

A red and beige outdoor exercise machine is positioned on a lush green golf course. The machine features a central red vertical post with two beige seats and two sets of arms extending outwards. The background shows a well-maintained golf course with trees and a building in the distance under a clear blue sky. A large green curved graphic is in the top left corner.

**BODY LINE**

Inspiring Fitness



# COMPANY PROFILE

A journey which began three decades ago as a sports wholesale business, has led us to become the largest distributor in the Indian Fitness industry. Today we import sports and fitness equipment that are highest in number and widest in terms of range. Our imports belong to the brands from USA, UK, China, Taiwan, Korea and many other countries. Our products are all designed in the USA and are also CE and TUV certified.

Over the years, we have grown the competence of delivering projects within challenging time frames. A gym-in-the-office, luxury fitness centre at a high-end club or customized play area in apartments-Team Bodyline will provide you with the best and most cost-effective solutions.

# WIDEST RANGE

Bodyline has a chain of retail outlets and a full-fledged dealer network across Eastern India. Bodyline outlets showcase a wide range of products for cardio and strength training, yoga and pilates, kick boxing, steam and sauna, billiard, snooker and pool tables, branded sports products and world class nutritional food supplements and lots more.

# SERVICE & MANAGEMENT

We manage our clients' equipment with our team of certified fitness experts and qualified service engineers, who provide genuine management tips and assist in getting genuine spare parts. We aim to be the No.1 service provider in our country.





## PULL DOWN CHALLENGER

### FUNCTION

Enhance the muscles strength of upper limbs, chest and the back.

### INSTRUCTIONS

Sit on the seat planed with facing inward or outward, hold the pull down the handles, hold a moment and the return slowly to original position. Repeat the cycle.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:- 2110\*X890\*2085\*mm

## POWER PUSH

### FUNCTION

Enhance the muscles strength of upper limbs and the back.

### INSTRUCTIONS

Sit on the sit plank, hold and push the handle, hold a moment and the return slowly to original position. Repeat the cycle.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:-1830\*X735\*X2060\*





## LEG PRESS

### FUNCTION

Train waist, abdomen joints and lower body, enhance their flexibility, leg power and cardiopulmonary function.

### INSTRUCTIONS

Sit on the seat plank tread onto the footboards and stretch the legs, hold a moment at the max stretch then release the stretch slowly. Repeat the actions.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:-2185\*X460\*X1700\*mm



## MINI-SKI

### FUNCTION

Activate and strengthen the waist joints, enhance the cardiopulmonary function.

### INSTRUCTIONS

Step on the footboard, hold the two handles, utilized the strength of waist to move the legs like a pendulum.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:- 915\*X1165\*X1345\*mm





## DUAL SKY STEPPER

### FUNCTION

Activate upper and lower limbs and waist joints; strengthen the flexibility of the muscles group and the cardiopulmonary function.

### INSTRUCTIONS

Hold the two handles and step on the two footboards, push and pull the handles repeatedly with the feet simulating sliding.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:- 1545\*X660\*X1700\*mm  
47,300.00  
SIZE:- 1545\*X660\*X1700\*mm

## HEALTH WALKER

### FUNCTION

Hip and ankle joints, strengthen the flexibility of muscles group and enhance the cardiopulmonary function.

### INSTRUCTIONS

Holds the handle with hands, step on the two footboards, move two legs back and forth simultaneously and continuously.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-212mm.,  
Thickness-10mm.  
Powder coating  
SIZE :- 1300\*X610\*X1350\*mm





## PUSH HANDS

### FUNCTION

Train the wrists, elbows and shoulders joints; strengthen flexibility of the muscles group and the cardiopulmonary function.

### INSTRUCTIONS

Hold the handle with both hand and turn the two wheels in the same or different directions simultaneously.

### SPECIFICATIONS

Main pipe Dia-127mm.,

Thickness-3mm

Base plate Dia-200mm.,

Thickness-10mm.

Powder coating

SIZE:-1420\*X1140\*X1780\*mm



## ROWER

### FUNCTION

Enhance the muscles strength of upper & lower limbs, chest and abdomen.

### INSTRUCTIONS

Sit steadily on seat plank tread on footrest, and pull the handles like rowing about .

### SPECIFICATIONS

Main pipe Dia-127mm.,

Thickness-3mm

Base plate Dia-200mm.,

Thickness-10mm.

Powder coating

SIZE:-1475\*X860\*X1065\*mm





## BIG TURNING WHEEL

### FUNCTION

Train wrist, elbows shoulders, and waist, and enhance their flexibility and the cardiopulmonary function.

### INSTRUCTIONS

Use one hand to grasp and one handle of the wheels and turn the wheels clockwise or anti clockwise then change hand and repeat the movement. Or grasp the handle of a wheels at the same time and turn the body continuously.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:-875\*X635\*X1740\*mm

## TRIPLE TWISTER

### FUNCTION

Train waist joints and enhances their flexibility and the cardiopulmonary function.

### INSTRUCTIONS

Hold the handrail with both hands (distance between hands same as distance between shoulders) and stand on turn-disc, lean upper body forward slightly and twist the lower body clockwise and anticlockwise.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:-1775\*X1775\*X1475\*mm





## SIT-UP BENCH

BG 1110

### FUNCTION

Strengthen the abdominal muscles.

### INSTRUCTIONS

Lie down on the camber and hook the feet at the rung put the hands behind the head. Use abdominal muscles to sit up and return to original position. Repeat the movement.

### SPECIFICATIONS

Main pipe Dia-127mm.,

Thickness-3mm

Base plate Dia-200mm.,

Thickness-10mm.

Powder coating

SIZE:- 1600\*X1065\*X580\*mm



## HORSE RIDER

### FUNCTION

Active body joints and strength the flexibility of the muscles group and the cardiopulmonary function.

### INSTRUCTIONS

Sit and holds the two handles, put the feet onto footboards, utilized own weight to pull and stretch on legs and then return to sit position repeat the cycle.

### SPECIFICATIONS

Main pipe Dia-127mm.,

Thickness-3mm

Base plate Dia-200mm.,

Thickness-10mm.

Powder coating

SIZE:-1090\*X560\*X1065\*mm





## CROSS TRAINER

### FUNCTION

Activate upper and lower limbs and waist joints, strengthen the flexibility of the muscles group and the cardiopulmonary function.

### INSTRUCTIONS

Hold the two handles and step on the two footboards, push and pull the handles repeatedly with the feet simulating sliding.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:-1370\*X660\*X1755\*mm

## PARALLEL BARS

### FUNCTION

Enhance the muscles strength of upper limbs, shoulders, chest and the back.

### INSTRUCTIONS

With both hands grip tightly on the horizontal bar, lift the body up and down.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:- 1780\*X710\*X1470\*mm





## STEPPER WITH TWISTER

### FUNCTION

Stepper: The stepper provides an effective cardiovascular exercise. It helps to strengthen muscles of calves and thighs, and to improve coordination and Flexibility of joints.

Waist Twister: This apparatus is beneficial to the muscle groups of waist And back while rotating

### INSTRUCTIONS

Stepper: Hold the handle with both hands while standing on the pedals, Then step up and down repeatedly. Waist Twister: Hold the black handles with both hands while keeping your feet steadily on the rotating disc. Then, move your waist from left to right and right to left repeatedly.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE:-1140\*X865\*X1575\*mm



## DIPS/CHIN UP/PULL UP

### FUNCTION

Enhance the muscle power and function of the upper limbs (biceps and triceps), back muscle, and pectoral muscle.

### INSTRUCTIONS

Chin/pullup: Using the top rod, hold the handle rails with both hands and pull your body up using the back and bicep muscle, head close to the handle bar to perform one rep. Use closer grip for biceps and wider grips for back.

Dip: To work the chest and tricep muscles, use the lower handle rails and hang vertically while holding the bars from sides and palms facing down. Stay in the same position and lower your body till the shoulder level and push yourself up using the chest and the tricep muscle. Lean forward to put emphasis on the chest.

Stay upright to put emphasis on the tricep.Repeat 8-10 times for 3 sets.





## CYCLE



### FUNCTION

Enhance cardiovascular health and motion of the legs.

### INSTRUCTIONS

Sit upright on the chair and hold the handle bars in front. Using your legs, spin the pedals provided for a cardio movement.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE: :1143\*X553\*X1295\* mm

## PULL UP

### FUNCTION

Enhance the muscle strength of upper limbs and the back.

### INSTRUCTIONS

Grasp the handrails, lift up body and return to original position slowly. Repeat the movement.

### SPECIFICATIONS

Main pipe Dia-127mm.,  
Thickness-3mm  
Base plate Dia-200mm.,  
Thickness-10mm.  
Powder coating  
SIZE: : 609 \*X 1397 \*X 2222\*mm





## K CHAIR

### FUNCTION

Leg extension/ leg curl

### INSTRUCTIONS

Work muscles in the legs (quadriceps and hamstring)

### SPECIFICATIONS

Extension: To perform leg extensions, sit upright on the chair and hold the side rails. Fix both the foot under the foot rails provided in the front. Lift the foot rails and extend till the leg is parallel to the ground.

Curl: To perform a hamstring curl, stand in between the chair and the foot rail facing the chair. Hold the handle rail. Now using the backside of the ankle, lift the foot pedal, one leg at a time. Repeat 8-10 times for 3 sets.

### SPECIFICATIONS

Main pipe Dia-127mm.,

Thickness-3mm

Base plate Dia-200mm.,

Thickness-10mm.

Powder coating

SIZE: : 736\*X838\*X1168\*mm



**OUTDOOR FOUNDATION SET**



**MULTI FUNCTION OUTDOOR FITNESS EQUIPMENT**

