



FITNESS | BOXING | MMA



**2020-2021
FITNESS
CATALOGUE**

A woman with curly hair, wearing a black sports bra, leggings, and gloves, is captured mid-jump while using a jump rope. She is standing in a bright, modern space with large windows and white structural beams. The text 'FIRST STAYS FOCUSED' is overlaid on the right side of the image.

FIRST

STAYS

FOCUSED

CONTENTS

EVERLAST F.I.T.

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The Everlast logo is displayed in white on a dark grey rectangular background. It features the word "EVERLAST" in a bold, serif font, with a stylized "E" logo underneath. To the right of the logo, a coiled black rope is visible.

EVERLAST®

EVERLAST

CORE

TRAINING

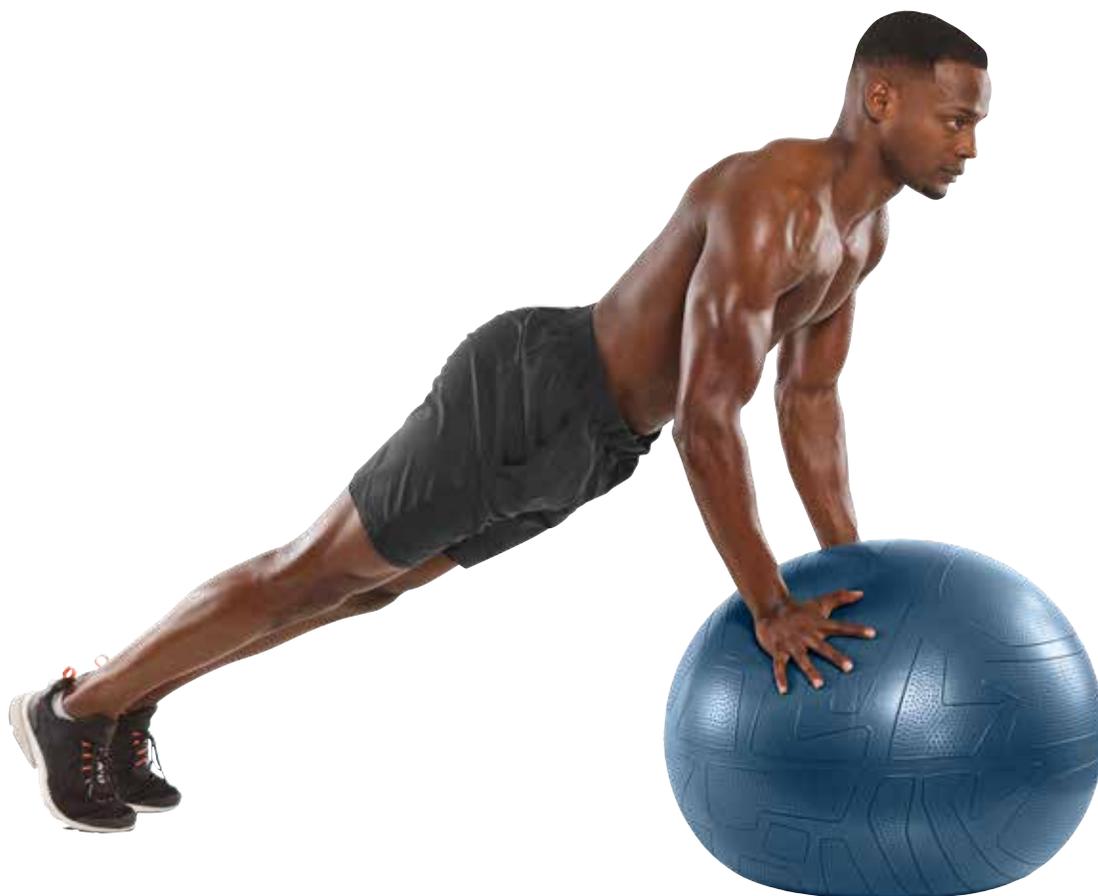


PRO GRIP BURST RESISTANT FITNESS BALL

- ▶ Textured surface ensures greater control
- ▶ Low-impact workout for all fitness levels
- ▶ Develop lower back and ab muscles for a stronger core
- ▶ Two-way action pumped included
- ▶ Tone upper and lower body in one workout
- ▶ Gain better balance and flexibility without joint strain
- ▶ Sizes: 55cm (22") Blue, 65cm (26") Raspberry & Beige, 75cm (30") Violet & Grey



TEXTURED SURFACE



55CM: EE7499BL 65CM: EE7500RS, EE7500BE 75CM: EE7501VI, EE7500GY

PERFORMANCE GLOVES

- ▶ Genuine split-leather palm and fingertips
- ▶ Wrist-cut, ergonomic design for great dexterity
- ▶ Secure fit
- ▶ Mesh fingers for breathability
- ▶ Contoured palm padding for enhanced grip
- ▶ Padded palm for comfort
- ▶ Padded back hand for impact protection



EE5147ME

EE5147LG

EE5147XL

FOLDING EXERCISE MAT

- ▶ Padding provides maximum support and comfort
- ▶ Non-absorbent shell
- ▶ Sewn handle for easy transportation
- ▶ Mat size: 24" (61 cm) x 72" (183 cm) x 1.25" (3 cm)



EV9050BK

AB TONING WHEEL

- ▶ Tightens abs and strengthens core muscles
- ▶ Tones arms, shoulders and back
- ▶ Dual wheels for stability
- ▶ Molded handles for secure grip



ER7534GN

MULTI-GRIP PULL UP BAR

- ▶ Exercise every upper-body muscle group
- ▶ Quickly and effectively build more powerful shoulders and back, a stronger chest, defined abs and bigger biceps and triceps
- ▶ Ideal for pull-ups, push-ups, chin-ups, dips, crunches and more
- ▶ Installs in any doorway, without screws
- ▶ Holds up to 250 lbs (113 kg)



EE9966BK

SIT UP AND PULL UP BAR

- ▶ Adjustable to doorways up to 36" (91 cm) with one telescoping end
- ▶ Soft, foam-covered bar for extra comfort
- ▶ Holds up to 250 lbs (113 kg)
- ▶ Includes 2 sets of brackets for easy move from hi-level Chin-up position to low-level sit-up position



EE2405BK

SLAM BALL

- ▶ Engage your entire body in a high-intensity workout
- ▶ Very low bounce, ideal for Cross Training and HIIT workouts, strength and conditioning exercises
- ▶ Features a rugged, textured surface that provides easy gripping and a secure hold during your workout
- ▶ Ultra-durable shell that absorbs impact from every core-strengthening dead bounce



EB5168BK - 15lb (6.8kg)

EB5175BK - 20lb (9kg)

MEDICINE BALL

- ▶ Develops speed and agility
- ▶ Conditions upper and lower body
- ▶ Builds stamina
- ▶ Targets core muscles
- ▶ Textured surface for stability
- ▶ Durable construction



EE5130BL - 10lb (4.5kg)



EVERLAST

RESISTANCE TRAINING



RESISTANCE FITNESS KIT

- ▶ Perform upper and lower body strength exercises
- ▶ Develop a fitter, firmer body
- ▶ Adjust difficulty level by adding or removing tubes
- ▶ Tone, tighten, lift and reshape
- ▶ Fine tune muscle definition
- ▶ Kit includes: light, medium and heavy resistance tubing, foam handles, ankle attachments, door knob attachment & travel bag



EE3610AA

RESISTANCE TUBING WITH HANDLES

- ▶ Tones abdominals
- ▶ Shapes arms and shoulders
- ▶ Trims and slims legs and firms butt
- ▶ Durable resistance tubing
- ▶ Foam covered handles



ER7686YE

PILATES ROWING ACTION EXERCISER

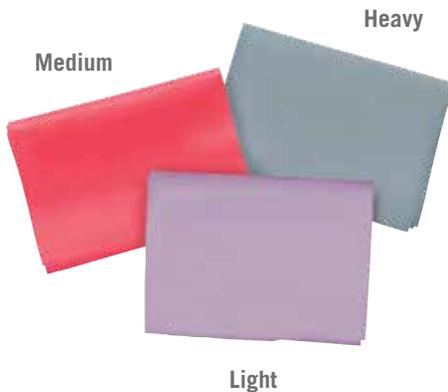
- ▶ Tightens abs and tones glutes and thighs
- ▶ Sculpts arms, shoulders and back
- ▶ Elastic heel strap for a secure foot position
- ▶ Cushioned foot pad
- ▶ Durable resistance tubing



ER7653BL

PILATES STRETCH BANDS - SET OF 3

- ▶ Strengthens upper and lower body
- ▶ Improves range of motion
- ▶ Targets core muscles
- ▶ Ideal for therapeutic use
- ▶ 3 resistance levels (light, medium & heavy)
- ▶ Band dimensions: 2" (5 cm) x 12" (30.5 cm)
- ▶ Thickness dimensions: Light - 0.012" (0.30 mm), Med - 0.017" (0.43 mm), Heavy - 0.02" (0.6 mm)



ER7657MU

MINI LATERAL BANDS - SET OF 3

- ▶ Designed for comfort and control
- ▶ Increases strength and stability
- ▶ Ideal for warm up, recovery and muscle activation
- ▶ Durable natural latex rubber
- ▶ Set of 3 - light, medium and heavy bands
- ▶ Band dimensions: 10" (25.4 cm) x 2" (5.08 cm)
- ▶ Thickness dimensions: Light - 0.03" (0.08 cm), Med - 0.04" (0.11 cm), Heavy - 0.06" (0.15 cm)



EE6941AS

ADJUSTABLE HAND GRIP W/ COUNTER

- ▶ Strengthens hands, wrists and forearms
- ▶ Turn the dial to change resistance
- ▶ Adjustable resistance from 20 to 90 lbs (9 - 41 kgs)
- ▶ Keep track of your repetitions with the built in counter
- ▶ Durable rubberized grips



EE1306YEPDQ

EXTRA STRENGTH HAND GRIPS - SET OF 2

- ▶ Develops hand and wrist strength
- ▶ Tones forearms
- ▶ Made of durable wooden handles



EE2429WD

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EVERLAST®

ENDURANCE

TRAINING



WEIGHTED JUMP ROPE

- ▶ Removable 0.5 LB (0.23 kg) of weight in each handle
 - ▶ **EVERGRIP™** foam handles with removable weights to challenge your cardio and upper body training
 - ▶ Precision ball bearing rotation for increased speed
 - ▶ Plastic speed rope provides durability
- Length: 9 ft (2.75 m)



EV6357

EXTREME JUMP ROPE

- ▶ Builds endurance and conditioning
 - ▶ Unique handle design for maximum grip
 - ▶ Smooth ball bearing action
 - ▶ Plastic rope provides durability
- Length: 9 ft (2.75 m)



EE5971BK

11FT CABLE JUMP ROPE

- ▶ Excellent for cross overs, side jumps, double-overs, skips and more
- ▶ Ideal for all fitness levels
- ▶ Made of galvanized steel wire
- ▶ Extended Length - adjustable rope up to 11 ft (3.35 m)



EE8570BL

SPEED ROPE

- ▶ Increase cardio performance
- ▶ Builds endurance
- ▶ Improves coordination
- ▶ Designed for speed
- ▶ Molded, smooth handles
- ▶ Length: 9 ft (2.75 m)



EQ2448BKC

LEATHER JUMP ROPE

- ▶ Increase cardio performance
- ▶ Builds endurance
- ▶ Improves coordination
- ▶ Precision ball bearings for extra speed
- ▶ Contoured and polished wood handles
- ▶ Extended length - 9.5 ft (2.9 m)
- ▶ Genuine leather



EQ2445TNC

POWER TOWER

- ▶ Burn calories and vent stress
- ▶ Build sharp reflexes and endurance
- ▶ Improves coordination and flexibility
- ▶ Includes easy-to-use foot pump
- ▶ Anti-leak, water-weighted base
- ▶ Stands approximately 5'2" (1.55 m) tall



ER7695YE

HOODED SAUNA SUIT

- ▶ Promotes rapid water weight loss
- ▶ Accelerates sauna action
- ▶ Burns more calories
- ▶ Increases the benefits of your regular workout
- ▶ Extra coverage, hooded suit traps more body heat to shed more water
- ▶ Two piece outfit with elastic waist, cuffs and ankles
- ▶ Made of heavy duty PVC fabric
- ▶ Large/Extra Large pant fits waist 36-40" (91 to 102 cm)



EE1351LX

CONTOURED SLIMMER BELT

- ▶ Ergonomically patterned for instant hour glass shaping
- ▶ Dry sauna action promotes water-loss but keeps skin dry
- ▶ Sized to fit most and provides all day comfort and support
- ▶ Wear over or under clothing
- ▶ Fits up to 40" (101.6 cm) waist



EV1479BK

ZIPPERED SLIMMER BELT

- ▶ Provides back support, flattens abdominals, and slims appearance
- ▶ Burns extra calories during regular workout
- ▶ Soft neoprene interior for extra comfort
- ▶ Fits up to 42" (106.7 cm) waist



ER7729GY

COMPRESS-X SLIMMER BELT

- ▶ Provides back support, flattens abdominals, and slims appearance
- ▶ Burns extra calories during regular workout
- ▶ Provides core support using Compress-X™ technology to create a snug fit while retaining body heat and shedding water weight
- ▶ Fits up to 52" waist



EV6354XL

ANKLE/WRIST WEIGHTS

- ▶ Strengthens biceps and triceps
- ▶ Tones thighs and quad
- ▶ Sturdy grip-strip closure for secure fit
- ▶ Thumb loop for added lifting support
- ▶ Contoured to form fit ankles and wrists
- ▶ One size fits most
- ▶ Weight: 5 lb (2.27 kg) pair, 2.5 Lb (1.13 kg) each



EE2754BK

COMFORT FIT ANKLE/WRIST WEIGHTS

- ▶ Contoured design for custom fit on your ankles or wrists
- ▶ Grip-strip closure makes these fully adjustable
- ▶ Soft terrycloth interior absorbs moisture and is non-abrasive on your skin
- ▶ Reflective trim for night-time visibility
- ▶ Light Set (Pink): 2 lb (0.9 kg) pair, 1 Lb (.45 kg) each
- ▶ Heavy Set (Blue): 5 lb (2.27 kg) pair, 2.5 Lb (1.13 kg) each



ER4439FS - 2 LB (.9 KG)

ER4442BL - 5 LB (2.27 KG)

ADJUSTABLE 2-10 LB ANKLE/WRIST WEIGHTS

- ▶ Strengthens biceps and triceps
- ▶ Tone hips, thighs and calves
- ▶ Burn extra calories while aerobic conditioning
- ▶ Contents: 2 units, each with five 1 lb. weights
- ▶ Individual 1 lb (.45 kg) weights slip securely into pockets, customizing your workout
- ▶ Grip-strip closure for a perfect fit
- ▶ One size fits most
- ▶ Adjustable 2 (.9 kg) to 10 lb (4.54 kg) pair, 1 lb (.45 kg) to 5 lbs (2.27 kg) each



EE7582GY



EVERLAST

RECOVERY & HYDRATION



PRO MUSCLE ROLLER

- ▶ Develops core strength, balance and flexibility
- ▶ Relieves tension and helps prevent muscle knots
- ▶ Relieves pain and increases circulation
- ▶ Ergonomic design helps provide a deep muscle massage
- ▶ Ideal for warm-up and recovery
- ▶ Durable high density foam with PVC core
- ▶ Size: 13" (33 cm) x 5.5" (14 cm) diameter



EE9272BK

18" FOAM ROLLER

- ▶ Develops core strength, balance and flexibility
- ▶ Relieves tension and helps prevent muscle knots
- ▶ Massages sore muscles and enables a deeper stretch
- ▶ Promotes better posture and skeletal alignment
- ▶ High-density foam
- ▶ Size: 18" (46 cm) x 6" (15 cm) diameter



EE4668BK

18" EVA FOAM ROLLER

- ▶ Develops core strength, balance and flexibility
- ▶ Relieves tension and helps prevent muscle knots
- ▶ Increases circulation to targeted muscles
- ▶ Ideal for warm up and recovery
- ▶ Premium high-density EVA foam
- ▶ 18" (46 cm) long x 6" (15 cm) diameter



EE5113GY

HAND THERAPY KIT - SET OF 3

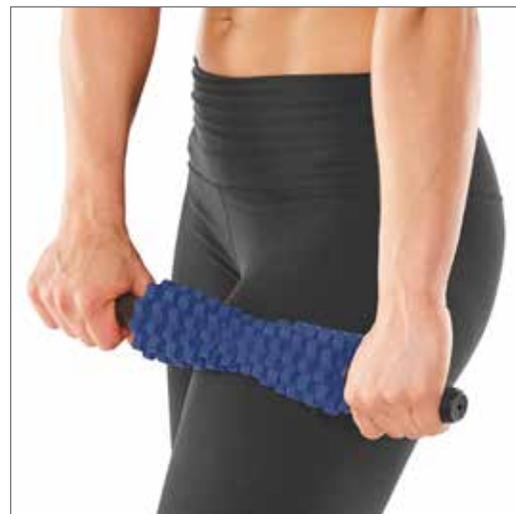
- ▶ Strengthen fingers, hands, wrists and forearms
- ▶ Reduces stiffness and soothes joint pain
- ▶ Includes 3 hand balls with different levels of resistance: soft, medium and firm



EE5069MU

ADJUSTABLE MASSAGE STICK

- ▶ Targets large and small muscle groups
- ▶ Designed with removable handles and 12 reconfigurable massage wheels
- ▶ Improves circulation and alleviates pain
- ▶ Ideal pre-workout and recovery tool



EV0533NV

SHAKER BOTTLE - 600 ml

- ▶ Includes a spiral whisk ball to mix ingredients with ease
- ▶ Perfect for protein shakes, smoothies etc.
- ▶ Features an ergonomic flip cap and leak proof seal
- ▶ BPA Free



EE8017AS - 8PC PDQ (4 TQ & 4 GY) EE8017TQ (TURQUOISE) EE8017GY (GREY) EE8017RE (RED) EE8017BK (BLACK)

SHAKER BOTTLE WITH TWO COMPARTMENTS - 600 ml

- ▶ Includes a spiral whisk ball to mix ingredients with ease
- ▶ Features an ergonomic flip cap to keep your drink properly sealed
- ▶ 2 compartments for storing protein powders, organizing supplements, snacks and more
- ▶ Ideal for all your protein shakes, recovery formulas, smoothies and other drink mixes
- ▶ Includes a carabiner
- ▶ BPA Free



EE3182BK

WATER BOTTLE - 2.2 L

- ▶ Reusable water bottle with a leaf-proof, stainless steel cap and nylon strap
- ▶ Sturdy handle makes water bottle easy to carry
- ▶ BPA and DEHP Free
- ▶ Contains a large capacity of 2.2 Litres



EE9065BK (Black) EE3183RE (Clear)

EVERLAST
E

YOGA



TWO TONE YOGA MAT - 6mm

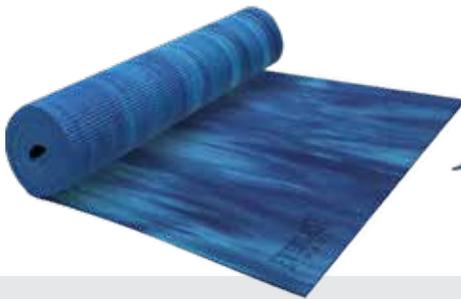
- ▶ Great for yoga and stretching exercises
- ▶ Provides excellent comfort during workouts
- ▶ Non-slip foam surface
- ▶ Free of phthalates, dioxins, furans, phenol and heavy metals
- ▶ Latex Free
- ▶ Mat size: 24" (61 cm) x 72" (183 cm) x 0.25" (0.6 cm)



EV7833GYBK

PVC YOGA MAT - 6mm

- ▶ Great for yoga and stretching exercises
- ▶ Provides excellent comfort during workouts
- ▶ Non-slip foam surface
- ▶ Free of phthalates, dioxins, furans, phenol and heavy metals
- ▶ Latex Free
- ▶ Mat size: 24" (61 cm) x 72" (183 cm) x 0.25" (0.6 cm)



EV4193BL



TPE PREMIUM YOGA MAT - 6mm

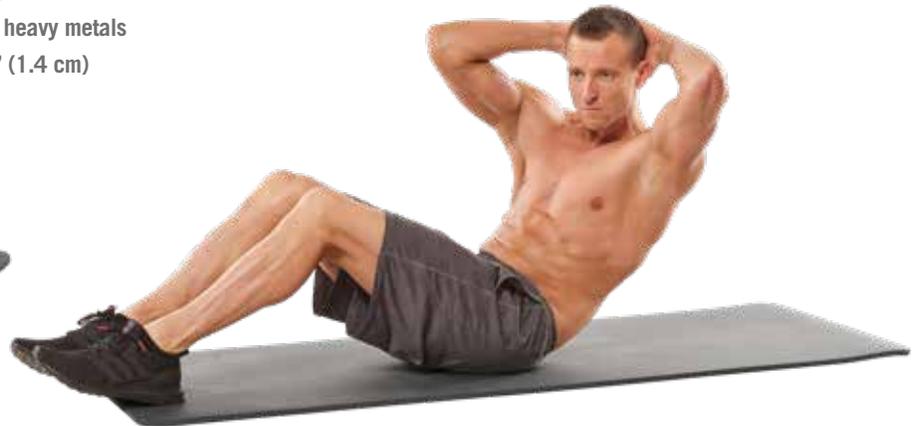
- ▶ Great for yoga and stretching exercises
- ▶ Provides excellent cushioning and comfort during workouts
- ▶ Non-slip mat provides traction and protection on hard surfaces
- ▶ Free of phthalates, dioxins, furans, phenol and heavy metals
- ▶ Mat size: 24" (61 cm) x 68" (172 cm) x 0.25" (0.63 cm)



EV4192BL

EXERCISE MAT - 14mm

- ▶ Soft and comfortable surface for exercising
- ▶ Ideal for stretching and floor exercises
- ▶ Rolls up for easy storage and portability
- ▶ High-density foam for a comfortable workout
- ▶ Free of phthalates, dioxins, furans, phenol and heavy metals
- ▶ Mat size: 24" (61 cm) x 72" (183 cm) x 0.55" (1.4 cm)



EV4195GY

YOGA ESSENTIALS KIT

- ▶ Kit includes everything needed to start and maintain your yoga regime.
- ▶ 1 PVC anti-slip yoga mat 24" (61cm) x 72" (183cm) x 0.12" (0.3cm)
- ▶ 1 cotton yoga strap 1.5" (3.8cm) x 72" (183cm)
- ▶ 2 EVA foam yoga bricks 3" (7.62cm) x 6" (15.24cm) x 9" (22.86cm)



EY6350PU

SPORT *FITNESS*

ACI BRANDS INC.

Everlast has been the name in boxing since 1910. From greats such as Ali, Frazier, and Marciano to modern-day heroes like Tyson, Leonard, and Cotto, have all laced up a pair of Everlast gloves.

We understand the struggles and challenges that every fighter must face in day-to-day training, from the long, grueling hours in the gym to the sacrifices made well before they step in between the ropes, and under the lights.

WARRANTY INFORMATION:

Everlast warrants its products to be free from defects in materials and workmanship for a period of 1 year from date of purchase, provided they have not been subjected to obvious abuse, neglect or misuse. Everlast's sole liability is limited to repairing or replacing products that are returned within this 1 year period, unless specific product literature specifies otherwise.

Please contact us for full details, and for replacement assistance. In order to better assist you, our customer service team will require proof of purchase.

FOR ORDERING + CUSTOMER SERVICE:

TEL (905) 829-1566

FAX (905) 829-1766

CUSTOMER SERVICE TEL 1-800-668-5593

PLEASE EMAIL ORDERS TO EVERLAST@ACIBRANDS.COM

WWW.EVERLAST.CA

The Everlast logo is displayed in a stylized, bold, serif font. The word "EVERLAST" is written in a dark color, with a registered trademark symbol (®) to the right. Below the text is a graphic element consisting of three curved lines that suggest a wing or a stylized 'E' shape.

SPORT  FITNESS
ACI BRANDS INC.

2616 Sheridan Garden Drive
Oakville, Ontario, L6J 7Z2 Canada

Contact: everlast@acibrands.com

Tel: (905) 829-1566 • Fax: (905) 829-1766

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