



ADIDAS AW22
TRAINING EQUIPMENT

COSCO (INDIA) LIMITED-Exclusive Distributor for Adidas Range of Fitness Accessories in India



TRAINING

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TRAINING



HIIT DECK



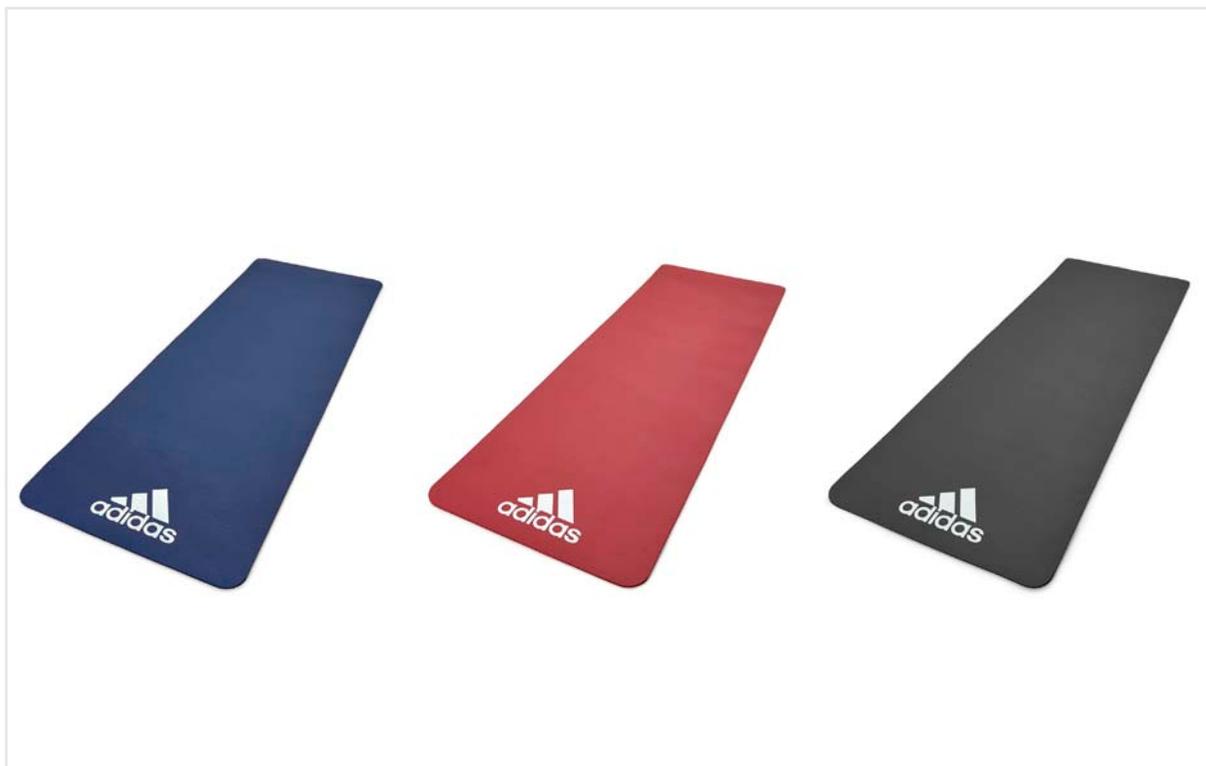
SUMMARY

- Unique, configurable workout platform ideal for High-Intensity Interval Training
- adidas Resistance Tube and Skipping Rope included as part of the kit
- Scan to Train feature – scan the QR code with your device to access online exercise content
- Multiple setup configurations including incline, decline and flat bench settings
- Quick and easy height adjustment: 20 cm and 35 cm / 7.8" and 13.7"
- High-grip workout surface provides comfort and traction for strength and cardio exercises
- Integrated resistance tube attachment points along the backrest and base
- Internal storage compartment ideal for small fitness accessories
- Slip-resistant feet help to absorb impact and ensure a stable workout platform
- Ultra-durable design with a maximum user weight of 150 kg / 330 lb
- Compact and lightweight, weighing only 12.4 kg / 27.3 lb, making it easy to move and store
- No assembly required – ready to go straight out of the box
- Setup dim. : (L) 121.5 x (W) 33.7 x (H) 35 cm / (L) 47.8" x (W) 13.2" x (H) 13.7"

MODEL NO.

ADP-15070BK

FITNESS MAT



SUMMARY

Built for general ground exercise, the adidas Fitness Mat has a ridged base to increase stability for stronger workouts. The padded cushioning creates a comfortable surface to work from whilst keeping the mat lightweight, compact and quick to roll away.

Easy to clean with a large adidas logo, the fitness mat is fit for all levels, styles and training types.

- Available in two sizes:
7 mm mat: 173 x 61 cm
10 mm mat: 183 x 61 cm
- Soft cushioning
- Easy to wash and clean
- Ideal for ground exercise and general training

- Lightweight design rolls tight for transport and storage
- Made from NBR
- Ridged bottom helps grip the floor and reduce movement
- Carry Strap: 10mm mat

MODEL NO.

- | | |
|------------------------|-------------------------|
| 7 mm Blue ADMT-11014BL | 10 mm Blue ADMT-11015BL |
| 7 mm Grey ADMT-11014GR | 10 mm Grey ADMT-11015GR |
| 7 mm Red ADMT-11014RD | 10 mm Red ADMT-11015RD |

TRAINING MAT



SUMMARY

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.

Designed with stitched fabric edging for added durability, the mat features a ridged base which grips the floor, increasing traction for more effective training.

- Ample cushioning for comfort – 10mm thick
- Closed cell technology minimises moisture absorption
- Dimensions – 183 (L) x 61 (W)
- Easy to wash and clean
- Large printed adidas logo
- Made from NBR
- Ridged bottom helps grip the floor and reduce movement
- Rollable for easy transport and storage
- Stitched fabric edging offers added durability
- Strong Velcro shoulder strap included

MODEL NO.

- 10 mm Grey ADMT-12235GR
- 10 mm Red ADMT-12235
- 10 mm Blue ADMT-12235BL

COMPRESSION CALF SLEEVES



SUMMARY

BOOST PERFORMANCE - Combining performance and comfort, adidas Compression Sleeves stimulate blood circulation and boost performance.

PAIR OF SLEEVES - Supplied as a pair, the tight-fitting design delivers top performance mile after mile.

MACHINE WASHABLE - Fit for machine washing, the Compression Sleeves are easily cleaned and made to last.

ELASTICATED DESIGN - Made from a blend of elastane and polyester, the sleeves are both lightweight and stretchable for total comfort.

- Accelerates recovery and reduces soreness
- Helps regulate temperature for reduced irritation
- Improved circulation enhances performance
- Made from an elastane-polyester blend

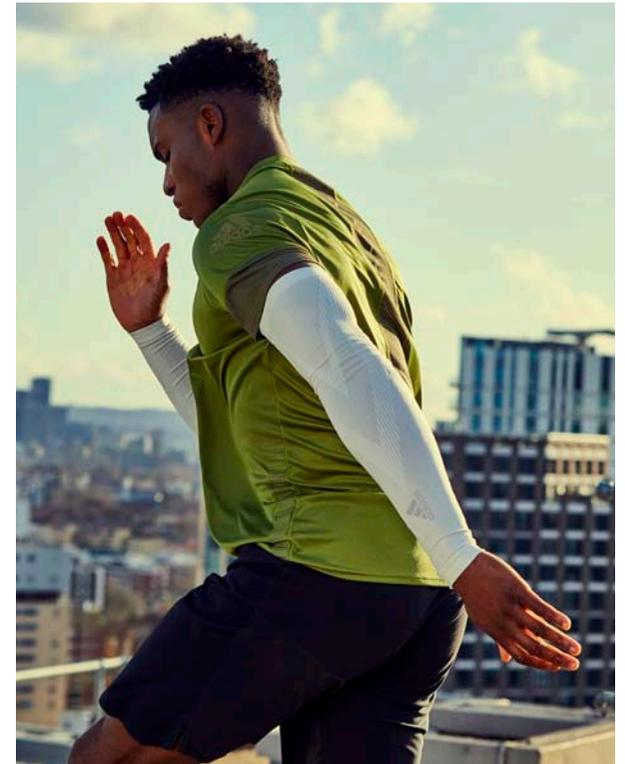
MODEL NO.

Black S/M ADSL-13323BK
Black L/XL ADSL-13325BK

Grey S/M ADSL-13323GR
Grey L/XL ADSL-13325GR



COMPRESSION ARM SLEEVES



SUMMARY

BOOST PERFORMANCE - Combining performance and comfort, adidas Compression Sleeves stimulate blood circulation and boost performance.

PAIR OF SLEEVES - Supplied as a pair, the tight-fitting design delivers top performance mile after mile.

MACHINE WASHABLE - Fit for machine washing, the Compression Sleeves are easily cleaned and made to last.

ELASTICATED DESIGN - Made from a blend of elastane and polyester, the sleeves are both lightweight and stretchable for total comfort.

- Accelerates recovery and reduces soreness
- Helps regulate temperature for reduced irritation
- Improved circulation enhances performance
- Made from an elastane-polyester blend

MODEL NO.

Black S/M ADSL-13023BK
Black L/XL ADSL-13025BK

Grey S/M ADSL- 13023GR
Grey L/XL ADSL-13025GR

SPORTS HAIR BANDS (Set of 3)



SUMMARY

Adidas headbands keep hair out the way so you can focus on your workout.
 Lycra material absorbs sweat to reduce irritation with an elasticated fit and silicone strip keeping your hair and band in place.

- Ideal for Yoga, sports and general fitness
- Internal silicone strip reduces slipping
- Keeps hair under control with an elasticated fit
- One size fits all
- Pack of 3 bands

MODEL NO.

Mint, Green & Grey ADYG-30203
 Grey, White & Black ADYG-30204

Black, White, Solar & Red ADAC-16200
 Power Berry, Grey & Black ADAC-16201
 Signal Cyan, Grey & Grey ADAC-16202



HEAD BAND _____



MODEL NO. _____ SUMMARY _____

Black ADAC-16211BK

White ADAC-16211WH

- Elasticated wide-band design
- Ideal for yoga, sports and general training
- Keeps hair under control

HEAD BAND _____



MODEL NO. _____ SUMMARY _____

Black ADYG-30222BK

Collegiate Burgundy ADYG-30222CB

Clear Orange Graphic ADYG-30222CO

Raw Steel Graphic ADYG-30222RS

White ADYG-30222WH

Real Teal ADYG-30222TL

- Helps reduce irritation during exercise
- Ideal for yoga, sport and general exercise
- Keeps hair under control with an elasticated fit
- One size fits all
- Wide band design provides greater coverage



ANKLE/WRIST WEIGHTS



MODEL NO. _____

ADWT-12320 - 0.5 kg
ADWT-12321 - 1 kg
ADWT-12322 - 1.5 kg

SUMMARY _____

- Ideal for developing strength, cardio and muscular endurance
- Increases the difficulty of bodyweight exercises
- Strong Velcro fastening for a secure and comfortable fit
- Even weight distribution ensures a seamless fit around both ankles and wrists

PERFORMANCE ANKLE/WRIST WEIGHTS



MODEL NO. _____

ADWT-12630 - 0.5 kg
ADWT-12631 - 1.0 kg
ADWT-12632 - 1.5 kg
ADWT-12634 - 2.0 kg

SUMMARY _____

- Ideal for developing strength, cardio and muscular endurance
- Increases the difficulty of bodyweight exercises
- Outer facing weight pouches provide a more comfortable fit
- Fitted with a strong Velcro fastening and cast iron buckle for a secure fit
- Suede inner lining provides extra comfort



ANKLE / WRIST WEIGHTS _____



MODEL NO. _____ SUMMARY _____

ADWT-12227 - 0.5 Kg
ADWT-12228 - 1 Kgs

- 2 x 0.5kg ankle/wrist weights with secure lock mechanism
- Adds a further level of intensity to your workout
- Adjustable Circumference : Minimum 14.5cm - Maximum 20cm
- One size fits all

ADJUSTABLE ANKLE / WRIST WEIGHTS _____



MODEL NO. _____ SUMMARY _____

ADWT-12229 - 1 Kgs
ADWT-12230 - 2 Kgs

- Adjustable ankle weights with 2 x 2kg removable weight packs
- Adjustable Circumference : Minimum 20cm - Maximum 48cm
- One size fits all
- Velcro® fastening



DUMBBELLS (PAIR)



SUMMARY

STRENGTHEN & TONE - adidas

Dumbbells help strengthen and tone; broadening your exercise potential with 1 - 5 kg options to scale the difficulty.

DURABLE DESIGN - Neoprene coated with a cast iron core, the dumbbells stand up to repeated tough sessions.

ISOLATED & COMPOUND EXERCISES

- An established training cornerstone; dumbbells are built for both isolated and compound movements, allowing you to diversify your workouts and hit any goal.

HEXAGONAL STRUCTURE - Featuring a unique hexagonal design, adidas dumbbells stay put once set down for added safety and ease of storage.

- Available from 1 - 5 kg and 2 - 10 lb

- Hexagonal design prevents rolling

- Ideal for both isolated and compound movements

- Neoprene coated cast iron core

MODEL NO.

1kg ADWT-10001

2kg ADWT-10002

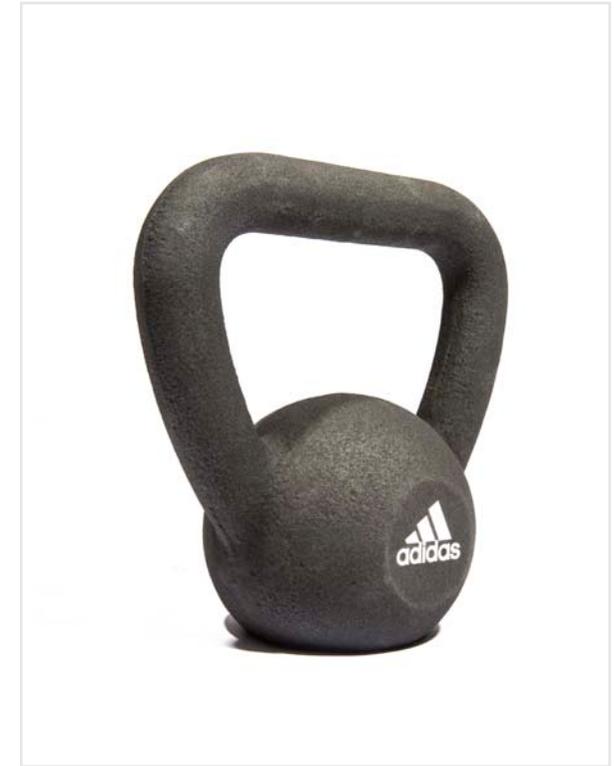
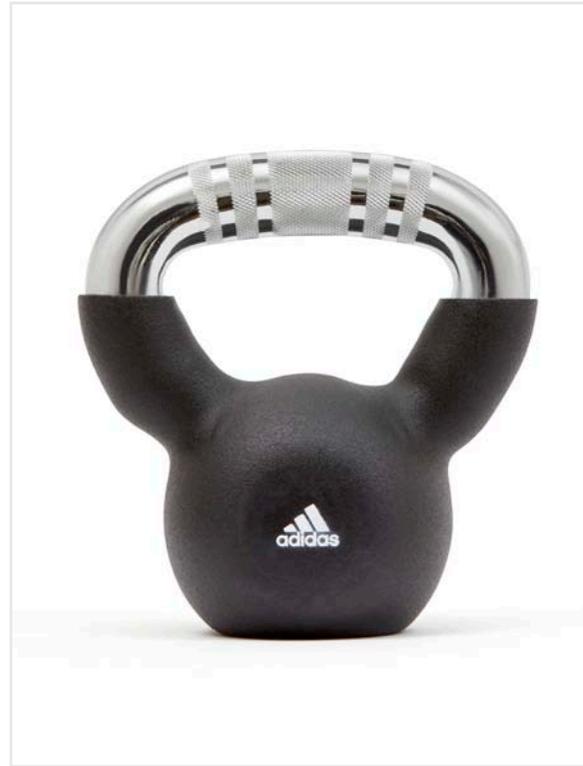
3kg ADWT-10003

4kg ADWT-10004

5kg ADWT-10005



KETTLEBELL



SUMMARY

Kettlebells are one of the oldest and most basic types of exercise dating back thousands of years; however the adidas design team has used the latest materials and innovative design features to bring them right up to date.

When you swing a kettlebell in front of you, it might look like it's a shoulder exercise, but actually 70% of the power is coming from your legs and buttocks.

- Flat base prevents rolling
- Knurled handle for enhanced grip
- Neoprene coated cast iron core
- Weights available from 4 - 16 kg (9 - 35 lb)
- Wide design for single and double handed movements
- Balanced heavy duty iron construction
- Improves endurance and boots cardio stamina
- Wide handle for extra versatility and comfortable grip

MODEL NO.

- 4kg ADWT-11322
- 8kg ADWT-11323
- 12kg ADWT-11324
- 16kg ADWT-11325

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



NEOPRENE DUMBBELLS



SUMMARY

With the range of adidas neoprene weights going up in 1kg increments, this ensures that the jump from one weight to the next is large enough to stimulate the muscles differently, but not so big that it is too challenging.

With these hand weights, you choose your challenge level and the weight best for you and your training programme.

Having a slight advantage over cast iron or vinyl dumbbells when it comes to sweat, the neoprene dumbbell's soft, smooth coating ensures the weight is less slippery when your hands begin to perspire during your workout.

Plus, the coating provides an aesthetically pleasing look and doesn't cause damage to flooring.

- Neoprene coating for protection and impact resistance
- Coating ensures a tighter grip, especially when the hands begin to sweat
- Dumbbells are adaptable and can be used for a wide variety of exercises

MODEL NO.

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



DOOR GYM _____



MODEL NO. _____ SUMMARY _____

ADAC-11402

- Foam padded door protectors
- Three grip positions
- Unique structure for optimal performance

PROFESSIONAL GRIP TRAINERS _____



MODEL NO. _____ SUMMARY _____

ADAC-11400

- Angled design
- Iron springs
- Ridged grip handles



TRAIN BAR



MODEL NO.

SUMMARY

ADAC-11403

You can attach both tubes to one end of the bar to double up the resistance for rip, cross chop and racquet style exercises.

It enables you to work all three planes, so you can develop a strong core and perform functional strength exercises.

SLAM BALL



MODEL NO.

SUMMARY

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

Designed for both circuit and strength training. With a bobble surface texture providing maximum grip



AB WHEEL



MODEL NO. _____ SUMMARY _____

ADAC-11404

- 18 cm wheel diameter
- Helps develop core strength
- Padded foam handles
- Rubber gripped wheel

CORE ROLLERS



MODEL NO. _____ SUMMARY _____

ADAC-11604

- 14.5 cm diameter wheels
- Padded foam handles
- Rubber gripped wheels



PUSH UP BARS



SUMMARY

Push-ups are a great exercise to build upper body and core strength, typically performed on the floor.

Using push-up bars can offer further training benefits beyond the no-equipment push-up. The apparatus enables you to exercise free of pain and

lets you lower yourself closer to the floor which increases the muscle work output required.

The handles are two separate pieces of equipment, two platforms to grip with each hand, allowing you to change the position and direction of your wrists.

- Padded foam handles
- Non-slip grips
- Stable design

MODEL NO.

ADAC- 12231

GYMBALL



SUMMARY

A home gym essential, the adidas Gymball helps strengthen and tone your core with a range of stability exercises.

Made from anti-slip material, the ball supports you throughout your workout with a dual-textured surface for maximum grip.

Featuring anti-burst technology, the ball slowly deflates if punctured to help avoid injury.

Complete with a pump; the adidas Gymball gives you all the tools for effective home workouts.

- 110 kg max user weight
- Anti-burst technology slowly deflates if punctured
- Dual-textured surface for maximum grip
- Helps develop core strength and stability
- Includes hand pump

MODEL NO.

- Grey 55 cm ADBL-11245GR
- Grey 65cm ADBL-11246GR
- Grey 75 cm ADBL-11247GR

ESSENTIAL SKIPPING ROPE _____



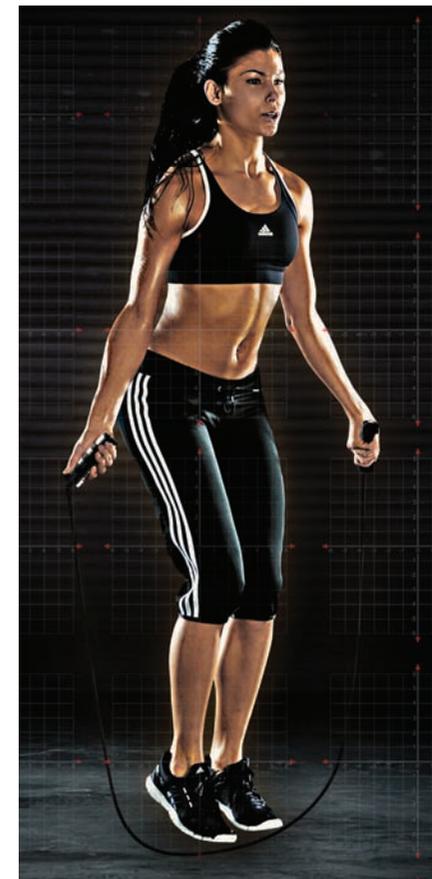
MODEL NO. _____

ADTB-11017

SUMMARY _____

- 3m in length
- Adjustable adidas Essential Skipping Rope
- Fast smooth action
- Slim grip handles

SPEED ROPE _____



MODEL NO. _____

ADTB-12234

SUMMARY _____

- 3m in length
- Adjustable rope
- Comfort foam handle
- Integral bearing for speed training



RESISTANCE TUBE



SUMMARY

Featuring comfort grip handles, the adidas Resistance Tubes help strengthen and tone with targeted workouts.

Fit for both upper and lower body training, the tubes allow you to perform a wide range of exercises regardless of your environment.

Available in three resistance levels, the tubes help create challenging sessions whatever your ability.

- Comfort grip handles
- Helps strengthen and tone
- Ideal for both upper and lower body
- Versatile and durable

MODEL NO.

- Level 1 ADTB-10501
- Level 2 ADTB-10502
- Level 3 ADTB-10503

POWER TUBE



SUMMARY

Built to strengthen and tone, the adidas Power Tubes help target both the upper and lower body.

Featuring comfort grip handles and a durable sleeve design, the tubes offer total comfort and grip for top performance.

Allowing you to create challenging workouts on the go, the tubes are available in three resistance levels; pushing your workouts every session.

- Comfort grip handles
- Designed to strengthen and tone
- Durable outer sleeve
- Ideal for both upper and lower body
- Versatile and compact

MODEL NO.

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

LEATHER WEIGHT LIFTING BELT



MODEL NO. _____

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

SUMMARY _____

Designed for maximum back and core support when performing heavy lifts.

The fully lined wide leather weightlifting belt features a built-in cushioned lumbar pad to help alleviate strain on the back muscles by keeping the back aligned during each lift.

NYLON WEIGHT LIFTING BELT



MODEL NO. _____

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

SUMMARY _____

Layers of nylon and rigid padding create a comfortable and structured fit designed to complement and assist the muscles of the torso during training and in particular heavier lifts.

A fully adjustable Velcro® closure ensures a snug and comfortable fit. Useful for bracing the abdominal wall and creating intra-abdominal pressure

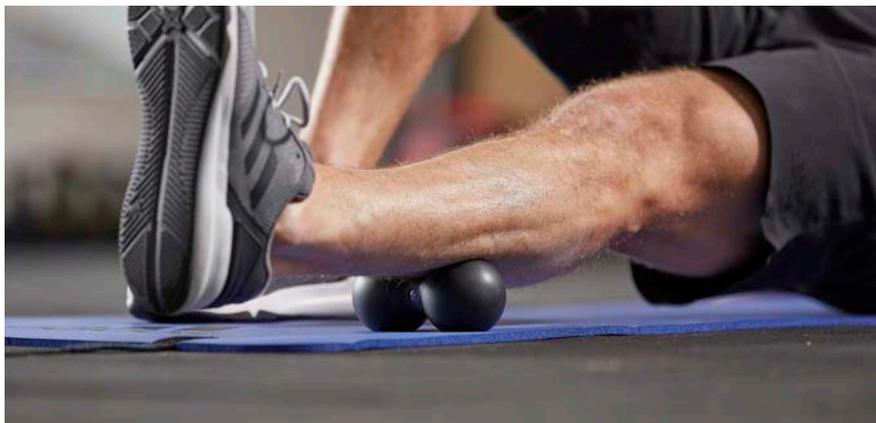




RECOVERY



DOUBLE MASSAGE BALL _____

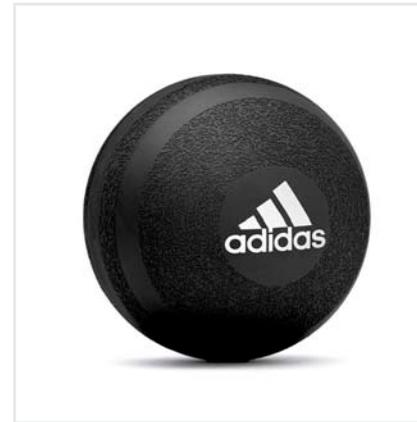


MODEL NO. _____ SUMMARY _____

ADTB-11609

- Dual-ball design
- Hollow TPR construction
- Promotes blood flow
- Targets and relieves tight tissue

MASSAGE BALL _____



MODEL NO. _____ SUMMARY _____

Black ADTB-11607
Blue ADTB-11607BL

- 8.3 cm diameter
- Helps alleviate aches and pains
- Release tight tissue with focused pressure
- Responsive cork inner with a PU outer



MASSAGE ROLLER



SUMMARY

RELIEVE ACHES & PAINS - The adidas Massage Roller targets aches and pains with broad yet concentrated pressure.

GROOVED MASSAGE BALLS - The roller's seven rotating balls have a grooved texture for effective treatment across a larger surface area.

FOCUSSED PRESSURE - The roller is also fit for more focused massage; allowing you to enhance each workout both pre and post-session.

FOAM HANDLES - With fluted foam handles, the roller is both easy on the hands and durable.

- Grooved foam handles
- Ideal for releasing tense tissue
- Massages aches and pains
- Seven rotating massage balls

MODEL NO.

Red ADTB-11608

Blue ADTB-11608BL



TEXTURED FOAM ROLLER _____

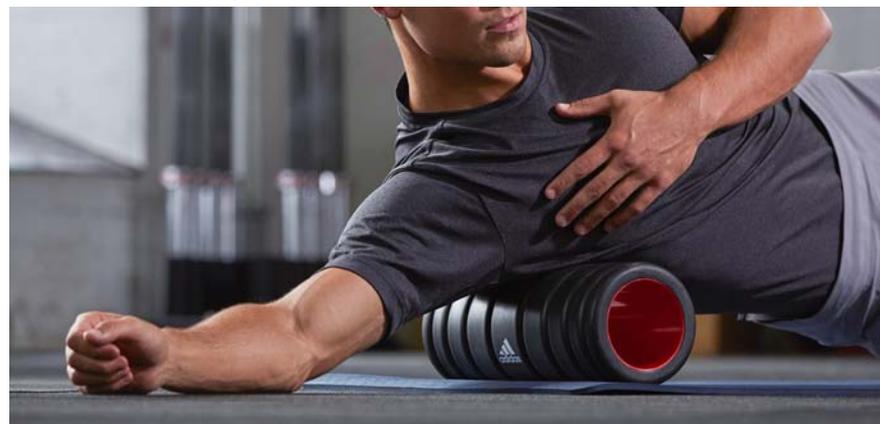


MODEL NO. _____ SUMMARY _____

18cm Grey Camo ADAC-11504GR

- Bobbled texture helps massage muscle and promote blood flow
- Compact size helps target tightness with focussed pressure
- Helps ease muscle discomfort and increase mobility
- Targets tightness to help release tension

FOAM ROLLER _____



MODEL NO. _____ SUMMARY _____

Red ADAC-11501

Blue ADAC-11501BL

- 38 cm length, 14 cm diameter
- Accelerates recovery
- Dense foam surface
- Hollow plastic core
- Relieves tight tissue



ANKLE SUPPORT



MODEL NO. _____

SUMMARY _____

M ADSU-12412RD
L ADSU-12413RD

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Ankle for greater support and strength

KNEE SUPPORT



MODEL NO. _____

SUMMARY _____

S ADSU-12421RD
M ADSU-12422RD
L ADSU-12423RD
XL ADSU-12424RD

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Knee for greater support and strength



ELBOW SUPPORT _____



MODEL NO. _____ SUMMARY _____

M ADSU-12432RD
L ADSU-12433RD
XL ADSU-12434RD

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Elbow for greater support and strength

WRIST SUPPORT _____



MODEL NO. _____ SUMMARY _____

M ADSU-12442RD
L ADSU-12443RD

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Wrist for greater support and strength



PERFORMANCE ANKLE SUPPORT



SUMMARY

AEROREADY TECH - Engineered for performance and recovery; the adidas Aeroready Support helps you move freely and recover faster.

STRATEGIC REINFORCEMENT - Worn during sports or training sessions, the Ankle Support provides strategic reinforcement without restricting movement.

SILICONE GRIP - Featuring a silicone grip, the Aeroready Support stays put throughout your session; allowing you to focus solely on maximising your performance.

KINESIOLOGY BAND - Engineered with a built-in kinesiology band, the Performance Support delivers total structure and support.

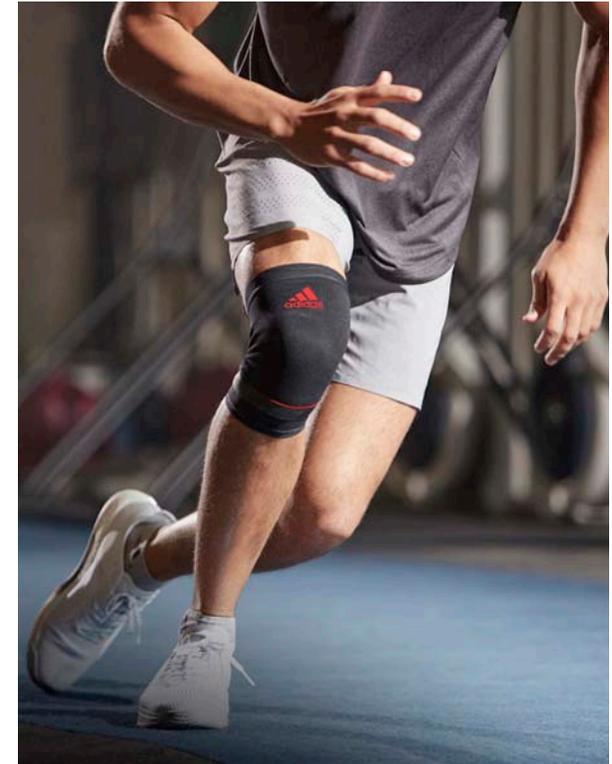
- Aeroready technology encourages airflow
- Dual compression kinesiology band
- Moisture wicking Coolmax yarn
- Non-slip silicone inlay
- Seamless circular knitted design

MODEL NO.

Grey M ADSU-13312
Grey L ADSU-13313

AEROREADY

PERFORMANCE KNEE SUPPORT



SUMMARY

AEROREADY TECH - Engineered for performance and recovery; the adidas Aeroready Support helps you move freely and recover faster.

STRATEGIC REINFORCEMENT - Worn during sports or training sessions, the Knee Support provides strategic reinforcement without restricting movement.

SILICONE GRIP - Featuring a silicone grip, the Aeroready Support stays put throughout your session; allowing you to focus solely on maximising your performance.

KINESIOLOGY BAND - Engineered with a built-in kinesiology band, the Performance Support delivers total structure and support.

- Aeroready technology encourages airflow
- Dual compression kinesiology band
- Moisture wicking Coolmax yarn
- Non-slip silicone inlay
- Seamless circular knitted design

MODEL NO.

- Grey M ADSU-13322
- Grey L ADSU-13323
- Grey XL ADSU-13324

AEROREADY

PERFORMANCE ELBOW SUPPORT



SUMMARY

AEROREADY TECH - Engineered for performance and recovery; the adidas Aeroready Support helps you move freely and recover faster.

STRATEGIC REINFORCEMENT - Worn during sports or training sessions, the Elbow Support provides strategic reinforcement without restricting movement.

SILICONE GRIP - Featuring a silicone grip, the Aeroready Support stays put throughout your session; allowing you to focus solely on maximising your performance.

KINESIOLOGY BAND - Engineered with a built-in kinesiology band, the Performance Support delivers total structure and support.

- Aeroready technology encourages airflow
- Dual compression kinesiology band
- Moisture wicking Coolmax yarn
- Non-slip silicone inlay
- Seamless circular knitted design

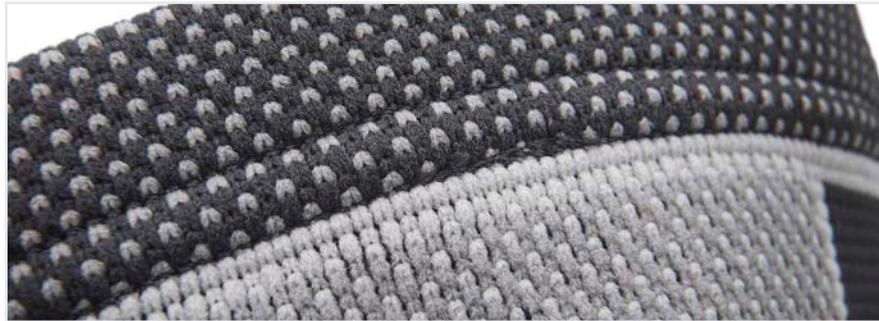
MODEL NO.

Grey M ADSU-13332
Grey L ADSU-13333

AEROREADY



ANKLE SUPPORT



MODEL NO. _____

SUMMARY _____

M ADSU-12512BK
L ADSU-12513BK

- Provides joint support for all sports, running and general fitness related activities
- Closed heel design features a high elasticity panel for a tailored and comfortable fit
- Made from nylon and spandex for breathability and elasticity

KNEE SUPPORT



MODEL NO. _____

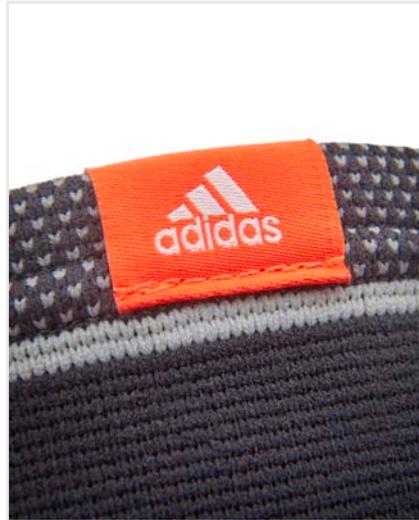
SUMMARY _____

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

- Provides joint support for all sports, running and general fitness related activities
- Centralised ring forms to the knee cap by blending a tight knit and elasticated centre
- Made from nylon and spandex for breathability and elasticity



ELBOW SUPPORT



MODEL NO. _____

SUMMARY _____

M ADSU-12532BK
L ADSU-12533BK
XL ADSU-12534BK

- Provides joint support for all sports, running and general fitness related activities
- Centralised ring forms to the elbow by blending a tight knit and elasticated centre
- Made from nylon and spandex for breathability and elasticity

WRIST SUPPORT



MODEL NO. _____

SUMMARY _____

M ADSU-12542BK
L ADSU-12543BK

- Provides joint support for all sports, running and general fitness related activities
- The cut-out thumb loop design allows you to maintain a natural grip and feel whilst training
- Made from nylon and spandex for breathability and elasticity



UNIVERSAL SUPPORT WRAP - SHORT _____

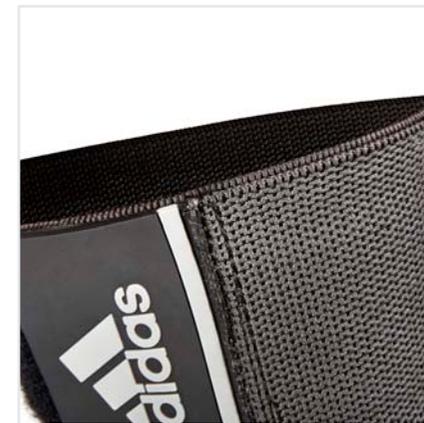


MODEL NO. _____ SUMMARY _____

Grey ADSU- 13371

- Dimensions – 49 (L) x 6 (W) cm
- Elasticated design creates enhanced support
- Elasticated thumb loop
- Engineered for performance and recovery
- Secure Velcro fastening

UNIVERSAL SUPPORT WRAP - LONG _____



MODEL NO. _____ SUMMARY _____

Grey ADSU-13373

- Dimensions – 139 (L) x 8 (W) cm
- Elasticated design creates enhanced support
- Engineered for performance and recovery
- Secure Velcro fastening





YOGA



YOGA MAT - 8 mm



SUMMARY

Built for yoga, Pilates and general ground exercise, the 8mm mat provides cushioning and stability; with a non-slip texture increasing traction for stronger and more rooted poses.

The lightweight and rollable design is ideal for transport and is available in 10 colours.

- Ample cushioning – 8mm thick
- Compact and rollable
- Easy to transport and store
- Grippy non-slip texture for added stability
- Ideal for yoga and Pilates
- Lightweight PVC-free material
- Printed adidas logo

MODEL NO.

- Trace Blue ADYG-10100BL
- Vapor Grey ADYG-10100VG
- Raw Green ADYG-10100RG
- Aero Green ADYG-10100GN
- Mystery Ruby ADYG-10100MR
- Black ADYG-10100BK

TIE-DYE YOGA MAT - 10 mm



SUMMARY

Made from 10 mm thick NBR material, the adidas Tie-Dye Yoga Mat delivers a perfect balance of stability and comfort with a vibrant abstract design to brighten up your yoga classes.

Featuring a smooth surface texture for greater stability, the mat's ribbed base compliments the surface by enhancing both traction and stability, combining to offer a well-rounded platform for you to work towards more rooted yoga practice.

Designed for indoor use, barefoot or with yoga socks, the adidas 10 mm Yoga Mats are perfectly sized for all types of user, measuring in at 183 cm long by 61 cm wide.

- 10 mm thick NBR Yoga Mat combines stability with comfort
- NBR material offer a softer density with a durable and cushioned texture
- Complete with an elasticated carry strap for transport and storage
- Unrolled mat dimensions - 183 (L) x 61 (W) cm

MODEL NO.

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



HOT YOGA MAT



SUMMARY

MODEL NO.

Designed for hot yoga, the mat's towelling surface absorbs sweat for maximum grip and stronger poses. At 2 mm thick, the soft material helps reduce irritation whilst the webbed non-slip base minimises movement for top performance.

Compact and rollable; the adidas Hot Yoga Mat is easy to transport and ideal for use alone or in addition to another mat.

- Dimensions - 173 (L) x 61 (W) x 0.2 (H) cm
- Ideal alone or combined with other mats
- Soft material reduces irritation
- Towelling material absorbs sweat for maximum grip
- Webbed non-slip base

ADYG-10680BK

YOGA BLOCK _____

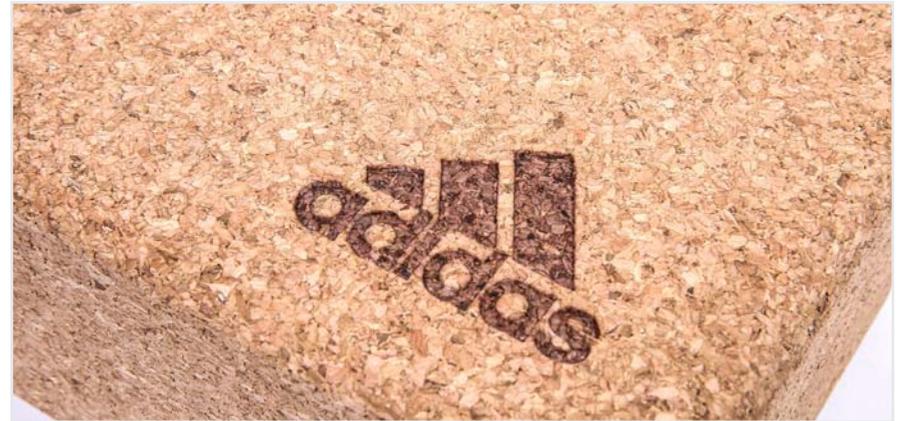


MODEL NO. _____ SUMMARY _____

ADYG-20100FOAM

- Dimensions - 22.8 (L) x 15.2 (W) x 7.6 (H) cm
- Designed to help deepen and support your yoga poses
- Made from lightweight high-density EVA foam for strength and dependability
- Texture bevelled edges provide stronger, better grip and a superior ergonomic fit

CORK YOGA BLOCK _____



MODEL NO. _____ SUMMARY _____

ADYG-20100CORK

- Dimensions - 22.8 (L) x 12 (W) x 7.5 (H) cm
- Eco-friendly construction
- Helps support your poses
- Hygienic impermeable surface



PILATES BANDS



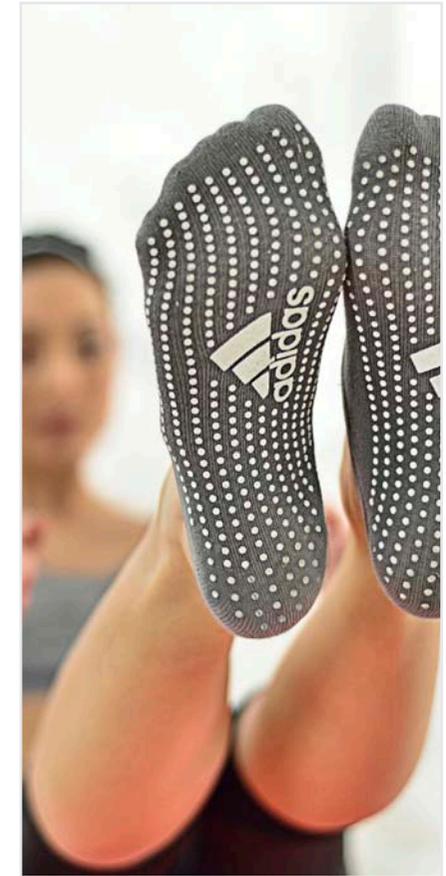
MODEL NO. _____

ADYG-20300

SUMMARY _____

- 100% latex rubber, 180 x 15cm
- 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

YOGA SOCKS



MODEL NO. _____

- Grey S/M ADYG-30101GR
- Grey M/L ADYG-30102GR
- Black S/M ADYG-30101BK
- Black M/L ADYG-30102BK

SUMMARY _____

- Designed to boost your grip for stronger yoga poses
- Made from 100% woven cotton with an elasticated polyester strap
- Rubber grip dots on the sole of the sock maximise ground contact and traction



PERFORMANCE WATER BOTTLE _____



MODEL NO. _____

ADBT-14001SS
ADBT-14001PB
ADBT-14001WH
ADBT-14001BK

SUMMARY _____

- Made from squeezable material, the adidas Performance Water Bottle's screw cap design and textured rubber grip make it ideal for all sports and training.
- Featuring a silicone puff valve, the BPA free bottle is also dishwasher safe.

PERFORMANCE WATER BOTTLE _____



MODEL NO. _____

ADBT-16001SS
ADBT-16001SR
ADBT-16001PB
ADBT-16001BK
ADBT-16001WH

SUMMARY _____

- Made from squeezable material, the adidas Performance Water Bottle's screw cap design and textured rubber grip make it ideal for all sports and training.
- Featuring a silicone puff valve, the BPA free bottle is also dishwasher safe.

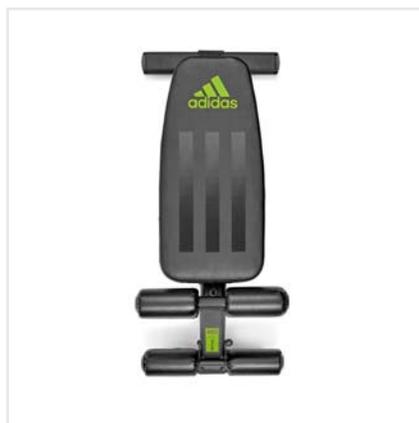




BENCHES



PERFORMANCE AB BENCH _____



MODEL NO. _____ SUMMARY _____

ADBE-10220

- 2.5" thick dense foam padding
- Bench weight - 11.5 kg
- Dimensions - 113 (L) x 46 (W) x 46 (H) cm
- Max. load - 175 kg
- SCAN TO TRAIN function
- Tapered back pad
- Wide base for total stability

PERFORMANCE FLAT BENCH _____



MODEL NO. _____ SUMMARY _____

ADBE-10222

- 2.5" thick dense foam padding
- Bench weight - 12.5 kg
- Dimensions - 108 (L) x 47.5 (W) x 43 (H) cm
- Max. load - 205 kg
- SCAN TO TRAIN function
- Strong steel framework
- Wide base for total stability



PERFORMANCE UTILITY BENCH _____



MODEL NO. _____

ADBE-10225

SUMMARY _____

- 2.5" thick dense foam padding
- Bench weight - 16 kg
- Dimensions - 121 (L) x 49 (W) x 113 (H) cm
- Max. load - 175 kg
- Padded ankle anchors
- SCAN TO TRAIN function
- Wide base for total stability

PERFORMANCE TRAINING BENCH _____



MODEL NO. _____

ADBE-10228

SUMMARY _____

- 2.5" thick dense foam padding
- Bench weight - 26 kg
- Dimensions - 181 (L) x 60.5 (W) x 120 (H) cm
- Max. load - 215 kg
- Plate loaded leg developer
- SCAN TO TRAIN function
- Wide base for total stability



PERFORMANCE POWER TOWER



SUMMARY

CHEST, BACK, ARMS & ABS - Designed for bodyweight training, the Performance Power Tower helps develop the chest, back, arms and abs with simple compound movements.

SCAN TO TRAIN - Featuring 'SCAN TO TRAIN', the Power Tower delivers detailed training information to help guide your workout. Simply scan the QR code for full exercise videos.

STRONG STEEL CONSTRUCTION - Made from thick hollow steel

CUSHIONED BACK & ARMRESTS - Fitted with densely padded cushions, the Tower's back pad and armrests bring support and comfort to your workouts.

DIP STATION & PUSH-UP BARS - Built for versatile training sessions, the Performance Power Tower broadens your exercise options.

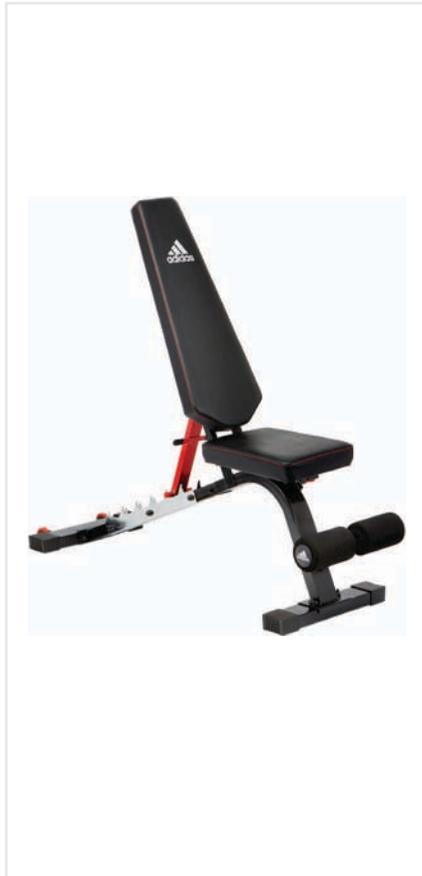
- 2.5" thick dense foam padding
- Cushioned back and arm pads
- Dim. - 121 (L) x 115 (W) x 213 (H) cm
- Foldable armrests
- Max. load - 135 kg
- SCAN TO TRAIN function
- Strong steel framework
- Wide and narrow pull-up grips
- Wide base for total stability

MODEL NO.

ADBE-10229



SPORTS UTILITY BENCH



MODEL NO. _____

SUMMARY _____

ADBE-10341

- 2.5" thick dense foam padding
- Bench weight - 18 kg
- Dimensions - 140 (L) x 45.5 (W) x 131 (H) cm
- Max. load - 150 kg
- Padded ankle anchors
- Wide base for total stability

SPORTS UTILITY BENCH & SQUAT RACK



MODEL NO. _____

SUMMARY _____

ADBE-10345

- 2.5" thick dense foam padding
- Bench weight - 31 kg
- Dimensions - 168 (L) x 146 (W) x 149 (H) cm
- Bench Max. load - 230 kg
- Rack Max. Load : 150 Kgs.
- Plate loaded leg developer
- Wide base for total stability



ESSENTIAL UTILITY BENCH _____



MODEL NO. _____ SUMMARY _____

ADBE-10436

- 2.5" thick dense foam padding
- Bench weight - 12.5 kg
- Dimensions - 139 (L) x 64 (W) x 119 (H) cm
- Max. load - 180 kg
- Padded ankle anchors
- Wide base for total stability

ESSENTIAL FLAT BENCH _____



MODEL NO. _____ SUMMARY _____

ADBE-10437

- 2.5" thick dense foam padding
- Bench weight - 8.5 kg
- Dimensions - 107 (L) x 46 (W) x 48 (H) cm
- Max. load - 180 kg
- Plate loaded leg developer
- Wide base for total stability



ESSENTIAL WORKOUT BENCH



SUMMARY

The 4 levels of incline along with the built in barbell rack allow you to maximise the variety and effectiveness of your bench workout.

- Bench weight - 19 kg
- Dim. - 153 (L) x 63 (W) x 114.5 (H) cm
- Max. load - 150 kg
- Strong steel framework
- Wide and narrow pull-up grips
- Wide base for total stability

MODEL NO.

ADBE-10452

ESSENTIAL HOME GYM



SUMMARY

Built for full body strength training, the Essential Home Gym's versatility delivers effective workouts in a compact footprint.

Featuring a dual-leg developer, the Gym offers curl and extension functions whilst the torso station's push, pull and pivot mechanism creates challenging chest and back workouts.

Operating from both high and low pulleys, the Gym's four attachments broaden your exercise potential further; pushing any exercise with its 44.5 kg stack.

Developing total body conditioning, the Essential Home Gym targets your key muscle groups with effective workouts for any ability.

- 44.5 kg / 98 lb weight stack
- Cushioned seat and back pad
- Dual function leg developer
- Durable steel construction
- High and low pulley stations
- Includes handle, ankle, long bar and short bar attachments
- Knee, ankle and elbow padding
- Push, pull and pivot function

MODEL NO.

ADBE-10460



HOME RIG



SUMMARY

Made from solid steel with a compact footprint, the adidas Home Rig combines compound and isolated training for total strength workouts.

Featuring a plate loaded dual pulley system, the Rig allows you to target the upper and lower body with both cable and free-weight movements.

Including four removable attachments, the Rig offers countless exercise variations with six storage racks for easy transition.

The removable dip bars, catches and holders allow you to tailor the rig depending on your workout; making room for a bench and bar during compound lifting sessions.

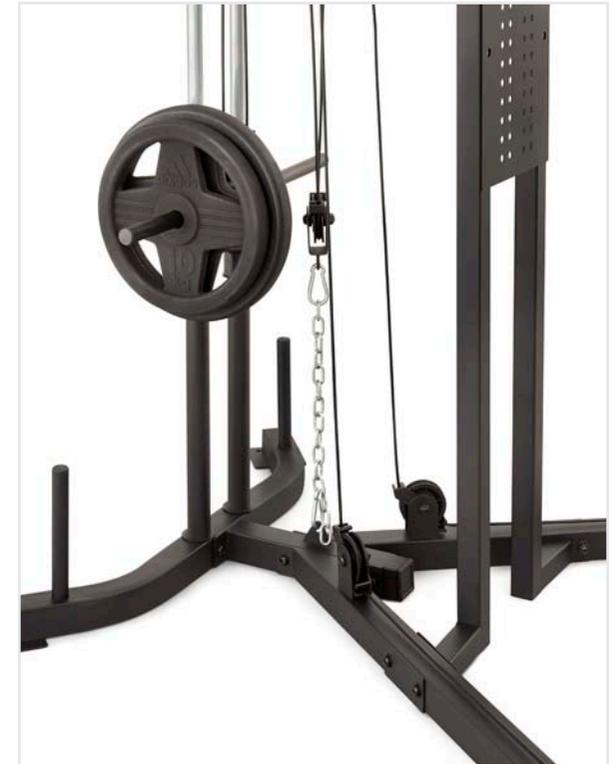
- 160 kg max. load
- Built-in crossbar for bodyweight training
- Ideal for compound lifting
- Lat bar, straight bar, handle and ankle attachments
- Low and high pulley stations
- Plate loaded design
- Removable dip bars
- Six plate storage racks

MODEL NO.

ADBE-10500



SPORTS RIG



SUMMARY

Fitted with twin pulley stations and a plate loaded stack, the adidas Sports Rig provides all-round strength training for any level.

With wires adjustable to 17 positions, the Rig's four carabiner attachments vary your training with upper and lower body exercises.

Also equipped with a floor level row station and split pull-up bar, the Sports Rig's versatility and durable steel construction combine for challenging home workouts.

- 17 pin-adjustable cable heights
- Built-in pull-up bar
- Floor level row station
- Includes handles, short bar and ankle attachments
- Plate loaded (compatible with 25 mm plates)
- Protective central panel with workout chart
- Twin pulley stations

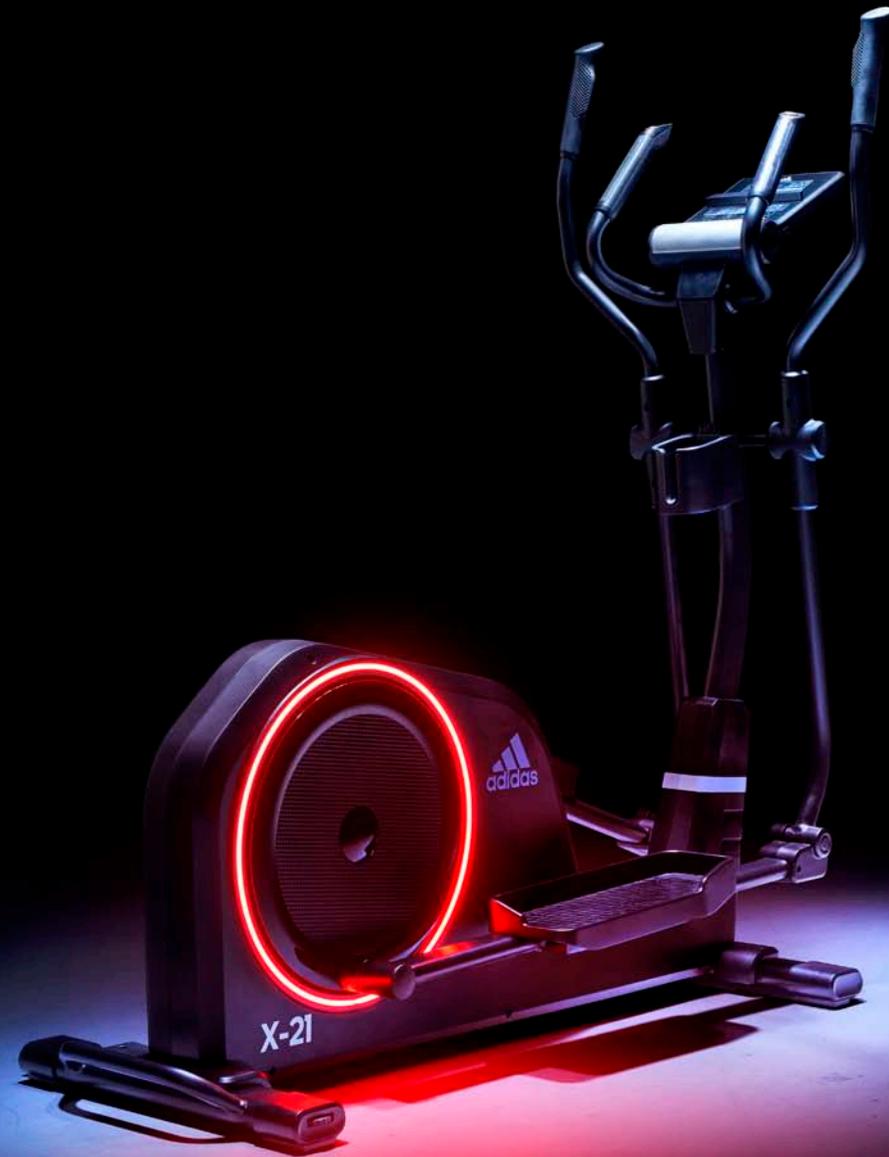
MODEL NO.

ADBE-10360





CARDIO



T-19i TREADMILL



SUMMARY

- A 2.25 Hp motor powers the treadmill for an excellent all-round running experience
- 1 - 18 km/h (0.6 - 11.2 mph) speed range takes you from a gentle walk to a fast sprint
- 15 levels of electronic incline allow you to adjust the elevation and increase the challenge
- NRG cushioning technology softens impact and helps to reduce strain on sensitive joints
- Spacious running area of 140 x 46 cm (55.1" x 18.1") makes it suitable for runners of all heights
- Fitness programmes include 24 pre-set, 3 custom workouts and 3 target
- 6 display LED screen provides you with all the live performance metrics
- Console feedback includes speed, time, distance, calories, pulse and incline
- Speakers connect to your device so you can immerse yourself in your favourite workout playlist
- Convenient USB charger built into the console keeps your devices charged while you run
- Solid, dependable build quality with a maximum user weight of 120 kg (264 lb)
- Setup dim. : (L) 180 x (W) 81 x (H) 147 cm / (L) 70.7" x (W) 31.9" x (H) 57.8"

MODEL NO.

AVUS-10321

T-19 TREADMILL



SUMMARY

- Robust 3.5 Hp motor delivers exceptional performance
- 0.5 - 20 km/h (0.3 - 12.4 mph) speed range takes you from a gentle walk to a fast sprint
- 15 levels of electronic incline allow you to adjust the elevation
- NRG cushioning technology softens impact and helps to reduce strain on sensitive joints

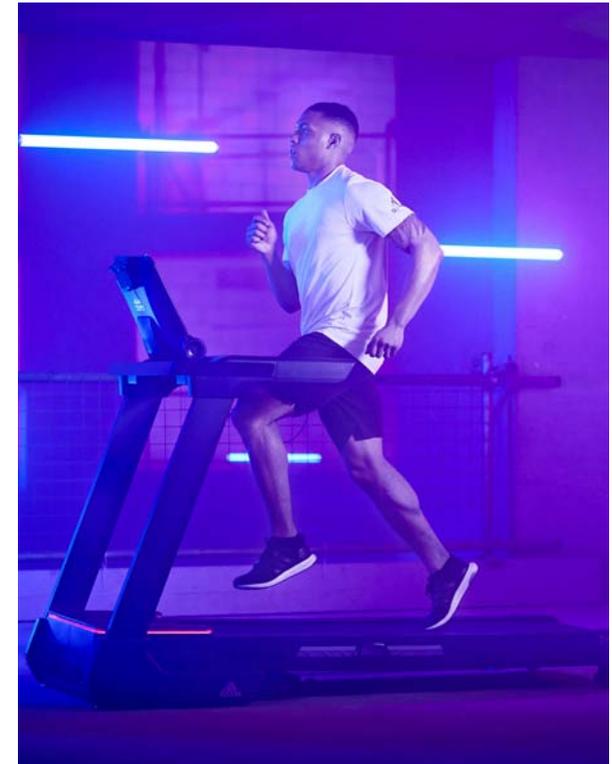
- Spacious running area of 140 x 51 cm (55.1" x 20")
- Fitness programmes include 24 pre-set, 3 custom workouts, 3 target and 3 HRC
- Clear and easy to use 8" LCD screen
- Console feedback: speed, time, distance, calories, pulse, incline, heart rate, target heart rate
- Integrated hand pulse sensors
- Built-in wireless pulse receiver lets you

- connect a chest strap for accurate heart rate data
- Convenient USB charger built into the console
- Speakers connect to your device so you can immerse yourself in your favourite workout playlist
- Maximum user weight of 150 kg (330 lb)
- Setup dim. : (L) 185 x (W) 87 x (H) 154 cm / (L) 72.8" x (W) 34.1" x (H) 60.5"

MODEL NO.

AVUS-10421

T-19x TREADMILL



SUMMARY

- Powerful 4.0 Hp motor delivers a high performance indoor running experience
- 0.5 - 20 km/h (0.3 - 12.4 mph) speed range takes you from a gentle walk to a fast sprint
- 15 levels of electronic incline allow you to adjust the elevation and increase the challenge
- NRG cushioning technology softens impact

- Spacious running area of 152 x 51 cm (60" x 20")
- Fitness programmes include 27 pre-set, 10 custom, 3 target, 3 HRC and 3 virtual runs
- 10.1" touchscreen display gives you a huge array of features at your finger tips
- Console feedback: speed, time, distance, calories, pulse, incline, heart rate, target heart rate

- Internet enabled - connect the treadmill
- Integrated hand pulse sensors allow you to quickly check your pulse on the move
- Built-in wireless pulse receiver lets you connect a chest strap for accurate heart rate data
- Maximum user weight of 150 kg (330 lb)
- Setup dim. : (L) 197 x (W) 88 x (H) 155 cm / (L) 77.5" x (W) 34.6" x (H) 61"

MODEL NO.

AVUS-10521

APPS



C-21 BIKE



SUMMARY

- 9 kg / 20 lb flywheel creates a smooth cycling motion for consistent cadence
- 24 levels of electronic resistance allow you to tailor the intensity of your ride
- 12 fitness programmes + 4 custom workouts
- Self-generating motor - no power adapter, no wires, no sockets
- Intuitive console with clear LCD screen

- Integrated hand pulse sensors measure and feedback your pulse
- Supplied chest strap provides accurate heart rate data to the bike
- Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- Integrated speakers with Bluetooth connectivity

- Saddle height ranges from 67 cm - 92 cm / 26.3" - 36.2" to suit all rider heights
- High grip pedals with adjustable straps provide further comfort when riding
- Maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dim. : (L) 107 x (W) 57 x (H) 147 cm / (L) 42.1" x (W) 22.4" x (H) 57.8"

MODEL NO.

AVUS-10401

C-21x BIKE



SUMMARY

- 16 kg / 35 lb flywheel simulates outdoor riding by maintaining momentum for consistent cadence
- 8 levels of manual resistance with quick-shift paddle to quickly adjust the intensity of your ride
- Self-generating motor – no power adapter, no wires, no sockets
- Intuitive console with clear LCD screen
- Supplied chest strap provides accurate heart rate data to the bike

- Console feedback includes: speed, time, distance, calories, pulse and rpm
- Tablet and phone holder built into the console provides optimum viewing angle
- Sprint saddle with vertical and horizontal adjustment provides maximum range of movement
- Saddle height ranges from 77 cm - 92 cm / 30.3" - 36.2" to suit all rider heights

- Jendel spin pedals with adjustable strap & cage provides the grip needed when switching position
- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dim. : (L) 133 x (W) 57 x (H) 136 cm / (L) 52.3" x (W) 22.4" x (H) 53.5"

MODEL NO.

AVUS-10501



X-21 CROSS TRAINER



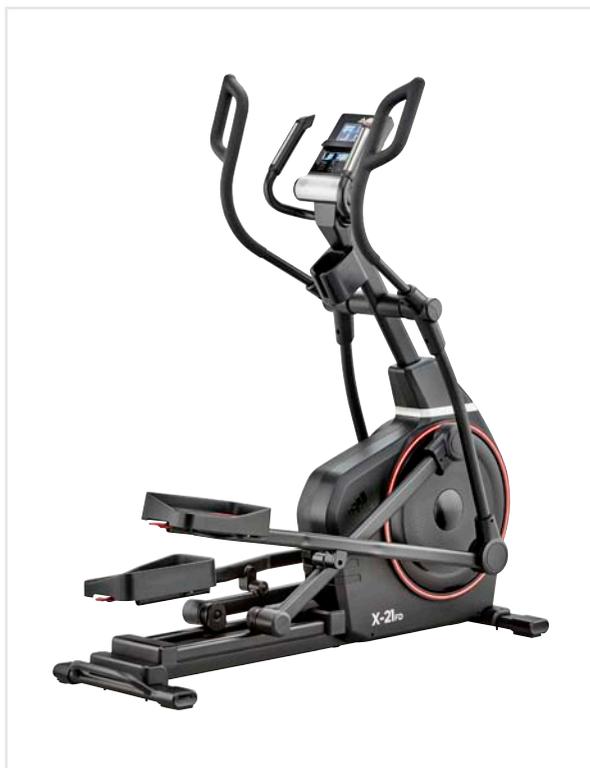
SUMMARY

- 10 kg / 22 lb rear-drive flywheel efficiently stores energy resulting in a smooth elliptical motion
- 24 levels of electronic resistance allow you to tailor the intensity of your workout
- 12 fitness programmes + 4 custom workouts
- Self-generating motor – no power adapter, no wires, no sockets
- Intuitive console with clear LCD screen
- Supplied chest strap provides accurate heart rate data to the cross trainer
- Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- Integrated speakers with Bluetooth connectivity
- 38 cm / 15" stride length provides an elliptical motion for all user heights
- Fixed footplates with a high-grip workout surface for additional traction
- Maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dim. : (L) 161 x (W) 53 x (H) 156 cm / (L) 63.3" x (W) 24.8" x (H) 61.4"

MODEL NO.

AVUS-10411

X-21FD CROSS TRAINER



SUMMARY

- 12 kg / 26.4 lb front drive flywheel with rear roller
- 24 levels of electronic resistance allow you to tailor the intensity of your workout
- 5 levels of incline targets additional muscle areas and provides an even greater challenge
- 12 fitness programmes + 4 custom workouts offer a variety of challenges to keep you motivated

- Self-generating motor – no power adapter, no wires, no sockets
- Intuitive console with clear LCD screen
- Supplied chest strap provides accurate heart rate data to the cross trainer
- Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- Tablet and phone holder built into the console provides optimum viewing angle

- Integrated speakers with Bluetooth connectivity
- 46 cm / 18" stride length provides a comfortable elliptical motion
- Maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dim. : (L) 180 x (W) 86 x (H) 185 cm / (L) 70.8" x (W) 33.4" x (H) 72.8"

MODEL NO.

AVUS-10511

R-21 WATER ROWER



SUMMARY

- 7 water levels of resistance allow you to tailor the intensity of your row
- Self-generating power – no power adapter, no wires, no sockets
- Intuitive console with clear LCD screen
- Supplied chest strap provides accurate heart rate data to the rower
- Console feedback: speed, time, distance, calories, heart rate, strokes per minute, time/500m

- Tablet and phone holder built into the console provides optimum viewing angle
- Densely padded seat for comfort and free range of movement
- Footplates with height and strap adjustments to ensure correct form for powerful strokes
- Floor level adjustment ensures the rower is stable for a better rowing experience

- Maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dim. : (L) 215 x (W) 58 x (H) 108 cm / (L) 84.6" x (W) 22.8" x (H) 42.5"

MODEL NO.

AVUS-10450

R-21x ROWER



SUMMARY

- 16 levels of electronic and air resistance
- Quick resistance keys located on the handlebars for easy adjustment while rowing
- 10 pre-set fitness programmes offer a variety of challenges
- Self-generating power – no power adapter, no wires, no sockets
- Intuitive console with clear LCD screen
- Supplied chest strap provides accurate heart rate data to the rower
- Console feedback: speed, time, distance, calories, heart rate, strokes per minute, time/500m
- Tablet and phone holder built into the console provides optimum viewing angle
- Densely padded seat for comfort and free range of movement
- Footplates with height and strap
- Floor level adjustment ensures the rower is stable for a better rowing experience
- Maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dim. : (L) 236 x (W) 56 x (H) 123 cm / (L) 92.9" x (W) 22" x (H) 48.4"

MODEL NO.

AVUS-10550



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