

**Veterinary Polytechnic and Regional Research & Training Center,
Kaljharani (Distt. Bathinda)**

Subject: Gym equipment specifications for boys hostel VP&RRTC, Kaljharani

Preferred Brands: Viva, Nova Fitness, Cosco, Johnson, Grandson, Afton, and Pulse Fitness.

Sr. No.	Name of Equipment	Descriptions/specifications
1.	Treadmill	<ul style="list-style-type: none"> • AC driving system with adjustable variable frequency • 3.0 HP AC continuous (6.0 HP Peak) motor • Speed : 1~20 kmph • Incline range from 0 ~15% • 21" x 60" running surface with Heavy duty reliable orthopedic running belt • Multi window LED display showing Time, Speed, Distance, Incline, Calories, Heart rate etc. • Various motivating programs for different workout requirements • High speed O generator. • Emergency stop button • Two Mobile/Bottle Holders • Max. User weight 135 kgs
2.	Spin/ Studio Bike	<ul style="list-style-type: none"> • Sturdy structure with 21 kgs stainless steel fly wheel • Adjustable resistance • Dipping handle bar (adjusted vertically) • With adjustable seat (vertically and horizontally) • With bottle holder (without bottle) • Max. User Weight 130 Kgs
3.	Multi-Gym	<ul style="list-style-type: none"> • 4 station gym • Exercise Functions:- <ul style="list-style-type: none"> ➤ 1st side-Lats pull down/vertical row with low platform with iron/metal weight stacks of 100 Kgs ➤ 2nd side- pec fly/rear delt with vertically adjustable seat with iron/metal weight stacks of 80 Kgs ➤ 3rd side- pec dec with vertically adjustable seat with iron/metal weight stacks of 80 Kgs ➤ 4th side-chest press with curvy vertical adjustable seat with iron/metal weight stacks of 120 Kgs ➤ Leg press/Leg extension/Leg curl may be added with multigym • Durable powder coated finish • Ergonomic Design / Scientific Biomechanics
4.	Cross/Elliptical trainer	<ul style="list-style-type: none"> • Innovate fashion design and chain cover with UV coating • Big fly wheel (10Kg) with poly v-belt and heavy duty 3 pc. crank • High quality function display for time, speed, distance, pulse, calories, RPM, Recovery, Manual, watt program, included adaptor etc. • 12 programs • Wide and custom-molded foot platform • Max User Weight 125 Kgs • Dual action upper and lower body aerobic workout • High-tech self-power generator
5.	Functional Trainer	<ul style="list-style-type: none"> • Iron/metal Weight Stack : 200 lbs. x 2

6.	Multi-bench for bench-press	<ul style="list-style-type: none"> • Adjustable Incline and Decline (heavy duty) • With 2 rod holders • With plate holders on left and right side.
7.	Olympic bench for bench-press	<ul style="list-style-type: none"> • Fixed and capable for weight upto 150 kgs of bench-press • With 2 rod holders • With plate holders on left and right side.
8.	Double Twister standing and sitting	<ul style="list-style-type: none"> • Carbon coated good quality structure • 2 handles in centre
9.	Dumbbells steel	<ul style="list-style-type: none"> • High quality chrome solid steel
10.	Rubber plates Olympic hole	<ul style="list-style-type: none"> • Tri-grip/more handles for easy loading and offloading
11.	Flat Multi-bench Adjustable	<ul style="list-style-type: none"> • With different adjustable positions • Can be used for various exercises • Thick seat padding and durable pipe structure
12.	Rod 7feet Olympic hole	<ul style="list-style-type: none"> • Perfect for bench press
13.	Rod 4 feet Olympic hole	<ul style="list-style-type: none"> • For various exercises
14.	Rod curl 4 feet Olympic hole	<ul style="list-style-type: none"> • For various exercises
15.	Dumbbell stand	<ul style="list-style-type: none"> • Heavy duty twin tier dumbbells rack
16.	Plate stand	<ul style="list-style-type: none"> • Heavy duty structure
17.	Black rubber flooring mat	
18.	Skipping rope	