



**WE EQUIP  
THE LARGEST CLUBS  
IN EUROPE**



**SMART.  
BRAVE.  
INDEPENDENT.**



**NEW IN OFFER**

# 4RACE ZONE

## POWER. DYNAMICS. VICTORY.

Follow the trend that is transforming the fitness industry. Choose professional equipment designed for fitness racing — combining running with 8 functional workouts.

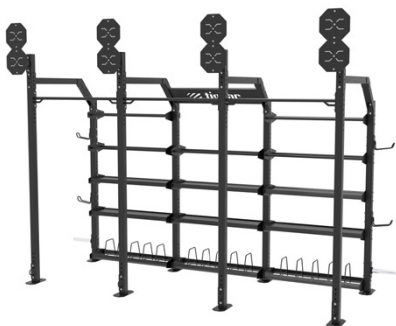
Discover 4RACE, the latest product line from TIGUAR. Its components are inspired by official competition equipment standards. Create a fully equipped training zone where your clients can prepare for competition — and gain a real competitive edge in the market.

### The line includes:

- 4RACE multifunctional rig
- 4RACE CPU kettlebells: 16, 24 and 32 kg
- 4RACE sled (50 kg)
- 4RACE rope (15 m) with hook

### The line is complemented by:

- powerbags: 10, 20 and 30 kg
- wall balls: 4, 6 and 9 kg



### multifunctional rig 4RACE

24 month warranty

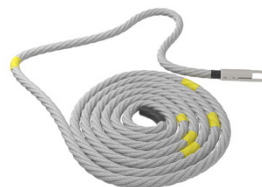
length: 451.8 cm, width: 178.3 cm,  
height: 316 cm, weight: 500 kg  
material: carbon steel  
number of throwing stations: 4



### kettlebell CPU 4RACE

12 month warranty

material: steel, CPU (polyurethane)  
weights: 16, 24, 32 kg



### training rope 4RACE

24 month warranty

size: 3.8 cm x 15 m – gray  
end fitting: attachment hook  
distance markers: every 1 meter



### sled 4RACE

24 month warranty

weight: 50 kg, length: 103 cm,  
width: 60 cm, (with pins: 103.5 cm)  
load security: central pin locking system  
rope attachment point

# BENCHES AND TRAINING CONSTRUCTIONS

The tigar Half Rack is a professional solution for safe and effective strength training. Its robust construction was designed for fitness clubs, training studios, commercial gyms, and demanding home users who expect the highest quality, stability, and durability.

## half rack

24 month warranty

width: 174.4 cm  
depth: 160 cm  
height: 237 cm

### optional accessories

for half rack coming soon



The tigar adjustable training bench is professional-grade equipment designed for comprehensive strength training using barbells, dumbbells, and functional exercises. Thanks to its robust construction and adjustability, this bench is ideal for commercial gyms, personal training studios, and high-end home gyms.

## adjustable training bench

24 month warranty

width: 65 cm  
length: 127 cm  
height: 127 cm (backrest in vertical position);  
43 cm (bench in flat position)  
weight: 45 kg



# COLOR RUBBER BUMPER AND FRACTIONAL PLATES



## color rubber bumpers

24 month warranty

The tigar rubber bumper is a professional Olympic plate for intensive strength and functional training. Made from durable, abrasion-resistant colored rubber, it withstands repeated drops. Its interlock shape improves plate alignment, barbell stability, and makes the plates easier to grip from the floor.



material: steel sleeve, rubber  
weights: 5 kg; 10 kg; 15 kg; 20 kg; 25 kg



## fractional plates

24 month warranty

Fractional plates are designed for precise load control during strength training. They are a functional complement to rubber bumpers, allowing for gradual increases in working weight.



material: steel sleeve, rubber  
weights: 0.5 kg; 1 kg; 1.5 kg; 2 kg; 2.5 kg

# FREE WEIGHTS AND FUNCTIONAL TRAINING



## safety squat bar

24 month warranty

total length: 227 cm  
bar weight with pad: 25 kg  
sleeve diameter: 50 mm  
handle diameter: 30 mm  
shoulder width: 35 cm  
maximum load: 300 kg



## bumbox

24 month warranty

outer material: codura  
width: 75 cm, depth: 60 cm  
height: from 32 cm to 43 cm  
weight: 24 kg  
transport: integrated handles



## gymnastic rings with straps

24 month warranty

grip diameter: 28 mm  
outer rim diameter: 23.2 mm  
strap length: 6.6 m

## additional weights

slam ball 20 kg



powerbag 30 kg

wall ball 9, 12 kg

## available from July

### powergym 28 mm

12 month warranty



2 x 1.25 kg – light gray; 2 x 2.5 kg – gray; 2 x 5 kg – graphite;  
bar 140 cm, ca. 1.1 kg – black; collars – black



### black rubber bumpers

24 month warranty

material: steel sleeve, rubber  
weights: 5, 10, 15, 20, 25 kg

### sandbag

12 month warranty

weights: 10, 15, 20, 25, 30 kg





# SUSPENSION SYSTEM

MADE IN  
POLAND

**tiguar™**

## suspension system ALFA PRO

12 month warranty



## suspension system ALFA ONE

12 month warranty



## suspension system ALFA ONE BLACK

12 month warranty



## alfa gymnastic rings

12 month warranty



23.6 x 2.8 cm

## extension 101 with a carabiner

12 month warranty



101 cm – graphite

## extension 123

12 month warranty



123 cm – black

## door anchor

12 month warranty



25 cm – black

# FUNCTIONAL

## plyo soft box v.2

12 month warranty



length 90 cm x width 75 cm x height 15-30-45-60 cm, black

## training soft box

12 month warranty



50 x 60 x 75 cm – black

## training box

24 month warranty



50 x 60 x 75 cm – wooden plywood 1.5 cm

## magnetic speed ladder GT by tiguar

12 month warranty



40 x 40 cm – orange, yellow

## speed rope pro

12 month warranty



steel rope: length 300 cm, aluminium handles: length 18 cm – black

## battle rope

12 month warranty



3.8 cm x 9.1 m – black

## slam ball

12 month warranty



4, 6, 8, 10, 12, 15, 20 kg

## wall ball

12 month warranty



2, 3, 4, 5, 6, 8, 9, 10, 12 kg

## medicine ball

12 month warranty



1, 2, 3, 4 kg



dual grip handles: 5, 6, 8, 10 kg

## power bag v3

12 month warranty



5, 10, 15, 20, 25, 30 kg

## cast iron kettlebell RAW v2

12 month warranty



4, 6, 8, 10, 12, 14, 16, 18, 20, 24, 28, 32, 36, 40 kg

# YOGA, PILATES, REHA, BODY & MIND

## yoga bolster

12 month warranty



66 x 19 cm – graphite

## yoga strap

12 month warranty



300 x 3 cm – purple, graphite

## wooden yoga block

12 month warranty



11.5 x 23.5 x 7 cm

## cork yoga block

12 month warranty



14.8 x 22.4 x 7.4 cm

## yoga blanket v2

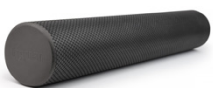
12 month warranty



150 x 200 cm – grey

## Pilates roller

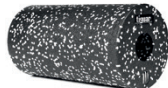
12 month warranty



90 x 15 cm – purple, graphite

## fascia roller 30/15 cm (M)

12 month warranty



30 x 15 cm – black

## duo ball

12 month warranty



16 x 8 cm – black  
24 x 12 cm – black

## MFR ball

12 month warranty



6 cm – graphite

## air disc

12 month warranty

PHthalates-FREE



33 x 5.5 cm – purple, graphite

## magic circle

12 month warranty

PHthalates-FREE



39 cm – purple, graphite

# FREE WEIGHTS



**Olympic men's bar 20 kg**  
24 month warranty  
length: 220 cm, weight: 20 kg  
grip diameter: 28 mm  
sleeve diameter: 50 mm  
maximum load: 900 kg



**Olympic women's bar 15 kg**  
24 month warranty  
length: 201 cm, weight: 15 kg  
grip diameter: 25 mm  
sleeve diameter: 50 mm  
maximum load: 680 kg



**training bar 180 cm**  
24 month warranty  
length: 180 cm, weight: 17 kg  
grip diameter: 28 mm  
sleeve diameter: 50 mm  
maximum load: 500 kg



**training bar 150 cm**  
24 month warranty  
length: 150 cm, weight: 13 kg  
grip diameter: 28 mm  
sleeve diameter: 50 mm  
maximum load: 500 kg



**training curl bar 120 cm**  
24 month warranty  
length: 120 cm, weight: 10 kg  
grip diameter: 28 mm  
sleeve diameter: 50 mm  
maximum load: 315 kg



**technical bar 6.8 kg**  
24 month warranty  
length: 180 cm, weight: 6.8 kg  
grip diameter: 28 mm  
sleeve diameter: 50 mm  
maximum load: 80 kg



**hex bar**  
24 month warranty  
length: 140 cm  
weight: 26.4 kg  
grip diameter: 30 mm  
sleeve diameter: 50 mm  
maximum load: 600 kg



**open trap bar**  
24 month warranty  
length: 200 cm,  
width: 47 cm,  
weight: 24 kg  
grip diameter: 25 i 30 mm  
sleeve diameter: 50 mm  
maximum load: 550 kg



**sled**  
24 month warranty  
length: 105 cm  
depth: 67 cm  
height: 103 cm  
weight: 30 kg  
handle diameter: 50 mm  
maximum load: 300 kg



**sprint track**  
12 month warranty  
length: 10 / 12 / 15 m  
width: 1 m  
thickness: 16 mm  
color: black, green



**rubber bumpers v2**  
24 month warranty  
material: steel sleeve  
covered with 100%  
compressed rubber granulate  
weights: 5 kg; 10 kg; 15 kg; 20 kg



**PU Olympic plates**  
24 month warranty  
weights: 1.25 kg; 2.5 kg; 5 kg;  
10 kg; 15 kg; 20 kg; 25 kg



**bar pad**  
6 month warranty  
length: 43.5 cm  
diameter: 10 cm



**lock-jaw collars**  
12 month warranty  
diameter: 50 mm



**curl PU barbells**  
24 month warranty  
bar length: 90 cm  
bar diameter: 32 mm  
weights: 7.5 kg, 10-55 kg  
(5 kg increment)



**straight PU barbells**  
24 month warranty  
bar length: 90 cm  
bar diameter: 32 mm  
weights: 7.5 kg, 10-55 kg  
(5 kg increment)



**HEX dumbbells**  
24 month warranty  
handle length: 12.8 cm  
knurled handle  
weights: 5-30 kg  
(2.5 kg increments),  
30-50 kg (5 kg increments)



**PU dumbbells**  
24 month warranty  
handle length: 15.2 cm  
knurled handle  
weights: 2.5-50 kg  
(2.5 kg increment)



**PU dumbbells set 1-10 kg**  
24 month warranty  
handle length: 15.2 cm  
knurled handle  
weights: 1-10 kg (1 kg increment)



**spring collars**  
12 month warranty  
diameter: 50 mm

## cable attachments



**ankle straps**  
12 month warranty  
length: 48 cm  
depth: 2 cm  
width: 7 cm



**fabric handles**  
12 month warranty  
length: 28.5 cm  
depth: 4 cm  
width: 15 cm



**triangle handle**  
12 month warranty  
length: 18 cm  
depth: 17 cm  
height: 20 cm



**single handle**  
12 month warranty  
length: 15 cm  
depth: 14 cm  
width: 2.8 cm



**cable rope**  
12 month warranty  
length: 68.5 cm  
depth: 6.4 cm  
height: 6.4 cm



**curved handle 70 cm**  
12 month warranty  
length: 70 cm, depth: 3.5 cm,  
height: 10 cm

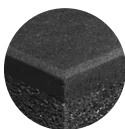


**straight handle 45 cm**  
12 month warranty  
length: 45 cm, depth: 3.5 cm,  
height: 5 cm

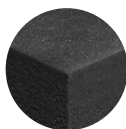


**hammer handle**  
12 month warranty  
length: 73 cm, depth: 14 cm,  
height: 16 cm

## FLOORING **tiguar rubber flooring**



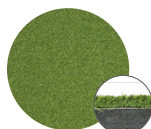
base



slice



antishock



grass



standard premium

tiguar rubber flooring is designed for fitness clubs, training studios, sports centres and outdoor gyms. It works well wherever high quality, safety and durability are required – not only inside, but also outside.

shape	type	size	thickness
square	BASE	100 x 100 cm	1 – 5 cm
	ANTISHOCK	100 x 100 cm	2,5 – 6,2 cm
	GRASS	100 x 100 cm	2 – 6 cm
puzzle	BASE	98 x 98 cm	1 – 5 cm
	SLICE	98 x 98 cm	0,6 – 1,5 cm
	GRASS	98 x 98 cm	2 – 6 cm

modular construction



**kettlebell modular rack**

capacity: 10 kettlebells  
width: 118.2 cm,  
depth: 66.4 cm,  
height: 85.7 cm,  
weight: 46 kg



**dumbbell modular rack with caps**

capacity: 10 dumbbells  
width: 118.2 cm,  
depth: 66.4 cm,  
height: 88.6 cm,  
weight: 38 kg



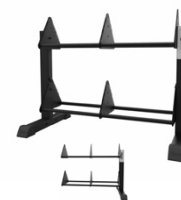
**dumbbell modular rack without caps**

capacity: 10-14 dumbbells  
(depending on their weight),  
width: 118.2 cm,  
depth: 66.4 cm,  
height: 88.6 cm,  
weight: 38 kg



**powergym 22/24 modular rack**

maximum storage capacity:  
22 tigrar powergym sets /  
24 tigrar butterfly sets  
width: 147 cm, height: 166.1 cm,  
depth: 70 cm, weight: 100 kg



**bumper modular rack**

width: 117.5 cm,  
height: 89.5 cm,  
depth: 65.5 cm

all racks modules are narrower  
by the width of one leg (9 cm)



**multifunctional rack 6 shelves**

width: 118.2 cm,  
height: 179.4 cm,  
depth: 66.4 cm,  
weight: 118 kg



**1-10kg PU dumbbell rack**

maximum storage capacity:  
20 PU dumbbells; width: 66.4 cm,  
height: 186.1 cm, depth: 66.4 cm,  
weight: 41 kg



**PU weight plate rack**

maximum storage capacity: 2 sets of PU  
weight plate + 2 bars + 2 pairs of collars;  
width: 66.4 cm, height: 166.1 cm,  
depth: 66.4 cm, weight: 50 kg



**powergym rack 12/16**

maximum storage capacity:  
12 power gym / 16 butterfly sets;  
width: 87.2 cm, height: 186.1 cm,  
depth: 66.4 cm, weight: 32 kg



**ball rack 8 pcs**

maximum storage capacity:  
8 medicine balls / slam balls;  
width: 66.4 cm, height: 166.1 cm,  
depth: 66.4 cm, weight: 24 kg

**ball rack 6 pcs**

width: 66.4 cm,  
height: 166.1 cm,  
depth: 66.4 cm,  
weight: 23 kg

**ball rack 10 pcs**

width: 66.4 cm,  
height: 186.1 cm,  
depth: 66.4 cm,  
weight: 26 kg

**ball rack 16 pcs**

width: 66.4 cm,  
height: 166.1 cm,  
depth: 66.4 cm,  
weight: 28 kg



**barbell rack 5 pcs**

maximum storage capacity:  
5 PU barbells; width: 87.2 cm,  
height: 166.1 cm, depth: 66.4 cm,  
weight: 45 kg

**barbell rack 10 pcs**

width: 87.2 cm, height: 166.1 cm,  
depth: 66.4 cm, weight: 55 kg



**powerbag rack 5 pcs**

maximum storage capacity:  
5 powerbags; width: 66.4 cm,  
height: 186.1 cm, depth: 66.4 cm,  
weight: 26.5 kg

**powerbag rack 10 pcs**

width: 66.4 cm, height: 186.1 cm,  
depth: 66.4 cm, weight: 35 kg



**universal rack 7 shelves**

capacity: 7 shelves;  
width: 66.4 cm, height: 186.1 cm,  
depth: 66.4 cm, weight: 40 kg

**universal rack 14 shelves**

width: 66.4 cm, height: 186.1 cm,  
depth: 66.4 cm, weight: 61 kg



**mat rack one-sided**

maximum storage capacity: 10 deluxe mat /  
10 comfortmat / 15 mat workout / 20 yoga  
basis mat; width: 66.4 cm, height: 186.1 cm,  
depth: 66.4 cm, weight: 20.5 kg

**mat rack two-sided**

width: 66.4 cm, height: 186.1 cm,  
depth: 66.4 cm, weight: 22 kg



**body ball rack 8 pcs**

width: 130 cm, height: 186.1 cm, depth:  
130 cm, weight: 30.2 kg

**body ball rack 6 pcs:** width: 130 cm,  
height: 186.1 cm, depth: 65 cm /  
130 cm (depending on the mounting  
of the handles), weight: 27.6 kg

**body ball rack 4 pcs:** width: 130 cm,  
height: 186.1 cm, depth: 65 cm, weight: 25 kg

warranty on hangers and units: 12 months



**accessory hanger**

suitable for storing e.g. mini bands, power bands,  
yoga straps, jump ropes and suspension systems  
width: 60 cm, depth: 16 cm



**mat hanger v2**

maximum storage capacity: 10 deluxe mats /  
10 comfortmats / 15 workout mats /  
20 yoga mats; width: 60 cm, depth: 26 cm



**body ball hanger**

width: 61 cm, height: 10 cm,  
depth: 41 cm



**brave equipment storage unit**

width: 95 cm, depth: 86 cm,  
height: 88 cm



**smart equipment storage unit**

width: 71 cm, depth: 48 cm,  
height: 88 cm



**bar hanger**

maximum storage capacity:  
5 bars (150 kg); width: 46 cm,  
height: 9 cm, depth: 13 cm,  
weight: 2.5 kg



**bar rack**

maximum storage capacity:  
8 bars, width: 21.8 cm,  
height: 62 cm, depth: 53 cm,  
weight: 20 kg



**ball hanger**

a modular wall hanger designed to  
store a 55 to 75 cm balls; maximum  
storage capacity: 3 body balls;  
width: 200 cm, depth: 55 cm

# OVER 25 YEARS OF EXPERIENCE AND AN INTERNATIONAL REPUTATION:

3 CONTINENTS, 47 COUNTRIES, OVER 2.400 EQUIPPED CLUBS, AND MORE THAN 30 DISTRIBUTORS OR PARTNERS

## UNIQUE DESIGN AND INNOVATIVE FUNCTIONALITY

Our equipment increases both comfort and training efficiency – We've implemented hundreds of product innovations, ranging from subtle refinements to major breakthroughs.



## FAST ORDER FULFILLMENT

Thanks to our central warehouse in Poland, we offer short delivery times and consistent product availability to ensure the continuity of your club's operations.



up to 30 kg –  
2 business days to neighbour states



2-3 business days  
to neighbour states

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We provide extended commercial warranties.



60 MONTH WARRANTY



48 MONTH WARRANTY

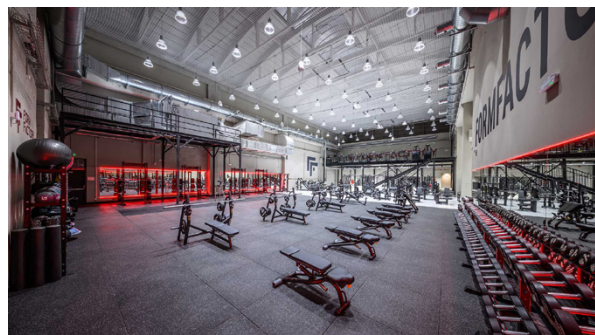


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FORM FACTORY, CZECH AND SLOVAKIA  
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THE FITNESS, CROATIA  
WITH 20+ CLUBS



READY TO SCALE YOUR FITNESS BUSINESS? LET'S TALK!

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