

Gymnasium Equipment

BOYS GYM		
EQUIPMENT DESCRIPTION		Qty
TREAD MILL (MOTORIZED)		03 No's
ELLIPTICAL CROSS TRAINER		03 No's
SPIN BIKE		03 No's
ARM CURL (200 lb)	 <p>IE 9503</p>	01 No

Gymnasium Equipment

<p>SHOULDER PRESS (275 lb)</p>		<p>impulse</p>	<p>01 No</p>
<p>LATERAL RAISE (200 lb)</p>	 <p>IE 9524</p>	<p>impulse</p>	<p>01 No</p>
<p>SEATED DIP (200 lb)</p>	 <p>IE 9517</p>	<p>impulse</p>	<p>01 No</p>

Gymnasium Equipment

<p>CHEST PRESS (275 lb)</p>	 <p>IE 9501</p> <p>impulse</p>	<p>01 No</p>
<p>PEC FLY / REAR DELT (275 lb)</p>	 <p>impulse</p>	<p>01 No</p>
<p>LAT PULL / VERTICAL ROW (275 lb)</p>	 <p>impulse</p>	<p>01 No</p>

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<p>PECTORAL (200 lb)</p>	 <p>IE 9504</p>	<p>impulse</p>	<p>01 No</p>
<p>ABDOMINAL (200 lb)</p>	 <p>IE 9514</p>	<p>impulse</p>	<p>01 No</p>
<p>TORSO ROTATION (200 lb)</p>		<p>impulse</p>	<p>01 No</p>
<p>TOTAL HIP (275 lb)</p>		<p>impulse</p>	<p>01 No</p>

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<p>LEG PRESS (300 lb)</p>	 <p>impulse</p>	<p>01 No</p>
<p>LEG EXTENSION / LEG CURL (275 lb)</p>	 <p>impulse</p>	<p>01 No</p>
<p>V BENCH LEG CURL (200 lb)</p>	 <p>IE 9521</p>	<p>01 No</p>

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<p>ABDUCTOR & ADDUCTOR (150 lb)</p>	 <p>IE 9508</p>		<p>01 No</p>
<p>WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)</p>	 <p>IE 9520</p>		<p>01 No</p>
<p>CABLE CROSS OVER (200 lb)</p>			<p>01 No</p>
<p>SMITH MACHINE</p>			<p>01 No</p>

Gymnasium Equipment

<p>AB CRUNCH BENCH</p>	 <p>impulse</p>	<p>01 No</p>
<p>STRETCH MACHINE</p>	 <p>impulse</p>	<p>01 No</p>
<p>OLYMPIC INCLINE BENCH</p>	 <p>impulse</p>	<p>01 No</p>

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<p>OLYMPIC DECLINE BENCH</p>	 <p>impulse</p>	<p>01 No</p>
<p>OLYMPIC FLAT BENCH</p>	 <p>impulse</p>	<p>01 No</p>
<p>OLYMPIC ADJUSTMENT BENCH</p>	 <p>impulse</p>	<p>01 No</p>









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<p>FLAT BENCH</p>	 <p>impulse</p>	<p>01 No</p>
<p>MULTI PURPOSE BENCH</p>	 <p>impulse</p>	<p>02 No's</p>
<p>IFSPC SEATED PREACHER CURL</p>	 <p>impulse</p>	<p>01 No</p>
<p>ADJUSTABLE ABDOMINAL BENCH</p>	 <p>impulse</p>	<p>02 No's</p>
<p>DEGREE HYPERTENSION</p>	<p>impulse</p>	<p>01 No</p>

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DOUBLE TWISTERS			02 No's
COMMERCIAL STEP BOARD			01 No
DUMBBELLS RACK			01 No
OLYMPIC PLATE TREE			01 No
OLYMPIC BARS			

Gymnasium Equipment




A) 7 FEET		04 No's
B) 5 FEET		01 No
C) 4 FEET		01 No
D) 3 FEET		01 No
E) EZKURL BAR		01 No
F) TRICEPS BAR		01
DUMBBELLS (HEX 220 Kgs) 20 Kg - 2 No's 15 Kg - 4 No's 10 Kg - 4 No's 7.5 Kg - 4 No's 05 Kg - 8 No's		22 No's
OLYMPIC PLATES (RUBBERIZED) 340kgs 25 kg - 2 No's 20 Kg - 4 No's 15 Kg - 4 No's 10 Kg - 8 No's 05 Kg - 8 No's 2.5 kg - 6 No's		32 No's
Gym Ball 95 cm - 1 No 85 cm - 1 No 75 cm - 1 No		3 No's
TONING TUBES Single - 3 No's Double - 3 No's		06 No's
ANKLE/ WRIST WEIGHTS (NEOPRENE)		

Gymnasium Equipment

A) 1 KGS		04 Sets
B) 1.5 KGS		04 Sets
C) 2 KGS		04 Sets
MEDICINE BALLS 8 Kgs – 1 No 5 Kgs – 1 No		02 No's
HEIGHT MACHINE		02 No's
GYM STARCHING MATS		04 No's
HIP BELT		04 NO'S
TRICEPS ROPE		01 NO
TRICEPS BAR		01 NO

Gymnasium Equipment

WEIGHT MACHINE		01 NO
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GIRLS GYM		
EQUIPMENT	Qty	
9 STATION MULTI GYM		01 No
TREAD MILL (MOTORIZED)		03 No's
ELLIPTICAL CROSS TRAINER		03 No's



Gymnasium Equipment

<p>RECUMBENT IT BIKE</p>		<p>02 No's</p>
<p>UPRIGHT BIKE</p>		<p>02 No's</p>
<p>ROWING MACHINE</p>		<p>01 No</p>
<p>FITNESS MACHINE (VIBRATOR)</p>		<p>02 No's</p>




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SPIN BIKE		01 No
HEIGHT AND WEIGHT MACHINE		02 No's
SOCCER FUGY BOARDS		02 No's
NEOPRENE DUMBLES(1KG TO 5 KGS)		05 Sets

AVAILABLE OUTDOOR GYM EQUIPMENTS FOR MEN & WOMEN

SEATED CHEST PRESS DOUBLE		02 No's
HAND ROWER		02 No's

Gymnasium Equipment

<p>ELLIPTICAL CROSS TRAINER</p>			<p>02 No's</p>
<p>AIR WALKER</p>			<p>02 No's</p>
<p>LEG CURL</p>			<p>02 No's</p>
<p>EXERCISER CYCLE</p>			<p>02 No's</p>

Gymnasium Equipment

<p>PULL UP BAR</p>		<p>02 No's</p>
<p>ABDOMINAL BOARD & MUSCLE BOARD</p>		<p>02 No's</p>
<p>WEIGHT LIFTING STATION</p>		<p>02 No's</p>
<p>3 IN 1 AIR WALKER, LEG PRESS, TWISTER</p>		<p>02 No's</p>
<p>SKY WALKER</p>		<p>02 No's</p>