

Get in a **big bounce-back-to-wellness mood** with

back to **health**



MOVELO
29" Alloy Pro Mountain Bike
(850013301)

4999
each

29" Alloy Mountain Bike
or 29" 7-Speed Mountain Bike
(850013249; 850018221)

3999 each



TROJAN
Hot Yoga Rubber Mat
(850016281; 850014297)

399
each



TROJAN
Dynamic Gym
• Available at selected stores and online (850013936)

19999
each
Available 15 February 2026



WEIGHT STACK
120 KG

TROJAN
Pro Force Smith Machine
• Available at selected stores and online (850013992)

29999
each



TROJAN
Pro 500 Bench
(850013930)

Save 1000
NOW 1999
each

more
less
2 for
R300

Scan the QR code to experience more from Trojan.



TROJAN**T4000 Smith Machine**

• Available at selected stores and online (430987)

48999

each

Or on credit

2130 pm x 36TOTAL PAYMENT:
R76 654 @ 20.75%

Buy the T4000 Smith Machine and get the Adjustable Bench **FREE!**

TROJAN
M/F Adjustable Bench
(430989)
worth **3999**

**TROJAN****Power Gym 2.0**

(435309)

Save 1000

NOW 5999

each

**TROJAN****Elite Gym 2.0**

(382379)

Save 2000

NOW 9999

each

**TROJAN****Squat Rack**

(588829)

Save 300

NOW 999

each

**TROJAN****TSM1000 Multifunction Smith Machine**

• Available at selected stores and online (411698)

Save 2000

NOW 14999

each

**TROJAN****Toning Set**

(461397)

Save 80

NOW 99

per set

TROJAN**Multi Grip Rig**

(453806)

Save 600

NOW 1399

each



Scan here to
download the
Makro app.

Achieve holistic wellbeing with Trojan quality gym equipment.

TROJAN
Strength Bench
Combo 2.0
(435321)

Save 500
NOW 1999
per combo



TROJAN
10 kg
Dumbbell
Set
(1254)
worth
499
per set



Buy the Pro 400
and get the
10 kg Dumbbell
Set **FREE!**

TROJAN
Pro 400
Bench
(461278)

1599
each



TROJAN
Power Tower 200
(461240)

Save 500
NOW 2499
each



Prices valid from Monday 19 January 2026 to Sunday 8 March 2026



TROJAN
1) Pro Gym Gloves **99**
each
• Size: M/L/XL
(366186; 366184; 366188)

2) Leather Fitness Gloves
Size: M/L/XL
(366201; 366198; 366199) **109** each



TROJAN
Gel Fitness Gloves **199**
each
Size: M/XL
(366126; 366181; 366183)



TROJAN
Extreme Gym
Gloves **249**
each
Size: M/XL
(366190; 366192)



TROJAN
Neoprene
Dumbbells
(461386; 461627;
461407; 461404;
461402; 461400)
from
49
per kg



TROJAN
10 mm NBR Mat
• Colour: grey, teal or plum
(450001; 451837; 449989)

from
189
each



TROJAN
Soft Kettlebells
(461414; 461441; 461439)
from
129
per kg



TROJAN
Kettlebells
(461532; 461524;
461528; 461538;
461569)
from
99
per kg



TROJAN
Cast Iron
Kettlebell
(850014934; 850014909;
850014932; 850014933;
850014889; 850014888)
from
349
per kg



TROJAN
Barbell Discs
(429703; 402444;
402439; 402438;
402442; 402445;
402449)
from
39
per kg

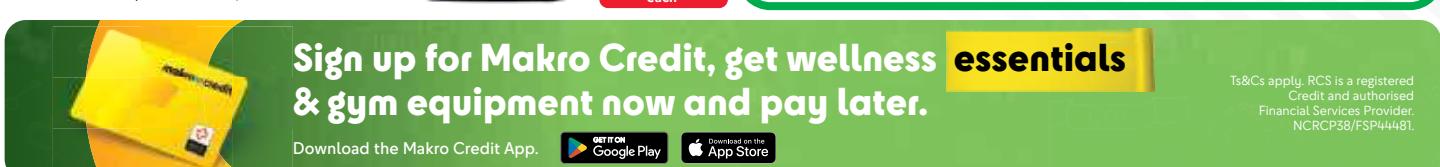


TROJAN
108 kg Hex Weight
Set with Rack
(850014399)
3999
per set



TROJAN
Hex Dumbbells
(280567; 280570; 280573;
280575; 280576; 280555)
from
249
per kg







1kg Hyper Mass Xtrm
(460704; 460731)

Save 20
NOW 129
each



4 kg Hyper Mass Xtrm
• All in one mass gainer
• Muscle size & strength
• No added sucrose
(460738; 460744)

Save 70
NOW 349
each



140 g Pre Extrm
(444382)

Save 20
NOW 149
each



20's Phedra Cut Slim Packs
(338614; 349425; 173675)

Save 10
NOW 169
each



105 g Qhush Hyperdrive Original
(398404)

Save 50
NOW 99
each
2) Qhush Hyperdrive Super Heat Fruit
(850016865) save 30 **99** each



150 + 150 g Creatine Monohydrate
(326889)

Save 30
NOW 299
each



908 g Hardcore Whey
(243949; 243956; 243947)

Save 80
NOW 349
each



900 g Diet Protein
(346010; 346007; 346009)

Save 30
NOW 269
each



900 g Hydrotech Whey
(465509; 431027)

Save 70
NOW 299
each



60's Testo Beast 300 mg
(450950)

Save 20
NOW 79
each



200 g 3-In-1 Creatine
(456447; 441906; 456448)

Save 50
NOW 149
each



4 kg Hyperbolic Mass Dutch
(308795; 308796; 311638)

Save 90
NOW 399
each

1 
2 
3 
4 
5 

BEROCCA
1) 10's Performance Effervescent
(850035677) **Save 60** **NOW 199**
each

2) 14's SportPre-Workout
(436545) **save 50** **199** each

3) 30's Immune Daily Defence Effervescent
(850035752) **save 50** **149** each

4) 15's Immune Daily Defence Effervescent
(850035716) **save 20** **89** each

5) 10's Immune Daily Defence Effervescent
(850035712) **save 20** **79** each

1 
2 
3 

VITAL
Multipack Bar 5 x 35 g
(850034308001; 850034308002; 850034308003) **Save 16** **NOW 79**
each

1) 30's Purna Apple Cider Vinegar Gummies
(438658) **Save 50** **NOW 79**
each

2) 30's Purna Multivitamin Gummies (438659)

3) 30's Purna Ashwagandha Gummies (438653)

4) 30's Purna Biotin Gummies (438655)

5) 30's Purna Collagen Builder Gummies (438655)

6) 30's Purna Multivitamin Kids Gummies (438653)

1 
2 
3 
4 
5 

VITAL
1) 100's Magnesium Complex Tablets
(399615) **Buy 2 for R299**

1 
2 
3 

20% OFF BIOSLIM SUPPLEMENTS

1 
2 

20% OFF SELECTED VITAPRO & YOUTHFUL LIVING SUPPLEMENTS

1 
2 
3 
4 

5 
6 
7 

SLOWMAG
1) 10's Magnesium Fizzies
(451965) **Save 10** **NOW 99**
each

2) 30's Effervescent Magnesium Tablets
(451978) **119** each

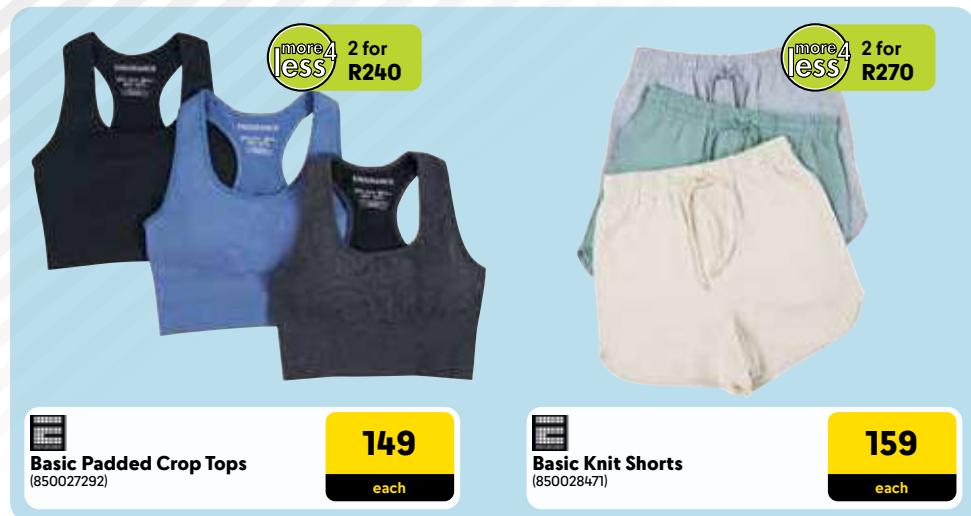
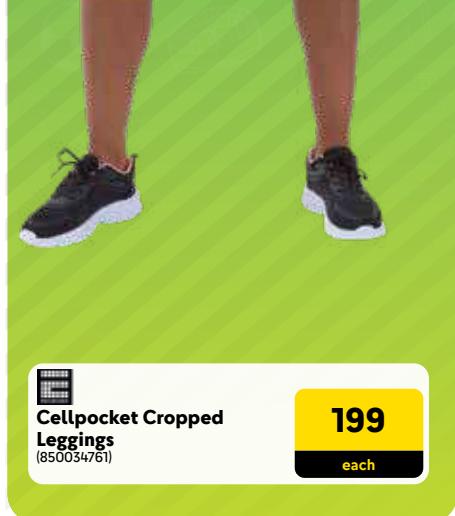
3) 15's Magnesium Performance Fizzies
(850005236) **199** each

4) 20's Effervescent Magnesium Tablets
(452256) **199** each

5) 30's Magnesium Performance Fizzies
(850005159) **299** each

6) 60's Magnesium Capsules
(452193) **299** each

7) 100's Magnesium Capsules
(451977) **399** each





more4less 2 for R200

Printed Tee
(850039590)

119 each

Woven Mesh Shorts
(850013890)

229 each



more4less 2 for R300

Active Textured Tee
(850035763)

189 each

Woven Trackpants
(850027346)

269 each



more4less 2 for R200

Basic Knit Shorts
(850028769)

169 each

POWER TO LIV

Basic Printed Tee
(850033812)

199 each



more4less 2 for R330

Poly Printed Tee
(850033812)

149 each

Basic Woven Shorts
(850002410)



Men's Contrast Poly Tees
(850030462)

189 each



more4less 2 for R280

Men's Basic Knit Shorts
(850028524)

169 each



Men's Leisure Trainers
(850017991;
850031850;
850031942)

from
299
per pair

For store details visit makro.co.za

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In the mood for the lowest prices 9

4/2026_STEELHILL_MKNLGMB159

Massmart is made up of the following brands

makro

game

builders

JUMBO
THE GROCERY OF AFRICA

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