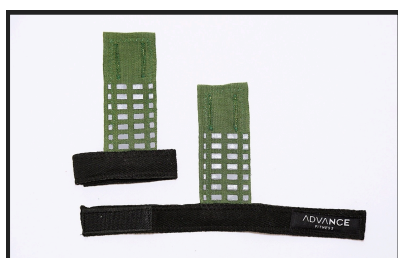
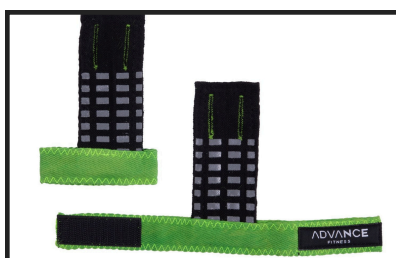


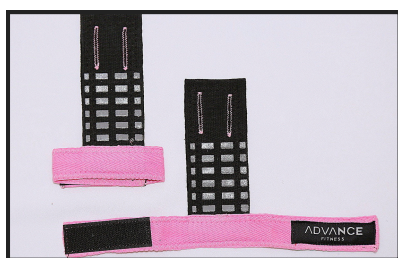
Order directly - gary@advancefitness.co.za or online @ www.advancefitness.co.za



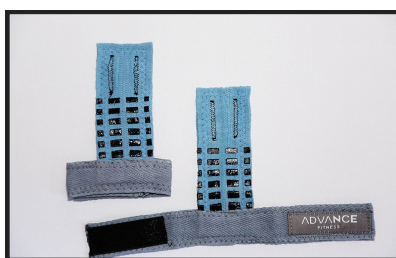
Size: S/ M



Size: S/ M



Size: S/M

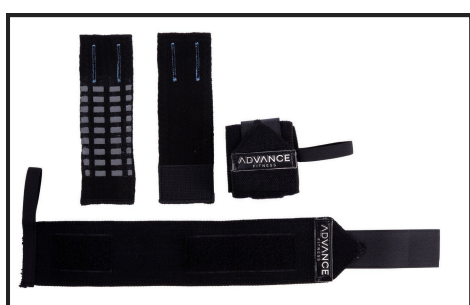


Size: S/ M/ L/ XL

## 2 FINGER SILICON GRIPS

2 finger hole premium stretch cotton grips that absorb sweat super thin silicon grip pads integrated into material  
 - no chalk needed  
 reversible to chalk other side if desired  
 stretches to cover finger surfaces  
 easy to wash, quick to dry  
 imported

Colours:  
 Black - Army Green  
 Lumo & Black -  
 Pink & Black  
 - Blue Steel



Size: S / M / L / XL

Colour:  
 Black

## 2 FINGER WRAP COMBOS

2-in-1: wrist support with detachable 2 finger grips that absorb sweat 2 finger grips have more skin-on-bar contact than the 4 Finger Wrap Grips stretchy wrist wraps for greater wrist stability premium stretch cotton grips with integrated silicon grip pads blend of premium 40% elastane, 30% polyester and 30% cotton to absorb moisture wrist wrap: 6.5cm wide, 42cm long (loose/un-stretched)



Size: S / M / L / XL

Colour:  
 Black

## 4 FINGER WRAP COMBOS

2-in-1: wrist support with detachable 4 finger grips that absorb sweat stretchy wrist wraps for greater wrist stability premium stretch cotton grips with integrated silicon grip pads blend of premium 40% elastane, 30% polyester and 30% cotton to absorb moisture wrist wrap: 6.5cm wide, 42cm long (loose/un-stretched)



Size: S / M / L / XL  
 Colour:  
 Black & Red



## BAT GRIP

Introducing leather grips with superpowers! Taking leather grips to the next level with impregnated silicon layers to cling from the bar like no other leather grip. With metal clasp wrist straps for secure wrist support and 2mm thin premium genuine leather.



Size: Adjustable  
 Colour:  
 Blue & Lime Green

## ELITE JUMP ROPES

This speed jump rope features ultra light unbreakable plastic polymer handles for competitive speed jumping, double unders and CrossFit. The handles are dimpled for extra grip and weigh only 270g each with a streamlined profile and upgraded dowels for a smoother, faster spin.





Size: S / M / L / XL



Size: S / M / L / XL



Size: S / M / L / XL



Size: S / M

## HANDS FREE GLOVES

4 finger hole premium stretch cotton gloves that absorb sweat ideal for all types of weightlifting equipment, pull up bars, rings and kettlebells stretches to cover finger surfaces easy to wash, quick to dry imported

Colours:  
Black, - Army Green  
Lumo & Black -  
Pink & Black -  
Blue Steel



Size: S / M



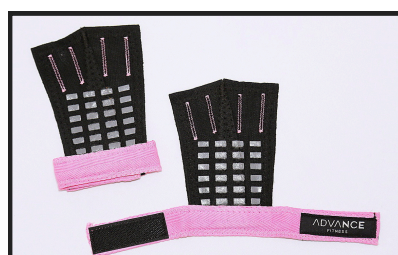
Size: S / M / L / XL



Size: S / M / L / XL



Size: S / M / L / XL



Size: S / M

## HANDS FREE GRIPS

4 finger hole premium stretch cotton grips that absorb sweat super thin silicon grip pads integrated into material - no chalk needed reversible stretches to cover finger surfaces easy to wash, quick to dry imported

Colours:  
Black, - Army Green  
Lumo & Black -  
Pink & Black -  
Blue Steel



Size: one size fits all

Colour:  
Black



## LIFTING STRAPS

Heavy duty Nylon web construction straps with closed loops Silicon gripper design Length: 58cm Width: 4cm sold in pairs



Size: S / M / L / XL

Colour:  
Black

## PERFORMANCE KNEE SLEEVES

Knee sleeves provide necessary support for weightlifting, box jumps, lunges, long distance running /cycling and in general if you have weak knees/injuries. They also double up as shin guards to avoid bleeding on deadlifts, cleans and rope climbs. Made from 5mm pure Neoprene, naturally shaped to the knee, inner grip technology patch glued and power stitched seams for durability and strength sold in pairs



Size: S / M / L / XL

Colour:  
Black

## WEIGHT BELTS

The weight belt that's great for your back and back pocket! Our durable Nylon and Neoprene padded weightlifting belt conforms to your body's natural shape providing firm support for the core and lower back on heavy weight training days. The Advance Fitness weightlifting belt includes a steel buckle with hook-and-loop fastening system to quickly and easily adjust between sets.





Size: one size fits all

## WRIST SLEEVES

Keep hands dry and avoid grips cutting into your wrists with our sweat-wicking wrist sleeves  
One size fits most  
Sold in pairs  
Made from Cotton 86% and Elastane 14%



iSize: 72 X 29cm (Pocket 25 x 29cm)

## ZIPPED GYM TOWEL

Perfect size gym towel - convenient zip-pocket to keep locker key, mobile phone safe.  
100% Cotton Towel  
72 X 29cm (Pocket 25 x 29cm)  
Wash before use with white vinegar with 1st wash to retain the colour.  
Wash colours separately  
Machine wash, Tumble dry  
Use chlorine free bleach



Size: One size fits all  
Colour:  
Black /Red

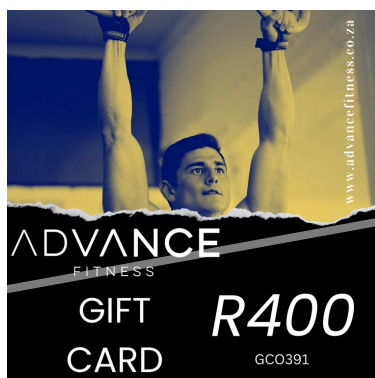
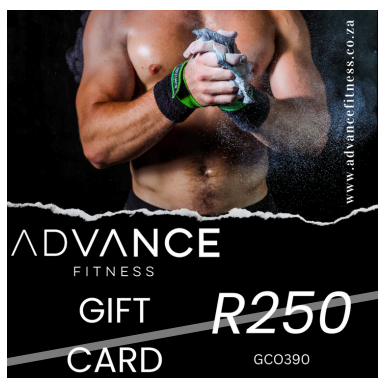


## FIT AF CAPS

Not much to be said about our

Fit As Fu.k Caps

The story is in the name... nuff said !!



## GIFT CARDS

### HOW DOES IS WORK?

After completing and paying for your order you will receive an email with the gift card and coupon code to download and print. The coupon code will only be active once payment is received in full.

### DESCRIPTION

Gift cards look like the above image with the value of the card and coupon code to redeem on anything in our online store.

Full value must be used when redeeming. No credit value can be let on the card.

Gift cards are only emailed and not printed and shipped.

The coupon code on the gift card will be valid for one (1) year after it has been issued.



## Progressive Training Gear