



# FITSTREAM

Fitstream are functional fitness specialists selling top quality training equipment as part of a worldwide fitness revolution.

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## Who are we?

Fitstream are functional training specialists, a fitness media warehouse and training equipment retailer that can help you meet your fitness goals and develop an elite physique.

We train hard with equipment that really delivers and offer no false promises, quick fixes or exaggerated claims. We believe intensity, consistency and dedication are the cornerstones of true fitness.

## Our Services

### [Fitness Equipment Shop](#) | [The Gear](#)

Visit our shop for the very best in functional fitness equipment from gymnastic rings, weighted vests and bands to kettlebells and clubs.

### [Exercises](#) | [The Moves](#)

Browse the most popular and effective exercises in existence across kettlebell, ring, club or bodyweight training.

### [Articles](#) | [The Knowledge](#)

Read about health, fitness and training types to help you get in shape, build strength, lose weight and get lean and defined.

### [Blog](#) | [The News](#)

Take in the latest Fitstream news and follow what catches our interest in the fitness world on our company blog.



## Tools of the trade...

With Fitstream Equipment there's nowhere to hide, no fixed path of movement, isolated exercises or machines that do half the work.

You lift, swing, jump, push and pull your way to a stronger, leaner, fitter physique, using kit that is beautifully primitive, yet brutally effective.

Our aim - sustained physical fitness and a capable, aesthetic body, brought about through dedicated, consistent functional movements carried out with intensity. To facilitate this we train with a varied range of equipment such as olympic weights, kettlebells, gymnastics rings, bands, vests and clubs.

## Fitstream Equipment

Fitstream supply quality functional fitness equipment to offer you the gear you need to perform world class workouts. For more information on any of our range please visit [Fitstream.com](http://Fitstream.com) or email us at [admin@fitstream.com](mailto:admin@fitstream.com).



### Fitstream Rings

Gymnastics rings designed for fitness workouts, Fitstream Rings are the perfect choice for ring training whether at home or in the gym.

Lightweight and portable, these rings can be setup and height adjusted in minutes for hardcore strength training workouts.



### Fitstream Weighted Vest

The Fitstream Weighted Vest comes with 10 x 1kg weight blocks and can hold up to 30 x 1kg weight blocks (additional blocks available on store).

This one-size fits all, heavy-duty, durable vest design is completely adjustable in weight and fitting.



### Fitstream Kettlebells Pro-Grade & Classic

The Classic Kettlebell is our standard kettlebell, perfect for beginners and available in 8kg or 12kg sizes.

The Pro Grade is a premium kettlebell made of high-end steel and each bell manufactured to the same size and weight, available from 4kg up to 40kg (in 4kg increments) with a black gloss finish.



### Fitstream Resistance Bands

Fitstream Resistance Bands come in five different resistance levels determined by band thickness and width.

These are premium quality training bands, 41" long, made of latex rubber and constructed in layers to prevent breakage.



### Fitstream Weighted Clubs

Fitstream Weighted Clubs are available from 4kg - 20kg, with a black gloss finish and manufactured from solid, machine-spun steel.

These clubs are the perfect upper-body strengthening tool and particularly effective at developing shoulder strength and stability.



### The Arc

The Arc is the ultimate upper-body and abdominal training tool.

Compatible with Olympic and standard barbells, simply slide your bar into the baseplate, load with weights and move the bar through sweeping exercises from its pivot point.



**FITSTREAM**

[www.fitstream.com](http://www.fitstream.com)