



TITAN
FITNESS

Catalogue



LIVINGSPORT

We are a Scandinavian fitness company specialising in design, manufacture, marketing and sales of a comprehensive range of fitness equipment to both the commercial and private markets.

Our product lines are developed and marketed under some of the world top brands within the fitness industry including Reebok, adidas, UFC and Gold's Gym, etc. In addition, we also design and develop our own brand products and manage several private label programmes for key blue chip retailers.

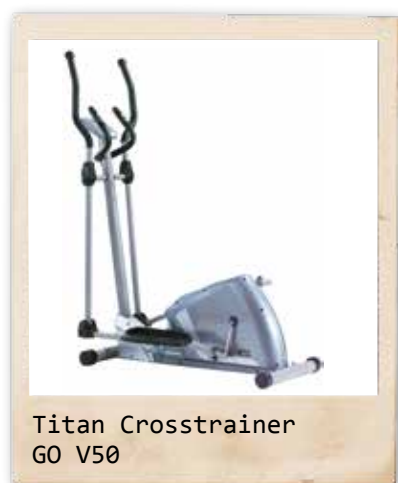
We aim to be the first choice provider of home fitness equipment in Scandinavia by offering unrivalled

product innovation, quality and service with commitment to making a positive difference to the lives of our customers.

With this catalogue in hand, we present you for some of the Titan Fitness products which we are most proud of.

The Titan Fitness brand guarantees functional quality products and your purchase to be "value for money".

Product name	Item code	Specification
Titan Crosstrainer		
Titan Crosstrainer GO V50	270-000183	Light crosstrainer. Automatic resistance. 19 programmes. 6 kg flywheel. Easy access and easy to use the programs.
Titan Crosstrainer GO V100	270-000159	All-round crosstrainer. Automatic resistance. 12 personalised programmes. 10 kg flywheel. Long step length 43.2 cm. Max. user weight 135 kg.
Titan Crosstrainer GO V450	270-000160	All-round crosstrainer. Automatic resistance. 12 personalised programmes. 10 kg flywheel. Long step length 43.2 cm, adjustable arm length. Max. user weight 135 kg.
Titan Crosstrainer GO T100	270-000161	Heavy crosstrainer. Automatic resistance. 12 personalised programmes. 10 kg flywheel. Adjustable step length 43 - 53 cm. Max. user weight 135 kg.



The Titan Go Elliptical range offers an extreme step length, a huge flywheel and oversized tubing to maximise the effect and comfort.

Titan Crosstrainer allows the body to follow it's natural movements. You will achieve full training of the upper body, arm and legs, including a great cardio workout.



Product name	Item code	Specification
Titan Bikes		
Titan Bike SB475	270-000162	Light bike. Manual resistance. 6 kg flywheel. Easy access.
Titan Bike SB575	270-000163	Heavy bike. Automatic resistance. 19 programmes. 6 kg flywheel. Easy access.
Titan Bike SB560	270-000182	All-round bike. Automatic resistance. 12 programmes. 6 kg flywheel.



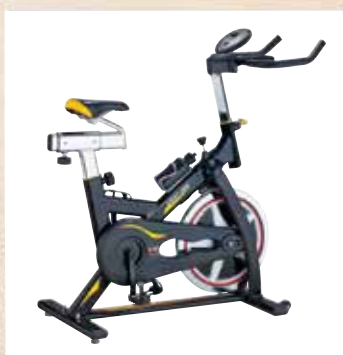
Titan Bike SB475

The Titan Bike is powerful and offers you a variety in your workout.

This is an exercise that is easy to use for everyone; for those who need to get started and those who want more challenging workouts.



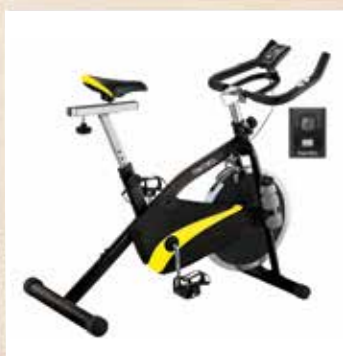
Titan Bike SB575



Titan Spin Bike SB5600



Titan Bike SB560



Titan Spin Bike SB4700



Product name	Item code	Specification
Titan Spin Bikes		
Titan Spin Bike SB4700	270-000179	Light Spin Bike. 11 kg flywheel. Adjustable handlebar and saddle.
Titan Spin Bike SB5600	270-000180	All-round Spin Bike. 11 kg flywheel. Adjustable handlebar and saddle. Punch brake system.

Titan spin bikes have several riding positions and can be adjusted in every way in order to provide extra comfort and give you the true bike movement.



Product name	Item code	Specification
Titan Treadmills		
Titan Treadmill Walking	270-000311	Light walking treadmill. Manual resistance. Fixed incline.
Titan Treadmill ST490	270-000175	Light treadmill. 1.25 HP motor. Top speed 16 km/h. Auto incline 1-12 %. Running surface 40 x 122 cm.
Titan Treadmill ST590	270-000176	All-round treadmill. 2 HP motor. Top speed 20 km/h. Auto incline 1-15 %. Running surface 40 x 135 cm.
Titan Treadmill ST675	270-000184	Heavy treadmill. 3 HP motor. Top speed 22 km/h. Auto incline 1-15 %. Running surface 48 x 140 cm.
Titan Treadmill ST690	270-000177	Heavy treadmill. 3 HP motor. Top speed 22 km/h. Auto incline 1-15 %. Running surface 51 x 140 cm.
Teflon Spray 100 ml	700-20113	Maintenance spray for treadmills.
Silicone Spray 500 ml	700-20304	Maintenance spray for treadmills.

Titan treadmills have integrated extra shock absorption for reducing risk of injuries and let you experience the comfort of a wide running deck. The high-speed levels ensure a maximum workout and fun, no matter if you are a beginner or a high performance user.

Titan Fitness offers a wide range of treadmills suitable for all types of workout and user levels.



Titan Treadmill ST690



Titan Treadmill ST690 Console



Titan Treadmill ST490



Titan Treadmill ST490
Console



Titan Treadmill ST675



Titan Treadmill ST590

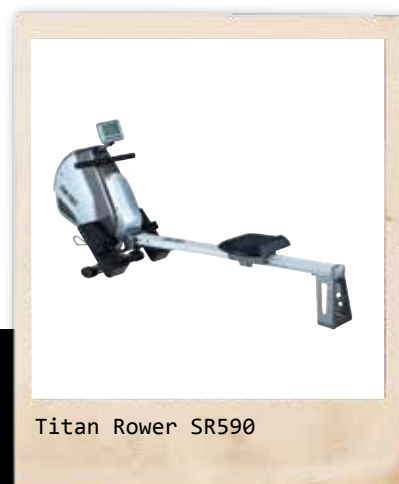
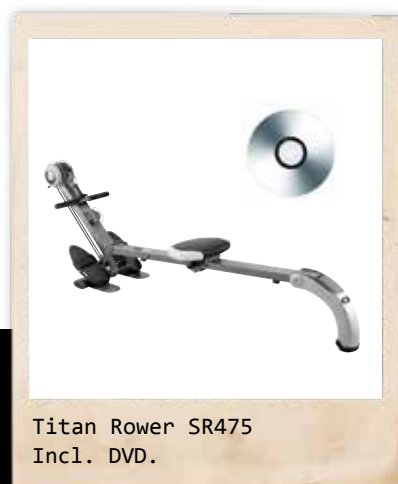


Titan Treadmill ST590
Console



Titan Treadmill walking

Product name	Item code	Specification
Titan Rowers		
Titan Rower SR475	270-000164	Light rower. Adjustable elastic resistance. Multiple exercises. Incl. training DVD.
Titan Rower SR560	270-000165	All-round rower. Manual magnetic resistance. 8 nylon wheels for a smooth ride.
Titan Rower SR590	270-000181	Heavy rower. 19 programmes. ALU track and 8 nylon wheels for a smooth ride.



Titan rowing machine with a natural feeling of the stroke and good resistance. You get a comfortable workout experience.





Product name	Item code	Specification
Titan Home Gyms		
Titan Home Gym 50 kg	370-000018	All-round home gym. 50 kg weight stack. 24 different exercises. Grey, Chrome.
Titan Home Gym 100 kg	370-000019	Heavy home gym. 100 kg weight stack. More than 24 different exercises. Adjustable to the individual user. Grey, Chrome.

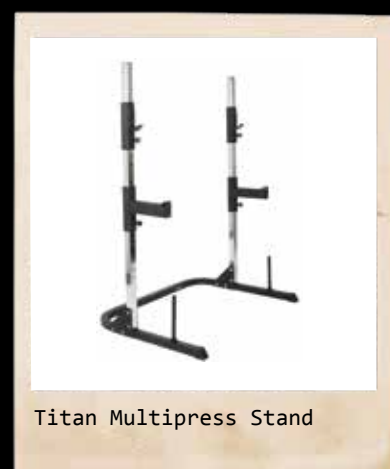
Titan home gyms are affordable and stable and you can work most muscle groups: arms, back, shoulders and legs, etc. You can just start your workout at home!



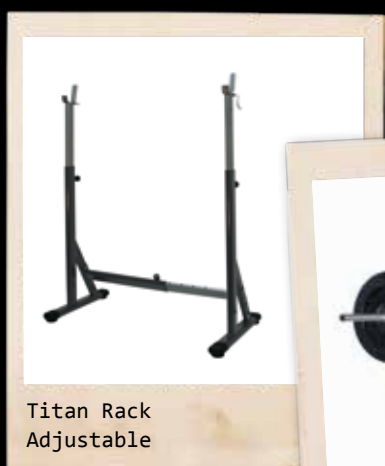
Titan Home Gym 50 kg



Titan Home Gym 100 kg



Titan Multipress Stand



Titan Rack
Adjustable

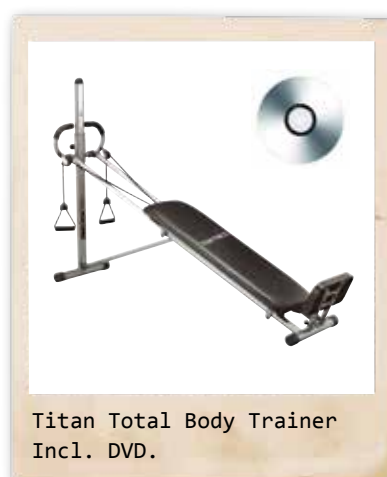


Titan Bench incl 50 kg



Titan Bench
double adjustable

Product name	Item code	Specification
Titan Benches and other		
Titan Total Body Trainer	270-000178	Multifunction trainer. 45 different exercises. Incl. training DVD. Grey, Chrome.
Titan Bench incl. 50 kg	270-000116	Light training bench. 50 kg weight pack. Adjustable back. Black.
Titan Bench, double adjustable	340-700510	All-round bench. Adjustable seat and back. Dark, Grey.
Titan Rack, adjustable	350-245900	All-round rack. Adjustable width and height. Dark Grey, Chrome.
Titan Multipress Stand	350-100827	Heavy rack. Olympic dimensions. Dark Grey, Chrome.
Titan Hyperextension	470-000078	Training the lower back. Foldable. Grey.



Total body trainer is a free motion training tool for doing weight training without weights. It enables you to work against gravity on your upper and lower torso muscles.



Product name	Item code	Specification
Titan Hula Hoops		
Titan Hula Hoop 1,2 kg	270-000310	1.2 kg. Foam covered. Easy disassembled in 6 pcs for easy storage.
Titan Hula Hoop 1,5 kg	470-000007	1.5 kg. Foam covered. Easy disassembled in 6 pcs for easy storage.
Titan Hula Hoop 1,8 kg	470-000103	1.8 kg. Foam covered. Easy disassembled in 6 pcs for easy storage.
Titan Hula Hoop Arm Rings 0,8 kg	470-000109	0.8 kg. Foam covered.

Titan accessories
are designed to
facilitate your
training and help
you achieve your
goals!



Titan Hula Hoop



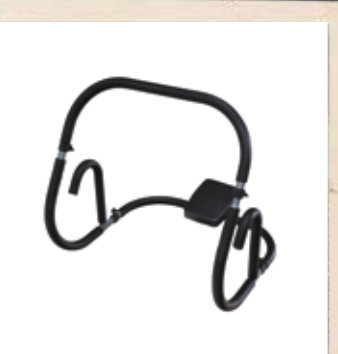
Titan Hula Hoop
Arm Rings



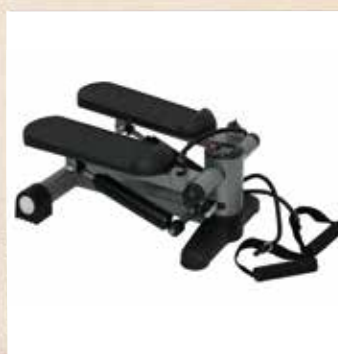
Titan Balance Board



Titan Ab-Wheel



Titan Ab Shaper



Titan Mini Step

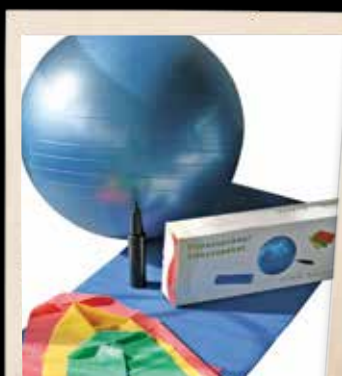
Product name	Item code	Specification
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Titan Accessories

AB Circle Mini	470-000107	As seen on TV! Perfect machine for the AB workout. Incl. training DVD. Easy to storage.
Titan Gym Pack	470-000093	Fitness pack containing yoga mat, 3 pcs toning bands, 65 cm gym ball and pump.
Titan Chin-Up Bar	470-000031	Adjustable chin-up bar to fit in most doorways 62-93 cm wide.
Titan Ab-Wheel	470-000005	Trains the core, abs and shoulders.
Titan BS Suspension Training kit. Incl. DVD	470-000134	Suspension kit. Incl. training DVD.
Titan Door Gym	270-000139	Total upper body workout bar. Is attached to and removed from the doorframe in a second - no tools are required.
Titan Iron Dumbbell 15 kg	270-000138	Incl. spinlock and cast iron. Weight discs: 0.5, 1.2 and 3 kg.
Titan Mini Step	270-000021	Mini stepper incl. a small computer and exercise tubes.
Titan Ab Shaper	470-000036	Supports the body when doing abs-crunches for maximum effect.
Titan Balance Board	470-000137	Wooden. Non-slip surface.



Titan BS Suspension
Training kit. Incl. DVD



Titan Gym Pack



AB Circle Mini
Incl. DVD



Titan Doorgym



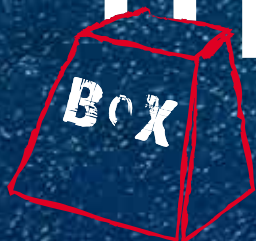
Titan Chin-Up Bar



Titan Iron Dumbbell 15 kg



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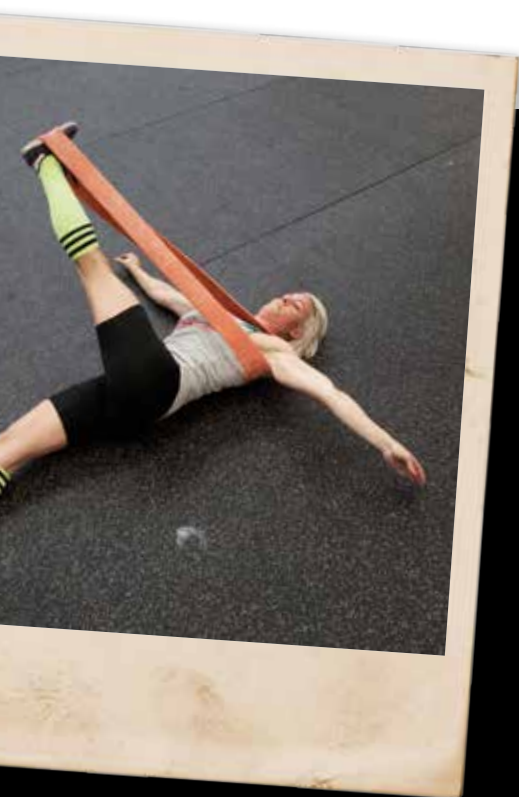




Titan Fitness BOX
Gym Rope

Titan Fitness BOX products demand heavy use, sweat and a lot of pain!
If you walk the extra mile, we ensure to support you with great
products for in- and outdoor use.

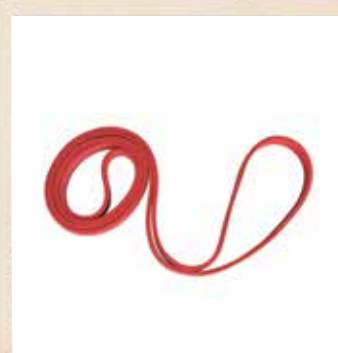
Product name	Item code	Specification
Titan Fitness BOX		
Titan Fitness BOX Power Band 200 cm x 22 mm x 4.5 mm	400-300100	Power band 200 cm x 22 mm x 4.5 mm. Black.
Titan Fitness BOX Power Band 200 cm x 40 mm x 4.5 mm	400-300110	Power band 200 cm x 40 mm x 4.5 mm. Red.
Titan Crossfit Gym Rope	400-300120	Length 5 m and thickness 1.5".
Titan Crossfit X-Train	400-300130	Suspension training kit.
Titan Pilates Foam Roller	470-000135	Black foam roller.
Titan Trigger Roller	470-000136	Foam covered roller.



Finding your workouts too easy? Increase the balance, coordination and weight by adding power bands to your workout. These bands are extremely versatile. They can be looped around each end of your bar and under a bench to increase the intensity of a standard bench press or for example you could hook two bands around a pair of kettlebells and attach to a barbell bar for a burn inducing squat!



Titan Fitness BOX
Power Band



Titan Fitness BOX
Power Band



Titan Fitness BOX
Crossfit X-Train



Titan Fitness BOX
Pilates Foam Roller



Titan Fitness BOX
Trigger Roller

Product name	Item code	Specification
Titan Fitness Box		
Titan Fitness BOX Gymrings	400-300140	Durable plastic rings. The line is 4.5 m and the length can be adjusted.
Titan Fitness BOX Jump Rope	400-300150	300 cm adjustable wire rope attached to the handles by a swivel.
Titan Fitness BOX 30 kg Weight Vest	400-300160	30 kg weight vest. Adjustable with 1 kg intervals.
Titan Fitness BOX Multi Grip Chin-Up Station	400-300170	Chin-up bar. Multiple grips.



Titan Fitness Box
Gymrings

Product name	Item code	Specification
Titan Fitness BOX		
Titan kettlebell 4 kg	400-300004	Black cast iron kettlebell, 4 kg.
Titan kettlebell 8 kg	400-300008	Black cast iron kettlebell, 8 kg.
Titan kettlebell 12 kg	400-300012	Black cast iron kettlebell, 12 kg.
Titan kettlebell 16 kg	400-300016	Black cast iron kettlebell, 16 kg.
Titan kettlebell 20 kg	400-300020	Black cast iron kettle bell, 20 kg.
Titan kettlebell 24 kg	400-300024	Black cast iron kettlebell, 24 kg.
Titan kettlebell 28 kg	400-300028	Black cast iron kettlebell, 28 kg.
Titan kettlebell 32 kg	400-300032	Black cast iron kettlebell, 32 kg.
Titan kettlebell 36 kg	400-300036	Black cast iron kettlebell, 36 kg.
Titan kettlebell 40 kg	400-300040	Black cast iron kettlebell, 40 kg.

Titan Fitness BOX equipment is designed to facilitate your training and workout results!





It's not about having time. It's about making time.

- With Titan Fitness you have no excuses ...



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