



Training

Men's & Women's

Weight training. Plyometrics. Treadmill. Whatever indoor or outdoor workout you've got in mind, New Balance has the perfect shoe with the perfect fit.

Cushioning: Built for the athlete who seeks maximum cushioning and flexibility in their workout

Lightweight: Designed for athletes who value speed and quickness in a lightweight responsive shoe.

Stability: Built for the trainer seeking maximum support for a wide range of activities.

MX1009NZ TRAINING



A training shoe that takes you from the gym to your 5k run.

- ABZORB DTS
- Stability Web
- ABZORB SBS • Forefoot
- External heel counter
- Extended NLOCK
- Synthetic/mesh upper
- LIGHTNING DRY • Lining

WHITE • EMERALD • SILVER

Widths/Sizes
2E 7-13,14,15,16
4E 8-13,14,15,16,17,18

379 g • 13.4 oz. (Size 9.5)
MX-001
(RRP 200)
VR VENDOR REFILL

WX1009PK TRAINING



A training shoe that takes you from the gym to your 5k run.

- ABZORB DTS
- Stability Web
- ABZORB SBS • Forefoot
- External heel counter
- Extended NLOCK
- Synthetic/mesh upper
- LIGHTNING DRY • Lining

WHITE • PINK • SILVER

Widths/Sizes
D 6-11,12

300 g • 10.6 oz. (Size 7)
WX-001
(RRP 200)
VR VENDOR REFILL

MX622WN WORKOUT



A versatile trainer for athletic activities.

- ABZORB • Heel and Forefoot
- Injection molded EVA • Midsole
- Rubber outsole
- Leather/mesh upper

WHITE • NAVY

Widths/Sizes
2E 7-13,14,15,16
4E 7-13,14,15,16,17,18,19,20
6E 7-13,14,15,16

434 g (Size 9.5)
MX-001
(RRP 130)
VR VENDOR REFILL

WX622WB
WORKOUT



A versatile trainer for athletic activities.

- ABZORB • Heel and Forefoot
- Injection molded EVA • Midsole
- Rubber outsole
- Leather/mesh upper

WHITE • NAVY

Widths/Sizes
D 6-11,11

340 g (Size 7)
WX-001
(RRP 130)

VR VENDOR REFILL

MX622OD
WORKOUT



A versatile trainer for athletic activities.

- ABZORB • Heel and Forefoot
- Injection molded EVA • Midsole
- Rubber outsole
- Leather/mesh upper

BROWN • GREEN

Widths/Sizes
2E 7-13,14,15,16
4E 7-13,14,15,16

434 g (Size 9.5)
MX-001
(RRP 130)

VR VENDOR REFILL

WX622OD
WORKOUT



A versatile trainer for athletic activities.

- ABZORB • Heel and Forefoot
- Injection molded EVA • Midsole
- Rubber outsole
- Leather/mesh upper

BROWN • BLUE

Widths/Sizes
D 6-11

340 g (Size 7)
WX-001
(RRP 130)

VR VENDOR REFILL

MX622AB
WORKOUT



A versatile trainer for athletic activities.

- ABZORB • Heel and Forefoot
- Injection molded EVA • Midsole
- Rubber outsole
- Leather/mesh upper

BLACK

Widths/Sizes
2E 7-13,14,15,16
4E 7-13,14,15,16

434 g (Size 9.5)
MX-001
(RRP 130)

VR VENDOR REFILL

WX622AB
WORKOUT



A versatile trainer for athletic activities.

- ABZORB • Heel and Forefoot
- Injection molded EVA • Midsole
- Rubber outsole
- Leather/mesh upper

BLACK

Widths/Sizes
D 6-11

340 g (Size 7)
WX-001
(RRP 130)

VR VENDOR REFILL