



About us

Qingdao Huaousi(HOS) Fitness Equipment Co., Ltd. is a modern fitness equipment enterprise integrating design, research and development, production, operation, sales and service. The company invested 180 million yuan to build a modern production base of about 80,000 squaremeters that has been fully put in to production. After years of high speed Development has gradually become a leader in the industry.

HOS Fitness regards talents as the foundation of enterprise development, establishes a professional technology research and development and management team, and follows the spirit of "honesty, harmony and prosperity; technology to precision, industry competition" spirit, to achieve product standardization, refinement, and quality differentiation and differentiation can satisfy consumers' more demand for health sports products.

The research and development of new products is market-oriented, benchmarking to the international first-class production level, adopts fully automatic processing center, laser cutting and blanking, fully automatic bending, robot welding, fully automatic spraying, assembly line, and strives for product excellence, and the self-production rate of accessories has reached more than 95%, greatly improving product ability while shortening the production cycle, gaining time for customers and laying a strong market competitiveness. All products of our company have passed ISO9001 quality management system certification, ISO14001 environmental management system certification, EU CE certification and other international certifications, and have been widely recognized by domestic and foreign markets.


At present, more than ten series of products carefully researched and developed by Hos fitness have been put on the market.

The company has customers in hundreds of major cities across the country, and its export business covers more than 120 overseas

countries and regions. It has provided a complete set of fitness service solutions for nearly 10,000 fitness clubs, fitness centers, hotels, companies, government agencies, schools, rehabilitation and medical applications.

HOS Fitness actively responds to the national fitness strategy for all, and works closely with national sports institutions and government agencies to provide support for the construction of public fitness venues, help the development of our country's sports industry, and make due contributions to national fitness.

CARDIO

A modern gym interior with a high ceiling featuring recessed lighting and large windows on the left side. The gym is equipped with various cardio machines, including treadmills and elliptical trainers. A large mural of a woman in a swimsuit is visible on the right wall. The text is overlaid on a semi-transparent dark box in the lower-left area of the image.

AEROBIC EXERCISE COULD STRENGTH, THEN THE OXYGEN METABOLISM FUNCTION OF LUNGS, HEART, VESSELS AND MUSCLES DUE TO THE LONG LASTING TIME. (THIS) IT MAKES IT AN EFFECTIVE MEASURE FOR FITNESS AND REHABILITATION AIMED AT STRENGTH INCREASING, HEART AND VESSELS DISEASE PREVENTION, AS WELL AS RESPIRATORY TRACT DISEASES AND METABOLISM DISEASES PREVENTION. THE EQUIPMENTS OF AEROBIC FITNESS ARE ADJUSTABLE, WHICH MEANS THE INTENSITY OF EXERCISE IS UNDER CONTROL, AND THE EXERCISE COULD BE CONDUCTED AND INCREASING THE OXYGEN METABOLISM EFFECT GENERALLY

HOS-W001



Model	HOS-W001
Product Name	Commercial Treadmill
Input power supply voltage	10% AC 220V soil (50Hz or 60Hz)
Motor rated power	3.0hp (2.2kW)
Motor peak power	7HP
Operating temperature	0-40°C
Speed display range	1.0-20.0(km/h)
Time display range	0:00 99.59 (min: SEC)
Range of display	0.00-99.9 (km)
The heat range	0-999 CAL (K)
Heart rate display range	50-256 (times/min)
Range of slope display	(0- -20) %
Overload protector specification	13A
Power cable specifications	16A AC 250V
Dimensions	2175mm(L)*980mm(W)*1715mm(H)
Net weight	284 kg

HOS-W002



Model	HOS-W002
Product Name	Unpowered treadmill
Sports mode	3 sports modes from 1 to 8
Braking mode	magnet resistance adjustment
Running belt	crawler type aluminum alloy framework
Driving mode	gravity
Treadmill size	2000 * 900 * 1530mm
Speed limit range	0-20km / h
Package size	1850 * 1050 * 650mm
Running area	1500 * 430mm
Net weight	155kg
Maximum bearing capacity	180kg
Gross weight	175KG

HOS-W003



Model	HOS-W003
Product Name	Commercial Treadmill
Motor	low noise AC motor
Controller	variable frequency
Power	continuous power 3.0HP
Maximum power	7.0hp
Speed	1-20km
Slope	0-20%
Running belt	580mm (width) x3460m
Floor area	2295mm (L) x948mm (W)
Package size	2340mm * 650mm *
Net weight	230kg
Gross weight	287kg

HOS-W004



Model	HOS-W004
Product Name	Commercial Treadmill
Speed display range	1.0-20.0(km/h)
Overall dimension	2210*980*1630(mmlwh)
Time display range	0:00-99:99(Min:sec)
Package size	2300*1150+660mm(length*width*height)
Heat display range	000-999(kCAL)
net weight	193kg
gross weight	245kg
Heart rate display range	50-256(beats/min)
Running belt specification	3319*600(mmlength*width)silicone free running belt
Slope display range	(0-20)%
Running area	1450*590mm(length*width)

HOS-W005



Model	HOS-W005
Product Name	commercial treadmill
Input power supply voltage	AC 220V + 10%(50Hz or 60Hz)
Rated power of motor	3.0HP (2.2kW)
Peak power of motor	7hp
Operating ambient temperature	0 - 40 "C
Speed display range	1.0-20.0 (km 1 h)
Time display range	0:00 - 99:59 (Min: sec)
Distance display range	0.00 - 99.9 (km)
Heat display range	0 - 999 (k CAL)
Heart rate display	50 - 256 (beats / min)
Slope display range	(0 -- 20)%
Overload protector specification	13A
Power cord specification	16A AC 250V
Overall dimension	2175mm (L) * 980mm (W) *1715mm (H)
Net weight	284kg

HOS-W012



Input supply voltage	AC 220V \pm 10%
Motor rated power	3.0HP(2.2Kw)
Motor rated frequency	50HZ (4-100HZ)
Motor rated current	8.6A
Motor peak power	7HP
Working temperature	0-40°C
Speed display range	1.0-20.0(km/h)
Time display range	0:00-99.99 (min:sec)
Distance display range	0.00 — 99.99 (km)
Heat display range	0-999(kcal)
Heart rate display range:	50-250 (times / minute)
Slope display range	0-20 %
Overload protector	15A
Power cord specification	20A
Running belt parameter	3647*585mm
Running range	1600*580 mm
Packing Size	Plywood box: 2300*1000*450mm Carton: 1300*1050*510mm
Using Size	2360*960*1730 mm
Load bearing	180kg
Net weight	223kg
Gross weight	270kg

HOS-W013



Input supply voltage	AC 220V \pm 10%
Motor rated power	3.0HP(2.2Kw)
Motor rated frequency	50HZ (4-100HZ)
Motor rated current	8.6A
Motor peak power	7HP
Working temperature	0-40℃
Speed display range	1.0-20.0(km/h)
Time display range	0:00-99.99 (min:sec)
Distance display range	0.00 — 99.99 (km)
Heat display range	0-999(kcal)
Heart rate display range:	50-250 (times / minute)
Slope display range	0-20 %
Overload protector	15A
Power cord specification	20A
Running belt parameter	3510*600mm
Running range	1600*600 mm
Packing Size	Plywood box: 2300*1040*450mm Carton: 1420*1020*450mm
Using Size	2240*950*1710 mm
Load bearing	180kg
Net weight	214kg

HOS-W009

HOS-W010



1. HOS-W009 adopts new design idea of North America, which makes HOS-W009 more succinct, massive and steady. The perfect combination of several advanced technology highlights noble and luxury. X500-A is a button version
2. The new frame design makes the center console extremely stable, providing a stable & reliable experience and quiet & comfortable use for exercise.
3. The emergency brake switch is equipped with a safety clip and a lanyard to stop the treadmill when the power is turned off. The lanyard and the safety clip can be attached to a protruding portion located at the lower portion of the front end of the armrest, which is very convenient for the exerciser to operate.
4. Two bottle cages will accommodate the exerciser's mobile phone in place and keep it in the center of the front, leaving enough room for keys, membership cards, etc.
5. The new and improved progressive damping system absorbs high impact motion and supports stable and controllable depressions.
6. Decline and Incline support -3% to +15%, capable of simulating various terrains; speed 1-20KM/h to meet various needs of customers.
7. Specialized 9 automatic training modes;
8. The motor uses continuous power 3HP high-power motors (220V, 60HZ, 9.8A) to easily drive a variety of different loads.
9. Running belt size 3325* 558mm (effective use size 1420*558mm)
10. Product Dimensions: 2125*890*1730mm (length*width*height)
11. Net weight 158kg, gross weight 180kg
12. Maximum load: 200kg



HOS-W015

Spinning Bike

product weight:53kg

Product size: 1030 * 580 * 1140mm

Package size: 1060 * 230 * 780mm



HOS-W016

Spinning Bike

product weight:67.5kg

Product size: 1030 * 580 * 1140mm

Package size: 1060 * 230 * 780mm



HOS-W017

Spinning Bike

product weight:53kg

Product size: 1160* 595* 1220mm

Package size: 1040 * 270* 1220mm



HOS-W018

Spinning Bike

product weight:53kg

Product size: 1030 * 580 * 1140mm

Package size: 1060 * 230 * 780mm



HOS-W019

Spinning Bike

product weight:50kg

Product size: 1320*520*1020mm

Package size: 1250*280*960mm



HOS-W020

Spinning Bike

product weight:75kg

Product size: 1320*520*1020mm

Package size: 1250*280*960mm



HOS-W021

Abs Machine

product weight:55kg

Product size: 1900*715*1550mm

Package size: 1550*560*460mm



HOS-W022

elliptical machine

product weight:118kg

Product size: 2080*850*940mm



HOS-W023

elliptical machine

product weight:137kg

Product size: 2100*760*1820mm

Package size:2130*730*900mm



HOS-W024

elliptical machine

product weight:130kg

Product size: 2100*760*1820mm



HOS-W025

Mini Stepper

product weight:75kg

Product size:

1250*760*1600mm



HOS-W026
vertical exercise bike
product weight:45kg
Product size: 1090*600*1480mm
Package size: 1050*360*760mm



HOS-W027
horizontal exercise bike
product weight:57kg
Product size: 1510*600*1280mm
Package size: 1540*287*710mm



HOS-W028
elliptical machine
product weight:102kg
Product size: 2100*760*1630mm



HOS-W029
elliptical machine
product weight:102kg
Product size: 2150*720*1900mm
Package size: 2210*580*880mm



HOS-W030
elliptical machine
product weight:125kg
Product size: 1750*560*1700mm



HOS-W031
Fan Bike weight:55kg
Product size: 1250*540*1200mm
Package size: 1280*330*890mm



HOS-W034
 Air Rowing Machine
 product weight:38kg
 Product size: 2350*630*360mm
 Package size: 1450*410*560mm



HOS-W033
 Ski Training Machine
 product weight:45kg
 Product size: 1300*600*2140mm
 Package size: 1310*620*560mm



HOS-W036
 Stair machineproduct
 weight:205kg
 Product size: 1300*600*2140mm
 Package size: 1400*990*1350mm



HOS-W035
 Tireflip
 product weight:110kg
 Product size: 1650*1220*510mm
 Package size: 1500*800*700mm



HOS-X

STRENGTH FITNESS EQUIPMENT, BASED ON THE ERGONOMICS, IS A TYPE OF FITNESS TRAINING EQUIPMENT THAT SHAPES BODY FITNESS, DEVELOPS MUSCLES AND ENHANCES HUMAN STRENGTH. THIS KIND OF EQUIPMENT IS SIMPLE AND SAFE IN STRUCTURE AND SPECIFIC IN FUNCTION; IT CAN BE ROUGHLY DIVIDED INTO ADVANCED ANTI-RESISTANCE EXERCISE RACKS SUCH AS FOREARM FLEXION AND EXTENSION TRAINER, HIGH AND LOW TENSION BACK MUSCLE TRAINER, LEG PRESS TRAINER, ETC. AND EXTREMELY COMMON FITNESS EQUIPMENT.



HOS-X001
Seated chest press
product weight:170kg
Product size:
1210*1400*1700mm

HOS-X002
seated wide chest press
product weight:180kg
Product size:
1535*1275*1755mm

HOS-X003
incline chest press Machine
product weight:150kg
Product size:
1030*1540*1660mm

HOS-X004
Seated pull down
product weight:125kg
Product size:
1735*1155*1980mm

HOS-X005
low row machine
product weight:125kg
Product size:
1300*1280*1625mm



HOS-X006
vertical rowing machine
product weight:120kg
Product size:
1180*1425*1290mm

HOS-X007
shoulder press machine
product weight:125kg
Product size:
1470*1120*1590mm

HOS-X008
rear kick
product weight:135kg
Product size:
1290*1260*1480mm

HOS-X009
Super Horizontal calf
product weight:180kg
Product size:
1120*1700*1800mm

HOS-X010
degree leg press
product weight:230kg
Product size:
2060*1500*1600mm

HOS-G

A full-page background image of a muscular man in a gym. He is shirtless, wearing black athletic pants with a blue stripe down the side and black sneakers. He is performing a cable exercise, pulling a rope handle with both hands towards his waist. The gym environment is visible in the background with various pieces of equipment and mirrors.

STRENGTH FITNESS EQUIPMENT, BASED ON THE ERGONOMICS, IS A TYPE OF FITNESS TRAINING EQUIPMENT THAT SHAPES BODY FITNESS, DEVELOPS MUSCLES AND ENHANCES HUMAN STRENGTH. THIS KIND OF EQUIPMENT IS SIMPLE AND SAFE IN STRUCTURE AND SPECIFIC IN FUNCTION; IT CAN BE ROUGHLY DIVIDED INTO ADVANCED ANTI-RESISTANCE EXERCISE RACKS SUCH AS FOREARM FLEXION AND EXTENSION TRAINER, HIGH AND LOW TENSION BACK MUSCLE TRAINER, LEG PRESS TRAINER, ETC. AND EXTREMELY COMMON FITNESS EQUIPMENT.



HOS-G001
Chest press
product weight:122.5kg
Product size:
1415*1110*1520mm



HOS-G002
Shoulder Press
product weight:134.5kg
Product size:
1524*1520*1569mm



HOS-G003
Seated Row
product weight:122.5kg
Product size:
1524*1064*1534mm



HOS-G004
Biceps Curl Machine
product weight:90kg
Product size:
1373*946*1525mm



HOS-G005
Triceps Press Machine
product weight:118.5kg
Product size:
1220*1069*1525mm



HOS-G006
Back Extension Machine
product weight:113kg
Product size:
1298*1057*1524mm



HOS-G007
Abdominal Machine
product weight:94.5kg
Product size:
1107*1048*1630mm



HOS-G008
Lat Pulldown
product weight:135kg
Product size:
1435*1425*1835mm



HOS-G009
Pectoral Fly
product weight:135kg
Product size:
831*1300*2065mm



HOS-G010
Assist Dip Chin machine
product weight:152.5kg
Product size:
2140*1060*2350mm



HOS-G011
Seated Leg Curl
product weight:137kg
Product size:
1524*1156*1653mm



HOS-G012
Leg Extension
product weight:112.5kg
Product size:
1426*1156*1524mm



HOS-G013
Glute Machine
product weight:137.5kg
Product size:
1524*1031*2154mm



HOS-G014
Seated Leg Press
product weight:161kg
Product size:
1524*1105*1890mm



HOS-G015
Hip Abduction Machine
product weight:123.5kg
Product size:
1159*830*1524mm



HOS-G016
Cable Crossover
product weight:219.6kg
Product size:4480*1080*2300mm



HOS-G017
Adjustable Pulley
product weight:176.5kg
Product size:1200*1540*2420mm



HOS-G018
Adjustable abdominal Bench
product weight:48kg
Product size:
1674*853*790mm



HOS-G019
Upright Utility Bench
product weight:22.5kg
Product size:
1331*493*692mm



HOS-G020
Roman Chair
product weight:54.5kg
Product size:
1532*790*826mm



HOS-G021
Prone T Bar Rowing Machine
product weight:82kg
Product size:
1715*1235*1200mm



HOS-G022
Chin/Dip/Leg Raise
product weight:96kg
Product size:
1036*714*1656mm



HOS-G023
Olympic Shoulder Press Bench
product weight:115kg
Product size:
1225*1012*1753mm



HOS-G024
Olympic Incline Bench
product weight:115kg
Product size:
1225*1012*1753mm



HOS-G025
Flat Bench
product weight:27.5kg
Product size:
1265*462*790mm



HOS-G026
Multi-Adjustable Bench
product weight:40kg
Product size:
1656*765*1240mm



HOS-G027
Two Tier Dumbbell Rack
product weight:85kg
Product size:
2294*599*798mm



HOS-G028
Olympic Decline Bench
product weight:92kg
Product size:
2197*1712*1320mm



HOS-G029
Olympic Weight Tree
product weight:32kg
Product size:
1060*410*1050mm



HOS-G030 Barbell Rack
product weight:63kg
Product size:
992*850*850mm



HOS-G031
Standing Arm Curl Bench
product weight:68kg
Product size:
1310*735*980mm



HOS-G032
One Layer Dumbbell Rack
Product size:2300*600*720mm



HOS-G033
Flat Olympic Press
product weight:66kg
Product size:
1700*1660*1320mm



HOS-G034
Prone Leg Curl Machine
product weight:215kg
Product size:
1520*1100*1524mm



HOS-G035
Smith Machine
product weight:274kg
Product size:
1351*2052*2342mm



HOS-G036
Lat Pulldown
product weight:224kg
Product size:
1450*1100*2060mm



HOS-G037
Squat Rack
product weight:120kg
Product size:
1950*1455*1965mm



HOS-G038
Long Pull
product weight:210kg
Product size:
1850*1250*1524mm



HOS-G039
Degree Leg press
product weight:305kg
Product size:
12600*1650*1420mm



HOS-G040
5 stack multi station
product weight:624kg
Product size:
5800*2670*2460mm



HOS-G042
8 stack multi station
product weight:1148kg
Product size:
7200*2670*2460mm



HOS-G041
Seated Tricep Extension Machine
product weight:178kg
Product size:
1373*946*1525mm



HOS-G043
Four Station multi gym
product weight:574kg
Product size:
2670*2550*2460mm



HOS-G044
Dual Function Adjustable
Bench
product weight:42.5kg
Product size:
1520*620*980mm



HOS-G045
Three Function
Adjustable Bench
product weight:44k.5g
Product size:
1520*620*980mm

HOS-T



STRENGTH FITNESS EQUIPMENT, BASED ON THE ERGONOMICS, IS A TYPE OF FITNESS TRAINING EQUIPMENT THAT SHAPES BODY FITNESS, DEVELOPS MUSCLES AND ENHANCES HUMAN STRENGTH. THIS KIND OF EQUIPMENT IS SIMPLE AND SAFE IN STRUCTURE AND SPECIFIC IN FUNCTION; IT CAN BE ROUGHLY DIVIDED INTO ADVANCED ANTI-RESISTANCE EXERCISE RACKS SUCH AS FOREARM FLEXION AND EXTENSION TRAINER, HIGH AND LOW TENSION BACK MUSCLE TRAINER, LEG PRESS TRAINER, ETC. AND EXTREMELY COMMON FITNESS EQUIPMENT.



HOS-T001
Chest press
product weight:122.5kg
Product size:
1415*1110*1520mm



HOS-T002
Shoulder Press
product weight:134.5kg
Product size:
1524*1520*1569mm



HOS-T003
Seated Row
product weight:122.5kg
Product size:
1524*1064*1534mm



HOS-T004
Biceps Curl Machine
product weight:90kg
Product size:
1373*946*1525mm



HOS-T005
Triceps Press Machine
product weight:118.5kg
Product size:
1220*1069*1525mm



HOS-T006
Back Extension Machine
product weight:113kg
Product size:
1298*1057*1524mm



HOS-T007
Abdominal Machine
product weight:94.5kg
Product size:
1107*1048*1630mm



HOS-T008
Lat Pulldown
product weight:135kg
Product size:
1435*1425*1835mm



HOS-T009
Pectoral Fly
product weight:135kg
Product size:
831*1300*2065mm



HOS-T010
Assist Dip Chin machine
product weight:152.5kg
Product size:
2140*1060*2350mm



HOS-T011
Seated Leg Curl
product weight:137kg
Product size:
1524*1156*1653mm



HOS-T012
Leg Extension
product weight:112.5kg
Product size:
1426*1156*1524mm



HOS-T013
Glute Machine
product weight:137.5kg
Product size:
1524*1031*2154mm



HOS-T014
Seated Leg Press
product weight:161kg
Product size:
1524*1105*1890mm



HOS-T015
Hip Abduction Machine
product weight:123.5kg
Product size:
1159*830*1524mm



HOS-T016
Cable Crossover
product weight:219.6kg
Product size:4480*1080*2300mm



HOS-T017
Adjustable Pulley
product weight:176.5kg
Product size:1200*1540*2420mm



HOS-T018
Adjustable abdominal Bench
product weight:48kg
Product size:
1674*853*790mm



HOS-T019
Upright Utility Bench
product weight:22.5kg
Product size:
1331*493*692mm



HOS-T020
Roman Chair
product weight:54.5kg
Product size:
1532*790*826mm



HOS-T021
Prone T Bar Rowing Machine
product weight:82kg
Product size:
1715*1235*1200mm



HOS-T022
Chin/Dip/Leg Raise
product weight:96kg
Product size:
1036*714*1656mm



HOS-T023
Olympic Shoulder Press
Bench
product weight:115kg
Product size:
1225*1012*1753mm



HOS-T024
Olympic Incline Bench
product weight:115kg
Product size:
1225*1012*1753mm



HOS-T025
Flat Bench
product weight:27.5kg
Product size:
1265*462*790mm



HOS-T026
Multi-Adjustable Bench
product weight:40kg
Product size:
1656*765*1240mm



HOS-T027
Two Tier Dumbbell Rack
product weight:85kg
Product size:
2294*599*798mm



HOS-T028
Olympic Decline Bench
product weight:92kg
Product size:
2197*1712*1320mm



HOS-T029
Olympic Weight Tree
product weight:32kg
Product size:
1060*410*1050mm



HOS-T030
Barbell Rack
product weight:63kg
Product size:
992*850*850mm



HOS-T031
Standing Arm Curl Bench
product weight:68kg
Product size:
1310*735*980mm



HOS-T032
One Layer Dumbbell Rack
Product size:
2300*600*720mm



HOS-T033
Flat Olympic Press
product weight:66kg
Product size:
1700*1660*1320mm



HOS-T034
Prone Leg Curl Machine
product weight:215kg
Product size:
1520*1100*1524mm



HOS-T035
Smith Machine
product weight:274kg
Product size:
1351*2052*2342mm



HOS-T036
Lat Pulldown
product weight:224kg
Product size:
1450*1100*2060mm



HOS-T037
Squat Rack
product weight:120kg
Product size:
1950*1455*1965mm



HOS-T038
Long Pull
product weight:210kg
Product size:
1850*1250*1524mm

HOS-T039
Degree Leg press
product weight:305kg
Product size:
12600*1650*1420mm

HOS-T040
5 stack multi station
product weight:624kg
Product size:
5800*2670*2460mm

HOS-T041
Seated Tricep Extension Machine
product weight:178kg
Product size:
1373*946*1525mm



HOS-T042
8 stack multi station
product weight:1148kg
Product size:
7200*2670*2460mm

HOS-T043
Four Station multi gym
product weight:574kg
Product size:
2670*2550*2460mm

HOS-T044
Dual Function Adjustable Bench
product weight:42.5kg
Product size:
1520*620*980mm

HOS-T045
Three Function Adjustable Bench
product weight:44k.5g
Product size:
1520*620*980mm

A muscular man is shown from the back, performing a pull-up on a horizontal bar in a gym. He is shirtless, wearing black athletic pants, and his muscles are highly defined and glistening. The gym environment is dimly lit with overhead fluorescent lights, creating a dramatic atmosphere. The background shows other gym equipment and a ceiling with square light fixtures.

HOS-Y

STRENGTH FITNESS EQUIPMENT, BASED ON THE ERGONOMICS, IS A TYPE OF FITNESS TRAINING EQUIPMENT THAT SHAPES BODY FITNESS, DEVELOPS MUSCLES AND ENHANCES HUMAN STRENGTH. THIS KIND OF EQUIPMENT IS SIMPLE AND SAFE IN STRUCTURE AND SPECIFIC IN FUNCTION; IT CAN BE ROUGHLY DIVIDED INTO ADVANCED ANTI-RESISTANCE EXERCISE RACKS SUCH AS FOREARM FLEXION AND EXTENSION TRAINER, HIGH AND LOW TENSION BACK MUSCLE TRAINER, LEG PRESS TRAINER, ETC. AND EXTREMELY COMMON FITNESS EQUIPMENT.



HOS-Y001
Prone Leg Curl Machine
product weight:220kg
Product size:
1645*920*1670mm

HOS-Y002
Leg Extension
product weight:220kg
Product size:
1460*975*1670mm

HOS-Y003
Horizontal Leg Press
product weight:260kg
Product size:
1851*1075*1670mm

HOS-Y004
Horizontal Leg Press
product weight:230kg
Product size:
1851*1075*1670mm

HOS-Y005
Pectoral Fly
product weight:180kg
Product size:
1430*865*1670mm



HOS-Y006
Selectorized Shoulder Press
product weight:280kg
Product size:
1820*1365*1670mm

HOS-Y007
Rear Deltoid
product weight:260kg
Product size:
1271*1136*2030mm

HOS-Y008
Vertical Chest Press
product weight:225kg
Product size:
1365*1361*1670mm

HOS-Y009
Dip/Chin Assist
product weight:345kg
Product size:
1400*1110*2345mm

HOS-Y010
Multi Hip
product weight:280kg
Product size:
1290*1055*1670mm



HOS-Y011
Incline Chest Press machine
 product weight:270kg
 Product size:
 2135*1436*1670mm



HOS-Y012
Adjustable Crossover
 product weight:340kg
 Product size:
 4550*761*2225mm



HOS-Y013
Fts Glide
 product weight:340kg
 Product size:
 1750*1080*2300mm



HOS-Y014
Rotary Torso Machine
 product weight:200kg
 Product size:
 1110*1030*1670mm



HOS-Y015
Abdominal Lsolator
 product weight:210kg
 Product size:
 1220*905*1670mm



HOS-Y016
Abductor Machine
 product weight:255kg
 Product size:
 1535*875*1670mm



HOS-Y017
Inner Thigh Machine
 product weight:255kg
 Product size:
 1535*875*1670mm



HOS-Y018
Leg Extension
 product weight:240kg
 Product size:
 1650*975*1670mm



HOS-Y019
Glute Isolator
 product weight:185kg
 Product size:
 1150*905*1670mm



HOS-Y020
Triceps Press Machine
 product weight:240kg
 Product size:
 1590*1175*1670mm



HOS-Y021
Seated Tricep-Flat
product weight:210kg
Product size:
1115*955*1670mm



HOS-Y022
Seated Tricep
Extention Machine
product weight:205kg
Product size:
1120*910*1670mm



HOS-Y023
Biceps Curl Machine
product weight:210kg
Product size:
1120*920*1670mm



HOS-Y024
Back Extension Machine
product weight:240kg
Product size:
1230*975*1670mm



HOS-Y025
Long Pull
product weight:255kg
Product size:
1655*1295*2075mm



HOS-Y026
Seated
Vertical Row Machine
product weight:210kg
Product size:
1575*1195*1670mm



HOS-Y027
Lat Pulldown
product weight:255kg
Product size:
1235*1000*2225mm



HOS-Y028
Flat Bench
product weight:25kg
Product size:
1415*560*425mm



HOS-Y029
Adjustable Decline Bench
product weight:50kg
Product size:
1640*670*1815mm



HOS-Y030
Upright Utility Bench
product weight:22kg
Product size:
1165*670*800mm



HOS-Y031
Super Bench
 product weight:40kg
 Product size:
 1425*670*1400mm



HOS-Y032
Olympic Decline Bench
 product weight:85kg
 Product size:
 2055*1735*1225mm



HOS-Y033
Olympic Incline Bench
 product weight:90kg
 Product size:
 1975*1735*1400mm



HOS-Y034
Olympic Flat Bench
 product weight:66kg
 Product size:
 1660*1735*1225mm



HOS-Y035
Seated Preacher Curl
 product weight:54kg
 Product size:
 1350*760*915mm



HOS-Y036
Roman Chair
 product weight:55kg
 Product size:
 1125*880*700mm



HOS-Y037
Chin/Dip/Knee Raise
 product weight:85kg
 Product size:
 1150*750*1590mm



HOS-Y038
Power Cage
 product weight:150kg
 Product size:
 1480*1305*2315mm



HOS-Y039
Dumbbell Rack
 product weight:80kg
 Product size:
 745*2475*810mm



HOS-Y040
Squat Rack
 product weight:130kg
 Product size:
 1780*1635*1790mm



HOS-Y041
Olympic Seated Bench
product weight:120kg
Product size:
1495*1630*1750mm



HOS-Y042
Handle Rack
product weight:65kg
Product size:
1095*730*1065mm



HOS-Y043
Vertical Plate Tree
product weight:30kg
Product size:
595*575*1235mm



HOS-Y044
Barbell Rack
product weight:82kg
Product size:
1030*785*1455mm



HOS-Y045
Degree Leg Press
product weight:250kg
Product size:
2200*1610*1335mm



HOS-Y046
Hack Squat Slide
product weight:230kg
Product size:
2240*1610*1290mm



HOS-Y047
Incline T Bar Row
product weight:80kg
Product size:
1755*995*1170mm



HOS-Y048
Seated Calf
product weight:62kg
Product size:
1450*610*1000mm



HOS-Y049
Smith Machine
product weight:300kg
Product size:
1430*2205*2185mm



HOS-Y050
Super Squat
product weight:180kg
Product size:
1610*1975*1715mm



HOS-Y051
Beauty Dumbbell Rack
product weight:85kg
Product size:
645*1615*1005mm

HOS-Y052
Triangle Plate Tree
product weight:27kg
Product size:
860*760*950mm

HOS-Y053
Inspire AB Bench
product weight:75kg
Product size:
1500*890*975mm

HOS-Y054
Extension Machine
product weight:40kg
Product size:
1255*465*1080mm

HOS-Y055
3D Smith
product weight:335kg
Product size:
2195*2220*2270mm



HOS-Y056
Dip/Chin Rack
product weight:85kg
Product size:
1190*705*2320mm

HOS-Y057
Leg Extension And Curl
product weight:260kg
Product size:
1645*985*1670mm

HOS-Y058
Lat Pulldown
product weight:285kg
Product size:
2205*1000*2135mm

HOS-Y059
Dual Biceps Curl
Triceps Extension
product weight:225kg
Product size:
1245*925*1670mm

HOS-Y060
Abductor Inner/Outer
Thigh
product weight:255kg
Product size:
1535*870*1670mm




HOS-Y061
Leg Press & Hack Slide
product weight:280kg
Product size:
2470*1620*1420mm

HOS-Y062 Dual Chest
Shoulder Press Machine
product weight:224kg
Product size:
1970*1460*1640mm



HOS-E

A woman with long brown hair tied in a ponytail, wearing a blue sports bra and black shorts, is performing a lat pulldown exercise on a gym machine. She is holding a horizontal bar with both hands, pulling it down towards her chest. The machine has a large weight stack on the left side. In the background, other gym equipment like treadmills and weight racks are visible. The lighting is bright, typical of a gym.

STRENGTH FITNESS EQUIPMENT, BASED ON THE ERGONOMICS, IS A TYPE OF FITNESS TRAINING EQUIPMENT THAT SHAPES BODY FITNESS, DEVELOPS MUSCLES AND ENHANCES HUMAN STRENGTH. THIS KIND OF EQUIPMENT IS SIMPLE AND SAFE IN STRUCTURE AND SPECIFIC IN FUNCTION; IT CAN BE ROUGHLY DIVIDED INTO ADVANCED ANTI-RESISTANCE EXERCISE RACKS SUCH AS FOREARM FLEXION AND EXTENSION TRAINER, HIGH AND LOW TENSION BACK MUSCLE TRAINER, LEG PRESS TRAINER, ETC. AND EXTREMELY COMMON FITNESS EQUIPMENT.



HOS-E001
decline abdominal bench
product weight:60kg
Product size:
1670*620*895mm



HOS-E002
Incline bench-30 degree
product weight:50kg
Product size:
1240*560*970mm



HOS-E003
incline bench-55 degree
product weight:37kg
Product size:
980*570*1320mm



HOS-E004
utility bench-90 degree
product weight:25kg
Product size:
1250*635*965mm



HOS-E005olympic bench
weight storage
product weight:80kg
Product size:
1780*1625*1310mm



HOS-E006
abdominal board
product weight:65kg
Product size:
1640*610*800mm



HOS-E007
abdominal work station
product weight:105kg
Product size:
2170*970*1810mm



HOS-E008
smith machine
product weight:215kg
Product size:
2000*1250*2280mm



HOS-E009
weight tree
product weight:35kg
Product size:
740*630*1040mm



HOS-E010
adjustable bench
product weight:55kg
Product size:
1360*690*1085mm



HOS-E011
super incline press
product weight:130kg
Product size:
1800*1220*1540mm



HOS-E012
wide chest press
product weight:160kg
Product size:
1200*2080*1720mm



HOS-E013
wide pulldown
product weight:140kg
Product size:
1780*1240*2000mm



HOS-E014seated
lateral raise Machine
product weight:110kg
Product size:
1200*1400*1290mm



HOS-E015
pullover machine
product weight:180kg
Product size:
1870*1660*1510mm



HOS-E016seated
biceps curl machine
product weight:180kg
Product size:
1250*1480*1460mm



HOS-E017
seated bench press
product weight:160kg
Product size:
1285*2020*1850mm



HOS-E018
Dual chest
back Machine
product weight:180kg
Product size:
1693*2008*2018mm



HOS-E019Decline
chest Press machine
product weight:165kg
Product size:
1880*1210*1790mm



HOS-E020
D.Y.Row machine
product weight:165kg
Product size:
1660*1470*2140mm



HOS-E021 Lateral
Front Lat Pulldown
product weight: 160kg
Product size:
1500*1810*1980mm

HOS-E022
High Row Machine
product weight: 140kg
Product size:
1220*1680*2000mm

HOS-E023
Kneeling Leg Curl
product weight: 120kg
Product size:
1840*1150*1400mm

HOS-E024 Seated
Dip/ Tricep Press
product weight: 120kg
Product size:
1600*1700*1040mm

HOS-E025
Olympic Flat Bench
product weight: 55kg
Product size:
1235*1235*1290mm



HOS-E026
Flat Bench
product weight: 20kg
Product size:
1280*470*390mm

HOS-E027
Seated Standing Shrug
product weight: 85kg
Product size:
990*1550*1200mm

HOS-E028
Seated Calf Raise
product weight: 65kg
Product size:
1230*775*945mm

HOS-E029
Super Horizontal calf
product weight: 140kg
Product size:
1655*1630*1500mm

HOS-E030
V-Squat machine
product weight: 200kg
Product size:
2450*1410*1590mm



HOS-E031
Jammer Machine
product weight:150kg
Product size:
1700*2235*2160mm



HOS-E032Squat
High Pull Machine
product weight:91kg
Product size:
1850*1635*1040mm



HOS-E033
45 Degree
Linear Leg Press
product weight:195kg
Product size:
2230*1650*1510mm



HOS-E034plate
loaded flat bench press
product weight:90kg
Product size:
1775*1760*1100mm



HOS-E035
Incline Press
product weight:145kg
Product size:
980*1635*1920mm



HOS-E036
plate Load Low Row
product weight:132kg
Product size:
1260*1310*1680mm



HOS-E037prone Rear
Deltoid Machine
product weight:136kg
Product size:
1925*1060*890mm



HOS-E038
Seated Rowing Machine
product weight:185kg
Product size:
1500*1435*1330mm



HOS-E039
Seated Chest Press
product weight:195kg
Product size:
1360*1850*1900mm



HOS-E040Abdominal
Oblique Crunch
product weight:175kg
Product size:
1100*1680*1580mm



HOS-E041
Chin Dip Leg Raise
product weight:114kg
Product size:
1220*1070*2340mm



HOS-E042Ground
Base combo Twist
product weight:100kg
Product size:
1570*1650*1365mm



HOS-E043
plate loaded
gripper machine
product weight:32kg
Product size:
1045*580*850mm



HOS-E044
Leg Press Hack squat
product weight:250kg
Product size:
2375*1500*1475mm



HOS-E045
Squat Lunge Machine
product weight:93kg
Product size:
1430*1610*870mm



HOS-E046Plate Loaded
Abductor Machine
product weight:115kg
Product size:
1700*1170*1165mm



HOS-E047Plate Loaded
Abductor Machine
product weight:115kg
Product size:
1430*1425*1165mm



HOS-E048Prone Leg
Curl And Extension
product weight:115kg
Product size:
1640*1350*1000mm



HOS-E049Plate
Loaded Leg Extension
product weight:110kg
Product size:
1310*1840*1050mm



HOS-E050
Seated Leg Press
product weight:200kg
Product size:
1845*1765*1500mm



HOS-E051
Leg Extension
product weight:115kg
Product size:
1640*1350*1000mm



HOS-E052
Olympic Power Rack
product weight:215kg
Product size:
1785*1365*2235mm



HOS-E053
Barbell Rack
product weight:50kg
Product size:
1000*750*1430mm



HOS-E054
Back Extension Machine
product weight:41kg
Product size:
1390*745*850mm



HOS-E055
Seated Arm Curl
product weight:70kg
Product size:
1060*825*1065mm



HOS-E056
Body Weight
Chin Dip Leg Raise
product weight:70kg
Product size:
2140*1350*2340mm



HOS-E057Dip Leg
Raise Combo
product weight:65kg
Product size:
950*950*1810mm



HOS-E058Two Tier
Dumbbell Rack
product weight:65kg
Product size:
520*2100*780mm



HOS-E059
Dumbbell Rack-
Single
product weight:50kg
Product size:
2100*520*600mm



HOS-E060
Olympic
Incline Bench
product weight:74kg
Product size:
1345*1235*1510mm



HOS-E061Olympic
Decline Bench
product weight:90kg
Product size:
1680*1235*1285mm



HOS-E062
Olympic Squat Rack
product weight:100kg
Product size:
1790*1860*1845mm



HOS-E063Olympic
Shoulder Press Bench
product weight:110kg
Product size:
1745*1245*1650mm



HOS-E064
Power Rack
product weight:165kg
Product size:
1665*1840*2385mm



HOS-E065
Glute Bridge Machine
product weight:63kg
Product size:
1230*1745*1070mm



HOS-E067
Standing Calf Machine
product weight:70kg
Product size:
1220*1190*1500mm



HOS-E068
Standing Calf Machine
product weight:115kg
Product size:
1600*1225*1700mm



HOS-E069
Pull Training Machine
product weight:139kg
Product size:
1643*13565*1841mm



HOS-E070
Olympic
Decline Chest Press
product weight:115kg
Product size:
2110*1890mm



HOS-E072
Combo Incline
product weight:125kg
Product size:
1800*2030*1340mm



HOS-E074

Vertical Leg Press

product weight:210kg

Product size:

1300*1670*1850mm



HOS-E075

Incline Press Machine

product weight:98kg

Product size:

1500*1800*1510mm



HOS-E076

Combo Decline

product weight:160kg

Product size:

1750*1400*2500mm



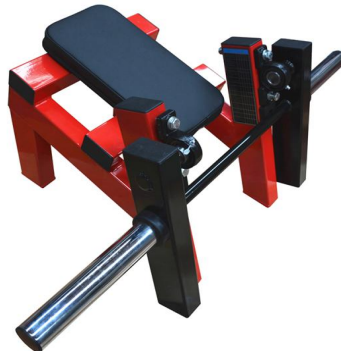
HOS-E077

Tibia Dorsi Calf Machine

product weight:17kg

Product size:

924*335*375mm



HOS-E078

Forearm Curl Machine

product weight:32kg

Product size:

1080*600*425mm



HOS-E079

Incline Chest Fly

product weight:92kg

Product size:

1350*1350*1350mm

Two orange dumbbells are positioned vertically on a dark, textured surface. The word "WEIGHTLIFTING" is written in white, bold, uppercase letters across the center of the image, partially overlapping the dumbbells.

WEIGHTLIFTING

Strength fitness equipment, based on the ergonomics, is a type of fitness training equipment that shapes body, fitness, develops muscles and enhances human strength. This kind of equipment is simple and safe in structure and specific in function; it can be roughly divided into advanced anti-resistance exercise racks such as forearm flexion and extension trainer, high and low tension back muscle trainer, leg press trainer, etc. and extremely common fitness equipment.



HOS-D001
Neoprene Dumbbell
Material:Cast Iron
Color:Custom Color
Logo:Customized Logo
Availale
Weight:1/2/3/4/5/6/7/8/9/
10kg



HOS-D002
Kettlebell
Colour:Custom
OEM:Accept
Place of Product:China
Material:Cast Iron
Modes of packing:carton
Size:2/4/6/8-20kg



HOS-D003
Rubber Round Dumbbell Set
Colour:Custom
OEM:Accept
Place of Product:China
Handle:galvanized
Material:natural rubber
Modes of packing:carton
Size:2.5/5/7.5/10-50kg



HOS-D004
Rubber Round Dumbbell Set
Colour:Custom
OEM:Accept
Place of Product:China
Handle:galvanized
Material:natural rubber
Modes of packing:carton
Size:2.5/5/7.5/10-50kg



HOS-D005
Hexagon dumbbell
Style: gym or home fitness
Colour:Custom
OEM:Accept
Place of Product:China
Handle:galvanized
Material:natural rubber
Modes of packing:carton
Size:2.5/5/7.5/10-50kg



HOS-D006 Olympic Color
Competition Rubber Plates
Colour:Custom
OEM:Accept
Hole Diameter: 52mm
Place of Product:China
Material:natural rubber
Modes of packing:carton
Size:2.5/5/10/15/20/25KG



HOS-D007
 Rubber Weight Plate
 Colour:Custom
 OEM:Accept
 Place of Product:China
 Handle:galvanized steel
 Material:natural rubber
 Modes of packing:carton
 Size:5/10/15/20-50kg



HOS-D008
 Rubber Barbell
 Colour:Custom
 OEM:Accept
 Place of Product:China
 Handle:galvanized steel
 Material:natural rubber
 Modes of packing:carton
 Size:5/10/15/20-50kg



HOS-D009
 Adjustable Barbell
 Colour:Custom
 OEM:Accept
 Place of Product:China
 Material:natural rubber
 Modes of packing:carton
 plates:1kg*2+2.5kg*2+5kg*2



HOS-D010
 Adjustable Dumbbell
 Weight:20kg
 plates:12pieces
 Colour:Custom
 OEM:Accept



HOS-D012 Olympic Barbell Bar
 Usage: Bench press
 Load-bearing:500/700/1000/1500/2000LB
 Connection structure:Double copper sleeve
 Internal structure:4 needle roller bearings
 Weight:20kg/PC
 processing technic:No heat treatment
 Diameter:28MM
 Hand grip Length:1310MM
 Hanging film Tube Length:450MM



HOS-FS013
 Olympic Barbell Bar
 Usage: Bench press
 Load-bearing:220/330/500/700/
 1000/1500/2000LB
 Connection structure:Double copper
 sleeve
 Internal structure:4 needle roller
 bearings
 Processing technic:No heat treatment
 Diameter:28MM



HOS FITNESS

www.fitnesshos.com
hosfitness@hosgym.com