

### **Portable Fitness Equipment for High School Phys Ed classes**

A large portable equipment cage with the following equipment items in each High School cage;

<b><u>Quantity</u></b>	<b><u>Equipment item</u></b>
10	12" mini Hurdles (Banana steps)
10	18" mini Hurdles (Banana steps)
4	30' ABC Agility Ladders
5	First Place Elite 8 lb Med Balls
5	First Place Elite 10 lb Med Balls
10	PB Disc - Stability Pillows
2 sets of 6	Agility Dots
5	50' Training Rope (2")
10	Valslide (sliders)
5-Orange	All-Purpose Medium Exercise Bands
5-Yellow	All-Purpose Heavy Exercise Bands
5	1 ¾" wide Superband
5	2 ½" wide Superband
1	Superband Training DVD
5	55cc Stability Ball Plus
5	65cc Stability Ball Plus
5	75cc Stability Ball Plus
1	Sport pump for Stability Ball Plus
10	Bosu Balance Trainer
1	Bosu Balance Trainer Rack
1	Bosu Total Body DVD's/Manuals/Exercise logs

### **Portable Fitness Equipment for Middle School Phys Ed classes**

A large portable equipment cage with the following equipment items in each Middle School cage;

<b><u>Quantity</u></b>	<b><u>Equipment item</u></b>
10	6" mini Hurdles (Banana steps)
10	12" mini Hurdles (Banana steps)
4	15' ABC Agility Ladders
5	First Place Elite 6 lb Med Balls
5	First Place Elite 8 lb Med Balls
10	PB Disc - Stability Pillows
2 sets of 6	Agility Dots
5	40' Training Rope (1 ½")
10	Valslide (sliders)
5-Pink	All-Purpose Light Exercise Bands
5-Orange	All-Purpose Medium Exercise Bands
5	1" wide Superband
5	1 ¾" wide Superband
1	Superband Training DVD
5	55cc Stability Ball Plus
5	65cc Stability Ball Plus
1	Sport pump for Stability Ball Plus
10	Bosu Balance Trainer
1	Bosu Balance Trainer Rack
1	Bosu Total Body DVD's/Manuals/Exercise logs

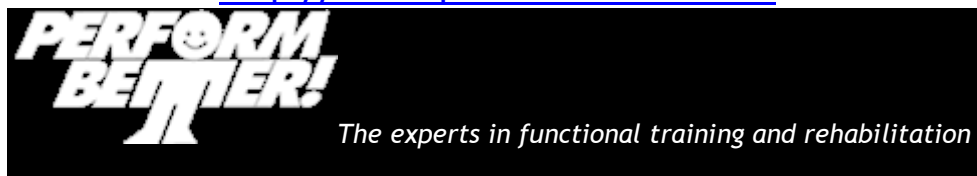
## Portable Fitness Equipment for Elementary School Phys Ed classes

A large portable equipment cage with the following equipment items in each Elementary cage;

<u>Quantity</u>	<u>Equipment item</u>
10	6" mini Hurdles (Banana steps)
10	12" mini Hurdles (Banana steps)
4	15' ABC Agility Ladders
5	First Place Elite 4 lb Med Balls
5	First Place Elite 6 lb Med Balls
10	PB Disc - Stability Pillows
2 sets of 6	Agility Dots
5	30' Training Rope (1 ½ ")
10	Valslide (sliders)
5 – Purple	All-Purpose Extra Light Bands
5-Pink	All-Purpose Light Exercise Bands
5-Orange	All-Purpose Medium Exercise Bands
5	½" wide Superband
5	1" wide Superband
1	Superband Training DVD
5	45cc Stability Ball Plus
5	55cc Stability Ball Plus
1	Sport pump for Stability Ball Plus
10	Bosu Sport %% Balance Trainer
1	Bosu Balance Trainer Rack
1	Bosu Total Body DVD's/Manuals/Exercise logs

All equipment in Portable Locker/Cage is from

<http://www.performbetter.com>



Portable Fitness Equipment from <http://www.performbetter.com>

### Banana Steps



---

### Speed / Agility Ladders - ABC Agility Ladder



---

### First Place Elite Medicine Balls



## **PB Disc Pillow**



---

## **Agility Dots (set of 6)**



---

## **Training Ropes**



## [Valslide](#)



### Description

The Valslide is a pair of discs that provide an unstable training surface that allows you to simulate many slideboard exercises.

### Features

Turns carpet, tile and linoleum floors into an unstable training surface.

Lightweight and portable.

### Benefits

Use them to target multiple body parts such as your legs, inner thighs, and butt all at the same time.

Use them to stretch and tone your shoulders, chest and back.

### Includes

2 ValSlide discs., 1 mesh carry bag, Valslide Exercise Sheet

---

## [All-Purpose Exercise Bands](#)



### Description

Two 56" heavy-duty bands connected to a 10" loop.

### Benefits/Uses

Each arm can push and pull independently.

Train with a partner or connect loop to any secure object

Lets you train in all planes of motion (Sagittal, Frontal, and Transverse)

### Features

Extremely strong and durable

Available in 6 sizes

1 Year Warranty

### [View the Instructional Exercise Video](#)

For articles on using Bands & Tubing check out our

[Bands & Tubing Training Zone](#)

---

## Superbands



**Description** - Superbands are extra-strong, long resistance bands designed for heavy duty use. Superbands are 40" Long x 3/16" thick and come in 4 different widths: 1/2" wide, 1" wide, 1 3/4" wide or 2 1/2" wide.

### **Benefits/Uses**

- Effective for both upper and lower body training.
- Use Superbands for assisted chin ups and dips.

### **Resistance Level**

1/2" = 25 LBS

1" = 50 LBS

1 3/4" = 75 LBS

2 1/2" = 100 LBS

---

## BOSU Pro Balance Trainer



---

## \*BOSU Club Package

