

**GYM EQUIPMENTS REQUIRMENT AT HPC CENTRE ALLEPPEY**

TITLE/SL NO	NAME	QUANTITY	BRAND PREFRED
<b>CARDIO MACHINES</b>			
1	TREAD MILL	2	PRECOR/LIFE FITNESS/HAMMER STRENGTH
2	EXERCISE BIKE	2	PRECOR/LIFE FITNESS/HAMMER STRENGTH
3	ROWING MACHINE	2	PRECOR/LIFE FITNESS/HAMMER STRENGTH
<b>STRENGTH MACHINES</b>			
1	ISOLATED LEG PRESS	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
2	DUAL CABLE CROSS SYN 90 CC	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
3	ISO LATERAL LEG EXTN	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
4	ISO LATERAL LEG CURL	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
5	ISO LATERAL CHEST RACK	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
6	SQUAT LUNGE MACHINE	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
7	GLUTE HAM MACHINE	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
8	GROUND BASE COMBO TWIST	1	PRECOR/LIFE FITNESS/HAMMER STRENGTH
<b>FREE WEIGHTS</b>			
<b>DUMBBELL WEIGHTS</b>			
1	30 KG	2 = 60	
2	25KG	4 = 100	
3	20KG	4 = 80	
4	17.5KG	2 = 35	
5	15KG	4 = 60	
6	12.5KG	2 = 25	
7	10KG	4 = 40	
8	8KG	4 = 32	
9	6KG	4 = 24	
10	5KG	4 = 20	
11	4KG	4 = 16	
12	3KG	4 = 12	
13	2KG	4 = 8	
14	1KG	4 = 4	
	TOTAL	516	
<b>WEIGHT PLATES</b>			
1	25 KG	8 = 100	
2	20 KG	8 = 160	
3	15 KG	8 = 120	
4	10 KG	8 = 80	
5	7.5 KG	6 = 45	
6	5 KG	10= 50	
7	2.5KG	10= 25	
	TOTAL	580	
<b>BARBELLS</b>			
1	OLYMPIC BARBELLS 20KG	4	
2	15KG	3	
3	10KG	3	
4	7.5 KG	3	
5	5KG	3	
<b>KETTLE BELLS</b>			
1	15 KG	2 = 30	
2	12.5 KG	2 = 25	
3	10 KG	2 =20	
4	7.5 KG	2 = 15	
5	5 KG	2 = 10	
6	2.5 KG	2 = 5	
	TOTAL	100	
<b>BENCHES/RACKS/STORAGE</b>			

1	POWER RACKS	2	PRECOR/LIFE FITNESS/HAMMER STRENGTH
2	WEIGHTLIFTING PLATFORM	2	
3	4x 24 BASIC RIG		PRECOR/LIFE FITNESS/HAMMER STRENGTH
4	ADJUSTABLE BENCH	2	
5	FLAT BENCH	2	
6	BARBELL RACK	1	
7	SMALL RUBBER WEIGHT STORAGE	2	
8	LARGE RUBBER WEIGHT STORAGE	2	
9	DELUXE WEIGHT TREE	2	
10	THREE TIER DUMBBELL RACK	2	
FUNCTIONAL ACCESSORIES			
1	GYM ROPE	1	
2	CHAINS	2	
3	PUNCHING BAG	1	
4	BOXING GLOVES	5 PAIRS	
5	TIRES Small,Big	1 each	
6	BOSU BALL	2	
7	TRX	2	
8	WAIST BELT	2	
9	ATHLETIC SLED	2	
10	AIREX BALANCE PAD	4	
11	DOWELS	2	
12	WRIST AND ANKLE WEIGHTS		
	0.5 KG	4	
	1.0KG	4	
	1.5KG	4	
	2.0KG	4	
13	SLAM MED BALLS		
	2KG	2	
	3KG	2	
	4KG	2	
14	BLUE TOOTH SPEAKER	1	