



# FITNESS & GYM YOGA AT HOME

They are very important and practical for you to explore your body's potential and extend your body's flexible level. During this period

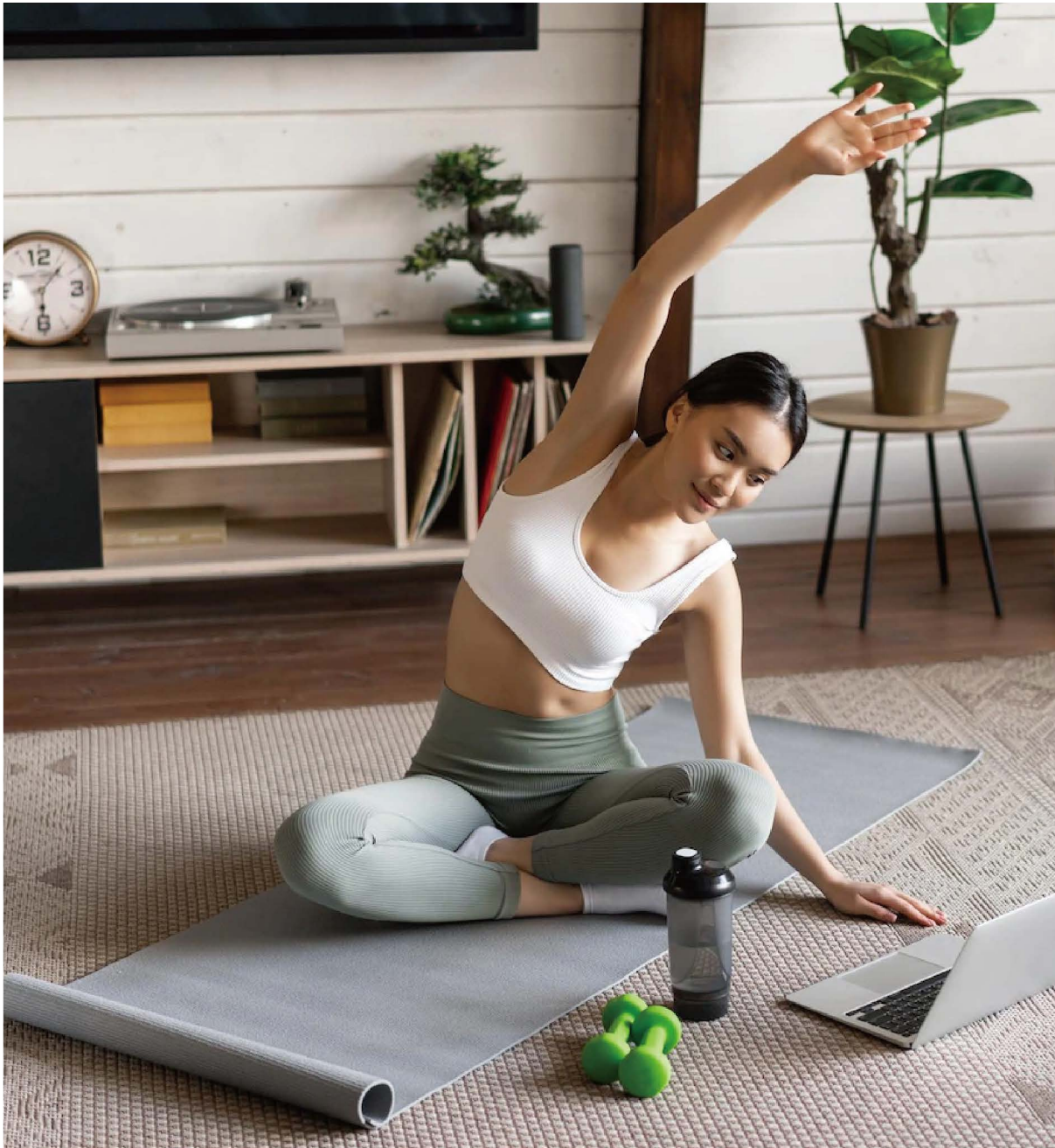
Get Started



KEEP FIT

2023

REACH THE LIMIT AND CROSS YOUR LIMIT.



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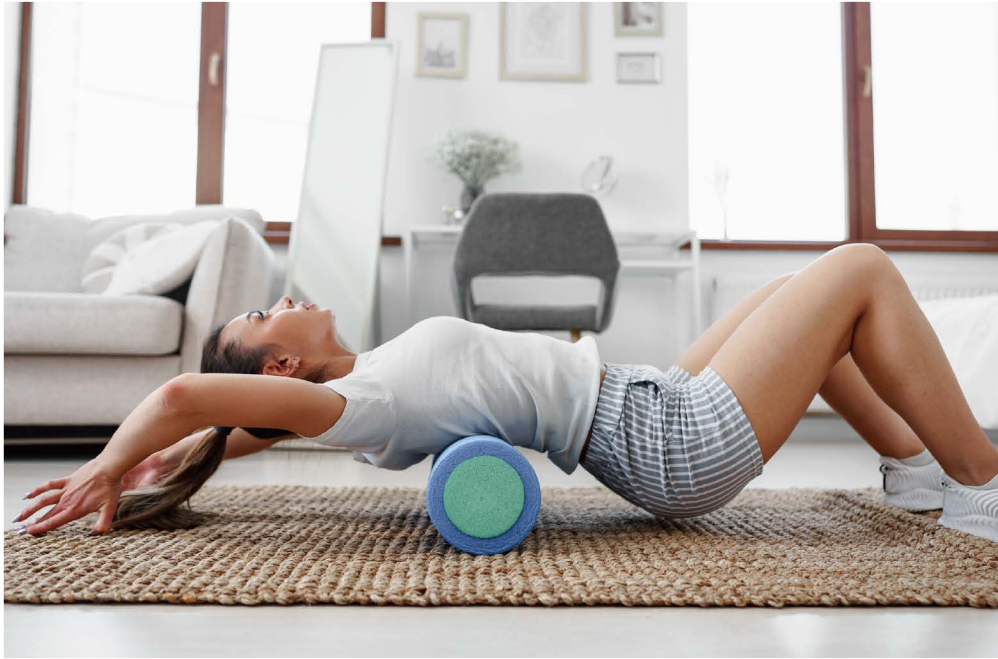




01

# YOGA AUXILIARY SUPPLIES





- Rechargeable Battery Lasts Up To 2 Hours
- Cordless And Rechargeable
- Ac Charger Included
- Ideal For Pain Relief, Relaxation, And Recovery



Item No:JL2  
Product Size: 30/45/60/90\*15cm



Item No:JL4  
Product Size: 14\*33cm



Item No:JL7  
Product Size: 10\*30cm



Item No:JL5  
Product Size: 14\*33cm



Item No:JL6  
Product Size: 14\*33cm



Item No:JL20  
Product Size: 15\*45/60/90cm



Item No:AP6201  
Materials:EPP

# FOAM ROLLER

Foam rolling helps stretch and lengthen muscles, thus expanding the range of movements. You can also feel a whole lot better now that tight spots and discomfort are targeted and reduced.





# HOLLOW YOGA ROLLER

Provides relief from cramping, tight muscles, suitable for physical therapy. Post-workout recovery tool reduces lactic acid buildup and alleviates tension to keep you going.



Item No: JL17  
Product Size: 14\*33cm



Item No: JL18  
Product Size: 14\*33cm



Item No: JL21  
Product Size: 14\*33cm



Item No: AP1531  
Product Size: 14\*33/45cm



Item No: AP1506  
Product Size: 66cm



Item No: AP1536  
Product Size: 33/45cm



Item No: AP1507  
Product Size: 14\*33/45/60cm



Item No: AP1527  
Product Size: 14\*33/45cm



Item No: AP1508  
Product Size: 14\*33/45/60cm



Item No: AP1528



Item No: AP1516



Item No: AP1509A



Item No: JL22  
Product Size: 30\*8cm



Item No: AP1533S



Item No: AP1535S



Item No: AP1533M



Item No: AP1535M

NEW TEXTURED for deep tissue relief • Ideal for isolating specific muscle groups • Hard inner core for long-term durability



## PRODUCTS

- **SMALL AND PORTABLE** - Easily transport this item in a small duffel bag or purse for added convenience.
- **EASY CARE** - Once you're done using this item, simply wipe the item down with a damp cloth and mild soap to clean the item and use it again.



Item No:AP1560S  
Product Size: φ7.5cm



Item No:AP1560L  
Product Size: 14.5\*7.5cm



Item No:AP1532AS  
Product Size: φ8.5cm



Item No:AP1532AL  
Product Size: 17\*8.5cm



Item No:AP1513



Item No:JL8  
Product Size: 8\*16,12\*14cm



Item No:JL9  
Product Size: φ8/10/12cm



Item No:AP6210S/AP6210L  
Product Size: φ8/10cm



Item No:AP6209S/AP6210L  
Product Size: φ8/12cm



Item No:AP6409  
Product Size: 17\*8.5cm



Item No:JLE05  
Product Size: φ9cm



Item No:JLE06  
Product Size: φ7cm



**PEANUT MASSAGE BALL**  
Item No:JLE11  
Product Size: φ6\*16cm/90g



**FOOT MASSAGE ROLLER**  
Item No:JLE12  
Product Size: φ8/10 8\*16/12\*24cm



Item No:JLE13  
Product Size: 11.5\*5.5cm



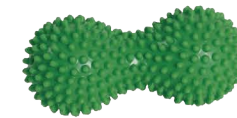
Item No:JLE04  
Product Size: φ7.5/9cm



Item No:AP6405



Item No:JLE04  
Product Size: φ7.5/9cm



Item No:AP6411  
Product Size: 17\*18cm



Item No:AP6407  
Product Size: 16\*9cm



# YOGA BALL

your workout will be much better with proper foundation



Item No.:JLF01  
Product Size: φ55/65/75cm



Item No.:JLF02  
Product Size: φ55/65/75cm



Item No.:JLF03  
Product Size: φ55/65/75cm



Item No.:JLF04  
Product Size: φ20/25/30cm



Item No.:JLF05  
Product Size: φ55/65/75cm



Item No.:JLF06  
Product Size: φ45\*90cm/50\*100cm



Item No.:AP6402  
Product Size: φ45/55/65/75/85cm



Item No.:AP6403  
Product Size: φ45/55/65/75cm



**SILICONE DIAMOND PEANUT BALL**  
Item No.:AP6260  
Product Size: 139\*66cm



**SILICONE HEXAPOD**  
Item No.:AP6262  
Product Size: φ60\*47\*47cm



**HEXAGONAL REACTION SPHERE**  
Item No.:AP6263  
Product Size: 63\*53\*53cm

# YOGA WHEEL



**YOGA WHEEL**  
Item No.:AP6218B  
Product Size: φ33\*13cm



**YOGA WHEEL**  
Item No.:AP6218  
Product Size: φ33\*13cm



**YOGA WHEEL**  
Item No.:SC-YJH915  
Product Size: φ33\*13cm



**YOGA WHEEL**  
Item No.:JLF29  
Product Size: φ33\*13cm





# YOGA AUXILIARY SUPPLIES



*Helps improve blood circulation, toned muscles and smooth skin. Perfect warm up for athletes, coaches, athletic players, dancers. Essential equipment for any professional masseuse, therapist, trainer and trainer. Great gift idea for friends and family who love sports.*



**CORK FOAM ROLLER**  
Item No: AP6701



**CORK MASSAGE BALL**  
Item No: AP6702



**CORK HOLLOW FOAM ROLLER**  
Item No: AP6704



**CORK PEANUT BALL**  
Item No: AP6705



**CORK YOGA BRICK SET**  
Item No: AP6706



**CORK YOGA BRICK**  
Item No: AP6707



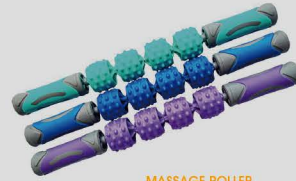
**MASSAGE ROLLER**  
Item No: JLE07-AB



**MASSAGE ROLLER**  
Item No: JLE07



**MASSAGE ROLLER**  
Item No: JLE08



**MASSAGE ROLLER**  
Item No: JLE09



**DUAL-SIDED MASSAGER**  
Item No: JLE10



**DUAL-SIDED MASSAGER**  
Item No: AP1515B



**FOAM ROLLER**  
Item No: JLI1  
Product Size: 15\*42.5cm



**FOAM ROLLER**  
Item No: JLI2  
Product Size: 15\*42.5cm



**FOAM ROLLER**  
Item No: JLI3  
Product Size: 14\*33cm



**YOGA BRICK**  
 Item No.:JLF24  
 Product Size: 23\*15\*7.5cm



**YOGA BRICK**  
 Item No.:JLF23

# YOGA BRICK

Yoga blocks provide the stability and balance needed in your practice to help with optimal alignment, deeper poses, and increased stamina.



**EVA YOGA BRICK**  
 Item No.:AP6215  
 Product Size: 3\*6\*9\*9\*cm



**EVA YOGA BRICK**  
 Item No.:AP6215C  
 Product Size: 23\*15\*7.6cm



**EVA YOGA BRICK**  
 Item No.:AP6216  
 Product Size: 3\*6\*9\*9\*cm



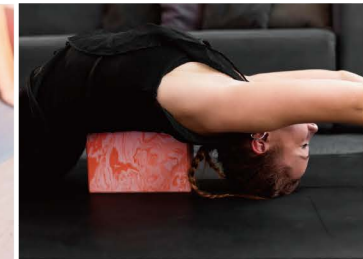
**EVA YOGA BRICK**  
 Item No.:AP6223  
 Product Size: 23\*15\*9.8cm



**EVA YOGA BRICK**  
 Item No.:SC-E760-EVA  
 Product Size: 23\*15\*7.5cm



**YOGA BRICK**  
 Item No.:JLF25  
 Product Size: 23\*15\*7.5cm







**BOSU BALL**  
Item No:AP6412A  
Product Size: 60\*22cm



**BOSU BALL**  
Item No:AP6412B  
Product Size: 60\*22cm



**BOSU BALL**  
Item No:AP6412C  
Product Size: 60\*22cm



**BOSU BALL**  
Item No:AP6412D  
Product Size: 59\*42cm



**BOSU BALL**  
Item No:AP6412D  
Product Size: 57\*22cm



**BOSU BALL**  
Item No:JLF09  
Product Size: 60\*26cm



**MASSAHE PILLOW**  
Item No:AP6406A  
Product Size: 33cm



**MASSAHE PILLOW**  
Item No:AP6406B  
Product Size: 33cm



**MASSAHE PILLOW**  
Item No:AP6406C  
Product Size: 33cm



**MASSAHE PILLOW**  
Item No:AP6406D  
Product Size: 33cm



**MASSAHE PILLOW**  
Item No:AP6406E  
Product Size: 33cm



**MASSAHE PILLOW**  
Item No:AP6406F  
Product Size: 33cm

## MASSAHE PILLOW

Use our balance disc during exercises like standing on the balance pod, and the motion seat can strengthen your core muscles and improve your balance, coordination, and flexibility.



**TPE BALANCE MAT**  
Item No:AP6219A  
Product Size: 40\*33\*5.0cm



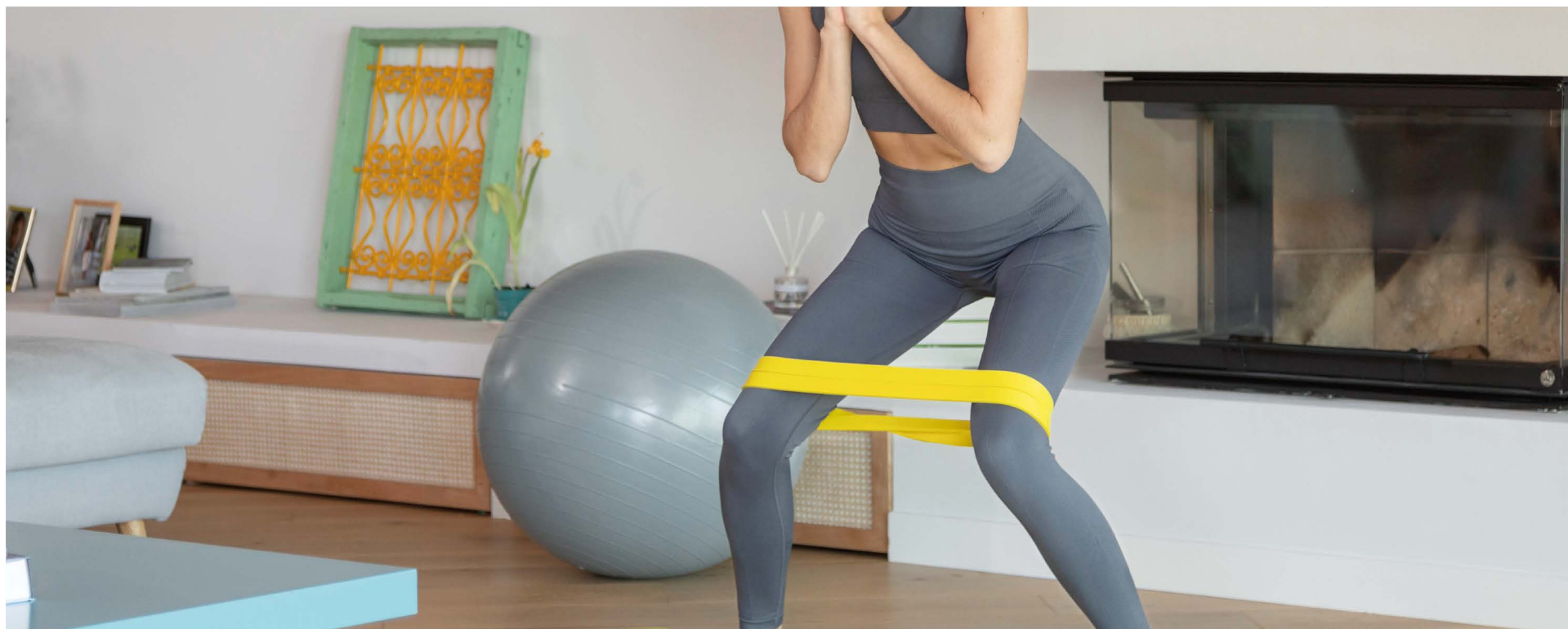
**TPE BALANCE MAT**  
Item No:JLF22  
Product Size: 40\*33\*5cm



**TPE BALANCE MAT**  
Item No:AP6219B  
Product Size: 48\*40\*6.0cm

The lightweight texture provides a non-slip surface that's safe to use barefoot or with shoes on, and the balance pad also features a textured non-slip backing to prevent slipping and sliding during use.

# 02 RESISTANCE BANDS



The resistance belt is made of 100% natural latex, which is more robust than normal rubber, ensuring maximum service life, health and safety in the process of use. Each resistance band is carefully constructed to prevent breakage and breakage. Abrasion resistance and perfect elasticity, steel metal buckle is stronger, non-slip handle ensures durability.





**SILICONE RESISTANCE BAND**  
Item No:JA03  
Product Size: 660\*66\*1.2/1.4/1.7mm



**TPE RESISTANCE BANDS**  
Item No:SC-1936-AK-A  
Product Size: 600\*50\*0.4/0.6/0.8/1.0/1.2mm



**TPE RESISTANCE BANDS**  
Item No:SC-1936-AK-B  
Product Size: 600\*50\*0.4/0.5/0.7/0.9/1.1mm



**TPE RESISTANCE WORKOUT BANDS**  
Item No:SC-1938TCK  
Product Size: 600\*50\*0.4/0.5/0.7/0.9/1.1mm



**HIP BANDS**  
Item No:JLA09-L/JLA09-M/JLA09-H  
Product Size: 80\*660/760/860mm



**HIP BANDS**  
Item No:JLA10  
Product Size: 850\*3\*330/360/420mm



**HIP BANDS**  
Item No:JLA10-1  
Product Size: 850\*3\*330/360/420mm



**HIP BANDS**  
Item No:JLA10-2  
Product Size: 850\*3\*330/360/420mm



**RESISTANCE BANDS**  
Item No:JLA01  
Product Size: 600\*50\*0.35/0.5/0.7/0.9/1.1mm



**LATEX RESISTANCE BANDS**  
Item No:JA02  
Product Size: 600\*50\*0.5/0.7/0.9/1.1/1.2mm



**LATEX RESISTANCE BANDS**  
Item No:JA03  
Product Size: 600\*50\*0.4/0.5/0.7/0.9/1.1mm



**LATEX RESISTANCE BANDS**  
Item No:JLA04  
Product Size: 600\*75\*0.4/0.6/0.8/1.1mm



**LATEX RESISTANCE BANDS**  
Item No:JLA06  
Product Size: 600\*75\*0.45/0.65/1mm



**LATEX RESISTANCE BANDS**  
Item No:JLA07  
Product Size: 500\*50\*0.45/0.7/1mm



**LATEX RESISTANCE BANDS**  
Item No:AP6600



**5 FITNESS BANDS SET**  
Item No:AP6600S



# POWER RESISTANCE BANDS

Ideal for resistance training, physical therapy and mobility training, stretching improves your posture, reduces stress, increases your range of motion, increases endurance, decreases the risk of injury, improves energy levels, improves athletic performance, reduces the pain etc.



**PULL UP BANDS**  
Item No:JA11  
Product Size: 2080\*4.5\*13/22/32/42mm



**PULL UP BANDS**  
Item No:JLA12  
Product Size: 2080\*4.5\*6.4/13/22/32/42mm



**PULL UP BANDS**  
Item No:JLA13-10/20/30/40/50  
Product Size: 2080\*4.5\*10/20/30/40/50mm



**PULL UP BANDS**  
Item No:JLA14-6.4/13/22/32/44/50/64/83/101  
Product Size: 2080\*4.5\*6.4/13/22/32/44/50/64/83/101mm



**POWER BANDS**  
Item No:AP6602



**LATEX/TPE POWER BAND**  
Item No:AP6603







**FITNESS RUBBER**  
Item No:AP6603  
Product Size: 12/15/18/20cm



**TPE CORRUGATED EXERCISE BANDS**  
Item No:SC-T913-FH



**LATEX/TAPE BAND**  
Item No:SC-91-FH



**FITNESS BANDS**  
Item No:JB05-1/1.3/1.5  
Product Size: 2050\*50\*1.0/1.3/1.5mm



**TPE FITNESS BANDS**  
Item No:JB01-R/Y/B/G  
Product Size: 1800\*150\*0.2/0.3/0.4/0.5mm



**LATEX FITNESS BANDS**  
Item No:JB03-L/M/H  
Product Size: 1200\*150\*0.3/0.4/0.5mm



**LATEX FITNESS BANDS**  
Item No:JB02-R/Y/B/G  
Product Size: 1500\*150\*0.2/0.3/0.4/0.5mm



**LATEX FITNESS BANDS**  
Item No:JB04-L/M/H  
Product Size: 1200\*150\*0.3/0.4/0.5mm



**RESISTANCE BANDS WITH WEBBING HANDLE**  
Item No:SC-1904



**RESISTANCE BANDS WITH WEBBING HANDLE**  
Item No:SC-T903



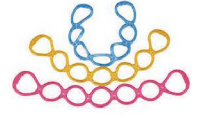
**FITNESS RUBBER WITH HANDLES**  
Item No:AP6604  
Product Size: 64\*8cm

## WITH HANDLES

*The resistance band set is perfect for home gym equipment to meet your full-body resistance workouts and is a great way to work out your whole body. One package for all your athletic needs, so you don't have to buy any other accessories. Widely used for any fitness level.*



**FIGURE 8 SILICA GEL**  
Item No:SC-T781-GL



**7 HOLES SILICA GEL**  
Item No:SC-T782-GL



**WORD SILICA GEL**  
Item No:SC-T783-GL



**GET EXPDNER**  
Item No:JB06-1  
Product Size: 29\*10cm

KEEP FIT / 2023

# 03 YOGA FITNESS MAT

Superior stretch keeps you balanced in any sporty style. Moisture-resistant technology makes the mat easy to clean with soap and water.

Free of Harsh Chemicals: Our products are free of phthalates, heavy metals and latex. Your mat may initially emit a harmless odor. If so, unfold your mat and air it out for a day or two before using it.

EASY TO CLEAN: Easy to keep clean and fresh for your next workout. Use a mild soap and water mix, wipe clean, and hang to dry. Do not soak.





# PRODUCTS

- **LIGHTWEIGHT YOGA MAT:** These durable yet extremely lightweight yoga mats will give you just the right amount of cushioning during any yoga or fitness routine.
- **Sticky Non-slip Texture:** The yoga mat has a textured sticky non-slip surface with excellent grip and a stylish design to keep you motivated and focused



**TPE YOGA MAT**  
Item No:AP6111



**EVA CAMPING MAT**  
Item No:AP6101



**NBR FITNESS MAT**  
Item No:AP6106



**XPE EXERCISE MAT**  
Item No:AP6107



**VC YOGA MAT-C**  
Item No:AP6112



**TPE YOGA MAT**  
Item No:AP6109



**EVA YOGA MAT**  
Item No:AP6102



**XPE EXERCISE MAT**  
Item No:AP6108



**VC YOGA MAT-B**  
Item No:AP6112



**CORK TPE YOGA MAT**  
Item No:AP6219B



**VC YOGA MAT-A**  
Item No:AP6112



**TPE YOGA MAT**  
Item No:JLF11  
Product Size:1730\*610\*4mm



**TPE YOGA MAT**  
Item No:JLF12  
Product Size:1730\*610\*6mm



**GYMNASTIC MAT**  
Item No:JLF13



**NBR YOGA MAT**  
Item No:JLF14  
Product Size:1730\*610\*10/12/15/20mm



**PVC YOGA MAT**  
Item No:JLF15  
Product Size:183\*61\*0.6cm



**TPE YOGA MAT**  
Item No:JLF16  
Product Size:173\*60\*0.6cm



**PRC YOGA MAT**  
Item No:AP6113A  
Product Size:183\*61\*0.4cm



**PRC YOGA MAT**  
Item No:AP6113B  
Product Size:185\*80\*0.6cm



EVA FLOOR MAT  
Item No:AP6105A DIAMOND MAT



EVA FLOOR MAT  
Item No:AP6105B CROSS MAT



EVA FLOOR MAT  
Item No:AP6105C DIAMOND MAT



EVA FLOOR MAT  
Item No:AP6105D CROSS MAT



EVA FLOOR MAT  
Item No:AP6105E EVA FLOOR MAT



YOGA TOWEL WITH DOT  
Item No:AP6307



COLORFUL TOWEL  
Item No:AP6309



HOT YOGA TOWEL  
Item No:AP6311



YOGA SET  
Item No:AP6501



YOGA SET  
Item No:AP6502



GYMNASTIC AND YOGA SET  
Item No:AP6503



GYM BALL/PVC  
Item No:AP6504



GYM BALL/PVC  
Item No:AP6505



GYM BALL/PVC  
Item No:AP6506



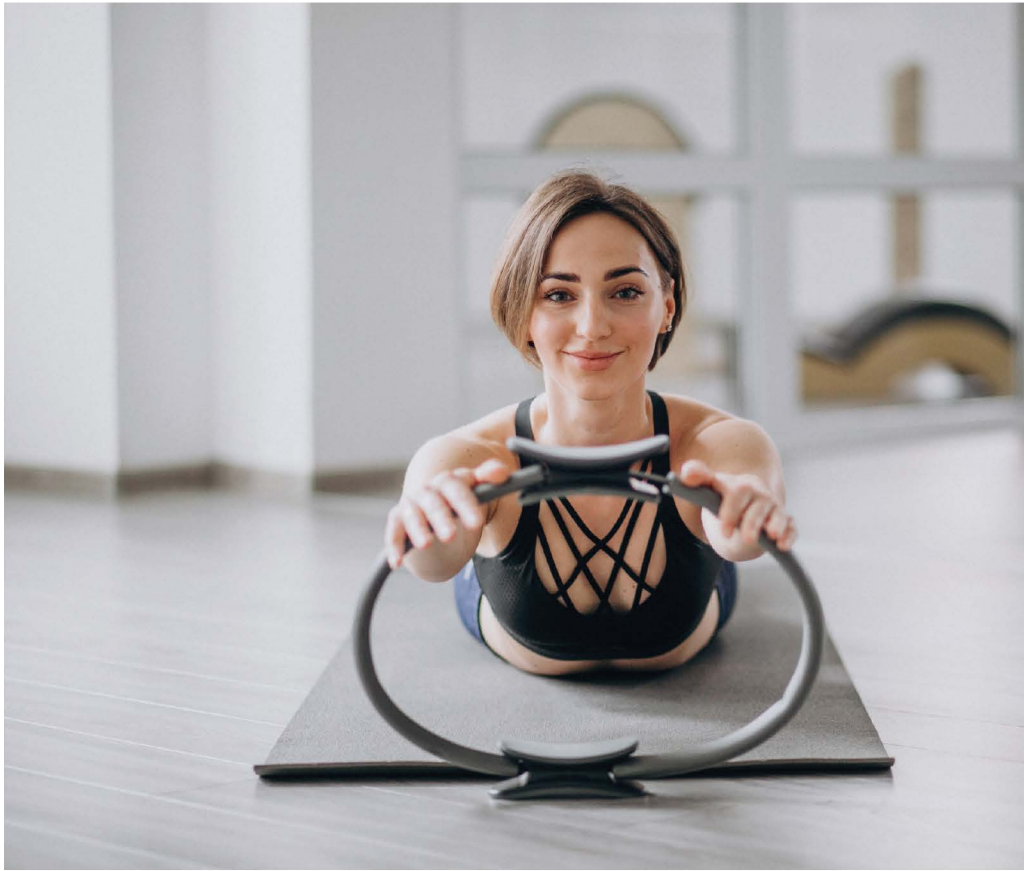




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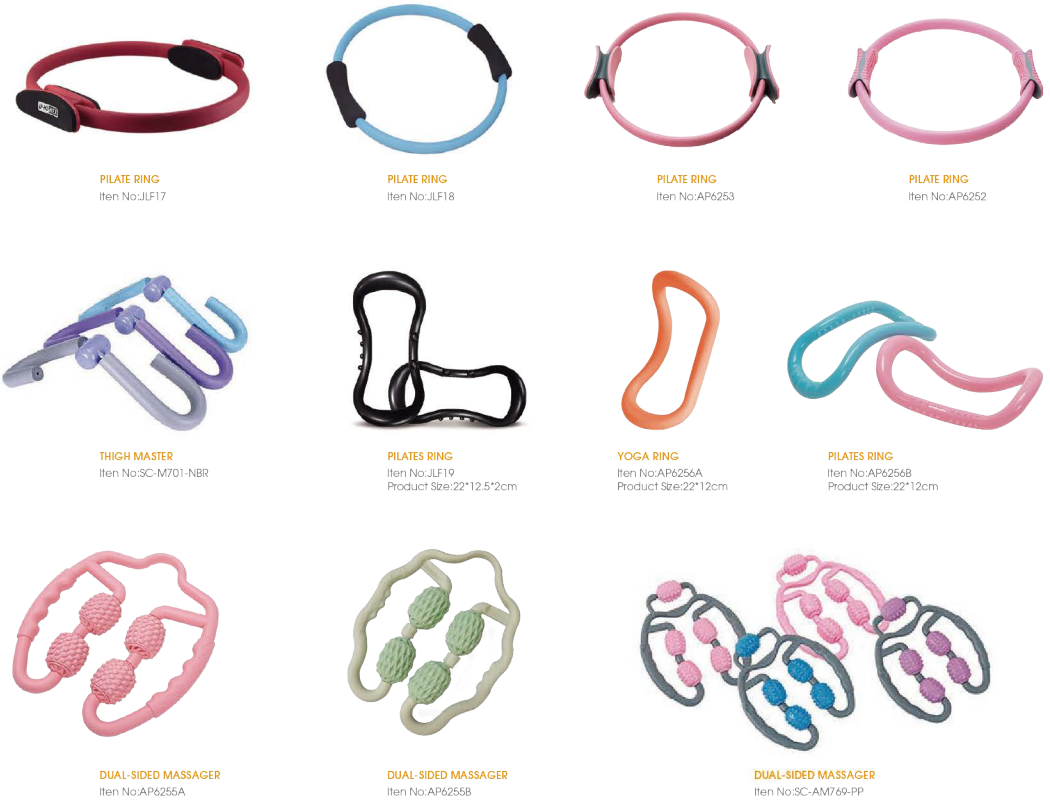
## PILATES RING

Use our versatile Pilates circle for total body resistance training - shape your body, your way!  
Made of strong fiberglass and rubber sleeves, our Pilates rings won't crack and reshape every time.  
Replicate Pilates studio props with our portable inner thigh workout equipment for home gyms



# BOSU BALL

Strength and Toning - Perfect to tone your upper arms and thighs. Also brilliant for your abs and pelvic muscles.  
 Foam Padded Handles - Complete with foam padded handles on both sides to provide total comfort with the padded sprung circle yoga ring.  
 Core Stability - Excellent for resistance training and toning. Phoenix Fitness will help improve your core stability and muscle control.



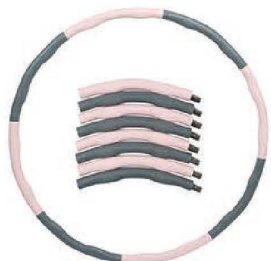


# Environmental &amp; Safety

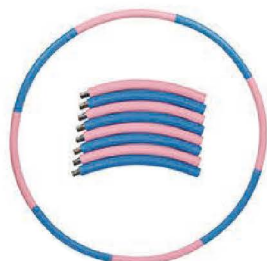
# HULA HOOP

Using upgraded stainless steel inner tube, it is more stable, durable and not easy to deform. The wavy sponge design allows you to massage and exercise at the same time. It promotes blood circulation, reduces fat and burns calories, which is the best choice for weight loss.

- Easy to assemble and disassemble
- Suitable for both men and women
- Adjustable weight design from beginner to professional



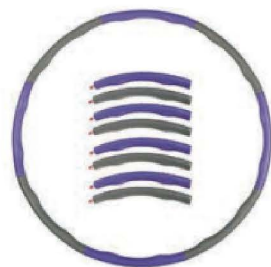
**STAINLESS STEEL CONVEX HULA HOOP VERSION B**  
Item No: SC-H768-BXG/NBR  
Product Size:  $\phi$ 91cm



**STAINLESS STEEL FLAT HULA HOOP VERSION A**  
Item No: SC-H767-BXG/NBR  
Product Size:  $\phi$ 91cm



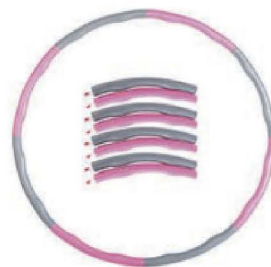
**HULA HOOP**  
Item No: SC-Q763-ABS  
Product Size:  $\phi$ 60/80/90/100/130cm



**PP CONVEXT HULA HOOP VERSION A**  
Item No: SC-H764-NBR/PP  
Product Size:  $\phi$ 94cm



**PP CONVEXT HULA HOOP VERSION B**  
Item No: SC-H765-NBR/PP  
Product Size:  $\phi$ 94cm



**PP CONVEXT HULA HOOP VERSION C**  
Item No: SC-H764-NBR/PP  
Product Size:  $\phi$ 94cm



A woman with dark hair in a ponytail, wearing a white sports bra and leggings, is performing a squat exercise. She is holding a red resistance band with both hands, and the band is looped under her right foot. She is standing on a dark grey mat with a red border. The background is a bright, modern interior with large windows, a wooden shelving unit, and a white chair with a grey blanket draped over it.

# 05 RESISTANCE TUBES

Resistance bands are made with eco-friendly TPE natural latex that is odor free, non-irritant and stackable. The foam wrapped handles helps keep your grip while working out, while the steel D rings and strong fabric are strong and durable enough to handle rigorous workouts. The Bands come in 5 resistance levels (10lbs, 15lbs, 20lbs, 25lbs, 30lbs) and can be used alone or in combination to create a resistance range of 10lbs to 100lbs.



# RESISTANCE TUBES

Push your limits with our extremely durable stretch bands. The D-handle is made of strong yet comfortable material so you can train without discomfort. Use these travel-friendly resistance training bands for bicep curls, shoulder presses, crossovers, and more – just grab and go!



**RESISTANCE TUBES**  
Item No.:JLA27/20/30/40  
Product Size: 6.3\*1200\*9.7/10.5/11.9mm



**RESISTANCE TUBES**  
Item No.:JLA28-L  
Product Size: 5\*9\*1220mm



**RESISTANCE TUBES**  
Item No.:JLA28-M  
Product Size: 6\*10\*1220mm



**RESISTANCE TUBES**  
Item No.:JLA28-H  
Product Size: 6\*11\*1220mm



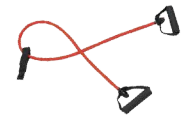
**RESISTANCE TUBES**  
Item No.:JLA29-10/20/30/40/50  
SPEC:10/20/30/40/50LBS



**RESISTANCE TUBES**  
Item No.:JLA30-10/20/30/40/50  
SPEC:10/20/30/40/50LBS



**BASIC EXPANDER TUBE**  
Item No:AP6612  
SPEC:11\*7\*1200mm(tube)  
105\*35\*35mm(handle)



**EXPANDER TUBE**  
Item No:AP6613  
SPEC:11\*7\*1200mm(tube)  
120\*27\*27mm(handle)



**EXPANDER TUBE**  
Item No:AP6614  
SPEC:11\*7\*1200mm(tube)  
115\*26mm(handle)



**EXPANDER TUBE**  
Item No:AP6615  
SPEC:7\*11\*1200mm(tube)  
117\*23\*23mm(handle)



**EXPANDER TUBE**  
Item No:AP6616  
SPEC:7\*11\*1200mm(tube)  
120mm(handle)



**EXPANDER TUBE**  
Item No:AP6617  
SPEC:7\*11\*1200mm(tube)



**RESISTANCE BAND WITH HANDLES**  
Item No:SC-L142-LG



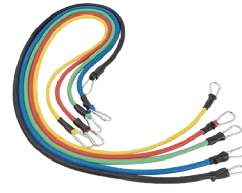
**RESISTANCE BAND WITH HANDLES**  
Item No:SC-L133-LG



**RESISTANCE BAND WITH HANDLES**  
Item No:SC-L121-LG



**RESISTANCE BAND WITH HANDLES**  
Item No:SC-L101-LG



**11-EXPANDER WITH INTERCHANGABLE EXPANDER TUBE SETS**  
 Item No:AP6610  
 SPECS:500mm(spring) 115mm(handle)



**6- EXPANDER TUBE SETS**  
 Item No:AP6611  
 SPECS:500mm(spring) 115mm(handle)



**SUSPENSION TRAINER**  
 Item No:AP6618  
 SPECS:1.85(main strap)  
 12\*3cm(handle),28\*20cm(mesh bag)



**SUSPENSION TRAINER**  
 Item No:AP6619  
 SPECS:1.85\*3.8(main strap)  
 85\*3.8cm(extension strap),28\*20cm(mesh bag)



**SUSPENSION TRAINER**  
 Item No:AP6621  
 SPECS:1.90\*3.8(strap)  
 12\*3cm(handle),24\*15cm(mesh bag)



**SUSPENSION TRAINER**  
 Item No:AP6620



**RESISTANCE TUBE KIT**  
 Item No:SC-1522-LG



**RESISTANCE TUBE KIT**  
 Item No:SC-1542-LG



**RESISTANCE TUBE KIT**  
 Item No:SC-T501-LG



**RESISTANCE TUBE KIT**  
 Item No:SC-T521-DL



**RESISTANCE TUBE KIT**  
 Item No:SC-T541-PP







**RESISTANCE BANDS PRO 11PCS -150LB**  
 Item No:JLA15  
 Spec:10/20/30/40/50LBS



**RESISTANCE BANDS 11PCS -150LB**  
 Item No:JLA16  
 Spec:10/20/30/40/50LBS



**RESISTANCE BANDS PRO 11PCS -100LB**  
 Item No:JLA16  
 Spec:10/15/20/25/30LBS



**RESISTANCE BANDS PRO 11PCS -150LB**  
 Item No:JLA18  
 Spec:10/20/30/40/50LBS



**RESISTANCE BANDS SET**  
 Item No:JLA19  
 Spec:10/15/20/25/30LBS



**RESISTANCE BANDS SET**  
 Item No:JLA20  
 Spec:10/15/20/25/30LBS



**16PCS RESISTANCE BANDS SET**  
 Item No:JLA21  
 Spec:10/15/20/25/30LBS



**16PCS RESISTANCE BANDS SET**  
 Item No:JLA22  
 Spec:10/20/30/40/50LBS



**17PCS RESISTANCE BANDS SET**  
 Item No:JLA23  
 Spec:10/20/30/40/50LBS



**SLING TRAINER**  
 Item No:JLB15



**SLING TRAINER**  
 Item No:JLB16-A



**SLING TRAINER**  
 Item No:JLB16-B



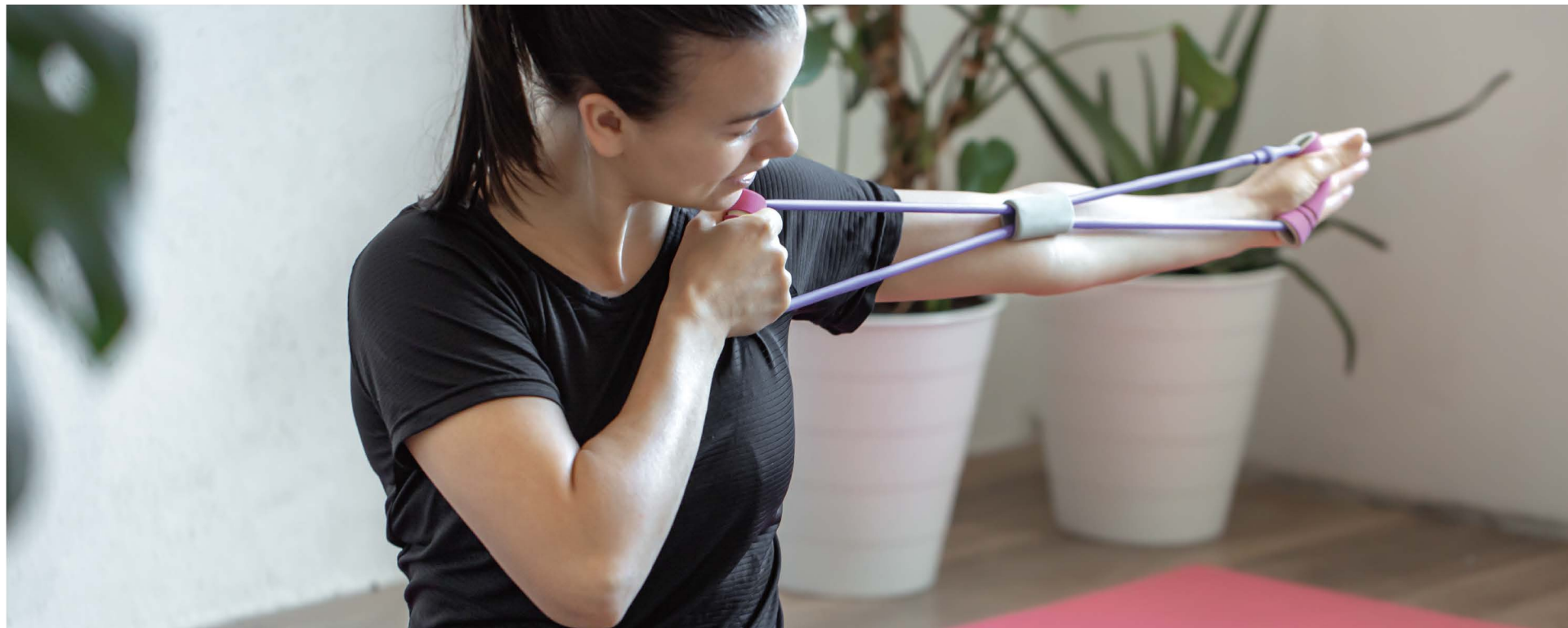
**TRX SUSPENDED TRAINING ROPE**  
 Item No:SC-1301-PLJY



**TRX SUSPENDED TRAINING ROPE**  
 Item No:SC-1304-P3

06

# MULTIFUNCTIONAL TENSIONER



**TDURABLE QUALITY** - The easy-to-use chest expander is made of natural bold, thickened latex tube with high tensile strength, and an environmentally friendly non-slip handle to prevent hands from falling off the chest.

**ADJUSTABLE & MULTIPLE FITNESS LEVEL** - The handy chest expander has 5 soft latex tubes, easy to detach or reconnect the latex tubes for different strengths.

**PERFECT UPPER BODY EXERCISE** - Train arms, chest, shoulders, back, entire upper body.

**Small and convenient** - simple structure, convenient for you to exercise in the office, gym, camping or traveling, anytime and anywhere

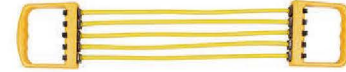




These chest expansion resistance bands are suitable for adults, beginners, professional athletes and patients. Elastic bands train arms, hands, chest, back, shoulders and full upper body.



**RUBBER CHEST EXPANDER**  
Item No:AP6613-A



**5 TUBE CHEST EXPANDER**  
Item No:SC-L450-LG



Item No:SC-L440-LG



**4 TUBE CHEST EXPANDER**  
Item No:SC-L441-LG



**6 EYE CHEST EXPANDER**  
Item No:SC-L401-LG



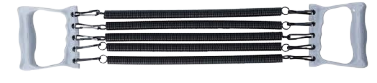
**7 EYE CHEST EXPANDER**  
Item No:SC-L402-LG



**3 TONING TUBES**  
Item No:SC-L430-LG



**3 TONING TUBES**  
Item No:SC-L431-LG



**SPRING CHEST EXPANDER**  
Item No:AP6613



**THREE-O SHAPE CHEST EXPANDER**  
Item No:SC-L230-LG



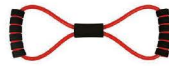
**THREE-O SHAPE CHEST EXPANDER**  
Item No:SC-L231-MD



**O SHAPE CHEST EXPANDER**  
Item No:SC-L201-LG



**O SHAPE CHEST EXPANDER**  
Item No:SC-L202-MD



**O SHAPE CHEST EXPANDER**  
Item No:SC-L250-LG



**ANKLE CUFFS**  
Item No:JLB09-L/M  
Size:6.3\*9.7\*840mm/6.3\*10.5\*840mm



**CROSS EXPANDER**  
Item No:JLB10  
Size:6\*10\*400mm



**CROSS EXPANDER**  
Item No:JLB06



**PEDAL PULLER**  
Item No:AP6624  
Product Size:22\*12cm



**PEDAL PULLER**  
Item No:AP6625



**PEDAL PULLER**  
Item No:AP6626



**6-SOFT BODY TRIMMER**  
Item No:SC-T685-HL





**HAND GRIP**  
Item No:AP6249



**HAND GRIP**  
Item No:AP6250



**HAND GRIP**  
Item No:AP6251 A/B



**HAND GRIP**  
Item No:AP6247



**HAND GRIP**  
Item No:AP6248



**ADJUSTABLE GRIP**  
Item No:JLG09  
Product Size: 10-40kg



**HAND GRIP SPRING**  
Item No:JLG10  
Product Size: Spring 4.5cm



**HAND GRIP STRIP**  
Item No:JLG11  
Product Size: Spring 4.5cm



**GRIP RING**  
Item No:AP6265



**GRIP RING**  
Item No:AP6266



**GRIP RING**  
Item No:AP6267



**GRIP RING**  
Item No:AP6268



**GRIP RING**  
Item No:AP6269



**GRIP RING**  
Item No:AP6270

# GRIP RING

*With grip strength, made of upgraded materials, the handle is longer than other products, more convenient to grasp; moreover, the handle material is strong and durable, perfectly avoiding the problem of handle breakage during exercise.*



**PUSH UP BAR**  
Item No:JLG07



**PUSH UP BAR**  
Item No:JLG08



**TPR HAND GRIP**  
Item No:JLG12  
Product Size: 8.5" 4.5cm



**TYPE N HAND GRIP**  
Item No:SC-D326-PP



# Wheel



**AB WHEEL**  
Item No:AP6240-A

**AB WHEEL**  
Item No:AP6240-B

**AB WHEEL**  
Item No:AP6240-C

**AB WHEEL**  
Item No:AP6239

**EXERCISE WHEEL**  
Item No:JLG01  
Product Size: φ 18cm

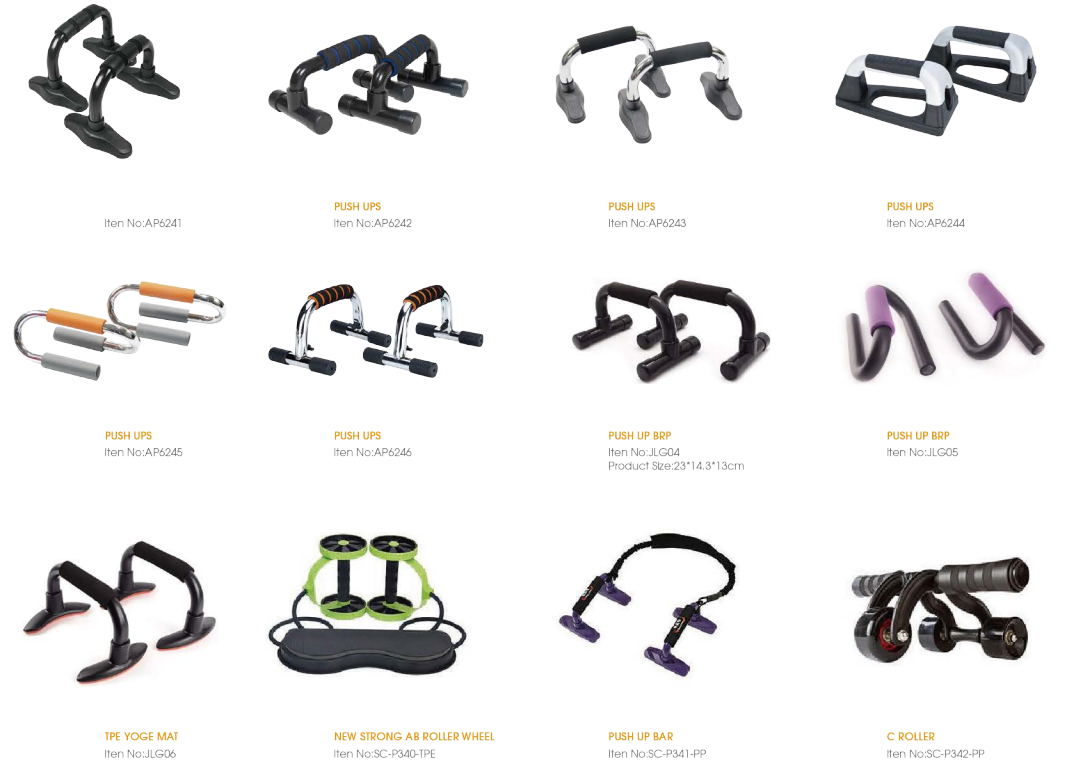
**EXERCISE WHEEL**  
Item No:JLG02  
Product Size: φ 18cm

**EXERCISE WHEEL**  
Item No:JLG03



# PUSH UP BRP

By working with push up bars, such as doing push-ups and cardio workouts, the chest muscles, triceps, abdominal muscles, and back muscles can be effectively trained. The handles are covered with non-slip foam for maximum comfort, absorb sweat and ensure safety, reducing the possibility of falling. They are portable and compact, taking up little space. Easy to assemble and disassemble for storage or travel. It is more stable and secure than the S shape bracket, non-slip base. In addition, it is non-slip and the ergonomic design can protect your wrist from injury during training.



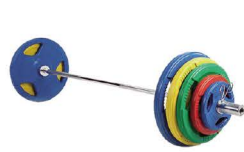


# AEROBIC STEP

This cardio workout is a great way to get your cardio in, and it also helps improve blood circulation so your muscles can absorb more oxygen. If you're just starting out, use this step as a low-impact workout tool. More advanced users can add weight and resistance to their routine for increased intensity. Easy to store when not in use. Clever design stores the height adjustment block underneath.



**RUBBER PUMP SRT**  
Item No.:JLG34  
Product Size: 20kg



**OLYMPIC GRIP PLATES**  
Item No.:JLG35  
Spec: 2.5/5/10/20kg



**STEEL HUB DUMBBELL**  
Item No.:JLG36  
Product Size: 5/10/20/25kg



**F45 AEROBIC STEP**  
Item No.:AP6801  
Product Size: 106\*42\*10cm



**AD JUSTABLE LARGE AEROBIC STEP**  
Item No.:AP6802  
Product Size: 105\*41\*10cm



**68 AEROBIC STEP**  
Item No.:AP6803  
Product Size: 68\*28\*10cm



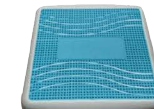
**78 PEDAL**  
Item No.:AP6804  
Product Size: 80\*30\*10cm



**90 AEROBIC STEP**  
Item No.:AP6805  
Product Size: 90\*34\*10cm



**85 AEROBIC STEP**  
Item No.:AP6806  
Product Size: 85.5\*36\*10.5cm



**SQUARE BALANCE PLATE**  
Item No.:AP6807  
Product Size: 36\*36\*9.5cm



**CIRCLE BALANCE PLATE**  
Item No.:AP6808  
Product Size: 41.5\*41.5\*9cm



**STEP PLATFORM**  
Item No.:JLD10  
Product Size: 69\*28\*15cm



**STEP PLATFORM**  
Item No.:JLD11  
Product Size: 72\*37\*10cm



**STEP PLATFORM**  
Item No.:JLD12  
Product Size: 109\*41\*10cm



**MINI STEPPER**  
Item No.:JLD14  
Product Size: 16\*12.5\*13.5cm



KEEP FIT

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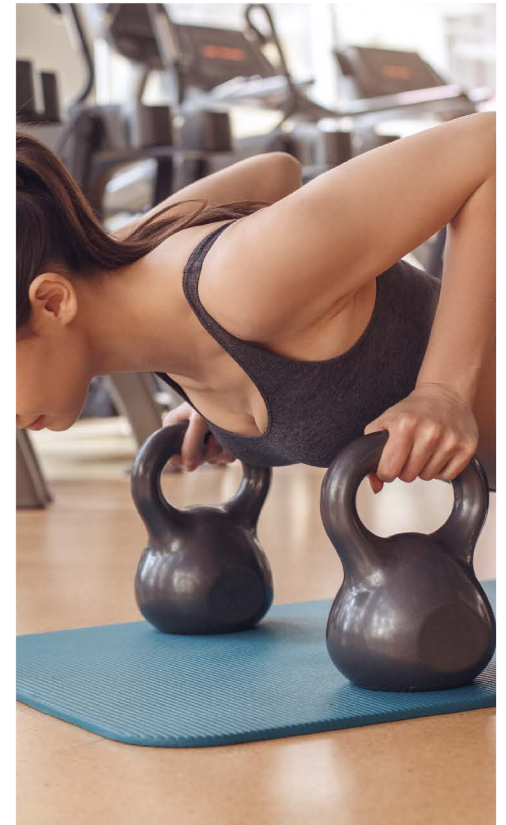
07

## STRENGTH TRAINING SERIES

- 
- 

Enjoy Your Workouts

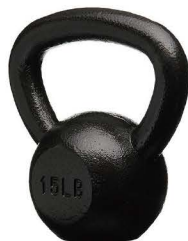
Your Goal Is Just Ahead.







**GRADE KETTLEBELL**  
Item No.:JLG19  
Spec: 4/6/8/10/12/14/16/18...32kg



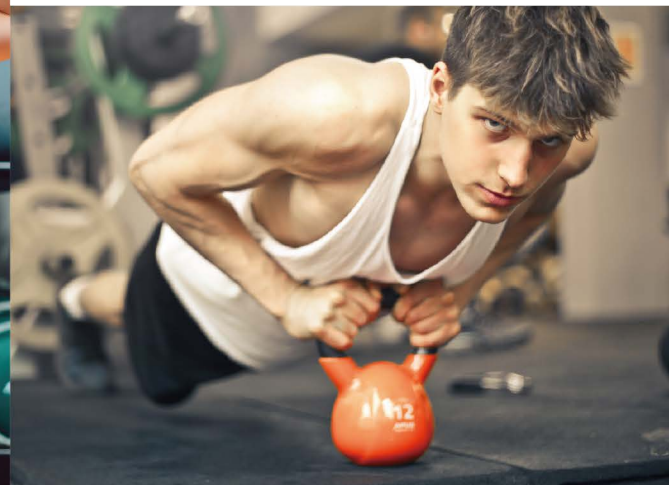
**CAST IRON KETTLEBELL**  
Item No.:JLG21  
Spec: 5/10/15/20/25/30/35/40...60kg



**CAST IRON KETTLEBELL**  
Item No.:JLG22  
Spec: 5/10/15/20/25/30/35/40...60kg



# COATED KETTLEBELL



**HDPE COATED KETTLEBELL**  
Item No.:JLG23  
Spec:5/10/15/20/25LBS



**VINYL COATED KETTLEBELL**  
Item No.:JLG24  
Spec:4/6/8/10/12/14/16/18...32kg



**NEOPRENE COATED KETTLEBELL**  
Item No.:JLG20  
Spec:4/6/8/10/12/14/16...32kg



The materials are strictly selected, free of phthalates and other harmful contents for humans. It is healthier and safer in your daily exercise. High quality solid cast iron inside, with a soft neoprene layer. No smell. Textured surface makes it easy and comfortable to grip, no slipping when sweating. It has a little flat so it stops rolling on the floor, easy storage. The smooth neoprene surface is finely machined for easy cleaning. It will not fade or crack with your daily practice.



**NEOPRENE DUMBBELL**  
Item No.:JLG25  
Spec:1/2/3/4/5/6/7/8/9/10kg



**NEOPRENE DUMBBELL**  
Item No.:JLG29  
Spec:1/2/3/4/5/6/7/8/9/10/11/12LB



**NEOPRENE DUMBBELL**  
Item No.:JLG30  
Spec:2/3/4/5LB



**NEOPRENE DUMBBELL**  
Item No.:JLG26  
Spec:1/2/3/4/5/6/7/8/9/10kg



**NEOPRENE DUMBBELL**  
Item No.:JLG27  
Spec:1/2/3/4/5/6/7/8/9/10kg



**NEOPRENE DUMBBELL**  
Item No.:JLG28  
Spec:1/2/3/4/5/6/7/8/9/10kg



**NEOPRENE DUMBBELL**  
Item No.:JLG31  
Spec:1/2/3/4/5/6/7/8/9/10/12/15LB



**NEOPRENE DUMBBELL**  
Item No.:JLG32  
Spec:5/10/20/25/30/35/40/45/50/55LB



**MEDICINE BALL**  
Item No.:JLG39  
Spec:1/2/3/4/5/6/7/8/9/10kg



**HANDLE MEDICINE BALL**  
Item No.:JLG40  
Spec:3/4/5/6kg



**WALL BALL**  
Item No.:JLG41  
Spec:3/4/5/6/7/8/9/10kg



**ENERGY BAG**  
Item No.:JLG42  
Spec:5/10/15/20kg



**WEIGHT BAG**  
Item No.:JLG43  
Spec:5/8/10/12/15/17/20kg

- Helps develop: coordination, balance, power and explosiveness
- Double handles for a better grip and allow use on barbells.





KEEP FIT / 2023

08

YOGA

JUMP ROPE

Standard jump rope for quickly incorporating high-intensity cardio training into any workout

Increases Heart Rate, Burns Calories, Enhances Coordination, Tones Legs, Hips, Shoulders, Arms & Core

Length can be easily adjusted to suit different users.



# JUMP ROPE

Increases Heart Rate, Burns Calories, Enhances Coordination, Tones Legs, Hips, Shoulders, Arms & Core.  
Length can be easily adjusted to suit different users.



SKIPPING ROPE WITH GRIP HANDLE  
Item No:AP6228



SKIPPING ROPE WITH AL HANDLE  
Item No:AP6229



BASIC JUMP ROPE  
Item No:AP6230



BASIC JUMP ROPE PLASTIC HANDLE  
Item No:AP6231



BASIC JUMP ROPE WITH STEEL WIRE  
Item No:AP6231



BASIC JUMP ROPE WITH FOAMED HANDLE  
Item No:AP6233



JUMP ROPE WITH LATTICED HANDLE  
Item No:AP6234



JUMP ROPE WITH FOAMED HANDLE  
Item No:AP6235



JUMP ROPE WITH A COUNTER  
Item No:AP6236



JUMP ROPE WITH WOODEN HANDLE  
Item No:AP6237



JUMP ROPE WITH SILICAL HANDLE  
Item No:AP6238



JUMP ROPE  
Item No:AP6271



JUMP ROPE WITH A COUNTER  
Item No:AP6272



JUMP ROPE WITH A COUNTER  
Item No:AP6273



JUMP ROPE WITH CAMOUFLAGE HANDLE  
Item No:SC-M327-M



JUMP ROPE  
Item No:TS-01



JUMP ROPE  
Item No:TS-2



JUMP ROPE  
Item No:TS-6



JUMP ROPE  
Item No:TS-15





JUMP ROPE  
Item No:TS-23



JUMP ROPE  
Item No:TS-36



JUMP ROPE  
Item No:TS-37



JUMP ROPE  
Item No:TS-38



JUMP ROPE  
Item No:TS-39



JUMP ROPE  
Item No:TS-40



JUMP ROPE  
Item No:TS-41



JUMP ROPE  
Item No:TS-42



JUMP ROPE  
Item No:ZJ-1



JUMP ROPE  
Item No:TS-43



JUMP ROPE  
Item No:TS-48



JUMP ROPE  
Item No:TS-48 (big ball)



JUMP ROPE  
Item No:DZ-1



JUMP ROPE  
Item No:DZ-2



JUMP ROPE  
Item No:DZ-5



JUMP ROPE  
Item No:DZ-6



JUMP ROPE  
Item No:DZ-7



JUMP ROPE  
Item No:DZ-8



JUMP ROPE  
Item No:TS-49



JUMP ROPE  
Item No:TS-53





09

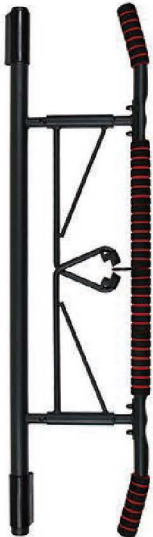
## YOGA CHEST ENLARGEMENT

Easy to install. Simply rotate the lever to press against the door frame until the lever turns no further and inserts the safety lock. The doorway pull up bar securely attaches to the wall. The harder you pull on the chin bar, the more stability the lever has.





- 01 JL194A Speing Collar
- 02 JL180A Rotating Handle
- 03 JL181A Low Pulley Bar
- 04 JL172AAustrian Bar
- 05 JL175A Straight Bar
- 06 JL176A Curved Bar
- 07 JL177A Lady Training Bar



PULL-UP BAR  
Item No:SC-D323-T



Item No:SC-D320-T



PULL-UP BAR  
Item No:SC-D321-T



- 01 JL178A Square Training Bar
- 02 JL178B Hexagon Training Bar
- 03 JL181A Low Pulley Bar
- 04 JL181A Tricep Press Down Bar
- 05 JL181A Revolving Curl Bar
- 06 JL181A Revolving Straight Bar
- 07 JL181A Revolving Lat Bar
- 08 JL181A Revolving Curl Bar
- 09 JL181A Revolving Press Down Bar
- 10 JL181A Multi Purpose V-Bar
- 11 JL181A Revolving Lat Bar
- 12 JL181A Revolving Lat Bar





# BADMINTON RACKET

This set is perfect for replacing old shuttlecocks or broken shuttlecock equipment. Or easily add two players to your game.



**BADMINTON RACKET**  
Item No.:JLD008



**BADMINTON RACKET**  
Item No.:JLD009



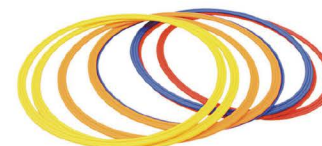
**CORE SLIDER**  
Item No.:JLD001  
Product Size: φ17.8cm/100g



**CORE SLIDER WITH BANDS**  
Item No.:JLD002  
Product Size: φ17.8cm/100g



**A GILTY GRID SYSTEM**  
Item No.:JLC01  
Product Size: φ50/57cm



**A GILTY RING**  
Item No.:JLC02  
Product Size: φ40/50/60/70cm



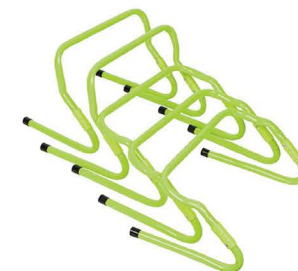
**A GILTY DISCS**  
Item No.:JLC03  
Product Size: φ20\*5cm



**A GILTY CONE**  
Item No.:JLC04  
Product Size: φ13\*18/φ14\*23cm



**A GILTY LADDER**  
Item No.:JLC05  
Product Size: 4M/5M/6M



**SPEED HURDLES**  
Item No.:JLC06

# THANK YOU



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