

Edition 7

Fitness

Sport

Physical Education

OMNIKIN MEGAFORM



OMNIKIN

Skillastics

Tango

Park & Sun

Abilities 10 Creations

Spondas Exclusive







Spondas Innovation

IDOMO

EICO

ETHIC

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-  **Spordas Exclusive**
-  **Spordas Innovation**
-  **Abilitations**
-  **Megaform product**
-  **Megaform Eco product**
-  **Megaform Ethic product**
-  **Park & Sun product**

-  **Tangle product**
-  **Dom product**
-  **Skillastics product**
-  **OMNIKIN product**
-  **Activity guide available**
-  **Set of 6 colors**
-  **New product**
-  **Best Seller**

Megaform And The EMAS Certification...

Since September 2010, Megaform has been taking several steps to the EMAS certification, in order to be certified in the second Semester of 2011.

What does EMAS stand for:

EMAS (Eco-Management and Audit Scheme) is a voluntary environmental management system (EMS), under which companies and other public organisations evaluate, manage and continuously improve their environmental performance. EMAS has been operative since 1995. The latest revision (EMAS III) came into effect on 11 January 2010. Currently, more than 4,400 organisations and approximately 7,600 sites are EMAS-registered.

The core elements of EMAS are

- ✓ **Performance:** Carrying out annual updates of environmental policy targets and actions to implement and evaluate these targets.
- ✓ **Credibility:** Third party verification from independent auditors guarantees the value of both actions taken and disclosed information.
- ✓ **Transparency:** Environmental statement provides information to the public on environmental impact and performance of the organisation.

Steps to EMAS Registration:

1. Adopt an environmental policy;
2. conduct an environmental review;
3. in the light of the results of the review, establish an effective environmental management system;
4. carry out an environmental audit;
5. provide a statement of its environmental performance;
6. use the EMAS logo.

EMAS goes further than ISO 14001:



In concrete terms, Megaform's objectives are oriented as follows:

1. Reduce and prevent pollution-related activities:
 - Reduce energy consumption (electricity, heating and water);
 - Reduce waste discharge through better prevention and recycling measures;
 - Improve the mobility aspect in its activities.
2. Establish an environmental management system like EMAS.
3. Ensure compliance with legal requirements applicable, to which MEGAFORM subscribed relating to its environmental aspects;
4. Ensure continuous improvement of environmental performance;
5. Inform and educate staff to optimize this participatory process based on continuous improvement;
6. Communicate periodically with our customers on the improvements achieved in our sustainable development initiatives and introduce innovations in this field;
7. Integrating sustainable development in all present and future aspects of MEGAFORM.



Body Shaper



This Body Shaper is made out of 4 parts (latex) to combine different exercises

Ref. M436269

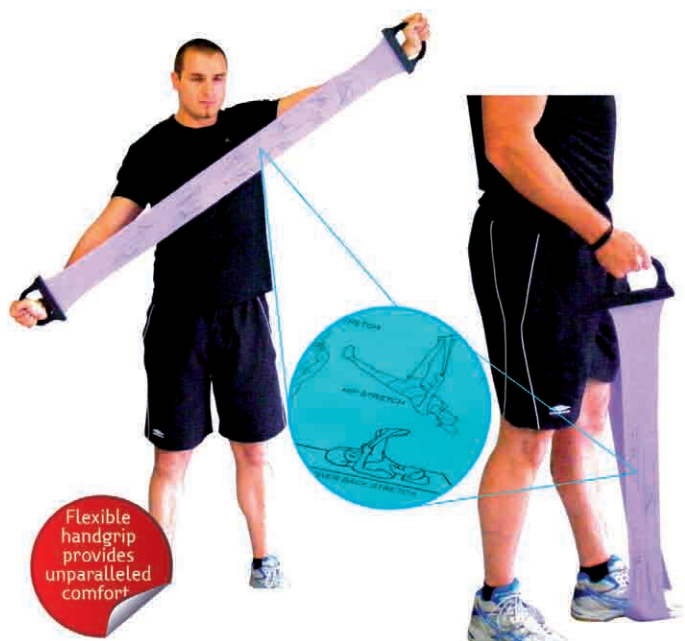


Pilates Ring



37cm diameter ring with two foam-covered handles for easy and comfortable manipulation.

Ref. M436266



Flexible handgrip provides unparalleled comfort

Stretch'n Exerbands



Shows them How

With 18 clearly illustrated upper and lower-body exercises (10 strengthening and 8 stretching), the 17,8cm x 53cm latex Stretch'nExerBand is literally a self-inclusive exercises device. What makes it even more unique is its securely attached full-width handgrips made of a flexible polymer material that simply makes the the most comfortable and effective latex-band-based exercisers we've ever used.

Ref. M436263 Stretch'n Exerband Basic - Violet

Ref. M436264 Stretch'n Exerband Advanced - Blue

Fitness Tubes



Fitness tubes made of latex material, with 2 foam-cushioned handles.

Ref. M436250 Light Yellow

Ref. M436251 Medium Green

Ref. M436252 Strong Red

Ref. M436253 X-Strong Blue



Megaform ECO Mat

New 

This mat is made of eco-friendly materials (TPE), biodegradable and without PVC.
Dimensions: 160cm x 60cm x 16mm.

Ref. M436261



ExerWeight Ball

New  

Though 55cm dia., seamless, roto-molded balls were originally developed for use in physical therapy, they're now more commonly used in physical training for core-strength and balance development. In keeping with this latest trend in training, we developed the ExerWeight Ball. This Ball contains 900g of sand. The nature of the weight allows it to shift so that it always remains centered on the bottom. This practical positioning not only evenly distributes the weight to make the ball's movement easier to control, it prevents the ball from rolling once it's placed on the floor.

Ref. M552145



Weight Vest With Gel

New 

Vest made of nylon and delivered with 18 removable weights (250g, each). Weights are made on silicon, with a cloth covering.
Velcro fastening of the vest.

Ref. M436262



PulseBar

New  

Accurate, Easy, Economical!

Our new, incredibly inexpensive PulseBar responds immediately when the extra-large sensor bars are grabbed and gives a stable, accurate reading seconds later. Using an algorithm that accounts for real-world use, the PulseBar gives a dynamic readout of your pulse, measuring a moving average of the last 12 seconds. This real-time, relative pulse measurement makes it the perfect CalmDown Station.

An Effective Classroom Management Tool!

A CalmDown Station can help refocus your entire class - or just one student - whose physical and/or verbal actions are disrupting your ability to teach. This is achieved with a game-like challenge to significantly lower the number displayed. To lower his or her pulse rate, a student must follow a yoga-like process of concentration, relaxation and deep breathing. The net result is a calmer student...and class.

Ref. M552400



Megaform FITNESS Fit Ball

New 

The Fit Ball range is mostly adapted for fitness or prenatal gymnastic exercises. In addition to its high resistance (until 300kg), the Fit Ball has been developed to avoid all risk of burst, even when gashed with a sharp object.

Ref. M402243 Fit Ball 55cm

Ref. M402244 Fit Ball 65cm

Ref. M402245 Fit Ball 75cm



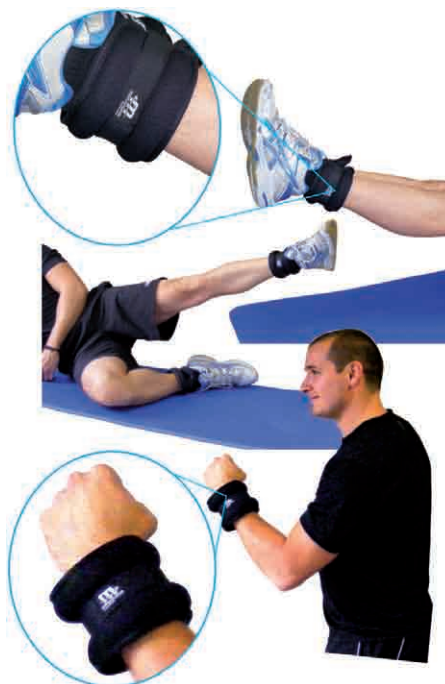
Dumbbells



900g and 1350g foam Dumbbells, with handle.

Ref. M436271 Pair - 900g

Ref. M436272 Pair - 1350g



Weighted Bands



These weighted bands are very soft and provide a comfortable feeling. They are filled with iron filing.

Easy to fasten, thanks to the strong velcro bands. Available in 2 versions (500g and 1kg). Color: Black.

Ref. M436273 Pair - 500g

Ref. M436274 Pair - 1kg



Push Bars



These push bars are very easy to hold, thanks to the double non-slip cushioning. They enable an efficient work on triceps.

Maximum weight: 180 kg. Dimensions of 1 pce: 24cm x 14cm x 14,5cm.

Ref. M436270 Pair



Wooden Balance Board



40cm dia. wooden balance board with non-slip surface.

Diameter of the ball: 8cm.

Total height: 6cm.

Ref. M436267



Aerobic Step



Good quality step for beginners and senior training. Anti-slip adjustable feet. Dimensions : 68,5 x 40cm. Heights : 13 and 17cm. Weight : 6kg.

Ref. M436100

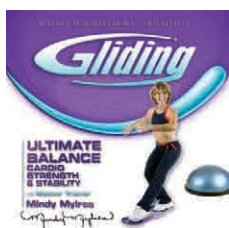


Step Club



High quality step for improvement and intensive use. Anti-slip adjustable feet. Dimensions : 90 x 40cm. Adjustable in height: 13cm, 18cm and 23cm. Weight : 8kg.

Ref. M436110



DVD "Ultimate Balance of Cardio, Strength & Stability" with Mindy Mylrea

This DVD introduces a workout that is advanced, challenging, and most importantly fun. Intervals of cardio are followed by intervals of both sliding disc cardio and strength. This workout also includes a perfect mix of floor strength patterns. Language : English

Ref. M436221



Gliding



The sliding discs are lightweight, durable, easy to maintain and easy to store. The discs (21,5 cm diameter) are placed under the feet or under the hands in order to perform easy to learn and fun exercises. Sliding discs are available in two different versions. One is specially designed for hardwood surfaces; the discs are made of durable tight-weave coated fabric that allows for smooth, even movement on hardwood / laminated wood. The other version is specially designed for carpeted floor; the discs are manufactured from high-tech polymer material designed to allow for a smooth sliding on carpeted surface.

NEW, POWERFUL, EFFICIENT!

This program incorporates Body Sculpting, Balance, flexibility, Core and cardiovascular exercises and strengthens thigh, abdominal and back muscles. Gliding exercises can be adapted to all fitness levels and the intensity level is controlled by the user. In standing position, Gliding exercises consist of dynamic lunge, squat and slide variations and combinations. The movements are fun and easy to learn and to adapt to any exerciser fitness level. The discs can also be used during floor exercises in supine, lateral and prone position to strengthen all muscles groups. The possibilities are endless!

Ref. M436200

Group Exercise Starter Package - Hardwood

This pack consists of 25 pairs of discs for hardwood surfaces, instruction manual and 2 DVDs : Total Body Basics (Mindy Mylrea) + Integrated Muscle Co

Ref. M436201

Group Exercise Starter Package - Carpet

This pack consists of 25 pairs of discs for carpet surfaces, instruction manual and 2 DVDs : Total Body Basics (Mindy Mylrea) + Integrated Muscle Co

Ref. M436205

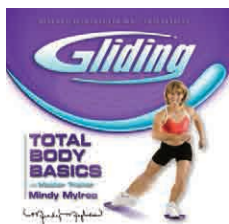
Instructor's kit - carpet

This pack consists of 1 pair of discs for carpet and an instruction manual.

Ref. M436210

Instructor's kit - hardwood

This pack consists of 1 pair of discs for hardwood and an instruction manual.



DVD "Total Body Basics" with Mindy Mylrea

Using the sliding discs, international fitness expert Mindy Mylrea guides through exercises that target every major muscle group. She transforms classic exercise staples into innovative fluid motions.

Language : English

Ref. M436220



GymDonuts



The Hole Makes the Difference.

Though GymDonuts can be used on their round edges for some traditional 50cm & 65cm therapy-ball exercises, it's their flat sides that set them apart from the others and give them a functional advantage. The flat sides provide stability, comfort and appropriate heights for performing exercises (and yoga meditation), while the donut-hole contour provides secure grasping points for holding GymDonuts between hands or legs for static or dynamic movements.

35cm x 65 cm.

Weight Limit: 113kg

Ref. M552140



The Ramp



THE RAMP

Semi-circular plastic wedge (56 x 107cm) supported by three solid telescoping legs that adjust the angle of the incline from 15 to 20 degrees.

« Ramping » basically consists of walking up and back on a stationary inclined surface. Taking gravity out of the equation helps reduce the potential damage to knees, hips and ankles. The Ramp provides a great workout for the gluteus and hamstring muscles. Moreover, the intensity of the workout changes with the tempo and the height of The Ramp.

MAIN BENEFITS

- It's a great fat-burning activity! A mild workout on The Ramp expends round 5 kilocalories of energy per minute.
- Ramping is a simple activity which offers a large variety of movements. With the color coded wings, Rammers can easily discover and learn choreographies.
- This new activity especially tones and sculpts the backside, hips and abdominal muscles without causing damage to hinges. It's a great combination of cardio and muscular workouts.
- Ramping is an activity that suits people all ages, due to the inline surface and the soft movements on it.
- The Ramp is ideal to be used in group exercise classes, circuit trainings, physiotherapy and children fitness.

Ref. M585000



Jelly Stuff Stretcher



They provide levels of significantly increasing resistance. It's their intrinsic increasing levels of resistance that make JellyStuff Exercisers inclusive for those with limited hand and/or upper-body strength, yet effective and challenging for those with a great deal of both. JellyStuff Stretchers are sold in sets of six.

JellyStuff -Stretcher 1

Effective for all age groups, including elementary school. Pink.

Ref. M532010 Set of 6

Ref. M532011 Set of 6