



 **JAVIDI**



## **Javid bodybuilding sports equipment**

Sports equipment and machines in Javid Trading Company have been produced by using the best materials, the most advanced and modern machines in the world and by experienced experts in compliance with international standards in order to ensure the safety and comfort of the machines. Javid Trading Company products have been produced in different dimensions, weights and designs to meet the needs of customers.



# Javid

## bodybuilding equipment



### Chest press

Undoubtedly, chest press is one of the most popular movements among bodybuilders. Moreover, it shows the level of upper body strength. Chest muscles play a vital role in the physical beauty of the body. Therefore, they work on them with three different movements. Chest press, upper chest press and lower chest press. Chest press workouts are usually done more with barbells and dumbbells, but training with the machine provides greater stability, focus, and safety, which puts more pressure on the chest, shoulder, and back muscles. Training with machines is more recommended for beginners and women due to its safety and lower error rate.



## Treadmill

Treadmill is one of the most popular sport equipment and it facilitates walking for people with walking difficulties, and strengthens their body muscles. Treadmills also facilitate the process of weight loss and strengthen your muscles. This machine can show your heart beat. Treadmills have the capability to slow down, speed up, walk and run slowly on them.



## Bodybuilding elastic bands

Bodybuilding elastic bands or resistance elastic bands are commonly used for muscle building, strength training, etc. These elastic bands exist in different lengths and have two types that are used to strengthen the muscles of the whole body. By using this type of elastic band, you can perform a variety of movements and build a beautiful body. These elastic bands occupy very little space and you can carry them everywhere with you. The use of bodybuilding elastic band has become very popular today.

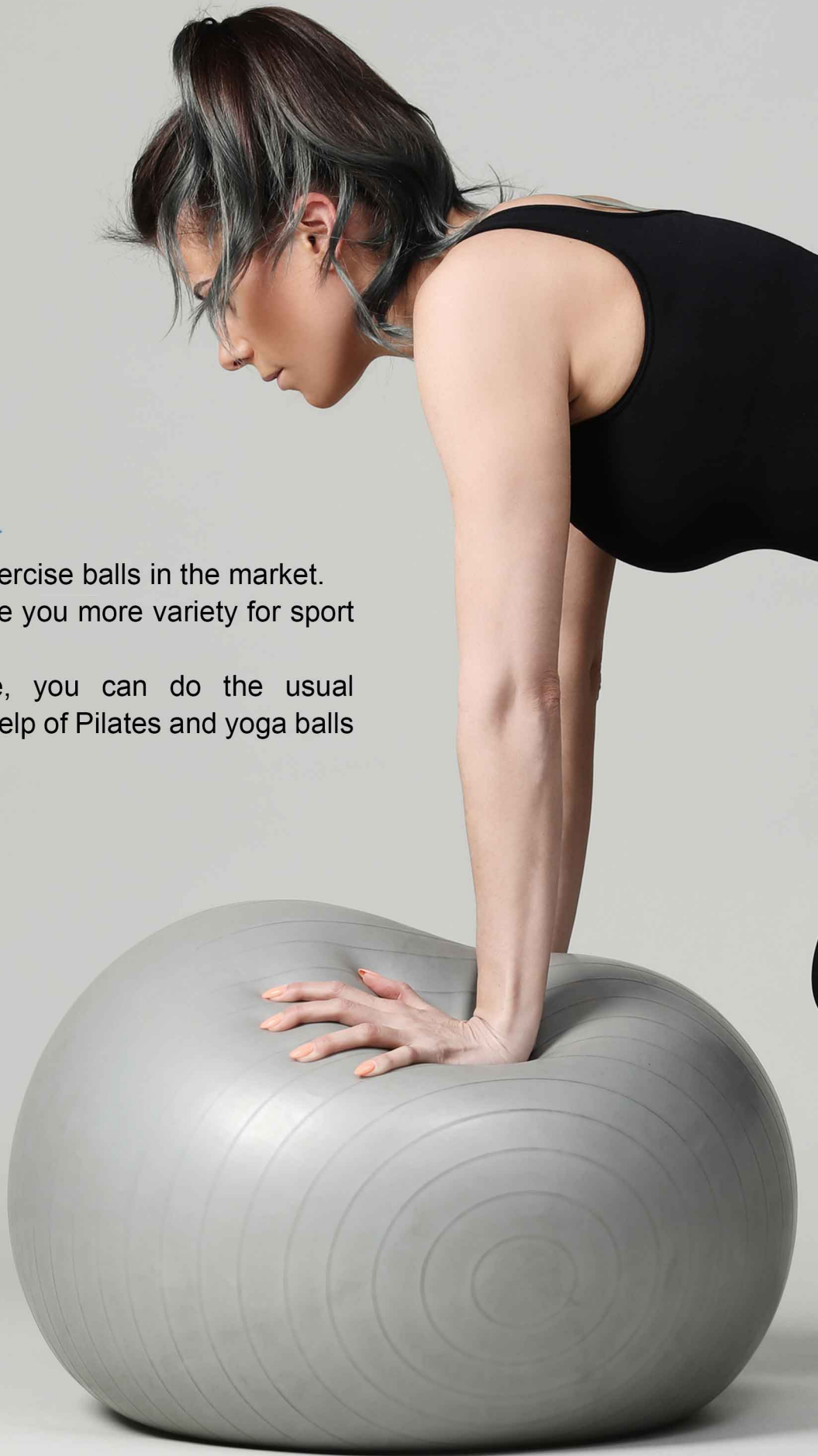




## Pilates Ball

Pilates balls, are exercise balls in the market. These balls can give you more variety for sport movements.

At the same time, you can do the usual exercises with the help of Pilates and yoga balls with more intensity.





## Benefits of Using Pilates Balls

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- Increasing body balance
- Increasing muscle density
- Increasing flexibility
- Strengthening various muscles such as abdomen, back, legs etc...
- facilitating movements with more variety and difficulty





## Stationary bike

This machine has many fans in gyms and most athletes use it to practice cycling, fitness, shaping the muscles of the legs, burning fat, strengthening the cardiovascular condition of the body, improving the respiratory system, and etc. This machine has pedals that move with manpower and is the first interpretation of the bicycle and is produced and offered in sitting and standing types. The sitting type of this machine puts very little pressure on the user's back and is suitable for injured people.







## **Bench press**

This machine is one of the sports equipment that helps a lot of athletes in doing exercises and bodybuilding. The height of the bench press is different and you can lie on it with convenience. These tables come with different types, each of which has different capabilities and costs.



## Pull-up bar

With this machine, all kinds of exercises can be done. These bars are light and require little space. Usually, it is installed between the door frames and by hanging on this bar, you can strengthen the muscles of the back arm, front arm, back, etc. The pull-up bar is cheap and very popular.





## Sit-up bench

Sit-ups are one of the most popular weight loss methods. But this exercise can cause damage to your spine if you don't do it correctly. Therefore, the best way to prevent injury to the body is to use a sit up bench. In the time of producing these machines, all the necessary principles and standards have been observed and you can lose weight and strengthen your muscles without injury. This machine does not weigh much and you can place it in a corner of the house when you are done using it.





## Types of dumbbells

Dumbbell is one of the sports equipment of Javid Trading Company, which is included in the group of free weights and is widely used in strengthening, increasing muscle mass and neuromuscular efficiency of different parts of the body. It is also a very effective tool in bodybuilding and fitness. This machine smaller and is used both at sport clubs and at home in addition to having a reasonable price compared to other bodybuilding tools. Many dumbbells have a constant weight. Some dumbbells are also adjustable, meaning you can add weight to them. Dumbbells are almost versatile and can be used in a variety of workouts.



A barbell is a big bar that weighs between 15 and 20 kilograms and is used in bodybuilding. With this exercise tool, athletes can do a variety of exercises, both at the gym and indoors. To increase the intensity of the exercises, plate weights are added to both ends of the barbell





## Plate weight

Plate weights are installed around the barbell bar, or on adjustable dumbbells. Plate weights are usually found in the weights of 2.5, 5, 10, 15, 15, 20 and 25 kg in clubs.





## Jungle machine

This machine consists of a variety of levers, such as a flat rod or a rope, which is connected to a pulley by a cable and then to several weights. Using the combination of levers, cables and pulleys, you can bear too much weight and do different movements in different range of motion.







## Rowing machine

The working mechanism of rowing is such that the machine basically uses a chain to rotate the gear that is on a ball. This system is very similar to how a bicycle works. The chain is also connected to a traction cable that the user is responsible for pulling and releasing. The form of rowing training is very similar to rowing a boat.





## GHD machine

The GHD machine is one of the main tools of CrossFit, which has a great effect on improving the performance of the athlete and strengthening the muscles (back and mid-abdominal muscles, back muscles, rectus muscles, hamstring serine muscles). Both muscle types have a great effect on stabilizing the midline of the body. Stabilization and protection of the spine causes the athlete to perform better in movements and better force transferring.





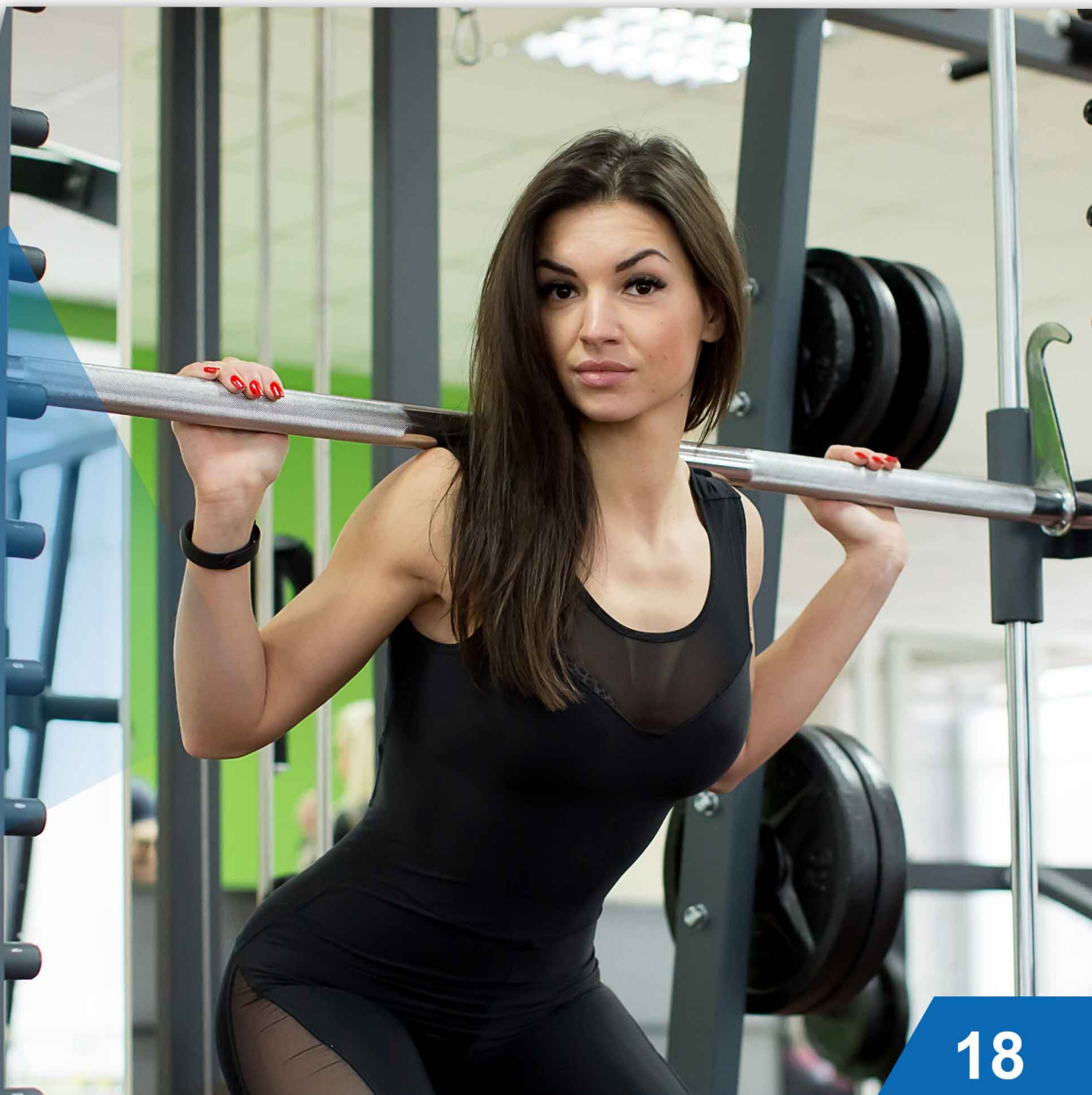
## Impulse Air bike

The Impulse Air bike is a sitting bicycle that is marketed under the Impulse brand. In general, there are several types of bicycles, including standing, sitting and furnished; This Air bike is the same bike that has a fan wheel in front of it. These bikes are great for cross-fit sports, and generally among cross-fit bikes, the sitting type puts less pressure on the athlete's back and is ideal for those who are injured and just want to start exercising.



## Smith Machine

This machine is named after its inventor, and consists of a barbell that moves in a fixed direction, ensuring that the barbell only moves vertically. Although free weights are the fastest way to increasing muscle density, the Smith machine is also very effective in its own kind. Unlike a halter barbell, a bar from the Smith machine makes the use of very heavy weights safer due to its defined and safe range of motion.







## LS Fitness machines

LS Fitness is a multi-functional bodybuilding machine. The bodybuilding machine, as its name implies, is an exercise equipment that allows the athlete to perform multiple motions without movement. This professional bodybuilding machine is suitable for both clubs and homes. By purchasing a multifunctional bodybuilding machine, you can perform several useful bodybuilding movements calmly and carefully. Smaller models and home styles allow you to work out at home without having to go to the gym. Smaller models are also designed to require little space and are suitable for home use or small spaces.



