

Exercises Balls, Resistive Exercise Bands & Medicine Balls

The following are suppliers of various types of exercise and rehabilitation products. *The prices are given only as a guide and may have changed.*

Please note that some people are allergic to rubber and latex products.

Coachwise Ltd (The trading arm of Sports Coach UK)

Units 2/3 Chelsea Close, Off Amberley Road, Armley, Leeds, LS12 4HW

Tel: 0113 231 1310 Fax: 0113 231 9606 WWW: www.1st4sport.com

Lots of books on exercises and circuit training, including two books on exercises with medicine balls.

Medicine Ball - 3Kg £16.99

Fitball £19.99

Procare Medisport

100 Shaw Road, Oldham, Lancashire, OL1 4AY

Tel: 0161 678 0233 Fax: 0161 627 4401 WWW: www.askmedisport.com

(p&p at cost for orders below £65)

Exercise Ball (red) 55cm 000900 Patient Price £16.80
Various other sizes available

Compact Medicine Ball 3.0 Kilo 004883 Patient Price £27.42
Other weights available

Resistive Exercise Band

Different resistive strengths from Light (yellow) to Super Heavy (Silver). Available in 5.5m or 46m rolls. Price according to strength, 5.5m £9.17 to £14.51, 46m £64.16 to £106.93

Physio Med Services Ltd

8-11 Glossop Brook Business Park, Surrey Street, Glossop, Derbyshire, SK13 7AJ

Tel: 01457 860 444 Fax: 01457 860 555 WWW: www.phsio-med.com

(p&p at £6.00 for order below £75)

Thera-Band Exercise Ball (red) 55cm £11.50 (A special offer was running with buy one get one free)

Thera-Band Exercise Band in various strengths from Extra Light (Beige) to Max Heavy (Gold).

Wobble Board Wooden 50cm £35.00 + VAT

Wobble Board Plastic 38cm £17.95 + VAT

(an Alternative to a wobble board is the Wobble Cushion)

Wrist and Ankle weights

Argos

WWW: www.argos.co.uk

Reebok Gymball £9.95

BOOKS

Some useful books to check out:

Strength Training for Young Athletes - William J Kraemer & Steven J Fleck. ISBN 0-87322-396-9

Strength and Power for Young Athletes - Avery Faigenbaum & Wayne Westcott