

Exercise & Resistance Training



For NDIS Item Code, refer to page: 500



Aspire Exy Pedals



- Encourages the exercise of semi-recumbent people who are not highly mobile
- Can be used for legs and arms
- Lightweight, allowing for easy transportation and storage
- No assembly required
- Digital model allows for resistance and time to be set

Code	Description	Warranty	DVA:
FPP292810	Aspire Exy Pedal - Digital	1 Year	-
FPP292800	Aspire Exy Pedal - Manual	1 Year	AV02

Exercise Bike - Performance Upright Bike



- 8 levels of manual resistance
- 4kg flywheel
- 1 piece crank
- LCD screen
- Hand pulse sensors
- Large cushioned, vertical adjustable seat
- Adjustable stabilizer for uneven surfaces
- Wheels for transportation

Code	Description	Length	Width	Height	S.W.L	Warranty	DVA:
FPP290610	Exercise Bike	930 mm	480 mm	1190 mm	100 kg	1 Year	AV01

Hand Grips



- Designed to provide resistance to hands for general strengthening and conditioning
- Sold as a pair

Code	Description	Weight	Warranty
FPP290440	Hand Grips	Medium	1 Year
FPP290450	Hand Grips	Strong	1 Year
FPP290460	Hand Grips	Extra Strong	1 Year

Soft Ankle/Wrist Weights



- Soft Ankle/Wrist Weights for strengthening ankles, legs and arms
- One size fits most

Code	Description	Weight	Colour	Warranty
FPP290480	Soft Ankle/Wrist Weight 0.5	0.5 kg	Grey	1 Year
FPP290470	Soft Ankle/Wrist Weight 1	1.0 kg	Grey	1 Year
FPP290490	Soft Ankle/Wrist Weight 1.5	1.5 kg	Grey	1 Year
FPP290500	Soft Ankle/Wrist Weight 2	2.0 kg	Grey	1 Year



Exercise Putty

- Exercise putty designed to strengthen and rehabilitate hand & finger muscles
- Leaves no colour or residue on the client's hands
- Less oily than other traditional putty, non-toxic and bleed proof

Code	Description	Weight	Colour	Warranty	DVA:
FPP298100	Exercise Putty - Super Soft	0.85 kg	Tan	6 months	AV10
FPP298200	Exercise Putty - Soft	0.85 kg	Yellow	6 months	AV10
FPP298300	Exercise Putty - Medium	0.85 kg	Red	6 months	AV10
FPP298400	Exercise Putty - Medium Firm	0.85 kg	Green	6 months	AV10
FPP298500	Exercise Putty - Firm	0.85 kg	Blue	6 months	AV10



PVC Dipped Dumbbells

- Dumbbells used for strengthening and exercise or therapy
- Large range of weights available

Code	Description	Weight	Colour	Warranty
FPF290310	PVC Dipped Dumbbell	0.5 kg	Pink	1 Year
FPF290320	PVC Dipped Dumbbell	1.0 kg	Purple	1 Year
FPF290330	PVC Dipped Dumbbell	1.5 kg	Green	1 Year
FPF290340	PVC Dipped Dumbbell	2.0 kg	Yellow	1 Year
FPF290350	PVC Dipped Dumbbell	2.5 kg	Red	1 Year
FPF290360	PVC Dipped Dumbbell	3.0 kg	Blue	1 Year
FPF290370	PVC Dipped Dumbbell	4.0 kg	Grey	1 Year
FPF290380	PVC Dipped Dumbbell	5.0 kg	Black	1 Year



Thera-Band Soft Weights

- Provide more versatility for strength training and rehabilitation exercises
- Hand-held, ball-shaped isotonic weights

Code	Description	Weight	Colour
FPF290381	Thera-Band Soft Weight	0.5 kg	Tan
FPF290382	Thera-Band Soft Weight	1.0 kg	Yellow
FPF290383	Thera-Band Soft Weight	1.5 kg	Red
FPF290384	Thera-Band Soft Weight	2.0 kg	Green
FPF290385	Thera-Band Soft Weight	2.5 kg	Blue
FPF290386	Thera-Band Soft Weight	3.0 kg	Black



Thera-Band Retail Pack

- Thera-Band Retail Pack conveniently packaged for users requiring increased levels of resistance
- 3 bands of different resistance levels per pack

Code	Description	Length	Width	Colour	Resistance	DVA:
FPP310900	Thera-Band Retail Pack - Light	1.5m x 3	140 mm	Yellow, Red, Green	Low, Medium, Heavy	AV10
FPP311000	Thera-Band Retail Pack - Heavy	1.5m x 3	140 mm	Green, Blue, Black	Heavy, Extra Heavy & Special Heavy	AV10



Thera-Band Dispenser Bands

- Thera-Band Dispenser system provides the ideal length for individual exercises
- Available as individual packets or as a complete dispenser system
- Stretchable latex rubber in five colour-coded resistances in lengths of 152 cm

Code	Description	Length	Width	Colour	Resistance	DVA:
FPP308450	Thera-Band 152	152 cm	140 mm	Yellow	Low	AV10
FPP308451	Thera-Band 152	152 cm	140 mm	Red	Medium	AV10
FPP308452	Thera-Band 152	152 cm	140 mm	Green	Heavy	AV10
FPP308453	Thera-Band 152	152 cm	140 mm	Blue	Extra Heavy	AV10
FPP308454	Thera-Band 152	152 cm	140 mm	Black	Special Heavy	AV10



Thera-Band Stability Trainer

- Supplied in three densities to provide a progressive system of balance training
- Made of durable PVC
- Anti-slip ridged surface and oval foot fitting shape

Code	Description	Colour	Resistance
FPP311282	Thera-Band Stability Trainer	Black	X-Soft
FPP311280	Thera-Band Stability Trainer	Blue	Soft
FPP311281	Thera-Band Stability Trainer	Green	Firm



Thera-Band

- Thera-Band Exercise Bands for resistive exercise or therapy
- Colour-coded for progressive resistance strengths

Code	Description	Length	Width	Colour	Resistance
FPP308500	Thera-Band	5.5 m	140 mm	Yellow	Low
FPP308600	Thera-Band	5.5 m	140 mm	Red	Medium
FPP308700	Thera-Band	5.5 m	140 mm	Green	Heavy
FPP308800	Thera-Band	5.5 m	140 mm	Blue	Extra Heavy
FPP308900	Thera-Band	5.5 m	140 mm	Black	Special Heavy
FPP309000	Thera-Band	45.5 m	140 mm	Yellow	Low
FPP309100	Thera-Band	45.5 m	140 mm	Red	Medium
FPP309200	Thera-Band	45.5 m	140 mm	Green	Heavy
FPP309300	Thera-Band	45.5 m	140 mm	Blue	Extra Heavy
FPP309400	Thera-Band	45.5 m	140 mm	Black	Special Heavy



Thera-Band Tubing Retail Pack

- Thera-Band Tubing Retail Pack conveniently packaged for user requiring increased levels of resistance.
- 3 tubes of different resistance levels per pack

Code	Description	Length	Width	Colour	Resistance
FPP311100	Thera-Band Tubing Retail Pack - Light	1.83 m x 3	140 mm	Yellow, Red, Green	Low, Medium, Heavy
FPP311200	Thera-Band Tubing Retail Pack - Heavy	1.83 m x 3	140 mm	Green, Blue, Black	Heavy, Extra Heavy, Special Heavy



Thera-Band Tubing

- Thera-Band Exercise Tubing is a natural rubber tubing available in 6 colour-coded levels of resistance
- Improves strength, range of motion and cooperation of muscle groups

Code	Description	Length	Colour	Resistance
FPP310400	Thera-Band Tubing	7.5 m	Yellow	Low
FPP310500	Thera-Band Tubing	7.5 m	Red	Medium
FPP310600	Thera-Band Tubing	7.5 m	Green	Heavy
FPP310700	Thera-Band Tubing	7.5 m	Blue	Extra Heavy
FPP310800	Thera-Band Tubing	7.5 m	Black	Special Heavy
FPP310850	Thera-Band Tubing	7.5 m	Silver	Super Heavy
FPP309900	Thera-Band Tubing	30 m	Yellow	Low
FPP309800	Thera-Band Tubing	30 m	Red	Medium
FPP309700	Thera-Band Tubing	30 m	Green	Heavy
FPP309600	Thera-Band Tubing	30 m	Blue	Extra Heavy
FPP309500	Thera-Band Tubing	30 m	Black	Special Heavy
FPP309450	Thera-Band Tubing	30 m	Silver	Super Heavy



Thera-Band Assist Strap

- Thera-Band Assist Strap is an attachment designed to increase exercises with bands or tubing
- Assists users with weakened grip to use bands and tubing

Code	Description	DVA:
FPP310010	Thera-Band Assist Strap	AV10



Thera-Band Tubing with Handles

- Thera-Band Resistance Tubing with Handles for convenient, ready-to-use clinical or home solutions
- Available in 6 Thera-Band colours and resistances

Code	Description	Length	Colour	Resistance	DVA:
FPP309910	Thera-Band Tubing with Handle	121 cm	Yellow	Low	AV10
FPP309911	Thera-Band Tubing with Handle	121 cm	Red	Medium	AV10
FPP309912	Thera-Band Tubing with Handle	121 cm	Green	Heavy	AV10
FPP309913	Thera-Band Tubing with Handle	121 cm	Blue	Extra Heavy	AV10
FPP309914	Thera-Band Tubing with Handle	121 cm	Black	Special Heavy	AV10
FPP309915	Thera-Band Tubing with Handle	121 cm	Silver	Super Heavy	AV10



Thera-Band Tubing with Padded Cuffs

- Resistance Tubing with padded cuffs for convenient, ready-to-use clinical or home solutions
- Sturdy design with comfortable, no-slip cuffs
- Ideal for sports performance enhancement and advanced injury rehabilitation

Code	Description	Colour	Resistance	DVA:
FPP309920	Thera-Band Tubing with Padded Cuffs	Red	Beginner/Intermediate	AV10
FPP309921	Thera-Band Tubing with Padded Cuffs	Green	Intermediate	AV10
FPP309922	Thera-Band Tubing with Padded Cuffs	Blue	Intermediate/Advanced	AV10
FPP309923	Thera-Band Tubing with Padded Cuffs	Black	Advanced	AV10



Thera-Band Sports Handle

- Extra long Thera-Band Sports Handle allows for two hands to grasp it easily
- Attached easily to bands or tubing to provide ideal grip for exercising
- Designed for use with bands and/or tubing

Code	Description	DVA:
FPP310020	Thera-Band Sports Handle	AV10



Thera-Band FlexBar

- Thera-Band FlexBar is a flexible, durable resistance device
- Research-proven effective for Tennis Elbow
- Ridged surface for enhanced grip
- Used to improve grip strength and upper extremity stabilisation

Code	Description	Colour	Resistance	DVA:
FPP311205	Thera-Band FlexBar	Yellow	X-Light	AV10
FPP311210	Thera-Band FlexBar	Red	Light	AV10
FPP311220	Thera-Band FlexBar	Green	Medium	AV10
FPP311230	Thera-Band FlexBar	Blue	Heavy	AV10



Thera-Band Exercise Handles

- Thera-Band Exercise Handles have soft, comfortable grip and can be used with both the exercise band and tubing

Code	Description	DVA:
FPP310000	Thera-Band Exercise Handles (Pair)	AV10



Thera-Band Hand Trainer

- Thera-Band Progressive Hand Trainer assists patients recovering from hand or wrist surgery
- Helps improve hand, finger and thumb strength and mobility during hand rehabilitation
- Colour-coded for progressive resistance exercises
- Intro Kit contains instruction guide to demonstrate proper exercises

Code	Description	DVA:
FPP311250	Thera-Band Hand Trainer, Intro Kit	AV10



Thera-Band Shoulder Pulley

- Thera-Band Shoulder Pulley is designed to assist patients undergoing shoulder rehab
- Features a unique rope divided into sections for immediate feedback on progress

Code	Description
FPP311260	Thera-Band Shoulder Pulley

Physiotherapy - Other



For NDIS Item Code, refer to page: 500



TENS Unit

- Electro stimulation pack assists with therapy and pain relief
- Designed to assist with light to moderate pain relief
- Supplied with 9 volt battery, leads and 1 packet of electrodes
- Can be used by professionals or in the home

Code	Description	Warranty	DVA:
FPP315200	TENS Unit	1 Year	BD03
GSP342245	Replacement Electrodes (Pkt 4)		BD04
GSP342240	Charger		BD04
GSP342230	Batteries		BD04



Premium Rigid Strapping Tape

- Provides maximum support and protection against injury during sport
- Assists in recovery from injury
- Extra strong adhesive with pinked edge

Code	Description	Width	Length
GMS337057	Premium Rigid Strapping Tape	38 mm	13.7 m



BodyAssist Elastic Strap (Multi-Purpose)

- Multi-purpose elastic strap attaches to itself in any position
- Ideal for binding knees, thighs and the abdomen
- Can be fitted anywhere on the body
- Designed to stabilise and assist healing of injured soft tissue
- One size fits most

Code	Description	Colour	Length	Warranty	DVA:
FBS283560	Elastic Strap	Black	1 m	1 Year	AR01
FBS280490	Elastic Strap	Beige	1 m	1 Year	AR01
FBS280495	Elastic Strap	White	1 m	1 Year	AR01



BodyAssist Elastic Strap with Loop

- Multi purpose elastic strap with a loop sewn at one end for effective wrapping
- Ideal for wrists, arms, ankles, calves and forearms
- Designed to stabilise and assist healing of injured soft tissue
- One size fits most

Code	Description	Colour	Length	Warranty	DVA:
FBS283540	Elastic Strap with Loop	Black	700 mm	1 Year	AR01
FBS283550	Elastic Strap with Loop	Beige	700 mm	1 Year	AR01
FBS283555	Elastic Strap with Loop	White	700 mm	1 Year	AR01



Micro Professional Heat Pack

- Micro professional range ideal for use in institutions
- Meets all the necessary health and safety requirements

Code	Description
FPP292140	Micro Professional Heat Pack Standard - 300 x 300 mm
FPP292150	Micro Professional Heat Pack - Neck



Lupin Hot/Cold Pack (Back)

- Easily moulds to the contour of the lower back
- Adjustable belt
- Hands free relief without interrupting daily commitments
- One size fits all
- Can be used Hot or Cold
- Fabric is 100% natural cotton corduroy
- "Low allergy" alternative to wheat, more resistant to moisture (to make cleaning easier) and less weight for more comfort

Code	Description	Warranty
FPP292151	Lupin Hot/Cold Pack Back	1 Year



Lupin Hot/Cold Pack Body Pillow

- Forms to your body shape and is suitable for all parts of the body
- Can be used Hot or Cold
- Fabric is 100% natural cotton corduroy
- "Low allergy" alternative to wheat, more resistant to moisture (to make cleaning easier) and less weight for more comfort

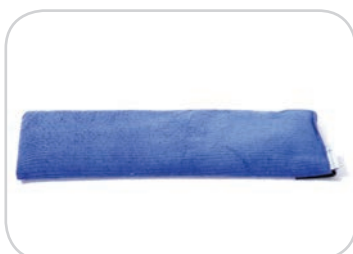
Code	Description	Width	Length	Warranty
FPP292152	Lupin Hot/Cold Pack Body Pillow	400 mm	190 mm	1 Year



Lupin Hot/Cold Pack Square

- Forms to your body shape and is suitable for all parts of the body
- Can be used Hot or Cold
- Fabric is 100% natural cotton corduroy
- "Low allergy" alternative to wheat, more resistant to moisture (to make cleaning easier) and less weight for more comfort

Code	Description	Width	Length	Warranty
FPP292153	Lupin Hot/Cold Pack Square	200 mm	200 mm	1 Year



Lupin Hot/Cold Pack Rectangle

- Forms to your body shape and is suitable for all parts of the body
- Can be used Hot or Cold
- Fabric is 100% natural cotton corduroy
- "Low allergy" alternative to wheat, more resistant to moisture (to make cleaning easier) and less weight for more comfort

Code	Description	Width	Length	Warranty
FPP292154	Lupin Hot/Cold Pack Rectangle	330 mm	130 mm	1 Year



Lupin Hot/Cold Pack Shoulder Wrap

- Will assist to soothe neck and shoulder pain, muscular stress and mastitis
- Can be used Hot or Cold
- Fabric is 100% natural cotton corduroy
- "Low allergy" alternative to wheat, more resistant to moisture (to make cleaning easier) and less weight for more comfort

Code	Description	Warranty
FPP292155	Lupin Hot/Cold Pack Shoulder Wrap	1 Year



Lupin Hot/Cold Pack Hand Glove

- Unique hot or cold mitt
- Low allergy alternative to wheat
- Easy to use and an excellent treatment for arthritis, rheumatism and general circulation

Code	Description	Warranty
FPP292156	Lupin Hot/Cold Pack Hand Glove	1 Year



Fitness Ball

- Widely used for physiotherapy and perceptual motor training
- Rated to 300kg
- Seamless construction with anti-burst to withstand rugged use
- Available in assorted colours

Code	Description	Diameter	User Height	S.W.L	Warranty
FPP303000	Fitness Ball 45cm	45 cm	<150 cm	300 kg	1 Year
FPP303300	Fitness Ball 55cm	55 cm	150 -160 cm	300 kg	1 Year
FPP303500	Fitness Ball 65cm	65 cm	160 -180 cm	300 kg	1 Year
FPP303600	Fitness Ball 75cm	75 cm	180 -196 cm	300 kg	1 Year
FPP303750	Fitness Ball 85cm	85 cm	195 cm>	300 kg	1 Year
FPP303800	Fitness Ball 100cm	100 cm	-	300 kg	1 Year



Stress Ball

- Designed for temporary relief of stress or as a rehabilitation tool for fine motor skills
- Specifically exercises the hand, wrist and forearm

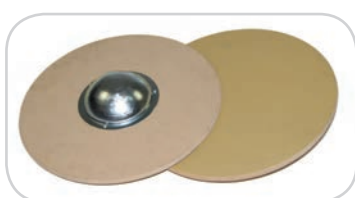
Code	Description	Diameter	Warranty
FPP312400	Stress Ball	65 mm	6 months



Balance Wobble Board

- Balance board for therapy or exercise
- Designed for rehabilitation and strengthening of ankles
- Surface grooves for grip and stability
- Highly durable, strong and hard wearing

Code	Description	S.W.L	Warranty
FPP304000	Balance Wobble Board	500 kg	1 Year



Wobble Board

- Timber balance board for therapy or exercise
- Highly durable, strong and hard wearing
- Designed for rehabilitation and strengthening of ankles

Code	Description	Warranty
FPP292700	Wobble Board	1 Year



Stability Disc

- Stability disc has the benefits of both the fitness ball and the sitting wedge
- Can be used on any type of chair or stool
- Promotes upright posture and improves balance
- Conveniently portable

Code	Description	Diameter	Warranty
FPP305000	Stability Disc	330 mm	1 Year



Freestanding Parallel Bars

- Freestanding Parallel Bars used for mobility training and therapy
- Widely used in therapy centres
- Adjustable legs for easy set-up
- Foldable for easy storage
- 3 year warranty

Code	Model	Width	Length	Height	S.W.L
FPP307600	Freestanding Parallel Bars	650 mm	2500 mm	640 - 1065 mm	130 kg



For Mobility
Walking Aids
Refer to Page 255