

RECOMMENDED FITBALL SIZE - ACCORDING TO HEIGHT		WEIGHT BELT MEASUREMENTS		
SIZE	HEIGHT (cm)	SIZE	MEASURED FROM BUCKLE TO...	
			1ST HOLE	LAST HOLE
BF45	145 and below	S	60cm	80cm
BF55	145 to 160	M	65cm	90cm
BF65	160 to 180	L	72cm	95cm
BF75	180 and above	XL	88cm	110cm
		XXL	95cm	120cm

POWER BELT MEASUREMENTS					
SIZE (Overall - length)		MEASURED FROM BUCKLE TO...			
inches	cm	1ST HOLE		LAST HOLE	
		cm	inches	cm	inches
36	91.44	56	22.05	79	31.10
40	101.6	66	25.98	89	35.04
44	111.76	76	29.92	99	38.98
48	121.92	86	33.86	109	42.91
52	132.08	96	37.80	119	46.85
56	142.24	106	41.73	129	50.79

7FT BARS DESIGNED TO HOLD		
BAR	DIAMETER	TOTAL WEIGHT
Olympic	50mm	500kg
Standard	28mm	150kg
Standard Super Strength	28mm	500kg

WEIGHT DISC STORAGE						
PRODUCT	CODE	DIAMETER	POSITION ON TREE	DISTANCE B/W ARMS	LENGTH OF ARMS	MAX WEIGHT
Horizontal 8 Prong Standard Weight Tree	WTH8S	26MM	TOP	272	150mm (each side)	500kg
			2ND	272	190mm (each side)	
			3RD	460	220mm (each side)	
			BOTTOM		250mm (each side)	
Horizontal 8 Prong Olympic Weight Tree	WTH8O	47MM	TOP	272	160mm (each side)	500kg
			2ND	272	200mm (each side)	
			3RD	460	230mm (each side)	
			BOTTOM		260mm (each side)	
Class Bar Disc Tripod (5kg)	WTTV3S	26MM			462mm (each pole)	
Class Bar Disc Tripod (10kg)	WTV3L	26MM			550mm (each pole)	

PLATE DIAMETERS ON FIXED DUMBBELLS & BARBELLS (mm)					
	0.5Kg	1.25Kg	2.5Kg	3.75Kg	5Kg
CAST PLATES	100	130	160	N/A	210
RUBBER PLATES	125	150	184	200	230

**A.B.C PRODUCTS WHERE FREIGHT MUST BE CALCULATED USING CUBIC WEIGHT  
(EXCLUDING MELBOURNE METRO DELIVERIES)**

*Please Note: Cubic weight must be used when calculating freight that includes any of the below items. They can not be disassembled in any way due to their size, cubic weight is greater than physical weight.*

CODE	ITEM	PHYSICAL WEIGHT (approx. kg)	CUBIC WEIGHT (allow kg)
SO	Original Step	4	31
WTH8S	Horizontal 8 Prong Standard Weight Tree	40	152
WTV8O	Horizontal 8 Prong Olympic Weight Tree	40	152
WTV3S	Class Bar Disc Tripod (5kg)	5	72
WTV3L	Class Bar Disc Tripod (10kg)	5	72
BHF	Heavy duty flat bench	50	146
BHI	Adjustable Incline Bench 0 - 90 degrees - (no press)	50	146
BHPS	Flat Bench with Standard stance Press	50	295
BHPO	Flat Bench with Olympic stance Press	50	537
BHPAIS	Adjustable Incline (0-90 degrees) Bench with Standard stance Press	50	295
BHPAIO	Adjustable Incline (0-90 degrees) Bench with Olympic stance Press	50	537
RDT10	10 Pr Vertical Tower Rack	40	99
RDT14	14 Pr Vertical Tower Rack	40	99
RBCT20NW	Class Bar Storage Trolley without Wheels	50	174
RBCT20W	Class Bar Storage Trolley with Wheels	50	174
RBCD20	Class Bar Storage System - 20 Sets	50	200
RBCD30	Class Bar Storage System - 30 Sets	50	250