

coles

On Sale Friday 6<sup>th</sup> January

# Best Buys

## New Year New You

See page 5 for  
Coles Best Buys  
extras.



Converts to seat

### FeelFit Yoga Handstand Bench

- Used in yoga training to practice inversion poses, headstands, shoulder stands and strength training without putting pressure on your neck, arms and shoulders
- Stable and comfortable

**\$69<sup>99</sup>**  
ea

Accessories not included

On Sale Friday 6<sup>th</sup> January 2023. See page 6 for Terms and Conditions and store availability.  
We apologise. Due to disruption in the supply chain, we are experiencing temporary reduced product availability.  
We are working hard to restock stores as quickly and safely as possible. We thank you for your patience and support.

**WHILE  
STOCKS  
LAST!**

coles | Value the Australian way





**\$19<sup>99</sup>**  
ea

Perfect for stretching

**5 Seasons Pilates Tension Bar**

- Creates resistance for a full body workout
- Easy to use

Accessories not included



**\$39<sup>99</sup>**  
ea

**5 Seasons Meditation Cushion**  
Designed to be used during meditation or yoga, includes removable cover and carry handle. Machine washable.



Spikes can help relieve muscle tension and promote blood circulation

**\$29<sup>99</sup>**  
pk

**5 Seasons Acupuncture Massage Pillow + Pad Set**  
Massage your back, shoulders, arms, legs and body. Carry bag included.



**BPA**  
free

**\$19<sup>99</sup>**  
ea

**5 Seasons Motivational Time Tracker Triton Water Bottle**  
3.7L capacity, on-the-go hydration with motivational reminders. Available in 3 colours.



**\$19<sup>99</sup>**  
pk

**5 Seasons Resistance Bands**  
11 piece set, connect bands for extra resistance, from 4.5kg to 13.6kg, up to 45kg. Handles and door clip included.



**\$9<sup>99</sup>**  
ea

**ProActive Book Assortment**  
Available in Strength, Yoga, Pilates and Core.



One size fits all

**\$4<sup>99</sup>**  
pk

**Benefeeet Pilates Socks 3 Pack**  
Ideal for pilates, yoga and other mat exercises. Non-slip grip sole with arch support and wing heel to prevent blisters.





**\$19<sup>99</sup>**  
pk

### 5 Seasons Yoga Set

- Suitable for yoga and other exercises
- Includes 1x knee pad, 2x foam wedge blocks, 1x stretching strap and 1x carry bag



Accessories not included



**\$14<sup>99</sup>**  
ea

### 5 Seasons Abdominal Mat

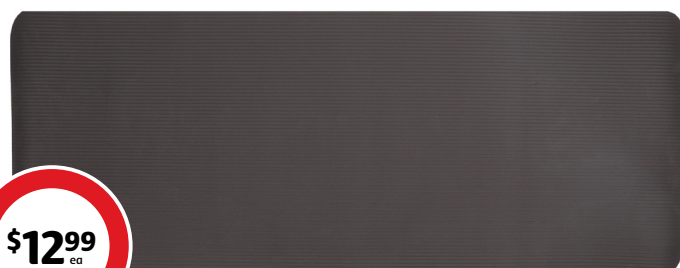
- Exercise your abs, back and obliques
- Ideal contour and height to support your lower back
- Provides full range of motion for targeting entire abdominal muscle groups



Folds for easy storage



Portable

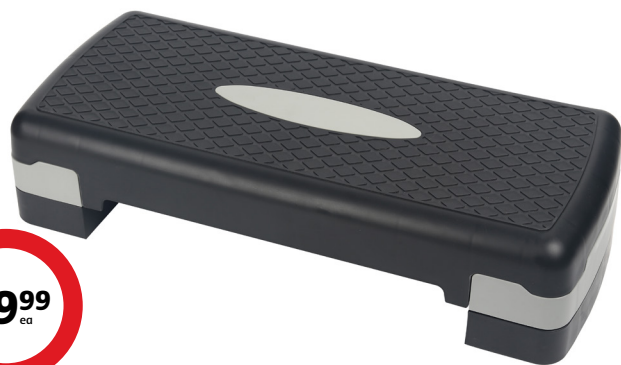


**\$12<sup>99</sup>**  
ea

Extra thick  
8mm

### 5 Seasons Fitness Mat

Ideal for Yoga, aerobics and other exercises, indoor or outdoor use. Lightweight, soft and comfortable.



**\$19<sup>99</sup>**  
ea

### 5 Seasons Aerobic Stepper

Non-slip, textured surface. Includes 2x height adjustable, risers fit inside the step deck for easy storage.



**\$19<sup>99</sup>**  
ea

Multiple hand positions to ensure a comprehensive workout

### 5 Seasons Press Up Board

- 13-in-1 push up board
- For shoulders, triceps, chest and back
- Plug and press the bars and push up



Easy assembly



Portable

**WHILE STOCKS LAST!**



Accessories  
not included



**\$59<sup>99</sup>**  
pk

### KORE Mini Massage Gun with Heating Function

- 12 intensity levels
- 6 Levels of low pulse frequency to treat muscle pain and tension
- 3 adjustable heating levels
- Lightweight and portable
- Rechargeable lithium battery
- LCD screen display



5 Interchangeable  
massage heads



**\$49<sup>99</sup>**  
ea

### Urbanworx Shiatsu Neck Massager

Rolling mechanism with 8 balls, suitable for neck, shoulder, back, thighs and calves. Includes heat, direction and speed options.



Portable



**\$44<sup>99</sup>**  
ea

### Urbanworx Rechargeable USB Eye Massager

Air pressure gently inflates and deflates to massage eyelids, lightweight, heat therapy-stimulates blood flow for relaxation. 3 modes, auto, dynamic and sleeping, one button operation with micro usb charging port.

**1500W**  
POWER

1500W



**\$49<sup>99</sup>**  
ea

### Germanica 180 Degree Health Grill

Includes non-stick coated grill plates for easy cleaning, drip tray and cord-wrap. 80°-200° with floating hinge system, opens to 180°.

**230W**  
POWER

230W



21 piece set

**\$39<sup>99</sup>**  
pk

### Germanica 3-in-1 Rocket Blender

Food processor, blender and juicer with high performance cross blade mechanism. Accessories include, cup rings and party mugs, juice filter and plunger plus more.



**700W**  
POWER

700W



**\$29<sup>99</sup>**  
ea

### Germanica Omelet Maker

Non-stick coated grill plates, auto temp control, cord wrap for storage and auto-lock clip.



3 speeds



App controlled



\$139<sup>ea</sup>

#### Thomson Wifi Air Purifier

Remove contaminants and enhance air quality, 4 coloured air quality indicators, filter-replacement indicator, timer and built in sleep mode, touch control panel CADR: 220m<sup>3</sup>/h, 18-30m<sup>2</sup> coverage, activated carbon filter.

\$399<sup>ea</sup>

#### Pet Nation Elevated Pet Bed with UV50+ Canopy

Elevated for air flow, UV 50+ protection for medium to large sized dog, maximum weight capacity 50kg, includes removable canopy.

\$299<sup>ea</sup>

#### Digital Rolling Measuring Tape

Rechargeable digital tape measure, single and multiple measurements, 8 functions, measure curved or straight surfaces.

\$2499<sup>ea</sup>

TGA approved



#### Urbanworx Fingertip Pulse Oximeter

Suitable for adults, high brightness LED display, low power consumption. TGA approved.

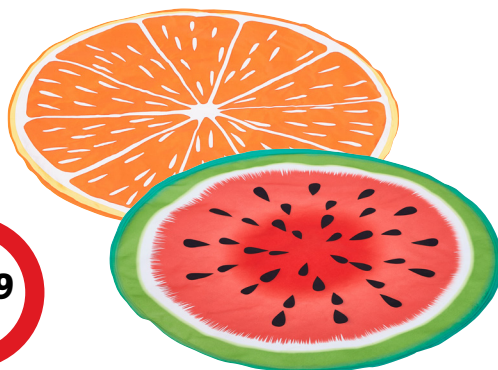


Easy to clean

\$999<sup>ea</sup>

#### Pets Unlimited Cooling Mat

Designed to keep your pet cool and comfortable on a hot day, filled with non-toxic cooling gel. Available in watermelon or orange print.



Next Coles Best Buys catalogue:  
Friday 13th January.

coles  
BestBuys

ONLINE  
EXCLUSIVES

Explore this week's Online Exclusive products  
and enjoy free delivery across the range!

Shop now

WHILE  
STOCKS  
LAST!

## Terms and Conditions

Catalogue on sale Friday 6th January 2023 and only while stocks last. If stock is available beyond the advertised date the promotional prices will be offered until stock runs out. Promotional products are available at selected stores only and limited quantities apply. For a full list of participating stores please see below. Some product varieties, colours or styles may not be available at all of these stores and are only available while stocks last. Offers not available at Coles Express and a limited range is available through Coles Online. We reserve the right to limit sale quantities. No rainchecks apply.

## Participating stores

### ACT

Amaroo  
Canberra Civic  
Gungahlin  
Jamison  
Tuggeranong  
Woden Plaza

### NSW

Albury  
Armidale  
Ashfield  
Balgowlah  
Ballina  
Bankstown  
Banora Central  
Bateau Bay  
Batemans Bay  
Bathurst  
Bega  
Belmont  
Blacktown  
Bonnells Bay  
Bowral  
Broken Hill  
Cambridge Gardens  
Campbelltown  
Carlingford  
Casino  
Casula  
Cessnock  
Charlestown  
Chullora  
Clemton Park  
Coffs Harbour  
Dee Why Grand  
Deniliquin  
Dubbo  
Eastgardens  
Edgeworth  
Elara  
Epping  
Fairfield West  
Fairy Meadow  
Fletcher  
Forster  
Glen Innes  
Glendale  
Glenfield Park  
Glenmore Park  
Goonellabah  
Goulburn  
Grafton  
Grafton Shoppingworld  
Green Hills  
Green Valley  
Greenacre  
Griffith  
Hornsby  
Ingleburn  
Inverell  
Jewelstown  
Katoomba

Kellyville  
Kempsey  
Kincumber  
Kings Langley  
Kirrawee  
Kurri Kurri  
Lake Haven  
Lake Innes  
Lake Macquarie  
Lavington  
Leichhardt  
Lighthouse Beach  
Lisarow  
Lismore  
Lithgow  
Liverpool  
Macarthur Square  
Macquarie  
Marrickville  
Merrylands  
Miranda  
Mona Vale  
Moonee Beach  
Moree  
Morisset  
Mount Annan  
Mount Druitt  
Murwillumbah  
Muswellbrook  
Narellan  
Newcastle Junction  
North Richmond  
North Rocks  
Norwest  
Orange  
Parramatta  
Penrith  
Penrith Westfield  
Port Macquarie  
Queanbeyan  
Revesby  
Richmond  
Rouse Hill  
Rutherford  
Salamander Bay  
San Remo  
Schofields  
Scone  
Shellharbour  
Singleton  
South Grafton  
Stanhope Gardens  
Swansea  
Tamworth  
Tamworth South  
The Entrance  
Toomina  
Top Ryde  
Toronto  
Tuggerah  
Tumut  
Tweed City  
Tweed Heads

Ulladulla  
Wagga Wagga  
Wallsend  
Warners Bay  
Warrawong  
Warriewood  
West Gosford  
West Ryde  
Wetherill Park  
Windsor  
Winmalee  
Winston Hills  
Wollongong  
Wyoming  
Yamba

### NT

Alice Springs  
Casuarina  
Coolalinga  
Oasis  
Palmerston

### QLD

Albany Creek  
Alderley  
Andergrove  
Arundel  
Aspley  
Aspley Hypermarket  
Ayr  
Bay Central  
Beaudesert  
Beenleigh  
Benowa Village  
Bray Park  
Brookside  
Browns Plains  
Bundaberg  
Burleigh West  
Burpengary  
Caboolture  
Caboolture Big Fish  
Cairns Central  
Cairns Mount Sheridan  
Cairns Westcourt  
Caloundra  
Cannonvale  
Capalaba  
Castletown  
Chermside  
Cleveland  
Clifford Gardens  
Clifton Beach  
Coomera City Centre  
Coomera Westfield  
Coorparoo  
Corinda  
Dalby  
Deception Bay  
Deeragun  
Earlville  
Edmonton

Fairfield  
Fairfield Central  
Forest Lake  
Flagstone  
Goondiwindi  
Greenslopes  
Gympie  
Helensvale  
Hervey Bay  
Highfields  
Hope Island  
Indooroopilly  
Innisfail  
Ipswich  
Ipswich River Link  
Jimboomba  
Jindalee  
Karalee  
Kawana Waters  
Kedron  
Kenmore  
Kensington  
Kippa Ring  
Loganholme  
Lutwyche  
Mackay  
Mango Hill  
Maroochydore  
Marsden  
Maryborough  
Mermaid Waters  
Moggill  
Moranbah  
Morayfield  
Morningside  
Mount Gravatt  
Mount Gravatt Plaza  
Mount Ommaney  
Nambour  
Nerang  
Newcastle Junction  
Noosa  
North Lakes  
North Ward  
Northern Beaches  
Pacific Fair  
Pacific Pines  
Park Ridge  
Parkside Mackay  
Peregian Springs  
Petrie Terrace  
Redbank  
Redbank Plains  
Redcliffe  
Redlynch  
Ripley Valley Town Centre  
Robina  
Rosedale  
Rockhampton North  
Rockhampton South  
Runaway Bay  
Silkstone Village  
Sippy Downs



Southport Park  
Springfield  
Springfield Orion  
Springwood  
Strathpine  
Sunnybank Hills  
Sunnybank Plaza  
Taigum  
Tannum Sands  
The Gap  
The Pines  
Thuringowa  
Toowong  
Toowoomba North  
Toowoomba Plaza  
Townsville Annandale  
Townsville Plaza  
Townsville The Willows  
Upper Mount Gravatt  
Victoria Point  
Warwick  
West End  
West Wynnum  
Wiltonton  
Worongary  
Yamanto

#### SA

Aldinga Beach  
Anzac Highway  
Berri  
Bridgewater  
Burnside  
Churchill Centre  
Dernancourt  
Edwardstown  
Elizabeth  
Findon  
Gawler  
Gawler Green  
Glenelg  
Greenacres  
Ingle Farm Walkleys Rd  
Marion  
McLaren Vale  
Mount Barker  
Mount Gambier  
Munno Para  
Murray Bridge Green  
Newton  
Noarlunga  
Northpark  
Parabanks  
Parkholme  
Port Adelaide  
Port Augusta  
Port Lincoln  
St Agnes  
St Clair  
Tea Tree Plaza  
Victor Harbor  
Warradale  
Whyalla

#### TAS

Bridgewater  
Devonport  
Eastlands  
Glenorchy  
Howrah Glebe Hill Village

Kingston  
Meadow Mews  
Mowbray  
Sorell

#### VIC

Airport West  
Altona North  
Armstrong Creek  
Aurora Village  
Avondale Heights  
Bacchus Marsh  
Bayswater  
Belmont  
Bendigo  
Berwick  
Berwick Central  
Biralee Park  
Botanic Ridge  
Box Hill Central  
Brighton  
Brimbank  
Broadmeadows  
Brunswick  
Brunswick West  
Bundoora  
Burnside  
Burwood East  
Cairnlea  
Cardinia Lakes  
Caroline Springs  
Carrum Downs  
Casey Central  
Caulfield Village  
Chadstone  
Chirnside Park  
Clyde North  
Cobblebank  
Coburg  
Colac  
Collingwood  
Corio Village  
Cowes  
Craigieburn  
Cranbourne Park  
Croydon  
Dandenong  
Derrimut Village  
Doncaster  
Donvale  
Eastland  
Elsternwick  
Eltham  
Endeavour Hills  
Epping  
Flemington  
Footscray  
Forest Hill  
Fountain Gate  
Frankston  
Geelong Bay City  
Gisborne  
Glenroy  
Greenvale  
Hamilton  
Hastings  
Healesville  
Hoppers Crossing  
Ivanhoe  
Kangaroo Flat

Karingal Hub  
Keilor  
Kilmore  
Knox  
Lalor  
Langwarrin  
Lara  
Leopold  
Lilydale  
Lynbrook  
Maribyrnong Highpoint  
Maryborough  
Melton South  
Mentone  
Mernda  
Merrifield  
Middle Camberwell  
Mildura  
Mill Park Lakes  
Mitcham  
Moonee Ponds  
Mooroolbark  
Mornington  
Mornington Tyabb Road  
Morwell  
North Blackburn  
Northcote  
Northland  
Oakleigh  
Ocean Grove  
Patterson Lakes  
Point Cook  
Richmond Quarter  
Rockbank Woodlea  
Rosebud  
Rowville  
Roxburgh Park  
Sebastopol  
Seymour  
Shepparton  
Shepparton South  
Somerville  
South Morang  
Southland  
Spring Hill  
Springvale  
Summerhill  
Sunbury  
Swan Hill  
Tarneit  
Tarneit Central  
Tarneit Davis Road  
Tarneit West  
Taylors Hill  
The Pines  
Torquay  
Traralgon  
University Hill  
Vermont South  
Warragul  
Warringal Mall  
Warrnambool  
Waurm Ponds  
Waverley Gardens  
Williamstown  
Wodonga  
Wodonga Plaza  
Wonthaggi  
Woodend  
Wyndham Vale

#### WA

Albany  
Alkimos Trinity Village  
Armadale  
Australind  
Balclutha  
Baldvies  
Banksia Grove  
Bassendean  
Beechboro  
Beeliar  
Beldon  
Belmont  
Bunbury  
Bussetton  
Byford  
Caversham  
Chinatown  
Currambine  
Dianella  
Dunsborough  
Eaton Fair  
Ellenbrook  
Erskine  
Florida  
Forest Lakes  
Forrestfield  
Gateway  
Geraldton  
Gosnells  
Halls Head  
Haynes  
Innaloo  
Joondalup  
Kalamunda  
Kalgoorlie  
Karawara  
Karratha  
Karrinyup  
Kelmscott  
Knox  
Kununurra  
Lakelands  
Maddington  
Mandurah Forum  
Manjimup  
Meadow Springs  
Melville  
Mirrabooka  
Mundaring  
Noranda Square  
North Armadale  
Northam  
Ocean Keys  
Orana  
Pinjarra  
Riverton  
Secret Harbour  
South Hedland  
Southlands  
Subiaco  
Wanneroo  
Warnbro  
Warwick Grove  
Whitford