

**Rajasthan Skill and Livelihoods Development corporation**

(A Government of Rajasthan enterprise)

**ELSTP - List of Tools, Equipment and Material**

Job Role Name	Fitness Trainer	Sector Name	Sports_Physical_Education_Fitness_and_Leisure_Skills_Council			QP Code -	SPF/Q1102
Sr. No.	Equipment Name	Quantity proposed for a batch of 30 trainees	Unit Type	Is this a mandatory Equipment (Yes/No)	Dimension/ Specification/ Description of the Equipment/ ANY OTHER REMARK	No. of Tools Available	Remark
1	Treadmill	5	units	Yes	Standard		
2	Cross Trainer	5	units	Yes	Standard		
3	Stationary cycle	5	units	Yes	Standard		
4	Bicycle Ergo Meter	5	units	No	Standard		
5	Arc Trainer	5	units	No	Standard		
6	Flat-Bench Olympic Free Weight	1	units	Yes	Standard		
7	Inclined-Bench Olympic Free Weight	1	units	Yes	Standard		
8	Decline-Bench Olympic Free Weight	1	units	No	Standard		
9	Push-Up Bar	1	units	Yes	Standard		
10	Machine Chest Press	1	units	Yes	Standard		
11	Lat- Pull Down	1	units	Yes	Standard		
12	Multi-station	1	units	Yes	Standard		
13	Glut Ham	1	units	No	Standard		
14	Hyper Extension	1	units	Yes	Standard		
15	Smith Machine	1	units	Yes	Standard		
16	Shoulder Press Machine	1	units	Yes	Standard		

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17	Lateral Raise Machine	1	units	No	Standard		
18	2 Tier Dumb bell Rack ( 2 Kgs to 40 Kgs)	15	units	Yes	Standard		
19	Barbells-Shoulders	2	units	Yes	Standard		
20	Squat-Rack	1	units	Yes	Standard		
21	Leg Press/Half Squat	1	units	Yes	Standard		
22	Leg Curl Machine	1	units	Yes	Standard		
23	Leg Extension Machine	1	units	Yes	Standard		
24	Seated Calf	1	units	No	Standard		
25	Abs Bench	5	units	Yes	Standard		
26	Abs King Pro	5	units	no	Standard		
27	Twister	2	units	no	Standard		
28	Gym Ball	5	units	Yes	Standard		
29	Ab Rocket	2	units	No	Standard		
30	Bar 4 Ft. Curl Bar	1	units	Yes	Standard		
31	Zig-Zag Bar	2	units	Yes	Standard		
32	Olympic Bar	5	units	Yes	Standard		
33	Olympic Weight Lifting Plates 1.25 Kgs	10	units	Yes	Standard		

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34	Olympic Weight Lifting Plates 2.5 Kgs	10	units	Yes	Standard		
35	Olympic Weight Lifting Plates 5.0 Kgs	10	units	Yes	Standard		
36	Olympic Weight Lifting Plates 10.0 Kgs	10	units	Yes	Standard		
37	Olympic Weight Lifting Plates 15.0 Kgs	10	units	Yes	Standard		
38	Collars For Olympic Bar	10	units	Yes	Standard		
39	Suspension Trainer	15	units	No	Standard		
40	Kettelbell	10	units	No	Standard		
41	Balance Trainer	2	units	No	Standard		
42	Kick & Punching Pads	5	units	No	Standard		
43	Battle Rope	2	units	No	Standard		
44	Sand Bags 5 Kgs, 10 Kg, 15 Kg)	5	units	No	Standard		