



ADIDAS AW22  
TRAINING EQUIPMENT

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



TRAINING



RECOVERY



YOGA



BENCHES



CARDIO

## TRAINING

## 03 RECOVERY

## 25 YOGA

## 37 BENCHES

## 44 CARDIO

## 54

Deck: 4

Mats: 5 - 6

Compression wear: 7 - 8

Head Bands: 9 - 10

Weighted Apparel: 11 - 12

Weighted Accessories: 13 - 15

Training Accessories: 16 - 20

Skipping Ropes: 21

Tubes & Bands: 22 - 23

Weightlifting: 24

Rollers & Accessories: 26 - 28

Supports & Wraps: 29 - 36

Mats: 38 - 40

Blocks, Wedges & Straps: 41 - 42

Apparel: 42

Water Bottles: 43

Benches: 45 - 50

Home Gyms & Rigs: 51 - 53

Treadmills: 55 - 57

Bikes: 58 - 59

Cross Trainers: 60 - 61

Rowers: 62 - 63



# TRAINING



## HIIT DECK

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### SUMMARY

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- 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

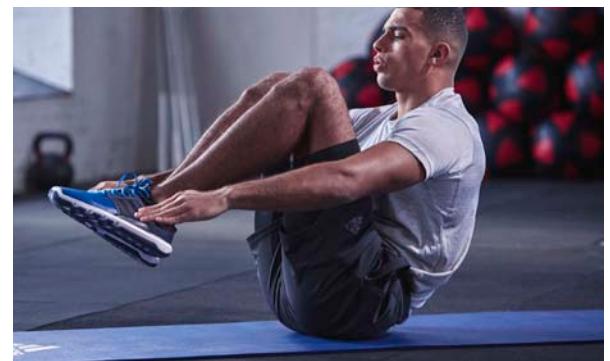
### MODEL NO.

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ADP-15070BK

## FITNESS MAT

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### SUMMARY

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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.

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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

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### SUMMARY

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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.

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10 mm Grey ADMT-12235GR

10 mm Red ADMT-12235

10 mm Blue ADMT-12235BL

## COMPRESSION CALF SLEEVES

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### SUMMARY

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**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.

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

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

## COMPRESSION ARM SLEEVES

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### SUMMARY

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**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.

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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. \_\_\_\_\_ SUMMARY \_\_\_\_\_

- ADWT-12630 - 0.5 kg  
ADWT-12631 - 1.0 kg  
ADWT-12632 - 1.5 kg  
ADWT-12634 - 2.0 kg
- 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. \_\_\_\_\_

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

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

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

SUMMARY \_\_\_\_\_

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

## DUMBBELLS (PAIR)

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### SUMMARY

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**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



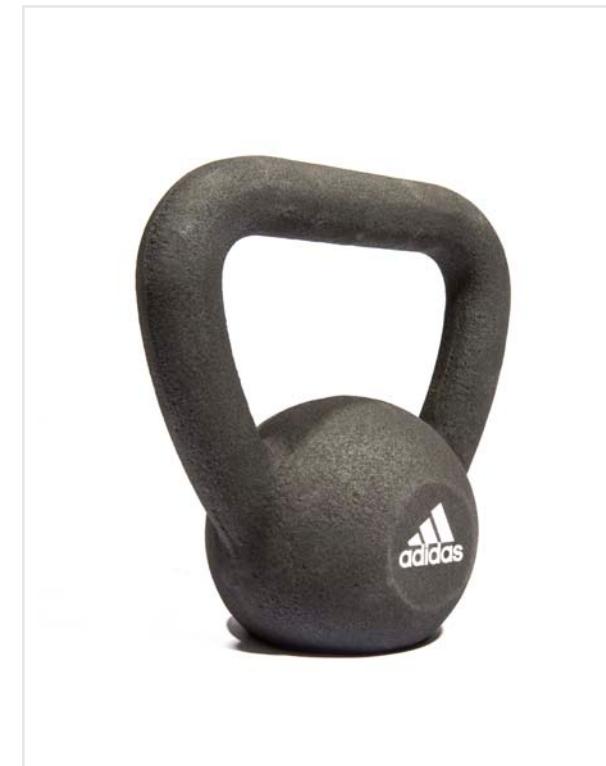
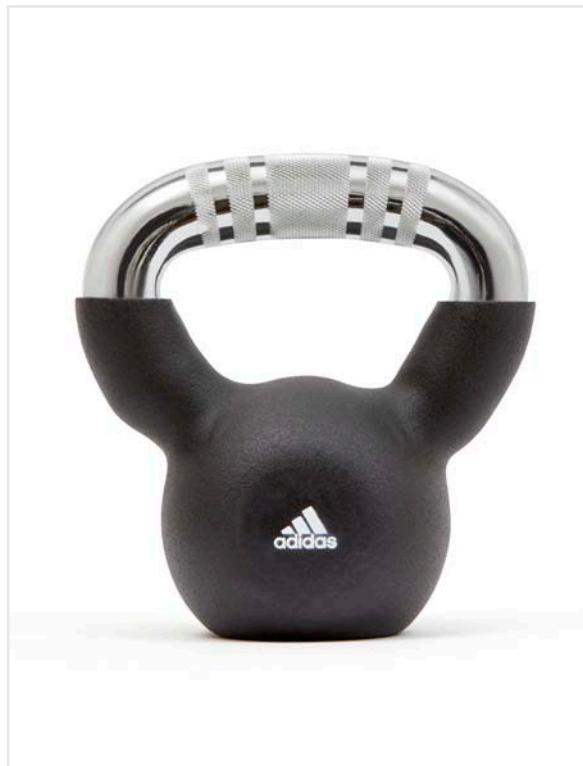
### MODEL NO.

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- 1kg ADWT-10001  
2kg ADWT-10002  
3kg ADWT-10003  
4kg ADWT-10004  
5kg ADWT-10005

## KETTLEBELL

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### SUMMARY

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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 boosts cardio stamina
- Wide handle for extra versatility and comfortable grip

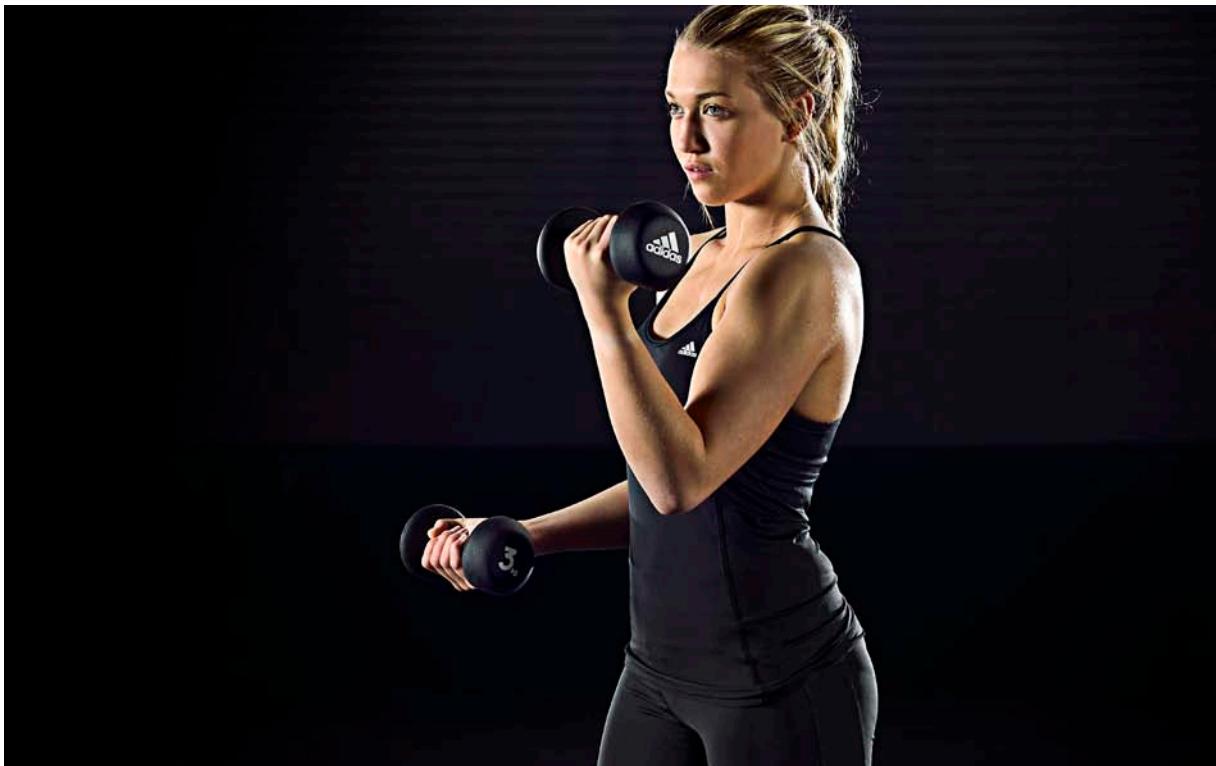
### MODEL NO.

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4kg ADWT-11322	4kg ADWT-11312
8kg ADWT-11323	8kg ADWT-11313
12kg ADWT-11324	12kg ADWT-11314
16kg ADWT-11325	16kg ADWT-11315

## NEOPRENE DUMBBELLS

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### SUMMARY

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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.

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

## DOOR GYM \_\_\_\_\_



MODEL NO. \_\_\_\_\_

ADAC-11402

SUMMARY \_\_\_\_\_

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

## PROFESSIONAL GRIP TRAINERS \_\_\_\_\_



MODEL NO. \_\_\_\_\_

ADAC-11400

SUMMARY \_\_\_\_\_

- Angled design
- Iron springs
- Ridged grip handles

## TRAIN BAR



MODEL NO. \_\_\_\_\_

ADAC-11403

SUMMARY \_\_\_\_\_

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. \_\_\_\_\_

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



SUMMARY \_\_\_\_\_

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

## AB WHEEL

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MODEL NO. \_\_\_\_\_

SUMMARY \_\_\_\_\_

ADAC-11404

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

## CORE ROLLERS

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MODEL NO. \_\_\_\_\_

SUMMARY \_\_\_\_\_

ADAC-11604

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

## PUSH UP BARS

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### SUMMARY

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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

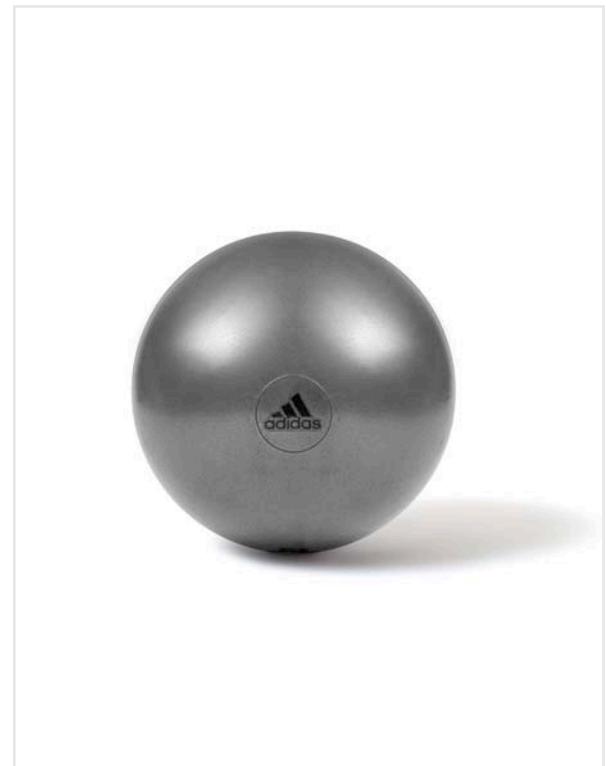
### MODEL NO.

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ADAC- 12231

## GYMBALL

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### SUMMARY

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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.

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Grey 55 cm ADBL-11245GR

Grey 65cm ADBL-11246GR

Grey 75 cm ADBL-11247GR

## ESSENTIAL SKIPPING ROPE

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MODEL NO. \_\_\_\_\_

ADTB-11017

SUMMARY \_\_\_\_\_

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

## SPEED ROPE

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MODEL NO. \_\_\_\_\_

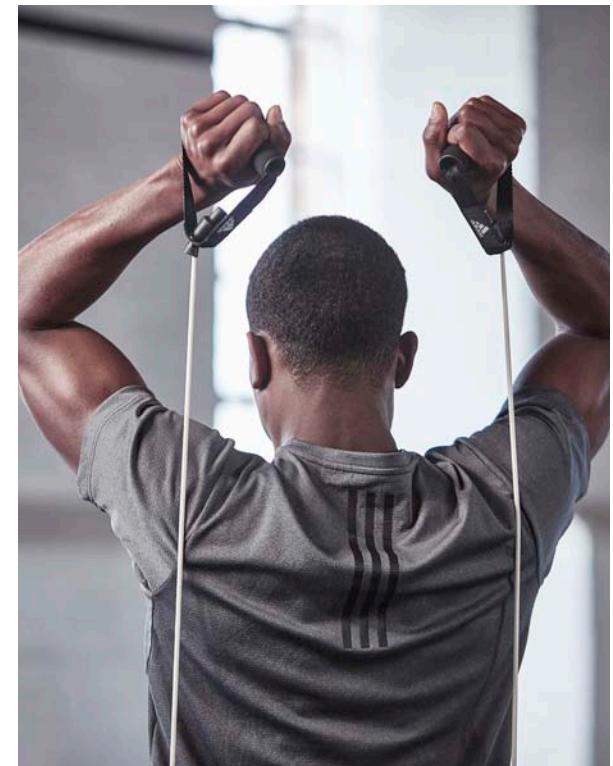
ADTB-12234

SUMMARY \_\_\_\_\_

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

## RESISTANCE TUBE

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### SUMMARY

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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.

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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. \_\_\_\_\_

ADTB-11609

SUMMARY \_\_\_\_\_

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

## MASSAGE BALL \_\_\_\_\_



MODEL NO. \_\_\_\_\_

Black ADTB-11607

Blue ADTB-11607BL

SUMMARY \_\_\_\_\_

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

## MASSAGE ROLLER

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### SUMMARY

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**RELIEVE ACHE & 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.

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Red ADTB-11608

Blue ADTB-11608BL

## TEXTURED FOAM ROLLER



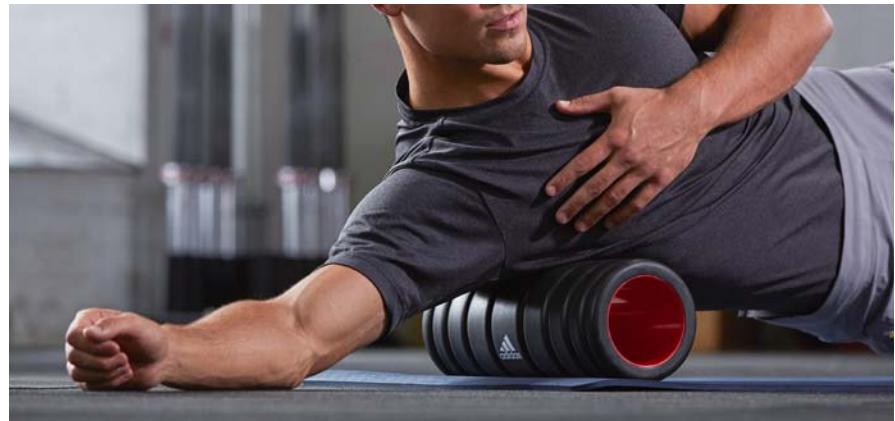
MODEL NO. \_\_\_\_\_

18cm Grey Camo ADAC-11504GR

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

Red ADAC-11501

Blue ADAC-11501BL

SUMMARY \_\_\_\_\_

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

## ANKLE SUPPORT

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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

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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

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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

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MODEL NO. \_\_\_\_\_

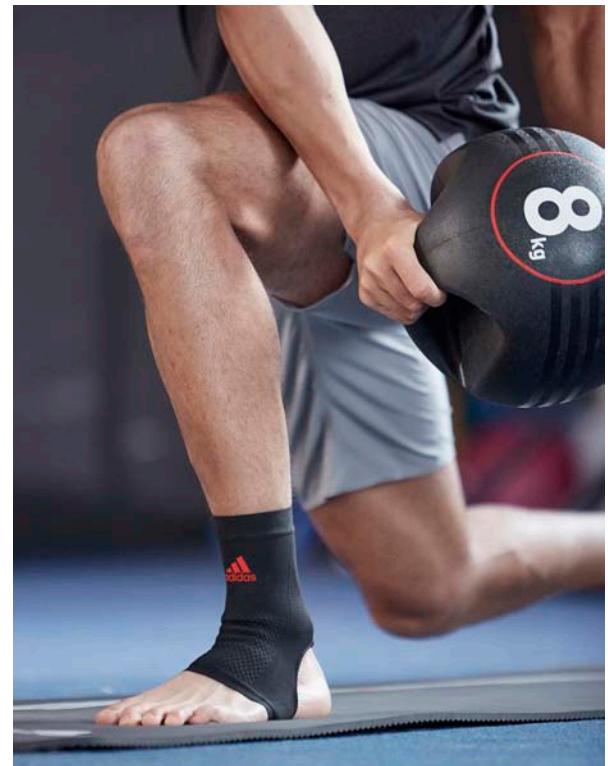
SUMMARY \_\_\_\_\_

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

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### SUMMARY

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**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.

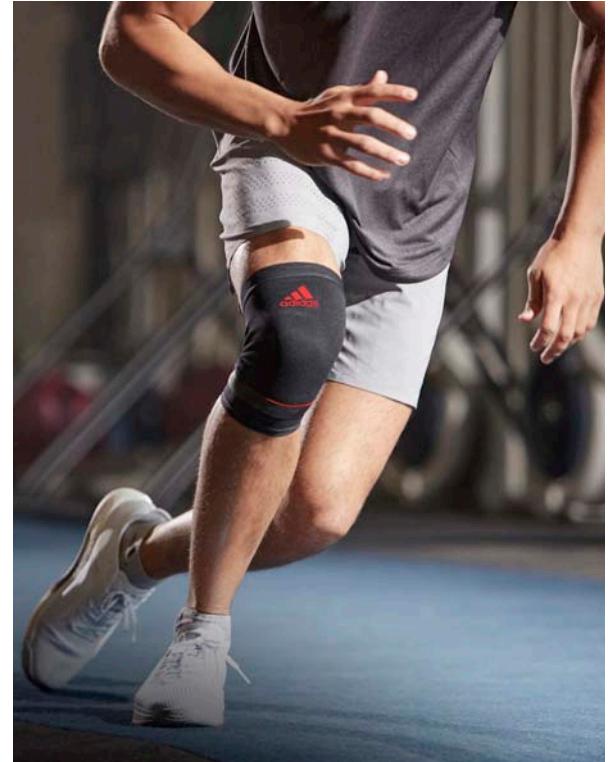
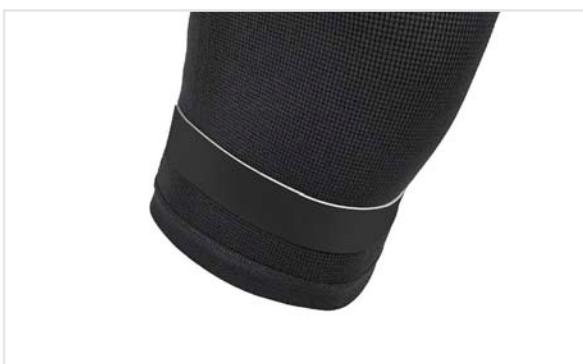
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Grey M ADSU-13312  
Grey L ADSU-13313

# AEROREADY

## PERFORMANCE KNEE SUPPORT

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### SUMMARY

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**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.

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Grey M ADSU-13322

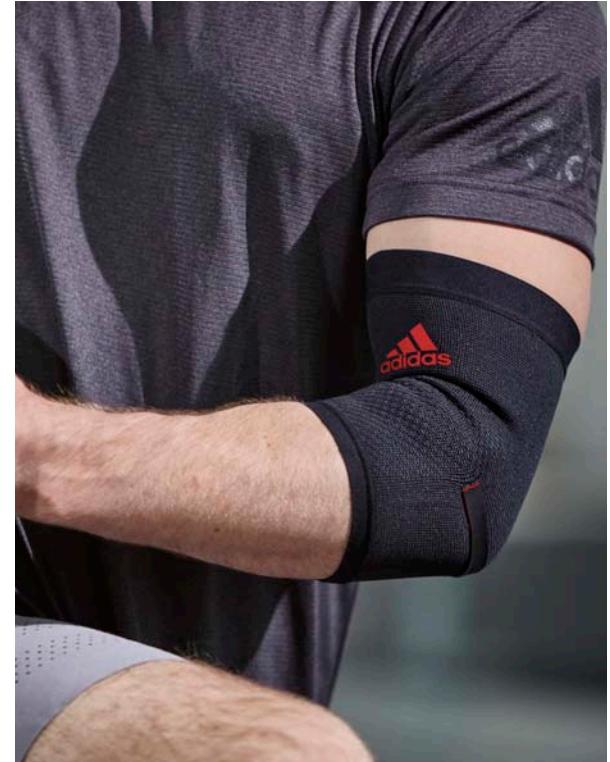
Grey L ADSU-13323

Grey XL ADSU-13324

# AEROREADY

## PERFORMANCE ELBOW SUPPORT

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### SUMMARY

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**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.

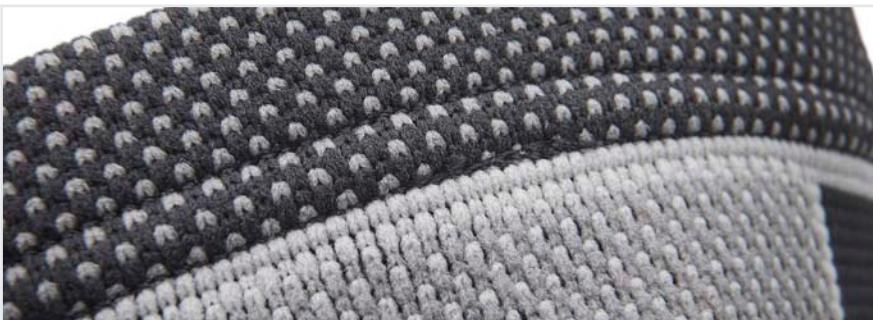
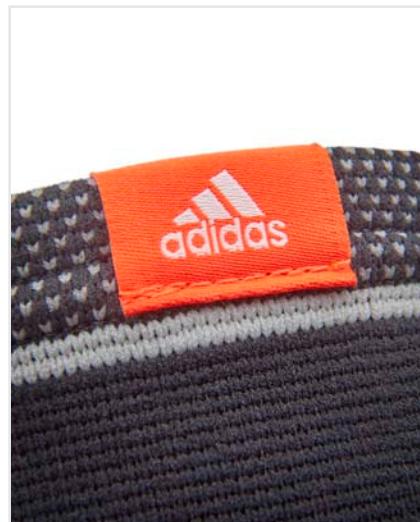
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Grey M ADSU-13332  
Grey L ADSU-13333

# AEROREADY

## ANKLE SUPPORT

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MODEL NO.\_\_\_\_\_

M ADSU-12512BK  
L ADSU-12513BK

SUMMARY \_\_\_\_\_

- 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

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MODEL NO.\_\_\_\_\_

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

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

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

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

M ADSU-12542BK  
L ADSU-12543BK

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

Grey ADSU- 13371

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

Grey ADSU-13373

SUMMARY \_\_\_\_\_

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



adidas

YOGA

## YOGA MAT - 8 mm

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### SUMMARY

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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

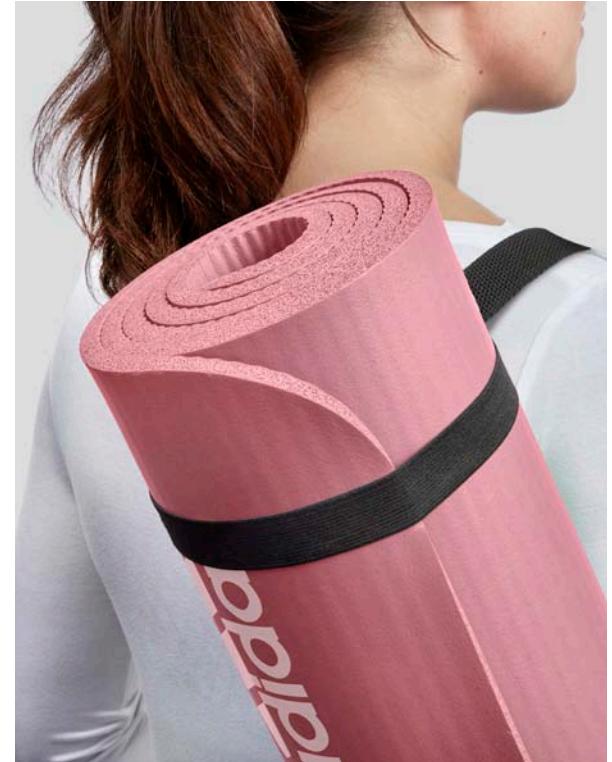
### MODEL NO.

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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

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### SUMMARY

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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.

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Blue ADYG-10200BL

Grey ADYG-10200GR

Hazy Rose ADYG-10200PK

## HOT YOGA MAT

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### SUMMARY

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

### MODEL NO.

ADYG-10680BK

## YOGA BLOCK

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MODEL NO. \_\_\_\_\_

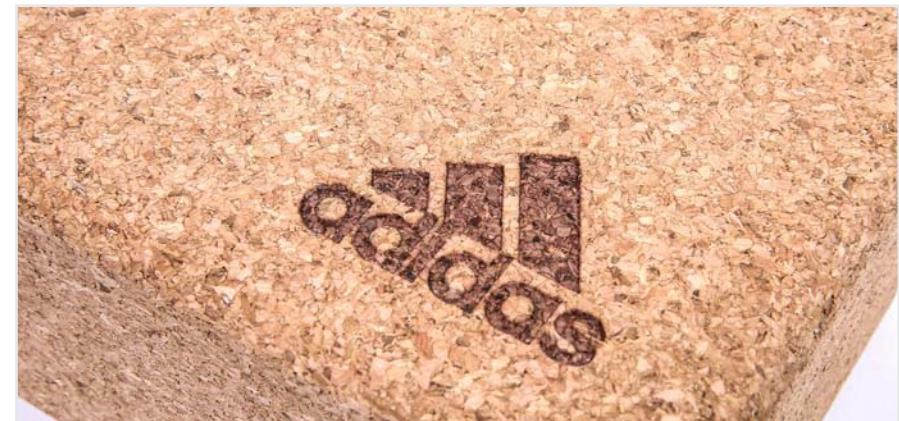
ADYG-20100FOAM

SUMMARY \_\_\_\_\_

- 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

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MODEL NO. \_\_\_\_\_

ADYG-20100CORK

SUMMARY \_\_\_\_\_

- 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

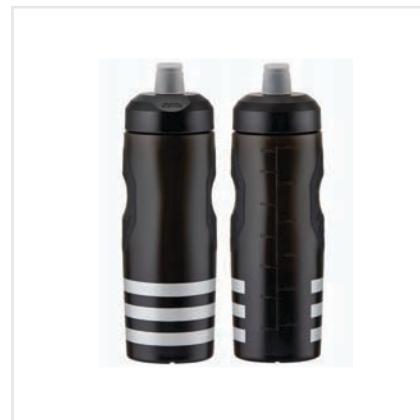
Black S/M ADYG-30101BK

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 \_\_\_\_\_

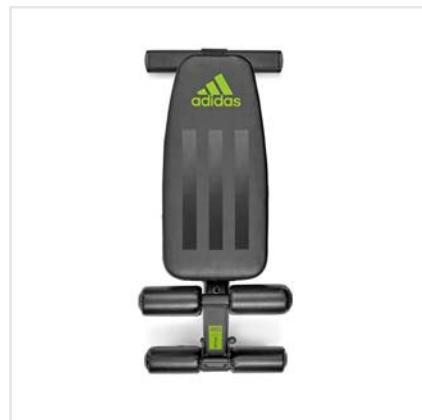
- Made from squeezable material, the adidas Performance Water Bottle's screw cap design and textured rubber grip make it ideal for all sports and training.  
- Featuring a silicone puff valve, the BPA free bottle is also dishwasher safe.



# BENCHES



## PERFORMANCE AB BENCH



MODEL NO. \_\_\_\_\_

ADBE-10220

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

ADBE-10222

SUMMARY \_\_\_\_\_

- 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 \_\_\_\_\_



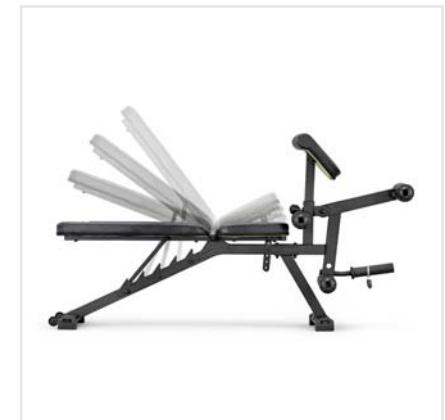
MODEL NO. \_\_\_\_\_

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



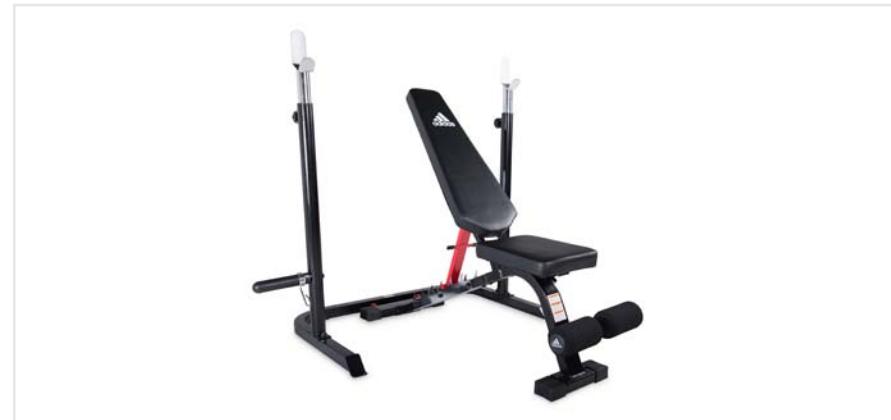
MODEL NO. \_\_\_\_\_

ADBE-10341

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

ADBE-10345

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

ADBE-10436

SUMMARY \_\_\_\_\_

- 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. \_\_\_\_\_

ADBE-10437

SUMMARY \_\_\_\_\_

- 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

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### SUMMARY

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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.

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ADBE-10452

## ESSENTIAL HOME GYM

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### SUMMARY

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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

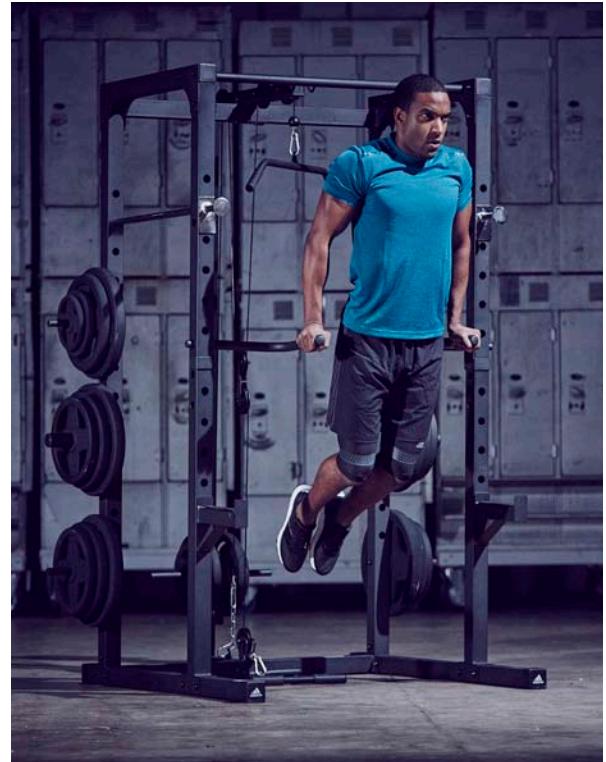
### MODEL NO.

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ADBE-10460

## HOME RIG

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### SUMMARY

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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

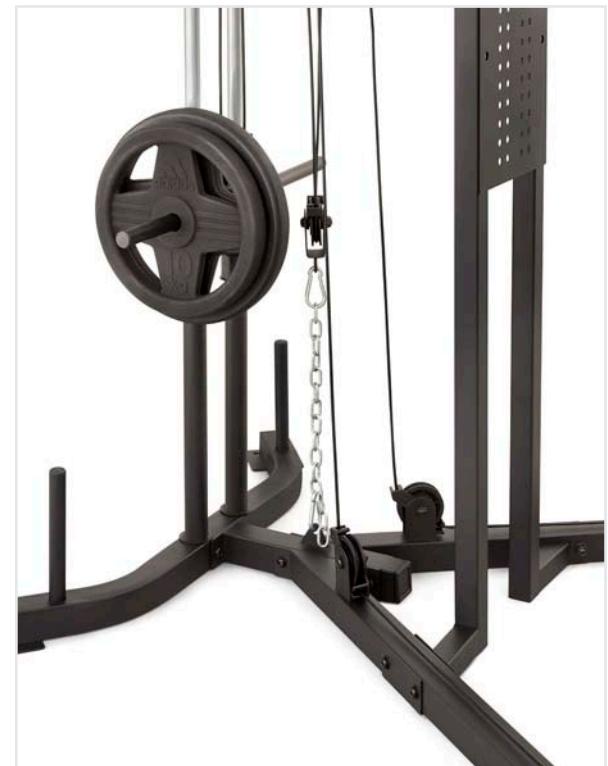
### MODEL NO.

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ADBE-10500

## SPORTS RIG

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### SUMMARY

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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

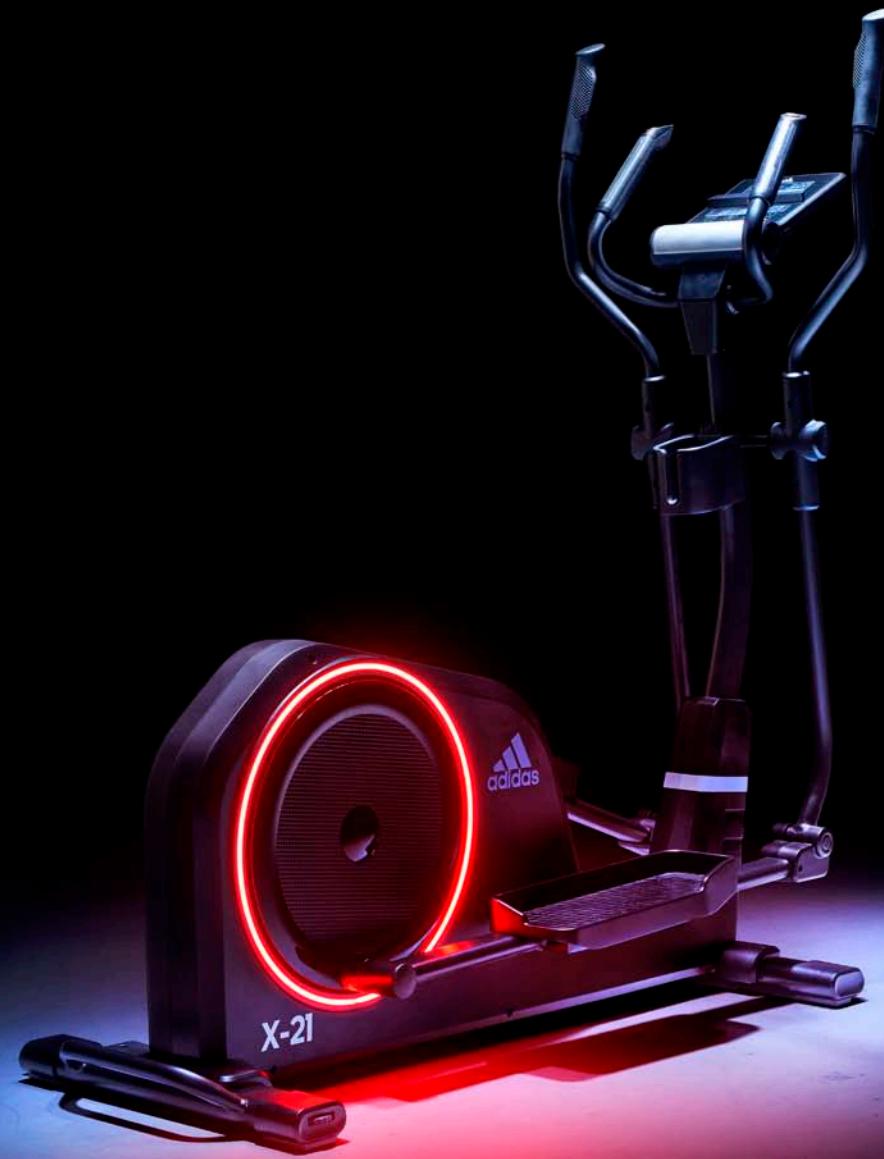
### MODEL NO.

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ADBE-10360



# CARDIO



## T-19i TREADMILL

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### SUMMARY

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- 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"

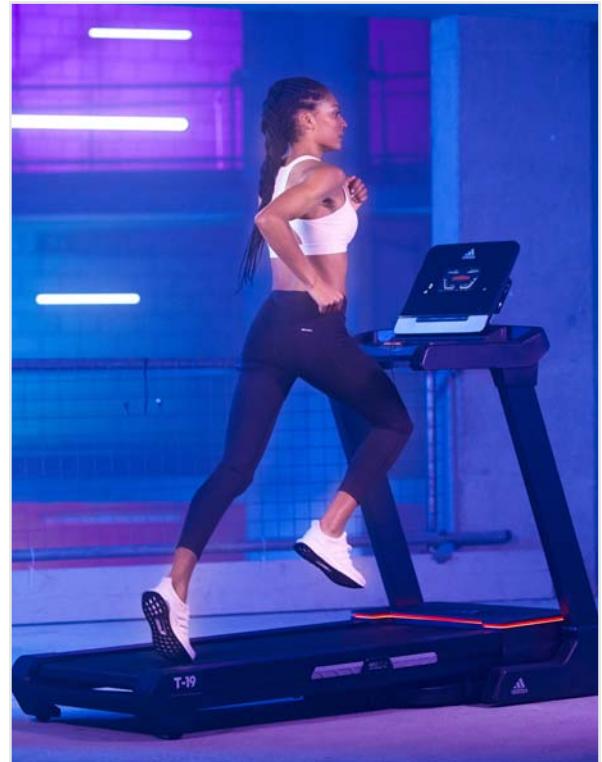
### MODEL NO.

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AVUS-10321

## T-19 TREADMILL

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### SUMMARY

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- 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"

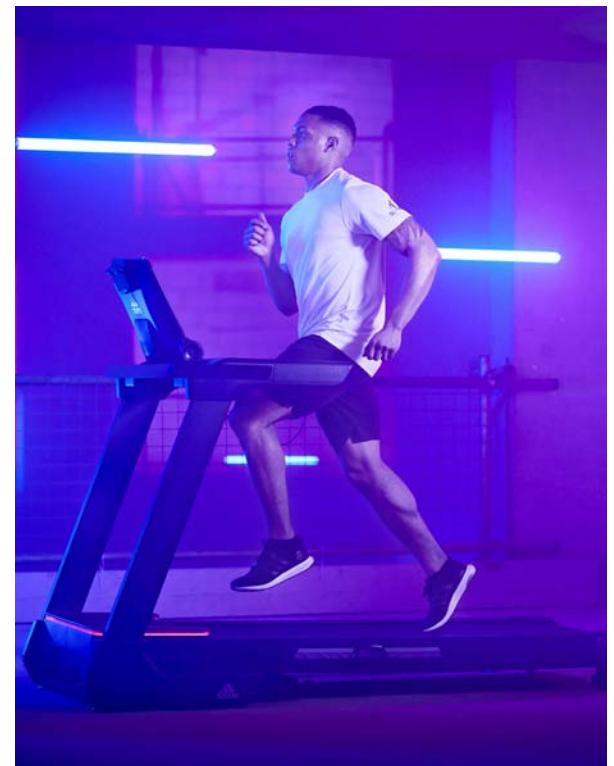
### MODEL NO.

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AVUS-10421

## T-19x TREADMILL

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### SUMMARY

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- 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.

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AVUS-10521

### APPS

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## C-21 BIKE

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### SUMMARY

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- 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.

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AVUS-10401

## C-21x BIKE

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### SUMMARY

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- 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"

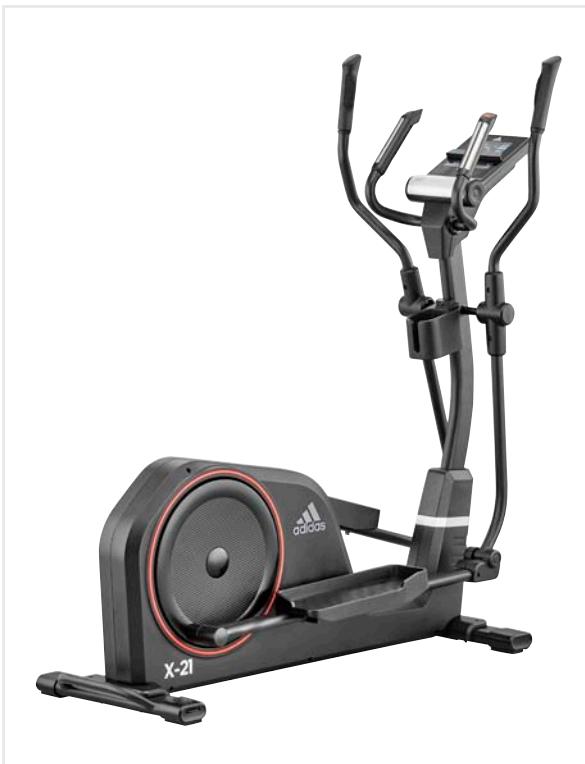
### MODEL NO.

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AVUS-10501

## X-21 CROSS TRAINER

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### SUMMARY

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- 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

### MODEL NO.

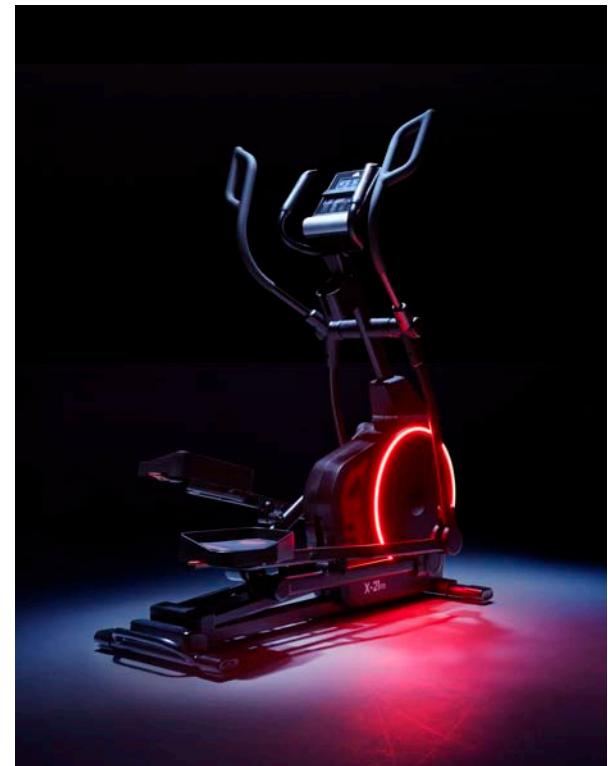
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AVUS-10411

- 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"

## X-21FD CROSS TRAINER

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### SUMMARY

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- 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"

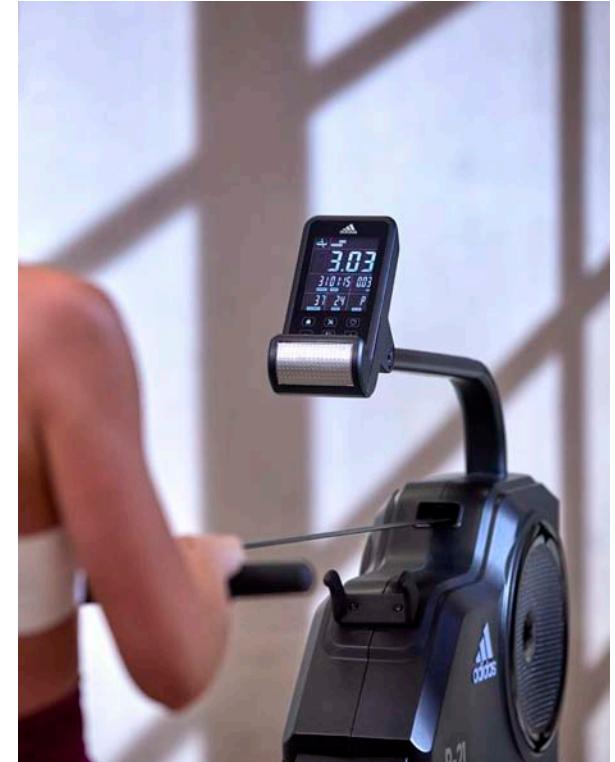
### MODEL NO.

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AVUS-10511

## R-21 WATER ROWER

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### SUMMARY

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- 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

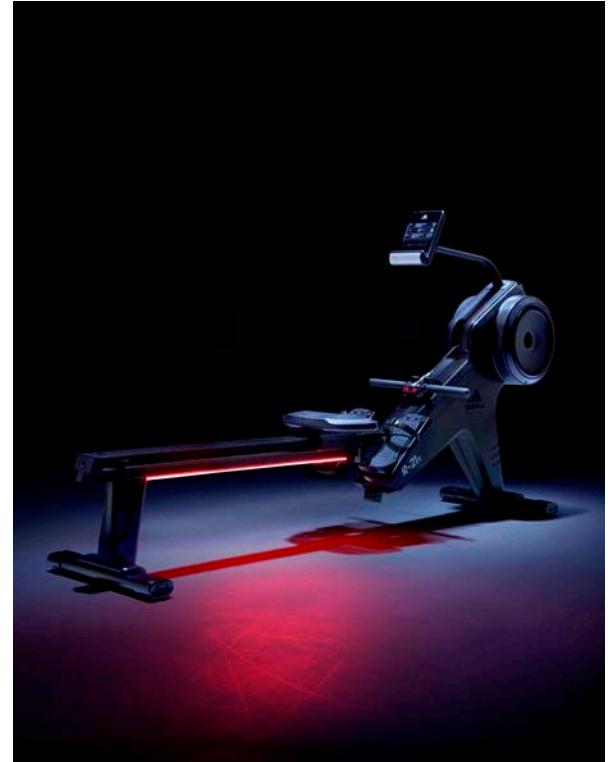
### MODEL NO.

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AVUS-10450

## R-21x ROWER

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### SUMMARY

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- 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.

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AVUS-10550



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