

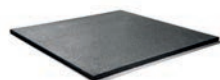
# Fitness Pro Flowsheet



## Strength training

Strength training may be undertaken for a variety of reasons but ultimately the goal is to increase strength and muscle mass and improve stamina.

### Fitness floor Standard 20mm



Cushioning \* \*  
 Stability \* \* \* \*  
 Wear resistant \* \* \*

### Fitness floor Heavy Duty 20mm\*



Cushioning \* \*  
 Stability \* \* \* \* \*  
 Wear resistant \* \* \* \* \*



## Functional training

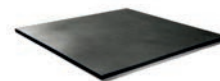
Functional training is a type of physical exercise that trains the body for activities that are performed in everyday life.

### Fitness floor Basic 15mm



Cushioning \*  
 Stability \* \* \* \*  
 Wear resistant \* \* \*

### Fitness floor Premium 20mm



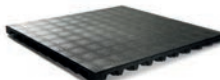
Cushioning \* \*  
 Stability \* \* \* \*  
 Wear resistant \* \* \*



## CrossFit

CrossFit is a fitness regimen that combines weightlifting, athletics and gymnastics. CrossFit is based on the premise that if you focus purely on just one of these three aspects the way in which your body develops will be limited.

### Fitness floor Extreme HI - 65mm



Cushioning \* \* \* \* \*  
 Stability \* \*  
 Wear resistant \* \* \*

### Fitness floor CF 43mm



Cushioning \* \* \* \*  
 Stability \* \* \* \*  
 Wear resistant \* \* \*

### Fitness floor CF Heavy Duty 43mm\*



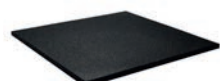
Cushioning \* \* \*  
 Stability \* \* \* \*  
 Wear resistant \* \* \* \* \*



## Weightlifting

Weightlifting is a sport that tests physical strength. Those who practise the sport attempt to lift heavy weights (dumb-bells) from ground level to above their heads.

### Fitness floor Weight Lift 30mm



Cushioning \* \* \*  
 Stability \* \* \* \*  
 Wear resistant \* \* \*

*\*HD more stable and wear resistant*

