

The Everlast logo is located in the top left corner. It consists of the word "EVERLAST" in a stylized, bold, black font with a white outline, set against a red rectangular background. Below the text is a small, stylized black and white logo.

EVERLAST

A woman with long brown hair in a ponytail is performing a squat in a gym. She is wearing a black tank top, black leggings with a red waistband, and black sneakers. She is holding a red resistance band under her feet. The gym has a blue carpet and large windows in the background.

# 2025 FITNESS CATALOGUE



## 65CM PRO GRIP ANTI-BURST FITNESS BALL

Keep your entire body in shape by practicing stability exercises with the Everlast 65cm Pro Grip Fitness Ball. This burst-resistant fitness ball inflates up to 65 cm, making it an ideal size for individuals 5'5" - 5'11". Its textured surface allows you to have a greater control over the ball. The included two-way action pump helps inflate the ball faster. Start targeting all the major muscle groups, including glutes, obliques, abs and quads, without the use of bulky weights. For your low-impact workouts, this fitness ball will help achieve a lean and balanced body. It accommodates all fitness enthusiasts, from the beginner to the expert.

- Textured surface ensures greater control
- Low impact workout for all fitness levels
- Develop lower back and ab muscles for a stronger core
- Tone upper and lower body in one workout
- Gain better balance and flexibility without joint strain
- Inflates to 65 cm (26")
- 2-way action pump for quick inflation

ITEM #:  
ET3583GY(65CM)







## DUO AB WHEEL

This Duo Exercise Wheel accommodates active lifestyle enthusiasts of all strength levels. This lightweight and portable wheel helps target the upper and lower body. It features two easy-glide wheels for stability and moulded handles to give you a secure grip as you push and pull during your workout.

- Tones abdominals
- Strengthens arms and shoulders
- Develops back muscles
- Two easy-glide wheels for stability
- Moulded easy-grip handles for comfort
- Lightweight and portable

ITEM #:  
ET7534RE





## SLIDERS

Define your muscles the revolutionary way with the Everlast Sliders. These smooth glide dual surfaces will have you engaged in staple core exercises like mountain climbers, planks, pikes and more. Your range of mobility will be opened with new ways to revamp your workouts by lunging and bridging. The thermoplastic surface is perfect for carpets and gym floors, the high-density foam surface works excellently on wood, laminate or tiles. Bring these portable sliders wherever you need to get a quick workout in.

- Smooth glide dual surfaces
- Thermoplastic surface for carpeted gym floors
- High density foam surface for wood, laminate or tiles

ITEM #:  
ET3768BK







## PUSH UP STAND

These inclined push-up stands target the upper body for a muscle-defining workout. The ergonomic design provides optimal wrist positioning and reduces discomfort. The non-slip foam-covered handles keep your palms cushioned and comfortable. Build strength in your arms, legs, and abdominal area with dips, push-ups, L-sits, stretches and many more bodyweight strength training exercises. Take this tool anywhere, thanks to it's lightweight and portable design.

- Inclined push-up bars are lightweight and portable
- Ergonomic design provides optimal wrist positioning, reduces discomfort and targets more muscle groups
- Non-slip foam comfort grips help your wrists and hands
- Build strength in your upper body, arms, legs, and abdominal area with dips, push-ups, L-sits, stretches and many more bodyweight strength training exercises

ITEM #:  
ET3250BK





## TOTAL BODY WORKOUT KIT

The Everlast Total Body Workout Kit includes an upper-body strength bar, inclined push-up stands and duo wheel. The upper-body strength bar helps build more powerful shoulders and back, a stronger chest, and bigger biceps and triceps. Ideal for pull-ups, push-ups and chin-ups. The inclined push-up stands help build strength in your arms, legs, and abdominal area with dips, push-ups, L-sits, stretches and many more bodyweight strength training exercises. The duo wheel targets the core while also exercising the arms, shoulders, abs and back

- Kit Includes: Upper-Body Strength Bar, Push Up Stands and Duo Wheel
- Portable, easy to store kit can create a complete workout gym in seconds whether at home, at work or on the road

ITEM #:  
ET3252BK





## ADJ. GRIP STRENGTHENER W/COUNTER

Everlast's Adjustable Grip Strengthener works to improve your forearm muscles and hand endurance. This hand strengthener features a durable and rubberized grip for a comfortable squeeze as your fingers, thumb, and palms toughen up. Keep your routine moderate or amp it up with the adjustable resistance, from 20 to 90 pounds (9 - 41 kgs.) Turn the adjust dial to change the resistance level. Keep track of your repetitions with the built-in counter. While great for strengthening the hands, this strengthener also assists the wrists and forearms.

- Strengthen hands, wrists and forearms
- Turn the quick adjust dial to change resistance
- Adjustable resistance from 20 to 90 lb (9 - 41 kg)
- Keep track of your repetitions with the built-in counter
- Durable rubberized grip

ITEM #:  
ET1306RE







## STRETCH BANDS

With three bands that offer 13lbs/5.9kgs, 16lbs/7.25kgs and 20lbs/9.07kgs of progressive resistance, you'll get all the muscle-tightening you want from weights, without the bulkiness and heaviness. Don't be fooled by the simple construction; this lightweight, portable band engage every muscle group and aid in body toning, stretching and flexibility. Made with premium latex, the band helps improve range of motion and targets the core muscles. This band offers an ideal level of intensity to help improve overall mobility. Pop this portable set in your bag before going to the gym, the office, or wherever you want to squeeze in a strength training session. While great to include in your workout routine, these bands are also great for therapeutic use to relieve tension and regain strength.

- 3 pack of bands in light, medium and heavy resistance
- For resistance training and rehabilitation
- Improves strength, range of motion and flexibility
- Provides progressive resistance
- Made of natural latex

ITEM #: ET7657AS







## MINI BANDS SET OF 3

The Everlast Mini Lateral Bands - Set of 3 gives you an intense workout and engages the legs, thighs and buttocks muscles. Made with durable natural latex rubber, the bands dynamic design helps to increase strength and stability. Bring these portable bands to the office for a lower body workout. Choose your level of intensity with the light, medium and heavy bands.

- 3" (7.6cm) x 12" (30cm) for comfort and control
- Durable natural latex rubber
- Light, medium and heavy bands included
- Dynamic warm-up and muscle activation
- Increases strength and stability
- Lightweight and portable

ITEM #:

ET9522AA





## POWER BANDS

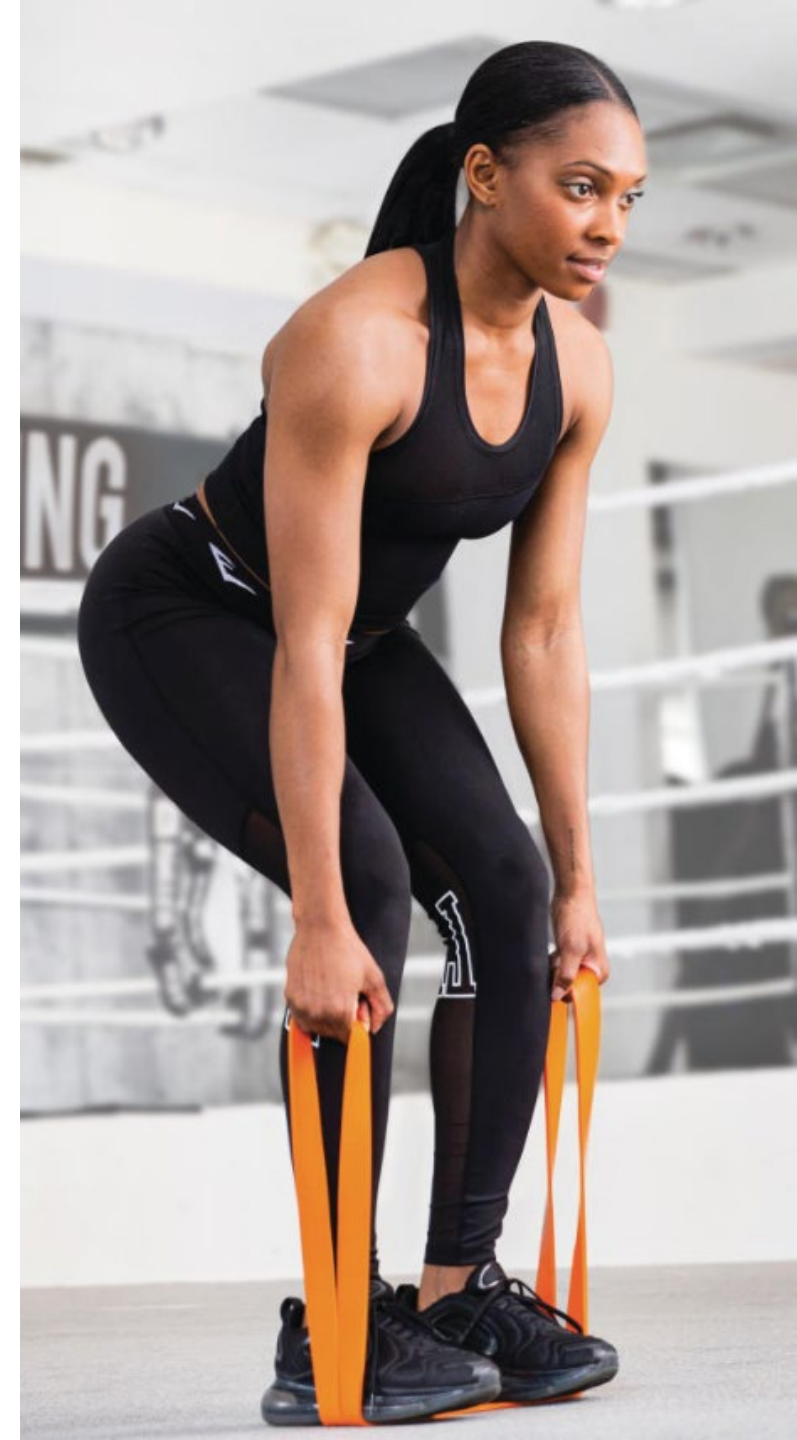
When standard squats and leg extensions are becoming too mundane, look to Everlast's Power Bands. Don't be fooled by the simple construction; these lightweight and portable bands engage the leg, thigh and buttocks muscles for enhanced strength, endurance, coordination and flexibility. Made with natural latex rubber, these bands dynamic design helps to increase strength and stability.

- Enhances strength, endurance, coordination and flexibility
- Medium band provides 48-75lb (22-34kg) of resistance
- Heavy band provides 99-121lb (44-55kg) of resistance
- Made from natural latex rubber
- Band measures 82" (208cm) long, and 0.18" (0.45cm) thick
- Lightweight and portable

ITEM #:

ET3083OR – MEDIUM

ET3084BL – HEAVY







## SUSPENSION TRAINER

This suspension trainer provides an effective full-body workout using your own weight as your resistance. Use the extension anchor strap to provide additional length, as well as the versatility of anchor points. The metal carabiners make for an easy and secure adjustment and overall assembly. Easily adjust your desired height from 4.5 ft to 5.7 ft. All this equipment conveniently fits in the lightweight carry bag for easy transporting. Keep your workout time uninterrupted with the included “workout in progress” warning card.

- Provides a full body workout using your own weight as your resistance
- Easily adjustable from 4.5ft to 5.7ft
- Extension anchor strap provides additional length as well as versatility of anchor points
- Metal carabiners for easy and secure adjustment and assembly
- Workout in progress warning card to make sure you are not interrupted
- Conveniently stored in its own carry bag



ITEM #:  
ET7535BK





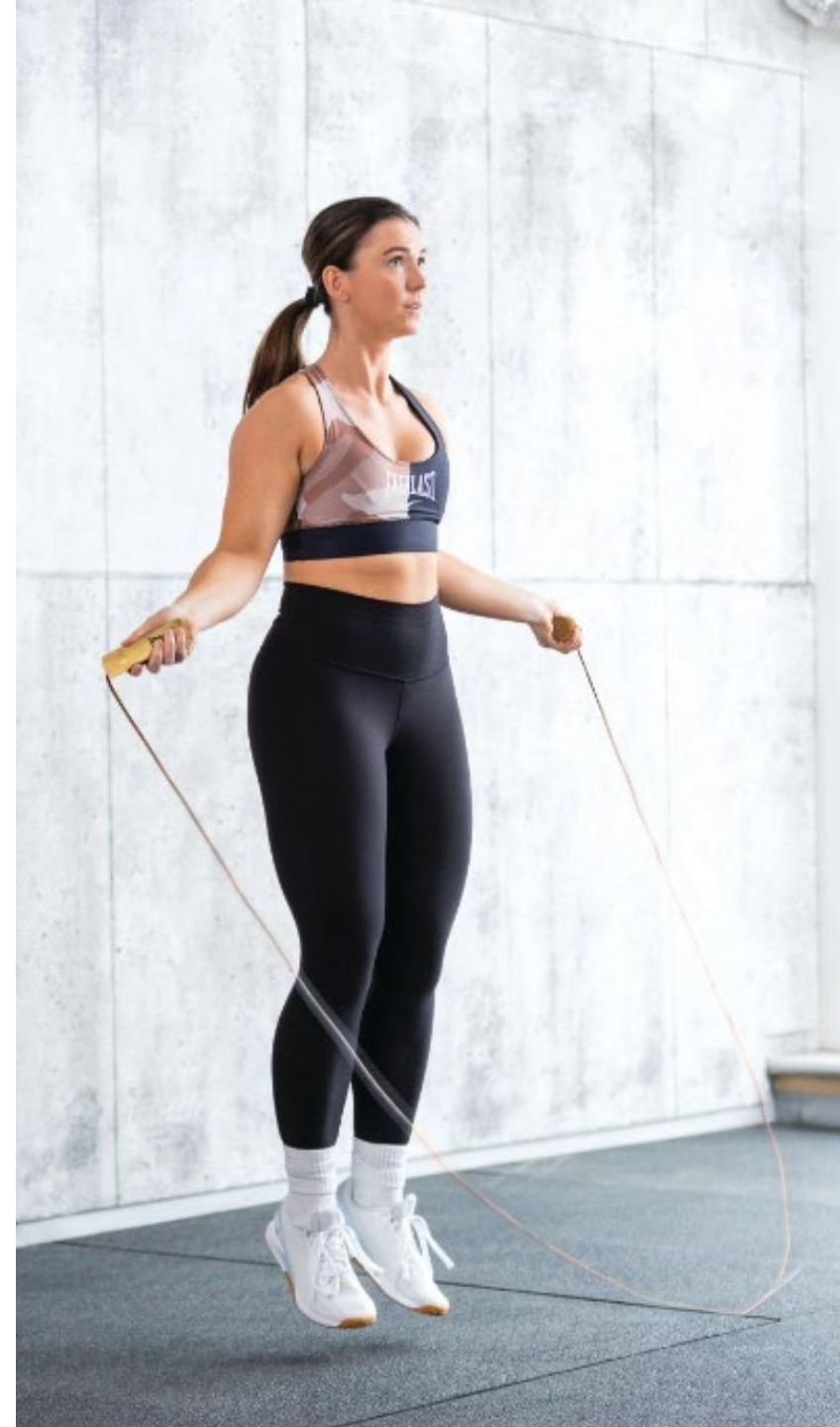
## LEATHER JUMP ROPE 9.5'

Warm-up or add to your cardio using Everlast's Leather Jump Rope. Made with genuine leather, this jump rope boasts the high-quality construction that you want in reliable fitness equipment. The 9.5-foot (2.9 m) length makes it ideal for all fitness levels. It features a precision ball-bearing rotation for increased speed. The contoured and polished wood handles design provides maximum grip during your workout. This durable, lightweight and portable jump rope is excellent for cross overs, side jumps, double-overs, skips and other combinations that you can integrate into your workout. Bring this portable jump rope wherever you need an easy cardio session.

- 9.5ft / 2.9m leather jump rope
- Increases cardio performance
- Builds endurance
- Improves coordination
- Precision ball bearings for extra speed
- Contoured and polished wood handles
- Extended length
- Rope made of genuine leather



ITEM #:  
ET2445TN







## DELUXE SPEED ROPE

The durable, lightweight and portable speed rope is excellent for cross-overs, side jumps, double-overs, skips and other combinations that you can integrate into your workout. Made with durable rubber, this speed rope has a length of 9 feet (2.7 m), making it ideal for all fitness levels and all heights. It features a precision ball-bearing rotation for increased speed. The cushioned handles design provides comfort during your workout.

- 9ft (2.7m) jump rope
- Durable rubber rope
- Precision ball bearings for speed
- Cushioned handles for comfort

ITEM #:  
ET3631BK





## SAUNA SUIT PVC – M/L

This two-piece sauna suit works to keep the body warm as you power through your workout. For low maintenance and easy cleaning the sauna suit is made of high-quality PVC. The elastic neck, waist, cuffs, and ankles provide a snug fit and keeps your body heat from escaping. The heat welded seams help keep moisture inside. It's EverFresh technology uses an antimicrobial treatment to prevent odours. Start accelerating your body while getting the most out of your workout.

- Two-piece suit with elastic waist, cuff and neck
- High quality PVC for low maintenance and easy cleaning
- Made with EverFresh technology, an antimicrobial treatment that prevents odours
- Heat welded seams to help keep moisture inside
- Reinforced arm pits and crotch for added strength and durability

ITEM #:  
ET2711BK







## COMFORT FIT ANKLE/WRIST WEIGHTS

These comfort weights feature a contoured design for a custom fit on your ankles or wrists. The soft terrycloth interior absorbs moisture brought on by sweat and is non-abrasive on the skin. The hook and loop straps securely fasten around the ankles and wrists. These one-size fits most weights will help you strengthen and tone the biceps, triceps, hips, thighs and calves.

- Contoured for a comfortable fit
- Easily adjustable
- Soft, absorbent terry lining

ITEM #:

ET4439RE – 2LB PAIR

ET4442GY – 5LB PAIR





## 2-10LB ADJUSTABLE NYLON WEIGHTS

The adjustable one-size fits most weights will help you strengthen and tone the biceps, triceps, hips, thighs and calves. The individual 1lb (0.45kg) nylon weights slip securely into pockets, customizing your workout. The hook and loop straps securely fasten around the ankles and wrists for a desired fit. Adjust your exercise routines and burn extra calories with 1-5lb (0.45 - 2.27kg) each and 2-10lb (0.91 - 4.54kg) pair weights.

- Contains 2 ankle/wrist weights: 2-10lb (0.91 - 4.54kg) pair 1-5lb (0.45 - 2.27kg) each
- Individual 1lb (0.45kg) nylon weights slip securely into pockets, customizing your workout
- Grip-strip closure for a perfect fit
- Strengthens biceps and triceps
- Tone hips, thighs and calves
- Burn extra calories while aerobic conditioning
- One size fits most

ITEM #:  
ET7582GY







## SLAM BALL PRO GRIP

Experience the ultimate full-body workout with the Everlast Slam Ball. This functional fitness tool brings power and intensity to every session. It's crafted with an ultra-durable PVC shell and a textured surface for a secure grip, this 10-inch diameter ball ensures reliability during intense workouts. Designed for minimal bounce, the Everlast Slam Ball ensures focused and effective exercises. It's ideal for cross-training, HIIT workouts, and strength conditioning, offering versatility to your fitness routine.

- 10-inch diameter
- Ultra-durable PVC shell
- Textured surface for better, sure grip
- Very low bounce
- Designed for a full body workout
- Ideal for cross-training and HIIT workouts, strength and conditioning exercises
- Functional fitness tool that can be used for high-intensity training and cross-training

ITEM #:

ET5168BK – 15LB

ET5175BK – 20LB





## HYDROFLO FITNESS TRAINING BAG

The Everlast Hydroflo Training Bag introduces weight instability for a dynamic total body workout by combining water and air. Whether you're aiming for cardio, endurance, balance, or strength training, this bag has you covered. Crafted from high-quality PVC material, for durability and long-lasting performance. The bag's four comfort handles provide a secure grip, enabling various exercises. Easily customize the weight by adjusting water and air levels in the compartment. With a maximum weight capacity of 44 lbs / 20 kgs, this training bag is your versatile partner in achieving fitness goals.

- Combining water and air creates weight instability for a challenging total body workout
- Ideal for cardio, endurance, balance and strength training
- Made with high-quality PVC material for long-lasting durability
- 4 comfort handles ensure a firm grip and help perform a variety of exercises
- Simply fill compartment with water and air depending on your required weight
- Air pump included
- Maximum weight: 44 lbs / 20 kgs

ITEM #:  
ET9267CL







## WORKOUT FITNESS GLOVES

The Everlast Workout Gloves improve your workout with a better grip. Its fingerless design provides maximum freedom of motion, while the padded palms help prevent calluses. The mesh between the fingers allows for breathability and comfort. Remove the gloves quick and easy by using the pull loops.

- Improve your workout with a better grip
- Pull loops allow for quick and easy removal of your gloves
- Fingerless design provides maximum freedom of motion
- Padded palms help prevent calluses
- Mesh between the fingers allows for breathability and comfort

ITEM #:

ET7319BKSM – S/M

ET7319BKLX – L/XL





## RX MATRIX HOLLOW ROLLER 13"

This 13-inch roller penetrates tissue deep in your muscles for soothing relief using a firm roll with forgiving EVA wrap. The surface helps stimulate blood flow throughout the body, suiting all-purpose recovery needs. Its lightweight construction and carry loop make it perfect for transporting from home to the gym and travelling. While great for alleviating muscle tension, you can also use this roller towards stretching techniques and improving balance. Its matrix wave pattern is optimal for targeting large and small muscles, providing the full-body relief you've been looking for.

- 13-inch hollow roller
- Matrix wave pattern for large and small muscle groups
- Firm roll with forgiving EVA wrap
- Suits all-purpose recovery needs
- Carry loop
- Fitness guide included

ITEM #:  
ET3764BK – BLACK





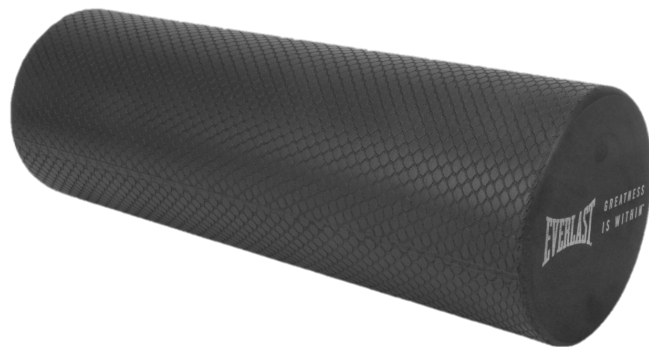


## RX EVA FOAM ROLLER 18"

This 18-inch premium EVA roller penetrates tissue deep in your muscles for soothing relief. The surface helps stimulate blood flow throughout the body, suiting all-purpose recovery needs. Its lightweight construction makes it an ideal tool to bring to and from the gym or wherever you need quick alleviation. Target all your muscle groups that need a little extra care so you can perform at your best. While great for alleviating muscle tension, you can also use this roller towards stretching techniques during your warm-up or recovery routines.

- Premium EVA roller
- 18-inch length
- For all muscle groups
- All-purpose standard arsenal roller
- Ideal for warm up and recovery

ITEM #:  
ET5113BK





## HAND THERAPY KIT

Injuries may slow you down, but they can't take the fire from your determined spirit. Everlast's Hand Therapy Kit will help you bring the strength back into your palms and fingers. This kit includes 3 hand balls with different levels of resistance: soft, medium and firm. The textured surfaces work to reduce stiffness and soothe joint pain. While great for strengthening the fingers and hands, the hand balls also aid to toughen up the wrists and forearms. Bouncing back from an injury or soothing arthritic pain is no longer tiresome; make Everlast part of your recovery process.

- Strengthen fingers, hands, wrists and forearms
- Reduces stiffness and soothes joint pain
- Helps relieve built-up stress in the palms and joints of the hand
- Includes 3 hand balls with different levels of resistance: soft, medium and firm
- Fitness tips and exercise guide included on website

ITEM #:  
EE5069MU







## 600ML SHAKER BOTTLES

Getting in your daily fluids, especially when you exercise, is a must; it helps us perform at our best. Stay hydrated and properly fueled before and after your workout with the Everlast 600ml Shaker Bottle. There's nothing more tiresome than taking a sip of your recovery formula, only to taste a clumpy consistency. Luckily, our shaker bottles include a spiral whisk ball to mix powders and liquids with ease. They feature an ergonomic flip cap and leak proof seal, so you can make spills a thing of the past. Use this BPA-free shaker bottle for all your protein shakes, smoothies and other drink mixes.

- 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 and dishwasher safe for easy cleaning and no toxin ingesting
- 600ml (20oz) markings on the bottle for easy measurements



EE8017TQ  
Turquoise



EE8017GY  
Grey



EE8017RE  
Red



EE8017BK  
Black



EE8017PK  
Pink



EE8017WH  
White



EE8017BL  
Blue





## 2.2L WATER BOTTLE

Looking to fulfil your daily water intake needs? Quench your thirst with Everlast's 2.2-Litre Bubba Water Bottle. This sizable bottle features a large capacity of 2.2 litres; perfect for your on-the-go lifestyle or during a long workout. The leak-proof, stainless-steel cap and nylon strap help keep the content of your bottle safely secured, and easily accessible for drinking and refilling. Its sturdy handle makes this reusable bottle easy to carry on a walk, run or hike. Use this BPA and DEHP-free water bottle to track and consume your essential fluid intake, or as a one-stop hydration station during your tough workout.

- Contains a large capacity of 2.2 litres
- Reusable water bottle with a leak-proof, stainless-steel cap and nylon strap
- Sturdy handle makes the water bottle easy to carry
- BPA-free and DEHP-free



EE3183RE  
Clear



EE9065BK  
Black







## FOLDED GYM MAT

Give yourself the maximum support and comfort for your on-the-floor workout with Everlast's Folding Exercise Mat. This mat is constructed using a non-absorbent, shell that protects all parts of the body. Its easily foldable design and the sewn handle make for effortless transportation. Increased cushioning support and force dissipation makes this mat the most ideal choice for any lifestyle enthusiasts.

- Padding provides maximum support and comfort
- Non-absorbent shell
- Sewn handle for easy transportation
- Folds quickly and easily
- Size: 2' x 6' (1 5/8" thick)

ITEM #:  
EV9050BK





**NOTES:**

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**NOTES:**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## **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

CUSTOMER SERVICE TEL 1-800-668-5593

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