

Take control of your life and tap into the power of your inner strength and achieve a healthy body and a healthy mind.

TOTAL LIFESTYLE COACHING PILATES_

Supasoft Studio Aerobic

- med 14mm

The ultimate Mat for durability and comfort combined - New innovative moulded design - means stronger, longer lasting mats - Provides support for spine, hips and other joints - Surface washable but will not absorb moisture.

1500 x 500mm - New Stronger

Blue

Order Code - **SMB15**

Cost: £14.00



Pilates Head Pad - 1" (no cover)

Supports head to ensure correct posture - Excellent for under hands and knees when kneeling - Insert under lower back to help release hip flexors and maintain neutral alignment - Manufactured in a firm Supasoft Foam - Flame Retardant.

Colour may vary.

These are a soft pad to be used as a cushion.

Small Measures - 12" x 8" x 1" Head Pad only - Washable cover available

Blue Natural Foam

Order Code - **PHPS**

£2.50



Pilates Head Pad - 3" (no cover)

Supports head to ensure correct posture - Excellent for under hands and knees when kneeling - Insert under lower back to help release hip flexors and maintain neutral alignment - Manufactured in a firm Supasoft Foam - Flame Retardant.

Colour may vary.

These are a soft pad to be used as a cushion.

Large Measures - 12" x 8" x 3", Pad only - Washable cover available seperately.

Natural Blue foam

Order Code - **PHPL**

£3.50



Pilates Head Pad Cover - Small (Blue)

Tailor-made to fit Head Pads - Manufactured from 100% Cotton - New pillow case design- Washable. 1" Small.

To fit Head 1" Pad (small).

Blue



Order Code - **PSHCB**

£4.20

Pilates Head Pad Cover - Large (Green)

Tailor-made to fit Head Pads - Manufactured from 100% Cotton - New pillow case design - Washable. Large.

To fit Head 3" Pad (Large).

Jade Green



Order Code - **PLHCG**

£4.20

Club Core Half Roller 6" x 38"

Fed up with cheap rollers losing their shape or being too hard? Try the new Club Core Roller, manufactured from closed cell PE Recovery Memory Foam – not the usual polystyrene foam. Indents made by knees, etc, during a workout will 'recover' within 24 hours. The new Club Core Roller is available in swirl blue. Easy to clean and will not absorb moisture. Lightweight and easy to store. Latex free. Exercise chart accompanies each order.



Lightweight and easy to store. Latex free. Exercise chart accompanies each order. Dimensions – 38" x 6".

D shaped roll, blue swirl pattern

Order Code - **CCHR**

£13.50

Club Core Roller - 6" x 38"

Fed up with cheap rollers losing their shape or being too hard? Try the new Club Core Roller, manufactured from closed cell PE Recovery Memory Foam – not the usual polystyrene foam. Indents made by knees, etc, during a workout will 'recover' within 24 hours. The new Club Core Roller is available in swirl blue. Easy to clean and will not absorb moisture.



Lightweight and easy to store. Latex free. Exercise chart accompanies each order. Dimensions – 38" x 6".

Blue

£24.00

Order Code - **CCR6**

Club Core Roller 4" x 36"

NEW

Fed up with cheap rollers losing their shape or being too hard? Try the new Club Core Roller, manufactured from closed cell PE Recovery Memory Foam – not the usual polystyrene foam. Indents made by knees, etc, during a workout will 'recover' within 24 hours. The new Club Core Roller is available in swirl blue. Easy to clean and will not absorb moisture.



Lightweight and easy to store. Latex free. Exercise chart accompanies each order. Dimensions – 36" x 4".

Blue swirl

Order Code - **CCR4** £20.00

Stability Roll - 4" x 54"

Extremely versatile Roll now available in nine sizes. Surface washable and easy to clean – will not absorb moisture. Helps improve overall balance by challenging deep muscle isolation and control with slow, steady movements. Increase postural awareness and correct faults through deeper understanding, biofeedback and specific corrective exercises. Many Pilates exercises can easily be adapted for the Stability Roll.

Measures 54" x 4" Roll (1.37m x 10cm). Excellent for use at home or in a class situation. Easy and light to transport. Exercise chart accompanies each order.



White

Order Code - **SR4** £10.00

Supaflex X-Band - Beginner 1.5m length

Available by the Band or Roll. Individually packaged lengths measure 6" x 1.5m (1.6 yards) – one of the longest Bands on the Market!. Rolls measure 6" wide and either 15m (16.25 yards) or 25m (27 yards) long. Only 90cm required for the majority of Workouts. Purchase a Roll and you decide the length avoiding wastage.

Manufactured from latex for greater elasticity and longer life. Can be used in conjunction with Steps • Can be screen printed with your logo. Available in four colour coded lengths.

1.5m (1.6 yards).

Pink individual length

£3.00

Order Code - **XBBM**



Supaflex X-Band - Light/Remedial 1.5m length



Available by the Band or Roll. Individually packaged lengths measure 6" x 1.5m (1.6 yards) – one of the longest Bands on the Market!. Rolls measure 6" wide and either 15m (16.25 yards) or 25m (27 yards) long. Only 90cm required for the majority of Workouts. Purchase a Roll and you decide the length avoiding wastage.

Manufactured from latex for greater elasticity and longer life. Can be used in conjunction with Steps • Can be screen printed with your logo. Available in four colour coded lengths.

1.5m (1.6 yards).

Yellow individual length

Order Code - **XBGM** £3.00

Supaflex X-Band - Intermediate 1.5m length



Available by the Band or Roll. Individually packaged lengths measure 6" x 1.5m (1.6 yards) – one of the longest Bands on the Market!. Rolls measure 6" wide and either 15m (16.25 yards) or 25m (27 yards) long. Only 90cm required for the majority of Workouts. Purchase a Roll and you decide the length avoiding wastage.

Manufactured from latex for greater elasticity and longer life. Can be used in conjunction with Steps • Can be screen printed with your logo. Available in four colour coded lengths.

1.5m (1.6 yards)

Violet individual length

Order Code - **XBIM** £3.50

Supaflex X-Band - Advanced 1.5m length



Available by the Band or Roll. Individually packaged lengths measure 6" x 1.5m (1.6 yards) – one of the longest Bands on the Market!. Rolls measure 6" wide and either 15m (16.25 yards) or 25m (27 yards) long. Only 90cm required for the majority of Workouts. Purchase a Roll and you decide the length avoiding wastage.

Manufactured from latex for greater elasticity and longer life. Can be used in conjunction with Steps • Can be screen printed with your logo. Available in four colour coded lengths.

1.5m (1.6 yards)

Green

£3.34

Order Code - **XBAM**

Prickle Stimulating Ball

Small Ball with "spikes" to stimulate the muscles and sensations wherever touched!
 - Ball measures 9cm/10cm - Ball can be slightly squeezed to aid grip - Soft - Can be inflated/deflated.

10 cm approx available in Yellow or Red

Red or Yellow

Order Code - **PSB** £:



Soft Pilates Ball

Fantastic, new, soft, lightweight Ball designed to target and strengthen those hard to get at muscle groups. Excellent tool for Pilates, Over 50's, Thigh, Tums & Bums classes as well as for Personal Trainers. Super esistance tool for inner thighs, pelvic floor, upper body, neck, etc. Easy to inflate/deflate. Can be used semi inflated for some exercises. Available in Green. Measures approximately 18cm (7").



Made from DINP (diisodecyl phthalate) as opposed to the toxic DOP (di-2-ethyl hexyl phthalate) plasticisers.

Green 7

Order Code - **SPOB** £3.75

DVD Boxset

Description:

This box set comprises 1 DVD , A Stand Up Work Book and Dynaband. It includes information about Pilates, it's principles and application using user friendly language suitable for the general public. It has 12 moves including stretches which are safe and effective for most of the population.

£25.00



