

**JERAI**<sup>®</sup>  
FITNESS LTD.



**HOME GYM SERIES**



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

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.

# ***HOME GYM*** ***SERIES***



*Elevate your home workouts with our Home Gym Series—precision-engineered 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.*

**EN**  
EUROPEAN  
STANDARDS

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

**CE**

**ASTM**  
INTERNATIONAL  
Standard of Excellence

ASTM F2216-17A



	<b>Treadmill Features:</b>
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"
<b>Stabilizer Required<sup>#</sup></b>	<b>3 KV Single Phase</b>

**# To be procured by the client.**

# HOME GYM (MULTI BENCH PRESS)

JHBR - 101A

SCAN FOR VIDEO



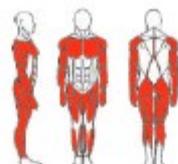
A compact all in one unit to cover the basics and train your entire body. Available with a range of attachments to cater to each person's individual needs.



## 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**

**SCAN FOR VIDEO**



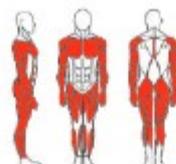
A compact all in one unit to cover the basics and train your entire body. Available with a range of attachments to cater to each person's individual needs.



**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

SCAN FOR  
VIDEO



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.

### Attachments Included



J Hook  
JHA 001A



Outer Safety Catch  
JHA 002

### \* Optional Attachments



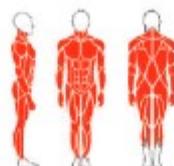
Plate Holder  
JHA 004A



### 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.

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

# MULTI GYM RACK JHBR - 103

SCAN FOR  
VIDEO



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.

## Attachments Included



J Hook  
JHA 001A



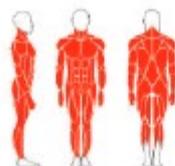
Outer Safety Catch  
JHA 002



## Product Specifications

- 50mm X 50mm
- L : 55 inches / 140 cms
- W : 50 inches / 127 cms
- H : 78 inches / 198 cms
- 157.5 lbs. / 71.6 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

SCAN FOR  
VIDEO



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.

## \* Optional Attachments



Arm Curl Seat with Bar Holder



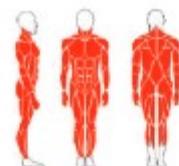
Leg Curl / Extension



### Product Specifications

- 50mm X 50mm
- 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.

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

## SUPER BENCH JHBR - 112

SCAN FOR  
VIDEO



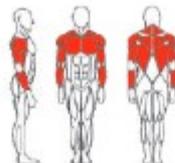
Compact and sturdy design with precision laser cut seat adjustments for a wide range of angles. Fibreglass reinforced wheels for easy mobility.



### 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

SCAN FOR  
VIDEO



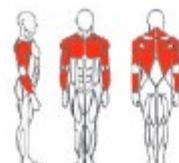
Unique foldable design perfect for smaller spaces. Sturdy design with precision laser cut seat adjustments for a wide range of angles. Fibreglass reinforced wheels for easy mobility.



### 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**

**SCAN FOR  
VIDEO**



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.



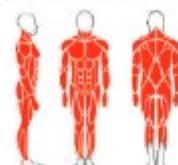
**INCLUDES FOLLOWING:**

- 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

SCAN FOR  
VIDEO



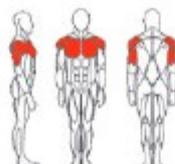
Dual function stand for bodyweight exercises. Can be used by 2 people at the same time with safety and stability. Perform dips and push-ups with ease.



### 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

SCAN FOR  
VIDEO



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

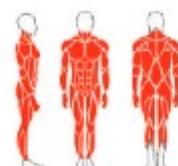


Outer Safety Catch  
JHA 002

### Product Specifications

- 50mm X 50mm
- 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**

**SCAN FOR  
VIDEO**



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**

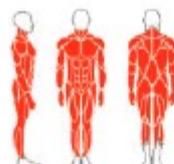


Outer Safety Catch  
JHA 002

**Product Specifications**

- 50mm X 50mm
- 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.

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

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

SCAN FOR  
VIDEO



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

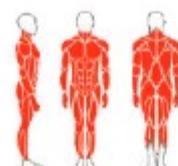


Outer Safety Catch  
JHA 002

### Product Specifications

- 50mm X 50mm
- 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.

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

SCAN FOR  
VIDEO



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.

## Attachments Included



J Hook  
JHA 001A



Inner Safety Catch  
JHA 003



Strap Handle  
JCA017



Straight Handle - Small  
JCA001

## \* Optional Attachments



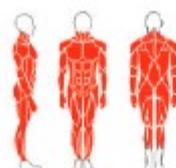
Outer Safety Catch  
JHA 002



## Product Specifications

- 50mm X 50mm
- L : 66 inches / 168 cms
- W : 54 inches / 137 cms
- H : 92 inches / 234 cms
- 165 lbs. / 75 KG
- 461.2 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.

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

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

## JHBR - 106C

SCAN FOR VIDEO



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.

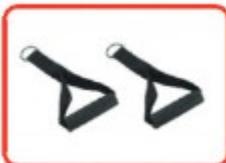
### Attachments Included



J Hook  
JHA 001A



Inner Safety Catch  
JHA 003



Strap Handle  
JCA017



Straight Handle - Small  
JCA001

### \* Optional Attachments



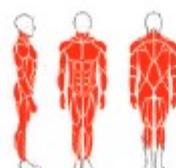
Outer Safety Catch  
JHA 002



### Product Specifications

- 50mm X 50mm
- 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

SCAN FOR  
VIDEO



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

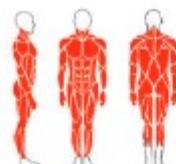


Outer Safety Catch  
JHA 002

### Product Specifications

- 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

SCAN FOR  
VIDEO



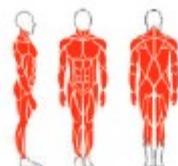
All in one unit with dedicated weight stacks for each exercise. Workout your entire upper body on a single machine.



### 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

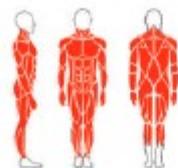
All in one unit with dedicated weight stacks for each exercise. Workout your entire upper body on a single machine.



### 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.

## PERSONAL TRAINING STATION 50 JHPTS50

SCAN FOR  
VIDEO



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

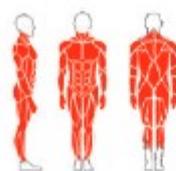


Straight Handle - Small  
JCA001

### Product Specifications

- 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.

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

# OPTIONAL ATTACHMENTS\*

## PTS 50 / SUPER PTS



Landmine  
JHA 010A



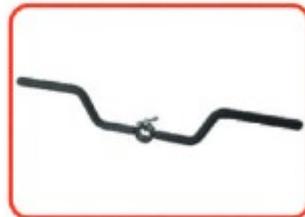
Landmine Single  
Handle  
JHA 011



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

SCAN FOR  
VIDEO



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.



\*Optional Attachment

**HALF RACK**  
**JHSPTS5**

99 lbs. / 45 KG



### Attachments Included



J Hook  
JHA 001A



Outer Safety Catch  
JHA 002



Strap Handle  
JCA017

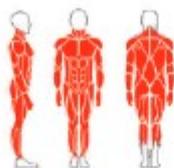


Straight Handle - Small  
JCA001

### Product Specifications

- 50mm X 100mm
- 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

### 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.

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

## NEW SUPER PERSONAL TRAINING STATION 75 JHSPTS4

SCAN FOR  
VIDEO



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

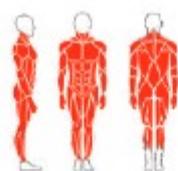


Straight Handle - Small  
JCA001

### Product Specifications

- 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

SCAN FOR  
VIDEO



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

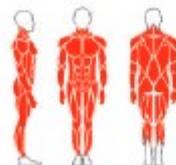


Straight Handle - Small  
JCA001

### 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.

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

# PERSONAL TRAINING STATION 360

## JHPTS360

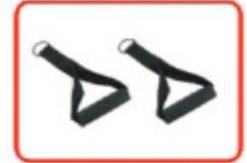
SCAN FOR VIDEO



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



### Attachments Included



Strap Handle  
JCA017



Straight Handle - Small  
JCA001

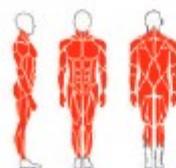


Support Pad  
JHA 023

### 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

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

## 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



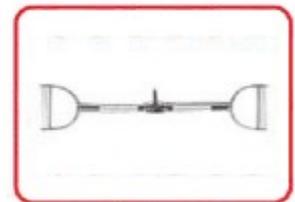
**D ROWING HANDLE**  
JCA009



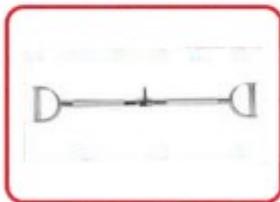
**CURVE D HANDLE  
SMALL**  
JCA010



**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



**PLYOMETRIC SOFTBOX SET**  
(6" / 15 cms, 12" / 30 cms,  
18" / 45 cms, 24" / 60 cms)  
JA007



**POWER BAG SET**  
(5 / 10 / 15 / 20 kgs)  
JA008



**BULGARIAN BAG SET**  
(5 / 10 / 15 / 20 kgs)  
JA009



**LEATHER KETTLEBELL SET**  
(2/3/4/5/6/8/10 kgs)  
JA010



**WALL BALL SET**  
(6/8/10 kgs)  
JA011



**MEDICINE BALL  
SPLIT LEATHER SET**  
(1/2/3/4/5 kgs)  
JA012



**MEDICINE BALL**  
(1/2/3/4/5 kgs)  
JA013



**KETTLEBELLS**  
JA014



**TRX SUSPENSION**  
JA015



**FOAM ROLLER**  
JA016



**STABILITY HALF BALL**  
JA017



**PUNCHING BAG**  
JA018



**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



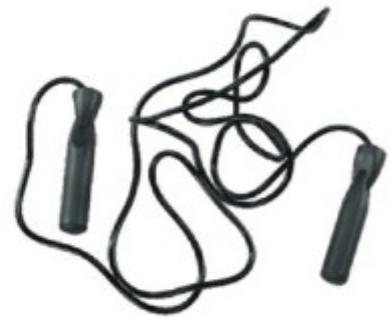
**AB STRAP**  
JA024



**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



**TRAMPOLINE**  
JA044



**806 REVLL ONE**  
JA045

# **JERAI**<sup>®</sup> **FITNESS LTD.**

INDIA'S PIONEER. GLOBALLY CERTIFIED.



ASTM F2216-17A



EUROPEAN  
STANDARDS

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



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