

CATALOGUE 2022

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SPORTS
SHOP.CA**

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At My Sports Shop we offer solutions for commercial and home gyms and other athletic facilities. Starting from specialized rubber flooring which comes in a variety of styles that serve different purposes you can build the gym you require with benches, power racks, Smith machines and weights storage units.

We offer weights including different kinds of barbells and plates, adjustable and hexagonal dumbbells, kettlebells, sandbags and medicine balls.

Add cardio equipment to your gym, we offer treadmills, elliptical machines, spin and air bikes, rowing machines, climbers and more.

Any equipment purchased at our store comes with manufacturer's warranty. We offer delivery in Quebec and Ontario and installation services.

This catalogue features a few products from our store, to see other products we offer please visit our website at www.mysportsshop.ca or contact us.

It will be our pleasure to serve you!

SMITH MACHINES



AL-M810 SMITH MACHINE

Key exercises on this model includes: cable fly, standing lat pushdown, lat pulldown, Olympic bar rotations and pushup, horizontal bar and parallel bars, low bar pull-up, barbell deadlift, barbell squat, boxing, push-up, pull-up, and butterfly exercise. Together with a workout bench, they offer more workout options include seated leg extension, lying leg extension, upper body stretches, as well as incline, decline and flat barbell chest press. This model can be used to train muscles on every part of users' body.



AL-3058 ALL-IN-ONE FUNCTIONAL SMITH SYSTEM

This unit features a smith machine, functional trainer, half rack, vertical leg press attachment, and more. Compact and robust multifunctional machine ideal for increasing strength, improving athletic movements, and building muscle mass. It features a dual plate-loaded adjustable pulley system, a half rack with safety spotters, smith machine, landmine and a multi-grip pull-up bar to keep you challenged.

Functional Trainer allows you to have complete freedom of movement in any direction or plane while performing resistance exercises. You can mimic athletic movements such as a golf swing or isolate specific muscles with single joint movements.

Smith machines allows you to perform barbell exercises in a fixed vertical plane which makes the exercises easier and safer. Ideal for improving foundational barbell movements and building muscle with a lower risk of injury. Half rack features a set of adjustable safety spotters, built-in plate storage and a landmine attachment, you can take your barbell training to the next level.

POWER RACKS



GFF 3.3 ULTIMATE COMMERCIAL RACK

Most heavy duty power rack available on the market. Built with 3x3" 3mm commercial tubing. Multi-grip chin-up bar to target different muscle groups and maximize pull-up variations. Uprights are laser cut and fully numbered.

The rack includes two supreme J-hooks with 1,000 lb rating, two safety bars with rubber surface, twelve band pegs, landmine attachment, two barbell storage pegs at the back, six chrome storage pegs. The rack has an option to be bolted to the floor. Assembled size 68" L x 48" W x 85" H, Weight Approximately 345 lb.



GFF 5G COMMERCIAL RACK

Built with 2.5 x 2.5" 2.5mm commercial tubing. Features micro adjustment 42 height options (laser cut holes). Uprights and beams are fully numbered. The rack is fully reinforced with 2.5mm metal plates on all the sides. Attachments such as lateral pull down or weights storage can be purchased as add-ons. The rack features **four** supreme J-hooks with 1000 lb rating, **eight** band pegs, dip handles and multi-grip chin up bar, two storage pegs, heavy duty spotters with 1500 lb capacity.

Assembled size 85 x 55 x 47 inches, Weight Approximately 220 lb.

BENCHES



GFF G4 ZERO GAP ADJUSTABLE BENCH

Frame built with 11 gauge steel provides 1000 lbs weight capacity. The bench features seven back and five seat positions. Thick padding and rock solid stability making this bench a perfect choice for heavy duty use.

Pop in system to adjust the gap between the seat and back pad. Leg attachment can be purchased as an add-on.



GFF G1 ADJUSTABLE BENCH

Commercial grade steel frame. Flat, incline, decline and military press positions. Easy adjustment of backrest and seat. Adjustable leg holders with oversized foam rollers for comfort. Can be used with most squat racks, cages and Smith machines.

High-density durable anti-slip upgraded upholstery. High-quality metallic powder coating. Maximum weight capacity 1000 lbs. Wheels & handle for easy transportation.



AL-3039 ADJUSTABLE BENCH

This versatile adjustable workout bench has a sliding back and seat stands, so the user can adjust height setting by any increment. It facilitates user's dumbbell trainings, enhances its efficiency with flat, incline and decline functions, and strengthens muscles of arms, chest and back. High-quality black metallic powder coating with bright yellow features. Wheels and handle for easy in and out access. Maximum weight capacity 1000 lbs.

WEIGHT



HEXAGONAL RUBBER DUMBBELLS

Hex dumbbells are offered in sets or individually. Comfort-grip handle - contoured, textured chrome handle helps ensure a secure, comfortable grip for lifting and training.

The hexagon-shaped rubber-encased ends help ensure safe, secure placement and easy access - no rolling away to worry about. Dumbbell is rubber-encased. Multiple weights available to suit your needs. Solid Cast-Iron Core - The weight features a solid cast-iron core for high-quality strength and reliable stability from one workout to the next. Made of 100% natural rubber. We also offer different models of adjustable dumbbells.



TRI GRIP RUBBER OLYMPIC PLATES

The rubber coating prevents equipment/floor damage and significantly reduces noise. The standard comfortable three handles are convenient for handling, loading and unloading plates as well as for exercises with a single plate. The concave center reduces the risk of fingers being caught when loading the guide.

The stainless-steel insert allows the weight to slide easily up and down without damaging the barbell sleeve. It can be used with a barbell or it can be used alone, it is ideal for maintaining body shape, strengthening muscles and shaping the body. Ergonomic handles for an easy and comfortable grip. Fits standard 2" Olympic barbell sleeves.



BLACK RUBBER OLYMPIC BUMPER PLATES

Our medium bounce bumper plates are perfect for deadlifting as well as Olympic weightlifting and power lifting. With a rubber construction, they are shock-absorbent and help to protect the bar and floor when training.

Bumper plates are solid, high quality and made from resilient rubber. Weight tolerance +/- 1%. Feature stainless steel insert for durability and ease of use. Diameter: 450mm - IWF standard.

**CAST
IRON**



KETTLEBELLS

Solid Cast Iron construction has no weld seam, weak or faulty spots. Covered by durable powder coating that won't chip away and ensure a better grip in seat workout. Handle is smooth yet still feels textured to provide a comfortable and firm grip. Machined flat bottom makes it easy to do renegade rows and other exercises requiring a kettlebell with a flat bottom. Sizes: 6, 8, 10, 12, 14, 16, 20, 24, 38, 32 kgs

BARBELLS



GFF 7 FEET COMPETITION OLYMPIC BAR

High quality Olympic bar with 28mm diameter for an easy grip with a 1500 lbs rating. Hard chrome coating is the most rust-resistant and lowest maintenance of any coating available.

A needle-bearing sleeve construction, the spin and turn-over during cleans and snatches are smooth, it features three needle bearings and two bushings per sleeve. Medium depth knurling, it has plenty of knurl for heavy lifts, but smooth enough to prevent hands damage for higher rep workouts.



MULTI GRIP ANGLED SWISS BAR

Pressing and pulling without pain or discomfort. The neutral and angled grips force elbows and shoulders to adopt a much more anatomically advantageous position which will instantly eliminate any joint issues. Fits Olympic weight plates and rackable on standard power racks.

Some exercises that can be performed with the Swiss Bar:

- swiss bar bench press
- overhead press
- shoulder press
- rows
- ...and many more

CARDIO



GFF AIR BIKE

Heavy Duty Steel Frame eliminates side-to-side movement. LCD screen outputs: RPM -- Calories -- Heart Rate -- Distance -- Time -- Odometer -- Interval Training. 24" diameter steel fan. Hybrid seat with multi-adjustment options. Industrial powder coating for durability. Reinforced pedals and crank.

All ball bearing construction. Heavy Duty 2.5mm tubing. Arms with rotational bearings. Oversized adjustment knobs are fully adjustable 4 way - up/down and forward/backward. Seat Post with 10 height adjustment levels.



CONCEPT 2 ROWERG ROWING MACHINE

Concept 2 top-rated rowing machines in the world thanks to unrivaled function, durability and Concept 2's post-sales support. Experience the health and wellness benefits of the sport of indoor rowing when you find the best indoor rowing machine for your needs.

The dependable performance of the Model D RowErg has made it the best selling indoor rower in the world. Recognized by competitive rowers as the standard for indoor training, the Model D delivers an effective cardiovascular workout that will increase fitness level and tone physique.

The same machine used by Olympic and elite-level athletes to train for their sport—it'll take the abuse of heavy training day after day.



MEDICINE BALLS

Great for dynamic exercises to increase muscle power, and for developing core strength. Textured rubber is built to last for bouncing and throwing against hard surfaces and provides a stable grip. Excellent for building strength and stamina while challenging coordination and balance. Sizes from 6 to 20 lbs for gradual progression. Ideal for various strength levels and muscle groups. Great for core exercises, partner workouts, squats, overhead presses, balance, and more.



PLYOMETRIC JUMP BOX

We have a variety of equipment for different areas of fitness. To see all our products please visit our website. Plyometric box is one of them. 3 height levels (20-inch, 24-inch, 30-inch). Ideal for jumps, cardio, aerobics, weight loss, strength and high intensity interval training.

Made of durable high density foam material for low impact landings and reduced risk of injury. Perfect fitness accessory for box jumps, step-ups, step-overs, lunges, planks, push-ups and more.

FLOORING



ATHLETIC FACILITIES FLOORING

We offer top quality rubber flooring products for indoor and outdoor use. They include rubber rolls of different thickness and colours, fitness mats, interlocking tiles, impact tiles, PVC rolls, acoustic underlay, playground tiles and rubber mulch.

Rubber mats are an effective, comfortable, long-lasting and economical solution. Manufactured from 100% recycled high-density revulcanized rubber, rubber mats have an exclusive non-slip surface that doesn't absorb fluids. Protects floor. Easy to install, and generates no dust, low odor. Rubbers mat can be used for gyms, horse stalls, as anti-fatigue mats, hockey arenas, workstations. We offer professional installation.

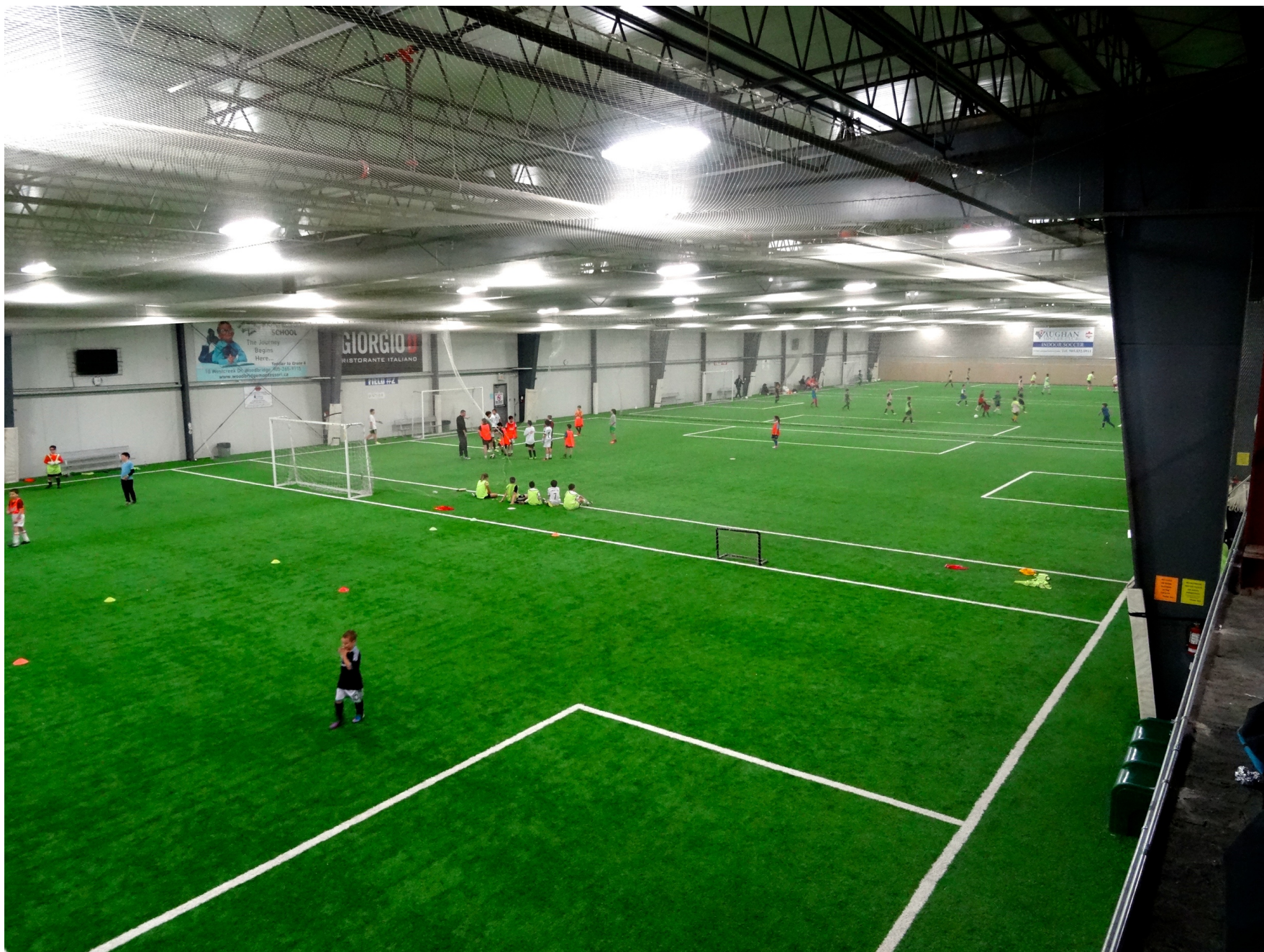
Acoustic rubber underlay is designed to improve impact and sound insulation. It provides exceptional performance under timer, ceramic, laminate, bamboo and carpet.



IMPACT TILES AND RUBBER ROLLS

Impact tiles is a versatile premium surface that performs with strength and durability. A smooth and consistent finish that gives stability under feet but also has the technology built into the tile to take heavy impacts and provide acoustical protection. Performs to the highest of standards and is used in commercial gyms. The top 3 MM of the Tile is pressed with premium rubber to deliver a polished consistent finish.

Rubber roll is a long-lasting floor that will thrive in tough, high-traffic environments. Shock and sound absorbent. Multiple colours, custom colour and logos available. Excellent traction, even when wet.

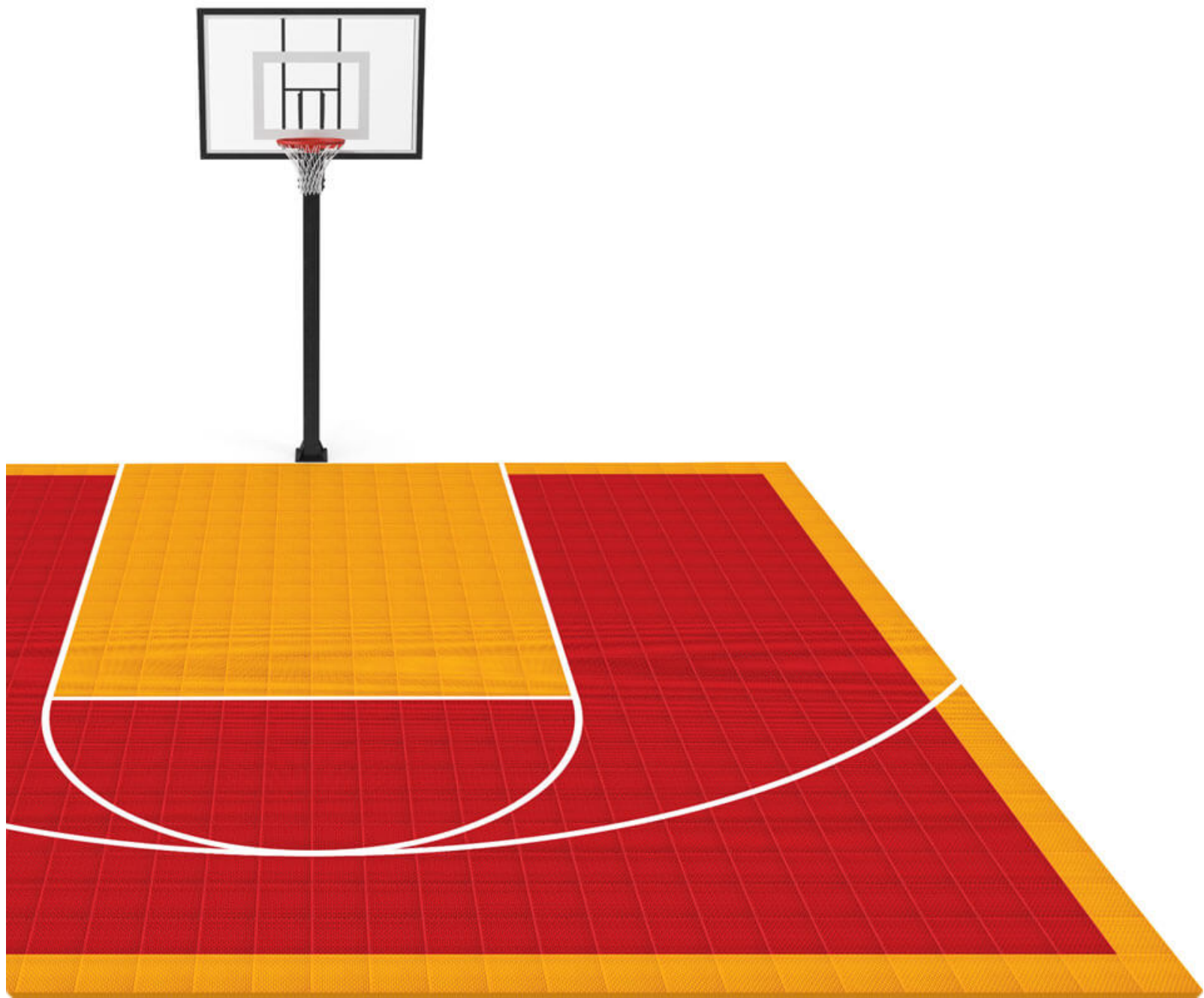


ARTIFICIAL GRASS

We offer landscaping turf, artificial grass fields for football, soccer, baseball, golf putting greens, playground and preschool yard systems, pet areas and artificial plant walls.

Outdoor products are designed for the ever-changing Canadian climate, the use of breakthrough materials and processes in manufacturing ensures they will look and feel just as realistic and beautiful for years. We offer professional installation.

Products can be customized to meet the specific requirements of the project. Customization includes choosing fiber type, face weight, pile height, colors, roll sizes and more. Unique sport facilities needs can be met by tufting in permanent lines for just a single sport or multi-sport fields. Logos, numbers, hash marks, and advertising can be applied.



GAME COURTS

Tile court is a revolutionary new product that provides a sports surface which offers a superior grip, fantastic ball response, and protects athletes from repetitive impact injuries, and from falls. Available in a variety of colours, works well indoor or outdoor. The plastic resists the elements, drains quickly and will hold up for many years of performance play. Basketball, tennis or pickle ball courts can be built with this product.

For basketball application anything from a single net one-on-one style court, up to a full-size regulation court can be built. Colour options will allow you to not only get a high-performance court, but also one that looks great as well!

Our courts offer far superior drainage to traditional court surfaces, meaning you can safely return to play after rainfall in much less time. Professional installation is provided.



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