



SEIRA®

SINCE 1994



Jerai Fitness is an Indian manufacturer with over three decades of expertise in designing and producing world-class fitness equipment. The company caters to a diverse clientele, including commercial gyms, hotels, corporate wellness centers, and real estate projects, serving both the domestic market and international markets such as Japan, the UAE, Australia, Serbia, Sweden, and more.

Through years of industry experience, Jerai Fitness has developed strong capabilities in manufacturing processes, inventory management, distribution efficiency, and customer service, enabling it to consistently deliver reliable and innovative fitness solutions. A pan-India network of 14 exclusive showrooms strengthens customer engagement, provides accessible support, and enhances brand reach.

As a pioneer in automated manufacturing, Jerai Fitness incorporates robotic welding, advanced assembly techniques, and high-precision Turkish and Japanese machinery into its production processes. This modern infrastructure ensures accuracy, durability, and compliance with international standards, while enabling the company to scale operations, meet increasing global demand, and remain competitively priced.

LOAD-ON SERIES



The Load On Series redefines plate-loaded training with a focus on structure, style, and precision-built for athletes who prefer the raw feel of free-weight resistance. Ideal for high-performance centers, sports clubs, and strength zones, each unit features reinforced loading areas, precision pivot points, and guided movement paths for a powerful, efficient training experience.


EUROPEAN
STANDARDS
EN ISO 20957-1:2013,
EN957-2:2021




ASTM F2216-17A



ISOLATERAL CHEST PRESS

JPL - 101



- 📏 L : 49 inches / 125 cms
W : 58 inches / 147 cms
H : 73 inches / 185 cms
- ⚙️ Max Load : 616 lbs / 280 kg
Start Resistance : 53.9 lbs / 24.5 kg



ISOLATERAL SUPER INCLINE PRESS

JPL - 102



- 📏 L : 56 inches / 142 cms
W : 64 inches / 163 cms
H : 63 inches / 160 cms
- ⚙️ Max Load : 616 lbs / 280 kg
Start Resistance : 41.6 lbs / 18.9 kg



ISOLATERAL INCLINE CHEST PRESS

JPL - 103



- 📏 L : 56 inches / 142 cms
W : 62 inches / 157 cms
H : 69 inches / 176 cms
- ⚙️ Max Load : 616 lbs / 280 kg
Start Resistance : 46.2 lbs / 21 kg



ISOLATERAL DECLINE PRESS

JPL - 155



- 📏 L : 58 inches / 147 cms
W : 56 inches / 142 cms
H : 72 inches / 183 cms
- ⚙️ Max Load : 616 lbs / 280 kg
Start Resistance : 46.6 lbs / 21.2 kg





DUAL AXIS FLAT BENCH

JPL - 104



- 
 L : 78 inches / 198 cms
 W : 48 inches / 122 cms
 H : 54 inches / 137 cms
- 
 Max Load : 352 lbs / 160 kg
 Start Resistance : 24.7 lbs / 11.2 kg



DUAL AXIS DECLINE BENCH

JPL - 105



- 
 L : 92 inches / 234 cms
 W : 48 inches / 122 cms
 H : 36 inches / 91 cms
- 
 Max Load : 352 lbs / 160 kg
 Start Resistance : 24.7 lbs / 11.2 kg



DUAL AXIS INCLINE BENCH

JPL - 106



- 
 L : 90 inches / 228 cms
 W : 48 inches / 122 cms
 H : 52 inches / 132 cms
- 
 Max Load : 352 lbs / 160 kg
 Start Resistance : 24.7 lbs / 11.2 kg



CHEST PRESS

JPL - 109



- 
 L : 62 inches / 157 cms
 W : 72 inches / 183 cms
 H : 70 inches / 178 cms
- 
 Max Load : 616 lbs / 280 kg
 Start Resistance : 38.3 lbs / 17.4 kg





INCLINE CHEST

JPL - 110



- 📏 L : 64 inches / 163 cms
- 📏 W : 82 inches / 208 cms
- 📏 H : 70 inches / 178 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 35.7 lbs / 16.2 kg



ISOLATERAL PEC DECK

JPL - 107



- 📏 L : 72 inches / 183 cms
- 📏 W : 45 inches / 114 cms
- 📏 H : 64 inches / 163 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- Start Resistance : 16.9 lbs / 7.7 kg



ISOLATERAL INCLINE PEC FLY

JPL - 108



- 📏 L : 70 inches / 178 cms
- 📏 W : 60 inches / 152 cms
- 📏 H : 38 inches / 97 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- Start Resistance : 52.1 lbs / 23.7 kg



REVERSE FRONT LAT PULL DOWN

JPL - 111



- 📏 L : 92 inches / 234 cms
- 📏 W : 68 inches / 173 cms
- 📏 H : 82 inches / 208 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 46.2 lbs / 21 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



PULLDOWN

JPL - 147



- ▣ L : 68 inches / 173 cms
- ▣ W : 60 inches / 152 cms
- ▣ H : 76 inches / 193 cms
- ⊙ Max Load : 616 lbs / 280 kg
- Start Resistance : 73.4 lbs / 33.4 kg



PULLOVER

JPL - 112



- ▣ L : 78 inches / 198 cms
- ▣ W : 58 inches / 147 cms
- ▣ H : 59 inches / 150 cms
- ⊙ Max Load : 616 lbs / 280 kg
- Start Resistance : 53.4 lbs / 24.3 kg



LOW ROW

JPL - 113



- ▣ L : 75 inches / 190 cms
- ▣ W : 60 inches / 152 cms
- ▣ H : 76 inches / 193 cms
- ⊙ Max Load : 616 lbs / 280 kg
- Start Resistance : 41.1 lbs / 18.7 kg



MID ROW

JPL - 114



- ▣ L : 75 inches / 191 cms
- ▣ W : 58 inches / 147 cms
- ▣ H : 58 inches / 147 cms
- ⊙ Max Load : 616 lbs / 280 kg
- Start Resistance : 32.8 lbs / 14.9 kg





ISOLATERAL ROW

JPL - 141



- L : 70 inches / 178 cms
 W : 60 inches / 152 cms
 H : 55 inches / 140 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 51.9 lbs / 23.6 kg



LINEAR ROW

JPL - 163



- L : 75 inches / 191 cms
 W : 70 inches / 178 cms
 H : 44 inches / 112 cms
- Max Load : 352 lbs / 160 kg
 Start Resistance : 47.9 lbs / 21.7 kg



ISOLATERAL HIGH ROW

JPL - 152



- L : 64 inches / 163 cms
 W : 60 inches / 152 cms
 H : 78 inches / 198 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 63.6 lbs / 28.9 kg



ISOLATERAL D.Y. ROW

JPL - 153



- L : 56 inches / 142 cms
 W : 60 inches / 152 cms
 H : 82 inches / 208 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 52.8 lbs / 24 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



MULTI ANGLED T-BAR

JPL - 115



- 📏 L : 74 inches / 188 cms
- 📏 W : 40 inches / 102 cms
- 📏 H : 28 inches / 71 cms
- ⚙️ Max Load : 132 lbs / 60 kg
- Start Resistance : 45.3 lbs / 20.6 kg

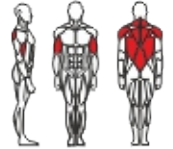


INCLINE T-BAR

JPL - 116



- 📏 L : 78 inches / 198 cms
- 📏 W : 40 inches / 102 cms
- 📏 H : 47 inches / 119 cms
- ⚙️ Max Load : 132 lbs / 60 kg
- Start Resistance : 46.4 lbs / 21.1 kg



COMPOUND ROW

JPL - 117



- 📏 L : 98 inches / 249 cms
- 📏 W : 48 inches / 122 cms
- 📏 H : 36 inches / 91 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 51.5 lbs / 23.4 kg



SEATED PEC FLY / LATERAL RAISE COMBO.

JPL - 159



- 📏 L : 58 inches / 147 cms
- 📏 W : 45 inches / 114 cms
- 📏 H : 64 inches / 163 cms
- ⚙️ Max Load : 353 lbs / 160 kg
- Start Resistance : 40.5 lbs / 18.4 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



SHOULDER PRESS

JPL - 118



- 
 L : 64 inches / 163 cms
 W : 84 inches / 213 cms
 H : 60 inches / 152 cms
- 
 Max Load : 616 lbs / 280 kg
 Start Resistance : 37.4 lbs / 17 kg



MULTI LINEAR BENCH

JPL - 164



- 
 L : 72 inches / 183 cms
 W : 76 inches / 193 cms
 H : 76 inches / 193 cms
- 
 Max Load : 352 lbs / 160 kg
 Start Resistance : 40 lbs / 18.3 kg



ISOLATERAL SUPER INCLINE SHOULDER PRESS

JPL - 119



- 
 L : 65 inches / 165 cms
 W : 58 inches / 148 cms
 H : 76 inches / 193 cms
- 
 Max Load : 616 lbs / 280 kg
 Start Resistance : 42 lbs / 19.1 kg

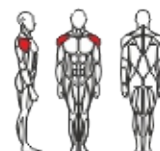


ISOLATERAL SEATED LATERAL RAISE

JPL - 120



- 
 L : 56 inches / 142 cms
 W : 45 inches / 114 cms
 H : 56 inches / 142 cms
- 
 Max Load : 616 lbs / 280 kg
 Start Resistance : 20.9 lbs / 9.5 kg





SHRUGS / DEADLIFT

JPL - 121



- 📏 L : 70 inches / 178 cms
- 📏 W : 60 inches / 152 cms
- 📏 H : 42 inches / 107 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 45.3 lbs / 20.6 kg

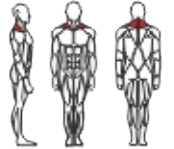


SEATED / STANDING SHRUGS

JPL - 122



- 📏 L : 56 inches / 142 cms
- 📏 W : 76 inches / 193 cms
- 📏 H : 56 inches / 142 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 41.3 lbs / 18.8 kg



ARM CURL

JPL - 123



- 📏 L : 64 inches / 163 cms
- 📏 W : 46 inches / 117 cms
- 📏 H : 44 inches / 112 cms
- ⚙️ Max Load : 88 lbs / 40 kg
- Start Resistance : 41.6 lbs / 18.9 kg



BISOLATERAL BICEP CURL

JPL - 124



- 📏 L : 42 inches / 107 cms
- 📏 W : 68 inches / 173 cms
- 📏 H : 52 inches / 132 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- Start Resistance : 17.8 lbs / 8.1 kg





INCLINE BICEP CURL

JPL - 148



- L : 46 inches / 117 cms
 W : 66 inches / 168 cms
 H : 58 inches / 147 cms
- Max Load : 352 lbs / 160 kg
 Start Resistance : 16.7 lbs / 7.6 kg



TRICEP DIP PLATE LOADED

JPL - 125



- L : 68 inches / 173 cms
 W : 70 inches / 178 cms
 H : 45 inches / 114 cms
- Max Load : 352 lbs / 160 kg
 Start Resistance : 18.5 lbs / 8.4 kg



INCLINE TRICEP EXTENSION

JPL - 149



- L : 46 inches / 117 cms
 W : 66 inches / 168 cms
 H : 60 inches / 152 cms
- Max Load : 352 lbs / 160 kg
 Start Resistance : 18.9 lbs / 8.6 kg



ISOLATERAL LEG EXTENSION

JPL - 126



- L : 64 inches / 163 cms
 W : 72 inches / 183 cms
 H : 49 inches / 124 cms
- Max Load : 352 lbs / 160 kg
 Start Resistance : 45.5 lbs / 20.7 kg





ISOLATERAL LEG CURL

JPL - 127



- 📏 L : 50 inches / 127 cms
- 📏 W : 55 inches / 140 cms
- 📏 H : 51 inches / 130 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- Start Resistance : 27.9 lbs / 12.7 kg



ISOLATERAL STANDING LEG CURL

JPL - 140



- 📏 L : 62 inches / 157 cms
- 📏 W : 78 inches / 198 cms
- 📏 H : 53 inches / 135 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- Start Resistance : 34.7 lbs / 15.8 kg



ISOLATERAL LEG PRESS

JPL - 145



- 📏 L : 72 inches / 183 cms
- 📏 W : 60 inches / 152 cms
- 📏 H : 64 inches / 163 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 80.1 lbs / 36.4 kg



LEG PRESS

JPL - 128



- 📏 L : 93 inches / 236 cms
- 📏 W : 56 inches / 142 cms
- 📏 H : 61 inches / 155 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 161 lbs / 73.2 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



45° LEG PRESS

JPL - 129



- 📏 L : 92 inches / 234 cms
- W : 70 inches / 178 cms
- H : 55 inches / 140 cms
- ⚙️ Max Load : 1232 lbs / 560 kg
- Start Resistance : 140.8 lbs / 64 kg



VERTICAL LEG PRESS

JPL - 130



- 📏 L : 75 inches / 190 cms
- W : 84 inches / 213 cms
- H : 86 inches / 218 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 136.4 lbs / 62 kg



LYING VERTICAL PRESS

JPL - 142



- 📏 L : 75 inches / 190 cms
- W : 82 inches / 208 cms
- H : 86 inches / 218 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 161.3 lbs / 73.3 kg



HACK SQUAT

JPL - 131



- 📏 L : 94 inches / 239 cms
- W : 70 inches / 178 cms
- H : 55 inches / 140 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 121.7 lbs / 55.3 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



LEG PRESS / HACK SQUAT COMBO.

JPL - 132



- L : 94 inches / 239 cms
 W : 70 inches / 178 cms
 H : 55 inches / 140 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 166.8 lbs / 75.8 kg



POWER SQUAT

JPL - 133



- L : 78 inches / 198 cms
 W : 66 inches / 168 cms
 H : 66 inches / 168 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 118.1 lbs / 53.7 kg



PENDULUM SQUAT

JPL - 144



- L : 92 inches / 234 cms
 W : 58 inches / 147 cms
 H : 64 inches / 163 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 120.3 lbs / 54.7 kg



BELT SQUAT

JPL - 146



- L : 70 inches / 178 cms
 W : 48 inches / 122 cms
 H : 52 inches / 132 cms
- Max Load : 616 lbs / 280 kg
 Start Resistance : 49.9 lbs / 22.7 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



STANDING ABDUCTOR

JPL - 156



- 📏 L : 75 inches / 190 cms
- 📏 W : 35 inches / 89 cms
- 📏 H : 51 inches / 130 cms
- ⚙️ Max Load : 528 lbs / 240 kg
- ⚙️ Start Resistance : 33.4 lbs / 15.2 kg



HIP THRUST

JPL - 143



- 📏 L : 70 inches / 178 cms
- 📏 W : 56 inches / 142 cms
- 📏 H : 50 inches / 127 cms
- ⚙️ Max Load : 308 lbs / 140 kg
- ⚙️ Start Resistance : 60.7 lbs / 27.6 kg



HIP THRUST PLATE LOADED

JPL - 160



- 📏 L : 72 inches / 183 cms
- 📏 W : 55 inches / 140 cms
- 📏 H : 41 inches / 104 cms
- ⚙️ Max Load : 353 lbs / 160 kg
- ⚙️ Start Resistance : 79.2 lbs / 36 kg



STANDING HIP THRUST

JPL - 157



- 📏 L : 65 inches / 165 cms
- 📏 W : 38 inches / 97 cms
- 📏 H : 56 inches / 142 cms
- ⚙️ Max Load : 353 lbs / 160 kg
- ⚙️ Start Resistance : 27.1 lbs / 12.3 kg



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



STANDING CALF

JPL - 150



- 📏 L : 38 inches / 97 cms
- 📏 W : 54 inches / 137 cms
- 📏 H : 70 inches / 178 cms
- ⚙️ Max Load : 704 lbs / 320 kg
- Start Resistance : 60.7 lbs / 27.6 kg



SEATED CALF

JPL - 134



- 📏 L : 58 inches / 147 cms
- 📏 W : 36 inches / 91 cms
- 📏 H : 39 inches / 99 cms
- ⚙️ Max Load : 88 lbs / 40 kg
- Start Resistance : 43.6 lbs / 19.8 kg



SEATED CALF PRESS

JPL - 154



- 📏 L : 40 inches / 102 cms
- 📏 W : 70 inches / 178 cms
- 📏 H : 42 inches / 107 cms
- ⚙️ Max Load : 616 lbs / 280 kg
- Start Resistance : 92.8 lbs / 42.2 kg



ANGLED CALF

JPL - 135



- 📏 L : 66 inches / 168 cms
- 📏 W : 42 inches / 107 cms
- 📏 H : 48 inches / 122 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- Start Resistance : 53.9 lbs / 24.5 kg





TIBIA TRAINER

JPL - 136



- 📏 L : 40 inches / 102 cms
- 📏 W : 15 inches / 38 cms
- 📏 H : 14 inches / 36 cms
- ⚙️ Max Load : 110 lbs / 50 kg
- ⚙️ Start Resistance : 29.3 lbs / 13.3 kg



SEATED TIBIA TRAINER

JPL - 151



- 📏 L : 36 inches / 91 cms
- 📏 W : 48 inches / 122 cms
- 📏 H : 42 inches / 107 cms
- ⚙️ Max Load : 352 lbs / 160 kg
- ⚙️ Start Resistance : 35.2 lbs / 16 kg



ABDOMINAL OBLIQUE CRUNCH

JPL - 162



- 📏 L : 58 inches / 147 cms
- 📏 W : 40 inches / 102 cms
- 📏 H : 64 inches / 163 cms
- ⚙️ Max Load : 309 lbs / 140 kgs
- ⚙️ Start Resistance : 16.7 lbs / 7.6 kgs



SMITH MACHINE COUNTER BALANCED

JPL - 137



- 📏 L : 56 inches / 142 cms
- 📏 W : 86 inches / 218 cms
- 📏 H : 90 inches / 229 cms
- ⚙️ Max Load : 616 lbs / 280 kgs



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



SMITH / SQUAT RACK COMBO.

JPL - 158



- 📏 L : 65 inches / 165 cms
- 📏 W : 86 inches / 218 cms
- 📏 H : 90 inches / 229 cms
- 🏋️ Max Load : 616 lbs / 280 kgs



*Attachments, Accessories, Weight Plates, Dumbbells & Bars to be Ordered Separately



FRAME



UPHOLSTERY





INDIA'S PIONEER. GLOBALLY CERTIFIED.



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EUROPEAN
STANDARDS

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