

One feel – is all it takes!

TESTIMONIALS...

Having used the MultiGrip, I will purchase it, then introduce to members of my club. I love the Concept, and will not return to using ropes in my gym in Penzance.

Rich Emerson, owner of Mounts Bay Fitness.

MultiGrip is several resistance machines in one. I found some new muscles that had remained dormant until now.

Mark Glasgow, manager of Queensway Stadium, Wrexham

What an innovative way to combine all opposing muscle groups on the same exercise.

Rebecca Bindon, Performance Leisure, Devon.

What a great piece of kit. It will be used in our GP Referral sessions.

Michael Tydd, gym manager of Henfield LC.

Excellent multi-functional tool, and a brilliant way to use super techniques in high speed work-outs.

Chris Griffiths, Esporta, Wolverhampton.

Excellent new piece of equipment. Why didn't I think of it first?

Richard Cowell, Factory, Stevenage.

Very nice free-flowing piece of equipment for functional core training.

James Wood, manager of Perins Health.

MULTIGRIP IS INDUSTRY SENSATION

Every now and then a product comes along that completely changes the way we exercise and perform movements on fitness equipment. Mark Andrew, the managing director of Strike, spotted the MULTIGRIP at the FIBO show in April. He explained that, after 11 years of manufacturing bags, Microphone belts, Headphones, and T shirts, it was time for Strike to use its contacts to find a small simple product that everyone wants.

Mark points out that Strike still produces great loyalty packs, member referral gifts and such like - as was apparent at the Workout North show in Bolton in November. "We had a great show with our £4.99 starter pack - T shirt, BottleNET bag, Water Bottle all branded up with your company logo and to finish it off we threw in a sweat towel," says Mark.

At the launch of the MULTIGRIP (see advert below) at LW the interest was nothing short of incredible. We had over 340 leads, 226 sales in three days...not one single person said they didn't like the grips. The Workout North show produced 75 more sales, virtually everyone that tried them bought a pair.

"It was amazing", said Mark. "I was involved with Espree Fitness Equipment back in the early 90's with the launch of The Step...not since then really have I seen such a positive response for such a simple yet extremely effective product."

The product itself has commanded respect from some of world's best, already. The great Bill Pearl was bowled over by them.

Our own Joey Bull (4 times British Fitness Champion) said, "Don't take my word for it...

buy a pair, try them just once...

you'll never go back to ropes, bars and handles every again. They simply grow on you.

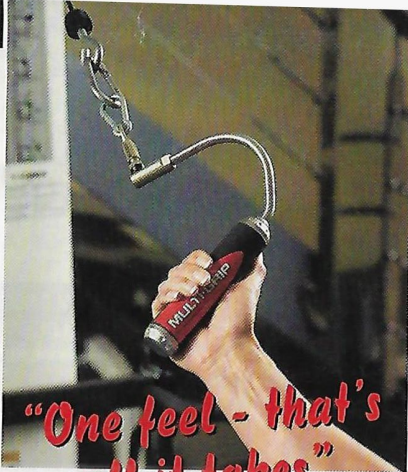
"Mark's eye for the product and seeing the possibilities was correct... the Slogan 'One Feel - That's all it takes,' is right."

The handles themselves rotate through 360° both ways, thus allowing complete freedom of movement without any stress or impediment on the joints.

Performing Uprights Rows, Bicep Curls, Tricep Pushdowns with much more ease and greater range of movement is really exciting... thanks to the two different handles and the shape of the kinked connecting swivel bar, so offering four different hand positions.

Cable crossovers are taken to a whole new dimension. Squats are incredible with no loading directly over the knees. The true testimonials, alongside, are proof of the product. Mark also says, "If you think this product is great, wait till you see our next product due out later this year...this is going to be really exciting".





"One feel - that's all it takes"

MULTI-GRIPS, COMPLETE WITH CARRY CASE, VIDEO AND TRAINING MANUAL

SPECIAL LAUNCH PRICE

£85 +VAT
(plus £7 delivery)

"Buy three pairs get fourth set free"

GET A GRIP ON YOUR WORKOUT

CALL 01353 663388 TO ORDER

STRIKE

Unit 1, Chettisham Business Park, Lynn Road, Ely, Cambs. CB6 1RY Tel: 01353 663388

Testimonials

'Innovative and Ingenious. The greatest break-through since the cable crossover machine. A must for any serious gym bod'...

Jonathon Will - Ops Manager Addington Palace.

'Everything rolled into one... I found new muscles that had remained dormant until now'...

Manager - Queensway Stadium

'If you're going to buy one piece of equipment, make sure it's this one!'

'Hits every part of the muscle, quickly'...

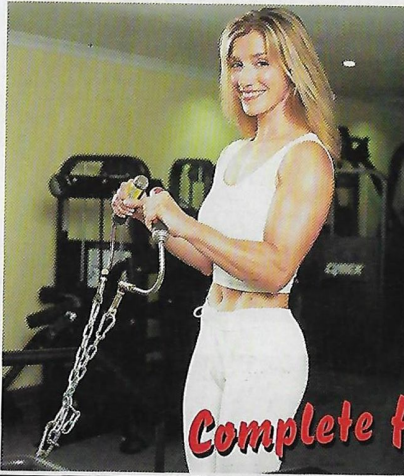
Peter Hadlow - Fitness Centre, Clevedon.

'Exercise will never be the same... Wow what a cost effective way of upgrading your equipment without spending thousands... For goodness sake don't forget to send mine'...

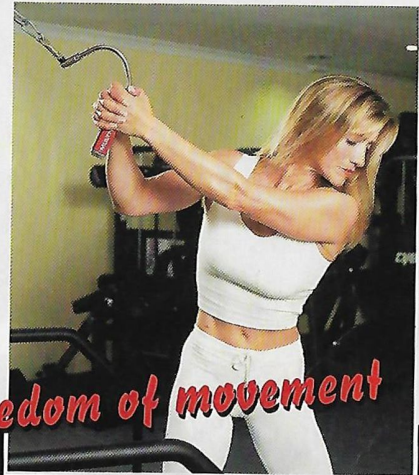
Greg Anderson - Personal trainer, London.



Member referral bags from £1.99



Complete freedom of movement

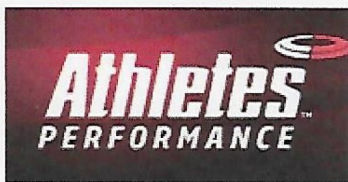


THE UK FITNESS INDUSTRY'S FAVOURITE READ



"The multi-grip handles make these exercise machines very versatile for our players (both pitchers and position players. We use them year-around for muscle strength development and rehabilitation work"

Warren D. Sipp, PhD
Strength & Conditioning Coach



"The Multi-Grip handles allow our Physical Therapists to better support both the rehabilitating athletes, as well as utilization into our pro-active pre-hab systems at Athletes Performance. The Multi-Grip handles also allow our Performance Specialists to customize movement patters for high performance training applications for our athletes."

Mark Verstegen
Founder/President



"The Multi-Grip handles are extremely versatile which allows a variety of age groups to utilize them. The swivel handle allows for a greater range of motion and the ability to target specific muscle groups. The Multi-Grip handles are a great asset to the YMCA."

Pam Fietze B.S., ACE Certified Personal Trainer
Coordinator of the Personalized Fitness Center



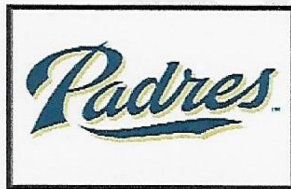
"...The Athletic Training staff at UCLA has been using the Multi-Grip Handles for years... indispensable in our setting."

Geoff Schaadt, MS, ATC Head Certified Athletic Trainer
UCLA Department of Intercollegiate Athletics



"...The Multi-Grip handles ease of movement, make therapy easy to perform. Thus therapy compliance increases. The Multi-Grip handles versatility allows us to.... design exercise patterns that are specific to sport, are functional, and meet the goals of rehabilitation."

Sincerely Vinny Conuskey
Head Athletic Trainer Olympic Training Center



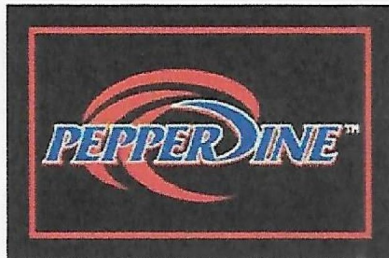
"...Being a certified athletic trainer as well as a certified strength and conditioning coach, our facility is set up for prehab, rehab and regular strength training. Because of that, I feel that it is very important to have equipment available to train through that spectrum. The Multi-Grip Handles are one piece of equipment that allows us to do just that."

Sincerely Bill Henry, A.T.,C., .S .S.
Head Strength and conditioning Coach San Diego Padres



"I like to progress an injured athlete from manual rehabilitation techniques on the treatment tables to more functional therapeutic exercises. The Multi-Grip handles allow functional patterns of motion with isotonic resistance. The movement is rhythmic and smooth. We are also beginning to use the Multi-Grip handles more for our core training."

Russ Romano, MA ATC
Assistant Athletic Trainer
University of Southern California



"The Multi-Grip handles are one of the best innovations in weight training equipment I have ever seen. Their unique design takes the stress off the hand and wrist, and focuses on the muscle(s) you are targeting much more effectively than traditional handles or rope devices. Virtually everyone that has tried these handles has responded very positively. I am very impressed. These handles should be standard equipment in any well-developed training facility."

Jay Zemliak B.S., C.S.C.S.