

Strength Training Misc.



Heavy-gauge steel construction with black powder coat finish, the GymRatZ Adjustable Farmers Walk Handles weigh 15kg each and can be loaded up to 300kg. These are ideal for a tough free-weight gym with space or rugby club. In fact, we've sold many pairs of these to top-level rugby clubs.

Price: £275.00

<http://www.gymratz.co.uk/gymratz-adjustable-farmers-walk-handles>



GRowler Prowler Pushing Sled is a must for rugby clubs and strength athletes alike, weather & space permitting. Made without compromise, the whole GRowler/Prowler is welded, ensuring it's as tough as you are! Now also available with removable uprights for ease of vehicular transportation.....

Price: £525.00

<http://www.gymratz.co.uk/gymratz-growler-pushing-sled>



The Plyometric Boxes come in a set of 4

Sizes: 12? 18? 24? 30?

Price: £345.00

<http://www.gymratz.co.uk/plyometric-boxes-set-of-4>



This Wooden Plyometric box is the ultimate space saver, it can be tilted which means it has three different heights. This product is essentially three boxes in one!

Price: £127.50

<http://www.gymratz.co.uk/wooden-3in1-plyometric-box>



Handle for use with Olympic bars.

Price: £52.06

<http://www.gymratz.co.uk/core-plate-handle>



The NEW Technique Box from Jordan comes in a pair (set of 8) and is made from strong solid wood to hold any weight.

Price: £799.42

<http://www.gymratz.co.uk/technique-boxes-by-jordan>



Why have one handle when you can have two... With these awesome Dual Grip Farmers Walk Handles you have the choice of a regular 30mm thick handle or a big 50mm Fat Grip handle. Switch from one to the other in the same working set for a killer superset/drop set.. "drop" being how your set will end !!

Price: £365.00

<http://www.gymratz.co.uk/gymratz-dualgrip-farmers-walk-handles>



These Raised Farmers Walk Handles are built to the same exceptional quality as the rest of our commercial gym equipment and our other Farmers Walk Handles except they have their own built-in stands which allow easy and rapid loading & unloading

Price: £355.00

<http://www.gymratz.co.uk/gymratz-raised-farmers-walk-handles>



A Ladder Wing that is suitable for wall mounting, and presents itself as a highly versatile piece of equipment when installed by a competent tradesman.

Price from £215.00

<http://www.gymratz.co.uk/rig-wing-ladder>



This particular Grappler is designed to be bolted to the floor, however, we also offer free-standing and double grappler versions (see 'Similar Items') that may also be of interest.

Price: £160.00

<http://www.gymratz.co.uk/gymratz-grappler-single>



Make the most of your GymRatZ Grappler and order these 3 handles - Grappler Handle, T-Bar Row Handle, One-Arm Grappler Handle - together at a discounted price.

Price: £140.00

<http://www.gymratz.co.uk/gymratz-grappler-handle-package>



Slip 1 or 2 barbells (sold separately) into the Double Grappler and away you go - a fully functioning workout station ideal for upper body and rotational torso training, particularly popular with rugby players. Exercise options include Russian Twists, One Arm Deadlifts, One Arms Rows, Shrugs

Price: £205.00

<http://www.gymratz.co.uk/gymratz-grappler-double>



The Free Standing Grappler is designed to be weighted down (with olympic weights), but we also offer bolt down versions (please see 'Similar Items'). (Click here to see a Grappler in use)

Price: £210.00

<http://www.gymratz.co.uk/gymratz-free-standing-single-grappler>



Slip 1 or 2 barbells (sold separately) into the Double Grappler and away you go - a fully functioning workout station ideal for upper body and rotational torso training, particularly popular with rugby players. Exercise options include Russian Twists, One Arm Deadlifts, One Arms Rows, Shrugs

Price: £255.00

<http://www.gymratz.co.uk/gymratz-free-standing-double-grappler>



Four handles (yes, 4 handles) are supplied in this Double Grappler Handle Package. The 4 handles supplied in the package are: Grappler Handle; T-Bar Row Handle; Single Grappler Handle x 2.

Price: £179.00

<http://www.gymratz.co.uk/gymratz-grappler-handle-package2>



"Rocky" style olympic chains. Anyone who's ever trained with chains, whether for rehabilitation or just general training, will agree they're a fantastic variation for almost any exercise - deep squats, front squats, pressing, lateral raises (like Rocky).

Price: £195.00

<http://www.gymratz.co.uk/gymratz-chains-set-club-pack>



The Olympic Loading Pin is ideal for use with cable handles, particularly for forearm/grip strength with our Wrist Roller, Pinch Grip Block or Fat Grip Rolling Stirrup Handle.

Price £40.00

<http://www.gymratz.co.uk/gr-loadingpin-oly>



Pinch Grip Block for improving grip strength. We make these extra long (300mm), so you can pinch with one hand or two. We also offer them in a variety of pinch thicknesses (5mm to 110mm) to suit your preference - please choose upon purchase.

Price from £22.00

<http://www.gymratz.co.uk/gymratz-pinch-grip-block>



The Standard Loading Pin is ideal for use with cable handles, particularly for forearm/grip strength with our Wrist Roller, Pinch Grip Block or Fat Grip Rolling Stirrup Handle. Also great for loading up a dip belt for weighted chins and dips

Price £48.00

<http://www.gymratz.co.uk/gr-loadingpin-std>



Eccentric hooks for performing a heavy negative - ideal for use with bench press and squats. Simply add the loaded eccentric hooks on to your bar and they "drop off" at the mid-point (bottom) of the movement, thereby lessening the weight on the positive action of the exercise.

Price: £295.00

<http://www.gymratz.co.uk/eccentric-hooks>



With many rugby clubs wanting to benefit from the excellent equipment we make, such as the Prowler and Glute Ham Bench, but not having the facilities of the top-level clubs to house them, we've been making a few alternative options. This far smaller glute ham raise, measuring only 50cm wide by

Price: £420.00

<http://www.gymratz.co.uk/gymratz-portable-glute-ham-raise>



Constructed from thick steel box section and fully welded (no bolts!), the 5 stackable plyo. boxes have a super grippy top surface and come in the following sizes: 1. 150mm tall 450 x 450mm, 2. 300mm tall 530 x 530mm, 3. 450mm tall 610 x 610mm 4. 610mm tall 690 x 690mm

Price: £940.00

<http://www.gymratz.co.uk/gymratz-stackable-plyo-boxes>



Traditional-style Standing Hand Gripper for grip strength training. Features a variable starting position for partials or different sized users (hand size). Built to the normal GymRatZ Commercial standard, the Standing Gripper is suitable for heavy-duty use.

Price: £425.00

<http://www.gymratz.co.uk/gymratz-standing-gripper>



Adjustable heavy-duty strongman lifting yoke ideal for strongman training alongside our other "strongman" products.

Price: £850.00

<http://www.gymratz.co.uk/gymratz-strongman-lifting-yoke>



Log Bar Lift-Offs for use with the GymRatZ Power Rack (note: fits the GymRatZ Power Cage and GymRatZ Professional Half Rack to) and our rolled Log Bars.

Price: £115.00

<http://www.gymratz.co.uk/log-bar-lift-offs-for-power-rack>



A variation from the original GRowler (Prowler) sled, introducing the adjustable drive pad. As you'd expect, mainly popular with rugby clubs in order to strengthen scrummaging, but can be used for unique exercises like bear crawls also, as well as the standard pushing and pulling exercises you can

Price £625.00

<http://www.gymratz.co.uk/gymratz-growler-scrummager>



Freestanding (so you weigh it down with weights!) Conan's Wheel for true strongman training. Renowned for making the heaviest duty kit in the UK, this is yet another strongman product in our arsenal. Also see: Log Bars, Car Lift Frame, Farmers Walk Handles, Axle Bars etc.

Price: £1,389.00

<http://www.gymratz.co.uk/conans-wheel>

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Joining of array of strongman goodies, the Strongman Car Lift Frame. You may also wish to review our other strongman and strength training items, including Log Bars, Fat Bars, Conan's Wheel, Farmers Walk Handles etc. [CLICK HERE](#) to view the whole GymRatZ "specialist" range.

RRP: £1,395.00

Our Price: £995.00

You Save: £400.00 - 29 % Discount

<http://www.gymratz.co.uk/strongman-car-lift-frame>



A combination of three strength training methods (fat grip, revolving handle, kettlebell) in one unique product - the Poliquin Kettlebell. Those of you that have purchased our fat grip kit know how it adds another dimension to your training, the revolving aspect even more so, & then you're adding

Price: £155.00

<http://www.gymratz.co.uk/gr-poliquin-fat-grip-kettlebell>



With the re-emergence of traditional lifts like Kettlebell Swings, we introduce a loadable (with olympic plates) bar for performing Swings.

Price from £75.00

<http://www.gymratz.co.uk/kettlebell-swings-bar>



For use with one of our sleds (such as the GRowler) or use separately with a car, cart or truck (depending on your ability!). Another addition to the GymRatZ range allowing Strongman-style training for the masses. Although the IronMind Harness is the best on the market, as used in the World's

RRP: £349.99

Our Price: £295.00

You Save: £54.99 - 16 % Discount

<http://www.gymratz.co.uk/ironmind-truck-pull-harness>



For use primarily with our sleds (such as the GRowler), but can also be used with resistance bands etc. With front and rear attachment points, it's easy to hook up quickly for forward and backward facing pulls. With adjustable upper body and padded shoulders & leg straps make for improved comfort.

RRP from: £199.99

Our Price £110.00

You Save: £89.99 - 45 % Discount

<http://www.gymratz.co.uk/pulling-harness>



Matt writing. "Functional" training has become increasingly popular over the last few years with many traditional Strongman equipment coming in to popularity. Sandbag training is just one of them. This Large Tough-As-Nails Sandbag can hold up to a whopping 300lb of sand when fully loaded. You can

RRP: £79.99

Our Price: £64.99

You Save: £15.00 - 19 % Discount

<http://www.gymratz.co.uk/ironmind-sandbag>



As shown, one-piece heavy-duty pulling sled with holes for strap connection at either end (note: straps included). Ideal for adding variety to club rugby training or a great addition to any strength athletes workouts. For sled pulls, you may also want our pulling harness (see 'Related Items').

Price: £195.00

<http://www.gymratz.co.uk/pulling-sled>



Available in 3 thicknesses (see drop down menu) for grip strength training. The revolving fat handles can be used in conjunction with sleds, cables, ropes, loading pins etc. for a variety of exercise variations, such as fat grip sled pulls, grappler throws, fat grip rows, the list goes on and on.

Price from £75.00

<http://www.gymratz.co.uk/thick-grip-grappling-handle>



Great for use alongside our Pulling Sled, GRowler or for cart/ car pulls. Something to note, for more general sled pulls (i.e. forward and backward pulling), you may opt for our multi-purpose Pulling Harness (see 'Similar Items'), which has attachment points on the front and rear, so you

Price: £75.00

<http://www.gymratz.co.uk/car-pull-harness>



Multi-use strongman station. In essence, press/ squat stands with safeties, but can also be used as a lifting yoke or sled too. Ideal for strongman-style/ functional training and suitable for the most demanding of users. Optional attachments, such as our Heavy-Duty Dipping Bars and Log Lift-Offs,

Price: £1,710.00

<http://www.gymratz.co.uk/gymratz-strongman-multi-functional-station>



Plate-load strongman-style leverage machines are becoming popular again of late, no more so than the deadlift/shrug machine, which presents a deadlift much like that of a car deadlift. With the neutral-grip and no crossbar in the way, the lift is much like using a trap/ shrug bar, so

Price: £1,695.00

<http://www.gymratz.co.uk/gymratz-deadlift-shrug-machine>



Matt writing. Custom-made to your requirements. The image shown is of a rack with narrow bar spacing with alternating grip thickness (25mm and 50mm), varying height, ladder-rack wing (foreground), and chin bar wing (background). Crossfit stations can be made with varying widths, heights, bar

RRP: £995.00

Our Price: £795.00

You Save: £200.00 - 20 % Discount

<http://www.gymratz.co.uk/gymratz-crossfit-training-station>



Add-on pair of large chains to increase load (with all links off the floor) by 25kg. Ideal for use with squats to greater increase the ratio of weight lifted at the top-of-the-movement compared to the mid-position.

Price: £125.00

<http://www.gymratz.co.uk/chains-set-add-on>



Normally used as a "finisher" by powerlifters, the hip belt squat greatly reduces the requirement of the lower back when performing a squat, but keeps the emphasis on the quads and glutes. Sometimes the hip belt squat is considered by those with shoulder complaints that can no longer perform a

Price: £2,245.00

<http://www.gymratz.co.uk/gymratz-belt-squat-machine>

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A bit of a beast for you here: the GymRatZ Crossfit Training Rig. Comprises: 2 half racks (with 2 bar holders each and adjustable hooks & safeties); ladder-style chin bars as crossbeams; monkey bars joining the two half racks. Measurements are: 5500mm Wide, 1350mm Deep, 2750mm High.

Price: £4,390.00

<http://www.gymratz.co.uk/gymratz-crossfit-training-rig>



12" stackable plyo box by York Barbell can be combined with other sized Plyo Boxes in the range to create a multitude of height variations and options. Including a beveled technique box for partial range lifts.

Made from urethane varnished 22mm thick oak with high density rubber top

Price: £165.83

<http://www.gymratz.co.uk/york-12-inch-plyo-box>



6" stackable plyo box by York Barbell can be combined with other sized Plyo Boxes in the range to create a multitude of height variations and options. Including a beveled technique box for partial range lifts.

Made from urethane varnished 22mm thick oak with high density rubber top

Price: £149.17

<http://www.gymratz.co.uk/york-6-inch-plyo-box>



3" stackable plyo box by York Barbell can be combined with other sized Plyo Boxes in the range to create a multitude of height variations and options. Including a beveled technique box for partial range lifts.

Made from urethane varnished 22mm thick oak with high density rubber top

Price: £132.50

<http://www.gymratz.co.uk/york-3-inch-plyo-box>



York Barbell Technique / Set-up box can be used by it's self or combined with other Plyo Boxes in the range to create a multitude of height variations and options. Note: you will need to buy a pair of this item to use for barbell techniques

Price: £149.17

<http://www.gymratz.co.uk/york-sp-technique-box>



The Cast Iron Cartwheels were a bit of a novelty for show, but these Steel Cartwheels are the real deal for heavy lifting and help to create a bit of an "old-school" atmosphere alongside our fat bars and other strongman goodies. 80cm in diameter, the Steel Cartwheels are practical too for loading

RRP: £249.99

Our Price: £225.00

You Save: £24.99 - 10 % Discount

<http://www.gymratz.co.uk/olympic-steel-cartwheels>



Suitable for use with the GymRatZ Power Rack, GymRatZ Power Cage, or Professional Half Rack. The Grappler Attachment plugs-in to the upright holes providing a Grappler for all-sorts of leverage and rotational work.

Price: £185.00

<http://www.gymratz.co.uk/plug-in-grappler-attachment>



Provided in a large 250ml pot for many applications, Liquid Chalk improves grip by reducing sweat on the hands. It means you'll now be that little bit closer to your new Deadlift and Pull-Up PB's without creating a mess in the gym by using traditional chalk.

RRP: £9.99

Our Price: £6.99

You Save: £3.00 - 30 % Discount

<http://www.gymratz.co.uk/liquid-chalk>



Offered due to demand, the gold standard for building and testing grip strength - Captains of Crush grippers. Precision made from premium materials and proprietary elements. Captains of Crush (CoC) are available in 11 strengths for a perfect fit, whether you are just starting off, rehabilitating

RRP from: £24.95

Our Price £22.95

You Save: £2.00 - 8 % Discount

<http://www.gymratz.co.uk/captains-of-crush-grippers>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £770.00

<http://www.gymratz.co.uk/soft-plyometric-boxes-set-of-4>



The Performance Sled has a solid steel frame and a multi point harness for comfort and ease of use. A fanciful essential for boot camp classes.

RRP: £170.00

Our Price: £133.00

You Save: £37.00 - 22 % Discount

<http://www.gymratz.co.uk/performance-sled-with-harness>



This Prowler/Dog Sled has been around for a long time now, and like kettlebells it's become a key part of the modern day functional training gym along with an artificial grass performance track on which to use it. Prowler/Sled training for trainers that are clued up about how it should be used to

RRP: £330.00

Our Price: £250.00

You Save: £80.00 - 24 % Discount

<http://www.gymratz.co.uk/prowler-sled-gg>



These Fit Bars are ideal for a wide array of uses such as Studio classes, personal training sessions and circuit training classes. The typical exercises which can be performed include lunges, squats, sit-ups and upper body exercises.

Price from £11.00

<http://www.gymratz.co.uk/fit-bars-options>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £125.00

<http://www.gymratz.co.uk/soft-plyometric-box-6>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £165.00

<http://www.gymratz.co.uk/soft-plyometric-box-12>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £215.00

<http://www.gymratz.co.uk/soft-plyometric-box-18>



These 4 boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces such as the wooden or metal variants.

Price: £265.00

<http://www.gymratz.co.uk/soft-plyometric-box-24>



A versatile and unique piece of equipment that allows multiple users to participate in immensely adaptable sessions. This hub allows up to 4 portable core trainers to be used simultaneously.

Price: £286.00

<http://www.gymratz.co.uk/jordan-core-training-hub>



A versatile and unique piece of equipment that allows multiple users to participate in immensely adaptable sessions. This hub package contains 4 portable core trainers to be used simultaneously with the included Hub.

RRP: £648.00

Our Price: £583.49

You Save: £64.51 - 10 % Discount

<http://www.gymratz.co.uk/jordan-core-training-hub-package>



This product is genuinely portable, no need for screws or fixings. The Portable Core Trainer is perfect for your Olympic Bar and discs!

Price: £42.00

<http://www.gymratz.co.uk/portable-core-trainer>



A high quality wall timer, perfect for a gym or home environment, purposely designed for interval training. Aluminum casing ensures great durability and included is a large, easy to use remote control.

RRP: £296.10

Our Price: £266.49

You Save: £29.61 - 10 % Discount

<http://www.gymratz.co.uk/digital-interval-timer-jordan>



A brilliant commercial grade core plate that gives you a choice of either bolting or not bolting into the floor thanks to the rubber 'anti-slip' base. Also featured is a fixing point for ropes or bands.

Price £150.00

<http://www.gymratz.co.uk/jordan-steel-core-plate>



Well-designed and strong Parallettes of a good-size

We (Gym Ratz) sourced these Parallettes of said dimensions following requests from local customers for handles of just this size. Price is for a pair.

RRP: £99.50

Our Price: £99.50

You Save: £0.00 - 0 % Discount

<http://www.gymratz.co.uk/parallettes-joinbar>



Heavy duty wall mounted chin bar, suitable for home or commercial use. Available from stock, with straightforward bolt-together assembly. Must be fixed to a solid structural wall.

Price: £134.00

<http://www.gymratz.co.uk/wall-mounted-chin-bar>



Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. This particular gym hammer is the lightest one at 4Kg we also have 8Kg and 10Kg versions available

Price: £24.74

<http://www.gymratz.co.uk/gym-sledgehammer-4kg>



Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. This particular gym hammer is the lightest one at 8Kg we also have 4Kg and 10Kg versions available

Price: £49.45

<http://www.gymratz.co.uk/gym-sledgehammer-8kg>



Popularised in recent years by "functional" training, sledgehammers are most often used in bootcamp-style workouts to hit a tyre. So, a good way to work the obliques, abs, and forearms. This particular gym hammer is the heaviest one at 10Kg we also have 4Kg and 8Kg versions available

Price: £61.95

<http://www.gymratz.co.uk/gym-sledgehammer-10kg>



Jordan 3 in 1 soft plyometric box with official crossfit dimensions and made from a high density impact absorbing foam which eases shock on knees, hips and ankles. Covered in a hard wearing non-slip vinyl.

Price: £198.00

<http://www.gymratz.co.uk/3-in-1-soft-plyo-box>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan Tuff nut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

RRP: £1,200.00

Our Price: £1,080.00

You Save: £120.00 - 10 % Discount

<http://www.gymratz.co.uk/jordan-tuff-nut-100kg>



The Jordan Soft Plyo Boxes are a fantastic new addition to the Jordan range of performance functional equipment. These stackable boxes are perfect for use with gym users, athletes and even children because it will decrease the stress on the joints when landing, as opposed to harder surfaces.

RRP from: £95.00

Our Price from £90.00

You Save: £5.00 - 5 % Discount

<http://www.gymratz.co.uk/jordan-soft-stacking-plyometric-boxes>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £1,030.00

<http://www.gymratz.co.uk/jordan-tuff-nut-80kg>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £799.00

<http://www.gymratz.co.uk/jordan-tuff-nut-60kg>



Take your training to the next level. This is going to sort the men from the boys! The new Jordan TuffNut, flip it, carry it ...use as an exercise bench, plyo box platform what an excellent idea!

Price: £710.00

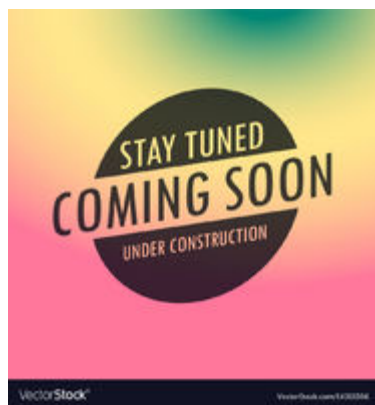
<http://www.gymratz.co.uk/jordan-tuff-nut-40kg-2019>



New for 2020 the GymRatz Core Gym Heavy Duty Prowler Sled - the ultimate Prowler Sled for you Crossfit functional set up

Price £395.00

<http://www.gymratz.co.uk/gymratz-core-gym-prowler-sled>



New for 2020 the GymRatz Core Olympic Lifting Platform has been made to meet the demands of any commercial gym that requires a robust lifting platform for equipment and floor protection during dynamic olympic lifts, deadlifts etc.

Price £1,695.00

<http://www.gymratz.co.uk/gymratz-core-gym-lifting-platform>



Exigo Prowler Sled - made in the UK Prowler Sled for you Crossfit functional set up

Price £395.00

<http://www.gymratz.co.uk/exigo-prowler-sled>

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