

SOLE GYM is based on Suzhou, closed to Shanghai port. We are riched in sporting goods sales about home fitness products or commercial equipments. We sell our products worldwide, including South America, North America, Australia, Southeast Asia, Europe and other regions

During the past 10 years sales time, almost all customers are satisfied with our products and business(enthusiasm, quality, delivery, profession)

Our values is providing our customers the best products and becoming the most reliable supplier with our customers

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JR001

- Material: PP handle+PVC coated steel wire rope
- Size of rope: 3m*2.5mm
- Color: red, black, green, blue etc



JR002

- Material: PP handle+PVC coated steel wire rope
- Size of rope: 3m*2.5mm
- Color: black



JR003

- Material: PP handle+PVC coated steel wire rope(anti handle)
- Size of rope: 3m*2.5mm
- Color: black, green, red, purple etc



JR004

- Material: PP handle+PVC coated steel wire rope(round handle)
- Size of rope: 3m*2.5mm
- Color: black, green, red, purple etc



JR005

- Material: foam coated PP handle+PVC rope
- Size of rope: 3m*5mm
- Color: black with black/red/blue stripe



JR006

- Material: foam coated PP handle+PVC rope
- Size of rope: 2.6~3m*5mm
- Color: black



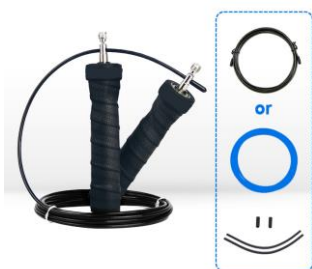
JR007

- Material: PP handle+PVC coated steel wire rope
- Size of rope: 3m*2.5mm
- Color: red, black, green, blue etc



JR008

- Material: PP handle + PVC rope
- Size of rope: 2.6~3m*5mm
- Color: black



JR009

- Material: sweatband PP handle+PVC coated steel wire rope
- Size of rope: 3m*2.5mm/3.4mm
- Color: black, green, red, purple etc



JR010

- Material: aluminum handle+PVC coated steel wire rope
- Size of rope: 3m*2.5mm
- Color: black, silver, red, purple etc



JR011

- Material: aluminum handle+PVC coated steel wire rope
- Size of rope: 3m*2.5mm
- Color: black, red



JR012

- Material: PP handle+PVC rope with digital function
- Size of rope: 3m
- Color: blue, pink, orange etc



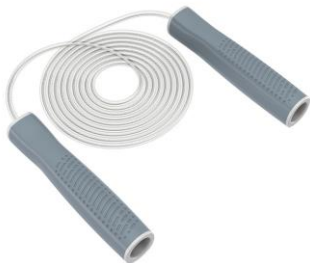
JR013

- Material: sweatband PP handle + PVC rope
- Size of rope: 3m
- Color: red, black, yellow, blue etc



JR014

- Material: silicone coated aluminum handle + steel wire rope
- Size of rope: 3m*2.5mm
- Color: black



JR015

- Material: silicone coated pp handle + pvc coated steel wire rope
- Size of rope: 3m
- Color: blue, pink, gray



JR016

- Material: ABS+TPE handle with TPE ball
- Size of rope: 3m rope, 32mm ball
- Color: black, blue, red etc



Why jumping?

There is an international standard for physical activity: Metabolic equivalent(MET).

1MET=1.05kcal/hour for per kilogram.

The metabolic equivalent of medium-speed skipping rope is 10 METs.

Under this strength, 2 minutes of skipping rope ≈1000 steps

SOLE GYM RESISTANCE PRODUCTS



RB001

- Size: 2080*6.4*4.5mm, yellow
- Size: 2080*13*4.5mm, red
- Size: 2080*22*4.5mm, black
- Size: 2080*32*4.5mm, purple
- Size: 2080*45*4.5mm, green
- Size: 2080*64*4.5mm, blue
- Size: 2080*83*4.5mm, orange



RB002

- Size: 500*50*0.3/0.5/0.7/0.9/1.2mm / 600*50*0.3/0.5/0.7/0.9/1.2mm
- Color: green, blue, yellow, black, red

RB003

- Material: Polyester
- Size: 33*6cm
- Color: red, black, yellow, blue etc



RB004

- Material: Polyester cotton + latex silk
- Size: 100*8cm
- Color: pink, blue, red, black etc

RB005

- Material: Polyester cotton
- Size: 33*8cm, 38*8cm, 43*8cm or customized sizes
- Color: black, gray, pink, purple, blue



RB006

- Material: TPR
- Size: Blue, 20lb, 6*11*1200mm
- Size: Green, 25lb, 5*11*1200mm
- Size: Black, 30lb, 6*12*1200mm
- Size: Red, 35lb, 5*13*1200mm
- Size: Gray, 40lb, 4*14*1200mm
- two handles, two ankle buckles, one door buckle



RB007

- Material: TPR
- Size: 120*15*0.3/0.35mm
- Size: 120*15*0.4/0.45mm
- Size: 120*15*0.5/0.55mm
- Size: 120*15*0.6/0.65mm
- Size: 120*15*0.7/0.75mm
- Color: yellow,black,blue etc



RB008

- Material: Latex
- Size: 216cm*5.1cm*1mm/1.5mm
- Color: red,black,blue,green etc



RB009

- Material: TPR
- Size: 1200*6*9mm/13mm, 1200*7*11mm, 1200*8*12mm
- Color: black, orange, purple etc



RB010

- Material: TPR
- Size: 6*9/13*1220mm
5*10/12*1200mm
- Color: Camouflage color



RB011

- Material: TPR
- Size: 1200*11*5mm, green
1200*12*6mm, gray
1200*13*5mm, orange



Seven benefits of doing pull training

- Build muscle
- Weight loss and body sculpting
- Promote bone metabolism
- Improve physical coordination
- Increase joint mobility
- Enhance responsiveness
- Relieve stress



AP001

- Size: 19.5*5.5cm
- Color: red, green, blue, yellow, orange etc



AP002

- Size: 18cm, 23cm, 28cm, 32cm, 38cm, 48cm
- color: red, green, blue etc



AP003

- Size: 3m, 4m, 6m, 8m, 10m
- color: yellow, red etc



AP004

- Size: 6pcs, 8pcs, 10pcs, 12pcs
- Color: yellow, red etc



AP005

- Size: 40cm, 50cm
- Color: red, yellow, blue etc



AP006

- Size: 60cm, 50cm
- color: red, yellow etc

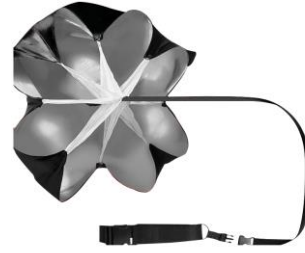


AP007

- Size: 15cm or 30cm
- Color: green

**AP008**

- Size: 15cm, 23cm, 30cm, 40cm, 50cm
- Color: yellow, red, orange etc

**AP009**

- Size: 59*40*40cm
- color: black

AP010

Standard Equipment List

- 1. Multi-purpose agility training ladder(1 set)
- 2. Parachute(1 set)
- 3. Portable training winding rods(5 pcs)
- 4. Agility cones (including stand and special bag, 5 colors)
- 5. Safety agility cone(10 pcs)
- 6. Multi-purpose training hurdle(5 pcs)
- 7. High pressure pump(1 pc)
- 8. Training teaching videos, product inspection reports(1 set)
- 9. Equipment storage bag(1 pc)



What is Agility?

Agility is "the body's response to a stimulus, the rapid systemic movement produced when the speed or direction changes."

High-level athletes perform better than lower-level athletes in agility tests. This means that improving the agility of athletes is very important for them to improve their competitive level.



YM001

- Material: PVC yoga mat
- Size: 173*61*0.3/0.4/0.5/0.6/0.7/0.8/1.0cm
- Color: black, blue, red etc



YM002

- Material: EVA yoga mat
- Size: 173*61*0.3/0.4/0.5/0.6/0.7/0.8/1.0cm
- Color: black, blue, red etc



YM003

- Material: TPE yoga mat(Single color)
- Size: 183*61*0.6/0.8/1.0mm
183*80*0.6/0.8/1.0mm
- Color: black, purple, blue etc



YM004

- Material: TPE yoga mat(Double color)
- Size: 183*61*0.6/0.8/1.0mm
183*80*0.6/0.8/1.0mm
- Color: dark purple+light pink, dark blue+light blue, red+black etc



YM005

- Material: NBR yoga mat
- Size: 183*61*0.8/1/1.2/1.5/2 CM
185*80*1/1.5/2CM
- Color: black, red, blue etc



YM006

- Material: Cork Yoga Mat + TPE
- Size: 183*61*0.5cm/0.6cm
- Color: black, blue, red



YB001

- Material: PVC half massage ball
- Size: 55/65/75/85cm
- Color: black, gray, red etc



YB002

- Material: PVC
- Size:45/55/65/75mm
- Color:black, blue, gray



YB003 peanut ball

- Material: PVC
- Size:85*35cm/100*40cm
- Color:black, blue, gray



YB004

- Material: PVC
- Color:black, blue, gray

SIZE	ANTI-BURST	COMMERCIAL USE
45cm	600g	700g
55cm	700g	900g
65cm	900g	110g
75cm	1100g	1300g
85cm	1300g	1500g
95cm	1500g	1650g



YB005

- Material: PVC+TPE+TPR Bosu Ball
- Size: 58*25cm
- Color: blue etc



YB006

- Material: PVC+TPE+TPR Bosu Ball
- Size: 63cm
- Color: blue, pink etc



YB007

- Material: PVC+ PP Bosu Ball
- Size: 60cm
- Color: blue, red etc



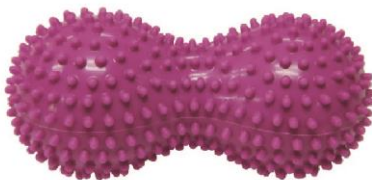
YB008

- Size: 10", 4"
- Color: black, yellow



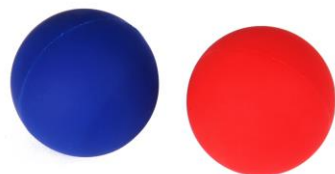
YB009

- Material: PVC
- Size: 8.5cm in diameter



YB010

- Material: PVC
- Size: 15.5*6.5cm



YB011

- Material: Silicone
- Size: 6cm



YB012

- Material: Silicone
- Size: 12.5*6.5cm



YB013

- Material: PVC+pp
- Soze: 52cm in length
- Color: black, purple, pink, blue



YB014

- Material: TPR+PP
- Color: blue, green, black



YR001

- Material: EVA
- Size: 15cm in diameter, 45/60/90cm in length
- Color: pink, purple, blue, green



YR002

- Material: EVA
- Size: 15cm in diameter, 45/90cm in length
- Color: pink, blue etc



YR003

- Material: PU+ EPP
- Size: 15cm/45cm/60cm/90cm in diameter
- Color: black



YR004

- Material: EVA+PP
- Size: 14cm in diameter, 33cm in length
- Color: black, yellow, pink, green



YR005

- Material: EVA+PP
- Size: 14cm in diameter, 33cm or 45cm in length
- Color: pink, blue etc



YR006

- Material: EVA
- Size: 33*15cm
- Color: black, blue, yellow, purple, orange



YR007

- Material: PU
- Size: 35*11cm
- Color: black, blue



YW001

- Material: Spring steel + TPR
- Size: 19cm in diameter, 9.5cm in width
- Color: black etc



YW002

- Material: glass shrapnel
- Size: 14inch diameter
- Color: blue, pink, black



YW003

- Material: PC+ TPE
- Size: 33cm in diameter, 13cm in width
- Color: pink, blue, orange etc



YW005

- Material: PP+TPE+FOAM
- Size: 14cm in diameter, 15cm for handle
- Color: green, yellow, red



YW006

- Size: 14.4cm in diameter
- Color: black and green etc



YW007

- Material: ABS+TPE
- Size: 19.5cm in diameter
- Color: black, blue etc



YW008

- Size: 19cm in diameter
- Color: black, yellow, blue etc



YW009

- Material: pp+ steel
- Size: 18.5cm in diameter
- Color: black, blue etc



YW010

- Material: pp+ steel
- Size: 18.5cm in diameter
- Color: black, blue etc



Knowledge of yoga exercise

- Prevent obesity
- Release stress
- Strengthen respiratory management
- Detox etc

For better exercise, you need fully equipped such as yoga mat, yoga blanket, yoga ball, yoga clothes etc.



PR001

- Material: Polyester
- Size: 1.5"*9M/10M/12M/15M
2"*9M/10M/12M/15M



PR002

- Material: Polyester
- Size: 1.5"*9M/10M/12M/15M
2"*9M/10M/12M/15M
- Color: black, red, yellow etc



PR003

- Material: Polyester
- Size: 1.5"*6M/7M



PR004

- Material: bamboo, pine
- Size: 180*30*3.7cm



PR005

- Material: birch
- Size: 23cm in outside diameter,
2.7cm in thickness, 4.6m in
length of nylon belt



PR006

- Material: ABS
- Size: 23cm in outside diameter,
2.7cm in thickness, 4.6m in
length of nylon belt

**PT001**

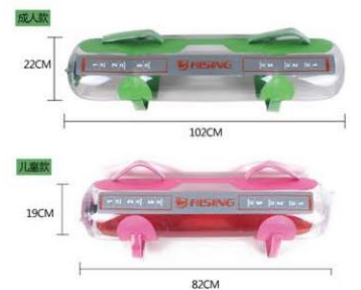
- Material: Glass fiber + rubber
- Size: 1.6m
- Color: red, yellow

**PT002**

- Material: TPR
- Size: 4/6/8/10/12kg
- Color: red, black, blue, green etc

**PT003**

- Size: 4-12lb adjustable, 9inch
- Color: green, pink, gray

**PB001**

- Size: Child(82*19cm), adult(102*22cm)
- Color: black, green, pink, camo

**PB002**

- Material: PVC+EPE+sand
- Weight: 5/10/15/20/25kg
- Color: yellow, green, red, blue, gray etc

**PB003**

- Material: PU+high-density sponge
- weight: 5/10/15/20/25kg

**PB004**

- Material: PU+high-density sponge
- weight: 5/10/15/20kg

**PB005**

- Material: PVC filled with sand
- Weight: 2-80kg,4-150lbs

**PB006**

- Material: PVC filled with sand
- Weight: 2-80kg,4-150lbs

**PB007**

- Material: PVC filled with sand
- Weight: 2-80kg,4-150lbs

**PP001**

- Material: Rubber Granules
- Size:
2.5kg/5kg/10kg/15kg/20kg/25kg
5lb/10lb/15lb/25lb/35lb/45lb/55lb

**PP002**

- Material: rubber
- weight: 5/10/15/20/25kg
- Color: black or colorful



PP003

Black Painting Plate

- 0.5kg/1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg



PP004

Grey Hammertone Plate

- 1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg



PP005

Grey Hammertone Plate

- 1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg



PP006

Grey Hammertone Olympic Plate

- 1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg



PP007

Olympic Rubber Plate

- 1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg



PP008

Olympic Rubber Plate

- 1.25kg/2.5kg/5kg/10kg/15kg/20kg/25kg

**DB001**

Rubber Hexagon Dumbbell

- 1-10KG, 1kg per increament, 12.5-50KG, 2.5kg per increament

**DB002**

Rubber Round Head Dumbbell

- 2.5-50KG, 2.5kg per increament

**DB003**

Neoprene Dumbbell

- 0.5/1/1.5/2/2.5/3/4/5/6/7/8/9/10 kg

**DB004**

Bone-shaped Neoprene Dumbbell

- 0.5/1/1.5/2/2.5/3/4/5kg

**DB005**

Neoprene Dumbbell

- 0.5/1/1.5/2/2.5/3/4/5/6/7/8/9/10kg

**DB006**

PVC Dipping Dumbbell

- 0.5/1/1.5/2/2.5/3/4/5/6/7/8/9/10kg

**DB007**

Adjustable Dumbbell

- 24kg, 40kg

**DB008**

Adjustable Dumbbell

- 20,32kg

**KB001**

Black Painting Kettlebell

- 4-48KG, 2KG/increment

**KB002**

Black Painting Kettlebell

- 4-48KG, 2KG/increment

**KB003**

Vinyle Dipping Kettlebell

- 2-48kg, 2kg per increment

**KB004**

Competition Kettlebell

- 4kg/6kg/8kg/10kg/12kg, 16kg-48kg, 4kg per increment



KB005

Cast Iron Kettlebell

- 4kg/6kg/8kg/10kg/12kg, 16kg-48kg, 4kg per increament



KB006

Adjustable Kettlebell

- 20lb, 40lb



PA001

Aluminum Quick Collar



PA002

Spring Collar with Plastic Handle



PA003

Ring Collar



PA004

Spring Collar for OB Bar



PA005

Star Collar for Regular Bar



PA006

Plastic Quick Collar



PA007

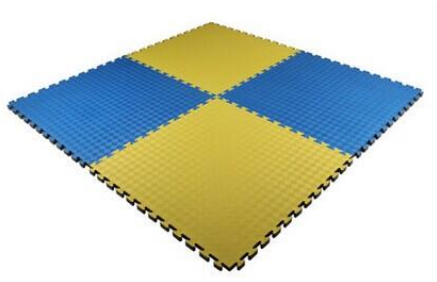
5 Different Options For Pull Up



MT001

EVA Interlocking Mat

- 61*61*1CM
- 100*100*1CM



MT002

Tatami Mat

- 1M*1M*20MM/25/40



MT003

EVA Interlocking Mat

- 61*61*1CM
- 100*100*1CM



MT004

Rubber Floor Mat

- 0.5M*0.5M*15MM



MT005

Artificial Lawn
CUSTOMIZED SIZE



PA008



PA009

**PB008**

- Material: PP cotton+iron sand
- Size: 3/4/5/6/7/8/9/10kg

**ST001**

- Material: PP
- Size: 78L*29W*10cm-15cm-20cmH

**ST002**

- Material: PP
- Size: 68Lx28Wx10cm-15cmH

ST003

- Material: PP
- Size: 90Lx32Wx15cm-20cm-25cmH

ST004

- Material: PP
- Size: 70x28x12cm-17cm-22cm

**ST004**

- Material: PE
- Size: 40Lx40Wx10cm-15cm-20cm-25cm-30cmH

ST005

- Material: PP
- Size: 122L*32W*35Hcm

**BB001**

- 1.2m curl bar(A3 steel,chromed,300lbs)
- 1.2m straight bar(A3 steel,chromed,300lbs)
- 1.8m olympic bar(A3 steel,chromed,500lbs)
- 2.2m olympic bar(A3 steel,chromed,700lbs)
- 2.2m olympic bar(45# steel,chromed,1000lbs)
- 2.2m olympic bar(alloy steel,chromed,1600lbs)
- 2.2m olympic bar(black zinc coated alloy steel,chromed,1600lbs)



Basic requirements for physical training

Physical fitness training serves to improve the athletes' comprehensive special athletic ability, and must be combined with the characteristics of special athletics. The content of physical training is to develop the sports qualities required by the special events, among which the main qualities required by the development of special sports should be highlighted. When selecting or designing physical training methods, it should be connected with the specific technical action form, action structure and energy metabolism method. Physical fitness training should be organically combined with technical, tactical, and psychological training.

**AP001**

- Size: 1293*592*1299mm
- LED screen: time, speed, mileage, speed, calories, heart rate

**AP002**

- Size: 1300*600*2140mm
- Ten levels for adjustable

**AP003**

- Size: 2440*610*360mm
- Weight loading: 227kg
- Space for machine: 2740*1200mm

**AP004**

- Size: 1160*1520*650mm
- LED screenshot: speed, time, distance, calories, mileage, pulse
- Weight loading: 110kg

**AP005**

- Size: 2100*760*1630mm
- Weight loading: 160kg



BP001

- Size: 8oz, 10oz, 12oz, 14oz



BP002

- Size: 6oz, 8oz, 10oz, 12oz, 14oz, 16oz



BP003

- Size : L, M, S



BP004

- Size : XL, L, M, S



BP005

- Size: 6oz, 8oz, 10oz, 12oz, 14oz, 16oz



BP006

- Size: 8oz, 10oz, 12oz, 14oz, 16oz



BP007

- Size: 6oz, 8oz, 10oz, 12oz, 14oz, 16oz



BP008

- Size: 90*35cm



BP009

- Size:
115*38cm(XXL)
105*35CM(XL)



BP010

- Material: PU or leather



BP011

- Size: XL,L, M, S



BP012

- Material: PU or leather
- Size : XL,L, M, S



BP013

- Material: PU or leather
- Size : XL,L, M, S



BP014

- Single face



BP015

- Double face



The benefits of boxing training

- Improve people's sensitivity and responsiveness
- It is an effective means of self-defense
- Enhance physical coordination
- Strengthen the human body



TE001

Mini Trampoline

- Material: PP net
- Size: 32", 36", 38", 40", 45", 48", 50", 54", 60"



TE002

Fodable Mini Trampoline

- Material: PVC, PP
- Size : 36", 38"



TE003

Mini Trampoline with Handle

- Material: PVC, PP
- Size : 38", 40"



TE004

Trampoline with Handle

- Material: Oxford cloth, PP mesh
- Size : 48"



TE005

Trampoline with Safety Net/Ladder

- Material: PP,PVC,PE
- Size: 6", 8", 10", 12", 14", 16"



TE006

Trampoline with Safety Net/Ladder

- Material: PP jump cloth
- Size: 48"

**TE007****Trampoline with Handle**

- Material: PP, Steel Pipe, Elastic Rope
- Size: 95.5*32cm

**TE008****Trampoline**

- Material: Oxford cloth, PP mesh
- Size : 40"

The Knowledge Of Trampoline

- Anyone can do it

There are no prerequisites for playing a trampoline. You don't need to have any basic or jumping ability. Whether you are tall, short, fat or thin, the trampoline will still bounce. Therefore, you really don't have any excuses not to play it.

- Tiny impact

There are many sports or trainings that can easily cause knee and ankle injuries, but trampolines can relieve joint fatigue and avoid sports injuries; therefore, you can use bounce training to effectively strengthen muscles and joints, even if you can As a way of self-rehabilitation after injury.

- Release endorphins to make the mood happy

When we exercise, we can release endorphins to make the body more enjoyable. I believe everyone knows this. But the trampoline can make you feel more happy factors. You can observe that everyone who has fun on the trampoline is full of smiles. This can not only make people full of happiness, but also feel a kind of enjoyment of play. This is the most critical reason why many people want to do trampoline every week or every day.