

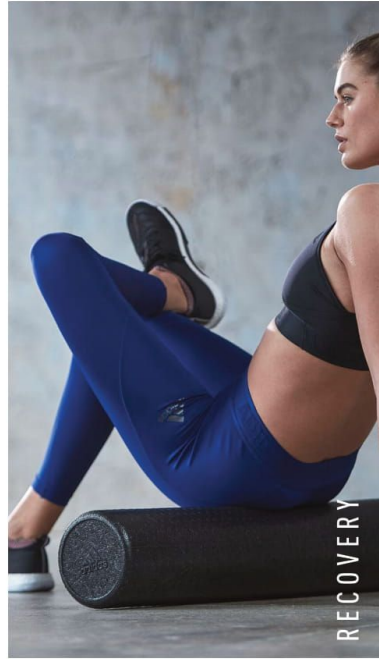


**ADIDAS AW21**  
TRAINING EQUIPMENT



## TRAINING

Deck  
Mats  
Compression wear  
Head Bands  
Weighted Apparel  
Weighted Accessories  
Training Accessories  
Skipping Ropes  
Tubes & Bands  
Weightlifting



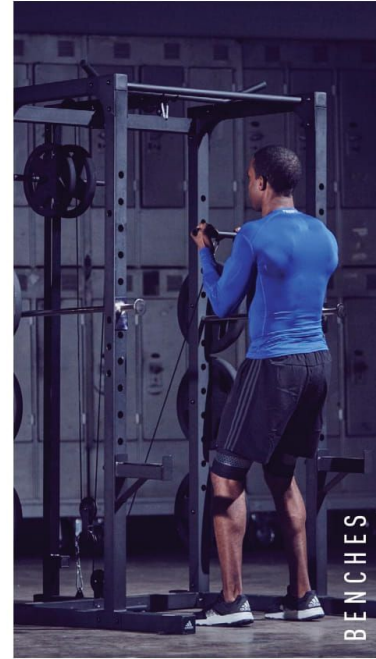
## RECOVERY

Rollers & Accessories  
Supports & Wraps



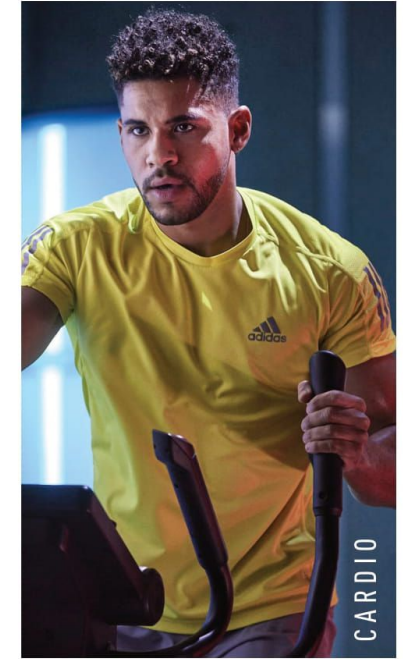
## YOGA

Mats  
Blocks, Wedges & Straps  
Apparel



## BENCHES

Performance Benches  
Home Gyms & Rigs



## CARDIO

Treadmills  
Bikes  
Cross Trainers  
Rowers



TRAINING



NEW FOR AW21

## HIIT DECK

MRP ₹29999



### SUMMARY

- Unique, configurable workout platform ideal for High-Intensity Interval Training
- adidas Resistance Tube and Skipping Rope included as part of the kit
- Scan to Train feature – scan the QR code with your device to access online exercise content
- Multiple setup configurations including incline, decline and flat bench settings
- Quick and easy height adjustment: 20 cm and 35 cm / 7.8" and 13.7"
- High-grip workout surface provides comfort and traction for strength and cardio exercises
- Integrated resistance tube attachment points along the backrest and base
- Internal storage compartment ideal for small fitness accessories
- Slip-resistant feet help to absorb impact and ensure a stable workout platform
- Ultra-durable design with a maximum user weight of 150 kg / 330 lb
- Compact and lightweight, weighing only 12.4 kg / 27.3 lb, making it easy to move and store
- No assembly required – ready to go straight out of the box
- Setup dimensions: (L) 121.5 x (W) 33.7 x (H) 35 cm / (L) 47.8" x (W) 13.2" x (H) 13.7"

### MODEL NO.

ADP-15070BK **New**

## FITNESS MAT

MRP ₹3699



### SUMMARY

Built for general ground exercise, the adidas Fitness Mat has a ridged base to increase stability for stronger workouts. The padded cushioning creates a comfortable surface to work from whilst keeping the mat lightweight, compact and quick to roll away.

Easy to clean with a large adidas logo, the fitness mat is fit for all levels, styles and training types.

- Available in two sizes:
  - 7 mm mat: 173 x 61 cm
  - 10 mm mat: 183 x 61 cm
- Soft cushioning
- Easy to wash and clean
- Ideal for ground exercise and general training
- Lightweight design rolls tight for transport and storage

- Made from NBR
- Ridged bottom helps grip the floor and reduce movement
- Carry Strap: 10mm mat

### MODEL NO.

7 mm Blue ADMT-11014BL

7 mm Grey ADMT-11014GR

7 mm Red ADMT-11014RD

10 mm Blue ADMT-11015BL

10 mm Grey ADMT-11015GR

10 mm Red ADMT-11015RD

## TRAINING MAT

MRP ₹5199



### SUMMARY

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.

Designed with stitched fabric edging for added durability, the mat features a ridged base which grips the floor, increasing traction for more effective training. Equipped with a separate Velcro carry strap, the adidas Training Mat is rollable for easy transport.

- Ample cushioning for comfort – 10mm thick
- Closed cell technology minimises moisture absorption
- Dimensions – 183 (L) x 61 (W)
- Easy to wash and clean
- Large printed adidas logo
- Made from NBR
- Ridged bottom helps grip the floor and reduce movement
- Rollable for easy transport and storage

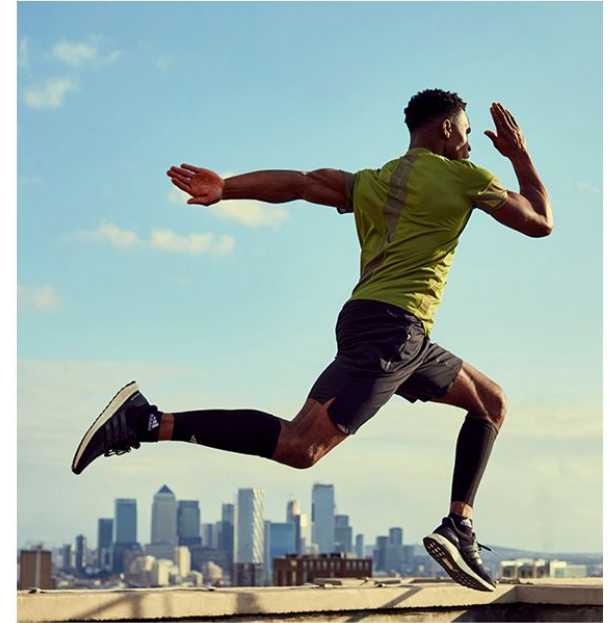
- Stitched fabric edging offers added durability
- Strong Velcro shoulder strap included

### MODEL NO.

- 10 mm Grey ADMT-12235GR
- 10 mm Red ADMT-12235
- 10 mm Blue ADMT-12235BL

## COMPRESSION CALF SLEEVES

MRP ₹1799



### SUMMARY

**BOOST PERFORMANCE** - Combining performance and comfort, adidas Compression Sleeves stimulate blood circulation and boost performance.

**PAIR OF SLEEVES** - Supplied as a pair, the tight-fitting design delivers top performance mile after mile.

**MACHINE WASHABLE** - Fit for machine washing, the Compression Sleeves are easily cleaned and made to last.

**ELASTICATED DESIGN** - Made from a blend of elastane and polyester, the sleeves are both lightweight and stretchable for total comfort.

- Accelerates recovery and reduces soreness
- Helps regulate temperature for reduced irritation
- Improved circulation enhances performance
- Made from an elastane-polyester blend

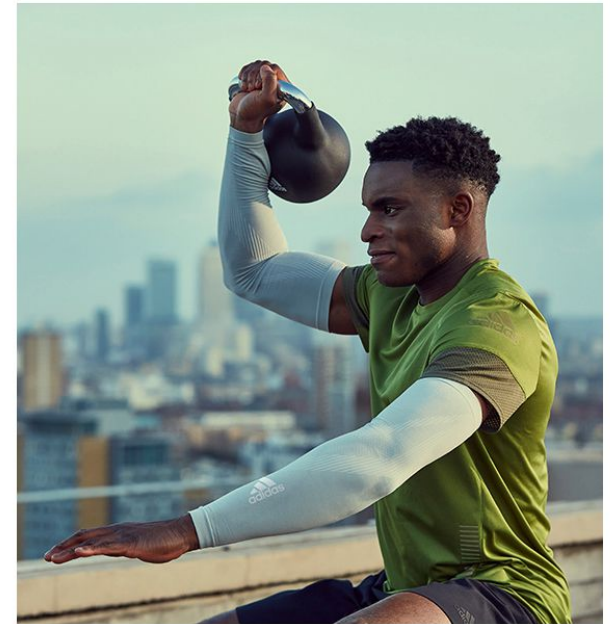
### MODEL NO.

Black S/M ADSL-13323BK  
Black L/XL ADSL-13325BK

Grey S/M ADSL-13323GR  
Grey L/XL ADSL-13325GR

## COMPRESSION ARM SLEEVES

MRP ₹2299



### SUMMARY

**BOOST PERFORMANCE** - Combining performance and comfort, adidas Compression Sleeves stimulate blood circulation and boost performance.

**PAIR OF SLEEVES** - Supplied as a pair, the tight-fitting design delivers top performance mile after mile.

**MACHINE WASHABLE** - Fit for machine washing, the Compression Sleeves are easily cleaned and made to last.

**ELASTICATED DESIGN** - Made from a blend of elastane and polyester, the sleeves are both lightweight and stretchable for total comfort.

- Accelerates recovery and reduces soreness
- Helps regulate temperature for reduced irritation
- Improved circulation enhances performance
- Made from an elastane-polyester blend

### MODEL NO.

Black S/M ADSL-13023BK  
Black L/XL ADSL-13025BK

Grey S/M ADSL-13023GR  
Grey L/XL ADSL-13025GR



## SPORTS HAIR BANDS (SET OF 3)

MRP ₹1049



### SUMMARY

adidas headbands keep hair out the way so you can focus on your workout. Lycra material absorbs sweat to reduce irritation with an elasticated fit and silicone strip keeping your hair and band in place.

- Ideal for Yoga, sports and general fitness
- Internal silicone strip reduces slipping
- Keeps hair under control with an elasticated fit
- One size fits all
- Pack of 3 bands

### MODEL NO.

Mint, Green & Grey ADYG-30203  
White, Solar Red & Black ADAC-16200  
Grey, White & Black ADYG-30204  
Power Berry, Grey & Black ADAC-16201  
Signal Cyan, Grey & Grey ADAC-16202



## HEAD BAND

MRP ₹1399



### SUMMARY

- Elasticated wide-band design
- Ideal for yoga, sports and general training
- Keeps hair under control

### MODEL NO.

Black ADAC-1621BK  
White ADAC-1621WH

## HEAD BAND

MRP ₹1349



### SUMMARY

- Helps reduce irritation during exercise
- Ideal for yoga, sport and general exercise
- Keeps hair under control with an elasticated fit
- One size fits all
- Wide band design provides greater coverage

### MODEL NO.

Black ADYG-3022BK  
Collegiate Burgundy ADYG-3022CB  
Clear Orange Graphic ADYG-3022CO  
Raw Steel Graphic ADYG-3022RS  
White ADYG-3022WH  
Real Teal ADYG-3022TL

## ANKLE/WRIST WEIGHTS

NEW FOR SS21



### SUMMARY

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 you progress your fitness further.

Fitted with a secure Velcro fastening, the weights wrap seamlessly around your ankles and wrists, creating a comfortable and secure fit. They come complete as a pair and are available in 0.5, 1.0 and 1.5 kg options, allowing you to tailor the weight to match your preference.

- Ideal for developing strength, cardio and muscular endurance
- Increases the difficulty of bodyweight exercises
- Fitted with a strong Velcro fastening for a secure and comfortable fit
- Even weight distribution ensures a seamless fit around both ankles and wrists
- Sold as a pair

### MODEL NO.

ADWT-12320 - 0.5 kg <b>New</b>	<b>MRP ₹1949</b>
ADWT-12321 - 1 kg <b>New</b>	<b>MRP ₹2449</b>
ADWT-12322 - 1.5 kg <b>New</b>	<b>MRP ₹3249</b>

## PERFORMANCE ANKLE/WRIST WEIGHTS

NEW FOR SS21



### SUMMARY

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.

Designed purposefully with outer facing weight pouches, the weights comfortably wrap around your ankles or wrists for a less bulky and tighter fit, allowing you to push your workouts further with greater energy and reduced weight shift.

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

### MODEL NO.

ADWT-12630 - 0.5 kg <b>New</b>	<b>MRP ₹3399</b>
ADWT-12631 - 1.0 kg <b>New</b>	<b>MRP ₹3899</b>
ADWT-12632 - 1.5 kg <b>New</b>	<b>MRP ₹4399</b>
ADWT-12634 - 2.0 kg <b>New</b>	<b>MRP ₹4899</b>

## ESSENTIAL ANKLE/WRIST WEIGHTS

NEW FOR SS21



### SUMMARY

Helping to push your workouts further, the adidas Ankle/Wrist Weights provide a secure and effective way to boost bodyweight training. Made from durable neoprene with an iron ore filling, the weights form to your wrist/ankle for comfortable and tailored fit.

- Comfortable neoprene inner
- Iron ore filling
- Secure Velcro fastening
- 2 x 0.5 kg wrist weights

### MODEL NO.

ADWT-12227 - 0.5 kg

**MRP ₹1999**

ADWT-12228 - 1 kg

**MRP ₹2399**

## ADJUSTABLE ANKLE/WRIST WEIGHTS

NEW FOR SS21



### SUMMARY

Designed to ramp up your bodyweight training, the adidas Adjustable Ankle Weights feature four 0.25 kg weight packs to tailor your intensity. Made from hard wearing material with an iron ore filling, the secure Velcro fastening provides a tailored fit for minimal movement.

- Durable water-resistant design
- Iron ore filling
- Removal weight packs (4 x 0.25 kg)
- Secure Velcro fastening
- One size fit all

### MODEL NO.

ADWT-12229 - 1 kg

**MRP ₹2999**

ADWT-12230 - 2 kg

**MRP ₹3799**



## DUMBBELLS (PAIR)



### SUMMARY

**STRENGTHEN & TONE** - adidas Dumbbells help strengthen and tone; broadening your exercise potential with 1 – 5 kg options to scale the difficulty.

**DURABLE DESIGN** - Neoprene coated with a cast iron core, the dumbbells stand up to repeated tough sessions.

**ISOLATED & COMPOUND EXERCISES** - An established training cornerstone; dumbbells are built for both isolated and compound movements, allowing you to diversify your workouts and hit any goal.

**HEXAGONAL STRUCTURE** - Featuring a unique hexagonal design, adidas dumbbells stay put once set down for added safety and ease of storage.

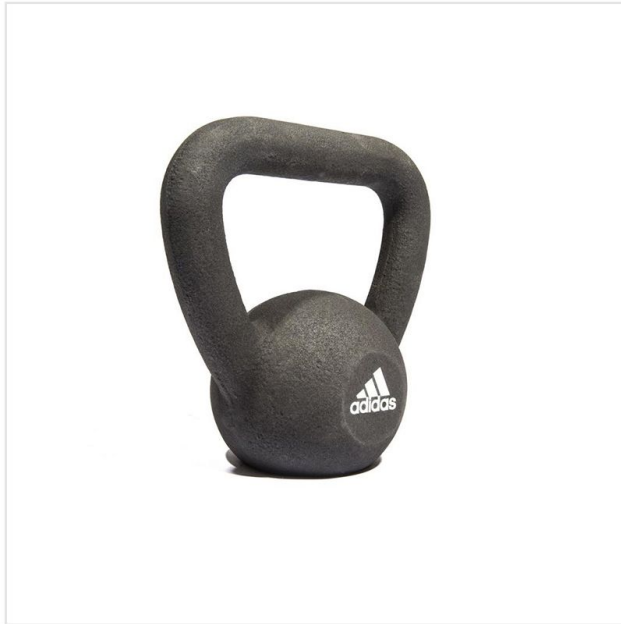
- Available from 1 – 5 kg and 2 - 10 lb
- Hexagonal design prevents rolling
- Ideal for both isolated and compound movements
- Neoprene coated cast iron core

### MODEL NO.

1kg ADWT-10001	<b>MRP ₹1449</b>
2kg ADWT-10002	<b>MRP ₹2649</b>
3kg ADWT-10003	<b>MRP ₹3799</b>
4kg ADWT-10004	<b>MRP ₹4799</b>
5kg ADWT-10005	<b>MRP ₹5699</b>

## KETTLEBELL

NEW FOR SS21



### SUMMARY

Built for strength and conditioning, adidas Kettlebells are a staple for any fitness regime. With increments of 4, 8, 12 & 16 kg, the weights are fit for both isolation and compound movements. Helping to develop stamina, strength and muscular endurance; adidas Kettlebells enhance overall fitness with dynamic exercises.

Made from cast iron with a powder coated cover, the wide handle design is fit for single and double handed exercises. A cornerstone of any training regime, the functional weights broaden your training options for effective and varied workouts.

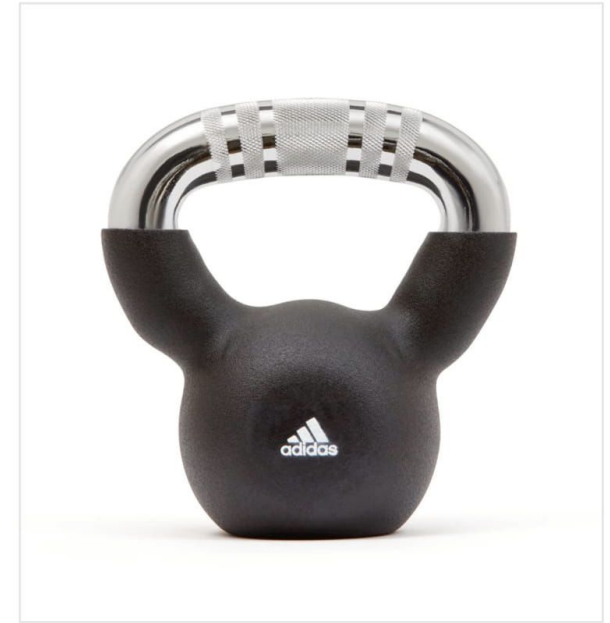
- Cast iron design
- Durable powder coating
- Wide handle design
- Flat base to prevent rolling
- Available in 4, 8, 12 & 16 kg

### MODEL NO.

ADWT - 11312 - 4 kg	<b>MRP ₹2499</b>
ADWT - 11313 - 8 kg	<b>MRP ₹4999</b>
ADWT - 11314 - 12 kg	<b>MRP ₹7399</b>
ADWT - 11315 - 16 kg	<b>MRP ₹9999</b>



## KETTLEBELL



### SUMMARY

**FITNESS STAPLE** - A strength and conditioning essential, adidas Kettlebells are a staple for any fitness regime.

**ISOLATED & COMPOUND EXERCISES** - Built for both isolated and compound movements, kettlebells develop stamina, strength and muscular endurance; enhancing your overall fitness with dynamic and effective movements.

**IRON CORE WITH A NEOPRENE OUTER** - Neoprene coated with a cast iron core, the kettlebell's knurled handles aid grip with a wide design for both single and double-handed holds.

**PROGRESSIVE & EFFECTIVE** - A time-proven classic, the functional weights broaden your training options for progressive and effective workouts.

**KNURLED HANDLE** - With a knurled handle design, the adidas Kettlebell's offer total grip for enhanced training.

- Flat base prevents rolling
- Knurled handle for enhanced grip
- Neoprene coated cast iron core
- Weights available from 4 - 16 kg (9 - 35 lb)
- Wide design for single and double-handed movements

### MODEL NO.

4kg ADWT-11322	<b>MRP ₹3999</b>
8kg ADWT-11323	<b>MRP ₹6349</b>
12kg ADWT-11324	<b>MRP ₹8899</b>
16kg ADWT-11325	<b>MRP ₹11199</b>



## DOOR GYM

MRP ₹5699



### SUMMARY

- Foam padded door protectors
- Three grip positions
- Unique structure for optimal performance

### MODEL NO.

ADAC-11402

## PROFESSIONAL GRIP TRAINERS

MRP ₹1799



### SUMMARY

- Angled design
- Iron springs
- Ridged grip handles

### MODEL NO.

ADAC-11400

NEW FOR SS21

## TRAIN BAR

MRP ₹4599



### SUMMARY

- 2 x 65cm high resistance tubes and 1 x 70cm steel bar
- Adjustable strap enables you to adapt the resistance level instantly
- Curl, press, squat and rotate to work virtually every muscle in your body

### MODEL NO.

ADAC - 11403



## ESSENTIAL SKIPPING ROPE

NEW FOR AW21

MRP ₹699



SUMMARY

- Adjustable 3m length
- Easy grip handles
- Plastic coated rope

MODEL NO.

ADRP - 11017

## SPEED ROPE

NEW FOR AW21

MRP ₹1099



SUMMARY

- Ball bearing mechanism
- Comfort foam handle
- Adjustable rope length

MODEL NO.

ADRP - 12234



## AB WHEEL

MRP ₹2199



SUMMARY

MODEL NO.

- 18 cm wheel diameter
- Helps develop core strength
- Padded foam handles
- Rubber gripped wheel

ADAC-11404

## CORE ROLLERS

MRP ₹4799



SUMMARY

MODEL NO.

- 14.5 cm diameter wheels
- Padded foam handles
- Rubber gripped wheels

ADAC-11604

## PUSH UP BARS

MRP ₹2699



### SUMMARY

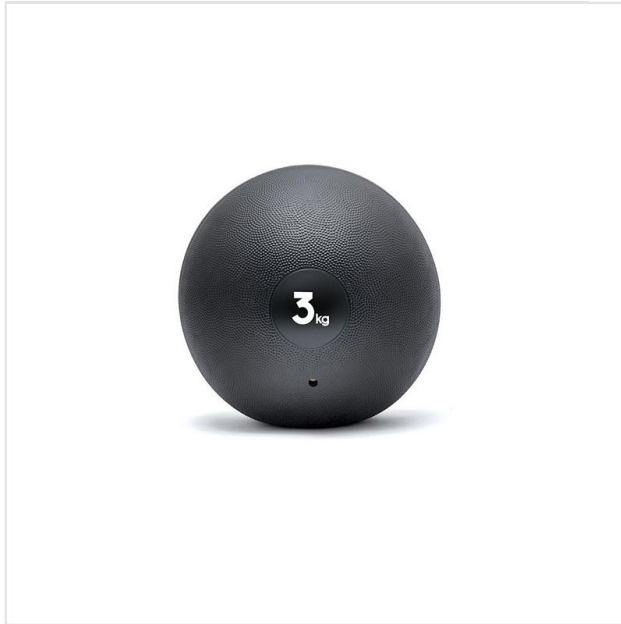
- Padded foam handles
- Non-slip grips
- Stable design

### MODEL NO.

ADAC-12231

## SLAM BALL

NEW FOR SS21



### SUMMARY

Compact and versatile, adidas Slam Balls are designed for both circuit and strength training. With a bobble surface texture providing maximum grip, the ball's compact 23 cm diameter broadens its exercise potential.

Built to withstand powerful impacts, the pliable design absorbs contact when slammed to minimise recoil and maximise effort.

Available in 3, 5 & 8 kg weights; the Slam Ball is a training essential that's ideal for all fitness levels.

- Built for circuit and strength training
- Available in 3, 5 & 8 kg
- Shock absorbing design
- 23 cm diameter

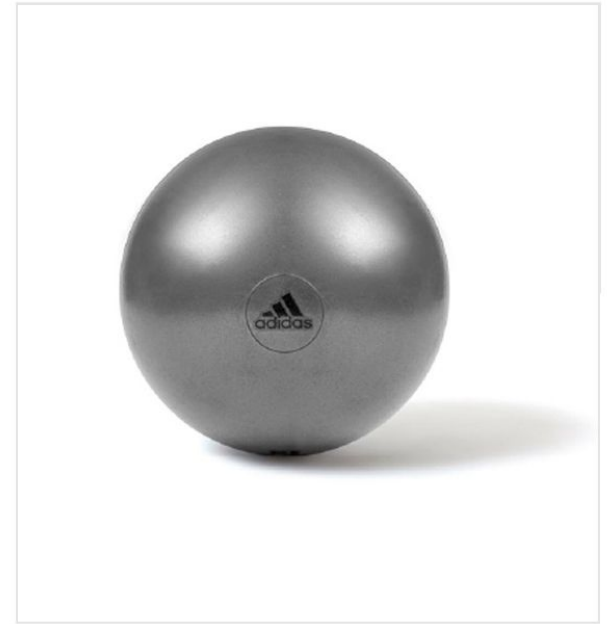
### MODEL NO.

ADBL - 12222 - 3 kg **MRP ₹3099**

ADBL - 12223 - 5 kg **MRP ₹3399**

ADBL - 12224 - 8 kg **MRP ₹4199**

## GYMBALL



### SUMMARY

A home gym essential, the adidas Gymball helps strengthen and tone your core with a range of stability exercises. Made from anti-slip material, the ball supports you throughout your workout with a dual-textured surface for maximum grip.

Featuring anti-burst technology, the ball slowly deflates if punctured to help avoid injury. Complete with a pump; the adidas Gymball gives you all the tools for effective home workouts.

- 110 kg max user weight
- Anti-burst technology slowly deflates if punctured
- Dual-textured surface for maximum grip
- Helps develop core strength and stability
- Includes hand pump

### MODEL NO.

Grey 55 cm ADBL-11245GR	<b>MRP ₹2799</b>
Grey 65cm ADBL-11246GR	<b>MRP ₹2949</b>
Grey 75 cm ADBL-11247GR	<b>MRP ₹3099</b>



## POWER TUBE



### SUMMARY

Built to strengthen and tone, the adidas Power Tubes help target both the upper and lower body. Featuring comfort grip handles and a durable sleeve design, the tubes offer total comfort and grip for top performance.

Allowing you to create challenging workouts on the go, the tubes are available in three resistance levels; pushing your workouts every session.

- Comfort grip handles
- Designed to strengthen and tone
- Durable outer sleeve
- Ideal for both upper and lower body
- Versatile and compact

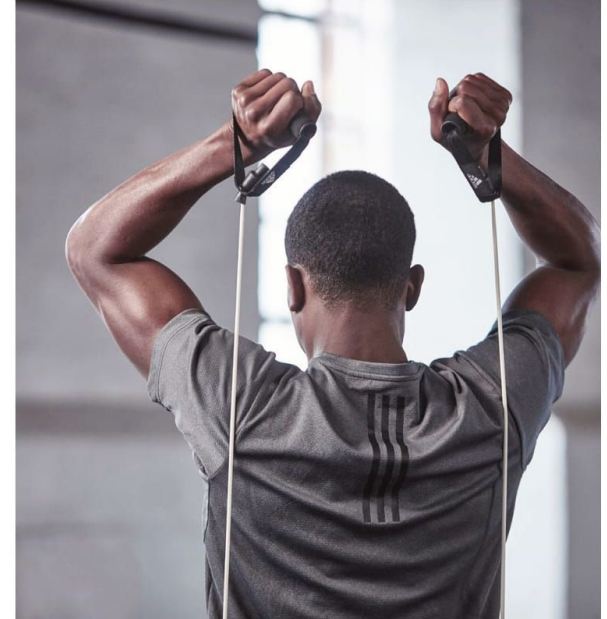
### MODEL NO.

Level 1 ADTB-10601 **MRP ₹2699**

Level 2 ADTB-10602 **MRP ₹2799**

Level 3 ADTB-10603 **MRP ₹2899**

## RESISTANCE TUBE



### SUMMARY

Featuring comfort grip handles, the adidas Resistance Tubes help strengthen and tone with targeted workouts. Fit for both upper and lower body training, the tubes allow you to perform a wide range of exercises regardless of your environment.

Available in three resistance levels, the tubes help create challenging sessions whatever your ability.

- Comfort grip handles
- Helps strengthen and tone
- Ideal for both upper and lower body
- Versatile and durable

### MODEL NO.

- Level 1 ADTB-10501 **MRP ₹1449**
- Level 2 ADTB-10502 **MRP ₹1649**
- Level 3 ADTB-10503 **MRP ₹2099**



## PERFORMANCE WATER BOTTLE - 600ML / 900ML

MRP ₹1099



MRP ₹1199



### SUMMARY

Made from squeezable material, the Adidas Performance water bottle's screw cap design and textured rubber grip make it ideal for all sports and training.

Featuring a silicone puff valve, the BPA free bottle is also dishwasher safe.

- Anti-spill silicone puff valve
- Textured rubber grip
- Screw cap design
- Dual metric scale - ml & oz.
- Dishwasher safe
- BPA free

### MODEL NO.

Blue ADBT - 16001PB

Black ADBT - 16001BK

White ADBT - 16001WH

Solar Slime ADBT - 16001SS

Solar Red ADBT - 16001SR

Blue ADBT - 14001PB

Black ADBT - 14001BK

White ADBT - 14001WH

Solar Slime ADBT - 14001SS

Solar Red ADBT - 14001SR



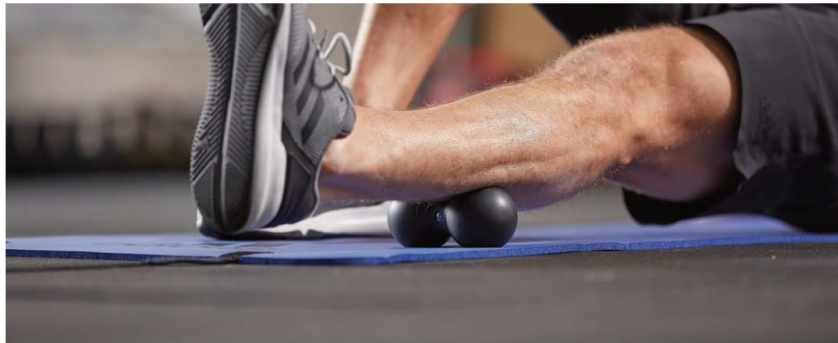
RECOVERY





## DOUBLE MASSAGE BALL

MRP ₹1399



### SUMMARY

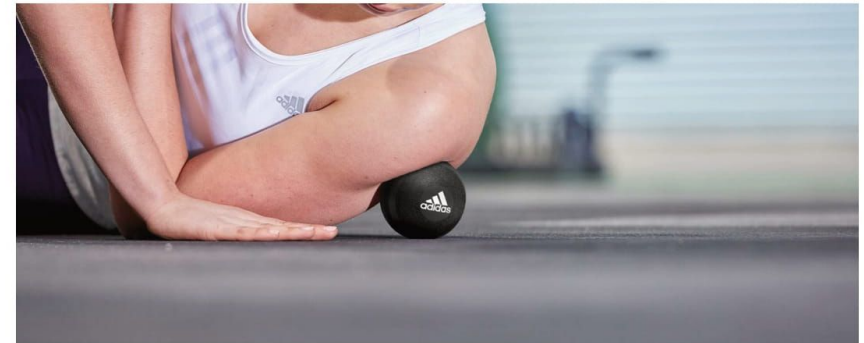
- Dual-ball design
- Hollow TPR construction
- Promotes blood flow
- Targets and relieves tight tissue

### MODEL NO.

ADTB-11609

## MESSAGE BALL

MRP ₹2049



### SUMMARY

- 8.3 cm diameter
- Helps alleviate aches and pains
- Release tight tissue with focused pressure
- Responsive cork inner with a PU outer

### MODEL NO.

Black ADTB-11607  
Blue ADTB-11607BL



## MINI BAND TRIO

MRP ₹1499



### SUMMARY

- Three incremental resistance levels
- 60 cm (circumference) x 5 cm (width)
- Fit for recovery and rehab
- Helps tone, strengthen and stretch
- Ideal for weighted and un-weighted exercise
- Made from latex

### MODEL NO.

ADTB - 10606

## MESSAGE ROLLER



### SUMMARY

- Grooved foam handles
- Ideal for releasing tense tissue
- Massages aches and pains
- Seven rotating massage balls

### MODEL NO.

Red ADTB-11608

MRP ₹1749

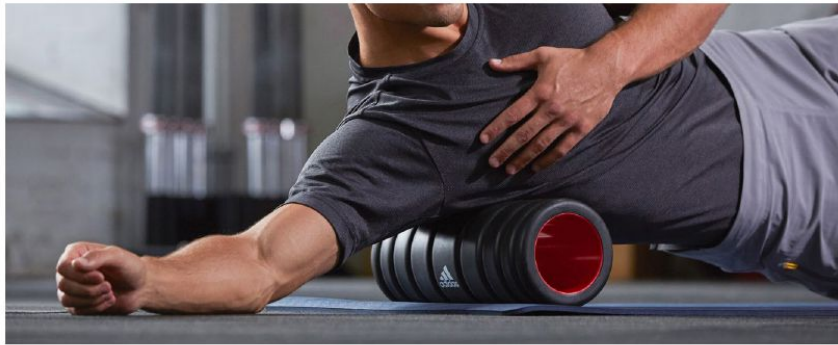
Blue ADTB-11608BL

MRP ₹1799



## FOAM ROLLER

MRP ₹5049



### SUMMARY

- 38 cm length, 14 cm diameter
- Accelerates recovery
- Dense foam surface
- Hollow plastic core
- Relieves tight tissue

### MODEL NO.

Red ADAC-11501  
Blue ADAC-11501BL

## TEXTURED FOAM ROLLER

MRP ₹3099



### SUMMARY

Compact and lightweight, the textured foam roller allows you to target tight muscles; helping to increase mobility and accelerate recovery. The raised bobbled texture also massages the muscles, promoting blood flow and releasing tense tissue.

### MODEL NO.

18cm Grey Camo ADAC-11504GR

- Bobbled texture helps massage muscle and promote blood flow
- Compact size helps target tightness with focussed pressure
- Dense foam retains shape
- Helps ease muscle discomfort and increase mobility
- Lightweight and compact - travel friendly
- Targets tightness to help release tension and accelerate recovery



## ANKLE SUPPORT

MRP ₹949



### SUMMARY

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Ankle for greater support and strength

### MODEL NO.

M ADSU-12412RD  
L ADSU-12413RD

## KNEE SUPPORT

MRP ₹949



### SUMMARY

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Knee for greater support and strength

### MODEL NO.

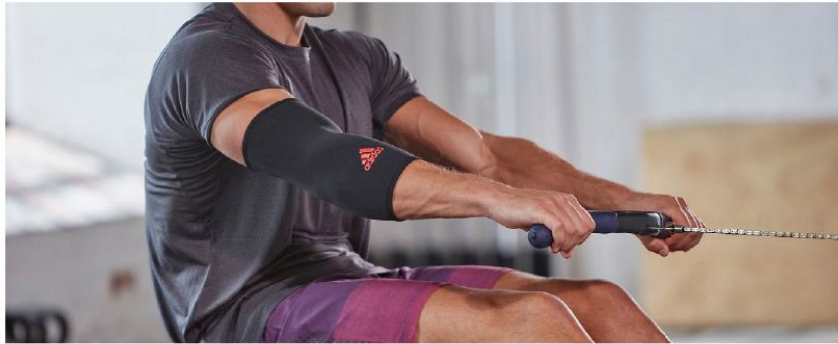
S ADSU-12421RD  
M ADSU-12422RD  
L ADSU-12423RD  
XL ADSU-12424RD





## ELBOW SUPPORT

MRP ₹899



### SUMMARY

- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Elbow for greater support and strength

### MODEL NO.

M ADSU-12432RD  
L ADSU-12433RD  
XL ADSU-12434RD

## WRIST SUPPORT

MRP ₹949



### SUMMARY

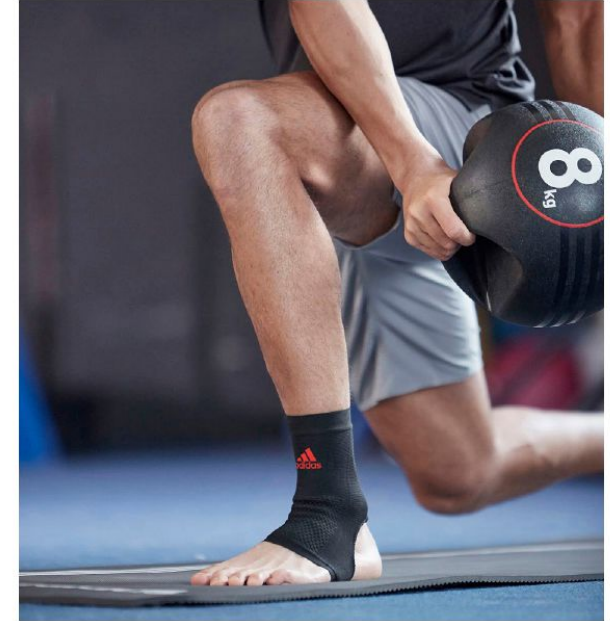
- Breathable and moisture wicking material
- Strong nylon trim helps secure the support
- Ideal for use in both training and competition
- Bolsters the Wrist for greater support and strength

### MODEL NO.

M ADSU-12442RD  
L ADSU-12443RD

## PERFORMANCE ANKLE SUPPORT

MRP ₹2749



### SUMMARY

**AEROREADY TECH** - Engineered for performance and recovery; the adidas Aeroready Support helps you move freely and recover faster.

**STRATEGIC REINFORCEMENT** - Worn during sports or training sessions, the Ankle Support provides strategic reinforcement without restricting movement.

**SILICONE GRIP** - Featuring a silicone grip, the Aeroready Support stays put throughout your session; allowing you to focus solely on maximising your performance.

**KINESIOLOGY BAND** - Engineered with a built-in kinesiology band, the Performance Support delivers total structure and support.

- Aeroready technology encourages airflow
- Dual compression kinesiology band
- Moisture wicking Coolmax yarn
- Non-slip silicone inlay
- Seamless circular knitted design

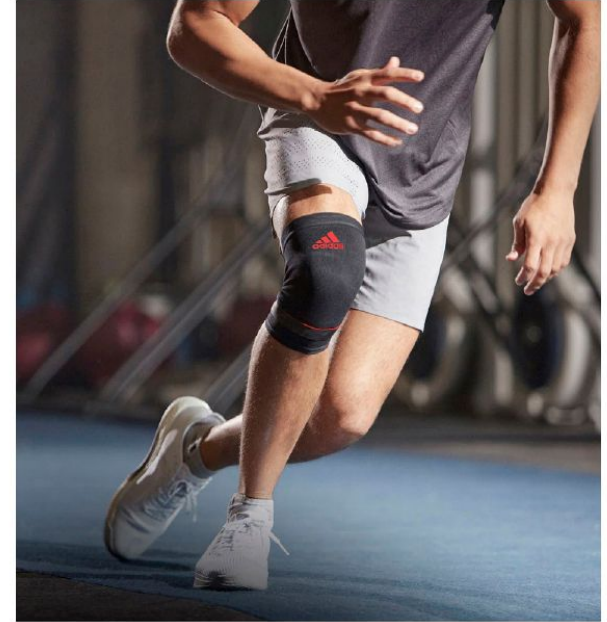
### MODEL NO.

Grey M ADSU-13312  
Grey L ADSU-13313

## AEROREADY

## PERFORMANCE KNEE SUPPORT

MRP ₹3299



### SUMMARY

**AEROREADY TECH** - Engineered for performance and recovery; the adidas Aeroready Support helps you move freely and recover faster.

**STRATEGIC REINFORCEMENT** - Worn during sports or training sessions, the Knee Support provides strategic reinforcement without restricting movement.

**SILICONE GRIP** - Featuring a silicone grip, the Aeroready Support stays put throughout your session; allowing you to focus solely on maximising your performance.

**KINESIOLOGY BAND** - Engineered with a built-in kinesiology band, the Performance Support delivers total structure and support.

- Aeroready technology encourages airflow
- Dual compression kinesiology band
- Moisture wicking Coolmax yarn
- Non-slip silicone inlay
- Seamless circular knitted design

### MODEL NO.

Grey M ADSU-13322  
Grey L ADSU-13323  
Grey XL ADSU-13324

## AEROREADY

## PERFORMANCE ELBOW SUPPORT

MRP ₹2749



### SUMMARY

**AEROREADY TECH** - Engineered for performance and recovery; the adidas Aeroready Support helps you move freely and recover faster.

**STRATEGIC REINFORCEMENT** - Worn during sports or training sessions, the Elbow Support provides strategic reinforcement without restricting movement.

**SILICONE GRIP** - Featuring a silicone grip, the Aeroready Support stays put throughout your session; allowing you to focus solely on maximising your performance.

**KINESIOLOGY BAND** - Engineered with a built-in kinesiology band, the Performance Support delivers total structure and support.

- Aeroready technology encourages airflow
- Dual compression kinesiology band
- Moisture wicking Coolmax yarn
- Non-slip silicone inlay
- Seamless circular knitted design

### MODEL NO.

Grey M ADSU-13332

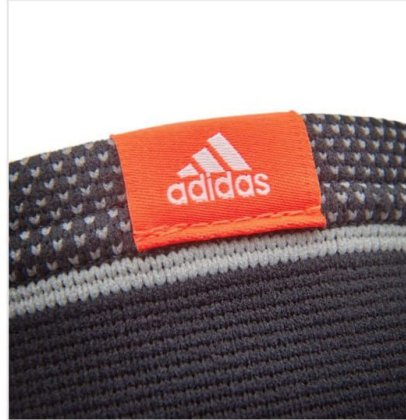
Grey L ADSU-13333

## AEROREADY

## ANKLE SUPPORT

NEW FOR AW21

MRP ₹949



### SUMMARY

- Provides joint support for all sports, running and general fitness related activities
- Ergonomically designed with structured reinforcement
- Closed heel design features a high elasticity panel for a tailored and comfortable fit
- Made from nylon and spandex for breathability and elasticity
- Sold as an individual support, fits both left or right

### MODEL NO.

S ADSU-12511BK **New**  
M ADSU-12512BK **New**  
L ADSU-12513BK **New**  
XL ADSU-12514BK **New**

## KNEE SUPPORT

NEW FOR AW21

MRP ₹1099



### SUMMARY

- Provides joint support for all sports, running and general fitness related activities
- Ergonomically designed with structured reinforcement
- Centralised ring forms to the knee cap by blending a tight knit and elasticated centre
- Made from nylon and spandex for breathability and elasticity
- Sold as an individual support, fits both left or right

### MODEL NO.

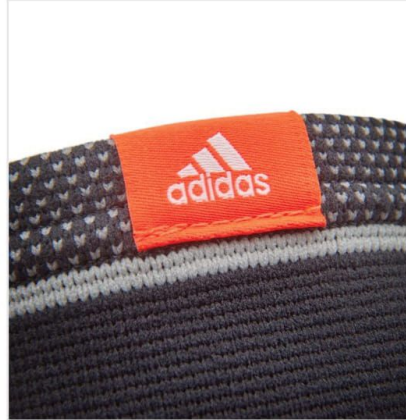
S ADSU-12521BK **New**  
M ADSU-12522BK **New**  
L ADSU-12523BK **New**  
XL ADSU-12524BK **New**



## ELBOW SUPPORT

NEW FOR AW21

MRP ₹949



### SUMMARY

- Provides joint support for all sports, running and general fitness related activities
- Ergonomically designed with structured reinforcement
- Centralised ring forms to the elbow by blending a tight knit and elasticated centre
- Made from nylon and spandex for breathability and elasticity
- Sold as an individual support, fits both left or right

### MODEL NO.

S ADSU-12531BK **New**  
M ADSU-12532BK **New**  
L ADSU-12533BK **New**  
XL ADSU-12534BK **New**

## WRIST SUPPORT

NEW FOR AW21

MRP ₹949



### SUMMARY

- Provides joint support for all sports, running and general fitness related activities
- Ergonomically designed with structured reinforcement
- The cut-out thumb loop design allows you to maintain a natural grip and feel whilst training
- Made from nylon and spandex for breathability and elasticity
- Sold as an individual support, fits both left or right

### MODEL NO.

S ADSU-12541BK **New**  
M ADSU-12542BK **New**  
L ADSU-12543BK **New**  
XL ADSU-12544BK **New**





## UNIVERSAL SUPPORT WRAP - SHORT

MRP ₹1499



### SUMMARY

- Dimensions - 49 (L) x 6 (W) cm
- Elasticated design creates enhanced support
- Elasticated thumb loop
- Engineered for performance and recovery
- Secure Velcro fastening

### MODEL NO.

Grey ADSU-13371

## UNIVERSAL SUPPORT WRAP - LONG

MRP ₹2799



### SUMMARY

- Dimensions - 139 (L) x 8 (W) cm
- Elasticated design creates enhanced support
- Engineered for performance and recovery
- Secure Velcro fastening

### MODEL NO.

Grey ADSU-13373



YOGA



## YOGA MAT - 8 mm

MRP ₹3549



### SUMMARY

Built for yoga, Pilates and general ground exercise, the 8mm mat provides cushioning and stability; with a non-slip texture increasing traction for stronger and more rooted poses. The lightweight and rollable design is ideal for transport and is available in 6 colours.

- Ample cushioning – 8mm thick
- Compact and rollable
- Easy to transport and store
- Grippy non-slip texture for added stability
- Ideal for yoga and Pilates
- Lightweight PVC-free material
- Printed adidas logo

### MODEL NO.

- Trace Blue ADYG-10100BL
- Vapor Grey ADYG-10100VG
- Raw Green ADYG-10100RG
- Aero Green ADYG-10100GN
- Mystery Ruby ADYG-10100MR
- Black ADYG-10100BK

NEW FOR AW21

## TIE-DYE YOGA MAT - 10 mm

MRP ₹3399



### SUMMARY

Made from 10 mm thick NBR material, the adidas Tie-Dye Yoga Mat delivers a perfect balance of stability and comfort with a vibrant abstract design to brighten up your yoga classes. Complete with an elasticated shoulder carry strap included, the mat is quick and easy to pack away for transport and storage.

The adidas 10 mm Yoga Mats are designed to be eco-friendly without compromising on performance, allowing you to support both your poses and the environment.

Featuring a smooth surface texture for greater stability, the mat's ribbed base compliments the surface by enhancing both traction and stability, combining to offer a well-rounded platform for you to work towards more rooted yoga practice.

Designed for indoor use, barefoot or with yoga socks, the adidas 10 mm Yoga Mats are perfectly sized for all types of user, measuring in at 183 cm long by 61 cm wide.

- 10 mm thick NBR Yoga Mat combines stability with comfort
- NBR material offer a softer density with a durable and cushioned texture
- Eco-friendly materials support your poses and the environment
- Complete with an elasticated carry strap for transport and storage
- Smooth surface texture promotes stability whilst the ribbed base enhances traction
- Unrolled mat dimensions - 183 (L) x 61 (W) cm

### MODEL NO.

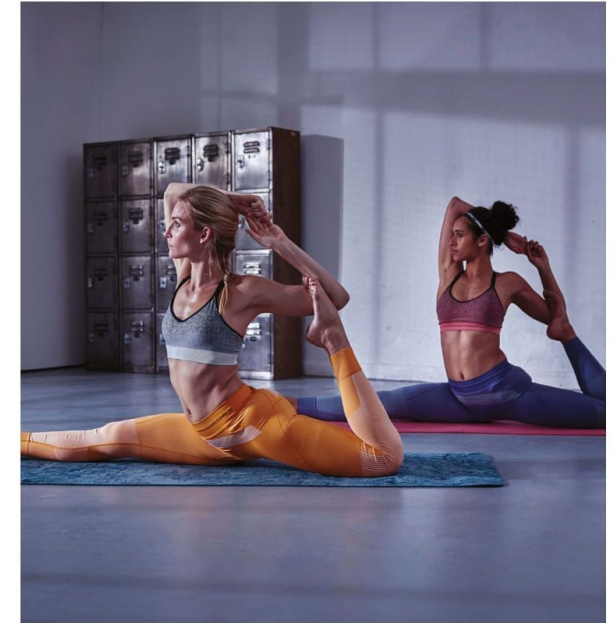
Blue ADYG-10200BL **New**

Grey ADYG-10200GR **New**

Hazy Rose ADYG-10200PK **New**

## CAMO YOGA MAT - 5 mm

MRP ₹7399



### SUMMARY

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.

- 5mm thick cushioning
- Carry string included
- Compact and rollable
- Easy to transport and store
- Grippy non-slip texture for added stability
- Ideal for yoga and Pilates
- Lightweight PVC-free material
- Subtle adidas logo and camo design

### MODEL NO.

Raw Steel ADYG-10500RS

Power Berry ADYG-10500PK

Alumina ADYG-10500GR



## YOGA BLOCK

MRP ₹1099



### SUMMARY

- Designed to help deepen and support your yoga poses
- Hygienic moisture resistant material keeps the block fresh
- Made from lightweight high-density EVA foam for strength and dependability
- Texture bevelled edges provide stronger, better grip and a superior ergonomic fit
- Quality construction maintains its form throughout repeated use

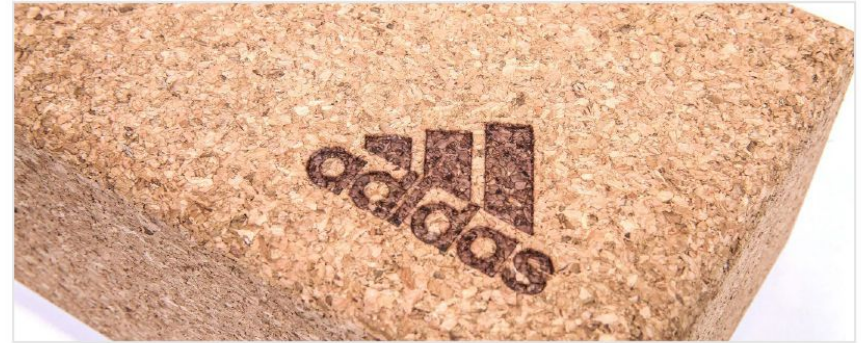
### MODEL NO.

ADYG-20100FOAM

## CORK YOGA BLOCK

NEW FOR AW21

MRP ₹2299



### SUMMARY

- Dimensions - 22.8 (L) x 12 (W) x 7.5 (H) cm
- Eco-friendly construction
- Helps support your poses
- Hygienic impermeable surface

### MODEL NO.

ADYG-20100CORK



## YOGA SOCKS

NEW COLOUR FOR AW21



### SUMMARY

- Designed to boost your grip for stronger yoga poses
- Made from 100% woven cotton with an elasticated polyester strap
- Rubber grip dots on the sole of the sock maximise ground contact and traction
- Full heel sock silhouette further helps keep the socks in place
- Easy to hand-wash after practice and quick to air dry

### MODEL NO.

Grey S/M ADYG-30101GR

**MRP ₹1249**

Grey M/L ADYG-30102GR

Black S/M ADYG-30101BK **New**

**MRP ₹1099**

Black M/L ADYG-30102BK **New**

## HOT YOGA MAT

**MRP ₹4299**



### SUMMARY

- Dimensions - 173 (L) x 61 (W) x 0.2 (H) cm
- Ideal alone or combined with other mats
- Lightweight and rollable for transport
- Soft material reduces irritation
- Towelling material absorbs sweat for maximum grip
- Webbed non-slip base

### MODEL NO.

ADYG-10680BK

## PILATES BAND

NEW FOR SS21

MRP ₹2499



### SUMMARY

### MODEL NO.

Made from durable latex material, the adidas Pilates Bands enhance your movements with 2 levels of resistance.

- 100% latex
- Enhances pose progression
- Helps tone, strengthen and stretch

ADYG - 20300

Ideal for developing muscular control and flexibility, the bands isolate muscles and apply resistance to develop strength and tone.



# BENCHES





## ESSENTIAL FLAT BENCH

MRP ₹10699



SUMMARY \_\_\_\_\_ MODEL NO. \_\_\_\_\_

Built with a solid steel frame and a wide back pad, the adidas Flat Bench broadens your exercise.

- Dense foam back pad
- Steel frame construction
- 180 kg max. load

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e.

## ESSENTIAL UTILITY BENCH

MRP ₹16299



SUMMARY \_\_\_\_\_ MODEL NO. \_\_\_\_\_

- Integrated dip bars
- Adjustable foam rollers
- Foam back pad
- Steel frame construction
- 150 kg max. load

ADBE - 10436



## ESSENTIAL WORKOUT BENCH

NEW FOR SS21

MRP ₹19499



### SUMMARY

Featuring cushioned bench padding and a solid steel frame, the adidas Workout Bench offers all the tools for varied strength training. Fitted with a plate loaded leg developer, the bench allows you to work both the quads and hamstrings with its curl and extension functionality.

With three levels of incline adjustment and a removable preacher pad, the Workout Bench accommodates both compound and isolated movements for total upper body conditioning. Fitted with foam ankle rollers and steel bar hooks, the bench helps maximise performance without sacrificing comfort and security.

- Three incline levels + flat position
- Padded foam rollers
- Removable preacher pad
- Plate loaded leg developer
- Leg curl and extension functions
- Comfortable padded surface
- Steel safety hooks

### MODEL NO.

ADBE - 10452



## PERFORMANCE AB BENCH

MRP ₹26199



### SUMMARY

- 2.5" thick dense foam padding
- Bench weight - 11.5 kg
- Dimensions - 113 (L) x 46 (W) x 46 (H) cm
- Max. load - 175 kg
- SCAN TO TRAIN function
- Tapered back pad
- Wide base for total stability

### MODEL NO.

ADBE-10220

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## PERFORMANCE FLAT BENCH

MRP ₹21399



### SUMMARY

- 2.5" thick dense foam padding
- Bench weight - 12.5 kg
- Dimensions - 108 (L) x 47.5 (W) x 43 (H) cm
- Max. load - 205 kg
- SCAN TO TRAIN function
- Strong steel framework
- Wide base for total stability

### MODEL NO.

ADBE-10222



## PERFORMANCE UTILITY BENCH

MRP ₹31599



### SUMMARY

- 2.5" thick dense foam padding
- Bench weight - 16 kg
- Dimensions - 121 (L) x 49 (W) x 113 (H) cm
- Max. load - 175 kg
- Padded ankle anchors
- SCAN TO TRAIN function
- Wide base for total stability

### MODEL NO.

ADBE-10225

## PERFORMANCE TRAINING BENCH

MRP ₹45999



### SUMMARY

- 2.5" thick dense foam padding
- Bench weight - 26 kg
- Dimensions - 181 (L) x 60.5 (W) x 120 (H) cm
- Max. load - 215 kg
- Plate loaded leg developer
- SCAN TO TRAIN function
- Wide base for total stability

### MODEL NO.

ADBE-10228



## SPORT UTILITY BENCH

MRP ₹20199



### SUMMARY

- Sturdy steel frame (150 kg max. load)
- 5 levels of incline adjustment
- Thick foam padding
- Foam ankle supports
- Rubberised feet and transportation wheels

### MODEL NO.

ADBE - 10341

## SPORT UTILITY BENCH & SQUAT RACK

MRP ₹35299



### SUMMARY

- Sturdy steel frame (150 kg max. load)
- 5 levels of incline adjustment
- Rubberised feet and transportation wheels
- Adjustable barbell rack (can be used for squats)
- Weight plate storage
- Foam ankle supports, Thick foam padding

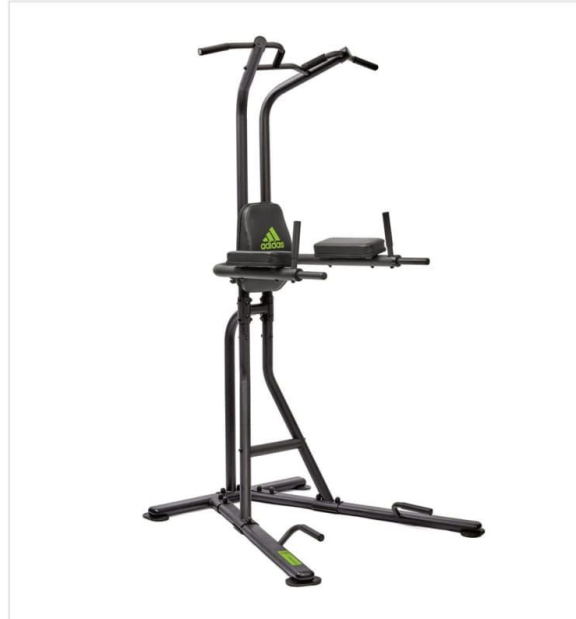
### MODEL NO.

ADBE - 10345



## PERFORMANCE POWER TOWER

MRP ₹56399



### SUMMARY

**CHEST, BACK, ARMS & ABS** - Designed for bodyweight training, the Performance Power Tower helps develop the chest, back, arms and abs with simple compound movements.

**SCAN TO TRAIN** - Featuring 'SCAN TO TRAIN', the Power Tower delivers detailed training information to help guide your workout. Simply scan the QR code for full exercise videos.

**STRONG STEEL CONSTRUCTION** - Made from thick hollow steel, the Tower sets a foundation for compound exercises.

**CUSHIONED BACK & ARMRESTS** - Fitted with densely padded cushions, the Tower's back pad and armrests bring support and comfort to your workouts.

**DIP STATION & PUSH-UP BARS** - Built for versatile training sessions, the Performance Power Tower broadens your exercise options for rounded upper body training.

- 2.5" thick dense foam padding
- Cushioned back and arm pads
- Dimensions - 121 (L) x 115 (W) x 213 (H) cm
- Easy to build
- Foldable armrests
- Max. load - 135 kg
- SCAN TO TRAIN function
- Strong steel framework
- Wide and narrow pull-up grips
- Wide base for total stability

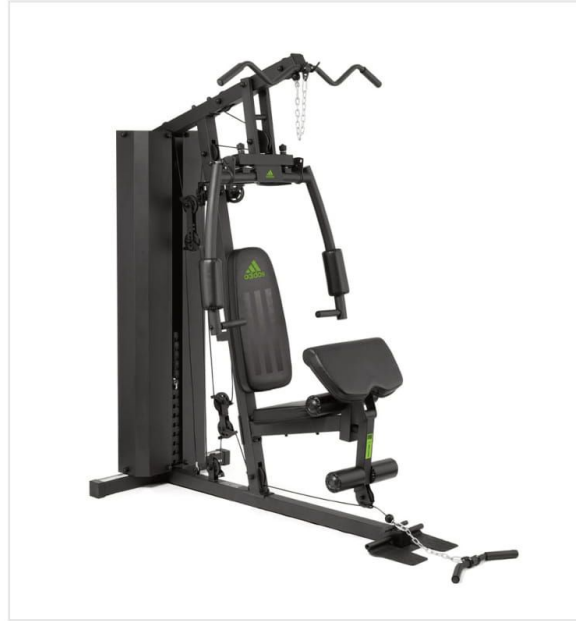
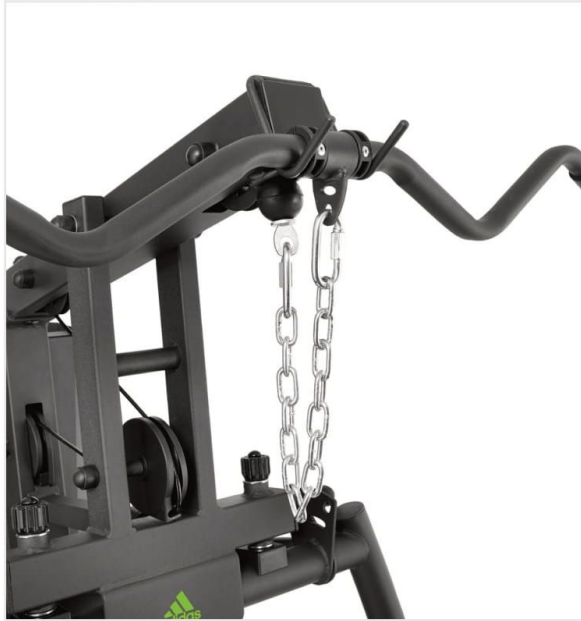
### MODEL NO.

ADBE-10229

## PERFORMANCE HOME GYM

NEW FOR SS21

MRP ₹99999



### SUMMARY

Functional and versatile, the adidas Home Gym offers all the tools for full body strength training. With a dynamic pulley system, the gym allows efficient transitions between exercises with 100 kg at your disposal. Fit for push, pull, lower body and core workouts; the Gym's three load points allow you to target all key muscle groups from a single weight stack.

Made from solid steel with dense foam padding, the Home Gym provides a comfortable base for your workout. Fitted with a removable preacher station and adjustable back pad, the Gym

is fit for all shapes, sizes and exercise regimes.

When placed at each load point, the four removable attachments offer countless exercise variations for tailored and effective workouts. Fitting your strength essentials into a compact footprint, the adidas Home Gym provides all the tools for advanced home training; the rest is up to you.

- 100 kg weight stack
- Ankle foam pads
- Dense foam pads – 65 mm thick

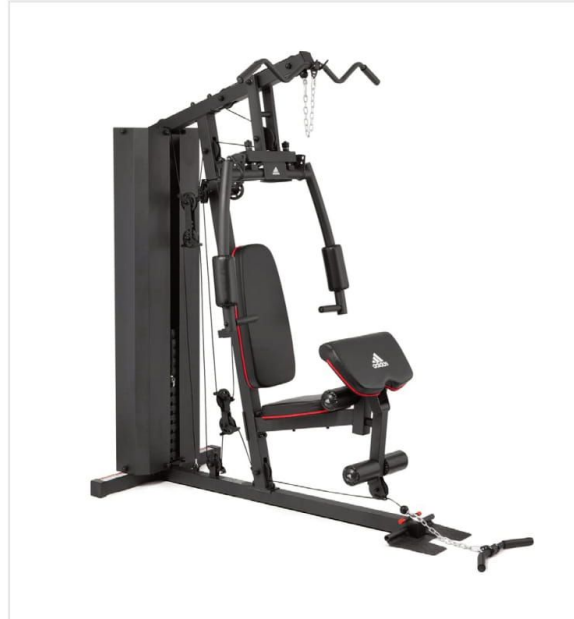
- Dual function leg developer
- Durable steel construction
- Includes handle, ankle, z bar and short bar attachments
- Low and high pulley stations
- Powder coated finish
- Push and pull function with pivot bar for flys
- Removable preacher pad

### MODEL NO.

ADBE-10250GN **New**

## HOME GYM

MRP ₹99999



### SUMMARY

Functional and versatile, the adidas Home Gym offers all the tools for full body strength training. With a dynamic pulley system, the gym allows efficient transitions between exercises with 100 kg at your disposal. Fit for push, pull, lower body and core workouts; the Gym's three load points allow you to target all key muscle groups from a single weight stack.

Made from solid steel with dense foam padding, the Home Gym provides a comfortable base for your workout. Fitted with a removal preacher station and adjustable back pad, the Gym is fit for all shapes, sizes and exercise regimes.

When placed at each load point, the four removable attachments offer countless exercise variations for tailored and effective workouts. Fitting your strength essentials into a compact footprint, the adidas Home Gym provides all the tools for advanced home training; the rest is up to you.

- 100 kg weight stack
- Ankle foam pads
- Dense foam pads – 65 mm 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

### MODEL NO.

ADBE-10250

## ESSENTIAL HOME GYM

MRP ₹54999



### SUMMARY

Built for full body strength training, the Essential Home Gym's versatility delivers effective workouts in a compact footprint.

Featuring a dual-leg developer, the Gym offers curl and extension functions whilst the torso station's push, pull and pivot mechanism creates challenging chest and back workouts.

Operating from both high and low pulleys, the Gym's four attachments broaden your exercise potential further; pushing any exercise with its 44.5 kg stack.

Developing total body conditioning, the Essential Home Gym targets your key muscle groups with effective workouts for any ability.

- 44.5 kg / 98 lb weight stack
- Cushioned seat and back pad
- Dual function leg developer
- Durable steel construction
- High and low pulley stations
- Includes handle, ankle, long bar and short bar attachments
- Knee, ankle and elbow padding
- Push, pull and pivot function

### MODEL NO.

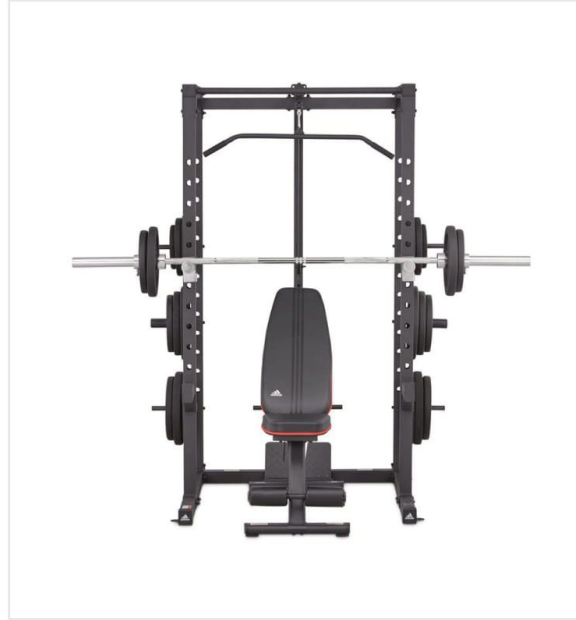
ADBE-10460





## HOME RIG

MRP ₹92999



### SUMMARY

Made from solid steel with a compact footprint, the adidas Home Rig combines compound and isolated training for total strength workouts. Featuring a plate loaded dual pulley system, the Rig allows you to target the upper and lower body with both cable and free-weight movements.

Including four removable attachments, the Rig offers countless exercise variations with six storage racks for easy transition. The removable dip bars, catches and holders allow you to tailor the rig depending on your workout; making room for a bench and bar during compound lifting sessions.

- 160 kg max. load
- Adjustable bar holders and catches
- Built-in crossbar for bodyweight training
- Ideal for compound lifting
- Lat bar, straight bar, handle and ankle attachments
- Low and high pulley stations
- Plate loaded design
- Removable dip bars
- Six plate storage racks
- Textured footplates

### MODEL NO.

ADBE-10500



## SPORTS RIG

MRP ₹86999



### SUMMARY

Fitted with twin pulley stations and a plate loaded stack, the adidas Sports Rig provides all-round strength training for any level.

With wires adjustable to 17 positions, the Rig's four carabiner attachments vary your training with upper and lower body exercises.

Also equipped with a floor level row station and split pull-up bar, the Sports Rig's versatility and durable steel construction combine for challenging home workouts.

- 17 pin-adjustable cable heights
- Built-in pull-up bar
- Durable steel construction
- Floor level row station
- Includes handles, short bar and ankle attachments
- Plate loaded (compatible with 25 mm plates)
- Protective central panel with workout chart
- Twin pulley stations

### MODEL NO.

ADBE-10360



CARDIO





## T-19i TREADMILL

MRP ₹159999



### SUMMARY

- A 2.25 Hp motor powers the treadmill for an excellent all-round running experience
- 1 - 18 km/h (0.6 - 11.2 mph) speed range takes you from a gentle walk to a fast sprint
- 15 levels of electronic incline allow you to adjust the elevation and increase the challenge
- NRG cushioning technology softens impact and helps to reduce strain on sensitive joints
- Spacious running area of 140 x 46 cm (55.1" x 18.1") makes it suitable for runners of all heights

- Fitness programmes include 24 pre-set, 3 custom workouts and 3 target
- 6 display LED screen provides you with all the live performance metrics you need to progress
- Console feedback includes speed, time, distance, calories, pulse and incline
- Integrated hand pulse sensors allow you to quickly check your pulse on the move
- Adjustable fan helps to keep you cool while you exercise and mimics outdoor running

- Speakers connect to your device so you can immerse yourself in your favourite workout playlist
- Convenient USB charger built into the console keeps your devices charged while you run
- Soft drop folding mechanism lets you fold up the running deck when not in use to help save space
- Solid, dependable build quality with a maximum user weight of 120 kg (264 lb)
- Setup dimensions: (L) 180 x (W) 81 x (H) 147 cm (L) 70.7" x (W) 31.9" x (H) 57.8"

### MODEL NO.

AVUS-10321  
120v version AVUS-10321-120



## T-19 TREADMILL

MRP ₹209999



### SUMMARY

- Robust 3.5 Hp motor delivers exceptional performance
- 0.5 - 20 km/h (0.3 - 12.4 mph) speed range takes you from a gentle walk to a fast sprint
- 15 levels of electronic incline allow you to adjust the elevation and increase the challenge
- NRG cushioning technology softens impact and helps to reduce strain on sensitive joints
- Spacious running area of 140 x 51 cm (55.1" x 20") makes it suitable for runners of all heights

- Fitness programmes include 24 pre-set, 3 custom workouts, 3 target and 3 HRC
- Clear and easy to use 8" LCD screen provides you with all the feedback you need to progress
- Console feedback: speed, time, distance, calories, pulse, incline, heart rate, target heart rate
- Integrated hand pulse sensors allow you to quickly check your pulse on the move
- Built-in wireless pulse receiver lets you connect a chest strap for accurate heart rate data

- Adjustable fan helps to keep you cool while you exercise and mimics outdoor running
- Speakers connect to your device so you can immerse yourself in your favourite workout playlist
- Convenient USB charger built into the console keeps your devices charged while you run
- Solid, dependable build quality results in a high maximum user weight of 150 kg (330 lb)
- Setup dimensions: (L) 185 x (W) 87 x (H) 154 cm / (L) 72.8" x (W) 34.1" x (H) 60.5"

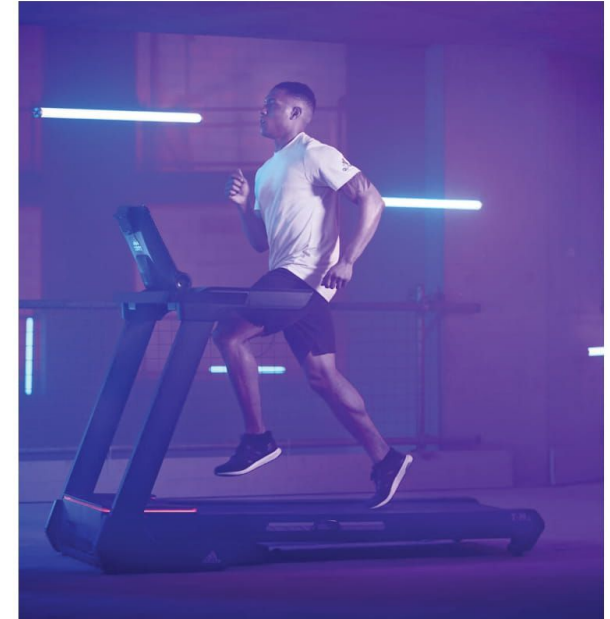
### MODEL NO.

AVUS-10421  
120v version AVUS-10421-120



## T-19x TREADMILL

MRP ₹263999



### SUMMARY

- Powerful 4.0 Hp motor delivers a high performance indoor running experience
- 0.5 - 20 km/h (0.3 - 12.4 mph) speed range takes you from a gentle walk to a fast sprint
- 15 levels of electronic incline allow you to adjust the elevation and increase the challenge
- NRG cushioning technology softens impact and helps to reduce strain on sensitive joints
- Orthopaedic running belt further cushions the running surface to help sensitive joints

- Spacious running area of 152 x 51 cm (60" x 20") makes it suitable for runners of all heights
- Fitness programmes include 27 pre-set, 10 custom, 3 target, 3 HRC and 3 virtual runs
- 10.1" touchscreen display gives you a huge array of features at your finger tips
- Console feedback: speed, time, distance, calories, pulse, incline, heart rate, target heart rate
- Internet enabled - connect the treadmill to your home network to get online while you exercise

- Entertainment Apps: Netflix, YouTube, Prime Video, Spotify, Facebook, Twitter and Chrome
- Integrated hand pulse sensors allow you to quickly check your pulse on the move
- Built-in wireless pulse receiver lets you connect a chest strap for accurate heart rate data
- Solid, dependable build quality results in a high maximum user weight of 150 kg (330 lb)
- Setup dimensions: (L) 197 x (W) 88 x (H) 155 cm / (L) 77.5" x (W) 34.6" x (H) 61"

### MODEL NO.

AVUS-10521  
120v version AVUS-10521-120

### APPS





## C-21 BIKE

MRP ₹94999

NEW FOR SS21



### SUMMARY

- 9 kg / 20 lb flywheel creates a smooth cycling motion for consistent cadence
- 24 levels of electronic resistance allow you to tailor the intensity of your ride
- 12 fitness programmes + 4 custom workouts offer a variety of challenges to keep you motivated
- Self-generating motor - no power adapter, no wires, no sockets, just you and the bike
- Intuitive console with clear LCD screen gives you complete control over your workout
- Integrated hand pulse sensors measure and feedback your pulse
- Supplied chest strap provides accurate heart rate data to the bike
- Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- Integrated speakers with Bluetooth connectivity - workout to your favourite tracks and movies
- Wide, densely padded comfort saddle with vertical and horizontal seat adjustment
- Saddle height ranges from 67 cm - 92 cm / 26.3" - 36.2" to suit all rider heights
- High grip pedals with adjustable straps provide further comfort when riding
- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dimensions: (L) 107 x (W) 57 x (H) 147 cm / (L) 42.1" x (W) 22.4" x (H) 57.8"

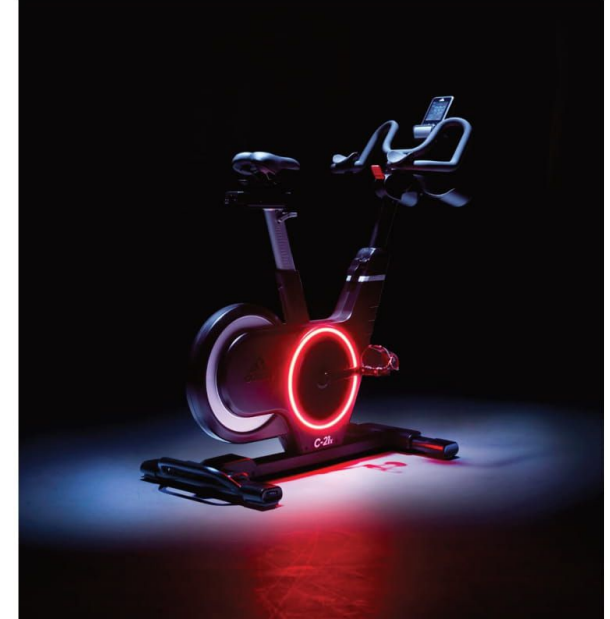
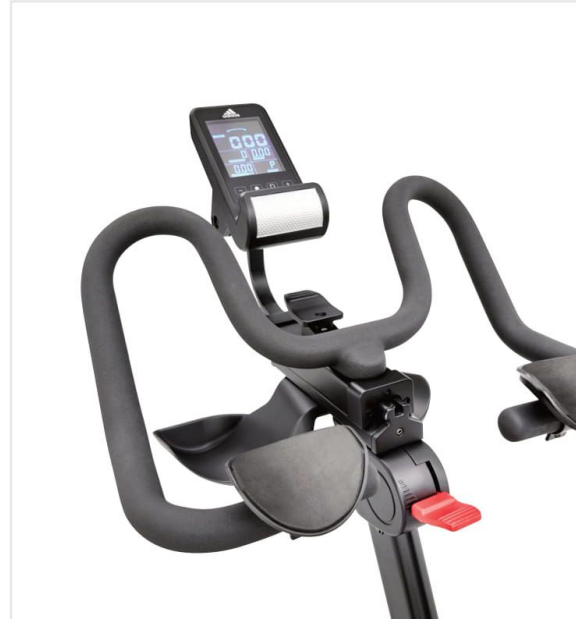
### MODEL NO.

AVUS-10401 New



## C-21x BIKE

MRP ₹139999



NEW FOR SS21

### SUMMARY

- 16 kg / 35 lb flywheel simulates outdoor riding by maintaining momentum for consistent cadence
- 8 levels of manual resistance with quick-shift paddle to quickly adjust the intensity of your ride
- Self-generating motor – no power adapter, no wires, no sockets, just you and the bike
- Intuitive console with clear LCD screen gives you complete control over your workout
- Supplied chest strap provides accurate heart rate data to the bike

- Console feedback includes: speed, time, distance, calories, pulse and rpm
- Tablet and phone holder built into the console provides optimum viewing angle
- Fully adjustable handlebar setup with armrests designed to support multiple riding positions
- Sprint saddle with vertical and horizontal adjustment provides maximum range of movement
- Saddle height ranges from 77 cm - 92 cm / 30.3" - 36.2" to suit all rider heights

- Jendel spin pedals with adjustable strap & cage provides the grip needed when switching position
- Dual water bottle holder within easy reach to help keep you hydrated during exercise
- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dimensions: (L) 133 x (W) 57 x (H) 136 cm / (L) 52.3" x (W) 22.4" x (H) 53.5"

### MODEL NO.

AVUS-10501 New



NEW FOR SS21

## X-21 CROSS TRAINER

MRP ₹119999



### SUMMARY

- 10 kg / 22 lb rear-drive flywheel efficiently stores energy resulting in a smooth elliptical motion
- 24 levels of electronic resistance allow you to tailor the intensity of your workout
- 12 fitness programmes + 4 custom workouts offer a variety of challenges to keep you motivated
- Self-generating motor - no power adapter, no wires, no sockets, just you and the cross trainer
- Intuitive console with clear LCD screen gives you complete control over your workout

- Integrated hand pulse sensors measure and feedback your pulse
- Supplied chest strap provides accurate heart rate data to the cross trainer
- Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- Integrated speakers with Bluetooth connectivity - workout to your favourite tracks and movies
- Quick resistance keys located on the fixed handlebars for easy adjustment while exercising

- 38 cm / 15" stride length provides a comfortable elliptical motion for all user heights
- Fixed footplates with a high-grip workout surface for additional traction when exercising
- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dimensions: (L) 161 x (W) 53 x (H) 156 cm / (L) 63.3" x (W) 24.8" x (H) 61.4"

### MODEL NO.

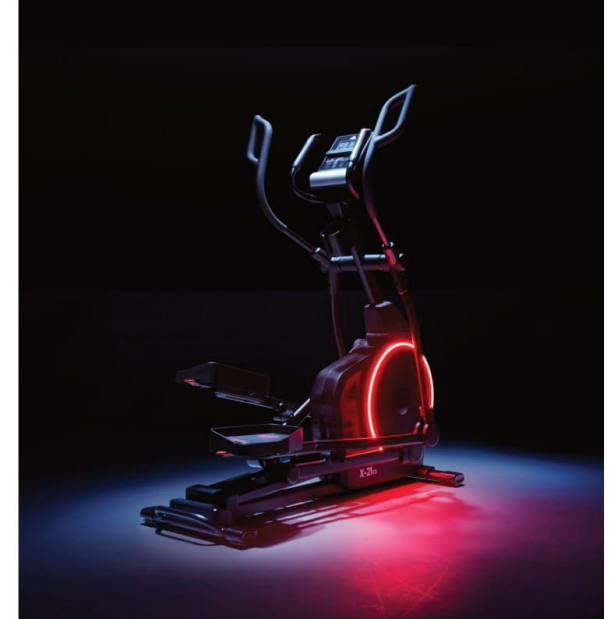
AVUS-10411 New



## X-21FD CROSS TRAINER

NEW FOR SS21

MRP ₹199999



### SUMMARY

- 12 kg / 26.4 lb front drive flywheel with rear roller creates an ultra-smooth elliptical motion
- 24 levels of electronic resistance allow you to tailor the intensity of your workout
- 5 levels of incline targets additional muscle areas and provides an even greater challenge
- 12 fitness programmes + 4 custom workouts offer a variety of challenges to keep you motivated
- Self-generating motor – no power adapter, no wires, no sockets, just you and the cross trainer

- Intuitive console with clear LCD screen gives you complete control over your workout
- Supplied chest strap provides accurate heart rate data to the cross trainer
- Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- Tablet and phone holder built into the console provides optimum viewing angle
- Integrated speakers with Bluetooth connectivity - workout to your favourite tracks and movies

- Quick resistance keys located on the fixed handlebars for easy adjustment while exercising
- 46 cm / 18" stride length provides a comfortable elliptical motion for all user heights
- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dimensions: (L) 180 x (W) 86 x (H) 185 cm / (L) 70.8" x (W) 33.4" x (H) 72.8"

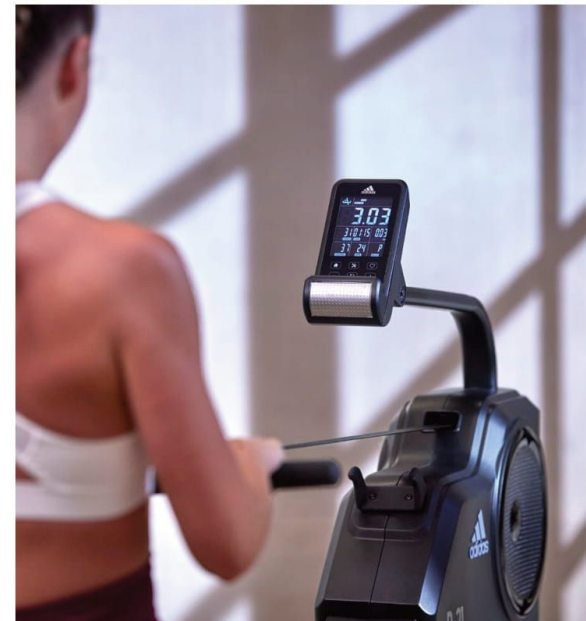
### MODEL NO.

AVUS-10511 New

NEW FOR SS21

## R-21 WATER ROWER

MRP ₹149999



### SUMMARY

- 7 water levels of resistance allow you to tailor the intensity of your row
- Self-generating power – no power adapter, no wires, no sockets, just you and the rower
- Intuitive console with clear LCD screen gives you complete control over your workout
- Supplied chest strap provides accurate heart rate data to the rower
- Console feedback: speed, time, distance, calories, heart rate, strokes per minute, time/500m

- Tablet and phone holder built into the console provides optimum viewing angle
- Densely padded seat for comfort and free range of movement
- Footplates with height and strap adjustments to ensure correct form for powerful strokes
- Built-in transport wheels make it easier to move the rower around your home
- Floor level adjustment ensures the rower is stable for a better rowing experience

- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dimensions: (L) 215 x (W) 58 x (H) 108 cm / (L) 84.6" x (W) 22.8" x (H) 42.5"

### MODEL NO.

AVUS-10450 New

NEW FOR SS21

## R-21x ROWER

MRP ₹189999



### SUMMARY

- 16 levels of electronic and air resistance allow you to tailor the intensity of your row
- Quick resistance keys located on the handlebars for easy adjustment while rowing
- 10 pre-set fitness programmes offer a variety of challenges to keep you motivated
- Self-generating power – no power adapter, no wires, no sockets, just you and the rower
- Intuitive console with clear LCD screen gives you complete control over your workout

- Supplied chest strap provides accurate heart rate data to the rower
- Console feedback: speed, time, distance, calories, heart rate, strokes per minute, time/500m
- Tablet and phone holder built into the console provides optimum viewing angle
- Densely padded seat for comfort and free range of movement
- Footplates with height and strap adjustments to ensure correct form for powerful strokes

- Built-in transport wheels make it easier to move the rower around your home
- Floor level adjustment ensures the rower is stable for a better rowing experience
- Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- Signature adidas Ultra Series red LED lighting powers up when you create energy
- Setup dimensions: (L) 236 x (W) 56 x (H) 123 cm / (L) 92.9" x (W) 22" x (H) 48.4"

### MODEL NO.

AVUS-10550 New



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