

BRIEF INTRODUCTION
ZHONGDA SPORTS INDUSTRY GROUP

Zhongda Sports Industry Group was established in 1997 which occupies 240 acres. After 29 years of development, it has become a comprehensive group enterprise that integrates the R&D, production, and sales of fitness equipment, along with smart fitness services and sports training.It has also established a branch in Boston,USA.

Zhongda Sports Industry Group has a professional fitness equipment production workshop of 65,000 square meters with a strong R&D team, advanced production equipment, mature processing technology, a professional and advanced laboratory, and a comprehensive quality assurance system. The treadmills, exercise bikes, comprehensive trainers and other products produced by the company have passed the TUV, SGS, and UL certifications in Germany, and are exported to more than 70 countries and regions such as the United States, Europe, Southeast Asia, South Africa, South America, and the Middle East.The factory has been audited by TARGET and WALMART AND BSCI. It has been recognized as the "Global Best Supplier" by GAIAM in the USA. In December 2019, the company became a member of the American Quality Association.

The company will continue to innovate for human health, keep up with the times, uphold social responsibility, research, and develop more advanced and scientific fitness equipment, promote the "Uprising Power" of sports, contribute to national fitness, and let the spirit of sports become a powerful force for us.

ZHONGDA SPORTS INDUSTRY GROUP CO.,LTD.


ROBOT


POWDER PAINTING WORKSHOP


LASER CUTTING


TREADMILL ASSEMBLING


ASSEMBLING WORKSHOP


PACKAGING WORKSHOP


PACKAGING WORKSHOP


ASSEMBLING WORKSHOP

ZHONGDA SPORTS INDUSTRY GROUP CO.,LTD.


RUBBER COATED WORKSHOP


FRICTION WELDING


AUTOMATIC DIPPING LINE


AUTOMATIC DIPPING LINE


AUTOMATIC DIPPING LINE


76M AUTOMATIC CHROMING WORKSHOP


CHROMING WORKSHOP



AT-1501

Function

- 15.6 inch IPS touch screen display monitors: speed/time/distance/ calorie/pulse/incline/volum/16 programs
- Android 4.2.2 operating system, support wireless Internet access
- muli-media function: USB/MP3
- Support for video, audio and pictures TV
- Program: automatic programs
- Enter weight, height, age, sex, recorder user's information

Item no.	AT-1501
Item Name	Luxury Commercial Motorized Treadmill
Horse Power	5HP
Speed	10-20km/h
Motor	AC motor -AC frequency conversion
Incline	0-15%
Belt size	530×3220×t3mm
Running area	1500×530mm
Max user weight	160kg
Packing size	2230×870×590mm 940X940×520mm
Assembly size	2140×860×1670mm
G.W/NW.	248/168kg
Quantity20·/40/40" HQ	16/34/34pcs
Main frame	40*120*t2.0mm
Main post	50*150*t2mm
Handle bar	30*90*t2mm



AU-1501



Item No.	AU-1501
Computer	scan/speed/time/distance/calorie/pulse/recovery/rmp/ manual/watt/i-console mp3/usb/user profiles/12 programs
Flywheel weight	10kg
Tension controller	32 levels
Seat/handle bar/pedal	adjustable
Assembly size	1220*645*1560mm
Packing size	1150*350*900mm 390*240*500mm
G.W/NW.	76/56kg
Maxuser weight	150kg
Quantity20·/40/40" HQ	60/131pcs
Front stabilizer	J40*70*t2mm
Rear stabilizer	J40*70*t2mm
Frame tube	J50*90*t2.5mm
Handle bar	Φ32*t1.5mm
Front post tube	D100*90*t2.2mm



AR-1501



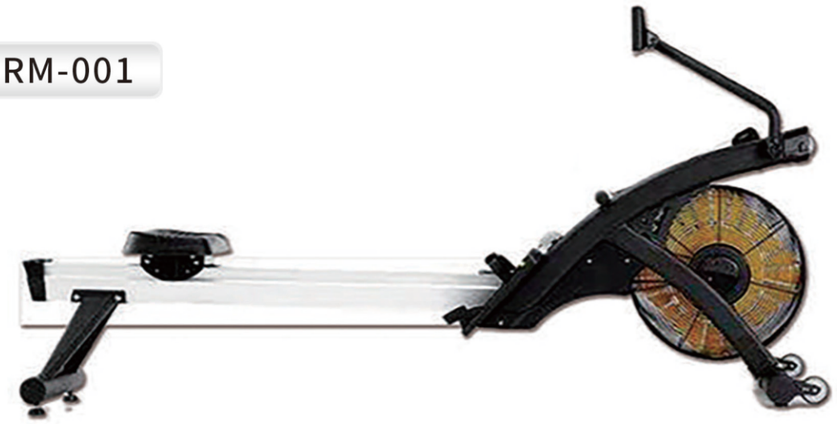
Item No.	AR-1501
Computer	scan/speed/time/distance/calorie/pulse/recovery/rmp/ manual/watt/i-console mp3/usb/user profiles/12 programs
Flywheel weight	10kg
Tension controller	32 levels
Assembly size	1720*645*1350mm
Packing size	1750*350*850mm 390*240*500mm
G.W/NW.	105/80kg
Maxuser weight	150kg
Quantity20·/40/40" HQ	37/78pcs
Front stabilizer	J40*70*t2mm
Rear stabilizer	J40*70*t2mm
Frame tube	J50*90*t2.5mm
Handle bar	Φ32*t1.5mm
Front post tube	D100*90*t2.2mm



AE-1501

Item No.	AE-1501
Computer	scan/speed/time/distance/calorie/pulse/recovery/rmp/ manual/watt/i-console mp3/usb/user profiles/12 programs
Flywheel weight	10kg
Tension controller	32 levels
Assembly size	2100*690*1880mm
Packing size	2250*700*880mm
G.W/NW.	144/114kg
Maxuser weight	150kg
Quantity20·/40/40" HQ	16/34pcs
Front stabilizer	J40*80*t2mm
Rear stabilizer	J40*80*t2mm
Frame tube	J50*120*t2.5mm
Handle bar	Φ25*t1.5mm
L&R handle bar	Φ32*t2.0mm
Front post tube	D100*90*t2.2mm

RM-001



RM-002



Item No.	RM-001	RM-002
Assembly size	2670*530*1230mm	2180*610*660 mm
Packing size	2270*630*650mm	2160*560*570mm
G.W/NW.	72/56kg	70/42kg
Quantity20'/40'/40'HQ	28/56/84 pcs	27/54/72 pcs



AT-3001A

Function
- LCD display with speed/time/distance/calorie/pulse
- 12 speed programs
- MP3 with high-fidelity sound box
- Folding and slow release function
- Safety Key

Item no.	AT-3001A
Item Name	Home Use Motorized Treadmill
Horse Power	1.5HP
Speed	0.8-12km/h
Motor	Low-noise DCmotor and PWM control over-current and short circuit protection
Incline	0-12%
Belt size	420×2660×t1.6mm
Running area	1200×420mm
Max user weight	110kg
Packing size	1680×750×310mm
Assembly size	1620×700×1360mm
G.W/NW.	63/56kg
Quantity20′ /40′ /40′ HQ	70/147/168pcs
Main frame	20*40*t2.0mm
Bottom frame	30*60*t1.5mm
Main post	30*60*t1.5mm
Handle bar	25.4*60*t2mm



AT-5001B

Function
- LCD display with speed/time/distance/calorie/pulse
- 3 direct speed keys / 3 direct incline keys / 10 speed programs
- Body fat testing
- MP3 with high-fidelity sound box
- Folding and slow release function
- Safety Key

Item no.	AT-5001B
Item Name	Home Use Motorized Treadmill
Horse Power	2.5HP
Speed	1-18km/h
Motor	Low-noise DC motor and PWM control over-current and short circuit protection
Incline	0-15%
Belt size	460×2850×t1.6mm
Running area	1300×460mm
Max user weight	130kg
Packing size	1880×830×330mm
Assembly size	1830×800×1320mm
G.W/NW.	90/83kg
Quantity20′ /40′ /40′ HQ	42/98/112pcs
Main frame	25*50*t2.0mm
Bottom frame	40*80*t1.5mm
Main post	40*120*t1.5mm
Handle bar	25.4*60*t2mm



AE-004



Item No.	AE-004
Computer	time/speed/distance calorie/pulse
Flywheel weight	6kg
Tension controller	8 levels
Assembly size	1200*650*1620mm
Packing size	975*255*585mm
G.W/NW.	34.5/29kg
Quantity20·/40/40" HQ	214/430/480pcs
Frame tube	Φ60*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	Φ60*t1.5mm
Front post tube	Φ60*t1.5mm



AE-019



Item No.	AE-019
Computer	time/speed/distance calorie/pulse
Flywheel weight	6kg
Tension controller	8 levels
Assembly size	1380*630*1760mm
Packing size	1110*320*570mm
G.W/NW.	45/40kg
Quantity20·/40/40" HQ	148/296/338pcs
Frame tube	40*80*t1.7mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	Φ60*t1.5mm
Front post tube	Φ60*t1.5mm



AE-020A



Item No.	AE-020A
Computer	time/speed/distance/calorie/pulse
Flywheel weight	6kg
Tension controller	8 levels
Assembly size	1380*630*1760mm
Packing size	1110*320*570mm
G.W/NW.	45/40kg
Quantity20·/40/40" HQ	148/296/338pcs
Frame tube	40*80*t1.7mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	Φ60*t1.5mm
Front post tube	Φ60*t1.5mm



AE-022A



Item No.	AE-022A
Computer	time/speed/distance/calorie/pulse
Flywheel weight	6kg
Tension controller	8 levels
Assembly size	1150*650*1620mm
Packing size	980*340*560mm
G.W/NW.	37.5/34.5kg
Quantity20·/40/40" HQ	136/288/336pcs
Frame tube	40*80*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	40*80*t1.5mm
Front post tube	Φ60*t1.5mm

MAGNETIC CROSS TRAINER



AE-023A



Item No.	AE-023A
Computer	time/speed/distance/calorie/pulse/body fat test
Flywheel weight	6kg
Tension controller	8 levels
Assembly size	1450*690*1730mm
Packing size	1110*320*570mm
G.W/NW.	43/38kg
Quantity20·/40/40" HQ	148/296/338pcs
Frame tube	J40*80*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	40*80*t1.5mm
Front post tube	Φ60*t1.5mm



AU-004



Item No.	AU-004
Computer	time/speed/distance/calorie/pulse/scan
Flywheel weight	5kg
Tension controller	8 levels
Assembly size	1020*510*1340mm
Packing size	1740*250*580mm
G.W/NW.	25/22kg
Quantity20·/40/40" HQ	268/556/622pcs
Frame tube	J30*60*t2mm
Front stabilizer	Φ50*t1.5mm
Rear stabilizer	Φ50*t1.5mm
Front post tube	Φ50*t1.5mm
Handle bar	Φ25*t1.5mm



AU-017B



Item No.	AU-017B
Computer	time/speed/distance/calorie/pulse/ODO
Flywheel weight	5kg
Tension controller	8 levels
Assembly size	1000*500*1340mm
Packing size	870*255*585mm
G.W/NW.	27/23.8kg
Quantity20·/40/40" HQ	232/484/536pcs
Frame tube	J40*80*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	Φ60*t1.5mm
Front post tube	Φ60*t1.5mm
Handle bar	Φ25*t1.5mm



AU-022B



Item No.	AU-022B
Computer	time/speed/distance/calorie/pulse
Flywheel weight	6kg
Tension controller	8 levels
Seat/handle bar/pedal	adjustable
Assembly size	1130*570*1470mm
Packing size	950*255*650mm
G.W/NW.	31/28kg
Quantity20·/40/40" HQ	180/336/440pcs
Frame tube	J40*80*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	PT40*80*t1.5mm
Front post tube	Φ60*t1.5mm
Handle bar	Φ25*t1.5mm



AU-023B





AR-023



Item No.	AU-023B
Computer	time/speed/distance/scan/RPM/pulse
Flywheel weight	6kg
Tension controller	8 levels
Seat/handle bar/pedal	adjustable
Assembly size	960*570*1450mm
Packing size	875*255*585mm
G.W/NW.	31/28kg
Quantity20·/40/40" HQ	232/476/528pcs
Frame tube	J40*80*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	PT40*80*t1.5mm
Front post tube	Φ60*t1.5mm
Handle bar	Φ25*t1.5mm

Item No.	AR-023
Computer	time/speed/distance/calorie/pulse
Flywheel weight	6kg
Tension controller	8 levels
Assembly size	1500*620*1000mm
Packing size	1110*320*560mm
G.W/NW.	36/30kg
Quantity20·/40/40" HQ	148/296/338pcs
Frame tube	J40*80*t1.5mm
Front stabilizer	Φ60*t1.5mm
Rear stabilizer	TR40*80*t1.5mm
Front post tube	Φ60*t1.5mm
Handle bar	Φ25*t1.5mm

ASB-804



Item No.	ASB-804
Assembly size	1430*620*1300mm
Packing size	1180*260*990mm
G.W/NW.	64/58kg
Quantity20'/40' /40'HQ	92/187/208 pcs

AF-021



Item No.	AF-021
Assembly size	1350*1200*650mm
Packing size	1350*340*820mm
G.W/NW.	86/68KG
Quantity20'/40'/40'HQ	72/144/1pcs

AF-023



Item No.	AF-023
Assembly size	1400*620*1260
Packing size	1340*290*920
G.W/NW.	59/50 kg
Quantity20'/40' /40'HQ	72/151/172 pcs

AF-024



Item No.	AF-024
Assembly size	1300*600*1230
Packing size	1300*280*900
G.W/NW.	58/52 kg
Quantity20'/40' /40'HQ	78/166/188 pcs



FB100 **Flat Weight Bench**

- Heavy-duty Steel Frame
- Premium High-density Foam Padding
- Durable PU Leather Upholstery
- Non-slip Rubber Foot Caps

- Maximum Weight Capacity: 440 lbs
- Unit Weight: 15.5 lbs
- Assembled Dimensions: 42''L x16''W x 18.8''H
- Bench Height From Floor: 18.8 inches



FB200 **Pro Adjustable Bench**

- Durable Steel Construction
- Premium High-density Foam Cushioning
- Durable PU leather upholstery
- Non-slip Rubber Foot Caps
- Quick-fold Space-saving Design
- Compact Storage Solution

- Maximum Weight Capacity: 440 lbs
- Unit Weight: 13.7 lbs
- Assembled Dimensions: 43''L x11.9''W x 16.6''H
- Bench Height From Floor: 16.6 inches
- Folded Dimensions: 43"L × 11.9"W × 6"H



XP-FB1.0 **Pro Flat Bench1.0**

- Heavy-gauge Steel Frame Construction
- Extra-thick 2.5" High-density Foam
- Non-slip & Durable Textured Cover
- Grooved rubber Feet for Maximum Stability

- Maximum Weight Capacity: 500 lbs
- Product weight: 31 lbs
- Assembled Dimensions: 47''L x 16.7''W x 17.7''H
- Bench height from floor: 17.7 inches



XP-FB2.0 **Pro Flat Bench 2.0**

- Heavy-gauge Steel Frame Construction
- Extra-thick 2.5" High-density Foam
- Non-slip & Durable Textured Cover
- Grooved rubber Feet for Maximum Stability

- Maximum Weight Capacity: 1000 lbs
- Product weight: 40 lbs
- Assembled Dimensions: 47''L x 16.7''W x 17.7''H
- Bench height from floor: 17.7 inches



AW100

Foldable FID Utility Weight Bench

- Pro Triangle Support Structure
- 8-Position Angle Adjustment System
- Space-efficient Folding Mechanism
- Multi-purpose Training Design
- High-density Foam Cushioning
- Integrated Resistance Band Hooks
- Enhanced Stability Framework

- Maximum Weight Capacity: 660 lbs
- Product weight: 18 lbs
- Assembled Dimensions: 44.8''L x 16.8''W x 42.8''H
- Bench height from floor: 18 inches
- Folded dimensions: 30.2"L x 16.8"W x 10"H



AW200

Multi-function Workout Bench

- Heavy-duty Frame Construction
- High-density Foam Padding
- Stable Training Platform
- FID Bench Press Exercises
- FID Backrest System
- Preacher Curl Station (7" adjustment range)
- Leg Extension Unit (2.4" adjustment range)
- Back-Hyperextension Station

- Maximum Weight Capacity: 660 lbs
- Product weight: 31 lbs
- Assembled Dimensions: 56''L x 22.3''W x 45''H
- Bench height from floor: 20 inches



ZD-AW017

FID Utility Bench

- Heavy-duty Frame Construction
- Stable Base Structure
- 4-Position Adjustment System
- Multi-purpose Exercise Design
- Versatile Workout Platform
- Integrated Dumbbell Storage Hooks

- Maximum Weight Capacity: 300 lbs
- Product weight: 26 lbs
- Assembled Dimensions: 49''L x 23.9''W x 41''H
- Bench height from floor: 19 inches



AW-030

-Item No. AW-030
-Assembly size: 1180×460×460mm
-Packing size: 1220×390×150mm
-G.W/NW. :16.7/14.2kg
-Quantity20'/40'/40'HQ: 264/576pcs
-Frame Tube: 100*50*t2mm



AW-031

-Item No. AW-031
-Assembly size: 1313×600×1123mm
-Packing size: 1270×500×155mm
-G.W/NW. 17.4/14.6kg
-Quantity20'/40'/40'HQ: 204/432pcs
-Frame Tube: 80*40*t2mm



XP-UB1.0

-Extra-thick Gauge Steel Framework
- High-density 2" Foam Padding
- Premium Large Footplates
- Transport Wheel System
-7 Backrest Positions
-5 Seat Height Settings
-Multi-angle Training Options
- Enhanced Stability Design
- Maximum Weight Capacity:1000 lbs
- Product weight: 84 lbs
- Assembled Dimensions: 60.5''Lx26.8'Wx 18'H
- Bench height from floor: 18 inches



PRO4.0

--Commercial-gradeSteel Frame
- High-density Non-slip Padding
-Soft & Comfort Rubber Handles
-Rubber-encased Steel Footplate
-Adjustable Torso Pad (34"-48" range)
-Tripod Base Stability System
-34"-48" adjustable torso pad range
- Enhanced User Comfort Design
-Maximum Weight Capacity:1000 lbs
-Product weight:95 lbs
-AssembledDimensions:
56'L×30W×40"H



AW-012

-Item No. AW-012
-Weight Included: 50kg cement barbell set
-Assembly size: 1660×1220×1320mm
-Packing size: 1120×540×180mm
340×340×260mm (weight)
340×340×260mm (weight)
1600x50x50mm
-G.W/NW. 77/75kg
-Quantity20'160pcs



AW001A

Standard Weight Bench

- Stable Square Tube Design
- High-density Foam Padding
- Durable Vinyl Upholstery
- 1" Weight Plate Posts
- 4 Backrest Positions
- 3 Bar Catch Heights
- Leg Developer (100 lbs capacity)
- Compatible with 1" Bars (4-5 FT)

- Maximum Weight Capacity: 300 lbs
- Product Weight: 34.6 lbs
- Assembled Dimensions:
60''L x 30''W x 43.3''H

AW300

Multi-Functional
Standard Folding Bench



- Square Tube Framework
- High-density Foam Padding
- Durable Vinyl Upholstery
- 1" Weight Plate Posts
- 5 Backrest Positions
- 4 Bar Catch Heights
- Space-saving Folding Design
- Triangular Stability Structure
- Non-slip rubber floor protection
- Bench Press Platform
- Leg Developer (100 lbs capacity)
- Preacher Curl Station
- Fly Exercise Station
- Leg Extension Unit

- Maximum Weight Capacity: 660 lbs
- Product Weight: 99 lbs
- Assembled Dimensions:
70''L x 69''W x 56.6''H
- Folded Dimension: 70''L x 31.5''W x 73.3''H
- Folded Floor Area: 15 Sq Ft



AW-032

-Item No. AW-032
-Assembly size: 1750×1074×1367mm
-Packing size: 1440×500×200mm
-G.W/NW. : 42.7/39.2kg
-Quantity20'/40'/40'HQ: 144/288pcs
-Frame Tube: 100*50*t2mm

AW-033

-Item No. AW-033
-Assembly size: 2080×1360×1870mm
-Packing size: 1270×650×170mm
1820×780×165mm
-G.W/NW. 95.9/89.3kg
-Quantity20'/40'/40'HQ: 48/108pcs
-Frame Tube: 80*40*t2mm
76.2*76.2*t3mm





AW032A

Olympic Weight Bench

- Square Tube Framework
- Triangular Support Structure
- Safety Catch System
- Built-in Plate Storage Posts (×2)
- 4 Backrest Positions
- 3 Bar Catch Heights
- Leg Developer (100 lbs capacity)
- Bench Press Platform
- Leg Developer Unit
- Preacher Curl Station
- Leg Extension Station

- Maximum Weight Capacity: 600 lbs
- Product Weight: 70 lbs
- Assembled Dimensions:
70.6''L x 42.3''W x 54''H

AW033A

Multi-purpose Squat Rack

- Square Tube Framework
- Enhanced Stability Design
- 11 Height Adjustment Levels
- 7 Spotter Arm Positions
- H-base Stability Design
- Non-slip Rubber Feet

- Maximum Weight Capacity: 440 lbs
- Product weight: 43.8 lbs
- Assembled Dimensions:
22.2''W x 45-65''H







CR-018

-Item No. CR-018
-Assembly size: 2270×1422×1050mm
-Packing size: 1470×510×215mm
-G.W/NW. 42/39kg
-Quantity20'/40'/40'HQ: 160/320/384pcs
-Frame Tube: 40*80*t2mm

CR-018A

-Item No. CR-018A
-Assembly size: 2180×860×1040mm
-Packing size: 1385×495×215mm
-G.W/NW.48.06/43.65LB

CR-15011

-Item No. CR-15011
-Assembly size: 1721×1178×2164mm
-Packing size: 1190×225×210mm
-G.W/NW. 40.8/38.2kg
-Quantity20'/40'/40'HQ: 410pcs
-Frame Tube: 50*50*t2mm





PRO 1. 0
Multi-funciton Power Rack
w/ Cable Crossover System

- 2 x 2'' Steel Tube Frame
- 13 Gauge of Steel
- 1'' Hole Size
- 2'' Hole Spacing
- Height 90''
- Footprint: 74'' x 66''
- Numbered uprights (32 holes)
- Weight 360 lbs
- Weight Capacity 700 lbs

- Pair of J-Hooks
- pair of Safety Bars
- 2 Pairs of Dip Station
- Pair of Spotter Arm
- 360° Rotated Landmine
- 6 Band Pegs
- 6 Barbell Storages
- 6 Plates Storage
- 5 Accessories Storage Space

Elite 2.0
Power Rack

- 3 x 3'' Steel Tube Frame
- 11 Gauge of Steel
- 1'' Hole Size
- 4'' Hole Spacing
- Height 96''
- Footprint: 69'' x 55''
- Numbered uprights (14 holes)
- Weight 347 lbs
- Weight Capacity 800 lbs

- Pair of J-Hooks
- Pair of Spotter Arm
- 6 Band Pegs
- 10 Plate Storage





ELITE 3.0
Power Rack

- 3 x 3'' Steel Tube Frame
- 11 Gauge of Steel
- 1'' Hole Size
- 4'' Hole Spacing
- Height 96''
- Footprint: 69'' x 80.5''
- Numbered uprights (14 holes)
- Weight 500 lbs
- Weight Capacity 850 lbs

- Pair of J-Hooks
- Pair of Safety Bars
- 12 Band Pegs
- 10 Plate Storage

ULTRA 5.0
Power Rack

- 3 x 4'' Steel Tube Frame
- 11 Gauge of Steel
- 1'' Hole Size
- 4'' Hole Spacing
- Height 97.4''
- Footprint: 72.5'' x 101.8''
- Numbered uprights (16 holes)
- Weight 705 lbs
- Weight Capacity 900 lbs

- 2 Pairs of Dual J-Hooks
- 2 Pairs of Spotter Arm
- 8 Band Pegs
- 4 Barbell Storage
- 10 Plate Storage
- Accessories Storage Space





ULTRA 7
Power Rack w/ Cable Crossover System

- 1'' Hole Size
- 2'' Hole Spacing
- Height 84''
- Weight 710 lbs
- Weight Capacity 1000 lbs

- Pair of J-Hooks
- Pair of Spotter Arm
- 6 Plate Storage

PRO 3
Functional Training System

- Height 90''
- Front Width 50.5''
- Rear Width 22.2''
- Depth 43.5''
- Actual Stack Weight Per Side 200 lbs
- Ratio 2:1
- Usable Weight Per Side 5-100 lbs
- Adjustable Holes (21)
- Weight 860 lbs
- Weight Capacity 700 lbs

- Aluminium Pulley
- Steel Wire with Nylon Cable
- Cable Weight Capacity 500 lbs



Bar Option Available



AHG-1002



AHG-1003



AHG-1004



ITEM NO	AHG-1002	AHG-1003	AHG-1004
WEIGHT INCLUDE	100LB cement plates	100LB cement plates	100LB cement plates
ASSEMBLY SIZE	1670*950*2030mm	1500*1180*2020mm	1500*1180*2020mm
PACKING SIZE	1910*760*220mm	1900*455*210mm	1920*455*210mm
	385*190*230mm	385*190*230mm	385*190*230mm
	385*190*270mm	385*190*270mm	385*190*270mm
G.W/NW.	122/114kg	93.36/88.36kg	93.36/88.36kg
QUANTITY20'/40/40"HQ	81/162/192pcs	136/235/235pcs	137/235/235pcs
FRAME TUBE	60*60*t1.5	50*50*t1.5mm	40*80*t1.5mm
L&R PEC DECK ARM TUBE	50.8*1.5t	38*38*t1.5mm	30*60*t1.5mm
HANDEL BAR	25*1.5t	Φ25*1.5tmm	Φ25*t1.5mm



AHG-1005

-Item No. AHG-1005
-Weight include: 100LB cement plates
Assembly size: 2550*1950*2200mm
-Packing size: 1980*700*210mm
1740*330*230mm
385*190*230mm
385*190*270mm
-G.W/NW. 157.36/147.36kg
Quantity20'/40/40"HQ: 65/130pcs
-Frame tube: 60*60*t1.5mm
-L&R PEC deck arm tube: 50.8*t1.5mm
-Handel bar: 25*t1.5mm

AHG-1006

-Item No. AHG-1006
-Weight include: 200LB cement plates
-Assembly size: 3090*2370*2030mm
-Packing size: 1900*740*230mm
385*190*270mm
1900*600*230mm
385*190*230mm
385*190*230mm
385*190*270mm
-G.W/NW.: 260.72/250.72kg
-Quantity20'/40/40"HQ: 45/84pcs
-Frame tube: 60*60*t1.5mm
-L&R PEC deck arm tube: 50.8*t1.5mm
-Handel bar: 25*t1.5mm



DF-054C Cast Iron(painted)Kettlebell Size:4-40KG,5-50LB



DF-057B Vinyl Dippingm Kettlebell Size: 2-48KG,5-50LB



DF-057C Competition Kettlebell Size:4-32KG



DF-SKB Soft Kettlebell Size:2-12KG,4-24LB



DF-018 Octagonal Color Rubber Dumbbells Size:5-50LB



DF-019 Octagonal Black Rubber Dumbbells Size:5-50LB



DF-020

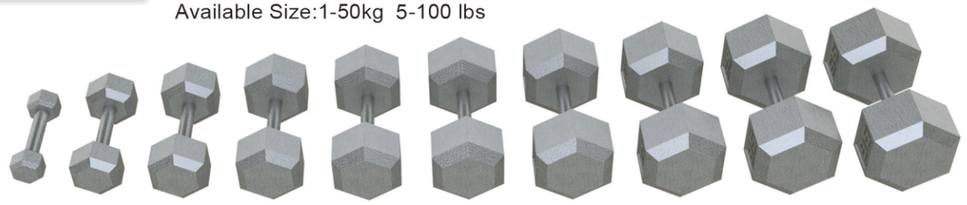
Rubber Dumbbell With Chrome Handle
Available Size:2.5-50KG,5-100LB



DF-021 Hex Rubber Dumbbell With Chrome Handle Size:5-120LB,1-60KG



DF-022 Painting Dumbbell With Chrome Handle
Available Size:1-50kg 5-100 lbs



DF-089 Vinyl Dumbbell Available Size:2-20lb,1-10kg



XP-NDB Ear dumbbell Available Size:2-8lb



Available Size: 1-4 kg



DF-092 Hex Neoprene Dumbbell Available Size:2-20lb,1-10kg



DF-002 Chrome Dumbbell With Soft Handle
Available Size:2-50LB,1-25KG



DF119A Adj. Dumbbell Set



DFA07 Dumbbell Set



DFA02 Kettlebell Set



DF090C-D5 Dumbbell Set



DFA01 Dumbbell Set





XP-ADB25

25 lb Adjustable Dumbbell

- Weight Range: 2.5 - 25 lbs
- 10 Adjustable Settings in 2.5 lb Increments
- One-twist Quick-select Technology
- Premium Cast Iron Weight Plates
- Anti-slip Ergonomic Handle



XP-ADB55

55 lb Adjustable Dumbbell

- Weight Range: 10 - 55 lbs
- 10 Adjustable Settings in 5 lb Increments
- One-twist Quick-select Technology
- Premium Cast Iron Weight Plates
- Anti-slip Ergonomic Handle



XP-8318

56 lb Adjustable Dumbbell

- Weight Range: 5-56 lbs
- 18 Adjustable Settings in 3 lb Increments
- One-twist Quick-select Technology
- Premium Cast Iron Weight Plates
- Anti-slip Ergonomic Handle



XP-8320

25 lb Adjustable Dumbbell

- Weight Range: 2.5 - 25 lbs
- 10 Adjustable Settings in 2.5 lb Increments
- One-twist Quick-select Technology
- Premium Cast Iron Weight Plates
- Anti-slip Ergonomic Handle



XP-8106

25 lb Adjustable Dumbbell

- Weight Range: 5-25 lbs
- 5 Adjustable Settings in 5 lb Increments
- One-twist Quick-select Technology
- Premium Cast Iron Weight Plates
- Anti-slip Ergonomic Handle



XP-8107

27.5 lb Adjustable Dumbbell

- Weight Range: 5.5-27.5 lbs
- 5 Adjustable Settings in 5.5 lb Increments
- One-twist Quick-select Technology
- Premium Cast Iron Weight Plates
- Anti-slip Ergonomic Handle



XP-AKB225

22.5 lb Adjustable Kettlebell

- Weight Range: 3.5 - 22.5 lbs
- 7 Precision Weight Settings:
  3.5, 7, 10, 13, 16, 19.5, 22.5 lb
- One-twist Quick-select Technology
- Steel Plates with Protective Nylon Coating
- Anti-slip textured handle



XP-AKB44

44 lb Adjustable Kettlebell

- Weight Range: 5 - 44 lbs
- 7 Precision Weight Settings
  5, 11.5, 18, 24.5, 31, 37.5, 44 lb
- One-twist Quick-select Technology
- Steel Plates with Protective Nylon Coating
- Anti-slip textured handle



XP-8305

3 in 1 SET

Specification	kettlebell:20KG Dumbbell:13.5KG Barbell:16KG Big piece 7KG/7.5LB Middle piece 3.5kg/5LB Small piece 1KG/2.5LB
Material	Structural components + cast iron counterweight plates + hardtware parts
Product size	43x31x36CM
Packaging	Foambox+PEbag+Carton
Packing size	50x29.5x35.5CM
NW/GW	25.2/26.4kgs
20GP	520CTN



Stand Cast Iron Grip Plates

DF-SP2.5	2.5LB
DF-SP05	5LB
DF-SP10	10LB
DF-SP25	25LB
DF-SP35	35LB
DF-SP45	45LB

- Material: Solid Cast Iron Core
- Finish: Baked Enamel in Hammerton Gray



Standard Rubber Grip Plates

DF-RSP2.5	2.5LB
DF-RSP05	5LB
DF-RSP10	10LB
DF-RSP25	25LB
DF-RSP35	35LB
DF-RSP45	45LB

- Material: Solid Cast Iron Core
- Finish: Rubber Coating



Olympic Cast Iron Grip Plates

DF-OP2.5	2.5LB
DF-OP05	5LB
DF-OP10	10LB
DF-OP25	25LB
DF-OP35	35LB
DF-OP45	45LB

- Material: Solid Cast Iron Core
- Finish: Baked Enamel in Hammerton Gray



Olympic Rubber Grip Plates

DF-ROP2.5	2.5LB
DF-ROP05	5LB
DF-ROP10	10LB
DF-ROP25	25LB
DF-ROP35	35LB
DF-ROP45	45LB

- Material: Cast iron core
- Finish: Rubber Coating



DF-063

Eco-Friendly Crumb Bumper Plates

- Sizes: 10/15/25/35/45 lbs
- Style: Olympic 2'' Center Hole
- Material: 100% Recycled Rubber Crumb Construction
- Insert: Stainless Steel
- Bounce Level: Medium
- Factory Tested Over 20,000 Drops for 25/35/45 lbs
- Multipurpose Training Bumper Plates



DF062

Black Rubber Bumper Plates

- Sizes: 10/15/25/35/45/55 lbs
- Style: Olympic 2'' Center Hole
- Material: Rubber
- Insert: Stainless Steel
- Bounce Level: Low to medium
- Factory Tested Over 20,000 Drops for 25/35/45 lbs
- Olympic Weightlifting Training Bumper Plates



DF065

Competition Series Bumper Plates

- Sizes: 25/35/45/55 lbs
- Style: Olympic 2'' Center Hole
- Material: 100% Premium-grade Rubber Construction
- Insert: Stainless Steel
- Diameter: 450mm
- Colors: IWF Standard Color Coding
- Bounce Level: Low
- Factory Tested Over 30,000 Drops
- Competition and Elite Training

DF-OP300SET

300 lb Olympic Weight Set

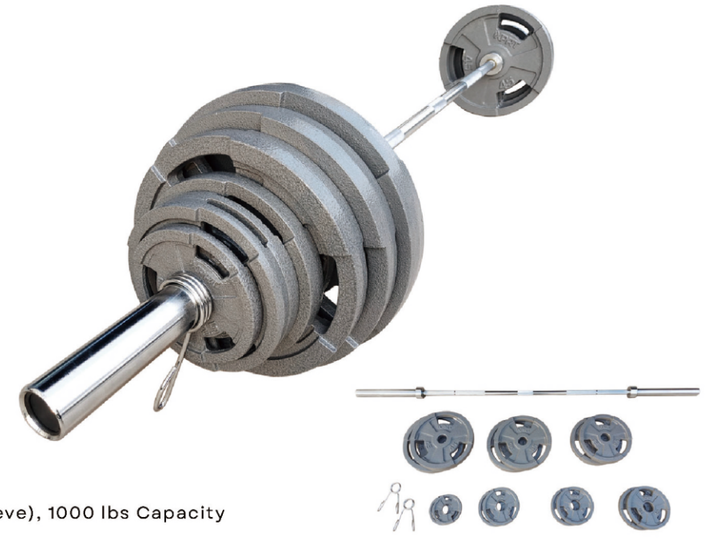


Plate Configuration:

- 2.5 lb plates × 2 (5 lbs total)
- 5 lb plates × 4 (20 lbs total)
- 10 lb plates × 2 (20 lbs total)
- 25 lb plates × 2 (50 lbs total)
- 35 lb plates × 2 (70 lbs total)
- 45 lb plates × 2 (90 lbs total)

Equipment Included:

- 86" Olympic Barbell (2" Diameter Sleeve), 1000 lbs Capacity
- Spring Collars × 2
- Plate Material: Cast Iron with Hammerton Gray finish

DF-SP98SET

Starter 98 lb Standard Weight Set



Plate Configuration:

- 2.5 lb plates × 2 (5 lbs total)
- 5 lb plates × 2 (10 lbs total)
- 10 lb plates × 2 (20 lbs total)
- 25 lb plates × 2 (50 lbs total)

Equipment Included:

- 5 ft Standard Barbell (1" diameter sleeve)
- Spring Collars × 2
- Material: Cast Iron with Hammerton Gray finish



DF173

Smooth Standard Bar

- Available Lengths: 5 ft / 6 ft / 7 ft
- Chrome finish
- 25mm Grip Diameter
- Weight: 13 lbs (5 ft) / 16 lbs (6 ft) / 17 lbs (7 ft)
- Maximum Load Capacity: 350 lbs



DF176

Spin Lock Standard Bar

- Available Lengths: 5 ft / 6 ft / 7 ft
- Chrome finish
- 25mm Grip Diameter
- Weight: 13 lbs (5 ft) / 16 lbs (6 ft) / 17 lbs (7 ft)
- Maximum Load Capacity: 350 lbs
- 2 Spin lock included



DF160

Standard Curl Bar

- Length: 48 inches (4 ft)
- Chrome finish
- 25mm Grip Diameter
- Weight: 11 lbs
- Maximum Load Capacity: 350 lbs



DF161

Standard Super Curl Bar

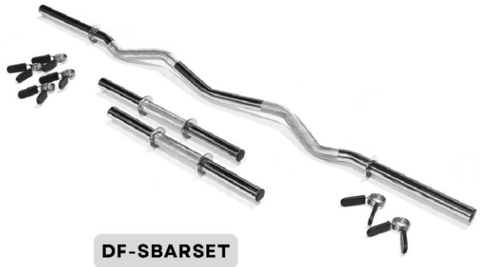
- Length: 48 inches (4 ft)
- Chrome finish
- 25mm Grip Diameter
- Weight: 11.6 lbs
- Maximum Load Capacity: 200 lbs



DF154

Standard Tricep Bar

- Length: 34 Inches
- Chrome finish
- 25mm Grip Diameter
- Weight: 7.5 lbs
- Maximum Load Capacity: 250 lbs
- 2 Spring Collars Included



DF-SBARSET

Standard Curl Bar & Handles Set

- Length: 48 inches (4 ft)
- Chrome finish
- 25mm Grip Diameter
- Set Includes:
  48-inch Curl Bar × 1, Dumbbell Handles × 2, Spring Collars × 6



DF-189-14

14" Dumbbell Handles

- Length: 14 inches
- Grip Diameter: 25mm
- Handle Weight: 3.9 lbs
- Spin-Lock Collars
- Finish: Chrome



DF-189-195

19.5" Dumbbell Handles

- Length: 19.5 inches
- Grip Diameter: 25mm
- Handle Weight: 4.9 lbs
- Spin-Lock Collars
- Finish: Chrome



DF-190-14

14'' Dumbbell Handles -Black

- Length: 14 inches
- Grip Diameter: 25mm
- Handle Weight: 3.9 lbs
- Spin-Lock Collars
- Finish: Black



DF-190-195

19.5'' Dumbbell Handles - Black

- Length: 19.5 inches
- Grip Diameter: 25mm
- Handle Weight: 4.9 lbs
- Spin-Lock Collars
- Finish: Black



DF-191-14

14'' Dumbbell Handles -Rubber Handles

- Length: 14 inches
- Grip Diameter: 33mm
- Handle Weight: 3.9 lbs
- Finish: Rubber Grip Coating



DF-191-195

19.5'' Dumbbell Handles - Rubber Handles

- Length: 19.5 inches
- Grip Diameter: 33mm
- Handle Weight: 4.9 lbs
- Finish: Rubber Grip Coating



DF156

48" Olympic Super Curl Bar

- Chrome Finish
- 25mm Grip Diameter
- Weight: 19.9lbs.
- Maximum Load: 200 lbs
- Includes: Collars



DF154OB

34" Olympic Tricep Bar

- Chrome Finish
- 25mm Grip Diameter
- Weight: 23lbs.
- Maximum Load: 200 lbs
- Includes: Collars



DF155

48" Olympic EZ Curl Bar

- Chrome Finish
- 28mm Grip Diameter
- Weight 17lbs.
- Maximum Load: 600 lbs
- Advanced Bearing System
  (2 Bushing + 2 Bearing per sleeve)
- Includes: Collars



DF-EZ100

48" Olympic EZ Curl Bar

- Chrome & Black Finish
- 8mm Grip Diameter
- Weight 16lbs.
- Maximum Load: 600 lbs
- Bushing System
- Includes: Collars



DF-EZ200

54" Olympic EZ Curl Bar

- Black Oxide Finish
- 28mm Grip Diameter
- Weight 30lbs.
- Maximum Load: 600 lbs
- Bushing System
- Includes: Collars



DF-EZ300

74" Olympic EZ Curl Bar

- Chrome Finish
- 28mm Grip Diameter
- Weight 35lbs.
- Maximum Load: 700 lbs
- Advanced Bearing System
  (1 Bushing + 1 Bearing per sleeve)
- Includes: Collars



DF167

5FT Olympic Bar

- Chrome Finish
- 28mm Grip Diameter
- Weight 27lbs
- Maximum Load: 500 lbs
- Bushing System
- Includes Collars



DF169

7FT Olympic Bar

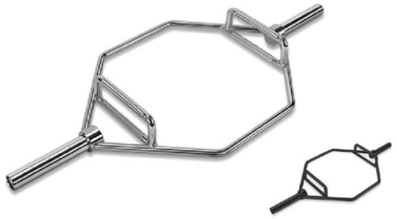
- Chrome Finish
- 28mm Grip Diameter
- Weight 46lbs
- Maximum Load: 700 lbs
- Bushing System
- Includes Collars



DF-OBARSET

Hollow Olympic Curl Bar & Handles Set

- 47" Olympic Curl Bar × 1
- 2" Olympic Dumbbell Handles × 2
- Spring Collars × 6
- Chrome Finish
- 25mm Grip Diameter



DF-TB100 / DF-TB100B

56" Trap Bar Chrome / Black

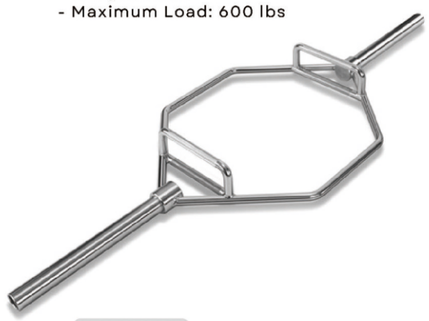
- Chrome or Black Finish
- 25mm Grip Diameter
- Weight 45lbs
- Maximum Load: 600 lbs



DF-TB150

56" Trap Bar w/ Foldable Handles

- Chrome Finish
- 25mm Grip Diameter
- Weight 45lbs
- Maximum Load: 600 lbs
- Foldable Handles for Storage



DF-TB200

71" Long Loading sleeve Trap Bar

- Chrome Finish
- 25mm Grip Diameter
- Weight 55lbs.
- Maximum Load: 600 lbs
- Extended Loading Sleeves

DF169-E01 **86" Elite Bar**



- Material: Steel
- Bar Length: 86"
- Sleeve length: 16.3"
- Sleeve Coating: Chrome
- Shaft Coating: Chrome
- Grip Diameter: 28mm
- Bar Weight: 20KG
- Capacity: 1000 lbs
- Tensile strength: 165k
- Center Knurling: No
- Knurl Depth: Medium
- Bearing System: Bushing

DF-BW1000-15KG **15KG Women's Bar**



- Material: Steel
- Bar Length: 2010mm
- Sleeve length: 12.6"
- Sleeve Coating: Bright Zinc
- Shaft Coating: Black Zinc
- Grip Diameter: 25mm
- Bar Weight: 15KG
- Capacity: 1000 lbs
- Tensile strength: 165k
- Center Knurling: No
-Knurl Depth: Medium
- Bearing System: Bushing

DF-BW2000 **Weightlifting Bar**



- Material: Steel
- Bar Length: 2200 MM
- Sleeve length: 16.3"
- Sleeve Coating: Black Zinc
- Shaft Coating: Black Zinc
- Grip Diameter: 28mm
- Bar Weight: 20KG
- Capacity:1000 lbs
- Tensile strength: 200k
- Center Knurling: No
- Knurl Depth: Medium
- 3 Needle bearings w/ 2 bushing

DF-BM3000 **Multi-functional Bar**



- Material: Steel
- Bar Length: 87.4"
- Sleeve length: 16.4"
- Sleeve Coating: Hard Chrome
- Shaft Coating: Hard Chrome
- Grip Diameter: 28mm
- Bar Weight: 20KG
- Capacity:1500 lbs
- Tensile strength: 200k
- Center Knurling: No
- Knurl Depth: Medium
- Bearing System: Bushing

DF-BP4000 **Power Bar**



- Material: Steel
- Bar Length: 86"
- Sleeve length: 16.3"
- Sleeve Coating: Bright Zinc
- Shaft Coating: Black Zinc
- Grip Diameter: 28mm
- Bar Weight: 20KG
- Capacity:1500 lbs
- Tensile strength: 200k
- Center Knurling: No
- Knurl Depth: Medium
- Bearing System: Bushing

DF-BT5000 **Technique Bar**



- Material: Aluminum
- Bar Length: 72"
- Sleeve length: 12.8"
- Sleeve Coating: Black Zinc
- Shaft Coating: Bright Zinc
- Grip Diameter: 28mm
- Bar Weight: 15 lbs
- Capacity: 200 lbs
- Center Knurling: No
- Knurl Depth: Medium
- Bearing System: Bushing





XP-LM100

Landmine Attachment

- Compatible with 2" Olympic Bars
- 360° Rotation Capability
- Anti-slip Textured Surface
- Heavy-duty Rubber Body
- Protective Coating for Bar & Floor
- Compact & Portable Design
- Easy Installation



ZDWLA06

Arm Blaster for Biceps & Triceps

- Enhanced Bicep Isolation
- Improved Muscle Contraction
- Reduced Swing Motion During Curls

- Material: Aluminum
- Dimension: 23"x3"x0.3"
- Weight: 2 lbs



DF-BPAD

Barbell Squat Pad

- Dimensions: 17" x 3.6"
- Material: High-density foam
- Universal Fit (Standard & Olympic Bars)
- Superior Neck & Shoulder Protection
- Secure Non-slip Design





DF185

1" Standard Spring Collars

- Compatible with Standard Bars (1" sleeve)
- Material: High-grade Steel



Non-Slip Neoprene Spring Clip Collars

Neoprene-dipped grip surface. Secure hold, easy one-hand release.
Fits all standard and Olympic bar setups.
Recommend stocking BOTH sizes — they serve different buyer groups.

Pricing by variant:
1" Standard : SKU DF185
2" Olympic : SKU DF183



DF183

2" Olympic Spring Collars

- Compatible with Olympic Bars (2" sleeve)
- Material: High-grade Steel



ZD-CA100 **D Handle Cable**



ZD-CA200 **Double D Handle**



ZD-CA300 **V Shaped Bar**



ZD-CA400 **Rotating Straight Bar A**



ZD-CA500 **27" Tricep Rope**



ZD-CA600 **Rotating Straight Bar B**



ZD-CASET4BLACK **Combo Set w/ Clip**



ZD-LAT100 **34" PRO LAT Pull Down Bar**



ZD-LAT100-28

28'' PRO LAT Pull Down Bar



ZD-LAT200

Open Row Bar



ZD-LAT600

Revolving V-Bar



ZD-LAT300

29'' LAT Curl Bar



ZD-LAT400

29'' LAT Curl Bar w/ Rubber Handle



ZD-LAT800

Tricep Press Down Bar



ZD-LAT500

47'' LAT Pull Down Bar - Black



ZD-LAT700

47'' LAT Pull Down Bar - Rubber Handle



ZD-LAT900

47'' LAT Pull Down Bar - Rubber Knots



ZD-CACLIP

Carabiner Clip

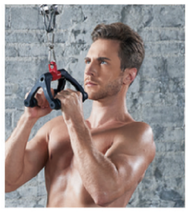




XP-LAT10A

ErgoGrip Tricep Rope





XP-LAT10B

ErgoGrip Double D Handle



Ergonomic Design Features

- Ergonomic Contoured Design
- Natural Palm Alignment
- Maximum Pulling Efficiency
- Anti-slip Secure Grip
- Reduce Hand Fatigue and Friction
- Wrist Strain Prevention
- Even Pressure Distribution across palm



XP-LAT10C

ErgoGrip Exercise Handles
Size: Medium



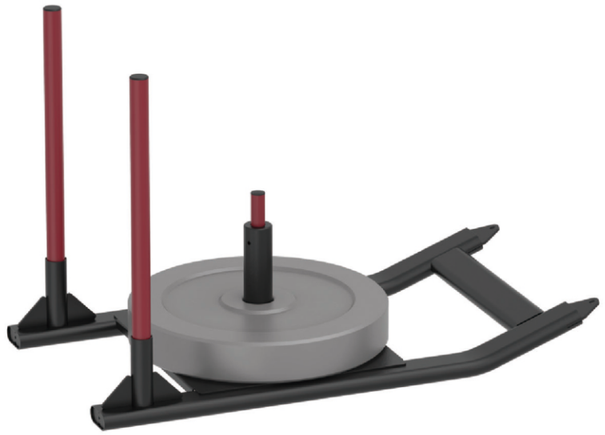
XP-LAT10D

ErgoGrip Exercise Handles
Size: Large



XP-LAT10E

Multi-Purpose Exercise Handles
Rubber Straight Handles



CR-1522B

Push-Pull Stength Training SLED

- Maximum Load: 660 lbs
- Dual Push/Pull Training Design
- Compatible with 1" & 2" Plates
- Curved Bottom Flat Oval Tube
- Detachable Push Posts
- Surface Versatility: Gym Floors, Tracks, Lawns
- Product weight: 31 lbs
- Assembled Dimensions:
  36.4''L x 19.3''W x 23.9''H



CR-BROPE30

30 FT Battle Rope

- 100% Poly Dacron Material
- Heat-shrink Grip Handles
- Length: 30 feet
- Diameter: 1.5 inches
- Handle Length: 8 inches
- Weight: 15 lbs



CR-PBS

3-in-1 Plyometric Box

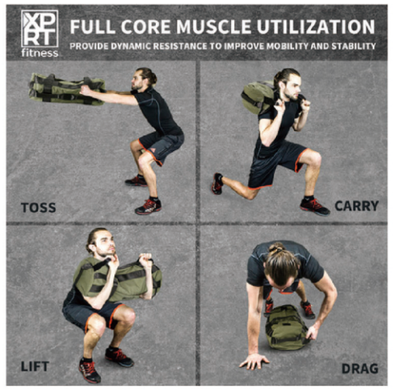
- Heavy-duty Plywood Construction
- Pre-drilled Assembly Holes
- Pre-drilled holes
- Standard: 16"/14"/12"
- Large: 20"/18"/16"



CR-JP100

Speed Jump Rope

- Steel Wire Core Construction
- Durable Protective Coating
- Tangle-free Design
- Adjustable Length
- High-speed Performance



CR-1506

Professional Training Sand Bag



- 7 Ergonomic Training Handles
- Heavy-duty Construction
- Double-sealed Waterproof Design
- Waterproof, double-sealed construction
- Adjustable Weight System
- Removable Filler Bags
- Available in 3 Sizes, Choice of 3 Colors
- Weight Filling Required

DF-MBELL

Training Steel Macebell

- Reinforced Steel Build
- Extended Professional Knurling Handle
- Multi-planar Movement Design
- Secure Grip Technology
- Versatile Exercise Options
- Weight Options: 5, 7, 10, 15, 20, 25, 30 lbs



DF-WB

48'' Weighted Bar

- Heavy-duty Steel Core
- High-density Foam Grip
- Anti-roll End Caps
- Color-coded Weight System
- Strength Training / Aerobic Exercises
- Available in 5, 8, 10, 12, 15, 20, 25, 30 lbs







ZD-SBALL

Slam Ball

- Heavy-duty Rubber Shell
- Dead Bounce Design
- Impact Absorption Technology
- Available Weights:
  10, 15, 20 lbs





ZD-WBALL

Wall Ball

- Textured Shell Surface
- Balanced Weight Distribution
- Secure Grip Techonolgy
- Available Weights:
  6, 8, 10, 12, 14, 18, 20, 25, 30 lbs



ZD-MB05A10

10 lbs Dual Grip Medicine Ball

- Dual Handle Design
- Textured Rubber Surface
- Balanced Weight Distribution
- Weight: 10 lbs



ZD-GB200

Stability Ball

- Anti-burst Construction
- Non-slip Surface Technology
- workout guide and Large foot pump included
- Options: Sizes: 55, 65, 75 cm
- Available in 5 Colors



SP2000 **Multifunctional Adjustable Fitness Bench/Step Platform**



- Maximum Load: 300 lbs
- 2-in-1 Step & Bench Design
- Incline/Decline/Flat Options
- Multiple Backrest Positions
- Anti-slip Textured Surface
- Built-in Resistance Band Storage
- Foldable Space-saving Design
- Dimensions: 44"x13"x 8"



SP1000

Aerobic Step Platform

- Maximum Load: 300 lbs
- Adjustable Heights: 4", 6", 8"
- Anti-slip Grooved Surface
- Non-skid Rubber Stabilizers
- Floor Protection & Space-saving design
- Cardio & Weight Training Compatible
- Dimensions: 41"x16"x 4/6"



SP3000

Aerobic Step Platform

- Maximum Load: 300 lbs
- Adjustable Heights: 4", 6"
- Non-slip Knurled Surface
- High-density Construction
- Space-efficient Design
- Versatile Training Platform
- Dimensions: 41"x16"



AF-017 **Multi-Grip Pull-up Bar**

- Maximum Load: 300 lbs
- Heavy-duty Steel Construction
- Reinforced Connections
- High-density Foam Grips
- Pull-ups | Push-ups | Dips | Core exercise



AF-017A **Multi-Grip Pull-up Bar**

- Maximum Load: 450 lbs
- Heavy-duty Steel Frame
- 8 Versatile Grip Positions
- Foam-padded Grip System
- Pull-ups | chin-ups | push-ups & more



ZD-W003 **Ankle Weights**

- Soft Breathable Neoprene Material
- Premium Iron Sand Filling
- Adjustable Velcro Straps for Secure Fit
- Joint-friendly Design
- Available Weights: Pairs: 1, 2, 3, 4, 5 lbs



ZD-W00310J **Adjustable Ankle Weights**

- 5 Removable Weight Units (1 lb each)
- Adjustable Range: 1-5 lbs per ankle
- Soft Breathable Neoprene Material
- Premium Iron Sand Filling
- Secure fit with Adjustable Velcro Closure





CR-1504 **Ab Mat** **CR-1505** **Ab Mat w/ Pad**

- Curved Spine Support Design
- Contoured Comfort Padding
- Portable design for home or gym use
- Option: Integrated Tailbone Protection



ZD-011B **AB Roller Wheel**

- Textured Non-slip Rubber Wheel
- Durable PVC Material
- Steel Core Handle
- Comfort Foam Grips
- Anti-skid Surface



ZD-RB01

5 Loop Band Set

- 100% Natural Latex Material
- Dimensions: 12"L × 2"W
- 5 Resistance Bands
- 5 Resistance Levels



ZD-RB02

Pull Up Band Set

- 100% Natural Latex Material
- 4 Pull Up Assistance Bands
- 4 Progressive Resistance Levels
- Specialized for Pull-up Training



ZD-RB03

Resistance Band Set

- 100% Natural Latex Material
- 5 Tube Bands
- Resistance Range: 10-50 lbs
- Complete Training Kit



ZD-RB03-10/20/30/40/50

Single Band Set

- One Resistance Band
- Door Anchor Attachment
- Workout Guide
- 100% Natural Latex Material
  10, 20, 30, 40, 50 lbs



ZD-RB02-R/BK/P/G/BU

Single Pull-Up Band

- 100% Natural Latex Material
- 5 Pull Up Assistance Bands options
- 5 Progressive Resistance Levels
- Specialized for Pull-up Training



ZD-RB06

Stretch Band Set of 3

- Material: High-quality TPE
- Length: 5 feet
- Width: 6 inches
- 3 Resistance Levels
- Workout guide included



ZD-RB07-10/20

Sleeved Resistance Band

- 100% Natural Latex Core
- Protective Nylon Sleeve
- Anti-snap Design
- Resistance Options: 10, 20 lbs



ZD-RB04

3 Hip Fabric Band Set

- 3 Ultra Strong Resistance Levels
- Cotton-Latex Blend Material
- 100% cotton with latex
- Workout guide included
- Available Colors: Green or Gray



ZD-RB03DR

Large Door Anchor

- Enhanced Foam Protection
- Band Protection Padding
- Heavy-duty Construction



ZD-035 **Adjustable Resistance Hand Grip**

- Adjustable Range: 11-132 lbs
- Contoured Comfort Handle
- Durable Metal Alloy Frame
- Rubber Grip Surface
- Secure Non-slip Design
- Daily Grip Training



ZD-044 **Power Gripper**

- Aluminum Handle Construction
- Carbon Steel Spring System
- Knurled Anti-slip Handle Design
- 5 Resistance Levels
- Range: 100-300 lbs



ZD-HG01SET

Grip Strength Training Kit

- Premium Non-slip Rubber Material
- Ergonomic Contoured Design
- Textured Handle Surface
- Adjustable Resistance Levels
- Full Range Strength Development
- Progressive Training System
- Enhanced Grip Strength
- Reduced Hand Fatigue
- Improved Wrist Stability
- Arm strength, Hand Power, Finger Dexterity Wrist Stability



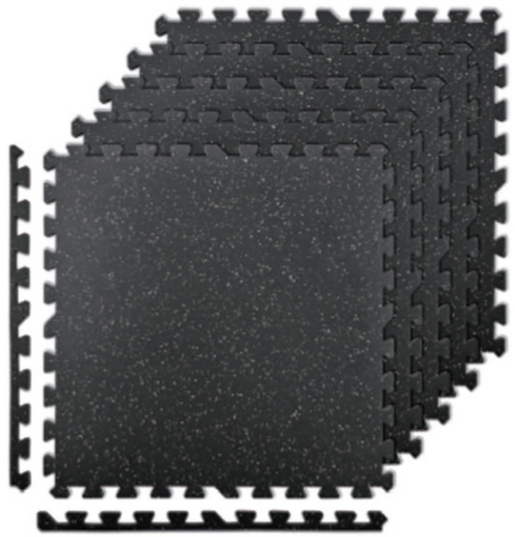
ZD-036C **Adjustable Hand Strengthener**

- Built-in counter for progress tracking
- Adjustable Range: 10-130 lbs
- Ergonomic Contoured Handle
- Durable Construction
- Comfortable Grip Design
- Perfect for Hand Strength Training



ZD-HG02 **Finger Strengthener**

- Individual finger spring design
- Made of ABS plastic and stainless steel
- Adjustable Tension: 0.75-7 lbs per finger
- Perfect for Independent Finger Training



XRT3806EVA **Dual-Layer Rubber Floor Tiles**

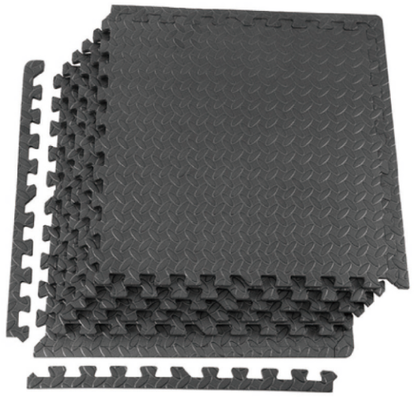
6-Piece Pack | 24" x 24" x 3/8" thickness | Covers approx. 24 sq ft
Dual-density construction — firm base layer, shock -absorbing top surface.
Interlocking edges. Easy to clean. Ideal for home gyms and garage workouts.

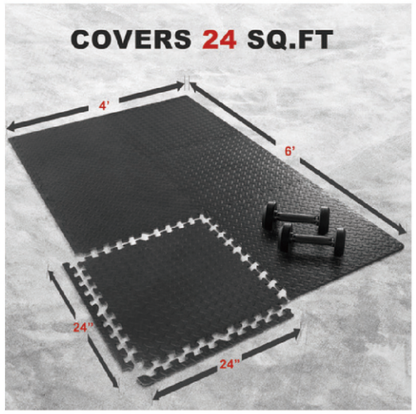
Gym Equipment Rubber Pads

10 x 10 cm x 1.2 cm. Non-slip rubber pads protect floors from equipment
scratches and scuffs. Doubles as a stabilizer under heavy equipment.
Two pack sizes available — offer both to cover different purchase budgets

Pricing by variant:
4-PCS Pack: SKU
6-PCS Pack: SKU









ZD-EM011-1/2-6



ZD-EM011-3/4-6

Interlock Floor Mat - 6pcs / pack

- Premium EVA Foam Material
- Non-slip Textured Surface
- Water-resistant Design
- Interlocking Edge System
- 6 Tiles per Pack, Individual Tile Size: 24" × 24"
- Coverage: 48 sq ft (12 tiles)
- Available Thicknesses: 1/2" or 3/4"









-1/4" Premium EVA Foam
- High-density PVC Material
- Impact Resistance
- Equipment Stabilization
- Noise Reduction
- Shock Absorption
- Water-proof & tear-resistance

ZD-TM100

5'x2.5' Multi-Purpose Mat

Recumbent bike | Spin bike | Exercise bike

ZD-TM200

6.5'x 3' Multi-Purpose Equipment Mat

Treadmill | Rower Machine | Elliptical bike





X1.0

2 Player Pickleball Paddle Set

- USAPA Certified Tournament Paddles
- Fiberglass Surface with Polypropylene Honeycomb Core
- Enhanced Power, Control and Spin
- Performance Grip
- Cushioned for Comfort
- Wide Sweet spot
- Light Weight 7.8 oz
- Complete Set Includes:
  2 Paddles, 4 Outdoor Balls and Carrying Bag





X1.0 - SINGLE

Pickleball Paddle with 4 Balls

- USAPA Certified Tournament Paddles
- Fiberglass Surface with Polypropylene Honeycomb Core
- Enhanced Power, Control and Spin
- Performance Grip
- Cushioned for Comfort
- Wide Sweet spot
- Light Weight 7.8 oz
- Complete Set Includes:
  1 Paddle, 4 USAPA complied outdoor balls and Carrying Bag



X3.0-WOOD

Ultra-Light Wood Pickelball Paddle

- Premium 9-ply Premium Hardwood Core
- Light weight 7.7 oz
- Superior Wood Durability
- Wide-body Sweet Spot Design
- Sweat-wicking and Anti-slip Grip Handle
- Comfort Cushioning
- Perfect for Family Play
- Ideal for Family Recreation, Beginner Players, Casual Play
- Available Colors: Blue, Yellow



- Diameter: 74mm (Official Size)
- Weight: 26g (Standard)
- 40 Precision-drilled Holes
- Reliable Bounce Consistency
- Aerodynamic Smooth Flight
- High-visibility Color
- Weather-resistant



X-PKBALL40-6PACK **Pro Outdoor Pickleball Set**







X-PK6-OG

X-PKBALL6 **Recreational Outdoor Pickleball Set**

- Diameter: 74mm (Official Size)
- Weight: 26g (Standard)
- 40 precision-drilled Holes
- Durable, Consistent Bounce
- High-visibility Tracking Color

X-PK6-GN **Recrational Pickleball 12pcs Set**

- Diameter: 74mm (Official Size)
- Weight: 26g (Standard)
- 40 precision-drilled Holes
- Durable, Consistent Bounce
- Available color: green and orange



X-SPK6 **Slient Foam Practice Pickleball Set**

- Advanced Noise-reduction Design
- Premium durable construction
- Consistent Flight Pattern and Bounce
- Training-focused Design
- Indoor-optimized
- Excellent for practicing techniques



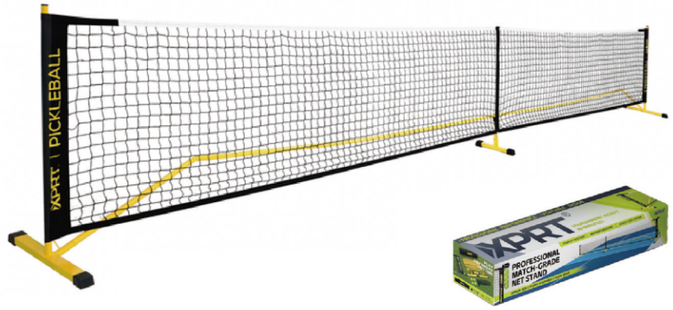


X-SHPK6 **Soft Practice Pickleball Set**

- Advanced soft material design
- Premium durable construction
- Not easily cracked
- Consistent flight & bounce
- Ideal for indoor or outdoor space
- Excellent for practicing techniques

XPOS-PBALLNET100

Portable Pickleball Net Stand w/ 4 green outdoor balls





- USAPA Regulation Size: 22 FT Length with 34 inches Center Height
- Sturdy Steel Construction
- Durable Double-sewn Nylon Tarp Sides
- Fiberglass Center Support Pole
- Push-lock Design & Adjustable Top Straps
- Built-in Ball Collector
- Easy Tool-free Setup
- The set Includes:
  Professional Pickleball net, 4 USAPA Complied Outdoor Balls and Carrying Bag



XPOS-PBALLNETS200

Portable Pickleball Net Stand w/paddles and balls





- USAPA Regulation Size: 22 FT Length with 34 inches Center Height
- Sturdy Steel Construction
- Durable Double-sewn Nylon Tarp Sides
- Fiberglass Center Support Pole
- Push-lock Design & Adjustable Top Straps
- Built-in Ball Collector
- Easy Tool-free Setup
- The set Includes:
  Professional Pickleball net, 4 ultra-light Wood Paddles, 4 USAPA Complied Outdoor Balls and Carrying Bag





XPOS- SNET1

4'X3' Foldable Soccer Goal

- Durable Fiberglass Frame
- Weather-resistant Netting
- 6 Ground Stakes Included
- Foldable and Portable Design
- Lightweight Design
- Family Activities, Training and Game
- The Set Includes:
  Soccer Goal, 10 Training Cones,
  6 Ground Stakes and carrying bag



XPOS-1100

Kids Soccer Trainer

- Solo Soccer Training Device
- Elastic Strap Length: 6 ft
- Extended Length: 18 ft
- Reinforced Cord Material
- Fits ball Sizes 3, 4, 5
- Traning For:
  Shooting Practice, BallControl, Passing
  Drill, Juggling Skills, Throw-in-practice
- Available Colors: Blue and Pink

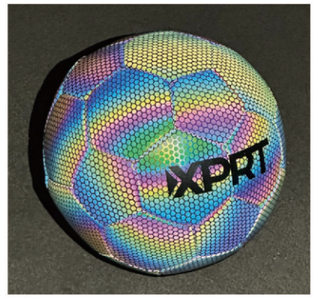


ZD-AG2Y **Agility Cone Set**

- 50 Training Cones
- Material: Premium Soft Plastic
- Carrying Bag Included
- Color: Yellow

REFLECTIVE UNDER LIGHT

- Composite Leather Exterior
- 100% Nylon Windings
- Rubber Bladder Core
- Premium Bounce Performance
- Reflective Surface Technology
- Enhanced Visibility under Flash/Lights



XPOS-NRS5

Night reflective soccer ball
Size 5



XPOS-NRB7

Night reflective basket ball
Size 7



XPOS-NRF6

Night reflective football
Size 6

GLOWING FOR NIGHT GAMES

- USB Rechargeable LED Light
- Extended Glow Duration
- Water-resistant Design
- Durable Rubber Construction
- Auto-off (30 seconds)
- Ball Pump & Inflation Needle Included



XPOS-GFS5

Recharegable LED soccer ball
Size 5



XPOS-GFB7

Rechargeable LED Basketball
Size 7



XPOS-GFF6

Rechargeable football
Size 6



X-BBP01

Plastic Baseballs

9'' Training Baseballs



X-BBP02

Flexible Training Baseballs

9'' EVA Flexible Training Baseballs



X-BBP04

PU Training Baseball Set of 3

9'' Soft Training Baseballs

Hard Rubber core



X-BBP06 **Practice Baseball**

Soft cushioned core



X-BBP07 **Safety Training Baseball**



X-BBASE

Baseball & Softball Field Base Set (5 pcs)

- Complete Field Base Set
- Professional Pitching Rubber
- 5 Total Pieces
- Weather-resistant Rubber Material
- Roll-up Storage Design
- Durable and weather-resistant
- Versatile use : Baseball, Softball, Tee ball, Kickball



DF-058A

105LB Vinyl Kettlebell Set With Corner Rack
.Set includes:
.5,10,15,20,25,30LB
.Space saving 2 shelf corner rack
.Retail box set



DF-058B

135LB Vinyl Kettlebell Set With Corner Rack
.Set includes:
.10,15,20,25,30,35LB
.Space saving 2 shelf corner rack
.Retail box set



DFR001-1

5-Tier Elite Dumbell Rack

- Total Load Capacity: 500 lbs
- Anti-slip Protective Slot Design
- Built-in Device/ Storage Platform
- Compatible with Dumbbells Up to 50 lbs

- Material: Alloy Steel Frame
- Color: Black
- Capacity: Holds 5 pairs of Dumbbells
- Assembled Dimension: 21''L X 18.1''W X 36''H
- Weight: 26 lbs



DFR100

6-Tier Dumbbell Rack w/wheels

- Total Load Capacity: 600 lbs
- Anti-slip Protective Slot Design
- Built-in device/ Storage Platform
- Transport Wheels for Mobility
- Compatible with Dumbbells up to 50 lbs
- Extra Bottom Storage Tier capacity: 60 lbs

- Material: Alloy Steel Frame
- Color: Black
- Capacity: Holds 6-8 Pairs of Dumbbells
- Assembled Dimension: 21''L X 18.1''W X 47''H
- Weight: 35 lbs



DFR200

Neoprene Dumbbell Stand w/wheels

- Total Load Capacity: 200 lbs
- Anti-slip Protective Slot Design
- Built-in device/ storage platform
- Transport Wheels for Mobility
- Optimized for Neoprene Dumbbells up to 20 lbs
- Extra Bottom Storage Tier Capacity: 60 lbs

- Material: Alloy Steel Frame
- Color: Beige / Pink / Black
- Assembled Dimension: 13.6''L X 13.6''W X 32.5''H
- Weight: 24 lbs



DFR001

A-Frame Dumbell Vertical Rack

- 5-Tier Design
- Anti-slip Protective Slot Design
- Space-efficient Vertical Storage
- Holds 5 Pairs of Dumbbells
- Compatible with Rubber/Cast Iron Dumbbells up to 25 lbs
- Total Load Capacity: 400 lbs

- Material: Alloy Steel Frame
- Color: Hammertone Gray
- Assembled Dimension: 14''L X 15''W X 25.6''H
- Weight: 14 lbs



DFR001A

Compact Dumbbell Rack

- 4-Tier Design
- Anti-slip Protective Slot Design
- Two Horizontal Center Racks for Extra Storage
- Each center rack support up to 100 lbs
- Total Load Capacity: 400 lbs (50 lbs per slot)

- Material: Alloy Steel Frame
- Color: Black
- Assembled Dimension: 14''L X 15''W X 25.6''H
- Weight: 13.4 lbs



DFR001C

3-Tier Dumbbell Stand

- 3-Tier Storge Design
- Anti-slip Protective t Design
- 800 lbs Total Load Capacity, 266 lbs Per Tier

- Material: Alloy Steel Frame
- Color: Hammertone Gray
- Capacity: Holds 5-10 Pairs of Dumbbells
- Assembled Dimension: 14''L X 15''W X 25.6''H
- Weight: 33 lbs



DF-WR300WH

Olympic Weight Plate Storage Rack W/ Wheels

- 6 Olympic Weight Plate Storage Posts
- 2 Olympic Bar Storage Points
- Total Weight Capacity: 800 lbs
- Individual Post Capacity: 125 lbs
- Built-in Transport Wheels for Mobility
- High-capacity Storage Design

- Material: Alloy Steel Frame
- Color: Black Finish
- Assembled Dimension: 20''L X 26''W X 55''H
- Weight: 52.7 lbs

DF-WR400

2-In-1 Weight Plates & Bar Storage Stand

- 4 Weight Plate Posts and 2 Bar Storage Design
- Total Weight Capacity: 700 lbs
- Individual Post Capacity: 125 lbs
- 4 Olympic-sized Insertive Sleeves
- Dual Bar Security Locking Pins
- Space-Efficient Vertical Storage Solution

- Material: Alloy Steel Frame
- Color: Hammertone Gray
- Assembled Dimension: 28.7''L X 17.7''W X 33.4''H
- Weight: 22 lbs
- Includes 1'' and 2'' Spring Collars, 2 Pairs Each





DFR500

Adjustable Dumbbell Rack

- Color: Black Finish
- Assembled Dimension:20.9''L X 20.1''W X 5.3''H
- Weight: 35.5 lbs



Triangle Shape
Weight: 2LB/4LB/pair
Silicone, stainless iron, Velcro



K Shape
Weight: 2LB/pair
Silicone, stainless iron, Velcro



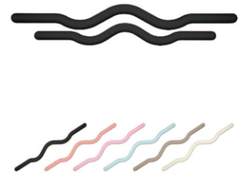
"7" Shape Dumbbell
Weight: 1kg/pcs, 2kg/pair
Silicone iron



Dumbbell Ring
Weight: 5LB, 10LB
Smooth surface/Silicone iron



Triangle Dumbbell Ring
Weight: 7LB, 10LB
Smooth surface/ Silicone iron



Barbell beam
Weight: 15LB/pcs, 25LB/pcs
Silicone iron



Kettlebell
Weight: 10LB/PCS
Silicone iron

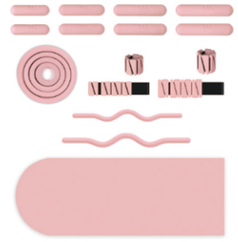


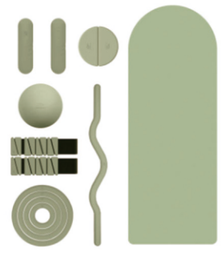
Dumbbell
Weight: 2KG, 3KG, 4KG, 5KG /Pair
Silicone iron

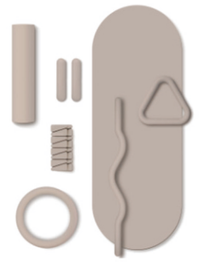


Dumbbell
Weight: 1KG, 2KG, 3KG, 4KG /Pair
Silicone iron

Combination Set







ZD-TM001
MINI TEACHING CART



ZD-TM002
BATTING PRACTICE BALL CART



ZD-TM003
MONSTER TARGET STAND



ZD-TM004
FLIP OVER WHEEL KIT



ZD-TM005
Wheel Kit For Baseball Screens



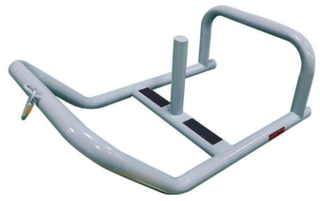
ZD-TM006 11.4kg/9.7kg
ZD-TM006A 10.8kg/9.04kg



ZD-TM007
BACKSTOP TRANSPORT DOLLEY



ZD-TM008
LOW PUSH/PULL TRAINING SLED



ZD-TM009
POWER ROPE ANCHOR STATION



ZD-TM010
WIDE BODY BALL CARTS



ZD-TM011
MONSTER BALL CART



ZD-TM012
SCOOTER BOARD/CONE CART



ZD-TM013
PRO LASER



QUALIFICATION AND CERTIFICATE



























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Product catalog

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Company E-mail : xumeifang@zhongdafitness.com
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ZHONGDA FITNESS

UPRAISING POWER



ZHONGDA SPORTS INDUSTRY GROUP CO.,LTD