

Ideas we **love** *track your fitness*

**DON'T MISS THE
FREE HEALTH MATE APP**



ANDROID APP ON
Google play

Available on the
App Store

Track your Health

Withings Health Mate stores a history of your data, helps you understand it and helps you improve it over time.



Health Mate works with all the Withings items shown on these pages.

Monitor heart health with Pulse



Pulse captures steps, burned calories, elevation climbed and distance traveled.

250 1814

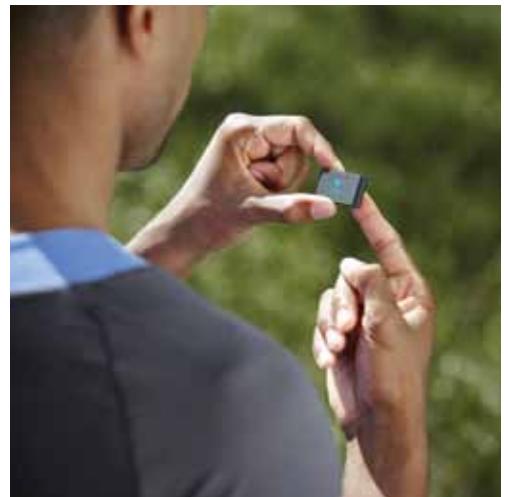
Pulse Activity Sleep & Heart Monitor

\$99.95



Sync wirelessly

Using the free Withings Health Mate App (iOS & Android)



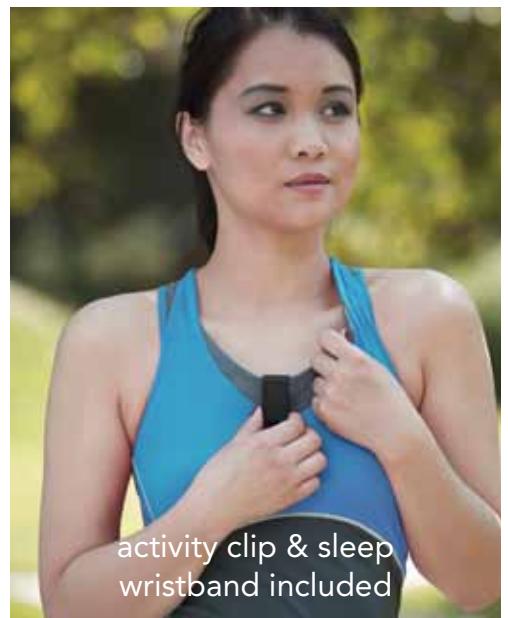
Check your heart rate

The back mounted sensor reads your pulse and the results are displayed on the screen.



Track your sleep cycle

Place the Withings Pulse in the included sleep wristband and launch the sleep cycle analysis.



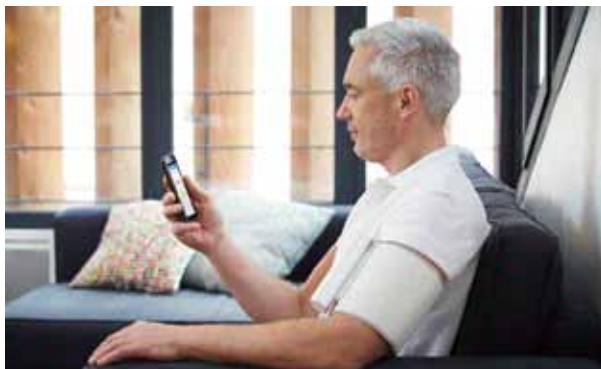
activity clip & sleep wristband included

Monitor your blood pressure with your phone

Easy and precise self-measurement of your blood pressure with your iPhone, iPad or iPod touch. It collects reading history and can even email them out to your doctor or health care provider as you like. The free app provides graphical insights and records, making it easy to see how your health improves over time.

ML

Scan this image
with the Mobile Life insight app to
learn how you can monitor your blood
pressure with your phone



250 1820

WiFi Blood Pressure Monitor
\$129.99

The smart way to measure & track your weight

Follow your weight curve, any time, any place. The Wireless Scale is Wi-Fi enabled to measure and record your weight every time you step up on it. You can track changes in your mass and estimated body mass index over weeks, months and years. Data is saved on a private password-protected site and can be accessed anywhere from a computer, tablet or smartphone. If you're particularly brave, you can even have the scale "tweet" your weight to Twitter automatically!



250 1823

WiFi Scale, Black
\$116.99

“It might ruin my phone...” is no longer an excuse



Take the plunge

Take a breath and jump in! The Amphibix Fit is a waterproof armband case for phones that allows for full touchscreen and camera functionality. The optional waist belt lets you keep it on your hip.



190 0903
X-1 Armband
\$69.99

190 0904
X-1 Waist Belt
\$29.99

Swim harder

Completely waterproof, the Surge Sportwrap Headphones combine the stable fit of behind-the-neck headphones with the sound quality of in-ear headphones.



190 0901
X-1 Surge Waterproof
Headphones
\$59.99

Listen to your playlist in the pool

The Interval 4G headphone system holds your iPod shuffle 4G inside its watertight compartment and slips onto the headband of your goggles. Integrated sound-isolating earphones by Surge, ergonomically shaped to fit securely and reduce drag, deliver warm sound and dynamic bass response. Requires iPod shuffle 4G, not included.



190 0920
X-1 Interval Headphone System
\$99.99

Ultralight & sweatproof

Run as hard as you want — in whatever weather you dare — your phone will stay dry in the X-1 Momentum armband. Combining protection with comfort, it features Next-Tech waterproof fabric that's soft, light and waterproof. The easy-to-open pouch fits any iPhone (or similar sized phone) and seals with a click. To shorten long headphone cords, use the integrated cable management system.



190 0918
X-1 Momentum armband
\$39.99

Listen Anywhere

Stay active with the Surge Mini waterproof headphones, complete with five sets of elastomer earplugs. Wear it anywhere, even underwater up to 12 feet deep, without sacrificing audio quality or workout performance. These headphones produce clear, premium sound in or out of the water.



190 0902
X-1 Surge Mini
Headphones
\$49.99

STAYING FIT WITH
YOUR PHONE

APPS TO DOWNLOAD

MAP MY...

FITNESS RIDE RUN

HEALTH MATE

MY FITNESS PAL

ARGUS

FITOCRACY

MOTIVATION...
YOUR PHONE IS YOUR NEW
FITNESS TRAINER

MAP ROUTES

COUNT CALORIES

DROP WEIGHT

TRACK YOUR PERFORMANCE

REACH GOALS

www.cmbrock.com

Make sure your headphones can keep up with you

Yurbuds are designed by athletes who couldn't find earphones that would stay in, stay comfortable and let in enough outside noise to stay safe in any environment. Their solution is Yurbuds: a comfortable earphone, sized to each wearer with TwistLock™ adjustable earpieces. All Yurbuds deliver ambient noise awareness and they are guaranteed to not fall out or cause discomfort, even during the toughest workout.

TWISTLOCK™ TECHNOLOGY

ON ALL
INSPIRE
SERIES
YURBUDS

a secure fit that never falls out



Inspire Pro

Guaranteed never to hurt or fall out, the Inspire Pro Yurbuds include a 3-button sweat and water resistant microphone that gives you full track, call, and volume control. Backed by a lifetime warranty, the Inspire Pro is designed for iPhone and other apple devices, and is fully integrated with Siri and other voice-control features for a hassle-free experience.

ACTIVITY LEVEL:

HIGH

WATER RESISTANCE:

VERY GOOD

IN-LINE MICROPHONE:

YES



Inspire Duro

Getting their name from their durability, these sport earphones feature a woven cloth cord that is tangle- and tear-resistant. Ergonomically designed to avoid nerve-rich areas of the ear, Inspire Duro earbuds are ultra soft and comfortable for hours on end.

ACTIVITY LEVEL:

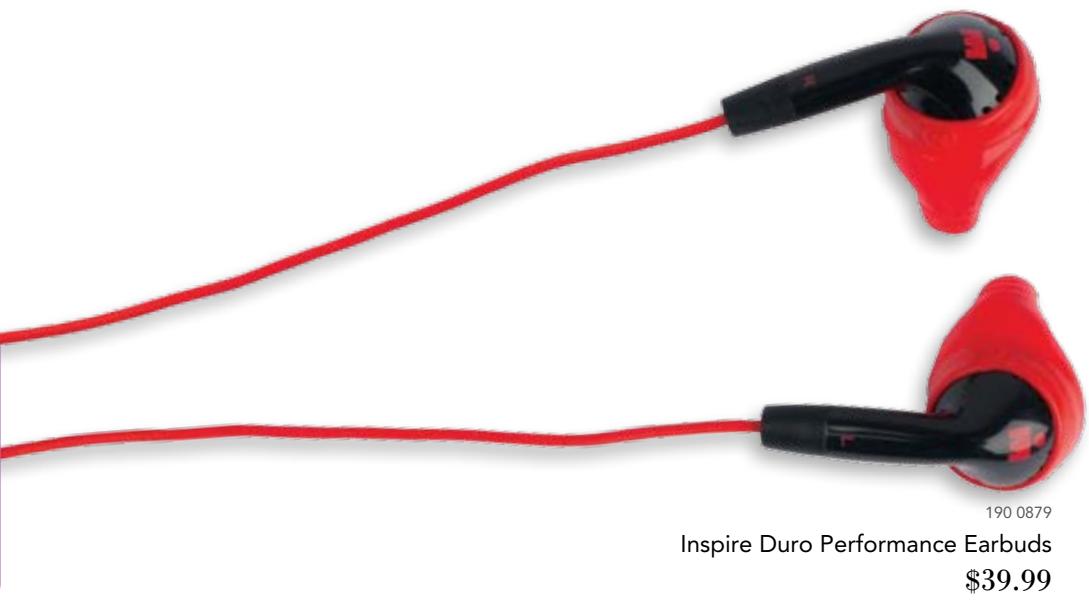
HIGH

WATER RESISTANCE:

GOOD

IN-LINE MICROPHONE:

NO



Rugged wireless headset that stays in place



For intense activity and extreme conditions, the Pump HD Sportbuds deliver crystal clear audio while providing IP67 waterproof/dustproof protection. Move with complete freedom and confidence during rigorous workouts and activities; Kevlar and Teflon shielding seal the 12.5 mm speaker drivers. Since the Pump HD is Bluetooth, you don't need to worry about wires, but you can still control volume and playback with controls behind your ear.



190 3001

Pump HD Bluetooth Sportbuds
\$129.99

Listen to your favorite music and hear traffic, too

Designed by an audiologist, earHero's speakers are so tiny they won't block your ear canal. You can talk on a separate phone or hear whisper-level conversations without removing the covert earpieces. When used in sports like skiing, cycling or running, earHero increases safety by keeping you aware of your surroundings. The earphone wires are so thin and clear, they are nearly invisible, and the design is so comfortable, you'll barely realize the earpiece is there.



190 0887

earHero Open Ear Earphone
\$149.99



190 0888

Headphone Bluetooth Receiver
\$39.99

Securely buckle any sized smartphone to your handlebars

The compact Cell Buckle smartphone mount easily grips and clips your phone to any smooth bar or edge. Made of flexible and durable high-quality plastic and rubber, the Cell Buckle makes the perfect hands-free mount in the car by securing your phone to the steering wheel. Two sizes are included in this kit; use the thinner diameter mount on your bike's handlebars or with shopping carts. Be safe and secure with Cell Buckle.

215 1030

Universal Smartphone Mount
\$19.99



5-layered defense case protects your iPhone 5S from just about everything

Safeguard your iPhone 5/5S against water, shock, dirt and dust with the Atlas ID. Able to withstand up to 2 meters of water for 30 minutes, it uses five layers of defense that work together to meet military and industrial durability ratings. Tempered glass, rigid polycarbonate, supportive TPU and shock-absorbent silicone combine into a seamless protection solution that doesn't interfere with use at all... even fingerprint ID works with the Atlas ID.

Water-resistant seal



215 1506
Atlas ID for iPhone 5S
\$89.99

Touch ID compatible

Preserve your Galaxy S4 with four layers of rugged protection

Prepare for adventure with the Atlas case for the Samsung Galaxy S4! Combining tempered glass, rigid Plextonium polycarbonate, supportive TPU and shock-absorbent silicone, it creates a protective 4-layer shell for your phone. Waterproof to 2 meters, the Atlas case also absorbs impacts from four-foot drops. Even the camera lenses are protected with scratch-resistant glass. Dust-proof covers allow access to the headphone and Micro-USB ports.



215 1510
Galaxy S4 Atlas Case
\$89.99

Be safe, be seen with LED



LED ShoeLit

Add a little lightness and a lot of safety to your runs with ShoeLit. It attaches quickly and securely to shoe laces and is easy to activate... just a twist and it shines brightly, helping you be seen from all directions.

142 0478

LED Shoelit
\$4.49



LED Sport Belt

Streamlined and lightweight, the LED Sport Belt is a comfortable, lightweight, all-weather way to be visible when you're out in the dark. Press once to activate the steady red glow that can be seen from all directions; press a second time to activate the flashing mode. A single set of batteries provides up to 200 hours of illumination.

250 1849

LED Sport Belt
\$24.99

LED Marker Band

Lightweight, adjustable, flexible, long-lasting and effective, Nite Ize's LED marker band will help you increase your visibility in the dark. Encased in sturdy nylon fabric and decorated with reflective pattern, it fits snugly and comfortably around your arm and can be seen up to a mile away.

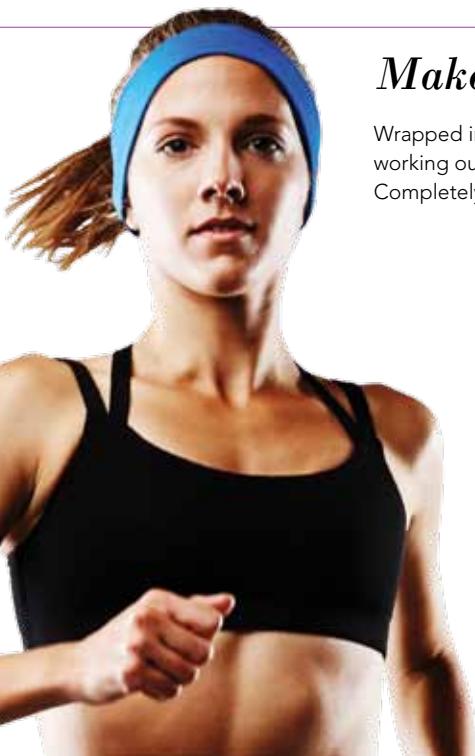


250 1847

LED Marker Band
\$11.99

Make your runs more comfortable & enjoyable

Wrapped in a moisture-wicking Polartec fleece headband, RunPhones provide the ultimate comfort for working out. Your music will keep you energized but you won't be annoyed by uncomfortable earbuds. Completely washable, the headband is comfortable for hour after hour.



190 1009

RunPhones Classic
\$39.95