



# YOGA TRAINING INDOOR FITNESS



SHANGRAO ACTEARLIER CO.,LTD



# WHAT WE HAVE



Cooling Towel



Yoga Ball



Yoga Mat



Yoga Block



Fitness Bands  
Gliding Disc



Resistance Band



Stability Ball



FITNESS SETS

One-stop business service



## PVA Magic Quick Dry Sports Instant Chilly Snap Ice Cool Cooling Magic Towels

INSTANT COOLING, REUSABLE - Hyper-evaporative breathable mesh material makes it easy to activate the chilling towel when you simply soak, wring out and snap it. The unique cooling system uses moisture from the towel to draw the sweat away from your skin to keep you cool.

KEEP CHILLS - The towel stays chilled for up to 3 hours (depending on conditions). No chemicals are used in the making of the cooling towels. It's perfect for hot flashes, outdoor activities, indoor exercise, fever or headache therapy, heatstroke prevention, sunscreen protection, cooling while absorbing.



MULTIPURPOSE SPORTS TOWEL - It's perfect for sports fans into golf, swimming, football, workout, gym and fitness, also works for fever or headache therapy, heatstroke prevention, sunscreen protection, cooling while absorbing. Keep yourself cool during hot summer days, workout sessions, outdoor adventures or when someone has a migraine.



## yoga exercise ball balance ball with ring stability ball with ring & pump flexible seating

Exercise Ball - our professional grade gym balls are phthalate-free and made out of the highest quality multi-layered heavy-duty PVC material for your ultimate confidence. The ball can weigh up to 200 pounds, adopting environmentally friendly, hypoallergenic materials and first-class processing technology.

PERFECT HOME & OFFICE- The perfect replacement for that office chair you spend hours on at your work desk. office ball chair to improve your posture and relieve back pain Take the opportunity to make a simple life change & improve your spinal health, build core strength to support your lower back, reduce pain & improve your posture. Make your home sports equipment the perfect complement to enhance your core and overall strength.

STABILITY BASE - choose to anchor the ball in the removable PVC base to add stability when sitting, prevent roll or keep perfect form during exercise workouts.

SAVE MONEY - Why spend money on the gym? This multi-purpose home gym system has all the equipment you need to support your fitness goals. Whether it's Pilates, Yoga, Cross Fit or a full body workout



There is a 1-2 inch (2.5-5cm) gap from the ring to the ball at the base to allow body weight compression





## TPE yoga mat gym mat non-slip yoga mat

71" long 24" wide ensures comfort for people of all shapes and sizes. With high density foam material, the 1/2" thick premium mat comfortably cushions spine, hips, knees and elbows on hard floors

With double sided non-slip surfaces

Balance From all-purpose premium exercise yoga mat comes with an excellent slip resistant advantage to prevent injuries

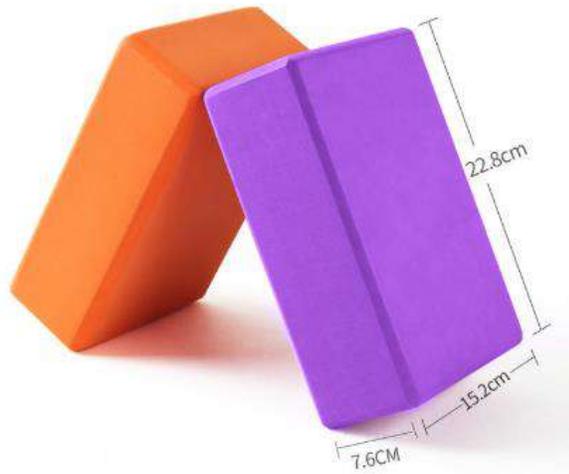
Exceptional resilience allow you to keep your balance during any exercise style

Moisture resistant Technology makes the mat to be easily washed with soap and water

Easy strapping and light weight feature are added to this mat for easy Transport and storage



NBR YOGA MAT



## High density eco friendly EVA foam yoga block yoga brick

A useful basic tool for any yoga practice, this set of two yoga blocks provides the stability needed to achieve better balance, proper alignment, and deeper poses. Seasoned yogis will appreciate the support in more advanced poses, while beginners can benefit from the extended height when focusing on flexibility. The yoga blocks come in a choice of stylish colors.

**Non-Slip Surface** - Practice yoga more safely and effectively with the yoga blocks. The lightweight foam blocks feature a slip resistant surface for a secure hold you can trust. Even more, the blocks come with round edges for a comfortable, steady grip.

**Multi-Functional** - The supportive blocks help with everything from extending your reach to properly aligning your body or creating enhanced stability in a wide range of poses. Use the blocks separately or stacked together. Their modular design allows for placing them vertically, horizontally, or on their side (or a combination thereof when used together), which quickly creates a range of possibilities for extra height and support. Reposition the lightweight and easy-to-use blocks as needed for each pose in your practice—from side angle or seated pose to forward bend and beyond.





## Resistance Bands and Gliding Disc Sets/5 Elastic Band and 2 Core Sliders

### Included in accessory Bundle

5 x Resistance Loops Bands (Length - 23.6" Width - 2")

Resistance value

1 x Green Loop Bands: 5 pounds

1 x Blue Loop Bands: 10 pounds

1 x Yellow Loop Bands: 20 pounds

1 x Red Loop Bands: 30 pounds

1 x Black Loop Bands: 40 pounds

2 x Core Slider 7" Inches

1 x Drawstring Carry Bag

Make you stay in shape without expensive gym memberships or bulky home exercise equipment of your dreams from the comfort of your home, office or traveling.

Core resistance bands are ideal for used with every popular workout program including yoga, pilates , upright rows, bicep curls, push-ups, band pull-apart lateral band walks, plank jacks, lying glut bridges, many more!

Core sliders can be use in a variety of different workouts –dance, pilates , muscle shaping . whether your home or hotel room is fitted with carpet, hardwood, tile, or laminate. Our sliders discs ensure super-smooth movement every time. There's a fabric side for hard surfaces and an opposite slick side for carpet and softer floors. Treat yourself to a core sliders disc set that's all about beautiful form.

Sports and Fitness Training

Health and Weight Loss, body shaping

Physical therapy & Injury rehabilitation

Post Pregnancy Work Out for Women

Perfect every workout program like 80 day obsession by beach body to P90x, Insanity, and so much more





## Pull Up Assist Band Fitness Strength Band Power Exercise Custom Latex Stretch Resistance Bands

8 resistance level

level 1: 2080\*4.5\*6.4mm 2-15lb

level 2: 2080\*4.5\*13mm 15-35lbs

level 3: 2080\*4.5\*19mm 20-45lb

level 4: 2080\*4.5\*21mm 25-65lb

level 5: 2080\*4.5\*32mm 35-85lb

level 6: 2080\*4.5\*45mm 50-125lb

level 7: 2080\*4.5\*64mm 65-175lb

level 8: 2080\*4.5\*83mm 80-230lb

Resistance band loop is a versatile tool for adding resistance to stretching, lifting, and bodyweight training exercises. Ideal for assisted pull ups and dips. These resistance band loops are made from high quality, natural latex material to ensure maximum life.

Great with any workout. This resistance band set can be integrated seamlessly with every popular workout program including Yoga, Pilates, and more. Or use them for general exercise, stretching, strength training, power weight programs. The included carry bag makes it easy to take your bands with you and do any workout away from home or your home gym.

Multiple uses. While these resistance bands are often used for sports and fitness, physical therapists love these physical therapy bands (rehab bands) to help them rehabilitate their patients. Our stretch bands work for people suffering from leg, knee and back injuries and help in recovery from torn MCL and ACL, knee replacement, patella and meniscus rehab. They are also perfect for use by women after pregnancy and birth to keep their bodies in shape.





## 23" Yoga Half Ball



## Balance Yoga Trainer Ball Gym Home Exercise Workout

Balance Trainer combines all the elements of fitness cardiovascular toning and flexibility into unique and highly effective combinations.

Challenging and fun, the Balance Trainer gives a whole new meaning to "moving with control" as you work out on an unstable, dynamic surface

Balance ball trainer for strengthening and coordinating core muscles

### Puncture Proof

The Balance Trainer is designed with durable and extra-thick 4mm PVC material, supporting up to 300 lbs without popping or tearing. It is constructed of a durable rubber base which is also anti-slip. It'll maintain its shape no matter how often (or how intensely) it's used.

Performing any exercise routine, like push-ups, side planks, mountain climbs, front lunges and more, with this half balance ball instantly will improve your balance and amp up your speeds along the road to your workout goals.

Forget about the burst. Designed with 4mm thick PVC, this balance ball can work under the maximum pressure of 300 lbs

ONE KIT GYM: Built with a non-slip base of 23.4 inches in diameter, and comes with two resistance bands, this exercise ball help tone your core muscles, improve balance and stability, rehabilitate muscles after injury, and relax from noisy surroundings

Pump up with the included pump to increase or decrease board FULL BODY FITNESS: Strengthen your muscles as well as practice your mental focus with push-ups, squats, crunches, climbers, lunges, planks and many more workouts with this half ball and exercise bands



## Actearlier gym fitness ball 15 kit set with 65cm exercise ball bands and jump rope

SET INCLUDES: 65cm anti-burst exercise ball, inflatable stability ring

4 resistance bands set with cushioned handles, foot pump, jump rope, large micro fiber gym towel and more.

**AFFORDABLE FITNESS FROM HOME:** This set is specifically designed to give you a full-body workout with over 30+ exercises that strengthen your core & back, while also toning your upper & lower body. All from the comfort of home.

**COMPACT & PORTABLE-**The entire set weights under 7lbs, takes minutes to set up, and can be easily stored under your bed, in a drawer or cabinet.

**VERSATILE-** Not only great for yoga, pilates, back pain and core stability; its ideal for kids, pregnancy and physical therapy exercises too. Can also combine the stability ring and exercise ball to be used as an office ball chair to fix your posture & reduce back pain.

**Support customize packaging**

**YOU CAN CUSTOMIZE YOUR OWN YOGA HOME FITNESS SUIT BAG**

**WHAT** ARE YOU LOOKING FOR?

**Please** get back to us

**All** products are made according to  
CE ,ASTM ,CPSIA regulation

**More** new products are coming.....



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