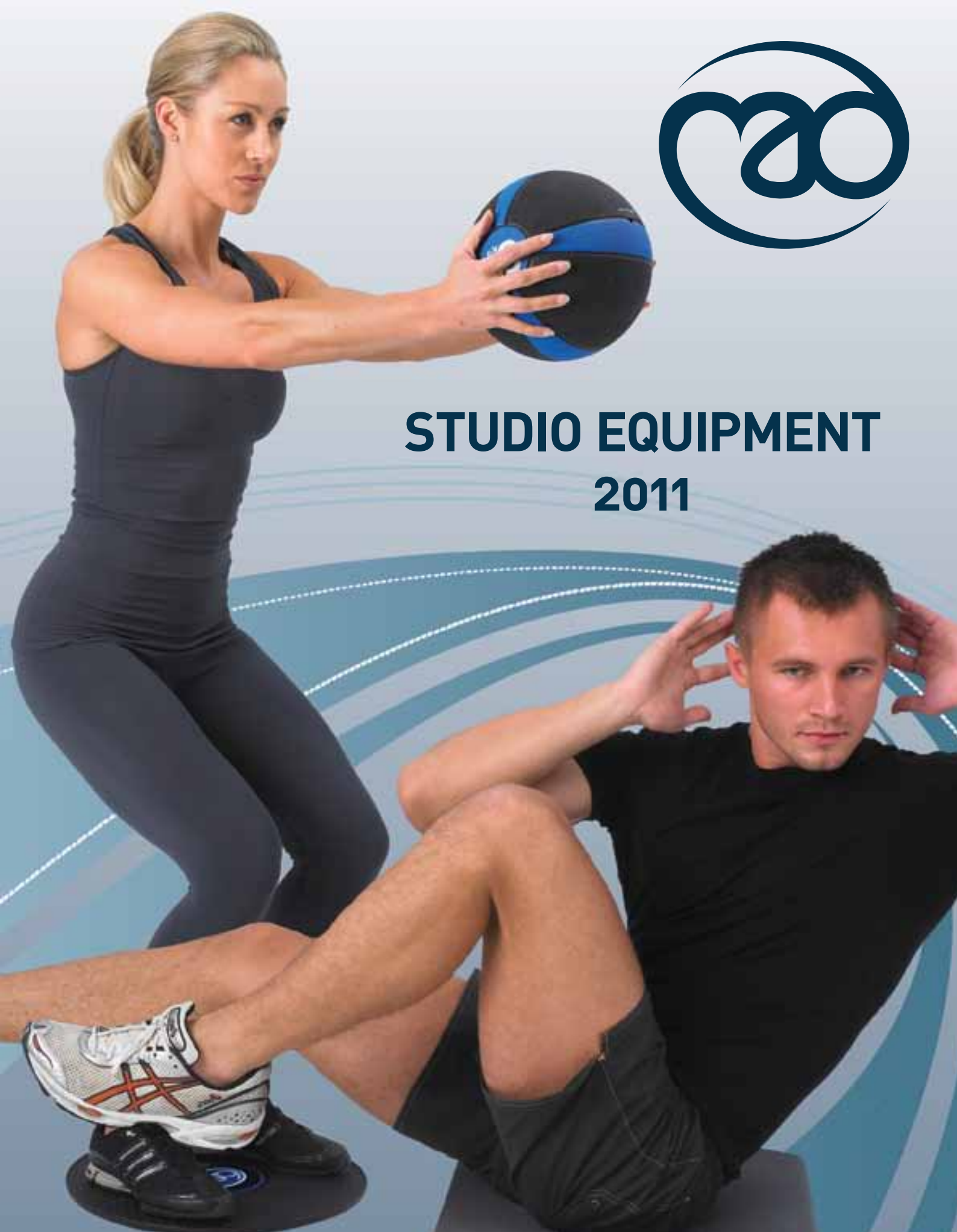




# STUDIO EQUIPMENT 2011



**FITNESS • STRENGTH • BOXING • PILATES • YOGA**



# FOREWORD

Thank you for requesting our 2011 catalogue, which now features the full Fitness-Mad range together with the core ranges from our market leading specialist brands Yoga-Mad and Pilates-Mad.

Mad equipment is manufactured to the highest standard with performance and durability central to our design principles. The majority of our products are designed for demanding Studio or Club use, though 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 dedicated web 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.



# FITNESS-MAD

Fitness Mats	3
Core Stability Training	4 - 6
Resistance Training	7 - 8
Strength Training	9 - 13
Fitness Accessories	14 - 17
Aerobic Training	18 - 19

# BOXING-MAD

Boxing Gloves	20 - 22
Punch Bags	23

# PILATES-MAD

Pilates Matwork Equipment	24 - 25
Pilates Studio Equipment	26 - 27

# YOGA-MAD

Yoga Mats	28 - 29
Yoga Props	30 - 31
Other Mad Products	31
Web & Merchandising	32
Contact Information	32



# FITNESS MATS

## STUDIO PRO-MAT

The Studio Pro-Mat is our best mat for exercise, Pilates 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. Impermeable and hygienic; 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



## 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 FMATNBR10-BLU • BLACK FMATNBR10-BK
--------------------------------	---



## 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) 0.6Kg	• 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 improved resistance to scuffing. Features: Rounded corners and hand hole for carrying. Material: Closed cell, wipe clean EVA foam.

1m x 50cm x 10mm BLUE	• FAMAT10
1m x 50cm x 15mm BLUE	• FAMA15



FOR YOGA MATS SEE PAGES 28 & 29



# CORE STABILITY

## STUDIO PRO 500KG 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 FBALLSP55K
SIZE 65cm (1.7Kg): those 5'6" to 5'10"	• PURPLE FBALLSP65K
SIZE 75cm (2.1Kg): those 5'11" +	• PURPLE FBALLSP75K



## STUDIO PRO 500KG ANTI-BURST SWISS BALL

The Studio Pro Ball is now also available in Graphite as a ball only for commercial use.

SIZE 55cm (1.3Kg): those under 5'6"	• GRAPHITE FBALLSP55G
SIZE 65cm (1.7Kg): those 5'6" to 5'10"	• GRAPHITE FBALLSP65G
SIZE 75cm (2.1Kg): those 5'11" +	• GRAPHITE FBALLSP75G



## 300KG 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

## 300KG ANTI-BURST SWISS BALL ONLY

The 300Kg Ball is also available as a ball only for commercial use

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

## 125KG ANTI-BURST SWISS BALL & PUMP

Our entry level ball is burst-resistant with a rating of 125Kg. 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: Tested by SGS Laboratories as burst-proof at 150Kg. Rated at 125Kg, maximum recommended load 125Kg.



SIZE 65cm (1Kg) SILVER	• FBALL100
------------------------	------------

## BLASTER PUMP

2-way hi-pressure Swiss Ball pump.



• FPUMP2
----------



## STUDIO PRO ROLL-AIR PLUS

A high performance alternative to the Foam roller. 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 the 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 will outlast normal foam rollers by many years! Includes: 15cm pump, spare stopper, stopper remover and carry string.



SIZE 90cm x 15cm Dia. 1.2Kg	• FROLLAIR6
-----------------------------	-------------

## STUDIO PRO FOAM ROLLER 15CM DIA

This is our professional quality Studio Foam Roller made from EPP. Expanded polypropylene (EPP) is an engineered plastic foam material that is durable, light weight, and recyclable, it has excellent energy absorption and high strength properties, which offer improved performance and longevity to EVA or PE foam rollers.



SIZE 90cm Long x 15cm Dia. 0.4Kg	• FROLLER6EPP
----------------------------------	---------------

## 18" FOAM ROLLER 15CM DIA

For many users there is no need for a full length foam roller as a half length roller is long enough for many uses particularly for muscle & ITB release on the legs that has become so popular with runners and other athletes.



SIZE 45cm Long x 15cm Dia. 0.45Kg	• FROLLER6H
-----------------------------------	-------------

## STANDARD FOAM ROLLER 15CM DIA

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



SIZE 90cm Long x 15cm Dia. 0.8Kg	• FROLLER6
----------------------------------	------------



**AIR DOME PRO**

The Air Dome can be used for almost any exercise that is normally performed on an aerobic step or on the floor. As the Air Dome is an unstable surface exercises performed on the Dome are more dynamic working the core, making exercises both more challenging and more effective, bringing results faster. Can be used either side up.

Features 6 anti-slip feet to keep firmly in place on the floor. Includes 8" hand pump to inflate the dome.

Height: 23cm (9") when fully inflated. Base diameter 59cm  
Max user weight 140Kg (c. 300lb)



SIZE 23cm (9") High x 59cm. 5.75Kg • FBALDOME

**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.

SIZE 40cm Diameter Weight 0.85Kg • FWOBBLE20



**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. 1.25Kg • FSTABILITYB



**BALANCE PAD 39.5CM X 47.5CM X 5.8CM**

Designed for use in balance, coordination and reaction training and ideal for posture stability, motor skills exercises and rehab. The super unstable material of the balance pad means that the user must always compensate to stabilise themselves when training on the pad. Made from closed cell EVA foam with non slip surface. Wipe clean.

SIZE 39.5cm x 47.5 cm x 5.8cm . 0.5Kg • FBALANCE



**RESISTANCE**

**STUDIO PRO SAFETY RESISTANCE TUBES**

Our Studio Pro Safety Resistance Trainers offer a safe alternative to naked 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 a 12 page A5 resistance training guide covering 19 key resistance exercises for a total body workout and 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 colour coded strengths with the resistance level marked on the handles, for use in a class or Studio environment.



Light - Green. Resistance 2x = 3Kg. 3x = 5Kg	• FTUBESAFL
Medium - Blue. Resistance 2x = 5Kg. 3x = 7.5Kg	• FTUBESAFM
Strong - Red. Resistance 2x = 7.5Kg. 3x 12Kg	• FTUBESAFS
Extra Strong - Black. Resistance 2x = 9Kg. 3x = 14Kg	• 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 FTUBE08PLAIN-L/M/S



Light	• FTUBE08-LR
Medium	• FTUBE08-MR
Strong	• FTUBE08-SR



**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.



• **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.



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

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

**RESISTANCE BAND STUDIO MULTI 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.



Bands available in singles or 10 packs for Clubs or Studios

Light - Red	• <b>SINGLE - FRESBAND9L</b>	• <b>10 PACK - FRESBAND9LX10</b>
Medium - Blue	• <b>SINGLE - FRESBAND9M</b>	• <b>10 PACK - FRESBAND9MX10</b>
Strong - Black	• <b>SINGLE FRESBAND9S</b>	• <b>10 PACK - FRESBAND9SX10</b>

**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.



15m Roll Light	• <b>FRESBANDL15</b>
15m Roll Medium	• <b>FRESBANDM15</b>
15m Roll Strong	• <b>FRESBANDS15</b>

**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, develop your cardio fitness or increase your strength it can all be done with a kettlebell.

Our Kettlebells feature an oversized powder coated handle for 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!

4KG	• <b>FKETTLE4</b>
8KG	• <b>FKETTLE8</b>
12KG	• <b>FKETTLE12</b>
16KG	• <b>FKETTLE16</b>
20KG	• <b>FKETTLE20</b>
24KG	• <b>FKETTLE24</b>



**PVC KETTLEBELLS 2.5 - 7.5KG**

Our new PVC kettlebells are a fantastic low cost alternative to the traditional cast iron kettle bells. Perfect for group exercise classes.

2.5KG	• <b>FKETTLEP2H</b>
5KG	• <b>FKETTLEP5H</b>
7.5KG	• <b>FKETTLEP7H</b>



**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
• <b>FMEDICINE1B</b>	• <b>FMEDICINE2B</b>	• <b>FMEDICINE3B</b>	• <b>FMEDICINE4B</b>	• <b>FMEDICINE5B</b>	• <b>FMEDBALLRACK</b>



**DOUBLE GRIP MEDICINE BALLS 4 - 10KG**

Offering all the benefits of the standard Medicine Ball, the Double Grip increases control and ability to cope with heavier weight. Despite the handles the Double Grip remains a perfect sphere. Can be inflated or deflated to suit required hardness. The Double Grip ball comes complete with a full workout VCD to get you into shape.

One piece moulded rubber ball with 2 handles, easy to grip with one or two hands. Black with coloured circle displaying weight. 27.5cm diameter.

4Kg	5Kg	6Kg	7Kg	8Kg	9Kg	10Kg
• <b>FMEDBALLDG4</b>	• <b>FMEDBALLDG5</b>	• <b>FMEDBALLDG6</b>	• <b>FMEDBALLDG7</b>	• <b>FMEDBALLDG8</b>	• <b>FMEDBALLDG9</b>	• <b>FMEDBALLDG10</b>



## 1" WEIGHT PLATES 0.5 - 20KG

A complete range of plates for use with 1" bars. Cast iron with hammertone finish.

Weight rack for storage or display available



0.5Kg - 10cm dia	1.25Kg - 13cm dia	2.5Kg - 16cm dia	5Kg - 22cm dia	7.5Kg - 26cm dia	10Kg - 28cm dia	20Kg - 35cm dia
• FWHALFKGPS	• FW1QKGPS	• FW2HKGPS	• FW5KGPS	• FW75KGPS	• FW10KGPS	• FW20KGPS

## CHROME PLATED 1" OLYMPIC STYLE BARS

A choice of 5ft (152cm) or 6ft (183cm) straight bars, 1" diameter Olympic style bars, supplied with a free pair of spring clip collars. We recommend users of heavier weights and Studios to upgrade the collars to our Quick release collars, which offer greater security and improved performance, whilst still offering rapid plate change. Max bar load 160Kg.



2.54cm x 152cm [28cm load area]. 6.0Kg	• FWB60D1
2.54cm x 183cm [36cm load area]. 7.3Kg	• FWB72D1

## CHROME PLATED EZ CURL BAR

1" chrome plated, 119cm, EZ Curl bar. Includes spring clip collars.



2.54cm x 119cm [16.7cm load area]. 4.9Kg	• FWBC47D1
--	------------

## CHROME PLATED 1" TRICEP BAR

1" chrome plated Tricep bar including spin lock collars.



2.54cm x 86cm [19.5cm load area]. 7.1Kg	• FWBT34D1
---	------------

## 14" CHROME PLATED DUMBBELL BARS

Pair of chrome plated dumbbells with locking screw collars.



2.54cm x 36cm [10.7cm load area]. 3.9Kg	• FWB14D1
---	-----------

## QUICK RELEASE 1" COLLARS

Heavy duty nylon quick release collars enable rapid plate changes and offer improved safety and performance. Recommended for Studio use or anyone using loads over 30Kg.



Pair	• FWLOK1
------	----------

## 20KG ADJUSTABLE DUMBBELL SET

20Kg adjustable dumbbell set with plates compatible with all Fitness-Mad bars. Includes 2 x 0.5Kg, 2 x 1.25Kg and 2 x 2.5Kg plus 1 pair of chrome 14" dumbbell bars (as above). Weight range per hand 1.5Kg (bar only) to 10Kg with 9 different possible weight combinations.



20Kg Box Set	• FW20KGSET1
--------------	--------------

## STUDIO PRO WEIGHTED BARS 3KG - 7KG

All Studio Bars are not created equally! Fitness-Mad Studio bars are made with a solid iron core that is welded in place so it will not rattle, the outer steel tube is powder coated to ensure no rust ingress. The bar is then covered with "elephant skin NBR" to offer the perfect mix of comfort, grip and importantly, durability. The rubber bar ends both protect the floor and are designed to prevent the bar from rolling away.



Bar Length 123cm	3Kg	4Kg	5Kg	6Kg	7Kg
• BAR DIAMETER 37MM	• FBAR-3KG	• FBAR-4KG	• FBAR-5KG	• FBAR-6KG	• FBAR-7KG

## STUDIO PRO WEIGHTED BAR RACK

A practical Studio storage rack that holds up to 60 Studio Pro weighted bars in 6 bays.



Rubber end caps nestle together and prevent bars rolling away

• FBARRACK



## SAFETY RESISTANCE TUBES FOR WEIGHTED BAR

Early Spring 2011 will see the launch of our safety resistance tubes for use with our weighted bars. These will add the option for a complete repertoire of resistance exercises to a standard bar workout. One end of the tube securely straps on to the end of the bar whilst the loop on the other can be used as a foot or hand handle. Available in Light or Strong the tube can be twisted around the bar to increase resistance.



DUE 2011

## 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.



Pair 0.5Kg	• PINK FDBELL05
Pair 1Kg	• PURPLE FDBELL1
Pair 1.5Kg	• GREEN FDBELL1HALF
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 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

**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 • BLUE FGRIPPR020
- 10Kg to 40Kg • GREY FGRIPPR040

**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

**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 tool! Available in three strengths.



- Light Strength • FGRIPF-L
- Medium Strength • FGRIPF-M
- Strong Strength • FGRIPF-S

**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

**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 or 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.



- FCHINUP

**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 one or two arm usage. 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. 0.8Kg • FABWHEEL

**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 optimize 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).



• FSITUP

**WEIGHT LIFTING BELT**

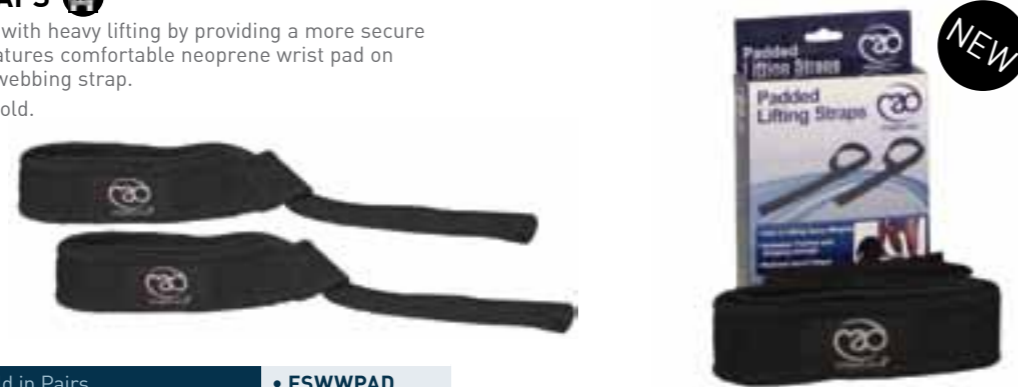
The Fitness-Mad weight lifting belt is designed to offer extra back support when performing heavy lifts. This sturdy neoprene belt is fully adjustable with a velcro closure and strong metal buckle. The contoured shape ensures a snug fit to the lower back.



Small 70 - 85cm waist	• FBELT4S
Medium 81 - 96cm waist	• FBELT4M
Large 94 - 109cm waist	• FBELT4L
X-Large 108 - 124cm waist	• FBELT4XL

**LIFTING STRAPS**

Lifting straps help with heavy lifting by providing a more secure grip of the bar. Features comfortable neoprene wrist pad on heavy duty cotton webbing strap. Care: Hand wash cold.



61cm x 38mm. Sold in Pairs • FSWWPAD

**WEIGHT LIFTING GLOVE WITH WRIST WRAP**

Fitness-Mad wrist wrap gloves are highly supportive for heavy weight lifting. The 50mm wide heavy duty cotton wrist wrap helps stabilize the wrist during lifts while the palm, fingers and thumb feature a double layer of durable suede with a 5mm foam core that absorbs vibration and provides maximum protection to the hand. The extra stretchy 4-way spandex back is breathable to keep your hands cool during your workout. Double stitched throughout with piped edges for extra comfort and additional reinforcement. Machine Washable Leather.



Small	• FGLOVEWW-S
Medium	• FGLOVEWW-M
Large	• FGLOVEWW-L
X-Large	• FGLOVEWW-XL

**FITNESS ACCESSORIES**

**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	• FGLOVEC-S
Medium	• FGLOVEC-M
Large	• FGLOVEC-L
X-Large	• FGLOVEC-XL

**WOMEN'S CROSS TRAINING GLOVES**

Our womens cross training and fitness gloves are perfect for weight lifting or general fitness training. Soft padded almar artificial leather palm which 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	• FGLOVECW-S
Medium	• FGLOVECW-M

**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	• FGLOVEB-SM
Large / X-Large	• FGLOVEB-LXL

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

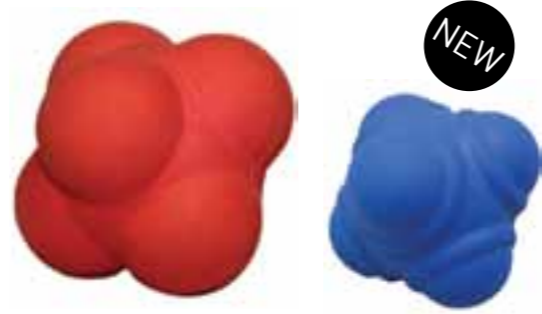


Upright Bike 0.9m x 1.5m x 6mm. 2Kg	• FMM6150
Cross Trainer / Recumbent 1m x 2m x 6mm. 2.8Kg	• FMM6200
Rowing & Treadmill 1m x 2.5m x 6mm. 3.1Kg	• FMM6250



**REACTION BALL 7CM & 10CM**

Reaction balls are designed to bounce in an erratic and unpredictable fashion and are used to help improve agility, hand-eye coordination and reaction time. A great training tool for all ball sports - use against a wall or with a partner.



- Small 7cm - Blue. 60G • **FREACT-S**
- Large 10cm - Red. 160G • **FREACT-L**

**WAIST SUPPORT AND SLIMMER BELT**

Helps support lower back and abs whilst sealing in natural body heat to encourage sweating, helping to eliminate excess water around the waistline whilst exercising.

Soft durable neoprene with velcro closure. Unisex. One size fits all - up to 46" waist. Can be cut to shorter length if preferred. Hand washable.



- ONE SIZE FITS ALL. 110CM x 19.5CM x 4mm • **FTRIM**

**SAUNA SUIT**

The Fitness-Mad Sauna Suit uses cutting edge PVC free water and wind proof fabric to help you warm up your muscles and get you sweating. The zippered front allows you to control your heat for optimal performance.

Durable PU material is PVC Free and resists tearing and seam blowouts. Elastic waist and cuffs seal heat in. Care: Hand washable in cool water. Line dry.



- Small / Medium. Up to 5ft 10" (178cm) • **FSAUNA-SM**
- Large / X-Large. Over 5ft 10" (179cm) • **FSAUNA-LXL**

**RUNNING BOTTLE 500ML**

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



- **FBOTTLE500**

**SPORTS BOTTLE 500ML**

0.5l sports bottle with hand grip. Made from virgin recyclable PE. Dishwasher safe for top shelf maximum 55 degrees.



- **FBOTTLE500S**

**toesox**  
A FOOT REVOLUTION

From 2010 The-Mad-Group is now the exclusive UK distributor for the original ToeSocks. ToeSocks are the original toe sock with a patented non-slip grip that is great for use as yoga socks, Pilates socks, dance socks, martial arts socks, or socks for any other barefoot activity.

ToeSocks unique five-toe design allows the entire foot to perform naturally, encouraging the toes to separate and activate the muscles in the feet. Toe socks increase dexterity and tactile sensitivity and awareness during any activity. Toe socks help strengthen the muscles of your feet allowing for better overall circulation, balance and posture. ToeSocks are hygienic and practical, keeping your feet warm during normal barefoot activities, whilst preventing you from slipping.

**FULL TOESOX**

- Patented non-slip sole: Superior grip on any surface to reduce risk of injury
- Five-toe construction: Anatomical design allows foot to perform naturally for independent movement of toes
- Fitted heel and arch support band: Protection and optimal fit
- Seamless design: Creates a form-fitting second skin for maximum comfort
- Organic cotton: Soft and eco-friendly



- |        |                    |        |                    |        |                    |        |                    |
|--------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|
| SMALL  | <b>YTOEWT-BLKS</b> | SMALL  | <b>YTOEWT-PNKS</b> | SMALL  | <b>YTOEWT-PURS</b> | SMALL  | <b>YTOEWT-BLUS</b> |
| MEDIUM | <b>YTOEWT-BLKM</b> | MEDIUM | <b>YTOEWT-PNKM</b> | MEDIUM | <b>YTOEWT-PURM</b> | MEDIUM | <b>YTOEWT-BLUM</b> |
| LARGE  | <b>YTOEWT-BLKL</b> | LARGE  | <b>YTOEWT-PNKL</b> | LARGE  | <b>YTOEWT-PURL</b> | LARGE  | <b>YTOEWT-BLUL</b> |

**HALF TOESOX**

The Half-Toe style have the same patented non-slip grip as the full ToeSocks but are toeless.



FOR MORE DESIGNS  
PLEASE VISIT  
[WWW.YOGA-MAD.COM](http://WWW.YOGA-MAD.COM)

- |        |                    |        |                   |        |                    |
|--------|--------------------|--------|-------------------|--------|--------------------|
| SMALL  | <b>YTOENT-PURS</b> | SMALL  | <b>YTOENT-BGS</b> | SMALL  | <b>YTOENT-BLKS</b> |
| MEDIUM | <b>YTOENT-PURM</b> | MEDIUM | <b>YTOENT-BGM</b> | MEDIUM | <b>YTOENT-BLKM</b> |
| LARGE  | <b>YTOENT-PURL</b> | LARGE  | <b>YTOENT-BGL</b> | LARGE  | <b>YTOENT-BLKL</b> |

**SIZE GUIDE**

SHOE SIZE	UK SIZE	EU SIZE
SMALL	3.5-5.5	36 - 38.5
MEDIUM	6 - 8.5	39 - 42.5
LARGE	9 - 11	43 - 46



All ToeSocks are made from organic cotton that conforms to the Global Textile Standard



Merchandising Stands available for Resellers



# 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 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 improves muscle tone around the legs, thighs, abdomen, hips and arms, improving coordination and balance.



Close up of folding chrome leg, oversized spring and riveted barrel spring

### Key Features

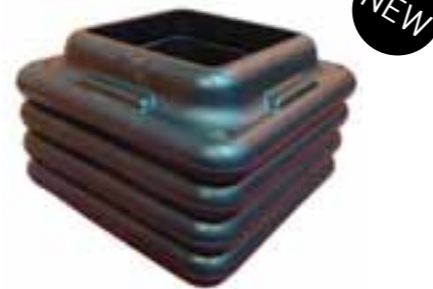
- Springs** - Spring quality is essential for a good bounce hence we use 36 high quality 32mm dia barrel springs rather than commonly used 18mm straight springs.
- Spring Mounting** - Our springs attach to the frame using a riveted barrel pin, rather than hooking directly in to the frame. This reduces noise when bouncing and makes the bounce smoother.
- 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** - Strong polypropylene bed with nylon thread stitching 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** - Six 22.5cm (9") legs which fold down without tools, making storing your rebounder easier and faster. Feet are tipped with extra wide rubber feet which offer improved grip and will not mark the floor.

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

## STUDIO AEROBIC STEP

Studio Aerobic Step, supplied with 4 feet, enabling adjustment to 11, 16 or 21cm. Feet and base have non slip pads. Extra feet available separately. No assembly required. Extra feet to increase the height in increments of 5cm are available separately (sold singly)

Max user Weight 200Kg  
Manufactured from high density polyethylene



**NEW**

SIZE 110cm x 41cm x 11cm. 9.5Kg • **FSTEP**

SIZE 41cm x 41cm x 10 cm (5cm rise). 0.9Kg • **FSTEPFT**

## WEIGHTED WAVE HULA HOOP 1.5KG

Hula hooping is great exercise and will help to naturally firm and tone the waist and abdomen  
Fitness-Mad's weighted design (1.5Kg) enhances workout benefits, whilst the wave design on the inside of the hoop helps to keep the hoop on the body whilst exercising

Rapid, easy assemble 6 piece design for convenience in transport and storage with soft NBR Foam padding for improved comfort.

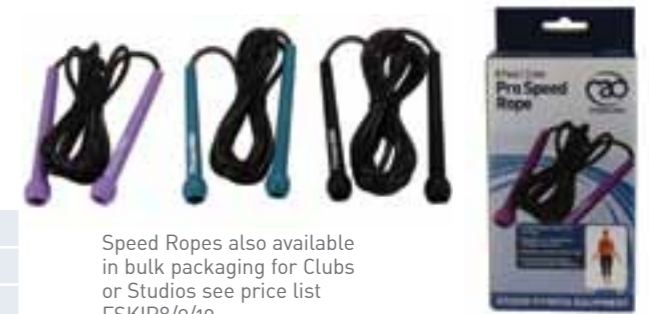


SIZE 100.5cm diameter. 1.5Kg • **FHULA150**

## 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. 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 FSKIP8/9/10

## 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.  
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**

## DIGITAL SPEED ROPE

If you want to see how well you are doing with your skipping training you need a digital skipping rope that can record the number of skips you do and time your skipping workout. The onboard computer also allows you to enter your personal data so that it can approximate how many calories you have burnt during your workout! The Fitness-Mad digital skipping rope uses an adjustable 2.7m rope (3m incl handles) so you can adjust the length to suit your height.



**NEW**

• **FSKIPDIGI**

## 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.



3m Rope • **FSKIPLR**

## 0.5KG ADJUSTABLE WEIGHTED JUMP ROPE

0.5Kg Weighted Leather Skipping rope. Each handle contains a removable 150g weight so that you can choose between a 200g set up or a 500g setup to dramatically increase the intensity of your workout. Ball-bearing swivel connections ensure a smooth turning arc for a fluid skipping action whilst the foam covered handles offer a comfortable grip.



**NEW**

2.75m Rope • **FSKIPWR**



# BOXING EQUIPMENT



## 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 and attached thumbs. The gloves 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: 6oz	• BSPARL08BW
Weight: 8oz	• BSPARL10BW
Weight: 10oz	• BSPARL12BW
Weight: 12oz	• BSPARL14BW
Weight: 14oz	• BSPARL14BW
Weight: 16oz	• BSPARL16BW



**NEW**

## CARBON "COOL PALM" SPARRING GLOVES

New design features carbon look synthetic leather sparring glove with cool mesh palm to help keep hands cool. Anatomically designed latex mould inserts offer optimum comfort, grip, support and absorption. Gloves feature wide Velcro wrist supports attached thumbs and waterproof taffeta lining that prevents moisture entering the padding.

### Specification

Colour: Black Carbon style with cool mesh palm  
Material: Soft PU leather construction with anatomical pre moulded inserts for maximum protection, wide Velcro closure for exceptional wrist support and mesh palm to keep palms cool.

Weight: 10oz	• BSPARCC10BW
Weight: 12oz	• BSPARCC12BW
Weight: 14oz	• BSPARCC14BW



## 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 waterproof taffeta lining that prevents moisture entering the padding.

### Specification

Colour: Black with white palm  
Material: Soft PVC 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



## 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 and attached thumb; 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
-------------	---------------

## 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, lined with waterproof taffeta that prevents moisture entering the padding.

Colour: White with red palm  
Material: Soft PVC leather construction with anatomical pre moulded inserts for maximum protection and a wide Velcro fastening for exceptional wrist support.

Weight: 8oz	• BWSPARP08WR
-------------	---------------



## JUNIOR 6OZ 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 PVC 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	• BBMPROLLS
Size: Medium	• BBMPROLLM



Size: Large	• BBMPROLL
Size: Extra Large	• BBMPROLLXL

## 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 PVC 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

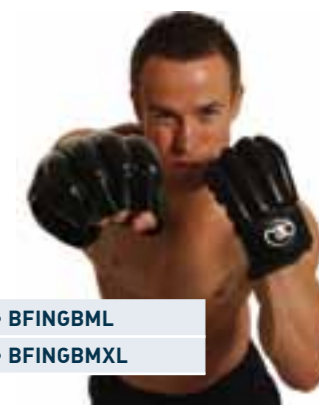
Premium leather Fingerless Bag Mitts are a lighter, more flexible alternative to a traditional bag mitt and are ideally suited to speedball workouts. Glove features elasticated wrists for easy on/off access providing a comfortable and secure fit, with excellent padding for extra protection.

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



## CURVED SYNTHETIC LEATHER FOCUS PADS

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

One Size Fits All • BHJPPVC



## 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 hand wraps 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 HAND WRAPS

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



Length: 3.5m. Black • BHANDWB



## 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 27Kg. Zip closing top with 4 heavy gauge welded "D" rings - welded chains with swivel included.

SIZE 120cm x 35cm. 27Kg • BPBL12035

## 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. 21Kg • BPBPVC9030  
SIZE 120cm x 30cm. 25Kg • BPBPVC12035



BAG HOOK  
BPBCHOK



## 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. Limited assembly required with supplied tools.

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

## ADJUSTABLE FREESTANDING ROTATING PUNCH BALL

Focus the mind and aggression and improve your eye-hand coordination with our adjustable free-standing speed ball. Features durable rotating PU punch ball on sprung height adjustable chrome bar. The base is filled with water (or sand) to hold in place. 21cm diameter PU Ball. Limited assembly required with supplied tools.



Height Adjustment 130cm to 156cm • BPADULT

## JUNIOR ADJUSTABLE FREESTANDING SPEED BALL

Junior version of our freestanding punch ball for the junior boxer with fixed (non-rotating) PU ball. Limited assembly required with supplied tools.



Height Adjustment 126cm to 146cm • BPJNR



# PILATES MATWORK EQUIPMENT



## 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 FMATNBR10-BLU • BLACK FMATNBR10-BK

## 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. Impermeable, hygienic and AZO, Heavy Metal & PVC Free.



Standard: 140cm x 60cm x 15mm 1.9Kg	• BLUE FMATPE140
Long: 180cm x 60cm x 15mm 2.6Kg	• BLUE FMATPE180

## 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 a double handled ring with a foam padded fibreglass ring that has become popular in recent years.

The double handled ring has slightly lighter resistance.



14" DOUBLE HANDLE FIBRE GLASS  
• FRING14L



14" TRI-BAND STEEL RING  
• FRING14



## 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 FEKBALL7



SIZE 9" (23cm)  
• RED FEKBALL9

## SPIKY MASSAGE BALLS

These small spiky 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 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 32cm x 25cm x 6cm	• BLUE FBLOCK60 (BOTTOM)
HEAD BLOCK 25mm x 20.5cm x 15cm	• 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 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



# PILATES-MAD STUDIO EQUIPMENT

Pilates-Mad offers a comprehensive range of professional quality Pilates Studio equipment available from stock for immediate delivery. Mad equipment offers exceptional build quality and performance, by combining top of the range componentry with innovative design. All our equipment is designed to be easy and intuitive to adjust and use regardless of which other equipment you may previously have taught, used or been taught on. For further information please request our Pilates catalogue or visit [www.pilates-mad.com](http://www.pilates-mad.com).

**PRO MAPLE REFORMER**



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

**PILATES-MAD CLASS REFORMER**



242 CM (L) X 67CM (W) X 40CM (H). 82KG • PREFORMPM

**HALF CADILLAC TOWER**



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

**SPLIT PEDAL COMBO CHAIR**



61.5CM (H) X 83CM (D) X 70CM (W) • PCOMBOCH

**PILATES-MAD DELUXE ARC BARREL**



60CM (L) X 55CM (W) X 19.5CM (H). 10KG • PARCEPM

**PILATES-MAD BABY ARC STACKING**



60CM (L) X 55CM (W) X 19.5CM (H). 7KG • PARCWPM

**HALF CADILLAC & MATTRESS CONVERTOR**



242 CM (L) X 67CM (W) X 213CM (H) • PMHALFCAD

**PILATES-MAD STEP BARREL WITH POLE**



86CM (L) X 53CM (W) X 38CM (H). 13.5KG • PSTEPPM

**PILATES-MAD LADDER BARREL**



125 CM (L) X 58CM (W) X 90CM (H). 38.5KG • PLADDERPM

**PILATES-MAD CADILLAC**



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

**PILATES-MAD DELUXE SITTING BOX**



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



# YOGA EQUIPMENT

## NATURAL RUBBER TREE MAT 4MM

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 (6') x 60cm x 4mm. Rounded corners. 2Kg

- BLACK TOP, GREEN BOTTOM YTREE-BG • BLUE TOP, SLATE BOTTOM YTREE-SB • AUBERGINE TOP, LAVENDER YTREE-AL

## EVOLUTION YOGA MAT 4MM

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 (6') x 61cm x 4mm. Rounded corners. 1Kg

- DK. BLUE / LIGHT BLUE YMATPE-BLU • PURPLE / LT PURPLE YMATPE-PUR • AUBERGINE / LAVENDER YMATPE-AUB



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

- CHOCOLATE YMATPE6-CHOC • SLATE YMATPE6-SLATE

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

- BLUE YWARRIOR4-BLU • PURPLE YWARRIOR4-PUR • PINK YWARRIOR4-PNK • AUBERGINE YWARRIOR4-AUB

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

- SKY BLUE YWARRIOR6 • SUNSET RED YWARRIOR6RY



# YOGA-MAD

## 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 Studio use. All Studio mats are phthalate free.



NEW COLOUR

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

- BLUE ASTUDIO5-BLU • PURPLE ASTUDIO5-PUR
- ORANGE ASTUDIO5-ORA • RED ASTUDIO5-RED
- BROWN ASTUDIO5-BRN

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

- BLUE ASTUDIO580-BLU • PURPLE ASTUDIO580-PUR

## LOTUS YOGA MAT 3.5MM

Our entry level yoga, anti-slip yoga mat. Light and easy to carry to class.

SIZE 183cm (6') x 61cm x 3.5mm. 1.1Kg

- BLUE YLOTUSO-BLU • BURGUNDY YLOTUSO-BUR



NEW

## ACUPRESSURE BED OF NAILS

The Bed of Nails induces a state of deep relaxation and dissolves tension. Over 6,000 tiny spikes create an effect similar to acupuncture.

100% Cotton canvas with 20mm Foam padding. 230 Button shaped disks providing over 6,000 acupressure spikes per mat. Double carry handle and magnetic popper closure to store safely and for ease of carrying. Choice of blue or purple. Care: Dry Clean only.

SIZE 67cm x 41cm. Weight 1Kg

- BLUE YBEDON-BLU • PURPLE YBEDON-AUB



NEW

## 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. The Grip Dot Towel comes in a convenient net mat bag. Hi wicking polyester yarn coated with phthalate free PVC dots. Care: Machine washable & dryer safe.

SIZE 183cm (6') x 60cm. Weight 0.8Kg

- BLUE YTOWEL-BLU • PURPLE YTOWEL-PUR





# YOGA PROPS

## 2.5M COTTON YOGA BELTS WIDE

Yoga belts are used to assist in attaining correct postures by providing the required tension of a pose without straining. 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 YBLTCT25M-NAT
  - BLUE WITH CINCH BUCKLE YBLTCT25M-BLU



**2M COTTON YOGA BELT**  
Standard length yoga belt with a choice of D Ring or Cinch buckle to suit personal preference.

- SIZE 2m long x 38mm
- RED WITH D RINGS YBLTCT2M-RED
  - PURPLE WITH CINCH BUCKLE YBLTCT2M-PUR

## YOGA BLOCKS 1" & 2"

For use as cushioning in inversions, such as the shoulder stand (four 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 top quality scratch-resistant EVA foam with 3mm chamfered edges.

- SIZE 50mm (2") x 305mm x 205mm
- BLUE EVA YBLEVAB-BLU • PURPLE EVA YBLEVA-PUR
- SIZE 25mm (1") x 305mm x 205mm
- BLUE EVA YBLEVAHALF



**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!).



For Cork & bamboo bricks and a range of organic yoga props please ask for our Yoga catalogue

## 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 adjustable shoulder strap.

70% cotton, 30% Nylon.  
Care: Machine washable.



- SIZE 63cm x 14.5cm (dia).  
Max mat size: 183cm x 61cm x 6mm
- BLUE BODY YBAGASANA-BLU
  - AUBERGINE BODY YBAGASANA-AUB
  - PURPLE BODY YBAGASANA-PUR

## ORGANIC MAT BAG

Organic cotton mat bag with adjustable shoulder strap, internal secret pocket and large outer pocket with wooden buttons.

Hand wash cold. Line dry.



- SIZE 72cm x 14.5cm (dia).  
Max mat size: 183cm x 61cm x 6mm
- PLUM YBAGORG-PLUM
  - NATURAL YBAGORG-NAT
  - BLUE YBAGORG-BLU

## YOGA MAT CARRIER

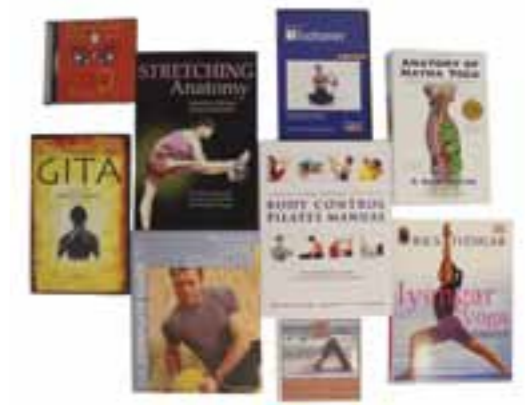
For those looking for a budget mat bag, the Mesh Yoga Mat Carrier with drawstring carry rope is just the job. Suits 4 - 5mm thick mats.



- 67cm x 14cm (dia)
- YBAGCAR
- MORE BAGS AVAILABLE ON WWW.YOGA-MAD.COM**

## BOOKS & MEDIA

Looking for reference books, DVDs or CDs on Core Stability, fitness, yoga and Pilates or instructional media that covers the use of our equipment? Please visit our dedicated web sites: Fitness-Mad.com, Yoga-Mad.com or Pilates-Mad.com where you will find a host of relevant titles for both professionals and students alike.



## YOGA-MAD & PILATES MAD

This catalogue features our core yoga and Pilates ranges - if you are interested in seeing our full range of yoga and Pilates equipment please call or email and request our Yoga and Pilates-Mad catalogue. Alternatively visit Yoga-Mad.com or Pilates-Mad.com, where you can see the complete range and download a catalogue.



- YOGA BOLSTERS • SANDBAGS • NETI POTS • YOGA RUGS • YOGA KIT BAGS • ORGANIC YOGA PROPS • YOGA BLANKETS • YOGA CHAIRS • ZAFUS • ZABUTONS





Online Trade Portal Now Available - Ask For Details



If you are interested in becoming a MAD® Stockist please do not hesitate to contact us

The Mad Group Tel: 00 44 (0)1386 859551 Fax: 00 44 (0)1386 859350  
Units 2-4 Willersey Industrial Estate, Willersey, Worcs WR12 7RR. UK  
E: [customercare@fitness-mad.com](mailto:customercare@fitness-mad.com)

[www.Fitness-Mad.com](http://www.Fitness-Mad.com) • [www.Yoga-Mad.com](http://www.Yoga-Mad.com) • [www.Pilates-Mad.com](http://www.Pilates-Mad.com)

MAD®, Fitness-Mad® & Yoga-Mad® are registered trade marks of T.L. Elliott & Co Ltd Registered in England in 1923 Reg No: 188425