

Rajasthan Skill and Livelihoods Development corporation

(A Government of Rajasthan enterprise)

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	Kick & Punching Pads	5	units	No	-		
2	Olympic Weight Lifting Plates 2.5 Kgs	5	units	Yes	-		
3	Kettelbell	10	units	No	-		
4	Olympic Weight Lifting Plates 15.0 Kgs	5	units	Yes	-		
5	Sand Bags 5 Kgs, 10 Kg, 15 Kg)	5	units	No	-		
6	Collars For Olympic Bar	5	units	Yes	-		
7	Olympic Weight Lifting Plates 10.0 Kgs	5	units	Yes	-		
8	Stationary cycle	3	units	Yes	-		
9	Seated Calf	1	units	No	-		
10	Lat- Pull Down	1	units	Yes	-		
11	Abs Bench	2	units	Yes	-		
12	Arc Trainer	5	units	No	-		
13	Multi-station	1	units	Yes	-		
14	Squat-Rack	1	units	Yes	-		
15	Shoulder Press Machine	1	units	Yes	-		
16	Olympic Bar	2	units	Yes	-		
17	Glut Ham	1	units	No	-		
18	Barbells-Shoulders	1	units	Yes	-		
19	Hyper Extension	1	units	Yes	-		
20	2 Tier Dumb bell Rack (2 Kgs to 40 Kgs)	8	units	Yes	-		
21	Leg Press/Half Squat	1	units	Yes	-		
22	Smith Machine	1	units	Yes	-		
23	Olympic Weight Lifting Plates 1.25 Kgs	3	units	Yes	-		
24	Decline-Bench Olympic Free Weight	1	units	No	-		
25	Flat-Bench Olympic Free Weight	1	units	Yes	-		
26	Bar 4 Ft. Curl Bar	1	units	Yes	-		
27	Ab Rocket	2	units	No	-		
28	Twister	2	units	no	-		
29	Gym Ball	2	units	Yes	-		
30	Push-Up Bar	1	units	Yes	-		
31	Leg Curl Machine	1	units	Yes	-		
32	Abs King Pro	5	units	no	-		
33	Treadmill	3	units	Yes	-		
34	Cross Trainer	3	units	Yes	-		
35	Machine Chest Press	1	units	Yes	-		
36	Bicycle Ergo Meter	5	units	No	-		
37	Lateral Raise Machine	1	units	No	-		
38	Inclined-Bench Olympic Free Weight	1	units	Yes	-		
39	Olympic Weight Lifting Plates 5.0 Kgs	7	units	Yes	-		
40	Zig-Zag Bar	2	units	Yes	-		
41	Suspension Trainer	15	units	No	-		
42	Leg Extension Machine	1	units	Yes	-		
43	Balance Trainer	2	units	No	-		
44	Battle Rope	2	units	No	-		