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1910 CLASSIC TRAINING GLOVES

RED  12 OZ: P00001709  14 OZ: P00001709  16 OZ: P00001709
BLACK 12 OZ: P00001709  14 OZ: P00001709  16 OZ: P00001709
BLUE  12 OZ: P00001709  14 OZ: P00001709  16 OZ: P00001709
WHITE 12 OZ: P00001709  14 OZ: P00001709  16 OZ: P00001709

- Pro quality at retail price.
- Ventilated palm improves airflow and comfort.
- Laser etched detailing.
- Genuine leather construction.

1910 PRO SPARRING LACED GLOVES

RED  14 OZ: P00001675  16 OZ: P00001675
BLACK 14 OZ: P00001675  16 OZ: P00001675
BLUE  14 OZ: P00001675  16 OZ: P00001675
WHITE 14 OZ: P00001675  16 OZ: P00001675

- Pro quality at retail price.
- Ventilated palm improves airflow and comfort.
- Laser etched detailing.
- Genuine leather construction.
1910 PRO SPARRING HOOK & LOOP GLOVES

- Red
  - 12 oz: P00001702
  - 14 oz: P00001702
  - 16 oz: P00001702
- Black
  - 12 oz: P00001702
  - 14 oz: P00001702
  - 16 oz: P00001702
- Blue
  - 12 oz: P00001702
  - 14 oz: P00001702
  - 16 oz: P00001702
- White
  - 12 oz: P00001702
  - 14 oz: P00001702
  - 16 oz: P00001702

- Pro quality at retail price.
- Ventilated palm improves airflow and comfort.
- Laser-etched detailing.
- Genuine leather construction.

1910 FIGHT GLOVES

- Red
  - 8 oz: P00001662
  - 10 oz: P00001662
- Gunmetal
  - 8 oz: P00001662
  - 10 oz: P00001662
- Blue
  - 8 oz: P00001662
  - 10 oz: P00001662
- White
  - 8 oz: P00001662
  - 10 oz: P00001662

- Ventilated palm improves airflow and comfort.
- Laser-etched detailing.
- Genuine leather construction.
• Premium Mexican leather maximizes flexibility and wrist comfort.
• Molded foam provides maximum impact absorption.
• Reinforced foam cuff offers protection against wrist hyperflexion.
• Competition lace-up boxing gloves.
• Handcrafted in Mexico for superior quality.

**TECHNOLOGY:** MX

## MX PRO LACED TRAINING GLOVES

<table>
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## MX PRO FIGHT GLOVES

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• Premium Mexican leather maximizes flexibility and wrist comfort.
• Custom horsehair-foam blend allows for optimal power transfer.
• Competition lace-up boxing gloves.
• Handcrafted in Mexico for superior quality.

**TECHNOLOGY:** MX

## MX PRO HOOK & LOOP TRAINING GLOVES

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• Premium Mexican leather maximizes flexibility and wrist comfort.
• Molded foam provides maximum impact absorption.
• Reinforced foam cuff offers protection against wrist hyperflexion.
• Handcrafted in Mexico for superior quality.

**TECHNOLOGY:** MX
POWERLOCK PRO LACED FIGHT GLOVES

A. BLACK/WHITE
B. BLACK/GREY
C. RED/GREY
D. BLACK/PINK
E. NAVY/GREEN
F. BLACK/GOLD
G. WHITE/GOLD

POWERLOCK PRO LACED TRAINING GLOVES

<table>
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<tr>
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<td>2270</td>
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POWELLPRO  PRO HOOK & LOOP TRAINING GLOVES

PREMIUM LEATHER

A. BLACK/WHITE
B. BLACK/GREY
C. RED/GREY
D. BLACK/PINK
E. NAVY/GREEN

SYNTHETIC LEATHER

F. BLACK/GOLD
G. WHITE/GOLD

<table>
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<tr>
<td>16 oz.</td>
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</table>

- POWERLOCK® technology: An ergonomic layered-foam construction that secures the hand into a natural fist position.
- Compact glove design allows for superior fist closure, providing a balance of speed, comfort, and protection while delivering a powerful punch.
- Premium leather ensures long-lasting durability, functionality, and performance.
- Competition lace-up boxing gloves and hook-and-loop (or lace-up) training gloves.

TECHNOLOGY: POWERLOCK
ELITE PRO STYLE TRAINING GLOVES

- Premium synthetic leather combined with excellent construction provides lasting durability.
- Full mesh palm ensures breathability and comfort.
- Updated EVERSHIELD™ design for advanced wrist protection. Secure fit maintains protection and comfort during a variety of striking angles.

TECHNOLOGIES:  
- EVERCOOL™  
- EVERSHIELD™
**PRO STYLE ELITE TRAINING GLOVES**

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</tbody>
</table>

- Premium synthetic leather combined with excellent construction provides lasting durability.
- Full mesh palm ensures breathability and comfort.
- Includes EVERSHIELD™ design for advanced wrist protection. Secure fit maintains protection and comfort during a variety of striking angles.

**TECHNOLOGIES:** EVERCOOL™ EVERSHIELD™

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**PRO STYLE TRAINING GLOVES**

<table>
<thead>
<tr>
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</tbody>
</table>

- Premium synthetic leather with excellent glove construction provides durability and functionality.
- Mesh palm ensures breathability and comfort, while lining retains freshness and extends the life of your equipment.
- The perfect entry-level glove for fitness training and classes.

**TECHNOLOGY:** EVERCOOL™
LEATHER FIGHTER BOXING GLOVE

A. BLACK 6 oz: 1000 8 oz: 1000 12 oz: 1000 14 oz: 1000 16 oz: 1000
B. RED 6 oz: 1000 8 oz: 1000 12 oz: 1000 14 oz: 1000 16 oz: 1000

PU RODNEY BOXING GLOVE


- Premium leather/synthetic leather boasts excellent glove construction which provides long lasting durability and functionality.
- Protective foam - 3 layers - of shock premium quality foam protects hands and wrists.
- Adjustable hook-and-loop wrist strap secures the fit.

BOSTON PRO BAG GLOVES

BLACK LEATHER S: 1801 M: 1801 L: 1801 XL: 1801
BLACK PVC S: 1802 M: 1802 L: 1802 XL: 1802

- Premium leather/synthetic leather boasts excellent glove construction which provides long lasting durability and functionality.
- Protective foam - 3 layers - of shock premium quality foam protects hands and wrists.
- Adjustable hook-and-loop wrist strap secures the fit.

HEAVY BAG GLOVES

BLACK 4303

- Full mesh palm ensures breathability and comfort.
- Premium neoprene material combined with superior glove construction provides lasting durability and functionality.
- Lightweight design offers speed and power.
- Ideal for mitt work, heavy bag workouts, and reflex bag workouts.

SMALL LACELESS BOXING TRAINING GLOVES

RED 7 oz: 3003

- Synthetic leather and superior laceless construction provide lasting durability.
- Conforms to the natural shape of the fist for maximum comfort.
- Ideal for heavy bag workouts and mitt work.

PROSPECT TRAINING GLOVES

BLUE/RED 6 oz: P00001644 8 oz: P00001644

- Enhanced wrist wrap provides support.
- Padded knuckles keep hands safe.

PROSPECT MITT KIT

BLUE/RED P00001646

- Gloves with enhanced wrist wrap provides support.
- Padded knuckles keep hands safe.
- Mitts with adjustable strap.
- Integrated finger slots.
- Slip-on design.
- One size fits all.

TECHNOLOGY: EVERCOOL™

PROSPECT was designed to keep your young athlete protected and performing at their best. Built for boxing, MMA and martial arts. All products are designed with the features and technology found in professional equipment and are made of durable materials.
PREMIUM RANGE

PREMIUM GLOVES

BLACK
- 10 oz: MPU01
- 14 oz: MPU01
- 16 oz: MPU01

- High quality PU.
- Injection moulded foam padding.
- Tight secure fit with full wrist wrap hook & loop closure.

PREMIUM MMA GLOVES

BLACK
- S/M: MPU04
- M/L: MPU04

- High quality PU.
- Layered foam padding.
- Soft touch lining for comfort.
- Adjustable hook & loop wrist strap for secure fit and quick off & on.

PREMIUM FOCUS PAD

BLACK
- MPU02

- High quality PU.
- Injection moulded foam padding.
- Wedge for extra wrist support.

PREMIUM SHIN GUARDS

BLACK
- MPU03

- High quality PU.
- Layered foam padding.
- Soft touch lining for comfort.

EVERSTRIKE TRAINING GLOVES

BLACK/PINK
- S/M: P00000660
- M/L: P00000660

WHITE/GOLD
- S/M: P00000661
- M/L: P00000661

BLACK/GREY
- S/M: P00000662
- M/L: P00000662
- L/XL: P00000663

BLACK/GOLD
- M/L: P00000663
- L/XL: P00000663

- Synthetic leather construction.
- Cushioned foam dissipates impact of strikes.
- Reinforced fifth metacarpal padding minimises hand trauma.

TECHNOLOGIES:
- EVERCOOL
- EVERDRI

### MMA Heavy Bag Gloves

**Black**  
S/M: 7502  
M/L: 7502  
- Full wrist wrap strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined MMA glove shape for improved finger flexibility and hand protection.  
- Used for heavy bag workouts and mitt work.

### MMA Grappling Gloves

**Black**  
S/M: 7560  
L/XL: 7560  
- Premium synthetic leather provides long lasting durability and functionality.  
- Full wrist-wrap strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined glove shape for improved finger flexibility and hand protection.  
- Articulated finger ridges for ease of movement.  
- Used for grappling and mitt work.

### MMA Open Thumb Grappling Gloves

**Black**  
S/M: 7561  
L/XL: 7561  
- Premium synthetic leather along with excellent glove construction, provides durability and functionality.  
- Full wrist strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined glove shape for improved finger flexibility and hand protection.

### MMA Closed Thumb Grappling Gloves

**Black**  
S/M: 7562  
L/XL: 7562  
- Premium synthetic leather along with excellent glove construction, provides durability and functionality.  
- Full wrist strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined glove shape for improved finger flexibility and hand protection.

### MMA Training Gloves

**Black Matte**  
S/M: 7566  
M/L: 7566  
- Full wrist strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined shape for improved finger flexibility and hand protection.  
- Articulated finger ridges for ease of movement.  
- Used for grappling and mitt work.

### MMA Grappling Gloves

**Black**  
S/M: 7760  
L/XL: 7760  
- Premium synthetic leather provides long lasting durability and functionality.  
- Full wrist wrap strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined glove shape for improved finger flexibility and hand protection.  
- Articulated finger ridges for ease of movement.  
- Used for grappling and mitt work.

### MMA Open Thumb Grappling Gloves

**Black**  
S/M: 7772  
L/XL: 7772  
- Full wrist strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined shape for improved finger flexibility and hand protection.  
- Articulated finger ridges for ease of movement.  
- Used for grappling and mitt work.

### MMA Closed Thumb Grappling Gloves

**Black**  
S/M: 7778  
L/XL: 7778  
- Premium synthetic leather along with superior glove construction increases durability and functionality.  
- Full wrist wrap strap enhances wrist support and allows for a more customizable fit.  
- New design with refined MMA grapping glove padding silhouette and a more ergonomic fist shape for improved comfort and flexibility.  
- Ideal for grappling and mitt work.  
- 5 OZ.  
- **Technology:** Evercool™

### Grappling Training Gloves

**Black Matte**  
S/M: 7566  
M/L: 7566  
- Full wrist strap provides superior wrist support and allows for a more customizable fit.  
- New design with refined shape for improved finger flexibility and hand protection.  
- Articulated finger ridges for ease of movement.  
- Used for grappling and mitt work.

### Pro Style Grappling Gloves

**Red**  
S/M: 7778  
L/XL: 7778  
- Premium synthetic leather along with superior glove construction increases durability and functionality.  
- Full wrist wrap strap enhances wrist support and allows for a more customizable fit.  
- New design with refined MMA grapping glove padding silhouette and a more ergonomic fist shape for improved comfort and flexibility.  
- Ideal for grappling and mitt work.  
- **5 OZ.**  
- **Technology:** Everlast™

---

**WWW.EVERLAST.COM**
MUAY THAI GEAR

MUAY THAI GLOVES

**BLUE**
- 08 oz: 811206
- 10 oz: 811306
- 12 oz: 811206
- 14 oz: 811306

**BLACK**
- 08 oz: 811206
- 10 oz: 811306
- 12 oz: 811206
- 14 oz: 811306

- All-purpose Muay Thai glove design with hook-and-loop wrist strap for superior wrist protection and comfort.
- Genuine Thai leather along with excellent Muay Thai glove construction provides lasting durability and functionality.
- Muay Thai gloves used for heavy bag workouts, sparring, and mitt work.

MUAY THAI STRIKING GLOVES

**BLUE**
- 08 oz: 820206
- 10 oz: 820206
- 12 oz: 820206
- 14 oz: 820206

**BLACK**
- 10 oz: 820206
- 12 oz: 820206
- 14 oz: 820206

- Genuine Thai leather with closed-cell foam construction.
- Open-palm design with double wrist wrap hook-and-loop strap for superior protection and added comfort.

MUAY THAI SHIN GUARDS

**BLUE**
- 842306

**BLACK**
- 842306

- Shock-absorbing high-density core foam with reinforced padding at the center of shin panel provides ultimate protection.
- Extended instep padding with elastic band for excellent traction while training.
- Premium leather construction.
**HANDWRAPS**

- Machine-washable, synthetic-blend material that provides breathability and safety while training.
- High-quality material provides breathable comfort and safety while training.
- Thumb strap ensures ease of use with a hook-and-loop closure for a secure fit.

### Color Options

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**FLEXCOOL HANDWRAPS**

**GREY**

- Machine-washable, synthetic-blend material that provides breathability and safety while training.
- FLEXCOOL™ material allows wraps to stretch and provides extra protection to the wrist, hand, and knuckles.
- Ventilated design for increased airflow and breathability.
- Thumb loop ensures ease of the hook-and-loop closure, providing a secure fit.

**TECHNOLOGY:** FLEXCOOL™

### Printed Handwraps

**CAMO**

- Machine-washable, synthetic-blend material that provides breathability and safety while training.
- High-quality material provides breathable comfort and safety while training.
- Thumb strap ensures ease of use with a hook-and-loop closure for a secure fit.
Evershield Double Mouthguard

- Double-layered frame includes a shock-absorbent inner layer surrounded by a more rigid outer shield, engineered to provide upper and lower jaw protection.
- Boil-and-bite design provides custom molds for a tight, comfortable fit.
- Center breath channel allows for unobstructed airflow.
- Includes plastic mouthguard case for clean and secure storage.

**TECHNOLOGY:** Evershield™

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Evershield Single Mouthguard

- Two-layer mouthguard construction includes a shock-absorbent inner layer, surrounded by a more rigid outer shield for impact protection.
- Boil-and-bite design provides custom molds for a tight, comfortable fit.
- Includes plastic mouthguard case for clean and secure storage.

**TECHNOLOGY:** Evershield™

<table>
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<tr>
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</table>

Evergel Mouthguard

- Triple-layer mouthguard construction includes a soft gel inner layer and a shock-absorbent middle layer, surrounded by a more rigid outer shield for ultimate impact protection.
- Boil-and-bite design provides custom molds for a tight, comfortable fit.
- Includes plastic mouthguard case for clean and secure storage.

**TECHNOLOGY:** Evergel™

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<tr>
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Single Mouthguard

- Boil-and-bite design allows for custom molding of mouthguard to maximize protection and comfort.
- Used for training protection.

- Centre breath channel provides for unobstructed airflow.

<table>
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Double Mouthguard

- Boil-and-bite design allows for custom molding of mouthguard to maximize protection and comfort.
- Used for training protection.
- Centre breath channel provides for unobstructed airflow.

<table>
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<tr>
<td>Red</td>
<td>4410</td>
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</tbody>
</table>
EVERCOOL HEADGEAR

BLACK 4044

• Premium synthetic leather provides long-lasting durability and functionality.
• Composite of EVERCOOL™ mesh design and dense foam padding ensures breathability and maximum protection to withstand the hardest punches.
• EVERDRY™ wicking lining optimizes your comfort and repels excessive moisture during training.
• Adjustable hook-and-loop back and top closure for secure placement and comfort while training.

TECHNOLOGIES: EVERDRY™ EVERCOOL™

PROTECTIVE HEADGEAR

BLACK 4022

• Premium synthetic leather and construction provide long lasting durability.
• Boxing headgear is imperative for increased training protection.
• One size fits all.

ELITE BODY PROTECTOR

BLACK P0000682

• Modern design with EVERSHEILD™ technology that incorporates layers of high-quality padding, premium synthetic leather, and full-body coverage to provide ELITE level performance.
• The lightweight, contoured shape infuses multiple layers of energy-absorbing foam for heavy protection while allowing you freedom to move during training.
• Five adjustable safety buckle points offer a customizable fit.

TECHNOLOGIES: EVERSHEILD™ EVERDRY™

COACH VEST

BLACK 532001

• Premium leather construction for ultimate durability.
• Contoured, closed-cell C3 FOAM™ technology with increased cushioning, support, and ultimate force dispersion to protect the torso and abdomen from powerful punches and lower body combinations.
• EVERDRY™ wicking lining optimizes comfort and repels excessive moisture during training.
• Includes adjustable padded shoulder straps for secure placement and comfort.

TECHNOLOGY: C3 FOAM™

PRO TRADITIONAL HEADGEAR

BLACK S/M: 3400CE L/XL: 3400CE

• Premium synthetic leather and construction provide long lasting durability.
• Boxing headgear is imperative for increased training protection.

PRO TRADITIONAL HEADGEAR

BLACK S/M: 350CE L/XL: 350CE

• Premium leather and construction provide long lasting durability.
• Boxing headgear is imperative for increased training protection.

TECHNOLOGIES: EVERDRY™

PRO COMPETITION PROTECTOR

BLACK S: 750001 M: 750001 L: 750001 XL: 750001

• Dense shock-absorbing C3 FOAM™ padding and cup provides maximum protection for the groin, hips, and kidneys.
• Premium leather construction provides long lasting durability and functionality.
• EVERDRY™ wicking lining optimizes comfort and repels excessive moisture during training.

TECHNOLOGIES: C3 FOAM™ EVERDRY™

PROTECTIVE CUP

WHITE S: 4000 M: 4000 L: 4000 XL: 4000

• Protective Cup 100% Cotton, containing PVC cup with shock absorbing foam edges
• Ideal for training and may be used during fighting sessions.
**PUNCH MITTS**

GREY/YELLOW 4318

- Premium synthetic polycanvas along with superior boxing glove construction provides long-lasting durability and functionality.
- Improved design increases functionality by including a full boxing glove backing.
- Sold in pairs.

TECHNOLOGIES: EVERDRY® EVERCOOL®

**LEATHER ELITE MANTIS MITTS**

RED P00000700  
BLUE P00000700  
BLACK P00000700

- Premium synthetic polycanvas along with superior boxing glove construction provides long-lasting durability and functionality.
- Improved design increases functionality by including a full boxing glove backing.
- Sold in pairs.

TECHNOLOGIES: EVERDRY® EVERCOOL®

**MANTIS MITTS**

BLACK/GREY 4416

- Smaller surface area develops timing and sharpened speed combinations.
- High-grade leather provides long-lasting durability and functionality.
- Sold in pairs.

TECHNOLOGIES: EVERDRY® EVERCOOL®

**EVERGEL MANTIS PUNCH MITTS**

GREY/YELLOW 4416GL

- Smaller surface area develops timing and sharpened speed combinations.
- Premium synthetic leather provides long-lasting durability and functionality.
- Sold in pairs.

TECHNOLOGIES: EVERGEL® EVERDRY® EVERCOOL®

**PUNCH SHIELD**

BLACK 531001

- Premium leather construction for ultimate durability.
- High-density C3 FOAM™ padding absorbs the heaviest kicks, knees, and strikes.
- Designed for heavy-duty professional use.
- Reinforced nets and padded handles withstand impact and sustain a secure grip.
- Dimensions: 28" x 29" x 3".

TECHNOLOGY: C3 FOAM™

**LEATHER PUNCH PADDLES**

BLACK 2900000

- Multi-layered, C3 FOAM™ padding absorbs strikes during training.
- Unique grip allows a trainer to feel less impact on the hand and wrist.
- Ideal for practicing various strikes and punches.
- Premium leather construction.
- Sold in pairs.

TECHNOLOGY: C3 FOAM™

**MUAY THAI PADS (SINGLE)**

BLACK 7517

- Premium synthetic leather along with superior construction increases durability and functionality.
- Authentic Thai design features dense foam padding for safety while blocking kicks, punches, elbows, and knees.
- Sold individually.

**SHIN INSTEP GUARD**

BLACK S/M: 7450  L/XL: 7450

- Synthetic leather surrounds high density foam on both panels to provide high levels of shin protection.
- Dual hook and loop straps for secure fit.
- Non-slip fabric to reverse of the guard ensures the very best fit.
1910 LEATHER HEAVY BAG

BLACK  80 LBS: 5120
RED    80 LBS: 5120

- Premium leather boxing bag with reinforced webbing, along with excellent heavy bag construction provides long lasting durability and functionality.
- Specially blended filler mix of sanitized synthetic and natural fibers provides resilient shock absorbency.
- 80 lbs bag is approximately 49” in height.

LEATHER HEAVY BAG

BLACK  70 LBS: 247001  100 LBS: 241001

- High grade leather provides long lasting durability and heavy bag functionality.
- Specially blended filler provides resilient shock absorbency.
- Features triple reinforced ring tabs to ensure maximum toughness and durability at the top of the heavy bag.
- Includes chain and swivel assembly.
- 70 lbs bag is approximately 46.5” in height with a 14.5” diameter; 100 lbs bag is approximately 52” in height with a 14.5” diameter.
- Not recommended for outside use.

NEVATEAR HEAVY BAG

BLACK/GOLD  80 LBS: P00001272

- Heavy-duty nylon straps provide security and safety, while the double-end loop provides increased heavy bag functionality.
- Specially blended filler mix of sanitized synthetic and natural fibers provides resilient shock absorbency.
- Premium synthetic leather with reinforced webbing provides long lasting durability and functionality.
- 80 lbs bag approximately 59” in height with a 13.25” diameter.
- Not recommended for outside use.

TECHNOLOGY: NEVATEAR®

POWERCORE NEVATEAR HEAVY BAG

BLACK/GOLD  80 LBS: P00000775

- Double-end loop provides increased heavy bag functionality.
- Features metal rivets for security along with a center aligned sandbag placement system for maximized force dispersion and hand safety.
- Specially blended filler mix of sanitized synthetic and natural fibers provide resilient shock absorbency.
- Premium synthetic leather with reinforced webbing along with superior heavy bag construction increases durability and functionality.
- 80 lbs bag approximately 59” in height with a 13.25” diameter; 100 lbs bag approximately 59” in height with a 13.25” diameter.
- Not recommended for outside use.

TECHNOLOGY: NEVATEAR® POWERCORE™
### POWERSTRIKE BAG

<table>
<thead>
<tr>
<th>Size</th>
<th>Filled</th>
<th>Unfilled</th>
</tr>
</thead>
<tbody>
<tr>
<td>64 cm</td>
<td>PS084</td>
<td>PS084UN</td>
</tr>
<tr>
<td>108 cm</td>
<td>PS108</td>
<td>PS108UN</td>
</tr>
<tr>
<td>123 cm</td>
<td>PS123</td>
<td>PS123UN</td>
</tr>
<tr>
<td>150 cm</td>
<td>PS150</td>
<td>PS150UN</td>
</tr>
<tr>
<td>180 cm</td>
<td>PS180</td>
<td>PS180UN</td>
</tr>
</tbody>
</table>

- Heavy grade durable vinyl leather bag with reinforced webbing, along with excellent heavy bag construction provides long lasting durability and functionality.
- Specially blended filler mix of sanitized synthetic and natural fibers provides resilient shock absorbency.
- Made for MMA and kickboxing.
- Weighs approximately: 48 lbs for 64 cm; 60 lbs for 108 cm, 66 lbs for 123 cm, 68 lbs for 150 cm, and 70 lbs for 180 cm.

### BOXING BAG

<table>
<thead>
<tr>
<th>Size</th>
<th>Filled</th>
<th>Unfilled</th>
</tr>
</thead>
<tbody>
<tr>
<td>70 cm</td>
<td>3076</td>
<td>3076UN</td>
</tr>
<tr>
<td>100 cm</td>
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<td>3100UN</td>
</tr>
<tr>
<td>120 cm</td>
<td>3120</td>
<td>3120UN</td>
</tr>
</tbody>
</table>

- Heavy-duty nylon straps provide security and safety, while the double-end loop provides increased functionality.
- Specially blended filler mix of sanitized synthetic and natural fibers provides resilient shock absorbency.
- Made for MMA and kickboxing.
- Weighs approximately: 48 lbs for 70 cm; 60 lbs for 100 cm, and 68 lbs for 120 cm.

### MMA POLYCANVAS HEAVY BAG

**Black**

- 70 lbs: MMA4657

- Specially blended filler mix of sanitized synthetic and natural fibers provides resilient shock absorbency.
- Premium synthetic polycanvas along with superior punching bag construction increases durability.
- Heavy-duty nylon straps provide security and safety, while the double-end loop provides increased functionality.
- Ideal for heavy bag workouts.
- Weighs 70 lbs; approximately 59” in height with a 13.5” diameter.
- Not recommended for outside use.

### MUAY THAI HEAVY BAG

**Black**

- 70 lbs: 4908

- Premium leather shell with specially blended filler provides resilient shock absorbency.
- Length provides perfect target for both upper and lower body strikes.
- Weighs 70 lbs; approximately 64” in height with a 13” diameter.
- Includes chain assembly.
MX PEANUT BAG

RED/WHITE  221300

- Made with premium Mexican leather that provides long-lasting durability and functionality.
- Unique peanut design for head-body combinations.
- Handcrafted in Mexico for superior quality.
- Dimensions: 22” x 7”.

TECHNOLOGIES:  MX

LEATHER DOUBLE-END BAG

BLACK/YELLOW  8": 4220.9

- High-grade leather.
- Double-ended ball design for focused strikes.
- Concise shape to develop accuracy.
- Compatible with speed bag platforms and double-end attachments.
- Includes hanging rope and shock cord along with ceiling and floor plate attachments.

LEATHER SPEED BAG

BLACK  MEDIUM 9”X6”  4241
BLACK  LARGE 10”X7”  4242

- Premium grade leather for extreme durability and improved functionality.
- Features reinforced seams for added strength.
- Balanced for accurate rebounds while training.
- Medium speed bag is 9” x 6”; large speed bag is 10” x 7”.

EVERHIDE SPEED BAG

GREY  MEDIUM 9”X6”  4215

- Features reinforced seams for long-lasting durability.
- Balanced for accurate rebounds while training.
- Ideal for any speed bag workout.

EVERHIDE DOUBLE-END STRIKING BAG

GREY  8”: 4223

- Premium synthetic leather along with superior construction increases durability and functionality.
- Extended attachment straps with closed loops prevent glove damage.
- Compatible with speed bag platforms and double-end attachments.
- Ideal for heavy bag workouts and mitt work.
- 8” diameter.

VINTAGE SPEED BAG

BROWN  MEDIUM 9”X6”  5326

- High-grade synthetic leather, along with excellent craftsmanship provides durability and improved functionality.
- Balanced for accurate rebounds while training.
A. TEAR DROP BAG

**BLACK** 60 LBS: P00000189

- Unique shape gives the bag a lower center of gravity.
- Ideal for clinching and delivering knee strikes.
- Made of synthetic leather.
- Includes heavy-duty chain and swivel.
- 30" length.

B. WRECKING BALL BAG

**BLACK** 80 LBS: P00001498

- Round shape promotes proper form and reduces the risk of jammed elbows.
- Ideal for perfecting body shots, uppercuts, and other punches.
- Made of synthetic leather.
- Includes heavy-duty chain and swivel.
- 24" length.

C. SLIP BALL

**BLACK** 2500901

- Best tool to practice avoiding incoming punches.
- Slightly weighted to provide the perfect amount of resistance.
- Ideal for practicing evasive technique and rhythm.
- Made of synthetic leather.
- Includes heavy-duty chain and swivel.
- Weight: 10 lbs.
- Dimensions: 5" x 8".

D. ANGLE BAG

**BLACK** 60 LBS: P00001449

- Multiple curves that invite hooks and uppercuts.
- Made of synthetic leather.
- Includes heavy-duty chain and swivel.
- Weight: 60 lbs.
- Dimensions: 39.5" x 17.5".

WALL MOUNT T/BAG

**BLACK** 30 LBS: P00001447

- Specially designed steel frame allows for easy setup on most walls.
- Perfectly placed padding allows for ideal uppercut and strike-based training.
- Made of high-quality leather for long-lasting durability.
- Mounting hardware not included.
HYDROSTRIKE HEAVY BAG

- Next generation heavy bag ideal for boxing and fitness training.
- HYDROSTRIKE™ technology absorbs strikes, providing a life-like feel and a resilient construction.
- Light, portable design allows for easy pickup and shipping.
- 2-year warranty.
- Available in 100 lbs and 150 lbs when filled with water.
- Made in USA.
- 100 lbs bag: Approx. 28.125" in height, 14.25" in diameter.
- 150 lbs bag: Approx. 37.125" in height, 14.25" in diameter.
- Chain included.

TECHNOLOGY: HYDROSTRIKE™
MMA EVERFLEX STRIKING BAG

BLACK/RED  MMA2226

- The strike bag features a flexible neck that absorbs powerful punches while reducing base movement.
- High-density plastic base can be filled with water or sand for extra stability.
- The ultimate freestanding training tool, this strike bag features a extra long design that accommodates kicks and knees.
- Base approximately 160 lbs. when filled with water.
- Bag height: 5'4".

TECHNOLOGY: HYPERFLEX™

REFLEX BAG

BLACK  2260

- Solid foam bag with new and improved durable construction for strikes.
- Heavy duty spring neck for quick and responsive rebound.
- Base approximately 32 lbs. when filled with water.
- Bag height: 5'4".
- Easy assembly; Comes in full side lithobox with carrying handle.
- Not recommended for outside use.

TECHNOLOGY: HYPERFLEX™

OMNIFLEX FREESTANDING BAG

BLACK  2229B

- Fully assembled bag with high-grade, shock-absorbing foam.
- NEVATEAR™ outer shell provides durability and functionality.
- OMNIFLEX™ neck allows for maximum impact absorption and reduced base movement.
- Low-profile base design for punches.
- Base approximately 130 lbs. when filled with water.
- Bag height: 5'6" at highest setting.

TECHNOLOGY: OMNIFLEX™ NEVATEAR™

CARDIO STRIKE BAG

BLACK  2262

- High-density plastic base is easily filled with water or sand for stability.
- Durable spring neck provides for quick bag rebound while training.
- High grade shock absorbing foam with protective outer layer for lasting durability.
- Base approximately 70 lbs. when filled with water.
- Bag height: 5'6" at highest setting.

TECHNOLOGY: HYPERFLEX™

POWERCORE FREESTANDING BAG

BLACK  2228

- High-density plastic base is easily filled with water or sand for stability.
- Power transfer ring minimizes impact and reduces base movement when training.
- High-grade, shock-absorbing foam with NEVATEAR™ “water layer for durability
- Base approximately 246 lbs. when filled with water.
- Bag height: 5'5".

TECHNOLOGIES: OMNIFLEX™ NEVATEAR™

EVERFLEX FITNESS SYSTEM

BLACK  2226B

- Combines our synthetic bags with reinforced, high density LDPE base that provides maximum flexibility with outstanding durability and resilience.
- Precisely engineered freestanding bag with spring action response.
- Flexible collar system allows the bag to absorb substantial impact without base movement.
- 3 height adjustments allow bag to stand from 4' to 5'6".
- Base approximately 200 lbs. when filled with water.
- Comes with straps attached to enhance your workout.

TECHNOLOGY: HYPERFLEX™
### Adjustable Speed-Bag Platform

**Wooden** 4264

- Easily adjust speed bag platform to ideal height for any athlete.
- Platform includes swivel, two brace boards, assembly hardware, and full rubber edge binding for safety.
- Compatible with double-end bags and double-end anchor.
- Adjustable speed bag boxing platform for speed bag workouts.
- 8” adjustable in 1” increments.
- 24” diameter x 1” pressboard.

### Speed Bag Kit

**Black** 4260

- 24” smoothly finished wooden platform comes with a speed bag swivel and vinyl speed bag for maximum at-home benefits.
- Kit includes wood platform, speed bag (11” x 8”), and swivel, jump rope, hand wraps, and bag gloves.
- Complete and ready for assembly.
- Compatible with double-end bags and double-end anchor (sold separately).
- Platform is not recommended for outside use.

### Heavy Bag / Speed Bag Stand

**Black** 4813

- Heavy duty powder-coated steel tubing combined with 3 weight plate pegs allows for maximum strength and durability.
- Easy to assemble and will accommodate any heavy bag up to 100 lbs.
- Platform height is adjustable to accommodate any speed bag size.
- Footprint: 66.5” L x 47.6” W x 86.2” H.
- Not recommended for outside use.

---

**A. Wall Hanger**

**Black** H80214

- Heavy duty powder coated steel construction.
- Fixings included - easy installation.
- Will accommodate up to 110lbs in weight.

**B. Wood Beam Heavy Bag Hanger**

**Black** 4680

- Solid steel material and heavy-duty construction ensure safety and stability when hanging up a heavy bag.

**C. Heavyweight Chain**

**Chain** R60221

- Adjustable “S” hooks for customised height.
- For use with all Everlast Heavy Bags.

**D. Double-End Anchor**

**Grey** 4E01

- Stabilise your heavy bag with 45 lbs. of water. Bungee cord included.
- Premium synthetic leather with reinforced webbing provides long lasting durability and functionality.
- Also can be used for double-end striking bags.

**E. Universal Heavy Bag Hanger**

**Grey/Yellow** 4683

- Rubberised interior surface prevents sleeve rotation.
- Embedded steel supports increase stability and heavy bag strength.
- Heavy-duty nylon straps provide security and safety.

**F. Cotter Pin Swivel**

**Black** 4444

- Smooth ball bearing swivel design increases bag speed and accuracy when training.
- Machine crafted stainless steel ensures product longevity and durability.
- Used for speed bags.

**G. Standard Plastic Swivel**

**Black** 4440

- Moulded construction for superior durability.
- Precision ball-bearing construction for fast, smooth and accurate rebounds.
- Heavy duty flange.
POST PADS

SET OF 4  6655

• Set of 4 includes 2 white, 1 red, and 1 blue.
• Dimensions: 48” high.

TURNBUCKLE COVERS

SET OF 12 (SMALL): 6666C
SET OF 16 (LARGE): 6667C

• Required by USA Boxing for all competition rings.
• Set of 12 includes 3 red, 6 white, and 3 blue covers.
• Set of 16 includes 4 red, 8 white, and 4 blue covers.
• Set of 16: 24” long with 1” of foam padding.

CORNER CUSHIONS

SET OF 4  6654

• Wide size for safety.
• Set includes 1 red, 1 blue, and 2 white.
• Dimensions: 48” high
• Sold as a set of 4.

RING GONG

BLACK/RED  6662

• 8” diameter solid-steel gong.
• 15” x 12” solid wood board.
• Includes steel striking hammer.

INTERVAL TRAINING TIMER

BLACK/YELLOW  7011

• Features both dual interval timer and stopwatch modes.
• Comes with detachable belt clip, hook-and-loop arm strap, and features magnetic backing to attach timer to lockers, equipment, etc.
• Adjustable rounds and rest periods.
• Interval training timers are the perfect boxing gear for a core workout.
• Requires two AAA batteries (included).

BANNER

BLACK  2’ x 3’

• Includes eyelets for convenient hanging.

KEY CHAIN BUCKET

CLEAR  CB01

MINIATURE BOXING GLOVE KEY CHAIN

BLACK  7000
RED  7000
BLUE  7000
PINK  7000

• Perfect for any competitor or fan.
• Approximate 2” size fits easily in pocket or purse.

NECK CHAIN

BLACK  2816

WATER BOTTLE

WHITE  EVBTL001

• Durable BPA-free plastic bottle holds 28 OZ.
• Easy grip design with ounce and milliliter markings.
• Secure screw-on lid features a flip top and large spout.
• Includes a removable filter.
• Not for use with hot or warm liquids.
APPAREL & FOOTWEAR

BOXING COMPETITION TRUNKS

COLOURS:
24”
• Full 4” waistband with redesigned elastic ensures a snug fit around the cup.
• Wider leg opening, high slits, and adjusted inseam.
• Made of high-quality satin polyester.

THAI BOXING SHORTS

COLOURS:
24”
• Full 4” waistband with redesigned elastic ensures a snug fit around the cup.
• Wider leg opening, high slits, and adjusted inseam.
• Made of high-quality satin polyester.

THAI BOXING SHORTS

COLOURS:
24”
• Full 4” waistband with redesigned elastic ensures a snug fit around the cup.
• Wider leg opening, high slits, and adjusted inseam.
• Made of high-quality satin polyester.

MMA SHORTS

COLOURS:
24”
• Constructed from a lightweight polyester blend for comfort and durability.
• Reinforced stitching strengthens all stress points.
• Hook-and-loop forkover closure and drawstring waist provide a secure fit.
• Elasticated crotch and inseam panel enhance mobility.
• Elasticated side panels with side cuts offer extra leg room.
AMATEUR COMPETITION JERSEY

RED  S-M-L-XL: 4420A
BLUE  S-M-L-XL: 4420A

- Lightweight poly-mesh combination for enhanced comfort and breathability.
- Wicking property optimizes your comfort and helps repel excessive moisture during training.
- Traditional fit and cut.
- 100% Polyester.

AMATEUR COMPETITION JERSEY

RED  S-M-L-XL: 4424
BLUE  S-M-L-XL: 4424
BLACK  S-M-L-XL: 4424

- Lightweight poly-mesh combination for enhanced comfort and breathability.
- Wicking property optimizes your comfort and helps repel excessive moisture during training.
- Traditional fit and cut.
- 100% Polyester.

SHORT SLEEVE RASH GUARD

GREY  S-M-L-XL: 4429A
BLACK  S-M-L-XL: 4429A

- Lightweight 80% nylon/20% elastic offers a secure compression fit.
- Double-reinforced seams provides comfort and durability.
- Anti-slip drawstring on bottom ensures a secure fit and hold.
- Designed to guard against cuts, scrapes, and rash burns during training.
- Ideal for training or competition.

LONG SLEEVE RASH GUARD

GREY  S-M-L-XL: 4430A
BLACK  S-M-L-XL: 4430A

- Lightweight 80% nylon/20% elastic offers a secure compression fit.
- Double-reinforced seams provides comfort and durability.
- Anti-slip drawstring on bottom ensures a secure fit and hold.
- Designed to guard against cuts, scrapes, and rash burns during training.
- Ideal for training or competition.

FULL-LENGTH ROBE

COLOURS:  S-M-L-XL: 4387

- Wide sleeve opening allows for easy on-and-off.
- Increased shoulder width for more freedom while wearing.
- For training and competition boxing.
- Made of high-quality satin polyester.

FULL-LENGTH HOODED ROBE

COLOURS:  S-M-L-XL: 4387H

- Classic above-the-knee style.
- For training and competition boxing.
- Made of high-quality satin polyester.

CORNER JACKET

BLACK  S-M-L-XL-XXL: 4390
WHITE  S-M-L-XL-XXL: 4390

- Features large armholes, silver boxing glove zipper pull, and accessory chest pocket.
- Increased pocket depth and width for easy access to cutman supplies.
- For training and competition boxing.
- Made of high-quality satin polyester.
ELITE BOXING SHOES

• EVERLAST and MICHELIN collaboration high-top boxing shoe.
• Designed for optimal boxing form and movement.
• 100% MICHELIN rubber sole and open-weave mesh construction provide comfort and durability while minimizing weight.
• Strategically placed ankle strap enhances support to account for torque while punching.
• Men’s sizing.
• No Half Sizes.

PIVOT BOXING SHOES

• EVERLAST and MICHELIN collaboration hybrid boxing shoe.
• Designed for both casual and athletic use.
• 100% MICHELIN rubber sole and open-weave mesh construction provide comfort and durability while minimizing weight.
• Strategically placed ankle strap enhances support to account for torque while punching.
• Men’s sizing.
• No Half Sizes.

FORCE KNIT BOXING SHOES

• Lightweight mesh surface area allows for increased ventilation.
• Padded ankle support.
• Grooved rubber sole for extra traction.
• Reinforced toe for increased durability and added safety.
• Men’s sizing.

ULTIMATE BOXING SHOES

• Lightweight mesh surface area allows for increased ventilation.
• Padded ankle support.
• Grooved rubber sole for extra traction.
• Reinforced toe for increased durability and added safety.
• Men’s sizing.

BLACK
SIZES 40 - 45: P00001075

BLACK/GOLD
SIZES 40 - 45: P00001076

BLUE/BLACK
SIZES 40 - 44: P00001077

ORANGE/RED
SIZES 40 - 44: P00001077

WHITE/BKACK
SIZES 40 - 44: P00001078

BLACK/SILVER
SIZES 40 - 44: P00001078
PRO WEIGHTED & ADJUSTABLE JUMP ROPE

**BLACK**  P0000455

- Tones muscles and burns calories.
- Adjustable and durable cable rope featuring a steel ball joint for smooth, consistent rotation.
- Approx. 0.4 lb removable weights in each handle for varying levels of difficulty.
- 11’ length.

DELUXE SPEED ROPE

**BLACK**  EV3631BK

- Tones muscles and burns calories.
- Adjustable and durable cable rope featuring a steel ball joint for smooth consistent rotation.
- 9’ length.

SPEED ROPE

**BLACK**  EV2448BK

- Tones muscles and burns calories.
- Adjustable and durable cable rope featuring a steel ball joint for smooth consistent rotation.
- 9’ length.

WEIGHTED JUMP ROPE

**WOODEN**  8’ ROPE: EV2444TN  9.5’ ROPE: EV2445TN

- Classic conditioning exercise used to tone muscles and burn calories.
- Adjustable and durable cable rope featuring a steel ball joint for smooth, consistent rotation.
- Removable weights in each handle for varying levels of difficulty.

12 SPEED ROPES

**MULTI**  EH2083MU

- Improves speed, strength and coordination.
- Friction-free with ultra fast action.
- 12 super fine ropes in assorted colours in reusable containers.
- 9’ length.
- Strong, lightweight ABS handles.

SHADOW BOXER

**BLACK/BLUE**  EX5040BL

- The Shadow-Boxer is designed to help develop speed, power, and explosiveness for boxing, MMA, and all fight sports.
- Designed with foam-covered back support and handles for safety and comfort, and double-resistance tubes to help increase strength in arms and shoulders.

12 SPEED ROPES

**YELLOW/BLACK**  EV2628YE

- Improves coordination and flexibility.
- Burns calories and vents stress.
- Knock-down/instant-up motion builds endurance and sharpens reflexes.
- Ideal for kick-boxing workouts.
- Foot pump and anti-leak water-weighted base included.
- Folds flat for compact storage.
- Hard wearing PVC construction.
- 5’2” height accommodates boxers of all sizes.

INFLATABLE POWER TOWER

**YELLOW/BLACK**  EV2628YE

- Improves coordination and flexibility.
- Burns calories and vents stress.
- Knocks down/instant-up motion builds endurance and sharpens reflexes.
- Ideal for kick-boxing workouts.
- Foot pump and anti-leak water-weighted base included.
- Folds flat for compact storage.
- Hard wearing PVC construction.
- 5’2” height accommodates boxers of all sizes.
DUO WHEEL
GREY EV2413SL
- Strengthens abs, arms, shoulders, and back with one smooth, comfortable action.
- Two easy-glide wheels for extra balance and stability.
- Lightweight and portable.
- Features molded, easy-grip handles.

POWERCORE MEDICINE BALL
0 LBS 6512
12 LBS 6513
15 LBS P0000392
- Textured panels ensure a secure grip for safety and stability while exercising.
- Center sand chamber provides balance and rotation.
- Perfect addition to any core workout.
- Not intended for slamming.
- Synthetic leather.

STABILITY BALL & PUMP
A. PURPLE 55 CM P0001174
B. BLUE 65 CM P0001175
C. GREY 75 CM P0001176
- Enhance core strength while working your upper and lower body muscles.
- Durable, 600 lb. burst-resistant ball.
- Includes hand pump for easy inflation.
- Pro-Stability Balls have a 1000 lb. burst rate.

ADJUSTABLE WEIGHTED TRAINING VEST
BLACK/GREY CL2468
- Neoprene vest with removable iron-and-sand weight filling.
- Adjustable straps for ideal fit and comfort.
- Exercising at a heavier weight maximizes the effectiveness of your workout.
- Best for strength training, total-body conditioning, and muscular and cardiovascular endurance.
- Can be adjusted up to 40 lbs.
- One size fits most.

POWERCORE BAG
BLACK P0000366
- Increase upper and lower body strength and explosiveness.
- Multiple handle positions allow user to execute countless high-intensity interval training exercises.
- Bag is pre-filled weighting 20 lbs.

ANKLE/WRIST WEIGHTS
BLACK EV2754BK
- Thumb loop added lifting control and support.
- Loop acts as an anchor for attaching weights to wrists.
- Weights are 2.5 lbs each.
- TECHNOLOGY: COMPRESS-X™

ADJUSTABLE ANKLE WEIGHTS
BLACK EV2420BK
- Strong, durable and adjustable.
- Contoured to form fit around ankle.
- Soft padding for friction-free comfort.
- Weights are 5 lbs each.
- TECHNOLOGY: COMPRESS-X™
SAUNA SUIT

- Designed to trap body heat and keep muscles loose, so you can shed excess water weight and calories more efficiently prior to or during a workout.
- Made of top-quality material that wipes clean with a damp cloth and features exclusive technology to prevent odours.
- Two-piece suit with elastic waist and cuff pant.
- Made with PVC material.

SILVER
- M/L: EV2454
- L/XL: EV2454
- XL/XXL: EV2454

SAUNA SUIT WITH HOOD

- Designed to trap body heat and keep muscles loose, so you can shed excess water weight and calories more efficiently prior to or during a workout.
- Made of top-quality material that wipes clean with a damp cloth and features exclusive technology to prevent odours.
- Two-piece suit with elastic waist and cuff pant.
- Made with PVC material.

BLACK
- M/L: EX5013
- L/XL: EX5013
- XL/XXL: EX5013

PADDED WEIGHT LIFTING BELT

- Leather Weight Lifting Belt has been engineered to offer essential support when weight training, whilst the padding allows you to train in great comfort and the buckle fastening ensures you can get a secure fit.

BLACK
- S: EV2432
- M: EV2432
- L: EV2432
- XL: EV2432

NECK DEVELOPER

- Builds neck strength and size.
- Prevents neck injury.
- Double reinforced nylon webbing.
- Electro-plated “D” rings.

BLACK
- EV2451B

LEATHER ALL COMPETITION GLOVES

- Top grain all leather construction.
- 1/2 length fingers.
- Poly-foam padded palm with reinforced thumb.
- Double layer leather palm.
- Adjustable wrist closures.
- Double stitched stress points.

BLACK
- S: EV2474
- M: EV2474
- L: EV2474
- XL: EV2474

ADJUSTABLE HAND GRIP- HIGH TENSION

- Develop hand and wrist strength while toning forearms.
- High tension for high-level strengthening and quick results.
- Specially designed handles allow for increased durability.
- 20-90 lbs of resistance.

GREY
- PO0000391

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WWW.EVERLAST.COM
SLIMMER BELT
GREY EV245BBK

• Designed to help flatten abdominal muscles during aerobic conditioning.
• Provides core support using COMPRESS-X™ technology to create a snug fit while retaining body heat and shedding water weight.

TECHNOLOGY: COMPRESS-X™

SLIMMER BELT WITH MAGNET
GREY EH1973

• Designed to help flatten abdominal muscles during aerobic conditioning.
• Provides core support using COMPRESS-X™ technology to create a snug fit while retaining body heat and shedding water weight.
• Specially designed magnets could help increase blood flow during your most advanced workouts.

TECHNOLOGY: COMPRESS-X™

LIFTING STRAPS
BROWN 2452

• Durable 100% cotton webbing.
• Comfort hold on the bar.

WRIST SUPPORTS (PAIR)
BLACK EV2453BK

• Durable elastic webbing.
• Thumb loop for added support & comfortable fit and feel.

TECHNOLOGY:

DOOR GYM
BLACK CL1059

• Turns any doorway into a personal gym.
• Installs in seconds.
• Ideal for pull ups, push ups, chin ups, crunches and more.

CHIN UP BAR
BLACK EV2405BK

• Excellent for aerobic conditioning.
• Moves from hi-level chin-up to low-level sit-up position without re-installation.
• Soft, foam-covered bar for comfort.
• Fully adjustable to any doorway.
• Telescopes from one end.

TWIST BOARD
GREY EH2655GY

• High-impact, rotating platform for vigorous aerobic exercise.
• Precision ball-bearing ride for smooth, fluid motion.
• Slims and tones abs, hips and thighs.
• Strengthens back and calves.

THIGH TONER
GREY EH2743GY

• Strong tension for increased firmness.
• Foam covered for maximum comfort.
• Easy to use, transport and store.
• Tones outer and inner thighs.
• Tones arms, chest and buttocks.
• Fitness guide included.

TECHNOLOGY:

FITNESS
STEP  
BLACK A123  
- Non-slip design.  
- Solid construction.  
- Fully adjustable height.

YOGA MAT  
BLACK 405  
- Ideal for yoga and stretching exercises.  
- Slip-resistant foam surface provides excellent cushion during workouts.  
- Hook and loop straps keep the mat rolled up.

PUSH UP TWISTER  
BLACK CL9181  
- Non-slip base.  
- Solid construction.  
- Comfort grips.  
- Sold in pairs.

PUSH UP STAND  
BLACK EV2406BK  
- Sculpts and strengthens abs, pecs, upper arms and triceps.  
- Versatile design allows front, chest and floor protection.  
- Sold in pairs.

BOXING FITNESS KIT  
GREY 3010  
- Kit includes one pair of Punch Mitts and one pair of Neoprene Heavy Bag Gloves.  
- Punch mitts feature synthetic polycanvas with improved design to increase functionality with full glove backing.  
- Premium neoprene material along with superior glove construction, provides durability and functionality.  
- Mesh palm ensures breathability and comfort, while a moisture-absorbing and lining retains freshness and extends the life of your equipment.  
- One size fits most. Machine washable gloves.

Yoga Mat  
BLACK 405  
- Ideal for yoga and stretching exercises.  
- Slip-resistant foam surface provides excellent cushion during workouts.  
- Hook and loop straps keep the mat rolled up.

BOXING FITNESS KIT  
GREY FS201  
- Kit includes speed rope, duo wheel and training gloves.  
- Benefits include toning & tightening, fine tune muscle definition, and lift and shaping.

PORTABLE FITNESS KIT  
MULTI RFK01  
- Kit includes jump rope, hand grip, 2 resistance tubes (medium and heavy), a mesh tote bag and tube accessories (handles, ankle strap and door attachment).  
- A combined strength and cardio workout.  
- Exercise anytime, anywhere.  
- Define your upper and lower body.

RESISTANCE BAND KIT  
GREY RBS02  
- Kit includes 3 resistance training bands.  
- Benefits include toning & tightening, fine tune muscle definition, and lift and shaping.
ADULT BOXING KITS

**RED/BLACK**  AS101A
**RED/BLACK**  AS101

- Punch bag attaches to the wall, enabling you to fit it to your preferred height.
- Offers a great way to workout at home, punch bags can help improve core stability, accuracy, footwork and agility.
- Kit 1 includes heavy bag, training gloves and cotton hand wraps.
- Kit 2 includes all of the above, as well as wall mounted bracket and hook and jab pads.
- 3’ bag weights approximately 40 lbs.

FAMILY TRAINING KIT

**RED/BLACK**  3015

- Develops hooks, jabs and uppercuts.
- Develops precision timing and sharpens speed combinations.
- Great for training and family fun.

JUNIOR BOXING KIT

**BLACK/YELLOW**  JS001

- Includes Junior Punch Bag and Junior Training Gloves.
- Great for teaching young athletes the basics of boxing as well as encouraging them to build muscle and improve agility.
- Gloves are padded for shock absorption and to ensure a safe experience.
- Includes pre-formed padded gloves for shock absorption.
- 2’ bag weighs approximately 26 lbs.

KIDS FITNESS KIT

**BLACK/YELLOW**  JS002

- Includes Inflatable Power Tower, Junior Training Gloves and Foot pump.
- Great for teaching young athletes the basics of boxing as well as encouraging them to build muscle and improve agility.
- Gloves are padded for shock absorption and to ensure a safe experience.
- Includes pre-formed padded gloves for shock absorption.
- 5’2” height of Power Tower accommodates bowers of all sizes.

GYM BAG

**BLACK**  WAE1614

- Very light for smaller items or gym wear.

CONTENDER SPORT BACKPACK

**BLACK**  WAE1613

- Sports bag with one large pocket for clothing or gear.
- With a shoulder strap and two more straps, the bag can be worn as a backpack.
CHOOSING THE RIGHT GEAR

All size and weight dimensions shown are within tolerance.

HEAVY BAGS

<table>
<thead>
<tr>
<th>BODY WEIGHT</th>
<th>HEAVY BAG WEIGHT</th>
<th>HEAVY BAG LENGTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>80 lb (36kgs)</td>
<td>40-50 lb (18-23kgs)</td>
<td>30-40&quot; (76-102cm)</td>
</tr>
<tr>
<td>100 lb (45kgs)</td>
<td>50-60 lb (23-27kgs)</td>
<td>40-50&quot; (102-127cm)</td>
</tr>
<tr>
<td>150 lb (68kgs)</td>
<td>60-80 lb (27-36kgs)</td>
<td>50-60&quot; (127-152cm)</td>
</tr>
<tr>
<td>200 lb (91kgs)</td>
<td>100 lb (45kgs)</td>
<td>60-70&quot; (152-180cm)</td>
</tr>
</tbody>
</table>

GLOVES

<table>
<thead>
<tr>
<th>BODY WEIGHT</th>
<th>GLOVE WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>105 lb or lighter (67kgs)</td>
<td>8 oz (0.22kkg)</td>
</tr>
<tr>
<td>105-132 lb (48-60kgs)</td>
<td>10 oz (0.28kkg)</td>
</tr>
<tr>
<td>132-147 lb (60-67kgs)</td>
<td>12 oz (0.34kkg)</td>
</tr>
<tr>
<td>147-175 lb (67-79kgs)</td>
<td>14 oz (0.40kkg)</td>
</tr>
<tr>
<td>175 lb or heavier (75kgs)</td>
<td>16 oz (0.45kkg)</td>
</tr>
</tbody>
</table>

HAND SIZE CHART

<table>
<thead>
<tr>
<th>SIZE</th>
<th>AROUND PALM</th>
<th>TIP TO WRIST</th>
<th>AROUND WRIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/M</td>
<td>7.4&quot;</td>
<td>18-20cm</td>
<td>6.5-7.5&quot;</td>
</tr>
<tr>
<td></td>
<td>6.7&quot;</td>
<td>15-18cm</td>
<td>6-7&quot;</td>
</tr>
<tr>
<td>L/XL</td>
<td>7.75-9.5&quot;</td>
<td>19.5-24cm</td>
<td>7.5-8.5&quot;</td>
</tr>
<tr>
<td></td>
<td>8.25-8.5&quot;</td>
<td>16-20cm</td>
<td>6.25-8&quot;</td>
</tr>
</tbody>
</table>

All size and weight dimensions shown are within tolerance.

TECHNOLOGY OF TOUGH

The ultimate in moisture management, EVERDRi™ wicking optimises your comfort and endurance levels.

EVERCOOL™ ventilation system and breathable fabric is the ultimate source of body temperature regulation for athletes of every level.

Updated design for advanced protection. Secure fit maintains protection and comfort during a variety of striking angles.

Breathable FLEXCOOL™ technical fabric stretches and flexes for ultimate breathability and support.

HYDROSTRIKE™ technology absorbs strikes, providing a lifelike feel and a resilient construction.

Handmade in Mexico, MX 2.0 is designed with the highest quality of detail and craftsmanship using the finest Piel Planchada leather. Each product labeled MX embodies the rich heritage and passion of the Mexican boxing culture.

OMNI FLEX™ technology allows for punches and elbow strikes in every direction while being able to dissipate strike energy and prevent freestanding bag-base movement.

HYPERFLEX™ spring-locking technology provides 3 different and innovative ways to improve reflexes and hand-eye coordination.

The exclusive PROTEX™ wrist stabilisation system features an anatomical three-ring foam collar that defends against wrist hyperflexion and provides the utmost protection and comfort.

COMPRESS-X™ technology creates a snug fit to support muscles and activate circulation.

POWERLOCK technology. Ergonomic layered-foam construction that secures the hand into a natural fist position. The perfect balance between power and protection.

EVERGEL™ technology provides state-of-the-art cushioning and dissipates impact energy, improving protection for hands, knuckles, and wrists.

NEVATEAR™ is a layered matrix of synthetic leather and webbed vinyl engineered to outlast the heaviest hitters.

EVERSTRIKE™ technology is a woven textured matrix of lightweight synthetic material, engineered for maximum durability to withstand the most powerful kicks, punches, and knees.

Centralized POWERCORE™ weight placement for maximised force dispersion.

The contoured, closed-cell C3 FOAM™ technology is designed with increased cushioning, support, and force dispersion.

NEVATEAR™ technology provides state-of-the-art performance, comfort and protection for athletes of every level.

Handmade in Mexico, MX 2.0 is designed with the highest quality of detail and craftsmanship using the finest Piel Planchada leather. Each product labeled MX embodies the rich heritage and passion of the Mexican boxing culture.
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