



SHANDONG BAODELONG FITNESS CO., LTD.

Add: Industry Zone, Shiji Town, Ningjin County, Dezhou, Shandong 253400, China
Tel: (+86) 10-85806857 Fax: (+86) 10-85806257 Web: www.chinabodystrong.com

PRO -360 Comprehensive Training

TRX hanging rope, TRX RIP multi function training bar, power training rope, medicine ball, kettle bell, sandbag, U-model hoop, elevated platform, elevated parallel bars, elevated knee lifting, functional trainer, horizontal ladder trainer, pull-up trainer, etc.

Product Dimension
4.5M X 4.0M X 2.5M





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1, TRX Hanging Rope

Hanging rope originates from U.S. Navy Seals. It is a flagship product of TRX. Through contending against the body weight of the user and taking advantage of the trainer to do hundreds of training movement, the user can increase strength, balance force, flexibility and core stability.





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TRX Unique Advantage

- Minimum Input, Maximum Return

TRX provides a series of fixed solution. Even though in a small room, it can help the user do hanging and multi function bar training.

Hundreds of training movement create infinite possibility.

No matter that you want to increase strength, lose weight or improve sports competition level, TRX will help you achieve the training goal.

TRX provides various of training methods and courses support.





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2, TRX RIP Multi Function Training Bar

The Rip trainer employs an innovative resistance cord system to create a variable, unbalanced load that enables you to develop core strength, explosive power, flexibility and endurance.





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3, Power Rope Training

Big thick rope training is a necessary item in advanced physical training. During the course of shaking rope, because of difference of direction, rhythm, method and waveform, physical ability on all parts of the body will do intense reactions to them.

How to Use

Fix the middle of the rope on a tight fixed object or a weight and hold both ends of the rope to train.





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4, Medicine Ball

For many sports, the ability of generating strength and energy is of crucial importance, especially for competitive sports which need explosive power. Medicine ball training, in the physical training and circuit training combined with programme, can be used to increase strength and energy. Specific medicine ball training can be a part of plyometrics training methods so that to improve explosive power. Medicine training is suitable for all kinds of age, talent, ability and sport. Only matching sport type, will one training programme get real effective.





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Medicine ball is used to improve abdominal strength by professional boxer. Throwing the medicine to abdomen of the boxer will work up the rebound of opponent. Other players use the medicine ball to improve their core strength. One of the regular sports is controlling the ball by chest of one player and pushing it to the other player. And this player will need to catch the ball by his chest. This movement can increase the strength of arm, chest and leg. What's more, throwing the medicine ball is also one part of the sparq evaluation.





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5, Kettle Bell

Kettle bell is made from cast iron. In Chinese folk, there is a kind of stone product looking like a lock, which is called stone lock. Its usage and function is similar with kettle bell. Excising with kettle bell can do all kinds of sports like pushing, raising, lifting, throwing, jump squatting, etc. Such an excise will increase muscle strength of upper limbs, torsos, lower limbs, etc.

规格：4kg、8kg、12kg、16kg、24kg





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The difference with dumbbell:

- 1, The kettle bell barycenter is out of palm, while dumbbell barycenter is in the palm.
- 2, The weight of kettle bell is usually fixed, while some dumbbells are dismantlable with adjustable weight.
- 3, Kettle ball is easy to get tied on the body or rope for exercises like diving, weighted pull-up, weighted parallel bars arm bending, wrist curl, etc.
- 4, Kettle ball can be also hooked by tiptoe to build quadriceps femoris.

Nowadays, the casting technique has been developed and traditional and old kettle ball is rare. Actually, dumbbell and kettle bell are similar and both can get used to exercise body through some basic movements.





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6, Sandbag

Punching a sandbag is a necessary method for exercising actual combat. It can test people's attacking power comprehensively.

There are all kinds of punching stils used for the sandbag while it never gets injured, so that punching a sandbag is always a training programme of attack and defense technique at home and abroad.

People who work in front of a computer in the long term is always suffering aches from back and neck. Boxing sport will have a especial health care effect on such people working at their desks. Boxing sport request intensive concentration, so that players can learn to control emotions and get patient. Sleep patterns will be improved obviously as well.



专职教练展示:





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7, Other Hanging Accessories

