

## Pricelist Follo Diem 2018



<a href="http://www.follo-futura.no">www.follo-futura.no</a>				
Please place orders at <b>order@follo-futura.no</b>				
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				<b>Direktesalg i Norge</b>
				<b>2018</b>
				NOK u / moms
<b>Follo Diem</b>				
<b>Item no:</b>	<b>Description:</b>	<b>Size</b>		
142-012900	Module frame	80x212cm		2 055
142-012901	Module frame	50x212cm		1 828
142-012902	Module frame w/wall bar	80 x 212 cm		2 665
<b>Complementary accessories:</b>				
142-012903	Extension bars for 2 Pulleys 140 cm			1 184
142-012904	Wall mount brackets set of 6			797
142-012905	Wall rail for accessories			491
<b>Follo Diem Weight Based</b>				
<b>Item no.:</b>	<b>Description:</b>	<b>Size</b>	<b>Intervals:</b>	
130-0120D	Pulley 20 kg double	33x216 cm	2 handles 0.5-2Kg	10 503
130-0120S	Pulley 20 kg single	33x216 cm	1 handle 0.5-2Kg	9 701
130-0121D	Pulley 40 kg double	33x216 cm	2 handles 0.5-2Kg	12 495
130-0121S	Pulley 40 kg single	33x216 cm	1 handle 0.5-2Kg	11 693
130-0122D	Pulley 50 kg expl.	33x216 cm	2 handles 0,5-1,5-2 kg	13 345
130-0122S	Pulley 50 kg expl.	33x216 cm	1 handle 0,5-1,5-2 kg	12 543
131-012912	Pull down 50Kg	32x260 cm	Handle/Extension 5Kg	13 211
131-012913	Pull down 80Kg	32x260 cm	Handle/Extension 5Kg	15 627
<b>Complementary accessories:</b>			<b>Suitable for:</b>	
130-215	Pulley neck exerciser		Pulley	5 047
140-012917	Mobile unit		Pulley	5 984
230-32	Intermediate weight 0,50 kg		Pulley	150
230-33	Intermediate weight 0,25 kg		Pully	137
230-34	Intermediate weight 0,10 kg		Pulley	126
139-029526	Intermediate weight 2,2 kg		Pull Down	349
130-028939	Support handle with wheel		Pulley	1 651
131-003620	Step-adjustable	Adjustable 10-40cm	Pull Down	3 095
131-000640	Relief hoop	Adjustable 0-60cm	Pull Down	2 786
131-12912-12	Handle/ bar		Pull Down	1 095
139-028937	Rowing handle		Pulley	472
139-028938	Tricepsbar		Pulley	462
139-028946	Tricepsbar rotating		Pulley	495
139-028947	Pron. Susp. Handle		Pulley	255
<b>Follo Diem Bench and Board</b>				
<b>3-Section Bench</b>				
<b>Item no.:</b>	<b>Description:</b>			
136-012902	3-section bench			5 220
136-012902-01	Head cushion for 3-section			990
<b>Complementary accessories:</b>				
136-028930	Mobilization Cushion with mounting frame			3 325
136-028931	Mobilization Cushion			1 490
136-028936	Shoulder rotation with mounting frame			3 445
136-028937	Shoulder rotation without mounting frame			2 541
<b>Diem K</b>				
114-213-00	Stool for back extension			2 781
<b>Adjustable Benches</b>				
<b>Item no.:</b>	<b>Variant</b>			
135-150-00-GAS	Gas			12 946
<b>Parallel bars</b>				
<b>Item no.:</b>	<b>Variant</b>			
147-223-00	4,5 m			6 015
147-223-01	3,0 m			5 313
<b>Slant Board</b>				

All prices each, unless otherwise specified.

Valid 2018

We are not responsible for any misprints in the pricelist.

<b>Item no.:</b>	<b>Spesification</b>				
145-012936	210cm				4 373
<b>Complementary accessories:</b>					
<b>Item no.:</b>	<b>Description</b>				
145-012938	Foot-plate				1 011
<b>Follo Diem trolley</b>					
<b>Item no.:</b>	<b>Description:</b>				
144-012929	Dumbbell trolley	H82 L40 D56 cm			3 785
144-013374	Trolley/ tableaux	H82 L40 D56 cm			3 694
<b>Mat-Holder:</b>					
<b>Item No.:</b>	<b>Description:</b>				
145-012941	Rack	wheels			2 320
145-012942		For wall mounting			808
<b>Follo Diem Handle and Bar</b>					
<b>Item No.:</b>	<b>Description:</b>		<b>Material:</b>	<b>Suitable for:</b>	
230-25	Standard handle			Pulley	311
130-029511	Lat-handle		Aluminium	Pulley	469
139-028947	Pron./ sup.handle			Pulley	232
<b>Bolster</b>					
<b>Item No.:</b>	<b>Size:</b>				
139-718000	40x78,5xR39	Bolster	Hard		1 392
139-718005	Hald.circle cush. 50x20x12				300
139-718010	12x25x50	Bolster triangulær	Soft		325
139-718020	28x43x50	Bolster Psoas	Hard		1 643
139-718030	10x50cm	Bolster H1	Hard		354
139-718031	15x50cm	Bolster H2	Hard		458
139-718032	20x50cm	Bolster H3	Hard		716
139-718030-S	10x50cm	Bolster M1	Soft		319
139-718031-S	15x50cm	Bolster M2	Soft		413
139-718032-S	20x50cm	Bolster M3	Soft		462