



**FREE WEIGHTS  
AND ACCESSORIES**

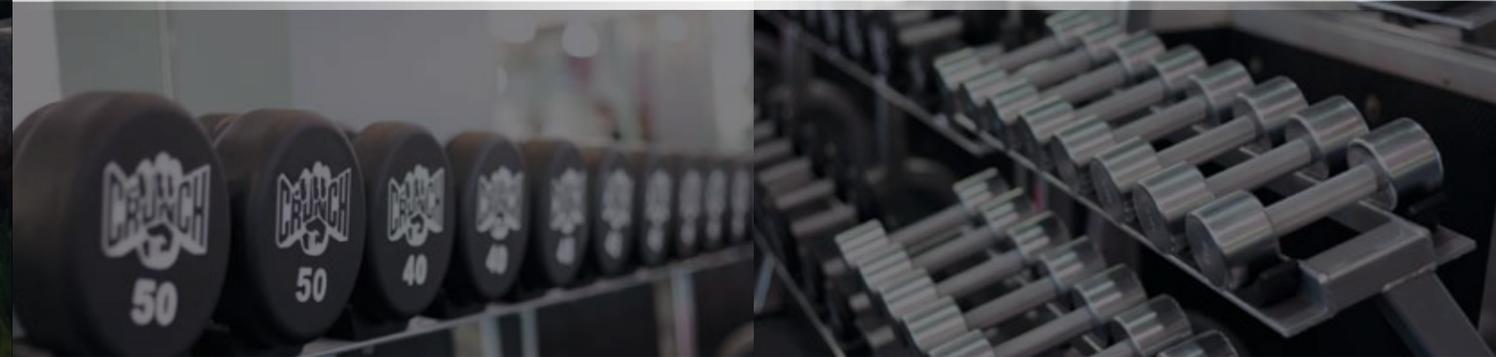
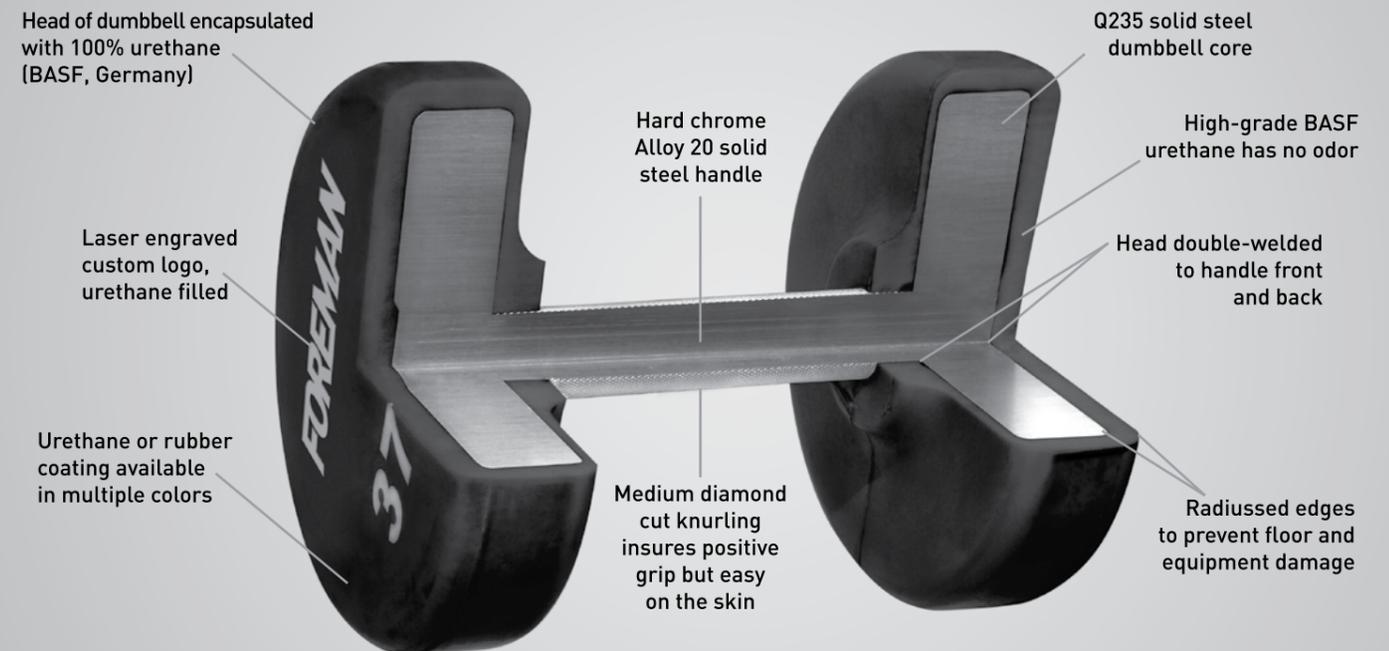
**FOREMAN<sup>®</sup>**  
fitness products

DEDICATED TO DETAIL

Murrieta, CA USA



Foreman Products, LLC is an international R&D manufacturer producing strength equipment, free weights, fitness accessories and phenolic lockers and fitness furniture. With factories in Europe and the United States and customers on 5 continents, Foreman is a capable and proven supplier to the Global Marketplace.



**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.

### BPT

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 ●

### UP4

Urethane Olympic Plates, Black



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

### UPR

Urethane Plates with custom engraved logo



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

### RP4

Rubber Olympic Plates, Colored



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

### RP3

InEx® Rubber AU Plates, Black



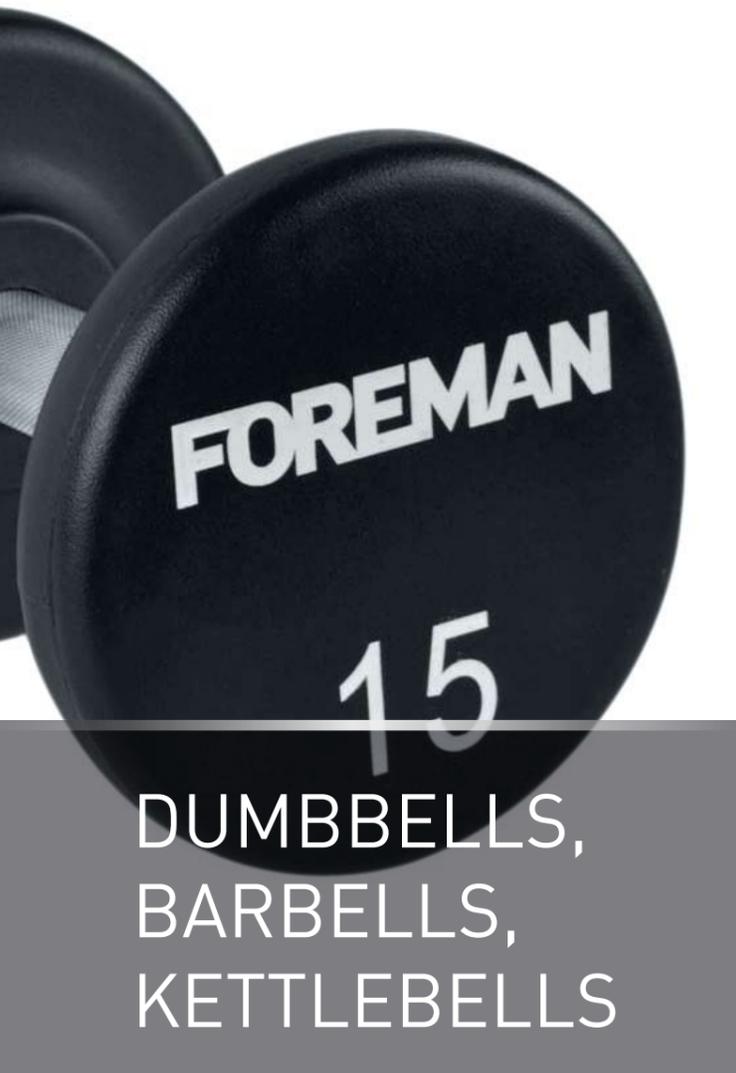
Weight, kg 1,25 / 2,5 / 5 / 10 / 15 / 20 / 25

### RPS

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.

### UDC

Foreman® Urethane Dumbbells with custom engraved logo



Weight, kg 2-70, 2 kg inc.

### UDS

FOREMAN® Urethane Fixed Dumbbells



Weight, kg 2-70, 2 kg inc.

### RDI

InEx® Rubber Encased Dumbbells



Weight, kg 2-60, 2 kg inc.

### CDF

Hard Chrome Dumbbells



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

### VDI

Aerobic Dumbbells in Vinyl Coverage



Weight, kg 0,5 / 1 / 2 / 3 / 4 / 5 / 6

### NDI

Aerobic Dumbbells in Neopren Coverage



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

### UBC/UBS

Urethane Fixed Barbells / EZ Curl Barbell



Weight, kg 10-55, 5 kg inc.

### ABS

Aerobic Barbell Set



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

### UKS

Urethane Encased Kettlebell with stainless steel handle



Weight, kg 4-40, 4 kg inc.

### 2KC

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.

**CBO-20**  
Hard Chrome Olympic Bar



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

**BBO-20**  
Black Oxide Olympic Bar



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

**CB5**  
Hard Chrome Bar



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

**BB5**  
Black Oxide Chrome Bar



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

**CBC**  
EZ-Curl Hard Chrome Bar



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

**BBC**  
EZ-Curl Black Oxide Chrome Bar



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

**LJC-ONE-25 / LJC-PRO-50**  
Lock-Jaw Collar



Weight, kg	0,11 / 0,37
Dimensions (HXWXD)	64x64x32 / 76x89x51

**SC**  
FOREMAN® Spring Collars



Weight, kg	0,5
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**COT-2,5**  
FOREMAN® Compression Collars



Weight, kg	2,5
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**ICC-2,5**  
IVANKO® Chrome Collars



Weight, kg	2,5
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**FR-818**

Accessory Rack



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

**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-816**

Weight Plate Tree



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

**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-821**

Rack For Weights



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

**FR-862**

Aerobic Bar Storage Rack



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

**FR-863**

Aerobic Barbell Storage Rack – 20 sets



Weight, kg	120
Dimensions (LxWxH), cm	183x71x157

**FR-870**

Aerobic Dumbbell Rack – 40-70 pairs



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

## 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.



# 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.

**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

**FPLB-28**  
Palms Parallel Lat Bar



Weight, kg	3,16
Length, mm	685

**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

**SH-5**  
Stirrup Handle



Weight, kg	1,2
Length, mm	189

**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



CUSTOM DESIGN

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.

**UPR**  
Urethane Plates  
with custom engraved logo



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

**UDF-Custom**  
FOREMAN® Urethane Dumbbells  
with custom engraved logo



Weight, kg 2-70, 2 kg inc.

**UDC**  
Urethane Dumbbell in custom color



Weight, kg 2-70, 2 kg inc.

**RDI**  
InEx® Rubber Dumbbells  
with custom logo patch



Weight, kg 2-60, 2 kg inc.



**Our clients:**

- 7/11 (Germany)
- Alex Fitness (Russia)
- CHARLY'S Fitness (Switzerland)
- Crunch (USA)
- DWSports (UK)
- Energy Clubs (Chile, Mexico)
- Fitness First (AUS)
- Fitness First (UK)
- Gold's Gym (USA, UAE)

- Hard Candy (USA, AUS, Russia)
- Harry Harris (Germany)
- JD Gyms (UK)
- Leisure Connection (UK)
- Mosaic Fitness (UK)
- Nuffield Health & Wellbeing (UK)
- NuYu (Saudi Arabia)
- Onegin (Russia)
- Planet Fitness (Russia)

- Precor (Globally)
- Steve Nash Fitness World (Canada)
- Total Fitness (UK)
- UFC (USA, AUS)
- World Class (Russia)
- World Gym (Russia)
- X-Fit (Russia)

## > CUSTOM DESIGN



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