


**Director Students' Welfare -cum-Estate Officer, Ferozepur
Road, Ludhiana, Punjab, India**

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

Preferred Brands: Viva, Nova Fitness, Cosco, Johnson, Grandson, Afton, &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"> ➤ 1 st side-Lats pull down/vertical row with low platform with iron/metal weight stacks of 100 Kgs ➤ 2 nd side- pec fly/rear delt with vertically adjustable seat with iron/metal weight stacks of 80 Kgs ➤ 3 rd side- pec dec with vertically adjustable seat with iron/metal weight stacks of 80 Kgs ➤ 4 th 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 |

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| 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 | |


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