



EQUIPMENT LIST – FITNESS TRAINER

1	Treadmill	5	
2	Cross Trainer	5	
3	Bicycle Ergo Meter	5	
4	Arc Trainer	5	
5	Elliptical	1	
6	Flat-Bench Olympic Free Weight	1	
7	Inclined-Bench Olympic Free Weight	1	
8	Decline-Bench Olympic Free Weight	1	
9	Push-Up Bar	1	
10	Chest Press	1	
11	Long Pull Row	1	
12	Lat- Pull Down	1	
13	Chin-Up	1	
14	T-Bar	1	
15	Glut Ham	1	
16	Hyper Extension	1	
17	Smith Machine	1	
18	Shoulder Press	1	
19	Lateral Raise	1	
20	Dumbbells -Shoulders	30	
21	Barbells-Shoulders	30	
22	Bicep Curl	1	
23	Fishar Curl	1	
24	Wrist Curl	1	
25	Cable Cross-Over Adjustable	1	
26	Squat-Rack	1	
27	Leg Press/Half Squat	1	
28	Leg Curl	1	
29	Leg Extension	1	
30	Seated Calf	1	
31	Abs Board	10	
32	Hyper Extension -Abdominal	1	
33	Back Extension -Abdominal	1	
34	Abs King Pro	10	
35	Twister	5	
36	Gym Ball	30	
37	Lifecare Ab Rocket	20	
38	2 Kg To 25 Kg Dumbbells	10	
39	Bar 4 Ft. Curl Bar	10	
40	Zick-Zack Bar	10	
41	Olympic Bar	10	
42	Olympic Weight Lifting Plates 1.25 Kgs, 2.5 Kgs, 5.0 Kgs, 10.0 Kgs, 15.0 Kgs, 20.0 Kgs, 25.0 Kgs	10	
43	Collars For Olympic Bar	10	
44	Trx	15	
45	Kettelbell	30	
46	Bosu Trainer	20	
47	Kick & Punching Pads	20	
48	Battle Rope	10	
49	Sand Bags (5 Kgs, 10 Kg, 15 Kg)	10	