

PILATES EQUIPMENT FOR SALE

**If you are interested in any of the items listed here please contact
Allan at allan@pilates.net
with the items you are interested in, stating the item number and how many
pieces (if applicable) you require.
Payment is cash or direct transfer to our account only.
Some of these items may have been sold by the time you read this list. Please
email to see what items are still available.**

All equipment listed here is second hand and is sold 'as is'. Inspection of the equipment is the responsibility of the purchaser to ensure that the quality and functionality is what they require. There are no refunds or exchanges after the sale is finalised. Collection of the items from North Sydney is the responsibility of the purchaser. Items not collected within 5 days after purchase will be disposed of accordingly. All prices include GST



Item #1 \$ 450
Incline bench with tower
 - custom made, aluminium and upholstered marine plywood, with Footstrap and side bars to hold.
 2.6m long x 60cms wide
SOLD

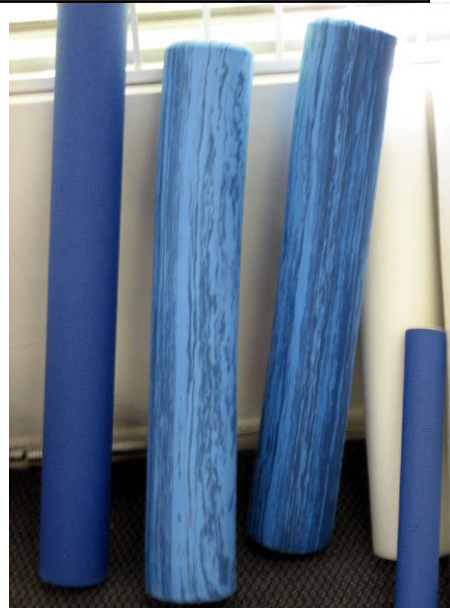


Item #2 \$ 350
Incline bench with stand - custom made, aluminium and upholstered marine plywood, with Footstrap and side bars to hold.
 2.6m long x 60cms wide

Item #3 **Mini bar fridge 150**
 Excellent condition and working
 Order — as if new!
 measurements approx
 510mm high
 450mm deep
 500mm wide



Item #6 **Rollers:**
 2 x blue marble Foam @ \$25 each
ONE SOLD
 1 x white @ \$20
 1 x long pipe roller @ \$75 (left in photo)
 (exclusive to Pilates Institute)
 1 x mini pipe roller @ \$39 **SOLD**





Item #4 Clothes hangar : \$ 50
with shoe rack
1.5m high
450mm deep
1.2m wide



Item #5 Clothes hangar \$ 70
with shoe rack, top and side shelves
1.5m high
450mm deep
1.2m wide



Item # 13 Water cooler - \$55
Water cooler that works—cooling only.



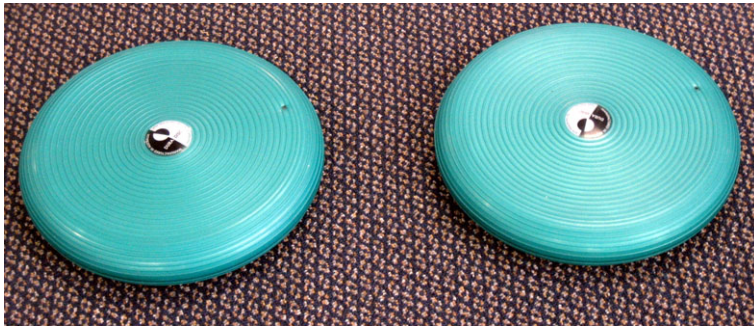
Item # 16 JVC Micro Stereo system - \$120
As new with digital display. CD Player and Tape deck. AM/FM radio and stereo speakers.



Item #7 **EGG ball** \$75

65cms—made in Italy. As new condition

Also 3 Swiss balls @ \$30 each—PIA brand



Item #8 1 x **dura discs** \$75 for the pair

Item #9 1 x **wobble discs** \$49 for the pair
(similar to dura disc)



Item #10 **BOSU Ball** \$100



Item #12 4 x Reformers - \$2500 each 1 SOLD
PIA Brand (based on Stott design) 2 available

- Australian made—top quality!
- 2.35m long x 60cms wide x 65cms high when footbar is on top level)
- Stitched upholstery with top quality EVA foam.
- 5 springs - 3 x 50%, 2 x 100% extra set of springs at no extra charge.
- FREE Reformer box with one of these (first come first served)
- Adjustable pulleys and ropes
- Standing Platform with non slip tread
- Base Wheels to move around easily
- Sturdy steel and aluminium construction—made in Australia
- 2 level gears for spring bar
- 5 level adjustable foot bar



Item # 14 Aerobicycle by Universal - \$150!!

Workhorse of the fitness industry. This bike is amazing! No requirement to plug in - works on a dynamo. This machine will last forever. Bargain price



Item #15 Johnson AIR 3000 - \$220
Recumbent bike with soft padded seat. Electronic display. Manual available. Great for those with back issues and still want an aerobic workout.



Item #17 Arm Chair - \$190

Unique. Not many of these around. Great for arm workouts keeping your back supported and pelvis stable. Comes with light arm springs and handles.

Item #18 Raised Arm Benches - \$150

Custom made, this arm bench is great for doing prone arm work where your arm never touch the floor. Great for other exercises too!
Small tear on top
Aluminium construction



Item # 20 5 x Wall Mirrors (6' x 4') - \$500 the lot Or \$130 each

These mirrors would cost \$700 each to replace. They are being sold for \$500 the lot, plus a bonus of 2 smaller mirrors.



Item #19 ACER computer
keyboard and LG monitor. Computer never used.



Item #21 Ladder Barrel \$750

1m high x 1.6m long x 60cms wide ADJUSTABLE distance from ladder
EVA foam padding



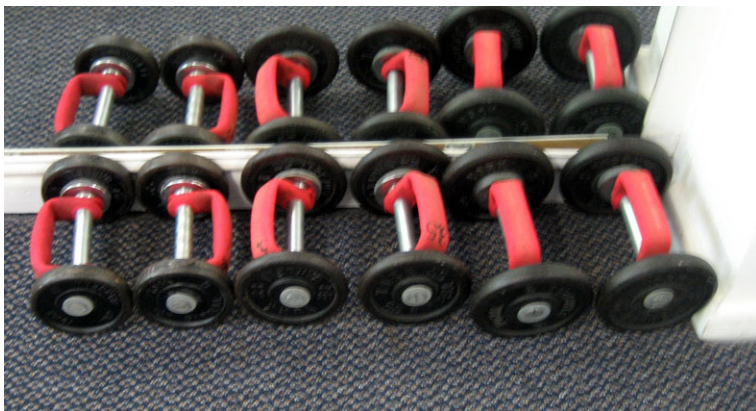
Item #21 Stott Wunda Chair \$350

Single pedal with handles.
New springs:
2 x 100%
2 x 50%



**Item #22
Basic Wunda
Chair \$150**

Single Pedal with 2
springs (room for
more.
Extra springs can be
supplied free of
charge



Item #29 Various hand weights

These 3 pairs for \$55



Item # 24 Indoor Plant \$50

Height 2.3m VERY tall.
Healthy indoor plant. Re-potting to a larger pot will make it grow bigger!!

Looking for a good home.



Item # 25 Wobble board \$25



Item #26 Pilates Balls

Small Pilates Balls
\$12 each.



**Item #27 2 x Steel shelves
\$40 for both**

Handy for storage



Item #28 Reverse Cycle AirCon with remote control

\$2600

Works like a dream
Fujitsu AST 30AB 8.4 Kw power.
Easily cools a room of 80sqm
Well maintained.
Needs removal from wall and exterior unit off awning
Manuals available



Item # 30 Vertical Blinds x 2 \$250 for both or near offer

**2.3m long x 1.8m high
Fantastic condition. Perfect to block out that hot sun coming up to summer. Easily installed to any wall**



Vibration Machine.
\$299 barely used. Lose weight tone and trip with Vibration Technology.



Item 31
Massage chair — as new, with carry bag. **\$299**

Fabulous portable massage chair. VERY comfortable. Great for corporate visits. New this is \$399.



Item 32
Roman chair - \$350

This is a rare find as not many are available. The colour is Black and same style as the picture. Adjustable foot support. Strengthen your back now. Commercial quality - all steel.



Item 32
Ab conditioner - hardly used \$90 ono

Come with a counter on the arm so you can see how many reps you have completed.



Item 33 **Calf Stretcher**

\$99, Brand new, normally \$150

ALSO AVAILABLE: (call for information 0419 333 600)

- 33: Antique desk
 - 34: Reformer springs (same length as Stott with eye hooks at each end)
 - 35: Trap Table Springs (same as Stott) for all areas of the trap table
 - 36: Calf stretcher
 - 37: Bambach saddle seat for the office, perfect condition on wheels — light blue colour
 - 38: 2 x mini stereo system
- AND MORE