**A. SPEED ROPE**
*EV2448BK*
- Toned muscles and burn calories.
- Adjustable and durable cable rope with removable weights in handles for varying levels of difficulty.
- Available in 9’ and 11’ lengths.

<table>
<thead>
<tr>
<th>8’ ROPE</th>
<th>9’ ROPE</th>
<th>9.5’ ROPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHTED HANDLES</td>
<td>NON-WEIGHTED HANDLES</td>
<td>WEIGHTED HANDLES</td>
</tr>
</tbody>
</table>

**B. LEATHER JUMP ROPE**
*EV2442TN*
- Genuine leather.
- Precision ball bearings for extra speed.
- Contoured and polished wood handles.
- Available in 9’ and 11’ lengths.

**C. SPEED ROPE**
*EH2083MU*
- Improves speed, strength and coordination.
- Friction-free with ultra fast action.
- Twelve 2.7m, super thin ropes in reusable containers.
- Adjustable length.
- Strong, lightweight ABS handles.
- 4 COLOURS PACK OF 12

**D. DELUXE SPEED ROPE**
*EV3631BK*
- Extra long and durable plastic rope for every day workouts.
- Plastic comfort grip handles are light and anatomically correct.

**E. SHADOW BOXER**
*EX5040BL*
- Ideal for developing powerful jabs, hooks, straight shots and speed work.
- Use of heavy duty resistance tubing makes training easy and effective.
- Adjustable and durable cable rope with removable weights in handles for varying levels of difficulty.
- Foam covered back support and panels.
- Fitness guide included.

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**EVERLAST.COM**
FIT POWERCORE MEDICINE BALL
6512/6513
> Textured panels ensure a secure grip for safety and stability while exercising.
> Center placed sand chamber provides balance and rotation.
> Perfect addition to any core workout.
> Synthetic leather.

STEP
A123
> Non-slip design.
> Solid construction.
> Fully adjustable height.

9 LBS
12 LBS

STEP CROSS TRAINING SET
CL2469
> Perfect for increasing the intensity of your cross trainer workout and to get you
building muscle.
> Designed to improve strength, power and agility.
> The Cross Training Set contains:
- 4.5kg weighted vest
- 10kg weighted power bag
- Weighted jump rope

BLACK/YELLOW

DOOR GYM
CL1059
> Turns any doorway into a personal gym.
> Installs in seconds.
> Ideal for pull-ups, push-ups, chin-ups, crunches and more.

CHINNING SIT UP BAR
EV2405BK
> Excellent for core training.
> Moves from hi-level chin up to low-level sit-up position without reinstallation.
> Soft, foam covered bar for comfort.
> Fully adjustable to any door width up to 91cm width.
> Telescopes from one end.
> Holds up to 113kg.

STABILITY BALL & PUMP
EV3583GY/EV3584NV
> Enhance core strength while working your upper and lower body muscles.
> Durable, 1,000 lbs burst-resistant ball.
> Includes hand pump for easy inflation.

10 LBS
20 LBS
GREY/BLUE: 6010G
GREY/PURPLE: 6020G

B
**Yoga Mat**

405

- Stay put safely with the air flow exercise mat. Perform a variety of stretches, or yoga and pilates poses and postures. Air flow surface keeps you cool and dry while providing a secure surface for exercising.
- Breathable surface provides cool, dry workout.
- Non-slip traction for stability.
- Durable foam provides long lasting use.
- Carry strap for portability.
- Hand-washable, wipes clean easily.

**Foam Roller**

ASA326

- Erases trigger points
- Helps restore flexibility
- Brings quick relief to muscular pain

**Duo Exercise Wheel**

EV2413SL

- Strengthens abs, arms, shoulders, and back with one smooth, comfortable action.
- Two easy-glide wheels for extra balance and stability.
- Lightweight and portable.
- Features molded, easy-grip handles.

**Universal Fit Gloves**

P0000360/P0000361/P0000359

- Easily transition between workout routines without changing your equipment.
- Padded knuckles and enhanced wrist wrap provide support while keeping hands safe.
- EVERGRIP™ technology on the palm ensures a superior grip.

**Leather All Competition Gloves**

EV2474

- Top grain all leather construction.
- 1/2 length fingers.
- Poly foam padded palm with reinforced thumb.
- Double layer leather palm.
- Adjustable wrist closure.
- Double stitched stress points.

**Technology:** EVERGRIP™
PADDED WEIGHT LIFTING BELT
EV2432

> Unique grip allows a trainer to feel less impact on the hand and wrist.
> Ideal for practicing various strikes and punches.
> Premium leather construction.
> Sold in pairs.

| BLACK | S | M | L | XL |

TECHNOLOGY:

PUSH UP TWISTER
CL9181

> Non-slip base.
> Solid construction.
> Comfort grips.

PUSH UP STAND
EV2406BK

> Sculpts and strengthens abs, pecs, upper arms and triceps.
> Versatile design allows front, close and floor protection.

NECK DEVELOPER
EV2451BK

> Builds neck strength and size.
> Prevents neck injury.
> Double reinforced nylon webbing.
> Electro-plated “D” rings.
> Weights not included as part of set.

BLACK

TWIST BOARD
EH2655GY

> High-impact, rotating platform for vigorous aerobic exercise.
> Precision ball-bearing ride for smooth, fluid motion.
> Shines and tones abs, hips and thighs.
> Strengthens back and calves.
> Fitness Guide included.

GREY

BLACK

BLACK
SHAPE & TONE THIGH TONER
EH2743GY
> Strong tension for increased firmness.
> Foam covered for maximum comfort.
> Easy to use, transport and store.
> Firms outer and inner thighs.
> Tones arms, chest and buttocks.
> Fitness Guide included.

EXTRA STRENGTH WOOD HAND GRIP
EV2429WD
> Develops arms and wrists.
> Durable wood.
> High tension.
> Extra strength.

INTERVAL TRAINING TIMER
7011
> Features both dual interval timer and stopwatch modes.
> Comes with detachable belt clip, hook-and-loop arm strap and features magnetic backing to attach timer to lockers, equipment, etc.
> Adjustable rounds and rest periods.
> Interval training timers are the perfect boxing gear necessity for a core workout.

FIT SAUNA SUITS
EV2454
> Designed to trap body heat and keep muscles loose, so you can shed excess water weight and calories more efficiently prior to or during a workout.
> Made of top-quality material that wipes clean with damp cloth and features exclusive EVERFRESH™ technology, an antimicrobial treatment to prevent odors.
> Two-piece suit with elastic waist and cuff pant.

FIT SAUNA SUITS WITH HOOD
EV5013
> Designed to trap body heat and keep muscles loose, so you can shed excess water weight and calories more efficiently prior to or during a workout.
> Made of top-quality material that wipes clean with damp cloth and features exclusive EVERFRESH™ technology, an antimicrobial treatment to prevent odors.
> Two-piece suit with elastic waist and cuff pant.

TECHNOLOGY: EVERFRESH™
SLIMMER BELT  EV2458BK
> Designed to help flatten abdominal muscles during aerobic conditioning.
> Provides core support using Compress-x technology to create a snug fit while retaining body heat and shedding water weight.
BLACK  UP TO 44"

ARM SLIMMER SLEEVES  EF3887BE
> Trims and tones your biceps and triceps more efficiently during your regular workout.
> Wear while weight training or even just walking.
> Features grip-strip closure adjusts to any size, comfortable soft material and is hand washable.
GREY

ANKLE/WRIST WEIGHTS  EV2754BK
> Thumb loop added lifting control and support.
> Loop acts as an anchor for attaching weights to wrists.
BLACK  2.5 LBS EACH (5 LBS PAIR)

ADJUSTABLE ANKLE WEIGHTS  EV2420BK
> Strong, durable and adjustable.
> Contoured to form fit around ankle.
> Soft padding for friction-free comfort.
BLACK  5 LBS EACH (10 LBS PAIR)

PILATES FITNESS BAND  EH2976GY
> Designed to help flatten abdominal muscles during aerobic conditioning.
> Provides core support using Compress-x technology to create a snug fit while retaining body heat and shedding water weight.
> Magnets could help increase blood flow during your most advanced workouts.
> Specially designed to create an instantly smooth and streamlined midsection.
GREY

SLIMMER BELT WITH MAGNETS  EH1973GY
> Designed to help flatten abdominal muscles during aerobic conditioning.
> Provides core support using Compress-x technology to create a snug fit while retaining body heat and shedding water weight.
> Specially designed magnets could help increase blood flow during your most advanced workouts.
GREY

WRIST SUPPORT  EV2453BK
> Durable elastic webbing.
> Thumb loop for added support & comfortable fit and feel.
BLACK  PAIR

LIFTING STRAPS  EV2452
> Durable 100% cotton webbing.
> Comfort hold on the bar.
BLACK  PAIR
NUTRITION

A. INSTANT WHEY & BEEF PROTEIN

> Unique blend of high quality protein designed with the training person in mind.
> High in protein while also being low in fat and carbohydrate with no compromise on taste. Everlast Whey and Beef Protein is the cornerstone of any high protein nutrition plan and a must for the serious trainer!

<table>
<thead>
<tr>
<th>Flavor</th>
<th>908g</th>
<th>2000g</th>
<th>360g</th>
<th>500g</th>
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<tr>
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</tbody>
</table>

B. FIGHTERS AMINO BCAA + L-GLUTAMINE

> High in Branch Chain Amino Acids with added Glutamine, this blend of important Aminos is ideal before, during and after any training session and one of the best the market has to offer.
> Can also be used as a thirst quenching sports drink.

<table>
<thead>
<tr>
<th>Flavor</th>
<th>340g</th>
<th>500g</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>LEMON</td>
<td>0638170353718</td>
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</tr>
</tbody>
</table>

C. ISO LAST ISOTONIC DRINK

> Matrix of three different carbohydrates (Dextrose, Maltodextrin and Fructose) and added vitamins and minerals, intended to meet the expenditure of intense muscular effort and aid performance.
> Can be easily consumed before, during and after any training activity.

<table>
<thead>
<tr>
<th>Flavor</th>
<th>500g</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEMON</td>
<td>0638170353734</td>
</tr>
<tr>
<td>ORANGE</td>
<td>0638170366741</td>
</tr>
</tbody>
</table>

D. T.K.O. PRIME PRE-WORKOUT

> High quality blend of stimulants that aid the user in getting ‘In the Zone’.
> Arginine, Beta Alanine, Taurine and Caffeine are all here in just the right quantity with also added BCAAs and Carbmax (4 times carbohydrate blend) to help offset fatigue in hard training sessions.

<table>
<thead>
<tr>
<th>Flavor</th>
<th>200g</th>
<th>60 Caps</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>PEACH</td>
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</tr>
</tbody>
</table>

E. THERMO BURN

> Blend of herbal ingredients that when used in conjunction with a sensible diet plan may have a positive effect on the induction of unwanted weight.

ALSO AVAILABLE IN SACHETS

SAVE 10% ON THREE POUCH PACKETS