





# EXERCISE COLLECTION PRICE LIST (page 1 of 2)

\*SEE ORDER FORM FOR S&H INFORMATION



## SYSTEM REQUIREMENTS

- Intel Pentium™ or AMD™ 60MHz processor or faster
- Windows 98/ME, NT, 2000, XP, 2003, or Vista
- CD-ROM or DVD drive
- 40-800 MB free hard disk space
- Minimum 16 MB RAM

**PC-KITS DESKTOP EDITION SOFTWARE**  
 \$99.95 plus price of Exercise Databases  
 Item #900-PMW

## REQUIRED PURCHASE

To use PC-Kits, you must purchase both the PC-Kits Software and one or more of the Exercise Databases. The PC-Kits Software cannot be purchased by itself. Databases are sold separately to ensure that you pay for only the exercises that best suit your needs. PC-Kits Desktop Edition Software and Exercise Databases are licensed for use on a single computer. Pricing discounts for the Software and Exercise Databases are available for multiple computers. Please call for a price quote.

PC-Kits Desktop Edition Software		Item #900-PMW	\$99.95
Activities of Daily Living	Database Cards	Item #960-PCW Item #960-KW	\$124.95 + s/h* \$199.95 +\$12 s/h
Amputee Lower Extremity	Database Cards	Item #916-PCW Item #916-AW	\$109.95 + s/h* \$157.95 +\$10 s/h
Aquatic Exercise	Database Cards	Item #919-PCW Item #919-QW	\$83.95 + s/h* \$132.95 +\$8 s/h
Aquatic: Dynamic / Functional <b>NEW in 2008</b>	Database	Item #850-PCW	\$130.95 + s/h*
Assisted	Database Cards	Item #970-PCW Item #970-KW	\$143.95 + s/h* \$220.95 +\$12 s/h
Balance Training	Database	Item #928-PCW	\$92.95 + s/h*
Balance & Vestibular Collection	Database Cards	Item #917-PCW Item #917-BW	\$76.95 + s/h* \$121.95 +\$8 s/h
Body Mechanics Resource Library	Database Cards	Item #921-PCW Item #912-MW	\$57.95 + s/h* \$90.95 +\$8 s/h
Cardiac Rehabilitation	Database Cards	Item #918-PCW Item #918-CW	\$57.95 + s/h* \$90.95 +\$8 s/h
Closed Chain	Database Cards	Item #914-PCW Item #911-CWG	\$46.95 + s/h* \$67.95 +\$7 s/h
Dynamic Exercises <b>NEW</b>	Database	Item #828-PC	\$69.95 + s/h*
Early Development	Database Cards	Item #930-PCW Item #930-KW	\$97.95 + s/h* \$157.95 +\$12 s/h
Foam Roller	Database Cards	Item #925-PCW Item #925-FW	\$83.95 + s/h* \$132.95 +\$8 s/h
Gary Gray Functional Exercises <b>NEW</b>	Database	Item #823-PCW	\$136.95 + s/h*
Geriatric	Database Cards	Item #920-PCW Item #920-K2W	\$196.95 + s/h* \$310.95 +\$14 s/h
Geriatric Strengthening ~ Frail through Fit <b>NEW in 2008</b>	Database	Item #845-PCW	\$185.95 + s/h
Golf	Database	Item #815-PCW	\$104.95 + s/h*

**PC-KITS NETWORK AVAILABLE ~ CALL FOR PRICING**



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Hatha Yoga	Database Cards	Item #924-PCW Item #924-YW	\$57.95 + s/h* \$83.95 +\$8 s/h
Incontinence & Pelvic Floor Disorders	Database	Item #820-PCW	\$136.95 + s/h*
Lymphedema <b>NEW</b>	Database	Item #835-PCW	\$199.95 + s/h*
Manual Therapy	Database	Item #810-PCW	\$146.95 + s/h*
Medicine Ball	Database	Item #927-PCW	\$52.95 + s/h*
Neurodynamic Mobilization	Database	Item #830-PCW	\$136.95 + s/h*
Occupational Therapy	Database Cards	Item #915-PCW Item #915-KW	\$115.95 + s/h* \$178.95 +\$12 s/h
Olympic Weight Training <b>NEW</b>	Database	Item #840-PCW	\$139.95 + s/h*
Oral Sensory & Motor	Database Cards	Item #940-PCW Item #940-KW	\$118.95 + s/h* \$188.95 +\$12 s/h
Orthopedic <b>OUR BEST SELLER!</b>	Database Cards	Item #805-PCW Item #805-KW	\$167.95 + s/h* \$272.95 +\$12 s/h
Osteoporosis Management & Postural Correction	Database	Item #827-PCW	\$115.95 + s/h*
Pediatric Functional	Database Cards	Item #935-PCW Item #935-KW	\$118.95 + s/h* \$188.95 +\$12 s/h
Pilates Mat	Database Cards	Item #923-PCW Item #923-PW	\$62.95 + s/h* \$90.95 +\$8 s/h
Plyometric, Stabilization & Advanced Functional	Database Cards	Item #980-PCW Item #980-KW	\$125.95 + s/h* \$188.95 +\$12 s/h
Pre / Postnatal	Database	Item #825-PCW	\$136.95 + s/h*
Pulmonary Rehabilitation	Database	Item #824-PCW	\$146.95 + s/h*
Spinal Stabilization <b>NEW</b>	Database	Item #826-PCW	\$125.95 + s/h*
Strength on Ball	Database	Item #929-PCW	\$94.95 + s/h*
Strength Training	Database Cards	Item #990-PCW Item #990-KW	\$125.95 + s/h* \$188.95 +\$12 s/h
Stretching	Database Cards	Item #926-PCW Item #926-SW	\$57.95 + s/h* \$83.95 +\$8 s/h
Tai Chi Fundamentals Program <b>NEW in 2008</b>	Database	Item #855-PCW	\$136.95 + s/h*
Therapeutic Ball	Database Cards	Item #913-PCW Item #911-BW	\$57.95 + s/h* \$83.95 +\$8 s/h
Tubing	Database	Item #922-PCW	\$92.95 + s/h*
Wheelchair	Database	Item #941-PCW	\$61.95 + s/h*
Pilates Mat Poster Series	See website for Item Number and Pricing		
Tri-Stretch™		Item #TRI-726W	\$69.95 + \$8 s/h
Standing Firm™		Item #STF-725W	\$79.95 + \$15 s/h

ITEM #	DESCRIPTION	PRICE
SIL-SB45	SUPERIOR FITNESS BALL™ - ORANGE / 45CM FOR 5' AND UNDER	\$15.95
SIL-SB55	SUPERIOR FITNESS BALL™ - BLUE / 55 CM FOR 5' - 5' 6"	\$20.95
SIL-SB65	SUPERIOR FITNESS BALL™ - RED / 65CM FOR 5' 7" - 5' 11"	\$22.95
SIL-SB75	SUPERIOR FITNESS BALL™ - YELLOW / 75 CM FOR 6' AND ABOVE	\$27.95
SIL-PBP	HI-OUTPUT AIR PUMP	\$19.95
SIL-PHH	HANDHELD PUMP	\$4.95
SIL-MB1	FIT MEDICINE BALL™ - 1 KG / 2.2 LBS	\$15.75
SIL-MB2	FIT MEDICINE BALL™ - 2 KG / 4.4 LBS	\$19.25
SIL-MB3	FIT MEDICINE BALL™ - 3 KG / 6.6 LBS	\$29.95
SIL-MB4	FIT MEDICINE BALL™ - 4 KG / 8.8 LBS	\$38.75
SIL-MB5	FIT MEDICINE BALL™ - 5 KG / 11 LBS	\$48.50
SIL-MB6	FIT MEDICINE BALL™ - 6 KG / 13.2 LBS	\$54.00
SIL-MB7	FIT MEDICINE BALL™ - 7 KG / 15.5 LBS	\$58.75
SIL-MBT	MEDICINE BALL TREE - HOLDS 5 BALLS	\$87.95
SIL-FR366	FOAM ROLLERS - FULL ROUND 36" X 6"	\$15.95
SIL-FR363	FOAM ROLLERS - HALF ROUND 36" X 3"	\$9.25
SIL-FR126	FOAM ROLLERS - FULL ROUND 12" X 6"	\$6.95
SIL-FR123	FOAM ROLLERS - HALF ROUND 12" X 3"	\$4.95
SIL-WB20	WOBBLE BOARD - 20" BEGINNER	\$45.95
SIL-WB16	WOBBLE BOARD - 16" INTERMEDIATE - ADVANCED	\$45.95
SIL-RB	ROCKER BOARD - 19" X 19"	\$45.95
SIL-WBS	WOBBLE BOARD STAND - HOLDS UP TO 4 BOARDS	\$29.95
SIL-FD	FIT DISC™ - TWO TEXTURE SURFACE	\$21.95
SIL-SB	SLANT BOARD	\$97.95
SIL-FTL	FIT TUBE™ - LT. RESISTANCE, BLUE	\$4.50
SIL-FTM	FIT TUBE™ - MED. RESISTANCE, RED	\$4.95
SIL-FTH	FIT TUBE™ - HEAVY RESISTANCE, YELLOW	\$5.35
SIL-FTX	FIT TUBE™ - X-HEAVY RESISTANCE, BLACK	\$6.50
SIL-FSRL	FIT STRIP® - LT. RESISTANCE - 150' ROLL, YELLOW	\$50.95
SIL-FSRM	FIT STRIP® - MED. RESISTANCE - 150' ROLL, GREEN	\$54.25
SIL-FSRH	FIT STRIP® - HEAVY RESISTANCE - 150' ROLL, PURPLE	\$59.25
SIL-FSRX	FIT STRIP® - X-HEAVY RESISTANCE - 150' ROLL, BLUE	\$70.95
SIL-FS4L	FIT STRIP® - LT. RESISTANCE - 4' STRIP, YELLOW	\$1.95
SIL-FS4M	FIT STRIP® - MED. RESISTANCE - 4' STRIP, GREEN	\$2.10
SIL-FS4H	FIT STRIP® - HEAVY RESISTANCE - 4' STRIP, PURPLE	\$2.30
SIL-FS4X	FIT STRIP® - X-HEAVY RESISTANCE - 4' STRIP, BLUE	\$2.70
SIL-FF8L	FIGURE EIGHT FIT POWER LOOP™ - LT. RESISTANCE, BLUE	\$4.25
SIL-FF8M	FIGURE EIGHT FIT POWER LOOP™ - MED. RESISTANCE, RED	\$5.25
SIL-FF8H	FIGURE EIGHT FIT POWER LOOP™ - HEAVY RESISTANCE, YELLOW	\$5.95
SIL-FF8X	FIGURE EIGHT FIT POWER LOOP™ - X-HEAVY RESISTANCE, BLACK	\$6.50
SIL-FCPL	FIT CUFF PLUS™ - LT. RESISTANCE, BLUE	\$11.95
SIL-FCPM	FIT CUFF PLUS™ - MED. RESISTANCE, RED	\$12.50
SIL-FCPH	FIT CUFF PLUS™ - HEAVY RESISTANCE, YELLOW	\$12.95
SIL-BYM	YOGA MAT, BASIC - 24" X 72" X 1/8"	\$19.50
SIL-DYM	YOGA MAT, DELUXE - 24" X 68" X 3/16"	\$22.50
SIL-YS6	YOGA STRAP, 6'	\$7.95
SIL-YS8	YOGA STRAP, 8'	\$8.95
SIL-YB	YOGA FOAM BLOCK, 4" X 6" X 9"	\$8.75



### SHIPPING & HANDLING

will be calculated based your total order and added to your final amount due ~ Online Orders over \$300 shipped **FREE!**

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**VH** EXERCISE EQUIPMENT PRICE LIST