

2021

RANGE

OUR BRANDS



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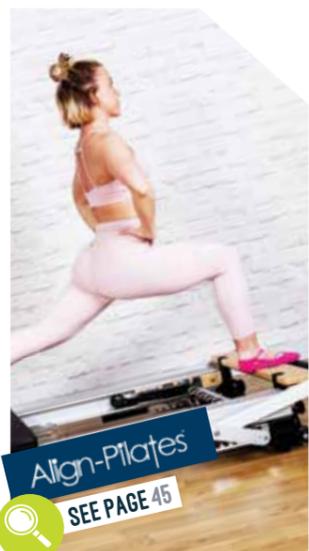
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EXERCISE STUDIO MATS...

+ CORE FITNESS MATS 10MM & 15MM

This is an ideal Pilates or exercise mat for those on the move, or for studios tight on storage space. The NBR foam offers excellent cushioning and memory, yet the 10mm mat weighs only a fraction over 1kg, making it light enough to carry around, with the included removable carry strap (10mm only).

The 15mm mat offers improved comfort but as it is too big to carry around, these mats come flat packed as they are primarily designed for use in a studio or to be left at home.

MADE FROM NBR RUBBER - DOP, AZO, HEAVY METAL, PHENOL & PHTHALATE FREE.



DIMENSIONS	MODEL	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	CARRY STRAP INCLUDED RETAIL PACK	BLUE	FMATNBR10 - BLU
182CM X 58CM X 10MM [1.1KG]	CARRY STRAP INCLUDED RETAIL PACK	BLACK	FMATNBR10 - BK
182CM X 58CM X 15MM [1.65KG]	NO STRAP INCLUDED FLAT PACK	BLUE	FMATNBR15

+ STRETCH FITNESS MATS 10MM

The Stretch Fitness mat is perfect for all kinds of exercise and stretching from aerobic workouts to rehabilitation. The mat provides excellent cushioning and comfort at 10mm thick yet is light enough to transport easily with the included carry strap.

MADE FROM NBR RUBBER - 6 PHTHALATE FREE.



DIMENSIONS	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	GREY	FMATNBRST-GRY
182CM X 58CM X 10MM [1.1KG]	LIGHT BLUE	FMATNBRST-LBLU

+ TRI-FOLD AEROBIC MAT 9MM

Studio quality tri-fold aerobic and fitness mat. This versatile mat is 134cm long when extended and folds up for storage and transport or for extra cushioning when doing sit-ups or crunches.

This mat is perfect for gym use as lots of mats can be stacked in a small space or for fit pros who need to carry a number of mats around for group exercise classes. Reversible mat featuring 3-fold design with double hinge construction.

MADE FROM NON-SLIP, NON ABSORBENT & WIPE CLEAN EVA FOAM.



DIMENSIONS	COLOUR	CODE
134CM X 50CM X 9MM - FLAT [0.6KG]		
45CM X 50CM X 30MM - FOLDED [0.6KG]	DARK GREY	FAMATPRO

+ STUDIO PRO AEROBIC MATS 10MM & 15MM

These studio quality aerobic mats are made from first grade EVA foam which offers good memory, shock absorption and comfort, as well as improved resistance to scuffing. Features rounded corners and hand hole for carrying.

MADE FROM CLOSED CELL & WIPE CLEAN EVA FOAM.



DIMENSIONS	COLOUR	CODE
1M X 50CM X 10MM [0.5KG]	BLUE	FAMAT10
1M X 50CM X 15MM [0.75KG]	BLUE	FAMAT15

EXERCISE STUDIO MATS...

+ CORE FITNESS MATS WITH EYELETS 10MM & 15MM

Identical to the Core Fitness Mats (page 3) but with eyelets, makes this mat perfect for storing neatly away in your studio on our exercise mat rack.



The eyelets are 50cm apart (centre to centre) and will fit hangers up to 2.5cm in diameter. Also available in 15mm thickness which provides extra cushioning. Made from NBR that is non-absorbent, making it easy to clean and very hygienic whilst also being soft and supportive. Top side is smooth and bottom is ribbed.

MADE FROM NBR RUBBER - DOP, AZO, HEAVY METAL, PHENOL & PHTHALATE FREE.

DIMENSIONS	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	BLUE	FMATNBR10EYE
182CM X 58CM X 15MM [1.65KG]	BLUE	FMATNBR15EYE

+ EXERCISE MAT RACK

Adjustable Mat Rack available for use with eyelet mats like the Club Aerobic & Core Fitness Mats. Can be used on mats with eyelets 36cm to 51cm apart. Minimum hole diameter is 1.95cm. Please note: Fixtures & fittings are not included.



CODE
FMATRACK20

+ MACHINE MATS FOR ROWERS AND TREADMILLS 4.5MM

This exercise machine mat provides excellent floor protection for use underneath exercise equipment such as rowers and treadmills, or for weight training. Helps to keep equipment in place and reduces machine noise. Features sealed edges with anti-slip base to prevent sliding on the floor, offering high grip levels.

DIMENSIONS	COLOUR	CODE
1.5M X 80CM X 4.5MM [1.9KG]	BLACK	FMACHINE150BLK
2M X 100CM X 4.5MM [3.6KG]	BLACK	FMACHINE100200BLK
2.5M X 80CM X 4.5MM [3.3KG]	BLACK	FMACHINE250BLK
2.5M X 100CM X 4.5MM [4.2KG]	BLACK	FMACHINE100250BLK

+ CLUB AEROBIC MATS WITH EYELETS 9.5MM

Extremely durable commercial quality aerobic mats with eyelets, designed for studio use. Two-tone colour design: Black/Graphite & Light Grey/Graphite.

MADE FROM VINYL COVERED PVC FOAM WITH SEALED EDGES.



DIMENSIONS	COLOUR	CODE
100CM X 50CM X 9.5MM [1.5KG]	BLACK/GRAPHITE	FAMATBLK
100CM X 50CM X 9.5MM [1.5KG]	LIGHT GREY/GRAPHITE	FAMATVINYL

+ STUDIO PRO MAT 15MM

The Studio Pro Mat is our best mat for exercise, Pilates and therapy. The TPE material has superb memory and at 15mm thick this mat offers excellent support for the spine and knees. As the mat is thick and does not roll up tightly, it is best for studio or home use rather than carrying to and from classes. The mat is double sided and will not slide on the floor.

MADE FROM 100% RECYCLABLE TPE. IMPERMEABLE AND HYGIENIC; AZO, HEAVY METAL & PVC FREE.



DIMENSIONS	COLOUR	CODE
180CM X 60CM X 15MM [2.6KG]	BLUE	FMATTP180R



= PACKAGED FOR RETAIL SALE

CORE STABILITY...

+ BALANCE POD DOMES SOLD IN PAIRS

Increase your coordination, improve your balance and challenge your core with these Balance Pod Domes by Fitness-Mad. Designed to help develop your core strength muscles such as your abdomen, back and pelvis by adding extra challenge to numerous bodyweight exercises. They also help to improve your balance which can help with body toning and posture.



These Balance Pod Domes feature a flat side and a dome side covered with small spikes, meaning you can use them flat or dome side up for varying levels of difficulty. Ideal for physiotherapists, sports therapists, personal trainers and fitness instructors to use in their programmes for clients, or for home use.

SIZE PER DOME	COLOUR	CODE
8CM X 16.5CMØ	DARK GREY	FPODDOME

+ STABILITY CUSHION WITH PUMP

An ideal tool for improving balance and posture, you can kneel or stand on the cushion whilst exercising to improve core strength or can sit on it to tone abdominal muscles whilst sitting at your desk. Can be inflated or deflated to increase or decrease the level of stability.



DIMENSIONS	COLOUR	CODE
35CØ [0.2KG]	GREY	FSTABILITY19

+ BALANCE PAD

Designed for use in balance, coordination and reaction training as well as ideal for postural stability, motor skills exercises and rehab. The super unstable material of the balance pad means that the user must always compensate to stabilise themselves when training on the pad. Made from closed cell EVA foam with non-slip surface.



DIMENSIONS	COLOUR	CODE
39.5 X 47.5 X 5.8CM [0.7KG]	BLUE	FBALANCE

+ ABDOMINAL MAT

It can be difficult to perform an ab exercise with correct alignment and safe form, but the Fitness-Mad Ab Mat helps to keep your back properly aligned as you target your upper, lower or oblique abdominal muscles. The ergonomic design cushions your lower back through the movement to reduce strain, while the groove allows for the spine to dip between the sides for additional comfort. Created from ultra-lightweight, high quality, closed cell EVA foam with a non-slip surface. Ideal for use at home, transporting to the gym, or for use by Fit Pro's, Pilates Instructors, PTs, Physios and Sport Therapists.



DIMENSIONS	COLOUR	CODE
38.5CM X 24CM X 7CM	BLUE	FABMAT

+ AIR DOME PRO II WITH PUMP

The Air Dome can be used for almost any exercise that is normally performed on an aerobic step or on the floor. As the Air Dome has an unstable surface, exercises performed on the Dome are more dynamic. This makes exercises both more challenging and effective, bringing results faster. Can be used either side up.



FEATURES:

- Anti-slip base to keep the dome firmly in place on the floor.
- 8" hand pump to inflate the dome.

MAX USER WEIGHT 140KG (C. 300LB).

DIMENSIONS	COLOUR	CODE
23CM (FULLY INFLATED) X 59CMØ [5.75KG]	GREY/BLACK	FBALDOME2

+ ADJUSTABLE WOBBLE BOARD

Regular use of a wobble board is a great way to improve your balance, increase core strength and improve one's range of movement. By improving proprioception through balancing exercises, wobble boards can help to protect the body from injury. Our 40cm adjustable wobble board offers angles between 19 and 23 degrees by simply screwing the rocker in or out, allowing you to progressively improve your balance. The more you screw the rocker out, the greater the angle and the greater the difficulty.



DIMENSIONS	CODE
40CMØ [0.85KG]	FWOBBLE20

CORE STABILITY...

+ 150KG ANTI-BURST SWISS BALL WITH PUMP

Our entry level ball is burst-resistant with a rating of 150kg. Having conducted many tests on non burst-resistant balls we wouldn't even entertain not using one as they are simply not safe. Ideal ball for home use.

NOT WARRANTED FOR COMMERCIAL USE. PHTHALATE FREE PVC.

+ 300KG ANTI-BURST SWISS BALL

Fitness-Mad's burst resistant Swiss Ball with a load rating of 300kg. Perfect for Fit Ball workouts, yoga, Pilates or physiotherapy and can be used as a chair to aid core strength to help improve posture.

PHTHALATE FREE PVC.



DIMENSIONS	SUITABLE FOR	COLOUR	CODE
55CM [1.1KG]	THOSE UNDER 5'6"	BLUE	FBALL55
65CM [1.35KG]	THOSE 5'6" - 5'10"	BLUE	FBALL65
75CM [1.65KG]	THOSE 5'11"+	BLUE	FBALL75

+ 500KG STUDIO PRO ANTI-BURST SWISS BALL

The 500kg Studio Pro Ball is also available on its own (without pump or box) for commercial use or for those not wanting a pump. All 3 sizes are available in Graphite.

PHTHALATE FREE PVC.



DIMENSIONS	SUITABLE FOR	COLOUR	CODE
55CM [1.3KG]	THOSE UNDER 5'6"	GRAPHITE	FBALLSP55G
65CM [1.7KG]	THOSE 5'6" - 5'10"	GRAPHITE	FBALLSP65G
75CM [2.1KG]	THOSE 5'11"+	GRAPHITE	FBALLSP75G



DIMENSIONS	SUITABLE FOR	COLOUR	CODE
55CM [1.2KG]	THOSE UNDER 5'6"	SILVER	FBALL10055
65CM [1.2KG]	THOSE 5'6" - 5'10"	SILVER	FBALL10065
75CM [1.2KG]	THOSE 5'11"+	SILVER	FBALL10075

+ BLASTER PUMP

2-way hi-pressure Swiss ball pump.

CODE
FPUMP2



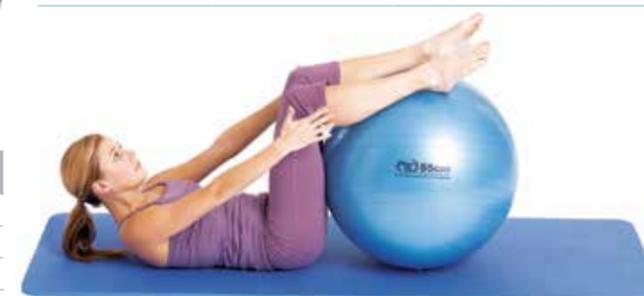
+ 500KG STUDIO PRO ANTI-BURST SWISS BALL WITH PUMP

The Studio Pro Swiss Ball is rated at a massive 500kg and is one of the toughest balls available. Studio Pro Swiss Balls have been independently tested by SGS Laboratories for burst-resistance to 750KG and static load tested to over 1,750KG without failure, making them ideal for studio or professional use. Perfect for serious training, Fit Ball workouts, yoga, Pilates or physiotherapy. These balls come boxed complete with blaster pump.

PHTHALATE FREE PVC.



DIMENSIONS	SUITABLE FOR	COLOUR	CODE
55CM [1.3KG]	THOSE UNDER 5'6"	PURPLE	FBALLSP55K
65CM [1.7KG]	THOSE 5'6" - 5'10"	PURPLE	FBALLSP65K
75CM [2.1KG]	THOSE 5'11"+	PURPLE	FBALLSP75K



= PACKAGED FOR RETAIL SALE

MASSAGE TOOLS...

+ 1, 2, & 3. TREAD FOAM ROLLER

The Tread Roller, as the name suggests, has a tread pattern to provide more pressure points as you roll, giving you a deep tissue massage. This foam roller is ideal for muscle massage and self-myofascial release for tight muscles, before or after exercise, or even if you wish to roll your muscles out after a long day of standing or sitting. Made from strong tubing to prevent deformation whilst rolling with a moulded EVA tread pattern. Available in Black, Silver and Blue. Made from PP tube with injection moulded EVA foam.



+ 4. 30CM FOAM ROLLER

For many users, 30cm is a long enough foam roller particularly for muscle and ITB release on the legs.



+ 5. 45CM FOAM ROLLER

For many users there is no need for a full length foam roller as a half length roller is long enough particularly for muscle and ITB release on the legs that has become so popular with runners and athletes.



+ 6. 90CM FOAM ROLLER

Lightweight PE foam roller in 15cm diameter for use in balance training, body awareness, muscle re-education and muscular flexibility to provide dynamic strengthening.



DIMENSIONS	WEIGHT	COLOUR	CODE
1. 32CM X 13.5CMØ	0.8KG	BLACK	FROLLERTRD-BLK
2. 32CM X 13.5CMØ	0.8KG	BLUE	FROLLERTRD-BLU
3. 32CM X 13.5CMØ	0.8KG	SILVER	FROLLERTRD-SILVER
4. 30CM X 15CMØ	0.6KG	BLUE	FROLLER6T
5. 45CM X 15CMØ	0.6KG	BLUE	FROLLER6H
6. 90CM X 15CMØ	0.9KG	BLUE	FROLLER6
7. 30CM X 15CMØ	0.3KG	BLACK	FROLLER30EPP

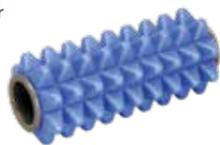
+ 7, 8, & 9. STUDIO PRO FOAM ROLLER

This is our professional quality Studio Foam Roller made from EPP (Expanded Polypropylene). EPP is an engineered plastic foam material that is durable, lightweight and recyclable. It has excellent energy absorption and high strength properties, which offer improved performance and longevity compared to EVA or PE foam rollers.



+ 10. MINI MESSAGE ROLLER

Myofascial release of the muscles is key to better performance. The Mini Massage Roller relieves tight muscles and targets fascia management. Portable and easy to use, perfect for before and after exercise. Made from ABS tube with EVA foam padding.



+ 11. VARI-MASSAGE ROLLER

The ultimate roller for myofascial release. The Vari-Massage Foam Roller features a range of different patterns so you can vary the intensity of the massage to suit your individual needs. Unlike many rollers the Vari-Massage rollers' dual ABS and EVA construction will not lose its shape requiring costly replacement as a result of day to day use. Available in Black/Red. Made from high impact ABS tube with EVA foam padding.



+ 12. TWIN VARI-MASSAGE FOAM ROLLER

The Twin Vari-Massage Foam Roller are two Vari-Rollers that join together with a connection screw. Can be used separately or together. Note: The standard Vari-Roller (11.) cannot be connected together to make a twin.



+ 13. & 14. HALF ROUND ROLLERS

This Half Round Roller is made from high-quality EPP (Expanded Polypropylene) which is extremely durable, super strong, very lightweight, and recyclable. Half Round Rollers are perfect for anyone looking to challenge their balance, core stability, or helping to improve body awareness with certain exercises.



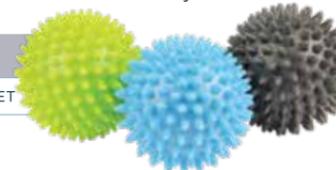
DIMENSIONS	WEIGHT	COLOUR	CODE
8. 45CM X 15CMØ	0.4KG	BLACK	FROLLER45EPP
9. 90CM X 15CMØ	0.5KG	BLACK	FROLLER90EPP
10. 16CM X 6.5CMØ	0.1KG	BLUE	FROLLERMINI
11. 30.5CM X 12CMØ	0.6KG	BLACK/RED	FROLLERMAD
12. 61CM X 6.5CMØ	1.2KG	BLACK/RED	FROLLERMADDBL
13. 45CM (L) X 15CM (W) X 7.5CM (H)	0.14KG	BLACK	FROLLER45EPPHALF
14. 90CM (L) X 15CM (W) X 7.5CM (H)	0.37KG	BLACK	FROLLER90EPPHALF

MASSAGE TOOLS...

+ SPIKEY TRIGGER BALLS SET OF 3

Fitness-Mad's set of 3 Spikey Trigger Balls are perfect for self-massage. Use to help release muscle tension which can also help to release toxins and improve circulation. Lightweight and easy to carry, you can take them with you for use before or after your workout.

DIMENSIONS	CODE
6.5CMØ	FSPIKETSET

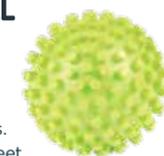


3 HARDNESSES:
BLUE = SOFT
GREEN = MEDIUM
GREY = HARD

+ PINPOINT TRIGGER BALL

Give your muscles a precise acupressure massage with the PinPoint Trigger Ball from Fitness-Mad. Helps to release tight smaller muscle groups and 'flush out' toxins which can build up in the muscles. The blunt spikes provide acupressure release for feet, hands, shoulders, upper back, forearm, outer leg, or hips. Ideal for use against a wall to target trigger points and tight muscles in the back, or any time your muscles feel tight. It may be small but it is mighty!

DIMENSIONS	COLOUR	CODE
4.5CMØ	GREEN	FMASSPIN



+ ATOM MESSAGE STICK

Take your self care to a whole new level with the Atom Massage Stick by Fitness-Mad. The atom nodules massage your muscles for optimum trigger point release as well as helping to stimulate circulation. The ergonomic handles make self-massage easy so you can adjust the pressure accordingly. Lightweight and portable design, pack it into your gym bag for on-the-go massage or use as part of a rehab programme. Constructed from a steel core with TPE atoms and handles.



DIMENSIONS	COLOUR	CODE
40CM (L)	BLACK/GREEN	FSTICKATOM

+ FOOT ROLLER

The Fitness-Mad's Foot Roller helps to relieve foot, heel and plantar fasciitis pain. Ease tight and tired muscles of the feet before or after exercise. Simple to use, just roll back and forth under your foot whilst seated or standing for an effective massage. Suitable for any fitness enthusiast or athlete such as runners, walkers, cyclists, or anyone looking to maintain good foot health for a better performance. Made from PP, TPE and ABS.

DIMENSIONS	COLOUR	CODE
15.8CM X 6.5CM X 7CMØ	BLACK/GREEN	FROLLERFOOT



+ TRIGGER POINT MASSAGE BALL

Set of Massage Balls in 3 different hardnesses for acupressure massage and trigger point release. To start with, choose a ball of suitable hardness and position it on the point to be massaged. Use in conjunction with a foam roller for the best results.



DIMENSIONS	QTY	HARDNESS	CODE
6CMØ [0.25KG]	SET OF 3	SOFT MEDIUM HARD	FMASSBALSET
6CMØ [0.25KG] PER BALL	PACK OF 10	SOFT	FMASSBALX10S
6CMØ [0.25KG] PER BALL	PACK OF 10	MEDIUM	FMASSBALX10M
6CMØ [0.25KG] PER BALL	PACK OF 10	HARD	FMASSBALX10H

3 HARDNESSES:
BLUE = SOFT
GREEN = MEDIUM
GREY = HARD

NOW AVAILABLE IN PACKS OF 10

+ SPIKEY MESSAGE BALL

These small Spikey Massage Balls are used to release tight, uncomfortable muscles and can help to release toxins and improve circulation. Available in two sizes 7cm or 9cm. The balls are often used in pairs but are sold singly. Made from 6 phthalate free PVC.

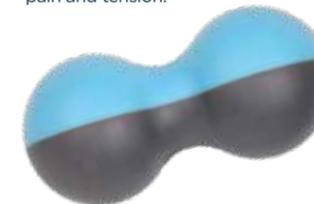


DIMENSIONS	QTY	COLOUR	CODE
7CMØ [0.1KG]	1 BALL	PURPLE	FMASSAGES
9CMØ [0.16KG]	1 BALL	BLUE	FMASSAGEL
7CMØ [0.1KG]	PACK OF 10	PURPLE	FMASSAGE10S
9CMØ [0.16KG]	PACK OF 10	BLUE	FMASSAGE10L

NOW AVAILABLE IN PACKS OF 10

+ PEANUT MESSAGE BALL

A dual massage ball design, perfect for rolling out tight muscles. The dip allows the massager to get close into your back muscles, without putting pressure on your spine. Also great to use for neck, shoulders, hips, glutes, hamstrings and calves. Ideal for helping to reduce muscle pain and tension.



COLOUR	CODE
BLUE/GREY	FMASSAGEP

= PACKAGED FOR RETAIL SALE

RESISTANCE TUBES...



STUDIO PRO SAFETY RESISTANCE TRAINERS

Our Studio Pro Safety Resistance Trainers offer a safe alternative to naked latex resistance tubes without compromising performance.

The protection sleeve virtually removes the risks associated with latex tube failure and also extends the life of the latex tube. Supplied with a 12 page A5 resistance training guide covering 19 key resistance exercises for a total body workout and a door attachment that enables you to turn the Resistance Trainer into a gym. For use in a class or studio environment.

LENGTH: Industry standard length tube of 120cm. Total length including handles 155cm.

STRETCH: 4 times original length. TPR handles provide a comfortable grip.

4 COLOUR CODED STRENGTHS + RESISTANCE LEVEL ON HANDLE



DOOR ATTACHMENT

COLOUR	RESISTANCE	STRENGTH	CODE
GREEN	LIGHT	2X STRETCH = 3KG 3X STRETCH = 5KG	FTUBESAFEL
BLUE	MEDIUM	2X STRETCH = 5KG 3X STRETCH = 7.5KG	FTUBESAFEM
RED	STRONG	2X STRETCH = 7.5KG 3X STRETCH = 12KG	FTUBESAFES
BLACK	X-STRONG	2X STRETCH = 9KG 3X STRETCH = 14KG	FTUBESAFEXS



RESISTANCE TUBES

Fitness-Mad's Resistance Tubes are made from a multi-stranded rubber core with a protective nylon covering, which prevents the possibility of sudden tube failure that can occur with latex tubing. The rubber offers natural and progressive resistance and avoids the possibility of latex allergies. Available in 3 strengths with comfortable integral foam covered handles. The resistance level is marked on the handles to make identification easier when using in a class or studio environment. The tube comes with a user guide featuring 10 key resistance exercises for a total body workout.

MAX. TUBE STRETCH 3 TIMES ORIGINAL LENGTH.



RETAIL PACKED WITH USER GUIDE.

COLOUR	RESISTANCE	CODE
LIGHT BLUE	LIGHT	FTUBE08-LR
PINK	MEDIUM	FTUBE08-MR
DARK BLUE	STRONG	FTUBE08-SR

NON-RETAIL PACKED - CLUB OR STUDIO USE. NO USER GUIDE.

COLOUR	RESISTANCE	CODE
LIGHT BLUE	LIGHT	FTUBE08PLAIN-L
PINK	MEDIUM	FTUBE08PLAIN-M
DARK BLUE	STRONG	FTUBE08PLAIN-S



RESISTANCE BANDS...

POWER RESISTANCE LOOPS

Fitness-Mad's Power Resistance Loop enables you to work out almost anywhere. The specially designed, heavy-duty resistance bands are perfect for strength and core conditioning as well as rehabilitation of muscles and joints. Power Loops are 104cm in diameter.

CHOICE OF 5 STRENGTHS.



WARNING: ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.

KG	RESISTANCE	SUITABLE FOR	CODE
2-16KG	X-LIGHT (RED)	REHAB	FPOWERLXL
4-23KG	LIGHT (BLACK)	BEGINNERS	FPOWERLL
11-36KG	MEDIUM (LIGHT BLUE)	MODERATE	FPOWERLM
23-54KG	STRONG (GREEN)	STRONG/ATHLETIC	FPOWERLS
27-68KG	X-STRONG (DARK BLUE)	POWER LIFTER	FPOWERLXS



RESISTANCE BANDS

The complete resistance solution that is small enough to fit in your pocket - a truly portable gym!

By combining different bands using the innovative handles you can create seven different levels of resistance, as well as creating loops for leg to leg or tricep exercises.

WARNING: ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.



CODE
FRESKITB

KIT INCLUDES:
3 BANDS (150CM X 10CM) IN LIGHT, MEDIUM & STRONG RESISTANCE. ONE PAIR OF CLIPS & EXERCISE GUIDE.

SQUAT BANDS

Squat bands are a great way to build the glute and leg muscles. Activate your muscles as part of a dynamic warm-up, or use for a serious lower body workout by itself or as part of your weight training routine. Extra wide with a non-slip lining to help reduce the band bunching and moving as you exercise. Available in 3 different sizes so you can find your perfect fit.

CHOICE OF 3 SIZES.



WARNING: ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.

DIMENSIONS	SIZE	COLOUR	CODE
66CM	SMALL	BLUE	FSQUATBANDS
76CM	MEDIUM	LIME GREEN	FSQUATBANDM
86CM	LARGE	GREY	FSQUATBANDL
66CM, 76CM & 86CM	S, M & L	LIGHT BLUE LIME GREEN GREY	FSQUATBANDSET



= PACKAGED FOR RETAIL SALE

RESISTANCE BANDS...



+ RESISTANCE BANDS WITH USER GUIDE

Resistance bands are ideal for use in Pilates, for resistance workouts or rehabilitation. Latex bands have the best and most progressive elasticity and offer smooth, even resistance. Our bands have the resistance rating and safety warnings written on the band, making them ideal for studio use. Supplied in a blister pack with user guide.

CHOICE OF 3 STRENGTHS.



WARNING:
ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.

COLOUR	RESISTANCE	SUITABLE FOR	CODE
RED	LIGHT	BEGINNERS/REHAB	FRESBAND9L
BLUE	MEDIUM	FAMILIAR/MODERATE	FRESBAND9M
BLACK	STRONG	STRONG/ATHLETIC	FRESBAND9S



+ RESISTANCE BANDS STUDIO MULTI PACKS

Our Resistance Bands are available in packs of 10 or individually. Each band is sealed in its own zip lock bag plus there is one user guide per 10 pack. Ideal for clubs, 10 packs are a much more professional alternative to buying rolls.



BANDS AVAILABLE IN 10 PACKS - FOR CLUBS OR STUDIOS.

ITEM	COLOUR	RESISTANCE	CODE
MUTLIPACK OF 10	RED	LIGHT	FRESBAND9LX10-LR
MUTLIPACK OF 10	BLUE	MEDIUM	FRESBAND9MX10-MR
MUTLIPACK OF 10	BLACK	STRONG	FRESBAND9SX10-SR



SINGLE BAND PACKED IN PE BAG FOR CLUB OR STUDIO USE. PLEASE NOTE: NO USER GUIDE.

ITEM	COLOUR	RESISTANCE	CODE
SINGLE BAND	RED	LIGHT	FRESBAND9LO
SINGLE BAND	BLUE	MEDIUM	FRESBAND9MO
SINGLE BAND	BLACK	STRONG	FRESBAND9SO



+ RESISTANCE BANDS ROLLS OF 15M X 15CM

For teachers, physiotherapists or studios wishing to cut bands to custom lengths or save a little money, we offer 15m rolls of resistance bands. The band is marked with repeating safety warnings for use in a commercial environment.

WARNING: ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.



COLOUR	RESISTANCE	CODE
RED	LIGHT	FRESBANDL15
BLUE	MEDIUM	FRESBANDM15
BLACK	STRONG	FRESBANDS15

RESISTANCE BANDS...



+ MINI POWER LOOPS SET OF 5

Get all the power you need from this little pack. Fitness-Mad's Mini Power Loops provide you with 5 bands of varying strength; extra light, light, medium, strong and extra strong, meaning you can choose the bands to suit your level of fitness and help you progress. Perfect for use as part of your regular workout routine to make those exercises a little bit harder or use as part of a rehabilitation programme. Carry bag included.

WARNING:
ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.

DIMENSIONS	CODE
30.6CMØ	FPOWERMINI



+ MINI POWER LOOPS PACK OF 5 & 10

Now sold separately in their individual strengths in packs of 5 or 10! Perfect for buying in bulk for physios, clubs, gyms and retailers.

WARNING:
ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.



PACK SIZE	STRENGTH	CODE
5 BANDS	EXTRA LIGHT	FPMINXL5PK
5 BANDS	LIGHT	FPMINIL5PK
10 BANDS	LIGHT	FPMINIL10PK
5 BANDS	MEDIUM	FPMINIM5PK
10 BANDS	MEDIUM	FPMINIM10PK
5 BANDS	STRONG	FPMINIS5PK
10 BANDS	STRONG	FPMINIS10PK
5 BANDS	EXTRA STRONG	FPMINIXS5PK

+ MINI POWER LOOPS INDIVIDUALS

These bands are the same as the Mini Power Loops Set Of 5 but sold separately in their individual strengths. Perfect for buying in bulk for physios, clubs, gyms, or for those looking for a certain individual strength band to include in their gym bag or home gym kit.

WARNING:
ALL OUR BANDS ARE LATEX. DO NOT USE IF ALLERGIC.

SIZE	STRENGTH	CODE
30.6CMØ	EXTRA LIGHT	FPMINI-XL
30.6CMØ	LIGHT	FPMINI-L
30.6CMØ	MEDIUM	FPMINI-M
30.6CMØ	STRONG	FPMINI-S
30.6CMØ	EXTRA STRONG	FPMINI-XS



= PACKAGED FOR RETAIL SALE

AEROBIC EQUIPMENT...

+40" STUDIO PRO REBOUNDER TRAMPOLINE

Fitness-Mad's 40" Studio Pro Rebounder Trampoline is a commercial grade rebounder that is the ideal tool for zero impact aerobic exercise whether for use in the gym or at home. Rebounding is fantastic exercise but it is essential to have a quality rebounder as most budget rebounders offer a jarring, noisy and unpleasant bouncing experience. With the Studio Pro Rebounder, the bounce is smooth, offering the perfect exercise platform. Rebounding improves circulation, increases the capacity of your heart and lungs and builds strength and stamina, boosting all round fitness. Regular use improves muscle tone around the legs, thighs, abdomen, hips and arms, improving coordination and balance.

Please note: This Rebounder is designed for adult use only. If children use this Rebounder there is a risk that their feet can slip between the springs and potentially result in an injury to the foot, ankle or leg. Max. user weight 125kg.

KEY FEATURES

+ SPRINGS: Spring quality is essential for a good bounce, hence we use 36 high quality 32mm diameter barrel springs rather than commonly used 18mm straight springs.

+ SPRING MOUNTING: Our springs attach to the frame using a riveted barrel pin, rather than hooking directly into the frame. This reduces noise when bouncing and makes the bounce smoother.

+ FRAME: A strong frame is essential to ensure a long life, our frame is made from robotically welded, heavy gauge powder coated steel which is 30-40% heavier than budget rebounders.

+ REBOUNDER BED: Strong polypropylene bed with nylon thread stitching securely attach the bed to the springs.

+ SPRING COVER: We use a smaller spring cover than on many competitors trampolines as this ensures a larger bounce area and reduces unnecessary damage to the cover. The cover is made from durable 420 denier oxford nylon, which offers greater durability and tear resistance than commonly used PVC.

+ LEGS: Six 22.5cm (9") legs which fold down without tools, making storing your rebounder easier and faster. Feet are tipped with extra wide rubber feet which offer improved grip and will not mark the floor.



ABOVE CLOSE UP: Close up of folding chrome leg, oversize spring & riveted barrel spring.



DIMENSIONS	COLOUR	CODE
102CMØ X 25.4CM [10KG]	BLACK/GREEN	FTRAMP40B



AEROBIC EQUIPMENT...

+STUDIO AEROBIC STEP

Studio Aerobic Step supplied with 4 feet, enables adjustment to 11, 16 or 21cm. Feet and base have non-slip pads. Available as a complete set or as individual pieces. Max. user weight 120kg, manufactured from HDPE.



ITEM	DIMENSIONS	CODE
PLATFORM SET [INC. X4 FEET]	1.1M X 41CM X 21CM [9.5KGS]	FSTEP20
INDIVIDUAL FEET	5CM RISE [0.9KGS]	FSTEPFT18
INDIVIDUAL PLATFORM	1.1M X 41CM X 11CM [4KGS]	FSTEPPLAT20

+LEATHER WEIGHTED JUMP ROPE

Our professional Leather Weighted Jump Rope is designed for endurance training and for those who prefer a traditional style of rope. Hi-speed turning handles provide a tractionless, smooth turning feel with foam handles for added shock absorption.



3M LENGTH. 0.3G ADDER WEIGHTS.

LENGTH	CODE
3M	FSKIPLR17

+PRO HANDWEIGHTS

Fitness-Mad's Pro Handweights with straps are made from steel handle with non-slip NBR foam covering for a soft and comfortable grip, complete with elasticated strap for added safety. Great for use while walking, jogging and aerobics as they help to tone your arms and increase workout intensity. Available in 3 weights; 0.5kg, 0.75kg and 1kg.



DIMENSIONS	COLOUR	CODE
2X 0.5KG	PINK/BLACK	FDBELLHAND05
2X 0.75KG	PURPLE/BLACK	FDBELLHAND3Q
2X 1KG	GREEN/BLACK	FDBELLHAND1

+ULTRA SPEED JUMP ROPE

Need a speed rope which can keep up with you? The Fitness-Mad Ultra Speed Jump Rope is fast, tangle proof and intelligently designed with a metal bearing, smooth turning system to never slow you down. Ideal for CrossFit, Double Unders, HIIT, Cardio, MMA & Boxing training to boost speed, agility and coordination. The attractive knurling pattern on the handle is also practical, helping to prevent the handles sliding from your grip as you get the sweatiest of workouts. Quickly adjust the length of the rope to suit the user height with the quick-adjust system for a lightening fast skipping experience. Aluminium handles with PVC coated steel rope and steel screw adjust system.

3M MAX. LENGTH.



DIMENSIONS	COLOUR	CODE
3M MAX. LENGTH	BLACK/SILVER	FSKIPUSR

+STUDIO PRO SPEED ROPES

This is our studio quality Speed Rope offering a durable smooth-turning rope with free-spinning handles to ensure a perfect skipping arc, suitable for all general skipping routines. Colour coded handles make these ropes ideal for a studio environment. Speed Ropes also available in non-retail packaging for clubs or studios.



LENGTH	SUITABLE FOR	CODE (RETAIL PACKED)	CODE (SPEED ROPE ONLY)
8FT [240CM]	THOSE UNDER 5'4"	FSKIPSP-8	FSKIP-8
9FT [270CM]	THOSE 5'4" - 5'10"	FSKIPSP-9	FSKIP-9
10FT [304CM]	THOSE 5'11"+	FSKIPSP-10	FSKIP-10

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STRENGTH POWER...



**PRO SUSPENSION TRAINER
450KG TESTED**

The Pro Suspension Trainer is the perfect body weight workout tool. This portable lightweight training system weighs a mere 1.2kgs allowing the user to workout anytime, anywhere. Use your own body as resistance and strengthen arms and chest, whilst also building muscle and burning unwanted fat. Suspension Training increases flexibility and endurance and helps to develop and maintain a strong core.

SPECIFICATIONS:

The Pro Suspension Trainer is built to last using hi-strength polyester webbing with industrial bartack stitching. Our unique steel T-fastener buckle allows for quick adjustment of the apex style straps which adjust from 1.2m to 2.5m (excluding the anchor strap) to suit users of all sizes and abilities. The apex suspension straps attach to our 1.25m anchor strap, which offers 5 attachment positions when used with the integral door jamb. Alternatively the anchor strap can be clipped to a wall eyelet (not included) or wrapped around a tree or secure object with a circumference of up to 1.1m for complete flexibility on where you workout. Quality ABS padded hand grips with integrated foot cradles for use in ground-based exercises and a mesh carry bag complete the package.

SAFETY NOTE:

The Pro Suspension Trainer has been independently load tested to over 450kgs(1000lbs) to ensure your safety and high performance in use.

MAX. USER WEIGHT	CODE
125KG	FSUSPTRAIN



**RAPID
ADJUSTMENT
BUCKLE**

**450KG
TESTED**

STRENGTH POWER...



ADJUSTABLE DOORWAY GYM BAR

Turn your door frame into a workstation with our deluxe doorway gym bar. Use the bar high in the door frame for pull ups, crunches and chin ups or, at the bottom of the door frame for sit ups or an abdominal workout. Double action opening makes the door gym quick to set up and the large non-marking pads ensure a secure grip and prevent damage to the door frame. Foam grips add extra comfort. Includes support brackets and basic exercise guide.

Please note: Maximum user weight 100kg. Suitable for door widths from 63cm to 100cm with a door jamb of at least 6cm. Not suitable for door frames made of soft wood, door frames in stud (plasterboard) walls or doors adjacent to a window frame. Not warranted for commercial use.



MAX. USE WEIGHT	CODE
100KG	FCHINUP

**PVC MEDICINE BALLS
1-5KGS**

The Medicine Ball is an excellent tool for a complete body workout, especially when combined with a Swiss Ball. Use it to strengthen shoulders, back, arms and legs and to develop abdominal strength. Unlike weight machines that are bolted to the floor and give a limited unnatural movement, the medicine ball provides weight-resistance through a full range of motion, plus being made from PVC means they are waterproof and easy to grip. Ideal for athletes, boxers, golfers and racquet sports players.



WEIGHT	DIMENSIONS	CODE
1KG	22CMØ	FMEDBALLP1
2KG	22CMØ	FMEDBALLP2
3KG	25CMØ	FMEDBALLP3
4KG	25CMØ	FMEDBALLP4
5KG	25CMØ	FMEDBALLP5
1- 5KG UPRIGHT MEDICINE BALL RACK	145CM (H) X 31CM (W) X 31CM (D)	FMEDBALLRACK

**MADE FROM
PVC. THEY ARE
WATERPROOF &
EASY TO GRIP**



UNIVERSAL TRAINING BAR

The Universal Training Bar allows any room to be turned into a gym. It can be attached to most door frames to perform multi-position pull ups, chin ups and suspended crunches. Placed at the bottom of the door frame, the Universal Training Bar acts as a sit-up bar and when placed on the floor it becomes a multi-position push-up bar making the Universal Training Bar a perfect training companion. Includes a basic user guide and assembly & installation instructions.

Please note: Maximum use weight 120kg. Suitable for door widths from 70cm to 78cm with a door jamb between 11cm to 16cm only. Product should only be used in doorways with solid walls, which have sturdy door frames. Limited self-assembly required.



MAX. USER WEIGHT	CODE
120KG	FPULLUP



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STRENGTH POWER...

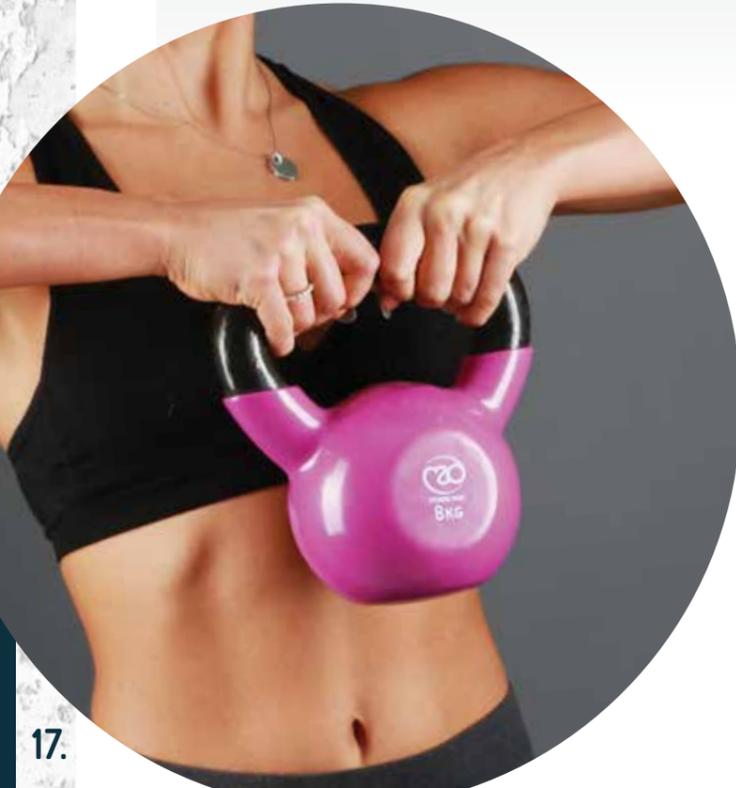
**+ KETTLEBELLS
4-24KGS**

The kettlebell is a highly popular exercise tool amongst athletes, fitness enthusiasts and martial artists as kettlebell training delivers an unparalleled fitness workout. Working with kettlebells increases muscular and cardio systems with dynamic, total-body movements. Whether you want to burn fat, develop your cardio fitness or increase your strength it can all be done with a kettlebell.

Our kettlebells feature an oversized powder coated handle for excellent grip with one or two hands, whilst allowing for a full and fluid motion. The base of each kettlebell is covered with a heavy duty vinyl skin to help to protect the floor.



WEIGHT	COLOUR	CODE
4KG	PINK	FKETTLE4
4KG	BLACK	FKETTLEBLK4
6KG	YELLOW	FKETTLE6
6KG	BLACK	FKETTLEBLK6
8KG	PURPLE	FKETTLE8
8KG	BLACK	FKETTLEBLK8
10KG	RASPBERRY	FKETTLE10
10KG	BLACK	FKETTLEBLK10
12KG	GREEN	FKETTLE12
12KG	BLACK	FKETTLEBLK12
16KG	BLUE	FKETTLE16
16KG	BLACK	FKETTLEBLK16
20KG	RED	FKETTLE20
20KG	BLACK	FKETTLEBLK20
24KG	BLACK	FKETTLE24
24KG	BLACK	FKETTLEBLK24



STRENGTH POWER...

**+ NEOPRENE DUMBBELLS
0.5-5KGS**

Neoprene coated dumbbells for aerobic and fitness training. Two flat edge ends prevent the dumbbells from rolling away. Supplied boxed in pairs. Note: No branding on box, only on retail tag around the handle.



WEIGHT	COLOUR	CODE
2X 0.5KG	BLACK	FDBELLBLK05
2X 1KG	BLACK	FDBELLBLK1
2X 1.5KG	BLACK	FDBELLBLK1HALF
2X 2KG	BLACK	FDBELLBLK2
2X 3KG	BLACK	FDBELLBLK3
2X 4KG	BLACK	FDBELLBLK4

WEIGHT	COLOUR	CODE
2X 0.5KG	PINK	FDBELL05
2X 1KG	PURPLE	FDBELL1
2X 1.5KG	GREEN	FDBELL1HALF
2X 2KG	BLUE	FDBELL2
2X 3KG	ORANGE	FDBELL3
2X 4KG	RED	FDBELL4
2X 5KG	BLACK	FDBELL5

MERCHANDISING STANDS AVAILABLE FOR RESSELLERS



**+ DOUBLE GRIP MEDICINE BALLS
4-10KGS**

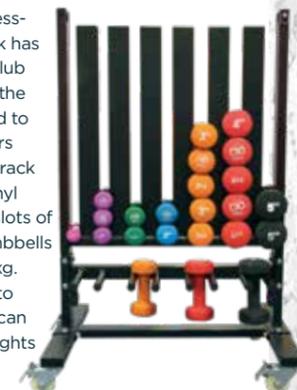
Offering most of the benefits of a standard Medicine Ball with the added advantage that the Double Grip increases control and ability to cope with heavier weights and enables single handed use. Double Grip Medicine Balls are not suitable for bouncing exercises. One piece moulded rubber ball with 2 integral handles, easy to grip with one or two hands. Size: 27.5cm in diameter.



WEIGHT	CODE	WEIGHT	CODE
4KG	FMEDDG4	8KG	FMEDDG8
5KG	FMEDDG5	9KG	FMEDDG9
6KG	FMEDDG6	10KG	FMEDDG10
7KG	FMEDDG7		

+ STUDIO DUMBBELL RACK

Keep all your dumbbells neatly stored in Fitness-Mad's lockable studio dumbbell rack. The rack has lockable wheels to easily move around your club or studio. Features three locking bars so that the dumbbells can be securely locked in the stand to prevent theft. When not in use the locking bars clip to the sides (padlocks not included). The rack is designed to take a range of neoprene or vinyl dumbbells in weights from 0.5kg to 10kg - 7 slots of increasing widths to accept 0.5kg to 5kg dumbbells and 8 hangers each taking 1 pair of 4kg to 10kg. Note: Self-assembly required. We are unable to provide an estimate of how many dumbbells can fit onto the rack due to the fact dumbbell weights and sizes vary.



DIMENSIONS	WEIGHT	CODE
85.5CM X 60CM X 120.3CM	44.5KG	FDBELLRACKS

+ SLAM BALLS

The Slam Ball is an explosive way to train. This piece of equipment is so versatile it can be used for a huge variety of exercises and is the ideal tool for Boot Camps, Fitness Instructors, CrossFit, Circuits and more. Use it to strengthen the core, increase flexibility and improve upper and lower body conditioning as well as coordination. Made from PVC with sand filling.



WEIGHT	DIMENSIONS	CODE
4KG	28CMØ	FSLAMBALL4
6KG	28CMØ	FSLAMBALL6
8KG	28CMØ	FSLAMBALL8
10KG	28CMØ	FSLAMBALL10

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STRENGTH ACCESSORIES...

LEATHER WEIGHT LIFTING BELT

Made from premium quality leather the Fitness-Mad weight lifting belt is designed to offer exceptional back support when performing heavy lifts. Fully adjustable with strong metal buckle closure. The contoured shape ensures a snug fit to the lower back.



SIZE	WAIST CM	WAIST INCH	CODE
MEDIUM	61-76CM	30-36"	FBELTPROL-M
LARGE	77-94CM	36-44"	FBELTPROL-L
EXTRA LARGE	95-111CM	43-49"	FBELTPROL-XL

PADDED WEIGHT LIFTING STRAPS

Lifting straps help with heavy lifting by providing a more secure grip of the bar. Features comfortable neoprene wrist pad on heavy duty cotton webbing strap.



DIMENSIONS	CODE
61CM X 38MM [SOLD IN PAIRS]	FSWWPAD

LIQUID CHALK (250ML)

Liquid Chalk puts an end to worrying about losing grip. It does not harm or transfer to equipment or clothing and does not create a powdery mess that traditional powder, block or chalk ball methods can leave. It is also a healthier alternative because it vastly reduces dust inhalation. Applications include climbing, gymnastics, yoga and weight lifting.



SIZE	CODE
250ML	YLQDCHLK

MEGA BAR GRIPS

Let the Fitness-Mad Mega Bar Grips transform your workouts. Simply place the bar grips around dumbbells, barbells or cable attachments and by doing so increase the diameter of your grip which has been proven to increase muscle activation. Small and transportable, they easily fit in your gym bag. They stay in place and do not condense during your workout. Sold in pairs. Made from silicone.



CODE
FMEGAGRIP

WEIGHT LIFTING BELT

The Fitness-Mad Weight Lifting Belt is designed to offer extra back support when performing heavy lifts. This sturdy neoprene belt is fully adjustable with a Velcro closure and strong metal buckle. The contoured shape ensures a snug fit to the lower back.



SIZE	WAIST CM	WAIST INCH	CODE
SMALL	70-85CM	27.5"-30"	FBELT4-S
MEDIUM	81-96CM	32-37"	FBELT4-M
LARGE	94-109CM	37-42"	FBELT4-L
EXTRA LARGE	108-124CM	42-50"	FBELT4-XL

WEIGHT LIFTING WRIST SUPPORT WRAPS

Fitness-Mad Weight Lifting Support Wraps are excellent for preventing injury when doing heavy bench press, overhead press and other weight lifting movements. They are also great for use after injury for supporting sore or painful wrists during rehabilitation.



FEATURES:

- Elastic thumb loop
- Extended length Velcro closure
- 8cm (3") wide and 39cm (14") in length
- One size fits all
- Washable and sold in pairs

DIMENSIONS	CODE
39CM X 8CM [SOLD IN PAIRS]	FSUPPORT40

WEIGHT LIFTING KNEE SUPPORT WRAPS

These Fitness-Mad Weight Lifting Knee Support Wraps are perfect for competitive powerlifters and bodybuilders to support the knees. Designed to be wrapped around the knees to help reduce stress and pulling forces on the quadricep tendons, thus reducing the risk of tearing your tendons or quad muscles.

Elasticated with Velcro tabs so they remain secure whilst training with a useful foot loop to slide on over trainers for easier wrapping. Material: Polyester/cotton/elastic.



DIMENSIONS	COLOUR	CODE
167CM [L] PER WRAP [SOLD IN PAIRS]	BLACK/GREEN	FSUPPORTKNEE

STRENGTH ACCESSORIES...

POWER LIFT GLOVES

The Power Lift Gloves from Fitness-Mad are highly supportive for heavy lifting, with a 55mm wide wrap to help stabilise your wrists. Perfect for weight lifting, CrossFit, or general fitness training, the soft padding provides comfort and durability whilst the breathable open back design helps to keep hands cool. The gloves also protect your hands from blisters and calluses, as well as providing optimum grip with pads on the inside of the palms.



SIZE	COLOUR	CODE
SMALL/MEDIUM	BLACK/GREEN	FGLOVELIFT-SM
LARGE/EXTRA LARGE	BLACK/GREEN	FGLOVELIFT-LXL

WEIGHT LIFTING GLOVE WRAP

Fitness-Mad Glove Wrap are highly supportive for heavy weight lifting. The 50mm wide heavy duty cotton wrist wrap helps stabilise the wrist during lifts while the palm, fingers and thumb feature a double layer of durable suede with a 5mm foam core that absorbs vibration and provides maximum protection to the hand. The extra stretchy 4-way spandex back is breathable to keep your hands cool during your workout. Double stitched throughout with piped edges for extra comfort and additional reinforcement.



SIZE	COLOUR	CODE
SMALL	BLACK	FGLOVEWW-S
MEDIUM	BLACK	FGLOVEWW-M
LARGE	BLACK	FGLOVEWW-L
EXTRA LARGE	BLACK	FGLOVEWW-XL

WOMEN'S CROSS TRAINER GLOVES

Our Women's Cross Trainer Gloves are perfect for weight lifting or general fitness training. The soft padded artificial leather palm offers great comfort and a good grip, whilst the half finger design features pull off tabs for easy removal and two layer stretch-spandex back for breathability.



SIZE	CODE (BLUE)	CODE (PINK)
SMALL	FGLOVECWBLU-S	FGLOVECWPNK-S
MEDIUM	FGLOVECWBLU-M	FGLOVECWPNK-M



CROSS TRAINING & FITNESS GLOVES

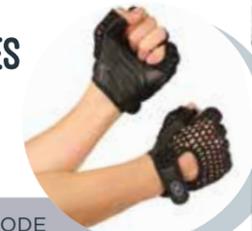
Our Cross Training & Fitness Gloves are perfect for weight lifting or general fitness training. The leather palm with soft padding offers great comfort and a good grip, whilst the half finger design has pull off tabs for easy removal and a two layer stretch-spandex back for breathability.



SIZE	COLOUR	CODE
SMALL	BLACK/GREEN	FGLOVEGRN-S
MEDIUM	BLACK/GREEN	FGLOVEGRN-M
LARGE	BLACK/GREEN	FGLOVEGRN-L
EXTRA LARGE	BLACK/GREEN	FGLOVEGRN-XL

MESH FITNESS GLOVES

Classic design fitness gloves with cotton mesh back for extra breathability and padded leather palm for a comfortable and effective grip.



SIZE	COLOUR	CODE
SMALL/MEDIUM	BLACK	FGLOVEB-SM
LARGE/EXTRA LARGE	BLACK	FGLOVEB-LXL

FITNESS GLOVES

Train harder with a pair of Fitness Gloves by Fitness-Mad. These gloves will protect your hands whilst weight training. Made from lightweight and breathable fabric makes them feel barely there and the finger tabs make their removal after a sweaty session that bit easier. The comfort padding lines the palm on specific spots which take more of the strain, to help reduce impact and callouses.

SIZE	COLOUR	CODE
S/M & L/XL (MENS)	GREEN/YELLOW	FGLOVESYNM
S/M & L/XL (WOMENS)	LIGHT BLUE	FGLOVESYNW

COMING SOON

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STRENGTH ACCESSORIES...

NEOPRENE WRIST & ANKLE WEIGHTS

These Neoprene Wrist & Ankle Weights help to increase the intensity of your workout, allowing you to incrementally build your strength and endurance as well as improve muscle tone and aid weightloss. Great for using while walking, jogging, running, sprinting, during aerobics, cycling, kick boxing, and even treadmill training, or as part of your regular workout. Made from neoprene material which is breathable for a more comfortable fit and filled with iron sand. Velcro attachment with metal D-ring. Can be wiped clean with a damp cloth.

Please note: Dimensions do not include Velcro tab which extends further than the length of padded area.

WEIGHT	DIMENSIONS	COLOUR	CODE
2X 0.5KG	23CM [L] X 8.1CM [W]	BLACK	FANKLEB1
2X 1KG	28CM [L] X 11CM [W]	BLACK	FANKLEB2
2X 2KG	29.5CM [L] X 12.5CM [W]	BLACK	FANKLEB4

STRONG GRIP HAND EXERCISERS 3 STRENGTHS

This specially formulated thermo-plastic rubber egg is the modern solution for strengthening wrists, hands, forearms and fingers as well as increasing hand coordination. Simply squeeze the egg in any plane to target the required muscle. Ideal for players of all racquet sports and for rehabilitation, also a great anti-stress too. Available in three strengths.



RESISTANCE	COLOUR	CODE
LIGHT	PINK	FGRIPF-L
MEDIUM	PURPLE	FGRIPF-M
STRONG	GREEN	FGRIPF-S

PUSH UP STANDS (PAIR)

The ergonomically angled handles from Fitness-Mad reduce stress on the wrists and forearms during your workout. The robust TPE rubber on top of the handles provide extra grip and stability, leaving you free to develop muscles in both the arms, shoulders, and the chest. The handles are lightweight and easily transportable providing convenience when training in different locations. There are also rubber stoppers on the base of the handles to avoid them slipping on surfaces when in use. Made from polypropylene handles/TPE handle grips and feet.



COLOUR	CODE
BLACK/GREEN	FPUSHUP2

WRIST & ANKLE WEIGHTS

Fitness-Mad's Wrist & Ankle Weights feature a unique double fastening system to ensure a snug, friction free fit. There are no buckles to stick in to you and the weight is evenly distributed for maximum comfort. The weights attach easily over wrist or ankle to increase the intensity of your workout routine.



WEIGHT	DIMENSIONS	COLOUR	CODE
2X 0.5KG	14CM [L] X 10CM [W]	BLACK/GREY	FANKLE1
2X 1KG	17CM [L] X 13CM [W]	BLACK/GREY	FANKLE2

DUO AB WHEEL

Build your core and develop your abs with the Duo Ab Wheel from Fitness-Mad. Providing greater stability with a two wheeled design and the ability to workout on any smooth floor. Lightweight and portable.



DIMENSIONS	COLOUR	CODE
40CM [WIDTH]	BLACK/GREEN	FABWHEEL2

HAND THERAPY BALLS SET OF 3

Designed to help develop muscles and strengthen the forearms, hands, wrists, and fingers as well as increase flexibility and relieve joint pain and stiffness. Ideal for improving performance for weight lifters, climbers, tennis players, and golfers, plus they can be used for improving strength for daily activities.

Choose your level from Light (Blue), Medium (Green), or Strong (Grey).



COLOUR	CODE
BLUE, GREEN & GREY	FGRIP3

GYM ACCESSORIES...

FITNESS-MAD SMARTSHAKE™

The Fitness-Mad Smartshake™ is an ultimate solution for those who want to have a big bottle with 600ml capacity and a 200ml storage compartment for supplements, jewellery, fruits, nuts, muesli, etc.



SILENT MIXING:

The mixer net snaps in place into the lid and stays on securely - no rattling sound or loose parts that easily get lost.

NO LUMPS:

The mixer net breaks down lumps perfectly, even thick ingredients like eggs, pancakes, etc.

FRUIT INFUSER:

Mix your favourite fruits or berries with water to make healthy vitamin water.

SPECIFICATIONS:

Capacity: Bottle 600ml, Storage compartment 200ml. Material: Clear PP, BPA & DEHP Free. Tested for US/EU food safe standards. Dishwasher and microwave safe.



COLOUR	CODE
SEMI-OPAQUE BLACK	FSHAKER

ALUMINIUM HAND GRIPS

Our superior quality Aluminium Hand Grips are built for ultimate performance and durability. These hand grip strengtheners provide resistance to help develop muscles and strengthen the forearms, hands, wrists and fingers. Ideal for improving performance for weight lifting, climbing, tennis and golf, plus it can be used for improving strength for daily activities. Made from premium grade aluminium for optimum durability, an attractive anti-slip engraved knurling pattern and high quality steel spring.

Choose from five different strengths to suit your requirements and to upgrade as you get stronger!



RESISTANCE	COLOUR	CODE
STAGE 1 [30KG]	SILVER	FGRIPC-XL
STAGE 2 [45KG]	BLUE	FGRIPC-L
STAGE 3 [60KG]	GREEN	FGRIPC-M
STAGE 4 [90KG]	PURPLE	FGRIPC-S
STAGE 5 [110KG]	BLACK	FGRIPC-XS

SPORTS ODOUR ABSORBER

Smelly sports bag? Stinky boxing gloves? Smell no more with our sports odor absorbers. Use in gloves, shoes or sports bags to stop smells and kill off germs.

These deodorisers contain active charcoal which works by removing moisture and killing bacteria and stopping mold/mildew. Recharge by leaving in direct sunlight once a month for at least one hour. Cover made from polyester with metal eyelet for retail sale. Fragrance free, non-toxic and bamboo charcoal filling.



DIMENSIONS	COLOUR	CODE
18CM [L] X 7CM [W]	LIGHT BLUE	FOABSORBGLOVE

GYM TOWEL

Hate using a sweaty machine at the gym? Don't fear sweating it out with the Fitness-Mad's Gym Towel. Perfect for taking to your favourite spin or exercise class as well as using in the gym, to wipe down equipment. Long enough to fit on an exercise bench, fold it up to use whilst seated, or hang over the handle bars of a treadmill or bike. Plus it's comfortable to have around your neck on the way back to the locker room. Made from ultra soft microfibre meaning it is super absorbent and lightweight, folds up into its carry bag with ease to take up a minimal amount of space in your kit bag. Made from 85% polyester and 15% polyamide.



DIMENSIONS	COLOUR	CODE
90CM X 40CM	BLUE	FTOWEL

REACTION BALLS 7CM & 9CM

Reaction balls are designed to bounce in an erratic and unpredictable fashion and are used to help improve agility, hand-eye coordination and reaction time. A great training tool for all ball sports - use against a wall or with a partner.



DIMENSIONS	COLOUR	CODE
7CM [0.1KG]	BLUE	FREACTS
9CM [0.2KG]	RED	FREACTL

= PACKAGED FOR RETAIL SALE

BOXING GLOVES & PADS...

SYNTHETIC LEATHER SPARRING GLOVES

Soft Synthetic Leather Sparring Gloves with anatomically designed latex mould inserts designed for optimum comfort, grip, support and absorption. Gloves feature wide Velcro wrist supports, attached thumbs and waterproof taffeta lining that prevents moisture entering the padding.

COLOUR:
Grey with black palm & green trim.

MATERIAL:
Soft PVC leather with anatomical pre-moulded inserts for maximum protection and a wide Velcro closure for optimal wrist support.



WEIGHT	CODE
10OZ	BSPARP10GRN
12OZ	BSPARP12GRN
14OZ	BSPARP14GRN

SYNTHETIC LEATHER SPARRING GLOVES

Soft Synthetic Leather Sparring Gloves with anatomically designed latex mould inserts designed for optimum comfort, grip, support and absorption. Gloves feature wide Velcro wrist supports, attached thumbs and waterproof taffeta lining that prevents moisture entering the padding.

COLOUR:
Black with white palm

MATERIAL:
Soft PVC leather with anatomical pre moulded inserts for maximum protection and a wide Velcro closure for optimal wrist support.



WEIGHT	CODE
10OZ	BSPARP10BW
12OZ	BSPARP12BW
14OZ	BSPARP14BW

SYNTHETIC LEATHER FOCUS PADS

The same specification as our Leather Hook & Jab Pads but made from PVC leather.

COLOUR:
Black/white.

MATERIAL:
Soft PVC faux leather. Dense shock absorbing foam and Velcro fastening wrist support.



SIZE	CODE
ONE SIZE	BHJPPVC

LEATHER PRO SPARRING GLOVES

Premium Leather Pro Sparring Gloves with hand moulded multi-layer foam padding designed for optimum comfort, support and absorption. These gloves feature wide elcro wrist support and attached thumbs. The gloves are lined with waterproof taffeta that prevents moisture entering the padding.

COLOUR:
Black with white palm.

MATERIAL:
Premium leather with multi-layer foam mold for protection.



WEIGHT	CODE
8OZ	BSPARL08BW
10OZ	BSPARL10BW
12OZ	BSPARL12BW
14OZ	BSPARL14BW
16OZ	BSPARL16BW

JUNIOR 6OZ SYNTHETIC LEATHER SPARRING GLOVES

The same specification as our Adult Synthetic Leather Sparring Gloves but specially made for Junior boxers.

COLOUR:
Black with white palm.

MATERIAL:
Soft PVC leather with anatomical pre moulded inserts for maximum protection. The 2" Velcro fastening wraps ensure exceptional wrist support.



WEIGHT	SUITABLE FOR	CODE
6OZ	AGES 8+	BSPARP06BW

LEATHER HOOK & JAB PADS

Premium Leather Curved Hook & Jab Pads with a dense shock absorbing foam inner. Additional wrist padding provides the ideal anatomical hand and wrist position for the trainer, while the palms' domed pad and Velcro wrist strap ensure the perfect fit. Ideal for developing speed combinations and accuracy.

COLOUR:
Black/white.

MATERIAL:
Premium leather. Dense shock absorbing foam and Velcro fastening wrist support.



SIZE	CODE
ONE SIZE	BHJPPRO

BOXING GLOVES & MITTS...

WOMEN'S SYNTHETIC LEATHER SPARRING GLOVES

Premium Leather Pro Sparring Gloves with anatomically designed latex moulds to fit women's hands perfectly and provide optimum comfort, support and absorption. Glove features wide Velcro wrist support and attached thumb; lined with waterproof taffeta that prevents moisture entering the padding.

COLOUR:
Black with hot pink palm.

MATERIAL:
Premium leather construction with anatomical pre moulded insert for maximum protection and a wide Velcro fastening for exceptional wrist support.



WEIGHT	CODE
8OZ	BWSPARL08BP

LEATHER PRO BAG MITTS

Premium Leather Pro Bag Mitts with a dense anatomical hand moulded multi-layer foam padding designed for optimum hand protection. Gloves feature Velcro wrap wrist closure for superior wrist support.

COLOUR:
Black with white stitching.

MATERIAL:
Premium leather construction with dense multi-layer foam protection.



SIZE	CODE
SMALL	BBMPROLS
MEDIUM	BBMPROLM
LARGE	BBMPROLL
EXTRA LARGE	BBMPROLXL

WOMEN'S FIT SYNTHETIC LEATHER SPARRING GLOVES

Soft Synthetic Leather Sparring Gloves with anatomically designed pre moulded latex inserts designed for women to provide optimum comfort, support and absorption. Gloves feature wide Velcro wrist support, attached thumbs and lined with waterproof taffeta that prevents moisture entering the padding.

COLOUR:
White with red palm.

MATERIAL:
Soft PVC leather construction with anatomical pre moulded inserts for maximum protection and a wide Velcro fastening for optimal wrist support.



WEIGHT	CODE
8OZ	BWSPARP08WR

SYNTHETIC LEATHER BAG MITTS

Soft Synthetic Leather Bag Mitts with a dense anatomical hand moulded multi-layer foam padding designed for optimum hand protection. Gloves feature elasticated wrists for easy on/off access providing a comfortable and secure fit.

COLOUR:
Black with white stitching.

MATERIAL:
Soft PVC leather construction with dense multi-layer foam protection and elasticated wrists.



SIZE	CODE
SMALL	BBMPVCS
MEDIUM	BBMPVCM
LARGE	BBMPVCL
EXTRA LARGE	BBMPVCLXL

FINGERLESS LEATHER BAG MITTS

Premium Leather Fingerless Bag Mitts are a lighter, more flexible alternative to a traditional bag mitt and are ideally suited to speedball workouts. Glove features elasticated wrists for easy on/off access providing a comfortable and secure fit, with excellent padding for extra protection.

COLOUR:
Black.

MATERIAL:
Premium leather construction with extra padded wrist protection and elasticated wrist strap for secure fit.



SIZE	CODE
SMALL	BFINGMBS
MEDIUM	BFINGMBM
LARGE	BFINGMBL
EXTRA LARGE	BFINGMBXL



BOXING ACCESSORIES...

3.5M STRETCH COTTON HANDWRAPS

Never spar or do any heavy bag work without first putting on a hand wrap or you may damage your hand. Professional 3.5m stretch cotton hand wraps with thumb loops and secure Velcro fastenings. Includes guide on how to put them on.



DIMENSIONS	COLOUR	CODE
3.5M	BLACK	BHANDWB

HEAVY DUTY PVC PUNCH BAGS

Durable 2.5mm leather grain vinyl bag is machine filled with a custom blend for optimum weight and feel. Zip closing top with four heavy gauge welded "D" rings and welded chains with swivel included. Bag hook available separately.

NOT WARRANTED FOR COMMERCIAL USE.



DIMENSIONS	WEIGHT	CODE
90CM X 30CM	21KG	BBPVVC9030
120CM X 30CM	25KG	BBPVVC12030

GEL INNER MITTS

Worn inside training gloves or mitts as a convenient alternative to traditional hand wraps in fit boxing, these mitts are quick to put on and offer extra support. They are also hygienic and are made from machine washable, elasticated polyester.



SIZE	COLOUR	CODE
S/M	BLACK/GREEN	BEINGELMITT-SM
L/XL	BLACK/GREEN	BEINGELMITT-LXL

CLUB PRO LEATHER PUNCH BAG

Cowhide split leather punch bag. Bag is machine filled with a custom blend for optimum weight and feel. Approx. weight: 27kgs. Zip closing top with four heavy gauge welded "D" rings - welded chains with swivel included. Bag hook available separately.

NOT WARRANTED FOR COMMERCIAL USE.

DIMENSIONS	WEIGHT	CODE
120CM X 35CM	27KG	BPBL12035



FREESTANDING PUNCH BAG

Want to get physically stronger as well as aerobically and anaerobically fitter? Not to mention that boxing offers a complete body workout by training the upper body, lower body and core. Utilise the Boxing-Mad Flexible Freestanding Punch Bag for the ultimate at home workout. Made from dense foam that rebounds perfectly with each punch. The ultra stable base holds 100kgs of water for great stability, sand can also be used instead of water for extra stability (not supplied). Please note limited assembly required with supplied tools. Unfilled weight: 18kg.

NOT WARRANTED FOR COMMERCIAL USE.

DIMENSIONS	CODE
170CM (ASSEMBLED HEIGHT) PUNCH BAG - 115CM [H] X 35CMØ	BPTUBEFS



RX (PREVENTION & PERFORMANCE)

Rx/recipe/means "Prescription" in Latin. This is what Rehbond call products that are developed to prevent injuries and increase performance.

RX ORIGINAL

The key functions of Rehbond's supports are warmth, compression and a strengthening of the receptive input. These create a unique composition which together prevent injuries, enhance performance and ease rehabilitation of injuries.



RX Original Knee Sleeve

SIZE(S)	S/M/L/XL/XXL
THICKNESS	7MM
COLOURS	BLUE
CODE	R-7084



RX Original Elbow Sleeve

SIZE(S)	S/M/L/XL/XXL
THICKNESS	5MM
COLOURS	BLUE
CODE	R-7081



RX Original Back Support

SIZE(S)	S/M/L/XL/XXL
THICKNESS	7MM
COLOURS	BLUE
CODE	R-7082

RX CARBON BLACK

Lift heavier and perform better, the RX Knee Sleeve Carbon Black is the latest edition to the Rehbond range. Available in 5mm and 7mm, in 6 different sizes: XS-XXL. Can be used where there are requirements of no visible logos, i.e. Competitions, or work-related situations. The RX Knee Sleeve Carbon Black is classified as a medical device.

RX Knee Sleeve Carbon Black

SIZE(S)	XS/S/M/L/XL/XXL
THICKNESS	5MM & 7MM
COLOURS	BLACK
CODE	5MM: R-105366-01 7MM: R-105466-01



ENABLE YOUR FULL POTENTIAL

Regardless of how you define an active life, we have been there. We have protected your knees on the handball court.

Supported your back through tough times. Warmed your joints during your training and your everyday activities. And the best part is that we have done all this with products developed together with you. With quality, function and design customised for you and your everyday needs.

This is something we want to continue with.



RX KNEE SLEEVES



SIZE(S)	XXS/XS/S/M/L/XL/XXL
THICKNESS	5MM & 7MM
COLOUR	BLACK
CODE	5MM: R-105306-04 7MM: R-105406-05



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	NAVY/BLACK
CODE	R-105308-02



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM & 7MM
COLOUR	STEEL GREY/BLACK
CODE	5MM: R-105309-01 7MM: R-105409-01



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM & 7MM
COLOUR	CAMO/BLACK
CODE	5MM: R-105317-01 7MM: R-105417-02



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	BURGUNDY/BLACK
CODE	R-105314-02



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	RED/BLACK
CODE	R-105304-01



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	PURPLE/BLACK
CODE	R-105320-01



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	PINK/BLACK
CODE	R-105333-03



SIZE(S)	XXS/XS/S/M/L/XL/XXL
THICKNESS	3MM
COLOUR	BLACK
CODE	R-105206-04



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	PURPLE/BLACK
CODE	R-105230-03



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	RED/BLACK
CODE	R-105236-02

RX ELBOW SLEEVES



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	BLACK
CODE	R-102306-01



SIZE(S)	XS/S/M/L/XL/XXL
THICKNESS	5MM
COLOUR	CAMO/BLACK
CODE	R-102331-03

RX SHIN/CALF SLEEVE



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	BLACK
CODE	R-106306-01



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	CAMO/BLACK
CODE	R-106317-03

RX WRIST SLEEVES



SIZE(S)	S/M/L/XL
THICKNESS	5MM
COLOUR	BLACK
CODE	R-101306-02

RX THUMB SLEEVES



SIZE(S)	S/M & L/XL
COLOUR	BLACK
CODE	R-108106-01

X-RX (PREVENTION & PERFORMANCE)

Rx/recipe/means "Prescription" in Latin. X-RX is what we call our products that are developed to prevent injuries, increase performance and provide extra support.



X-RX Knee Pads

SIZE(S)	XS/S/M/L/XL/XXL
COLOUR	RED/BLACK
CODE	R-405406-01



X-RX Knee Support

SIZE(S)	S/M/L/XL/XXL
THICKNESS	7MM
COLOUR	BLACK
CODE	R-135406-01



X-RX Wrist Wraps

SIZE(S)	ONE SIZE
COLOUR	BLACK
CODE	R-131106-010033



X-RX Elbow Support

SIZE(S)	LEFT (S/M/L/XL/XXL) RIGHT (S/M/L/XL/XXL)
THICKNESS	7MM
COLOUR	BLACK
CODE	R-132406-01



X-RX Wrist Support

SIZE(S)	LEFT (S/M/L/XL) RIGHT (S/M/L/XL)
THICKNESS	5MM
COLOUR	BLACK
CODE	R-131306-01

QD (EVERYDAY SUPPORT)

QD/quaque die/means "Every Day" in Latin. This is what Rehband call their lightweight products which can be used for every day support, while maintaining the agility of movement.

QD KNEE SLEEVES



SIZE(S)	S/M/L
MATERIAL	KNITTED
COLOUR	GREY
CODE	R-6903



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	BLUE
CODE	R-7953

QD ELBOW SLEEVES



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	BLUE/GREY
CODE	R-7921



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	BLACK
CODE	R-112206-01

QD ANKLE SUPPORT



SIZE(S)	S/M/L
MATERIAL	KNITTED
COLOUR	GREY
CODE	R-6905



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	GREY
CODE	R-11706-01



SIZE(S)	XS/S/M/L/XL
THICKNESS	5MM
COLOUR	BLACK
CODE	R-117306-01



SIZE(S)	XS/S/M/L/XL
THICKNESS	3MM
COLOUR	BLACK
CODE	R-113206-01

QD BACK SUPPORT

QD WRIST SUPPORT



SIZE(S)	S/M/L
MATERIAL	KNITTED
COLOUR	GREY
CODE	R-6904

QD WRIST & THUMB SUPPORT



SIZE(S)	ONE SIZE
THICKNESS	1.5MM
COLOUR	BLACK
CODE	R-111206-010033

QD FOOT SUPPORT



QD Pronation/Supination Wedge

SIZE(S)	37-38, 39-40, 41-42, 43-44, 45-46
COLOUR	BLACK
CODE	R-206806-01



QD Arch Support

SIZE(S)	S/M/L
COLOUR	GREY
CODE	R-203806-01



QD Bone Spur Pad

SIZE(S)	S/M/L
COLOUR	BLACK
CODE	R-201806-01



QD Heel Wedge

SIZE(S)	S/M/L
COLOUR	BLACK
CODE	R-205806-01



QD Metatarsal Pad

SIZE(S)	S/M/L
COLOUR	BLACK
CODE	R-204806-01

UD (REHABILITATION)

UD/ut dictum/means "As directed" in Latin. This is what we call our products with additional supporting features used to target discomforts and injuries.



UD Stable Knee Brace

SIZE(S)	XS/S/M/L/XL/XXL
COLOUR	BLACK
CODE	R-125506-01



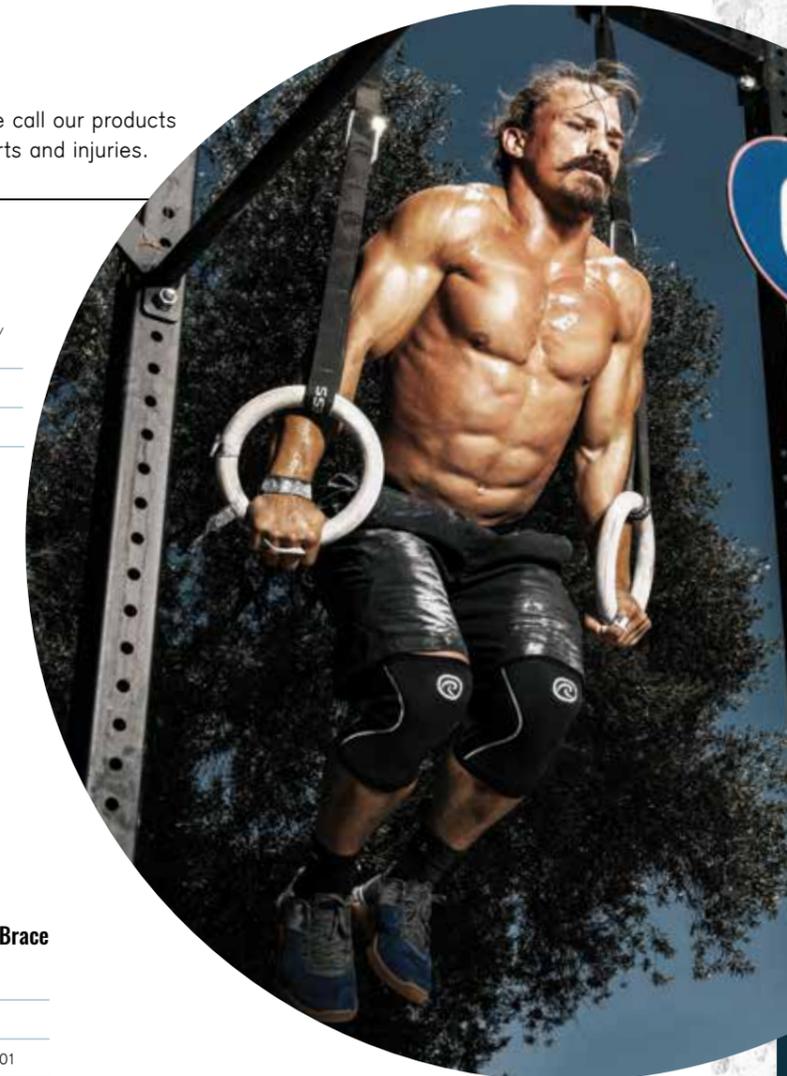
UD X-Stable Knee Brace

SIZE(S)	XS/S/M/L/XL/XXL
COLOUR	BLACK
CODE	R-125606-01



UD Adjustable Ankle Brace

SIZE(S)	M/L
COLOUR	BLACK
CODE	R-127306-01



YOGA MATS...

+ EVOLUTION YOGA MAT 4MM & 6MM

The Evolution Yoga Mat is the next generation of yoga mat combining excellent grip, a supersoft hand feel and a stylish double-sided, rounded corner design. The mat offers fantastic cushioning and yet is super light, making it easy to transport. The Evolution Yoga Mat is made from closed cell TPE which is non-absorbent and wipe clean, making it the most hygienic yoga mat we offer. It is also recyclable and degradable. The mat comes with a colour coordinated carry string. The 6mm version is perfect for those wanting a mat to take to both their yoga and Pilates classes, or if you're seeking a little extra cushioning.

FREE FROM: TPE & EVA. PVC, PHTHALATE & LATEX.

**4MM SIZE:
183CM X 61CM X 4MM [1KGS].**

CARRY STRAP INCLUDED



COLOUR	THICKNESS	CODE
DARK BLUE/GREY	4MM	YMATTPE-BLUGRY
AUBERGINE/GREY	4MM	YMATTPE-AUBGRY
PURPLE/GREY	4MM	YMATTPE-PURGRY

**6MM SIZE:
183CM X 61CM X 6MM. [1.5KGS].**

CARRY STRAP INCLUDED



COLOUR	THICKNESS	CODE
DARK BLUE/GREY	6MM	YMATTPE6M-BLUGRY
AUBERGINE/GREY	6MM	YMATTPE6M-AUBGRY



+ SUREGRIP YOGA MAT 4MM

The SureGrip Yoga Mat is made from natural latex, which offers unrivalled grip in all conditions, whilst also being soft to touch! Being both biodegradable and tested as free of harmful substances the SureGrip is better for you and the environment, whilst offering the ultimate performance and comfort during your practise. Ideal for all forms of yoga.

Made in Europe, from predominantly natural materials the mat is extensively tested, feels fantastic and grips like no other!

MADE FROM NATURAL LATEX. WARNING: NOT SUITABLE FOR PEOPLE WITH A LATEX ALLERGY.

SIZE: 183CM X 60CM X 4MM. [2KGS].

NEW COLOUR



COLOUR	THICKNESS	CODE
CHARCOAL	4MM	YMATNL4-CHAR
PURPLE	4MM	YMATNL4-PUR
BLUE	4MM	YMATNL4-BLU



YOGA MATS...

+ STUDIO YOGA MAT 4.5MM

The Studio Mat is the King of mats and was the first yoga mat to be tested against harmful substances for skin contact. The Studio Yoga Mat is a high density mat which offers excellent grip and cushioning, whilst setting the standard for durability, making it ideal for intensive studio use. All studio mats are phthalate free. The Studio Mat in black is now also fire retardant, another first - making it perfect for use in the health service and other institutions.

SIZE: 183CM X 60CM X 4.5MM. [1.6KGS].



BLACK FIRE RETARDANT

COLOUR	THICKNESS	CODE
BLUE	4.5MM	ASTUDIO5-BLU
PURPLE	4.5MM	ASTUDIO5-PUR
ORANGE	4.5MM	ASTUDIO5-ORA
RED	4.5MM	ASTUDIO5-RED
GREY	4.5MM	ASTUDIO5-GRY
BLACK	4.5MM	ASTUDIO5-BLK

+ LIGHT STUDIO YOGA MAT 3MM

Some people prefer thinner mats as they provide firmer grounding in standing postures, though the lightweight Studio Mat also appeals to those who prefer a lighter mat for portability or those seeking a quality European made mat at a keener price.

SIZE: 183CM X 60CM X 3MM. [1.2KGS].



COLOUR	THICKNESS	CODE
BLUE	3MM	ASTUDIO3-BLU
PURPLE	3MM	ASTUDIO3-PUR
RED	3MM	ASTUDIO3-RED

+ EXTRA WIDE STUDIO YOGA MAT 4.5MM

The same material as the 60cm Studio Yoga Mat but 25% wider at 80cm. This is the widest mat on the market and is ideal for those that practice on draughty floors as the mat insulates you in Savasana as your whole body can fit on the mat.

SIZE: 183CM X 80CM X 4.5MM. [2KGS].



COLOUR	THICKNESS	CODE
BLUE	4.5MM	ASTUDIO580-BLU
PURPLE	4.5MM	ASTUDIO580-PUR

+ TRAVEL STUDIO MAT 1.8MM (FOLDABLE)

The European made Travel Studio Mat is the answer for those seeking a truly portable mat. At only 0.75kg for a full length mat it is foldable and easy to transport as well as being durable and offering good grip. Also ideal for use under a yoga rug or to put on top of a club mat for hygiene.

SIZE: 183CM X 60CM X 1.8MM. [0.75KGS].



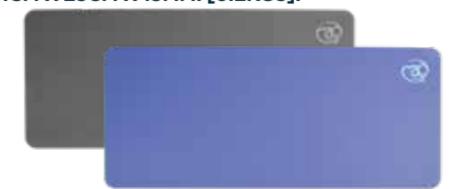
FOLDABLE

COLOUR	THICKNESS	CODE
BLUE	1.8MM	ASTUDIO2

+ KNEE MAT PAD 15MM

Our 15mm thick Knee Mat Pad is ideal for use in addition to your yoga or Pilates mat to give your knees some extra cushioning and comfort when performing kneeling postures and poses. Easy to carry as it is made from a super lightweight NBR foam, which is also non-absorbent and can be wiped clean. But why stop at using this mat for your knees? It can also be used under hands to help with wrist/palm discomfort, or under elbows too.

SIZE: 61CM X 25CM X 15MM. [0.2KGS].



COLOUR	THICKNESS	CODE
BLACK	15MM	YKNEENBR-BLK
BLUE	15MM	YKNEENBR-BLU

= PACKAGED FOR RETAIL SALE

YOGA MATS...

WARRIOR II YOGA MAT 4MM

The Warrior II is our best-selling Warrior Mat. Offering all the great features of the original Warrior Mat, the Warrior II offers improved grip, is phthalate free and comes in an exciting range of colours.

PHthalate FREE PVC. MACHINE WASHABLE 40°C. SIZE: 183CM X 61CM X 4MM. [1.1KGS].



COLOUR	THICKNESS	CODE
BURGUNDY	4MM	YWARRIORII4-BUR
DARK BLUE	4MM	YWARRIORII4-DBLU
GRAPHITE	4MM	YWARRIORII4-GRA
HOT PINK	4MM	YWARRIORII4-HPNK
LIGHT BLUE	4MM	YWARRIORII4-LBLU
PURPLE	4MM	YWARRIORII4-PUR
BLACK	4MM	YWARRIORII4-BLK

EYELET WARRIOR II YOGA MAT 4MM

Keep your studio space tidy with the Eyelet Warrior II Yoga Mat. Ideal for storing your yoga mats on a mat rack in your studio or at home. This mat is exactly the same as our best-selling Warrior II Yoga Mats, which provide good cushioning, fantastic value for money, improved grip, and are phthalate free. 4mm is the most popular thickness of yoga mat for regular yoga practice and at 183cm (6ft) long, you'll stay on the mat.

PHthalate FREE PVC. WIPE CLEAN OR HAND WASH. SIZE: 183CM X 61CM X 4MM. [1.1KGS].

EYELET DIMENSIONS:

Inner diameter: 16mm/Outer diameter: 28mm.
Distance between eyelets (to center of eyelet): 37.5cm.
Distance from top of mat (to center of eyelet): 7cm.

(MAT RACK AVAILABLE, SEE PAGE 4)



COLOUR	THICKNESS	CODE
GRAPHITE	4MM	YWARRIORII4EYE-GRY

WARRIOR II PLUS YOGA MAT 6MM

The Warrior II Plus mat has the same excellent grip as the standard Warrior II mat but, at 6mm it offers more cushioning for those seeking extra comfort.

PHthalate FREE PVC. MACHINE WASHABLE 40°C. SIZE: 183CM X 61CM X 6MM. [1.6KGS].



COLOUR	THICKNESS	CODE
LIGHT BLUE	6MM	YWARRIORII6-LBL
PURPLE	6MM	YWARRIORII6-PUR
DARK BLUE	6MM	YWARRIORII6-DBLU
GRAPHITE	6MM	YWARRIORII6-GRA

WARRIOR PLUS YOGA MAT 6MM

The Warrior Plus Mat has the same excellent grip as the standard Warrior Mat but at 6mm it offers more cushioning for those seeking extra comfort.

AZO & DOP FREE. MACHINE WASHABLE 40°C. SIZE: 183CM X 61CM X 6MM. [1.6KGS].



COLOUR	THICKNESS	CODE
SUNSET RED	6MM	YWARRIOR62
SKY BLUE	6MM	YWARRIOR6

LOTUS YOGA MAT 4MM

The Yoga-Mad Lotus Yoga Mat is our entry level mat which provides good grip and cushioning as well as being fantastic value for money. Perfect if you are about to start out on your yoga journey. 4mm is the most popular thickness of mat for regular yoga practice and at 183cm (6ft) long you'll stay on the mat.

AZO & DOP FREE TESTED BY SGS. MACHINE WASHABLE 40°C. SIZE: 183CM X 61CM X 4MM. [1.3KGS].



COLOUR	THICKNESS	CODE
BLUE	4MM	YLOTUS-BLU
PURPLE	4MM	YLOTUS-PUR

YOGA TOWELS & RUGS...

GRIP DOT YOGA TOWEL

Our super-absorbent Grip Dot Yoga Towel is highly versatile. Use it with the dots up for an anti-slip yoga mat, either on its own, or on top of a class mat for hygiene. Use it with the dots down and the mat will be held in place on any smooth surface - ideal for use in hot or power yoga where you sweat a lot and will want to wash your mat after each practice. The towel also makes a great travel yoga mat as it folds up to fit in your suitcase. The Grip Dot Towel comes in a convenient net mat bag. Hi-wicking polyester yarn coated with silicon dots.

MACHINE WASHABLE & DRYER SAFE. SIZE: 183CM X 60CM. [0.8KGS].



COLOUR	IDEAL FOR	CODE
AUBERGINE	HOT/POWER YOGA	YTOWELGRIP-AUB
HOT PINK	HOT/POWER YOGA	YTOWELGRIP-BPNK
LIME GREEN	HOT/POWER YOGA	YTOWELGRIP-LGRN
PURPLE	HOT/POWER YOGA	YTOWELGRIP-PUR
SKY BLUE	HOT/POWER YOGA	YTOWELGRIP-SBLU

COTTON YOGA RUG

The original Indian yoga mat! Our 100% cotton, coarse weave rug is designed for Ashtanga or Power yoga where grip whilst sweating is essential. The rug's grip increases as it gets wetter, the opposite to a yoga mat.

The rug is embroidered with each of the seven Chakra's to help keep you aligned as well as helping you to concentrate on being; rooted, accepting, confident, loving, communicative, focused and fully connected spiritually. The rug is often used with a standard yoga mat underneath to keep the rug in place; we recommend the Evolution Yoga Mat (see page 31), which is eco-friendly, lightweight and non-absorbent.

HAND WASH COLD. SIZE: 200CM X 70CM. [1.3KGS].

COLOUR	IDEAL FOR	CODE
FOREST GREEN	HOT/POWER YOGA	YRUGCHAKRA-GRN
PURPLE	HOT/POWER YOGA	YRUGCHAKRA-PUR

ORGANIC COTTON YOGA RUG

Hand woven cotton yoga rug made from 100% natural and unbleached organic cotton, with embroidered Om. Ideal for Hot, Power or Ashtanga yoga styles, or for those looking for a more traditional and eco friendly style of yoga 'mat'. Certified to OE100 Standard. t.

HAND WASH COLD, DO NOT USE SOAP/DETERGENT. SIZE: 200CM X 70CM. [1.2KGS].

COLOUR	CODE
NATURAL/UNBLEACHED	YRUGORG



YOGA MAT & KIT BAGS...

TEACHER'S KIT BAG

An extra large kit bag especially designed for Yoga & Pilates Teachers - fit your class mats, blocks & bricks, props into this bag with ease. Includes two large A4 pockets for paperwork storage, and an easy zip fold top to assist when putting your props away, or taking them out. This extra large bag can carry many different kit combinations, such as; 24 x 4mm yoga mats or; 24 full blocks or; 48 bricks or; 4 Iyengar yoga kits (2 bricks, 4 full blocks and 1 mat).

SIZE: 67CM X 46CM X 30CM.



COLOUR	CODE
JUTE & PURPLE PATTERN	YBAGKITXLJUTE-PUR
BLACK	YBAGKITXL
JUTE & GREEN PATTERN	YBAGKITXLJUTE-GRN

JUTE YOGA MAT BAG

Carry your yoga mat in stylish comfort to and from your yoga class. The wide and easily adjustable strap, and concealed zip, means you can carry this bag on your back whilst cycling or won't slip off your shoulder when walking. Internal and external zip pocket to carry your essentials. Suitable for yoga mats up to 6mm thickness.

2 SIZES AVAILABLE.

COLOUR	SIZE	CODE
NATURAL	66.5CM X 14CM	YBAGJUTE-NAT
DARK BLUE	66.5CM X 14CM	YBAGJUTE-BLU
DARK BLUE	85CM X 14.5CM	YBAGJUTEXL



DELUXE YOGA PROP BAG

The Deluxe Yoga Prop Bag is made from high quality jute with cotton liner fabric in India. The pattern on the bag is available in a choice of two colours, choose from soothing green or uplifting orange. This bag is the perfect size for carrying your yoga mat, props and accessories to and from your yoga class as well as storing all of your props at home in one tidy and stylish solution. Numerous, generous sized pockets and a key fob means you can stash your mobile, keys and purse or wallet safely out of sight whilst enjoying Shavasana in class!

SIZE: 83CM X 20CM X 30CM.



COLOUR	CODE
ORANGE/JUTE	YBAGPROPS-ORA
GREEN/JUTE	YBAGPROPS-GRN

YOGA & PILATES MAT CARRY BAG

A convenient way to carry your yoga mat to and from your yoga class. This Yoga Mat Carry Bag has 4 pockets; one large external pocket with a phone holder, two internal slide pockets as well as an internal zip pocket to help carry all of your essentials.

Carries up to 10mm mat! A great alternative to a handbag and a gym bag - you can carry everything you need in one bag for an easier commute. Made from cotton. Note: Exercise mat not included, demo purposes only.



COLOUR	CODE
HOT PINK	YBAGHAND-HPNK

YOGA KIT BAG

The Yoga Kit Bag is designed to take a full range of yoga equipment and will accommodate 4 full blocks, 1 mat, 2 bricks, a belt and blanket. The long handles mean the bag can be carried in the hand or over the shoulder. 100% cotton with embroidered Om. Extra wide zip opening for easy access. Internal and external pockets as well as a studded feet base.

SIZE: 62CM X 22CM X 22CM.



COLOUR	CODE
BLACK	YBAGKIT-BLK
GREY PATTERN	YBAGKIT-GRY

DELUXE YOGA KIT BAG

The Deluxe Yoga Kit Bag has a unique powerloom design. The lightweight and spacious design makes it ideal for carrying all of your yoga essentials and can accommodate; 4 full blocks, 2 bricks, 1 mat, a belt and a blanket. The extra-long zip going all the way to the base of the bag provides easy access when taking out or putting your yoga mat away. The waterproof lining inside offers durability and helps to prevent your mat from getting wet. With additional internal and external pockets as well as a studded feet base, this Yoga Kit Bag is perfect for those serious about Yoga. class!

SIZE: 62CM X 21CM X 23CM.



COLOUR	CODE
STRIPEY PINK	YBAGPOWERLM-PNK
STRIPEY BLUE	YBAGPOWERLM-BLU

YOGA BAGS & STRAPS...

YOGA MAT CARRY STRAP

A simple way to hold your yoga mat neatly rolled up. Can also be used like a yoga belt. Matches the Warrior II, belts and blocks.



COLOUR	CODE
PURPLE	YCARSTRAP-PUR
GRAPHITE	YCARSTRAP-GRA
LIME GREEN	YCARSTRAP-LIME
DARK BLUE	YCARSTRAP-DBLU

YOGA BACK PACK

If you walk, cycle, catch a train or a bus to your yoga classes, then this Yoga Backpack is perfect for you! Clip your yoga mat in and go! Featuring a main compartment with a tablet or small laptop 'slide' pocket, a smaller front compartment with two smaller 'slide' pockets for your phone and keys, and a larger outer pocket with clip for your yoga mat, as well as two outer net pockets, for a water bottle or additional carrying space.

This rucksack can carry up to 6mm yoga mat, and it's also multifunctional! Ideal for commuting before or after work, and can also be used as a gym, walking, hiking, cycling, or travel bag. The outer is made from 100% cotton, and the internal lining is polyester. What are you waiting for? Grab your mat, and your backpack, and go explore! Note: Yoga mat not included.

SIZE: 42CM [L] X 28CM [W] X 14CM [D].

COLOUR	CODE
COFFEE PATTERNED	YBACKPACK



PAIR OF YOGA MAT BANDS

A simple way to hold your yoga mat neatly rolled up. 3cm wide black elastic with Yoga-Mad logo - suits mats up to 6mm thick x 183cm long.

COLOUR	CODE
BLACK	YBAND



PATTERNED YOGA MAT BAG

Our Patterned Yoga Mat Bag comes in a stunning purple mandala pattern design in a jute/cotton blend material and is part of a matching range.

Carry your yoga mat with ease to and from your yoga class. The wide and easily adjustable strap, and concealed zip, means you can carry this bag on your back whilst cycling or won't slip off your shoulder when walking. Internal and external zip pocket to carry your essentials. Suitable for yoga mats up to 6mm thickness.

SIZE: 63CM X 14.5CM (DIA).

COLOUR	CODE
JUTE & PURPLE PATTERN	YMATBAGP



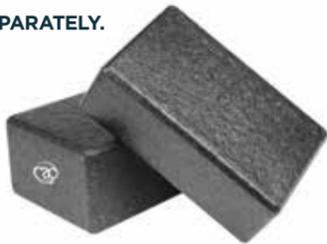
= PACKAGED FOR RETAIL SALE

YOGA BLOCKS & BRICKS...

+ 369 & 469 YOGA BLOCKS

These yoga blocks are made from EPP (Expanded Polypropylene) which is extremely durable, super strong, very lightweight and recyclable! This yoga block won't get bent out of shape easily and is ideal for intensive use, either at home or in a commercial studio/gym environment. Available in two sizes.

MADE FROM EPP. SOLD SEPARATELY.



DIMENSIONS	COLOUR	CODE
9" [22.8CM] X 6" [15CM] X 3" [7.6CM]	BLACK	YBLOCKEPP369
9" [22.8CM] X 6" [15CM] X 4" [10CM]	BLACK	YBLOCKEPP469

+ 369 YOGA BLOCK

The 369 Yoga Block helps to modify poses to suit flexibility. The block also provides the perfect support for the body and can be paired with another block for the downward dog position or simple crossed legs. The block is made from premium, high quality wipe clean and scratch resistant EVA foam for durability and longevity of use.



MADE FROM EVA. SOLD SEPARATELY.

DIMENSIONS	COLOUR	CODE
23CM X 15CM X 76MM	GREY	YBLEVAG

+ HALF YOGA BLOCKS

1" spacer blocks are particularly useful when needing to reduce or increase the height of one's lift by less than 2" (5cm) in one go i.e. In Virasana. Made from top quality scratch-resistant EVA foam with 3mm chamfered edges.

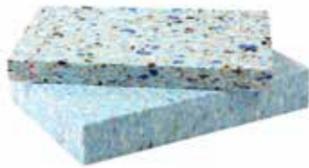
SOLD SEPARATELY.



DIMENSIONS	COLOUR	CODE
30.5CM X 20.5CM X 25MM (1")	BLUE	YBLEVAHALF

+ CHIP FOAM YOGA BLOCKS 1" & 2"

For use as cushioning in inversions, such as the shoulder stand (four required), to support the head in forward bends and for lift in seated twists. 1" spacer blocks are particularly useful when needing to reduce or increase the height of one's lift by less than 2" (5cm) in one go i.e. in Virasana. Softer style compared to EVA foam.



RECYCLED CHIP FOAM COLOURS CAN VARY. SOLD SEPARATELY.

DIMENSIONS	SPEC	CODE
30.5CM X 20.5CM X 5CM [2"]	FULL BLOCK	YCHIP2H
30.5CM X 20.5CM X 2.5CM [1"]	HALF BLOCK	YCHIP1

+ YOGA WEDGE

Use beneath the hands to reduce wrist strain in the Bow pose; or beneath the heels in the Downward Facing Dog pose. The Wedge can be also used in Pilates.



MADE FROM EVA.

DIMENSIONS	COLOUR	CODE
50CM X 15CM X 5CM	PURPLE	YWDEVAP

+ BAMBOO YOGA BRICK

Bamboo is one of the most sustainable products on the planet, so what better material for a yoga brick. Our bamboo brick is hollow to keep the weight down.

MADE FROM NATURAL BAMBOO.



DIMENSIONS	CODE
22.9CM X 12.7CM X 76MM	YBRBAMBO



YOGA BLOCKS & BRICKS...



+ CORK BLOCK & BRICK

1. This Cork Yoga Block from Yoga-Mad is made from high quality sustainable cork material, which is a lot softer than the traditional wooden material. The block is ideal for additional cushioning and comfort during yoga practices and poses, during classes or for home use.

DIMENSIONS: 30.5CM X 20.5CM X 50MM.

2. The Extra High Cork Yoga Brick from Yoga-Mad is a safer and lighter alternative to the traditional wooden brick, whilst providing comfort and support to the body during poses. The extra height is perfect for standing and seated postures and poses to provide lift or grounding.

DIMENSIONS: 30CM X 13CM X 75MM.

3. The Cork Quarter Block from Yoga-Mad is the ideal yoga prop to create different angles for a variety of poses during classes as well as home use. Used to prevent hyper extension, the Quarter Block provides comfort and stability when in a number of poses and positions.

DIMENSIONS: 23CM X 8CM X 80MM.

4. The Cork Yoga Wedge from Yoga-Mad can be used in both yoga and Pilates poses and moves. The wedge is commonly used beneath the hands in the Bow pose or beneath the heels in the Downward Facing Dog pose to reduce strain on the body.

DIMENSIONS: 60CM X 9CM X 30MM.

5. The Cork Yoga Brick is the natural choice of yoga brick and still a safer and lighter alternative to the traditional wooden brick. Use in numerous standing and seated postures to provide lift or grounding.

DIMENSIONS: 23CM X 12CM X 75MM.

DIMENSIONS	CODE
1. 30.5CM X 20.5CM X 50MM	YBLCORK
2. 30CM X 13CM X 75MM	YHLCORK
3. 23CM X 8CM X 80MM	YBLOCKQTR
4. 60CM X 9CM X 30MM	YWDCORK
5. 23CM X 12CM X 75MM	YBRCORK

+ FULL YOGA BLOCK

For use as cushioning in inversions, such as the shoulder stand (four required), to support the head in forward bends and for lift in seated twists.

Made from top quality scratch-resistant EVA foam with 3mm chamfered edges.

MADE FROM EVA. SOLD SEPARATELY.



DIMENSIONS	COLOUR	CODE
30.5CM X 20.5CM X 50MM	LIME GREEN	YBLEVAB2-LIME
30.5CM X 20.5CM X 50MM	DARK GREY	YBLEVAB2-GRY
30.5CM X 20.5CM X 50MM	PURPLE	YBLEVAB2-PUR
30.5CM X 20.5CM X 50MM	BLUE	YBLEVAB2-BLU

+ HI-DENSITY YOGA BRICK

A safe and lighter alternative to the traditional wooden brick, for use in numerous standing and seated postures to provide lift or grounding. With three distinctly different dimensions to vary the height, the brick offers firm support.

Yoga-Mad foam EVA bricks are the firmest available and do not distort under body weight and will not damage floors or toes!

MADE FROM HI-DENSITY EVA FOAM. SOLD SEPARATELY.



DIMENSIONS	COLOUR	CODE
22CM X 11CM X 70MM	LIME GREEN	YBREVA-LIME
22CM X 11CM X 70MM	PURPLE	YBREVA-PUR
22CM X 11CM X 70MM	BLUE	YBREVA-BLU

YOGA BELTS...

+ 2.5M DELUXE COTTON YOGA BELTS

Yoga Belts are used to assist in attaining correct postures by providing the required tension of a pose without straining. Our 2.5m belts are our most popular belts and are recommended for Iyengar yoga as the extra length makes them more suitable for use in binding. Choice of D-ring or cinch buckle to suit personal preference.

SIZE: 2.5M X 3.8CM.



CLOSURE TYPE	COLOUR	CODE
D-RING	NATURAL	YBLTCT25M-NAT
CINCH BUCKLE	DARK BLUE	YBLTCT25M-BLU
CINCH BUCKLE	PURPLE	YBLTCT25M-PUR
CINCH BUCKLE	GRAPHITE	YBLTCT25M-GRA
CINCH BUCKLE	LIME GREEN	YBLTCT25MPE-GRN
CINCH BUCKLE	LIGHT BLUE	YBLTCT25MPE-LBL

+ 2M LIGHTWEIGHT COTTON YOGA BELT

Budget 2m cotton yoga belt with chrome metal D-ring closure for easy adjustment. These belts are ideal for normal use but are not recommended for binding or other uses where extra strength is required.

SIZE: 2M X 3.8CM.



CLOSURE TYPE	COLOUR	CODE
METAL D-RING	GRAPE	YBLT2MLB-GRA
METAL D-RING	BLUE	YBLT2MLB-BLU
METAL D-RING	NATURAL	YBLT2MLB-NAT

+ 2M DELUXE COTTON YOGA BELT

Standard length yoga belt in deluxe pure cotton webbing with a cinch buckle closure.

SIZE: 2M X 3.8CM.



CLOSURE TYPE	COLOUR	CODE
CINCH BUCKLE	LIME GREEN	YBLTCT2M-GRN
CINCH BUCKLE	DARK BLUE	YBLTCT2M-DBLU
CINCH BUCKLE	LIGHT BLUE	YBLTCT2M-LBL
CINCH BUCKLE	PURPLE	YBLTCT2M-PUR
CINCH BUCKLE	GRAPHITE	YBLTCT2M-GRA

+ 2.5M ORGANIC COTTON YOGA BELT

Our unbleached organic cotton yoga belt is ideal for the conscientious yogi. Natural and unbleached with metal D-rings.

SIZE: 2.5M X 3.8CM.



CLOSURE TYPE	COLOUR	CODE
METAL D-RING	NATURAL	YBLTORG

YOGA RELAXATION...

+ PATTERNED LAVENDER & LINSEED EYE PILLOW

Patterned Eye Pillows filled with a mixture of linseed and lavender filling in various designs. The 100% cotton cover is removable and hand washable.

SIZE: 20CM X 10CM [200G].



COLOUR	CODE
MIDNIGHT BLUE	YEYEPop-BLU
PURPLE	YEYEPop-PUR
PASTEL GREEN	YEYEPop-GRN
PASTEL PURPLE	YEYEPop-LILAC

+ ORGANIC COTTON LAVENDER & LINSEED EYE PILLOW

Organic Cotton Eye Pillow filled with a mixture of linseed and lavender filling in a range of colours. The 100% organic cotton cover is removable and hand washable.

SIZE: 20CM X 10CM [200G].



COLOUR	CODE
PURPLE	YEYEPo-PUR
LIGHT BLUE	YEYEPo-LBLU
HOT PINK	YEYEPo-PNK
BLUE GREY	YEYEPo-GRY
LIME GREEN	YEYEPo-LGRN
DARK BLUE	YEYEPo-BLU

+ OM SHINGLE 'SAND' BAG

Our 'sand' bag is filled with a type of pea shingle conforms better to your body shape, whilst it has the added benefit of not feeling so cold or damp as sand can feel in winter! OM Shingle 'Sand' Bags can be used to deepen yoga postures and to enhance stretches. Filled with shingle for even weight distribution. The outer cotton cover is soft, offering good grip on the skin and the inner nylon cover is durable and leak free. Complete with embroidered OM and a sturdy carry handle.

SIZE: 42CM X 18CM [5KG].



COLOUR	CODE
PURPLE	YSANDSHING-PUR
BLUE	YSANDSHING-BLU
HOT PINK	YSANDSHING-HPNK

+ ACUPRESSURE BED OF NAILS

The Bed Of Nails induces a state of deep relaxation and dissolves tension. With over 6,000 tiny spikes, on 230 button shaped disks, the Bed Of Nails creates an effect similar to acupuncture. There is a double carry handle for ease of carrying and magnetic popper closure for safe storage. Choice of colour from Light Blue or Hot Pink. 100% cotton canvas with 20mm foam padding.

SIZE: 67CM X 41CM. [1KG].

COLOUR	CODE
LIGHT BLUE	YBEDONN-LBLU
HOT PINK	YBEDONN-HPNK



+ PATTERNED SHINGLE 'SAND' BAG

Complete your matching set of yoga props and kit bags with this purple mandala Pattern Shingle 'Sand' Bag. Yoga sand bags are perfect for adding grounding and weight in yoga asanas to help deepen stretches, or for a more restorative style of practice. The shingle conforms to your body shape better than sand and has the added benefit of not feeling as cold and damp during winter time. The outer cover is made from a jute/cotton blend material with a carry handle.

SIZE: 42CM X 18CM [5KG].

COLOUR	CODE
JUTE & PURPLE PATTERN	YSANDP



+ GENIE NETI POT WITH LID

Neti Pots are used to perform Jalaneti, which means nasal irrigation. Neti nasal cleansing has been practiced for hundreds of years to relieve allergies, common colds and even asthma. The Genie Neti Pot is dishwasher safe. Made from virgin plastic. Note: Only use distilled water with your Neti Pot.



COLOUR	CODE
PURPLE	YNETIP

+ NOSEBUDDY NETI POT

The ultimate neti pot - designed by the Scandinavian Yoga & Meditation School! The large volume (0.5 litre) and long curved spout make it easy to clean even a congested nose.

Unique construction that results in a very good flow of water. Includes a measuring spoon for salt and an instruction booklet.



COLOUR	CODE
PURPLE	YNETIN-PUR
GREEN	YNETIN-GRN
BLUE	YNETIN-BLU

= PACKAGED FOR RETAIL SALE



+ ROUND PATTERNED ZAFU CUSHION

The deluxe Round Patterned Zafu Cushion is black, filled with buckwheat and has the seven chakra's each being symbolic to the seven centres of spiritual power in the human body, on the outside. This all Zafu is the premium answer to a high quality meditation cushion.

SIZE: 15CM X 36CM [2.6KG].



COLOUR	CODE
BLACK	YZAFBW

+ PLEATED ROUND ZAFU CUSHION

The round shape of our zafu cushion is the traditional design for meditation cushion. Our zafu cushion is pleated for extra strength and comes with a carry handle making it easy to transport. Plus, you can easily adjust the amount of filling inside the cushion with the use of a concealed zip. Please note: Colours can vary compared to images shown.



SIZE: 35CM X 18CM (DIA) [2.5KG].

COLOUR	CODE
BURGUNDY	YZAFUBW-BUR
BLUE	YZAFUBW-BLU
BLACK	YZAFUBW-BK

+ OM BUCKWHEAT BOLSTER

Our firmest bolster, filled with buckwheat hulls, which have long been the choice for meditation cushions as they offer firm support, which moulds to your body shape and doesn't break down over time. 100% cotton, with YKK zipped outers and re-stuffable inner-cover, an embroidered Om and convenient carry handle.

SIZE: 61CM X 23CM (DIA) [4KG].



COLOUR	CODE
HOT PINK	YBOLSTBUCK-HPNK
BLUE	YBOLSTBUCK-BLU
PURPLE	YBOLSTBUCK-PUR

+ CRESCENT-SHAPED PLEATED ZAFU CUSHION

Yoga-Mad's Crescent-Shaped Zafu meditation cushion fulfills the same purpose as a traditional round zafu, though the crescent shape provides more support for your upper thighs, which some find more comfortable. Being approximately two thirds the size of a round zafu also makes it relatively lighter and more convenient to store and transport. Our Crescent Zafu slopes from 7.5" (19cm) at the back to 4.5" (11.5cm) at the front which ensures you pelvis remains above your knees, which is essential for comfort. Please note: Colours can vary compared to images shown.

SIZE: 43CM X 30CM [2.5KG].

COLOUR	CODE
BLUE	YZAFCR-BLU
BLACK	YZAFCR-BLK
BURGUNDY	YZAFCR-BUR



+ BUCKWHEAT RECTANGULAR BOLSTER

Our Rectangular Bolster offers a shallower support and larger surface area for reclining, supine or seated poses, which can be more comfortable than the traditional round version. They can also be used on their 'spine' for those wanting a deeper stretch. Complete with a carry handle, making them easy to transport, and filled with natural buckwheat filling that moulds to your body as you lie on it, yet offering firm support. Zipped cover for easy cleaning.

SIZE: 61CM X 26CM X 14.5CM [4KG].



COLOUR	CODE
JUTE	YBOLSTJUTE
PURPLE	YBOLSTRECTANGLE-PUR
GREY	YBOLSTRECTANGLE-GRY

+ ORGANIC COTTON BOLSTER

These bolsters are covered with a removable organic cotton cover and are deep filled with 2kg of man made Recron fibre for a firm feel, whilst offering a little 'give'. The bolster is completed with a convenient carry handle.

SIZE: 61CM X 23CM (DIA) [2.3KG].



COLOUR	CODE
PLUM	YBOLSTORG-PLUM
BLUE	YBOLSTORG-BLU

+ PATTERNED BUCKWHEAT BOLSTER

Our Patterned Buckwheat Bolster comes in a purple mandala pattern as well as a blue pattern design in a jute/cotton blend material. Filled with buckwheat, this bolster will mould to your body in any asana and provides firm support. Ideal for meditation, or for use as a supportive prop for Yin or Restorative Yoga styles, or as a general useful bolster cushion around the home or yoga studio.

SIZE: 61CM X 23CM (DIA) [4KG].



COLOUR	CODE
JUTE & PURPLE PATTERN	YBOLSTP
BLUE PATTERN	YBOLSTBP

+ FOLDING YOGA CHAIR

Used to aid rotation in seated twists, for support in backbends, in Viparita Karani and for refinement of the shoulder stand. Ideal for serious yoga students and studios. Chairs fold flat for easy storage and have durable non marking feet. Our reinforced design has raised cross members on the legs to facilitate getting your legs underneath and a higher back to make stepping through easier. Material: Tabular steel construction.ga studio.

CHAIR HEIGHT: 78CM, SEAT HEIGHT: 41CM. MAX USER WEIGHT: 100KG.

COLOUR	CODE
SILVER	YCHAIR



+ FOLDING MEDITATION CHAIR

Enjoy a relaxing and comfortable meditation with Yoga-Mad's Folding Meditation Chair. You can also use this meditation chair to relax, watch TV, read a book and more. It offers a comfortable and padded seat to support your lower back and as its easy to fold, it is convenient and easy to store away - perfect for any Yogi!

SIZE: 38CM X 1CM X 53CM [1KG].

CODE
YMEDCHAIR



+ PVC LEATHER BOLSTER COVER

This Bolster Cover is made from PVC leather and is perfect for wiping down in-between practice. The cover fits on any Yoga-Mad Buckwheat Bolster and has a carry handle, so that you can continue to bring to your yoga studio for meditation or for use as a supportive prop in Yin or Restorative yoga styles.

It is ideal for studio environments as its can be cleaned easily in-between classes. (Bolster not included).

SIZE: 61CM X 23CM (DIA).



COLOUR	CODE
BLUE	YBOLSTPVCOVER-BLU
MOCHA	YYBOLSTPVCOVER-GR

+ SEAMLESS COTTON YOGA BLANKET

Seamless yoga blankets are a highly versatile prop which can be folded to provide height in seated postures and to support the head and shoulders in inversions. These seamless blankets provide a more comfortable support, as they do not create a harsh edge once folded, thus providing a flatter surface across the entire folded area.

They can be rolled to support the neck in reclining postures, help to relieve strain on knees or ankles in poses such as the Hero or Child's Pose, as well as being folded for a meditation seat, or use for pose modification in restorative styles of Yoga. 100% hand-woven cotton, our blankets are soft and fold tightly, offering good support whilst holding their shape, which is the key to a good yoga blanket.

SIZE: 200CM X 150CM.



COLOUR	CODE
DARK GREY	YBLANKETSL-GRY
NATURAL	YBLANKETSL-NAT
AUBERGINE	YBLANKETSL-AUB

PILATES MATS...

+ CORE FITNESS MAT 10MM & 15MM

This is an ideal Pilates or exercise mat for those on the move, or for studios tight on storage space. The NBR foam offers excellent cushioning and memory, yet the 10mm mat weighs only a fraction over 1kg, making it light enough to carry around, with the included removable carry strap (10mm only).

The 15mm mat offers improved comfort but as it is too big to carry around, these mats come flat packed as they are primarily designed for use in a studio or to be left at home.

MADE FROM NBR RUBBER - DOP, AZO, HEAVY METAL, PHENOL & PHTHALATE FREE.



DIMENSIONS	MODEL	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	CARRY STRAP RETAIL PACK	BLUE	FMATNBR10 - BLU
182CM X 58CM X 10MM [1.1KG]	CARRY STRAP RETAIL PACK	BLACK	FMATNBR10 - BK
182CM X 58CM X 15MM [1.65KG]	FLAT PACK - NO STRAP	BLUE	FMATNBR15

+ STRETCH FITNESS MATS 10MM

The Stretch Fitness Mat is perfect for all kinds of exercise and stretching from aerobic workouts to rehabilitation. The mat provides excellent cushioning and comfort at 10mm thick yet is light enough to transport easily with the included carry strap.

MADE FROM NBR RUBBER - 6 PHTHALATE FREE.



NEW COLOUR

DIMENSIONS	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	GREY	FMATNBRST-GRY
182CM X 58CM X 10MM [1.1KG]	LIGHT BLUE	FMATNBRST-LBLU



+ CORE FITNESS MAT WITH EYELETS 10MM & 15MM

Identical to the Core Fitness Mats (see page 4) but with eyelets, makes this mat perfect for storing neatly away in your studio on our exercise mat rack.

The eyelets are 50cm apart (centre to centre) and will fit hangers up to 2.5cm in diameter. Also available in 15mm thickness which provides extra cushioning. Made from NBR that is non-absorbent, making it easy to clean and very hygienic whilst also being soft and supportive. Top side is smooth and bottom side is ribbed.



MADE FROM NBR RUBBER - DOP, AZO, HEAVY METAL, PHENOL & PHTHALATE FREE.

DIMENSIONS	COLOUR	CODE
182CM X 58CM X 10MM [1.1KG]	BLUE	FMATNBR10EYE
182CM X 58CM X 15MM [1.65KG]	BLUE	FMATNBR15EYE



+ STUDIO PRO MAT 15MM

The Studio Pro Mat is our best mat for exercise, Pilates and therapy. The TPE material has superb memory and at 15mm thick this mat offers excellent support for the spine and knees. As the mat is thick and does not roll up tightly, it is best for studio or home use rather than carrying to and from classes. The mat is double sided and will not slide on the floor.

MADE FROM 100% RECYCLABLE TPE. IMPERMEABLE AND HYGIENIC; AZO, HEAVY METAL & PVC FREE.



DIMENSIONS	COLOUR	CODE
180CM X 60CM X 15MM [2.6KG]	BLUE	FMATTPE180R



TO SEE OUR FULL EXERCISE MATS, SWISS BALLS, CORE STRENGTH EQUIPMENT, MASSAGE/PHYSIO TOOLS, AND RESISTANCE BANDS RANGES, PLEASE SEE PAGES 3 - 12.

PILATES MATWORK...



+ EXER-SOFT BALLS

Ideal for pelvic floor exercises, the ball will enhance your Pilates workout and help develop strength, endurance and concentration as well as promoting relaxation and coordination. The balls are anti-slip offering excellent grip. Ball size is down to preference, though it is common to have three sizes for greater diversity.

DINP PVC. FACTORY TESTED AS BURST RESISTANT AT 100KG.



DIMENSIONS	COLOUR	CODE
18CMØ [7"]	BLUE	FEXBALL7
23CMØ [9"]	RED	FEXBALL9
30CMØ [12"]	GRAPHITE	FEXBALL12



+ PILATES RESISTANCE RING

Lightweight double handled Pilates isotoner, with foam padded fibre glass ring for extra comfort. Pilates rings (also known as magic circle) are commonly used in Pilates to add intensity to floor exercises. This 14" ring has been a best seller for many years.



DIMENSIONS	COLOUR	CODE
33.5CMØ [14"]	GREY/BLACK	FRING14L

+ PILATES BLOCKS

The large block is used to level the pelvis, the small block is used to slightly raise the head in reclining postures in order to achieve the correct neck alignment. It can also be used to correct the tilt on the pelvis or for support between the knees.

CLOSED CELL, WIPE CLEAN EVA FOAM.



ITEM	DIMENSIONS	CODE
HEAD BLOCK	20.5CM X 15CM X 25MM	FBLOCK25
SITTING BLOCK	32CM X 25CM X 60MM	FBLOCK60



+ SOFT WEIGHTS

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using a standard dumbbell, the soft weight design is safer, reducing the risk of damage or injury if dropped. The shape also helps to promote the development of functional grip strength.

PVC OUTER SHELL WITH IRON SAND FILLING.



DIMENSIONS	COLOUR	CODE
2X 0.5KG [12CMØ]	BLUE	FSOFT1
2X 1KG [12CMØ]	BLUE	FSOFT2
2X 1.5KG [12CMØ]	BLUE	FSOFT3



= PACKAGED FOR RETAIL SALE

Align-Pilates

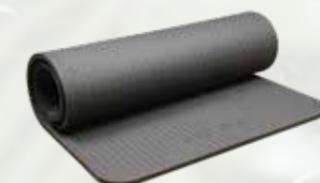
Align-Pilates is the UK's only Pilates apparatus brand, offering the best value commercial Pilates Studio Equipment in Europe.



Contact us for an Align-Pilates brochure.
T: 01386 425 923 | sales@align-pilates.com

Align-Pilates.com

NEW ACCESSORIES RANGE FOR 2021



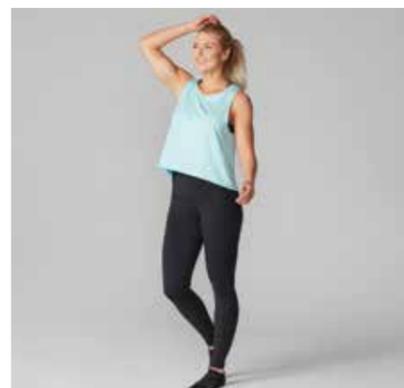
TAVI NOIR

A P P A R E L

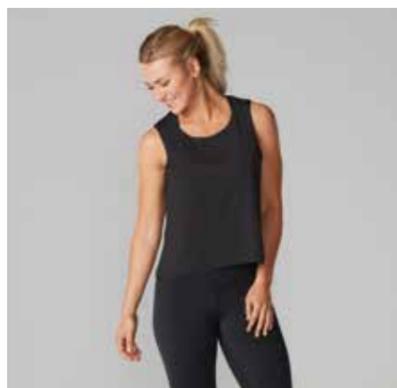
Prepare to enter a new world of design-meets-function, and luxury-meets-performance.

We exist in a realm where ordinary has no place, because only the highest performing pieces make the cut. It's time... The workout wardrobe you've only dreamt of has finally arrived. The-Mad-Group are the exclusive distributors of Tavi Noir in the UK, Ireland, Benelux & Greece. Interested in becoming a Tavi Noir stockist? Get in touch!

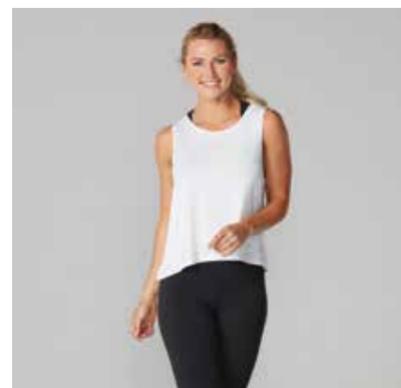
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High Low Tank Top - Powder



High Low Tank Top - Charcoal



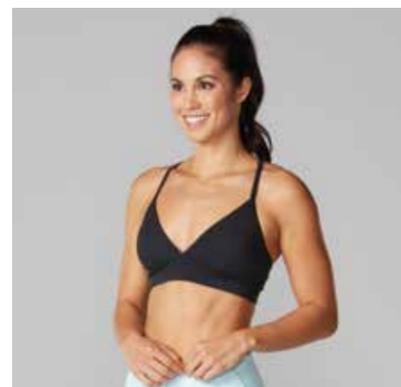
High Low Tank Top - Salt



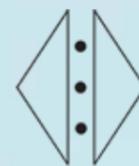
Short Shorts - Ebony



High Waisted 7/8 Tight - Charcoal Palm



Studio Bra - Ebony



TAVI NOIR

WHERE PERFORMANCE MEETS LUXURY

We make it our mission to continually create mini "works of art" so each pair of socks can be as unique and beautiful as you.

At Tavi Noir, details are everything. We believe that soft premium fabrics — such as certified organic cotton and specialty custom colored and blended yarns — should always meet beautiful designs. We are a world where sophisticated strap details complement unique patterns and prints, and where the simple sock is elevated to a style statement.



Grip Core Colours



Chloe

Emma

Jess



Savvy

Maddie

Penny

Lola

MERCHANDISING STANDS AVAILABLE TO PURCHASE

For retailers, gyms, clubs and studios!

SPORT

Introducing the Tavi Noir Sports Sock. Stay cool in class with a sock designed to take you to your edge. With a vented top and fitted heel cup, this sock won't stop until you do. Made with quick dry performance technology.

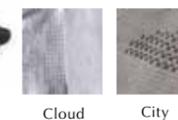
PARKER

For the minimalist - lean and light.

- Thin ultra-lite fit
- Quick dry performance yarns
- Compression arch band
- Vented top & sides for faster cooling



Ebony



Cloud

City

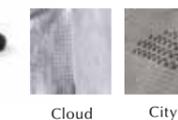
TAYLOR

Some cushion just where you need it.

- Lightly cushioned terry sole
- Quick dry performance yarns
- Compression arch band
- Vented top & sides for faster cooling



Ebony



Cloud

City

Please note: this is only a small selection of what we stock.

To see the full range, contact us for a Tavi Noir Apparel brochure.

Please note: this is only a small selection of what we stock.

To see the full range, contact us for a Tavi Noir brochure.

toesox[®]

THE SOCK THAT CHANGED THE GAME™

When we created a sock with 5 toes, people asked why. Then they tried them — and they never went back to a regular grip sock again. The ToeSox 5 toe design means your feet stay anchored in place with no bunching or twisting, so you can stand strong and forget about slipping. That means better performance for a better workout. What's more, no other sock comes close to our durability, our quality or the eco-consciousness of our fabrics. Game changer? You bet.

Interested in becoming a ToeSox stockist? Get in touch!

T: 01386 425 928 | sales@mad-hq.com

MERCHANDISING STANDS AVAILABLE TO PURCHASE

For retailers, gyms, clubs and studios! (Refer to page 48)



The Grip Collection

We've got nothing but love for this Spring Collection that seamlessly brings fun, good vibes and a promise to our planet together. All grip styles available in full toe and half toe. Perfect for barre, dance, Pilates, yoga and all barefoot activities.

Grip Core Colours



Five Toe Sport

Seamless five toe construction promotes circulation, eliminates moisture and friction between the toes. Made with Perf Dry™ performance drying technology. Wicks away moisture to keep feet dry. Provides blister free environment between toes when clocking the miles.



Casual

Activate and spread your toes in your favourite shoes all year round. Choose from Crew, a twist on a traditional sock style, or Knee High, pair them with boots or scrunch 'em low. Made with organic cotton.



Dance

Developed with a select group of experienced dancers who were looking for an alternative to bare feet - the perfect blend of ballet slipper and sock. Five toe design encourages toes to spread for healthier feet. Leather pad(s) allows a dancer to hold and release poses while cushioning the soles. Available in Full Toe & Half Toe styles.

LEG WARMERS

DANCE / BARRE SOCKS



Grip + Training Gloves

Half finger style lets fingers feel and grip surface — Strategically placed grip pattern for improved hold.

Finger pull tab for easy on and off — Window opening on top for added breathability.



WE EXIST TO KEEP YOU ACTIVE

Your socks can change your game. That's why we engineer Base 33 socks with performance in mind. With unparalleled attention to detail, we focus on strategic venting to keep your feet cool in the right places, a perfect fit for no distractions, and a comfort toe box. Whether you plan to hit the mat, the trails, or the gym, these socks were architected for you.



BASE 33

GRIP

SPORT



Tavi Noir Adult Disney Socks



ToeSox Adult Disney Socks



TINY SOLES™



Please note: this is only a small selection of what we stock.

To see the full range, contact us for a ToeSox brochure.

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