

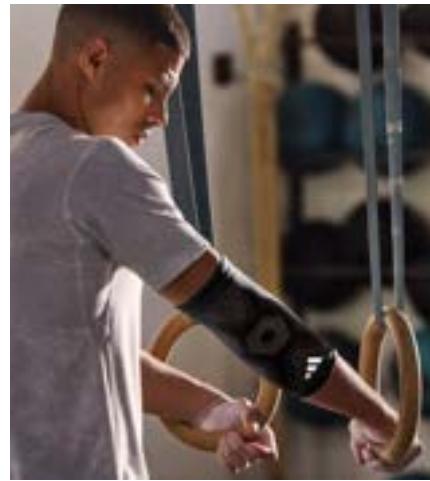
SS26

ADIDAS
CATALOGUE





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TRAINING

SS26 RANGE



ESSENTIAL TRAINING GLOVES

°CLIMACOOL



HIGHLIGHTS

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

MODEL NO.

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



ESSENTIAL TRAINING GLOVES

NEW FOR SS26

°CLIMACOOL



HIGHLIGHTS

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

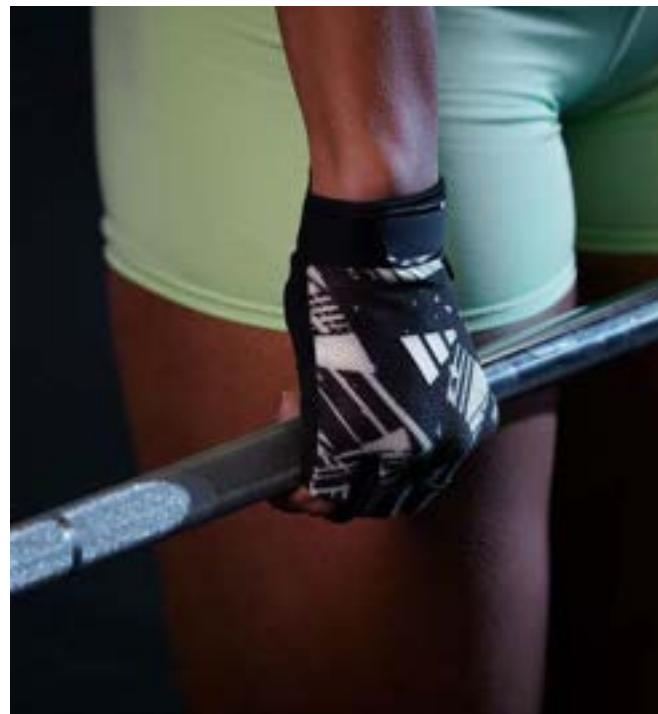
MODEL NO.

Pink Mesh XS: ADGB-15000PM
Pink Mesh S: ADGB-15001PM
Pink Mesh M: ADGB-15002PM
Pink Mesh L: ADGB-15003PM
Pink Mesh XL: ADGB-15004PM



ESSENTIAL TRAINING GLOVES

°CLIMACOOL



HIGHLIGHTS

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



VIDEO

MODEL NO.

Graphic XS: ADGB-15000AB
Graphic S: ADGB-15001AB
Graphic M: ADGB-15002AB
Graphic L: ADGB-15003AB
Graphic XL: ADGB-15004AB



PERFORMANCE TRAINING GLOVES

°CLIMACOOL



HIGHLIGHTS

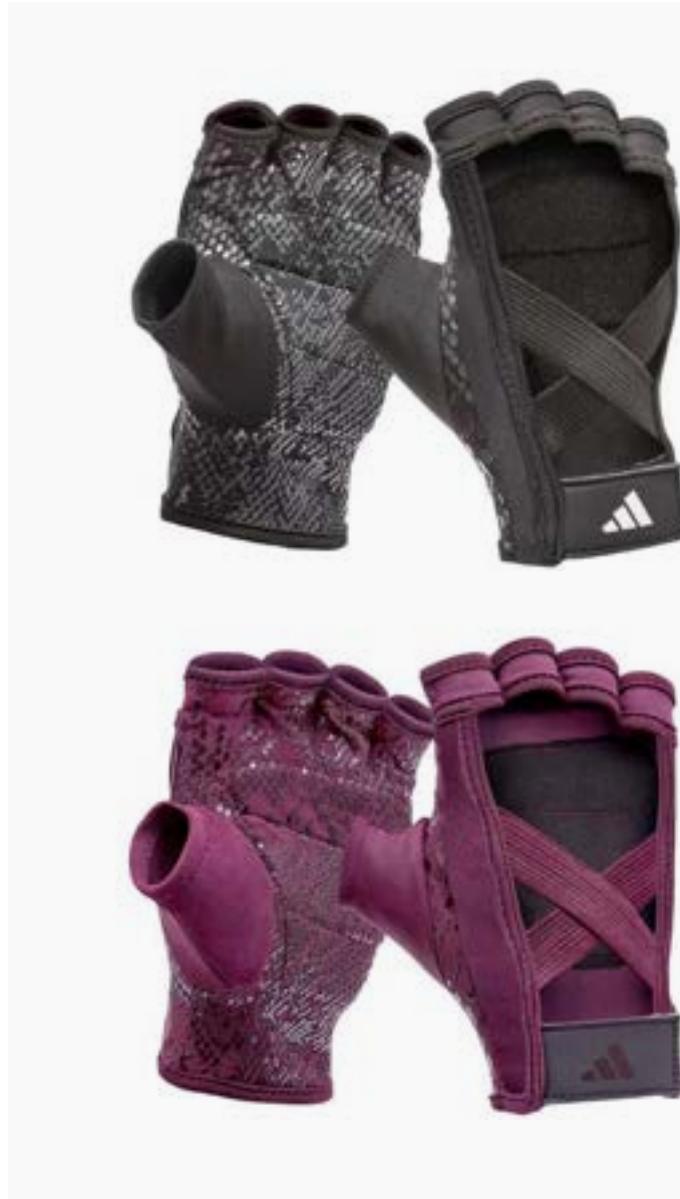
-  Breathable Climacool material wicks away sweat
-  Ergonomically padded suedette sections provide protection and enhance durability
-  Ventilated palm design promotes breathability
-  Material extends under fingers to prevent pinching
-  Towelling material on the thumbs for wiping away sweat
-  Integrated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



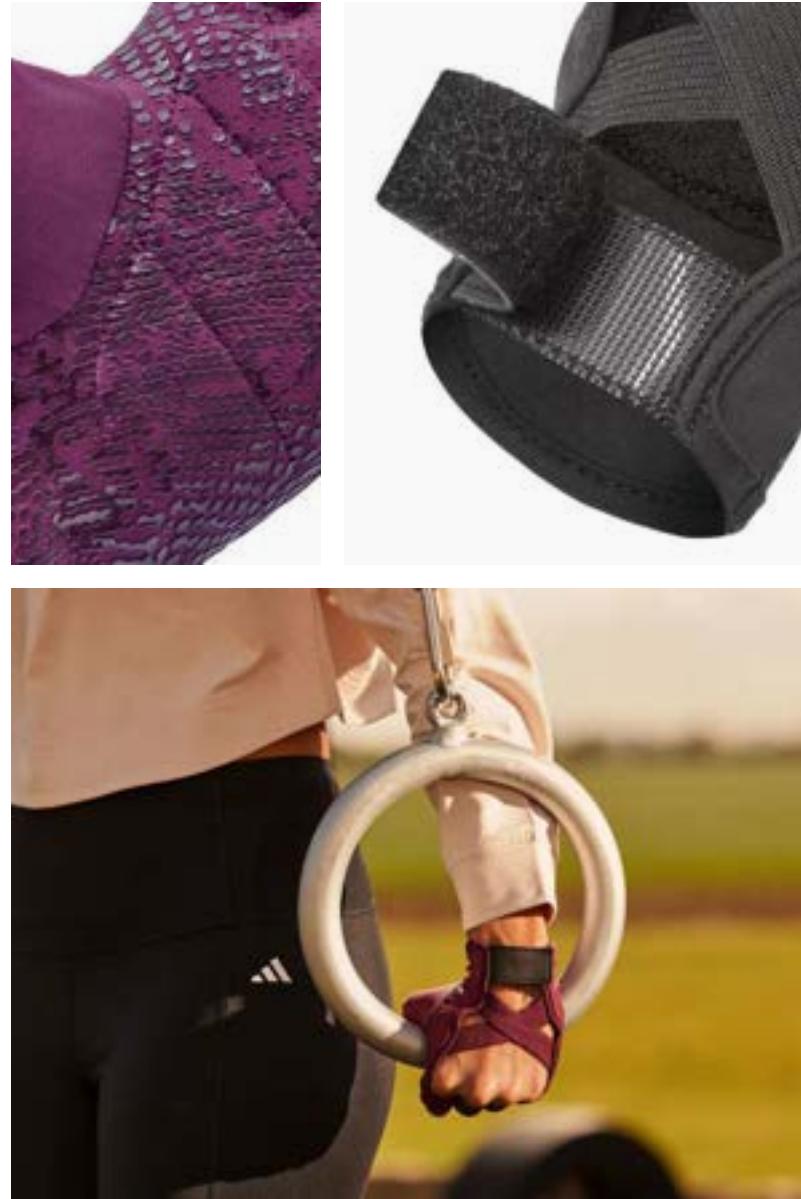
VIDEO

MODEL NO.

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



WOMEN'S TRAINING GLOVES



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

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

STRENGTH TRAINING GLOVES

°CLIMACOOL



HIGHLIGHTS

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



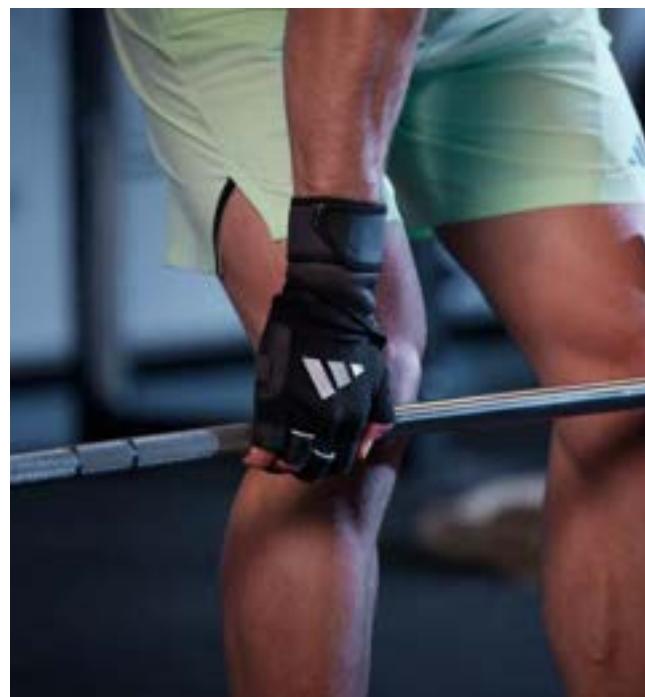
VIDEO

MODEL NO.

XS:	ADGB-15040	L:	ADGB-15043
S:	ADGB-15041	XL:	ADGB-15044
M:	ADGB-15042		

WRIST WRAP TRAINING GLOVES

°CLIMACOOL



HIGHLIGHTS

- Ideal for all types of training including weightlifting and calisthenics
- Breathable Climacool material wicks away sweat
- Hardwearing faux leather panels across key contact zones enhance grip and durability
- Ergonomic palm padding for comfort and protection
- Ventilated palm sections further promote airflow
- Full palm coverage guards against calluses & blisters
- Towelling material on the thumbs for wiping away sweat
- Dual finger pulls allow for quick and easy removal
- Material extends under fingers to prevent pinching
- Thick double wrist wraps provide greater support, improve grip, and minimise fatigue



VIDEO

MODEL NO.

XS:	ADGB-15050	L:	ADGB-15053
S:	ADGB-15051	XL:	ADGB-15054
M:	ADGB-15052		

OPEN BACK TRAINING GLOVES



HIGHLIGHTS

Made to guard your hands and elevate your game, the open back training gloves are the ultimate training companion. Crafted with your comfort and protection in mind, the gloves' open-backed design promotes breathability with a more natural feel, whether you're pushing for new lifting PBs or mastering callisthenics.

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



VIDEO

MODEL NO.

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



OUTDOOR TRAINING GLOVES

°CLIMAWARM



HIGHLIGHTS

Whether running, hiking, riding, or training, adidas outdoor training gloves are your essential ally for every outdoor pursuit. Powered by CLIMAWARM technology to trap heat and release sweat, the gloves keep you warm, dry and focused no matter the challenge ahead. Reflective details ensure you stay visible and safe during low-light training, while embossed grip across the palms and fingers gives you total control and confidence in every movement.

-  Perfect during harsher conditions for all outdoor activities including runs, hikes, rides and training
-  CLIMAWARM material traps heat and releases sweat for warm, dry and focused performance
-  Touchscreen compatible thumb and forefinger
-  Reflective details for safer low-light training
-  Embossed lines across the palm and fingers deliver enhanced grip

MODEL NO.

XS: ADGB-15070	L: ADGB-15073
S: ADGB-15071	XL: ADGB-15074
M: ADGB-15072	



FULL FINGER ESSENTIAL GLOVES

°CLIMACOOL



HIGHLIGHTS

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

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

MODEL NO.

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

FULL FINGER PERFORMANCE GLOVES

°CLIMACOOL



HIGHLIGHTS

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

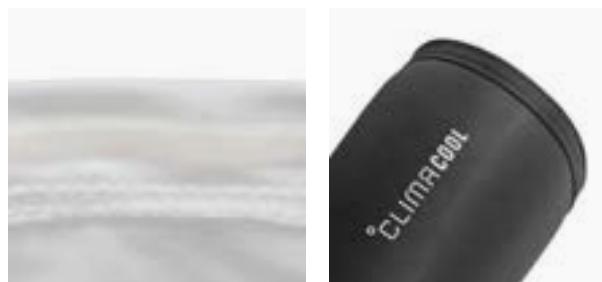
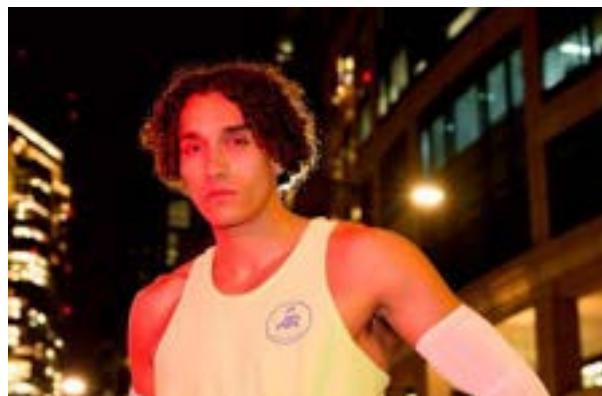
-  Breathable Climacool material wicks away sweat
-  Touchscreen compatible thumb and forefinger
-  Durable ergonomic palm for maximum protection
-  Adjustable Velcro fastening ensures a secure fit
-  Corrugated section across the knuckles forms around the hand

MODEL NO.

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

CLIMACOOL COMPRESSION ARM SLEEVES

°CLIMACOOL



HIGHLIGHTS

- ↑° Elevate your performance in all training and sports
- ↔↔↔ Moisture-wicking Climacool material
- ↔↔↔ Aids temperature regulation with light insulation
- ↔↔↔ Provides UV protection: UPF 40+
- ↔↔↔ Elastane-nylon blend provides lightweight, breathable comfort
- ↔↔↔ Internal silicone inlay prevents unwanted movement
- ↔↔↔ Reflective silver logos for safer low-light training
- ↔↔↔ Machine washable for easy cleaning
- ↔↔↔ Supplied as a pair



VIDEO

MODEL NO.

Black S/M: ADSL-13011BK	White S/M: ADSL-13011WH
Black L/XL: ADSL-13012BK	White L/XL: ADSL-13012WH
Navy S/M: ADSL-13011NY	Royal S/M: ADSL-13011RL
Navy L/XL: ADSL-13012NY	Royal L/XL: ADSL-13012RL
Red S/M: ADSL-13011TR	Lucid Lemon S/M: ADSL-13011YL
Red L/XL: ADSL-13012TR	Lucid Lemon L/XL: ADSL-13012YL

CLIMACOOL COMPRESSION CALF SLEEVES



°CLIMACOOL



HIGHLIGHTS

- ↑↑↑ Elevate your performance in all training and sports
- ↑↑↑ Moisture-wicking Climacool material
- ↔↔↔ Aids temperature regulation with light insulation
- ↔↔↔ Provides UV protection: UPF 40+
- ↔↔↔ Elastane-nylon blend provides lightweight, breathable comfort
- ↔↔↔ Internal silicone inlay prevents unwanted movement
- ↔↔↔ Reflective silver logos for safer low-light training
- ↔↔↔ Machine washable for easy cleaning
- ↔↔↔ Supplied as a pair



VIDEO

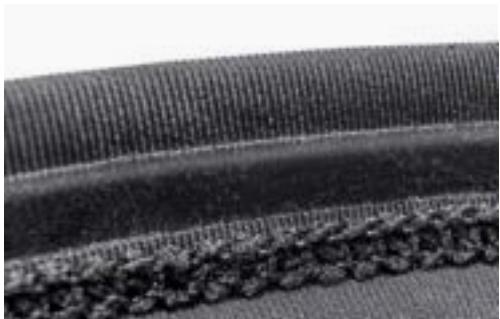
MODEL NO.

Black S/M: ADSL-13013BK	White S/M: ADSL-13013WH
Black L/XL: ADSL-13014BK	White L/XL: ADSL-13014WH
Navy S/M: ADSL-13013NY	Royal S/M: ADSL-13013RL
Navy L/XL: ADSL-13014NY	Royal L/XL: ADSL-13014RL
Red S/M: ADSL-13013TR	Lucid Lemon S/M: ADSL-13013YL
Red L/XL: ADSL-13014TR	Lucid Lemon L/XL: ADSL-13014YL

PERFORMANCE COMPRESSION ARM SLEEVES

NEW FOR SS26

°CLIMACOOL



HIGHLIGHTS

Designed to fuse performance with style, the performance sleeves keep you cool, protected, and locked in through every session. Crafted with moisture-wicking Climacool technology, the lightweight elastane-nylon blend delivers breathable comfort by dispersing sweat to keep you dry and focused. The streamlined fit reduces irritation, while a silicone inlay and built-in thumb holes keep the sleeves firmly in place, no matter the intensity.

-  Moisture-wicking Climacool material
-  Engineered for lightweight, breathable comfort using an elastane-nylon blend
-  UPF 40+ rating provides protection against UV rays
-  Longer design with integrated thumb holes
-  Aids temperature regulation by providing a light layer of insulation
-  Streamlined fit helps to prevent irritation
-  Silicone inlay and built-in thumb holes prevent unwanted movement
-  Reflective silver details increase visibility for safer low-light training
-  Supplied as a pair

MODEL NO.

Black S/M: ADSL-13340BK

Black L/XL: ADSL-13341BK

COMPRESSION ARM SLEEVES



HIGHLIGHTS

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

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

MODEL NO.

White S/M: ADSL-13023WH-NL

White L/XL: ADSL-13025WH-NL

Black S/M: ADSL-13023BK-NL

Black L/XL: ADSL-13025BK-NL

COMPRESSION CALF SLEEVES



HIGHLIGHTS

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

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

MODEL NO.

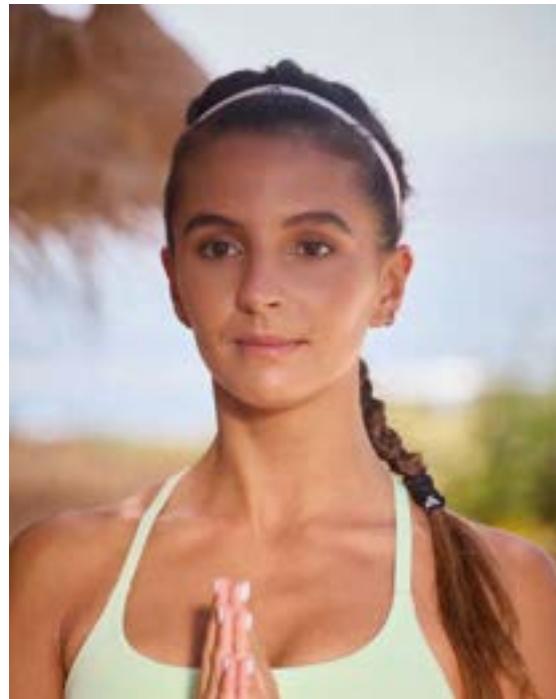
White S/M: ADSL-13323WH-NL

White L/XL: ADSL-13325WH-NL

Black S/M: ADSL-13323BK-NL

Black L/XL: ADSL-13325BK-NL

HAIRBANDS [SET OF 3]



HIGHLIGHTS

Designed to keep your hair under control, adidas hairbands allow you to focus for more effective training sessions. Made from durable lycra material with a transparent silicone inlay, the hairbands stay put throughout the most energetic workouts. Complete as a pack of three matching bands, you can switch up your style for more outfit variety. The set features two thin and one thicker hairband, matching your needs across any sporting or training environment.

- �� Ideal for use during all types of training and sports
- Made from durable lycra material for a snug fit
- ◀ Internal silicone strip reduces slipping
- ⌚ Washable at 30° and quick to drip dry
- 👤 One size fits all
- 🕒 Pack of 3 bands - Includes two thin and one thicker hairband to suit all needs

MODEL NO.

ADAC-16162

HAIRBANDS [SET OF 3]



HIGHLIGHTS

Designed to keep your hair under control, adidas hairbands allow you to focus for more effective training sessions. Made from durable lycra material with a transparent silicone inlay, the hairbands stay put throughout the most energetic workouts. Complete as a pack of three matching bands, you can switch up your style for more outfit variety. The set features two thin and one thicker hairband, matching your needs across any sporting or training environment.

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



VIDEO

MODEL NO.

Lucid Pink, White & Black: ADAC-16160
Black & White: ADAC-16161



HAIRBANDS [SET OF 3]



HIGHLIGHTS

Designed to keep your hair under control, adidas hairbands allow you to focus for more effective training sessions. Made from durable lycra material with a transparent silicone inlay, the hairbands stay put throughout the most energetic workouts. All three bands offer reflective silver elements, commanding attention in low-light environments to promote greater visibility for added safety throughout the darker months.

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



VIDEO

MODEL NO.

Lucid Lemon, White & Silver Reflective: ADAC-16197

HAIRBANDS [SET OF 6]



HIGHLIGHTS

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

- Ideal for use during all types of training and sports
- Made from durable lycra material for a snug fit
- Internal silicone strip reduces slipping
- Washable at 30° and quick to drip dry
- One size fits all
- Pack of 6 bands



VIDEO

MODEL NO.

Grey, White, Clay, Olive, Red & Navy: ADAC-16181
Black, White, Red, Purple, Blue & Yellow: ADAC-16180

HAIRBANDS [SET OF 3]



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

Purple Burst, Bliss Pink & White:	ADAC-16198
Lucid Blue, Lucid Pink & White:	ADAC-16199
White, Solar Red & Black:	ADAC-16200-NL
Power Berry, Grey & Black:	ADAC-16201-NL
Taupe, Clay Strata & Earth Strata:	ADAC-16205
Grey, Coral Fusion & Shadow Navy:	ADAC-16204
White, Grey & Black:	ADAC-16203
Silver Dawn, Violet & Legend Ink:	ADAC-16207



HAIRBAND [SINGLE]



HIGHLIGHTS

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

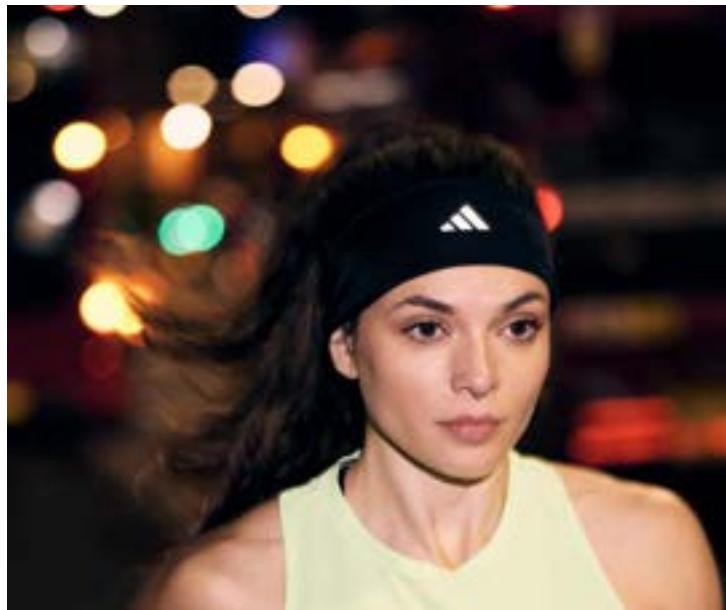
- nappe Ideal for use during all types of training and sports
- square Made from durable lycra material for a snug fit
- arrow Internal silicone strip reduces slipping
- water Washable at 30° and quick to drip dry
- person One size fits all

MODEL NO.

White:	ADAC-16203WH
Grey:	ADAC-16203GR
Black:	ADAC-16203BK
Taupe:	ADAC-16205TP
Clay Strata:	ADAC-16205CS
Earth Strata:	ADAC-16205ES
Shadow Red:	ADAC-16208RD

SPORTS HEADBAND

°CLIMACOOL



HIGHLIGHTS

Designed to keep your hair under control, the sports headband seamlessly blends style and performance. Crafted from moisture-wicking adidas Climacool material, the sports headband keeps you cool, dry, and focused throughout your workouts. With an elasticated back section offering total comfort and support, the headband stays put throughout all types of training and sports.

- ↑ Ideal for use during all training and sports
- ↔ Moisture-wicking Climacool material keeps you cool, dry and focussed
- 🕒 Reflective silver logos increase visibility for safer low-light training
- ▢ Made from an elasticated, lightweight material blend
- ➡ Elasticated back section for a more secure fit
- ↗ Comfortable wide band with a snug fit
- ⌚ Washable at 30° and quick to drip dry
- 👤 One size fits all



VIDEO

MODEL NO.

Lucid Lemon: ADAC-16400YL
Black: ADAC-16400BK
White: ADAC-16400WH

HEADBAND



HIGHLIGHTS

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

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

MODEL NO.

Black: ADAC-16211BK-NL
White: ADAC-16211WH-NL





REVERSIBLE HEADBAND



HIGHLIGHTS

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

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

MODEL NO.

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

BRAIDED HAIR TIES [SET OF 6]



HIGHLIGHTS

Keep your hair in check with the stylish and practical adidas braided hair ties. Complete as a set of six, the black and white ties are crafted from high-quality elasticated cord material, delivering a gentle grip that minimises friction and snagging while providing the reliable hold you need.

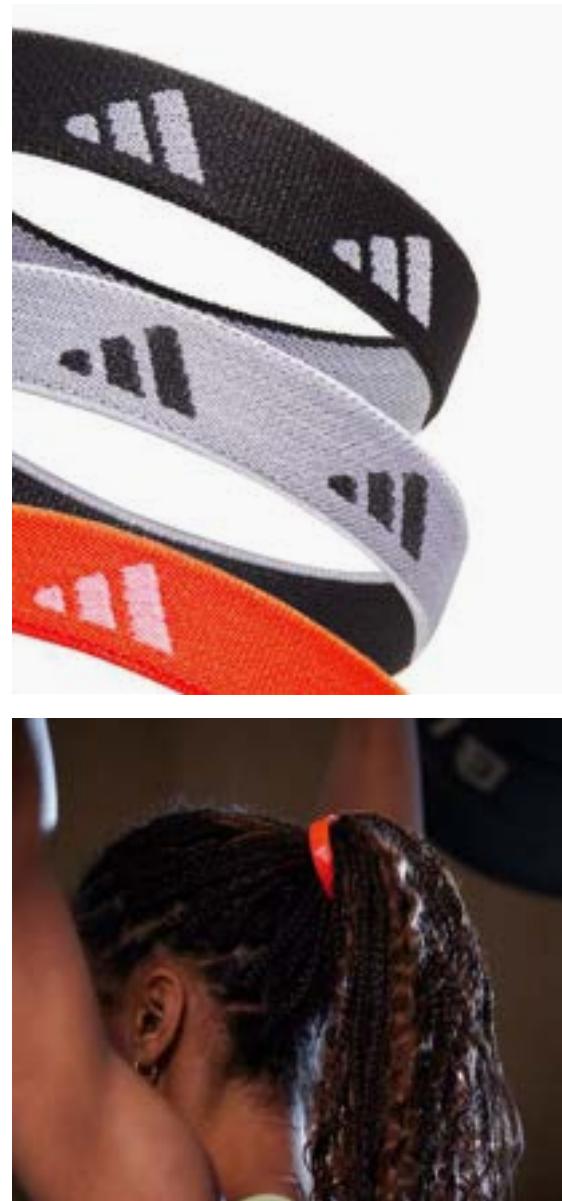
- ideal for all training, sports, and day-to-day activities
- Made from a premium elasticated cord blend
- Sits comfortably in the hair causing minimal friction or snagging
- Gentle on hair without sacrificing hold
- Lightweight and comfortable to wear for long periods
- Pack of 6 hair ties: 3 x black & 3 x white

MODEL NO.

ADAC-16560



HAIR TIES [SET OF 4]



HIGHLIGHTS

Keep your hair at bay with the functional and stylish adidas hair ties. Complete as a pack of four, the black, white, and red hair ties are made from durable woven lycra material, providing a soft and stretchy feel that is gentle on hair without sacrificing the hold you're looking for.

- �� Ideal for all training, sports, and day-to-day activities
- 织 Made from durable woven lycra material
- 柔 Soft and stretchy fabric is gentle on hair without sacrificing hold
- 轻 Lightweight and comfortable to wear for long periods
- 洗 Washable at 30° and quick to drip dry
- 装 Pack of 4 hair ties: 2 x black, 1 x white & 1 x red



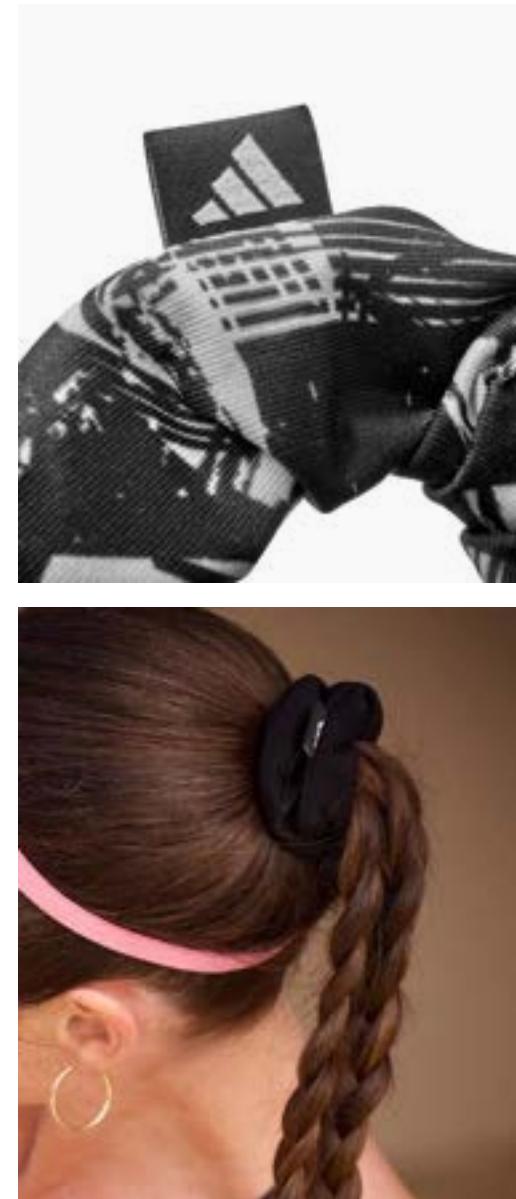
VIDEO

MODEL NO.

Black, White & Solar Red: ADAC-16210



HAIR SCRUNCHIES [SET OF 2]



HIGHLIGHTS

Keep your hair at bay with the functional and stylish adidas hair scrunchies. Complete as a set of two, the black and graphic scrunchies are made from premium material with a durable elasticated inner band. Providing a soft yet stretchy feel that is gentle on hair, the scrunchies cause minimal friction or snagging without sacrificing the hold you're looking for.

- ideal for all training, sports, and day-to-day activities
- Made from a premium elasticated material blend
- Soft scrunchie fabric is gentle on hair without sacrificing hold
- Sits comfortably with minimal friction or snagging
- Lightweight and comfortable to wear for long periods
- Washable at 30° and quick to drip dry
- Set of 2 scrunchies



VIDEO

MODEL NO.

Black & White: ADAC-16500



HAIR SCRUNCHIES [SET OF 2]



HIGHLIGHTS

Keep your hair at bay with the functional and stylish adidas hair scrunchies. Complete as a set of two, the black and pink scrunchies are made from premium material with a durable elasticated inner band. Providing a soft yet stretchy feel that is gentle on hair, the scrunchies cause minimal friction or snagging without sacrificing the hold you're looking for.

- 怊 Ideal for all training, sports, and day-to-day activities
- ❖ Made from a premium elasticated material blend
- ❖ Soft scrunchie fabric is gentle on hair without sacrificing hold
- Sits comfortably with minimal friction or snagging
- ⊧ Lightweight and comfortable to wear for long periods
- ⌚ Washable at 30° and quick to drip dry
- ⌚ Set of 2 scrunchies



VIDEO

MODEL NO.

Black & Lucid Pink: ADAC-16550



WRIST PROTECTORS [8 cm]



HIGHLIGHTS

Crafted from high-quality knitted material, the wrist protectors mould effortlessly to your wrists for a secure and comfortable fit, strengthening your performance every time you train or compete. The bands' absorbent fabric helps to keep sweat at bay, ensuring your hands are dry for a tighter grip and more focused reps.

- Prevents wrist discomfort and rubbing from lifting accessories or kettlebells
- Provides light compression, wrist cushioning, and added stability
- Ideal accessory for all types of strength training
- Absorbent fabric helps wipe away sweat
- Keep your hands dry for a stronger grip and more focused reps
- Made from quality knitted material
- Soft and lightweight design provides greater comfort
- One size bands form to your wrists
- Supplied as a pair

MODEL NO.

Black & White: ADST-13404BK
Pink: ADST-13404PK
White & Black: ADST-13404WH

WRIST PROTECTORS [12 cm]



HIGHLIGHTS

Designed to shield your wrists and forearms from discomfort and rubbing, the wrist protectors provide light compression, cushioning, and extra wrist stability, making them perfect for all kinds of strength training, from kettlebell swings to heavy Olympic lifts.

- Prevents wrist discomfort and rubbing from lifting accessories or kettlebells
- Provides light compression, wrist cushioning, and added stability
- Ideal accessory for all types of strength training
- Absorbent fabric helps wipe away sweat
- Keep your hands dry for a stronger grip and more focused reps
- Made from quality knitted material
- Soft and lightweight design provides greater comfort
- One size bands form to your wrists
- Supplied as a pair

MODEL NO.

Black & White: ADST-13403BK

Black & Pink: ADST-13403PK



LIFTING GRIPS PACK



HIGHLIGHTS

Combining lifting grips with wrist protectors to deliver greater comfort and an amplified hold, the pack allows you to lift stronger and unleash your full potential.

- Helps reduce grip and forearm fatigue to boost reps and improve form
- Comfortable knitted wrist protectors prevent discomfort and rubbing
- Allows you to wipe away sweat and keep your hands dry
- Ideal for aiding heavy pull movements like deadlifts, rows, and pull-ups
- Compatible with all equipment, including bars, dumbbells, kettlebells, and rings
- Double-sided PU design with quadrate pattern across the grip to deliver greater traction
- Enhance comfort whilst protecting your hands & wrists
- Secure Velcro wrist fastening with metal D buckle
- Supplied as a pair of lifting grips and wrist protectors

MODEL NO.

Black & White S/M: ADST-13401BK

Black & White L/XL: ADST-13402BK

Black & Pink S/M: ADST-13401PK

Black & Pink L/XL: ADST-13402PK

LIFTING GRIPS



HIGHLIGHTS

Push your limits and elevate your performance with the adidas lifting grips. Delivering greater comfort and an amplified hold, the grips allow you to lift stronger and unleash your full potential.

- Maintain a stronger grip for more effective sets
- Helps reduce grip and forearm fatigue to boost reps and improve form
- Ideal for aiding heavy pull movements like deadlifts, rows, and pull-ups
- Compatible with all equipment, including bars, dumbbells, kettlebells, and rings
- Double-sided PU design offers maximum grip for stronger reps
- Quadraté patterned grip delivers greater traction
- Padded anchor insert ensures a locked-in grip
- Secure Velcro wrist fastening with metal D buckle
- Supplied as a pair of lifting grips

MODEL NO.

Black & White S/M: ADST-13398BK

Black & White L/XL: ADST-13399BK

Black & Pink S/M: ADST-13398PK

Black & Pink L/XL: ADST-13399PK

WRIST WRAPS



HIGHLIGHTS

Engineered to stabilise and reinforce your wrists, the adidas wrist wraps are your key to stronger and more effective lifts. Perfect for all types of strength training, the wraps reduce strain and grip fatigue, empowering you to tackle even the heaviest weights with confidence.

- Offers reinforced wrist stability for stronger lifting
- Reduces wrist strain and grip fatigue
- Ideal for all types of strength training
- Helps improve your range of push and pull movements
- Breaks training plateaus by assisting heavier lifts
- Secure Velcro fastening
- Integrated loops allow for seamless wrapping
- Strong woven design, with a highly durable elasticated material blend
- One size fits all
- Supplied as a pair

MODEL NO.

Black & White: ADST-13200BK

Black & Pink: ADST-13200PK



WRIST WRAPS



HIGHLIGHTS

Made from durable elasticated material, the adidas wrist wraps provide support and stability to help advance your compound lifting. Featuring an elasticated thumb strap and Velcro fastening, the wraps offer a tailorable fit for maximum comfort and protection.

- Provides support and stability to advance your lifting
- Offers comfort and protection
- Elasticated thumb strap
- Secure Velcro fastening
- Durable elasticated material
- One size fits all
- Supplied as a pair

MODEL NO.

ADAC-13100-NL



LIFTING STRAPS



HIGHLIGHTS

Engineered to create and maintain a stronger grip, the lifting straps allow you to push through your toughest sets with precision and power. Designed to reduce grip fatigue, the straps allow you to unlock extra reps and hit new PRs while staying focused on your form.

- Maintain a stronger grip for more effective and targeted sets
- Reduces grip fatigue to boost reps and improve form
- Ideal for aiding heavy pull movements like deadlifts, rows, and pull-ups
- Printed traction lines improve your grip security to maximise each rep
- 5 mm thick foam padding placed across your wrists helps prevent irritation
- Made from a highly durable material
- One size fits all
- Supplied as a pair

MODEL NO.

Black & White: ADST-13000BK

Black & Pink: ADST-13000PK



LIFTING STRAPS



HIGHLIGHTS

Made to enhance your training, the adidas lifting straps help secure your connection to the bar whilst reducing grip fatigue. Durably woven with neoprene padding, the straps wrap easily around the bar for total comfort and performance.

- Helps anchor your connection to the bar
- Reduces grip fatigue
- Comfortable neoprene padding for total comfort
- Durable woven straps
- One size fits all
- Supplied as a pair

MODEL NO.

ADGB-12141-NL

PERFORMANCE+ WEIGHTLIFTING BELT

NEW FOR SS26



HIGHLIGHTS

Engineered for strength and stability, the Performance+ Belt is crafted for heavy compound movements such as squats, deadlifts, and presses - reinforcing your posture for confidence in every rep, and strength in every lift. Plus, with a breathable material construction, the belt wicks sweat for cool, dry and distraction-free performance.

- Ideal for heavy compound lifts, including squats, deadlifts, and presses
- 4" front width and 5" back delivers unwavering core and lumbar support
- Reinforces posture and stability
- Breathable material wicks and disperses sweat
- 1/4" perforated EVA foam for comfortable support
- Hardwearing design, built to withstand intense use
- Self-locking metal tensioning buckle
- Wide Velcro strap for a tailored, locked-in feel
- Durable bound edges ensure long-lasting performance
- Lightweight, ergonomic design

MODEL NO.

Black S:	ADGB-12310BK	Pink S:	ADGB-12310PK
Black M:	ADGB-12311BK	Pink M:	ADGB-12311PK
Black L:	ADGB-12312BK	Pink L:	ADGB-12312PK
Black XL:	ADGB-12313BK	Pink XL:	ADGB-12313PK



WEIGHTLIFTING BELT

NEW FOR SS26



HIGHLIGHTS

Designed to support you through heavy compound movements, the belt's 4" profile provides unwavering core and lumbar reinforcement, helping you lift heavier and safer with every rep. With a 5 mm EVA foam core delivering the perfect balance of firm structure and wearable comfort, the belt's hardwearing outer shell is built to endure the toughest sessions.

-  Ideal for heavy compound lifts, including squats, deadlifts, and presses
-  4" width delivers unwavering core and lumbar support for athletes of all levels
-  Reinforces posture and stability
-  5 mm EVA foam core for comfortable support
-  Hardwearing outer shell built to withstand intense training sessions
-  Self-locking metal tensioning buckle
-  Wide Velcro strap for a tailored, locked-in feel
-  Durably bound edges ensure long-lasting performance
-  Lightweight, ergonomic design

MODEL NO.

Black S:	ADGB-12300BK	Pink S:	ADGB-12300PK
Black M:	ADGB-12301BK	Pink M:	ADGB-12301PK
Black L:	ADGB-12302BK	Pink L:	ADGB-12302PK
Black XL:	ADGB-12303BK	Pink XL:	ADGB-12303PK



ESSENTIAL WEIGHTLIFTING BELT



HIGHLIGHTS

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

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

MODEL NO.

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



PERFORMANCE WEIGHTLIFTING BELT



HIGHLIGHTS

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

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

MODEL NO.

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

BARBELL PAD



HIGHLIGHTS

Whether you're powering through squats, lunges, or hip thrusts, the barbell pad ensures every rep is executed with comfort and precision. Crafted with a high-density NBR core, the pad provides total cushioning and protection, reducing discomfort and irritation during heavy or high-rep sets.

- 👉 Greater comfort for squats, lunges, and hip thrusts
- ↔ Creates even weight distribution across the shoulders and hips
- ➡ Helps to prevent barbell movement for safer and stronger reps
- 忞 High-density NBR foam for total comfort & protection
- 🛡 Made from a durable yet comfortable Oxford fabric
- ⌚ Features sweat-resistant and anti-bacterial properties
- ฿ Strong Velcro closure ensures the pad stays locked in
- ❀ Silicone-dotted inlay grips your bar
- 👤 Designed for use with bars up to Olympic size
- 📏 Measures 40cm / 15.7" in length

MODEL NO.

Black: ADST-13100BK

Pink: ADST-13100PK



CREW SOCKS

NEW FOR SS26



HIGHLIGHTS

Crafted from a soft, elasticated cotton blend, the socks' plush feel and varying knit patterns provide a snug, ergonomic fit that supports every step. With thicker padding placed in key zones to ensure cushioned comfort where it matters most, the socks also feature silicone tread across each sole to keep you grounded for non-slip performance.

- Enhance grip and comfort during your sessions
- Full coverage for greater protection and hygiene
- Ideal for all activities, including studio workouts, Pilates, and lifting
- Quality elasticated cotton blend offers a softer feel
- Thicker padded knit in key contact zones
- Varying knit patterns provide a snug ergonomic fit
- Non-slip silicone tread across the soles
- Available in sizes S/M (EU 34-39), M/L (EU 39-42) & L/XL (EU 42-45)

MODEL NO.

Black S/M: ADSK-10004BK	White S/M: ADSK-10004WH
Black M/L: ADSK-10005BK	White M/L: ADSK-10005WH
Black L/XL: ADSK-10006BK	White L/XL: ADSK-10006WH





STUDIO SOCKS



HIGHLIGHTS

Whether mastering your flow in yoga, powering through Pilates, or taking on a challenging HIIT session, adidas studio socks deliver the grip, comfort, and protection you need.

- ~~~~ Enhance grip and comfort during your sessions
- ✿✿✿ Full coverage for greater protection and hygiene
- ↑↑↑ Ideal for all activities, including studio workouts, Yoga, Pilates, and dance
- Quality elasticated cotton blend offers a softer feel
- ↑↑↑ Thicker padded knit in key contact zones
- ❖❖❖ Varying knit patterns provide a snug ergonomic fit
- ❖❖❖ Non-slip silicone tread across the soles
- ➡➡➡ Silicone lining around the Achilles prevents slipping
- ↑↑↑ Extended back tabs make the socks easy to pull on and off
- ⌚⌚⌚ Available in sizes S/M (EU 34-39), M/L (EU 39-42) & L/XL (EU 42-45)

MODEL NO.

Black S/M:	ADSK-10000BK	Grey S/M:	ADSK-10000GR
Black M/L:	ADSK-10001BK	Grey M/L:	ADSK-10001GR
Black L/XL:	ADSK-10002BK	Grey L/XL:	ADSK-10002GR

ANKLE / WRIST WEIGHTS



HIGHLIGHTS

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

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

MODEL NO.

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

PERFORMANCE ANKLE / WRIST WEIGHTS



HIGHLIGHTS

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

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

MODEL NO.

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

WEIGHTED BANGLES



HIGHLIGHTS

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

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

MODEL NO.

ADWT-12200



WEIGHTED GLOVES



HIGHLIGHTS

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

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

MODEL NO.

0.5 kg: ADWT-12325-NL

1.0 lb: ADWT-12325I-NL



WEIGHT VEST

NEW FOR SS26



HIGHLIGHTS

Elevate every workout with the adidas Weight Vest - engineered to push your limits and maximise results. Whether you're tackling cardio, strength, or functional training, the vest boosts the intensity and resistance of any movement, helping you build muscle, improve endurance, and amplify your fitness.

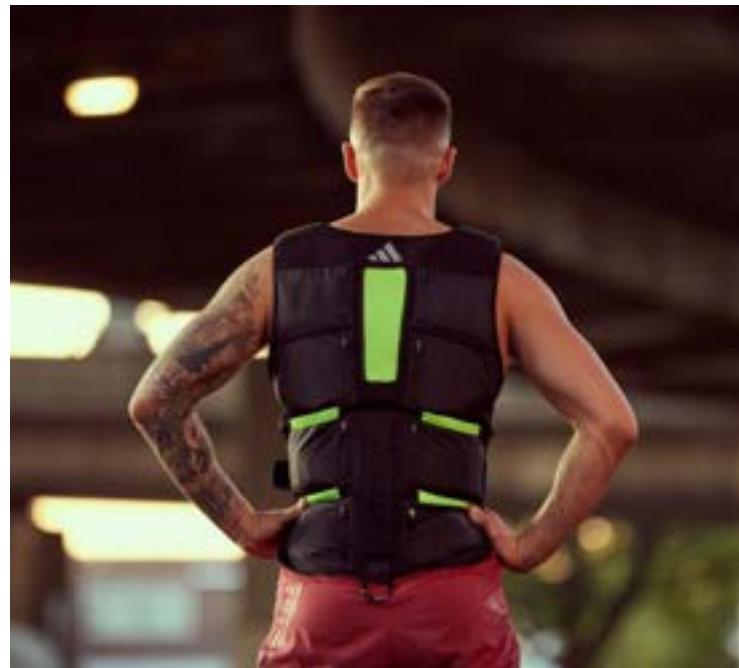
-  Boost the training intensity of cardio, strength, and functional workouts
-  Dual-buckle fastenings keep the vest locked-in
-  Strategic weight placement optimises balance, stability, and posture throughout your session
-  Adjustable one-size-fits-all design allows a comfortable, customised fit
-  Form-fitting side straps provide a tailored fit without restricting movement
-  Elasticated material blend delivers a soft feel for greater comfort
-  Reflective detailing increases visibility for safer low-light training

MODEL NO.

3kg / 6.6lb: ADWT-12600 5kg / 11lb: ADWT-12601

PERFORMANCE ADJUSTABLE WEIGHT VEST

°CLIMACOOL



HIGHLIGHTS

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

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

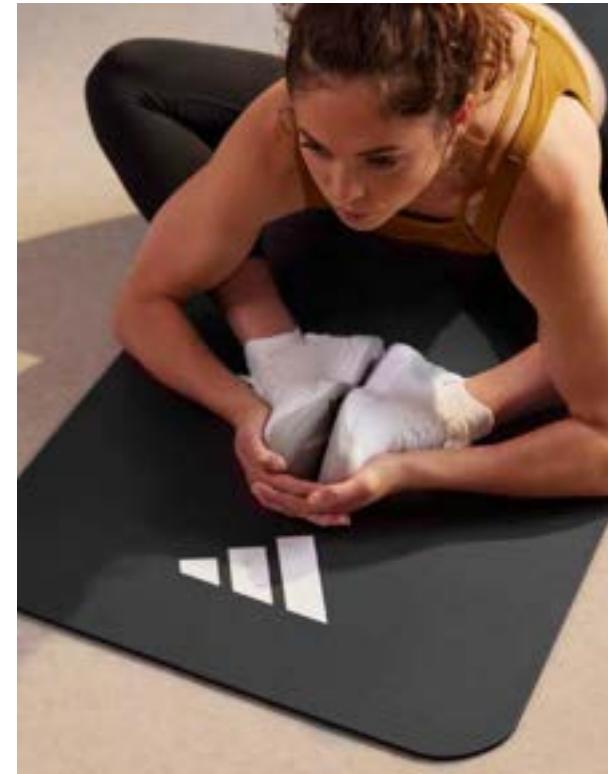


VIDEO

MODEL NO.

ADWT-12637-NL

7 mm FITNESS MAT



HIGHLIGHTS

Designed to offer a soft cushioned feel with a smooth surface texture and ribbed base, the adidas fitness mat offers greater traction and stability, giving you the confidence to perform any exercise with ease.

- Surface: 173 x 61 cm
- 7 mm thick NBR foam
- Offers both comfort and stability
- Soft cushioned feel with a smooth surface texture
- Ridged base grips the floor to reduce mat movement
- Rollable for easy transport and storage
- Extremely durable – withstands repeated usage

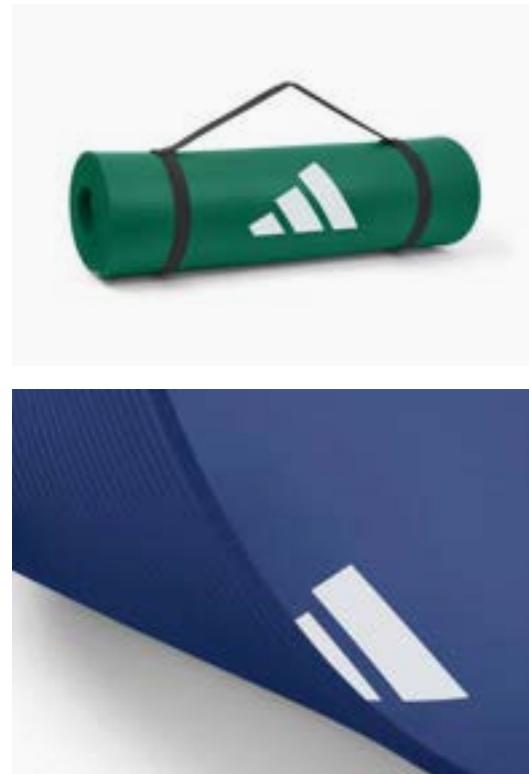


VIDEO

MODEL NO.

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

10 mm FITNESS MAT



HIGHLIGHTS

Designed to offer a soft cushioned feel with a smooth surface texture and ribbed base, the adidas fitness mat offers greater traction and stability, giving you the confidence to perform any exercise with ease.

-  Surface: 183 x 61 cm
-  10^{mm} 10 mm thick NBR foam
-  Ample cushioning for comfort
-  Soft cushioned feel with a smooth surface texture
-  Ridged base grips the floor to reduce mat movement
-  Rollable for easy transport and storage
-  Extremely durable – withstands repeated usage
-  Elasticated carry strap included

MODEL NO.

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

10 mm TRAINING MAT



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

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

TREADMILL MAT



BIKE & CROSSTRAINER MAT



HIGHLIGHTS

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

MODEL NO.

ADMT-10127

HIGHLIGHTS

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

MODEL NO.

ADMT-10128



AB WHEEL



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

ADAC-11404BK-NL



PERFORMANCE AB WHEEL



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

ADAC-11407

CORE ROLLERS



HIGHLIGHTS

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

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

MODEL NO.

ADAC-11604GR

PUSH UP BARS



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

ADAC-12231-NL

PERFORMANCE PUSH UP BARS



HIGHLIGHTS

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

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

MODEL NO.

ADAC-12232

PREMIUM PUSH UP BARS



HIGHLIGHTS

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

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

MODEL NO.

ADAC-12233-NL

DOOR GYM



HIGHLIGHTS

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

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

MODEL NO.

ADAC-11402BK

ESSENTIAL SKIPPING ROPE



HIGHLIGHTS

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

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



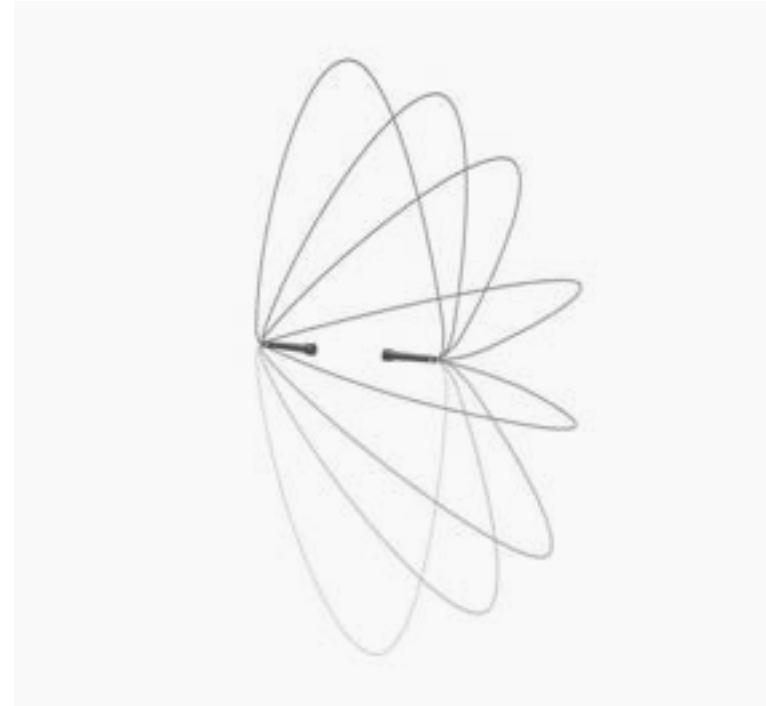
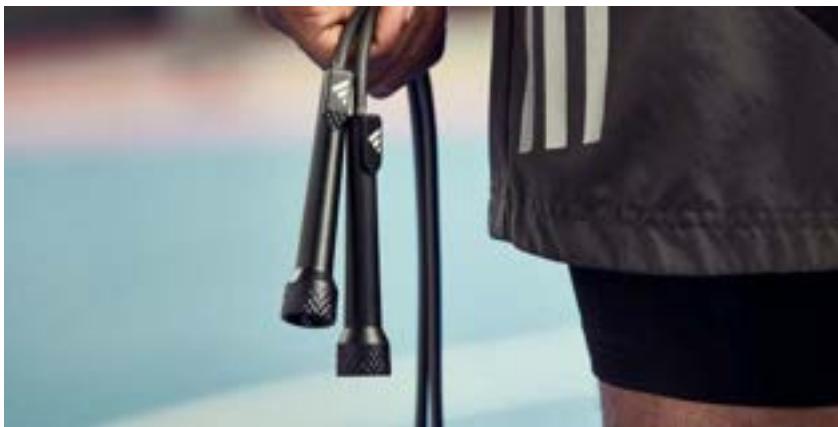
VIDEO

MODEL NO.

ADRP-11017BK



ESSENTIAL SKIPPING ROPE



HIGHLIGHTS

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

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

MODEL NO.

ADRP-13011-NL



SPEED ROPE



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

ADRP-12234-NL

SKIPPING ROPE



HIGHLIGHTS

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

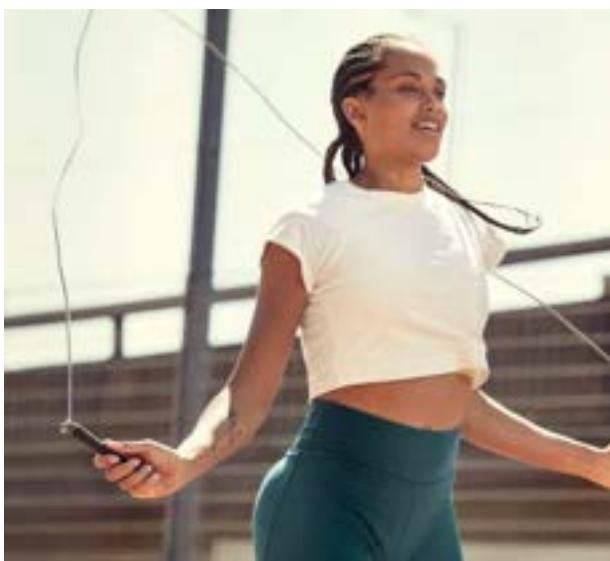
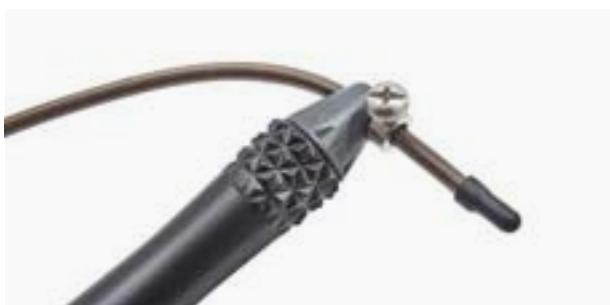
-  Fit for building endurance, timing and coordination
-  Integrated tangle-free ball bearing mechanism creates smoother rotations
-  Thinner braided steel wire with rubber-like coating delivers optimal rotation speed and rope path control
-  Moulded plastic handles feature a smooth bottleneck design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

MODEL NO.

ADRP-13311



WEIGHTED SKIPPING ROPE



HIGHLIGHTS

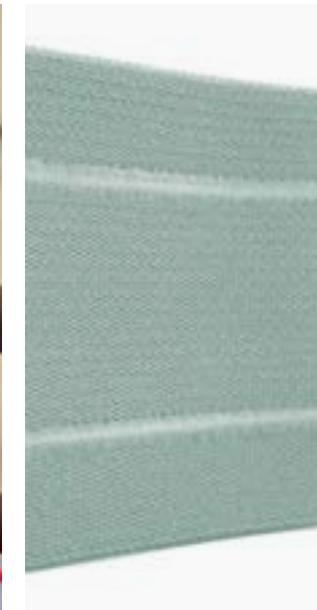
Built for top-level skipping performance, the adidas weighted skipping rope is specifically designed to deliver ultra-smooth rotations. Fitted with an integrated swivel ball bearing mechanism at the shoulder of each handle, the rope swings true to the motion you put through it.

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

MODEL NO.

ADRP-13511

RESISTANCE BAND



HIGHLIGHTS

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

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



VIDEO

MODEL NO.

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



RESISTANCE BAND [SET OF 2]



HIGHLIGHTS

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

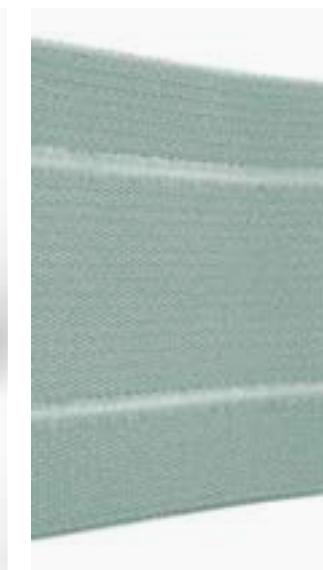
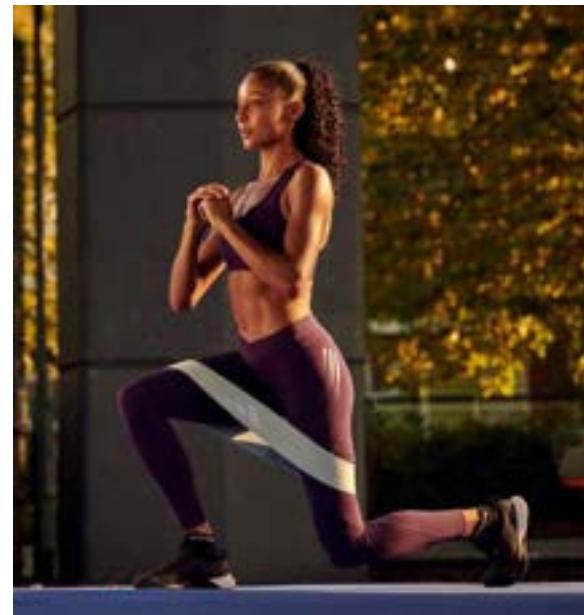
- Essential training accessory for lower body workouts
- Enhances both weighted and bodyweight sessions
- Improves strength and muscular endurance
- Suitable for rehabilitation exercises
- Elasticated weave for flexibility and durability
- Internal silicone strips reduce slipping
- Includes 1 medium & 1 heavy band
- Carry bag included

MODEL NO.

ADTB-10711-2-NL



RESISTANCE BAND [SET OF 3]



HIGHLIGHTS

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

- Essential training accessory for lower body workouts
- Enhances both weighted and bodyweight sessions
- Improves strength and muscular endurance
- Suitable for rehabilitation exercises
- Elasticated weave for flexibility and durability
- Internal silicone strips reduce slipping
- Includes 1 light, 1 medium, & 1 heavy band
- Carry bag included



VIDEO

MODEL NO.

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

RESISTANCE TUBE



HIGHLIGHTS

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

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

MODEL NO.

L1: ADTB-10504-NL

L2: ADTB-10505-NL

L3: ADTB-10506-NL



POWER TUBE



HIGHLIGHTS

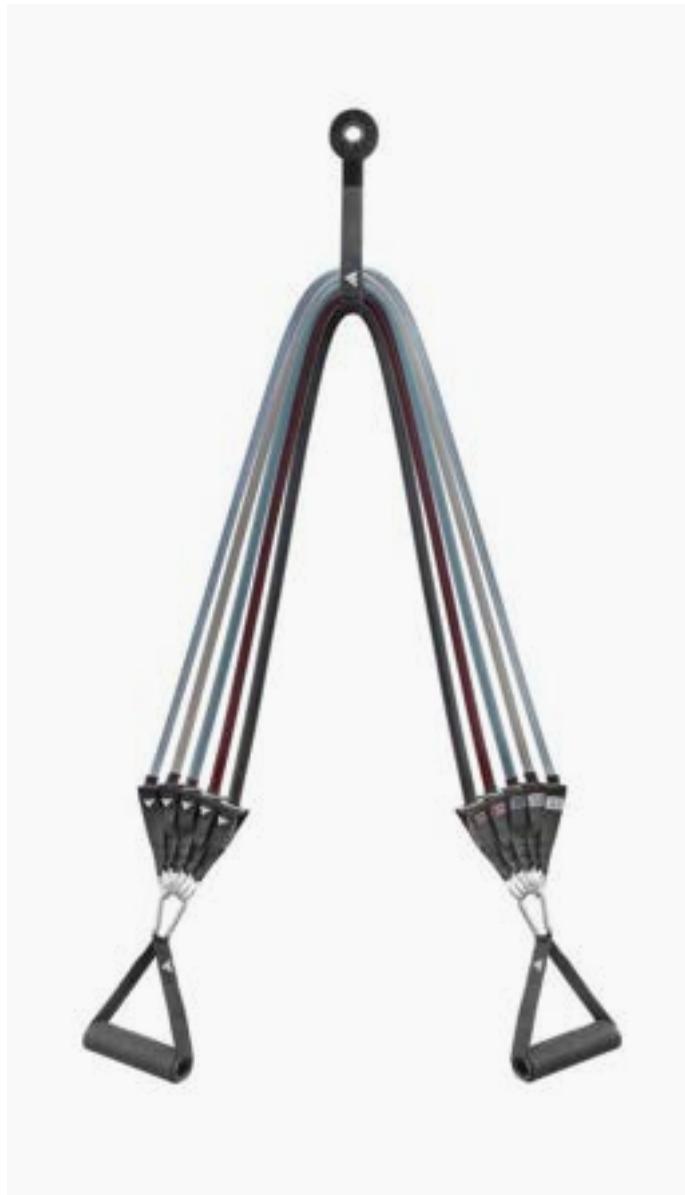
Designed to create full-body workouts with minimal equipment or space, adidas power tubes allow you to hit all key muscle groups regardless of where and when you get to train.

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

MODEL NO.

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

RESISTANCE TUBE SET



HIGHLIGHTS

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

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

MODEL NO.

ADTB-10507-NL



ADJUSTABLE GRIP TRAINER



HIGHLIGHTS

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

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

MODEL NO.

ADAC-11400GR

DUMBBELLS [PAIR]



HIGHLIGHTS

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



Helps strengthen and tone



Neoprene coated with a cast iron core



Hexagonal design prevents rolling



Supplied as a pair

MODEL NO.

1.0 kg: ADWT-11401-NL

4.0 kg: ADWT-11404-NL

2.0 kg: ADWT-11402-NL

5.0 kg: ADWT-11405-NL

3.0 kg: ADWT-11403-NL

ADJUSTABLE CHROME DUMBBELL



HIGHLIGHTS

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

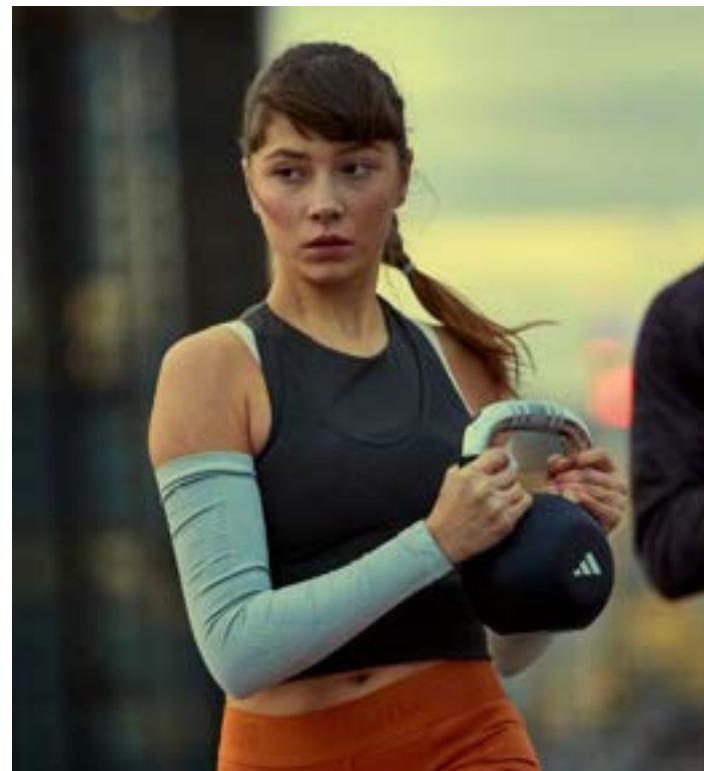
- Adjustable design with a 1-5 kg weight range
- Built for both isolated and compound movements
- Made from durable, chrome-coated steel
- Laser etched knurl for enhanced grip
- Quick and easy to adjust with screw collars
- Includes:
8 x 0.5kg plates, 2 x 0.25kg screw collars & 0.5kg bar

MODEL NO.

ADWT-11400



KETTLEBELL



HIGHLIGHTS

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

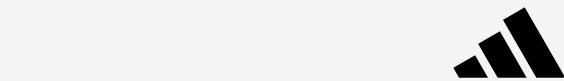
-  Develops stamina, strength and muscular endurance
-  Neoprene coated with a cast iron core
-  Flat base prevents rolling
-  Wide design for single & double-handed movements
-  Knurled handle for enhanced grip

MODEL NO.

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

STEP

NEW FOR SS26



HIGHLIGHTS

At home in any environment, the adidas Step delivers across the board, from explosive cardio to motivating HIITs, building strength to developing core stability.

-  Built for versatile full-body training, from cardio to strength and core work
-  Demanding cardio - take on high-pace step classes and motivating HIIT workouts
-  Strength sessions - elevate lunges, split squats, dips and push-ups to build total-body power
-  Core training - ramp up your mountain climbers and planks for stability that shows in every move
-  3 click-and-lock heights: 15, 20, 25cm / 5.9, 7.9, 9.8"
-  Multi-textured rubberised surface delivers optimal grip and comfort
-  Performance target zones keep your form sharp and transitions smooth
-  Lightweight and portable: 7.2kg / 15.8lb
-  Engineered for strength: 120kg / 264lb max. user weight
-  Eight rubberised floor contact points
-  Moisture-resistant and easy to clean

MODEL NO.

ADP-15080BK

HIIT DECK



HIGHLIGHTS

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



WORKOUT
VIDEOS

MODEL NO.

ADP-15070BK-NL

YOGA

SS26 RANGE



4 mm YOGA MAT



HIGHLIGHTS

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

- ↔ 176 x 61cm / 69 x 24" surface area
- ↑ 4mm 4mm thick cushioning combines stability and comfort
- ↔ Made from a 95% EVA + 5% TPE blend
- ↔ Non-toxic and PVC-free
- ↓ Medium density
- ↔ Durable with a soft foam texture
- ↔ Subtle adidas surface texture for grip
- ↔ Subtle base texture for floor traction



VIDEO

MODEL NO.

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

6 mm YOGA MAT



HIGHLIGHTS

Stylishly designed whilst keeping comfort in mind, the adidas 6mm yoga mat is crafted to elevate your yoga experience.

- ↔ 183 x 61cm / 72 x 24" surface area
- ↑ 6mm 6mm thick cushioning combines stability and comfort
- ↔ Made from a 75% EVA + 25% TPE blend
- ↔ Non-toxic and PVC-free
- ↓ Medium density
- ↔ Durable with a soft foam texture
- ↔ Subtle adidas surface texture for grip
- ↔ Subtle base texture for floor traction
- ↔ Elasticated carry strap included



MODEL NO.

Collegiate Burgundy:	ADYG-10002CB
Legend Ivy:	ADYG-10002LI
Pink Fusion:	ADYG-10002PF
Black:	ADYG-10002BK
Preloved Ink:	ADYG-10002PI
Silver Violet:	ADYG-10002SV

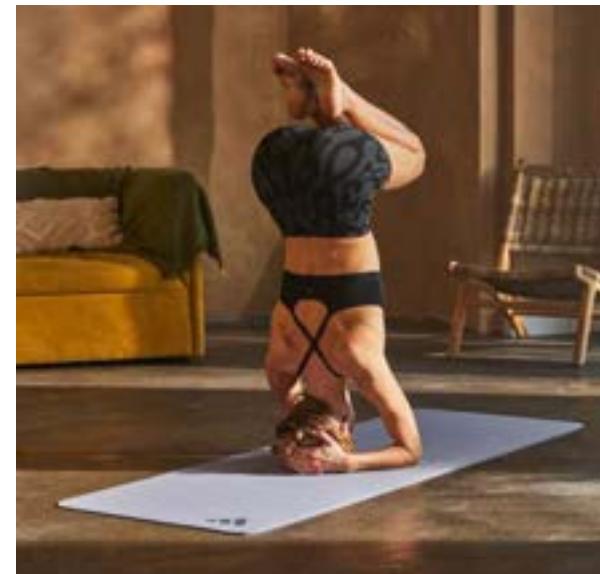
10 mm YOGA MAT



HIGHLIGHTS

Stylishly designed whilst keeping comfort in mind, the adidas 10mm yoga mat is crafted to elevate your yoga experience.

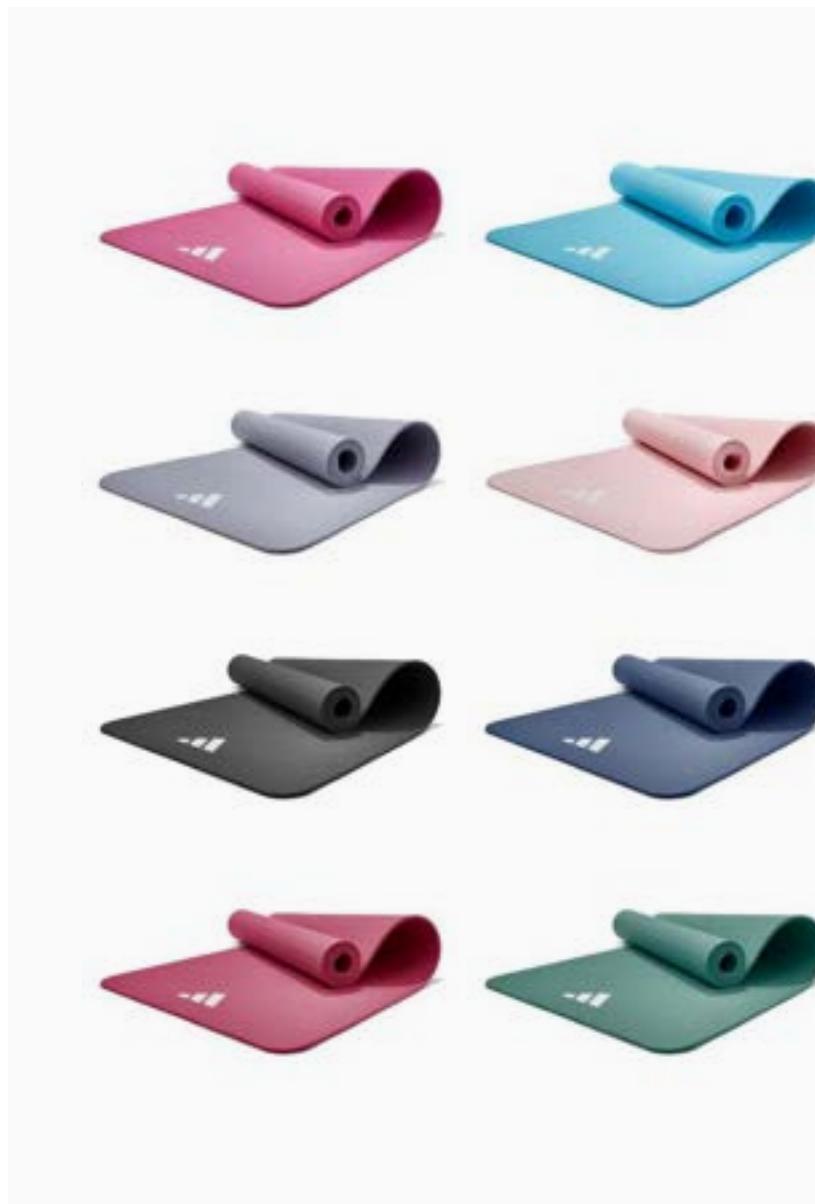
- ↔ 183 x 61cm / 72 x 24" surface area
- ↑ 10mm 10mm thick cushioning for additional comfort
- ↔ Made from a 75% EVA + 25% TPE blend
- ↔ Non-toxic and PVC-free
- ↓ Medium density
- ↔ Durable with a soft foam texture
- ↔ Subtle surface texture for grip
- ↔ Subtle base texture for floor traction
- ↔ Elasticated carry strap included



MODEL NO.

Collegiate Burgundy:	ADYG-10003CB
Legend Ivy:	ADYG-10003LI
Pink Fusion:	ADYG-10003PF
Black:	ADYG-10003BK
Preloved Ink:	ADYG-10003PI
Silver Violet:	ADYG-10003SV

8 mm YOGA MAT



HIGHLIGHTS

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

- ↗ 176 x 61cm / 69 x 24" surface area
- ↑ 8mm 8mm thick cushioning for additional comfort
- ↘ Made from a 75% EVA + 25% TPE blend
- ✗ Non-toxic and PVC-free
- ↙ Medium density
- ↔ Durable with a soft foam texture
- Subtle leaf surface texture for grip
- ~~~~ Wave base texture for floor traction



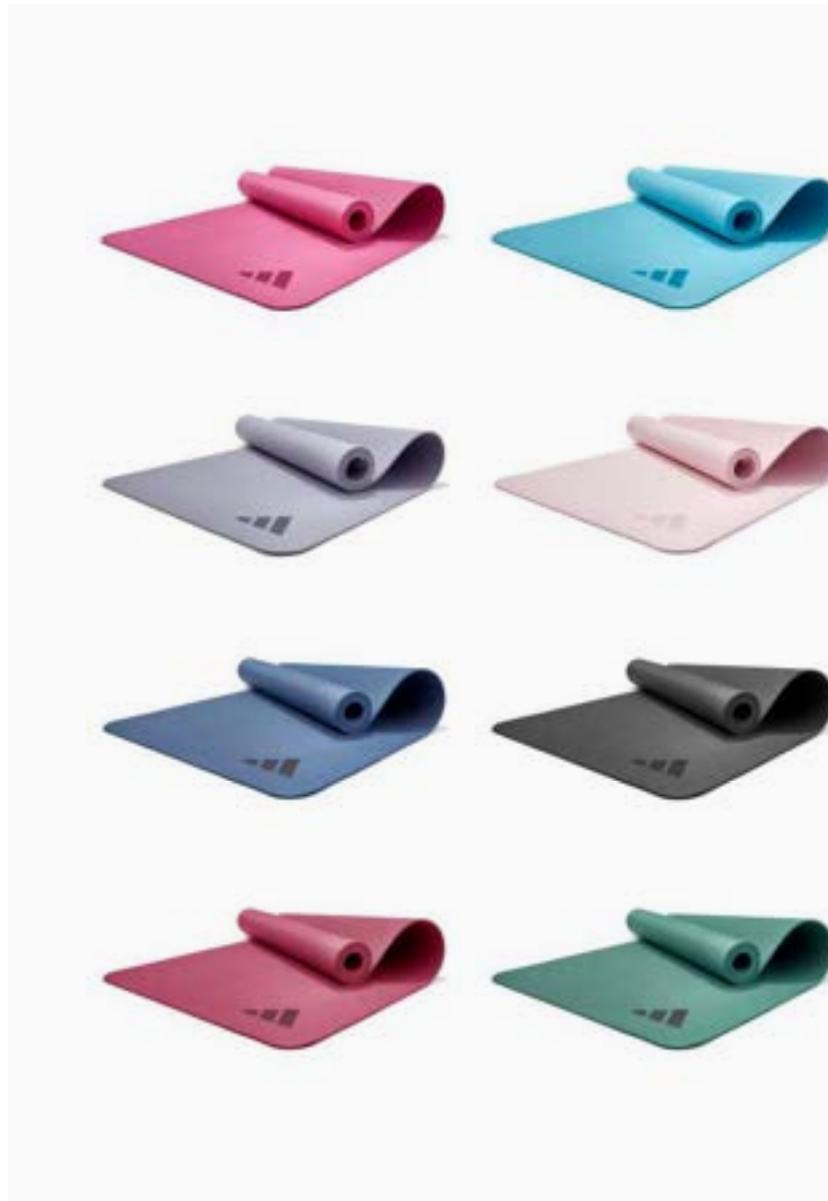
VIDEO

MODEL NO.

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



5 mm PREMIUM YOGA MAT



HIGHLIGHTS

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

- ↔ 176 x 61 cm / 69 x 24" surface area
- ↑ 5 mm thickness combines stability and comfort
- ↙ Made from a 80% TPE + 20% EVA blend
- ↘ Non-toxic and PVC-free
- ↓ Medium density
- ↗ Durable with a firmer and slightly gummy texture
- ↔ Subtle leaf surface texture for grip
- ↔ Wave base texture for floor traction



VIDEO

MODEL NO.

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

5 mm ANTIMICROBIAL YOGA MAT



HIGHLIGHTS

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

- 176 x 61 cm / 69 x 24" surface area
- 5 mm thickness combines stability and comfort
- Made from a TPE and EVA blend
- PVC-free
- Medium density
- Durable with a firmer and slightly gummy texture
- Antimicrobial material
- Subtle leaf surface texture for grip
- Wave base texture for floor traction
- Woven carry string included

MODEL NO.

ADYG-10350MR-NL

6 mm DOUBLE SIDED YOGA MAT



HIGHLIGHTS

With a 6mm thick design, the mat strikes the perfect balance between stability and comfort, keeping you grounded as you move through each sequence. Crafted from a durable yet soft EVA/TPE blend, the double sided mat's medium-density offers comfortable cushioning without compromising control, all created using 50% recycled content and PVC-free materials.

- ↗ 183 x 61cm / 72 x 24" surface area
- ↑ 6mm thickness combines stability with comfort
- ↔ Made from a 75% EVA + 25% TPE blend
- 🌿 Non-toxic and PVC-free
- ↓ Medium density
- ⇢ Durable with a soft foam texture
- ~~~~ Wave texture on coloured side for grip
- ~~~~ Leaf texture on black side for grip
- 🔗 Elasticated carry strap included

MODEL NO.

Blue Fusion:	ADYG-10401BL
Pure Teal:	ADYG-10401TL
Dark Blue:	ADYG-10401DB
Grey:	ADYG-10401GR
Pink Fusion:	ADYG-10401PK



5 mm CAMO YOGA MAT



HIGHLIGHTS

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

- 176 x 61cm / 69 x 24" surface area
- 5mm thickness combines stability and comfort
- Made from a 95% TPE + 5% EVA blend
- Non-toxic and PVC-free
- Medium density
- Durable with a firmer and slightly gummy texture
- Wave surface texture for grip
- Wave base texture for floor traction
- Woven carry string included

MODEL NO.

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

7 mm YOGA MAT



HIGHLIGHTS

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

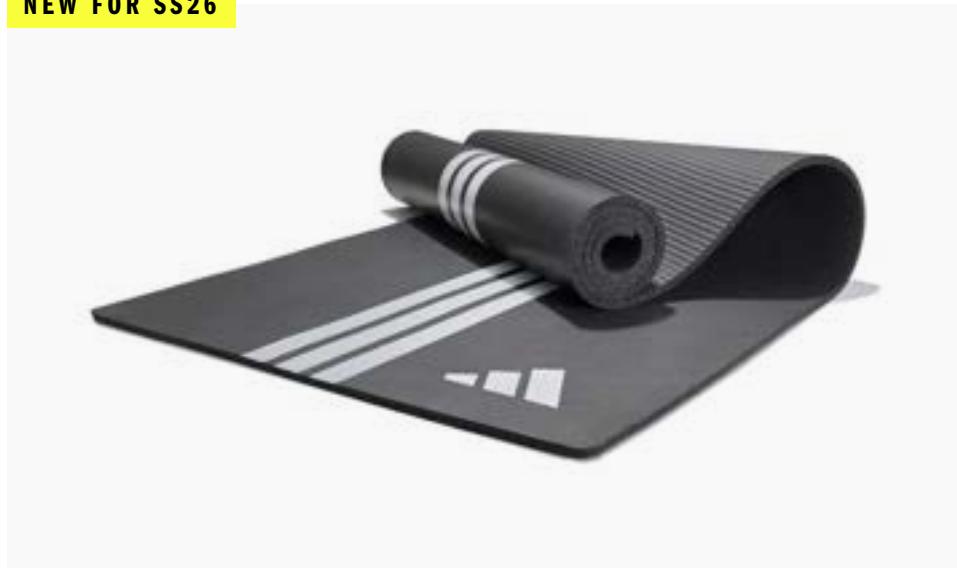
- ↔ 173 x 61cm / 68 x 24" surface area
- ↑ 7mm 7 mm thickness combines stability and comfort
- ↔ Made from 100% NBR
- ↔ PVC-free
- ↓ Soft density
- ↔ Durable with a soft cushioned texture
- ↔ Smooth surface texture for stability
- ↔ Ribbed base texture for floor traction

MODEL NO.

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

8 mm YOGA EXERCISE MAT

NEW FOR SS26



HIGHLIGHTS

Crafted from 8 mm thick high-density NBR cushioning, the adidas Yoga Exercise Mat provides a solid yet comfortable foundation for every movement. From high-energy workouts to mindful yoga practice, it balances stability with comfort - helping you push further, stay grounded, and move with confidence.

- 183 x 61 cm / 72 x 24" surface area
- 8 mm thick cushioning for additional comfort
- Made from 100% NBR
- PVC-free
- Soft density
- Durable with a soft cushioned texture
- Smooth surface texture for stability
- Ribbed base texture for floor traction
- Elasticated carry strap included

MODEL NO.

ADYG-10205BK



10 mm YOGA MAT



HIGHLIGHTS

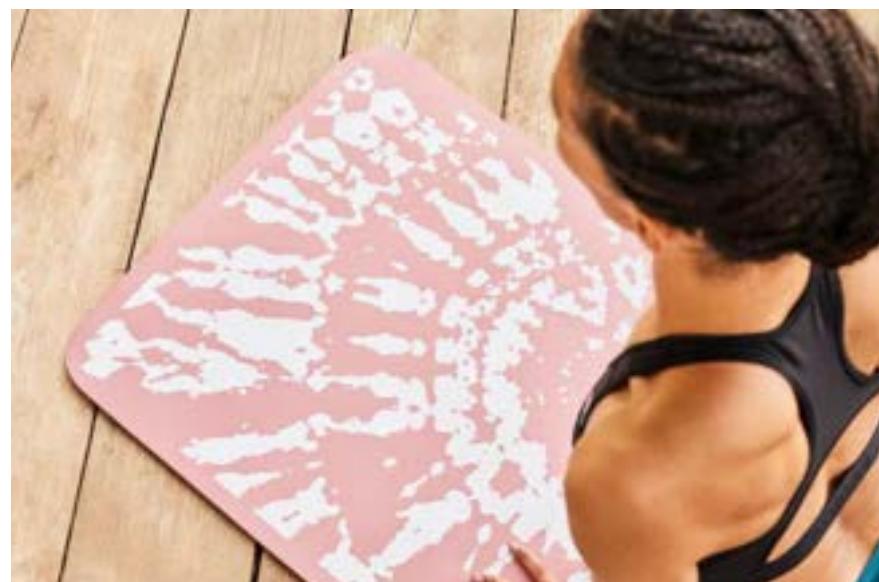
Made from 10mm thick NBR material, the adidas yoga mat delivers a perfect balance of stability and comfort. Complete with an elasticated shoulder carry strap included, the mat is quick and easy to pack away for transport and storage.

- 183 x 61cm / 72 x 24" surface area
- 10mm thick cushioning for additional comfort
- Made from 100% NBR
- PVC-free
- Soft density
- Durable with a soft cushioned texture
- Smooth surface texture for stability
- Ribbed base texture for floor traction
- Elasticated carry strap included

MODEL NO.

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

10 mm YOGA MAT



HIGHLIGHTS

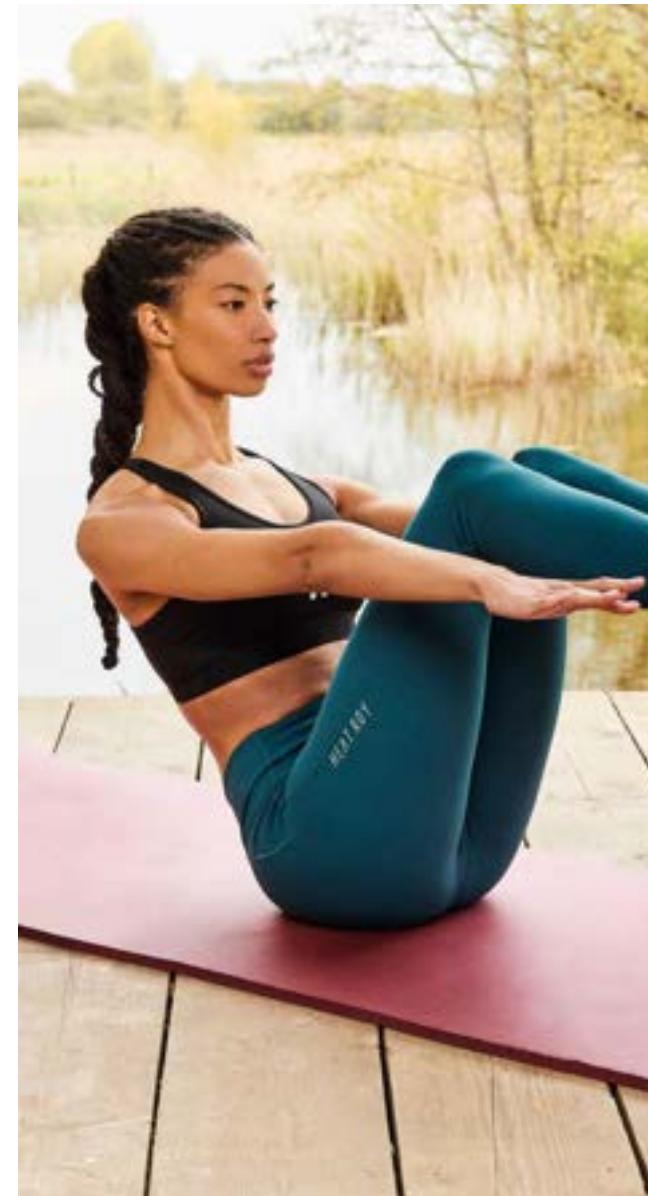
Made from 10 mm thick NBR material, the adidas yoga mat delivers a perfect balance of stability and comfort. Complete with an elasticated shoulder carry strap included, the mat is quick and easy to pack away for transport and storage.

- ↔ 183 x 61 cm / 72 x 24" surface area
- ↑ 10 mm 10 mm thick cushioning for additional comfort
- emade from 100% NBR
- PVC-free
- Soft density
- Durable with a soft cushioned texture
- Smooth surface texture for stability
- Ribbed base texture for floor traction
- Elasticated carry strap included

MODEL NO.

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

15 mm PILATES MAT



HIGHLIGHTS

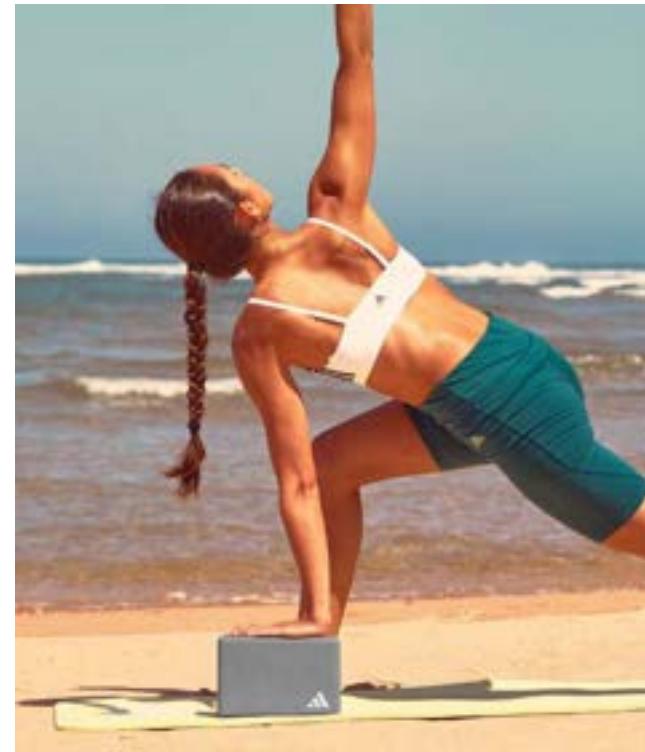
At 15 mm thick, the adidas Pilates mat is designed to deliver complete cushioning and comfort. Featuring a ribbed surface and base texture, the Pilates mat provides a more enhanced grip on the mat's top and bottom, boosting the traction on both the floor and your points of contact.

- 180 x 63cm / 71 x 25" surface area
- 15^{mm} 15 mm thick for total comfort
- Made from 100% NBR
- PVC-free
- Soft density
- Durable with a soft cushioned texture
- Smooth surface texture for stability
- Ribbed base texture for floor traction
- '2 in 1' carry and pose strap included

MODEL NO.

ADYG-10650MR-NL

YOGA BLOCK



HIGHLIGHTS

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

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

MODEL NO.

ADYG-20100-DS



PREMIUM YOGA STRAP



HIGHLIGHTS

Made from durable and tightly woven material, the adidas premium yoga strap allows you to achieve better postural alignment by supporting your yoga poses, all whilst offering complete comfort from the quality construction.

-  Helps to achieve better poses and postural alignment
-  Improves range of motion and flexibility
-  Robust steel D-rings for easy length adjustment
-  Durable and tightly woven for greater comfort
-  Anti-slip texture helps you find greater grip
-  253cm in length, ideal for all shapes and sizes

MODEL NO.

ADYG-20201WP-NL

MAT CARRY STRAP



HIGHLIGHTS

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

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

MODEL NO.

ADYG-20400GR-NL

YOGA MAT BAG



HIGHLIGHTS

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

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

MODEL NO.

ADYG-20502-NL



YOGA SOCKS



HIGHLIGHTS

Crafted to keep you grounded and confident through every pose, adidas yoga socks are made to elevate your practice.

Whether you're mastering a challenging sequence, sweating it out in hot yoga, or perfecting your Pilates form, adidas yoga socks are your essential companion in every practice.

- yw Enhance grip and comfort during your classes
- yo Stay grounded and confident throughout each pose
- yo Perfect for activities including Yoga, Hot Yoga, Pilates, and dance
- yo Full coverage for greater protection and hygiene
- yo Quality elasticated cotton blend offers a softer feel
- yo Elastic straps mould to your foot for a flawless fit
- yo Silicone-gripped soles deliver non-slip performance
- yo Available in sizes S/M (EU 34-39) & M/L (EU 39-42)

MODEL NO.

Black S/M: ADYG-30203BK

Black M/L: ADYG-30204BK

Grey S/M: ADYG-30201GR

Grey M/L: ADYG-30202GR

YOGA SOCKS



HIGHLIGHTS

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

- .boosts your grip for stronger yoga poses
- ideal for more hygienic class workouts
- woven cotton with elasticated polyester straps
- grippy dots on the soles of the socks maximise ground contact and traction
- available in sizes S/M (EU 34-39) & M/L (EU 39-42)

MODEL NO.

S/M: ADYG-30101BK-NL
M/L: ADYG-30102BK-NL



RECOVERY

SS26 RANGE



ESSENTIAL KNEE SUPPORT

NEW FOR SS26



HIGHLIGHTS

Engineered for all forms of sport, training, and exercise, the Essential Knee Support provides reliable joint stability without compromising comfort or performance. Strategically reinforcing your movements, the Knee Support gives you the confidence to move with purpose when you're not at your best.

-  Provides joint support for all forms of sport, training, and exercise
-  Breathable compression knit forms to your knee for an optimal fit
-  Strategically placed panels feature varying knit patterns for more effective support
-  Ergonomic design moulds to the contours of your knee to guarantee comfort
-  Made from an elasticated material blend for breathability and compression
-  Secure and comfortable fit for either leg

MODEL NO.

S: ADSU-12560

L: ADSU-12562

M: ADSU-12561

XL: ADSU-12563



ESSENTIAL ELBOW SUPPORT

NEW FOR SS26



HIGHLIGHTS

Engineered for all forms of sport, training, and exercise, the Essential Elbow Support provides reliable joint stability without compromising comfort or performance. Strategically reinforcing your movements, the Elbow Support gives you the confidence to move with purpose when you're not at your best.

-  Provides joint support for all forms of sport, training, and exercise
-  Breathable compression knit forms to your elbow for an optimal fit
-  Strategically placed panels feature varying knit patterns for more effective support
-  Ergonomic design moulds to the contours of your elbow to guarantee comfort
-  Made from an elasticated material blend for breathability and compression
-  Secure and comfortable fit for either arm

MODEL NO.

S: ADSU-12570
M: ADSU-12571

L: ADSU-12572
XL: ADSU-12573



ESSENTIAL ANKLE SUPPORT

NEW FOR SS26



HIGHLIGHTS

Engineered for all forms of sport, training, and exercise, the Essential Ankle Support provides reliable joint stability without compromising comfort or performance. Strategically reinforcing your movements, the Ankle Support gives you the confidence to move with purpose when you're not at your best.

-  Provides joint support for all forms of sport, training, and exercise
-  Breathable compression knit forms to your ankle for an optimal fit
-  Strategically placed panels feature varying knit patterns for more effective support
-  Ergonomic design moulds to the contours of your ankle to guarantee comfort
-  Made from an elasticated material blend for breathability and compression
-  Secure and comfortable fit for either foot

MODEL NO.

S: ADSU-12550

L: ADSU-12552

M: ADSU-12551

XL: ADSU-12553

ESSENTIAL WRIST SUPPORT

NEW FOR SS26



HIGHLIGHTS

Engineered for all forms of sport, training, and exercise, the Essential Wrist Support provides reliable joint stability without compromising comfort or performance. Strategically reinforcing your movements, the Wrist Support gives you the confidence to move with purpose when you're not at your best.

-  Provides joint support for all forms of sport, training, and exercise
-  Breathable compression knit forms to your wrist for an optimal fit
-  Strategically placed panels feature varying knit patterns for more effective support
-  Ergonomic design moulds to the contours of your wrist to guarantee comfort
-  Made from an elasticated material blend for breathability and compression
-  Cut-out thumb loop design maintains a natural grip and feel whilst training
-  Secure and comfortable fit for either hand

MODEL NO.

S: ADSU-12580

L: ADSU-12582

M: ADSU-12581

XL: ADSU-12583



KNEE SUPPORT



HIGHLIGHTS

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

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

MODEL NO.

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

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



ELBOW SUPPORT



HIGHLIGHTS

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

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

MODEL NO.

S: ADSU-12431WH
M: ADSU-12432WH

L: ADSU-12433WH
XL: ADSU-12434WH



ANKLE SUPPORT



HIGHLIGHTS

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

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

MODEL NO.

S: ADSU-12411WH
M: ADSU-12412WH

L: ADSU-12413WH
XL: ADSU-12414WH



WRIST SUPPORT



HIGHLIGHTS

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

-  Bolsters the wrist for greater support and strength
-  Ergonomic design doesn't restrict movement
-  Breathable and moisture wicking material
-  Strong nylon trim helps secure the support
-  Made from a hardwearing elasticated nylon blend
-  Cut-out thumb loop for a natural grip

MODEL NO.

S: ADSU-12441WH
M: ADSU-12442WH

L: ADSU-12443WH
XL: ADSU-12444WH



KNEE SUPPORT



HIGHLIGHTS

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

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

MODEL NO.

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





ELBOW SUPPORT



HIGHLIGHTS

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

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

MODEL NO.

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

ANKLE SUPPORT



HIGHLIGHTS

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

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

MODEL NO.

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



WRIST SUPPORT



HIGHLIGHTS

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

-  Structured reinforcement without limiting movement
-  Varying knit pattern panels for effective support
-  Cut-out thumb loop for a natural grip
-  Comfortable fabric made from nylon and spandex
-  Breathable material
-  Thick cuffs at the top and bottom secure the support
-  Elasticated material provides a secure fit

MODEL NO.

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



PERFORMANCE KNEE SUPPORT

°CLIMACOOL



HIGHLIGHTS

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

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



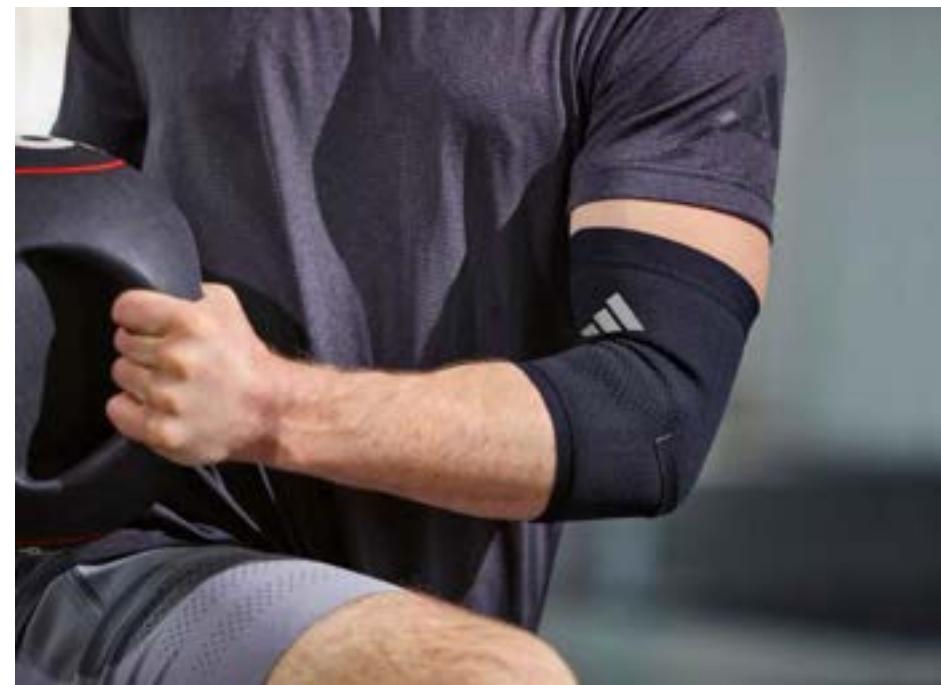
VIDEO

MODEL NO.

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

PERFORMANCE ELBOW SUPPORT

°CLIMACOOL



HIGHLIGHTS

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

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



MODEL NO.

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

PERFORMANCE ANKLE SUPPORT

°CLIMACOOL



HIGHLIGHTS

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

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VIDEO

MODEL NO.

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

CLIMACOOL KNEE SUPPORT

°CLIMACOOL



HIGHLIGHTS

Crafted with precision, the Climacool knee support is there to strategically reinforce your every move. Whether you're controlling the field, hitting the gym, or pushing your limits in training, adidas supports give you the confidence to move freely towards your goals.

- ➊ Provides support for all sport, training, and exercise
- ➋ Silicone patella ring provides greater support and stability to the kneecap
- ➌ Integrated fishbone supports run down both sides for further stabilisation
- ➍ Climacool material wicks sweat to keep you cool and dry
- ➎ Strategically placed panels feature varying knit patterns for more effective support
- ➏ Ergonomic design forms to the contours of your knee
- ➐ Made from an elasticated material blend for breathability and support
- ➑ Dotted silicone inlays prevent unwanted movement



VIDEO

MODEL NO.

S: ADSU-14110
M: ADSU-14111

L: ADSU-14112
XL: ADSU-14113

CLIMACOOL ELBOW SUPPORT



HIGHLIGHTS

Crafted with precision, the Climacool elbow support is there to strategically reinforce your every move. Whether you're controlling the field, hitting the gym, or pushing your limits in training, adidas supports give you the confidence to move freely towards your goals.

-  Provides support for all sport, training, and exercise
-  Breathable compression knit forms to your elbow for optimal support
-  Climacool material wicks sweat to keep you cool and dry
-  Strategically placed panels feature varying knit patterns for more effective support
-  Ergonomic design forms to the contours of your elbow
-  Made from an elasticated material blend for breathability and support
-  Dotted silicone inlays prevent unwanted movement
-  Thick cuffs at the top and bottom ensure a secure fit



VIDEO

MODEL NO.

S: ADSU-14120
M: ADSU-14121

L: ADSU-14122
XL: ADSU-14123

CLIMACOOL ANKLE SUPPORT



CLIMACOOL



HIGHLIGHTS

Crafted with precision, the Climacool ankle support is there to strategically reinforce your every move. Whether you're controlling the field, hitting the gym, or pushing your limits in training, adidas supports give you the confidence to move freely towards your goals.

-  Provides support for all sport, training, and exercise
-  Integrated Velcro strap wraps around the foot to offer additional ankle stabilisation
-  Breathable compression knit forms to your ankle for optimal support
-  Climacool material wicks sweat to keep you cool and dry
-  Strategically placed panels feature varying knit patterns for more effective support
-  Ergonomic design forms to the contours of your ankle to guarantee comfort
-  Made from an elasticated material blend for breathability and support
-  Thick cuffs at the top and bottom ensure a secure fit

MODEL NO.

S: ADSU-14100 L: ADSU-14102
 M: ADSU-14101 XL: ADSU-14103



ADJUSTABLE KNEE SUPPORT



HIGHLIGHTS

Designed for athletes of all levels, the adidas knee support offers essential joint protection for any sport or workout. Ergonomically crafted and featuring dual fishbone inserts, the adjustable knee support delivers unbeatable stability and trustable reinforcement.

-  Provides support for all sport, training, and exercise
-  Ergonomically placed panels form to your knee
-  Integrated fishbone inserts run down both sides for further stabilisation
-  Elasticated Neoprene material delivers optimal compression without restricting movement
-  Integrated mesh backing promotes breathability to reduce irritation
-  Strong Velcro fastenings
-  Wraparound design encourages a tailored and comfortable fit
-  Robust bindings ensure long-lasting durability

MODEL NO.

S: ADSU-15001
M: ADSU-15002

L: ADSU-15003
XL: ADSU-15004



ADJUSTABLE KNEE SUPPORT [WITH STRAPS]



HIGHLIGHTS

Designed for athletes of all levels, the adidas knee support offers essential joint protection for any sport or workout. Ergonomically crafted and featuring dual fishbone inserts, the adjustable knee support delivers unbeatable stability and trustable reinforcement.

- Provides support for all sport, training, and exercise
- Ergonomically placed panels form to your knee
- Integrated fishbone inserts run down both sides for further stabilisation
- Elasticated Neoprene material delivers optimal compression without restricting movement
- Integrated mesh backing promotes breathability to reduce irritation
- Strong Velcro fastenings
- Additional Velcro straps pull across and around the knee to maximise stabilisation
- Wraparound design encourages a tailored and comfortable fit
- Robust bindings ensure long-lasting durability

MODEL NO.

S: ADSU-15011
M: ADSU-15012

L: ADSU-15013
XL: ADSU-15014

KNEE SUPPORT STRAP



HIGHLIGHTS

Crafted to ease the pressure on key ligaments and tendons, the knee support strap helps manage discomfort so you can focus on your performance. Whether powering through a workout, hitting the pitch, or smashing PBs, the strap keeps you locked in and ready to go.

-  Targeted support aids knee stabilisation with adjustable compression
-  Helps ease the forces placed on ligaments and tendons to manage discomfort
-  Aids performance during all training and sports
-  Strong Velcro fastening for a locked-in fit
-  Neoprene provides lasting performance with a soft feel
-  Foam padding creates a comfortable fit while reducing irritation
-  Transparent rubber inlay offers greater traction to keep the strap in place

MODEL NO.

S/M: ADSU-15020

L/XL: ADSU-15021



ELBOW SUPPORT STRAP



HIGHLIGHTS

Crafted to ease the pressure on key ligaments and tendons, the elbow support strap helps manage discomfort so you can focus on your performance. Whether powering through a workout, hitting the court, or smashing PBs, the strap keeps you locked in and ready to go.

- Targeted support aids elbow stabilisation with adjustable compression
- ⊕ Helps ease the forces placed on ligaments and tendons to manage discomfort
- ↗ Aids performance during all training and sports
- ↙ Strong Velcro fastening for a locked-in fit
- ↙ Neoprene provides lasting performance with a soft feel
- ↙ Foam padding creates a comfortable fit while reducing irritation

MODEL NO.

S/M: ADSU-15022

L/XL: ADSU-15023



UNIVERSAL SUPPORT WRAP [SHORT]



HIGHLIGHTS

Bringing more support and stability to your wrist, the universal support wrap allows you to move freely when you're not at your best. Designed for performance in both training and competition, the wrap is ideal for all sports and training styles; strategically bolstering your wrist with minimal impact to the range or comfort of your movement.

-  Elasticated design provides enhanced support
-  Breathable material helps to promote airflow
-  Secure Velcro fastening with thick rubber tab
-  Elasticated thumb loop attachment reduces movement and irritation
-  Bolsters your wrist with minimal impact to your range of motion
-  49cm length - ideal for all sizes



VIDEO

MODEL NO.

ADSU-13371-NL

UNIVERSAL SUPPORT WRAP [LONG]



HIGHLIGHTS

Bringing more support and stability to your workout, the universal support wrap allows you to move freely when you're not at your best. Designed for performance in both training and competition, the wrap is ideal for all sports and training styles; strategically bolstering your knee or elbow with minimal impact to the range or comfort of your movement.

-  Elasticated design provides enhanced support
-  Breathable material helps to promote airflow
-  Secure Velcro fastening with thick rubber tab
-  Ideal for use on either the knee or elbow
-  Bolsters your knee or elbow with minimal impact to your range of motion
-  139 cm length – ideal for all sizes



VIDEO

MODEL NO.

ADSU-13373-NL

CORK MASSAGE BALL



HIGHLIGHTS

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

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

MODEL NO.

ADTB-11610



CORK DOUBLE MASSAGE BALL



HIGHLIGHTS

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

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

MODEL NO.

ADTB-11611



FOAM ROLLER

NEW FOR SS26



HIGHLIGHTS

Crafted from durable EVA foam, the roller perfectly balances firmness and responsiveness, delivering effective massage whether you're rolling pre-workout to activate muscles or post-workout to ease soreness and promote recovery.

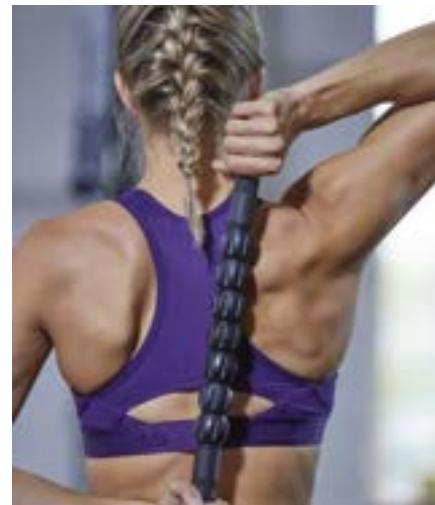
- ⬇️ EVA foam construction perfectly balances responsiveness and rigidity
- 🧱 Dual surface textures provide varied pressure and enhanced massage
- 👤 Made for a wide variety of stretching and massage
- ↔️ Targets all major muscle groups - 33 x 14cm dia. / 13 x 5.5" dia.
- 🏃 Ideal for rolling both pre- and post-workout
- 👤 Promotes faster recovery & reduces muscle soreness
- ⬆️ Helps to effectively warm up your muscles
- 🏊 Closed-cell EVA prevents moisture absorption for greater hygiene
- 舲 Lightweight and easy to transport
- 🎒 Fit for both home and gym usage

MODEL NO.

ADAC-11508



MASSAGE ROLLER



HIGHLIGHTS

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

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

MODEL NO.

ADTB-11608BK-DS

EPP FOAM ROLLER



HIGHLIGHTS

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

-  Made for a wide variety of stretching and massage
-  Accelerates recovery to reduce muscle soreness
-  Dense foam construction creates a more concentrated massage
-  Long design for targeting all major muscle groups
-  Closed cell EPP foam prevents moisture absorption for greater hygiene
-  Dimensions: 90 x 15cm dia. / 35 x 6" dia.

MODEL NO.

ADAC-11507

BENCHES

SS26 RANGE



HOME GYM

NEW FOR SS26



HIGHLIGHTS

- KG Train the entire body from a single 70kg / 154lb pin-loaded weight stack
- 👤 Dynamic pulley system supports a wide range of upper and lower body movements
- ⬇️ High and low pulley stations combine with included accessories for countless exercise options
- ⬇️ Integrated leg developer targets quads and hamstrings with leg curl and extension capability
- ⬇️ Leg press functionality helps build lower-body power
- ⬇️ Push/pull station develops the chest and back, with pivoting arms enabling fly exercises
- ⬇️ Includes lat bar, short bar, ankle strap, and adjustable handle straps
- ⬇️ Removable preacher pad enables isolated bicep curls
- ⬇️ Foam-padded seat, backrest, and knee/ankle rollers
- ⬇️ Adjustable seat and backrest for optimal positioning
- ⬇️ Precision-crafted pulleys for smooth, quiet cable travel
- ⬇️ Heavy-duty, powder-coated 50 x 50 mm steel frame
- ⬇️ Dimensions: 184 x 104 x 217cm / 72.4 x 41 x 85.4"

MODEL NO.

ADBE-10304



CABLE CROSSOVER

NEW FOR SS26



HIGHLIGHTS

- Train the entire body from dual 80kg / 176lb pin-loaded weight stacks (total 160kg / 352lb)
- 2:1 cable ratio delivers smooth, controlled resistance
- Dynamic pulley system supports an extensive range of upper and lower body movements
- 40-position height-adjustable pulleys
- Pull-up station with wide, narrow, neutral, and climbing grips for total back/arm development
- Includes short bar, lat bar, triceps rope, adjustable handles, narrow row handle, and ankle strap
- Accessories attach at multiple points
- Adjustable J-hooks and spotter arms for optimised squats, bench press, and rack pulls
- Integrated landmine station for presses, rows, and rotational training (Olympic bar compatible)
- Textured footplate for braced rowing movements
- Precision-crafted pulleys for ultra-smooth cable travel
- Heavy-duty, powder-coated 50 x 70 mm steel frame
- Dimensions: 124 x 193 x 220cm / 48.9 x 76 x 86.6"
- Combine with the adidas Utility Bench (not included)

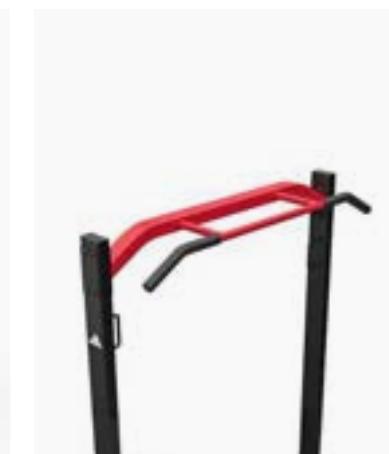
MODEL NO.

ADBE-10303



POWER RACK

NEW FOR SS26



HIGHLIGHTS

-  Train with a wide range of effective compound movements from a single, robust rack
-  Adjustable J-hooks and spotter arms for optimised squats, bench, overhead press, and rack pulls
-  Multi-grip pull-up station with wide, narrow, and neutral grips for total back and arm development
-  High and low resistance band attachment points for band-resisted and band-assisted exercises
-  Integrated weight plate storage with safety clips for organised, easy-access loading
-  Heavy-duty steel frame construction with a durable powder-coated finish
-  14-position height adjustment for optimal bar and spotter arm positioning
-  Freestanding design with rubber-gripped feet for added stability
-  Max training load: 240 kg (529 lb)
-  Dimensions: 129 x 151 x 218cm / 50.8 x 59.5 x 85.8"
-  Combine with the adidas Utility Bench (not included)

MODEL NO.

ADBE-10302



UTILITY BENCH [+ PREACHER PAD & LEG EXTENSION]



NEW FOR SS26



HIGHLIGHTS

- Ideal for a wide range of compound and isolation lifts
- Adjustable backrest with seven positions allows flat, incline, and decline exercises
- Seat pad with three adjustable positions ensures optimal comfort and positioning for any exercise
- Plate-loaded leg developer targets quads and hamstrings with leg curl and extension capability
- Adjustable preacher pad enables isolated bicep curls for targeted arm development
- Heavy-duty steel frame with a durable powder-coated finish for long-lasting performance
- Hardwearing covers endure repeated usage whilst remaining easy to clean post-workout
- 2.2" thick foam-padded seat, backrest, preacher pad and rollers provide superior comfort
- Integrated transport wheels for seamless movement
- Freestanding design with optional floor anchoring
- Leg developer: compatible with 25 and 50 mm plates with safety clips included
- Maximum load capacity: 360kg / 794lb

MODEL NO.

ADBE-10301

UTILITY BENCH

NEW FOR SS26



HIGHLIGHTS

- Ideal for a wide range of compound and isolation lifts
- Adjustable backrest with seven positions allows flat, incline, and decline exercises
- Seat pad with three adjustable positions ensures optimal comfort and positioning for any exercise
- 2.2" thick foam-padded seat, backrest, and rollers provide superior comfort and stability
- Adjustable knee/ankle rollers keep you securely braced during tough lifts and decline movements
- Heavy-duty steel frame with a durable powder-coated finish for long-lasting performance
- Hardwearing covers endure repeated usage whilst remaining easy to clean post-workout
- Integrated transport wheels and a convenient handle allow seamless movement
- Freestanding design with optional floor anchoring for added stability
- Maximum training load: 360kg / 794lb
- Dimensions: 149 x 61 x 118.5cm / 58.6 x 24 x 46.6"

MODEL NO.

ADBE-10300



PERFORMANCE HOME GYM



HIGHLIGHTS

- 100 kg / 220lb weight stack
- Ankle foam pads
- Dense foam pads - 65 mm / 2.5" thick
- Dual function leg developer
- Durable steel construction
- Includes handle, ankle, z bar and short bar attachments
- Low and high pulley stations
- Powder coated finish
- Push and pull function with pivot bar for flys
- Removable preacher pad
- Dimensions: 183.5 x 106 x 213 cm / 72 x 42 x 84"
- Packed in 100% recyclable packaging



SCAN TO
TRAIN //

MODEL NO.

ADBE-10250GN-NL



PERFORMANCE POWER TOWER



HIGHLIGHTS

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

- 65 mm / 2.5" thick dense foam padding
- Cushioned back and arm pads
- Foldable armrests
- Wide and narrow pull-up grips
- Strong steel framework
- Wide base for total stability
- Easy to build
- Max. load: 135kg / 298lb
- Dimensions: 121 x 115 x 213cm / 48 x 45 x 84"
- Packed in 100% recyclable packaging



MODEL NO.

ADBE-10229-NL

PERFORMANCE TRAINING BENCH



HIGHLIGHTS

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

- 65 mm / 2.5" thick dense foam padding
- Padded ankle anchors
- Plate loaded leg developer
- Tapered back pad
- Strong steel framework
- Wide base for total stability
- Easy to build
- Max. load: 215kg / 474lb
- Dimensions: 181 x 60.5 x 120 cm / 71 x 24 x 47"
- Packed in 100% recyclable packaging



SCAN TO
TRAIN //

MODEL NO.

ADBE-10228-NL

PERFORMANCE UTILITY BENCH



HIGHLIGHTS

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

- 65 mm / 2.5" thick dense foam padding
- Padded ankle anchors
- Tapered back pad
- Strong steel framework
- Wide base for total stability
- Easy to build
- Max. load: 175kg / 386lb
- Dimensions: 121 x 49 x 113cm / 48 x 19 x 45"
- Packed in 100% recyclable packaging



MODEL NO.

ADBE-10225-NL

PERFORMANCE AB BENCH



HIGHLIGHTS

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

- 65 mm / 2.5" thick dense foam padding
- Knee and ankle foam rollers
- Tapered back pad
- Strong steel framework
- Wide base for total stability
- Easy to build
- Max. load: 175kg / 386lb
- Dimensions: 113.5 x 46 x 47 cm / 45 x 18 x 19"
- Packed in 100% recyclable packaging



MODEL NO.

ADBE-10220-NL



PERFORMANCE FLAT BENCH



HIGHLIGHTS

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

-  65 mm / 2.5" thick dense foam padding
-  Strong steel framework
-  Wide base for total stability
-  Easy to build
-  Max. load: 205kg / 452lb
-  Dimensions: 119 x 48.5 x 42cm / 47 x 19 x 17"
-  Packed in 100% recyclable packaging



SCAN TO
TRAIN //

MODEL NO.

ADBE-10222-NL

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