

November 23 - December 23 Edition



Equipment Selection & Pricelist

MOVE HOME STUDIO

Important notes before purchasing

- All equipment will be delivered and installed for you, except for accessories that are ordered independently.
- Our mission is to help individuals transform their lifestyles, and our coaching programs are tailored to achieve this. Hence, MOVE Home Studio exclusively caters to customers who are currently enrolled in a Personal Training program with MOVE or those willing to purchase such a program along with the equipment.
- The equipment options at MOVE Home Studio complement our approach to scientific progressive strength training principles.
- If you're currently in a Personal Training program with MOVE, we will collaborate with your trainer to select the best equipment for your needs.
- If you wish to renovate a space, you can opt for our interior design and renovation service. Please provide space dimensions, including ceiling height and at least 5 clear photos from various angles. After finalizing the interior design plan, we will provide a quote for the construction cost. There will be a 6-month warranty duration.
- A standard set-up will require a space starting from 2.5-meter X 2-meter.
- Equipment will arrive between 30-60 days. However, upon request, our team can deliver a basic set of sample equipment to get you started within 3 working days.
- Any faulty equipment upon delivery will be replaced. A 1-year warranty will be provided for all equipment, except for accessories. Accessories come with a 7-day warranty.
- Please request if you would like any equipment that is not on the list.

Fundamental Combo

RM 4573 /set



This picture above is for illustration purposes only



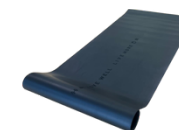
Premium Adjustable Dumbbell



Premium Adjustable Dumbbell Stand



Premium Sturdy Exercise Bench



Premium Grade Exercise Mat

Note:

- Free customization of colors
- Equipment details will be in the following pages

Combo Package

Advance Combo

RM 13,160 /set



This picture above is for illustration purposes only

Everything on Fundamental Combo, Plus:



Standing Power Rack



Standard 20kg Barbell



**Premium Grade Weight Plates
Combo (pairs of 1.25kg-15kg)**



Cable Pulley



Cable Attachments



Rubber Mat (4pcs)

Note:

- Free customization of colors
- Equipment details will be in the following pages

Premium Adjustable Dumbbell

RM 2663 /pair



Adjustable Dumbbell starting from 2kg - 32kg with 2kg increment made with powder coated steel

- Product Dimensions/pc:
 - Length: 485mm
 - Height: 185mm
 - Width: 180 mm
- Color: Black

Premium Adjustable Dumbbell Stand

RM 415 /stand



Premium Material: Heavy-duty metal frame with rubber fixture. Molded to the shape of dumbbell base to secure them in place.

- Product Dimensions:
 - Height: 590mm
 - Base Depth: 550mm
 - Top Length: 750mm
 - Bottom Length: 650mm
- Color: Black

Premium Sturdy Exercise Bench

RM 1453 /bench



This bench is designed for weight training, both the seat and back pad can be adjusted for different workout needs. The back pad offers 0 to 85 degree adjustability in 10 increments. The seat pad can be rearranged to 10, 20, and 30 degrees to achieve your workout goals.

- Product Dimensions:
 - Length: 1210mm
 - Width: 742mm
 - Height: 450mm
- Color: Black

Standing Power Rack

RM 4125 /rack



A sturdy and substantial power rack constructed from solid metal, featuring safety bars and plate storage bars, all without the necessity of any ground drilling. Comes with 2x plate storage bar, 2x safety bar, 2x J-Hooks. It can be relocated at any time.

- Product Dimensions:
 - Length: 1220mm
 - Width: 1250mm
 - Height: 2350mm
- Color: Black

Premium Cable Pulley Attach on Rack Accessories

RM 2288 /pulley



This space saving pulley can be attached to the power rack to execute a wide variety of exercises that target different muscle groups. Each pulley has a resistance of up to 65lb (30kg) but weighs less than 5kg.

- Product Dimensions:
 - Length: 305 mm
 - Width: 161mm
 - Height: 72mm
- Color: Black

Premium Grade Exercise Mat Accessories

RM 162 /mat



Heavy duty, non-slip, moisture absorbing exercise mat that is made from natural rubber.

- Product Dimensions:
 - Length: 660mm
 - Width: 1800mm
 - Thickness: 5mm
- Color: Black

Standard 20kg Barbell

RM 790 /bar



Olympic weight lifting bar with a maximum load of 680kg

- Product Dimensions:
 - Length: 2200mm
- Color: Black Handle

Premium Grade Weight Plates Combo

RM 2419 /set



Highly durable Olympic weight plates that comes in pairs of 1.25kg, 2.5kg, 5kg, 10kg & 15kg. A total loaded weight of 87.5kg with the barbell.

- Product Dimensions:
 - Diameter: 450mm (5kg-15kg)
 - Diameter: 157mm-198mm (1.25kg- 2.5kg)
 - Hole Diameter: 50mm
- Color: According to wieght

Additional Premium Grade Weight Plates Combo

RM 3206 /set



Highly durable Olympic weight plates that comes in pairs of 20kg & 25kg

- Product Dimensions:
 - Diameter: 450mm
 - Hole Diameter: 50mm
- Color: According to wieght



Cable Pulley Accessories

RM 169 /set



Smooth sliding 360 DEGREE ROTATING with Heavy Duty Pulley System. Loading up the 100kg weight plates (Great for Lat Pull Downs, Heavy Weight Rows & Tricep Pull Downs)

- Product Dimensions:
 - Cable Length: 1750mm
- Color: Black



Grip Attachments for Cable Pulley Accessories

RM 319 /set



2 different grip pulley accessory set for you to develop your upper and mid back muscles.

- Product Dimensions:
 - Depending on grip
- Color: Black



Rubber Mat

RM 1032 /4pcs



20mm rubber mat to absorb impact and create space zoning. 4 pieces is needed to be the base of the power rack

- Product Dimensions:
 - Height: 1000mm/piece
 - Width: 1000mm/piece
 - Thickness 20mm
- Color: Grey/Black

Long Resistance Bands Accessories

RM 79 /set



Long bands with three distinct levels of weight resistance, ideal for on-the-go use as a substitute for dumbbells and barbells.

- Product Dimensions:
 - Length: 1080mm
 - Thickness: Depends on resistance
- Color: Grey, Pink, Black

Short Resistance Bands Accessories

RM 73 /set



Short Bands with 3 different weight resistance. Normally use for flutes exercises

- Product Dimensions:
 - Length: 350mm +/-
- Color: Colorful

Long Rubber Resistance Bands Accessories

RM 82 /set



5 types of elastic rubber bands for

- Product Dimensions:
 - Length: 1080mm/piece
 - Thickness:
- Color: Depends on resistance

Premium Adjustable Dumbbell (Customize Colors)

RM **2763** /pair



An upgrade of premium adjustable dumbbell
(white/green color)

- Product Dimensions:
 - Length: 485mm
 - Height: 185mm
 - Width: 180 mm
- Color: White/Black

Premium Sturdy Exercise Bench (Customize Colors)

RM **1553** /bench



White



Brown

An upgrade of premium sturdy exercise
bench (white/brown skin)

- Product Dimensions:
 - Length: 1210mm
 - Width: 742mm
 - Height: 450mm
- Color: White/Brown

Power Rack (White Color)

RM **4253** /rack



An upgrade of premium standing power rack
(white color)

- Product Dimensions:
 - Length: 1220mm
 - Width: 1250mm
 - Height: 2350mm
- Color: White

Interior Design

RM 3000



Ensure your home gym seamlessly blends with your space by involving our interior design team. We'll enhance both aesthetics and functionality, creating an environment that motivates your workout sessions.

Information required:

- Measure space (including height)
- 5 clear picture of the space with different angles
- 5 image ideas for reference

Construct: According to confirmed interior design

RM XX,XXX



Adjustable mood lightings, custom shaped mirrors, backlight for mirrors, storage of accessories, customised wall panels/paints can all be done. We can work with our designer & contractor to build a stunning place so that your health can feel at home.

Pricing:

- Depends on budget, design and materials used