



TRAINING EQUIPMENT



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TEAM SPORTS



SPEED LADDER

ADSP-11510

- 3m length
- Carry case included
- 6 solid bars with fabric connectors
- Develops foot speed and cardio performance



AGILITY GRID

ADSP-11503

- 6 grid cells
- Develops agile reflexes
- High visibility
- Impact resistant material





HURDLES

ADSP-11517 (SET OF 6 SMALL)

ADSP-11518 (SET OF 6 LARGE)

- Flexible, lightweight
- Impact resistant material
- One piece construction
- Set of 6 S/L agility hurdles

SPEED HURDLE

ADSP-11506

- 31cm height, 60cm width
- Memory foam padding
- Water resistant outer layer
- Weighted base for stability



ADJUSTABLE HURDLE

ADSP-11509

- 2 adjustable heights: 15cm and 30cm
- 45cm width
- High impact plastic material
- One piece construction

LATERAL SPEED RESISTOR

ADSP-11508 LATERAL SPEED RESISTOR

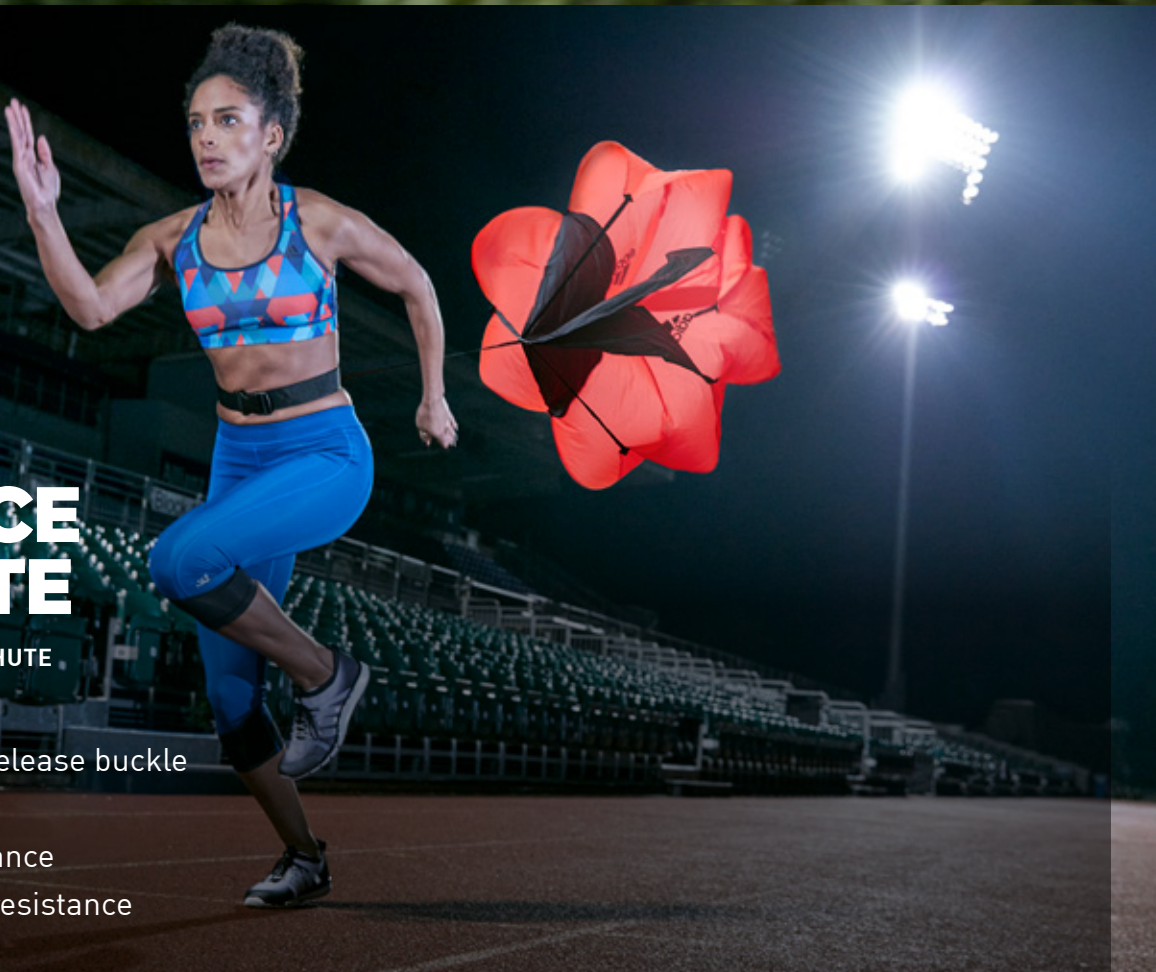
- 55cm padded resistance rope
- Adjustable padded ankle cuffs
- Develops lower body muscles
- Improves lateral speed



RESISTANCE PARACHUTE

ADSP-11507 RESISTANCE PARACHUTE

- 120cm diameter parachute
- Adjustable belt with quick release buckle
- Carry bag included
- Improves power and endurance
- Designed to increase drag resistance



REACTION BALL

ADSP-11502 REACTION BALL - L

- Ideal for speed training and hand-eye coordination
- 10cm in diameter
- Pool blue colour with adidas logo



SPEED RESISTOR

ADSP-11511 SPEED RESISTOR

- 2 x 2.4m resistance tubes
- Adjustable belt with quick release buckle
- Develops explosive power



VERTICAL JUMP TRAINER

ADSP-11512 VERTICAL JUMP TRAINER

- 2 levels of resistance
- Adjustable ankle and waist harnesses
- Carry bag included
- Develops explosive power



REACTION BELT

ADSP-11513 REACTION BELT

- 2 adjustable waist harnesses
- Carry bag included
- Includes 3 belt lengths for varying difficulty
- Partnered agility training
- Velcro® quick release system



POP UP GOAL

ADFB-10120 4FT POP UP GOAL

ADFB-10121 6FT POP UP GOAL

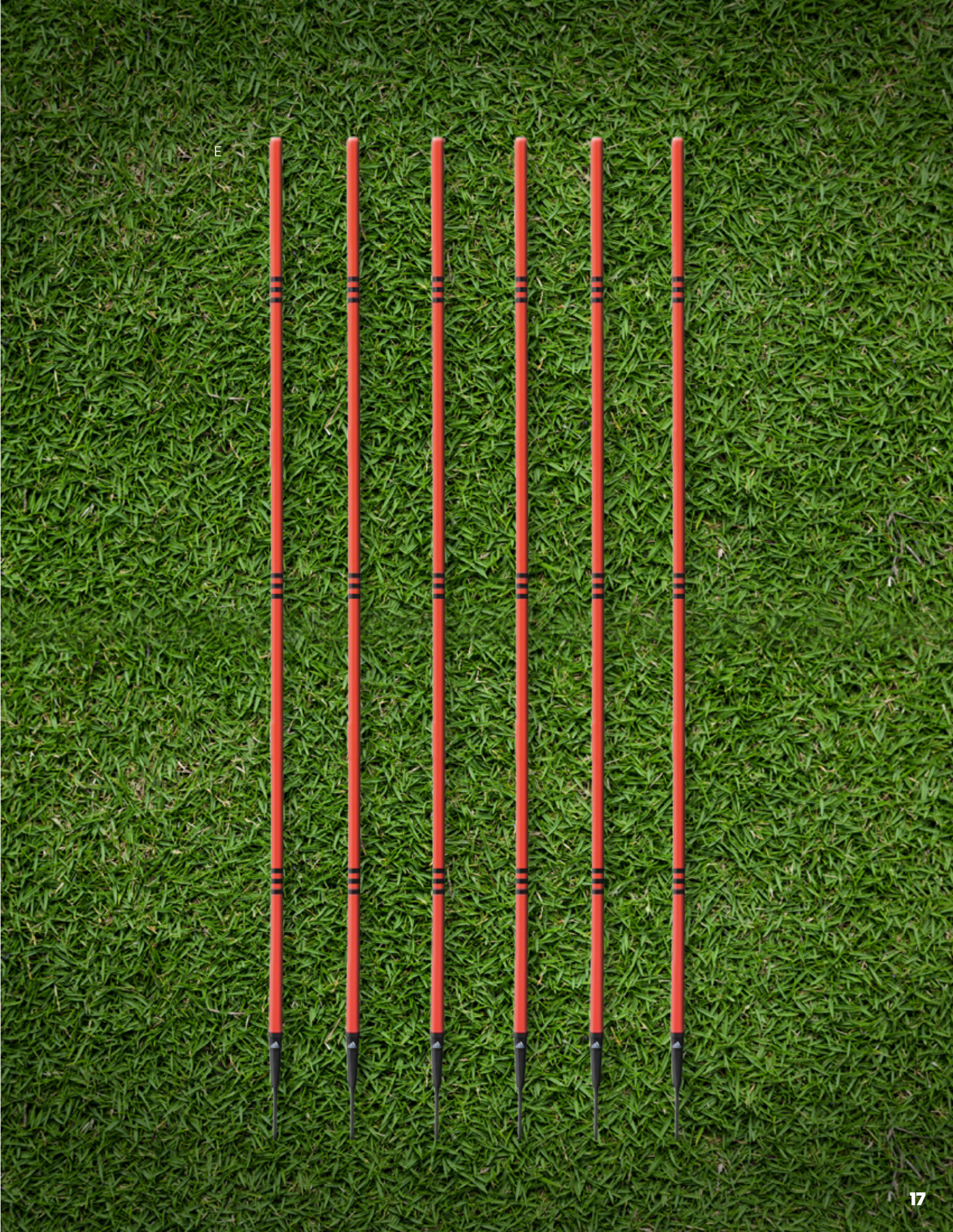
Two contrasting configurations make the adidas pop up goal fun, challenging and highly productive for training with a football. With the 'goal' up you can shoot and score into the back of the net, then by simply flipping the frame in the 'hole' up mode, you have a reduced sized target to help improve accuracy.

- 2 different configurations - goal and target
- Impact resistant poles
- Lightweight mesh and flexible
- Target area designed to improve shooting accuracy



TRAINING FOR SPORT.

- A **ADFB-10140** TRAINING NET
- B **ADFB-10130** SOCCER TRAINER
- C **ADSP-11520** CORNER FLAGS - (SET OF 4)
- D **ADSP-11521** AGILITY BASES - (SET OF 2)
- E **ADFB-10101** AGILITY POLES - (SET OF 6)



EQUIPMENT BAG

ADAC-11605

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



TRAINING MARKERS

ADSP-11523 (10PCS)

- Assorted colours
- Diameter: 23cm
- Ideal for marking distance
- Markers numbered 1-10



AGILITY DISCS

- ADSP-11505
- 20cm height, 18.7cm diameter
 - Develops speed, skill and agility
 - Includes storage system
 - Low profile, high visibility
 - Pack of 30: 15 infrared, 15 pool blue

JUMBO CONES

- ADSP-11522
- High visibility, durable material
 - Large cones with added grooves
 - Can also be used with Agility Poles
 - Wide base for extra stability



CONES

- ADSP-11504
- 23cm height
 - adidas Training Cones - pack of 6
 - Improves skill and agility
 - Infrared for high visibility
 - Stackable design



FULL BODY WEIGHT VEST

ADSP-10701

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

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



3KG WEIGHT BELT

ADGB-12275

- Fully adjustable
- Secure zipped compartments
- Soft fabric for added comfort



WEIGHT VEST

ADSP-10702

- Incorporated Velcro® waist belt
- Wear over layered apparel
- One size fits all
- Removable weights (10 x 0.45kg)

RECOVERY





FOAM ROLLER

ADAC-11501

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

STRETCH ASSIST BAND

ADTB-10608

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



MINI BANDS

ADTB-10606

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

MASSAGE ROLLER

ADTB-11608

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





E

C

B

D

RECOVER FAST

- A **ADTB-10606** MINI BANDS
- B **ADTB-11607** MASSAGE BALL
- C **ADMT-12237** STRETCH MAT
- D **ADTB-11608** MASSAGE ROLLER
- E **ADAC-11501** FOAM ROLLER
- F **ADAC-11606** HANDHELD WATER BOTTLE

F

A



SUPPORTWEAR

Helps to relieve tight muscles and provides the support you need to perform well. With the supportwear effectively moulding to your joints, you move freely and function correctly.

ELBOW SUPPORT

ADSU-12331RD (S)
ADSU-12332RD (M)
ADSU-12333RD (L)
ADSU-12334RD (XL)

ANKLE SUPPORT

ADSU-12311RD (S)
ADSU-12312RD (M)
ADSU-12313RD (L)
ADSU-12314RD (XL)

WRIST SUPPORT

ADSU-12341RD (S)
ADSU-12342RD (M)
ADSU-12343RD (L)
ADSU-12344RD (XL)

KNEE SUPPORT

ADSU-12321RD (S)
ADSU-12322RD (M)
ADSU-12323RD (L)
ADSU-12324RD (XL)



INDOOR TRAINING

GO TOGETHER GEAR



A



B



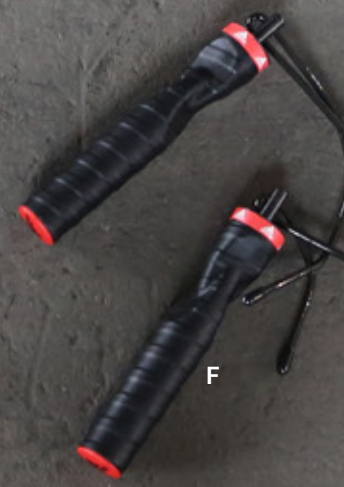
C



D



E



F












G

- A ADMT-12234PL FITNESS MAT - FLASH PURPLE
- B ADAC-11604 CORE ROLLERS (PAIR)
- C ADWT-11315 16KG KETTLEBELL
- D ADBL-10413 DUAL GRIP MEDICINE BALL
- E ADAC-11606 HAND HELD WATER BOTTLE
- F ADRP-11015 JUMP ROPE
- G ADGB-123220R ESSENTIAL GLOVES (M)



GYMBALLS

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

			ADBL-13245PL PURPLE 55CM ADBL-13246PL PURPLE 65CM ADBL-13247PL PURPLE 75CM	
				ADBL-13245OR ORANGE 55CM ADBL-13246OR ORANGE 65CM ADBL-13247OR ORANGE 75CM
				

PREMIUM GYMBALLS

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

			ADBL-14246PL PURPLE 65CM ADBL-14246GR GREY 65CM ADBL-14246OR ORANGE 65CM
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**ELITE
TRAINING MAT**

ADMT-12236BK ELITE TRAINING MAT - BLACK LOGO
ADMT-12236WH ELITE TRAINING MAT - WHITE LOGO



FITNESS MAT

- ADMT-122340R FITNESS MAT - ORANGE
- ADMT-122346R FITNESS MAT - SOLID GREY
- ADMT-12234PL FITNESS MAT - FLASH PURPLE



TRAINING MAT

ADMT-12235



ROPES

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



TRAINING & POWER BANDS

- A **ADTB-10604** TRAINING BANDS (SET OF 2)
- B **ADTB-10605** TRAINING BAND - (SINGLE)
- C **ADTB-10607BL** LIGHT POWER BAND - BLUE
- D **ADTB-10607BK** MEDIUM POWER BAND - BLACK
- E **ADTB-10607RD** HEAVY POWER BAND - RED



SAND BAG

ADAC-11505

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

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



HANDHELD WATER BOTTLE

ADAC-11606



WEIGHTED GLOVES

ADWT-10702

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

ANKLE/WRIST WEIGHTS

ADWT-12227 ANKLE/WRIST WEIGHTS - 0.5KG

ADWT-12228 ANKLE/WRIST WEIGHTS - 1KG

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



ADJUSTABLE ANKLE WEIGHTS

ADWT-12229 ADJUSTABLE ANKLE WEIGHTS - 1KG

ADWT-12230 ADJUSTABLE ANKLE WEIGHTS - 2KG

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

PROFESSIONAL GRIP TRAINER

ADAC-11400 (PAIR)

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





PUSH UP BARS

ADAC-12231 (PAIR)

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

CORE ROLLERS

ADAC-11604 (PAIR)

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



AB WHEEL

ADAC-11404 AB WHEEL

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

SWIVEL PUSH UP BARS

ADAC-11401 (PAIR)

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





POWER TUBES

ADTB-10601 LEVEL 1

ADTB-10602 LEVEL 2

ADTB-10603 LEVEL 3

adidas Power Tubes have a fabric outer sleeve for added safety when working out. The available resistances of levels 1, 2 and 3 (sold separately) make this a versatile training product as you can choose the appropriate resistance to suit the muscles being targeted. The outer sleeve means resistance remains constant even when the band makes contact with you.

DUAL GRIP MED BALLS

ADBL-10412 3KG MEDICINE BALL

ADBL-10413 5KG MEDICINE BALL

ADBL-10414 8KG MEDICINE BALL



SLAM BALLS

ADBL-10222 3KG SLAM BALL

ADBL-10223 5KG SLAM BALL

ADBL-10224 8KG SLAM BALL



PLYOMETRIC PLATFORM

ADAC-15000

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

Measuring 79 x 64 x 55cm, the adidas plyo box has a soft surface which helps to reduce stress on leg joints when landing, so it can be easily incorporated into your complete training regime without the worry of possible injury.

Box jump your way to a fitter self or perform step ups, lateral step overs, elevated push ups and much more.





TRAIN BAR

ADAC-11403

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



DOOR GYM

ADAC-11402

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



36ZERO TRAINER

ADAC-12250

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



STRENGTH TRAINING

KETTLEBELLS

- Available in 4, 8, 12, 16, 20 or 24kg
- Balanced heavy duty iron construction
- Improves endurance & cardio stamina
- Wide handle for extra versatility
- Comfortable grip

ADWT-11312 4KG KETTLEBELL

ADWT-11313 8KG KETTLEBELL

ADWT-11314 12KG KETTLEBELL

ADWT-11315 16KG KETTLEBELL

ADWT-11316 20KG KETTLEBELL

ADWT-11317 24KG KETTLEBELL



DUMBBELLS

- Useable for a variety of exercises
- Powder coat matte black finish
- Durable and heavy duty

ADWT-11340 2.5KG DUMBBELL

ADWT-11341 5KG DUMBBELL

ADWT-11342 7.5KG DUMBBELL

ADWT-11343 10KG DUMBBELL

ADWT-11344 12.5KG DUMBBELL

ADWT-11345 15KG DUMBBELL

ADWT-11346 17.5KG DUMBBELL

ADWT-11347 20KG DUMBBELL

ADWT-11348 22.5KG DUMBBELL

ADWT-11349 25KG DUMBBELL



WEIGHTS & BARS



- A **ADWT-10121** 7FT OLYMPIC BAR
- B **ADWT-10111** 6FT STRAIGHT BAR
- C **ADWT-10151** BICEP CURL BAR (25MM)
- D **ADWT-10171** SOLID OLYMPIC CURL BAR
- E **ADWT-11203** WEIGHT PLATE - 1.25KG, 50MM
- F **ADWT-11207** WEIGHT PLATE - 2.5KG, 50MM
- G **ADWT-11213** WEIGHT PLATE - 5KG, 50MM
- H **ADWT-11217** WEIGHT PLATE - 10KG, 50MM
- I **ADWT-11223** WEIGHT PLATE - 15KG, 50MM
- J **ADWT-11225** WEIGHT PLATE - 20KG, 50MM
- K **ADWT-11251** WEIGHT PLATE - 1.25KG, 25MM
- L **ADWT-11255** WEIGHT PLATE - 2.5KG, 25MM
- M **ADWT-11261** WEIGHT PLATE - 5KG, 25MM
- N **ADWT-11265** WEIGHT PLATE - 10KG, 25MM
- O **ADWT-11271** WEIGHT PLATE - 15KG, 25MM
- P **ADWT-11275** WEIGHT PLATE - 20KG, 25MM

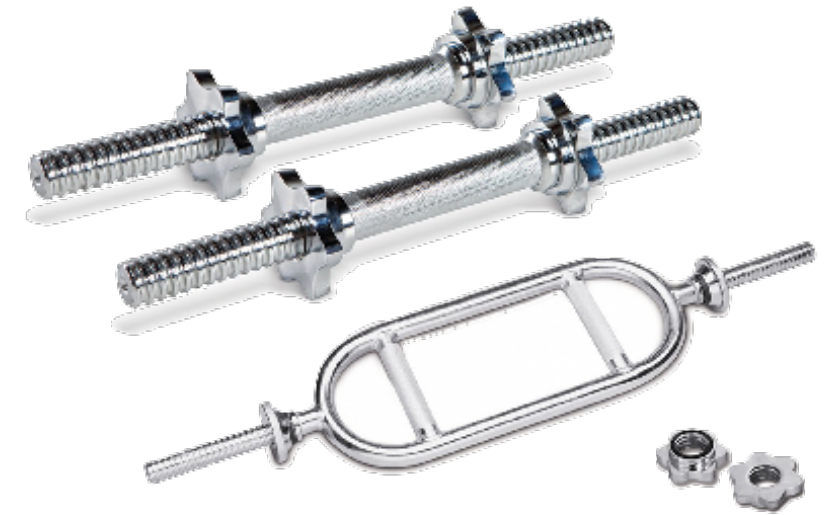




DUMBBELL & TRICEP CURL BAR

ADWT-10133 DUMBBELL BAR - (25MM)

ADWT-10141 TRICEP CURL BAR - (25MM)



ESSENTIAL 20KG DUMBBELL SET

ADWT-11120

- 2 x 14" sure-lock handles
- 4 x threaded collars
- 4 x 3kg plates and 4 x 1.25kg plates

ESSENTIAL 50KG WEIGHT SET

ADWT-11150

- 2 x 14" sure-lock handles
- 4 threaded collars
- 1 x 5ft chrome barbell
- 2 x spin lock collars



NEOPRENE DUMBBELLS

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

- Anti-roll design
- Coating ensures a tighter grip
- Supportive and comfortable



PLATE RACK

ADWTR-10110



WEIGHT RACK

ADWTR-10150



WEIGHT & PLATE RACKS

Keep your lifting area neat and tidy with the adidas Weight and Plate Racks. The solid steel construction assures your dumbbells and weight plates are stored securely - so load them on when your weight lifting workout is done.

WEIGHTLIFTING ACCESSORIES

- A **ADGB-12141** LIFTING STRAPS
- B **ADGB-12150** BARBELL PAD
- C **ADGB-12234** LEATHER WEIGHTLIFTING BELT (M)
- D **ADGB-12235** LEATHER WEIGHTLIFTING BELT (L)
- E **ADGB-12236** LEATHER WEIGHTLIFTING BELT (XL)
- F **ADGB-12236X** LEATHER WEIGHTLIFTING BELT (XXL)
- G **ADGB-12237** NYLON WEIGHTLIFTNG BELT (S)
- H **ADGB-12238** NYLON WEIGHTLIFTNG BELT (M)
- I **ADGB-12239** NYLON WEIGHTLIFTNG BELT (L)
- J **ADGB-12240** NYLON WEIGHTLIFTNG BELT (XL)
- K **ADGB-12140** HOOK LIFTING STRAPS
- L **ADGB-12143** PALM GRIP



ADJUSTABLE AB BENCH

ADBE-10230

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



POWER TOWER

ADBE-10260

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



HOME GYM

ADBE-10250

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



HOME RIG

ADBE-10500

- 13 height adjustable positions
- 4 types of attachments
- Lat pull down bar & straight bar
- Dual foam padded hand grips
- 6 weight plate storage bars
- Olympic plate attachments
- Spring collars
- Durable solid steel
- Integrated crossbar



FLAT BENCH

ADBE-10232

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



TRAINING BENCH

ADBE-10238

- Easily adjustable to flat, incline and decline positions
- Includes preacher curl for targeting biceps
- Leg extension with weight plate holder
- Max user weight 135kg



SQUAT STAND

ADBE-10239

- Accommodates Olympic bars
- Dimensions: 142 (L) x 77 (W) x 154 (H)
- Heavy duty construction
- Height adjustable



UTILITY BENCH

ADBE-10235

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



ESSENTIAL PRO UTILITY BENCH

ADBE-10338

- 2 in 1 dumbbell and ab bench
- Flat, decline and 5 x incline settings
- Extremely compact when folded
- Incorporated foam rollers
- Preacher Curl Pad
- Maximum user weight 100kg



ESSENTIAL AB BENCH

ADBE-10331

- Adjustable ankle grip settings
- Dimensions: 133 (L) x 34 (W) x 70cm (H)
- High impact ankle foam grip
- Padded seat and back support
- Tough steel frame



ESSENTIAL ELITE STATION

ADBE-10347

- Extremely compact when folded
- 3 x incline settings
- 3 position bar holders
- Lat and preacher curl attachments
- Foam rollers for support
- Leg curl and extension bar



ESSENTIAL UTILITY BENCH

ADBE-10335

- 2 in 1 dumbbell and ab bench
- Flat, decline and 5 x incline settings
- Converts into a sit up bench
- Extremely compact when folded
- Incorporated support foam rollers
- Maximum user weight 100kg



ESSENTIAL MULTI-PURPOSE BENCH

ADBE-10344

- Built-in barbell rack
- Dimensions: 137 (L) x 70 (W) x 114 (H)
- Padded seat/back support
- 3 incline levels



ESSENTIAL PRO MULTI-PURPOSE BENCH

ADBE-10346

- Built-in barbell rack
- Dimensions: 137 (L) x 70 (W) x 114 (H)
- Inclusive Preacher Curl Pad
- Padded seat/back support
- 3 incline levels



TRAINING GLOVES



ESSENTIAL GLOVES



ESSENTIAL SHORT FINGER GLOVES

- A

ADGB-12321OR ORANGE (S)
ADGB-12322OR ORANGE (M)
ADGB-12323OR ORANGE (L)
ADGB-12324OR ORANGE (XL)
ADGB-12325OR ORANGE (XXL)
- B

ADGB-12321RD RED (S)
ADGB-12322RD RED (M)
ADGB-12323RD RED (L)
ADGB-12324RD RED (XL)
ADGB-12325RD RED (XXL)
- C

ADGB-12321WH WHITE (S)
ADGB-12322WH WHITE (M)
ADGB-12323WH WHITE (L)
ADGB-12324WH WHITE (XL)
ADGB-12324WH WHITE (XXL)
- D

ADGB-12321YL YELLOW (S)
ADGB-12322YL YELLOW (M)
ADGB-12323YL YELLOW (L)
ADGB-12324YL YELLOW (XL)
ADGB-12325YL YELLOW (XXL)

ESSENTIAL FULL FINGER GLOVES

- E

ADGB-12421OR ORANGE (S)
ADGB-12422OR ORANGE (M)
ADGB-12423OR ORANGE (L)
ADGB-12424OR ORANGE (XL)
- F

ADGB-12421RD RED (S)
ADGB-12422RD RED (M)
ADGB-12423RD RED (L)
ADGB-12424RD RED (XL)
- G

ADGB-12421WH WHITE (S)
ADGB-12422WH WHITE (M)
ADGB-12423WH WHITE (L)
ADGB-12424WH WHITE (XL)
- H

ADGB-12421YL YELLOW (S)
ADGB-12422YL YELLOW (M)
ADGB-12423YL YELLOW (L)
ADGB-12424YL YELLOW (XL)

PERFORMANCE GLOVES



PERFORMANCE SHORT FINGER GLOVES

- I

ADGB-12331CM CAMO (S)
ADGB-12332CM CAMO (M)
ADGB-12333CM CAMO (L)
ADGB-12334CM CAMO (XL)
ADGB-12335CM CAMO (XXL)
- J

ADGB-12331OR ORANGE (S)
ADGB-12332OR ORANGE (M)
ADGB-12333OR ORANGE (L)
ADGB-12334OR ORANGE (XL)
ADGB-12335OR ORANGE (XXL)
- K

ADGB-12331RD RED (S)
ADGB-12332RD RED (M)
ADGB-12333RD RED (L)
ADGB-12334RD RED (XL)
ADGB-12335RD RED (XXL)

PERFORMANCE FULL FINGER GLOVES

- L

ADGB-12431CM CAMO (S)
ADGB-12432CM CAMO (M)
ADGB-12433CM CAMO (L)
ADGB-12434CM CAMO (XL)
- M

ADGB-12431OR ORANGE (S)
ADGB-12432OR ORANGE (M)
ADGB-12433OR ORANGE (L)
ADGB-12434OR ORANGE (XL)
- N

ADGB-12431RD RED (S)
ADGB-12432RD RED (M)
ADGB-12433RD RED (L)
ADGB-12434RD RED (XL)

WEIGHTLIFTING & TRAINING GLOVES



WEIGHTLIFTING SHORT FINGER GLOVES

- O

ADGB-12341SB

STRIPE BLACK (S)
- P

ADGB-12341SW

STRIPE WHITE (S)
- A

ADGB-12342SB

STRIPE BLACK (M)
- B

ADGB-12342SW

STRIPE WHITE (M)
- C

ADGB-12343SB

STRIPE BLACK (L)
- D

ADGB-12343SW

STRIPE WHITE (L)
- E

ADGB-12344SB

STRIPE BLACK (XL)
- F

ADGB-12344SW

STRIPE WHITE (XL)
- G

ADGB-12345SB

STRIPE BLACK (XXL)
- H

ADGB-12355SW

STRIPE WHITE (XXL)
- I

ADGB-12341RD

RED (S)
- J

ADGB-12342RD

RED (M)
- K

ADGB-12343RD

RED (L)
- L

ADGB-12344RD

RED (XL)
- M

ADGB-12345RD

RED (XXL)

TRAINING FULL FINGER GLOVES

- N

ADGB-12441SB

STRIPE BLACK (S)
- O

ADGB-12441SW

STRIPE WHITE (S)
- P

ADGB-12442SB

STRIPE BLACK (M)
- Q

ADGB-12442SW

STRIPE WHITE (M)
- R

ADGB-12443SB

STRIPE BLACK (L)
- S

ADGB-12443SW

STRIPE WHITE (L)
- T

ADGB-12444SB

STRIPE BLACK (XL)
- U

ADGB-12444SW

STRIPE WHITE (XL)
- V

ADGB-12441RD

RED (S)
- W

ADGB-12442RD

RED (M)
- X

ADGB-12443RD

RED (L)
- Y

ADGB-12444RD

RED (XL)

WOMEN'S FITNESS GLOVES



WOMEN'S SHORT FINGER FITNESS GLOVES

- U

ADGB-14121BK

SOLID GREY (S)
- V

ADGB-14121BLSS

FROZEN BLUE (S)
- W

ADGB-14121GNSR

GREEN SUNRISE (S)
- X

ADGB-14121RDSR

RED SUNRISE (S)
- Y

ADGB-14121RDSS

FLASH RED SUNRISE (S)
- Z

ADGB-14121YLSS

FROZEN YELLOW (S)
- A

ADGB-14122BK

SOLID GREY (M)
- B

ADGB-14122BLSS

FROZEN BLUE (M)
- C

ADGB-14122GNSR

GREEN SUNRISE (M)
- D

ADGB-14122RDSR

RED SUNRISE (M)
- E

ADGB-14122RDSS

FLASH RED SUNRISE (M)
- F

ADGB-14122YLSS

FROZEN YELLOW (M)
- G

ADGB-14123BK

SOLID GREY (L)
- H

ADGB-14123BLSS

FROZEN BLUE (L)
- I

ADGB-14123GNSR

GREEN SUNRISE (L)
- J

ADGB-14123RDSR

RED SUNRISE (L)
- K

ADGB-14123RDSS

FLASH RED SUNRISE (L)
- L

ADGB-14123YLSS

FROZEN YELLOW (L)



YOGA



yoga accessories

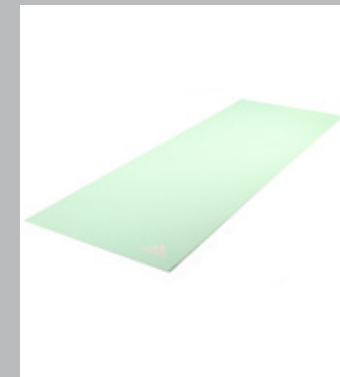
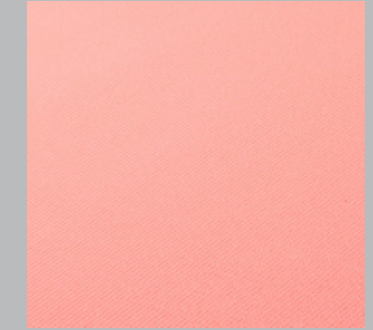
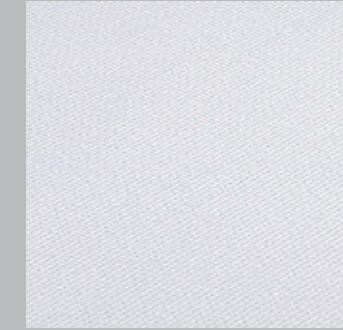
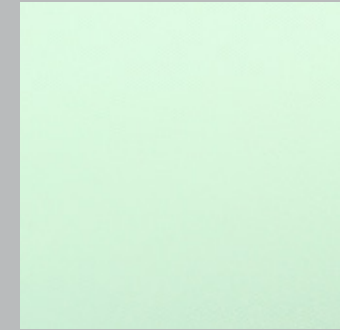
The adidas Yoga range features a number of essential accessories which meet the demands of the most advanced yoga practitioners and professionals - but also for those just starting out. Each product is designed to be used in conjunction with one another, providing all the tools necessary to enhance and improve the individual's practice.



yoga mats

4mm

Non-slip, textured surface for superior pose alignment. Soft, comfortable cushioning ideal for regular Yoga practice. Easy to wipe clean and roll up for storage. 173 x 61 x 0.4cm



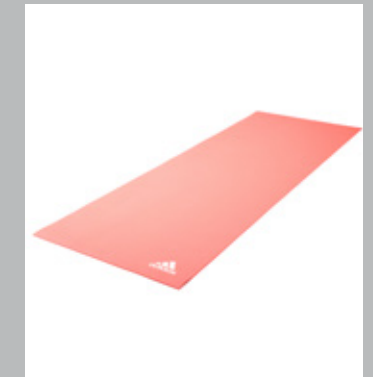
ADYG-10400GNFR



ADYG-10400BK



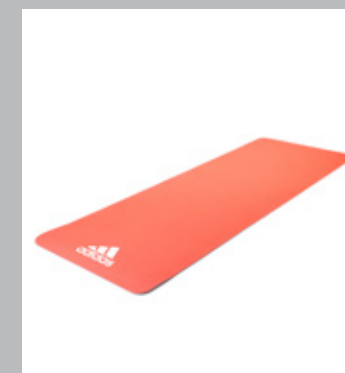
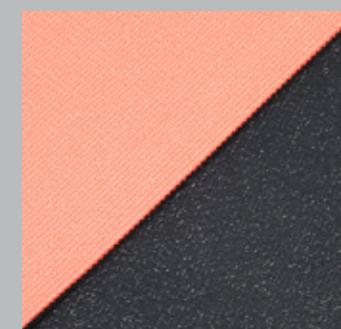
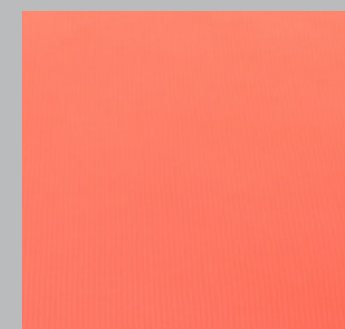
ADYG-10400GR



ADYG-10400RDFL

6mm

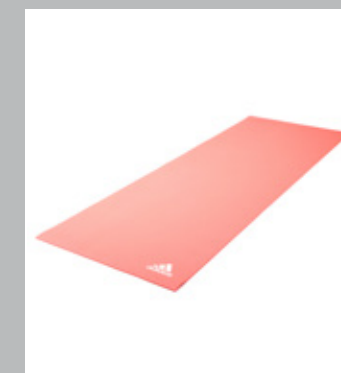
At 6mm thick, the premium adidas Yoga Mat is one of the thicker options in the Yoga range, providing considerable cushioning for your joints whilst retaining 'feel' of the floor. 173 x 61 x 0.6cm



ADYG-10600RDFL



ADYG-10600GRDK



ADYG-10640RDGR

hot yoga mat



During a Hot Yoga class (or Bikram Yoga) where the room is heated to 40°C+, the practitioner can, as expected, become considerably perspired. This means the Yoga mat acts as a means of absorption so it's important you're equipped with the appropriate Yoga mat made for this type of humid environment.

The non-slip, 2mm thick Hot Yoga Mat from adidas is soft and absorbent, designed to wick away moisture as you sweat, ensuring you don't slip during your posture transitions. Whatever your preference on thickness and cushioning, the mat can be used with or without an additional Yoga mat, and can be used on either side; the textured 'grip' side or towel fabric side.

ADYG-10680BK HOT YOGA MAT 2MM/ BLACK





straps and bands

- A ADYG-20400 MAT STRAP
- B ADYG-20200GR YOGA STRAP GREY
- C ADYG-20300 PILATES BANDS

yoga mat bag

ADYG-20500GR

- 100% nylon
- Adjustable carry strap
- Grey Yoga Mat Bag
- Drawstring closure



yoga socks

ADYG-30101GR S/M

ADYG-30102GR M/L

- Soft and comfortable
- adidas logo underfoot
- Created for Yoga
- Provides additional traction



yoga block

ADYG-20100FOAM

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



cork yoga block

ADYG-20100CORK

- High quality, dense foam construction
- Lightweight & firm
- 22.8 x 15.2 x 7.6cm
- Aid balance - in a variety of poses



reversible headbands

- A ADYG-30221MNFb MIDNIGHT AND FROZEN BLUE
- B ADYG-30221MNFg MIDNIGHT AND FROZEN GREEN
- C ADYG-30221MNFh MIDNIGHT AND CHALK WHITE



headbands

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

hair bands

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



sports hair bands

- J ADYG-30201A SPORTS HAIR BANDS - PACK A
- K ADYG-30201B SPORTS HAIR BANDS - PACK B



hairbands & headbands



RFE INTERNATIONAL
THE PERFORMANCE CENTRE,
8 CLARENDON DRIVE
MILTON KEYNES,
MK8 8ED,
UNITED KINGDOM

ADIDASHARDWARE.COM

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