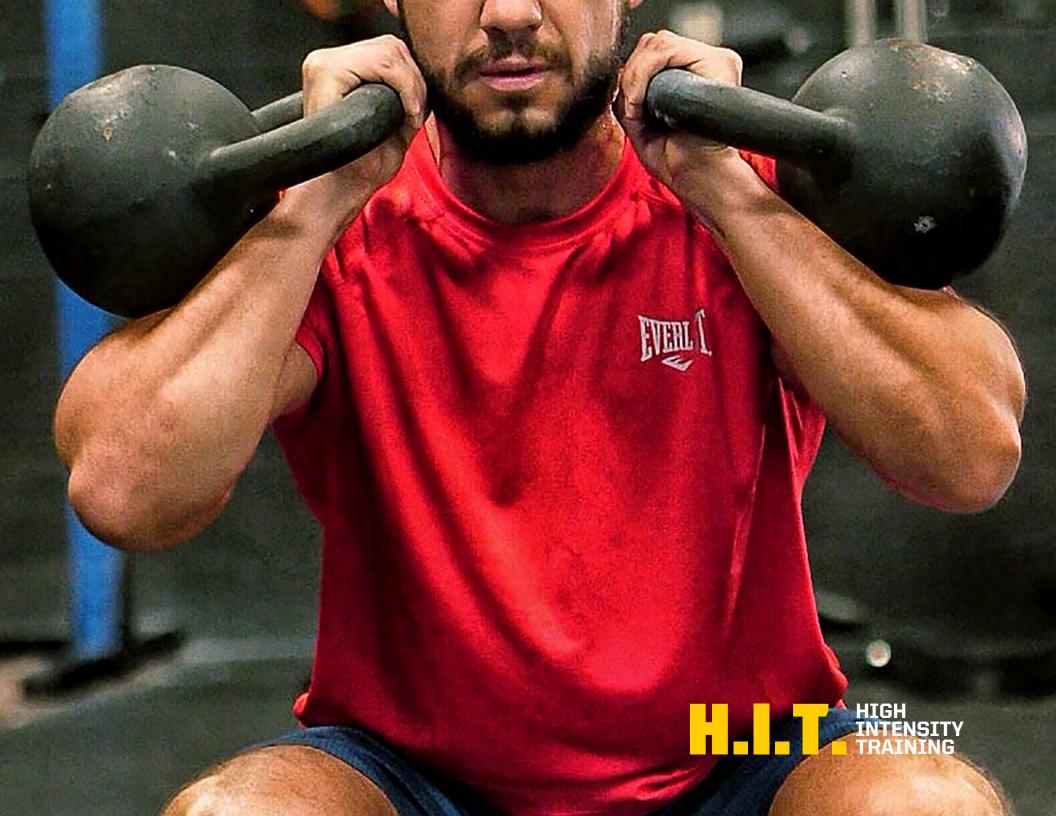


HIGH INTENSITY TRAINING



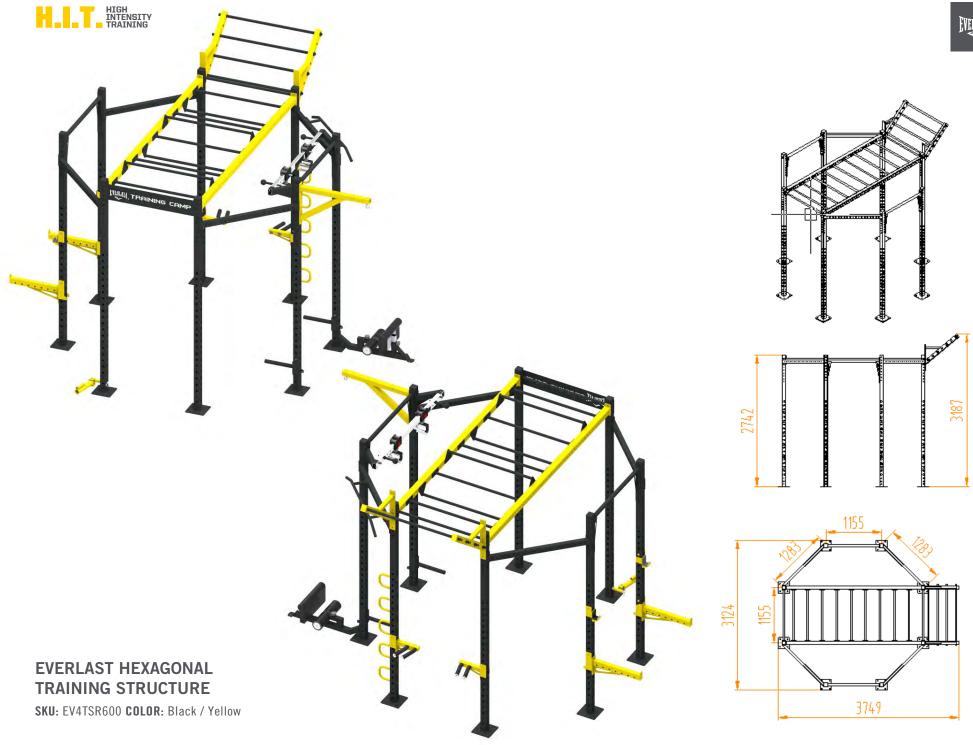


















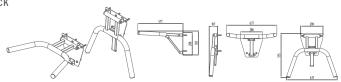
WALL MOUNTED DIP

(56.5cm x 64cm x 30cm)

Expand your weight room by using the everlast all mounted dip station. Increase the strength of your chest, shoulders And triceps.

Once your workout is complete, Return the mount to its space saving position.

SKU: EVWD5R120 COLOR: Black





CHIN UP BAR

Easy assembly & installation Holds up to 140kgs Made from high quality steel Mounts on to any solid wall Offers a variety of grip positions & exercises

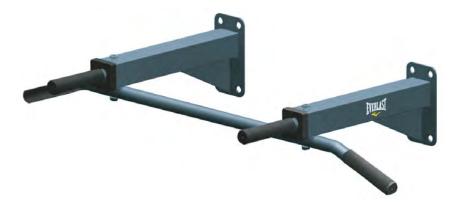
HOLDS UP TO

140

KGS

Structure 131cm X 58cm X 60cm

SKU: EVCH4R207 COLOR: Black



CHIN UP BAR

Easy assembly & installation Made from high quality steel Mounts on to any solid wall Offers a variety of grip positions & exercises

ENGINEERED FOR:
TOTAL BODY CONDITIONING
STRENGTH TRAINING
INTENSE CARDIOVASCULAR WORKOUTS



SKU: EVCH9W450 COLOR: Grey / Black





ADJUSTABLE POWER BRACKETS

PERFECT FOR BEGINNERS & ADVANCED Improve strength and cardio, for all skill levels, secure grip.

Material ensures a secure grip during use.
Perfect fitness tool used to improve strength and cardio fitness.
Easily adjustable iron bracket can be modified according to exercise and skill level from 22" to 30"

Specially designed to be used as hurdles or for dips, pushups, inverted rows and more.

EVERGRIP

SKU: EVPB5S65 COLOR: Black / Lime











SUSPENSION SYSTEM DELUXE



LETS YOU USE YOUR BODYWEIGHT WITH THE NATURAL FORCE OF GRAVITY.

Total-body workout system you can set up in less than 60 seconds at home or anywhere you go. Get stronger, build muscle, lose weight and improve flexibility fast no weights required.

Work out total body, burn fat and tone all lean muscles this trainer is a complete bodyweight gym that supports highly metabolic compound exercises and assisted exercise variations for full workouts for every skill level.

Increase muscle endurance & sport performance infinitely variable resistance.
Full body resistance trainers feature indexed straps and quick adjust buckles so you can tailor resistance for each exercise.

SKU: EVST9W008 COLOR: Black / Red



ANTI-SLIP FOAM RUBBER HANDLE



HEAVY DUTY ZINE-ALLOY CARABINER



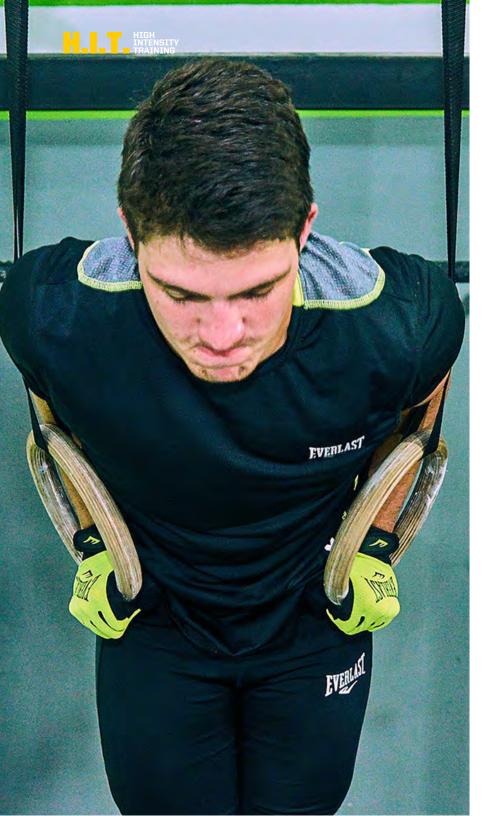
ADJUSTABLE EASY TO SET BUCKLE



SUPER STURDY DOOR ANCHOR

PACKAGE INCLUDED:

TWO BODYWEIGHT RESISTANCE STRAPS ONE EXTENSION STRAP ONE CARRY POUCH ONE USER MAMUAL ONE DOOR ANCHOR







WOOD GYM RINGS

Perfect for multiple exercises such as: Push-ups, iron cross, dips, muscle ups, pull-ups and many more.
Each set contains two rings and two numbered straps.
Superior feel of natural wood for a secure grip, even without chalk

Sold in sets of 2

Diameter: 1.25" standard

Firm grip with or without chalk Includes (2) 1.5" Heavy Duty Black Nylon Straps with Buckle* 18' Strap long straps, 25mm wide strap

SKU: EVGR4I125









POWER ROPE

ENGINEERED FOR: TOTAL BODY CONDITIONING, STRENGTH, CARDIOVASCULAR TRAINING, IMPROVED GRIP STRENGTH

30' Rope, 1.5" Diameter.

Durable synthetic blend with contoured handles.

ENGINEERED FOR:

Total body conditioning Strength training Intense cardiovascular workouts

SKU: EVBR9W623 COLOR: BLACK SIZE: BATTLE ROPE 38mm x 15m

CLIMBING/UTILITY ROPE WITH ANCHOR

Climbing ropes have always been one of the most popular and standard equipment requests for overall improvement of physical fitness and muscle tone, particularly for upper arms and shoulders.

Extremely popular training apparatus for strength, grip and arm coordination skills for use in physical education, wrestling, gymnastics, military, and cross-fit applications. Landing mats, spotting and supervision suggested when using.

SIZE:SKU: EVCR4R380 SIZE: 38mm /length: 15m SKU: EVCR4R500 SIZE: 50mm /length: 15m









ADJUSTABLE ROPE UP TO 11 FT (3.35m)

Suitable for everyone - best jump rope for any workout, mastering double unders, exercise and fitness, mma training, boxing, bodybuilding, personal training, home and outdoor workouts.

SKU: EVSJ6S356 COLOR: Black / Lime





S' LEATHER JUMP ROPE

High durability and speed High quality precision ball bearings Comfortable and smoooth handling

SKU: EVLR8800 COLOR: Leather

EVERGRIP™ WEIGHTED JUMP ROPE

ENGINEERED FOR: SPEED, ENDURANCE, AGILITY, COORDINATION, TOTAL BODY CONDITIONING

Adjustable length, 9 ft. plastic speed rope.

Evergrip™ Handles provide added grip while training.

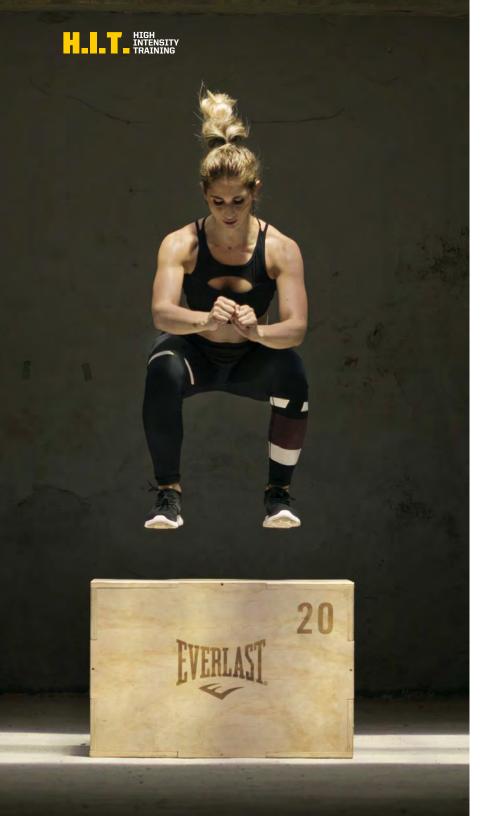
Removable weights to challenge your cardio and upper body training.

1.5 Lbs. Maximum Removable Weights Precision Ball Bearing

Rotation For Increased Speed.

SKU: 4485 COLOR: Black









PLYOMETRIC WOODEN BOX

Our 3-in-1 power box is a staple item of any fitness studio or crossfit box. Simply rotate the wooden box to your desired height and jump.

This item is cnc machine cut with rounded edges and pre drilled screws makes this box a very fast to install.

Plyometric exercises are perfect to improve an athletes ability and skill and will seriously increase speed and strength.

SKU: EVBX8R243 **SIZE:** 20" x 24" x 30"





SKU: EVPB4R012
MINI POWER BAND offers 5lbs - 35lbs
Resistance length - 102cm width - 12mm color:red

SKU: EVPB4R022

XSMALL POWER BAND offers 10lbs - 50lbs

Resistance length -102cm width - 22mm color:purple

SKU: EVPB4R032
SMALL POWER BAND provides 25lbs - 80lbs
Resistance length -102cm_width - 32mm color:orange

SKU: EVPB4R044

MEDIUM POWER BAND gives 50lbs - 120lbs

Resistance length -102cm width - 44mm color:blue

SKU: EVPB4R065

LARGE POWER BAND offers 60lbs - 150lbs
Resistance length -102cm width - 65mm color:black









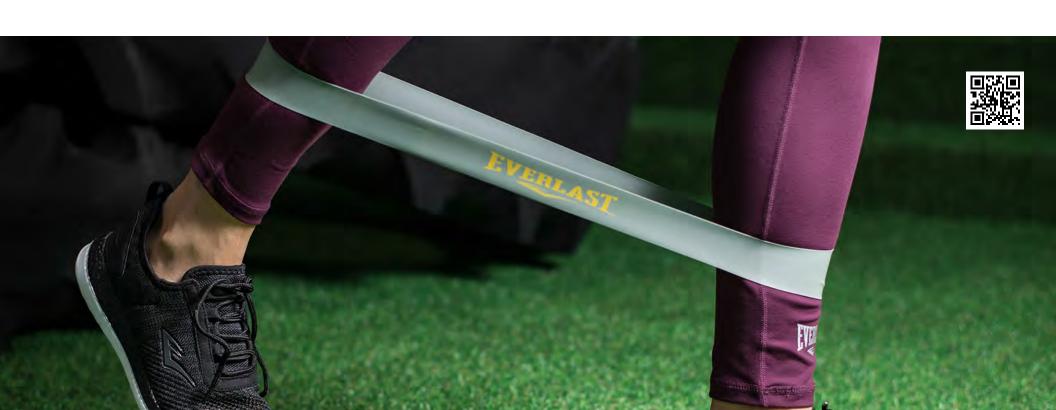
LOOP BANDS (3pk)

3-piece resistance bands give you a variety of resistance levels. Light, medium and heavy loops let you adjust the intensity of your workouts to challenge every major muscle group in your body.



SKU: EVMB7I630 COLOR: Black / Grey / Yellow

ENGINEERED FOR:
RESISTANCE TRAINING, WARM UP AND
REHABILITATION OF UPPER AND LOWER BODY.









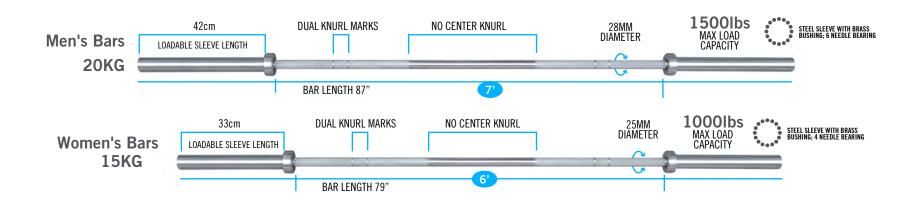




28mm OLYMPIC WEIGHTLIFTING BAR, 7' 25mm OLYMPIC WEIGHTLIFTING BAR, 6'

Brass bushings for reliable spin and satisfactory whip
Knurling marks for both olympic and power lifting Bar collars are snap ring design
Bearings allow the hard chrome sleeves to rotate freely promoting a smoother, quieter spin.
Material :Alloy Steel with heat treatment

SKU: EVOB4R086 WEIGHTLIFTING BAR, 7' SKU: EVOB6R015 WEIGHTLIFTING BAR, 6'













HI-IMPACT BUMPER PLATES DIAMETER: 45cms

Heavy-duty bumper plates designed to resist the heaviest of workouts.

Made of recycled crumb rubber.

Drop test: 2m x 8000 repetitions.

Steel rim bushing.

SKU: EVBP8R010 10LB COLOR: Grey SKU: EVBP8R015 15LB COLOR: Pink SKU: EVBP8R025 25LB COLOR: Green SKU: EVBP8R035 35LB COLOR: Yellow SKU: EVBP8R045 45LB COLOR: Blue

















ARM BLASTER

 $PRODUCT \ DIMENSIONS: 23"L \ X \ 4"H, PRODUCT \ WEIGHT: 1 KG \ ONE \ SIZE \ FITS \ ALL. \\ Uniquely \ contoured \ rigid \ metal \ design \ allows \ you \ to \ isolate \ your \ arms \ and \ shoulders.$

Webbed nylon belt, a thick, oversized neoprene neck pad, and dense elbow pads.

The strap features a quick release to adjust it to the perfect position.

Bulk up your biceps each time you grab a workout Bar with the bicep bomber.



SKU: EVAR9H200 COLOR: Black









KETTLEBELL DLX

A training plan with kettlebell is suitable for all who want to vary your training fitness and force. Everlast kettlebells are available in the weight increments you need from lightweight Beginner bells starting at 4kg / 9lb to 32kg / 70lb Color-coded handles for easy recognition.

Texture matters. A well formed, balanced, and properly textured kettlebell feels Better in the hand and performs better in motion.

SKU: EVIK8R009 SKU: EVIK8R018		4kg / 9lb 8kg / 18lb
SKU: EVIK8R026	COLOR: Blue	12kg / 26lb
SKU: EVIK8R035 SKU: EVIK8R044	COLOR: Grey	16kg / 35lb 20kg / 44lb
SKU: EVIK8R053 SKU: EVIK8R070		24kg / 53lb 32kg / 70lb







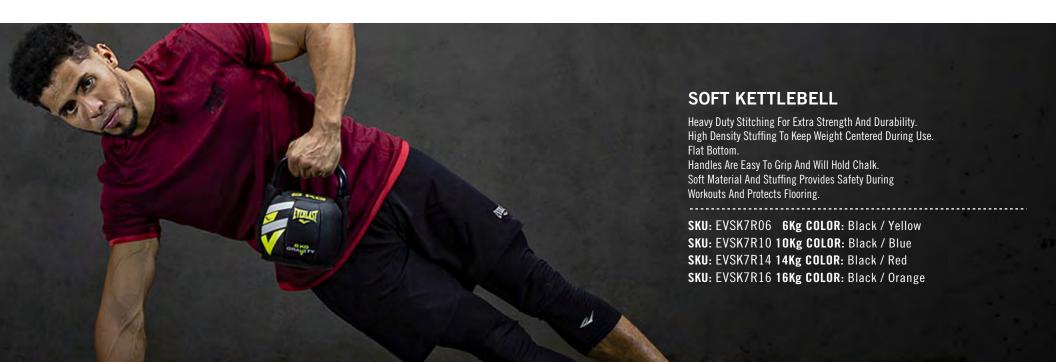


















RUBBER MEDICINE BALL

Medicine Balls Are The Perfect Exercise Tool For All Fitness, Cross Training, Boxing And Gym Work. Build Your Resistance Levels, Endurance And Strength.

SKU: EVRM6S12 2KG COLOR: Black / Purple SKU: EVRM6S13 3KG COLOR: Black / Yellow SKU: EVRM6S14 4KG COLOR: Black / Orange SKU: EVRM6S15 5KG COLOR: Black / Blue SKU: EVRM6S16 6KG COLOR: Black / Red









POWERCORE BAG MEDICINE BALL

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. Available in 9lbs and 12 lbs.

.....

SKU: 6512 9lbs COLOR: Black SKU: 6513 12lbs COLOR: Black

WALL BALL (10lb 14lb 20lb 30lb) CARBON FIBER FABRIC

Balls are ideal for rotational movements, core exercises of many types and dynamic strength training all while the ball remains dimensionally stable and balanced and moisture and scuff resistant.

Soft shell, heavy duty vinyl coated nylon construction design holds its shape over time and allows you to strike balls with arms and legs for more diverse training.







SKU: EVWL7R010 10lbs COLOR: Black / Orange SKU: EVWL7R014 14lbs COLOR: Black / Green SKU: EVWL7R020 20lbs COLOR: Black / Blue SKU: EVWL7R030 30lbs COLOR: Black









POWERCORE BAGS 10KG 15KG 20KG

The power bag from everlast is a versatile training tool to develop strength and cardiovascular fitness.

THE BAGS CAN ALSO BE USED IN A VARIETY OF WAYS;

Squats, walking lunges, chest press, shoulder press or explosive throw drills. alternatively lighter bags can be used with a training partner to throw, catch and move.

SKU: EVSB7S710 10kg COLOR: Red SKU: EVSB7S715 15kg COLOR: Blue SKU: EVSB7S720 20kg COLOR: Grey









AB MAT TRAINER

EVERLAST AB MAT TRAINER PROVIDES:

Offers low-back comfort and support during ab exercises. The contoured shape promotes safe lumbar extension, placing the abdominal muscles on a pre-stretch position resulting in a maximal abdominal activation. It is the perfect complement to a mat routine, elevating the body off the floor during crunches, curls, Sit-ups, side bends and back extensions.

SKU: EVAB9W100 COLOR: Black



AB MAT PRO ABDOMINAL TRAINER

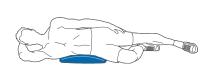
THE EVERLAST AB MAT PROVIDES:

The full range of motion necessary to work the entire Abdominal muscle group.

A variety of exercises that isolate upper and/or lower abs, as well as the obliques and lower back muscles.

A safe, comfortable design contoured to your lower back Which helps to prevent injury and supports your spine.

SKU: EVAB4S06 COLOR: Blue











33cm MASSAGE ROLLER

Excellent for soothing muscle pains, balance exercises, and strength conditioning. Use your own body weight to help increase blood flow and circulation to the soft tissues Improve springiness, range of motion, minimize pain and soreness

FEATURES AND SPECIFICATIONS

Molded polyethylene foam technology Smooth and semi-firm surface that will not loose its shape after multiple uses





SKU: EVRL9W330 COLOR: Black / Red



FOAM ROLLER

Excellent for soothing muscle pains, balance exercises, and strength conditioning.
Use your own body weight to help increase blood flow and circulation to the soft tissues
Improve springiness, range of motion, minimize Pain and soreness
FEATURES AND SPECIFICATIONS

Molded polyethylene foam technology Smooth and semi-firm surface that will not loose Its shape after multiple uses

SKU: EVFR41036 36" COLOR: Black SKU: EVFR41024 24" COLOR: Black SKU: EVFR41012 12" COLOR: Black











EVERGRIP WEIGHTED VEST

VESTS ARE UNISEX.

Neoprene vest with iron-and-sand weight filling Adjustable straps for ideal fit and comfort.

EVERGRIPTM technology with textured panels underneath vest secures placement and limits vest movement during exercise. Exercising at a heavier weight maximizes the effectiveness of your workout.

Best for strength training, total-body conditioning, and muscular and cardiovascular endurance.

SKU: 6010G 10Lbs COLOR: Grey / Blue

SKU: 6020G 20Lbs COLOR: Grey / Purple









WEIGHTLIFTING WRIST WRAPS

Wrist Wraps provide additional
wrist support anytime you need it.
Rubber closure for easy, custom tightening.
Made from a cotton, elastic, and polyester
blend that absorbs excess moisture and won't irritate the skin.

SKU: EVWR7R527 COLOR: Black

ENGINEERED FOR:

PROVIDE WRIST SUPPORT FOR BOTH MEN AND WOMEN AND CAN BE USED IN A WIDE VARIETY OF SPORTS AND FITNESS ACTIVITIES





HIGH PERFORMANCE KNEE WRAPS

Made of heavy duty elastic, 78" inches long / 3" wide. Knee wraps provide therapy and compression for the knee. Cold pack therapy is recommended for optimum recovery

Of acute knee injuries.

Wear during intense training to help prevent injuries. One size fits all, sold as a pair.



SKU: EVKW9H752 COLOR: Black / Red

......

ENGINEERED FOR:

PROVIDE IMMENSE SUPPORT, STABILITY AND PROTECTION OF YOUR KNEES
DESIGNED TO ADJUST TO YOUR MOVEMENTS WITH A HIGH-PERFORMANCE
STRETCHABLE FABRIC, THE LIFTING WARPS WEIGHTLIFTING SUPPORT
BRACES ARE SURE TO OFFER YOU TOP-NOTCH STRETCHING WHICH FEELS















LIFTING STRAPS

Removes Pressure From Hands To Allow For Greater Lifting Ability. Provides Greater Lift With A Padded. Comfortable Hold On The Bar Durable 100% Cotton Webbing



ENGINEERED FOR: SUPERIOR HAND PROTECTION DURING WEIGHTLIFTING

SKU: EVCS1S20 COLOR: Black

PRO GRIP WEIGHT LIFTING **COTTON STRAPS**

Grip flex technology adds extra cushioning and flexibility. Around the wrist during heavy lifting. Strap is made from heavy duty cotton and flex rubber for added Strength and a "no-slip" grip When using the strap, rubber side must always face bar 20.5" extended length allows you to wrap the bar several times 1.5" inches wide



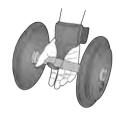
ENGINEERED FOR: SUPERIOR HAND PROTECTION DURING WEIGHTLIFTING

SKU: EVCS4H706 COLOR: Black

PRO WEIGHT LIFTING HOOKS

Designed To Enhance Grip And Reduce Finger Fatigues. Neoprene Wrist Pad Cushions Keeps Wrist In Proper. Position To Help Prevent Hyper Extension. Ballistic Grade Nylon Increase Durability, Fully. Adjustable Closure.

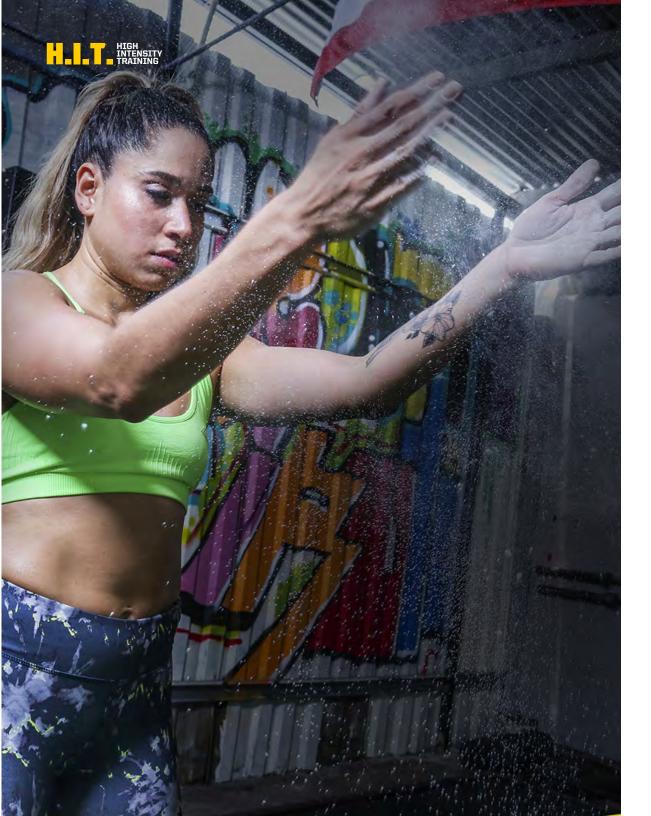
Sold As Pairs.



SIZE ENGINEERED FOR: SPECIALLY DESIGNED FOR HIGH INTENSITY TRAINING WORKOUTS

SKU: EVHK4H705 COLOR: Black







SPORTS CHALK



MAGNESIUM CARBONATE

Ideal for Gymnastics, Weight lifting and High Intensity Training. Enhance the grip on all sort of bars and sports equipment. Designed to reduce hand moisture for better traction Helps prevent your hands from slipping on the barbell or rings

SKU: EVCK9R300











CONTOURED WEIGHT LIFTING BELT

Used during weightlifting activities.

Expanded back support & more comfort with less irritation.

Snug fit adds support and encourages proper form.

Created for comfort and flexibility, provides exceptional

support for the back.

Encourages correct form throughout weight lifting routines.

SKU: EVSB4S39-SM COLOR: Black 5 / M FITS WAIST SIZES 24"/34". SKU: EVSB4S39-ML COLOR: Black / L FITS WAIST SIZES 34"/48".

UNIVERSAL WEIGHT LIFTING BELT

4"/6" WIDE WATERPROOF FOAM CORE BELT IS HAND WASHABLE. AIR DRY

One Adjustable Size.

Maximum lower back and abdominal support for heavier lifts!

Strong and durable.

This contoured belt helps you achieve killer results.

Safely and comfortably.

SKU: EVUB084 COLOR: Black SKU: EVUB086 COLOR: Black 6"

4" LEATHER WEIGHT BELT

Interior foam cushioning and suede lining for enchanced comfort. Heavy duty dual pronged steel roller buckle secures tensioning. Supports your lower back during those heavy brutal lifts.



ENGINEERED FOR: SUPPORT STABILITY

SKU: EVLB9H440 COLOR: Black















Each grip gives the user the chance to personally trim the finger length using a simple pair of scissors to match their own hand size.



When worn, the protective leather grip can then either fold flat on the palm (When you need it) or fold back over the wrist strap to free up your hands again as needed.











PALM PROTECTOR

Superior hand protection during weightlifting. Superior Grip.

Flexible and durable rubber material.

HOW TO USE

Slip fingers into the loops with the curved edge facing your thumb. Securely grip the bar and begin your training session.

SIZE FITS ALL ENGINEERED FOR: SUPERIOR HAND PROTECTION DURING WEIGHTLIFTING

SKU: EVPP7H094 COLOR: Black

PALM PROTECTOR

Removes excess material from the fitness glove Comfort-cooling solution for your hands Radial finger loops provide fast on/off action Optimum palm protection, positioning and grip



ENGINEERED FOR: SUPERIOR HAND PROTECTION DURING WEIGHTLIFTING

SKU: EVPP1000 COLOR: Black

GRIP GUARD

Ideal for exercises such as rope climbing, pull ups, olympic lifts and kettlebell workouts.

These gloves are extremely lightweight and durable.

Designed to maximize breathability while preventing moisture.

Gripper gloves are a good choice for anyone who wants to improve grip during training workouts.



ENGINEERED FOR:
SPECIALLY DESIGNED
FOR HIGH INTENSITY
TRAINING WORKOUTS

SKU: EVWG5H444 COLOR: Black

S/M-M/L

