

**GYM**

**BOYS**

<b>EQUIPMENT</b>		<b>Qty</b>
<b>TREAD MILL (MOTORIZED)</b>		03 No's
<b>ELLIPTICAL CROSS TRAINER</b>		03 No's
<b>SPIN BIKE</b>		03 No's
<b>ARM CURL (200 lb)</b>	 <p align="right"><b>impulse</b></p>	01 No



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>SHOULDER PRESS (275 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>LATERAL RAISE (200 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>SEATED DIP (200 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>CHEST PRESS (275 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>PEC FLY / REAR DELT (275 lb)</b></p>	 <p><i>impulse</i></p>	<p>01 No</p>
<p><b>LAT PULL / VERTICAL ROW (275 lb)</b></p>	 <p><i>impulse</i></p>	<p>01 No</p>
<p><b>PECTORAL (200 lb)</b></p>	 <p><i>impulse</i></p>	<p>01 No</p>
<p><b>ABDOMINAL (200 lb)</b></p>	 <p><i>impulse</i></p>	<p>01 No</p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>TORSO ROTATION (200 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>TOTAL HIP (275 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>LEG PRESS (300 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>LEG EXTENSION / LEG CURL (275 lb)</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>V BENCH LEG CURL (200 lb)</b></p>	 <p>IE 9521</p>		<p>01 No</p>
<p><b>ABDUCTOR &amp; ADDUCTOR (150 lb)</b></p>	 <p>IE 9508</p>		<p>01 No</p>
<p><b>WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)</b></p>	 <p>IE 9520</p>		<p>01 No</p>
<p><b>CABLE CROSS OVER (200 lb)</b></p>			<p>01 No</p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

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



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

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





**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

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





**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>DOUBLE TWISTERS</b></p>	 <p><b>impulse</b></p>	<p>02 No's</p>
<p><b>COMMERCIAL STEP BOARD</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>DUMBBELLS RACK</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>OLYMPIC PLATE TREE</b></p>	 <p><b>impulse</b></p>	<p>01 No</p>
<p><b>OLYMPIC BARS</b></p>		
<p>A) 7 FEET</p>		<p>04 No's</p>
<p>B) 5 FEET</p>		<p>01 No</p>
<p>C) 4 FEET</p>		<p>01 No</p>
<p>D) 3 FEET</p>		<p>01 No</p>
<p>E) EZKURL BAR</p>		<p>01 No</p>
<p>F) TRICEPS BAR</p>		<p>01</p>






**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>DUMBBELLS (HEX 220 Kgs)</b> 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</p>		<p align="center">22 No's</p>
<p><b>OLYMPIC PLATES (RUBBERIZED) 340kgs</b> 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</p>		<p align="center">32 No's</p>
<p><b>Gym Ball</b> 95 cm - 1 No 85 cm - 1 No 75 cm - 1 No</p>		<p align="center">3 No's</p>
<p><b>TONING TUBES</b> Single - 3 No's Double - 3 No's</p>		<p align="center">06 No's</p>
<p><b>ANKLE/ WRIST WEIGHTS (NEOPRENE)</b></p>		
<p>A) 1 KGS</p>		<p align="center">04 Sets</p>
<p>B) 1.5 KGS</p>		<p align="center">04 Sets</p>
<p>C) 2 KGS</p>	<p align="center">04 Sets</p>	
<p><b>MEDICINE BALLS</b> 8 Kgs - 1 No 5 Kgs - 1 No</p>		<p align="center">02 No's</p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p>HEIGHT MACHINE</p>		<p>02 No's</p>
<p>GYM STARCHING MATS</p>		<p>04 No's</p>
<p>HIP BELT</p>		<p>04 NO'S</p>
<p>TRICEPS ROPE</p>		<p>01 NO</p>
<p>TRICEPS BAR</p>		<p>01 NO</p>
<p>WEIGHT MACHINE</p>		<p>01 NO</p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<b>GIRLS</b>		
<b>EQUIPMENT</b>		<b>Qty</b>
<b>9 STATION MULTI GYM</b>		<b>01 No</b>
<b>TREAD MILL (MOTORIZED)</b>		<b>03 No's</b>
<b>ELLIPTICAL CROSS TRAINER</b>		<b>03 No's</b>
<b>RECUMBENT IT BIKE</b>		<b>02 No's</b>







**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>UPRIGHT BIKE</b></p>		<p><b>02 No's</b></p>
<p><b>ROWING MACHINE</b></p>		<p><b>01 No</b></p>
<p><b>FITNESS MACHINE (VIBRATOR)</b></p>		<p><b>02 No's</b></p>
<p><b>SPIN BIKE</b></p>		<p><b>01 No</b></p>
<p><b>HEIGHT AND WEIGHT MACHINE</b></p>		<p><b>02 No's</b></p>
<p><b>SOCCER FUGY BOARDS</b></p>		<p><b>02 No's</b></p>
<p><b>NEOPRENE DUMBLES(1KG TO 5 KGS)</b></p>		<p><b>05 Sets</b></p>








**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

**AVAILABLE OUTDOOR GYM EQUIPMENTS FOR MEN & WOMEN**

<p><b>SEATED CHEST PRESS DOUBLE</b></p>		<p><b>02 No's</b></p>
<p><b>HAND ROWER</b></p>		<p><b>02 No's</b></p>
<p><b>ELLIPTICAL CROSS TRAINER</b></p>		<p><b>02 No's</b></p>
<p><b>AIR WALKER</b></p>		<p><b>02 No's</b></p>



**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>LEG CURL</b></p>		<p><b>02</b> <b>No's</b></p>
<p><b>EXERCISER CYCLE</b></p>		<p><b>02</b> <b>No's</b></p>
<p><b>PULL UP BAR</b></p>		<p><b>02</b> <b>No's</b></p>
<p><b>ABDOMINAL BOARD &amp; MUSCLE BOARD</b></p>		<p><b>02</b> <b>No's</b></p>
<p><b>WEIGHT LIFTING STATION</b></p>		<p><b>02</b> <b>No's</b></p>





**AVAILABILITY OF SPORTS FACILITY / EQUIPMENT**

<p><b>3 IN 1 AIR WALKER, LEG PRESS, TWISTER</b></p>			<p><b>02 No's</b></p>
<p><b>SKY WALKER</b></p>			<p><b>02 No's</b></p>

