



  
**adidas**<sup>®</sup>

Training Hardware 2010



## I train better.

Training is a fundamental attribute to everyone who is serious about achieving their workout goals, whether it is improving muscular strength or increasing endurance. Impossible is Nothing.



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I train strong.  
adidas Performance Training Hardware is designed  
to increase speed, power, endurance and strength.  
Impossible is Nothing.



**\_Dumbbells**

AD-10011 (1 X 1.0kg weight)  
AD-10012 (1 X 2.0kg weight)  
AD-10013 (1 X 3.0kg weight)  
AD-10014 (1 X 4.0kg weight)  
AD-10015 (1 X 5.0kg weight)

- Anti-roll design for safer exercising
- Neoprene coating



**\_Dumbbell Set**

AD-10016

- High quality chrome plated carbon steel, interchangeable dumbbell set
- 1kg comfort grip dumbbell handles
- Carry storage case
- 4 x 0.5kg weights
- 4 x 1.0kg weights
- 4 x 1.5kg weights



**\_Dumbbell Handle**

AD-10110 (47cm with collars)

- 30mm diameter
- Tough durable steel bar
- Quick release collars



**\_Barbell**

AD-10111 (183cm with collars)

- Tough durable steel bar
- Quick release collars



**\_30mm Training Weights**

AD-10112 (1 x 2.5kg weights)  
AD-10113 (1 x 5.0kg weights)  
AD-10114 (1 x 10.0kg weights)

- High quality chrome plated carbon steel
- Durable polyurethane finish
- 30mm diameter



**\_30mm Weight Plates**

AD-10121 (1 x 1.25kg weight)  
AD-10122 (1 x 2.5kg weight)  
AD-10123 (1 x 5.0kg weight)  
AD-10124 (1 x 10.0kg weight)

- Steel with chrome plated finish
- Rubber Insert
- 30mm diameter



**\_Kettle Bells**

AD-10312 (4kg)  
AD-10313 (8kg)  
AD-10314 (12kg)

- Tough and durable construction
- Moulded handle for body shaping
- Cast dipped neoprene for extra durability



### \_Performance Training Bench

AD-10212

- Size H121 x W53 x L117cm
- Multi-position adjustment
- Durable foam padded seat for extra comfort
- Tough durable finish
- Weight 26.5kg



### \_Workout Bench

AD-10211

- Size: H121 x W53 x L117cm
- Foam padded seat and back rest
- Seat height 47cm
- Weight 24kg



### \_Swivel Push-Up Bars

AD-11401

- Builds upper body and core strength
- Unique swivel/fixed action
- Smooth bearing disc



### \_Medicine Ball

AD-10412 (3kg)

AD-10413 (5kg)

AD-10414 (8kg)

- Core Strength Training
- Rubber construction
- Easy grip dual handles for flexibility



### \_Power Bag

AD-10512 (5kg)

AD-10513 (10kg)

AD-10514 (15kg)

- Neoprene grip handles
- Dynamic weighted bag
- Stitched material construction



### Skipping Rope Set

AD-11012

- 275cm length
- 2 interchangeable strength ropes
- 2 x 50g and 2 x 100g weighted handle inserts
- Carry storage case



### Skipping Rope

AD-11011

- 300cm length
- Adjustable Rope
- Comfort handle grip



### Gym Ball

AD-11112 (65cm)

AD-11113 (75cm)

- Anti-burst
- Dual texture grip for extra stability
- Includes pump



### Performance Training Mat

AD-11212

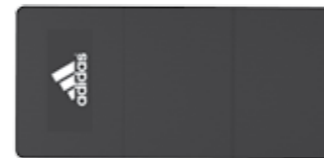
- Flat Size: 158 x 58 x 0.6cm
- Folded Size: 58 x 45cm
- Foldable, breathable material
- Carry handle



### Stretch Mat

AD-11211

- Tri-fold
- Washable
- Flat Size 135 x 51 x 0.85cm
- Folded Size: 45 x 51cm



### Power Tubes

AD-10601 (Level 1)

AD-10602 (Level 2)

AD-10603 (Level 3)

- Length 122cm
- Compact design
- Padded outer sleeve for added protection



### Weight Vest

AD-10701 (one size fits all)

- Adjustable 10kg weighted vest
- Flexible weight inserts for safe and balanced weight distribution
- Great way to add resistance to a workout



### \_Knee Support

AD-12214 (S/M)  
AD-12215 (L/XL)

- Neoprene for heat retention and maximum compression
- Breathable mesh inserts
- Comfort fit for extra support



### \_Wrist Support

AD-12218 (one size fits all)

- Neoprene for heat retention and maximum compression
- Comfort fit for extra support



### \_Ankle Support

AD-12212 (S/M)  
AD-12213 (L/XL)

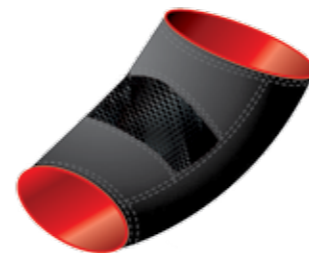
- Neoprene for heat retention and maximum compression
- Comfort fit for extra support



### \_Elbow Support

AD-12216 (S/M)  
AD-12217 (L/XL)

- Neoprene for heat retention and maximum compression
- Breathable mesh inserts
- Comfort fit for extra support



### \_Lumbar Support

AD-12219 (S/M)  
AD-12220 (L/XL)

- Neoprene for heat retention and maximum compression
- Breathable mesh inserts
- Comfort fit for extra support



### \_Weighted Gloves

AD-10702 (2 x 0.5kg)

- Breathable material for maximum comfort
- Integrated weight
- Velcro closure
- Ring pull for easy removal



### \_Training Gloves

AD-12122 (S/M)  
AD-12123 (L/XL)

- Ring pull for easy removal
- Velcro closure





I train smart.  
adidas Performance Hardware connects  
with you. Helping you to control your  
training schedule for the life you lead.  
Impossible is Nothing.

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