



# HOME FITNESS CATALOGUE-2024

# PRODUCT DISPLAY AT GURUGRAM OFFICE





# COSCO (India) Limited

**COSCO** | **COSCOFITNESS** | **X° DEGREE**

## Product Range:

Sporting Goods, Fitness Equipments

COSCO is a leading Sports & Fitness Products Company in India since 1980 and Exports to many Countries Worldwide. COSCO represents many top Brands like : **TRETORN** (Sweden), **STIGA** (Sweden), **Newgy** (USA), **JKEXER** (Taiwan), **Fitlux** (Taiwan), **JK Fitness** (Taiwan) **ADIDAS**, **REEBOK**, **IMPULSE** (UK), **Force** (USA) for Indian Market.

**Head Office :** 2/8 Roop Nagar, Delhi-110007 (INDIA)

**Work Area :** Factory Area-200,000+ sq. ft. in Gurugram, Haryana

**Work Force :** Team of Management, Sales, Service and workers of 700+

**Marketing & Service :** The Company has a full-fledged Marketing Division supported by Sufficient Staff and Distribution Network of around 700 Dealers covering all the States in India. We have efficient After Sales Service and provide good back up Facilities to our Customers.

## R & D and Quality Control :

Committed to Quality - Its our constant endeavor to provide & delight consumers with New and Innovative Products having better Design, Engineering and Aesthetic Appeal. All products are Tested to International Standard and are Manufactured/ Sourced to make the best available.

## BRANDS REPRESENTED IN INDIA



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NEW



## AC 370

Product Code: 42162

- ◆ Motor : 2.0 HP AC Continuous Duty (4.0 HP Peak)
- ◆ Running Belt : 500x1450mm (20x58")
- ◆ Incline : 18 Levels Auto Incline
- ◆ Speed Range : 0.8-20 km/h
- ◆ Display : LED Displays : Time, Speed, Incline, Distance, Pulse Body Fat
- ◆ Addl. Feature : Swift, kinomap, fitshow app., USB & Bluetooth
- ◆ Program : 12 Built-in workout programs
- ◆ Foldable : Yes
- ◆ Net Weight : 91 Kgs.
- ◆ Max. User Weight : 140 Kgs.
- ◆ Dimension (LxWxH) : 1820x850x1430mm



## AC 600

Product Code: 42113

- ◆ Motor : 1.5 HP AC Continuous Duty (3.0 HP PEAK)
- ◆ Speed Range : 0~16 km/h
- ◆ Incline : 0~15%
- ◆ Running Belt : 480 x 1370mm (19 x 54")
- ◆ Display : 7 inch Blue LCD display
- ◆ Foldable : Yes
- ◆ Emergency Stop : Yes
- ◆ Functions : Mp3, Speaker, Fan, Stable and New Design
- ◆ Displays : Speed, Distance, Time, Calorie, Incline, Heart Rate, Programs :
- 2 HR-2, Interval, Run, Fat Burn
- ◆ Net Weight : 84 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1770 x 790 x 1360 mm



## AC 360

Product Code: 42161

- ◆ Motor : 1.75HP AC Continuous Duty (3.5HP Peak)
- ◆ Running Belt : 460x1400mm (19x56")
- ◆ Incline : 15 Levels Auto Incline
- ◆ Speed Range : 0.8-16 km/h
- ◆ Display Type : 5" LCD Display with Blue Back Light
- ◆ LCD Displays : Time, Speed, Incline, Distance, Pulse Body Fat
- ◆ Addl. Feature : Zwift, kinomap, fitshow app., USB & Bluetooth
- ◆ Program : 12 Built-in workout programs
- ◆ Foldable : Yes
- ◆ Net Weight : 67 Kgs.
- ◆ Max. User Weight : 130 Kgs.
- ◆ Dimension (LxWxH) : 1650x785x1315mm



## MOTORIZED TREADMILLS

NEW



### AC 350

Product Code: 42160

- ◆ Motor : 1.75 HP AC Continuous Duty (3.5 HP Peak)
- ◆ Running Belt : 450x1350mm (18x54")
- ◆ Incline : 15 Levels Auto Incline
- ◆ Speed Range : 0.8-16 km/h
- ◆ Display Type : 5" LCD Display with Blue Back Light
- ◆ LCD Displays : Time, Speed, Incline, Distance, Pulse Body Fat
- ◆ Addl. Feature : Swift kinomap fitshow app., USB & Bluetooth
- ◆ Program : 12 Built-in workout programs
- ◆ Foldable : Yes
- ◆ Net Weight : 65 Kgs.
- ◆ Max. User Weight : 130 Kgs.
- ◆ Dimension (LxWxH) : 1650x785x1315mm



### AC 200

Product Code: 42146

- ◆ Motor : 1.0 HP AC Continuous Duty (2.0 HP PEAK)
- ◆ Speed Range : 1.0~14 km/h
- ◆ Incline : 0~15%
- ◆ Running Belt : 430 x 1220mm (17 x 48")
- ◆ Display : Blue LCD
- ◆ Foldable : Yes, Hydraulic Softdrop System
- ◆ Emergency Stop : Yes
- ◆ Functions : USB with Speaker, Fan, MP3, iPad Video Bracket
- ◆ Displays : Speed, Distance, Time, Calorie, Incline, Heart Rate, Programs
- ◆ Net Weight : 41 Kgs.
- ◆ Max. User Weight : 100 Kgs.
- ◆ Assembly (LxWxH) : 1550 x 710 x 1240 mm



## SPRINT 40

Product Code: 42164

- ♦ Motor : 1.75 HP DC Continuous Duty (3.5 HP Peak)
- ♦ Running Belt : 480 x 1400mm (19 x 55")
- ♦ Incline : Auto Incline 0~15%
- ♦ Speed range : 1.0~18 km/h
- ♦ Display : LED Display
- ♦ LED Displays : Speed, Distance, Time, Calories, Hand Pulse, Body Fat
- ♦ Other Features : Bluetooth Speaker & Bluetooth APP
- ♦ Program : P1~P15
- ♦ Foldable : Yes, by cylinder
- ♦ Net Weight : 68 Kgs.
- ♦ Max. User Weight : 120 Kgs.
- ♦ Dimension (LWXH) : 1745 x 765 x 1350mm



## SPRINT 30

Product Code: 42165

- ♦ Motor : 1.5 HP DC Continuous Duty (3.0 HP Peak)
- ♦ Running Belt : 450 x 1300mm (18 x 51")
- ♦ Incline : Auto Incline 0~12%
- ♦ Speed range : 0.8~16 km/h
- ♦ Display : LED Display
- ♦ LED Displays : Speed, Distance, Time, Calories, Hand Pulse, Body Fat
- ♦ Other Features : Bluetooth Speaker & Bluetooth APP
- ♦ Program : P1~P15
- ♦ Foldable : Yes, by cylinder
- ♦ Net Weight : 54 Kgs.
- ♦ Max. User Weight : 110 Kgs.
- ♦ Dimension (LWXH) : 1500 x 760 x 1300mm



## MOTORIZED TREADMILLS

**NEW**



### SPRINT 20

Product Code: 42166

- ◆ Motor : 1.25 HP DC Continuous Duty (2.5 HP Peak)
- ◆ Running Belt : 420 x 1200mm (17 x 48")
- ◆ Incline : Auto Incline 0~12%
- ◆ Speed range : 0.8~14 km/h
- ◆ Display : LED Display
- ◆ LED Displays : Speed, Distance, Time, Calories, Body Fat
- ◆ Other Features : Bluetooth Speaker & Bluetooth APP
- ◆ Program : P1~P12
- ◆ Foldable : Yes, by cylinder
- ◆ Net Weight : 46 Kgs.
- ◆ Max. User Weight : 100 Kgs.
- ◆ Dimension (LWXH) : 1430 x 685 x 1200mm



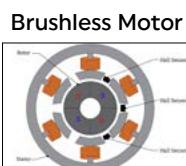
**NEW**



### GO 4.0

Product Code : 42159

- ◆ Motor : 1.25HP DC Continuous Duty (2.5 HP Peak)
- ◆ Running Belt : 420 x 1260mm (17 x50")
- ◆ Incline : 0-18% Auto incline
- ◆ Speed range : 0.8-16 km/h
- ◆ Display : LCD displays : Time, Speed, Distance, Heart Rate, Calorie, Program.
- ◆ Cushion System : Big yellow Spring Shock Absorption System; with SMART memory function key
- ◆ Other Features : Semi Auto Lubrication System, MP3/USB/Hi-fi Audio, Heart rate sensor & handle key on front small handle
- ◆ Bluetooth : ZWIFT app
- ◆ Program : P1-P12, H1, H2, H3 Mode
- ◆ Foldable : Fold by cylinder
- ◆ Net Weight : 56 Kgs.
- ◆ Max. User Weight : 110kg
- ◆ Dimension (LWXH) : 1690x720x1240mm



PATENTED  
Semi Auto Lubrication



DC Motor

PROMOTIONAL  
PRICE



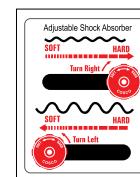
Bluetooth™ Wi-Fi



## X-TRA 875

Product Code : 49011

- ◆ Motor : 3.0 HP DC Continuous Duty (6.0 HP Peak)
- ◆ Speed Range : 0~18 km/h
- ◆ Incline : Motor Incline 0~12%
- ◆ Running Belt : 510 x 1420mm (20 x 56")
- ◆ Display : 150 x 82 mm backlit LCD & 2 dot matrix
- ◆ Foldable : Yes
- ◆ Emergency Stop : Yes
- ◆ Special Feature : USB Charging station, Compatible with iPod and other smart devices
- ◆ Functions : 1 manual / 3 HRC / 3 user / 12 preset in 3 levels, Quick Speed / Incline control buttons /Safety key, contact pulse and bottle holders / Built-in polar compatible receiver
- ◆ Displays : Speed, Distance, Time, Calories, Program, Level, Pulse, Incline, Recovery, BMI, MET and BMR
- ◆ Net Weight : 90 Kgs.
- ◆ Max. User Weight : 140 Kgs.
- ◆ Assembly (LxWxH) : 1900 x 830 x 1500mm



### NEW ASA System

The New Adjustable Shock Absorbing (ASA) treadmill that reduces the Impact by 10%~30% on your knees, by allowing you to adjust the flexibility of the running surface to your comfort.



DC Motor

PROMOTIONAL  
PRICE



## EPIC 823

Product Code : 49009

- ◆ Motor : 2.7 HP DC Continuous Duty (5.0 HP Peak)
- ◆ Speed Range : 0.8~18 km/h
- ◆ Incline : Motor Incline 0~12%
- ◆ Running Belt : 510 x 1400mm (20 x 55")
- ◆ Display : 105 x 57 mm backlit LCD & Dot matrix
- ◆ Foldable : Yes
- ◆ Emergency Stop : Yes
- ◆ Functions : 1 manual / 2 HRC / 2 user / 3 target / 7 preset in 3 levels, Quick speed / incline buttons, Speed / Incline buttons on handlebars
- ◆ Displays : Speed, Distance, Time, Calories, Program, Level, Pulse
- ◆ Net Weight : 79 Kgs.
- ◆ Max. User Weight : 130 Kgs.
- ◆ Assembly (LxWxH) : 1770 x 850 x 1400mm

## MOTORIZED TREADMILLS

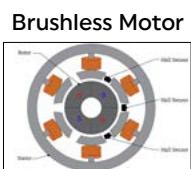
**NEW**



### GO 2.0 UP

Product Code : 42163

- ♦ Motor : 1.0 HP DC Continuous Duty (2.0 HP Peak)
- ♦ Running Belt : 420 x 1260mm (17 x 50")
- ♦ Incline : Manual Incline
- ♦ Speed range : 0.8~14 km/h
- ♦ Display : LCD Display
- ♦ LCD Displays : LCD screen Displays, Time, Speed, Distance, Heart Rate, Calorie, Program
- ♦ Other Features : Semi Lubrication, Spring Shock Absorption
- ♦ Bluetooth : ZWIFT app
- ♦ Program : MP3/USB/Hi-fi Audio, ZWIFT app.,I HIIT,HEALTHY WALK 2 preset program;then customer could press speed+ speed- key to choose any speed
- ♦ Foldable : Fold by cylinder
- ♦ Net Weight : 56 Kgs.
- ♦ Max. User Weight : 110 Kgs.
- ♦ Dimension (LWXH) : 1690x720x1240mm



Semi Lubrication System

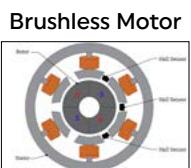
**NEW**



### GO 1.0

Product Code : 42163

- ♦ Motor : 1.0HP DC Continuous Duty (2.0 HP Peak)
- ♦ Running Belt : 400 x 1200mm (16 x 48")
- ♦ Incline : No
- ♦ Speed range : 0.8-12 km/h
- ♦ Display : LED screen, Time, Speed, Distance, Heart Rate, Calorie, Program.
- ♦ Other Features : Manual Lubrication System, MP3/Hi-fi Audio, Heart rate sensor and handle key on handle
- ♦ Bluetooth : ZWIFT app
- ♦ Program : P1-P12, H1, H2, H3 Mode
- ♦ Foldable : Fold by cylinder
- ♦ Net Weight : 45 Kgs.
- ♦ Max. User Weight : 100kg
- ♦ Dimension (LWXH) : 1632x665x1147mm



Easy Lubrication System  
(Manual)



## K-55

Product Code: 42115

- ♦ Motor : 2.5 HP DC Continuous Duty (5.0 HP PEAK)
- ♦ Speed Range : 1.0~18 km/h
- ♦ Incline : Auto Incline 15%
- ♦ Running Belt : 500 x 1400mm (20 x 55")
- ♦ Display : 7" LCD Display
- ♦ Foldable : Yes
- ♦ Emergency Stop : Yes
- ♦ Functions : Mp3 and USB, 34 Programs : 1 Manual, 3 Target, 25 Preset, 5 User, 2 HRC
- ♦ Displays : Time, Speed, Distance, Pulse, Incline, Calories
- ♦ Net Weight : 84 Kgs.
- ♦ Max. User Weight : 130 Kgs.
- ♦ Assembly (LxWxH) : 2100 x 880 x 1545mm



## K-44

Product Code: 42116

- ♦ Motor : 2.0 HP DC Continuous Duty (4.0 HP PEAK)
- ♦ Speed Range : 1.0~16 km/h
- ♦ Incline : Auto Incline 15%
- ♦ Running Belt : 460 x 1320mm (18 x 52")
- ♦ Display : 7" LCD Display
- ♦ Functions : Mp3 and USB, 25 Programs : 1 Manual, 3 Target, 20 Preset, 1 Body Fat, Emergency Stop, Foldable
- ♦ Displays : Speed, Time, Distance, Calorie, Pulse
- ♦ Net Weight : 71 Kgs.
- ♦ Max. User Weight : 120 Kgs.
- ♦ Assembly (LxWxH) : 1820 x 760 x 1585mm



## MOTORISED TREADMILLS



### K-11

Product Code: 42119

- ◆ Motor : 1.5 HP DC Continuous Duty (3.0 HP PEAK)
- ◆ Speed Range : 1.0~10 km/h
- ◆ Incline : 3 Level Manual Incline
- ◆ Running Belt : 400 x 1200mm (16 x 48")
- ◆ Display : 5" LCD Display
- ◆ Functions : Mp3, 10 Programs : 6 Preset, 1 Manual, 3 Target Programs, Emergency Stop, Foldable
- ◆ Displays : Speed, Distance, Time, Calories, Pulse
- ◆ Net Weight : 46 Kgs.
- ◆ Max. User Weight : 90 Kgs.
- ◆ Assembly (LxWxH) : 1600 x 720 x 1260mm

## MANUAL TREADMILL



### CTM 510

Product Code: 42133

- ◆ Incline : 3 Level Manual Incline
- ◆ Running Belt : 380 x 1200mm (15 x 48")
- ◆ Foldable : Yes
- ◆ Functions : 4-in 1 Manual Treadmill, Convenient Running Area, Twister, Stepper & Pushup Exercise
- ◆ Displays : Speed, Distance, Time, Calories, Pulse
- ◆ Net Weight : 38 Kgs.
- ◆ Max. User Weight : 100 Kgs.
- ◆ Assembly (LxWxH) : 1770 x 790 x 1360mm





## CET-WAVE-850 ES

Product Code: 42625

Elliptical Trainer with Seat and Power Resistance, designed for intensive training at home with minimum impact on joints. 8 Kgs. 2 Way Flywheel with Flat Belt Drive System provides less jerk and noise free workouts. Hand movement with Leg movement provides complete Cardio Exercise. Electronic control of Resistance ensure variety to exercises. Seat provides option of exercising like cycling. Adjusting knob for levelling.

- ◆ Flywheel : 8 Kgs. 2 Way
- ◆ Displays : Time, Speed, Distance, Calorie Pulse, Recovery etc.
- ◆ Net Weight : 54 Kgs.
- ◆ Max. User Weight : 130 Kgs.
- ◆ Assembly (LxWxH) : 1560 x 720 x 1690mm



with Seat



POWER  
ADAPTOR





## 77 ES

**Product Code:** 42631

- ◆ Flywheel : 2 way
- ◆ Resistance Level : 8-Level Mag. Tension Control
- ◆ Display : Big LCD w/Individual Window
- ◆ LCD Displays : Scan, Speed, Time, Distance, Calorie, Pulse, Bodyfat, Pulse Recovery, Temperature, Clock & Alarm
- ◆ Other Feature : Adjustable Pedal Position, Wheels for Easy Movement
- ◆ Net Weight : 47 Kgs.
- ◆ Max. User Weight : 135 Kgs.
- ◆ Assembly (LxWxH) : 1325 × 670 × 1620 mm



## CET-E8M

**Product Code:** 42621

New compact design elliptical trainer with motorised resistance. Hand grip pulse sensor and big computer easy readout. Power adaptor for magnetic resistance.

- ◆ Flywheel : 2 Way
- ◆ Displays : Time, Speed, Distance, Pulse, Calories.
- ◆ Net Weight : 38 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1418 × 646 × 1660 mm



## ELLIPTICAL CROSSTRAINER



### CET-240ES

Product Code: 42623

Compact elliptical trainer with heavy duty 2 way flywheel. Adjustable Seat provides option of exercising like cycling. Large LCD display. Hand pulse sensor.

- ◆ Flywheel : 2 Way
- ◆ Displays : Time, Speed, Distance, Pulse, Calories.
- ◆ Net Weight : 30 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 1370 x 580 x 1600 mm



with Seat



### CET-80E

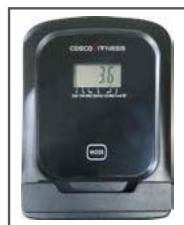
Product Code: 42610

Compact design Magnetic Elliptical Trainer with Seat can be used like elliptical bike while in standing position and cycling when in seating position, 2 way Heavy Flywheel for smooth movement.

- ◆ Flywheel : 2 way
- ◆ Displays : Time, Speed, Distance, Pulse, Calories.
- ◆ Net Weight : 30.5 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 1150 x 720 x 1580 mm



with Seat



## CET-69ES

Product Code: 42619

Elliptical Trainer with Seat can be used like elliptical bike while in standing position and cycling when in seating position, 2 way heavy Flywheel. Large LCD display and hand grip pulse sensor for easy feedback.

- ◆ Flywheel : 2 way
- ◆ Displays : Time, Speed, Distance, Pulse, Calories.
- ◆ Net Weight : 29 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1230 x 635 x 1550 mm



with Seat

## CET-52ES

Product Code: 42617

Elliptical Trainer with Seat can be used like elliptical bike while in standing position and cycling when seating position, heavy Flywheel. 8 level magnetic resistance with seat adjustment.

- ◆ Flywheel : 2 way
- ◆ Displays : Time, Speed, Distance, Pulse, Calories.
- ◆ Net Weight : 28 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 1070 x 600 x 1540 mm



with Seat

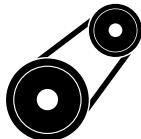



**PROMOTIONAL  
PRICE**

**CEB-JK-7009 (SURGE 7009)**

Product Code : 49004

- ◆ Flywheel : 6 kg magnetic wheel
- ◆ Crank : 3-pc heavy duty cranks with bearing for smooth operation
- ◆ Other Features : Magnetic brake speed control, 8 ranges manual tension, hand pulse, Horizontal seat adjustment, 9 ranges adjustable seat post, Self-balanced pedals with straps.
- ◆ Displays : 131\*67mm LCD computer, functions of RPM, Speed, Distance, Time, Calories, Pulse, Recovery, Body fat.
- ◆ Net Weight : 32 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1480 x 535 x 990mm


**NEW**

**77U**

Product Code : 42356

- ◆ Flywheel : 5 Kg 1 way
- ◆ Crank : 3 Pcs
- ◆ Resistance Level : 8-Level Magnetic Tension Control
- ◆ LCD Displays : Scan, Time, Speed, Distance, Calorie, Pulse, Alarm
- ◆ Other Feature : Adjustable Handlebar & Seat with Wheels for easy movement
- ◆ Net Weight : 28 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1325 x 525 x 1040 mm



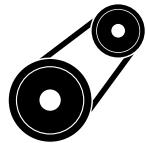
PROMOTIONAL  
PRICE



### CEB-U8M

Product Code: 42338

- ◆ Flywheel : 2 way
- ◆ Resistance Level : 16 Levels Electro Magnetic
- ◆ Displays : Time, Speed, Distance, Pulse & Calories, Recovery, Bodyfat, RPM.
- ◆ Net Weight : 27 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 970 x 600 x 1380 mm



### 85U

Product Code : 42357

- ◆ Flywheel : 2 ways
- ◆ Crank : 3 Pcs
- ◆ Resistance Level : 8-Level Magnetic Tension Control
- ◆ LCD Displays : Scan, Time, Speed, Distance, Calorie, Odometer, Pulse
- ◆ Other Feature : Adjustable Handlebar & Seat
- ◆ Net Weight : 24 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1030 x 515 x 1390 mm

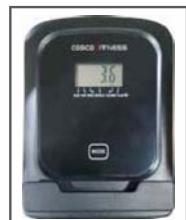
## UPRIGHT BIKE



### CEB-60U

Product Code: 42322

- ◆ Flywheel : 2 Way
- ◆ Resistance Level : 8 Levels Magnetic
- ◆ Crank : 1 Pc.
- ◆ Functions : ipad, iphone Stand, 24 Programs including Bodyfat, H.R.C., U1-U4
- ◆ Displays : Time, Speed, Distance, Pulse, Calories, Recovery.
- ◆ Net Weight : 25 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 1370 x 510 x 1120mm



### CEB-68U

Product Code: 42337

Compact Magnetic Upright Bike 2 way Flywheel and PU seat for comfortable exercise.

- ◆ Flywheel : 2 way
- ◆ Resistance Level : 8 Levels Magnetic
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 20 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 797 x 550 x 1288 mm





## CEB-240U

Product Code: 42343

- ◆ Flywheel : 2 way
- ◆ Resistance Level : 8 Levels Magnetic
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 21 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 900 x 500 x 1350 mm



## CEB-609C Dual Action

Product Code: 42324

Elliptical Bike with Movable Handle Bar. Small monitor to provide feed of your workouts. Tension adjustment for higher resistance exercises. Adjustable seat height.

- ◆ Flywheel : 470mm Dia
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 25 Kgs.
- ◆ Assembly (LxWxH) : 940 x 580 x 1550 mm
- ◆ Max. User Weight : 100 Kgs.

## UPRIGHT BIKE



### CEB-610C Dual Action

Product Code: 42325

- ◆ Flywheel : 470mm
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 17 Kgs.
- ◆ Max. User Weight : 100 Kgs.
- ◆ Assembly : 1070 x 565 x 1150 mm

### CEB-605 Dual Action

Product Code: 42325

- ◆ Flywheel : 445mm
- ◆ Displays : Time, Speed, Distance & Calories
- ◆ Net Weight : 17 Kgs.
- ◆ Max. User Weight : 100 Kgs.
- ◆ Assembly : 1130 x 620 x 1150 mm



**CEB-R8M**

Product Code: 42339

Recumbent Bike with heavy flywheel. Flat Belt. 8 Level Manual Tension Control. High grade mesh supports back and also provides air circulation. Easy to slide seat. Power adaptor for magnetic resistance.



- ◆ Flywheel : 2 Way
- ◆ Resistance Level : 16 Levels Electro Magnetic
- ◆ Other Features : Flat Belt
- ◆ Functions : 8 Level Manual Tension Control.
- ◆ Displays : Time, Speed, Distance, Calorie, Pulse, Recovery, Body Fat, RPM.
- ◆ Net Weight : 34 Kgs.
- ◆ Max. User Weight : 135 Kgs.
- ◆ Assembly (LxWxH) : 1500 x 600 x 1160mm



POWER ADAPTOR



Sliding Seat

## RECUMBENT BIKE

NEW



### 77 R

Product Code: 42349

- ◆ Flywheel : 2 ways
- ◆ Crank : 3 Pcs
- ◆ Resistance Level : 8-Level Magnetic Tension Control
- ◆ LCD Displays : Scan, Speed, Time, Distance, Calorie, Pulse, Bodyfat, Pulse Recovery, Temperature, Clock & Alarm
- ◆ Other Feature : Adj. Comfort Seat & Mesh Back, Tablet/Smart Phone Rack, Lifting Handle & Wheels for easy movement
- ◆ Net Weight : 43.5 Kgs.
- ◆ Max. User Weight : 135 Kgs.
- ◆ Assembly (LxWxH) : 1680 × 660 × 1025 mm



Sliding Seat

### CEB-70 R

Product Code: 42318

Magnetic Recumbent Bike with Sliding Seat Adjustment optimised for Home use. 2 Ways Flywheel gives smooth workout. Monitor displays all the feedback parameters on BIG LCD Screen.

- ◆ Flywheel : 2 Way
- ◆ Resistance Level : 8 Levels
- ◆ Displays : Time, Speed, Distance, Pulse, Calories.
- ◆ Net Weight : 35 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 1300 × 640 × 1190mm



Sliding Seat

## CGC-60

Product Code: 42314

- ◆ Flywheel : 18 Kgs. | 500 mm Dia.
- ◆ Other Feature : **Cycle Bend Handle** (Used mainly by professional cyclists), Arm Rest Pad for added comfort. LCD computer display, Belt Driven
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 41 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1370 x 510 x 1120 mm



## GROUP CYCLING BIKE



### CGC-50

Product Code: 42315

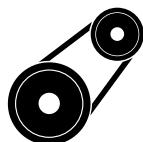
- ◆ Flywheel : 15Kgs. | 470mm Dia.
- ◆ Other Feature : Arm Rest Pad and Meter, Belt Driven
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 35 Kgs.
- ◆ Max. User Weight : 110 Kgs.
- ◆ Assembly (LxWxH) : 1270 x 510 x 1120 mm



### S8

Product Code: 42340

- ◆ Flywheel : 6Kgs.
- ◆ Resistance Level : 8 Level magnetic
- ◆ Other Feature : Meter, Belt Driven
- ◆ Displays : Time, Speed, Distance, Pulse & Calories
- ◆ Net Weight : 31 Kgs.
- ◆ Max. User Weight : 120 Kgs.
- ◆ Assembly (LxWxH) : 1200 x 610 x 1250 mm



**NEW**
**JKEXER®**  
 Taiwan


## JK COMBO 50 MINI STEPPER

**Product Code: 42814**

- ◆ Patented design, stepping, squat and strength training in one
- ◆ Hydraulic drive system provides a smooth stepping motion.
- ◆ Adjustable stepping height from 26° - 40° for variable intensity
- ◆ 4 levels height adjustable handlebar increase safety and allow to perform upper body exercise.
- ◆ Squat depth: five positions adjustment.
- ◆ 2 adjusting tips ensure maximum stability with each step.
- ◆ Dual display digital monitor tracks both your squat count, step count, time, calories, and scan simultaneously.
- ◆ Net Weight : 14 Kgs
- ◆ Max. User Weight : 110 kgs
- ◆ Assembly (LxWxH) : 560 x 480 x 1090 mm


 King size pedals with  
soft PVC pads

 Twisting knob to  
adjust pedal height

## CLDE 10 - AIR ROWER

**Product Code: 45111**

- ◆ Resistance Level : 16 Levels
- ◆ Frame : Aluminium
- ◆ Other Feature : Robotic welding
- ◆ Functions : 16 Programs : 12 Preset, 4 HRC, 1 User Programs
- ◆ Displays : Race, Recovery, User program, Time, Distance, Speed, Number of Strokes, Calories
- ◆ Adaptor : 9V 1A
- ◆ Display : LCD display with backlight
- ◆ Net Weight : 35 Kgs.
- ◆ Max. User Weight : 130 Kgs.
- ◆ Assembly (LxWxH) : 2400 x 620 x 1130mm

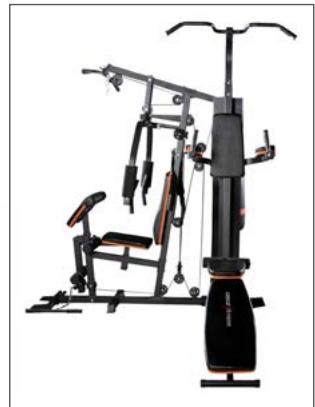


**CHG-03**

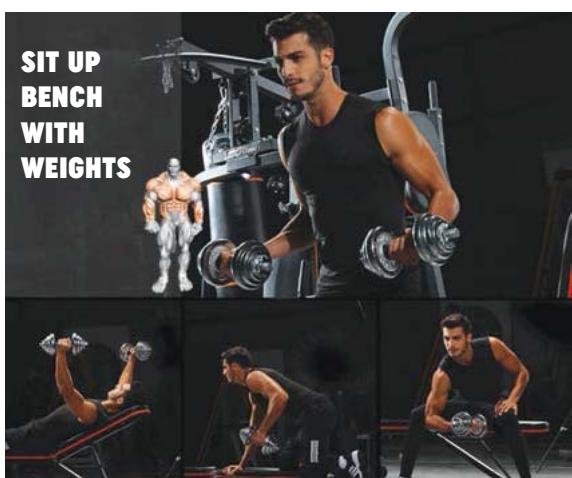
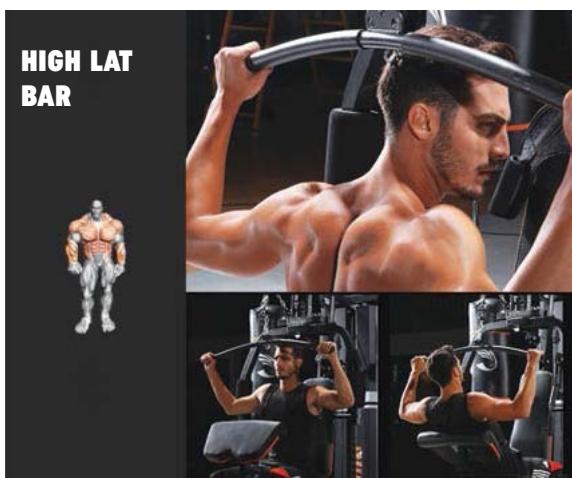
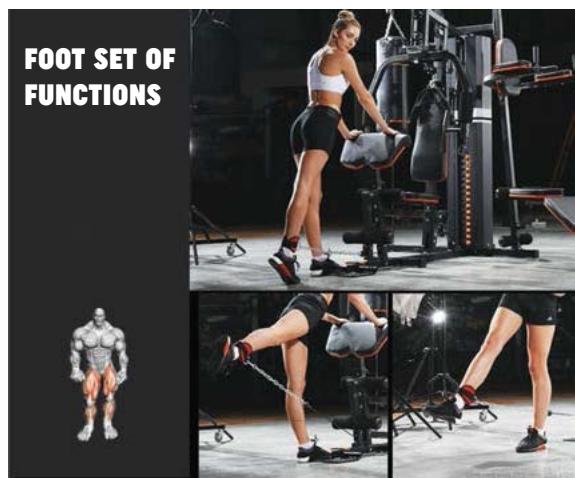
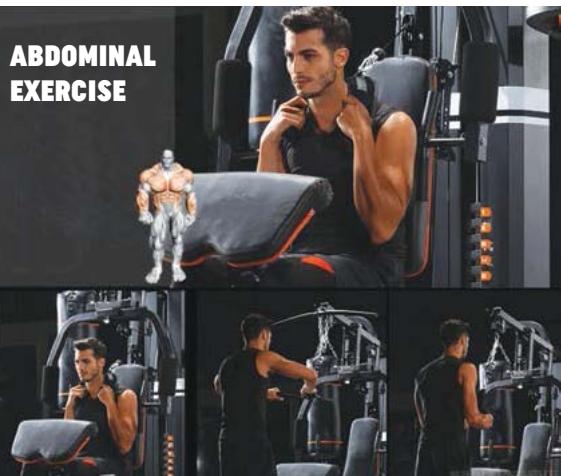
Product Code : 42810

Multi function Home Gym provides maximum exercises for strength training. It comes with 210 lbs Plastic Weight Stack which makes low noise.

- ◆ Workouts : High pulley, Mid pulley, Low pulley, Butterfly arm, Arm press, Arm curl, Leg extension, Boxing bag, dipping, multi bench, AB crunch.
- ◆ Weight Stack : 210 lbs (Plastic)
- ◆ Net Weight : 197 Kgs.
- ◆ Max. User Weight : 150 Kgs.
- ◆ Assembly (LxWxH) : 2090 x 2640 x 2220 mm



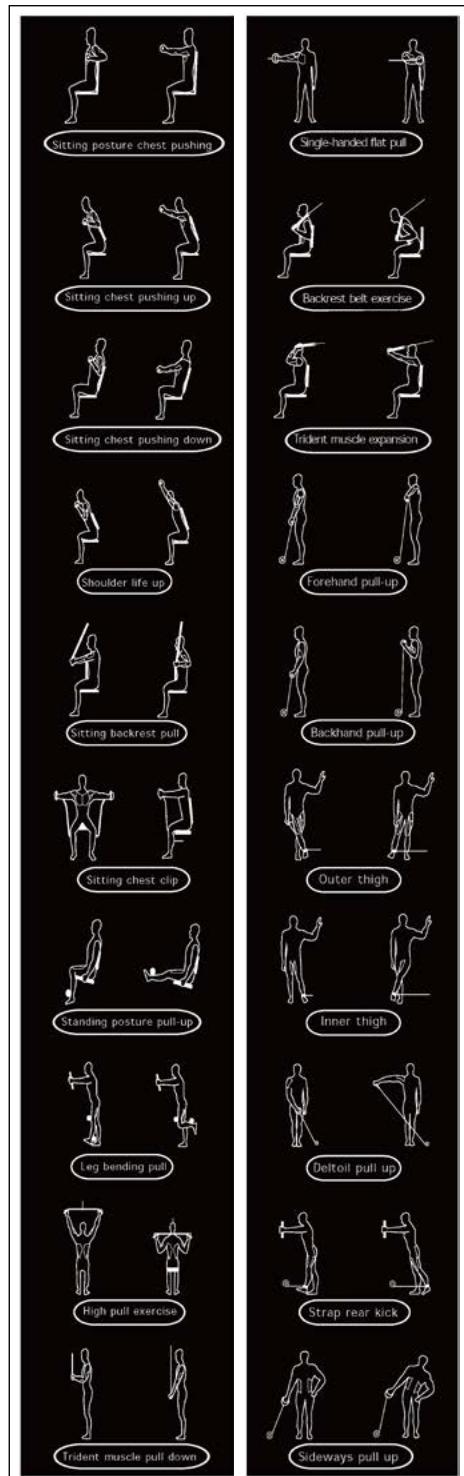
210 LBS plastic weight stack with full cover



## CHG 200C

Product Code : 42813

- ◆ Main Frame : 50x75mm
- ◆ Frame Thickness : 1.5mm
- ◆ Weight Stack : 100 Kgs.
- ◆ Net Weight : 178 Kgs.
- ◆ Max. User Weight : 150 Kgs.
- ◆ Assembly (LXWXH) : 1500x1000x2050mm

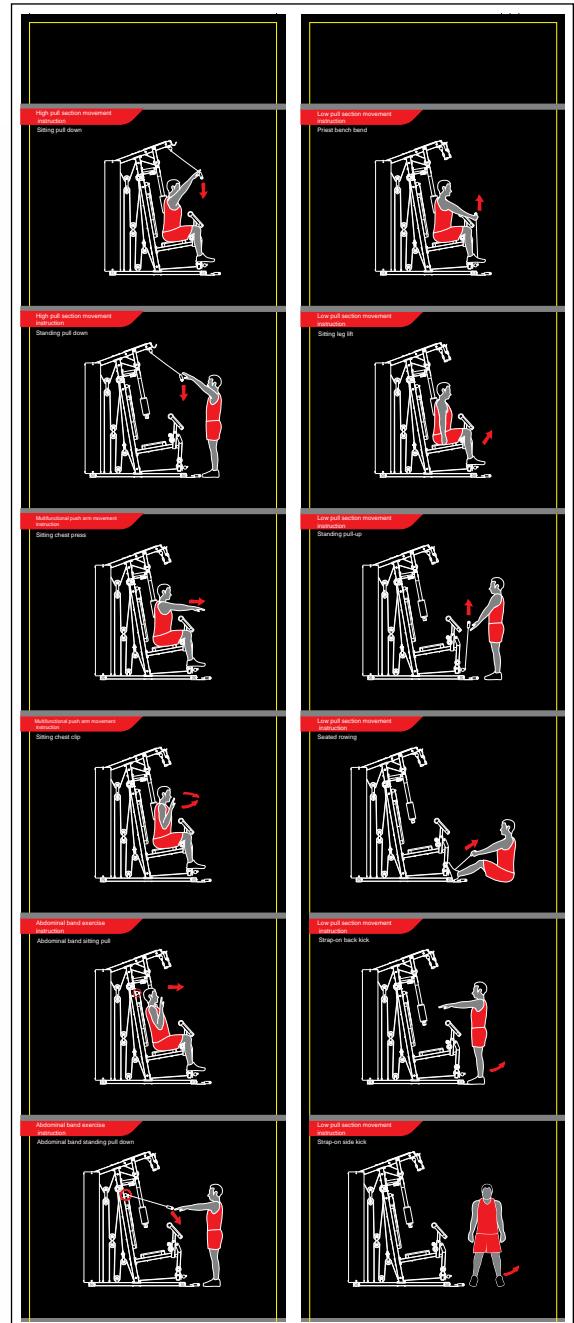


## CHG 180C

Product Code : 42812

- ◆ Main Frame : 50x70mm
- ◆ Frame Thickness : 1.5mm
- ◆ Weight Stack : 100 Kgs.
- ◆ Net Weight : 142 Kgs.
- ◆ Max. User Weight : 150 Kgs.
- ◆ Assembly (LWXH) : 1810x1030x2050mm

**NEW**



## CHG-160 R

Product Code: 42809

Multi function Home Gym provides maximum exercises for strength training. It comes with 150 lbs Plastic Concrete Weight Stack which makes low noise.turdy Round Tube Frame.

- ◆ Weight Stack : 150 lbs
- ◆ Max. User Weight : 140 Kgs.
- ◆ Net Weight : 117 Kgs.
- ◆ Assembly (LxWxH) : 1490 x 1160 x 2105 mm



### Home Gym Workouts

#### TRICEPS PUSHDOWN

1. Instruct someone to hold the cable bar and have you sit on the low pulley station so that the bar is at chest height.
2. To do the exercise, grasp the bar with palms facing inwards and elbows in. Slowly lower the bar down as far as possible. Return weight under control to starting position.

Start/Finish Mid Range

#### LAT PULLDOWN

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, lean back and pull the bar down towards your chest until it reaches the top of your chest. Return weight under control to starting position.

Start/Finish Mid Range

#### LEG EXTENSION

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the sides of the leg extension bar and pull back on the foot bar until your knee is fully extended. Return weight under control to starting position.

Start/Finish Mid Range

#### STANDING LEG CURL

1. Position seat height so that the legs are at the level of your shoulder blades. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the power bar with hands firmly in the front of the body. Lean forward slightly until the arms are about a 90° angle. Return weight under control to starting position.
3. For variation, lean back and forward on the power bar.

Start/Finish Mid Range

#### VERTICAL CHEST PRESS

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it up until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### STANDING ARM CURL

1. With your back straight against the back of the seat, grasp the low pulley station and the low plate so that the arms are fully extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it up until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### SEATED TRICEPS EXTENSION

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it up until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### AB CRUNCH (CABLE)

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, lean forward and bring arms across the body. Return weight under control to starting position.

Start/Finish Mid Range

#### STANDING OUTER THIGH

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, bring the right knee across the body and then bring it back to the center. Use the arms for support.
3. Repeat for the left leg.

Start/Finish Mid Range

### Home Gym Workouts

#### UPRIGHT ROW

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with palms down and stand on the floor. Pull the bar up towards your chest until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### LOW ROW

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with palms down and sit on the floor. Pull the weight up towards your chest until the arms are about a 90° angle. Return weight under control to starting position.
3. For variation, grasp the bar with palms facing inward.

Start/Finish Mid Range

#### STANDING TRICEPS EXTENSION

1. Adjust the height of the pulley so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it up until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### BUTTERFLY

1. Adjust the height of the pulley so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it back towards the center of the body until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### PECTORAL CONTRACTOR

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it back towards the center of the body until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### DELTOID RAISE

1. Adjust the height of the pulley so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it up until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### SIDE BEND

1. Adjust the height of the pulley so that the arms are extended only around the elbow joints.
2. To do the exercise, grasp the bar with both hands and pull it up until the arms are about a 90° angle. Return weight under control to starting position.

Start/Finish Mid Range

#### BACK KICK

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, bring the right knee across the body and then bring it back to the center. Use the arms for support.
3. Repeat for the left leg.

Start/Finish Mid Range

#### STANDING INNER THIGH

1. Adjust seat height so that the power bar is at the level of your shoulder blades. Grasp the bar with palms down. Have your back straight and feet flat on the floor. Adjust the knee bend so that the arms are extended only around the elbow joints.
2. To do the exercise, bring the right knee across the body and then bring it back to the center. Use the arms for support.
3. Repeat for the left leg.

Start/Finish Mid Range





DC Motor




AVUS-10521

**T-19x**

- ◆ Powerful 4.0 Hp motor delivers a high performance
- ◆ 0.5 - 20 km/h (0.3 - 12.4 mph) speed range
- ◆ 15 levels of electronic incline allow you to adjust the elevation
- ◆ NRG cushioning technology softens impact
- ◆ Spacious running area of 152 x 51 cm (60" x 20")
- ◆ Fitness programmes include 27 pre-set, 10 custom, 3 target, 3 HRC and 3 virtual runs
- ◆ 10.1" touchscreen display gives you a huge array of features
- ◆ Console feedback: speed, time, distance, calories, pulse, incline, heart rate, target heart rate
- ◆ Internet enabled - connect the treadmill
- ◆ Built-in wireless pulse receiver
- ◆ Maximum user weight of 150 kg (330 lb)
- ◆ Setup dim. : (L) 1970 x (W) 880 x (H) 1550 mm

APPS



DC Motor



AVUS-10621

**T-23**

- ◆ 2.5 HP brushless motor is lighter, quieter and more efficient than a standard motor
- ◆ 1 - 20 kph (0.6 - 12.4 mph) speed range
- ◆ 15 levels of electronic incline allow you to adjust the elevation
- ◆ 24 pre-set, 3 custom and 3 target programmes.
- ◆ Sleek LED console with speed, time, distance, calorie, pulse, incline, and heart rate feedback
- ◆ NRG cushioning technology softens impact
- ◆ Adidas Ultra Series red LED lighting surrounds the motor hood and console
- ◆ Self-lubricating running belt
- ◆ Spacious running area of 150 x 52 cm
- ◆ Surround sound Bluetooth speakers
- ◆ max. user weight of 150 kg
- ◆ Setup dim. : (L) 1925 x (W) 815 x (H) 1385mm





PROMOTIONAL  
PRICE



**AVUS-10421**

## T-19

- ◆ Robust 3.5 Hp motor delivers exceptional performance
- ◆ 0.5 - 20 km/h (0.3 - 12.4 mph) speed range
- ◆ 15 levels of electronic incline
- ◆ NRG cushioning technology softens impact and helps to reduce strain on sensitive joints
- ◆ Spacious running area of 1400 x 510 mm (55" x 20")
- ◆ Programmes :24 pre-set, 3 custom, 3 target and 3 HRC
- ◆ Clear and easy to use 8" LCD screen
- ◆ Console feedback: speed, time, distance, calories, pulse, incline, heart rate, target heart rate
- ◆ Built-in wireless pulse receiver
- ◆ Convenient USB charger built into the console
- ◆ Maximum user weight of 150 kg (330 lb)
- ◆ Setup dim. : (L) 1850 x (W) 870 x (H) 1540 mm



**AVUS-10321**

## T-19i

- ◆ A 2.25 Hp motor powers the treadmill for an excellent running experience
- ◆ 1 - 18 km/h (0.6 - 11.2 mph) speed range
- ◆ 15 levels of electronic incline allow you to adjust the elevation and increase the challenge
- ◆ NRG cushioning technology softens impact and helps to reduce strain on sensitive joints
- ◆ Spacious running area of 140 x 46 cm (55" x 18")
- ◆ Programmes : 24 pre-set, 3 custom and 3 target
- ◆ 6" LED screen display
- ◆ Console feedback includes speed, time, distance, calories, pulse and incline
- ◆ Convenient USB charger built into the console
- ◆ Solid, dependable build quality with a maximum user weight of 120 kg
- ◆ Setup dim. : (L) 1795 x (W) 810 x (H) 1470 mm



DC Motor



## RVAR-10621SL A6.0 TREADMILL

- ◆ 2.5 HP Motor
- ◆ 20 KPH Max. Speed
- ◆ 15 Power Incline Levels
- ◆ 3 User-Defined & 3 Target Programs 36 Pre-Set Workouts + Bodyfat & Fitness Test
- ◆ 6 Window LED + Profile Chart
- ◆ Integrated Cooling Fan and Hand Pulse Sensors
- ◆ 5MP3 Input with 3W Speakers
- ◆ Running Area (LxW) - 1400 x 500 mm
- ◆ SoftDrop Hydraulic Folding
- ◆ Wireless Pulse Receiver and USB Charging Port
- ◆ Max. User Weight - 150 kg
- ◆ Net Weight - 93.5 Kg
- ◆ Setup Dim.: (LxWxH) - 1760 x 842 x 1475 mm



DC Motor



## RVAR-10221SL A2.0 TREADMILL

- ◆ 1.5 HP Motor
- ◆ 13 KPH Max. Speed
- ◆ 2 Manual Incline Levels
- ◆ 3 User-Defined & 3 Target Programs
- ◆ 3 Window LED Display
- ◆ 36 Pre-Set Workouts + Bodyfat & Fitness Test
- ◆ Integrated Hand Pulse Sensors
- ◆ Running Area (LxW) - 130 x 45 cm
- ◆ SoftDrop Hydraulic Folding
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 57 Kg
- ◆ Setup Dim.: (LxWxH) - 1681 x 758 x 1400 mm



**RVAR-10612SLBT  
A6.0FD CROSS TRAINER**

- ◆ 5.5" LCD Display
- ◆ 9 kg Flywheel
- ◆ Stride Length - 108 cm
- ◆ 32 Electronic Resistance Levels
- ◆ 12 Pre-Set Workouts + 3 Target Programs
- ◆ Dual Action & Fixed Handlebars
- ◆ Front Drive Cross Trainer
- ◆ HRC, Recovery & User Defined Function
- ◆ Mains Powered
- ◆ Water Bottle Holder
- ◆ Max. User Weight - 150 kg
- ◆ Net Weight - 63.7 Kg
- ◆ Setup Dimension (LxWxH) - 1860 x 670 x 1770 mm

PROMOTIONAL  
PRICE

**AVUS-10411  
X-21**

- ◆ 10 kg / 22 lb rear-drive flywheel efficiently stores energy resulting in a smooth elliptical motion
- ◆ 24 levels of electronic resistance
- ◆ 12 fitness programmes + 4 custom workouts
- ◆ Self-generating motor
- ◆ Intuitive console with clear LCD screen
- ◆ Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- ◆ Integrated speakers with Bluetooth connectivity
- ◆ 15" stride length
- ◆ Maximum user weight of 150 kg / 330 lb
- ◆ Signature adidas Ultra Series red LED lighting powers up when you create energy
- ◆ Setup dim.: (L) 1610 x (W) 530 x (H) 1560 mm





Bluetooth™

PROMOTIONAL  
PRICE

## RVAR-10611SLBT **A6.0 CROSS TRAINER**

- ◆ 5.5" LCD Display
- ◆ 9 kg Flywheel
- ◆ Stride Length - 38.1 cm
- ◆ 32 Electronic Resistance Levels
- ◆ 12 Pre-Set Workouts + 3 Target Programs
- ◆ Dual Action & Fixed Handlebars
- ◆ HRC, Recovery & User Defined Function
- ◆ Mains Powered
- ◆ Rear Drive Cross Trainer
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 48 Kg
- ◆ Setup Dim. : (LxWxH) - 1470 x 620 x 1700 mm

PROMOTIONAL  
PRICE

**AVUS-10450BT**

**R-21**

- ◆ 16 levels of electronic and air resistance
- ◆ 10 pre-set fitness programmes offer a variety of challenges
- ◆ Self-generating power – no power adapter, no wires, no sockets
- ◆ Intuitive console with clear LCD screen
- ◆ Console feedback: speed, time, distance, calories, heart rate, strokes per minute, time/500m
- ◆ Footplates with height and strap
- ◆ Floor level adjustment ensures the rower is stable for a better rowing experience
- ◆ Maximum user weight of 150 kg / 330 lb
- ◆ Signature adidas Ultra Series red LED lighting powers up when you create energy
- ◆ Setup dim. : (L) 2360 x (W) 560 x (H) 1230 mm

Bluetooth™





### AVUS-10501BT C-21x

- ◆ 16 kg / 35 lb flywheel simulates outdoor riding by maintaining momentum for consistent cadence
- ◆ 8 levels of manual resistance with quick-shift paddle to quickly adjust the intensity of your ride
- ◆ Self-generating motor
- ◆ Intuitive console with clear LCD screen
- ◆ Console feedback includes: speed, time, distance, calories, pulse and rpm
- ◆ Saddle height ranges from 770 mm - 920 mm to suit all rider heights
- ◆ Jendel spin pedals with adjustable strap & cage provides the grip needed when switching position
- ◆ Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb
- ◆ Signature adidas Ultra Series red LED lighting powers up when you create energy
- ◆ Setup dim.: (L) 1330 x (W) 570 x (H) 1360 mm

PROMOTIONAL  
PRICE

### AVUS-10401 C-21

- ◆ 9 kg flywheel creates a smooth cycling motion for consistent cadence
- ◆ 24 levels of electronic resistance
- ◆ 12 fitness programmes + 4 custom workouts
- ◆ Self-generating motor – no power adapter, no wires, no sockets
- ◆ Intuitive console with clear LCD screen
- ◆ Console feedback includes: speed, time, distance, calories, pulse, watts, rpm and resistance
- ◆ Integrated speakers with Bluetooth connectivity
- ◆ Saddle height ranges from 670 mm - 920 mm to suit all rider heights
- ◆ Maximum user weight of 150 kg / 330 lb
- ◆ Signature adidas Ultra Series red LED lighting powers up when you create energy
- ◆ Setup dim.: (L) 1070 x (W) 570 x (H) 1470 mm




 Bluetooth™

PROMOTIONAL  
PRICE

RVAR-10601SLBT

**A6.0 BIKE**

- ◆ 5.5" LCD Display
- ◆ 9 kg Flywheel
- ◆ 32 Electronic Resistance Levels, 12 Pre-Set Workouts + 3 Target Programs
- ◆ 2 years frame, computer, brake, plastic & labour warranty
- ◆ Handlebar Adjustment
- ◆ HRC, Recovery & User Defined Function
- ◆ Seat Height - 650 mm - 950 mm
- ◆ Vertical & Horizontal Seat Adjustment
- ◆ Wireless Pulse Receiver
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 33.5 Kg
- ◆ Setup Dim. : (LxWxH) - 1000 x 500 x 1300 mm

PROMOTIONAL  
PRICE

RVAR-10401SL

**A4.0 BIKE**

- ◆ 5.5" LCD Display
- ◆ 6 kg Flywheel
- ◆ 8 Manual Resistance Levels
- ◆ 2 years frame, computer, brake, plastic & labour warranty
- ◆ 3 Target Programs
- ◆ No Mains Power Required
- ◆ Recovery Function
- ◆ Seat Height - 650 mm - 950 mm
- ◆ Vertical & Horizontal Seat Adjustment
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 30.3 Kg
- ◆ Setup Dim. : (LxWxH) - 1000 x 500 x 1300 mm



PROMOTIONAL  
PRICE**ADBE-10460  
ESSENTIAL HOME GYM**

- ◆ Includes handle, ankle, long bar and short bar attachments
- ◆ 44.5 kg / 98 lb weight stack
- ◆ Cushioned seat and back pad
- ◆ Dual function leg developer
- ◆ Durable steel construction
- ◆ High and low pulley stations
- ◆ Knee, ankle and elbow padding
- ◆ Push, pull and pivot function
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 71 Kg
- ◆ Setup Dim. : (LxWxH) - 1425 x 980 x 2035 mm




PROMOTIONAL  
PRICE

### ADBE-10500 HOME RIG

- ◆ 160 kg max. load
- ◆ Built-in crossbar for bodyweight training
- ◆ Ideal for compound lifting
- ◆ Lat bar, straight bar, handle and ankle attachments
- ◆ Low and high pulley stations
- ◆ Plate loaded design
- ◆ Removable dip bars
- ◆ Six plate storage racks
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 79 Kg
- ◆ Setup Dim. : (LxWxH) - 1500 x 1560 x 2100 mm

PROMOTIONAL  
PRICE

### ADBE-10360 SPORTS RIG

- ◆ 17 pin-adjustable cable heights
- ◆ Built-in pull-up bar
- ◆ Floor level row station
- ◆ Includes handles, short bar and ankle attachments
- ◆ Plate loaded (compatible with 25 mm plates)
- ◆ Protective central panel with workout chart
- ◆ Twin pulley stations
- ◆ Max. User Weight - 120 kg
- ◆ Net Weight - 67 Kg
- ◆ Setup Dim. : (LxWxH) - 1575 x 1795 x 2130 mm




 PROMOTIONAL  
PRICE

### ADBE-10229 PERFORMANCE POWER TOWER

- ◆ 2.5" thick dense foam padding
- ◆ Cushioned back and arm pads
- ◆ Foldable armrests
- ◆ SCAN TO TRAIN function
- ◆ Strong steel framework
- ◆ Wide and narrow pull-up grips
- ◆ Wide base for total stability
- ◆ Max. load - 135 kg
- ◆ Dim. - 1210 (L) x 1150 (W) x 2130 (H) mm

 PROMOTIONAL  
PRICE

### ADBE-10228 PERFORMANCE TRAINING BENCH

- ◆ 2.5" thick dense foam padding
- ◆ Plate loaded leg developer
- ◆ SCAN TO TRAIN function
- ◆ Wide base for total stability
- ◆ Bench weight - 26 kg
- ◆ Max. load - 215 kg
- ◆ Dimensions - 1810 (L) x 605 (W) x 1200 (H) mm





PROMOTIONAL  
PRICE

### ADBE-10225 PERFORMANCE UTILITY BENCH

- ◆ 2.5" thick dense foam padding
- ◆ Padded ankle anchors
- ◆ SCAN TO TRAIN function
- ◆ Wide base for total stability
- ◆ Bench weight - 16 kg
- ◆ Max. load - 175 kg
- ◆ Dimensions - 1210 (L) x 490 (W) x 1130 (H) mm

PROMOTIONAL  
PRICE

### ADBE-10220 PERFORMANCE AB BENCH

- ◆ 2.5" thick dense foam padding
- ◆ SCAN TO TRAIN function
- ◆ Tapered back pad
- ◆ Wide base for total stability
- ◆ Bench weight - 11.5 kg
- ◆ Max. load - 175 kg
- ◆ Dimensions - 1130 (L) x 460 (W) x 460 (H) mm



PROMOTIONAL  
PRICE

### ADBE-10222 PERFORMANCE FLAT BENCH

- ◆ 2.5" thick dense foam padding
- ◆ SCAN TO TRAIN function
- ◆ Strong steel framework
- ◆ Wide base for total stability
- ◆ Bench weight - 12.5 kg
- ◆ Max. load - 205 kg
- ◆ Dimensions - 1080 (L) x 475 (W) x 430 (H) mm


 PROMOTIONAL  
PRICE

**ADBE-10452**  
**ESSENTIAL WORKOUT BENCH**

- ◆ 2.5" thick dense foam padding
- ◆ Padded ankle anchors
- ◆ Wide base for total stability
- ◆ Bench weight - 18.5 kg
- ◆ Max. load - 180 kg
- ◆ Dimensions - 1530 (L) x 630 (W) x 1140 (H) mm

 PROMOTIONAL  
PRICE

**ADBE-10436**  
**ESSENTIAL UTILITY BENCH**

- ◆ 2.5" thick dense foam padding
- ◆ Padded ankle anchors
- ◆ Wide base for total stability
- ◆ Bench weight - 12.5 kg
- ◆ Max. load - 180 kg
- ◆ Dimensions - 1390 (L) x 640 (W) x 1190 (H) mm


 PROMOTIONAL  
PRICE

**ADBE-10437**  
**ESSENTIAL FLAT BENCH**

- ◆ 2.5" thick dense foam padding
- ◆ Plate loaded leg developer
- ◆ Wide base for total stability
- ◆ Bench weight - 8.5 kg
- ◆ Max. load - 180 kg
- ◆ Dimensions - 1070 (L) x 460 (W) x 480 (H) cm





CSB 110i

**MULTI FUNCTION BENCH-STRONG**

Product Code: 28801

Tube Size : 60x40x1.6mm  
 Incline/ Decline/ Flat Adjustable  
 Dim. : 1380x600x1200mm  
 Max. user Wt. : 100 Kgs.



CSB 10

**MULTI FUNCTION BENCH**

Product Code: 28801

Tube Size : 50x50x1.5mm,  
 Incline/ Decline/ Flat Adjustable  
 Dim. : 1200x620x510~1250mm  
 Max. user Wt. : 100 Kgs.



CSB 58

**FLAT BENCH**

Product Code : 28802

Tube Size : 70x50x1.5mm  
 Dim. : 1200x650x500mm  
 Max. user Wt. : 100 Kgs.



CSB 100i

**MULTI FUNCTIONAL BENCH-VITAL**

Product Code : 28851

Tube Size : 60x40x1.5mm,  
 Incline/ Decline/ Flat Adjustable  
 Dim. : 1370x650x480~1170mm  
 Max. user Wt. : 100 Kgs.

## BENCHES



**CSB 503B**

### FID BENCH

Product Code : 28806

Tube Size : 60x60x1.5mm,  
Incline/ Decline/ Flat Adjustable  
Dim. : 1300x370x910mm  
Max. user Wt. : 100 Kgs.



**CSB 3**

### ABDOMINAL BOARD

Product Code : 28800

Tube Size : 50x50x1.5mm, Adjustable,  
Foam rollers  
Dim. : 1320x320x600~750mm  
Max. user Wt. : 100 Kgs.



**JKEXER®**  
Taiwan

**JK-7800**

### MULTI FUNCTION BENCH

Product Code : 28807

Sturdy Steel Frame, Foldable for compact storage,  
Fixed intergrated butterfly bars are ready for use  
at any time, One high pulley for Lat Pull Down, Fit  
1" weight plates

Assembly (LxWxH) : 1900 x1200 x1210mm  
Max. User Weight : 100 Kgs.  
Net Weight : 35 Kgs.

**CSB 15****MULTI FUNCTION BENCH-DELUXE**

Product Code: 28805

Tube Size : 76X1.5mm, Olympic size  
Incline/ Decline/ Flat Adjustable

Dim. : 1680x1100x1250~1360mm

Max. user Wt. : 100 Kgs.

**CSB 120i****OLYMPIC FID BENCH-MUSCLE**

Product Code : 28853

Tube Size : 60x60x1.5mm, Olympic size  
Incline/ Decline/ Flat Adjustable

Dim. : 1430x1250x880mm

Max. user Wt. : 100 Kgs.

**CSB 13****MULTI FUNCTION BENCH-ECO**

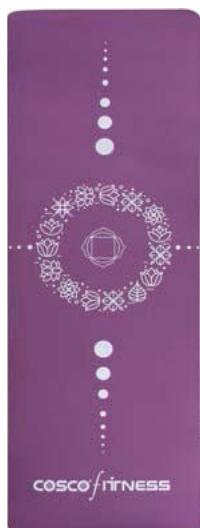
Product Code: 28804

Tube Size : 50x50x1.5mm  
Incline/ Decline/ Flat Adjustable

Dim. : 1450x1400x1080mm

Max. user Wt. : 100 Kgs.

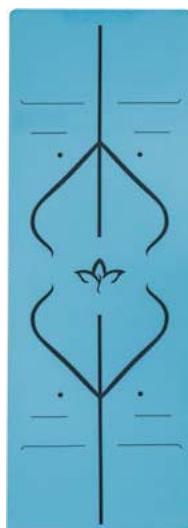
## ACCESORIES



### YOGA MAT-AASAN

Code : 28085

- ◆ Durable non-slip TPE mat
- ◆ Dual colour with tetron carrying bag
- ◆ Size – 183 x 61 cm
- ◆ Thickness – 8 mm



### YOGA MAT-PRO

Code : 28932

- ◆ Durable TPE mat
- ◆ Dual colour with carrying bag
- ◆ Available in assorted colours
- ◆ Size – 183 x 61 cm
- ◆ Thickness – 8 mm
- ◆ Available in assorted colours



NEW



### YOGA MAT-ACTIVE

Code : 28953

- ◆ Durable non-slip TPE mat
- ◆ Dual colour with tetron carrying strap
- ◆ Size – 183 x 61 cm
- ◆ Thickness – 6 mm
- ◆ Available in assorted colours



### YOGA MAT-FIT

Code : 28920

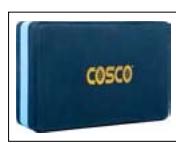
- ◆ EVA mat
- ◆ Single colour
- ◆ With carry strap
- ◆ Available in assorted lours
- ◆ Size – 183 x 61 cm
- ◆ Thickness – 6 mm



### YOGA BRICK-EVA

Code : 28081

- ◆ Anti-slip EVA brick
- ◆ Ideal firmness for good support
- ◆ Size - 23 x 15 x 7.5 cm



### MASSAGE BAR-COMFORT

Code 28907

- ◆ Awakens tired muscles pre-workout
- ◆ Rejuvenates aching muscles post workout
- ◆ Made from PP and TPR material
- ◆ Length – 53 cm



## ANKLE WEIGHT

Code : 28057 (1/2 kg.) 28058 (1 kg.) 28086 (2 kg.)

- ◆ Accelerates calorie burning
- ◆ Good for losing weight and toning muscles
- ◆ One size fits all, Set of 2 with Velcro band
- ◆ Made with soft lycra and sand filling



## SUPPORTER

Code : 28076-80

- ◆ Thermal Neoprene sleeve and polyester support
- ◆ Retains body heat for increased circulation
- ◆ Firm compression and support
- ◆ Size – Medium , Large



## GRIP BALL-RELAX

Code 28088

- ◆ Squeezing the ball releases tension and stress
- ◆ Boosts blood circulation
- ◆ Helps strengthen muscles of the hand and wrist
- ◆ Thermoplastic rubber ball
- ◆ Size – 4.5 x 6.5 cm



## MASSAGE GUN -MINI

Code : 45105

- ◆ Portable oscillating massage gun
- ◆ Lightweight and noiseless
- ◆ Relieves muscle stiffness, soreness, spasms and knots
- ◆ 4 massage head attachments
- ◆ 3 speed levels - 1600/2000/2400/3200rpm
- ◆ Rechargeable Lithium battery

Attachments



### RESISTANCE TUBE-PRO

Code : 28915

- ◆ Heavy duty resistance tube with plastic handles
- ◆ Can be used for multiple exercises
- ◆ Portable and easy to use
- ◆ Length – 120 cm
- ◆ Tube Thickness – 0.9 cm



### CHEST EXPANDER-OCTANE

Code : 28099

- ◆ High quality rubber hose
- ◆ Strong durable handles
- ◆ Adjustable tension
- ◆ Can be used for multiple exercises
- ◆ Length – 50 cm



### RESISTANCE TUBE-HARD

Code : 28914

- ◆ Hard strength resistance tube
- ◆ Foam grip handles for extra comfort
- ◆ Portable and easy to use
- ◆ Length – 120 cm
- ◆ Tube Thickness – 0.8 cm

### RESISTANCE TUBE-MEDIUM

Code : 28913

- ◆ Medium strength resistance tube
- ◆ Foam grip handles for extra comfort
- ◆ Portable and easy to use
- ◆ Length – 120 cm
- ◆ Tube Thickness – 0.7 cm

### RESISTANCE TUBE-LIGHT

Code : 28912

- ◆ Light strength resistance tube
- ◆ Foam grip handles for extra comfort
- ◆ Portable and easy to use
- ◆ Length – 120 cm
- ◆ Tube Thickness – 0.6 cm



### SOFT EXPANDER-HARD

Code : 28096

- ◆ To improve upper body resistance and strength
- ◆ Tone and sculpt every muscle group
- ◆ Length – 100 cm
- ◆ Thickness – 0.8 cm

### SOFT EXPANDER-MEDIUM

Code : 28095

- ◆ To improve upper body resistance and strength
- ◆ Tone and sculpt every muscle group
- ◆ Length – 100 cm
- ◆ Thickness – 0.7 cm

### SOFT EXPANDER-LIGHT

Code : 28094

- ◆ To improve upper body resistance and strength
- ◆ Tone and sculpt every muscle group
- ◆ Length – 100 cm
- ◆ Thickness – 0.6 cm



## RESISTANCE BAND-LOOP

Code : 28921

- ◆ Set of 3 multifunctional latex resistance bands
- ◆ Highly effective for building strength, mobility and stability
- ◆ Resistance strengths - Light, Medium and Hard
- ◆ Size - 30 x 5.5 cm



## EXERCISE BAND-CORE

Code : 28092

- ◆ Flexible ergonomic handles and durable latex/TPE strap
- ◆ Ideal for muscle firming and shaping
- ◆ Light weight and compact
- ◆ Length - 50 cm



## EXERCISE BAND-HEAVY | MEDIUM | LIGHT

Code : 28066, 28067, 28052

- ◆ Flexible latex exercise bands
- ◆ Strengthens the muscles and increases mobility
- ◆ Adds resistance without using weights
- ◆ Thickness - 0.35, 0.5 and 0.65 mm
- ◆ Size (L x W) - 120 x 15 cm



## HAND GRIP-BRACE

Code : 28901

- ◆ Strong and durable hand grip
- ◆ High quality spring
- ◆ Non-slip comfortable rubber handles
- ◆ Easily adjustable resistance from 5 – 20 kgs
- ◆ Helps in relieving joint pain, stiffness and stress



## HAND GRIP-GRASP

Code : 28064

- ◆ Strong and durable hand grip
- ◆ Foam handles for extra comfortable grip
- ◆ Helps in relieving joint pain, stiffness and stress



## HAND GRIP-CLUTCH

Code : 28065

- ◆ Strong and durable hand grip
- ◆ Non-slip comfortable PVC transparent handles
- ◆ Helps in relieving joint pain, stiffness and stress

## ACCESORIES



### AEROBIC STEP-GIANT

Code : 28014

- ♦ Anti-skid shock absorbing platform
- ♦ Made from reinforced PP material
- ♦ Adjustable height from 15 to 25 cm
- ♦ Size – 90 x 32 x 15cm

### AEROBIC STEP-MEDIUM

Code : 28933

- ♦ Anti-skid shock absorbing platform
- ♦ Made from reinforced PP material
- ♦ Adjustable height from 14 to 20 cm
- ♦ Size – 75 x 28 x 14 cm



### AEROBIC STEP-SMALL

Code : 28013

- ♦ Anti-skid shock absorbing platform
- ♦ Made from reinforced PP material
- ♦ Adjustable height from 10 to 15 cm
- ♦ Size – 68 x 28 x 10 cm

### MEDICINE BALL-SYNERGY

Code : 1kgs. (17011), 2kgs. (17012), 3kgs. (17013), 4kgs. (17014), 5kgs. (17015)

- ♦ Rubber moulded medicine ball with accurate weight
- ♦ Textured powergrip for superior control and stability
- ♦ Helps develop core strength, balance, and coordination
- ♦ Available in 1kg to 5kgs



### GYM BALL

Code : 55cm (28024), 65cm (28004), 75cm (28005), 85cm (28006), 95cm (28007)

- ♦ Multi-exercise gymnastic ball with foot pump
- ♦ Helps to build strength, tone muscles, increase flexibility and balance
- ♦ Anti-burst PVC material
- ♦ Non-slip surface
- ♦ Available in size – 55cm, 65cm, 75cm, 85cm, 95cm





## DIGITAL JUMP ROPE-TEMPO

Code : 28900

- ◆ Ergonomic handles with non-slip inserts
- ◆ LCD display meter
- ◆ Displays the number of jumps, calories burned and time
- ◆ Adjustable rope length
- ◆ Size – 275 cm



## SPEED JUMP ROPE-LEAP

Code : 28062

- ◆ PVC jump rope with durable handles
- ◆ Length – 275 cm



## SPEED JUMP ROPE-HOP

Code : 28928

- ◆ Transparent jump rope with fragrance
- ◆ Durable heavy handle
- ◆ Available in 6 vibrant colors
- ◆ Length - 275 cm



## PUSHUP BAR-PROFILE

Code : 2805

- ◆ Enhances the depth and intensity of the pushups
- ◆ Provides a good grip
- ◆ Anti-skid and durable PPE material



## PVC JUMP ROPE-ELEVATE

Code : 28063

- ◆ PVC jump rope with contoured handle
- ◆ With good grip
- ◆ Length – 275 cm



## SPEED JUMP ROPE-SKIP

Code : 28061

- ◆ PVC jump rope with double foam handles
- ◆ Length – 275 cm



## SPEED JUMP ROPE-JOY

Code : 28911

- ◆ Transparent jump rope
- ◆ Available in 6 attractive colours
- ◆ Length – 275 cm



## PUSHUP BAR-CONTOUR

Code : 28054

- ◆ Enhances the depth and intensity of the pushups
- ◆ Foam grip for extra comfort
- ◆ Anti-skid and durable PPE material

## ACCESORIES



### HULK

Code : 28903

- ◆ Genuine leather gloves
- ◆ Four-way-stretch cloth
- ◆ Rubber protection for palm
- ◆ Easy wear and pull off system
- ◆ Wrist support strap
- ◆ Size – M / L / XL



### TUFF FIT

Code : 28070

- ◆ Amara four-way-stretch cloth
- ◆ Extra padding for comfort
- ◆ Easy wear and pull off system
- ◆ Wrist support strap
- ◆ Size – M / L / XL



### GELPRO

Code : 28071

- ◆ Amara silicone print for extra grip
- ◆ Lycra mesh
- ◆ Easy wear and pull off system
- ◆ Wrist support strap
- ◆ Size – M / L / XL



### POWER

Code : 28072

- ◆ Amara silicone print for extra grip
- ◆ Gel padding
- ◆ Lycra mesh
- ◆ Velcro closing straps
- ◆ Size – M / L / XL



### STRETCH

Code : 28073

- ◆ Amara silicone print for extra grip
- ◆ Sublimation lycra cloth
- ◆ Velcro strap
- ◆ Size – S / M



### FLEX

Code 28093

- ◆ Amara silicone print for extra grip
- ◆ Sublimation lycra towel
- ◆ Gel padding
- ◆ Velcro strap
- ◆ Size – M / L / XL



### STORM

Code : 28904

- ◆ Made from Noben palm material
- ◆ Lycra mesh
- ◆ Velcro closing strap
- ◆ Size – M / L / XL

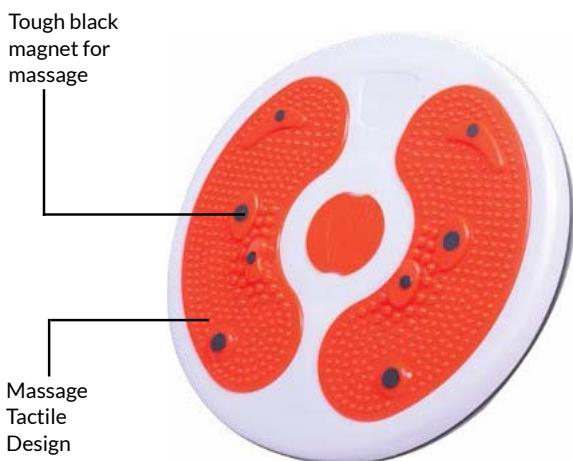
S= Small | M = Medium | L = Large | XL = Xtra Large



### GYM BELT-STRONG

Code : 28090

- ◆ Gym belt for back support while lifting weights
- ◆ Foam padding for extra comfort
- ◆ Made from Nylon fabric
- ◆ Adjustable size, One size fits all



## MAGNETIC TRIMMER-TWIST

Code : 28056

- ♦ Durable Plastic Trimmer
- ♦ Dia. 28cm



## TRAINING SET-MAX

Code : 28084

- ♦ Multi equipment training set
- ♦ Ideal for toning and strengthening
- ♦ 2 hand grip, 1 soft tube, 1 exercise band, 1 jump rope



## DOOR BAR-TALL

Code : 28059

- ♦ Heavy duty door bar
- ♦ Foam grip on handles for extra comfort
- ♦ Adjustable size
- ♦ Size – 63 – 93 cm

## PLYO BOX- PROSOFT

Code : 28910

- ♦ 3 in 1 plyometric box
- ♦ Size – 75 x 60 x 50cm



## EXERCISE WHEEL-INSPIRE

Code : 28902

- ♦ Anti-slip rubber grip wheel
- ♦ Textured handles for extra grip
- ♦ Engages entire core
- ♦ Targets multiple muscle groups
- ♦ 18 cm wheel diameter



## SLIMMING BELT - TONE UP

Code : 28068

- ♦ Provides sauna like effect
- ♦ Helps in burning calories faster
- ♦ Made from neoprene material with Velcro
- ♦ Size – 100 x 20 cm



## GYM BAG-MAGNA

Code : 28011

- ◆ Light weight multipurpose duffle shape gym bag
- ◆ With shoulder strap and handles for convenience
- ◆ Made from imported tetro material
- ◆ Available in 3 colours
- ◆ Size – 45 x 23 cm



## TOWEL-FRESH

Code : 28069

- ◆ 100% cotton
- ◆ Size – 110 x 55 cm



## SIPPER-HYDRA

Code : 28906

- ◆ Leak proof 750ml squeezer sipper
- ◆ BPA free, Non-toxic, Food grade plastic
- ◆ Reusable and recyclable
- ◆ Available in 4 attractive colours



## TRAMPOLINE-48

Code : 28008

- ◆ P.P. mesh fabric jumping mat
- ◆ Steel frame and PVC spring cover
- ◆ Easy assembly
- ◆ Size – 120cm, Leg height – 22.5cm



## TRAMPOLINE-40

Code : 28009

- ◆ P.P. mesh fabric jumping mat
- ◆ Steel frame and PVC spring cover
- ◆ Easy assembly
- ◆ Size – 100cm, Leg height – 22.5cm



## TRAMPOLINE-96

Code : 28026

- ◆ P.P. mesh fabric jumping mat with safety net
- ◆ Steel frame and PVC spring cover
- ◆ Easy assembly
- ◆ Size – 240cm, Leg height – 60cm
- ◆ Height with net installed – 215cm



## TRAMPOLINE-72

Code : 28025

- ◆ P.P. mesh fabric jumping mat with safety net
- ◆ Steel frame and PVC spring cover
- ◆ Easy assembly
- ◆ Size – 180cm, Leg height – 46cm
- ◆ Height with net installed – 200cm



## TRAMPOLINE-55

Code : 28905

- ◆ P.P. mesh fabric jumping mat with safety net
- ◆ Steel frame and PVC spring cover
- ◆ Easy assembly
- ◆ Size – 140cm, Leg height – 33cm
- ◆ Height with net installed – 160cm



## ACCESORIES

### KETTLE BELL DUMBBELL- NEOPRENE

- ♦ 100% iron construction
- ♦ Vinyl surface coating protects floors and reduces noise
- ♦ Available in 2kgs to 12kgs weights



### HEXAGONAL DUMBBELL - RUBBER

- ♦ Steel rod and cast iron with rubber coating dumbbells
- ♦ Hexagon shape prevents the dumbbells from rolling
- ♦ Available in 2.5kg to 50 kgs weights



2½Kg. (28301), 5 Kg. (28302), 7½ Kg. (28303), 10 Kg. (28304), 12½ Kg. (28305), 15 Kg. (28306), 20 Kg. (28307), 25 Kg. (28308), 30 Kg. (28309), 35 Kg. (28312), 40 Kg. (28310), 50 Kg. (28311)



### MILD STEEL COLLAR

Code : 50mm (28619), 30mm (28620)

- ♦ Spring Steel Construction with chrome finish
- ♦ Ideal for locking your weight plates
- ♦ Available in 30mm and 50mm sizes

### HEXAGONAL DUMBBELL - VINYL

- ♦ 100% iron construction
- ♦ Vinyl surface coating protects floors and reduces noise
- ♦ Hexagon shape prevents the dumbbells from rolling
- ♦ Available in 1kg to 5kgs weights





## STEEL ROD-OLYMPIC

Code : 7Ft. (28615), 6Ft. (28616), 5Ft. (28617), 4Ft. (28618)

- Made from high quality durable steel
- Available in 4ft to 7ft lengths without threads



## STEEL ROD-REGULAR W/O THREAD

Code : 7Ft. (28601), 6Ft. (28603), 5Ft. (28606), 4Ft. (28608)

- Made from high quality durable steel
- Available in 4ft to 7ft lengths without threads

## WEIGHT PLATES-CLASSIC

Available in :

2½ Kgs. (28501/28701), 5 Kgs. (28502/28702), 7½ Kgs. (28503/28703), 10 Kgs. (28504/28704),  
15 Kgs. (28505/28705), 20 Kgs. (28506/28706), 25 Kgs. (28507/28707)

- Soft textured blister-free grip
- Popular classic design
- Available in 2.5kgs to 25kgs weights



Inner diameter 30mm and 50mm



## WEIGHT PLATES-STAR

Available in : 5 Kgs. (28780), 7½ Kgs. (28781), 10 Kgs. (28782),  
15 Kgs. (28783), 20 Kgs. (28784), 25 Kgs. (28785)

- Soft textured blister free grip
- Available in 5kgs to 20kgs weights



Inner diameter 50mm

## WEIGHT PLATES-BUMPER

Available in :

5 Kgs. (28750), 10 Kgs. (28751), 15 Kgs. (28752), 20 Kgs. (28753)

- Soft textured blister free grip
- Available in 5kgs to 25kgs weights

Inner diameter 50mm





DELHI | GURUGRAM | JALANDHAR | MUMBAI

**Cosco (India) Limited**

2/8 Roop Nagar, Delhi-110007

Tel. : +91 11 41849999, 23843000 | Fax: +91 11 23846000

E-mail: mail@cosco.in

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