

Martial Art Mats Ltd

Quality, Value, Service - Martial Arts & Sports Equipment

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Vat No. 971 2750 14 Registered in England Company No. 7209873



Sponsors of The Jitsu Foundation's (TJF's)
National Competitions Since 2010



BH (TR Strength) Equipment

<i>Model</i>	<i>Description</i>	<i>Price (pre-VAT)</i>
UPPER BODY		
L070	Seated chest press	£2,499.00
L110	Lat Pully	£2,499.00
L130	Biceps curl	£2,499.00
L270	Butterfly	£2,499.00
L090	Shoulder press	£2,499.00
L150	Seated dip	£2,499.00
L410	Rear deltoid	£2,499.00
L450	Assisted Kneeling Dip	£2,499.00
L490	Deltoid raise	£2,499.00
L530	Ergolina	£2,199.00
L550	Lat pull	£2,499.00
LOWER BODY		
L010	Leg extension	£2,499.00
L170	Seated leg curl	£2,499.00
L250	Abduction and adduction	£2,499.00
L340	Total hip abduction	£2,499.00
L050	Leg press	£2,999.00
L030	Lying Leg Curl	£2,499.00
L160	Horizontal Triceps	£2,499.00
L210	Seated calf	£2,499.00
L330	Gluteous kneeling	£2,499.00
L310	Abdominal	£2,499.00
L290	Seated row	£2,499.00
L430	Rotary torso	£2,499.00
L510	Lower back	£2,499.00
DUAL FUNCTION STRENGTH		
L020	Leg extension / Leg curl	£2,199.00
L140	Bicep / Tricep	£2,199.00
L610	Abdominal / Lower back	£2,199.00
L080	Shoulder press/ Chest press	£2,199.00
L550	Lat pulldown-Low row	£2,199.00
L370	Dual adjustable functional trainer	£2,999.00
BENCHES & ACCESSORIES		
L800	Abdominal flexor bench	£620.00
L840	Roman chair	£379.00
L885	Balanced Abdominal	£766.00
L870	Barbell rack	£446.00
L850	Shoulder press bench	£770.00
L900	Chin & Dip frame	£770.00
L350	Multi press-Smith machine	£1,599.00
L350J	Multi press counterbalanced	£1,799.00
L875	Dumbbell rack	£739.00

LD215	Seated calf	£770.00
LD295	T-Bar row	£960.00
L860	Plate rack / tree	£399.00
L805	40° Incline bench	£499.00
L810	Flat Bench	£328.00
L815	Press bench	£770.00
L820	Incline bench	£860.00
L855	Decline bench	£1,156.00
L825	Multi position bench	£499.00
L830	Seated Scott Curl	£425.00
L835	Crunch bench	£582.00

Extras

Solar monitor *	£285
Extra weight stack *	£260

*see below for which machines will accept monitor & extra weight

BH (SK Cardio) Equipment

Product Name

TREADMILLS

G795TV	SK7950 Treadmill with TV	£7,495
G795	SK7950 Treadmill	£6,195
G790TV	SK7900 Treadmill with TV	£6,995
G790	SK7900 Treadmill	£5,795

CROSSTRAINERS

G930TV	SK9300 Cross Trainer with TV	£4,995
G930	SK9300 Cross Trainer	£4,495
G950TV	SK9500 VS Trainer TV	£6,195
G950	SK9500 VS Trainer	£5,495

BIKES

H800TV	SK8000 Upright Bike with TV	£3,495
H800	SK8000 Upright Bike	£2,495

RECUMBENT

H890TV	SK8900 Recumbent with TV	£3,795
H890	SK8900 Recumbent	£2,995

STEPPERS

R250TV	SK2000 Stepper with TV	£3,995
R250	SK2000 Stepper	£3,495

Infiniti

R200	Rower	£995
	Rower	

Code BH (LK Cardio) Equipment

G600-LK6000	Product Name	
G810-LK8100	LK6000 Treadmill	£3,995
H700-LK7000	LK8110 Elliptical	£3,295
H750-LK7500	LK7000 Upright Bike	£1,595
R500-LK5000	LK7500 Recumbent Bike	£2,095
G820-LK8200	LK5000 Rower	£1,399
G290-K2.0	LK8200 VS Motion	£3,295
	K.20 Indoor Cross trainer	£1,995

BH (Cardio) Equipment

H920	<u>Indoor Cycles (spinning bike is a trade name)</u>	
H925	Duke	£899
	Duke Magnetic	£1,199

YV30RS	<u>Vibration Plates</u>	
	YV30RS Vibroboost	£2,495

	<u>Light Commercial Range</u>	
	Mercury 6 Treadmill	£2,495

***Only the machines listed below will accept the solar monitor:**

on the right side: L030, L250, L270, L290, L310, L340 and L510

on the left side: L010, L050, L070, L090, L110, L130, L150, L160, L170, L210, L270, L330, L430 and L490

***Only the machines listed below will accept the extra weight stack**

	REF.	MODEL NAME	weight stack	extra weight	
Strength / Upper body	L130	Biceps Curl	68 Kg 150 lbs	91 Kg / 200 lbs	
	L150	Seated dip	91 Kg 200 lbs	-	
	L160	Horizontal triceps	68 Kg 150 lbs	91 Kg / 200 lbs	
	L110	Lat Pulley	91 Kg 200 lbs	125 Kg / 275 lbs	
	L290	Seated row	91 Kg 200 lbs	125 Kg / 275 lbs	
	L450	Assisted kneeling dip	91 Kg 200 lbs	-	
	L550	Lat pull	125 Kg 275 lbs	-	
	L090	Shoulder press	91 Kg 200 lbs	125 Kg / 275 lbs	
	L490	Deltoid raise	91 Kg 200 lbs	-	
	L070	Seated chest press	91 Kg 200 lbs	125 Kg / 275 lbs	
	L270	Butterfly	91 Kg 200 lbs	-	
	L410	Rear deltoid	91 Kg 200 lbs	125 Kg / 275 lbs	
	Strength / Torso	L310	Abdominal	91 Kg 200 lbs	-
		L430	Rotary torso	68 Kg 150 lbs	91 Kg / 200 lbs
L510		Lower back	91 Kg 200 lbs	125 Kg / 275 lbs	
	L250	Abduction and adduction	68 Kg 150 lbs	-	
	L330	Gluteous	91 Kg 200 lbs	-	

Strength / Lower body	L340	Total hip	91 Kg 200 lbs	125 Kg / 275 lbs
	L010	Leg extension	91 Kg 200 lbs	125 Kg / 275 lbs
	L030	Lying leg curl	91 Kg 200 lbs	-
	L170	Seated leg curl	91 Kg 200 lbs	-
	L210	Seated calf	91 Kg 200 lbs	-
	L050	Leg press	136 Kg 300 lbs	-
Strength / Benches & Multifunctional	L530	Ergolina	91 Kg 200 lbs	125 Kg / 275 lbs
	L800	Abdominal flexor bench	-	-
	L805	40° Inclined bench	-	-
	L810	Flat bench	-	-
	L815	Press bench	-	-
	L820	Incline bench	-	-
	L825	Multi position bench	-	-
	L830	Seated scott curl	-	-
	L835	Crunch bench	-	-