

# EQUIPMENT CATALOGUE



**CONSTRUCT**

2024 PRODUCT CATALOG



# TABLE OF CONTENT

## Weight Machines

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Weight loaded and selectorized machines to suit your training needs. Target specific muscle groups with our wide variety of machines

## Cardiovascular Machines

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Explore our selection of cardio equipment, including treadmills, rower and ski machine. Designed for all fitness levels, these machines help you improve endurance, burn calories, and stay heart-healthy.

## Functional Zone

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Discover our versatile functional zone, equipped with a wide variety of equipments and a 10m turf. Perfect for building strength, improving stability, and enhancing athletic performance.

## Recovery

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Rejuvenate your body with our recovery tools, including percussion therapy devices, heat therapy options, and cold therapy treatments. Designed to relieve muscle tension, reduce soreness, and promote faster recovery.

# WEIGHT MACHINES



## Force USA Hack Squat / Leg Press Hybrid

The Force USA Leg Press & Hack Squat Combo is engineered to develop explosive lower body strength and solid legs. Features a 45 degree angled design that combines a **leg press, hack squat, forward thrust, and calf raise** into one lower body strength training system

- 4 in 1 Combination
- Calf Block Attachment
- Band Pegs to add in Resistance Bands
- 3 Safety Stopper Positions



## Arsenal Strength Glute Bridge

- Adjustable Footplate with 15 Degrees of Movement
- Grip Handle Mounted On Each Side For Control



## Arsenal Strength Seated Leg Extension / Curl Hybrid

- Dual function piece saves floor space
- Adjustable back pad
- Adjustable start positions on both movements provide a full comfortable range of motion
- Firm Round thigh pad secures the user into a comfortable position during the seated leg curl
- Self-Adjusting lower leg pad to ensure proper alignment





## Arsenal Strength Shoulder Press

- 2 Hand Position Placements For Variability
- Natural Upright Pressing Position
- Range of Motion Adjustments for Optimal Start Positions
- Knurled 32mm Handles



## Arsenal Strength Chest Press

- Adjustable back and seat pad
- 2 options for starting widths



## Arsenal Strength Multi Row

- 3 Hand Position Placements For Exercise Variability
- Range Of Motion Adjustments For optimal Start Positions
- Knurled 25mm handles
- Adjustable angled chest pad



## Arsenal Strength Lat Pulldown

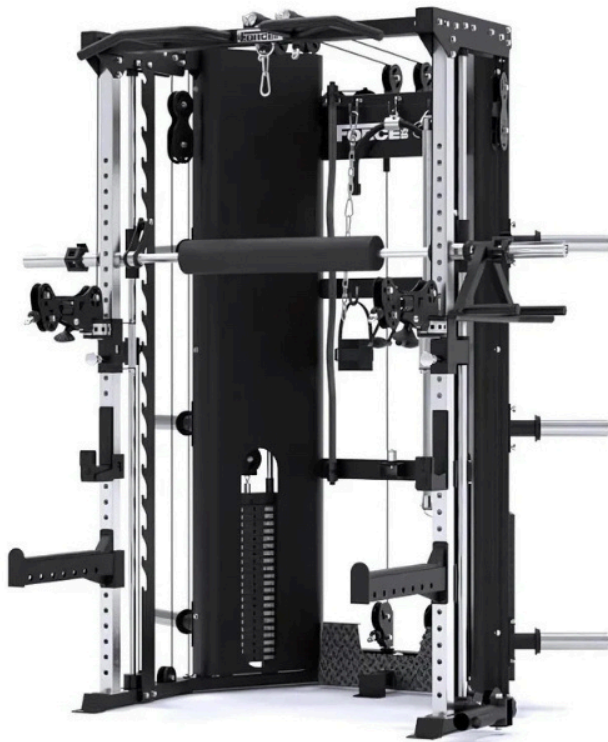
- Adjustable Weight Stack
- Dual Pulleys
- Additional Set of 5 MAG Handles



## Arsenal Strength Multiflex

- Multi Directional Movement Arms
- Foldaway 32mm Knurled Handles
- Foldaway Split Squat Roller Pads
- Top Mounted Rotating Handles
- Adjustable Height Range Limiters
- 4-Olympic Weight Storage Horns
- Over 30+ exercise variations



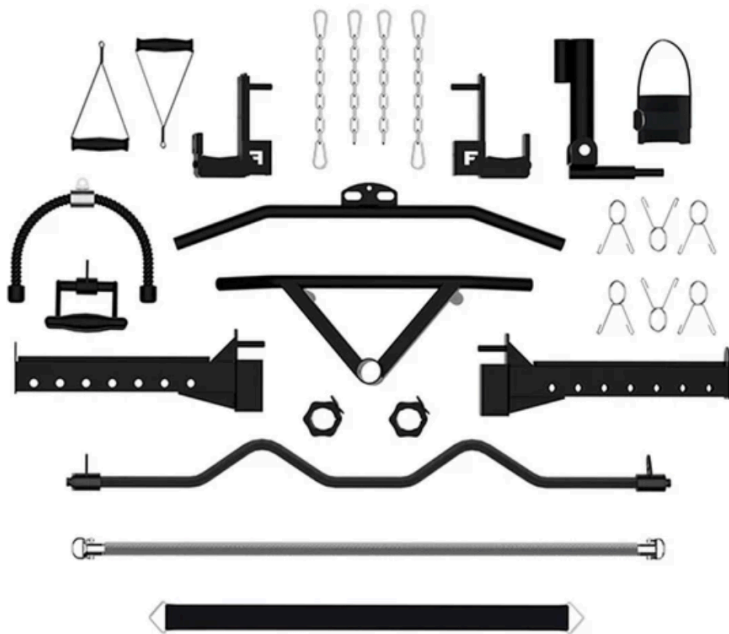


## Force USA C10 Trainer

The C10 functional trainer provides a comprehensive range of exercises. With a wide variety of attachments, the user can target various muscle groups for their workout.

- Combination of Cable, Smith and Rack
- 2:1 and 1:1 Cable Pulley Ratio
- Flexible Pulley System, > 200 Degrees Of Movement

## Attachments to suit your training needs



- J-hooks (roller & flat inserts)
- Front Safeties
- Extension Chain
- Carabiners
- Connection Bar Straight
- Connection Bar - EX Curl
- Lat Pulldown Bar
- Foam Pad for Smith Bar
- Single Nylon Handle
- Ankle Strap
- Close Grip Triangle
- Tricep Rope
- Core Trainer + Handle
- Olympic Quick Lock Collar
- Chin/Dip Belt

# CARDIOVASCULAR



## Threadmill

- Speed Range : 1 to 20 km/h
- Incline : 1 to 15 Degrees
- Display : 400m Circular Runway, Time, Speed, Distance, Calories, Heart Rate, Inclination



## Concept2 RowErg

The Concept2 RowErg is for anyone who wants an effective full-body, low impact workout. Originally built by rowers for rowers, the RowErg's unmatched precision, consistency and comparability has made it the standard for training, testing and racing for a wide range of users



## Concept2 SkiErg

Originally designed as a training tool for cross-country skiers, the SkiErg has been embraced by the fitness community for its ability to work legs, core and arms in a smooth, continuous motion. With the same flywheel and Performance Monitor as our RowErg, the SkiErg offers a unique workout that will build your strength and endurance.



# FUNCTIONAL ZONE

10m Turf (\*image is not the actual turf)



## Sled

- 4 Bars for Push
- Attachable Battle Rope For Pull



## BULLZ Kettlebells

8kg, 12kg, 16kg, 20kg, 24kg, 28kg, 32kg



## Battle Rope



## Powerbags

5kg, 10kg, 15kg, 20kg, 25kg



## Tribal Fitness Wall Balls

3kg, 6kg, 9kg





**Plyometric Boxes**

15cm, 30cm, 45cm, 60cm



**TRX Suspension Cable**



**Sliders**



**Resistance Bands**



**Foam Roller**



**Heel Wedge**



**Loop Bands**



**Myofascial Ball**



**Yoga Block**



**Abs Roller**



## Round Dumbbells

- 2.5kg, 5kg, 7.5kg, 10kg
- 12.5kg, 15kg, 17.5kg, 20kg
- 22.5kg, 25kg, 27.5kg, 30kg

## Hexagon Dumbbells

- 1kg, 2kg, 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg



## Arsenal Strength Hyperextension

- Large Platform for Foot Placement
- Versatility
- 7 Height Position Pad
- Band Pegs
- Rear Rollers



## Adjustable Incline Bench





## Force USA MyRack

The Force USA Myrack boast stability with versatility as it is able to fold and store with half the dimensions, all while being stand-alone. This customizable folding full rack does not require much effort to set up due to the use of pop-pin technology. Once it's fully installed, the MyRack Space Saver can be set in place using its different pinned points. It's also because of this technical aspect that the rack can be customized with upwards of 10 different attachments.



### Attachments

- MyRack Box Safety Spotter
- MyRack Storage weight horns
- MyRack Dip handle attachment
- MyRack Core Trainer attachment
- MyRack J-Hook Pro

## Exercises On The Rack







### BULLZ Crash Pads

- 15cm Thickness
- Noise dampening for Deadlift

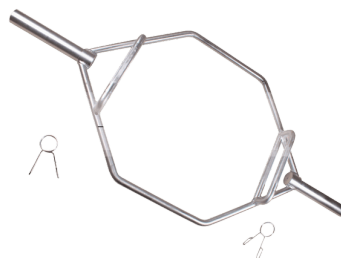


### Tribal Fitness Bumper Plates

- 5kg, 10kg, 15kg, 20kg, 25kg

### Olympic Barbell

- 2.2m , 20kg



### Hex Trap Bar

- 1.4m, 24kg



# PERCUSSIVE THERAPY



## Theragun Pro Plus

- Built-in LED light therapy
- Built-in Biometric sensor

## 7 Attachments

- Standard Ball
- Dampener
- Thumb
- Wedge
- Micro-point
- Heat Therapy Attachment
- Vibration Attachment





## Nordic Dip Cold Plunge

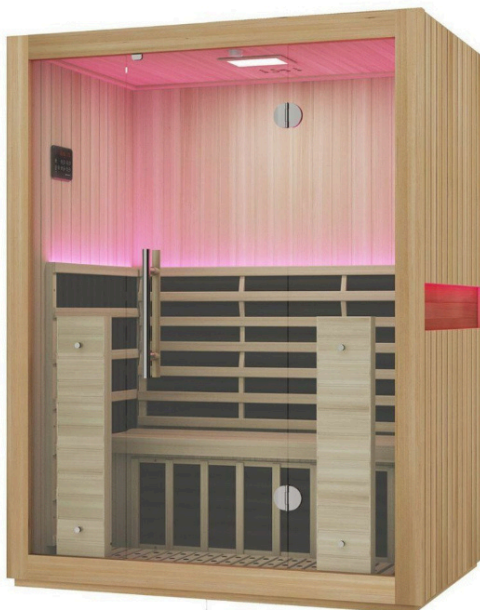
@nordicdip\_sg

- Fit 1 Person
- Lower Temperature Up To 3 Degrees
- 1.0 HP Chiller

\*Purchase Recovery Room Packages to use



# HEAT THERAPY



## Infrared Sauna

- Fit 2 People
- Infrared Waves Spectrum
- Heat up to 62 Degree
- In Built Reading Light
- In Built Controls

\*Purchase Recovery Room Pckages to use



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