

ROCX

FITNESS MAKES US BETTER BROCHURE



ROCX

OUR DUMBBELLS

PREMIUM QUALITY FOR SERIOUS LIFTERS



**SCRATCH
RESISTANT**



**ODOR FREE
MATERIAL**



**COMMERCIAL
GRADE**

RUBBER HEX DUMBBELL

ROCX1013



SPECIFICATIONS

Texture of material	Solid steel head Rubber layer wrapping	Weight range	1-10kg 1kg increment 2.5-70kg 2.5kg increment 5-150lb with 5lb increment
Hand grip diameter	1kg, 25mmdiameter 2-5kg, 28mm diameter 5-60kg, 34mm diameter	Hand grip length	130mm
Tolerance	±3%		

VINYL DUMBBELL

ROCX1001A



SPECIFICATIONS

Texture of material	Cast iron	Weight range	1-10kg
Hand grip diameter	32/33/36/40/43/47 /47/45/46/47mm	Hand grip length	85/86/99/116/100/100/ 131/112/116/115mm
Tolerance	±3%		

CPU DUMBBELL

ROCX1032C



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	2.5KG-50KG with 2.5kg increased
Hand grip diameter	2.5-20kg, 32mm diameter 22-60kg, 34mm diameter	Hand grip length	146mm
Tolerance	±2%		

CPU DUMBBELL

ROCX1038B6



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	2.5KG-50KG with 2.5kg increased
Hand grip diameter	2.5-20kg:32mm 22.5-60kg:34mm	Hand grip length	152mm
Tolerance	±3%		

CPU DUMBBELL

ROCX1042



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	5-200lb,5lb increase 2.5-50kg,2.5kg increase
Hand grip diameter	5-25lb:32mm 30-70lb:34mm 75-100lb:36mm	Hand grip length	151mm
Tolerance	±3%		

RUBBER DUMBBELL

ROCX1042B



SPECIFICATIONS

Texture of material	Solid steel head Rubber layer wrapping	Weight range	2.5-60kg,2.5kg increase
Hand grip diameter	2.5-20KG: 32MM 22.5KG-50KG: 34MM	Hand grip length	152mm
Tolerance	±3%		

RUBBER ROUND DUMBBELL

ROCX1012



SPECIFICATIONS

Texture of material	Solid steel head Rubber layer wrapping	Weight range	2.5-50kg 2.5kg increment
Hand grip diameter	2.5-20kg, 32mm diameter 22-60kg, 34mm diameter	Hand grip length	146mm
Tolerance	±2%		

TPU DUMBBELL

ROCX1036



SPECIFICATIONS

Texture of material	Solid steel head TPU layer wrapping	Weight range	2-50kg 2kg increment 2.5-50kg 2.5kg increment
Hand grip diameter	2-20kg: 32mm 22.5-50kg: 34mm	Hand grip length	130mm
Tolerance	±3%		

URETHANE DUMBBELL

ROCX1036G



SPECIFICATIONS

Texture of material	Solid steel head Urethane layer wrapping	Weight range	2.5-50kg 2.5kg increment
Hand grip diameter	2.5-20kg, 32mm diameter 22-60kg, 34mm diameter	Hand grip length	146mm
Tolerance	±2%		

CPU DUMBBELL

ROCX1038A-1



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	2.5-70kg, 2.5kg increase; 5-150lb, 5lb increase
Hand grip diameter	2.5-22kg, 32mm diameter 22-50kg, 34mm diameter	Hand grip length	151mm
Tolerance	±2%		

URETHANE DUMBBELL

ROCX1036E



SPECIFICATIONS

Texture of material	Solid steel head Urethane layer wrapping	Weight range	2.5/5/7.5/10-50KG, 2.5KG increase 2/4/6/8-50kg, 2KG increase
Hand grip diameter	2.5-20kg, 32mm diameter 22-50kg, 34mm diameter	Hand grip length	146mm
Tolerance	±2%		

URETHANE SQUARE DUMBBELL

ROCX1036D



SPECIFICATIONS

Texture of material	Solid steel head Urethane layer wrapping	Weight range	2.5/5/7.5/10-50KG 2.5KG increase
Hand grip diameter	2.5-20kg, 32mm diameter 22.5-50kg, 34mm diameter	Hand grip length	146mm
Tolerance	±2%		

TPU DUMBBELL

ROCX1026



SPECIFICATIONS

Texture of material	Solid steel head TPU layer wrapping	Weight range	1-10kg
Hand grip diameter	1-3kg: 27mm 2-3kg: 28.5mm 4-10kg: 33mm	Hand grip length	1-3kg: 100mm 4-10kg: 110mm
Tolerance	±2%		

TPU HEX DUMBBELL

ROCX1045



SPECIFICATIONS

Texture of material	Solid steel head TPU layer wrapping	Weight range	2.5-30kg, 2.5 increase
Hand grip diameter	1-5kg: 27mm 7.5-30kg: 33mm	Hand grip length	131mm
Tolerance	±2%		

CPU DUMBBELL

ROCX3005-1



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	10-50kg / 20-100lb
Grip diameter	32mm	Grip length	950mm
Tolerance	±2%		

CPU COATED BARBELL SET

ROCX3009A



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	10-50kg
Grip diameter	32mm	Grip length	950mm
Tolerance	±2%		

CPU COATED BARBELL SET (STRAIGHT OR CURL HANDLE)

ROCX3009E



SPECIFICATIONS

Texture of material	Solid steel head CPU layer wrapping	Weight range	10-50kg, 5kg increase 20-110lb, 10lb increase
Grip diameter	32mm	Grip length	950mm
Tolerance	±2%		

CPU COATED BARBELL SET (STRAIGHT OR CURL HANDLE)

ROCX3017



SPECIFICATIONS

Texture of material	Solid steel head Rubber layer wrapping	Weight range	7.5kg-55kg, 20-110lb
Grip diameter	32mm	Grip length	950mm
Tolerance	±2%		

ROCX

OUR WEIGHT PLATES

PREMIUM QUALITY FOR SERIOUS LIFTERS



**SCRATCH
RESISTANT**



**ODOR FREE
MATERIAL**



**COMMERCIAL
GRADE**

CPU WEIGHT PLATE

ROCX2042



SPECIFICATIONS

Texture of material	CPU	Weight range	1.25/2.5/5/10/15/20/25kg
Plate diameter	160/193/255/325/385/445/445mm	Plate thickness	24/27/31/41/41/41/49mm
Tolerance	±3%		

RUBBER COATED WEIGHT PLATE

ROCX2009E



SPECIFICATIONS

Texture of material	Rubber	Weight range	1.25/2.5/5/10/15/20/25kg
Plate diameter	190/250/320/365/450mm	Plate thickness	26/35/43/48/45mm
Tolerance	±3%		

BLACK RUBBER COATED PLATE

ROCX2005



SPECIFICATIONS

Texture of material	Rubber	Weight range	1.25/2.5/5/10/15/20/25kg
Plate diameter	162/205/245/320/356/400/430mm	Plate thickness	26.3/31.3/35.5/50/50/50/52mm
Tolerance	±3%		

COLOUR RUBBER BUMPER PLATE

ROCX2006E



SPECIFICATIONS

Texture of material	Rubber	Weight range	5/10/15/20/25kg
Plate diameter	450mm	Plate thickness	23/40/56/70/85mm
Tolerance	±2%		

COLOURFUL RUBBER BUMPER PLATE (WITH UPTURNED RING)

ROCX2006-2



SPECIFICATIONS

Texture of material	Rubber	Weight range	5/10/15/20/25kg 10/15/25/35/45/55lb
Plate diameter	450mm	Plate thickness	23/28/40/56/70/85mm
Tolerance	±2%		

CALIBRATED STEEL PLATE

ROCX2002E



SPECIFICATIONS

Texture of material	Steel	Weight range	1.5/2/2.5 /5/10/15/20/25kg
Plate diameter	118/138/158/158/168/178/208/238/317/378/450/450mm	Plate thickness	505/7/9/10/11/12/11/17/18/19/18/22mm
Tolerance	±2%		

TPU WEIGHT PLATE

ROCX2035



SPECIFICATIONS

Texture of material	TPU	Weight range	1.25/2.5/5/10/15/20/25kg
Plate diameter	180/223/275/358 /420/450/450mm	Plate thickness	25/27/32/37 /39/45/52mm
Tolerance	±2%		

URETHANE WEIGHT PLATE

ROCX2030C



SPECIFICATIONS

Texture of material	Urethane	Weight range	1.25/2.5/5/10/15/20/25kg
Plate diameter	18.5/20.5/25/32.5 /35/40.5/43.5cm	Plate thickness	2.5/3/3.3/3.8/4.2 /4.5/4.8cm
Tolerance	±2%		

RUBBER WEIGHT PLATE

ROCX2009



SPECIFICATIONS

Texture of material	Rubber	Weight range	1.25/2.5/5/10/15/20/25kg
Plate diameter	162/182/275/321/370 /391/430mm	Plate thickness	27/35/37/43/46 /50/52mm
Tolerance	±2%		

BLACK RUBBER COATED PLATE

ROCX2009E



SPECIFICATIONS

Texture of material	Rubber	Weight range	2.5/5/10/15/20/25kg 2.5/5/10/25/35/45lb
Plate diameter	190/250/320/365/450mm	Plate thickness	26/35/43/48/45mm
Tolerance	±3%		

TECHNIQUE PLATES

ROCX2015



SPECIFICATIONS

Texture of material	PE+high-density polyethylene	Weight range	2.5/5kg(5/10lb)
Plate diameter	450mm	Plate thickness	50/80mm
Tolerance	±3%		

STAINLESS STEEL PLATE

ROCX2002K



SPECIFICATIONS

Texture of material	Stainless Steel	Weight range	2.5-25k
Plate diameter	242/323/383/455 mm	Plate thickness	17.5/17/17/17.5 mm
Tolerance	±2%		

URETHANE SQUARE WEIGHT PLATE

ROCX2030B



SPECIFICATIONS

Texture of material	Urethane	Weight range	1.25-25kg
Plate diameter	23.2*24/27*28/32.8*34/36.6*38/40.4*42/43.3*45cm	Plate thickness	2/2.6/3.2/3.6/3.8/4cm
Tolerance	±2%		

COLOR RUBBER COMPETITION PLATE

ROCX2007



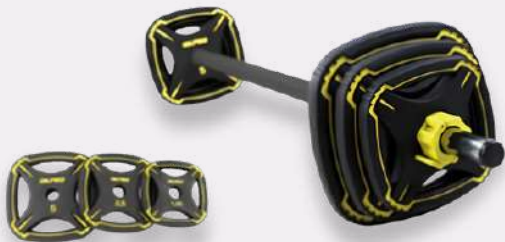
SPECIFICATIONS

Texture of material	Rubber	Weight range	5/10/15/20/25kg 10/15/25/35/45/55lb
Plate diameter	450mm	Plate thickness	24/33/43/53/63mm
Tolerance	±2%		



20KG PU PUMP SET

ROCX3010F



SPECIFICATIONS

Texture of material	TPU	Weight range	20KG
Size	1.25kg*2pcs 2.5kg*2pcs/5kg*2pcs / 1pcs bar 30*1400mm	Tolerance	±2%

20KG RUBBER PUMP SET

ROCX3010C



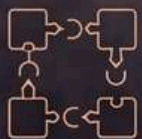
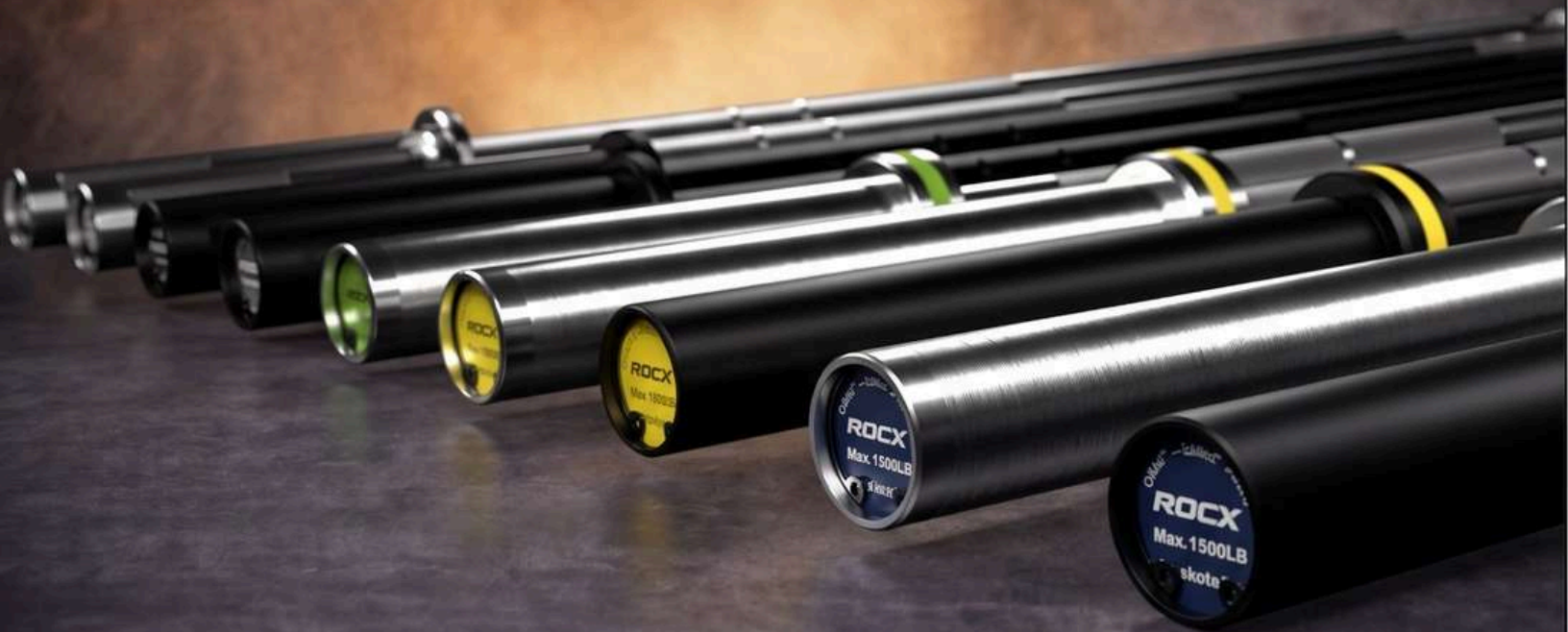
SPECIFICATIONS

Texture of material	Rubber	Weight range	20KG
Size	1.25kg*2pcs 2.5kg*2pcs 5kg*2pcs/30*1400mm Chromed Bar*1pcs (with foam handle)	Tolerance	±2%

ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

OUR BARBELL BARS



PRECISION
SLEEVES



MULTIPLE
FINISHES



HIGH-STRENGTH
STEEL



QUALITY
STEEL

MEN'S BAR WEIGHTLIFTING

ROCX5000-1

SPECIFICATIONS

Name:	MEN'S BAR
Item:	ROCX5000-1
PSI:	195,000
Max load capacity:	1500LB
Bar type(Female/Male):	M
Bar usage:	Weightlifting
Knurl:	1.2mm
Weight:	20kg (45LB)
Length:	220cm (86.52")
Shaft length:	1310±0.5mm
Flange width:	30±0.5mm
Grip Diameter:	28mm
Sleeve Diameter:	50mm
Material:	Alloy steel
Bushing/Bearing:	2 bushing+8 needle bearings
Grip Surface:	Black Zinc
Sleeve Surface:	Hard Chromed
Warranty:	1 year



WOMEN'S BAR WEIGHTLIFTING

ROCX5000-3

SPECIFICATIONS

Name:	WOMEN'S BAR
Item:	ROCX5000-3
PSI:	195,000
Max load capacity:	1000LB
Bar type(Female/Male):	F
Bar usage:	Weightlifting
Knurl:	1.2mm
Weight:	15kg(33LB)
Length:	201cm (79.13")
Shaft length:	1310±0.5mm
Flange width:	30±0.5mm
Grip Diameter:	25mm
Sleeve Diameter:	50mm
Material:	Alloy steel
Bushing/Bearing:	2 bushing+8 needle bearings
Grip Surface:	Black Zinc
Sleeve Surface:	Hard Chromed
Warranty:	1 year



CERAKOTE BAR

ROCX5002

SPECIFICATIONS

Name:	CERAKOTE MEN'S BAR
Item:	ROCX5002
PSI:	195,000
Max load capacity:	1500LB
Bar type(Female/Male):	M
Bar usage:	Weightlifting
Knurl:	1.2mm
Weight:	20kg (45LB)
Length:	220cm (86.52")
Shaft length:	1310±0.5mm
Flange width:	30±0.5mm
Grip Diameter:	28mm
Sleeve Diameter:	50mm
Material:	Alloy steel
Bushing/Bearing:	2 bushing+8 needle bearings
Grip Surface:	Color Cerakote
Sleeve Surface:	Black phosphating
Warranty:	1 year



CAMOUFLAGE MAN BAR

ROCX5002-1

SPECIFICATIONS

Name:	CAMOUFLAGE MEN'S BAR
Item:	ROCX5002-1
PSI:	195,000
Max load capacity:	1500LB
Bar type(Female/Male):	M
Bar usage:	Weightlifting
Knurl:	1.2mm
Weight:	20kg (45LB)
Length:	220cm (86.52")
Shaft length:	1310±0.5mm
Flange width:	30±0.5mm
Grip Diameter:	28mm
Sleeve Diameter:	50mm
Material:	Alloy steel
Bushing/Bearing:	2 bushing+8 needle bearings
Grip Surface:	camo Cerakote
Sleeve Surface:	Black phosphating
Warranty:	1 year



POWERLIFTING BAR

ROCX5003

SPECIFICATIONS

Name:	POWERLIFTING BAR
Item:	ROCX5003
PSI:	215,000
Max load capacity:	2000LB
Bar type(Female/Male):	F/M
Bar usage:	Powerlifting
Knurl:	1.5mm
Weight:	20kg (45LB)
Length:	220cm (86.52")
Shaft length:	1310±0.5mm
Flange width:	30±0.5mm
Grip Diameter:	29mm
Sleeve Diameter:	50mm
Material:	Alloy steel
Bushing/Bearing:	Bushing
Grip Surface:	Hard Chromed
Sleeve Surface:	Hard Chromed
Warranty:	1 year



STAINLESS STEEL BAR




ROCX4999

SPECIFICATIONS




Name:	STAINLESS STEEL BAR
Item:	ROCX4999
PSI:	195,000
Max load capacity:	1500LB
Bar type(Female/Male):	M
Bar usage:	Weightlifting
Knurl:	1.2mm
Weight:	20kg (45LB)
Length:	220cm (86.52")
Shaft length:	1310±0.5mm
Flange width:	30±0.5mm
Grip Diameter:	28mm
Sleeve Diameter:	50mm
Material:	Stainless steel
Bushing/Bearing:	2 bushing+8 needle bearings
Grip Surface:	Stainless Steel
Sleeve Surface:	Stainless Steel
Warranty:	1 year



OLYMPIC BAR

ROCX5004-2		ROCX5004-3		ROCX5005	
Name:	CURL BAR		OLYMPIC BAR		SUPER CURL BAR
Item:	ROCX5004-2		ROCX5004-3		ROCX5005
Weight:	8.5kg		11.5kg		9.5kg
Length:	1200mm		1420mm		1200mm
Grip Diameter:	28mm		28mm		28mm
Sleeve Diameter:	50mm		50mm		50mm
Material:	A5 Steel		A5 Steel		A5 Steel
Grip Surface:	Chromed		Chromed		Chromed
Sleeve Surface:	Chromed		Chromed		Chromed
Max load:	300lb		300lb		300lb
Warranty:	1 year		1 year		1 year
					

OLYMPIC BAR

ROCX5014		ROCX5006		ROCX5006A	
Name:	DUMBBELL BAR		TRICEPS OLYMPIC BAR		TRICEPS OLYMPIC BAR
Item:	ROCX5014		ROCX5006		ROCX5006A
Weight:	5kg		11.5kg		14kg
Length:	500mm		860mm		860mm
Grip Diameter:	28mm		28mm		28mm
Sleeve Diameter:	50mm		50mm		50mm
Material:	A5 Steel		A3 Steel		A3 Steel
Grip Surface:	Chromed		Chromed		Chromed
Sleeve Surface:	Chromed		Chromed		Black Zinc
Max load:	200lb		300lb		300lb
Warranty:	1 year		1 year		1 year
					

HEX BAR

ROCX6082



SPECIFICATIONS

Length 1.4m, 1.5m, 1.8m, 2.2m

HEX FARM BAR

ROCX6082A



SPECIFICATIONS

Main tube size	44*44*2mm Φ48.5mm Φ32.2mm	Assembly	1.25/2.5/5/10/15/20/25kg
Ctn size	220*83*22.5cm	N.W./G.W.	27/29kg

CURVED HAMMER BARBELL

ROCX5022B



SPECIFICATIONS

Size	1200mm	Weight	11.4kg
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OLYMPIC SUPRA BARBELL

ROCX5022D



SPECIFICATIONS

Size	1240mm	Weight	12.5kg
Packing size	1330*1050*590mm	N.W./G.W.	11.5/12.5kg

SAFE SQUAT BAR

ROCX5026



SPECIFICATIONS

Size	2200mm	Weight	20kg
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MULTI GRIP BAR

ROCX5025



SPECIFICATIONS

Size	2080mm	Weight	20/22kg
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SOFT BARBELL PAD

ROCX6088A



SPECIFICATIONS

Material	EVA
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PU BARBELL PAD

ROCX6088C



SPECIFICATIONS

Material	PU+Foam
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BLACK KETTLEBELL

ROCX1009



SPECIFICATIONS

Texture of material	PEV/PU	Weight range	4/6/8/10/12/16/20/24/26/32KG
Tolerance	±3%		

CPU COLOR COMPETITION KETTLEBELL

ROCX1009D



SPECIFICATIONS

Texture of material	CPU	Weight range	8/12/16/20/24/28/32kg
Tolerance	±2%		

CPU COMPETITION KETTLEBELL

ROCX1010D



SPECIFICATIONS

Texture of material	CPU	Weight range	8/12/16/20/24/28/32kg
Tolerance	±2%		

COMPETITION KETTLEBELL

ROCX1010E



SPECIFICATIONS

Texture of material	Black Steel	Weight range	6/8/10/12/16-32/36/40/44/48KG
Tolerance	±2%		

NEOPRENE KETTLEBELL

ROCX1004



SPECIFICATIONS

Texture of material	Neoprene+ Cast Iron	Weight range	4/6/8/12/16/20/24/28/32kg
Tolerance	±3%		

CPU KETTLEBELL





ROCX1007

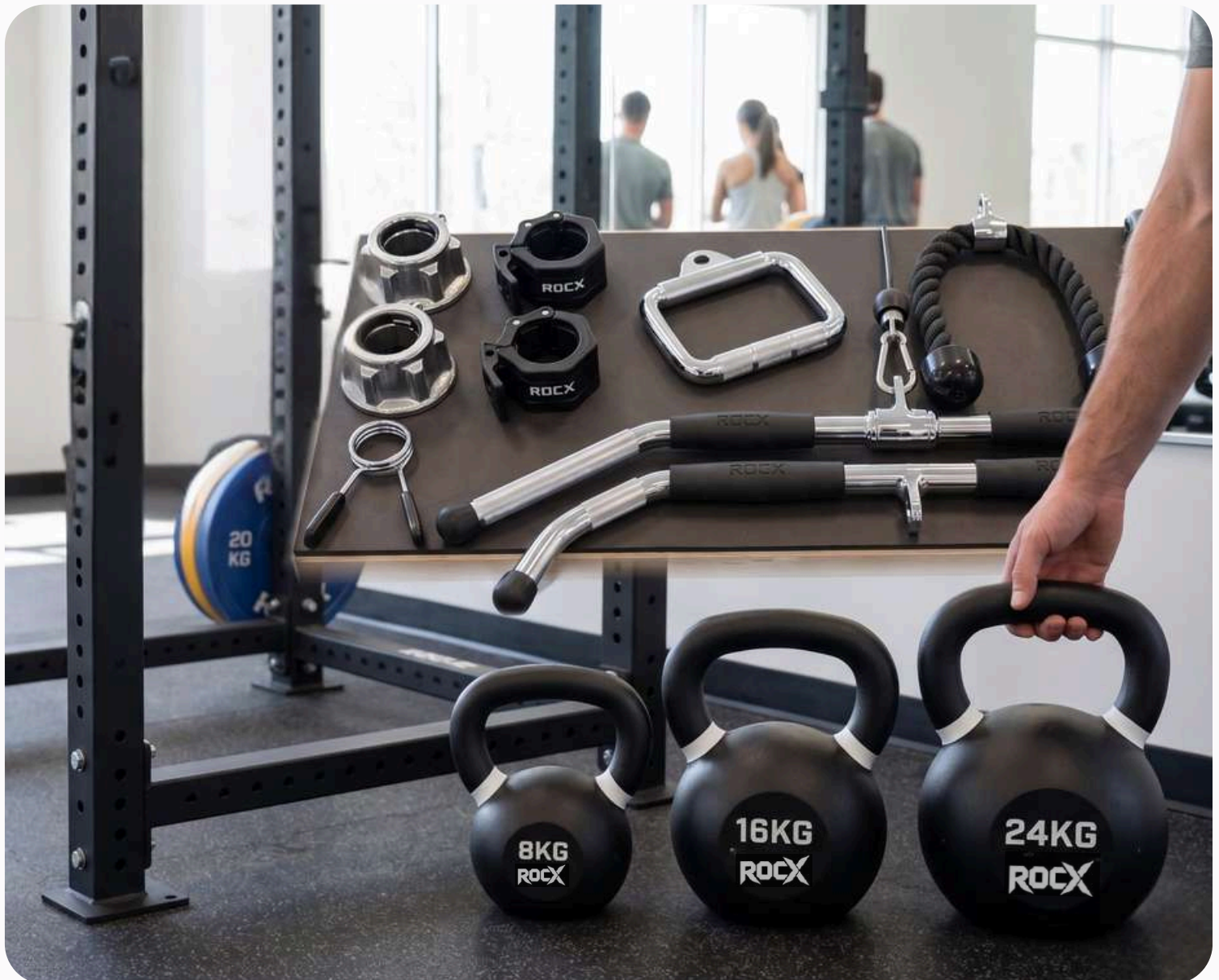


SPECIFICATIONS

Texture of material	CPU	Weight range	8/9/10/12/16-40kg
Tolerance	±2%		

LOCKS

	ROCX5040	ROCX5041	ROCX5045	ROCX5043
Name	MAGNETIC ABS COLLARS	ABS OLYMPIC COLLARS	OLYMPIC COLLARS	OLYMPIC SPRING COLLARS
Item	ROCX5040	ROCX5041	ROCX5045	ROCX5043
Material	ABS	ABS	Steel+Rubber	Steel
Weight	360g	360g	350g	350g
Inner diameter	For 50mm bar	For 50mm bar	For 50mm/25mm bar	For 50mm bar
Meas	50prs/ctn 53*32*28CM	50prs/ctn 53*32*28CM	40prs/ctn 44*32*20CM	40prs/ctn 44*32*20CM
N.W./G.W.	18/19KG	17.5/18.5KG	14/15KG	14/15KG
				



20*18*3.2 CM 1000g



ROCX6000

15*14.5*2.8 CM 800g



ROCX6001

21*21*3.2 CM 1400g



ROCX6002

15*14*2.5 CM 750g



ROCX6003

70*7 CM 800g



ROCX6008

70*6.5 CM 750g



ROCX6009

36*23*22CM 3600g



ROCX6010

36*23*22CM 3600g



ROCX6011

17*15*3.2 CM 700g



ROCX6004

18*18*13 CM 1880g



ROCX6005

18.5*18.5*13.5 CM 2000g



ROCX6006

38*6.5 CM 400g



ROCX6007

51*8.5*3.2 CM 2200g



ROCX6016

32*20*7.5 CM 1800g



ROCX6017

71*16*16 CM 4500g



ROCX6018

42*16*26 CM 3100g



ROCX6019

51*8.5*2.5 CM 2200g



ROCX6012

78*13*3.2 CM 3500g



ROCX6013

68*22*3.2 CM 3000g



ROCX6014

45*24*4 CM 2800g



ROCX6015

28"



ROCX6024

28"



ROCX6023

38"



ROCX6022

34"



ROCX6021

48"



ROCX6020

ROCX6025



20"



ROCX6026

28"



ROCX6027

30"



ROCX6028

30"



ROCX6029

48"



ROCX6030

8"



ROCX6040-1

17"



ROCX6040-2

21"



ROCX6040-3

30"



ROCX6040-4

34"



ROCX6040-5

50"



ROCX6040-6

CABLE ATTACHMENT SET

ROCXMB009



Packing 1000*320*210mm

N.W./G.W. 24/25kg

ADJUSTABLE CABLE ATTACHMENT WITH T-BAR

ROCXMB010



Size 370*402*203mm

Open size 1 640*330mm

Open size 2 730*200mm

Load-bearing 300kg

N.W./G.W. 8.4/9.35kg

MULTI GRIP LAT HANDLE

ROCXMB012



SPECIFICATIONS

Assembly	1215*175*215mm	Max Load	350kg
N.W./G.W.	9/10.5kg	Package	1260*225*185mm

ADJUST HANDIE ACCESSORIES SET

ROCXMB022



SPECIFICATIONS

Package	630*410*170mm	N.W./G.W.	6.5/8kg
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CABLE ATTACHMENT SET

ROCXMB017



MEAS

84*27*19CM 15/16KG

CABLE ATTACHMENT SET RACK

ROCX0038E



Size	370*402*203mm	Open size 1	640*330mm
Open size 2	730*200mm	Load-bearing	300kg
N.W./G.W.	8.4/9.35kg		

CABLE ATTACHMENT SET

ROCXMB001-005



MEAS

840*270*190MM 15/16KG

CABLE ATTACHMENT SET

ROCXMB000A-1



MEAS

840*270*190MM 15/16KG

CABLE ATTACHMENT SET

ROCXMB006-008



PACKING

1000*320*210MM | N.W./G.W.

24/25KG

HANDLE CABLE ATTACHMENT

ROCXMB019



SIZE

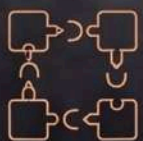
370*402*203MM | OPEN SIZE 1

640*330MM

ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

OUR STORAGE RIG



**MODULAR
DESIGN**



**CUSTOMIZABLE
LAYOUT**



**HEAVY-DUTY
FRAME**



**GRADE
STEEL**

WALL MOUNT RIG

CF-007



SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	1200mm
Depth	1200mm	Height	2750mm

WALL MOUNT RIG

CF-008



SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	3000mm
Depth	1200mm	Height	2750mm

FREE STANDING RIG AND STORAGE

CF-009

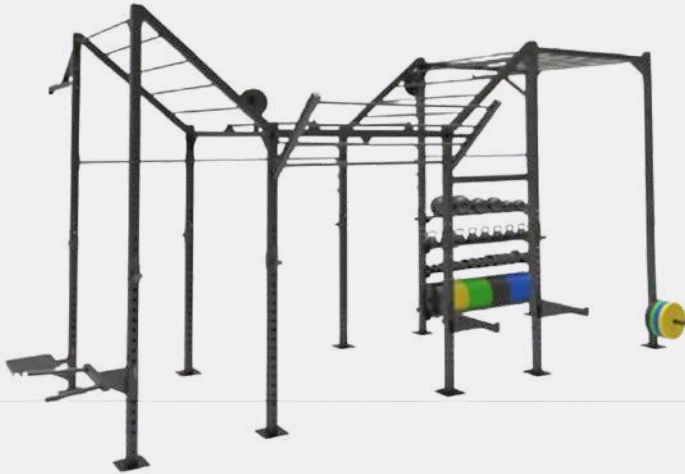


SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	7000mm
Depth	1200mm	Height	2750mm

WALL MOUNT RIG

CF-010

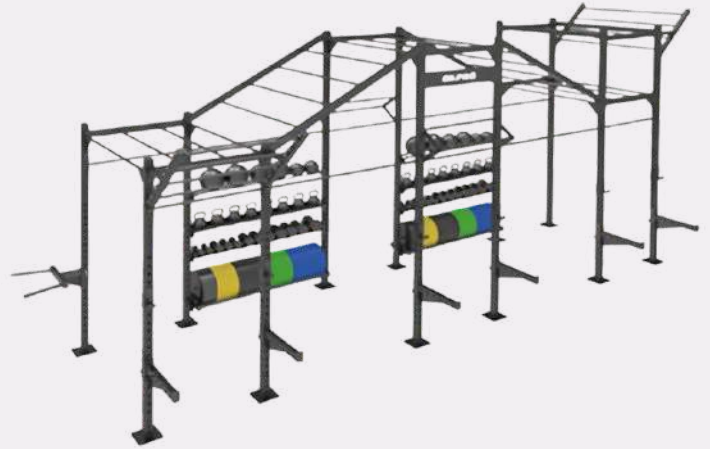


SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	6200mm
Depth	1200mm	Height	3750mm

FREE STANDING RIG

CF-011



SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	7200mm
Depth	1200mm	Height	3600mm

WALL MOUNT RIG

CF-012

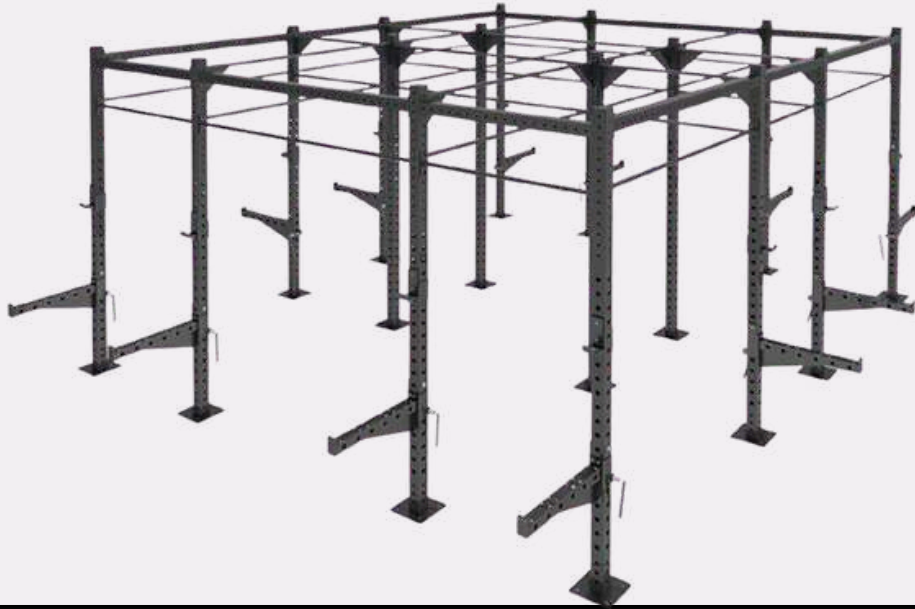


SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	7200mm
Depth	1200mm	Height	3750mm

FREE STANDING RIG

CF-013

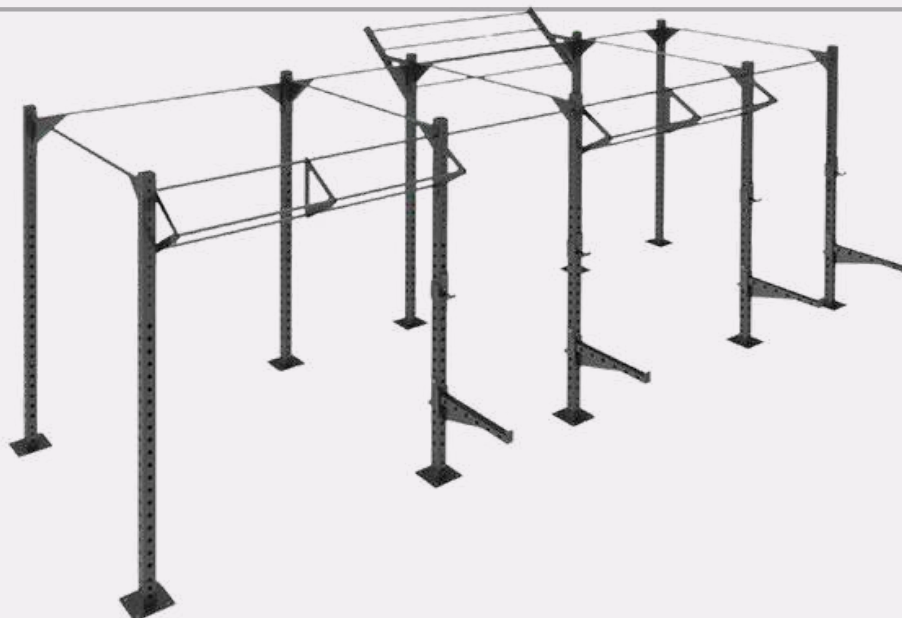


SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	4200mm
Depth	4950mm	Height	2750mm

FREE STANDING RIG

CF-014



SPECIFICATIONS

Monkey bar	φ32*5mm	Up right	75*75*3mm
Finish	Powder Coated	Length	6200mm
Depth	1200mm	Height	2750mm

UP RIGHT
HEIGHT:2.75M



ROCX2016-A-001

UP RIGHT
HEIGHT:3.6M



ROCX2016-A-002

BEAM
HEIGHT:1.8M



ROCX2016-A-003

BEAN
HEIGHT: 1.08M



ROCX2016-A-004

BEAM
WIDTH:1.08/1.8M



ROCX2016-A-005

MONKEY BAR
WIDTH:1.08/1.8M



ROCX2016-A-006

MONKEY BAR
LENGTH:1.08M



ROCX2016-A-007

MONKEY BAR
LENGTH:1.8M



ROCX2016-A-008

FLYING PULL UP EXTENSION 1



ROCX2016-018A

DIRTY SOUTH BAR



ROCX2016-020

PULL UP BAR



ROCX2016-A-032

DIRTY SOUTH BAR



ROCX2016-0208

J-CUPS



ROCX2016-008

J-CUPS



ROCX2016-008B

J-CUPS



ROCX2016-008F

SPOTTER ARMS



ROCX2016-010

CONNECTING BEAMS



ROCX2016-039

UNIVERSAL
WALL BALL TARGET



ROCX2016-006

UNIVERSAL
WALL BALL TARGET



ROCX2016-006B

DIP HORN



ROCX2016-011

DUMBBELL RACK



ROCX2016-013

KETTLEBELL RACK



ROCX2016-014

BALL RACK



ROCX2016-015

BUMPER PLATE RACK



ROCX2016-016

PLATE HORNS



ROCX2016-009A

14" PLATE HORNS



ROCX2016-009

WRIST ROLLER



ROCX2016-046

PORTABLE
CABLE TRAINER



ROCX2016-A-013

LIGHT BOLB GRIP



ROCX2016-001

UNIVERSAL LIGHT BULBS



ROCX2016-002

UNIVERSAL ANCHOR



ROCX2016-004

DOG BONE GRIP



ROCX2016-005

LEADMINE WITH 2 PCS



ROCX2016-018

A-HANGER



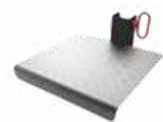
ROCX2016-012

SHACKLE



ROCX2016-004-12

STEP-UP PLATFORM



ROCX2016-A-009

PULL UP BAR



ROCX2016-019

UNIVERSAL CHIN UP BAR



ROCX2016-007

SHOULDER WEIGHT LIFT



ROCX2016-A-010

WEBBED CATCHERS



ROCX2016-A-012

DUAL ROLLER PAD



ROCX2016-A-015A

OMNI PAD



ROCX2016-048

MULTI FUNCTIONAL ARM



ROCX2016-058

POWER BAND HOLDER



ROCX2016-A-011

LEG EXERCISER



ROCX2016-057

LEG EXERCISER



ROCX2016-061

MULTI FUNCTIONAL BOARD PAD



ROCX2016-056

HIP LIFTING DEVICE



ROCX2016-062

CANNON BALL GRIP
DIAMETER 21CM



ROCX2016-042

SMALL CANNON BALL GRIP
80MM BALL



ROCX2016-042A-1

DOG BONE PULL-UP BAR
80MM BALL, MIDDLE 250MM,
HAND GRIP 50MM



ROCX2016-043

GRANDFATHER CLOCK
GRIP SYSTEM



ROCX2016-043A-1

WOODEN CANNON BALL GRIP
2.67**5" (L), 3.54**5.39" (XL)



ROCX2016-040

WOODEN CANNON BALL GRIP
80MM BALL



ROCX2016-040A

PULL UP STRENGTH
HOLD GRIPS



ROCX2016-040B

PULL UP STRENGTH
HOLD GRIPS



ROCX2016-040C

INGLE BAR HOLDER



ROCX2016-051

SINGLE BAR STAND
HORIZONTAL



ROCX2016-052

RIG-ACCESSORIES



ROCX2016-037

WEIGHT PLATE LOADING PIN

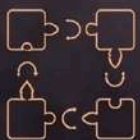


ROCX0107A

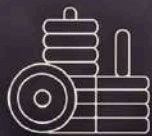
ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

OUR STORAGE RIG



**MODULAR
DESIGN**



**CUSTOMIZABLE
LAYOUT**



**HEAVY-DUTY
FRAME**



**GRADE
STEEL**

DUMBBELL RACK

ROCX0011B



SPECIFICATIONS

Material	2mm Q235-gauge Steel	L*W*H	2450*710*740mm
Packing 1	850*760*155mm N.W./G.W.:21/22.8kg	Packing 2	2350*290*130mm N.W./G.W.:36/39kg

2-TIERS DUMBBELL RACK

ROCX0011D



SPECIFICATIONS

Material	φ89*2.75 φ50*3mm Q235-gauge Steel	L*W*H	2390*810*840mm
Packing 1	850*810*225mm N.W./G.W.:25.8/28.2kg	Packing 2	2430*340*120mm N.W./G.W.:28.5/30.8kg
Packing 3	2430*340*120mm N.W./G.W.:28.5/30.8kg		

2-TIERS 5 PAIR DUMBBELL RACK

ROCX0020



SPECIFICATIONS

Material	120*60*2mm Q235-gauge Steel	L*W*H	1200*640*770mm
Packing 1	800*680*200mm N.W./G.W.:25/27kg	Packing 2	1230*260*140mm N.W./G.W.:18.5/19.5kg

2-TIERS 10 PAIR DUMBBELL RACK

ROCX0021



SPECIFICATIONS

Material	120*60*2mm Q235-gauge Steel	L*W*H	2390*810*840mm
Packing 1	800*690*270mm N.W./G.W.:30/32kg	Packing 2	1250*270*120mm N.W./G.W.:25/27kg
Packing 3	1250*270*120mm N.W./G.W.:25/27kg		

2-TIERS 10 PAIR DUMBBELL RACK

ROCX0011A



SPECIFICATIONS

Material	φ89*2.75 φ50*3mm Q235-gauge Steel	L*W*H	2390*810*840mm
Packing 1	1130*670*125mm N.W./G.W.:17.8/19.5kg	Packing 2	1810*216*115mm N.W./G.W.:46/47.3kg

2-TIERS DUMBBELL RACK

ROCX0011C



SPECIFICATIONS

Material	40*80*2mm 60*60*2mm Q235-gauge Steel	L*W*H	2450*710*830mm
Packing 1	790*650*250mm N.W./G.W.:23/25kg	Packing 2	1180*250*220mm N.W./G.W.:28/30kg

3-TIERS 15 PAIR DUMBBELL RACK

ROCX0015B-1



SPECIFICATIONS

Material	40*80*2mm	L*W*H	1720*630*920mm
	Q235-gauge Steel		
Packing 1	1100*630*110mm	Packing 2	1690*220*165mm
	N.W./G.W.:17.8/19.5kg		

3-TIERS 15 PAIR DUMBBELL RACK

ROCX0015D



SPECIFICATIONS

Material	50*70*2mm	L*W*H	2360*760*830mm
	Q235-gauge Steel		
Packing 1	970*82*230mm	Packing 2	2350*280*270mm
	N.W./G.W.:41/43kg		
Packing 3	2350*280*270mm		
	N.W./G.W.:78/81kg		

3-TIERS 15 PAIR DUMBBELL RACK

ROCX0016B



SPECIFICATIONS

Material	φ100*3mm	L*W*H	2530*830*920mm
	Q235-gauge Steel		
Packing 1	970*82*230mm	Packing 2	2350*280*270mm
	N.W./G.W.:41/43kg		

3-TIERS 15 PAIR DUMBBELL RACK

ROCX0010B



SPECIFICATIONS

Material	50*50*1.5mm	L*W*H	2370*720*1000mm
	Q235-gauge Steel		
Packing 1	1020*720*270mm	Packing 2	1210*220*160mm
	N.W./G.W.:41/43kg		

3-TIERS 12 PAIR DUMBBELL RACK

ROCX0015C



SPECIFICATIONS

Material	40*80*2mm	L*W*H	1720*630*920mm
	Q235-gauge Steel		
Packing 1	1130*760*125mm	Packing 2	1760*205*120mm
	N.W./G.W.:17.8/19.5kg		

3-TIERS 10 PAIR DUMBBELL RACK

ROCX0016A



SPECIFICATIONS

Material	80*40*2mm	L*W*H	1830*800*890mm
	Q235-gauge Steel		
Packing 1	908*870*220mm	Packing 2	1430*270*220mm
	N.W./G.W.:15/16kg		

HEX DUMBBELL RACK

ROCX0015



SPECIFICATIONS

Material	50*50*1.5mm Q235-gauge Steel	L*W*H	1720*630*920mm
Packing	1500*600*160mm	N.W./G.W	31/33kg

3-TIERS 9 PAIR ROUND DUMBBELL RACK

ROCX0013



SPECIFICATIONS

Material	40*80*2mm Q235-gauge Steel	L*W*H	1545*880*1280mm
Packing 1	1500*1030*240mm N.W./G.W.:32/34kg	Packing 2	1600*240*220mm N.W./G.W.:41/43kg

HEX DUMBBELL RACK

ROCX0015A



SPECIFICATIONS

Material	40*80*2mm Q235-gauge Steel	L*W*H	1500*680*950mm
Packing 1	970*720*210mm N.W./G.W.:17/19kg	Packing 2	1543*470*100mm N.W./G.W.:40/41kg

HEX DUMBBELL RACK

ROCX0045A



SPECIFICATIONS

Material	60*60*2mm Q235-gauge Steel	L*W*H	2300*950*770mm
Packing 1	780*620*250mm N.W./G.W.:24/25kg	Packing 2	1180*530*90mm N.W./G.W.:40/41kg

KETTLEBELL RACK

ROCX0045



SPECIFICATIONS

Material	48*80*1.8mm Q235-gauge Steel	L*W*H	1370*610*910mm
Packing 1	950*650*200mm N.W./G.W.:15/16kg	Packing 2	1320*270*80mm N.W./G.W.:27/28kg

KETTLEBELL RACK

ROCX0045E



SPECIFICATIONS

Material	48*80*1.8mm Q235-gauge Steel	L*W*H	1500*620*760mm
Packing 1	740*650*210mm N.W./G.W.:12/14kg	Packing 2	1530*260*140mm N.W./G.W.:20/22kg

10 PAIR DUMBBELL RACK(1-10KG)

ROCX0005A



SPECIFICATIONS

Material	50*50*1.5mm	L*W*H	620*550*1150mm
Packing	1270*220*165mm	N.W./G.W	13/15kg

10 PAIR DUMBBELL RACK(1-10KG)

ROCX0017A



SPECIFICATIONS

Material	50*100*2mm	L*W*H	750*600*1400mm
Packing 1	770*620*130mm	Packing 2	1440*430*160mm
	11/13kg		21.3/23kg

5 PAIR DUMBBELL RACK

ROCX0005A-5



SPECIFICATIONS

Material	50*50*1.5mm	L*W*H	2360*760*830mm
Packing	1030*140*150mm	N.W./G.W	7/8kg

6/8/10 PAIRS DUMBBELL RACK

ROCX0004



SPECIFICATIONS

Material	50*50*1.5mm Q235-gauge Steel	L*W*H	510*510*990/1300/1550mm
6 Pairs Packing	980*280*150mm N.W./G.W.:13.7/14.8kg	8 Pairs Packing	1310*280*150mm N.W./G.W.:16.8/18kg
10 Pairs Packing	1570*260*150mm N.W./G.W.:24.5/25.9kg		

WALL MOUNTED DUMBBELL RACK

ROCX0015L



SPECIFICATIONS

Material	50*50*1.5mm	L*W*H	130*90*1260mm
Packing	1280*150*110mm	N.W./G.W	6/6.8kg

2-TIERS 10 PAIR SQUARE DUMBBELL RACK

ROCX0011E



SPECIFICATIONS

Material	50*3mm Q235-gauge Steel	L*W*H	2360*810*820mm
Packing 1	850*830*240mm N.W./G.W.:28/30.6kg	Packing 2	2400*275*110mm N.W./G.W.:45/47kg

10 PAIR DUMBBELL RACK(1-10KG)

ROCX0002



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	520*490*1270mm
Packing	1320*550*280mm	N.W./G.W	22/24kg

16 PAIRS DUMBBELL RACK

ROCX0003



SPECIFICATIONS

Material	2/1.5mm	L*W*H	600*550*1260mm
Packing	1340*600*550mm	N.W./G.W	32/36kg

3 PAIR VINYL DUMBBELL RACK

ROCX0005A-4



SPECIFICATIONS

Material	ABS	L*W*H	330*85*290mm
Packing	340*90*300mm	N.W./G.W	0.26/0.3kg

VINYL DUMBBELL RACK

ROCX0007



SPECIFICATIONS

Material	50*50*2mm Q235-gauge Steel	L*W*H	900*400*860mm
Packing	1170*107*150mm	N.W./G.W	35/37kg

BUMPER PLATE RACK

ROCX0037H



SPECIFICATIONS

Material	50*2mm Q235-gauge Steel	L*W*H	1143*330.2*254mm
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BUMPER PLATE RACK

ROCX0037D



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	1050*320*290mm
Packing	1389*510*290mm	N.W./G.W	16/18kg

BUMPER PLATE RACK

ROCX0037G



SPECIFICATIONS

Material	50*50*3mm Q235-gauge Steel	L*W*H	400*1200*295mm
Packing	1245*455*155mm	N.W./G.W	25/26.8kg

BUMPER PLATE RACK

ROCX0037E



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	540*2000*800mm
Packing	1540*380*300mm	N.W./G.W	32/35.4kg

BUMPER PLATE RACK

ROCX0037F



SPECIFICATIONS

Material	50*50*2mm Q235-gauge Steel	L*W*H	925*330*255mm
Packing	930*350*300mm	N.W./G.W	13/14kg

POWERLIFTING PLATES RACK

ROCX0037I



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	1434*586*800mm
Packing	1345*425*320mm	N.W./G.W	85/91.6kg

BUMPER PLATE RACK

ROCX0037H



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	mm
Packing	1400*350*320mm	N.W./G.W	17/19kg

BUMPER PLATE RACK

ROCX0036B



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	530*530*965mm
Packing 1	460*450*850mm N.W./G.W.:6.1/6.8kg	Packing 2	950*70*70mm N.W./G.W.:2.2/2.6kg

OB BAR AND OP PLATE RACK **ROCX0036A**



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	1240*710*1400mm
Packing	1240*710*140mm	N.W./G.W	17.5/20kg

OB BAR AND OP PLATE RACK **ROCX0036C**



SPECIFICATIONS

Material	Q235-gauge Steel 60*60*3mm	L*W*H	630*770*1500mm
Packing	1460*380*160mm	N.W./G.W	41/43kg

OP PLATE RACK **ROCX0034**



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	550*735*965mm
Packing	990*730*165mm	N.W./G.W	20.5/22.5kg

OP PLATE RACK **ROCX0033**



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	810*810*1325mm
Packing	1100*32*185mm	N.W./G.W	30/32kg

WALL MOUNTED PLATE STORAGE **ROCX0039**



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	405*120*1870mm
Packing	1050*465*165mm	N.W./G.W	10.2/11.8kg

BARBELL RACK **ROCX0041**



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	910*870*1310mm
Packing	1330*940*210mm	N.W./G.W	41/44kg

BARBELL RACK

ROCX0041A



SPECIFICATIONS

Material	75*50*2mm Q235-gauge Steel	L*W*H	920*870*1680mm
Packing	1250*780*195mm	N.W./G.W	39/41.5kg

BARBELL RACK

ROCX0041B



SPECIFICATIONS

Material	50*50*1.5mm Q235-gauge Steel	L*W*H	785*880*1125mm
Packing	1160*765*11.50mm	N.W./G.W	27/30.2kg

BARBELL RACK

ROCX0041E



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	550*735*965mm
Packing 1	950*860*425mm N.W./G.W.:34.5/39kg	Packing 2	890*800*325mm N.W./G.W.:67.5/71kg

BAR HOLDER-10PCS

ROCX0029C



SPECIFICATIONS

Material	70*50*2mm Q235-gauge Steel	L*W*H	670*900*250mm
Packing	910*680*260mm	N.W./G.W	16.8/18kg

BAR HOLDER-2/3/4PCS

ROCX0029E



SPECIFICATIONS

Material	Q235-gauge Steel		
Packing	340*155*100mm	N.W./G.W	2/2.5kg
Packing	340*155*100mm	N.W./G.W	3/3.5kg
Packing	510*155*100mm	N.W./G.W	3/4kg

WALL MOUNTED BAR HOLDER-3/5/6/8/10PCS

ROCX0029A



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	1400*160*90mm
Packing	1070*145*90mm	N.W./G.W	9/10kg

BAR HOLDER-9PCS

ROCX0029D-1



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	475*480*200mm
Packing	480*490*205mm	N.W./G.W	25.5/26.7kg

BODY PUMP SET RACK

ROCX0019A

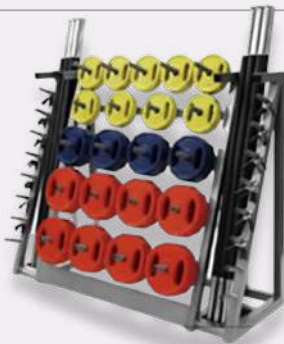


SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	1500*680*570mm
Packing 1	1510*500*80mm N.W./G.W.:8.1/9.6kg	Packing 2	730*610*125mm N.W./G.W.:8.8/10kg

BODY PUMP SET RACK 15/20 SETS

ROCX0019



SPECIFICATIONS

Material	Q235-gauge Steel		
15 Set L*W*H	1600*500*1300mm	20 Set L*W*H	1900*500*1300mm
15 SetPacking1	1160*730*240mm N.W./G.W.:22/24kg	20 SetPacking1	1160*740*280mm N.W./G.W.:26/28kg
15 SetPacking2	990*270*220mm N.W./G.W.:14/16kg	20 SetPacking2	1050*300*250mm N.W./G.W.:15/17kg

WALL BALL RACK

ROCX0022A



SPECIFICATIONS

Material	50*50*1.5mm Q235-gauge Ste	L*W*H	1520*520*960mm
Packing	1420*530*90mm	N.W./G.W	13/14kg

MEDICINE BALL RACK

ROCX0023



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	325*585*1570mm
Packing	1420*560*180mm	N.W./G.W	17/18kg

MULTI STORAGE RACK

ROCX9020B



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	1325*424*482mm
Packing	1362*480*505mm	N.W./G.W	41/46kg

STORE RACK

ROCX0080A

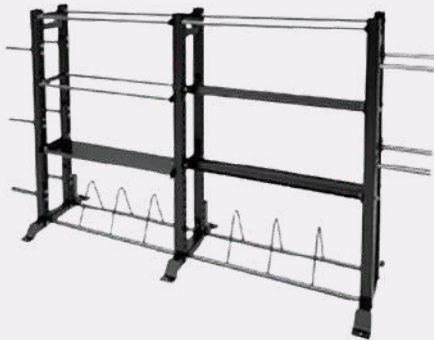


SPECIFICATIONS

Material	Q235-gauge Steel	Length	1500-1200-1200mm	Depth	700mm	Height	1800mm
Packing 1	1060*360*170mm N.W./G.W.:26/28kg	Packing 2	1110*330*100mm N.W./G.W.:7/8.5kg	Packing 3	1210*410*180mm N.W./G.W.:27/29kg	Packing 4	1510*410*160mm N.W./G.W.:52/54kg

MULTI STORAGE RACK

ROCX0080C



SPECIFICATIONS

Material	60*60*2mm Q235-gauge Steel	L*W*H	2700*620*1510mm
Packing 1	1550*670*230mm N.W./G.W.:42/44kg	Packing 2	1060*360*380mm N.W./G.W.:13/14kg
Packing 3	1060*360*170mm N.W./G.W.:28/30kg	Packing 4	1060*360*120mm N.W./G.W.:13/14k

STORE RACK

ROCX0080B



SPECIFICATIONS

Material	60*60*3mm Q235-gauge Steel	L*W*H	2150*450*170mm
Packing 1	2040*440*130mm N.W./G.W.:50/52kg	Packing 2	2040*440*130mm N.W./G.W.:50/52kg
Packing 3	1780*250*160mm N.W./G.W.:28/30kg		

MULTI STORAGE RACK

ROCX0080H



SPECIFICATIONS

Material	75*75*3mm Q235-gauge Steel	Width	4150mm
Depth	1200mm	Height	2450mm

DEADLIFT BAR JACK

ROCX0069



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	120*585*300mm
Packing	510*380*140mm	N.W./G.W	3.7/4.5kg

DEADLIFT BAR JACK

ROCX0059A



SPECIFICATIONS

Material	50*50*2mm Q235-gauge Steel	L*W*H	1100*490*910mm
Packing	1130*470*170mm	N.W./G.W	8.6/10kg

PUSH UP BAR

ROCX1307



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	470*430*360mm
Packing	10PCS/CTN 480*440*370mm	N.W./G.W	14/16kg

ARM TRAINER

ROCX0058B



SPECIFICATIONS

Material	Iron/Aluminum	L*W*H	610*115*130mm
Packing	610*110*130mm	N.W./G.W	1.1/1.4kg

BUMPER POST LANDMINE

ROCX2016-024



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	424*56*56mm
Packing		N.W./G.W	

T-BAR

ROCX0062



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	550*470*170mm
Packing	555*480*180mm	N.W./G.W	18.8/19.7kg

T-BAR

ROCX0062B



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	280*140*160mm
Packing	290*145*170mm	N.W./G.W	3.3/4kg

TRUNK BLASTER

ROCX0059



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	480*690*200mm
Packing	700*490*200mm	N.W./G.W	4/4.5kg

SINGEL HANDLE

ROCX0058



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	310*150*70mm
Packing	320*160*80mm	N.W./G.W	1/1.5kg

V-SHAPED HANDLE

ROCX0058A



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	190*180*220mm
Packing	200*190*230mm	N.W./G.W	1.3/2kg

TRUNK BLASTER

ROCX0060



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	600*590*190mm
Packing	610*600*195mm	N.W./G.W	3.2/4kg

ALTRABODY LINEBACKER FRONT SQUAT LANDMINE ATTACHMENT

ROCX0096



SPECIFICATIONS

Material	Q235-gauge Steel	L*W*H	970*800*200mm
Packing	870*440*140mm	N.W./G.W	9/10.5kg

ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

OUR ADJUSTABLE BENCH



**MODULAR
DESIGN**



**FID
VERSATILITY**



**HEAVY-DUTY
FRAME**



**GRADE
STEEL**

COMMERCIAL ADJUST BENCH

ROCX9102D



SPECIFICATIONS

Material	100*50*3mm Q235-gauge Steel	Width	515mm
Depth	1450mm	Height	450mm
Packing	1330*410*380mm	N.W./G.W	36/38kg

COMMERCIAL ADJUST BENCH

ROCX9101C



SPECIFICATIONS

Material	50*70*2mm Q235-gauge Steel	Width	700mm
Depth	1520mm	Height	455mm
Packing	138*45*27cm	N.W./G.W	38/40kg

FLAT BENCH

ROCX9108C



SPECIFICATIONS

Material	75*75*3mm Q235-gauge Steel	Width	545mm
Depth	1100mm	Height	445mm
Packing	610*600*195mm	N.W./G.W	31/33kg

FLAT BENCH

ROCX9108B



SPECIFICATIONS

Material	75*75*2mm Q235-gauge Steel	Width	590mm
Depth	1270mm	Height	430mm
Packing	1420*420*210mm	N.W./G.W	19/21kg

SIT UP BENCH

ROCX9107



SPECIFICATIONS

Material	70*50*2mm Q235-gauge Steel	Width	575mm
Depth	1290mm	Height	420mm
Packing	1260*390*150mm	N.W./G.W	13/15kg

BENCH

ROCX9103-1



SPECIFICATIONS

Material	75*75*2mm Q235-gauge Steel	Width	850mm
Depth	1330mm	Height	980mm
Packing	1230*540*230mm	N.W./G.W	25/28kg

HYPER EXTENSION BENCH

ROCX9204



SPECIFICATIONS

Material	48*80*1.8mm Q235-gauge Steel	Width	746mm
Depth	1135mm	Height	742mm
Packing	1010*580*430mm	N.W./G.W	57/87kg

COMMERCIAL (WEIGHT BENCH) INCLINE

ROCX9136C



SPECIFICATIONS

Material	75*75*3mm Q235-gauge Steel	L*W*H	1722*1876*1373mm
Packing 1	1460*710*280mm 55/59.5kg	Packing 2	1420*370*200mm 32.5/35.5kg
Packing 3	590*590*200mm 22.5/24kg		

COMMERCIAL DECLINE BENCH

ROCX9136E



SPECIFICATIONS

Material	75*75*3mm Q235-gauge Steel	L*W*H	2046*1722*1265mm
Packing 1	1470*690*200mm	N.W./G.W	53/57kg
Packing 2	1580*420*200mm	N.W./G.W	21/24kg

COMMERCIAL FLAT WEIGHT BENCH

ROCX9136D



SPECIFICATIONS

Material	75*75*2mm Q235-gauge Steel	L*W*H	1722*1641*1265mm
Packing 1	1060*410*200mm	N.W./G.W	55/59kg
Packing 2	1300*730*280mm	N.W./G.W	23/25kg



FUNCTIONAL TRAINING TYRE **ROCX9193**



SPECIFICATIONS

Width	1220mm	Depth	510mm
Height	1650mm	Packing	1320*690*830mm
N.W./G.W	125/150kg		

MULTI-FUNCTION TRAINING TIRE **ROCX9192**



SPECIFICATIONS

Size	40/60/80kg	Color	blue /green/red
Height	1229mm	Package	1pcs/wooden case
Packing 1	1320*690*830mm	N.W./G.W	40/45kg
Packing 2	1320*690*830mm	N.W./G.W	60/68kg
Packing 3	1320*690*830mm	N.W./G.W	80/92kg

POWER SLED **ROCX9100N**



SPECIFICATIONS

Material	Steel	Width	600mm
Depth	1100mm	Height	1000mm
Packing	1090*64*18mm	N.W./G.W	50/51kg

POWER SLED **ROCX9100F**



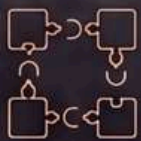
SPECIFICATIONS

Material	50*50*3mm Q235-gauge Steel	Width	480mm
Depth	850mm	Height	1200mm
Packing	860*500*1250mm	N.W./G.W	105/118kg

ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

OUR POWER RACKS



**MODULAR
DESIGN**



**ADAPTABLE
LAYOUTS**



**HEAVY-DUTY
FRAME**



**GRADE
STEEL**

POWER RACK

ROCX9180S



SPECIFICATIONS

Material	50*50*2mm Q235-gauge Steel	Finish	510mm
L*W*H	1420*1185*2100mm	Packing 2	1580*320*130mm N.W./G.W.:24/27kg
Packing 1	2130*220*180mm N.W./G.W.:36/39kg		

POWER RACK

ROCX9180M



SPECIFICATIONS

Material	75*75*3mm Q235-gauge Steel	Finish	blue /green/red
L*W*H	1930*1240*2280mm		
Packing 1	1480*310*170mm N.W./G.W.:34.5/35kg	Packing 2	2300*260*90mm N.W./G.W.:30.6/31kg
Packing 3	1470*310*120mm N.W./G.W.:30.6/31kg	Packing 4	740*440*130mm N.W./G.W.:17/17.5kg
Packing 5	540*350*170mm N.W./G.W.:22.8/23kg	Packing 6	1090*330*100mm N.W./G.W.:30/30.5kg
Packing 7	1090*400*240mm N.W./G.W.:37.2/37.5kg		

HALF RACK

ROCX9184E



SPECIFICATIONS

Material	75*75*2mm	L*W*H	1700*1770*2340mm
Packing 1	2320*540*170mm N.W./G.W.:51.6/55.1kg	Packing 2	1460*440*190mm N.W./G.W.:39.2/41.9kg
Packing 3	500*420*250mm N.W./G.W.:24.7/26.2kg		

COMMERCIAL STORAGE RACK

ROCX9009



SPECIFICATIONS

Material	75*75*3mm Q235-gauge Steel	Finish	510mm
L*W*H	1505*967*2280mm		
Packing	2540*410*550mm	N.W./G.W	154/184kg

POWER RACK WITH PLATFORM

ROCX9189D



SPECIFICATIONS

Material	75*75*2mm Q235-gauge Steel	Finish	Powder Coated
L*W*H	1700*1770*2340mm	Packing 2	2320*540*170mm N.W./G.W.:51.6/55.1kg
Packing 2	1460*440*190mm N.W./G.W.:39.2/41.9kg	Packing 3	500*420*250mm N.W./G.W.:24.7/26.2kg

POWER RACK WITH PLATFORM

ROCX9189C

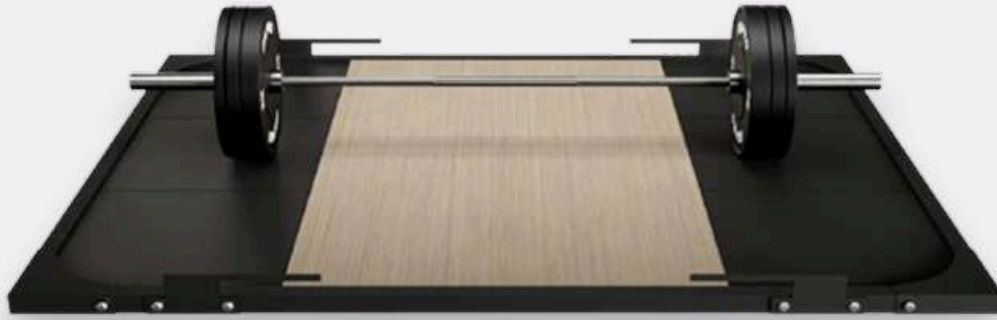


SPECIFICATIONS

Material	75*75*2mm Q235-gauge Steel	Finish	Powder Coated
L*W*H	2700*2400*2300mm	Packing 1	2300*700*360mm N.W./G.W.:225/285kg
Packing 2	2350*1150*50mm N.W./G.W.:64/66kg		

WEIGHT LIFTING PLATFORM

ROCX0081A



SPECIFICATIONS

Material	50*50*3mm Q235-gauge Steel		L*W*H	2400*1800	
Packing 1	2240*240*130mm N.W./G.W.:53/55kg	Packing 2	1800*1200*60mm N.W./G.W.:30/31k	Packing 2	610*610*80mm N.W./G.W.:18/19kg

WEIGHT LIFTING PLATFORM

ROCX0081A-1

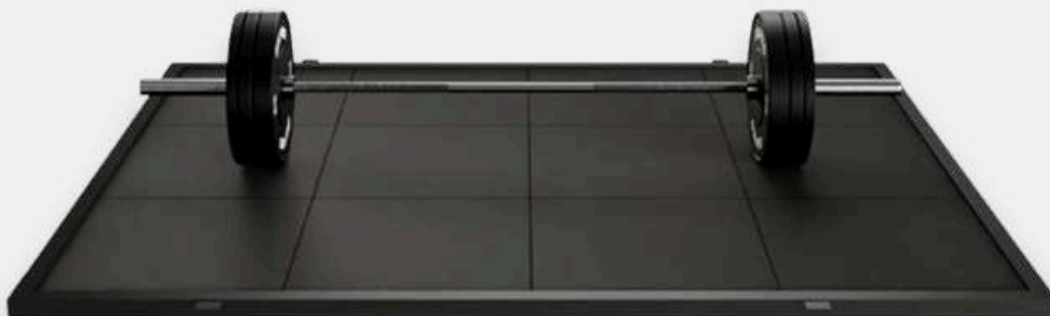


SPECIFICATIONS

Material	50*50*3mm Q235-gauge Steel		L*W*H	2400*1200	
Packing 1	2400*280*80mm N.W./G.W.:23/25kg	Packing 2	1230*1230*40mm N.W./G.W.:29/36.5kg	Packing 2	610*610*80mm N.W./G.W.:18/19kg

WEIGHT LIFTING PLATFORM

ROCX0081



SPECIFICATIONS

Material	75*75*2mm Q235-gauge Steel		L*W*H	2400*1800
Packing 1	2580*185*65mm N.W./G.W.:26/27.5kg	Packing 2		610*610*80mm N.W./G.W.:18/19kg

ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

IMPROVE COORDINATION



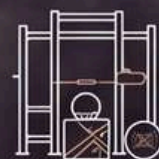
PLYO
PRECISION



REACTIVE
CONTROL



DYNAMIC
STABILITY



TOTAL-BODY
SYSTEM

3 IN 1 WOOD PLYO BOX

ROCX0049B-2



SPECIFICATIONS

Size 1:	12*14*16"-6.5kg	Packing: 44*36.5*12cm	Size 4:	16*20*24"-15.5kg	Packing: 64*52*12cm
Size 2:	12*14*18"-9kg	Packing: 48*43*12cm	Size 5:	20*24*30"-24.5kg	Packing: 78*63*12cm
Size 3:	18*20*24"-16.5kg	Packing: 64*55*12cm			

WEIGHTLIFTING PAD

ROCX0048A



SPECIFICATIONS

Material	1000D PVC Covers and 130D High Elastic Foam	Meas	1pair/ctn
Size 1	70*50*15cm	Size 2	80*60*20cm
Packing 1	Packing size:71.5*31.5*51.5cm	Packing 2	Packing size: 82*62*42cm
	N.W/G.W.: 22/23kg		N.W/G.W.: 26/28kg

SOFT JUMP BOX

ROCX0049F-1



SPECIFICATIONS

Material	PVC cover+EPE inside	Size	90*75*15/30/45/60cm
Packing 1	92*77*17cm 4/4.3kg	Packing 3	92*77*47cm 9/9.7kg
Packing 2	92*77*32cm 6/6.5kg	Packing 4	92*77*62cm 11/11.8kg

WEIGHTLIFTING PAD

ROCX0048

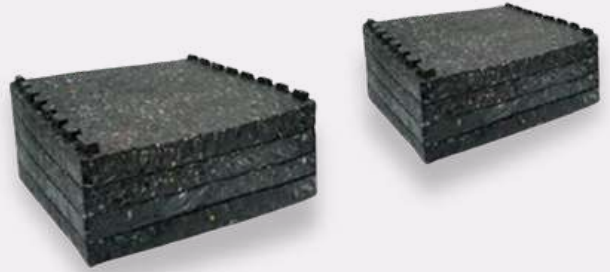


SPECIFICATIONS

Material	1000D PVC Covers and 130D High Elastic Foam	Meas	1pcs/ctn
Size 1	70*50*15cm Packing size: 71.5*31.5*51.5cm N.W/G.W.: 22/23kg	Size 2	80*60*20cm Packing size: 82*62*42cm N.W/G.W.: 26/28kg

WEIGHTLIFTING BLOCKS

ROCX0049A-1



SPECIFICATIONS

Material	Rubber	N.W./G.W.	7.5KG/PC
Size	Length: 48.5cm Width: 39.2cm Height: 36+15MM		

POWER BAG

ROCX1222D



SPECIFICATIONS

Material	PVC surface+PU handles+ inside EPE covered rubber bag	Special	with new design soft handle and air grommets
Size	5/10/15/20kg	Packing	56*23*23cm

TRAINING BAG

ROCX1223D



SPECIFICATIONS

Material	PVC surface+inside EPE covered rubber bag	Packing	64*21*32cm
Size	4/8/12/16/20kg		



PREMIUM WALL BALLS

ROCX1221D



SPECIFICATIONS

Material	High quality PVC	Special	Rubber inside instead of Sand Double stitching for each line
Size	2-15kg	Diameter	35cm

MEDICINE BALLS

ROCX1219B



SPECIFICATIONS

Material	New rubber	Size	1-10kg
Dia	1-2kg 19*19*19cm 3-5kg 23*23*23cm 6-10kg 28*28*28cm	Packing	1-2kg 20*20*20cm 3-5kg 24*24*24cm 6-10kg 29*29*29cm

MEDICINE BALLS

ROCX1219



SPECIFICATIONS

Material	New rubber	Size	1-10kg
Dia	1-2kg(195mm),3-4kg(220mm), 5-6kg(240mm),7-10kg(286mm)	Packing	1-2kg(21*21*21cm), 3-4kg(23*23*23cm), 5-6kg(25*25*25cm), 7-10kg(30*30*30cm)

MEDICINE BALLS WITH DOUBLE GRIPS

ROCX1218



SPECIFICATIONS

Material	New rubber	Size	3-12kg
Dia	3-4kg(230mm), 5-12kg(275mm)	Packing	3-4kg(24*24*24cm) 5-12kg(28*28*28cm)

NEW STYLE SLAM BALL

ROCX1217C



SPECIFICATIONS

Material	PVC+sand	Size	2-80kg
Dia	2kg-10kg,Diameter:23cm(9"); 12kg-30kg,,Diameter:28cm(11"); 35kg-50kg,Diameter:33cm(13"); 55kg-70kg,Diameter:36cm(14"); 75kg-80kg,Diameter:38cm(15")	Packing	1pcs/plyobag+Carton

SLAM BALL

ROCX1217B



SPECIFICATIONS

Material	New rubber	Size	1-10kg
Dia	1pcs/plyobag+Carton 2-10kg(24*24*24cm), 12-30kg(28*28*28cm), 35-40kg(31*31*31cm),	Packing	45-50kg(33*33*33cm) 55-70kg(36*36*36cm), 75-80kg(38*38*38cm)

WOODEN GYM RING

ROCX1932A



SPECIFICATIONS

Diameter of the ring	24cm	Thickness of the handle	28mm /32mm
Strap size	3.8cm*5m	Max Loading	400KG/per ring 1000KG/per strap
Packing	1 pair/box, 5 pairs / ctn 44*28*29cm	N.W./G.W.	8.2/9kg

ABS GYM RING

ROCX1932



SPECIFICATIONS

Diameter of the ring	24cm	Thickness of the handle	28mm
Strap Size	2.5cm*4.5m	Max Loading	300KG/per ring 600KG/per strap
Packing	1 pair/box, 5 pairs / ctn	N.W./G.W.	8/8.6kg

TERYLENE BATTLE ROPE

ROCX1951



SPECIFICATIONS

Size 1	38mm*9m Meas:32*32*23cm	Size 4	50mm*9m Meas:41*41*28cm
Size 2	38mm*12m Meas:32*32*28cm	Size 5	50mm*12m Meas:41*41*32cm
Size 3	38mm*15m Meas:32*32*32cm	Size 6	50mm*15m Meas:41*41*34cm

BATTLE ROPE WITH NYLON STRAP COVERED

ROCX1952



SPECIFICATIONS

Size 1	38mm*9m Meas:32*32*23cm	Size 4	50mm*9m Meas:41*41*28cm
Size 2	38mm*12m Meas:32*32*28cm	Size 5	50mm*12m Meas:41*41*32cm
Size 3	38mm*15m Meas:32*32*32cm	Size 6	50mm*15m Meas:41*41*34cm

TERYLENE BATTLE ROPE

ROCX1953C



SPECIFICATIONS

Size 1	38mm*9m Meas:32*32*23cm	Size 4	50mm*9m Meas:41*41*28cm
Size 2	38mm*12m Meas:32*32*28cm	Size 5	50mm*12m Meas:41*41*32cm
Size 3	38mm*15m Meas:32*32*32cm	Size 6	50mm*15m Meas:41*41*34cm



LATEX RESISTANCE BAND

ROCX1925



SPECIFICATIONS

Size	2080*4.5*6.4mm-(5-15LBS)	2080*4.5*32mm-(45-100LBS)
	2080*4.5*13mm-(15-35LBS)	2080*4.5*45mm-(50-125LBS)
	2080*4.5*19mm-(25-50LBS)	2080*4.5*64mm-(65-175LBS)
	2080*4.5*22mm-(35-70LBS)	2080*4.5*83mm-(85-230LBS)
	2080*4.5*29mm-(30-85LBS)	2080*4.5*101mm-(120-300LBS)

LATEX RESISTANCE BAND

ROCX1926



SPECIFICATIONS

Size	600*50mm	Thickness	0.35/0.5/0.7/0.9 /1.1/1.3mm
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TONING TUBE

ROCX1919D



SPECIFICATIONS

Means	5*8*1200mm 5*9*120cm	Meas	100sets/ctn 58*42*41cm
	6*10*1200mm 7*11*120cm		
	6*11*120cm	N.W./G.W.	15.5/16.5kg

EXPANDER TUBE SET

ROCX1919B



SPECIFICATIONS

Material	Latex	Total 6pcs tube+4pcs handle +2pcs feet ring+2pcs door anchor	
Meas	38mm*15m Meas:32*32*32cm	N.W./G.W.	21.3/22.2kg
Size	5*8*120cm 5*9*120cm 6*9.5*120cm 7*11*120cm 6*11*120cm 6*9*120cm		

SUSPENSION TRAINER

ROCX1930I



SPECIFICATIONS

Material	Polyester strap +rubber handles	Adjust length	1.5m-2.5m
Max Loading:	350KG	Meas	10pcs/ctn 63*33.5*24cm
N.W./G.W.	10.4/11kg		

SUSPENSION TRAINER

ROCX1930B



SPECIFICATIONS

Material	P3 with rubber handle	Meas	10sets/ctn 45*45*26cm
N.W./G.W.	12/13KG		

EXERCISE WHEEL

ROCX1317D



SPECIFICATIONS

Packing	Box	Meas	32pcs/ctn 79*43*35cm
N.W./G.W.	17.5/18.5kg		

EXERCISE WHEEL

ROCX1316C



SPECIFICATIONS

Packing	Box	Meas	20pcs/ctn 53*46*29cm
N.W./G.W.	12/14kg		

BALANCE BALL WITH PLASTIC BASE

ROCX1201



SPECIFICATIONS

Size	58cm/4600g	N.W./G.W.	5.5/6.5kg
Meas	1pc/ctn 60*60*12cm		

BALANCE BALL

ROCX1201D



SPECIFICATIONS

Material	PVC + base plate reinforced PP	Size	58cm/4600g
Meas	1pc/ctn 61*61*12cm	N.W./G.W.	5.2/6.2kg

YOGA BALL

ROCX1204



SPECIFICATIONS

Packing	PVC	Size	55cm/65cm/75cm/85cm
Packing size			55cm: 10pcs/ctn 42*33*31cm 9/10kg 65cm: 10pcs/ctn 45*33*31cm 11/12kg 75cm: 10pcs/ctn 47*33*31cm 12/13kg

YOGA BALL

ROCX1204B



SPECIFICATIONS

Packing	PVC	Size	55cm/65cm/75cm/85cm
Meas	10pcs/ctn 37*33*24cm	N.W./G.W.	11/11.6kg

ROCX

PREMIUM QUALITY
FOR SERIOUS LIFTERS

FLEXIBILITY AND BALANCE



VERSATILE
EQUIPMENT



IMPROVES
BALANCE



ENHANCES
FLEXIBILITY



SUPPORTS
WELLNESS

YOGA FOAM ROLLER

ROCX1231C



Material	EVA	Size	33*14cm
Meas	10pc/ctn 64*27*35cm	N.W./G.W.	3.8/4.6kg

YOGA FOAM ROLLER

ROCX1262



Size	33*14cm	Size	33*14cm
Material 1	EVA+PVC	Material 2	EVA+ABS
Weight	0.9kg/pcs	Weight	0.7kg/pcs
Meas	10pcs/ctn, 72*30*34.5cm	Meas	10pcs/ctn, 72*30*34.5cm
N.W./G.W.	9/9.5kg	N.W./G.W.	7/7.5kg

YOGA FOAM ROLLER

ROCX1232C-1



Material	EVA	Size	15*30/45/60/90cm
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CORK FOAM ROLLER

ROCX1104B



Material	Cork	Size	45*13cm
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MASSAGE ROLLER

ROCX13300



Material	ABS+TPR	Size	45*4cm
Meas	40pcs/ctn 50*27*42cm	N.W./G.W.	16/17.5kg

YOGA WHEEL

ROCX1318



Material	TPE+ABS	Size	32*13cm
Meas	5pcs/ctn, 36*36*66cm	N.W./G.W.	6.6/7.5kg

EVA YOGA BRICK

ROCX1235A



Size	3*6*9"	Packing	48*40*83cm
Meas	50pcs/cth	N.W./G.W.	6/7k

CORK YOGA BRICK

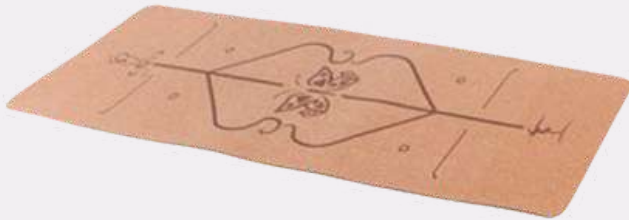
ROCX1235



Size	3*6*9"	N.W./G.W.	15/16KG
Meas	20pcs/cth		

CORK YOGA MAT

ROCX1102C



Material	All-natural cork and lightweight TPE	Size	1830*610*6mm 1830*680*5mm
Meas	12pcs/cth 40*62*63cm	N.W./G.W.	10.8/11.8kg

NBR YOGA MAT

ROCX1101



Material	NBR	Size	180*60*1/1.5/2/2.5cm
Meas	10pcs/cth 92.5*37*62cm	N.W./G.W.	10/12kg

3-FOLD EXERCISE MAT

ROCX1100



Material	PVC+EPE	Size	180*60*4cm
Meas	1pcs/cth 62*60*14cm	N.W./G.W.	2.5/3.5kg

3-FOLD EXERCISE MAT

ROCX1100A



Material	PU+EPE	Size	180*60*4.5cm
Meas	1pcs/cth 62*62*14cm	N.W./G.W.	2/3kg

ALUMINUM JUMP ROPE

ROCX1390



Rope size	3000*2.6mm		
Handle length	16cm	Packing	6/7k
Meas	30pcs/ctn 48*28*24cm		

AEROBIC STEP

ROCX1906B



Adjusts from 10cm to 15cm to 20cm to 25cm to 30cm	Support Blocks 5cm when placed in position		
Packing size	41*41*30.5cm	N.W./G.W.	5.5/6kg

ALUMINUM JUMP ROPE

ROCX1385



Rope size	3000*2.6mm		
Handle length	18cm,165g/pcs	Packing	plyo bag
Meas	100pcs/ctn 49*29*25cm	N.W./G.W.	16.5/17.5KG

AEROBIC STEP

ROCX1903-2



Material	PP	Dimensions (cm)	80*30*10/15/20cm 3.4kg/pcs
Packing size	31.5*11*81cm	N.W./G.W.	3.4/3.9kg

ALUMINUM JUMP ROPE

ROCX1391



Rope size	3000*2.6mm		
Handle length	18cm,150g/pcs	Packing	plyo bag
Meas	100pcs/ctn 49*29*25cm	N.W./G.W.	15/16kg

AEROBIC STEP

ROCX1907



Dimensions(cm)	70*28*12/17/22cm		
Packing size	4pcs/ctn 73*30.5*54cm	N.W./G.W.	14/15kg

AEROBIC STEP

ROCX1905



Dimensions (cm)	109L*41W*10 /15/20H		
Packing size	50pcs/ctn	N.W./G.W.	8.5/9.5kg

AEROBIC STEP

ROCX1906



Dimensions (cm)	109L*41W*10 /15/20H		
Packing size	110*42*21cm	N.W./G.W.	8.7/9.8kg

AEROBIC STEP

ROCX1908



Dimensions (cm)	101L*38W*15 /20/25H		
Packing size	98*38*16cm	N.W./G.W.	8/9kg

AEROBIC STEP

ROCX1910



Dimensions (cm)	110*33.5*20 /35cm		
Packing size	112.5*34.7*21.2cm	N.W./G.W.	12/13kg

AEROBIC STEP

ROCX1909



Dimensions (cm)	109L*41W*10 /15/20H		
Packing size	110*43*21cm	N.W./G.W.	8.3/9.3kg

AEROBIC STEP

ROCX1909-3



Dimensions (cm)	100*38*10 /15/20cm	Material	HDPE
Packing size	101*39*21cm	N.W./G.W.	8/9kg

ANKLE/WRIST WEIGHT

ROCX1704



Materials	Iron Sand
Packing	Polybag/Box
Size	0.5/1/1.5/2/2.5/3//3.5/4/5kg

ANKLE/WRIST WEIGHT

ROCX1718



Materials	Neoprene Iron Sand
Packing	Polybag/Box
Size	0.5/1/1.5/2/2.5/3/4/5kg

WEIGHT VEST

ROCX1748



Size	5/10/15/20kg	Packing	Polybag/Box
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WEIGHT VEST

ROCX1737



Size	5/10/15/20/30kg	Packing	Polybag/Box
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BOXING BAG

ROCX1811



Size	90*25cm 25kg	120*40cm 40kg	180*40cm 50kg
	100*35cm 30kg	150*35cm 50kg	180*45cm 60kg
	100*40cm 35kg	180*35cm 45kg	

BOXING POST

ROCX1814



*only can use on smooth floor

Size	1800*320/400mm	Packing 1	182*42*42cm N.W./G.W.:18/19KG	Packing 2	50*50*6cm N.W./G.W.:4.7/5KG
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BOXING GLOVES

OK1801



Size 8/10/12/14/16 OZ

LEATHER WEIGHT LIFTING BELTS

OK1752E



Size S-10*90CM
M-10*100CM
L-10*110CM

POWER FORCE PRO LICK&PUNCH SHIELD

OK1810



Material PVC+EPE

LEATHER WEIGHT LIFTING BELTS

OK1752J



Size S-10*90CM
M-10*100CM
L-10*110CM

HAND TARGET

OK1805



Material PVC+EPE

LEATHER WEIGHT LIFTING BELTS

OK1752



Material	Cow leather	Size	95/105/115/125cm
Meas	20pcs 50*40*30cm	N.W./G.W.	10/11kg

AB STRAP

OK6089



Material	EVA+oxford	Size	Width-19.5cm Length-38cm D-ring-14cm
Meas	50pcs/ctn 48*32*38cm	N.W./G.W.	19/20kg

AB ABDOMINAL MUSCLE TRAINING BELT

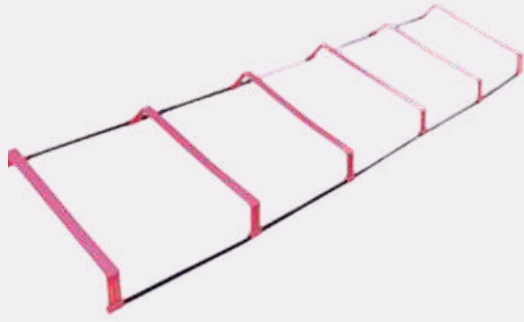
OK6089A



Material	PU	Size	Width19.5cm Length:38cm
D-ring			14cm

AGILITY LADDER

OK8102D



Material	Pvc	Size	2.2M*66CM 2.2M*47CM*10CM
Packing	carrying bag		

AGILITY LADDER

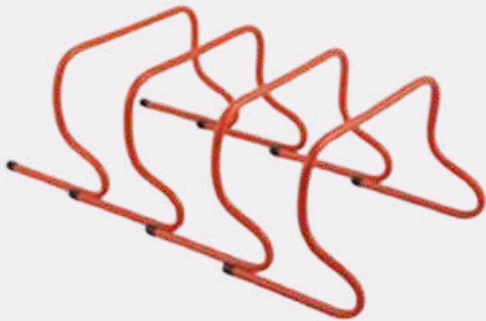
OK8102



Material	PP or TPR	Size	4m/6m/8m/10m
Meas	4m:10pcs/ctn;47*40*17cm 6m:10pcs/ctn;47*40*20cm 8m:10pcs/ctn;47*40*21cm	N.W./G.W.	5KG/6KG, 7KG/8KG,9.5KG/10.5KG

SPEED HURDLES FOR SOCCER TRAINING

OK8101



Packing	Carton	Size	6"/9"/12"/15"/19"
Meas	6",76*53*23cm,10.2/11.2kg 9",76*53*30cm,11.5/12.5kg 12",76*53*35cm,13.5/14.5kg		15",76*53*46cm,14.5/15.5kg 19",76*53*53cm,16.5/17.5kg

ADJUST HURDLES FOR SOCCER TRAINING

OK8101A



Packing	4pcs/set	Size	6"-12"
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TRAINING CONE

OK8105



Height	23cm	Horn Diamter	17cm
Meas	24pcs/ctn,53*37.5*34cm	N.W./G.W.	3.5/4kg

ADJUST HURDLES FOR SOCCER TRAINING

OK8103



Materials	ABS	Adjustable range	10/23/30/40cm
Packing	plyo bag		
Meas	30pcs/ctn 56*16*80cm	N.W./G.W.	10.5/11.5KG