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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 Bench  Fully Commercial | Workout: Flat, Incline, Decline Chest  Press and Seated Abs  Dimensions (L\*W\*H): 170cm x 174cm x  137cm.  Frame: Combination of 50mm x 100mm  x  2mm and 50mm x 50mm x 2mm  rectangular MS tubes.  Ergonomically designed structure.  Seat made from a High density 50mm  foam; upholstered in water-resistant  rexene for increased product life.  Polyurethane paint used for smooth  finish  of the MS tubes  Powder coating (customizable). | 1 |
| 2. | ADJUSTABLE BENCH  ACC01) | Workout: Incline, Decline and Flat  Dumbbell Press, Abdominal Crunches  Dimensions (L\*W\*H): 175cm x 25cm x  120cm Frame:50mm x 100mm  rectangular MS tubes Net Weight: 50  kgs  Gross Weight: 60 kgs | 1 |
| 3. | Shoulder Press-Ignite  Series | Workout: Shoulder Press  Dimensions (LWH): 175cm x 140cm x  186 cm  Frame built from 48mm x 96mm x  2.5mm  rectangular MS tubes.  Aesthetically designed covers made of  M.S sheet to cover the frame for user  safety.  Weight Stack: 80 kgs Mild steel (M.S)  plates with nylon bushes.  Weight Stack guide bars - Chrome  electroplated MS pipes for smooth  movement of weight stacks.  HD Plastic pulleys with double  bearings.  5MM PU wire for smooth movement  and  optimum life of pulleys.  Seat made from a High density 40mm  Nition; upholstered in water-resistant  rexine for longevity.  Polyurethane paint used for smooth  finish  of the MS tubes  Net Weight: 155.5 kgs  Gross Weight: 175.5 kgs |  |
| 4. | DUAL ADJUSTABLE  PULLEY (DAP01) FUNCTIONAL  TRAINER | Workout: Biceps, Triceps, Cable Press,  Rowing, Shoulders, Chin-up  Aesthetically designed cover made of  M.S  sheet to cover the frame for user safety  Dimensions (L\*W\*H): 134cm x 166cm x  230 cm  Weight Stack: 160 kgs Mild Steel (M.S)  Plates with Nylon Bushes  Net Weight: 275 kgs/Gross Weight: 295  KGS |  |
| 5. | ROUND BOUNCER  DUMBBELL | Round bouncer Dumbbell - TPU Rubber  Coated Non Toxic and Heavy Use  Ment to Last Long with High Grade TPU  Rubber Coaring with the Base of Solid  Steel.  30 Mm Grip Turned.  Ment for Commercial/domestic use  Provided in pairs of 2.5/5/7.5/10/  12.5 |  |
| 6. | LEG PRESS AND HACK SQUAT  (AS09) | Workout: Quads and Hamstrings, Calf  muscles and Squats  Dimensions (L\*W\*H): 218cm x 98cm x  150 cm Frame built from 50mm x  100mm rectangular MS tubes.  Net Weight: 137 kgs | Gross Weight: 157  kgs |  |
| 7. | Preacher Bench/Roman Chair | Workout: Bicep Curl  Dimensions (L\*W\*H): 101cm x 81cm x  88cm Frame:50mm x 100mm  rectangular MS tubes Net Weight: 70  kgs/Gross Weight: 80 kgs |  |
| 8. | DUMBBELL RACK-3 TIER | COMMERCIAL 3 TIER COMMERCIAL  DUMBBELL RACK |  |
| 9. | Barbell Stand Prime (ACC23) | Fabricated in a combination of  50mm 100mm and 56mm Round MS  Tubes.  Capacity: 9 Barbells  Net Weight: 20Kg |  |
| 10. | Coscofitness  CHG 405 Four Station Gym | PRODUCT DETAILS  4 Station Gym with 4 Weight Stack at  Total 600 lbs.  No Cable Change.  Workouts :Abdominal, Lat PullDown,  Leg Press, Shoulder Press, Pec Dec,  low Row, Bicep, Tricep, Leg curl, Low  row  DESCRIPTION  Max. User Weight  140 Kgs.  Net Weight  416 Kgs.  Assembly (LxWxH)  2100 x 2500 x 2200mm  Weight Stack  4 Wt. Stack of Total 600 lbs  Functions  Abdominal, 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 - Olympic  Weight Lifting Rod  50 mm weight Load Road Solid Steel  and 30 mm Counoured Grip for Better  Grip  Rotating - Bearing Plate Load Rods-  Solid Stain Les Steel -  Spring Locks Included  /6 Feet 1 Pcs and 7 Feet 1 Pcs  Straight Length Rods  4 Feet EZ or Curled |  |
| 12. | OLYMPIC BUMPER WEIGHT LIFTING PLATES | Type: Steering  Rubber coated iron plates with slots  does not damage the floor Available in  2.5, 5.0, 7.5, 10.0, |  |