



GYM FITNESS FIRST
INDIA'S LEADING GYM
EQUIPMENT MANUFACTURER

PRODUCT CATALOGUE

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ELEVATE YOUR GYM WITH PREMIUM EQUIPMENT...

Explore our range of high-performance fitness equipment, designed to meet the demands of fitness enthusiasts and professionals alike.



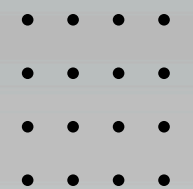
Premium Quality Products

Engineered for durability, performance, and lasting value.



Made In Bharat

Delivering world-class quality with Indian innovation and precision.





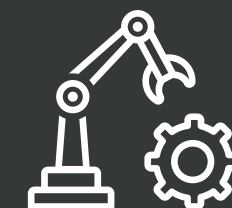
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WHY CHOOSE US???

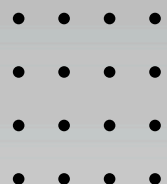
We are India's leading gym and fitness equipment manufacturer with over 12 years of expertise. We provide top-quality equipment, with more than 2500 installations across the country, helping fitness centers, gyms, and individuals achieve their goals with state-of-the-art solutions tailored to the evolving fitness industry



Installations
2500+



Manufacturing in
India





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MISSION

Empowering fitness with precision-engineered equipment, Gym Fitness First drives wellness across India with over 2500 installations, setting a new standard for strength and performance.



VISION

Empowering India's fitness journey with innovative, durable, and world-class equipment. At Gym Fitness First, we're committed to fueling your strength, resilience, and success, one installation at a time.



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TABLE OF CONTENT...

- **Cardio**
- **HIIT**
- **Strength Machines**
- **Plate Loaded Machines**
- **Benches & Racks**
- **Dumbbell, Plates & Barbell**
- **Gym Accessories**



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CARDIO MACHINES





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TREADMILL



MOTOR POWER	4HP/ 8HP PEAK
DISPLAY TYPE	LED MONITOR
SPEED	1 - 20 KM/H
INCLINE RANGE	0 - 20 %
RUNNING AREA	1650 x 570 MM
MACHINE WEIGHT	160 KG
DIMENSIONS	2090x876x1625 MM





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TREADMILL



MOTOR POWER	4HP/ 8HP PEAK
DISPLAY TYPE	LED MONITOR
SPEED	1 - 20 KM/H
INCLINE RANGE	0 - 20 %
RUNNING AREA	1550 x 600 MM
MACHINE WEIGHT	250 KG
DIMENSIONS	2150x950x1480 MM





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TREADMILL



MOTOR POWER	4HP/ 8HP PEAK
DISPLAY TYPE	LED MONITOR
SPEED	1 - 20 KM/H
INCLINE RANGE	0 - 20 %
RUNNING AREA	1560 x 580 MM
MACHINE WEIGHT	160 KG
DIMENSIONS	2165x960x1775 MM





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TREADMILL



MOTOR POWER	4HP/ 8HP PEAK
DISPLAY TYPE	LED MONITOR
SPEED	1 - 20 KM/H
INCLINE RANGE	0 - 20 %
RUNNING AREA	1580x620 MM
MACHINE WEIGHT	210 KG
DIMENSIONS	2050x950x1600 MM





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CURVE TREADMILL



GEAR ADJUSTMENT	6 GEARS TO ADJUST
DISPLAY	TIME, DISTANCE, SPEED & CALORIES
RUNNING AREA	1600 x 480 MM
MACHINE WEIGHT	165 KG
DIMENSIONS	2000x900x1530 MM





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CROSSTRAINER



LEVEL	L1 TO L8
DISPLAY	TIME, DISTANCE, SPEED & CALORIES
MAX USER WEIGHT	160 KG
MACHINE WEIGHT	100 KG
DIMENSIONS	2100x760x1820 MM





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CROSSTRAINER



LEVEL	L1 TO L8
DISPLAY	TIME, DISTANCE, SPEED & CALORIES
MAX USER WEIGHT	160 KG
MACHINE WEIGHT	100 KG
DIMENSIONS	2100x760x1820 MM





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CROSSTRAINER



LEVEL	L1 TO L8
DISPLAY	TIME, DISTANCE, SPEED & CALORIES
MAX USER WEIGHT	160 KG
MACHINE WEIGHT	100 KG
DIMENSIONS	2100x760x1820 MM





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SPIN BIKE



FLY WHEEL	22 KG
MAX USER WEIGHT	150 kg
MACHINE WEIGHT	60 KG
DIMENSIONS	1050x600x1140 MM





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SPIN BIKE



FLY WHEEL	28 KG
MAX USER WEIGHT	150 kg
MACHINE WEIGHT	65KG
DIMENSIONS	1370x536x1310 MM





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AIR BIKE



MAX USER WEIGHT	150 kg
MACHINE WEIGHT	49 KG
DIMENSIONS	1270x650x1230 MM





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RECUMBENT BIKE





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ABS COASTER





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HIIT

STEP UP YOUR FITNESS: EXPERIENCE THE ULTIMATE CARDIO

- Enhances cardiovascular health
- Burns calories and aids in weight loss
- Strengthens lower body muscles (quads, hamstrings, calves)
- Low-impact exercise, reducing joint strain
- Improves endurance and stamina



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CLIMBER



DISPLAY	TIME, DISTANCE, SPEED & CALORIES
MAX USER WEIGHT	200KG
MACHINE WEIGHT	85 KG
DIMENSIONS	2240x610x5080 MM





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WATER ROWER



DISPLAY	TIME, DISTANCE, SPEED & CALORIES
SLIDING LENGTH	830 MM
TANK CAPACITY	14 L
DIMENSIONS	1840x445x780 MM





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AIR ROWER



MACHINE WEIGHT	29 KG
SEAT HEIGHT	370 MM
CHAIN	NICKLE PLATED
MAX USER WEIGHT	260 KG
DIMENSIONS	2100x620x1130 MM





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SKI MACHINE



WEIGHT	65 KG
DIMENSIONS	130x60x214 MM





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SLED



WEIGHT	65 KG
DIMENSIONS	130x60x214 MM





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FLIP TYRE





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STRENGTH MACHINE





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PEC DEC FLY MACHINE





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LAT PULL DOWN WITH ROW





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LAT PULL DOWN





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ROWING MACHINE





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PREACHER CURL MACHINE





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LEG EXTENSION





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LEG CURL





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LEG CURL WITH EXTENSION





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ABDUCTOR & ADDUCTOR





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CHIN-UP ASSIST





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WRIST CURL MACHINE





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PLATE LOADED

~ HAMMER STRENGTH





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45° LEG PRESS





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LEG PRESS WITH HEQ SQUAT





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SMITH MACHINE





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SUPER SQUAT





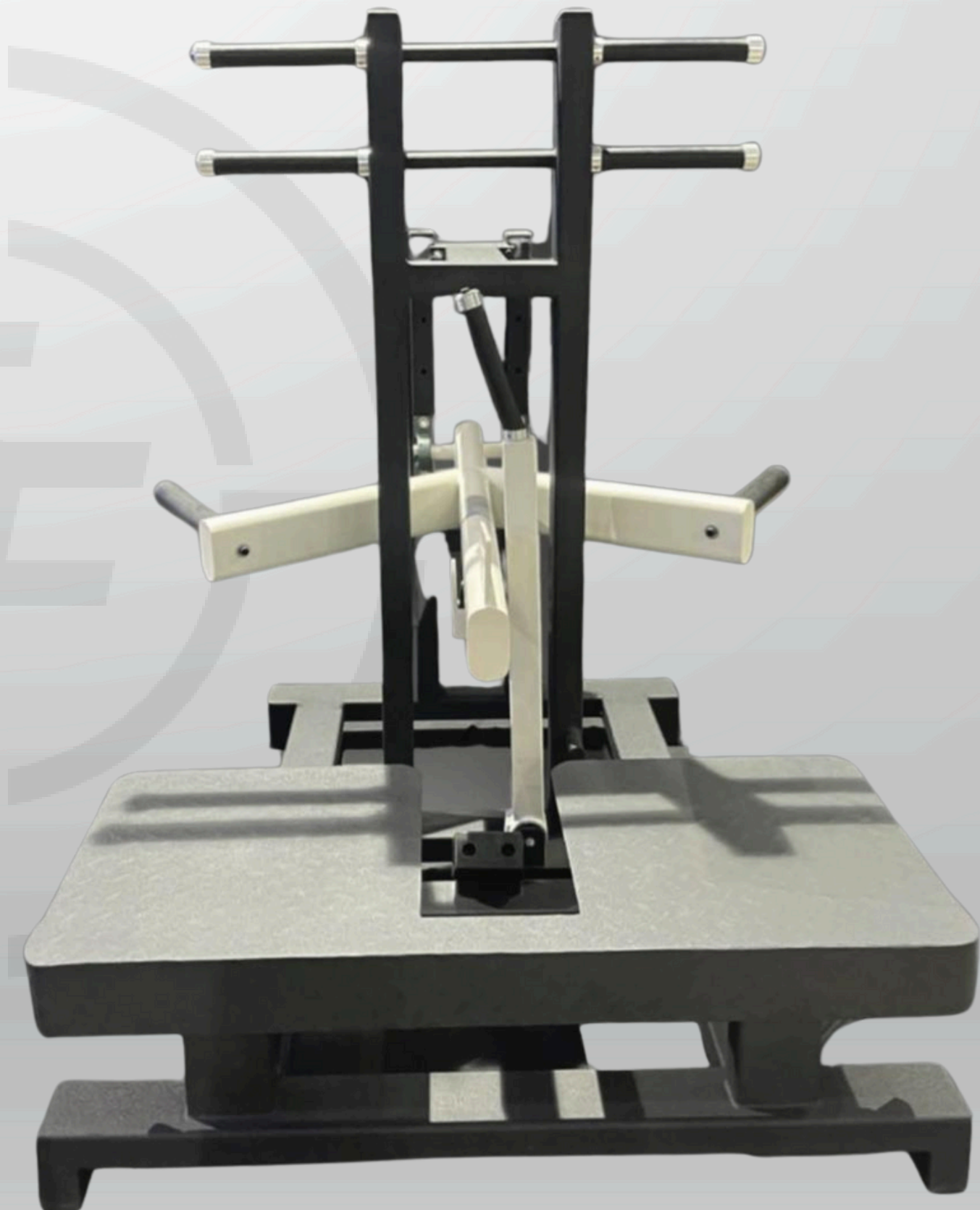
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BELT SQUAT





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HIP THRUST HAMMER





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SEATED CALF RAISES





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SHOULDER PRESS





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SIDE LATERAL RAISES





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INCLINE CHEST PRESS





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INCLINE CHEST FLY





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REVERSE LAT PULL DOWN





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VERTICAL ROWING





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CHEST SUPPORTED ROW





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LINEAR ROW





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ABS CRUNCH HAMMER





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BENCHES & RACKS



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OLYMPIC FLAT BENCH





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OLYMPIC INCLINE BENCH





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DIPPING BAR





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DOUBLE TWISTER





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STANDING BICEP CURL BENCH





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SEATED PREACHER CURL BENCH





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HYPER EXTENSION





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ADJUSTABLE BENCH





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FLAT STOOL





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DUMBBELL RACK





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PLATE RACK





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ROD RACK





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FIXED BARBELL STAND





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BUMPER PLATE STAND





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DUMBBELLS/ PLATES/ BARBELLS





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WEIGHTED PLATES





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BUMPER PLATES





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RUBBER DUMBBELL





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STEEL DUMBBELL





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RUBBERISED FIXED BARBELL





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OLYMPIC RODS





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MAG HANDLES

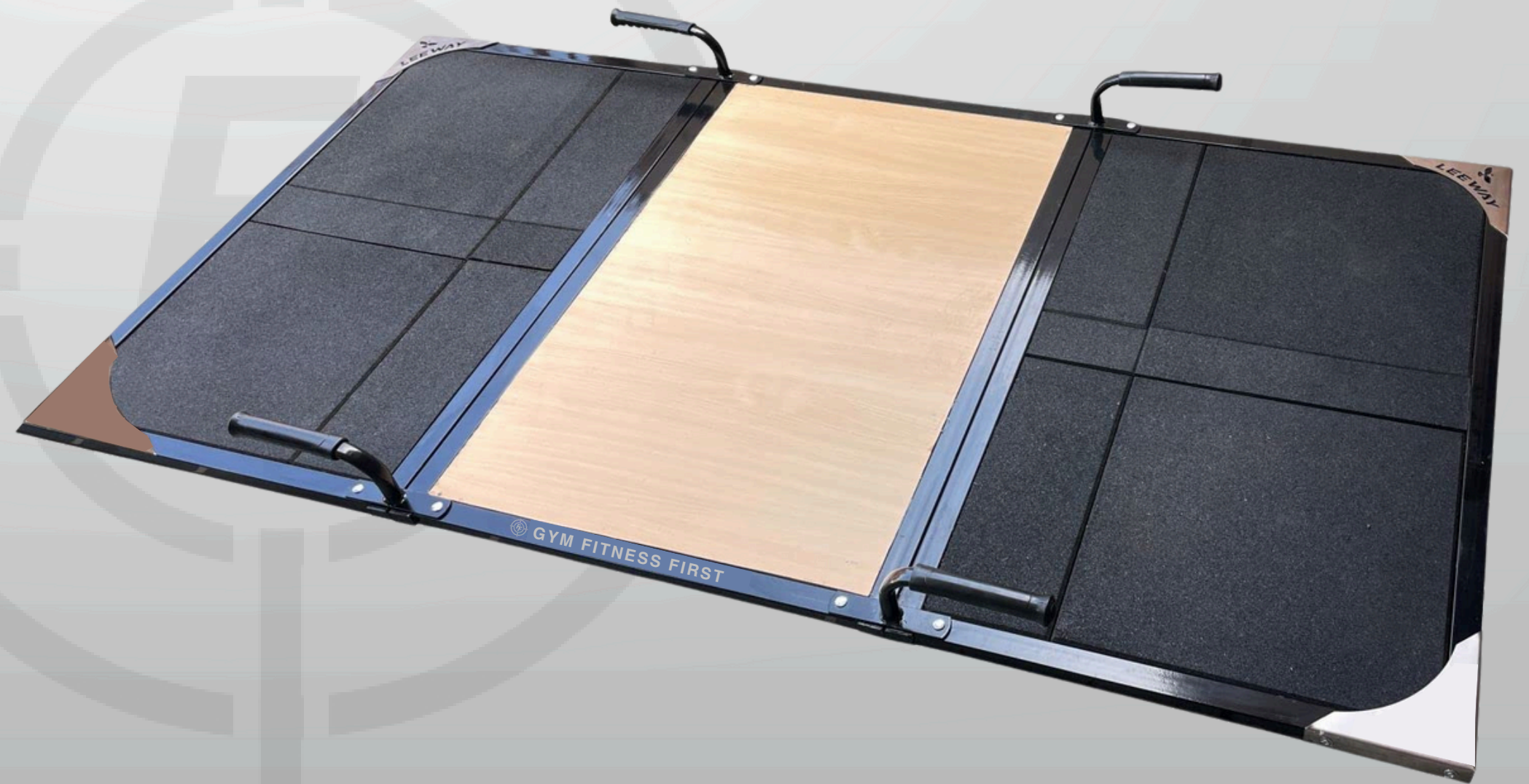




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DEADLIFT PLATFORM





ACCESSORIES



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4/5 FT PUNCHING BAG





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GYM BALL



WALL BALLS



MEDICINE BALL



BOSU BALL



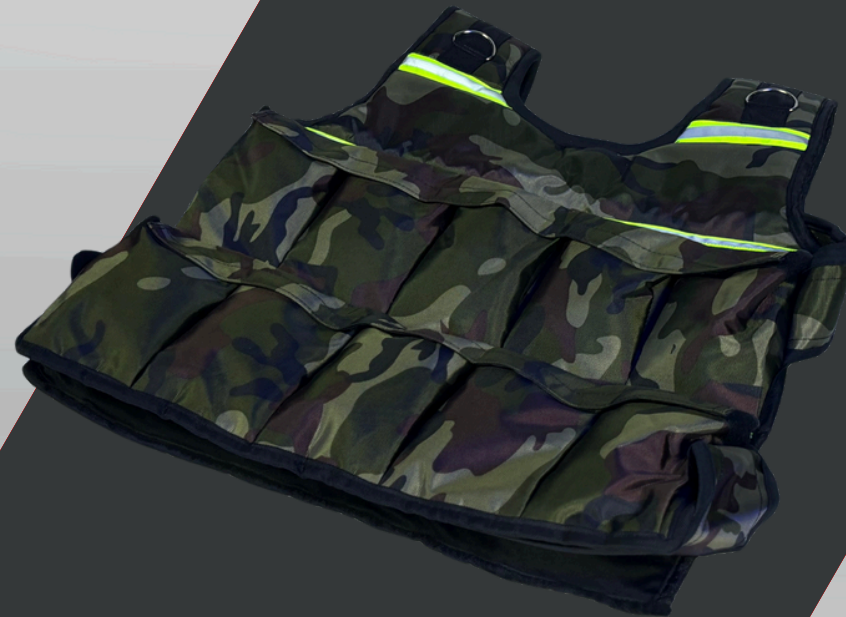
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POWER BAG



BULGARIAN BAG



WEIGHTED VEST



POWER BARREL



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VINYL DUMBBELL



KETTLE BELL



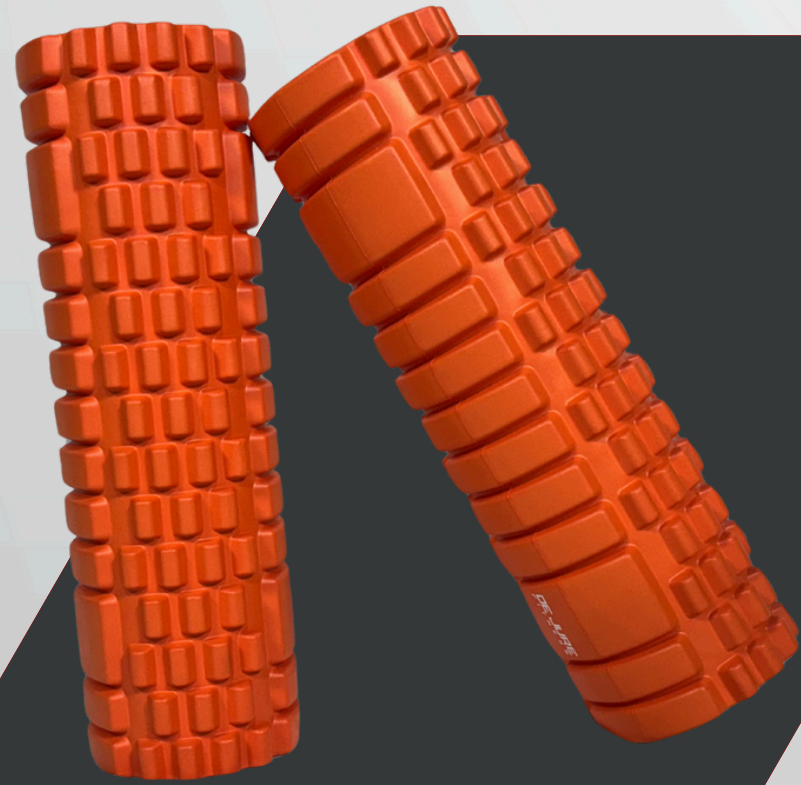
AEROBIC STEPS



AEROBIC STEPS



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FOAM ROLLER



BARBELL PAD



ANKLE WEIGHTS



PUSH-UP BAR



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ABS ROLLER



YOGA MATS



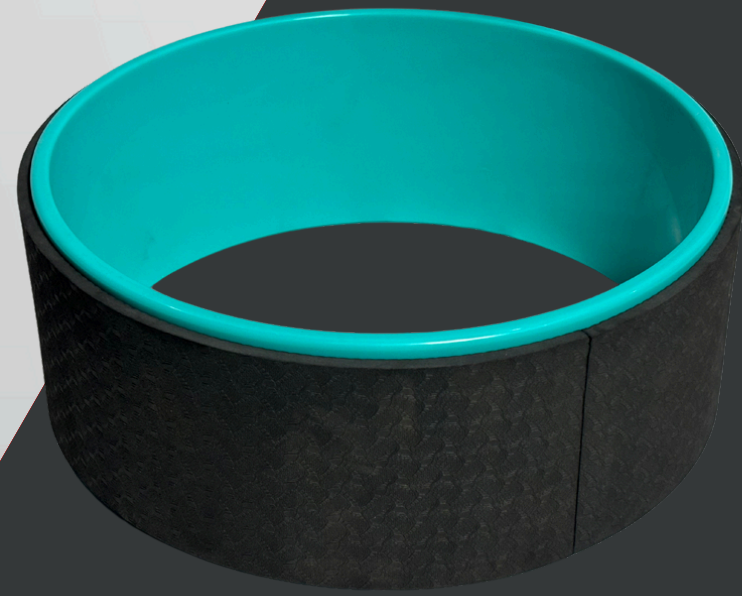
GYM BELT



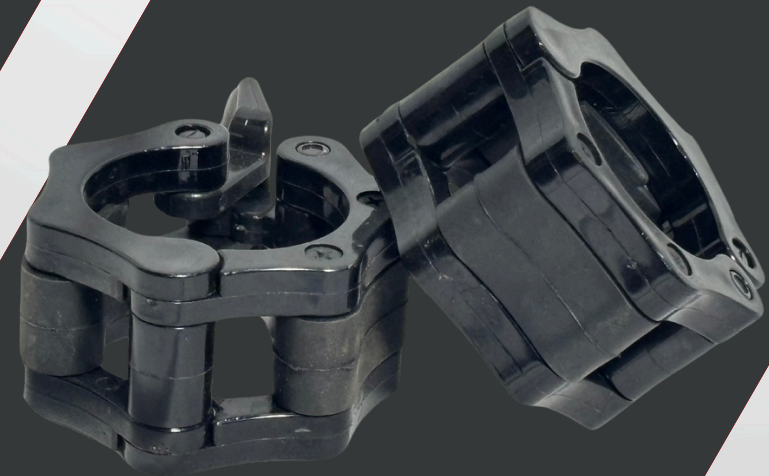
LEVER BELT



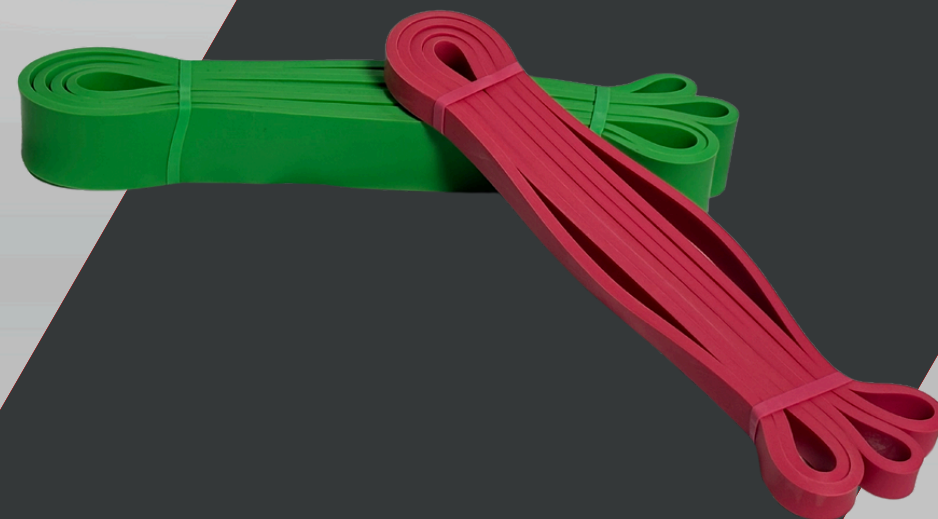
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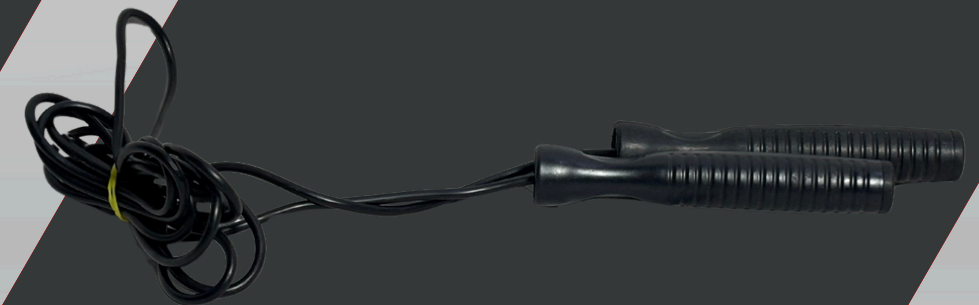
YOGA ROLLER



ROD LOCK



LOOP BAND



SKIPPING ROPE