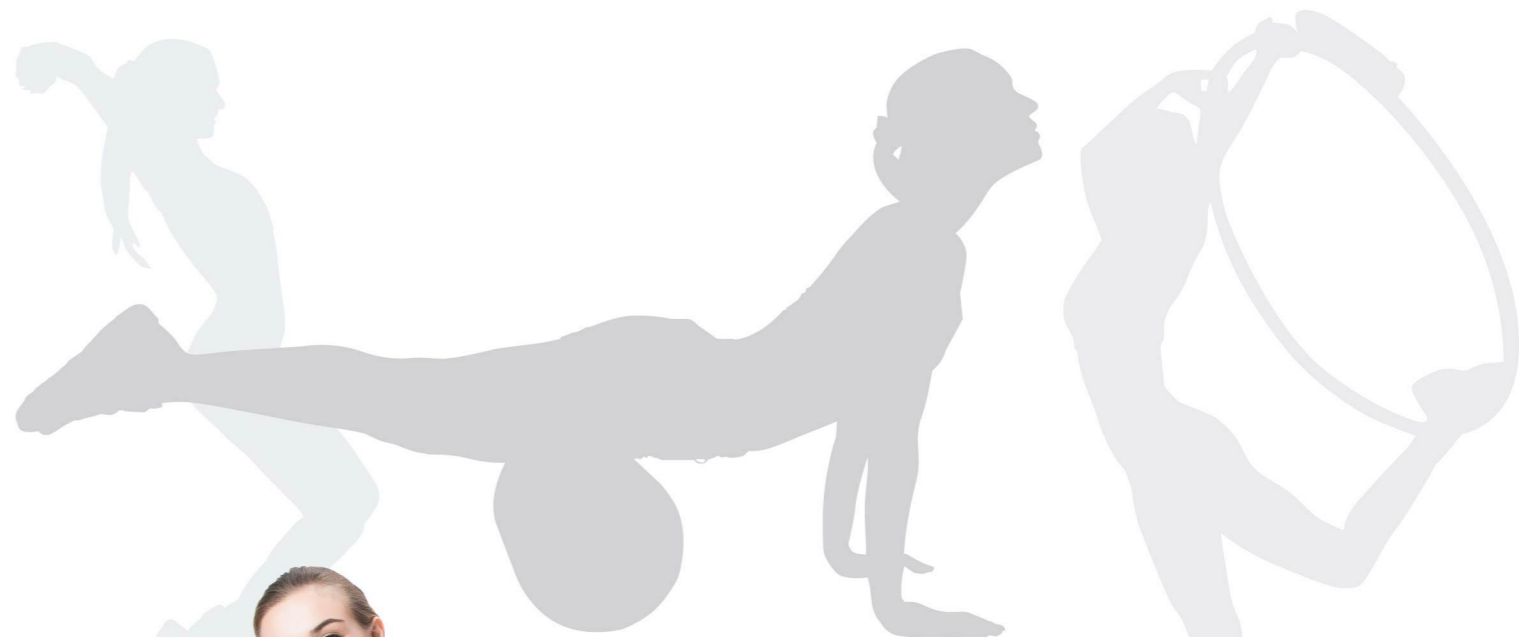




SPORTS & FITNESS



2016



**HERMES CLUES INDUSTRIES CO., LTD.**

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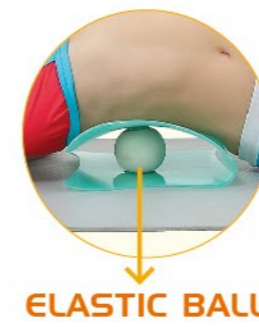
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01



ELASTIC BALL

FLEX SIT UP BOARD  
**PATENTED**



This sit up board comes with flexible ball inside which makes you easily to do sit up exercise. When you lie down on the board, the ball provides cushioning effect. It is great for the entire abdominal muscle group and comfortable design contoured to your lower back to provide perfect support and help prevent injury.



**622**

DES.C FLEX SIT UP BOARD  
 ● 1 PC/COLOR BOX(23.5\*9.5\*27 CM)  
 ● 12 PCS/CTN/59\*49\*29 CM/3'  
 ● N.W.:7.2 KGS G.W.:8.2 KGS

02

It is designed with ergonomic shape for hand held easily. Use the ball to massage your deep muscle tissue and smooth rolling action for firm, targeted self massage trigger point release. It is lightweight on the go.

# MASSAGE BALL

## MS-17

- DES.C MASSAGE BALL
- 1 PC/DOUBLE BLISTER
  - 48 PCS/CTN/48×46×30 CM/2.33'
  - N.W.:10.5 KGS G.W.:11.5 KGS



# MASSAGE BLOCK

## MS-18

- DES.C MASSAGE BLOCK
- 1 PC/DOUBLE BLISTER(13.5×8×21 CM)
  - 24 PCS/CTN/50×40×29 CM/2'
  - N.W.:9.6 KGS G.W.:10.6 KGS

It is great for massage and acupressure along the back and neck of your body by the two firm balls. Also suitable for self massage like leg, shoulder. It is easy and effective for relief your tight muscle, trigger points and stimulate circulation on the go



## MS-19

- DES.C PINPOINT MASSAGE BALL
- 1 PC/HEADER
  - 12 PCS/INNER BOX(26×21.8×8.5 CM)
  - 72 PCS/CTN/46×27.5×28 CM/1.3'
  - N.W.:10.8 KGS G.W.:12 KGS

It is equipped with steel ball for muscle relief. And it can be held easily in one or two hand to get more pressure based on your needs. Provide you a stimulating, deep tissue massage and relief muscles. Great tool to relief the muscle of leg, neck and shoulder. It is convenient for portable.

# PINPOINT MASSAGE BALL

# STEEL BALL MASSAGER

This easily portable massage ball for people on the go. It is designed with three steel balls for better performance. It is perfect hand held massage tool to provide a stimulating, deep tissue massage, and relief muscles. Great tool to relieve the muscles of leg, neck and shoulder.

## MS-15

DES.C STEEL BALL MASSAGER  
 ● 1 PC/DOUBLE BLISTER  
 ● 48 PCS/CTN/46×40×30 CM/1.95'  
 ● N.W.:7.7 KGS G.W.:8.7 KGS



## MS-16

DES.C HAND MASSAGER  
 ● 1 PC/DOUBLE BLISTER(13.5×8.3×23.5 CM)  
 ● 24 PCS/CTN/56×33.5×29 CM/1.9'  
 ● N.W.:6 KGS G.W.:7 KGS



It is designed with three balls for muscle relief. And it can be held easily in one or two hands to get more pressure based on your needs.



# MASSAGE BALL

## 235TR

DES.C MASSAGE BALL  
 ● 1 PC/DOUBLE BLISTER  
 ● 12 PCS/INNER BOX(34×26×12.5 CM)  
 ● 72 PCS/CTN/53.5×35.5×41 CM/2.75'  
 ● N.W.:11.5 KGS G.W.:13 KGS



Roll this unique ball under your feet, in your hands, or over any sore and tired muscles. The knobs provide soothing stimulation that will immediately begin to relax and eliminate tension. You can control the depth of massage with applied pressure for muscle soreness. Small enough to fit in handbag, sports bag; this easy-to-use massage ball is great for use any where, any time.

# MASSAGE ROPE

## MS-24A

DES.C MASSAGE ROPE  
 ● 1 PC/COLOR BOX(8.2×8.2×14.5 CM)  
 ● 24 PCS/CTN/40.3×31×44 CM/1.9'  
 ● N.W.:7.3 KGS G.W.:8.3 KGS  
 ● 1 PC/DOUBLE BLISTER(13.5×8×21 CM)  
 ● 24 PCS/CTN/50×40×29 CM/2'  
 ● N.W.:7.8 KGS G.W.:8.8 KGS



The cord helps you target areas of tight muscles and keeps the ball in place. The ball with rope targets sore muscles for pain relief. Leaning on a wall or laying down, how much pressure you want to apply to your trigger point.

# MUSCLE RELIEF BALL

## 050K

- DES.C MUSCLE RELIEF BALL
- 1 PC/hanger card (16 x 9 x 5 CM)
  - 20 PCS/inner box (51 x 18 x 10 CM)
  - 120 pcs/CTN/52.5 x 38 x 325 CM/2.3'
  - N.W.:7.7 KGS G.W.:9.1 KGS

Roll this unique ball under your feet, in your hands, or over any sore and tired muscles. 160 knobs provide soothing stimulation that will immediately begin to relax and eliminate tension. You can control the depth of massage with applied pressure to ensure the utmost relief of muscle soreness. Small enough to fit in handbag, sports bag, briefcase or desk drawer; this easy-to-use massage ball is great for use any where, any time.

## 066K

- DES.C KNOB MASSAGE BALL
- 1 PC/Clear tube (23 x 7.5 x 7.5 CM)
  - 36 PCS/CTN/46.5 x 24.5 x 47 CM/1.9'
  - N.W.:9 KGS G.W.:10 KGS

## 066-88K

- DES.C KNOB PEANUT BALL
- 1 PC/hanger card (20 x 9 x 7 CM)
  - 20 PCS/INNER BOX/37.6 x 30 x 14 CM
  - 80 PCS/CTN/39 x 31.5 x 60 CM/2.6'
  - N.W.:17 KGS G.W.:18 KGS

Deep Tissue Massage Peanut Ball - it is great for muscle soreness, knots, tension, and muscle relief. Designed to provide effective massage therapy for your whole body, this is a great tool which activates pressure points to relieve tension, increase circulation and relax muscles. Benefits the Neck, Shoulders, Arms, Back, Glutes, IT Bands, Legs and Feet.

# KNOB PEANUT BALL

# TRIGGER POINT ROLLER

## MS-22A

- DES.C TRIGGER POINT ROLLER
- 1 PC/HEADER CARD COLOR BOX(9.5 x 9.5 x 11.2 CM)
  - 24 PCS/CTN/40.3 x 31 x 44 CM/1.94'
  - N.W.:6.5 KGS G.W.:7.5 KGS



## RS-09

- DES.C MASSAGE BALL
- 1 PC/HEADER
  - 12 PCS/INNER BOX(26×19×14 CM)
  - 48 PCS/CTN/40×27.3×30.3 CM/1.17'
  - N.W.:5.6 KGS G.W.:6.6 KGS
  - 1 PC/DOUBLE BLISTER
  - 48 PCS/CTN/46×40×30 CM/1.95'
  - N.W.:5.6 KGS G.W.:6.6 KGS



# MASSAGE BALL

This easily portable massage ball for people on the go. It is designed with soft material on the surface of the ball for better performance. It is perfect hand held massage tool to provide a stimulating, deep tissue massage, relief muscles.



## RS-02

- DES.C MASSAGE ROLLER
- 1 PC/HEADER
  - 6 PCS/INNER BOX(22.5×19.5×15.8 CM)
  - 48 PCS/CTN/47.3×41.2×34 CM/2.4'
  - N.W.:10.5 KGS G.W.:11.5 KGS

The muscle roller is equipped with special ball shape to relief your body, especially for leg, neck, shoulder and back. It provides a stimulating, deep tissue massage and relief muscles.



# MASSAGE ROLLER

# MASSAGE STICK

## RS-04

- DES.C MASSAGE STICK
- 1 PC/HEADER
  - 20 PCS/CTN/58×32.2×22 CM/1.5'
  - N.W.:8 KGS G.W.:9 KGS



The muscle roller is equipped with special ball shape to relief your body, especially for leg, neck, shoulder and back. It provides a stimulating, deep tissue massage, relief muscles.



# MASSAGE STICK



## RS-04-I

- DES.C MASSAGE STICK
- 1 PC/HEADER
  - 20 PCS/CTN/55×32.2×22 CM/1.4'
  - N.W.:7.1 KGS G.W.:8 KGS

The massage stick is designed with special ball shape to relief your muscles of leg, neck and shoulder effectively. And it is easy to focus on the small area of muscles by pinpoint massage ball. The ergonomic handle provides better performance when you use it. It is perfect hand held massage tool to provide a stimulating, deep tissue massage, relief muscles.

# ANGLE ADJUSTABLE MASSAGE ROLLER



## RS-10

DES.C ANGLE ADJUSTABLE MASSAGE ROLLER  
 ● 1 PC/HEADER  
 ● 30 PCS/CTN/40.5×27.5×20 CM/0.8'  
 ● N.W.:5 KGS G.W.:5.7 KGS

This massager designed with adjustable angle massage ball which can relax in hard-to-reach areas. It is designed with soft material on the surface of the ball for better performance. It is perfect hand held massage tool to provide a stimulating, deep tissue massage and relief muscles. Easy to portable.



## RS-II

DES.C MASSAGE ROPE  
 ● 1 PC/COLOR BOX(17×8×21 CM)  
 ● 24 PCS/CTN/50×36×44 CM/2.8'  
 ● N.W.:11.8 KGS G.W.:12.8 KGS



It is designed with durable material on the surface of the ball for better performance. Rope massager is great for the back, neck, shoulder and can reach hard-to-get area of your body. It helps to muscle recovery, stimulating circulation and relief muscles.

# MASSAGE ROPE

# BACK MASSAGE ROLLER

## RS-12

- DES.C BACK MASSAGE ROLLER
- 1 PC/HEADER
  - 24 PCS/CTN/46.5×43×31.5 CM/2.2'
  - N.W.:3.7 KGS G.W.:4.7 KGS

There are two balls on the both ends of massage hook. The small ball is designed for pinpoint area of muscle and deep tissue massage. The ball on the front conveniently massage your upper back, shoulders, neck and other difficult- to-reach area of your body. It is easy and effective to relief your tight muscle , trigger points and stimulate circulation.



## RS-13

- DES.C MASSAGE ROLLER
- 1 PC/HEADER
  - 48 PCS/CTN/63×28×33 CM/2'
  - N.W.:7.7 KGS G.W.:8.7 KGS



The massage roller could be used to relief muscle tension after exercise, improve blood circulation and deep tissue massage. It is designed with soft material on the surface of the ball for better performance. Use on arms, back, head, hands, shoulders and legs.

# HAND MASSAGER

## MS-28

- DES.C HAND MASSAGER
- 1 PC/HEADER
  - 12 PCS/INNER BOX(28.8×21.2×11.8 CM)
  - 72 PCS/CTN/45×30×38 CM/1.9'
  - N.W.:6.5 KGS G.W.:7.5 KGS

This acupressure tool could be used to stimulate the nerve endings of. Enhance circulation and relax tight muscles. It can massage body, face, arms, legs, buttocks and back. The two balls within tool could be rolled forward or backward on your whole body and for limbs. Apply it and comfortable!



## MS-29

- DES.C HAND MASSAGER
- 1 PC/HEADER
  - 12 PCS/INNER BOX(30.6×16×15.1 CM)
  - 72 PCS/CTN/51×32×33 CM/1.9'
  - N.W.:9.8 KGS G.W.:10.8 KGS

The muscle roller is equipped with unique ball shape to relief your body, especially for leg, neck, shoulder and back . It provides a stimulating, deep tissue massage and relief muscles.





# MASSAGE STICK

TPR



## MS-26

DES.C MASSAGE STICK  
 ● 1 PC/HEADER  
 ● 24 PCS/CTN/51\*30\*32 CM/1.73'  
 ● N.W.:8 KGS G.W.:9 KGS

The massage stick is designed with special ball shape to relief your muscles of leg, neck and shoulder effectively. The ergonomic handle provides better performance when you use it. It is perfect hand held massage tool to provide a stimulating, deep tissue massage and relief muscles.



## GB-500-55

DES.C GYM BALL Ø55 CM  
 ● 1 PC/color box (27 x 21 x 8.5 CM)  
 ● 12 PCS/CTN/54.5 x 29 x 44.5 CM/2.5'  
 ● N.W.:14 KGS G.W.:15 KGS

## GB-500-65

DES.C GYM BALL Ø65 CM  
 ● 1 PC/color box (27 x 25 x 9 CM)  
 ● 10 PCS/CTN/49.5 x 27 x 56.5 CM/2.7'  
 ● N.W.:14.5 KGS G.W.:15.5 KGS



The gym ball is designed with half massage surface for comfortable, and the other half surface just like normal gym ball for balance exercise.

## SU-100

DES.C SIT UP CUSHION  
 ● 1 PC/COLOR BOX(30\*34\*9 CM)  
 ● 6 PCS/CTN/32\*36\*56 CM/2.3'  
 ● N.W.:9 KGS G.W.:10 KGS

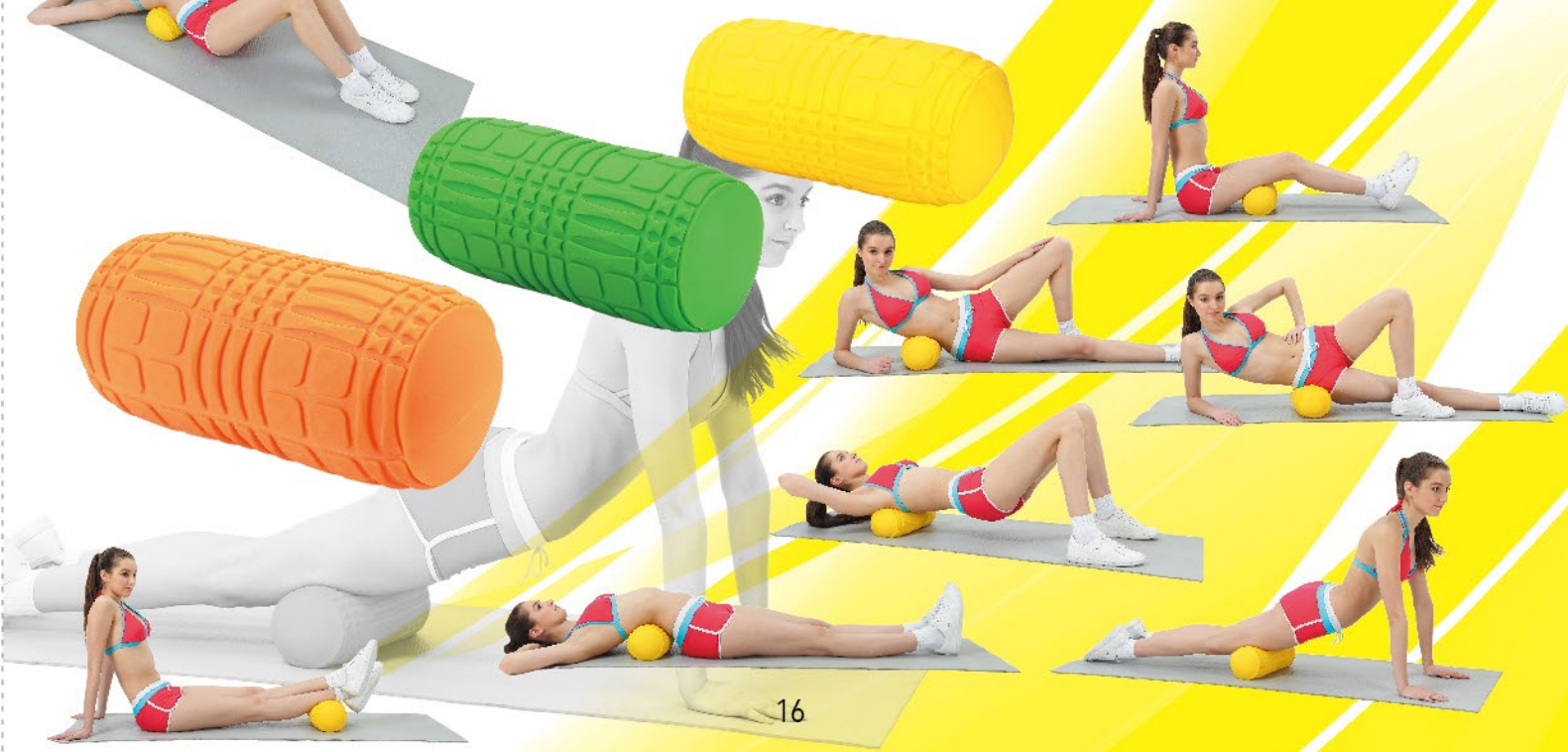
Arch design naturally curves to the back, allowing for more effective core work while protecting your lower back. Great for those with lower back pain problems who want a safe way to continue strengthening their abdominal muscles. The height can be adjusted by inflating the air into the cushion, durable material gives comfort and the perfect amount of firm support for your back and spine. Available for seat cushion purpose.



## BALANCE ROLLER YR-200

DES.C BALANCE ROLLER  
 ● 1 PC/COLOR BOX(18\*16\*30 CM)  
 ● 8 PCS/CTN/38\*54\*32 CM/2.4'  
 ● N.W.:9 KGS G.W.:10 KGS

This is the air-filled tool for self-massage and relaxation. The roller can be adjusted easily by using the hand pump to different hardness. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The structured surface enables to a more effective and deeply working massage. The surface enables a more effective and pleasant massage effect. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. Therefore your blood circulation can be improved. The Massage roller is used in fitness, training, rehabilitation or in therapy.





## 997TR INCLINE PUSH UP BAR

- DES.C INCLINE PUSH UP BAR
- 1 PC/COLOR BOX(24×9×15.5 CM)
  - 20 PCS/CTN/50×33×47 CM/2.7'
  - N.W.:12 KGS G.W.:13 KGS

The angled handlebars could be reduces stress on wrists. Foam covered handle grips for more comfort. Non-slip bases and assembles easily, It can be used by men or women. Improves strength in your upper body, arms, legs and abdominals.



## 996TR PUSH UP BAR

- DES.C PUSH UP BAR
- 1 PC/COLOR BOX(24×9×15.5 CM)
  - 20 PCS/CTN/50×33×47 CM/2.7'
  - N.W.:13 KGS G.W.:14 KGS

Foam covered handle grips for more comfort. Non-slip bases and assembles easily, It can be used by men or women. Improves strength in your upper body, arms, legs and abdominals.



**BIG SIZE**



## 913

- DES.C DUAL ACTION DOOR BAR  
SIZE 100 ~ 150 CM

100 CM

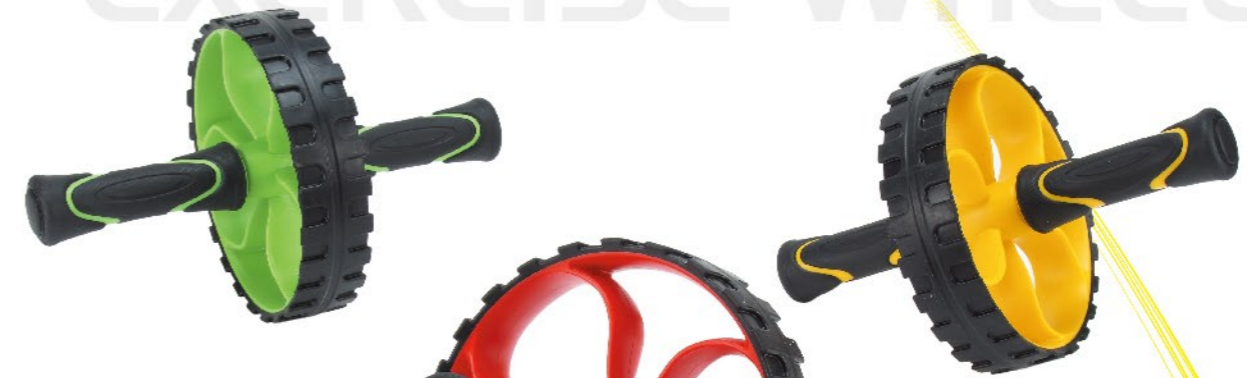
150 CM

## 913

- DES.C DUAL ACTION DOOR GYMBAR  
SIZE 100 ~ 150 CM
- 1 PC/COLOR BOX
  - 8 PCS/CTN/91 x 28 x 15 CM/1.35'
  - N.W.:20 KGS G.W.:21 KGS

Great for upper body workouts or strengthening your stomach, back and arm muscles Exercise effectively in chin up, push up, sit ups and with just one piece of equipment

# EXERCISE WHEEL



## 713TR

- DES.C EXERCISE WHEEL
- 1 PC/COLOR BOX(18×8.4×25 CM)
  - 20 PCS/CTN/52×38×44 CM/3'
  - N.W.:12 KGS G.W.:13 KGS

The durable exercise wheel could be assisted to train your abdominal muscles. Well design hand grip will be held comfortably during applying. The hand grip is made by soft material which make you comfortable and effective.



## 70ITRS

- DES.C EXERCISE WHEEL
- 1 PC/COLOR BOX(15.5×15.5×32.5 CM)
  - 12 PCS/CTN/64×34×48.5 CM/3.7'
  - 1 N.W.:7 KGS G.W.:8 KGS

Well design hand grip will be held comfortably during applying. The hand grip is made by soft material which make you comfortable and effective.

# JELLY HAND GRIP

## 282TR

- DES.C JELLY HAND GRIP
- 1 PC/DOUBLE BLISTER
  - 24 PCS/CTN/38×36.7×18.5 CM/0.9'
  - N.W.:3.2 KGS G.W.:4 KGS



This exercise Kit to keep your fingers, hands and forearms supple and strong with simple daily exercises. Improve strength, prevent stiffness, relieve joint pain and increase flexibility.



## RC-03

- DES.C FLEX BAR
- Ø37x318mm
  - 1 PC/COLOR BOX(4.5×4.5×33 CM)
  - 30 PCS/CTN/35×27×24.5 CM/0.8'
  - N.W.:11 KGS G.W.:12 KGS



The FlexBar is a lightweight, easy to grip, portable resistance exerciser for rehabilitating and strengthening hands, wrists, forearms and shoulders. Each FlexBar is 32cm long with 3 different of resistance.



# LATEX



## 735

- DES.C STRETCH BOARD
- 1 PC/COLOR BOX(24×8.5×33 CM)
  - 10 PCS/CTN/50×35×44.5 CM/2.8'
  - N.W.:5.2 KGS G.W.:6 KGS



# TWO WAY ABDOMINAL WHEEL WITH PAD



## A72-A

- DES.C TWO WAY ABDOMINAL WHEEL WITH PAD
- 1 PC/COLOR BOX(38.5×22×18.5 CM)
  - 6 PCS/CTN/67.5×40×39 CM/3.8'
  - N.W.:9 KGS G.W.:10 KGS

The two individual wheels can be used at different angles so that it can be strengthened the different part of muscles of your body. 17CM big wheel designed gets superior stable during your exercise. Works every major upper body muscle group and your abdomen. Strengthens abs, shoulders, arms, back, waist, leg and so on. Two easy-grip handles. Suitable for women and men, shape a perfect body with it.



## 700TR-A

- DES.C ABDOMINAL WHEEL WITH PAD
- 1 PC/COLOR BOX(38.5×19.5×19.5 CM)
  - 6 PCS/CTN/60×40×41 CM/3.5'
  - N.W.:7 KGS G.W.:8 KGS



Most effective movements for your whole body, arms, shoulders and abdominal. Your knees fit on the knee pads gently and well, your training posture also will stabilize. You can enjoy tube training to exercise bicep, shoulder and pectoral major muscle. Total training of the whole body can be done as you like.

# POWER PUSH UP

Power push-up bar is integrated takes the most basic of all exercise workouts. It's a great arm exercise. The power Push-Up delivers resistance that helps you quickly build arm, chest and shoulder strength. Compact and light, it's great for home, gym or travel.



## PC-190

DES.C POWER PUSH UP  
 ● 1 PC/COLOR BOX(20×18×10 CM)  
 ● 20 PCS/CTN/42×39×52 CM/3'  
 ● N.W.:11.5 KGS G.W.:12.5 KGS



WEIGHT 200g x 2

# JUMP ROPE



ITEM NO	WEIGHT	PACKAGE	CARTON SIZE (CM)	N.W/G.W (KGS)
<b>452</b>	200 g x 2 PCS	COLOR BOX	40 PCS/CNT/50.3 × 27.3 × 39.1 CM/1.9'	11 / 12
			24 PCS/CNT/30 × 27 × 39.1 CM/1.1'	21 / 22
	200 g x 2 PCS	DOUBLE BLISTER 16 × 20 × 6 CM	24 PCS/CNT/38.5 × 33.5 × 36.5 CM/1.7'	7 / 8 17 / 18

# 452

## DA-7

DES.C DOOR ANCHOR  
 ● 1 PC/HEADER  
 ● 12 PCS/INNER BOX(27.2×20×14.2 CM)  
 ● 72 PCS/CTN/42.5×28.5×14.5 CM/0.62'  
 ● N.W.:4.7 KGS G.W.:5.7 KGS



Heavy duty webbing for most comprehensive door anchor available. Great for resistance tubing and exercise bands. Works with all doors

# DOOR ANCHOR

## LT-BI70A, LT-BI70B, LT-BI70C

ITEM NO	LATEX TUBE	DOUBLE BLISTER (CM)	N.W/G.W (KGS)
LT-BI70A	11.0 MMx2.5 MMx120 CM	19 x 22.7 x 6 CM	24 PCS/CTN/44 x 38.5 x 38 CM/2.27'
LT-BI70B	10.5 MMx2.0 MMx120 CM	19 x 22.7 x 6 CM	
LT-BI70C	9.0 MMx2.0 MMx120 CM	19 x 22.7 x 6 CM	

# LATEX TUBE



The jelly expander is used to stretch and strengthen your upper body, and make your body flexible. Great for chest expander and stretching exercise. Fit on the shoulders to strengthen the muscles of back, and prevent you from crookbacked. It is lightweight designed, highly portable. Eco friendly material



## 1056

DES.C JELLY EXPANDER  
 ● 1 PC/DOUBLE BLISTER  
 ● 40 PCS/CTN/40×31×41 CM/1.8'  
 ● N.W.:6.5 KGS G.W.:7.5 KGS



## 1042A

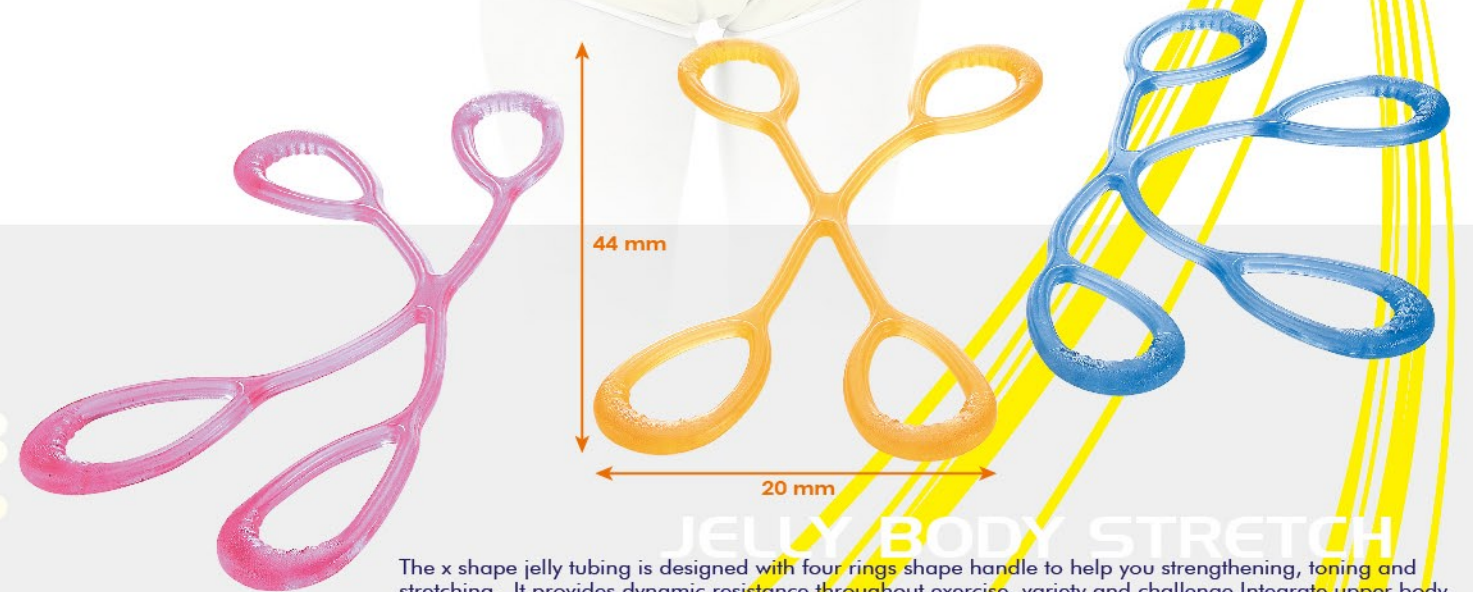
## JELLY EXPANDER



Exercise Bands are ideal for physical therapy rehabilitation, weight loss, pilates, stretching, muscle toning and strengthening. Fitness your body such as your glutes, thighs and shoulders. Multi-Functional Body Bands-Can be used as ankle resistance bands, knees resistance bands, legs resistance bands, thighs and wrists. Exercise loop bands can be used for strength, coordination and balance. Light and Compact to Travel. The perfect solution when you want to exercise on the go.

- 2335
- 2350
- 2365
- 2390
- 2396

DES.C JELLY EXPANDER  
 ● 1 PC/POLY BAG  
 ● 200 PCS/CTN/33×21×19 CM/0.5'  
 ● 2335 0.35mm x 5mm x 9" COLOR : Yellow/124C  
 N.W.:2 KGS G.W.:2.4 KGS  
 ● 2350 0.5mm x 5mm x 9" COLOR : Red/187C  
 N.W.:2.6 KGS G.W.:3 KGS  
 ● 2365 0.65mm x 5mm x 9" COLOR : Blue/2925C  
 N.W.:3.2 KGS G.W.:3.6 KGS  
 ● 2390 0.9mm x 5mm x 9" COLOR : Dark Blue/293C  
 N.W.:3.6 KGS G.W.:4 KGS  
 ● 2396 1.2mm x 5mm x 9" COLOR : Purple/268C  
 N.W.:5.6 KGS G.W.:6 KGS



## 1042A

DES.C JELLY BODY STRETCH  
 ● 1 PC/DOUBLE BLISTER(14×17.5×4.5 CM)  
 ● 48 PCS/CTN/44×34×38 CM/2'  
 ● N.W.:10.4 KGS G.W.:11.4 KGS

The x shape jelly tubing is designed with four rings shape handle to help you strengthening, toning and stretching. It provides dynamic resistance throughout exercise, variety and challenge Integrate upper body, lower body and core. It can be used as expander by your hands. It is light weighted and easy to storage.

