



HIGH INTENSITY TRAINING





H.I.T. HIGH
INTENSITY
TRAINING



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



PUSHUPS

DIPS

INVERTED ROWS





SUSPENSION SYSTEM DELUXE

NEW

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.

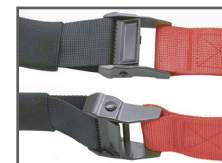
SKU: EVST9W008 **COLOR:** Black / Red



ANTI-SLIP
FOAM RUBBER HANDLE



HEAVY DUTY
ZINC-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 MANUAL
ONE DOOR ANCHOR



DELUXE SPEED ROPE

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



9'
FEET

LEATHER JUMP ROPE

High durability and speed
High quality precision ball bearings
Comfortable and smooth 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

EVERGRIP™

H.I.T. HIGH
INTENSITY
TRAINING



- **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

POWERBAND

Thick, extra strong and ideal for heavy use.

Designed to work lower leg muscles, provide resistance for walks, shuffles and lunges and help to prevent and rehabilitate sprained ankles.

Perfect for power assisted pull-ups/chin-ups, as well as in all fitness activities to provide added resistance to your workout.

Allows the user to customize and create a level of resistance that fits their strength level by controlling the tension in the resistance by shortening or Lengthening the band.





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.

3
LEVELS OF
RESISTANCE

SKU: EVMB7I630 **COLOR:** Black / Grey / Yellow

ENGINEERED FOR:

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





ARM BLASTER

PRODUCT DIMENSIONS: 23" L X 4" H, PRODUCT WEIGHT: 1KG 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.

NEW

SKU: EVAR9H200 **COLOR:** Black

CURVED BODY DESIGN

The perfectly contoured shape
conforms around your torso and
cradles your triceps.

HEAVY DUTY CONSTRUCTION

The arm blaster body is constructed
from tough gauge aluminum for a
high-level workout.

SUPERIOR NECK SUPPORT

The elite neck strap is constructed from
supreme foam padding for a pain-free
experience.

INTUITIVE STRAP TECHNOLOGY

The strap features a quick release mechanism
for easy adjustment into the ideal position.

COMFORT PADDED ENDS

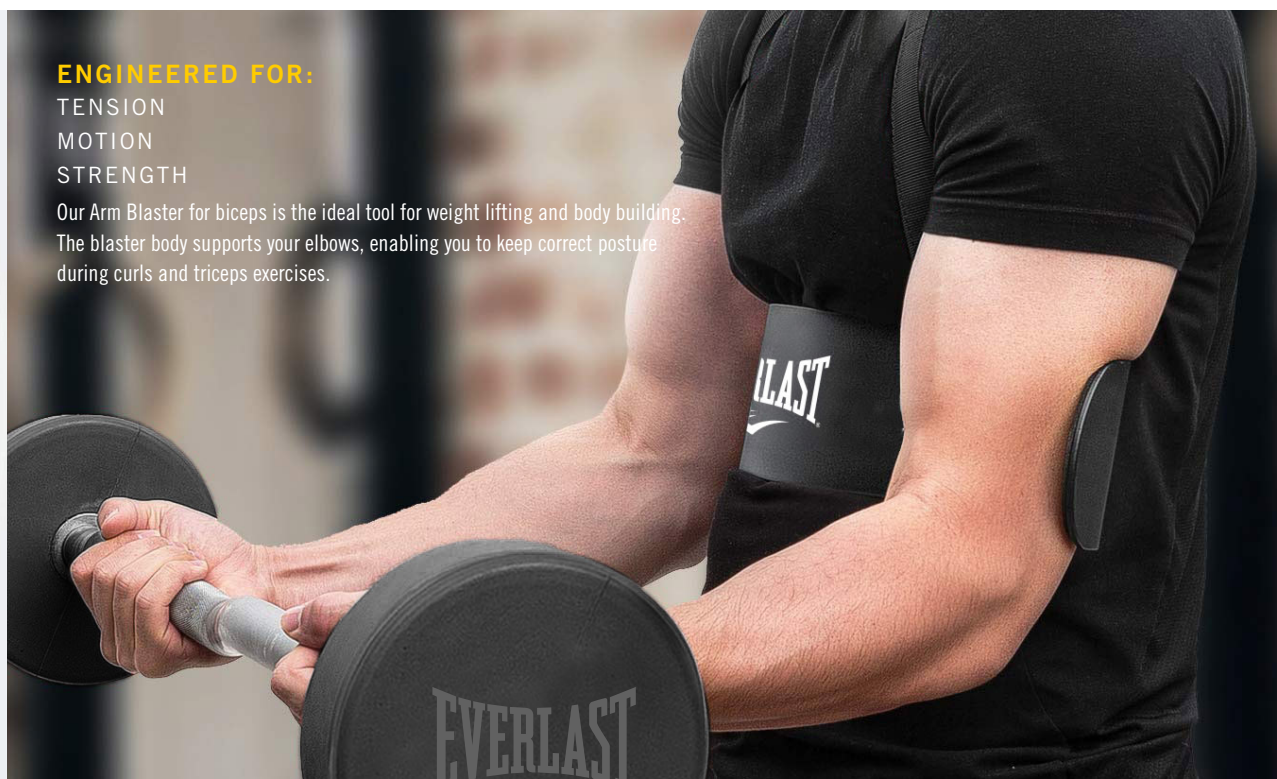
The dual padded design supports your
triceps and allows you to perform max
reps in comfort.

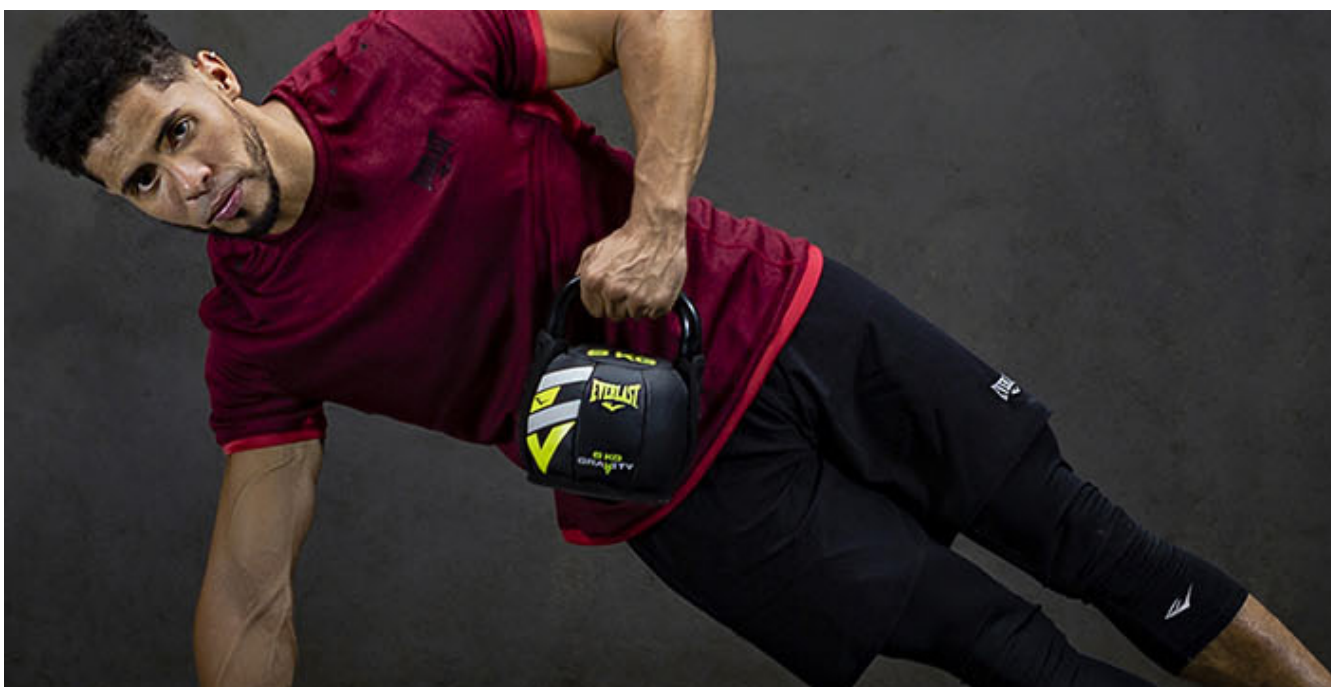
ENGINEERED FOR:

TENSION
MOTION
STRENGTH

Our Arm Blaster for biceps is the ideal tool for weight lifting and body building.

The blaster body supports your elbows, enabling you to keep correct posture
during curls and triceps exercises.





SOFT KETTLEBELL

Heavy Duty Stitching For Extra Strength And Durability.
High Density Stuffing To Keep Weight Centered During Use.
Flat Bottom.
Handles Are Easy To Grip And Will Hold Chalk.
Soft Material And Stuffing Provides Safety During
Workouts And Protects Flooring.

SKU: EVSK7R06 6Kg COLOR: Black / Yellow

SKU: EVSK7R10 10Kg COLOR: Black / Blue

SKU: EVSK7R14 14Kg COLOR: Black / Red

SKU: EVSK7R16 16Kg COLOR: Black / Orange



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





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

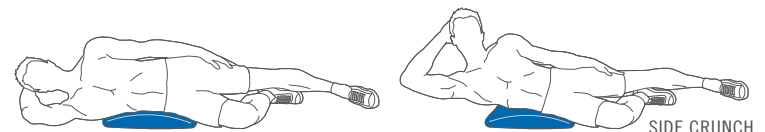
THE EVERLAST AB MAT PROVIDES:

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



SIDE CRUNCH



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.

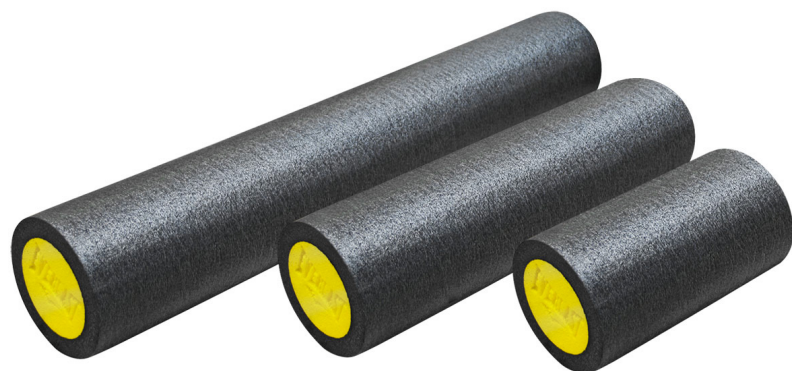
FEATURES AND SPECIFICATIONS

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

NEW

33
cm

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 lose its shape after multiple uses.

SKU: EVFR4I036 36" **COLOR:** Black

SKU: EVFR4I024 24" **COLOR:** Black

SKU: EVFR4I012 12" **COLOR:** Black





EVERGRIP WEIGHTED VEST

VESTS ARE UNISEX.

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

EVERGRIP™ 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

FEATURING
EVERGRIP™
TECHNOLOGY



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 **S / M FITS WAIST** SIZES 24"/34".
SKU: EVSB4S39-ML **COLOR:** Black **M / 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 **4"**
SKU: EVUB086 **COLOR:** Black **6"**

H.I.T. HIGH
INTENSITY
TRAINING

HOW TO WEAR

POSITION LEATHER PALM GRIPS ON FRONT OF HAND SO BUCKLE IS UNDER THUMB, AND FLAP ROLLS AROUND OUTER EDGE OF PALM. USE A FEW TIMES TO DETERMINE WHERE YOU WANT FLAP POSITIONED ON FINGERS. TRIM FLAP TO DESIRED LENGTH WITH SCISSORS.

HOW TO USE

LEATHER PALM GRIPS WORK EVEN BETTER WITH A LITTLE SWEAT AND CHALK!

FAST ON OFF FOLD FLAT ON PALM TO USE FOLD BACK ON WRIST
TO CLEAR EXCLUSIVE LEATHER GRIP PROTECTS AGAINST
CALLUSES AND SKIN TEARING DESIGNED FOR RIGHT AND LEFT
WITH QUICK RELEASE SIZED FOR BEST FIT AND GRIP COVERAGE

DESIGNED FOR RIGHT AND LEFT WITH QUICK ON/OFF RELEASE

LEATHER PALM GRIPS

Quick-release, Wrap-around, Fingerless Design
Personally Customizable Grip Size
(Trim To Match Your Finger Length)
Leather Grip To Protect Hands
Designed For Use With Right Or Left Hand
Grip Folds Flat On Palm For Use And Folds
Back On Wrist To Clear

SKU: EVPP6H001 **COLOR:** Charcoal



Along with protecting your hands from the cuts and calluses that can come with high-rep workouts, pull-up grips offer some unique innovations in convenience and customization.



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.

**ONE
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

**ONE
SIZE**
FITS ALL

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.

FEATURING
EVERCOOL™
TECHNOLOGY

ENGINEERED FOR:
SPECIALLY DESIGNED
FOR HIGH INTENSITY
TRAINING WORKOUTS

SKU: EVWG5H444 **COLOR:** Black

S / M - M / L

The Everlast logo, featuring the brand name in a stylized, white, serif font with a small wing-like graphic element below it, set against a red square background.

HIGH INTENSITY
TRAINING



www.everlastlatam.com



[everlastlatino](https://www.instagram.com/everlastlatino)



[@everlastlatam](https://twitter.com/everlastlatam)