✓ Rig and cage mounted
- ✓ Store all your items together
- ✓ 13 powder coat colour options available:



STORAGE RIG MOUNTED BARBELL VERTICAL 2 BAR

AlphaFit offers a compact and cost-efficient rig mounted rack for two (2) Olympic weightlifting barbells or AlphaFit axles.



CAGE MOUNTED BARBELL STORAGE SINGLE BAR

Conveniently store a barbell on the exterior of your Origin Power Cage or Rig with the AlphaFit Cage Mounted Barbell Storage Single Bar.



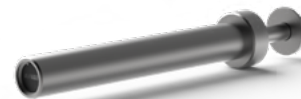
RIG MOUNTED TOASTER RACK DUAL BARBELL STORAGE

Conveniently store your plates and barbells right next to you with the Rig Mounted AlphaFit Toaster Rack with Dual Barbell Storage. With a low profile design and angled edges, it is easy to roll your bumpers in and out of the frame without any heavy lifting.



REMOVABLE PLATE STORAGE PINS PAIR

Save time and energy from carting plates across the gym with AlphaFit's Removable Plate Storage Pins. A compact, cost effective storage solution designed to bolt onto AlphaFit's 25mm hole uprights.



STORAGE PIN WITH SHOULDER

The AlphaFit Premium Storage Pin can be secured to any AlphaFit upright and offers 35cm of bumper plate storage (the equivalent of 6 x 10kg AlphaFit Bumper Plates).

RIG MOUNTED STORAGE



RIG MOUNTED STORAGE CHANNEL

This Storage Channel easily attaches to your AlphaFit Rig, Cage or Cell and provides a dedicated home for all of your rig accessories. The Storage Channel makes sure that all your equipment is safely and neatly stowed out of the way when not in use.

✓ Available sizing—675mm and 1050mm



BALL SHELF RIG MOUNTED 1050MM

The Origin Rig Mounted Ball Shelf attaches to your existing uprights to eliminate trip hazards and create a neat, professional looking space by getting your balls off of the floor and onto a customised shelf.



RIG MOUNTED CHAIN STORAGE

The Rig Mounted Chain Storage can hold up to 6 standard chains and a recommended maximum weight of 120kg.



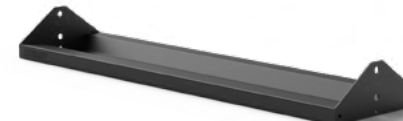
FLAT SHELF RIG MOUNTED 1050MM

The AlphaFit Flat Shelf Rig Mounted is a versatile storage option that secures between existing rig uprights to provide additional shelving to store small items such as fractional plates, kettlebells and dumbbells.



RIG BAND STORAGE 1050MM

With the AlphaFit Rig Mounted Band Storage you can keep your bands and other training accessories under control, off the floor and neatly organised on one of the 23 evenly spaced hooks.



BUMPER SHELF RIG MOUNTED 1050MM

AlphaFit's Bumper Shelf Rig Mounted features a curved base for upright bumper plate storage or to hold slam balls securely.



RIG MOUNTED STORAGE



RIG MOUNTED FIT BALL STORAGE

The AlphaFit Rig Mounted Fit Ball Storage is an innovative solution to capitalise on space.

RIG MOUNTED CHALK BOWL

Keep your chalk off the floor, and your gym clean and tidy with the Rig Mounted Chalk Bowl.



BROOMSTICK STORAGE

Attaching to the end frame of AlphaFit's Evolve Storage Systems along the 13mm holes, it allows you to conveniently store broomsticks and other long training tools at your desired height.



WALL MOUNTED STORAGE

MAKE SURE ALL YOUR ACCESSORIES HAVE A HOME

Wall Mounted Storage is the best way to get your gym and exercise equipment off of the ground so that you can maximise valuable floor space. AlphaFit has an extensive range of Wall Mounted Storage systems so that even the smallest wall space can be turned into a safe and secure home for your barbells, weight plates, skipping ropes, rollers and more. Whether you are training out of your garage gym, running a functional fitness affiliate or setting up a large scale training facility, browse through our range of Wall Mounted Storage equipment to find the right system for your space.



- ✓ Wall mounted
- ✓ Save valuable floor space
- ✓ 13 powder coat colour options available:



WALL MOUNTED VERTICAL BARBELL STORAGE 2 BAR

AlphaFit offers a compact and cost-efficient wall mounted rack for two (2) Olympic weightlifting barbells or AlphaFit axles.



WALL MOUNTED VERTICAL BARBELL STORAGE 3 BAR

AlphaFit's vertical wall storage systems accommodates three (3) barbells.



WALL MOUNTED VERTICAL BARBELL STORAGE 6 BAR

This rack allows you to store up to six (6) Olympic barbells or axles securely on the wall and the vertical configuration is typically much more space efficient than traditional horizontal solutions.



WALL MOUNTED HORIZONTAL BARBELL STORAGE 6 BAR

This compact wall mounted storage solution holds up to six (6) Olympic barbells or AlphaFit axles and is perfect for larger training facilities.

WALL MOUNTED STORAGE



WALL MOUNTED CHANGE PLATE STORAGE

This three pin wall mounted storage system is designed to home your fractional and change plates, featuring three steel pins with the capacity for up to 22.5cm of storage space each.



WALL MOUNTED PLATE STORAGE

The Wall Mounted Plate Storage is designed to home your bumper plates or fractional plates, and features steel pins each with the capacity to store up to 5 × 25kg plates.

✓ Available sizing—3 Pin or 4 Pin



WALL MOUNTED SQUAT WEDGE STORAGE

AlphaFit's Wall Mounted Squat Wedge Storage allows you to vertically hang either one AlphaFit Squat Wedge 735mm or two AlphaFit Squat Wedge 215mm Pair. In addition to wall mounting, this storage rack mounts onto AlphaFit Evolve System end frames.



WALL MOUNTED STORAGE PEGS 600MM

With the AlphaFit Wall Mounted Multi Storage you can keep your bands and ropes under control, off the floor and neatly organised on one of the seven widely spaced hooks.



WALL MOUNTED SKIPPING ROPE STORAGE

Slide your ropes into the vertical storage spaces handle-first to minimise tangles or use the 12 spaced hooks to hang your power bands or activation loops.



WALL MOUNTED BATTLE ROPE STORAGE

This simple and effective storage pin is easily mounted to your wall to help you keep your ropes off of the ground and out of the way.

WALL MOUNTED STORAGE



WALL MOUNTED UTILITY BENCH STORAGE

This wall mounted system allows you to sideline your benches to save floor space when they are not in use. Also compatible with the Concept2 Rowers.



WALL MOUNTED STORAGE CHANNEL

The AlphaFit Storage Channel is similar to a small section of upright from our rigs and is designed to provide a dedicated home for all of your rig accessories including J-Hooks and Dip Bars.

✓ Available sizing—450mm and 900mm



WALL MOUNTED YOGA MAT STORAGE

AlphaFit's Wall Mounted Yoga Mat Storage allows you to vertically store up to eighteen 6mm thick yoga mats however this will vary depending on the thickness of your mat. This Rack features two hooks allowing you to store any standard yoga mat with eyelets that are 485mm apart.



STORAGE WALL MOUNTED MEDICINE BALL

Keep your gym balls off the floor and safely stowed with AlphaFit's Wall Mounted Medicine Ball Storage.

✓ Available sizing—1050mm, 1500mm, 1800mm and 2100mm



WALL MOUNTED FIT BALL STORAGE 2500MM

The AlphaFit Wall Mounted Fit Ball Storage is an innovative solution to capitalise on space.



WALL MOUNTED FOAM ROLLER STORAGE

It offers a dispenser style rack that can be custom mounted to any width and will hold up to seven rollers depending on size. Load the rollers at the top and remove from the bottom as required.

WEIGHTLIFTING

68

From beginners to Olympic lifters, AlphaFit has all the weightlifting gear you need to succeed. We have a range of weightlifting equipment—including platforms, barbells, bumper plates and benches—to suit your space and your athletes' needs.



ENDURE BUMPER PLATES

AlphaFit's specialty blend of virgin rubber and composite materials delivers a plate that is designed for minimum noise and low bounce when dropped which ensures maximum safety for athletes. Loaded bars with traditional plates can bounce several metres when dropped during high intensity or heavy workouts – this can be very dangerous in busy boxes or in competition. The low bounce helps you minimise this risk to keep your athletes and equipment safe.

Constructed under a rigorous quality control process to ensure weight tolerance. The rubber lip ensures that there is no metal to metal contact between plates when multiple plates are loaded onto the barbell and preserves the durability of the machined steel insert.

- ✓ Sold in pairs
- ✓ Protective rubber lip
- ✓ Raised and printed lettering
- ✓ Machined steel centre
- ✓ Olympic collar opening
- ✓ High virgin rubber content mix
- ✓ Weight tolerance +/-1.5% of claimed weight

ENDURE BUMPER PLATE ANATOMY

- | | |
|--------------------------------|----------------------------------|
| 1 Protective rubber lip | 4 Olympic collar opening |
| 2 Raised and printed lettering | 5 High virgin rubber content mix |
| 3 Machined steel centre | 6 450mm plate diameter |



10KG GREEN
40mm thickness



15KG YELLOW
55mm thickness



20KG BLUE
75mm thickness



25KG RED
87mm thickness



5KG BLACK
25mm thickness



10KG BLACK
40mm thickness



15KG BLACK
55mm thickness



20KG BLACK
75mm thickness



25KG BLACK
87mm thickness

COMPETITION BUMPER PLATES

As the name suggests, AlphaFit Competition Bumper Plates are made for the competition platform and for those who want the best while training. This design features a sturdier construction than other plates - the hefty nickel plated steel centre has a larger surface area contacting the rubber, spreading the load to better absorb the impact of high volume use. These plates are narrower in width than our Endure Bumpers, allowing the serious strength enthusiast to load more weight to the barbell.

AlphaFit's strict manufacturing processes ensures that the primarily virgin rubber used to mould each Competition Bumper Plate is uniform in colour, texture and density— creating a consistent dead bounce when dropped. With a matte finish in each of the IWF colours, protective raised rubber flanges guarding the printed lettering, textured face for improved grip and a tight tolerance, AlphaFit ensure every detail has been covered for this top tier bumper plate.

- ✓ Sold in pairs
- ✓ Finished with raised lettering
- ✓ Protective rubber flanges
- ✓ Olympic collar opening
- ✓ Weight tolerance +/-10 grams of claimed weight (excludes 5kg plates)

ENDURE BUMPER PLATE ANATOMY

- 1

Protective rubber flanges
- 2

Raised and printed lettering
- 3

Nickel plated steel insert
- 4

Olympic collar opening
- 5

Matte smooth outer surface
- 6

450mm plate diameter



10KG GREEN
32mm thickness



15KG YELLOW
44mm thickness



20KG BLUE
55mm thickness



25KG RED
65mm thickness



5KG BLACK
26mm thickness



10KG BLACK
30mm thickness



15KG BLACK
43mm thickness



20KG BLACK
55mm thickness



25KG BLACK
65mm thickness

BUMPER PLATE PACKS

BULK UP IN BULK WITH BUMPER PLATES BY THE PACK

Meet all your lifting needs with one bumper pack. Available in our Endure and Competition Bumper Plates.



ENDURE BUMPER PLATES—BLACK

- ✓ **100kg pack** includes one pair of each of the following sizes: 5kg, 10kg, 15kg and 20kg
- ✓ **150kg pack** includes one pair of the following sizes: 5kg, 10kg, 15kg, 20kg and 25kg



COMPETITION BUMPER PLATES—COLOUR

- ✓ **100kg pack** includes one pair of each of the following sizes: 5kg, 10kg, 15kg and 20kg
- ✓ **140kg pack** includes one pair of the following sizes: 10kg, 15kg, 20kg and 25kg
- ✓ **150kg pack** includes one pair of the following sizes: 5kg, 10kg, 15kg, 20kg and 25kg



ENDURE BUMPER PLATES—COLOUR

- ✓ **100kg pack** includes one pair of each of the following sizes: 5kg, 10kg, 15kg and 20kg
- ✓ **140kg pack** includes one pair of the following sizes: 10kg, 15kg, 20kg and 25kg
- ✓ **140kg with 5kg Change Plates** includes one pair of the following sizes: 5kg Rubber Fractional Plates, 10kg, 15kg, 20kg and 25kg
- ✓ **150kg pack** includes one pair of the following sizes: 5kg, 10kg, 15kg, 20kg and 25kg



COMPETITION BUMPER PLATES—BLACK

- ✓ **100kg pack** includes one pair of each of the following sizes: 5kg, 10kg, 15kg and 20kg
- ✓ **150kg pack** includes one pair of the following sizes: 5kg, 10kg, 15kg, 20kg and 25kg

TECHNIQUE PLATES

THE PERFECT TOOL FOR BEGINNERS LOOKING TO PERFECT THEIR LIFT

Technique Plates are durable and aesthetically striking. They are the ideal entry level product for children, beginners still learning and practicing lifting technique. Made from tough Polyolefine plastic, these plates are identical in size to regular bumper plates but with a completely hollow centre. This construction allows for the athlete to get used to the physical size of bumpers and the movements of bar work, while learning and perfecting technique without the obstacle of heavier weights.

- ✓ Perfect for kids, beginners and technique practice
- ✓ Matte smooth outer surface
- ✓ Quiet drop
- ✓ Olympic collar opening
- ✓ Sold in pairs



2.5KG TECHNIQUE PLATE

80mm plate thickness,
450mm plate diameter



5KG TECHNIQUE PLATE

100mm plate thickness,
450mm plate diameter



PU WEIGHT PLATES

Our PU Weight Plates deliver high quality, unmatched durability and outstanding performance. AlphaFit is proud to be one of the first commercial equipment suppliers to be pioneering the use of this modern high-quality composite material, polyurethane. Urethane plates are fracture resistant, harder wearing than the typical rubber bumper plate, easier to clean and have a consistent dead bounce due to its high durometer rating.

These plates are built for a commercial environment using the same materials as their counterparts, PU Dumbbells, which have been used in high volume settings for the last decade. Urethane compresses better than rubber but flexes less. This means that they have the resilience of a bumper but don't wobble or flex as much when dropped, particularly for thinner plates. These plates are resilient in design, and remain aesthetically appealing over time.

- ✓ Sold in pairs
- ✓ Commercial grade, high volume use plates
- ✓ Matte smooth outer surface
- ✓ Coated in polyurethane
- ✓ Olympic collar opening
- ✓ Nickel plated steel insert
- ✓ Finished with moulded lettering
- ✓ Weight tolerance +/-1.5% of claimed weight



1.25KG PLATE



2.5KG PLATE



5KG PLATE



10KG PLATE



15KG PLATE



20KG PLATE

CALIBRATED STEEL WEIGHT PLATES

SUPERIOR DURABILITY AND WEIGHT ACCURACY

Our Calibrated Steel Weight Plates have a collar opening of 51mm, designed to securely fit onto your Olympic barbells, limiting how much the plates move. Each plate features a slim profile allowing you to place more plates onto the barbell sleeve than typical bumper or weight plates (e.g. 14 × 25kg plates either side plus collars).

AlphaFit's strict manufacturing processes ensure that each steel plate is within 10 grams of their weight tolerance. On the back of each plate is a calibration plug that allows for an even greater level of precision.

The benefit of having calibrated steel weight plates rather than calibrated cast iron weight plates is that overtime when the steel hits the ground it will dint and bend rather than crack and break like cast iron, resulting in a longer lasting material and plate.

- ✓ Sold in pairs
- ✓ Steel plates with powder coat finish
- ✓ Olympic collar opening 51mm
- ✓ Narrow plate profile for max loading capacity
- ✓ Weight tolerance +/- 0.25% of claimed weight

CALIBRATED PLATE ANATOMY

- | | |
|----------------------|-------------------------------|
| 1 Protective flanges | 4 51mm Olympic collar opening |
| 2 Powder coat finish | 5 Calibrated steel plate |
| 3 Raised lettering | 6 Calibration plugs |



25KG RED
22mm thickness
451mm diameter



20KG BLUE
18mm thickness
450mm diameter



15KG YELLOW
19mm thickness
380mm diameter



10KG GREEN
19mm thickness
320mm diameter



5KG WHITE
19mm thickness
225mm diameter



2.5KG BLACK
13mm thickness
190mm diameter



155KG PACK
A pair of each size

COMPETITION CHANGE PLATES

THE DEVIL IS IN THE DETAIL WITH OUR TOP OF THE LINE CHANGE PLATES

These Weight Plates are made from steel and coated in a sleek black rubber, these plates offer vibration resistance to ensure the fractional plate stays put on the barbell. The non-slip rubber provides additional protection for the plates and surrounding surfaces.

- ✓ Sold in pairs
- ✓ Olympic collar opening
- ✓ Vibration resistance
- ✓ Protective rubber flanges
- ✓ Matte smooth outer surface

COMPETITION CHANGE PLATES—BLACK



WEIGHT	0.5KG	1KG	1.25KG	1.5KG	2KG	2.5KG	5KG
DIAMETER	130MM	160MM	180MM	180MM	185MM	210MM	230MM
THICKNESS	13MM	16MM	18MM	18MM	19MM	19MM	26MM



COMPETITION CHANGE PLATE PACK—BLACK

Our AlphaFit Competition Change Plate Black Pack are coated in a matte black non-slip rubber providing additional protection for the plates and surrounding surfaces.

- ✓ Pack includes 0.5kg, 1kg, 1.25kg, 1.5kg, 2kg, 2.5kg and 5kg

CHANGE AND FRACTIONAL PLATES

THIS IS WHERE THE MAGIC HAPPENS

Big gains are made in small increments and AlphaFit Change and Fractional Plates are an essential addition to your weight set. These are essential for incrementing load and to help you hit your percentages with accuracy.

- ✓ Sold in pairs
- ✓ Olympic collar opening



ENDURE CHANGE PLATE PACK—BLACK

The AlphaFit Endure Change Plate Pack Black is an essential addition to your weight set. With smooth raised edges to protect and preserve your quality bumpers and bars, our Change Plates fit perfectly with your existing weight plates.

- ✓ Pack includes 1.25kg, 2.5kg & 5kg
- ✓ Protective rubber flange
- ✓ Smooth raised edges

WEIGHT	1.25KG	2.5KG	5KG
DIAMETER	154MM	191MM	229MM
THICKNESS	23MM	29MM	35MM



5KG FRACTIONAL PLATES SET

With a smooth powder coat finish, our Fractional Plate Set will fit perfectly with your existing plates.

- White 0.25kg** | 5mm plate thickness
- Green 0.5kg** | 10mm plate thickness
- Blue 0.75kg** | 15mm plate thickness
- Red 1kg** | 20mm plate thickness

- ✓ 100mm diameter plates

ENDURE BARBELLS

THE ENDURE BARBELL IS THE WORKHORSE OF BARBELLS

The Endure Barbell is resilient, versatile and the best value-for-money barbell available. Compatible with any of our weight plates, the bar's soft touch knurling makes it grippy enough for a 250kg deadlift but forgiving enough for a 21-15-9 high rep conditioning workout.

We have thousands of customers who swear by the Endure Barbell and it has been used at the highest level competitions, commercial gyms, strength and conditioning facilities, personal training studios and by professional sports teams.

- ✓ Soft touch knurling for maximum comfort
- ✓ No centre knurling and zip lock
- ✓ Stainless steel black end caps with AlphaFit branding
- ✓ Dual IWF markings
- ✓ Olympic collar openings
- ✓ Hardened chrome shaft coating
- ✓ Needle bearing barbell rated at 1500lb

WEIGHT	BAR LENGTH	SHAFT DIAMETER	SLEEVE LENGTH	SLEEVE DIAMETER
15KG	2005MM	25.4MM	320MM	50MM
20KG	2200MM	28MM	415MM	50MM



SHORTY BARBELLS

IT MAY BE SMALL BUT IT PACKS A PUNCH!

Used to a full length Olympic Bar but looking for something shorter? No worries! Our Shorty Bars have the same grip as an Oly bar and identical shaft length between sleeves. We've designed them to feel as close to a full size bar as possible, keeping your lifts smooth and the barbell rackable for no interruptions to your workouts.

- ✓ Soft touch knurling for maximum comfort
- ✓ No centre knurling and zip lock
- ✓ Stainless steel black end caps with AlphaFit branding
- ✓ Dual IWF markings
- ✓ Olympic collar openings
- ✓ Hardened chrome shaft coating
- ✓ Needle bearing barbell rated at 1500lb

WEIGHT	BAR LENGTH	SHAFT DIAMETER	SLEEVE LENGTH	SLEEVE DIAMETER
12.5KG	1830MM	25.4MM	240MM	50MM
15KG	1880MM	28MM	265MM	50MM





SPECIALTY BARBELLS



TECHNIQUE BARBELL

At just 8kg, this barbell is perfect for beginners or those looking to perfect their lifting technique and posture. Features soft touch knurling, dual IWF markings, no centre knurling, and zip lock.



HEX DEADLIFT BARBELL

The hex frame bar helps athletes keep the weight closer to their body for an improved upright position while lifting (this is particularly helpful for beginners).



RICKSHAW BARBELL

This barbell resembles a similar design as the Hex Barbell but with an open, step through side.



SWISS BARBELL

This barbell features four different grips to help athletes target more muscle groups over a range of movements for the chest, arms and shoulders.



SAFETY SQUAT BARBELL

This barbell is a safe option for intense squat programs or maximum load lifts by creating less stress on your vertebrae.



OLYMPIC CURL BARBELL

Get your biceps pumping with this Curl Barbell. This top quality bar features soft touch knurling for maximum comfort without compromising grip.

SPECIALTY BARBELLS



STAINLESS STEEL SQUAT BAR

The Stainless Steel Squat Barbell is perfect for lifters as it can hold up to 1300kg, features soft-touch knurling and has a 32mm stainless steel shaft for reduced flex when conducting those heavy lifts.



FIXED GRIP BENCH PULL BARBELL

This barbell is designed to be used with the AlphaFit Pull Bench. Using this bar on the Pull Bench puts athletes into a safer position than traditional bent over rowing movements by offering support for the lower back.



SWIVEL GRIP BENCH PULL BARBELL

The swivel handles are designed to diversify your training on the Pull Bench with the simple swivel of a handle. The swivel handles allow athletes to rotate the hand grips into neutral, supinated or pronated positions.



FAT BARBELL

This barbell with a 43.8mm grip and custom textured powder-coating, will increase your grip strength by working out your hands and wrists.

✓ Available in 2 sizes 1670mm and 2200mm.



KIDS BARBELL

Coming in at 1140mm in wide, the 2.2kg Barbell has been designed with a maximum capacity of 25kg.

WEIGHTLIFTING ACCESSORIES



LOCK JAWS COLLAR PAIR

AlphaFit Lock-Jaw Collars feature a solid core, a nylon resin frame and injection moulded pressure pads to ensure that they are nearly unbreakable. These collars are designed to fit and remove with ease while holding your bumper plates securely in place through even the toughest workouts.



SPRING COLLAR PAIR

Spring Collars come in a pair and are designed to fit any standard barbell with a 50mm sleeve diameter.



BARBELL PAD FORMED

This moulded pad is made from high density foam and formed to fit snugly against your neck and shoulders for maximum comfort. The formed version slips on and off of the bar with ease.



BARBELL PAD WRAP

The wrap version of our Barbell Pad features high density foam, a sweat-proof nylon cover and secure Velcro closures.



WEIGHTLIFTING ACCESSORIES



SQUAT STAND

Featuring 2000mm uprights and two built-in storage pins to keep your weights on hand, this is a no-fuss space where you can get work done.



MOBILE STAND

This stand is portable, compact for storage and most importantly, fit for purpose with stability and adjustability in mind.



BARBELL JACK

The AlphaFit Barbell Jack saves you time and energy so that you can load and unload your bumper plates safely by yourself.



CHALK BOWL

Featuring a large stainless steel bowl mounted to a freestanding steel upright over a wide steel base for ultimate stability. The stainless steel bowl measures approximately 250mm—perfect for storing enough chalk for multiple athletes to access with ease.



CHALK BOX OF 8 BLOCKS

AlphaFit Chalk is pure grade natural gym chalk comprised of compressed magnesium carbonate. This carton has eight individually wrapped blocks of chalk. Each block is two ounces—approximately 57g.



CHALK BALL

The Chalk Ball keeps your chalk contained within a porous bag so that athletes can simply pat it against their hands and go. This reduces mess and means that your chalk lasts longer.

SQUAT WEDGES

GET MORE OUT OF YOUR SQUATS

AlphaFit Squat Wedge allows you to get deeper in your squat while maintaining good form, protecting your ankles, and improving your hip and ankle mobility. A key point of difference is the flat surface at the top of each squat wedge, which can be used for an effective calf workout or a deep calf stretch.

Each squat wedge features laser cut degree indicators for fast identification. AlphaFit wedges are constructed from heavy-gauge steel and high grade textured polymer grip tape (applied by the user). The grip tape provides a superior grip while wearing footwear but also is comfortable under bare feet.

On the back of each squat wedge are laser-cut slots to easily store your wedges upright using AlphaFit Wall Mounted Squat Wedge Storage, designed to be wall mounted or side-mounted to any of AlphaFit's Evolve Systems. A large handle cut-out on the back of each Squat Wedge lets you easily grip and move your wedges around the gym. There are cut-outs on either side of the wedge to allow a band to pass through and conduct banded exercises without the need for it to go under your feet.

- ✓ Two options: 215mm Pair or 735mm single wedge
- ✓ Available in 6 angles: 5°, 10°, 15°, 20°, 25° and 30°
- ✓ Equipped with quick alignment tabs to easily secure the wedges together, or use separately



215mm Pair 5° Angle



215mm Pair 10° Angle



215mm Pair 15° Angle



215mm Pair 20° Angle



215mm Pair 25° Angle



215mm Pair 30° Angle



735mm 5° Angle



735mm 10° Angle



735mm 15° Angle



735mm 20° Angle



735mm 25° Angle



735mm 30° Angle

LIFTING PLATFORMS

FOR THOSE SERIOUS ABOUT LIFTING

Lifting platforms help athletes keep their footing firm and stable so that they can lift a variety of weights comfortably and confidently. With our one piece rubber tiles, gone are the days of the lifter moving around the platform to find a smooth position that avoids seams in the floor. These rubber tiles not only dampen sound and vibration when a fully loaded barbell is dropped from overhead but also cause less wear and tear to equipment.



OLYMPIC LIFTING PLATFORM

Featuring a bevelled steel frame that bolts together with hidden bolts and gusseted corners, a single solid bamboo centre and thick, high density, one piece sound and vibration reducing rubber tiles.

- ✓ Sizing options: 3m × 1m or 3m × 2m



DEADLIFT PLATFORM

This design features four extra long band pegs (375mm each) allowing for the opportunity to build extra resistance at the top of your lift no matter which barbell you use.

- ✓ 3m × 1m sizing



- ✓ Solid steel frame
- ✓ Noise reducing rubber tiles
- ✓ 13 powder coat colour options available:

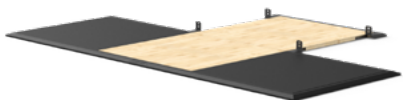


LIFTING PLATFORM WITH EXTENSION —RIG MOUNTED

Designed to mount to any of our Rigs and Cages. The Lifting Platform extends out 1455mm from your rack and bolts to the front of AlphaFit Rigs and Cages.

- ✓ Sizing options: 3m × 1m or 3m × 2m

LIFTING PLATFORMS



LIFTING PLATFORM—HALF CAGE MOUNTED

Designed to mount to any of our Origin Half Cages, providing a dedicated space for weightlifting.

- ✓ Sizing options: 3m × 1m or 3m × 2m



LIFTING PLATFORM—DOUBLE HALF CAGE MOUNTED

The Double Half Cage Mounted Lifting Platform is designed to mount to our Origin Double Half Cage with Storage.

- ✓ Sizing options: 3m × 1m or 3m × 2m



LIFTING PLATFORM—SINGLE CAGE MOUNTED

Designed to mount to any of our Origin Single Cages, providing a dedicated space for weightlifting.

- ✓ Sizing options: 3m × 1m or 3m × 2m



DUAL LIFTING PLATFORM—DOUBLE HALF CAGE MOUNTED

This lifting platform is designed to mount to any of our Origin Double Half Cages with Storage, providing two dedicated spaces for weightlifting.

- ✓ Sizing options: 3m × 1m or 3m × 2m



DUAL LIFTING PLATFORM—SINGLE CAGE MOUNTED

The Dual Lifting Platform—Single Cage Mounted is designed to mount to any of our Origin Single Cages.

- ✓ Sizing options: 3m × 1m or 3m × 2m



CONDITIONING

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Conditioning training is the key to strength and endurance. AlphaFit supply a wide range of equipment, including kettlebells, slam balls, wall balls and plyo boxes, all designed to get your blood flowing and heart rate pumping. Our conditioning equipment delivers the variety and challenge required to build the work capacity of any athlete.



BOXING SYSTEMS

FLOAT LIKE A BUTTERFLY, STING LIKE A BEE

AlphaFit's Boxing System range includes a Boxing Column, Heavy Bag Mount, Speed Ball Mount, Boxing Systems and more, designed to create a space-efficient boxing training solution. The Boxing Column is a heavy duty 125mm x 125mm box section upright which has a large base plate which, when bolted to the floor, provides a strong foundation for your customised boxing station.

Each Boxing Column provides you the ability to fix up to four AlphaFit boxing attachment mounts to the single, central upright. This uniquely designed product allows you to expand and create your very own configuration with one or more columns and mounts.



- ✓ Boxing and Speed Bags Not Included
- ✓ 13 powder coat colour options available:



HEAVY BAG BOXING TOWER

The AlphaFit Heavy Bag Boxing Tower consists of one Heavy Bag Mount connected to a Boxing Column, creating your very own space-efficient boxing training solution.

- ✓ 1 boxing station
- ✓ Can hold up to a 120kg boxing bag (per Heavy Bag Mount)
- ✓ 3 bag heights 2520mm, 2645mm & 2770mm



DUAL HEAVY BAG BOXING TOWER

The AlphaFit Heavy Bag Boxing Tower consists of two Heavy Bag Mounts connected to a Boxing Column.

- ✓ 2 boxing stations
- ✓ Can hold up to a 120kg boxing bag (per Heavy Bag Mount)
- ✓ 3 bag heights 2520mm, 2645mm & 2770mm



QUAD HEAVY BAG BOXING TOWER

The AlphaFit Heavy Bag Boxing Tower consists of four Heavy Bag Mounts connected to a Boxing Column.

- ✓ 4 boxing stations
- ✓ Can hold up to a 120kg boxing bag (per Heavy Bag Mount)
- ✓ 3 bag heights 2520mm, 2645mm & 2770mm



HEAVY BAG AND SPEED BALL BOXING TOWER

The Heavy Bag and Speed Ball Boxing Tower consists of one Heavy Bag Mount and a Speed Ball Mount connected to a Boxing Column.

- ✓ 2 boxing stations
- ✓ Can hold up to a 120kg boxing bag (per Heavy Bag Mount)
- ✓ 3 bag heights 2520mm, 2645mm & 2770mm

BOXING SYSTEMS



SPEED BALL BOXING TOWER

AlphaFit's Speed Ball Boxing Tower consists of a Boxing Column and Speed Ball Mount to create a space-efficient boxing training solution.

- ✓ 1 boxing station
- ✓ Mounts speed balls
- ✓ 3 mount heights 1890mm, 2015mm & 2140mm



DUAL SPEED BALL BOXING TOWER

AlphaFit's Speed Ball Boxing Tower consists of a Boxing Column and two Speed Ball Mounts.

- ✓ 2 boxing stations
- ✓ Mounts speed balls
- ✓ 3 mount heights 1890mm, 2015mm & 2140mm



QUAD SPEED BALL BOXING TOWER

AlphaFit's Speed Ball Boxing Tower consists of a Boxing Column and four Speed Ball Mounts.

- ✓ 4 boxing stations
- ✓ Mounts speed balls
- ✓ 3 mount heights 1890mm, 2015mm & 2140mm



5 Heavy Boxing Bag System

COMPETITION STEEL KETTLEBELL

SLEEK DESIGN. EXCEPTIONAL QUALITY. YOU JUST CAN'T BEAT OUR COMPETITION KETTLEBELLS

Each kettlebell is weight stamped and individually colour banded on the handle for easy identification. Our Competition Kettlebells are all one size, meaning that athletes will be comfortable with the standard feel of the equipment and will not be intimidated by the size of the kettlebell as they increase their load.

Kettlebells are a versatile piece of equipment for strength and conditioning and can be used for a range of movements including kettlebell swings, carries, goblet squats, one armed snatch, lunges, deadlifts, rows and presses.

- ✓ Available 4kg–40kg
- ✓ Competition grade
- ✓ Industry's largest range of weight increments
- ✓ Cast from high grade steel
- ✓ Superior grip textured coating



Maroon **4kg**



Pink **6kg**



Grey **8kg**



Bright Green **10kg**



Dark Blue **12kg**



Charcoal Grey **14kg**



Yellow **16kg**



Turquoise **18kg**



Red **20kg**



Brown **22kg**



Green **24kg**



Light Blue **28kg**



Orange **32kg**



White **36kg**



Purple **40kg**



HIGH GRIP DEAD BALL

YOU WON'T FIND A TOUGHER SLAM BALL THAN THE HIGH GRIP DEAD BALL

The most robust, heavy duty slam ball on the market, the AlphaFit High Grip Dead Ball features a high-grip textured skin giving athletes exceptional control when performing under pressure. This rubber cased ball is a completely dead weight, ensuring that each and every rep is as hard as the last. Unable to bounce or roll, these balls are built to be slammed, dropped, flipped, beaten and more without fear of falling apart.

The Dead Ball can be used for a dynamic full body workout including ball slams, dead ball lifts, cleans and bear crawls. The Dead Ball also offers an intense alternative to traditional medicine ball exercises such as squats, lunges and carries.

- ✓ Available 5kg–50kg
- ✓ Heavy duty slam ball
- ✓ High grip textured skin
- ✓ Pliable shape to make you work harder
- ✓ Dead weight with zero bounce

5KG	7.5KG	10KG	12.5KG	15KG
20KG	25KG	30KG	35KG	40KG
45KG	50KG			



BATTLE ROPES

PREPARE FOR A BATTLE OF EPIC PROPORTIONS

Battle Ropes will test your will and determination as they develop your core and upper body strength, power, endurance and cardio fitness. AlphaFit delivers quality nylon coated Battle Ropes so you can add these exercises to your training arsenal.

- ✓ Available in 2 sizes
- ✓ Thick width rope
- ✓ High usage, wear resistant casing
- ✓ Indoor and outdoor use



STANDARD BATTLE ROPE

40mm rope width
16kg



HEAVY BATTLE ROPE

50mm rope width
26kg

MEDICINE BALL

TAKE DAILY OR AS PRESCRIBED

Medicine balls are a versatile tool for the development of speed, strength, power and conditioning. They can be used as part of a beginner exercise program all the way through to elite-level athlete training. The AlphaFit Medicine Ball enables you to train upper body, rotational power and core strength to improve hitting, swinging, or throwing.

AlphaFit's Medicine Balls feature a rubberised outer layer with a textured finish for optimal grip and overall durability. Clear weight markings and colour coding ensure easy identification and AlphaFit's Medicine Balls are available in 1kg increments from 1kg–10kg.

- ✓ Size range 1–10kg
- ✓ Textured rubber surface for better grip
- ✓ Different colours to identify weights easily



Red 1kg



Purple 2kg



Green 3kg



Orange 4kg



Pink 5kg



Grey 6kg



Navy 7kg



Yellow 8kg



Blue 9kg



Turquoise 10kg

WALL BALLS

BALLS TO THE WALL FOR A SERIOUSLY EFFECTIVE CONDITIONING WORKOUT

Nothing gets the legs and lungs burning faster than a wall ball workout. Our range of wall balls are a uniform size across their respective weight ranges for a consistent feel and are made to withstand wear and tear.

They have been constructed to last and remained balanced because there is nothing worse than a lop-sided wall ball mid-air. Our Wall Balls have a double-foam outer layer and are wrapped in a durable split leather to absorb maximum impact.

- ✓ Available in 3 sizes—8lb, 14lb and 20lb
- ✓ High grade, durable split leather
- ✓ Double foam coating for maximum impact absorption



Yellow 8kg



Red 14kg



Blue 20kg



PLYOMETRIC BOXES

THE 'SOFTER' PLYO BOX

AlphaFit's Soft Blocks are covered with durable vinyl, and feature two handles for easy positioning with Velcro edges to increase stability when stacked. Made from high density non-memory close-cell foam that is also water resistant, AlphaFit's Blocks provide extra stability and safety. Our 3 in 1 Plyometric boxes are versatile and can be turned to offer 20", 24" and 30" jump heights.

Typically used for box jumps and step-ups, Soft Blocks are a user friendly way to introduce plyometric training to your programming or to add a new element to your cardio training.

- ✓ Available in 5 sizes
- ✓ Covered with durable vinyl
- ✓ Velcro edges for stability when stacked



3" Soft Block



6" Soft Block



12" Soft Block



18" Soft Block



24" Soft Block



63" Soft Block Set



39" Soft Block Set



21" Soft Block Set



3 in 1 Foam Box



3 in 1 Timber Box

SKIPPING AND SPEED ROPES

THE ALPHAFIT SKIPPING ROPE IS DESIGNED TO GET THE JOB DONE

AlphaFit delivers a range of ropes to meet your budget and to suit every athlete from the absolute beginner to the jump rope junkie who is busting out triple-unders. Our range includes sturdy PVC for durability as well as nylon sheathed metal cables for performance.



SKIPPING ROPE

- ✓ Available in 4 lengths
- ✓ Ideal, economical skipping rope
- ✓ Perfect gym staple
- ✓ Colour options: ● ● ● ●



ELEMENTS SPEED ROPE

- ✓ High quality nylon sheathed metal cable
- ✓ Super fast friction free turn over
- ✓ Easy to adjust to your perfect length
- ✓ Colour options: ● ● ● ●



PEAK SPEED ROPE

- ✓ Achieve super high rotation speeds with our fastest speed rope
- ✓ High quality ball bearing handles for smooth turn overs
- ✓ Perfect for double and triple-unders
- ✓ Easy to adjust to your perfect length

POWER BAGS

POWER UP YOUR WORKOUTS

Built tough, the main advantage of this training tool is its versatility. Power Bags are brilliant for use in movement patterns where weights such as dumbbells and kettlebells can fall short. Ideal for safe strength training, our Power Bags are easy to handle and sit comfortably on shoulders or in the front rack position.

The five handles provide options for neutral, wide, pronated, or supinated grips depending on the exercises you wish to perform. These bags feature a premium, sweat-proof, matte black vinyl outer with a subtle carbon fibre texture. Additionally, clear weight markings and colour coded ends allow for easy identification. Available in five-kilogram increments: 5kg, 10kg, 15kg, 20kg and 25kg.



SANDBAGS

LIFT, CARRY, SQUAT AND PRESS—ARE YOU UP FOR THE CHALLENGE?

Sandbag training has traditionally been associated with military style workouts but it can add a new dimension to any strength and conditioning program. Increase the difficulty of your workouts with round strongman sandbags or traditional fitness sandbags.

ROUND SANDBAG

A great alternative to heavy balls and stones, AlphaFit Round Sandbags offer a more portable and versatile tool for your strongman or strength and conditioning training. With no handles, this style of sandbag forces you to adopt a more animalistic grip. The unstable nature of Round Sandbags' shifting weight challenges your balance and tests your core in ways that few other training tools can match.

- ✓ Available in 3 maximum capacity sizes: 50kg, 75kg, 100kg
- ✓ Genuine Cordura



SMALL SANDBAG

AlphaFit Sandbags offer challenging workout like no other, that tests strength, endurance and stability. Set your difficulty level by increasing or decreasing the weight as required. Our filler bag includes a secure double-lock system, combining a two-step Velcro closure to prevent any spillage when you or the Sandbag is on the move. The inner bags should be filled to the desired weights using scales. Simply stand the bag upright and fill comfortably below capacity with your chosen filler.



ASSAULT AIR BIKE BLACK

TAKE YOUR PERFORMANCE TO THE NEXT LEVEL WITH THE ASSAULT AIR BIKE

The Assault Air Bike is designed to match the strength and ability of every athlete by ramping up resistance automatically as you push, pull and pedal with greater speed and force. The Assault offers individualised and infinite adjustments for unlimited workouts from targeted heart rate training to Tabata or HIIT style training for intense conditioning and results.

Designed to ensure durability and long periods of maintenance free use, the frame is manufactured from full high-tensile steel that is sealed with a layer of industrial powder coating paint and all moving parts employ sealed cartridge bearings.

The Assault Air Bike console offers a crisp LCD screen that is packed with features for all users. On-board programming allows you to jump into a workout with minimal fuss, or fully customise your session on the bike.

- ✓ LCD display
- ✓ Advanced technology
- ✓ Hybrid seat with multi adjustment options
- ✓ Reinforced pedals and crank



C2 BIKE ERG

THE HARDER YOU PEDAL, THE HARDER THE CHALLENGE

The Concept2 BikeErg features the same flywheel and Performance Monitor as the Concept2 Rowers and SkiErgs. The flywheel uses air resistance to create a smooth, quiet ride that responds to your efforts. The damper is your “gearing”, allowing you to adjust the feel of your ride. Unlike most stationary bikes, the BikeErg has a clutch, so just like a real bike, when you stop pedalling, the flywheel keeps on spinning.

The sophisticated Performance Monitor gives you instantaneous workout feedback, with a wide variety of displays and workouts to choose from. The Performance Monitor is calibrated with both Bluetooth and ANT+ wireless connectivity, allowing it to connect to many heart rate belts, fitness devices and apps. As well as tracking your progress, you’ll be able to directly compare your times and distances with other people.

- ✓ Smooth, quiet ride that responds to your efforts
- ✓ PM5 performance monitor
- ✓ Flywheel and damper
- ✓ Adjustable Saddle and Handlebars



C2 SKIERG PM5

YOU NO LONGER HAVE TO UNPACK YOUR SKIS TO BENEFIT FROM THE FULL-BODY IMPACT-FREE WORKOUT OF NORDIC SKIING

The Concept2 SkiErg with PM5 Monitor makes the sport of Nordic skiing—and more importantly, its incredible conditioning benefits - available to everyone. The SkiErg uses the same flywheel resistance and electronic monitoring systems as the Concept2 line of rowers, the proven choice of rowing athletes around the world since 1981, so you can rest assured that the machine is made to last. As well as being durable and well built, the SkiErg includes a sophisticated monitor that provides immediate, accurate performance data.

The SkiErg is easy to assemble and can be either mounted on a wall or used with a floor stand. Wall mounting provides the most compact option, or you can purchase a floor stand, with its anti-skid deck and caster wheels, for an all-in-one solution that makes the SkiErg mobile.

- ✓ PM5 performance monitor
- ✓ Wall mounted or freestanding



C2 ROWER MODEL D PM5 BLACK

ACHIEVE SUPERB AEROBIC FITNESS AND CORE STRENGTH WITH THE CONCEPT2 MODEL D BLACK ROWER

The Concept2 Model D Black Rower with PM5 Monitor is the best-selling indoor rower in the world due to its dependable performance and acceptance by competitive rowers as the standard for indoor training. The Model D delivers an effective cardiovascular workout that will increase your fitness level and tone your physique. The Model D is efficiently engineered to last a lifetime and is the same machine used by Olympic—and elite-level athletes to train for their sport. It will take the abuse of heavy training day after day.

The PM5 Performance Monitor is what sets Concept2 Indoor Rowers apart from other training devices. Sophisticated yet easy to use, the PM5 provides accurate, comparable data for every row. A backlight increases visibility, compatibility with USB flash drives makes storing your workout data a breeze, and you can wirelessly monitor your heart rate. The adjustable monitor arm on the Model D lets you position the monitor where you prefer.

- ✓ Includes Concept2's most advanced Performance Monitor
- ✓ Adjustable, ergonomic engineered design



SPEED AND AGILITY



SKLZ QUICK LADDER PRO

The SKLZ Quick Ladder Pro employs the concertina, or accordion, fold for tangle-free setup and breakdown.



SKLZ HURDLES X6

SKLZ 6X Hurdles are a set of six short hurdles designed to assist your agility and plyometric training. Lightweight, durable and featuring bounce-back construction.



SKLZ AGILITY TRAINER PRO

Built to create curvilinear and broken training patterns, this unique trainer helps you practice the change of direction that changes the game rather than training in a simple straight line.



SKLZ AGILITY CONE SET OF 20

SKLZ Agility Cones come in a set of 20 cones in multiple high-visibility colours for marking training areas, setting up drills, and much more.

STRENGTH

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Strength training is more than just squats and curls. With the rise of functional fitness there has been an increase in demand for specialty strength equipment. AlphaFit is your one stop shop for all quality strength equipment including the GHD, Bench Press, Reverse Hyper, plus a range of more common implements such as sleds and dumbbells.



CORE BELT SQUAT

YOUR NEW FAVOURITE MACHINE FOR LOWER BODY TRAINING

An innovative piece of equipment, the Core Belt Squat enables gym users to train many lower body or athletic leg movements without unnecessary stress on their shoulders, spine or lower back. Perfect for those nursing back pain or injuries, Athletes can safely load the glutes, hamstrings and calf muscles to continue building strength despite their upper body limitations.

The AlphaFit Belt Squat offers a large 1.2m × 1.2m raised platform with a replaceable rubber anti-slip surface for maximum stability when performing movements. For peace of mind when squatting, the adjustable drop stop can be set at 14 different height settings in 50mm increments.

Like no other on the market, the Core Belt Squat has been engineered around a cable system with a dual 40mm linear shaft to reduce the bearing load and produce a smooth and more durable product. The trolley provides a starting weight of 15kg and can be stacked with up to a total of ten 25kg weight plates on the loading pins attached either side. For stability when squatting, the trolley features handles with three grip options for pronated, supinated and neutral hand positions. Importantly, the safety catch is incorporated into the trolley, moves up and down with the user and can be quickly engaged in 60mm increments by pulling on the safety handle.

- ✓ 1.2m × 1.2m anti-slip platform
- ✓ 15kg trolley weight (unloaded)
- ✓ 250kg pin load capacity
- ✓ HDPE lined band hooks
- ✓ Adjustable hip belt included
- ✓ 13 powder coat colour options available:



SMITH MACHINES

A SMITH THAT TAKES YOUR STRENGTH TO NEW HEIGHTS

Engineered with an open, walk-through design, the working area is large enough to comfortably conduct a variety of exercises unobstructed. With a total machine height of 2600mm, it has been designed specifically for a 95th percentile male to conduct overhead presses with full extension.

Gliding on ultra-smooth dual linear bearings, the bar has a maximum racking height of 2320mm. The Olympic length barbell has a starting weight of 10kg and can be stacked with up to six 25kg weight plates on each sleeve. The bar sleeves independently rotate to mimic an Olympic bar meaning the user doesn't need to battle with inertia from the plate load when racking.

For peace of mind when squatting, the two adjustable drop stop trolleys are operated with a pull pin and can be set at 33 different height settings in 60mm increments. This feature removes the need for a spotter and ensures each user will find a safe and comfortable base position for their lowest range of movements.

Optional to add the Top Stop and Lockout features.

INCLINE SMITH MACHINE

The AlphaFit Core Incline Smith Machine is ideal for any commercial gym. Featuring a 7-degree tilted frame, the Core Incline Smith Machine follows the body's natural movement path for pressing or squatting, maximising muscle interaction.



VERTICAL SMITH MACHINE

The AlphaFit Core Vertical Smith Machine is ideal for any high performance S&C gym. Featuring a straight or 0° frame, allows for gathering anthropometric data and force pad testing. By removing the factor of angled force or side loads, this unit can be used for accurately measuring athletes' performance in isolated movements.



- ✓ Plate loaded Smith Machine
- ✓ 2.6m machine height
- ✓ 300kg plate load capacity
- ✓ 32 barbell racking positions
- ✓ 10kg barbell weight (unloaded)
- ✓ Drop stop safety in 60mm increments
- ✓ Backlit numbered position identifiers
- ✓ 8 Mini Storage Pins



BENEFITS OF THE TOP STOP FEATURE

Two HDPE lined top stops provide the ability to set a top limit for the barbell. This is useful in restricting extension and maintaining tension in the muscles through your workout sets for maximising muscle growth potential. The trolley, weighing 2.5kg, can be used in conjunction with the drop stops to lock the barbell in position to use for force pad testing or to create a setup for pull ups, push ups, rows and single leg lunges.

BENEFITS OF THE LOCKOUT FEATURE

The Lockout provides the functionality to cover and 'lock out' the catch racking system of the barbell. Steel plates cover the catch preventing the user from accidentally twisting the bar and racking into the hooks mid set. While allowing for free, uninterrupted movement of the barbell along its path, users can still rotate their wrists and the bar during exercises.

40 DEGREE LEG PRESS

WE HAVE MADE YOUR LEG DAY JUST THAT LITTLE BIT EASIER

The AlphaFit Core 40 Degree Leg Press is ideal for any commercial or high-performance S&C gym looking to incorporate serious plate-loaded strength training into their facility. AlphaFit has engineered an innovative walk-through design making it easier to enter and exit, limiting the potential danger of athletes tripping on the frame.

AlphaFit Core 40 Degree Leg Press features a 500mm wide seat with lumbar support, to help promote good form and limit injuries. The seat pad position can be easily adjusted to either 30° or 40°, using the spring loaded foot pedal located at the side of the seat. The large footplate has a non-slip coating allowing users to maintain a strong grip throughout heavy lifting.

The leg press has a starting weight of 65kg and can be loaded with up to 900kg (225kg per pin). In addition to plate loading the machine, users can incorporate resistance training by utilising power bands secured via the six band hooks on either side of the leg press. For peace of mind, the adjustable heavy-duty drop stop can be set at 6 different height settings in 50mm increments. For convenience, adjust the drop stop with either your hand or foot by simply pushing the drop stop up and away from you.

Core 40 Degree Isometric Leg Press also releasing 2023.

- ✓ Walk-through design
- ✓ 65kg starting resistance
- ✓ 900kg maximum load rating
- ✓ Large foot platform with non-slip coating
- ✓ 6 drop stop positions
- ✓ 4 storage pins with shoulder
- ✓ 13 powder coat colour options available:



40 DEGREE ISO-LATERAL LEG PRESS

DOMINATE YOUR LEG TRAINING WITH ALPHAFIT CORE 40 DEGREE ISO-LATERAL LEG PRESS

The AlphaFit Core 40 Degree Iso-Lateral Leg Press is ideal for any commercial, rehabilitation or high-performance S&C gym looking to incorporate serious plate-loaded strength training into their facility. This bilateral leg press enables users to engage both legs simultaneously and independently using the trolley lockout.

There are 3 lockout settings for the trolleys: unlocked - completely independent trolleys for single-leg work, semi-locked - limiting trolley movement to a 150mm range (75mm up and down) for supported single-leg work and locked - both trolleys work together like a standard leg press for double-leg work. The foot platform can also be tilted to 4 different angles in 5 degree increments from +10 to -5° degrees, adjusted using the pull pin at the top of the platform.

AlphaFit has engineered an innovative walk-through design making it easier to enter and exit, limiting the potential danger of athletes tripping on the frame. The Leg Press also features a 500mm wide seat with lumbar support. The seat pad position can be easily adjusted to either 30 or 40 degrees, using the spring-loaded foot pedal located at the side of the seat. The leg press has a starting weight of 50kg per side and can be loaded with up to a total of 900kg (225kg per pin). In addition to plate loading the machine, users can incorporate resistance training by utilising power bands secured via the six band hooks. For peace of mind, the adjustable heavy-duty drop stop can be set at 6 different height settings in 50mm increments. For convenience, adjust the drop stop with either your hand or foot by simply pushing the drop stop up and away from you.

- ✓ Walk-through design
- ✓ 50kg starting resistance per side
- ✓ 900kg maximum load rating
- ✓ Large foot platforms with non-slip coating
- ✓ 6 drop stop positions
- ✓ 4 storage pins with shoulder
- ✓ 13 powder coat colour options available:



CORE LEVER ROW

A STABLE ANCHOR FOR STRONG, CONTROLLED INCLINE ROW MOVEMENTS

The AlphaFit Core Lever Row is a sleek, commercial grade machine designed to build upper body strength and improve posture. This plate loaded, chest supported row bench effectively facilitates one of the most fundamental movements to successfully target your back.

A key point of difference in the AlphaFit design is the machine's fixed pivot axis which makes it safer and easier to rack and unrack the loadable bar. To unrack the bar, pull the bar towards your chest until the catch arms automatically disengage. To stow the bar after completing your reps, re-rack with the foot-operated catch—push down on the foot pedal to activate the catch arms, then pull the bar into these arms whilst maintaining pressure on the foot pedal.

Featuring sixteen chest pad height positions in 20mm increments, the precision linear rods make it easy to adjust the height of the machine to better accommodate a variety of users. Similarly, the position of the handle trolley on the bar can be adjusted across a total of 18 positions in increments of 25mm.

- ✓ 150kg max lifting weight
- ✓ Two band pegs for incorporating additional resistance
- ✓ Polyurethane wheels make relocating the machine easy
- ✓ 13 powder coat colour options available:



CORE CHIN DIP MACHINE

TAKE YOUR CHIN UP AND DIP GAME FROM ZERO TO HERO

The AlphaFit Core Chin Dip Machine is a versatile piece of pin loaded equipment which does more than facilitate assisted and unassisted chin ups and dips. This patent-pending machine includes the option to add resistance to your movements with a belted cable system—a feature that is unique in the fitness industry.

The Core Chin Dip Machine not only combines two exercises into one, it can be used for assisted, unassisted and resisted training. It has a separate counterweight and weight stack for simple load selection. Boasting the heaviest pin-loaded stack on the market, it offers clearly labelled 2.5kg increments to 25kg, and then 5kg jumps to 100kg, for precise weight adjustments and progressive overload. Our fully enclosed weight stack is industry-leading in guarding and safety.

A versatile upper body machine, it offers multiple pull-up locations with continuous mandrel bent tubes for better ergonomics. Equipped with a hydraulically damped knee pad, the assistance platform can be smoothly engaged or disengaged with a self-latching mechanism and compactly folds away for easy storage.

Choose to add difficulty to movements by attaching a hip belt via the cable exit in the platform. Designed with safety in mind, the four steps and platform also feature a high-friction surface that makes it easy to get on and off with confidence.

- ✓ Patent pending design
- ✓ Add assistance or resistance
- ✓ 100kg pin selectable load
- ✓ Self-latching knee pad
- ✓ 13 powder coat colour options available:



RUBBER HEX DUMBBELLS

DUMBBELLS ARE NOT JUST FOR BICEP CURLS ANYMORE

Not all hex head dumbbells are built the same. We have evolved our Rubber Hex Dumbbells based on continued feedback from the best facilities and coaches around the country. The main request from the industry was for a “straight handle with consistent knurl” to mimic a barbell instead of the old-school dumbbell barrel handle. They spoke, we listened. The rubber used in our hex head dumbbells is impact resistant and easy to clean while the flat edges prevent the dumbbell from rolling.

1KG	2KG	3KG	4KG
5KG	6KG	7KG	8KG
9KG	10KG	12.5KG	15KG
17.5KG	20KG	22.5KG	25KG
27.5KG	30KG	32.5KG	35KG
37.5KG	40KG	42.5KG	45KG
47.5KG	50KG		

- ✓ Available in 1–50kg
- ✓ Handle length 125mm
- ✓ Handle diameter 25mm (5kg and under)
- ✓ Handle diameter 30mm (over 5kg)
- ✓ Diameter of weight ends increase as kg increases
- ✓ Rubber encased head
- ✓ Chrome plated straight handle
- ✓ Soft-medium knurling
- ✓ Impact resistant
- ✓ Sold in pairs





PU DUMBBELLS

TOUGH, DURABLE AND STYLISH WORLD GYM PU DUMBBELLS

PU Dumbbells are a premium product that provide an alternative to traditional rubberised dumbbells. Coated with a black matte polyurethane, PU Dumbbells feature a red border with white, high contrast size text for easy identification. Moulded directly onto a hardened chrome handle PU Dumbbells are more durable and feature a soft-medium knurling for a very comfortable grip.

1KG	2KG	3KG	4KG
5KG	6KG	7KG	8KG
9KG	10KG	12.5KG	15KG
17.5KG	20KG	22.5KG	25KG
27.5KG	30KG	32.5KG	35KG
37.5KG	40KG	42.5KG	45KG
47.5KG	50KG	55KG	60KG

- ✓ Available in sizes 1kg–60kg
- ✓ Polyurethane coating
- ✓ Hardened chrome handle
- ✓ Soft-medium knurling for more comfortable grip
- ✓ Sold in pairs

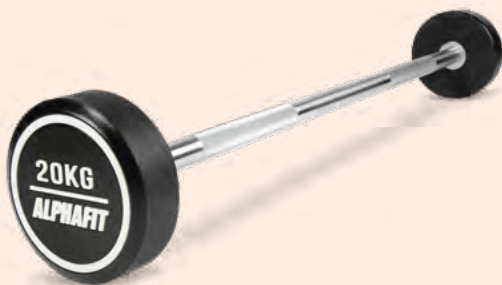


PU FIXED BAR

SPEND MORE TIME LIFTING AND LESS TIME SETTING UP WITH A FIXED WEIGHT BARBELL

AlphaFit's PU Fixed Bars are commonly used for circuit training. The bar itself is hardened chrome and features soft-medium knurling for a comfortable grip. The fixed weights are coated with a black matte polyurethane that is designed to endure, and sport a vibrant red border and high contrast red and white size text for easy identification.

- ✓ Available in sizes 10kg–35kg
- ✓ Polyurethane coating
- ✓ Hardened chrome handle
- ✓ Soft-medium knurling for a more comfortable grip



PU FIXED CURL BAR

IF YOU WANT BICEPS LIKE POLIQUIN OR BRIGGS, THEN IT'S TIME TO GET CURLY

Like our Fixed Weight Barbells, AlphaFit's custom PU Fixed Curl Bar is constructed of hardened chrome and features soft-medium knurling for a comfortable grip. The fixed weights are coated with a black matte polyurethane that is designed to endure, and sport a vibrant red border and high contrast size label for easy identification.

The Curl Bar is tailor made to reduce pressure on your wrists, forearms and elbows while you perform seated, preacher or standing curls. This is because the curl in the shaft allows users to hold the bar in a more natural setup with their palms angled upward and toward each other in a semi-neutral position.

- ✓ Available in sizes 12.5kg–37.5kg
- ✓ Polyurethane coating
- ✓ Hardened chrome handle
- ✓ Soft-medium knurling for a more comfortable grip



ADJUSTABLE UTILITY BENCH

AN INCLINE BENCH PROVIDING MAXIMUM COMFORT, SAFETY AND RELIABILITY

The Core Adjustable Utility Bench is the only adjustable bench designed for interference-free strength training while still providing you with maximum comfort, safety and reliability. A steel handle and two Polyurethane (PU) wheels are featured on this Core Adjustable Utility Bench, allowing you to easily move the bench anywhere in your gym. The backrest can be set across eleven different settings between 0°-85° degrees and the seat can be adjusted through four positions, offering 44 different variations for your set-up.

- ✓ Fully welded construction
- ✓ IPF Standards
- ✓ 11 back rest & 4 seat adjustable positions
- ✓ Load rating—500kg
- ✓ 13 powder coat colour options available:



FLAT UTILITY BENCH

THE BEST LOOKING BENCH ON THE MARKET

The Core Flat Utility Bench is designed for maximum comfort, safety and reliability. A steel handle and two Polyurethane (PU) wheels allow you to easily move the bench. When you have finished your workout, you can stand the bench up on its end and easily stow it away until next time.

A staple piece of equipment for any weight room, our bench is made from Australian steel and is wide enough to accommodate broad shoulders as well as sturdy enough to handle heavy weights and high intensity training without slipping.

- ✓ Fully welded construction
- ✓ Handle for easy movement
- ✓ Load rating—500kg
- ✓ 13 powder coat colour options available:



UTILITY BENCH

THIS IS WHERE ATHLETES GET WORK DONE

The Flat Utility Bench is designed for maximum comfort, safety and reliability. A staple piece of equipment for any weight room, our bench is made from Australian steel and is wide enough to accommodate broad shoulders as well as sturdy enough to handle heavy weight and high intensity training without slipping. The marine grade foam and covering, means that the Flat Bench is easy to clean and will repel sweat so that your bench does not develop a bad odour over time.

Traditionally the place where pecs and biceps are built, the Flat Utility Bench is used for a range of classic strength and conditioning exercises including the bench press, dumbbell pullovers and rows, triceps extensions, seated curls and single leg lunges.

- ✓ Fully welded construction
- ✓ Marine grade foam and covering
- ✓ 13 powder coat colour options available:



PULL BENCH

SIMPLE, STURDY AND DESIGNED FOR ROCK SOLID PERFORMANCE

Designed to target back muscles, the Pull Bench is great for strengthening the middle and upper back by using multiple muscles in synergy. It also helps athletes to hold a full range of motion and maintain effective posture for even muscle development in push and pull movements.

The Pull Bench is topped with marine grade vinyl covering and EVA foam. This repels sweat so that your bench does not develop a bad odour over time. The Pull Bench includes one pair of AlphaFit Pull Bench J-Hooks that can be set at adjustable increments to suit the individual user. The Bench can also be fitted with storage pins for a self-contained work and storage station.

The AlphaFit Pull Bench has been specifically designed to accommodate the reach of even the tallest AFL player. With the option to purchase our Pull Bench Extensions to increase the bench height by 200mm, means it is perfect for athletes of any size.

- ✓ Designed to safely target back muscles
- ✓ Includes one set of Pull Bench J-Hooks
- ✓ Powder coat finish
- ✓ 2 Bench Pull Barbells available—see page 79
- ✓ 13 powder coat colour options available:



FIXED BENCHES

THIS IS WHERE ATHLETES GET WORK DONE

Fixed Benches are designed with the same commitment to quality that you have come to expect from all AlphaFit products. AlphaFit's range of Fixed Benches are the perfect blend of functionality, comfort and performance. Designed and built in Australia from Australian steel, these commercial benches are sturdy performers that are tougher than your toughest athlete.

AlphaFit Fixed Benches are the only product on the market to include safety spotter arms as a standard feature. The Spotter Arms are clearly numbered for easy adjustment and set up. The J-Hooks are lined with durable HDPE plastic to protect your barbells.



- ✓ Adjustable spotter arms and racks
- ✓ High density foam bench
- ✓ 13 powder coat colour options available:



FLAT BENCH PRESS

The AlphaFit Flat Bench Press is a fixed, flat bench that allows athletes to perform some of the most effective exercises in the weight room with confidence and integrity.



INCLINE BENCH PRESS

AlphaFit Incline Bench Press delivers a Fixed Bench with a 30 degree incline and a seat that can be adjustable through nine different heights, offering the flexibility to suit athletes of any size.

- ✓ 30 degree angle



DECLINE BENCH PRESS

AlphaFit's Decline Bench Press is functional, sleek and features a fixed 15 degree decline and nine adjustment feet positions.

- ✓ Fixed decline of 15 degrees
- ✓ Adjustable leg lock

CORE 45 DEGREE BACK EXTENSION

THE BEST LOOKING 45 DEGREE BACK EXTENSION ON THE MARKET

The Core 45 Degree Back Extension is a sleek, multi-functional commercial grade bench designed to train your lower back, glutes, and hamstring muscles. This ergonomically designed bench allows you to comfortably rest your pelvis and hips on the pads while also having a large footplate for further adjustment to your stance.

A key point of difference in the AlphaFit design is the gas spring assist and linear rods to easily adjust the height of the machine. The adjustable pad can be set to 16 positions, allowing 5th to 95th percentile users to comfortably use the machine. This back raise comes with two AlphaFit Band Rail Pegs for additional resistance training. It also features two Polyurethane (PU) wheels, allowing you to easily move the bench anywhere in your gym.

- ✓ 100kg lifting weight load rating
- ✓ 250kg combined mass load rating
- ✓ 16 adjustable pad positions
- ✓ Fixed 45-degree frame
- ✓ Wide foot plate
- ✓ Stainless Steel band hooks
- ✓ 13 powder coat colour options available:



CORE ADJUSTABLE PREACHER CURL

EVERY DAY IS ARM DAY WITH THIS PREACHER CURL

AlphaFit Core Adjustable Preacher Curl is becoming increasingly popular in commercial training, and strength and conditioning centres. A Preacher Curl can force you into an eccentric movement, significantly improving muscle growth and strength.

A key point of difference in the AlphaFit design is the gas spring assist and linear rods to easily adjust the height of the machine. The adjustable pad can be set to 10 positions, making it suitable for most users. In addition, to change the pad angle, pull the selector pin on the side of the pad and adjust it to either 45, 62.5 & 80 degrees.

Optional to purchase seat kit separately.

- ✓ 100kg lifting weight load rating
- ✓ 250kg combined mass load rating
- ✓ Dumbbell Tray with HDPE Lining
- ✓ 3 angle pad positions
- ✓ Spotter Arms with HDPE Lining
- ✓ 13 powder coat colour options available:



ADJUSTABLE PREACHER CURL STANDING

AlphaFit Core Adjustable Preacher Curl involves the same movement as the seated preacher curl however it can require greater recruitment of muscle fibres in the upper body as there is less stability compared to the seated preacher curl. This preacher curl offers you the ability to bolt on the Core Adjustable Preacher Curl Kit to your machine, making it easier to go between a standard and seated preacher curl.



ADJUSTABLE PREACHER CURL SEATED

AlphaFit Core Adjustable Preacher Curl Seated involves the same movement as the standing preacher curl however the seat eliminates the need for core engagement, allowing you to curl more weight when compared to the standing variation. This seated preacher curl offers you the ability to unbolt the seat, making it easier to go between a standard and seated preacher curl without having to buy a new machine.



REVERSE HYPER

A 'MUST HAVE' IN ANY FACILITY, THIS REVERSE HYPER-EXTENSION MACHINE STEPS BEYOND THE REALMS OF REHAB

A long-time favourite of elite strength and conditioning coaches, the Reverse Hyper is a superior tool for improving performance in athletes of any level. These machines are also extremely popular for rehabilitation work on the back as the Reverse Hyper places the back into controlled traction and is believed to facilitate spinal decompression.

The key point of distinction in the AlphaFit model is the three-piece welded design, as opposed to the less durable flat-pack plate and bolt system and 50mm of foam wrapping around the torso pad to eliminate uncomfortable pinching around the edges. The wide pad and dual handle system makes it easy for athletes to get onto the machine and establish the optimal position to engage the lats and other supporting muscles.



- ✓ Facilitates spinal decompression
- ✓ Multiple hand holds
- ✓ 13 powder coat colour options available:



REVERSE HYPER

The strength gains from using the Reverse Hyper will aid pulling and pushing movements (such as deadlift and squats). Used for reverse hyper extension movements with bands or light to heavy weights, the Reverse Hyper places the athlete in the optimal position to develop the glutes, hamstrings, spinal erectors, abs and more.

The Reverse Hyper is a sound long term investment that can be upgraded to the Dual Pendulum Reverse Hyper at a later date once you have seen the incredible gains this machine has to offer.



DUAL PENDULUM REVERSE HYPER

The Dual Pendulum can be used like a traditional Reverse Hyper with a single pendulum movement that moves both legs together. Alternatively, the athlete can use the quick disconnect system to split the pendulum which allows them to train just one leg at a time in complete isolation or both legs with an alternating swing. This is an effective way to hone in on weak areas and correct imbalance in athletes who have developed a dominant side through unilateral kicking, swinging or jumping movements.



SINGLE LEG SQUAT DEVICE

ROUND OUT YOUR SQUAT ROUTINE WITH THE SPLIT LEGGED SQUAT

The AlphaFit Single Leg Squat Stand is compact, sturdy and very simple to use. Unlike other clumsy and narrow stands on the market, the large foam foot pads are mounted on a single pivot arm making height adjustments simple and done in a matter of seconds. The centre marking on the pads allow the user to feel with their leg that they are in the middle of the frame and squat in confidence. One key point most companies missed in the design of their versions was the depth of the frame—AlphaFit identified quickly this was a problem and designed a frame that was deeper and virtually impossible to tip when in use.

- ✓ Adjustable in 25mm increments
- ✓ Non-memory foam EVA roller
- ✓ 13 powder coat colour options available:



SISSY SQUAT

SISSY SQUATS ARE FOR ATHLETES WHO ARE PREPARED TO WORK HARD

The AlphaFit Sissy Squat helps the user to perform this quad building exercise more safely and comfortably. The Sissy Squat secures the athletes' feet and ankles to support the calves and reduce stress on the knees.

There is no need to waste time setting the height of the machine from athlete to athlete—the Sissy Squat is completely fixed and has been field tested to find the optimal position to suit every athlete. From the shortest to the tallest, all our athletes used the fixed set up with ease and reported feeling comfortable and secure through every rep.

The Sissy Squat features non-memory EVA foam in the rollers and back pad for maximum comfort, durability and to eliminate pinching at the calf or ankle. A key point of distinction in the AlphaFit design is the fully open space behind the pads which facilitates full range of motion and means that there is no framework to fall on if the athlete goes to failure.

- ✓ Solid plate stand
- ✓ High density foam for comfort
- ✓ 13 powder coat colour options available:



HIP THRUSTER

A SURE FIRE WAY TO BUILD THE STRONGEST POSTERIOR YOU'VE EVER HAD

The AlphaFit Hip Thruster targets the glutes. The bench rest features an extra wide pad to accommodate the broadest athlete. The marine-grade covering repels sweat and the foam padding wraps generously around the edge of the bench to maximise comfort and eliminate pinching.

The AlphaFit Hip Thruster includes seven pre-welded band hooks for resistance training. The hole-grid base plate provides maximum grip and a solid base for banded deadlifts. Designed to be stood on end for storage, the AlphaFit Hip Thruster will not take up much room in your gym.

- ✓ High density foam bench
- ✓ 12 band positions
- ✓ 13 powder coat colour options available:



GHD

THE ALPHAFIT GLUTE HAMSTRING DEVELOPER IS HANDS DOWN ONE OF THE BEST TOOLS FOR DEVELOPING THE POSTERIOR CHAIN

The fitness community spoke and AlphaFit listened to make sure the AlphaFit GHD was free of all of the little flaws and frustrations that come with other GHD machines on the market. A key point of difference in the AlphaFit design is that critical areas are welded, not bolted, for an uncompromising and uniquely stable structure.

Attention to detail is extended to every aspect of the athletes' comfort and performance with an oversized footplate that includes upright handholds for a comfortable resting position, the option to attach bands, and a consistent touch point for every repetition. The cushioned edge of the knee pads includes 50mm wrap around for comfort and to avoid pinching in any position. The pads and the rollers are comprised of high quality marine-grade materials and non-memory EVA foam.

The AlphaFit GHD is multi-purpose piece of equipment that incorporates a step and knee support to assist with getting on and off, along with very simple adjustment for both height and length. Easy to use, simple to move and built to last.

- ✓ Designed for functional fitness and high repetition
- ✓ Easy to relocate with wheels and fold away handle
- ✓ 13 powder coat colour options available:



STRENGTH EQUIPMENT



CORE TRAINER DROP IN

Our Drop In Core Trainer is simple and portable. The sleeve fits most Olympic barbells and is device held in place by securing the support pin with a 25kg bumper plate.



PUSH PULL SLED

With a removable upright H handle, the Push Pull Sled can be pushed in either direction. The Sled has laser cut holes to attach ropes or grip accessories with a carabiner. The sleds sacrificial base allows you to easily unscrew and replace the base with minimal cost or fuss.



PUSH SLED H HANDLE

The H Handle is the perfect add-on to your Push & Pull Sled. The H design allows you to choose from a variety of options when selecting where to position your hands on the sled.



MINI SLED

The Mini Sled has been specially designed to fold up for ease of storage and transport. With welded eyelets, the Mini Sled can be used with the AlphaFit Harness or a rope attachment.



SLED SHOULDER HARNESS

The AlphaFit Harness is made of nylon and comes with a steel carabiner attachment ready to connect to any AlphaFit sled. With 33" (84cm) arm loops, the Harness slips on and off quickly and easily.

STRONGMAN



YOKE 2000MM

The Yoke is an incredibly versatile piece of equipment that doubles as a rack or lifting stand. One of the unique features of the AlphaFit Yoke is the sacrificial base, which allows you to easily unscrew and replace the base only, with minimal cost or fuss.



ELITE YOKE 2250MM

The AlphaFit Yoke doubles as an all-in-one squat stand and has undergone rigorous design testing to ensure that there is no movement, wobble or flex in the Yoke under even the heaviest of lifts.



TOP LOAD FARMERS WALK HANDLES

The Top Load model sees weights loaded onto machined vertical storage pins which means that the impact of lowering or dropping the lift is absorbed through the Farmer's Walk rather than your bumper plates.

✓ Sold in pairs



BODYWEIGHT & GYMNASTICS

120

Gymnastic skills and proficiency in bodyweight movements provide a solid foundation to enhance athletic performance in any sport. Improve coordination, strength, flexibility, body awareness and speed by tapping into gymnastic training.



FABRIC BANDS

FABRIC RESISTANCE BANDS THAT WON'T SEND YOU ROUND THE TWIST!

Extremely versatile, resistance bands are an invaluable addition to your training bag. AlphaFit Fabric Bands are tear-resistant, elastic and extremely flexible.

Made from latex silk and superior fabric, these power bands are elastic, durable and made to last. The fabric elastic is less likely to roll up or catch on hair when in use. They stay in place, allowing you to focus and make the most out of your workout. Even better, these bands are washable so you can say goodbye to smelly or dirty bands hanging around your training space.

To ensure size consistency, each band is the same width and length and vary in thickness to provide the different resistance strengths.

- ✓ Clear labelling and individual colours for easy identification
- ✓ Washable



FABRIC LOOP BANDS

Loop Bands are most often applied to the body (such as around the knees or ankles) and allow the athlete to perform a range of abduction and adduction exercises under tension.

- ✓ 320mm in length (640mm loop of fabric)
- ✓ Sold individually and as a set

FABRIC POWER BANDS

AlphaFit Power Bands can be used for powerlifting, agility and resistance training, general conditioning, stretching and rehabilitation.

- ✓ 1m in length (2m loop of fabric)
- ✓ Sold individually and as a set

BOOTY BANDS

Made with heavy-duty elasticated cotton and two internal rubber grip strips to prevent the band from slipping or coiling, they are breathable, washable and super comfortable.

- ✓ Available in 3 sizes: Pink—Small (350mm), Aqua—Medium (400mm) and Grey—Large (450mm)
- ✓ Sold individually and as a set

LATEX BANDS

YOU MAY EXPERIENCE A LITTLE LESS HEAD-BANGING WITH THESE POWER BANDS...

Our Power Bands come in a range of resistance strengths and are made from layered latex technology for maximum durability and lifespan. AlphaFit Power Bands can be used for powerlifting, agility and resistance training, general conditioning, stretching and rehabilitation. Resistance band training offers limitless ways to work out.



300MM POWER BANDS

AlphaFit Power Bands 300mm can be used for bench pressing, deadlifting, powerlifting and other smaller movement training.

- ✓ Available in 6 sizes/resistance strengths
- ✓ 300mm in length (600mm long loop)
- ✓ Sold in pairs individually or as a set



1M POWER BANDS

The AlphaFit Power Band can be added to your training as a resistance or scaling tool or used to aid in stretching and mobility.

- ✓ Available in 7 sizes/resistance strengths
- ✓ 1m in length (2m long loop)
- ✓ Sold individually and as a set



2M POWER BAND

This Power Band is just over 2m long. AlphaFit Power Bands 2m are sold individually.

- ✓ 2m in length (4m long loop)



ACTIVATION LOOP BANDS

A smaller version of the Power Band, the Activation Loop Band is lightweight and portable. They're most often applied to the body (such as around the knees or ankles) and allow the athletes to perform a range of abduction and adduction exercises under tension.

- ✓ Extra light—extra heavy resistance strength
- ✓ 300mm in length (600mm long loop)
- ✓ Sold individually and as a set

GYMNASTICS



PARALLEL BARS

The Parallel Bars offer variety and a challenging workout for all and can be used for a range of movements including incline push-ups, chest and tricep dips, L-sits, hip tucks and hand balances.

- ✓ Available sizes 1280mm and 1580mm
- ✓ Sold in pairs



PARALLETTES

AlphaFit's Parallettes have been recently re-designed for a new sleek look and wider base for even greater stability. Our Parallettes will support athletes of all sizes through the toughest training.

- ✓ Available in 3 sizes 125mm, 275mm and 425mm
- ✓ Sold in pairs



SUSPENSION TRAINER

This Suspension Trainer is purpose-built for commercial use. The straps are made of industrial-grade nylon webbing and strong, lightweight carabiners and cam buckles. The webbing is not elastic, so all exercise resistance is created by your bodyweight and gravity, the perfect combination.



GYMNASTICS RINGS SET

Made from multi-laminated birch wood for comfortable feel and superior grip. This set comes with a pair of rings and AlphaFit's Olympic Gymnastic Ring Straps including carabiners.

- ✓ Includes 2 rings, 2 straps and 4 carabiners
- ✓ Wood Rings measure 32mm in diameter



GYMNASTICS RINGS STRAPS

Set your rings to the same height every single time with AlphaFit's Gymnastic Ring Straps. Adjust their height easily and quickly by clipping into one of the regularly spaced loops along the strap.

- ✓ 2.5m long straps
- ✓ Sold in pairs



WOODEN GYMNASTICS RINGS

AlphaFit Wooden Gymnastic Rings measure 32mm in diameter and are made from multi-laminated birch wood for comfortable feel and superior grip.

WALL MOUNTED BODYWEIGHT EQUIPMENT



WALL MOUNTED CHIN UP BAR

The Wall Mounted Chin Up Bar is the same high quality as the bars we use on our full rigs and features AlphaFit's unique blue textured grip.

- ✓ Available in 4 length options
- ✓ Mounted 950mm off the wall
- ✓ Extensions available



WALL MOUNTED MULTI GRIP

The Multi Grip Chin Up Bar features multiple hand grips so that you can adjust your grip to target every angle and all the muscles through your back, arms and shoulders.

- ✓ 4 grip positions
- ✓ Mounted 950mm off the wall
- ✓ Extensions available



WALL MOUNTED GYMNASTICS WALL

The AlphaFit Wall Mounted Gymnastics Wall is a fundamental gymnastic apparatus used to build full body strength and mobility.

- ✓ Compact design—150mm off wall
- ✓ Single bars load rated to 200kg



BODYWEIGHT EQUIPMENT



AB MAT

The AlphaFit Ab Mat tilts your pelvis and extends your spine, offering the full range of motion necessary to target all of your abdominals.

- ✓ Made from durable vinyl and specially contoured foam



AB WHEELS

AlphaFit Ab Wheel Pair features ergonomic foam handles for comfort and a lightweight design for portability. The dual wheels help take your planks, push ups and pillar exercises to the new level, but roll together for safety and control.



AB ROLLER

Wheel your way to a strong core. AlphaFit Ab Roller features ergonomic foam handles for comfort and a lightweight design for portability. The dual wheels add additional stability, perfect for beginners looking to increase their core strength through pillar exercises.



FITNESS BALLS

These are essential for yoga, pilates and rehabilitation stretches to improve flexibility. The ribbed surface provides slip-resistance and extra security ensuring you can work out in confidence.

- ✓ Available in 5 sizes
- ✓ Burst resistant



BALANCE TRAINER

The AlphaFit Balance Trainer has been designed to target balance, coordination, agility and flexibility while improving your overall sense of body awareness.

- ✓ Non-slip half hemisphere
- ✓ Resistance bands with handles and air pump included

BODYWEIGHT EQUIPMENT



PULL UP EAGLE LOOP GRIP

Designed to strengthen and train each individual finger you can scale back from four to three, two and finally just one finger. The Eagle Loop hooks around on itself so that it can be attached easily to any rig, and features four heavy duty nylon finger loops with reinforced stitching.



PULL UP BALL GRIP

AlphaFit Pull Up Grip Ball is a great tool to build grip strength. Attach the Grip Balls to any rig with the strap and carabiners for hanging grip work. The Grip Balls are made of cast iron with a powder coat finish and are only 150mm in diameter.



PULL UP PIN GRIP

AlphaFit Pull Up Grip Pin is a great tool to build grip strength and an excellent progression once you have mastered the Grip Ball. The Grip Pins are made of cast iron with a powder coat finish and will position your hands in a neutral vertical grip for an added challenge.



DIP BELT

The lightweight, foam band is reinforced with nylon webbing for a solid, reliable construction. Tough welded D rings, 900mm of quality chain and two carabiners ensure there is no 'weak link' to be found.

- ✓ One size fits all
- ✓ Rated to 100kg



CLIMBING ROPE 7M

AlphaFit's Climbing Rope is made from sisal, a natural fibre that is tough wearing and offers a natural grip. With an eyelet attachment so that you can fix it as a vertical climbing rope and or attach it to a sled for standing or seated pulls.

- ✓ 40mm thick and 7m long

WEIGHT VESTS

PROS: WILL INCREASE THE INTENSITY OF ANY WORKOUT. CONS: WILL INCREASE THE INTENSITY OF ANY WORKOUT

Think you have a WOD nailed? Time to up the ante and add one of AlphaFit's fully adjustable Weight Vests to rediscover the meaning of hard work. Your training will never plateau again as you add a Weight Vest to increase strength, burn calories and improve cardio fitness.

- ✓ Velcro pockets to secure weights
- ✓ Fully adjustable straps



TRAINING PLATE CARRIER VEST

Weights are secured by Velcro sealed pockets on the front and back and a broad waist cummerbund strap that can be adjusted at two locations underneath the Molle Panel.

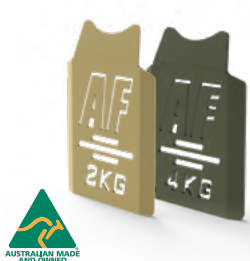
- ✓ Can hold up to 20kg of weight plates
- ✓ Plates sold separately
- ✓ Colour options: ● ● ●



TACTICAL PLATE CARRIER VEST

Features quick release straps used by the Special Forces, allowing you to easily remove the Vest at any time. A drag strap is located at the back of the Carrier Vest between the padded straps and can be used to complete 'human' sled pulls.

- ✓ Can hold up to 20kg of weight plates
- ✓ Plates sold separately
- ✓ Colour options: ● ● ●



VEST WEIGHT PLATES

Our Australian made, laser cut steel Vest Weight Plates are engineered to sit comfortably close to your body within plate carrier vests for an uninterrupted workout.

- ✓ Available in 2 size options—2kg and 4kg
- ✓ Sold individually



ADJUSTABLE WEIGHT VESTS

AlphaFit's Weight Vests allows you to increase weight in 1kg increments, with pockets across the front and back of the vest for even distribution to maximise stability and for ease of movement.

- ✓ Available in 2 size options—10kg and 30kg
- ✓ Weight blocks included

MOBILITY & PREHAB

128 |

Prioritise mobility. Prehab and rehab are often overlooked but are just as important as any aspect of your training program. Our range of mobility products includes foam rollers, floss bands and a variety of massagers to promote rest and recovery.



MOBILITY AND PREHAB EQUIPMENT



FOAM ROLLER

The AlphaFit Foam Roller is extra firm and is covered with small nodules to help relieve knots and reach trigger points. Water resistant. Made from EVA foam.

- ✓ Available sizes—450mm and 950mm



TRIGGER POINT ROLLER 330MM

The AlphaFit Trigger Point Roller is extra firm and is covered with brutal but beneficial nodules to help relieve knots and reach trigger points. The Trigger Point Roller is made from highly durable polyurethane foam with an EVA core.



COMPRESSION FLOSS BAND

Made from the same layered Latex technology as the AlphaFit Power Bands. Our Floss Bands are 30mm wide, available in two thicknesses.

- ✓ Black—heavy resistance
- ✓ Red— extra heavy resistance



LACROSSE BALL

Made from firm rubber, the Lacrosse Ball helps you to get deep into the muscle tissue to target problem areas providing short term discomfort for long term relief and a gains.

GYM ACCESSORIES

130
|

AlphaFit is a one-stop-shop to help you fit out your gym from head to toe and this includes top quality timing equipment.



GYM ACCESSORIES



6 DIGIT GYM TIMER

The AlphaFit 6 Digit Gym Timer is a remote operated multi-function timer that is designed to be wall mounted and includes a large, six-digit display for accurate time keeping. This Timer has you covered for every training session—its programs include a stopwatch function, count-up and count-down timing, interval timing, TABATA mode and two specialised Fight Gone Bad settings.

- ✓ 12 or 24 hour time



TIMER REMOTE

There's nothing worse than losing a remote and having to replace your whole clock. Well now you don't have to worry—the AlphaFit Timer Remote is designed to be used with the AlphaFit 6 Digit Timer. Pick up a replacement or invest in a back up that you can store in a safe place for those occasions when you just can't remember the last place you had it.



360° BARBELL BRUSH—NYLON

This nylon bristle brush will keep your bars' knurling free of debris for a more consistent grip. Cleans any barbell, kettlebell, dumbbell or fixed weight bar of built-up chalk, sweat or debris in seconds.

- ✓ Flexible in the hand
- ✓ Safe to use on powdercoat, Cerakote, zinc, or stainless steel finishes



360° BARBELL BRUSH—STEEL

With greater efficiency than other wire brushes on the market, easily remove surface rust and oxidation from old, tired barbells in the palm of your hand. Cleans any barbell, kettlebell, dumbbell or fixed weight bar of built-up chalk, sweat or debris in seconds.

- ✓ Flexible in the hand
- ✓ Steel bristles may scuff coated bars. This product is not recommended for powdercoat or Cerakote barbells

REPLACEMENT PARTS

KEEP YOUR EQUIPMENT AT THE TOP OF ITS GAME!

After years of wear and tear you might find your equipment needs a face lift. Replacement pads, plastics and bases are a cost effective way to upgrade your gear and continue to get the most value out of your equipment.

CASE STUDIES

132

Iona College

South Sydney Rabbitohs

LSKD

University of the Sunshine Coast

Newcastle Knights

Hype Health Club Pimpama

Queensland Academy of Sport

Carlton FC

World Gym Stafford

Fitstop Nerang

Gold's Gym Kippa Ring

St Joseph's Gregory Terrace

TotalFusion Lions

No.1 Grant Avenue



IONA COLLEGE

Iona College is an all-boys Catholic College located in Brisbane with a focus 'on educating and empowering young men to dare to make a positive difference throughout their lives and to the lives of others'. The College provides an extensive sports program, seeking to nurture the physical talents of Iona's students, whilst supporting their academic potential. When it came time for Iona to upgrade their new gym space, they approached AlphaFit because they were impressed with the quality of equipment and local manufacturing.

Utilising our Gym Designer Service, Iona College achieved both a strength and functional focused facility that they were after. AlphaFit designed a custom 4 Cell Freestanding Low Rig with half of the rig configured with monkey bars. To maximise on space, Iona ran a conditioning sled track through the middle of the rig, this still provides enough room for up to 8 people to complete a range of movements within their squat stations.

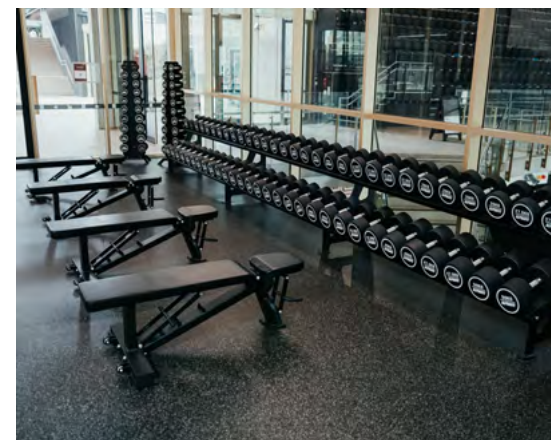
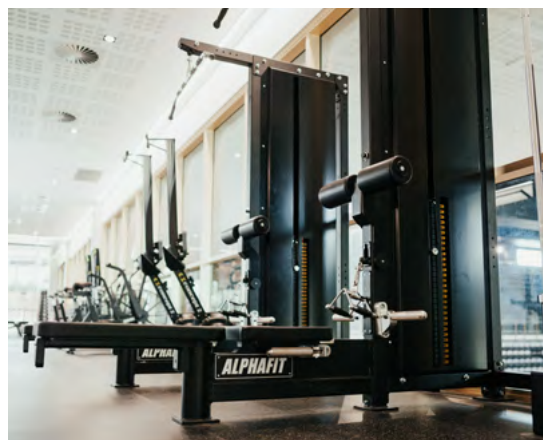
Undoubtedly a showpiece of the gym, AlphaFit's Freestanding Lat Pull Low Row Towers provide everything you need for a comprehensive upper body workout. Another key piece of the gym are the Functional Trainers which supplies limitless strength training options in one compact unit.

Iona College invested in various storage solutions, making it easier for their students to set up and pack away their gear. These storage solutions include: an Evolve Storage System, PU Dumbbell Rack, Wall Mounted Barbell Storage, Wall Mounted Plate Storage and Dumbbell Towers. Effective storage can be a challenge but AlphaFit delivers an unrivalled range of ready to purchase and custom storage solutions for every facility.

For strength training we supplied a variety of AlphaFit equipment including Utility Benches, a Push Pull Sled, PU Dumbbells and a GHD. To round out the fitout a range of conditioning equipment was selected including Soft Blocks, Battle Rope, Kettlebells and Medicine Balls.

ALPHAFIT EQUIPMENT FEATURED IN FITOUT

- | | |
|---|--------------------------------------|
| ✓ Custom 4 Cell Low Rig | ✓ PU Dumbbells |
| ✓ Origin J-Hooks | ✓ Utility Benches |
| ✓ Rig Attached Core Trainers | ✓ Black Competition Bumper Plates |
| ✓ Spotter Arms | ✓ Competition Steel Kettlebells |
| ✓ Dip Bars | ✓ Evolve Storage Systems |
| ✓ Functional Trainers | ✓ Wall Mounted Plate Storage 4 Pin |
| ✓ Core Freestanding Lat Pull Low Row Towers | ✓ Wall Mounted Storage Channel 450mm |
| ✓ Push Pull Sled | ✓ Barbell Storage Cube 9 Bar |
| ✓ GHD | ✓ Medicine Balls |
| ✓ PU Dumbbell Storage Rack | ✓ Soft Blocks |
| ✓ Dumbbell Towers | |



SOUTH SYDNEY RABBITOHS

The Heffron Centre is the home to the South Sydney Rabbitohs Football Club's high-performance centre. The Rabbitohs approached AlphaFit to manufacture and supply Australian-made premium equipment for their world-class training centre accessed by both NRL and NRLW players.

In consultation with Jack Milligan, Head Strength and Conditioning Coach, we created a high performance space that catered to rugby league strength and conditioning needs. The Rabbitohs were provided with a custom rig solution joining 4 x Double Half Cages with custom Logo Braces to form the ultimate strength training zone. The central Cages are connected with taller uprights and a crossbeam to allow players additional height to perform rope climbs and ring movements, including ring pull ups and muscle-ups.

Eight storage pins provide ample space to stow plates, and enable quick load changes with the weights close at all times. The Cages are accessorised with a range of attachments including: XL J-Hooks, Rig Attached Core Trainers, Dip Bars, Rig Attached Hip Thrusters, Spotter Arms, Barbell Storage and Jammer Arms. This configuration ensured everything the players and their coaches would require is all within arms reach.

The fitout included additional key strength pieces such as: a Functional Trainer, Lat Pull Low Row Tower, Pull Benches, Belt Squat, GHDs, 40 Degree Leg Press and Vertical Smith Machine. These Australian made commercial strength machines are all designed and engineered around providing the best experience for a 95th percentile male to 5th percentile female. This consideration means both NRL and NRLW players are sure to find a comfortable position to get the best out of their movements.

Everywhere you look throughout the gym, you will see custom Rabbitohs branded equipment. AlphaFit designed and supplied PU Dumbbells, Competition Bumper Plates, Change Plates and custom Stacked Logo Braces all bearing the iconic running white rabbit.

To home all the PU equipment they have dedicated storage solutions including Dumbbell Towers and a 2 Tier 3 Row PU Dumbbell Rack. Along the back of the room is a customised Evolve Storage System housing a wide range of mixed implements including, Dead Balls, Medicine Balls, Kettlebells and Sand Bags.

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|--|-------------------------------------|
| ✓ Double Half Cages with Storage | ✓ Core Belt Squat |
| ✓ Origin XL J-Hooks | ✓ Core 40 Degree Leg Press |
| ✓ Spotter Arms | ✓ Core Adjustable Utility Benches |
| ✓ Barbell Storage | ✓ Pull Benches |
| ✓ Rig Attached Hip Thrusters | ✓ PU Dumbbell Storage Rack |
| ✓ Rig Attached Core Trainers | ✓ Dumbbell Towers |
| ✓ Jammer Arms | ✓ Custom PU Dumbbells |
| ✓ Core Functional Trainer | ✓ Competition Bumper Plates - Black |
| ✓ Freestanding Core Lat Pull Low Row Tower | ✓ Soft Blocks |
| ✓ Cable Grips | ✓ Sand Bags |
| ✓ Core Vertical Smith Machine | ✓ Medicine Balls |
| ✓ Push Pull Sleds | ✓ Evolve Storage System |
| ✓ GHD | ✓ Weight Trees |



The technical knowledge, attention to detail, and ongoing commitment from the team at AlphaFit have been crucial assets in assisting us in the design of one of the premier high performance gyms in the country. The NRL is a gruelling competition. The demands placed on the players and their bodies means that the development of underpinning strength and power adaptations is critical to their robustness and performance through the season. Facilities can often present barriers or constraints to strength and power programming and individualisation in team sports. By collaborating with AlphaFit and producing a spacious, free flowing facility, these barriers have been removed.

The planning process of the fitout was efficient and highly customisable. From a training perspective, we have been particularly impressed with the quality and function of the Australian-made Core Vertical Smith Machine, and the variation and adaptability of AlphaFit's bespoke rig attachments. We are incredibly grateful for our relationship with the Team at AlphaFit, and their influence on the environment that the South Sydney Rabbitohs players call home cannot be understated.

Jack Milligan – NRL Strength & Conditioning Coach, South Sydney Rabbitohs



LSKD

LSKD is an Australian-owned and operated brand that prides itself in producing high-quality functional sportswear with a street aesthetic. Established in 2007, LSKD has become a globally recognised company with several warehouses across the country and expanding internationally. With the expansion of LSKD, a new purpose-built headquarters was developed in Logan. The LSKD HQ features a 120-square-metre gym for the team and ambassadors to train and test products. Working together, AlphaFit and LSKD achieved a space that can be used for content creation as well as being a fully functional gym for staff.

A black 2 Cell Low Rig with a 18000mm spacing was chosen to maximise floorspace. This impressive facility features many key pieces of equipment including a Freestanding Core Lat Pull Low Row Tower, Functional Trainer and Deadlift Platform. LSKD invested in various storage solutions, making it easier for their staff to set up and pack away their gear. These storage solutions include: Weight Plate Tree with Machined Pins and 2 Bar Storage, Toaster Rack with Change Plate Rack, Evolve Storage System, PU Dumbbell Rack and Dumbbell Tower. Effective storage can be a challenge but AlphaFit delivers an unrivalled range of storage solutions for every facility. To cover strength and conditioning AlphaFit provided a range of equipment including: an Concept2 Rower, Bike Erg, Ski Erg, Assault Air Bike, Assault Runner, Hex Dumbbells and Mixed Implements. The custom sled track and premium rubber gym tiles were supplied by our sister company Arena Flooring.

LSKD

We wanted to create a space that was for our team to train but also at the same time we could test our products with our performance sportswear, to our community coming in to train, to local gyms coming to train.

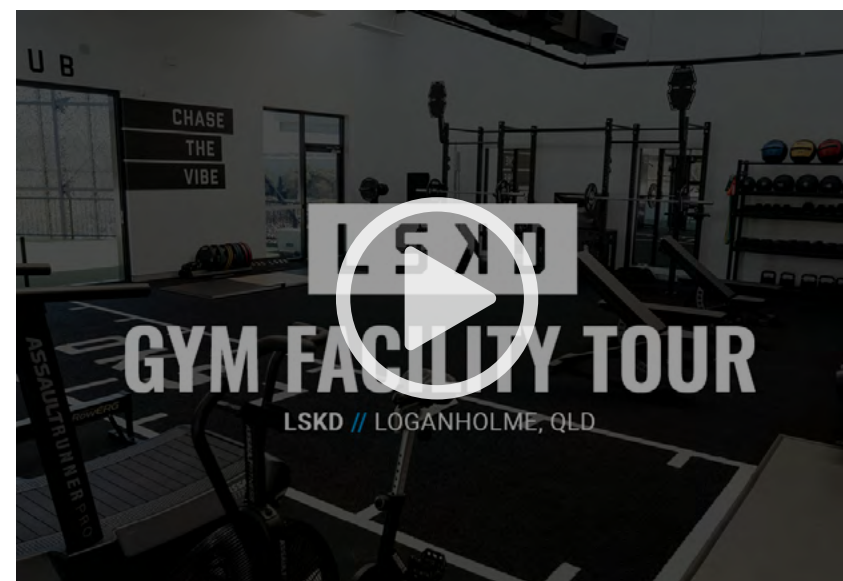
Jason Daniel – Founder & CEO, LSKD

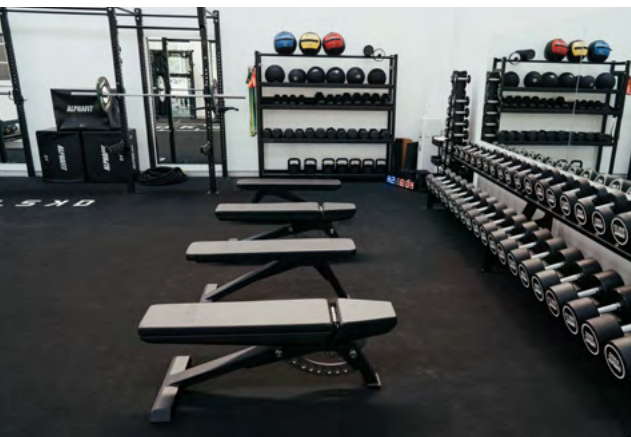
One of our core values is to create a community, and you've got to start with the community first your team... We bring trainers in to get people who wouldn't normally work out together and to connect up all of our departments.

Keith Glindemann – COO, LSKD

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|--|------------------------------|
| ✓ 2 Cell Low Rig | ✓ PU Dumbbells |
| ✓ Freestanding Core Lat Pull Low Row Tower | ✓ Hex Dumbbells |
| ✓ Functional Trainer | ✓ Dumbbell Tower |
| ✓ Deadlift Platform | ✓ Concept2 Rower |
| ✓ Weight Plate Tree with Machined Pins and 2 Bar Storage | ✓ Concept2 Bike Erg |
| ✓ Toaster Rack with Change Plate Rack | ✓ Assault Air Bike |
| ✓ Evolve Storage System | ✓ Mixed Implements |
| ✓ PU Dumbbell Rack | ✓ Push Pull Sled |
| | ✓ Sled Track |
| | ✓ Flooring by Arena Flooring |





UNIVERSITY OF THE SUNSHINE COAST

The fitout for University of the Sunshine Coast (USC) high performance gym is fully equipped with premium strength and conditioning equipment to perform high calibre training and testing needed for USC student athletes.

The state-of-the-art facility features many key pieces of equipment including the Core Belt Squat, 4 × Core Lat Pull Low Row Towers connected with crossbeams, 2 × Core Cable Cells connected with Stacked Logo Braces and 7 × Double Half Cages with Storage.

Another feature piece of equipment in this fitout is the Core Vertical Smith Machine with the Top Stop and Lockout features. The Core Vertical Smith Machine removes the factor of angled force or side loads, making it perfect for gathering anthropometric data. Also fitted with a lifting platform, the Core Vertical Smith Machine can be used to conduct force pad testing.

Other strength and conditioning equipment supplied include 2 × Pull Benches, GHD and Dual Pendulum Reverse Hyper, along with a range of mixed implements.

ALPHAFIT EQUIPMENT FEATURED IN FITOUT

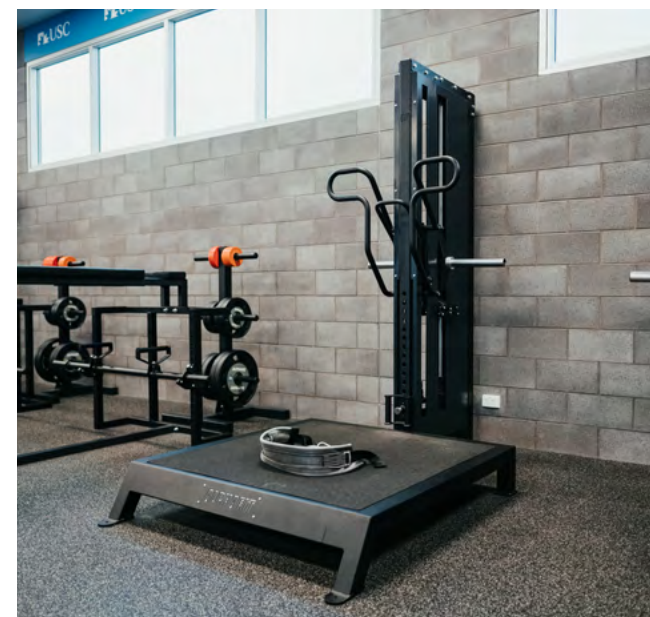
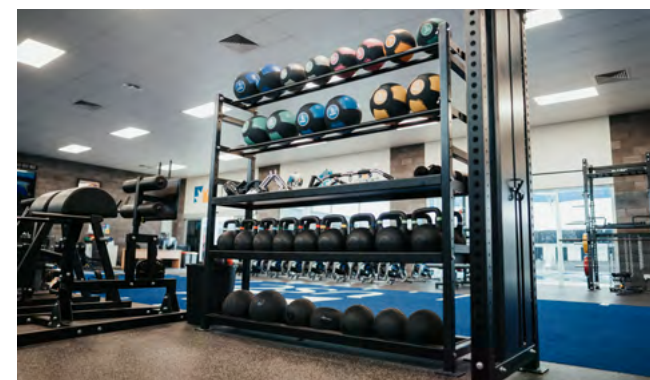
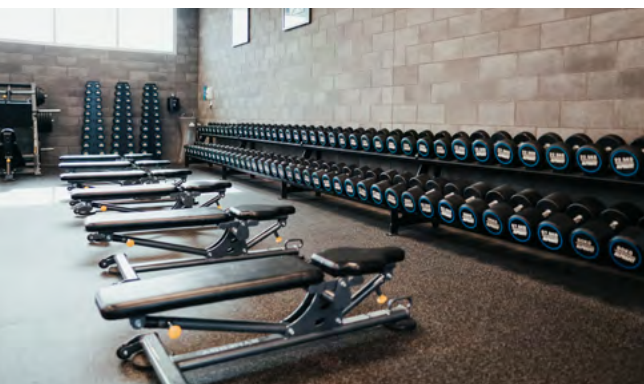
- ✓ 4 × Core Lat Pull Low Row Towers connected with crossbeams
- ✓ 2 × Core Cable Cells connected with Stacked Logo Braces
- ✓ 7 × Double Half Cell Cages
- ✓ 1 × Core Vertical Smith Machine with Top Stop and Lockout
- ✓ 1 × Core Belt Squat
- ✓ Jammer Arms
- ✓ Dip Bars
- ✓ Spotter Arms
- ✓ GHD
- ✓ Dual Pendulum Reverse Hype
- ✓ 2 × Pull Benches
- ✓ Push Pull Sled
- ✓ PU Weight Plates
- ✓ PU Dumbbells
- ✓ 2 Tier PU Dumbbell Storage Racks
- ✓ Dumbbell Towers
- ✓ Evolve Storage System
- ✓ Black Endure Barbells
- ✓ Competition Bumper Plates
- ✓ Soft Blocks
- ✓ Mixed implements



When deciding on what equipment to install in the new Aquatic and Recovery Centre at USC in 2019, I met with several companies and considered a range of equipment options. On my first meeting with Jamie, I felt that AlphaFit would be the right fit for our facility. Not only was the equipment a perfect fit for the high-performance sport teams we had, but Jamie and his team were excellent to work with from design to install. I was able to get the exact fit out I wanted including colour, quality and customisations with logos. My experience with AlphaFit has set the benchmark for customer service and support. I would recommend the AlphaFit equipment and team to anyone wishing to develop a facility with first class equipment.

Mark McKean — Head of Physical Performance in High-Performance Sport, University of Sunshine Coast





NEWCASTLE KNIGHTS

Officially known as District Park, is the home to the Newcastle Knights Football Club. The Centre is located in the heart of the Hunter Sports and Entertainment Precinct, just metres from McDonald Jones Stadium. The Knights approached AlphaFit to supply Australian-made premium equipment for their world-class training centre accessed by both NRL and NRLW players.

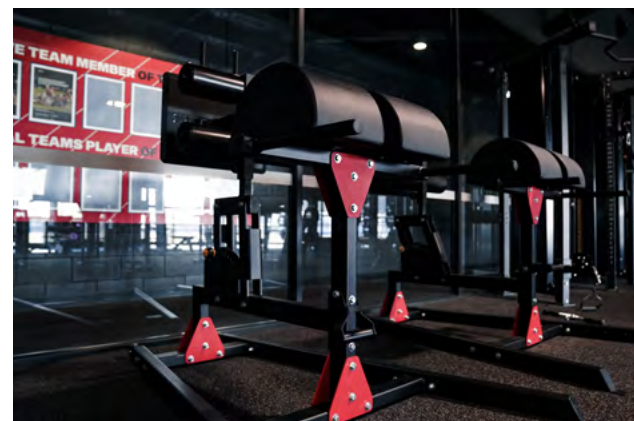
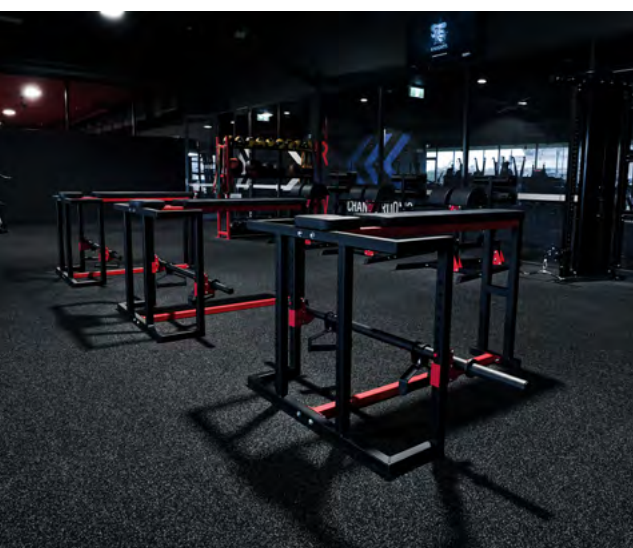
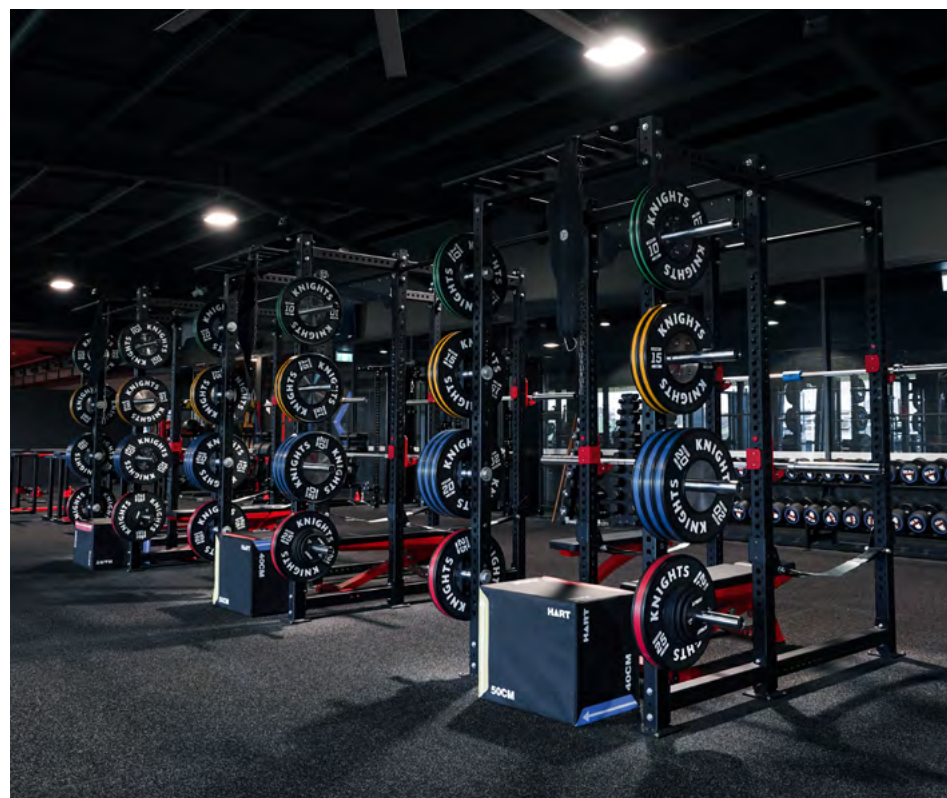
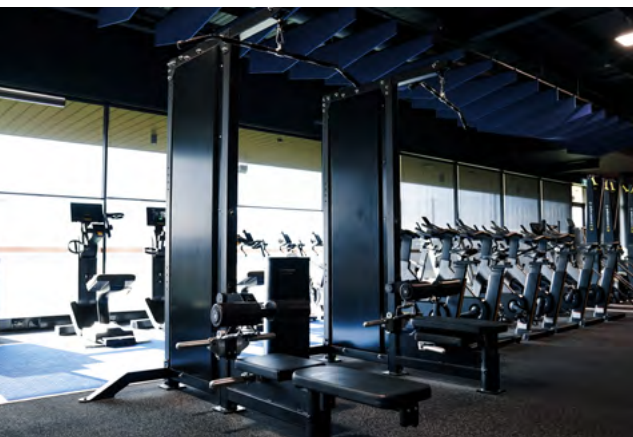
The fitout included key strength pieces including 5x Single Cages with Storage, 5x Half Cages with Storage, 2x Core Functional Trainers, 2x Freestanding Core Lat Pull Low Row Tower, 3x Pull Benches and a Core Vertical Smith Machine.

Everywhere you look at the gym you will see custom Newcastle Knights branded PU Dumbbells and custom stacked logo braces. To home all the PU equipment Springfield has a Dumbbell Towers and a 2 Tier 5 Row PU Dumbbell Rack. Along the back of the room is an custom Evolve Storage System with a wide range of mixed implements including, Wall Balls, Medicine Balls, Kettlebells and Hex Dumbbells.

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|--|--------------------------------------|
| ✓ Single Cages with Storage | ✓ Push Pull Sled |
| ✓ Half Cages with Storage | ✓ Mini Sleds |
| ✓ Origin XL J-Hooks | ✓ GHD |
| ✓ Sling Bracket Spotting Set | ✓ Top Load Farmers Walk Handles |
| ✓ Spotter Arms | ✓ Core Adjustable Utility Benches |
| ✓ Rig Attached Hip Thrusters | ✓ Core Flat Utility Bench |
| ✓ Rig Attached Core Trainers | ✓ Pull Benches |
| ✓ Gooseneck Power Band Rail Pair | ✓ PU Dumbbell Storage Rack |
| ✓ Jammer Arms | ✓ Dumbbell Towers |
| ✓ Core Functional Trainer | ✓ Custom PU Dumbbells |
| ✓ Freestanding Core Lat Pull Low Row Tower | ✓ Competition Bumper Plates - Colour |
| ✓ Cable Grips | ✓ Soft Blocks |
| ✓ Core Vertical Smith Machine | ✓ Competition Steel Kettlebells |
| | ✓ Evolve Storage System |





HYPE HEALTH CLUB PIMPAMA

Hype Health Clubs are a family owned and operated 24/7 gym with a variety of fitness options to suit any level. The gym spans over two levels and features a fully equipped functional and strength training areas, spin room, and group fitness. Their mission is 'to establish a worldwide network where our members feel valued and fulfilled, creating a sense of belonging.'

Undoubtedly a showpiece of the gym, AlphaFit's signature Freestanding 12 Tower Multi Station construction provides everything you need for a comprehensive upper or lower body workout. Another key feature of the gym is the fully equipped functional zone which supplies limitless training options. The 18m x 1.8m custom sled track supplied by Arena Flooring offers a space for their members to conduct a variety of movements including: sled push pulls, sprints, farmers walks, lunges and much more.

AlphaFit connected 4 x Half Cages with a 1800mm pull up bars for maximum functionality. The power cages are accessorised with a range of black attachments including: XL J-Hooks, Spotter Arms, Cage Mounted Barbell Storage and Storage Pin with Shoulders creating a consistent, sleek aesthetic.

For strength training we supplied a variety of equipment including Fixed Benches, Push Pull Sled, Custom PU Dumbbells, Custom PU Fixed Barbells and Custom PU Fixed Curl Bars, Core Flat Utility Bench and Core Adjustable Utility Bench. To round out the fitout a range of conditioning equipment was selected including an Assault Air Bike, Ski Ergs, Plyometric Boxes, Dead Balls, Kettlebells and Wall Balls.



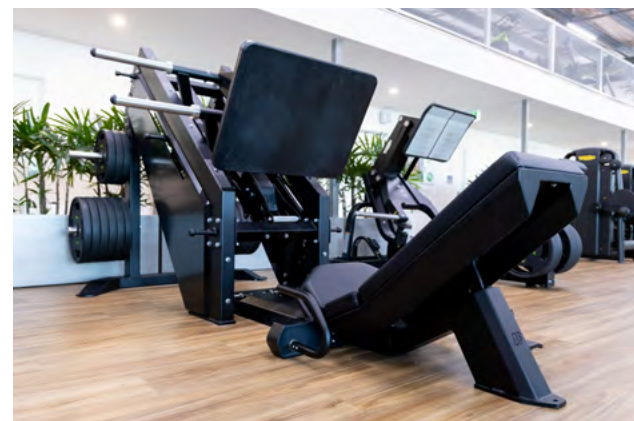
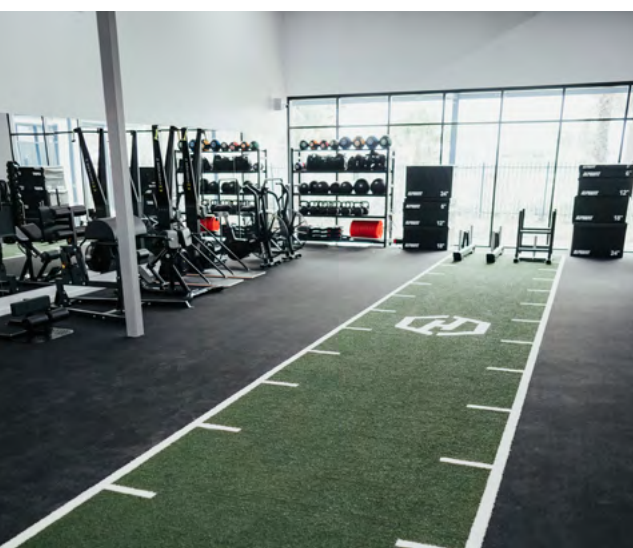
AlphaFit have built their reputation on a range of 100% Australian made Rigs and Racks that exemplify everything AlphaFit stands for – they have been designed and built by AlphaFit at their Gold Coast manufacturing facility with unrivalled attention to detail and quality, delivering a product that is second to none. We love their company ethos and love supporting fellow locals where we can. Jamie is passionate about quality and innovation, hand designing a lot of pieces himself. His love for design has led him to create some well thought out, unique pieces.

Sasha Moase – Area Manager, Hype Health Clubs

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|--|---|
| ✓ 4 Connected Half Cages | ✓ PU Dumbbell Storage Rack |
| ✓ Spotter Arms | ✓ Revolving Vertical Fixed Barbell Storage Racks |
| ✓ Custom Stacked Logo Brace | ✓ Dumbbell Towers |
| ✓ Custom Core Multi Station with 12 cable towers | ✓ Custom PU Dumbbells |
| ✓ Core 40 Degree Leg Press | ✓ Colour Endure Bumper Plates |
| ✓ Core Adjustable Preacher Curl Seated | ✓ Custom PU Coated Weight Plates |
| ✓ Core Back Extension | ✓ High Grip Dead Balls |
| ✓ GHD | ✓ Competition Steel Kettlebells |
| ✓ Reverse Hyper | ✓ Standard Battle Rope |
| ✓ Top Load Farmers Walk Handles | ✓ Custom PU Fixed Weight Straight and Curl Barbells |
| ✓ Fixed Benches | ✓ Evolve Storage System |
| ✓ Core Adjustable Utility Benches | ✓ Assault Air Bike |
| ✓ Core Flat Utility Benches | ✓ Flooring by Arena Flooring |





QUEENSLAND ACADEMY OF SPORT

The QAS support high-performance sports, focusing on athletes competing at the Olympic, Paralympic, or Commonwealth Games. The QAS were provided with a custom rig solution joining 4 x Single Cages together with 4 x Half Cages to form the ultimate training zone. The cages are connected with taller uprights to allow the athletes additional height to perform rope climbs and ring movements including ring pull ups and muscle-ups. On the back of each of the Half Cages are 8 premium storage pins so they can keep the weights close at all times. The cages are accessorised with a range of black attachments including: XL J-Hooks, Rig Attached Core Trainers, Dip Bars, Rig Attached Hip Thrusters, Gooseneck Power Band Rail Pair, Sling Bracket Spotting Set, Spotter Arms, Barbell Storage and Jammer Arms.

Another key piece of the gym is AlphaFit's signature Freestanding 8 Tower Multi Station construction which provides everything the athletes need for a comprehensive upper or lower body workout. For strength training we supplied a variety of equipment including an AlphaFit Core Belt Squat, Core Vertical Smith Machine, GHDs, Pull Benches, Push Pull Sled, PU Dumbbells, Top Load Farmers Walk Handles, Core Flat Utility Benches and Core Adjustable Utility Benches.

The QAS invested in various storage solutions, making it easier for their athletes to set up and pack away their gear. These storage solutions include: Weight Plate Trees, Wall Mounted Yoga Mat Storage, PU Dumbbell Storage, Dumbbell Towers, Evolve Storage Systems and Barbell Storage Cubes. To round out the fitout a range of conditioning equipment was selected including Climbing Ropes, Medicine Balls, Soft Blocks, Kettlebells and Dead Balls.

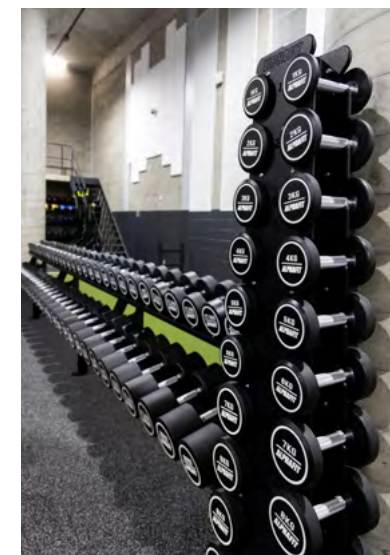
QAS

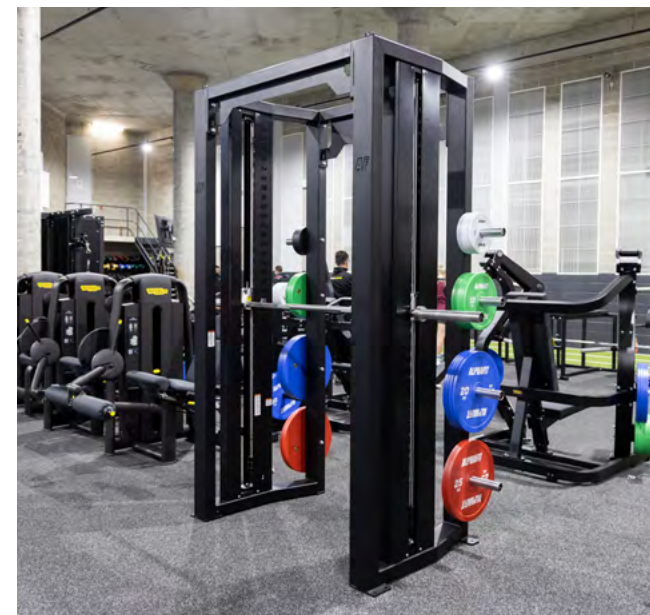
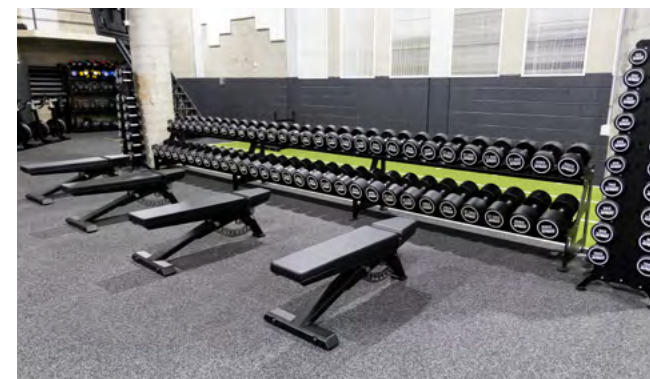
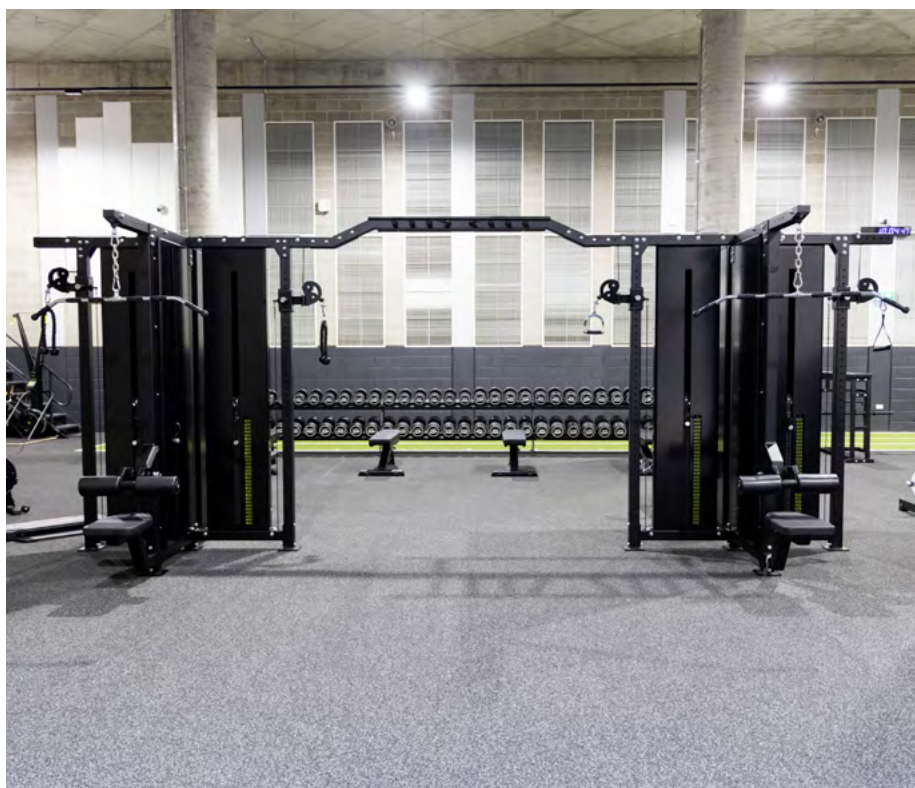
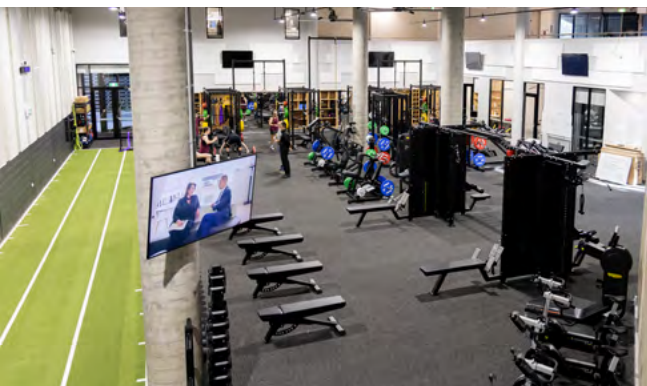
At the Queensland Academy of Sport, it is paramount that our training facilities offer access to world-class equipment in order to best support QAS supported athletes. We approached AlphaFit to discuss the fit out of our newest training centre at the Sleeman Sports Complex and have been very happy with the quality of the equipment and the customer service we received. We required commercial-grade strength and conditioning equipment to suit a wide variety of athletes competing at the highest level across 20+ sports. The thorough consultation process including initial equipment selection and room layout ensured we were able to provide a range that suited our needs. So far, we are impressed with the quality of the AlphaFit products and feel confident we have delivered a world-class training facility to support athletes as they prepare for the Paris 2024 Olympic and Paralympic Games and beyond.

**Matt Hass — Head of Strength & Conditioning,
Queensland Academy of Sport (QAS)**

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|--|--------------------------------------|
| ✓ Custom Rig | ✓ GHD |
| ✓ Spotter Arms | ✓ Top Load Farmers Walk Handles |
| ✓ Rig Attached Core Trainers | ✓ Core Adjustable Utility Benches |
| ✓ Rig Attached Hip Thrusters | ✓ Core Flat Utility Bench |
| ✓ Gooseneck Power Band Rail Pair | ✓ Pull Benches |
| ✓ Jammer Arms | ✓ PU Dumbbell Storage Rack |
| ✓ Dip Bars | ✓ Dumbbell Towers |
| ✓ Cage Mounted Barbell Storage | ✓ Custom PU Dumbbells |
| ✓ Core Multi Station with 8 cable towers | ✓ Competition Bumper Plates - Colour |
| ✓ Core Belt Squat | ✓ Calibrated Steel Weight Plates |
| ✓ Core Vertical Smith Machine | ✓ High Grip Dead Balls |
| ✓ Push Pull Sled | ✓ Competition Steel Kettlebells |
| | ✓ Evolve Storage System |





CARLTON FOOTBALL CLUB

Princes Park, officially known as IKON Park, is the traditional home of the Carlton Football Club. As part of the 2020-2021 IKON Park redevelopment, the Lincoln Family High Performance Centre received funding to upgrade its gym and facilities. Carlton approached AlphaFit to supply equipment for the world-class training centre accessed by both AFL and AFLW players.

The fitout included key strength pieces including a Freestanding Cable Cell with a custom Carlton logo brace, 3 x Freestanding Lat Pull Low Row Towers, 2 x GHDs, 2 x Hip Thrusters and 3 x Pull Benches. Also supplied was a range of conditioning equipment including Battle Ropes, Competition Kettlebells, Medicine Balls and Plyo Boxes.

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

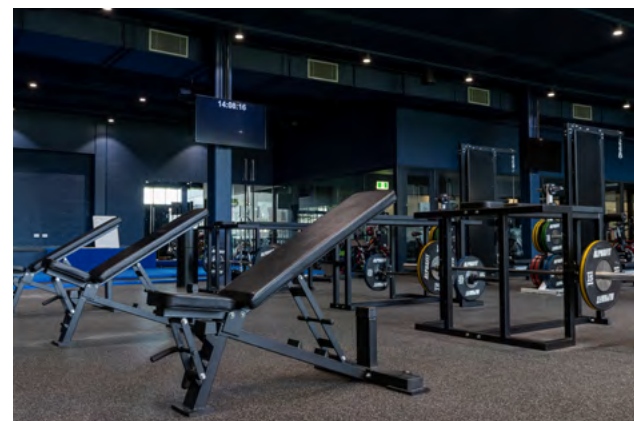
- | | |
|---|--------------------------------|
| ✓ Core Freestanding Cable Cell | ✓ Competition Bumper Plates |
| ✓ Core Freestanding Lat Pull Low Row Towers | ✓ Competition Change Plates |
| ✓ GHDs | ✓ Lock Jaw Collars |
| ✓ Hip Thrusters | ✓ 63" Soft Block Set |
| ✓ Pull Benches | ✓ 3 in 1 Foam Plyo Boxes |
| ✓ Sissy Squats | ✓ Battle Ropes |
| ✓ Parallettes | ✓ Competition Kettlebells |
| ✓ Adjustable Utility Benches | ✓ Medicine Balls |
| ✓ Endure Barbells | ✓ Dip Belts |
| ✓ Olympic Curl Barbells | ✓ 30kg Adjustable Weight Vests |
| ✓ Barbell Storage Cubes | ✓ Assault Air Bikes |



Carlton couldn't be happier with the quality and service provided by the team at AlphaFit. The AlphaFit equipment is ideal for use by professional athletes, it is robust, durable, reliable and customisable. The team at AlphaFit have done an amazing job fitting out our new facility for both the AFL, AFLW, VFL & VFLW teams. The equipment, made here in Australia is the most superior in the market and provides the greatest functionality for the athletes. All of our athletes are extremely fortunate to be able to train with such quality equipment, and in such a visually appealing environment. Our goal is to build resilient and strong athletes to be able to perform consistently on the field. AlphaFit certainly play an important role in our club achieving this outcome.

Andrew Russell — Director of High Performance, Carlton Football Club





WORLD GYM STAFFORD

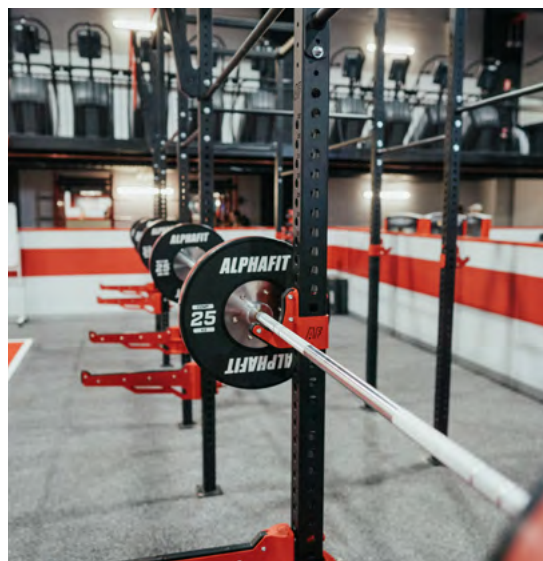
World Gym Stafford is an impressive fitout and the first to feature the new AlphaFit Heavy Boxing Bag Towers. With 6 Towers lined up within the functional area, the Heavy Boxing Bag System demands your attention. Across from the Boxing Towers is a Fully Braced High Rig with a range of rig attachments including; Wall Ball Targets, Spotter Arms, Dip Bars and Core Trainers. Also included in the functional area is 2 × custom Evolve Storage Systems home to multiple mixed elements including; Wall Balls, Dead Balls, Kettlebells, Battle Ropes, Plyometric Boxes and more.

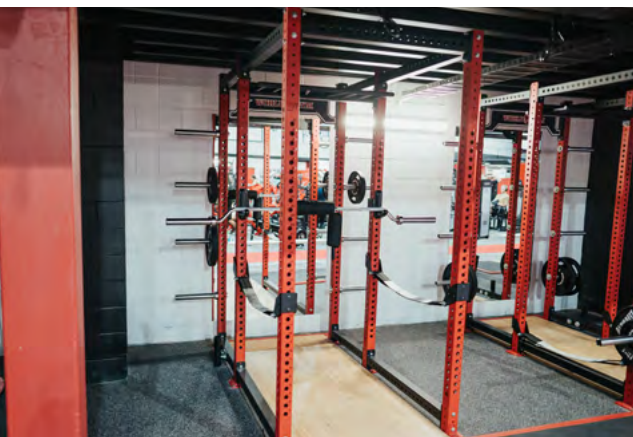
Moving into the strength section you can find a 16 Tower Cable Multi Station joined with Core Bridge Multi Grips and equipped with a range of cable attachments and a range of other strength equipment including; Pull Bench, Reverse Hyper and a Bench Press. With World Gym members serious about their lifting World Gym Stafford includes 4 × Cages with Custom Logo Braces, Lifting Platforms, Plate Storage and Spotting Systems.

Dumbbell storage isn't an issue for World Gym Stafford, with 2 × 1 Tier PU Dumbbell Storage Racks. Other storage solutions at Stafford include; 5 × Dumbbell Towers, 3 × Weight Plate Trees, 2 × Freestanding Bumper Plate Storage racks and 2 × Revolving Fixed Bar Racks.

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|---|---|
| ✓ 3 Cell Fully Braced High Rig | ✓ 2 × Custom Evolve Storage Systems |
| ✓ Cable Multi Station—16 Tower | ✓ Lifting Platforms |
| ✓ 2 × Single Cages with Storage and Lifting Platforms | ✓ Competition Bumper Plates |
| ✓ 2 × Half Cages with Storage and Lifting Platforms | ✓ 20 × 20kg Endure Barbells |
| ✓ 6 × Heavy Boxing Towers | ✓ Custom PU Weight Plates, Dumbbells and Fixed Bars |
| ✓ 2 × Freestanding Bumper Plate Storage | ✓ GHD |
| ✓ 2 × 1 Tier Dumbbell Racks | ✓ Pull Bench |
| ✓ 5 × Dumbbell Towers | ✓ Reverse Hyper |
| ✓ 2 × Revolving Fixed Bar Racks | ✓ Bench Press |
| ✓ 3 × Weight Plate Tree with 2 Bar Storage | ✓ Push Pull Sled |
| | ✓ Mixed Implements |





FITSTOP NERANG

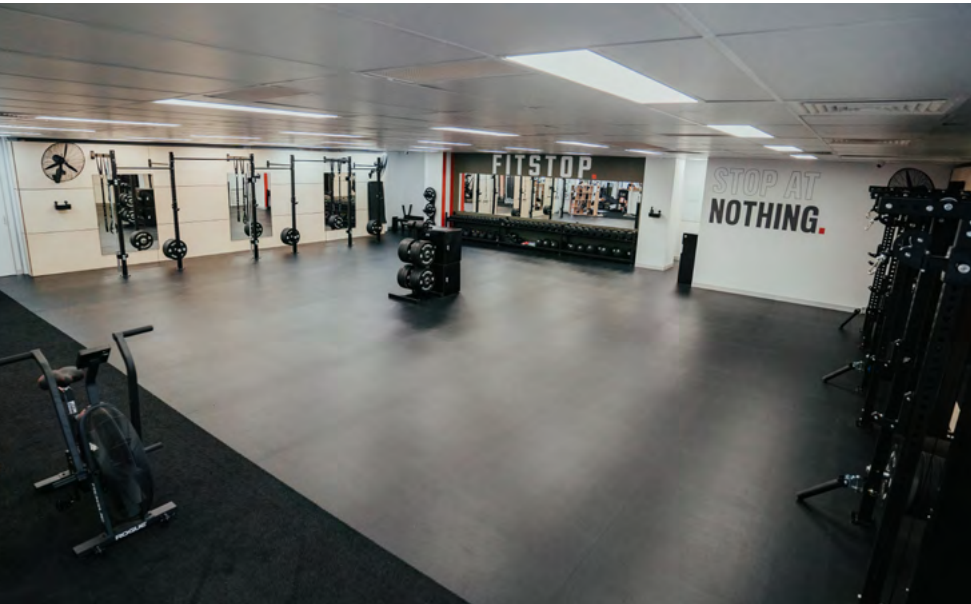
Fitstop Australia is one of Australia’s fastest-growing functional fitness franchises. From their first studio in 2017, the company has grown to more than 50 franchised facilities across Australia in 2021.

Opening as gym #53 for the franchise, Fitstop Nerang is one of the first locations to include the new custom Fitstop 3 Cell Cable Rig and Fitstop Floating Wall Frames. This new fitout design will allow for further advances in the Fitstop programming and greater gains for Fitstop members.

The facility embraces the Fitstop formula training methodology of Fit, Fast and Functional—a balanced delivery of three different training styles incorporated in 45-minute group workout sessions. It is a unique concept aimed at improving both cardiovascular fitness and strength training for its members.

The gym fitout design at Fitstop Nerang includes 1 x 3 Cell Low Wall Mounted Rig, 1 x 3 Cell Cable Wall Mounted Rig, custom J-Hooks featuring their laser-cut brand logo, Rig Attached Core Trainers, cable grips and rig storage solutions. This fitout design offers maximum functionality for their members to train effectively and efficiently.

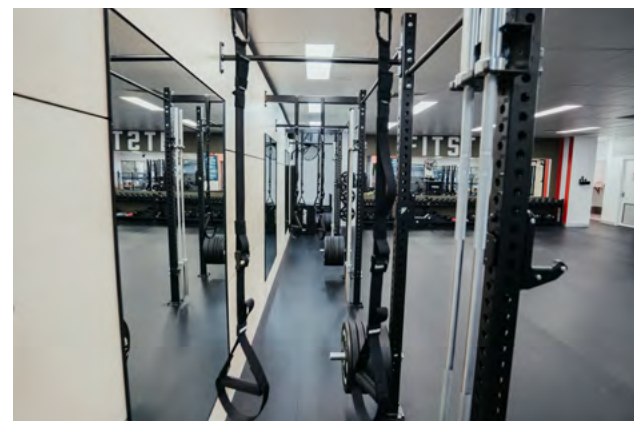
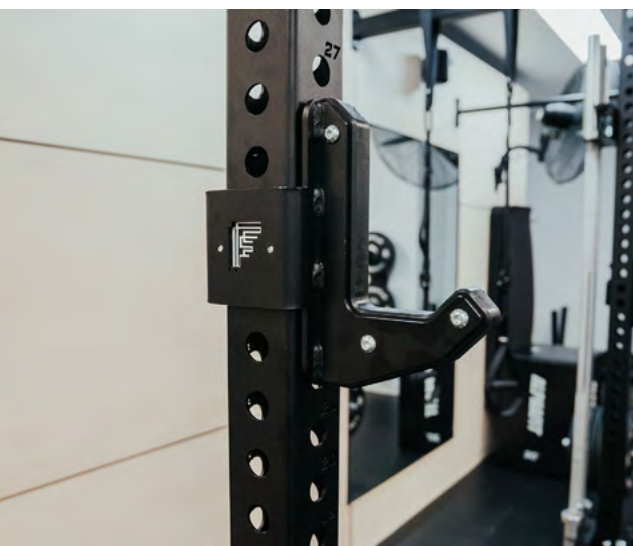
The Fitstop methodology includes a sizeable variety of different workouts requiring a range of strength and conditioning equipment. Equipment includes barbells, bumper plates, dumbbells, kettlebells, dead balls, foam plyo boxes, power bands, flat utility benches and more.



ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|---------------------------------|------------------------|
| ✓ 3 Cell Low Wall Mounted Rig | ✓ Endure Barbells |
| ✓ 3 Cell Cable Wall Mounted Rig | ✓ Endure Bumper Plates |
| ✓ Fitstop Floating Wall Frames | ✓ Cable Grips |
| ✓ Custom Logo Origin XL J-Hooks | ✓ Flat Utility Benches |
| ✓ Rig Attached Core Trainers | ✓ Suspension Trainers |
| ✓ Rig Mounted Barbell Storage | ✓ SkiErgs |
| ✓ Storage Pins with Shoulder | |
| ✓ Wall Mounted Barbell Storage | |
| ✓ Wall Mounted Plate Storage | |
| ✓ Custom Evolve Storage System | |
| ✓ Weight Plate Tree | |
| ✓ 3-in-1 Foam Plyo Boxes | |





GOLD'S GYM KIPPA RING

Gold's Gym has become one of the most well-known fitness companies in the world, now having over 700+ global facilities across 6 continents. Their dedication and commitment to creating a world-class gym led to a collaboration with AlphaFit to fitout their new Kippa Ring location with premium fitness equipment.

The main feature of the Gold's Gym functional zone is AlphaFit 3 Cell Fully Braced High Rig which supplies limitless training options. It delivers maximum stability, perfect for this high traffic centre. Gymnastics, lifting, accessory work or stretching, their members can complete a full training program on this rig. The rig has been accessorised with a range of yellow attachments and components including: XL J-Hooks, Spotter Arms and Compact Dual Trapezoid Wall Ball Targets creating a consistent, sleek aesthetic.

Gold's Gym Kippa Ring invested in various storage solutions, making it easier for their members to set up and pack away their gear. These storage solutions include: Weight Plate Tree 4 Bar, Wall Mounted Yoga Mat Storage, PU and Hex Dumbbell Storage, Fixed Bar Storage and Dumbbell Tower. Effective storage can be a challenge but AlphaFit delivers an unrivalled range of ready to purchase and custom storage solutions for every facility from the smallest home gym to large commercial fitness centres.

To cover strength and conditioning AlphaFit provided a range of equipment including: Assault Bikes, Battle Ropes, Ski Ergs, Push Pull Sleds, Hex Dumbbells, 3 in 1 Foam Plyometric Boxes and Mixed Implements.



Genuinely appreciate the contribution that AlphaFit made recently to our two newest Gold's Gym clubs in Queensland. At Gold's Gym Kippa-Ring, AlphaFit were able to custom design a world class functional training experience in a space we like to call Muscle Park. It included an impressive 3 cell rig with attachments such as Spotter Arms, dip bars, hip thrusters, wall ball targets and much more.

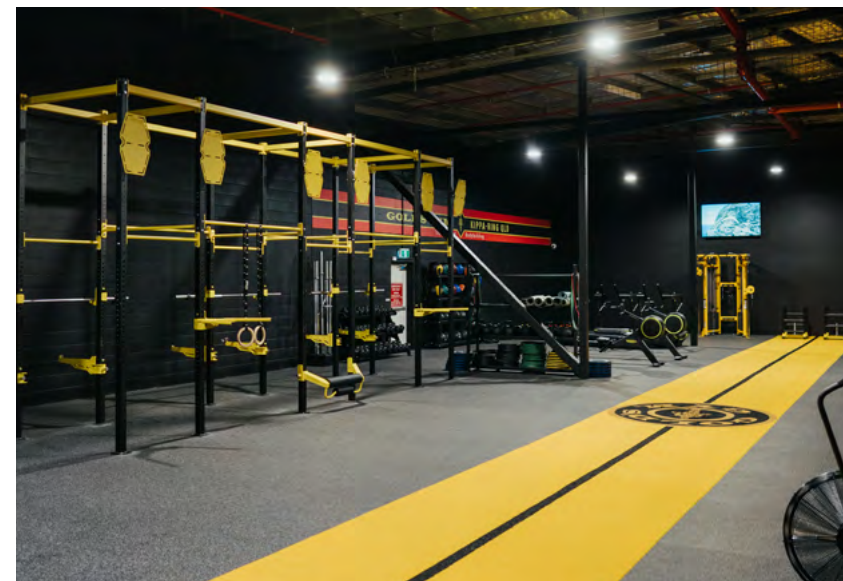
Jamie Montesalvo's passion for his products & services is clearly contagious as it shows up through the whole team at AlphaFit. Shout out to Sales Manager Will Goldenberg who worked closely with me to put the necessary components together to create Muscle Park and to Levi who headed up our delivery & install and worked tirelessly (and all night) to install the pieces required to bring Muscle Park to life. We chose AlphaFit to supply us because I genuinely believe they are market leading in what they provided.

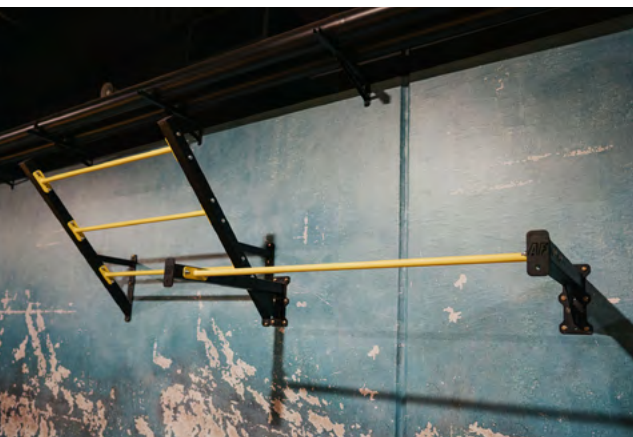
Having this specialised knowledge located so close to home is an important partnership for Gold's Gym Australia going forward.

Glen Farrow — Gold's Gym Chief Operating Officer

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|----------------------------------|-----------------------------------|
| ✓ 3 Cell Fully Braced Rig | ✓ Hex Dumbbells |
| ✓ Rig Attached Core Trainers | ✓ Hex Dumbbell Storage Rack |
| ✓ Origin XL J-Hooks | ✓ Pull Bench |
| ✓ Spotter Arms | ✓ Black Competition Bumper Plates |
| ✓ Rig Attached Hip Thrusters | ✓ Custom PU Coated Weight Plates |
| ✓ Dip Bars | ✓ High Grip Dead Balls |
| ✓ Compact Dual Wall Ball Targets | ✓ Competition Steel Kettlebells |
| ✓ Push Pull Sleds | ✓ Evolve Storage Systems |
| ✓ PU Dumbbell Storage Rack | ✓ Assault Air Bikes |
| ✓ Dumbbell Towers | ✓ Ski Ergs |
| ✓ PU Dumbbells | ✓ Sled Track by Arena Flooring |





ST JOSEPH'S COLLEGE, GREGORY TERRACE

St Joseph's College, Gregory Terrace is an all-boys Catholic School located in Brisbane with a focus on providing the best possible coaching programs and facilities to their students. When it was time for Gregory Terrace to upgrade their two-floor gym space, they approached AlphaFit because they were impressed with our quick lead times and local manufacturing.

Utilising our Gym Designer Service St Joseph's College achieved the strength and conditioning focused facility they were after. To ensure good space economy the two level facility was split into two zones. The top floor became a dedicated functional training zone incorporating 1 x 3 Cell Ceiling Mounted Monkey Bar Rig, 1 x 3 Cell Rig Mounted Gymnastics Wall, 2 x GHDs, 2 x Assault Air Bikes and 2 x C2 SkiErgs. Along the back wall a 12m long Evolve Storage System was installed providing ample storage space.

The ground floor of the facility focused on strength training and included 12 x Half Cages with Storage Pins and Rig Mounted Flat Shelf Storage, housing our Competition Kettlebells and Dead Balls. Each cage was stocked with Black Competition Bumper Plates, Origin XL J-Hooks, Spotter Arms, 20kg Endure Barbells, Olympic Curl Barbells, Rickshaw Barbells and Dip Bars. Along with the impressive cage set up the lower level also included 2 x Freestanding Lat Pull Low Row Towers, 2 x Dumbbell Towers with Hex Dumbbells and 2 x Adjustable Utility Benches.

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- | | |
|---|-----------------------------------|
| ✓ 12 x Half Cages | ✓ Dumbbell Towers |
| ✓ 3 Cell Ceiling Mounted Monkey Bar Rig | ✓ Hex Dumbbells |
| ✓ 3 Cell Rig Mounted Gymnastics Wall | ✓ Black Competition Bumper Plates |
| ✓ 2 x Freestanding Lat Pull Low Row Tower | ✓ 20kg Endure Barbells |
| ✓ Origin XL J-Hooks | ✓ Olympic Curl Barbells |
| ✓ Dip Bars | ✓ Rickshaw Barbells |
| ✓ Spotter Arms | ✓ Assault Air Bikes |
| ✓ Rig Mounted Flat Shelving | ✓ C2 SkiErgs |
| ✓ Storage Pins with Shoulder | ✓ Competition Kettlebells |
| ✓ Cage Mounted Barbell Storage | ✓ High Grip Dead Balls |
| ✓ GHDs | ✓ Adjustable Utility Benches |
| ✓ Evolve Storage System | ✓ Fitness Balls |
| | ✓ Gymnastics Ring Sets |



We came to AlphaFit knowing their reputation for creating high quality, Australian made gym equipment that would be able to handle the volume of use required at our school. With multiple high-level sports performance programs we were looking to fitout our facility with exceptional, world-class gear. When it came to upgrading our facility in late 2021 we approached AlphaFit to assist in the layout and design of the space, ensuring a focus on strength and conditioning pieces. As we went back and forth on configurations and equipment selection, and right through to delivery and install, the service throughout the process was fantastic. Our students, coaches and staff are proud to have access to such a stand out facility. We highly recommend AlphaFit to any school or gym looking for only the best.

Mark Chisholm — Director of Athletic Development, Terrace Sport





TOTALFUSION LIONS

TotalFusion Lions is proud to serve as the new home for both the Brisbane Lions AFL and AFLW teams, situated at the Brighton Homes Arena. This state-of-the-art facility has been thoughtfully designed to incorporate dedicated TotalFusion amenities, which are also available to the surrounding local community. Spanning over three levels, this fitout boasts an array of cutting-edge gym equipment, five purpose-built group fitness studios, and an extensive selection of wellness services, including a lap pool, hot and cold plunge pools, infrared saunas, physiotherapy, and spa treatment rooms.

The functional fitness studio stands out as a key feature of the facility with AlphaFit's innovative nine row Form Single Wall along the perimeter of the room. This unique system has ten trawler arms, which are connected with pull-up bars, offering the perfect setup for conducting muscle-ups, chest-to-bar movements, or even a suspension trainer station. Each of the rows are equipped with four 1800mm shelves - two Form System Flat Shelves and two Form System Angle Shelves. Your Members will have no choice but to pick up after themselves with this fully customisable storage system watching over them. At either end of the Form System are two Half Cages, accessorised with a range of black attachments, including XL J-Hooks, Cage Mounted Barbell Storage, and Storage Pins, creating a consistent and sleek aesthetic.

In the main gym area, everywhere you look you will see TotalFusion Lions custom branded equipment; Black Competition Bumper Plates, Black Competition Change Plates, PU Fixed Bars and PU Dumbbells. Equipment storage isn't an issue for TotalFusion Lions, with a 1 Tier and 2 Tier PU Dumbbell Storage Rack, Dumbbell Tower, 4 Tier Evolve Storage System and a Revolving Vertical Fixed Barbell Storage Rack - 12 Bar. Next to the dumbbell area are another four Half Cages accessorised XL J-Hooks, Cage Mounted Barbell Storage, Multi Grips and Storage Pins. The custom-branded two lane sled track, supplied by our sister company Arena Flooring, is a notable highlight of the facility.



TotalFusion, in partnership with the Brisbane Lions, opened TotalFusion Lions at their new state-of-the-art training and administration base at Brighton Homes Arena in Springfield Central. Jamie and the AlphaFit team were able to supply our custom dumbbells, barbells and bumper plates ahead of schedule and always kept us well-informed throughout the whole process with great communication. We have been impressed with the quality of the racks and storage systems, and delighted with how the AlphaFit equipment looks in our fitout. We are very grateful for how responsive and supportive the whole team was—they were always able to come up with solutions no matter what issues occurred on-site, it was never a problem.

Ben McNiece — General Manager, Alliance Wellness Group

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- ✓ 9 Row Form Single Wall
- ✓ 8 Half Cages
- ✓ Origin XL J-Hooks
- ✓ Cage Mounted Barbell Storage
- ✓ PU Dumbbell Storage Rack
- ✓ Revolving Vertical Fixed Barbell Storage Rack
- ✓ Dumbbell Tower
- ✓ Custom PU Dumbbells
- ✓ Hex Dumbbells
- ✓ Adjustable Utility Bench
- ✓ Custom Black Competition Bumper Plates
- ✓ Custom Black Competition Change Plates
- ✓ Endure Barbells
- ✓ Competition Steel Kettlebells
- ✓ Custom PU Fixed Weight Straight Barbells
- ✓ Custom PU Fixed Weight Curl Barbells
- ✓ Evolve Storage System
- ✓ Sled track by Arena Flooring





NO.1 GRANT AVENUE

No.1 Grant Avenue is a luxury waterfront apartment building based in the heart of Hope Island, Gold Coast, developed by the prestigious Aniko Group. Whether you're seeking relaxation at their resort style pool or a way to entertain the kids, you'll find it all at the No.1 Grant Avenue apartments. Their focus was on creating a spacious gym allowing their residents to "naturally boost and restore wellness" without having to leave the comfort of their homes. Catering to all fitness levels, the architecturally designed space required a fitout exuding luxury, style and functionality.

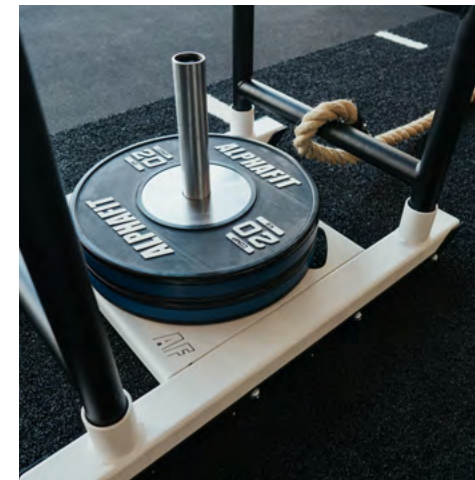
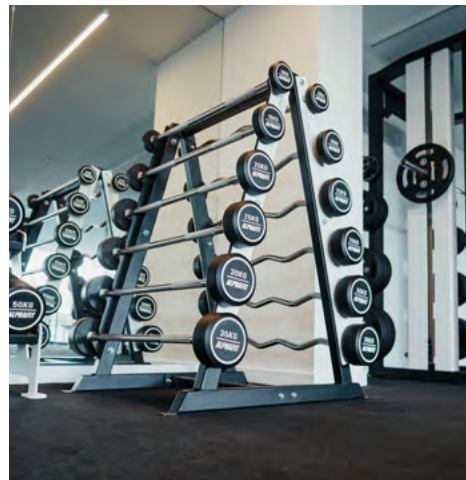
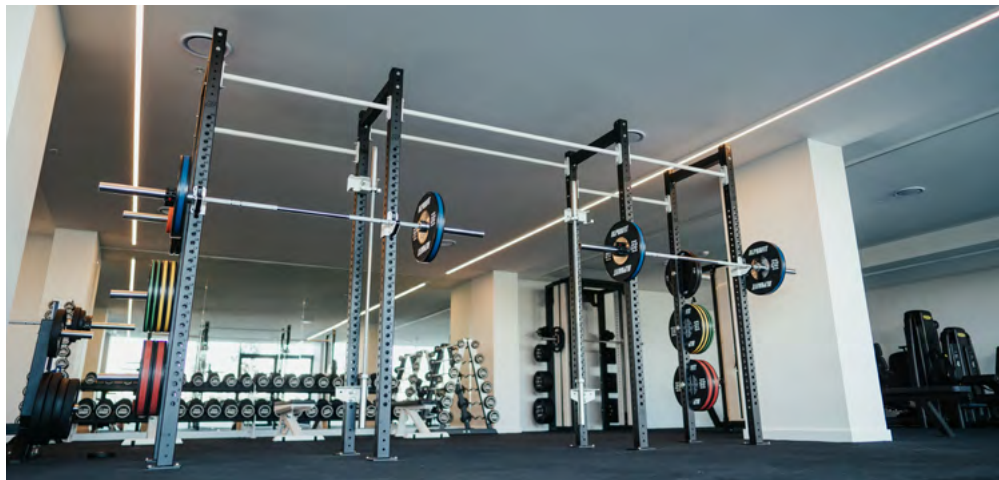
Undoubtedly a showpiece of the gym, AlphaFit's signature Freestanding 3 Tower Multi Station construction provides everything you need for a comprehensive upper or lower body workout. Another key piece of the gym is the Functional Trainer which supplies limitless strength training options in one compact unit.

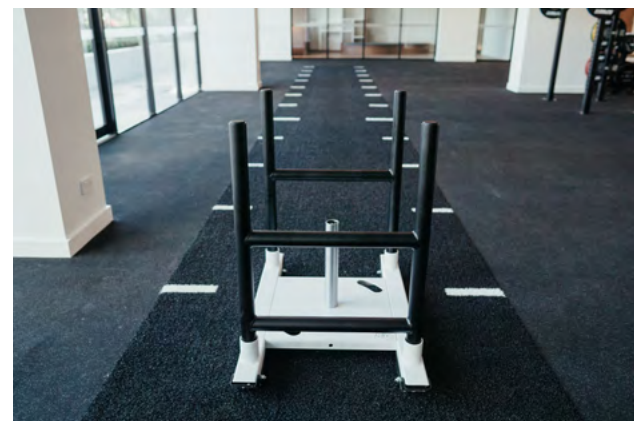
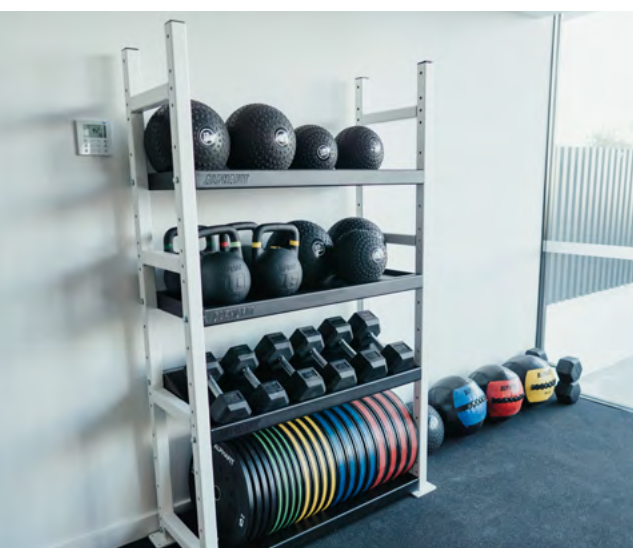
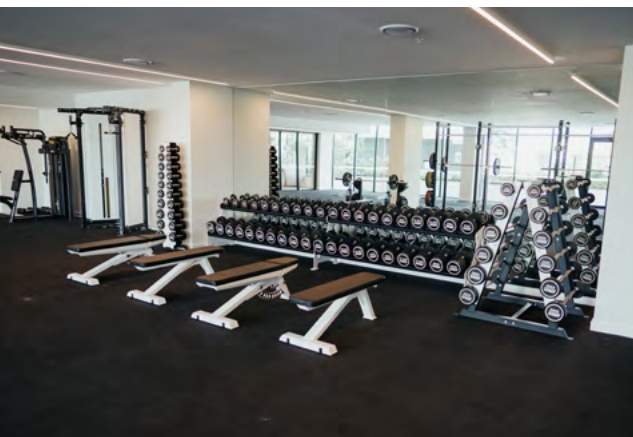
AlphaFit designed a custom 2 Cell Freestanding Low Rig to maximise floorspace. The narrow rig configuration is 675mm deep however still providing enough room for up to 4 people to complete a range of movements within their squat stations.

For strength training we supplied a variety of equipment including a Core Vertical Smith Machine, Push Pull Sled, Dumbbells, Flat Bench Press, Core Flat Bench and Core Utility Bench. To round out the fitout a range of conditioning equipment was selected including an Assault Air Bike, Climbing Rope, Dead Balls, Kettlebells and Wall Balls.

ALPHA FIT EQUIPMENT FEATURED IN FITOUT

- ✓ Custom 2 Cell Low Rig
- ✓ Origin J-Hooks
- ✓ Custom Core Multi Station with 3 cable towers
- ✓ Core Functional Trainer
- ✓ Core Vertical Smith Machine
- ✓ Cable Grips
- ✓ Push Pull Sled
- ✓ Flat Bench Press
- ✓ Core Adjustable Utility Benches
- ✓ Core Flat Utility Benches
- ✓ Endure Barbells
- ✓ PU Dumbbell Storage Rack
- ✓ Dumbbell Tower
- ✓ PU Dumbbells
- ✓ Hex Dumbbells
- ✓ Black Competition Bumper Plates
- ✓ PU Coated Weight Plates
- ✓ High Grip Dead Balls
- ✓ Wall Balls
- ✓ Competition Steel Kettlebells
- ✓ Standard Battle Rope
- ✓ Horizontal Fixed Barbell Storage Rack - 12 Bar
- ✓ PU Fixed Weight Straight Barbells
- ✓ PU Fixed Weight Curl Barbells
- ✓ Evolve Storage System
- ✓ Rig Mounted Barbell Vertical 2 Bar Storage
- ✓ Assault Air Bike





The image shows a close-up of a metal bar with the word "ALPHA FIT" embossed on it. The bar is part of a larger structure, possibly a rack or a piece of equipment, with other bars visible in the background. The lighting is dramatic, with strong highlights and shadows, creating a sense of depth and texture.

ALPHA FIT

ALPHA FIT

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Information is correct at time of publication 31/10/23. AlphaFit reserves the right to change these at any time. Contact your representative for the most up to date information.

Document No: MKT1061