

POWERbreathe - While stocks last
 A hand-held device to exercise and strengthen the inspiratory muscles. POWERbreathe uses a technique known as resistance training, similar to using weights to strengthen your arm muscles. The resistance is set by you, using the adjustable spring mechanism.

There are three different models of POWERbreathe

WELLNESS - Low resistance	2157	£34.35
FITNESS - Medium resistance	2171	£34.35
SPORTS PERFORMANCE - High resistance	2175	£34.35
Replacement Mouthpieces	2176	£2.05

LUNG FUNCTION

Pulmolife Electronic Spirometer to measure lung function and lung age	2976	£114.00
Airmed mini peak flow meter, supplied with instructional manual, measures peak expiratory flow	2105	£9.60
Airmed mouthpieces, per 10 (can be used with Pulmolife Spirometer 2976)	2106	£0.40

ANTHROPOMETRIC MEASUREMENT

Accu-measure calipers for measurement of body fat, pressure sensor device for consistent measurement, sliding cursor to aid accurate reading	2103	£11.50
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ANTHROPOMETRIC TAPE MEASURE

	2102	£3.55
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GONIOMETER

Transparent plastic 360° scale. 12" long and calibrated to ISCM system	2100	£18.55
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FLEXIBILITY

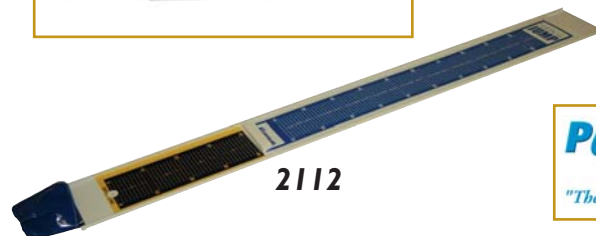
Sit and reach box steel scale 0-55cm	2114	£73.60
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HEIGHT GAUGE

Metric wall mounting to 200cm	2122	£6.15
Portable/Freestanding with improved stability, comes with carrying case	2085	£57.60

STRENGTH TESTING

Hand grip dynamometer, analogue range 0-100Kg at 500g increments	2116	£150.35
Back and leg dynamometer, analogue range 20-300Kg at 1Kg increments	2162	£312.00
Sergeant Tip-2-Tip jump board measures vertical jump height, range 10-105cm - Junior	2112	£138.20



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