

# ***YOGA MATS AND BLOCKS***







# YOGA MAT



## KEY FEATURES AND BENEFITS

- **JOINT PROTECTION & COMFORT:** THE THICK, RESILIENT CUSHIONING ABSORBS IMPACT, SHIELDING KNEES, ELBOWS, AND THE SPINE FROM HARD FLOORS DURING REPETITIVE MOVEMENTS.
- **ENHANCED STABILITY:** THE MOISTURE-RESISTANT, NON-SLIP GRIP PREVENTS SLIDING EVEN DURING SWEATY SESSIONS, ALLOWING FOR THE SAFE AND CONFIDENT EXECUTION OF COMPLEX POSES.
- **HYGIENIC & EASY TO CLEAN:** THE CLOSED-CELL SURFACE TECHNOLOGY RESISTS SWEAT AND DIRT ABSORPTION, MAKING IT VERY SIMPLE TO WIPE DOWN AND SANITIZE AFTER A TOUGH WORKOUT.
- **VERSATILE APPLICATION:** IDEAL FOR HOME GYMS, COMMERCIAL FITNESS CENTERS, GYMNASTICS WARM-UPS, PHYSICAL THERAPY, AND OUTDOOR FITNESS SESSIONS.
- **HIGH PORTABILITY:** ROLLS UP COMPACTLY AND RETAINS ITS SHAPE, MAKING IT EASY TO TRANSPORT TO THE GYM, STUDIO, OR PARK.

## KEY FEATURES AND BENEFITS

- **MATERIAL:** MANUFACTURED FROM ECO-FRIENDLY, HIGH-DENSITY TPE (THERMOPLASTIC ELASTOMER) THAT IS TEAR-RESISTANT AND HIGHLY DURABLE.
- **DESIGN:** REVERSIBLE DUAL-COLOR CONSTRUCTION (BEIGE AND BLACK) FEATURING DISTINCT, ANTI-SLIP PATTERN TEXTURES ON EACH SIDE.
- **PORTABILITY:** COMES EQUIPPED WITH A DURABLE, MINIMALIST BLACK CARRYING SLING FOR CONVENIENT ROLLING AND TRANSPORT.
- **THICKNESS:** ENGINEERED WITH OPTIMAL FOAM DENSITY TO PROTECT SENSITIVE JOINTS WHILE STILL ALLOWING FOR A FIRM, GROUNDED CONNECTION TO THE FLOOR DURING BALANCE POSES.

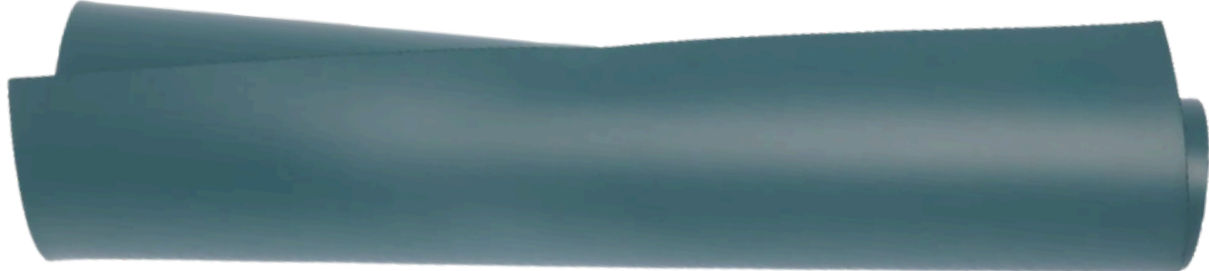






FITNESS UNION

YOGA MAT

|                                                                                                                                                                             |                                                                                                                                                                                   |                                                                                                                                                                                        |                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>SU-66</b><br/>TRAVEL YOGA MAT 1.5MM<br/>SIZE:STANDARD 71" (180CM)</p>                |  <p><b>SU-5460</b><br/>TRAVEL YOGA MAT 5MM<br/>SIZE:STANDARD 71" (180CM)</p>                    |  <p><b>SU-0312</b><br/>YOGA MAT 6MM<br/>SIZE:SQUARED 78X78" (198X198CM)</p>                         |  <p><b>SU-54064</b><br/>BEGIN YOGA MAT 5MM<br/>SIZE:STANDARD 68" (173 CM)</p>             |
|  <p><b>SU-54004</b><br/>GRP ADAPT LITE 2.1 YOGA MAT 4MM<br/>SIZE:STANDARD 71" (180CM)</p> |  <p><b>SU-474</b><br/>GRP ADAPT YOGA MAT 5MM<br/>SIZE:STANDARD 71" (180CM)</p>                |  <p><b>SU-4310</b><br/>SHALA TRAVEL YOGA RUG<br/>SIZE:71" X 26" (180CM X 66CM)</p>                |  <p><b>SU-42004</b><br/>EKO YOGA MAT 5MM<br/>SIZE:STANDARD 71" (180CM)</p>              |
|  <p><b>SU-50014</b><br/>PRO YOGA MAT 6MM<br/>SIZE:STANDARD 71" (180CM)</p>                |  <p><b>SU-434</b><br/>EKO LITE YOGA MAT 4MM<br/>SIZE:STANDARD 71" (180CM)</p>                 |  <p><b>SU-4098</b><br/>PRO LITE YOGA MAT 4.7MM<br/>SIZE:STANDARD 71" (180CM)</p>                  |  <p><b>SU-430</b><br/>TRAVEL SUPERLITE YOGA MAT 1.5MM<br/>SIZE:STANDARD 71" (180CM)</p> |
|  <p><b>SU-48474</b><br/>TRAVEL YOGA MAT 2MM<br/>SIZE:STANDARD 71" (180CM)</p>             |  <p><b>SU-4311</b><br/>PREMIUM 2-COLOR YOGA MATS (6MM)<br/>USING SIZE: 68"L X 24"W X 6MM.</p> |  <p><b>SU-A54</b><br/>DELUXE PILATES MAT (MIDNIGHT BLUE)<br/>LENGTH:183 CM<br/>WEIGHT : 1.5KG</p> |  <p><b>SU-5100</b><br/>IMPRINT MAT - PRO<br/>LENGTH:183 CM<br/>WEIGHT : 3.7 KG</p>      |





# YOGA MAT

FITNESS UNION



**SU-66H**  
**DRY-GRIP YOGA MAT (5MM)**  
USING SIZE: 68"L X 24"W X 5MM



**SU-54054**  
**SOLID COLOR YOGA MAT (5MM)**  
MEASUREMENTS: 68"L X 24"W X 5MM.



**SU-0301**  
**FITNESS MAT & SLING (10MM)**  
USING SIZE: 72" X 23.6" X 10MM THICK.



**SU-54697**  
**2-COLOR YOGA MAT (4MM)**  
USING SIZE: 68"L X 24"W X 3MM.



**SU-540F4**  
**ELEPHANT YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.



**SU-4334**  
**FOLDABLE YOGA MAT (2MM)**  
USING SIZE: 68"L X 24"W X 2MM, 3 LBS



**SU-4204**  
**LONGER/WIDER DRY-GRIP YOGA MAT (5MM)**  
USING SIZE: 78"L X 26"W X 5MM; 5LBS.



**SU-42K4**  
**SUN & MOON YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.



**SU-56954**  
**ROCKET YOGA MAT (4MM)**  
USING SIZE: 60"L X 24"W X 4MM.



**SU-4317**  
**SUNSET YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.



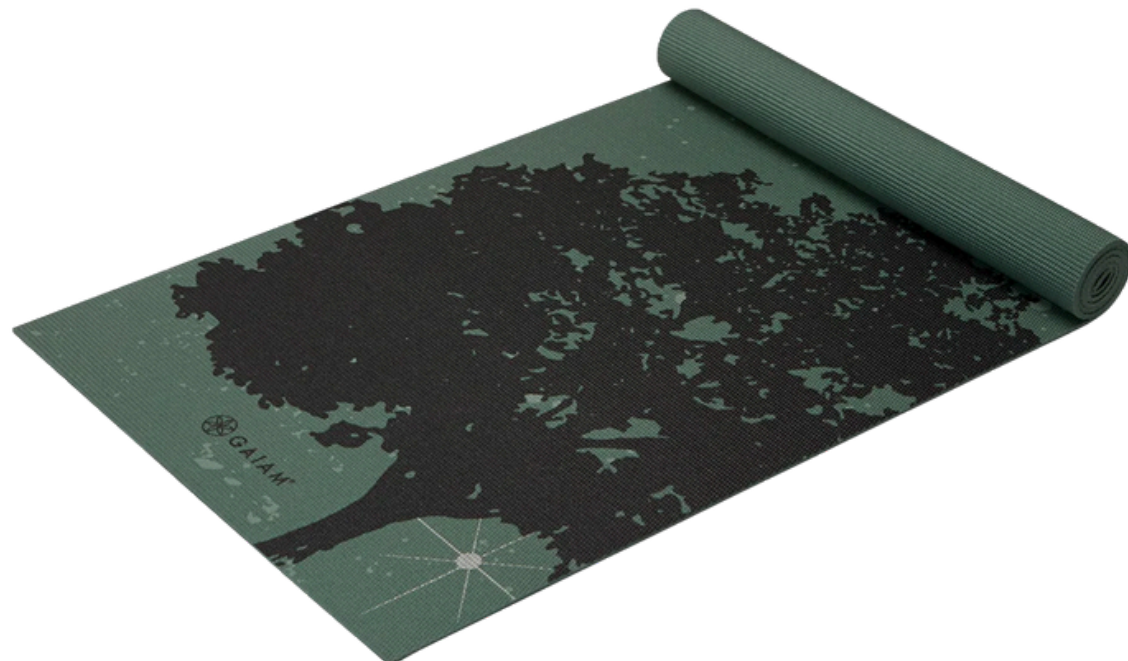
**SU-4082**  
**PREMIUM CITRON SUNDIAL YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.



**SU-4338**  
**PERFORMANCE JUTE YOGA MAT (5MM)**  
USING SIZE: 68"L X 24"W X 5MM.



**SU-48204**  
**MMOONLIT TIDE CLASSIC YOGA MAT**  
USING SIZE: 68"L X 24"W X 4MM



**SU-435**  
**LUMINARY YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.



**SU-004**  
**MOTION YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.



**SU-51124**  
**MEDALLION YOGA MAT (6MM)**  
USING SIZE: 68"L X 24"W X 6MM.





# YOGA BLOCKS

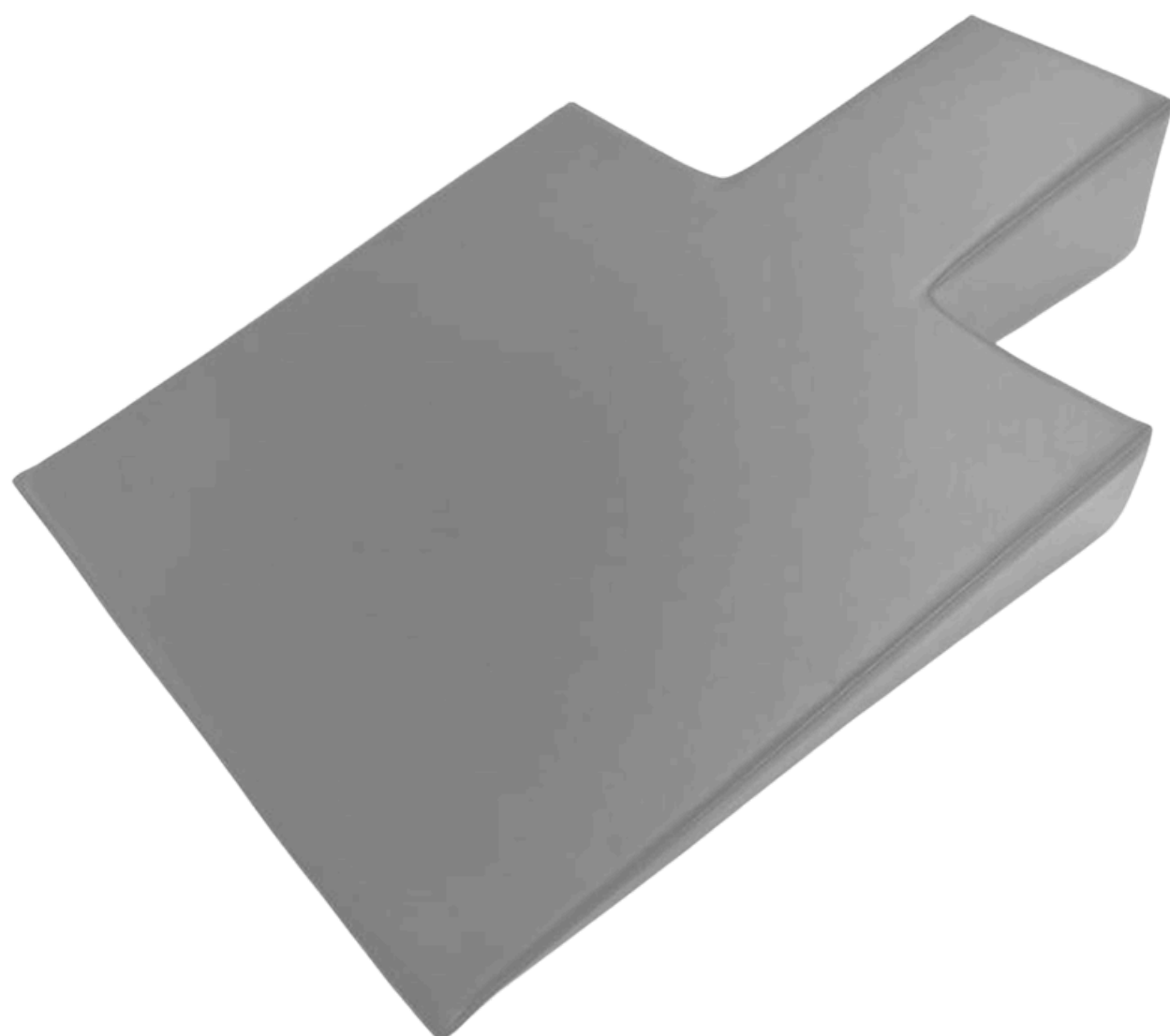


## CMOON BOX LITE

- OUR ULTRA-LIGHTWEIGHT MOON BOX LITE
- (0.95 LBS/0.5KG) IS THE PERFECT
- ACCESSORY TO ADD HEIGHT TO THE CHAIR,
- OR FOR STANDING NEXT TO THE REFORMER.
- USEFUL FOR ADDING HEIGHT, CREATING
- SUPPORT AND BALANCING THE LEGS. SEE IN USE ON P. 71.
- RECYCLABLE,
- HIGH-DENSITY FOAM. 9.5"W X 15.5"L (24CM X 39CM)

## SLANTED PILLOW

- THE OOV ACTIVATES CORE
- STABILIZING MUSCLES WHILE ALSO
- GENTLY EXTENDING THE SPINE TO
- STIMULATE HEALTHY INTERVERTEBRAL
- DISC LUBRICATION. FROM STRETCHING TO CORE
- STRENGTHENING TO
- REHABILITATION, OR FOR RELAXATION, THE OOV
- OFFERS SIGNIFICANT
- BENEFITS FOR SPINAL HEALTH. ITS HIGHLY
- DURABLE FOAM COMPLEMENTS
- THE SPINE'S NATURAL CURVES. SELECT SIZE BY
- WEIGHT AND HEIGHT;
- MORE INFORMATION AT PILATES.COM. CALL FOR
- VOLUME PRICING.

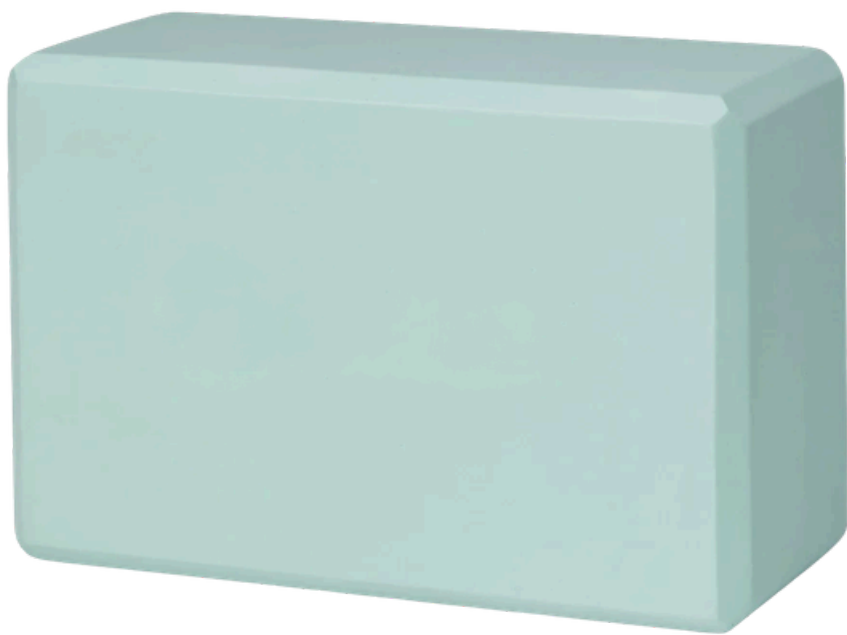






# YOGA BLOCKS

FITNESS UNION



▲ **SU-6776**  
▲ **YOGA ESSENTIALS BLOCK**  
▲ USING SIZE: 9"W X 6"H X 4"D  
▲ WEIGHT: 4.6 OZ.



▲ **SU-54600**  
▲ **BLOCK & STRAP COMBO**  
▲ USING SIZE: 9"L X 6"W X 4"D.



▲ **SU-0301**  
▲ **CORK YOGA BRICK**  
▲ USING SIZE: 9"W X 5.5"H X 3"D.



▲ **SU-564**  
▲ **TRI-COLOR YOGA BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H.  
▲ WEIGHT: 4.6 OZ.



▲ **SU-54214**  
▲ **PRINTED YOGA BLOCK**  
▲ USING SIZE: 9"W X 6"H X 4"D.  
▲ WEIGHT: 4.6 OZ



▲ **SU-4024**  
▲ **MARbled YOGA BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H  
▲ WEIGHT: 4.6OZ.



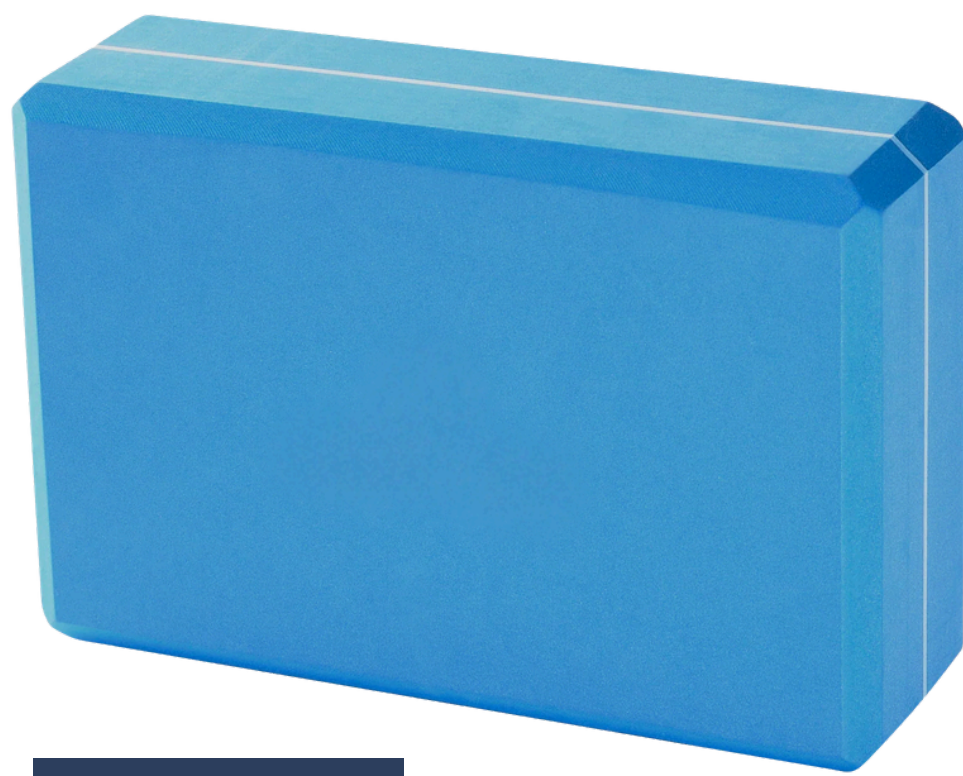
▲ **SU-4554**  
▲ **LEAN RECYCLED FOAM YOGA BLOCK**  
▲ SIZE:8.6" X 4.3" X 2.75"



▲ **SU-42664**  
▲ **LEAN RECYCLED FOAM YOGA BLOCK**  
▲ SIZE:8.6" X 4.3" X 2.75"



▲ **SU-56L4**  
▲ **5 IN. BIG FOAM YOGA BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H



▲ **SU-4I8**  
▲ **4 IN. FOAM YOGA BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H



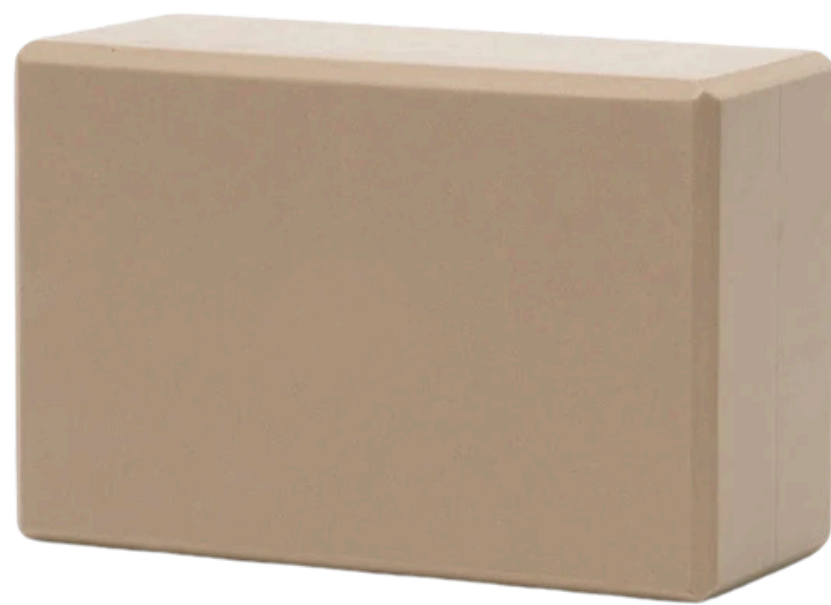
▲ **SU-4A78**  
▲ **4 IN. MARbled FOAM YOGA BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H



▲ **SU-4458**  
▲ **BAMBOO YOGA BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H



▲ **SU-48G4**  
▲ **CHIP FOAM BLOCK**  
▲ USING SIZE: 9"L X 6"W X 4"H



▲ **SU-4354**  
▲ **RECYCLED FOAM BLOCK 4"**  
▲ USING SIZE: 9"L X 6"W X 4"H



▲ **SU-A540**  
▲ **RECYCLED FOAM BLOCK 3"**  
▲ USING SIZE: 9"L X 6"W X 4"H



▲ **SU-511C4**  
▲ **CHIP FOAM BLOCK COVER**  
▲ USING SIZE: 9"L X 6"W X 4"H



# *PILATES EQUIPMENT*







# PILATES EQUIPMENT



## TECHNICAL SPECIFICATIONS

- MAIN FRAME: MADE OF STRONG, DURABLE, AND SLIP-RESISTANT SOLID WOOD, PROVIDING HIGH STABILITY DURING HIGH-INTENSITY AND WEIGHT-BEARING EXERCISES.
- CADILLAC TOWER: AN OVERHEAD FRAME MADE OF RUST-RESISTANT STAINLESS STEEL, EQUIPPED WITH MULTIPLE ATTACHMENT POINTS FOR VARIOUS SPRINGS AND BARS.
- CARRIAGE: A SMOOTH-GLIDING PLATFORM FEATURING HIGH-QUALITY, DENSE PADDING COVERED IN SOFT LEATHER, ENSURING COMFORT FOR THE BACK AND JOINTS.
- RESISTANCE SYSTEM: CONTAINS A SET OF STEEL SPRINGS WITH DIFFERENT RESISTANCE LEVELS TO ACCOMMODATE PROGRESSIVE TRAINING STAGES.
- FOOTBAR: ADJUSTABLE TO VARIOUS ANGLES AND HEIGHTS TO FACILITATE DIVERSE EXERCISE POSITIONS AND USER HEIGHTS.
- ACCESSORIES & STRAPS: INCLUDES HAND AND FOOT STRAPS WITH PADDED HANDLES, AS WELL AS FUZZY HANGING LOOPS ON THE UPPER TOWER FOR SUSPENSION AND STRETCHING EXERCISES.



- FRAME & MATERIAL: CRAFTED FROM HIGH-GRADE, DURABLE MAPLE/BIRCH PLYWOOD WITH PRECISION METAL FITTINGS AND A WIDE, STABLE BASE.
- PEDAL SYSTEM: SPLIT-PEDAL DESIGN WITH PADDED FOOTRESTS, ALLOWING FOR BOTH INDEPENDENT (RECIPROCAL) LEG/ARM MOVEMENTS AND CONNECTED SINGLE-PEDAL EXERCISES.
- SPRING RESISTANCE: MULTI-LEVEL SPRING TREE MECHANISM ON THE BACK WITH HEAVY-DUTY STEEL SPRINGS, ALLOWING QUICK AND PRECISE RESISTANCE ADJUSTMENTS.
- UPHOLSTERY: PREMIUM, HIGH-DENSITY FOAM SEAT UPHOLSTERED IN DURABLE, EASY-TO-CLEAN VINYL FOR MAXIMUM COMFORT AND DURABILITY.
- COMPACT FOOTPRINT: SPACE-EFFICIENT DESIGN WITH INTEGRATED SIDE CUTOUT HANDLES FOR EASY MANEUVERABILITY AND STORAGE.







# PILATES EQUIPMENT



## LADDER BARREL

- EXCEPTIONAL SPINAL MOBILITY: THE ERGONOMIC CURVE OF THE BARREL SAFELY SUPPORTS THE SPINE DURING DEEP BACK EXTENSIONS, LATERAL FLEXIONS, AND FORWARD BENDING, PROMOTING A HEALTHIER RANGE OF MOTION.
- DEEP CORE ISOLATION: FORCES THE BODY TO STABILIZE USING DEEP ABDOMINAL AND BACK MUSCLES WITHOUT THE ASSISTANCE OF MOVING CARRIAGES OR SPRINGS.
- POSTURAL CORRECTION: HIGHLY EFFECTIVE FOR STRETCHING TIGHT CHEST MUSCLES, SHOULDERS, AND HIP FLEXORS, WHICH DIRECTLY COMBATS POOR POSTURE AND THE PHYSICAL STRESS OF PROLONGED SITTING.
- CUSTOMIZABLE ERGONOMICS: THE SLIDING BASE ENSURES THAT EVERY CLIENT, REGARDLESS OF THEIR SIZE, CAN FIND A SAFE AND EFFECTIVE STARTING POSITION FOR THEIR WORKOUT.



- FRAME CONSTRUCTION: FEATURES A STURDY, PREMIUM SOLID WOOD BASE AND AN INTEGRATED VERTICAL LADDER, ENSURING ABSOLUTE STABILITY DURING INTENSE OR REHABILITATIVE MOVEMENTS.
- INDEPENDENT CARTS: EQUIPPED WITH TWO INDEPENDENTLY MOVING CARTS THAT GLIDE ALONG SMOOTH, SILENT TRACKS. EACH CART FEATURES A TEXTURED, NON-SLIP GRIP PAD FOR SECURE FOOT OR HAND PLACEMENT.
- RESISTANCE SYSTEM: UTILIZES ADJUSTABLE ELASTIC RESISTANCE TUBING HOUSED SECURELY WITHIN THE BASE, ALLOWING FOR SMOOTH, CONTINUOUS TENSION AND RESISTANCE IN MULTIPLE DIRECTIONS.
- VERTICAL LADDER: THE MULTI-RUNG WOODEN LADDER PROVIDES VERSATILE GRIP HEIGHTS AND SUPPORT. IT INCLUDES SUSPENDED HANDLES AND STRAPS FOR UPPER BODY INTEGRATION, STRETCHING, AND BALANCE ASSISTANCE.
- FOOTPRINT: A SELF-CONTAINED, LINEAR DESIGN THAT MAXIMIZES FLOOR SPACE WHILE OFFERING A VAST REPERTOIRE OF MULTIDIRECTIONAL EXERCISES.





# PILATES EQUIPMENT

FITNESS UNION



**SU-6J6**

**ALLEGRO® 2 REFORMER**

USING SIZE: 239 X 64 X 22.5 CM

WEIGHT : 68.5KG



**SU-5454**

**ALLEGRO NEXTGEN REFORMER™**

USING SIZE: 241 X 73 X 23 CM

WEIGHT : 63.5KG



**SU-031K**

**ALLEGRO® STRETCH REFORMER**

USING SIZE: 251 X 79 X 36 CM

WEIGHT : 68KG

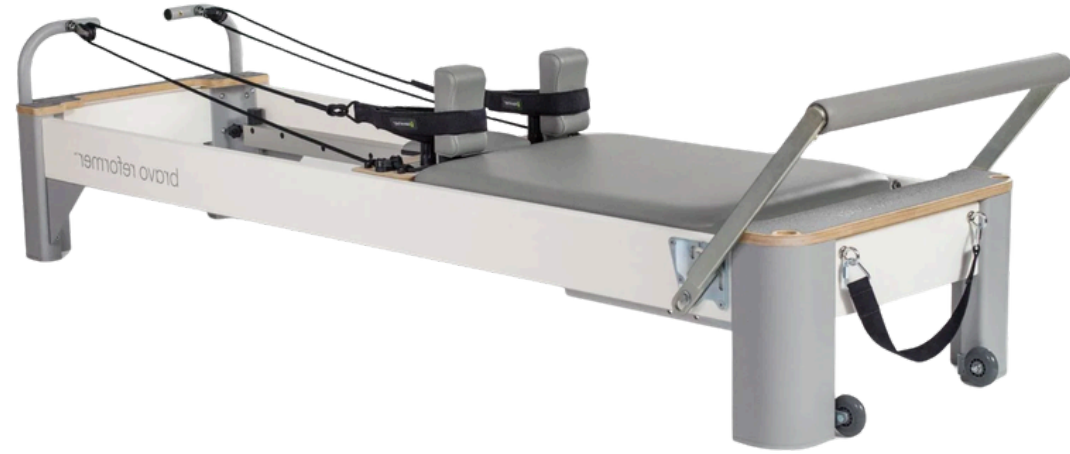


**SU-50064**

**METRO IQ® REFORMER**

USING SIZE: 249 X 61 X 14 CM

WEIGHT : 39KG



**SU-5464**

**BRAVO REFORMER™**

USING SIZE: 236 X 69 X 36 CM

WEIGHT : 69KG



**SU-404**

**ALLEGRO® 2 REFORMER**

USING SIZE: 242.5 X 86 X 38 CM

WEIGHT : 64KG



**SU-431D**

**STUDIO REFORMER®**

USING SIZE: 236 X 69 X 61 CM

WEIGHT : 478KG



**SU-4M44**

**RIALTO® REFORMER**

USING SIZE: 226 X 66 X 36 CM

WEIGHT : 63KG



**SU-514**

**CLINICAL REFORMER®**

USING SIZE: 236 X 69 X 36 CM

WEIGHT : 68KG



**SU-478**

**CENTERLINE® REFORMER**

USING SIZE: 236 X 76 X 212 CM

WEIGHT : 85KG



**SU-4S78**

**RON FLETCHER REFORMER™**

USING SIZE: 120 CM X 55 CM X 115

WEIGHT : 45KG



**SU-438**

**REFORMER TRAPEZE COMBINATION™**

USING SIZE: 169 X 60 X 14 CM

WEIGHT : 44KG



**SU-4884**

**KONNECTOR® FOR RIALTO® REFORMER**

USING SIZE: 242 X 74.5 X 38.2 CM

WEIGHT : 73.5 KG



**SU-458**

**ALLEGRO NEXTGEN REFORMER**

USING SIZE: 242 X 74.5 X 38.2 CM

WEIGHT : 70KG



**SU-A54**

**KONNECTOR® FOR BRAVO REFORMER™**

USING SIZE: 242 X 74.5 X 38.2 CM

WEIGHT : 72KG



**SU-5V64**

**COREALIGN**

USING SIZE: 169 X 60 X 14 CM

WEIGHT : 43KG



# ACCESSORIES







# ACCESSORIES



ADD FUN AND CHALLENGE TO FLOOR WORKOUTS  
GRADE PRO VERSION.  
SUITABLE FOR ALL TYPES OF WORKOUTS; LARGEST  
SURFACE AREA AVAILABLE. COMES WITH FOOT  
PUMP AND DVD. DIAMETER 26" (65CM).



SIT, LIE OR STAND  
TO WORK CORE  
MUSCLES IN ANY  
POSITION. ALSO  
PERFECT FOR SENIORS AND CHRONIC BACK  
PAIN; USE IN THERAPY, AT HOME OR OFFICE, OR  
WHILE TRAVELING. INFLATE WITH TRADITIONAL BALL  
PUMP OR DRINKING STRAW. BLUE, 14" (36CM).



FOR BALANCE TRAINING  
AND MOTOR SKILL  
DEVELOPMENT, AS YOU  
STEP FROM ONE TO  
ANOTHER. USE FLAT SIDE DOWN FOR MODERATE  
BALANCE TRAINING, PEBBLE SIDE DOWN  
FOR MORE CHALLENGE. PURPLE, 6" (15CM)  
DIAMETER. SOLD INDIVIDUALLY.



THESE SUPER-DURABLE  
CABLES MAINTAIN  
MAXIMUM RESISTANCE  
LONGER, SO YOU DON'T  
NEED TO REPLACE THEM  
AS OFTEN. AND WE LOVE  
THE REMOVABLE, COMFORTABLE NEOPRENE®-  
PADDED HANDLES (SOLD SEPARATELY) — JUST  
QUICKLY SWITCH CABLES WHEN YOU'RE READY  
FOR MORE RESISTANCE; NO NEED TO BUY  
NEW HANDLES. FOUR LEVELS OF RESISTANCE,  
COLOR-CODED, IN FIVE-FOOT (152CM) LENGTHS.





# ACCESSORIES

FITNESS UNION



**SU-66G6**  
RESISTANCE LOOP™ -



**SU-5964**  
NON-LATEX FLEX-BAND®



**SU-0301**  
FLEX-BAND® LOOP -



**SU-548L4**  
FABRIC FLEX-BAND® LOOP - 3-PACK



**SU-54F4**  
STRENGTH TUBING™ - CORE



**SU-4D14**  
STRENGTH TUBING™ - ANKLE



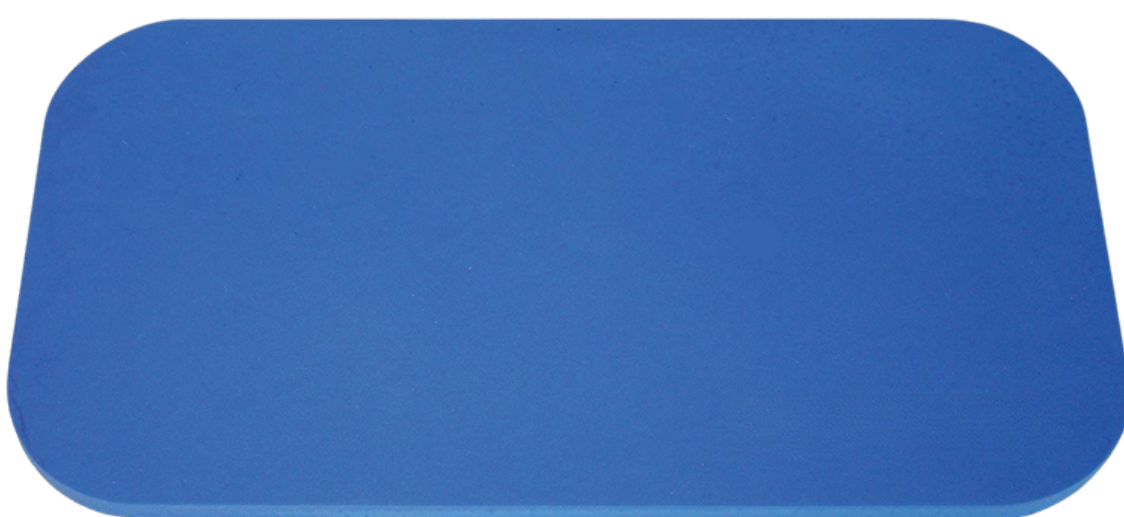
**SU-43T4**  
FLEX-BAND® HANDLES - TWO-PACK



**SU-42O4**  
FOAM ROLLER™ SOFT - 18 INCH



**SU-5S114**  
FOAM CUSHION C  
(13 × 10 × 2.5 INCH)



**SU-F378**  
ECO-FRIENDLY PILATES PAD



**SU-4098**  
STABILITY CUSHION™ (GREEN)



**SU-4028**  
STABILITY CUSHION™ - LARGE



**SU-48Y4**  
TONING BALL™ - 2 LBS (BLUE)



**SU-4308**  
STABILITY BALL™ WITH PUMP - 65 CM



**SU-A054**  
BOSU® PRO BALANCE TRAINER



**SU-51H64**  
MEDICINE BALL (4 LBS)