India's Favorite Fitness brand

Domestic catalogue
About Us

Who We Are?
Fitness World – The adorable brainchild of a visionary – had origins in 1993 with the launch of slimming machine. Over the years, the company's range of world-class fitness equipment grew significantly. Today, Fitness World is the preferred choice for fitness equipment in home, corporate, Institutional and commercial segments. Fitness World is India’s Favourites Brand admired by millions of people across India.

Presence Across India
Fitness World has a closely-knit network of over 112 dealers across India with presence even in remote areas. The dealers have been entrusted with a diverse range of over 400 fitness products.
Fitness World’s customer base includes the very modest social segment, public luminaries, top-rated hotels, mega-class gyms, high-end residential and business complexes, corporate leaders and entities from the entertainment world.
Fitness World’s core team comprises 150 people representing the best talent in the fitness line. We believe in selling products that meet the highest standards, yet are priced economically.
Recently, Fitness World bagged a prestigious order from the Sports Authority of India for installation of fitness equipment in stadiums at 15 locations across India.

Alliances in the Fitness Domain
Fitness World has embarked on strategic business alliances with American giants manufacturing world-class fitness equipment. With True, Paramount, Body Solid, Water Rower; Steelflex and True Fitness added to Fitness World’s inventory, the company has graduated to a broad and versatile range of low-end to highest-end products.

Outlook Towards the Future
Fitness World has embraced technology wholeheartedly. The company extensively uses remote video-based selling techniques. Customers can view an in-depth demonstration of equipment via video from anywhere across the country.
Fitness World strives to be customer-driven – the focus will be to continuously offer services that add value and enhance exercising pleasure!

Service
Fitness World has a dedicated national network of service facilities across India which is supported by a fully equipped workshop and a very qualified and able in-house service team of competent engineers. We also provide Comprehensive and Non-Comprehensive Annual Maintenance Contracts. Our service management is CRM enable to provide world class service to Customer.

Accolades
Fitness World has been conferred with the “World’s Greatest Brands 2016-17 award and Dr Dinesh Kapoor, Managing Director, Fitness World; has been awarded the coveted and prestigious award “World’s Greatest Leaders 2016-17” by Asia One Magazine & URS Media Consulting P.L. & GCC-Process reviewers Price waterhouse Cooper P.L.” at The Meydan Hotel, Dubai Meydan Racecourse, Dubai.

Product Regulatory Certificates

India’s Favorite Fitness brand
**TECHNICAL SPECIFICATION**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>6 HP AC Motor (Industrial Grade)</td>
</tr>
<tr>
<td>Speed Range</td>
<td>1 to 20 Km/Hr</td>
</tr>
<tr>
<td>Elevation</td>
<td>0 % to 15</td>
</tr>
<tr>
<td>Effective Running Surface</td>
<td>50cm to 152cm</td>
</tr>
<tr>
<td>Superior Quality Running Belt and Deck System</td>
<td>✓</td>
</tr>
<tr>
<td>Running Deck Fills with 6 Suspension Cushions</td>
<td>✓</td>
</tr>
</tbody>
</table>

**WORKOUTS**

<table>
<thead>
<tr>
<th>Workout</th>
<th>✓</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quick Start/Stop</td>
<td>✓</td>
</tr>
<tr>
<td>6 Auto Variation Programs</td>
<td>✓</td>
</tr>
<tr>
<td>10 Targeting Levels</td>
<td>✓</td>
</tr>
<tr>
<td>4 User Programs</td>
<td>✓</td>
</tr>
<tr>
<td>1 Manual Program</td>
<td>✓</td>
</tr>
<tr>
<td>1 Custom Program</td>
<td>✓</td>
</tr>
<tr>
<td>1 Body Fat Programs</td>
<td>✓</td>
</tr>
</tbody>
</table>

**PRODUCT FEATURES**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories, Program’s &amp; Incline</td>
</tr>
<tr>
<td>1 Large LED Screen and 6 small Screen</td>
<td>✓</td>
</tr>
<tr>
<td>Touch Heart Rate Sensors Located on Fixed U shape middle Handle rails.</td>
<td>✓</td>
</tr>
<tr>
<td>Incline Up/Down &amp; Speed +/- Control on Handrails U Shape middle handlebars</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Speed Keys on Console</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Incline Keys Console</td>
<td>✓</td>
</tr>
<tr>
<td>MP3/IPOD connectivity with In-built Speakers</td>
<td>✓</td>
</tr>
<tr>
<td>Cooling Fan</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic Folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Emergency Stop Key</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels for Easy Transportation</td>
<td>✓</td>
</tr>
<tr>
<td>Frame: Heavy-Gauge with Powder Coat Finish</td>
<td>✓</td>
</tr>
<tr>
<td>USB Charging</td>
<td>✓</td>
</tr>
<tr>
<td>Bottle Holders</td>
<td>✓</td>
</tr>
</tbody>
</table>
## Technical Specification

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>5.0 HP AC Drive (Industrial Grade)</td>
</tr>
<tr>
<td>Speed Range</td>
<td>01 to 20 Km/Hr</td>
</tr>
<tr>
<td>Incline Range</td>
<td>0% to 15% (16 Level's)</td>
</tr>
<tr>
<td>Running Belt Area</td>
<td>50cm to 152cm</td>
</tr>
<tr>
<td>PVC Antistatic Belt</td>
<td>✓</td>
</tr>
<tr>
<td>Spring Flex Technology</td>
<td>✓</td>
</tr>
<tr>
<td>6-Point Shock Absorber System</td>
<td>✓</td>
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</tbody>
</table>

## Workouts

- 1 Manual Program
- 36 Workout Programs
- 3 User Programs
- B.M.I. Program (Body Mass Index)

## Product Features

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display</td>
<td>1 Big Dot-Matrix with Blue Back Light</td>
</tr>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories &amp; Incline</td>
</tr>
<tr>
<td>400 Meter Running Track in Display</td>
<td>✓</td>
</tr>
<tr>
<td>Start/Stop &amp; Speed+/Controller on Hand Rails</td>
<td>✓</td>
</tr>
<tr>
<td>Speed Instant Keys</td>
<td>2, 4, 6, 8, 10, 12, 14</td>
</tr>
<tr>
<td>Incline Instant Keys</td>
<td>2, 4, 6, 8, 10, 11, 12</td>
</tr>
<tr>
<td>Accessories Space Display Console</td>
<td>✓</td>
</tr>
<tr>
<td>Emergency Stop Key</td>
<td>✓</td>
</tr>
<tr>
<td>Floor Leveller</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels for Easy Transportation</td>
<td>✓</td>
</tr>
<tr>
<td>Frame: Heavy Gauge with Powder Coat Finish</td>
<td>✓</td>
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</table>
**TECHNICAL SPECIFICATION**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>6 HP AC Motor (Industrial Grade)</td>
</tr>
<tr>
<td>Speed Range</td>
<td>1 to 20 Km/Hr</td>
</tr>
<tr>
<td>Elevation</td>
<td>0 % to 22% (auto incline)</td>
</tr>
<tr>
<td>Effective Running Surface</td>
<td>50cm to 139cm</td>
</tr>
<tr>
<td>Quality Running Belt and Deck System</td>
<td>✓</td>
</tr>
<tr>
<td>8 elastomer shock absorbing system</td>
<td>✓</td>
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**WORKOUTS**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quick Start/Stop</td>
<td>✓</td>
</tr>
<tr>
<td>Programs</td>
<td>48</td>
</tr>
<tr>
<td>3 User Programs</td>
<td>✓</td>
</tr>
<tr>
<td>1 Body fat programs</td>
<td>✓</td>
</tr>
<tr>
<td>1 manual Program</td>
<td>✓</td>
</tr>
</tbody>
</table>

**PRODUCT FEATURES**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories &amp; Incline</td>
</tr>
<tr>
<td>5” LCD monitor</td>
<td>✓</td>
</tr>
<tr>
<td>Touch Heart Rate Sensors Located on Fixed Handle rails</td>
<td>✓</td>
</tr>
<tr>
<td>Incline Up/Down &amp; Speed +/- Control on Handrails and start/stop control on handrails</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Speed Keys on Console</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Incline Keys on Console</td>
<td>✓</td>
</tr>
<tr>
<td>MP3/IPOD connectivity with In-built Speakers</td>
<td>✓</td>
</tr>
<tr>
<td>Cooling Fan</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic Folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Emergency Stop Key</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels for Easy Transportation</td>
<td>✓</td>
</tr>
<tr>
<td>Frame: Heavy-Gauge with Powder Coat Finish</td>
<td>✓</td>
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<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>5 HP DC (Industrial Grade)</td>
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<tr>
<td>Speed Range</td>
<td>1.0 to 16 Km/Hr</td>
</tr>
<tr>
<td>Elevation</td>
<td>0% to 15% (16 Levels)</td>
</tr>
<tr>
<td>Effective Running Surface</td>
<td>47cm to 140cm</td>
</tr>
<tr>
<td>Quality Running Belt and Deck System</td>
<td>✓</td>
</tr>
<tr>
<td>Running Deck Fills with 6 Suspension</td>
<td>✓</td>
</tr>
<tr>
<td>Cushions with flex system &amp; extra</td>
<td>✓</td>
</tr>
<tr>
<td>2 Honey Comb Cushioning</td>
<td></td>
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### WORKOUTS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
<th>Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quick Start/Stop</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>36 Preset Programs</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>3 User Programs</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>1 Body fat programs</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>1 manual Program</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
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### PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
<th>Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories &amp;</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>Incline</td>
<td></td>
</tr>
<tr>
<td>7” LCD Display with Blue and Yellow Back Light</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Touch Heart Rate Sensors Located on Fixed Handle rails</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Incline Up/Down &amp; Speed +/- Control on Handrails and start/stop control on handrails</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Instant Speed Keys on Console</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Instant Incline Keys on Console</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>MP3/IPOD connectivity with In-built Speakers</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Cooling Fan</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Hydraulic Folding System with Soft Drop</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Emergency Stop Key</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Wheels for Easy Transportation</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Frame: Heavy-Gauge with Powder Coat Finish</td>
<td>✓</td>
<td></td>
</tr>
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</table>
# TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>4 HP AC Motor Industrial Grade</td>
</tr>
<tr>
<td>Speed Range</td>
<td>01 to 14 Km/Hr</td>
</tr>
<tr>
<td>Speed Range Adjustable</td>
<td>0.1 Grade</td>
</tr>
<tr>
<td>Elevation</td>
<td>0 to 16 Auto incline</td>
</tr>
<tr>
<td>Running Belt Area</td>
<td>40cm to 124cm</td>
</tr>
<tr>
<td>PVC Antistatic Belt</td>
<td>✓</td>
</tr>
<tr>
<td>Spring Flex Technology</td>
<td>✓</td>
</tr>
<tr>
<td>10 elastomers shock absorbing system</td>
<td>✓</td>
</tr>
</tbody>
</table>

# SPRING FLEX TECHNOLOGY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Key</td>
<td>✓</td>
</tr>
<tr>
<td>Total programs</td>
<td>48</td>
</tr>
<tr>
<td>1 Manual set-up</td>
<td>✓</td>
</tr>
<tr>
<td>3 User Program</td>
<td>✓</td>
</tr>
<tr>
<td>B.M.I Program (Body Mass Index)</td>
<td>✓</td>
</tr>
</tbody>
</table>

# PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories, Program's &amp; Incline</td>
</tr>
<tr>
<td>5” LCD Monitor</td>
<td>✓</td>
</tr>
<tr>
<td>Easy Operation with Speed Controller on Hand Rails</td>
<td>✓</td>
</tr>
<tr>
<td>Middle Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>2.0 Hi-Fi speakers with MP3 and USB connector</td>
<td>✓</td>
</tr>
<tr>
<td>Pulse Sensor located on Fixed Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Speed Keys</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Incline Keys</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Frame : Heavy-Gauge with Powder Coat Finish</td>
<td>✓</td>
</tr>
<tr>
<td>2 Bottle Holders</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels For Easy Transportation</td>
<td>✓</td>
</tr>
</tbody>
</table>
## Technical Specification

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>4 HP AC Motor Industrial Grade</td>
</tr>
<tr>
<td>Speed Range</td>
<td>01 to 14 Km/Hr</td>
</tr>
<tr>
<td>Speed Range Adjustable</td>
<td>0.1 Grade</td>
</tr>
<tr>
<td>Elevation</td>
<td>3 Manual Incline</td>
</tr>
<tr>
<td>Running Belt Area</td>
<td>40cm to 124cm</td>
</tr>
<tr>
<td>PVC Antistatic Belt</td>
<td>✓</td>
</tr>
<tr>
<td>Spring Flex Technology</td>
<td>✓</td>
</tr>
<tr>
<td>10 elastomers shock absorbing system</td>
<td>✓</td>
</tr>
</tbody>
</table>

## Spring Flex Technology

<table>
<thead>
<tr>
<th>Feature</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Key</td>
<td>✓</td>
</tr>
<tr>
<td>Total programs</td>
<td>24</td>
</tr>
<tr>
<td>1 Manual set-up</td>
<td>✓</td>
</tr>
<tr>
<td>3 User Program</td>
<td>✓</td>
</tr>
<tr>
<td>B.M.I Program (Body Mass Index)</td>
<td>✓</td>
</tr>
</tbody>
</table>

## Product Features

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories, Program’s &amp; Incline</td>
</tr>
<tr>
<td>5&quot; LCD Monitor</td>
<td>✓</td>
</tr>
<tr>
<td>Easy Operation with Speed Controller on Hand Rails</td>
<td>✓</td>
</tr>
<tr>
<td>Middle Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>2.0 Hi-Fi speakers with MP3 and USB connector</td>
<td>✓</td>
</tr>
<tr>
<td>Pulse Sensor located on Fixed Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Speed Keys</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Incline Keys</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Frame : Heavy-Gauge with Powder Coat Finish</td>
<td>✓</td>
</tr>
<tr>
<td>2 Bottle Holders</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels For Easy Transportation</td>
<td>✓</td>
</tr>
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</table>
### TECHNICAL SPECIFICATION

<table>
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<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>3 HP DC MOTOR (Industrial Grade)</td>
</tr>
<tr>
<td>Speed Range</td>
<td>1 to 13 km/H</td>
</tr>
<tr>
<td>Elevation</td>
<td>Manual</td>
</tr>
<tr>
<td>Running Belt Area</td>
<td>45cm to 127cm</td>
</tr>
<tr>
<td>PVC Antistatic Belt</td>
<td>✓</td>
</tr>
<tr>
<td>Spring Flex Technology</td>
<td>✓</td>
</tr>
<tr>
<td>6 Pointed Elastic Cushion’s (Absorber)</td>
<td>✓</td>
</tr>
</tbody>
</table>

### SPRING FLEX TECHNOLOGY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Key</td>
<td>✓</td>
</tr>
<tr>
<td>36Preset Program</td>
<td>✓</td>
</tr>
<tr>
<td>1 Manual set-up</td>
<td>✓</td>
</tr>
<tr>
<td>3 User Program</td>
<td>✓</td>
</tr>
<tr>
<td>1 Fat Program</td>
<td>✓</td>
</tr>
</tbody>
</table>

### PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse, Calories</td>
</tr>
<tr>
<td>57x 3” Large LCD Screen with Blue Backlight Display</td>
<td>✓</td>
</tr>
<tr>
<td>Easy Operation with Speed+-/ &amp; Incline+- Controller on Hand Rails</td>
<td>✓</td>
</tr>
<tr>
<td>2 In-Built Speakers with MP3 Socket</td>
<td>✓</td>
</tr>
<tr>
<td>Pulse Sensor located on Fixed Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>Instant Speed Keys</td>
<td>2, 4, 5, 6, 8, 9, 11, 12, 13</td>
</tr>
<tr>
<td>Hydraulic folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Floor Space (LxWxH)</td>
<td>164 cm x 76 cm x 115 cm</td>
</tr>
<tr>
<td>Frame : Heavy-Gauge with Powder Coat Finish</td>
<td>✓</td>
</tr>
<tr>
<td>2 Bottle Holders</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels For Easy Transportation</td>
<td>✓</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
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</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>3.5 HP DC Drive (Industrial Grade)</td>
</tr>
<tr>
<td>Speed Range</td>
<td>01 to 13 Km/Hr</td>
</tr>
<tr>
<td>Speed Range Increment</td>
<td>0.1 Grade</td>
</tr>
<tr>
<td>Elevation</td>
<td>2 Levels</td>
</tr>
<tr>
<td>Effective Running Surface</td>
<td>43cm to 124cm</td>
</tr>
<tr>
<td>PVC Antistatic Belt</td>
<td>✓</td>
</tr>
<tr>
<td>Spring Flex Technology</td>
<td>✓</td>
</tr>
<tr>
<td>6-Point Elastomer Shock Absorber System</td>
<td>✓</td>
</tr>
</tbody>
</table>

## SPRING FLEX TECHNOLOGY

<table>
<thead>
<tr>
<th>Feature</th>
<th>Presence</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Preset Programs</td>
<td>✓</td>
</tr>
<tr>
<td>1 Manual Program</td>
<td>✓</td>
</tr>
<tr>
<td>B.M.I. Program (Body Mass Index)</td>
<td>✓</td>
</tr>
</tbody>
</table>

## PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Feature Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Speed, Time, Distance, Pulse &amp; Calories</td>
</tr>
<tr>
<td>5” x 3” Large LCD Screen with Blue</td>
<td>✓</td>
</tr>
<tr>
<td>Easy Operation with Start/Stop &amp; Speed+/-</td>
<td>✓</td>
</tr>
<tr>
<td>Controller on Hand Rails</td>
<td>✓</td>
</tr>
<tr>
<td>Remote Operated</td>
<td>✓</td>
</tr>
<tr>
<td>Touch Heart Rate Sensors Located on Fixed</td>
<td>✓</td>
</tr>
<tr>
<td>Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic Folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Extra Storage Space on Display Console</td>
<td>✓</td>
</tr>
<tr>
<td>Dual Colour Side-Strips</td>
<td>✓</td>
</tr>
<tr>
<td>Floor Space (LxWxH)</td>
<td>63”x30”x49”</td>
</tr>
<tr>
<td>Emergency Stop Key</td>
<td>✓</td>
</tr>
<tr>
<td>2 Bottle Holders</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels for Easy Transportation</td>
<td>✓</td>
</tr>
<tr>
<td>Frame: Heavy Gauge with Powder Coat</td>
<td>✓</td>
</tr>
<tr>
<td>Net Weight in KG</td>
<td>53 KG</td>
</tr>
<tr>
<td>Gross Weight in KG</td>
<td>60 KG</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor Power</td>
<td>3 HP DC Motor</td>
</tr>
<tr>
<td>Speed Range</td>
<td>01 to 13 km/Hr</td>
</tr>
<tr>
<td>Speed Range Adjustable</td>
<td>0.1 Grade</td>
</tr>
<tr>
<td>Elevation</td>
<td>2 Levels Manual</td>
</tr>
<tr>
<td>Running Belt Area</td>
<td>43cm x 124cm</td>
</tr>
<tr>
<td>PVC Antistatic Belt</td>
<td>✓</td>
</tr>
<tr>
<td>Spring Flex Technology</td>
<td>✓</td>
</tr>
<tr>
<td>6 Pointed Elastic Cushion’s (Absorber)</td>
<td>✓</td>
</tr>
</tbody>
</table>

## SPRING FLEX TECHNOLOGY

<table>
<thead>
<tr>
<th>Feature</th>
<th>✓</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Key</td>
<td></td>
</tr>
<tr>
<td>12Preset Program</td>
<td></td>
</tr>
<tr>
<td>1 Manual set-up</td>
<td></td>
</tr>
<tr>
<td>B.M.I Program (Body Mass Index)</td>
<td></td>
</tr>
</tbody>
</table>

## PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display Feedback</td>
<td>Time, Speed, Distance, Calories, Pulse</td>
</tr>
<tr>
<td>5” x 3”Large LCD Screen with Blue</td>
<td>✓</td>
</tr>
<tr>
<td>Easy Operation with Speed+/− &amp; Incline+/− Controller on Hand Rails</td>
<td>✓</td>
</tr>
<tr>
<td>Touch Heart rate Sensors Located on Fixed Handle Bars</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic Folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Extra Storage Space on Display Console</td>
<td>✓</td>
</tr>
<tr>
<td>Dual Colour Side-strip</td>
<td>✓</td>
</tr>
<tr>
<td>Hydraulic folding System with Soft Drop</td>
<td>✓</td>
</tr>
<tr>
<td>Floor Space (LxWxH)</td>
<td>63 x 30 x 49cm</td>
</tr>
<tr>
<td>Emergency Stop Key</td>
<td>✓</td>
</tr>
<tr>
<td>2 Bottel Holders</td>
<td>✓</td>
</tr>
<tr>
<td>2 Bottle Holders</td>
<td>✓</td>
</tr>
<tr>
<td>Wheels For Easy Transportation</td>
<td>✓</td>
</tr>
<tr>
<td>Net Weight in KG</td>
<td>53 KG</td>
</tr>
<tr>
<td>Gross Weight in KG</td>
<td>60 KG</td>
</tr>
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## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Motor Power</strong></td>
<td>3 HP DC Motor Industrial Grade</td>
</tr>
<tr>
<td><strong>Speed Range</strong></td>
<td>01 to 14 Km/Hr</td>
</tr>
<tr>
<td><strong>Speed Range Adjustable</strong></td>
<td>0.1 Grade</td>
</tr>
<tr>
<td><strong>Elevation</strong></td>
<td>3 Manual Incline</td>
</tr>
<tr>
<td><strong>Running Belt Area</strong></td>
<td>38cm x 124cm</td>
</tr>
<tr>
<td><strong>PVC Antistatic Belt</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Spring Flex Technology</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>6 Pointed Elastic Cushion’s (Absorber)</strong></td>
<td>✓</td>
</tr>
</tbody>
</table>

## WORKOUTS

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emergency Key</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>12 Program</strong></td>
<td>With 8 Elastomers shock absorbing system</td>
</tr>
<tr>
<td><strong>1 Manual set-up</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>3 User Program</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>B.M.I Program (Body Mass Index)</strong></td>
<td>✓</td>
</tr>
</tbody>
</table>

## PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Display Feedback</strong></td>
<td>Speed, Time, Distance, Pulse, Calories, Program’s &amp; Incline</td>
</tr>
<tr>
<td><strong>3” LED Screen Display</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Easy Operation with Speed Controller on Hand Rails</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Middle Handle Bars</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>2.0Hi-Fi Speakers with MP3 connector</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Pulse Sensor located on Fixed Handle Bars</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Instant Speed Keys</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Instant Incline Keys</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Hydraulic folding System with Soft Drop</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Frame : Heavy-Gauge with Powder Coat Finish</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>2 Bottle Holders</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Wheels For Easy Transportation</strong></td>
<td>✓</td>
</tr>
</tbody>
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### TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aluminium Glide Rails</td>
<td></td>
</tr>
<tr>
<td>Display Readouts (LCD) : Time, Distance, Calories, Strokes per minute</td>
<td></td>
</tr>
<tr>
<td>Meter Adjustable at any comfort height as per user</td>
<td></td>
</tr>
<tr>
<td>Broad foot pedals for comfort with Adjustable stripes</td>
<td></td>
</tr>
<tr>
<td>Designed Seat for user comfort</td>
<td></td>
</tr>
<tr>
<td>Magnetic Tension Control : 8 Levels</td>
<td></td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fly Wheel</td>
<td>8 Kgs</td>
</tr>
<tr>
<td>Incline Range</td>
<td>Manuel Operation</td>
</tr>
<tr>
<td>Program</td>
<td>12 Program</td>
</tr>
<tr>
<td>Control Mode</td>
<td>LED Screen</td>
</tr>
<tr>
<td>Feature</td>
<td>Magnetic Effect</td>
</tr>
<tr>
<td>Max User Weight</td>
<td>130 Kgs</td>
</tr>
<tr>
<td>Electricity</td>
<td>440MM</td>
</tr>
<tr>
<td>Breaking System</td>
<td>Electricity</td>
</tr>
<tr>
<td>Rated Voltage</td>
<td>AC 110V-120V/60Hz:AC 220V-240V/50Hz</td>
</tr>
<tr>
<td>Assembly Size</td>
<td>1660<em>520</em>830</td>
</tr>
<tr>
<td>Packing Cartoon Size</td>
<td>1745<em>520</em>830</td>
</tr>
<tr>
<td>N.W/ G.W</td>
<td>79Kgs / 97Kgs</td>
</tr>
<tr>
<td>QTY: 20FCL/40FCL/40HQ</td>
<td>34/72/87</td>
</tr>
<tr>
<td><strong>TECHNICAL SPECIFICATION</strong></td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td>--</td>
</tr>
<tr>
<td><strong>Drive System</strong></td>
<td>New Silent Magnetic Resistance Technology with front drive wheel</td>
</tr>
<tr>
<td><strong>Power Type</strong></td>
<td>Electromagnetic System (Eddy Current)</td>
</tr>
<tr>
<td><strong>Resistance Level</strong></td>
<td>16 Levels</td>
</tr>
<tr>
<td><strong>Resistance Control</strong></td>
<td>Touch screen Operative</td>
</tr>
<tr>
<td><strong>Readout</strong></td>
<td>Time, Speed, Distance, Pulse, Watt &amp; Calories</td>
</tr>
<tr>
<td><strong>Flywheel</strong></td>
<td>8Kg</td>
</tr>
<tr>
<td><strong>Stride Length</strong></td>
<td>21”</td>
</tr>
<tr>
<td><strong>Adjustable foot plates Normal</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>10 Preset Programs</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>1 User Program</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>55,75,90 H.R.C. (Heart Rate Control) Programs</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>1 Manual Program</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>1 Watt Control Program</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Middle Handle bar with Pulse Recovery</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>7” Touch Screen LCD Display</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Dual Action Foam Padding Handle Bars</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Bottle Holder</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Touch Heart Rate Sensors on Fixed Handle Bars &amp; Dual Action</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Handle Bars</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Mode, Resistance +/- &amp; Start/Stop Buttons on Fixed Dual Action</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Handle Bars</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Anti-Slip Durable Footrest</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Inbuilt Speaker</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Easy to Adjust Floor Levelling End Caps</strong></td>
<td>✓</td>
</tr>
<tr>
<td><strong>Wheels for Easy Transportations</strong></td>
<td>✓</td>
</tr>
</tbody>
</table>
### TECHNICAL SPECIFICATION

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Console:</strong></td>
<td>1x LCD screen</td>
</tr>
<tr>
<td><strong>Meter function:</strong></td>
<td>Scan/Time/Speed/Distance/Calories/Pulse/ODO</td>
</tr>
<tr>
<td><strong>Assembled size:</strong></td>
<td>1430x620x1610mm (LxWxH)</td>
</tr>
<tr>
<td><strong>System:</strong></td>
<td>Magnetic 8 levels resistance</td>
</tr>
<tr>
<td><strong>Flywheel:</strong></td>
<td>6 kgs with 2-way bearing</td>
</tr>
<tr>
<td><strong>Max. user weight:</strong></td>
<td>130 kgs</td>
</tr>
<tr>
<td><strong>N.W/G.W.:</strong></td>
<td>44/49 kgs</td>
</tr>
</tbody>
</table>
### TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive System</td>
<td>New Silent Magnetic Resistance Technology</td>
</tr>
<tr>
<td>Power Type</td>
<td>Manual Magnetic</td>
</tr>
<tr>
<td>Resistance Levels</td>
<td>8 Levels</td>
</tr>
<tr>
<td>Resistance Control</td>
<td>Magnetic</td>
</tr>
<tr>
<td>Display Type</td>
<td>1 LCD Display</td>
</tr>
<tr>
<td>Display Reads</td>
<td>Speed, Time, Distance, Calories &amp; Pulse</td>
</tr>
<tr>
<td>Reset Button on display console</td>
<td>Yes</td>
</tr>
</tbody>
</table>

### PRODUCT FEATURES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fly Wheel</td>
<td>7 Kg</td>
</tr>
<tr>
<td>Seat Adjustable</td>
<td>At any comfort Level</td>
</tr>
<tr>
<td>Knob for Resistance Adjustable</td>
<td>✓</td>
</tr>
<tr>
<td>Foamed filling seat with high intensity stitching</td>
<td>✓</td>
</tr>
<tr>
<td>High Quality comfy foot pedals with straps</td>
<td>✓</td>
</tr>
<tr>
<td>High Quality Black Upholstery &amp; Sitting</td>
<td>✓</td>
</tr>
<tr>
<td>Seat Sided Handle Bars for more Efficient Comfortable Exercise.</td>
<td>✓</td>
</tr>
<tr>
<td>Touch Heart Rate Sensors on fixed side handlebars</td>
<td>✓</td>
</tr>
<tr>
<td>Mobile space Available on Console</td>
<td>✓</td>
</tr>
<tr>
<td>Tilted Back for Less pressure on back for the user</td>
<td>✓</td>
</tr>
<tr>
<td>Front handle bars covered with foam hand grip (sweat free)</td>
<td>✓</td>
</tr>
<tr>
<td>Easy to adjust floor levelling and caps</td>
<td>✓</td>
</tr>
<tr>
<td>Heavy Gauge Frame with glossy powder coated finish</td>
<td>✓</td>
</tr>
<tr>
<td>Wheel for Easy Transportation</td>
<td>✓</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th></th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Console</td>
<td>1x LCD screen</td>
</tr>
<tr>
<td>Meter function</td>
<td>Time/Speed/Distance/Calories/Pulse/ODO</td>
</tr>
<tr>
<td>Assembled size</td>
<td>1340x610x1200 mm (LxWxH)</td>
</tr>
<tr>
<td>System</td>
<td>Magnetic 8 levels resistance</td>
</tr>
<tr>
<td>Saddle</td>
<td>Horizontal</td>
</tr>
<tr>
<td>Crank</td>
<td>1pc</td>
</tr>
<tr>
<td>Metal coating color</td>
<td>same as the KATIE</td>
</tr>
<tr>
<td>Plastic color</td>
<td>dark grey + silver, same as the Taispo sample</td>
</tr>
<tr>
<td>Max. user weight</td>
<td>110kgs</td>
</tr>
<tr>
<td>N.W/G.W.</td>
<td>28.4/32.3 kgs</td>
</tr>
<tr>
<td>Loading q'ty</td>
<td>115/250/300 set(20'/40'FT/40HQ)</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Console:</td>
<td>1x LCD screen</td>
</tr>
<tr>
<td>Meter function:</td>
<td>HR1568C, Scan/Time/Speed/Distance/Calories/Pulse/ODO</td>
</tr>
<tr>
<td>Assembled size:</td>
<td>850x460x1275 mm (LxWxH)</td>
</tr>
<tr>
<td>System:</td>
<td>Magnetic 8 levels resistance</td>
</tr>
<tr>
<td>Saddle:</td>
<td>Vertical</td>
</tr>
<tr>
<td>Crank:</td>
<td>1pc</td>
</tr>
<tr>
<td>Flywheel:</td>
<td>2 kgs with 2-way bearing</td>
</tr>
<tr>
<td>Handle bar:</td>
<td>Fixed</td>
</tr>
<tr>
<td>Metal coating color:</td>
<td>Dark Grey, Matching to the chain cover</td>
</tr>
<tr>
<td>Plastic color:</td>
<td>Dark Grey and Silver</td>
</tr>
<tr>
<td>Max. User Weight:</td>
<td>100 kgs</td>
</tr>
<tr>
<td>N.W/G.W.:</td>
<td>19/21 kgs</td>
</tr>
<tr>
<td>Loading QTY</td>
<td>255/520/580set (20'/40'FT/40HQ)</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>---------------</td>
</tr>
<tr>
<td>Console:</td>
<td>1x LCD screen</td>
</tr>
<tr>
<td>Meter function:</td>
<td>Scan/Time/Speed/Distance/Calories/Pulse/ODO</td>
</tr>
<tr>
<td>System:</td>
<td>Magnetic 8 levels resistance</td>
</tr>
<tr>
<td>Flywheel:</td>
<td>6 kgs with 2-way bearing</td>
</tr>
<tr>
<td>Crank:</td>
<td>3Pcs</td>
</tr>
<tr>
<td>Max. User Weight:</td>
<td>110kgs</td>
</tr>
<tr>
<td>N.W/G.W:</td>
<td>22/22Kg</td>
</tr>
</tbody>
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### TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Console</td>
<td>1x LCD screen</td>
</tr>
<tr>
<td>Meter function</td>
<td>HR1625, Scan/Time/Speed/Distance/Calories/Pulse/ODO</td>
</tr>
<tr>
<td>Assembled size</td>
<td>920x435x1230 mm (LxWxH)</td>
</tr>
<tr>
<td>System</td>
<td>Magnetic 8 levels resistance</td>
</tr>
<tr>
<td>Saddle</td>
<td>Vertical</td>
</tr>
<tr>
<td>Crank</td>
<td>1pc</td>
</tr>
<tr>
<td>Flywheel</td>
<td>2 kgs with 2-way bearing</td>
</tr>
<tr>
<td>Handle bar</td>
<td>Fixed</td>
</tr>
<tr>
<td>Metal Coating Color</td>
<td>Dark Grey, Matching to the chain cover</td>
</tr>
<tr>
<td>Plastic Color</td>
<td>Dark Grey and Green</td>
</tr>
<tr>
<td>Max. User Weight</td>
<td>100kgs</td>
</tr>
<tr>
<td>N.W/G.W.</td>
<td>18/20 kgs</td>
</tr>
<tr>
<td>Loading QTY</td>
<td>300/620/740set(20'/40'FT/40HQ)</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Console</td>
<td>1x LCD screen</td>
</tr>
<tr>
<td>Meter function</td>
<td>Scan/Time/Speed/Dist/Cal, NO HP</td>
</tr>
<tr>
<td>Assembled size</td>
<td>770 x 455 x 1225 mm (LxWxH)</td>
</tr>
<tr>
<td>System</td>
<td>Magnetic 8 levels resistance</td>
</tr>
<tr>
<td>Saddle</td>
<td>Horizontal</td>
</tr>
<tr>
<td>Crank</td>
<td>3pcs</td>
</tr>
<tr>
<td>Handle bar</td>
<td>Fixed</td>
</tr>
<tr>
<td>Metal Coating Color</td>
<td>Silver 877C</td>
</tr>
<tr>
<td>Plastic color</td>
<td>Dark grey and green same as ST-2807 sample</td>
</tr>
<tr>
<td>Seat cushion color</td>
<td>Black</td>
</tr>
<tr>
<td>Handle sponge color</td>
<td>Black</td>
</tr>
<tr>
<td>Max. user weight</td>
<td>100kgs</td>
</tr>
<tr>
<td>N.W/G.W.:</td>
<td>14/26 kgs</td>
</tr>
</tbody>
</table>
**TECHNICAL SPECIFICATION**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive System</td>
<td>Manual</td>
</tr>
<tr>
<td>Fitness Class</td>
<td>Quasi-Professional</td>
</tr>
<tr>
<td>Flywheel</td>
<td>18 kg Metal wheel, Two-way bearing, dynamic silent chain transmission, Rim Weight Design</td>
</tr>
<tr>
<td>Crank</td>
<td>2 piece, 17 mm length, Heavy duty, More durable</td>
</tr>
<tr>
<td>Seat</td>
<td>Commercial class, Softer and bigger</td>
</tr>
<tr>
<td>Pedals</td>
<td>Commercial class strap pedals, Stronger and more durable</td>
</tr>
<tr>
<td>Additional Features</td>
<td>Levelling Knobs, Castor wheels, Emergency stop lever</td>
</tr>
</tbody>
</table>

**SPINNER BMX**

*Spin Bike*

www.fitness-world.in
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated Chest Press</td>
<td>✓</td>
</tr>
<tr>
<td>Lat Pull Down</td>
<td>✓</td>
</tr>
<tr>
<td>Triceps Extension</td>
<td>✓</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>✓</td>
</tr>
<tr>
<td>Biceps</td>
<td>✓</td>
</tr>
<tr>
<td>Butterfly</td>
<td>✓</td>
</tr>
<tr>
<td>AB Crunch</td>
<td>✓</td>
</tr>
<tr>
<td>Preacher Curl</td>
<td>✓</td>
</tr>
<tr>
<td>Mid Rowing</td>
<td>✓</td>
</tr>
<tr>
<td>Equipment</td>
<td></td>
</tr>
<tr>
<td>-----------------------</td>
<td>---</td>
</tr>
<tr>
<td>Seated Chest Press</td>
<td>✓</td>
</tr>
<tr>
<td>Lat Pull Down</td>
<td>✓</td>
</tr>
<tr>
<td>Triceps Extension</td>
<td>✓</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>✓</td>
</tr>
<tr>
<td>Biceps</td>
<td>✓</td>
</tr>
<tr>
<td>Butterfly</td>
<td>✓</td>
</tr>
<tr>
<td>Mid Rowing</td>
<td>✓</td>
</tr>
</tbody>
</table>
**TECHNICAL SPECIFICATION**

<table>
<thead>
<tr>
<th>Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adjustable Back on 6 Levels</td>
</tr>
<tr>
<td>Flat, Incline, Decline Bench</td>
</tr>
<tr>
<td>Preacher Curl</td>
</tr>
<tr>
<td>Leg Extension &amp; Leg Curl</td>
</tr>
<tr>
<td>Heavy Rod Stand with Height Adjustment</td>
</tr>
<tr>
<td>High Quality foam filled in seat and backrest</td>
</tr>
<tr>
<td>Heavy Gauge Frame with Powder coat finish</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy duty for both commercial and domestic uses</td>
<td>Heavy duty for both commercial and domestic uses</td>
</tr>
<tr>
<td>Frequency:</td>
<td>30 to 45 Hz.</td>
</tr>
<tr>
<td>Speed :</td>
<td>20 Levels</td>
</tr>
<tr>
<td>Intensity:</td>
<td>High/ Low.</td>
</tr>
<tr>
<td>Hand Sensors:</td>
<td>Available</td>
</tr>
<tr>
<td>Active &amp; Rest time:</td>
<td>1 to 10 mins.</td>
</tr>
<tr>
<td>Repetition:</td>
<td>1 – 5 times</td>
</tr>
<tr>
<td>Machine Weight:</td>
<td>50 Kgs.</td>
</tr>
<tr>
<td>Programme:</td>
<td>Automatic Fast fat testing</td>
</tr>
<tr>
<td>Compact &amp; stable size with essential accessories.</td>
<td>Compact &amp; stable size with essential accessories.</td>
</tr>
</tbody>
</table>
## TECHNICAL SPECIFICATION

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy duty</td>
<td>For both commercial and domestic uses</td>
</tr>
<tr>
<td>Frequency</td>
<td>30 to 45 Hz.</td>
</tr>
<tr>
<td>Speed</td>
<td>12 Levels</td>
</tr>
<tr>
<td>Intensity</td>
<td>High/Low</td>
</tr>
<tr>
<td>Hand Sensors</td>
<td>Available</td>
</tr>
<tr>
<td>Machine Weight</td>
<td>23 Kgs.</td>
</tr>
<tr>
<td>Programme</td>
<td>Automatic fast fat testing</td>
</tr>
<tr>
<td>Compact &amp; stable</td>
<td>Size with essential accessories.</td>
</tr>
<tr>
<td>Detachable Remote Control</td>
<td></td>
</tr>
<tr>
<td>TECHNICAL SPECIFICATION</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td></td>
</tr>
<tr>
<td>Muscle Fibre workout</td>
<td></td>
</tr>
<tr>
<td>Core Trainer</td>
<td></td>
</tr>
<tr>
<td>Good for Balancing</td>
<td></td>
</tr>
<tr>
<td>Targets lower body and abdominal muscles</td>
<td></td>
</tr>
<tr>
<td>4 programmes Digital display</td>
<td></td>
</tr>
<tr>
<td>Max user weight – 100kg</td>
<td></td>
</tr>
</tbody>
</table>
D-247/3, Sector-63, Noida, U.P.-201301, India
Phone No.: +91-120-4509000, Fax No.: +91-120-4509090
E-mail: info@fitness-world.in, Website: www.fitness-world.in