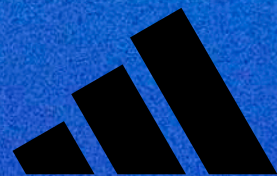
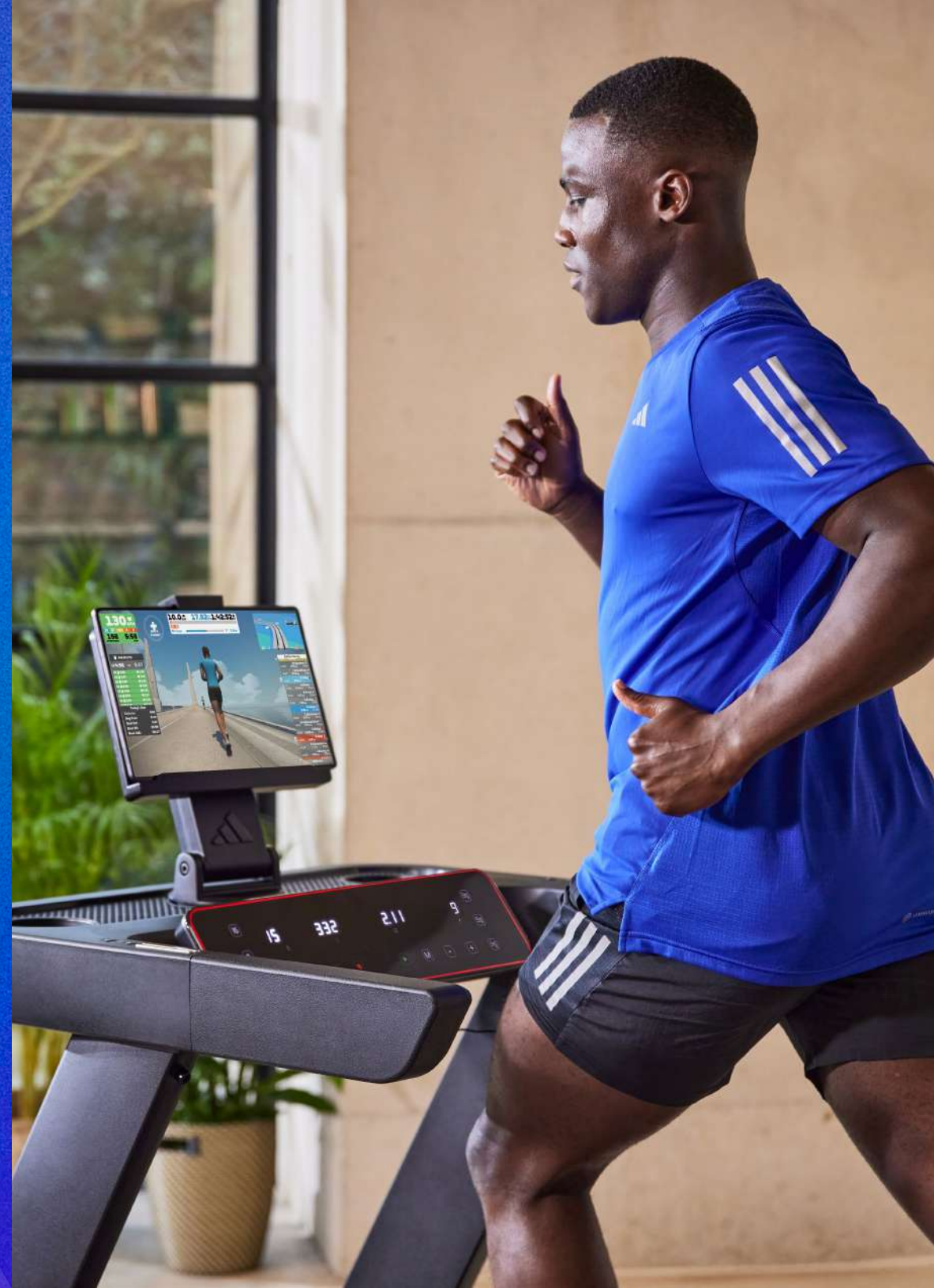


# SS24 ADIDAS CATALOGUE



SS24 ADIDAS CATALOGUE

## TRAINING EQUIPMENT





# CONTENTS



SS24 ADIDAS CATALOGUE



## TRAINING

03

Mats & Floor Protection	4 - 6
Arm & Calf Sleeves	7 - 8
Headbands	9 - 11
Gloves	12 - 23
Lifting Straps	24 - 25
Weightlifting Belts	26 - 27
Weighted Apparel	28 - 32
Weighted Accessories	33 - 37
Resistance Accessories	38 - 44
Skipping Ropes	45 - 50
Ab Wheels & Core Rollers	51 - 54
Push Up Bars	55 - 58
Gymballs	59
Door Gym	60
HIIT Deck	61

## YOGA

62

Mats	63 - 75
Blocks	76 - 77
Straps	78 - 79
Mat Bags & Carry Straps	79 - 80
Socks	81

## RECOVERY

82

Massage Balls	83 - 84
Massage Rollers	85 - 89
Supports & Wraps	90 - 97

## BENCHES

98

Benches	99 - 102
Power Tower	103
Home Gym	104



1

# TRAINING

SS24 RANGE



# FITNESS MAT



## HIGHLIGHTS

-  Available in 2 sizes:
  - 7 mm mat: 173 x 61 cm
  - 10 mm mat: 183 x 61 cm
-  Made from thick NBR foam for a comfortable surface
-  Lightweight design rolls tight for transport
-  Ridged base grips the floor to reduce mat movement
-  Easy to wipe clean post workout
-  Elasticated carry strap included with 10 mm mats

## MODEL NO.

7 mm Maroon:	ADMT-11014MN
7 mm Dark Green:	ADMT-11014DG
7 mm Blue:	ADMT-11014BL-NL
7 mm Grey:	ADMT-11014GR-NL
7 mm Red:	ADMT-11014RD-NL
10 mm Maroon:	ADMT-11015MN
10 mm Dark Green:	ADMT-11015DG
10 mm Blue:	ADMT-11015BL-NL
10 mm Grey:	ADMT-11015GR-NL
10 mm Red:	ADMT-11015RD-NL



# TRAINING MAT



## HIGHLIGHTS

10mm thick, the adidas training mat has full padding for extra comfort whilst you train. The cushioned mat reduces pressure on the joints whilst closed cell technology minimises moisture absorption; keeping the mat fresh and reducing irritation.

-  Surface: 183 x 61 cm
-  10<sup>mm</sup> 10mm thick NBR foam
-  Ample cushioning for comfort
-  Closed cell tech minimises moisture absorption
-  Ridged base grips the floor to reduce mat movement
-  Stitched fabric edging offers added durability
-  Rollable for easy transport and storage
-  Easy to wash and clean
-  Strong Velcro shoulder strap included

## MODEL NO.






- Red: ADMT-12235-NL
- Grey: ADMT-12235GR-NL
- Blue: ADMT-12235BL-NL
- Black: ADMT-12235BK-NL



## TREADMILL MAT



### HIGHLIGHTS

-  Surface: 200 x 100cm - ideal for most treadmills
-  Protects flooring and helps dampen noise & vibrations
-  5<sup>↑</sup><sub>mm</sub> 5mm - provides protection without compromising stability
-  Made from a durable and high-density NBR material
-  Rollable for easy storage






### MODEL NO.

ADMT-10127

## BIKE & CROSS TRAINER MAT



### HIGHLIGHTS

-  Surface: 155 x 65cm - ideal for most bikes & cross trainers
-  Protects flooring and helps dampen noise & vibrations
-  5<sup>↑</sup><sub>mm</sub> 5mm - provides protection without compromising stability
-  Made from a durable and high-density NBR material
-  Rollable for easy storage

### MODEL NO.

ADMT-10128








# COMPRESSION ARM SLEEVES



## HIGHLIGHTS

Combining performance and comfort, adidas compression sleeves are designed for both training and competition; allowing airflow through the elasticated structure to keep you cool through the toughest sessions.

-  Helps regulate temperature for reduced irritation
-  Allows airflow through to keep you cool
-  Lightweight elasticated design for comfort
-  Machine washable for easy cleaning
-  Supplied as a pair

## MODEL NO.

White S/M: ADSL-13023WH-NL

White L/XL: ADSL-13025WH-NL

Black S/M: ADSL-13023BK-NL

Black L/XL: ADSL-13025BK-NL








# COMPRESSION CALF SLEEVES



## HIGHLIGHTS

Combining performance and comfort, adidas compression sleeves are designed for both training and competition; allowing airflow through the elasticated structure to keep you cool through the toughest sessions.

-  Helps regulate temperature for reduced irritation
-  Allows airflow through to keep you cool
-  Lightweight elasticated design for comfort
-  Machine washable for easy cleaning
-  Supplied as a pair

## MODEL NO.

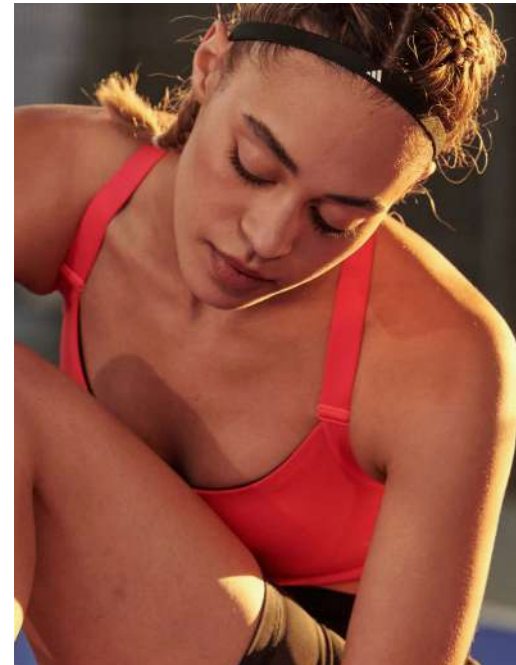
White S/M: ADSL-13323WH-NL

White L/XL: ADSL-13325WH-NL

Black S/M: ADSL-13323BK-NL







Black L/XL: ADSL-13325BK-NL

# HAIRBANDS [ SET OF 3 ]



## HIGHLIGHTS

Designed to keep your hair under control, adidas hairbands allow you to focus for more effective training sessions. Made from durable lycra material with a silicone inlay, the hairbands stay put throughout the most energetic workouts.

-  Ideal for use during all types of training and sports
-  Made from durable lycra material for a snug fit
-  Internal silicone strip reduces slipping
-  Washable at 30° and quick to drip dry
-  One size fits all
-  Pack of 3 bands

## MODEL NO.

White, Solar Red & Black:	ADAC-16200-NL
Power Berry, Grey & Black:	ADAC-16200-NL
Taupe, Clay Strata & Earth Strata:	ADAC-16205
Quartz, Pink Strata & Shadow Red:	ADAC-16208
White, Grey & Black:	ADAC-16203
Grey, Coral Fusion & Shadow Navy:	ADAC-16204
Linen Green, Silver Green & Olive:	ADAC-16206
Silver Dawn, Violet & Legend Ink:	ADAC-16207









# HEADBAND



## HIGHLIGHTS

Made from an elasticated material blend to ensure a snug fit, the adidas headband keeps your hair under control so you can focus on the task at hand. Complete with a printed silicone inlay, the headband stays put throughout any workout, from Yoga to running.

-  Ideal for use during all types of training and sports
-  Made from an elasticated material blend for a snug fit
-  Printed silicone inlay reduces slipping
-  A wider band design provides greater coverage
-  Washable at 30° and quick to drip dry
-  One size fits all

## MODEL NO.

Black: ADAC-16211BK-NL







White: ADAC-16211WH-NL

# REVERSIBLE HEADBAND



## HIGHLIGHTS

With a double-sided design allowing you to switch up your style, the adidas reversible headband keeps your hair in place whilst you train, preventing irritation for more focussed workouts or better competition performance.

-  Ideal for use during all types of training and sports
-  Reversible design allows you to switch up your style
-  Made from an elasticated material blend for a snug fit
-  A wider band design provides greater coverage
-  Washable at 30° and quick to drip dry
-  One size fits all

## MODEL NO.

- Black: ADAC-16300BK
- Pink Strata: ADAC-16300PK
- Linen Green: ADAC-16300GN
- Violet: ADAC-16300VT
- Shadow Red: ADAC-16300RD
- Taupe: ADAC-16300TE



# ESSENTIAL TRAINING GLOVES

AEROREADY


NEW FOR SS24



SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

-  Breathable Aeroready material wicks away sweat
-  Ergonomically padded suedette sections provide protection and enhance durability
-  Ventilated palm design promotes breathability
-  Material extends under fingers to prevent pinching
-  Toweling material on the thumbs for wiping away sweat
-  Integrated wrist tabs and finger pulls make it easy to pull the gloves on & off
-  Elasticated side finger panelling for a comfortable fit
-  Simple Velcro fastening for a more secure fit
-  Made from 50% recycled materials

## MODEL NO.

Black XS: ADGB-15000BK	Blue XS: ADGB-15000BL
Black S: ADGB-15001BK	Blue S: ADGB-15001BL
Black M: ADGB-15002BK	Blue M: ADGB-15002BL
Black L: ADGB-15003BK	Blue L: ADGB-15003BL
Black XL: ADGB-15004BK	Blue XL: ADGB-15004BL
Green XS: ADGB-15000GN	Pink XS: ADGB-15000PK
Green S: ADGB-15001GN	Pink S: ADGB-15001PK
Green M: ADGB-15002GN	Pink M: ADGB-15002PK
Green L: ADGB-15003GN	Pink L: ADGB-15003PK
Green XL: ADGB-15004GN	Pink XL: ADGB-15004PK
Red XS: ADGB-15000RD	White XS: ADGB-15000WH
Red S: ADGB-15001RD	White S: ADGB-15001WH
Red M: ADGB-15002RD	White M: ADGB-15002WH
Red L: ADGB-15003RD	White L: ADGB-15003WH
Red XL: ADGB-15004RD	White XL: ADGB-15004WH

SS24 TRAINING

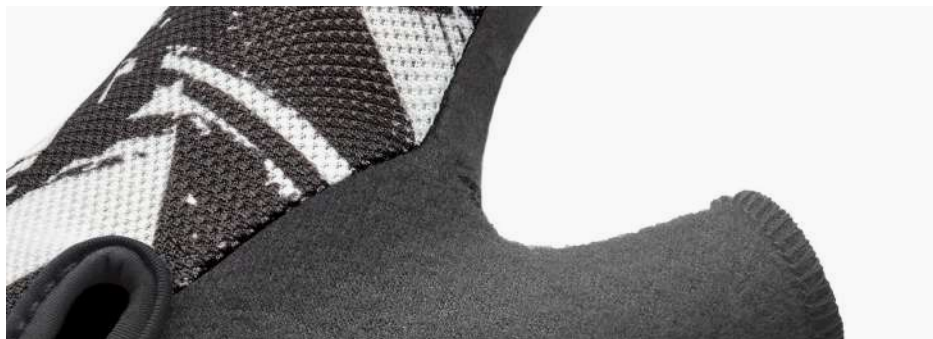
# ESSENTIAL TRAINING GLOVES

AEROREADY

NEW FOR SS24



SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

-  Breathable Aeroready material wicks away sweat
-  Ergonomically padded suedette sections provide protection and enhance durability
-  Ventilated palm design promotes breathability
-  Material extends under fingers to prevent pinching
-  Towelling material on the thumbs for wiping away sweat
-  Integrated wrist tabs and finger pulls make it easy to pull the gloves on & off
-  Elasticated side finger panelling for a comfortable fit
-  Simple Velcro fastening for a more secure fit
-  Made from 50% recycled materials

## MODEL NO.

Graphic XS: ADGB-15000AB **NEW**

Graphic S: ADGB-15001AB **NEW**

Graphic M: ADGB-15002AB **NEW**

Graphic L: ADGB-15003AB **NEW**

Graphic XL: ADGB-15004AB **NEW**



# PERFORMANCE TRAINING GLOVES

AEROREADY

NEW FOR SS24






SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

Created for the modern athlete, the adidas performance training gloves elevate your experience with a blend of style, comfort, and performance.

-  Breathable Aeroready material wicks away sweat
-  Ergonomically padded suedette sections provide protection and enhance durability
-  Ventilated palm design promotes breathability
-  Material extends under fingers to prevent pinching
-  Towelling material on the thumbs for wiping away sweat
-  Integrated wrist tabs and finger pulls make it easy to pull the gloves on & off
-  Elasticated side finger panelling for a comfortable fit
-  Comfortable fabric inner lining
-  Simple Velcro fastening for a more secure fit
-  Made from 50% recycled materials

## MODEL NO.

- Blue XS: ADGB-15010BL **NEW** Grey XS: ADGB-15010GR **NEW**
- Blue S: ADGB-15011BL **NEW** Grey S: ADGB-15011GR **NEW**
- Blue M: ADGB-15012BL **NEW** Grey M: ADGB-15012GR **NEW**
- Blue L: ADGB-15013BL **NEW** Grey L: ADGB-15013GR **NEW**
- Blue XL: ADGB-15014BL **NEW** Grey XL: ADGB-15014GR **NEW**



# WOMEN'S TRAINING GLOVES

NEW FOR SS24



## HIGHLIGHTS

Designed for maximum comfort, the women's training gloves feature an open-backed design and breathable materials to provide a more natural feel whilst allowing air to circulate freely.

-  Breathable material construction keeps you cool & dry
-  Open-backed design promotes airflow
-  Comfortable elastic straps ensure a secure fit
-  Simple Velcro fastening sits across the wrist
-  Hardwearing Lycra material construction
-  Padded key contact zones ensure greater comfort and protection
-  Full palm coverage guards against calluses & blisters
-  Silicone printed palm detailing maximises grip
-  Comfortable fabric inner lining
-  Made from 50% recycled materials

## MODEL NO.

- Black S: ADGB-15021BK **NEW**
- Black M: ADGB-15022BK **NEW**
- Black L: ADGB-15023BK **NEW**
- Black XL: ADGB-15024BK **NEW**
- Crimson S: ADGB-15021 **NEW**
- Crimson M: ADGB-15022 **NEW**
- Crimson L: ADGB-15023 **NEW**
- Crimson XL: ADGB-15024 **NEW**



SS24 TRAINING

# STRENGTH TRAINING GLOVES

AEROREADY

NEW FOR SS24



SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

Designed to protect your hands while enhancing performance, the adidas strength training gloves are ideal for all types of exercise, allowing you to push your limits regardless of how you train.

-  Breathable Aeroready material wicks away sweat
-  Hardwearing suedette panels across key contact zones enhance grip and durability
-  Ergonomic palm padding for comfort and protection
-  Ventilated palm sections further promote airflow
-  Full palm coverage guards against calluses & blisters
-  Towelling material on the thumbs for wiping away sweat
-  Dual finger pulls allow for quick and easy removal
-  Material extends under fingers to prevent pinching
-  Comfortable fabric inner lining
-  Thick, Velcro wrist wrap closure provides support, improves grip, and minimises fatigue
-  Made from 50% recycled materials

## MODEL NO.

XS: ADGB-15040 **NEW**

S: ADGB-15041 **NEW**

M: ADGB-15042 **NEW**

L: ADGB-15043 **NEW**

XL: ADGB-15044 **NEW**









# OPEN BACK TRAINING GLOVES

NEW FOR SS24



## HIGHLIGHTS

Made to guard your hands and elevate your game, the adidas open back training gloves are the ultimate training companion. Crafted with your comfort and protection in mind, the gloves' open-backed design promotes breathability with a more natural feel. Whether you're pushing for new lifting PBs or mastering callisthenics, these gloves ensure you stay cool and focused, even during your most intense workouts.

-  Open-backed design promotes breathability, helping to keep your hands cool
-  Ideal for all types of training including weightlifting and calisthenics
-  Silicone-gripped palm provides total grip
-  Full palm coverage guards against calluses & blisters
-  Soft fabric inner lining provides additional padding
-  Comfortable finger loops ensure the gloves stay put
-  Thick, velcro double wrist wraps provide greater support, improve grip, and minimise fatigue
-  Made from 50% recycled materials

## MODEL NO.

- XS: ADGB-15060 **NEW**
- S: ADGB-15061 **NEW**
- M: ADGB-15062 **NEW**
- L: ADGB-15063 **NEW**
- XL: ADGB-15064 **NEW**








# ESSENTIAL ADJUSTABLE GLOVES

AEROREADY



## HIGHLIGHTS

-  Breathable Aeroready material wicks away sweat
-  Padded suede effect palm for protection and comfort
-  Elasticated side finger panelling for a comfortable fit
-  Ring pull for easy removal
-  Adjustable Velcro strap for a secure fit

## MODEL NO.

Red S:	ADGB-12413-NL	White S:	ADGB-12423-NL
Red M:	ADGB-12414-NL	White M:	ADGB-12424-NL
Red L:	ADGB-12415-NL	White L:	ADGB-12425-NL
Red XL:	ADGB-12416-NL	White XL:	ADGB-12426-NL
Blue S:	ADGB-12433-NL	Pink S:	ADGB-12443-NL
Blue M:	ADGB-12434-NL	Pink M:	ADGB-12444-NL
Blue L:	ADGB-12435-NL	Pink L:	ADGB-12445-NL
Blue XL:	ADGB-12436-NL	Pink XL:	ADGB-12446-NL
Green S:	ADGB-12453-NL		
Green M:	ADGB-12454-NL		
Green L:	ADGB-12455-NL		
Green XL:	ADGB-12456-NL		








# FULL FINGER ESSENTIAL GLOVES

AEROREADY



## HIGHLIGHTS

Designed to maximise grip whilst protecting your hands, the adidas full finger essential gloves help you push your workouts whatever the conditions. Featuring Aeroready material technology to keep you cool and dry, the gloves promote breathability whilst keeping you warm with the full finger profile offering complete coverage and protection against cold bars or icy conditions.

-  Breathable Aeroready material wicks away sweat
-  Touchscreen compatible thumb and forefinger
-  Elasticated side finger panelling for a comfortable fit
-  Grippy detailing across the upper palm and fingers
-  Robex coated palm delivers complete durability
-  Elasticated wrist section provides a snug and secure fit
-  Integrated thumb-towelling for wiping away sweat

## MODEL NO.

S: ADGB-12823-NL  
 M: ADGB-12824-NL  
 L: ADGB-12825-NL  
 XL: ADGB-12826-NL









# PERFORMANCE GLOVES

AEROREADY



## HIGHLIGHTS

Designed using the latest Aeroready technology, adidas performance gloves keep you cool and dry whilst you train. With built-in mesh ventilation, the gloves reduce irritation by facilitating airflow whilst ergonomic palm padding maximises comfort, grip, and protection.

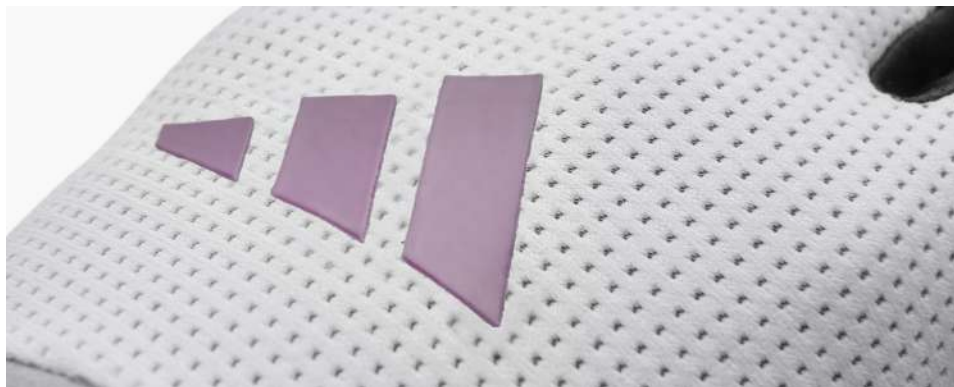
-  Breathable Aeroready material wicks away sweat
-  Ergonomic palm padding provides protection and grip
-  Dual finger pulls allow for quick and easy removal
-  Adjustable Velcro fastening ensures a secure fit
-  Integrated thumb-towelling (black only)
-  Corrugated section across the knuckles forms around the hand (grey only)

## MODEL NO.

Grey S:	ADGB-13153-NL	Black S:	ADGB-13123-NL
Grey M:	ADGB-13154-NL	Black M:	ADGB-13124-NL
Grey L:	ADGB-13155-NL	Black L:	ADGB-13125-NL
Grey XL:	ADGB-13156-NL	Black XL:	ADGB-13126-NL






# PERFORMANCE WOMEN'S GLOVES

## AEROREADY



### HIGHLIGHTS

Designed with a stitched faux suede palm, the women's performance gloves are made for tougher workouts. The glove's built-in Aeroready mesh keeps you cool with a unique Velcro fastening providing a secure and comfortable fit. The padded palm offers support and protection with integrated thumb towelling to wipe away sweat.

-  Breathable Aeroready material wicks away sweat
-  Ergonomic faux suede palm for protection and grip
-  Dual finger pulls allow for quick and easy removal
-  Adjustable Velcro fastening ensures a secure fit
-  Integrated thumb-towelling for wiping away sweat

### MODEL NO.

S: ADGB-13253-NL

M: ADGB-13254-NL

L: ADGB-13255-NL

XL: ADGB-13256-NL








# FULL FINGER PERFORMANCE GLOVES

AEROREADY



## HIGHLIGHTS

Made from the latest Aeroready Technology, the adidas full finger gloves are built for performance. Designed to keep you cool whilst you train, the Aeroready tech wicks sweat from your hands for total comfort and reduced irritation. Fitted with a strong elasticated Velcro strap, the glove's custom fit combines with the ergonomic palm for maximum protection and grip.

-  Breathable Aeroready material wicks away sweat
-  Touchscreen compatible thumb and forefinger
-  Durable ergonomic palm for maximum protection
-  Adjustable Velcro fastening ensures a secure fit
-  Corrugated section across the knuckles forms around the hand

## MODEL NO.





- S: ADGB-13343-NL
- M: ADGB-13344-NL
- L: ADGB-13345-NL
- XL: ADGB-13346-NL

# ELITE TRAINING GLOVES



## HIGHLIGHTS

Designed for high-end performance, adidas elite training gloves offer total comfort and grip with a double wrist strap for additional support.

-  Ventilated material reduces irritation
-  Increased ergonomic padding provides greater grip with better protection
-  Dual ring pulls for easy removal
-  Elasticated Velcro fastening with a double wrist wrap for total security

## MODEL NO.

Green S:	ADGB-14253-NL	Grey S:	ADGB-14243-NL
Green M:	ADGB-14254-NL	Grey M:	ADGB-14244-NL
Green L:	ADGB-14255-NL	Grey L:	ADGB-14245-NL
Green XL:	ADGB-14256-NL	Grey XL:	ADGB-14246-NL








# PADDED LIFTING GRIPS



## HIGHLIGHTS

Ideal for performing pull-ups, deadlifts and rows, the adidas padded lifting grips strengthen your sets for more effective and progressive strength training. Featuring a dense rubber-like palm, the grips provide a comfortable contact zone for any Olympic bar, dumbbell or pull up bar; offering both enhanced protection and performance for more focussed and productive training sessions.

-  Strengthens your sets for more effective training
-  Provides a secure anchor for more reliable reps
-  Rubber-like palm wraps around the bar for solid contact
-  Secure Velcro wrist fastening with metal loop closure
-  Padded neoprene wrist for comfort and protection





## MODEL NO.

S/M: ADAC-13251-NL  
L/XL: ADAC-13253-NL

# LIFTING STRAPS



### HIGHLIGHTS

-  Helps anchor your connection to the bar and
-  Reduces grip fatigue
-  Comfortable neoprene padding for total comfort
-  Durable woven straps

### MODEL NO.

ADGB-12141-NL

# WRIST WRAPS



### HIGHLIGHTS

-  Provides support and stability to advance your lifting
-  Offers comfort and protection
-  Elasticated thumb strap
-  Secure Velcro fastening
-  Durable elasticated material

### MODEL NO.

ADAC-13100-NL







# ESSENTIAL WEIGHTLIFTING BELT



## HIGHLIGHTS

Built to establish new lifting thresholds, the adidas essential belt creates focussed support; bracing your core and lumbar to drive through each defining set. Enhancing comfort through stability, the Velcro strap and off-centred buckle lever the belt into position for un-restricted form in every movement.

-  Dense foam core for added support and comfort
-  Strong Velcro strap for a tailored fit and secured support
-  Fitted with a robust iron loop and seamless roller
-  Durably bound by a stitched edging

## MODEL NO.

S: ADGB-12253-NL    L: ADGB-12255-NL  
M: ADGB-12254-NL    XL: ADGB-12256-NL









# PERFORMANCE WEIGHTLIFTING BELT



## HIGHLIGHTS

Created to amplify your squats and deadlifts, the performance belt stabilises the core with greater support and strength to push towards your elite.

-  Ventilated 8mm foam
-  Cushioned mesh lining for maximum airflow
-  Dense compressive core for both comfort and rigidity
-  Wide Velcro strap offers total support and stability
-  Fitted with a robust iron loop and seamless roller
-  Durably bound by a stitched edging

## MODEL NO.

S: ADGB-12285-NL    L: ADGB-12287-NL  
M: ADGB-12286-NL    XL: ADGB-12288-NL









# WEIGHTED GLOVES



## HIGHLIGHTS

Designed to develop upper body power and speed, the adidas weighted gloves make the easiest of movements that bit harder, taxing muscular endurance whilst toning and strengthening.

-  Enhances muscular endurance and strength
-  Open palms for a natural feel and grip
-  Iron sand filling moulds to the back of the hand for added comfort
-  Elasticated wraparound Velcro strap for a secure fit
-  Made from comfortable and durable neoprene
-  Supplied as a pair

## MODEL NO.

0.5kg: ADWT-12325-NL









1.0lb: ADWT-12325I-NL

# WEIGHTED BANGLES



## HIGHLIGHTS

Providing constant but comfortable resistance during your workouts, adidas weighted bangles are the perfect accessory to take your sessions to the next level.

-  Adds constant but comfortable resistance to your workouts with 0.5kg / 1lb on each bangle
-  Ideal for use during aerobics, walking, core training and yoga
-  Can be worn on either the ankles or wrists
-  Strong Velcro fastening
-  Internal ribbing ensures the weights stay put
-  Made from high-quality materials for increased comfort and durability
-  Steel-cored weights wrapped in a soft silicone shell
-  Supplied as a pair

## MODEL NO.

ADWT-12200








# ANKLE / WRIST WEIGHTS



## HIGHLIGHTS

Designed to enhance your workouts, the adidas ankle/wrist weights bring added resistance to bodyweight exercises, making them ideal for increasing the intensity of your training. Ideal for strength, cardio and muscular endurance, the weights provide the extra difficulty needed to help progress your fitness further.

-  Develops strength, cardio and muscular endurance
-  Increases the difficulty of bodyweight exercises
-  Strong Velcro fastening for a secure fit
-  Even weight distribution ensures a seamless fit
-  Supplied as a pair

## MODEL NO.







0.5 kg:	ADWT-12320-NL	1.0 lb:	ADWT-12320I-NL
1.0 kg:	ADWT-12321-NL	2.0 lb:	ADWT-12321I-NL
1.5 kg:	ADWT-12322-NL	3.0 lb:	ADWT-12322I-NL

# PERFORMANCE ANKLE / WRIST WEIGHTS



## HIGHLIGHTS

Built to challenge your bodyweight movements, the adidas performance ankle/wrist weights provide additional resistance to your exercises without adding strain on joints that traditional weight training may bring. Ideal for building strength, cardio and muscular endurance, the performance weights provide the extra difficulty needed to elevate your fitness.

-  Develops strength, cardio and muscular endurance
-  Increases the difficulty of bodyweight exercises
-  Velcro fastening and cast iron buckle for a secure fit
-  Outer facing weight pouches provide a more comfortable fit with reduced weight shift
-  Suede effect inner lining provides extra comfort
-  Supplied as a pair

## MODEL NO.

0.5 kg: ADWT-12630-NL	1.0 lb: ADWT-12630I-NL
1.0 kg: ADWT-12631-NL	2.0 lb: ADWT-12631I-NL
1.5 kg: ADWT-12632-NL	3.0 lb: ADWT-12632I-NL
2.0 kg: ADWT-12634-NL	4.0 lb: ADWT-12634I-NL










# PERFORMANCE ADJUSTABLE WEIGHT VEST

AEROREADY



## HIGHLIGHTS

Fully adjustable; the adidas performance weight vest develops complete fitness and conditioning. Ideal for both cardio and bodyweight workouts, the vest adds up to 10kg / 20lb of weight to ramp up your training intensity.

-  Adjustable weight with a total of 10 kg / 20lb
-  Aeroready technology
-  Multiple Velcro fastenings
-  Tailored and secure fit
-  Padded shoulders for comfort
-  Ergonomically placed weight pouches
-  Weight pouches: 8 x 0.5kg, 6 x 1.0kg / 8 x 1lb, 6 x 2lb



ONLINE MARKETING VIDEO

## MODEL NO.

10kg: ADWT-12637-NL





20lb: ADWT-12637I-NL

# DUMBBELLS [ PAIR ]



## HIGHLIGHTS

Neoprene coated with a cast iron core, adidas dumbbells help strengthen and tone; broadening your exercise potential with 1-5 kg / 2-10lb options to scale the difficulty. Featuring a unique hexagonal design, the dumbbells stay put once set down for added safety and ease of storage.

-  Helps strengthen and tone
-  Neoprene coated with a cast iron core
-  Hexagonal design prevents rolling
-  Supplied as a pair

## MODEL NO.

- |                       |                       |
|-----------------------|-----------------------|
| 1.0 kg: ADWT-11401-NL | 4.0 kg: ADWT-11404-NL |
| 2.0 kg: ADWT-11402-NL | 5.0 kg: ADWT-11405-NL |
| 3.0 kg: ADWT-11403-NL |                       |










# SOFT GRIP DUMBBELLS [ PAIR ]



## HIGHLIGHTS

Designed to strengthen and tone, soft grip dumbbells are a super versatile training tool that will ramp up any workout. Whether you're into HIIT, strength training, boxing, aerobics, or even walking, the pair of 1 kg dumbbells are a perfect training partner.

-  Strengthens & tones with 1 kg / 2 lb on each dumbbell
-  Perfect for HIIT, strength training, boxing, aerobics, and walking
-  Made from high-quality materials - cast iron core encased in bio-based PU foam
-  Grippy handles ensure a secure hold
-  Soft foam padding offers a far more comfortable grip
-  Compact & portable - great for indoor & outdoor use
-  Supplied as a pair

## MODEL NO.







ADWT-11300

# ADJUSTABLE CHROME DUMBBELL



## HIGHLIGHTS

Made from chrome-coated steel for greater durability, the adidas adjustable dumbbell delivers a tailorable alternative to standard weights. Complete with a 0.5kg steel bar, 8 x 0.5kg plates and 2 x 0.25kg screw collars, the adjustable dumbbell gives you a weight range from 1-5kg.

-  Adjustable design with a 1-5kg weight range
-  Built for both isolated and compound movements
-  Made from durable, chrome-coated steel
-  Laser etched knurl for enhanced grip
-  Quick and easy to adjust with screw collars
-  Includes:  
8 x 0.5kg plates, 2 x 0.25kg screw collars & 0.5kg bar

## MODEL NO.

ADWT-11400











# WEIGHT SET



## HIGHLIGHTS

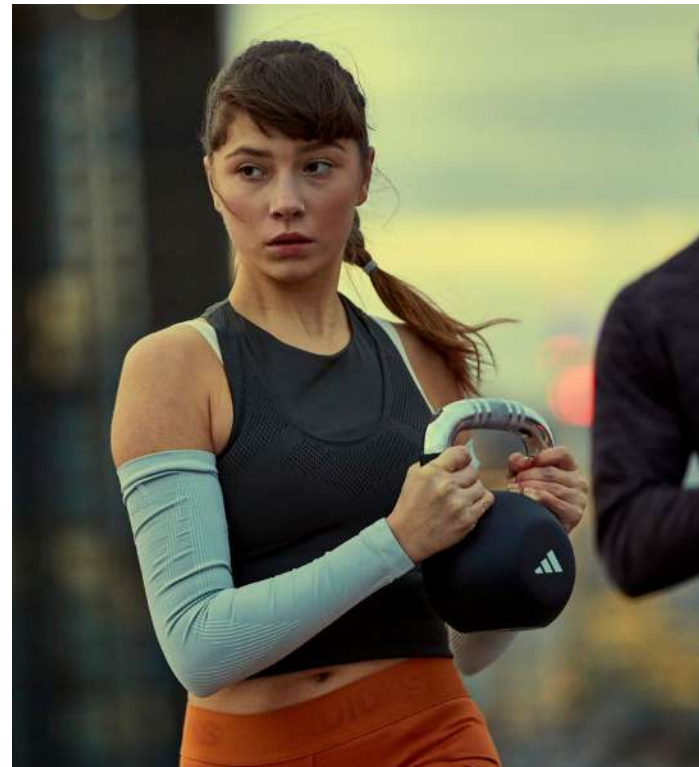
A quality addition to any home gym setup, the 20kg / 44lb weight set is designed to help achieve your fitness goals, allowing you to target the entire body with a variety of workouts, including HIIT and strength training sessions.

-  Target the entire body with various workouts including HIIT and strength sessions
-  Coated cast iron plates ensure lasting performance
-  2.5 kg steel bar offers greater strength and durability
-  Knurled bar sections boost your grip whilst aiding hand placement to improve form
-  Gripped handles on the plates for easy loading and use off the bar
-  2 quick-locking bar collars for safety and security
-  Constructed from quality materials for a hardwearing and solid build
-  Includes:  
2 x 5kg, 2 x 2.5kg, 2 x 1.25kg weight plates, 2.5kg steel bar, and 2 x bar collars

## MODEL NO.






ADWT-11200

# KETTLEBELL



## HIGHLIGHTS

A strength and conditioning essential, adidas kettlebells are a staple for any fitness regime. Built for both isolated and compound movements, kettlebells develop stamina, strength and muscular endurance; enhancing your overall fitness with dynamic and effective movements.

-  Develops stamina, strength and muscular endurance
-  Neoprene coated with a cast iron core
-  Flat base prevents rolling
-  Wide design for single & double-handed movements
-  Knurled handle for enhanced grip

## MODEL NO.

- 4 kg / 9 lb: ADWT-11504-NL    12 kg / 26 lb: ADWT-11512-NL
- 8 kg / 18 lb: ADWT-11508-NL    16 kg / 35 lb: ADWT-11516-NL



# PROFESSIONAL GRIP TRAINERS [ PAIR ]

NEW COLOUR FOR SS24








SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

Designed to enhance grip strength, the adidas grip trainer helps to develop the muscles in both the forearms and hands. Featuring a solid metal spring and angled design, the trainer allows you to build greater strength and muscular endurance, translating into better lifting and sports performance.

-  Ideal for developing forearm and grip strength
-  Helps to bolster your heavier lifts and maximise lifting reps
-  High-grip handles for a secure hold
-  Solid metal spring mechanism
-  Supplied as a pair

## MODEL NO.

ADAC-11400-NL **NEW**

# ADJUSTABLE GRIP TRAINER

NEW COLOUR FOR SS24




SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

Built to develop grip strength, the adjustable grip trainer specifically targets the forearms and hand muscles. Featuring a solid metal spring and durably moulded frame, the grip trainer allows you to increase not only the strength of these muscles but also your muscular endurance, helping you to reach heavier lifts and greater reps

-  Ideal for developing forearm and grip strength
-  Helps to bolster your heavier lifts and maximise lifting reps
-  Tension adjustment dial to tune your resistance
-  Four adjustable resistance levels: 10 - 40 kg
-  High-grip handles for a secure hold
-  Solid metal spring mechanism

## MODEL NO.

ADAC-11400GR **NEW**











# POWER TUBE



## HIGHLIGHTS

Designed to create full-body workouts with minimal equipment or space, adidas power tubes allow you to hit all key muscle groups regardless of where and when you get to train.

-  Designed to help strengthen and tone
-  Ideal for both upper and lower body workouts
-  Foam padded handles for a more comfortable grip
-  Sleeve prevents wear & contains the tube for safety
-  Recycled PP webbing used to create the safety sleeve
-  Latex tube material is strong and tear-resistant
-  Versatile and durable training accessory
-  Available in three weight levels:  
L1 / 15kg, L2 / 20kg & L3 / 25kg

## MODEL NO.








- L1: ADTB-10610-NL
- L2: ADTB-10611-NL
- L3: ADTB-10612-NL

# RESISTANCE TUBE



## HIGHLIGHTS

Allowing you to create full-body workouts anywhere, adidas resistance tubes help you strengthen and tone both the upper and lower body. With a near endless list of exercise options, the resistance tubes are lightweight, durable, and versatile; perfect for use at home, on the go or whilst travelling.

-  Designed to help strengthen and tone
-  Ideal for both upper and lower body workouts
-  Foam padded handles for a more comfortable grip
-  Recycled PP webbing is used to create the handles
-  TPR tube material is strong and tear-resistant
-  Versatile and durable training accessory
-  Available in three weight levels:  
L1/ 5 kg, L2/ 10 kg & L3/ 15 kg

## MODEL NO.

- L1: ADTB-10504-NL
- L2: ADTB-10505-NL
- L3: ADTB-10506-NL








# RESISTANCE TUBE SET



## HIGHLIGHTS

With five interchangeable and combinable tubes included, the resistance tube set offers a maximum total resistance of 75 kg to push your strength whenever and wherever you can train. With a quick and easy clip attachment system, the set adjusts from 5 - 75 kg of resistance load within seconds.

-  5 interchangeable and combinable resistance levels: 5 kg, 10 kg, 15 kg, 20 kg & 25 kg
-  Ideal for full-body strength and toning workouts
-  Foam padded handles for a comfortable grip
-  Recycled PP webbing is used to create the handles
-  Carry bag included for keeping the set together
-  Door anchor included
-  Ankle strap included
-  TPR tube material is strong and tear-resistant
-  Durable design with versatile functionality
-  Metal rings for quick transitions

## MODEL NO.







ADTB-10507-NL

# RESISTANCE BAND



## HIGHLIGHTS

The adidas resistance band is an essential accessory for lower body workouts; bringing steady and stabilising resistance to your training for greater strength and muscular endurance. The band can also be used for rehabilitation exercises, helping to isolate muscles and improve recovery.

-  Essential training accessory for lower body workouts
-  Enhances both weighted and bodyweight sessions
-  Improves strength and muscular endurance
-  Suitable for rehabilitation exercises
-  Elasticated weave for flexibility and durability
-  Internal silicone strips reduce slipping

## MODEL NO.

- Light / Green: ADTB-10703GN-NL
- Light / Grey: ADTB-10703GR-NL
- Medium / Legacy Purple: ADTB-10704PL-NL
- Medium / Stone: ADTB-10704ST-NL
- Heavy / Black: ADTB-10705BK-NL
- Heavy / Legacy Blue: ADTB-10705BL-NL



# RESISTANCE BAND [SET OF 3]

# RESISTANCE BAND [SET OF 2]



**HIGHLIGHTS**

- Includes 1 light, 1 medium, & 1 heavy band
- Ideal for lower body workouts
- Improves strength and muscular endurance
- Internal silicone strips reduce slipping
- Carry bag included

**MODEL NO.**

Grey, Stone & Black: ADTB-10710-NL  
 Green, Legacy Purple & Blue: ADTB-10711-NL

**HIGHLIGHTS**

- Includes 1 medium and 1 heavy band
- Ideal for lower body workouts
- Improves strength and muscular endurance
- Internal silicone strips reduce slipping
- Carry bag included

**MODEL NO.**

ADTB-10711-2-NL





# ESSENTIAL SKIPPING ROPE

NEW COLOUR FOR SS24



## HIGHLIGHTS

Fit for circuits, boxing, or any other training style, the adidas essential skipping rope allows you to build your stamina whilst developing speed, timing, and coordination. Complete with moulded plastic handles that sit ergonomically in hand, the essential rope is both comfortable and easy to grip.

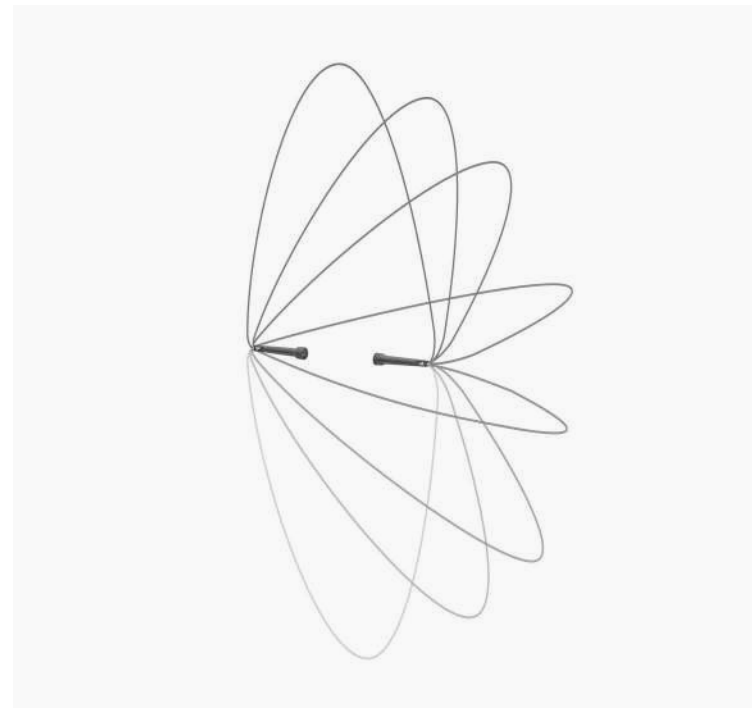
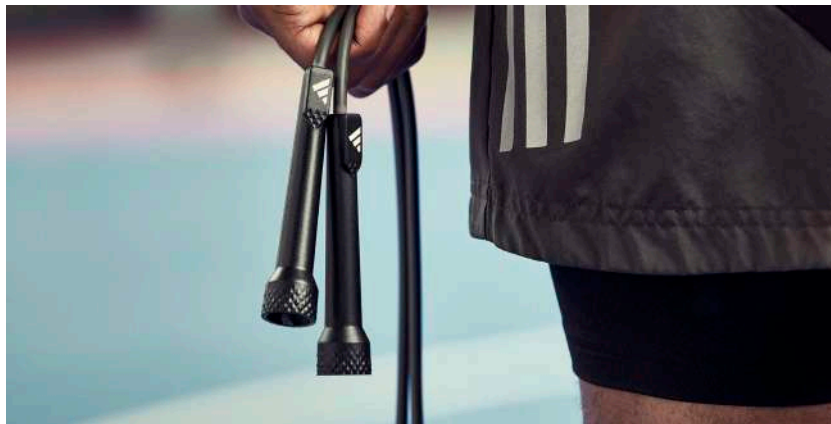
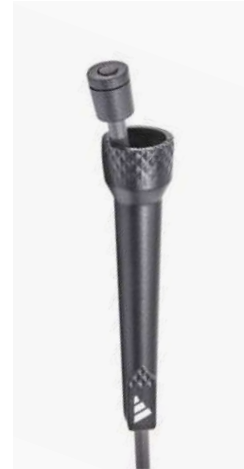
-  Fit for building endurance, timing and coordination
-  Made from a rubber-like material, the rope delivers greater speed and accuracy
-  Moulded plastic handles provide a comfortable and secure grip
-  300cm long - easily cut & adjusted to match your height

## MODEL NO.

ADRP-11017BK **NEW**








# ESSENTIAL SKIPPING ROPE



## HIGHLIGHTS

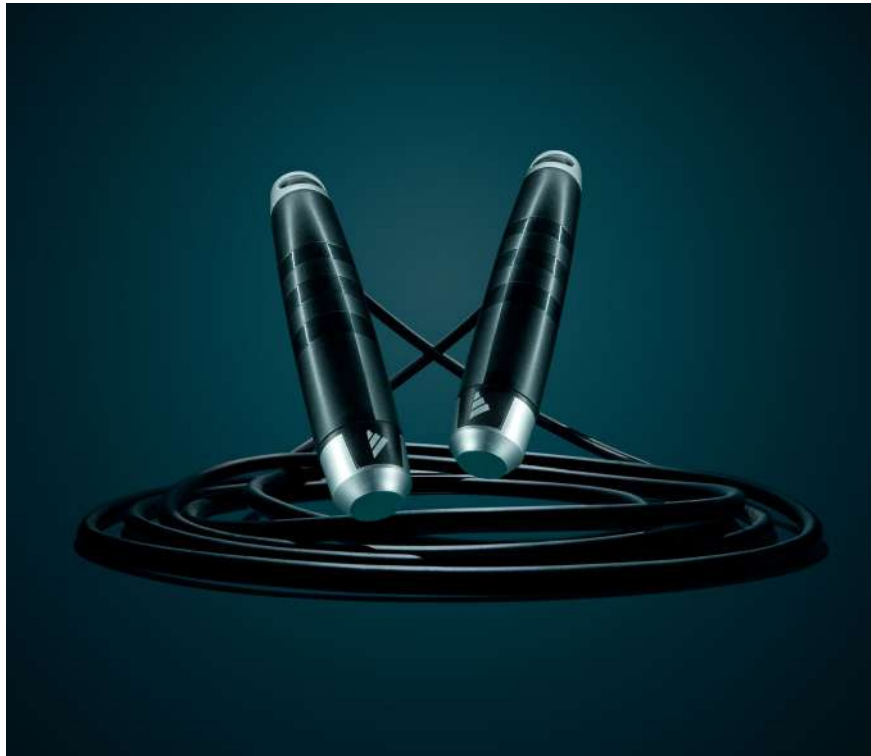
Built for developing complete cardio endurance through a host of training styles, the adidas essential skipping rope provides an outlet to build speed, timing and coordination.

-  Fit for building endurance, timing and coordination
-  Thumb platform for greater control of the handles
-  Made from rubber-like pp material, the rope delivers greater speed and accuracy
-  Ergonomic, moulded plastic handle design
-  280cm long - easily cut & adjusted to match your height

## MODEL NO.





ADRP-13011-NL

# SKIPPING ROPE



## HIGHLIGHTS

Ideal for building cardio endurance within a host of training styles, the adidas skipping rope allows you to develop your speed, timing, and coordination. Designed with moulded plastic handles for a more comfortable grip, the rope provides a consistent and repeatable motion, allowing you to quickly progress your skipping ability.

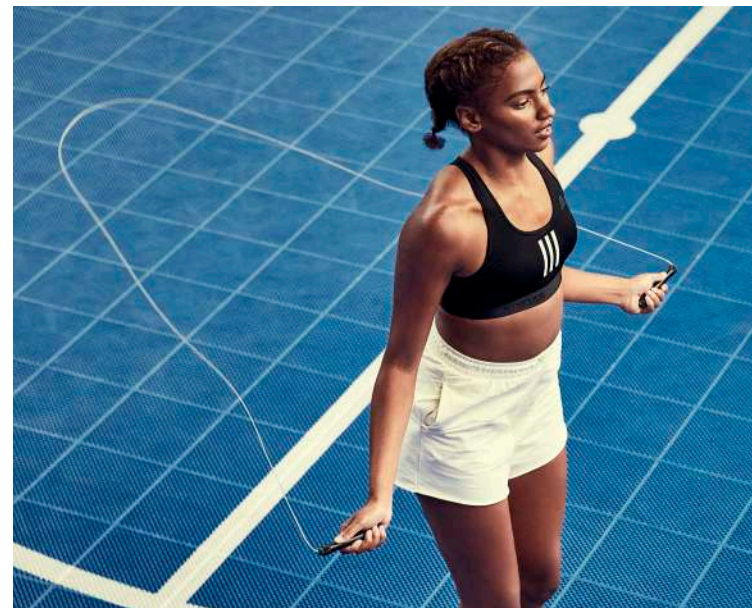
-  Fit for building endurance, timing and coordination
-  Made from a rubber-like material, the rope delivers greater speed and accuracy
-  Moulded plastic handles provide a comfortable and secure grip
-  300cm long - easily cut & adjusted to match your height

## MODEL NO.

ADRP-11011-NL









# SKIPPING ROPE



## HIGHLIGHTS

Designed with an ergonomic bottleneck inspired structure, the adidas skipping rope is ideal for developing your cardio endurance whilst working on your foot speed and total coordination.

-  Fit for building endurance, timing and coordination
-  Integrated tangle-free ball bearing mechanism creates smoother rotations
-  Thinner braided steel wire with rubber-like coating delivers optimal rotation speed and rope path control
-  Moulded plastic handles feature a smooth bottleneck design for a stronger and more comfortable grip
-  Includes a drawstring mesh carry bag for easy storage
-  300 cm long - easily adjusted without cutting

## MODEL NO.






ADRP-13311

# SPEED ROPE



## HIGHLIGHTS

Designed to suit any training regime, the adidas speed rope brings a new dimension to your cardio workouts. Ideal for developing overall speed, timing and coordination, the speed rope features an internal ball bearing mechanism, ensuring smooth and efficient rotations for more elite skipping sessions.

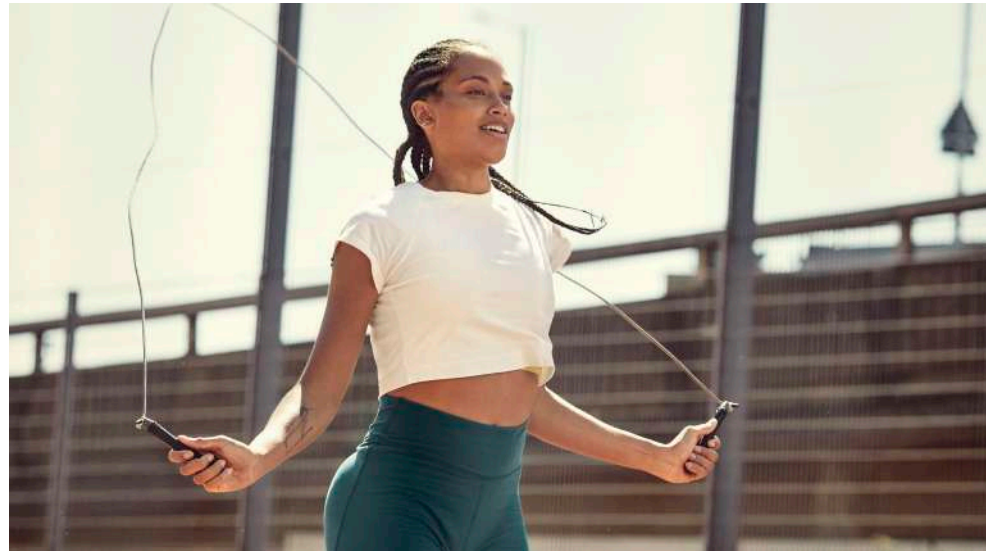
-  Fit for building endurance, timing and coordination
-  Integrated tangle-free ball bearing mechanism creates smoother rotations
-  Made from a rubber-like material, the rope delivers greater speed and accuracy
-  Foam padded handles with three knurled stripes for a comfortable and secure grip
-  300cm long - easily cut & adjusted to match your height

## MODEL NO.

ADRP-12234-NL











# WEIGHTED SKIPPING ROPE



## HIGHLIGHTS

Built for top-level skipping performance, the adidas weighted skipping rope is specifically designed to deliver ultra-smooth rotations. Fitted with an integrated swivel ball bearing mechanism at the shoulder of each handle, the rope swings true to the motion you put through it.

-  Ideal for building endurance, timing and coordination
-  Moulded plastic handles for a stronger grip
-  Integrated tangle-free ball bearing mechanism creates smoother rotations
-  Interchangeable 2.5mm and 4.5mm options
-  Coated braided steel ropes deliver optimal rotation speed and path control
-  300cm long - easily adjusted via a simple screw
-  Includes two 100g removable inserts
-  Includes a recycled carry bag for easy storage

## MODEL NO.






ADRP-13511

# AB WHEEL



## HIGHLIGHTS

Designed to develop total core strength, the adidas ab wheel is a great addition to traditional core training. Allowing you to perform rollouts, the wheel engages the entire core to develop both your stability and strength in one dynamic movement.

-  Achieve greater strength & stability through rollouts
-  Targets the entire core, back and shoulders
-  Created with a durable PP material construction
-  Rubber-like tyre surface grip maximises traction
-  Densely padded NBR foam handles

## MODEL NO.

ADAC-11404BK-NL










# PERFORMANCE AB WHEEL



## HIGHLIGHTS

Bringing a new dimension to your core workouts, the adidas performance ab wheel develops total abdominal strength and stability with a simple and effective movement. Targeting the abdominal muscles, obliques, and lower back as you perform the rollout, the ab wheel also works the upper back and shoulders as you contract through to your starting position.

-  Achieve greater strength & stability through rollouts
-  Targets the entire core, back and shoulders
-  Adjustable wheel placement for beginner and advanced modes
-  Durable design capable of supporting all users
-  High-grip wheels maximise traction
-  Ergonomic, TPR covered handles for comfort & grip
-  Lightweight, compact, and quick to assemble

## MODEL NO.

ADAC-11407







# CORE ROLLERS

NEW COLOUR FOR SS24



## HIGHLIGHTS

Offering an array of exercise options, the adidas core rollers engage the entire core, back and shoulders with a wide range of movement options. Delivered as a pair, the rollers take core rolling to a new level, allowing you to roll each side independently and in any direction.

-  Targets the entire core, back and shoulders
-  Twin core rollers vary your exercises to engage different muscle groups
-  Anti-slip wheels provide greater traction
-  Ergonomic, foam covered handles for comfort & grip
-  Lightweight, compact, and durably designed
-  14.5 cm diameter wheels

## MODEL NO.

ADAC-11604GR **NEW**









# FOAM AB ROLLER



## HIGHLIGHTS

Designed with dual-functionality, the foam ab roller develops total core strength and aids recovery. Featuring detachable foam-gripped handles and an inner storage tube, the roller morphs to suit your needs pre, post and during workouts.

-  Functions as both an ab wheel and a massage roller
-  Helps develop total core strength
-  Eases muscle discomfort and increases mobility
-  Detachable handles with internal roller storage
-  Foam-gripped handles for comfort and durability
-  Textured surface massages whilst rolling

## MODEL NO.






ADAC-11405-NL

# PUSH UP BARS



## HIGHLIGHTS

Designed to enhance each rep, the adidas push up bars allow you to deepen your range of motion for more targeted training. Adding 11.5 cm in height to your push-ups, the bars place greater stress on both your chest, arm and shoulder muscles, helping to boost the effectiveness and challenge of each rep.

-  11.5cm height adds greater depth to your push-ups
-  Increased vertical range places more emphasis on the chest, arm, and shoulders
-  Foam handles provide greater comfort and grip
-  Neutral handle positioning eases wrist discomfort
-  Wide base and floor grips add stability and traction

## MODEL NO.

ADAC-12231-NL









# PREMIUM PUSH UP BARS



## HIGHLIGHTS

Allowing you to deepen your push-ups by 14cm, the adidas premium push up bars enhance each rep by creating a deficit that traditional ground movements do not. Placing more emphasis on the chest, shoulder, and arm muscle groups, the premium bars create far more effective and challenging reps.

-  14 cm height adds greater depth to your push-ups
-  Increased vertical range places more emphasis on the chest, arm, and shoulders
-  Foam handles provide greater comfort and grip
-  Neutral handle positioning eases wrist discomfort
-  Grippy feet provide maximum floor traction
-  Solid design results in a max. user weight of 130 kg

## MODEL NO.






ADAC-12233-NL

# PERFORMANCE PUSH UP BARS



## HIGHLIGHTS

Designed with numbered arrows and a shoulder target, the performance push up bars perpendicular grip alignment encourages perfect form in three highly effective push-up positions. With the embossed arrows facing forwards, the numbered positions can accommodate triceps, deltoid and major pectoral adjustments for more focused and concentrated muscular development.

-  11.7 cm height adds greater depth to your push-ups
-  Ergonomic handles reduce strain on the wrists
-  Numbered positions for targeting different muscles
-  Grippy base adds stability and traction
-  Solid design results in a max. user weight of 120kg

## MODEL NO.

ADAC-12232



# SWIVEL PUSH UP BARS

NEW COLOUR FOR SS24









SS24 ADIDAS TRAINING CATALOGUE



## HIGHLIGHTS

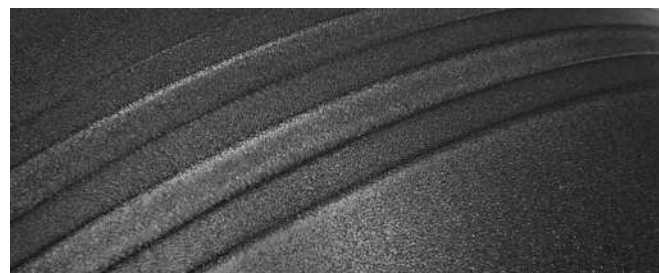
Designed to enhance your push-ups; the adidas swivel bars help to achieve a smooth, complete rep. Fitted with a ball bearing disk and rotation lock mechanism, the swivel push-up bars allow you to perform both static and dynamic movements. Designed with a gripped non-slip base, the adidas bars provide a solid platform for your workout.

-  Designed to enhance your push-ups
-  Helps achieve proper form
-  Smooth ball-bearing disc
-  Rotation lock mechanism
-  Grippy, non-slip base
-  Wide grip handles

MODEL NO.





ADAC-11401GR **NEW**

# GYMBALL



## HIGHLIGHTS

A home gym essential, the adidas gymball helps to strengthen and tone your core with a broader range of stability and strengthening exercises. Made from anti-slip material, the ball supports you throughout your workout with a dual-textured surface for maximum grip.

-  Helps to strengthen and tone your core
-  Anti-burst technology slowly deflates if punctured
-  Dual-textured surface for maximum grip
-  Includes hand pump for easy inflation

## MODEL NO.

- Grey / 55 cm: ADBL-11245GR-NL
- Grey / 65 cm: ADBL-11246GR-NL
- Grey / 75 cm: ADBL-11247GR-NL
- Black / 55 cm: ADBL-11245BK-NL
- Black / 65 cm: ADBL-11246BK-NL
- Black / 75 cm: ADBL-11247BK -NL








# DOOR GYM



## HIGHLIGHTS

Designed with a counterbalance mechanism, the adidas door gym fits most frames for upper body training. Fitted with padded hand grips, the door gym helps target the back and biceps with 3 pull-up variations; also working the chest and triceps when used on the floor.

-  Designed with a counterbalance mechanism
-  Three padded hand grip positions
-  Foam padded door protectors
-  Fits most frames
-  Extends further from the door than most bars; allowing you to perform complete pull-ups




## MODEL NO.

ADAC-11402BK

# HIIT DECK



## HIGHLIGHTS

-  Scan to Train feature - with free exercise videos
-  More than twenty setup combinations
-  Three-position bench support: incline, decline & flat
-  Two levels of height adjustment: 20 & 35 cm
-  Set includes a resistance tube and skipping rope
-  High-grip workout surface for comfort and traction
-  Resistance tube points on the base and backrest
-  Internal storage compartment for small accessories
-  Slip-resistant feet ensure a stable platform
-  No assembly required
-  Ultra-durable design with a 150 kg max. user weight
-  Dimensions: 121.5 x 33.7 x 20 - 35 cm



SCAN TO TRAIN  
WORKOUT VIDEOS

## MODEL NO.

ADP-15070BK



2

# YOGA

SS24 RANGE



# 4 mm YOGA MAT

NEW FOR SS24












SS24 ADIDAS YOGA CATALOGUE



## HIGHLIGHTS

Stylishly designed whilst keeping comfort in mind, the adidas 4mm yoga mat is crafted to elevate your yoga experience.

-  178 x 62 cm surface area
-  4mm thick cushioning combines stability and comfort
-  Made from EVA
-  Non-toxic and PVC-free
-  Constructed using 50% recycled materials
-  Medium density
-  Durable with a soft foam texture
-  Subtle surface texture for grip
-  Subtle base texture for floor traction

## MODEL NO.

- Collegiate Burgundy: ADYG-10001CB **NEW**
- Legend Ivy: ADYG-10001LI **NEW**
- Pink Fusion: ADYG-10001PF **NEW**
- Black: ADYG-10001BK **NEW**
- Preloved Ink: ADYG-10001PI **NEW**
- Silver Violet: ADYG-10001SV **NEW**











# 7 mm YOGA MAT



## HIGHLIGHTS

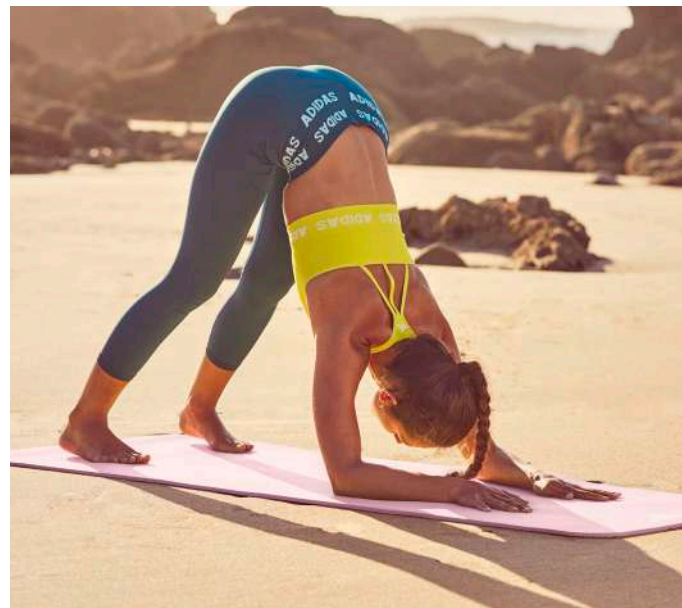
Delivering a softer feel with a durable but cushioned texture, the adidas 7 mm yoga mat delivers the perfect balance between stability and comfort for more effective yet supported poses. Featuring a smooth surface texture for greater stability, the mat's ribbed base complements the surface by enhancing both traction and stability.

-  173 x 61 cm surface area
-  7 mm thickness combines stability and comfort
-  Made from NBR
-  PVC-free
-  Soft density
-  Durable with a soft cushioned texture
-  Smooth surface texture for stability
-  Ribbed base texture for floor traction

## MODEL NO.









- Wild Pine: ADYG-10010GN-NL
- Preloved brown: ADYG-10010PB
- Shadow Violet: ADYG-10010SV

# 8 mm YOGA MAT



## HIGHLIGHTS

The adidas 8mm yoga mat provides cushioning and stability; with a non-slip texture increasing traction for stronger and more rooted poses.

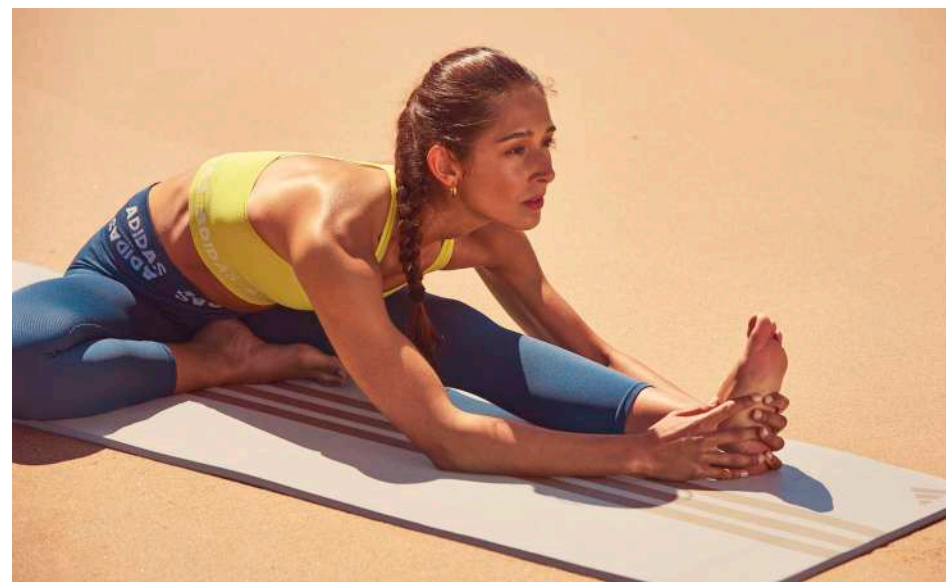
-  176 x 61 cm surface area
-  8mm thick cushioning for additional comfort
-  Made from EVA and TPE
-  PVC-free
-  Medium density
-  Durable with a soft foam texture
-  Subtle surface texture for grip
-  Wave base texture for floor traction

## MODEL NO.

- Preloved Fuchsia: ADYG-10100PF
- Preloved Blue: ADYG-10100PB
- Silver Violet: ADYG-10100SV
- Clear Pink: ADYG-10100CP
- Black: ADYG-10100BK-NL
- Trace Blue: ADYG-10100BL-NL
- Mystery Ruby: ADYG-10100MR-NL
- Raw Green: ADYG-10100RG-NL



# 10 mm YOGA MAT



## HIGHLIGHTS

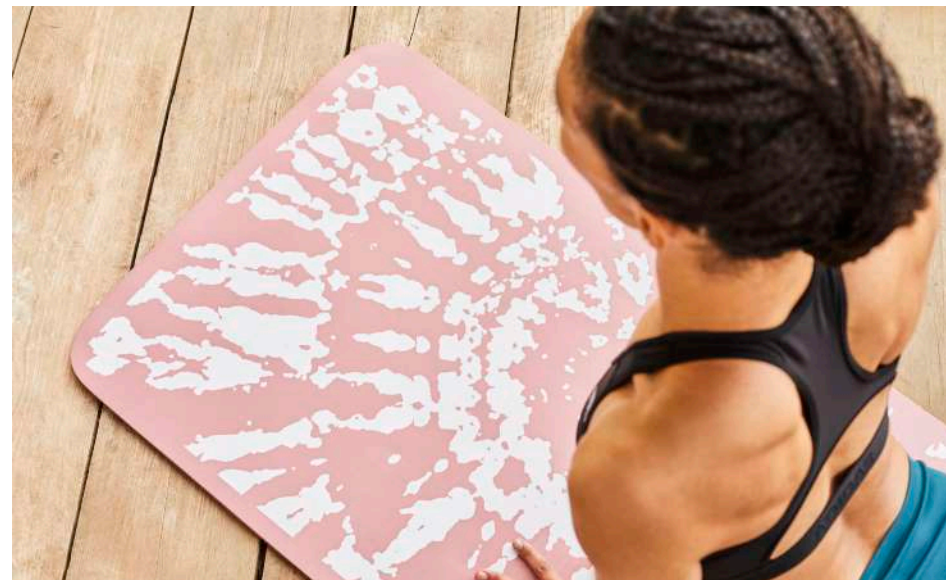
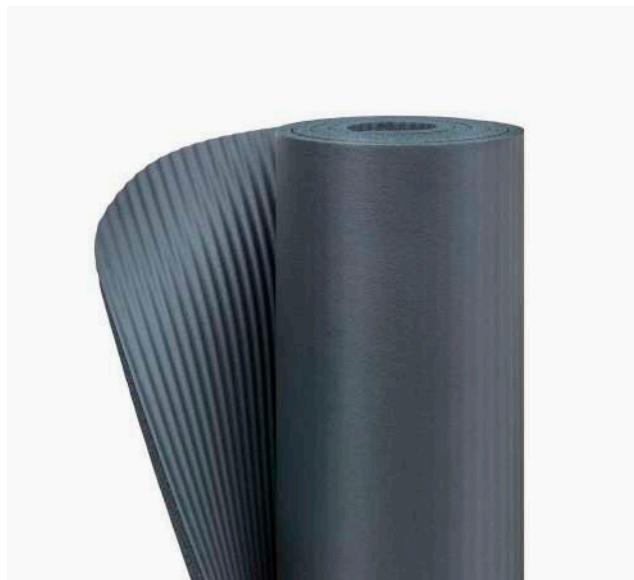
Made from 10mm thick NBR material, the adidas yoga mat delivers a perfect balance of stability and comfort. Complete with an elasticated shoulder carry strap included, the mat is quick and easy to pack away for transport and storage.

-  183 x 61 cm surface area
-  10<sub>mm</sub> 10 mm thick cushioning for additional comfort
-  Made from NBR
-  PVC-free
-  Soft density
-  Durable with a soft cushioned texture
-  Smooth surface texture for stability
-  Ribbed base texture for floor traction
-  Elasticated carry strap included

## MODEL NO.

- Linen Green: ADYG-10210GN
- Hazy Rose: ADYG-10210PK
- Wonder Beige: ADYG-10210WB

# 10 mm YOGA MAT



## HIGHLIGHTS

Made from 10mm thick NBR material, the adidas yoga mat delivers a perfect balance of stability and comfort. Complete with an elasticated shoulder carry strap included, the mat is quick and easy to pack away for transport and storage.

-  183 x 61 cm surface area
-  10<sub>mm</sub> 10 mm thick cushioning for additional comfort
-  Made from NBR
-  PVC-free
-  Soft density
-  Durable with a soft cushioned texture
-  Smooth surface texture for stability
-  Ribbed base texture for floor traction
-  Elasticated carry strap included

## MODEL NO.

- Blue: ADYG-10200BL-NL
- Hazy Rose: ADYG-10200PK-NL
- Grey: ADYG-10200GR-NL











# 5 mm PREMIUM YOGA MAT



## HIGHLIGHTS

Made from a malleable TPE material, the premium yoga mat gives a firm grounding without compromising on comfort, increasing stability for added traction and stronger poses.

-  176 x 61 cm surface area
-  5<sup>mm</sup> thickness combines stability and comfort
-  Made from TPE and EVA
-  PVC-free
-  Medium density
-  Durable with a firmer and slightly gummy texture
-  Subtle surface texture for grip
-  Wave base texture for floor traction

## MODEL NO.

- Preloved Fuchsia: ADYG-10300PF
- Preloved Blue: ADYG-10300PB
- Silver Violet: ADYG-10300SV
- Clear Pink: ADYG-10300CP
- Trace Blue: ADYG-10300TB
- Black: ADYG-10300BK-NL
- Mystery Ruby: ADYG-10300MR-NL
- Raw Green: ADYG-10300RG-NL

# 5 mm ANTIMICROBIAL YOGA MAT



## HIGHLIGHTS

Combining a firmer and slightly gummy texture with a medium-density feel, the adidas 5mm premium antimicrobial yoga mat offers greater stability without overlooking comfort. The antimicrobial material also works to prevent unwanted nasties from growing within the pores of the mat's foam, creating a much more hygienic yoga foundation.

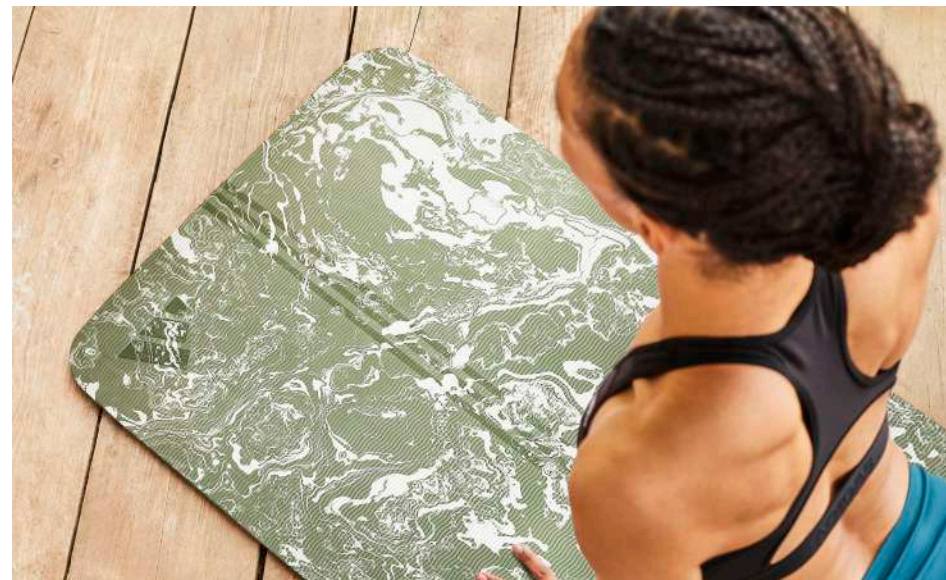
-  176 x 61 cm surface area
-  5mm thickness combines stability and comfort
-  Made from TPE and EVA
-  PVC-free
-  Medium density
-  Durable with a firmer and slightly gummy texture
-  Antimicrobial material
-  Subtle surface texture for grip
-  Wave base texture for floor traction
-  Woven carry string included

## MODEL NO.

ADYG-10350MR-NL



# 5 mm CAMO YOGA MAT



## HIGHLIGHTS

Designed for yoga, Pilates and general exercise, the 5 mm camo yoga mat is both lightweight and rollable. Made from a malleable TPE material, the mat gives a firm grounding without compromising on comfort, increasing stability for added traction and stronger poses.

-  176 x 61 cm surface area
-  5<sup>mm</sup> 5 mm thickness combines stability and comfort
-  Made from TPE and EVA
-  PVC-free
-  Medium density
-  Durable with a firmer and slightly gummy texture
-  Wave surface texture for grip
-  Wave base texture for floor traction
-  Woven carry string included

## MODEL NO.

- Coral Fusion: ADYG-10500CF
- Linen Green: ADYG-10500GN
- Raw Steel: ADYG-10500RS-NL

# 6 mm DOUBLE SIDED YOGA MAT



## HIGHLIGHTS

With a double-sided design to help mix up your style, the 6 mm yoga mat is made from a TPE/EVA blend, designed to create a medium density with a firmer and slightly gummy texture.

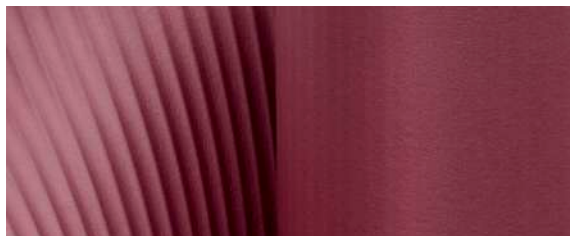
-  176 x 61 cm surface area
-  6 mm thickness combines stability and comfort
-  Made from TPE and EVA
-  PVC-free
-  Medium density
-  Durable with a firmer and slightly gummy texture
-  Wave surface texture for grip
-  Wave base texture for floor traction
-  Woven carry string included

## MODEL NO.

- Blue and Mint: ADYG-10400BLM-NL
- Blue and Yellow: ADYG-10400BLY-NL
- Grey and Wild Pink: ADYG-10400WP-NL



# 15 mm PILATES MAT



## HIGHLIGHTS

At 15mm thick, the adidas Pilates mat is designed to deliver complete cushioning and comfort. Featuring a ribbed surface and base texture, the Pilates mat provides a more enhanced grip on the mat's top and bottom, boosting the traction on both the floor and your points of contact.

-  180 x 63cm surface area
-  15<sup>mm</sup> 15mm thick for total comfort
-  Made from NBR
-  PVC-free
-  Soft density
-  Durable with a soft cushioned texture
-  Smooth surface texture for stability
-  Ribbed base texture for floor traction
-  '2 in 1' carry and pose strap included

## MODEL NO.











ADYG-10650MR-NL

# 3.2 mm NATURAL RUBBER YOGA MAT



## HIGHLIGHTS

Delivering total stability and solid ground contact, the 3.2mm adidas natural rubber yoga mat offers a firm density with a weighty premium feel for an unshakeable yoga foundation. Made for advanced yoga practice, the natural rubber mat features a microfibre surface for a soft and absorbent base that is ideal for both traditional and hot yoga sessions.

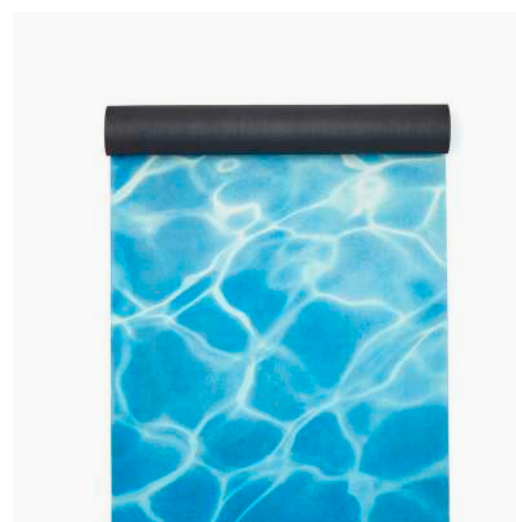
-  183 x 61 cm surface area
-  3.2<sup>mm</sup> 3.2mm thick for greater stability and ground contact
-  Base made from natural rubber
-  Surface made from Polyester
-  PVC-free
-  Firm density
-  Weighty with a premium feel
-  Absorbent microfibre surface is ideal for hot yoga
-  Smooth surface texture offers a perfectly flat foundation
-  High grip rubber base texture

## MODEL NO.

ADYG-10730G-NL













# 3.2 mm NATURAL RUBBER YOGA MAT



## HIGHLIGHTS

Delivering total stability and solid ground contact, the 3.2mm adidas natural rubber yoga mat offers a firm density with a weighty premium feel for an unshakeable yoga foundation. Made for advanced yoga practice, the natural rubber mat features a microfibre surface for a soft and absorbent base that is ideal for both traditional and hot yoga sessions.

-  183 x 61 cm surface area
-  3.2mm thick for greater stability and ground contact
-  Base made from natural rubber
-  Surface made from Polyester
-  PVC-free
-  Firm density
-  Weighty with a premium feel
-  Absorbent microfibre surface is ideal for hot yoga
-  Smooth surface texture offers a perfectly flat foundation
-  High grip rubber base texture

## MODEL NO.







ADYG-10730W-NL

# 4 mm NATURAL RUBBER YOGA MAT



## HIGHLIGHTS

Delivering total stability and solid ground contact, the 4 mm adidas natural rubber yoga mat offers a firm density with a weighty premium feel for an unshakeable yoga foundation. Made for advanced yoga practice, the natural rubber yogi mat features laser-cut detailing at key positioning reference points across the mat's surface, allowing you to navigate your way through poses whilst ensuring precise alignment and smoother transitions.

-  183 x 61 cm surface area
-  4mm thick for greater stability and ground contact
-  Base made from natural rubber
-  Surface made from PU
-  PVC-free
-  Firm density
-  Weighty with a premium feel
-  Ultra grippy, smooth surface with laser cut detailing
-  Position reference points help improve your alignment
-  High grip rubber base texture

## MODEL NO.

ADYG-10820VC-NL









# YOGA BLOCK



## HIGHLIGHTS

Designed to both deepen and support your yoga poses, the adidas foam yoga block provides a solid yet comfortable base to help you achieve a wider range of positions. Made from lightweight high-density EVA foam, the block delivers complete strength and dependability, giving you the peace of mind to focus on your practice.

-  Helps to deepen and support your yoga poses
-  Made from lightweight high-density EVA foam
-  Hygienic moisture resistant material stays fresh
-  Textured bevelled edges provide stronger, better grip
-  Quality construction maintains its form
-  Dimensions: 22.8 x 15.2 x 7.6 cm

## MODEL NO.






ADYG-20101-NL

# CORK YOGA BLOCK



## HIGHLIGHTS

A sustainable, eco-friendly alternative to the traditional foam yoga block, the adidas cork yoga block helps support your poses as well as the environment.

-  Helps deepen and support your yoga poses
-  Made from natural, sustainable, high-density cork
-  Hygienic moisture resistant surface stays fresh
-  Bevelled edges and a naturally high-grip texture provide greater stability, comfort and support
-  Dimensions: 22.8 x 15.2 x 7.6 cm

**MODEL NO.**

ADYG-20102-NL



# YOGA STRAP



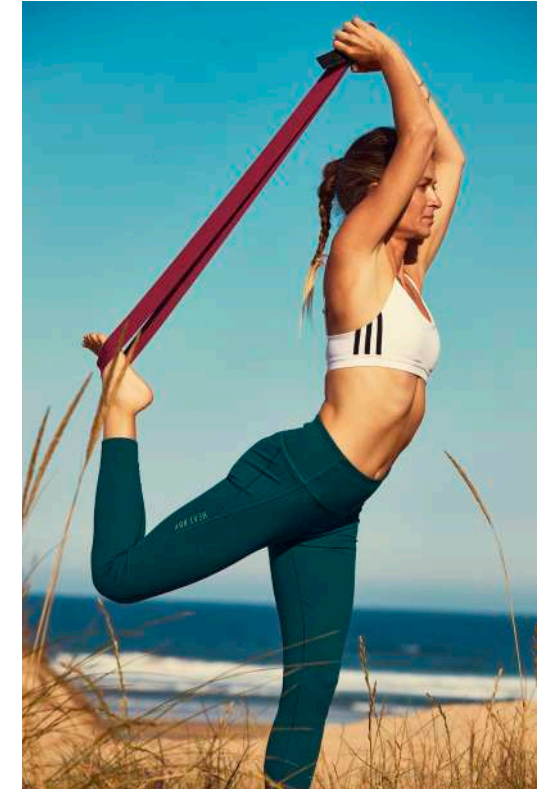
### HIGHLIGHTS

- Helps to achieve better poses and postural alignment
- Improves range of motion and flexibility
- Robust metal D-rings for easy length adjustment
- Durable and tightly woven material with an anti-slip texture
- 253 cm in length, ideal for all shapes and sizes

### MODEL NO.

ADYG-20200TL-NL

# PREMIUM YOGA STRAP



### HIGHLIGHTS

- Helps to achieve better poses and postural alignment
- Improves range of motion and flexibility
- Robust steel D-rings for easy length adjustment
- Durable and tightly woven material with an anti-slip texture
- 253 cm in length, ideal for all shapes and sizes

### MODEL NO.






ADYG-20201WP-NL

# MAT CARRY STRAP



## HIGHLIGHTS

Lightweight and durably woven from a strong cotton blend, the adidas mat carry strap is fit for any size yoga, pilates or training mat. Designed to fasten and loosen easily via the two sliding adjusters, the strap's looped design is perfect for use on the go - simply loop the strap over your mat, pick it up and you're ready to go.

-  Ideal for any size yoga, pilates or training mat
-  Simple looped design with sliding adjusters
-  Easy and quick attachment
-  Durably woven polyester/cotton material blend
-  Hardwearing yet comfortable on the shoulder

## MODEL NO.

ADYG-20400GR-NL









# YOGA MAT BAG



## HIGHLIGHTS

Head to your classes in style with the adidas yoga mat bag. Designed to carry yoga mats up to 8mm thick, the mat bag is sustainably produced by using recycled textiles to reduce the usage of virgin materials and help to end plastic waste.

-  Designed to carry mats up to 8mm in thickness
-  Quick and easy closure with a drawstring fastening
-  Soft and comfortable material
-  Graphite metal eyelets add a stylish touch
-  Moisture-resistant inner lining
-  Smooth matt PU tabs with debossed adidas branding

## MODEL NO.





ADYG-20502-NL

# YOGA SOCKS



## HIGHLIGHTS

Boosting both traction and hygiene, the adidas yoga socks optimise your performance by producing more rooted ground contact. Designed with a dotted gripped base and elasticated strap, the socks stay put throughout your session for focussed yoga practice.

-  Boosts your grip for stronger yoga poses
-  Ideal for more hygienic class workouts
-  Woven cotton with elasticated polyester straps
-  Grippy dots on the soles of the socks maximise ground contact and traction

## MODEL NO.

S/M: ADYG-30101BK-NL

M/L: ADYG-30102BK-NL





3

# RECOVERY

SS24 RANGE











# CORK MASSAGE BALL



## HIGHLIGHTS

Made from 100% recycled cork material, the sustainably produced adidas cork massage ball reduces the usage of virgin materials and helps to end plastic waste. Ideal for use across the entire body, massage balls are an effective tool to alleviate aches and pains with targeted pressure before and after workouts.

-  Made from recycled cork
-  100% sustainable and biodegradable
-  Targets tight tissue with focused pressure
-  Helps alleviate aches and pains, and promotes faster recovery
-  8cm diameter - ideal for all key muscle groups
-  Compact and ideal for your gym bag or travelling

## MODEL NO.

ADTB-11610










# CORK DOUBLE MASSAGE BALL



## HIGHLIGHTS

Made from 100% recycled cork material, the sustainably produced adidas cork double massage ball reduces the usage of virgin materials and helps to end plastic waste. Ideal for use across the back, neck, arms and legs, the double massage ball is an effective tool to alleviate aches and pains with targeted pressure both pre- and post-workout.

-  Made from recycled cork
-  100% sustainable and biodegradable
-  Targets tight tissue with focused pressure
-  Helps alleviate aches and pains
-  Increases blood flow and accelerates recovery
-  Concave mid-section - Ideal for massaging the back, neck, legs, and arms
-  Compact and ideal for your gym bag or travelling

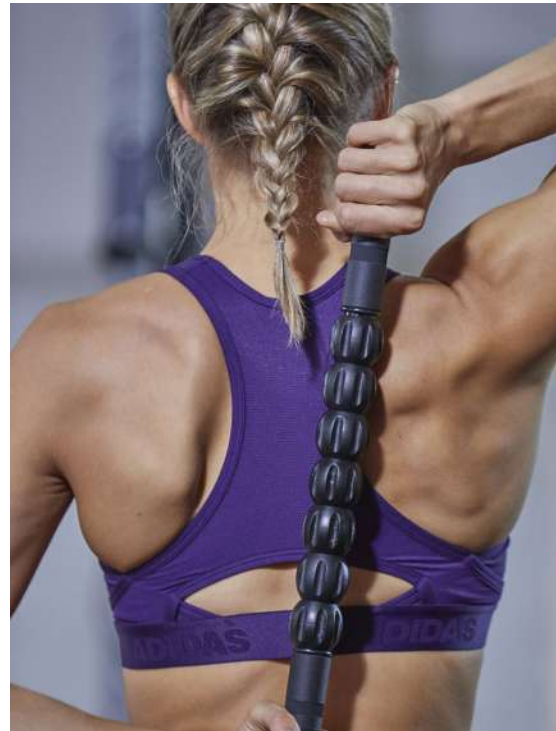
## MODEL NO.

ADTB-11611

SS24 RECOVERY





# MASSAGE ROLLER

SS24 ADIDAS RECOVERY CATALOGUE



## HIGHLIGHTS

Built to release tight tissue, the adidas massage roller targets aches and pains with broad yet concentrated pressure. Featuring two handles with fluted foam covers, the roller's seven rotating balls have a grooved texture for effective treatment across a larger surface area.

-  Releases tight tissue and alleviates aches and pains
-  Provides broad yet concentrated pressure
-  Seven rotating massage balls
-  Grooved foam handles for comfort

**MODEL NO.**

ADTB-11608BK-NL










# EPP FOAM ROLLER



## HIGHLIGHTS

Made from 100% recycled EPP foam, the sustainably produced adidas foam roller reduces the usage of virgin materials and helps to end plastic waste. 90 cm in length, the long design allows for a wide variety of both stretching and massage techniques, promoting faster recovery and reducing muscle soreness after tough training sessions.

-  Made from 100% recycled EPP foam
-  Made for a wide variety of stretching and massage
-  Accelerates recovery to reduce muscle soreness
-  Dense foam construction creates a more concentrated massage
-  Long design for targeting all major muscle groups
-  Closed cell EPP foam prevents moisture absorption for greater hygiene
-  Dimensions: 90 x 15 cm dia.

## MODEL NO.

ADAC-11507

SS24 RECOVERY







# ESSENTIAL FOAM ROLLER

SS24 ADIDAS RECOVERY CATALOGUE



## HIGHLIGHTS

Made from dense EVA foam with a geometric surface texture, the roller's outer construction provides the perfect balance of responsiveness and rigidity - whilst the strong ABS tube core allows you to target the entire body whilst maintaining its form for optimal pressure application.

-  Geometric surface texture for a deeper massage
-  Strong inner core maintains form for effective pressure
-  Dense EVA foam construction
-  Provides a firm yet cushioned surface
-  Compact design, ideal for taking to the gym
-  Dimensions: 33 x 14 cm dia.

## MODEL NO.

ADAC-11506-NL



SS24 RECOVERY

# FOAM ROLLER

NEW COLOUR FOR SS24








SS24 ADIDAS RECOVERY CATALOGUE



## HIGHLIGHTS

Helping to relieve muscle fatigue, the foam roller's hollow plastic core provides targeted pressure with a dense foam surface for comfort. Massaging your muscles to improve blood and oxygen flow, the roller helps increase mobility and accelerate recovery.

-  Provides targeted pressure to relieve muscle fatigue
-  Helps improve blood flow to accelerate recovery
-  Dense foam surface for comfort
-  Durable, hollow plastic core
-  Dimensions: 38 x 14 cm dia.

MODEL NO.






ADAC-11501GR **NEW**

# TEXTURED FOAM ROLLER



## HIGHLIGHTS

Compact and lightweight, the textured foam roller allows you to target tight muscles; helping to increase mobility and accelerate recovery. The raised bobbled texture also massages the muscles, promoting blood flow and releasing tense tissue.

-  Bobbled texture helps massage muscle and promote blood flow
-  Targets tightness to help release tension and accelerate recovery
-  Lightweight and compact
-  Dense foam retains shape
-  Dimensions: 33 x 12.5cm dia.

## MODEL NO.

ADAC-11505BK-NL



# ANKLE SUPPORT



### HIGHLIGHTS

-  Bolsters the ankle for greater support and strength
-  Ergonomic design doesn't restrict movement
-  Breathable and moisture wicking material
-  Strong nylon trim helps secure the support
-  Made from a hardwearing elasticated nylon blend






### MODEL NO.

- S: ADSU-12411WH
- M: ADSU-12412WH
- L: ADSU-12413WH
- XL: ADSU-12414WH

# ELBOW SUPPORT



### HIGHLIGHTS

-  Bolsters the elbow for greater support and strength
-  Ergonomic design doesn't restrict movement
-  Breathable and moisture wicking material
-  Strong nylon trim helps secure the support
-  Made from a hardwearing elasticated nylon blend

### MODEL NO.

- S: ADSU-12431WH
- M: ADSU-12432WH
- L: ADSU-12433WH
- XL: ADSU-12434WH

SS24 RECOVERY






# KNEE SUPPORT

SS24 ADIDAS RECOVERY CATALOGUE



## HIGHLIGHTS

Ergonomically designed, the adidas knee support bolsters the joint without restricting movement - providing the support needed to keep you at your best. Ideal for use in all types of training or competition, the hardwearing nylon blend offers complete performance and durability.

-  Bolsters the knee for greater support and strength
-  Ergonomic design doesn't restrict movement
-  Breathable and moisture wicking material
-  Strong nylon trim helps secure the support
-  Made from a hardwearing elasticated nylon blend

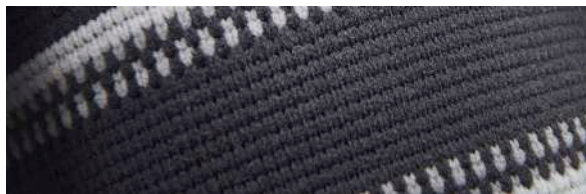
## MODEL NO.

S: ADSU-12421WH  
M: ADSU-12422WH






L: ADSU-12423WH  
XL: ADSU-12424WH



# ANKLE SUPPORT



### HIGHLIGHTS

-  Structured reinforcement without limiting movement
-  Varying knit pattern panels for effective support
-  High elasticity heel for a comfortable fit
-  Comfortable, breathable material
-  Thick cuffs at the top and bottom secure the support






### MODEL NO.

- S: ADSU-12511BK-NL
- M: ADSU-12512BK-NL
- L: ADSU-12513BK-NL
- XL: ADSU-12514BK-NL

# WRIST SUPPORT



### HIGHLIGHTS

-  Structured reinforcement without limiting movement
-  Varying knit pattern panels for effective support
-  Cut-out thumb loop for a natural grip
-  Comfortable, breathable material
-  Thick cuffs at the top and bottom secure the support

### MODEL NO.








- S: ADSU-12541BK-NL
- M: ADSU-12542BK-NL
- L: ADSU-12543BK-NL
- XL: ADSU-12544BK-NL

# ELBOW SUPPORT



## HIGHLIGHTS

Allowing you to keep pushing with your training, the knitted elbow support helps to keep you moving and progressing through tough training periods. Ergonomically designed, the adidas elbow support is created to provide structured reinforcement to the entire elbow without limiting movement or performance.

-  Structured reinforcement without limiting movement
-  Varying knit pattern panels for effective support
-  Centralised ring forms to the elbow
-  Comfortable fabric made from nylon and spandex
-  Breathable material
-  Thick cuffs at the top and bottom secure the support
-  Elasticated material provides a secure fit

## MODEL NO.

S: ADSU-12531BK-NL      L: ADSU-12533BK-NL  
 M: ADSU-12532BK-NL      XL: ADSU-12534BK-NL



SS24 RECOVERY





# KNEE SUPPORT

SS24 ADIDAS RECOVERY CATALOGUE



## HIGHLIGHTS

Allowing you to keep pushing with your training, the knitted knee support helps to keep you moving and progressing through tough training periods. Ergonomically designed, the adidas knee support is created to provide structured reinforcement to the entire knee without limiting your movement or performance.

-  Structured reinforcement without limiting movement
-  Varying knit pattern panels for effective support
-  Centralised ring forms to the knee
-  Comfortable fabric made from nylon and spandex
-  Breathable material
-  Thick cuffs at the top and bottom secure the support
-  Elasticated material provides a secure fit

## MODEL NO.

S: ADSU-12521BK-NL      L: ADSU-12523BK-NL  
M: ADSU-12522BK-NL      XL: ADSU-12524BK-NL








# PERFORMANCE ANKLE SUPPORT

AEROREADY



## HIGHLIGHTS

-  Bolsters the ankle for greater support and strength
-  Built-in compressive kinesiology band
-  Aeroready technology encourages greater airflow
-  Fitted with an internal non-slip silicone inlay
-  Seamless circular knitted design for comfort and durability

## MODEL NO.

- S: ADSU-13311-NL
- M: ADSU-13312-NL
- L: ADSU-13313-NL
- XL: ADSU-13314-NL






# PERFORMANCE ELBOW SUPPORT



AEROREADY



## HIGHLIGHTS

-  Bolsters the elbow for greater support and strength
-  Built-in compressive kinesiology band
-  Aeroready technology encourages greater airflow
-  Fitted with an internal non-slip silicone inlay
-  Seamless circular knitted design for comfort and durability

## MODEL NO.

- S: ADSU-13331-NL
- M: ADSU-13332-NL
- L: ADSU-13333-NL
- XL: ADSU-13334-NL



SS24 RECOVERY

# KNEE SUPPORT







SS24 ADIDAS RECOVERY CATALOGUE

AEROREADY



## HIGHLIGHTS

Worn during sports or training sessions, the adidas performance knee support provides strategic reinforcement without restricting movement. Featuring a dual-compression kinesiology band and silicone grip, the Aeroready support stays put throughout your session; allowing you to focus on maximising your performance.

-  Provides reinforcement without limiting movement
-  Bolsters the elbow for greater support and strength
-  Built-in compressive kinesiology band
-  Aeroready technology encourages greater airflow
-  Fitted with an internal non-slip silicone inlay
-  Seamless knitted design for comfort and durability

## MODEL NO.

S: ADSU-13321-NL      L: ADSU-13323-NL  
M: ADSU-13322-NL      XL: ADSU-13324-NL

# UNIVERSAL SUPPORT WRAP [SHORT]

SS24 ADIDAS RECOVERY CATALOGUE



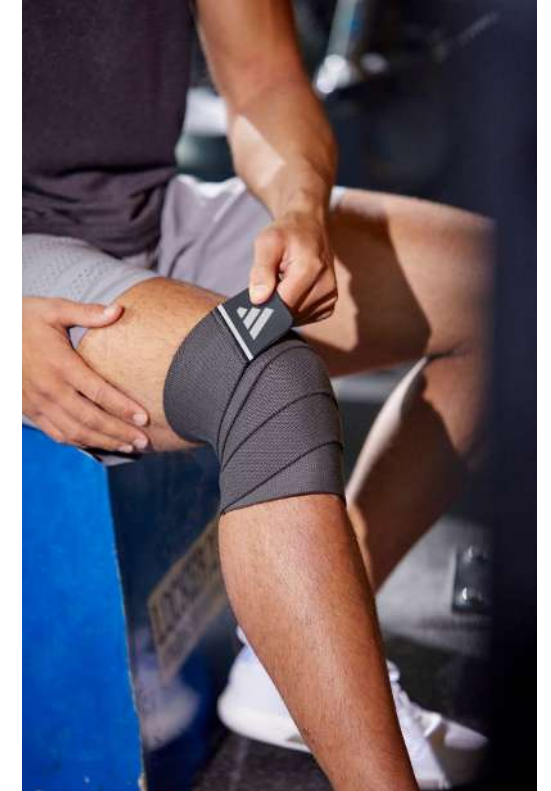
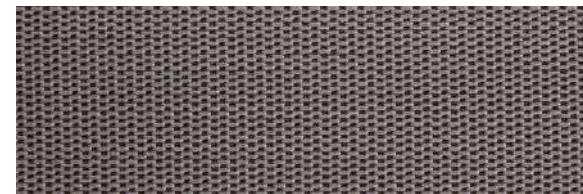
### HIGHLIGHTS

- Bolsters your joints without restricting movement
- Elasticated design creates enhanced support
- Strong and secure Velcro fastening closure
- Elasticated thumb loop reduces movement and irritation
- One size wrap design is fit for all sizes

### MODEL NO.

ADSU-13371-NL

# UNIVERSAL SUPPORT WRAP [LONG]



### HIGHLIGHTS

- Bolsters your joints without restricting movement
- Elasticated design creates enhanced support
- Strong and secure Velcro fastening closure
- Ideal for use on both the knee or elbow
- One size wrap design is fit for all sizes

### MODEL NO.

ADSU-13373-NL



4

# BENCHES

SS24 RANGE








# PERFORMANCE AB BENCH



## HIGHLIGHTS

Designed to enhance core workouts, the adjustable ab bench extends your range of motion for greater abdominal stress. Upping the intensity of your basic core movements, the bench's foam-padded anchors lock in your legs; providing the necessary leverage for decline exercises.

-  2.5" thick dense foam padding
-  Knee and ankle foam rollers
-  Tapered back pad
-  Strong steel framework
-  Wide base for total stability
-  Easy to build
-  Max. load: 175 kg
-  Dimensions: 113.5 x 46 x 47 cm
-  Packed in 100% recyclable packaging



SCAN TO  
TRAIN //

## MODEL NO.

ADBE-10220-NL



# PERFORMANCE FLAT BENCH



## HIGHLIGHTS

Engineered to broaden your exercise potential, the performance flat bench is the cornerstone of any strength program. Made from thick hollow steel with a densely padded surface, the bench combines stability with comfort for total training performance.

-  2.5" thick dense foam padding
-  Strong steel framework
-  Wide base for total stability
-  Easy to build
-  Max. load: 205 kg
-  Dimensions: 119 x 48.5 x 42 cm
-  Packed in 100% recyclable packaging



SCAN TO  
TRAIN //

## MODEL NO.



ADBE-10222-NL

# PERFORMANCE UTILITY BENCH



## HIGHLIGHTS

A versatile training tool, the performance utility bench is the ideal platform for upper body workouts. Built with thick padding and foam ankle anchors, the dual-adjustable bench allows you to vary your workouts with tailored seat and back pad positions.

-  2.5" thick dense foam padding
-  Padded ankle anchors
-  Tapered back pad
-  Strong steel framework
-  Wide base for total stability
-  Easy to build
-  Max. load: 175 kg
-  Dimensions: 121 x 49 x 113cm
-  Packed in 100% recyclable packaging



SCAN TO  
TRAIN //

## MODEL NO.

ADBE-10225-NL













# PERFORMANCE TRAINING BENCH



## HIGHLIGHTS

With six levels of position adjustment and a removable preacher pad, the performance training bench accommodates compound and isolated movements. Ideal for both upper and lower body training, the plate loaded leg developer works the quads and hamstrings with its curl and extension functionality.

-  2.5" thick dense foam padding
-  Padded ankle anchors
-  Plate loaded leg developer
-  Tapered back pad
-  Strong steel framework
-  Wide base for total stability
-  Easy to build
-  Max. load: 215 kg
-  Dimensions: 181 x 60.5 x 120 cm
-  Packed in 100% recyclable packaging



SCAN TO  
TRAIN //

## MODEL NO.











ADBE-10228-NL

# PERFORMANCE POWER TOWER



## HIGHLIGHTS

Designed for bodyweight training, the performance power tower helps develop the chest, back, arms and abs with simple compound movements. Built with a solid steel frame and dense foam padding, the power tower features grippy non-slip feet to aid stability.

-  2.5" thick dense foam padding
-  Cushioned back and arm pads
-  Foldable armrests
-  Wide and narrow pull-up grips
-  Strong steel framework
-  Wide base for total stability
-  Easy to build
-  Max. load: 135 kg
-  Dimensions: 121 x 115 x 213 cm
-  Packed in 100% recyclable packaging



SCAN TO  
TRAIN //

## MODEL NO.

ADBE-10229-NL



# PERFORMANCE HOME GYM



## HIGHLIGHTS

-  100 kg weight stack
-  Ankle foam pads
-  Dense foam pads - 65 mm thick
-  Dual function leg developer
-  Durable steel construction
-  Includes handle, ankle, z bar and short bar attachments
-  Low and high pulley stations
-  Powder coated finish
-  Push and pull function with pivot bar for flys
-  Removable preacher pad
-  Dimensions: 183.5 x 106 x 213cm
-  Packed in 100% recyclable packaging



SCAN TO  
TRAIN //

## MODEL NO.

ADBE-10250GN-NL

TRAINING EQUIPMENT

# SS24 CATALOGUE

SS24 ADIDAS CATALOGUE

[WWW.XTREM-GMBH.COM](http://WWW.XTREM-GMBH.COM)

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