



Winter Workout

Sale!

Offers good now through
February 25, 2012!

10 Valley Forge Plaza, Washington, IL 61571
Phone: 309.444.2098 | Fax: 309.444.7537
Hours: M&F 9-8, T-Th 9-6, Sat 9-4

**12 Months No Interest
With Payments!**

**INSTANT
REBATES!**

Treadmills & Ellipticals
-additional \$100 OFF!
Stationary Recumbents
-additional \$50 OFF!



Exercise Bikes Starting at
\$899 Delivered
Choose from 10 Styles!



Treadmills Starting at
\$1199 Delivered
Choose from 13 Models!



Ellipticals Starting at
\$1199 Delivered
Choose from 8 Models!

20% OFF Fitness Flooring

Russell's Fitness Exclusives

- Free Delivery - Free 1st Year In-Home Service
-No 3rd Party Service! - Guaranteed Buy-back

**INSTANT
REBATES**

Treadmills & Ellipticals ADDITIONAL \$100 OFF
Stationary Recumbents ADDITIONAL \$50 OFF

**12 MONTHS NO INTEREST
WITH PAYMENTS!!**



Polar Heart
Rate Monitors

15% OFF



Cycling & RPM/
Spinning Shoes

15% OFF



Trainers

15% OFF

FREE \$25 GIFT CARD!

with any purchase of \$250 or more
AND THIS COUPON

Cannot combine with other offers.
Offer valid through 2/25/2012.



**Body Solid SDR
RubberHex Dumbbell**
Textured contoured grip area.
Extremely durable; certified accurate.
\$2.99 per Pound

**Body Solid GDR363
Dumbbell Rack**
3 Tiers Hold 1 pair each
of 5-50 lb Hex
Dumbbells.
30"H x 20"L x 40"W
\$279.99



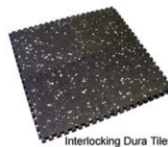
**Body Solid GDR60
Dumbbell Rack**
2 Tiers hold 1 pair each of 5-50lb
Hex Dumbbells. Optional third
tier allows storage up to 70lb pairs.
32"H x 23"L x 62"W
2 Tier - \$399.99
3 Tier - \$549.99



**Body Solid GDR44
Vertical Dumbbell Rack**
Holds 6 pairs of Hex Dumbbells
up to 35 lbs. Offset levels
to ease access.
\$199.99



**Body Solid GAB60
PRO STYLE AB BOARD**
12 adjustment levels. Extra wide
DuraFirm back pad. Effective in
isolating abdominal region.
Oversize 8" foam rollers.
52"H x 54"L x 24"W
\$349.99



Magnum DuraTiles
Interlocking rubber tiles. Safe
comfortable, durable flooring option
for your workout space. Ideal
for home and commercial use.
3/8"H x 36"L x 36"W
\$69.99 per Tile

Body Solid GAB300

Semi-Recumbent AB Bench

5 position adjustable seat. 5 position
upper ab arm; 4 position lower ab
leg support. Upper ab resistance
with lockout. Lower ab counter-
balance and resistance with
lockout.
34"H x 69"L x 52"W
\$499.99



Body Solid GST20

Exercise Stool

Rock solid tool for
dumbbell or barbell
workouts. Ideal for home
and commercial use.
20"H x 26"L x 23"W
\$249.99



Body Solid GFID31

Fiat Incline/Decline Bench

1000 lbs capacity. Fits in Smith
Machines, Power Racks, and Multi-
Press Racks. 6 position back pad
adjustment. Adjustable seat pad for
bent-knee sit-ups & ab crunches.
22"H x 59"L x 27"W
\$399.99



**Body Solid GHYP345
45° Back Hyperextension**
Strengthens back & abdominal muscles.
Improves circulation & flexibility.
Extra thick 3" DuraFirm support
pads. For home or commercial use.
36"H x 50"L x 26"W
\$399.99

Free Health Check



Methodist Wellmobile
Saturday Feb. 11 8:30 - 11:30

Free Cholesterol, Blood Pressure and
Spirometer (Breathing) Analysis
(Remember a 12 Hour
Fast is recommended)