

### Fixed straight curl bars



- 10kg - 1
- 15 kg - 1
- 20kg - 1
- 25kg - 1
- 30kg - 1

### Fixed ez curl bars



- 10kg - 1
- 15 kg - 1
- 20kg - 1
- 25kg - 1
- 30kg - 1

### Barbell rack



### **Adjustable bench with wheels (straight,flat,incline,decline)**

Video - <https://www.youtube.com/watch?v=81vwdhlD8dc>



### **Leg press and hack squat machine**

Video - <https://www.youtube.com/watch?v=5-nS3ke9Y>



### **Preachers curl**

Video - <https://www.youtube.com/watch?v=F33L5PuiCH8>



### Reverse delt and chestfly machine

Video - <https://www.youtube.com/watch?v=vo4cR0tcofI>



### Seated calf raise machine

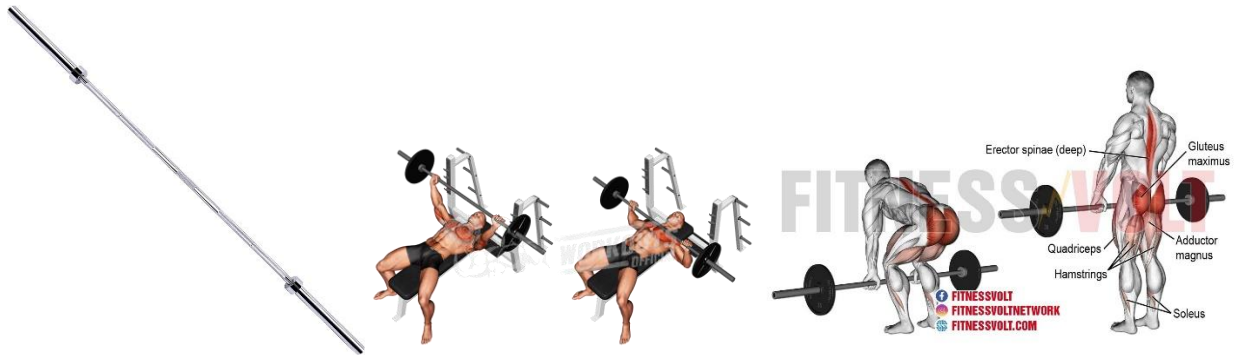
Video - <https://www.youtube.com/watch?v=E4ktXrJZUMg>



### powercage with pull up bar



### Barbell for chest and deadlift



### Low lat pull machine

Video - [https://www.youtube.com/watch?v=piZS9amSxco&feature=emb\\_logo](https://www.youtube.com/watch?v=piZS9amSxco&feature=emb_logo)



### Cable cross over



Video - [https://www.youtube.com/watch?v=JS6mJfBi3XU&feature=emb\\_logo](https://www.youtube.com/watch?v=JS6mJfBi3XU&feature=emb_logo)

## Weights



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5kg - 2

10kg - 4

15kg - 2

20kg - 4

25kg - 4

## Triceps push down



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Video - <https://www.youtube.com/watch?v=2-LAMcpzODU>

## Triceps pushdown straight bar

Video - <https://www.youtube.com/watch?v=KtRRF20bVS8>



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## Triceps rope

Video - <https://www.youtube.com/watch?v=vB5OHsJ3EME>



### Dressing room bench - 2



### Small fridge



### Mirrors on walls

