Dr B V Raju Foundation

DEPARTMENT OF PHYSICAL EDUCATION

AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

GYM

BOYS		
EQUIPMENT		Qty
TREAD MILL (MOTORIZED)		03 No's
ELLIPTICAL CROSS TRAINER		03 No's
SPIN BIKE		03 No's
ARM CURL (200 lb)		01 No

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SHOULDER PRESS (275 lb)		**01 No**
LATERAL RAISE (200 lb)		**01 No**
SEATED DIP (200 lb)		**01 No**
CHEST PRESS (275 lb)		**01 No**

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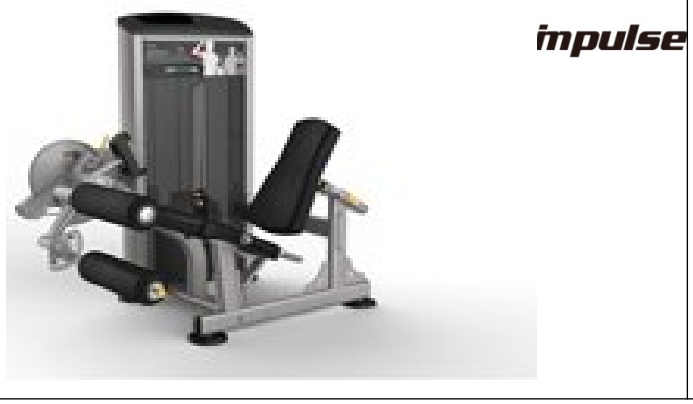
AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

PEC FLY / REAR DELT (275 lb)		**01 No**
LAT PULL / VERTICAL ROW (275 lb)		**01 No**
PECTORAL (200 lb)		**01 No**
ABDOMINAL (200 lb)		**01 No**

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TORSO ROTATION (200 lb)		01 No
TOTAL HIP (275 lb)		01 No
LEG PRESS (300 lb)		01 No
LEG EXTENSION / LEG CURL (275 lb)		01 No

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V BENCH LEG CURL (200 lb)	 IE 9521	01 No
ABDUCTOR & ADDUCTOR (150 lb)	 IE 9508	01 No
WEIGHT ASSISTED CHIN / DIP COMBO (200 lb)	 IE 9520	01 No
CABLE CROSS OVER (200 lb)		01 No

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SMITH MACHINE		**01 No**
AB CRUNCH BENCH		**01 No**
STRETCH MACHINE		**01 No**
OLYMPIC INCLINE BENCH		**01 No**

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OLYMPIC DECLINE BENCH		**01 No**
OLYMPIC FLAT BENCH		**01 No**
OLYMPIC ADJUSTMENT BENCH		**01 No**
FLAT BENCH		**01 No**

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MULTI PURPOSE BENCH		**02 No's**
IFSPC SEATED PREACHER CURL		**01 No**
ADJUSTABLE ABDOMINAL BENCH		02 No's
DEGREE HYPERTENSION		01 No

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DOUBLE TWISTERS		02 No's
COMMERCIAL STEP BOARD		01 No
DUMBBELLS RACK		**01 No**
OLYMPIC PLATE TREE		**01 No**
OLYMPIC BARS		
A) 7 FEET		**04 No's**
B) 5 FEET		**01 No**
C) 4 FEET		**01 No**
D) 3 FEET		**01 No**
E) EZKURL BAR		**01 No**
F) TRICEPS BAR		**01**

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DUMBBELLS (HEX 220 Kgs) ***20 Kg - 2 No's*** ***15 Kg – 4 No's*** ***10 Kg – 4 No's*** ***7.5 Kg – 4 No's*** ***05 Kg – 8 No's***		**22 No's**
OLYMPIC PLATES (RUBBERIZED) 340kgs ***25 kg – 2 No's*** ***20 Kg - 4 No's*** ***15 Kg – 4 No's*** ***10 Kg – 8 No's*** ***05 Kg – 8 No's*** ***2.5 kg – 6 No's***		**32 No's**
Gym Ball ***95 cm – 1 No*** ***85 cm – 1 No*** ***75 cm – 1 No***		**3 No's**
TONING TUBES ***Single – 3 No's*** ***Double – 3 No's***		**06 No's**
ANKLE/ WRIST WEIGHTS (NEOPRENE)		
A) 1 KGS		**04 Sets**
B) 1.5 KGS		**04 Sets**
C) 2 KGS		**04 Sets**
MEDICINE BALLS **8 Kgs – 1 No** **5 Kgs – 1 No**		**02 No's**

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HEIGHT MACHINE		02 No's
GYM STARCHING MATS		04 No's
HIP BELT		04 NO'S
TRICEPS ROPE		01 NO
TRICEPS BAR		01 NO
WEIGHT MACHINE		01 NO

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GIRLS		
EQUIPMENT		Qty
9 STATION MULTI GYM		01 No
TREAD MILL (MOTORIZED)		03 No's
ELLIPTICAL CROSS TRAINER		03 No's
RECUMBENT IT BIKE		02 No's

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UPRIGHT BIKE		02 No's
ROWING MACHINE		01 No
FITNESS MACHINE (VIBRATOR)		02 No's
SPIN BIKE		01 No
HEIGHT AND WEIGHT MACHINE		02 No's
SOCCER FUGY BOARDS		02 No's
NEOPRENE DUMBLES(1KG TO 5 KGS)		05 Sets

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AVAILABILITY OF SPORTS FACILITY / EQUIPMENT

AVAILABLE OUTDOOR GYM EQUIPMENTS FOR MEN & WOMEN

SEATED CHEST PRESS DOUBLE		02 No's
HAND ROWER		02 No's
ELLIPTICAL CROSS TRAINER		02 No's
AIR WALKER		02 No's

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LEG CURL		02 No's
EXERCISER CYCLE		02 No's
PULL UP BAR		02 No's
ABDOMINAL BOARD & MUSCLE BOARD		02 No's
WEIGHT LIFTING STATION		02 No's

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3 IN 1 AIR WALKER, LEG PRESS, TWISTER		02 No's
SKY WALKER		02 No's