



TRAINING EQUIPMENT





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**CONTENT**

# TRAINING



# MATS



ADMT-10129 - CARDIO MAT



ADMT-11014BL - FITNESS MAT - 7MM - BLUE



ADMT-11014GR - FITNESS MAT - 7MM - GREY



ADMT-11014RD - FITNESS MAT - 7MM - RED



ADMT-12235GR - TRAINING MAT - GREY



ADMT-12235 - TRAINING MAT



ADMT-13231GR - TRAINING MAT - GREY CAMO



ADMT-13232GR - TEXTURED TRAINING MAT - DARK

# GLOVES



ADGB-12513 - ESSENTIAL GLOVES - RED (S)  
 ADGB-12514 - ESSENTIAL GLOVES - RED (M)  
 ADGB-12515 - ESSENTIAL GLOVES - RED (L)  
 ADGB-12516 - ESSENTIAL GLOVES - RED (XL)  
 ADGB-12517 - ESSENTIAL GLOVES - RED (XXL)



ADGB-12523 - ESSENTIAL GLOVES - GREY (S)  
 ADGB-12524 - ESSENTIAL GLOVES - GREY (M)  
 ADGB-12525 - ESSENTIAL GLOVES - GREY (L)  
 ADGB-12526 - ESSENTIAL GLOVES - GREY (XL)  
 ADGB-12527 - ESSENTIAL GLOVES - GREY (XXL)



ADGB-12533 - ESSENTIAL GLOVES - PETROL (S)  
 ADGB-12534 - ESSENTIAL GLOVES - PETROL (M)  
 ADGB-12535 - ESSENTIAL GLOVES - PETROL (L)  
 ADGB-12536 - ESSENTIAL GLOVES - PETROL (XL)  
 ADGB-12537 - ESSENTIAL GLOVES - PETROL (XXL)



ADGB-12613 - ESSENTIAL WOMEN'S GLOVES - PINK (S)  
 ADGB-12614 - ESSENTIAL WOMEN'S GLOVES - PINK (M)  
 ADGB-12615 - ESSENTIAL WOMEN'S GLOVES - PINK (L)  
 ADGB-12616 - ESSENTIAL WOMEN'S GLOVES - PINK (XL)



ADGB-12623 - ESSENTIAL WOMEN'S GLOVES - PETROL (S)  
 ADGB-12624 - ESSENTIAL WOMEN'S GLOVES - PETROL (M)  
 ADGB-12625 - ESSENTIAL WOMEN'S GLOVES - PETROL (L)  
 ADGB-12626 - ESSENTIAL WOMEN'S GLOVES - PETROL (XL)



ADGB-12713 - FULL FINGER ESSENTIAL GLOVES - RED (S)  
 ADGB-12714 - FULL FINGER ESSENTIAL GLOVES - RED (M)  
 ADGB-12715 - FULL FINGER ESSENTIAL GLOVES - RED (L)  
 ADGB-12716 - FULL FINGER ESSENTIAL GLOVES - RED (XL)



ADGB-12723 - FULL FINGER ESSENTIAL GLOVES - GREY (S)  
 ADGB-12724 - FULL FINGER ESSENTIAL GLOVES - GREY (M)  
 ADGB-12725 - FULL FINGER ESSENTIAL GLOVES - GREY (L)  
 ADGB-12726 - FULL FINGER ESSENTIAL GLOVES - GREY (XL)



ADGB-13113 - PERFORMANCE GLOVES - CAMO (S)  
 ADGB-13114 - PERFORMANCE GLOVES - CAMO (M)  
 ADGB-13115 - PERFORMANCE GLOVES - CAMO (L)  
 ADGB-13116 - PERFORMANCE GLOVES - CAMO (XL)  
 ADGB-13117 - PERFORMANCE GLOVES - CAMO (XXL)



ADGB-13123 - PERFORMANCE GLOVES - BLACK (S)  
 ADGB-13124 - PERFORMANCE GLOVES - BLACK (M)  
 ADGB-13125 - PERFORMANCE GLOVES - BLACK (L)  
 ADGB-13126 - PERFORMANCE GLOVES - BLACK (XL)  
 ADGB-13127 - PERFORMANCE GLOVES - BLACK (XXL)



ADGB-13133 - PERFORMANCE GLOVES - ORANGE (S)  
 ADGB-13134 - PERFORMANCE GLOVES - ORANGE (M)  
 ADGB-13135 - PERFORMANCE GLOVES - ORANGE (L)  
 ADGB-13136 - PERFORMANCE GLOVES - ORANGE (XL)  
 ADGB-13137 - PERFORMANCE GLOVES - ORANGE (XXL)



ADGB-13213 - PERFORMANCE WOMEN'S GLOVES - PURPLE (S)  
 ADGB-13214 - PERFORMANCE WOMEN'S GLOVES - PURPLE (M)  
 ADGB-13215 - PERFORMANCE WOMEN'S GLOVES - PURPLE (L)  
 ADGB-13216 - PERFORMANCE WOMEN'S GLOVES - PURPLE (XL)



ADGB-13223 - PERFORMANCE WOMEN'S GLOVES - PINK (S)  
 ADGB-13224 - PERFORMANCE WOMEN'S GLOVES - PINK (M)  
 ADGB-13225 - PERFORMANCE WOMEN'S GLOVES - PINK (L)  
 ADGB-13226 - PERFORMANCE WOMEN'S GLOVES - PINK (XL)



ADGB-13313 - FULL FINGER PERFORMANCE GLOVES - CAMO (S)  
 ADGB-13314 - FULL FINGER PERFORMANCE GLOVES - CAMO (M)  
 ADGB-13315 - FULL FINGER PERFORMANCE GLOVES - CAMO (L)  
 ADGB-13316 - FULL FINGER PERFORMANCE GLOVES - CAMO (XL)



ADGB-13323 - FULL FINGER PERFORMANCE GLOVES - ORANGE (S)  
 ADGB-13324 - FULL FINGER PERFORMANCE GLOVES - ORANGE (M)  
 ADGB-13325 - FULL FINGER PERFORMANCE GLOVES - ORANGE (L)  
 ADGB-13326 - FULL FINGER PERFORMANCE GLOVES - ORANGE (XL)



ADGB-14213 - ELITE TRAINING GLOVES - SILVER (S)  
 ADGB-14214 - ELITE TRAINING GLOVES - SILVER (M)  
 ADGB-14215 - ELITE TRAINING GLOVES - SILVER (L)  
 ADGB-14216 - ELITE TRAINING GLOVES - SILVER (XL)  
 ADGB-14217 - ELITE TRAINING GLOVES - SILVER (XXL)



ADGB-14223 - ELITE TRAINING GLOVES - BLACK (S)  
 ADGB-14224 - ELITE TRAINING GLOVES - BLACK (M)  
 ADGB-14225 - ELITE TRAINING GLOVES - BLACK (L)  
 ADGB-14226 - ELITE TRAINING GLOVES - BLACK (XL)  
 ADGB-14227 - ELITE TRAINING GLOVES - BLACK (XXL)



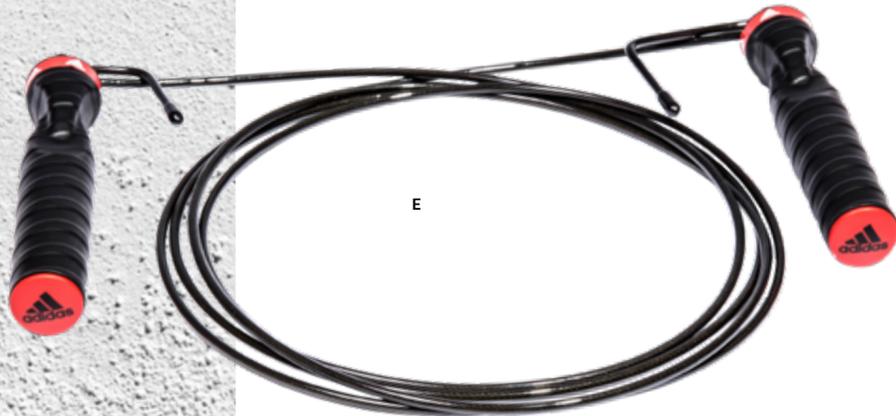
ADGB-14233 - ELITE TRAINING GLOVES - RED (S)  
 ADGB-14234 - ELITE TRAINING GLOVES - RED (M)  
 ADGB-14235 - ELITE TRAINING GLOVES - RED (L)  
 ADGB-14236 - ELITE TRAINING GLOVES - RED (XL)  
 ADGB-14237 - ELITE TRAINING GLOVES - RED (XXL)



ADGB-14313 - ULTIMATE TRAINING GLOVES (S)  
 ADGB-14314 - ULTIMATE TRAINING GLOVES (M)  
 ADGB-14315 - ULTIMATE TRAINING GLOVES (L)  
 ADGB-14316 - ULTIMATE TRAINING GLOVES (XL)



# ROPES



- A ADRP-11011 SKIPPING ROPE
- B ADRP-11016 CABLE SKIPPING ROPE
- C ADRP-11012 SKIPPING ROPE WITH CARRY CASE
- D ADRP-11017 ESSENTIAL SKIPPING ROPE
- E ADRP-11015 JUMP ROPE
- F ADRP-12234 SPEED ROPE

# BANDS & TUBES

## POWER TUBES

- Compact design
- Soft outer sleeve for added protection
- Variable resistance levels 1, 2, 3 (sold separately)
- Versatile and portable piece of equipment to perform a large number of strength exercises

ADTB-10601 LEVEL 1  
ADTB-10602 LEVEL 2  
ADTB-10603 LEVEL 3

## TRAINING BANDS

- 1.8m long
- 100% Latex
- Pack of two - high and medium resistance (blue/red)
- Workout instruction on each band

A ADTB-10604 TRAINING BANDS (SET OF 2)  
B ADTB-10605 TRAINING BAND - (SINGLE)

## POWER BANDS

- Ideal for assisted pull-ups or dips
- Versatile and lightweight for a multitude of strength and conditioning exercises

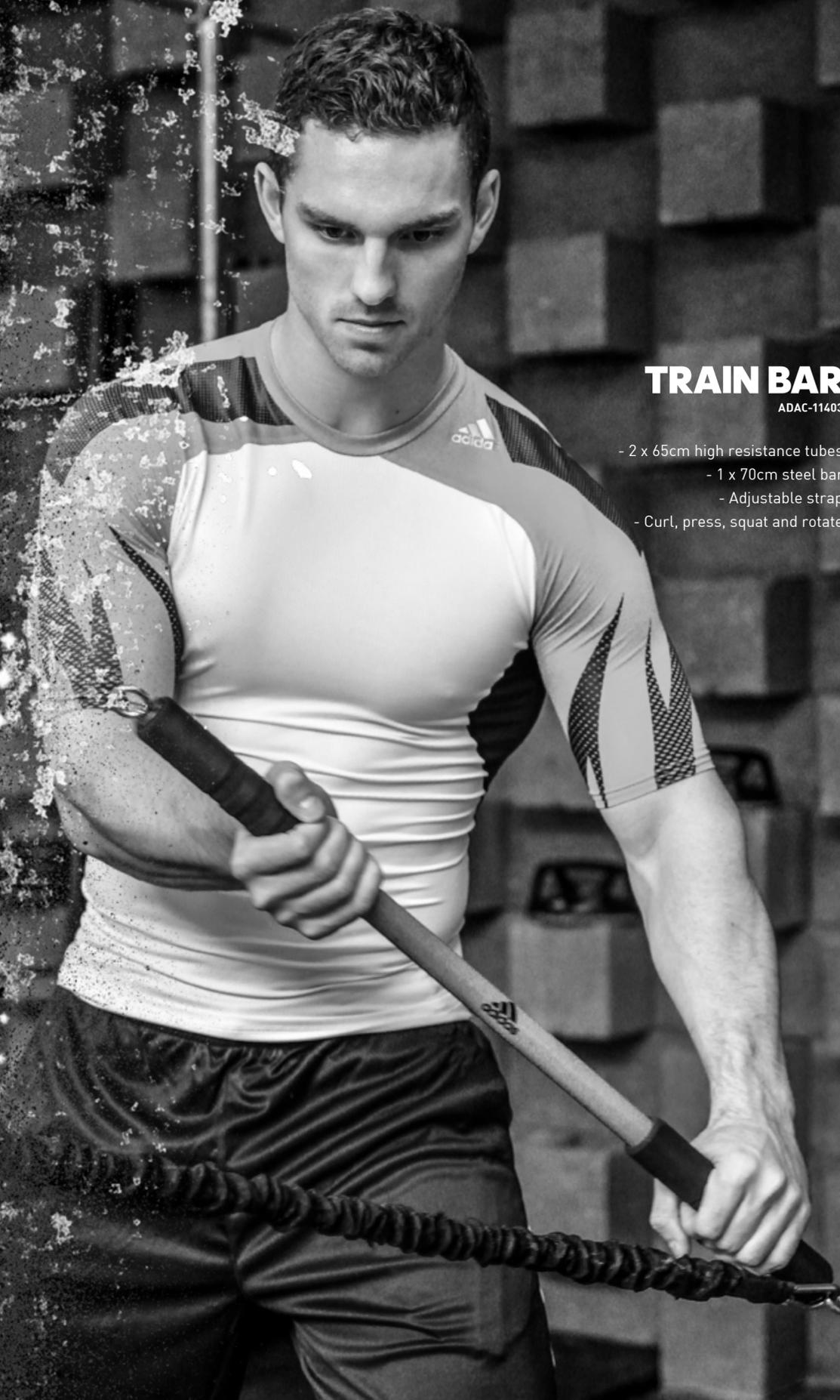
C ADTB-10607BL LIGHT POWER BAND - BLUE  
D ADTB-10607BK MEDIUM POWER BAND - BLACK  
E ADTB-10607RD HEAVY POWER BAND - RED



## TRAIN BAR

ADAC-11403

- 2 x 65cm high resistance tubes
- 1 x 70cm steel bar
- Adjustable strap
- Curl, press, squat and rotate



# GYM BALLS

## GYMBALLS

- Anti-burst material
- Includes hand pump
- Dual texture grip for extra stability

## PREMIUM GYMBALLS

- Anti-burst material
- Weighted base to prevent rolling
- Workout chart and hand pump included



ADBL-11245PL PURPLE 55CM  
ADBL-11246PL PURPLE 65CM  
ADBL-11247PL PURPLE 75CM



ADBL-11245OR ORANGE 55CM  
ADBL-11246OR ORANGE 65CM  
ADBL-11247OR ORANGE 75CM



ADBL-11245GR GREY 55CM  
ADBL-11246GR GREY 65CM  
ADBL-11247GR GREY 75CM



ADBL-14246PL PURPLE 65CM



ADBL-14246OR ORANGE 65CM



ADBL-14246GR GREY 65CM

# SLAM BALLS



- 23cm diameter
- Ideal for core strength and power training.
- Sand-filled no bounce design for slamming on solid surfaces
- Wipe clean surface

ADBL-10222 - 3KG  
ADBL-10223 - 5KG  
ADBL-10224 - 8KG

## PUSH UP BARS

ADAC-12231 PAIR

- Ideal for building upper body and core strength
- Lightweight, non-slip design
- Sturdy platforms to perform push-ups



## CORE ROLLERS

ADAC-11604 PAIR

- Designed to engage core muscles
- Strengthens the upper body
- Individual rollers can be used to train the core, arms, chest, shoulders and hips
- Robust, sturdy design with ergonomic hand grips



## AB WHEEL

ADAC-11404

- 18cm diameter wheel with two soft grip handles
- Designed to improve and optimise movement
- Engages core muscles for stability and dynamic strength



## SWIVEL PUSH UP BARS

ADAC-11401 PAIR

- Lightweight non-slip design
- Rotating push-up handles
- Handles can be locked into position
- Smooth ball-bearing disc
- Supportive and comfortable



## 36ZERO TRAINER

ADAC-12250

- Suspension bodyweight training apparatus
- Ab straps for targeted abdominal exercises
- Hand grips and foot straps
- Quick release handle interchange
- Versatile anchor
- Attach both horizontally and vertically

## DOOR GYM

ADAC-11402

- Counterbalance system secures product
- Designed to improve grip strength
- Works shoulders and upper back
- Can also be used on the floor for press-ups
- Four hand grip options



## PROFESSIONAL GRIP TRAINER

ADAC-11400 PAIR

- Improves grip endurance and strength
- Angled springs
- Easy grip handles



## PLYOMETRIC PLATFORM

ADAC-15000

Improve your explosive jump training, leg strength and dynamic balance with the heavy-duty adidas Plyometric Platform.

- Dimensions: 79 x 64 x 55cm
- Easy clean, wipe down surface
- Soft surface for a safe jump landing
- Stylish and simple design with adidas logo



## EQUIPMENT BAG

ADAC-11605

- Easily transport equipment
- Fabric and mesh design
- Secure drawstring closure





## SAND BAG

ADAC-11505



The adidas Sand Bag enables you to add rotation and resistance to your workouts and perform both single and two handed moves. The bag encourages core muscle activation when held by any of its five grab handles, enabling you to push, pull and even throw the bag to engage multiple muscle groups in every repetition.

Doubling up as a kettlebell, barbell or dumbbell for fast dynamic moves, the adidas Sand Bag has been packed with a double skin liner to ensure it doesn't become unstable.



## FULL BODY WEIGHT VEST

ADSP-10701



The adidas 10kg Weight Vest has been specifically designed to distribute the weight evenly across the torso whilst also enabling the wearer to move freely. It also incorporates a wide Velcro® waist belt so that it can easily be worn over layers of training apparel.

- One size fits all
- Weights include: 2 x 0.5kg, 4 x 1kg, 1 x 1.25kg and 1 x 2.5kg



## HANDHELD WATER BOTTLE

ADAC-11606

## WEIGHTED GLOVES

- Breathable material
- One size fits all
- 2 x 0.5kg integrated weights
- Velcro® closure
- Ring pull for easy removal
- Supportive and comfortable

ADWT-10702



## ANKLE/WRIST WEIGHTS

- Adds a further level of intensity to your workout
- Adjustable circumference
- Easily adjustable Velcro® straps
- One size fits all

ADWT-12227 ANKLE/WRIST WEIGHTS - 0.5KG  
ADWT-12228 ANKLE/WRIST WEIGHTS - 1KG



## ADJUSTABLE ANKLE WEIGHTS

- 2 removable weight packs
- Adjustable circumference with Velcro® fastening
- One size fits all

ADWT-12229 ADJUSTABLE ANKLE WEIGHTS - 1KG  
ADWT-12230 ADJUSTABLE ANKLE WEIGHTS - 2KG



# RECOVERY



# SUPPORT WEAR

## PERFORMANCE CLIMACOOL ANKLE SUPPORT

- Breathable 4-way stretch fabric
- Climacool technology with moisture control
- Dual compression kinesiology band
- Effective ventilation for thermal regulation
- Moisture wicking Coolmax yarn
- Seamless circular knitted panel design
- Secure, non-slip silicone inlay
- Slip-on sleeve design with secure heel placement

ADSU-13311 - SMALL

ADSU-13312 - MEDIUM

ADSU-13313 - LARGE

ADSU-13314 - X LARGE



## PERFORMANCE CLIMACOOL KNEE SUPPORT

- Breathable 4-way stretch fabric
- Climacool technology with moisture control
- Dual compression kinesiology band
- Easy to apply slip-on sleeve design
- Effective ventilation for thermal regulation
- Moisture wicking Coolmax yarn
- Seamless circular knitted panel design
- Secure, non-slip silicone inlay

ADSU-13321 - SMALL  
ADSU-13322 - MEDIUM  
ADSU-13323 - LARGE  
ADSU-13324 - X LARGE



## PERFORMANCE CLIMACOOL ELBOW SUPPORT

- Breathable 4-way stretch fabric
- Climacool technology with moisture control
- Dual compression kinesiology band
- Easy to apply slip-on sleeve design
- Effective ventilation for thermal regulation
- Moisture wicking Coolmax yarn
- Seamless circular knitted panel design
- Secure, non-slip silicone inlay

ADSU-13331 - SMALL  
ADSU-13332 - MEDIUM  
ADSU-13333 - LARGE  
ADSU-13334 - X LARGE



## UNIVERSAL SUPPORT WRAP

- 2-way stretch fabric
- Adjustable hook and loop fastening for a secure and safe fit
- Can be used in isolation or added to another support for reinforced compression
- Comfortable high strength elastic design
- Easy to apply
- Engineered for both performance and recovery

ADSU-13371 - SHORT  
ADSU-13373 - LONG



# SUPPORT WEAR

## ANKLE SUPPORT

- Breathable fabric ensures comfortable airflow
- Flexible structure allows for full range of motion
- Reinforced nylon trim for a secure fit

ADSU-12411RD - SMALL  
ADSU-12412RD - MEDIUM  
ADSU-12413RD - LARGE  
ADSU-12414RD - X LARGE



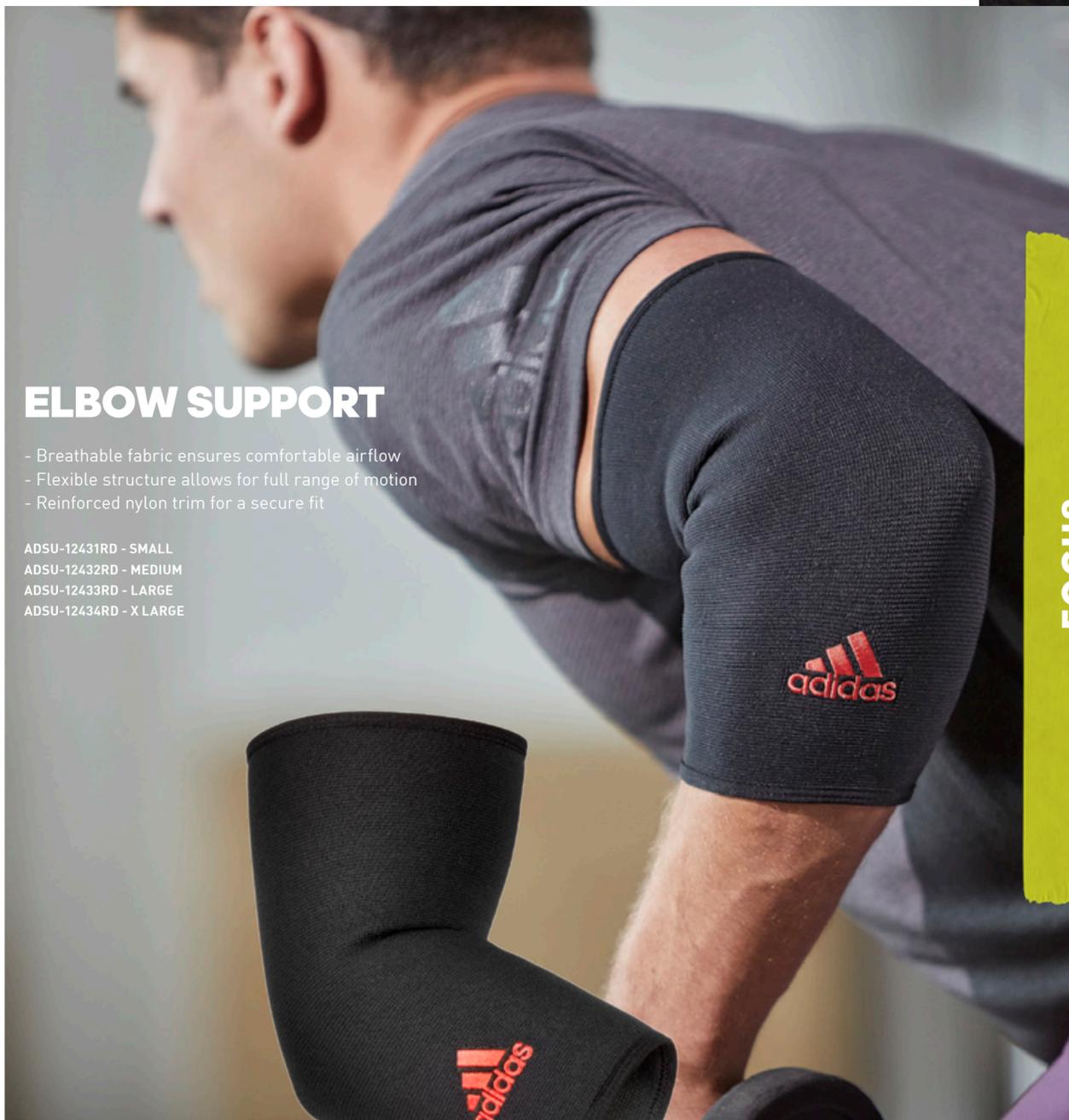
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## KNEE SUPPORT

- Breathable fabric ensures comfortable airflow
- Flexible structure allows for full range of motion
- Reinforced nylon trim for a secure fit

ADSU-12421RD - SMALL  
ADSU-12422RD - MEDIUM  
ADSU-12423RD - LARGE  
ADSU-12424RD - X LARGE





## ELBOW SUPPORT

- Breathable fabric ensures comfortable airflow
- Flexible structure allows for full range of motion
- Reinforced nylon trim for a secure fit

ADSU-12431RD - SMALL  
ADSU-12432RD - MEDIUM  
ADSU-12433RD - LARGE  
ADSU-12434RD - X LARGE



FOCUS



## WRIST SUPPORT

- Breathable fabric ensures comfortable airflow
- Flexible structure allows for full range of motion
- Reinforced nylon trim for a secure fit

ADSU-12441RD - SMALL  
ADSU-12442RD - MEDIUM  
ADSU-12443RD - LARGE  
ADSU-12444RD - X LARGE



# BANDS & TUBES

## STRETCH ASSIST BAND

ADTB-10608

- 6 loops provide varying degrees of stretch
- Assists you with holding stretches
- Use during warm-up and cool down
- Develops flexibility during rehabilitation
- Helps train muscle fibres to relax into the stretch



## MINI BANDS

ADTB-10606

- 3 resistance levels included - light/medium/heavy
- 60cm (looped circumference) x 5cm x 0.4/0.8/1.2mm
- Add resistance to your workout
- For toning, stretching or rehabilitation exercises





## FOAM ROLLER

ADAC-11501

- 33cm length x 14cm diameter
- Hard inner sleeve
- Enables you to massage deeper
- Helps you recover faster



## MASSAGE ROLLER

ADTB-11608

- 49cm length
- Helps reduce muscular aches and pains
- Improves recovery time
- Self-massaging tool designed to easily target specific muscles
- Use before and after training or sport to improve circulation



## MASSAGE BALL

ADTB-11607

- 8.3cm diameter
- Assists with massaging minor muscular aches and pains
- Can be used anywhere on the body
- Mimics a deep tissue massage



## STRETCH MAT

ADMT-12237

The bottom line is - if you want to maintain mobility, improve flexibility and stay injury-free, then stretching is fundamental. Some might say it's equally important as the exercise itself.



# YOGA



# YOGA MATS

- Compact and rollable for easy transport and storage
- Dimensions – 173 (L) x 61 (W)
- Easy to wipe clean
- Grippy non-slip texture helps with stability
- Ideal for yoga, Pilates and other ground exercise
- Lightweight design
- Printed adidas logo
- 4mm thickness offers both cushioning and a solid grounding
- Carry string included



ADYG-10400DG - YOGA MAT - 4MM - DARK GREY

ADYG-10400GNFR - YOGA MAT - 4MM - FROZEN GREEN

ADYG-10400MR - YOGA MAT - 4MM - MYSTERY RUBY

ADYG-10400RD - YOGA MAT - 4MM - RED

ADYG-10400VG - YOGA MAT - 4MM - VAPOR GREY

# HOT YOGA MAT

- 2mm thick - Ideal for stability and solid ground contact
- 47% Polyester, 43% Polymer Environmental Resin, 10% Nylon
- Dimensions - 173 (L) x 61 (W)
- Easy to clean
- Ideal for hot yoga and Pilates
- Non-slip textured bottom
- Rollable for easy transport and storage
- Soft, comfortable material helps to reduce irritation
- Stitched adidas logo tab
- Towelling material absorbs sweat for better traction
- Usable on top of other yoga mats



ADYG-10680BK - HOT YOGA MAT - 2MM/BLACK



# NATURAL RUBBER TRAVEL MAT

- 1.5mm thick - Ideal for stability and solid ground contact
- A lightweight and compact design makes it great for travel
- Both rollable and foldable, the mat is easy to store and transport
- Dimensions - 173 (L) x 61 (W)
- Eco-friendly - 100% bio-degradable and PVC free
- Made from renewable resources using hardwearing natural rubber
- Non-slip material texture for added traction
- Premium quality natural rubber provides optimum grip
- Stitched adidas logo tab
- Subtle marble print design



ADYG-10710CO - NATURAL RUBBER TRAVEL MAT - 1.5MM



# CORK YOGA BLOCK

- 22.8 x 12 x 7.5cm
- Eco-friendly cork construction
- Embossed adidas logo
- Firm Yoga block to aid balance in a variety of poses



ADYG-20100CORK





## FOAM YOGA BLOCK

- 22.8 x 15.2 x 7.6cm
- High quality, dense foam construction
- Lightweight, firm Yoga block to aid balance in a variety of poses

CALM

ADYG-20100FOAM



## YOGA SOCKS

- 80% Cotton, 17% Polyester, 2% Elastane, 1% Rubber
- Small/Medium
- Soft and comfortable with adidas logo underfoot
- Specifically created for Yoga to provide additional traction
- Suitable for foot length 24-26cm
- Targeted traction

ADYG-30101GR - SMALL/MEDIUM  
ADYG-30101GR - LARGE/XLARGE



## PREMIUM YOGA STRAP

ADYG-20200WH

The adidas Premium Yoga Strap is not only a stylish addition to your yoga inventory, but it's a highly functional piece of equipment. Made with a combination of acrylic fibre and cotton, the white yoga strap has a soft fabric feel, making it much less harsh on the surface of the skin when performing certain poses such as assisted Dhanurasana, Navasana and Natarajasana.

The acrylic fibre material is specifically engineered to absorb moisture, enhancing the grip of the surface when dampened by sweat, making the premium yoga strap ideal for both hot yoga and regular yoga. The additional elasticity that acrylic fibre has over polyester is aided by the slightly open weave that gives the premium strap a little bit more give, whilst still remaining stable and much steadier than an elastic alternative. Once used the strap can be machine washed at a low heat with the knowledge that it is colour fast and won't fade.



## YOGA STRAP

ADYG-20200GR



A Yoga Strap is a fantastic prop to assist you in holding your poses for longer, increasing your flexibility and ensuring proper alignment. With a strap your reach can go further than you thought possible, so use it to challenge yourself and to try the more advanced poses you've been leading up to.

The 250cm long adidas Yoga Strap features a robust 'D-ring' buckle which holds it in place, providing enough tautness whilst ensuring your movement is not restricted in any way to help you progress in your practice.

The strap's soft yet tough texture means it won't chafe on your skin and its durability means it'll keep its shape through consistent use.



## MAT CARRY STRAP

- Easy to attach and remove
- Lightweight harness fits any size mat
- Sling-style hands free carry strap

ADYG-20400BK - BLACK  
ADYG-20400GN - GREEN



## PILATES BANDS

- 100% latex rubber
- 180 x 15cm
- Adds resistance and support to your Pilates workout, toning and strengthening key muscles
- Can be used for Pilates, strength training workouts and muscle rehabilitation
- Light (level 1) and medium (level 2) resistance levels included

ADYG-20300 (PAIR)





## REVERSIBLE HEADBANDS

- A **ADYG-30221MNF** - MIDNIGHT AND FROZEN BLUE
- B **ADYG-30221MNF** - MIDNIGHT AND FROZEN GREEN
- C **ADYG-30221MNF** - MIDNIGHT AND CHALK WHITE



## HAIR BANDS

- F **ADYG-30211GRDK** - DARK GREY
- G **ADYG-30211RDFL** - FLASH RED
- H **ADYG-30211BGT** - TECH BEIGE
- I **ADYG-30211GR** - GREY



## HEADBANDS

- D **ADYG-30221BKWH** - BLACK AND CHALK WHITE
- E **ADYG-30221RDWH** - FLASH RED AND CHALK WHITE



## SPORTS HAIR BANDS

- J **ADYG-30201A** - SPORTS HAIR BANDS - SET



# STRENGTH



adidas

# STRAPS & WRAPS



## WRIST WRAPS

ADAC-13100 (PAIR)

- Elasticated thumb strap for security and positioning
- Made from durable elasticated material for comfort and stability
- Robust hook and loop fastening for a secure fit and personalised support
- Supplied as a pair



## HOOK LIFTING STRAPS

ADGB-12140

- Neoprene inside wrist strap for added comfort
- Nylon material with extra wide Velcro® closure to support wrist
- One size fits all
- Steel hook to support heavy lifting, accommodating any size handle or bar



## POWER LIFTING WRAPS

ADGB-12142

- Hook and loop closure
- Provides greater stability while pressing, overhead lifting, power lifting and strongman training
- Thumb loop

## LIFTING HAND GRIPS

ADAC-13151 (PAIR) - S/M

ADAC-13153 (PAIR) - L/XL

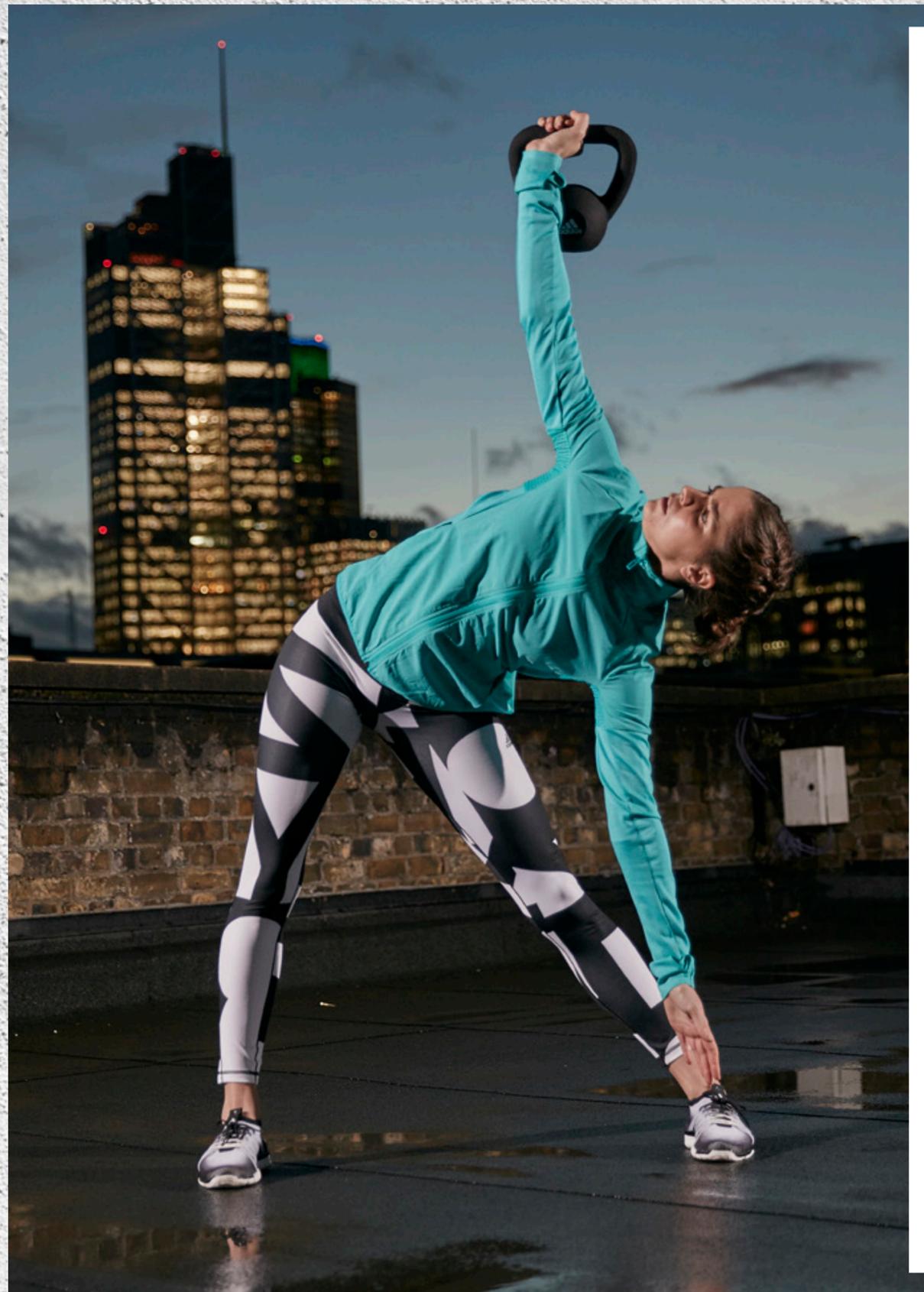
- Adjustable hook and loop strap for a secure and safe fit
- High quality textured leather combines comfort with maximum grip
- Simple and versatile design
- Suitable for CrossFit, Gymnastics and Gym workouts
- Supplied as a pair
- Two rectangular finger holes offer protection around the base of the finger



## LIFTING STRAPS

ADGB-12141

- Added heavy-duty neoprene padding for extra comfort
- Ideal for all types of weightlifting
- One size fits all
- Supplied as a pair
- Tough and durable top quality cotton straps



### LEATHER WEIGHTLIFTING BELT

ADGB-12234 - M      ADGB-12236 - XL  
ADGB-12235 - L      ADGB-12236X - XXL



### NYLON WEIGHTLIFTING BELT

ADGB-12244 - XS      ADGB-12238 - L  
ADGB-12245 - S      ADGB-12239 - XL  
ADGB-12237 - M      ADGB-12240 - XXL



### NEOPRENE DUMBBELL

ADWT-10021 - 1KG      ADWT-10024 - 4KG  
ADWT-10022 - 2KG      ADWT-10025 - 5KG  
ADWT-10023 - 3KG



### ADJUSTABLE DUMBBELL SET

ADWT-10026 - 5KG



### KETTLEBELL

ADWT-11312 - 4KG      ADWT-11314 - 12KG  
ADWT-11313 - 8KG      ADWT-11315 - 16KG



### 7FT OLYMPIC BAR

ADWT-10121

# BENCHES





## ADJUSTABLE AB BENCH

ADBE-10230

- Adjustable back pad
- Durable construction
- Max user weight 125kg
- Self-adjusting ankle pads



## FLAT BENCH

ADBE-10232

- 111cm padded surface
- Durable construction
- Low profile design
- Max user weight 125kg
- Oversized bench pad



## TRAINING BENCH

ADBE-10238

- Easily adjustable to flat, incline and decline positions
- Floor level adjustment for added stability
- Includes preacher curl for targeting biceps
- Leg extension with weight plate holder (Max. weight 45kg)
- Max. user weight 135kg



## UTILITY BENCH

ADBE-10235

- Boxed upholstery with 65mm high density foam
- Ergonomically designed curved seat padding
- Two large roller pads
- Heavy duty and scratch resistant steel frame
- Incline, decline and flat back pad adjustment
- Max user weight 125kg



## HOME GYM

ADBE-10250

- Dual function total leg developer and arm press, plus high and low pulley stations
- Includes lat bar, shiver bar, ankle strap and single handle attachments
- Large diameter steel tubing with durable construction and powder coated finish
- Maximum user weight 125kg
- Multi-purpose home gym with 100kg weight stack
- Oversized 65mm thick seat pads made with high density foam



## POWER TOWER

ADBE-10260

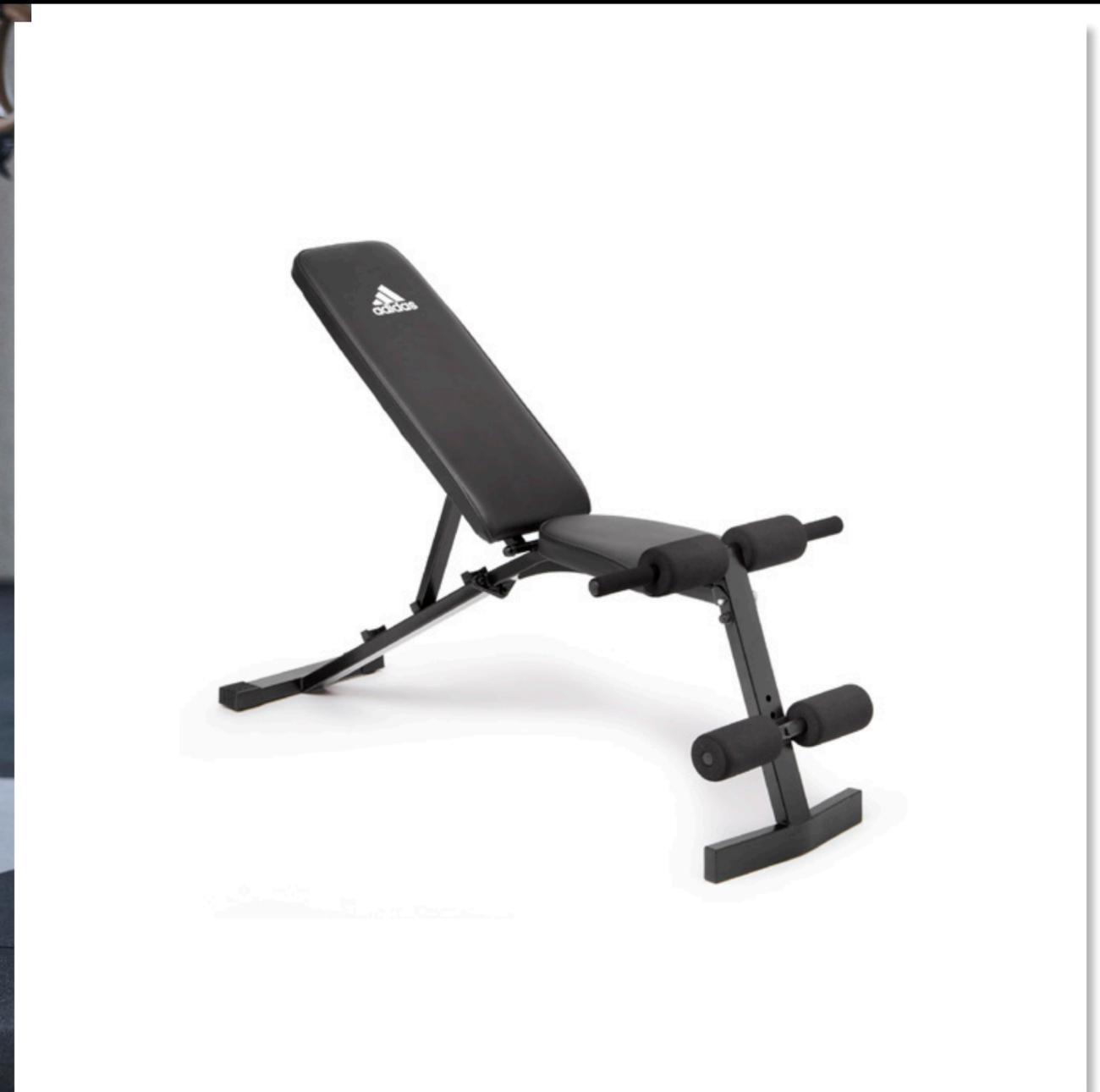
- Angled frame to reduce body sway
- Ergonomically angled pads and flip up dip handles
- Max user weight 135kg
- Press up stands
- Wide chin up hand position



## ESSENTIAL AB BOARD

ADBE-10433

- 5-position adjustable foam rollers
- Helps to strengthen core muscles
- Maximum weight capacity, including user: 300 lb
- Sturdy frame design and easy assembly



## ESSENTIAL UTILITY BENCH

ADBE-10436

- Upholstered foam back pad offers comfort and support.
- Position adjustable foam ankle pads for improved stability.
- Incline, decline and flat back pad adjustment.
- Non-marking rubber feet reduce movement.



## ESSENTIAL FLAT BENCH

ADBE-10437

- Ideal for beginners to enthusiasts
- Maximum weight capacity, including user: 400lbs (180kg)
- Non-marking feet
- Sturdy frame design and easy assembly



## ESSENTIAL WORKOUT BENCH

ADBE-10452

- Upholstered foam back pad offers comfort and support.
- Total leg developer with weight plate holder for extensions and curls.
- Detachable preacher curl pad for targeting biceps.
- Built-in barbell rack.
- 4 level incline adjustment.



## HOME GYM

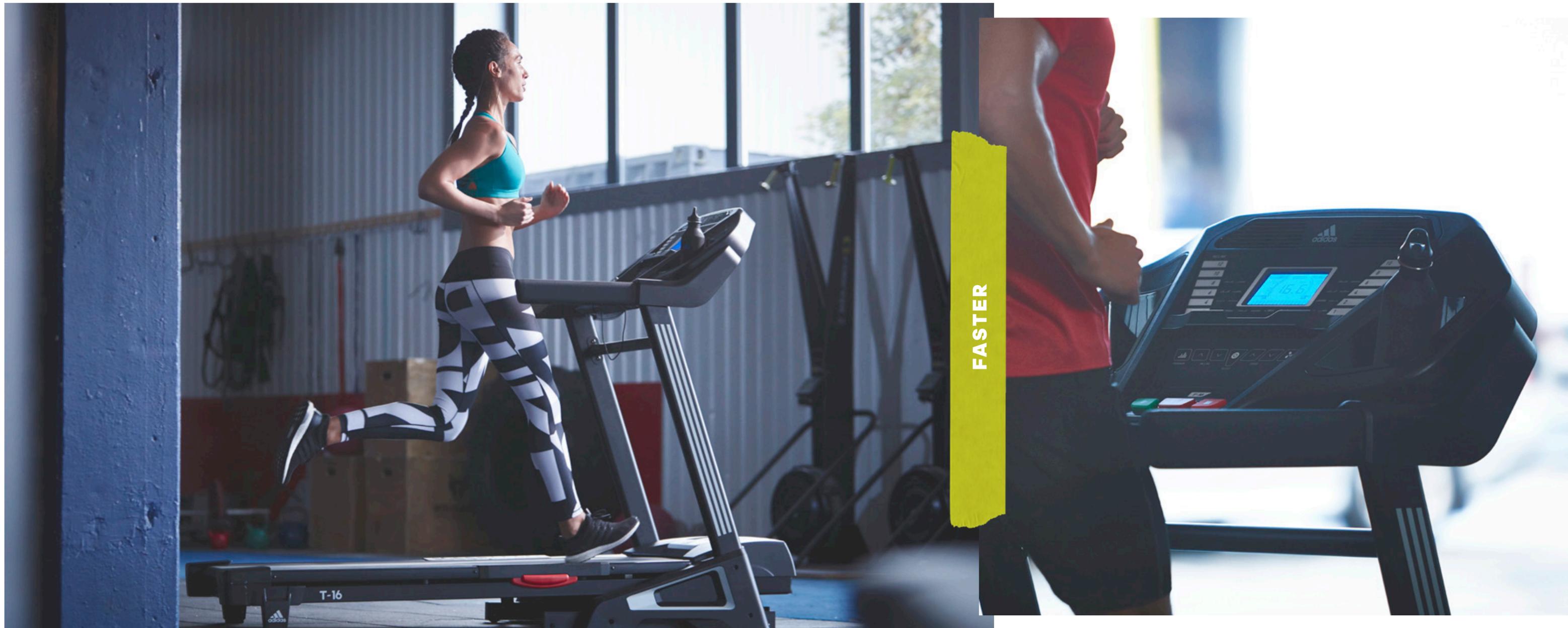
ADBE-10250

- Dual function total leg developer
- Arm press, plus high and low pulley stations
- Large diameter steel tubing
- Maximum user weight 125kg
- Multi-purpose home gym
- 100kg weight stack
- Oversized thick seat pad



# CARDIO





## T-16 TREADMILL

AVEN-10421BK

Build endurance on the T-16 as part of your training. Run for longer, go further.

### CREATE ENERGY

Cardiovascular endurance is vital to fitness. It enhances your muscles' ability to use oxygen and creates energy for movement. With this energy, you keep going - you run, cycle and train for longer.

### RESPONSIVE CUSHIONING

The adidas T-16 Treadmill features innovative cushioning in its large 153 x 51cm running deck. This technology ensures a soft landing to minimise running injuries and harsh impact on the joints, which in turn means the user can effectively build their endurance performance at home.

### VARIABLE INCLINE & SPEEDS

With a robust 2.75HP motor, the adidas T-16 is an ideal choice for heart rate training, enabling the user to run at various speeds and incline levels to increase their heart rate. The treadmill can reach a max. speed of 18kph and its incline can be adjusted to 15 different levels.

### MONITOR YOUR HEART RATE

You can also monitor your heart rate throughout your workout via the hand pulse sensors on the treadmill handlebars. Monitoring your heart rate is extremely useful when training as it tells you how hard your heart is working during exercise, or whether you need to pick up pace to get into ideal heart rate optimisation zones.

### FEATURES

- 15 levels of electronic incline
- 153 x 51cm running area
- 2.75HP motor power
- 1-18kph speed range
- 24 pre-set programs, 2 HRC, quick start, target time, distance and calories
- 5" LCD blue backlit display
- MP3 compatible with integrated speakers
- Hand pulse sensors for heart rate training
- Innovative cushioning and suspension system
- Integrated cooling fan
- Soft drop folding mechanism
- 130kg maximum user weight
- Setup dimensions: 187.5 (L) x 87.5 (W) x 140 (H) cm
- Folded dimensions: 121 (L) x 87.5 (W) x 160 (H) cm



**HARDER**

## **X-16 ELLIPTICAL**

**AVEN-10411BK**

Stylish, eye-catching design meets cutting-edge features which turn ordinary training into an extraordinary experience.

Though elliptical training places less stress on the joints, the X-16 pushes you further and challenges your cardio limit with minimal perception of fatigue.

### **SMOOTH AND SILENT TRAINING**

The X-16's silent 8.5kg front-drive flywheel operation means you can exercise at home, wherever and whenever, with little disruption.

### **ALL IN YOUR STRIDE**

Stride length can make a big impact on the effectiveness of your workout. The X-16's 18 inch stride length combined with 20 electronic levels of resistance is ideal for working out with higher intensity.

### **MONITOR YOUR HEART RATE**

Rely on the integrated hand pulse sensors to give you an indication of your heart rate during exercise.

### **EXCEPTIONAL DESIGN IN MIND**

Minimalist black and white with the three stripes: the X-16 keeps it simple and sophisticated.

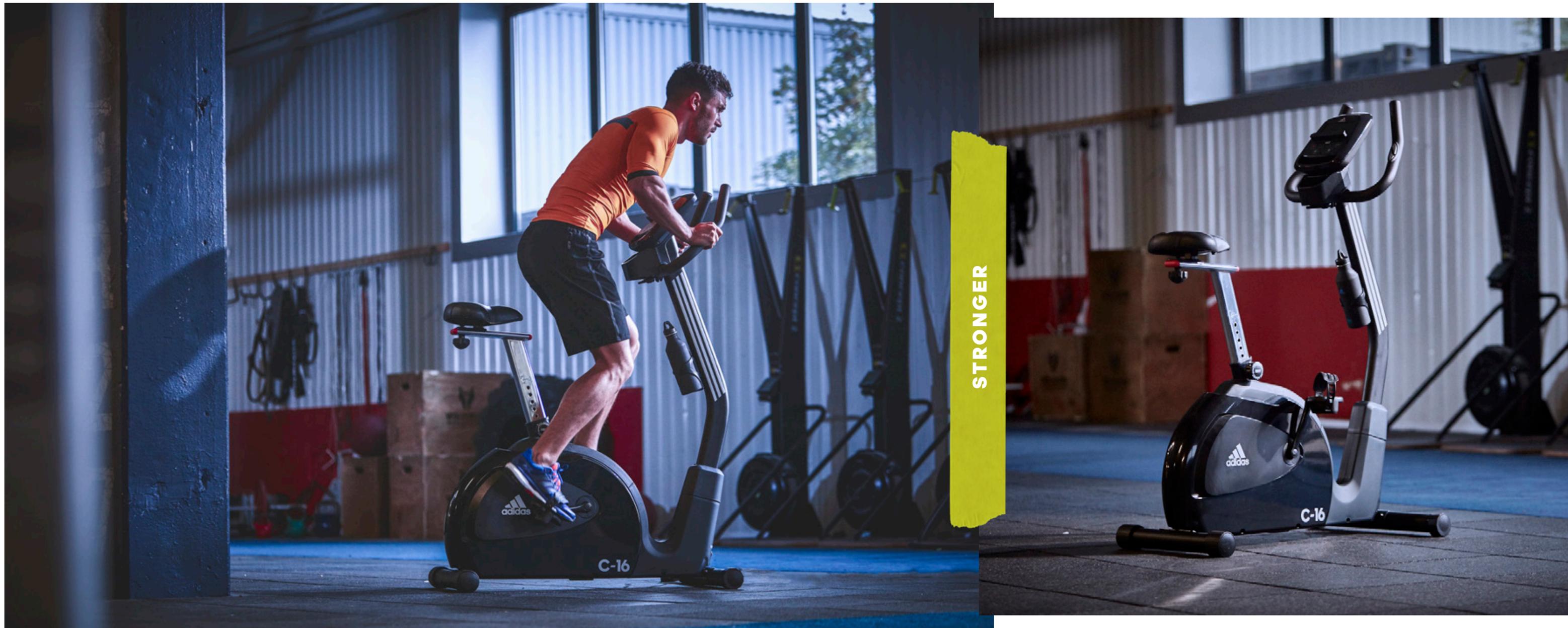
### **WORKING IN HARMONY**

Monitor all key functions and workout feedback on the X-16's backlit LCD display, and plug in your MP3 device to train to your chosen playlist.

Simple icons represent each feature from programs, speed, interval training, user profiles as well as quick start and stop buttons.

### **FEATURES**

- Front-drive elliptical with 8.5kg flywheel
- 18 inch stride length
- 20 electronic resistance levels
- 7 workout programs
- Blue backlit LCD display
- Integrated hand pulse sensors
- MP3 compatible with built-in speaker
- Setup dimensions: 153 (L) x 55 (W) x 158 (H) cm
- 120kg maximum user weight



## C-16 BIKE

AVEN-10401BK

Don't choose between style and practicality when you don't have to.

### REACH AND EXCEED FITNESS GOALS

With the adidas C-16 Exercise Bike you get performance, reliability and style all-in-one to help you reach and exceed your fitness goals.

This upright indoor bike lets you log your mileage and beat your personal bests in the comfort of your own home. As you pedal, you can monitor your workout performance via the clear and intuitive console system.

### SOLID BUILD, SIMPLE ASSEMBLY

The adidas Exercise Bike requires minimal assembly and features integrated transport wheels to ensure it can be moved to any room with ease. It offers a rock solid base with no rocking during more intense, high speed cycling workouts. Plus, self-levelling pedals are beneficial for easy access as you hop on and off.

### WORKOUT VARIETY

The C-16 offers a variety of features to change up your workout and keep you on track.

Choose from 24 levels of electronic resistance depending on how hard you want to work during a cycling session. As you move up a level, you'll find the transition is smooth and incremental.

### FEATURES

- 10kg flywheel
- 24 levels of electronic resistance
- 5" backlit LCD display
- 23 user programs + manual
- Integrated hand pulse sensors
- Vertical/horizontal seat adjustment
- Setup dimensions: 104 (L) x 54 (W) x 148 (H) cm



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