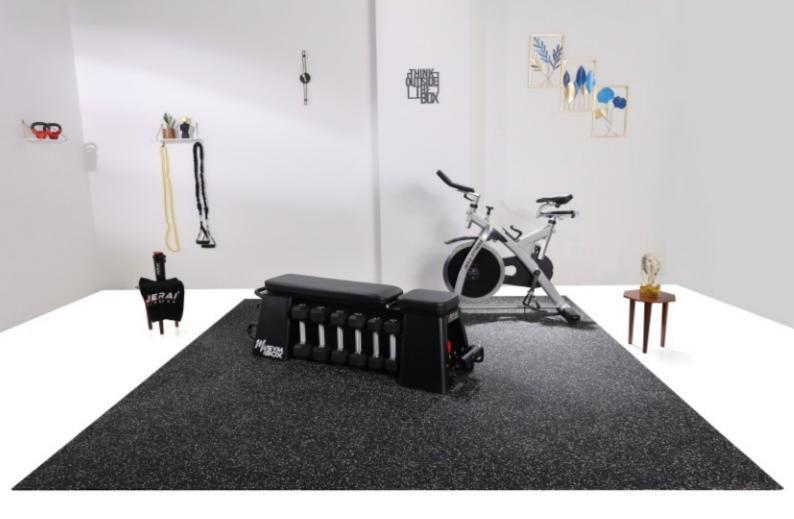




HOME GYM SERIES



SET UP YOUR **HOME GYM** LIKE A PRO!

With over nearly 3 decades of experience, India largest and globally recognised fitness brand initiated to offer affordable and robust fitness equipment exclusively for home spaces. The brand's intent was pretty simple - to ensure that every home space is equipped with proudly Made in India equipment to uplift the standard of living by promoting fitness and insisting everyone to remain healthy therefore ensuring well-being.

Jerai Fitness strives to offer high-end fitness equipment in similar lines to its commercial range of equipment. Incomparable quality is maintained with optimum safety, durability and comfort. The fitness equipment offered for a home set up is tried and tested and all equipment is designed and manufactured considering the quality assurance & safety standards. Powered by a fully automated factory plant with world-class Japanese machinery, a diligent team of experts, immensely talented engineers and unmatched concepts, we design equipment with utmost pride for your home.

Through the Fit-India movement, we intend to primarily focus on serving the all sectors of the society with affordable fitness equipment and foster their health to the best of our capacity. To end your search of fitness equipment for your home, we have establishments of our Jerai Fitness Showrooms pan India which help you access and check the quality of our fitness equipment at your convenience. Let's pledge to remain and keep our loved ones fit.

Jerai Fitness, a brand of India and for India.

HOME GYM SERIES



Elevate your home workouts with our Home Gym Series—precisionengineered equipment that combines durability, functionality, and modern design. Built for all fitness levels and goals, this versatile range adapts to your needs. Using high-grade materials and advanced manufacturing, it ensures lasting performance.







Treadmill Features:

Display type 4 LED + 8x16 Dot Matrix

Display Feedback Time, Distance, Heart Rate, Calories, Speed, Incline

Programs 40 Programs, 1 Target, 4 HRC, 1 Fitness Test, 2 Custom, Body Fat

 Running Belt
 59" x 20" (LxW)

 Roller (mm / inch)
 50mm / 2"

 Speed
 1.0~20 km/h

 Incline
 15% (0-15 Levels)

Folding Design Yes
Motor 2.5 HP

Max User Weight 160kgs. / 350lbs.

Hand Pulse Standard
Fan Standard
Quick Shift Standard
Speaker Standard
Audio in Standard
Overall Dimensions (LxWxH) 75" x 32" x 50"
Stabilizer Required # 3 KV Single Phase

HOME GYM (MULTI BENCH PRESS) JHBR - 101A



A compact all in one unit to cover the basics and train your entire body. Available with a range of attachments to cater to each person's individual needs.



Product Specifications

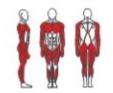
☐ 50mm X 50mm

L: 84 inches / 213 cms W: 52 inches / 132 cms

H: 62 inches / 158 cms

▲ 104 lbs. / 47 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Leg Extension, Leg Curls, Bicep Preacher Curls, Ab Crunches.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.

HOME GYM (MULTI BENCH PRESS) JHBR - 101B



A compact all in one unit to cover the basics and train your entire body. Available with a range of attachments to cater to each person's individual needs.



Product Specifications

□ 50mm X 50mm

L: 84 inches / 213 cms W: 72 inches / 183 cms H: 62 inches / 158 cms

109.3 lbs. / 49.7 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Leg Extension, Leg Curls, Bicep Preacher Curls, Ab Crunches.

MULTI FIT RACK (ADJUSTABLE) JHBR - 102



A compact and adjustable rack, designed to be easily accommodated into a home setting. With a range of attachments, easily convert your home into your personalized training centre. Combine it with our Super bench to create a full body training station.



Product Specifications

□ 50mm X 50mm

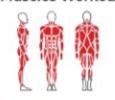
L : 32 inches / 81 cms

W: Min 28 inches & Max 46 inches / Min 71 cms & Max 117 cms

H: Min 58 inches & Max 89 inches / Min 147 cms & Max 226 cms

▲ 104.5 lbs. / 47.5 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows etc.

MULTI GYM RACK JHBR - 103



A robust and compact rack that supports all types of strength workouts. Available with a range of attachments. Combine it with our Super bench to

create a full body training station.





J Hook **JHA 001A**



Outer Safety Catch JHA 002



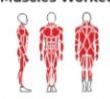
Product Specifications



L : 58 inches / 147 cms W: 52 inches / 132 cms H: 88 inches / 224 cms

145.2 lbs. / 66 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Pull Ups, Chin Ups, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows etc.

MULTI ADJUSTABLE BENCH JHBR - 104



Compact and sturdy design with precision laser cut seat adjustments for a wide range of angles. Scope for optional attachments further increases it's versatility.









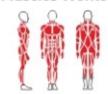
Product Specifications



L: 78 inches / 198 cms
 W: 34 inches / 86 cms
 H: N.A.

146.4 lbs. / 66.56 KG

Muscles Worked



Exercise Variations

Dumbbell Chest Press, Dumbbell Chest Fly, Dumbbell Shoulder Press, Leg Extension, Leg Curl, Preacher Curl etc.

SUPER BENCH JHBR - 112



Compact and sturdy design with precision laser cut seat adjustments for a wide range of angles. Fibreglass reinforced wheels for easy mobility.







Product Specifications

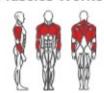
50mm X 50mm

L: 60 inches / 152 cms W: 25 inches / 64 cms

H: N.A.

86.9 lbs. / 39.5 KG

Muscles Worked



Exercise Variations

Dumbbell Chest Press, Dumbbell Chest Fly, Dumbbell Shoulder Press etc.

MULTIPURPOSE FOLDABLE SUPER BENCH JHBR - 108



Unique foldable design perfect for smaller spaces. Sturdy design with precision laser cut seat adjustments for a wide range of angles. Fibreglass reinforced

wheels for easy mobility.





Product Specifications

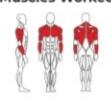
50mm X 50mm

L: 54 inches / 137 cms
W: 22 inches / 56 cms

H: N.A.

65.6 lbs. / 29.8 KG

Muscles Worked



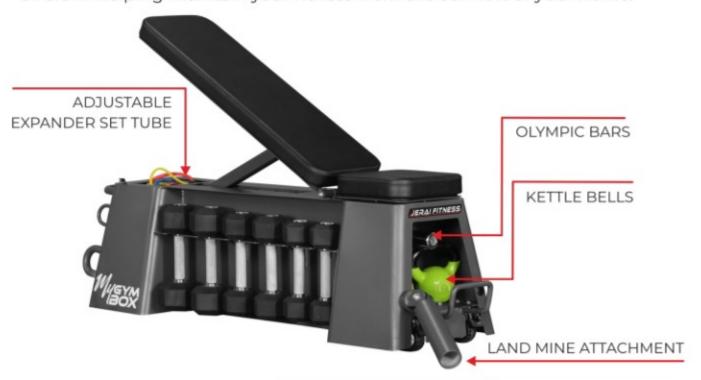
Exercise Variations

Dumbbell Chest Press, Dumbbell Chest Fly, Dumbbell Shoulder Press etc.

MY GYM BOX JHMGB



A compact and aesthetic centrepiece for your living room and your fitness goals. Smartly incorporated storage consisting of dumbbells, plates, bar and accessories all aid in helping maintain your fitness from the comfort of your home.





INCLUDES FOLLOWING:

DIAMOND CUT DUMBBELLS - (2.5X2 / 5X2 / 7.5X2 / 10X2) - 50 KGS. RUBBERISED PLATES - (2.5X2 / 5X2 / 10X2) - 35 KGS.

KETTLE BELLS - (6X2 / 8X2) - 28 KGS.

OLYMPIC BARS - (4 FEET) - 1

LAND MINE ATTACHMENT - 1

STRETCHING BAND - 1 SET

Product Specifications

L: 62 inches / 157 cms W: 18 inches / 46 cms H: 24 inches / 70 cms

171.6 lbs. / 78 KG

Muscles Worked



Exercise Variations

Flat bench press, incline bench press, shoulder press, pec fly, bicep curl, bent over row tricep extension, , landmine row, kettlebell variations, barbell curl, barbell row, barbell chest press, barbell shoulder press, resistance band variations.

2-WAY PUSH-UPS / DIPS STAND JHBR - 109



Dual function stand for bodyweight exercises. Can be used by 2 people at the same time with safety and stability. Perform dips and push-ups with ease.

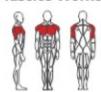


Product Specifications

50mm X 50mm

L : 32 inches / 81 cms W : 46 inches / 117 cms

H: 57 inches / 145 cms 90.2 lbs. / 41 KG Muscles Worked



Exercise Variations

Dips and Push-ups etc.

WALL MOUNTED PERSONAL GYM (FOLDABLE) JHBR - 105



Designed to provide the utmost stability while also being able to be folded away and flushed into the wall when not in use. Stay fit at home without compromising on space by accommodating the home gym in your balcony, garage or terrace. Available with a range of attachments. Combine it with our Super bench to create a full body training station.





Attachments Included



J Hook JHA 001A



Outer Safety Catch JHA 002

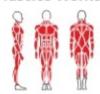
Product Specifications



L: 20 inches / 51 cms W: 48 inches / 122 cms H: 92 inches / 234 cms

85.4 lbs. / 38.84 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows etc.

GYM BOX* JHBR - 106



A modular and customizable rack with a range of attachments that cater to all of your strength training needs. Combine it with our Super Bench to create a full body training station.



Attachments Included



J Hook JHA 001A



Inner Safety Catch JHA 003

Optional Attachments



Outer Safety Catch JHA 002

Product Specifications



L: 30 inches / 76 cms W: 48 inches / 122 cms H: 92 inches / 234 cms

132 lbs. / 60 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Pull Ups Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows etc.

GYM BOX WITH HIGH LOW PULLEY-PLATE LOADED* JHBR - 106A



A modular and customizable rack with an adjustable plate-loaded high-low pulley that you can use with a range of attachments. It caters to all your strength-training needs and allows you to perform various cable-driven workouts. Combine it with our Super Bench to create a full body training station.



Attachments Included



J Hook JHA 001A



Inner Safety Catch JHA 003



Strap Handle JCA017



Straight Handle - Small JCA001

* Optional Attachments



Outer Safety Catch JHA 002

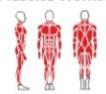
Product Specifications



L: 66 inches / 168 cms W: 54 inches / 137 cms H: 92 inches / 234 cms

312.4 lbs. / 142 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Pull Ups, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows, Bicep Curl, Tricep Pushdown, Cable Row, Lat Pull Down etc.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.

GYM BOX WITH HIGH LOW PULLEY-SELECTORIZED* JHBR - 106B



A modular and customizable rack with an adjustable weight stack high-low pulley that you can use with a range of attachments. It caters to all your strength-training needs and allows you to perform various cable-driven workouts. Combine it with our Super Bench to create a full body training station.



Product Specifications

□ 50mm X 50mm

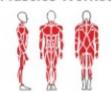
L: 66 inches / 168 cms W: 54 inches / 137 cms

H: 92 inches / 234 cms

目 165 lbs. / 75 KG

A61.2 lbs. / 209.64 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Pull Ups, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows, Bicep Curl, Tricep Pushdown, Cable Row, Lat Pull Down etc.

GYM BOX WITH HIGH LOW PULLEY-SELECTORIZED & PLATE LOADED COMBO.*

SCAN FOR ONE VIDEO

JHBR - 106C

A modular and customizable rack with an adjustable high-low pulley, which gives you the option to use the plate-loaded or weight stack feature that you can use with a range of attachments. It caters to all your strength-training needs and allows you to perform various cable-driven workouts. Combine it with our Super Bench to create a full body training station.



Product Specifications

□ 50mm X 50mm

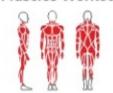
JHA 002

L: 66 inches / 168 cms W: 54 inches / 137 cms H: 92 inches / 234 cms

■ 110 lbs. / 50 KG

485.3 lbs. / 220.6 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Pull Ups, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows, Bicep Curl, Tricep Pushdown, Cable Row, Lat Pull Down etc.

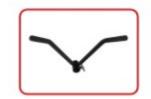
OPTIONAL ATTACHMENTS*



Landmine JHA 010B



Landmine Single Handle JHA 011



Landmine Handle JHA 013



Landmine V Handle JHA 012



T-Bar Handle JHA 014



Band Pegs JHA 009



Pull Up Bar (EZ) JHA 017



Pull Up Bar (Adjustable) JHA 018



J Versa Hook JHA 019



Single Bar Hook JHA 020



D Rope Hook JHA 021



Dip Station JHA 005



Hanger Clip JHA 022



Plate Holder JHA 004B



GYM BOX



GYM BOX WITH HIGH LOW PULLEY-PLATE LOADED



GYM BOX WITH HIGH LOW PULLEY-SELECTORIZED



GYM BOX WITH HIGH LOW PULLEY-SELECTORIZED & PLATE LOADED COMBO.

SUPER RACK JHBR - 111



A modular and customizable rack with a range of attachments that cater to all of your strength training needs. Combine it with our Super Bench to create a full body training station.



Product Specifications

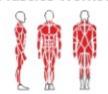
50mm X 50mm

L: 46 inches / 117cms W: 48 inches / 122 cms

H: 86 inches / 218 cms

143 lbs. / 65 KG

Muscles Worked



Exercise Variations

Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Pull Ups, Decline Bench Press, Shrugs, Rack Pulls, Barbell Rows etc.

MULTI GYM - UPPERBODY JH4MG1



All in one unit with dedicated weight stacks for each exercise. Workout your entire upper body on a single machine.



Product Specifications

50mm X 50mm

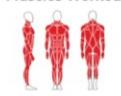
L: 152 inches / 386 cms W: 85 inches / 216 cms

H: 92 inches / 234 cms

■ 165 lbs. / 75 KG X 4 Stack

1,382 lbs. / 142 KG

Muscles Worked



Exercise Variations

Pec Fly, Rear Delt Fly, Lat Pulldown, Long Pull Row, Bicep Curl, Tricep Pushdown, Cable Lateral Raise.

MULTI GYM WITH SEATED LEG CURL / EXTENSION COMBO. JH4MG2

All in one unit with dedicated weight stacks for each exercise. Workout your entire upper body on a single machine.



Product Specifications

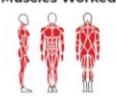
□ 50mm X 50mm

L: 85 inches / 216 cms W: 115 inches / 292 cms

H: 92 inches / 234 cms

■ 165 lbs. / 75 KG X 4 Stack ■ 1,488 lbs. / 142 KG

Muscles Worked



Exercise Variations

Pec Fly, Rear Delt Fly, Lat Pulldown, Cable Row, Leg Extension, Seated Leg Curl, Bicep Curl, Tricep Pushdown, Cable Lateral Raise.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.

PERSONAL TRAINING STATION 50 JHPTS50



A dual weight stack cable machine that incorporates a smith machine in a compact frame to over a well rounded workout experience. The front rail has scope for multiple attachments for various functional & compound movement exercises.



Product Specifications

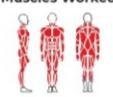
50mm X 50mm

L: 64 inches / 163 cms W: 86 inches / 218 cms H: 92 inches / 234 cms

■ 165 lbs. / 75 KG X 2 Stack

♠ 677.6 lbs. / 308 KG

Muscles Worked



Exercise Variations

Cable Pec Fly, Rear Delt Fly, Bicep Curl, Tricep Pushdown, Cable Rows, Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Barbell Rows, Pull Ups & Many more.

OPTIONAL ATTACHMENTS* PTS 50 / SUPER PTS



Landmine JHA 010A



Landmine Single Handle JHA 011



Landmine V Handle JHA 012



Landmine Handle JHA 013



T-Bar Handle JHA 014



Band Pegs JHA 009



Plate Holder JHA 004A



Dip Station JHA 005



Leg Press Platform Attachment JHA 006



Punching Bag Hook JHA 007



Single Bar Holder JHA 008

SUPER PERSONAL TRAINING STATION JHSPTS



A dual weight stack cable machine that incorporates a smith machine in a compact frame to offer a well rounded workout experience. The front rail has scope for multiple attachments for various functional & compound movement exercises.



Attachments Included



J Hook JHA 001A



Outer Safety Catch JHA 002

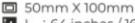


Strap Handle JCA017



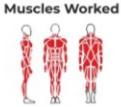
Straight Handle - Small JCA001

Product Specifications



L: 64 inches / 163 cms W: 86 inches / 218 cms H: 92 inches / 234 cms

■ 165 lbs. / 75 KG X 2 Stack ■ 788 lbs. / 358.2 KG



Exercise Variations

Cable Pec Fly, Rear Delt Fly, Bicep Curl, Tricep Pushdown, Cable Rows, Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Barbell Rows, Pull Ups & Many more.

NEW SUPER PERSONAL TRAINING STATION 75 JHSPTS4



A dual weight stack cable machine that incorporates a smith machine in a compact frame to over a well rounded workout experience. The front rail has scope for multiple attachments for various functional & compound movement exercises.



Product Specifications

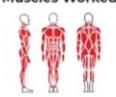
□ 75mm X 75mm

L: 48 inches / 122 cms W: 56 inches / 142 cms

H: 92 inches / 234 cms

■ 165 lbs. / 75 KG X 2 Stack ■ 502.7 lbs. / 228 KG

Muscles Worked



Exercise Variations

Cable Pec Fly, Rear Delt Fly, Bicep Curl, Tricep Pushdown, Cable Rows, Squats, Shoulder Press, Flat Bench Press, Incline Bench Press, Decline Bench Press, Barbell Rows, Pull Ups & Many more.

MY PERSONAL TRAINER JHMPT



A compact single weight stack unit of 220 lbs. with dual adjustable pulleys. The outer frame can accommodate J Hooks and Safety catches for performing free weight movements. Team it with our Super Bench to make a complete home gym setup.



Attachments Included



J Hook **JHA 001A**



Outer Safety Catch JHA 002



Strap Handle JCA017



Straight Handle - Small JCA001

Product Specifications



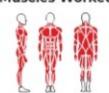
50mm X 50mm

L : 72 inches / 183 cms W: 86 inches / 218 cms H: 92 inches / 234 cms

220 lbs. / 100 KG

501.6 lbs. / 228 KG

Muscles Worked



Exercise Variations

Lat Pull Down, Ab Crunch, Tricep Push Down, Tricep Extension, Tricep Kick Back, Chest Press, Rear Delt Fly, Chest Fly, Shoulder Press, Lateral Raise, Bicep Curl, Upright Rows, Bent Over Rows, Shrugs, Squats, Inner Thigh, Outer Thigh, Glute Kick, Rotator Cuff Wrist Curl Etc.

PERSONAL TRAINING STATION 360 JHPTS360



A compact and unique single weight stack unit featuring dual arms with 360 degree range of motion for unlimited exercise variations.



Product Specifications



50mm X 100mm

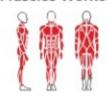
L: 54 inches / 137 cms W: 84 inches / 213 cms

H: 86 inches / 218 cms



220 lbs. / 100 KG € 561 lbs. / 255 KG

Muscles Worked



Exercise Variations

Lat Pull Down, Ab Crunch, Tricep Push Down, Tricep Extension, Tricep Kick Back, Chest Press, Rear Delt Fly, Chest Fly, Shoulder Press, Lateral Raise, Bicep Curl, Upright Rows, Bent Over Rows, Shrugs, Squats, Inner Thigh, Outer Thigh, Glute Kick, Rotator cuff Wrist Curl Etc.

DUMBBELL RACK JHBR - 107

* Optional Attachment



Single Bar Holder JHA 008



Product Specifications

50mm X 50mm

L: 22 inches / 56 cms W: 48 inches / 122 cms H: 28 inches / 71 cms

▲ 66 lbs. / 30 KG

6 Pair - 12 Dumbbells can be accommodated

VERTICAL PLATE & BAR RACK JHBR - 110

A compact and versatile storage unit for both weight plates and bars. Four lockable wheels make it easy to move even if loaded.



Product Specifications

50mm X 50mm

L: 28 inches / 71 cms W: 24 inches / 61 cms H: 60 inches / 152 cms

63.8 lbs. / 29 KG

DUMBBELL / PLATE / BARBELL



DIAMOND CUT DUMBBELLS

Model: JDDK



RUBBERIZED PLATES

Model: JPRK

OLYMPIC BAR

JOB

7 Feet

OLYMPIC BAR

JOB

6 Feet



OLYMPIC BAR

JOB

5 Feet



OLYMPIC BAR

JOB

4 Feet



OLYMPIC EZ BAR

JEZB

4 Feet

CABLE ATTACHMENTS



Straight Handle - Small JCA001



Straight Handle - Big JCA002



EZ Curl Handle JCA003



Lat Pull Down Straight Handle JCA004



Rowing Handle JCA008



D Rowing Handle JCA009



Curve D Handle - Small JCA010



Curve D Handle - Big JCA011



Straight D Handle - Small JCA012



Straight D Handle - Big JCA013



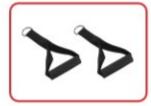
Square Handle JCA014



V - Tricep Handle JCA015



Tricep Rope JCA016



Strap Handle JCA017



Connector Plate JCA018



Mag Rowing Handle Set JCA005



Dual Connector Straight Bar JCA019



Dual Connector Straight Bar - Black JCA020



Dual Connector EZ Bar JCA021

ACCESSORIES



Dip Stand JA001



Dip Stand JA002



Dip Stand JA037



Folding Handle Hex Bar JA003



Hammer Curl Bar JA004

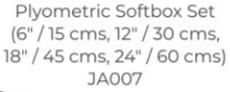




Barbell Collar JA005



Gym Belt (Small / Medium / Large) JA006





Power Bag Set (5/10/15/20 kg) JA008



Bulgarian Bag Set (5/10/15/20 kg) JA009



Leather Kettlebell Set (2/3/4/5/6/8/10 kg) JA010



Wall Ball Set (6/8/10 kg) JA011



Medicine Ball Split Leather Set (1/2/3/4/5 kg) JA012



Medicine Ball (1/2/3/4/5 kg) JA013



Kettlebells JA014



TRX Suspension JA015



Punching Bag JA018



Foam Roller JA016



Stability Half Ball JA017



Exercise Wheel (Dual Wheel) JA019



Battle Rope (38 mm) (Length - 12 Meter) JA021



Battle Rope (50 mm) (Length - 12 Meter) JA022



Climbing Rope / Pulling Rope (38 mm) (Length - 6 Meter) JA023



AB Strap JA024





Aerobic Step Board JA025



TPR Resistance Band Set JA026



PVC Jump Rope JA027



Adjustable Expander Tube Set JA028





Anti-Burst Gym Ball (55 / 65 cm) JA029



Anti - Burst Gym Ball (75 / 85 / 95 cms) JA030



Black Bumper Plates JA031



Colored Bumper Plates JA032



Steel Bumper Plates JA038



Plyo Box Set (12" / 30 cms, 18" / 46 cms, 24" / 61 cms, 36" / 91 cms, 42" / 107 cms) JA036



Deadlift Jack (A) JA039



Deadlift Jack (B) JA040



Boxing Gloves (10 OZ / 12 OZ / 14 OZ / 16 OZ) JA041



Curved Arm Shield JA042



Olympic Barbell Plastic Collar JA043



806 RevvII One JA045



INDIA'S ONLY CERTIFIED FITNESS BRAND













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