

Let's start the exercise!

#### TOP 1 - HOME GYM EQUIPMENT

-----Treadmill-----

Brand : NORDICTRACK  
Color : Black  
Price : RM 2000.00  
Pattern : Foldable

---INFO---

Intro : A device that consists of a moving belt on which a person walks, runs or climbs while staying in the same place.  
Function : can help to lose weight and build strength.  
Treadmill is suitable for beginners.  
Treadmill involves cardiovascular system and the full body.  
Treadmill can display speed, time, mileage, calories burned, and heart rate.  
Treadmill have adjustable incline levels.

---WORKOUT---

On!  
Speed Up!  
Speed Down!  
Off!

#### TOP 2 - HOME GYM EQUIPMENT

-----Stationary Bike-----

Brand : EXERPEUTIC  
Color : Sliver  
Price : RM 800.00  
Pattern : Foldable

---INFO---

Intro : A device used as a special-purpose exercise machine resembling a bicycle without wheels but has a saddle, pedals, and handlebars.  
Function : can help to lose weight and build strength.  
Stationary Bike is suitable for beginners.  
Stationary Bike involves cardiovascular system and the lower body.  
Stationary Bike can display speed, time, mileage, calories burned, and heart rate.  
Stationary Bike has adjustable tension levels, adjustable seat levels and pedal straps.  
Stationary Bike has hand pulse sensors for monitoring target heart rate

---WORKOUT---

Left!  
Right!  
LevelUp!  
LevelDown!

#### TOP 3 - HOME GYM EQUIPMENT

-----Incline Bench Press-----

Brand : BODY CHAMP  
Color : Dark Grey  
Price : RM 400.00

---INFO---

Intro : A device used as weight training exercise in which the trainee presses a weight upwards while lying on a weight training bench.  
Function : can help to muscular chest, triceps, deltoids and build strength.  
Incline Bench Press is suitable for intermediate.  
Incline Bench Press involves strength training system and the upper body.  
Incline Bench Press has adjustable backrest, adjustable weight racks and adjustable squat rack.

---WORKOUT---

Lift Up!  
Lift Down!  
Weight Up!  
Weight Down!

#### TOP 4 - HOME GYM EQUIPMENT

##### -----Dumbbells Set-----

Brand : BOWFLEX  
Color : Red  
Price : RM 400.00  
Shape : roman letters I  
Size : Small

##### ---INFO---

Intro : A short bar with weights on either side which people use for physical exercise to strengthen their arm and shoulder muscles.  
Function : can help to lose weight and build strength.  
Dumbbells Set is suitable for beginners.  
Dumbbells can be used individually or in pairs  
Dumbbells Set involves strength training and the upper body.  
Dumbbells Set has adjustable dumbbells with differing weights.

##### ---WORKOUT---

Weight Up!  
Lift Up!  
Lift Down!  
Weight Down!

#### TOP 5 - HOME GYM EQUIPMENT

##### -----Barbells Set-----

Brand : TECHNOGYM  
Color : Black  
Price : RM 600.00  
Shape : roman letters I  
Size : Big  
Standard weight : 20 kg

##### ---INFO---

Intro : A long metal bar to which discs of varying weights are attached at each end, used for weightlifting.  
Function : can help to lose weight and build strength.  
Barbells Set is suitable for intermediate.  
Barbells Set used in weight training, bodybuilding, weightlifting and powerlifting.  
Barbells Set involves strength training and the upper body.  
Barbells Set has adjustable weight.

##### ---WORKOUT---

Weight Up!  
Lift Up!  
Lift Down!  
Weight Down!