



Gymstick™ is a revolutionary total body fitness tool that strengthens, tones and defines every muscle in your body. Designed for all ages and fitness levels, Gymstick™ delivers real results, fast! Combine with other equipment and create customized workout programs with unlimited training potential. Gymstick™ improves muscle condition, reaction speed, endurance, balance, co-ordination and mobility.



Now you can enjoy your Gymstick™ workouts in the pool with Gymstick™ Aqua! Gymstick™ Aqua brings new dimensions to aquatic resistance training - use Gymstick™ Aqua for an efficient and powerful workout!

Whether in the gym, in the water, or on the road, there's a Gymstick™ for every situation! Call us for more information on the different resistance levels!

Gymstick™ Original and Aqua
\$109.00 (including shipping and tax)

Gymstick™ Telescopic
\$100 (tax included) Reg. \$134.47



Nordic Walking is an effective way of walking with the help of poles. The movement of the arms, legs and body during walking with poles engage the upper extremity for a "total body workout". Gymstick™ Nordic Walking poles are a complete fitness experience! Gymstick™ exercise bands are conveniently contained within the walking poles. In just seconds, the bands can be pulled out to convert the walking poles into the Gymstick™ total body fitness system, allowing you to do both Nordic Walking exercises and muscle condition training anywhere, anytime. Gymstick™ Nordic Walking poles are available in Canada to suit 2 different styles.
Health poles are less rigid, and flexible for rehabilitation and actively aging.
Force poles are more durable for athletes and vigorous training.

Gymstick™ Nordic Walking
Health Poles
\$100 (tax included)
Reg. \$134.47

Gymstick™ Nordic Walking
Force Poles
\$115 (tax included)
Reg. \$179.67



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