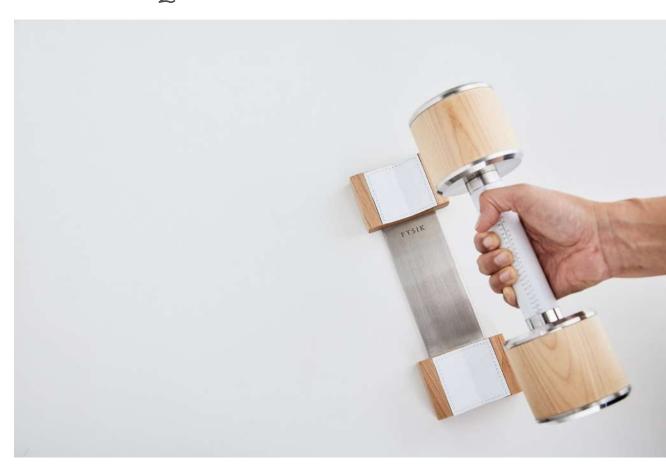






COLLECTION 2022-23 - VOL 2

BESPOKE GYM EQUIPMENT



Handcrafted in Bangkok

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STORY

THE BIRTH OF FYSIK BESPOKE GYM EQUIPMENT

FOUNDERS: Henrik Olofsson & Amm Tarasansombut
LOCATION: Bangkok, Thailand



"Henrik, we should have something really unique in our gym, why don't we make some beautiful looking gym equipment?"

Those words mark the beginning of FYSIK. The year is 2015 and husband-and-wife Henrik and Amm are in the middle of planning the opening of their own personal training studio in Bangkok, Thailand.

This first set of gym equipment was the result of a combined love for craftsmanship and passion for fitness. And soon the word spread about the small training studio in Bangkok with the well-made, beautiful looking gym equipment.

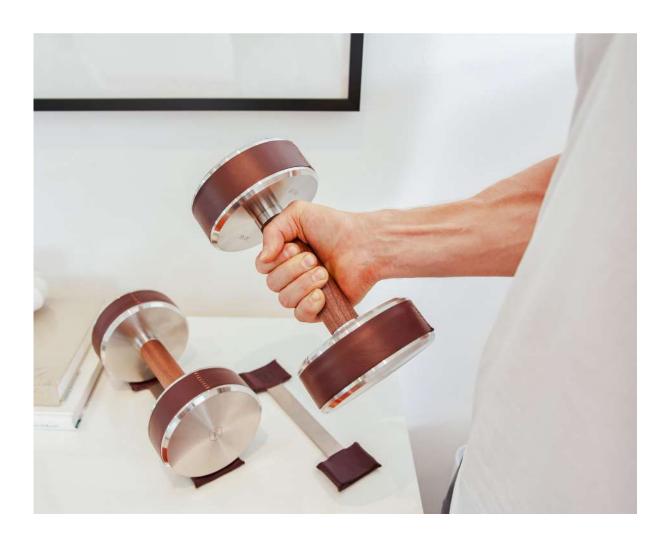
These days the gym is history, but the requests from people all over the world and the making of our bespoke gym equipment is growing day by day.

"Deviating from the standard look of gym equipment design, our efforts is to make products rich with tactile experiences and using high quality materials that age well.

Each new product enters the FYSIK collection with the same ambition in mind - to reflect a healthy lifestyle by offering a refined design experience that actually works, timeless in both aesthetics and function. In other words, products that don't need to be hidden away"



Henrik & Amm, FYSIK founders



The minimalistic and universal dumbbell stand; $No3^{\text{TM}}$ - made from leather and stainless steel - does a great job cushioning the weights while at the same time disappearing when in use and letting the dumbbells take the front stage on display.

Details p.52

Simplicity; the ultimate sophistication

Sometimes all you need for a good workout is a set of dumbbells. For that purpose, the NAK $^{\text{TM}}$ dumbbell collection is a perfect choice. With its simple form it looks great in any environment.





The Shopkeepers



NAK™ dumbbell Walnut | tanned brown, p.47







Handcrafted elegance for the items you care for





This vertical dumbbell and kettlebell tower can hold up to 8 dumbbell pairs and 4 kettlebells, allowing for a complete set of gym weights in a space of only 75 cm/30" diameter footprint. With a 360 degree rotating base you can place this vertical tower in a corner and still comfortably access all weights. A true statement and a great workout companion.

Details p.53

A new era of gym equipment display







Each arm of our vertical dumbbell tower is tailored to fit the specific dumbbell stored and unlike conventional gym racks, the handles are at a safe distance from pinching your hand when racking the weights.



MAI[™] dumbbell Maple | white, p.49

Functional art that always performs





2-tier horizontal dumbbell rack | PEN™ dumbbell Oak | tanned brown, p.54





2-tier horizontal dumbbell rack | PEN $^{\text{m}}$ dumbbell Oak | tanned brown, p.54



back; LOMM™ fitness ball (Ø65 cm/26") | Tanned brown , p.49 left; YAI™ medicine ball (Ø35 cm/14") | Tanned brown, p.49 right; BONN™ medicine ball (Ø25 cm/10") | Saddle brown, p.49

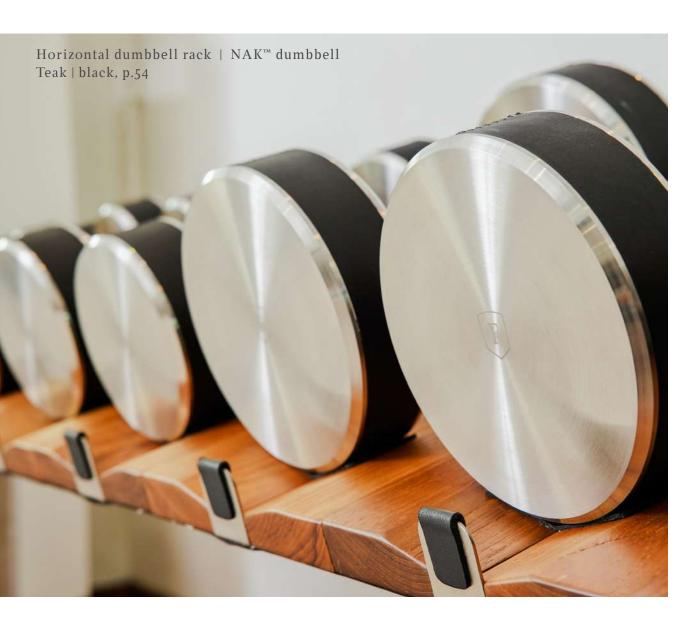


The clean look of our horizontal dumbbell rack stands out, yet it blends in with a well styled home in a way gym equipment have never done before.

Perfectly built to stand out in your home

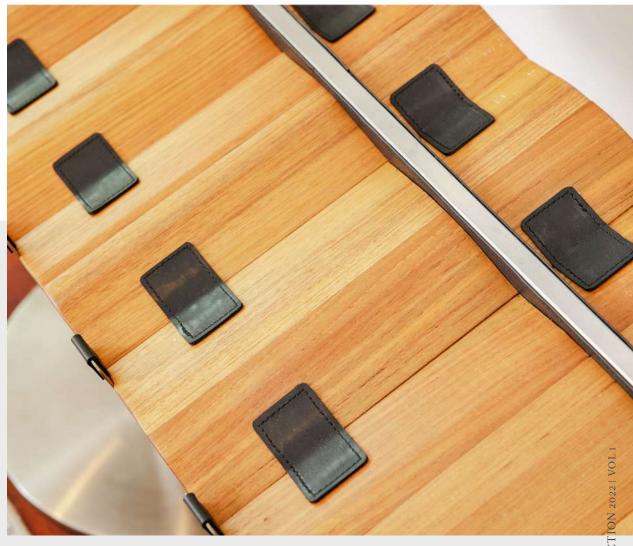


Horizontal dumbbell rack | NAK[™] dumbbell Teak | black, p.54



With slanted pieces of timber, cut to accommodate the diameter of each dumbbell, there is always a perfect place for your dumbbells on our horizontal racks.

Always in place and on point



Resting on a set of stainless steel legs, the bed of solid timber also have numbered leather pads to provide a cushioning effect and ease of racking your weights after use.

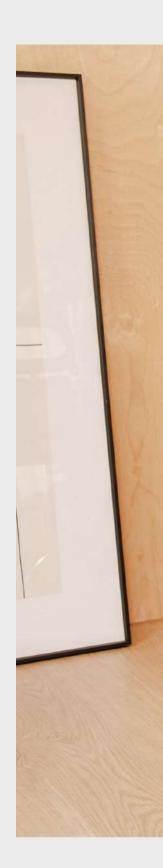
Evolution is inevitable



The signature pill shaped handle of KRABA $^{\text{M}}$ kettlebell not only confers a softer aesthetic to a versatile exercise tool but also offers an increased handle width that allows for a full grip while using the kettlebell with both hands.



Reinvent your home gym



No matter what angle you approach from, the vertical kettlebell tower always accommodates. With a rotating base and overlapping arms made from solid wood, not only does it host an impressive amount of weight in a small space, it also looks on point. Hence it always performs, even when not in use.







Getting noticed is not a concern for NANG™



The tactile experience when adjusting the 9 different seat angles of NANG $^{\text{TM}}$ makes it not only visually pleasing but also gives sensory satisfaction.

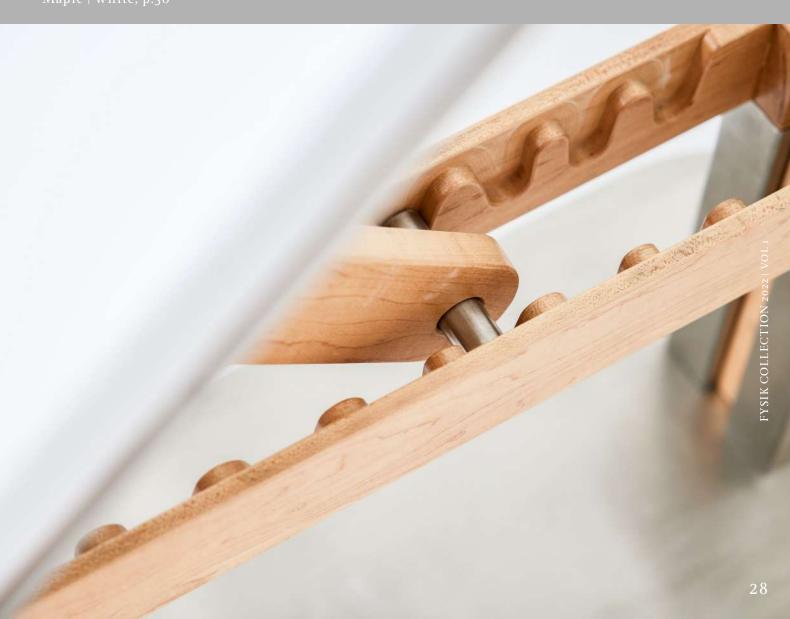
The function for this adjustable gym bench is fulfilled by its sturdy base and wheels for mobility.

Built using our classic materials of solid wood, stainless steel and leather upholstery.



Designed for the tactile experience

NANG™ gym bench Manle∣white n 50



New heights of practical elegance



BONN[™] medicine ball left; saddle brown | right; black p.49

idea of storing any item vertically has a host of benefits; such as freeing up floor space and improving ergonomics. vertical accessory tower offers all of this, as well as a striking look that goes beyond practical benefits to transforms your space to heights.





 $BONN^{m}$ medicine ball | black, p.49



Staying in shape has no beginning or end



The LOMMTM fitness ball is the perfect companion for an effective core workout. It also doubles as your office chair to keep your torso upright and your body alert while spending time sitting. Match the leather color with your favorite piece of furniture and make this inflatable fitness ball a corner stone of your work:health balance.



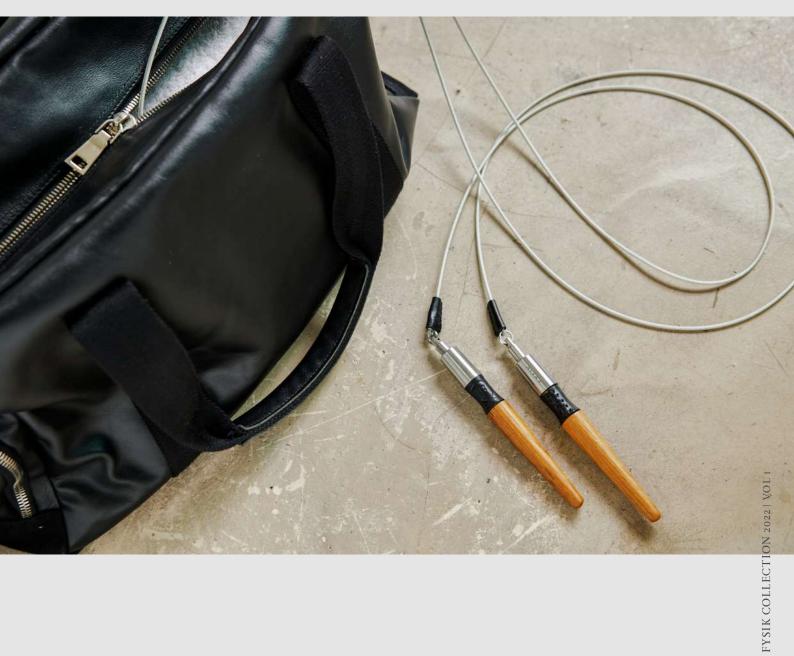
The contrast between materials of the wood, stainless steel and leather adds elegance to BAO^{TM} speed rope. Bring it while traveling, keep it in your gym bag or hang it on the wall in your living room. Your coordination, foot speed and cardiovascular health will thank you no matter what.

Details p.50

Lightness defined



BAO™ speed rope Teak | black, p.50

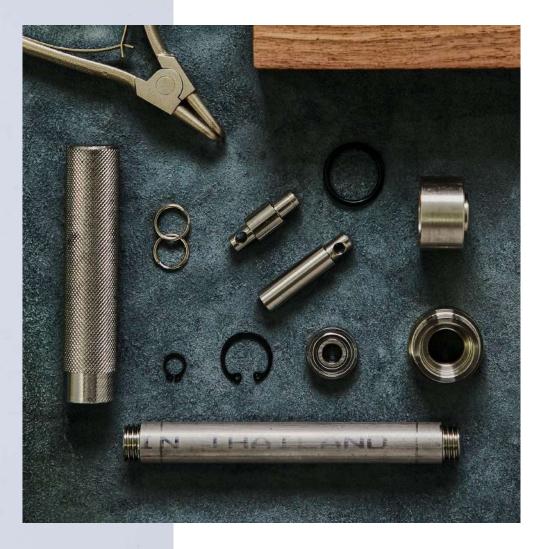


DOD™ jump rope Teak | black, p.50



Clean lines is the essence of our $\mathsf{DOD}^{\mathtt{m}}$ jump rope as a remembrance of our Asian heritage. The weight of the handles instantly gives an added sense of value to the user and magnifies the training effect of your shoulders, wrists and heart.

We are tool builders



"When we make a product we always think about long-lasting pieces that are a part of the cycle network of things. That you can pass on to the next generation"





Our version of one of the most iconic pieces of gym equipment; the SAI $^{\text{m}}$ boxing bag, is not by reinventing its shape or use but rather making the quality of materials and details speak for themselves. With reinforced leather and stainless steel components this bag will take a compliment and a punch with equal grace; and always keep going.

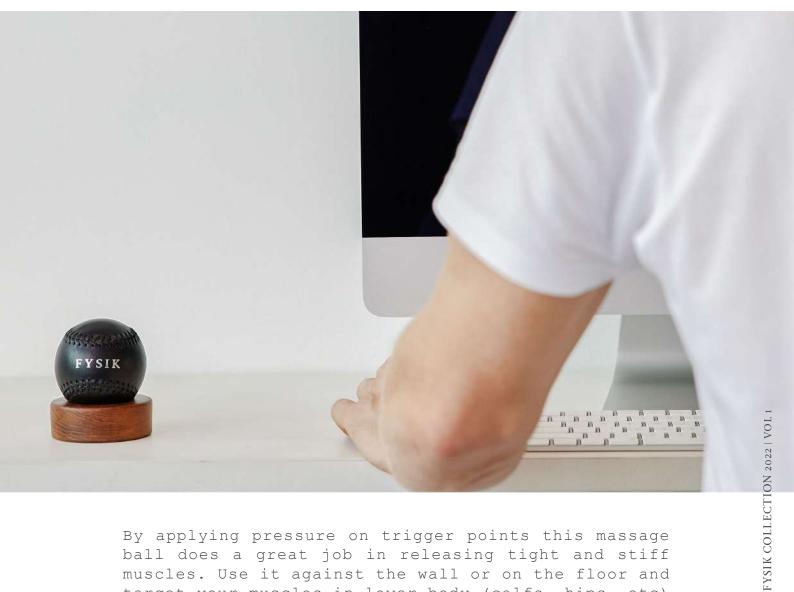
Details p.51

Traditions of tenacity brought home





The release you need



By applying pressure on trigger points this massage ball does a great job in releasing tight and stiff muscles. Use it against the wall or on the floor and target your muscles in lower body (calfs, hips, etc) or upper body (shoulders, back, forearms, etc) for instant release and recovery*.

CRAFTSMANSHIP

In a world that relies mainly on automatization and mass production, it is unique to see things made with passion and the dexterity of human hands.

Our artisans are diligent craftsmen who take pride in their work and we maintain the design and crafting process at our workshop in Bangkok, Thailand.

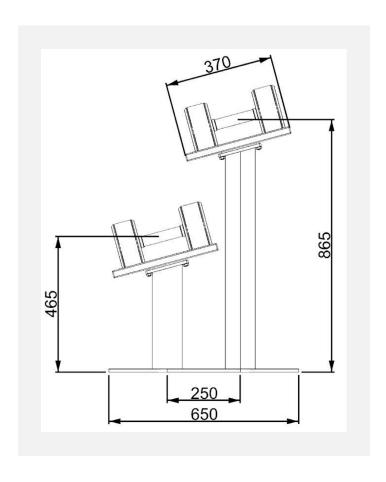
From the very start, our goal has been to make gym equipment with a strong visual identity and always with an eye for the small details that makes a big difference.

With our skilled craftsmen alongside a strong network of local suppliers; we are of the conviction that the combination of high quality materials and timeless aesthetics is the best path to sustainability.



CUSTOM ORDERS

Contact info@fysik.com



We understand the need for customization. This might be requesting a specific leather color or wood type to match your home. Or to design an equipment storage solution for a hotel gym. Or perhaps you want a bronze steel finish and your gym logo on a set of dumbbells. Whatever your custom order request might be; we are always curious to hear about it and will do our best to create the look and experience that you envision.

Contact info@fysik.com for custom orders.

MATERIAL SAMPLE BOOK

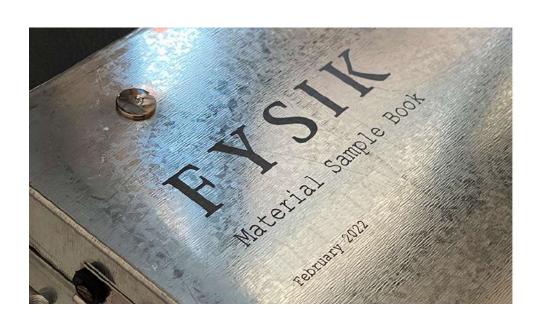
Contact info@fysik.com

We are driven by a passion to create bespoke solutions that go beyond the traditional - and with our new FYSIK Material Sample Book, we wish to inspire you to do the same.

Inside the box, you will find wood samples of teak, walnut, oak, maple as well as leather samples of black, white, tanned brown and saddle brown. Also, your creativity will get some help along the way with a specially made dumbbell swatch to combine wood and leather colour at your liking and present an idea of how a the real product will look.

Please note that wood is a living material and the colour of each leather batch is different. Therefore, no two FYSIK orders are the same and you may therefore expect samples with a variety in colour and grain pattern.

Contact info@fysik.com to order a Material Sample Book.



PRICE LIST

Contact info@fysik.com for custom quotes



NAK^{TM} Dumbbell

Materials:

Stainless steel, leather, wood

Dimensions:

Varies based on weight

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown

White

Saddle brown

*Other wood & leather colors available

Weight	THB	USD	GBP	EUR	AUD
2 kg 4 lbs	12900	395	295	345	525
4 kg 8 lbs	14900	465	345	405	615
6 kg 14 lbs	16900	525	385	455	695
8 kg 18 lbs	18900	585	435	515	775
10 kg 22 lbs	20900	645	485	565	855
12 kg 26 lbs	22900	715	525	615	935
14 kg 30 lbs	24900	775	575	675	1025
16 kg 35 lbs	26900	835	615	725	1105
18 kg 40 lbs	27900	865	645	755	1145
20 kg 44 lbs	28900	895	665	775	1185
22 kg 48 lbs	29900	925	685	805	1225
24 kg 52 lbs	30900	955	715	835	1265
26 kg 58 lbs	31900	985	735	865	1305
28 kg 60 lbs	32900	1025	755	885	1345
30 kg 65 lbs	33900	1055	775	915	1395

*Prices above are given per dumbbell pair **Other weight ranges available

PEN^{TM} Dumbbell



Materials:

Stainless steel, leather, wood

Dimensions:

Varies based on weight

Wood type:



Teak

Black

Leather color:



Walnut

Tanned

brown



Maple



Oak

Saddle White brown

*Other wood & leather colors available

Weight	THB	USD	GBP	EUR	AUD
2 kg 4 lbs	15900	525	385	455	695
4 kg 8 lbs	18900	585	435	515	775
6 kg 14 lbs	20900	645	485	565	855
8 kg 18 lbs	22900	715	525	615	935
10 kg 22 lbs	24900	775	575	675	1025
12 kg 26 lbs	26900	835	625	725	1015
14 kg 30 lbs	28900	895	665	785	1185
16 kg 35 lbs	30900	955	715	835	1265
18 kg 40 lbs	32900	1025	755	885	1345
20 kg 44 lbs	34900	1085	805	945	1435

*Prices above are given per dumbbell pair **Other weight ranges available

$MAI^{\tt TM}$



Materials:

Stainless steel, leather, wood

Dimensions:

Varies based on weight

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



*Other wood & leather colors available

THB	USD	GBP	EUR	AUD
13900	435	325	375	575
14900	465	345	405	615
15900	495	365	425	655
16900	525	385	455	695
18500	575	425	495	755
19900	615	455	535	815
21900	675	505	595	895
23900	745	555	645	985
	13900 14900 15900 16900 18500 19900 21900	13900 435 14900 465 15900 495 16900 525 18500 575 19900 615 21900 675	13900 435 325 14900 465 345 15900 495 365 16900 525 385 18500 575 425 19900 615 455 21900 675 505	13900 435 325 375 14900 465 345 405 15900 495 365 425 16900 525 385 455 18500 575 425 495 19900 615 455 535 21900 675 505 595

*Prices above are given per dumbbell pair **Other weight ranges available

KRABA™ Kettlebell



Materials:

Stainless steel, leather, wood

Dimensions:

Varies based on weight

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



brown

*Other wood & leather colors available

Weight	THB	USD	GBP	EUR	AUD
6 kg 14 lbs	18900	585	435	515	775
8 kg 18 lbs	19900	615	455	535	815
10 kg 22 lbs	20900	645	485	565	855
12 kg 26 lbs	21900	675	505	595	895
14 kg 30 lbs	22900	715	525	615	935
16 kg 35 lbs	23900	745	555	645	985
18 kg 40 lbs	24900	775	575	675	1025
20 kg 44 lbs	25900	805	595	695	1065
22 kg 48 lbs	26900	835	615	725	1105
24 kg 52 lbs	27900	865	645	755	1145
26 kg 58 lbs	28900	895	665	775	1185
28 kg 60 lbs	29900	925	685	805	1225
30 kg 65 lbs	30900	955	715	835	1265
32 kg 70 lbs	31900	985	735	865	1305
34 kg 75 lbs	32900	1025	755	885	1345

*Prices above are given per kettlebell unit

**Other weight ranges available

$BONN^{TM}$

Medicine ball



Materials:

Leather, kapok, steel shots

Dimensions: Ø25cm/10"

Leather color:



Black



Tanned brown



White



Saddle brown

*Other leather colors available

Weight	THB	USD	GBP	EUR	AUD
2 kg 4 lbs	9900	305	225	265	405
4 kg 8 lbs	10250	315	235	275	420
6 kg 12 lbs	10500	325	245	285	435
8 kg 16 lbs	10750	335	255	295	450

*Other weight ranges available

 YAI^{TM} Medicine ball

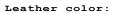


Materials:

Leather, kapok, steel shots

Dimensions:

Ø35cm/14"





Black



Tanned brown



White



Saddle brown

*Other leather colors available upon request

Weight	THB	USD	GBP	EUR	AUD	
6 kg 14 lbs	12900	395	305	345	525	
8 kg 16 lbs	13500	415	315	365	555	
10 kg 20 lbs	13900	435	325	375	575	
12 kg 25 lbs	14500	460	335	395	595	

*Other weight ranges available

 $\begin{array}{c} LOMM^{\text{TM}} \\ \text{Fitness ball} \end{array}$



Materials:

Leather, rubber ball (inflatable)

Dimensions: Ø65cm/26"

Leather color:



Black



Tanned brown



White



Saddle brown

*Other leather colors available upon request

Size	THB	USD	GBP	EUR	AUD
One size	9900	305	225	265	405



Materials:

Stainless steel, wood, leather

Dimensions

L140cmxW35cmxH45cm / L55"xW14"xH18" Wgt: 50kg/110lbs

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Size	THB	USD	GBP	EUR	AUD
One size	84900	2650	1950	2250	3450

DODTM
Jump rope



Stainless steel, wood, leather

Dimensions:

Handle; L20cm/Ø3cm, 8"/Ø1.2" Weight: 1,8kg/41bs





Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Size	THB	USD	GBP	EUR	AUD
XS/S/M/L/XL	8900	275	205	240	365

BAOTM
Speed rope



Materials:

Stainless steel, leather, wood, PU covered steel wire rope

Dimensions:

Handle; L15cm/Ø3cm, 6"/Ø1.2"
Weight: 500g/11bs

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



User height

Black



Tanned brown



White



*Other wood & leather colors available upon request

Size	THB	USD	GBP	EUR	AUD	
XS/S/M/L/XL	5490	175	125	145	225	

Sizing chart

 $\mathsf{DOD^{TM}}\ |\ \mathsf{Jump}\ \mathsf{rope}\ \&\ \mathsf{BAO^{TM}}\ |\ \mathsf{Speed}\ \mathsf{rope}$

Rope	

150 - 159 cm / 4' 11" - 5' 3"	XS (250 cm / 98")
160 - 169 cm / 5' 4" - 5' 7"	S (260 cm / 102")
170 - 179 cm / 5' 8" - 5' 11"	M (270 cm / 106")
180 - 189 cm / 6' - 6' 2"	L (280 cm / 110")
190 - 199 cm / 6' 3" - 6' 6"	XL (290 cm / 114")

$\begin{array}{c} GLING^{\text{TM}} \\ \text{Muscle roller} \end{array}$

Materials:

Stainless steel, leather, wood

Dimensions:

L48cm/Ø13cm, L19"xØ5" Wgt: 2,5kg/6lbs

Wood type:



Teak



Walnut



Maple



Oak



Leather color:



Black



Tanned brown



White



Saddle brown

*Other leather colors available upon request

Size	THB	USD	GBP	EUR	AUD
One size	8900	275	205	245	365

SAITM Boxing bag



Materials:

Leather, stainless steel details. *Filled: shredded fabric, sand

Dimensions:

L110cmxØ35cm / L43"xØ14" Wgt(filled):60kg/1301bs Wgt(unfilled):12kg/251bs

Leather color:



Black



Tanned brown



White



Saddle brown

*Other leather colors available upon request

Variant	THB	USD	GBP	EUR	AUD	
Unfilled	21900	675	505	595	895	
Filled	23900	745	555	645	985	

$\begin{array}{c} WAEN^{\scriptscriptstyle TM} \\ \text{Gymnastic rings} \end{array}$



Materials:

Stainless steel, wood, nylon strap, leather details

Dimensions:

Ring grip Ø3.2cm/Ø1.25" Strap: L180cm/6ft Weight: 8kg/16lbs

Wood type:



Teak



Walnut



Maple



Leather color:



Black



Tanned brown



White



*Other wood & leather colors available upon request

Strap length	THB	USD	GBP	EUR	AUD
180 cm 6 ft	19900	615	455	535	815

*Other strap lengths available

 LEK^{TM} Massage ball



Materials:

Leather, kapok, steel shots

Dimensions:

Ø6cm/3"

Wgt: 500g/11bs

Leather color:



Black



Tanned brown



White



Saddle brown

*Other leather colors available upon request

Size	THB	USD	GBP	EUR	AUD
65 cm 25"	2490	75	55	65	95

$N \circ 1^{\mathrm{TM}}$ Dumbbell stand

Materials:

Stainless steel, wood, leather

Dimensions:

Small: W24cmxD35cmxH24cm / W10"xD14"xH10" Wgt: 4kg/9lbs Medium: W30cmxD35cmxH24cm / W12"xD14"xH10" Wgt: 4kg/10lbs Large: W36cmxD35cmxH24cm / W14"xD14"xH10" Wgt: 5kg/11lbs

Compatibility:

Consult with FYSIK for best compatibility.

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Size	THB	USD	GBP	EUR	AUD
Small	5900	185	135	155	245
Medium	6900	215	155	185	285
Large	7900	245	185	215	325

*Prices above are given per unit/holds one pair of dumbbells

 $N \circ 2^{TM}$ Dumbbell stand



Materials:

Stainless steel, wood, leather

Dimensions:

W12cmxL25cmxH3cm / W5"xL10"xH1". Wgt: 2kg/4lbs

Compatibility:

Compatible with all FYSIK dumbbells.

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Size	THB	USD	GBP	EUR	AUD	
One size	3490	105	85	95	145	

*Prices above are given per pair/holds one pair of dumbbells

 $No3^{\text{\tiny TM}}$ Dumbbell stand



Materials:

Stainless steel, leather

Dimensions:

W7cmxL25cmxH2cm / W3"xL10"xH1". Wgt: 500g/11bs

Compatibility:

Compatible with all FYSIK dumbbells.

Leather color:



Black



Tanned brown



White



Saddle brown

*Other leather colors available upon request

Size	THB	USD	GBP	EUR	AUD	
One size	1890	55	45	55	75	

Vertical accessory tower

Materials:

Stainless steel, wood, leather

Dimensions:

Ø58cmxH75cm / Ø23"xH30". Wgt: 40kg/90lbs

Products included (full set):

 $2 \mid 4 \mid 6 \mid 8 \, \text{kg BONN}^{\text{\tiny{TM}}}$ medicine ball and 1 GLING muscle roller

Wood type:

Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Variant	THB	USD	GBP	EUR	AUD
Full set	69900	2150	1550	1850	2850

*Custom orders/size/equipment combinations available **Set also available in pounds (lbs)

Vertical kettlebell tower

Materials:

Stainless steel, wood, leather

Dimensions:

Ø65cmxH75cm / Ø26"xH30". Wgt: 70kg/155lbs

Products included (full set):

 $6\,|\,8\,|\,10\,|\,12\,|\,14\,|\,16\,|\,20\,|\,24\,kg$ KRABA $^{\text{\tiny{TM}}}$ kettlebells (8 units)

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Variant	THB	USD	GBP	EUR	AUD
Full set / KRABA™ dumbbells	204900	6350	4750	5350	8450

*Custom orders/size/equipment combinations available **Set also available in pounds (lbs)

Vertical dumbbell tower

Materials:

Stainless steel, wood, leather

Dimensions:

Ø75cmxH120cm / Ø29"xH47". Wgt: 100kg/220lbs

Products included (full set):

Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Variant	THB	USD	GBP	EUR	AUD
Full set / NAKTM dumbbells	202900	6250	4650	5450	8350
Full set / PEN^{TM} dumbbells	226900	6950	5250	6150	9250

*Custom orders/size/equipment combinations available **Set also available in pounds (lbs) Horizontal kettlebell rack

Materials:

Stainless steel, wood, leather

Dimensions:

W140cmxD35cmxH55cm / W55"xD15"xH22". Wgt: 70kg/155lbs

Products included (full set):

6|8|10|12|16|20|24 kg KRABA™ kettlebells (7 units)



Wood type:

Teak











Leather color:

Black



Tanned brown

White

Saddle brown

*Other	wood	ε	leather	colors	available	upon	request
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Variant	THB	USD	GBP	EUR	AUD
Full set / KRABA™ kettlebells	191900	5950	4450	5150	7850

*Custom orders/size/equipment combinations available **Set also available in pounds (1bs)

Horizontal dumbbell rack

Materials:

Stainless steel, wood, leather

Dimensions

W170cmxD40cmxH50cm / W67"xD16"xH19". Wgt: 80kg/175lbs

Products included (full set):

2.5|5|7.5|10|12.5|15kg dumbbells (6 pairs)



Wood type:



Teak



Maple



Oak

Leather color:



Black



Tanned brown



White



*Other wood & leather colors available upon request

Variant	THB	USD	GBP	EUR	AUD
Full set / NAK^{m} dumbbells	165900	5150	3850	4450	6850
Full set / PEN™ dumbbells	185900	5750	4250	4950	7650

*Custom orders/size/equipment combinations available **Set also available in pounds (lbs)

Horizontal
2-tier dumbbell rack

Materials:

Stainless steel, wood, leather

Dimensions:

W145cmxD68cmxH82cm / W57"xD27"xH32" Wgt: 140kg/3001bs

Products included (full set):

2|4|6|8|10|12|14|16|18kg dumbbells (9 pairs)



Wood type:



Teak



Walnut



Maple



Oak

Leather color:



Black



Tanned brown



White



Saddle brown

*Other wood & leather colors available upon request

Variant	THB	USD	GBP	EUR	AUD
Full set / NAK $^{\text{\tiny{TM}}}$ dumbbells	249900	7750	5750	6750	10250
Full set / PEN^{TM} dumbbells	279900	8750	6450	7650	11550

