

STEELFLEX
WEIGHT PRODUCTS

Olympic Weight Sets



Rubber Plate

ROP-165KG SET includes:

- 10KG x 2PCS
- 15KG x 2PCS
- 20KG x 2PCS
- 25KG x 2PCS
- OB-86PB x 1PC+
- OC-02 x 2PCS

Cast Iron Plate

Reliable, durable and affordable. All plates have machined edges and centers, raised silver letters, consistent surfaces, and produced from the highest quality iron casting available. Available in high-quality black or gray enamel finish.

OSB-310LB SET includes:

- 45LB x 2PCS
- 35LB x 2PCS
- 25LB x 2PCS
- 10LB x 2PCS
- 5LB x 4PCS
- 2.5LB x 2PCS
- OB-86 x 1PC+
- OC-02 x 2PCS

OP-140KG SET includes:

- 1.25KG x 4PCS
- 2.5KG x 4PCS
- 5KG x 2PCS
- 10KG x 2PCS
- 15KG x 4PCS
- 20KG x 2PCS
- OB-86 x 1PC+
- OC-02 x 2PCS

Color Rubber Plate

CROP-165KG SET includes:

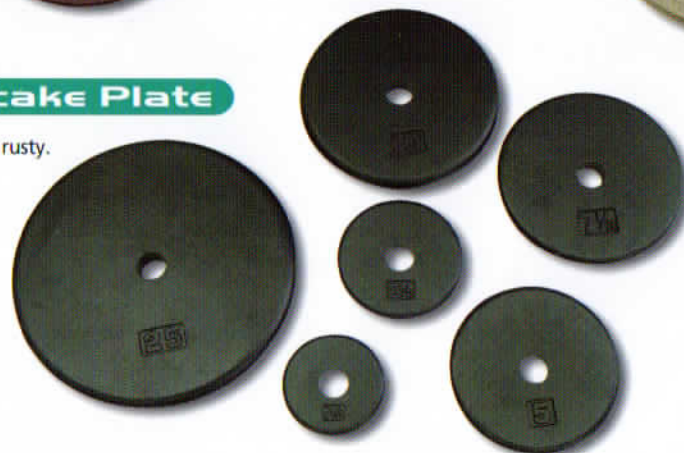
- 10KG x 2PCS
- 15KG x 2PCS
- 20KG x 4PCS
- 25KG x 2PCS
- OB-86PB x 1PCS
- OC-02 x 2PCS



Rubber coated Olympic plate for all Olympic Bars. Available in sizes 2.5, 5, 10, 25, 35, 45, 100 pounds each. Or 1.25, 2.5, 5, 10, 15, 20, 25kgs.
#WRO-PLATE

Rubber Pancake Plate

Covered by rubber. Away from rusty.
 In size: 2.5, 5, 7.5, 10, pounds each.
#WRK



Cast Iron training Plate, with spoke

In size: 1.25, 2.5, 5, 10, 15, 20kg. **#WTP**

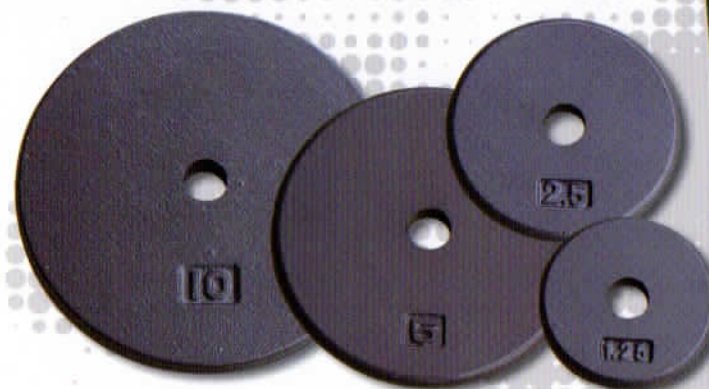
Olympic Plates



Wide flanged Olympic plate for all Olympic Bars. Machined with gray finish and raised silver letters. Available in sizes 2.5, 5, 10, 25, 35, 45, 100 pounds each, or 1.25, 2.5, 5, 10, 15, 20kgs.
#O-PLATE

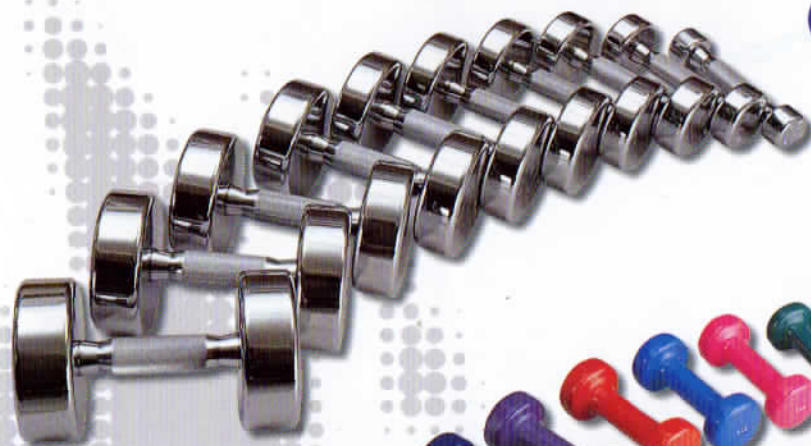
Regular Plates

Regular plate for regular bars.



Cast Iron training Plate

Ground edges with machined centered hole.
 In Size: 2.5, 5, 7.5, 10, pounds each.
#WPK



Chrome Dumbbells

Specially calibrated and weighed for accuracy, all Chrome Dumbbells are handsomely engraved on each side in pounds or kilos. Compact design is durable and rugged enough for gym and institutional use. Features include unbreakable machined steel handles with diamond knurling and solid cold rolled steel heads that will never break apart. Available in size 1, 2, 3, 4, 5, 6, 7, 8, 9, 10kg. **#STCD**



Vinyl Dumbbells Neoprene Dumbbells

Covered by Vinyl or Neoprene material. Stylish and colorful in appearance. Never corroded by sweat after use. Available in size 0.5, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10kg or 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 15Lbs. **#SVD for Vinyl, #SND for Neoprene.**

Hex Dumbbells

A Dumbbell workout will ensure all major muscle groups are worked fully, thus shaping your body into proper and symmetrical proportions. STEELFLEX's Dumbbells are designed to provide the ultimate in versatility, durability and value. Available in size: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 15, 20, 25kg or 3, 5, 8, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95Lbs. **#WHD**



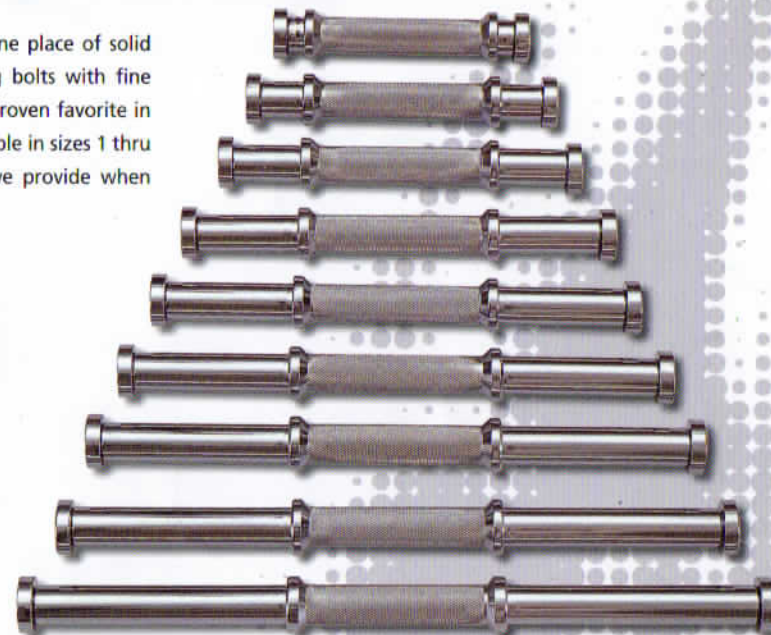
Stainless Steel Dumbbells

Specially calibrated and weighed for accuracy. Compact design is durable enough for gym and institutional made with stainless steel. (Stylish and noble in appearance. Avoid the problem of rusty.) Available in size 1, 2, 3, 4, 5, 6, 7, 8, 9, 10kg. **#SSD**



Dumbbell Handles

These Pro-Style Dumbbell Handles are drop forged from one piece of solid steel...inside collars will never loosen or move. Extra long bolts with fine threads and flush heads keep weights securely in place. A proven favorite in gyms, clubs, schools and institutions. SDH Handles are available in sizes 1 thru 10. Use Standard Plates and refer to the Chart at that we provide when assembling Pro-Style Dumbbells. #SDH



Dumbbell Sets



**Adjustable
Dumbbell Set
AD-2KG**



**Short Weight
Bar Set
WK-2110R
(500 Set)**



**Variable Weight
Dumbbell Set 5KG Set
WK-2200**



**Adjustable Chromed
Dumbbell Set 10 KG SET
WK-2100**



STEELFLEX
WEIGHT PRODUCTS

Power Tools for Your Body Shop



- | | | |
|--|---|--|
| 1. Heavy-Duty Lat Bar
#MB-148S | 7. Multi-Exercise Bar
#MB-503 | 13. Seated Row/Chinning Bar
#MB-502 |
| 2. Solid Lat Bar
#MB-148 | 8. Dual Purpose Bar
#MB-200 | 14. MB-507 Balances V-Bar
#MB-507 |
| 3. Revolving Straight Bar
#MB-022 | 9. Revolving Stirrup Handles
#MB-511 | 15. New Handles Dual Lat Bar
#SBCB-23 |
| 4. Cable Curl Bar
#MB-228H | 10. Revolving Tricep/Bicep Bar
#MB-505 | 16. Horse Shoe Handle
#MB-540 |
| 5. Pro-Style Lat Bar 28"/38"
#MB-428/MB-438 | 11. Tricep Pressdown Bar
#MB-504 | 17. Stirup Handle
#MB-501 |
| 6. Revolving Curl Bar
#MB-229 | 12. New Handles Dual Gripping Bar
#SBCB-10 | 18. Balanced V-Bar
#MB-12 |

Olympic Bars

Permanently fixed inside collars on these bars guarantee a safe workout even under the heaviest loads.



Collars

- Olympic Steel Collars #OC-02
- Olympic Spring Collars #OC-06
- Olympic Training Collars #OC-04
- Steel Collars #RC-07/ #RC-07T
- Star Collars #RC-02
- 1" or 1/16" Spring Collars #RC-06



Standard Bars

Standard Triceps Bar(34"L) #RB-34



Standard Bar(84"L) #RB-84

Standard Bar(72"L) #RB-72

Standard Bar(60"L) #RB-60

Standard Combo Bar(48"L)
#RB-48

Standard Curl Bar(47"L) #RB-47



Essential Accessories



#AAB-2



ABDOMINAL SLINGS



STRENGTH TRAINING
TIME CLOCK
#STT-45

PUSH-UP
#PUB-2
(20 PAIRS)



DOORWAY CHINNING BAR
#PUB-34



INVERSION BOOTS

#GIB-2

BAR PAD
#MA-105



AB CRUNCH HARNESS
#ACH-18



BICEP BOMBER
#BB-23(20 PCS)



DIPPING BELT
#CL-32



NYLON
ANKLE STRAP
#NAS-2



OLYMPIC
BAR HOLDER
#OBH-5



OLYMPIC
ADAPTER
SLEEVES
#OAS-14



THIGH/ANKLE
STRAP
#TS-31

TRICEP ROPE
#TR-20



LAT BLASTER BAR
#LBB-28



T-BAR ROW
PLATFORM
#TBR-10



RUBBER FLOORING
48"x72"x1/2"
#RF-46



NYLON
TRICEP STRAP
#NTS-10



PRO-POWER
GRIPS
#PG-2



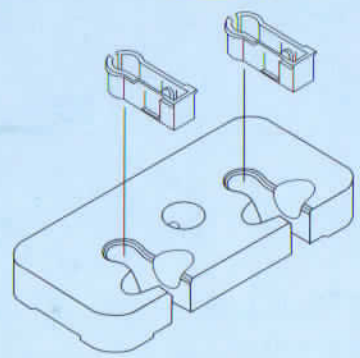
STEELFLEX
WEIGHT PRODUCTS

New Designed Weight Stack Plates



Are you tired of the current system of changing the weight stack plates? Well, SteelFlex has a new and innovative plate that allows for more convenience when assembling and disassembling. This new plate system lets the assembler put the exercise machine together and then with ease place the plates on the guide rods. This also means if you ever need to add or take plates off for any reason then it can be done individually and with little effort. This works because of SteelFlex' s new and state of the art bushing system. The bushings are made and designed with the highest quality in mind, they are extremely durable, and best of all removable allowing for adding and reducing weight from the weight stack with little effort.

Patenting



Step One: Pull the weight selector bar up. Next with the weight plate rod holes facing the guide rods place the plate on the guide rods.



Step Two: Slowly let the weight selector bar down and through the weight selector hole provided.



Step Three: Place the specially designed bushings over the guide rods and then snap them into the plate.



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