

## **EQUIPMENTS FOR GYMNASIUM (RUSA 2.0)**

1. Treadmill
2. Fitness Cycle
3. Elliptical Cross Trainer
4. AB Fitness Machine
5. Slimming Equipment
6. Gym. Machine (Pull up)
7. Bench Press Machine
8. Hack Squat
9. Dumbbell
10. Weight lifting items(Bar Ball)
11. Fitness ball
12. Dip station
13. Lat pull down machine
14. Pull up Bar
15. Hand grip exerciser

### **General sports item**

1. Basket ball stand with fittings
2. T.T. Table set
3. Football & net with stand post
4. Volly Ball & net with stand post.