

MY GYM BOX

JHMGB

A compact and aesthetic centre piece 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.



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FEATURES

- ◆ **Compact and Space-Saving:** All-in-one design perfect for home gyms with limited space.
- ◆ **Durable Build:** Built to withstand intense workouts for long-lasting use.
- ◆ **Adjustable Bench:** Provides multiple positions for versatile strength training.
- ◆ **Integrated Organization:** Keeps weights and equipment neatly stored and easily accessible.
- ◆ **Versatile Workouts:** Supports a variety of exercises for full-body training.

SPECIFICATIONS

DIMENSIONS:

Length: 62 inches/157 cms
Width: 18 inches/46 cms
Height: 24 inches/70 cms
Weight: 171.6 lbs./78 KG

MUSCLE WORKED: Full Body

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

