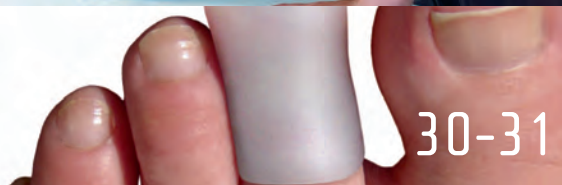
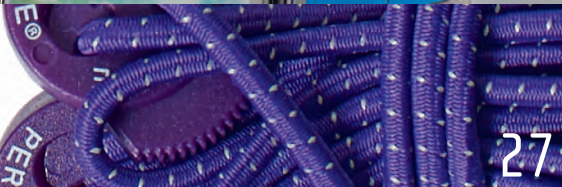
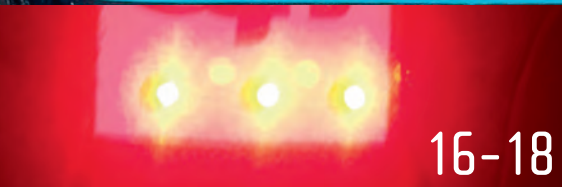
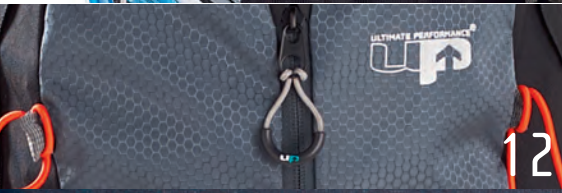




ULTIMATE PERFORMANCE[®]
UP
 ACCESSORIES 2022





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Ultimate performance... from novice to elite, every athlete wants to push themselves harder and further to achieve the best they can – that moment of ‘flow’ when everything comes together.

Here at Ultimate Performance® we understand the search for that moment and the efforts required to achieve it. We understand the sacrifices and we also understand the journey. It is that journey of every athlete, runner, walker or cyclist where our story begins. It is where our products are dreamed, designed, tested, evolved and then developed some more. Our aim is to provide innovative, technically proficient useful products driven by function and performance rather than corporate figures.

It is why the origins of UP® are rooted in you the athlete. It is why our product development is focused in and around the fells, trails, mountains and general outdoors of Great Britain. One of the key testing areas has been the Lake District, home of off road running. The Lakes symbolise our search for ultimate performance – quite spectacular locations with a diverse landscape of running trails and climbing crags carved amongst the many rolling peaks and alongside the beautiful waters. As hydration features so prominently in the UP® product range, we have taken inspiration for product names from the waterfalls (‘forces’) and lakes of the region, and beyond.

A brief word about sustainability: We have been working hard on improving our overall sustainability profile. This includes both the materials in our products and packaging: using more recycled, more ecological or just less materials, and shipping it as little as we can – as well as minimising the conversion process and energy inputs to arrive at finished product. While we recognise our whole industry is only at the beginning of the path, we want to continue this process in our brands’ evolution throughout 2022 and beyond.

Ultimate Performance – the only way is UP®



Ultimate Performance

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www.ultimate-performance.co.uk

 @TheOnlyWayIs_UP

 UP.UltimatePerformance

 @ultimate_performance_uk

ARROW 3

RACE VEST HYDRATION PACK

UP6393

- Two 500ml flexi-straw flasks included (1 litre total capacity)
- 3 litre total storage capacity
- 4 front pockets: 2 stretch-mesh front stash pockets, 2 secure front zip pockets
- 2 rear pockets: deep rear pocket – optional bladder storage, accessory pocket with key clip
- Ultra-light wicking air mesh back and straps for ultimate comfort
- Reflective detailing – safer at night
- Single finger zippers – quick and easy to use
- Weighs only 215g (size L/XL without flasks)
- Available in two sizes: S/M (30"–40" chest approx) L/XL (40"–50" chest approx)



FLEET 6

RACE VEST HYDRATION PACK

UP6396

- Two 500ml flexi-straw flasks included (1 litre total capacity)
- 6 litre total storage capacity
- 4 front pockets: 2 stretch-mesh front stash pockets, 2 secure front zip pockets
- 2 full depth rear pockets: one 3 litre storage with accessory pocket containing key clip, one optional bladder storage
- Ultra-light wicking air mesh back and straps for ultimate comfort
- Reflective detailing – safer at night
- Single finger zippers – quick and easy to use
- Weighs only 290g (size L/XL without flasks)
- Optional rear bungee storage (included)
- Available in two sizes:
S/M (30"–40" chest approx)
L/XL (40"–50" chest approx)



Two full depth rear pockets: one 3 litre storage with accessory pocket containing key clip, one optional bladder storage. Optional rear bungee storage (included)



AIRE FLEX 18

ULTIMATE RACE/BIKE HYDRATION PACK

UP6391

- Two 500ml flexi-straw flasks included (1 litre total capacity)
- 18 litre total storage capacity
- Wicking air-mesh back with air channel for comfort & padding
- Wicking air-mesh shoulder straps – ultimate comfort
- Left and right front strap zip and stash pockets for all your essentials
- Stowable mesh external storage system: perfect for wet clothes or helmets
- Single finger zippers – quick and easy to use
- Reflective detail – safer at night
- Internal fixing for a 2 litre bladder (available separately)



Internal fixing for additional 2 litre bladder (available separately)



Stowable stretch mesh external storage system on UP6391 Aire Flex 18 and UP6390 Aire packs



AIRE

ULTIMATE RACE/BIKE HYDRATION PACK

UP6390

- As Aire Flex 18 [opposite] but with 2 litre bladder supplied in place of flexi-straw flasks
- Front strap zip and stash pockets



Front strap zip and stash pockets



SS22

TARN

1.5L PERFORMANCE HYDRATION PACK

UP6381

- 1.5 litre bladder included with large opening for easy filling and cleaning
- Soft feel, easy to use bite valve
- Wicking air-mesh back and shoulder straps for comfort and padding
- Headphone port and inner stash pocket – fits any portable player
- Reflective detail – safer at night
- Quick access pocket for essentials
- Bungee cords for external storage
- Single finger zippers – quick and easy to use
- Available in navy/aqua and charcoal/yellow



AIRFORCE2



NUTRITION BELT

UP6322

- Moulded holsters for simple bottle access
- Two 300ml drink or gel bottles
- Small essentials pocket
- Soft belt with bound edges
- Hi-visibility reflective trim
- Fits 26" to 42" waists (66 to 107cm)



HIGHFORCEv2



HYDRATION BELT

UP6331

- Elasticated phone pocket
- Angled, insulated holster for easy access
- 650ml hydration bottle
- Elastic belt for comfortable fit
- Zipped mesh pocket for small essentials
- Airmesh wicking backing
- Fits 26" to 42" waists (66 to 107cm)
- ID card pocket contains pull-out card for your vital information



- All products marked with this symbol feature an ID card pocket containing a pull-out card to hold your vital information

STOCKGHYLL FORCE 3

HYDRATION+NUTRITION WAISTPACK

UP6337

- Large zipped mesh pocket with inner organiser, fits new generation smart phones
- Angled, insulated holster for easy access
- 650ml hydration bottle, 150ml gel bottle
- Elastic belt for comfortable fit
- External shockcord secures unworn clothing
- Elasticated pocket on holster
- Airmesh wicking back
- Fits 26" to 42" waists
- ID card pocket contains pull-out card for your vital information



- Ergonomic grip bottles with soft-teat caps

KIELDER

HANDHELD BOTTLE CARRIER

UP6360

- 600ml hydration bottle
- Zipped pocket for small essentials, with key clip
- Padded moisture-wicking handstrap
- Hi-visibility reflective trim
- Red, yellow, pink, orange or purple



RIBBLE II

HIP BOTTLE+HOLSTER

UP6351

- Large zipped mesh pocket with inner organiser, fits new generation smart phones
- Angled bottle for ease of access
- Fully insulated, angled bottle holder
- 650ml hydration bottle with soft-teat cap
- Elasticated pocket on holster
- Padded moisture-wicking back
- Red, purple, orange, yellow or pink detailing
- Fits 26" to 42" waists (66 to 107cm)





↑ RUNNER'S BOTTLE

UP300 /UP580

- 300cc and 580cc capacities
- pink, opaque or blue



← HYGIENE SPORTS BOTTLE

UPB1000

- 1 litre capacity squeeze bottle, designed to eliminate mouth contact with the nozzle and thereby reducing the risk of cross contamination. Perfect for team use.
- No need to tip the bottle up to drink from it – rest your chin on the bottle cap (in front of the nozzle) and squeeze.
- BPA free



BOTTLE CARRIER →

UPB1008

- Holds eight bottles
- Available in white or black

PEAK II

20L PERFORMANCE DAY PACK

UP6552

5522

- Shaped wicking air-mesh back for comfort and padding
- Headphone cable port – use your phone/music player on the move
- Quick-access pocket for bars/gels and other essentials
- Trekking pole stowage loops and straps
- Secure internal key clip
- Bungee cords and side mesh pockets for additional storage



STUFF SACKS

UP6570



- The space-saving way to organise your gear
- Lightweight and compact waterproof storage
- PU coated rip-stop nylon with double stitched and taped seams: keeps contents clean, dry and dust-free, whatever the weather
- Roll top closures for compression and a watertight seal
- Pack away to almost nothing
- Pack of three sacks in these sizes:

1x **LARGE** : 8 litre capacity / 47cm x 27cm (19½" x 10½")

1x **MEDIUM** : 4 litre capacity / 39cm x 25cm (15½" x 10")

1x **SMALL** : 2 litre capacity / 32.5cm x 19.5cm (13" x 7½")



UP6540B black



UP6540U blue



UP6540R red



UP6540P pink



UP6540Y yellow



UP6540M purple



UP6540F floral



UP6540T tropical



UP6540S sunflower

EASE ←

RUNNER'S EXPANDABLE WAISTBAG

UP6540

- Reflective for your safety
- Water resistant
- Expandable
- Key clip and inner card pocket
- No-bounce snug fit – 26" to 42" waist (66 to 107cm)
- Phone port for headphone cables

EASE LED

RUNNER'S EXPANDABLE WAISTBAG WITH LED LIGHT

UP6541



AW22



- High visibility LED light with constant and flash modes
- No batteries! – recharge via inbuilt mini USB socket (cable supplied)
- Visible up to half a mile
- Reflective for extra safety
- Water resistant
- Expandable
- No-bounce snug fit – 26" to 42" waist (66 to 107cm)
- Available in blue, red or yellow



UP6541U blue



UP6541R red



UP6541Y yellow



FITBELT

UP6538

From elite runner to gym workout or just travelling, the Ultimate Performance **FITBELT** is the best way to keep your essentials secure about your person.



UP6538B black



UP6538P pink



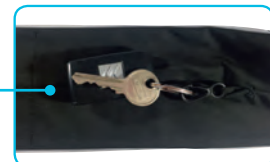
UP6538F floral



UP6539 FITBELT REFLECTIVE

Reflective print fabric for extra night-time visibility.

- Secure zipped front pocket for phone etc
- Openings to side pockets for quick stowage and access
- Lockable zip-fastening for easy wear
- Key clip inside
- Flat seams and stretch fabric for total comfort
- High-wicking, quick dry



Size	unstretched	stretched	fits waist size
XS	22" (56cm)	30" (76cm)	24"-28" (61-71cm)
S	26" (66cm)	34" (86cm)	28"-32" (71-81cm)
M	30" (76cm)	38" (97cm)	32"-36" (81-92cm)
L	34" (86cm)	40" (102cm)	36"-40" (92-102cm)
XL	38" (97cm)	46" (107cm)	40"-44" (102-112cm)



CLEARWELL →

ULTIMATE SPORTS WAISTPACK

UP6535

- Multiple function – keep all your essentials with you during all kinds of indoor or outdoor sports.
- Phone compartment designed for most standard and +sized phones up to and including iPhone 12
- Touch window enables use while inside the carrier
- High visibility reflective detail for night-time safety
- Fully adjustable belt fits most waist sizes
- Outlet port for headphone cables
- Water-resistant and ultra lightweight



← TITAN TOUCH

RUNNER'S PACK + PHONE CARRIER

UP6511

- Phone compartment designed for most standard and +sized phones up to and including iPhone 12
- Touch window enables use inside the carrier
- Phone port for headphone cables
- Secure zipped pocket
- Neoprene for total comfort
- Reflective detail for nighttime safety, including reflective thread stitched into fully adjustable belt
- Red or blue detailing



TITAN ↑

RUNNER'S PACK

UP6510

- Classic two pocket design
- Neoprene for total comfort
- Fully adjustable belt
- Reflective detail for nighttime safety
- Phone port for headphone cables – use your phone/MP3 player on the move
- Red, pink, orange, purple, yellow or blue detail



← LED RACE VEST

UP3210

- High visibility LED lights front and back with constant and flash modes, visible up to half a mile
- Uses four CR2032 batteries (supplied)
- 500 candlepower reflective panels for additional visibility
- Comfortable cutaway styling allows full freedom of movement
- Adjustable – one size fits most

REFLECTIVE RACE VEST →

UP3200

- Ultra high visibility – 500 candlepower reflectivity
- Comfortable cutaway styling allows full freedom of movement
- Adjustable – one size fits most





HIGH VISIBILITY LED VEST

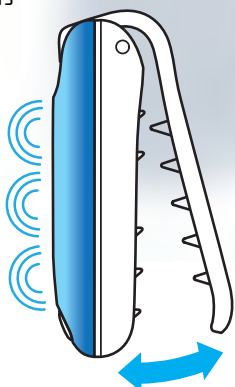
UP3250

- High visibility LED lights front and back with constant and flash modes
- Visible up to half a mile. Uses two CR2032 batteries (supplied)
- Soft, lightweight breathable mesh
- Adjustable clips and elasticated strips for custom fit – one size fits most
- Reflective strip for additional visibility

EDDYSTONE CLIP-ON LED LIGHT

UP6740

- Night-time safety for runners, walkers & cyclists
- Clips firmly onto clothing, belts, backpacks, dog collars etc
- Constant or flashing ultra-bright LED lights visible at up to half a mile
- Wide angle of visibility
- Two CR2032 batteries (supplied) give 144 hours of use in flash mode, 72 hours in constant mode
- Weatherproof, avoid immersion

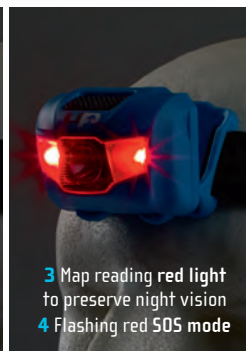




1 Ultra-bright
87 lumen
high beam



2 Power saving
30 lumen dip beam
runs for 20 hours



3 Map reading red light
to preserve night vision
4 Flashing red SOS mode

ULTIMATE HEAD TORCH

UP3020

- Constant or flashing ultra-bright LED lights.
- Lamp adjusts through 90° to focus on the path ahead, for a distance of up to 57m in high beam mode.
- Three AAA batteries (supplied) give 8 hours of use in high beam (87 lumen) mode, 20 hours in dip mode.
- One press for high beam, two for power saving dip mode, three for map reading red light, four for red flashing SOS.
- Weatherproof. Avoid immersion.



REFLECTIVE HOT DOTS

UP6735

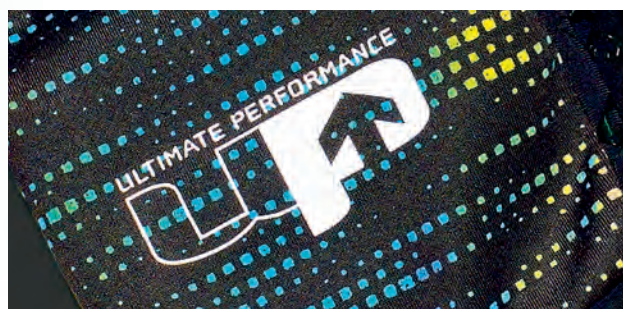
- Ultra high visibility – be seen at distances of up to ¼ mile
- Perfect for kids and adults – simply stick firmly to backpacks, bikes, trekking poles etc



REFLECTIVE ULTIMATE GLOVE

UP146F

- A combination of warmth, outstanding breathability and extra high visibility for night-time safety outdoors.
- Easy care fabric offers excellent heat insulation, breathability, abrasion resistance and no pilling.
- High moisture diffusion and drying ability keeps you dry and comfortable.
- Helps regulate body temperature and blocks odours, with anti bacterial fibres.
- Reflective print fabric for extra visibility at night
- Touch pad index fingers, so you can use your touchscreen phone/player while on the move.
- Non-slip silicon grip pattern on palms and fingers
- Reinforced pull-on tab for easy fitting and removal
- Soft-wipe thumb back panels



REFLECTIVE RUNNER'S EAR WARMER

UP156F

- Reflective print fabric for extra visibility at night
- Specifically shaped to cover only the ears
- Resists abrasion & pilling
- Total freedom of movement
- Wicking inner surface for fast drying, body moisture evaporation & breathability



REFLECTIVE ULTIMATE RUNNER'S HAT

UP176F

- Stay visible, dry & comfortable at all times
- Reflective print fabric for extra visibility at night
- High moisture diffusion: quickly absorbs and disperses sweat, fast drying
- Keeps your body temperature in balance





ULTIMATE GLOVES

UP146

- A combination of warmth and outstanding breathability.
- Easy care fabric offers excellent heat insulation, breathability, abrasion resistance and no pilling.
- High moisture diffusion and drying ability keeps you dry and comfortable.
- Helps regulate body temperature and blocks odours, with anti bacterial fibres.
- Touch pad index fingers, so you can use your touchscreen phone/player while on the move.
- Non-slip silicon grip pattern on palms and fingers
- Reinforced pull-on tab for easy fitting and removal
- Soft-wipe thumb back panels

RUNNER'S EAR WARMER

UP156

- Specifically shaped to cover only the ears
- Resists abrasion & pilling
- Total freedom of movement
- Wicking inner surface for fast drying, body moisture evaporation & breathability

ULTIMATE RUNNER'S HAT

UP176

- Stay dry & comfortable at all times
- High moisture diffusion: quickly absorbs and disperses sweat for fast drying
- Keeps your body temperature in balance



NILIT® HEAT



← ULTIMATE ARM SLEEVES

UP180

- Provide warmth for your arms with a wicking, breathable, customised fit that offers no restriction to your movement
- NILIT® HEAT yarn captures body heat naturally for exceptional warming
- Excellent absorption and moisture control for dry comfort
- Anti-bacterial
- Stitched-in sweat band
- Breathable mesh for ventilation



WRISTBANDS →

UP6715

- Moisture absorbing yarns for superior comfort
- 85% cotton, 15% elastane
- One size fits most
- Black or white



HEADBAND ↓

UP6714

- Moisture absorbing yarns for superior comfort
- 85% cotton, 15% elastane
- One size fits most
- Black or white



HAIRBANDS ↓

UP6710

- UP hair bands help keep your hair under control as you work out
- Silicone anti-slip back grips the hair and helps prevent slip
- Pack of four: black, blue, purple and pink



← TRACK SPIKE RATCHET TOOL

UP201

- Remove your spikes and cleats easily
- Large ergonomic handle offers great grip
- Handy 'flick switch' allows tightening or removal



↑ PERFORMANCE TRACK SPIKE KEY

UP200



↑ TRACK SPIKES

- Heat-tested for maximum durability
- Designed for use on all surfaces: asphalt, synthetic and natural
- Recommended for all events including sprints, jumps, javelin & cross country



← ULTIMATE TRACK SPIKE T-KEY

UP202

- Chrome Vanadium 'T' Spanner for efficient and reliable removal of all spikes.



HELVELLYN II NUMBER+NUTRITION BELT

UP6722

- Comfortable strap
- Magnets hold any size of race number securely
- One size fits all
- Adjustable nutrition pouch carrying strap



RACE NUMBER MAGNETS

UP6734

- The simple, secure way to attach race numbers
- No more pins or damaged clothing
- No sharp corners or edges
- Lightweight
- Available in blue, red, pink, yellow, purple, coral and black



SS22



CHUNKY

CRUSHED CHALK



UP4031

- Made from 100% pure highest quality natural magnesium carbonate
- No unhealthy drying agents or additives
- Provides excellent grip for all types of sports such as climbing, also gymnastics, weightlifting, athletics, tennis, cross fit and pole dancing
- 300g pack



LIQUID CHALK



UP4021

- Improve your grip with this easy to apply, low mess chalk
- Apply desired amount to a hand and rub palms together to spread the liquid. Chalk dries in 10-15 seconds
- Great for climbing and bouldering, also weightlifting, pole dancing and gymnastics
- 100ml bottle



CLIMBERS' CHALK BALL

UP4061

- Made from 100% pure highest quality natural magnesium carbonate
- No unhealthy drying agents or additives
- Provides excellent grip for all types of sports such as climbing, also gymnastics, weightlifting, athletics, tennis, cross fit and pole dancing
- 56g, non-refillable



CLIMBERS' CHALK BAG

UP4071

- Adjustable waist belt (28" - 44")
- Fleece lined to trap the chalk
- Secure draw-cord sealing for travel
- Accessory loop



BOULDERING CHALK BUCKET

UP4081

- Wide mouth bouldering bucket – makes chalking-up as easy as it gets
- Fleece lined to trap the chalk
- Velcro seal / roll-over top and fastening strap keeps chalk inside during travel – strap doubles as carrying handle
- External zip pocket for essentials
- Brush holder (UP4050 climbing brush available separately)



CLIMBERS' FINGER TAPE

UP4090 ½" (13mm)

UP4091 1½" (38mm)

- 100% cotton, latex free, hypoallergenic



BAMBOO CLIMBING BRUSH

UP4050

- Cleans chalk, grease and rubber from climbing holds for a better grip
- Ideal for indoor or outdoor use
- Rigid long-lasting bamboo handle
- Natural durable boar hair bristles for effective cleaning
- Made of natural materials, fully recyclable





Credit card holder on reverse

RIDGEWAY

PHONE HOLDER SPORTS ARMBAND

UP6448

- Designed to fit most standard and + sized phones up to and including iPhone 12
- Touch window enables use while inside the carrier
- High visibility reflective trim for night-time safety
- Secure end lock tab keeps band in place
- Outlet port for headphone cables
- Small key pocket and hidden credit card holder
- Water-resistant and ultra lightweight
- Available in blue, black, red, pink and fluorescent





UP6731T teal UP6731R red UP6731O orange UP6731Y yellow UP6731RY royal blue UP6731N navy UP6731PU purple UP6731H hot pink UP6731W white UP6731B black UP6731G silver grey UP6731F fluorescent UP6731C coral



REFLECTIVE ULTIMATE LACES

UP6731

- Now with a high visibility reflective fleck
- You will never need to tie another shoelace...
- UP Ultimate Laces combine an incredibly tough elastic bungee cord with a spring-loaded lock; giving a firm, secure and comfortable fit to your shoes.
- Perfect for all styles of running shoe, trainer or casual lace-up.
- Available in a wide range of colours.



WALKING LACES



UPW36 36 inch UPW60 60 inch
 UPW45 45 inch UPW72 72 inch*
 UPW54 54 inch [*black/stone, black & brown only]

brown black brown/black black/stone gold/taupe green/black



SPORT LACES

UPS45 45 inch
 UPS54 54 inch

black white



ULTIMATE MASSAGE THERAPY ROLLER

UP3038

Get relief from muscular pain, reduce muscle trigger points and improve circulation.

The UP Ultimate Massage Therapy Roller delivers deep-penetrating, pain-relieving myofascial massage: the specially designed contours target difficult to reach places, while you use your body weight to choose how much pressure to apply. Attack sore trigger points, aches and pains all over your body with pinpoint accuracy. Use before workouts to release muscle toxins and enable you to train harder.

Accelerate recovery post-workout: soothe aching muscles, roll out niggles and speed up injury rehab.

Improve core strength, enhance stability, encourage better posture and restore muscle flexibility.

Works on quads, hamstrings, ITB, calves, hips, lower/upper back, neck, deltoids and shoulders.



PERFORMANCE FOAM ROLLER

UP3040

Soothe aching muscles, improve flexibility and core strength.

A hard-wearing solid foam roller for myofascial massage: use your body weight to choose how much pressure to apply. Works on quads, hamstrings, ITB, calves, hips, lower/upper back, neck, deltoids and shoulders.

Good for warm-ups, to relax muscles after sports or as a training aid for fitness exercises at home.





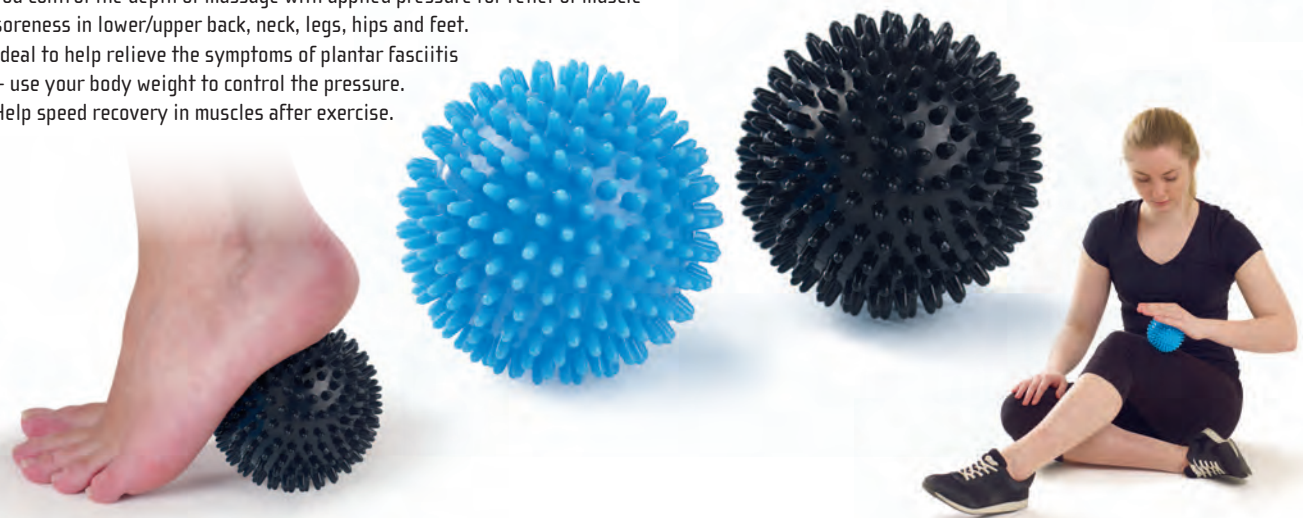
← **PERFORMANCE GYM BALL**
WITH PUMP
UP3032

Get your whole body in shape with the burst-resistant Performance Gym Ball from UP. Tightens abdominals. Strengthens arms and back. Tones legs. Stretches upper and lower body. Maximises workout. Cushions your body. Targets all the major muscle groups, including glutes, obliques, abs and quads. The Performance Gym Ball supports and cushions your body, and maximises your workout to help you achieve a firmer, fitter and more defined lower body and torso. Balancing on the ball provides resistance for progressive results. Will support a maximum weight of 123kg/270lb. Available in 55, 65 & 75cm diameter sizes.



PERFORMANCE MASSAGE BALL ↓
UP3036

Reduce pain and relieve tension in muscles, ligaments and tendons. Pack of two: the FIRM (blue) ball gives a gentle massage to loosen tight muscles. Use the SOLID (black) ball for a deeper massage to work on stubborn knots. Use to reduce pain and relieve tension in muscles, ligaments and tendons. Increases flexibility and improves posture. You control the depth of massage with applied pressure for relief of muscle soreness in lower/upper back, neck, legs, hips and feet. Ideal to help relieve the symptoms of plantar fasciitis – use your body weight to control the pressure. Help speed recovery in muscles after exercise.





UP3151



ULTIMATE BLISTER PLASTERS

Quick relief and faster healing of blisters.

- UP Ultimate Blister Plasters give quick relief of pain, cushion against rubbing, promote faster healing and stay in place for longer.
- Individually wrapped, so easier to carry when you're on the move.

UP3151

- Pack of five in mixed sizes:
 - 3 medium (44mm x 69mm)
 - 2 small (20mm x 60mm)

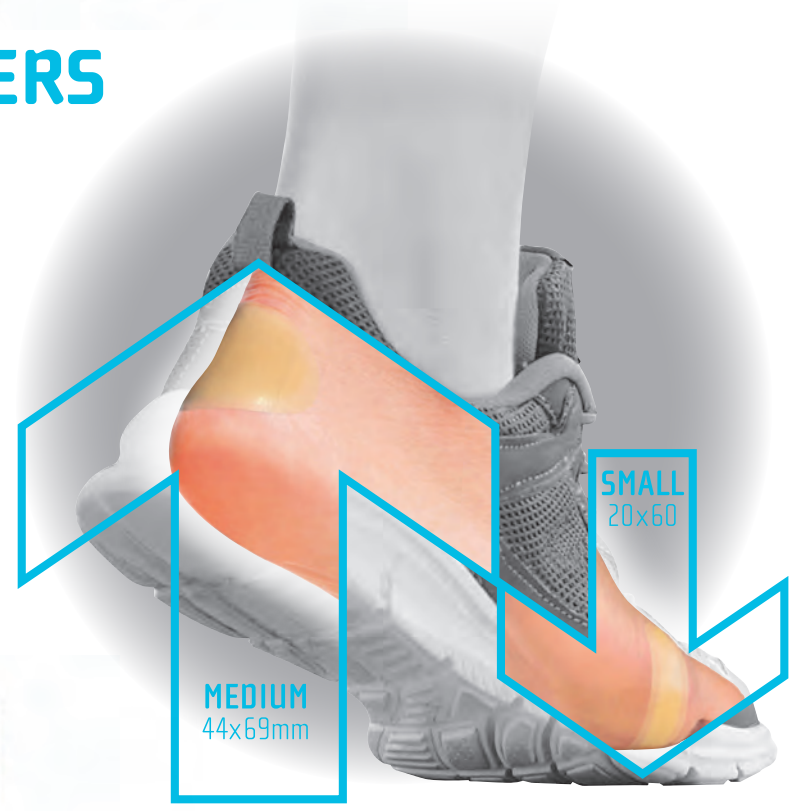


UP3152

- 6 small (20mm x 60mm)

UP3155

- 5 medium (44mm x 69mm)



UP3152



UP3155

SKIN SHIELD →

UP4478

- A blister-preventing roll-on barrier between the skin and shoes, equipment, pads, etc.
- Waterproof, non-staining, non-toxic, grease-free and contains no animal products.
- Apply directly to the skin on any areas that will be exposed to rubbing, prior to activity. When running, apply to heel and ball of foot.
- 45ml roll-on.



← SHOE FRESH

UP3060

- Perfect for trainers, running shoes, boots, sportsbags, lockers... anywhere that odours can cause problems.
- Just twist open and insert one into each shoe.
- UP Shoe Fresh contain long-lasting, concentrated odour neutralisers.
- Stay fresh and ready for the next challenge.



TOE PROTECTORS →

UP3010

- Surround and cushion the toe, alleviating the pain caused by corns and blisters.
- Help prevent blisters from friction between toes
- Also help to reduce rubbing caused by footwear.
- Less risk of toenail loss
- Made from high-grade soft silicon – stretches to fit any size toe.






Ultimate Performance

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