Call 1-800-664-8258 to place your special order 7 a.m. – 5 p.m. CST (Monday-Friday)

Exercise & Fitness

$39.99

Carex Pedal Exerciser W/Digital Display

Get exercise for your arms or legs. The digital display shows time, repetitions and calories burned. Convenient straps are there to secure your feet to the pedals.

- Conveniently exercise anywhere with this portable pedal exerciser
- Supports muscle toning and stimulates circulation
- Digital readout tracks time and counts calories
- Adjustable resistance as your limb strength increases
- Folds for easy storage and portability
- No assembly required
- Dimensions: 9.5" x 18.50" x 14.5"

Model/Product #P554-00 – Black

UPC - 023601935540

Only authorized customers (Veterans enrolled in VA Health Care, their families, caregivers, VA employees, VA volunteers and visitors) may shop or dine with VCS.
**Exercise & Fitness**

**$67.99**

**Spirit Fitness Mbs2 - 8” Yoga Strap, Yoga Bag Lavender/Silver, Yoga Mat 24” X 69” X 6mm Lavender/Silver**

This strap is durable and highest quality with 244 cm long straps to allow the maximum potential for poses. The soft material yoga bag allows for ease of use and the adjustable strap bag is made to fit any yoga mat.

- T026002 - 8” yoga strap
- T024002 - lavender/silver yoga bag
- T022002 - lavender/silver 6mm yoga mat
- Latex/phthalate free eco-friendly design mat
- Perfect mat for all skill levels

Model/Product #918 – Lavender/Silver

UPC - 682500357794

**$79.99**

**Spirit Fitness Ab Package**

Sliders are made for use on all surfaces and are great for lunges, ab workouts and increasing flexibility. Exercise ball increases core stability, enhance balance and tone the core. The ab wheel allows for a complete abdominal workout. Brake to enhance and vary training with the ab wheel.

- T008002 - ab sliders
- T002002 - exercise ball - 65cm
- T003002 - advanced ab wheel with brake
- Pump included for exercise ball

Model/Product #913

UPC - 682500357756
$112.99

Spirit Fitness Ultimate Yoga Pkg 1

This 2 sided color design mat with non-slip traction is the perfect mat for all skill levels. The soft material yoga bag allows for ease of use. The adjustable strap bag is made to fit any yoga mat. The 244cm long strap allows maximum potential for poses. A customized personal workout DVD is included.

- T022001 lemon/teal yoga mat 5mm
- T024001 lemon/teal yoga bag
- T026002 8" yoga strap
- T026001 yoga mat towel
- T021001 yoga block
- DVD 104 wake up body workout DVD
- Durable easy to clean microfiber material towel
- Elite standard supportive foam yoga block

Model/Product #910 – Lemon/teal
UPC - 682500357725

$122.99

Spirit Fitness Ultimate Yoga Pkg 2

This 2 sided color design mat with non-slip traction is the perfect mat for all skill levels. The soft material yoga bag allows for ease of use. The adjustable strap bag is made to fit any yoga mat. The 244cm long strap allows maximum potential for poses. A workout DVD is included.

- T022012 yoga mat 24" x 69" x 6mm silver/ash
- T024001 yoga bag lemon/teal
- T026002 8" yoga strap
- T026001 yoga mat towel
- T021001 yoga block
- DVD104 wake up body DVD
- Durable easy to clean microfiber material towel
- Elite standard supportive foam yoga block

Model/Product #911
UPC - 682500357732
$399.00

Spirit Fitness Xterra Rower

There are 8 manual resistance levels, a 5-function 3.7” LCD console and textured hand grip for comfortable grip. For comfort of the user, there’s an ergonomically molded seat and textured hand grips.

- Magnetic / air resistance
- Folds quickly & easily for storage
- Extruded aluminum rail w/steel supports
- Large pivoting footplates with straps
- Transport wheels for added mobility

Model/Product #ERG200
UPC - 795447120960

$399.00

Xterra Elliptical

Use 23 different programs including: 12 preset, 4 user, 5 heart rate, 1 body fat and 1 manual. Challenge yourself with 24 electronic resistance levels. The EKG heart rate grips are conveniently located on the handlebars.

- 3.7” blue backlit LCD display
- Audio jack & speaker w/mp3 compatibility
- 6.5” chrome three-piece crank
- Oversized pedals with adjustable straps
- Transport wheels & self-levelers

Model/Product #FS150
UPC - 795447115065
$399.00
Spirit Fitness Xterra Recumbent Bike
This bike has a convenient step through design for easy entry and exit with an easily adjustable seat that fits users of all sizes. Uses 23 different programs including: 12 preset, 4 user, 5 heart rate, 1 body fat and 1 manual. Challenge yourself with 24 electronic resistance levels. The EKG heart rate grips are conveniently located on handlebars.
- 3.7” blue backlit LCD display
- Audio jack & speaker w/mp3 compatibility
- 6” one-piece crank
- Oversized pedals with adjustable straps
- Transport wheels & self-levelers
Model/Product #SB150
UPC - 795447115362

$399.00
Spirit Fitness Xterra Elliptical
The new Xterra elliptical features non-impact, total body training. Featuring synchronized upper and lower body movement, this elliptical has 13 programs: 2 heart rate control, 1 user-defined and manual. Challenge yourself with 16 levels of resistance to provide a variety of exercise options. The magnetic resistance system is friction-free.
- Ergonomic 14” stride length
- Large 5”x 2.5” LCD display
- Can be used in forward or reverse direction
- Oversized pedals and front transport wheels
- Weight limit: 250lbs
- Hand grip pulse sensors to monitor heart rate
Model/Product #FS1.5E – Black / Gray
UPC - 795447115027
**Spirit Fitness Xterra Recumbent Bike**

This bike has a convenient step through design for easy entry and exit and an easily adjustable seat to fit users of all sizes. Uses 23 different programs including: 12 preset, 4 user, 5 heart rate, 1 body fat and 1 manual. Challenge yourself with 24 resistance levels. The EKG heart rate grips are conveniently located on the handlebars.

- 5.5” blue backlit LCD display
- Audio jack & speakers w/ mp3 compatibility
- 7” disc crank
- Oversized pedals with adjustable straps
- Transport wheels & self-levelers

Model/Product #SB250
UPC - 795447125361

**Spirit Fitness Elliptical By Xterra Fitness**

The free style 3.0 elliptical provides a great, non-impact total body workout. The programs include: 1 manual, 12 preset, 1 user, 1 hr and 20 levels of resistance. The handlebars are soft with cushioned padding.

- 16” stride length
- 5.5” blue backlit LCD display console
- Oversized pedals and 22lb flywheel
- Transport wheels and self-levelers
- Audio input jack and speakers
- 300lb weight capacity

Model/Product #FS3.0 – Black / Gray
UPC - 795447130037

$499.00
$599.00

Spirit Fitness Xterra Rower

Rowing is the best low-impact, full-body workout available. This rower features a silky smooth aluminum track rail, maintenance free magnetic and air resistance system, and an adjustable angle LCD performance monitor with 16 levels. Performance monitors display elapsed time, stroke count, distance, calories, strokes/min, and watts.

- Comfort molded high density foam seat
- Padded handles
- Heavy-duty steel frame with 5-year warranty
- 1-year warranty on all other parts
- 250 lbs. max user weight

Model/Product #ERG400 – Black / Gray
UPC – 795447140944

$599.00

Spirit Fitness Xterra Indoor Cycle


Model/Product #MB550
UPC – 795447155368
Call 1-800-664-8258 to place your special order 7 a.m. – 5 p.m. CST (Monday-Friday)

$999.00

Spirit Fitness Treadmill By Xterra Fitness

The new Xterra trail racer has a soft cushioned deck to minimize impact. It reduces stress on joints. The programs include: manual, 6 preset, 2 user. Remote controls or quick touch keys can be used for speed/incline. The frame was designed for foldup w/ lift assist storage.

- 2.25 CHP drive motor
- 20” x 55” deck
- 6.5” blue backlit LCD console
- Contact heart rate
- Speed: 0.5-10 mph
- Incline: 0-10%
- Max user weight 300lbs
- Audio input jack and speakers

Model/Product #TR3.0 – Black / Gray
UPC - 795447130839

$999.00

Spirit Fitness Elliptical By Xterra Fitness

The new Xterra free style elliptical features non-impact, total body training. Burn calories and improve your cardiovascular conditioning. The programs include: 1 manual, 5 preset, 2 user. There are 20 levels of resistance.

- Ergonomic 18” stride
- 21lb flywheel
- 6” blue backlit LCD display
- Contact heart rate
- Oversized pedals with 2 degree inversion
- Audio input jack and speakers
- Weight capacity-325lbs

Model/Product #FS4.0 – Black / Gray
UPC - 795447140036
Exercise & Fitness

$999.00

Spirit Fitness Xterra Recumbent Bike

Specifically designed for the home environment, the SB500 incorporates numerous thoughtful features that were developed with your performance and comfort in mind. The walk-through frame design, large mesh back seat, smooth friction-free drive system, and large blue backlit LCD display all contribute to an exceptional ride experience. The programs include: 1 manual, 7 preset, 2 user, 2 hr programs, and 20 levels of resistance.

- 6.5" blue backlit LCD
- 22lb Steel flywheel system
- lifetime frame and brake warranty
- 3-year parts warranty
- 1-year in-home labor warranty
- 300 lbs. max user weight

Model/Product #SB500 – Black / Gray
UPC - 795447150349

$1125.00

Spirit Fitness Treadmill By Xterra Fitness

The new trail racer TR6.4 treadmill has an extra soft cushioned deck to minimize impact which reduces stress on joints. The programs include: manual, 5 preset, 2 user. Use the remote control or the quick touch keys to adjust the speed/incline.

- 2.75chp drive motor
- 20" x 58" deck
- 6.5" blue backlit LCD console
- Speed-0.5-12mph
- incline-0-12%
- Foldup w/lift assist storage
- Audio input jack and speakers
- Max user weight: 325lbs

Model/Product #TR6.4 – Black / Gray
UPC - 795447164834