

HEALTH FIT & SPORT

A VOTRE SERVICE DEPUIS 1995

CATALOGUE PRODUITS

YOGA ET PILATES

Tapis, accessoires et équipements.

Souplesse, équilibre et renforcement.

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TWO-TONE T.P.E. YOGA MAT

TPE foam eco-friendly mat. Dimensions: 183 x 61 cm. 6 mm thick. Anti-slip, very elastic and comfy mat. Nice design with Mandala pattern.

















KING SIZE TWO-TONE T.P.E. YOGA MAT

Eco-friendly mat king size made of T.P.E. foam. Dimensions: 183 x 120 cm. 8 mm thick. Anti-slip, very elastic and comfy mat. Nice design with Mandala pattern.











ANTI-SLIP NATURAL RUBBER MAT

Natural rubber Yoga mat. Anti-slip and of maximum resistance. Nice design with Mandala pattern. Dimensions: 183 X 67 cm and 5 mm thick.








JUTE YOGA MAT

Two-tone ecofriendly mat, non-slip, very elastic and comfy. Made of natural jute and foam. Dimensions: 183 x 61 cm. 6 mm thick.







YOGA´S MAT ECO-FRIENDLY

Yoga´s mat eco-friendly 180 x 60 x 0,6 cm.



YOGA MAT BAG

Bag for yoga mats. Made of cotton on the outside and nylon on the inside. Zipper closure system to facilitate the placement of the mat. Dimensions: 69 x 13 cm.




YOGA BLANKET

Yoga blanket. Made of wool. Dimensions: 200 x 150 cm.







YOGA TOWEL

Yoga towel made of fiber; absorbent and anti-slip. Dimensions: 183 x 63 cm.





CONFORT YOGA TOWEL

Yoga towel made of fiber; absorbent and anti-slip. Dimensions: 183 x 63 cm.





YOGA EYE PILLOW

Yoga Eye pillow, made of silk and filled with seeds. Dimensions: 21 x 10 cm.





RECTANGULAR BOLSTER

Rectangular Yoga Bolster made of cotton and filling made of sponge. Dimensions: 66 x 22 x 12 cm.







CILINDRIC BOLSTER

Cylindric Yoga Bolster made of cotton and filling made of sponge. Dimensions: 66 x 22 x 12 cm.







ZAFU

Made with velvet cover and filled with seeds.





YOGA BRICK

Yoga brick made of EVA. Dimensions: 8 x 16 x 23 cm. Weight: 200 gr.







PRO YOGA BRICK

Pro Yoga brick made of EVA. Dimensions: 8 x 16 x 23 cm. Weight: 400 gr.





CORK YOGA BRICK

Yoga brick made of cork. Dimensions: 8 x 16 x 23 cm. Weight: 800 gr.



YOGA PAD

Yoga Pad made of TPE material with cushioning. Set of 2 units. Diameter: 17 cm.











EVA WEDGES

Yoga wedges made of EVA. Set of 2 units. Dimensions: 15 x 6 x 5 cm.

Yoga wedges made of EVA. Set of 2 units. Dimensions: 15 x 12 x 5 cm.









INVERSION YOGA CHAIR

Inversion Yoga padded chair with detachable support to be used as inversion and/or normal chair. Dimensions: 37 x 40 x 40 cm.









YOGA STRAP

Yoga Straps made of cotton. Dimensions: 245 x 2,5 cm.









YOGA WHEEL

Made of plastic with non-slip TPE coating.Especially designed for flexibility and stretching exercises. Diameter: 33cm. Width: 13 cm.











RECOVER RING

The recover ring it´s suitable for doing several stretching exercises , as upper as lower part of the body. Use like an instrument by many Yoga Instructors in their daily routine and core training. The rounded forms of the hoop, allow a perfect adaptation to the different parts of the body. Also it´s used to do massages for get free the Myofascial, with soft massage or applying pressure with the body own weight. Measures : 23,5 x 12, 5 x 8 cm. Weight: 220 grs. Made off TPE.

















AERIAL YOGA

Made high quality material and 100% safe. Ideal for anti gravity suspension exercises. It helps to relax joints, easing the pressure on them and aligning the vertebrae. Musculation will be activated and flexibility will be considerably improved. Body and mind will be relaxed and blood flow in general will be stimulated. Carabiners and adjustable cinches included.



Dimensions: 4 m x 2.8 m. Weight capacity: over 500 kg.

Dimensions: 7 m x 2.8 m. Weight capacity: over 500 kg.





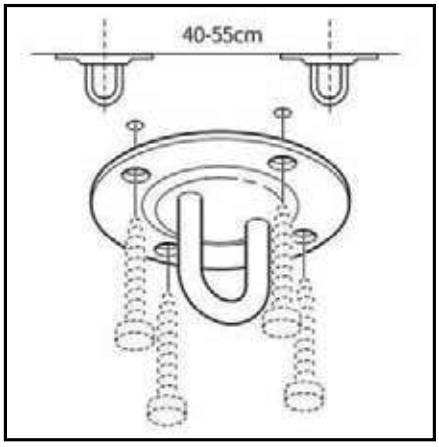


YOGA HAMMOCK

Ceiling mount for all types of suspended workouts. Perfect for placing aerial, rings, suspension equipment, elastic. The package includes 2 anchors and the necessary hardware to fix it to the ceiling or wall.







YOGA HAMMOCK

Made of comfortable and high quality material, making the suspension training totally safe. Includes 6 pairs of handles.







purple



blue



fuchsia



orange



green







SUP yoga, which unites the sport of stand-up paddle boarding, with the ancient practice of yoga, is a new discipline born on the beaches of Florida that consists of prac-ticing "Hatha Yoga" postures on a floating platform in open water or swimming pools.
This technique brings a new experience about water. Thanks to the movement and instability, it engages and activates a large number of muscles.
To practice this new style of Yoga you just need to know some basic surfing concepts to stay on the board, how to swim and really want to enjoy SUP Yoga in a privileged environment. The SUP Yoga sessions usually last about an hour and a half and consist of stretching exercises out of thewater, continued by the Yoga session in the water and finishing with some relaxation exercises. The practice in the sea adds a level of difficulty but the experience of working out in the middle of nature is really worth it!



FLOATING YOGA BOARD

Inflatable board to practice Stand Up Yoga, fitness and pilates on the water, especially designed for swimming pools. To practice in open water we recommend the "SUP Yoga Board"
This board brings a new experience about water. Thanks to the movement and insta-bility, it engages and activates a large number of muscles.
Rectangular shape, designed for pools or calm waters. The board has upper grips, a section to put small objects subject to the table as well as lateral and frontal ancho-rages to be able to anchor them to the water lines of the pool. Anti-slip surface. It includes inflating pump.
Dimensions: 220 x 90 x 15 cm.



SUP YOGA BOARD

Inflatable board to practice Stand Up Yoga, fitness and pilates on the water, especially designed for open waters. To practice in swimming pools, we recommend the "SUP Yoga Board".
This board brings a new experience about water. Thanks to the movement and instability, it engages and activates a large number of muscles.
The board has an upper grip, a section to put small objects subject to the table as well as lateral and frontal anchorages to be able to join boards. Anti-slip surface. It includes inflating pump and a paddle.
Dimensions
300 x 85 x 10 cm.



