

JERAI[®]
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 15 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.

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 PARTNER JHBR - 101

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.



*Optional Attachments



Plate Holder
JHA004A

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.

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

YOUR FIT PARTNER
JHBR - 102

**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.



***Optional Attachments**



Plate Holder
JHA004A

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.

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

MY GYM BOX JHMBG

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 / 61 cms
 171.6 lbs. / 78 KG

Muscles Worked



Exercise Variations

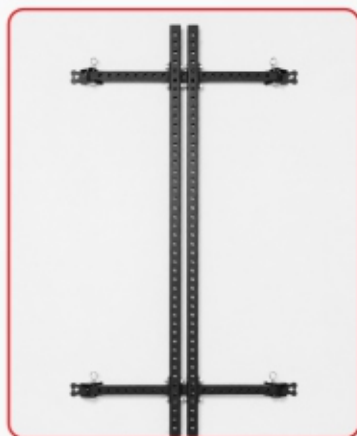
Flat bench press, incline bench press, shoulder press, pec fly, bicep curl, bent over row tricep extension, , landmine row, kettlebell variations, barbell curl, barbell row, barbell chest press, barbell shoulder press, resistance band variations.

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
JHA001A



Outer Safety Catch
JHA002

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.

*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
JHA001A



Inner Safety Catch
JHA003



Strap Handle
JCA017



Straight Handle - Small
JCA001

* Optional Attachments



Outer Safety Catch
JHA002

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.

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

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
JHA001A



Inner Safety Catch
JHA003



Strap Handle
JCA017



Straight Handle - Small
JCA001

* Optional Attachments



Outer Safety Catch
JHA002



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.

OPTIONAL ATTACHMENTS*



Landmine
JHA010B



Landmine Single
Handle
JHA011



Landmine Handle
JHA013



Landmine V Handle
JHA012



T-Bar Handle
JHA014



Band Pegs
JHA009



Pull Up Bar (EZ)
JHA017



Pull Up Bar
(Adjustable)
JHA018



J Versa Hook
JHA019



Single Bar Hook
JHA020



D Rope Hook
JHA021



Dip Station
JHA005



Hanger Clip
JHA022



Plate Holder
JHA004B



GYM BOX WITH HIGH
LOW PULLEY-PLATE LOADED



GYM BOX WITH HIGH LOW
PULLEY-SELECTORIZED

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
JHA001A



Inner Safety Catch
JHA003

*Optional Attachments



Outer Safety Catch
JHA002

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.

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

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
JHA001A



Outer Safety Catch
JHA002



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

Squat, Decline Bench Press, Deadlift, Seated Shoulder Press, Flat Bench Press, Incline Chest Press, Cable crossover, Single Leg RDL Barbell, Pull-ups, Biceps curls, Overhead Rope Extension, Barbell Shrugs, Cable upright row & Many more.

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

OPTIONAL ATTACHMENTS*

PTS 50 / SUPER PTS



Landmine
JHA010A



Landmine Single
Handle
JHA011



Landmine V Handle
JHA012



Landmine Handle
JHA013



T-Bar Handle
JHA014



Band Pegs
JHA009



Plate Holder
JHA004A



Dip Station
JHA005



Leg Press Platform
Attachment
JHA006



Punching Bag Hook
JHA007



Single Bar Holder
JHA008

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.



Attachments Included



J Hook
JHA001A



Outer Safety Catch
JHA002



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

Squat, Incline Bench Press, Deadlift, Seated Cable Row, Flat Bench Press, Smith Stiffed Leg Deadlift, Cable crossover, Seated Overhead Press, Pull-ups, Biceps curls, Overhead Rope Extension, Barbell Shrugs, Cable upright row, & 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
JHA001A



Outer Safety Catch
JHA002



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

Squat, Sumo Deadlift, Deadlift, Overhead Press, Flat Bench Press, Incline Chest Press, Cable crossover, Row, Pull-ups, Biceps curls, Overhead Rope Extension, Barbell Shrugs, Cable upright row, Barbell bentover row & Many more.

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

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
JHA001A



Outer Safety Catch
JHA002



Strap Handle
JCA017



Straight Handle - Small
JCA001

Product Specifications

- 50mm X 50mm
- L : 62 inches / 157 cms
- W : 62 inches / 157 cms
- H : 92 inches / 234 cms
- 220 lbs. / 100 KG
- 501.6 lbs. / 228 KG

Muscles Worked



Exercise Variations

Incline Press, Chest Press, Kneeling Crunch, Row, Rope Triceps Pushdown, Pull-ups, Single Arm Cable Row, Kneeling Shoulder Press, Cable Upright Row, Biceps Curls, Cable Overhead Press, Cable crossover, lateral raises, Romanian deadlift, Straight Bar Pullover & Many more.

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

DUMBBELL RACK

JHBR - 107

* Optional Attachment



Single Bar Holder
JHA008



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

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

DUMBBELL / PLATE / BARBELL



DIAMOND CUT DUMBBELLS

JDDK



RUBBERIZED PLATES

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



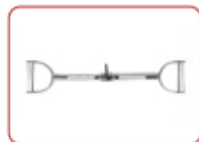
D ROWING HANDLE
JCA009



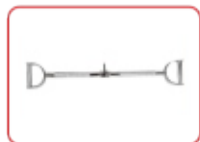
**CURVE D HANDLE
SMALL**
JCA010



**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



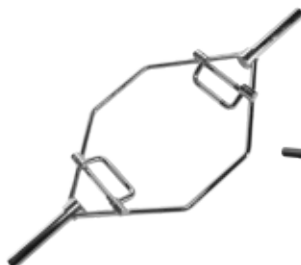
DIP STAND
JA001



DIP STAND
JA002



DIP STAND
JA037



**FOLDING HANDLE
HEX BAR**
JA003



TRAP BAR A
JA046



TRAP BAR B
JA047



BARBELL COLLAR
JA005



**OLYMPIC BARBELL
PLASTIC LOCK**
JA048



HAMMER CURL BAR
JA004



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



BATTLE ROPE (38 MM)
(Length - 9 Meter)
JA020



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



**EXERCISE WHEEL
(DUAL WHEEL)**
JA019



AB STRAP
JA024



AEROBIC STEP BOARD
JA025



TPR RESISTANCE BAND SET
JA026



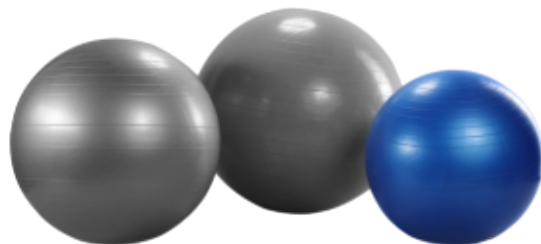
PVC JUMP ROPE
JA027



ADJUSTABLE EXPANDER TUBE SET
JA028



ANTI-BURST GYM BALL
(55 / 65 cms)
JA029



ANTI - BURST GYM BALL
(75 / 85 / 95 cms)
JA030



BLACK BUMPER PLATES
JA031



COLORLED 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



806 REVVLL ONE
JA045



TRAMPOLINE
JA044

THINK
OUTSIDE
THE
BOX



TRAIN IN THE COMFORT
OF **YOUR HOME.**

www.jeraihomegym.com



A PIONEER IN FITNESS EQUIPMENT MANUFACTURING.



+91 86579 64733
+91 91520 04941

Website: www.jeraifitness.com / www.jeraihomegym.com

Email: sales@jeraifitness.com

Connect with us on   

Registered Office: D - 204, Gagangiri Complex, New Link Road, Near Mcdonald's, Kandarpada, Dahisar (west), Mumbai - 400 068, Maharashtra, INDIA.

Corporate Office: 209 - 212, Techno IT Park, Link Road, Borivali (West), Mumbai - 400 092, Maharashtra, INDIA.

Factory: Survey 215, Plot No. 08, 09, 13, 14, 18, 19, 22, and 23 of Survey No. 216 (P), Survey 217, Survey 218 (P), Unit No. 3A, 05, and 06 of Survey 219, Village Ghonsai, Wada, Palghar - 421 303, Maharashtra, INDIA.

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