

R.V.R. & J.C. COLLEGE OF ENGINEERING
PHYSICAL EDUCATION
GYM EQUIPMENT

Men

CARDIO EQUIPMENT

Sl.No	Name of Equipment	Specifications
01	Treadmill – 2 No's	Commercial Motorized (180/160Kg)
02	Elliptical Trainer	Commercial (150Kg)
03	Recumbent Bike	Commercial (150Kg)
04	Upright Bike	Commercial (150Kg)
05	Air Rower/Fluid Rower	Commercial (150/130Kg)
06	Battle Rope	

STRENGTH EQUIPMENT

Sl.No	Name of Equipment	Specifications
01	Leg Extension/Leg Curl	200/250 LBS
02	Hip Abductor& Adductor	150/200 LBS
03	Leg/Calf Press	300LBS
04	Lat Pulldown/Seated Row	250LBS
05	Multi Press	250LBS
06	Biceps/Triceps	250LBS
07	Pec Fly/Rear Delt	250LBS
08	Twister with Knee	250LBS
09	Bench	Multi Adjustable
10	Bench	Flat
11	Bench Press	Adjustable
12	Smith Machine	---
13	Cable Crossover	250LBS
14	Weight Plate Tree	---
15	Dumbbell Rack	---
16	Barbell Rack	---
17	Dumbbells	2Kg, 4Kg, 6Kg, 8Kg, 10Kg, 12Kg, 14Kg, 16Kg, 18Kg, 20Kg
18	Olympic Hole Plates	2.5Kg, 5Kg, 7.5Kg, 10Kg, 15Kg, 20Kg
19	Olympic Bars	6', 4', EZ Curl Bar. Tricep Bar- (6'-15Kg, 4'-8Kg)
20	Nylan Lat Rope	---
21	Collar	Olympic bar collar, Collar
22	Medicine Balls	4Kg, 6Kg, 8Kg
23	Others	Swiss balls, Yoga mats

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Women

CARDIO EQUIPMENT

Sl.No	Name of Equipment	Specifications
01	Treadmill – 02 No's	Commercial Motorized (160Kg)
02	Elliptical Trainer	Commercial (150Kg)
03	Recumbent Bike	Commercial (150Kg)
04	Upright Bike	Commercial (150Kg)
05	Air Rower/Fluid Rower	Commercial (150/130Kg)
06	Battle Rope	

STRENGTH EQUIPMENT

Sl.No	Name of Equipment	Specifications
01	Leg Extension/Leg Curl	150 LBS
02	Hip Abductor& Adductor	150 LBS
03	Lat Pulldown/Seated Row	150LBS
04	Multi Press	150LBS
05	Pec Fly/Rear Delt	150LBS
06	Twister with Knee	150LBS
07	Bench	Multi Adjustable
08	Bench	Flat
09	Bench Press	Adjustable
10	Steppers	
11	Balance Bord	
12	Abdominal Exerciser	
13	Medicine Balls	4Kg, 6Kg
14	Weight Plate Tree	---
15	Dumbbell Rack	---
16	Barbell Rack	---
17	Dumbbells	2Kg, 4Kg, 6Kg, 1Kg,
18	Olympic Hole Plates	1Kg, 1.5Kg, 2Kg, 4Kg
19	Olympic Bars	6', 4', EZ Curl Bar, Tric ep Bar- (6'-15Kg, 4'-8Kg)
20	Nylan Lat Rope	---
21	Collar	Olympic bar collar, Collar
22	Others	Swiss balls, Yoga mats