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A man stands in a gym, flanked by two large pieces of fitness equipment. On the left is a multi-functional strength training machine with various weight stacks and pulleys. On the right is a squat rack with a barbell loaded with yellow and red weight plates. The man is wearing a black t-shirt and shorts, with his hands on his hips, looking towards the camera. The background shows a brick wall and a ceiling with industrial lighting.

# CHAMPION Machines

# PROUD CHAMPION

The CHAMPION collection includes a total of 89 training devices, including weight stack machines, free weight machines, benches and stands. All CHAMPION products are manufactured in Europe.

The line was created for clients who value the highest standards. Only the best quality materials are used in the production process, which makes the machines ideal for commercial 24/7 use. Another advantage is the adaptation of the machine design to the needs of people over 185 cm tall.

The products from the CHAMPION collection are manufactured in accordance with the PN-EN 957-4:2007 standard and can be used in commercial and public facilities.

The ISO 9001:2015 certificate confirms the high quality of the production standards.



CHAMPION  
collection - made  
in Europe



Wide range of  
products to satisfy  
even the most  
demanding clients



Machines designed for  
24/7 commercial use



Possibility to choose  
frame, upholstery and  
stitching colour



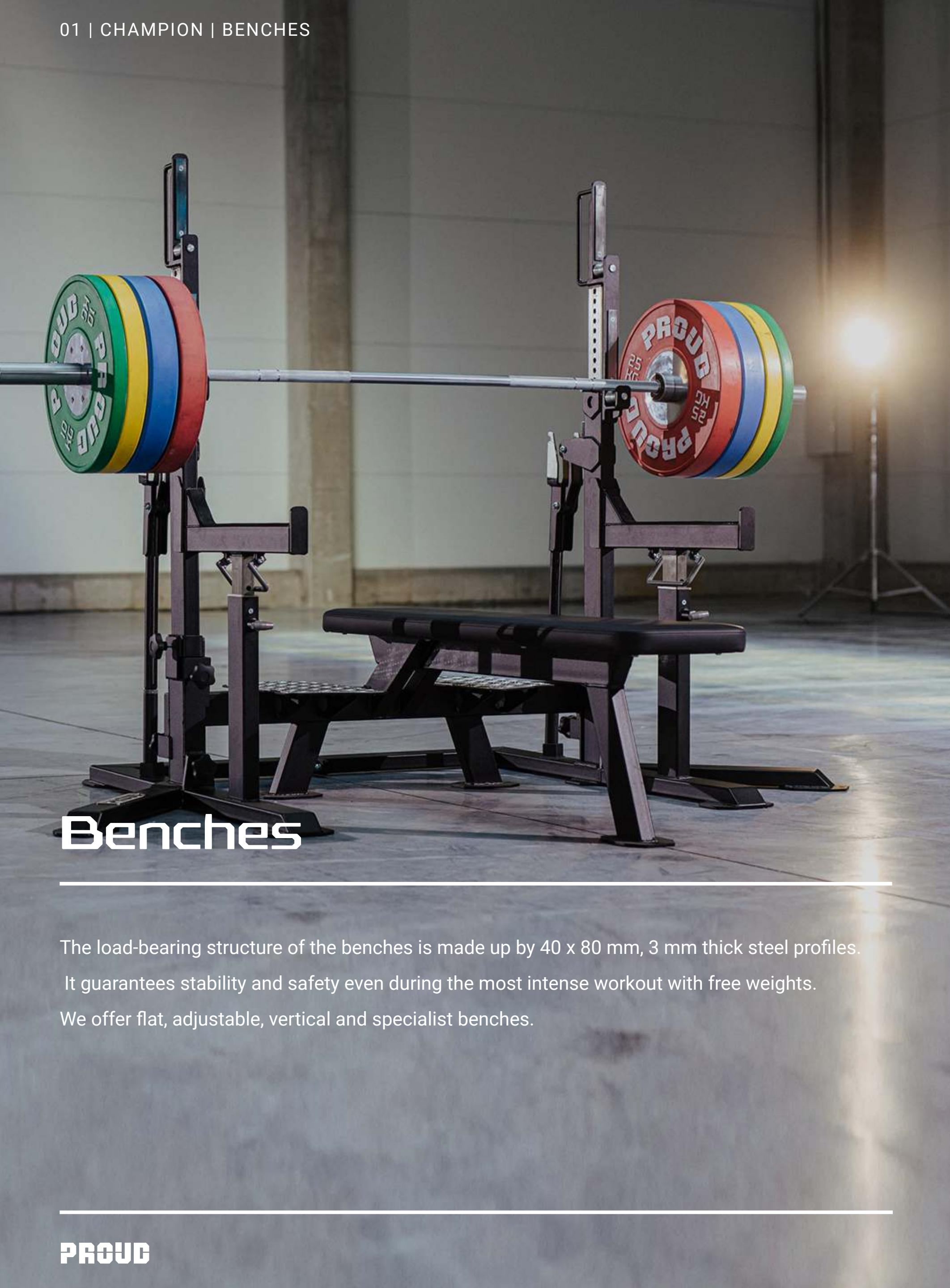
PN-EN 957-4:2007

Machines  
manufactured  
according to the the  
PN-EN 957-4: 2007  
standard



5-year warranty on all  
steel frames



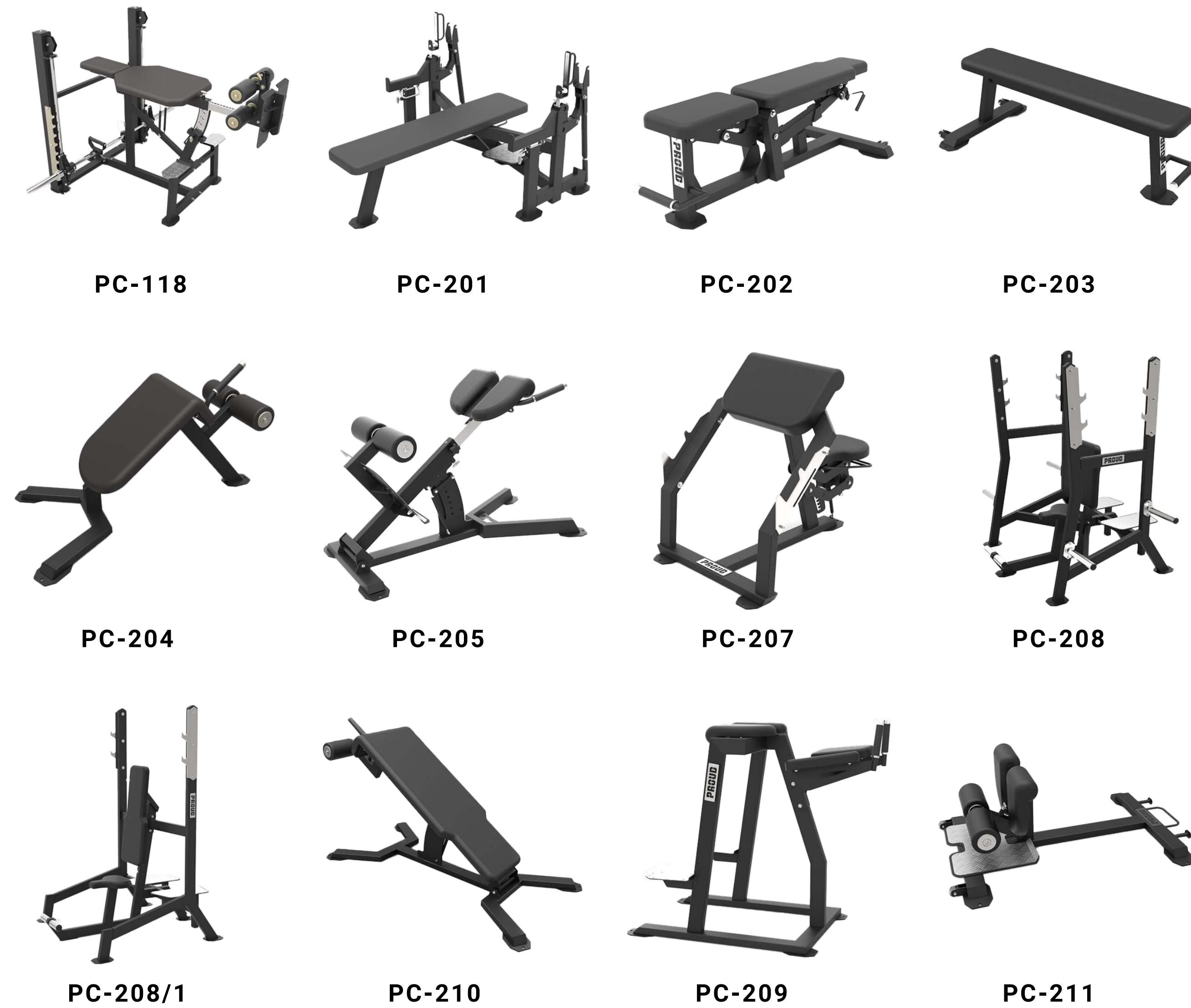


## Benches

The load-bearing structure of the benches is made up by 40 x 80 mm, 3 mm thick steel profiles.

It guarantees stability and safety even during the most intense workout with free weights.

We offer flat, adjustable, vertical and specialist benches.





PC-212



PC-113



PC-214



PC-215



PC-281



PC-281/1



PC-282



PC-283



PC-282/1



PC-284



PC-291



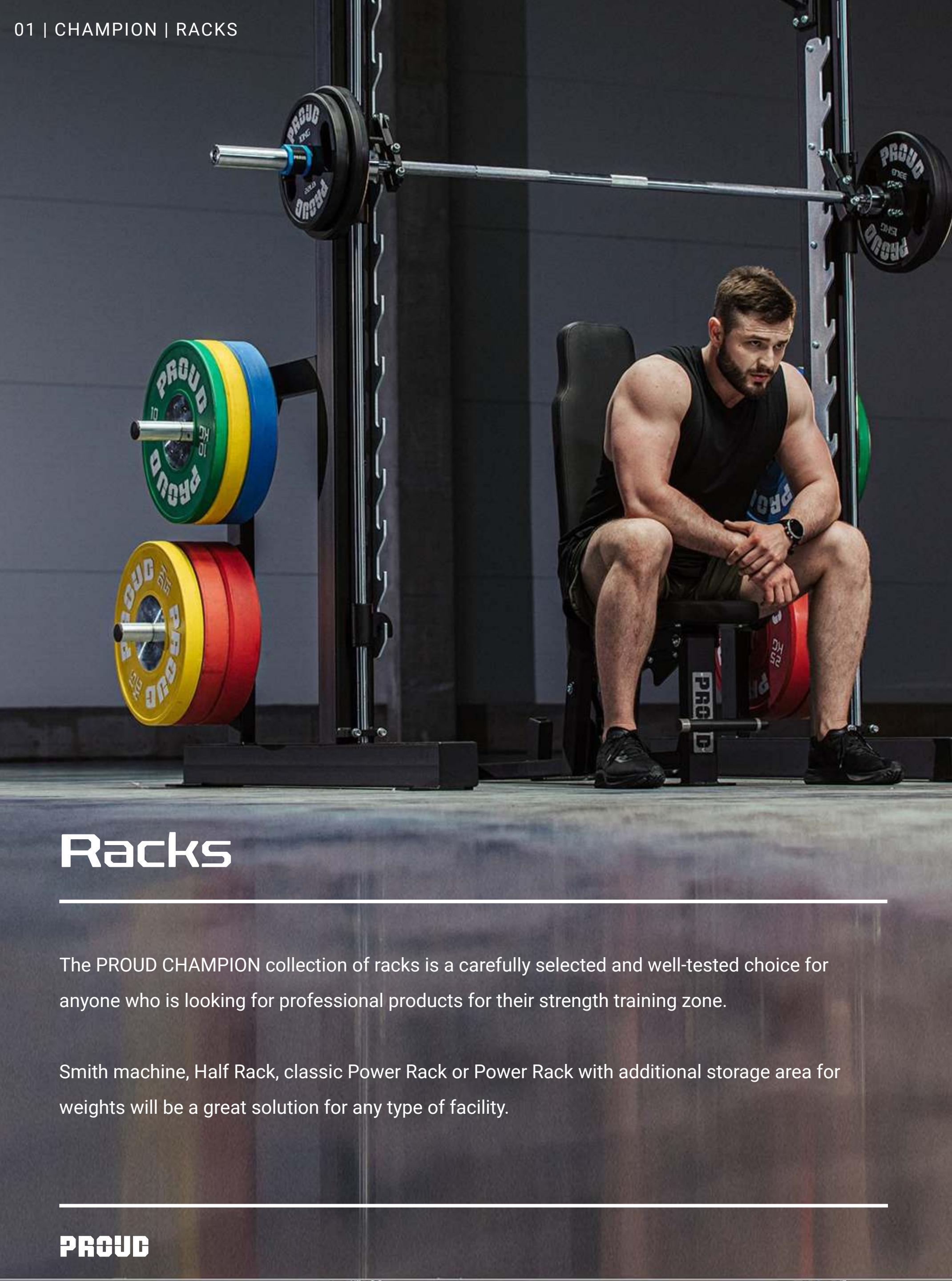
PC-297

## Benches

The structure of the benches is powder coated in black. The upholstery is anti-static, resistant to sweat, moisture and chemicals.

Special holes allow to fix the benches to the ground.





## Racks

The PROUD CHAMPION collection of racks is a carefully selected and well-tested choice for anyone who is looking for professional products for their strength training zone.

Smith machine, Half Rack, classic Power Rack or Power Rack with additional storage area for weights will be a great solution for any type of facility.



PC-192



PC-225



PC-225/2

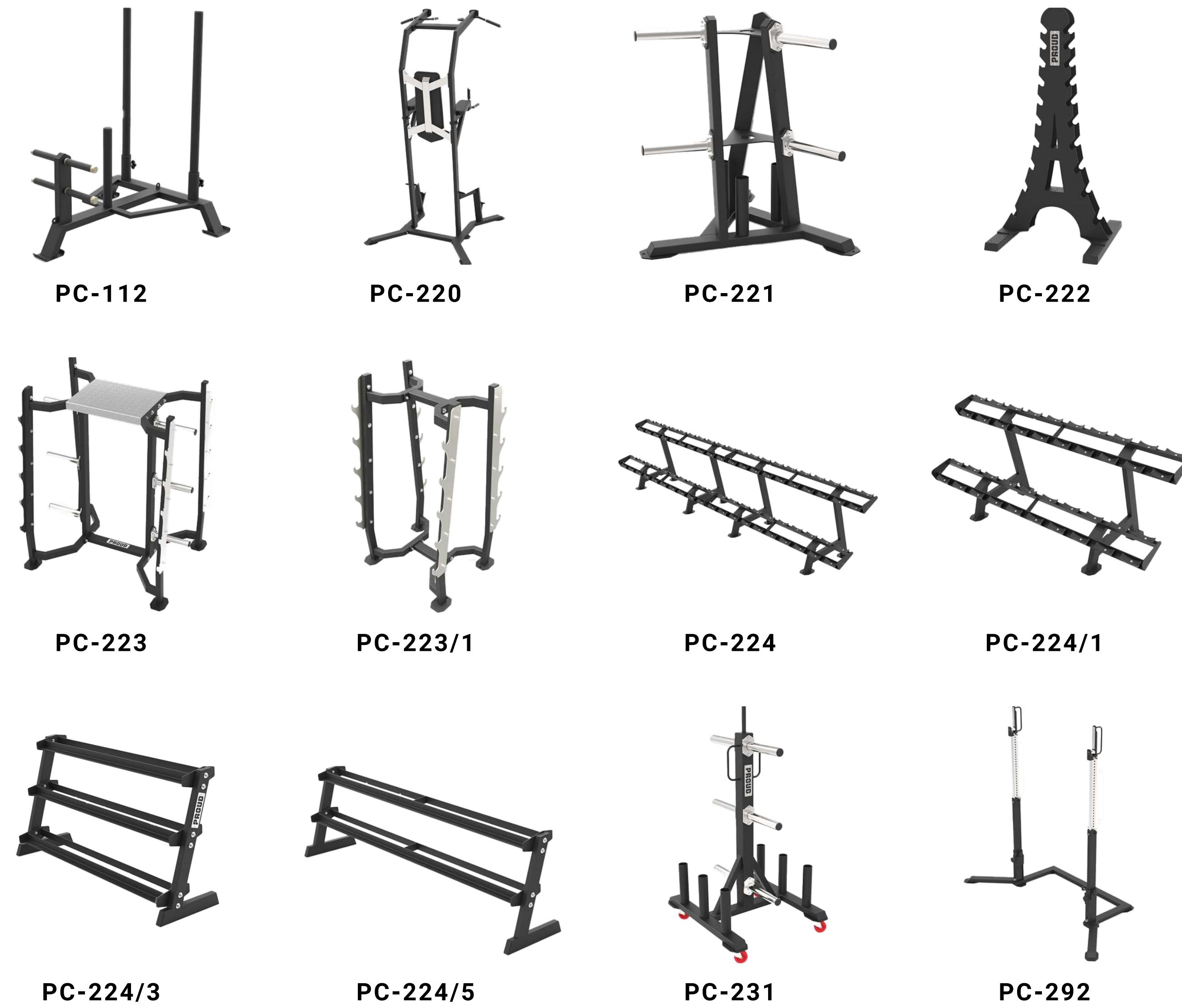


PC-226

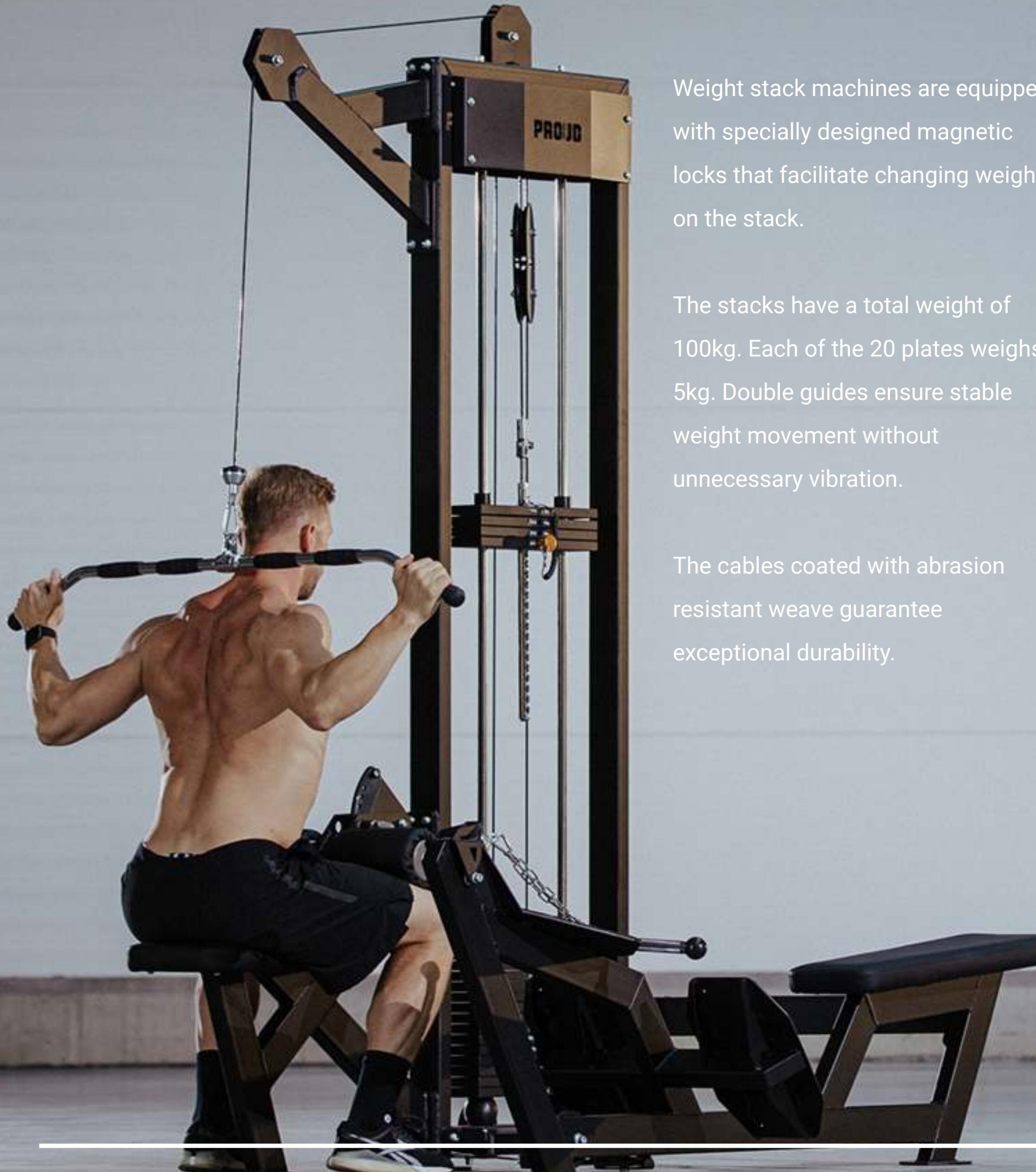
# Racks and accessories

The diversity of the racks in our offer will allow you to organise your training space more effectively. Whether it's a small home gym or a large sports complex, the racks will keep things neat and tidy.

The offer includes dumbbell stands, competition plates, bars, as well as additional training accessories.



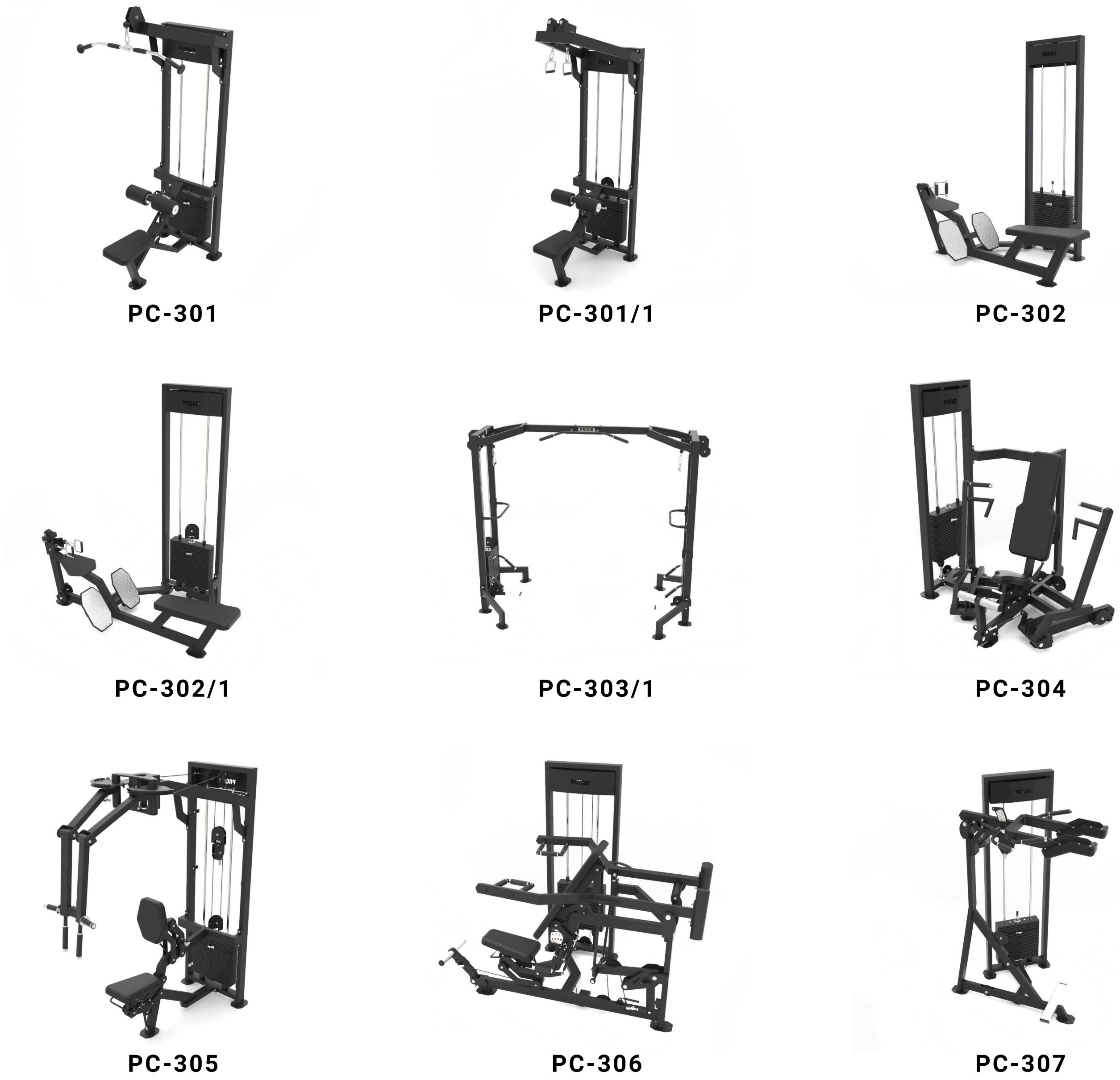
# Weight stack machines



Weight stack machines are equipped with specially designed magnetic locks that facilitate changing weights on the stack.

The stacks have a total weight of 100kg. Each of the 20 plates weighs 5kg. Double guides ensure stable weight movement without unnecessary vibration.

The cables coated with abrasion resistant weave guarantee exceptional durability.





PC-308



PC-310



PC-311



PC-312



PC-313



PC-323/1



PC-314



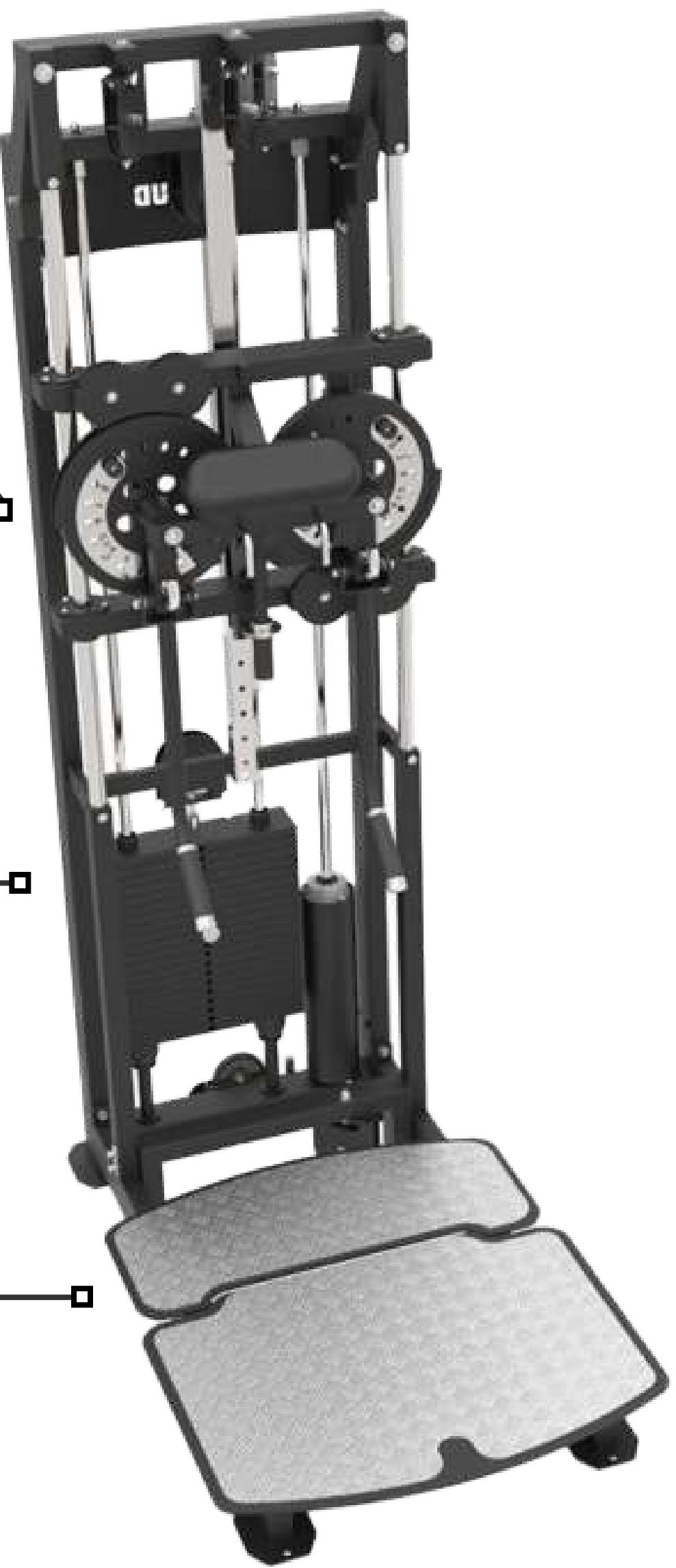
PC-315



PC-316

**Initial position adjustment**

It allows to perform up to 5 different exercises on one machine.

**Counterweight**

A special counterbalance system of the moving carriage makes the movement during repetitions smooth.

**Anti-slip platform**

The platform has a special aluminium overlay to prevent slipping.

**Independent workout stations**

Independent stacks allow up to 4 people to use the machine at the same time.

**Adjustable rollers**

Gas springs allow for extremely comfortable back and seat adjustment.

**Adjustable pulleys**

Two adjustable pulleys allow for a great flexibility when choosing exercises during the workout session.



PC-317



PC-318



PC-319



PC-320/2



PC-323



PC-401



PC-402



PC-411

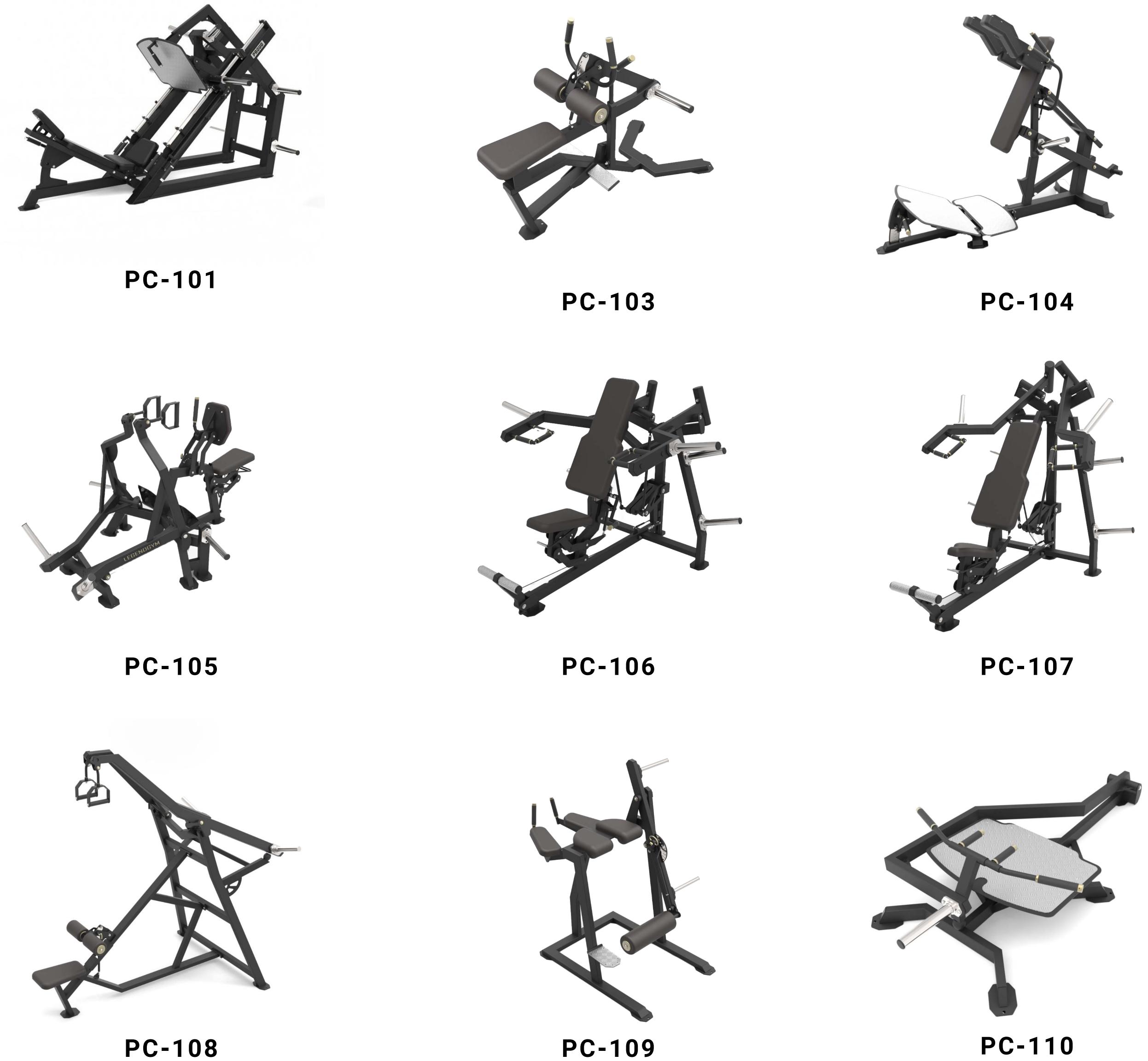


PC-801



## Free weight machines

The machines have all the features of professional equipment. Wide metal platforms with an anti-slip surface provide adequate stability. The long 300 mm weight stack pins with a diameter of 50 mm are adjusted to the competition plate standards.





PC-111



PC-114



PC-115



PC-116



PC-119



PC-120



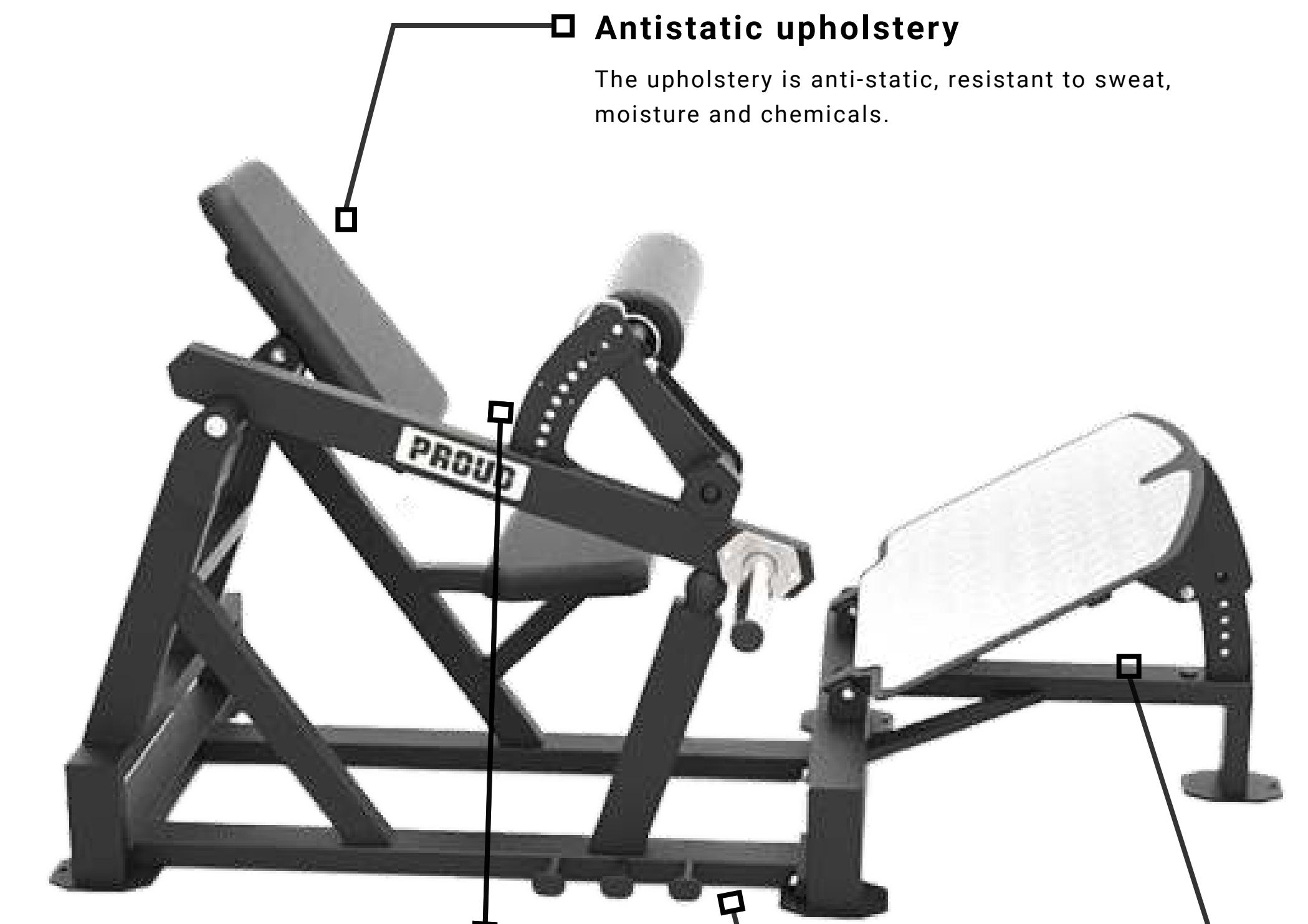
PC-121



PC-122



PC-124

 **Antistatic upholstery**

The upholstery is anti-static, resistant to sweat, moisture and chemicals.

 **Roller position adjustment**

12-level adjustment of the roller position guarantees comfort during workout.

 **Adjustable platform**

The platform has a 5-level tilt adjustment.

For optimal engagement of the muscles, most machines are equipped with special hooks for attaching power bands and adjusting the intensity of the training.



## Handles

Our collection of accessories for weight stack machines also includes a wide range of handles so that everyone can select a suitable grip for their needs.

The collection includes both single and double, narrow and wide handles, as well as straight and curl bars.



SINGLE REVOLVING HANDLE



TRICEPS ROPE



REVOLVING HANDLE



WIDE REVOLVING HANDLE



DOUBLE NARROW HANDLE



REVOLVING CURL BAR

## Match equipment to your interior

Ensure a unique and individual look of your training zone.

The PROUD CHAMPION collection offers a wide range of frame, upholstery and stitching colours. We offer 6 standard powder-coated frame colours and 8 upholstery colours at no extra cost!

Now you can make your training zone stand out from the competitors and individualise its look.

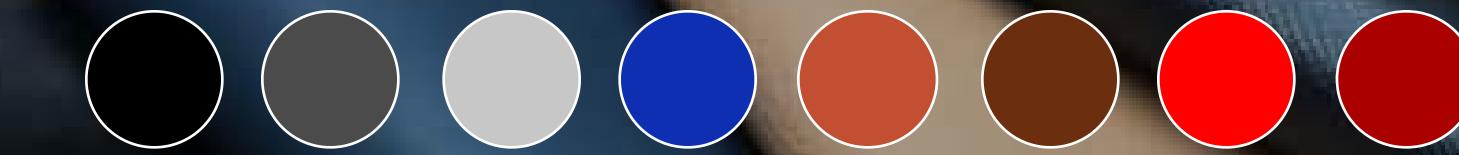
### 1. Frame colour

All frames are powder-coated, resulting in a smooth, uniform and matt surface. You can choose from among 6 standard frame colours:



### 2. Upholstery colour

The upholstery is made of specially selected leather, resistant to sweat, moisture and chemicals. The upholstery is available in 8 colours:



### 3. Stitching colour

Complement the look of your equipment with stitching colour of your choice - either matching or contrasting with the upholstery. Nylon threads are colourfast, resistant to abrasion and sweat.



**Benches**

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-113	2210	990	1225	75
PC-118	1950	2200	1442	215
PC-201	1988	1205	948	104
PC-202	1213	626	422	40
PC-203	1204	660	420	24
PC-204	1312	758	695	28
PC-205	1323	730	655	42
PC-207	1094	783	914	48
PC-208	1400	1808	1868	132
PC-208/01	1400	1216	1869	98
PC-209	1276	806	1153	58
PC-210	1736	810	948	55
PC-211	1239	770	546	36
PC-212	983	723	728	21
PC-214	1365	840	635	70
PC-215	1654	952	1304	114
PC-281	1695	1810	1240	95
PC-281/01	1450	1216	1240	70
PC-282	1740	1808	1458	105

**Benches**

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-282/01	1532	1216	1458	90
PC-283	2120	1810	1240	115
PC-284	2000	1810	1580	153
PC-291	2120	2087	1278	144
PC-297	890	870	1040-1208	66
<b>Racks</b>				
Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-192/01	1410	2200	2350	270
PC-225	1675	1428	2341	166
PC-225/02	2344	1428	2350	220
PC-226	1504	1848	2552	145
PC-192/01	1410	2200	2350	270

**Racks and accessories**

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-112	953	917	1163	27
PC-220	1290	1300	2632	120
PC-221	992	944	1012	50
PC-222	644	636	1325	29
PC-223	1060	1230	1510	68
PC-223/01	786	787	1510	68
PC-224	4216	745	871	115
PC-224/01	2108	745	871	58
PC-224/03	1500	464	818	51
PC-224/05	2185	464	668	47
PC-231	840	740	1416	49
PC-292	1060	2100	970-1930	58

## Weight stack machines

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-301	1135	70	2270	210
PC-301/01	1135	700	2270	215
PC-302	1950	1140	2050	220
PC-302/01	1950	1140	2050	236
PC-303/01	2850	1415	2330	361
PC-304	1190	1450	1680	279
PC-305	1288	1517	2067	273
PC-306	1930	1595	1745	300
PC-307	1210	1175	2054	227
PC-308	1150	1898	2313	350
PC-310	1385	800	2240	325
PC-311	1946	1296	2275	250
PC-312	1175	960	1745	265
PC-313	1263	1046	1546	225
PC-314	1150	950	1546	237
PC-315	1000	1570	1546	240
PC-316	960	960	1550	190
PC-317	1505	1010	1550	250
PC-318	1160	1480	1630	280

## Weight stack machines

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-319	860	860	1260	195
PC-320	1697	1337	2597	310
PC-320/02	2065	1340	2620	310
PC-322	1697	1337	2597	310
PC-323	3600	1415	2415	470
PC-323/01	1500	770	2520	220
PC-401	2027	2702	2473	720
PC-402	4330	2476	2417	1002
PC-411	2027	2702	2473	720
PC-801	1885	1142	2325	291

## Free weight machines

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-109	1482	1080	1365	70
PC-110	2075	912	455	83
PC-111	2321	1584	1338	213
PC-114	1578	1506	795	170
PC-115	2090	945	1510	150
PC-116	2400	930	1675	232
PC-117	1920	965	987	134
PC-119	2055	1695	1493	226
PC-120	1335	1010	1150	80
PC-121	1732	1928	2270	290
PC-122	1595	1206	856	80
PC-124	1541	1642	1520	185

## Free weight machines

Model	Length (mm)	Width (mm)	Height (mm)	Weight (kg)
PC-101	2600	2400	1700	390
PC-103	1438	756	1190	55
PC-104	2218	1048	1867	162
PC-105	1928	1150	1250	120
PC-106	1956	1866	1440	171
PC-107	1827	1530	1628	165
PC-108	2310	1330	2225	135



# CARDIO 2.0

# PROUD Cardio 2.0 - choose the power of air

In order to meet the needs of our clients, we have created a collection of machines for HIIT training - Cardio 2.0.

The collection includes 5 devices: 2 models of air treadmills, 2 models of air bikes and a rowing machine. These are designed specifically for HIIT training requirements.

The machines operate on the basis of air resistance, offering unlimited resistance levels - the harder you train, the greater is the resistance generated by the steel fan.

The machines do not require an external power supply - the electricity needed for their operation is generated by your muscles! Undoubtedly, it is a collection that meets the demands of the 21st century.

Their extremely durable structure makes the machines an ideal choice for both home gyms and professional sports centres.

In addition, since the machines do not have an electric motor, they do not require connection to power supply and their operation is more reliable.



# Air Runner 2.0

The treadmill has been designed in such a way as to imitate running in the natural environment by activating the posterior muscle band of your body. It uses a curved running belt and does not use an electric drive that would require a change in running style.

After just one training session with our machine, you will never want to go back to an electric treadmills again. Our machine is powered by the muscles of your legs. Moving closer to the front part of the treadmill increases the speed of running. In turn, moving towards the back, slows down the pace. This gives you full control over the running speed without the need for manual switching between different modes.

The machine has a 4-level manual resistance adjustment so that you can choose the intensity of your workout according to your needs. The first level is free running, while the last one gives you the sense of pushing training sleds with extra load. The treadmill does not require a power supply.

## Dimensions:

- \* length: 171 cm (67.3")
- \* width: 99 cm (38.9")
- \* height: 168 cm (66.1")
- \* weight: 135kg (297.6lbs)
- \* max. user weight: 150kg (330lbs)



# Air Runner Elite 2.0

This is not an ordinary treadmill - this is a machine that will take your training to a new level!

The machine has a 6-level manual resistance adjustment of the running belt so that you can choose the intensity of your workout according to your needs. The resistance adjustment lever is easily accessible and easy in operation.

The specially shaped running belt forces the runner into a different movement pattern, engaging the posterior muscle band. It helps you to keep the correct posture, imitate your natural movements, reduces the impact on your joints and increases your performance. The treadmill does not require a power supply.

#### Dimensions:

- \* length: 183 cm (72.1")
- \* width: 99 cm (36.6")
- \* height: 158 cm (62.2")
- \* weight: 158kg (348,3lbs)
- \* max. user weight: 150kg (330lbs)



**Large display**

Large LCD screen displaying 6 training parameters: time, rpm, speed, distance, calories and power.

**Wireless heart rate measurement**

The bike is compatible with HR bands, and receives data transmitted through the 5kHz radio band.

**Resistance generator**

The 22 inch steel fan is the heart of the whole machine.



## Air Bike 2.0

This is the basic model of an exercise bike. The excellent quality of the materials used and their precise fitting make it suitable for both commercial and domestic use.

Unlike other devices of this kind, Air Bike 2.0 is equipped with a belt in the drive system instead of a chain, which improves the user's comfort, reduces the need for servicing and lowers the level of generated noise.

This unique HIIT training device will prepare the whole body for intense work. The superior quality and usefulness of the bike is confirmed by its widespread popularity.

The bike does not require a power supply.

**Dimensions:**

- \* length: 123 cm (48.4")
- \* width: 67.5 cm (26.5")
- \* height: 142 cm (55.9")
- \* weight: 72kg (158.7lbs)
- \* max. user weight: 150kg (330lbs)



**Large display**

Large LCD screen displaying 6 training parameters: time, rpm, speed, distance, calories and power.

**8 resistance levels**

Manual magnetic resistance adjustment system.



## Air Bike Elite 2.0

The Elite version has been designed based on the standard version. The bike is equipped with additional hand grips, magnetic resistance adjustment system and toe clips for maximum foot stability.

The introduced improvements make it an even more universal training tool which will satisfy even the most demanding users. The bike does not require a power supply.

**Dimensions:**

- \* length: 123 cm (48.4")
- \* width: 67.5 cm (26.5")
- \* height: 142 cm (55.9")
- \* weight: 74.5kg (164,2lbs)
- \* max. user weight: 150kg (330lbs)



## Air Rower - Ergometr 2.0

The rowing machine was designed and built for intense training. It is a great choice for commercial gyms as well as for domestic use.

Its operation is based on air resistance, which can be regulated using the 16-level magnetic adjustment system. The use of a belt instead of a chain reduces noise, and additional wheels allow for vertical storage to save space.

This immensely popular training machine engages almost all body parts, which makes it suitable for various types of training.

### Dimensions:

- \* length: 218 cm (85.8")
- \* width: 61.5 cm (24.2")
- \* height: 76 cm (29.9")
- \* weight: 49.5kg (100,3lbs)
- \* max. user weight: 150kg (330lbs)



# Airbike 2.0 vs Airbike Elite 2.0

Both versions of the bike are based on tested design solutions. Their differences are presented below:



## Basic features

Pre-programmed workouts	✓	✓
Adjustable seat	✓	✓
Bottle holder	✓	✓
Different types of grip	✗	✓
Toe clips	✗	✓
Magnetic resistance adjustment	✗	✓





**Free weights**

# Kettlebells

PROUD cast iron kettlebell was designed to address the needs of professional athletes. The quality of workmanship, specially designed shape and perfect fit make our kettlebell a must-have product.

It has a one-piece, cast iron structure with a small but clear colour-coded weight marking on the handle.

The cast is very strong - the precision machining process ensures a smooth matte texture on the entire surface, which prevents abrasion on contact with your skin.

## Perfect grip

The cast iron handle and the diameter adapted to the weight of the kettlebell ensures a secure grip.

## Clear marking

The coloured stripes around the base of the handle are in line with the international colour coding of kettlebells. They help to quickly identify the weight you are looking for.

## Reliability

The one-piece, precisely machined and finished casting prevents injuries and does not rub against the skin.

# Plates

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## Training competition bumper plates

A top class set created in accordance with IWF standards. The set is mainly designed for professionals preparing for competitions, as well as amateurs who value high quality products. Adapted for dropping on a weight platform.

10KG 15KG 20KG 25KG



## Training black bumper plates

Due to the use high quality rubber and steel, the product is highly durable and aesthetically pleasing. The bumper-type plates have a slightly larger layer of rubber than competition plates.

5KG 10KG 15KG 20KG 25KG



## Eco bumpers

Training bumpers made entirely of rubber with exceptional durability and high-quality workmanship. The steel ring, which forms a part of the plate, allows to put it quickly and easily on the bar.

5KG 10KG 15KG 20KG



5KG 10KG 15KG 20KG 25KG



5KG 10KG 15KG 20KG

## Fractional competition plates

Made of steel and coated with rubber to provide increased comfort of use. Precisely calibrated fractional plates are a must-have complement to standard plates. Suitable for competition bars.

0.5KG 1KG 1.5KG 2KG 2.5KG



## Polyurethane olympic plates

High quality plates designed for strength and functional training. Made of steel with an additional protective layer of polyurethane makes them extremely durable and safe. The additional handles allow to use the plates during training without barbells.

1.25KG 2.5KG 5KG 10KG 15KG 20KG 25KG



## Rubber olympic plates

Steel plates covered with a layer of rubber to increase comfort of use. The plates have 4 handles to increase their functionality and comfort when changing the weights on the barbell. The handles allow to use the plates during training also without barbells.

1.25KG 2.5KG 5KG 10KG 15KG 20KG 25KG



## Technique olympic plates

Made of ABS material with an extremely light and user-friendly shape. A diameter of 45 cm. Suitable for competition bars. The discs are ideal for learning the technique, as well as for training children and seniors.

2.5KG 5KG



# Dumbbells

Training with dumbbells allows to perform a full range of strength exercises of the upper body, such as the chest or shoulders. They are almost indispensable for training biceps and triceps.

Dumbbells also allow to perform isolation exercises.

It is worth to purchase the entire set, especially for commercial use, where the strength of the users varies.



## Polyurethane dumbbells

High-quality dumbbells with an eye-catching design. They have round weights and well-fitting knurled grip part.  
Weights from 1kg to 50kg.



## Rubber dumbbells

The rubber layer absorbs shock and increases durability of the product. It also minimises the risk of damage to the floor upon contact.  
Weights from 2.5 to 50kg.



## Vinyl dumbbells

Suitable for fitness clubs and boutique studios. Easy in maintenance.  
Weights from 1 to 5kg.



## Hex dumbbells

High-quality dumbbells with rubber layer. Hexagonal shaped ends.  
Available weights: from 1 kg to 60 kg.



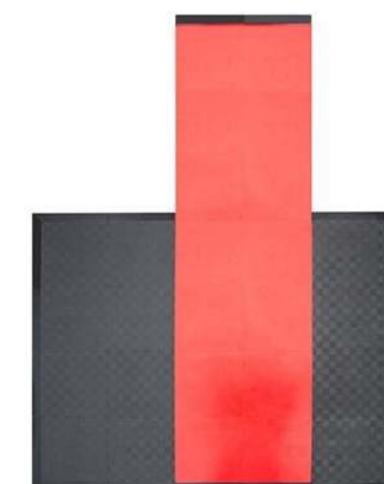
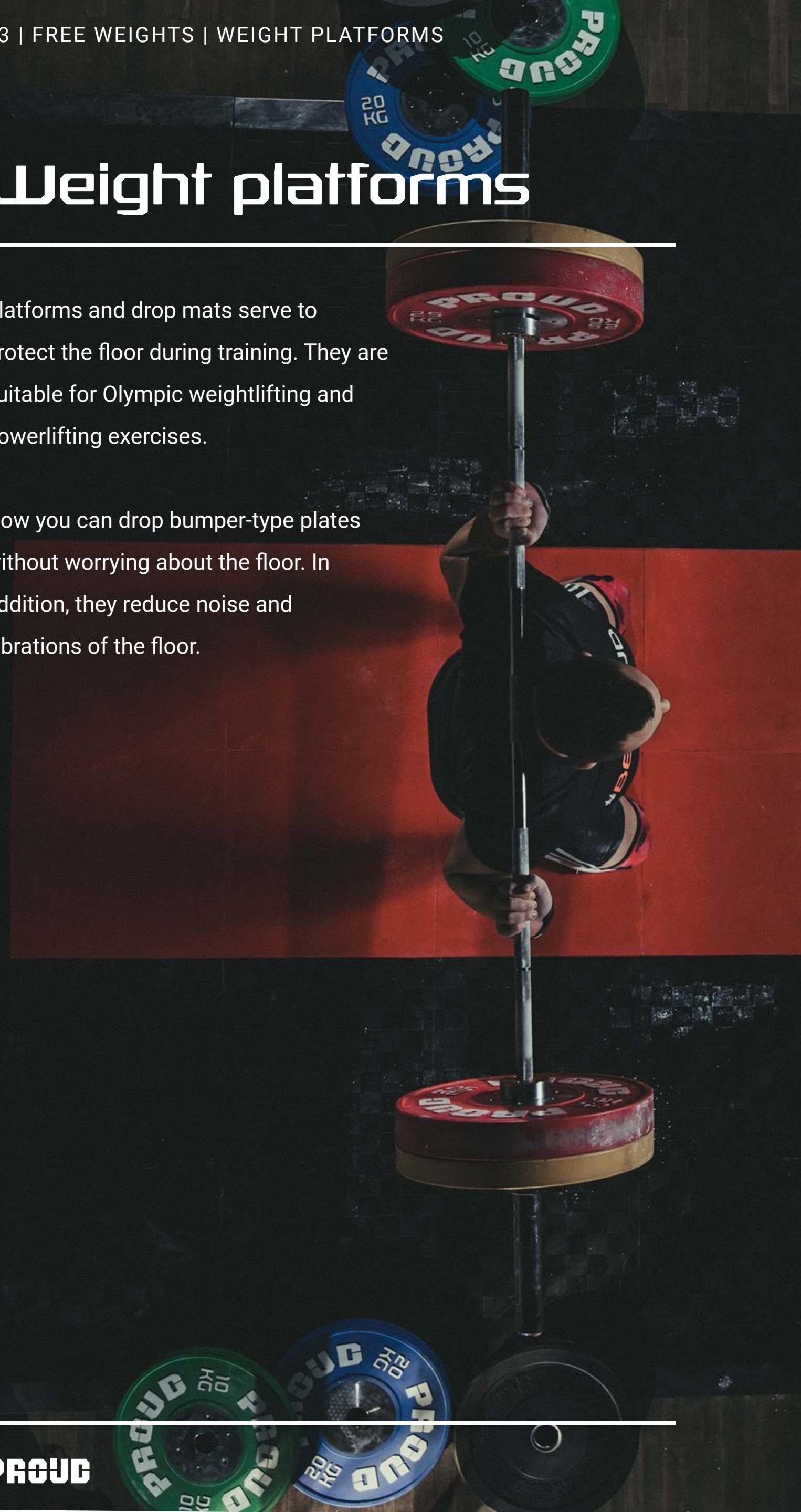
## Chrome-plated dumbbells

Classic cast iron dumbbells. A layer of chrome makes them aesthetically pleasing and durable.  
Available weights: from 1 kg to 10 kg.

# Weight platforms

Platforms and drop mats serve to protect the floor during training. They are suitable for Olympic weightlifting and powerlifting exercises.

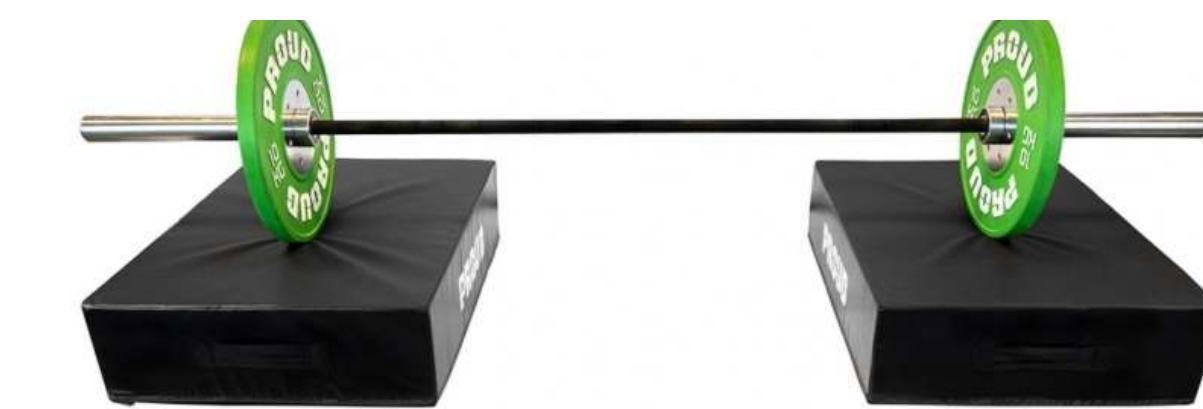
Now you can drop bumper-type plates without worrying about the floor. In addition, they reduce noise and vibrations of the floor.



## PRO Platform

The product is made entirely of anti-slip rubber with increased density, which is characterised by excellent grip, increasing the comfort and safety of training.

The platform is available in two colour versions: red or blue, as well as in several sizes.

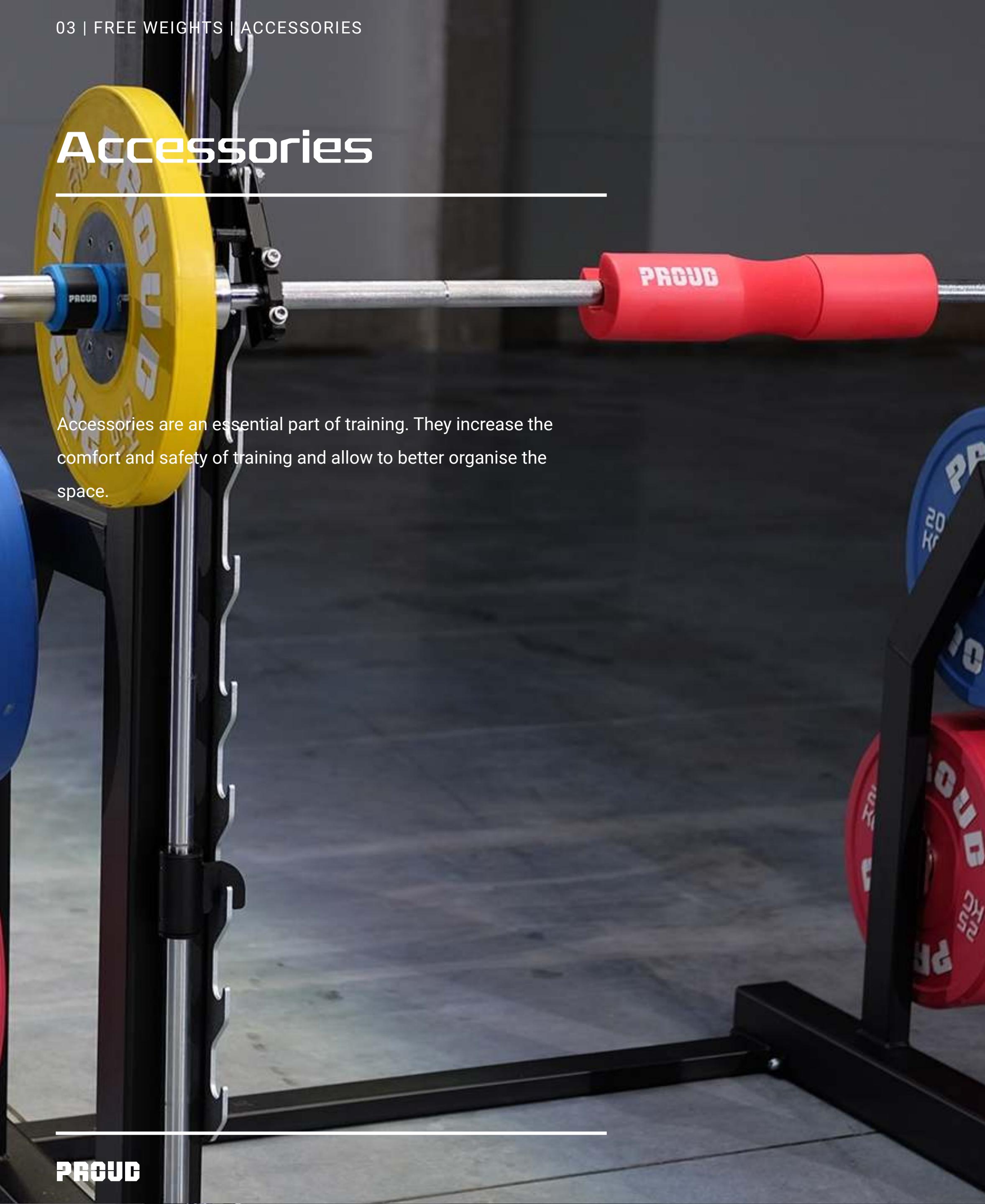


## Crash mats

The products allow you to drop even heavy weights without the risk of damaging the floor. Their dense EVA foam filling perfectly absorbs shock and eliminates noise.

Available in two models with different size and price. The foam layer is 20 or 30 cm thick, depending on the model, which allows you to choose the product most suitable to your needs.

# Accessories



Accessories are an essential part of training. They increase the comfort and safety of training and allow to better organise the space.



**Barbell pad**



**Barbell pad soft**



**Bar stand**



**TPR collars**



**Spring collars**



**Stand for plates  
and bars**



**Post landmine  
bar holder**

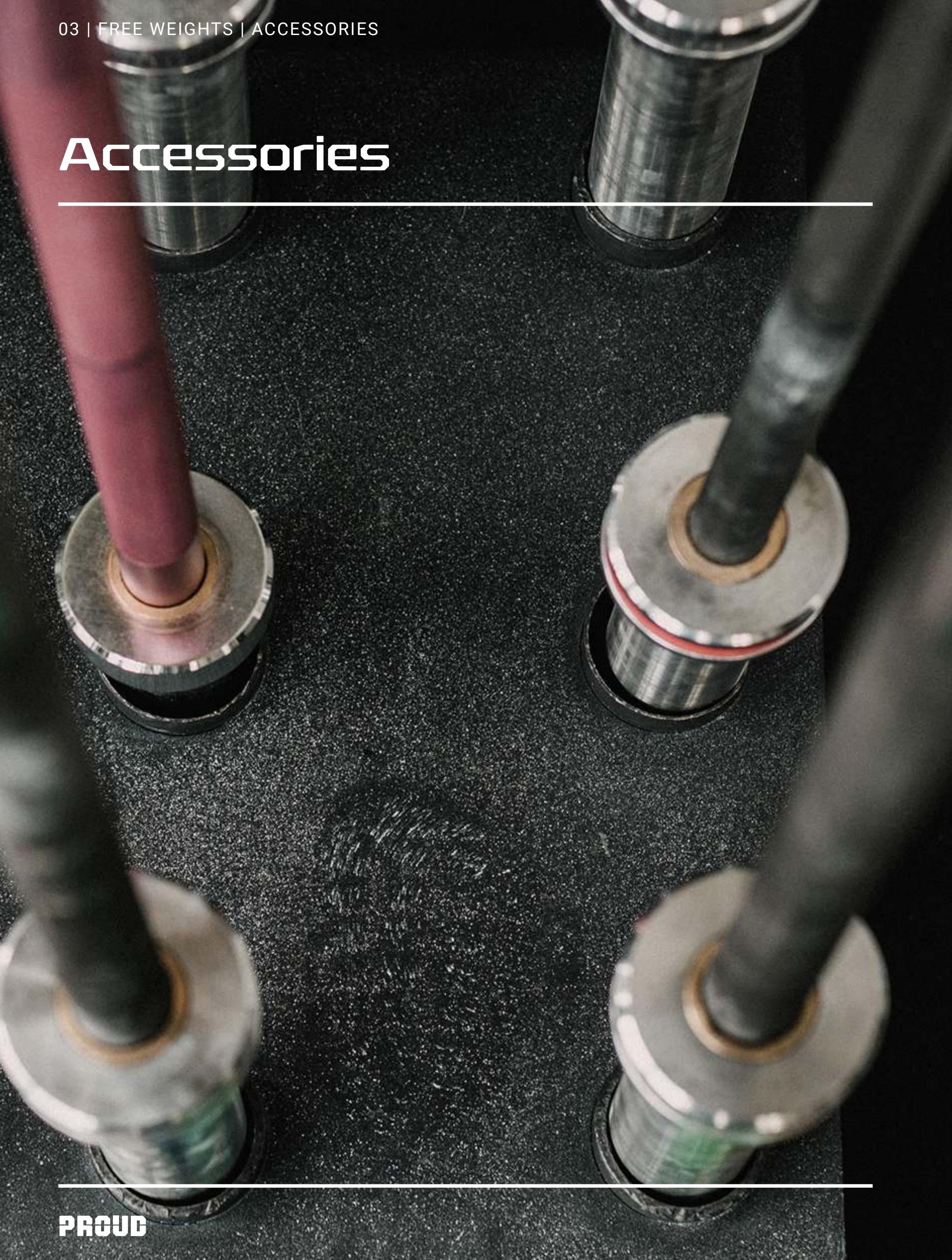


**Chalk**



**Competition plates  
stand**

# Accessories



**CF timer**



**Portable pulley system**



**Dip belt**



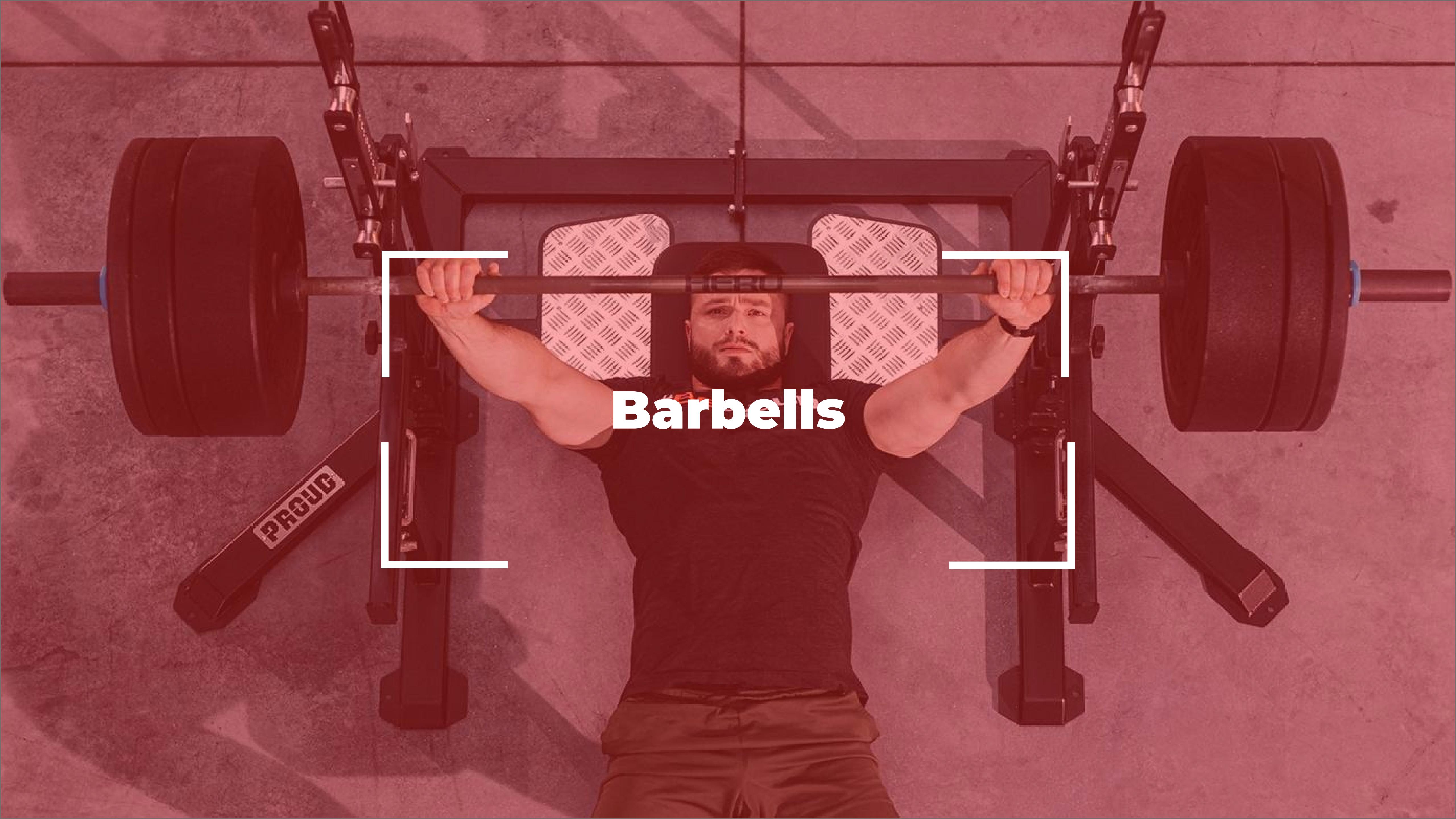
**Ceiling frame**



**Glute Ham roller**



**ABS wheel**

A man with a beard and short hair is performing a barbell squat. He is wearing a dark t-shirt and light-colored shorts. The barbell has large weight plates on each end. The background shows gym equipment, including a red sled labeled "PREGO".

# Barbells



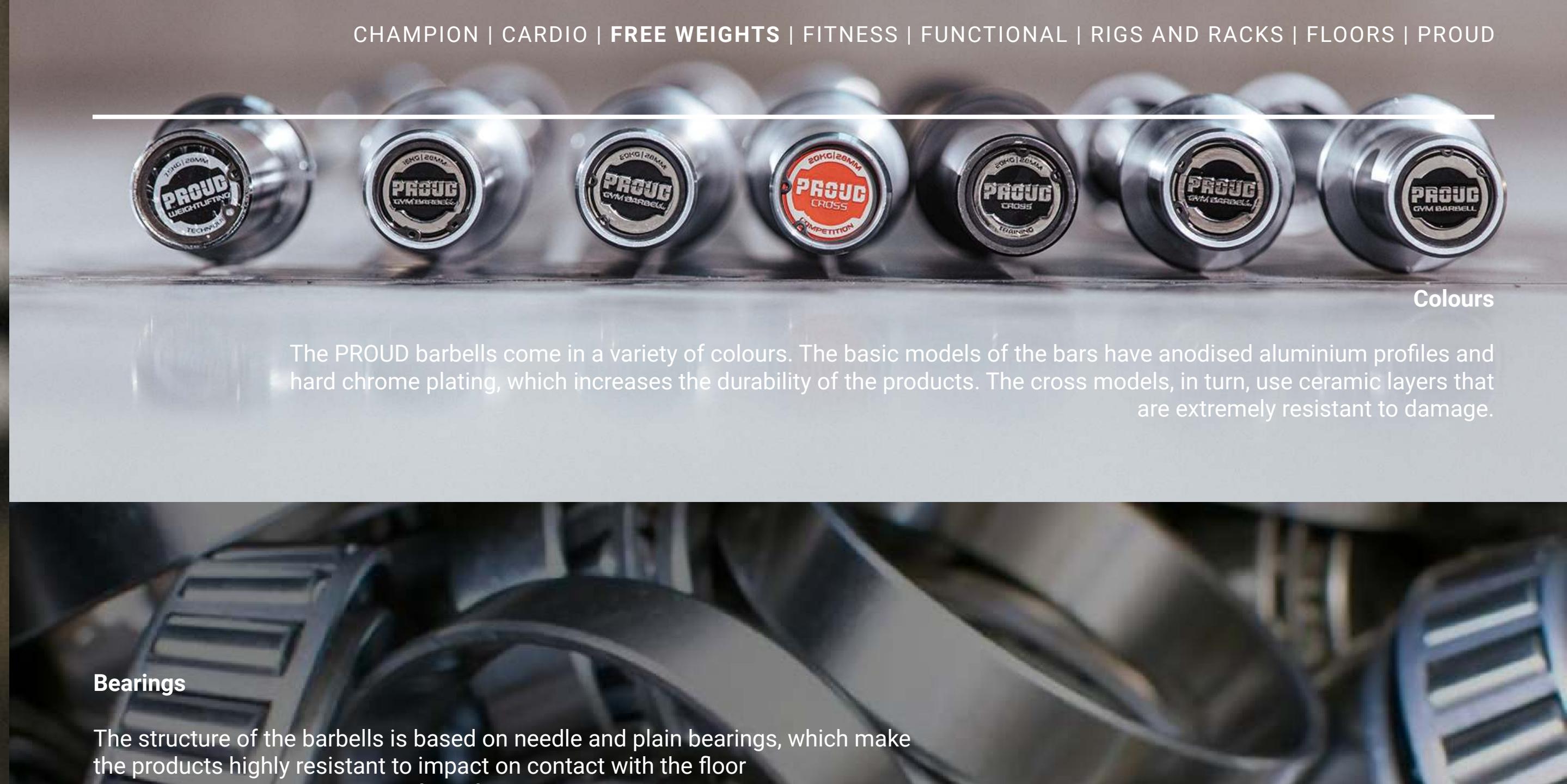
## Barbells PROUD

Barbells with weights are one of the basic elements of strength training, which allows for great training possibilities even with limited space.

Since they are used for the training of the whole body, they are a must-have piece of equipment for every gym.

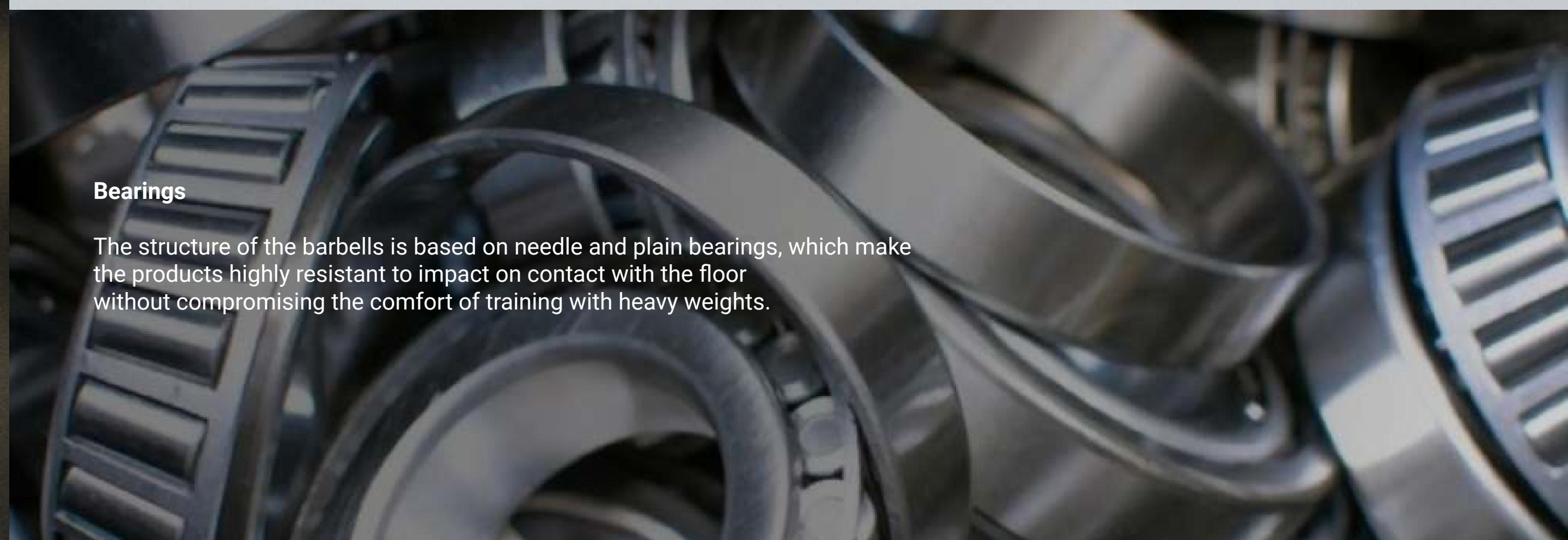
Our barbells - developed and refined over the years - are a significant part of our range of products, which can be found in hundreds of gyms across Europe.

They will certainly make you PROUD!



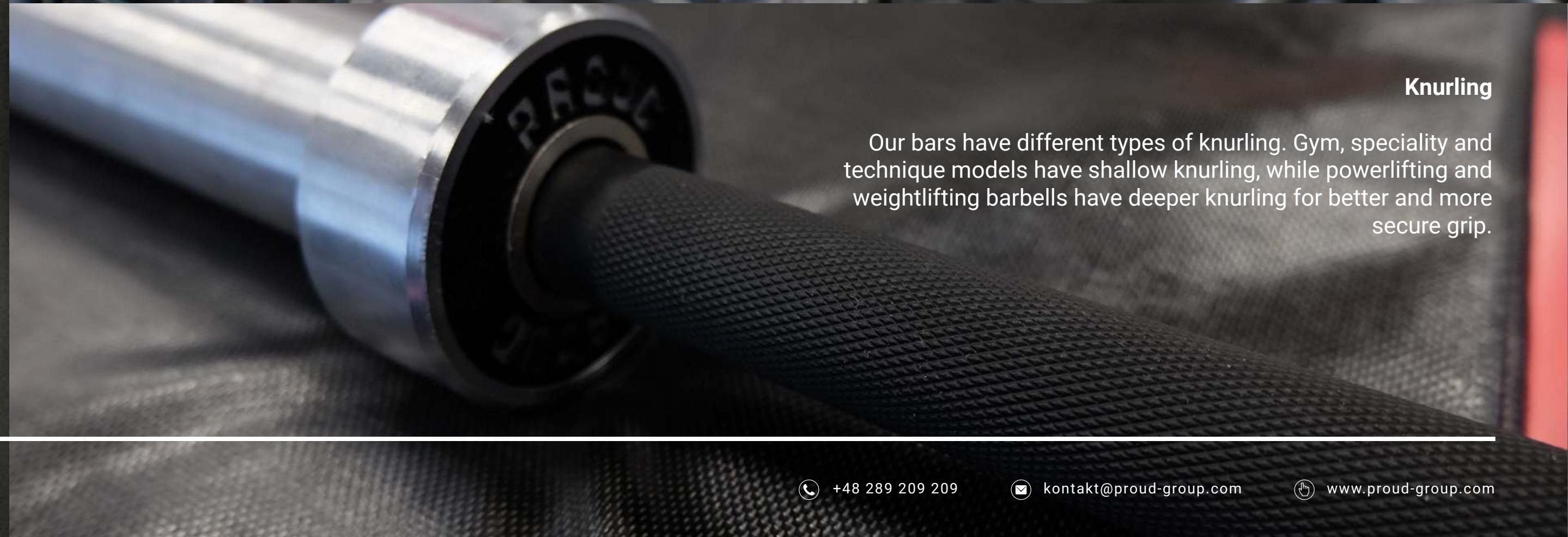
Colours

The PROUD barbells come in a variety of colours. The basic models of the bars have anodised aluminium profiles and hard chrome plating, which increases the durability of the products. The cross models, in turn, use ceramic layers that are extremely resistant to damage.



### Bearings

The structure of the barbells is based on needle and plain bearings, which make the products highly resistant to impact on contact with the floor without compromising the comfort of training with heavy weights.



Knurling

Our bars have different types of knurling. Gym, speciality and technique models have shallow knurling, while powerlifting and weightlifting barbells have deeper knurling for better and more secure grip.



## Weightlifting ♂ ♀

The barbell has 10 needle bearings, which ensure good responsiveness the sleeve, facilitating the performance of dynamic movements.



15/20KG



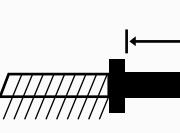
25/28MM

214K

PSI



HARDENED CHROME



410MM



900KG

2 bushings  
10 needle  
bearings

## Powerlifting

Barbell designed for powerlifting. Parameters in accordance with the standards of the International Weightlifting Federation (IWF).



20KG



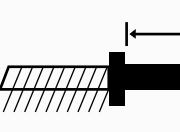
29MM

220K

PSI



HARDENED CHROME



410MM



1300KG



4 bushings



## CROSS Barbells

Cross-type multitraining barbells are an all-purpose product for a wide range of applications. Such a barbell will be suitable for any type of training: weightlifting, functional cross, as well as body-building training.

All PROUD barbells from this collection are designed for intense training and their durability is ensured by:

- resilient steel that "works" together with the user;
- the use of plain bearings that protect the barbell on contact with the floor;
- reinforced sleeves and ceramic coating/hard chrome plating for additional protection.



### ■ Cross competition 20KG

Cross training barbell designed for extremely intense workout. Specially reinforced structure with a doubled number of needle bearings allows for very intense use without the risk of damage



	<b>20KG</b>		<b>28MM</b>		<b>PSI</b>		<b>HARDENED CHROME</b>		<b>410MM</b>		<b>650KG</b>		<b>4 bushings 8 needle bearings</b>
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### ■ Cross competition 15KG

15 kg version of the competition barbell with a length of 201 cm. Like the 20 kg version, it is equipped with additional needle bearings for extra protection.



	<b>15KG</b>		<b>25MM</b>		<b>PSI</b>		<b>HARDENED CHROME</b>		<b>315MM</b>		<b>450KG</b>		<b>4 bushings 8 needle bearings</b>
--	-------------	--	-------------	--	------------	--	------------------------	--	--------------	--	--------------	--	---

**Hero**

Personalized cross-type barbell with a "Hero" sign, covered with a ceramic coating in military green. The use of needle and plain bearings ensures a high level of durability and agility of the barbell (fast rotation helps with dynamic exercises).



		<b>190K</b>		CERAKOTE		410MM			680KG		2 bushings 4 needle bearings
20KG	28MM	PSI									

**Cross 20KG**

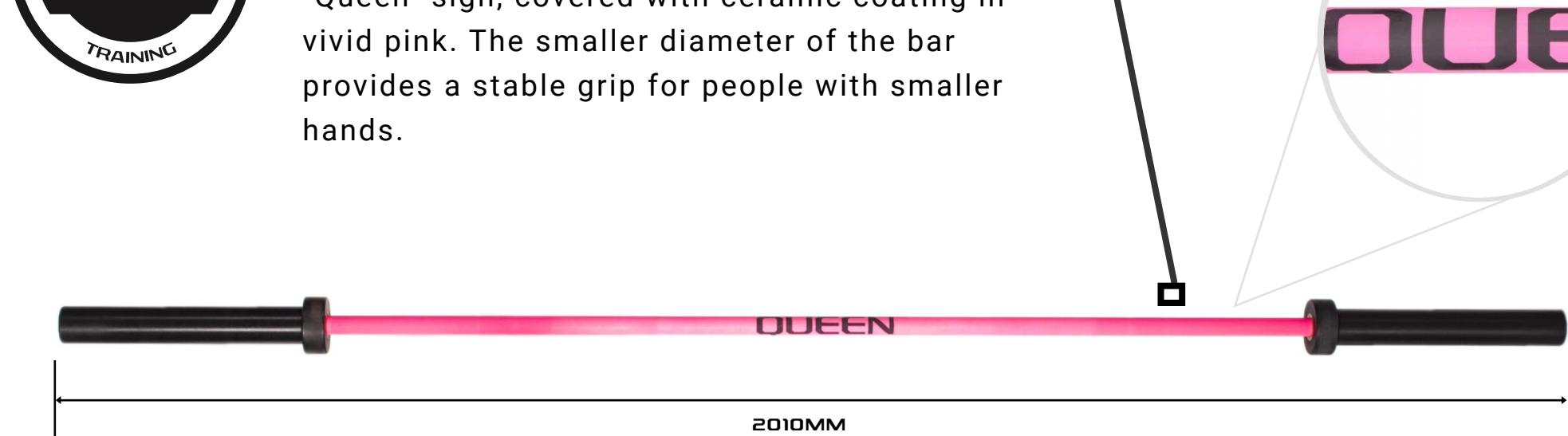
All-purpose, durable barbell, highly resistant to impact thanks to the use of plain and needle bearings.



		<b>190K</b>		CERAKOTE		410MM			680KG		2 bushings 4 needle bearings
20KG	28MM	PSI									

**Queen**

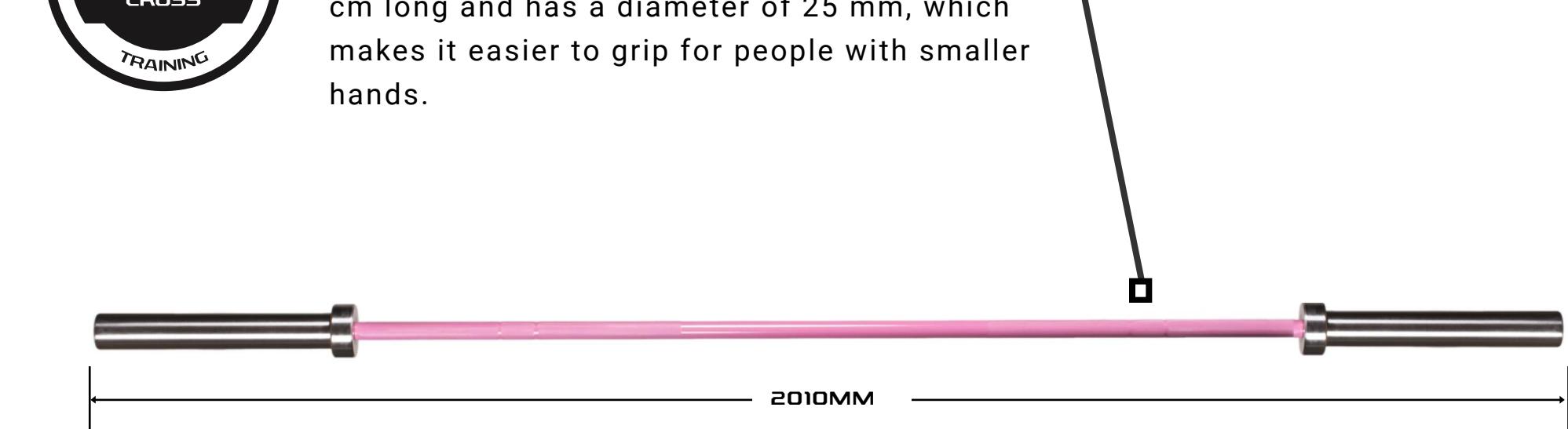
Personalized 15 kg cross-type barbell with the "Queen" sign, covered with ceramic coating in vivid pink. The smaller diameter of the bar provides a stable grip for people with smaller hands.



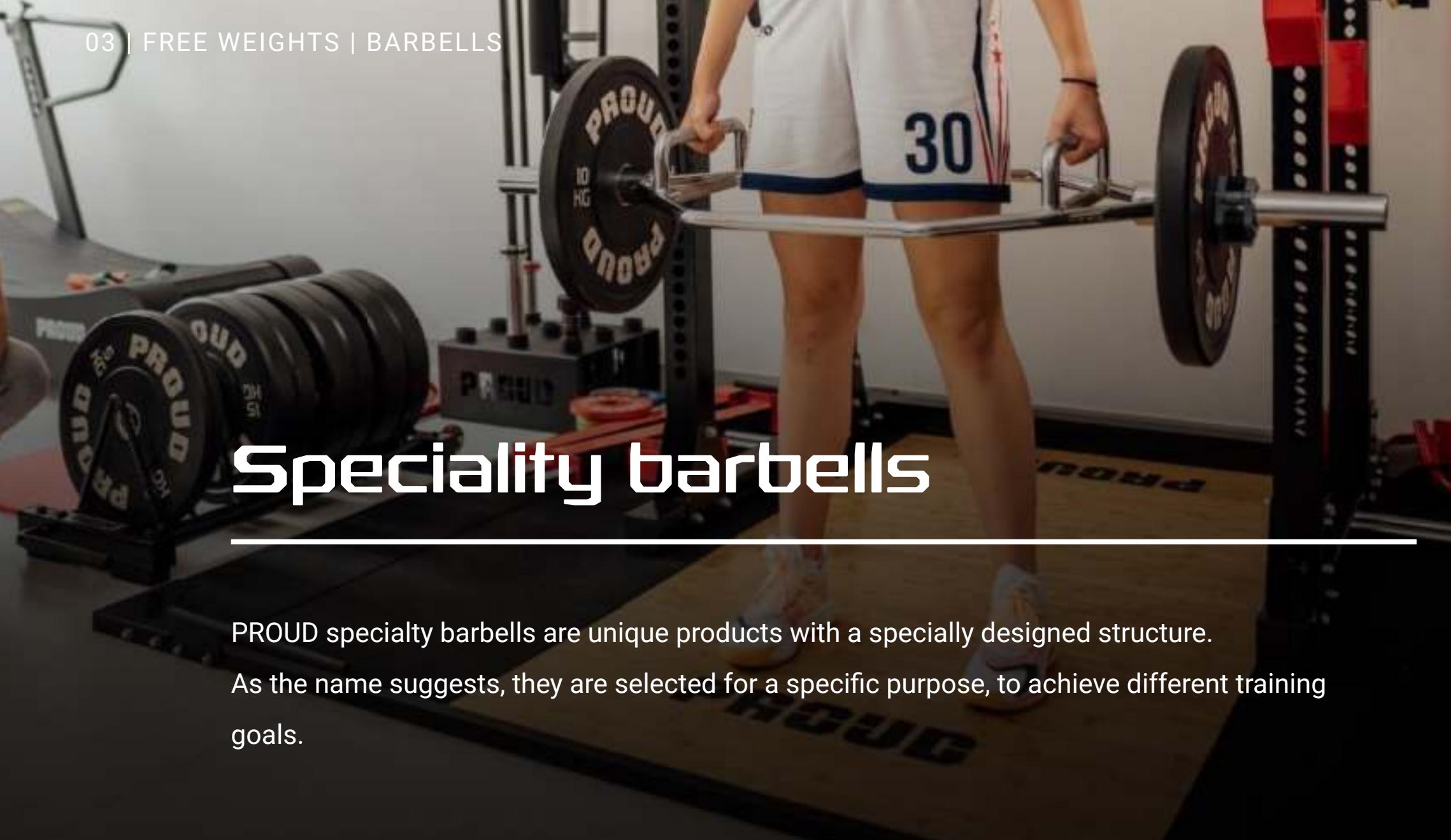
		<b>190K</b>		CERAKOTE		320MM			450KG		2 bushings 4 needle bearings
15KG	25MM	PSI									

**Cross 15KG**

Cross-type barbell in the 15 kg version. It is 201 cm long and has a diameter of 25 mm, which makes it easier to grip for people with smaller hands.



		<b>190K</b>		CERAKOTE		320MM			450KG		2 bushings 4 needle bearings
15KG	25MM	PSI									



## Speciality barbells

PROUD specialty barbells are unique products with a specially designed structure.

As the name suggests, they are selected for a specific purpose, to achieve different training goals.



### Safety squat bar

A bar designed for squat exercises. Equipped with extra handles and protectors to prevent excessive pressure. Lowered centre of gravity improves the stability of the user.

	24KG		30MM	-		HARDENED CHROME		310MM		320KG		2 bushings 2 ball bearings
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### Open hex bar

The barbell's unique structure is designed for comfortable training of deadlifts and lunges. It helps to build up the range of motion and depth.



	23KG		33MM	-		HARDENED CHROME		405MM		300KG		none
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### Hex bar

Ideal for athletes mastering their deadlift technique. It allows to focus on the range of motion and depth. Available in 2 weights - 20 kg or 25 kg.



	20/25KG		25MM	-		HARDENED CHROME		250/350MM		320KG		none
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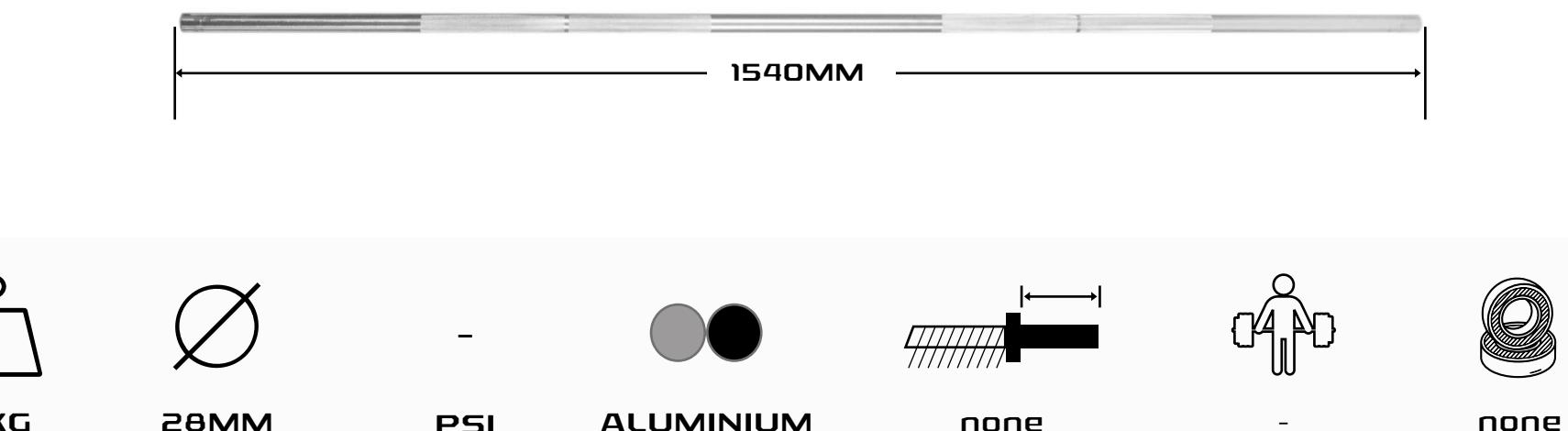


## Technique barbells

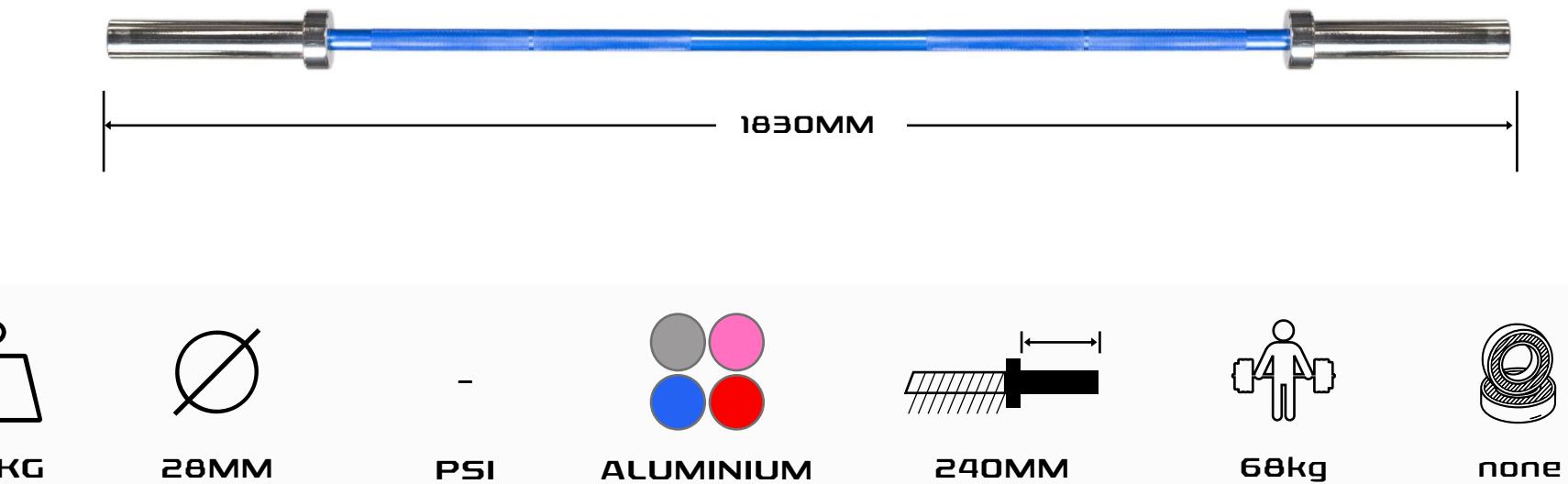
PROUD Technique bars are specialist products made from high quality aluminium and steel and are designed for practising technique. They are also used in training children and older people.



### Technique bar 3KG



### Technique bar 7,5KG



### Technique bar 10KG



# GYM Barbells

GYM barbells are designed for typical bodybuilding training. With their attractive price and high quality, they are a good value for money.



	13KG		28MM	-		HARDENED CHROME		240MM		220KG		2 bushings 2 ball bearings
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<b>1.0</b>		9KG		28MM	-		HARDENED CHROME		170MM		226KG		2 bushings 2 ball bearings
------------	--	-----	--	------	---	--	-----------------	--	-------	--	-------	--	-------------------------------



	15KG		28MM	-		HARDENED CHROME		310MM		220KG		2 bushings 2 ball bearings
--	------	--	------	---	--	-----------------	--	-------	--	-------	--	-------------------------------



	20KG		28MM	-		<b>190K</b>		HARDENED CHROME		410MM		680KG		2 bushings 2 ball bearings
--	------	--	------	---	--	-------------	--	-----------------	--	-------	--	-------	--	-------------------------------



<b>2.0</b>		9KG		28MM	-		HARDENED CHROME		170MM		226KG		2 bushings 2 ball bearings
------------	--	-----	--	------	---	--	-----------------	--	-------	--	-------	--	-------------------------------



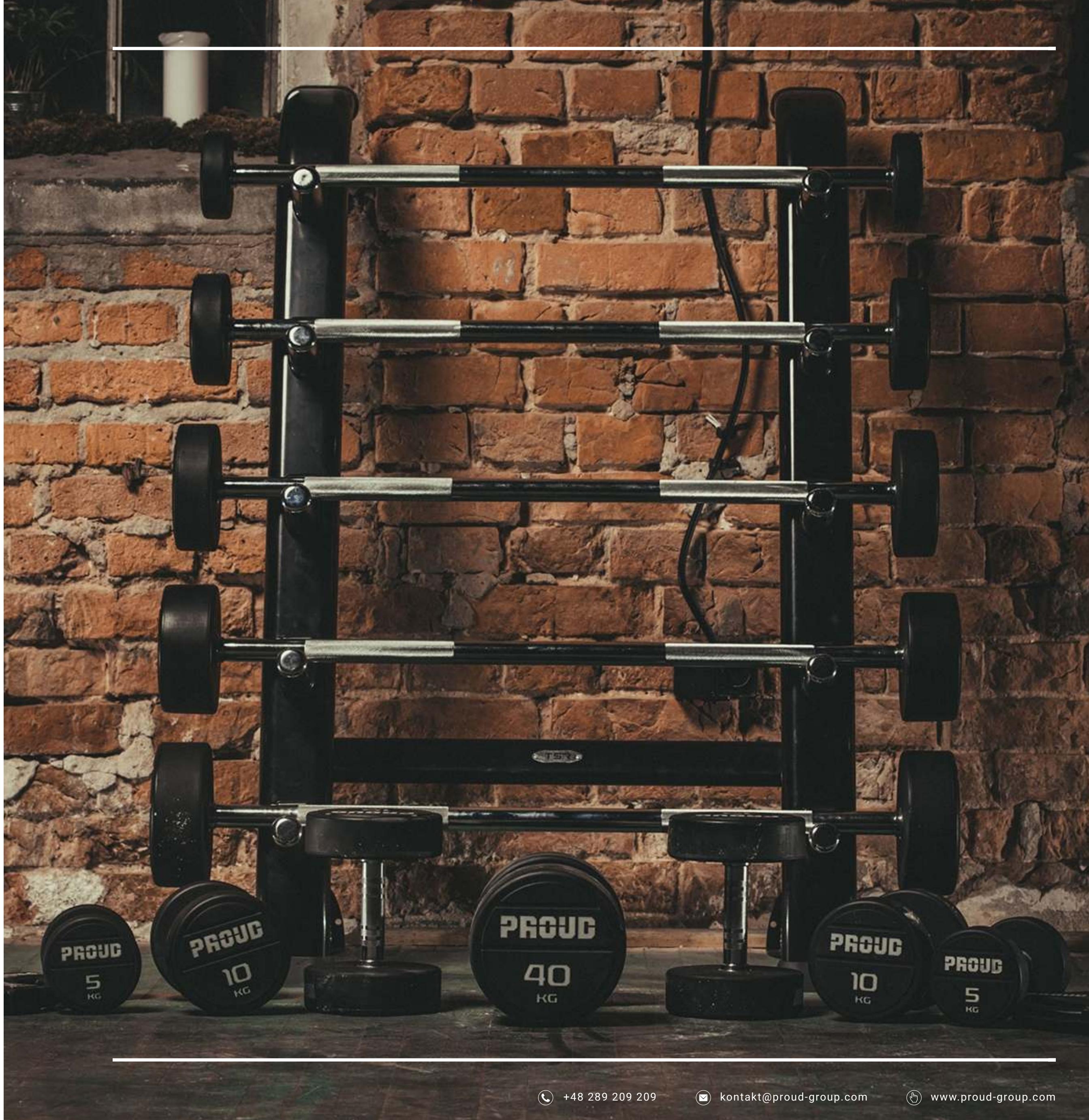
## Curl barbell

Set of 5 curl bars consisting range of 10 - 30 kg weights. The rubber covered load provides good shock absorption and minimizes noise even when working with very heavy loads. The ergonomic handle with knurling prevents the bar from slipping in the hands, which increases the comfort of training and provides a secure grip during dynamic exercises.



## Straight barbell

Set available in 3 different combinations: 10 - 30 kg, 10 - 55 kg and 35 - 55 kg, with one of each weights. Straight barbells are one of the basic elements of upper body strength training. Even when space is limited they offer great opportunities for intense exercising. They are most often used in various shoulder, chest and back training, irreplaceable in biceps and triceps training.



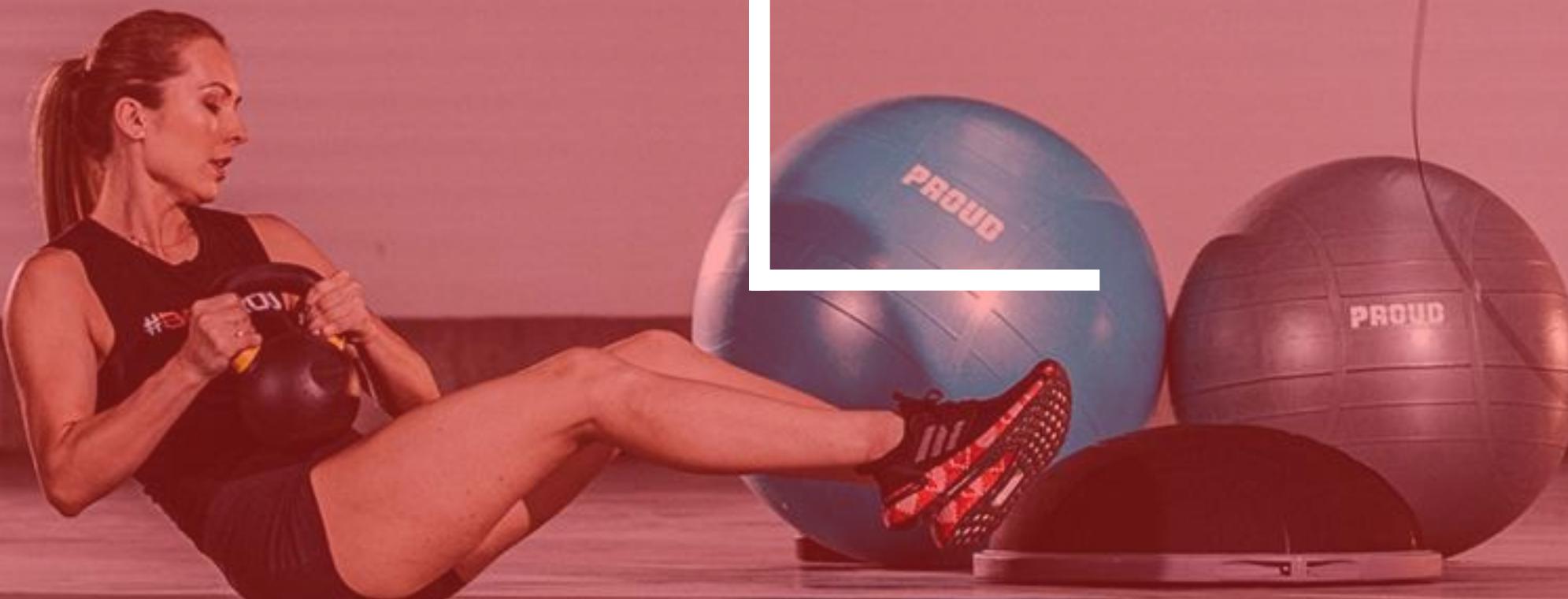


## Technical data

Model	Length	Weight	Diameter	PSI	Shaft finish	Sleeves finish	Sleeve length	Loading capacity	Bearings
WEIGHTLIFTING 20KG	2200mm	20kg	28mm	214 000	hard chrome	hardened chrome	410mm	900kg	2 bushings 10 needle
WEIGHTLIFTING 15KG	2010mm	15kg	25mm	214 000	hard chrome	hardened chrome	410mm	900kg	2 bushings 10 needle
POWERLIFTING	2200mm	20kg	29mm	220 000	hard chrome	hardened chrome	410mm	1300kg	4 bushings
CROSS COMPETITION 20KG	2200mm	20kg	28mm	190 000	hard chrome	hardened chrome	410mm	680kg	4 bushings 8 needle
CROSS COMPETITION 15KG	2010mm	15kg	25mm	190 000	hard chrome	hardened chrome	315mm	450kg	4 bushings 8 needle
CROSS HERO	2200mm	20kg	28mm	190 000	cerakote	cerakota	410mm	680kg	2 bushings 4 needle
CROSS QUEEN	2010mm	15kg	25mm	190 000	cerakote	cerakota	320mm	450kg	2 bushings 4 needle
CROSS 20KG	2200mm	20kg	28mm	190 000	cerakote	hardened chrome	410mm	680kg	2 bushings 4 needle
CROSS 15KG	2010mm	15kg	25mm	190 000	cerakote	hardened chrome	320mm	450kg	2 bushings 4 needle
SAFETY SQUAT BAR	2200mm	24kg	30mm	-	chrome	chrome	310mm	320kg	2 bushings 2 ball
OPEN HEX BAR	2200mm	23kg	33mm	-	chrome	chrome	405mm	300kg	none
HEX BAR 20KG	2200mm	20kg	25mm	-	chrome	chrome	250mm	320kg	none
HEX BAR 25KG	2200mm	25kg	29mm	-	chrome	chrome	350mm	320kg	none
TECHNIQUE 3KG	2200mm	3kg	28mm	-	aluminium	-	-	-	none
TECHNIQUE 7,5KG	2200mm	7,5kg	28mm	-	aluminium	chrome	240mm	68kg	none
TECHNIQUE 10KG	2200mm	10kg	25mm	-	chrome	chrome	165mm	90kg	4 bushings
GYM 13KG	2200mm	13kg	28mm	-	hard chrome	hardened chrome	240mm	220kg	2 bushings 2 ball
GYM 15KG	2200mm	15kg	28mm	-	hard chrome	hardened chrome	310mm	220kg	2 bushings 2 ball
GYM 20KG	2200mm	20kg	28mm	190 000	hard chrome	hardened chrome	410mm	680kg	2 bushings 2 ball
CURL 1.0	2200mm	9kg	28mm	-	hard chrome	hardened chrome	170mm	226kg	2 bushings 2 ball
CURL 2.0	2200mm	9kg	28mm	-	hard chrome	hardened chrome	170mm	226kg	2 bushings 2 ball



# Fitness zone



# Bands

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PROUD bands are made of the mixture of rubber and latex, which significantly affects the comfort of use and durability. Clear marking facilitates the selection of the right band.

The bands have a wide range of applications - they are used for warm-up, training and physical therapy. They will be perfect for any type of physical activity.



## Mini band Performance



## Mini band Women



## Mini band Pro



## Power band 100



## Floss Band

# Training mats

Training mats are definitely one of the most frequently used products in individual and group fitness training.

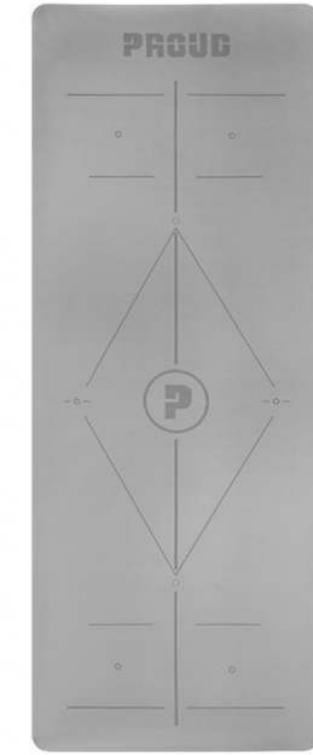
They can be divided into 3 main groups.



## Exercise mat

Made of high quality foam and reinforced with a resistant coating. Very durable and easy in maintenance. Special holes allow to hang it on the wall.

Available in lengths of 120 and 170 cm (width of 60 cm for both).



## Yoga mat

Covered with a layer of natural rubber. Dimensions: 183 x 66 cm x 5 mm. Anti-slip surface and good shock absorption. Ideal for practising yoga due to the lines indicating correct body alignment.



## Foldable exercise mat

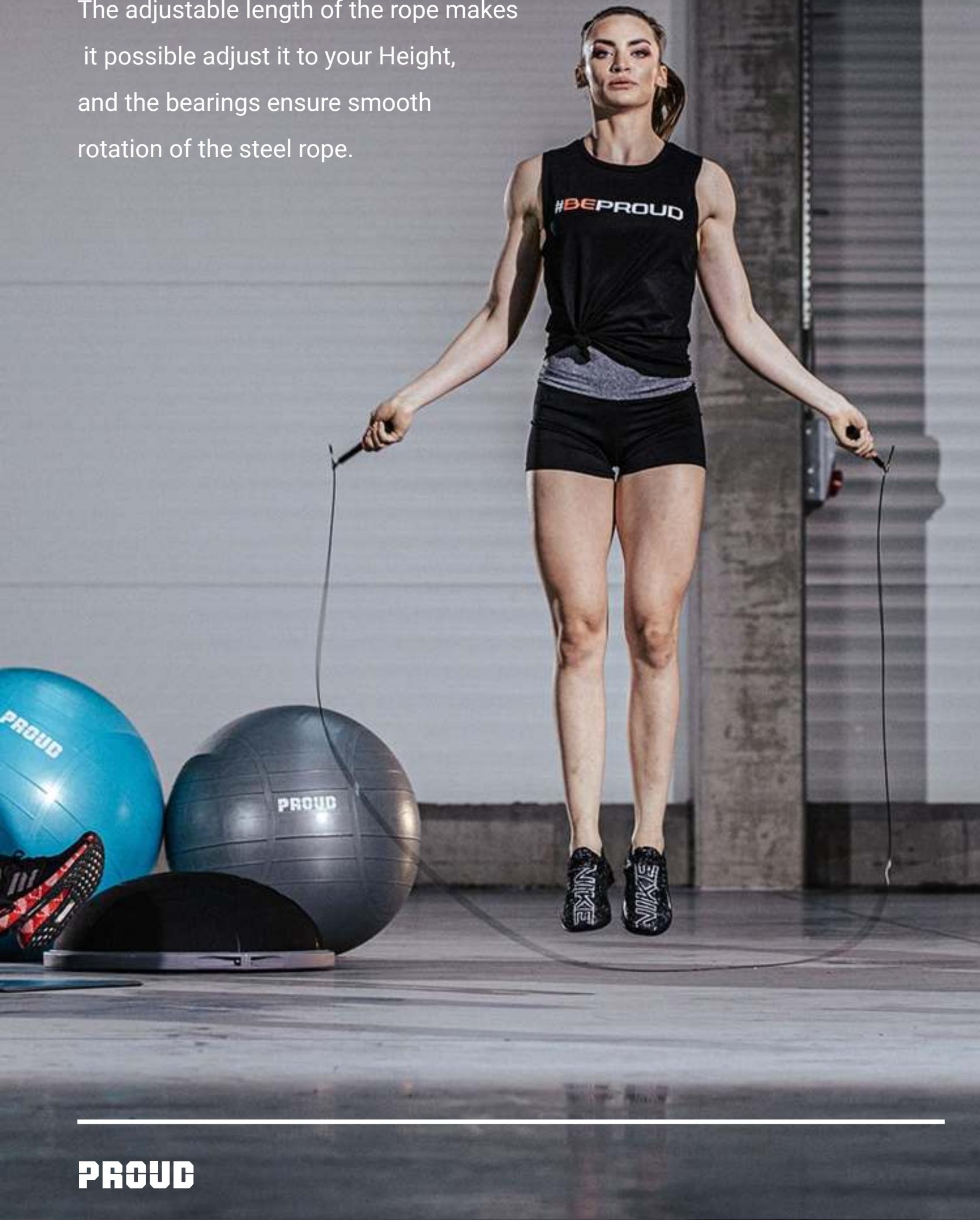
Consists of 4 parts. 3 or 5 cm thick, depending on the size (180x60cm or 244x120cm). Ideal for all purposes, which require a higher level of cushioning. Easy to carry - the mat can be folded to a small size.

# Jump ropes

Skipping ropes are a popular accessory used in many sports disciplines for endurance training.

Always handy, whether you train at home, in the gym or outdoors.

The adjustable length of the rope makes it possible adjust it to your Height, and the bearings ensure smooth rotation of the steel rope.



## RX Jump rope

Lightweight handles with an increased diameter, covered with an anti-slip material, increase the comfort of grip.

Equipped with bearings. The length of the rope can be adjusted to the height of the user.

## Jump rope 2.0

Lightweight and durable speed rope with plastic handles, designed for intense training.

Equipped with bearings. The length of the rope can be adjusted to the height of the user.

Ideal for those who are looking for a light and compact skipping rope.

## Jump rope 3.0

Speed rope made of steel and aluminium with an anti-slip grip.

Ideal for those looking for a skipping rope with heavier grips and increased durability.

Equipped with bearings. The length of the rope can be adjusted to the height of the user.

# Balls



## Gym ball

Made of a high quality, thick PVC material, with high durability.

The ball has an extremely high load capacity of 400 kg. This allows to perform a variety of exercises, even the most extreme ones.

Available in 2 sizes - 55cm or 65cm.



## Gym ball mini

A specialist ball with a diameter of 25cm designed for mat exercises and physical therapy.

Made of PVC, with an ANTI-BURST system.



## Half ball

Half ball is a unique product which improves motor coordination and enables to perform a variety of exercises aimed at improving balance.

It will also help you strengthen your muscles, stimulating their deep parts.



# Functional zone



# Gymnastics

Equipment designed for gymnastics and calisthenics, including ropes, rings or TRX suspension bands.



## Training ropes

**Cotton Rope** - high quality, 5 m long and 3.8 cm thick.

Cotton weave increases the comfort of grip during training. Designed for indoor use.

**Natural climbing rope** - made of natural jute material, designed for cross training. The rope is 3.8 cm wide and comes in two lengths: 5 m or 7 m.

**Battle Rope Black** - made of polypropylene, with a protective cover. Available in 2 lengths: 9 m with a weight of 6 kg and 15 m with a weight of 10 kg. Both variants have reinforced steel handles.



## Gymnastic rings

The rings are available in two sizes - 28 mm and 32 mm.

Made of beech wood, additionally reinforced with a steel pin.



## AB / CF Mat

Used to support the lumbar section of the spine for comfortable and safe stretching of the abdominal muscles during training.



## Parallettes

Robust and stable steel parallettes designed for gymnastic training with the use of own body weight.



## Suspension bands

A set of bands widely used in body weight training. Used indoors in sports clubs as well as for outdoor training.

# Plyometric training



## Foam plyo boxes (set)

A set of boxes with various heights (15/30/45/60 cm) allows to train on different levels in a safe way. They are rigid enough to perform plyometric exercises, but also soft enough not to cause any injury, should the jump be unsuccessful.



## Foam plyo box 3in1

Made of high density EVA foam. Each side has different dimensions (51/ 61/ 75 cm), allowing for its adaptation to the needs of the user. Covered with anti-slip material for increased safety.



## Anti-slip jump box

A stable wooden box with an anti-slip coating. Each side of the box has different dimensions (51/ 61/ 75 cm). Designed for safe, effective plyometric training of users with various skill levels.

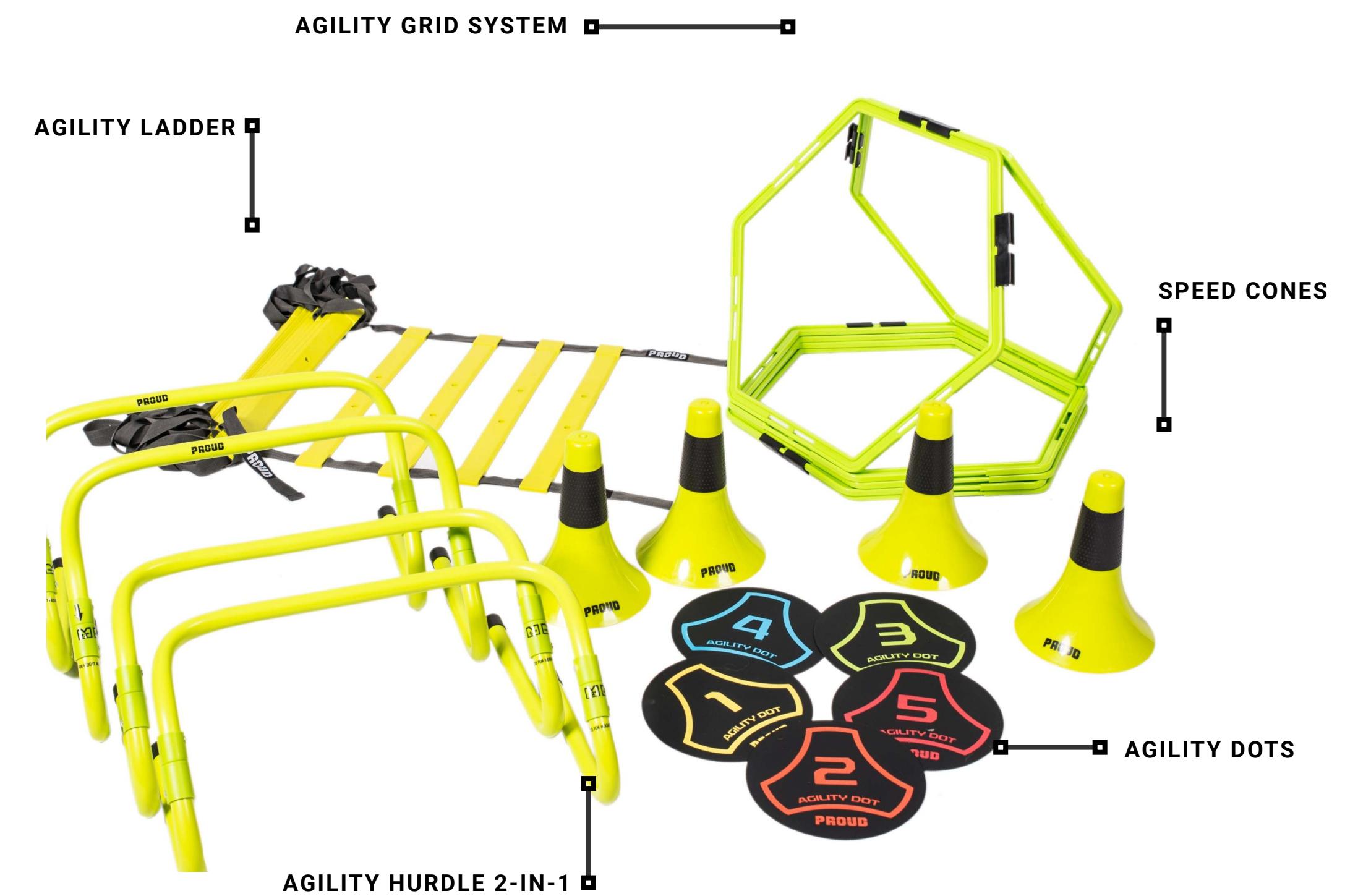
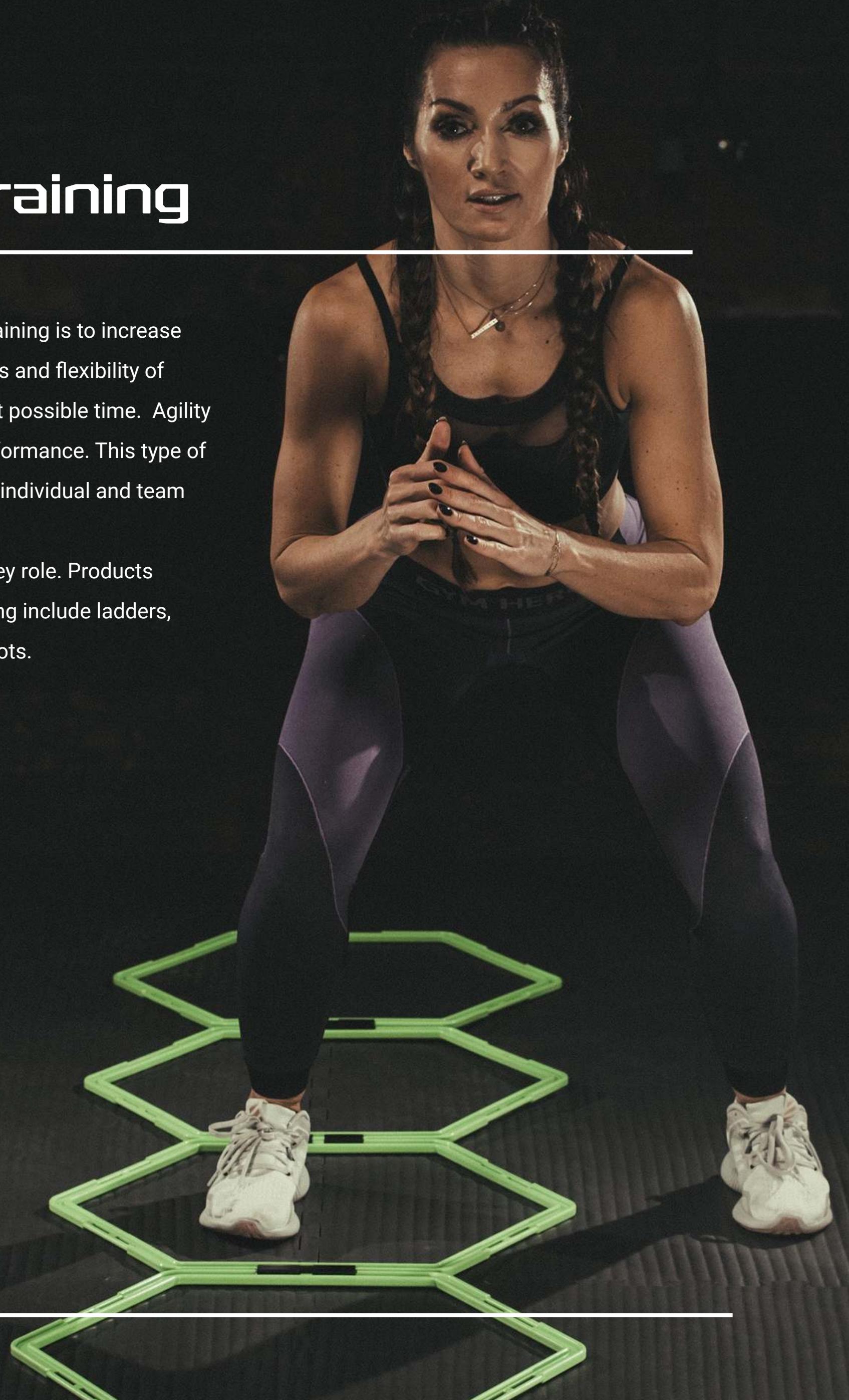


## Wooden jump box

The basic classic model of the training box with sides of different dimensions (51/ 61/ 75 cm). The inner part of the box has been reinforced with additional transverse elements, ensuring durability and stability of the product.

# Agility training

The objective of agility training is to increase the dynamics, ergonomics and flexibility of movement in the shortest possible time. Agility translates into better performance. This type of training is useful in every individual and team sport, where agility and acceleration play a key role. Products designed for agility training include ladders, hurdles, grids, cones or dots.



# Power training

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Power is a parameter which determines the level of performance in most sports. It makes us stronger, more resilient and more efficient. Products such as slam balls, wall balls, weight vests or powerbags are perfect for training to increase your power.



## Slam ball

Made of thick soft rubber with a tread for easy grip. Filled with synthetic sand. Designed for dynamic hitting.

Available in different weights. For beginners, we recommend balls in versions from 2 to 10 kg, with small increments of 1 kg. More advanced users can choose balls from 15 to 90 kg.



## Wall ball

Made of an extremely durable synthetic material. Available in weights from 3 kg to 15 kg, with the same diameter of 35 cm.

The black colour of the balls and the colour coding of the weights allows for easy identification and appropriate selection of the ball for your workout.



## Weight vest

Available in two models with different design and weight.

Version 1.0 - 10 kg and 20 kg, weights filled with steel sand.

Version 2.0 - 10 kg, weights in the form of cast iron bars. Special cut-outs improve mobility.



## Power bag

Available in five weights (from 5 kg to 25 kg), as well as as a set. Different weights also differ in colour.

PROUD

PROUD

# Rigs and racks

# Rigs and racks

Rigs and racks are multifunctional steel structures often used in sports clubs. We provide customised structures in various configurations. All elements are made with precision and attention to every detail.

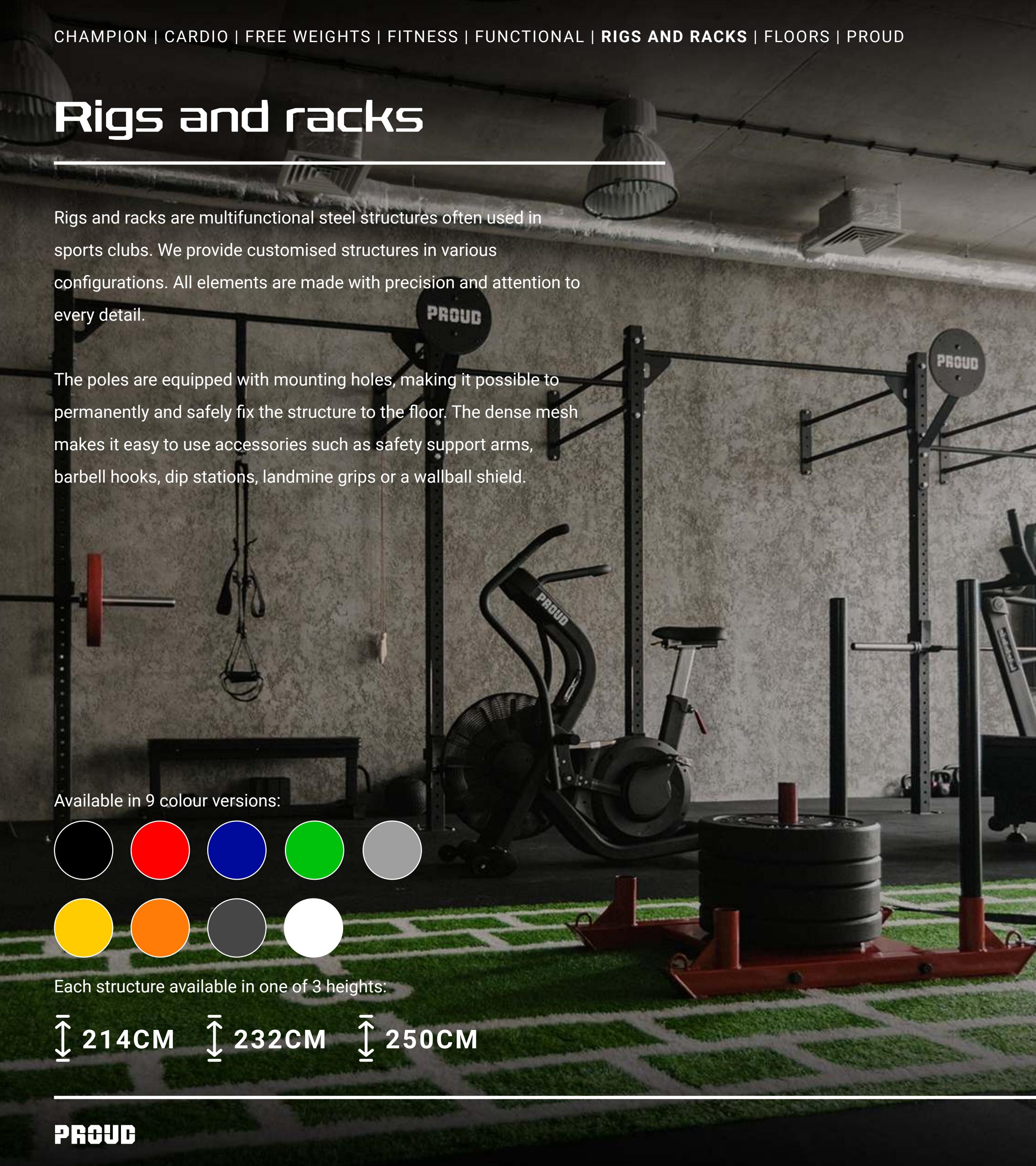
The poles are equipped with mounting holes, making it possible to permanently and safely fix the structure to the floor. The dense mesh makes it easy to use accessories such as safety support arms, barbell hooks, dip stations, landmine grips or a wallball shield.

Available in 9 colour versions:



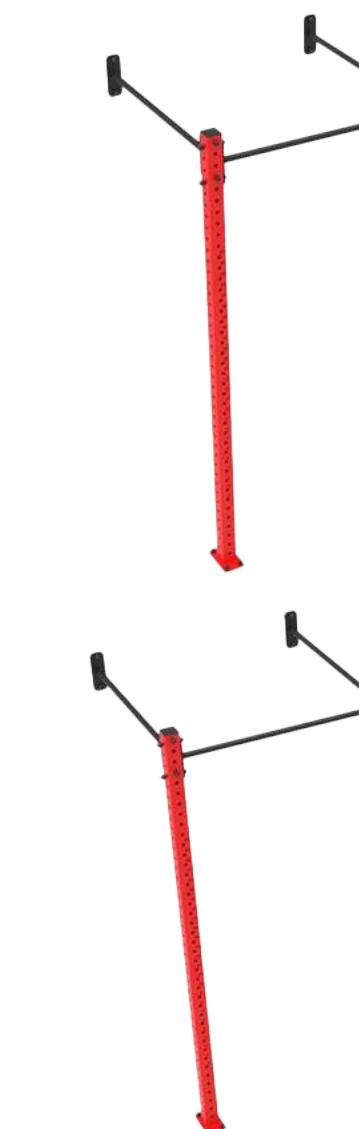
Each structure available in one of 3 heights:

$\downarrow\uparrow$  214CM  $\downarrow\uparrow$  232CM  $\downarrow\uparrow$  250CM

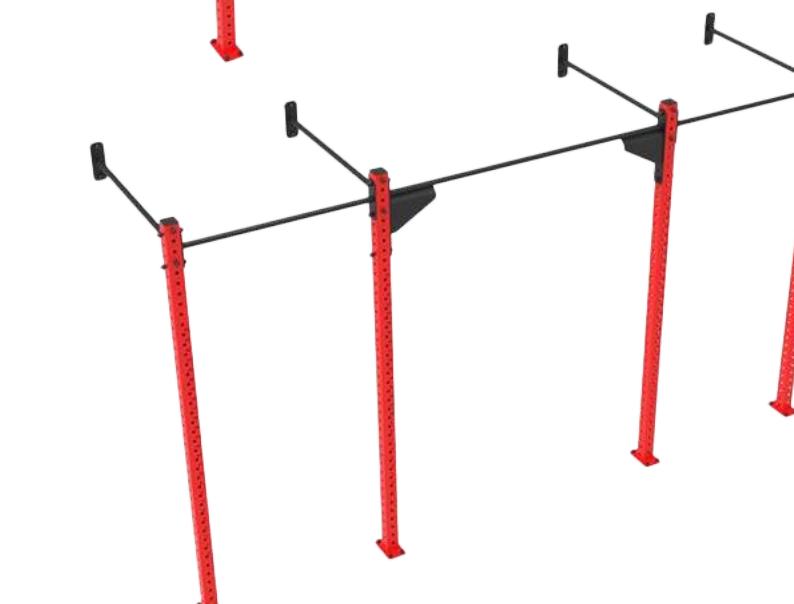


# Wallrigs

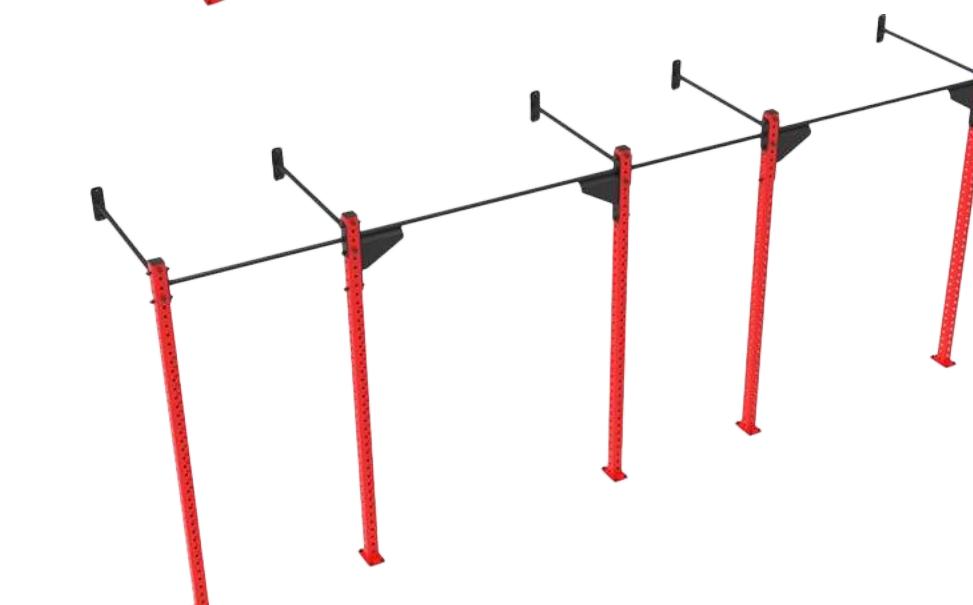
## Wallrig 2.0



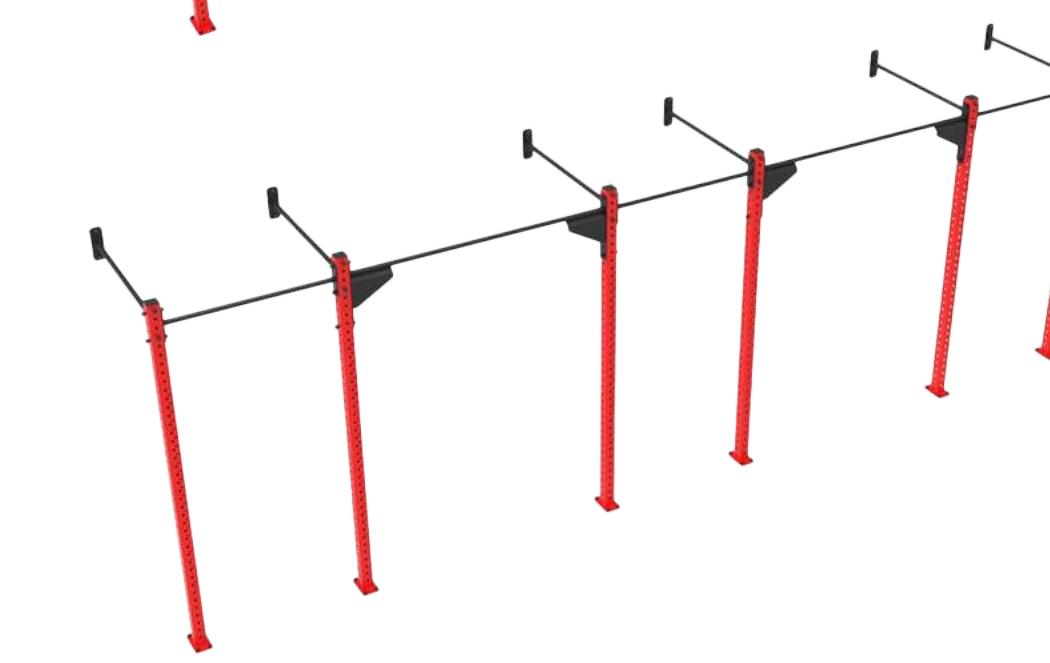
## Wallrig 3.0



## Wallrig 4.0



## Wallrig 5.0



Wallrig is a structure that is fixed directly to the wall. This solution allows to save space without compromising the multifunctional nature of the rigs.

# Rig Classic

RIG CLASSIC is a multifunctional free-standing structure based on interconnected modules consisting of poles connected by bars.



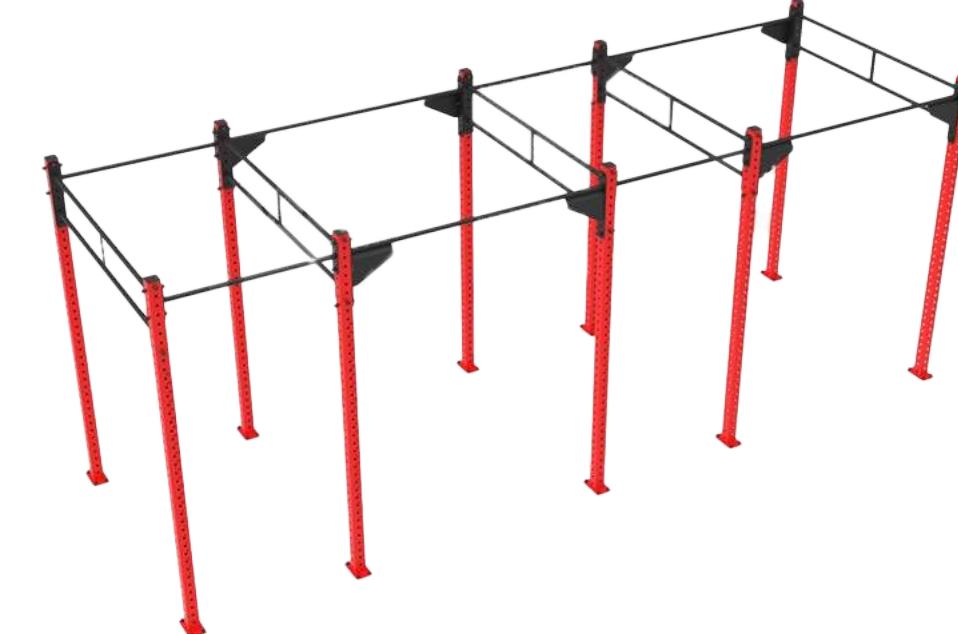
**Rig Classic 1.0**



**Rig Classic 2.0**



**Rig Classic 3.0**



**Rig Classic 4.0**



**Rig Classic 5.0**

# Racks

Racks are free-standing structure which can be equipped with various accessories for strength and cross-training.

Their versatility makes them a great choice for sports facilities. In addition, they can be used as a free weight stand.



**Mini Rack 1.0**



**Power rack 1.0**

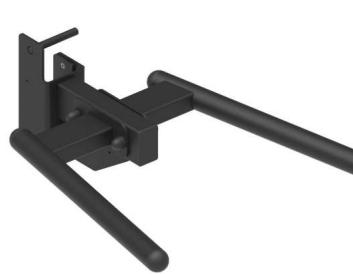
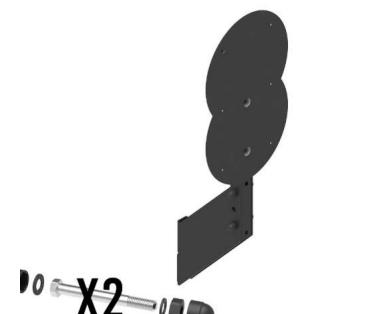
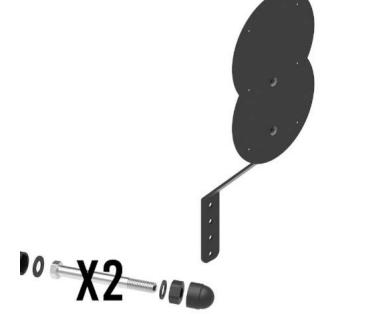
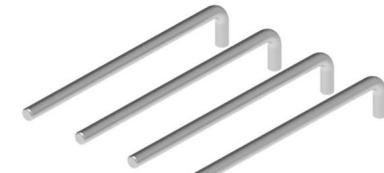
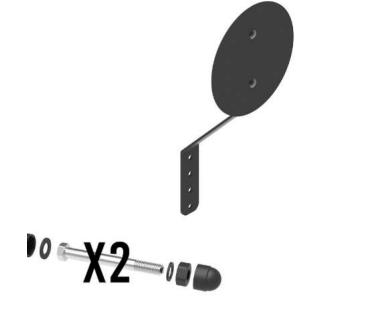


**Power rack  
storage 1.0**



**Half rack 1.0**

# Accessories

**Dip station****Frame for fixing bands****Rope anchor****Professional bar hooks****Profiles for fixing bands****Technical rod****Standard bar hooks****Professional double shield****Landmine****Professional safety support arms****Standard double shield****Band pins****Standard safety support arms****Standard single shield****Olympic plate holders (4pcs)****Pull-up bar horns****Pull-up bar ladder****Safety rod for Power Rack****Safety profiles for Power Rack****Safety bands for Power Rack**



# Flooring

# Flooring

Flooring is an extremely important part of any sports facility and an essential investment. It is designed to protect the floor, absorb shock and vibration, dampen noise and provide stability for the athletes.

Our floors have the puzzle form, which allows for their quick installation. Individual pieces can be cut to the required shape. The pieces are firmly attached to each other, creating a uniform and stable surface that does not require gluing.

Gym turf is a great complement of rubber flooring and is widely used during strength training with weight sleds.



## Gym turf

Is made of polyethylene fibre with high durability.

It comes in two variants:

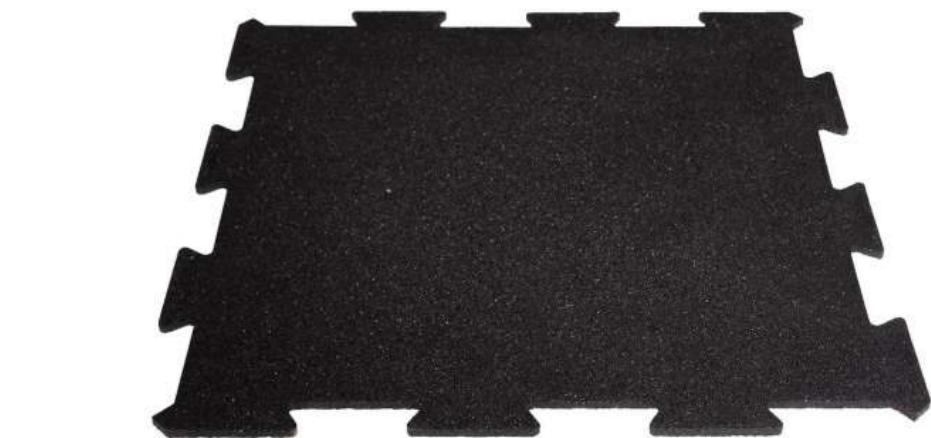
**PRO** - all-purpose gym turf recommended for most clubs.

**HEAVY DUTY** - gym turf with increased density and durability for the most demanding applications.



## Home gym floor

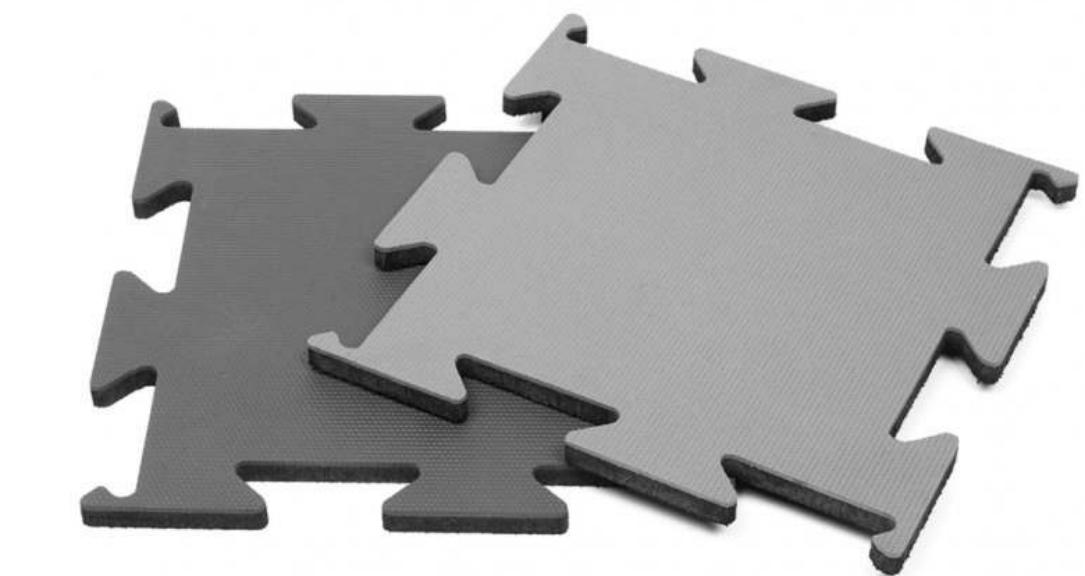
6 mm thick flooring designed for home gyms or cardio machine zones. Provides basic protection for the surface.



## Standard floor

Basic puzzle model designed for use in sports clubs.

Available in 15mm and 20mm versions.



## Elite floor

The highest model of flooring consisting of two layers of rubber - upper EPDM and lower SBR. Very durable and easy in maintenance. Available in 20mm thick version.

**PROUD**

HI 15 22  
PROUD





## #BEPROUD

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In 2011 we set up a company producing equipment for quality-conscious sports enthusiasts, which we are PROUD of. We all share a passion for physical activity in its broad sense.

PROUD offers comprehensive range of equipment and design of training zones in both sports clubs and home gyms. Our product portfolio includes training machines, cardio and weightlifting equipment, products for the functional training zone, fitness accessories and flooring.

Among our clients are Olympics preparation centres, sports associations, premier league volleyball, football and handball clubs, the public sector, hotels and personal training studios. We create zones for the most popular fitness chains. You can also find our equipment in most Polish cross-box facilities.

We are open to challenges. We can provide advice and help to arrange both a small studio gym and a fitness club several thousand square metres large.

### Expertise

Thanks to our team's extensive experience, we can offer our clients expertise and professional advice regarding the selection of the right products. Our goal is to make your dream come true, regardless of the size of your training zone.

Depending on the client's needs and the purpose of the facility, we select the type and quantity of equipment and design the space, providing the client with visualisations of our project. This allows us to provide a customised offer and a comprehensive service from design to project completion.

### Logistics

We cooperate with leading providers of logistics services, which allows us to ensure smooth and professional logistic processes all over Europe.

### Assembly

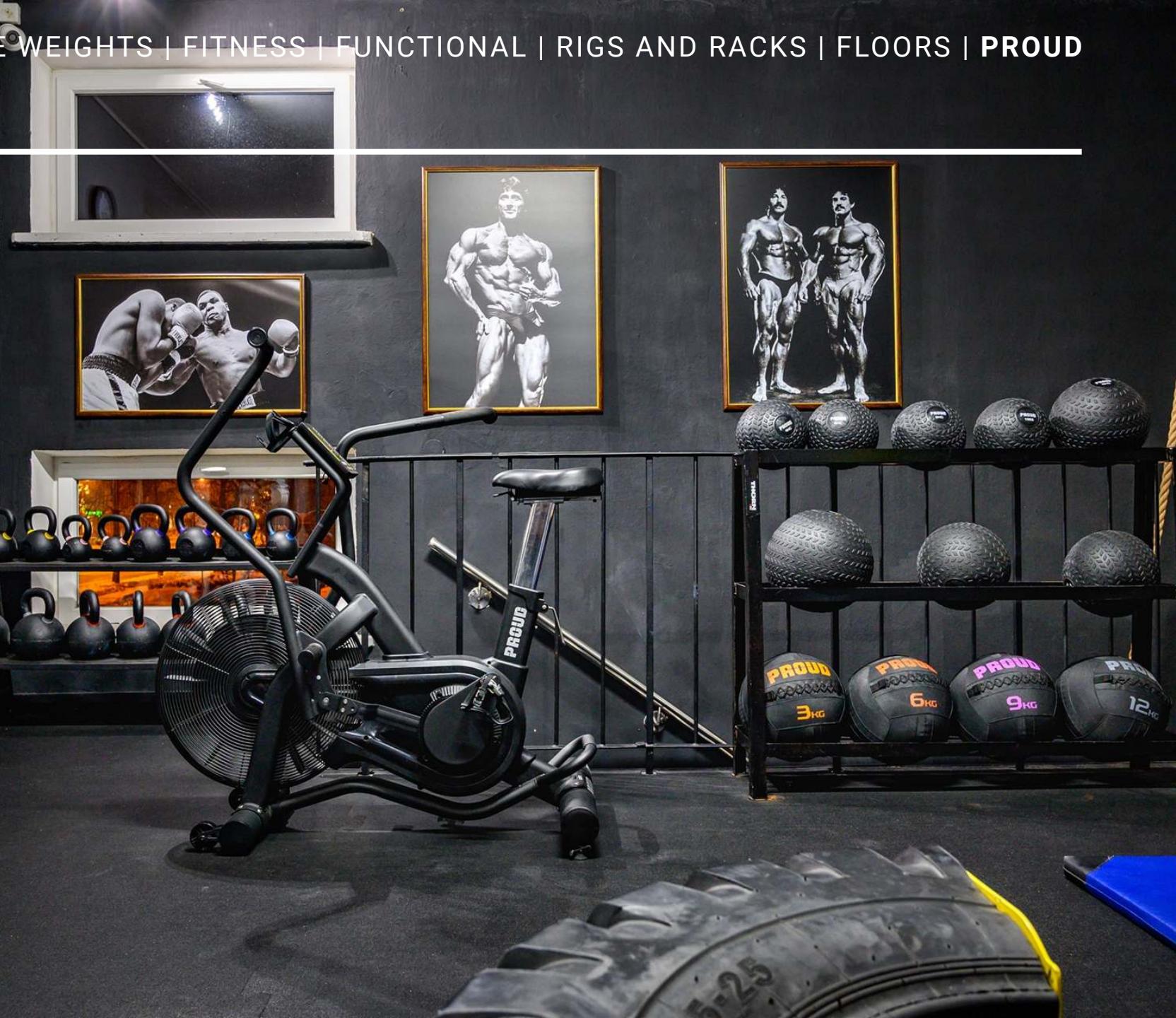
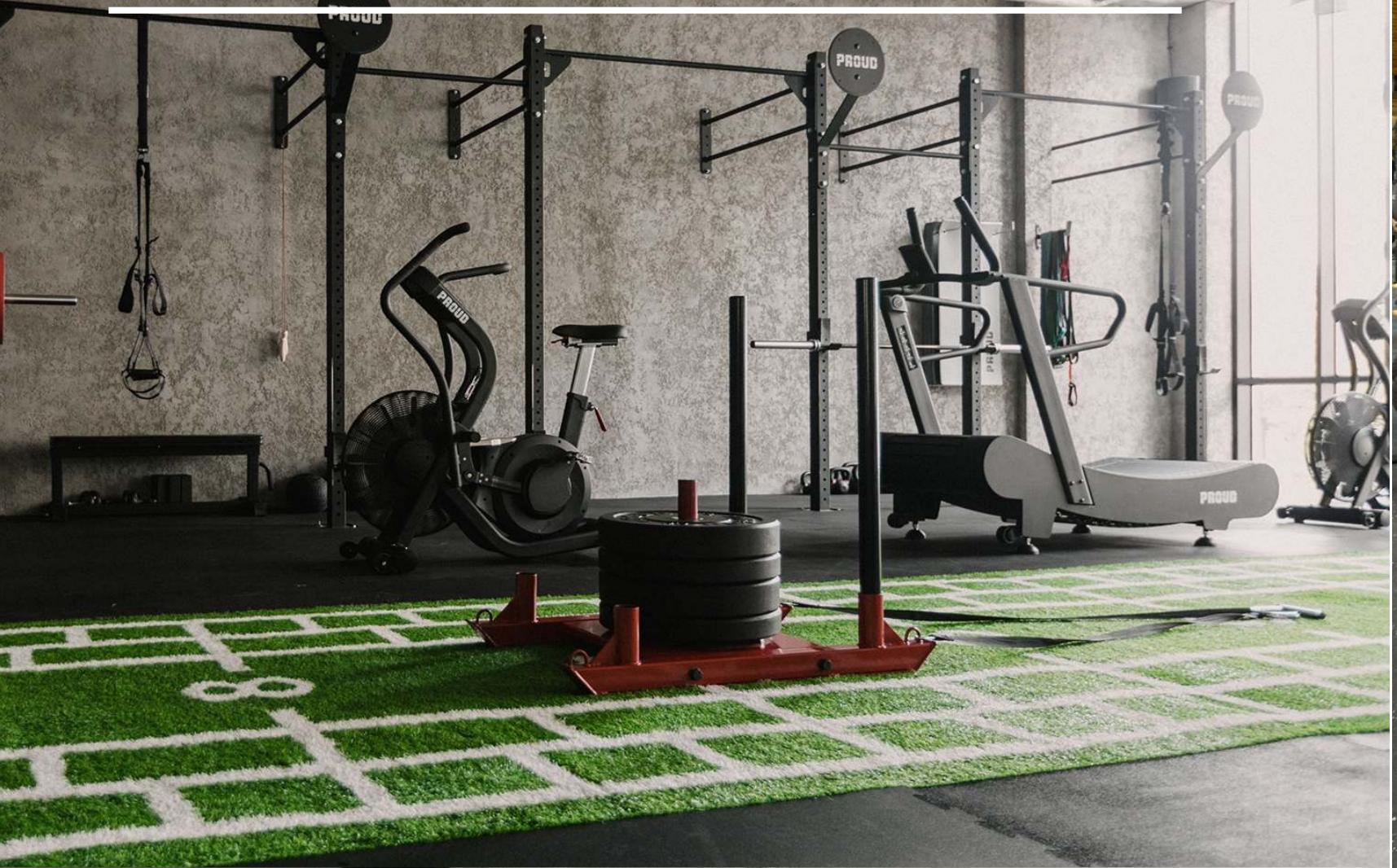
Our team assembles and installs the delivered equipment in a fast and professional way, allowing you to save time and focus on your business.

### Servicing and warranty

Even the most technologically advanced equipment can sometimes break down or malfunction. We never leave our clients alone with the problem. Our efficient after-sales service will ensure that your product is repaired or replaced with a new one.

All our products are covered with warranty.

# Realisations



# Realisations



# Main Office & Showroom

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**PROUD GROUP Sp. z o.o.**

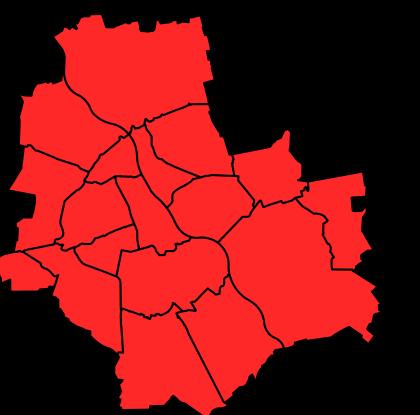
ul. Grzybowska 87,

00-844 Warszawa

KRS 0000751214 Sąd Rejonowy dla m. st. Warszawy w Warszawie

XIII Wydział Gospodarczy KRS

NIP 1132984086



# Warehouse

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