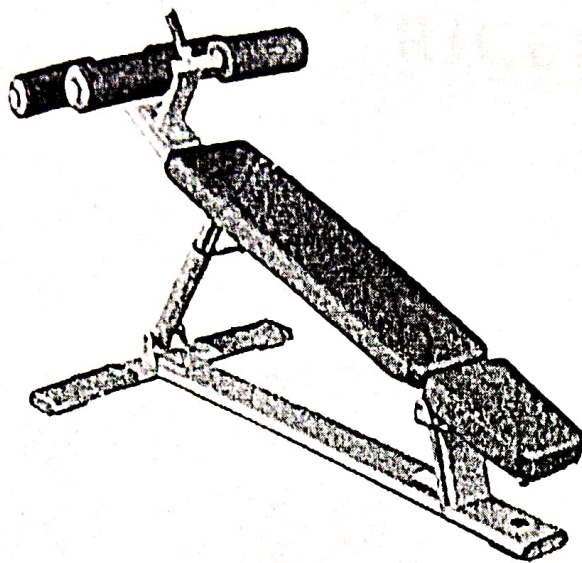


## TECHNICAL SPECIFICATIONS



### Abdominal Bench

Operation Mode

Adjustable

Type

Situp Benches

Weight Capacity

43Kg

Size

1500x700x1000

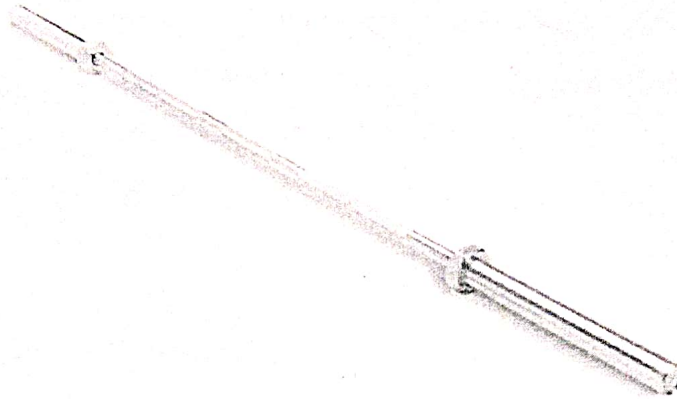
Seat Material

PU Foam With Synthetic Leather

Tube

Oval Elliptical Tube

## OLYMPIC BAR



### TECHNICAL SPECIFICATION

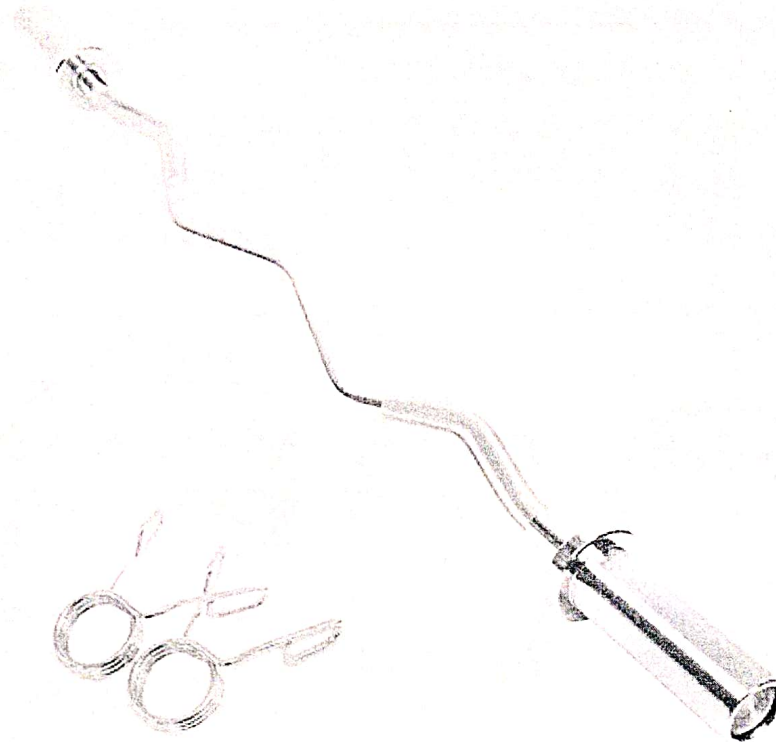
VIVA FITNESS Olympic Bar for Men Size 6 Feet

VIVA FITNESS<sup>R</sup> (Viva Fitness IR-94039 Heavy Duty Olympic Bar)

- Type of Olympic Bars- Olympic Bar
- Types of Olympic Bar according to shape- Standard Bar
- Utility- Men
- Outer ends Length (5 cm Dia for both sleeves)- 32 cm
- Grip Section Diameter- 2.5 cm
- Grip section Spaced (apart with non-knurled 0.5)- 42 cm
- Rim Diameter (Min-Max)- 6.3 cm
- Thickness of Olympic bar in mm- 28 mm
- Warranty in years- 2 year



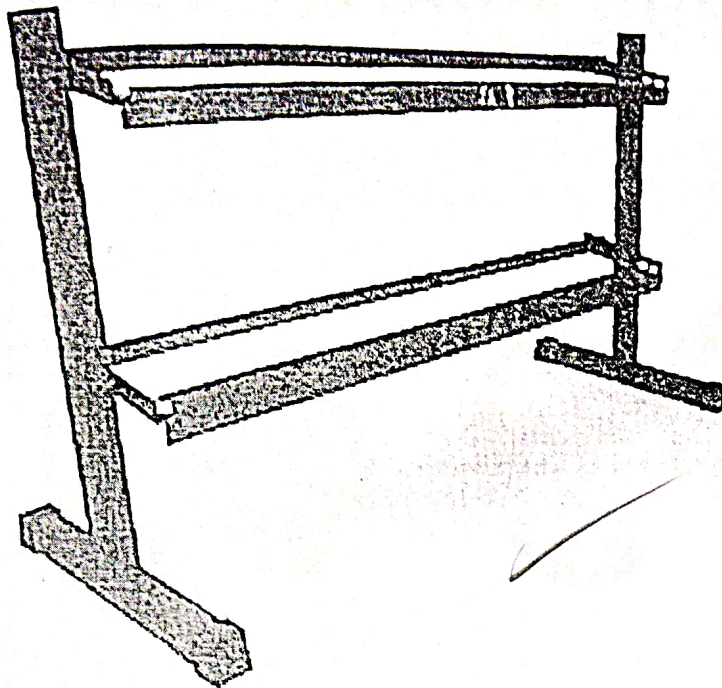
## OLYMPIC CURL BAR



### TECHNICAL SPECIFICATION

- Type of Olympic Bars - Olympic Bar
- Types of Olympic Bar according to shape- Curl Bar (aka EZ-Bar)
- Utility- Unisex
- Outer ends Length (5 cm Dia for both sleeves)- 32 cm
- Grip Section Diameter- 2.8 cm
- Grip section Spaced (apart with non-knurled 0.5)- 42 cm
- Rim Diameter (Min-Max)- 6.3 cm
- Thickness of Olympic bar in mm- 28 mm
- Warranty in years- 1 year

## TECHNICAL SPECIFICATIONS



### TWO TIER DUMBBELL RACK

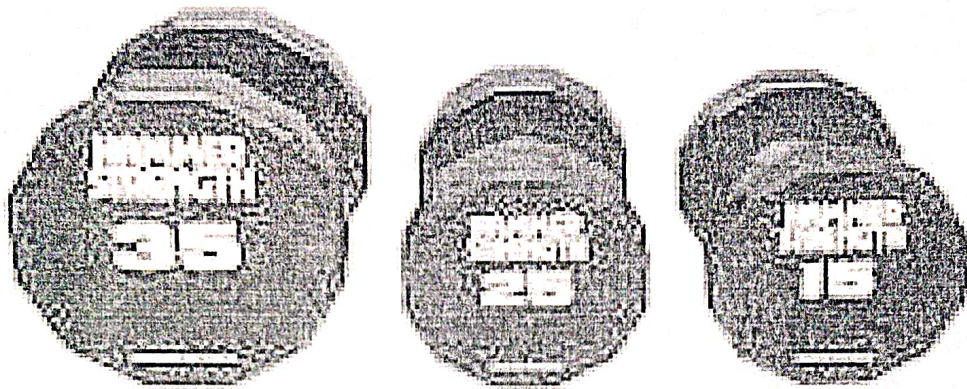
Material	Alloy Steel, Cast Iron
Item Dimensions LxWxH	100 x 100 x 100 Centimeters
Style	Heavy Duty

### About this item

- Made of heavy duty steel and cast iron construction
- 300kg. weight capacity . Powdered coating for long life
- Grey Silver ( can ship dark grey depend on availability)
- Height 2 ft & length 3 Ft
- Can hold 9-12 pair . depend on size of dumbbells



## 12- SIDE URETHANE DUMBBELLS



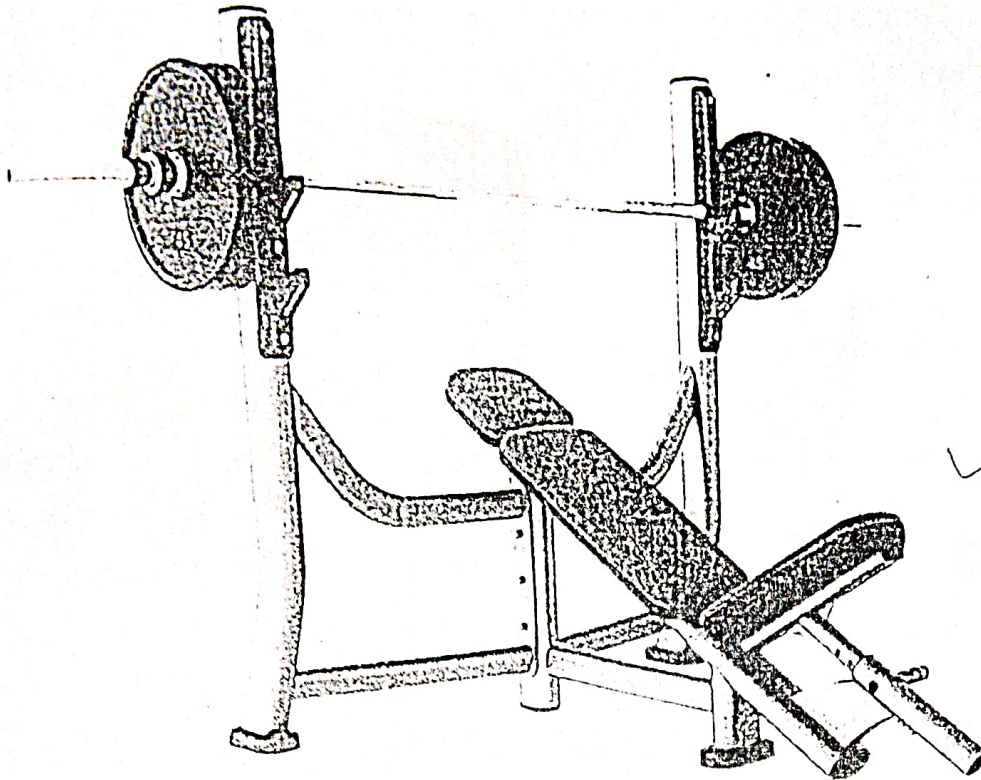
### TECHNICAL SPECIFICATION

- Must be premium urethane dumbbells to offer superior durability with an injection- moulded exterior and high-grade steel.
- 12-sided, anti-roll heads, compact design and flared handles make them easier to use and control,
- Must have Weights range 2.5 Kg, 5 Kg, 7.5 Kg, 10 Kg, 12.5 Kg, 15 Kg & 20 Kg. (06 Nos each)



# INCLINE BENCH

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## TECHNICAL SPECIFICATIONS

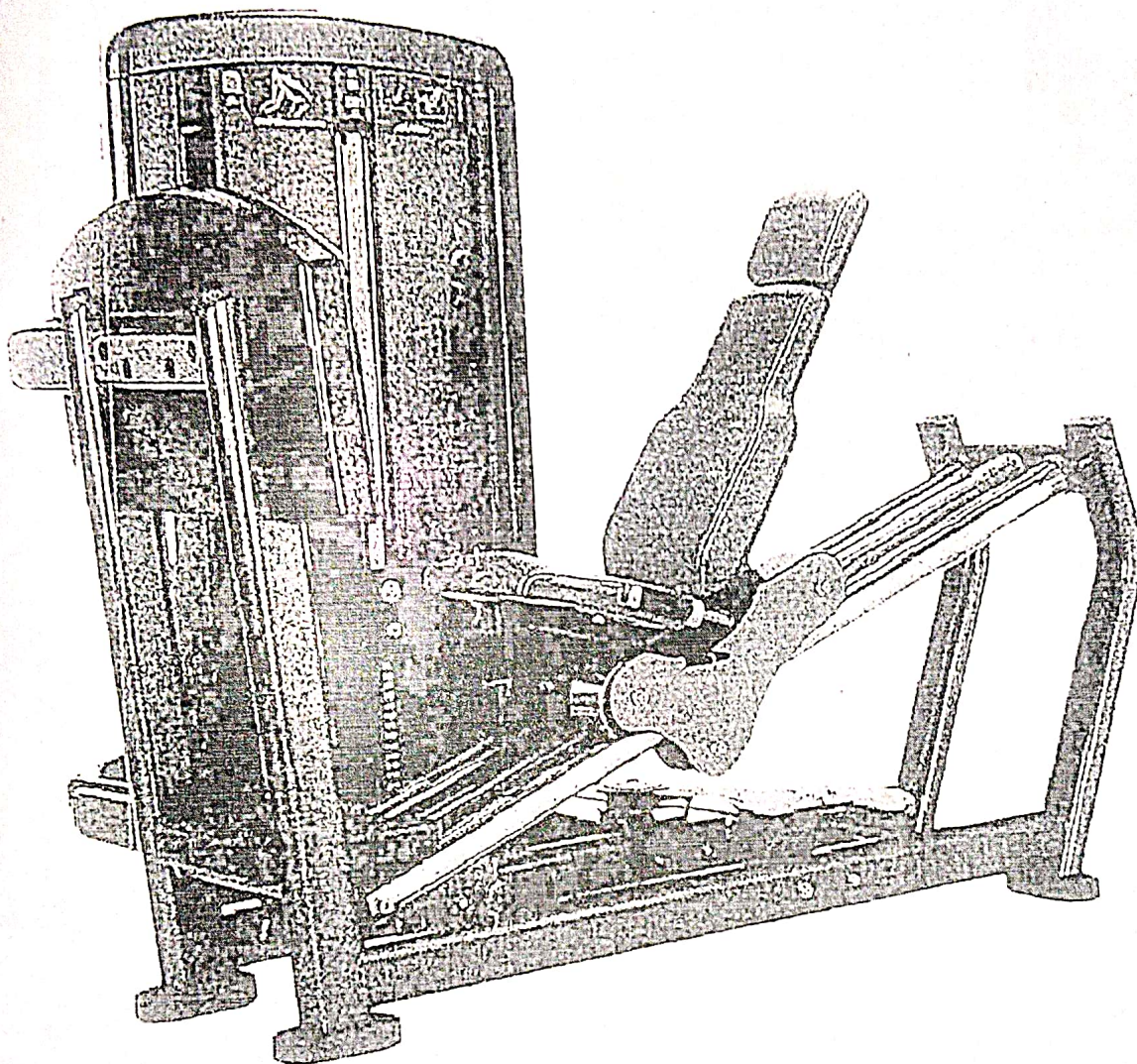
- Must have adjustments Spring assisted seat adjustments
- Footprint minimum Dimensions (L x W x H) 58" x 51" x 57" (metric cm: 147 x 130 x 145)
- Recommended Live Area (L x W x H) 101" x 120" x 57" (metric cm: 257 x 305 x 145).
- Machine Weight 60-100 kg
- Max Training Weight 200-250 kg
- Vertical height from floor to Top Bar minimum Support 43.5" (25.4 cm)
- Vertical height from floor to Bottom Bar minimum Support 37" (41.9 cm)
- Head Pad Size minimum (at the widest point of the contoured sides) 10" x 9" (25.4 x 22.8 cm).
- Back Pad Size minimum (at the widest point of the contoured sides) 11" x 32" (27.9 x 81.3 cm)
- Seat Pad Size minimum (at the widest point of the contoured sides) 11" x 14" (27.9 x 35.6 cm).
- Should have 8-10 year limited warranty on structural frame (coatings excluded), 5 year or pulleys, weight plates & guide rods, 1 year on bearings, cables, grips & electrical, 90 days on upholstery, springs & any items not specified.

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## SEATED LEG PRESS

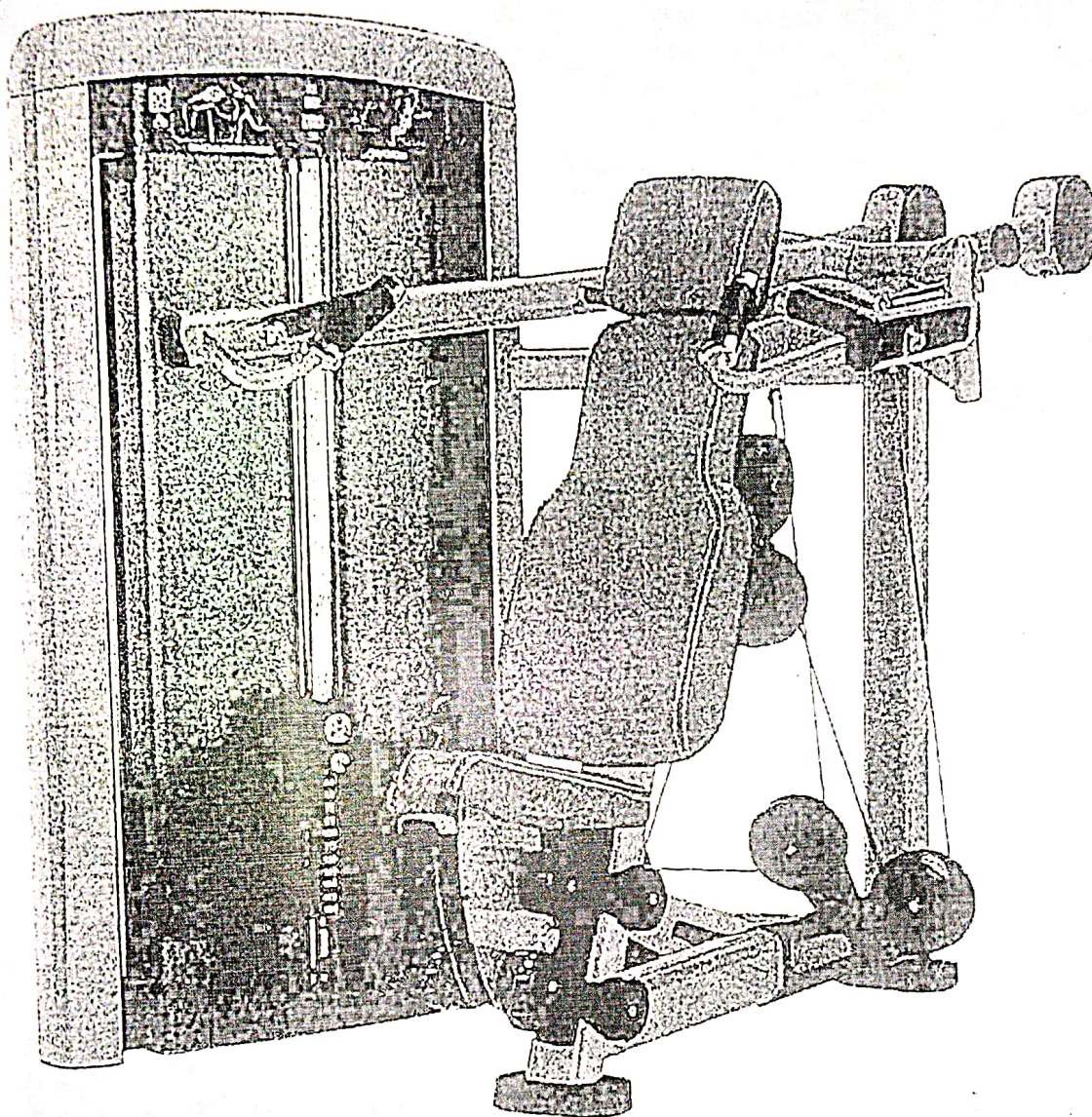


### TECHNICAL SPECIFICATIONS

- Minimum Dimensions (L x W x H) 79.1" x 44.8" x 64.7" (201 cm x 114 cm x 164 cm)
- Live Area Minimum (L x W x H) 97.1" x 68.8" x 82.7" (247 cm x 175 cm x 210 cm)
- Product Weight 400-500 kg
- Max User Weight 100-150 kg
- Standard Weight Stack 120-180 kg
- Heavy Weight Stack 160-200 kg



# SHOULDER PRESS



## TECHNICAL SPECIFICATIONS

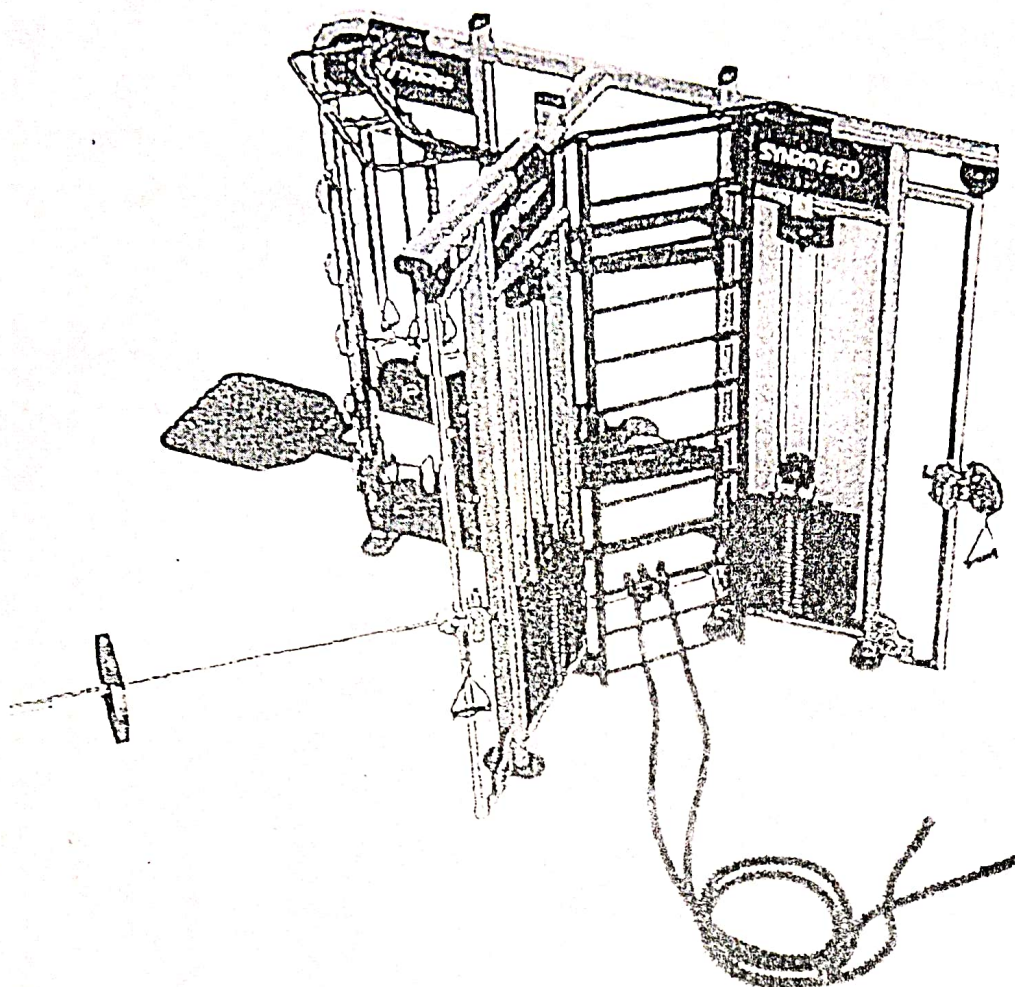
- Minimum Dimensions (L x W x H) 64.4" x 56.8" x 72.8" (164 cm x 144 cm x 185 cm)
- Live Area Minimum (L x W x H) 88.4" x 68.8" x 82.7" (225 cm x 175 cm x 210 cm)
- Product Weight 250-300 kg
- Max User Weight 100-150 kg
- Standard Weight Stack 60-100 kg
- Heavy Weight Stack 60-100kg



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# SYNRGY360 (Functional Trainer)

11



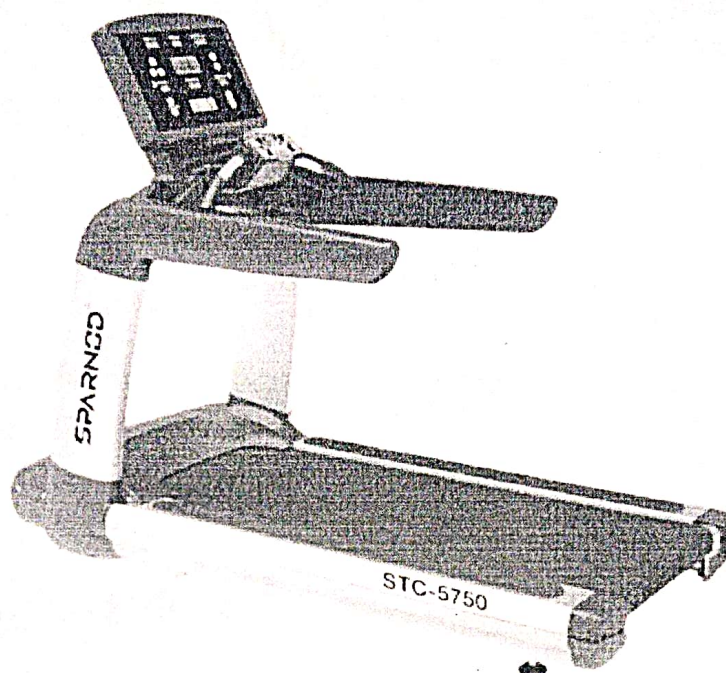
## TECHNICAL SPECIFICATIONS

- Must have Belts and Pulleys 7 x 19 strand construction, lubricated, nylon-coated cable; 4-1/2" (11cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings.
- Frame Description must be 11-gauge steel frame that could ensure maximum structural integrity; each frame should have an electrostatic powder coat finish which could ensure maximum adhesion and durability.
- Must have Full front (optional) and back shrouds and pulley covers.
- Must have Weight Plates and Guide Rods Solid-steel weight plates; Top weight plate should be fitted with self-lubricating bushings.
- Must have minimum 7/16" (11mm) diameter weight selector pin that could magnetically locks in place and must be connected to stack to prevent loss; Incremental weight system should be integrated on top plate.

*[Signature]*  
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## TREADMILL

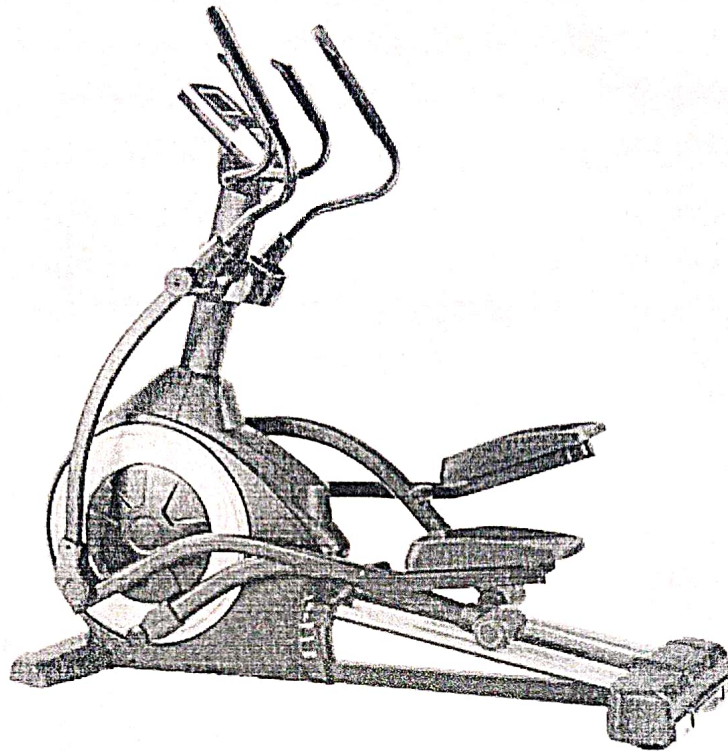


### TECHNICAL SPECIFICATION

- Console/Display Type- LED/LCD Non-Touch (Keypad) Display
- Power Drive Electricity- AC
- Motor Power- 4 hp
- Material for frame- Mild/Stainless Steel
- Material for side foot rail- Mild Steel
- Material for roller- Mild/Stainless Steel
- Running Length (In inch)- 60 to 62
- Running Width (In inch)- 21
- Warranty on Complete Unit (in Years)- 3 year
- Motor Warranty (in Years)- 2 year



## CROSS TRAINER

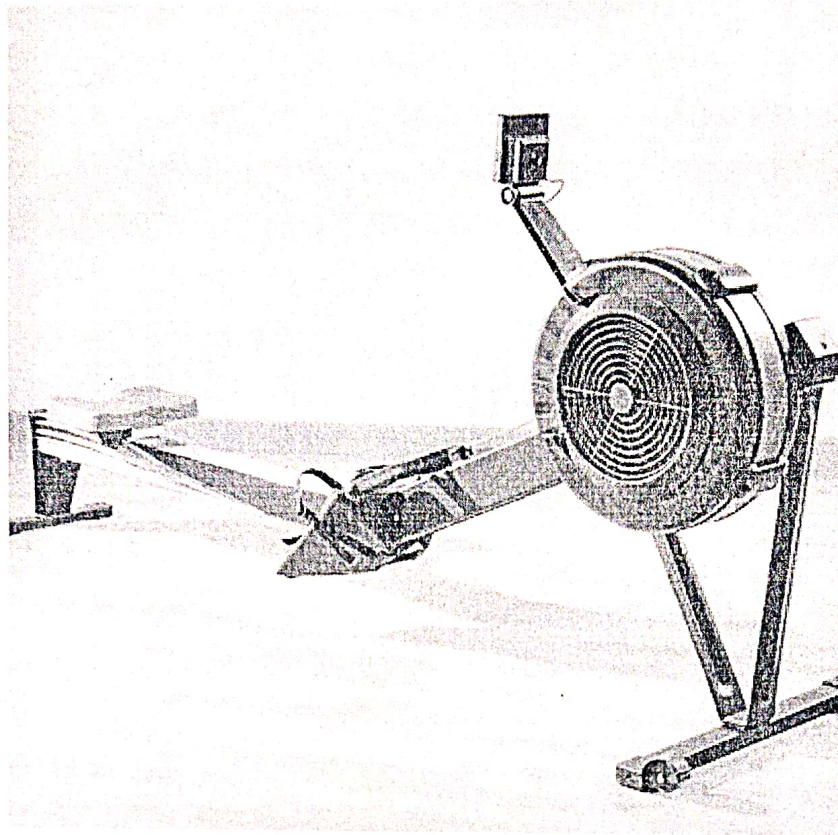


### TECHNICAL SPECIFICATION

- Self-Powered- No
- Connectivity with Watch/Mobile/Tablet- Yes
- Internet connectivity- Wireless
- Display Type- LED
- Display Size (inch)- 7
- Warranty Summary- 2 years Electrical Components/Mechanical Components
- User Weight Max- 150 kilogram
- Active Dimensions- 80 inch
- Length- 65 inch
- Pedal Length -15 inch
- Width- 24 inch
- Minimum Space between Foot Pedals- 3 inch
- Height- 45 inch
- Pedal Width-8 inch
- Step-Up Height-9 inch



# ROWING MACHINE



## TECHNICAL SPECIFICATION

- Width of Frame- 12 inch
- Resistance Technology- Spring Loaded
- Material of Springs- Mild Steel
- Material of Seat- Foam padded cushion
- Type- Exercise Equipment
- No. of Springs attached to the seat (for leg exercises)- 2
- No. of Handle Grips- 2
- Material of Frame- Mild Steel
- Length of Frame -58 inch
- No. of Wheels- 4
- Material of Wheels- Nylon
- Operation Mode- Manual
- Shape of Frame- Tubular Frame
- Diameter of Frame-0.86 inch
- No. of Springs attached to the handles and rope (for rowing exercises)- 3
- Warranty Summary- 1 year