



OUTDOOR GYM CATALOGUE



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NAGPAL
ENGG. & SPORTS



NES 5752

Tripple Twister
 Area : 5.5' X 5' X 4.5'
 Play Area : 10' X 9'



NES 5753

Arm Wheel
 Area : 3' X 2' X 6'
 Play Area : 7' X 6'



NES 5754

Sit Up Double
 Area : 4.5' X 4' X 2.5'
 Play Area : 9' X 8'



NES 5755

Stair Stepper with Glider
 Area : 4' X 2.5' X 4'
 Play Area : 8' X 7'



NES 5756

Air Swing
 Area : 3.5' X 2.5' X 4'
 Play Area : 8' X 7'



NES 5757

Cross Trainer
 Area : 4.5' X 2' X 5.5'
 Play Area : 9' X 6'



NES 5758

Air Walker
 Area : 3.75' X 2' X 4.5'
 Play Area : 8' X 6'



NES 5759

Body Shaper/The Horse
 Area : 2.5' X 1.5' X 4'
 Play Area : 7' X 6'



NES 5760

Cycle
 Area : 3.5' X 1.5' X 4'
 Play Area : 8' X 6'





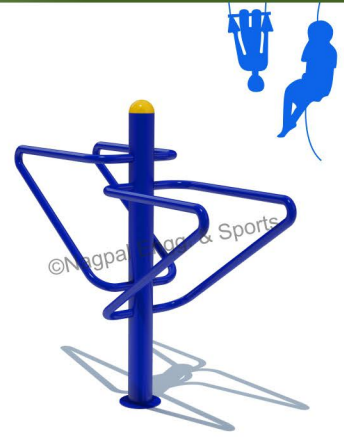
NES 5761

Chest Press
 Area : 6' X 2.75' X 7'
 Play Area : 10' X 7'



NES 5762

Sky Walker
 Area : 5' X 2' X 5.5'
 Play Area : 9' X 6'



NES 5763

Push up Bar
 Area : 6' X 2' X 5.5'
 Play Area : 10' X 6'



NES 5765

Leg Press
 Area : 6.5' X 2' X 5.5'
 Play Area : 11' X 6'



NES 5766

Push and Pull Up Chair
 Area : 6' X 2.75' X 7'
 Play Area : 10' X 7'



NES 5767

Rowing Machine
 Area : 4.5' X 2.5' X 3.5'
 Play Area : 9' X 7'



NES 5768

Tai Chi Wheel
 Area : 4.5' X 4' X 4'
 Play Area : 9' X 8'



NES 5769

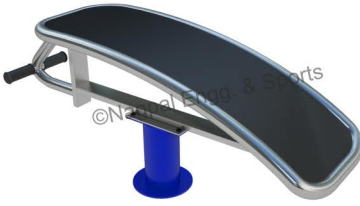
Seated Puller
 Area : 6' X 2.75' X 7'
 Play Area : 10' X 7'



NES 5770

Seating & Standing Twister
 Area : 6.5' X 2' X 4.5'
 Play Area : 11' X 6'





NES 5774
Sit Up Single
 Area : 4' X 1.5' X 2.5'
 Play Area : 8' X 6'



NES 5775
Double Cross Walker
 Area : 5.5' X 4.5' X 5.5'
 Play Area : 10' X 9'



NES 5776
Double Air Walker
 Area : 3.5' X 1.25' X 4.5'
 Play Area : 8' X 6'



NES 5777
Single Chest Press
 Area : 3.5' X 2.75' X 7'
 Play Area : 8' X 7'



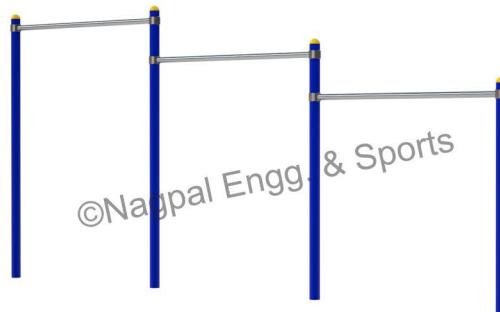
NES 5778
Triple Leg Press
 Area : 8' X 7.5' X 4.25'
 Play Area : 12' X 12'



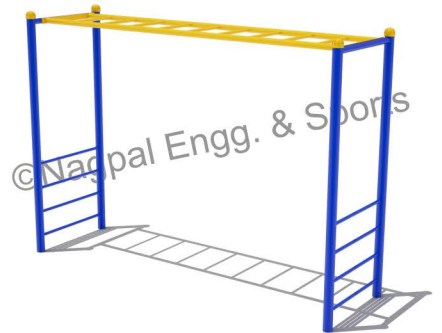
NES 5779
Seated Puller
 Area : 3.5' X 2.75' X 7'
 Play Area : 8' X 7'



NES 4906
Parallel Bar
 Area : 5' X 2.5' X 3'
 Play Area : 9' X 7'
 Age Group : 3-12 Yrs,



NES 4908
Chin Up Bar
 Area : 10' X 7'
 Play Area : 14' X 4'
 Age Group : 3-12 Yrs,

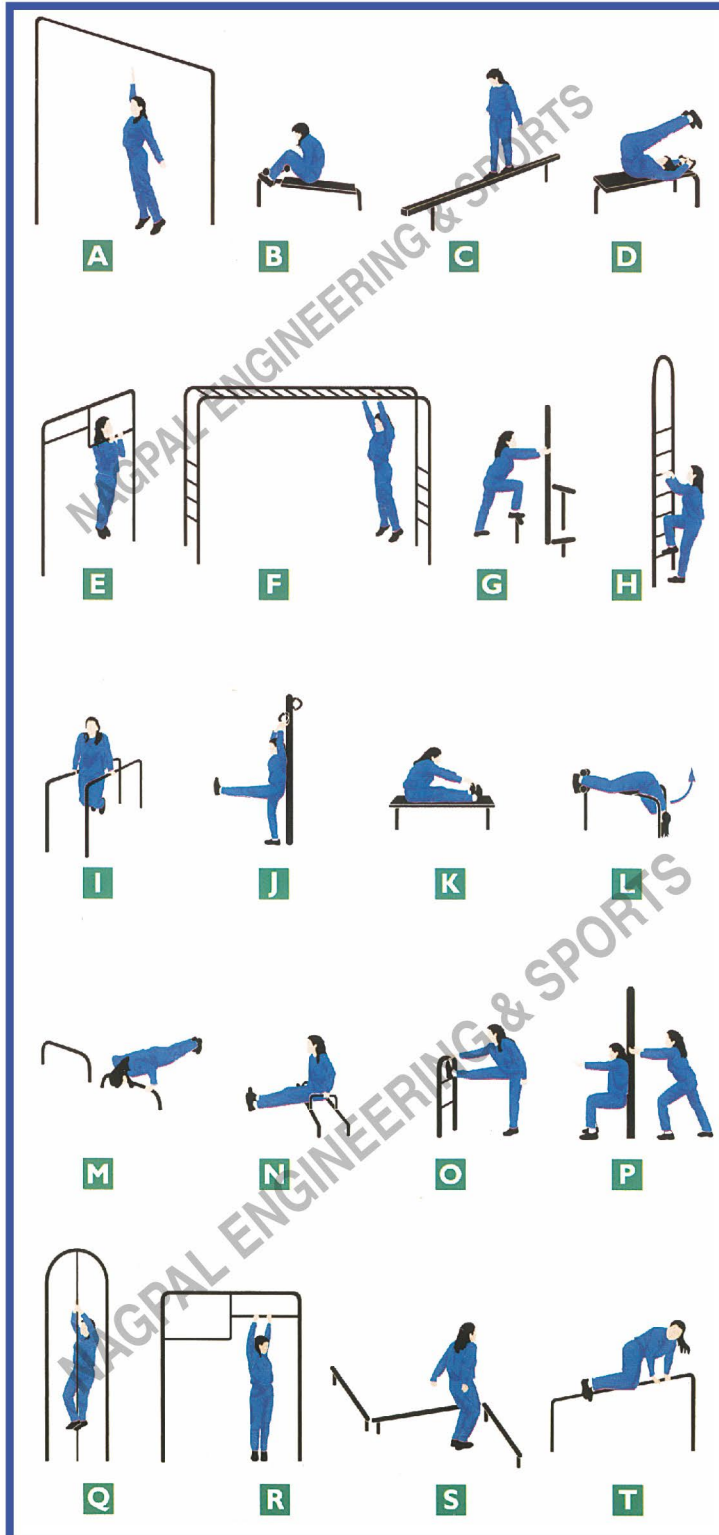


NES 4910
Horizontal Ladder
 Area : 8' X 3' X 7'
 Play Area : 12' X 7'
 Age Group : 3-12 Yrs,




NES 4907

Fitness Courses



- (A) **Jump-Up**
Strengthens thighs, calves, and legs.
- (B) **Sit-Up**
Strengthens the abdominal muscles.
- (C) **Balance Beam**
Enhances balance.
- (D) **Body Curl**
Strengthens abdomen and back.
- (E) **Chin-Up**
Develops shoulders, upper back, biceps, forearms, and lats.
- (F) **Horizontal Ladder**
Develops hand-eye coordination and strengthens shoulders.
- (G) **Step-Up**
Strengthens thighs, knees, and legs.
- (H) **Vertical Climb**
Strengthens thighs and calves.
- (I) **Parallel Bars**
Develops shoulders, triceps, upper back, and forearms.
- (J) **Leg Lift**
Strengthens thighs, legs, and lower back.
- (K) **Straight Leg Stretch**
Increases flexibility in hamstring and lower back.
- (L) **Hyperextension Bench**
Develops lower back and hamstring muscles.
- (M) **Push-Up**
Strengthens back, shoulders, pectorals, and triceps.
- (N) **Dip Station**
Develops triceps and shoulders.
- (O) **Hamstring Stretch**
Increases flexibility in hamstrings, shoulders, and back.
- (P) **Stretch-Squat**
Increases flexibility in hamstrings and lower back muscles.
- (Q) **Rope Climb**
Develops strength in biceps, upper back, forearms, & hands.
- (R) **Hip Rotation**
Increases flexibility in abdomen.
- (S) **Beam Jump**
Develops calf and thigh muscles.
- (T) **Vault Bar**
Strengthens shoulders, upper back, calves, and legs.





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