

GYM

BOYS

EQUIPMENT		Qty
12 STATION MULTI GYM		01 No
TREAD MILL (MOTORIZED)		03 No's
ELLIPTICAL CROSS TRAINER		03 No's
SPIN BIKE		03 No's
ARM CURL (200 lb)	 	01 No

<p>SHOULDER PRESS (275 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>LATERAL RAISE (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>SEATED DIP (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>CHEST PRESS (275 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>



<p>PEC FLY / REAR DELT (275 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>LAT PULL / VERTICAL ROW (275 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>PECTORAL (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>ABDOMINAL (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>



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

<p>V BENCH LEG CURL (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>ABDUCTOR & ADDUCTOR (150 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>
<p>CABLE CROSS OVER (200 lb)</p>	 <p align="right">impulse</p>	<p align="center">01 No</p>



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



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









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








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



AVAILABILITY OF SPORTS FACILITY/EQUIPMENT

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

<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>







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








<p>UPRIGHT BIKE</p>		<p>02 No's</p>
<p>ROWING MACHINE</p>		<p>01 No</p>
<p>FITNESS MACHINE (VIBRATOR)</p>		<p>02 No's</p>
<p>SPIN BIKE</p>		<p>01 No</p>

HEIGHT AND WEIGHT MACHINE		02 No's
SOCCER FUGY BOARDS		02 No's
NEOPRENE DUMBLES(1KG TO 5 KGS)		05 Sets

AVAILABLE OUTDOOR GYM EQUIPMENTS FOR MEN & WOMEN

SEATED CHEST PRESS DOUBLE		02 No's
HAND ROWER		02 No's
ELLIPTICAL CROSS TRAINER		02 No's
AIR WALKER		02 No's

<p align="center">LEG CURL</p>		<p align="center">02 No's</p>
<p align="center">EXERCISER CYCLE</p>		<p align="center">02 No's</p>
<p align="center">PULL UP BAR</p>		<p align="center">02 No's</p>
<p align="center">ABDOMINAL BOARD & MUSCLE BOARD</p>		<p align="center">02 No's</p>
<p align="center">WEIGHT LIFTING STATION</p>		<p align="center">02 No's</p>



<p align="center">3 IN 1 AIR WALKER, LEG PRESS, TWISTER</p>				<p align="center">02 No's</p>
<p align="center">SKY WALKER</p>				<p align="center">02 No's</p>