

**TAGORE DENTAL COLLEGE AND HOSPITAL**

**LIST OF EQUIPMENT'S AVAILABLE IN COLLEGE GYMNASIUM**

<b>SL.NO.</b>	<b>NAME OF THE EQUIPMENT</b>		<b>NUMBER</b>
1	Elliptical fitness cross trainer - EFX Machine - Dual trainer with seat (inclu. Cycling)		1 No.
2	Dumbbells	2 Kg.	1 pair
		3 Kg.	1 pair
		7.5 Kg.	1 pair
		10 Kg.	1 pair
3	Assembled Dumbbell	16 Kg.	2 No.
4	Barbell rod		1 No.
5	Burbell rod curl		1 No.
6	Burbell rod straight		1 No.
7	Weight plates	5 Kg.	1 pair
		7.5 Kg.	1 pair
		10 Kg.	1 pair
8	Stretch band		1No.
9	Pushup band		1 pair

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**LIST OF EQUIPMENT'S AVAILABLE IN BOYS HOSTEL GYMNASIUM**

<b>SL.NO.</b>	<b>NAME OF THE EQUIPMENT</b>		<b>NUMBER</b>
1	<b>5 STATION MULTI - GYM ASSEMBLED MACHINE</b>	Bench press machine	1 No.
		Lat pull Machine	1 No.
		Biceps machine	1 No.
		Ab machine	1 No.
		Butterfly machine	1 No.
2	Weight plates	4 Kg.	1 pair
		5 Kg.	1 pair
3	Barbell Shoulder rod		1 No.
4	Barbell Biceps rod		1 No.
5	Dumbbells	2.5 Kg.	1 pair
		5 Kg.	1 pair