GYMVAULT

SETUP CATALOGUE
COMPLETE GYM PACKAGE


MAIN TRAINING FLOOR



AVON SMITH MACHINE


HACK SQUAT

27 ITEMS · 10+ CARDIO · ONE PRICE

Complete Gym Equipment Setup

A full training floor in one package: selectorised and plate-loaded machines, an AVON Smith machine, a BODY SHAPE cable station and benches, all refurbished by GYMVAULT, plus an all-new dumbbell setup of up to 400 kg and 10+ almost-new cardio machines.

◆ REWIRED · REPAINTED · CHROME FACTORY FINISH

COMPLETE PACKAGE

₹35 Lakh

₹35,00,000

Everything in this catalogue, as one package.

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01

SETUP OVERVIEW

Every training zone, in one package

27 strength and free-weight items, including an all-new dumbbell setup, plus 10+ almost-new cardio machines. GYMVAULT refurbishes the existing equipment before handover. Photos are from the walkthrough of this gym, before refurbishment.

3 LEGS · **3** CHEST & SHOULDERS · **4** BACK & ARMS · **4** CABLE, SMITH & BENCHES · **4** MORE BENCHES · **4** MORE STATIONS · **5** FREE WEIGHTS & STORAGE · **10+** CARDIO MACHINES



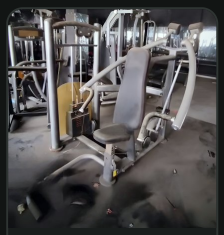
01 Hack Squat



02 Leg Extension



03 Leg Extension



04 Chest Press



05 Pec Fly



06 Plate-Loaded Press



07 Lat Pulldown



08 Lat Pulldown



09 Seated Row



10 Arm Curl



11 Dual cable station



12 Smith Machine



13 Adjustable Bench



14 Decline / ab bench



15 Olympic incline bench



16 Olympic flat bench



17 Cream bench set (4)



18 Padded bench station



19 Seated lever machine



20 Twin-roller station



21 Red-frame lever station



22 Red-frame stations (2)

400 kg

23 New dumbbells, 400 kg



24 Fixed Barbells



25 Weight plates



26 Plate Tree



27 A-frame rack

10+

\+ Cardio machines

REWIRED
REPAINTED
CHROME FACTORY

✓ Refurbished

COMPLETE PACKAGE

₹35 Lakh

₹35,00,000

02

REFURBISHED BY GYMVAULT

Delivered with a mint finish

Every machine in this catalogue is shown as photographed on site. Before handover, GYMVAULT refurbishes the equipment, adds 10+ cardio machines and supplies an all-new dumbbell setup, all within the same package price.



MAIN TRAINING FLOOR · PHOTOGRAPHED BEFORE REFURBISHMENT

01

Rewired, new cables

The wiring is redone and new cables are fitted.

02

Paint & polish

Frames are repainted and polished.

03

Chrome factory

Everything goes through a chrome factory for a mint look.

10+

Cardio machines

Treadmills and other cardio machines in almost-new condition, added within this budget.

AT LEAST 10 UNITS

400 kg

All-new dumbbell setup

A completely new dumbbell setup of up to 400 kg, supplied by GYMVAULT as part of the package.

COMPLETELY NEW

ALL INCLUDED IN

₹35 Lakh

₹35,00,000

Refurbishment, cardio and the new dumbbell setup are part of the package price.

03

LEGS

Build the lower body

A plate-loaded hack squat for heavy squatting and two selectorised leg extensions for quad isolation.



LEGS · PLATE-LOADED

Hack Squat

PLATE-LOADED · ANGLED SLED

Deep, guided squats with the back fully supported.

Lifters set their shoulders under padded supports and squat on a sled that runs along angled rails, so the load stays on the legs without a free bar to balance. The broad textured footplate leaves room to move the feet for quad- or glute-led sets.

TRAINS	Quadriceps, glutes, adductors, hamstrings
MOVES	Hack squat · narrow- and wide-stance squats

- Padded shoulder supports with grips
- Broad diamond-pattern footplate
- Plate-loaded sled on angled rails

BUYER VALUE

A heavy-leg anchor: members can push hard on the squat pattern on a fixed path.



LEGS · SELECTORISED

Leg Extension

SELECTORISED · PIN-SELECT STACK

Quad isolation, loaded with a pin.

A padded seat and angled backrest hold the hips in place while the lower legs drive the lever up. Two roller pads ride on the lever arm, and the load is chosen with a pin in the stack, so changes between sets take seconds.

TRAINS	Quadriceps
MOVES	Seated leg extension · single-leg extension

- Two roller pads on the lever arm
- Pin-select weight stack
- Padded seat and angled backrest

BUYER VALUE

A staple of every leg day, from warm-up sets to high-rep finishers.



LEGS · SELECTORISED

Leg Extension

SELECTORISED · PIN-SELECT STACK

A second extension station, so leg days don't queue.

This second leg extension lets two members train quads at once or run supersets side by side. The shin roller has a yellow adjustment knob, and a large cam at the pivot transfers the load from the pin-select stack.

TRAINS	Quadriceps
MOVES	Leg extension · paused and tempo reps

- Shin roller with yellow adjustment knob
- Large cam at the pivot
- Yellow exercise placard on the head frame

BUYER VALUE

Doubles quad-isolation capacity for busy hours and group sessions.

04

CHEST & SHOULDERS

Press, fly and push heavy

A selectorised chest press and pec fly, plus a plate-loaded press with independent arms.



CHEST · SELECTORISED

Chest Press

SELECTORISED · PIN-SELECT STACK

Seated pressing on long, curved arms.

Long press arms curve in front of a tall backrest, giving a guided horizontal press for the chest, shoulders and triceps. The seat height sets on its column, so users of different heights can line the handles up with mid-chest.

TRAINS	Chest, front shoulders, triceps
MOVES	Seated chest press

- Curved press arms with grips
- Height-adjustable seat
- Pin-select stack with rounded guard panel

BUYER VALUE

The pressing station most members look for first: easy for beginners and steady for regulars.



CHEST · SELECTORISED

Pec Fly

SELECTORISED · OVERHEAD PIVOTS

Chest fly on arms that pivot overhead.

Twin arms hang from overhead pivots with upright handles, so the fly is performed seated against a tall back pad. Round plates at the pivots set where each arm starts, matching the stretch to the lifter.

TRAINS	Chest, front shoulders
MOVES	Seated pec fly

- Twin pivoting arms with upright handles
- Start-position plates at each pivot
- Tall back pad and seat

BUYER VALUE

Adds isolation chest work alongside the press stations.



CHEST & SHOULDERS · PLATE-LOADED

Plate-Loaded Press

PLATE-LOADED · INDEPENDENT ARMS

Independent arms for heavy pressing.

Two red lever arms move separately, each with its own grip and plate horn, so lifters can press with both arms or work one side at a time. A wide seat and tall back pad brace the body for heavy sets.

TRAINS	Shoulders, chest, triceps
MOVES	Seated press · single-arm press

- Independent lever arms
- Plate horn on each arm
- Wide seat and tall back pad

BUYER VALUE

Plate loading sets no stack limit: the ceiling is the plates on the floor.

05

BACK & ARMS

Pull, row and curl

Two lat pulldowns, a chest-supported row and a dedicated arm curl cover every pulling pattern.

NO. 07



BACK · SELECTORISED

Lat Pulldown

SELECTORISED · HIGH PULLEY

Overhead pulling with the thighs locked down.

A curved boom carries the cable out over the seat, and padded rollers hold the thighs as the handle comes down to the chest. The pin-select stack makes load changes quick between sets.

TRAINS

Lats, upper back, biceps

MOVES

Wide- and close-grip pulldown

- Curved boom with twin pulleys
- Padded thigh rollers
- Pin-select weight stack

BUYER VALUE

The back-day essential, and one of two pulldowns in this package.

NO. 08



BACK · SELECTORISED

Lat Pulldown

SELECTORISED · HIGH PULLEY

Long-boom pulldown in a gold-tone frame.

A second pulldown pairs a tall gold-tone frame with an extended top boom and a long padded seat. Thigh rollers anchor the lifter, so heavier sets stay strict.

TRAINS

Lats, mid-back, biceps

MOVES

Lat pulldown · close-grip pulldown

- Extended top boom
- Long padded seat with thigh rollers
- Pin-select stack

BUYER VALUE

Spreads back-day traffic across the floor.

NO. 09



BACK · SELECTORISED

Seated Row

SELECTORISED · CHEST-SUPPORTED

Chest-supported rowing for the mid-back.

The lifter sits facing the stack with the chest against an upright pad and rows the handles back. Bracing the chest keeps the lower back out of the movement.

TRAINS

Mid-back, lats, rear shoulders, biceps

MOVES

Seated row

- Upright chest pad
- Padded seat
- Pin-select stack with guard panel

BUYER VALUE

Balances the pressing stations with a guided pull.

NO. 10



ARMS · SELECTORISED

Arm Curl

SELECTORISED · PIN-SELECT STACK

Strict biceps curls with the upper arms supported.

The upper arms rest on a padded support while the curl lever pivots at elbow height, keeping the work on the biceps rather than the lower back. A round adjustment plate with a pop-pin sits at the pivot.

TRAINS

Biceps, brachialis, forearms

MOVES

Seated arm curl

- Padded upper-arm support
- Pop-pin adjustment plate at the pivot
- Pin-select weight stack

BUYER VALUE

A guided curl that needs no bench, bar or spotter.

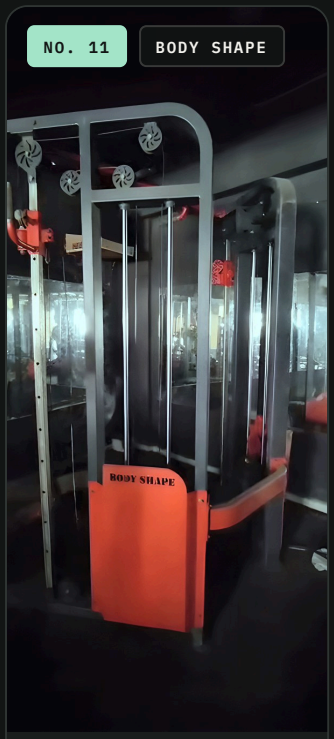
06

CABLE, SMITH & BENCHES

Versatile stations for the whole body

A BODY SHAPE dual cable station, an AVON Smith machine and two adjustable benches for free-weight work.

NO. 11 · BODY SHAPE



CABLE · FUNCTIONAL

Dual Cable Station

BODY SHAPE · ADJUSTABLE PULLEYS

Adjustable pulleys for cable work at any height.

Pulley carriages slide along drilled columns, so the cable can be set low, high or anywhere between. Crossovers, rows, curls, pushdowns and rotations all run from one footprint.

TRAINS

Chest, back, shoulders, arms, core

MOVES

Crossover · cable row · face pull · woodchop

- Height-adjustable pulley carriages
- Multi-pulley top frame
- Red stack guards marked BODY SHAPE

BUYER VALUE

One footprint, dozens of cable movements.

NO. 12 · AVON



RACKS · SMITH

Smith Machine

AVON · GUIDED BAR

A guided bar path inside a full red frame.

The Smith bar runs on guide rods inside an AVON frame, with notched uprights for setting heights and a multi-grip crossmember overhead. Squats, presses, lunges and pull-ups all happen in one station.

TRAINS

Legs, chest, shoulders, back

MOVES

Smith squat · press · lunge · pull-up

- Smith bar on guide rods
- Notched uprights
- Multi-grip pull-up crossmember

BUYER VALUE

A centrepiece frame that anchors the strength floor.

NO. 13



BENCHES

Adjustable Bench

LADDER ADJUSTER

Flat-to-incline on a ladder adjuster.

The back pad sets on a red notched ladder for flat and incline positions, and a separate seat pad keeps the hips planted at each angle. Pair it with the dumbbells for a full upper-body session.

TRAINS

Chest, shoulders, arms (with free weights)

MOVES

Dumbbell press · incline press · seated press

- Notched ladder back adjuster
- Separate seat pad

BUYER VALUE

Turns the dumbbell set into a complete upper-body programme.

NO. 14



BENCHES · CORE

Decline / Ab Bench

PULL-PIN ADJUSTER

Core and decline work with the legs locked in.

Four foam rollers hold the legs while the backrest angle sets with a pull-pin. Use it for decline sit-ups and crunches, or for decline presses with dumbbells.

TRAINS

Abdominals, hip flexors; chest with decline presses

MOVES

Decline sit-up · crunch · decline press

- Four-roller leg hold
- Pull-pin back adjustment

BUYER VALUE

A core station that doubles as a decline bench.

07

MORE BENCHES

Benches for every press and seat

Olympic incline and flat benches for barbell pressing, a matching set of four cream-frame benches and a padded black station.



BENCHES · OLYMPIC

Olympic Incline Bench

ANGLED UPRIGHTS · REAR PLATFORM

Incline pressing with the bar racked overhead.

Tall angled uprights hold the bar above an inclined back pad, with a perforated platform at the rear. Load the bar from the plate stacks for heavy upper-chest work.

TRAINS

Upper chest, front shoulders, triceps

MOVES

Incline bench press

- Angled uprights with bar catches
- Inclined back pad and seat
- Perforated rear platform

BUYER VALUE

A dedicated incline press station for the floor.



BENCHES · OLYMPIC

Olympic Flat Bench

ANGLED UPRIGHTS

The classic flat bench press station.

A long flat pad runs out from tall angled uprights with bar catches, so lifters rack and unrack the bar from the bench. Load it from the plate stacks for heavy pressing.

TRAINS

Chest, front shoulders, triceps

MOVES

Flat bench press · close-grip press

- Long flat pad
- Angled uprights with bar catches
- Dark steel frame

BUYER VALUE

The first bench every serious gym needs.



BENCHES · SET

Cream-Frame Bench Set

2 FLAT + 2 ANGLED

Four matching benches for the free-weight floor.

Two long flat benches on U-shaped end frames and two angled benches, all in matching cream frames. Spread them around the dumbbells, cables and racks.

INCLUDES

2 long flat benches · 2 angled benches

USE

Dumbbell work · seated exercises · core work

- Matching cream frames
- U-shaped end frames on the flat benches
- Two angled benches

BUYER VALUE

Seating across the whole free-weight area.



BENCHES · STATION

Padded Bench Station

BLACK STEEL · CURVED COLUMN

A sculpted black station on one curved column.

A long curved upper pad, a seat with a front roller and a small support pad all mount on a single black steel column with a T-shaped base.

BUILD

Black steel · T-shaped base

PADS

Upper pad · seat with roller · support pad

- Curved steel column
- Front roller on the seat
- Compact T-shaped base

BUYER VALUE

A padded station with a small footprint.

08

MORE STATIONS

Extra selectorised and plate-loaded stations

A seated selectorised lever machine and a line of red-and-black plate-loaded stations from the same floor.



STRENGTH · SELECTORISED

Seated Lever Machine

PIN-SELECT STACK · LEVER ARM

A seated selectorised station on a long lever.

A padded seat sits in front of a long pivoting lever with curved grips, and the load comes from a pin-select stack. An exercise placard sits on the head frame.

TYPE
Selectorised · pin-select stack

BUILD
Silver frame · lever arm

- Long pivoting lever
- Curved grips
- Pin-select weight stack

BUYER VALUE
One more selectorised station for circuit training.



STRENGTH · PLATE-LOADED

Twin-Roller Plate-Loaded Station

BLACK S-FRAME · RED ROLLER PADS

Twin red roller pads on a height-adjustable column.

Two red roller pads sit on a pop-pin column between sculpted black S-profile frames, with a long steel lever above a broad open base. It shares its frame design with the plate-loaded press (No. 06).

TYPE
Plate-loaded

BUILD
Black S-frames · red pads

- Twin red roller pads
- Pop-pin height adjustment
- Broad open base

BUYER VALUE
Part of a matching red-and-black plate-loaded line.



STRENGTH · PLATE-LOADED

Red-Frame Plate-Loaded Station

RED FRAME · BLACK PADS

A red-framed lever station with black pads.

An angled red lever, black pads and steel horns on a red frame, standing beside the plate-loaded press in the same red-and-black finish.

TYPE
Plate-loaded lever

BUILD
Red frame · black pads

- Angled red lever
- Black upholstery
- Steel loading horns

BUYER VALUE
Extends the plate-loaded zone.



STRENGTH · RED FRAME

Red-Frame Stations

RED FRAME · BLACK PADS

Two red-framed stations with black upholstery.

Red steel frames with black pads and steel handles, set in the free-weight zone near the AVON Smith machine.

TYPE
Red-frame stations

BUILD
Red frame · black pads

- Red steel frames
- Black upholstery
- Steel handles

BUYER VALUE
Rounds out the red-and-black strength zone.

09

FREE WEIGHTS & STORAGE

The free-weight floor, restocked

An all-new dumbbell setup of up to 400 kg, fixed barbells and tri-grip plates, with a plate tree and an A-frame rack to keep the floor organised.

NO. 23 · ALL-NEW

400 kg

COMPLETELY NEW DUMBBELL SETUP

FREE WEIGHTS · ALL-NEW

New Dumbbell Setup

COMPLETELY NEW · UP TO 400 KG

A completely new dumbbell setup, up to 400 kg.

A completely new dumbbell setup of up to 400 kg, supplied by GYMVAULT as part of this package, so the free-weight area starts fresh.

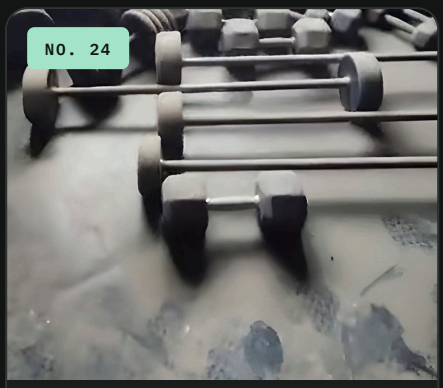
TRAINS Full body

MOVES Presses · rows · curls · lunges

- Completely new
- Up to 400 kg
- Included in the package price

BUYER VALUE
All-new kit where members train the most.

NO. 24



FREE WEIGHTS

Fixed Barbells

FIXED WEIGHTS

Pre-weighted barbells, ready to lift.

Fixed barbells skip the plate loading entirely: pick the weight and start. Ideal for curls, presses, rows and high-rep group sessions.

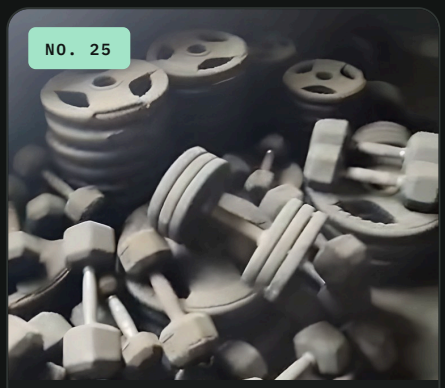
TRAINS Full body

MOVES Curls · presses · rows

- Fixed weights, no loading
- Rubber ends in several sizes

BUYER VALUE
Fast, tidy loading for classes and circuits.

NO. 25



FREE WEIGHTS

Tri-Grip Weight Plates

TRI-GRIP RUBBER

Tri-grip plates for every plate-loaded station.

Three cut-out grips make each plate easier to lift, carry and load, and the stacks run from small plates to large ones.

USE Loading plate-loaded machines and bars

- Three cut-out grips
- Rubber finish, several sizes

BUYER VALUE
Several stacks of plates across a range of sizes.

Storage KEEPS THE FLOOR ORGANISED

NO. 26



STORAGE

Plate Tree

PLATE STORAGE

Upright plate storage on a compact base.

A single black post with horns on both sides keeps plates off the floor and close to the stations that use them.

- Horns on both sides
- H-frame base

BUYER VALUE
Keeps the plate-loaded zone tidy.

NO. 27



STORAGE

A-Frame Storage Rack

A-FRAME STORAGE

A-frame rack with pegs on both faces.

A black A-frame with pegs along both sloping legs gives storage on either side of a narrow footprint, right beside the machines.

- Pegs on both faces
- Wide, stable base

BUYER VALUE
Organised storage that fits between stations.

GYMVAULT

Ready to equip your floor?

Talk to GYMVAULT about this complete gym equipment setup: 27 strength and free-weight items, including an all-new dumbbell setup, plus 10+ almost-new cardio machines. Call or WhatsApp us with your questions.

CALL / WHATSAPP +91 83693 53858

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Based in Mumbai · enquiries welcome from across India

SCAN TO WHATSAPP
ABOUT THIS SETUP

COMPLETE PACKAGE · REFURBISHED · 10+ CARDIO

₹35 Lakh ~~₹35,00,000~~

Better equipment. Smarter investment.