

## R80 PRO TACKLE SUIT

RT40 \$125



Lightweight construction using stretched Lycra for flexibility and comfort. Close fit and design allows for free movement of the arms and upper body. Will not hinder movement and enables players to train at game speed. 17 strategically placed pads sewn into the stretch fabric. Protects the upper arm, shoulders, rib cage, collar bone and sternum. 30cm zipped opening at the back for easy on/off.



XL - RED/BLACK RT36, L - RED/BLACK RT38, M - RED/BLACK

## R80 REVERSIBLE TACKLE SUIT SENIOR

RT35 \$89



Colour: Blue/Red. Half suit made from highly durable water and tear-resistant nylon. Double stitched for added strength with reinforced seams and quality foam inserts for impact absorption. Velcro/Elastic fastening straps allow for easy fitting and provide freedom of movement. Reversible for easy identification of players/pods during contact drills etc.

## R80 POWER SPEED RESISTOR

SA1LK \$175

Resisted sprinting can't be beaten as the easiest and most inexpensive way to develop explosive speed – real fast! Easy to use, comfortable, lightweight and hardwearing, the Power Speed Resistor will quickly become your favourite training tool. One person provides the load by holding back on the strap attached to the harness, while the runner sprints at maximum effort. Excellent for explosive speed and anaerobic fitness workouts. Includes instruction manual.

6 x Power Speed Resistors, 1 x Instruction Manual, 1 x Resisted Speed DVD.



Power speed resistor separately  
SAIL (LGE) SAIM (M) **\$29.50**

## WEIGHTED VEST

SA34 9kg \$85  
SA341 16kg \$119

Our snug fitting vests are ideal for adding resistance to your training sessions. Perfect for plyometrics, speed, agility, endurance, erobics and strength overload without affecting biomechanics. Simply add or remove weighted packets to perfectly customise to your level of fitness. The weighted shot packets fit into internal pockets conforming to your body for total comfort. The vests unique double closure design makes it a one size fits all suitable for men and woman of all sizes. Includes instruction manual. Available in 2 sizes: 9kg (20lbs); 18kg (40lbs).



## R80 DOUBLE WEDGE HIT SHIELD

JUNIOR  
RT48 RED  
RT47 BLUE \$125

SENIOR  
RT50 RED  
RT49 BLUE \$170

Made with heavy duty PVC covers and solid foam inners designed to absorb maximum impact. Each shield is vented to reduce stress on seams and has quality webbing handles.



XLR8

## YOUR NETBALL STARTER KIT

TKN2 \$299

### Contents:

- 1 x XLR8 4m Footspeed Ladder
- 6 x XLR8 10cm Atomic Hurdles
- 3 x XLR8 Evasion Belt
- 3 x XLR8 Reaction Skill Balls
- 6 x XLR8 Agility Marker Spots
- 1 x XLR8 Quickness & Agility Volume 1 DVD
- 1 x XLR8 Reactive Speed Training DVD
- 1 x XLR8 Your Netball Training Guide
- 1 x Large XLR8 Kitbag

XLR8

## SECONDARY SCHOOL XLR8 STARTER PACK

TKSS1 \$349

### Contents:

- 1 x XLR8 Multi-coloured 8m Footspeed Ladder
- 6 x XLR8 30cm Micro hurdles
- 1 x XLR8 Set 30 Marker Cones on Handle
- 1 x XLR8 Quickness & Agility Volume 1 DVD
- 1 x XLR8 Secondary School Introduction Instruction Cards - 4 cards A4 double sided
- 1 x XLR8 Multi-Coloured Ladder DVD
- 1 x XLR8 Multi-Coloured Ladder Cards - 8 cards A4
- 1 x Large XLR8 Kitbag

Secondary School Packs have been expertly designed to offer an incredible level of educational resources sure to add value to any school physed and sports programme. Step by step training instruction is complemented by best selling DVD's that guide your sessions every step of the way. Add that to a selection of quality equipment designed to meet the rigors of the school environment you have unbeatable resource packs.

FREIGHT ON ALL XLR8 PRODUCTS EXTRA

WEB ADDRESS: <http://www.canterburysports.co.nz>