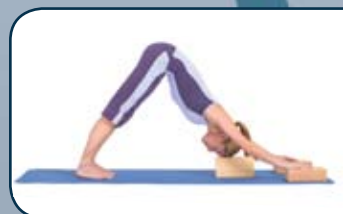
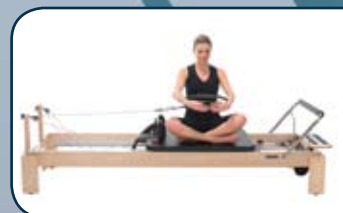


2011



STUDIO YOGA & PILATES EQUIPMENT



FOREWORD

Thank you for requesting the MAD yoga and Pilates equipment catalogue.

Mad equipment is designed for those who are passionate about their chosen discipline. We manufacture to the highest standards with performance and durability central to our design principles, as the majority of our products are designed for demanding Studio or Club use. Wherever you choose to use our equipment you can be sure that it will serve you well.

We are constantly producing new products, so keep an eye on our web sites to keep up with the latest developments. At Yoga-Mad.com & Pilates-Mad.com you can also find complimentary products such as books, videos and DVDs by leading industry professionals, which cover the use of our equipment.

For fitness professionals and those interested in the more general fitness equipment please request the Fitness-Mad brochure or visit Fitness-Mad.com.

MAD equipment is available from leading independent sports shops and health clubs.

MAD – Make A Difference

This brochure is produced on environmentally friendly paper from sustainable resources.



YOGA-MAD

Yoga Mats, Rugs & Mat Bags	3 - 6
Natural Rubber & TPE Yoga Mats, Studio Mats, Travel Mats, Warrior Mats, Yoga Mat Towels, Acupressure mats and Cotton Yoga Rugs	
Yoga Props	7 - 9
Yoga Belts, Blocks, Bricks, Sandbags, Bolsters, Blankets and Yoga Chairs	
Yoga Accessories	10
Eye Pillows and Neti Pots	
Meditation Aids	11
Zafu Cushions, Zabutons and Meditation Stools	

PILATES-MAD

Pilates Mats	12
Pilates Matwork Equipment	13
Isotoner Rings, Exersoft Balls, Pilates Blocks, Massage Balls and Soft Weights	
Pilates Studio Equipment	14 - 17
Pilates Reformers, Cadillac, Ladder Barrel, Combo Chair, Spine Corrector and Baby Arc Barrels	
Core Stability Training	18-20
Swiss Balls, Foam and Air Rollers, Air Dome, Balance Pads and Cushions and Wobble Boards	
Resistance Training	20-21
Safety Resistance Tubes, Resistance Bands, Resistance Rolls & Kits	

TOE SOCKS

Toe Socks	22
Great for yoga or Pilates - keep the feel of bare feet with the warmth and hygiene of socks	



Other Mad Products	23
Reseller Opportunities	23
Contact Information	24



Yoga-Mad are the UK's leading yoga mat supplier offering yoga mats to suit every style of yoga. A yoga mat is central to one's yoga and choosing the right one to suit your practice can make a lot of difference!

NATURAL RUBBER TREE MAT 4MM

The Tree Mat is made from dry Natural Rubber from the Havea Brasiliensis tree, on a 100% cotton mesh. Natural rubber and cotton are degradable, natural and sustainable making this our most ecologically sound yoga mat. The Tree Mat also has the best grip of all our mats, which combined with good shock absorption and abrasion resistance make this the best mat available.



SIZE 183cm x 60cm x 4mm. Rounded corners. 2Kg

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

EVOLUTION YOGA MAT 4MM

The Evolution Yoga Mat is the next generation of yoga mat combining excellent grip, a supersoft hand feel and a stylish double-sided design. The mat offers fantastic cushioning and yet is super light, making it easy to transport. Equally important is the fact that the TPE used in this mat is both recyclable and degradable. The Evolution mat is made from closed cell material which is non absorbent & wipe clean making it the most hygienic yoga mat we offer. The mat comes with a convenient colour coordinated carry string.



SIZE 183cm x 61cm x 4mm. Rounded corners. 1Kg

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

NEW



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

• CHOCOLATE YMATPE6-CHOC • SLATE YMATPE6-SLATE

WARRIOR YOGA MAT 4MM

Our best selling mat, the Warrior mat provides good grip and cushioning and offers great value for money. 4mm is the most popular thickness of mat for regular yoga practice and at 183cm (6ft) long you'll stay on the mat.

PVC AZO & DOP free by SGS.
Machine washable 40 degrees.



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

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

WARRIOR PLUS YOGA MAT 6MM

The luxury Warrior Plus mat has the same excellent grip as the standard Warrior mat but, at 6mm it offers more cushioning for those seeking extra comfort. Available in calming Sky Blue or Fiery Sunset.

Note: this mat is not painted so the performance is not affected.

AZO & DOP free by SGS. Machine washable 40 degrees.

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

• SKY BLUE YWARRIOR6 • SUNSET RED YWARRIOR6RY



YOGA-MAD STUDIO MATS

The German made Studio mat is the original Yoga-Mad mat and was the first yoga mat to be tested against harmful substances for skin contact. The Studio mat is a high density mat which offers excellent grip and cushioning whilst setting the standard for durability making it ideal for intensive Studio use. All Studio mats are now phthalate free. The Studio mat comes in two thicknesses 3mm or 4.5mm and the 4.5mm is available in a choice of widths, standard 60cm or extra wide 80cm.

STANDARD STUDIO MAT 4.5MM

The most popular size and thickness of Studio mat offering the ideal balance of cushioning, grip and durability.



SIZE 183cm (6') x 60cm x 4.5 mm. 1.5Kg
• BLUE ASTUDIO5-BLU • PURPLE ASTUDIO5-PUR
• ORANGE ASTUDIO5-ORA • RED ASTUDIO5-RED
• BROWN ASTUDIO5-BRN

LIGHT STUDIO MAT 3MM

Some people prefer thinner mats as they provide firmer grounding in standing postures though the lightweight Studio mat also appeals to those who prefer a lighter mat for portability or those seeking a quality European made mat at a keener price.



SIZE 183cm long (6') x 60cm x 3mm. 1Kg.
• BLUE ASTUDIO3-BLU • PURPLE ASTUDIO3-PUR
• ORANGE ASTUDIO3-ORA • RED ASTUDIO3-RED

EXTRA WIDE STUDIO MAT 4.5MM

The same material as the Standard Studio mat but 25% wider at 80cm. This is the widest mat on the market and is ideal for those that practice on draughty floors as the mat insulates you in Savasana as your whole body can fit on the mat.



SIZE 183cm long (6') x 80cm x 4.5 mm. 2Kg.
• BLUE ASTUDIO580-BLU • PURPLE ASTUDIO580-PUR

TRAVEL STUDIO MAT 1.5MM

The German made Travel mat is the answer for those seeking a truly portable mat. At only 0.75 Kg for a full size mat it is foldable and easy to transport as well as being durable and offering good grip. Also ideal for use under a yoga rug or to put on top of a club mat for hygiene.



SIZE 183cm long (6') x 60cm x 1.5mm. Weight 0.75Kg
• ASTUDIO2

LOTUS YOGA MAT 3.5MM

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

Made in Taiwan: DOP & AZO free formula.
Colour: Navy Blue or Burgundy



SIZE 183cm (6') x 61cm x 3.5mm. 1.1Kg
• BLUE YLOTUSO-BLU • BURGUNDY YLOTUSO-BUR



ACUPRESSURE BED OF NAILS

The Bed of Nails induces a state of deep relaxation and dissolves tension. Over 6,000 tiny spikes create an effect similar to acupuncture. 100% Cotton canvas with 20mm Foam padding. 230 Button shaped disks providing over 6,000 acupressure spikes per mat. Double carry handle and magnetic popper closure to store safely and for ease of carrying. Choice of blue or purple. Care: Dry Clean only.



SIZE 67cm x 41cm. Weight 1Kg
• BLUE YBEDON-BLU • PURPLE YBEDON-PUR

GRIP DOT TOWEL

Our new super-absorbent Grip-Dot Towel is highly versatile. Use it with the dots up for an anti-slip yoga mat, either on its own, or on top of a class mat for hygiene. Use it with the dots down and the mat will be held in place on any smooth surface - ideal for use in hot or power yoga where one sweats a lot and wants to wash your mat after each practice. The towel also makes a great travel yoga mat as it folds up to fit in your suitcase. The Grip Dot Towel comes in a convenient net mat bag. Hi wicking polyester yarn coated with phthalate free PVC dots, Care: Machine washable and dryer safe.



SIZE 183cm x 60cm. Weight 0.8Kg
• BLUE YTOWEL-BLU • PURPLE YTOWEL-PUR

TRIDENT YOGA RUG

The original Indian yoga mat! Our 100% cotton, coarse weave rug is designed for Ashtanga or Power yoga where grip whilst sweating is required. The rug's grip increases as it gets wetter, the opposite to a yoga mat. The embroidered Shiva's Trident helps keep you aligned. The rug is often used with a standard mat to keep the rug in place; we recommend the Warrior mat or a Yoga-Mad Travel mat. Care: Hand wash cold.




SIZE 200cm x 70cm. 1.5Kg
• BLACK YRUG07-BLK • RED YRUG07-RED
• BLUE YRUG07-BLU

ORGANIC COTTON YOGA RUG

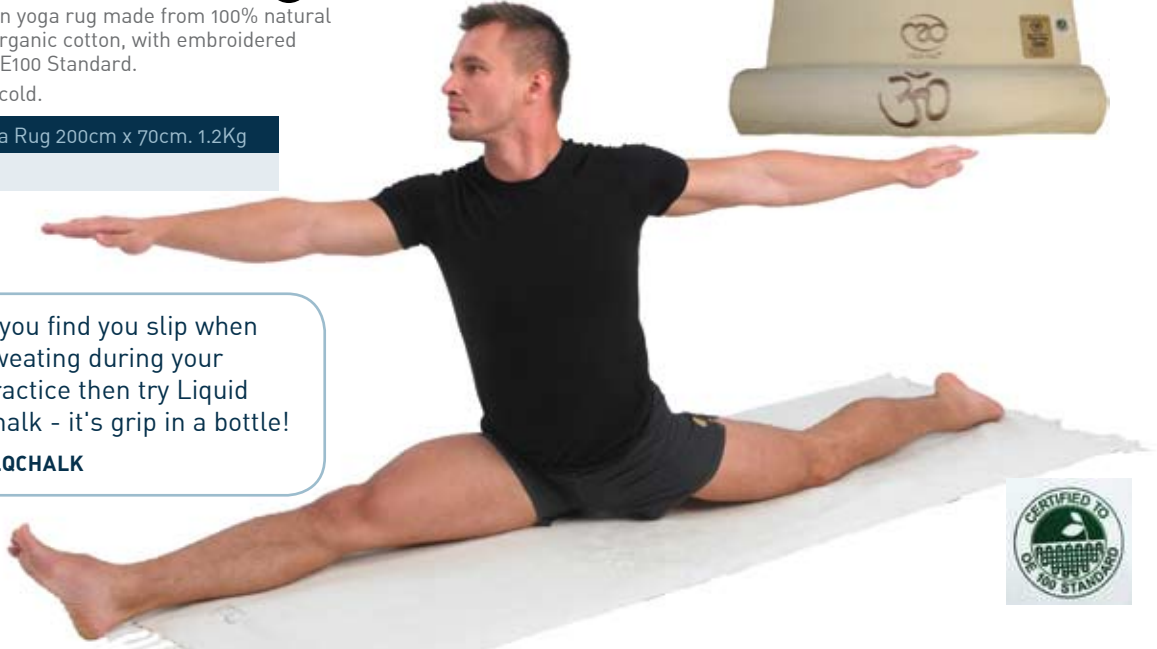
Hand woven cotton yoga rug made from 100% natural and unbleached organic cotton, with embroidered Om. Certified to OE100 Standard. Care: Hand wash cold.

Hand Woven Yoga Rug 200cm x 70cm. 1.2Kg
• YRUGORG





If you find you slip when sweating during your practice then try Liquid Chalk - it's grip in a bottle!
YLQCHALK



ASANA MAT BAG

Stylish water-resistant mat bag, which keeps your mat dry on the way to class. Featuring a useful cargo pocket, embroidered yoga asanas, and adjustable shoulder strap. 70% cotton, 30% Nylon. Care: Machine washable.



SIZE 63cm x 14.5cm (dia). Max mat size: 183cm x 61cm x 6mm

- BLUE BODY YBAGASANA-BLU
- AUBERGINE BODY YBAGASANA-AUB
- PURPLE BODY YBAGASANA-PUR

ORGANIC COTTON YOGA MAT BAG

Organic cotton mat bag with adjustable shoulder strap, internal secret pocket and large outer pocket with wooden buttons. Hand wash cold. Line dry.



NEW COLOURS



72cm long x 14.5cm dia Max mat size: 183cm x 61cm x 6mm

- YBAGORG-BLU • YBAGORG-NAT • YBAGORG-PLUM

More bags available at www.yoga-mad.com

YOGA KIT BAG

The Yoga Kit bag is designed to take a full range of yoga equipment and will accommodate 4 full blocks, 1 mat, 2 bricks, a belt and blanket. The long handles mean the bag can be carried in the hand or over the shoulder. 100% cotton with embroidered Om. Extra wide zip opening for easy access. Machine wash cold.



Size: 62cm x 22cm x 22cm

- STRIPY RED YBAGKIT-RED
- STRIPY BLUE YBAGKIT-BLU
- BLACK YBAGKIT-BLK

YOGA MAT CARRIER

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

NEW

67cmX14cm (dia)

YBAGCAR



YOGA PROPS

YOGA-MAD



YOGA BELTS

Yoga belts are used to assist in attaining correct postures by providing the required tension of a pose without straining. Belts are used for binding in postures such as Supta Padmagusthasana (Reclining Hero stretch), as extensions in forward bends like Urdhvamamukha Janu Sirasana (head on knee) and as support in Paripurna Navasana (the Boat).

2.5M COTTON YOGA BELTS WIDE

Our 2.5m belts are our most popular belts and are recommended for Iyengar yoga as the extra length makes them more suitable for use in binding. Choice of D Ring or Cinch buckle to suit personal preference.

SIZE 2.5m long x 38mm

- NATURAL WITH D RINGS YBLTCT25M-NAT
- BLUE WITH CINCH BUCKLE YBLTCT25M-BLU



2M COTTON YOGA BELT WIDE

Standard length yoga belt with a choice of D Ring or Cinch buckle to suit personal preference.



SIZE 2m long x 38mm

- PURPLE WITH CINCH BUCKLE YBLTCT2M-PUR
- RED WITH D RINGS YBLTCT2M-RED

2.5M NARROW COTTON YOGA BELT

Some yoga practitioners prefer a narrower yoga belt as one can be more precise with the positioning.



SIZE 2.5m long x 25mm (1")

- NATURAL WITH CINCH BUCKLE YBLTCT1N

2.5M ORGANIC COTTON YOGA BELT

Our unbleached organic cotton yoga belt is ideal for the conscientious yogi. Natural & unbleached with metal D Rings.



Organic Yoga Belt 2.5m x 38mm

- YBLTORG

YOGA MAT BANDS

A simple way to hold your yoga mat neatly rolled up. Not suitable for the Studio Pro 15mm mat. 3cm wide black elastic with Yoga-Mad logo - suits mats up to 6mm thick x 183cm long.

SIZE 3cm wide

- YBAND



YOGA BLOCKS 1" & 2"

For use as cushioning in inversions, such as the shoulder stand (four required), to support the head in forward bends and for lift in seated twists. 1" spacer blocks are particularly useful when needing to reduce or increase the height of one's lift by less than 2"(5cm) in one go i.e. in Virasana. Available in top quality scratch-resistant EVA foam with 3mm chamfered edges or in softer recycled chip foam.



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



Note: Recycled chip foam colours varies from batch to batch

SIZE 50mm (2") x 305mm x 205mm
• RECYCLED CHIP FOAM YCHIP2H
SIZE 25mm (1") x 305mm x 205mm
• RECYCLED CHIP FOAM YCHIP1



BAMBOO & CORK YOGA BRICKS

Bamboo is one of the most sustainable products on the planet, so what better material for a yoga brick, our bamboo brick is hollow to keep the weight down. Alternatively why not try the warm yet firm feel of cork, from European sustainable cork forests. Both with rounded edges.

Bamboo 76mm x127mm x 229mm 850g
• YBRBAMBO
Cork 75mm x 120mm x 230mm 550g
• YBRCORK

HI-DENSITY YOGA BRICK

A safe and lighter alternative to the traditional wooden brick, for use in numerous standing and seated postures to provide lift or grounding. With three distinctly different dimensions to vary the height, the brick offers firm support. Yoga-Mad foam EVA bricks are the firmest available and do not distort under body weight, and will not damage floors (or toes!).



SIZE 70mm x 220mm x 110mm
• PURPLE YBREVA-PUR • BLUE YBREVA-BLU

OM SAND BAG

Our 5kg Sand bags are filled with fine sand for even weight distribution. The outer cotton cover is soft, offering good grip on the skin and the inner nylon cover is durable and leak free. Complete with embroidered OM and a sturdy carry handle.

SIZE 42cm x 18cm. 5Kg
• BLUE YSAND-BLU • PURPLE YSAND-PUR • BURGUNDY YSAND-BUR



YOGA-MAD BOLSTERS

Bolsters support the body allowing relaxation and effective stretching without strain. A good yoga bolster must be firm so as to offer good support. We offer a choice of hardness between the Om's extra firm buckwheat filling and the slightly more forgiving Recron fibre used in the Organic bolster.

OM BOLSTER

Our firmest bolster, the Om bolster is filled with buckwheat hulls which have long been the choice for meditation cushions as they offer firm support, which moulds to your body shape and will not break down over time. 100% cotton, with YKK zipped outers and re-stuffable inner-cover, an embroidered Om and convenient carry handle. Complies with UK Furniture & Furnishings Fire Regulations 1998. Care: Machine wash cold & line dry.



SIZE 23cm x 61cm. 3Kg
• BLUE YBOLSTBUCK-BLU • PURPLE YBOLSTBUCK-PUR
• BURGUNDY YBOLSTBUCK-BUR

ORGANIC COTTON BOLSTER

These bolsters are covered with a removable organic cotton cover and are deep filled with 2kg of man made Recron fibre for a firm feel, whilst offering a little give. The bolster is completed with a convenient carry handle. Complies with UK Furniture & Furnishings Fire Regulations 1998. Care: Machine wash cold & line dry.



SIZE 23cm x 61cm. 2.3Kg
• TWILIGHT BLUE YBOLSTORG-BLU
• PLUM YBOLSTORG-PLUM

HAND WOVEN COTTON YOGA BLANKET

Blankets are a highly versatile prop that can be folded to provide height in seated postures and to support the head and shoulders in inversions. They can be rolled to support the neck in reclining postures and back bends; and to relieve strain on knees or ankles in poses such as the Hero. Being 100% hand-woven cotton our blankets are soft and fold tightly, offering good support whilst holding their shape, the key to a good yoga blanket.



SIZE 150 x 200cm. 1.5Kg
• NATURAL YBLANKET-NAT • BLUE YBLANKET-BLU
• BURGUNDY YBLANKET-BUR

ORGANIC HAND WOVEN COTTON BLANKET

Our organic cotton yoga blanket comes in the same design as our standard blanket but is made from OE 100 Standard organic cotton making it ideal for the conscientious yogi. Natural & unbleached.



100% organic cotton. Non Piling.

Organic Yoga Blanket 150cm x 200cm. 1.5Kg
• YBLANKORG

FOLDING YOGA CHAIR

Used to aid rotation in seated twists, for support in backbends, in Viparita Karani; and for refinement of the shoulder stand. Ideal for serious yoga students and studios. Chairs fold flat for easy storage and have durable non marking feet. Our reinforced design has raised cross members on the legs to facilitate getting your legs underneath and a higher back to make stepping through easier.



SIZE Seat height 41cm; tubular steel construction; max recommended user weight 100Kg
• SILVER YCHAIRT



COTSWOLD LAVENDER COTTON EYE PILLOW

Soft eye pillows will help you unwind after practice. Filled with linseed and dried lavender from the Cotswold hills to aid relaxation. The 100% cotton cover is removable and machine washable cold.

SIZE 23cm x 11cm

• RED YEYEP-RED • PURPLE YEYEP-PUR • BLUE YEYEP-BLU



ORGANIC COTTON LAVENDER EYE PILLOW

These eye pillows are made from organic cotton and are filled with a mixture of linseed & lavender. The 100% organic cotton cover is removable and washable. 100% organic cotton inner and outer. Linseed and Lavender filling.

SIZE 20cm x 10cm

• BURGUNDY YEYEP-BUR
• PURPLE YEYEP-PUR • BLUE YEYEP-BLU



NETI POTS

NETI POTS ARE USED TO PERFORM JALANETI, WHICH MEANS NASAL IRRIGATION. NETI NASAL CLEANSING HAS BEEN PRACTICED FOR HUNDREDS OF YEARS TO RELIEVE ALLERGIES, COMMON COLDS AND EVEN ASTHMA. ALL NETI POTS ARE DISHWASHER SAFE.



• LOTUS CERAMIC YNETIL
• CHAKRA CERAMIC YNETIC
• OM CERAMIC YNETOM
• GENIE PLASTIC YNETIP

NASAFLO NETI

Take the guesswork out of performing Neti with the NasaFlo Neti Pot which comes with 50 pre-measured packets of easy to dispense USP Grade, Preservative Free Sodium Chloride and Sodium Bicarbonate mixture. This mixture is pH balanced & isotonic for maximum comfort making performing your nasal wash a pleasure. Each packet contains precisely measured mixture to mix with 8 oz. (240 ml) of lukewarm distilled water, taking the guesswork out of preparing this solution. Comes with complete instruction booklet. Extra sachets are available separately.



• NasaFlo 240ml + 50 Sachets YNETINF
• Replacement box of 120 Sinus Rinse Sachets YNETIS

NOSEBUDDY

The ultimate neti pot - designed by the Scandanavian Yoga and Mediation School! The large volume (0.5 litre) and long curved spout make it easy to clean even a congested nose. Unique construction that results in a very good flow of water. Includes a measuring spoon for salt and an instruction booklet



Nosebuddy 0.5L • BLUE YNETINB-BLU • PURPLE YNETINB-PUR

MEDITATION AIDS

BUCKWHEAT ZAFU CUSHIONS

Zafus are traditionally associated with Zen meditation. Yoga-Mad offer a range of different Zafu cushions to suit your meditation practice, all of which are suitable for meditating in lotus or half lotus position.

CYLINDRICAL MEDITATION CUSHIONS

Contemporary design of zafu with the benefit of having a removable outer cover enabling you to wash the cushion without emptying the contents. A separate zipped inner allows you to remove some buckwheat so you can adjust the height. Those who are less flexible will likely prefer the larger cushion which is both taller and wider.



Small 13" x 5.5" = 33cm x 14cm. 2.5Kg

• BLACK YZAFRNDU-BLK
• BURGUNDY YZAFRNDU-BUR

Large 14" x 8" = 35.5cm x 20.3cm. 3.75Kg

• BLACK YZAFRNDUL-BLK
• BURGUNDY YZAFRNDUL-BUR

Note: All our zafu cushions have 100% cotton twill covers and are filled with Buckwheat hulls, which conform to your body shape perfectly and provides a stable platform to sit on. Our Zafus & Zabutons use Schedule 3 interliners and comply with UK Furniture & Furnishings Fire Regulations 1998 - a legal requirement for meditation cushions sold in the UK.

PLEATED ROUND ZAFU CUSHION

This is the traditional design of zafu cushion and is pleated for extra strength. Single cover; carry handle conceals zip to adjust fill level.



13.5" x 7" = 34cm x 18cm. 2.5Kg

• BLACK YZAFUBW-BK • BLUE YZAFUBW-BLU
• BURGUNDY YZAFUBW-BUR

CRESCENT-SHAPED PLEATED ZAFU

Crescents provide more support for the upper thighs, and slope from 19cm (7.5") at the back to 11.5cm(4.5"), which ensures your pelvis remains above your knees, which is essential for comfort. Single cover; carry handle conceals zip to adjust fill level.



17" x 12" = 43cm x 30cm. 2.5Kg

• BLACK YZAFCR-BLK • BLUE YZAFCR-PUR
• BURGUNDY YZAFCR-BUR

ZAUBUTON

The perfect partner to our zafu cushions. The zabuton protects the knees and feet on hard surfaces and insulates the body from cold surfaces when meditating. Our design offers excellent cushioning, using 2Kg of hi-density recron fibre that is securely tufted in to a cotton inner cover, to form a permanent inner cushion. This is covered with a zippered 100% cotton drill outer, which in turn is tufted in place, but can be removed for washing (requires cutting the outer tufting) .

91cm x 71cm. 3.4Kg

• BLACK YZABUTON-BLK • BURGUNDY YZABUTON-BUR • BLUE YZABUTON-BLU



FOLDING MEDITATION STOOL

Folding Meditation Stool made from Bamboo - the Zen choice! This beautiful mediation stool slopes forward to help get your pelvis at the correct angle. The folding legs open widely to ensure that they do not easily close when you are seated.

53cm (w) x 15cm (d). 16cm (h) front & 20cm at back. 2.2Kg

• YSTOOL



FIXED LEG MEDITATION STOOL

Our beautiful hand made bamboo mediation stool slopes forward to help get your pelvis at the correct angle. Using a stool you can kneel with the stool taking the weight of your body and keep an erect and alert posture for long periods without unnecessary strain.

46cm (w) x 15cm (d). 16cm (h) front & 18cm at back. 1.8Kg

• YSTOOLFX



PILATES MATWORK EQUIPMENT



PILATES-MAD CORE FITNESS MAT

This is an ideal Pilates or exercise mat for those on the move, or for Studios tight on storage space. The NBR foam offers excellent cushioning and memory, yet the mat weighs only a fraction over 1Kg, making it light enough to carry around. The mat comes complete with a removable shoulder strap that holds the mat rolled up for easy storage and transport.
NBR Rubber - DOP, AZO, Heavy Metal & Phenol Free.

SIZE 182cm x 58cm x 10mm 1.1Kg
• BLUE FMATNBR10-BLU • BLACK FMATNBR10-BK

STUDIO PRO-MAT

The Studio Pro-Mat is our best mat for Pilates, exercise and therapy. The TPE material has superb memory and at 15mm thick this mat offers excellent support for the spine and knees. As the mat is thick and does not roll up tightly it is best for studio or home use rather than carrying to and from classes. The mat is double sided and will not slide on the floor. 100% recyclable TPE is impermeable, hygienic and AZO, Heavy Metal & PVC Free.



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

PRO STRETCH TRI-FOLD AEROBIC MAT 9MM

Club quality tri-fold aerobic and fitness mat. This great new mat is 134cm when extended and folds up for storage and transport or for extra cushioning when doing sit-ups or crunches. This mat is perfect for gym use as lots of mats can be stacked in a small place or for fit pros who need to carry a number of mats around for group exercise classes. Reversible mat featuring 3 fold design with double hinge construction; made from non-slip, nonabsorbent and wipe clean EVA foam.



134cm x 50cm x 9mm (45 x 50 folded) 600g	• GRAPHITE FAMATPRO
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STUDIO PRO AEROBIC STYLE MAT 10MM & 15MM

These Club quality aerobic style mats are made from first grade EVA foam which offers good memory, shock absorption and comfort, and greater resistance to scuffing. Features: Rounded corners and hand hole for carrying
Material: Closed cell, wipe clean EVA foam.

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



PILATES ISOTONER RINGS 14"

Rings add intensity to floor exercises whilst the resistance speeds up toning by targeting specific muscles. Especially useful in problem areas like the inner and outer thighs, upper arms, the chest and even the pelvic muscles. Pilates-Mad offer a choice of either the traditional sprung steel ring, based on Joseph Pilates' original design or the foam padded double handled ring with a flexible plastic ring that has become popular in recent years. The double handled ring has slightly lighter resistance.



14" TRI BAND STEEL RING	• FRING14
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14" DOUBLE HANDLE FIBRE GLASS	• FRING14L
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EXER-SOFT BALLS

Ideal for pelvic floor exercises, the ball will enhance your Pilates workout and help develop strength, endurance and concentration as well as promoting relaxation and coordination. The balls are anti-slip offering excellent grip. Ball size is down to preference, though it is common to have both sizes for greater diversity.

7" (18cm) BLUE	• FEXBALL7
9" (23cm) RED	• FEXBALL9



SPIKY MASSAGE BALLS

These small spiky massage balls are used to release tight, uncomfortable muscles and can help to release toxins and improve circulation. Available in two sizes 7cm or 9cm. The balls are often used in pairs but are sold singly.

7cm PURPLE	• FMASAGES
9cm BLUE	• FMASAGEL



PILATES BLOCKS

The large block is used to level the pelvis in Yoga and Pilates postures. The small block is used to slightly raise the head in reclining postures in order to achieve the correct neck alignment. It can also be used to correct the tilt on the pelvis or for support between the knees. First Grade EVA foam.

SITTING BLOCK 32cm x 25cm x 6cm	• BLUE FBLOCK60 (BOTTOM)
HEAD BLOCK 25mm x 20.5cm x 15cm	• BLUE FBLOCK25 (TOP)



SOFT WEIGHTS

Soft weights are designed for strengthening, plyometrics, balance training and mobilisation exercises. In addition to offering a more fluid range of motion to using a standard dumbbell, the soft weight design is safer, reducing the risk of damage or injury if the weight is dropped. The shape also helps to promote the development of functional grip strength. PVC outer shell with sand or iron sand filling. Diameter 12cm. Colour Blue



2 x 0.5Kg	• FSOFT1
2 x 1Kg	• FSOFT2
2 x 1.5Kg	• FSOFT3



PILATES-MAD STUDIO EQUIPMENT

Our comprehensive range of professional quality Pilates Studio equipment is now in stock and available for delivery. Mad equipment offers exceptional build quality and performance, by combining top of the range componentry with innovative design. All our equipment is designed to be easy and intuitive to adjust and use regardless of which other equipment you may previously have taught, used or been taught on. If you would like further information, Data Sheets complete with detailed images are available from www.pilates-mad.com or can requested by e-mail or post.



PRO MAPLE REFORMER

The Studio Pro Reformer is handmade from North American Maple, blending classic styling with hi-performance componentry to create the ultimate in smooth and silent performance. The Pro Maple Reformer offers 116cm of super smooth travel, the longest travel of any standard reformer on the market. This combines with our extra wide carriage, which at 67cm is the widest on the market, allowing unrivalled comfort in use and greater flexibility for larger users. Adjustment is both easy and extensive with 6 gear bar positions and 4 positions (incl. down) on the lockable foot bar. Smooth and progressive resistance is ensured as we use only the finest piano wire springs. As standard the machine comes with integrated extra large standing platform, removable shoulder rests, adjustable ropes & risers, dual loop straps and a removable extra head pillow. The Reformer is also pre-drilled to accept our Half Cadillac tower should you wish to add this at any time.

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



HALF CADILLAC TOWER

A stainless steel half cadillac tower is available for the Studio Pro Reformer enabling you to significantly increase your repertoire of exercises. The Reformer comes pre-drilled so that you can add the Half Cadillac at your convenience. The Reformer's shoulder pads remove (without tools) to create a completely flat bed. The wooden risers can also be removed and the ropes attached (choice of 3 heights) to the sides of the tower for maximum flexibility.

Set Includes:
Reformer (as above), tower, padded swing bar, wooden roll bar, 2 blue, 2 red & 2 long yellow springs & mattress convertor (not shown). Jump board (as shown is an optional extra)
Included extras: Sitting Box worth £100

Tower Height: 217cm
Tower Width: 67cm o/d

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

JUMP BOARD

A jump board is available separately. The jump board is supported in use by the footbar. Can be added after market without need for modification.

INCLUDES ATTACHMENT BRACKET
PJUMPB

PILATES-MAD

CADILLAC

Few studios are complete without a full cadillac, which allows one to perform over 80 different exercises. The Pilates-Mad Cadillac is supplied with horizontal & vertical slider bars, wooden trapeze, padded swing bar, push through bar plus accessories. Bonus extras include foot board and strap.

Frame height: 217cm



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

PILATES-MAD LADDER BARREL

The Pilates-Mad Ladder barrel offers an unmatched 31cm of travel - both opening wider and closing tighter than our competitors, thus catering for all torso sizes and leg lengths.

Technical Specification:
Barrel height: 90 cm. Frame Length:125cm. Width of barrel: 58 cm. Ladder height: 98cm. Weight: 38.5Kg.
Super Strong marine ply frame with Maple veneer offers superior strength to solid wood.
5 ladder rungs
31cm of travel (from 40cm closed to 71cm open)
Barrel & Padding: Custom formed arc for ultimate strength with 20mm dual foam padding for comfort, upholstered with abrasion-resistant vinyl.

Included extras:
Two Padded standing boards worth over £100.

Barrel: 90cm (h) x 60cm (dia)
Frame: 125cm (l) x 60cm (w)



125 CM (L) X 58CM (W) X 90CM (H). 37.5KG PLADDERPM

SPLIT PEDAL COMBO CHAIR

Split pedal Stability Chair in marine birch ply with adjustable stainless steel handles. Includes 4 strong springs made of finest German music wire, plus removable paddle bar. Choice of 9 different spring settings on each side.

Seat Dimensions:
61.5cm (h) x 55cm (w) x 40cm (d)
Handle: Offers a choice of 4 heights (26cm of height adjustment). Height range from floor to handle top 107cm to 133cm



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

PILATES-MAD CLASS REFORMER

The Class Reformer offers performance at a price previously not seen in the UK. Designed for Studio or home use, using quality componentry and an aluminium frame, the innovative design offers a smooth ride and a host of easily operated adjustments to provide complete flexibility in use.

Key Features:

- Comfortable extra wide carriage bed (65 x 91cm - 75cm from shoulder)
- Innovative quick release spring bar for rapid and safe adjustment of the spring bar in to 4 positions (20cm of adjustment). Carriage travel is adjusted by a separate carriage stopper, offering 3 different carriage stops.
- Padded foot bar locks in 4 different positions including flat, where it lies out of the way of the foot board
- 5 zinc coated, hi carbon steel wire springs supplied (1 x light, 4 x strong) for smooth and progressive resistance.
- Mini tower replaces traditional risers, offering 7 rope heights, which can be easily adjusted using our rapid "pull and slide" system.
- Ropes adjust via a single "twist and pull" bolt, located under the carriage. A single adjustment ensures rope lengths stays the same.
- 12 wheels ensure a smooth ride (side wheels are adjustable to allow for fine tuning of the carriage movement).
- Headrest adjusts to 3 heights. Shoulder rests are removable without tools to create a completely flat bed with the optional mattress convertor.
- Adjustable padded foot strap and integral standing platform as standard, plus adjustable feet to cope with uneven floors.



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

HALF CADILLAC & MATTRESS CONVERTOR

A half cadillac frame is available for the Class Reformer, featuring our unique "pull and slide" system for rapid adjustment of the roll down bar and springs.

The reformer's mini-tower folds under the mattress convertor and the shoulder rests can be easily removed (without tools) to rapidly create a totally flat bed. The ropes can also be removed from the mini tower and attached to the tower for total flexibility.

Half Cadillac includes:

Steel tower, roll down bar, push through bar, safety strap, mattress convertor. Four pairs of springs (2 long - light & medium & 2 short - strong & medium).

Bed size with Mattress Insert: 221cm x 65cm. Insert only 129cm x 65cm.

OUTER 236 CM (L) X 79CM (W) X 213CM (H) - COMPLETE UNIT
HALF CADILLAC TOWER & MATTRESS CONVERTOR ONLY

• PMHALFCAD
• PCADHALFPM

JUMP BOARD

Easy adjust Jump Board with twist and pull adjustment.



66cm x 41cm. 6Kg • PJUMPPM

PILATES-MAD BARRELS AND BOXES

Build quality is at the heart of our barrels and boxes, so do not think that as our prices are so much lower than many competitors that we are offering an inferior product! All our barrels are made from custom formed marine ply that offers the strongest possible arcs. We use dual layer foam to create comfortable padding and use only abrasion-resistant vinyl upholstery to ensure a long life. All our barrels and boxes are finished off with real wood veneer to blend in with our other Studio equipment.

PILATES-MAD STEP BARREL WITH POLE

The step barrel offers various workout possibilities to help improve posture by lengthening and strengthening the back, feet and shoulder muscles. Great for adding an extra dimension to mat work classes. Includes removable pole and cut out hand holes to accommodate more exercise possibilities.



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

PILATES-MAD DELUXE ARC BARREL

Top quality custom formed arc barrel with comfortable 20mm padding, abrasion resistant vinyl upholstery and convenient carry handle.



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

PILATES-MAD BABY ARC STACKING

A lighter weight and stackable version of the deluxe arc, with no compromise on quality.



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

PILATES-MAD DELUXE SITTING BOX

A working or sitting box is an essential add on for any reformer, opening up a host of new exercise possibilities from side stretches to prone and abdominal strength exercises.



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

DOUBLE LOOP STRAPS

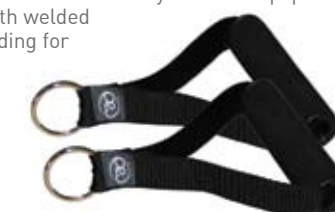
Pilates-Mad padded loop straps which can be used either as a foot strap or folded and used as a hand strap. Suitable for use on any reformer or Cadillac. Quadruple stitched Polyester Tricot Brush fabric with welded D Rings and TPR padding for comfort. Sold in Pairs.



34.5CM (L). 25CM OPENING • PSTRAP

PILATES-MAD HANDLES

Pair of foam padded handles with eyelets for use with a reformer, half Cadillac or Cadillac. Can be used on any make of equipment. Quadruple stitched with welded D Rings and NBR padding for comfort.



SOLD IN PAIRS • PHANDLE

SPRINGS

We stock spare springs for all our equipment though we cannot guarantee compatibility with other brands of Pilates equipment.

CORE STABILITY

STUDIO PRO 500KG SWISS BALL & PUMP

The Studio Pro Ball is rated at 500Kg and is one of the toughest balls available. Studio Pro Swiss balls have been independently tested by SGS Laboratories for burst-resistance to 750Kg and static load tested to over 1,750Kg without failure, making them ideal for Studio or Professional use. Perfect for weight training, Fit Ball workouts, yoga, Pilates or physiotherapy. The ball comes boxed complete with blaster pump.

SIZE 55cm (1.3Kg): those under 5'6"	• PURPLE FBALLSP55K
SIZE 65cm (1.7Kg): those 5'6" to 5'10"	• PURPLE FBALLSP65K
SIZE 75cm (2.1Kg): those 5'11" +	• PURPLE FBALLSP75K



NEW

STUDIO PRO 500KG ANTI-BURST SWISS BALL

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

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



300KG SWISS BALL, PUMP & DVD

This 300kg rated burst-resistant ball comes complete with a workout DVD featuring 40 Swiss Ball exercises, including warm up, body weight only exercises and dumbbell workouts on the ball. Includes hi-speed pump. Independently tested as burst-resistant at over 500Kg static load and static load tested in excess of 1,000Kg without failure. Rated at 300Kg.

SIZE 55cm (1.1Kg): those under 5'6"	• BLUE FBALLDVD55
SIZE 65cm (1.35Kg): those 5'6" to 5'10"	• BLUE FBALLDVD65
SIZE 75cm (1.65Kg): those 5'11" +	• BLUE FBALLDVD75

300KG ANTI-BURST SWISS BALL ONLY

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

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

125KG ANTI-BURST SWISS BALL & PUMP

Our entry level ball is burst-resistant with a rating of 125Kg. Having conducted many tests on non burst-resistant balls we wouldn't even entertain using one as they simply are not safe! This is an ideal ball for home use. Safety Tests: Tested by SGS Laboratories as burst-proof at 150Kg. Rated at 125Kg, maximum recommended load 125Kg.



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

STUDIO PRO ROLL-AIR PLUS

At last a high performance replacement for the Foam roller has arrived the Roll Air Plus! Rollers are increasingly widely used in fitness, Pilates and physiotherapy to improve strength, flexibility and balance as well as for myofascial massage. The Roll-Air replaces the traditional foam roller, offering an industry standard 90cm length, high performance alternative that will not lose its shape and can be inflated to match your desired firmness. This unique design combines an inflatable roller with a durable cover, that both protects the roller and ensures that the roller maintains a perfect cylinder. The Roll-Air can be deflated to save space in storage or when travelling and can be carried over the shoulder or hung up to save space using the quick release carry string supplied. The carry string also enables one person to carry multiple rollers making this perfect for studio use. Roll-Airs will outlast normal foam rollers by many years! Includes: 15cm pump, spare stopper, stopper remover and carry string.



SIZE 90cm Long x 15cm Dia. 1.2Kg	• FROLLAIR6
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STUDIO PRO EPP FOAM ROLLER 15CM DIA

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



NEW

SIZE 90cm Long x 15cm Dia. 0.4Kg	• FROLLER6EPP
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STANDARD FOAM ROLLER 15CM DIA

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



SIZE 90cm Long x 14.5cm Dia. 0.55Kg	• FROLLER6W
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AIR DOME PRO

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

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

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



NEW

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

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

Wipe clean.

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

ADJUSTABLE WOBBLE BOARD

Regular use of a wobble board is a great way to improve your balance, increase core strength and improve one's range of movement. By improving proprioception through balancing exercises wobble boards can help to protect the body from injury. Our 40cm adjustable wobble board offers angles between 19 and 23 degrees by simply screwing the rocker in or out, allowing you to progressively improve your balance. The more you screw the rocker out the greater the angle and the greater the difficulty. Range of movement: 19 to 23 degrees

SIZE 40cm Diameter Weight 0.85Kg • FWOBBLE20



WOBBLE CUSHION

An ideal tool for improving balance and posture, you can kneel or stand on the cushion whilst exercising to improve core strength or can sit on it to tone abdominal muscles whilst sitting at your desk. Can be inflated or deflated to increase or decrease the level of stability. Pump not required



SIZE 14cm Diameter • FSTABILITYB

RESISTANCE



STUDIO PRO SAFETY RESISTANCE TUBES

Our Studio Pro Safety Resistance Trainers offer a safe alternative to latex resistance tubes without compromising performance. The protection sleeve virtually removes the risks associated with latex tube failure and also extends the life of the latex tube. Supplied with a 12 page A5 resistance training guide covering 19 key resistance exercises for a total body workout. Also includes a door attachment that enables you to turn the Resistance Trainer in to a virtual gym. Length: Industry standard length tube of 120cm. Total length including handles 155cm. Stretch: 4 times original length. TPR handles provide a comfortable grip. Available in 4 colour coded strengths with the resistance level marked on the handles, for use in a class or Studio environment.



Light - Green FTUBESAFL
Medium - Blue FTUBESAFM

Strong - Red FTUBESAFLS
Extra Strong - Black FTUBESAFLXS

RESISTANCE TUBES 1.3M FIXED HANDLE

Fitness-Mad resistance tubes offer a safe alternative to Latex tubing by using a multi stranded rubber core with a protective nylon sleeve, which prevents the possibility of sudden tube failure, that can occur with latex tubing. The rubber offers natural and progressive resistance and avoids the possibility of latex allergies. Available in 3 strengths with comfortable integral foam covered handles. The resistance level is marked on the handles to make identification easier when using in a class or Studio environment. The tube comes with a user guide featuring 10 key resistance exercises for a total body workout. Max tube stretch 3 x original length.

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



Resistance Tubes also available in bulk packaging for Clubs or Studios see price list for details FTUBE08PLAIN-L/M/S

RESISTANCE BAND GYM

The complete resistance solution that is small enough to fit in your pocket - a truly portable gym! By combining different bands using the innovative handles you can create seven different levels of resistance, as well as creating loops for leg to leg or tricep exercises. Kit includes: 3 bands (150cm x 10cm) in Light, Medium & Strong resistance, one pair of clips & exercise guide. Warning: Contains Latex Do Not Use if Allergic

• FRESHKITB



RESISTANCE BANDS & USER GUIDE

Resistance Bands are ideal for use in Pilates, for resistance workouts or rehabilitation. Latex bands can stretch by up to 700% and offer smooth even resistance. Our bands have the resistance rating & safety warnings written on the band, making them ideal for Studio use. Choice of 3 strengths. Supplied in blister pack with user guide.

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



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

RESISTANCE BAND STUDIO 10 PACKS

Resistance bands are also available in packs of 10 or individually. Each band is sealed in its own zip lock bag plus there is one user guide per 10 pack. Ideal for clubs 10 packs are a much more professional alternative to buying rolls.

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



Bands available in singles or 10 packs for Clubs or Studios

RESISTANCE BAND ROLLS 15CM X 15M

For teachers, physiotherapists or Studios wishing to cut band to custom lengths or save a little money, we offer 15m rolls of resistance bands.



15m x 15cm Roll Light • FRESBANDL15
15m x 15cm Roll Medium • FRESBANDM15
15m x 15cm Roll Strong • FRESBANDS15

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

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

FULL TOESOX

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



SMALL	YTOEWT-BLKS
MEDIUM	YTOEWT-BLKM
LARGE	YTOEWT-BLKL



SMALL	YTOEWT-PNKS
MEDIUM	YTOEWT-PNKM
LARGE	YTOEWT-PNKL



SMALL	YTOEWT-PURS
MEDIUM	YTOEWT-PURM
LARGE	YTOEWT-PURL



SMALL	YTOEWT-BLUS
MEDIUM	YTOEWT-BLUM
LARGE	YTOEWT-BLUL

HALF TOESOX

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

SMALL	YTOENT-PURS
MEDIUM	YTOENT-PURM
LARGE	YTOENT-PURL



SMALL	YTOENT-BGS
MEDIUM	YTOENT-BGM
LARGE	YTOENT-BGL



SMALL	YTOENT-BLKS
MEDIUM	YTOENT-BLKM
LARGE	YTOENT-BLKL

SIZE GUIDE

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

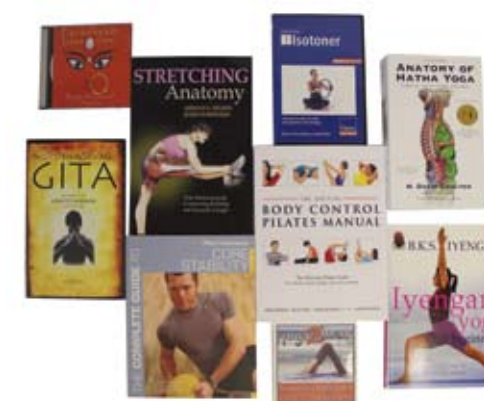
**MORE DESIGNS
DUE IN VISIT
WWW.YOGA-MAD.COM
FOR DETAILS**



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

BOOKS & MEDIA

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



FITNESS-MAD

If you are interested in other types of fitness and training equipment, you may also like to see the Fitness-Mad and Boxing-Mad ranges. If so please call or email and request the Fitness-Mad catalogue, which features a wide range of aerobic, strength and boxing equipment that is ideal for fitness studios, personal training or the home gym. Alternatively visit Fitness-Mad.com, where you see the range and download a catalogue.



- KETTLEBELLS • MEDICINE BALLS • REBOUNDERS • AEROBIC STEPS • DUMBBELLS
- FREE WEIGHTS • TRAINING GLOVES • HAND & WRIST EXERCISERS
- AB TRAINERS • BOXING GLOVES • FOCUS PADS • MMA GLOVES • PUNCH BAGS

RE SELLERS & WHERE TO BUY

MAD products are available from leading independent sports shops and specialist fitness outlets as well as select clubs and studios.

If you are interested in becoming a re-seller or are an existing reseller and wish to discuss merchandising options please do not hesitate to contact us.





Online Trade Accounts Available

The Mad Group Tel: 00 44 (0)1386 859555 Fax: 00 44 (0)1386 859350
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E: customercare@yogamad.com

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