

FREE WEIGHTS

Free weights are a **form of strength training** that can be defined as resistance exercises provided by 'free' objects that aren't attached to anything and that you can quite literally pick up and move. These include items such as medicine balls, barbells, dumbbells, kettlebells and sandbags.



Origin Dumbbells

These solid end dumbbells are a great addition to any workout area. Ranging from 1kg – 52.5kg.



Origin Power Bags

The Bodypower Sandbag is a fitness powerbag specifically designed to withstand the most rigorous of functional training workouts.



Origin Rubber Kettlebells

The Origin Rubber Kettlebells are the perfect functional tool for functional training. Ranging from 4kg – 28kg.



Origin Barbells

The Origin Barbell is manufactured with durability in mind. A thick, shock absorbent and impact resistant layer of Urethane comforts the two solid steel heads, at either end of the bar. Ranging from 10kg – 45kg



Bumper Plates

The Gym Division Black Olympic Bumper Plates are suitable for use in Olympic lifting, Powerlifting, CrossFit and other heavy-use environments. We recommend not dropping the bumpers from overhead but simply bumping down before lifting up again. Ranging from 5kg-20kg

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight. ALWAYS put back any equipment you have used & wipe down.

origin[®]
FITNESS