

AOD

Fitness & Sports

AOD Fitness & Sports Co., Ltd.

AOD

Fitness & Sports

All Optimum Design !

Nantong City lies near to Shanghai but on the other side of the ChangJiang River.

In the past ten years, Nantong has become one of the biggest bases for Fitness & Sports products in China.

Our available products includes:

- ** Weight-Plate
- ** Lifting-Bar
- ** Dumbbell
- ** Weight-Bench
- ** Stack-Plate
- ** Rack for Dumbbell/Plate/Bar
- ** Other Accessories
- ** Sleeping-Bag & Tent

If bring your design

It will be very appreciated too.

Service of AOD Fitness & Sports:

- ** Reliable quality rely on strict QC
- ** Competitive prices
- ** Quick delivery as AAD
- ** Other smooth service requested

Hope to have sincere cooperation with you !!!

AOD Fitness & Sports Co., Ltd.

Henry Wang

General Manager

AOD



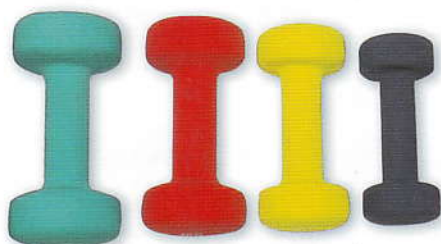
VDD-01 Size: 0.5-5kg



VDD-02 Size: 0.5-5kg



VDD-03 Size: 1-10kg



VDD-04 Size: 1-10lb



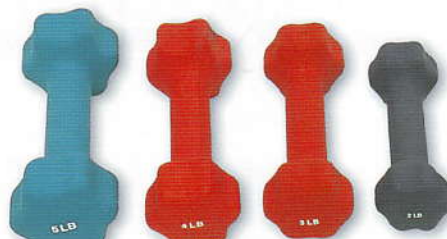
VDD-05 Size: 1-10lb, 0.5-5kg



VDD-06 Size: 1-10kg



VDD-07 Size: 0.5-5kg



VDD-08 Size: 1-10lb



VDG-09 A,B,C,D Grip



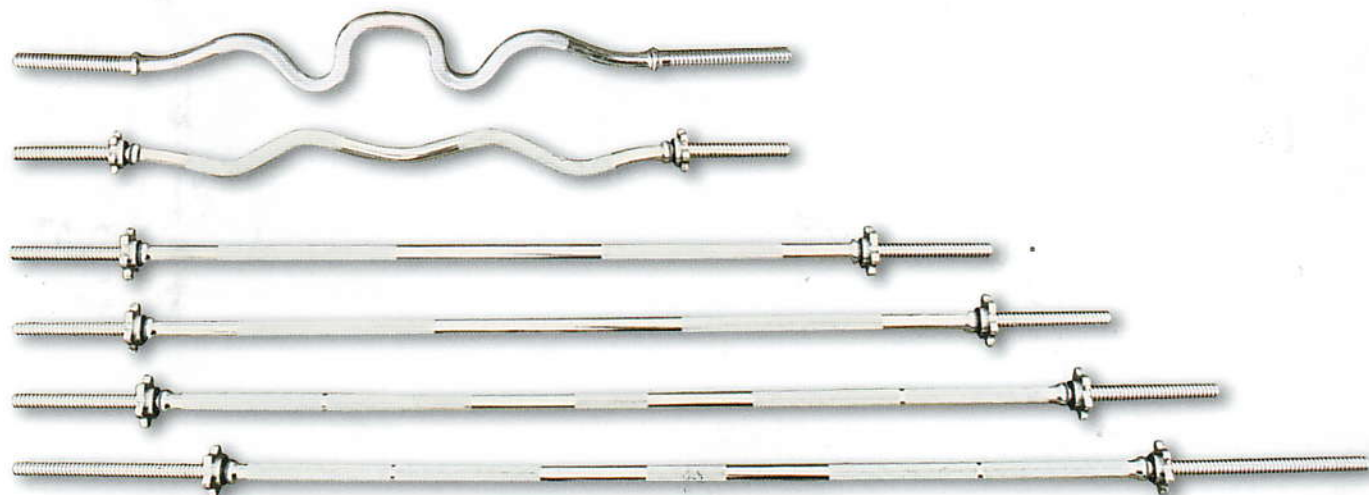
VDDS-01
12kg set, 18lb set, 32lb set



VDDS-02
6kg set: 0.5/1/1.5kg each 1pair



VDDS-03
6kg set: 0.5/1/1.5kg each 1pair



SDA-14



SDA-14H



SDA-14T



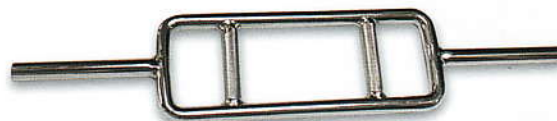
SDA-14TR



SDA-14TA

**Available size in following form
or any size requested.**

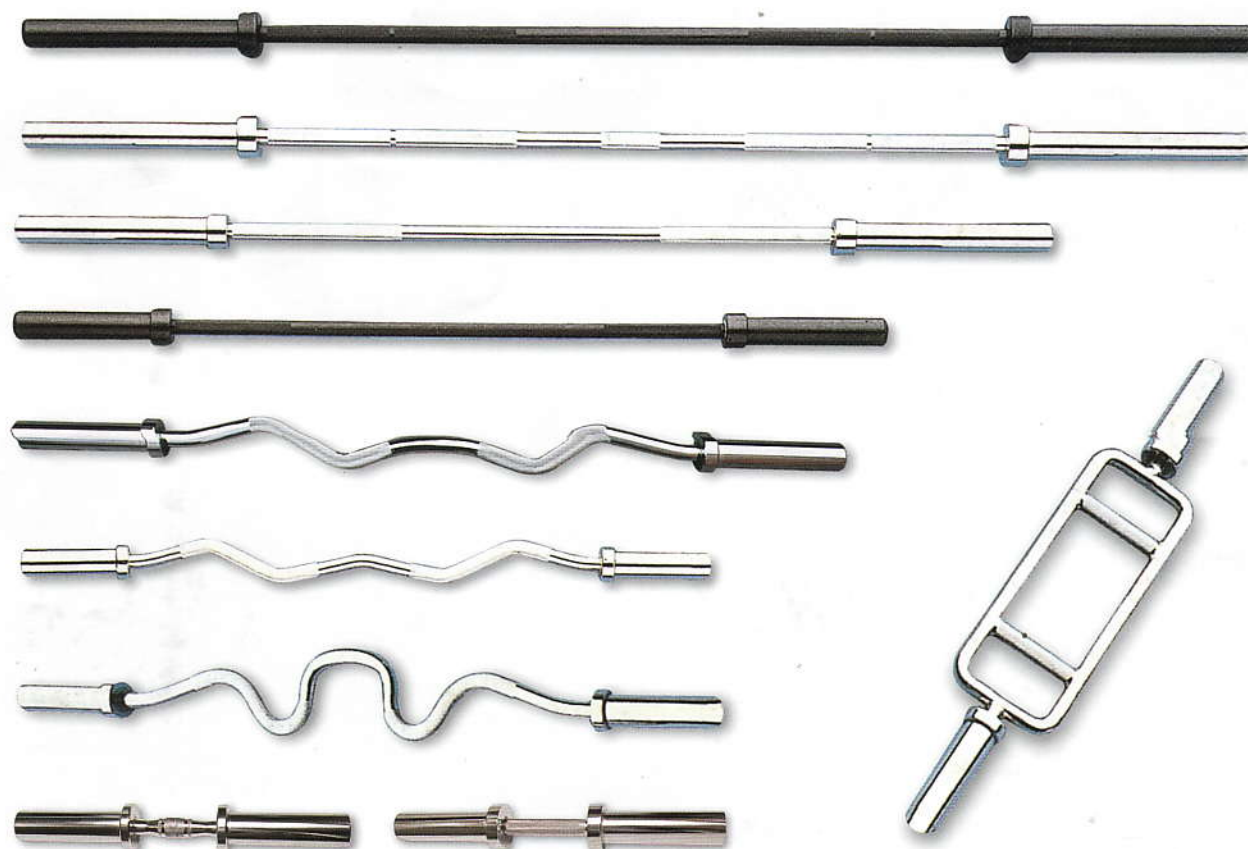
Item No.:	Length	Item No.:	Length
SDA-14	14"	SDA-14T	14"
SDA-14H	hollow	SDA-14TR	rubber handle
SDA-15	15"	SDA-15T	15"
SDA-16	16"	SDA-16T	16"
RB-34	34"	RB-34T	34"
RB-47	47"	RB-47T	47"
RB-47S	super curl	RB-47ST	super curl
RB-60	60"	RB-60T	60"
RB-66	66"	RB-66T	66"
RB-72	72"	RB-72T	72"
RB-84	84"	RB-84T	84"
Diameter in 1" or 1 1/16"			



Item No.:	Item No.:	Length
SDA-35	SDA-35T	35cm
SDA-38	SDA-38T	38cm
SDA-40	SDA-40T	40cm
RB-120	RB-120T	120cm
RB-160	RB-160T	160cm
RB-180	RB-180T	180cm
Diameter in 25/28/30mm		

Olympic Bar (Chromed or Black)

AOD Fitness



Available size in following form
or any size requested.

Item No.:	Length	Comments
OB-86-15	86"	1500lb capacity
OB-86-10	86"	1000lb capacity
OB-86-7	86"	700lb capacity
OB-72	72"	
OB-60	60"	
OB-57	57"	curl bar
OB-47	47"	curl bar
OB47S	47"	super curl bar
OB-34A	34"	Arc handle
OB-34	34"	
OB-20A	20"	Arc handle
OB-20	20"	



OC-01	2.5Kg black collar
OC-02	2" ring collar with "L" bolt
OC-03	2" spring collar

Regular Collar





CIP-01

Regular plate

Size: 0.5/1.25/2.5/5/10/15/20/25kg



CIP-02

Regular plate

Size: 0.5/1.25/2.5/3.75/5/10/20kg



CIP-03

Regular flat plate

All machined

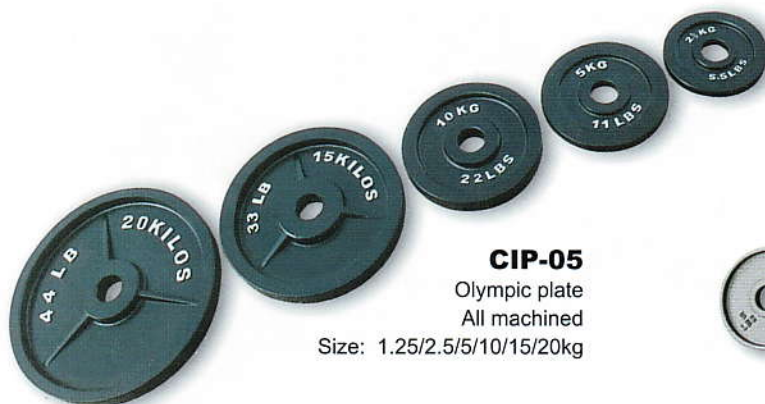
Size: 1.25/2.5/3.75/5/7.5/10/25kg



CIP-04

Regular plate

Size: 0.5/1.25/2.5/5/10/15/20/25kg



CIP-05

Olympic plate

All machined

Size: 1.25/2.5/5/10/15/20kg



CIP-06

Olympic plate

All machined

Size: 2.5/5/10/25/35/45lb



CIP-07

Chromed flat plate

Size: 2.5/5/7.5/10/25/50lb



CIP-08

Chromed regular plate

Size: 0.5/1.25/2.5/5/10/15/20/25kg



RCP-01

Round edge plate

Size: 0.5/1.25/2.5/5/10/15/20/25kg



RCP-02

Square edge plate

Size: 0.5/1.25/2.5/5/10/15/20/25kg



RCP-03

Flat plate for FDS/FBS

Size: 2.5/5/7.5/10lb, 1.25/2.5/3.75/5kg



RCP-04

Olympic plate

Size: 1.25/2.5/5/10/15/20/25kg



RCP-05

Olympic colour plate

Size: 1.25/2.5/5/10/15/20/25kg



RCP-06

Olympic colour plate

With grip hole

Size: 15/20/25kg



RBP

Rubber Bumper Plate

Size: 15/20/25kg, 25/35/45lb



RT01

Tray for dumbbell rack



RC-EC01



RC-EC02



RC-EC03

Rubber Coated End Cap for Fixed-Dumbbell-Set



RC-HD Rubber Coated Hex Dumbbell

Size: 3/5/8/10/12/15/
20/25/-/100lb,
1-10/12.5/15/
17.5/20/-/45kg



RC-OD Rubber Coated Octagon Dumbbell



CSD-01 Chromed Steel Dumbbell

Size: 1/2/3/4/5/6/8/10/
12/12.5/15/-/50kg,
2/3/5/6/8/10/12/
15/20/25/-/100lb



CSD-02 Chromed Steel Dumbbell



CID-01 Cast iron hex dumbbell

Size: 1-10/12.5/15/17.5/20/-/30kg
1-10/12/15/20/25/30/-/100lb



CID-02 Cast iron hex dumbbell

Size: 1-10/12.5/15/17.5/20/-/30kg
1-10/12/15/20/25/30/-/100lb



CID-03

Cast iron octagon dumbbell
Size: 1-10kg



CID-04 Cast iron round dumbbell

Size: 1-10kg



CID-05 Chromed dumbbell

Size: 1-10kg



CID-06 Chromed dumbbell

Size: 1-10kg



CID-07 Chromed dumbbell

Size: 1-10kg



CID-08 Chromed dumbbell

Size: 1-10kg



CID-09 Chromed dumbbell

Adjustable weight



DS-01

4-colours dumbbell set.
5kg/10kg/15kg



DS-02

10kg grey set.
1.25kg-2pc, 2.5kg-2pc
30X350mm bar w/collars



DS-03

10kg grey set.
1.25kg-2pc, 2.5kg-2pc
30X350Tmm bar w/collars



DS-04

10kg black set.
1.25kg-2pc, 2.5kg-2pc
30X350Tmm bar w/collars



DS-05

10kg black set.
0.5kg-2pc, 1.25kg-2pc, 2.5kg-2pc
1"X14T bar w/collars



DS-06

12.5kg black set.
1.25kg-4pc, 2.5kg-2pc
1"X16T bar w/collars



DS-07

Chromed dumbbell set.
5kg/10kg/15kg



DS-08

Chromed dumbbell set.
5kg/10kg/15kg



DS-09

Chromed dumbbell set.



DS-10

10kg chromed set.
0.5kg-2pc, 1.25kg-2pc, 2.5kg-2pc
1"X14T bar w/collars



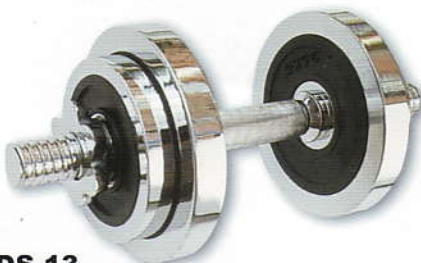
DS-11

10kg chromed set.
1.25kg-2pc, 2.5kg-2pc
30X350Tmm bar w/collars



DS-12

7.5kg chromed set.
0.5kg-2pc, 1.25kg-4pc
1"X14T bar w/collars



DS-13

10kg chromed set. (Plate with rubber flake)
1.25kg-2pc, 2.5kg-2pc
30X350Tmm bar w/collars



DS-14

10kg set, Rubber plate.
0.5kg-2pc, 1.25kg-2pc, 2.5kg-2pc
1"X14T bar w/collars



DS-15

15kg set, Rubber plate.
0.5kg-2pc, 1.25kg-2pc, 2kg-2pc, 2.5kg-2pc
1"X16T bar w/collars



BS-01

20kg black set
0.5kg-4pc, 1.25kg-4pc, 2.5kg-4pc
1"X14T bar-2pc, collar-4pc



BS-02

50kg black set
0.5kg-6pc, 1.25kg-6pc, 2.5kg-4pc, 5kg-4pc
1"X14T bar-2pc, 1"X60T bar-1pc, collar-6pc



BS-03

160lb black set
1.25lb-4pc, 2.5lb-8pc, 5lb-4pc
10lb-4pc, 25lb-2pc, collar-6pc
1"X14T bar-2pc, 1"X66T bar-1pc



BS-04

310lb Olympic set
45lb-2pc, 35lb-2pc, 25lb-2pc
10lb-2pc, 5lb-4pc, 2.5lb-2pc
86" olympic bar-1pc,
5.5lb collar-2pc



BS-05

20kg chromed set
0.5kg-4pc, 1.25kg-4pc, 2.5kg-4pc
1"X14T bar-2pc, collar-4pc



BS-06

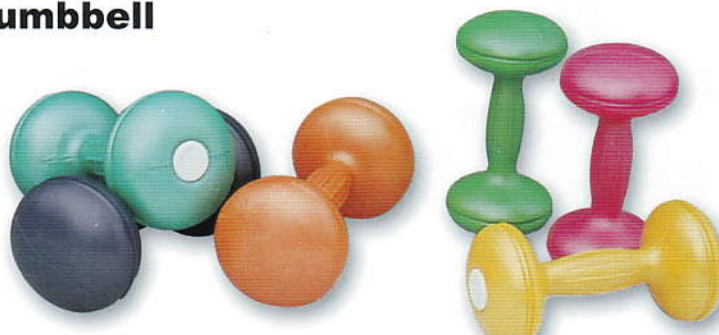
33lb/15kg chromed set
2.5lb-8pc, 1.25lb-4pc
1"X14T bar-2pc, collar-4pc



Sand Dumbbell



SD-01 Size: 0.5/1/1.5/2/3/4/5/6kg



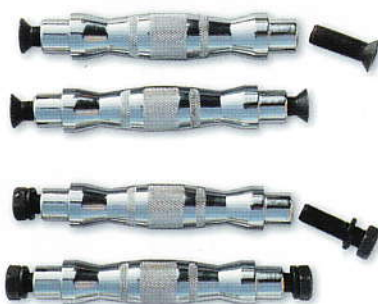
SD-02 Size: 0.5/1/1.5/2/3/4/5/6kg

Fixed Dumbbell/Barbell Set

AOD Fitness



SDH Straight Dumbbell Handle



ADH Arc Dumbbell Handle



S/S ADH
Stainless Arc Dumbbell Handle



FDS-01
FDS with black plate



FDS-03
FDS with rubber plate



FDS-02
FDS with grey plate



FDS-04
FDS with rubber ring



FDS-550
550lb FDS set
1 set: Each 1pair of 5/10/15/20/25/30/35/40/45/50lb



FSB Fixed Straight Bar



FCB Fixed Curl Bar



FBS-01 FBS with paint plate



FBS-02 FBS with rubber plate



FBS-03 Fixed rubber barbell

Stack Plate & Accessories

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SP-01 Cast iron



SP-02 Cast iron



SP-03 Cast iron



SSP-01 Steel, 3kg/pc



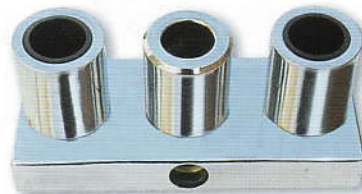
SSP-02 Steel, 6kg/pc



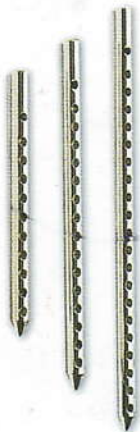
SP-04 Chromed, Cast iron



STP-01 Top plate, Cast iron



STP-02 Top plate, Chromed steel



Pin Size: S/M/L



GP 84" Guide Pole:
Hollow or Solid



SB Selector Bar: 10/15/20holes





MA-01



MA-02



MA-03



MA-04



MA-05



MA-06



MA-07



MA-08



MA-09



MA-10

Rubber Handle Machine Attachment



RHMA-01 28"long



RHMA-07



RHMA-08



RHMA-02 20"long



RHMA-09



RHMA-10



RHMA-03 48"long



RHMA-04 36"long



RHMA-05 34"long



RHMA-06 24"long



RHMA-11



RHMA-12



PR-01



PR-02



DR-01
For 6pair dumbbell



DR-02
For 10pair dumbbell



DR-03
For 12pair dumbbell



DR-04
Octagon, For 8pair dumbbell



DR-05
Cylinder, For 8pair dumbbell



DR-06
Octagon, For 10pair dumbbell

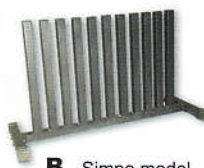


A For 10pair

DR-07
For fixed dumbbell set.



B For 5pair



B Simpe model



A Standard Model

DR-08
For 1-10lb vinyl dipping dumbbell



DR-09 For dumbbell, 2tiers or 3tiers



DR-10 For dumbbell,



PR-01
For plate, With wheel



PR-02
For regular plate



PR-03
For olympic plate



BH-01
For olympic bar & plate



BH-02
For bar/barbell set



BH-03
For bar/barbell set



BH-04
For regular bar



BH-05
For olympic bar



BH-06
For regular & olympic bar