



Health & Fitness

Stay Fit • Stay Healthy

Your Fitness equipment specialist since 20 years

A collage of various fitness equipment including weight plates (2.5KG, 5KG, 10KG, 25KG), a barbell, dumbbells, a resistance band, a jump rope, a large orange exercise ball with 'LIVEUP' branding, a small digital scale, and a set of colorful dumbbells in a black case.

FITNESS ACCESSORIES

JKalachand



WEIGHT TRAINING

Research shows that not only can weight training improve your body composition and give you a toned appearance; it can also improve your overall health and make you a happier person. Weight training can help you burn fat, reduce your risk of diabetes, prevent back pain and even help you fight depression. As you get older, strength training can help combat the natural decline in muscle and bone density.

**LS2122****RUBBER PLATES**

Ideal for powerlifting and weight training circuits.
Available in 1.25, 2.5, 5, 10 kg

PRICE RANGE FROM

Rs 225 - Rs 1,550**LS2111****CHROME PLATED WEIGHTS**

Strength training and workout
Available in 0.5, 1, 1.5, 2, 2.5 & 5 kg

PRICE RANGE FROM

Rs 105 - Rs 1,030**LS2044****RUBBER KETTLE BELL**

Great for squats, swings, and proven to build muscle size and strength. Available in 4, 6, 8, 10 & 12 kg

PRICE RANGE FROM

Rs 940 - Rs 2,590**LS2012****CHROME DUMBBELL**

Dumbbell with rubber grip.
Available in 2, 4, 6, 8, 10 & 12 kg

PRICE RANGE FROM

Rs 490 - Rs 2,600**LS2326B-10KG-E****10 KG - CAST IRON DUMBBELL SET****Rs 1,665****LS2330****16 KG - DUMBBELL SET**

6 pieces dumbbell set

Rs 4,015**LS2333B-20KG-E****20 KG - CAST IRON DUMBBELL SET****Rs 3,535****LS2322C****15 KG CHROME DUMBBELL SET**

12 pieces dumbbell set with 2 x 14" threaded chrome bars and 4 star collars

Rs 3,690

**LS2342B****30 KG - CAST IRON DUMBBELL SET**

10 pieces/1 x 60" 3-part threaded bar with 2 star collars

Rs 6,900**LS2329B****50 KG - CAST IRON DUMBBELL SET**

14 pieces / 2x14" threaded bar with 2 star collars / 1x72" 2-part threaded bar with 4 star collars

Rs 9,990**LS2305****6 KG PVC VINYL DUMBBELL SET**

Dumbbell set of 6

Rs 1,290**LS2309****12 KG VINYL DUMBBELL SET**

Dumbbell set of 6

Rs 2,650**LS2303****12 KG VINYL DUMBBELL SET**

Dumbbell set ideal for resistance and other trainings

Rs 2,500

Knurled handle



Steel threaded clip



Lively color scheme

**LP8035****CEMENT BARBELL SET**

Octagon design with two extra handles.
Easy to distinguish weights with different colors.
Quick assembly with special clips (30mm).
Solid compound filling

20 kg

Rs 2,290

40 kg

Rs 3,390**LP6001****ADJUSTABLE SQUAT RACK**

You can easily configure a suitable height for safe exercise. Split steel squat rack with flexible and freely adjustable width is tailored for squat, bench press, pull-up, and press-down.

Rs 14,540

Weight not included

76260

BARBELL AND DUMBBELL RACK

Heavy duty welded barbell and dumbbell rack. Slotted racks to ensure proper fitted storage of barbells & dumbbells. 5 tier barbell rack with two positions. Easy access and storage

Rs 14,790



LS9030

CRUNCH TRAINER

Perform effective abdominal crunches at any fitness level with the Ab crunch trainer. A multi-functional tool, this can also be reversed to help you complete a total body workout.

Rs 1,200

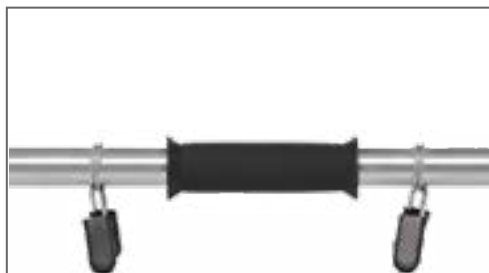


LS2211R

14" REGULAR BAR WITH 2 SPRING COLLARS

With safety collar bars that can be loaded with weight plates for a perfect workout

Rs 405



LP8053

EZ CURL BAR

The double knurling design on the bar effectively increases friction and improves hand grip. This design helps to reduce pressure on the wrist, thus reduce risk of injury. Weight: 10 kg

Rs 3,290



LP8052

WEIGHT LIFTING BAR

Performance weightlifting bar is stylish and has a huge tensile strength. The 4 rollers enhance the rotation force while reducing friction and wear. Weight: 20 kg

Rs 6,240



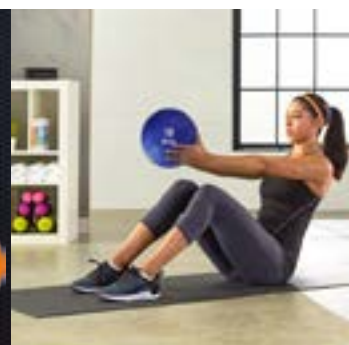
LS3006F

MEDICINE BALL

Fun, versatile, & extremely effective way of working out. Made from high quality material making them extremely durable and easy to grip. Available in 3, 5, 8, 9 & 10 kg

PRICE RANGE FROM

Rs 1,215 - Rs 2,615

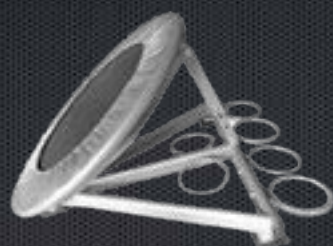


LS1818

MEDICINE BALL REBOUNDER

Medicine ball rebounders are like small trampolines that are designed to add variety to the medicine ball exercises. Medicine balls are meant to bounce, and with the rebounder, you can make the reps in a core circuit much faster and improve your conditioning.

Rs 5,990



**LS2239****BARBELL COLLAR**

Compatible with weight lifting bar
LP8052 & LP8053

Rs 370**LS3162A****CHROME PUSH UP BAR**

Designed for maximum comfort
with a slick and stylish finish.
The foam handles will help you
avoid wrist discomfort that you may
experience in the conventional push-up.

Rs 560**STABILITY & RECOVERY EQUIPMENT**

Used on the arms, legs, back, and body after
a tough workout, you can increase blood flow
to reduce soreness and recover faster.

**LS5044****MASSAGE BAR****Rs 395****LP8264****MAGNETIC MASSAGE STICK****Rs 790****LS3152A****CHIN UP BAR**

Multiple grip positions to perform
exercises such as pull-ups, chin-ups,
push-ups, sit-ups, dips etc...

Rs 1,125**HF10-31P****BODY FAT ANALYSER**

Hand-held body
fat/dehydration monitor

Rs 420**LS3160B****EXERCISE WHEEL**

Exercise wheel is made especially for the
people who love to exercise indoors.
It features a double wheel model for extra
stability and maneuverability. It helps to
firm and tone the abs, arms as well as
the thighs and trims & tones waistline.

**Rs 405****LS5634****ANKLE SUPPORT**
S/M**Rs 160****LS5636****KNEE SUPPORT**
S/M, L/XL**Rs 260****LS3077A****TRAINING GLOVES**
(S/M, L/XL)**Rs 235****LS3193****STOPWATCH****Rs 450****LS3082****LEATHER WEIGHT & LIFTING BELT**

105 CM

Rs 1,490

115 CM

Rs 1,630



LP8427
FITNESS PULL ROPE

Combining weight training with variable resistance and instability, shape your core, legs, and hips.

Rs 780



LS3691
SUSPENSION TRAINER

The suspension trainer has been specifically designed to leverage gravity and your bodyweight allowing you to perform a full body workout.

Rs 1,260



LP8424
RESISTANCE TRAINER

Perfect for full body resistance training, combat training, and functional training to build strength and explosive power.

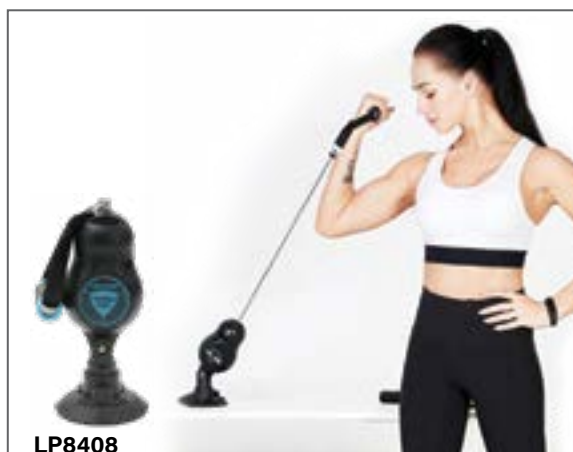
Rs 1,850



LS3101
HAND GRIP

Strengthens hands, wrists, forearms and improves overall grip strength.

Rs 160



LP8408
HOME TRAINING CABLE

Uses a unique suction technology and a smooth surface to allow athletes to train anytime and anywhere.

Rs 1,815



LS3122
CABLE JUMP ROPE

Skipping rope contributes to burning calories, improve circulation, breathing rhythm and balance. Adjustable in length

Rs 165



LS3166
THIGH MASTER

Target and tone the thighs, chest, arms, hips, core and glutes.

Rs 320

Lie on your back and clamp your legs



LP8125
WATER POWER BAG

Loaded with unstable water masses inside, can improve stability, strength & core strength, build up firm muscles and shorten response time. Adjustable weight capacity up to 5 kg based on the level of water filled.

Rs 1,490



STRETCHING

It relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles as well as keeping the muscles flexible, strong and healthy. Include stretching in your daily routine is a must to keep away joint pain, strains and muscle damage.



LS3243

YOGA SET

Our six-piece yoga set (PVC yoga mat, Gym ball, 2 Eva yoga brick, Yoga strap, 1 foot pump) has everything you need to get started or take your yoga to the next level. The set includes everything you need for yoga or for general workouts.

Rs 1,390

Donut Ball makes fitness fun while improving balance, coordination, flexibility and core strength.

It offers the benefits of a traditional balance ball, while its flat side provides stability. Perfect for sitting as its flat sides stop it from rolling. Great for children to sit on or as an exercise tool to get a good full body stretch.



LS3567

DONUT FITNESS BALL 45 x 25 cm

Rs 550



SIT-UP



SIDE LEG RAISE



SQUAT



BENT LEG TRAINING



PLANK



BALANCE EXERCISE



LS3222

GYM BALL

55 CM

65 CM

Rs 440

Rs 500

Knee Cushion Mat

Perform nordics, reverse nordics, sit ups, hip thrusts, side planks, planks, bird dogs, yoga and more. Ideal for exercises involving elbows, wrists, ankles and knees minimising joint impact thus less injuries.



LS3265-K

KNEE CUSHION 35 x 33 x 2 cm

Rs 50



LS3259

INTERLOCKING FLOOR MAT Set of 4

Perfect for any fitness room, work area or play room. Water resistant & non-skid safe foam.

Rs 750



LS3257-B

EXERCISE MAT 180 x 60 cm

Rs 655



LS3237A-B

TPE YOGA MAT 173 x 61 x 0.6 cm

TPE - Thermoplastic Elastomer

Rs 950



LP8229

HANGING CORE MAT

Rs 2,190



LS3768B

FOAM ROLLER

Designed to improve stability, coordination of movements, release tension of the muscles and massage the muscles.

Rs 740



LS9040B

MINI STEPPER

Functions: Reps/Min, Scan, Count, Time, Calorie
Slimmer waist, Stronger calves, Defined Hips

Rs 3,635

AEROBIC ADJUSTABLE STEPPER

Target your glutes, quads and hamstrings.
Used for a variety of cardio, strength building, balance, or toning exercises.



LS3168C

AEROBIC STEPPER

Rs 1,650



RESISTANCE BANDS

Resistance bands are an incredibly versatile tool. You can use them for warming up, for a heavy workout and even for stretching. They help you build muscle and burn fat in a very effective way.



LS3204

TPE BAND 0.025, 0.04, 0.5, 0.6 cm

Suitable for stretching, resistance training and improving body mobility.

PRICE RANGE FROM

Rs 110 - Rs 200



LS3650A

AEROBIC STRAP 2.1, 3.2, 4.5 cm

Great for assisted pull-up, weight lifting, pilates, yoga, and stretching.

PRICE RANGE FROM

Rs 470 - Rs 750



LS3201

RESISTANCE TUBE

Perfect with handles to exercise, stretch and tone muscles.

LIGHT

MEDIUM

HEAVY

Rs 165

Rs 165

Rs 195



LP8413

TPE BAND EXTRA LIGHT, HEAVY, EXTRA HEAVY

Suitable for stretching, resistance training and improving body mobility.

PRICE RANGE FROM

Rs 135 - Rs 270



LS3202

SOFT EXPANDER

A unique 8-shaped design for a smooth and uniform progressive resistance training. Perfect accessory for beginners and advanced fitness.

LIGHT

MEDIUM

HEAVY

Rs 95

Rs 110

Rs 160





BOSU BALL

It delivers killer cardio workouts, builds strength, improves balance, flexibility and fine-tunes sport skills.

Use the Bosu ball dome side up or down to create different exercise options. Mix and match core, upper body and lower body to create endless workout options.



JOG



AB CURL



FRONT SHOULDER RAISE



ROTARY CORE TWIST



FRONT LUNGE



LATERAL SQUAT

PLANKS



LS3616

BOSU BALL

Rs 3,090

TRAMPOLINE

A fun way to stay in shape and blast calories.

Low-Impact Exercise

Rebounding is a unique low-impact form of exercise that provides all of the healthful benefits of traditional exercise but without the stress on joints and muscles.

Good for your heart

Cardio activity strengthens the heart muscles and decreases the amount of work your body has to do to pump blood.

Engages All Muscle Groups

Every muscle group from head to toe reacts with every rebound, thereby stimulating the circulatory and lymphatic systems which improve the body's ability to remove wastes, toxins and fats.



JM 5650H

BELAIR TRAMPOLINE JUMPING MASTER HAX PRO

Adjustable handle bar for personal exercising position
100 kg user weight

Rs 4,900

5540S

BELAIR 40" FITNESS TRAMPOLINE

110 kg user weight

Rs 3,290

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Kalachand
Quality & Service