



FITNESS | BOXING | MMA



2023 FITNESS CATALOGUE



FIRST

STAYS

FOCUSED

CONTENTS

EVERLAST F.I.T.

- ▶ **CORE TRAINING** _____ **PGS 4-7**
- ▶ **RESISTANCE TRAINING** _____ **PGS 8-10**
- ▶ **ENDURANCE TRAINING** _____ **PGS 11-14**
- ▶ **ACCESSORIES** _____ **PGS 15-16**
- ▶ **RECOVERY** _____ **PGS 18-20**
- ▶ **YOGA & EXERCISE MATS** _____ **PGS 21-22**

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 it.

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: 65cm (26") Raspberry & Black, 75cm (30") Violet & Grey



TWO WAY ACTION PUMP
INCLUDED

TEXTURED SURFACE



65CM: EE7500RS, EE7500BK 75CM: EE7501VI, EE7500GY

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



EE5129GN - 8lb (3.5kg)

EE5130BL - 10lb (4.5kg)

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
- ▶ 2 sets of brackets for an easy switch from chin up bar to sit ups without having to reinstall
- ▶ Holds up to 250 lbs (113 kg)



EE2405BK

AB TONING WHEEL

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



ER7534GN



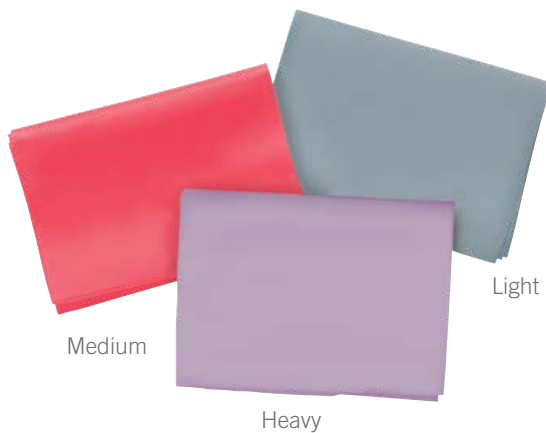
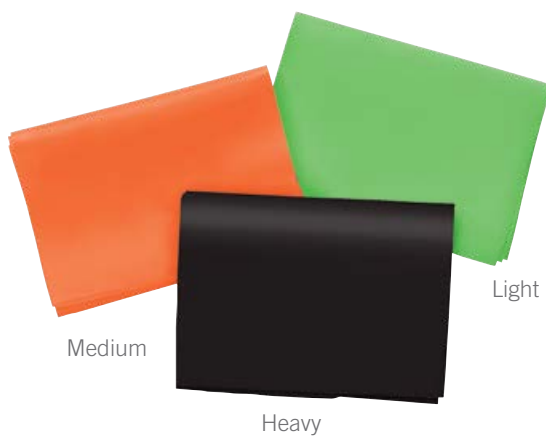
RESISTANCE

TRAINING



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: 5.9" (15cm) x 47.3" (120cm)
- ▶ Thickness dimensions: Light - 0.014" (0.35mm), Medium - 0.018" (0.45mm), Heavy - 0.022" (0.55mm)



ORANGE, GREEN, BLACK: EE7657AS RED, PURPLE, GREY: 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

WOVEN RESISTANCE BANDS

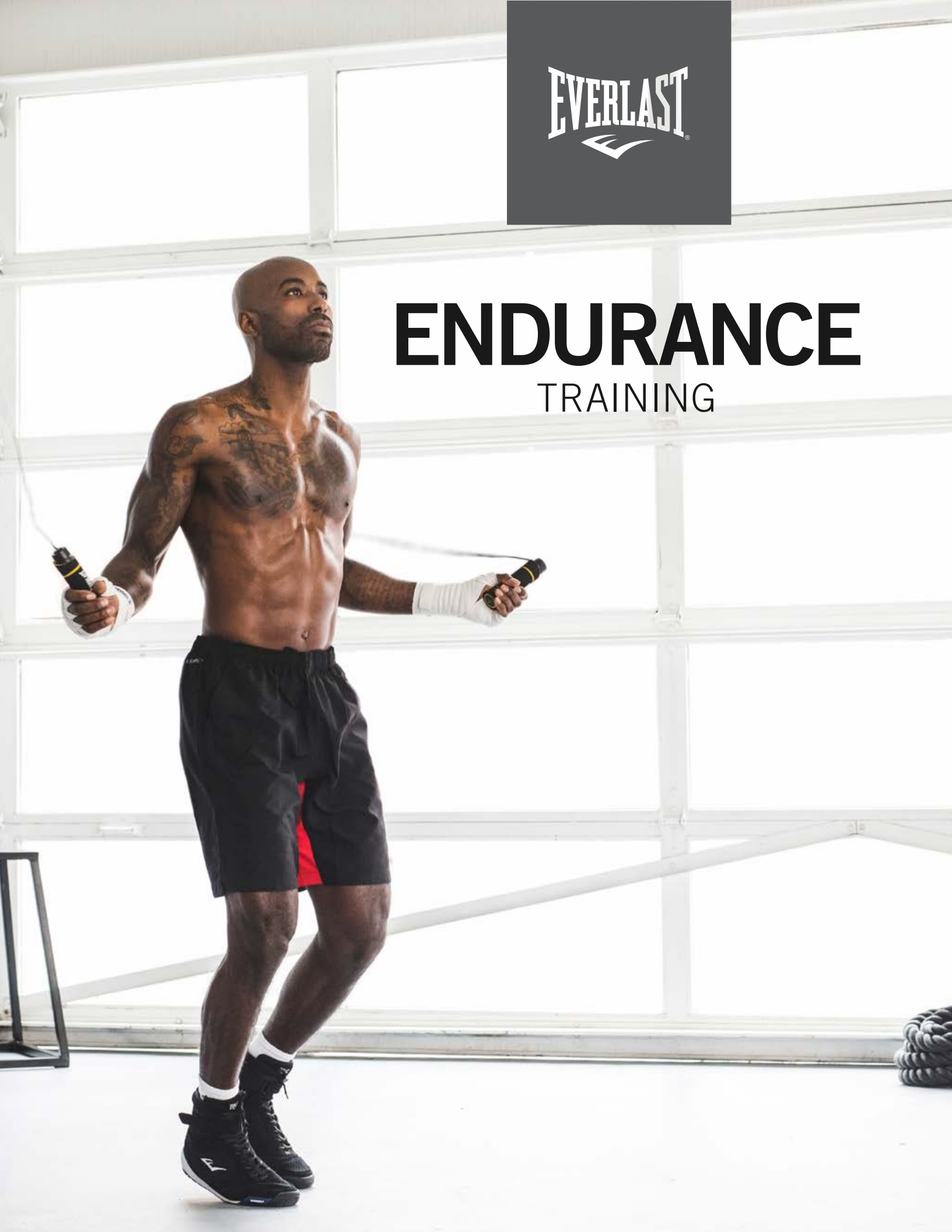
- ▶ Premium woven elastic design prevents band from pinching and rolling during workouts
- ▶ Ideal for Pilates, yoga, strength training and other conditioning exercises
- ▶ Band measures 29" (74cm) long, 3.15" (8cm) wide and 0.1" (0.35cm) thick
- ▶ Light band provides 15-30lb (7-14kg) of resistance
- ▶ Medium band provides 25-40lb (11-18kg) of resistance
- ▶ Heavy band provides 35-60lb (16-27kg) of resistance



LIGHT: EE2994GY MEDIUM: EE2995RE HEAVY: EE2996BK

EVERLAST
E

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

LEATHER JUMP ROPE

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



EQ2445TNC

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

MINI TRAMPOLINE

- ▶ Durable metal frame and hardware
- ▶ Foldable for easy storage
- ▶ Designed for low-impact cardio workouts
- ▶ Size: 36" (92 cm) diameter



EE9302BK

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
- ▶ 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
E

ACCESSORIES



FULL FINGER WORKOUT GLOVES

- ▶ Microfiber palms for superior comfort and grip
- ▶ Lightweight top material for breathability and less bulk
- ▶ Secure fit, grip strip closure
- ▶ Features innovative Polygiene ViralOff® antimicrobial technology
- ▶ Reduce germs and bacteria by 99% in less than 2 hours
- ▶ ViralOff® also stops the growth of odor-causing bacteria

ViralOff® is an antimicrobial treatment added to textiles to protect the treated article itself from microbes and is not intended to cure or prevent diseases. This product is not a substitute for proper hygiene, so please keep washing your hands! For more information on ViralOff® please visit www.polygiene.com/viraloff



EE2999BKSM (S/M)

EE3000BKML (M/L)

EE3001BKXL (L/XL)

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



EE1351LX



EVERLAST

RECOVERY



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
- ▶ Size: 18" (46 cm) long x 6" (15 cm) diameter



EE5113GY

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
- ▶ Contains a large capacity of 2.2 Litres
- ▶ BPA and DEHP Free



EE3183RE (Clear)



YOGA & EXERCISE MATS



PER (POLYMER ENVIRONMENTAL RESIN) PREMIUM YOGA MAT - 5MM

- ▶ Free of heavy metals and harmful chemicals such as phthalates, phenols and PAHS
- ▶ Non-toxic and hypoallergenic
- ▶ Latex-free
- ▶ Biodegradable and recyclable
- ▶ Certified green Oeko-Tex® standard
- ▶ Environmentally friendly
- ▶ Superior grip
- ▶ High-density cushioning
- ▶ Mat size: 24" (61cm) x 72" (183cm) x 0.2" (0.5cm)



EE5052BL (BLUE BLEND) EE5052PU (PURPLE BLEND) EE5052GN (GREEN BLEND)

FOLDING EXERCISE MAT

- ▶ PU leather shell and expanded polyethylene foam 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)



EV7833GYBK (GRAY & BLACK) EV7833PUBK (PURPLE & BLACK)

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, featuring the word "EVERLAST" in a bold, serif font with a stylized "E" below it.

EVERLAST®



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