



**Fitness**



**Yoga**



**Pilates**



**Boxing**

**Performance Fitness Equipment**



## FOREWORD

Thank you for requesting our latest catalogue, which now features the majority of the MAD range in one easy reference guide, including all the Yoga-Mad, Pilates-Mad, Fitness-Mad and Boxing-Mad equipment.

Mad equipment is manufactured to the highest standard with performance and durability central to our design principles as the majority of our products are designed for demanding Studio or Club use. Wherever you choose to use our equipment you can be sure that it will serve you well.

We are constantly producing new products so keep an eye on [www.fitness-mad.com](http://www.fitness-mad.com) for the latest developments. Here you can also find complimentary products such as books, videos and DVDs by leading industry professionals which cover the use of our equipment.

The specialists amongst you may prefer to visit one of our specialist sites where you will find a more in depth coverage of your subject area as well as a range of specialist products. See [www.yoga-mad.com](http://www.yoga-mad.com) or [www.pilates-mad.com](http://www.pilates-mad.com) for details.

### MAD – Quality that Makes A Difference

This brochure is produced on environmentally friendly paper from sustainable resources.



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### Retail Packaged Product

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# YOGA MATS

Yoga-Mad are the UK's leading yoga mat supplier offering yoga mats to suit every style of yoga. A yoga mat is central to one's yoga and choosing the right one to suit your practice can make a lot of difference! In order to help you choose your ideal mat please look at the following chart and decide what is most important to you be it: the environment, grip, portability, comfort, grip when sweating, hygiene or durability and choose accordingly.

Mat Name	Thick	Kg	Material	Eco Cred	Dry Grip	Wet Grip	Cushioning	Durability	Absorb
Tree Mat	4mm	1.8	Nat. Rubber	****	****	***	***	***	Med
Evolution	4mm	1	TPE	***	***	***	***	**	Zero
Studio Mat	4.5mm	1.5	PVC	**	***	*	****	****	Low
Studio Light	3mm	1	PVC	**	***	*	**	****	Low
Travel	1.5mm	0.7	PVC	**	*	*	*	**	Low
Warrior	4mm	1.1	PVC	*	**	*	**	***	Med
Warrior Plus	6mm	1.6	PVC	*	**	*	****	***	Med
Grip Dot Towel	3mm	1	PE/PVC	*	**	****	*	***	High

KEY: \*\*\*\*\* = the best \*\* = the worst.

Please note the number of \* is relative to our own mats so \*\* for "Dry Grip" does not mean that the grip is bad but that it is not as good as \*\*\* or \*\*\*\*

## NATURAL RUBBER TREE MAT

The Tree Mat is made from dry Natural Rubber from the Hevea Brasiliensis tree, on a 100% cotton mesh. Natural rubber and cotton are degradable, natural and sustainable making this our most ecologically sound yoga mat. The Tree Mat also has the best grip of all our mats, which combined with good shock absorption and abrasion resistance make this the best mat available.



**SIZE 183cm x 61cm x 4mm. Rounded corners. 1.8Kg**

- BLACK TOP, GREEN BOTTOM YTREEBG
- BLUE TOP, SLATE BOTTOM YTREEBS
- AUBERGINE TOP, LAVENDER BOTTOM YTREEAL

## EVOLUTION YOGA MAT

The Evolution Yoga Mat is the next generation of yoga mat combining excellent grip, a supersoft hand feel and a stylish double-sided design. The mat offers fantastic cushioning and yet is super light, making it easy to transport. Equally important is the fact that the TPE used in this mat is both recyclable and degradable. The Evolution mat is made from closed cell material which is non absorbent & wipe clean making it the most hygienic yoga mat we offer. The mat comes with a convenient colour coordinated carry string.



**SIZE 183cm x 61cm x 4mm. Rounded corners. 1Kg**

- BLUE TOP, LIGHT BLUE BOTTOM YMATTPEB
- PURPLE /LIGHT PURPLE YMATTPEP
- AUBERGINE /LAVENDER YMATTPEA



## WARRIOR YOGA MAT 4MM

Our best selling mat, the Warrior mat provides good grip and cushioning and offers great value for money. 4mm is the most popular thickness of mat for regular yoga practice and at 183cm (6ft) long you'll stay on the mat. PVC AZO & DOP free by SGS. Machine washable 40 degrees.



SIZE 4mm x 61cm x 183cm (6'). 1.1Kg

- PASTEL BLUE YWARRIOR4B • PASTEL PURPLE YWARRIOR4P
- PINK YWARRIOR4PK • AUBERGINE YWARRIOR4A

## WARRIOR PLUS YOGA MAT 6MM

The luxury Warrior Plus mat has the same excellent grip as the standard Warrior mat but, at 6mm it offers more cushioning for those seeking extra comfort. Available in calming Sky Blue or Fiery Sunset. Note: this mat is not painted so the performance is not affected. AZO & DOP free by SGS. Machine washable 40 degrees.



SIZE 6mm x 61cm x 183cm (6'). 1.6Kg

- SKY BLUE YWARRIOR6 • SUNSET RED YWARRIOR6RY

## YOGA-MAD STUDIO MAT 4.5MM

The German made Studio mat is the original Yoga-Mad mat and was the first yoga mat to be tested against harmful substances for skin contact. The Studio mat is a high density mat which offers excellent grip and cushioning whilst setting the standard for durability making it ideal for intensive or Studio use. The Studio mat comes in two thicknesses 3 or 4.5mm and the 4.5mm is available in a choice of widths, Standard 60cm or extra wide 80cm.

### STANDARD STUDIO MAT 4.5MM

The most popular size and thickness of Studio mat offering the ideal balance of cushioning, grip and durability.



SIZE 4.5 mm x 60cm x 183cm (6'). 1.5Kg

- BLUE ASTUDIO560B • PURPLE ASTUDIO560P
- ORANGE ASTUDIO560O • RED ASTUDIO560R

### EXTRA WIDE STUDIO MAT 4.5MM

The same material as the Standard Studio mat but 25% wider at 80cm. This is the widest mat on the market and is ideal for those that practice on draughty floors as the mat insulates you in Savasana as your whole body can fit on the mat.



SIZE 4.5 mm x 80cm x 183cm long (6'). 2Kg.

- BLUE ASTUDIO580B • PURPLE ASTUDIO580P

### LIGHT STUDIO MAT 3MM

Some people prefer thinner mats as they provide firmer grounding in standing postures though the lightweight Studio mat also appeals to those who prefer a lighter mat for portability or those seeking a quality European made mat at a keener price.



SIZE 3mm x 60cm x 183cm (6'). 1Kg.

- BLUE ASTUDIO360B • PURPLE ASTUDIO360P
- ORANGE ASTUDIO360O • RED ASTUDIO360R

## TRAVEL YOGA MAT 1.5MM

The German made Travel mat is the answer for those seeking a truly portable mat. At only 0.75 Kg for a full size mat it is foldable and easy to transport as well as being durable and offering good grip. Also ideal for use under a yoga rug or to put on top of a club mat for hygiene.

Machine washable.

SIZE 1.5mm x 60cm x 183cm. Weight 0.75Kg

ASTUDIO2



## GRIP DOT TOWEL

Our new super-absorbent Grip-Dot Towel is highly versatile. Use it with the dots up for an anti-slip yoga mat, either on its own, or on top of a class mat for hygiene. Use it with the dots down and the mat will be held in place on any smooth surface - ideal for use in hot or power yoga where one sweats a lot and wants to wash your mat after each practice. The towel also makes a great travel yoga mat as it folds up to fit in your suitcase. Machine washable & dryer safe the Grip Dot towel comes in a convenient net mat bag. Hi wicking polyester yarn coated with phthalate free PVC dots.



SIZE 60cm x 183cm. Weight 0.8Kg

• BLUE YTOWELB • PURPLE YTOWELP

## TRIDENT YOGA RUG

The original Indian yoga mat! Our 100% cotton, coarse weave rug is designed for Ashtanga or Power yoga where grip whilst sweating is required. The rug's grip increases as it gets wetter, the opposite to a yoga mat. The embroidered Shiva's Trident helps keep you aligned. The rug is often used with a standard mat to keep the rug in place; we recommend the Warrior mat or a Yoga-Mad Travel mat.

Hand wash cold



SIZE 200cm x 70cm. 1.5Kg

• BLACK YRUG07BK • RED YRUG07R • BLUE YRUG07BL

## ORGANIC COTTON YOGA RUG

SKAL approved sustainable organic cotton. Natural & unbleached.

Hand Woven Yoga Rug 200cm x 70cm. 1.2Kg

YRUGORG



CU Cert No.  
804098  
Sustainable  
textile product



If you find you slip when sweating during your practice then try Liquid Chalk - it's grip in a bottle!

Available from  
[www.yoga-mad.com](http://www.yoga-mad.com)



## ASANA MAT BAG

Stylish water-resistant mat bag, which keeps your mat dry on the way to class. Featuring a useful cargo pocket, embroidered yoga asanas, and a redesigned adjustable shoulder strap for 2009. 70% cotton, 30% Nylon. Machine washable.



SIZE 63cm x 14.5cm (dia). Max mat size: 183cm x 6mm x 61cm

- BLUE BODY YBAGASANABL • BLUE STRIPE YBAGASANABS
- AUBERGINE STRIPE YBAGASANAAP • AUBERGINE BODY YBAGASANA AU
- PURPLE BODY YBAGASANAPU

More bags available at [www.yoga-mad.com](http://www.yoga-mad.com)

## STRIPEY MAT BAG

Funky stripey bags made from 100% cotton with pocket, adjustable shoulder strap and draw string closure. Suitable for 4 or 6mm mats. Machine wash cold.



SIZE 63cm x 15cm (dia). Max mat size: 183cm x 6mm x 61cm

- BLUE STRIPES YBAGSTRIPEYB
- RED STRIPES YBAGSTRIPEYR

## ORGANIC COTTON YOGA MAT BAG

Unbleached sustainable organic cotton mat bag with adjustable shoulder strap and wooden buttons. Internal secret pocket and large outer pocket.



72cm long x 14.5cm diameter (to suit 61cm wide mat, 6mm or thinner)

YBAGORG

## YOGA KIT BAG

The Yoga Kit bag is designed to take a full range of yoga equipment and will accommodate 4 full blocks, 1 mat, 2 bricks, a belt and blanket. The long handles mean the bag can be carried in the hand or over the shoulder. 100% cotton with embroidered Om. Extra wide zip opening for easy access. Machine wash cold.



Size: 62cm x 22cm x 22cm

- STRIPEY RED YBAGKITS • STRIPEY BLUE YBAGKITSB • BLACK YBAGKITB





## YOGA PROPS

Yoga-Mad offers a comprehensive range of yoga props many of which are featured here. For some of the larger and more specialist equipment please visit [www.yoga-mad.com](http://www.yoga-mad.com). Yoga props are designed to assist with correct yoga practice and to improve alignment whilst avoiding strain. The use of props helps to increase one's understanding of yoga asanas and makes yoga practice more accessible to all.

### YOGA BELTS

Yoga belts are useful to assist in attaining correct postures by providing the required tension of a pose without straining. Belts are used for binding in postures such as Supta Padmagusthasana (Reclining Hero stretch), as extensions in forward bends like Urdhvamukha Janu Sirasana (head on knee) and as support in Paripurna Navasana (the Boat).

#### 2.5M COTTON YOGA BELTS WIDE

Our 2.5m belts are our most popular belts and are recommended for Iyengar yoga as the extra length makes them more suitable for use in binding. Choice of D Ring or Cinch buckle to suit personal preference.

- SIZE 2.5m long x 38mm**  
 • NATURAL WITH D RINGS YBLTCT25MN • BLUE WITH CINCH BUCKLE YBLTCT25MB



#### 2.5M COTTON YOGA BELT NARROW

Some yoga practitioners prefer a narrower yoga belt as one can be more precise with the positioning.

- SIZE 2.5m long x 25mm Narrow**  
 NATURAL WITH CINCH BUCKLE • YBLTCT1N

#### 2M COTTON YOGA BELT WIDE

Standard length yoga belt with a choice of D Ring or Cinch buckle to suit personal preference .

- SIZE 2m long x 38mm**  
 • PURPLE WITH CINCH BUCKLE YBLTCT2MP • RED WITH D RINGS YBLTCT2MR



1" Belt

#### 2.5M ORGANIC COTTON YOGA BELT

Our organic cotton yoga belt is made from SKAL approved sustainable organic cotton (see [www.controlunion.com](http://www.controlunion.com)) making it ideal for the conscientious yogi. Natural & unbleached with metal D Rings.



- Organic Yoga Belt 250cm x 38mm**  
 YBLTORG

#### YOGA MAT BANDS

A simple way to hold your yoga mat neatly rolled up. Not suitable for the Studio Pro 15mm mat. 3cm wide black elastic with Yoga-Mad logo - suits mats up to 6mm thick x 183cm long.



- SIZE 3cm wide**  
 YBAND

## YOGA BLOCKS 1" & 2"

For use as cushioning in inversions, such as the shoulder stand (4 required), to support the head in forward bends and for lift in seated twists. 1" Spacer blocks are particularly useful when needing to reduce or increase the height of one's lift by less than 2" (5cm) in one go i.e. in Virasana. Available in non-toxic, scratch-resistant EVA foam with 3mm chamfered edges or in softer recycled chip foam.



SIZE 50mm (2") x 305mm x 205mm
• BLUE EVA YBLEVABL • PURPLE EVA YBLEVAP
SIZE 25mm (1") x 305mm x 205mm
BLUE EVA FOAM YBLEVAHALF
SIZE 50mm (2") x 305mm x 205mm
RECYCLED CHIP FOAM YCHIP2H
SIZE 25mm (1") x 305mm x 205mm
RECYCLED CHIP FOAM YCHIP1



Note: Recycled chip foam colours vary from batch to batch



## BAMBOO & CORK YOGA BRICKS

Bamboo is one of the most sustainable products on the planet, so what better material for a yoga brick, our bamboo brick is hollow to keep the weight down. Alternatively why not try the warm yet firm feel of cork, from European sustainable cork forests. Both with rounded edges.

Bamboo 76mm x 127mm x 229mm 850g
YBRBAMBOO
Cork 75mm x 120mm x 230mm 550g
YBRCORK

## HI-DENSITY YOGA BRICK

A safe and lighter alternative to the traditional wooden brick, for use in numerous standing and seated postures to provide lift or grounding. With three distinctly different dimensions to vary the height, the brick offers firm support. Yoga-Mad foam EVA bricks are the firmest available and do not distort under body weight, and will not damage floors (or toes!).



SIZE 220mm x 110mm x 70mm
• PURPLE YBREVAPU • BLUE YBREVAB

## WEDGE

Use beneath the hands to reduce wrist strain in the Bow pose; or beneath the heels in the Downward Facing Dog pose. The Wedge can also be used in Pilates.



SIZE 500mm x 150mm x 50mm
PURPLE YWDEVAP



## OM BOLSTER

Bolsters support the body allowing relaxation and effective stretching without strain. Yoga-Mad bolsters are filled with buckwheat hulls which have long been the choice for meditation cushions as they offer firm support which moulds to your body shape and will not break down over time. 100% cotton, machine washable & YKK zipped outers; with re-stuffable inner-cover, an embroidered Om and convenient carry handle. Complies with UK Furniture & Furnishings Fire Regulations.

SIZE 23cm x 61cm. 3Kg

•BLUE YBOLSTBUCKB •PURPLE YBOLSTBUCKP •BURGUNDY YBOLSTBUCKBG



## OM SAND BAG

Our 5kg Sand bags are filled with fine sand for even weight distribution. The outer cotton cover is soft, offering good grip on the skin and the inner nylon cover is durable and leak free. Complete with embroidered OM and a sturdy carry handle.



SIZE 42cm x 18cm. 5Kg

• BLUE YSANDB • PURPLE YSANDP • BURGUNDY YSANDBG

## HAND WOVEN COTTON YOGA BLANKET

Blankets are a highly versatile prop that can be folded to provide height in seated postures and to support the head and shoulders in inversions. They can be rolled to support the neck in reclining postures and back bends; and to relieve strain on knees or ankles in poses such as the Hero. Being 100% hand-woven cotton our blankets are soft and fold tightly, offering good support whilst holding their shape, the key to a good yoga blanket.



100% cotton. Non Piling.

SIZE 150 x 200cm. 1.5Kg

• NATURAL YBLANKETN • BLUE YBLANKETB • BURGUNDY YBLANKETR



## ORGANIC HAND WOVEN COTTON BLANKET

Our organic cotton yoga blanket comes in the same design as our standard blanket but is made from SKAL approved sustainable organic cotton (see [www.controlunion.com](http://www.controlunion.com)) making it ideal for the conscientious yogi. Natural & unbleached.

Organic Yoga Blanket 150cm x 200cm. 1.5Kg

YBLANKORG



## FOLDING YOGA CHAIR

Used to aid rotation in seated twists, for support in backbends, in Viparita Karani; and for refinement of the shoulder stand. Ideal for serious yoga students and studios. Chairs fold flat for easy storage and have durable non marking feet. Our reinforced design has raised cross members on the legs to facilitate getting your legs underneath and a higher back to make stepping through easier.

SIZE Seat height 41cm; tubular steel construction; max recommended user weight 100Kg

SILVER YCHAIRT



### COTSWOLD LAVENDER COTTON EYE PILLOW

Soft eye pillows will help you unwind after practice. Filled with linseed and dried lavender that is grown in the Cotswold hills three miles from our premises and aids relaxation. The 100% cotton cover is removable and machine washable cold.

SIZE 23cm x 11cm

- ORANGE YEYEPKO • RED YEYEPKR • PURPLE YEYEPCP • BLUE YEYEPCB

## NETI POTS

Neti pots are used to perform Jalaneti, which means nasal irrigation. Neti nasal cleansing has been practiced for hundreds of years to relieve allergies, common colds and even asthma. All Neti pots are dishwasher safe.



- LOTUS CERAMIC YNETIL • YIN YANG CERAMIC YNETIYY
- OM CERAMIC YNETOM • CHAKRA CERAMIC YNETIC
- GENIE PLASTIC YNETIP



### NASAFLU NETI

Take the guesswork out of performing Neti with the NasaFlo Neti Pot which comes with 50 pre-measured packets of easy to dispense USP Grade, Preservative Free Sodium Chloride and Sodium Bicarbonate mixture. This mixture is pH balanced & isotonic for maximum comfort making performing your nasal wash a pleasure. Each packet contains precisely measured mixture to mix with 8 oz. (240 ml) of lukewarm distilled water, taking the guesswork out of preparing this solution. Comes with complete instruction booklet. Extra sachets are available separately.



Nasaflo 240ml + 50 Sachets YNETNF

Replacement box of 100 Sinus Rinse Sachets YNETIS

### NOSEBUDDY

The ultimate neti pot - designed by the Scandanavian Yoga and Meditation School! The large volume (0.5 litre) and long curved spout make it easy to clean even a congested nose. Unique construction that results in a very good flow of water. Includes a measuring spoon for salt and an instruction booklet



Nosebuddy 0.5L YNETINB

## MEDITATION AIDS

### BUCKWHEAT ZAFU CUSHIONS

Zafus are traditionally associated with Zen meditation. Yoga-Mad offer a range of different Zafu cushions to suit your meditation practice, all of which are suitable for meditating in lotus or half lotus position.

### CYLINDRICAL MEDITATION CUSHIONS

Contemporary design of zafu with the benefit of having a removable outer cover enabling you to wash the cushion without emptying the contents. A separate zipped inner allows you to remove some buckwheat so you can adjust the height. Those who are less flexible will likely prefer the larger cushion which is both taller and wider.



Small 13" x 5.5" = 33cm x 14cm. 2.5Kg

• BLACK YZAFRONDUB • BURGUNDY YZAFRONDUR

Large 14" x 8" = 35.5cm x 20.3cm. 3.75Kg

• BLACK YZAFRONDULB • BURGUNDY YZAFRONDULR

### PLEATED ROUND ZAFU CUSHION

This is the traditional design of zafu cushion and is pleated for extra strength. Single cover; carry handle conceals zip to adjust fill level.



13.5" x 7" = 34cm x 18cm. 2.5Kg

• BLACK YZAFUBWBK • BLUE YZAFUBWBL • BURGUNDY YZAFUBWR



### CRESCENT-SHAPED PLEATED ZAFU

Crescents provide more support for the upper thighs, and slope from 7.5" at the back to 4.5", which ensures you pelvis remains above your knees, which is essential for comfort. Single cover; carry handle conceals zip to adjust fill level.

17" x 12" / 43cm x 30cm. 2.5Kg

• BLACK YZAFCRB • BLUE YZAFCRP • BURGUNDY YZAFCRR

Note: All our cushions have 100% cotton twill covers and are filled with Buckwheat hulls, which conform to your body shape perfectly and provides a stable platform to sit on. Our Zafus use Schedule 3 interliners and comply with UK Furniture & Furnishings Fire Regulations 1998 - a legal requirement for meditation cushions sold in the UK.

### FOLDING MEDITATION STOOL

Folding Meditation Stool made from Bamboo - the Zen choice! This beautiful meditation stool slopes forward to help get your pelvis at the correct angle. The folding legs open widely to ensure that they do not easily close when you are seated.

Size: 53cm (w) x 15cm (d). 16cm (h) front & 20cm at back. Weight: 2.2Kg

YSTOOL



### FIXED LEG MEDITATION STOOL

Our beautiful hand made bamboo meditation stool slopes forward to help get your pelvis at the correct angle. Using a stool you can kneel with the stool taking the weight of your body and keep an erect and alert posture for long periods without unnecessary strain.

Size: 46cm (w) x 15cm (d). 16cm (h) front & 18cm at back. Weight: 1.8Kg

YSTOOLFX



# PILATES MATWORK EQUIPMENT

## STUDIO PRO-MAT

The Studio Pro-Mat is our best mat for Pilates, exercise and therapy. The TPE material has superb memory and at 15mm thick this mat offers excellent support for the spine and knees. As the mat is thick and does not roll up tightly it is best for studio or home use rather than carrying to and from classes. The mat is double sided and will not slide on the floor.

100% recyclable TPE is impermeable, hygienic and AZO, Heavy Metal & PVC Free.

SIZE Standard 140cm x 60cm x 15mm 1.9Kg	• BLUE FMATTPE140
SIZE Long 180cm x 60cm x 15mm 2.6Kg	• BLUE FMATTPE180



PVC FREE MAT



## PILATES-MAD CORE FITNESS MAT

This is an ideal Pilates or exercise mat for those on the move, or for Studios tight on storage space. The NBR foam offers excellent cushioning and memory, yet the mat weighs only a fraction over 1Kg, making it light enough to carry around. The mat comes complete with a removable shoulder strap that holds the mat rolled up for easy storage and transport.

NBR Rubber - DOP, AZO, Heavy Metal & Phenol Free.

SIZE 182cm x 58cm x 10mm 1.1Kg
• BLUE FMATNBR10B • BLACK FMATNBR10BK

## PILATES ISOTONER RINGS 14"

Rings are commonly used in Pilates to add intensity to floor exercises. The ring's resistance speeds up toning by targeting specific muscles. Especially useful in problem areas like the inner and outer thighs, upper arms, the chest and even the pelvic muscles.

Pilates-Mad offer a choice of either the traditional sprung steel ring, based on Joseph Pilates' original design or the foam padded double handled ring with a flexible plastic ring that has become popular in recent years. The double handled ring has slightly lighter resistance.



14" TRI-BAND STEEL RING	FRING14
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14" DOUBLE HANDLE FIBREGLASS	FRING14L 
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## SPIKY MASSAGE BALLS

These small spikey massage balls are used to release tight, uncomfortable muscles and can help to release toxins and improve circulation. Available in two sizes 7cm or 9cm. The balls are often used in pairs but are sold singly.

7cm PURPLE	FMASSAGES
9cm BLUE	FMASSAGEL



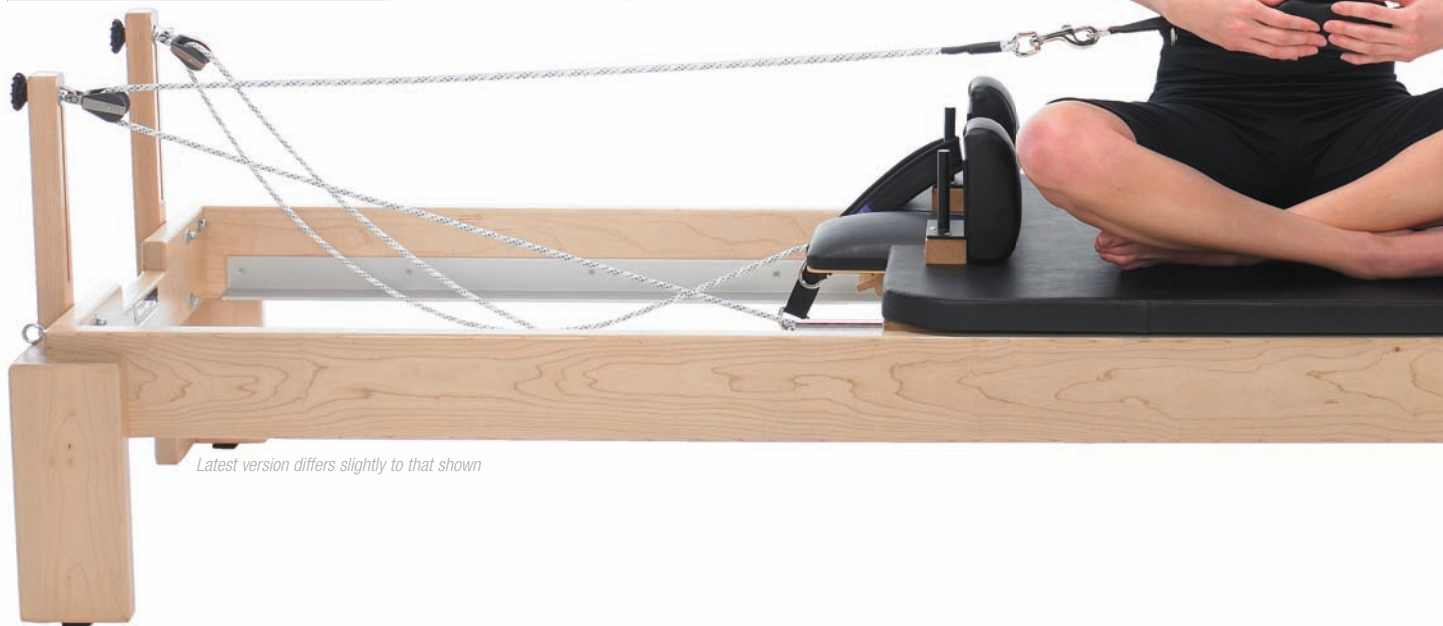
# PILATES STUDIO EQUIPMENT

New in 2009 comes our comprehensive range of professional quality Studio equipment. Pilates-Effect equipment offers exceptional build quality and performance, by combining top of the range componentry and innovative functionality with the traditional design favoured by many Pilates Studios. Studio equipment will be available ex-stock from our warehouses from August, complete with delivery and installation options and a full spares and after sales service. If you would like further information, comprehensive Data Sheets complete with detailed images are available for the complete range, which can be downloaded from [www.pilates-mad.com](http://www.pilates-mad.com) or requested by e-mail or post. Competitive finance can be arranged on all Studio equipment orders over £1,000.

## STUDIO PRO REFORMER

The Studio Pro Reformer is handmade from North American Maple, blending classic styling with hi-performance componentry to create the ultimate in smooth and silent performance. The Studio Pro offers 116cm of super smooth travel, the longest travel of any standard reformer on the market. This combines with our extra wide carriage, which at 67cm is the widest on the market, allowing unrivalled comfort in use and greater flexibility for larger users. Adjustment is both easy and extensive with 6 gear bar positions and 3 positions plus down on the lockable foot bar. Smooth and progressive resistance is ensured as we use only the finest German Steel in our springs. As standard the machine comes with integrated extra large standing platform, removable shoulder rests, adjustable ropes & risers, convertible hand/foot straps a removable extra head pillow. The Reformer is also pre-drilled to accept our Half Cadillac tower should you wish to add this at any time.

OUTER 263CM (L) X 73CM (W) X 36CM (H @ BED)    PREFORMER2B



*Latest version differs slightly to that shown*

## HALF CADILLAC TOWER

A stainless steel half cadillac tower is available for the Studio Pro Reformer enabling you to significantly increase your repertoire of exercises. The Reformer comes pre-drilled so that you can add the Half Cadillac at your convenience. The Reformer's shoulder pads remove (without tools) to create a completely flat bed. The wooden risers can also be removed and the ropes attached (choice of 3 heights) to the sides of the tower for maximum flexibility.

Tower Height: 217cm  
Tower Width: 67cm o/d

Set Includes:  
Reformer (as above), tower, padded swing bar, wooden roll bar, 2 blue, 2 red & 2 long yellow springs, mattress convertor & sitting box.



*UK specification differs slightly to that shown*

OUTER 263CM (L) X 73CM (W) X 217CM (H)    PREFORMERCAD

## CADILLAC

Few studios are complete without a full cadillac, which allows one to perform over 80 different exercises. The PE Cadillac is supplied with horizontal & vertical slider bars, wooden trapeze, padded swing bar, push through bar plus accessories. Bonus extras include foot board and strap.

Bed Dimensions:  
210cm x 62cm x 60cm (h)  
Tower height: 217cm



*UK specification differs slightly to that shown*

OUTER 225CM (L) X 76CM (W) X 217CM (H)    PCADILLAC



### STEP BARREL

81.5CM (L) X 46CM (W) X 33CM (H @ BARREL)

PSTEPB

### BABY ARC STACKING

59CM (L) X 45CM (W) X 17.5CM (H)

PARCW

### BABY ARC DELUXE

55CM (L) X 49CM (W) X 20.5 (H)

PARCE

### SITTING BOX

70CM (L) X 40CM (W) X 28CM (H)

PBOX1

### ACCESSORIES & SPARES

There are a wide range of accessories including mattress converters, jump boards, balance poles as well as a comprehensive range of spares available.

VIEW ONLINE

WWW.PILATES-MAD.COM

### SPLIT PEDAL COMBO CHAIR

Split paddle Stability Chair in marine birch ply with adjustable stainless steel handles. Includes 4 strong springs made of finest German music wire, plus removable paddle bar. Choice of 9 different spring settings on each side.

Seat Dimensions:  
61.5cm (h) x 55cm (w) x 40cm (d)

Outer Dimensions (excl handles)  
61.5cm (h) x 83cm (d) x 70 (w)

Handle design differs to that shown.



ASK FOR DATA SHEET OR VIEW ONLINE

PSTEPB

### LADDER BARREL

Classic design with solid maple frame and birch ply barrel. We believe this is the most adjustable design available offering 31cm of travel, varying the opening from 40cm to 71cm. Bonus item: includes foot board (not shown).

Barrel: 90cm (h) x 60cm (dia)  
Frame: 125cm (l) x 60cm (w)  
5 Rung ladder: 96.5cm (h)



125 CM (L) X 60CM (W) X 96.5CM (H)

PLADDERB



## EXER-SOFT BALLS

Ideal for pelvic floor exercises, the ball will enhance your Pilates workout and help develop strength, endurance and concentration as well as promoting relaxation and coordination. The balls are anti-slip offering excellent grip. Ball size is down to preference, though it is common to have both sizes for greater diversity.



SIZE 7" (18cm)

BLUE FEYBALL7



SIZE 9" (23cm)

RED FEYBALL9



## WOBBLE CUSHION

An ideal tool for improving balance and posture, you can kneel or stand on the cushion whilst exercising to improve core strength or can sit on it to tone abdominal muscles whilst sitting at your desk. Can be inflated or deflated to increase or decrease the level of stability. Pump not required.

14cm Diameter

FSTABILITYB

## PILATES BLOCKS

The large block is used to level the pelvis in Yoga and Pilates postures. The small block is used to slightly raise the head in reclining postures in order to achieve the correct neck alignment. It can also be used to correct the tilt on the pelvis or for support between the knees. First Grade EVA foam.

SITTING BLOCK 320mm x 250mm x 60mm	BLUE FBLOCK60 (BOTTOM)
HEAD BLOCK 25mm x 150mm x 205mm	BLUE FBLOCK25 (TOP)



## SOFT WEIGHTS

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using a standard dumbbell, the soft weight design is safer, reducing the risk of damage or injury if the weight is dropped. The shape also helps to promote the development of functional grip strength. PVC outer shell with sand or iron sand filling.

Diameter 12cm. Colour Blue



2 x 0.5Kg	FSOFT1
2 x 1Kg	FSOFT2
2 x 1.5Kg	FSOFT3







## CORE STABILITY

### STUDIO PRO 500KG ANTI-BURST SWISS BALL & PUMP

The Studio Pro Ball is rated at 500Kg and is one of the toughest balls available. Studio Pro Swiss balls have been independently tested by SGS Laboratories for burst-resistance to 750Kg and static load tested to over 1,750Kg without failure, making them ideal for Studio or Professional use. Perfect for weight training, Fit Ball workouts, yoga, Pilates or physiotherapy. The ball comes boxed complete with blaster pump.



SIZE 55cm (1.3Kg): those under 5'6"	PURPLE FBALLSP55
SIZE 65cm (1.7Kg): those 5'6" to 5'10"	PURPLE FBALLSP65
SIZE 75cm (2.1Kg): those 5'11" +	PURPLE FBALLSP75

### 300KG ANTI-BURST SWISS BALL, PUMP & DVD

This 300kg rated burst-resistant ball comes complete with a workout DVD featuring 40 Swiss Ball exercises, including warm up, body weight only exercises and dumbbell workouts on the ball. Includes hi-speed pump. Independently tested as burst-resistant at over 500Kg static load and static load tested in excess of 1,000Kg without failure. Rated at 300Kg.

SIZE 55cm (1.1Kg): those under 5'6"	BLUE FBALLDVD55
SIZE 65cm (1.35Kg): those 5'6" to 5'10"	BLUE FBALLDVD65
SIZE 75cm (1.65Kg): those 5'11" +	BLUE FBALLDVD75

SIZE 55cm Ball only in pe bag	FBALL55
SIZE 65cm Ball only in pe bag	FBALL65
SIZE 75cm Ball only in pe bag	FBALL75



### 100KG ANTI-BURST SWISS BALL & PUMP

Our entry level ball is burst-resistant with a rating of 100Kg. Having conducted many tests on non burst-resistant balls we wouldn't even entertain using one as they simply are not safe! This is an ideal ball for home use.  
 Safety Tests: Factory tested as burst resistant at 150Kg, maximum recommended load 100Kg .  
 Colour: Silver  
 Not warranted for commercial use.



SIZE 65cm (1Kg) SILVER GREY	FBALL100
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## STUDIO PRO ROLL AIR PLUS

At last a high performance replacement for the Foam roller has arrived the Roll Air Plus! Rollers are increasingly widely used in fitness, Pilates and physiotherapy to improve strength, flexibility and balance as well as for myofascial massage. The Roll-Air replaces the traditional foam roller, offering an industry standard 90cm length, high performance alternative that will not lose its shape and can be inflated to match your desired firmness. This unique design combines an inflatable roller with a durable cover, that both protects the roller and ensures that roller maintains a perfect cylinder. The Roll-Air can be deflated to save space in storage or when travelling and can be carried over the shoulder or hung up to save space using the quick release carry string supplied. The carry string also enables one person to carry multiple rollers making this perfect for studio use. Roll-Airs have been tested by SGS as burst-resistant at 250Kg and will outlast normal foam rollers by many years!

Includes: 15cm pump, spare stopper & stopper remover, carry string.



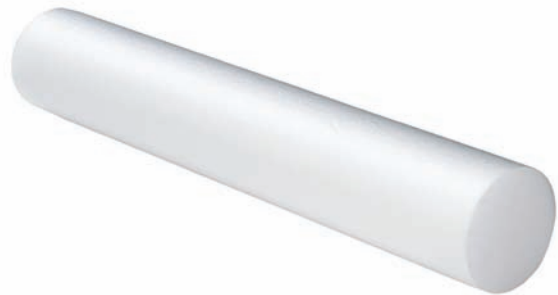
SIZE 90cm x 15cm Diameter Weight 1.2Kg

FROLLAIR6

## FOAM ROLLERS 6" DIA & 1/2 ROLLERS

Lightweight LDPE foam rollers in 15cm diameter for use for balance training, body awareness, muscle re-education and muscular flexibility and to provide dynamic strengthening.

The half roller is ideal for those in rehab as it can be used with the flat side to the ground to create a much more stable surface than on a cylindrical roller. Turned over the roller has a rocking motion which is great for developing stability without the risk of the roller shooting away from you.



SIZE 90cm Long x 15cm Diameter White

FROLLER6W

SIZE 90cm Long x 15cm Half Round Blue

FROLLER6H

## ADJUSTABLE WOBBLE BOARD

Regular use of a wobble board is a great way to improve your balance, increase core strength and improve one's range of movement. By improving proprioception through balancing exercises wobble boards can help to protect the body from injury. Our 40cm adjustable wobble board offers angles between 19 and 23 degrees by simply screwing the rocker in or out, allowing you to progressively improve your balance. The more you screw the rocker out the greater the angle and the greater the difficulty. Range of movement: 19 to 23 degrees



SIZE 40cm Diameter Weight 850g

FWOBBLE20



# STRENGTH

## KETTLEBELLS 4 - 24KG

In recent years the kettle bell has become a highly popular exercise tool amongst athletes, fitness enthusiasts and martial artists as a kettle bell training delivers an unparalleled fitness workout! Working with kettlebells increases strength, endurance, agility and balance, challenging both one's muscular and cardio system with dynamic, total-body movements. Whether you want to burn fat or develop your cardio fitness or increase your strength it can all be done with a kettlebell. Fitness-Mad's kettlebells feature an oversized powder coated handle that provides excellent grip for one or two hands, whilst allowing for full and fluid motion. The base of each kettle bell is colour coded and covered with a heavy duty vinyl skin that not only looks the business but helps to protect the floor!

### Guide to Weight selection

If you are not sure which weight you need, as a rough guide

Women new to strength training should start with 4Kg

Fit Women (excl athletes) from 8Kg - 12Kg

Men new to strength training should start with 8 - 12Kg

Fit Males used to strength training 12Kg - 16Kg

Athletes & Weight Trainers 20 - 24Kg



4Kg	8Kg	12Kg
FKETTLE4	FKETTLE8	FKETTLE12
16Kg	20Kg	24Kg
FKETTLE16	FKETTLE20	FKETTLE24



## NEOPRENE DUMBBELLS - 0.5KG - 5KG

Neoprene coated Dumbbells for aerobic and fitness training. Two flattened sizes prevent the dumbbells from rolling away. Supplied boxed in pairs.



DUMBBELL RACK FOR RETAIL DISPLAY AVAILABLE - FDBELLRACK

Pair 0.5Kg	PINK FDBELL1/5
Pair 1Kg	PURPLE FDBELL1
Pair 1.5Kg	GREEN FDBELL11/5
Pair 2Kg	BLUE FDBELL2
Pair 3Kg	ORANGE FDBELL3
Pair 4Kg	RED FDBELL4
Pair 5Kg	BLACK FDBELL5

## SOFT GRIP DUMBBELLS 0.5KG OR 1KG

Fitness-Mad's soft grip dumbbells are covered in soft foam for a comfortable grip. Soft dumbbells are the perfect way to add a strength training element to your aerobic workout. Blister packed in pairs.

2 X 0.5Kg	PINK FDBELLSOFT1
2 X 1Kg	BLUE FDBELLSOFT2



## MEDICINE BALLS 1 - 5KG

The Medicine Ball is an excellent tool for a complete body workout, especially when combined with a Swiss Ball. Use it to strengthen shoulders, back, arms and legs; and to develop abdominal strength. Unlike weight machines that are bolted to the floor and give a limited unnatural movement, the medicine ball provides weight-resistance through a full range of motion. Ideal for athletes, boxers, golfers, and racquet sports players. Made from rubber, they bounce, are waterproof, and easy to grip. 1 & 2Kg balls 19.5cm dia; 3 & 4Kg 22cm dia; 5Kg ball 24cm dia.



1Kg	2Kg	3Kg	4Kg	5Kg	Rack Only
FMEDBALL1	FMEDBALL2	FMEDBALL3	FMEDBALL4	FMEDBALL5	FMEDBALLRACK

## WRIST & ANKLE WEIGHT 0.5KG OR 1KG

Fitness-Mad wrist and ankle weights feature a unique double fastening system to ensure a snug, friction free fit. There are no buckles to stick in to you and the weight is evenly distributed for maximum comfort. The weights attach easily over wrist or ankle to increase the intensity of your workout routine.



2 X 0.5Kg weights	FANKLE1
2 X 1Kg weights	FANKLE2

## STUDIO PRO ADJUSTABLE POWER GRIP

The Pro Adjustable Power Grip is the ultimate hand and wrist exerciser offering easy adjustment to suit your desired exercise and to allow you to increase the amount of resistance as your strength develops. Ergonomically sculpted handles with soft synthetic rubber inserts ensure a comfortable grip even during extended exercising. Choice of two models: 5Kg to 20Kg which is ideal for Ladies or those in Rehab or 10Kg to 40Kg ideal for developing a vice like grip Sold singly.



5kg to 20Kg	FGRIIPRO20
10Kg to 40Kg	FGRIIPRO40

## POWER GRIP - HAND EXERCISER

Strengthen your grip and develop your forearms with these sturdy Power Grips. Sprung- steel coil with foam covered tubular handles for extra comfort.



FGRIPA
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## HAND & WRIST EXERCISER

This specially formulated thermo-plastic rubber egg is the modern solution for strengthening wrists, hands, forearms and fingers as well as increasing hand coordination. Simply squeeze the egg in any plane to target the required muscle. Ideal for players of all racquet sports and for rehabilitation, also a great anti-stress toy! Available in three strengths.



Light Strength	FGRIPSPK
Medium Strength	FGRIPFPU
Strong Strength	FGRIPFOR



## PUSH UP BARS

Fitness-Mad's ergonomically designed push up bars enhance the benefits of push ups by allowing you to focus on specific muscles by adjusting the position of the push up bar. Sturdy, lightweight snap together design made from hi-strength polypropylene. Weight 600g.



FPUSHUP

## SIT UP BAR

Our adjustable Sit Up Bar offers 3 positions to optimise your abdominal workout. Use to strengthen and tone abs, thighs, glutes and more without using bulky weights. Sit Up Bars support your feet helping you to perform perfect sit ups and crunches in comfort whilst reducing the strain on the lower back. Steel construction with foam padded foot rests for extra comfort. Quickly fits on any door (up to 5cm thick). Weight 1 Kg.

FSITUP



## DELUXE DOORWAY GYM BAR

Turn your door frame into a workstation with our deluxe doorway gym. Use the bar high in the door frame for pull ups, crunches and chin ups or, at the bottom of the door frame for sit ups and an abdominal workout. Double action opening makes the door gym quick to set up and the large non-marking pads ensure a secure grip and prevent damage to the door frame. Foam grips add extra comfort. Includes support brackets and basic exercise guide.

Note: Maximum user weight 100kg. Suitable for door widths from 63cm to 100cm with a door jam of at least 6cm. Not suitable for door frames made of soft wood, door frames in Stud (Plasterboard) walls or door adjacent to a window frame.

Not warranted for commercial use.



USER GUIDE

FCHINUP

## RESISTANCE BAND GYM

The complete resistance solution that is small enough to fit in your pocket - a truly portable gym! By combining different bands using the innovative handles you can create seven different levels of resistance, as well as creating loops for leg to leg or tricep exercises.

Kit includes: 3 bands (150cm x 10cm) in Light, Medium & Strong resistance, one pair of clips & exercise guide.

Warning: Contains Latex Do Not Use if Allergic



USER GUIDE

FRESHKITB

## RESISTANCE BANDS & USER GUIDE

Resistance Bands are ideal for use in Pilates, for resistance workouts or rehabilitation. Latex bands can stretch by up to 700% and offer smooth even resistance. Our bands have the resistance rating & safety warnings written on the band, making them ideal for Studio use. Choice of 3 strengths. Supplied in blister pack with user guide.

Light - Red. Use for beginners & rehab	FRESBAND9L
Medium - Blue. For those familiar with Res training	FRESBAND9M
Strong - Black. Ideal for strong, athletic users.	FRESBAND9S

## RESISTANCE BAND STUDIO PACKS

Resistance bands are also available in packs of 10 or individually. Each band is sealed in its own zip lock bag plus there is one user guide per 10 pack. Ideal for clubs 10 packs are a much more professional alternative to buying rolls.

Light - Red.	SINGLE FRESBAND9L	10 PACK FRESBAND9LX10
Medium - Blue.	SINGLE FRESBAND9M	10 PACK FRESBAND9MX10
Strong - Black.	SINGLE FRESBAND9S	10 PACK FRESBAND9SX10

## RESISTANCE BAND ROLLS 15CM X 15M

For teachers, physiotherapists or Studios wishing to cut band to custom lengths or save a little money, we offer 15m rolls of resistance bands.



Warning: All our bands are Latex Do Not Use if Allergic



15m ROLL LIGHT	FRESBANDL15
15m ROLL MEDIUM	FRESBANDM15
15m ROLL STRONG	FRESBANDS15



Light - Green	FTUBESAFL
Medium - Blue	FTUBESAFM

## STUDIO PRO SAFETY RESISTANCE TUBES

Our Studio Pro Safety Resistance Trainers offer a safe alternative to latex resistance tubes without compromising performance. The protection sleeve virtually removes the risks associated with latex tube failure and also extends the life of the latex tube.

Supplied with 12 page A5 resistance training guide covering 19 key resistance exercises for a total body workout. Also includes a door attachment that enables you to turn the Resistance Trainer in to a virtual gym.

Length: Industry standard length tube of 120cm. Total length including handles 155cm. Stretch: 4 times original length. TPR handles provide a comfortable grip.

Available in 4 strengths with coloured coded handles and the resistance level marked on the handles, for use in a class or Studio environment.



Strong - Red	FTUBESAFS
Extra Strong - Black	FTUBESAFXS

## RESISTANCE TUBES 1.3M FIXED HANDLE

Fitness-Mad resistance tubes offer a safe alternative to Latex tubing by using a multi stranded rubber core with a protective nylon sleeve, which prevents the possibility of sudden tube failure, that can occur with latex tubing. The rubber offers natural and progressive resistance and avoids the possibility of latex allergies. Available in 3 strengths with comfortable integral foam covered handles. The resistance level is marked on the handles to make identification easier when using in a class or Studio environment. The tube comes with a user guide featuring 10 key resistance exercises for a total body workout.

Max tube stretch 3 x original length

*Resistance Tubes also available in bulk packaging for Clubs or Studios see price list for details*



Light	FTUBE08LR
Medium	FTUBE08MR
Strong	FTUBE08SR

## AEROBIC EQUIPMENT

### STUDIO PRO 40" REBOUNDER

Fitness-Mad's 40" Studio Pro Rebounder trampoline is a commercial grade rebounder that is the ideal tool for zero impact aerobic exercise whether for use in the gym or at home. Rebounding is fantastic exercise but it is essential to have a quality rebounder as most budget rebounders offer a jarring, noisy and unpleasant bouncing experience. With the Studio Pro rebounder the bounce is smooth and quiet offering the perfect exercise platform. Rebounding improves circulation, increases the capacity of your heart and lungs, and builds strength and stamina, boosting all round fitness. Regular use will improve muscle tone around the legs, thighs, abdomen, hips and arms and will improve your co-ordination and balance.

#### Key Features

**Springs** - Spring quality is essential for a good bounce hence we use 36 high quality 32mm dia barrel springs rather than commonly used 18mm straight springs.

**Spring Mounting** - Our springs attach to the frame using a riveted barrel pin, rather than hooking directly in to the frame. This reduces noise when bouncing, makes the bounce smoother and reduces the likelihood of springs breaking.

**Frame** - A strong frame is essential to ensure a long life, our frame is made from heavy gauge powder coated steel which is 30-40% heavier than budget rebounders.

**Rebounder Bed** - Made from high quality polypropylene. with nylon thread stitching and two layers of strong polypropylene webbing to securely attach the bed to the springs.

**Spring Cover** - We use a smaller spring cover than on many competitors trampolines as this ensures a larger bounce area and reduces unnecessary damage to the cover. The cover is made from durable 420 denier oxford nylon, which offers greater durability and tear resistance than commonly used PVC.

**Legs** - Our design uses 6 x 22.5cm (9") legs which fold down without use of tools. This makes storing your rebounder easier and faster, avoiding the need for unscrewing the legs and possibly then losing one! The feet are tipped off with extra wide rubber feet which offer improved grip and will not mark the floor.



*Close up of folding chrome leg, overize spring and riveted barrel spring*



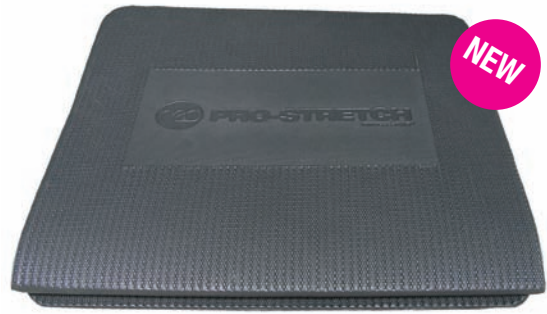
102cm Dia. 25.4cm (10") High. Weight 10Kg. Blue FTRAMP40



## PRO STRETCH TRI-FOLD AEROBIC MAT 9MM

Club quality tri-fold aerobic and fitness mat. This great new mat is 134cm when extended and folds up for storage and transport or for extra cushioning when doing sit-ups or crunches. This mat is perfect for gym use as lots of mats can be stacked in a small place or for fit pros who need to carry a number of mats around for group exercise classes. Reversible mat featuring 3 fold design with double hinge construction; made from non-slip, non-absorbent and wipe clean EVA foam.

SIZE 134cm x 50cm x 9mm (45 x 50 folded) 600g • DARK GREY FAMATPRO



## STUDIO PRO AEROBIC MATS 10MM & 15MM

These Club quality aerobic mats are made from first grade EVA foam which offers good memory, shock absorption and comfort, and greater resistance to scuffing. Features: Rounded corners and hand hole for carrying. Material: Closed cell, wipe clean EVA foam.

10mm x 50cm x 1m BLUE	FAMAT10
15mm x 50cm x 1m BLUE	FAMAT15



PLEASE ALSO SEE - STUDIO PRO MAT & CORE FITNESS MAT ON PAGE 13



## AB WHEEL PRO

The Ab Wheel Pro is a serious abdominal training tool offering a new take on an old theme. The two wheel design offers improved stability plus the option of single or both arm usage, whilst the addition of a brake that is operated by simply twisting the wrist helps to prevent over stretching and injury.

SIZE 40cm long with 11cm dia wheels. 800g • FABWHEEL

## STUDIO PRO SPEED ROPES

This is our top of the range Speed Rope offering a durable smooth-turning rope with free-spinning handles to ensure a perfect skipping arc, suitable for all general skipping routines. Blister packed. Colour coded handles make these ropes ideal for a Studio environment.

8Ft Rope - Purple. Height under 5'4"	FSKIPSP8
9Ft Rope - Blue. Heights between 5'4"-5'10"	FSKIPSP9
10Ft Rope - Black. Height over 5'11"	FSKIPSP10



Speed Ropes also available in bulk packaging for Clubs or Studios see price list



## LEATHER BOXER ROPE

Our professional leather skipping rope is designed for endurance training and is the preferred design of boxers due to its 90 degree perpendicular swivel, which enables high speed rotation without unnecessary wrist movement. The 3m rope (9'10") rope can be cut and reattached to suit your height or jump style - longer ropes are required for wider arm skipping techniques and those over 1.78m will require the full rope.

FSKIPLR

## FITNESS-MAD SPEED ROPE MIXED BOX OF 12

Budget priced speed rope in a tube. 12 tubes per display carton. Solid vinyl cord with free-spinning handles. Black handle/green transparent rope. Each box contains 3 x 240cm, 6 x 270cm & 3 x 300cm ropes. 240cm rope for those under 160cm (5'3"). 270cm rope for those between 160 - 180cm (5'4" - 5'10"). 300cm rope for those over 180cm (5'11"). NOT SOLD SINGLY

FSKIP12



## FITNESS ACCESSORIES

### HEART RATE MONITOR, Pedometer & FM RADIO SET

All you need to monitor your fitness levels and exercise regime. The Fitness-Mad combination set includes a sophisticated heart rate watch and chest belt with deluxe pedometer and FM Radio. HRM functions include: advanced calorie count, current heart rate, maximum heart rate, customisable training zones with alarm, average heart rate; 1/100 sec stopwatch; time, date, alarm & backlight. Water-resistant 3ATM. Functions on Pedometer: measures distance in Km, steps taken, calories burnt, Timer, Strong Belt Clip, FM Scan Radio - programmable with user's data.

Batteries Included.



FHRMSET

### CROSS TRAINING & FITNESS GLOVES

Our cross training and fitness gloves are perfect for weight lifting or general fitness training. Leather palm with soft padding offers great comfort and a good grip, Half finger design with pull off tabs for easy removal and two layers stretch-spandex back, for breathability. Pull on tabs make it easy to pull the gloves on.

Small	FGLOVECS
Medium	FGLOVECM
Large	FGLOVECL
X-Large	FGLOVECLX



### RUNNING-MAD SPORT BOTTLE

Running-Mad 500ml ergonomic water bottle with hand hold designed for use when running. Weighs 650g when full.

Made from virgin recyclable PE. Size: 500ml



FBOTTLE500

### MESH FITNESS GLOVES

Classic design fitness gloves with cotton mesh back for extra breathability and padded leather palm for a comfortable and effective grip.

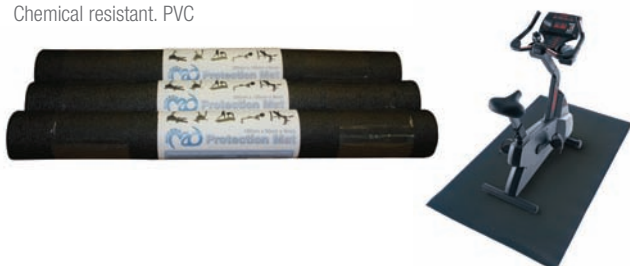


Small / Medium	FGLOVEBSM
Large / X-Large	FGLOVEBLXL

### FLOOR PROTECTION MATS

Fitness-Mad Machine Mats provide excellent floor protection for use underneath exercise equipment or for weight training. Helps to keep equipment in place and reduces machine noise.

Features: Sealed edges, anti-slip base so will not slide on the floor. Colour: Black Chemical resistant. PVC



Upright Bike 0.9m x 1.5m x 6mm. 2Kg	FMM6150
Cross Trainer & Recumbent 1m x 2m x 6mm 2.8Kg	FMM6200
Rower & Treadmill 1m x 2.5m x 6mm 3.1Kg	FMM6250

### BLASTER PUMP

If you want to blow your ball up often you may want to get a 2-way hi-pressure pump.



FPUMP2





### LEATHER PRO SPARRING GLOVES

Premium Leather Pro Sparring Glove with hand moulded multi-layer foam padding designed for optimum comfort, support and absorption. Glove features wide Velcro wrist support, attached thumbs and are lined with waterproof taffeta that prevents moisture entering the padding.

**Specification**

Colour: Black with metallic white palm

Material: Premium leather construction with multi-layer foam moulds for protection. Velcro fastening wrist support

Weight: 8oz	BSPARL08BW
Weight: 10oz	BSPARL10BW
Weight: 12oz	BSPARL12BW



Weight: 14oz	BSPARL14BW
Weight: 16oz	BSPARL16BW

### SYNTHETIC LEATHER SPARRING GLOVES

Soft Synthetic Leather Sparring Glove with anatomically designed latex mould inserts designed for optimum comfort, grip, support and absorption. Gloves feature wide Velcro wrist supports attached thumbs and are lined with waterproof taffeta that prevents moisture entering the padding.

**Specification**

Colour: Black with white palm

Material: Soft Synthetic leather construction with anatomical pre moulded inserts for maximum protection and a wide Velcro closure for exceptional wrist support.

Weight: 10oz	BSPARP10BW
Weight: 12oz	BSPARP12BW



Weight: 14oz	BSPARP14BW
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### WOMEN'S FIT 8OZ LEATHER PRO SPARRING GLOVES

Premium Leather Pro Sparring Glove with anatomically designed latex moulds to fit women's hands perfectly and provide optimum comfort, support and absorption. Gloves feature wide Velcro wrist support, attached thumb and is lined with waterproof taffeta that prevents moisture entering the padding

**Specification**

Colour: Black with hot pink palm

Material: Premium leather construction with anatomical pre moulded insert for maximum protection and a wide Velcro fastening for exceptional wrist support.

Weight: 8oz	BWSPARL08BP
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## WOMEN'S FIT SYNTHETIC LEATHER SPARRING GLOVES

Soft Synthetic Leather Sparring Glove with anatomically designed pre moulded latex moulds designed for women to provide optimum comfort, support and absorption. Glove features wide Velcro wrist support, attached thumb and is lined with waterproof taffeta that prevents moisture entering the padding.

Colour: White with red palm

Material: Soft Synthetic leather construction with anatomical pre moulded inserts for maximum protection and a wide Velcro fastening for exceptional wrist support.

Weight: 8oz

BWSPARP08WR



## JUNIOR 60Z SYNTHETIC LEATHER SPARRING GLOVES

The same specification as our Adult Synthetic Leather Sparring Gloves but specially made for Junior boxers.

Colour: Black with white palm

Material: Soft Synthetic leather construction with anatomical pre moulded inserts for maximum protection. The 2" Velcro fastening wraps ensure exceptional wrist support.

Weight: 6oz

BSPARP06BW



## LEATHER PRO BAG MITT

Premium leather Pro Bag Mitt with a dense anatomical hand moulded multi-layer foam padding designed for optimum hand protection. Glove features Velcro wrap wrist closure for superior wrist support.

Colour: Black with white stitching

Material: Premium leather construction with dense multi-layer foam protection & Velcro fastening wrist support

Size: Small

BBMPROLS

Size: Medium

BBMPROLM

Size: Large

BBMPROLL

Size: Extra Large

BBMPROLXL



## SYNTHETIC LEATHER BAG MITT

Soft synthetic Leather Bag Mitt with a dense anatomical hand moulded multi-layer foam padding designed for optimum hand protection. Glove features elasticated wrists for easy on/off access providing a comfortable and secure fit.

Colour: Black with white stitching

Material: Soft Synthetic leather construction with dense multi-layer foam protection & elasticated wrists.

Size: Small

BBMPVCS

Size: Medium

BBMPVCM

Size: Large

BBMPVCL

Size: Extra Large

BBMPVCLXL



## FINGERLESS LEATHER BAG MITT

Premium leather Fingerless Bag Mitts are a lighter, more flexible alternative to a traditional bag mitt and are ideally suited to speedball workouts. Glove features elasticated wrists for easy on/off access providing a comfortable and secure fit, with excellent padding for extra protection.

Colour: Black

Material: Premium leather construction with extra padded wrist protection and elasticated wrist strap for secure fit.

Size: Small

BFINGBMS

Size: Medium

BFINGBMM

Size: Large

BFINGBML

Size: Extra Large

BFINGBMLXL



### CURVED LEATHER HOOK & JAB PADS

Premium leather Curved Hook & Jab pad with a dense shock absorbing foam inner. Additional wrist padding provides the ideal anatomical hand and wrist position for the trainer, while the palms' domed pad and Velcro wrist strap ensure the perfect fit. Ideal for developing speed combinations and accuracy.

#### Specification

Colour: Black with metallic white glove and white laces  
Material: Premium leather construction with dense shock absorbing foam & Velcro fastening wrist support.

One Size Fits All	BHJPPRO
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### CURVED SYNTHETIC LEATHER FOCUS PADS

The same specification as our Leather Hook and Jab Pads but made from synthetic leather.

One Size Fits All	BHJPPVC
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### LEATHER PRO "GRAPPLING" GLOVES

Finest leather fingerless "grappling" glove with reinforced double stitching for maximum strength for use in mixed martial arts (MMA). Dense foam pads cover the backs of hands and fingers. The short finger design allows for more secure holds while protecting the hand during floor movements. Velcro fastening double wrap around wrist strap for extra support

#### Specification

Material: Heavily constructed from cowhide leather with dense foam padding and a double wrap leather wrist strap and Velcro closure.

Size: Medium	BMMAGLM
Size: Large	BMMAGLL
Size: Extra Large	BMMAGLXL



### WOVEN STRETCH INNER MITTS

Worn inside training gloves or mitts as a convenient alternative to traditional handwraps in fit boxing; these mitts are quick to put on and offer extra support; they are also hygienic and are made from machine washable, elasticated polyester

Size Small / Medium	BEINMITTS
Size Large / X Large	BEINMITTL



### 3.5M STRETCH COTTON HANDWRAPS

Never spar or do any heavy bag work without first putting on a handwrap or you may damage your hand! Professional 3.5m stretch cotton handwraps with thumb loops and secure Velcro fastenings. Includes guide on how to put them on!



Length: 3.5m. Black	BHANDWB
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**PUNCH BUDDY - ADJUSTABLE HEIGHT**

Free-standing punch torso with 3-way adjustable height: 120cm, 150cm and 180cm. The padded torso is made from dense PU foam, which stands on a high strength polyethylene base that is filled with water or, for extra weight sand (not supplied). Not warranted for commercial use.

SIZE 120- 180cm

BPBUDDY

SIZE 120cm x 35cm. 38Kg

BPBL12035



**CLUB PRO LEATHER PUNCH BAG**

Cowhide Split leather punch bag. Bag is machine filled with a custom blend for optimum weight and feel. 120cm x 35cm. Approx weight 38Kg. Zip closing top with 4 heavy gauge welded "D" rings - welded chains with swivel included.



**HEAVY DUTY PVC PUNCH BAGS**

Durable 2.5mm leather grain Vinyl Bag is machine filled with a custom blend for optimum weight and feel. Zip closing top with four heavy gauge welded "D" rings welded chains with swivel included.

SIZE 90cm x 30cm. 24Kg

BPBPVC9030

SIZE 120cm x 30cm. 33Kg

BPBPVC12035

**JUNIOR ADJUSTABLE FREESTANDING SPEED BALL**

Focus the mind and aggression of your would be champion. Improves hand-eye coordination. Features durable PU punch ball on sprung chrome bar. Base must be filled with water or sand to hold in place.



Height 120cm to 150cm

BPJNR

**FREE STANDING PUNCH BAG**

Flexible free standing punch bag made from dense foam that rebounds perfectly with each punch, Ultra-stable base holds 100Kg of water for great stability or, sand can be used for extra stability. Not warranted for commercial use.



Total height 170cm. Punch Bag 35cm dia x 115cm high

BPTUBEFS



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Units 2-4 Willersey Industrial Estate, Willersey, Worcs WR12 7RR. UK

E: [customer@fitness-mad.com](mailto:customer@fitness-mad.com)

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