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| **LIST OF GYM EQUIPMENT** **Scheme Code: CCCT/ACAF/GYM/01** |
| **Sl. No.**  | **Items/Product** | **Product Spec if Any** | **Nos/Pcs** |
| 1. | 3 In 1 Olympic BenchFully Commercial | Workout: Flat, Incline, Decline ChestPress and Seated AbsDimensions (L\*W\*H): 170cm x 174cm x137cm.Frame: Combination of 50mm x 100mmx2mm and 50mm x 50mm x 2mmrectangular MS tubes.Ergonomically designed structure.Seat made from a High density 50mmfoam; upholstered in water-resistantrexene for increased product life.Polyurethane paint used for smoothfinishof the MS tubesPowder coating (customizable). | 1 |
| 2. | ADJUSTABLE BENCHACC01) | Workout: Incline, Decline and FlatDumbbell Press, Abdominal CrunchesDimensions (L\*W\*H): 175cm x 25cm x120cm Frame:50mm x 100mmrectangular MS tubes Net Weight: 50kgsGross Weight: 60 kgs | 1 |
| 3. | Shoulder Press-IgniteSeries | Workout: Shoulder PressDimensions (LWH): 175cm x 140cm x186 cmFrame built from 48mm x 96mm x2.5mmrectangular MS tubes.Aesthetically designed covers made ofM.S sheet to cover the frame for usersafety.Weight Stack: 80 kgs Mild steel (M.S)plates with nylon bushes.Weight Stack guide bars - Chromeelectroplated MS pipes for smoothmovement of weight stacks.HD Plastic pulleys with doublebearings.5MM PU wire for smooth movementandoptimum life of pulleys.Seat made from a High density 40mmNition; upholstered in water-resistantrexine for longevity.Polyurethane paint used for smoothfinishof the MS tubesNet Weight: 155.5 kgsGross Weight: 175.5 kgs |  |
| 4. | DUAL ADJUSTABLEPULLEY (DAP01) FUNCTIONALTRAINER | Workout: Biceps, Triceps, Cable Press,Rowing, Shoulders, Chin-upAesthetically designed cover made ofM.Ssheet to cover the frame for user safetyDimensions (L\*W\*H): 134cm x 166cm x230 cmWeight Stack: 160 kgs Mild Steel (M.S)Plates with Nylon BushesNet Weight: 275 kgs/Gross Weight: 295KGS |  |
| 5. | ROUND BOUNCERDUMBBELL | Round bouncer Dumbbell - TPU RubberCoated Non Toxic and Heavy UseMent to Last Long with High Grade TPURubber Coaring with the Base of SolidSteel.30 Mm Grip Turned.Ment for Commercial/domestic useProvided in pairs of 2.5/5/7.5/10/12.5 |  |
| 6. | LEG PRESS AND HACK SQUAT(AS09) | Workout: Quads and Hamstrings, Calfmuscles and SquatsDimensions (L\*W\*H): 218cm x 98cm x150 cm Frame built from 50mm x100mm rectangular MS tubes.Net Weight: 137 kgs | Gross Weight: 157kgs |  |
| 7. | Preacher Bench/Roman Chair | Workout: Bicep CurlDimensions (L\*W\*H): 101cm x 81cm x88cm Frame:50mm x 100mmrectangular MS tubes Net Weight: 70kgs/Gross Weight: 80 kgs |  |
| 8. | DUMBBELL RACK-3 TIER | COMMERCIAL 3 TIER COMMERCIALDUMBBELL RACK |  |
| 9. | Barbell Stand Prime (ACC23) | Fabricated in a combination of50mm 100mm and 56mm Round MSTubes.Capacity: 9 BarbellsNet Weight: 20Kg |  |
| 10. | CoscofitnessCHG 405 Four Station Gym | PRODUCT DETAILS4 Station Gym with 4 Weight Stack atTotal 600 lbs.No Cable Change.Workouts :Abdominal, Lat PullDown,Leg Press, Shoulder Press, Pec Dec,low Row, Bicep, Tricep, Leg curl, LowrowDESCRIPTIONMax. User Weight140 Kgs.Net Weight416 Kgs.Assembly (LxWxH)2100 x 2500 x 2200mmWeight Stack4 Wt. Stack of Total 600 lbsFunctionsAbdominal, Lat PullDown, Leg Press,Shoulder Press, Pec Dec, low Row,Bicep, Tricep, Leg curl, Low row |  |
| 11. | Olympic Weight Lifting Rod | Heavy Duty-Made in India - OlympicWeight Lifting Rod50 mm weight Load Road Solid Steeland 30 mm Counoured Grip for BetterGripRotating - Bearing Plate Load Rods-Solid Stain Les Steel -Spring Locks Included/6 Feet 1 Pcs and 7 Feet 1 PcsStraight Length Rods4 Feet EZ or Curled |  |
| 12. | OLYMPIC BUMPER WEIGHT LIFTING PLATES | Type: SteeringRubber coated iron plates with slotsdoes not damage the floor Available in2.5, 5.0, 7.5, 10.0, |  |