



URBAN FITNESS

PRODUCT CATALOGUE 2019-20



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PILATES/YOGA

URBAN FITNESS YOGA MAT



SIZE: 183CM X 61CM X 4MM

PVC yoga mat, offering excellent grip and cushioning. Comes complete with shoulder strap, making it easy to carry. It also keeps the mat rolled up when not in use.

CODE	COLOUR	SRP
UFM100G	GREEN	£15.95
UFM100I	PINK	£15.95
UFM100R	BLUE	£15.95

URBAN FITNESS 4MM TPE YOGA MAT



SIZE: 183CM X 61CM X 4MM

Eco-friendly TPE yoga mat featuring a textured surface on each side for better grip and comfort. Ideal for pilates, fitness, physio sessions and much more. Comes complete with carry strap.

CODE	COLOUR	SRP
UFM103R	BLUE	£19.95

PILATES/YOGA

URBAN FITNESS 6MM TPE YOGA MAT



SIZE: 183CM X 61CM X 6MM

Eco-friendly two colour TPE yoga mat featuring extra cushioning and a textured surface on each side for better grip and comfort. Comes complete with carry strap.

CODE	COLOUR	SRP
UFM107GE	OLIVE/CHARCOAL	£29.95
UFM107RN	BLUE/NAVY	£29.95
UFM107PI	MULBERRY/PINK	£29.95

URBAN FITNESS NBR FITNESS MAT



SIZE: 183 X 61CM X 10MM

Offers excellent grip and 10mm of cushioning. Comes complete with shoulder strap, making it easy to carry. Also keep's the mat rolled up when not in use.

CODE	COLOUR	SRP
UFM110B	BLACK	£24.95
UFM110R	BLUE	£24.95

URBAN FITNESS YOGA BLOCK AND BRICK



BLOCK SIZE: 30CM X 20CM X 5CM

BRICK SIZE: 22CM X 11CM X 7CM

Helps ensure proper alignment during poses. Ideal for adding lift or grounding in all manner of poses. EVA foam makes the block very light making it an ideal alternative to the traditional heavy wooden blocks.

CODE	COLOUR	SRP
UFM200R	BLUE (BLOCK)	£6.50
UFM203R	BLUE (BRICK)	£5.95

URBAN FITNESS PILATES YOGA WHEEL



SIZE: 33CM DIAMETER

Perfect for myofascial release, spine realignment and improving core strength. Comfortable 6mm TPE exterior and ABS inner that is strong and supportive.

CODE	COLOUR	SRP
UFA259	PURPLE/BLUE	£29.95

URBAN FITNESS BURST RESISTANCE SWISS BALL



SIZE: 55CM, 65CM & 75CM

Factory tested 500kg burst resistance. Helps relax muscles, remove tension and increase tone. Increases flexibility in abdominals, thighs and lower back. Improves posture and balance. Instructions and pump included.

CODE	COLOUR	SRP
UFB01955	PURPLE (55CM)	£17.95
UFB01965	BLUE (65CM)	£19.95
UFB01975	SILVER (75CM)	£21.95

URBAN FITNESS PILATES BALL



SIZE: 22CM DIAMETER

Provides resistance for strength and rehabilitation. Phthalate-free PVC.

CODE	COLOUR	SRP
UFB012	BLUE	£3.50

PILATES/YOGA



CORE STABILITY

URBAN FITNESS MASSAGE STICK



SIZE: 47CM

Easy grip handles with 4 independent rollers. Ideal for targeting individual muscle groups. Helps prevent injury and helps speed recovery by improving blood circulation.

CODE	COLOUR	SRP
UFA244	GREEN/BLACK	£7.95

URBAN FITNESS MINI MASSAGE ROLLER



SIZE: 16CM X 6.5CM

Ideal for targeted massage. Eases away tension and releases muscles throughout the body. EVA foam with ABS core.

CODE	COLOUR	SRP
UFA025	GREEN/BLACK	£9.50

URBAN FITNESS ADJUSTABLE MASSAGE STICK



SIZE: 44CM

The 12 reconfigurable wheels make this a must-have tool to massage large muscle groups, target knots, improve circulation, hydrate fascia and alleviate discomfort.

CODE	COLOUR	SRP
UFA243	GREEN/BLACK	£12.95

URBAN FITNESS FOOT MASSAGE ROLLER

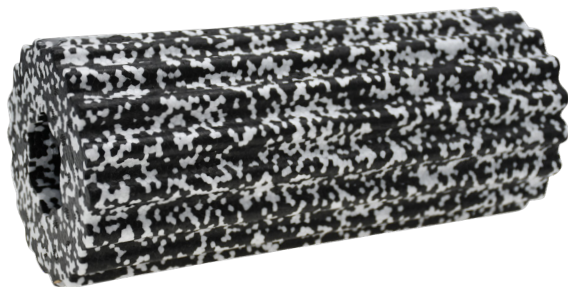


SIZE: 16.5CM

The foot massage roller is great to massage tired and achy feet. Just simply rolling your feet on the roller will help improve any pain and soreness before and after exercise. The small and firm dots can massage the muscles to achieve the deep massage effect.

CODE	COLOUR	SRP
UFA040	TURQUOISE/GREY	£8.95

URBAN FITNESS FOAM MASSAGE ROLLER



SIZE: 320MM X 140MM

Ideal for improving core stability, strength and balance. Relaxes muscles and improves circulation and is excellent for rehabilitation exercises. Made from high density EPP.

CODE	COLOUR	SRP
UFA027	WHIITE/BLACK	£12.95

URBAN FITNESS MASSAGE ROLLER



SIZE: 33CM X 14CM

UFE Massage Roller improves core stability, strength and balance. Relaxes muscles and improves circulation. Excellent for rehabilitation exercises after injury.

CODE	COLOUR	SRP
UFA035	BLUE/BLACK	£19.95

URBAN FITNESS 2 IN 1 MASSAGE ROLLER SET



SIZE: 330MM X 140MM

UFE 2 in 1 Massage Roller improves core stability, strength and balance. Good for strengthening. Include in rehabilitation exercise's to aid recovery.

CODE	COLOUR	SRP
UFA314	BLACK/SILVER	£18.95

URBAN FITNESS DEEP MASSAGE ROLLER



SIZE: 33CM X 13CM

Deep tissue massage roller, helps recovery and prevention of injury.

CODE	COLOUR	SRP
UFA030	BLACK	£15.95

URBAN FITNESS 3 IN 1 MASSAGE KIT



SIZE: 23CM X 15CM X 8CM

The 3 in 1 massage Kit improves pain and movement within the muscles, as well as stimulating muscle activity. Includes peanut massage, massage ball and yoga block.

CODE	COLOUR	SRP
UFA315	BLACK/GREEN	£19.95

URBAN FITNESS 4 PIECE MASSAGE SET



Massage Set relieves pain in all areas of the body with 4 different types of massage. Includes massage roller, massage ball, peanut roller and foot massage roller.

CODE	COLOUR	SRP
UFA310	TURQUOISE/BLACK	£39.95

URBAN FITNESS EGG POWER GRIP



STRENGTH: LIGHT, MEDIUM, STRONG

Relieve stress and strengthen your hands, forearms and fingers with simple exercises. Available in 3 strengths.

CODE	COLOUR	SRP
UFA230L	GREEN (LIGHT)	£4.95
UFA230M	RED (MEDIUM)	£4.95
UFA230S	BLUE (STRONG)	£4.95

URBAN FITNESS HOT COLD MASSAGE BALLS



SIZE: 25CM DIAMETER

Relieves muscle tension and improves circulation. Can be used hot or cold.

CODE	COLOUR	SRP
UFA239	BLUE	£6.50

URBAN FITNESS TRIGGER POINT MASSAGE BALLS SET



STRENGTH: SOFT, MEDIUM, HARD

For trigger point release and acupressure massage. The different hardnesses allow for either mild, medium or aggressive massage to the selected target area.

CODE	COLOUR	SRP
UFA240	YELLOW/ORANGE/RED	£9.95

URBAN FITNESS MASSAGE BALL PVC

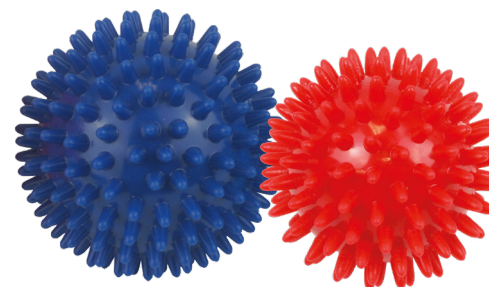


SIZE: 12CM

UFE Massage Ball targets problem areas by using body weight pressure to release muscle tension. Relax's the muscle by eliminating knots and tight areas.

CODE	COLOUR	SRP
UFA300	BLUE	£8.95

URBAN FITNESS MASSAGE BALL

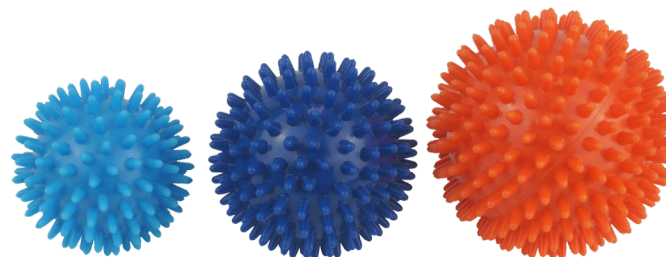


SIZE: 7CM & 10CM

Great for treating back pain. Stimulating muscles. Easing tension and improving circulation.

CODE	COLOUR	SRP
UFA235	7CM (RED)	£2.50
UFA236	10CM (BLUE)	£3.50

URBAN FITNESS SPIKY MASSAGE BALL SET



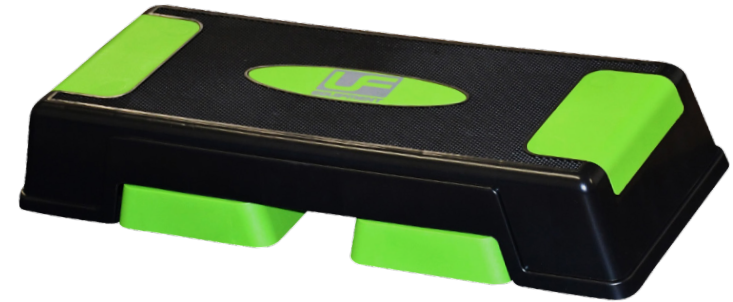
SIZE: 6CM, 7.5CM, 9CM

Spiky massage balls are perfect for an all over body massage. They are particularly beneficial for use before and after exercise.

CODE	COLOUR	SRP
UFA238	RED/ROYAL/BLUE	£7.95



URBAN FITNESS ADJUSTABLE AEROBIC STEP



SIZE: 70.5CM X 27.5CM

UFE Adjustable Aerobic Step provides both cardiovascular and muscular endurance. The adjustable step adjusts to 12cm, 17cm, 22cm.

CODE	COLOUR	SRP
UFA248	GREEN/BLACK	£39.95

URBAN FITNESS FIT BOARD



SIZE: 26CM X 11.25CM X 3.25CM

The twisting and balancing action engages core throughout. Can be used for a variety of other exercises; push-ups, squats and twisted planks. Resistance bands included.

CODE	COLOUR	SRP
UFA265	BLUE/BLACK	£34.45

URBAN FITNESS PUSH UP BARS



SIZE: 25CM X 16CM X 17CM

Set of two angled push-up bars with comfortable non-slip foam grips. Great for strengthening arms, chest and shoulders.

CODE	COLOUR	SRP
UFA253	BLACK/GREEN	£11.95

URBAN FITNESS CORE GLIDING DISCS 7INCH



SIZE: 18CM DIAMETER

Improve your core stability with the UFE sliding discs. Hard wearing plastic for use on all indoor surface. Soft foam offers great comfort and grip.

CODE	COLOUR	SRP
UFA270	BLACK/GREEN	£6.95

URBAN FITNESS AB ROLLER



SIZE: 35CM X 17CM

Dual wheeled Ab roller offers great stability, and is great for improving your core fitness. Grooved foam handles provide superb grip.

CODE	COLOUR	SRP
UFA246	BLACK/GREEN	£9.95

URBAN FITNESS WOBBLE BOARD



SIZE: 14CM DIAMETER

Excellent for improving balance and coordination. Helps increase core strength and abdominal muscles. Also good for rehabilitation after ankle and knee injuries.

CODE	COLOUR	SRP
UFA255	BLACK/GREEN	£13.95

URBAN FITNESS STABILITY CUSHION AND PUMP



SIZE: 33CM DIAMETER

The double-sided stability cushion has one smooth side and a raised pattern on the other, which gives a massage and sensory workout. Pump included.

CODE	COLOUR	SRP
UFA257	BLUE	£18.95

URBAN FITNESS MULTI GYM TRAINER



The lightweight construction enables you to enjoy body weight training almost anywhere, indoors or outdoors. Maximum recommended weight: 125kg, subject to anchorage point.

CODE	COLOUR	SRP
UFA220	BLACK	£29.95

URBAN FITNESS SPEED ROPE



SIZE: 8', 9', 10'

Speed ropes are lighter in weight for faster skipping and are designed for quicker jumps.

CODE	COLOUR	SRP
UFR1508	8' (RED)	£5.95
UFR1509	9' (GREEN)	£5.95
UFR1510	10' (BLUE)	£5.95

URBAN FITNESS HIGH GRIP SPEED ROPE



SIZE: 2.8M

A lightweight speed rope benefiting from high grip handles.

CODE	COLOUR	SRP
UFR151	BLACK/GREEN	£6.50

URBAN FITNESS LEATHER ROPE



SIZE: 2.7M

Ball bearing mechanism improves speed and provides smooth movement. Foam handles.

CODE	COLOUR	SRP
UFR157	BROWN	£9.95



URBAN FITNESS RESISTANCE BAND



SIZE: 1.5M

Latex resistance bands are ideal for improving strength, resistance workouts and rehabilitation. An ideal training aid while travelling.

CODE	COLOUR	SRP
UFA193L	BLUE (LIGHT)	£4.50
UFA193M	RED (MEDIUM)	£5.50
UFA193S	GREEN (STRONG)	£6.50

URBAN FITNESS RESISTANCE BAND LOOP (SET OF 5)



SIZE: 0.4MM, 0.6MM, 0.8MM, 1.0M, 1.2M

Suitable for all fitness levels, with each band having a different resistance level. 10 inches. 100% natural latex.

CODE	COLOUR	SRP
UFA195	MULTI	£9.50

RESISTANCE

RESISTANCE

URBAN FITNESS RESISTANCE BAND LOOP



RESISTANCE: LIGHT, MEDIUM, STRONG, XSTRONG

Suitable for all fitness levels, being ideal for yoga, pilates, stretching exercises and can also be used for physical therapy and rehabilitation. 12 inches. 100% natural latex.

CODE	COLOUR	SRP
UFA197L	PURPLE (LIGHT)	£1.50
UFA197M	RED (MEDIUM)	£1.95
UFA197S	GREEN (STRONG)	£2.50
UFA197XS	BLUE (X.STRONG)	£2.95

URBAN FITNESS FABRIC RESISTANCE BAND



SIZE: 1M X 5CM

Features a latex-free construction and soft comfort grip handles. A versatile piece of equipment that can assist in strengthening multiple muscle groups. Phthalate-free.

CODE	COLOUR	SRP
UFA208	GREEN/PURPLE	£7.95

RESISTANCE

URBAN FITNESS RESISTANCE TUBE

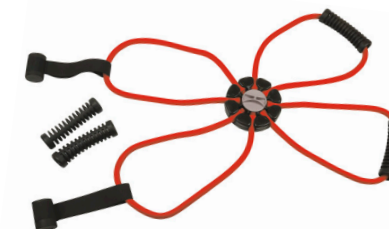


RESISTANCE: LIGHT, MEDIUM, STRONG

Allows for a full range of movement to help promote flexibility, increase strength and stamina.

CODE	RESISTANCE	SRP
UFA210L	LIGHT	£8.95
UFA210M	MEDIUM	£8.95
UFA210S	STRONG	£8.95

URBAN FITNESS MULTI FUNCTION RESISTANCE TUBE



RESISTANCE: LIGHT, MEDIUM, STRONG

Great for upper and lower body exercising. The resistance tube position can be easily changed to allow different exercise. The pack includes two door attachments turning your resistance tube into a gym trainer.

CODE	RESISTANCE	SRP
UFA215L	LIGHT	£9.50
UFA215M	MEDIUM	£9.50
UFA215S	STRONG	£9.50

RESISTANCE

URBAN FITNESS RESISTANCE LOOPS



RESISTANCE: LIGHT, MEDIUM, STRONG, XSTRONG

Heavy-duty. help build strength and improve mobility. 100% natural latex.

CODE	COLOUR	SRP
UFA199L	PURPLE (LIGHT)	£8.95
UFA199M	RED (MEDIUM)	£11.95
UFA199S	GREEN (STRONG)	£17.95
UFA199XS	BLUE (X.STRONG)	£24.95

RESISTANCE



HYDRATION

URBAN FITNESS HYDRO DRINKS BOTTLE



SIZE: 700ML

The 700ml capacity holds enough for most needs and is easy to refill with its easy grip lid. The lid includes a flip out mouth piece and straw which ensure this bottle does not leak. BPA, BPS and BPF free.

CODE	COLOUR	SRP
UFA907I	CLEAR/PINK	£5.95
UFA907R	CLEAR/BLUE	£5.95
UFA907G	CLEAR/GREEN	£5.95

URBAN FITNESS QUENCH WATER BOTTLE



SIZE: 2.2L

Holding up to 2.2 litres of water, yet still easy and convenient to transport with its sturdy handle, stainless steel cap and nylon strap. Ideal for gym use, sports and offices. BPA free.

CODE	COLOUR	SRP
UFA915P	ORCHID	£8.95
UFA915B	SHADOW	£8.95
UFA915R	OCEAN BLUE	£8.95

URBAN FITNESS COOL INSULATED STAINLESS STEEL WATER BOTTLE



SIZE: 500ML

Insulated Stainless Steel Water Bottle keeps your drinks cooler for longer with its double wall. Take this bottle everywhere with you with its integrated carry handle and the convenient carabiner clip.

CODE	COLOUR	SRP
UFA912P	ORCHID	£12.95
UFA912R	OCEAN BLUE	£12.95

URBAN FITNESS FLOW FLIP LID WATER BOTTLE



SIZE: 700ML

The lock in lid means in one click you can drink on the go with the easy flow mouth-piece. The carry strap makes transport of the bottle even easier.

CODE	COLOUR	SRP
UFA910R	OCEAN BLUE	£7.95
UFA910P	ORCHID	£7.95

URBAN FITNESS PROTEIN SHAKER



SIZE: 700ML

With blenda ball for lump-free shakes. Embossed markings show millilitres and ounces. holds 700ml of liquid to the brim. BPA and phthalate-free.

CODE	COLOUR	SRP
UFA900	CLEAR/GREEN	£3.50

URBAN FITNESS 2 IN 1 PROTEIN SHAKER



SIZE: 700ML

The UFE 2in1 protein shaker is a premium shaker that is BPA, BPS and BPF free. The 200ml screw base container provides ideal storage.

CODE	COLOUR	SRP
UFA903	BLACK/GREEN	£7.95



URBAN FITNESS FITNESS GLOVES



SIZE: SMALL/MEDIUM, LARGE/XLARGE

Polyester palm and nylon backhand.

CODE	COLOUR	SRP
UFA930S	BLACK/GREEN (SMALL/MEDIUM)	£6.95
UFA930L	BLACK/GREEN (LARGE/XLARGE)	£6.95

URBAN FITNESS ANKLE/WRIST WEIGHTS



SIZE: 0.5KG, 1KG

Set of two weights with easy to use touch fastener locking system.

CODE	COLOUR	SRP
UFW003	BLACK/GREEN (0.5KG)	£11.95
UFW004	BLACK/GREEN (1KG)	£13.95

URBAN FITNESS ADJUSTABLE SPRING GRIP



Allows you to set the desired resistance from 10 to 40kg.

CODE	COLOUR	SRP
UFA205	BLACK/GREEN	£7.95

URBAN FITNESS VINYL COATED KETTLEBELL



SIZE: 4KG, 6KG, 8KG, 10KG, 12KG, 14KG, 16KG

Powder-coated cast iron kettlebells. Helps increase strength, endurance, agility and balance.

CODE	COLOUR	SRP
UFW071	PURPLE (4KG)	£17.95
UFW072	BOTTLE (6KG)	£23.95
UFW073	RED (8KG)	£29.95
UFW074	BLUE (10KG)	£36.95
UFW075	ORANGE (12KG)	£42.95
UFW076	YELLOW (14KG)	£48.95
UFW077	SILVER (16KG)	£55.95

URBAN FITNESS BONE DUMBBELLS NEOPRENE COVERED



SIZE: 0.5KG, 1KG, 1.5KG, 2KG, 3KG, 4KG, 5KG

Neoprene-covered cast iron dumbbells. Comes in a pair.

CODE	COLOUR	SRP
UFW050	PINK (0.5KG)	£3.95
UFW051	PURPLE (1KG)	£7.45
UFW052	GREEN (1.5KG)	£10.95
UFW053	SKY (2KG)	£14.95
UFW054	ORANGE (3KG)	£21.50
UFW055	RED (4KG)	£28.95
UFW056	BLUE (5KG)	£35.50



EQUIPMENT

URBAN FITNESS

Urban Fitness Stockist

