

Pricelist Follo Diem 2018



www.follo-futura.no				
Please place orders at order@follo-futura.no				
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				Direktesalg i Norge
				2018
				NOK u / moms
Follo Diem				
Item no:	Description:	Size		
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
Complementary accessories:				
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
Follo Diem Weight Based				
Item no.:	Description:	Size	Intervals:	
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
Complementary accessories:			Suitable for:	
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
Follo Diem Bench and Board				
3-Section Bench				
Item no.:	Description:			
136-012902	3-section bench			5 220
136-012902-01	Head cushion for 3-section			990
Complementary accessories:				
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
Diem K				
114-213-00	Stool for back extension			2 781
Adjustable Benches				
Item no.:	Variant			
135-150-00-GAS	Gas			12 946
Parallel bars				
Item no.:	Variant			
147-223-00	4,5 m			6 015
147-223-01	3,0 m			5 313
Slant Board				

All prices each, unless otherwise specified.

Valid 2018

We are not responsible for any misprints in the pricelist.

Item no.:	Spesification				
145-012936	210cm				4 373
Complementary accessories:					
Item no.:	Description				
145-012938	Foot-plate				1 011
Follo Diem trolley					
Item no.:	Description:				
144-012929	Dumbbell trolley	H82 L40 D56 cm			3 785
144-013374	Trolley/ tableaux	H82 L40 D56 cm			3 694
Mat-Holder:					
Item No.:	Description:				
145-012941	Rack	wheels			2 320
145-012942		For wall mounting			808
Follo Diem Handle and Bar					
Item No.:	Description:		Material:	Suitable for:	
230-25	Standard handle			Pulley	311
130-029511	Lat-handle		Aluminium	Pulley	469
139-028947	Pron./ sup.handle			Pulley	232
Bolster					
Item No.:	Size:				
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