

World class sports science; testing and monitoring;
sports medicine and rehab; fitness conditioning
and performance training equipment

H**a**B direct



POWERbreathe® Training

POWERbreathe® Altitude Simulation

Respiratory and Lung Function

Blood and Lab Analysis

CV Fitness Treadmills, Bikes & Rowers

Recovery and Rehab

Strength and Conditioning

Health Related Fitness Testing

ISSUE 14

HaB direct

Welcome to the 14th Edition of the HaB Direct catalogue. We are proud to be celebrating 24 years in business and would like to thank you for your support and custom and for making HaB Direct your preferred supplier for fitness, health, wellness and sports performance products.

We continue to work closely with leading manufacturers from around the world who share the same philosophy as ourselves; one of providing excellent quality and innovative products that help set industry benchmarks and future trends.



Keep up to date with all the latest news, innovations, product updates and offers at: **habdirect.co.uk**



HaB Direct is well known for offering new, innovative, high quality industry leading products and services. Within the life of a printed catalogue, a lot can change. This is where our NEW website comes in to its own. As technology improves and develops, products are becoming more and more advanced.

As manufacturers are becoming more and more customer focused, their product ranges are extending to cater for as many users as possible. With this in mind, we just do not have the space to list all the (sometimes very) technical details or every variation of every product a manufacturer produces in our catalogue.

With space not an issue @ www.habdirect.co.uk, we can offer a wider choice of products from additional approved suppliers.

Full technical product specifications are listed and supported by 'how to' video links to help you make your buying decisions. If you need further assistance HaB Direct's friendly staff are available at the end of the phone to help.



Our valued supply partners include:



How to Order



On-line
web: www.habdirect.co.uk



email: sales@habdirect.co.uk



Ordering by telephone
To place an order simply telephone (01926) 816100 and speak to one of our friendly staff. Our telephone lines are open Monday to Friday 9.00am - 5.00pm. At all other times an answerphone service is available. When ordering by telephone it would be helpful to have all the relevant details immediately to hand. e.g. Product code and Product Name.
Telephone: +44 (0)1926 816100



Ordering by post to:
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Visit us
Our showroom is open Monday – Friday, please call beforehand to confirm availability.



How to pay
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Official purchase orders are accepted from establishments such as Education and Local Authorities, Hospital Trusts, Government Bodies etc. Purchase orders must be posted or emailed with the order number printed clearly together with the name, delivery address and department of the person ordering.
All purchase orders must hold the signature of an approved authoriser.



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Credit Card
By any one of these major credit cards.



**For information relating to:
Product pricing;
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shipping; Delivery; Leasing /
Hire purchase, please visit
www.habdirect.co.uk**



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POWERbreathe® Training

Page 3-8

Dumbbells for your lungs. Improve breathing strength, stamina and power with the world's no.1 Inspiratory Muscle Trainer. Drug Free, simple and effective.



POWERbreathe® Altitude Simulation

Page 9-12

Elevate your training. POWERbreathe Altitude Simulation Systems (PBAS) offer flexible solutions, tailored to your needs. From the entry level portable mask based systems and inflatables, to bespoke modular room simulators that can be added to, as your requirements grow.



Respiratory and Lung Function

Page 13-16

HaB Direct is at the forefront of bringing you the most up to date Respiratory technology. With new products within the unrivalled Ganshorn range together with basic lung function testing equipment.



Blood and Lab Analysis

Page 17-19

EKF, Lactate Scout, Lactate Pro, Accutrend, Osmocheck and Reflotron are all available giving you a comprehensive selection from the best brands worldwide.



CV Fitness Treadmills, Bikes & Rowers

Page 20-30

HaB Direct are proud to be Sole Distributors (UK & Ireland) for h/p/cosmos, offering Innovative technology and exceptional performance for sports science, performance training & medical applications, as well as, Monark Sports and Medical, bringing you the best ergometers and stationary bikes available.



Recovery and Rehab

Page 31-34

This extended section incorporates the new "Check" training readiness assessment device, as well as, Airnergy Stream – a new recovery tool, together with Ice Baths and the ever popular rollers and couches.



Strength and Conditioning

Page 35-42

HaB Direct have sourced the best brands from around the world e.g. Marpo Rope Trainers and Fusion Sports to enhance research, fitness and performance training.



Health Related Fitness Testing

Page 43-51

HaB Direct is your "one stop shop" for all testing, measuring and monitoring needs, with further products and ranges on our website.



HaB direct

What's NEW?

"I would like to take this opportunity, on behalf of all my colleagues at the English Institute of Sport, to thank you and your company for the fantastic support we have received over the past four years..."

This is a demanding performance environment to work in and to enable us to do our job to the highest standard we need to work alongside the best suppliers and the supporting organisations. We are fortunate to have been working with you and we want to acknowledge the efforts that you go to as a company to make our job easier.

Be proud of the part you have played in the elite sport system over the last Olympiad, know that your hard work has contributed in some way to the success I'm sure Team GB will have over the new few weeks."

Richard Parker, Regional Director of EIS, The High Performance Centre at Bisham Abbey.

HaB Direct has selected the latest 'benchmark' innovations in Sports Science and Human Performance; Fitness Testing and Monitoring; Health Related Fitness; Strength and Conditioning; Sports Medicine and Rehab, as well as, Healthcare and Medical.

Whilst HaB Direct is regularly approached by suppliers to represent their products, HaB Direct goes through a rigorous evaluation process of the product, the

supplier and our customer expectations, before selecting a product - hence our slogan: "Products that Perform"

HaB Direct have worked with many of our brand partners for over 20 years, simply because they are the best at what they do. As technology changes, these innovative partners constantly update and renew their product ranges, turning new, exciting ideas into reality.

Within this catalogue No. 14 examples of the latest products selected on merit, include:



HaB Direct, new Sole Distributor for UK and Ireland. See full range from **page 26**.



New Robomove from h/p/cosmos. See **Page 25**.



Mask based, Inflatables and Room Based altitude simulation systems incorporating the latest modular systems technology. From **Page 9**.

Experience, Knowledge and ISO 9001:2008 Accreditation

For 24 years, HaB Direct have been providing customers with the best equipment for their particular needs, supported by competitive pricing and friendly, knowledgeable and efficient after sales support.

HaB Direct is one of the very few companies within its field to have the ISO Accreditation (something we have held for 17 years). This is often a pre-requisite of professional / institutional / commercial clients to ensure supplier working practices and standards meet the high expectations embodied within the ISO principles.



FS98181

Fully Trained Technical Service Support Engineers

We pride ourselves on going the extra mile. We have a dedicated service and support team; all trained by the suppliers of our world-leading products.

We offer unrivalled After Sales Care and can meticulously plan even the most challenging of Installations, drawing on many years of experience to ensure there are no hidden surprises.

Zephyr™



The New ECHO Bioharness from Zephyr. See **Page 44**.

Vacumed



Metabolic Simulator from Vacumed. See **Page 15**.



A new range of Weights, Racks, Benches and Platforms. See **Page 40**.



Training readiness/Body Assessment device from Fam Sports. See **Page 33**.



New whole body respiratory analysis device from Ganshorn. See **Page 15**.



New Lactate Scout. Now compensates for Hematocrit levels. See **Page 19**.



New Smartspeed PDA – upgrade your system today. See **page 38**.

We have extended many existing ranges on-line such as Anatomical Models, HRM's, Seca & Compex - visit habdirect.co.uk for details

POWER[®] breathe

Discover 'Smart Breathing'
with POWERbreathe...

Don't just accept the way you breathe

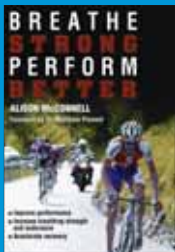
Train your inspiratory muscles
(breathing muscles) to become
stronger, more efficient, build stamina
to help reduce fatigue and improve
performance, as well as, aid recovery.



"Advances in sports science are few and far between but numbered among those rarities is the discovery that breathing has such a profound influence on performance that it merits specific training"

Sir Mathew Pincet.

Taken from the Introduction to
'Breathe Strong, Perform Better'
book by Prof. Alison McConnell



For Better Breathing books visit:
habdirect.co.uk

What is POWERbreathe?

POWERbreathe is a multi-functional inspiratory muscle training tool for exercising the breathing muscles.

As with any other muscle, respiratory muscles can be trained so that they are more resistant to fatigue. This resistance to fatigue results in reduced breathlessness and enhanced exercise tolerance.

POWERbreathe uses the principle of resistance training to train the inspiratory muscles. It creates a resistance to inhalation, forcing the breathing muscles to work harder to draw air into the lungs. This trains the muscles in much the same way as dumbbells might be used to train the bicep muscles.

The Science

- Originally, researched and developed by Sports and Human Performance Scientists at: Loughborough, Birmingham and Brunel Universities
- Uses the scientifically proven pressure threshold system
- Uses the most effective training regime, identified after rigorous laboratory testing
- Is a drug-free Class 1 Medical Device
- Over 300 clinical study papers already published



POWERbreathe K5
WITH BREATHELINK™
LIVE FEEDBACK SOFTWARE

The electronic K-Series has been recognised by a major 6 Nation multi-centre COPD clinical study to be a "Gold Standard" device.

The portable K-Series offers innovative lab quality measurements with comprehensive training and test data via the Breathe-Link software.

See page 7 for more details.
















POWERbreathe[®] Training

POWERbreathe Products

Smart Breathing Training since 1997

Features Table

K-Series Features Table

			K-Series					
Icon	Features	Explanation of features	K1	K2	K3	K4	K5	KH1
Training Features								
	Advanced variable load training	The electronically controlled resistance valve provides a variable pressure threshold resistance, optimised to match the strength profile of the inspiratory muscles for maximum training effectiveness.	•	•	•	•	•	•
	Auto-optimising IMT technology	The POWERbreathe K-Series Auto-optimising Inspiratory Muscle Training system automatically adapts to your personal training requirements.	•	•	•	•	•	•
	Manual training intensity option	The training intensity adjustment option allows resistance to be manually set from 5 to 200cmH ₂ O to suit your personal training requirements.	•	•	•	•	•	•
	Breathing pacing guidance	Buzzer indicates when the user should inhale in order to optimise breathing patterns and prevent hyperventilation	•	•	•	•	•	•
	Current training session breath counter	Displays number of breaths remaining in current training session	•	•	•	•	•	•
	End of training session indicator	Alarm indicates that training session is over	•	•	•	•	•	•
	Warm-up mode	Can be used to warm-up the inspiratory muscles prior to exercise			•	•	•	
	Cool-down mode	Can be used to cool-down the respiratory muscles after exercise			•	•	•	
	Custom mode	Personalise your training session created using Breathe-Link PC software						•
Training Feedback and Testing Features								
	Load (cmH ₂ O)	Measure of the resistance to inhalation and is equivalent to the weight being lifted	•	•	•	•	•	•
	Power - current session average (watts)	Current session average power (watts)	•	•	•	•	•	•
	Inhaled volume - average per breath (litres)	Current session average volume (litres)	•	•	•	•	•	•
	PIF/Flow	Peak Inspiratory Flow (litres/sec)		•	•	•	•	•
	Volume	Maximum inhaled volume (litres)		•	•	•	•	
	MIP	Maximal inspiratory muscle strength (cmH ₂ O)						•
	MIP rating	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)						•
	S-Index	Index of inspiratory muscle strength (cmH ₂ O)		•	•	•	•	•
	S-Index Rating (poor, fair, average, good, excellent)	Comparison with population normal values based upon user stats (Age, Height, Weight, Gender)		•	•	•	•	•
	Test mode (S-Index - Single breath test)	Measures inspiratory muscle Strength Index		•	•	•	•	• ¹
	T-Index - current session (%)	Training Index (%) [Measure of training session effectiveness]		•	•			•
	T-Index rating (low, med, high)	Rating of training session effectiveness		•	•			•
	Graphical T-Index history	Graph of previous 36 Training Index results			•			
	Breathing energy (joules)	Measures the mechanical work of breathing during your breathing training session. (Joules)				•	•	
	Graphical breathing energy history (last 36 sessions)	Graph of previous 36 Breathing Energy results				•	•	
	Session number	Number of training sessions completed				•	•	
	Test mode (PIF/Flow)	Measures Peak Inspiratory Flow		• ²	• ²	• ²	• ²	• ²
	Test mode (MIP)	Measures Maximal Inspiratory Pressure (highest 1 sec average)						•
	Graphical load history (last 36 sessions)	Graph of previous 36 training load results			•	•	•	
	Graphical power history (last 36 sessions)	Graph of previous 36 average power results			•	•	•	
	Graphical volume history (last 36 sessions)	Graph of previous 36 average volume results			•	•	•	
Breathe-Link Features								
	Breathe-Link PC software for real-time breathing measurement and analysis	Real-time breathing measurement & analysis software for PC and Mac. Maximises training & test performance in real-time. Stores results for analysis. Import and Export .bre files allowing data to be shared amongst Breathe-Link users.				•	•	
	PC graphical view	Easy to understand live test, feedback graphs to monitor each breath, with visual feedback to help improve your performance.				•	•	
	Breathe-Link custom training mode	Allows you to create and upload your own personalised breathing training sessions.					•	
	Training statistics review	Review the details and trends of your Breathe-Link training sessions.				•	•	
	Breathe-Link ProView advanced analytics	For a detailed, simultaneous plotting & analysis of all inspiratory muscle training data.					•	
	Print/PDF generator	Keep detailed high resolution records of each session. Share training history for analysis in printed or PDF format.					•	
	Live real-time performance monitoring	See real-time test and training performance live on screen.				•	•	
KH-Series Features								
	Bacterial/viral filter spacer	Allows the connection of POWERbreathe TrySafe™ bacterial/viral filters for multi-person use/testing.	• ³	• ³	• ³	• ³	• ³	•

•¹ Note 1: For the KH1 model, S-Index test result is output following a PIF test.

•² Note 2: for K2, K3, K4 and K5 models, peak flow result is output following an S-Index test.

•³ Note 3: POWERbreathe spacer is included with KH1 but not with the other K-Series models.

Visit: habdirect.co.uk for any feature updates

POWERbreathe® K-SERIES

The World's 1st Intelligent Digital Breathing Trainer

The innovative digital POWERbreathe K-Series inspiratory muscle trainers developed by POWERbreathe International deliver a superior breathing training experience that takes the guesswork out of your training, offering effective, adaptable and personalised respiratory coaching and feedback.

POWERbreathe Smart Breathing Training Technology

Breathing physiology indicates that when your lungs are empty the breathing muscles are at their strongest. However, as they fill up with air they start to lose strength and therefore at high loads can't maintain a full contraction throughout an entire breath.

The intelligent POWERbreathe K-Series provides the user with variable valve loading to overcome this. A tapered loading resistance matches the contraction curve of the breathing muscles throughout the entire breath. This enables the user to complete a full breath and muscular contraction at an optimal resistance.

K-Series Smart Features

The POWERbreathe K-Series is an exclusive, adaptable and personalised respiratory coaching system offering many unique training features:

- Personalised Auto-optimising IMT technology, that adapts specifically to users breathing function
- Advanced variable load training for improved training performance



POWERbreathe KH1

The new POWERbreathe KH1 is a revolutionary inspiratory muscle training device designed specifically for the healthcare professional. The application of POWERbreathe in the healthcare and medical markets is now widely accepted and is used in such patient groups as COPD, Asthma, Cardiac Failure, Thoracic Surgery and Neuro-muscular disease. By using the Maximum Inspiratory Pressure (MIP) test incorporated into the KH1, the patient can undertake a baseline measurement and train according to our tried and tested 30 breaths twice a day protocol and re-measure the MIP to quantify the improvement.

Technology

The patented POWERbreathe K-Series uses state of the art piezo-resistive pressure sensing technology to take precise measurements of respiratory pressure 500 times/second. The triple-aperture rotary valve system makes up to 4000 precision movements every second.

Medical classification

POWERbreathe K-Series is a Class 1 medical device as classified under the Medical Device Directive 93/42/EEC, and complies with EN 60601-1:2006 regarding medical electrical equipment.



POWERbreathe K1

Entry-level model with basic essential breathing training features.

Product code: PBK1



POWERbreathe K2

Mid-range model with more advanced breathing training features.

Product code: PBK2



POWERbreathe K3

The K3 includes key breathing training features, such as graphical history of up to 36 training sessions being able to be reviewed on screen, as well as, warm-up and cool-down/recovery modes.

Product code: PBK3

Availability of features dependant on model visit habdirect.co.uk for detailed specifications.

- Performance monitoring capability for analysing breathing muscle strength, power, flow, training volume and endurance
- Training intensity selector for creating personalised training programmes
- Breathe-Link performance monitoring software*
- Built in breathing guidance parameters to train, warm-up* and cool-down*
- Integrated breath pacing metronome, breath counter and end of session indicator
- Easy maintenance, user friendly and portable design
- Hand held device powered by rechargeable battery, mains or USB.

*Availability of features dependant on model



Clinically Proven Gold Standard Device

POWERbreathe KH1 features:

- Manually adjustable variable training load (5-200cmH₂O)
- Advanced electronic variable load training
- Single breath test MIP
- Single breath test (PIF/Flow Test)
- Test results (PIF/Flow Test and MIP)
- Current training results (Inhaled Volume, Power, Load)
- Current training results (T-Index %)
- Breathing pacing guidance (audible beep)
- Interchangeable valve heads for multi-user option all with Antimicrobial mouthpiece
- Single use TrySafe™ filter option available for multi-user testing / training
- Compatible with oxygen adapter and facemask
- Ergonomic design for adult and paediatric use

Parameters displayed include:

- Maximal Inspiratory Pressure (cmH₂O), highest 1 second average)
- Peak Inspiratory Flow (L/s)
- Training load (cmH₂O)
- Average Power (Watts)
- Average inhaled volume (L)
- T-Index (training intensity index)

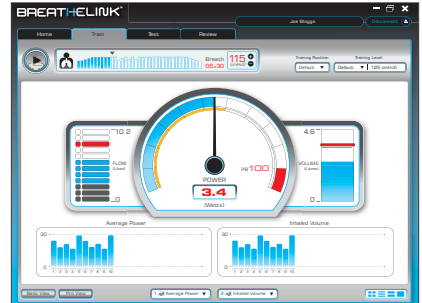
Product code: PBKH1

Major 6 Nation Multi-Centre COPD study concludes that POWERbreathe K-Series performance matches "Gold Standard" clinical laboratory system. (PubMed - PMID: 23421970)

POWERbreathe®
the world's 1st intelligent digital breathing trainer™

K4

WITH **BREATHELINK™**
live feedback software



Training Screen

Power Meter – measures current and maximum power of the respiratory muscles in watts per breath

Flow Meter – measure the current and maximum inspiratory flow of the respiratory muscles per breath

Volume Tank – measures the inhaled volume of your lungs per breath

Breath Counter – counts the number of breaths to end of session; can also adjust the load.

Elite training for individuals whose goal it is to be at the top of their game.

With the K4 Breathe-Link software you can maximise breathing performance by monitoring and analysing training and test results on screen. The K4 with its Breathe-Link software takes the guesswork out of your training.

K4 Breathe-Link PC Software enables:

- Real-time breathing measurement and analysis
- Import and export of .bre files (breathing file extension) to allow data sharing amongst Breathe-Link users
- Real-time, live test feedback in a graphical display with enhanced visual feedback

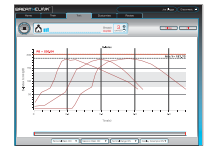
Main features of the K4 Breathe-Link live feedback PC software include:

- Maximum of 10 user profiles and 1200 stored sessions per user
- Breathe-Link Import and Export feature
- Breathe-Link PC Graphical View



Review screen

Displays:
Average loading value per breath
Average power value per breath
Average inspiratory flow per breath
Average energy expenditure per breath



Test Screen

Displays the graph of the current test breath in cmH₂O for strength index or L/S for peak inspiratory flow mode.

Breathe-Link K4 live feedback software by POWERbreathe

The complete Inspiratory Muscle Training (IMT) suite for Windows or Mac PC.

Designed to maximise your training and guide you through each breath that you take. With state of the art real time data visualization and sophisticated multi-graph plotting that allows complex data of your breathing muscles to be displayed into key parameters (Pressure, Flow, Power and Work).



K-Series Accessories

To get the most out of your POWERbreathe we have a full range of consumables and accessories available.



POWERbreathe Cleansing Tablets
Product code: PBST24



K-Series Single Pack Valve Head
Product code: PBKHVBLK (black)
PBKHVBLU (blue)
PBKHVGR (Grey)



POWERbreathe K-Series Mouthpiece
Product code: PBKM



POWERbreathe Spacer for the Try-Safe Filter and other airway management attachments
Product code: PBKSP



POWERbreathe Try-Safe Filter
Product code: PBF

To see more details on POWERbreathe K4 visit habdirect.co.uk

POWERbreathe®
the world's 1st intelligent digital breathing trainer™

K5

WITH **BREATH+ELINK™**
live feedback software

POWERbreathe®

POWERbreathe K5 – The Professionals Choice

The K5 has three distinct features: variable valve loading, testing protocol and custom training modes. The K5 variable valve system uses state of the art piezo electric pressure sensors to sample both pressure and flow at 500hz and make micro adjustments to the valve and training load at 4000hz. These adjustments match the contractile profile of the diaphragm and provide up to 50% more training work at 80% of maximum inspiratory pressure.

The K5 will allow you to measure the baseline strength of an athlete's respiratory muscles. Using the 'strength index test' the device measures a single maximum breath and provides a score in cmH₂O.

The K5 device also has various modes including a unique, personalised custom training mode.

Warm-Up

The K5 can be used to warm up the respiratory muscles prior to exercise, much like you would with any other muscle group in preparation for exercise. This has the benefit of improved blood flow utilisation for both the respiratory muscles and the locomotive muscles, helping to facilitate metabolic demand at the start of exercise.

Cool Down:

The use of the cool down protocol after exercise facilitates lactate clearance; researchers at Sao Paulo University in Brazil found that breathing against a small inspiratory load straight after exercise reduces lactate by up to 16%, equivalent to 15mins of standard recovery strategies.

Custom Training Protocols:

This feature allows the athlete or coach to set specific training programmes, targets and protocols. Whether this is an incremental test or a hill profile session of up to 60 breaths to challenge the muscles in a different way, the personalised programme can be designed to help optimise performance improvements.

Breathe-Link K5 Software

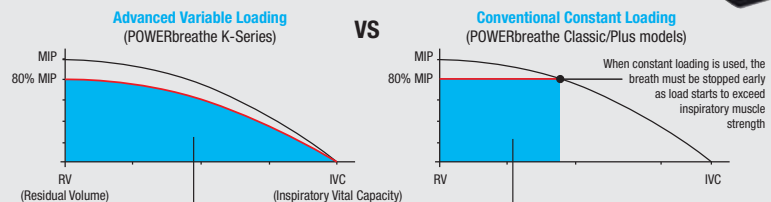
The new POWERbreathe K5 Breathe-Link software for Windows or Mac PC has been designed to capture the respiratory training data that has never been seen before.

The extraordinary engineering of the POWERbreathe K5 helps capture and display four main training indices: training load, inspiratory power, respiratory muscle power together with work done.

A comprehensive analysis and report function offers professional users, athletes and coaches previously unavailable possibilities to measure and analyse data to help improve performance. Information can be shared via print report or using pdf generator.



The POWERbreathe K-Series creates a variable load which matches the length tension relationship of the inspiratory muscles allowing more effective training than conventional constant load training.



Up to 50% more training work (area under graph) achievable at 80% intensity using variable load training

Up to 125% more air inhaled per breath at 80% intensity using variable load training



Training Screen

Power Meter – measures current and maximum power of the respiratory muscles in watts per breath

Flow Meter – measures the current and maximum inspiratory flow of the respiratory muscles per breath

Volume Tank – measures the inhaled volume of your lungs per breath

Breath Counter – counts the number of breaths to end of session; can also adjust the load.



Professional Screen

Load – the graph displays the current training load at any point of the breath. The load is tapered which is represented as an arch

Inspiratory Flow – The graph displays the current inspiratory flow of that breath.

Power – The graph displays the current power curve for the current breath

Energy – Displays the current energy expenditure per breath.



Test Screen

Displays the graph of the current test breath in cmH₂O for strength index or L/S for peak inspiratory flow mode.



Review screen

Displays:
Average loading value per breath
Average power value per breath
Average inspiratory flow per breath
Average energy expenditure per breath

To see more details on POWERbreathe K5 visit habdirect.co.uk

“POWERbreathe offers the most effective 5 minutes of training you can do per day,”

Eddie Fletcher – www.fletcherssports-science.co.uk

POWERbreathe Classic and Plus

POWERbreathe Classic and Plus models are excellent entry level options as the first step into Better Breathing training.

The original mechanical POWERbreathe Classic was developed and validated by sports scientists at Loughborough and Birmingham Universities, resulting in a new technology.

The 2nd generation POWERbreathe Plus design developed by POWERbreathe International offers a 65% improvement in airflow dynamics and delivers a wider range of variable resistance load options.

The easy to use, "take anywhere" designed Plus model is increasingly being used by elite athletes, fitness enthusiasts and those seeking a healthier and more active lifestyle.

POWERbreathe IMT can be used to warm-up, for interval training and cool-down sessions to improve performance and recovery.

POWERbreathe CLASSIC

- First generation POWERbreathe
- Entry level series
- Ideal for beginners new to breathing training
- Choose one of three variable resistance levels all with an adjustable load setting range: 1 to 9
- Complete with nose clip and storage pouch



Classic Level 1 **LR** Light Resistance*
Variable load range: 10-90cmH₂O
Product code: PB1001



Classic Level 2 **MR** Medium Resistance*
Variable load range: 10-170cmH₂O
Product code: PB1002

Classic Level 3 **HR** Heavy Resistance*
Variable load range: 10-250cmH₂O
Product code: PB1003

POWERbreathe PLUS

- Second generation POWERbreathe
- A new look and modern design update on the Classic
- Ideal for beginners and those moving on with their breathing training
- 65% improvement in airflow dynamics over the Classic
- Choose one of three variable resistance levels all with new easy read-adjust load setting range: 1 to 10
- Complete with Antimicrobial mouthpiece, soft touch nose clip and storage pouch

PLUS+



Plus Level 1 **LR** Light Resistance*
Variable load range: 17-98cmH₂O
Product code: PB2001



Plus Level 2 **MR** Medium Resistance*
Variable load range: 23-186cmH₂O
Product code: PB2002

Plus Level 3 **HR** Heavy Resistance*
Variable load range: 29-274cmH₂O
Product code: PB2003

PLUS+



PLUS Special Edition Black

Product codes:
PB2004 Level 1 **LR** Light Resistance*
PB2005 Level 2 **MR** Medium Resistance*
PB2006 Level 3 **HR** Heavy Resistance*

PLUS Special Edition Pink

Product codes:
PB2007 Level 1 **LR** Light Resistance*
PB2008 Level 2 **MR** Medium Resistance*
PB2009 Level 3 **HR** Heavy Resistance*

*Key to Resistance Levels

- LR** Level 1. **Light Resistance**
Introductory level for those who are less active
- MR** Level 2. **Medium Resistance**
For those who are moderate to very fit
- HR** Level 3. **Heavy Resistance**
Only - for those who have reached the maximum loading on a medium resistance model

Classic and Plus Series Accessories

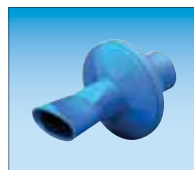
Visit: habdirect.co.uk to see the full range of consumables and accessories available



POWERbreathe Cleansing Tablets
Product code: PBST24



POWERbreathe Classic Mouthpiece
Product code: PBCM



POWERbreathe Try-SafeFilter
Product code: PBF



POWERbreathe Plus Nose Clip
Product code: PBNOSE



POWERbreathe Classic Nose Clip
Product code: 0234
(Please specify colour)



HaB Direct are proud to have completed in 2013, the largest Altitude Simulation Room Installation in the UK using the PBAS room based system to power the - 230m³ room - for 2 x Six Nation Rugby Champions

NEW



POWERbreathe Altitude Training Systems (PBAS) have developed the next generation of Altitude simulation equipment.

Newly developed PBAS modular membrane capsules offer improved performance, flexibility, portability and affordability.

The PBAS product options include:

- Bespoke Altitude Rooms from 35m³ to 530m³
- Portable 'Super Flow' Mask Based Systems
- Portable Inflatables from Single Person Sleep Tent through to Football Pitch size



PBAS Training Support

The PBAS eLearning platform has been established to support clients to increase their knowledge using best practice experiences gained internationally by our qualified consultants, working within health clubs; sports performance; rehabilitation; martial arts; military and outdoor adventure markets.





POWERbreathe Altitude Systems (PBAS) introduce the next generation of simulated Altitude Training Systems for research, sports and fitness training facilities and the home.

Simulated Altitude Training is fast becoming an essential part of professional athletes training. In addition, sports science, sport performance and fitness facilities are increasingly incorporating simulated altitude technology into their programmes.

Oxygen is the limiting factor in sports performance – when oxygen rich blood is diverted away from the power muscles in the legs and arms to protect the vital organs during exercise, (known as the Metaboreflex) performance is compromised.

POWERbreathe Altitude Systems has come about as a logical extension of the successful POWERbreathe Inspiratory Muscle Training (IMT) project, which strengthens the diaphragm and intercostals, delaying the point at which the metaboreflex kicks in.

This has led HaB to introduce the PBAS System - further delaying the metaboreflex trigger point by training the body to become accustomed to limited oxygen. Traditionally accomplished by costly, disruptive and time consuming trips to high altitude training camps, previously only available to top level athletes and teams.

The PBAS state of the art modular membrane technology offers clients the flexibility to extend the initial installation cost effectively.

PBAS – High Performance Mask Based Altitude Simulator

The new 'super flow' portable mask based system has been developed in collaboration with leading sports scientists and engineers to deliver the most powerful system of its type.

Producing a stable 130Lpm airflow @ 5000m and inbuilt pulse oxymetry, the unit is a step forward in affordable, mask based altitude training.



Technical Specification:-

- 8inch LCD display screen with multiple functionality and programmability
- Hard wired pulse oximeter feedback loop for O2 saturation training zones (Supplied with unit).
- Biofeedback of the altitude control, based on the users current oximetry and workload.
- Flow rate of 130LPM @ 5000m
- 3 Programme Modes: Manual, Fitness Training and Weight Loss
- Weight 30kg
- Piping Kit and Mask comes with unit.

Programme Modes

Manual: The 'manual' mode allows the client to control the preset pulse oximetry point and time of session.

Fitness: The 'fitness' function will have the following pre-programmed programmes.

1. Baseline Active Test
2. Baseline Sleep Test
3. Easy
4. Moderate
5. Hard
6. Pre-Acclimatisation
7. Sleep

Calorie Burn: The calorie burn is focused on weight loss protocols.

1. Easy
2. Moderate
3. Hard
4. Passive

Product Code: PBAM



Also available Nonin Pulse Oximeter's and other Muscle Oxygen Monitors
Please call or visit:
www.habdirect.co.uk for details.

PBAS Modular Rooms – the flexible solution to suit your space and budget



Powerbreathe Altitude Room Solutions

Working with leading international experts in Human Performance and Sports Science, as well as, leading experts in product development and production, all of whom have considerable knowledge and experience in the field of Altitude Simulation equipment, POWERbreathe Altitude Systems (PBAS) are pleased to announce the launch of the New and Innovative 'Modular Systems Technologies' (MST), that offers flexible modular membrane eco-technology for improved performance, flexibility and affordability.

The innovative modular system technology allows you to start with a smaller system and add further modules as and when, additional funds become available or the need for a larger facility arises.

Each room is fully customisable and is controlled easily and efficiently using the PBAS touch screen controller.

HaB Direct are fast becoming the foremost 'Go-To' company for Altitude Simulation Rooms in the UK and Ireland.

POWERbreathe® Altitude Systems can be tailored to suit your exact requirements, however large or small the facility you have available.

HaB Direct's experienced staff, in conjunction with market leading designers and manufacturers can create a bespoke solution for you.

We will create a proposal based on your budget and system requirements and will undertake an on-site inspection to either walk-through the proposed design in an existing building or to discuss plans for 'Turn-Key' new builds.

The HaB Direct Design team will guide you through the whole process to ensure you get exactly what you want and need.

Modular Systems Technologies' (MST) Range

	TF01	TF02	HU01	HU02	HU03
Capacity Range (LPM @ 90%)	500 – 1000	1500 – 3000	500	1000	1500
Dimensions (l x w x h) cm	70 x 35 x 158	70 x 35 x 158	25 x 35 x 158	25 x 35 x 158	25 x 35 x 200
Weight (kg)	50	60	30	40	50

Standard Range System Configurations

POWERbreathe Unit	Max Volume (m³)	Max No. of People	Time to 3000m (minutes)	Air Delivery System	Tower Frame	Hypoxic Membrane Unit	Air Heater Module OPTIONAL*
PBA500	41	5	60	ADS500	TF01	1 x HU01	EH01
PBA1000	82	10	60	ADS1000	TF01	1 x HU02	EH02
PBA1500	123	15	60	ADS1500	TF02	1 x HU01, 1 x HU02	EH02
PBA2000	164	20	60	ADS2000	TF02	2 x HU02	EH02
PBA2500	205	25	60	ADS2500	TF02	1 x HU01, 2 x HU02	EH03
PBA3000	246	30	60	ADS3000	TF02	3 x HU02	EH03

ECO Range

The ECO Range provides a 25% reduction in power usage compared to the standard range. POWERbreathe Altitude Eco (PBAE) utilises a new efficient membrane which provides high recovery rates and enables lower power usage to achieve the specified flow rate.

POWERbreathe Unit	Max Volume (m³)	Max No. of People	Time to 3000m (minutes)	Air Delivery System	Control Module	Hypoxic Module	Air Heater Module OPTIONAL*
PBAE1500	123	15	60	ADS1000	TF01	1 x HU03	EH02
PBAE3000	246	30	60	ADS2000	TF02	2 x HU03	EH03

*Increases the efficiency of the HU

NEW



Example shows Sydney Olympic Games pool

PBAS Portable Inflatables using patented technology

We have worked with industry leaders to develop patented technology resulting in new advanced and radical inflatables to meet your every need.

Engineered with safety at its core, PBAS inflatables include patented 'Safety air release system' technology to prevent accidental over inflation.

All PBAS inflatables are THERMAL WELDED with German technology - the ultimate method of producing an inflatable and powered with newly developed PBAS modular membrane technology which offers improved performance, flexibility, portability and affordability.



Sleeping Modules

Product

Code:

- EXS1 Sleeping Module Single Bed with Pump
- EXS3 Sleeping Module Double Bed with Pump
- EXS5 Sleeping Module King Bed with Pump

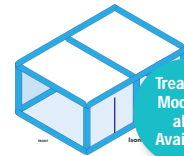


Cycle Modules

Product

Code:

- EXC1 Single Cycle Module for 1 Person with Pump
- EXC2 Double Cycle Module for 2 People with Pump
- EXC4 Quad Cycle Module for 4 People with 2 Pumps



Treadmill Modules also Available

Lounge Module

Product

Code:

- EXL1 Lounge Module with Pump

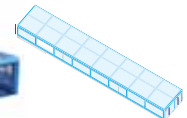


Swimming Tunnel Module

Product

Code:

- EXL1 Double 25m Lane Swimming Module with 4 Pumps

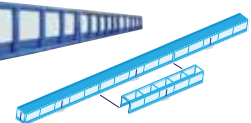


Running Tunnel Modules

Product

Code:

- EXR1 Single Lane 15m Running Module with 2 Pumps
- EXR2 Single Lane 30m Running Module with 4 Pumps
- EXR3 Single Lane 45m Running Module with 6 Pumps

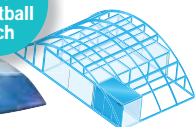


Multi-Sports Training Modules

Product

Code:

- EXM1 Multi Training Module with Outer Airlock 3 Pumps
- EXM2 Multi Training Domed Module with 4 Pumps
- EXM3 Multi Training Domed Module with Airlock 4 Pumps



Example Covers 1/2 a Football Pitch

A Bespoke Design Service is available on request. Please call for details if you can't see exactly what you are looking for.

Accessories

Product

Code:

- EXP Pump for all Inflatables
- EXT2 Box with Wheels (Style 2)
- EXT3 Box (Style 3)
- EXT4A 2m x 1.2m x 1.2m Checker Plate Box (Style 4a)
- EXT4B 2m x 1.5m x 1.5m Checker Plate Box (Style 4b)
- EXT4C 2m x 1.8m x 1.8m Checker Plate Box (Style 4c)





HaB Direct has been delivering world class respiratory and metabolic equipment for 24 years.

Respiratory technology has moved on significantly in those years, resulting in lung function, CPET and Inspiratory muscle training devices now being highly advanced pieces of technology capable of measuring a variety of parameters.

But let's not forget that the Douglas Bag is still available and still the standard to which all others are validated.



The new PowerCube Ergo is the latest development from Ganshorn.

Utilising new methodology the PowerCube Ergo is the fastest CPET system on the market.





Ganshorn Power Cube

For over 30 years Ganshorn have been producing high precision, high quality, pulmonary function and metabolic testing equipment. Using cutting edge patented technology; the new Ganshorn PowerCube is the new gold standard in Cardio Pulmonary Exercise Testing systems. The pneumotac with a variable orifice is lightweight and completely unsusceptible to moisture. The quick, highly stable gas analysers give real breath-by-breath measurements. The user interface can be freely configured for measurement and interpretation.

PowerCube Hardware

The new architecture of the Ganshorn PowerCube Sport allows the unit to measure metabolic parameters at an extremely high rate. As yet unseen in the market-place the PowerCube is capable of stable and accurate measurements up to 70 breaths per minute, far out reaching the level currently available.

The use of the patented v-type pneumotac provides a more accurate solution than the current triple v turbines, with no limitations to flow and no change in the turbine speed to affect the accuracy of the measurement.

Ganshorn use a super-fast chemical O₂ cell to measure the oxygen concentrations and because of the improved internal architecture and management of the sample, the cell does not need to be accelerated with an algorithm, further reducing the potential for inaccurate measurements.

Ganshorn use a patented ultrasonic CO₂ analyser for sampling VCO₂, ensuring a very fast measurement and is maintenance free.



- Approved and reliable technology
- Variable analyser concept
 - Ultra-fast CO₂ Ultra Sound analyser
 - Fast chemical O₂ analyser
 - Long life O₂ Zirkonium measure cell
- Tested to the max
 - Quick response time and high sample rates ensure reliable VO₂ values under high stress conditions
 - Our proven water repellent technology ensures max Volume accuracy and "the max"
- Interfaces to global market ECG leaders available

LFx Software

The next Ganshorn software generation offers unrivalled flexibility and results.

- Completely rebuilt using cutting edge technology and framework
- Open MS SQL database structure
- Modern interface that is user-friendly
- Measure work flows
- Fully ATS / ERS compliant
- Biological quality test tools

Coming Soon

See page 16 for Ganshorn SpiroScout – the ultimate portable spirometer

Ganshorn PowerCube Body+

The result of decades of experience in constructing body plethysmographs combined with the latest technology.

Just by looking at the shape of the curve enables you to initially differentiate between Asthma, COPD, Restriction or any combination of these disorders. This is due to the long-term stability, in conjunction with new analysis algorithms. Unlike conventional, basic systems the resistance loops will not be automatically closed but are corrected for BTPS according to the ambient conditions on a breath-by-breath basis.

The PowerCube Body+ is the first Body cabin on the market:

- Using ultrasonic flow measurement as standard
- That is calibration free
- To have an easily adjustable patient interface
- With automatic and simultaneous calibration of both the cabin and the mouth pressure at three different frequencies
- Offering a BodyLiveCal to test TGV
- With LEDs indicating the locked status of the door

Incorporates an extensive range of features that allows the cabin to be adapted to suit personal preference and requirements.

Measurement programmes:

- Spirometry/Flow-Volume
- MVV
- Bodyplethysmography (Resistance loop: SRtot, SReff, Rtot, Reff, Rin, Rex, Lung volume: TGV, TLC, RV, RV%TLC u.a.m.)
- ROCC
- Imax/PEmax/P100, offline input of blood gas values



Visit
habdirect.co.uk
for further details and prices

The HaB Douglas Bag

The Douglas Bag technique is recognised as a reliable and robust method of respiratory gas analysis and is used for research in many leading universities and research facilities.

Douglas Bag Systems offer teachers and sports scientists, a gas analysis system that gives students and athletes a much deeper understanding of how oxygen uptake and Carbon Dioxide Production values are calculated.

All component parts are of the highest quality and custom built by HaB's technical team with over 15 years of experience. To be used in conjunction with either the Hitech or Servomex Gas Analysis Units (sold separately – please call for details).

A standard system consists of:

- 4 x 100lt Douglas Bag with sample adapter
- A Digital Dry Gas Meter
- Stopcocks
- All tubing required, including drying tube and Drierite
- Mouthpiece and Nose Clip
- All valves and connectors
- Digital Temperature Monitor
- Extraction Unit with Variable Controller
- Steel Frame supporting 4 bags

HaB can offer endless configurations to suit specific requirements. For example, different size Douglas Bags from 5 to 1000 ltrs.

Call 01926 816100 to discuss your requirements or visit our website www.habdirect.co.uk for further details.

**Product Code:
DBAGCART**



Metabolic Simulator with Mass Flow Controller The Ultimate Laboratory Standard

Ideally, the respiratory and metabolic variables (TV, RR, VE, VO₂, VCO₂) generated by the simulator should be indistinguishable from those produced by humans. The simulator produces and controls those variables very precisely. Consequently, one can test any breath-by-breath or mixing chamber metabolic measurement system with high accuracy and full confidence.

Metabolic Calibration uses the principle of mass preservation to create known VO₂ and VCO₂. The principle of mass preservation dictates that the chosen mass flow of CO₂ and O₂ remains unchanged

regardless of the ventilatory dilution (i.e. the minute ventilation that delivers it into the system under calibration).

This top of the line metabolic calibration gas titration device consists of a Mass Flow Controller capable of delivering any set point flow of this gas (~21%CO₂, 79%N₂) within a range of 0 - 20 litres/min STPD and a Set Point Module (SPM) which enables selection of desired mass flows.

Product Code: VMMS



Lung Function

Mini Wright peak flow meter

Popular, entry level Peak Flow Indicator. The Mini Wright Peak Flow is the industry standard and has a clear, easy to read scale which measures from 60 - 850 litres per minute (standard range). It's also light weight, compact, latex free and can be sterilized. Supplied with one sterilisable mouthpiece and instruction manual.

Product code: 3103387



Pinnacle peak flow meter

Measuring from 60 – 900 litres per Minute. The Pinnacle Peak Flow Meter is EEC Compliant and CE Marked and Certified.

Product Code: 1500000A



eMini-Wright digital peak flow meter

A small, discreet electronic peak flow meter that accurately measures and stores peak flow data. Has onscreen notification of poor effort and non-reproducible results to improve data quality. An electronic zoning system also helps patients to understand their asthma. Available as a downloadable model (software and cable sold separately).

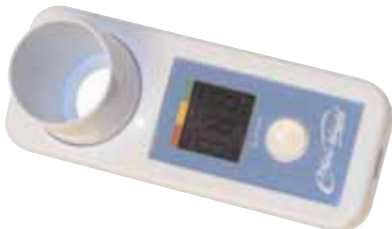
Product Codes:

3120000 eMini-Wright Unit

3120001 eMini-Wright Downloadable Unit

3120002 eMini-Wright Software and Cable

3120003 eMini-Wright Kit (Includes Downloadable Unit and Software & Cable)



One-way valve adult mouthpieces

Single Use - Diameter 30mm. Suitable for use with most spirometers including the MicroMedical and Vitalograph range and Peak Flow Meters. Box of 200

Product Code: 881002A



Disposable mouthpieces for peak flow meters

Disposable cardboard mouthpieces for use with our Mini Peak Flow Meters and most Micro Spirometers. Available in boxes of 100 or the more economical boxes of 500.

Product codes:

3122003B 100 Mouthpieces

3122003 500 Mouthpieces



Best Seller

piCO+ Smokerlyzer

Low cost and visually motivational, the piCO+ is a leader in a new generation of breath CO monitors. The monitor has user profiles for adult smokers, young smokers and pregnant women, as well as the ability to easily create custom profiles when used alongside CO data+ PC software, making it a favourite with group smoking cessation clinics.

Product Code: PICO



D-Piece and disposable Steribreath mouthpieces

Mouthpieces fit the PICO+ Smokerlyzer and Micro+ (see website for details). Main benefits include the unit being further away from the face so patients can see the unit clearly and the practitioner can replace and dispose of the mouthpiece without handling it directly.

Product Code: 1420040 Box of 250 mouthpieces
14200152 Box of 12 D-Pieces



NEW

Vitalograph Lung Age

A motivational tool for smoking intervention by healthcare professionals

A key indicator of COPD is a reduced FEV1 compared with predicted FEV1 value. Early identification of a reduction in FEV1 can provide early warning of the damage already suffered by the lungs at the pre-symptomatic stage, when smoking cessation is most effective.

The Lung age compares a subject's FEV1 with predicted normal values to calculate the subject's 'lung age'. A high lung age in relation to the subject's chronological age can illustrate the likely negative impact of continued smoking on lung function and encourage smoking cessation.

Product code: LUNG



GANSHORN
MEDIZIN ELECTRONIC

Ganshorn SpiroScout – Ultra Sonic Flow Sensor

The new Ganshorn SpiroScout uses the new 'Ultra-sonic flow sensor' that makes this spirometer a complete lung function laboratory. SpiroScout technology enables exact measurements and can also determine all spirometric parameters. The first of its kind to measure flow and gas density. It provides all the necessary information about volume and gas exchange from a single measurement.

Spirometry, Flow/Volume and lung volumes are the dominating measurements in the traditional pulmonary diagnostic market. Spirometers are used in many areas for initial checkups, not only by respiratory physicians but also by paediatricians, in occupational health, sports medicine and hospitals, as well as others who are interested in static and or dynamic lung volumes. Spirometry is the first step to a fast and secure diagnosis of asthma, COPD or other pulmonary conditions.

The SpiroScout is a complete lung function laboratory based on the unique ultrasonic measurement principle of GANSHORN.





Specially developed for the professional market



SOLE DISTRIBUTOR
HaB
direct
FOR THE UK AND IRELAND

Extensively used within both sport and medicine. Blood and urine analysis is used for performance and possible health issue diagnosis.

Our range of blood analysis and urine analysis equipment, includes kits for testing lactate, cholesterol, glucose and haemoglobin, together with blood lactate consumables such as lancets, lactate strips and blood test strips.

HaB Directs supply partners are leaders in the field, including: EKF Diagnostics, Lactate Scout, Lactate Pro, Accutrend and Reflotron and should form part of any sports scientists, researchers, medical professionals or coaches arsenal.

Biosen C_Line

State of the art blood, lactate and / or glucose analyser, especially designed for those who require highly accurate results. See page 18 for further details.

EKF
DIAGNOSTICS



Biosen C_Line

The Biosen C_Line has been especially developed for professional use in sports laboratories, professional sports clubs and clinical settings; the design concept was to provide a range of instruments that meet these special requirements. The state of the art graphical touch screen allows you to easily see the super-fast results and special 'Chip Sensor' technology provides the high accuracy required.

- Results in 20-25 seconds, with up to 120 samples per hour
- Multi-lingual touch screen display with step by step instructions
- Just 20 µl blood, plasma or serum sample required when used with EKF pre-filled 'Safe-Lock' reaction tubes (1000 µl)
- Automatically detects presence of reaction cups Chip-sensor system (no electrode membrane cleaning required)
- Enzymatic-amperometric method using chip-sensor technology
- Measuring range: Glucose 0.5–50 mmol/L; Lactate 0.5–40 mmol/L
- Dual channel option: Glucose and/or Lactate results from one sample
- Stores up to 1,000 results
- Barcode option available

Product Codes:
521101210200

C_line GP lactate or glucose please specify

521101210202

C_line GP lactate and glucose
2 measuring channels

Biosen S_Line

The larger Biosen S_Line has been especially developed and designed for professional use in hospital laboratories or for use in research and sports medicine and is capable of processing up to 160 samples per hour.

- Multi-lingual touch screen display with step by step instructions
- Just 20 µl blood, plasma or serum sample required when used with EKF pre-filled 'Safe-Lock' reaction tubes (1000 µl)
- Automatically detects presence of reaction cups Chip-sensor system (no electrode membrane cleaning required)
- Enzymatic-amperometric method using chip-sensor technology
- Measuring range: Glucose 0.5–50 mmol/L; Lactate 0.5–40 mmol/L
- Dual channel option: Glucose and/or Lactate results from one sample
- Stores up to 1,000 results
- Barcode option available

Product Codes:

522200566200

S_line Lab+ for lactate or glucose please specify

522201236200 S_line Lab+ with glucose & lactate
2 channel

Hemo-Control

The Hemo-Control system enables the fast and precise determination of haemoglobin and haematocrit in blood. It consists of a handy photometer, operating with microcurvettes (dry chemistry).

- User friendly features minimises training time
- Touch screen operation
- Hemoglobin and haematocrit results from one sample available within 25–60 seconds (depending on the concentration)
- Venous, arterial or capillary blood
- Sample volume 8 or 10 µl depending on cuvette type
- Compact in size and weighing just 700g
- No maintenance required. Auto self-test
- Integrated rechargeable battery (100 hours)
- Operating ambient temperature 15°C - 40°C
- Measuring range: 0–25.6 g/dL; 0–15.9 mmol/L
- Stores up to 4,000 patient results

Product code:

300000316801P

Hemo Control Photometer (In Plastic Case)



Other options available – call for details

Please note: Consumables need to be ordered separately

As purchased by:

Institutes/NGB's: English Institute of Sport • Sport Scotland • Sport Wales
• Sport Institute of Northern Ireland

Football Clubs: Manchester United FC • Manchester City FC • Tottenham Hotspur FC

Academic: Loughborough University • Cardiff Metropolitan University • Northumbria University
• University of Kent at Medway • Myerscough College

Elite Specialists: Royal Yachting Association • McLaren F1 • Oxford University Boat Club
• Cambridge University Boat Club • Leander Rowing Club

Visit www.habdirect.co.uk for a full list of consumables.



EKF
DIAGNOSTICS



NEW



NEW



Lactate Scout+ with Haematocrit Compensation

This medical grade hand held device for Lactate measurement is ideal for sports scientists, sports coaches, medical and clinical professionals and individuals.

- Lactate measurement, date, time, mode, temperature and memory ID on a single display
- Compensates for the influence of low and high haematocrit levels on the lactate readings
- Only 0.2 µl of capillary blood required
- Results within 10 seconds
- Single and step-test measurements (resting /exercise / recreation)
- Pre-calibrated sensors
- Integrated Bluetooth™ connectivity
- Stores up to 250 results

Product codes:

- 702304050273** Lactate Scout Solo (without consumables)
702304040255 Lactate Scout Basic (with 2.5ml test solution, spray bottle and belt case)
702304030254 Lactate Scout Starter set (with a complete set of basic consumables)

Product codes for main consumables:

- 702334050846** Big pack 72 Lactate strips 3 x 24
702334050727 Big pack 48 Lactate strips 2 x 24
702334050608 Big pack 24 Lactate strips 1 x 24
702335080580 100 x alcohol pads

Osmocheck - Urine Analysis

Osmocheck is a portable, personal osmometer, calibrated from 0 to 1500mOsmols/kgH₂O, for use with urine to give an instant measure of dehydration. Doing strenuous exercise whilst being dehydrated is not conducive to peak performance and can be positively dangerous.



Product Code: OSMO



Lactate Pro 2

Easy to use, while giving accurate, reliable results. The all new Lactate Pro 2 offers sports scientist, coaches and athletes faster measurement time - just 15 seconds per test (45 seconds faster than the old Lactate Pro Unit) and the ability to test up to 330 individuals (compared to just 20 on the old Lactate Pro model).

Benefits:

- Fast Measurement - 15 seconds (Old Lactate Pro Unit: 60 seconds)
- 330 measurement results
- Minimal sample volume. Only 0.3µl (Compared to 5µl that the old Lactate Pro Unit required)
- Technically improved
- Identify 3 different users
- Download your measurement readings to your PC in a CSV file via a USB Cable (UBS and Software Sold separately)

Product codes:

- BS48302** Lactate Pro 2 Unit
BS78201 Lactate Pro 2 Test Strips (qty 25)*
BS70178 Lactate Pro USB and Software for Download Option
BS7811011 Lactate Pro Test Strips (qty 25)

** Please be aware that due to advancements in the technology used, the old Lactate Pro Test Strips do not work with the Lactate Pro 2 Unit.*

Digital medical ear thermometer

Easy to use battery operated electronic ear thermometer. Suitable for all ages, especially babies, young children and the elderly.

- One second measuring time in °C or °F
- Automatically stores last 5 readings to monitor trends
- Supplied with carrying case and set of disposable hygienic probe covers

Product codes:

- 4494819** Digital ear thermometer
4503345 Spare probe covers (Packs of 20)



Digital Thermo-Hygrometer

The ETH880 is a cost effective thermo-hygrometer with integral stand.

- Records max/min values (°C or °F) and indicates comfortable or dry RH conditions.
- Temperature range 0 - +50°C

Product code: 212124



Digital Clinical Thermometer

An easy to read digital clinical thermometer for oral, underarm and rectal use. Celsius Scale, CE Marked.

Product code: 3805139



A full range of Consumables are available on our website. See habdirect.co.uk for details.



SpeedLab®

SpeedLab® is a new innovative high-tech concept that is focused on: competition for motivated athletes and coaches; a modern athletic training system specialised in variable speed training and healthy workout; providing a modular based system for exceptional flexibility. In contrast to many other measurement-technologies, most SpeedLab® modules are compatible with each other. The main elements include:

SpeedCourt:

An interactive training and sports concept. It uses contact mats, a big screen display and sophisticated software with visual stimulation, innovative training and test programmes with data management.

SpeedTrack:

A multi-functional laser-measurement timing system. It allows coaches to acquire time from linear measurement sprints, shuttle runs and explosiveness.

SpeedPlate:

Measuring and training contact plate for objective measurement and evaluation of achievement-oriented athlete's speed and explosive sprint strength.

h/p/cosmos pulsar® 3p:

A proven high performance treadmill with 3-phase power supply that was designed for professional running and training applications like overspeed, coordination and functional training and also for high performance testing.

h/p/cosmos comet® 3p:

One of the great benefits of the h/p/cosmos comet® sprint trainer is, that the traction resistance can be adjusted electronically and is independent from the speed of the subject and even from the running direction of the subject.



SpeedTrack



SpeedPlate



pulsar 3p



comet 3p

New concept for testing and analysis

Through RFID-wristbands, tablet-PC's and a database, SpeedLab delivers short and long term analysis possibilities; the development potential from youths to professionals is demonstratively applicable at all levels. When a fraction of a second decides the outcome of competitions, speed cannot be left to chance!

SpeedLab® integrates testing- and analysis methodologies, training programmes, know-how, software and capital equipment from experts in this field and from specialised companies such as h/p/cosmos®, GlobalSpeed®, Running School® by Mike Antoniades and the functional training expert Lamar Lowery.

SpeedLab® helps to identify the talents in your region and motivates trainers and athletes to reach world class level.

SpeedLab® benefits

Measuring and improving of:

- Reaction speed, first step explosiveness and jumping skills
- Turns, change of directions
- Cognitive skills
- Nerve fatigue
- Modern talent diagnostics and technique learning at an early stage
- Training like competition with extremely high motivation
- Injury prevention based on precise movement and training control
- Early re-integration after injuries (before - after comparison)
- Motivation through immediate feedback, high-score and „playful“ athletic training
- Investment in own infrastructure, players and systematic future development
- Sophisticated methodology and high reliability of technology and service.



FS98181



For 21 years, HaB Direct have been the Sole UK and Ireland Distributor for h/p/cosmos.

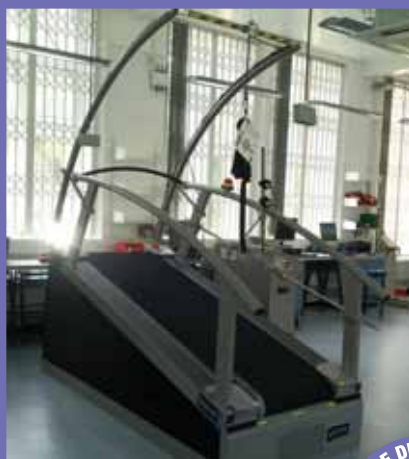
h/p/cosmos®

Offering the largest, most comprehensive portfolio of treadmill systems with unique features and accessory options, h/p/cosmos are the recognised world leaders and suppliers to professional users.

h/p/cosmos running machines and training equipment has been installed in leading sports science and human performance labs; sports performance and fitness facilities; sports medicine, physical therapy and medical screening facilities in over 70 countries.

Known for outstanding technology, innovation, safety and superior product quality the range of h/p/cosmos equipment includes:

Treadmills; ladder-ergometers; sports performance training; sports medicine; rehab and medical systems.



Saturn Install at Sheffield Hallam University

MONARK
SPORTS & MEDICAL

HaB Direct are proud to have been appointed the Sole Distributors for Monark Sports and Medical in the UK and Ireland.

2014 sees the launch of a NEW generation of Monark cycle ergometers, training and rehab bikes with three unique modules for added functionality and rideability.



Standard options aren't always enough

Different sports require specific training and performance diagnostic system solutions. Different sizes of athletes need to be accounted for as well as varying training intensities, high velocities and accelerations - and corresponding stride length.

Often special running belts are required on which the tips from metal poles and running spikes are "tolerated". Depending on requirements and the application h/p/cosmos® offers not only smooth but grooved or notched profiles. Our running belts are included within the 3 year full warranty and are often seen running after 8 to 15 years.

h/p/cosmos® running surfaces are available in various lengths, widths and combinations. Both for the acceleration of the treadmill speed and deceleration all h/p/cosmos® treadmill ergometers are equipped with several intensity levels. The individually selectable acceleration and deceleration levels range from extremely slow to extremely fast. In 3 ... 131 seconds from 0 to maximum speed. Depending on the speed and combination, acceleration values from 0.021 to 7.407 m/s² (as a digital value directly programmable) or custom designs are possible.

Best possible compatibility with up to 4 communication ports

Especially in sports medicine, biomechanics, research and in professional sports there are often many different systems and devices that are connected to the treadmill: ECG, spirometry, blood pressure monitor, EMG, an external printer, h/p/cosmos para graphics® software for control, visualisation and documentation, h/p/cosmos para analysis® for lactate diagnostics and possibly other software solutions for motion analysis and biofeedback. h/p/cosmos para graphics® and h/p/cosmos para analysis® can serve the user as important tools to assist controlling, recording and documenting; although they are not medical software products according to EN 62304 and do not provide clinical data or treatment recommendations.

Performance analysis

The h/p/cosmos® system for performance analysis provides a variety of expansion options: for example almost all systems can be extended for motion analysis or functional coordination and running technique training with unweighting and/or used with the robowalk® expander system (see pg 24 – 25 for more details).

h/p/cosmos® also offers the corresponding solutions for rehabilitation, functional training or speed training and agility training / flexibility training. And thanks to the built in PC interface and the open coscom® v3 protocol they can be used with the widest variety of compatible software solutions.

All h/p/cosmos® treadmills provide for up to 4 optional PC-interfaces with different transmission speeds (e.g. 9600 or 115,200 bps) for high demands.

h/p/cosmos®

Product codes vary depending on product specification. Please call for details.

mercury

The smallest of the h/p/cosmos treadmill solutions, with running surfaces from 150cm x 50cm. The h/p/cosmos mercury treadmill series have models suitable for training in high performance sport and fitness, commercial fitness, school sports, human performance diagnostics, sport science, rehabilitation, physiotherapy, cardiac rehab and cardio pulmonary exercise testing (CPET).



quasar

The most popular of the Sports Performance solutions, the h/p/cosmos quasar has a multitude of upgrade options including, speed, downhill, handrails and software. It is widely used today in training, testing sports performers together with being used in sports science and human performance research.



Configure your running machine for the perfect solution

pulsar

The high performance h/p/cosmos pulsar running machine is recommended for applications in all running disciplines: athletic training, exercise physiology and other medical applications, speed performance training and functional training. A 3 phase power supply version is also available to cope with increased power requirements where heavy loads may cause major speed drops during the athletes landing phase.



Perform at St. George's Park choose pulsar® 3p

The right choice

Both the h/p/cosmos venus & saturn® range offer several hundred different combinations of length, width, speed, running surface options and accessories that come together to create the perfect solution for running, cycling, wheelchairs, hand-bikes and skiing training and testing.

The customers for such systems include many well-known universities, Olympic training centres, biomechanics and performance diagnostic institutes, training centres, football clubs, clinics as well as sport, rehabilitation and research centres. Most of these h/p/cosmos treadmill solutions are medically approved and can be tailored to your specific requirements.

Motivation and safety – for bikes and wheelchairs

Training or testing at speeds of 40, 60 or even up to 80 km/h (49.71 mph) on a treadmill demand a healthy respect. An increased adrenalin level for the athlete and operating personnel is necessary for testing to the limits but nothing must go wrong.

The h/p/cosmos® safety arch prevents a fall in case of a mistake, loss of coordination or stumbling. The fall stop safety system stops the treadmill immediately and automatically by means of a quick-stop device. The strong safety rope prevents the subject from falling down onto the running belt. The wheelchair stabiliser keeps the wheelchair in the correct position and on track. With this sense of safety it's possible to test to the important and sometimes decisive level of exertion necessary for precision diagnostics.

Compatible

Particularly in the field of sports medicine, research and professional sports there is often the need to connect a number of systems to the treadmill such as an EMG, ECG, spirometer, blood pressure monitor, external printer, h/p/cosmos para graphics® for documentation, h/p/cosmos para analysis® for lactate diagnostics or possibly other software solutions such as h/p/cosmos para motion® for motion analysis or bio feedback.

The future acknowledged – possibilities for future retrofitting

Desires, needs and goals may change and develop over time.

The h/p/cosmos saturn® or venus offers you a wide variety of options and expansion possibilities. For example many systems are multi use for movement analysis or coordination and technique training with unweighting which of course can also be retrofitted. Also for rehabilitation, functional training or speed training h/p/cosmos® offers you the ideal solution. (See pages 24-25 for further details).

EU, MDD & REGULATORY CONFORMITY –

h/p/cosmos are a ISO9001 and EN13485 certified company and pride themselves with the recognition of conforming to the highest quality standards including: EN62304 (Medical Device Software Lifecycle Processes) and EN14971 (Risk Management) which are obligatory for many medical devices including treadmills. (For information visit habdirect.co.uk)

Most sports performance and fitness equipment i.e. treadmills, do not conform to the required standards and should not be used in health and medical environments.



“Congratulations to HaB Direct for being the 1st distributor in the world to sell 2 x The Beast oversize treadmills for running and cycling.”

Franz Harrer – Founder and President, h/p/cosmos

Endless possibilities “The Beast”

Oversized means oversized. This is one of the latest installations being used for cross country skiing. Featuring an extra wide, extra long running surface and a specialist running belt to allow the use of sharp ski poles.



Cycling

Whoever has had the privilege to train on a treadmill designed for cycling will know the vast difference to a normal ergometer and will not want to miss the possibility for training and testing.

Cyclists achieve some of the highest speeds of all sports, 80 km/h (~ 50 mph) and more in the top class. A treadmill that is to be used in this environment needs to offer enough space and have extremely fast acceleration. It is also crucial that the running belt has a very low rolling resistance for the wheels.



Wheelchairs and hand-bikes

There are many different types and widths of wheelchairs: the classic wheelchair, hand-bike and racing wheelchair or specially built chairs for wheelchair rugby or basketball. Top athletes can also achieve very high speeds. A treadmill for this application must offer enough width – at least 100 cm, 125 cm is better.





h/p/cosmos gaitway II treadmill Good results – well documented

A static analysis in standing, sitting or lying down is one thing. An analysis of the dynamics is something else. The analysis of the movement is ideally suited to detect motion related problems and solve them. Of course training results, therapeutic or other interventions need to be documented. Here motion analysis places many demands on a treadmill system.

h/p/cosmos® offers an ideal solution for all applications with its diverse range of treadmill models, different handrails, middle marking, reverse belt rotation, safety arch with fall stop, various measurement possibilities, hardware and software.

In cooperation with zebris Medical GmbH, h/p/cosmos® offers a treadmill with an integrated pressure distribution sensor running deck. (See zebris section below for further details). Furthermore, the h/p/cosmos gaitway® treadmill, with integrated KISTLER® force plates, allows the measurement of the vertical ground reaction forces. Both systems can of course be combined with a video analysis system.

An ideal solution for everybody

The application of motion analysis is very diverse – from running shoe advice, insoles in orthopaedic technology to therapy and progress control in rehabilitation up to optimisation of performance orientated running techniques, scientific and industrial research.

h/p/cosmos® offer the perfect system solution for therapeutic, rehabilitative or orthopaedic applications. In addition, we also offer the h/p/cosmos gaitway® treadmill solution with integrated force plates (KISTLER® force sensors) for measuring ground reaction forces and a number of time and force related parameters particularly for professional sports, rehabilitation, clinical and biomechanical research.

h/p/cosmos para motion® – the quick and easy solution for documented analysis

A software solution for motion analysis must offer the option of multiple measurements, analysis and



documentation but it also needs to be user friendly at the same time.

The h/p/cosmos para motion® software solution offers you full support to help you with quick and meaningful analysis, discussions with users and athletes and control over the agreed follow-up actions. You can store your own results in user definable reports that allow quick and easy analysis of the therapeutic results. In addition, the integrated control of the treadmill gives you access at all times to many of the relevant parameters.

Product codes vary depending on product specification. Please call for details.



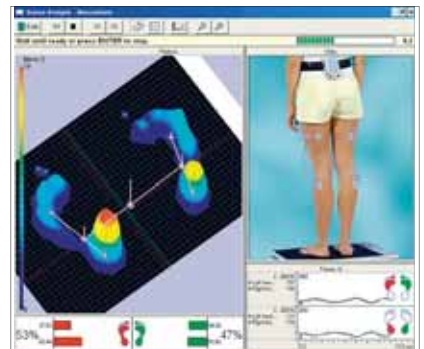
zebris Force Distribution Measurements - FDM-T

The basic system FDM-T consists of a treadmill ergometer with an integrated, calibrated measuring sensor and enables the dynamic force / pressure distribution for stance and gait to be analysed. The sensor element itself consists of numerous high-quality capacitive force sensors. On a treading area of 150 x 50 cm the sensor unit comprises more than 5000 pressure / force sensors. Using a technology especially developed by zebris the movement of the treadmill is compensated so that completely stable gait and roll-off patterns can be analysed.

Different types of treadmill ergometers are available for the basic system. The zebris FDM-THM system was developed on the basis of the h/p/cosmos mercury running machine, whilst the zebris FDM-THQ system was developed on the basis of the slightly larger h/p/cosmos quasar running machine.



In the standard arrangement all FDM-T systems are equipped with a video-synchronization output for time-synchronization with the video-camera. The NEW SYNCcam and SYNCLight offer optimum video analysis and documentation options. Several camera



and spotlights can be used together and give accurate synchronisation of image data and force data. With many other options available, zebris offer a flexible solution to all your gait analysis requirements.

**Integrate zebris into your h/p/cosmos treadmill
zebris Medical also offer bespoke 3D real time movement analysis solutions.
Call for details.**



Treadmill Therapy

With a positive frame of mind being so crucial to a patients' rehabilitation, the last thing they need is to feel unsafe, unsupported or unnecessarily challenged to get onto the equipment. For the therapist, their safety and ease of access to support and help the patient is paramount. These two prerequisites have to sit beside the fundamental requirement that the equipment itself offers both patient and therapist the highest quality treatment programme possible. h/p/cosmos offer industry leading, bespoke solutions to Rehabilitation Treadmills.

Locomotion Therapy

- Locomotion training – optimized for patient and physiotherapist
- Earlier initiation of therapy with the optional wheelchair access ramp, adjustable handrails and body weight support with the h/p/cosmos airwalk se135 un-weighting system
- Healthier work environment for therapists through therapy seats and footrests
- Therapeutic freedom by controlling the treadmill from a variety of positions
- Physiological gait training - safe and realistic
- Traceable results of treatment through simple documentation



Rehabilitation System – Robowalk® Expander

- Gait training and gait correction for orthopaedic or neurological patients
- Gait improvement combined with strength and coordination training
- Motion support and mobilization of patients with a range of disabilities
- Supports therapists in manual locomotion therapy
- Supports the “3 pillars” of success in neurologic rehabilitation: 1st motivation of the patient, 2nd correct movement pattern / physiological gait, 3rd repetition of movement

How does the h/p/cosmos Robowalk® Expander work?

First, elastic cables are attached to patient's legs with comfortable leg cuffs. As the patient walks, the cables at the front assist the movement of the legs with support. The cables at the rear can be used also as resistance and for gait correction training. Both the front and back system can be utilized together for even greater training effects. By adjusting the angle of the support/resistance cables either vertically or horizontally, movement correction is possible. The patented tension adjustment module involves readable scales on each cable for tension monitoring.



h/p/cosmos airwalk se135 un-weighting system for stroke/ neurological rehabilitation

Patients can stand up directly out of the wheelchair with support from new airwalk se135 vest and un-weighting system while holding on to the individually adjusted handrails. The h/p/cosmos airwalk se135 is a next generation dynamic spring un-weighting system, unlike most standard systems, which are based on a counterweight principle. The new airwalk se135 has been designed with negligible inertial mass providing easy operations and smooth adjustments. The system has also been designed as a standalone system which is front mounted (not side); the therapist therefore has unimpeded access to the patient during therapy.

Robomove

Utilising h/p/cosmos Robowalk technology, the robomove offers a 3D full body workout without the need for a treadmill.

New



Call HaB Direct to discuss your requirements with our h/p/cosmos specialists +44 (0)1926 816100 or visit habdirect.co.uk

Monark Ergometers



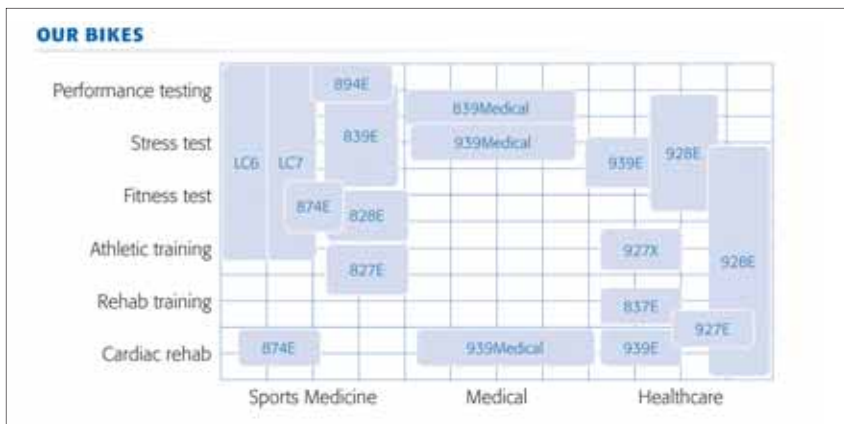
Monark Ergometers

HaB Direct are proud to have been appointed the Sole UK and Ireland Distributors for Monark Sports and Medical.

Founded over 100 years ago the Monark brand has become established as one of the leading manufacturers of exercise and sports medicine equipment in the world.

Monark's commitment to quality, durability and precision has always been a core focus and is the reason for their success. Monark Ergometers are accurate, easy to use and can meet the demands and technologies of the future. Monark products are built for life and performance, and this can be seen in every product made.

The Monark range falls into 3 areas: Healthcare, Sports Medicine and Medical.



Monark Servicing Available by HaB Direct's qualified engineers please call for details

"Pete has been this morning and repaired our Peak Bike... Thank you for arranging this, thanks to Pete for his always excellent service."

C. Howe
School of Life Sciences
Kingston University London

Healthcare & Medical

Monark Healthcare products provide exceptional ease of use for all training, rehabilitation and testing scenarios. Clean, ergonomical designs with smart solutions and plenty of possible adjustments make it perfect for a wide variety of users to meet their individual fitness or recovery goals. All ergometers are designed with a low entrance frame allowing users with limited mobility easy access and all have a maximum user weight of 250kg.

For diverse experimentation in a medical laboratory setting, Monark Medical products are fully compatible with leading ECG systems using analog signals (digital). With designs that feature speed independence (constant power) and secure loads, Monark Medical bikes can withstand a user load of up to 250 kg and be controlled by ECG or a handset (external device).

Upper and Lower Body Rehab 881E

The 881E provides excellent possibilities for adjustment with crank arms that are independent from each other and can be positioned at different angles and lengths. A unique duality allows use with either the hands or feet. Loads can be calibrated and are shown in watts at 50 rpm.



Compact Upper Body Rehab 871E

Comfortable and easy to use, the 871E offers a fixed crank that makes the activation of biceps and triceps possible. A heavy flywheel provides smooth action even at heavy loads and is ideal for upper body exercise.



Cardio Care 927E

Training and rehabilitation for a wide variety of users with different work capacities, the Best Selling 927E provides a smooth biking feeling even at a low load. Manual load adjustment and the easy to read display make this bike user-friendly and the few moving and visible parts creates a highly reliable product.



Cardio Care 927X

Used for many applications – from rehabilitation to serious training. The 927X offers inspiring training programmes and electronically controlled loading creating excellent possibilities for variation, while the heavy flywheel gives an excellent biking feel.



Monark 915E

The 915E is a small and compact ergometer that can be calibrated. It is easy to use, extremely durable and great for facilities with limited space. Displays watts and kcal at 60 & 70 rpm respectively.



Monark 928E

For a unique combination of safe testing and training in a single product. Self-calibrating and with a maximum user weight of 250kg, the Monark 928E Ergometer provides easy to use settings and options. The bike is pedal independent, meaning that you can pedal with varied frequency while maintaining constant power output. The 928E also features a display with two test protocol (Astrand, YMCA), a manual mode for training, as well as + and - buttons for adjusting workload in watts. A foldable, and therefore mobile version is also available with all the same features. Splitting into two pieces it will fit easily into a large car.

Product Codes:
M9092810 Monark 928E
M90928102 Monark 928E Foldable
90928-12R
 Monark 928G3 Remote
M9092812
 Monark 928G3











Monark Ergomedic 939E

Developed for aerobic and work tests, the 939E is ideal for those wanting to easily save and analyse data. A unique breaking system can be controlled before, during and after tests, while pedal independence, allows you to pedal with different frequency while maintaining constant power output. Connecting to different digital systems is also easy. The 939E offers endless possibilities for different loads, unique protocols and data analysis via your PC.

Product Code: M90939



Visit habdirect.co.uk for further details and prices

-  Wheelchair
-  Ecg, Ext. Control
-  Pc Connection
-  Pc-Software
-  Heart Rate
-  Test
-  Fixed Protocol
-  Constant Power Mode



Sports Medicine

Developed to handle the heaviest and most extreme loads, Monark Sports Medicine products are designed for demanding testing and training scenarios within sports and medicine.

Accurate bike feeling and performance, combined with an easily calibrated and controlled ergometer help to ensure accurate results during every test.

For the most reliable, accurate and adaptable bicycle training and research in sport medicine, there is the LC series. Developed for athletes and scientist looking for the highest level of performance, the LC series offers a new approach - perfect fit, open source and modern force.

Perfect Fit	Modern Force	Open Source
<p>New range of LC/LT models enables a customized position for the test subject. Fully adjustable in length and height</p> <ul style="list-style-type: none"> • Narrower BB (Q factor) • Racing handlebars • 172,5mm cranks 	<p>Small adjustments – big improvements</p> <ul style="list-style-type: none"> • Improved accuracy • Faster adjustment • Better standardisation 	<p>G3 Option – the first step to information sharing</p>



Monark LC6 – A NEW Standard

For the most reliable, accurate and adaptable bicycle training and research in sport medicine, there is the LC6.

Developed for athletes and scientists looking for the highest level of performance, the LC6 offers a new approach – perfect fit, open source and modern force. Stepless adjustability in all directions creates the perfect cycling position and improves upon the classic Monark bike feeling. Exchangeable and upgradable components allow for complete customization for an athlete's specific needs. Furthermore, advanced speed independent (constant power) accuracy provides the most reliable data. The LC6 sets a new standard in sports science, now it just comes down to the rider.

- Fully adjustable for true cycling position
- Customizable for specific testing needs
- Speed independent accuracy
- Accurate cycling feeling
- Easy to control and calibrate
- Easy to connect to external devices

The Q-factor is essential for a genuine roadbike feeling. The LC6 uses the same bottom bracket shell as ordinary roadbikes and both the bottom bracket and cranks are easy to change.

The LC6 with "perfect fit" stem and handlebar, fully adjustable for height and length.

Product Code:

MLC712 (with upgraded touch screen controller available Autumn 2014 - Watch website for details)

MLC612 Can be controlled from external system such as metabolic cart or ECG (comes without touch Screen)



Monark LC4

Affordability and high end testing come together in the LC4. Offering basic testing capabilities, with all of the new design features the LC / LT series have to offer.

Product Code: MLC412



Monark LT2

Not just another exercise bike. The easy to use LT2 is the first exercise bike of it's kind. Offering the 3 new, innovative modular components common to the LC/LT series, Monark have redesigned the exercise bike.

- Gearbox method
- Easier to use than weight basket
- Both base resistance and sprint power

**Product Code: MLT212W
MLT212B**



LC7 – High Performance



LC4 – Basic Testing



LT2/RT2 – Training

Looking for a Recumbent?
Visit habdirect.co.uk to see info on the RT2 model



Monark Ergomedic 828E

The world's most popular ergometer for work and aerobic tests. The 828E is reliable, easy to calibrate and control, due to the unique pendulum system, and is highly regarded by athletes and researchers for its extreme accuracy, feel and functionality.

Product Code: M90828



Monark Ergomedic 874E

Reliable resistance with no need for calibration, the 874E is a testing ergometer with a patented weight basket system. Weight discs ensure that loads are always exact and the weight basket system allows a load of 12 kg (26.5 lbs), theoretically 2400 watts, at 200 rpm. This makes the 874E highly suitable for max and submax tests.

Product Code: M90874



Monark Ergomedic 839E

Designed for those demanding excellent accuracy and functionality, the 839E is perfect for all kinds of aerobic tests, both max and submax. With pedal independence, you can vary pedal frequency while maintaining constant power output, and the accompanying software lets you create your own protocols and perform data analysis. Furthermore, it ensures that the load is always accurate.

Product Code:

M908392 (with handheld)

M908396 (without handheld)



Monark Ergomedic 894E Peak bike

Measuring the anaerobic power in cycling has never been easier and more precise as it is with the new version of 894E. Through smart features as 0-start mode, high sampling frequency and option to do multiple bouts the whole spectra of anaerobic power in cycling can be measured. Especially the acceleration phase and the fatigue of peak power after several sprints are useful parameters for development of anaerobic capacity in any sport. All data is transferred to a user-friendly PC software with export options for further analysis.

Product Code: M90894



Monark Ergomedic 831E

This stable arm ergometer satisfies the requirements for upper body fitness and works tests. With speed independence and external control from a PC and ECG through RS232, the 831E is highly user friendly. The Monark computerized pendulum system also guarantees the accuracy of the workload and the adjustable stand makes the 831E ideal for exercise from a wheelchair.

Product Code: M90831



Monark Cardio Care 827E

A functional bike for warming up and training, the 827E features a heavy flywheel with a brake belt that provides a great cycling feel for all load levels. Few moving and visible parts make this bike extremely reliable for unsupervised use and easy to service and maintain.

Product Code: M908277



Monark Cardio Rehab 891E

The Peak Bike for the upper body. A stable arm ergometer with a great bike feeling, adjustable stand and proved accuracy that comes in two versions. Basic model of 891E is for standard upper body ergometry as submax and max Vo2 test.

891E is also available with a "Wingate" option. This version makes it possible to perform all kind of upper body anaerobic test. With the same features as 894E but adapted for upper body the 891-2 is a highly precise and useful tool for testing the anaerobic capacity.

Product Code:

M90891 891E Standard Model

M908912 891E with 'Wingate' option

Visit habdirect.co.uk for further details and prices

MONARK
SPORTS & MEDICAL

Monark Servicing Available please call for details

Monark Accessories, Bikes and Rowers

<p>Standard saddle and saddle post</p>	<p>Racing saddle with gel</p>	<p>Extra wide saddle</p>	<p>Variable seat post with millimeter adjustment</p>	<p>Vertical adjustable seat post for 900-series</p>	<p>Quick release lever for the seat post</p>
<p>Foam grip for handlebars</p>	<p>Racing handlebar</p>	<p>Pedal with quick adjustment strap</p>	<p>Pedals with SPD/toe clips</p>	<p>Racing pedal</p>	<p>Pedals with extra support</p>
<p>Document holder for 939 and 928</p>	<p>Borg RPE scale</p>	<p>Calibration weight</p>	<p>Extra weights</p>	<p>Exchangable weight basket</p>	<p>Please visit habdirect.co.uk for product specifications, pricing and the full range of Monark Accessories.</p>

wattbike

The revolutionary Wattbike is the most advanced indoor training bike ever. Endorsed by British Cycling, the Wattbike measures over 40 cycling parameters including Watts, Cadence and Heart Rate with scientific accuracy.

The Wattbike's unique design allows everyone, including children, to replicate the exact geometry of their own bike to ensure a perfect bike-fit. The Wattbike feels and rides like a real bike and can recreate any required resistance through the dual air and magnetic breaking system.

The Wattbike is the first affordable indoor training bike to show riders pedalling technique.



The Performance Computer shows the ground-breaking Polar Display which allows riders to see in real time how they are applying power throughout the pedal stroke. This incredible training aid will allow riders to train less and ride faster.

With ANT+ wireless connectivity, the Wattbike is compatible with many devices including Garmin cycling computers and various training systems such as Trainer Road and Kinomap. The Wattbike provides safe, accurate, 24/7 training at home, in the gym and in cycling classes. Whether you are just starting out, a regular cyclist or an Olympic Champion, the Wattbike is the ultimate training tool available today.

Visit habdirect.co.uk for further details and prices

concept 2 ROWING

Concept II Rowing Ergometer

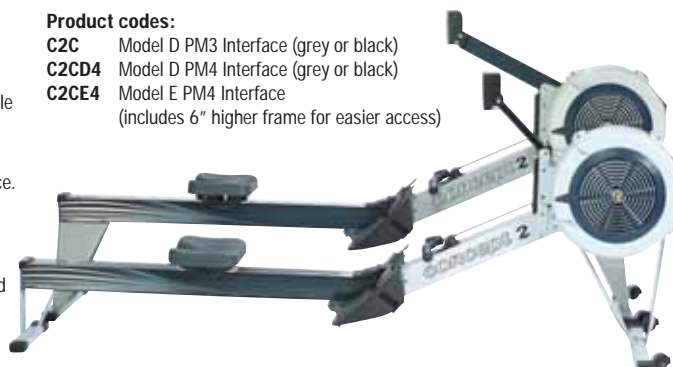
The Concept II Models D and E allow the smart use of the fluid properties of air for resistance rather than water, duplicating the motion of on-water rowing while at the same time benefiting from a time efficient, non-jarring workout for the whole body.

Model D Commercial grade providing years of service. Well suited for rowing clubs and schools, particularly with PM4 Interface. Also ideal choice for home use.

Model E Commercial grade. Ideal for high-use, multi-user facilities. Best choice for those with limited flexibility or mobility. Model E builds on the proven foundation of Model D with additional features.

Product codes:

- C2C** Model D PM3 Interface (grey or black)
- C2CD4** Model D PM4 Interface (grey or black)
- C2CE4** Model E PM4 Interface (includes 6" higher frame for easier access)





A new way to assess training readiness, see page 33



Welcome to the new improved Recovery and Rehab section at HaB Direct.

Sports medicine is an essential part of what we do, providing the very latest technologies such as the new FAM Sports Body Assessment 'CHECK' Device, whilst not forgetting the basics such as treatment couches and rollers.

CHECK



CHECK™ is a new concept for assessing training readiness for professional and recreational athletes.

A simple 15 second daily evaluation of overall muscle fatigue provides significant benefits for athletes and coaches.

The method has been developed by FAM Sports with Finnish sports scientists specializing in neuromuscular research and recovery optimization.

New

AIRNERGY+ Stream – “Energy from Inside”



What is Dermo Vital Therapy?

The AIRNERGY+ Stream is a therapy device using new medical technology, whereby the bodies own immune system and self-healing ability is encouraged and supported for faster recovery.

The AIRNERGY+ Stream hand held device is placed directly on the painful or problem area. The device activates oxygen molecules in the air, converting Triplet Oxygen into Singlet Oxygen. These activated oxygen molecules are very unstable and they quickly return back to their original triplet state. The resulting energy is released which the Stream device then focuses onto the problem area and is absorbed through the skin.

The extra energy delivered by the Stream to the part of the body that is affected, is then used to support the self-healing process associated with inflammation, infections and pain. It also offers the body extra resources to fight the cause of discomfort or infection.

Improvement will vary greatly from person to person and depends on the condition being treated. Whilst a positive effect may be felt immediately, it is recommended to use the Stream up to 3 times per day for up to 20 minutes on affected body parts.



What can the AIRNERGY Stream be used for?

The Stream can be used locally for:

- Joint pains
- Pain associated with the spinal column
- Headaches and migraines
- Open wounds
- Muscle Bruises, sprains, strains
- Burn Blisters and burns
- Middle Ear infections and other ear problems
- Sinus infections
- Toothache and inflammation of the jaw
- Skin Problems

Inflatable Ice Baths

The use of cold water baths is related to the fact that intense exercise causes micro traumatism in muscle fibres. The cold water baths stimulate the activity of the healthy muscle cells, helping to repair the muscular damage and helping to delay / reduce the appearance of muscular pains commonly called muscle soreness (DOMS), which occur between 24 and 72 hours after the effort.

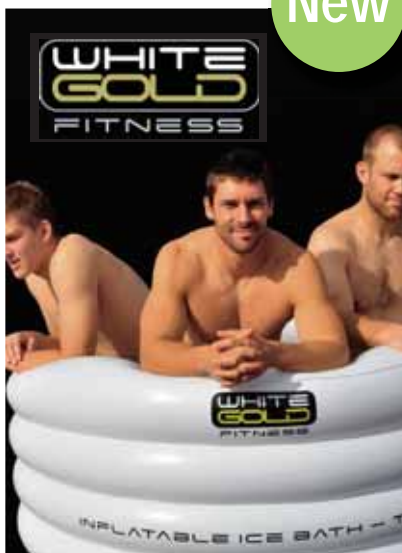
Save Time

Easy & Quick to inflate / deflate
Light and compact for transport between training / competition sites. Options to accommodate 1 or multiple athletes.

Benefits of Inflatable Ice Bath

- Promotes neural system recovery
- Promotes cardio vascular system recovery
- Clears muscular waste, like lactic acid, from muscles by actively dilating and constricting vessels
- Reduces pain around the joints and muscles to reduce muscular oedema
- Assists with muscle regeneration and enhances muscle fibre remodelling

To see the complete range of ice baths and accessories available visit habdirect.co.uk



New

RumbleRoller

The brand new RumbleRoller surface contains specially designed bumps that are firm, but flexible, much like the thumbs of a massage therapist. As you roll over the top of the RumbleRoller, the bumps continuously knead the contours of your body, gently stretching soft tissue (muscle and fascia) in multiple directions. This action erodes trigger points, helps restore flexibility, and brings quick relief to common types of muscular pain.

- Stronger and more versatile than a standard Foam Roller.
- Available in Blue - original firmness (still more aggressive than a foam roller) and Black - Extra-firm for experienced users with especially dense muscle tissue.
- Waterproof, for easy cleaning & latex free

Product Codes

- STRR316** 77.5cm x 15cm Original - Blue
- STRRC126** 30cm x 12.5cm Compact - Blue
- STRRCX127** 30cm x 12.5cm Compact - Firm - Black
- STRR317** 7.5cm x 15cm Original - Firm - Black



New

Triggerpoint Cold Roller

Myofascial Release and Cold Compression Therapy combine to make The Cold Roller™ the most advanced and effective roller you can use to speed the recovery process.

- Targets only muscles with cold compression maximizing recovery
- Speeds recovery and results
- Reduces rolling time with greatest rate of return

Product Code: TPTCRW



New

Handmaster

Strengthens the 9 muscles that close the hand as well as the 9 muscles that open the hand, in one continuous, convenient exercise
It is the professional's choice to maximize strength, speed, balance, blood flow, lymphatic drainage and range of motion, and stimulates all peripheral nerves to the hand

Product code:

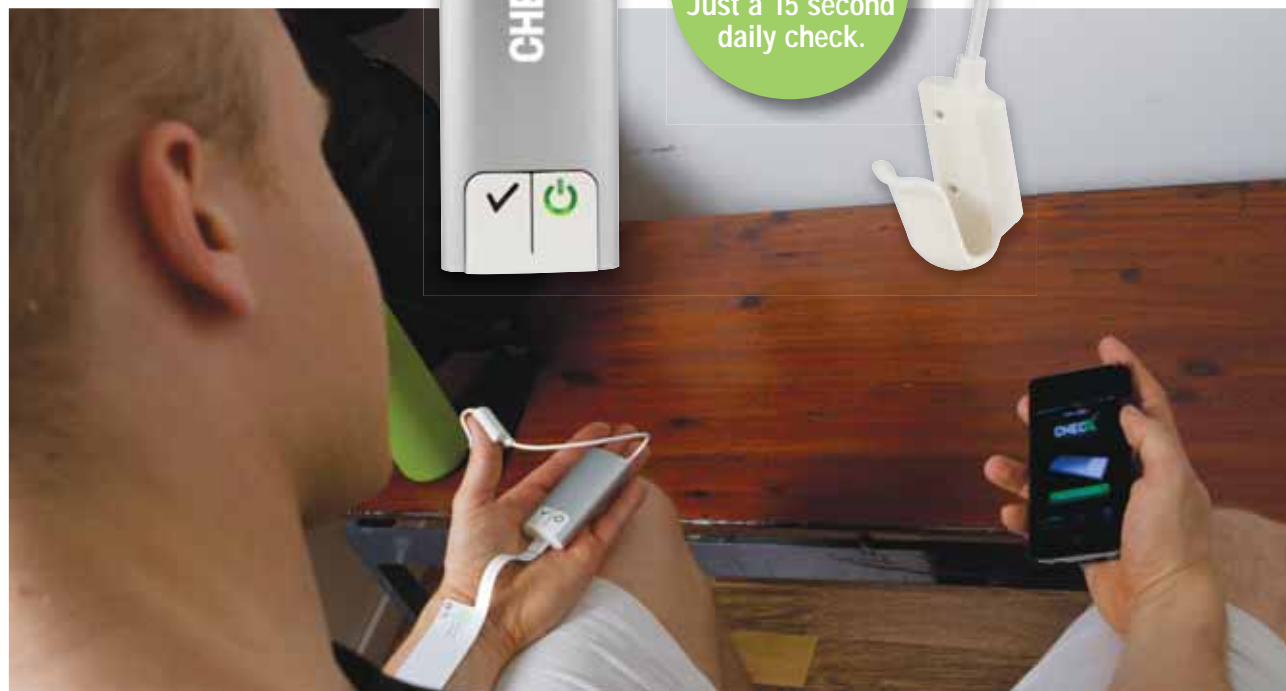
- 1496 Soft** – Blue (early rehab weakness)
- 1497 Medium** – Red (late rehab/ wellness)
- 1498 Firm** – Orange (strength/ speed training)
- 1499 Pack of 3** – One of each of the Handmasters



"Check" Training Readiness Device

CHECK™

CHECK™ is a revolutionary way to assess and monitor Training Readiness and recovery in athletes.



Recovery and Rehab

CHECK™ is based on muscle reflexes generated by specific low-voltage currents. The delay and intensity of the muscle reflex describes the total load on the neuro-muscular system of an athlete. It is designed to be a training aid for athletes and coaches to help optimise training, helping to avoid over-training and reduce injuries.

CHECK™ is a mobile solution consisting of three components:

CHECK™ Assessment Device

Based on the phenomena of peripheral muscle reflex caused by electrical stimulation, Check is a small hand-held device that uses low-voltage current to stimulate a neuromuscular response from the brain. This response is recorded and the readiness calculated using the unique CHECK™ algorithm. The device consists of a portable device, thumb accelerator sensor and a disposable electrode (see picture above). The device is powered with AAA –battery and is therefore easy to use anywhere, anytime.



CHECK™ App

The assessment results are transferred into a smartphone app (Android and iOS) to provide a fast overview and recommendation for the user. This data can be used to optimize daily training.

CHECK™ Online service

Athletes and coaches can access the assessment results through cloud service. Coaches can monitor multiple athletes simultaneously, even remotely. Tools for analysing the information are also provided e.g. to combine the recorded training and assessment data.

Overview of the Main Product Features:

- Solution combines assessment device, mobile application and online service
- Device uses low-voltage current for assessment
- Monitors neuromuscular response using Electromyography
- Calculates intensity of response, delay time and hand direction movement
- Uses disposable electrodes for the assessment
- Powered with AAA-battery
- Data records are saved in Check™ cloud
- Real-time results and analysis to your Smart Phone and via the web
- Bluetooth low-energy connectivity
- Quick and simple 15 second daily test

Product code:

- FC01 CHECK Device plus 1 pack of 28 electrodes
- FC02 CHECK Disposable Electrode



To find out more visit: habdirect.co.uk
or call our experts on +44 (0)1926 816100



Flat Pack Heavy Duty Treatment Couch

Manufactured in box section heavy duty steel. Steel ladder back support and towel rail. 2" shaped and stitched, flame retardant upholstery.

Product Code:

SK016 Flat Pack Couch, inc towel rail & face hole



Two and Three Section Hydraulic Couch

Solid 2 or 3 section heavy duty couch with hydraulic height adjustment, manufactured in heavy duty steel with four steel corner supports for extra stability. Features adjustable feet for uneven floors and 3" shaped and stitched flame retardant upholstery.

Product Code:

- SK053** 2 Section Couch, including towel rail, face hole & plug
- SK054** 3 Section Couch, including armrests and chrome frame
- SK054SL** 3 Section Couch with split leg, including armrests and white frame

All the Treatment Couches and Trolleys are finished in a high gloss white EPC.



Portable Massage Chair

This ergonomic design offers maximum client comfort. Manufactured in a lightweight aluminium frame weighing just 20lbs (9kg) with a working weight of 300lbs (135kg). 2" upholstery tops. Available with black or white upholstery. Dimensions H 31" (79cm)

Product Code:

SK059 Portable massage chair



Deluxe Oval Heavy Duty Treatment Couch

Manufactured in top quality, double strength oval steel. 3" shaped and stitched, flame retardant upholstery. Adjustable feet, for uneven floors.

Product Code:

SK017 Deluxe Oval Couch, including towel rail, face hole & 3" upholstery



Two and Three Section Electric Treatment Couches

Heavy-duty steel construction with electric height adjustment and 24volt motor. Features hand-held remote control, steel ladder back support, towel rail, breather hole and face plug and 2" shaped and stitched flame retardant upholstery.

Product Code:

- SK024** 2 Section Electric Couch
- SK025** 3 Section Electric Couch
- SK023** 3 Section Electric Couch with Split Legs



Trolley Systems

All trolleys are of steel construction, complete with mag lamp holder. Pre welded. No assembly required.

Product Code:

- SK037** Box trolley 14"x18"
- SK050** Baby Z trolley 18.5"x11"
- SK048** Large Z trolley with draws 23.5"x15.5"



Medi Heavy Duty Treatment Couch

Manufactured in box section heavy duty steel. Features a ladder back support, towel rail and 3" shaped and stitched, flame retardant upholstery.

Product Code:

- SK018** Medi Couch, including towel rail, face hole & 3" upholstery
- SK018P** Medi Professional Couch, including towel rail, face hole & 3" upholstery



Couch Steps

Single and double steps. Steel frame with rubber steps. Finished in high gloss white or silver EPC.

Product Code:

- SK051** Single non slip step – rubber
- SK052** Double non slip step – rubber



Treatment couch and stool colour swatch

Please visit our website for our full range of Couches, Stools and Screens, including the colour options and optional extras.



Stools

Saddle Stool with contoured seat for maximum comfort while improving posture. Dimensions: H 48cm – 58cm.

Product Code:

- SK021** Saddle stool / 5 star aluminium base with castors or gliders
- SK021T** Saddle stool as above with Tilting Mechanism



Mobile Vanity Screens

Privacy screens for essential privacy on a rolling base for ease of use. White or Chrome finish High Gloss EPC frames. Nylon locking clips to ensure stability. Standard colours white, blue and mint.

Product Code:

- SK065** Vanity screens with white frame
- SK065C** Vanity screens with chrome frame



Use resistance training and endurance conditioning to increase strength, power, speed, agility, aerobic and anaerobic condition and muscular endurance.

There are numerous ways in which strength and conditioning can be used by individuals and sports teams to improve fitness and performance.

HaB Direct are pleased to introduce their new range of platforms, weights and benches; whilst unique products such as the h/p/cosmos 'Speed Training' treadmill and Marpo Rope Trainers will provide the fitness trainer, coach and athlete with a new dimension to training.

The range of Smartspeed equipment by Fusion Sports will also ensure that any conditioning coach has the best reactive training and timing system available today.

HaB Direct's unique range of Marpo strength and conditioning equipment is fast gaining popularity with fitness, sports training and rehab facilities due to the effective whole body and time efficient training possibilities.



Marpo VMX –
HaB Direct's best selling Rope Trainer with new improved mechanism and performance. See page 33 for more details.



www.youtube.com/habdirect

Marpo Kinetics Rope Trainers

Strength and Conditioning

MARPO VMX THREE60

Marpo Kinetics was founded in 2006 by Marius Popescu, an engineer by profession and former International judo athlete and coach, with a life-long passion for sports and fitness.

Having trained with climbing ropes throughout his competitive years, Marius fully understood the value of this imposing training modality. It became his mission to bring the benefits of rope training to those of all fitness levels. The result is a line of functional and effective exercise equipment that does much more than serve as a rope climbing alternative.

Today, Marpo Rope Trainers are used in fitness gyms, sports training and rehab centres in over 30 countries.

Every model of Marpo Rope Trainer is capable of delivering a more efficient calorie burn compared to traditional cardio trainers whilst also providing a strength workout, that can out perform an entire suite of fixed movement machines.

Whether training professional sports teams or helping gyms retain and motivate members, Marpo Rope Trainers have proven to be one of the most popular, versatile and highest-performing machines available anywhere.



The most effective, space and time efficient whole body gym on the market

The Marpo Rope Trainers have generated a lot of excitement amongst both members and Trainers. Both male and female members are using the VMX and they are regularly incorporated into Personal Training programmes as well as providing a great gym challenge

Malcolm Shevlin
Gym Manager at Pure Gym, Leeds.



NEW

VMX THREE60

Inspired by the industry trend towards functional and small group training, the Marpo VMX three60 incorporates 3 x VMX trainers inter-linked via a single frame, making it extremely space efficient.

This new design removes the benches, but keeps the 3 position carriage, so each work station can be configured with the carriage in High, Medium or Low positions. This has major time and training programme benefits:

- Create a huge range of training programmes where the three machines are in different positions for 60 second circuits or low intensity but longer sessions
- Option to have the 3 carriages in the same position for competitive team challenges which is motivational and creates great energy in the club
- Reduce time spent moving the carriage by each client and increase the number of people able to use this extremely popular trainer during multi-user training sessions.
- Still offers full body strength, power and/or endurance workouts, as all the Marpo Rope Trainers do



VMX

The VMX Rope Trainer features multi-mode adjustment for vertical, diagonal, horizontal and reverse pull. The easy-to adjust sliding carriage allows for increased versatility for strength, cardio and functional training. The ability to alternate rope heights, grips and pull directions makes the VMX Rope Trainer the ultimate functional training tool.

Product Code: VMX



Delivery and Installation Service Available Call for Details

See Marpo Rope Trainers in action www.youtube.com/habdirect



Marpo Kinetics and Brower Timing Systems



V250

The V250 Rope Trainer is a weight-assisted model that simulates actual rope climbing. The levitating seat moves with the user for instant feedback and a true climbing experience that engages the entire core, back, arms and grip. The weight-assist offsets body weight to allow those of all fitness levels to benefit from this uniquely effective exercise. Features a quick-release seat to allow for lower body, standing exercises and wheelchair accessibility. The V250 Rope Trainer delivers an exceptional strength and cardio conditioning workout that is as intense as it is safe.

Product Code: V250



The most effective, space and time efficient whole body gym on the market

VLT

The VLT Rope Trainer is a compact, lightweight and easy-to-use model that accommodates facilities with ceiling height limitations while delivering the same intense exercise experience provided by larger models. Features quick-release seat to allow for lower body, standing exercises and wheelchair accessibility. The VLT Rope Trainer allows for strength and cardio conditioning, rehabilitative exercise and provides a safe, accessible and more versatile rope climbing alternative for sports training programmes.

Product Code: VLT



All Marpo Units come with silver frames and black upholstery as standard, but bespoke colour options are available



Available with a downloadable USB option

Brower Test Center (TC) Timing System

Lightweight, compact, portable wireless timing system for indoor and outdoor use. Suitable for huge variety of sporting activities and enables athletes and sports coaches to measure time, speed, count repetitions, input test data and save it all to the TC-Timer Memory.

Featuring the NEW TC Motion Start – a touchless, wireless sensor that detects and transmits on an athlete's first movement. Replaces the TC-Start Pod, Touch Pad, and Foot Wand. The system can also be extended by adding additional gates (sold separately).

Features:

- Easy to use and simple to set up
- 260 metre range
- Large memory – can store 225 sprint times
- Efficient radio transmission from the timing gates to the TC system for rapid, accurate and precise results
- Customisation options

- Product Code:
- TCS** TC Timing System – Full Kit
 - TCSUSB** TC Timing System with USB Timer and Software – Full Kit
 - TCT** TC Timer Only
 - TCTUSB** TC Timer with USB Only



Brower TC PhotoGate

Extra PhotoGates designed for use with the Brower TC Timing System. Creates an infrared beam that the user can start, split or finish the time. With the Timer, users can add up to 9 splits. PhotoGate A & B, as well as Tripods included.

Product Code: TCG



Brower Accessories

Extend or add to an existing System, or replace damaged or misplaced parts with the following accessories.

- Product Code:
- TCMS** TC Motion Start (New)
 - TCHFREE** Handsfree Display Unit
 - TCSP** Start Pod
 - TCTP** Touch Pad
 - TCM** Microphone
 - TRIPOD** Extra Tripods (Sold Singularly)



NEW

Brower Vertical Jump

Automatic Touchless Vertical Jump Measurement.

- Extremely accurate jump resolution (to 0.5mm)
- Instant feedback. Button for average and best jump memory recall
- Self test, no operator required
- 120cm start zone detection allows for wide height range of athletes without the need for adjusting the unit's position
- Large jump detection area 20cm deep by 10cm wide.

Product Code: TCVP



smartspeed™

The World's Leading Sports Training and Timing System

First released in 2004, Fusion Sport's flagship product Smartspeed was in many ways ahead of its time. Thousands of the world's leading teams, institutes, universities, schools and coaches in over 40 countries now use Smartspeed.

Today with a range of accessories and continuing innovation in hardware and software design, Smartspeed is the most versatile, robust, accurate and easy to use system of its kind on the market.

Smartspeed is the Gold Standard against which the others are compared.

Why is Smartspeed the best?

Easy to Use- 5 minute set up time and fully wireless, all results recorded straight to your PDA.

Save Time- Multilane timing and no manual data recording or entry reduces testing time by 70% in a typical testing session.

Built to Last- Water and impact resistant.

World Leading Accuracy- Proven by independent research to be the most accurate and reliable timing gate system available even compared to dual or triple beam gates.

Limited only by your imagination- From basic wireless timing to advanced tactical drills involving 30-40 athletes at once, or testing 1000's of athletes a day.

Innovation Made Easy- The possibilities with Smartspeed are practically endless.

Integration- A comprehensive list of accessories ensures Smartspeed is versatile to your every need.

As purchased by:

English Institute of Sport (multiple systems)
 SportScotland (multiple systems)
 Lawn Tennis Association (multiple systems)
 Loughborough University (multiple systems)
 Bath University
 Edinburgh Napier University
 Manchester United FC
 Chelsea FC
 The Manchester Health Academy
 Arrow Vale Sports College

"...Since 2004, the Smartspeed system has played a very important part in the development of speed, not just for sprint athletes but more importantly in reactive speed development for games players. SMARTSPEED bridges the gap between speed development and specific game speed development."

Scott Crawford - Strength and Conditioning Coach - Sport Scotland Institute of Sport



NEW PDA - Upgrade Today

A new and improved handheld base unit for the SMARTSPEED, SMARTSPEED LITE and SMARTJUMP LITE systems is now available. Compatible with all system versions, customers are strongly encouraged to upgrade.

Features include -

- All-in-one control unit
- Integrated SMARTJUMP PS2 input
- Integrated RFID
- Double the battery life
- Tough, water resistant and reliable
- Quick-launch protocol buttons



What can Smartspeed do?

Timing and Testing

- Multiple lane wireless timing- time up to 8 lanes on one PDA control unit
- Unlimited test design- no constraints on test protocol logic. Use ours or design your own
- Real-time feedback via reactive gates, scoreboards, PDA or PC / Excel
- Automatic video capture options for qualitative analysis

Reactive Training

Patented Reactive Grid, Cutting and Serpentine drills push athletes to their limits of -

- Reaction time and first movement
- Reactive change of direction and agility
- Peripheral vision & Decision making

Sport Specific

- Patented reactive team conditioning games for the ultimate in training
- Wide range of drills from single player to your whole squad
- Performance with highly publishable sport specific research

Pacing

- Fully automated and programmable pacing with endless applications -
- Run all common tests such as the Beep test, shuttle runs and step tests
- Automate all endurance training such as interval work or track pacing

Product Codes:

- SM1** Smartspeed 1 Additional Gate, includes: 1 Remote, 1 Reflector & 2 Tripods
- SM2** Smartspeed 2 Gate System
- SM4** Smartspeed 4 Gate System
- SM6** Smartspeed 6 Gate System
- SM8** Smartspeed 8 Gate System

Call
 HaB Direct on:
 01926 816100
 For more
 details

smartspeed lite

Fusion Sport's Smartspeed Lite now offers all of the benefits of Smartspeed's quality and accuracy within a lower cost system simply for collecting fitness test data, to suit lower budgets and provide a solution for those not able to utilise the everyday training applications of the full system.

Product Codes:

- SMLT2** Smartspeed Light 2 Gate System
- SMLT4** Smartspeed Light 4 Gate System
- SMLT6** Smartspeed Light 6 Gate System
- SMLT8** Smartspeed Light 8 Gate System
- SMLTGATE** Smartspeed Lite Extra Gate (Incl 2 x Tripods & Reflector)
- SMLTL** 1 x PDA 1 x Grabba Sleeve 1 x Open Smartspeed Lite License

Expandable
 Lite
 System



smartjump^{lite}



Fusion Sport's ever popular Smartjump system is now available as a standalone jump training and testing System.

Used independently of the Smartspeed system, allowing greater versatility and affordability than ever before.

Simple yet powerful monitoring

- Contact time, flight time, Reactive Strength Index (RSI), Peak Power Output, jump height, and FT/CT ratio
- Use power measurements to monitor recovery, training response and gains
- Real-time feedback via lights to indicate whether objective of jump has been met (green = goal achieved, red = not achieved).
- Standing counter-movement jumps, drop jump and depth jumps, single or multiple response jumps, medicine ball power exercises and more

Product Code:

SMJLITE Full Standalone Jump Mat System

SMJUMP Jump Mat to be integrated in to Smartspeed system

smartscore



Fusion Sport's long awaited digital scoreboard is finally here. Water resistant, shock proof and of course wireless, Smartscore is ideal for the training field, gymnasium or testing environment.

Product Code:

SMSCORE 1 x Smartscore (1 x Tripod)

SMSCORE2 2 x Smartscore (2 x Tripod)

SMSCORE4 4 x Smartscore (4 x Tripod)

smartlink



Included with SMARTCAPTURE or available as a standalone product, SMARTLINK creates a wireless connection between your SMARTSPEED PDA and PC.

Product Code: SMLINK

smartshoxx



Simply connect Smartshoxx to any gate to serve as an event trigger, and integrate live targets into your training and testing drills through the addition of these vibration sensors. Ideal for all ball sports, ice hockey and even military applications such as reactive combat drills.

Product Code:

SMSHOXX2 Smartshoxx 2 Pack

SMSHOXX4 Smartshoxx 4 Pack

smartstart



Call
HaB Direct on:
01926 816100
For more
details

smartscan



RFID based option, which adds full automation to Smartspeed systems. When an athlete wants to run a drill, they simply walk up, swipe in with their wrist band, and the system saves data to their specific record.

Product Code: SMSCAN

smartcapture



Fully automated video capture during any testing or training drills; Smartcapture wirelessly controls your PC to start and stop recording, overlays the athlete's name, drill title and Smartspeed results on each video clip and then automatically saves each clip to your PC.

Smartcapture is sold separately or bundled with the acclaimed Dartfish Video Analysis software.

Product Code: SMCAP

Smartcapture with Dartfish Integration Pack (Dartfish Not Incl)

This is much more than just a wireless start gun.

Equipped with in-built RFID scanner, PS2 inputs for SMARTSPEED trigger options and all the processing capability of a SMARTSPEED unit, SMARTSTART is a powerful multi-purpose addition to your system to create the testing and training protocols you need.

Product Code: SMSTART

Coming
Soon

New entry level system

smartspeed^{PT}

Ideal for schools, youth clubs, after school sports groups, amateur athletic and sports teams and...others.

Visit habdirect.co.uk for further details and prices

Weights, Racks and Benches



Inevitably the requirements of each individual customer will vary either through budget availability, space availability or specific training needs. With this in mind HaB Direct offer a wide selection of power racks, Olympic platforms and associated products for today's strength & conditioning facilities, all off the shelf and/or as bespoke options.

There are a variety of options and extras available for the Racks, such as incline and free weight benches, dip bars, squat handles and platforms. The Racks can also be customised with your logo on the platform. Call for details.

Half Rack + Platform + Adjustable Bench Product Code: HRPA01



Multi Adjustable Bench
Product Code: MAB01



45 Degree Leg Press
Product Code: LP01



Roman Chair
Product Code: RC01



Flat Bench
Product Code: FB01



Weight Bench
Product Code: WB01



Incline Bench
Product Code: IB01

Multi Adjustable Bench
Product Code: AB01



HaB Direct Crash Mats

HaB offer a range of high quality Crash Mats in sizes to suit all requirements. Manufactured in the UK using PVC covers and foam inners. All sizes have Velcro closing on two sides, 4 carrying handles and toggles/loops in each corner so they can be linked together. Bases are heavy duty anti-slip PVC.

Product Code:

- EM1 HaB Direct Crash Mat 8' X 4' X 8"
- EM2 HaB Direct Crash Mat 8' X 6' X 8"
- EM3 HaB Direct Crash Mat 8' X 4' X 10"
- EM4 HaB Direct Crash Mat 8' X 4'6" X 10"
- EM5 HaB Direct Crash Mat 8' X 4'6" X 12"
- EM6 HaB Direct Crash Mat 8' X 5'4" X 10"
- EM7 HaB Direct Crash Mat 10' X 5' X 12"

Other Mats and Trolleys are also available.



Mats can be customised with your logo. Call for details.

Weights, Racks and Benches



WERK-SAN Sets, Plates, Bars and Collars.

A Professional grade, full range of Training and IWF Approved Competition Bars, Plates and Sets.

Werk-san Competition & Training Sets
 Competition set – with small rubber friction plates.
 Training Set with small metal plates.
 IWF Certified 190 or 185kg.

- 1 x 20kg or 15kg Werk-san Barbell
- 2 each of 25kg, 20kg, 15kg, 10kg, and rubber coated (competition) or metal (training) 5, 2.5, 2, 1 & 0.5kg plates
- 2x 2.5kg barbell collars.

Product Code:

- 185TSME01** 187kg Olympic Training Set (Cast Small Plates)
190TSME 182kg Olympic Training Set (Cast Small Plates)
185CSET01 187kg Olympic Competition Set
190CSET01 182kg Olympic Competition Set
185TSRU01 187kg Olympic Training Set (Rubber Small Plates)
190TSRU01 182kg Olympic Training Set (Rubber Small Plates)



Coloured Training Rubber Discs

Product Code:

- 5SCRT01** 5kg Coloured Training Plates (Rubber)
2.5SCRT01 2.5kg Coloured Training Plates (Rubber)
2SCRT01 2kg Coloured Training Plates (Rubber)
1.5SCRT01 1.5kg Coloured Training Plates (Rubber)
1SCRT01 1kg Coloured Training Plates (Rubber)
0.5SCRT01 0.5kg Coloured Training Plates (Rubber)



Environmentally Friendly - DC Blocks

Designed by US Olympic lifter Derek Crass, DC blocks are a light weight and highly cost effective alternative to other pulling blocks / plyo boxes currently on the market.

Features:

- Extremely versatile – can be used as plyo boxes or pulling blocks
- Made of recycled plastic
- Lightweight so easily moved between stations

Specifications:

5cm high, 48cm wide and 40cm deep, weighing only 5kg a piece

Product Code: APDC



Werk-san Olympic Bars

Scandinavian steel specially developed for Werk-San

- 5 strategically located carbon-fibre bearings
- Synthetic gel lubricant for longevity

Product Code:

- 7TBAR01** Mens 20kg Olympic Training Bar
7CBAR01 Mens 20kg Olympic IWF certified Competition Bar
6CBAR01 Womens 15kg Olympic IWF certified Competition Bar
6TBAR01 Womens 15kg Olympic Training Bar
CBL01 Competition Collars (Pair)
TBL01 Training Collars (Pair)



Call: 01926 816100 for further details or visit habdirect.co.uk to see the full range

Bar Stand

Product Code: BS01



Competition Platform

Size: 4m x 4m

Product Code: CPLA01



Training Platform

Product Code:

- TPLA03** 3m x 3m
TPLA01 3m x 2m



Available in 3 Sizes



Plate Rack

Product Code: PRAC02

HaB Direct offer a full range of beautifully illustrated, fully encapsulated charts to suit any gym. See page 51 for details.

Gym Equipment

Strength and Conditioning

YORK
FITNESS

Visit habdirect.co.uk for prices

York Olympic Individual Plates

Quality cast iron plates with machine bored 2" holes and suitable for commercial use. Sold as single plates. Range: 1.25kg - 25kg

Product codes:
7378 - 7384 Individual Olympic Plates
2979 Chrome Plated 7ft Olympic Bar



York Olympic Spring Collars

Made from 3mm sprung steel, producing outstanding clamping strength with Rubber / Urethane grips. Simple design and easy to use has made this a favourite with trainers.

Product code: 36040



York Neo Hex Dumbbells

A thick durable and easy to clean neoprene coated dumbbell. Neo Hex rack also available, Holds up to 44 pairs (sold separately). Range: 0.5kg - 5kg

Product codes:
15630 - 15637



York Kettlebells

Stylish kettlebell with easy grip handle. Vinyl case and rubber anti slip base. Designed for core stability and functional workouts for all body parts. Following the wall chart provided will give you an all-over body conditioning effect.

Range: 2kg - 20kg

Product codes:
10000 - 10010

Best Seller



Visit our website to see the full range of York, BBE, Reebok and other Gym Equipment.

BBE Club hook and jab pad

Lightweight leather hook and jab pad used for improving balance agility, reflexes, and hand-eye co-ordination. One size fits all

Product code: BBE136



York Medicine Balls

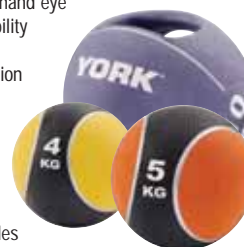
- Ideal for strength training, improving hand eye co-ordination, flexibility and balance
- Excellent rehabilitation product.

Product codes:
60151-60160

1kg - 10kg

60161-60167

4kg - 10kg with handles



BBE Pro-speed Skipping Rope

9ft weighted speed rope with ergo shaped handles designed for secure grip.

Product code:
BBE648



Reebok

Reebok Step

Step training is still the ultimate in low impact aerobic training and the RBK step is recognised as the industry leader. Integral risers make it compact and easy to transport. Adjusts to three training heights with unique interlocking block positions.

Product code: RE21150

Best Seller



Reebok Training Bars

Combine free-weight training effectively and safely with step, deck, core, circuit, body conditioning and personal training sessions. Optimum 1250mm length. Also available is the training bar rack that holds 60 training bars.

Product codes:

RE21098 Reebok Training Bar Rack

RE21093 Reebok Training Bar 3kg

RE21094 Reebok Training Bar 4kg

RE21095 Reebok Training Bar 5kg

RE21096 Reebok Training Bar 6kg

RE21097 Reebok Training Bar 7kg



Reebok Kettlebells

By lifting and controlling the Kettlebell, increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. Sold singularly. Storage rack is also available separately.

Product codes:

RE21306 Reebok Kettlebell Rack

RE21300 Reebok Kettlebell 4kg

RE21301 Reebok Kettlebell 8kg

RE21302 Reebok Kettlebell 12kg

RE21303 Reebok Kettlebell 16kg

RE21304 Reebok Kettlebell 20kg



Reebok Foam Rollers

For balance and stabilisation training, or for self-massage and alignment work.

Product codes:

RE21007

Reebok long round roller

RE21009

Reebok short round roller



Spri Xertubes

Resistance training, ideal for body conditioning. This elasticated rope is complete with handles and available at 5 levels of resistance.



Product codes:

LSPRI 1 Extra Light - Yellow

LSPRI 2 Light - Green

LSPRI 3 Medium - Red

LSPRI 4 Heavy - Blue

LSPRI 5 Extra Heavy - Purple

HaB Essentials Resistance Bands

An economical way of providing resistance training. Strong and versatile. Available in 4 levels of resistance and 2 lengths.

15cm wide x 1.2 metres long

Product codes:

BANDLIGHT Light

BANDMED Medium

BANDHEAVY Heavy

BANDXHEAVY Extra Heavy

25 metre roll

BANDL25 Light

BANDM25 Medium

BANDH25 Heavy

BANDXH25 Extra Heavy





Visit habdirect.co.uk for prices and to see the complete HRM range



GARMIN

Since its inception in 1989, Garmin has taken its dynamic philosophy and become the innovative market leaders in the world of GPS. Garmin go beyond ordinary features and performance while always pushing the boundaries of quality and design.



SIGMA

Sigma represents 25 years of German technology at its best, combining innovative design with precision engineering. Sigma offers high-quality heart rate monitors at affordable prices that have been developed for entry level users right up to the professional user.

CARDIOSport

Cardiosport heart rate monitors offer a personal solution to make your fitness training more rewarding. A Cardiosport heart rate monitor helps you to train and exercise at the right intensity, not too heavy and not too light on your goals – whether they be general fitness, high performance or weight management.



SUUNTO

Suunto's sleek design, unique approach to aerobic monitoring and laboratory quality measurements make the Suunto range of heart rate monitors the choice for professional sportsmen and women worldwide.



Zephyr™



For more information and pricing on all products visit habdirect.co.uk

Zephyr ECHO Training System Getting your team game ready... and beyond

The Zephyr™ Physiological Status Monitoring (PSM) Training ECHO system is a single solution that measures, streams and logs a wide variety of physiological data from 1 to 50 athletes simultaneously over an astonishing 300m line-of-sight range with no dead zones. With PSM Training ECHO, coaches can train their athletes to their peaks making it possible to achieve consistent, maximum performance from a team by eliminating individual under and over training. PSM Training supports GPS data logging compatible with FalconView and Google Earth providing speed, distance and elevation information.

PSM Training ECHO Applications

PSM Training ECHO gives coaches a look "inside" the athlete. Configurable thresholds and real-time monitoring allows management of training intensity for each athlete. Live measurement includes heart rate, HRV, heart rate recovery, breathing rate, accelerometry, intensity & load and estimated core temperature without pills or probes. Streaming live data allows real-time insight into the potential of heat stress, fatigue and dehydration. The system allows the coach to design practice drills and exercise regimes that will train each athlete, and the team as a whole, to their peaks, ensuring the highest level of performance per unit of effort.

PSM Training ECHO Advantage

PSM Training ECHO generates customisable, detailed reports and analysis of individual and team progress including trend analysis of individuals over multiple sessions or sub sessions.

Bioharness 5DK and Integrator Kits are designed for research. Call for details

Live monitoring of large groups

- Configurable thresholds and real-time monitoring allows real-time management of training intensity for each athlete
- Allows real-time insight into potential for conditions such as fatigue, over or under-training or heat stress, for example

Team and individual training and fitness reports

- Baseline metrics such as Ventilatory Threshold, Heart Rate

Recovery, VO2max.

- Monitor metrics such as heart rate recovery, training intensity and load during training
- Compare and contrast athletes

Measurement of kinematic variables as well as physiological variables

- Explosiveness from a dash/sprint start
- Vertical jump flight time and peak acceleration
- Customizable speed and training zones

Detection & monitoring of ventilatory (anaerobic) threshold

- Method of monitoring fitness
- Removes the need for a mask for laboratory-based ventilator threshold tests.
- Allows breathing rate-triggered monitoring of anaerobic threshold for intensity-based training

Monitor athletes in real-time for signs of heat stress or fatigue

- Using Estimated Core Temperature, Heart Rate Recovery, resting heart rate, heart rate variability
- Monitor training intensity and load over time to assist in training customisation and ultimately better athlete management.

Comprehensive analysis capabilities

- Allows detailed analysis of an individual's training and performance
- Allows trend analysis of individuals over multiple sessions or sub-sessions
- Allows comparisons between individuals quickly and easily

GPS

- GPS data logging compatible with FalconView and Google Earth

Robust

- Patented BioSense™ algorithms and mechanical design addresses noise and movement artefact issues that affect other systems
- Transmission range is suitable for stadium or laboratory use
- Available antenna repeaters extend coverage to an area larger than two American football fields – a 1,000 foot line-of-sight –with no dead zones

Patented Smart Fabric strap

- Chest strap or shirt options
- Unobtrusive – no restriction to wearer activity
- Comfortable and easy to wear over long periods
- Washable

Product Code:

Please call for details



Zephyr HxM Heart Rate Monitor for Android or iPhone

The Zephyr HxM Heart Rate Monitor uses Bluetooth connectivity to track your heart rate, speed, distance and intensity level without complicated pairing. With an open communication design, the HxM provides unparalleled flexibility with the phones and applications you use. Supported by dozens of apps including: Endomondo, Strava, SportsTracker, Runtastic, and more!

Product Code:

96000112 Android compatible, inc Windows 8 phones
96000328 iPhone compatible

Blood Pressure Monitors and Accessories



Designed for clinical use and manufactured to the highest levels of quality and accuracy



Nissei DS-500 Fully Automatic Upper Arm Blood Pressure Monitor

Super comfortable, fast and accurate with simple one button operation.

- Two memory banks with averaging for two Users or for Morning and Evening recording
- Date and Time display
- Irregular pulse detection (arrhythmia)
- Clinically Validated for guaranteed accuracy

Product code: DS500



Nissei DS-1902 Auto Inflate Blood Pressure Monitor

- Clinically Validated for guaranteed accuracy
- Measures during inflation for fast results
- Reduces discomfort from over pressurisation
- Ideal unit for monitoring multiple users with varying arm sizes, one cuff size fits all
- 2 memory banks each with 30 measurement results, their average stored, with memory delete and 1 neutral memory bank

Product code: DS1902



Nissei DS-1873 fully automatic blood pressure monitor

Fast, reliable and easy to use with integral cuff storage holder

- 13 digit LCD display
- Pressure indication range 50 to 250 mmHg (systolic) 40 to 180 mmHg (diastolic) 40 to 160 pulses/min (pulse rate)
- Two memory banks of 30 measurements each with averaging. Ideal for two Users or for Morning and Evening recording

Product code: DS1873



Nissei Professional Digital Blood Pressure Monitor

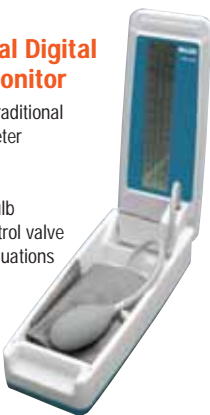
- Perfect alternative to the traditional mercury sphygmomanometer (no longer available)
- LCD column display
 - Manual inflation with bulb pump and deflation control valve
 - DM-500 – 2mmHg graduations
 - DM-1000 – 1mmHg graduations and backlit display

Product codes:

DM500

DM1000

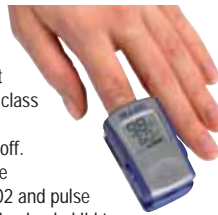
DM3000 - See website for details



Nissei B0 600 pulse oximeter

- Smallest and lightest pulse oximeter in its class
- Water Resistant with automatic Power on/off.
- Reliable and accurate measurement of SPO2 and pulse
- Diagonally tilting spring loaded lid to accommodate a wide range of finger sizes
- Measurement range SPO2 0-100%, pulse 30 – 240 BPM

Product code: B0600



Nissei WS-1300 Wrist Type Digital Blood Pressure Monitor

Compact, fast and easy to use. No need to remove clothing to take your blood pressure.

- Two memory banks of 60 readings each with averaging
- Date and time displayed
- Irregular heartbeat detection (arrhythmia)
- Pre-formed cuff suitable for wrists 12.5 to 21.5cm circumference

Product code: WS1300



Nissei DS 137 Blood Pressure Monitor

A semi-automatic BPM. Provides accurate and easy measurements on a large digital display of Systolic and Diastolic pressures and Pulse Rate simultaneously.

- Accuracy: +/- 3mmHg; +/- 5% pulse rate
- Manual inflation & Automatic deflation
- Memory: 30 measurements + averaging
- Storage bag and 4 AA batteries included

Product code: DS137

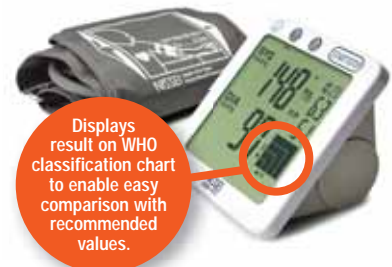


Monitor DSK1011

Clinically Validated to the latest, most stringent, ESH-2010 International Protocol and recommended for Clinical and Personal use. Comes with a 60 reading memory.

- Fast operation measuring during inflation. When the arm cuff finishes inflating the result is available
- Controlled inflation pressure, thereby avoiding discomfort caused by over inflation
- Irregular Pulse Rhythm displayed if detected and can calculate and display "Pulse Pressure"

Product Code: DSK1011



Nissei Wrist Type Blood Pressure Monitor WSK1011

The first wrist type monitor to be clinically validated to the latest, most stringent, ESH-2010 international protocol and recommended for clinical and personal use. Comes with a 60 reading memory

- Motion detection to indicate if User moved during measurement which could affect accuracy of the result
- Irregular Pulse Rhythm displayed if detected and can calculate and display "Pulse Pressure"

Product Code:

WSK1011



DSK1031 Upper Arm Blood Pressure Monitor

Clinically Validated to the latest, most stringent, ESH-2010 International Protocol and recommended for Clinical and Personal use. Comes with a 60 reading memory.

- Uses a slim-fit preformed universal arm cuff (22 cm to 43 cm). No need for two separate cuffs, one size fits all
- Controlled inflation pressure, thereby avoiding discomfort caused by over inflation
- Irregular Pulse Rhythm displayed if detected and can calculate and display "Pulse Pressure"

Product Code: DSK1031



Stethoscope (Not a Nissei product)

Available as Single - one scope and one ear piece or Double - two scopes and one earpiece).

Product code:

UN125B

UN130B



Nissei Upper Arm Blood Pressure

www.habdirect.co.uk

Order Hotline +44 (0)1926 816100 email sales@habdirect.co.uk

Body Composition



For prices and more information on all Products and accessories visit: habdirect.co.uk

The Bodystat® 1500

The Bodystat 1500 Analyser is a hand-held, battery operated, Bio-impedance analyser that is lightweight, easy to use and requires no specialist skills. It is non-invasive and measures the impedance value of the body, providing quick and effective analysis of body composition. Whole Body analysis, rather than partial body analysis of arms or legs only, is measured for greater accuracy. Bodystat 1500 has been tried and tested in gyms for over 20 years and users find it an invaluable tool for motivating their clients and

getting real long term results, providing clients with a choice of 6 different reports using the unique Bodystat Software or an instant print out with the Bodystat Bluetooth printer.

Product codes:

- 111** Bodystat 1500 Analyser
- 515** Replacement electrode pads (Pack of 100) (suitable for all Bodystat models)
- 969** Replacement report pads
- 414** Thermal Printer



The Bodystat® 1500 MDD

The Bodystat®1500MDD is a lightweight, hand-held, battery operated Bio-impedance Analyser which is easy to use and requires no specialist skills. It is a non-invasive device, which measures the impedance value of the body providing quick and effective analysis of body composition. Whole Body analysis, rather than partial body analysis of arms or legs only, is measured for greater accuracy. Meets CE 0120 Medical Devices Directive and FDA.

Software

In addition to the features of the standard Bodystat®1500, the Bodystat®1500MDD contains separate equations for Children aged 6 years and over and Adults. It also shows a calculation for Dry Lean Mass. A number of health professionals find Dry Lean Mass an invaluable tool for monitoring muscle wasting/growth. Included with the unit are two software programmes, namely the Wellness and Body Manager Programmes.

Product code: 212

Coming Soon!
NEW Bio-Electrical Impedance Spectroscopy device
Call for details



Bodystat® App

For use with the Bodystat 1500 and the Bodystat 1500MDD, the main aim of the App is to enhance the motivation of the user in adhering to their health and fitness regime. This is a free App which can be downloaded through i-tunes.



Coming Soon!
NEW Touchscreen Version

The Bodystat® QuadScan 4000

Offering a quick, easy, economical and non-invasive alternative to other methods of fluid assessment and Body Composition analysis, e.g. radioisotope dilution, underwater weighing.

The principle of measuring the flow of current through the body (impedance) is dependent on the frequency applied. At low frequencies, the current cannot bridge the cellular membrane and will pass predominantly through the extra-cellular space. At higher frequencies penetration of the cell membrane occurs and the current is conducted by both the extra-cellular water (ECW) and intra-cellular water (ICW).

Product code: 323



Maltron 900 Body Fat Analyser

Entry level device offering value for money for both personal and professional use. The BF-900 Body Fat Analyser offers uncompromised accuracy and repeatability. Maltron Bio-electrical Impedance (BIA) analyser incorporating the latest research in Body composition and advance technology allowing analysis of one's health to be carried out accurately on limited budget. Safe and simple-to-use, this quickly separates weight into fat, lean and water using the tetrapolar method of 4 electrodes, applied to hand, wrist, foot and ankle. Results displayed: body fat %; target fat % (min/max); basal metabolic rate (BMR) (Kcal); body impedance.

Product codes:

- BF900** Body fat analyser
- ME4000** Replacement electrode pads (100)



Maltron 906 Body Fat Analyser

A professional tool for professional people the BF-906 is an indispensable measuring tool offering accuracy, repeatability, ease of use, affordability for those wanting detailed information of one's health. Flow of electrical signals are measured as they pass through Fat, Lean tissue and water, each resisting the flow of electrical signals at different rates giving us a highly reliable and accurate measure of the amounts of each of these components.

Product codes:

- BF906** Body fat analyser
- ME4000** Replacement electrode pads (100)

BF907 Composition Analyser

Allows you to estimate the daily and weekly energy intake (calorie) and expenditure. When planning Weight Management programmes, not only is it important to measure Body Composition, but also energy expenditure. Maltron systems are the world's first all-in-one, low cost

Body Composition Analysers for professionals measuring whole body and estimate energy expenditure.

Product codes:

- BF907** Body fat analyser
- ME4000** Replacement Electrode Pads (100)



Body Composition

For more information and pricing on all products visit habdirect.co.uk



TANITA

Tanita SC330S portable body composition analyser (with visceral fat indicator)

With an integral printer, providing accurate measurements and body composition analysis data, in just seconds.

- Total body measurements with instant printout of results
- Weight, BMI, body fat % and fat mass
- Fat free mass, muscle mass total body water - kg/%
- Basal metabolic rate, target ranges, and mineral mass
- Additional features include: Visceral fat indicator, metabolic age, and healthy bone mass indicator

Product codes:

- SC330S** Tanita portable body composition analyser
SC330CK Optional Column Kit
BTBFPA Thermal paper rolls



Tanita BF522W portable Body Fat and Water Analyser Kit

Ideal for Personal Trainers who require a simple, portable Body Fat Analyser to help track clients' progress. Weighing clients up to 150kg, this Analyser provides accurate measurements in just seconds. Light weight and compact this portable analyser comes with height measure, tape and carry bag.

- Total body measurements include: Weight, body fat %, and total body water
- LCD display is wall mountable

Product code: BF522W



Best Seller

Harpenden Caliper

The original Harpenden Caliper. Made from high quality stainless steel with a rubber gripped handle, these calipers comply with the industry standard for quality and accuracy.

- Range = 0 - 80mm
 - Graduation = 0.2mm
 - Booklet included
- New Kit also available.

Product code:

- LHSC** Caliper & Booklet
LHSC3 Caliper, Booklet, Anthropometric Tape & Calibration Check Block



Harpenden body assessment software

User friendly software for body fat assessment using either the 4 Site Durnin & Womersley system or 3 site Jackson & Pollock system.

- BMI & Basal metabolic rate
- % Body fat content, % body fat preferred level
- Lean body mass & Fat mass
- Min/max weight guide
- Child BMI growth charts
- Subjects data can be printed in graphic or plain text formats

Product code: LHSCSOFTWARE

HaB Essentials Slimguide Caliper with 20 + page booklet

The popular and original Slimguide caliper is extremely economical and is very strong, made from ABS plastic.

- Range 0 - 85mm
- How to measure fat booklet included
- Available in white, red and black

Product code:

- LSG**
LSGBLACK
LSGRED



New



Tanita MC 780 MA

Multi frequency Segmental Body Composition Analyser with an interactive display console and inbuilt SD card facility. Perfect for providing an instant analysis of a client's health and fitness status and monitoring their progress over time. A full segmental body composition analysis is performed in less than 20 seconds.

- Weight and body fat goals can be set using the 'goal setter' mode
- All user data can be stored and used for detailed trend analysis using the GMon Health Monitor Software. (Sold Separately)
- 3 frequencies provide highly accurate, whole body and segmental measurements
- Easy-to-use – the interactive console guides the user through the personal data input and measurement process without specialist assistance

Product code: MC780MA

Tanita SC240 MA

The uniquely designed Tanita SC 240 MA has a weighing capacity of 200kg, providing accurate and repeatable measurements in just seconds. When used with GMon Health Monitor software (sold separately), the SC 240 can be automatically set-up for personalised patient studies, capturing measurements and trend results in a variety of reporting formats.

- MDD Approved, NAWI Class III
- Light-weight – 4.7kg
- Simple-to-use

Product code:

- SC240MA** Professional Body Composition Scale
GMONMA Tanita Medically Approved Software inc RS232 Cable & Adaptor



New

Tanita BC545N Segmental Body Composition Monitor with 3 Year Tracking Function

- Segmental technology
- Children's healthy body fat range
- Visceral fat indicator
- Metabolic age indicator
- Body fat%, total body water %, muscle mass
- Physique ratings, bone mineral mass, and basal metabolic rate / age
- Ideal for home use

Product code: BC545N



New



Turn to Page 49 to see the **NEW Seca Body Composition Analyser**

Health Related Fitness Testing, Measuring and Monitoring

Height, Flexibility, Strength, Power



HaB Essentials height measure

- Portable or wall mounted height measure
- Range: 0-200cm

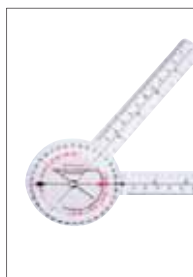
Product code: LJP60



HaB Essentials anthropometric measuring tape

- Non-stretch fibreglass
- Retractable
- Range: 0-60 inches/150cms

Product code: LCR01

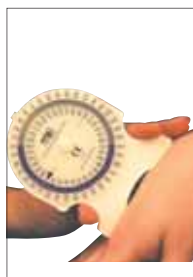


Goniometer

Transparent plastic 360° scale.

- 12" long
- Calibrated to ISOM (International standards of measurement) system

Product code: LBLP12



MIE clinical goniometer

Heavy duty, easy to read and able to measure all ranges of joint motion.

Product code: BMCC



Steel sit and reach box

For trunk flexibility measurements. With lockable base. Ideal storage space for mobile screening. Scale 0 - 55cm.

Product code: LSRBS1



Seiko quartz metronome

Light and sound signal option. Easy to use dial setting. Required for sub maximal aerobic testing.

Product code: SQ50V



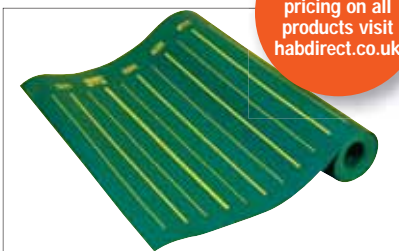
Biosig Insta-Pulse

This hand held heart rate monitor can be used while jogging, walking or practising aerobics and requires no chest belt or ear lobe attachments. Simply grasp the monitor with both hands and it will automatically turn on and measure the effectiveness of your workout.

Product codes:

LBS105 28cm LBS107 18cm

For more information and pricing on all products visit habdirect.co.uk



Standing long jump mat

A heavy duty mat, 3.5m long, with scales printed at 5cm intervals, it is designed to be laid out indoors or outdoors. The scale is used to measure standing long jumps so that power and performance improvement can be measured.

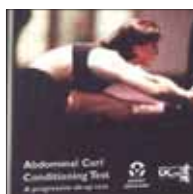
Product code: MAT051



Yo-Yo test

Designed for evaluating the fitness level and development of an individual, consists of 1 x CD-ROM and 2 x CDs.

Product code: YOY0CD



Abdominal curl conditioning test

Designed for evaluating the condition and tone of the abdominal muscles. Consists of a CD and instruction booklet.

Product code: AA2CD



Multistage fitness test

Also known as a beep test or bleep test, consists of a CD and booklet that contains full instructions and VO2 max tables.

Product code: BCD-M Stage



Jump meter

Includes adjustable waist belt with a cord secured to a rubber mat. Large, easy to read digital display. Range 5-99cm, graduation 1cm.

Product code: 5106



Hand grip dynamometer

A simple and popular test for general strength testing with an adjustable hand grip.

- Digital: Range 5.0-100kg, graduation 0.1kg
- Analogue: Range 0-100kg, graduation 500g

Product codes: 5401 Digital 5001 Analogue



Back/leg dynamometer

For measuring the strength of the back and leg, this provides a base for sure footing, with an adjustable hand-grip chain to accommodate height differences.

- Digital: Range 20-300kg, graduation 0.5kg
- Analogue: Range 0-300kg, graduation 1kg

Product codes:

5402 Digital

5002 Analogue

Chester Step

The Complete Chester Step Test PLUS 13 other Aerobic Capacity Tests Protocols. Used by Fire Brigades around the world. 13 Aerobic Capacity Tests:

- Chester Step Test Protocol
- Chester Walk Test
- Astrand Bike (Monark)
- Bruce
- 1 Mile walk 1.5 Mile Walk/Run
- 12 min Run/Walk
- Multi stage/ bleep test
- Queens Step Test
- Harvard Step Test
- Fitech Step Test
- YMCA step test
- Upper body Fitness Vo2 maximum test.



Product Codes:

CH01 Chester Step Test Kit (30cm Step Included)

CH02 Chester Step Test Kit (25cm Step Included)

CH03 Chester Step Test Kit (20cm Step Included)

CH04 Chester Step Test Kit (15cm Step Included)

CH05 30cm Step

CH06 25cm Step

CH07 20cm Step

CH08 Fitech Aerobic Capacity CD inc Chester Step & Astrand Bike

seca **NEW**

Seca mBCA 515

The all new, seca mBCA 515. Takes Body Composition to a new level. Clinically validated, medically precise, and medically relevant.



Measuring and Weighing:
Measure your patient's height with a wireless seca measuring rod and wirelessly transmit the data to the seca mBCA 515. Weighing the patient takes just a few seconds.



Bioelectrical Impedance Analysis:
The complete medical assessment of the patient's body composition requires less than 20 seconds.

Assign data to patient:
Retrieve the patient file from your database or enter the data manually.

Analysis Consultation:
Transmit the data to a PC for further analysis, processing and printing with the PC software seca analytics.



Seca mBCA 515 Modules at a glance

- Energy**
 - Fat mass (FM%/FM)
 - Energy stores in body
 - Resting energy expenditure (REE)
 - Total energy expenditure (TEE)
- Fluid**
 - Total body water (TBW)
 - Extracellular water (ECW)
 - Hydration (H₂O) = Extracellular water/ intracellular water
 - Bioelectrical Impedance Vector Analysis (BIA)
- Function/Rehabilitation**
 - Fat free mass (FFM)
 - Fat mass (FM%/FM)
 - Fat mass index (FFM/FM)
- Health risk**
 - Development/Growth
 - Rare impedance data

For information on all the options available call: +44 (0)1926 816100

Seca 760 heavy duty floor scales.

A precise design classic with large clear and well defined dial has non-slip platform and scratch resistant finish. Available in a variety of colours.



Product codes:
S760R - BURGUNDY RED
S760BL - MIDNIGHT BLUE, S760E - ECRU
S760W - WHITE, S760B - BLACK

Seca 813 Robusta

With an extra wide platform for big challenges. Because increasing numbers of people weigh more, there are these scales that easily hold up to 200 kilograms on an extra wide platform. The tough rubber coating takes the heaviest challenges lightly and the flat design makes stepping on very easy.



Product Code: S813

Seca 807 Aura

With advanced technology for enhanced comfort. The extra flat dimensions make stepping onto these scales easy and comfortable. Other reasons to admire the scales include a high-quality glass surface and extra-large LCD figures.



Product Code: S807

Seca 755 Mechanical column scales with BMI display

The seca 755 is one of the first mechanical column scales which displays weight and the nutritional condition of the patient with the BMI function. When the patient steps onto the scales, a BMI disc of contrasting colour is set in motion below the very precise weight display on the large, clear dial. It is visible in a small window next to which a height scale is printed. A flat tread area and practical transport castors are further advantages of the seca 755. The column scale is also available with the seca 224 measuring rod (sold separately).



Product Code: S755

Seca 703 Wireless column scales

Weighing small children to obese patients – the seca 703 can do it all. Especially when it comes to finding out BMI and height. Then there are two options: integrate a mechanical measuring rod or receive data wirelessly from a separate digital stadiometer (there are a variety of seca Stadiometer sold separately, visit www.habdirect.co.uk for all options). Other advantages include the high load bearing capacity of up to 300kg for heavyweight patients, the large and flat platform and time-saving functions Pre-TARE, HOLD, Auto-HOLD and mother/child-function.



Product Code: S703

Seca 213 Portable stadiometer

At only 2.4 kg, the seca 213 mobile stadiometer is especially suitable for use in the field. The measuring rod can be dismantled into several pieces and set up easily and quickly. The spacer keeps the rod straight and stable without any fittings. Easy to read results while measuring up to a height of 205 cm. Comes with the seca 412 Carry case.



Product Code: S213

For Prices and to see the full range of seca products visit our website

Anatomical Models



Miniature skeleton with muscles

Same fine quality as our regular miniature skeleton ZJY270F (not shown) but in addition with all important muscle origins (in red) and muscle insertions (in blue). The muscles are numbered for easy identification and a key with the names of muscles is supplied. Painting and numbers by hand. Height approx 65cm, weight approx 800g, with stand.

Product code: ZJY276V



Skeleton, medical quality – female

This is a life size, fully articulated model of an adult female skeleton, manufactured to the highest standards.

The bones show the fine surface features and great attention has been paid to details such as tuberosities, notches, etc. The vertebral discs are accurately moulded from a strong flexible material to give a natural appearance. A herniated disc is shown in the lumbar region. The articulation is unobtrusive and gives realistic movement and easy removal of the limbs. Supplied with dust cover and stand. Height 162cm. Standard Quality Male Skeleton is also available.

Product code:

ZJY116M Skeleton, Medical Quality – Female

ZJY113H Skeleton Standard Quality - Male



Flexible shoulder joint

A model of the human shoulder joint, with simple flexible ligaments, to show the movement and control of the joint. Mounted on stand, size 16x12x20cm.

Product code:
ZJY640K



Flexible ligamented elbow

A model of the human elbow joint, with simple flexible ligaments, to show the movement and control of the joint. Mounted on stand, size 12x12x39cm.

Product code: ZJY730J



Flexible hip joint

A model of the human hip joint, with simple flexible ligaments, to show the movement and control of the joint. Mounted on stand, size 17x12x33cm

Product code:
ZJY820V



Flexible knee joint

A model of the human knee, with simple flexible ligaments, to show the movement and control of the joint. Mounted on stand, size 12x12x34cm.

Product code:
ZJY880M



Set of five joints

A set of 5 life-size models illustrating different types of joint. The examples shown are sutures in the skull, tooth socket which is attached to a jaw which is cut away to show molar roots, ball and socket hip joint, a flexible cartilaginous joint between two vertebrae, and the tibia-fibula joint, also flexible.

Product code:
ZJY600P



Miniature joint set

Set of 4 miniature joints. Miniature Knee Joint with Patella, Miniature Shoulder Joint, Miniature Elbow Joint, Miniature Hip Joint. Articulated to show natural movement. Each is approximately 15cm long.

Product code:
ZJY605S



Dissectible lumbar vertebrae

Two lumbar vertebrae with nerves. Supplied with three interchangeable discs, two herniated, one lateral, one dorsal and one normal disc. Mounted on stand but dissectible into 6 parts. Size 12x12x12cm.

Product code:
ZJZ220D



Lumbar vertebrae with muscles

Three life size lumbar vertebrae with intervertebral discs, spinal cord, nerve roots and ligaments. Sections of the psoas muscle and the five main back muscles are present; both are removable to show the attachments. Dissectible into three parts. Supplied on stand with key card. Size 17x14x15cm.

Product code:
ZJZ205M



Respiratory organs

The diaphragm shows muscles, tendons and openings for the major vessels and oesophagus. Supplied complete on stand with key card. Size 41 x 23 x 19 cm.

Product code:
ZKJ649D

For prices and to see the full range of models and new anatomical teaching aids visit:
habdirect.co.uk

Charts

Charts are Fully Encapsulated making them virtually indestructable.

Designed and produced by Bruce Algra, HaB Direct offers a clearly illustrated, extremely high quality range of charts. Each series supports and promotes a wide variety of educational programmes, gym based workouts and 'how to use' or reference guides.



Heart rate training



Product Codes:
CS1 Training heart rate zones
CS2 Perceived exertion



CS3 Elliptical workout
CS4 Cycling workout

Size 24"x 36"

- CS6** Cycling workout - recumbent
- CS7** Crosstrainer workout
- CS8** Stairclimber workout
- F12** Training heart rate target
- F15** Heart rate target - 10 second count
- CEF11** Swiss ball workout - 2
- CEF10** Swiss ball workout - 1



Size 24"x 36"



Product Codes:
NFC2 Exercise & muscle guide - female
NFC3 Back workout
NFC6 Triceps workout
NFC7 Leg workout
NFC8 Abdominal workout
NFC10 Weight training stretches
NFC11 Exercise stretches
NFC12 Dumbbell workout - 1



FITNUS Series



Eating disorders

Product Codes:
ED1 Anorexia
ED2 Bulimia

Size 24"x 36"



Kids fitness series

Product Codes:
KF1 Chest/Arm/Shoulder
KF2 Back
KF3 Abdominal
KF4 Leg
KF5 Lower body stretches
KF6 Upper body stretches

Size 17"x 22"



Sexually transmitted diseases series

Product Codes:
SE1 Chlamydia
SE2 Syphilis
SE3 Gonorrhoea

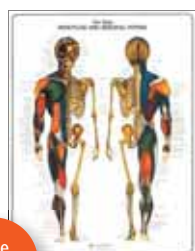
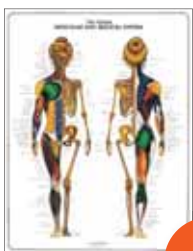
Size 24"x 36"



Drug education series

Product Codes:
D03 Cocaine
D04 Alcohol
D05 Marijuana
D06 Smoking
D07 Steroids
D10 Heroin
D11 Inhalants
D13 Ecstasy
D14 Methamphetamine

Size 24"x 32"



Muscular/skeletal

Product Codes:
MS1 Muscular & skeletal system - female
MS2 Muscular & skeletal system - male

Size 24"x 36"

We have a huge range of charts on our website covering Anatomy, Inspirational, Educational, Anti-Bullying and Gym Posters to name a few. Visit habdirect.co.uk to see our Clearance Range, as well as other charts in the series shown here.

Want paper charts? Call for details.



Meet current Health and Safety Requirements with regular servicing and ALSO Save Money with well maintained equipment

HaB Direct prides itself in supplying the highest quality products, backed up by unrivalled after sales service and support.

We fully understand that it is imperative all of the equipment we supply remains in full working order at all times and is checked and calibrated annually, where necessary.

ISO Accreditation

HaB Direct is committed to maximising customer satisfaction by providing impartial advice on what is appropriate for the customer regarding their equipment and consumables requirements, taking in to account any regulatory conditions.

To maintain this top class service it is our policy to work to the principles embodied in ISO9001:2008, an accreditation that we have held proudly for 17 years.



FS98181

Annual Equipment Servicing

Annual Services are now required for most laboratory accreditation schemes. To avoid time delays and equipment down time, please ensure to book ahead of the annual due date

Health and Safety

With current legislation for Health and Safety being of the utmost importance, we strongly recommend that your equipment is regularly serviced. This will also maximise the life of your products and provide better value for money.

Product Training

We offer on-site product training for your staff with our experienced product support specialists after the equipment installation is complete.

Product Servicing Package Options Available

HaB Direct offers a vast range of products and many of them require regular servicing to keep them functioning at their best. With such a wide range of equipment we offer a variety of different service options. Our service engineers are highly skilled and fully trained by the relevant manufacturers giving you complete peace of mind whether it is for an annual service or to repair a damaged item.



Our valued supply partners include:



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