



Reebok  FUNCTIONAL ZONE

IF IT DOESN'T
CHALLENGE
YOU
IT DOESN'T
CHANGE YOU



Functional training is constantly varied, combining elements of Olympic weightlifting, gymnastics, rowing and core conditioning, with movements that elicit masses of power. From Olympic bars, battle ropes and steel dumbbells to slam balls and functional rigs, the new Reebok Functional accessories collection covers those elements whilst catering for those individuals who want to train like a CrossFitter and who are committed to 'being more human'.

The Reebok Functional Zone package deals are designed to cover the whole spectrum of functional training: strength, flexibility, balance and coordination. Our goal is to make functional training accessible for everyone, regardless of ability and previous experience. By offering three different package deal sizes: Small, Medium and Large, depending on the size of your facility and what level you want your group training to be at, you are guaranteed to always have an option that suit both your facility's and your members' needs.

SMALL

This package is ideal for groups of 8-14 people and/or exercise rooms with an area of 50-75m². It includes all the essential "need to haves" in all four areas. This package does not include items from the Pro Fitness Combat segment.

MEDIUM

This package is ideal for groups of 14-18 people and/or exercise rooms with an area of 75-100m². It includes heavier and bigger range of weights and larger quantities to suit both larger areas and larger groups.

LARGE

This package is ideal for groups of 18-24 people and/or exercise rooms with an area of 100-150m². This package has extra everything and will serve as the best package deal for larger facilities and CrossFit-boxes.

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BENCHES

Two benches in the range, the Pro Flat Bench and the Pro Utility Bench, provide the ultimate in versatile weight training. Both manufactured with high density foam cushioning and easy wipe clean surfaces, the benches provide greater stability for heavy lifting with ground clearance. The Utility Bench can be adjusted to 7 different angles and seat to 3 positions, whilst the Pro Flat Bench is a solid foundation for all types of workouts.

PRO FLAT BENCH

- 131cm(L) x 25cm(W) back support
- Easy to assemble
- 43,5cm ground clearance provides greater stability
- Integrated wheels and handle for easy transport
- High density foam cushioning
- Easy wipe clean surface
- Stable, non-slip feet

PRO UTILITY BENCH

- Measure 149cm(L) x 56cm(W) x 43cm(H)
- Easy to assemble
- 43,5cm ground clearance provides greater stability
- Integrated wheels and handle for easy transport
- 7 adjustable angles
- 3 seat adjustments
- Stable, non-slip feet

	A. Pro Flat Bench RSBE-10232		B. Pro Utility Bench RSBE-10235	
Small	-	1		
Medium	1	1		
Large	1	2		

BANDS, TUBES & ROLLERS

Target any muscle group effectively and simply with Reebok Power Band and Power Tube. Made from a highly durable rubber which maintains its strength and flexibility after prolonged periods of use, the Reebok Power Bands come in three different colours, red, grey and black which signify the strength levels of light, medium and heavy (sold separately). This range of resistance provides the ideal platform for progressive training.

The Reebok Power Tube, 156cm in length, features a protective outer sleeve and is both small and lightweight, meaning it's conveniently portable and perfect for exercising in any environment. The resistance tubes are available in varying levels from level 1 to level 5; level 1 being the lightest and level 5 offering the heaviest resistance (sold separately).



H

		A. Power Tube Level 1 RSTB-16070		B. Power Tube Level 2 RSTB-16071		C. Power Tube Level 3 RSTB-16072		D. Power Tube Level 4 RSTB-16073		E. Power Band Level 1 RSTB-10080		F. Power Band Level 2 RSTB-10081		G. Power Band Level 3 RSTB-10082		H. Trigger Roller 470-000156	
Small	2	2	2	2	2	2	2	2	2	4							
Medium	3	3	3	3	2	2	2	2	2	6							
Large	3	3	3	3	2	2	2	2	2	6							



A, B, C, D



E, F, G

FUNCTIONAL

The Reebok Free Standing Torso Trainer is a versatile training tool ideal for total body strength and power workouts, enabling the user to add rotation to power moves. A full 360 degree pivot provides an increased range of motion for dynamic movements such as torso twists, rotations and shoulder presses, making it a great tool for strength training and building power in both the lower and upper body.

The core trainer bar's reversible design enables you to target two separate muscle groups and change up your routine, making it an ideal attachment to incorporate into your functional training workout.

The Single Row Olympic Bar attachment makes a great alternative to traditional dumbbells, helping to increase your single arm row as you progress through weight.



The Reebok branded Battling Rope is a heavy-duty, 10m long polyester rope with rubber grips at each end for a strong hold. Battling ropes typically enhance an athlete's grip, strength and overall levels of functional training capacity by building up to a peak heart rate through a variety of motions.

Using parallette bars provides amazing strength training benefits including improved upper body strength, forward and vertical pressing power, as well as stronger lats, forearms and core.

More than a Strongman Log, the Reebok Functional range features the 10" 'Power Bar' which weighs 22kg on its own, is made from 100 % steel construction and is ideal for the clean and press, jerk and bent over row to name a few of the signature moves. Additional 50mm Olympic weight plates can be loaded onto the bar.



		A. Free Standing Torso RSAC-10400		B. Single Row Olympic Bar RSAC-10800		C. Core Trainer Bar RSAC-10700		D. Battle Rope RSRR-10050		E. Parallette Bars RSRG-10300		F. Power Bar RSAC-10600	
Small	1	1	1	1	1	1	1	1	1	1	1	1	1
Medium	1	1	1	2	2	1	1	1	1	1	1	1	1
Large	1	1	1	4	2	1	1	1	1	1	1	1	1

HANDWEIGHTS

Strength training is proven to be one of the most effective methods to reduce body fat, increase lean muscle mass and burn calories more efficiently. Dumbbells are amongst the most widely used pieces of equipment and are a vital part of any functional training regime. Strong and robust in design, the dumbbells are heavy-duty with a rubber coating which lessens noise, floor damage, and wear and tear on the dumbbells themselves.

The Reebok Functional Range black knurled steel handle ensures a solid grip whilst the hexagonal shape prevents the weights rolling during lifting sessions. The Reebok Functional Range Dumbbells are available in weights ranging from 5kg to 50kg.

The Reebok Studio Dumbbells are strong, well-designed and durable for regular use. Weights varying from 1kg to 20kg.

	Hex Dumbbell 5kg RSWT-11050	Hex Dumbbell 7.5kg RSWT-11075	Hex Dumbbell 10kg RSWT-11100	Hex Dumbbell 12.5kg RSWT-11125	Hex Dumbbell 15kg RSWT-11150	Hex Dumbbell 17.5kg RSWT-11175	Hex Dumbbell 20kg RSWT-11200	Hex Dumbbell 22.5kg RSWT-11225	Hex Dumbbell 25kg RSWT-11250	Hex Dumbbell 27.5kg RSWT-11275	Hex Dumbbell 30kg RSWT-11300	Hex Dumbbell 35kg RSWT-11350	Hex Dumbbell 40kg RSWT-11400	Hex Dumbbell 45kg RSWT-11450	Hex Dumbbell 50kg RSWT-11500	A. Reebok Dumbbell Rack RSRK-608
Small	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Medium	2	2	4	2	2	2	2	2	-	2	-	2	-	-	1	
Large	2	2	4	2	2	2	2	2	-	2	-	2	-	-	1	



c



KETTLEBELLS

No lifting session is complete without incorporating kettlebell work. An effective means of improving strength gains, full-body conditioning, agility and balance, the Cast Iron Kettlebells from the Reebok Functional range are available in weights ranging from 4kg up to 50kg, making them ideal for progressive functional training and increasing body strength.

Though kettlebells appear the same on the exterior, the material they are constructed with makes all the difference for performance training. Cast iron kettlebells with a wide handle allow for a more comfortable grip for both one and two handed exercises such as the one-hand snatch or kettlebell swing. Durability, style and finish are important attributes too; the high-quality Reebok Functional Kettlebell has a great feel, solid to hold and looks the part when lined up on the kettlebell rack. Plus, the flat base of the kettlebell provides stability and prevents roll when you're in between exercises.

With ample space between the top of the ball and the handle, the Reebok Kettlebell can be well-controlled for aerobic and anaerobic movements.

		Kettlebell 4kg RSWT-12304		Kettlebell 8kg RSWT-12308		Kettlebell 12kg RSWT-12312		Kettlebell 16kg RSWT-12316		Kettlebell 20kg RSWT-12320		Kettlebell 24kg RSWT-12324		Kettlebell 28kg RSWT-12328		Kettlebell 32kg RSWT-12332		Kettlebell 36kg RSWT-12336		Kettlebell 40kg RSWT-12340		A. Kettlebell Rack 400-900150	
Small	-	2	2	2	2	2	2	2	-	-	-	-	-	-	-	-	-	-	-	1			
Medium	-	4	4	4	2	2	2	2	2	2	2	2	2	-	-	-	-	-	-	2			
Large	-	4	4	4	2	2	2	2	2	2	2	2	2	-	-	-	-	-	-	2			





MATS & PLATFORMS

Plyometrics, otherwise known as jump training, is designed to help athletes of all levels build power and explosiveness. The 5 tier Reebok PlyoStack helps to increase leg strength, stamina and jumping form, which ultimately leads to improved performance for specific sports and even faster sprint times.

Though a highly popular type of training, box jumping is often met with concern for possible injury when using tougher wooden box materials which results in athletes not committing 100% to the jump. With those concerns and safety in mind, the Reebok PlyoStack is made to be stable yet soft enough to avoid shin or knee injuries.

The 3-IN-1 Plyobox is a smaller version of the Reebok PlyoStack, making it very useful in various areas and training sessions. It is designed to be versatile and offers three different heights depending on how it's placed on the floor - 510mm, 610mm and 760mm.

		A. Plyostack Complete RSAC-10100	B. 3-IN-1 Plyobox AS-1003	C. Ab Wedge Mat RSMT-40010	D. Functional Mat RSMT-40020	E. Studio Mat Rack RSRK-6MT
Small	1	-	6	6	1	
Medium	1	4	8	8	1	
Large	1	6	12	12	1	



Ideal for those looking to add core-specific strengthening to their functional training regime, the Reebok Ab Wedge Mat effectively isolates the abs for the perfect crunch. The raised 'wedge' shape surface means the user must apply greater force to propel their crunch move forward for a full range of motion through the abdominal muscle group.

60cm x 180cm when folded out, the Reebok Tri-Fold Mat is made with reinforced PVC material which is easy to clean after use and its ingenious tri-fold design with integrated handles allows for space efficient storage and transportation convenience.



173 x 61cm and 0.8cm thick, the Reebok Functional Mat provides a comfortable surface for all types of exercises and stretches with a ridged underside for additional grip. Plus it features a textured non-slip workout surface which is easy to wipe down after use. Specific design attributes of the mat include the Reebok logo prominent in the centre of the mat



MEDICINE, SLAM. GYMBALLS

DYNAMAX
AMERICAN MADE. ATHLETE APPROVED.



Dynamax Medicine Ball 2kg RSB-10162
Dynamax Medicine Ball 4kg RSB-10164
Dynamax Medicine Ball 6kg RSB-10166
Dynamax Medicine Ball 8kg RSB-10168
Dynamax Medicine Ball 10kg RSB-10170
Dynamax Medicine Ball 12kg RSB-10172
Double Grip Medicine Ball 8kg RSB-16126
Double Grip Medicine Ball 9kg RSB-16128
Double Grip Medicine Ball 10kg RSB-16130
A. Medicine Ball Rack RSBK-6WB

Small	-	2	2	2	2	-	1	1	1	1	2	
Medium	-	2	2	2	2		3	3	2	2	2	
Large	-	2	2	2	2	-	3	3	2	2	2	

Measuring 35cm in diameter, the Reebok Dynamax® Medicine Ball is designed to withstand regular and rigorous use, but at the same time is forgiving enough for users to safely catch the ball from a high velocity. Its solid and reliable construction means it keeps its shape after prolonged use. Soft medicine balls are constructed for throwing and handling rather than smashing to the floor like its cousin slam ball does.



The 5kg Reebok Slam Ball features a pliant, textured surface to reduce bounce and provide a better grip during workouts. Overhead weighted ball slams are a great exercise for working the entire body and releasing stress, but this explosive power can take its toll on the ball itself, that's why it's important to choose a ball that can stand unforgiving conditions and tough use.

Gymballs are an excellent fitness tool to help improve abdominal strength, posture and flexibility. When coupled with weighted products such as dumbbells, gymballs can also provide a great upper body and core workout. The Reebok Stability Gymball is manufactured from high density polymer which protects the ball from general wear and tear, making it ideal for regular use environments, especially studios.



		Slam Ball 2kg RSB-10228	Slam Ball 4kg RSB-10230	Slam Ball 6kg RSB-10232	Slam Ball 8kg RSB-10233	Slam Ball 10kg RSB-10234	Slam Ball 12kg RSB-10236	Gym Ball 55cm RSB-16015	Gym Ball 65cm RSB-16016	Gym Ball 75cm RSB-16017	B. Gym Ball Rack AS-1005	C. Slam Ball Rack 400-301400
Small	-	2	2	1	1	-	1	1	1	1	1	
Medium	-	3	3	2	2	-	1	1	1	1	1	
Large	-	3	3	2	2	-	1	1	1	1	1	





SUSPENSION & ROPES

Use the Reebok Suspension Rings to perform exercises such as dips, push ups, lunges and muscle ups through the use of the heavy-duty nylon adjustable straps which can be easily released using the quick-release buckle.

Suitable for gym use and all functional areas, common exercises can take on a whole new dimension when performed using the rings. With limitless possibilities for training, suspension rings are a positive addition to any functional training regimen.

The 300cm Reebok Speed Rope features an easily adjustable cord length which can be tailored to the user's height for an improved arc through the movement.

Lightweight handles coupled with the wire cord are ideal for higher speed and higher intensity jump rope workouts. If you're looking to master your double unders, then a wire cable skipping rope is beneficial for this. The rope's durable material makes it an ideal choice for gym classes where it will be used frequently by a number of users on a daily basis.

A. Suspension Rings RSRP-10060		
B. Speed Rope RSRP-10082		
Small	1	6
Medium	2	8
Large	2	12



**IT'S JUST YOU
AGAINST YOU**

WEIGHTS & BUMPERS

The Reebok Bumper Plates from the Functional range are constructed with premium quality rubber to ensure that a loaded bar can be safely dropped without risk of damaging the plates themselves or the lifting platform.

Available in a variety of weights from 2.5kg to 25kg, the Olympic weightlifting plates are easy to load onto Olympic bars and make less noise when dropped from a height, providing a consistent dead bounce every time. The reinforced centre sleeve of the clean matte black plate makes the rubber plates a much more durable option for powerlifting and weight training circuits.

HORIZONTAL PLATE STORAGE

- Dimensions: 124cm(L) x 30cm(W) x 28cm(H)
- Keeps weight plates organised
- Maintains neat & safe training areas
- Integrated handle and wheels



VERTICAL PLATE STORAGE

- Dimensions: 61cm(L) x 61cm(W) x 104cm(H)
- Space saving storage solution
- Olympic bumper plate storage
- Integrated wheels



If you're looking to perform at your best, the Olympic Bar is the ideal choice, delivering consistent whip and spin necessary for serious lifting.

Rigorously tested for comfort, grip, quality and durability, the Olympic barbell features rotating bar ends with smooth action, enabling you to get under the bar as smoothly as possible for snatches and cleans, and knurled hand grip areas for greater control.

The Olympic Bars weigh in at 15kg and 20kg unloaded and if you're looking for a greater challenge, Reebok Olympic Weight Plates of varying sizes can easily be loaded onto the bar using the included Clamp Collar to secure them into place.

The Reebok Lifting Straps from the Functional range help you improve your grip for heavier weight-lifting sessions. With added padding on the inside of the wrist, the straps provide ultimate comfort so you can focus more on your lift, plus, the increased width of the strap reduces further friction on the wrist.



	A. Horizontal Plate Storage RSWT-20200 B. Vertical Plate Storage RSWT-20100 C. Clamp Collar 400-300870 D. Olympic Bar 20kg ZVO-HC08-2961 E. Olympic Bar 15kg ZVO-HC08-2963 F. 8 Barbell Support 400-301340 G. Box Clock w. remote 400-300800 Bumper Plate 2.5kg RSWT-13025 Bumper Plate 5kg RSWT-13050 Bumper Plate 10kg RSWT-13100 Bumper Plate 15kg RSWT-13150 Bumper Plate 20kg RSWT-13200 Bumper Plate 25kg RSWT-13250													
Small	2	1	4	3	1	1	1	4	6	6	6	4	2	
Medium	2	4	8	6	2	2	1	8	14	14	14	12	6	
Large	2	4	12	8	4	2	1	8	16	16	16	14	8	



A

The professional Reebok Combat Bag, which weighs in at 40kg and is 4ft tall, is ideal for 360 degree combat sports training. It has a high quality heavy duty leather with a soft inner filling to absorb impact through every strike and it provides an amazing total body workout, helping to build punching power, improve boxing technique and coordination. Working out with a bag is physically demanding and a true test of strength, stamina and determination.



B

The full leather Reebok Combat Focus Pads are an essential piece of training equipment for any boxer or martial arts athlete. Easy to put on and take off, the mitts help to improve strike speed and accuracy and are made from high density impact resistance foam. Available in one size to fit all, the focus pads have extra wrist support and thick padding for added protection for both the trainer and boxer.

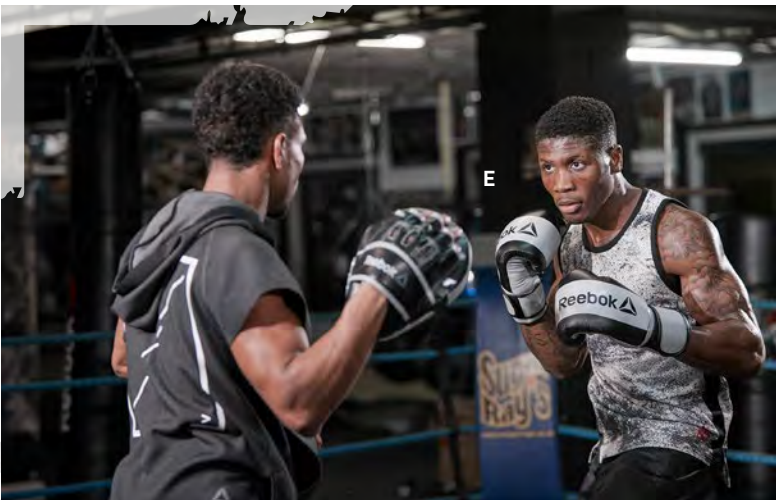
COMBAT

UFC, combat and MMA sports have grown in popularity over recent years with a ‘train different’ philosophy and a multi-disciplined approach. The introduction of Reebok’s state-of-the-art equipment and quality products positively support this new community of fitness enthusiasts.

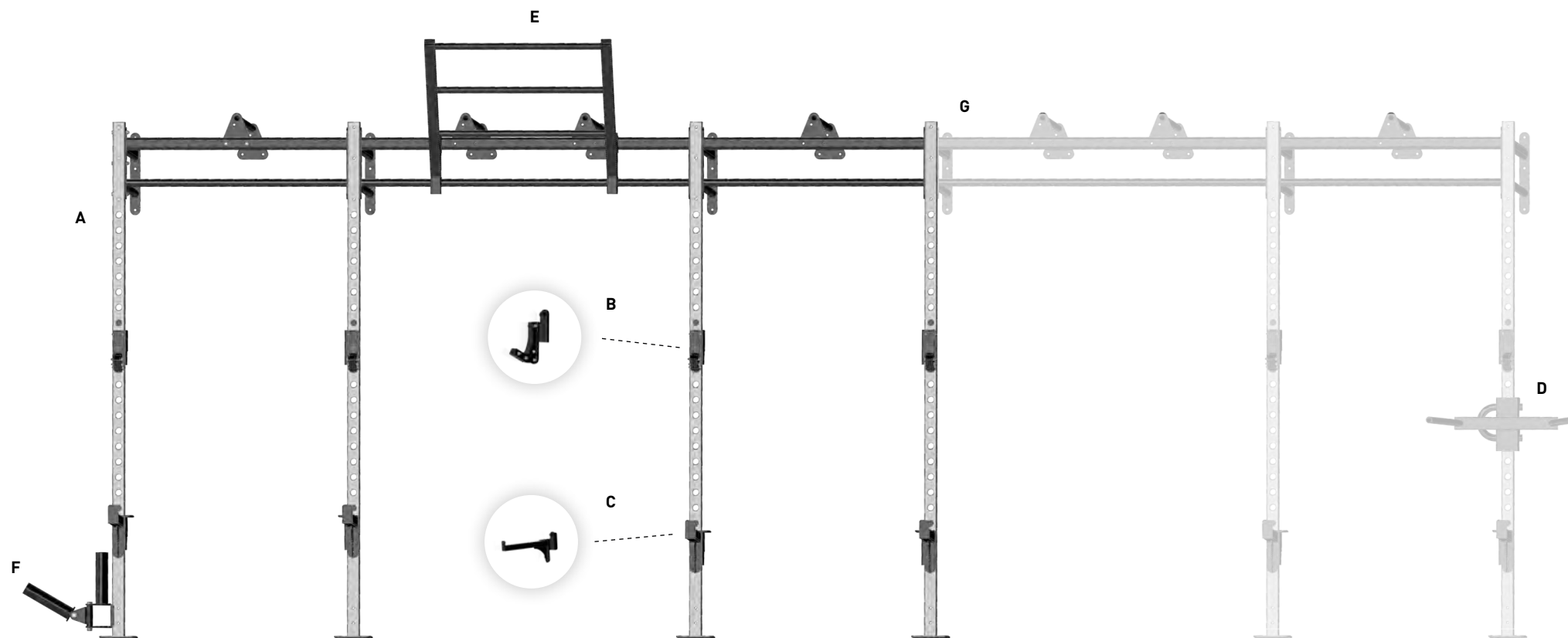
The modern Reebok boxing mitts with generous padding protect your hands when performing pad work and general boxing training. Easy to slip on and off, the mitts feature elasticated wrist support and a ventilated palm to keep you cool throughout your workout.

Perfect for both beginners and advanced boxers, the Reebok Boxing Mitts withstand tough workouts and regular use. Mitt training promotes proper punching and striking skills, and these gloves are a stylish yet practical option to help you develop a wide variety of combative skills - plus you can take them anywhere for an spontaneous sparring session. They come in three different sizes and colours, allowing a perfect fit.

	A. Combat 4ft Bag 40kg RSCB-11245		B. Combat Focus Pads RSCB-11250		C. Boxing Mitts S (purple) RSCB-11130PL		D. Boxing Mitts M (yellow) RSCB-11132YL		E. Boxing Mitts L (black) RSCB-11134BK	
Small	-	-	-	-	-	-	-	-	-	-
Medium	-	-	-	-	-	-	-	-	-	-
Large	2	8	4	6	4					



RIGS & BARS



RIG 4m, 2 squat stations (included in the M & L packages)

L: 400cm, H: 250cm, W: 156cm

RIG EXTENSION 2,8m, 1 squat station (optional)

L: 280cm, H: 250cm, W: 156cm

VERSATILITY AT ITS VERY BEST.

The rig is the centre for all functional training activity. The sturdy unit is constructed with highly durable solid steel, standing up to the toughest workouts and is ideal for bodyweight drills, including pull ups and suspension exercises, using the overhead crossbar.

With its 6,8 meters the rig offers three squat stands, longitudinal monkey bars, pull up rack, wing and dip station, providing all the essential attachments for functional training. The rig is also a great tool together with the Cage Torso Trainer, Battle Rope and Power Bands.

The Reebok Wall Bar is a solid and dependable piece of functional equipment ideal for pull ups and chin up exercises. Pull ups and chin ups are recognised to be one of the most effective ways to develop upper body strength, combining static muscle contractions with regular flexion and extension movements to hit your muscle fibers from all angles.

		A. Rig 4m (2 squat)	B. J-Hook L&R (pair)	C. Safety Arm L&R (pair)	D. Dip Rack	E. Wing, attachment (optional)	F. Joystick (optional)	G. Rig Extension 2m, 1 squat (optional)	H. Wall Bar
Small	-	-	-	-	-	-	-	-	
Medium	1	4	4	1	-	-	-	-	
Large	1	4	4	1	-	-	-	1	





**Image show 4m rig with the 2,8m rig extension including attachments and accessories*

MISCELLANEOUS



FLOORING

Significantly reducing impact noise when lifting and dropping weights, the 30mm shock-absorbing rubber tiles prevent damage to floors and wear and tear on your strength training equipment. The floor has a fitting system that, instead of interlocking tiles, uses dowels to connect the tiles together, also preventing them from sliding apart. A Reebok Delta Logo will be placed on the floor covering an area of 3m². Flooring will be provided made to measure to fit your facility.

PHOTO WALLPAPER

Branding is king and will help your facility to get a great look n’ feel and achieve that perfect finish. Our Reebok Functional Zone package deals include custom made wallpaper made to measure to fit your facility. Pick and choose and combine photos for a personalised and authentic touch, see next spread.

CLOTHING & APPAREL

The Reebok Functional Zone is an ideal place for group and circuit training as well as PT sessions. Regardless of which, the instructors are crucial: they need to always push, help and encourage their clients to become a better version of themselves. To fully promote the Reebok brand and the Functional Training lifestyle, Reebok Delta branded t-shirts is included in the Reebok Functional Zone package deal for staff and PTs to use during training sessions and group workouts.

		Flooring (m ²)	Reebok Delta Logo	Photo Wallpaper (package)	T-Shirts, Reebok
Small	50 *	1	1	10	
Medium	75 *	1	1	20	
Large	100 *	1	1	20	

* made to measure

PHOTO WALLPAPER, SELECTION



Different Reebok Delta logo variations.

Reebok 

Reebok 

Reebok 

Combine photos to fit larger areas and walls.





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