

**IGNITE YOUR SPARK
IGNITE YOUR STRENGTH**

LACROSSE
FITNESS

GYM EQUIPMENTS

COMMERCIAL

CARDIO





TREADMILL SERIES



Optional
LED Display

LA LEGEND

Motor	5 HP - 10 HP
Speed	01 - 20 KM/H
Incline	0 - 15 levels Auto
Running Surface	600mm x 1554mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Motor



Emergency
Stop



Incline



LA X30

Motor	8HP (4HP Continuous) AC
Speed	01 - 20 KM/H
Incline	0 - 20 levels Auto
Running Surface	560mm x 1665mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Motor



Emergency
Stop



Incline



Auto
Lubrication



LA X10

Motor	8HP (4HP Continuous) AC
Speed	01 - 20 KM/H
Incline	0-15 levels
Running Surface	520mm x 1500mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Motor



Emergency
Stop



Incline



Oil Free
Belt



LA BEAST

Motor	8HP (4HP Continuous) AC
Speed	01 - 20 KM/H
Incline	0 - 20 levels Auto
Running Surface	600 mm x 1530mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Motor



Emergency
Stop



Incline



LA MONSTER

Motor	8HP (4HP Continuous) AC
Speed	01 - 20 KM/H
Incline	1 - 20 levels Auto
Running Surface	525mm x 1610 mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Motor



Emergency
Stop



Incline



LA OMEGA

Motor	8HP (4HP Continuous) AC
Speed	01 - 20 KM/H
Incline	0 - 20 levels Auto
Running Surface	535mm x 1550mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse



Heavy Duty
Motor



Emergency
Stop



Incline



LA TREX

Motor	8HP (4HP Continuous) AC
Speed	01 - 20 KM/H
Incline	1 - 20 levels Auto
Running Surface	590mm x 1620mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Motor



Emergency
Stop



Incline



LA 22

Motor	8HP (4HP Continuous) AC
Speed	01 - 24 KM/H
Incline	1 - 20 levels Auto
Running Surface	584mm x 1575mm
Max User Weight	200 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.
Special Feature	Rhymebus Inverter



Heavy Duty
Motor



Emergency
Stop



Incline



AUX



Inbuilt Fan



LA EVEREST

Belt Size	118*20(L*W)
Weight Capacity	200 KGs
Pipe Size	4 x 2 Inch
Bearing	40 Pieces
Display Features	Time, Distance, Speed, Calories, & Pulse.



Superior Quality
Bearings



Movable
Wheels



Heavy Duty
Frame



Incline



Belt Technology	8HP (4HP Continuous) AC
Max User Weight	180kg
Display Features	Time, Distance, Speed, Calories, & Pulse.
Six Level of Resistance	
Innovative Curved Deck	
Non Motorized Treadmill	



Movable
Wheels



Curve Design



Heavy Duty
Frame



LA CURVE

Belt Technology	Nylon
Max User Weight	150 kg
Display Features	Time, Distance, Speed, Calories, & Pulse.
Six Level of Resistance	
Innovative Curved Deck	
Non Motorized Treadmill	



Movable
Wheels



Curve Design



Heavy Duty
Frame



ELLIPTICAL

SERIES



LA AT 033

Motor System	Self-Generated
Dimension	2270*800*1830mm
Stride Length	0~91cm
Stride Height	17~25cm
Color	Black, Silver.
Weight	200KGs



Emergency Stop



Heavy Duty Crank



Resistance Control



Heavy Duty Frame



LA CT1500

Motor System	Self-Generated
Dimension	2180*746*1780mm
Slope	Fixed
Color	Silver
Weight	135 KGs
Max User Weight	200KGs



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



LA CT 800

Fly Wheel	14KG Motor Magnetic (Auto Generate)
Transmission System	V Belt
Resistance Level	16 level Magnetic
Max User Weight	200 KGs
Display Features	Time, Speed, Distance, Calories, ODO & Pulse.



Emergency Stop



Heavy Duty Crank



Resistance Control



Heavy Duty Frame



LA CT 750

Fly Wheel	10KG Motor Magnetic
Product Weight	Net weight: 110KG ; Gross weight: 140KG
Item Size	2000*600*1700mm
Resistance	Magnetic
Max User Weight	180 KGs
Display Features	Time, Speed, Distance, Heart Rate



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



LA CT1180

Fly Wheel	Eddy Mechanism 7KG
Track	Double track
Stride	20 inches
Incline	3 levels of manual incline (0-15%)
Resistance Level	24 levels of digital resistance
Product size	1775*726*1714mm
Product Weight	Net weight: 88KG; Gross weight: 107KG
Max User Weight	180 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Superior Quality
Bearings



Movable
Wheels



Heavy Duty
Frame



LA CT1150

Fly Wheel	Eddy Mechanism 5KG
Track	Single track
Stride	20 inches
Resistance Level	24 levels of digital resistance
Product size	1721*724*1637mm
Product Weight	Net weight: 78KG ; Gross weight: 95KG
Max User Weight	150 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Superior Quality
Bearings



Movable
Wheels



Heavy Duty
Frame



LA CT1022

Fly Wheel	12KG Motor Magnetic
Transmission System	V Belt
Resistance Level	32-grade
Max User Weight	140 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse
Fly Wheel	12KG Motor Magnetic



Emergency Stop



Heavy Duty Crank



Resistance Control



Heavy Duty Frame



CYCLING

SERIES



LA MB5 & LA R4

Motor System	Self-Generated
Resistance Level	16-grade
Display Features	Time, Distance, Speed, Calories, Resistance Level, RPM & Pulse.
Max User Weight	160 KGs
Assembly Space	1205*550*1560(mm) 1205*620*1050(mm)



Emergency Stop



Heavy Duty Crank



Resistance Control



Heavy Duty Frame



LA 550M

Training Intensity	8 Levels by Manual
Max User Weight	130 KGs
N.W / G.W	34.5 / 38.8 KGs
Display Features	Time, Speed, Distance, Calories, Pulse Recovery, Body Fat, Temp.



Emergency Stop



Heavy Duty Crank



Resistance Control



Heavy Duty Frame



LA T130

Fly Wheel	8 KGs
Training Intensity	10 Levels by Manual
Max User Weight	150 KGs
N.W / G.W	47.5/54.5 KGs
Display Features	Time, Speed, Distance, Calories, Pulse Recovery, Body Fat.



Emergency Stop



Heavy Duty Crank



Resistance Control



Heavy Duty Frame



LA S200

Fly Wheel	25 KGs
Drive System	Magnetic
Seat	Adjustable
Max User Weight	200 KGs



Heavy Duty
Frame



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



LA S100

Fly Wheel	4 KG Aluminum
Brake System	Magnetic
Dimension	1260*500*1000mm
Product Weight	42 KGs
Colour	Black



Heavy Duty
Frame



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



LA S250

Fly Wheel	18 KGs
Drive System	Magnetic
Seat	Adjustable
Max User Weight	200 KGs



Heavy Duty
Frame



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



LA S12 Pro

Fly Wheel	22 KGs
Drive System	Belt
Seat	Adjustable
Max User Weight	180 KGs
Color Option	Black, Yellow.



Heavy Duty
Frame



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



LA S3

Fly Wheel	18 KGs
Drive System	Belt
Seat	Adjustable
Max User Weight	180 KGs
Display Features	Time, Distance, Speed, Calories, & Pulse.



Heavy Duty
Frame



Heavy Duty
Crank



Resistance
Control



Heavy Duty
Frame



CARDIO

SERIES



AIR ROWING

Solid Steel Frame

High Quality Contoured Seat

Adjustable Foot Rest

LCD Monitor That Displays All Workout Data

8 Level Resistance



Smooth
Operation



Resistance
Adjustment



Movable
Wheels



Heavy Duty
Frame

AIR ROWING

N. W/G.W:53KG/60KG

Product size: 1360*550*800mm

Adjustable Foot Rest

LCD Monitor That Displays All Workout Data



Smooth
Operation



Movable
Wheels



Heavy Duty
Frame



STAIR MILL

Step Area	2270*800*1830mm
Rated Voltage	220V
Max User Weight	150 KGs
L.W.H	1450 x 880 x 2140 mm
Display Features	Speed level, Calories, Time, Distance, Steps, etc.



Feel of real
stairs



Non-slip
Surface



LED
Console



Heavy Duty
Frame



AB COASTER

Core & Abdominal Trainer

Heavy Duty Construction

Plate Loading Facilities

Max User Weight

160 KGs



Smooth
Operation



Non-slip
Surface



Emergency
Stop



WATER ROWING

Core & Abdominal Trainer

Heavy Duty Construction

Plate Loading Facilities

Max User Weight

160 KGs



Feel of real
stairs



Non-slip
Surface



LED
Console



Heavy Duty
Frame



WATER ROWING WOOD

American Ash/Oak Wood Frame

High Quality Contoured Seat

Adjustable Foot Rest

LCD Monitor That Displays All Workout Data

Max User Weight	160 KGs
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Smooth
Operation



Non-slip
Surface



LED
Console



Heavy Duty
Frame



SKIERG MACHINE

Belt + Chain Driven

High Range of Motion

LCD Monitor That Displays All Workout Data

8 Level Resistance

Max User Weight

160 KGs



Mobility
Wheels



Resistance
Adjustment



LED
Console



Heavy Duty
Frame



FAN BIKE

Heavy Duty Construction

Belt + Chain Driven

High Range of Motion

LCD Monitor That Displays All Workout Data

Max User Weight

160 KGs



Resistance
Control



Mobility
Wheels



Adjustable
Seat



Heavy Duty
Frame



ASSAULT BIKE

Heavy Duty Construction

Belt + Chain Driven

High Range of Motion

LCD Monitor That Displays All Workout Data

Max User Weight

180 KGs



Resistance
Control



Mobility
Wheels



Adjustable
Seat



Heavy Duty
Frame



FLIP TYRE

Heavy Duty Construction

Plate Loading Ability

High Quality Powder Coated Paint

2 Battle Rope Anchor Points



Anti-vibration
pads



Adjustable
plate load



Heavy Duty
Frame

LACROSSE
FITNESS

GYM EQUIPMENTS

MASSAGER





BODY VIBRATOR

Mode	Multiple Levels
Max user weight	150 KGs
Display Features	Time, Pulse, Calories, etc.



Anti-vibration
pads



Quiet
Operation



Heavy Duty
Frame



MASSAGE CHAIR

Full Body Air Bag

Back Heating (Improve Metabolic Cycle)

137cm 2SL Rail release the pressure of whole Body

New Leg Kneading Concept

Massage Hand detect & improve the massage

Closed feet with 3 groups of Roller

Premium Upholstery



LED
Lights



Voice
control



USB
Recharge



Bluetooth
Audio



12 Automatic
Modes



LACROSSE
FITNESS

GYM EQUIPMENTS

COMMERCIAL
STRENGTH



Prone Leg Curl - E7001A

Size	1610*1095*1530mm
Weight Stack	110 kg
Weight	255 kg



Leg Extension - E7002A

Size	1425*1165*1530mm
Weight Stack	110 kg
Weight	250 kg



Shoulder Press - E7006A

Size	1550*1550*1530mm
Weight Stack	110 kg
Weight	260 kg



Rear Delt/Pec Fly- E7007A

Size	1280*1430*2075mm
Weight Stack	95 kg
Weight	248 kg



Vertical Press - E7008A

Size	1435*1125*1530mm
Weight Stack	110 kg
Weight	281 kg



Lat Pull Down - E7012A-GO1

Size	1190*1200*2230mm
Weight Stack	110 kg
Weight	275 kg



Seated Leg Curl - E7023A

Size	1665*1145*1530mm
Weight Stack	110 kg
Weight	270 kg



Camber Curl - E7030A

Size	1500*930*1530mm
Weight Stack	80 kg
Weight	192 kg



Long Pull - E7033A-GO1

Size	1780*1320*1830mm
Weight Stack	110 kg
Weight	226 kg



Vertical Row - E70344

Size	1505*1005*1530mm
Weight Stack	110 kg
Weight	245 kg



Dip/Chin Assist - E7009A-GO1

Size	1930*1000*2495mm
Weight Stack	110 kg
Weight	280 kg



EV SERIES



Chest Press – EV01

Size	1545*1150*1650mm
Weight Stack	100 kg
Weight	225 kg



Pectoral Fly – EV02

Size	1505*1245*1650mm
Weight Stack	100 kg
Weight	211 kg



Seated Row – EV04

Size	1050*1510*1650mm
Weight Stack	100 kg
Weight	221 kg



Biceps Curl – EV06

Size	1170*1365*1650mm
Weight Stack	100 kg
Weight	190 kg

Triceps Curl – EV07

Size	1230*1695*1650mm
Weight Stack	100 kg
Weight	226 kg

Assisted Chin/Dip – EV08

Size	1475*1260*2335mm
Weight Stack	100 kg
Weight	267 kg



Abdominal Isolator/Hyper – EV09

Size	1225*1285*1650mm
Weight Stack	100 kg
Weight	204 kg



Abdominal Crunch – EV10

Size	1190*1285*1650mm
Weight Stack	100 kg
Weight	168 kg



Rotary Torso – EV11

Size	1240*1250*1650mm
Weight Stack	100 kg
Weight	179 kg



Lat Pull Down – EV12

Size	1485*1850*2005mm
Weight Stack	100 kg
Weight	246 kg

Seated Horizontal Pulley – EV12A

Size	980*1815*1650mm
Weight Stack	100 kg
Weight	199 kg

High Pulley – EV12C

Size	980*1815*1650mm
Weight Stack	100 kg
Weight	199 kg



Seated Leg Curl – EV13

Size	1215*1770*1650mm
Weight Stack	100 kg
Weight	230 kg



Horizontal Leg Curl – EV13A

Size	1135*1700*1650mm
Weight Stack	100 kg
Weight	215 kg



Leg Extension – EV14

Size	1150*1790*1650mm
Weight Stack	100 kg
Weight	235 kg



Leg Press – EV15

Size	1115*1975*1650mm
Weight Stack	100 kg
Weight	254 kg



Multi Hip – EV16

Size	1095*1140*1635mm
Weight Stack	100 kg
Weight	212 kg



Standing Leg Extension – EV16A

Size	950*1255*1650mm
Weight Stack	100 kg
Weight	186 kg



Calf Extension – EV17

Size	1090*1600*1650mm
Weight Stack	100 kg
Weight	197 kg

Inner Thigh Adductor – EV18

Size	1740*1235*1650mm
Weight Stack	100 kg
Weight	210 kg

Outer Thigh Abductor – EV19

Size	1730*1235*1650mm
Weight Stack	100 kg
Weight	202 kg



Shoulder Press – EV03

Size	1950*1460*1660mm
Weight Stack	100 kg
Weight	215 kg



Pec Fly/Rear Delt – EV02A

Size	1505*1215*2000mm
Weight Stack	100 kg
Weight	226 kg



Abdominal Isolator/Hyper – EV20

Size	1250*1250*1660mm
Weight Stack	100 kg
Weight	215 kg



High Pulley Row – EV21

Size	1900*1520*2100mm
Weight Stack	100 kg
Weight	230 kg



Multi Press – EV22

Size	1950*1460*1660mm
Weight Stack	100 kg
Weight	215 kg



Abductor/Adductor – EV23

Size	1600*1000*1600mm
Weight Stack	100 kg
Weight	215 kg



Biceps Triceps - EV24

Size	1250*1250*1660mm
Weight Stack	100 kg
Weight	210 kg



Leg Curl Extension - EV25

Size	1400*1200*1660mm
Weight Stack	100 kg
Weight	245 kg



DEFENDER SERIES



Rear Delt/Pec Fly
- U3007D

Size	1860*1310*2020mm
Weight Stack	110 kg
Weight	273 kg



**Leg Extension &
Leg Curl** - U3086D

Size	1650*1100*1510mm
Weight Stack	110 kg
Weight	261 kg



**Chest & Shoulder
Press** - U3084D

Size	1755*1450*1510mm
Weight Stack	110 kg
Weight	261 kg



Camber Curl & Triceps - U3087D

Size	1430*1070*1510mm
Weight Stack	110 kg
Weight	239 kg



Long Pull - U3033D

Size	1500*1300*1500mm
Weight Stack	140 kg
Weight	261 kg



Vertical Row - U3034D

Size	1490*1290*1513mm
Weight Stack	95 kg
Weight	231 kg



Abductor/Adductor – U3021D

Size	1620*835*1510mm
Weight Stack	93 kg
Weight	230 kg



Seated Leg Curl – U3023D

Size	1650*990*1513mm
Weight Stack	110 kg
Weight	279 kg



Lat Pulldown – U3012C

Size	1400*1200*1535mm
Weight Stack	110 kg
Weight	250 kg



Vertical Press – U3008D

Size	1380*1330*1513mm
Weight Stack	110 kg
Weight	244 kg



Lateral Raise – U3005D

Size	1020*1160*1513mm
Weight Stack	100 kg
Weight	52 kg



Prone Leg Curl – U3001D

Size	1570*950*1513mm
Weight Stack	95 kg
Weight	216 kg



Leg Extension – U3002D

Size	1650*1100*1510mm
Weight Stack	110 kg
Weight	261 kg



Lat & Pulley Machine – U3085C

Size	1970*1350*2240mm
Weight Stack	110 kg
Weight	244 kg



Dip/Chin Assist – U3009

Size	1550*1370*2360mm
Weight Stack	88 kg
Weight	253 kg



GALAXY SERIES



Chest Press – GS 001

Size	1435*1445*1535mm
Weight Stack	100 kg
Weight	263 kg



Pectoral Fly – GS 002

Size	1480*1235*1535mm
Weight Stack	100 kg
Weight	255 kg



Biceps Curl – GS 003

Size	1135*1345*1535mm
Weight Stack	100 kg
Weight	222 kg



Shoulder Press – GS 004

Size	1575*1565*1535mm
Weight Stack	100 kg
Weight	247 kg



Seated Row – GS 005

Size	1035*1555*1535mm
Weight Stack	100 kg
Weight	258 kg



Triceps Curl – GS 006

Size	1255*1515*1535mm
Weight Stack	100 kg
Weight	245 kg



Assisted Chin/Dip – GS 007

Size	1455*1275*2335mm
Weight Stack	100 kg
Weight	319 kg



Outer Thigh Abductor – GS 008

Size	1035*1555*1535mm
Weight Stack	100 kg
Weight	258 kg



Abdominal Crunch – GS 009

Size	1255*1515*1535mm
Weight Stack	100 kg
Weight	245 kg



Rotary Torso – GS 010

Size	1225*1235*1535mm
Weight Stack	100 kg
Weight	214 kg



Lat Pull Down – GS 011

Size	1465*1795*2005mm
Weight Stack	100 kg
Weight	275 kg



Seated Horizontal Pully – GS 012

Size	985*1830*1535mm
Weight Stack	100 kg
Weight	225 kg



High Pulley – GS 013

Size	1370*1360*2210mm
Weight Stack	100 kg
Weight	280 kg



Seated Leg Curl – GS 014

Size	1465*1795*2005mm
Weight Stack	100 kg
Weight	275 kg



Horizontal Leg Curl – GS 015

Size	1255*1515*1535mm
Weight Stack	100 kg
Weight	245 kg



Leg Extension – GS 016

Size	1190*1790*1535mm
Weight Stack	100 kg
Weight	265 kg



Leg Press – GS 017

Size	1105*2045*1535mm
Weight Stack	100 kg
Weight	291 kg



Multi Hip – GS 018

Size	1085*1055*1580mm
Weight Stack	100 kg
Weight	241 kg



Standing Leg Extension

- GS 019

Size	1005*1355*1535mm
Weight Stack	100 kg
Weight	229 kg



Calf Extension - GS 020

Size	1075*1615*1535mm
Weight Stack	100 kg
Weight	250 kg



Inner Thigh Adductor - GS 021

Size	1085*1055*1580mm
Weight Stack	100 kg
Weight	241 kg



Pec Fly Rear Delt – GS 022

Size	1505*1215*2000mm
Weight Stack	100 kg
Weight	242 kg



Multi Press – GS 023

Size	1950*1460*1535mm
Weight Stack	100 kg
Weight	240 kg



High Pulley Row – GS 024

Size	1900*1520*2230mm
Weight Stack	100 kg
Weight	255 kg



Biceps Triceps
- GS 025

Size	1250*1250*1535mm
Weight Stack	100 kg
Weight	235 kg



**Abdominal Isolator/
Hyper** - GS 026

Size	1250*1250*1535mm
Weight Stack	100 kg
Weight	240 kg



Leg Curl Extension
- GS 027

Size	1400*1200*1535mm
Weight Stack	100 kg
Weight	250 kg



Abductor/Adductor
- GS 028

Size	1600*1000*1535mm
Weight Stack	100 kg
Weight	240 kg



PHANTOM SERIES



Seated Chest Press – PS 001

Size	1197*1436*1617mm
Weight Stack	100 kg
Weight	197 kg



Shoulder Press – PS 003

Size	1344*1455*1617mm
Weight Stack	100 kg
Weight	186 kg



Seated Row – PS 04

Size	1343*1300*1617mm
Weight Stack	100 kg
Weight	195 kg



Biceps Curl – PS 006

Size	1344*1253*1617mm
Weight Stack	100 kg
Weight	200 kg



High Pully – PS 012

Size	1258*1482*2241mm
Weight Stack	100 kg
Weight	206 kg



Upper Limbs – PS 008

Size	1650*978*1580mm
Weight Stack	100 kg
Weight	215 kg



Horizontal Leg Curl – PS 013A

Size	1657*1215*1617mm
Weight Stack	100 kg
Weight	218 kg



Leg Extension – PS 014

Size	1441*1335*1617mm
Weight Stack	100 kg
Weight	214 kg



Multi Press – PS 0103

Size	1542*1336*1617mm
Weight Stack	100 kg
Weight	206 kg



Pec/Dec Fly – PS 002A

Size	1688*1065*1994mm
Weight Stack	100 kg
Weight	212 kg



Biceps & Triceps – PS 0607

Size	1344*1253*1617mm
Weight Stack	100 kg
Weight	200 kg



High & Low Row – PS 1212A

Size	1860*1220*1930mm
Weight Stack	100 kg
Weight	255 kg



Prone Leg Curl & Extension – PS 1314A

Size	1385*1336*1617mm
Weight Stack	100 kg
Weight	262 kg



Leg Curl & Leg Extension – PS 1314

Size	1344*1253*1617mm
Weight Stack	100 kg
Weight	200 kg



Adductor & Abductor – PS 1819

Size	1860*1220*1930mm
Weight Stack	100 kg
Weight	255 kg



FORCE SERIES



Shoulder Press – FS E6726

Size	1563*1330*1580mm
Weight Stack	100 kg
Weight	210 kg



Chest Press – FS E6720

Size	1650*1100*1510mm
Weight Stack	100 kg
Weight	223 kg



Seated Leg Curl & Ext. – FS 6758

Size	1600*1076*1580mm
Weight Stack	100 kg
Weight	239 kg



Biceps Curl – FS E6725

Size	1253*1390*1580mm
Weight Stack	100 kg
Weight	244 kg



Leg Extension – FS E6727

Size	1650*1100*1510mm
Weight Stack	100 kg
Weight	223 kg



Prone Leg Curl – FS E6737

Size	1650*978*1580mm
Weight Stack	100 kg
Weight	215 kg



Lat Pulldown – FS E6704

Size	1260*1200*2120mm
Weight Stack	100 kg
Weight	207 kg



Pulley Low Row – FS E6706

Size	1640*1065*1580mm
Weight Stack	100 kg
Weight	212 kg



Adductor/Abductor – FS E6761

Size	1694*625*1580mm
Weight Stack	100 kg
Weight	204 kg



Dip Chin – FS E6723

Size	1530*1190*2250mm
Weight Stack	100 kg
Weight	299 kg



**Biceps/Triceps Curl
– FS E6760**

Size	1250*1072*1580mm
Weight Stack	100 kg
Weight	214 kg



**Leg Ext/Prone Leg
Curl – FS E6764**

Size	1710*1008*158
Weight Stack	100 kg
Weight	234 kg



**Low Row/Lat Pull
Down – FS E6759**

Size	2086*1220*2200mm
Weight Stack	100 kg
Weight	252 kg



Multi Press– FS E6763

Size	1927*1347*1580mm
Weight Stack	100 kg
Weight	279 kg



**Pearl Delt/Pec Fly
– FS E6738**

Size	1250*1300*2022mm
Weight Stack	100 kg
Weight	229 kg

A man with a beard, wearing a black tank top, grey shorts, white socks, and bright green sneakers, is using a cable machine in a gym. He is pulling a handle attached to a cable that runs over a pulley system. The gym is filled with various pieces of equipment, including other cable machines and a rack of weights. The lighting is dramatic, with strong highlights and deep shadows.

LACROSSE
FITNESS

GYM EQUIPMENTS

**SMITH MACHINE,
FUNCTIONAL TRAINER
& RACK**



Power Rack - RS022



Squat Rack - RS 014



Half Rack with Deadlift Platform - HR 01



Smith Machine - E3063



Smith Machine - GS034



Power Rack+Smith
- RS015



Smith+Power Rack
- AS029



Smith Machine with Rack
- JN2063B3

Functional Trainers

Weight Stack : 100 Kg Each Side



RS016



PS005



GS033



Robo Cross - ZH80



Cable Cross Over - RS018



Cable Cross Over - GS035



**Functional Trainer +
Smith - LA 6890A**

Weight Stack 100 Kg Each Side



**Functional Trainer +
Smith + Rack - LA SFP01**

Weight Stack 100 Kg Each Side



**Functional Trainer +
Smith + Rack - RS012**

Weight Stack 100 Kg Each Side



LEG PRESS & HACK SQUAT



Leg Press – FW008



Leg Press – AMVIO



Leg Press – SS21



Leg Press/Hack Squat – PS22B



Hack Squat – E3057



Vertical Leg Press – AMV24



Lateral Leg Press – AMV04

PLAT LOAD SERIES





Chest Press – FW 001

Size	1268*1953*1674mm
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Incline Chest Press – FW 002

Size	1357*2074*1851mm
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Shoulder Press – FW 003

Size	1558*1532*1510mm
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Low Row - FW 004

Size 1317*1390*1695mm



Row Machine - FW 006

Size 1571*1387*1322mm



Wide Chest Press - FW 005

Size 2019*1345*1797mm



Pull Down - FW 007

Size 1937*1321*1846mm



**ISO-LATERAL BENCH
PRESS - AMV01**

Size 1610*1480*2000mm



**ISO-LATERAL SUPER INCLINE
PRESS - AMV02**

Size 1550*1250*1700mm



**ISO-LATERAL KNEELING
LEG CURL - AMV03**

Size 1920*1120*1460mm



SEATED BICEPS - AMV05

Size 1250*1500*1370mm



LATERAL RAISE - AMV06

Size 1450*1280*1350mm



ISO-LATERAL LOW ROW - AMV07

Size 1430*1280*1700mm



ISO-LATERAL DECLINE CHEST PRESS - AMV08

Size 1780*1320*1760mm



V- SQUAT - AMV12

Size 1610*1480*2000mm



PLATE-LOADED ISO-LATERAL ROW - AMV14

Size 1530*1560*1350mm



ABDOMINAL OBLIQUE CRUNCH - AMV15

Size 1700*1200*1580mm



ISO-LATERAL FRONT LAT PULLDOWN - AMV16

Size 1780*1600*2020mm



SHOULDER PRESS - AMV17

Size 1505*1005*1530mm



ISO FLAT PRESS - AMV18

Size 1481*1244*1461mm



PULLOVER - AMV20

Size 1930*1700*1500mm



INCLINE PEC FLY - AMV22

Size 1615*1464*1318mm



SEATED LEG EXTENSION - AMV23

Size 1845*1300*1057mm



VERTICAL LEG PRESS - AMV24

Size 1575*1850*2010mm



ISO LATERAL LEG EXTENSION - AMV25

Size 1518*1462*1488mm



SEATED TRICEP PRESS - AMV26

Size 1700*1650*1047mm



LAT PULLDOWN - AMV27

Size 1800*1300*2000mm



CHEST PRESS & LAT PULLDOWN - AMV28

Size 2050*1780*2010mm



ISO-LATERAL BACK EXTENSION - AMV29

Size 2100*2050*1170mm



SITTING OUTER THIGH ABDUCTOR - V-31

Size 1500*1400*1300mm



ISO-LATERAL WILD CHEST - V-32

Size 2230*1140*1760mm



ISO-LATERAL FRONT LAT PULLDOWN - V-33

Size 1640*1230*2070mm



ISO-LATERAL DECLINE PRESS - V-35

Size 1900*1345*1700mm



BELT SQUAT - V-36

Size 1080*1100*1805mm



ISO-LATERAL STANDING PEC FLY - V-37

Size 1200*1260*1550mm



ISO-LATERAL STANDING LATERAL RAISE - V-37A

Size 1200*1120*1350mm



ISO-LATERAL CROSS LAT PULLDOWN - V-38

Size 1550*1300*1850mm



HIP THRUST - V-39

Size 1950*1750*900mm



T DEAD LIFT PRESS - V-41

Size 1910*910*1180mm



PENDULUM LEG PRESS - V-42

Size 1850*900*1450mm



BENCHES



Olympic Flat Bench - DB 01



Olympic Incline Bench - DB 02



Olympic Decline Bench - DB 03



Seated Calf Raise - DB 04

DELTA BENCHES



Hyper Extension - DB 05



Adjustable Web Board - DB 06



Adjustable Bench - DB 07



Flat Bench - DB 08



Stool - DB 09



Preacher Bench - DB 10



Olympic Flat Bench - AB 01



Olympic Incline Bench - AB 02



Olympic Decline Bench - AB 03



Adjustable Bench - AB 04



Adjustable Bench - AB 05



Stool - AB 06



Flat Bench - AB 07



AB Board - AB 08



Hyper Extension - AB 09



Preacher Bench - AB 10



Parallel Bar + Chin Up - AB 11



Seated Calf Raise - AB 12



Olympic Flat Bench - SB 01



Olympic Incline Bench - SB 02



Olympic Decline Bench - SB 03



Olympic Multi Bench - SB 04



Preacher Bench - SB 05



Seated Calf Raise - SB 06



Vertical Knee Raise - SB 07



Hyper Extension - SB 08



Stool - SB 09



Flat Bench - SB 10



AB Board - SB 11



Ladder AB Board - SB 12



Adjustable Bench - SB 13



Adjustable Bench - SB 14



Adjustable Bench - SB 15

LACROSSE
FITNESS

GYM EQUIPMENTS

RACKS



Curling Stand - CS 01



Curling Stand - CS 02



Wall Rod Stand - RP 01



Rod Stand - RP 02



Fixed Barbell Rack - RP 04



Fixed Barbell Rack - RP 05



Bumper Plate Rack - RP 06



Plate Tree Rack - RP 07



Dumbbell Rack 2 Tier - DR 01



Dumbbell Rack 2 Tier - DR 02



Dumbbell Rack 3 Tier - DR 03

MULTI STATION





Multi Functional Trainer – LAMS 1

Product Size	1470*1960*2230mm
Net Weight	360kg
Weight Stack	100Kgs Each Side



4 Station Gym - LA 44

Functions			
Cable Machine	Seated Rowing	Buttocks Exercises	AB Crunch
Punching Bag	Lat Pulldown (Front & Back)	Chest Press	Triceps Press Down
Chin-up	Lower Pull	Biceps Preacher Curl	One-Arm Lateral Raise
Squat	Butterfly	Leg Extension	Shoulder Raise
Neck Training Ropes	Kicking	Standing Leg Curl	Low Row

Product Size	182*117*207cm
N.W. / G.W	193 KGs / 222 KGs
Weight Stack	72 KGs



5 Station Gym - LA 55

Functions			
Cable Machine	Seated Rowing	Buttocks Exercises	AB Crunch
Punching Bag	Lat Pulldown (Front & Back)	Chest Press	Triceps Press Down
Chin-up	Lower Pull	Biceps Preacher Curl	One-Arm Lateral Raise
Squat	Butterfly	Leg Extension	Shoulder Raise
Neck Training Ropes	Kicking	Standing Leg Curl	Low Row

Product Size	302*218*210cm
N.W. / G.W	336 KGs / 357 KGs
Weight Stack	144 KGs



LACROSSE
FITNESS

GYM EQUIPMENTS

OTHER PRODUCTS



T-Bar Holder - OP 01



T-Bar Row with Chest Support - OP 02



T-Bar Row with Platform - OP 03



Wrist Curl - OP 04



Double Twist - OP 05



Sissy Squat - OP 06



Gym Fan - OP 07



Flip Tyre 180 - OP 08



Deadlift Platform - OP 09



Sledge - OP 10



Tank Sled - UTS62



Glute Ham Developer - GHD45



Super Squat - LA SS53



Super Squat - LA 1665



Hip Thrust with Belt - LA HT428



Dual Lateral Raise - LA LR82



Standing Hip Abductor - SHA89



Versa Chest Press - VCP22



Standing Multi Flight - SMF78



Rectus Abdominis Trainer - PS45



Arm Wrestling Table - OP 11



Soccer Table - OP 12



3 in 1 Multi Functional Table - OP 13



**FUNCTIONS - TT TABLE,
AIR HOCKEY, POOL TABLE**

LACROSSE
FITNESS

GYM EQUIPMENTS

CROSSFIT



Color Available

- Black & Yellow
- Black & Red
- White & Green, etc.

NB CROSSFIT

Functions			
Parallel Bar Side	Handle Bars	Punching Bag	Plate Rack
Chin up Bar Flag	Handle Bar	T- Bar Holder	Accessories 2 layer Rack
Monkey Ladder	Squat Rack	Jumping Set	Battle Rope



LACROSSE
FITNESS

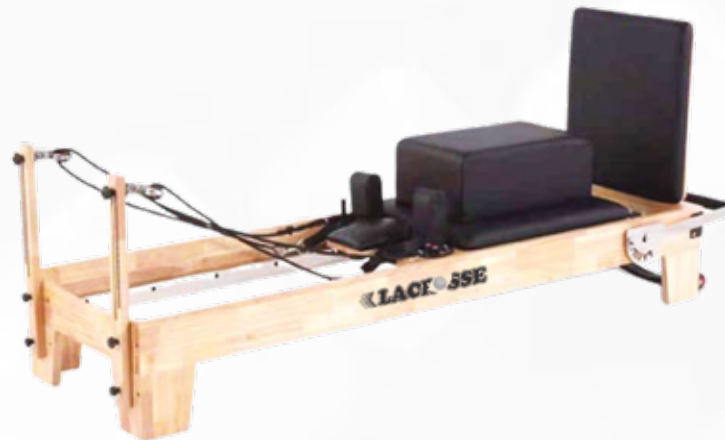
GYM EQUIPMENTS

PILATES



Cadillac

Wood	Maple
Thickness	3.5mm
Dimensions	2440*850*410



Pilate Reformer

Wood	Maple
Thickness	3.5mm
Dimensions	2540*780*395



Reformer with Tower

Wood	Maple
Thickness	3.5mm
Dimensions	2540*780*395



Corrector

Wood	Maple
Thickness	3.5mm
Dimensions	820*530*330



Pilates Chair

Wood	Maple
Thickness	3.5mm
Dimensions	900*660*645



Ladder Barrel

Wood	Maple
Thickness	3.5mm
Dimensions	1150*720*1020

FREE WEIGHTS





Hexagon Dumbbells – DB 01

SIZES (KG)						
2.5	7.5	12.5	17.5	22.5	27.5	35
5	10	15	20	25	30	40



Vinyl Dumbbells – DB 05

SIZES (KG)				
1	2	3	4	5



LA Dumbbells – DB 03

SIZES (KG)							
2.5	7.5	12.5	17.5	22.5	27.5	35	45
5	10	15	20	25	30	40	50

LACROSSE
FITNESS

GYM EQUIPMENTS

PLATES



SIZES (KG)
2.5
5
7.5
10
15
20
25

NB PLATE - WP 03



SIZES (KG)
2.5
5
7.5
10
15
20
25

FINGER PLATE - WP 06



SIZES (KG)
2.5
5
7.5
10
15
20
25

VINYL DUMBBELLS - WP 07



SIZES (KG)
5
10
15
20
25

BUMPER PLATE - WP 08



CAST IRON KETTLE BELL - KB 01



SIZES (KG)
7.5
10
12.5
15
20
25

Straight & EZ Fixed Barbell

Finish	Chrome
Knurling	Medium
Material	Cold-Rolled Steel

LACROSSE
FITNESS

GYM EQUIPMENTS

BARBELLS



THE MILITRY BAR



THE LION BAR



THE SCARLET BAR



THE AQUARIUS BAR

28x 2200mm 20kg
Knurl Mark: Dual Knurl Mark
Coating: camouflage and black zinc
8 High Quality Needle Bearing + Bronze Bushing
Max Loading: 1500lb-1800lb
Tensile Strength: 205k-215k psi
Sleeve with grooves



Olympic Bar With Brass Bush

Size	Straight: 3ft, 4ft, 5ft, 6ft, 7ft Zigzag: 3ft, 4ft
Premium Quality Nickel Coating.	
28mm Shaft Diameter.	
Brass Bush For Fluid Movement.	

20kg Olympic Bar

Size	7ft
Color	Black, Red, Nickel Coated
Weight	20kg
30mm Shaft Diameter.	
Brass Bush For Fluid Movement.	

The Gold Bar

Size	28×2200mm
Weight	20kg
Knurl Mark	Dual Knurl Mark
Coating	Golden
Max Loading	1500lb-1800lb
Tensile Strength	205k-215k psi
8 High Quality Needle Bearing +Bronze Bushing	



MAG Handle Set

SET INCLUDES
Wide Neutral Grip
Medium Neutral Grip
Short Neutral Grip
Close Supine Grip
Close Pronate Grip



Steel Clip 28mm



Steel Clip 50mm



Bar Collar



Soft Handle



Olympic Shrugs Bar



Lat Bar



Olympic Triceps Bar



Revolving Multi Bar



Revolving Lat Bar



Press Down Bar



Stirrup Handle



Double D Handle



Revolving Pro Lat Bar



Full Extension Bar



Cable Bar



Single Rope



Nylon Rope



GYM BALL

SIZES (CM)				
55	65	75	85	95



MEDICINE BALL

SIZES (KG)				
1	2	3	4	5
6	7	8	9	10



BOSU BALL



SLAM BALL

SIZES (KG)					
2	4	6	8	10	12



Stepper 1

Dimensions	68×28×10/15cm
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Stepper 2

Dimensions	75.5×28×11cm
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Stepper 3

Dimensions	107×40×20cm
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Soft Pylo Box Set



Multi Wooden Pylo Box



Trampoline



Punching Bag



Strength Bag



Coacher Pad



Punching Gloves



Standing Punching Bag



Bulgarian Bag



Speed Ball with Stand

SIZES (M)
9
12
15



BATTLE ROPE



ADJUSTABLE DUMBBELL

Adjustments: 2.5kg - 24kgs



ROPE RESISTANCE BAND



AB ROLLER



CLIMBING ROPE



LA SPEED ROPE



SUSPENSION TRAINER



LA WIDE AB ROLLER



SQUAT ROLLER PAD

Size: 440mm



ABDOMINAL WHEEL WITH ELBOW SUPPORT



ROPE PULLING MACHINE



LA RAPID



SQUAT ROLLER PAD PRO

Camouflage Design Size: 440mm

Color: Pink, Blue & more



GYMNASTIC RINGS

GYM EQUIPMENTS

SIZES (IN)

8
9
12
15



PLASTIC CONE



SLEDGE HAMMER



AB STRAPS



GYM GLOVES

SIZES (IN)

8
9
12
15
18



AGILITY HURDLE



ANKLE WEIGHT

SIZES (KG)

0.5
1
1.5
2



FOLDING YOGA MATT



EVA YOGA MATT



YOGA MASSAGE ROLLER



KNEE WRAP

SIZES (M)

4
8



AGILITY LADDER



ARM BLASTER



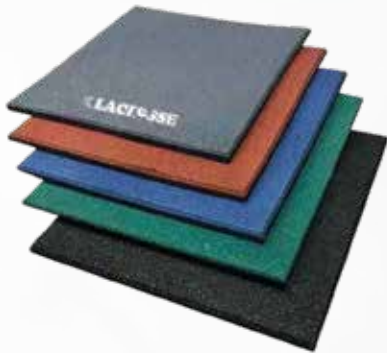
GYM BELT

SIZES

S
M
L
XL



WEIGHT LIFTING BELT



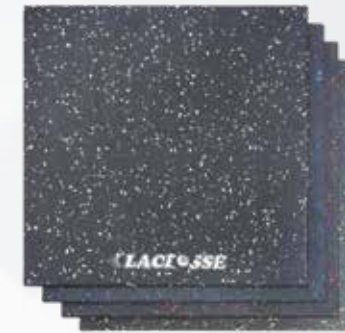
Square Tiles

Size	20inch x 20inch
Color	Black, Grey, Terracotta, Blue, etc.
Thickness	10mm, 15mm, 20mm, 25mm, etc.



Hexagonal Tiles

Color	Plain Colors [Black/Grey/Terracotta/Blue], Multi Color textures on Black, etc.
Thickness	15mm, 20mm, etc.



EPDM Square Tiles

Size	20inch x 20inch
Color	Black Base with Colored Texture [Blue, Red, Yellow, White, Multicolor, etc.]
Thickness	10mm, 15mm, 20mm, 25mm, etc.



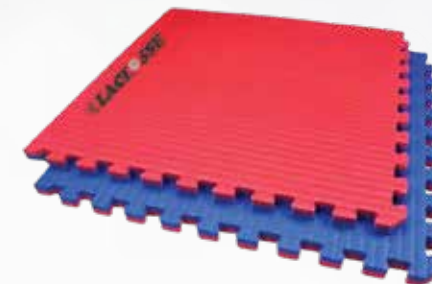
Gym Roll

Thickness	6mm, 8mm, 12mm.
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Interlock Tiles

Size	20inch x 20inch
Color	Plain Colors [Black/Grey/Terracotta/Blue] Multi Color textures on Black, etc.
Thickness	15mm, 20mm, etc.



EVA Interlocking Mats

Size	1x1 meter
Color	Black & Grey, Blue & Red, etc.
Thickness	25mm, 30mm, etc.

LACROSSE

FITNESS

GYM EQUIPMENTS



KH NO. 1/17 ON G.T KARNAL ROAD,
NEAR BATRA PETROL PUMP SINGHU BORDER ,
NARELA DELHI-110040



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