



PRODUCT NAME	MODEL NUMBER	RETAIL	S & H
HOLE 10: FLEXIBILITY/MOBILITY			
Stretching Strap	B9F10-001	\$13.95	\$6.00
Golf Stretching Pole	B9F10-002	\$49.95	\$9.00
TRI-STRETCH	B9F10-003	\$69.95	\$15.00
SSR Team Training Bands	B9F10-004		
Mini (Yellow)	B9F10-004A	\$12.50	\$6.00
Monster Mini (Red)	B9F10-004B	\$16.00	\$6.00
Medium (Purple)	B9F10-004C	\$19.50	\$6.00
Strong (Green)	B9F10-004D	\$28.00	\$6.00
Ultra (Red)	B9F10-004E	\$34.00	\$6.00
BackSystem3™	B9F10-005		
Standard Model (under 6'1")	B9F10-005A	\$1,295.00	\$100.00
Pro-Model (6'1" and over)	B9F10-005B	\$1,495.00	\$100.00
TRUE® Stretch Commercial	B9F10-006	\$2,195.00	\$300.00
Roger Frederick's Reveals the Secrets to Golf Flexibility (3 DVD set)	B9F10-007	\$89.95	\$10.00
HOLE 11: POSTURE			
OPTP Axis Foam Rollers (Black)	B9F11-001		
Firm Round (36" x 6")	B9F11-001A	\$19.95	\$8.00
Firm 1/2 Round (36" x 3")	B9F11-001B	\$12.95	\$8.00
Firm Round (12" x 6")	B9F11-001C	\$9.95	\$6.00
Firm 1/2 Round (12" x 3")	B9F11-001D	\$5.95	\$6.00
Feedback Mirrors	B9F11-002		
Swing Image Mirror (30")	B9F11-002A	\$169.95	\$20.00
Teaching and Training Mirror (2' x 4')	B9F11-002B	\$249.95	\$55.00
Spikey Ball Therapy	B9F11-003		
Spikey Ball	B9F11-003A	\$19.95	\$6.00
Spikey Ball Kit	B9F11-003B	\$49.95	\$9.00
Tiger Tail Rolling Muscle Massager	B9F11-004		
18" Tiger Tail	B9F11-004A	\$24.95	\$9.00
22" Tiger Tail	B9F11-004B	\$29.95	\$9.00
Stress Roller™	B9F11-005	\$19.95	\$6.00
FitBALL® Mini	B9F11-006	\$7.95	\$6.00
HOLE 12: STABILITY			
FitBall® Sport Exercise Balls - FIRM Edition	B9F12-001		
45 cm Yellow	B9F12-001A	\$21.95	\$9.00
55 cm Red	B9F12-001B	\$23.95	\$9.00
65 cm Blue	B9F12-001C	\$26.95	\$9.00
75 cm Yellow	B9F12-001D	\$29.95	\$9.00
Stabilizer™ Pressure Biofeedback Unit	B9F12-002	\$99.95	\$9.00

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HOLE 12: STABILITY (CONT)			
Reebok® Step	B9F12-003	\$79.95	\$20.00
Leaderboard Products	B9F12-004		
Leaderboard	B9F12-004A	\$250.00	\$20.00
Replacement Bands	B9F12-004B	\$19.95	\$8.00
TRX Fitness Anywhere	B9F12-005		
TRX System - Professional	B9F12-005A	\$189.95	\$15.00
Door Anchor	B9F12-005B	\$24.95	\$8.00
TPI Golf Workout	B9F12-005C	\$39.95	\$8.00
ABdolly™ Plus	B9F12-006	\$89.95	\$15.00
VALSLIDE™	B9F12-007	\$34.95	\$8.00
ProStick	B9F12-008	\$44.95	\$12.00
HOLE 13: STRENGTH			
FMT™ - Functional Movement Tubing	B9F13-001		
R2 - Purple	B9F13-001A	\$29.95	\$8.00
R3 - Pink	B9F13-001B	\$29.95	\$8.00
R4 - Magenta	B9F13-001C	\$29.95	\$8.00
R5 - Orange	B9F13-001D	\$29.95	\$8.00
R6 - Red	B9F13-001E	\$29.95	\$8.00
R7 - Yellow	B9F13-001F	\$29.95	\$8.00
Instant Replay Belt™	B9F13-002		
Small	B9F13-002A	\$39.95	\$6.00
Medium	B9F13-002B	\$39.95	\$6.00
Large	B9F13-002C	\$39.95	\$6.00
Wall Gyms	B9F13-003		
Wall Gym 2000	B9F13-003A	\$299.95	\$20.00
Wall Gym 4000	B9F13-003B	\$499.95	\$40.00
LifeLine® Fitness Cable Set	B9F13-004		
R2 - Purple	B9F13-004A	\$13.95	\$6.00
R3 - Pink	B9F13-004B	\$14.95	\$6.00
R4 - Magenta	B9F13-004C	\$15.95	\$6.00
R5 - Orange	B9F13-004D	\$16.95	\$6.00
R6 - Red	B9F13-004E	\$17.95	\$6.00
R7 - Yellow	B9F13-004F	\$20.95	\$6.00
Adjustable Lateral Resistor Products	B9F13-005		
Lateral Resistor 2 with R4 (Magenta) Cables	B9F13-005A	\$24.95	\$6.00
Extra set of 3 Cables - R3 (Pink)	B9F13-005B	\$7.95	\$6.00
Extra set of 3 Cables - R5 (Orange)	B9F13-005C	\$9.95	\$6.00
Extra set of 3 Cables - R6 (Red)	B9F13-005D	\$10.95	\$6.00
Power Swing Fan	B9F13-006		
Men's Large Fin	B9F13-006A	\$54.95	\$11.00
Ladies Small Fin	B9F13-006B	\$54.95	\$11.00
PowerBlock® Products	B9F13-007		
Sport 2.4 (3 - 24 lbs.)	B9F13-007A	\$149.95	\$25.00
Sport Tray	B9F13-007B	\$29.95	\$11.00
Classic 45 Set (5 - 45 lbs.)	B9F13-007C	\$299.95	\$59.00
Column Stand Small	B9F13-007D	\$129.95	\$21.00
SportBench	B9F13-007E	\$199.95	\$29.00
SSR Golf Training Package	B9F13-008	\$54.95	\$9.00
Xering®	B9F13-009		
Yellow - Very Light Resistance	B9F13-009A	\$9.95	\$6.00
Green - Light Resistance	B9F13-009B	\$9.95	\$6.00
Red - Medium Resistance	B9F13-009C	\$9.95	\$6.00
Blue - Heavy Resistance	B9F13-009D	\$9.95	\$6.00
Purple - Ultra Heavy Resistance	B9F13-009E	\$9.95	\$6.00

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HOLE 13: STRENGTH (CONT)			
Mini Bands	B9F13-010		
Yellow - Light	B9F13-010A	\$3.95	\$6.00
Green - Medium	B9F13-010B	\$3.95	\$6.00
Blue - Heavy	B9F13-010C	\$3.95	\$6.00
Black - Extra Heavy	B9F13-010D	\$3.95	\$6.00
Monster Walk	B9F13-011		
R1 - Teal	B9F13-011A	\$12.95	\$6.00
R2 - Purple	B9F13-011B	\$13.95	\$6.00
R3 - Pink	B9F13-011C	\$14.95	\$6.00
R4 - Magenta	B9F13-011D	\$15.95	\$6.00
R5 - Orange	B9F13-011E	\$16.95	\$6.00
R6 - Red	B9F13-011F	\$17.95	t\$6.00
HOLE 14: POWER			
The X-iser Machine™	B9F14-001		
X-Iser Machine™ (XM) - Standard	B9F14-001A	\$449.00	\$20.00
X-iser Machine™ (XM) - Commercial	B9F14-001B	\$499.00	\$20.00
Custom Fit Backpack and Floor Protective Mat	B9F14-001C	\$49.95	\$8.00
Medicine Ball Rebounder	B9F14-002		
Plyo-Tramp	B9F14-002A	\$525.00	\$95.00
2-Tier Med Ball Rack	B9F14-002B	\$139.95	\$20.00
Slotted Plyo-Tramp Spring Cover	B9F14-002C	\$34.95	\$6.00
Gel Filled Med Ball Set (2, 4, 7, 11, & 15 lbs.)	B9F14-002D	\$103.95	\$50.00
Rubber Medicine Balls	B9F14-003		
1 kg.	B9F14-003A	\$20.95	\$6.00
2 kg.	B9F14-003B	\$27.95	\$7.00
3 kg.	B9F14-003C	\$35.95	\$8.00
4 kg.	B9F14-003D	\$45.95	\$9.00
5 kg.	B9F14-003E	\$52.95	\$11.00
Complete Set	B9F14-003F	\$182.95	\$50.00
Equipped Medicine Balls	B9F14-004		
2 kg.	B9F14-004A	\$75.95	\$8.00
4 kg.	B9F14-004B	\$125.95	\$11.00
Golf Speed Chain	B9F14-005		
Strong (CHS under 90 mph)	B9F14-005B	\$149.95	\$25.00
X Strong (CHS 95 - 105 mph)	B9F14-005C	\$149.95	\$25.00
XX Strong (CHS 110 mph and over)	B9F14-005D	\$164.95	\$40.00
US Kettlebells	B9F14-006		
Smaller (Adjustable 9 - 25 lbs.)	B9F14-006A	\$99.95	\$25.00
Larger (Adjustable 35 - 70 lbs.)	B9F14-006B	\$149.95	\$45.00
Keiser M3 Indoor Cycle	B9F14-007	\$1,395.00	\$125.00
HOLE 15: BALANCE			
Ankle Arc Plus™	B9F15-001	\$16.95	\$10.00
FitBall® Balance Disc	B9F15-002	\$21.95	\$10.00
Thera-Band™ Stability Trainer	B9F15-003		
Green (Firm)	B9F15-003A	\$25.95	\$7.00
Blue (Soft)	B9F15-003B	\$25.95	\$7.00
Black (Extra Soft)	B9F15-003C	\$35.95	\$10.00
Balance Zone™	B9F15-004		
Training Board	B9F15-004A	\$39.95	\$8.00
Training System	B9F15-004B	\$69.95	\$12.00
BOSU® Balance Trainer	B9F15-005		
BOSU® PRO Single Pack	B9F15-005A	\$149.95	\$13.00
BOSU® with pump only	B9F15-005B	\$109.95	\$13.00
BOSU® Training Video/Manual Combination	B9F15-005C	\$49.95	\$8.00

PRODUCT NAME	MODEL NUMBER	RETAIL	S & H
HOLE 15: BALANCE (CONT.)			
BOSU® Golf DVD	B9F15-005D	\$19.95	\$8.00
Multi-Balance by HealthQuest	B9F15-006	\$104.00	\$15.00
Grail Sports - 8 Board	B9F15-007	\$119.95	\$13.00
Chango® Balance Paws - P2 Model (2" High)	B9F15-008	\$36.95	\$8.00
AEROMAT – Balance Pods - Set of 2	B9F15-009	\$23.95	\$8.00
HOLE 16: POSITIONAL AIDS			
SMART Swing with DVD	B9F16-001	\$29.95	\$8.00
Impact Bag	B9F16-002	\$39.95	\$8.00
Practice POD	B9F16-003	\$19.95	\$9.00
MacKay Core Grip & Interchangeable Tubing	B9F16-004		
Right Hand Male	B9F16-004A	\$30.00	\$8.00
Right Hand Female	B9F16-004B	\$30.00	\$8.00
Left Hand Male	B9F16-004C	\$30.00	\$8.00
Left Hand Female	B9F16-004D	\$30.00	\$8.00
MacKay Core Grip DVD	B9F16-004E	\$39.95	\$8.00
The Impact Ball	B9F16-005		
Junior (5")	B9F16-005A	\$39.95	\$9.00
Ladies (7" Green & Blue)	B9F16-005B	\$39.95	\$9.00
Men's (8" Blue & Yellow)	B9F16-005C	\$39.95	\$9.00
Dual Surface Premium Mat	B9F16-006	\$79.95	\$10.00
Orange Whip Trainer	B9F16-007		
Large Size - "The Original" Trainer	B9F16-007A	\$109.95	\$10.00
Medium Size - Golden Trainer	B9F16-007B	\$109.95	\$10.00
Small Size - Hickory Trainer	B9F16-007C	\$99.95	\$10.00
GreenStick Golf: A Functional Golf Exercise	B9F16-008	\$149.95	\$20.00
HOLE 17: PERFORMANCE TECHNOLOGY			
Sports Sensors, Inc.	B9F17-001		
Swing Speed Radar®	B9F17-001A	\$99.95	\$10.00
Swing Speed Radar® with Tempo Timer	B9F17-001B	\$149.95	\$10.00
SwingView™ Pro Video Analysis Software	B9F17-002		
Pro Version 8.0 Software	B9F17-002A	\$899.95	\$13.00
Pro 8.0 Software Upgrade	B9F17-002B	\$149.95	\$9.00
Dynamic Balance System™	B9F17-003		
Calloway X-Force Swing Trainer	B9F17-004	\$129.95	\$15.00
Tour Tempo	B9F16-005		
Microplayer with Tour Tempo® Book Package	B9F16-005A	\$109.95	\$10.00
Speedball® Base Kit	B9F16-005B	\$119.95	\$15.00
Speedball® Power Module	B9F16-005C	\$99.95	\$15.00
Speedball® Driver	B9F16-005D	\$79.95	\$15.00
HOLE 18: EDUCATION			
BOOKS	B9F18-001		
Complete Conditioning for Golf	B9F18-001A	\$23.95	\$6.00
Explosive Golf	B9F18-001B	\$18.95	\$6.00
Hard Style Golf Conditioning with Terrence Thomas	B9F18-001C	\$49.95	\$6.00
CORE™ Performance Golf (Paperback)	B9F18-001D	\$19.95	\$6.00
DVD	B9F18-002		
CORE™ Performance Golf	B9F18-002A	\$49.95	\$10.00
Big League Fitness for Golf with Tom House	B9F18-002B	\$39.95	\$8.00
Power Development for Golfers	B9F18-002C	\$49.95	\$6.00
Build Your Base with Al Vermeil	B9F18-002D	\$29.95	\$8.00
Randy Myers' Stretch for Success	B9F18-002E	\$29.95	\$8.00

PRODUCT NAME	MODEL NUMBER	RETAIL	S & H
HOLE 18: EDUCATION (CONT.)			
PACKAGES: Book and Video/DVD Set	B9F18-003		
The Golf Biomechanics Manual (Book) and A Scientific Approach to Golf Conditioning (Video) by Paul ChekGolf Fitness Book Package - Sean Cochran	B9F18-003A B9F18-003B	\$119.95 \$78.95	\$9.00
GOLF CHARTS	B9F18-004		
Stretch Golf	B9F18-004A	\$24.95	\$6.00
Muscle Golf	B9F18-004B	\$24.95	\$6.00
ACCESSORIES	B9F18-005		
Golf Fitness Cards by solotrainer	B9F18-005A	\$49.95	\$8.00
GOLF NETS and MATS			
Custom Golf Nets	B9FNET-001		
Net Series	B9FNET-002		
Model D	B9FNET-002A	\$240.00	\$30.00
Model AA	B9FNET-002B	\$360.00	\$55.00
Model MS	B9FNET-002C	\$652.50	\$85.00
Model S	B9FNET-002D	\$697.50	\$100.00
Model SS	B9FNET-002E	\$1,155.00	\$200.00
Accessories/Upgrades	B9FNET-003		
Upgrade - Semi-Heavy Duty Side Panels	B9FNET-003A	\$150.00	n/a
Upgrade - Fire Retardant Coating	B9FNET-003B	\$200.00	n/a
Mat Series	B9FMAT-001		
Regular 5 x 5	B9FMAT-001A	\$258.00	\$45.00
Regular 4 x 5	B9FMAT-001B	\$210.00	\$40.00
Bi-axial Golf Mat Combos	B9FMAT-002		
SB2R44	B9FMAT-002A	\$390.00	\$35.00
SB13C45	B9FMAT-002B	\$450.00	\$50.00
almostGOLF™ Ball	B9FBALL-001		
10 Ball Box - Yellow	B9FBALL-001A	\$9.95	\$8.00
10 Ball Box - White	B9FBALL-001B	\$9.95	\$8.00