



FREE WEIGHTS
AND ACCESSORIES

FOREMAN[®]
fitness products

DEDICATED TO DETAIL

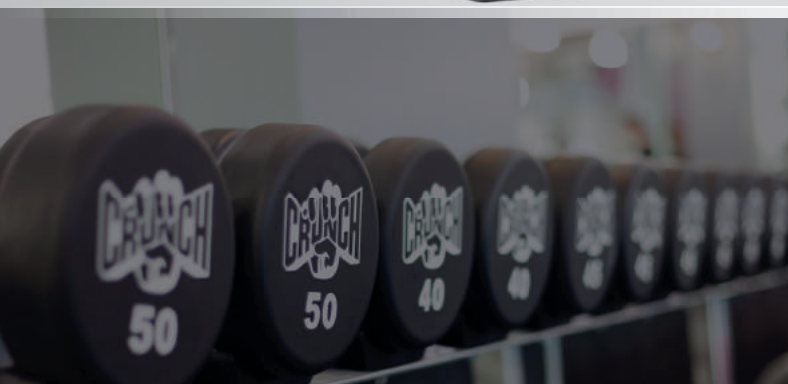
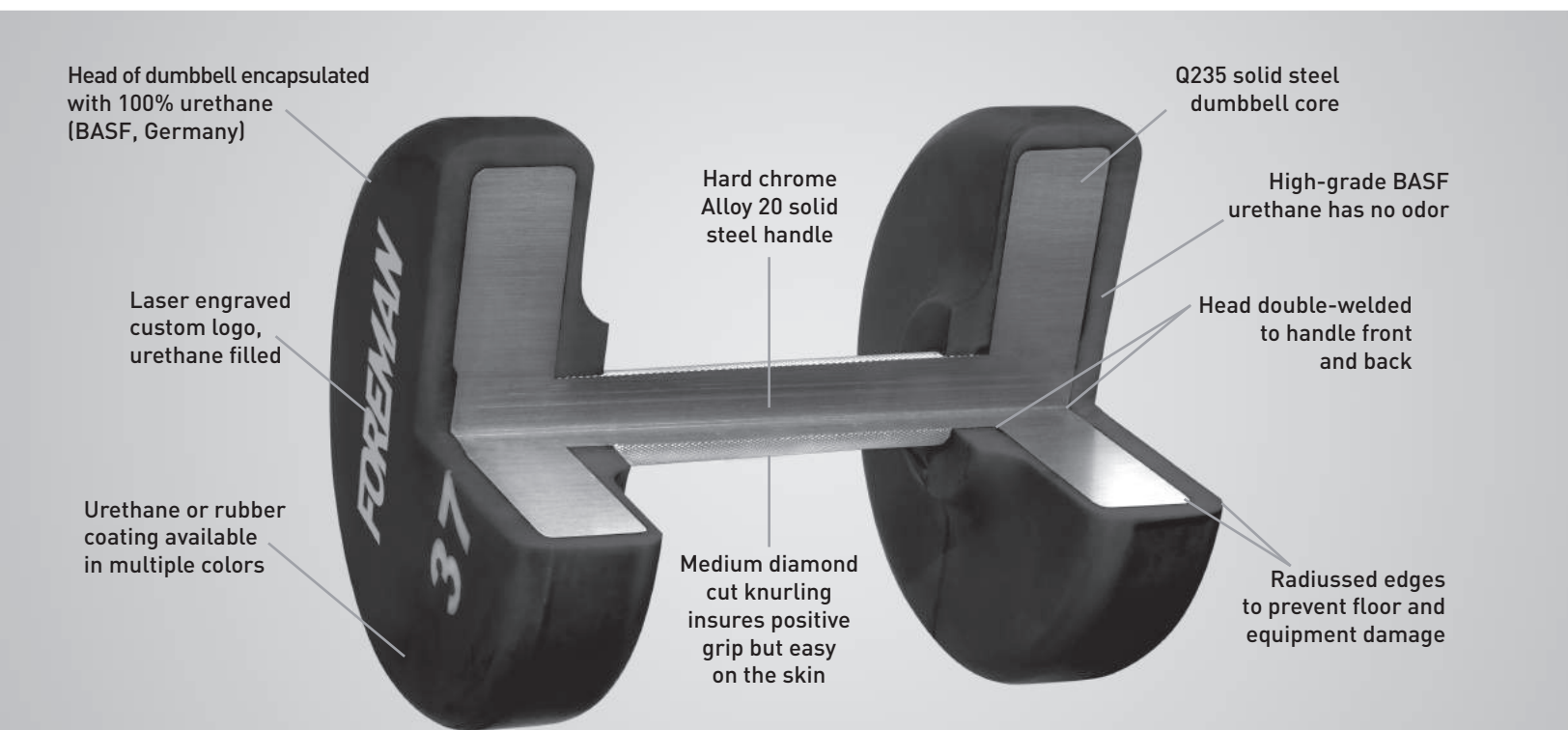


‘FOREMAN Products’ is the leading Russian manufacturer in producing strength equipment, free weights, fitness accessories, phenolic lockers and fitness furniture. A complete professional line of FOREMAN® strength equipment has been developed by a team of US and Russian engineers providing you with a state of the art design, biomechanics and production technology.

The company’s current focus is on growth in four main areas:

- Design and manufacture of a complete professional line of strength training equipment including functional training frames, selectorized & plate loaded machines that utilize the most reliable components and advanced biomechanics;
- Product development & fabrication of high-performance HPL (phenolic) lockers and fitness furniture that are durable, eco-friendly and adaptable to multiple environments and changing member-usage patterns;
- Design and manufacture of a comprehensive line of fixed dumbbells, barbells and other free weights offering the widest possible variety, including customized design and customer logos factory-direct;
- Using our extensive industry experience and expertise to provide our clients with customized design consultation services

**Barbells and bars not included.*



Free weights

FOREMAN produces high quality weights available at very competitive prices. Our products are reliable, aesthetically pleasing, with well-engineered ergonomics and tough. We take pride in our unique ability to supply all sized fitness facilities with a complete range of free weights.

In addition, FOREMAN® Strength Line racks are the ideal solution for all your storage needs for Olympic plates, dumbbells and bars.



OLYMPIC PLATES

FOREMAN® Olympic plates feature patented web design hand grips that allow easy and safe handling, and a durable, heavy-duty urethane or rubber cover that protects floors. The 50 mm Olympic standard inner hole is protected by a steel ring that allows a smooth rotation on the bar.

We also offer FOREMAN® bumper plates for CrossFit and Olympic lifting available from 5 kg to 50 kg. They feature a full rubber coating that prevents damage to platforms or floors. The plate color system meets the standard for competition. FOREMAN® bumper plates have solid hard chrome steel cores, hard chromed center hubs and extremely high grade virgin rubber coating.

LZU

Urethane Plates
with custom engraved logo



Weight, kg	1,25 / 2,5 / 5 / 10 15 / 20 / 25
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BM

Olympic Bumper Plates, Colored, Hard Chrome-core



Weight, kg 5 ● / 10 ● / 15 ●
 / 20 ● / 25 ● / 50 ●

UPX

Urethane X-Training Plates, Colored



Weight, kg 5 ● / 10 ● / 15 ●
 / 20 ● / 25 ●

PUR

Urethane Olympic Plates, Black



Weight, kg 1,25 / 2,5 / 5 / 7,5 / 10
 / 15 / 20 / 25

PRR

Rubber Olympic Plates, Colored



Weight, kg 1,25 ● / 2,5 ● / 5 ● / 10 ●
 / 15 ● / 20 ● / 25 ●

GRP

InEx® Rubber AU Plates, Black



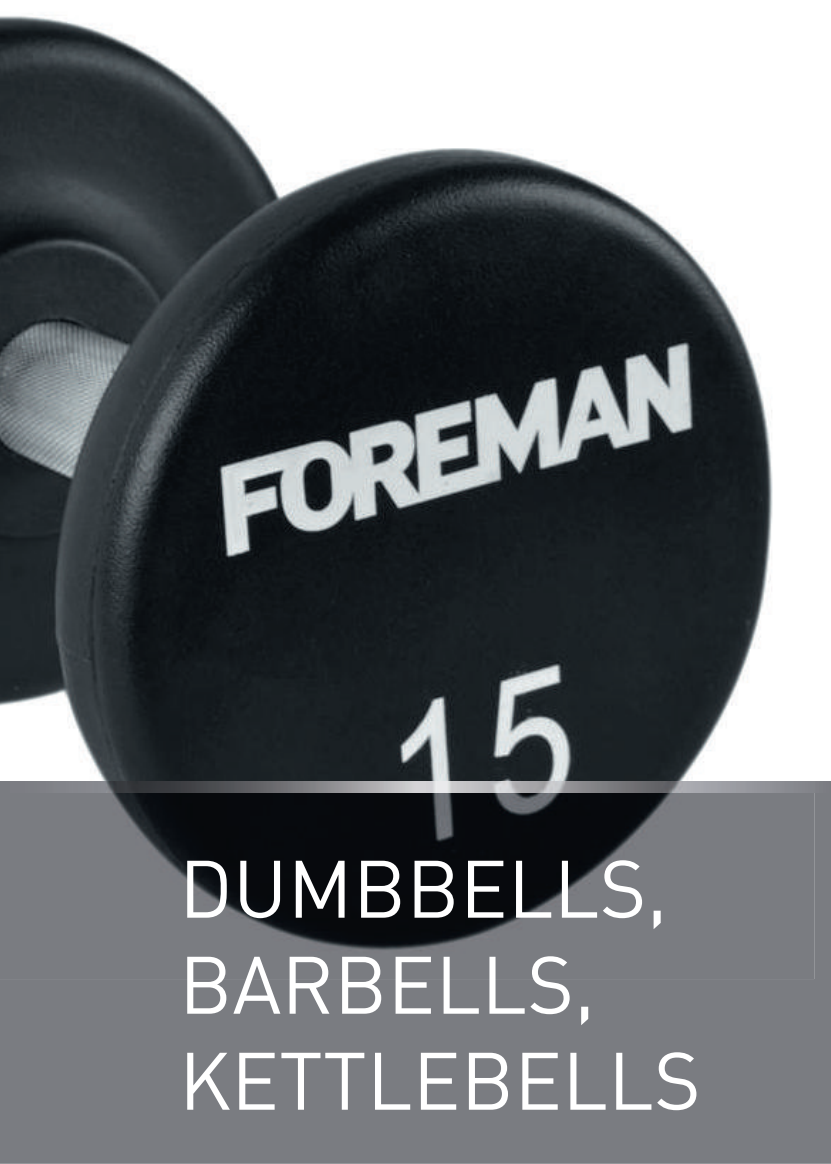
Weight, kg 1,25 / 2,5 / 5 / 10 / 15
 / 20 / 25

RUBO

Rubber Olympic Plates, Black



Weight, kg 1,25 / 2,5 / 5 / 10 / 15
 / 20 / 25



DUMBBELLS, BARBELLS, KETTLEBELLS

FOREMAN® heavy-duty dumbbells and barbells have solid steel cores, contoured edges and an extremely high grade urethane (BASF, Germany) or virgin rubber coating that will not scratch or damage benches and floor. Dumbbell and barbell handles are hard chrome steel pressed into a solid steel head and fully welded on both sides of each head.

FOREMAN® kettlebells are covered with commercial grade neoprene, rubber, vinyl or urethane coating. The kettlebells optimal grip handle provides extra comfort and safety.

LZUD

Urethane encased fixed dumbbells
(laser engraved logo)



Weight, kg 2-70, 2 kg inc.

GRD

InEx® Rubber Encased Dumbbells



Weight, kg 2-60, 2 kg inc.

AUB/ARB

Urethane Fixed Barbells /
EZ Curl Barbell



Weight, kg 10-55, 5 kg inc.

AUD

FOREMAN® Urethane Fixed Dumbbells



Weight, kg 2-70, 2 kg inc.

ARD

FOREMAN® Rubber Encased Fixed Dumbbells



Weight, kg 2-70, 2 kg inc.

RUB-EPR

FOREMAN® Rubber Encased Fixed Dumbbells



Weight, kg 2,5-70, 2,5 kg inc.

HCD

Hard Chrome Dumbbells



Weight, kg 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10 / 12 / 14 / 16 / 18 / 20

IVD

Aerobic Dumbbells in Vinyl Coverage



Weight, kg 0,45 / 0,90 / 1,35 / 1,80 / 2,25 / 2,70 / 3,15 / 3,60 / 4,00 / 4,45

IND

Aerobic Dumbbells in Neopren Coverage



Weight, kg 0,45 / 0,90 / 1,35 / 1,80 / 2,25 / 3,15 / 3,60 / 4,45 / 5,45 / 6,80

GS-SET

Aerobic Barbell Set



Weight, kg 2x1,1; 2x2,2; 2x4,5; 1x1,2

RK

Urethane Encased Kettlebell with stainless steel handle



Weight, kg 4-40, 4 kg inc.

TTK

Two Tone Cast Iron Kettlebell



Weight, kg 4-40, 4 kg inc.



BARS and COLLARS

FOREMAN® offers hard chrome and black oxide Olympic bars in a variety of lengths, weights and design. FOREMAN® bars are produced from heat-treated steel developed specifically for Olympic bars. All bars feature a comfortable, medium diamond knurling for a safe and secure grip. We achieve a softer and smoother sleeve rotation by using quality, high- grade bushings. The bar diameter meets the 50 mm Olympic standard and fits all racks, stands and curl benches.

FOREMAN® also offers a selection of heavy-duty collars that feature simple, one-handed operation and a secure fit. Collars are sold by the pair.

HD-X

Hard Chrome Bar



Weight, kg	20
Length, mm	2200
Max load, kg	700

OB-60-BK

Black Oxide Chrome Bar



Weight, kg	15,8
Length, mm	1520
Max load, kg	300

OBZ-48-BK

EZ-Curl Black Oxide Chrome Bar



Weight, kg	10
Length, mm	1245
Max load, kg	220

OB-7-CH

Hard Chrome Olympic Bar



Weight, kg	20
Length, mm	2200
Max load, kg	700

OB-7-BK

Black Oxide Olympic Bar



Weight, kg	20
Length, mm	2200
Max load, kg	700

OB-60-CH

Hard Chrome Bar



Weight, kg	15,8
Length, mm	1520
Max load, kg	300

OBZ-5-CH

EZ- Curl Hard Chrome Bar



Weight, kg	13.6
Length, mm	1520
Max load, kg	300

OBZ-5-BK

EZ-Curl Black Oxide Chrome Bar



Weight, kg	13.6
Length, mm	1520
Max load, kg	300

OBZ-48-CH

EZ-Curl Hard Chrome Bar



Weight, kg	10
Length, mm	1245
Max load, kg	220

COS-50

FOREMAN® Spring Collars



Weight, kg	0,5
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COT-1,25

FOREMAN® Compession Collars



Weight, kg	0,56
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CI-1

Olympic Collars



Weight, kg	2,5
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RACKS

FOREMAN® racks are ideal for keeping your strength training area clutter free while increasing functional space for your members. Our full lines of racks are made from bent steel profiles measuring a minimum 40 mm x 40 mm with 3 mm thick walls. Our in-house, leading American engineers design the equipment and oversee the production process.

FR-818
Accessory Rack



Weight, kg	58
Dimensions (LxWxH), cm	96x66x115

FR-816
Weight Plate Tree



Weight, kg	30
Dimensions (LxWxH), cm	68x61x126

FR-821
Rack For Weights



Weight, kg	57
Dimensions (LxWxH), cm	72x152x90

FR-811 / FR-812

Dumbbell Rack – 5 pairs / 10 pairs



Weight, kg	83 / 95
Dimensions (LxWxH), cm	240x53x63 / 243x63x76

FR-813

Fixed Dumbbell Rack – 12 pairs



Weight, kg	123
Dimensions (LxWxH), cm	197x77x97

FR-822 / FR-823

Dumbbell Rack – 15 pairs / 10 pairs



Weight, kg	133 / 56
Dimensions (LxWxH), cm	243x77x97 / 128x63x76

FR-814

Barbell Rack – 10 bars



Weight, kg	57
Dimensions (LxWxH), cm	108x78x134

FR-817

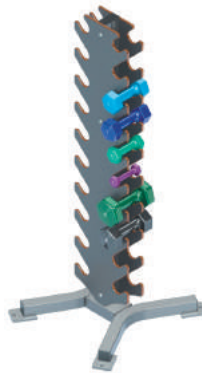
Vertical Beautybell Rack



Weight, kg	31
Dimensions (LxWxH), cm	61x73x141

FR-861

Aerobic Dumbbell Rack – 10 pairs



Weight, kg	27
Dimensions (LxWxH), cm	61x71x143

FR-862

Aerobic Bar Storage Rack



Weight, kg	15
Dimensions (LxWxH), cm	59x46x100

FR-863

Aerobic Barbell Storage Rack – 20 sets



Weight, kg	91
Dimensions (LxWxH), cm	195x82x130

FR-870

Aerobic Dumbbell Rack – 40-70 pairs



Weight, kg	48
Dimensions (LxWxH), cm	101x78x114



CABLE ATTACHMENTS

Foreman® offers a full range of ergonomic handles in different shapes and sizes: cable handles, triceps ropes, lat bars, revolving straight bars, revolving curl bars, v-bars and more. Extra-thick flanges and forged steel swivels guarantee maximum performance under the most grueling workouts. Precision machined steel retention collars hold the swivels in place and give perfect balance to each bar.

FPLB-28
Palms Parallel Lat Bar



Weight, kg	3,16
Length, mm	685

SH-5
Stirrup Handle



Weight, kg	1,2
Length, mm	189

RSB-18

Revolving Straight Bar



Weight, kg	1,98
Length, mm	450

RSB-34

Revolving Straight Bar



Weight, kg	3,6
Length, mm	860

BLB-48

Bent Lat Bar



Weight, kg	5,02
Length, mm	1250

RCB-28

Revolving Curl Bar



Weight, kg	3,14
Length, mm	720

TVB-12

Tricep V Bar



Weight, kg	2,44
Length, mm	440

MPB-11

Multi-Purpose Bar



Weight, kg	3,2
Length, mm	850

TR-29

Tricep Rope



Weight, kg	1,06
Length, mm	740

SC-1

Parallel Revolving Straight Bar



Weight, kg	1,9
Length, mm	185

TX-37

Tricep X Bar



Weight, kg	12
Length, mm	872



We can customize our dumbbells and plates with your brand or logo. This innovation allows clubs to promote their brand, enhance their image and improve their overall appearance. We offer several customized logo options including laser engraved and thermal plastic logos. Our laser engraving process involves filling the engraved area with urethane resulting in an engraved logo or brand that is extremely durable and will not wear off.

LZU

Urethane Plates
with custom engraved logo



Weight, kg	1,25 / 2,5 / 5 / 10 15 / 20 / 25
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LZUD-custom

FOREMAN® Urethane Dumbbells
with custom engraved logo



Weight, kg 2-70, 2 kg inc.

AUD

Urhethane Dumbbell in custom color



Weight, kg 2-70, 2 kg inc.

GRD

InEx® Rubber Dumbbells
with custom logo patch



Weight, kg 2-60, 2 kg inc.



Our clients:

- | | | |
|--------------------------------|----------------------------------|-----------------------------------|
| 7/11 (Germany) | Hard Candy (USA, AUS, Russia) | Precor (Globally) |
| Alex Fitness (Russia) | Harry Harris (Germany) | Steve Nash Fitness World (Canada) |
| CHARLY's Fitness (Switzerland) | JD Gyms (UK) | Total Fitness (UK) |
| Crunch (USA) | Leisure Connection (UK) | UFC (USA, AUS) |
| DWSports (UK) | Mosaic Fitness (UK) | World Class (Russia) |
| Energy Clubs (Chile, Mexico) | Nuffield Health & Wellbeing (UK) | World Gym (Russia) |
| Fitness First (AUS) | NuYu (Saudi Arabia) | X-Fit (Russia) |
| Fitness First (UK) | Onegin (Russia) | |
| Gold's Gym (USA, UAE) | Planet Fitness (Russia) | |

> CUSTOM DESIGN



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