



# REGULAR WEIGHT PLATE

## REGULAR WEIGHT PLATE



**IR 91001**  
**Black Painted Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91004**  
**Chromed Regular Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91002**  
**Black Painted Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91006**  
**Chromed Plate with Rubber**  
 Style: 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91007**  
**Grey Hammerton Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91010**  
**Hammerton Grip Plate**  
 Style: 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91011**  
**Black Painted Grip Plate**  
 Style: 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91015**  
**Cement Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 7.5KGS, 10KGS



**IR 91013**  
**Cement Plate**  
 Style: 0.5KG, 1.25KGS, 2.5KGS, 5KGS, 10KGS



**IR 91041**  
**Double Color Cement Plate**  
 Style: 0.5KG, 1.25KGS, 2.5KGS, 5KGS



**IR 91014**  
**Cement Plate**  
 Style: 1KG, 2KGS, 5KGS, 10KGS



**IR 91016A**  
**Rubber Coated Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91044**  
**Edge Coated Cement Plate**  
 Style: 1.25KGS, 2.5KGS, 5KGS, 10KGS, 20KGS



**IR 91016B**  
**Rubber Coated Plate**  
 Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS





**IR 91017**  
Rubber Coated Plate

Style: 2.5LBS, 5LBS, 7.5LBS, 10LBS



**IR 91040**

**Epoxy Plate**

Material: Plastic and Iron  
Coating: Epoxy  
Style: 1.5KGS, 2.5KGS, 5KGS



**IR 91027**

**Rubber Coated Grip OP Plate**

Style: 1.25KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91032**

**Rubber Coated OP Plate**

A: Black Rubber Coated  
B: Colored Rubber Coated  
Style: 10KGS, 15KGS, 20KGS, 25KGS



**IR 91018**

**Rubber Coated Plate**

With Steel Ring  
Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 15KGS, 25KGS



**IR 91024**

**Grey Hammer-ton OP Plate**

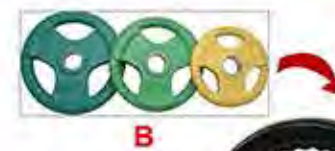
Style: 2.5LBS, 5LBS, 10LBS, 25LBS, 35LBS, 45LBS  
1.25KGS, 2.5KGS, 5KGS, 10KGS, 20KGS



**IR 91028**

**CPU Plate**

Style: 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**B**



**A**

**IR 91036**

**Rubber Coated OP Plate**

A: Black Rubber Coated  
B: Colored Rubber Coated  
Style: 1.25KGS, 2.5KGS, 5KGS, 7.5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91020**

**Colored Rubber Coated Plate**

Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91025**

**Grey Hammer-ton OP Plate**

Style: 2.5LBS, 5LBS, 10LBS, 25LBS, 35LBS, 45LBS  
1.25KGS, 2.5KGS, 5KGS, 10KGS, 20KGS



**IR 91030**

**Solid Rubber OP Plate**

(No Casting Inside)  
Style: 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91038**

**Rubber Coated OP Plate**

Style: 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS



**IR 91022**

**Colored Rubber Coated Plate With Ring**

Style: 0.5KG, 1KG, 1.25KGS, 2KGS, 2.5KGS, 5KGS, 10KGS, 15KGS, 20KGS, 25KGS With Steel Ring



**IR 91042**

**Grey Hammer-ton Grip OP Plate**

Style: 1.25KGS, 2.5KGS, 5KGS, 10KGS, 20KGS



**IR 91030B**

**Competition Crumb bumper Plate**

Material: Pure Rubber  
Style: 5kg/10kg/15kg/20kg/25kg  
10LB/15LB/25LB/35LB/45LB



**IR 91035**

**Pro-Style Rubber Grip OP Plate**

Style: 10KGS, 15KGS, 20KGS, 25KGS



# OLYMPIC WEIGHT PLATE



## IR 91054A

CPU Plate

## IR 91054B

Rubber Plate

Style: 1.25KGS, 2.5KGS(W/O Grip)  
5KGS, 10KGS, 15KGS,  
20KGS, 25KGS



## IR 91057

TPU Coated OP Plate

Style: 1.25KGS, 2.5KGS(W/O Grip)  
5KGS, 10KGS, 15KGS



## IR 91059A

TPU Weight Plate

## IR 91059B

PEV Weight Plate

Style: 1.25KGS, 2.5KGS, 5KGS,  
10KGS, 15KGS, 20KGS,  
25KGS



## IR 91060

CPU Weight Plate

Style: 2.5KGS, 5KGS,  
10KGS, 15KGS,  
20KGS, 25KGS



## IR 92306

CPU grip OP plate

Style: 1.25KGS, 2.5KGS, 5KGS,  
10KGS, 15KGS, 20KGS  
2.5LBS, 5LBS, 10LBS,  
25LBS, 35LBS, 45LBS

## IR 92307



## IR 91062

CPU Weight Plate

Style: 2.5KGS, 5KGS,  
10KGS, 15KGS



## IR 91065

PEV OP Plate

Style: 2.5KGS, 5KGS,  
10KGS, 15KGS,  
20KGS



# DUMBBELL



## IR 92001-B

Neoprene Dumbbells

Style: 0.5KG, 1KG,  
1.5KGS, 2KGS



## IR 92002

Vinyl Dipping Dumbbells

Style: 0.5KG, 1KG,  
2KGS, 3KGS,  
4KGS, 5KGS



## IR 92004-K

Neoprene Dumbbells

Style: 1KG



## IR 92004-L

Neoprene Dumbbells

Style: 1KG



## IR 92004-M

Neoprene Dumbbells

Style: 1KG



## IR 92002-B

Neoprene Dumbbells

Style: 0.5KG, 1KG,  
2KGS, 3KGS,  
4KGS, 5KGS



## IR 92003

Vinyl Dipping Dumbbells

With handle  
Style: 1KG, 2KGS, 3KGS,  
4KGS, 5KGS



## IR 92001

D-Vinyl Dipping Dumbbells

Style: 0.5KG, 1KG,  
1.5KGS, 2KGS



## IR 92003-B

Neoprene Dumbbells

With handle  
Style: 1KG, 2KGS, 3KGS,  
4KGS, 5KGS





**IR 92004**

**Neoprene Dumbbells**

**Style:** 0.5KG, 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92005**

**Vinyl Dipping Dumbbells**

**Style:** 0.5KG, 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92004-C**

**Neoprene Dumbbells**

**Style:** 0.5KG, 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92004-D**

**Neoprene Dumbbells**

**Style:** 0.5KG, 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92004E**

**Neoprene Dumbbells**

**Style:** 0.5KG, 1KG, 1.5KGS, 2KGS, 2.5KGS, 3KGS, 3.5KGS, 4KGS, 5KGS



**IR 92004 H**

**Neoprene Dumbbells**

**Style:** 0.5KG, 1KG, 1.5KGS, 2KGS, 2.5KGS, 3KGS, 4KGS, 5KGS, 6KGS, 7KGS, 8KGS, 9KGS, 10KGS



**IR 92005B**

**Vinyl Dipping Dumbbells**

**Style:** 0.5KG, 1KG, 1.5KGS, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92006**

**Octagon Cement Dumbbells**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92008**

**Hex Cement Dumbbells**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92010**

**Round Cement Dumbbells**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS



**IR 92309A**

**Steel Dumbbell With PP Cover**

**Style:** 1KG - 0.2KGx3PCS Stacks



**IR 92015**

**Chromed Dumbbells With Foam Handle**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS, 6KGS, 7KGS, 8KGS, 9KGS, 10KGS



**IR 92017**

**Chromed Dumbbells With Rubber Handle**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS, 6KGS, 7KGS, 8KGS, 9KGS, 10KGS



**IR 92018**

**Chromed Dumbbells**

**Style:** 2.5KGS, 5KGS, 7.5KGS, 12.5KGS, 10KGS, 12.5KGS, 17.5KGS, 20KGS, 22.5KGS, 25KGS



**IR 92021**

**Chromed Dumbbells**

**Style:** 2.5KGS, 5KGS, 7.5KGS, 12.5KGS, 10KGS, 12.5KGS, 17.5KGS, 20KGS, 22.5KGS, 25KGS



**IR 92094**

**Chromed Dumbbells**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS-10KGS



**IR 92022**

**Rubber Hex Dumbbells**

**IR 92022T**

**TPU Hex Dumbbells**

**IR 92022E**

**PEV Hex Dumbbells**

**Style:** 2.5KGS, 5KGS, 7.5KGS, ... 47.5KGS, 50KGS



**IR 92025**

**Cast Hex Dumbbells**

**Style:** 2.5KGS, 5KGS, 7.5KGS, ... 47.5KGS, 50KGS



**IR 92026**

**Round Ends Dumbbells**

**Style:** 1KG, 2KGS, 3KGS, 4KGS, 5KGS, 6KGS, 7KGS, 8KGS





**IR 92007S**

**Vinyl Dipping Kettlebells**

**Style:** 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 14KGS, ... 32KGS, 34KGS, 36KGS



**IR 92007H**

**Neoprene Kettlebells**

**Style:** 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 16KGS, 20KGS, 24KGS, 32KGS



**IR 92007E**

**Iron Kettlebells**

**Style:** 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 16KGS, 20KGS, 24KGS, 32KGS



**IR 92007J**

**Kettlebells Rubber Coated And Chromed Handle**

**Style:** 4KGS, 6KGS, 8KGS, ... 36KGS, 38KGS, 40KGS



**IR 92007C**

**Cement Kettlebells**

**Style:** 2.5KGS, 5KGS, 7.5KGS, 10KGS, 3LBS, 5LBS, 7LBS, 10LBS



**IR 92007X**

**Cement Kettlebells**

**Style:** 2KGS, 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 14KGS, 16KGS, 18KGS, 20KGS, 22KGS



**IR 92007X2**

**Cement Kettlebells**

**Style:** 2KGS, 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 14KGS, 16KGS, 18KGS, 20KGS, 22KGS



**IR 92007Q**

**Cement Kettlebell**

**Style:** 5KGS, 7.5KGS, 10KGS



**IR 92007N2**

**Cement Kettlebells**

**Style:** 8LBS, 10LBS



**IR 92007Y**

**Cement Kettlebell**

**Style:** 4kgs, 5kgs, 6kgs, 7kgs, 8kgs,



**IR 92007-PT**

**Cement Kettlebell Set**

**Style:** 5LBS, 10LBS, 15LBS

**IR 92007**

**Vinyl Dipping Kettlebells**

**Style:** 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 16KGS, 20KGS, 24KGS, 32KGS



**IR 92007B**

**Neoprene Kettlebells**

**Style:** 4KGS, 6KGS, 8KGS, 10KGS, 12KGS, 16KGS, 20KGS, 24KGS, 32KGS







**IR 92009B**

**CPU Kettlebell**

Style: 6kgs, 8kgs, 10kgs, 12kgs, ~ 30kgs, 32kgs



**IR 92007K**

**Steel Hollow Competition Kettlebell**

1. Material: steel
2. Standard: 4kgs, 6kgs, 8kgs, 12kgs, 16kgs, 20kgs, 24kgs, 28kgs-48kgs



**IR 92007Z**

**Competition Kettlebell**

No filling, Powder Coated

Style: 8kgs, 12kgs, 16kgs, 20kgs, 24kgs, 30kgs



**IR 92007W**

**Adjustable Kettlebell**

Adjustable: form 8-32KGS



**IR 92315**

**CPU Dumbbell**

Style: 2.5-25KGS, 2.5KGS Per step



**IR 92314**

**CPU Dumbbell**

Style: 2.5KGS, 5KGS, 7.5KGS...47.5KGS, 50KGS



**IR 92069**

**CPU Dumbbell**

Style: 4KGS, 6KGS, 8KGS.....32KGS  
2.5KGS, 5KGS, 7.5KGS.....50KGS



**IR 92023B**

**Rubber Coated Dumbbell**

Style: 5kgs, 10kgs, 15kgs, 20kgs ..... 45kgs, 50kgs



**IR 92023**

**Duluxe Rubber Dumbbell**

Style: 2.5KGS, 5KGS, 7.5KGS, ... 47.5KGS, 50KGS



**IR 95085**

**Pro-Style Dumbbell**

(Black Rubber Coated Plates)  
Style: 2.5KGS ~ 50KGS



**IR 95097**

**Rubber Coated Dumbbell**

Style: 4kgs, 6kgs, 8kgs, 10kgs ..... 30kgs, 32kgs



**IR 92316**

**Rubber Coated Dumbbell**

Style: 2.5KGS, 5KGS, 7.5KGS... 47.5KGS, 50KGS



**IR 92070**

**Rubber Dumbbell**

Style: 2.5KGS, 5KGS, 7.5KGS... 47.5KGS, 50KGS



**IR 92301**

**CPU Dumbbell With Urethane Coating Handle**

Style: 5KGS, 10KGS, 15KGS, 20KGS, 25KGS, 30KGS, 35KGS, 40KGS, 45KGS, 50KGS  
10LBS, 20LBS, 30LBS, 40LBS, 50LBS, 60LBS, 70LBS, 80LBS, 90LBS, 100LBS

**IR 92302**

**CPU Dumbbell With Thread & Chromed Handle**



**IR 95098A**

**CPU Dumbbell**

**IR 95098B**

**Rubber Dumbbell**

**IR 95098C**

**PEV Dumbbell**

Style: 4KGS, 6KGS, 8KGS.....32KGS  
2.5KGS, 5KGS, 7.5KGS.....50KGS



# PROFESSIONAL DUMBBELL & BARBELL



**IR 92401A**

**CPU Barbell with Straight Handle**

Style: 10KGS, 20KGS, 30KGS, 40KGS, 50KGS



**IR 92401B**

**CPU Barbell With Curl Handle**

Style: 10KGS, 20KGS, 30KGS, 40KGS, 50KGS



**IR 92402**

**Rubber Coated Barbell**

A: Straight Handle Bar  
B: Curl Handle Bar

Style: 10KGS, 20KGS, 30KGS, 40KGS, 50KGS



**IR 95096**

**Rubber Coated Barbell**

A: Straight Handle Bar  
B: Curl Handle Bar

Style: 10KGS, 20KGS, 30KGS, 40KGS, 50KGS



**IR 92303**

**CPU Barbell With Straight Handle**

**IR 92304**

**CPU Barbell With Curl Handle**

Style: 10KGS, 20KGS, 30KGS, 40KGS, 50KGS, 22LBS, 44LBS, 66LBS, 88LBS, 110LBS



**IR 95099**

**CPU / Rubber Coated Barbell**

A: Straight Handle Bar B: Curl Handle Bar  
Style: 10KGS, 20KGS, 30KGS, 40KGS, 50KGS

# DUMBBELL SET



**PATENT DESIGN**



**IR 92100**

**Multifunctional Dumbbell Set**

1.5KGS: 4PCS  
2.5KGS: 4PCS  
350T Chromed Bar: 2pcs  
Spring Collar: 4pcs

Function:  
Dumbbell  
Kettlebell  
Triceps bar



**IR 92031**

**10KGS Black Painted Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm Chromed Bar: 1PC  
Spring Collar: 2PCS



**IR 92032**

**10.3KGS Black Painted Dumbbell Set**

1KG: 4PCS  
2KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92033**

**10KGS Black Painted Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92034**

**15KGS Black Painted Dumbbell Set**

1.25KG: 2PCS  
2.50KG: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92027**

**8KGS Color Rubber Coated Dumbbell Set**

1KG: 6PCS  
350mm T Bar with Rubber Handle: 1PC  
Star Collar: 2PCS



**IR 92036**

**10KGS Rubber Coated Dumbbell Set**

1KG: 4PCS  
2KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS





**IR 92037**

**10KGS Rubber Coated Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 93002-C**

**20KGS Rubber Coated Dumbbell Set**

1.25KGS: 4PCS  
2.5KGS: 4PCS  
350mm T Bar: 2PCS  
Star Collar: 4PCS



**IR 93002-E**

**20KGS Rubber Dumbbell Set**

1.25KGS: 4PCS  
2.5KGS: 4PCS  
350mm T Bar With Rubber handle: 2PCS  
Star Collar: 4PCS



**IR 92038**

**10KGS Grey Hammerton Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92039**

**10KGS Chromed Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92040**

**10KGS Chromed Dumbbell Set With Rubber**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92041**

**10KGS Chromed Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92042**

**10KGS Chromed Dumbbell Set**

1KG: 4PCS  
2KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92043**

**5KGS Chromed Dumbbell Set**

Available: 5, 4,  
3, 2, 1KG



**IR 92044**

**10KGS Chromed Dumbbell Set**

Available: 10, 8,  
6, 4, 2KGS



**IR 92045**

**15KGS Chromed Dumbbell Set**

Available: 15, 12,  
9, 6, 3KGS



**IR 92046**

**5KGS Chromed Dumbbell Set**

Available: 5, 4, 3,  
2, 1KGS



**IR 92047**

**10KGS Chromed Dumbbell Set**

Available: 10, 8, 6,  
4, 2KGS



**IR 92048**

**10KGS Chromed Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92049**

**15KGS Chromed Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 4PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 92050**

**20KGS Chromed Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 6PCS  
400mm T Chromed Bar: 1PC  
Star Collar: 2PCS



**IR 93002**

**20KGS Dumbbell Set**

A: Black Painted  
B: Chromed  
1.25KGS: 4PCS    2.5KGS: 4PCS  
350mm T Bar With handle: 2PCS  
Star Collar: 4PCS





**IR 93055**

**8.1KGS Black Cement Dumbbell Set**

1.25KGS: 2PCS  
2.50KGS: 2PCS  
350mm Chromed Hollow Bar: 1PC  
Ring Collar: 2PCS



**IR 93036**

**Cement Dumbbell**

Available: 5, 6, 7, 8, 9, 10KGS



**IR 93037**

**4.5KGS Cement Dumbbell**

Available: 0.5KG/2PCS,  
1.25KGS/2PCS  
Φ30X350MM T ABS Bar



**IR 93038**

**9KGS Cement Dumbbell**

Available: 1.25KGS/2PCS,  
2.5KGS/2PCS  
Φ30X350MM T ABS Bar



**IR 92066**

**25LBS Cement Dumbbell Set**

2.5LBS: 8PCS  
1" X 14"Hollow Bar: 2PCS  
Plastic Collar: 4PCS



**IR 92067**

**40LBS Cement Dumbbell Set**

1LB: 4PCS 2.5LBS: 4PCS  
5LBS: 4PCS  
1" X 16"Hollow Bar: 2PCS  
Plastic Collar: 4PCS



**IR 92068**

**95LBS Cement Dumbbell Set**

10LBS: 4PCS 5LBS: 6PCS 2.5LBS: 6PCS  
1" X 60"Hollow Bar: 1PCS  
1" X 16"Hollow Bar: 2PCS  
Plastic Collar: 6PCS



**IR 92051**

**20KGS Chromed Dumbbell Set**

1.25KGS: 4PCS 2.5KGS: 4PCS  
350mm T Chromed Bar: 2PCS  
Star Collar: 4PCS



**IR 92052**

**20KGS Black Painted Dumbbell Set**

1.25KGS: 4PCS 2.5KGS: 4PCS  
350mm T Bar With Rubber Handle: 2PCS  
Star Collar: 4PCS



**IR 92053**

**15KGS Chromed Dumbbell Set**

0.5KG: 4PCS 1.0KG: 8PCS  
350mm T Bar With Rubber Handle: 2PCS  
Star Collar: 4PCS



**IR 92054**

**15KGS Black Painted Dumbbell Set**

0.5KG: 4PCS 1.0KG: 8PCS  
350mm T Bar With Rubber Handle: 2PCS  
Star Collar: 4PCS



**IR 92056**

**14KGS Chromed Dumbbell Set**

0.5KG: 4PCS 1KG: 8PCS  
350mm T Chromed Bar: 2PCS  
Star Collar: 4PCS



**IR 92057**

**10KGS Black Painted Dumbbell Set**

1.0KG: 4PCS 2.0KG: 2PCS  
350mm T Chromed Bar: 1PC  
Star Collar: 2PCS





**IR 92058**  
**10KGS Chromed Dumbbell Set**  
 1.0KG: 4PCS 2.0KGS: 2PCS  
 350mm T Chromed Bar: 1PC  
 Star Collar: 2PCS



**IR 92059**  
**10KGS Chromed Dumbbell Set**  
 1.25KGS: 2PCS 2.50KGS: 2PCS  
 350mm T Chromed Bar: 1PC  
 Star Collar: 2PCS



**IR 92060**  
**10KGS Grey Hammerton Dumbbell Set**  
 1.25KGS: 2PCS 2.50KGS: 2PCS  
 350mm T Chromed Bar: 1PC  
 Star Collar: 2PCS



**IR 92064-A**  
**20KGS Chromed Dumbbell Set**  
 1.25KGS: 4PCS 2.5KGS: 4PCS  
 350mm T Bar With Rubber  
 Handle: 2PCS Star Collar: 4PCS



**IR 92064-B**  
**20KGS Black Painted Dumbbell Set**  
 1.25KGS: 4PCS 2.5KGS: 4PCS  
 350mm T Bar With Rubber Handle: 2PC  
 Star Collar: 4PCS



**IR 92065-A**  
**20KGS Chromed Dumbbell Set**  
 1.25KGS: 4PCS 2.5KGS: 4PCS  
 350mm T Chromed Bar: 2PCS  
 Star Collar: 4PCS



**IR 92065-B**  
**20KGS Black Painted Dumbbell Set**  
 1.25KGS: 4PCS 2.5KGS: 4PCS  
 350mm T Chromed Bar: 2PCS  
 Star Collar: 4PCS



**IR 92061**  
**15KGS Grey Hammerton Dumbbell Set**  
 1.25KGS: 2PCS 2.50KGS: 4PCS  
 350mm T Chromed Bar: 1PC  
 Star Collar: 2PCS



**IR 92062**  
**20KGS Black Painted Dumbbell Set**  
 1.0KG: 8PCS 2.0KGS: 4PCS  
 350mm T Chromed Bar: 2PC  
 Star Collar: 4PCS



**IR 92063**  
**10KGS Chromed Dumbbell Set**  
 1.25KGS: 2PCS 2.50KGS: 2PCS  
 350mm T Chromed Bar: 1PC  
 Star Collar: 2PCS



**IR 92072-A**  
**25KGS Black Painted Barbell Set**  
 5KGS: 2PCS 2.5KGS: 4PCS  
 1500mm Chromed Bar In 3 Sections: 1PC  
 Collar: 2PCS



**IR 92072-B**  
**25KGS Chromed Barbell Set**  
 5KGS: 2PCS 2.5KGS: 4PCS  
 1500mm Chromed Bar In 3 Sections: 1PC  
 Collar: 2PCS



**IR 92074-A**  
**30KGS Black Painted Barbell Set**  
 5KGS: 2PCS 2KGS: 4PCS 1.25KGS: 4PCS  
 1200mm Chromed Bar In 3 Sections: 1PC  
 Collar: 2PCS



**IR 92074-B**  
**30KGS Chromed Barbell Set**  
 5KGS: 2PCS 2KGS: 4PCS 1.25KGS: 4PCS  
 1200mm Chromed Bar In 3 Sections: 1PC  
 Collar: 2PCS





**IR 92075-A**  
50KGS Black Painted Barbell Set

5KGS: 4PCS 2.5KGS: 6PCS 1.25KGS: 4PCS  
1500mm T Chromed Bar In 2 Sections: 1PC  
350mm T Chromed Bar: 2PCS  
Collar: 6PCS

**IR 92075-B**  
50KGS Chromed Barbell Set

5KGS: 4PCS 2.5KGS: 6PCS 1.25KGS: 4PCS  
1500mm T Chromed Bar In 2 Sections: 1PC  
350mm T Chromed Bar: 2PCS  
Collar: 6PCS



**IR 91137**  
20KGS Black Painted Dumbbell Set

1.25KGS: 2PCS 2.5KGS: 2PCS  
3KGS: 2PCS  
1200MMT Curl Bar In 2 Sections W/Star Collars

**IR 91137B**  
20KGS Chromed Dumbbell Set

1.25KGS: 2PCS 2.5KGS: 2PCS  
3KGS: 2PCS  
1200MMT Curl Bar In 2 Sections W/Star Collars



**IR 91138**  
25KGS Black Painted Dumbbell Set

1KGS: 2PCS 3KGS: 2PCS  
5KGS: 2PCS  
1500MMT Bar In 2 Sections W/Star Collars

**IR 91138B**  
25KGS Chromed Dumbbell Set

1KGS: 2PCS 3KGS: 2PCS  
5KGS: 2PCS  
1500MMT Bar In 2 Sections W/Star Collars



**IR 92076**  
5KGS Adjustable Chromed Dumbbell Set  
Available: 3, 4, 5KG/PAIRS



**IR 92084**  
6KG Viny Dipping/Neoprene Dumbbell Set  
With ABS Box (0.5,1,1.5KG x 2PCS)



**IR 92089**  
Viny/Neoprene Dumbbell Set With Rack  
A: 6KG 0.5, 1, 1.5KGS x 2PCS  
B: 9KG 1, 1.5, 2KGS x 2PCS  
C: 12KG 1, 2, 3KGS x 2PCS



**IR 92089-D**  
Neoprene Dumbbell Set  
9KGS/Set  
1KG x 2PCS, 1.5KGS x 2PCS, 2KGS x 2PCS



**IR 92091**  
Cement Dumbbell With Rack  
A: 32LBS 3, 5, 8LBS x 2PCS  
B: 18KG 1, 3, 5KGS x 2PCS



**IR 92092**  
Cement Dumbbell With Rack  
A: 32LBS 3, 5, 8LBS x 2PCS  
B: 18KG 1, 3, 5KGS x 2PCS



**IR 92089-E**  
Neoprene Dumbbell Set  
32LBS/Set  
3LBS x 2PCS, 5LBS x 2PCS, 8LBS x 2PCS



**IR 92090**  
Viny/Neoprene Dumbbell Set With Rack  
A: 6KG 0.5, 1, 1.5KGS x 2PCS  
B: 9KG 1, 1.5, 2KGS x 2PCS  
C: 12KG 1, 2, 3KGS x 2PCS



# BARBELL SET



## IR 93022

### 20KGS Aerobic Cement Barbell Set

A: Colored  
B: Black  
1.25KGS: 2PCS 2.5KGS: 2PCS  
5KGS: 2PCS 1200mm Bar: 1PC

## IR 93029

### 20KGS Rubber Barbell Set

A: Black  
B: Colored  
1.25KGS: 2PCS 2.5KGS: 2PCS  
5KGS: 2PCS 1200mm Hollow Bar: 1PC

## IR 93021B

### Pro 20KG Body Pump Set

1400\*30mm Foam coated Hollow Bar  
Colorful Rubber Coated Plate: 2x1.25kg, 2x2.5kg, 2x5kg  
Pair of quick release spring collar



## IR 93021

### 20KG Pump Set

1400x30mm foam covered hollow bar, nominal weight 2.5kg;  
Coloured rubber coated weight plate,  
2x1.25kg, 2x2.5kg, 2x5kg;

## IR 93006

### 50KGS Black Painted Barbell Set

1.25KGS: 4PCS 2.5KGS: 6PCS  
5KGS: 4PCS  
1500mm T Bar: 1PCS 350mm T Bar: 2PCS  
Star Collar: 6PCS



# BARBELL SET



## IR 93010

### 80KGS Black Painted Barbell Set

1.25KGS: 4PCS 2.5KGS: 6PCS  
5KGS: 6PCS 10KGS: 2PCS  
1800mm T Bar: 1PCS 350mm T Bar: 2PCS  
Star Collar: 6PCS

## IR 93010-B

### 80KGS Grip Hammerton Barbell Set

1.25KGS: 4PCS 2.5KGS: 6PCS  
5KGS: 6PCS 10KGS: 2PCS  
1800mm T Bar: 1PCS 350mm T Bar: 2PCS  
Star Collar: 6PCS

## IR 93006-C

### 50KGS Chromed Barbell Set

1.25KGS: 4PCS 2.5KGS: 6PCS  
5KGS: 4PCS  
1500mm T Bar: 1PCS 350mm T Bar: 2PCS  
Star Collar: 6PCS



## IR 93030

### 50KGS Grip Rubber Coated Barbell Set

1.25KGS: 4PCS 2.5KGS: 6PCS  
5KGS: 4PCS  
1500mm T Bar: 1PCS 350mm T Bar: 2PCS  
Star Collar: 6PCS



## IR 93015

### 300LBS Black Painted Olympic Set

2.5LBS: 2PCS 5LBS: 4PCS  
10LBS: 2PCS 25LBS: 2PCS  
35LBS: 2PCS 45LBS: 2PCS  
OB86: 1PC Spring Clip: 2PCS



## IR 93020

### 300LBS Rubber Olympic Set

A: Black  
B: Colored  
10LBS: 4PCS 25LBS: 2PCS  
35LBS: 2PCS 45LBS: 2PCS  
OB86: 1PC Spring Clip: 2PCS



# BARBELL SET



## IR 93024

310LBS Colour Rubber Olympic Set

- A: Black
- B: Colored
- 10LBS: 4PCS
- 25LBS: 2PCS
- 35LBS: 2PCS
- 45LBS: 2PCS
- OB86: 1PC
- Clip: 2PCS



## IR 93025

132KGS Grip Rubber Olympic Set

- A: Black
- B: Colored
- 20KGS: 2PCS
- 15KGS: 2PCS
- 10KGS: 2PCS
- 5KGS: 2PCS
- 2.5KGS: 4PCS
- 1.25KGS: 2PCS
- OB86: 1PC
- Clip: 2PCS



## IR 93027

300LBS Black Deluxy PU Olympic Set

- 2.5LBS: 2PCS
- 5LBS: 4PCS
- 10LBS: 2PCS
- 25LBS: 2PCS
- 35LBS: 2PCS
- 45LBS: 2PCS
- OB86: 1PC
- Spring Clip: 2PCS



## IR 93028

300LBS Colour Deluxy PU Olympic Set

- 2.5LBS: 2PCS
- 5LBS: 4PCS
- 10LBS: 2PCS
- 25LBS: 2PCS
- 35LBS: 2PCS
- 45LBS: 2PCS
- OB86: 1PC
- Spring Clip: 2PCS



## IR 93055-C

65LBS Cement Barbell

- 20 LBS: 2PCS
- 10LBS: 2PCS
- Bar: 1PC
- Star Collar: 2PCS



## IR 93039A

20KGS Cement Barbell

- Available: 1.25KGS/2PCS
- 2.5KGS/2PCS
- 5KGS/2PCS
- Φ30X1200MM T ABS Bar

## IR 93039B

38KGS Cement Barbell

- Available: 2.5KGS/2PCS,
- 5KGS/2PCS
- 10KGS/2PCS
- Φ30X1200MM T ABS Bar

# REGULAR BAR

DIA OF BAR: Φ25/28/30MM



**IR 94001**  
86"/2200MM Regular Bar



**IR 94002**  
72"/1800MM Regular Bar



**IR 94003**  
66"/1700MM Regular Bar



**IR 94004**  
60"/1500MM Regular Bar



**IR 94005**  
47"/1200MM Regular Bar



# REGULAR BAR

DIA OF BAR:  $\Phi$ 25/28/30MM



**IR 94007**  
47"/1200MM Triceps Curl Bar

**IR 94006**  
47"/1200MM EZ Curl Bar



**IR 94015**  
86"/2200MM Regular Threaded Bar



**IR 94016**  
72"/1800MM Regular Threaded Bar



**IR 94017**  
66"/1800MM Regular Threaded Bar



**IR 94018**  
60"/1500MM Regular Threaded Bar



**IR 94080**  
47"/1200MM Threaded Triceps Curl Bar



**IR 94019**  
47"/1200MM Threaded EZ Curl Bar



**IR 94013**  
1200MM T ABS Bar



**IR 94005H**  
1200MM Soft Grip Bar



DIA OF BAR:  $\Phi$ 25/28/30MM

# REGULAR BAR



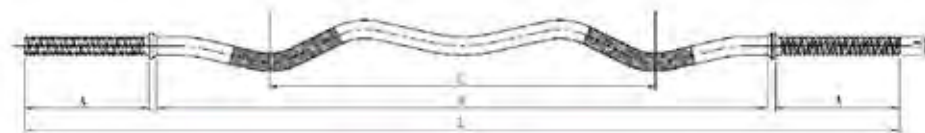
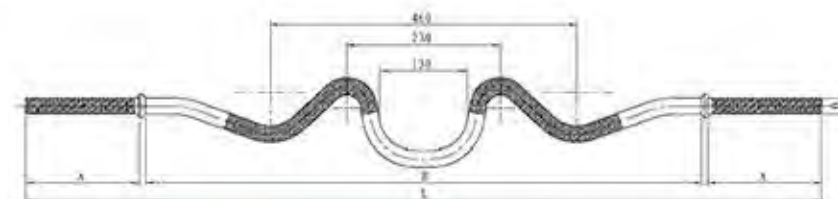
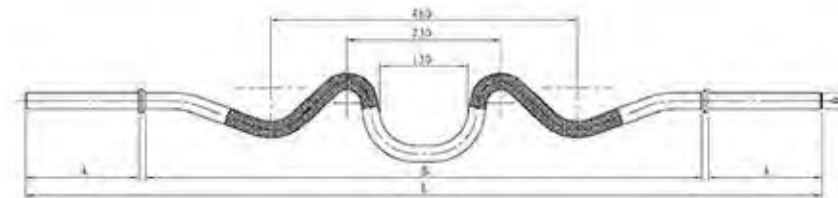
**IR 94009**  
34" Solid Regular Bar



**IR 94009H**  
34" Hollow Regular Bar



**IR 94010**  
34" Regular Threaded



DESC.	SIZE (MM)			DIA. (MM)			
	L	A	B	D1	D2	D3	D4
RB47EZ	1194	170	830	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
RB48EZ	1219	170	855	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30

DESC.	SIZE (MM)				DIA. (MM)			
	L	A	B	C	D1	D2	D3	D4
RB47 CURL	1194	170	830	530	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
RB48 CURL	1219	170	855	530	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
RB1200	1200	170	836	530	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30



**IR 94020**  
16"/400MM Regular Bar



**IR 94021**  
14"/350MM Regular Bar



**IR 94023**  
16"/400MM Regular Threaded Bar



# REGULAR BAR

DIA OF BAR:  $\Phi$ 25/28/30MM



**IR 94022**  
14"/350MM Regular Threaded Bar



**IR 94024**  
14"/350MM Regular Rubber Handle Bar



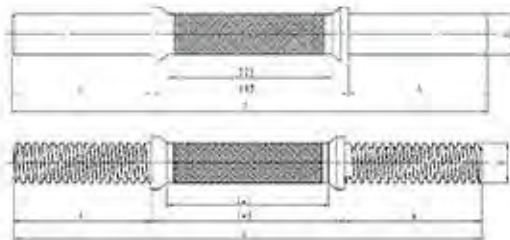
**IR 94012-A**  
16"/T ABS Bar



**IR 94025**  
14"/350MM Regular Rubber Handle Hollow Bar



**IR 94012C** 14"/T ABS Bar



DESC.	SIZE(MM)		DIA.(MM)			
	L	A	D1	D2	D3	D4
SDA-14/T	356	105.5	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
SDA-15/T	381	118	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
SDA-16/T	406	130.5	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
SDA350/T	350	102.5	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
SDA-400/T	400	127.5	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30



**IR 94065**



**IR 94063**



**IR 94033**



**IR 94059**



**IR 94060**



**IR 94061**



**IR 94014**  
45"/T 3-Section Bar



**IR 94081**  
1500MM T  
3-Section Bar



**IR 94027**



**IR 94028**

# OLYMPIC BAR



**IR 94031**  
Power Bar  
Steel Sleeve Heat Treatment Grip Bar  
Smooth Bearing Inside  
Max Loading:1500LBS/700KGS  
Length:2200MM



**IR 94039**  
Heavy Duty Olympic Bar  
Heat Treatment Grip Bar  
Max Loading:1000LBS Length:2200MM



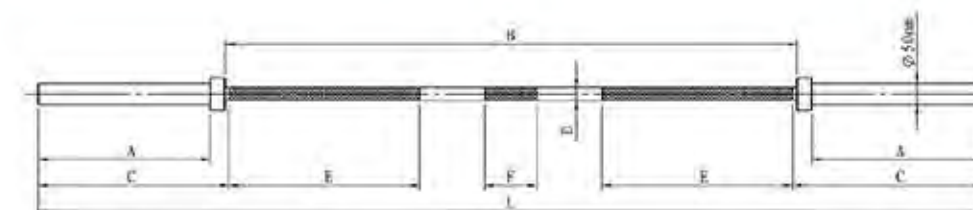
**IR 94054**  
Olympic Bar  
Max Loading:700LBS Length:2200MM



**IR 94052**  
72" Olympic Bar



**IR 94051**  
60" Olympic Bar



DESC.	SIZE(MM)						DIA.(MM)			
	L	A	B	C	E	F	D1	D2	D3	D4
OB86	2178	395	1308	435	440	120	/	/	$\Phi$ 28	$\Phi$ 30
OB72	1830	305	1140	345	290	/	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
OB60	1524	270	914	305	200	/	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
OB20	508	170	118	195	118	/	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30
OB1200	1200	170	810	195	140	/	$\Phi$ 25	$\Phi$ 25.4	$\Phi$ 28	$\Phi$ 30



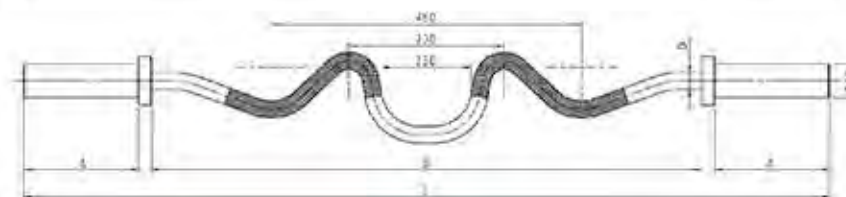




**IR 94047**  
47" EZ Curl Bar



**IR 94050**  
48" Olympic Tricep Curl Bar



DESC.	SIZE (MM)				DIA. (MM)			
	L	A	B	C	D1	D2	D3	D4
OB47	1194	170	814	530	φ25	φ25.4	φ28	φ30
OB48	1219	170	839	530	φ25	φ25.4	φ28	φ30
OB47EZ	1194	170	814	/	φ25	φ25.4	φ28	φ30
OB48EZ	1219	170	839	/	φ25	φ25.4	φ28	φ30



**IR 94046**  
34" Olympic Tricep Bar



**IR 94045**  
20" Olympic Bar



**IR94186Z**  
Olympic Bar

86" / 220cm; Dia.: 28mm Max. Loading: 1500LBS; Complete Black Zinc Plated; 10 Needle Bearing; Weight: 20KGS



**IR94186CZ**  
Olympic Bar

86" / 220cm; Dia.: 28mm Max. Loading: 1500LBS; Hard Chrome Plated Sleeve, Black Zinc Plated Grip 10 Needle Bearing; Weight: 20KGS



**IR94186C**  
Olympic Bar

86" / 220cm; Dia.: 28mm Max. Loading: 1500LBS; Complete Hard Chrome Plated; 10 Needle Bearing; Weight: 20KGS



**IR94179Z**  
Olympic Bar

79" / 201cm; Dia.: 25mm Max. Loading: 1000LBS; Complete Black Zinc Plated; 10 Needle Bearing; Weight: 15KGS



**IR94179CZ** Olympic Bar

79" / 201cm; Dia.: 25mm Max. Loading: 1000LBS; Hard Chrome Plated Sleeve, Black Zinc Plated Grip; 10 Needle Bearing; Weight: 15KGS



**IR94179C** Olympic Bar

79" / 201cm; Dia.: 25mm Max. Loading: 1000LBS; Complete Hard Chrome Plated; 10 Needle Bearing; Weight: 15KGS



**IR94172C**  
Olympic Bar

72" / 180cm; Dia.: 28mm Complete Hard Chrome Plated; 2 Needle Bearing



**IR94160C**  
Olympic Bar

60" / 150cm; Dia.: 28mm Complete Hard Chrome Plated; 2 Needle Bearing





**IR94148C**  
Olympic Bar  
48"; Dia.: 28mm  
Complete Hard Chrome Plated; 2 Needle Bearing



**IR94147CC**  
Olympic Bar  
47" / 120cm; Dia.: 28mm  
Complete Hard Chrome Plated; 2 Needle Bearing



**IR94147C**  
Olympic Bar  
47" / 120cm; Dia.: 28mm  
Complete Hard Chrome Plated; 2 Needle Bearing



**IR94134C**  
Olympic Bar  
34" / 86cm; Dia.: 28mm  
2 Needle Bearing



**IR94120C**  
Olympic Bar  
20" / 50cm; Dia.: 28mm  
Complete Hard Chrome Plated; 2 Needle Bearing



**IR94083**  
Olympic Bar  
56" / 140cm

**IR94083B**  
Olympic Bar  
60" / 150cm

**IR94083C**  
Olympic Bar  
64" / 160cm

**IR94083D**  
Olympic Bar  
72" / 180cm

**IR94083E**  
Olympic Bar  
86" / 220cm



**IR94087**  
Olympic Bar  
47" / 120cm



**IR94088**  
Olympic Bar  
60" / 150cm



**IR94172AL**  
Olympic Bar  
72" / 180cm; Aluminum Bar  
Max. Loading: 100LBS



**IR94084**  
Olympic Bar  
86" / 220cm



**IR95026B**  
Pro Seated Row&Chin Up Bar  
7" / 18cm



**IR95023B**  
Pro Balanced Bar  
16" / 40.5cm



**IR95020B**  
Pro Revolving Straight Bar  
20" / 52.5cm



**IR95017B**  
Pro Revolving Curl Bar  
28" / 70cm



**IR95027B**  
Pro Lat Bar  
34" / 86cm



**IR95015B**  
Pro Lat Bar  
48" / 120cm





**IR 95015**  
48" Solid Lat Bar

**IR 95018**  
38" Solid Lat Bar

**IR 95019**  
20" Solid Lat Bar

**IR 95023**



**IR 95016**  
38" Solid Lat Bar

**IR 95020**  
20" Solid Lat Bar

**IR 95024**

**IR 95017**  
28" Solid Lat Bar



**IR 95021**

**IR 95022**

**IR 95025**



**IR 95026**

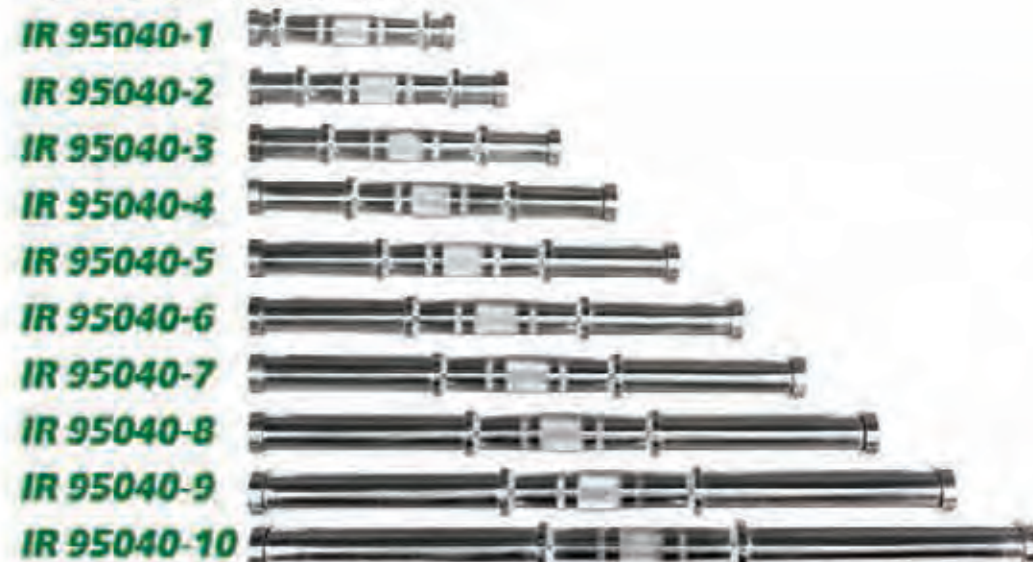
**IR 95069**

**IR 95104**



**IR 96027**  
Barbell Rack  
N/O Accessories

**SDH Dumbbell Bar**



**IR 95040-1**

**IR 95040-2**

**IR 95040-3**

**IR 95040-4**

**IR 95040-5**

**IR 95040-6**

**IR 95040-7**

**IR 95040-8**

**IR 95040-9**

**IR 95040-10**

**IR 93023-A**  
Training Bar  
(3-7KGS)



**SBH Barbell Bar**



**IR 95055-1**

**IR 95055-2**

**IR 95055-3**

**IR 95055-4**

**IR 95055-5**

**IR 95055-6**

**IR 95055-7**

**IR 93023-B**  
Training Bar  
1.5LBS, 2LBS,  
2.5LBS, 3LBS







### IR 96031

#### Barbell Rack

Building Size: 80x80x138CM  
N.W./G.W.: 54.5/58KGS  
CTN Size: 144x59x20CM



### IR 96014

#### Plate Tree For Olympic Plates

Building Size: 61.5x45x85CM  
N.W./G.W.: 9/10KGS  
CTN Size: 94x69x10CM  
FCL20'/40': 430x890PCS



### IRSH 1011

#### Weight Plate Tree

Dimension(LxWxH): 67x67x116CM  
N.W./G.W.: 32KG/37KG  
Package: Carton  
Package Size: 119x70x70CM



### IRSH 86031

#### Weight Plate Tree

Building Size: 120x68x122CM  
N.W./G.W.: 22.5/25KGS  
CTN Size: 124x121x19.5CM  
FCL20'/40': 93x193PCS



### IR 96025

#### Dumbbell Rack

Building Size: 50x46x121CM  
N.W./G.W.: 21KG/24KG  
CTN Size: 127.5x56.5x27.5CM



### IR 96013

#### Plate Tree For Regular Plates

Building Size: 61x45x85CM  
N.W./G.W.: 8/9KGS  
CTN Size: 94x69x10CM



### IR 1303

#### Barbell Rack

Building Size: 121x89x148CM  
N.W./G.W.: 73KG/85KG



### IRSH 86033

#### Barbell Rack

Building Size: 192x87x128CM  
N.W./G.W.: 55/58KGS  
CTN Size: 140x69x17.5CM  
FCL20'/40': 165x340PCS





**IR 96041B**  
**Kettlebell Rack**

Dimension(LxWxH): 141x65x77CM  
Package: Carton  
Package Size: 1# 91x70x15CM  
2# 144.5x33.5x19.5CM  
N.W./G.W.: 1# 17kg/18.5kg 2# 48kg/51.5kg



**IR 1304**  
**Dumbbell Rack**

Dimension(LxWxH): 242x73x82.5CM  
N.W./G.W.: 93KG/100KG  
Package: Carton



**IR 96042**  
**Training Bar Rack**



**IR 96043**  
**Gym Ball Rack**

(W/O Gym Ball)  
Building Size: 114X114X124CM  
N.W./G.W.: 9.5X11KGS  
CTN Size: 130X93X15CM



**IR 96045**  
**Exercise Mat Rack**

(W/O Mat)  
Building Size: 68X50X205CM  
N.W./G.W.: 15.5X17KGS  
CTN Size: 205X31X7.5CM



**IR 96046**  
**Medicine Ball Rack**

(W/O Medicine Ball)



**IR 96047**  
**Skip Rope Rack**

(W/O Skip Rope)  
Building Size: 66X66X172CM  
N.W./G.W.: 15X17KGS  
CTN Size: 66X64X172CM



**IRDR 1404**  
**Dumbbell Rack**

Building Size: 248x117x77CM  
N.W./G.W.: 143/155KG



**IR 96032**  
**Barbell Rack**

Building Size: 226x128x176CM  
N.W./G.W.: 155/162KGS  
CTN Size: 1# 134x130x50CM  
2# 92X80X12CM  
3# 92X80X12CM