

# LI-XING

RELEASE YOUR ENERGY

Rouser Fitness  
南通力行

## ADDRESS

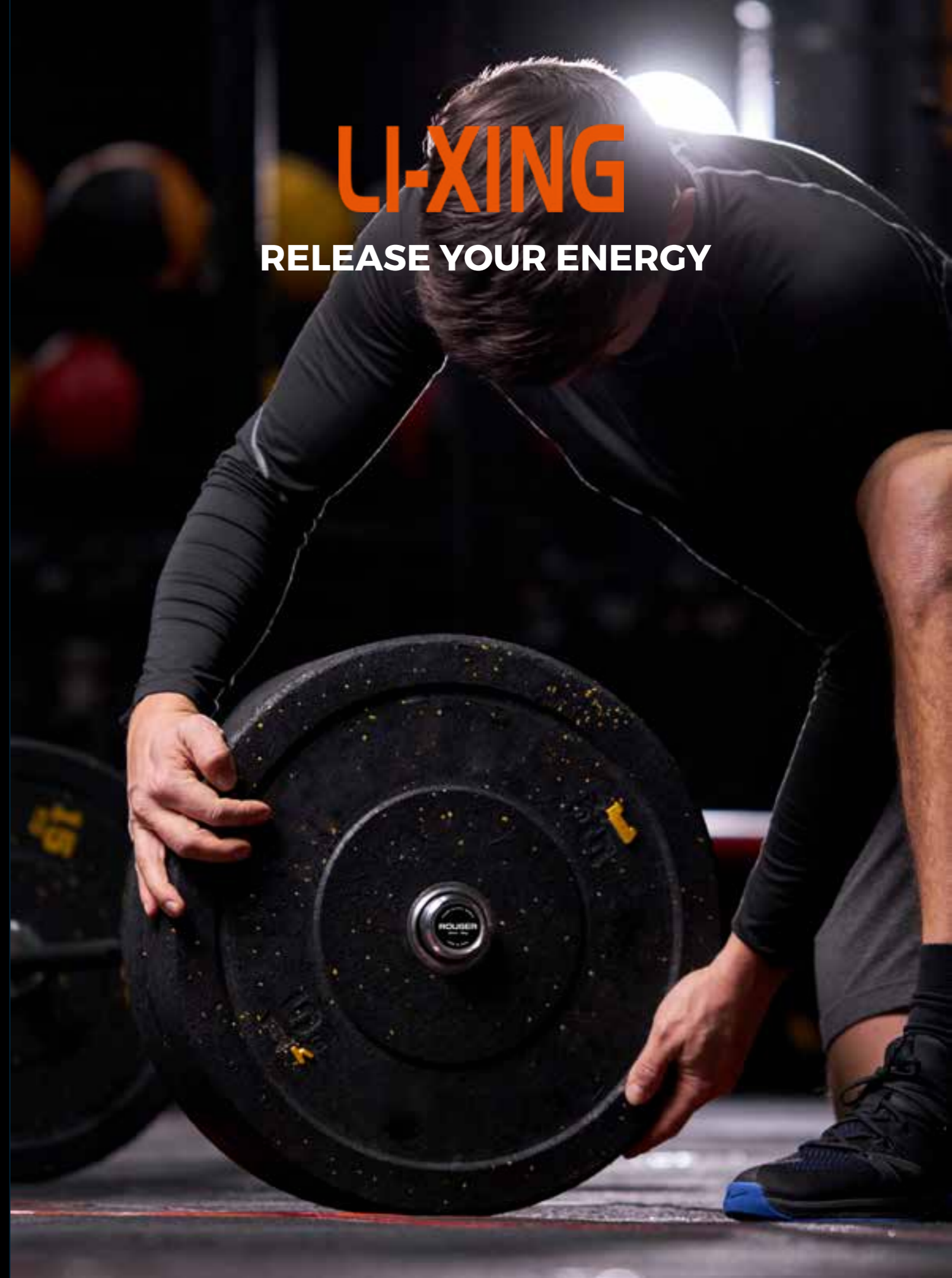
COMPANY: BUILDING 32C, NO.299 KERUN ROAD, CHONGCHUAN DISTRICT, NANTONG, JIANGSU PROVINCE, CHINA

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# ENTERPRISE PROFILE

## Provide High-Quality Products for All Those Who Love Fitness

With strong trade integration capabilities, we provide OEM/ODM services for international brands

- 30 years of production experience
- 50,000 square meters of factory area
- Complete product production chain
- Professional product and raw material testing equipment
- International standard product testing reports



# AUTHORIZED CERTIFICATION



Scan this QR code to view the certificate in a clearer format.



# APEX WEIGHTLIFTING

# COMPETITION BAR



**MATERIAL**

### TOP GRADE SPRING STEEL

Top grade spring steel provides superior strength and rebound, making it the ideal, professional-choice material for premium weightlifting bars.



**WEIGHT**

### BARBELL WEIGHT

Weight tolerance is maintained within +20g/-10g, fully compliant with IWF standards.

**250K**

**PSI TENSILE STRENGTH**

### TENSILE STRENGTH

250K PSI tensile strength ensures minimal flexion and maximum stability during lifts.

**2000 LB**

**MAX LOADING**

### MAX LOAD

Maximum load capacity of 2000 LB.



**BEARINGS**

### NEEDLE BEARINGS

Precision bearings ensure stable rotation with minimal play against the shaft, delivering smooth, quiet operation that meets professional performance standards.



**SURFACE TREATMENT**

### NICKEL CHROME

The finish has undergone a rigorous 144-hour salt spray test, demonstrating excellent corrosion resistance and verified durability for long-term performance.



**WEIGHTLIFTING KNURL**

**1.2**

Provides a balanced grip and ensures a secure hold on the bar.



**WHIP**

### GREAT WHIP

Great whip provides better grip and control.

# WEIGHTLIFTING COMPETITION BAR



**MATERIAL**

## HIGH GRADE SPRING STEEL

High-performance spring steel, characterized by high strength, high hardness, and high rebound, is the optimal choice for weightlifting bars.



**WEIGHT**

## BARBELL WEIGHT

Weight tolerance is maintained within +20g/-10g, fully compliant with IWF standards.

**240K**

**PSI TENSILE STRENGTH**

## TENSILE STRENGTH

240K PSI tensile strength ensures minimal flexion and maximum stability during lifts.

**2000 LB**

**MAX LOADING**

## MAX LOAD

Maximum load capacity of 2000 LB.



**BEARINGS**

## NEEDLE BEARINGS

High-quality needle bearings ensure uniform rotation while also effectively reducing rotational noise.



**DIAMETER**

## STANDARD DIAMETER

The diameter adheres to the IWF standard.



**WEIGHTLIFTING KNURL**

**1.2**

Provides a balanced grip and ensures a secure hold on the bar.



**WHIP**

## GREAT WHIP

Great whip provides better grip and control.

# POWERLIFTING COMPETITION BAR



## ALLOY STEEL

High-performance alloy steel, characterized by high strength and toughness, is the optimal raw material for powerlifting bars.



## BARBELL WEIGHT

Complies with IPF standard weight standards.

## 210K

PSI TENSILE STRENGTH

## TENSILE STRENGTH

The 210K PSI tensile strength falls within the optimal range of minimal flexion for maximum stability throughout the lift.

## 2000 LB

MAX LOADING

## MAX LOAD

Maximum load capacity of 2000 LB.



BUSHINGS

## BRONZE BUSHINGS

Excellent bronze bushings ensure consistent rotation while ensuring maximum strength to resist the impact of training.



DIAMETER

## STANDARD DIAMETER

The diameter adheres to the IPF standard.



POWERLIFTING KNURL

## 1.5

Aggressive-depth, volcano-style knurling provides excellent grip for your heavy lifts without tearing up your hands.



WHIP

## NO WHIP

No whip to ensure better stability during training use.

# POWERLIFTING COMPETITION BAR

## STAINLESS STEEL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

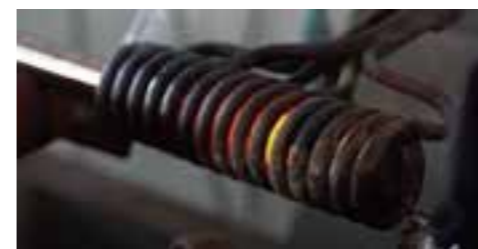
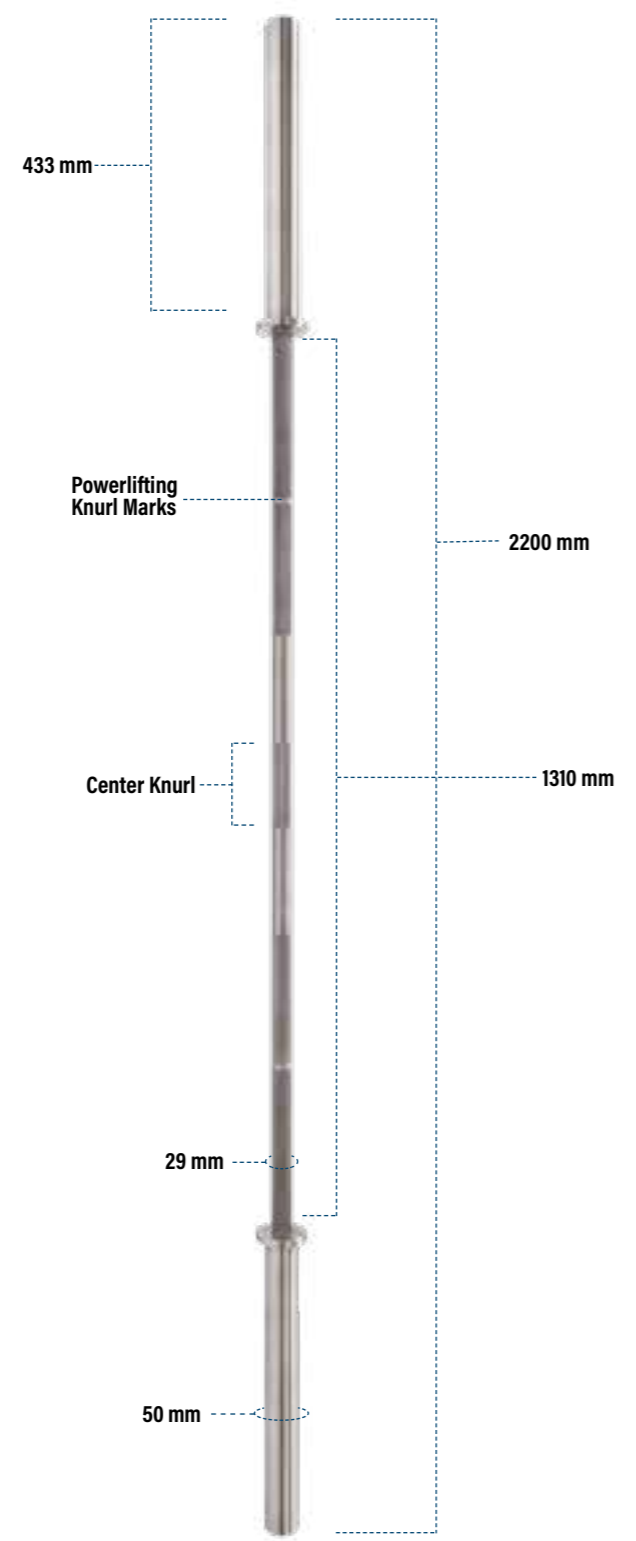
DUMBBELL



**190K**  
PSI TENSILE  
STRENGTH



**2000 LB**  
MAX  
LOADING



### Heat Treatment

Through our professional heat treatment equipment processing, the performance of stainless steel is perfectly released, giving this powerlifting bar a tensile strength of 190K PSI. Our stainless steel barbell is completed after 32 production processes and passed SGS testing, providing users with higher quality assurance.



### Barbell Material

Using stainless steel as raw material, it has excellent acid, alkali, and corrosion resistance, providing users the purest touch of metal, not to mention avoiding the hidden danger of coating peeling off.



### Graphite Copper

Equipped with graphite copper bushings, this powerlifting bar has self-lubrication during rotation, thereby improving performance and service life while controlling rotation. Perfect for squats, bench presses, and deadlifts.



### Pure Sensation

Crafted from uncoated stainless steel, this shaft offers an exceptionally raw and direct feel. Its natural finish provides unmatched tactile feedback and lasting durability for superior grip and control in every lift.



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL



# DEADLIFTING BAR HIGH GRADE SPRING STEEL VERSION

This version of the deadlifting bar is crafted from high-grade spring steel, boasting an ultra-high tensile strength of 240K PSI. It bends optimally before lifting off the floor, allowing for a higher bend point and increasing the lift weight.

It has an extremely strict weight tolerance of  $\pm 1\%$  and sufficiently aggressive knurling to enhance grip strength and bar durability. Ranking among the best for grip, durability, and performance, it is also equipped with premium bronze bushings for the smoothest and most consistent performance.

Currently, we offer three size options: 2,300 mm, 2,350 mm, and 2,420 mm. The longer lengths facilitate easier deadlift training.

## HIGH GRADE SPRING STEEL DEADLIFT BAR

DL-HS-BB-2300



		<b>240K</b>			
20 KG	27 MM DIAMETER	PSI TENSILE STRENGTH	DEADLIFTING KNURL	BUSHINGS	GREAT WHIP

## HIGH GRADE SPRING STEEL DEADLIFT BAR

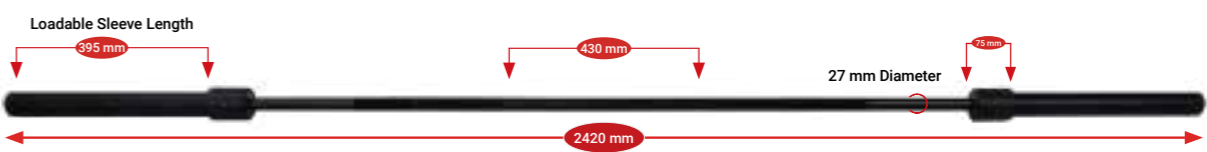
DL-HS-BB-2350



		<b>240K</b>			
20 KG	27 MM DIAMETER	PSI TENSILE STRENGTH	DEADLIFTING KNURL	BUSHINGS	GREAT WHIP

## HIGH GRADE SPRING STEEL DEADLIFT BAR

DL-HS-BB-2420



		<b>240K</b>			
20 KG	27 MM DIAMETER	PSI TENSILE STRENGTH	DEADLIFTING KNURL	BUSHINGS	GREAT WHIP

# DEADLIFTING BAR STAINLESS STEEL VERSION

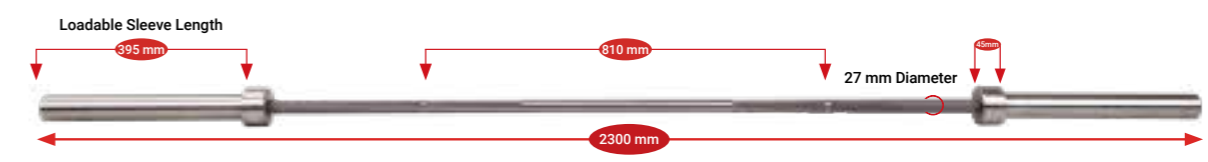
We offer this stainless steel version as an alternative to our spring steel option. Due to the special properties of stainless steel, it offers an extended service life and an enhanced user experience due to its corrosion resistance and ease of maintenance.

It features robust knurling for improved grip and durability. It ranks among the best in grip, durability, and performance. Equipped with high-quality graphite bushings, it ensures the smoothest and most consistent performance.

Currently, we offer three size options: 2,300 mm, 2,350 mm, and 2,420 mm. The longer lengths make weightlifting training more convenient.

## STAINLESS STEEL DEADLIFT BAR

DL-ST-2300



		<b>190K</b>			
20 KG	27 MM DIAMETER	PSI TENSILE STRENGTH	DEADLIFTING KNURL	BUSHINGS	GREAT WHIP

## STAINLESS STEEL DEADLIFT BAR

DL-ST-2350



		<b>190K</b>			
20 KG	27 MM DIAMETER	PSI TENSILE STRENGTH	DEADLIFTING KNURL	BUSHINGS	GREAT WHIP

## STAINLESS STEEL DEADLIFT BAR

DL-ST-2420



		<b>190K</b>			
20 KG	27 MM DIAMETER	PSI TENSILE STRENGTH	DEADLIFTING KNURL	BUSHINGS	GREAT WHIP



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

# FITNESS MAKES OUR LIFE BETTER

Our black zinc surface treatment process boasts superior gloss, outstanding wear resistance, and excellent anti-rust performance, having successfully passed the TUV 144-hour salt spray test. In addition, we offer a range of other top-notch black surface treatments, including black chrome, black phosphating, and black eflon.

Our chrome plating surface treatment process is renowned for its exceptional wear resistance and rust resistance, and has also passed the TUV 72-hour salt spray test.

## PERFORMANCE TRAINING BAR

TR-SP-BB-28

This training bar has undergone a black zinc surface treatment following a precise grinding and polishing process. This meticulous finishing ensures not only a smooth surface but also peak performance. Furthermore, the black zinc coating offers superior resistance to rust and enhances the bar's longevity.



20 KG



28 MM  
DIAMETER

215K

PSI TENSILE  
STRENGTH



1.2  
KNURLING



BEARINGS



GOOD  
WHIP

## PERFORMANCE TRAINING BAR

TR-SP-HH-28

Employing a superior hard chrome plating technique, this coating exhibits enhanced chemical stability and exceptional resistance to corrosion, thereby extending its service life to the fullest.



20 KG



28 MM  
DIAMETER

215K

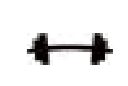
PSI TENSILE  
STRENGTH



1.2  
KNURLING



BEARINGS



GOOD  
WHIP

# CUSTOMIZE YOUR BAR: A STEP-BY-STEP GUIDE

In the vibrant realm of weightlifting, personal expression is key. We are excited to present our bar customization services, designed to cater to both dedicated fitness enthusiasts and those with their own fitness equipment brands. Our mission is to craft barbells that are a perfect match for your individual path. Our customization process focuses on two main aspects: performance optimization and aesthetic personalization.

On the performance side, we meticulously tailor every element, from the choice of materials to the details of knurling, coating, and bearing systems, to ensure your bar performs at its best. For the style aspect, we offer a range of options to let you imprint your unique flair. This includes selecting from various patterns, colors, and logos, so your weightlifting bar is not just a tool, but a reflection of your personal style and taste.



1. Select Your Barbell



2. Choose Your Colors



3. Customize Your Logo



4. Heat Treatment



5. Spray Application



6. Quality Assurance

# PERFORMANCE TRAINING BAR COLOR

TR-SP-TQ-28

It stands out with its premium teflon surface coating and nano-spraying process, offering superior wear resistance and corrosion resistance compared to black zinc. We accept color customization; you just need to provide the corresponding Pantone color number.



 20 KG	 28 MM DIAMETER	<b>215K</b> PSI TENSILE STRENGTH	 1.2 KNURLING	 BEARINGS	 GOOD WHIP
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# CAMOUFLAGE

# TRAINING BAR

## Design Concept

The design inspiration for our camouflage pattern is drawn from nature's own camouflage techniques. By skillfully combining colors and shapes, we've integrated a military-inspired camouflage pattern into our fitness equipment. This gives our weight bars a tactical and outdoor look, creating a distinctive visual impact in the gym.

## Customization Capability

At ROUSER, we're dedicated to providing a personalized fitness experience for every customer. Our pink camouflage weightlifting bars are a hit with female customers, while the blue camouflage style is favored by male customers. But that's not all—we also offer customization services. Design your own camouflage pattern and color scheme to reflect your personal style and preferences, showcasing your unique personality with every lift.

## Product Features

- High-Quality Materials:** Crafted from premium spring steel, our barbells are built to last, offering superior durability and strength.
- Exquisite Patterns:** We use advanced UV printing technology to create intricate and vibrant patterns that stand out.
- Comfortable Grip:** The bar features a comfortable volcanic knurling texture for a secure and safe grip during your workouts.
- Eco-Friendly Coating:** Our barbells are coated with an eco-friendly, colored nano coating that provides resistance to rust and corrosion, ensuring long-lasting performance.

## Reference Patterns



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL



### CHILDREN BAR

CH-BC-1220

Designed specifically for children, this 5 LB aluminum mini bar introduces young athletes to proper weightlifting technique in a safe, manageable way. Its lightweight build and scaled-down size build confidence and foundational skills for future training.



5 LB



22.2 MM DIAMETER



0.8 KNURLING



BEARINGS

### CHILDREN BAR

CH-BC-1300

This children's bar is designed to help children develop their weightlifting skills from an early age. To accommodate the strength levels of children, we have chosen aluminum for its lightweight properties. It should be noted that if the load weight is too large or the bar is subjected to significant pressure, bending may occur. The maximum recommended load for daily training is 40 lbs.



2.5 KG



22.2 MM DIAMETER



0.8 KNURLING



BEARINGS

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

## TEENAGER'S BAR

TR-AL-CC-25-2010

Designed for youth advancement, this barbell features a lightweight 25 mm aluminum shaft. It includes dual Powerlifting and Olympic knurl marks and maintains IWF-standard collar spacing. This allows young athletes to develop and maintain proper grip technique as they seamlessly transition to standard Men's or Women's competition bars.



5 KG



25 MM  
DIAMETER



1.2  
KNURLING



BEARINGS

## TEENAGER'S BAR

TR-AL-CC-28-2200

The barbell features a sleek, anodized white finish that provides both visual appeal and superior protection. This corrosion-resistant oxide layer enhances durability while maintaining a lightweight feel. The finish also offers an improved tactile grip for secure handling during training sessions.



7 KG



28 MM  
DIAMETER



1.2  
KNURLING



BEARINGS

## TEENAGER'S BAR

TE-AY-25

This version of the teenager's bar features a 25 mm diameter shaft with a tensile strength of 210K PSI. It includes double knurling markings designed for weightlifting and powerlifting, and it lacks center knurling. The bar is coated with a black zinc finish, which provides excellent resistance to rust and corrosion. This unique design is ideal for a wide range of users.



10 KG



25 MM  
DIAMETER

210K

PSI TENSILE  
STRENGTH



1.2  
KNURLING



BEARINGS



GOOD  
WHIP

## TEENAGER'S BAR

TE-AY-28

This 15 kg technique bar has a diameter of 28 mm and a longer sleeve length. It features dual knurling markings for powerlifting and weightlifting, which help athletes maintain the proper grip position when transitioning from an aluminum bar to a men's or women's weightlifting bar.



15 KG



28 MM  
DIAMETER

210K

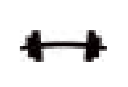
PSI TENSILE  
STRENGTH



1.2  
KNURLING



BEARINGS



GOOD  
WHIP

## CURL BAR

TR-CR-BH

Designed to reduce wrist strain, this curl bar promotes proper form and effectively isolates the biceps. Its unique angled shaft maximizes strength-building efficiency while minimizing the risk of common lifting injuries.



## CURL BAR

TR-CR-ST-01

Crafted from durable stainless steel, this curl bar resists corrosion and is easy to clean. Its ergonomic bends promote proper wrist alignment and biceps isolation, making it a hygienic, low-maintenance tool for effective, long-lasting strength training.



## CURL BAR

TR-CR-HH-02

Engineered with a bent shaft to minimize wrist and elbow stress, this curl bar features a hybrid bearing system—one needle bearing and one bushing per sleeve—for the ideal balance of smooth rotation and stability during lifts.



## CURL BAR

TR-CR-ST-02

Crafted from premium, high-grade stainless steel, this curl bar offers superior resistance to rust and corrosion. Its ergonomic bent shaft minimizes joint stress while ensuring lasting performance and easy maintenance in any training environment.



## CAMBER BAR

TE-CB

Designed to relieve stress on shoulders and elbows, this bar enables lifters with flexibility issues to safely squat and bench with an increased range of motion. Its extended shaft provides a wider grip to accommodate all athletes.



## SAFETY SQUAT BAR

TE-SF

This safety squat bar is versatile and fully functional, featuring hard chrome knurled handles for a secure grip. Weighing 35 kg, this barbell boasts a load-bearing capacity of 2000 LB, making it suitable for heavy-duty workouts.



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

## TRAP BAR

TE-TP-01

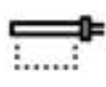
Designed for accessibility and versatility, this trap bar is easier to learn than conventional deadlifts, making it ideal for beginners or those managing back pain. It effectively trains deadlifts, shrugs, overhead presses, and carries to build full-body strength and athleticism.



60 LB



34 MM  
DIAMETER



406 MM  
LOADABLE SLEEVE

## TRAP BAR

TE-TP-02

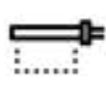
The trap bar's design reduces lower back stress by aligning the weight directly with your feet. This optimizes force transfer, engages more quad muscles, and allows you to safely lift heavier weights with superior, joint-friendly form.



60 LB



34 MM  
DIAMETER



406 MM  
LOADABLE SLEEVE

## SWISS BAR

TE-SW-01

This swiss bar features multiple neutral-grip handles to reduce shoulder and elbow strain. Its ergonomic design allows for versatile pressing and rowing movements, making it ideal for injury prevention, rehabilitation, and balanced upper-body training.



20 KG



32 MM  
DIAMETER



360 MM  
LOADABLE SLEEVE



## SWISS BAR

TE-SW-02

Designed with a compact frame and lighter overall weight, this bar is perfect for high-rep accessory work and athletes focusing on joint-friendly training. It maintains multiple grip options for versatility while being easier to handle and store.



17.5 KG



32 MM  
DIAMETER



350 MM  
LOADABLE SLEEVE



## SWISS BAR

TE-SW-03

Built with a reinforced shaft and wider grip spacing, this bar supports heavy loads and accommodates larger lifters. It delivers the same joint-saving benefits while providing the stability and durability needed for low-rep, high-intensity strength training.



19.5 KG



32 MM  
DIAMETER



360 MM  
LOADABLE SLEEVE



## COMPREHENSIVE GUIDE TO OUR PLATE FACTORY



**Vulcanizing Machine:** We utilize 200T, 250T, and 300T super-large pressure vulcanizing machines for production and processing, ensuring stable product quality.

**Fully Automatic Equipment:** We employ fully automatic equipment to accurately control the precise proportions of various raw materials, thereby strictly controlling product quality.

**Mold Processing:** We operate our own finishing workshop, enabling the seamless integration of mold design and production.

**Quality Inspection:** We adhere to a standardized quality inspection process, conducting 14 quality checks to maintain product quality from the initial stages of production.



## BLACK RUBBER BUMPER PLATE

BP-B-E-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Black

WIDTH: 22/45/57/74/84 mm  
DUROMETER: 86

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## COLOR RUBBER BUMPER PLATE

BP-B-C-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Grey/Green/Yellow/Blue/Red

WIDTH: 22/45/57/74/84 mm  
DUROMETER: 86

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## BLACK TRAINING BUMPER PLATE

BP-B-N-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Black

WIDTH: 23/40/57/73/86 mm  
DUROMETER: 86

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## COLOR TRAINING BUMPER PLATE

BP-C-N-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Grey/Green/Yellow/Blue/Red

WIDTH: 23/40/57/73/86 mm  
DUROMETER: 86

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## BLACK TRAINING BUMPER PLATE

BP-B-W-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Black

WIDTH: 23/40/57/73/86 mm  
DUROMETER: 86

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## COLOR TRAINING BUMPER PLATE

BP-C-W-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Grey/Green/Yellow/Blue/Red

WIDTH: 23/40/57/73/86 mm  
DUROMETER: 86

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## BLACK RUBBER BUMPER PLATE

BP-B-E-KG



### SPECIFICATIONS

WEIGHT: 10/15/20/25 kg	WIDTH: 34/41/51/59 mm	DIAMETER: 450 mm
COLOR: Black	DUROMETER: 92	COLLAR OPENING: 50.4 mm

## COLOR RUBBER BUMPER PLATE

BP-C-E-KG



### SPECIFICATIONS

WEIGHT: 10/15/20/25 kg	WIDTH: 34/41/51/59 mm	DIAMETER: 450 mm
COLOR: Green/Yellow/Blue/Red	DUROMETER: 92	COLLAR OPENING: 50.4 mm

## BLACK COMPETITION BUMPER PLATE

CP-BLACK



### SPECIFICATIONS

WEIGHT: 10/15/20/25 kg	WIDTH: 32/42/52/62 mm	DIAMETER: 450 mm
COLOR: Black	DUROMETER: 92	COLLAR OPENING: 50.4 mm

## COLOR COMPETITION BUMPER PLATE

CP-COLOR



### SPECIFICATIONS

WEIGHT: 10/15/20/25 kg	WIDTH: 32/42/52/62 mm	DIAMETER: 450 mm
COLOR: Green/Yellow/Blue/Red	DUROMETER: 92	COLLAR OPENING: 50.4 mm

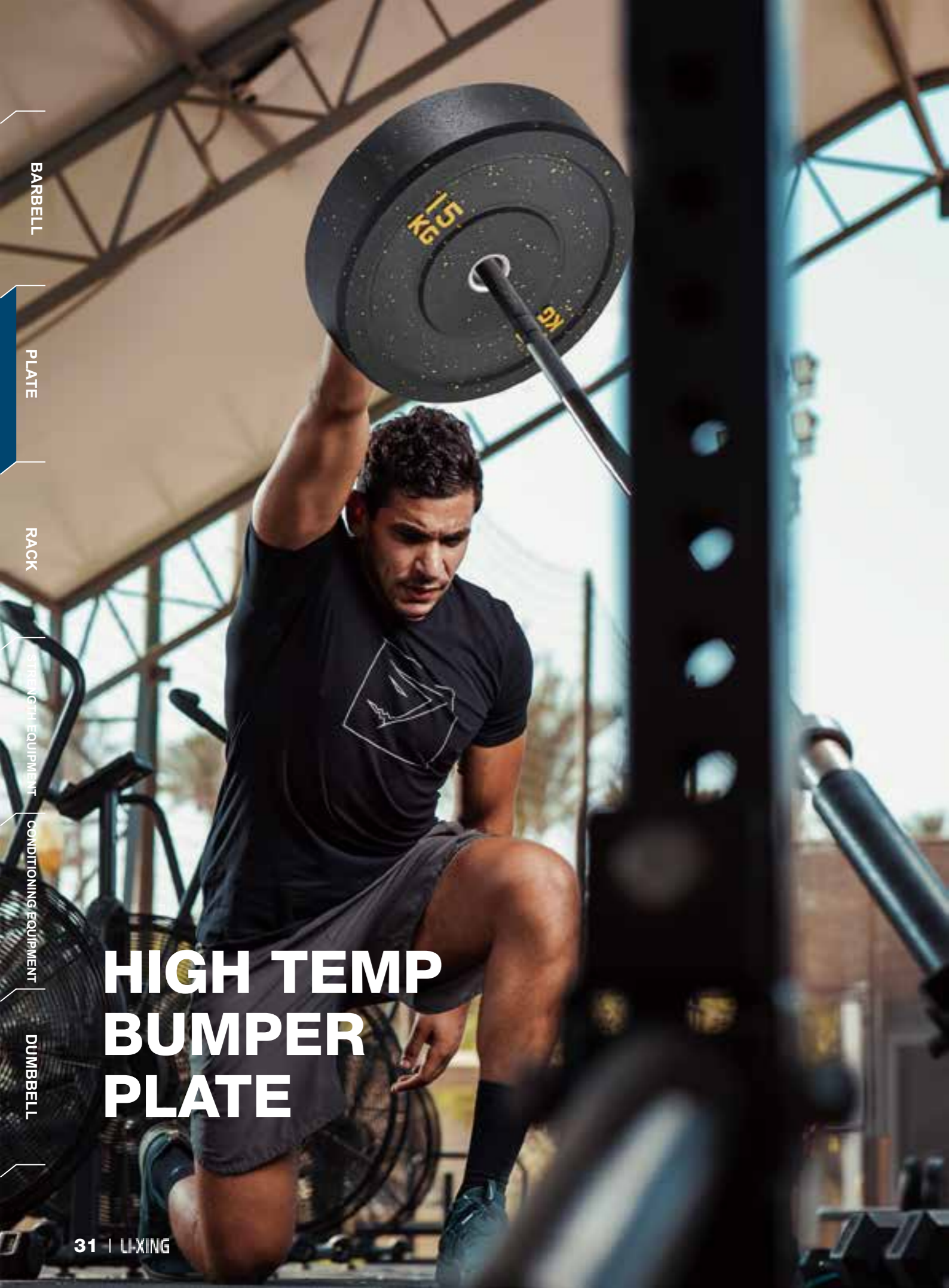
## COLOR INSERT COMPETITION BUMPER PLATE

CP-BLACK+COLOR



### SPECIFICATIONS

WEIGHT: 10/15/20/25 kg	WIDTH: 32/42/52/62 mm	DIAMETER: 450 mm
COLOR: Black+Color	DUROMETER: 92	COLLAR OPENING: 50.4 mm



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

# HIGH TEMP BUMPER PLATE

## BLACK HIGH TEMP BUMPER PLATE

HT-B-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Black

WIDTH: 35/60/75/85/92 mm  
DUROMETER: 80

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

## COLOR HIGH TEMP BUMPER PLATE

HT-C-KG



### SPECIFICATIONS

WEIGHT: 5/10/15/20/25 kg  
COLOR: Grey/Green/Yellow/Blue/Red

WIDTH: 35/60/75/85/92 mm  
DUROMETER: 80

DIAMETER: 450 mm  
COLLAR OPENING: 51 mm

BARBELL

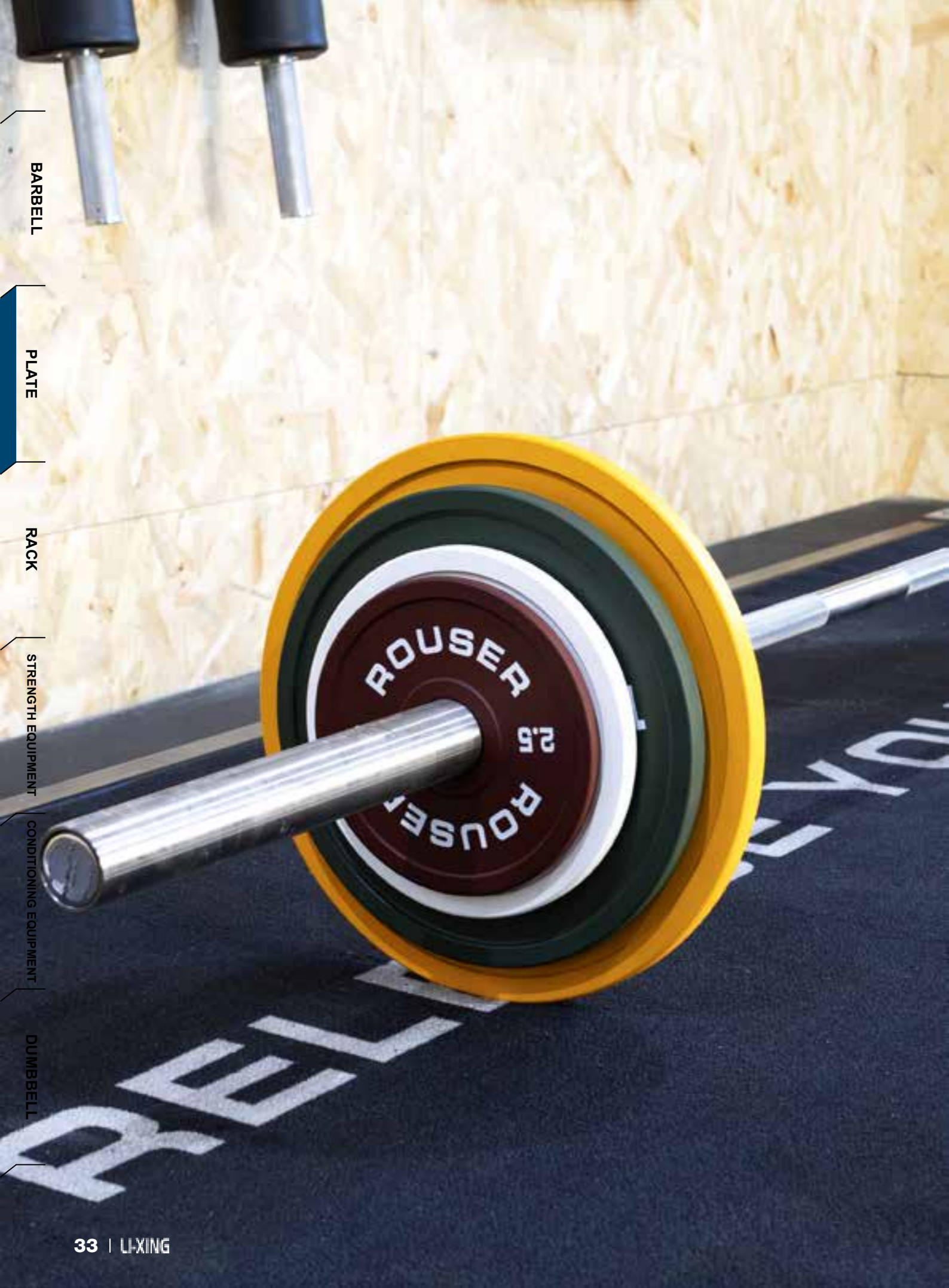
PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

## ELECTROPLATED STEEL PLATE

LX-ST-01



### SPECIFICATIONS

MATERIAL: Steel	WEIGHT: 5/10/15/20/25 kg	WIDTH: 19.1/17.2/17.2/18/22 mm
DIAMETER: 227/325/400/450/450 mm	COLOR: Silver	COLLAR OPENING: 50.4 mm

## ELECTROPLATED STEEL PLATE

LX-ST-02



### SPECIFICATIONS

MATERIAL: Steel	WEIGHT: 5/10/15/20/25 kg	WIDTH: 19.1/17.2/17.2/18/22 mm
DIAMETER: 227/325/400/450/450 mm	COLOR: Bronze	COLLAR OPENING: 50.4 mm

## COLOR STEEL PLATE

LX-ST-03



### SPECIFICATIONS

MATERIAL: Steel	WEIGHT: 5/10/15/20/25 kg	WIDTH: 16.2/19.5/20.5/23/23 mm
DIAMETER: 245/320/380/450/450 mm	COLOR: White/Green/Yellow/Blue/Red	COLLAR OPENING: 50.4 mm

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

## ADD-ON CHANGE PLATE PLATE

CG-BASIC



### SPECIFICATIONS

WEIGHT: 0.25/0.5/1 kg	WIDTH: 9/14.7/17.5 mm	DIAMETER: 109/118/136 mm
COLOR: Green/Yellow/Red	DUROMETER: 68	COLLAR OPENING: 34 mm

## ADD-ON CHANGE PLATE-PRO

CG-PRO



### SPECIFICATIONS

WEIGHT: 0.25/0.5/0.75/1 kg	WIDTH: 14/15/16/17 mm	DIAMETER: 110/120/130/140 mm
COLOR: Green/Yellow/Blue/Red	DUROMETER: 68	COLLAR OPENING: 35 mm

## COLOR CHANGE PLATE

CG-NORMAL



### SPECIFICATIONS

WEIGHT: 0.5/1/1.25/1.5/2/2.5/5 kg	WIDTH: 12.5/15/18/18/19/19/26 mm	DIAMETER: 135/160/175/175/190/210/230 mm
COLOR: White/Green/Orange/Yellow/Blue/Red	DUROMETER: 92	COLLAR OPENING: 50.4 mm

## BARBELL COLLAR



### SPECIFICATIONS

MATERIAL: Steel	WEIGHT ERROR: ±10 g
WEIGHT: 5 kg/pair	COLLAR OPENING: 50.5-51 mm



### SPECIFICATIONS

MATERIAL: Steel	WEIGHT ERROR: ±10 g
WEIGHT: 5 kg/pair	COLLAR OPENING: 50.5-51 mm



### SPECIFICATIONS

MATERIAL: Aluminum	WEIGHT ERROR: ±10 g
WEIGHT: 160 g/pair	COLLAR OPENING: 50.5-51 mm



### SPECIFICATIONS

MATERIAL: Aluminum	WEIGHT ERROR: ±10 g
WEIGHT: 300 g/pair	COLLAR OPENING: 50.5-51 mm



### SPECIFICATIONS

MATERIAL: Nylon, TPR	WEIGHT ERROR: ±10 g
WEIGHT: 400 g/pair	COLLAR OPENING: 50.5-51 mm



### SPECIFICATIONS

MATERIAL: Steel	WEIGHT ERROR: ±10 g
WEIGHT: 400 g/pair	COLLAR OPENING: 50.5-51 mm

## COMPREHENSIVE GUIDE TO OUR RACK FACTORY



### LASER PRECISION

We initiate production with German high-power laser cutters, guaranteeing millimeter-perfect accuracy and clean edges on every component, laying the foundation for flawless assembly.

### STABLE SUPPLY

Substantial reserves of raw materials across specifications ensure consistent product quality and protect our partners from market price volatility.

### UNMATCHED VERSATILITY

Housing over 85% of common market molds allows us to support a vast range of designs and respond swiftly to custom requests.

### PROFESSIONAL DESIGN TEAM

Our professional designers work directly with you to create custom 3D models and optimize solutions tailored to your specific needs and space requirements.



## THE HEART OF OUR RACKS: PREMIUM 75\*75 MM STEEL TUBING

**STRUCTURAL INTEGRITY**  
11-gauge (3 mm) thickness provides the ideal balance of immense strength and practical weight.



**PRECISION FRAMING**  
Laser-cut 50 mm hole spacing ensures universal accessory compatibility and rock-solid alignment.

**PREMIUM COATING**  
Electrostatic powder coating offers superior corrosion resistance and a professional, lasting appearance.

## BUILT-IN SUPERIORITY

**Zinc-Plated Hardware:**  
For superior corrosion resistance.

**Advanced Rust Protection:**  
Superior defense against moisture and wear.

**26 mm Attachment Holes:**  
Universal accessory compatibility.

**75\*75 mm Uprights:**  
Delivers ultimate stability.

## PRO HYBRID POWER RACK



### SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1860 mm	<b>WIDTH:</b> 1601 mm	<b>HEIGHT:</b> 2260 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated



**LASER-PERFECT SPACING**  
50 mm laser-cut numbered holes deliver lightning-fast, rock-solid height changes and seamless fit with every rig attachment. Clear, burr-free numbering lets you align safeties and J-cups in seconds from either side, eliminating guess-work and keeping your workouts fluid, safe and frustration-free.



**DUAL WEIGHT STACKS**  
Two independent, precision-milled 120 kg stacks turn every pull, press or lunge into smooth, plate-loaded motion, while 5 kg increments let you micro-load progress from rehab to peak power. The plastic dividers deaden sound and protect the plates, and a rare-earth magnetic selector pin snaps firmly into place—no wobble, no slip, just quiet, confident weight changes in under a second.



**PREMIUM ADJUSTABLE CABLE PULLEY SYSTEMS**  
Adjustable Cable Pulley System. Tool-free 21-point height adjustments—from floor to overhead—let you switch instantly between lat pulls, curls, flyes and squats. Aircraft-grade cables and sealed ball-bearing pulleys deliver 900 kg smooth, quiet travel. Compatible with any 26 mm rig, it turns one cage into a full commercial cable station without extra footprint.

# ESSENTIAL POWER RACK



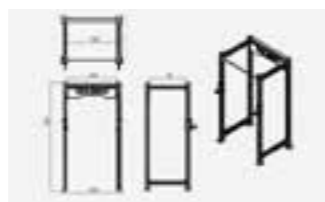
## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 1290 mm	WIDTH: 1001 mm	HEIGHT: 2260 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated



### PRECISION TRAINING ALIGNMENT

The 26 mm hole, backed by laser-cut numbering, ensures all attachments align and lock securely with perfect accuracy. This engineering eliminates play or misalignment during intense training, delivering a solid, integrated feel whether adding pull-up bars, spotter arms, or cable systems.



### CUSTOM HEIGHT & SPACE OPTIMIZATION

Available in tailored heights to accommodate low basement ceilings or spacious home gyms. This flexible sizing allows optimal overhead clearance for movements like muscle-ups and log presses, ensuring full training capability without compromising your available space.



### MODULAR TRAINING ECOSYSTEM

Start with a solid 75\*75 mm steel power rack and expand your setup through the integrated attachment ecosystem. Easily add dual cable columns, jammer arms, or dip stations to transform your rack into a complete, multifunctional strength station adaptable to any training style.

# UTILITY POWER RACK



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 1860 mm	WIDTH: 1001 mm	HEIGHT: 2260 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated



### J-CUPS

The J-Cups feature a unique multilayer acrylic insert system, allowing you to choose between two or three protective plates. This customizable design maximizes protection for both your barbell's knurling and finish during heavy lifts and re-racks, extending equipment life while maintaining a secure hold.



### FILP-DOWN SAFETIES

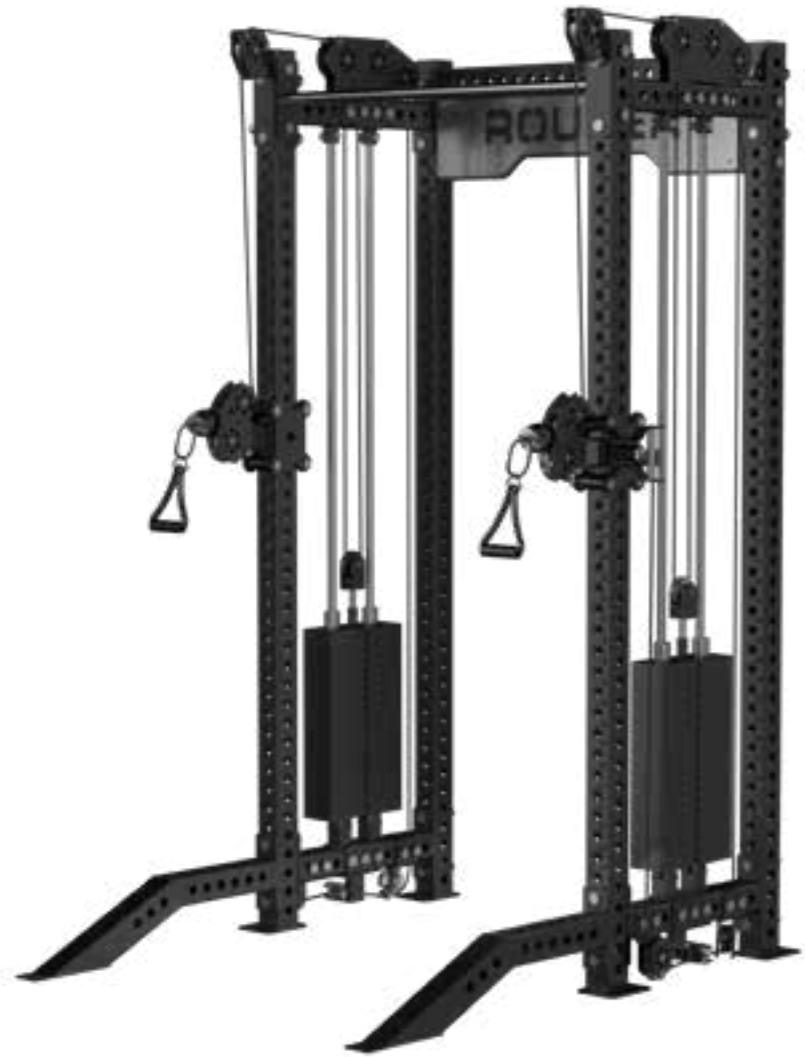
Built-in safety arms provide reliable spotter protection inside the rack without requiring additional attachments. Their reversible design and wide contact surface ensure failsafe support during bench presses, squats, and failed lifts, enabling confident training at maximum loads.



### PLATE STORAGE HORNS

Integrated plate storage posts mount directly to the rack's sides, keeping weight plates organized and within reach while eliminating floor clutter. This streamlined approach maximizes usable training space in compact home gyms or commercial settings without compromising rack stability.

# PRO HYBRID HALF RACK



## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1290 mm	<b>WIDTH:</b> 1562 mm	<b>HEIGHT:</b> 2307 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated



### PROFESSIONAL DUAL CABLE SYSTEM

This rack features a dual cable system, with adjustable pulleys on each side for complete exercises like pull-downs, rows, and face pulls. Constructed with commercial-grade steel cable and smooth-rolling pulleys, it provides consistent resistance for both heavy loading and high-rep conditioning work in any gym setup.



### FLOOR-FRIENDLY STABILITY

Adapted from our essential half rack, the angled front feet extend 76 mm from the uprights. This design not only reinforces the rack's overall stability but also provides accessible mounting points for band pegs, landmines, and other compatible accessories at the front of the rack.



### COMPACT & ROBUST DESIGN

Engineered with a space-efficient half rack footprint, it combines the stability of a full power rack with a smaller floor plan. The uprights are constructed from high-grade steel with precision-drilled holes, supporting heavy barbell training like squats and bench presses. Making it ideal for both professional and home gyms.

# ESSENTIAL HALF RACK

The essential half rack delivers premium strength training in a space saving design. Its compact footprint fits easily into home gyms while providing full rack stability for squats, presses, and pull-ups. Built with commercial-grade steel and a versatile upright system, it supports heavy loading and accessories like dip bars and landmines—professional performance, optimized for any space.

## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1290 mm
<b>WIDTH:</b> 1562 mm	<b>HEIGHT:</b> 2300 mm
<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm



# UTILITY HALF RACK

Designed for efficiency, this utility half rack combines a sturdy training station with integrated plate storage. Its compact footprint saves floor space while keeping weights organized and within reach. Built for durability, it provides a complete lifting solution for home gyms, making every workout smooth and clutter-free.

## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1210 mm
<b>WIDTH:</b> 1208 mm	<b>HEIGHT:</b> 2260 mm
<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm



# STORAGE SQUAT RACK



## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1195 mm	<b>WIDTH:</b> 1200 mm	<b>HEIGHT:</b> 2300 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated



### ALL-IN-ONE TRAINING

Perform squats, bench presses, pullups, and accessory work all within the same robust frame—eliminating the need for additional stations and maximizing both space and versatility in any gym setup.



### FLOOR-FRIENDLY STABILITY

Equipped with rubber-capped feet that securely grip the floor, protect your surface from scratches, and prevent any rack drift or movement— even during the most dynamic and intense training sessions.



### DUAL PLATE STORAGE PEGS

Keep plates organized and within easy reach while adding rear-ballast stability to the rack. This design ensures a rock-solid foundation during heavy lifts and helps maintain a clean, clutter-free floor space.

# COMPACT SQUAT RACK



Transform tight spaces into a full-scale gym with this compact squat rack—a compact, heavy-duty powerhouse that combines squat station and bench press in one sleek frame. While its small footprint fits garages, apartments, or any corner. Get commercial-grade performance without needing Olympic-level square footage.

## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1195 mm
<b>WIDTH:</b> 1200 mm	<b>HEIGHT:</b> 1825 mm
<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm

# INDEPENDENT SQUAT STAND

Ideal for budget-conscious home gyms, this easy-to-assemble rack requires no permanent mounting and can be moved as needed. Its simple, sturdy design safely supports essential lifts like squats and bench presses, with J-cups for a secure, customizable setup. Offering reliable stability and smart space-saving design, it delivers core strength training functionality without complexity or high cost.

## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 566 mm
<b>WIDTH:</b> 810 mm	<b>HEIGHT:</b> 1830 mm
<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm



## SPACE SAVING RACK



### SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1290 mm	<b>WIDTH:</b> 655.5 mm	<b>HEIGHT:</b> 2520 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated



#### MAXIMIZE YOUR SPACE

This space saving rack transforms unused vertical space into a complete training zone. By eliminating the footprint of a floor rig, it keeps your area open, safe, and clear for dynamic movements, maximizing every square foot of your gym.



#### VERSATILE ATTACHMENT SYSTEM

This wall-mounted rack features a universal hole pattern across its frame, allowing you to seamlessly integrate a wide range of accessories. Easily mount pull-up bars, dip stations, landmine handles, and storage hooks to create a fully customized and space-saving training station.



#### MODULAR EXPANSION OPTIONS

The rack's design supports modular expansion. You can add compatible components like extra barbell holders, ring hangers, or accessory arms at any time. This allows your training setup to evolve and grow with your fitness goals, all from a single mounted frame.

## MODULAR WALL MOUNT RACK



### SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 1305 mm	<b>WIDTH:</b> 1320 mm	<b>HEIGHT:</b> 2260 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated



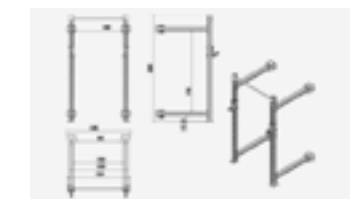
#### INDUSTRIAL-GRADE HINGE & LOCKING SYSTEM

Our unique hinge pin system is engineered for easy setup and rugged durability. It far outperforms lightweight foldable racks made with thinner steel, whether used as a squat stand, pull-up station, or power cage. The integrated positive-lock detent pins securely hold the rack safely open for training or firmly closed against the wall.



#### SPACE-SAVING DESIGN WHEN FOLDED

The rack's core advantage is its massive space savings. When your workout is complete, it folds flat and neatly against the wall, instantly freeing up the entire floor area. This makes it the perfect, efficient solution for garages, home gyms, or any multipurpose room where floor space is at a premium.



#### CUSTOMIZABLE WIDTH FOR YOUR SPACE

To perfectly fit your training area, we offer optional crossmember lengths. Choose the precise width you need for optimal functionality within your available space. This customization ensures the rack integrates seamlessly into your layout, providing a tailored training station without compromise.

## FOLDING WALL MOUNT RACK



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 1600 mm	WIDTH: 958 mm	HEIGHT: 2260 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated



#### SAVES SPACE, MAXIMIZES FUNCTION

A wall-mounted rig maximizes space by anchoring to wall studs, eliminating the floor footprint of freestanding racks. This frees up valuable floor area for other activities or equipment, making it an ideal, space-saving solution for garage gyms and home studios where optimizing layout is essential.



#### ULTIMATE VERSATILITY & CUSTOMIZATION

Our wall-mounted rack offers exceptional versatility via its modular design. The standardized hole pattern allows you to install various attachments—like pull-up bars and dip stations—creating a personalized training station for weightlifting, or circuits. This adaptability supports both individual and group training, evolving with your fitness goals.



#### EASY INSTALLATION & DURABILITY

Engineered for permanent installation into wall studs, this rack provides immovable, freestanding-rig stability. It safely supports dynamic loads from kipping pull-ups and heavy lifts. Built with robust materials, it ensures lifelong safety and durability, delivering a commercial-grade training experience in a space-saving format.

## FOLD-BACK WALL RACK



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 1310 mm	WIDTH: 1074 mm	HEIGHT: 2262 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated



#### ADAPTABLE FLOOR STABILIZATION

Equipped with adjustable leveling feet, this rack can be perfectly secured on uneven surfaces. This ensures unwavering stability and safety during intense workouts, providing a solid foundation on any floor type.



#### ULTIMATE SPACE OPTIMIZATION

The unique fold-back design allows the entire rack to pivot flat against the wall when not in use. This instantly frees up all floor space, making it the perfect solution for garages, home gyms, or multipurpose rooms.



#### SIMPLE, UNCOMPROMISING STRENGTH

Constructed with a minimalist, heavy-duty steel frame and precision welding. This focus on essential structure over complexity guarantees exceptional durability and long-term reliability for daily, heavy-load training.

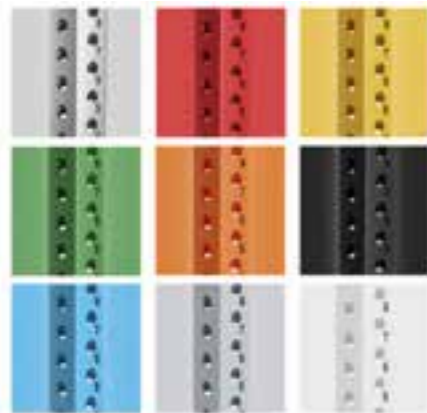
# WALL-MOUNTED TRAINING RIG



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 6095 mm	WIDTH: 1162.5 mm	HEIGHT: 2760 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## PRODUCT DETAILS:



### MODERN COLOR SCHEME

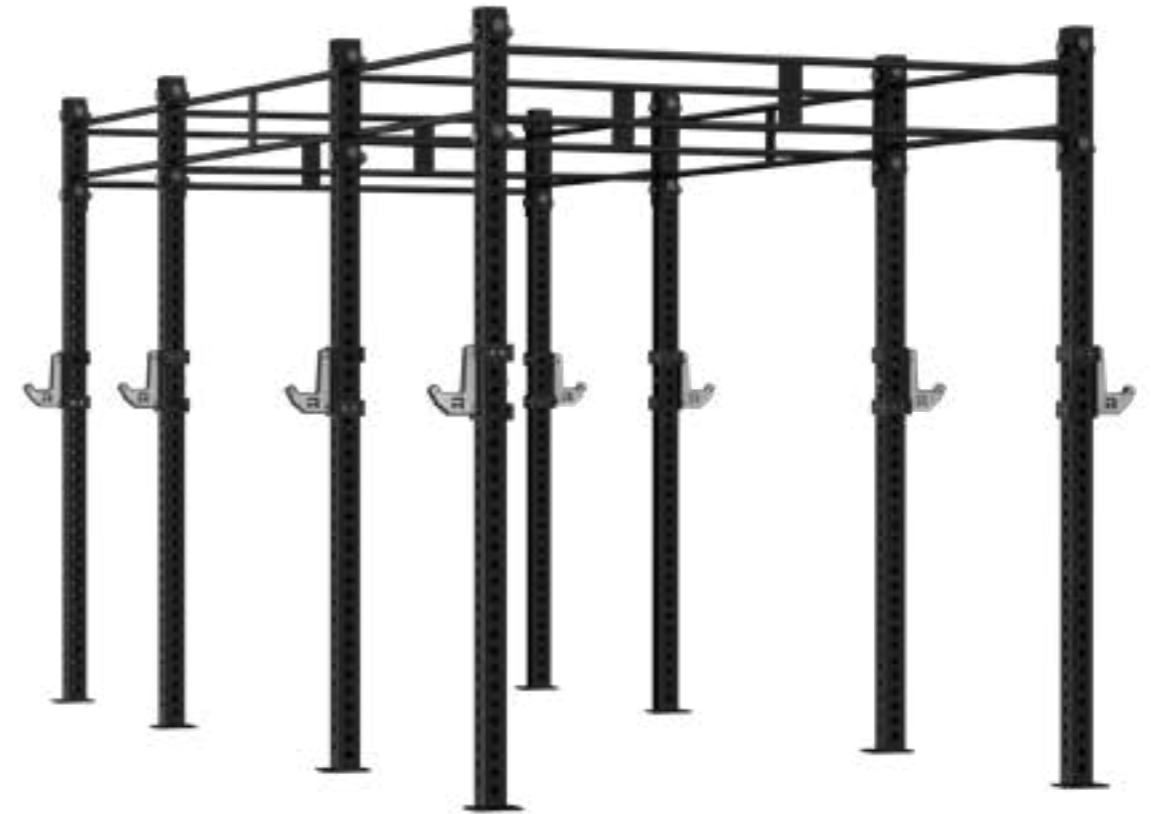
The main uprights are available in one of many modern colors. Decide for yourself what your new equipment will look like!



### UNRIVALED STABILITY & ADAPTABILITY

Built with durable 75\*75 mm, 3 mm-thick tubing and a 26 mm hole pattern, our rig delivers unmatched stability and a wide range of height adjustments to suit any workout.

# FREESTANDING GYM RIG



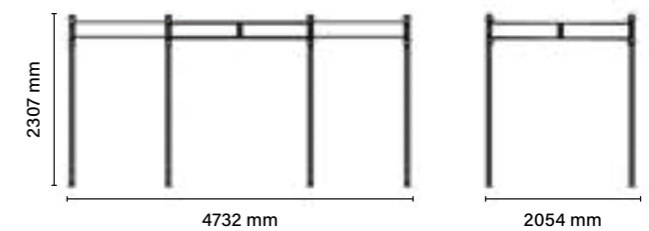
## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 4732 mm	WIDTH: 2054 mm	HEIGHT: 2307 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## FEATURES:

It features a free-standing, modular design that allows expansion from a single cell to multi-bay configurations, perfect for any space from garage gyms to large facilities. Place it centrally or to the side to maximize floor space. Athletes can utilize all four sides for gymnastics or two for lifting. Easily reconfigure or expand cells and components as your training needs evolve.

## DETAILED SIZE:



# MODULAR POWER CAGE SYSTEM



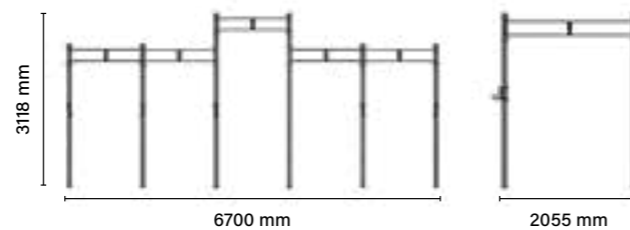
## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 6700 mm	<b>WIDTH:</b> 2055 mm	<b>HEIGHT:</b> 3118 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated

## FEATURES:

Crafted for professional demands, our competition rig is perfect for gyms, training centres, and event setups where precision, durability, and reliability are paramount. Its robust, free-standing design delivers exceptional stability and ensures long-lasting, high-performance operation in any competitive environment. Engineered to withstand the rigors of daily, intensive use, it's the dependable cornerstone for any serious training space.

## DETAILED SIZE:



# UNIVERSAL TRAINING RIG



## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 4675 mm	<b>WIDTH:</b> 2055 mm	<b>HEIGHT:</b> 3118 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated

# STANDARD TRAINING RIG



## SPECIFICATIONS

<b>MATERIAL:</b> 11-Gauge Steel	<b>LENGTH:</b> 4079 mm	<b>WIDTH:</b> 2055 mm	<b>HEIGHT:</b> 3118 mm
<b>HOLE SIZE:</b> 26 mm	<b>HOLE SPACING:</b> 50 mm	<b>FRAME TUBING:</b> 75*75*3 mm	<b>FINISH:</b> Powder Coated

## OPEN-SPACE TRAINING RIG 1.0



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 4674 mm	WIDTH: 1275 mm	HEIGHT: 3110 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## OPEN-SPACE TRAINING RIG 2.0



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 5909 mm	WIDTH: 1275 mm	HEIGHT: 3110 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## UNIVERSAL TRAINING RIG



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 7295 mm	WIDTH: 1275 mm	HEIGHT: 3110 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## ALL-PURPOSE TRAINING RIG



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 10964 mm	WIDTH: 2054 mm	HEIGHT: 2300 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

### 3-IN-1 POWER RACK WITH CABLE & STORAGE



#### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 2705 mm	WIDTH: 766 mm	HEIGHT: 2260 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

### MULTI-WEIGHT STORAGE RACK



#### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 3860 mm	WIDTH: 920 mm	HEIGHT: 2340 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

### HYBRID DUMBBELL TRAINING STATION



#### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 2501 mm	WIDTH: 766 mm	HEIGHT: 2268 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

### ALL-IN-ONE SQUAT & STORAGE RACK



#### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 3740 mm	WIDTH: 1208 mm	HEIGHT: 2260 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

# UTILITY RACK WITH PEGBOARD



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 2500 mm	WIDTH: 800 mm	HEIGHT: 2580 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated



**OPTIMIZED BARBELL STORAGE**  
Securely store multiple barbells in a dedicated, organized layout. This design eliminates clutter and protects your valuable bars from damage, keeping them ready and accessible for your next heavy session.



**VERSATILE SMALL GEAR STORAGE**  
The integrated pegboard panel offers flexible storage for accessories like resistance bands, straps, and belts. Keep all your small essentials neatly organized and within easy reach to streamline every workout.



**HIGH-DENSITY SPACE EFFICIENCY**  
This rack maximizes storage capacity within a minimal footprint. Its hybrid design consolidates equipment that would normally sprawl across your floor, freeing up crucial training space without compromising on stability or volume.

# THE PLATE WALL



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 3205 mm	WIDTH: 951.5 mm	HEIGHT: 2260 mm
HOLE SIZE: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated



**ORGANIZED VISUAL DISPLAY**  
This rack keeps weight plates neatly organized by size in a clean, vertical layout. It transforms cluttered equipment into a professional gym display, allowing you to visually identify and select the correct weights instantly, streamlining every workout setup.



**EFFORTLESS WEIGHT MANAGEMENT**  
Designed for optimal workflow, its angled and open-front storage allows for quick, smooth plate retrieval and return without awkward lifting. This efficient access saves time and energy, keeping your focus and momentum during high-intensity training sessions.



**MINIMALIST, INDUSTRIAL DURABILITY**  
Built with a focus on fundamental strength, its simple welded frame constructed from premium steel ensures rock-solid stability and exceptional longevity. This robust, no-fuss design provides a completely reliable storage foundation that withstands years of daily use.

# MODULAR STEEL UTILITY RACK SYSTEM



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 5900mm	WIDTH: 370 mm	HEIGHT: 1850 mm
HOLE SIZE: 16 mm	HOLE SPACING: 50mm	FRAME TUBING: 60*60*3 mm	FINISH: Powder Coated



**HEAVY-DUTY STEEL FRAME**  
Built with 11-gauge steel and 60\*60 mm square tubing (3 mm thick), this rack offers exceptional load-bearing capacity and long-term durability for demanding industrial storage.



**ADJUSTABLE & SPACIOUS STORAGE DESIGN**  
Features 16 mm holes with 50 mm spacing along the frame, allowing highly flexible height adjustment of shelves. Its large 5900 mm L x 370 mm W footprint is optimized for storing different types of products.



**DURABLE POWDER-COATED FINISH**  
The powder-coated surface provides superior resistance to scratches, corrosion, and chemicals, ensuring a lasting professional appearance and reliable performance in warehouse or workshop environments.

# L-SHAPED DUMBBELL RACK



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 1943 mm	WIDTH: 510.5 mm	HEIGHT: 1524 mm
FRAME TUBING: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

# FITNESS DUMBBELL RACK



## SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 1304 mm	WIDTH: 1158 mm	HEIGHT: 1219 mm
FRAME TUBING: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## STATIC DUMBBELL RACK



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 2100 mm	WIDTH: 510 mm	HEIGHT: 1104 mm
FRAME TUBING: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## MOBILE DUMBBELL RACK



### SPECIFICATIONS

MATERIAL: 11-Gauge Steel	LENGTH: 2100 mm	WIDTH: 510 mm	HEIGHT: 1237 mm
FRAME TUBING: 26 mm	HOLE SPACING: 50 mm	FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## STATIC PLATE TREE



### SPECIFICATIONS

MATERIAL: 11-gauge steel	LENGTH: 735 mm
WIDTH: 800 mm	HEIGHT: 1230 mm
FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## MOBILE PLATE TREE



### SPECIFICATIONS

MATERIAL: 11-gauge steel	LENGTH: 735 mm
WIDTH: 800 mm	HEIGHT: 1367 mm
FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## FITNESS 2 BARBELL HANGER



### SPECIFICATIONS

MATERIAL: 11-gauge steel	LENGTH: 250 mm
WIDTH: 135 mm	THICKNESS: 3 mm
FRAME TUBING: 75*75 mm	FINISH: Powder Coated

## FITNESS 9 BARBELL HOLDER



### SPECIFICATIONS

MATERIAL: 11-gauge steel	LENGTH: 500 mm
WIDTH: 500 mm	HEIGHT: 297.5 mm
FRAME TUBING: 75*75*3 mm	FINISH: Powder Coated

## WALL STORAGE STRINGER 1.0



### SPECIFICATIONS

MATERIAL: 11-gauge steel	LENGTH: 660 mm
WIDTH: 330 mm	THICKNESS: 3 mm
FRAME TUBING: 75*75 mm	FINISH: Powder Coated

## WALL STORAGE STRINGER 2.0



### SPECIFICATIONS

MATERIAL: 11-gauge steel	LENGTH: 660 mm
WIDTH: 330 mm	THICKNESS: 3 mm
FRAME TUBING: 75*75 mm	FINISH: Powder Coated

BARBELL



Standard J-Cups



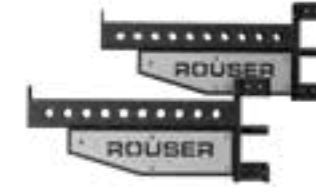
Round Sandwich J-Cups



Flat Sandwich J-Cups



Logo Plate



Spotter Arms



Lever Arm Kit

BARBELL

PLATE



Single Pull Up Bar



Pull Up Bar 1.0



Pull Up Bar 2.0



Leg Roller



Front Foot Extension Pair



Rack Uprights

PLATE

RACK



Pull Up Curl Bar



Muti Grip Pull Up Bar



Crown Pull Up Bar



Dip Station



Landmine



Wall Ball Target

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL



Flip Down Safeties



Crossmembers



Strap Safeties



Dual Barbell Hanger



Weight Horns



Barbell Tube Stand

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

# COMPETITION COMBO RACK



## SPECIFICATIONS

**MATERIAL:** Stainless Steel      **FOOTPRINT:** 2050\*1680 mm      **HEIGHT ADJUSTMENT:** 1300mm - 1930 mm  
**SPOTTER ARM HEIGHT ADJUSTMENT:** 520 mm - 775 mm      **BENCH DIMENSIONS:** 1230\*310\*450 mm



**ADJUSTABLE INCLINE ANGLE**



**HEIGHT ADJUSTABLE**



**STAINLESS STEEL FRAME**

This stainless steel competition combo rack is designed for versatility and durability. It features an adjustable incline angle and height, allowing for a wide range of exercises. The robust stainless steel frame ensures long-lasting performance, while its convertible design supports both bench press and squat training, making it an ideal choice for comprehensive workouts.

# WEIGHTLIFTING PLATFORM



## SPECIFICATIONS

**BORDER MATERIAL:** Carbon Steel      **CORNER GUARD MATERIAL:** 304 Stainless Steel      **RUBBER MAT DENSITY:** 200D  
**LOGO:** Customizable

## CUSTOMIZABLE FEATURES:

### Surface Options:

Wood or rubber mats with the option to add carpets.

### Thickness Options:

Available in 5 cm, 8 cm, and 10 cm thicknesses.

### Custom Colors:

Corner guards and wooden surfaces can be customized to match your preferences.

### Size Customization:

Tailor the dimensions to fit your specific needs.



### STAINLESS STEEL BORDER

The surface features metallic paint, with customizable colors available.



### CUSTOMIZABLE SURFACE OPTIONS

The surface can be tailored with wood or rubber mats, and carpets can be added for a personalized touch.

# COMPETITION SERIES POWER SLED



## SPECIFICATIONS

SIZE: 940\*640\*965 mm

WEIGHT: 75 kg

SURFACE TREATMENT: Hard Chrome

MAX LOAD: 240 kg / 530 lbs

LOGO: Customizable

## CUSTOMIZABLE FEATURES:

### Customizable Knurling Design:

The power sled features knurled poles with customizable types, sizes, and depths, enhancing grip and control.



### Integrated Bending Technology:

The base plate of the is crafted using an integrated bending process, offering a seamless and robust structure compared to welded alternatives.



### Customizable Logo Positions:

Logos can be laser-etched on the sides, engraved on stainless steel plates, or applied to the top of the poles.

# RESISTANCE POWER SLED 1.0

The resistance power sled is a versatile strength and conditioning tool. Suitable for push, pull, and drag exercises, it provides an effective full-body workout to enhance conditioning, build strength, and develop explosive power. Its design features full-length, angled skid plates that ensure smooth, effortless movement across various surfaces with easily adjustable resistance.

## SPECIFICATIONS

MATERIAL: 11-gauge steel

SIZE: 1090\*600\*1055 mm

HOLE DISTANCE: 50 mm

TUBE THICKNESS: 3 mm

TUBE SIZE: 3x3 inch / 75\*75 mm

COLOR: ●●●●●



# TRAINING POWER SLED 2.0

This training power sled offers simple, effective design. Features 2 removable, upright push poles with four sockets for swift direction changes, maximizing workout efficiency. Its durable, low-profile build glides effortlessly on multiple terrains, performing best on grass or turf for foundational strength, conditioning, and speed work.

## SPECIFICATIONS

MATERIAL: 11-gauge steel

SIZE: 1090\*600\*1050 mm

HOLE DISTANCE: 50 mm

TUBE THICKNESS: 3 mm

TUBE SIZE: 3x3 inch / 75\*75 mm

COLOR: ●●●●●



## ADJUSTABLE BENCH 1.0



### SPECIFICATIONS

AREA SIZE: 144*65*43 cm	NET WEIGHT: 40.5 kg	MATERIAL: Q235 Steel
PAD THICKNESS: 7 mm	LOAD CAPACITY: 450 kg	TOTAL LENGTH OF SUPPORT PLATE: 134 cm
SEAT CUSHION SIZE: 38* 38/26 cm	BACK LENGTH: 91*30 cm	CUSTOMIZABLE COLORS: ●●●●●
BACKPLANE ANGLE: -12, 0, 15, 30, 45, 60, 70, 85 degrees	SEAT CUSHION ANGLE: 0, 5, 10, 15, 20 degrees	

### FEATURES:

#### ADJUSTABLE INCLINE ANGLE

Easily adjustable to suit the specific training requirements of various users.

#### HIGH QUALITY MATERIAL

Constructed from high-performance tubing, ensuring superior load-bearing capacity and stability.

#### HIGH-QUALITY FILLINGS

Equipped with premium internal fillings to prevent collapse, even with extended use.

#### LOGO CUSTOMIZATION

Offers the option for customers to personalize logos in any desired shape at their chosen location.

## FLAT BENCH



### SPECIFICATIONS

SIZE: 122*53*43 cm	BENCH WEIGHT: 28 kg	GROSS WEIGHT: 32 kg
LOAD CAPACITY: 600 kg	PACKING SIZE: 130*50*25 cm	CUSTOMIZABLE COLORS: ●●●●●

## ADJUSTABLE BENCH 2.0



### SPECIFICATIONS

SIZE: 142*52*45 cm	BENCH WEIGHT: 48 kg	GROSS WEIGHT: 54 kg
LOAD CAPACITY: 450 kg	CUSHION ANGLE: -15, 0, 15, 30, 45 degrees	CUSTOMIZABLE COLORS: ●●●●●

## COMPREHENSIVE GUIDE TO OUR CONDITIONING FACTORY



**Quality Assurance:** We use top-grade materials to ensure our products' durability and performance exceed industry standards. Our rigorous quality inspection system, complemented by multiple checks, ensures each sewing product meets or surpasses industry benchmarks, offering customers exceptional quality.

**Customization Capability:** Our strength lies in customizing products to fit individual customer needs and ideas. We specialize in unique designs, specific sizes, and fabric choices, crafting a distinctive brand image.

**Environmental Protection & Sustainability:** In our production, we prioritize eco-friendly fabrics and dyes to mitigate environmental impact. Our commitment to environmental stewardship extends from raw material sourcing through to product packaging, with each step adhering to eco-conscious practices to lessen our ecological footprint.



## COMPETITION SANDBAG

LX-AC-SD01



**SPECIFICATION:** 10 kg, 20 kg, 30 kg    **EXTERIOR MATERIAL:** 400D+1050D Nylon    **STITCHING METHOD:** Double Stitching  
**FILLING MATERIAL:** Sand    **LOGO:** Customizable    **COLOR:** Customizable

### CUSTOMIZABLE FEATURES:

The competition sandbags of different weights with varying numbers of built-in pockets.

Double velcro-sealed fill bag prevents leakage during the workout and keeps the sand in.

Ergonomic design and sturdy construction ensure comfort and safety during intense workout routines.



10 KG Filler Bag X1  
 20 KG Filler Bag X2  
 30 KG Filler Bag X3

### PRODUCT DETAILS:



REINFORCED MULTI-GRIP HANDLE



WATER-RESISTANT MATERIAL



CUSTOMIZED LOGO

## TRAINING SANDBAG

LX-AC-SD02



**ADJUSTABLE DYNAMIC RESISTANCE:**  
Available in multiple weights with internal pockets that shift sand to create an unstable, real-world training load.

**LEAK-PROOF DUAL SEAL:**  
A double velcro-sealed inner bag securely locks sand in place during intense workouts, ensuring a clean and consistent training experience.

**DURABLE & VERSATILE:**  
Built from tough materials for diverse functional training—from lifts and carries to throws—building grip, core strength, and athleticism.

**SPECIFICATION:** 10 kg, 20 kg, 30 kg    **EXTERIOR MATERIAL:** 400D+1050D Nylon    **STITCHING METHOD:** Double Stitching  
**FILLING MATERIAL:** Sand    **LOGO:** Customizable    **COLOR:** Customizable

## WALL BALL

LX-AC-WB



**EXCELLENT WATERPROOF PERFORMANCE:**  
The PVC fabric's highly water-repellent nature, attributed to its compact molecular structure, effectively prevents water penetration.

**EXCELLENT WEAR RESISTANCE:**  
The PVC fabric boasts high hardness and strength, coupled with exceptional surface wear resistance.

**RICH COLOR & PATTERN SELECTION:**  
Utilizing advanced production techniques, PVC fabrics offer a spectrum of vibrant colors and intricate patterns to cater to diverse consumer preferences.

**SPECIFICATION:** 3-10 kg, 6-20 lb    **EXTERIOR MATERIAL:** PVC    **STITCHING METHOD:** Double Stitching  
**FILLING MATERIAL:** EPE (expanded polyethylene), Iron Sand and Rubber Granules    **COLOR:** Customizable

## BULGARIAN BAG

LX-AC-BB



**SPECIFICATIONS:**  
5 kg, 8 kg, 12 kg, 16 kg, 18 kg, 20 kg, 22 kg  
**FILLING MATERIAL:**  
PP Cotton, Iron Sand  
**LOGO CUSTOMIZATION:**  
Screen Printing

**EXTERIOR MATERIAL:**  
PVC  
**STITCHING METHOD:**  
Double Stitching  
**COLOR:**  
Customizable

## POWER BAG

LX-AC-PB



**SPECIFICATIONS:**  
5 kg, 10 kg, 15 kg, 20 kg, 25 kg  
**FILLING MATERIAL:**  
Foam, Iron Sand, Rubber Granules  
**HANDLE MATERIAL:**  
Reinforced Vinyl Seat-Belt Webbing

**EXTERIOR MATERIAL:**  
PVC  
**COLOR:**  
Customizable  
**LOGO CUSTOMIZATION:**  
Screen Printing, Embroidery

## STRONGMAN SANDBAG

LX-AC-SS



**SPECIFICATION:** 25 kg/50 lb, 35 kg/75 lb, 45 kg/100 lb, 65 kg/150 lb, 90 kg/200 lb, 250 lb  
**FILLING MATERIAL:** 1000D Cordura    **LOGO CUSTOMIZATION:** Screen Printing    **FILLING MATERIAL:** Recycled Cotton, EPE  
**ZIPPER AND HOOK-AND-LOOP CLOSURE**

## JUMP BOX

LX-AC-JP



**FRAME:** Wood    **EXTERIOR MATERIAL:** EVA    **FILLING MATERIAL:** Recycled Cotton, EPE  
**DIMENSION:** 90\*75\*15/30/45/60 cm    **MAX LOAD:** 400 lb    **LOGO CUSTOMIZATION:** Screen Printing

# COMPREHENSIVE GUIDE TO OUR DUMBBELL FACTORY



**Dumbbell Head Forging & Machining:** The process begins with high-grade round steel cut to precise dimensions for each head. Each piece is then drilled, polished, and undergoes surface pretreatment before being welded to the handle, ensuring perfect balance and structural integrity.

**Handle Fabrication & Knurling:** Handles are precision-cut from solid steel bar stock, ground to exact diameter, and knurled to provide a secure, non-slip grip. After polishing and surface preparation, they are welded to the heads with high-strength techniques.

**Electroplating Finish & Quality Control:** The assembled dumbbells are professionally electroplated in chrome or nickel for a corrosion-resistant, bright finish. Each batch undergoes strict weight, balance, and coating adhesion tests to ensure commercial-grade durability and appearance.



## HEXAGONAL RUBBER DUMBBELL

LX-DB-01

HIGH QUALITY RECYCLED RUBBER

CHROME HANDLE

MEDIUM-GRADE HANDLE KNURLING

2% WEIGHT ERROR STANDARD

3 YEAR NO BREAK WARRANTY



**MATERIAL:** Cast Iron + Rubber  
**COLOR:** Black

**WEIGHT:** 1-50 kg, 3-100 lb  
**LOGO:** Customizable

**HANDLE:** Ergonomic Chrome Handle



BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

## COMPREHENSIVE GUIDE TO OUR DUMBBELL FACTORY:



**High-Quality Materials:** Our dumbbells are crafted from high-quality natural rubber, ensuring they possess excellent strength and stability to withstand intense workouts and frequent use without deformation.

**Precision & Quality:** Utilizing advanced technology, we conduct precise weight, hardness, and balance testing to guarantee that each dumbbell meets stringent industry standards, providing a reliable and long-lasting performance.

**Customization & Variety:** We offer a wide range of dumbbells with various weight specifications and comprehensive customization services, allowing customers to tailor the color, pattern, weight markings, and packaging to fit their brand image and specific training needs.



## ROUND RUBBER DUMBBELL

LX-DB-02



**MATERIAL:** Cast Iron + Rubber  
**COLOR:** Black

**WEIGHT:** 2.5-50 kg, 5-150 lb  
**LOGO:** Customizable

**HANDLE:** Ergonomic Chrome Handle

**NO ODOR:**

Opt for our high-quality natural rubber, which is free from any offensive odors.

**LARGE WEIGHT RANGE:**

We offer a broad spectrum of weights, ranging from 2.5 kg to 70 kg and 5 lb to 150 lb, to suit various customer preferences.

**WARRANTY:**

We stand behind our products with a comprehensive 1-year warranty.

**KNURLING:**

The knurling on each handle is crafted with a large wheel, ensuring a secure grip and comfort during use.

**CUSTOMIZATION:**

We offer personalized logo customization services, allowing for unique designs in any shape or color.

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

BARBELL

PLATE

RACK

STRENGTH EQUIPMENT

CONDITIONING EQUIPMENT

DUMBBELL

## COMPREHENSIVE GUIDE TO OUR DUMBBELL FACTORY:



**Dumbbell Head Forging & Machining:** The process begins with high-grade round steel cut to precise dimensions for each head. Each piece is then drilled, polished, and undergoes surface pretreatment before being welded to the handle, ensuring perfect balance and structural integrity.

**Handle Fabrication & Knurling:** Handles are precision-cut from solid steel bar stock, ground to exact diameter, and knurled to provide a secure, non-slip grip. After polishing and surface preparation, they are welded to the heads with high-strength techniques.

**Electroplating Finish & Quality Control:** The assembled dumbbells are professionally electroplated in chrome or nickel for a corrosion-resistant, bright finish. Each batch undergoes strict weight, balance, and coating adhesion tests to ensure commercial-grade durability and appearance.



## ELECTROPLATED DUMBBELL

LX-DB-03



<b>MATERIAL:</b> Steel	<b>WEIGHT:</b> 1-70 kg, 5-150 lb	<b>HANDLE:</b> Electroplated Handle
<b>SURFACE TREATMENT:</b> Electroplated	<b>LOGO:</b> Customizable	

### ROUSER ELECTROPLATED DUMBBELL SET:

Elevate your strength training with the powercore electroplated steel dumbbell set, ranging from 1 kg to 70 kg. Crafted from solid steel with a premium electroplated finish, these dumbbells offer exceptional durability, a sleek aesthetic, and superior performance.

### KEY FEATURES:

**Electroplated Coated:** Durable, rust-resistant, and aesthetically pleasing finish.

**Complete Weight Range:** Versatile set from 1 kg to 70 kg for all fitness levels.

**Solid Construction:** Forged from solid steel for superior balance and consistent weight.

**Ergonomic Grips:** Knurled for a secure and comfortable hold.

**Precision Weighted:** Ensures accuracy and consistency for effective workouts.

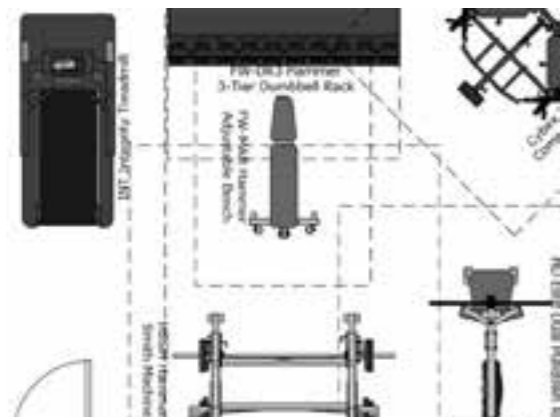
### LOGO CUSTOMIZATION:



We can create customized logos featuring any pattern based on your requirements.



# CUSTOM DESIGN



## STEP 1

### CUSTOM DESIGN THE GYM LAYOUT

Our fitness design experts work with you to create a custom gym layout to help you maximize your budget and space. When everything is confirmed, we will send you purchasing list and provide the most competitive price.



## STEP 3

### WE DELIVER & INSTALL

After your payment guidance, we will start production, and the best raw materials and technology will be used for your gym. Finally, we will deliver the goods to you via the transportation method you choose and provide you with installation guidance.

## STEP 2

### WE REFINE & YOU APPROVE

Once you have time to consider your proposed custom gym layout, work with our sales consultants to refine your options and place your order. We will provide accurate delivery dates to help you prepare for your gym.

