



ONE
MORE
fitness systems

HIGH PERFORMANCE
GYM AND SPORT
EQUIPMENT



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PROGYM SOLUTIONS



Commander

The Commander is ingeniously designed to revolutionize strength and conditioning training for rugby players and other athletes, focusing on perfecting form from the very beginning.



Commander Line-out Drive Attachment

Fits onto the Commander enabling line-out drive drills. Designed to seamlessly integrate with the Commander, this innovative attachment transforms your training regimen by enabling realistic and effective line-out drive drills.



Commander Height Adjustable Canopy

This essential accessory, designed by One More Fitness Systems, adds an extra dimension of functionality to your Commander unit, allowing athletes of all statures to customize their training environment for optimal performance.



Tetra Tackle Bag

This free-standing training device is designed to redefine how athletes engage in tackling drills, offering a continuous and dynamic tackling experience that dramatically increases the efficiency and intensity of training sessions. The Tetra Tackle Bag® speeds up tackle drills dramatically. Tetra Tackle Bag® can also be utilize for numerous other drills.



Tracking Tackle

Designed to transform the way athletes engage in tackling and training drills, the Tracking Tackle offers versatility, durability, and effectiveness, making it an essential tool for rugby teams, football squads, and any sports program focused on improving tackling techniques.



Tackle Bag

This essential training tool is embraced by grass-roots initiatives and international teams alike, making it a universally trusted product for rugby players of every level. Available in Junior and Senior Sizes.



Hitshield

Specifically designed to cater to both junior and senior rugby players, the Hitshield offers an unparalleled training tool for honing tackling skills with maximum safety and efficiency.



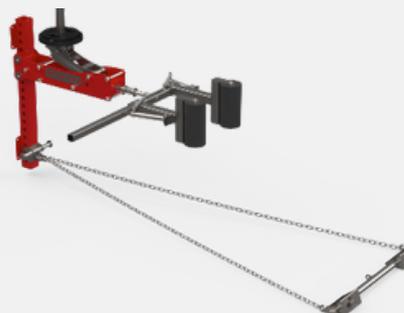
Tetra Hitman

This innovative tackling machine is a game-changer for players and coaches alike, designed to perfect tackling technique with a focus on foot, arm, shoulder, and hip placement.



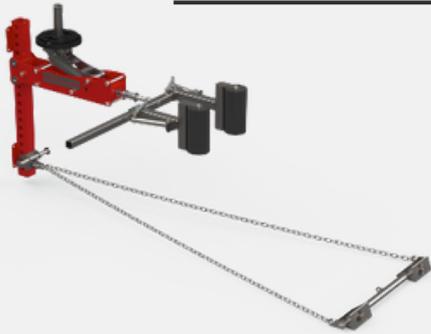
Counter Scrum Package

Introducing the Counter Scrum by One More Fitness Systems, a revolutionary training tool developed in collaboration with professional players from the Pro 14 and Super Rugby tournaments. Designed to challenge and refine your scrum techniques, offering a unique opportunity to enhance your performance on the rugby field. Package Includes: Adjustable Wall Mount, band and foot placement attachments, 1 X Band (Not indicated on picture)



Counter Scrum Pro Package

Package Includes: Adjustable Wall Mount, band and foot placement attachments Pro Shoulder Attachment, Heavy Duty Grippers, Heavy Duty Springs, 3 Band set and a Weight Collar (Not indicated on picture)



Counter Scrum Pro Package - Springbok Version

Package Includes: Adjustable Wall Mount, band and foot placement attachments Pro Shoulder Attachment, Heavy Duty Grippers, Heavy Duty Springs, 3 Band set and a Weight Collar (Not indicated on picture)



Smart Scrum

This state-of-the-art scrum machine is a game-changer in rugby training, providing an unparalleled tool for coaches and players alike to refine their scrum techniques and strategies. Elevate your team's performance to new heights with the revolutionary Smart Scrum, a pioneering addition to the world of rugby training equipment by One More Fitness Systems. This cutting-edge scrum machine is designed to redefine the way rugby teams train, offering an unmatched tool for coaches and players to perfect their scrum techniques and strategies.



Viking Press

Crafted with pride by one of the leading manufacturers in the country, this piece embodies the pinnacle of strength equipment innovation, durability, and performance. Designed with versatility in mind, this comprehensive machine caters to a wide array of training needs, making it the perfect addition to any fitness enthusiast's arsenal. Includes: 1 x Installation Kit and 1 x Fixed Stand



CONTACT US FOR A QUOTATION:

ELMIEN VERMEULEN - SALES DIRECTOR

084 485 9811

elmien@progymolutions.co.za

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HIGH PERFORMANCE GYM EQUIPMENT



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95° Bench

Designed with meticulous attention to detail, this bench offers a unique seat position with an inclined backrest at 95 degrees, optimized for stability and comfort during your workout. Crafted for athletes who prioritize precision and efficiency in their training, this bench is a game-changer for upper body exercises.



Adjustable Bench

Designed for those who seek a stable, compact, and flexible training solution, this adjustable bench is a game-changer for fitness enthusiasts and professional athletes alike. With its easy-to-adjust seat and backrest, durable construction, and comfortable cushioning, this bench is ready to support your journey toward peak physical fitness.



ER Bench

Designed for athletes who value efficiency, versatility, and precision in their training, the ER Bench sets a new benchmark in gym equipment innovation. Its unique design allows for easy dismantling and transport, making it the perfect addition to any gym, home or professional, where space and flexibility are valued.



Leg Extension

This plate-loaded leg extension combines sleek design with exceptional quality, making it a perfect fit for any gym's aesthetic while promising to deliver top-tier performance.



Gluteus

This plate-loaded powerhouse is meticulously designed to enhance and revamp the classic glute exercise, offering unparalleled precision and effectiveness in strengthening and sculpting the glute muscles.

Hex Squat Bar - Open



This innovative open-box design bar offers a robust and versatile alternative to traditional barbell training, setting a new standard for versatility and ease of use in your workouts.

Hex Squat Bar - Closed



This robust and versatile piece of equipment is a game-changer for those looking to diversify their workout routines beyond standard barbell exercises.

Linear Leg Press



Designed with a robust commercial frame, this leg press stands out in the market for its durability, adjustability, and high-quality features, making it an essential piece for any fitness enthusiast or commercial gym.

Circus Dumbbell



Tailor-made for athletes dedicated to mastering the art of overhead lifts, this versatile tool is a must-have addition to your workout arsenal. Designed to challenge and enhance your lifting technique, the Circus Dumbbell is your key to unlocking extraordinary strength and endurance.

Squat & Bench Stand with Safeties



Designed for athletes who demand the best in safety and performance, this multi-purpose rack is your ideal partner for a wide range of exercises, enabling you to safely lift more weight and achieve your training goals. (Also available without safeties)

Deadlift Platform

Designed with the serious athlete in mind, this platform combines a robust metal frame, durable bamboo boards, and thick rubber matting to provide a superior training experience.



Sled Push/Pull - Single or Double

Designed for athletes who demand the best in performance enhancement, this sled is a powerhouse for developing explosive hip and leg drive, crucial for any high-intensity workout regimen.



Floor Landmine

Crafted for those who seek to enhance their core strength and sculpt a powerful back, this freestanding unit is a breakthrough in fitness technology, offering unparalleled versatility without the need for attachment to any other object. Also available in a floor mounted version.



Wooden Plyo Box

Designed for athletes who demand the utmost in sturdiness and durability, this plyo box is the cornerstone for safe and effective plyometric exercises aimed at boosting explosive power and agility. Various sizes available.



Heavy Duty Rubber Flooring

Our top-of-the-line rubber matting is designed not only to protect your floors and equipment from damage due to dropping weights but also to enhance the safety and appearance of any space, from industrial workplaces to gym facilities.





Power Rack / Cage

Engineered for those serious about gaining muscle and enhancing performance, this rack is the cornerstone of any effective workout space. Offering versatility and durability, it supports a wide array of power-building exercises, making it an indispensable piece of equipment for any fitness enthusiast or professional gym.



Custom Branded Equipment

All of our equipment can be fully customized and branded. Ask sales executive for more information and assistance.



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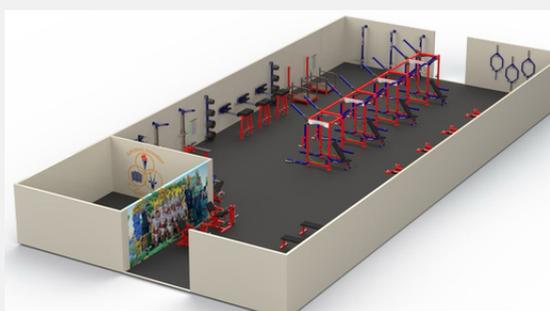
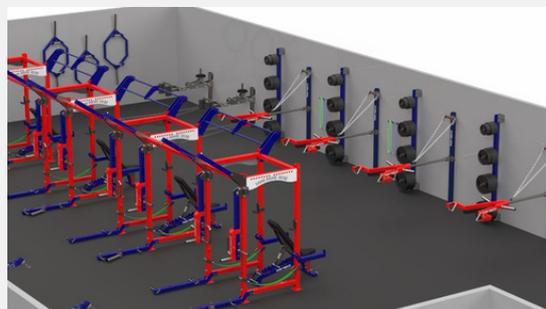
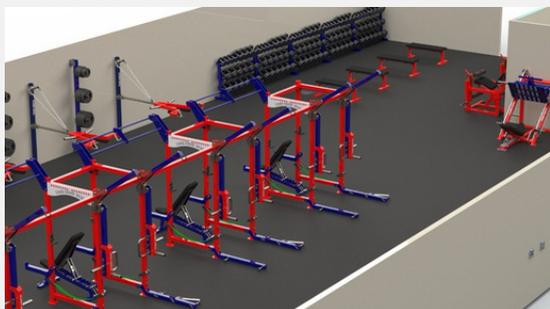
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GYM DESIGN & LAYOUT

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Planning a new gym or high performance centre?



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