

# FREE WEIGHT

## SECTION



# 3WAY OLYMPIC BENCH

**Model : A-101**

- Flat Bench Press, In-Cline Press & Shoulder Press can all be performed from the proper position with easy glide adjustment system.
- Six weight storage stores 450 kg weights with support platform.
- The Seat automatically moves into the proper position when the back is adjusted.



## INFORMATION

Dimensions	:	Width - 66" Depth - 71" Height - 68"
Unit Weight	:	155 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Black
Upholstery Color	:	Purple

# OLYMPIC FLAT BENCH PRESS

Model : A-102

Four weight storage pegs are standard with 45 lb. plates stored at waist height.



## INFORMATION

- Dimensions : Width - 66" Depth - 68"  
Height - 51"
- Unit Weight : 95 kg
- Unit Pictured
- Frame Color : White Textured
- Upholstery Color : Red & Dark Brown

# OLYMPIC FLAT BENCH PRESS

Model : D-101

Four weight storage pegs are standard with 45 lb. plates stored at waist height.



## INFORMATION

- Dimensions : Width - 72" Depth - 70"  
Height - 50"
- Unit Weight : 90 kg
- Unit Pictured
- Frame Color : Red
- Upholstery Color : Black

# OLYMPIC INCLINE BENCH

**Model : A-103**

- Uprights pivot forward eliminating the need for assistance to break the bar.
- Twelve weight storage pegs are standard with 45 lb. plates stored at waist height.
- Contoured design



## INFORMATION

Dimensions	:	Width - 66" Depth - 67" Height - 63"
Unit Weight	:	126 kg
<u>Unit Pictured</u>	:	
Frame Color	:	White Textured
Upholstery Color	:	Red & Dark Brown

# OLYMPIC INCLINE BENCH

Model : D-102



## INFORMATION

- Dimensions : Width - 72" Depth - 66"  
Height - 65"
- Unit Weight : 110 kg
- Unit Pictured
- Frame Color : Red
- Upholstery Color : Black



# OLYMPIC DECLINE BENCH

**Model : A-104**

- Uprights pivot forward eliminating the need for assistance to break the bar.
- Twelve weight storage pegs are standard with 45 lb. plates stored at waist height.
- Contoured design.

## INFORMATION

Dimensions	:	Width - 72" Depth - 72" Height - 50"
Unit Weight	:	100 kg
<u>Unit Pictured</u>	:	
Frame Color	:	White
Upholstery Color	:	Red & Brown

# SQUAT RACK

Model : A-106



## INFORMATION

Dimensions	:	Width - 70" Depth - 48" Height - 75"
Unit Weight	:	65 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Gray
Upholstery Color	:	N/A



# PREACHER CURL

Model : A-107

## Features

- Angled adjustable seat locks user in position
- Clean front design allows unit to be used as curl stand from the front

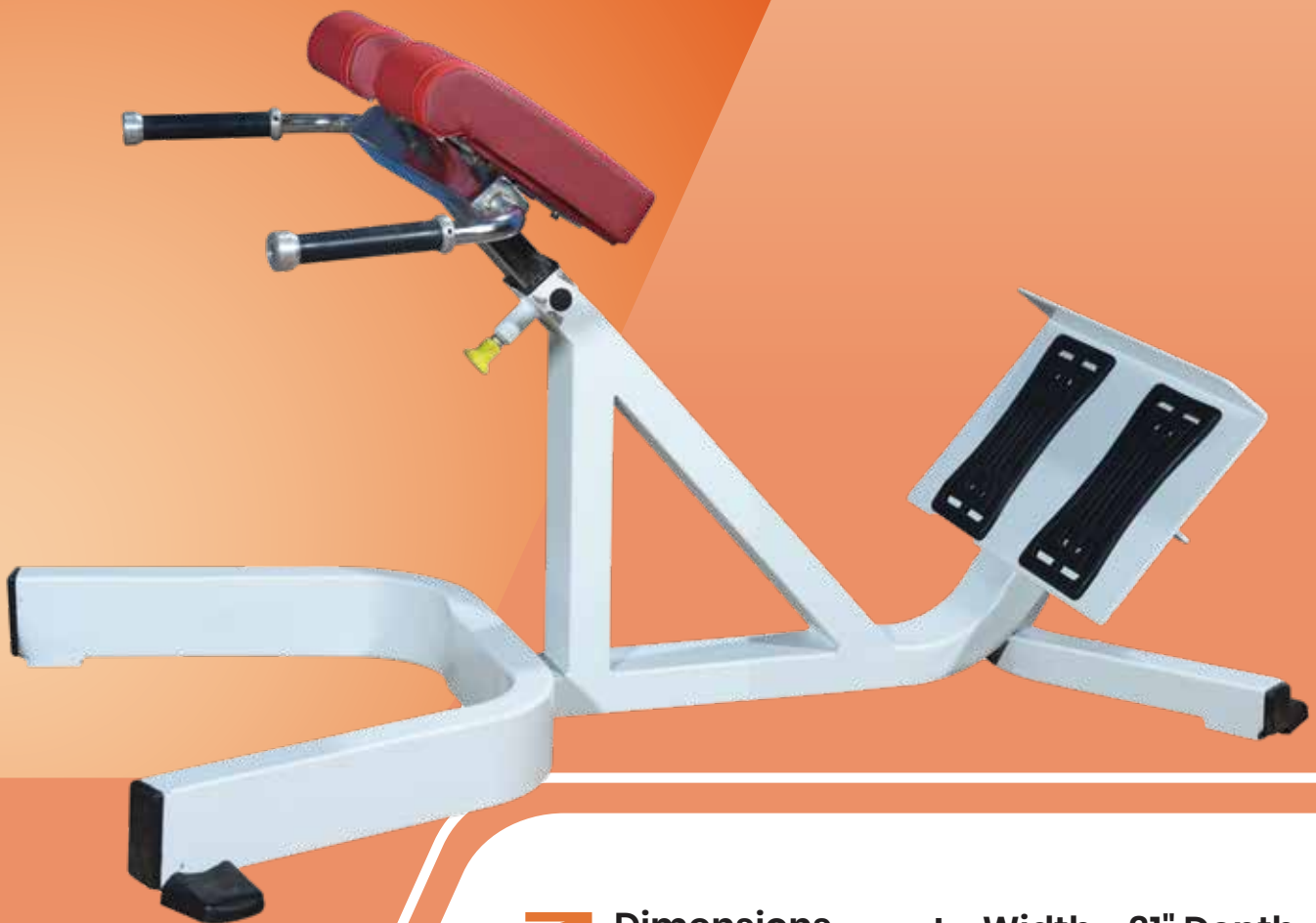
## INFORMATION

Stack Weight	:	N/A
Dimensions	:	Size 32" W x 68" D x 40" H
Unit Weight	:	40 Kg
<u>Unit Pictured</u>	:	
Frame Color	:	White
Upholstery Color	:	Red

# HYPER EXTENSION

**Model : A-108**

- User is locked into position with large thigh pads and skid resistant foot platform.
- Handles make for easy entry/exit.
- Pad adjustment is aided by gas shock.



## INFORMATION

Dimensions	:	Width - 31" Depth - 49" Height - 38"
Unit Weight	:	40 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Silver Metallic
Upholstery Color	:	Black



# ADJUSTABLE BENCH

Model : A-113

## Flat / Incline / Decline Bench

- Back rest adjusts into seven positions
- **marked in degrees:**  
decline 15 degrees, 0,  
incline 15, 30, 45, 60, and 80.
- Seat adjusts into four positions.
- Roller pads stabilize user.
- Wheels for ease of movement



## INFORMATION

Dimensions	:	Width - 24" Depth - 64" Height - 20"
Unit Weight	:	55 kg
<u>Unit Pictured</u>	:	
Frame Color	:	White Textured
Upholstery Color	:	Red & Dark Brown

# ADJUSTABLE BENCH

Model : D-113

## Flat / Incline / Decline Bench

- Back rest adjusts into seven positions
- **Marked in degrees:** decline 18 degrees, 0, incline 15, 30, 45, 60, and 80.
- Seat adjusts into Two positions.
- Roller pads stabilize user.
- Wheels for ease of movement.



<b>INFORMATION</b>	Dimensions	: Width - 24" Depth - 60"
		Height - 20"
	Unit Weight	: 36 kg
	<u>Unit Pictured</u>	
	Frame Color	: Red
	Upholstery Color	: Black

# ADJUSTABLE ABDOMINAL BENCH

**Model : A-110**

## Features

- Leg pad adjusts to different body sizes
- Back support pivots into six different positions from flat to a 25 degree angle



<b>INFORMATION</b>	<b>Dimensions</b>	: Width - 28" Depth - 64" Height - 57"
	<b>Unit Weight</b>	: 55 kg
	<b>Unit Pictured</b>	
	<b>Frame Color</b>	: White Textured
	<b>Upholstery Color</b>	: Red & Dark Brown



**MARUTI**  
GYM EQUIPMENTS

# VERTICAL KNEE RAISE

Model : A-111



## INFORMATION

- Dimensions** : Width - 32" Depth - 57"  
Height - 66"
- Unit Weight** : 70 kg
- Unit Pictured**
- Frame Color** : White
- Upholstery Color** : Red



# VERTICAL KNEE RAISE WITH CHIN UP

Model : A-112

## Features

- Compact design allows user to perform dips, chin ups, and leg raises all from the same side

## INFORMATION

Dimensions	:	42" W x 53" D x 96" H
Unit Weight	:	110 kg
<u>Unit Pictured</u>		
Frame Color	:	White Textured
Upholstery Color	:	Red & Dark Brown

# FLAT BENCH

**Model : A-114**

- Single cross leg provides more freedom for user.
- Wheels attached to cross leg allow for easy movement.



## INFORMATION

Dimensions	:	Width - 23" Depth - 56" Height - 18"
Unit Weight	:	25 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Red
Upholstery Color	:	Black

# UTILITY CHAIR

**Model : D-115**

- Large foot stabilizing platforms.
- Wheels for easy movement.

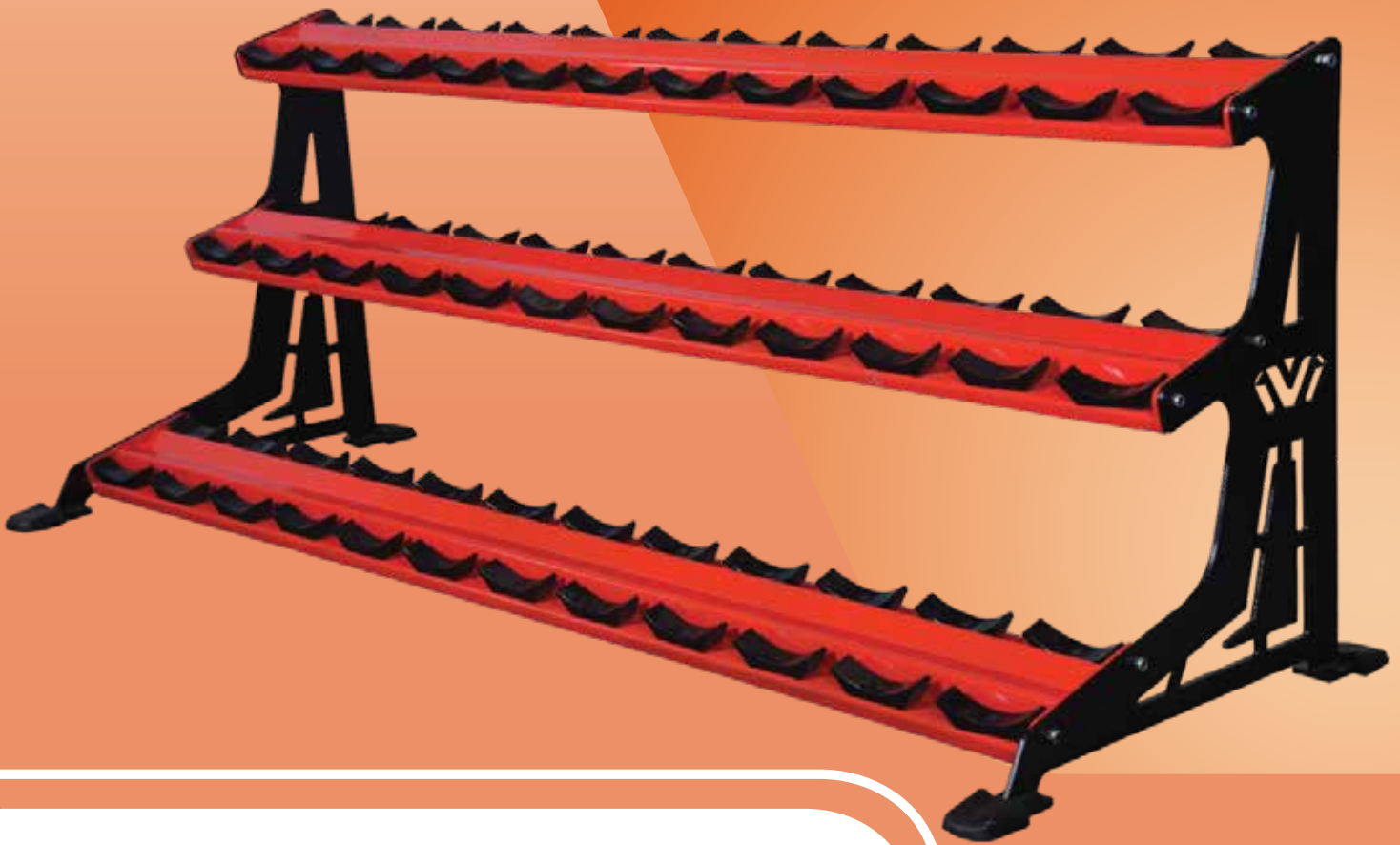


## INFORMATION

Dimensions	:	Width - 26" Depth - 56" Height - 35"
Unit Weight	:	31 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Silver Metallic
Upholstery Color	:	Black

# 3-TEIR DUMBBELLS RACK 18 PAIRS

Model : MGE-3TDR



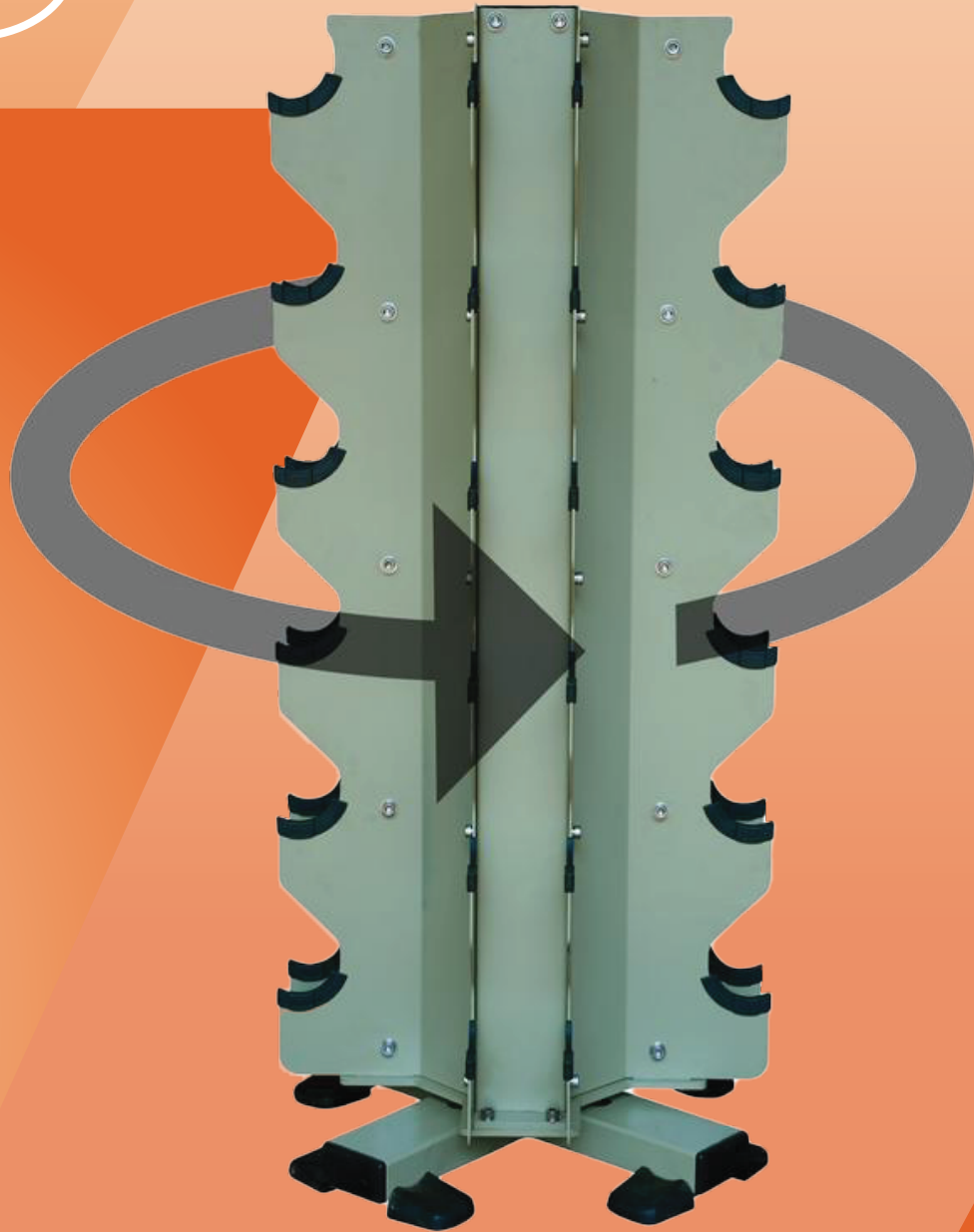
## INFORMATION

Dimensions	:	Width - 96" Depth - 30" Height - 45"
Unit Weight	:	132 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Black



# 360 DEGREE VERTICAL DUMBBELLS RACK

Model : A-118



## INFORMATION

Dimensions	:	25" W x 25" D x 55" H
Unit Weight	:	75 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Military Green

# 2-TEIR DUMBBELLS RACK 12 PAIRS

Model : A-117

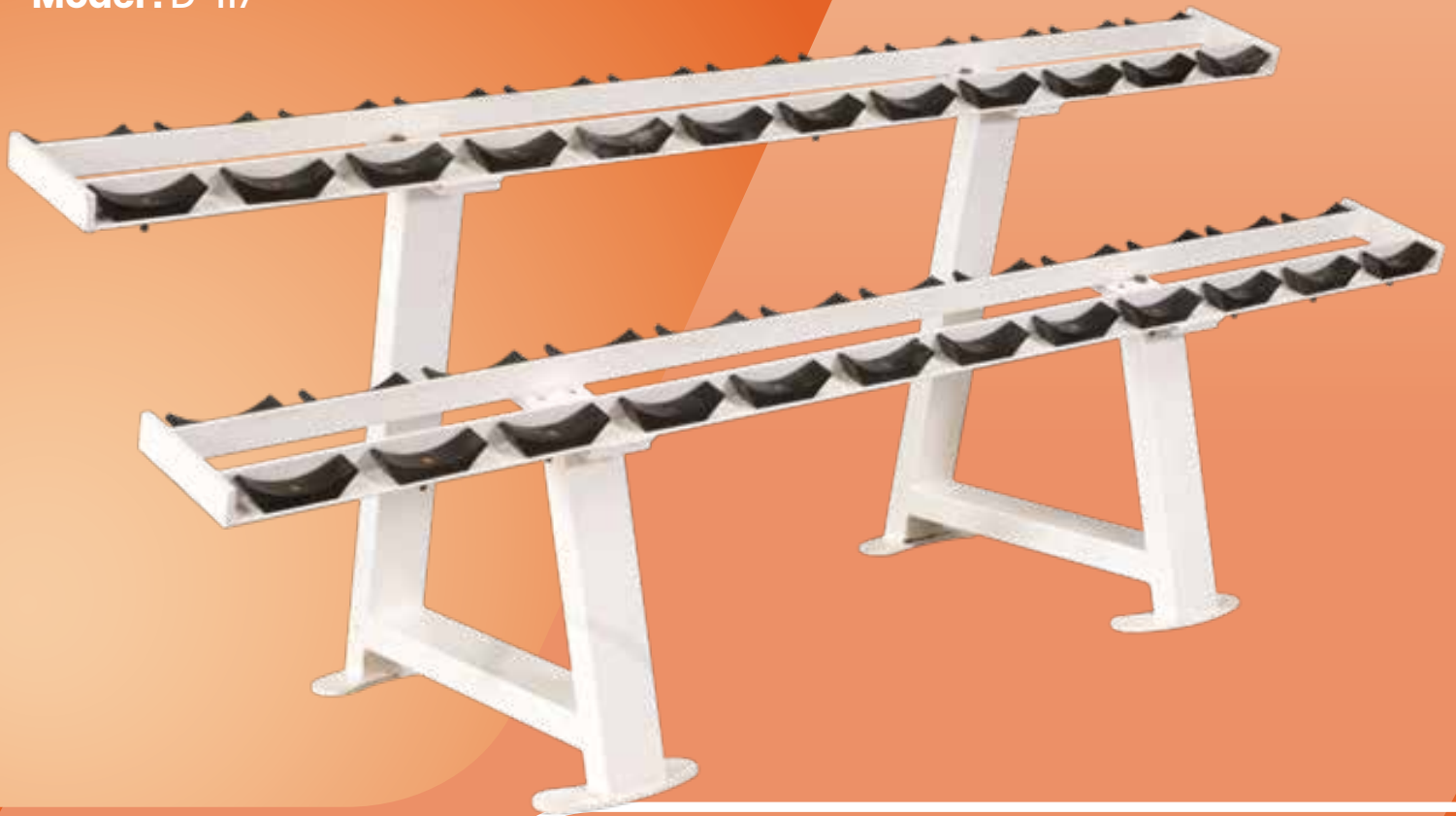


## INFORMATION

Dimensions	:	Width - 90" Depth - 28" Height - 25"
Unit Weight	:	70Kg
<u>Unit Pictured</u>	:	
Frame Color	:	Black & Silver

# 2-TEIR DUMBBELLS RACK 10 PAIRS

Model : D-117



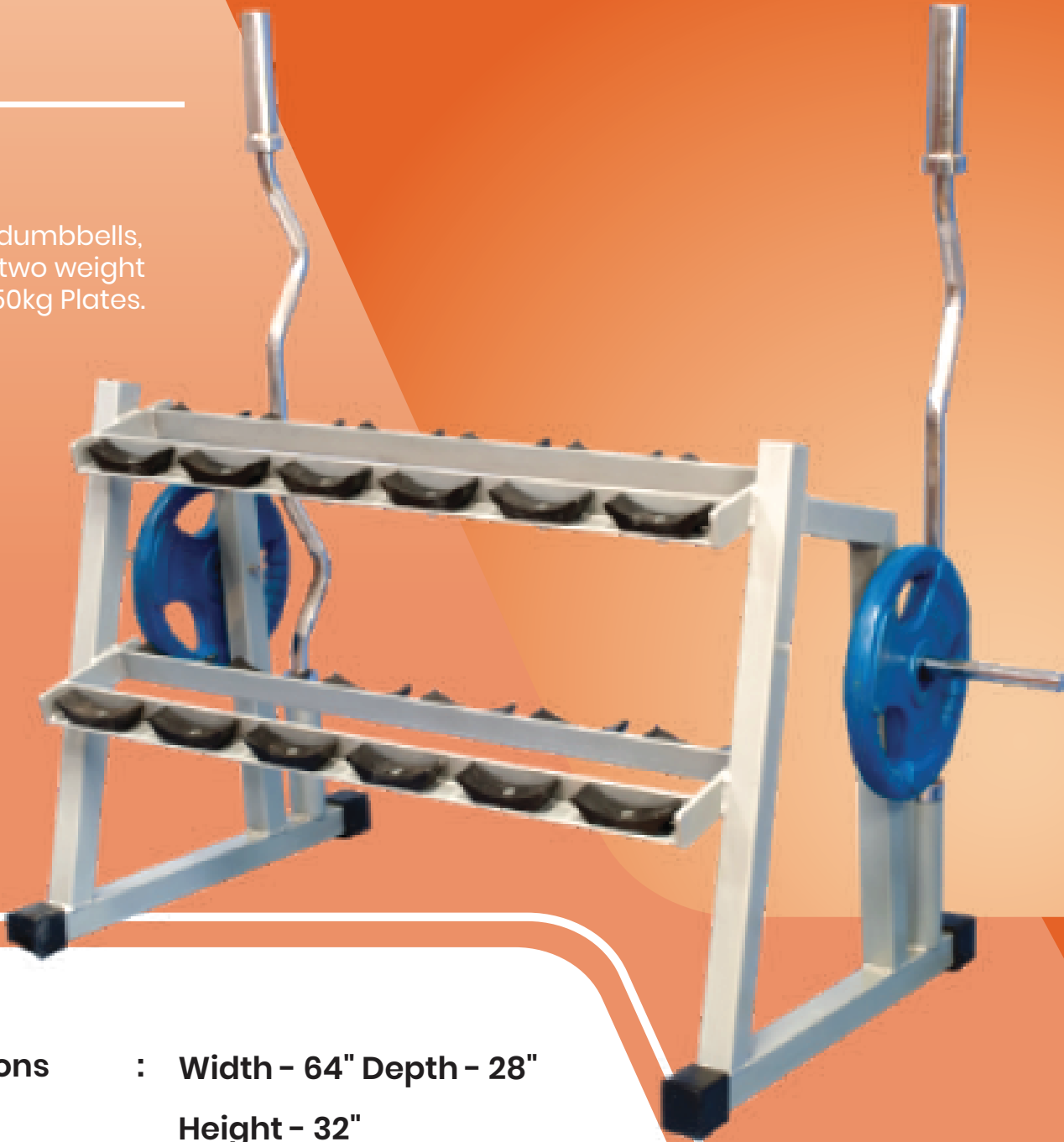
## INFORMATION

- Dimensions** : Width - 94" Depth - 18"  
Height - 32"
- Unit Weight** : 73 kg
- Unit Pictured**
- Frame Color** : Silver Metallic

# 2-TEIR DUMBBELLS RACK ALL-IN-ONE 6 PAIRS

Model : D-118

- Holds 6 Pair of dumbbells,  
2 Olympic Bar & two weight  
storage stores 150kg Plates.



## INFORMATION

**Dimensions** : Width - 64" Depth - 28"  
Height - 32"

**Unit Pictured**

**Frame Color** : Silver



# PLATE TREE

Model : D-119

## INFORMATION

Dimensions : 28" W x 28" D x 50" H

Unit Weight : 25 kg

Unit Pictured

Frame Color : White

Upholstery Color : N/A

# VERTICAL BAR RACK

Model : D-121

Vertically holds 10 Olympic bars.



## INFORMATION

Dimensions	:	Width - 24" Depth - 16" Height - 13"
Unit Weight	:	30 kg
<u>Unit Pictured</u>	:	
Frame Color	:	Black
Upholstery Color	:	N/A

# DUMBBELLS, PLATES ( IN KG )



# DUMBBELLS, PLATES ( IN LBS ) AND BARS

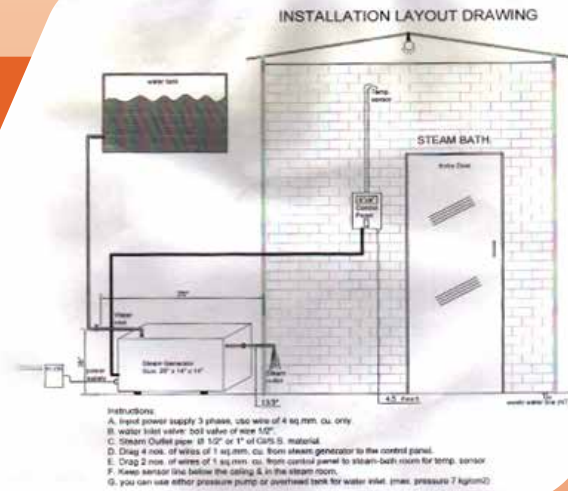


# STEAM UNIT

## SPECIFICATIONS OF THE STEAM UNITS:

- Length : 710 mm
- Width : 380 mm
- Height : 380 mm
- Unit weight : 30 kg.
- Steam output pipe : ½" & 1" bsp thread (use G.I. pipe or S.S.-304 on insulation to reduce heat loss).
- Water input pipe : ½" bsp thread.
- Power supply : 3- phase / 440 v with neutral.
- Total load : 9KW ,
- Phase current load : 12 amperes.

Digital Temp Controlling Panel.  
 ( Unit will be fully automatic )  
 Water tank is made in ss304.  
 ( Tank will be 18 Litters.)



### INSTRUCTIONS:

You are supposed to install the ELCB with this steam unit.

The temperature control panel will install out side of the front of the steam room.

You should take three wires (1/18) from the temperature control panel to the steam unit.

Thermocouple sensor will install in the steam room from control panel. Use only soft water in the steam unit.

You can use 1" or ½" steam output line.

You should fit a ball valve to regulate the water input supply.

We provide only temperature control panel & thermocouple sensor.

Plumbing & electric works are carried out by your self. We do not provide it.

If you face any difficulties to carry out the above work then we are helping you.

Extreme care should be requiring of the steam unit. Rain doesn't fall on this unit otherwise short circuit may take place.