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[Health & Fitness](#)

Health & Fitness

Ab Trimmer inc. Padded Headrest & Handrail
£12.25 (inc 17.5%vat)

Targets those hard to reach abdominal muscles. The curved design helps you roll up to a perfect crunch each and every time. The head and shoulder support makes the ab workout safe and effective. Padded headrest for maximum head and neck support. [\[Product Details...\]](#)

AB Trimmer w/ Headrest Pad, Computer Disp
£20.42 (inc 17.5%vat)

The Body Shape Ab trimmer is designed to improve stomach muscles, by assisting you as you perform sit-up exercises. The Ab roller enables you to tone up your stomach, whilst supporting your head, which avoids the pressure on your back and neck that sit-up [\[Product Details...\]](#)

Body Shape 6kg Neoprene Aerobic Dumbbell Set
inc. Carry Case
£16.34 (inc 17.5%vat)

This 6KG aerobic dumbbell set comprises of : 2 x 0.5kg 2 x 1kg 2 x 1.5kg 1 x Carry Case Offers exceptional value! Ideal for any aerobic workout to increase intensity and calorie burn! [\[Product Details...\]](#)

Body Shape Vibration Belt Massage Power
Trainer
£71.51 (inc 17.5%vat)

Great for whole body massage. Promotes blood circulation in muscles, relaxes tense muscles. Also great for warm-up before training and wind-down afterwards. Equipped with electromotor with two speeds. Strong steel frame with large, non-slip stepping plate [\[Product Details...\]](#)

Complete Yoga Set inc. Mat, Gym Ball & Yoga Strap

£15.32 (inc 17.5%vat)

The Pilates Yoga Kit is designed to help strengthen the lower back, buttocks, abdomen, chest and arms. The Yoga Ball enhances your yoga experience by helping you move deeper into your pose. The non-slip yoga mat helps you hold postures. [\[Product Details...\]](#)

EZ Stepper Climbing Machine

£99.99 (inc 17.5%vat)

This is a strong, heavy duty climbing machine that is a great investment for your health, shape and fitness. The large handlebars give good upper body support and help avoid placing any strain on your back whilst the large non slip footplates allow for mo [\[Product Details...\]](#)

Gym Set, Aerobic Step, Ball, 1KG Dumbbell

£39.99 (inc 17.5%vat)

The original and ever popular aerobic step. Its shock-absorbing qualities mean it provides a variety of safe, low impact workouts with minimal pressure on joints. Adjustable height Portable [\[Product Details...\]](#)

Magnetic Treadmill inc. Speed Monitor +

£99.99 (inc 17.5%vat)

Body Shape Magnetic Treadmill inc. Scan, Time, Speed, Distance and Calories Burnt Monitoring - A manual treadmill encourages walking and running, which are some of the best forms of exercise to improve general fitness. [\[Product Details...\]](#)

MP3 5 Motor Massage Seat

£34.99 (inc 17.5%vat)

Music Playing 5-Motor Massage Seat with Heat Plug & Play your MP3, iPod or any audio source into our universal audio input [\[Product Details...\]](#)

Shiatsu Back Massager

£58.90 (inc 17.5%vat)

Enjoy a comforting shiatsu back massage at home. The Homedics Performance Shiatsu Back Massager features a state-of-the-art moving True Massage mechanism. [\[Product Details...\]](#)