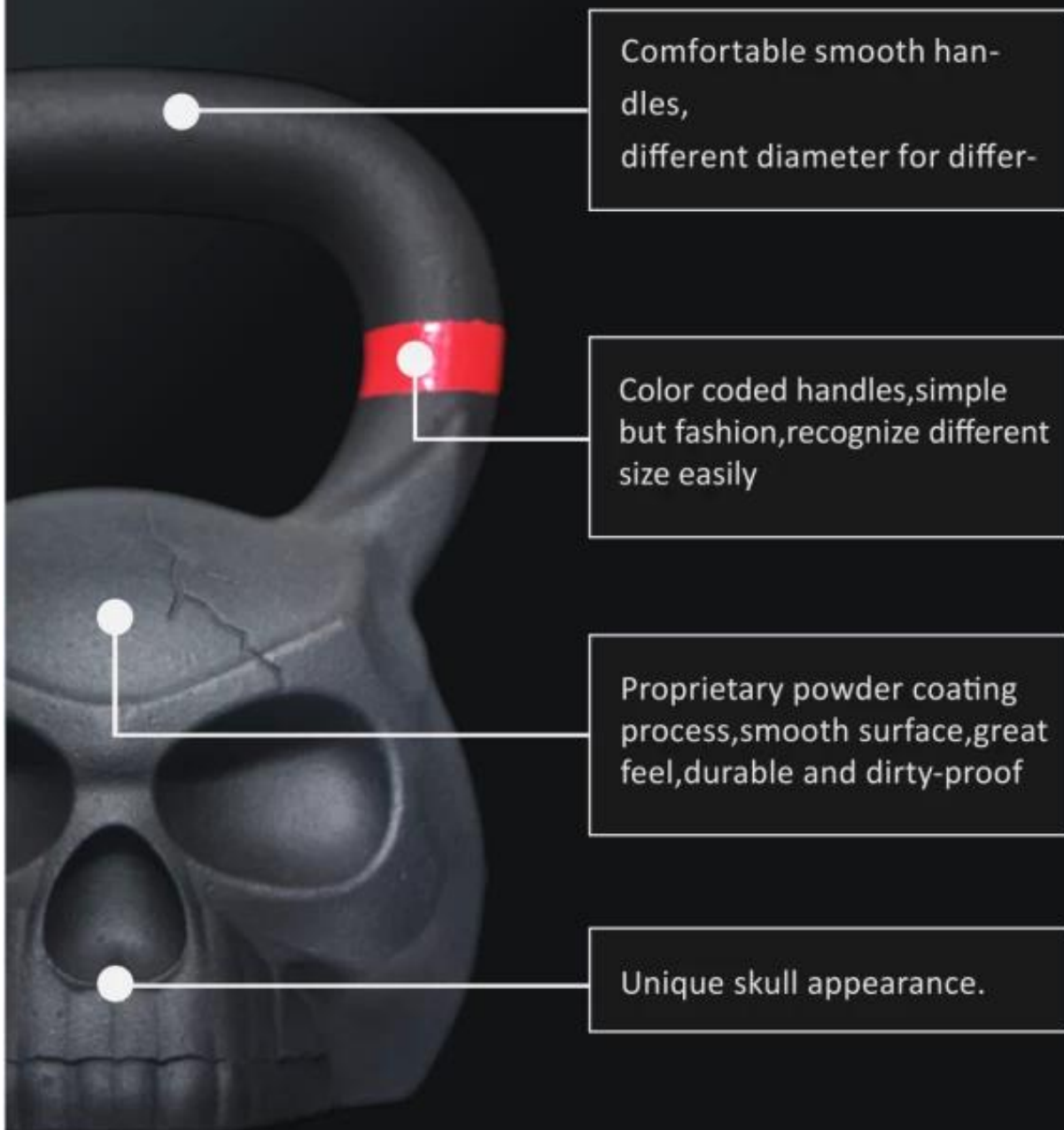


训练计划表：

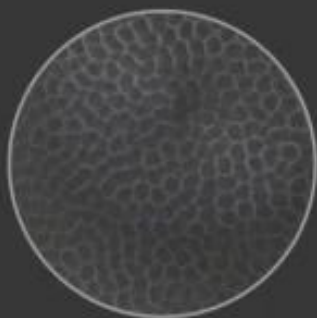
训练项目	kettlebell
日期	10/12/16/20/24
组数	3组
次数	10次
休息时间	30秒
重量	30kg
备注	训练过程中保持核心收紧，动作标准。

训练计划表

FROSTED SKULL KETTLEBELL



SURFACE HAMMER SKULL KETTLEBELL



Hammering process
Smooth Surface Better Feel



Fall prevention



Resistance to falling



Maintenance free



10KG



12KG



16KG



20KG



24KG



12KG

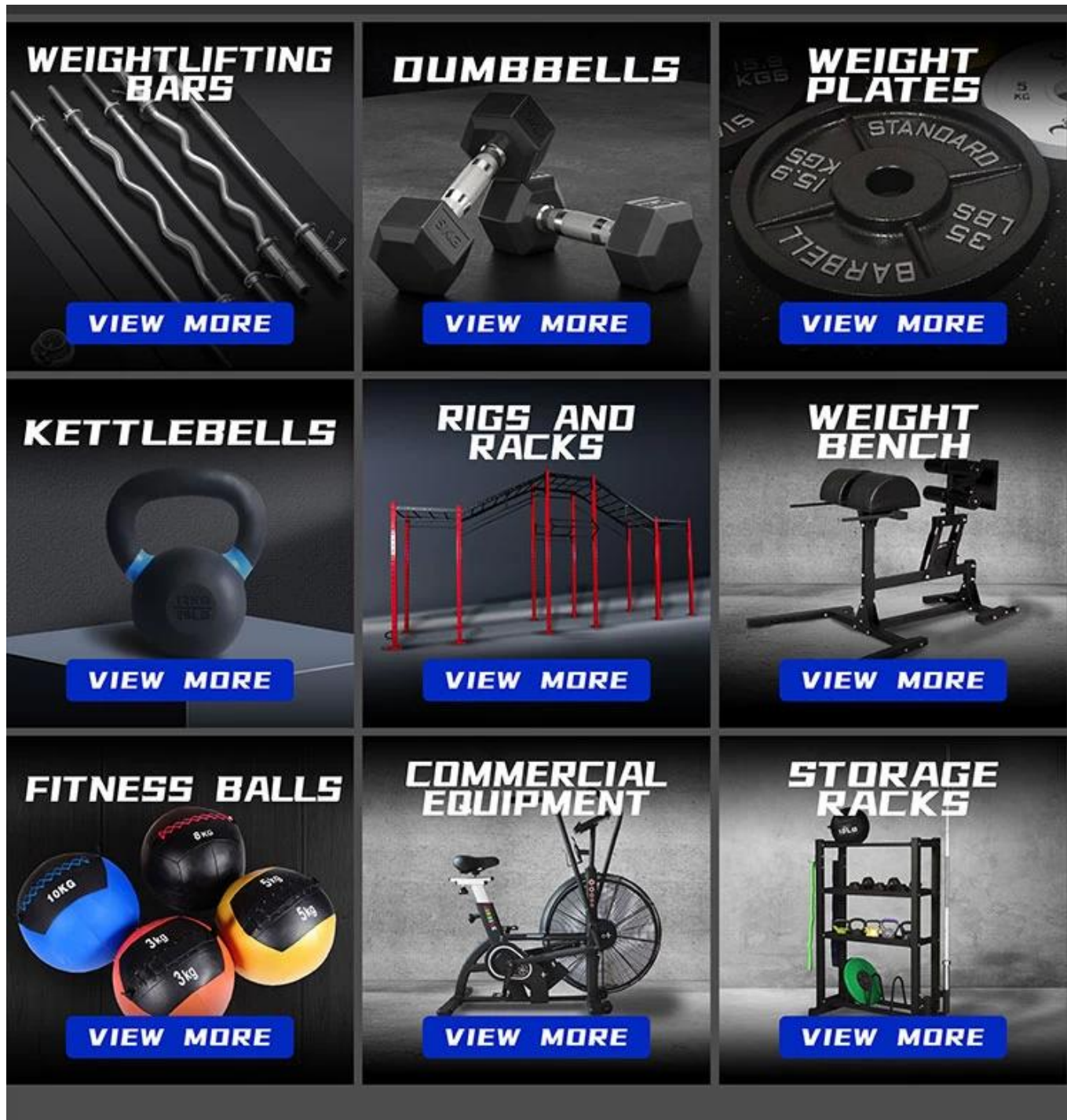


16KG

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Shandong Xingya Sports Fitness Inc. 2019 12 31 2020 12 31 2021 12 31 2022 12 31 2023 12 31 2024 12 31 2025 12 31 2026 12 31 2027 12 31 2028 12 31 2029 12 31 2030 12 31 2031 12 31 2032 12 31 2033 12 31 2034 12 31 2035 12 31 2036 12 31 2037 12 31 2038 12 31 2039 12 31 2040 12 31 2041 12 31 2042 12 31 2043 12 31 2044 12 31 2045 12 31 2046 12 31 2047 12 31 2048 12 31 2049 12 31 2050 12 31 2051 12 31 2052 12 31 2053 12 31 2054 12 31 2055 12 31 2056 12 31 2057 12 31 2058 12 31 2059 12 31 2060 12 31 2061 12 31 2062 12 31 2063 12 31 2064 12 31 2065 12 31 2066 12 31 2067 12 31 2068 12 31 2069 12 31 2070 12 31 2071 12 31 2072 12 31 2073 12 31 2074 12 31 2075 12 31 2076 12 31 2077 12 31 2078 12 31 2079 12 31 2080 12 31 2081 12 31 2082 12 31 2083 12 31 2084 12 31 2085 12 31 2086 12 31 2087 12 31 2088 12 31 2089 12 31 2090 12 31 2091 12 31 2092 12 31 2093 12 31 2094 12 31 2095 12 31 2096 12 31 2097 12 31 2098 12 31 2099 12 31 2100 12 31 2101 12 31 2102 12 31 2103 12 31 2104 12 31 2105 12 31 2106 12 31 2107 12 31 2108 12 31 2109 12 31 2110 12 31 2111 12 31 2112 12 31 2113 12 31 2114 12 31 2115 12 31 2116 12 31 2117 12 31 2118 12 31 2119 12 31 2120 12 31 2121 12 31 2122 12 31 2123 12 31 2124 12 31 2125 12 31 2126 12 31 2127 12 31 2128 12 31 2129 12 31 2130 12 31 2131 12 31 2132 12 31 2133 12 31 2134 12 31 2135 12 31 2136 12 31 2137 12 31 2138 12 31 2139 12 31 2140 12 31 2141 12 31 2142 12 31 2143 12 31 2144 12 31 2145 12 31 2146 12 31 2147 12 31 2148 12 31 2149 12 31 2150 12 31 2151 12 31 2152 12 31 2153 12 31 2154 12 31 2155 12 31 2156 12 31 2157 12 31 2158 12 31 2159 12 31 2160 12 31 2161 12 31 2162 12 31 2163 12 31 2164 12 31 2165 12 31 2166 12 31 2167 12 31 2168 12 31 2169 12 31 2170 12 31 2171 12 31 2172 12 31 2173 12 31 2174 12 31 2175 12 31 2176 12 31 2177 12 31 2178 12 31 2179 12 31 2180 12 31 2181 12 31 2182 12 31 2183 12 31 2184 12 31 2185 12 31 2186 12 31 2187 12 31 2188 12 31 2189 12 31 2190 12 31 2191 12 31 2192 12 31 2193 12 31 2194 12 31 2195 12 31 2196 12 31 2197 12 31 2198 12 31 2199 12 31 2200 12 31 2201 12 31 2202 12 31 2203 12 31 2204 12 31 2205 12 31 2206 12 31 2207 12 31 2208 12 31 2209 12 31 2210 12 31 2211 12 31 2212 12 31 2213 12 31 2214 12 31 2215 12 31 2216 12 31 2217 12 31 2218 12 31 2219 12 31 2220 12 31 2221 12 31 2222 12 31 2223 12 31 2224 12 31 2225 12 31 2226 12 31 2227 12 31 2228 12 31 2229 12 31 2230 12 31 2231 12 31 2232 12 31 2233 12 31 2234 12 31 2235 12 31 2236 12 31 2237 12 31 2238 12 31 2239 12 31 2240 12 31 2241 12 31 2242 12 31 2243 12 31 2244 12 31 2245 12 31 2246 12 31 2247 12 31 2248 12 31 2249 12 31 2250 12 31 2251 12 31 2252 12 31 2253 12 31 2254 12 31 2255 12 31 2256 12 31 2257 12 31 2258 12 31 2259 12 31 2260 12 31 2261 12 31 2262 12 31 2263 12 31 2264 12 31 2265 12 31 2266 12 31 2267 12 31 2268 12 31 2269 12 31 2270 12 31 2271 12 31 2272 12 31 2273 12 31 2274 12 31 2275 12 31 2276 12 31 2277 12 31 2278 12 31 2279 12 31 2280 12 31 2281 12 31 2282 12 31 2283 12 31 2284 12 31 2285 12 31 2286 12 31 2287 12 31 2288 12 31 2289 12 31 2290 12 31 2291 12 31 2292 12 31 2293 12 31 2294 12 31 2295 12 31 2296 12 31 2297 12 31 2298 12 31 2299 12 31 2300 12 31 2301 12 31 2302 12 31 2303 12 31 2304 12 31 2305 12 31 2306 12 31 2307 12 31 2308 12 31 2309 12 31 2310 12 31 2311 12 31 2312 12 31 2313 12 31 2314 12 31 2315 12 31 2316 12 31 2317 12 31 2318 12 31 2319 12 31 2320 12 31 2321 12 31 2322 12 31 2323 12 31 2324 12 31 2325 12 31 2326 12 31 2327 12 31 2328 12 31 2329 12 31 2330 12 31 2331 12 31 2332 12 31 2333 12 31 2334 12 31 2335 12 31 2336 12 31 2337 12 31 2338 12 31 2339 12 31 2340 12 31 2341 12 31 2342 12 31 2343 12 31 2344 12 31 2345 12 31 2346 12 31 2347 12 31 2348 12 31 2349 12 31 2350 12 31 2351 12 31 2352 12 31 2353 12 31 2354 12 31 2355 12 31 2356 12 31 2357 12 31 2358 12 31 2359 12 31 2360 12 31 2361 12 31 2362 12 31 2363 12 31 2364 12 31 2365 12 31 2366 12 31 2367 12 31 2368 12 31 2369 12 31 2370 12 31 2371 12 31 2372 12 31 2373 12 31 2374 12 31 2375 12 31 2376 12 31 2377 12 31 2378 12 31 2379 12 31 2380 12 31 2381 12 31 2382 12 31 2383 12 31 2384 12 31 2385 12 31 2386 12 31 2387 12 31 2388 12 31 2389 12 31 239

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kettlebell



YOUR RELIABLE SUPPLIER



PROFESSIONAL
FITNESS



EQUIPMENT
FACTORY



OEM/ODM



MORE THAN
12 YEARS



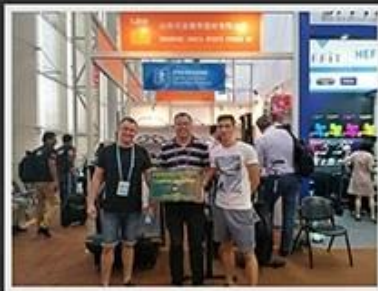
INTERNATIONAL



TRADE
EXPERIENCE



EXHIBITION



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PACKAGING & SHIPPING



Our general package is plastic bag, carton, then pallet
We can also make customised package

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