



SS25 CATALOGUE

ADIDAS TRAINING EQUIPMENT

SS25 / ADIDAS TRAINING

TRAINING / YOGA / RECOVERY / BENCHES / CARDIO

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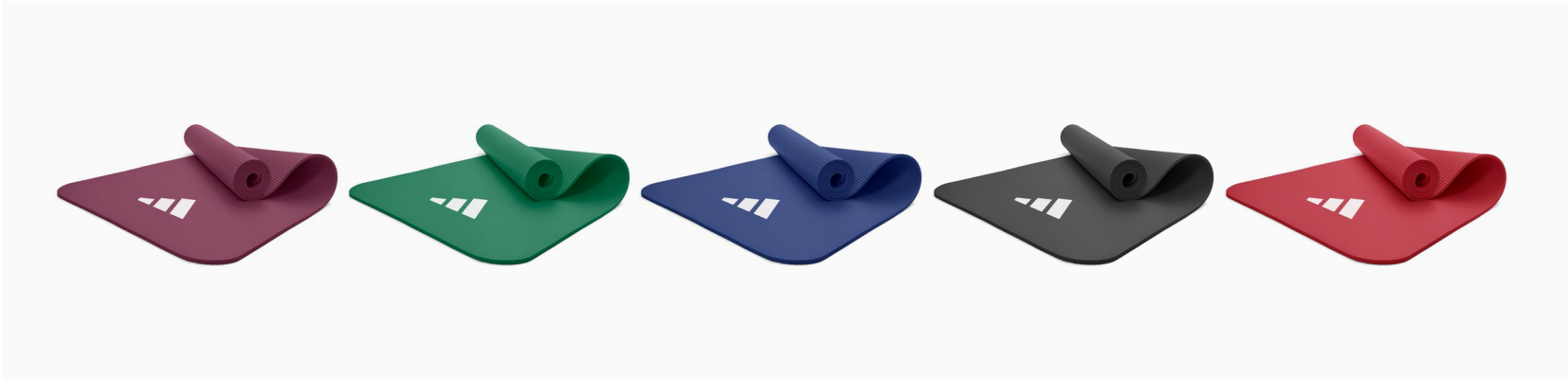
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TRAINING

SS25 RANGE



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

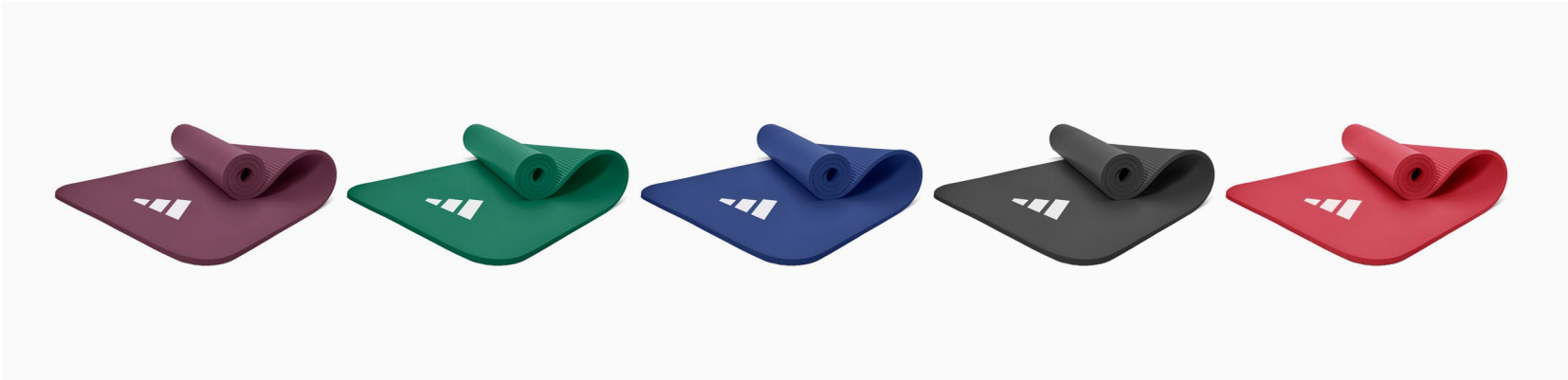


VIDEO

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
-  Ribbed 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.

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

10 mm TRAINING MAT



HIGHLIGHTS

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

-  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



HIGHLIGHTS

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

MODEL NO.

ADMT-10127

BIKE & CROSSTRAINER MAT



HIGHLIGHTS

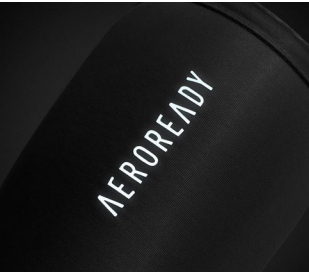
-  Surface: 155 x 65 cm - ideal for most bikes & cross trainers
-  Protects flooring and helps dampen noise & vibrations
-  5mm - provides protection without compromising stability
-  Made from a durable and high-density NBR material
- Rollable for easy storage

MODEL NO.

ADMT-10128

AEROREADY COMPRESSION ARM SLEEVES

AEROREADY



HIGHLIGHTS

Fusing performance with style, unleash your potential with the adidas Aeroready compression arm sleeves. Crafted from moisture-wicking Aeroready material, the sleeves keep you cool, dry and in the zone.

-  Elevate your performance in all training and sports
-  Moisture-wicking Aeroready 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
-  (X2) 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 |
| Red S/M: | ADSL-13011RD | | |
| Red L/XL: | ADSL-13012RD | | |

AEROREADY COMPRESSION CALF SLEEVES

AEROREADY



HIGHLIGHTS

Fusing performance with style, unleash your potential with the adidas Aeroready compression calf sleeves. Crafted from moisture-wicking Aeroready material, the sleeves keep you cool, dry and in the zone.

-  Elevate your performance in all training and sports
-  Moisture-wicking Aeroready 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

Black L/XL: ADSL-13014BK

Red S/M: ADSL-13013RD

Red L/XL: ADSL-13014RD

White S/M: ADSL-13013WH

White L/XL: ADSL-13014WH

COMPRESSION ARM SLEEVES



HIGHLIGHTS

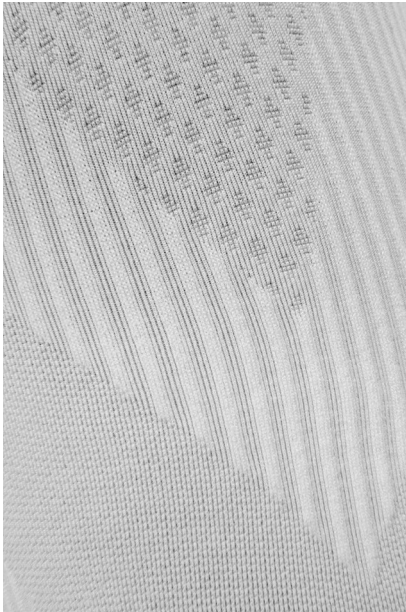
Combining performance and comfort, adidas compression sleeves are designed for both training and competition; allowing airflow through the elasticated structure to keep you cool through the toughest sessions.

-  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: AD5L-13323WH-NL
- White L/XL: AD5L-13325WH-NL
- Black S/M: AD5L-13323BK-NL
- Black L/XL: AD5L-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



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

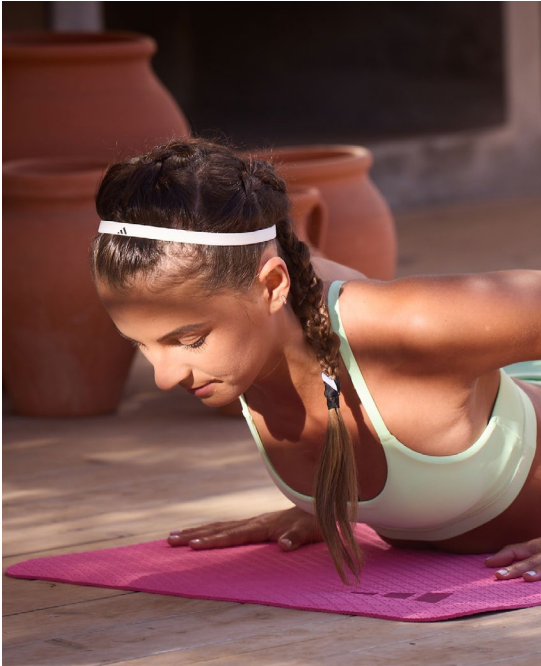


VIDEO

MODEL NO.

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.

-  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

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

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
-  Made from durable woven lycra material
-  Soft and stretchy fabric is gentle on hair without sacrificing hold
-  Lightweight and comfortable to wear for long periods
-  Washable at 30° and quick to drip dry
-  (x4) 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..

-  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

SPORTS HEADBAND

AEROREADY



HIGHLIGHTS

Designed to keep your hair under control, the sports headband seamlessly blends style and performance. Crafted from moisture-wicking adidas Aeroready 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 Aeroready 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

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.

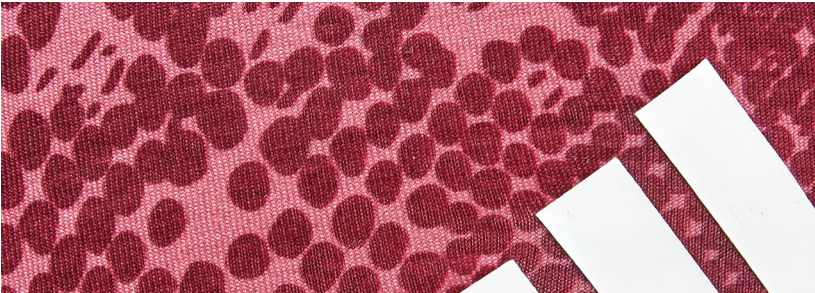
-  Ideal for use during all types of training and sports
-  Made from an elasticated material blend for a snug fit
-  Printed silicone inlay reduces slipping
-  A wider band design provides greater coverage
-  Washable at 30° and quick to drip dry
-  One size fits all

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 |

STUDIO SOCKS

NEW FOR SS25



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

ESSENTIAL TRAINING GLOVES

AEROREADY



HIGHLIGHTS

-  Breathable Aeroready 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
-  Made from 50% recycled materials

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

AEROREADY



HIGHLIGHTS

-  Breathable Aeroready 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
-  Made from 50% recycled materials



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

AEROREADY



HIGHLIGHTS

-  Breathable Aeroready 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
-  Made from 50% recycled materials



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
-  Made from 50% recycled materials



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

AEROREADY



HIGHLIGHTS

-  Breathable Aeroready 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
-  Made from 50% recycled materials



VIDEO

MODEL NO.

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

WRIST WRAP TRAINING GLOVES

AEROREADY



HIGHLIGHTS

-  Ideal for all types of training including weightlifting and calisthenics
-  Breathable Aeroready 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
-  Made from 50% recycled materials



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 calisthenics.

-  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
-  Made from 50% recycled materials



VIDEO

MODEL NO.

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

FULL FINGER ESSENTIAL GLOVES

AEROREADY



HIGHLIGHTS

Designed to maximise grip whilst protecting your hands, the adidas full finger essential gloves help you push your workouts whatever the conditions. Featuring Aeroready 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 Aeroready 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

AEROREADY



HIGHLIGHTS

Made from the latest Aeroready Technology, the adidas full finger gloves are built for performance. Designed to keep you cool whilst you train, the Aeroready 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.

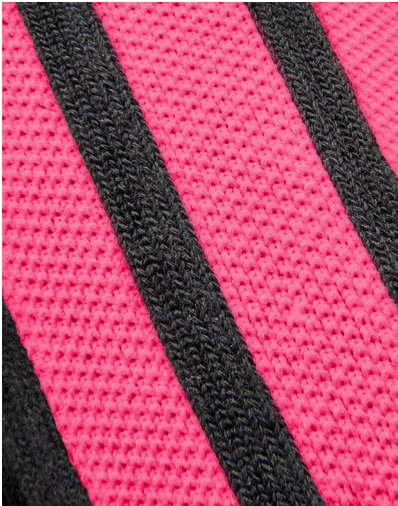
-  Breathable Aeroready material wicks away sweat
-  Touchscreen compatible thumb and forefinger
-  Durable ergonomic palm for maximum protection
-  Adjustable Velcro fastening ensures a secure fit
-  Corrugated section across the knuckles forms around the hand

MODEL NO.

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

WRIST PROTECTORS

NEW FOR SS25



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

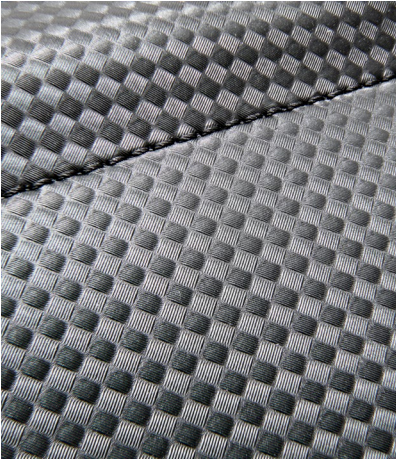
MODEL NO.

Black & White: ADST-13403BK

Black & Pink: ADST-13403PK

LIFTING GRIPS PACK

NEW FOR SS25



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 STRAPS

NEW FOR SS25



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
-  5mm 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. Durable 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

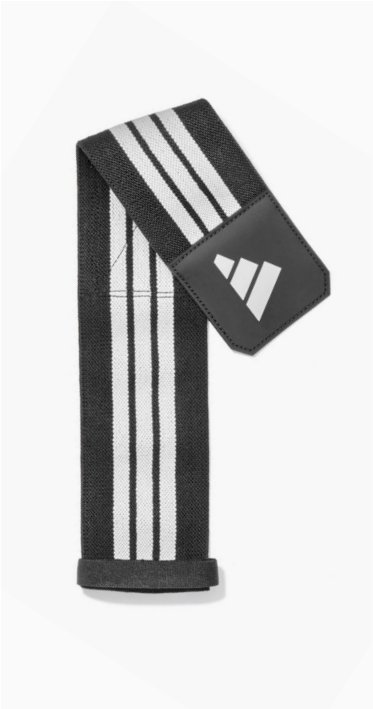


MODEL NO.

ADGB-12141-NL

WRIST WRAPS

NEW FOR SS25



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

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

NEW FOR SS25



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
-  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

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

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

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

PERFORMANCE ADJUSTABLE WEIGHT VEST

AEROREADY



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 10 kg / 20lb of weight to ramp up your training intensity.

-  Adjustable weight with a total of 10 kg / 20lb
-  Aeroready 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.

10kg: ADWT-12637-NL 20lb: ADWT-12637I-NL

DUMBBELLS [PAIR]



HIGHLIGHTS

Neoprene coated with a cast iron core, adidas dumbbells help strengthen and tone; broadening your exercise potential with 1-5 kg / 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

WEIGHT SET



HIGHLIGHTS

A quality addition to any home gym setup, the 20 kg / 44lb weight set is designed to help achieve your fitness goals, allowing you to target the entire body with a variety of workouts, including HIIT and strength training sessions.

-  Target the entire body with various workouts including HIIT and strength sessions
-  Coated cast iron plates ensure lasting performance
-  2.5 kg steel bar offers greater strength and durability
-  Knurled bar sections boost your grip whilst aiding hand placement to improve form
-  Gripped handles on the plates for easy loading and use off the bar
-  2 quick-locking bar collars for safety and security
-  Constructed from quality materials for a hardwearing and solid build
-  Includes:
2 x 5kg, 2 x 2.5kg, 2 x 1.25kg weight plates, 2.5kg steel bar, and 2 x bar collars

MODEL NO.

ADWT-11200

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 / 9 lb: | ADWT-11504-NL | 12 kg / 26 lb: | ADWT-11512-NL |
| 8 kg / 18 lb: | ADWT-11508-NL | 16 kg / 35 lb: | ADWT-11516-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 - 40 kg
-  High-grip handles for a secure hold
-  Solid metal spring mechanism

MODEL NO.

ADAC-11400GR

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
-  Recycled PP webbing used to create the safety sleeve
-  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



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
-  Recycled PP webbing is used to create the handles
-  TPR tube material is strong and tear-resistant
-  Versatile and durable training accessory
-  Available in three weight levels:
L1/ 5 kg, L2/ 10 kg & L3/ 15 kg

MODEL NO.

L1: ADTB-10504-NL

L2: ADTB-10505-NL

L3: ADTB-10506-NL

RESISTANCE TUBE SET



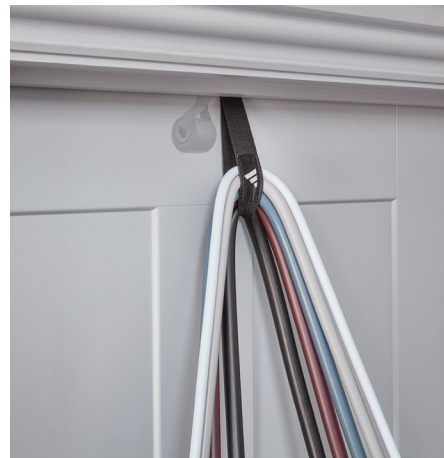
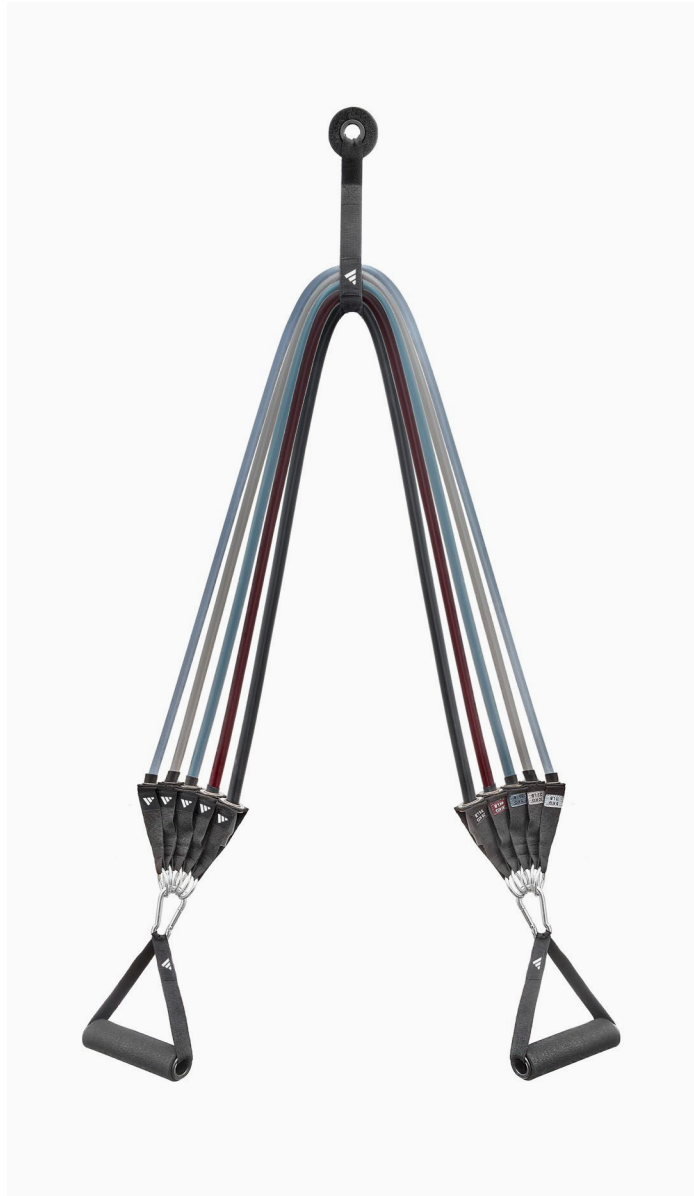
HIGHLIGHTS

With five interchangeable and combinable tubes included, the resistance tube set offers a maximum total resistance of 75 kg 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.

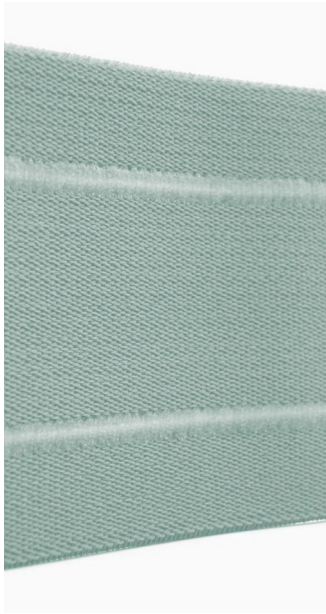
-  5 interchangeable and combinable resistance levels: 5 kg, 10 kg, 15 kg, 20 kg & 25 kg
-  Ideal for full-body strength and toning workouts
-  Foam padded handles for a comfortable grip
-  Recycled PP webbing is used to create the handles
-  Carry bag included for keeping the set together
-  Door anchor 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



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

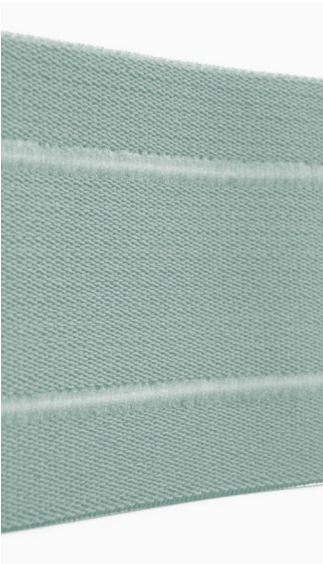


VIDEO

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 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 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

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



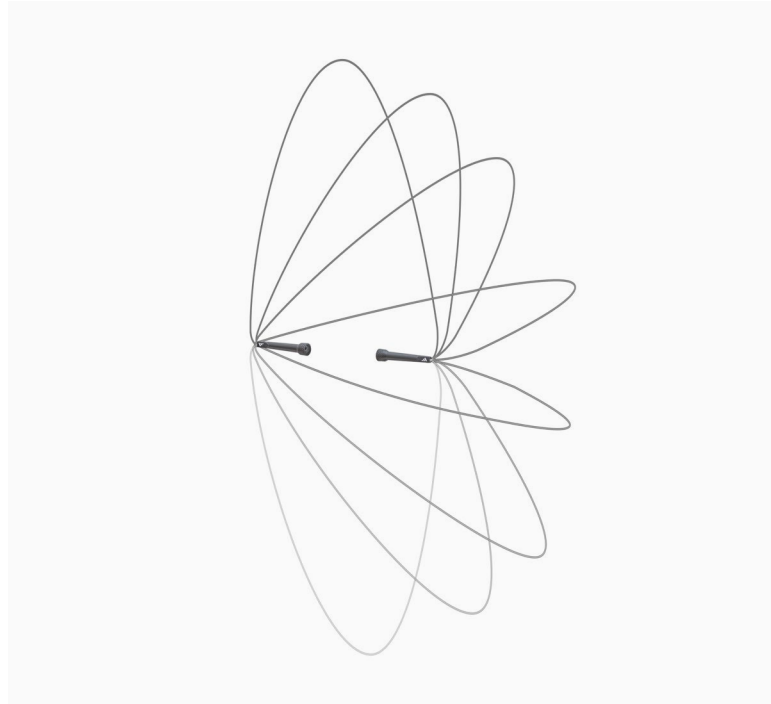
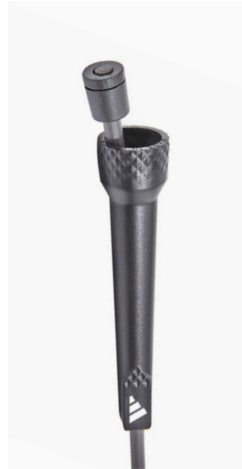
HIGHLIGHTS

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



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
-  300cm long - easily adjusted without cutting

MODEL NO.

ADRP-13311

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

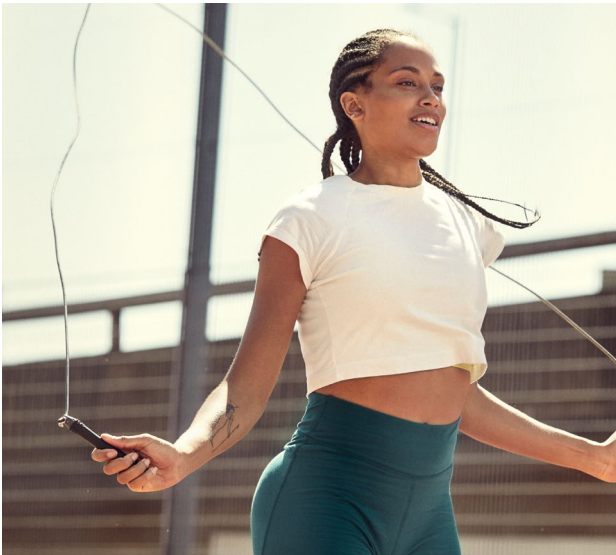


VIDEO

MODEL NO.

ADRP-12234-NL

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
-  Moulded plastic handles for a stronger grip
-  Integrated tangle-free ball bearing mechanism creates smoother rotations
-  Interchangeable 2.5mm and 4.5mm 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

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

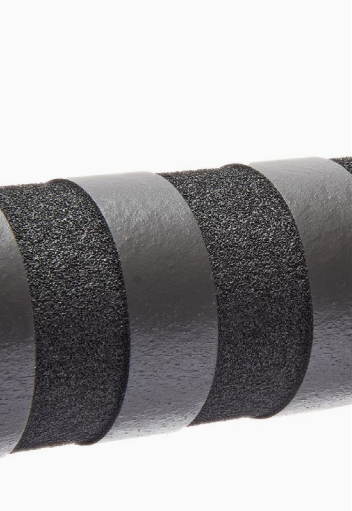
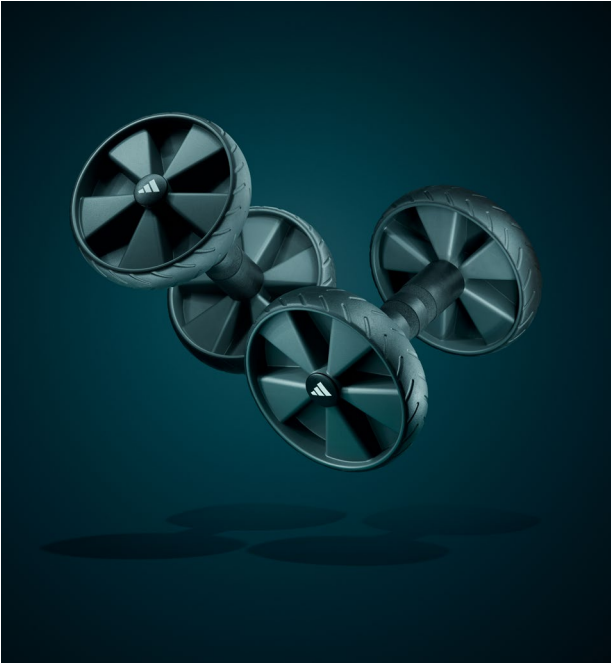


VIDEO

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

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

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

SWIVEL PUSH UP BARS



HIGHLIGHTS

Designed to enhance your push-ups; the adidas swivel bars help to achieve a smooth, complete rep. Fitted with a ball bearing disk and rotation lock mechanism, the swivel push-up bars allow you to perform both static and dynamic movements. Designed with a gripped non-slip base, the adidas bars provide a solid platform for your workout.

-  Designed to enhance your push-ups
-  Helps achieve proper form
-  Smooth ball-bearing disc
-  Rotation lock mechanism
-  Grippy, non-slip base
-  Wide grip handles

MODEL NO.

ADAC-11401GR

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

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

YOGA

SS25 RANGE



4 mm YOGA MAT



HIGHLIGHTS

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

-  176 x 61 cm surface area
-  4mm thick cushioning combines stability and comfort
-  Made from EVA and TPE
-  Non-toxic and PVC-free
-  Constructed using 50% recycled materials
-  Medium density
-  Durable with a soft foam texture
-  Subtle surface texture for grip
-  Subtle base texture for floor traction

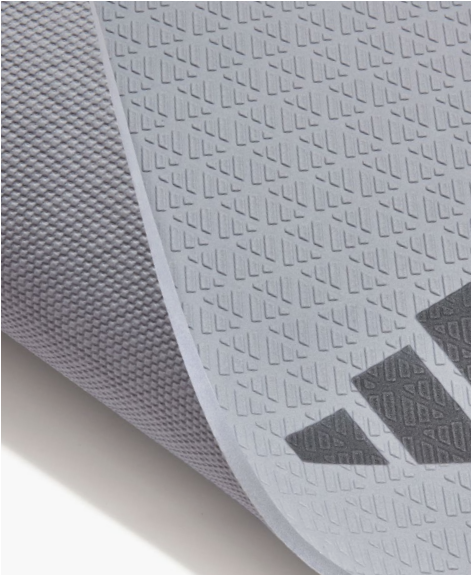


VIDEO

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 m m YOGA MAT



HIGHLIGHTS

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

-  183 x 61 cm surface area
-  6mm thick cushioning combines stability and comfort
-  Made from EVA and TPE
-  Non-toxic and PVC-free
-  Constructed using 50% recycled materials
-  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-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 61 cm surface area
- 10⁺_{mm} 10 mm thick cushioning for additional comfort
- Made from EVA and TPE
- Non-toxic and PVC-free
- Constructed using 50% recycled materials
- 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

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 compliments the surface by enhancing both traction and stability.

-  173 x 61 cm surface area
-  7 mm thickness combines stability and comfort
-  Made from 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 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 61 cm surface area
- 8mm 8mm thick cushioning for additional comfort
- Made from EVA and TPE
- PVC-free
- Medium density
- Durable with a soft foam texture
- Subtle 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 |

10 mm YOGA MAT



HIGHLIGHTS

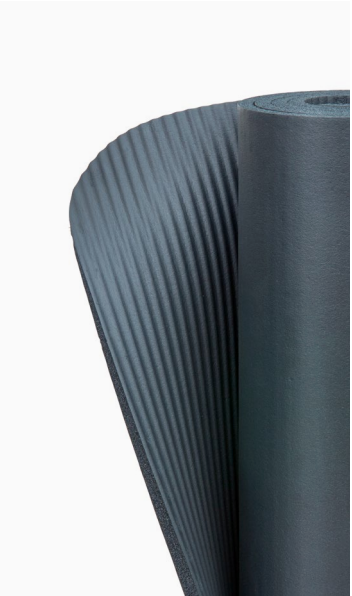
Made from 10mm thick NBR material, the adidas yoga mat delivers a perfect balance of stability and comfort. Complete with an elasticated shoulder carry strap included, the mat is quick and easy to pack away for transport and storage.

-  183 x 61 cm surface area
-  10⁺_{mm} 10 mm thick cushioning for additional comfort
-  Made from 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 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 61 cm surface area
- 10_{mm} 10 mm thick cushioning for additional comfort
- Made from 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

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 surface area
-  5 mm thickness combines stability and comfort
-  Made from TPE and EVA
-  PVC-free
-  Medium density
-  Durable with a firmer and slightly gummy texture
-  Subtle surface texture for grip
-  Wave base texture for floor traction

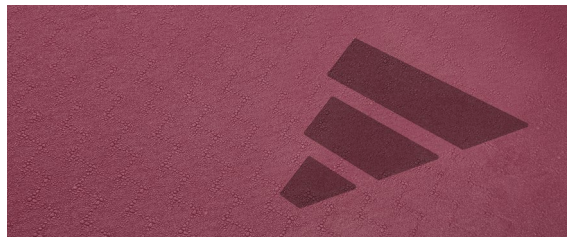


VIDEO

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

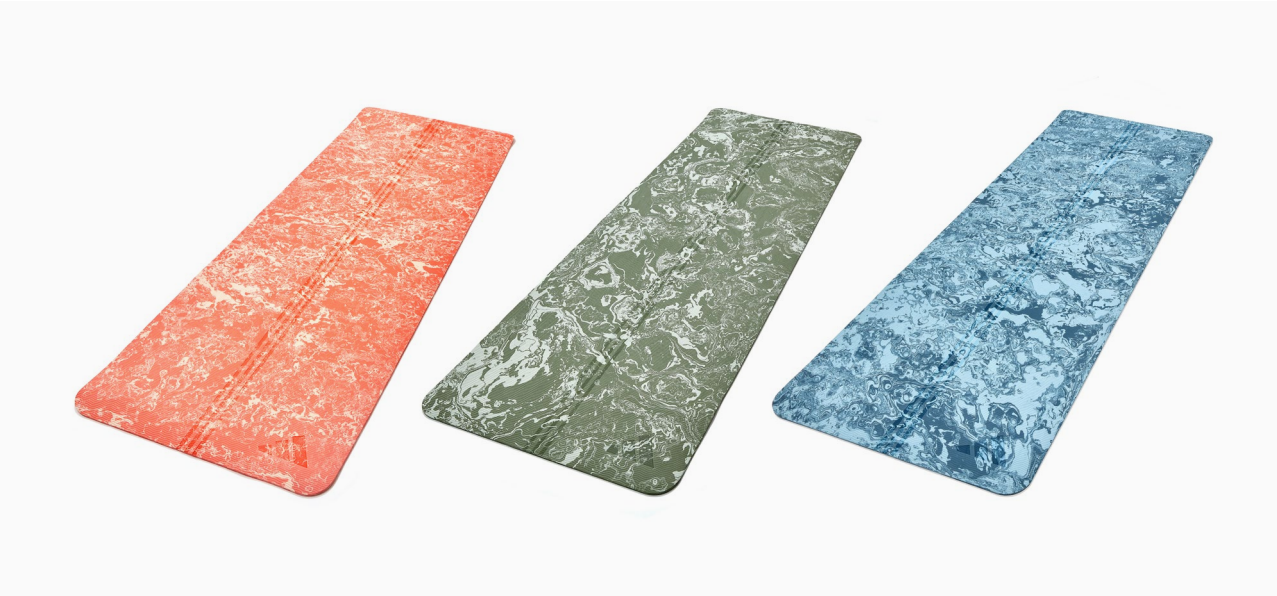
Combining a firmer and slightly gummy texture with a medium-density feel, the adidas 5mm premium antimicrobial yoga mat offers greater stability without overlooking comfort. The antimicrobial material also works to prevent unwanted nasties from growing within the pores of the mat's foam, creating a much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

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

MODEL NO.

ADYG-10350MR-NL

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 61 cm surface area
-  5^{mm} 5mm thickness combines stability and comfort
-  Made from TPE and EVA
-  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

6 mm DOUBLE SIDED YOGA MAT



HIGHLIGHTS

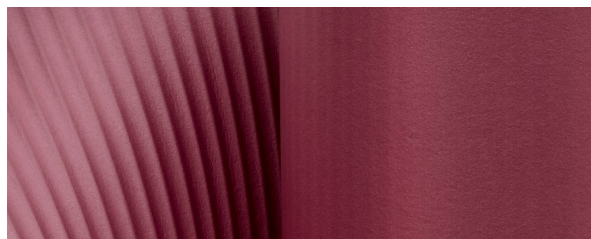
With a double-sided design to help mix up your style, the 6mm yoga mat is made from a TPE/EVA blend, designed to create a medium density with a firmer and slightly gummy texture.

- 176 x 61 cm surface area
- 6mm thickness combines stability and comfort
- Made from TPE and EVA
- 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.

- | | |
|---------------------|------------------|
| Blue and Mint: | ADYG-10400BLM-NL |
| Blue and Yellow: | ADYG-10400BLY-NL |
| Grey and Wild Pink: | ADYG-10400WP-NL |

15 mm PILATES MAT



HIGHLIGHTS

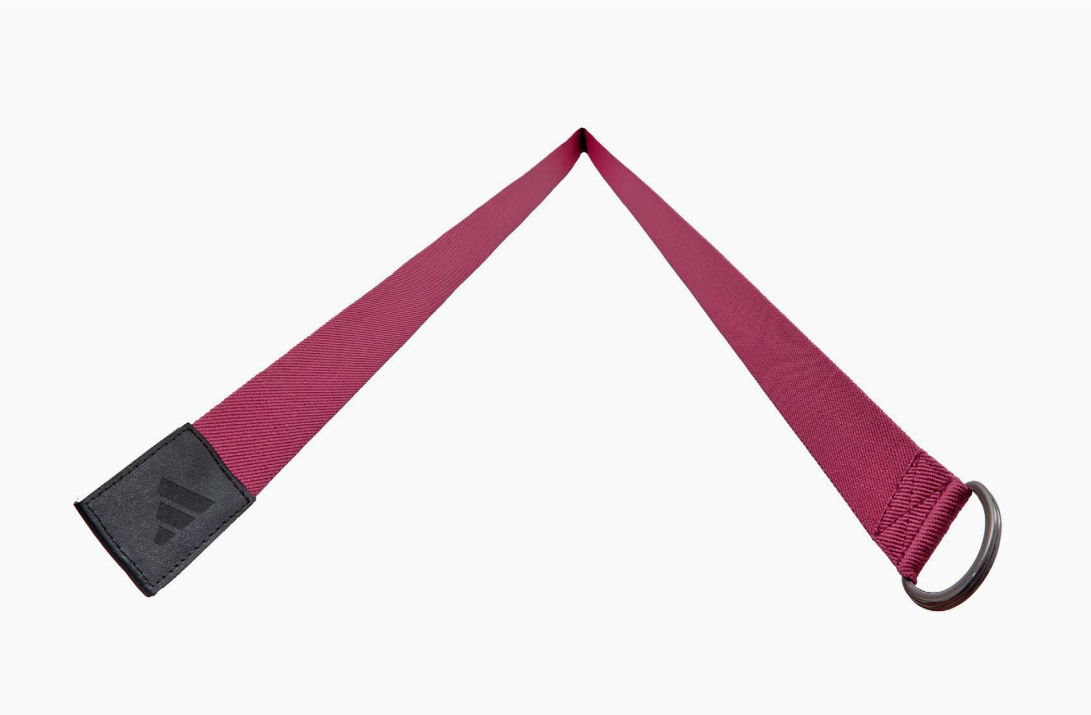
At 15mm thick, the adidas Pilates mat is designed to deliver complete cushioning and comfort. Featuring a ribbed surface and base texture, the Pilates mat provides a more enhanced grip on the mat's top and bottom, boosting the traction on both the floor and your points of contact.

-  180 x 63 cm surface area
-  15^{mm} 15mm thick for total comfort
-  Made from 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

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

NEW FOR SS25



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.

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

MODEL NO.

Black S/M:	ADYG-30203BK	Grey S/M:	ADYG-30201GR
Black M/L:	ADYG-30204BK	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

SS25 RANGE



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.

-  Made from recycled cork
-  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.

-  Made from recycled cork
-  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

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. 90 cm 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 from 100% recycled EPP foam



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



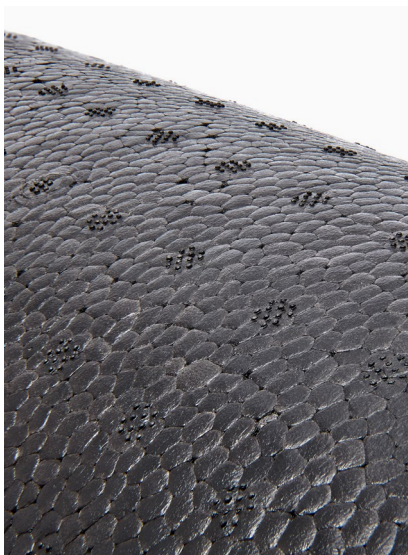
Closed cell EPP foam prevents moisture absorption for greater hygiene



Dimensions: 90 x 15 cm dia.

MODEL NO.

ADAC-11507



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 | L: ADSU-12423WH |
| M: ADSU-12422WH | 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 | L: ADSU-12433WH |
| M: ADSU-12432WH | 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 | L: ADSU-12413WH |
| M: ADSU-12412WH | XL: ADSU-12414WH |

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

AEROREADY



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 Aeroready 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
-  Aeroready 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

AEROREADY



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 Aeroready 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
-  Aeroready technology encourages greater airflow
-  Fitted with an internal non-slip silicone inlay
-  Seamless knitted design for comfort and durability



VIDEO

MODEL NO.

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

PERFORMANCE ANKLE SUPPORT

AEROREADY



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 Aeroready support stays put throughout your session; allowing you to focus solely on maximising your performance.

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



VIDEO

MODEL NO.

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

AEROREADY KNEE SUPPORT

AEROREADY



HIGHLIGHTS

Crafted with precision, the Aeroready 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.

-  Provides support for all sport, training, and exercise
-  Silicone patella ring provides greater support and stability to the kneecap
-  Integrated fishbone supports run down both sides for further stabilisation
-  Aeroready 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 knee
-  Made from an elasticated material blend for breathability and support
-  Dotted silicone inlays prevent unwanted movement



VIDEO

MODEL NO.

S: ADSU-14110

L: ADSU-14112

M: ADSU-14111

XL: ADSU-14113

AEROREADY ELBOW SUPPORT

AEROREADY



HIGHLIGHTS

Crafted with precision, the Aeroready 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
-  Aeroready 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 | L: ADSU-14122 |
| M: ADSU-14121 | XL: ADSU-14123 |

AEROREADY ANKLE SUPPORT

AEROREADY



HIGHLIGHTS

Crafted with precision, the Aeroready 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
-  Aeroready 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

NEW FOR SS25



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 | L: ADSU-15003 |
| M: ADSU-15002 | XL: ADSU-15004 |

ADJUSTABLE KNEE SUPPORT [WITH STRAPS]

NEW FOR SS25



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 L: ADSU-15013
M: ADSU-15012 XL: ADSU-15014

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
-  49 cm 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.

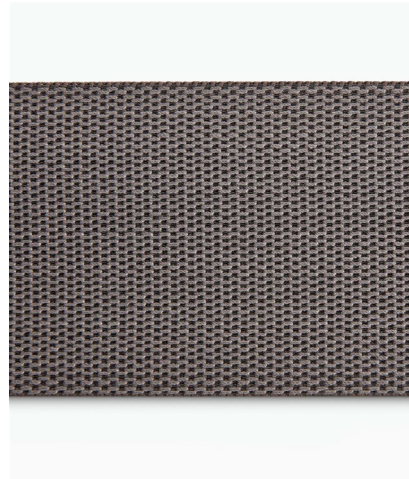
-  Elasticated design provides enhanced support
-  Breathable material helps to promote airflow
-  Secure Velcro fastening with thick rubber tab
-  Ideal for use on either the knee or elbow
-  Bolsters your knee or elbow with minimal impact to your range of motion
-  139 cm length – ideal for all sizes



VIDEO

MODEL NO.

ADSU-13373-NL



BENCHES

SS25 RANGE



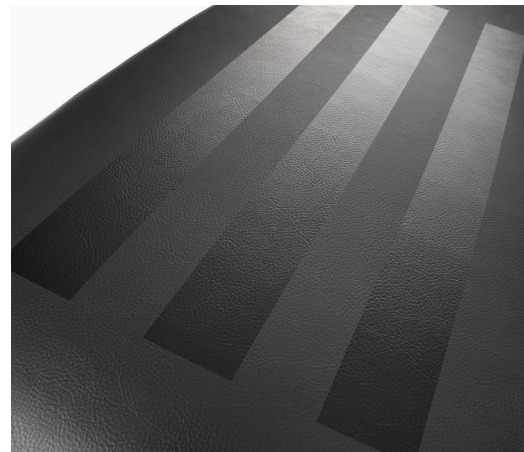
PERFORMANCE AB BENCH



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.

-  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: 175 kg
-  Dimensions: 113.5 x 46 x 47 cm
-  Packed in 100% recyclable packaging

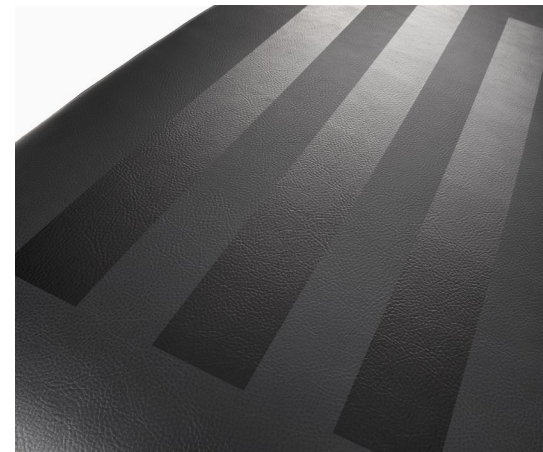


SCAN TO
TRAIN //

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.

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

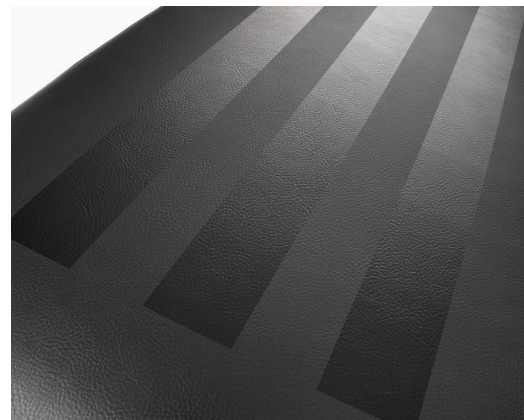


SCAN TO
TRAIN //

MODEL NO.

ADBE-10222-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.

-  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: 175 kg
-  Dimensions: 121 x 49 x 113 cm
-  Packed in 100% recyclable packaging



SCAN TO
TRAIN //

MODEL NO.

ADBE-10225-NL

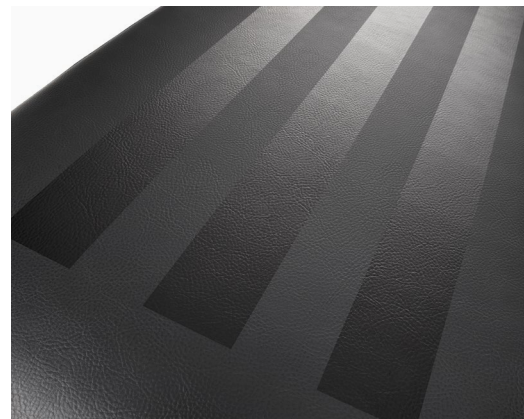
PERFORMANCE TRAINING BENCH



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.

-  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: 215 kg
-  Dimensions: 181 x 60.5 x 120 cm
-  Packed in 100% recyclable packaging



SCAN TO
TRAIN //

MODEL NO.

ADBE-10228-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.

-  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: 135 kg
-  Dimensions: 121 x 115 x 213 cm
-  Packed in 100% recyclable packaging

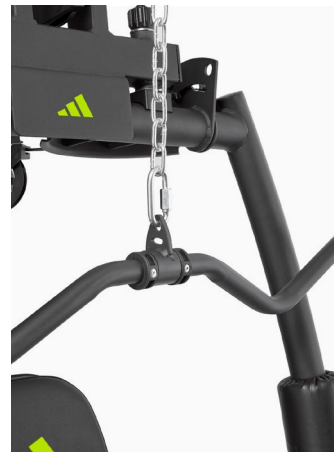


SCAN TO
TRAIN //

MODEL NO.

ADBE-10229-NL

PERFORMANCE HOME GYM



HIGHLIGHTS

-  100 kg weight stack
-  Ankle foam pads
-  Dense foam pads – 65mm 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 213cm
-  Packed in 100% recyclable packaging



SCAN TO
TRAIN //

MODEL NO.

ADBE-10250GN-NL

CARDIO

SS25 RANGE



T-24c FOLDING TREADMILL



 **CONSOLE+**
 **KINOMAP**
 **ZWIFT**



HIGHLIGHTS

-  Ultra-compact folding design, stored standing or flat
-  No assembly or tools required - simply unfold and go
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Compatible with Zwift
-  2hp motor provides an excellent all-round experience with a speed range of 1-18kph / 0.6-11.2mph
-  12 levels of incline allow you to adjust the elevation
-  36 pre-set fitness programmes for all levels of fitness
-  Intuitive LED console provides live performance metrics
-  Rotating dial for quick speed and incline adjustments
-  Rotating tablet holder - follow workouts on & off the T-24c
-  Cushioning technology helps to reduce joint strain
-  Solid build quality with a max. user weight of 110kg
-  Spacious running area: 130 x 45cm
-  Setup: 165 x 84 x 130cm | Folded: 165 x 84 x 29cm
-  Packed in recyclable and polystyrene-free packaging



VIDEO

MODEL NO. AVUS-10221

T-23 TREADMILL



 **CONSOLE+**

 **KINOMAP**

 **ZWIFT**



HIGHLIGHTS

-  Powerful 4.5hp brushless motor is lighter, quieter and more efficient with a 1-20km/h speed range
-  Rotating tablet/phone holder allows you to follow workouts both on and off the T-23
-  15 levels of electronic incline + 24 pre-set, 3 custom, & 3 target programmes
-  Orthopaedic running belt with NRG cushioning
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Compatible with Zwift
-  Hand pulse sensors
-  Surround sound Bluetooth speakers
-  Convenient USB charger built into the console
-  Self-lubricating running belt for easy maintenance
-  Solid build quality with a max. user weight of 150kg
-  Spacious running area: 150 x 52cm
-  Setup: 192.5 x 81.5 x 138.5cm
-  Packed in recyclable and polystyrene-free packaging



VIDEO

MODEL NO. AVUS-10621

T-19 TREADMILL

 **CONSOLE+**
 **kinomap**
 **ZWIFT**



HIGHLIGHTS

-  Robust 3.5hp motor with a 0.5-20km/h speed range
-  15 levels of electronic incline to adjust the elevation
-  NRG cushioning technology softens impact on joints
-  24 pre-set, 3 custom, 3 target, & 3 HRC programmes
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Compatible with Zwift
-  Tablet holder for following online apps & classes
-  Hand pulse sensors + wireless pulse receiver
-  Speakers connect to your device
-  Convenient USB charger built into the console
-  Adjustable fan helps to keep you cool
-  Water bottle holder ensures you can stay hydrated
-  Solid build quality with a max. user weight of 150kg
-  Spacious running area: 140 x 51 cm
-  Setup: 185 x 87 x 154cm | Folded: 124 x 86.5 x 157



VIDEO

MODEL NO. AVUS-10421BT

T-19i TREADMILL

 **CONSOLE+**

 **KINOMAP**

 **ZWIFT**



HIGHLIGHTS

-  2.25hp motor for an excellent running experience
-  Speed range from 1 - 18km/h
-  NRG cushioning technology softens impact on joints
-  15 levels of electronic incline to adjust the elevation
-  24 pre-set, 3 custom, and 3 target programmes
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Compatible with Zwift
-  Tablet holder for following online apps & classes
-  Integrated hand pulse sensors
-  Speakers connect to your device
-  Convenient USB charger built into the console
-  Adjustable fan helps to keep you cool
-  Water bottle holder ensures you can stay hydrated
-  Soft drop folding mechanism
-  Built-in transport wheels + floor level adjustment
-  Solid build quality with a max. user weight of 120kg
-  Spacious running area: 140 x 46 cm
-  Setup: 180 x 81 x 147 cm | Folded: 112 x 81 x 158 cm

MODEL NO. AVUS-10321BT

C - 24c BIKE

 **CONSOLE+**

 **kinomap**

 **ZWIFT**



HIGHLIGHTS

-  9kg flywheel inertia creates a smooth cycling motion
-  32 electronic resistance levels to adjust the intensity
-  Space-saving design - easy to store post-workout with a compact and home-friendly design
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Compatible with Zwift
-  18 pre-set fitness programmes to keep you motivated
-  LED dial display provides live performance metrics
-  Control your workouts with a simple rotating dial
-  Tablet/phone holder provides an optimum viewing angle
-  Stay connected & powered up via the USB charging port
-  Padded saddle with vertical and horizontal adjustment
-  Pedals with adjustable straps
-  Dependable build quality with a 120kg max. user weight
-  Setup dimensions: 113 x 61 x 156cm
-  Packed in recyclable and polystyrene-free packaging



VIDEO

MODEL NO. AVUS-10225

C-21 BIKE

 **CONSOLE+**
 **KINOMAP**
 **ZWIFT**



HIGHLIGHTS

-  9kg flywheel creates a smooth cycling motion
-  24 electronic resistance levels to tailor the intensity
-  12 fitness programmes + 4 custom workouts
-  Hand pulse sensors
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Compatible with Zwift
-  Integrated speakers with Bluetooth connectivity
-  Wide, densely padded comfort saddle
-  Vertical and horizontal seat adjustment
-  Water bottle holder within easy reach
-  Signature red LED lighting
-  Built-in transport wheels + floor level adjustment
-  Solid build quality with a max. user weight of 150kg
-  Setup dimensions: 107 x 57 x 147 cm



VIDEO

MODEL NO. AVUS-10401BT

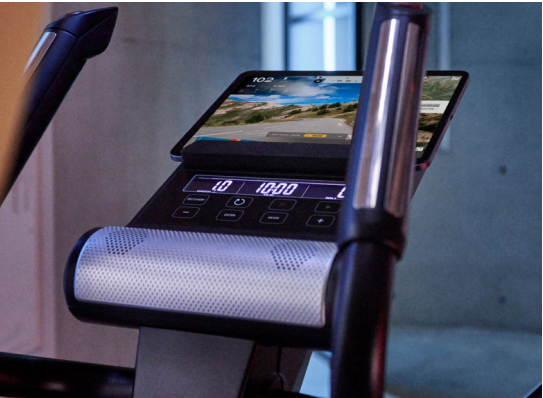
X-21 CROSS TRAINER

 **CONSOLE+**
 **kinomap**



HIGHLIGHTS

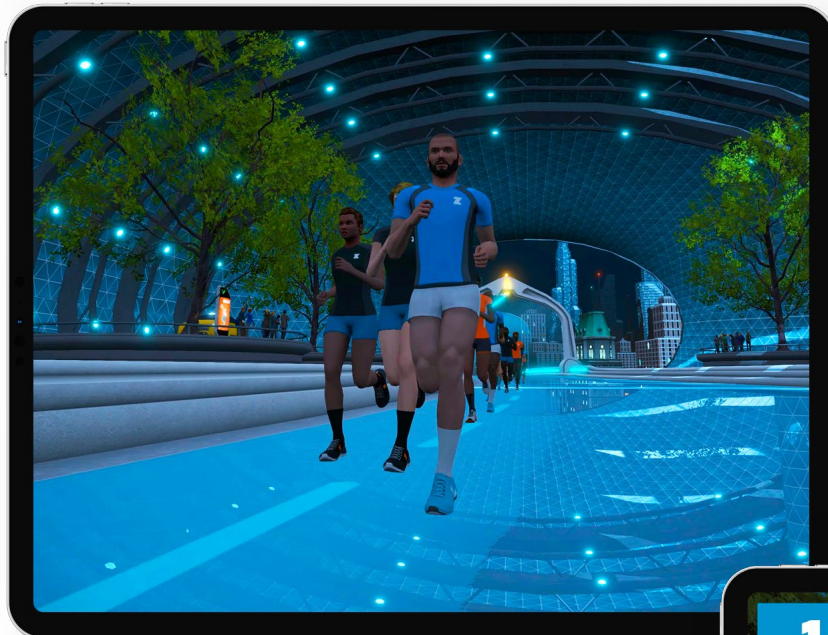
-  10kg rear-drive flywheel for a smooth motion
-  38cm stride length suits all user heights
-  24 electronic resistance levels to tailor the intensity
-  12 fitness programmes + 4 custom workouts
-  Hand pulse sensors
-  Compatible with the free adidas Console+ app
-  Compatible with Kinomap - 60 days free membership
-  Integrated speakers with Bluetooth connectivity
-  Fixed footplates with a high-grip workout surface
-  Water bottle holder within easy reach
-  Signature red LED lighting
-  Built-in transport wheels + floor level adjustment
-  Solid build quality with a max. user weight of 150kg
-  Setup dimensions: 163 x 64 x 161 cm



VIDEO

MODEL NO. AVUS-10411BT

COMPATIBLE APPS



adidas Bluetooth treadmills & bikes are compatible with Zwift*, an immersive online experience built around a connected global community.

Train in immersive virtual worlds with countless routes, curated by elite coaches.

Zwift's endless workouts, group runs, competitions and races are ready to go when you are, allowing you to take full control of when, where and how you train.

*Zwift app subscription required

Z ZWIFT



MOTIVATING VIDEO GAME STYLE



1000+ CURATED WORKOUTS



GROUP RIDES & RACE



GLOBAL CONNECTIVITY & COMMUNITY



COMPATIBLE APPS

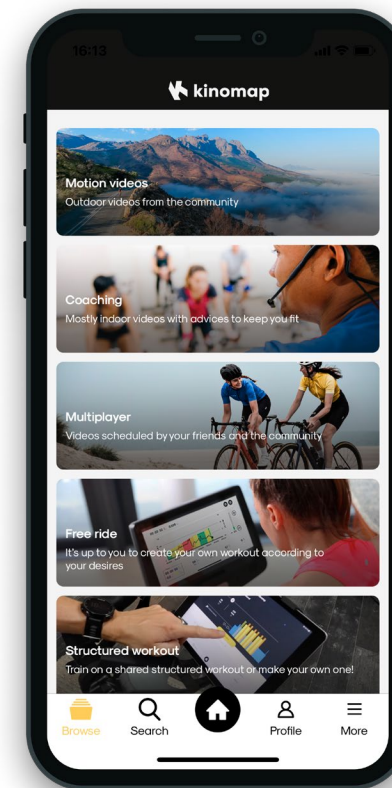

 **kinomap**
**TRAIN ALL OVER THE WORLD****STRUCTURED WORKOUTS****SHARE YOUR ACHIEVEMENTS****CHALLENGE YOUR FRIENDS**

Selected Bluetooth enabled treadmills, bikes, and cross trainers are compatible with Kinomap*, allowing you to train all over the world with real routes, whilst connecting with other users.

Kinomap pairs to your equipment, making it respond to the inclines and resistance seen in the video on your screen.

Training for something specific?
The structured workouts and coaching videos will put your training to the test.

*Kinomap app subscription required



COMPATIBLE APPS



ACCESS A LIBRARY OF POPULAR TRAINING APPS INCLUDING ZWIFT, PELOTON AND KINOMAP



SYNC YOUR DATA WITH APPLE HEALTH AND GOOGLE FIT ALONGSIDE A HOST OF OTHER THIRD-PARTY FITNESS TRACKING PLATFORMS



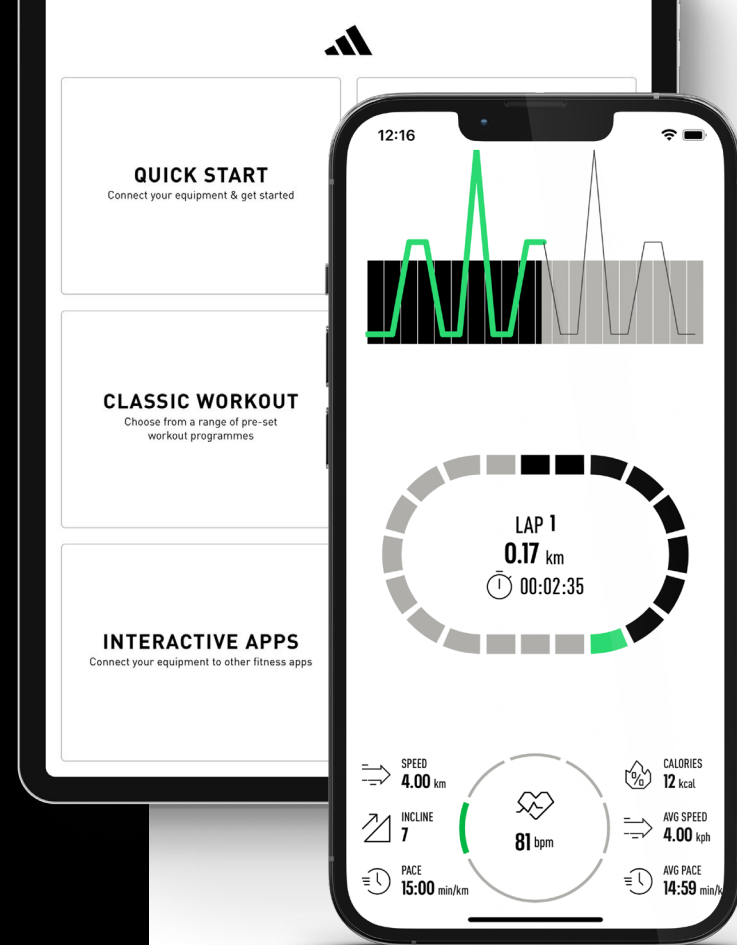
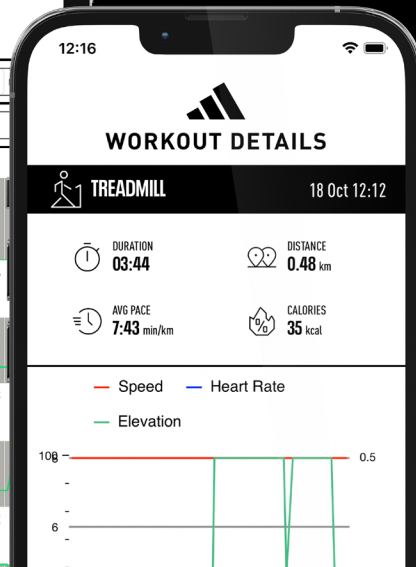
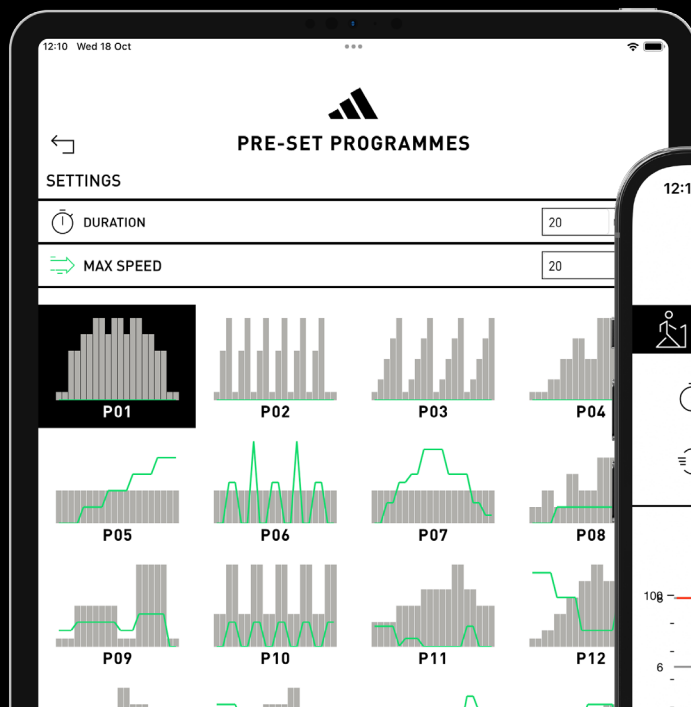
TRACK & ANALYSE WORKOUT DATA WITH DETAILED GRAPHICAL TRAINING REPORTS



PRE-SET WORKOUTS FOR ADIDAS CARDIO EQUIPMENT



SHARE YOUR ACHIEVEMENTS TO SOCIAL PLATFORMS



Introducing adidas Console+: the ultimate companion for adidas bluetooth treadmills, bikes and cross trainers.

Enhance your training with a user-friendly app that brings variety and excitement to your sessions. Access popular training apps such as Zwift, Peloton and Kinomap to join interactive classes and immerse yourself in gamified training environments.

Discover a diverse selection of pre-set workout programs specifically designed for adidas bluetooth cardio equipment.

Take your performance to the next level by analysing your workout data with detailed reports, tracking your progress over time, and gaining valuable performance insights. You can even celebrate fitness milestones by sharing your achievements directly to your social platforms.

Seamlessly use the app on your phone or tablet across the adidas cardio range, logging a comprehensive history of your workouts as you move towards your fitness goals. Additionally, you can sync your data with selected third-party tracking apps and health platforms, allowing you to integrate your favourite fitness tools together, all whilst TLS encryption ensures the security and privacy of your information.

Download the Console+ App from the App Store or Google Play and elevate your fitness journey.



ADIDAS TRAINING EQUIPMENT

SS25 CATALOGUE

[RFEINTERNATIONAL.COM](https://rfeinternational.com) | [ADIDASHARDWARE.COM](https://adidashardware.com)

RFE INTERNATIONAL LTD
8 CLARENDON DRIVE
MILTON KEYNES
MK8 8ED
UK

Ecologi
climate
friendly
workforce



TRAINING / YOGA / RECOVERY / BENCHES / CARDIO