

Sports Training Equipments



www.actuaisports.net



handcrafted in Brazil!

elastic
training
line

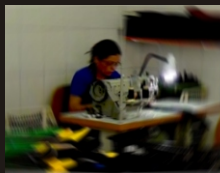
functional
line

training
with sand
weights

water
workout

A different way to create and use sporting goods!

Actual® is a Brazilian brand that develops and manufactures handmade sports equipment for physical and functional training since 1990.



Our accessories have been used by amateur and professional athletes in several sports like soccer, sports fights, athletics and workout.

In this booklet we are presenting some of our most popular accessories, targeted the following lines:



**water
workout**



swimming elastics cords, swimming parachute for resistance, aquatic step, platforms for infant swimming school.

**elastic
training
line**



Elastic Belts and Vest, elastics for hands and legs.

**training
with sand
weights**



Sand Bags, Sand Vest (weights).

**functional
line**



Speed ladder, parachute training, kit with barriers, poles and field markers

elastic training line

Accessories for sports training based on the elastic traction. resistance training to develop strength, power and endurance.



Originals Traction Belts developed by Actual - since 1998



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2

3

Model 1: Traction Belt Single User
Model 2: Traction Belt Dual users
Model 3: Traction Belt Silver Series

All of the products with anti-breakage elastic system, adapters for fixed points, comfortable and resistant belts and easy reposition of elastics



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5

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Model 4: Traction Belt Start Series (individual or double)
Model 5: Traction Belt Double Y/G for severe training.
Model 6: Traction Belt for legs and ankle (pair) - for inferior members.



Model 7: Traction Vest Single and dual users.
Available with elastics of normal resistance and severe resistance, according the training plan.



All elastics can be replaced by a new set! Main measures: 60cm, 100cm, 150cm and 2m. Normal resistance: 5,5kg; Severe Resistance: 7,5cm Stretches up to 250%

functional line



Kit to build positioners, functional training beacons and jump barriers. For training across any surface and sports ground. Awarded by Senai design excellence (SP- Brazil 2010)



Parachute for for increased acceleration, speed and athletic endurance

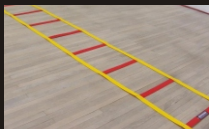
Area: 4,56m, 2 lines on the belt, very easy to use and fly. Cargo: 20kg at 22km/h

Speed Ladder Models:

Professional 10 steps,
5m, 50cm wide with bats.

Professional Assembled
allow to make many designs of training (Linear and non linear routes).

Start - the essencial for a speed ladder training



Sled for traction training with sandbag for cargo resistance. PVC/PP structure. Cargo: 20kg

water workout

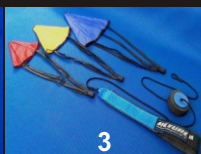
Atual® is the pioneer brand in Brazil that manufactures equipment for training water. Noteworthy are the elastic swimming belts, the hidrostep and platforms to reduce the depth of pools. Check out these products!

Elastic belts for resistance swimming training

Model 1: Polyurethane cord 2,4m; stretch 30%; power: 20kg

Model 2: Latex cord 2,4m; stretch 200%; power: 7kg; with anti-breaking system

*Model 3: Parachute for resistance training - three scales of resistance
Belt: waistline: Regular - 70cm/110cm.
Extra Large: up to 160cm.*



Hidro Step



*Mesures: Main Platform: 60cmX40cmX15cm plus 5cm base (elevates to 20cm)
Material: Poliethylene and PVC. Ballast and suction cups grip.*

Platforms for swimming pool



The platforms for depth reduction Actual® have been developed to suit all users who need to use a swimming pool for children's swimming lessons, water workout or any water activities that should be practiced in a shallower depth than the existing. All made in PVC/PP high resistance. They can be connected to increase the reduced depth area.



training with sand weights

*Sand is a very easy material to
use for loading sports
equipment.*

*Also their instability is very
useful for the workout*

*Actual developed a line with a
Vest and Sandbag training
where the customer acquire the
equipment totally prepared for
loading.*



*Sand Vest for 10kg loading
- Front and Back containers.*



Sand Bag - up to 30kg



**CEPP COM. E ELABORAÇÃO DE PROTÓTIPOS E PROD. ESPORTIVOS LTDA EPP
ACTUALSPORTS**

Rua Tumiaru, 30 V. Mariana, São Paulo, SP Brasil 04008-050

55 11 30570120

commercial@actual.esp.br

Skype () actualsports

Instagram: Actualsportsbrazil

web: www.actualsports.net