

ZIVA®



2025.26

**STRENGTH
FOR HOME**



ZIVA® is an elite-performance sports and wellness brand. Distilled to its essence, our brand is driven by the peace of harmony and the joy of living, expressed most powerfully for us through sport, movement, and strength. This essential drive underpins our efforts to improve the physical and mental health of people all around the world.

This philosophy is reflected in our name. The “ZI” in ZIVA comes from the name of the founder of Daoism, an ancient Eastern religion that emphasizes harmony; living in accord with both the nature around you, and with your own nature; and cultivating an attitude of gratitude and happiness by following what it refers to as “The Way.” The “VA” in ZIVA is the second half of the Spanish word “viva,” which means to live fully, to strive with all your heart, and which is an exclamation proclaiming the absolute joy of life and all that it entails.

Our philosophy is embodied in our products. Their premium, progressive design is made to exist in beautiful, artful harmony with high-class gyms and modern homes while their rugged, high-performance functionality invites movement and energetic exertion.

And our philosophy is lived by every team member every day as we work in harmony with one another, joyously striving to bring holistic fitness to the world.

This is ZIVA and our WAY TO LIVE.



OUR STORY

The ZIVA® Journey began in 2008 in a single, out-of-the-way gym where from our earliest days, we sought to provide athletes and fitness enthusiasts with a transformational platform that could empower their fitness journey.

The things we practiced in the gym forged the values at the core of our company: innovation, inspiration, and precision. Our business has changed radically over the past decade and a half; we still have that out-of-the-way gym, but it's now part of the HQ of a global corporation where we coordinate design, manufacturing, marketing, and shipping of over 1,000 SKUs in over 80 markets.

Though we have grown, we will never outgrow the values we first formed in the gym. Today those values are expressed in our products with innovative solutions, inspirational designs, and precision manufacturing.

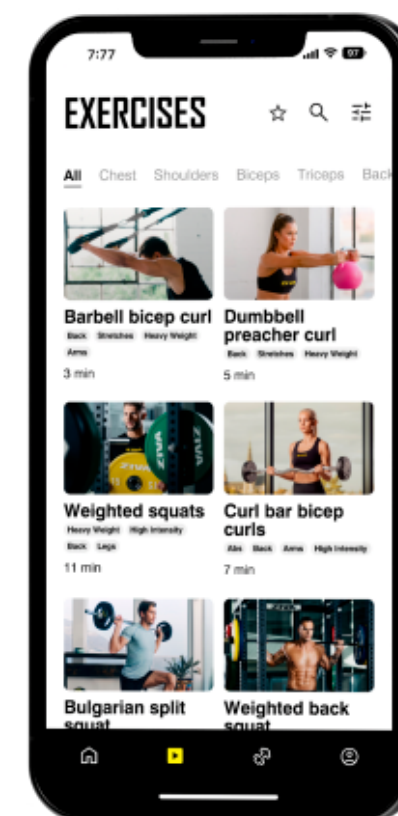
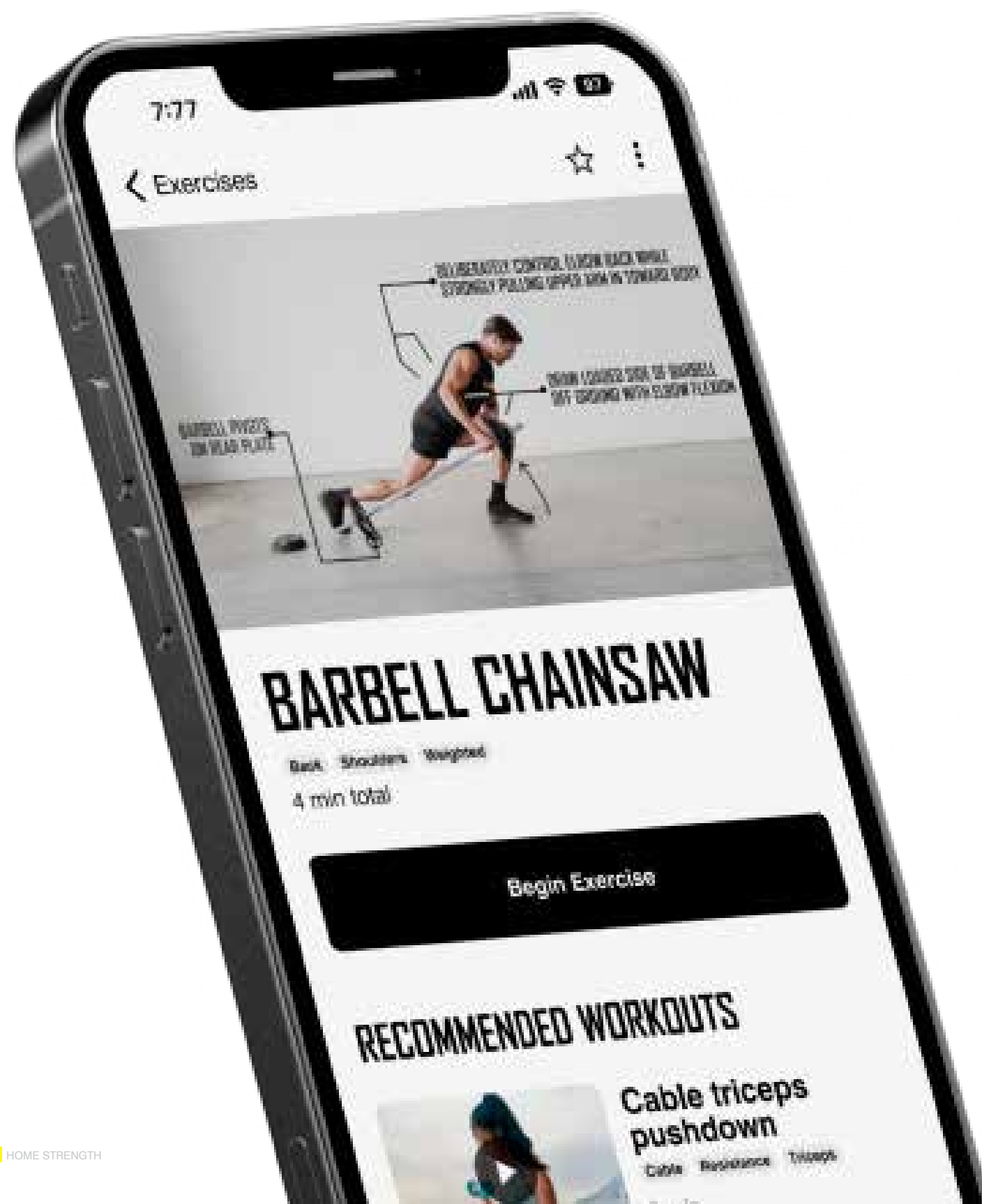


OUR WORK

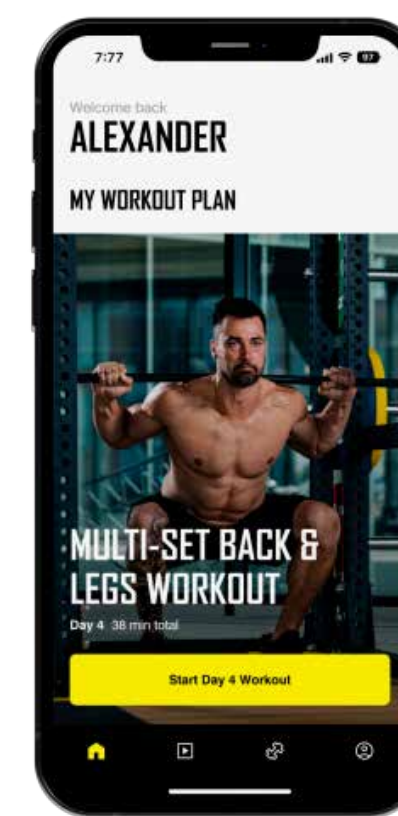
We create commercial products tailor-made for the world's most recognizable gyms as well as gorgeous equipment made especially for at-home training. We are renowned for our outstanding quality, inspiring product design, and the refreshing solutions we deliver. We partner with athletes and associations that stand at the pinnacle of the fitness world. We publish compelling content that excites and energizes while it educates. Our team is powerful, passionate, and positive, and we are driven to innovate, iterate, and improve.



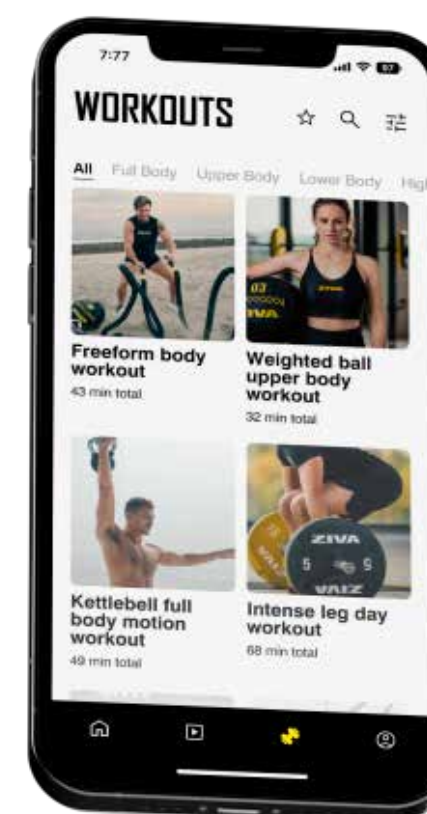
ALL NEW TRAINING CLUB APP



OVER 100 EXERCISES



CATERED TO YOUR GOALS



CUSTOM WORKOUT PLANS



WEIGHTED BALL CRUNCHERS

Back Shoulders Weighted
7 min total



15 COMMON WORKOUT PRODUCTS

ZIVA® TRAINING CLUB

At ZIVA, our aim isn't just to grow a fitness business, it's to build a fitness legacy that ensures the future vitality of the industry we love so much. That's why we invest so heavily in high quality content, including exciting, engaging instruction for at-home athletes, and elite-level professional education and programs for the fitness pros using our equipment in commercial settings every day to improve the lives of those they train.

The ZIVA Training Club is a constantly growing worldwide collaboration of top-level trainers, innovators, and competitors making training content that uses proven methodologies, science-based programming, and fantastic production values that deeply engage athletes at all levels. Curated by our Director of Education, the content found here features professional ZIVA trainers, brand ambassadors, and presenters who deliver world-class training that turns every viewer into a VIP client.

ZEL ZIVA EXERCISE LIBRARY

This yellow icon identifies home and commercial products featured in the ZIVA Exercise Library. The ZIVA Exercise Library is an online database of exercise demos and tutorials built around ZIVA kit to inspire fresh approaches to exercise while mitigating unnecessary risk of injury.

ZEP ZIVA EXERCISE PROGRAMMING

The gray ZEP icon marks home and commercial products featured in programmed exercise templates built to guide enthusiasts and trainers through sample workouts and routines. ZIVA Exercise Programming content may be presented in printed or video formats.



ZIVA® AND THE COMMITMENT TO SUSTAINABILITY

Since our very inception, the ZIVA® vision of wellness has been holistic, compromising not only mental, physical, and spiritual health, but the health of the world around us, as well. We have lived our commitment to sustainability from the first ZIVA showroom – One Wellness – which was designed to be carbon neutral all the way back in 2008. It was the very 1st carbon neutral gym in Asia, and the 2nd in the world. Before many had heard of carbon neutrality, it was a personal point of pride for us and a symbol of our commitment to a better world. We renew that commitment every year, using ever more environmentally friendly materials up and down our supply chain.

Today, 100% of our retail packaging is cardboard made from 100% recycled paper and 100% water-based inks. This makes our packaging completely compostable and biodegradable. Within the next year, we will have phased out all plastic in our packaging, as well, making less waste and a more positive impact.

But there's more to sustainability than just packaging. We're also working to tackle waste and improve efficiency in other ways. We're reconfiguring our manufacturing processes, making them leaner and cleaner. We're installing the infrastructure necessary to achieve total carbon neutrality in our China HQ by 2024, and investing to make our factories and our entire supply chain carbon neutral by 2030.

However, we know that we can't do it alone; to create a greener future, we need the help of those who will inherit it. That's the impetus behind out Gym in a Box, a program that puts sustainably produced ZIVA workout gear into schools where young athletes can share in our commitment to their health and to the health of the great wide world. This commitment to sustainability is a natural extension of the ZIVA Way to Live.





FREE WEIGHTS

The timeless training tools that have inspired fitness revolutions throughout the ages and throughout the world. Dumbbells, barbells, weight discs, and more form the foundation of strength and hypertrophy training.

ZIVA HEXAGON DUMBBELL

Built to survive big box gyms but designed for superior at-home performance—the ZIVA® Hexagon Dumbbell brings commercial quality to your home workouts. Crafted with solid steel heads and coated for exceptional durability, these dumbbells absorb impact while protecting your floors, equipment, and hands. Whether you’re lifting heavy or moving fast, the protective coating offers a slight bounce, reducing wear and extending the life of your weights. The chrome-finished, knurled handles provide a secure, comfortable grip, helping you maintain full control through every rep. Plus, with large, easy-to-read weight markings, you can quickly grab the right pair and focus on your workout. Built to withstand sweat, scratches, corrosion, and daily use, these dumbbells are tough enough for the gym, but designed for your home.



Order Code	Item Description	Order Code	Item Description
EPS-DBPC-6110S	ZIVA Hexagon Dumbbell 2.5kg	EPS-DBPC-6116S	ZIVA Hexagon Dumbbell 17.5kg
EPS-DBPC-6111S	ZIVA Hexagon Dumbbell 5kg	EPS-DBPC-6117S	ZIVA Hexagon Dumbbell 20kg
EPS-DBPC-6112S	ZIVA Hexagon Dumbbell 7.5kg	EPS-DBPC-6118S	ZIVA Hexagon Dumbbell 22.5kg
EPS-DBPC-6113S	ZIVA Hexagon Dumbbell 10kg	EPS-DBPC-6119S	ZIVA Hexagon Dumbbell 25kg
EPS-DBPC-6114S	ZIVA Hexagon Dumbbell 12.5kg	EPS-DBPC-6120S	ZIVA Hexagon Dumbbell 27.5kg
EPS-DBPC-6115S	ZIVA Hexagon Dumbbell 15kg	EPS-DBPC-6121S	ZIVA Hexagon Dumbbell 30kg

Coating		Eco Friendly Polypro
Handle		Premium chrome handle
Increments		2.5kg increments
Product Color		Black / Yellow / Grey
Warranty		Limited 2 year warranty



ZIVA 5-PAIR HEXAGON DUMBBELL RACK

A well-organized home gym makes every workout more efficient and enjoyable, and the ZIVA® 5-Pair Hexagon Dumbbell Rack is designed to keep your dumbbells neatly stored and easily accessible. With a compact footprint, this rack holds up to 5x pairs of Hexagon Dumbbells, offering a sleek, space-saving solution for strength training at home. Blending style with function, this rack perfectly complements ZIVA's premium aesthetic, making it a refined addition to any home gym. Its ergonomic design allows for quick, effortless access to weights, so you can focus on your workouts without unnecessary hassle. Whether you're training for strength, endurance, or HIIT, the ZIVA 5-Pair Hexagon Dumbbell Rack is a must-have for an organized and professional-looking home gym setup.



Order Code	Item Description
EPS-DBST-5139	ZIVA 5-Pair Hexagon Dumbbell Rack

Specifications		Made with light commercial grade steel tube, PP end caps, hard wearing and scratch resistant powder coating
Product Color		 Black powder-coated finish
Storage		Fits up to 5 pairs of Hexagon dumbbells up to 25kg
Dimensions		L:89cm x W:49cm x H:80cm - 20kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA 10-PAIR HEXAGON DUMBBELL RACK

Keep your home gym organized and efficient with the ZIVA® 10-Pair Dumbbell Rack, designed to maximize space without sacrificing accessibility. This heavy-duty, high-capacity rack securely holds up to 10x pairs of dumbbells, making it easy to keep your training area clutter-free and workout-ready. Featuring ergonomically angled shelves, this rack allows for safe, effortless loading and unloading, reducing strain and making transitions between sets smoother. Built from heavy-gauge steel, it delivers long-lasting durability, while its sleek, modern design seamlessly integrates into any home gym setup. Specially crafted to complement ZIVA Hexagon Dumbbells, this rack offers a clean, professional aesthetic while keeping your weights exactly where you need them.



Order Code	Item Description
EPS-DBST-2615	ZIVA 10-Pair Hexagon Dumbbell Rack

Specifications		Made with light commercial grade steel tube, PP end caps, hard wearing and scratch resistant powder coating
Product Color		 Black powder-coated finish
Storage		Fits up to 10 pairs of Hexagon dumbbells up to 30kg
Dimensions		L:144cm x W:55cm x H:91cm - 41kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



ZIVA TRIBELL

A reinvention of the classic lightweight dumbbell, the ZIVA® Tribell brings innovation, function, and durability to your home gym. Designed with a unique three-sided shape, it stays exactly where you put it—no rolling, no shifting—so it’s ready when you are. Whether on a mat, a wood floor, or an uneven surface, this smart design eliminates misplacement, keeping your focus on form and performance. Encased in an ultra-durable, scratch-, scuff-, and tear-resistant coating, the ZIVA Tribell is built to withstand daily training and high-intensity use, maintaining its sleek, modern look over time. The soft-contoured knurling along the entire handle ensures a secure, comfortable grip, even when fatigue sets in—so you can lift with confidence from start to finish. Designed for stability, durability, and total grip control, the ZIVA Tribell is a must-have for serious home gym athletes looking for a versatile, reliable, and no-fuss strength-training tool.



Order Code	Item Description	Order Code	Item Description
EPS-PC10-3101S	ZIVA Tribell 1kg	EPS-PC60-3106S	ZIVA Tribell 6kg
EPS-PC20-3102S	ZIVA Tribell 2kg	EPS-PC70-3107S	ZIVA Tribell 7kg
EPS-PC30-3103S	ZIVA Tribell 3kg	EPS-PC80-3108S	ZIVA Tribell 8kg
EPS-PC40-3104S	ZIVA Tribell 4kg	EPS-PC90-3109S	ZIVA Tribell 9kg
EPS-PC50-3105S	ZIVA Tribell 5kg	EPS-PC00-3110S	ZIVA Tribell 10kg

Coating		Eco Friendly Polypro
Handle		Eco Friendly Polypro
Increments		1kg increments
Product Color		Black / Yellow
Warranty		Limited 1 year warranty

ZIVA NEOPRENE TRIBELL

Designed for comfort, durability, and control, the ZIVA® Neoprene Tribell is a home workout essential for those who want low-impact, high-intensity resistance training without compromising on quality or performance. Featuring a sleek, non-slip neoprene coating, this innovatively shaped dumbbell provides a secure, comfortable grip that won't slip—even as fatigue sets in. Its precision-calibrated weight distribution ensures a balanced feel, preventing sore spots and callouses so you can train longer, recover faster, and stay focused on your workout. Engineered to commercial-grade standards, the ZIVA Neoprene Tribell is built to withstand years of daily training, making it a reliable addition to any home gym. Whether you're sculpting lean muscle, adding resistance to your favorite workouts, or increasing endurance, this versatile, easy-to-handle weight keeps up with your fitness goals.



Order Code	Item Description	Order Code	Item Description
EPS-NPHX-6969S	ZIVA Neoprene Tribell 1kg	EPS-NPHX-6975S	ZIVA Neoprene Tribell 5kg
EPS-NPHX-6970S	ZIVA Neoprene Tribell 1.5kg	EPS-NPHX-6976S	ZIVA Neoprene Tribell 6kg
EPS-NPHX-6971S	ZIVA Neoprene Tribell 2kg	EPS-NPHX-6977S	ZIVA Neoprene Tribell 7kg
EPS-NPHX-6972S	ZIVA Neoprene Tribell 2.5kg	EPS-NPHX-6978S	ZIVA Neoprene Tribell 8kg
EPS-NPHX-6973S	ZIVA Neoprene Tribell 3kg	EPS-NPHX-6979S	ZIVA Neoprene Tribell 9kg
EPS-NPHX-6974S	ZIVA Neoprene Tribell 4kg	EPS-NPHX-6980S	ZIVA Neoprene Tribell 10kg

Specification		Neoprene surface coating
Handle		Neoprene surface coating
Increments		0.5kg increments from 1-3kg, 1kg increments from 3-10kg
Product Color		Black / White Grey / White Yellow / White
Warranty		Limited 1 year warranty



ZIVA OLYMPIC BAR

A true strength-training essential, the ZIVA® Olympic Bar is built for smooth, controlled lifts and long-lasting durability—a must-have addition to any serious home gym or training space. Fitted with needle roller bearings, this bar delivers effortless, even rotation, reducing strain on wrists and allowing for fluid, powerful movements in every lift. The grip-assisting knurling provides a secure, confident hold, while any of the sleek finishes have been chosen to add a modern, understated edge to your home setup. Designed to fit all Olympic-sized weight discs, the ZIVA Olympic Bar features capped ends for reduced maintenance, ensuring years of consistent performance. Whether you're building raw strength or refining technique, this bar is engineered to elevate your home gym experience with commercial quality.



Order Code	Item Description	Order Code	Item Description
EPS-LBHC-2350-SV	ZIVA Olympic Bar 2.2m (7')	EPS-HCOB-2988-BKYL	ZIVA Olympic 2.2m (7') Yellow Bar W/ Black Sleeves
EPS-LBHC-2350-BK	ZIVA Olympic Bar 2.2m (7')	EPS-HCOB-2988-BKGY	ZIVA Olympic 2.2m (7') Grey Bar W/ Black Sleeves
EPS-HCOB-2969-BKYL	ZIVA Olympic 2.01m Yellow Bar With Black Sleeves (6.5')		
EPS-HCOB-2969-BKGY	ZIVA Olympic 2.01m Grey Bar With Black Sleeves (6.5')		

Coating		Premium hard chrome coated 50mm sleeves
Handle		Knurled grips with needle bearings for smooth and even rotation
Product Color		Black oxide Chrome Yellow / Black Grey / Black
Weight Loading		330kg
Warranty		Limited 1 year warranty

ZIVA OLYMPIC EZ CURL BAR

The ZIVA® Olympic EZ Curl Bar is built to take your arm training to the next level, offering a more natural grip, greater arm muscle activation, and reduced wrist strain—all in a compact, Olympic-ready design especially made for home gyms. Engineered for comfort and efficiency, this bar's ergonomic curves allow for better arm muscle engagement while easing strain on your wrists, making it perfect for high-volume, heavyweight training. The precision knurling ensures a secure, slip-resistant grip, while the 1.2m length delivers the control and versatility of a barbell with a smaller footprint. Designed for Olympic-sized weight plates, the ZIVA EZ Curl Bar features a scratch- and flake-resistant coating and capped ends, making maintenance effortless so you can stay focused on your lifts—not your equipment.



Order Code	Item Description	Order Code	Item Description
EPS-HCOB-2966-BK	ZIVA Olympic Black EZ Curl Bar 1.2m	EPS-OBCC-0436	ZIVA Olympic Clamp Collars
EPS-HCOB-2966-BKYL	ZIVA Olympic Yellow EZ Curl Bar 1.2m	EPS-OBST-0373	ZIVA Olympic Spring Collar 100g

Coating		Premium hard chrome coated
Handle		Knurled grips with bearings for smooth and even rotation
Color Options		Black oxide Yellow / Black
Weight Loading		200kg
Warranty		Limited 1 year warranty

ZIVA GRIP DISC

The foundation of all strength, ZIVA® Grip Discs are designed for durability, versatility, and effortless handling, making them an essential for at-home strength training. Built with an ultra-durable steel core and coated with a wear- and tear-resistant finish, these plates stand up to years of heavy lifting while protecting your equipment and floors. With ergonomically designed grips on three sides, these discs allow for seamless weight changes, controlled lifts, and functional movements beyond the barbell. Large, high-visibility weight markings ensure quick selection so you can focus on your next lift—not searching for the right plate. From classic barbell lifts to dynamic strength-building functional movements, ZIVA Grip Discs are the building blocks of stronger bodies—built to last in commercial gyms and made to perform for at-home athletes.



Order Code	Item Description	Order Code	Item Description
EPS-DCPC-4971	ZIVA Grip Disc 1.25kg	EPS-DCPC-4975	ZIVA Grip Disc 15kg
EPS-DCPC-4972	ZIVA Grip Disc 2.5kg	EPS-DCPC-4976	ZIVA Grip Disc 20kg
EPS-DCPC-4973	ZIVA Grip Disc 5kg	EPS-DCPC-4977	ZIVA Grip Disc 25kg
EPS-DCPC-4974	ZIVA Grip Disc 10kg		

Coating		Eco Friendly Polypro
Increments		1.25kg, 2.5kg, 5kg and 5kg increments from 5 - 25kg
Product Color		Black / Yellow / White
Warranty		Limited 1 year warranty

ZIVA BUMPER PLATE

Designed for intense training and heavy lifting, ZIVA® Bumper Plates deliver unmatched durability, resilience, and safety, making them an essential for HIIT, Cross-Training, and Olympic lifting. Each plate features a precision-calibrated iron core, encased in an ultra-durable, high-density coating that absorbs impact, reduces noise, and protects your floors, equipment, and barbell. The Olympic-sized chrome-plated hubs are wear-, rust-, and corrosion-resistant, ensuring smooth, secure loading every time. Whether you’re performing high-rep Olympic lifts, explosive power training, or heavy squats, these plates are designed to bounce back—not break down. The beveled edges make handling effortless, while the resilient surface minimizes scuffs and scratches, keeping your home gym or training space looking sharper, longer.



Order Code	Item Description	Order Code	Item Description
EPS-RBBP-7500	ZIVA Bumper Plate 5kg	EPS-RBBP-7503	ZIVA Bumper Plate 20kg
EPS-RBBP-7501	ZIVA Bumper Plate 10kg	EPS-RBBP-7504	ZIVA Bumper Plate 25kg
EPS-RBBP-7502	ZIVA Bumper Plate 15kg		

Coating		Premium rubber surface coating
Increments		5kg increments
Product Color		Black / Yellow Yellow / Black
Warranty		Limited 1 year warranty



ZIVA STANDARD GRIP DISCS

From rehab and prehab to full-body strength training, ZIVA® Standard Grip Discs pave the way for those setting out on the resistance training journey. Designed to fit studio barbells and dumbbells, these plates provide versatility, durability, and easy handling for at-home athletes at every level. Coated in an eco-friendly, rust-, wear-, and corrosion-resistant finish, these discs stay looking newer, longer, standing up to repeated use in even the most high-energy training environments. Ergonomic grip handles on both sides allow for seamless transitions between movements, while large, high-visibility weight numbers make selection quick and effortless—even in the heat of an intense workout. Whether you're working on muscle isolation, complex compound lifts, or foundational functional strength, ZIVA Standard Grip Discs are designed to perform, protect, and last.

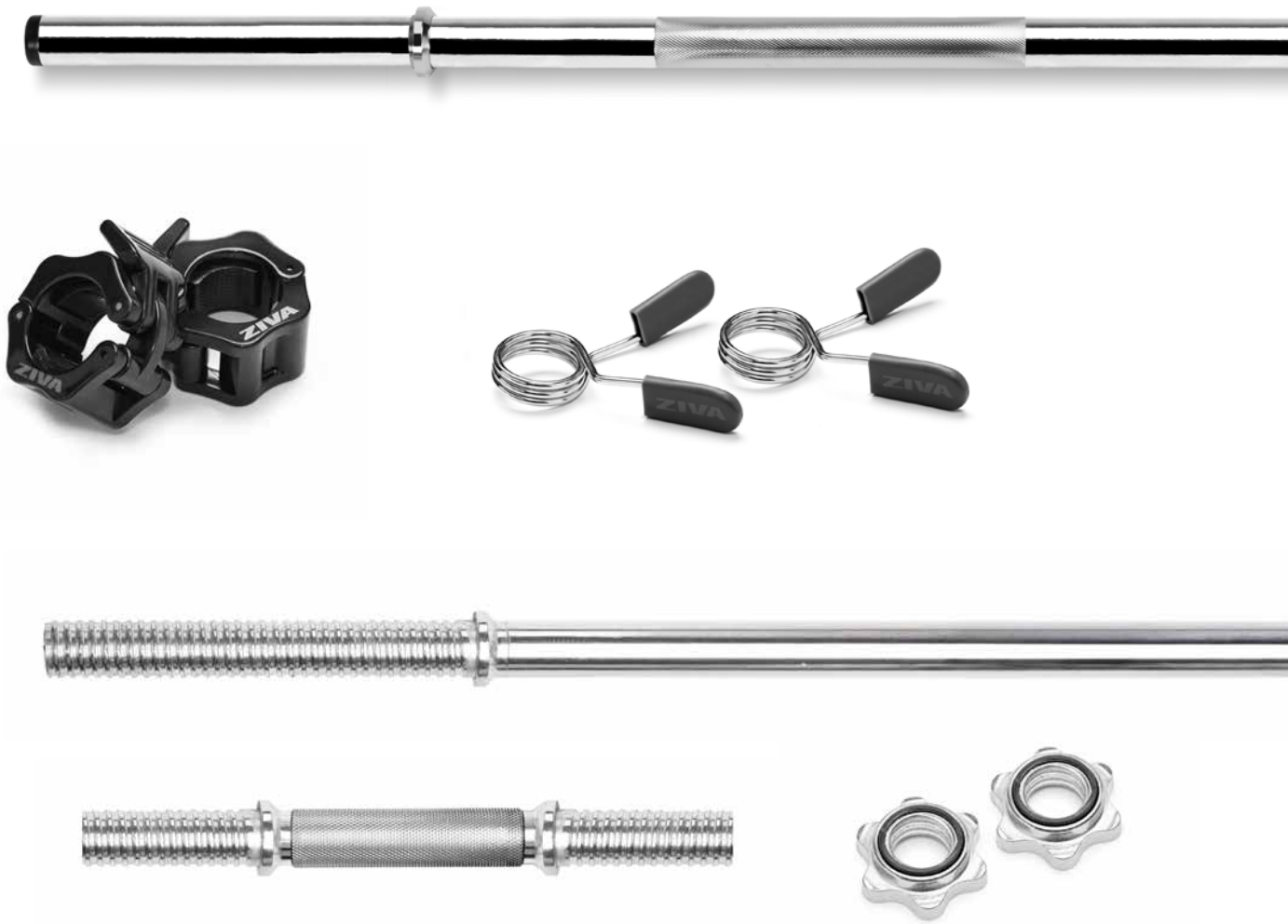


Order Code	Item Description	Order Code	Item Description
EPS-PCBS-8029	ZIVA Standard Grip Disc 1.25kg	EPS-PCBS-8031	ZIVA Standard Grip Disc 5kg
EPS-PCBS-8030	ZIVA Standard Grip Disc 2.5kg	EPS-PCBS-8032	ZIVA Standard Grip Disc 10kg

Coating		Eco Friendly Polypro
Product Color		 Black / Yellow / Grey
Warranty		Limited 1 year warranty

ZIVA STANDARD CHROME BAR 1.5M (5')

The ZIVA® Standard Chrome Bar (1.5m/5') is the foundation on which to begin building any resistance training program. It offers versatility, durability, and performance for lifters of all levels. Whether you're working on muscle isolation, compound movements, or Olympic lifts, this bar can handle it all. Coated in a rust-, wear-, and corrosion-resistant chrome finish, it's designed to withstand heavy training while maintaining its sleek, polished look. Strategically placed knurling provides a secure grip for enhanced control during bench presses, deadlifts, and isolation exercises, helping you lift with confidence. For added security, the ZIVA Standard Chrome Bar can be used with either lockjaw or spring collars, ensuring that your weights stay secure and stable throughout every lift whatever your preference. Whether in a home gym or a commercial setting, this bar delivers pro-level performance with a space-efficient design.



Order Code	Item Description	Order Code	Item Description
EPS-LBHC-2360	ZIVA Performance Chrome Bar 1.5m (5')	EPS-LBHC-2399	ZIVA Spin-Lock Chrome Bar 1.5m (5')
EPS-STCL-0438	ZIVA Standard Clamp Collar	EPS-LBHC-0574	ZIVA 14" Spinlock Dumbbell
EPS-OBST-8015	ZIVA Standard Spring Collar	ZES-CIBB-0577	ZIVA Chrome Spinlock

Handle		Premium chrome bar
Product Color		 Chrome
Warranty		Limited 1 year warranty



BENCHES

Benches are the stage on which some of the most impactful exercises are practiced. The best benches balance safety, stability, strength, functionality, and comfort.



ZIVA FUNCTIONAL BENCH WITH ACCESSORY PACK

A bench, a storage unit, and a full-body training station—all-in-one, the ZIVA® Functional Bench is designed to bring efficiency, versatility, and power to your home gym. Built from plate steel and reinforced steel tubing, this bench offers rock-solid stability, whether used as a flat bench or adjusted to an 80° incline for elevated training. Its integrated storage system holds up to 4x pairs of dumbbells, 2x kettlebells, and multiple resistance bands, keeping your workout space organized and clutter-free. With its heavy-duty anchor handle, perfect for resistance band training and battle rope drills, the ZIVA Functional Bench transforms into a complete workout hub. Its thick foam-cushioned bench top ensures comfort and support, while built-in wheels make repositioning effortless—so you can focus on your workout, wherever you want it.



Order Code

EPS-BFCT-4723

Item Description

ZIVA Functional Bench With Accessory Pack

Specifications		Made with thick steel reinforced frame, angled seat back to 80 degrees for comfort and safety, high quality cushion surface with double stitches for better stability. Multiple resistant band attachment points. Moving wheels included. Stores 4x pairs dumbbells, 2 x kettlebells, and resistant bands.
Weight Loading		200kg
Product Color		Black powder-coated finish
Dimensions		L:117cm x W:34cm x H:41.5cm - 62kg
Warranty		Limited 5 year warranty on frames and welding, 1 year on plastic parts, 90 days on pads

ZIVA F-I-D BENCH

Versatility for the home gym meets commercial-quality durability with the ZIVA® F-I-D Bench, the ultimate tool for at-home athletes who demand more from their training. Designed to support a wide range of strength exercises, this bench adjusts from -10° to +80°, allowing for seamless transitions between flat, incline, and decline positions for chest, shoulder, back, and core training. Built on a rock-solid foundation, the ZIVA F-I-D Bench features non-slip rubber-wrapped feet and an 89mm steel tube frame, ensuring maximum stability and safety, no matter the load. The high-density foam padded backboard delivers superior comfort and support, keeping you secure and focused as you push your limits. Whether you're powering through presses, building core strength, or perfecting your form, this bench is a versatile, durable, essential addition to any home gym.



Order Code	Item Description
EPS-BFID-4149	ZIVA F-I-D Bench

Specifications		Made from 89mm steel tubing 2mm thick, PU foam and PVC outer coating padding, black hardware, rubber feet, PP pull pin.
Product Color		Black powder-coated finish
Dimensions		L:146cm x W:53cm x H:48cm - 42kg
Weight Loading		340kg total weight loading
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



ZIVA FLAT BENCH

A strong body starts with a strong foundation, and the ZIVA® Flat Bench delivers unshakable stability, premium comfort, and commercial-grade durability for serious at-home strength training. Built to handle heavy lifts with ease, this bench boasts a 750 lbs. (340kg) weight capacity, making it ideal for dumbbell and barbell exercises like bench presses, overhead press, and other heavy-duty lifts. The high-density padded surface provides firm, supportive cushioning, while rubber foot pads protect your floors and keep the bench securely in place during intense heavyweight workouts.



Order Code	Item Description
EPS-BFLT-4148	ZIVA Flat Bench

Specifications		Made from 89mm steel tubing 2mm thick, PU foam and PVC outer coating padding, black hardware, rubber feet, PP pull pin.
Product Color		 Black powder-coated finish
Weight Loading		340kg total weight loading
Dimensions		L:146cm x W:85cm x H:40cm - 26kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA MOBILE FLAT BENCH

A strong body starts with a strong foundation, and the ZIVA® Mobile Flat Bench delivers unshakable stability, premium comfort, and commercial-grade durability with the added benefit of easy movement for serious at-home strength training wherever you want. Built to handle heavy lifts with ease, this bench boasts a 750 lbs. (340kg) weight capacity, making it ideal for dumbbell and barbell exercises like bench presses, overhead press, and other heavy-duty lifts. The high-density padded surface provides firm, supportive cushioning, while rubber foot pads protect your floors and keep the bench securely in place during intense heavyweight workouts. The ZIVA Mobile Flat Bench is also equipped with a steel handle and built-in wheels, allowing for effortless, easy repositioning so you can maximize your home training space.



Order Code	Item Description
EPS-BFLT-4131	ZIVA Mobile Flat Bench

Specifications		Made from 89mm steel tubing 2mm thick, PU foam and PVC outer coating padding, black hardware, rubber feet, PP pull pin.
Product Color		 Black powder-coated finish
Weight Loading		340kg total weight loading
Dimensions		L:146cm x W:85cm x H:40cm - 26kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



FUNCTIONAL

Beautifully built functional fitness equipment designed to inspire. Balls, bags, boxes, and the always essential kettlebell give the modern functionally focused at-home athlete all they need to succeed.

ZIVA POWER CORE BAG

A functional training essential, the ZIVA® Power Core Bag redefines strength, stability, AND functional training, offering unpredictable, full-body resistance that engages more stabilizer muscles than traditional weightlifting alone ever could. Designed for power, endurance, and versatility, this bag is built with heavy-duty nylon straps, a thick PVC skin, and large, easy-to-read weight markings—making it as durable as it is dynamic. Airhole endcaps allow for safe compression during intense movements, ensuring that this bag moves with you, not against you. And unlike traditional weights, the shifting load of plastic microbeads and a sand-filled liner bag create constant resistance variation, forcing muscles to adapt in real-time for enhanced coordination, strength, and control. Perfect for compound lifts, high-intensity circuits, and full-body supersets, the ZIVA Power Core Bag delivers instability, versatility, and power-building potential that traditional barbells simply can't match.



Order Code	Item Description	Order Code	Item Description
EPS-SPPB-9930-BK	ZIVA Power Core Bag 5kg	EPS-SPPB-9934-BK	ZIVA Power Core Bag 15kg
EPS-SPPB-9931-BK	ZIVA Power Core Bag 7.5kg	EPS-SPPB-9936-BK	ZIVA Power Core Bag 20kg
EPS-SPPB-9932-BK	ZIVA Power Core Bag 10kg	EPS-SPPB-9937-BK	ZIVA Power Core Bag 25kg
EPS-SPPB-9933-BK	ZIVA Power Core Bag 12.5kg		

Specifications		Special plastic microbead interior with sand-filled liner bag for superior weight distribution with airhole endcaps to allow air release when compressed during intense exercise
Product Color		Black / Yellow
Increments		5kg increments from 5-15kg and 5kg increments from 15-25kg
Warranty		Limited 1 year warranty





ZIVA WALL BALL

A deceptively simple yet incredibly effective training tool, the ZIVA® Wall Ball is designed to develop explosive power, full-body coordination, and intense cardiovascular endurance all in the comfort of your home gym. Whether used for high-intensity functional training, CrossFit-style workouts, or athletic conditioning, this versatile ball delivers a challenging, dynamic workout that pushes your limits. Built for powerful movements and high-rep endurance, the ZIVA Wall Ball engages your entire body, from legs and core to arms and shoulders, enhancing both strength and reflexes. Classic wall ball exercises combine complex, full-body moves with explosive, muscle-building throws in repeating, fluid motion. The simplicity of this tool allows for countless training variations, from rotational throws and lunges to upper- and lower-body circuits that build both strength and speed. With durable, reinforced stitching and an easy-grip surface, the ZIVA Wall Ball is built to withstand impact while ensuring a comfortable, controlled grip—so you can train harder and move faster.



Order Code	Item Description	Order Code	Item Description
EPS-FTWB-9271-BK	ZIVA Wall Ball 2kg	EPS-FTWB-9276-BK	ZIVA Wall Ball 7kg
EPS-FTWB-9272-BK	ZIVA Wall Ball 3kg	EPS-FTWB-9277-BK	ZIVA Wall Ball 8kg
EPS-FTWB-9273-BK	ZIVA Wall Ball 4kg	EPS-FTWB-9278-BK	ZIVA Wall Ball 9kg
EPS-FTWB-9274-BK	ZIVA Wall Ball 5kg	EPS-FTWB-9279-BK	ZIVA Wall Ball 10kg
EPS-FTWB-9275-BK	ZIVA Wall Ball 6kg	EPS-FTWB-9289-BK	ZIVA Wall Ball 12kg

Specifications		Made with hard-wearing PVC outer skin and heavy-duty fiber core with encapsulated sand weight
Increments		1kg increments from 2-10kg and 12kg
Product Color		Black / Yellow
Warranty		Limited 1 year warranty

ZIVA SLAM BALL

Built for high-intensity, high-impact training, the ZIVA® Slam Ball is designed to develop explosive power, endurance, and rotational core strength—making it an essential tool for at-home athletes, HIIT enthusiasts, and serious fitness warriors building out their home workout setup. With a sand-filled center for controlled weight distribution and a tough PVC shell embossed with a grippy tire tread surface, this slam ball is made to be thrown, slammed, and used with force—over and over again. Whether you’re performing overhead slams, woodchoppers, or Russian twists, this versatile tool builds core stability, total-body strength, and cardiovascular endurance, engaging often-overlooked stabilizer muscles for more balanced, more functional fitness. Designed for sport-specific training, high-intensity circuits, and total-body conditioning, the ZIVA Slam Ball delivers a dynamic, full-body challenge that pushes power, speed, and agility to new heights.



Order Code	Item Description	Order Code	Item Description
EPS-SPSB-6872	ZIVA Slam Ball 4kg	EPS-SPSB-6879	ZIVA Slam Ball 12kg
EPS-SPSB-6874	ZIVA Slam Ball 6kg	EPS-SPSB-6998	ZIVA Slam Ball 14kg
EPS-SPSB-6876	ZIVA Slam Ball 8kg	EPS-SPSB-6999	ZIVA Slam Ball 16kg
EPS-SPSB-6878	ZIVA Slam Ball 10kg		

Specifications		Made with premium hard-wearing PVC
Increments		2kg increments
Product Color		Black / Yellow
Warranty		Limited 1 year warranty

ZIVA MEDICINE BALL

For centuries, athletes and fitness enthusiasts have relied on the medicine ball to build explosive power, core stability, and total-body strength. The ZIVA® Medicine Ball takes this proven training tool and elevates it with modern design and durability, making it an essential for home gyms, functional fitness routines, and sport-specific training. Engineered with precision-calibrated weighting for balanced, controlled movements, this medicine ball is wrapped in premium, easy-grip textured rubber, ensuring a secure, slip-resistant hold through high-intensity throws, twists, and slams, while vibrant, easy-to-read weight markings allow for quick identification, so you can stay focused on your workout. Whether you're improving coordination, building core strength, or developing explosive speed, the ZIVA Medicine Ball delivers versatility, durability, and performance—right at home.



Order Code	Item Description	Order Code	Item Description
EPS-MBRK-2302-BK	ZIVA Medicine Ball 2kg	EPS-MBRK-2307-BK	ZIVA Medicine Ball 7kg
EPS-MBRK-2303-BK	ZIVA Medicine Ball 3kg	EPS-MBRK-2308-BK	ZIVA Medicine Ball 8kg
EPS-MBRK-2304-BK	ZIVA Medicine Ball 4kg	EPS-MBRK-2309-BK	ZIVA Medicine Ball 9kg
EPS-MBRK-2305-BK	ZIVA Medicine Ball 5kg	EPS-MBRK-2310-BK	ZIVA Medicine Ball 10kg
EPS-MBRK-2306-BK	ZIVA Medicine Ball 6kg		

Specifications		Made with premium rubber
Increments		1kg increments
Product Color		Black / Yellow
Warranty		Limited 1 year warranty

ZIVA BATTLE ROPE

Unleash strength, endurance, and high-intensity cardio with the ZIVA® Battle Rope—a powerhouse training tool designed for full-body conditioning and explosive performance in your home gym. Weighing in at a hefty 8kg, this rope is light enough for high-rep cardio training yet heavy enough to build serious upper body and core strength. Every movement fires up shoulders, arms, back, and core, delivering a calorie-torching, muscle-building workout in a fraction of the time of a standard resistance training workout. Woven from eco-friendly polypropylene and polyester, this battle rope is rugged enough for commercial use but perfectly designed for home training, whether in the garage, basement, or even the living room. The tough rubber handles provide a secure, comfortable grip, ensuring you stay in control—no matter how intense the session.



Order Code	Item Description
EPS-BTRP-0913-BK	ZIVA Battle Rope (3.8cm * 10m)
EPS-WMST-2565-BK	ZIVA Wall Mounted Battle Rope Hanging Attachment

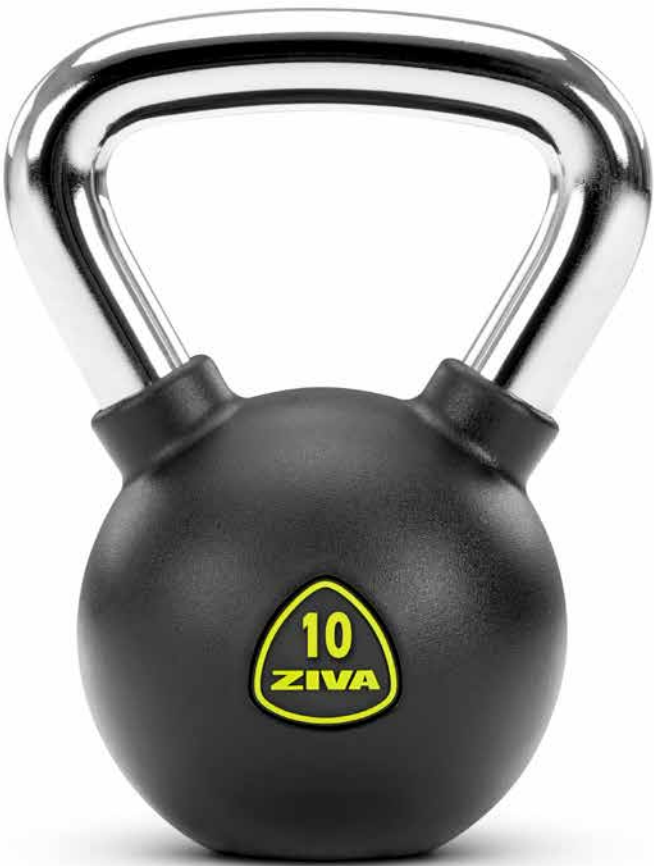
Specifications		Hard-wearing nylon construction with nylon cover
Product Color		Black / Yellow
Warranty		Limited 1 year warranty





ZIVA KETTLEBELL

A timeless tool for strength, endurance, and conditioning, the ZIVA® Kettlebell brings premium durability, modern design, and the foundation of functional fitness straight to your home gym. Designed to provide a full-body workout, this kettlebell is ideal for building power, coordination, and grip strength—whether you're swinging, pressing, or squatting. Coated in an advanced wear-, rust-, and corrosion-resistant eco-friendly finish that protects floors and softens impact, this kettlebell is a smarter choice for at-home training. The ultra-durable chrome grip is built to resist dings and scratches while remaining smooth and knurl-free, challenging and strengthening your grip with every lift. Whether you're a beginner or an advanced lifter, the ZIVA Kettlebell is a must-have for functional fitness, explosive power, and total-body training—right at home.



Order Code	Item Description	Order Code	Item Description
EPS-PCKB-7063	ZIVA Kettlebell 4kg	EPS-PCKB-7067	ZIVA Kettlebell 12kg
EPS-PCKB-7064	ZIVA Kettlebell 6kg	EPS-PCKB-7068	ZIVA Kettlebell 14kg
EPS-PCKB-7067	ZIVA Kettlebell 8kg	EPS-PCKB-7069	ZIVA Kettlebell 16kg
EPS-PCKB-7066	ZIVA Kettlebell 10kg		

Coating		Eco Friendly Polypro
Handle		Premium chromed handle
Product Color		Black / Yellow
Increments		2kg increments
Warranty		Limited 1 year warranty

ZIVA PLYO BOX

Unlock explosive power, speed, and agility with the ZIVA® Plyo Box—a high-intensity jump training tool designed for low-impact landings and maximum versatility in your home gym. Built with a commercial-grade, high-durability anti-slip PVC cover and a soft yet stable PE foam core, this 3-in-1 adjustable box lets you choose from three different heights—51cm, 61cm, or 75cm—to scale intensity and challenge your strength, endurance, and coordination. Whether you're stepping up, jumping high, or pushing for explosive power, the ZIVA Plyo Box absorbs impact to protect joints and reduce injury risk, making it an essential for high-performance training at home. With zero assembly, zero installation, and zero tools required, this plyo box is ready whenever and wherever you are.



Order Code	Item Description
EPS-TRPY-4339-BK	ZIVA Plyo Box

Specifications		Made from PE foam inner core, with PVC outer coating
Product Color		Black / Yellow
Dimensions		61cm x 75cm x 51cm
Warranty		Limited 1 year warranty

ZIVA WEIGHT SLED

Built for serious strength training and explosive athletic performance, the ZIVA® Weight Sled is an essential tool for functional fitness, sport-specific and speed training, and high-intensity, heavyweight conditioning. Crafted with an ultra-durable steel frame and a wear-, rust-, and corrosion-resistant black powder-coated finish, this sled is designed to withstand heavy use in high-performance home gyms. Its 2x exterior bars—one on each side—allow for seamless push-and-pull transitions without needing to turn the sled, making it ideal for efficient, uninterrupted workouts, and its crossbar is built for pulling or can be used to anchor resistance bands and battle ropes. Weighing 26kg on its own, the sled features a central loading bar capable of holding up to 10 bumper plates, offering progressive resistance for athletes of all levels. Whether you're training for speed, endurance, strength, or explosive power, the ZIVA Weight Sled will challenge your legs, core, arms, shoulders, and back in a single, dynamic movement.



Order Code	Item Description
EPS-PWSD-4008	ZIVA Weight Sled

Specifications		Made with steel frame and bars
Product Color		Black powder-coated finish
Storage		Fits up to 10x bupper plates
Dimensions		L:102cm x W:62cm x H:104.4cm - 26kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



RACKS

Racks serve double and triple duty as organizational hubs that safely, securely store all manner of equipment; showcases on which to display ZIVA's terrific designs and artful equipment; and training hubs that provide safety and stability to at-home athletes.

ZIVA POWER RACK

Bring commercial quality strength training into your home gym with the ZIVA® Power Rack—a versatile, stable, and safety-focused solution for serious at-home lifters. Built with a wide base for maximum stability, this heavy-duty half rack is designed to support everything from squats and bench presses to pull-ups and rotational strength training. It features J-Cups and Safety Bars for secure, controlled lifts, while the integrated pull-up bar adds even more functional strength training options. For enhanced versatility, the ZIVA Power Rack also includes two pairs of resistance band pegs, an Olympic Bar storage post, and a landmine attachment—perfect for core-focused rotational movements and dynamic strength-building exercises. This rack is the ultimate foundation for safe, efficient, and heavy-duty home gym strength training.



Order Code
EPS-RKHF-9510

Item Description
ZIVA Power Rack

Specifications		Made with 60*60*2mm light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating
Product Color		Black / Yellow
Dimensions		L:141cm x W:130cm x H:230cm - 55kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



ZIVA POWER RACK WITH STORAGE

Take your home strength training to the next level with the ZIVA® Power Rack with Storage—a professional-grade lifting station that combines safety, functionality, and smart storage all in one powerful setup. Built with a wide base for unmatched stability, this heavy-duty half rack is designed for safe, controlled lifting while offering versatile training options. Equipped with J-Cups and Safety Bars, it provides secure support for squats, bench presses, and Olympic lifts, while the integrated pull-up bar expands your upper-body workout possibilities. What sets this rack apart is its built-in storage system—featuring 6x storage posts for weight plates and an Olympic Bar storage post, keeping your home gym organized and clutter-free. It also includes 2x pairs of resistance band pegs and a landmine attachment, adding even more dynamic training capabilities for core-focused rotational movements and explosive strength training. For serious home gym athletes, the ZIVA Power Rack with Storage is the ultimate space-saving solution strength building solution.



Order Code	Item Description
EPS-RKHF-9511	ZIVA Power Rack with Storage
EPS-RGAT-0036	ZIVA Integrated Storage Shelf for Power Rack

Specifications		Made with 60*60*2mm light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating
Product Color		Black / Yellow
Dimensions		L:171cm x W:130cm x H:230cm - 88kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



Shown with optional integrated storage shelf attachments (EPS-RGAT-0036)

ZIVA HALF SQUAT RACK

Bring powerful, no-nonsense strength training into your home gym with the ZIVA® Half Squat Rack—a stable, space-efficient solution for squats, overhead presses, and barbell-based workouts. Designed with a wide base, this squat rack provides excellent support for heavy lifts, allowing you to train with confidence and control. Whether you're focusing on leg strength, upper-body power, or total-body strength, this rack delivers essential functionality without unnecessary bulk—perfect for home athletes looking to maximize space without missing out on performance. For those who want a straightforward, durable, and effective lifting station, the ZIVA Half Squat Rack is the ideal addition to any home gym.



Order Code
EPS-SSSQ-2294

Item Description
ZIVA Half Squat Rack

Specifications		Made with 60*60*2mm light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating
Product Color		Black / Yellow powder-coated finish
Dimensions		L:112cm x W:130cm x H:185cm - 32kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA FULL SQUAT RACK

Bring powerful, no-nonsense strength training into your home gym with the ZIVA® Full Squat Rack—offering no-frills superior stability for squats, overhead presses, and barbell-based workouts. Designed with a wide, sturdy base, this squat rack provides unwavering support for heavy lifts, allowing you to train with unshakable confidence and control. Whether you're focusing on leg strength, upper-body power, or total-body strength, this rack delivers essential functionality that's perfect for home athletes looking to maximize performance. For those who want a straightforward, durable, and highly effective lifting station, the ZIVA Full Squat Rack is the ideal addition to any home gym.



Order Code
EPS-RKHF-9513

Item Description
ZIVA Full Squat Rack

Specifications		Made with 60*60*2mm light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating
Product Color		Black / Yellow powder-coated finish
Dimensions		L:135cm x W:135cm x H:255.3cm - 110kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



ZIVA HALF RACK

Our ZIVA Half Rack with tough 60mm laser cut steel frame and wide, stable base delivers much of the functionality of a wall- or floor-mounted rig without necessitating any additional installation. Push yourself to new limits on squat, bench press, overhead press, and more without worrying what will happen if you have to do a rough re-rack; this heavy-duty rack is made to withstand the rigors of elite training day in, and day out.



Order Code
EPS-RKHF-5096

Item Description
ZIVA Half Rack

Specifications		Made with 60*60*2mm light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating
Product Color		 Black / Yellow
Dimensions		L:121cm x W:140cm x H:214cm - 67kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA WALL MOUNTED RIG

The ZIVA® Wall Mounted Rig with tough 60mm laser cut steel frame features sturdy 16mm mounting hardware and mounting bars both at top and bottom for superior stability even when pushing for PRs. This heavy-duty rack's mounting bars also serve as convenient anchors for resistance bands and other additional accessories for even more functional training versatility.



Order Code
EPS-WMRG-4099

Item Description
ZIVA Wall Mounted Rig

Specifications		Made with 70 x 70mm steel tubing 3mm thick, thick plate steel, welded frames, 20mm black-colored hardware
Product Color		 Black / Yellow
Dimensions		L:121cm x W:86cm x H:240cm - 51kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA DUMBBELL & KETTLEBELL RACK

Keep your home gym organized and efficient with the ZIVA® Dumbbell & Kettlebell Rack, a versatile storage solution designed to maximize space while maintaining a clean, premium aesthetic. With room for up to 6x pairs of dumbbells and a dedicated kettlebell shelf, this rack ensures that your training essentials stay within reach—without cluttering your space. Constructed from heavy-duty oval steel tubing, this rack is built for long-lasting durability, while floor-protecting feet keep surfaces scuff-free. The bottom two tilted shelves make racking and unracking dumbbells effortless, while the flat top shelf provides flexible storage options for kettlebells or other functional fitness equipment. Designed to complement ZIVA’s sleek aesthetic, this storage solution turns your strength equipment into a stylish, functional display.



Order Code
EPS-XK RK-2627

Item Description
ZIVA Dumbbell & Kettlebell Rack

Specifications		Made with light commercial grade steel tube, PP end caps, hard wearing and scratch resistant powder coating
Product Color		Black
Storage		Fits up to 6x kettlebells and 7 pairs of hexagon dumbbells up to 30kg
Dimensions		L:144cm x W:55cm x H:91cm - 42kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA KETTLEBELL RACK

Designed for organization, durability, and style, the ZIVA® Kettlebell Rack keeps your home gym clutter-free while showcasing your kettlebells with a sleek, modern aesthetic. Built from 2mm thick steel tubing with a durable black powder-coated finish, this two-tier rack delivers exceptional stability and long-term durability, ensuring your training space stays as strong as you are. The tough PVC-lined shelves hold up to 10x kettlebells, providing scuff-resistant protection that keeps both your equipment and the rack in top condition. Crafted to complement the bold, high-end design of ZIVA Kettlebells, this storage solution is more than just functional—it’s a refined display that enhances any home gym setup.



Order Code
EPS-KBRK-2612

Item Description
ZIVA Kettlebell Rack

Specifications		Made with light commercial grade steel tube, PP end caps, hard wearing and scratch resistant powder coating
Product Color		Black
Storage		Fits up to 10x kettlebells
Dimensions		L:120cm x W:49cm x H:80cm - 31kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



ZIVA UNIVERSAL STORAGE RACK

A well-organized gym is a more efficient, more enjoyable training space, and the ZIVA® 3-Tier Universal Storage Rack is built to keep your home gym clutter-free while maintaining a sleek, modern aesthetic. Designed to store a variety of equipment, from medicine balls and kettlebells to dumbbells and core sandbags, this versatile rack ensures everything has its place. Crafted from heavy-duty 2mm thick steel oval tubing with PVC-lined steel shelves, this storage rack is built for lasting durability, while its scratch-resistant powder-coated finish keeps it looking pristine workout after workout. Whether serving as a functional storage solution or a premium display for your strength essentials, the ZIVA 3-Tier Universal Storage Rack blends style with utility, making it the perfect addition to any home gym setup.



Order Code	Item Description
EPS-KDBS-2626	ZIVA Universal Storage Rack

Specifications		Made with light commercial grade steel tube, PP end caps, hard wearing and scratch resistant powder coating
Product Color		 Black powder-coated finish
Storage		Fits 2x wallballs, 2x medicine balls or 2x slam balls, 4x pairs of hexagon dumbbells and up to 6x kettlebells
Dimensions		L:144cm x W:55cm x H:91cm - 43kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA FUNCTIONAL FITNESS STORAGE RACK

The ZIVA® Functional Fitness Storage Rack is more than just a storage solution—it’s a statement piece for the functional fitness focused at-home athlete. Designed to be as much a display as it is a storage and organizational tool, its striking circular silhouette breaks away from traditional rectangular and triangular designs, bringing an elegant and space-efficient form to the home gym. With its tiered shelving, this rack is built to house a full range of functional fitness essentials—from kettlebells and wall balls to slam balls, medicine balls, and power core bags. The strategically placed hooks on each leg provide the perfect space to hang resistance bands or battle ropes, making it a true multi-functional centerpiece for the home gym. Finished in ZIVA’s signature black powder coat for durability and timeless appeal, the Functional Fitness Storage Rack is the perfect fusion of style and practicality, built for athletes who take both their training and their space seriously.



Order Code	Item Description
EPS-KBST-0026	ZIVA Functional Fitness Storage Rack

Specifications		Made with light commercial grade steel tube, PP end caps, hard wearing and scratch resistant powder coating
Product Color		 Black powder-coated finish
Storage		Fits all ZIVA kettlebells
Dimensions		L:62cm x W:64cm x H:129cm - 44kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA 5-PAIR HEXAGON DUMBBELL/TRIBELL RACK

Perfect for those who want their home gym set-up properly equipped, excellently organized, and beautifully displaying their gear. The ZIVA® Dumbbell/Tribell Rack holds all the weight you might need, however light or heavy your workout may be. With a premium charcoal powder-coated finish and heavy-gauge steel tubing with floor-protecting feet, this rack is manufactured for the rigors of a commercial gym, yet designed for the home.



Order Code	Item Description
EPS-DBST-4552	ZIVA 5-Pair Hexagon Dumbbell/Tribell Rack

Specifications		Heavy-gauge steel construction and wear-, rust-, and corrosion-resistant powder-coated finish
Product Color		 Black powder-coated finish
Storage		Fits all ZIVA dumbbells & tribells
Dimensions		L:57.5cm x W:34cm x H:72cm - 10kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA LITE 2-TIER HEXAGON DUMBBELL RACK

With the perfect size and functionality to suit the at-home athlete’s gym, our 2-Tier Dumbbell Rack holds more than enough weight to guarantee your core, HIIT, and resistance training workouts pack the intensity you need to attain your goals. Designed to match the aesthetics of ZIVA’s own hexagon dumbbells and gear, this rack gives always easy access to your equipment while delivering a world-class look to your home gym set-up. With up to 6 pairs of ZIVA Hexagon Dumbbells readily on hand, you’ll make easy work out of your workout.



Order Code	Item Description
EPS-DBST-5122	ZIVA Lite 2-Tier Hexagon Dumbbell Rack

Specifications		Made with light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating.
Product Color		Black powder-coated finish
Storage		Fits up to 6 pairs of Hexagon or Tribell Dumbbells up to 25kg
Dimensions		L:121cm x W:44cm x H:85cm - 22kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA LITE 3-TIER TRIBELL & DUMBBELL RACK

Keep all of your ZIVA tribells and dumbbells neatly organized in a dedicated space for easy access to maximize your workouts’ efficiency. The ZIVA 3-Tier Tribell & Dumbbell Rack features heavy-duty oval steel tubing and floor-protecting feet to keep your weights exactly where you want them for exactly when you need them. Its flat shelving and saddleless design offer a wide diversity of storage options.



Order Code	Item Description
EPS-DTST-5039	ZIVA Lite 3-Tier Tribell & Dumbbell Rack

Specifications		Made with light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating.
Product Color		Black powder-coated finish
Storage		Fits 7 pairs of Hexagon or Tribell Dumbbells - up to 25kg
Dimensions		L:87cm x W:49cm x H:96cm - 23kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

ZIVA LITE UNIVERSAL STORAGE RACK

The ZIVA® Storage Rack provides a place for everything and helps keep everything in its place, where you need it, when you need it. This premium, commercial-quality rack crafted with thick oval steel tubing and hard-wearing PVC-lined steel plate shelves attractively displays all ZIVA gear, from medicine balls to dumbbells or kettlebells to sand core bags. Its wear-, rust-, and corrosion-resistant black and grey powder-coat finish makes this a piece of functional furniture with great form perfectly suited to the home gym.



Order Code	Item Description
EPS-MFSR-8184	ZIVA Lite Universal Storage Rack

Specifications		Made with light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating.
Product Color		Black powder-coated finish
Storage		Fits up to 3-pairs of hexagon dumbbells, 2x wallballs, medicine balls or slam balls and up to 3x kettlebells
Dimensions		L:87cm x W:49cm x H:96cm - 24kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts





ZIVA WALL MOUNTED STORAGE RACKS

ZIVA® Wall Mounted Storage Racks let you pack more gym into more limited spaces. Made from thick steel plate with heavy-duty mounting hardware, these storage options turn unused wall space into storage for a variety of home gym equipment. With brackets designed especially for barbells, kettlebells, fitness balls, and weight discs, you'll be able to fit everything you need for a fantastic workout into a tight territory where everything is close at hand, where you need it, when you need it.



Order Code	Item Description	Order Code	Item Description
EPS-WMST-2561-BK	ZIVA Wall Mounted Plate Storage Rack	EPS-WMST-2587-BK	ZIVA Wall Mounted Single Kettle Bell Rack
EPS-WMST-2563-BK	ZIVA Wall Mounted Single Olympic Bar Storage Rack	EPS-WMST-2562-BK	ZIVA Wall Mounted Wall Ball Storage Rack

Specifications		Made with heavy duty steel plate, and are coated with hard-wearing powder coating. All pieces shown are wall mounted
Product Color		Black powder-coated finish
Warranty		Limited 2 year warranty on frames and 6 months on plastic parts





ZIVA DISC & BARBELL STORAGE RACK

Keep your home gym neat and organized with the ZIVA® Disc Storage Rack—a compact, durable solution for storing your weight plates with ease. Made from thick steel tubing and coated in a scratch- and rust-resistant black powder finish, this rack is built to last while maintaining a sleek, modern aesthetic. With 6x polished steel storage posts, it holds a variety of weight plates, keeping them within arm’s reach for seamless transitions between lifts. Designed with home training spaces in mind, its stable, space-efficient frame prevents tipping while ensuring your plates are stored safely and securely. The perfect addition to any home strength setup, this rack keeps your workout area clean, functional, and always ready for your next session.



Order Code	Item Description
EPS-ODRK-5038	ZIVA Disc & Barbell Storage Rack

Specifications		Made with light commercial grade steel tube, welded with chrome hardware. PP end caps. Hard wearing and scratch resistant powder coating
Product Color		 Black powder-coated finish
Storage		Fits up to 12 plates and 2x standard olympic bars
Dimensions		L:60cm x W:48cm x H:130cm - 13kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts

SETS

Starting an at-home workout routine is hard without knowing everything needed. ZIVA equipment sets do away with guesswork and make it easy to begin building a home gym.



ZIVA 19.5KG BARBELL SET (TWO-PIECE BAR)

The ZIVA® 19.5kg Barbell Set makes it easy to build out a home gym with a robust resistance offering, and allows users to take it on the road. This set includes everything an at-home athlete needs to get moving along their fitness journey, including a chrome studio barbell with grip-assisting knurling that unscrews in the middle for easy transport; an assortment of ergonomically designed rust-, wear-, and corrosion-resistant weight discs with easy grip handles on either side; and spring collars that easily slide on and off this sleek bar while holding weights firmly in place.



Order Code	Item Description
EPS-PROW-7105S	ZIVA Barbell Set 19.5kg 2 x 1.25kg, 2 x 2.5kg, 2 x 5kg Disc with Chrome Studio Bar and 2 x Clamp Collars

Coating		Discs made with Eco Friendly Polypro
Product Color		 Black / Yellow / Grey
Warranty		Limited 1 year warranty



ZIVA 145KG OLYMPIC WEIGHT SET

When the at-home athlete takes their first steps toward a serious set-up, this is where they begin. A classic, commercial-grade 20kg Olympic bar with wear-, rust-, and corrosion-resistant chrome finish, with needle roller bearings for smooth, even, easy rotation throughout lifts, etched with grip-assisting knurling, and rated for up to 300kg is the foundation of this set. Building on that foundation are our long-lasting ZIVA Grip Discs with ultra-long-lasting steel cores; large lettering for easy identification; and easy-grip handles on 3 sides for fast loading and unloading. Together with 2x spring collars for additional safety and security, this set allows users to practice all the most time-tested, elite exercise movements at home in their own space. Whether sport-specific training, powerlifting, bodybuilding and sculpting, or simply pursuing a higher level of physical attainment, this set contains all the essentials any at-home athlete needs.



Order Code	Item Description
EPS-DCPC-4550	ZIVA 145kg Olympic Weight Set 4 x 1.25kg, 4 x 2.5kg, 4 x 5kg, 2 x 10kg, 2 x 15kg, 2 x 20kg Disc with 20kg Chrome Bar tested 300kg and 2 x Spring Collars

Coating		Discs made with Eco Friendly Polypro
Product Color		 Black / Yellow / White
Warranty		Limited 1 year warranty

ZIVA 50KG WEIGHT SET

Building a great at-home gym should be easy. With ZIVA's 50kg Weight Set, it's as easy as it gets. This set brings the strength and durability of commercial-grade Body Pump-style equipment to at-home athletes' homes with a studio barbell and chrome dumbbell handles with spinlock collars, and a complete assortment of ergonomically designed rust-, wear-, and corrosion-resistant rubber weight discs. This set starts users' fitness journeys off on the right path with everything necessary for both intense muscle isolation exercises as well as challenging compound and Olympic lifts.



Order Code	Item Description
EPS-PROW-7106	ZIVA 50kg Weight Set 4 x 1.25kg, 6 x 2.5kg, 4 x 5kg Disc with 5' Chrome Bar, 2 x 14" Dumbbell Handles and 4 x Spinlock Collars

Coating		Discs made with Eco Friendly Polypro
Handle		Premium chrome bar
Product Color		 Black / Yellow / Grey
Warranty		Limited 1 year warranty



ZIVA HEXAGON DUMBBELL SET WITH RACK

For all those who want a home gym setup that matches commercial facilities for quality and content, the Hexagon Dumbbell set and Dumbbell Rack should be at the top of their wish list. This set delivers 5x or 6x pairs of dumbbells - the foundation of every resistance training program - in 2.5kg increments from 2.5-15kg, each with chromed and knurled handles to enhance grip and equipment longevity, and with coated heads that are harder than solid oak. Paired with the supremely stable pyramid Dumbbell Rack with premium charcoal powder-coated finish and floor-protecting feet, this complete set lays the foundation for fantastic at-home workouts to fuel the at-home athlete.



Order Code	Item Description
EPS-DBPC-4738	ZIVA 75kg Hexagon Dumbbell Set With Rack
EPS-DBPC-4791	ZIVA 105kg Hexagon Dumbbell Set With Rack

Specifications		Rack: Vertical design to minimize footprint, 1.5mm thick plate steel (4738) and 2mm thick plate steel (4791), welded frames Hexagon Dumbbells: Eco Friendly Polypro
Product Color		 Black powder-coated finish
Storage		EPS-DBPC-4738 Fits 5-pairs of hexagon dumbbells up to 12.5kg EPS-DBPC-4791 Fits 6-pairs of hexagon dumbbells up to 15kg
Dimensions		EPS-DBPC-4738 - L:50cm x W:31cm x H:63cm - 5kg EPS-DBPC-4791 - L:58.5cm x W:36.5cm x H:105.5cm - 11kg
Warranty		Limited 2 year warranty on frames, 6 months plastic parts



ZIVA TRIBELL SET W/STAND

For keeping the right tools in the right place for use at the right times, the simplest and most elegant complete solution is our ZIVA® Tribell Set with Stand. The tribells feature a no-roll design and soft-contoured knurling along the handle for easier gripping, while the included stand keeps them organized and displays them beautifully. With their modern and minimalist aesthetic, they bring an elevated look to the clinic and are perfect for lightweight routines, rehab and prehab, and resistance-enhanced conditioning.



Order Code	Item Description
EPS-PC60-3111	ZIVA Tribell 12kg Set (1, 2, 3kg pairs) w/Stand

Coating		Eco Friendly Polypro
Handle		Eco Friendly Polypro
Product Color		Black / Yellow
Warranty		Limited 1 year warranty

ZIVA NEOPRENE TRIBELL SET W/STAND

For keeping the right tools in the right place for use at the right times, the simplest, most elegant solution is our Neoprene Tribell Set with Stand. The Neoprene covered Tribells feature a no-roll design and soft-contoured handle for easier gripping, while the included stand keeps them organized and displays them beautifully. With their modern and minimalist aesthetic, they bring an elevated look to the home gym and are perfect for lightweight routines, rehab and prehab, HIIT, and resistance-enhanced conditioning.



Order Code	Item Description
EPS-NPHX-6981	ZIVA Neoprene Tribell 12kg Set (1, 2, 3kg Pairs) w/Stand
EPS-NPHX-6982	ZIVA Neoprene Tribell 16kg Set (1.5, 2.5, 4kg Pairs) w/Stand

Specification		Neoprene surface coating
Handle		Neoprene surface coating
Product Color		Black / White Grey / White Yellow / White
Warranty		Limited 1 year warranty

ZIVA POWER RESISTANCE BAND SET

No matter how varied and extensive your workout, you don't need a spare room for your home gym; with the ZIVA® Power Resistance Band Set, you have all the equipment you need to perform nearly any exercise, and it all fits in an ultra-portable 1kg carrying case. The set comes with high-durability, high-elasticity thermoplastic rubber bands that simulate 4 levels of resistance: 5, 7, 9, and 15kg. For more advanced athletes on the move, you can use increase resistance by using more than one band at a time for a maximum of 34kg. With its detachable, non-slip, antibacterial handles and tough nylon ankle straps, you have the versatility to work out any body part from any angle, almost anywhere. Stand on the bands, using your foot as an anchor, and use them by themselves; loop them around any suitable pole for a quick workout; or use the included door anchor to turn any room's entryway into your personal fitness studio. However you do it, the Performance Power Resistance Band Set keeps workouts engaging, exciting, and inspired.



Order Code	Item Description
EPS-PWBD-6445	ZIVA Power Resistance Band Set

Specifications		Set includes 2x tough nylon ankle straps, 2x rugged anti-slip, antibacterial pp-coated handles, a door anchor, mesh drawstring carrying bag, and 4x high-elasticity, high-durability thermoplastic rubber resistance tubes
Product Color		 Black / Yellow
Warranty		Limited 1 year warranty

ZIVA BASE WORKOUT SET

The ascent of strength must start from a solid foundation, and the ZIVA® Base Workout Set delivers the essential tools needed to trek your personal fitness journey at home. Designed for versatile, full-body training, this set includes:

- ZIVA Flat Bench – A stable, durable bench designed to support your lifts and enhance your performance
- ZIVA Hexagon Dumbbells (10kg pair) – Commercial-quality durability with an impact-resistant coating for secure, controlled, confident lifts
- ZIVA Kettlebell (14kg) – A classic functional strength tool, upgraded with an eco-friendly, wear-resistant finish for intense usability

Whether you're building muscle, increasing fitness, or improving coordination, the ZIVA Base Set provides everything you need to progress with confidence and climb to new levels.



Order Code	Item Description
EPS-FTPK-5384	ZIVA Base Workout Set

Specifications		Set includes 1x ZIVA Flat Bench, 1x pair ZIVA Hexagon Dumbbells 10kg, 1x ZIVA Kettlebell 14kg
Product Color		 Black / Yellow
Warranty		Limited 1 year warranty



ZIVA PEAK WORKOUT SET

For those ready to push beyond the Base, the ZIVA® Peak Set is built to take your home training to the ever greater heights. Designed to elevate strength, endurance, and performance, this full set gives you the tools to climb higher, lift heavier, and train harder—helping you reach the summit of your fitness goals.

- ZIVA Flat Bench – A rock-solid foundation for heavy lifts and dynamic movements
- ZIVA Hexagon Dumbbells (7.5kg, 10kg, 12.5kg pairs) – Commercial-grade durability with impact-resistant coating for serious strength training
- ZIVA Kettlebells (8kg, 10kg, 14kg) – Versatile and powerful, designed for explosive movements and total-body conditioning

With more weight, more variety, and more challenge, the ZIVA Peak Set is for those who aren't just starting the journey—they're scaling toward their strongest, fittest self.



Order Code	Item Description
EPS-FTPK-5385	ZIVA Peak Workout Set

Specifications		Set includes 1x ZIVA Flat Bench, 1x pair each of ZIVA Hexagon Dumbbells 7.5kg, 10kg, 12.5kg and 3x ZIVA Kettlebell 8kg, 10kg, 14kg
Product Color		Black / Yellow
Warranty		Limited 1 year warranty

ZIVA FUNCTIONAL FOUNDATION SET

Strength isn't just about lifting—it's about moving, adapting, and powering through every challenge. The ZIVA® Functional Foundation Set is designed for those who want to train smarter, move better, and build explosive functional strength from the ground up. With three essential functional training tools, this set gives you the versatility to develop real-world power, endurance, and athleticism—whether you're pushing, pulling, swinging, or carrying.

- ZIVA Weight Sled – Load it up and push your limits with full-body power and endurance training
- ZIVA Kettlebell (12kg) – A classic strength tool for dynamic movement, grip strength, and total-body conditioning
- ZIVA Power Core Bag (10kg) – A shifting, unstable load that forces your core and stabilizers to work harder

This set is built for real strength and real results—giving you the foundation for explosive power, functional movement, and high-intensity conditioning.



Order Code	Item Description
EPS-FTPK-5386	ZIVA Functional Foundation Set

Specifications		Set includes 1x ZIVA Weight Sled, 1x ZIVA Kettlebell 12kg, 1x ZIVA Power Core Bag 10kg
Product Color		Black / Yellow
Warranty		Limited 1 year warranty



ACCESSORIES

Bands, mats, ropes, and more are crucial equipment for building a complete package. All the tools necessary for great rehab, prehab, warm-ups, and cool downs make for a home gym that builds holistic health.

ZIVA RESISTANCE TUBE WITH SAFETY SLEEVE

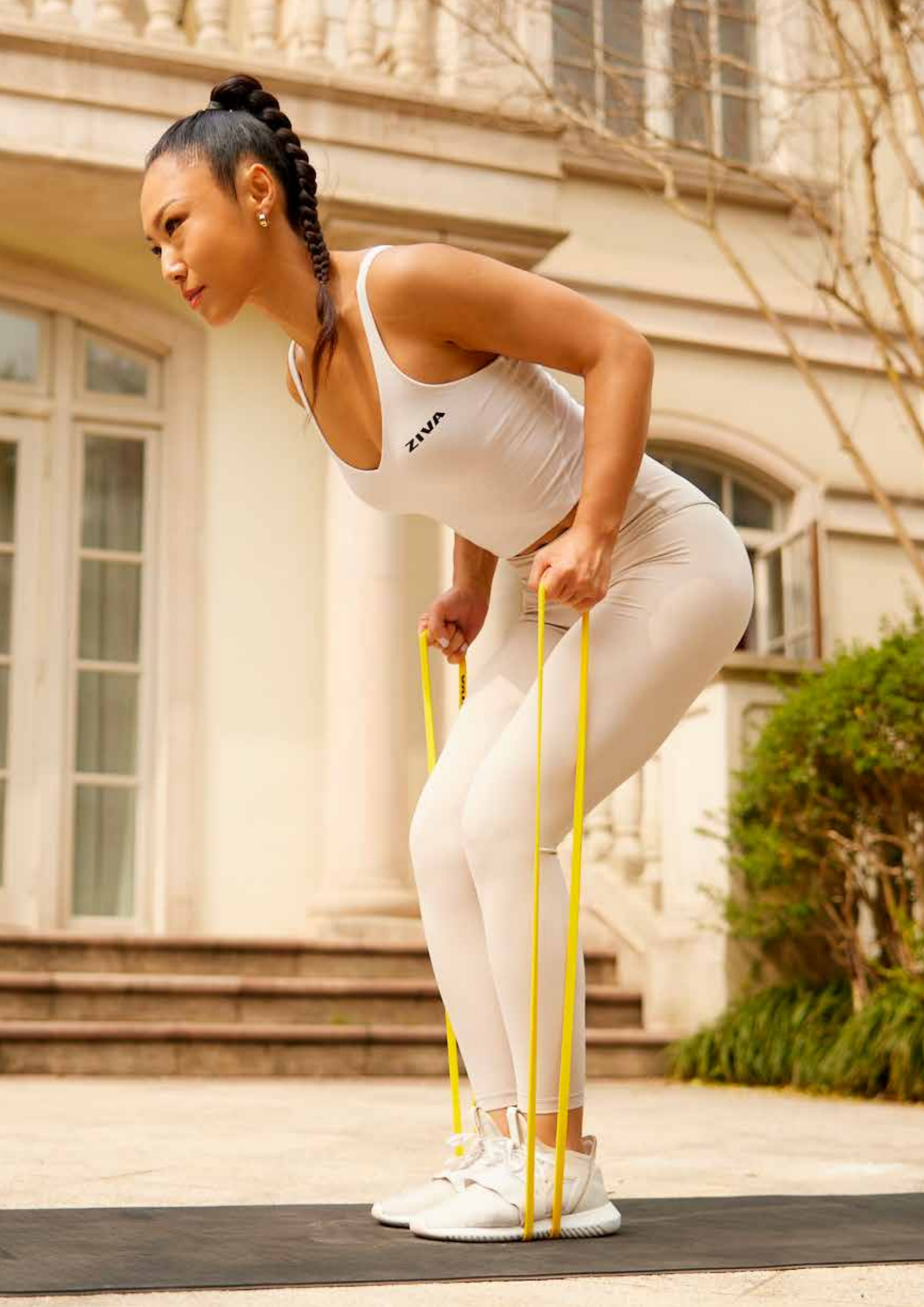
To train and build muscle, you must work against resistance; that doesn't necessarily mean training with heavy, hard to transport weights. ZIVA® Resistance Tubes with Safety Sleeves provide ultra-portable, lightweight, compact, progressive resistance that simulates different weights at different points along its high-durability, high-elasticity band. Just grab hold of the comfortable, non-slip, antibacterial rubber grips, and place a foot down on the nylon safety sleeve that protects the elastic resistance tubing underneath. The closer your foot is to the handle, the greater the resistance and muscle-building stimulus. With this boundlessly versatile functional fitness tool, and just your body and the furniture around you for anchors, users can work arms, legs, back, chest, and shoulders, as well as core and glutes quickly, easily, and wherever they want.



Order Code	Item Description
EPS-SBRT-1477	ZIVA Resistance Tube with Safety Sleeve Light
EPS-SBRT-1478	ZIVA Resistance Tube with Safety Sleeve Medium
EPS-SBRT-1479	ZIVA Resistance Tube with Safety Sleeve Heavy
EPS-SBRT-1480	ZIVA Resistance Tube with Safety Sleeve Extra Heavy

Specifications		Made from TPR tubing, nylon tape, chromed clips, and PP handle with rubber grip
Product Color		Black / Yellow
Warranty		Limited 6 month warranty





ZIVA RESISTANCE BANDS / LOOP RESISTANCE BANDS

ZIVA® Resistance Bands and Loop Resistance Bands are incredibly versatile, compact and easily transportable pieces of equipment with which physiotherapists and users can prehab, rehab, warm up, stretch, and even undertake serious, strenuous workouts. Made with high-durability, high-elasticity thermoplastic rubber that can simulate multiple levels of resistance, these bands are easily integrated into a wide variety of training situations, and can also be used by clients for training by themselves.



Order Code	Item Description	Order Code	Item Description
EPS-LTBD-0425	ZIVA Resistance Band Light	EPS-LTBD-0427	ZIVA Resistance Band Heavy
EPS-LTBD-0426	ZIVA Resistance Band Medium	EPS-LTBD-0428	ZIVA Resistance Band Extra Heavy
Order Code	Item Description		
EPS-MNBD-0429	ZIVA Loop Resistance Band Set (3 pieces)		

Specifications		Made from latex rubber
Product Color		☒ Black, ☐ Dark Grey, ☐ Grey, ☒ Yellow
Warranty		Limited 6 month warranty



ZIVA YOGA MAT

The ZIVA® Yoga Mat delivers a non-toxic, eco-friendly, highly comfortable mat with no-slip grip. This mat delivers peace to both mind and body with its thick, soft, double-layered premium construction that relieves pressure on floor contact points and minimizes discomfort. A ribbed bottom and textured top give all-around slip coverage and comfort.



Order Code	Item Description
EPS-TDYM-0259	ZIVA Yoga Mat 5mm

Specifications		Made from TPE
Product Color		Black / Grey
Dimensions		L:165mm x W:61mm x H:5mm
Warranty		Limited 6 month warranty



ZIVA ALUMINUM SPEED JUMP ROPE

As part of a WOD, HIIT class, or standard cardio routine, the ZIVA® Aluminum Speed Jump Rope stands out as a fun fitness endurance challenge that works the calves, quads, forearms, and shoulders all at once. This timeless tool has been brought into the modern age with ultra-lightweight handles etched with grip-assisting knurling and an adjustable-length steel cable that can be quickly fitted to users of any size for fast-paced, high intensity training for all.



Order Code	Item Description
EPS-SKRP-0531-BK	ZIVA Aluminum Speed Jump Rope

Specifications		Made with aluminum and steel jumping cable covered in PVC skin
Product Color		 Silver / Black
Dimensions		305cm adjustable
Warranty		Limited 1 year warranty

ZIVA CORE-FIT BALL W / HAND PUMP

With the right tools, training can be a part of everyday life. Our Core-Fit Ball makes it easy to do so. Use it in any setting or training environment as a comfortable core-strengthening seat; add it to any weight-focused workout to challenge clients and increase recruitment of stabilizer muscles; or make it the centerpiece of a core workout for maximum muscle-building across the entire abdominal wall, easily and efficiently targeting the abs, obliques, and erectors. Designed with a non-slip, easy to grip surface and made with latex- and BPA-free PVC, the ZIVA® Core-Fit Ball comes in different sizes so different body types can achieve desired results. All sizes are tested up to 970 lbs, so training sessions stay safe no matter how intense they may get.



Order Code	Item Description
EPS-CFYB-0055-BK	ZIVA 55cm Core-Fit Ball w/ Hand Pump
EPS-CFYB-0056-BK	ZIVA 65cm Core-Fit Ball w/ Hand Pump

Specifications		Made from heavy-duty and durable PVC
Product Color		 Black / Yellow
Weight Capacity		440kg
Warranty		Limited 1 year warranty





RETAIL SOLUTIONS

Weight plates, barbells, dumbbells, kettlebells, and more can have a home that looks as good as they do. Great looking presentation of great looking products helps consumers make great decisions.

AVAILABLE IN BOTH
BLACK OR YELLOW



AVAILABLE IN BOTH
BLACK OR YELLOW



AVAILABLE IN BOTH
BLACK OR YELLOW



RETAIL PACKAGING

- Corrugated cardboard made from 60% recycle materials
- Eco Friendly Polypropylene lamination
- Offset traditional ink made from 60% vegetables
- Water-based vinyl glue







ZIVA

BATTLE ROPE
CORDE ONDULATOIRE

DISC
DISQUE

DISC
DISQUE

BATTLE ROPE
CORDE ONDULATOIRE

BATTLE ROPE
CORDE ONDULATOIRE

DISC
DISQUE

DISC
DISQUE

DISC
DISQUE

DISC
DISQUE

65
ZIVA

ZIVA
DISC
DISQUE

DISC
DISQUE

BATTLE ROPE
CORDE ONDULATOIRE

WALL MOUNTED PLATE STORAGE RACK
SUPPORT MURAL POUR DISQUES

BATTLE ROPE
CORDE ONDULATOIRE

ZIVA
STORAGE RACK
SUPPORT D'EQUIPEMENT

ZIVA
DISC STORAGE RACK
SUPPORT DE DISQUES

ZIVA
DISC STORAGE RACK
SUPPORT DE DISQUES

ZIVA
STORAGE RACK
SUPPORT D'EQUIPEMENT

ZIVA
F-I-D BENCH
BANC F-I-D

POWER CUBE
CUBE DE PUISSANCE

ZIVA
FUNCTIONAL BENCH
BANC DE MUSCULATION

ZIVA
DUMBBELL
HANTER





www.ziva.com

 [instagram.com/zivastrength](https://www.instagram.com/zivastrength)

 [linkedin.com/company/zivastrength](https://www.linkedin.com/company/zivastrength)

No. 68 Yincheng Middle Road, Unit 3503-3504
Pudong New Area, Shanghai China, 200120
T +86 21 6246 0091 | F +86 21 3255 9860 | sales@zivalife.com