





CONDITION,
ENDURANCE



STABILITY,
MOBILITY



SPEED, AGILITY



POWER,
STRENGTH



Our vision with Pure 2Improve is simple, we help athletes at any level to improve their performance. Whether you enjoy football, ice skating, hockey or swimming, being in top physical shape will improve your athletic performance and protect yourself from injuries. Each sport comes with its own physical demands on your body. You may need training for balance, flexibility or agility to help you perform at the top of your game. Pure 2Improve helps with that.

Pure 2Improve focuses on getting athletes ready for the demands of their sport. Athletes have goals of improving strength, power, speed, agility, mobility, stability, and more to improve abilities in their respective sport of choice. Pure 2Improve develops products that help the athletes at any level to become better in their sports. All the Pure 2Improve products will help you bring your skills to the next level. With products that fit into every part of the training cycle:

PREPERATION
TRAINING
RECOVERY

A very important benefit of Pure 2Improve is that all products are designed to create an explosive, injury resistant athlete.

Pure 2Improve can extend the cycle by delivering functional, easy to use and durable products.

We would like to thank you for taking the time to look at the presentation, please do not hesitate to contact us.

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PERFORMANCE



ROLLER SOFT
YELLOW - P2I200010



ROLLER MEDIUM
RED - P2I200020



ROLLER FIRM
BLACK - P2I200030



14 INCH INFLATED ROLLER
RED - P2I201040



FOAM ROLLER
BLACK - P2I240010

FOAM ROLLER
RED - P2I200770



EXERCISE ROLLER
BLACK - P2I201350



TRAINER ROLLER 45X15CM
BLACK - P2I201370



TRAINER ROLLER 75X15CM
BLACK - P2I201380



PRESSURE POINTER RED
RED - P2I200390



3 MASSAGE BALLS Ø5,0CM
BLACK/RED/YELLOW - P2I200190



MASSAGE BALL BLACK
BLACK - P2I200520





MASSAGE STICK
BLACK - P21160010



MASSAGE HOOK
RED - P21160050



MASSAGE BAR 53 CM
BLACK/RED - P21200910



MASSAGE BALL ROLLER
BLACK/RED - P21160020



COLD BALL ROLLER
BLACK - P21160040



COLD MUSCLE ROLLER
BLACK - P21160030

FOOT MASSAGE BALL
BLACK - P21201110



LARGE MASSAGE BALL
BLACK - P21201120



PEANUT MASSAGE BALL
BLACK - P21201130



T-ROLLER 16CM
BLACK - P21130010



CRYSTAL FOOTROLLER
RED - P21200920



GYM BALL Ø65 CM
BLACK - P21200070

GYM BALL Ø75 CM
BLACK - P21200080



EXERCISE MAT
BLACK - P21200060





EXERCISE MAT NBR BLACK
BLACK - P2I290010



TPE MAT RED COLOR
RED - P2I200430



NBR MAT 200X100X1.5 CM
BLACK - P2I200930



NBR MAT 180X80X1.5 CM
GREEN - P2I200940



NBR MAT 120X60X1 CM
PINK - P2I200950



PE PUZZLE MAT
BLACK - P2I200680



NBR BABY MAT PINK
PINK - P2I201140



NBR BABY MAT GREEN
GREEN - P2I201150



NBR BABY MAT BLUE
BLUE - P2I201160



FLOORMAT 140X70X0,6 CM
BLACK - P2I200980

FLOORMAT 200X100X0,6 CM
BLACK - P2I200960



PRO RESISTANCE BAND LIGHT
YELLOW - P21200090

PRO RESISTANCE BAND HEAVY
BLACK - P21200110

PRO RESISTANCE BAND MEDIUM
RED - P21200100

PRO RESISTANCE BAND EXTRA HEAVY
GREY - P21200120



XL RESISTANCE BAND HARD
BLACK - P21200750

XL RESISTANCE BAND MEDIUM
RED - P21200740



RESISTANCE BANDS SET OF 3
YELLOW/RED/BLACK - P21200280



XL RESISTANCE BAND LIGHT
YELLOW - P21200730



SHOE WEIGHTS
BLACK/GREY - P21100130



SPRINTSAC
BLACK/RED - P21100080



CORE WHEELS SET
BLACK/RED - P21200900



EXERCISE WHEEL
BLACK/RED - P21200670

TEXTILE RESISTANCE BAND LIGHT
YELLOW - P21201790

TEXTILE RESISTANCE BAND MEDIUM
RED - P21201800

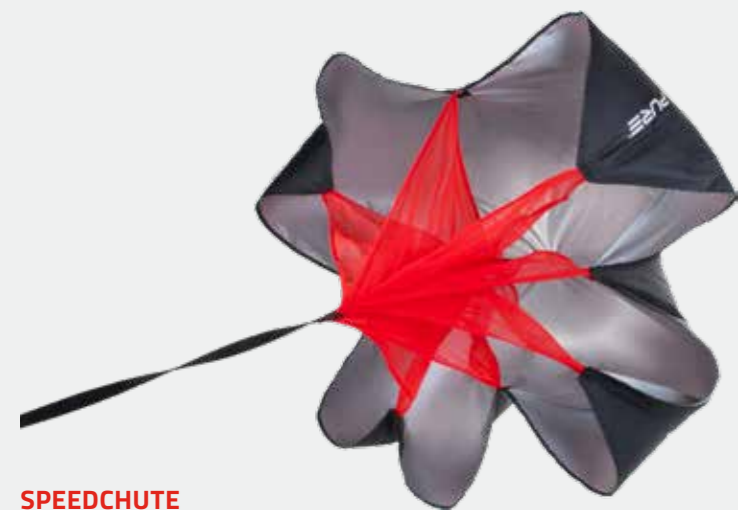
TEXTILE RESISTANCE BAND HEAVY
BLACK - P21201810



BODY SHAPER BANDS LADIES
PINK/PURPLE/GREEN - P21200530



BODY SHAPER BANDS MEN
BLUE/YELLOW/BLACK - P21200540



SPEEDCHUTE

BLACK/SILVER/RED - P2I200470



WEIGHTED VEST

BLACK/RED - P2I200480



RESISTANT CORD

BLACK/GREY/RED - P2I200490



POWER BAG 5KG

BLACK/GREY/YELLOW - P2I201710

POWER BAG 10KG

BLACK/GREY/RED - P2I201720

POWER BAG 15KG

BLACK/GREY - P2I201730



SANDBAG 4X5KG

BLACK/RED - P2I200500



LATERAL TRAINER

BLACK/RED - P2I200570



PUSH UP BAR SET

BLACK/RED - P2I800060



SUSPENSION TRAINER

BLACK - P2I200590



SLIDE PADS SET OF 2 PCS

BLACK/RED - P2I200230



EXERCISE TUBE SET

YELLOW/BLUE/RED/BLACK/GREY - P2I200760



BREAK-AWAY BELT

BLACK/GREY/RED - P2I201030



SLIDE TRAINER

RED/WHITE - P2I300010



SUSPENSION TRAINER PRO

BLACK/RED - P2I201830



GYM BAR MULTI-FUNCTION
BLACK - P21240080



CHIN-UP BAR LARGE
BLACK - P21200880



CHIN-UP BAR MEDIUM
BLACK - P21200890



STRENGTH SET OF 5
BLACK/RED - P21230040



DOOR GYM BAR
BLACK/RED - P21240090



YOGA WHEEL
BLACK/RED - P21200840



MEDICINE BALL 2 KG
BLACK/GREEN - P21110000

MEDICINE BALL 3 KG
BLACK/BLUE - P21110010

MEDICINE BALL 4 KG
BLACK/ORANGE - P21110020

MEDICINE BALL 5 KG
BLACK/YELLOW - P21110030

MEDICINE BALL 6 KG
BLACK/GREY - P21110040

MEDICINE BALL 8 KG
BLACK/RED - P21110050

MEDICINE BALL 10 KG
BLACK/PURPLE - P21110060

MEDICINE BALL 6KG WITH ROPE
BLACK/GREY - P21110090



MEDICINE BALL 4KG WITH ROPE
BLACK/ORANGE - P21110080



MEDICINE BALL 2KG WITH ROPE
BLACK/GREEN - P21110070



MEDICINE BALL 2KG
BLACK/GREEN - P21110100

MEDICINE BALL 6KG
BLACK/GREY - P21110120

MEDICINE BALL 10KG
BLACK/PURPLE - P21110140

MEDICINE BALL 4KG
BLACK/ORANGE - P21110110

MEDICINE BALL 8KG
BLACK/RED - P21110130



SANDBELL 2KG
BLACK/RED - P21201210

SANDBELL 8KG
BLACK/RED - P21201240

SANDBELL 4KG
BLACK/RED - P21201220

SANDBELL 10KG
BLACK/RED - P21201250

SANDBELL 6KG
BLACK/RED - P21201230



JUMP TRAINING SET
BLACK/RED - P21201660

NEOPRENE DUMBBELL SET 2X1 KG
BLACK - P21201390

NEOPRENE DUMBBELL SET 2X2 KG
GREEN - P21201400

NEOPRENE DUMBBELL SET 2X3 KG
BLUE - P21201410

NEOPRENE DUMBBELL SET 2X4 KG
ORANGE - P21201420

NEOPRENE DUMBBELL 5 KG
YELLOW - P21201430

NEOPRENE DUMBBELL 6 KG
GREY - P21201440

NEOPRENE DUMBBELL 8 KG
RED - P21201450

NEOPRENE DUMBBELL 10 KG
PURPLE - P21201460



BALANCE BOARD
BLACK/RED - P21200400



BALANCEBOARD
BLACK/RED - P21230010



WEIGHTED JUMPROPE
BLACK - P21201340



SPEED-JUMPROPE
BLACK/RED - P21200350



JUMP ROPE 275CM
BLACK/RED - P21201200



WEIGHTED JUMPROPE
YELLOW/RED/BLACK - P21200510



JUMPING ROPE
BLACK/RED - P21230020



BALANCEBALL
BLACK/RED - P2I200140



AB BOARD
BLACK/RED - P2I200640



ANKLE/WRIST WEIGHT 2X0,5KG
BLACK - P2I200620

ANKLE/WRIST WEIGHT 2X1.5KG
BLACK - P2I200630



EVA BALANCE PAD SMALL
BLACK - P2I201020



EVA BALANCE PAD LARGE
BLACK - P2I201000



BALANCE CUSHION
BLACK - P2I230050

WEIGHT LIFTING BELT SIZE S
BLACK - P2I200780

WEIGHT LIFTING BELT SIZE M
BLACK - P2I200790

WEIGHT LIFTING BELT SIZE L
BLACK - P2I200800



BATTLE ROPE 9MTR
BLACK - P2I200700

BATTLE ROPE 12MTR
BLACK - P2I200810

JELLY GRIP BALL LIGHT
PINK - P2I800020

JELLY GRIP BALL MEDIUM
YELLOW - P2I800030

JELLY GRIP BALL HEAVY
BLUE - P2I800040





LIFTING STRAPS POLYESTER
BLACK - P2I201090



LIFTING STRAPS BUFFALO LEATHER
BLACK - P2I201100



CEMENT BARBELL SET 20KG
YELLOW/RED/BLACK - P2I200720



HANDGRIP TRAINER MEDIUM
BLACK - P2I200600



HANDGRIP TRAINER
BLACK/RED - P2I200690



FITNESS GLOVES LADIES
BLACK/PINK - P2I800070



FITNESS GLOVES MEN
BLACK - P2I800080

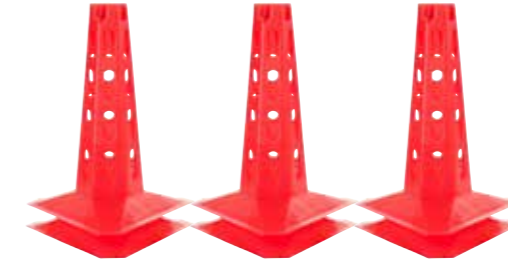
HANDGRIP TRAINER HARD
BLACK - P2I200610



JELLY FINGER EXPANDER SET
YELLOW/RED/BLACK - P2I800010



CONE 15CM SET OF 6
RED - P2I100510



CONE 30CM SET OF 6
RED - P2I100520



PASSING ARCS
RED - P2I100450



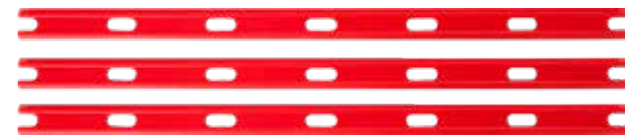
SET SPRINT HURDLES 5 PCS
BLACK/RED - P2I200450



REACTION TRAINER
RED - P2I200560



RUBBER BASE
BLACK - P2I100530



AGILITY BAR SET OF 3 PCS
RED - P2I100500



AGILITY LADDER PRO
BLACK/RED - P2I200360



INTERVAL TRAINER
BLACK/RED - P2I100700



AGILITY LADDER
BLACK/WHITE - P2I200550



FLEXIBLE AGILITY SPEED HURDLES 15CM
RED - P2I310010



FLEXIBLE AGILITY SPEED HURDLES 23CM
RED - P2I310020



FLEXIBLE AGILITY SPEED HURDLES 30CM
RED - P2I310160



FIGHT STRIKER
BLACK/RED - P2I100710



SET TEAM CONES NEON 20 PCS
ORANGE/WHITE/YELLOW/GREEN - P2I200460



MARKER DISC CONE SET 50 PCS
ORANGE/WHITE/YELLOW/RED - P2I310000



SPOTS TRAINER
BLACK/MULTICOLORED - P2I100720



HEXAGON AGILITY GRID
RED - P2I200710



LIQUID GYM CHALK 50ML
WHITE - P2I200860



LIQUID GYM CHALK 250ML
WHITE - P2I200870



SHAKER BOTTLE 700ML
BLUE - P2I360020



SHAKER BOTTLE 700ML
YELLOW - P2I360030



SHAKER BOTTLE 700ML
ORANGE - P2I360040



SHAKER BOTTLE 700ML
PINK - P2I360050



SHAKER BOTTLE 700ML
PURPLE - P2I360060



SHAKER BOTTLE 700ML
WHITE - P2I360070

YOGA



YOGA BOTTLE WITH FOAM
BLACK - P2I200580



YOGABALL ANTIBURST
BLUE - P2I201470

YOGABALL ANTIBURST
PINK - P2I201480



YOGABLOCK
BLUE - P2I201550

YOGABLOCK
PINK - P2I201560

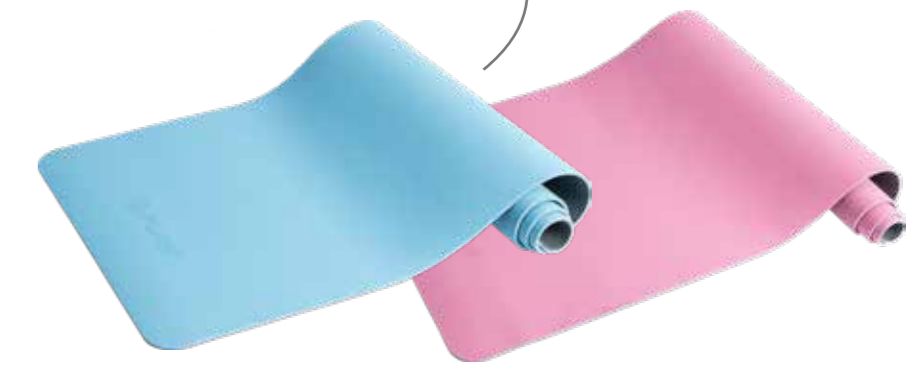


YOGAWHEEL
PINK - P2I201520

YOGAWHEEL
BLUE - P2I201510

YOGAMAT 173X58X0,6 CM
BLUE - P2I201490

YOGAMAT 173X58X0,6 CM
PINK - P2I201500



YOGA SET
BLACK - P2I200650



YOGA MAT
BLACK - P2I240030



YOGA MEDITATION PILLOW
BLUE - P2I201580

YOGA MEDITATION PILLOW
PINK - P2I201590



YOGA TOWEL ANTI-SLIP
BLUE - P2I201600

YOGA TOWEL ANTI-SLIP
PINK - P2I201610



YOGAROLLER 33XØ14 CM
BLUE - P2I201530

YOGAROLLER 33XØ14 CM
PINK - P2I201540



RESISTANCE BANDS SET
BLUE/PINK - P2I201570



YOGASTRAP 180X3,8 CM
BLUE - P2I201620



YOGASTRAP 180X3,8 CM
PINK - P2I201630



SOCCER



FOOTBALL TRAINER
BLACK/RED - P2I200410



SOCCER GOAL 170X110X60 CM
RED/WHITE - P2I150120

FOLDABLE SOCCER GOAL 120X60X60 CM
RED/WHITE - P2I150110



SOCCER GOAL 12X6 M
BLACK/RED - P2I100570

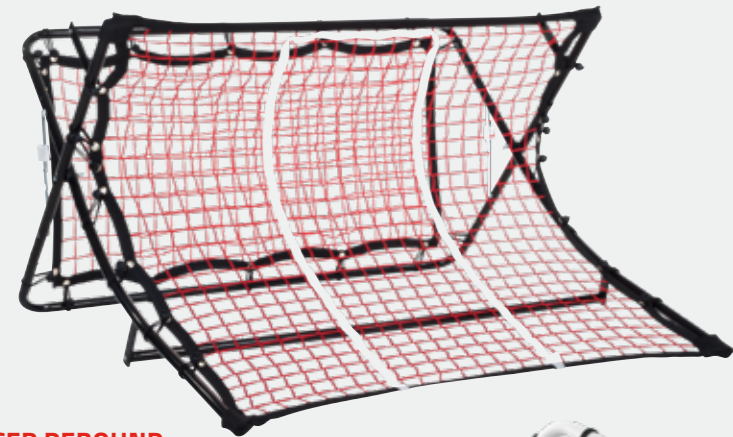
SOCCER GOAL 8X5 M
BLACK/RED - P2I100560

SOCCER GOAL 5X3 M
BLACK/RED - P2I100550

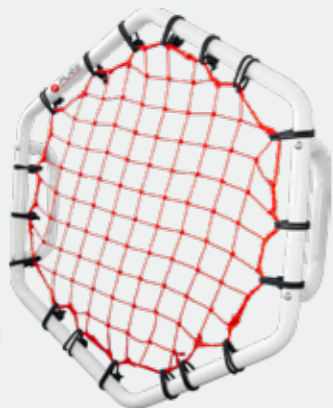


POP-UP SOCCER GOAL SET
120X86X86 CM
BLACK/RED - P2I350010

POP-UP SOCCER GOAL SET
80X60X60 CM
BLACK/RED - P2I350000



SOCCER REBOUND
BLACK/RED - P21150020



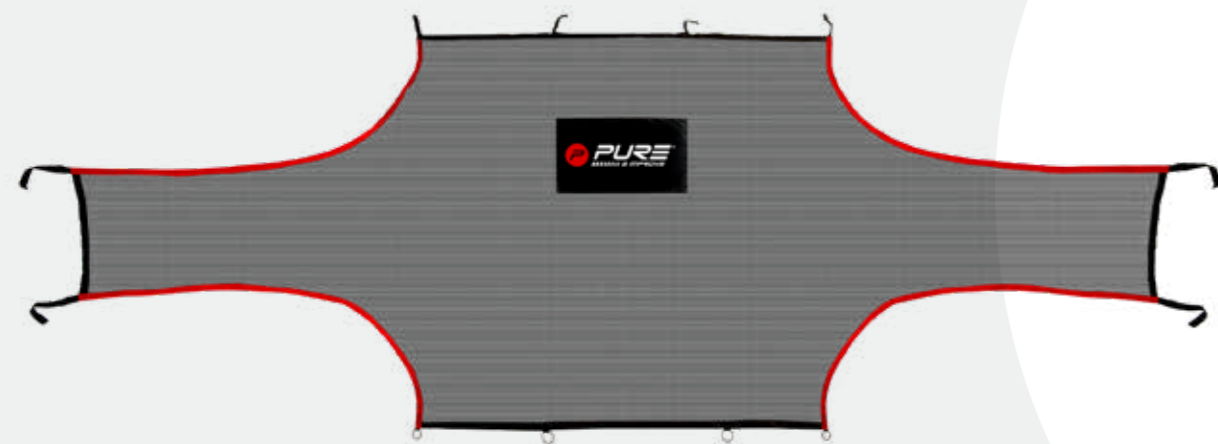
HEXAGON HAND REBOUNDER 58X58 CM
BLACK/RED - P21150150



SMALL HEXAGON REBOUNDER 95X85 CM
BLACK/RED - P21150160



HEXAGON REBOUNDER 140X125 CM
BLACK/RED - P21150130



PRACTICE NET 732X244X244 CM
BLACK/RED - P21150050



INDOOR PRACTICE NET
BLACK/RED - P21150080



COACH BOARD FOOTBALL
P21100680



SOCCER BALL, SIZE 5
WHITE/RED - P21330000

SOCCER BALL, SIZE 4
WHITE/RED - P21330010



SOCCER BALL TRAINER SIZE 5
BLACK/RED/SILVER - P21150070



MINI BALL
BLACK/WHITE - P21380000



SOCCER BALL BAG
BLACK/RED - P21310140

RUNNING



REFLECTIVE LED ARMBAND
BLACK/YELLOW - P2I201700



HEADBANDS SET OF 3 PCS
BLACK/YELLOW/PINK - P2I320000



RUNNING BELT
BLACK/PINK - P2I201670



RUNNING BELT
BLACK/YELLOW - P2I201680



RUNNING BELT
BLACK/GREY - P2I201690



SMARTPHONE WAISTBANDS
PINK - P2I320010

SMARTPHONE WAISTBAND
YELLOW - P2I320020

SMARTPHONE WAISTBAND
BLACK - P2I320030



RUNNING GLOVES PAIR S/M
BLACK/YELLOW - P2I320050



RUNNING GLOVES PAIR S/M
BLACK/PINK - P2I320040

RUNNING GLOVES PAIR M/L
BLACK/YELLOW - P2I320070

RUNNING GLOVES PAIR M/L
BLACK/PINK - P2I320060



RUNNING BEANIE S/M
BLACK - P2I320100

RUNNING BEANIE M/L
BLACK - P2I320130



RUNNING BEANIE S/M
YELLOW - P2I320090

RUNNING BEANIE M/L
YELLOW - P2I320120



RUNNING BEANIE S/M
PINK - P2I320080

RUNNING BEANIE M/L
PINK - P2I320110



REFLECTIVE RUN VEST S
P2I320140

REFLECTIVE RUN VEST M
P2I320150

REFLECTIVE RUN VEST L
P2I320160



REFLECTIVE LED RUNNING VEST 1 SIZE
YELLOW - P2I320180

BASKETBALL



FUN HOOP CLASSIC
BLACK/WHITE - P21100210



BASKETBALL BACKBOARD
BLACK/RED - P21260020



BASKETBALL RING W/NET
RED/WHITE - P21260030



PORTABLE BASKETBALL STAND DELUXE
BLACK - P21260000



PORTABLE BASKETBALL STAND
BLACK/RED - P21260010



PORTABLE BASKETBALL STAND PREMIUM
BLACK - P21260040



TARGET TRAINER
RED - P21100250



COACH BOARD BASKETBALL
P21100620

GOLF



SWING PATH
BLACK/GREY/RED - P21100310



PRACTICE CUP
BLACK - P21100350



TEMPO TRAINER 48 INCH
BLACK/RED - P21100330

TEMPO TRAINER 40 INCH
BLACK/RED - P21100340



STABILITY ROD
RED - P21200270



PUTT PATH
BLACK/RED - P21100360



HITTING MAT
BLACK/GREEN - P21190080

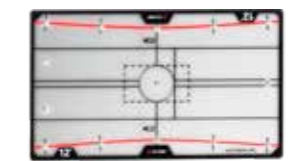
IMPACT BAG
BLACK/RED - P21190020



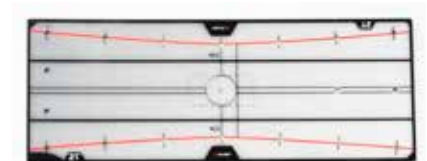
GOLFPUTTING MAT 65X300 CM
BLACK/GREEN/RED - P21140010



GOLFPUTTING MAT 65X500 CM
BLACK/GREEN/RED - P21140020



PUTTING MIRROR 12 INCH
BLACK/RED - P21190060



PUTTING MIRROR 21 INCH
BLACK/RED - P21190070



RANGEFINDER
BLACK/RED/WHITE - P21600850



GOLF IMPACT BALLS SET OF 6
BLACK/RED - P21280000



PUTTING MAT 80X237 CM
GREEN - P21140030



PUTTINGMAT 400X66 CM
GREEN - P21140060



PUTTING MAT WITH BROOM
GREEN - P21180010



PRACTICE NET 2,40X2,10 M
BLACK - P21100380



GOLF PRACTICE NET
BLACK/RED - P21500010



GOLF PRACTICE NET SQUARE
BLACK/RED - P21500020



POP-UP CHIPNET
BLACK/RED - P21150140



MORE SPORTS

SWIM CHUTE
BLACK/RED - P2I200210



SWIMMING GLOVES S
BLACK/RED - P2I200240

SWIMMING GLOVES M
BLACK/RED - P2I200250

SWIMMING GLOVES L
BLACK/RED - P2I200260



PULL BUOY
BLACK/RED - P2I220020



KICKBOARD
RED - P2I220010



TENNIS TRAINER
BLACK - P2I100180



MULTISPORTS VISION TRAINER
BLACK/GREY - P2I100260



SHIELD MASK YOUTH
BLACK - P2I100460

SHIELD MASK ADULT
BLACK - P2I100470



COACH BOARD HANDBALL
P2I100630



COACH BOARD AMERICAN FOOTBALL
P2I100600



COACH BOARD ICE HOCKEY
P2I100640



COACH BOARD BASEBALL
P2I100610



COACH BOARD FUTSAL
P2I100650



COACH BOARD FIELD HOCKEY
P2I100660





COACH BOARD RUGBY
P21100670



COACH BOARD VOLLEYBALL
P21100690



SPEED RADAR
BLACK - P2120010

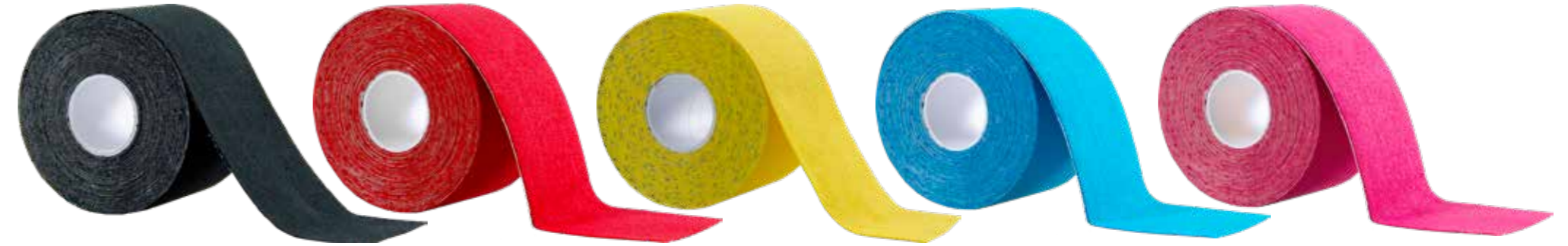


STOPWATCH
BLACK - P21201780

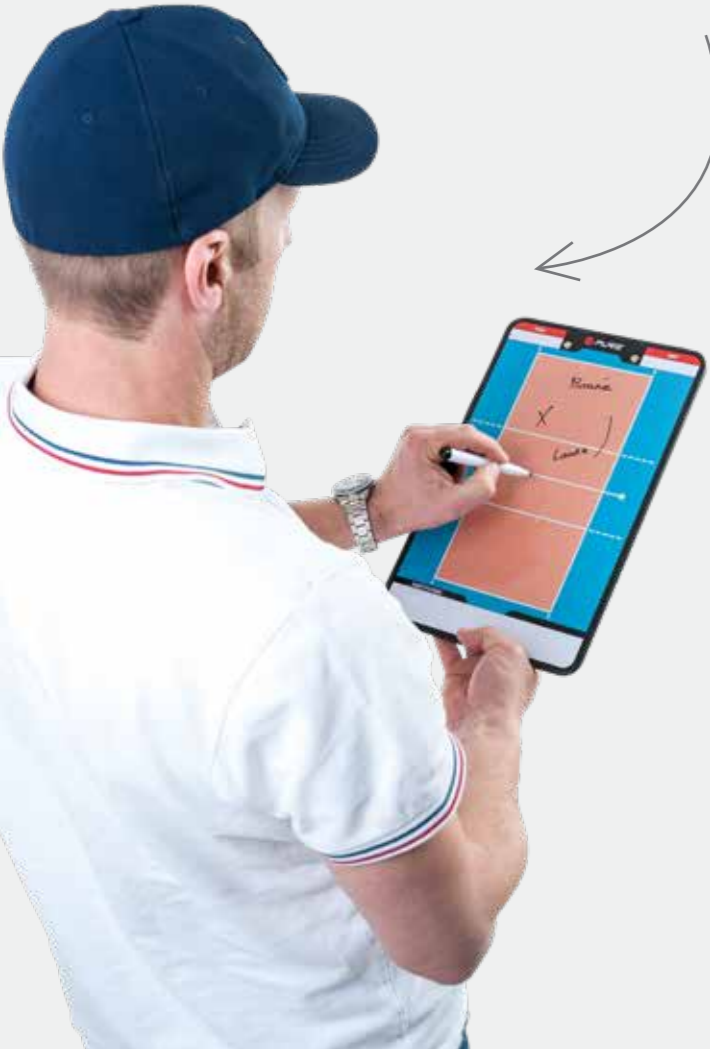


KINESIOLOGY TAPE
BLACK/RED - P21250010

KINESIOLOGY TAPE 5X500 CM



BLACK - P21250020 RED - P21250030 YELLOW - P21250040 BLUE - P21250050 PINK - P21250060



FIELD MARKERS 12PCS
RED - P21200440

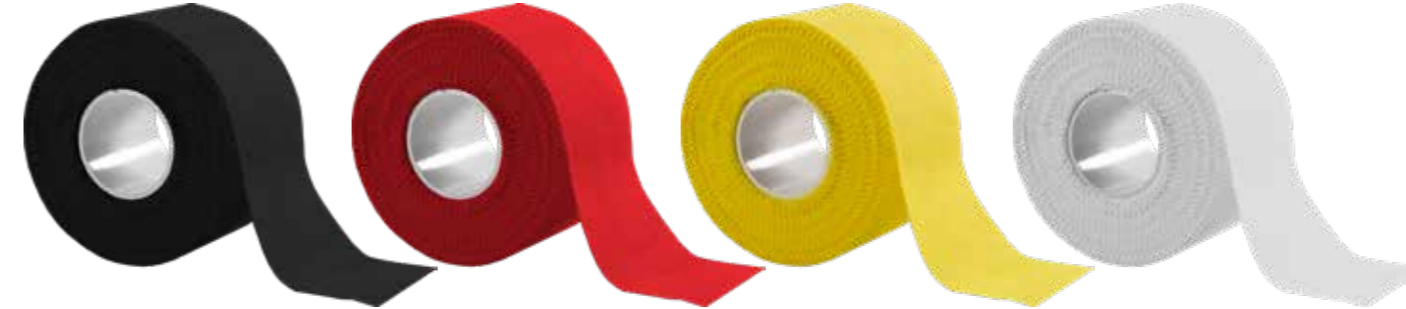


SCALE
BLACK - P21200370



DOUBLE ACTION PUMP
BLACK - P21201770

SPORTSTAPE 3.8X100 CM



BLACK - P21250070 RED - P21250080 YELLOW - P21250090 WHITE - P21250100



REBOUNDER ICE-HOCKEY
WHITE - P21120000



SHOOTING PUCK
ORANGE - P21120020



PRESSURE GAUGE
P21201750

BALL NEEDLE SET
P21201760

SOCK TAPE 5X450 CM



BLACK - P21250110 RED - P21250120 YELLOW - P21250130 WHITE - P21250140 ORANGE - P21250150 GREEN - P21250160 BLUE - P21250170





INFLATED DEFENDER 185X68 CM
RED - P21270000



CAPTAIN ARMBAND
RED/WHITE - P21310090



PADDEL
BLACK/RED - P21340000



REFEREE FLAG SET
ORANGE/YELLOW - P21310040



RED/YELLOW/GREEN CARD SET
BLACK/GREEN/RED/YELLOW - P21310170



HOCKEY BOTTLE 800 ML
BLACK/RED - P21360010



WATERPROOF 35L SPORTSBAG
BLACK - P21900100



PLASTIC WHISTLE FLAT
BLACK/RED - P21310060

PLASTIC WHISTLE
BLACK/RED - P21310070

METAL WHISTLE
RED/SILVER - P21310080



RED AND YELLOW CARD SET
BLACK/RED/YELLOW - P21310050



MESH BIB SET MINI
RED - P21310180

MESH BIB SET JUNIOR
RED - P21310100

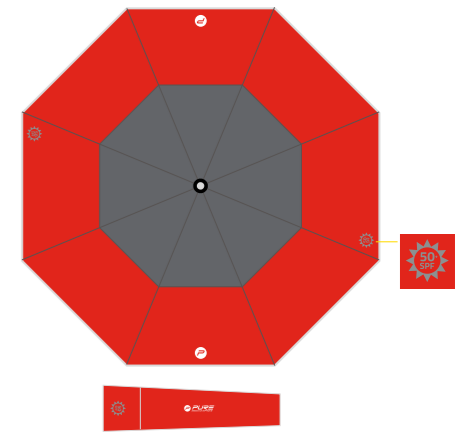
MESH BIB SET SENIOR
RED - P21310120



MESH BIB SET MINI
YELLOW - P21310190

MESH BIB SET JUNIOR
YELLOW - P21310110

MESH BIB SET SENIOR
YELLOW - P21310130



UMBRELLA
RED/GREY - P21640400

PURE 4FUN



6 PERSON INFLATABLE FLAMINGO BOAT
PINK - P4F130200



6 PERSON INFLATABLE TOUCAN BOAT
PETROL - P4F130220



6 PERSON INFLATABLE UNICORN BOAT
PINK/BLUE - P4F130240



6 PERSON INFLATABLE PEACOCK BOAT
PURPLE/BLUE - P4F130210



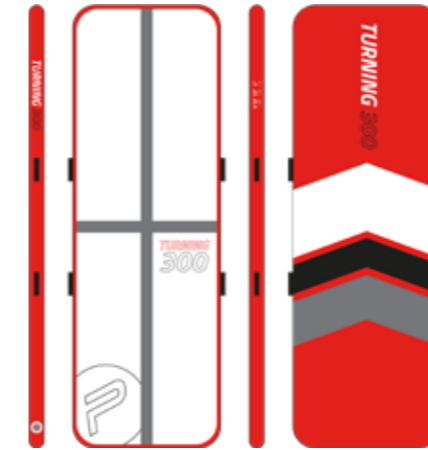
6 PERSON INFLATABLE SWAN BOAT
WHITE/PINK - P4F130230



6 PERSON INFLATABLE RUBBER DUCK BOAT
YELLOW/ORANGE - P4F130250



SUP BASIC 305 CM
BLACK/GREY/RED - P4F940150



SUP TURNING 300 CM
BLACK/GREY/RED - P4F940190



SUP YOGA 245 CM
BLACK/GREY/RED - P4F940180



WIND SUP 305 CM
BLACK/BLUE - P4F940220



SUP BASIC 320 CM
BLACK/GREY/RED - P4F940170



SUP GIANT 457 CM
BLACK/GREY/RED - P4F940230



SUP RACING 381 CM
BLACK/RED - P4F940200



SUP TOURING 350 CM
BLACK/GREY/RED - P4F940210



KAYAK
RED/WHITE - P4F130270



BODYBOARD
GREEN/YELLOW - P4F140010



ALU PADDLE
BLACK - P4F940500

ALU PADDLE KAYAK
BLACK/SILVER - P4F940510

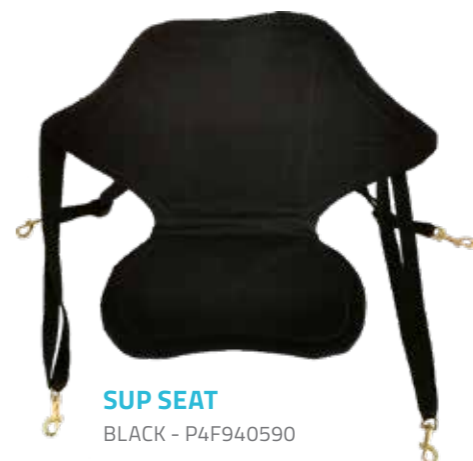


PUMP
BLACK - P4F940530

DOUBLE ACTION PUMP
BLACK - P4F940540



PATCH KIT
P4F940560



SUP SEAT
BLACK - P4F940590



SUP BAG FOR 305 SUP
BLACK - P4F940570

SUP BAG FOR 320 SUP
GREY - P4F940580



COIL LEASH
BLACK - P4F940550



SUP SEAT DELUXE
BLACK/GREY - P4F940600

ABOUT QPA

QUALITY PERFORMANCE ACADEMY

QPA is a company that provides physical therapy and sports performance training to professional athletes and teams. With over ten years of experience we've created a clear vision and methodology that has proven itself not only at the professional level but also with amateur and youth athletes. We are always working from the company's core values:

TRAINING
RECOVERY
NUTRITION
MINDSET

To stay ahead in the game of advancing human performance we do research in collaboration with our specialists. This has led to programmes and products that are proven and seamlessly integrated into QPA's sports and therapy services. As an example we designed a performance software system that will support the athlete in their training cycle.



F.I.T. POWERBOX BY QPA

The F.I.T. POWERBOX makes professional strength and power training possible for athletes of all ages and level. The performance equipment is easy to transport to where the training takes place with the strong box and its track tyes. The sports specific character and the evidence-based training system, makes training with the POWERBOX inspiring and motivating for both athletes and trainers.

The F.I.T. POWERBOX is equipped with a clear system so you can organise and start a training in only 4 steps. With the exercises and interval varieties which are displayed on the POWERBOX you can set up over 7000 different types of training. The POWERBOX also has a handy instructional display for the athlete to see how the exercises need to be completed.

The box contains 4 Pieces of each performance product so that 4 up to 20 athletes can train at the same time.

We support the owners and the athletes of the POWERBOX even more by providing them with our F.I.T. support APP (basic). With this app the trainers have a good overview of their team and the athletes get a performance knowledge platform at their disposal to get the highest performance value 24/7.

CONTENT POWERBOX:

- 4x Sprintsac
- 4x Sandbag
- 4x Resistant cord
- 4x Weighted vest

- 4x Medicine ball
- 4x Pro Resistance band heavy
- 4x Pro Resistance band medium
- 4x Exercise mat
- 1x Team cones (20x)
- 1x Spots trainer (1 t/m 10)
- F.i.t. support app. (basic)

The entire F.I.T. POWERBOX with the F.I.T. support app. (basic) comes at a price of €1995,- excl. of VAT. To educate the trainers about the POWERBOX we provide an inspiring clinic (3 hours) at a price of 399,- excl. of VAT.



F.I.T.

MOVEMENT
SYSTEM



F.I.T. MOVEMENT SYSTEM BY QPA

The 'F.I.T. movement system' is the **revolutionary** way for clubs, trainers and athletes to integrate a professional movement based system in their organisation or club regardless of **level**, sex or age.

The **3 step movement system** is easy to integrate by the **trainers** and also easy to understand by the **athletes**. It will support injury prevention/physical development and enhances sport performance.

The F.I.T. philosophy is the way how movement will be approached whether you want to restore movement after injury or if you want to improve performance.

MOVEMENT SYSTEM:

1. (F)oundation
2. (I)ntegration
3. (T)ransfer

Every element of human conditioning is integrated in these steps:

STRENGTH & POWER
SPEED & AGILITY
ENERGY SYSTEMS
MOBILITY & STABILITY

With the right timing, movement technique and training materials the body will adapt to a higher level of performance and injury potential will decrease.

This is why QPA and Pure 2Improve are the perfect combination for every athlete and team to reach maximal potential in their sport and in life!



REACH COMPLIANCE.

REACH is a European Union regulation (1907/2006/EC) restricting the levels of specific chemical substances in all imported goods. Registration, Evaluation, Authorization and restriction of Chemicals (REACH) is one of the most comprehensive and far-reaching pieces of environmental legislation to come out of the European Union. Third-party laboratory Testing allows you to verify compliance with the requirements of REACH.



PURE 2IMPROVE

Pauvreweg 30
4879 NA Etten-Leur
The Netherlands

+31 (0)76 - 504 33 33
www.Pure2Improve.com
info@Pure2Improve.com

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