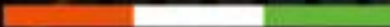


**PUNEET SINGH NINDRA**

PRESENT'S

**WELLNESS  GYM**

 **COMMERCIAL GYM EQUIPMENT**




*Mugdha Godse*  
MUGDHA GODSE

*Rahul Dev*  
RAHUL DEV



*You would only make some difference when you could commit yourself to serve.*

*The moment you understand the depth of service, that would be surely the turning point for your goals and trajectory- Puneet Singh Nindra.*

WELLNESS  GYM is founded with a deep understanding of the way the fitness industry behaves. Having a rich experience of 23 years into the gym and fitness arena, today I firmly understand the dynamics of this industry. But yet, the learning path is always open and receptive for me. I have seen the paradigm shift of the gym industry from earlier days to where it is today!

The Covid era has yet again brought us to the drawing board, where most of the best practices evolved in the last few years have yet again gone for a toss.

As we are preparing ourselves to redraw the entire business models in gym and fitness arena, the principles of strength training and cardio workouts have come back into more prominence. Immunity has become the key factor for survival. And, one of the best-known forms of gymming, which is Weight training & Cardio workouts, have been repositioned at the priority levels in fitness regimes!

Gyms are being reset to become more efficient in terms of client mobilization & redesigning to efficient spaces and becoming accessible to neighborhoods, for the simple reasons of serving people, right where they belong to.

Health Clubs in areas of 1500 Sq Ft to 4000 Sq ft are considered to be just the right fit of workout spaces to handle the local community and meet their fitness goals & offer personalized services, as to what the community needs.

We at Wellness Gym, are experts to help you in designing good, efficient and branded gyms. Our equipment profile is tailor-made for Indian needs and environment. We understand the durability factors required. We are by now experienced enough to design and produce equipment that serves all tiers in India in affordable and cost effective solution. I come with a rich experience, credible history to lead before me, a commitment to deliver what the industry has always been needing, with changing time. I firmly strive to tread and craft solutions required to make gyms successful and offer excellence in products built to international standards and yet affordable to Indian budgets.

*Welcome to the Wellness Gym family.*

*Puneet Singh Nindra*

Puneet Singh Nindra

FOUNDER







BRAND AMBASSADOR  
**RAHUL DEV & MUGDHA GODSE**





*Muzelha Gidse*



*Rakesh D*





# TREADMILL SERIES >>>

## **WG TR20** Commercial Treadmill



### **SPECIFICATION**

- Power of Motor: 4.0 CHP(8.0Max)
- Gross Structural & Product Weight: 260 Kg
- Weight Capacity: 300 Kg
- Frame Tube Size: 150mm\*50mm\*2.0mm
- Frame Tube Material: Q235
- Handle Bars: Made in Durable ABS Quality
- Heart Rate Sensor: Touch Based Sensors
- Walking Comfort Area: 1600\*580mm,
- Screen: LED display
- Display Parameter: Speed, Distance, Time, Calories, Heart Rate
- Elevation Range: 0 to 20%
- Speed Range: 1.0 to 20 Km/Hr
- Pre Programmed Treadmill

## **WG TR40** Curve Treadmill



### **SPECIFICATION**

- Motion Mode: 3 motion modes
- Break Mode: Magnet Resistance Adjustment
- Running Belt: Tracked High Strength nylon skeleton
- Running Area: 1500\*480mm
- Driving Mode: Gravity Action
- Net Weight: 140kg
- Maximum Load: 180kg
- Gross Weight: 184kg
- Display panel: 5-inch button control panel, which can display time, speed, distance, calories



## **WG TR50** Commercial Treadmill



### **SPECIFICATION**

- Power of Motor: 4.0 CHP(8.0Max)
- Load Bearing Capacity:300KG
- N.W.248kg
- Heart rate:50-256(Times/Min)
- Speed:1-20km Slope:0-20%
- Running belt: 600\*(W)\*3310\*(L)mm
- Running area:1600(L)\*600(W)mm
- Area machine covered: 2200(L)\*1020(W)mm
- Display Panel: 5-inch button control panel, which can display time, speed, distance, calories
- Pre Programmed Treadmill

## **WG TR50A** Curve Treadmill



### **SPECIFICATION**

- Power of Motor: 4.0 CHP(8.0Max)
- Load Bearing Capacity:300KG
- N.W.248kg
- Heart rate:50-256(Times/Min)
- Speed:1-20km Slope:0-20%
- Running belt: 600\*(W)\*3310\*(L)mm
- Running area:1600(L)\*600(W)mm
- Area machine covered: 2200(L)\*1020(W)mm
- Display Panel: 5-inch button control panel, which can display time, speed, distance, calories
- Pre Programmed Treadmill

## **WG TR60** Curve Treadmill



### **SPECIFICATION**

- Motion Mode: 3 motion modes
- Break Mode: Magnet Resistance Adjustment
- Running Belt: Tracked High Strength nylon skeleton
- Running Area: 1500\*480mm
- Driving Mode: Gravity Action
- Net Weight: 140kg
- Maximum Load: 180kg
- Gross Weight: 184kg
- Display panel: 5-inch button control panel, which can display time, speed, distance, calories

## **WG TR70** Commercial Treadmill



### **SPECIFICATION**

- Gross Weight: 266 Kg
- Ac Industrial Motor: 4.0 CHP(8.0Max)
- Max User Weight: 300 Kg
- Handle Bars: Made in Durable ABS Quality
- Heart rate sensor chip: Built-in heart rate sensor chip never slips.
- Running Surface: 1470\*530mm,
- Screen: LED display
- Display Parameter: Speed, Distance, Time, Calories, Heart Rate
- Elevation Range: 0 to 20%
- Speed Range: 1.0 to 20 Km/Hr
- Pre Programmed Treadmill



## **WG TR80** Commercial Treadmill



### **SPECIFICATION**

- House power: Continuous 4.0 CHP(8.0Max)
- Motor: more whisht AC motor
- Controler: control speed by inverter
- Speed: 1-20km Slope: 0-18%
- Running belt: 600(W)\*3510(C)mm
- Running area: 1630(L)\*600(W)mm
- Area machine covered: 2360\*980(L\*W)mm
- Package size: 2320\*1040\*680(L\*W\*H)mm
- N.W.: 233kg G.W.: 268kg
- Maxloaded: 350kg
- Pre Programmed Treadmill

## **WG TR90** Commercial Treadmill



### **SPECIFICATION**

- Power of Motor : 4.0 HP(8.0Max)
- Max User Weight : 300Kg
- N.W. : 187KG
- Heart rate : 50-256(Times/Min)
- Speed : 1-20km Slope: 0-15%
- Running belt : 520\*(W)\*3110\*(L)mm
- Display Panel : Speed, Distance, Time, Calories, Heart Rate
- Pre Programmed Treadmill

## **WG TR110**

Curve Treadmill



### **SPECIFICATION**

- Motion Mode: 3 motion modes (1-8 Gear)
- Break Mode: Magnet Resistance Adjustment
- Running Belt: Crawler Tube, Aluminium Alloy Frame
- Running Size: 1500 X 480mm
- Driving Mode: Gravity Action
- Treadmill Size: 2000\*900\*1530mm
- Net Weight: 155kg
- Maximum Load: 180kg
- Gross Weight: 188kg
- Display panel: 5-inch button control panel, which can display time, speed, distance, calories



**WG ROW20**  
Air Rower



**WG ROW30**  
Air Rower



## **WG CT10** Commercial Cross Trainer



### **SPECIFICATION**

- Number of resistance segments: 26 levels
- Equipment area: 1960\*690\*1760mm (length \* width \* height)
- Bear the user's maximum weight: 150KG
- Net weight of equipment: 118 KG

## **WG CT20** Commercial Cross Trainer



### **SPECIFICATION**

- Max User Weight: 200kg
- LCD Display
- Resistance range: 1.0-15 Levels
- Heart Rate Range: 50-256
- Display Shows: Time, Speed, Distance, Calories, Contact Heart Rate,
- Pulse: Ergonomically built in hand grip pulse sensor design
- Machine Size: 2150x720x1900 mm
- Machine Weight: 120 kg



## **WG CT30** Commercial Cross Trainer



### **SPECIFICATION**

- The WG CT30 elliptical trainer features a firm and stable steel frame with an anti-rust coating.
- The elliptical has a large range of motion for an effective workout and anti-skid rubber footplates to keep the user in place without slipping.
- Strengthened ABS housings provide a fashionable look and also increase durability of the Xtrainer.
- Dual-direction transmission; belt drive system; safe, stable, noiseless; smooth and stable.
- Large LED screen displays workout profile, provides a fashionable and elegant look, as well as an excellent visual experience.
- Assembly Size: 2080x750x1635mm
- Packing Size: 2100mmx700mmx880mm
- N.W.: 118kg
- G.W.: 135kg

## **WG CT40** Commercial Cross Trainer



### **SPECIFICATION**

- The WG CT40 elliptical trainer features a firm and stable steel frame with an anti-rust coating.
- Display function: Time, Distance, Speed, Calories, Heart Rate and Exercise mode.
- Mode: Combination of automatic mode and memory mode. The whole vehicle has the functions of hand-held heartbeat and heart rate recovery.
- Resistance Control: Section 1-16 EMS Spontaneous Electromagnetic Control System.
- The flywheel adopts a precise adsorption resistance adjustment system with strong magnetic magnets.
- Output Voltage: 220V 50HZ 6VDC 1A
- Power System: Self-generating type
- Size: 2100mmx640mmx1600mm
- N.W.: 137kg
- G.W.: 174kg

## **WG CT40A** Commercial Cross Trainer



- The WG CT40A elliptical trainer features a firm and stable steel frame with an anti-rust coating.
- Display function: Time, Distance, Speed, Calories, Heart Rate and Exercise mode.
- Mode: Combination of automatic mode and memory mode. The whole vehicle has the functions of hand-held heartbeat and heart rate recovery.
- Resistance Control: Section 1-16 EMS Spontaneous Electromagnetic Control System.
- The flywheel adopts a precise adsorption resistance adjustment system with strong magnetic magnets.
- Output Voltage: 220V 50HZ 6VDC 1A
- Power System: Self-generating type
- Size: 2100mm x 640mm x 1800mm
- N.W.: 137kg
- G.W.: 174kg

## **WG CT50** Commercial Cross Trainer



### **SPECIFICATION**

- N.Weight: 195kg
- Dimensions: 1765\*970\*1650mm
- Resistance Value: 900W 180rpm
- Slope Section: 20
- Step Length: 61cm
- Power Supply: Self-generating
- Program: Manual mode + Automatic mode
- USB: Cell Phone Charging Function
- Heart Rate: Contact Type
- Function: Elliptical, Skiing, Climbing





**BIKE SERIES** >>>



**BRAND ICON  
WASIM KHAN**



## **WG SPIN10**

Spin Bike



### **SPECIFICATION**

- Size (Length\*Width\*Height): 1070\*540\*1120mm
- Friction Braking System & Emergency Lock
- Seat Adjustment: Vertically & Horizontally
- Net Weight : 53kg
- Gross Weight : 62kg
- Max load: 150kg

## **WG SPIN20**

Spin Bike



### **SPECIFICATION**

- Max Load: 150 Kg
- Gross Structural & Product Weight: 70kg
- Net Weight : 61kg
- Resistance: Variable
- Material: 20Kg
- Size (Length\*Width\*Height): 1225\*630\*1170mm

## **WG SPIN40**

Spin Bike



### **SPECIFICATION**

- Max Load: 150 KG
- Handlebar adjustment range (up/down)75 MM
- Max handlebar height 1285 MM
- Saddle adjustment range (up/down)120 MM
- Saddle adjustment range (fore/aft)120 MM
- Max saddle height 1115 MM
- 5 levels adjustments lever
- Machine Size: 160x63x120cm
- Durable cost aluminium pedal
- Jeark free belt driven internal mechanism
- Megnetic Controlled Flywheel Resistance, for Smoother and even controlled pressure.



## **WG R10**

Recumbent Bike



### **SPECIFICATION**

- Size: (1150\*535\*1500)mm
- Net Weight:110kg
- Easy Adjust Pedal Strap: Yes
- Integrated Reading Rack: Yes
- Integrated Smartphone Accessory Tray: Yes
- Heart Rate Monitoring: Telemetry and Contact Heart Rate
- Display: Time, Distance, Calories, Pulse Rate, Speed
- Weight Bearing Capacity: 160 kgs.

## **WG R20**

Recumbent Bike



### **SPECIFICATION**

- Size: (1150\*535\*1500)mm
- Net Weight:110kg
- Easy Adjust Pedal Strap: Yes
- Integrated Reading Rack: Yes
- Integrated Smartphone Accessory Tray: Yes
- Heart Rate Monitoring: Telemetry and Contact Heart Rate
- Display: Time, Distance, Calories, Pulse Rate, Speed
- Weight Bearing Capacity: 160 kgs.

## **WG U10**

Upright Bike



### **SPECIFICATION**

- Net weight: 93kg
- Size: (1150\*535\*1500)mm
- Fingertip Resistance Controls: Located in center of handlebars
- Comfort Curve Plus Seat and Deluxe Back Support: Yes
- Deluxe Racing Handlebars: Yes
- Easy Adjust Pedal Strap: Yes
- Integrated Reading Rack: Yes
- Tube Size: Alluminium tube (105\*81.5\*3)mm
- Heart Rate Monitoring: Telemetry and Contact Heart Rate
- Display: Time, Distance, Calories, Pulse Rate, Speed
- Weight Bearing Capacity: 160 kgs.



## **WG AIR10**

Air Bike



### **SPECIFICATION**

- Heavy duty steel structure
- LED monitor showing time, distance, speed, calories, watts, heart rate & interval settings.
- Transmission : Chain + V Belt dry system
- 4 way quick release seat adjustment
- Universal ball joint provide stability & durability for long term workout.
- Transport wheels
- Max. User Weight : 150 Kgs.
- Gross Weight: 55kg
- Machine Size: 1293x592x1229mm

## **WG AIR20**

Air Bike



### **SPECIFICATION**

- Heavy duty steel structure
- LED monitor showing time, distance, speed, calories, watts, heart rate & interval settings.
- Transmission : Chain + V Belt dry system
- 4 way quick release seat adjustment
- Universal ball joint provide stability & durability for long term workout.
- Transport wheels
- Max. User Weight : 150 Kgs.
- Gross Weight: 55kg
- Machine Size: 1293x592x1229mm

## **WG SKI**

Skier



### **SPECIFICATION**

- Resistance adjustable Windage adjustment: 10 levels
- Machine Size: 130\*60\*214cm
- Packing size: 132.5\*67\*59.5cm
- Carton: 132\*64\*55cm
- Display: Speed/Time/Dis./Calories N.W.: 50KG G.W.: 55kg

## **WG SKI 20**

Skier



### **SPECIFICATION**

- Resistance adjustable Windage adjustment: 10 levels
- Machine Size: 130\*60\*214cm
- Packing size: 132.5\*67\*59.5cm
- Carton: 132\*64\*55cm
- Display: Speed/Time/Dis./Calories N.W.: 50KG G.W.: 55kg



## **WG STAIR10** Stair Climber



### **SPECIFICATION**

The Journey Is Endless And Shines Everyday

- Max User Weight: 200 kgs
- LCD Disply
- Step Area: 1456CM2
- Rated Voltage: 220V
- Machine Size: (L)1450x(W)880x(H)2140 mm
- N.Weight: 250 kgs
- Weight Bearing Capacity: 180 kgs.

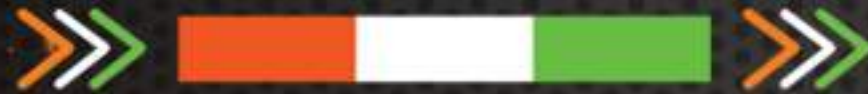
## **WG STAIR20** Stair Climber



### **SPECIFICATION**

The Journey Is Endless And Shines Everyday

- Max User Weight: 200 kgs
- LCD Disply
- Step Area: 1456CM2
- Rated Voltage: 220V
- Machine Size: (L)1450x(W)880x(H)2140 mm
- N.Weight: 250 kgs
- Weight Bearing Capacity: 180 kgs.



**WG20 SERIES  
(SINGLE STATIONS)**



**WG20 001**  
Seated Chest Press



**WG20 003**  
Shoulder Press



**WG20 004**  
Seated Row



**WG20 012**  
Traditional Lat Pull Down





**WG20 012A**  
Long Pull



**WG20 012DH**  
Lat Pull Down Dual Handle



**WG20 013A**  
Horizontal Leg curl



**WG20 014**  
Leg Extension







BRAND INFLUENCER  
**DAISY**



# WG20 SERIES (DUAL STATIONS)



**WG20 008**  
Upper Limbs



**WG20 0103**  
Multi Press



**WG20 002A**  
Fly Delt



**WG20 0607**  
Biceps / Triceps Dual





**WG20 0412**

Lat Pull Down & Row Dual



**WG20 1314**

Leg Extension & Curl Dual



**WG20 1819**  
Inner / Outer Thigh Dual







# WG30 SERIES (SINGLE STATIONS)

**WG30 001**

Seated Chest Press



**WG30 003**

Shoulder Press





**WG30 004**

Seated Row



**WG30 006**

Biceps Curl



**WG30 007**  
Triceps Press



**WG30 012**  
Lat Pull Down





**WG30 012A**  
Long Pull



**WG30 012DH**  
Lat Pull Down Dual Handle



**WG30 013A**  
Horizontal Leg Curl



**WG30 014**  
Leg Extension



195





BRAND ATHLETE MAHARASHTRA  
**SAGAR TUGNAIT**



# WG30 SERIES (DUAL STATIONS)



**WG30 002A**

Fly Delt



**WG30 0412**

Lat Pull Down & Row Dual



**WG30 008**  
Upper Limbs



**WG30 0103**  
Multi Press





**WG30 0607**

Biceps & Triceps Dual



**WG30 1314**

Leg Extension & Leg Curl Dual



**WG30 1819**  
Inner / Outer Thigh Dual







**BRAND ATHLETE  
MAMOTA YUMNAM**



# WG40 SERIES (SINGLE STATIONS)



**WG40 001**  
Seated Chest Press



**WG40 003**  
Shoulder Press



**WG40 004**  
Seated Row



**WG40 007**  
Triceps Press





**WG40 012DH**  
Lat Pull Down Dual Handle



**WG40 012A**  
Long Pull



**WG40 013A**  
Horizontal Leg Curl







# WG40 SERIES (DUAL STATIONS)

**WG40 008**  
Upper Limbs



**WG40 0103**  
Multi Press





**WG40 002A**  
Fly Delt



**WG40 0607**  
Biceps & Triceps Dual



**WG40 0412**

Lat Pull / Row Dual



**WG40 1314**

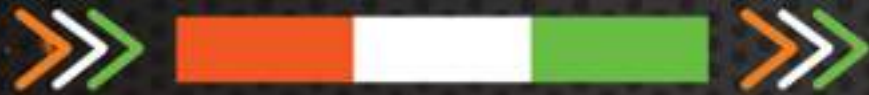
Leg Extension/Curl Dual





**WG40 1819**  
Inner/Outer Thigh Dual



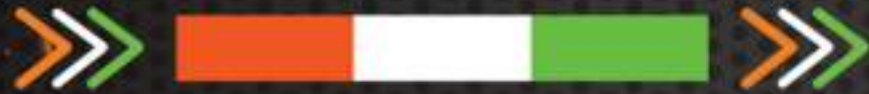


# WG60 SERIES (SINGLE STATIONS)



**WG 60 013A**  
Horizontal Leg Curl





# WG60 SERIES (DUAL STATIONS)



**WG 60 0412**

Lat Pull & Row Dual



**WG 60 0103**

Multi Press



**WG 60 1314**

Leg Extension & Curl Dual



**WG 60 1819**

Inner & Outer Thigh Dual





**WG 60 0607**  
Biceps & Triceps Dual



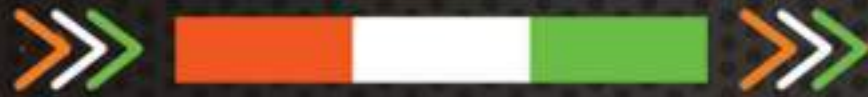
**WG 60 008**  
Upper Limbs



**WG 60 002A**  
Fly Delt







PL SERIES

**WG PL03**  
Iso Lateral Kneeling Leg Curl





**WG PL04**  
Lateral Leg Press



**WG PL05**  
Seated Biceps



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT

**WG PL07**  
Iso-Lateral Low Row



**WG PL09**  
Linear Leg Press





## WG PL10

V-Squat



## WG PL11

Iso-Lateral Row



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT

## WG PL13

Abdominal Oblique Crunch



## WG PL14

Reverse Lat Pull Down





**WG PL15**  
Shoulder Press



**WG PL16**  
Iso Bench Press



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT

**WG PL17**  
Pullover



**WG PL18**  
Incline Pec Fly





**WG PL19**  
Vertical Leg Press



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT

## WG PL20

Seated Triceps Press



## WG PL21

ISO-Lateral Back Extension





**WG PL22**  
ISO-Lateral Back Extension



**WG PL23**  
Belt Squat



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT

## WG PL24

ISO-Lateral Standing Pec Fly



## WG PL25

ISO-Lateral Standing Lateral Raise





**WG PL26**

ISO-Lateral Cross Lat Pull Down



**WG PL27**

T-Bar



**NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT**

**WG PL28**  
Pendulum Leg Press



**WG PL29**  
Standing Outer Thigh



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT



**WG PL30**  
Belt Squat



**WG PL31**  
Assisted Squat



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT

**WG P32**  
Hip Glute



**WG PL33**  
Leg Extension/ Leg Curl



NOTE : WG PLATE LOADED LINE IMAGES ARE COMPUTER GENERATED IMAGES, REAL PRODUCT MAY BE SLIGHTLY DIFFERENT



# **WG** PL34

Seated Calf



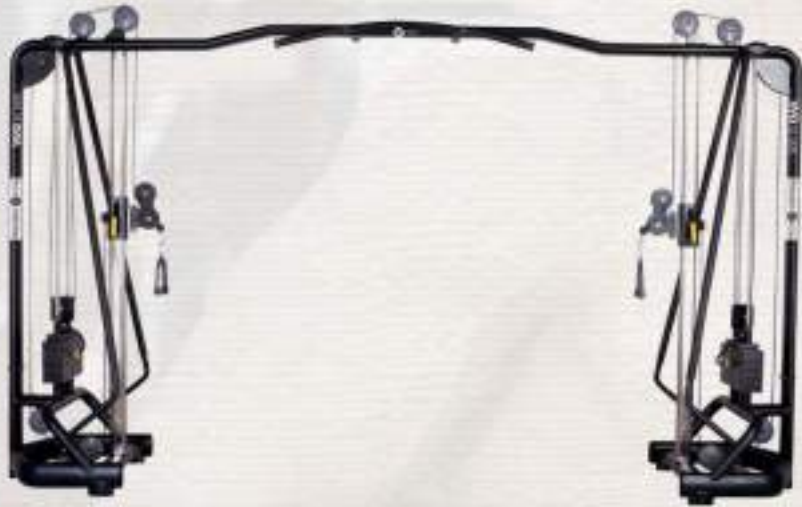


BRAND ICON  
**WASIM KHAN**





**WG 10 005**  
Cable Crossover



**WG FT20**  
Functional Trainer / Smith





**WG FT 30**  
Functional Trainer



**WG FT40**  
Multi Functional trainer









BRAND ATHLETE  
POOJA BHALLA

**WG HAM01**  
Vertical Chest Press



**WG HAM02**  
Vertical Incline Chest Press





**WGHAM 03**  
Multi Chest Press



**WG HAM06**  
Lateral Raise



**WG HAM07**  
Low Row



**WG HAM16**  
Reverse Lat Pull Down





## WG 05

Lat Pull / Incline Chest Press



## WG HAM56

Incline Pec Fly





BRAND ATHLETE  
**RASHMI GAUTAM**



## WG A10

Wide Chest Press Plate Loaded



## WG A30

Plate Loaded Row



## WG A35

Shoulder Press Plate Loaded



## WG PL12

Lat Pull Down Plate Loaded





**WG 65**  
Super Squat



**WG 67**  
Assisted Squat



**WG 20 045**

Hip Glute



**WG 61**

T Bar







**BRAND ATHLETE  
MAMOTA YUMNAM**

**WG 22B**  
90 Degree Leg Press



**WG 91**  
45 Degree Leg Press



261



**WG 022**  
Leg Press / Hack Squat



**WG 92**  
Sissy Squat



267

**WG 66**

Belt squat



**WG 80**

Squats / Calf





**WG20 022A**  
45 Degree Leg Press



**WG 020A**

Smith & Squat



**WG 020B**

Smith & Squat





**WG 94**  
Twister



**WG 95**  
Dual Twister



**WG 10 041A**  
Plate Tree



**WG 44**  
Barbell Stand





**WG 44A**  
Fix Barbell Rack



**WG 69**  
Forearm Machine



**WG 037A**  
Adjustable Bench



**WG 037B**  
Adjustable Bench





**WG 037C**  
Adjustable Bench



**WG 202**  
Olympic 3 in 1 Bench



**WG20 023**

Olympic Flat Bench



**WG20 024**

Olympic Decline Bench





**WG20 025**  
Olympic Incline Bench



**WG20 026**  
Roman Chair



**WG20 027**

Vertical Knee Raise & Chin Up



**WG20 029**

Seated Calf Bench





**WG20 030**

Two-Tier Dumbbell Rack (10 pair)



**WG20 030TT**

Three-Tier Dumbbell Rack (15 pair)



**WG20 034**  
Adjustable Web Board



**WG20 036**  
Flat Bench





**WG20 037**  
Multi Adjustable Bench



**WG20 038**  
Utility Bench



**WG20 040**  
Scott Bench



**WG20 041**  
Weight Plate Tree





**WG20 042**

Biceps Rack Trainer



**WG20 044**

Half Rack



**WG20 043**

Adjustable Web Board



**WG20 046**

Olympic Flat Bench





**WG20 047**  
Olympic Incline Bench



**WG20 048**  
Olympic Decline Bench



**WG20 049**  
Multi Angle T-Bar





**WG 021**

Power Cage



**WG 021A**

Squat Rack



# WG FAN2.1

Cooling Circulator



## SPECIFICATION

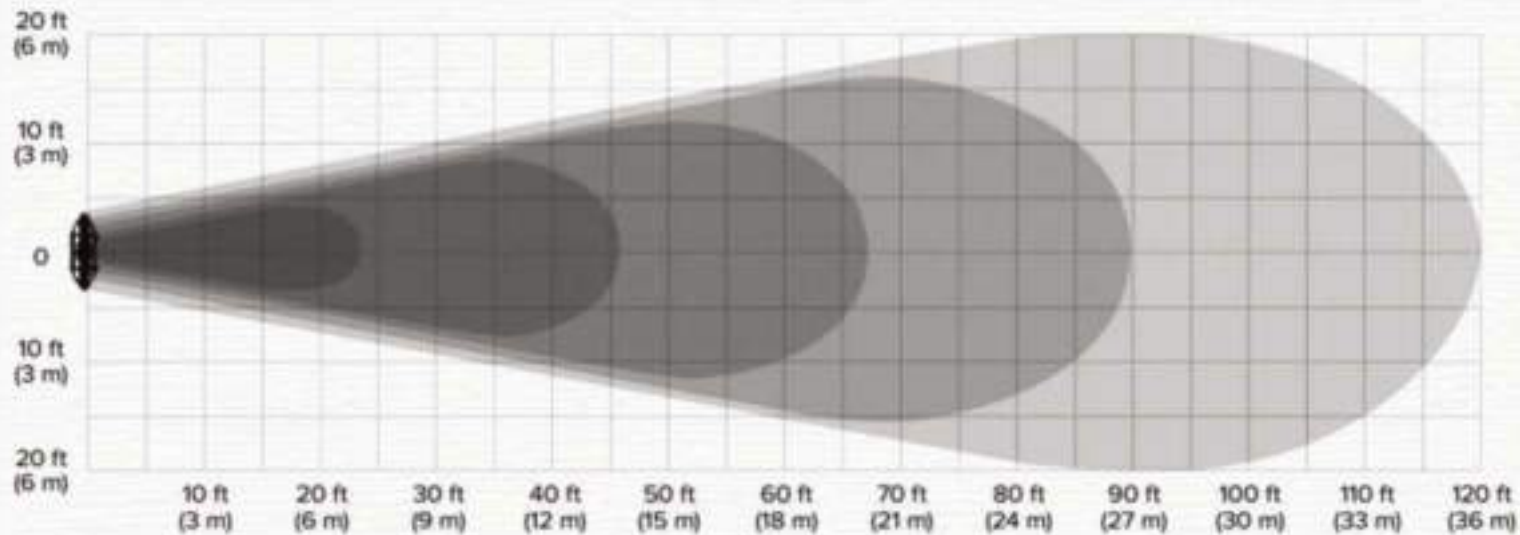
- Product Size: 2.1m\*0.75m\*2.12m
- Power: 0.75kw
- Voltage: 220v
- Weight: 200kg

• We designed WGFAN 2.1 with a 2,1m frame to fit through standard interior doors and strong wheels that could handle any terrain. Perfect for everywhere from narrow aisles to Fitness Centers we gave it handles on both sides, and made it light and maneuverable enough for one person to easily push around. While your members work to achieve their weight loss goals, we slim down your utility bills.



**SERIOUS AIRFLOW**

Creates airflow that spans one-third the length of a football field (36.6 meters!) Could covers a area 500 m<sup>2</sup> maximum.



**1) QUIET & EFFICIENT**

Gearless direct-drive motor draws electricity only 0.5–0.7 KW Per hour (that's less power than a toaster) Quiet enough to hold a conversation right next to the fan

**2) INFINITE SPEED CONTROL**

Variable speed controller offers maximum 200Turns/Min fully- adjustable airflow

**3) PETITE**

Stands just under 2.1m tall  
Fits through standard interior doors

**4) EASY TO USE, EASY TO MOVE**

Arrives pre-assembled-just roll it off the pallet and go Comes standard with strong wheels could handle any terrain Includes handles on both sides for easy maneuvering  
Plugs into any standard 220V power supply 5 Meters power cord extends FAN reach

**5) SMASHINGLY DURABLE**

Steel cage and Aluminum airfoils can handle the toughest environments

**WG FLIP**  
Tyre Flip



**WG FORCE**  
TANK





**WG SL10**  
Power Sledge



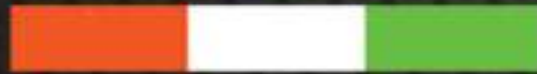
**WG ABS**  
AB Coaster





GYM ACCESSORIES >>>





FREE WEIGHT >>

**WG ACR 500**  
Rubberised Dumbbell



**WG ACR 520**  
Neoprene Dumbbell





## **WG** ACR 700

Rubberised Dumbbell



## **WG** ACR 701

Rubberised Plate



## **WG** ACR 501

Rubberised Plate



## **WG** ACR 522

Rubberised Bumper Plate





## **WG** ACR 524

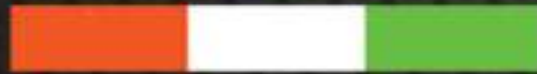
Rubberised Competition Bumper Plate



## **WG** ACR 526

Fractional Plate



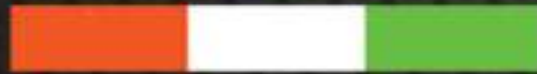


**KETTLEBELL** >>>



**WG** ACR 503  
Vinyl Kettlebell





**FIXED BARBELL >>>**



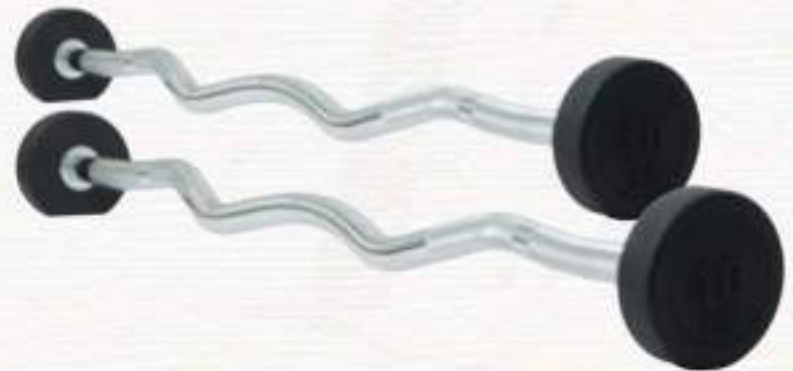
**WG ACR 502**

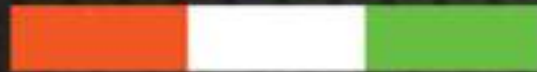
Rubberised Fixed Barbell Straight



**WG ACR 502**

Rubberised Fixed Barbell Curl





BARBELL >>>



**WG** Curl Olympic Barbell With Bearing



**Available Sizes**

1.2m\*28mm\*curl\*10kg

1.5m\*28mm\*curl\*13.5kg

**WG** Straight Olympic Barbell With Bearing



**Available Sizes**

1.2m\*28mm\*straight\*10kg

1.5m\*28mm\*straight\*13.5kg

2.2m\*30mm\*700lbs\*20kg

2.2m\*28mm\*1000lbs\*20kg

2.5m\*30mm\*700lbs\*23kg

## **WG** ACR 511

23Kg Deadlift Barbell



**450lbs\*23kg\* without bearing**

## **WG** ACR 512

Box 10Kg Barbell With Bearing



**400lbs\*10kg\* solid with bearing**



## **WG** ACR 513

9.5Kg Olympic Barbell With Bearing



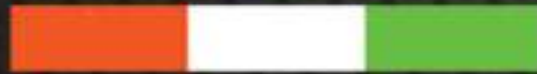
**400lbs\*9.5kg\* with bearing**

## **WG** ACR 514

Biceps & Tricep Rotating Handles 16Kg (1000 lbs)  
Olympic Barbell With Bearing



**28\*1200\*16kg\*1000lbs with bearing**



LOCKS >>>

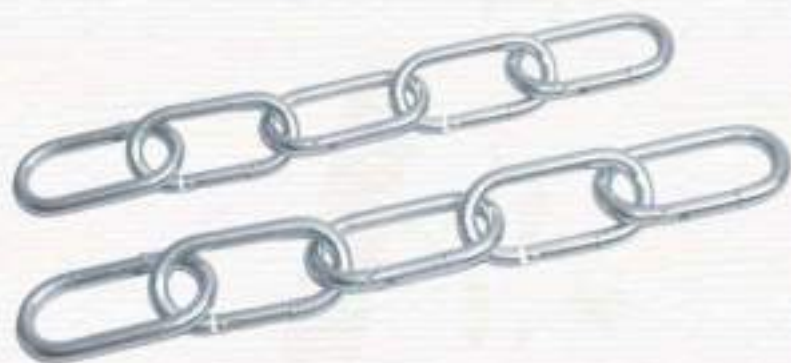


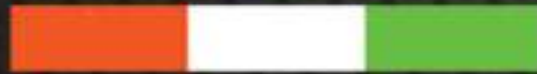
**WG** ACR 529  
Rod Locks



Pair \*318g

**WG** ACR 556  
Attachment Lock





CABLE ATTACHMENTS >>>



**WG** ACR 547  
Pro Grip Solid Lat Bar

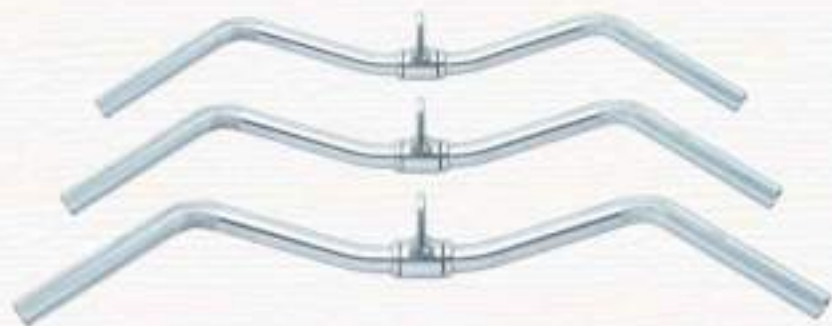


**WG** ACR 548  
Pro Grip Solid Lat Bar



**WG ACR 549**

Zig Zag Curl Bar Handle



**WG ACR 550**

Grip Lat Straight Bar





**WG ACR 551**  
Pro Grip Big D Lat Gym Bar



**WG ACR 552**  
Pro Grip Lat Bar Double D Handle



**WG ACR 553**

Pro Grip Solid Lat Bar



**WG ACR 532**

Handle Sliding T Bar





**WG ACR 533**

Pro Grip Tricep Bar



**WG ACR 541**

Pro Grip Multi Purpose Bar Grip



**WG ACR 542**  
Deluxe Tricep Press Down Bar



**WG ACR 543**  
Deluxe Tricep Press Down Bar





**WG** ACR 534  
Triceps V Handle



**WG** ACR 535  
Triceps V Handle



**WG** ACR 536  
Rowing Handle



**WG** ACR 537  
Rowing Handle





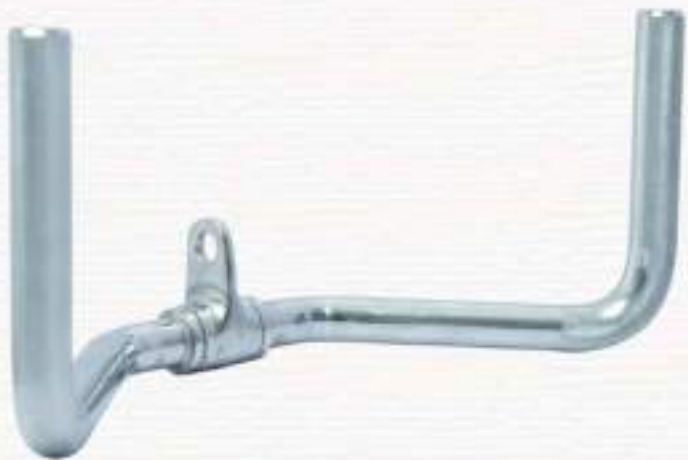
**WG ACR 538**  
Single Cable Handle



**WG ACR 539**  
Single Cable Handle



**WG** ACR 540  
Rowing Handle



**WG** ACR 546  
Deluxe Revolving





**WG** ACR 530  
Dual Rope



**WG** ACR 531  
Single Rope



**WG** ACR 521  
Mag Grip 5pcs



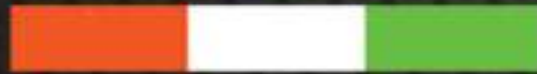
**WG** ACR 544  
Deluxe Triceps V Bar



**WG** ACR 545  
Deluxe Triceps V Bar



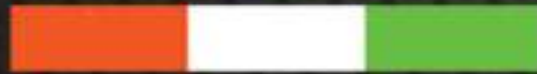




RACK >>>

**WG** ACR 527  
Handle Stand



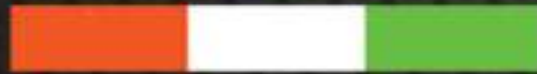


DEADLIFT PLATFORM >>>



**WG** ACR 555  
Deadlift Platform





GYM BALL >>>

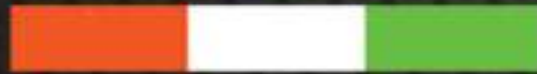
**WG ACR 528**

Bosu Ball (58 cm / 5.5 kg)



58cm\*5.5kg\*





**BELTS** >>>

**WG ACR 556**  
Leather Weight Lifting Belt



**WG ACR 557**  
PU Weight Lifting Belt



**WG ACR 558**  
PVC Weight Lifting Belt



**WG ACR 559**  
EVA Weight Lifting Belt

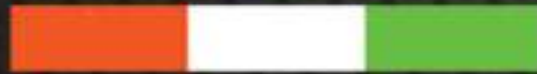




# **WG** ACR 560

Superfiber Weight Lifting Belt With Lever





GYM FLOORING >>>



## **WG** ACR 633

Rubber Flooring 15 mm (70% EPDM Grey/White)



## **WG** ACR 634

Rubber Flooring 15 mm (70% EPDM Pink/Yellow)





## **WG** ACR 635

Rubber Flooring 15 mm Black Logo



## **WG** ACR 636

Rubber Flooring 20 mm (70% EPDM Grey/White)



## **WG** ACR 637

Rubber Flooring 20 mm (70% EPDM Pink/Yellow)



## **WG** ACR 638

Rubber Flooring 20 mm Black Logo





## **WG** ACR 639

Rubber Flooring 4 mm (15% EPDM Grey/White)



## **WG** ACR 640

Rubber Flooring 4 mm (15% EPDM Grey/White)





**WG FL 10**  
Indian Flooring 10mm



**WG FL 15**  
Indian Flooring 15mm



**WG FL 20**

Indian Flooring 20mm



## **WG** ACR 576

Resistance Band



## **WG** ACR 577

Soft Plyo Box (20 x 24 x 30)





## **WG** ACR 562

EPP Foam Roller Black



## **WG** ACR 563

Foam Roller (Blue / Grey)



## **WG** ACR 564

Power Resistance Bands Set



## **WG** ACR 565

TPE Expander Tube Set





## **WG** ACR 566

TPE Expander Tube (Fabric)



## **WG** ACR 567

Gym Ball (55cm 800gm, 65cm 1000gm, 75cm 1200gm)





## **WG** ACR 568

Ankle Sand Bag (Blue & Pink / 1kg, 2kg)



## **WG** ACR 569

Skipping Rope



## **WG ACR 572**

Aerobics Step (Black / Red)



## **WG ACR 573**

ViPR (4 kg - Purple / 6 kg - Red / 8 kg - Blue /  
10 kg - Grey / 12 kg - Black)





## **WVG** ACR 574

Bosu Ball (60 cm x 20 cm)



## **WVG** ACR 575

Ab Roller (36.5 cm x 17.8 cm)





## **WG** ACR 579

Soft Polybox (90x75x15/30/45/60xm-pe)



## **WG** ACR 580

Bulgarain Bag (5/10/15/20/25 kg)



# **WG** ACR 578

Multifunctional Plyobox (60x55x40/30)



## **WG** ACR 581

Sand Bag (5/10/15/20/25 kg)



## **WG** ACR 583

Slam Ball (3/5/6/9 kg)





## **WG** ACR 582

MB Wall Ball (3/5/6/7 kg)



## **WG** ACR 584

Boxing Sand Bag (30x130 cm) & (30x150 cm)



**30 X 130 CM**



**30 X 150 CM**

## **WG** ACR 585

Boxing Gloves



## **WG** ACR 587

Adjustable Suspension Trainer



**WG ACR 586**  
Free Standing Boxing Bag





## **WG** ACR 594

Agility Spot Cones (Diameter- 20 cm x 6 Pcs)



## **WG** ACR 595

Agility Cones Set (Diameter- 19 cm x 24 Pcs)



## **WG** ACR 596

Agility Mark Corn Set (12 x 4-Pcs)



## **WG** ACR 597

Agility Mark Corn Set (4-Pcs)



## **WG** ACR 598

Agility Marker Cones Red & Yellow (4-Set)



## **WG** ACR 561

TPE Yoga Mat





## **WG** ACR 599

Agility hurdles (15/23/29/36 Cm x 4 Pcs)



## **WG** ACR 600

Agility Stack & Corner Flag



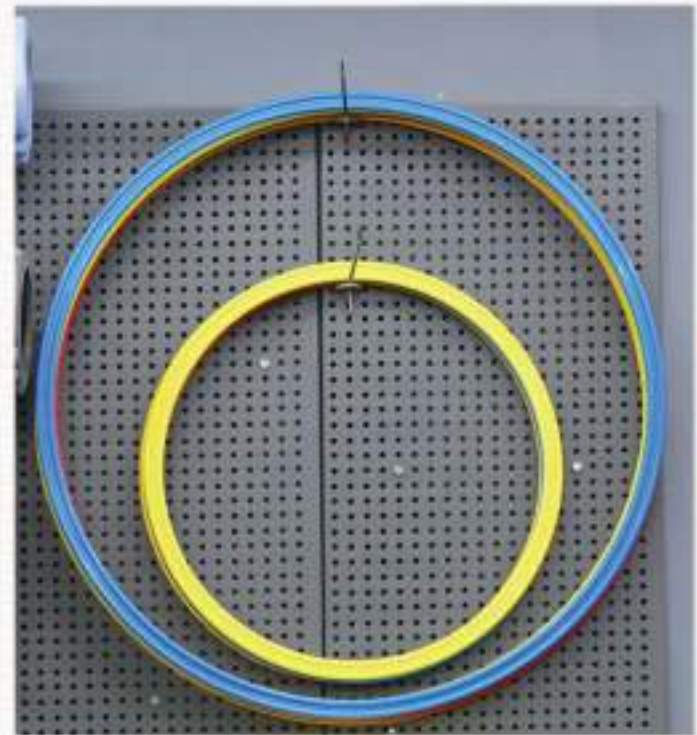
## **WG** ACR 601

Agility Poles Set



## **WG** ACR 602

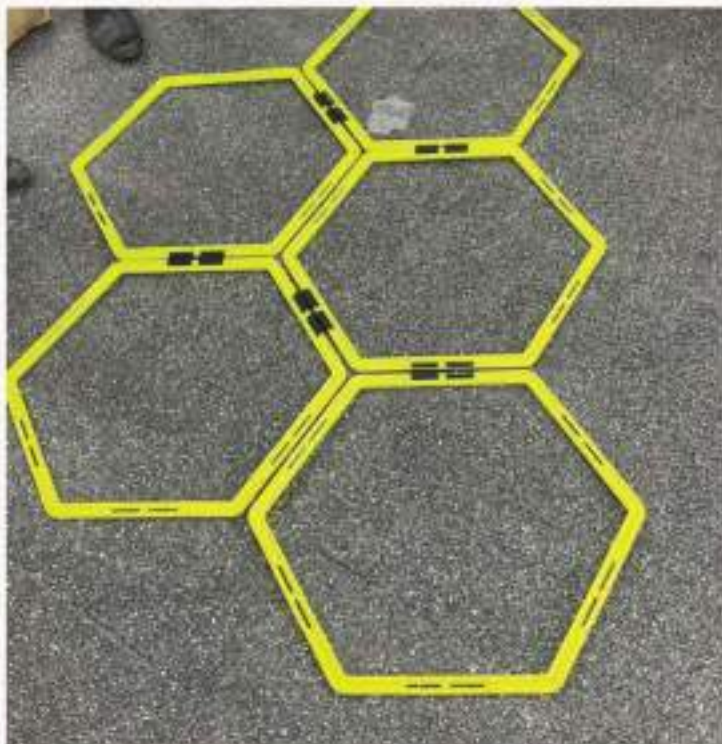
Speed Chute Set (40 cm x 4 Pcs)





## **WG** ACR 603

Agility Poles Set



## **WG** ACR 604

Speed Chute Set (40 cm x 4 Pcs)





## **WG** ACR 607

Bumper Plate Rack



## **WG** ACR 608

Glute Ham Developer



## **WG** ACR 611

Squatting Independent Rack



## **WG** ACR 612

Farmers Walk Bars





**WG** ACR 615

Arm Blaster



**WG** ACR 617

Wooden Ply Box





## **WG** ACR 618

Slider For Training



## **WG** ACR 631

Tram Tire (40 kg & 60 kg)



## **WG** ACR 622

Sand Bag Rack



## **WG** ACR 624

Ball Storage Rack





## **WG** ACR 626

Barbell Holder (31x31x19 cm - 5 Holes)



## **WG** ACR 626

Barbell Holder (46x46x21.5 cm - 9 Holes)





## **WG** ACR 626

Barbell Holder (9 Holes)



## **WG** ACR 640

Climbing Peg Board



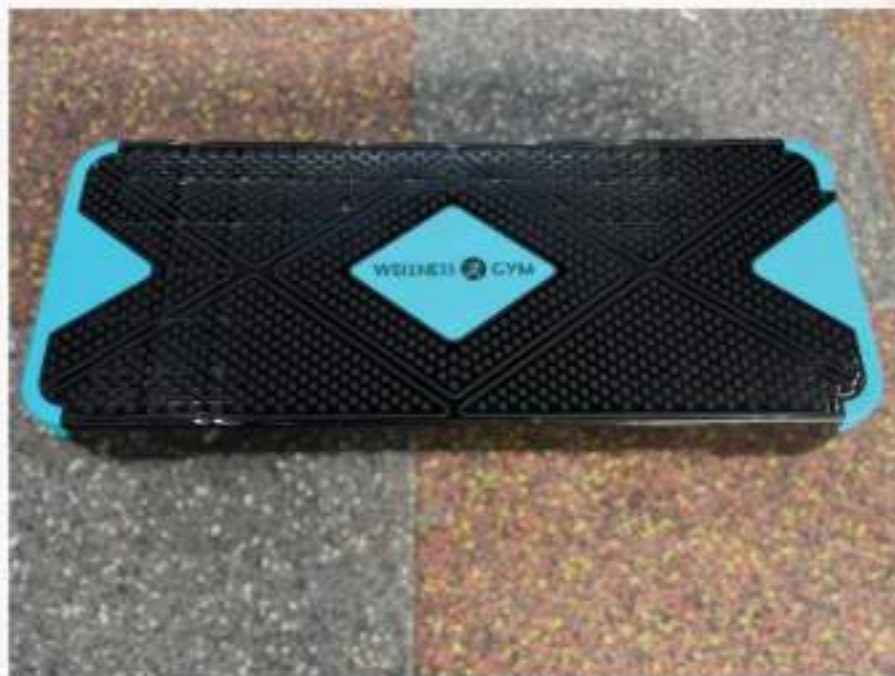
## **WG** ACR 632

Multi Use Foam Mat (Blue / Purple)



## **WG** ACR 571

Aerobics Step (Black / Blue)







*Rahul Dev*





# FRANCHISE OPPORTUNITY

OWNING A GYM IS NOT A DREAM ANYMORE...

THE WELLNESS  CLUB GYM  
*XPRESS*

**YOUR INDIAN** *BRANDED* **GYM CHAIN**







# CONGRATULATIONS

WELLNESS MEMBERS WE WON



At

INTERNATIONAL  
FAME AWARD  
2022-23



WITH YOUR IMMENSE SUPPORT AND LOVE, SOME DREAMS COME TRUE AND ARE RECOGNISED! WE ON BEHALF OF **THE WELLNESS CLUB GYM XPRESS** WISH TO CONGRATULATE YOU, OUR PATRONS AND TEAM MATES TO HAVE BEEN AWARDED **LARGEST CHAIN OF GYMS IN INDIA**. AWARDED BY **SONAKSHI SINHA**.





# CONGRATULATIONS

WELLNESS FRANCHISOR WE WON



At

INTERNATIONAL  
BUSINESS  
AWARDS  
2022-23



WITH YOUR IMMENSE SUPPORT AND LOVE, SOME DREAMS COME TRUE AND ARE RECOGNISED!  
WE ON BEHALF OF **THE WELLNESS CLUB GYM XPRESS** WISH TO CONGRATULATE YOU,  
OUR PATRONS AND TEAM MATES TO HAVE BEEN AWARDED **LARGEST INDIAN BRANDED GYM CHAIN**,  
AWARDED BY **MOUNI ROY**.



# CONGRATULATIONS

WELLNESS MEMBERS WE WON



At



INTERNATIONAL  
HEALTHCARE  
EXCELLENCE  
AWARD 2019-20



WITH YOUR IMMENSE SUPPORT AND LOVE, SOME DREAMS COME TRUE AND ARE RECOGNISED! WE ON BEHALF OF **THE WELLNESS CLUB GYM XPRESS** WISH TO CONGRATULATE YOU, OUR PATRONS AND TEAM MATES TO HAVE BEEN AWARDED **THE MOST GLAMOROUS GYM CHAIN**. AWARDED BY **MALAIKA ARORA**.





# CONGRATULATIONS

WELLNESS FRANCHISOR WE WON



At

GLOBAL  
BUSINESS  
AWARDS  
2019-20




WITH YOUR IMMENSE SUPPORT AND LOVE, SOME DREAMS COME TRUE AND ARE RECOGNISED! WE ON BEHALF OF **THE WELLNESS CLUB GYM XPRESS** WISH TO CONGRATULATE YOU, OUR PATRONS AND TEAM MATES TO HAVE BEEN AWARDED **INDIA'S MOST PROMISING GYM EQUIPMENT BRAND**. AWARDED BY **MOUNI ROY**.





## ABOUT WELLNESS CLUB XPRESS

THE WELLNESS BRAND IS ONE OF INDIA'S MOST PROFITABLE GYM BRAND. ENDORSED BY ACTORS RAHUL DEV AND MUGDHA GODSE AS THE AMBASSADORS, THE BRAND PROMISES TO CATER THE MASSES WITH THEIR FITNESS GOALS.



## MISSION

Enrich lives through better health, convenience, community, and inspiration-driven franchise ownership.

## VISION

Improve the Self Esteem of the World

## GOALS

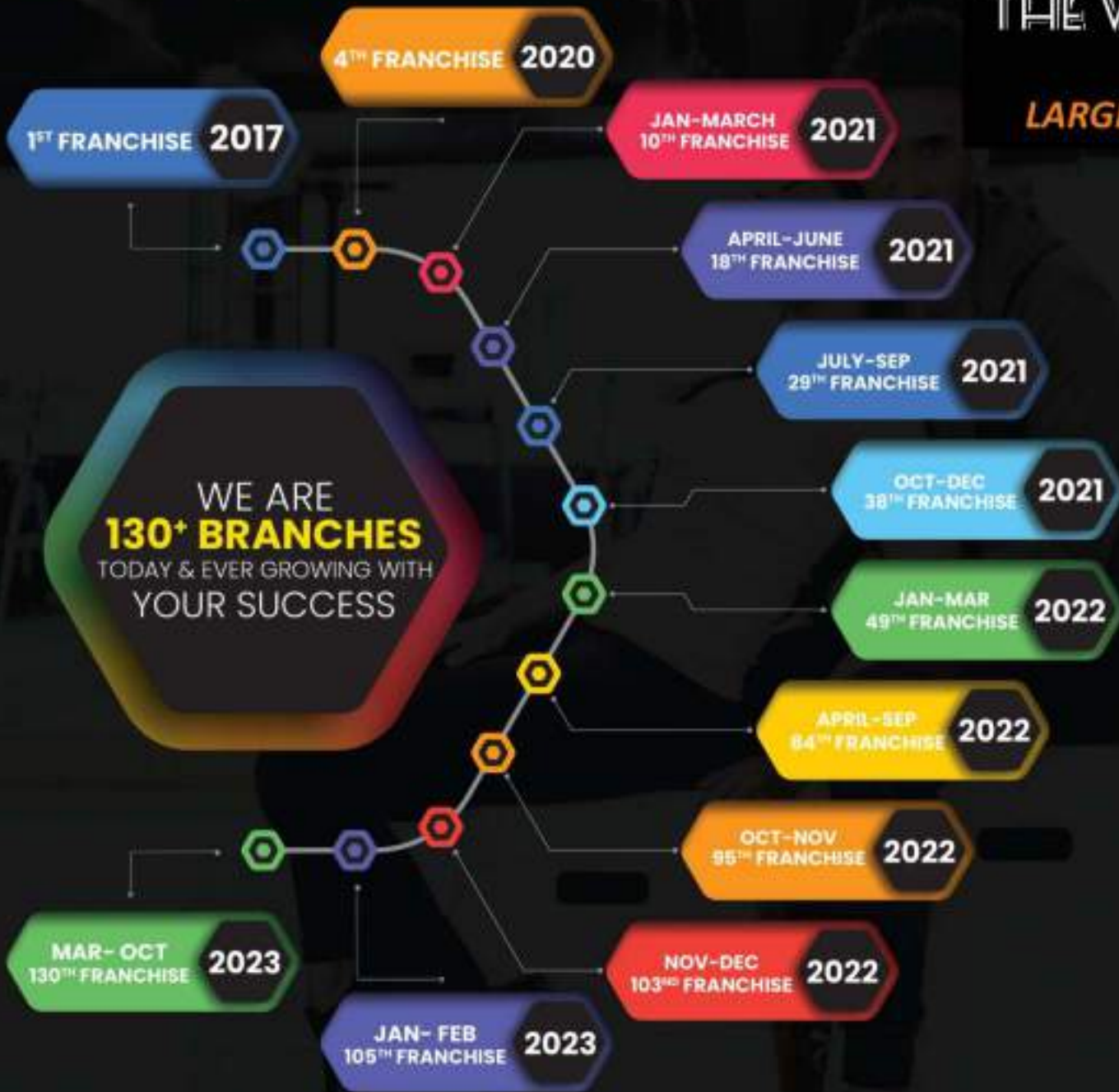
Focus on our Members, Increase the financial performance of every club and deliver our company culture

## CULTURE

We have a dynamic mix of elements that make up our culture. It starts with a shared vision and mission, and it reaches down into the very DNA of our employees, franchisees, and partners.



LARGEST INDIAN BRANDED GYM CHAIN





# 130+ FRANCHISEES IN INDIA & INTERNATIONAL

1

## DELHI

- RAJDHANI ENCLAVE
- JANAKPURI - CHANDER VIHAR - SHAHDARA
- HARI NAGAR - RAJOURI GARDEN - PITAMPURA
- PITAMPURA - PRASHANT VIHAR - ASHOK NAGAR
- VIKASPURI - MAHIPALPUR - BHAJANPURA
- PASCHIM VIHAR - PATEL NAGAR - NANGLOI
- BURARI - MEERA BAGH- GHITORNI - DIMPUR EXT.
- CHANCHAL PARK- KIRARI - KAROL BAGH
- DARYAGANJ- MANSAROVAR GARDEN
- MOHAN GARDEN- KRISHNA NAGAR
- MAYUR VIHAR PHASE 1- RAJAPURI

2

## UTTAR PRADESH

- KAIRANA - UNNAO - RAEBARELI
- NOIDA EXTN - MUZAFFARNAGAR
- GAUR CITY-II - MUGHAL SARAI
- KHEKRA, BAGHPAT - GORAKHPUR
- SAMBHAL- MATHURA - GHAZIABAD
- GHAZIABAD - GREATER NOIDA
- LONI GHAZIABAD -ORAI- RAMPUR
- SHAHJAHANPUR -KOPAGANJ MAU
- ALIGARH U.P - SHIVPURI (JHANSI)
- AMROHA U.P - RUSTAMPUR - AGRA
- RAJGARH (JHANSI) - INDIRAPURAM
- SITAPUR - NOIDA SEC-134 - KAZI SARAI
- KANDHLA - LUCKNOW-RAMPUR
- G. NOIDA SEC-10

3

## RAJASTHAN

- ALWAR - BALOTRA
- UDAIPUR
- 2x BHANKROTA (JAIPUR)
- BHARATPUR
- BEAWAR
- KOTA - LOHA MANDI (JAIPUR)
- MANSAROVAR (JAIPUR)

4

## HARYANA

- GURGAON SEC-95 - KASAN
- HISAR SECTOR 14 - GURGAON SEC-2
- GURGAON SECTOR 89 - SONIPAT
- FARIDABAD NIT - KANINA
- ROHTAK - BHIWANI - GURGAON SEC-38
- MODEL TOWN REWARI - FARIDABAD SEC-55
- GURGAON SEC-23 -GURGAON SEC-39

5

## CHHATTISGARH

- BHATAPARA
- RAJNANDGAON



AWARDS

LETS JOIN HANDS TO FLOURISH TOGETHER...

[www.wellnessclub.co.in](http://www.wellnessclub.co.in)

6

## MADHYA PRADESH

CITY CENTER GWALIOR-INDORE -BALAGHAT

7

## UTTARAKHAND

- KOTDWAR

8

## BIHAR

- R.K PURAM - GOLA ROAD (PATNA)
- CHHAPRA - NAWADA - BETTIAH
- PURNIA - PATEL NAGAR (PATNA)
- BIHAR SHARIF NALANDA
- BEGUSARAI- SAMASTIPUR

9

## MAHARASHTRA

- MURTIZAPUR- NAGPUR
- WARDHA - BHANDARA
- PUNE - NANDURBAR

10

## JAMMU & KASHMIR

- SATWARI - UDHAMPUR
- BISHNAH - AKHNOOR
- KOOTAH MORH

11

## PUNJAB

- PATHANKOT -GONIANA
- JALANDAR CANTT -BARNALA

12

## NEPAL

- SAINAMAINA - BUTWAL
- KATHMANDU -LALITPUR
- JORPATI - TOKHA

13

## JHARKHAND

- DUMKA - RANCHI

14

## TRIPURA

- AGARTALA

15

## HIMACHAL PRADESH

- KALAAMB

16

## WEST BENGAL

- BELUR

17

## ANDHRA PRADESH

- NANDYALA

**BECOME A GYM OWNER OF  
LARGEST INDIAN BRANDED GYM CHAIN**  
**FRANCHISE BUSINESS MODEL**



LOCATIONS



NO HEAVY  
INVESTMENTS



FRANCHISE



LICENSEE



GOOD RETURNS



WE SUPPORT YOU  
AT EVERY STEP



# OUR TEAM



---

## PUNEET SINGH NINDRA

---

OVER TWO DECADES OF EXPERIENCE IN THE INDIAN FITNESS INDUSTRY, ESPECIALLY END TO END BUSINESS SOLUTIONS AND OPERATIONAL PROTOCOLS IN GYM SET UPS.

PUNEET IS A BACKBONE OF WELLNESS CLUB GYM XPRESS.

HE HAS SUCCESSFULLY SET UP OVER 15,000 GYMS ACROSS THE COUNTRY AND IS ALSO ONE OF THE DIRECTORS OF ONE OF INDIA'S MOST SUCCESSFUL FITNESS EQUIPMENT COMPANY.

# WHY WELLNESS



- RUN PROFESSIONAL GYMNASIUMS
- PROVIDE RESULT ORIENTED EXERCISES
- OFFER LATEST STRENGTH UNMATCHED EQUIPMENTS
- OFFER LATEST CARDIO EQUIPMENTS
- OFFER STEAM FACILITY
- OFFER BODY COMPOSITION ANALYSIS
- OFFER YOGA, ZUMBA, CROSSFIT TRAINING, BY CERTIFIED FACULTY
- LIFESTYLE DESIGNING OF GYM
- MEMBERSHIP BY SELECTION
- CUSTOMER PROFILING CONTROL
- COUNSELLING FOR FITNESS GOAL SET UP



# GYM SETUP SUPPORT

*Har Kadam Pe Sahyog*



Location

Suggested by marketing experts based on field research and analysis

Recruitment and Training done by team of experts.

Hiring & Training



Interiors & Software

Interior vendors are sent to Location to setup your club.

Team hired and trained by Wellness For Pre Sales activities such as – Road shows, Kiosk in Malls / Apartments / Parks. They will also be retained as club employees.

Pre-Sales



Marketing

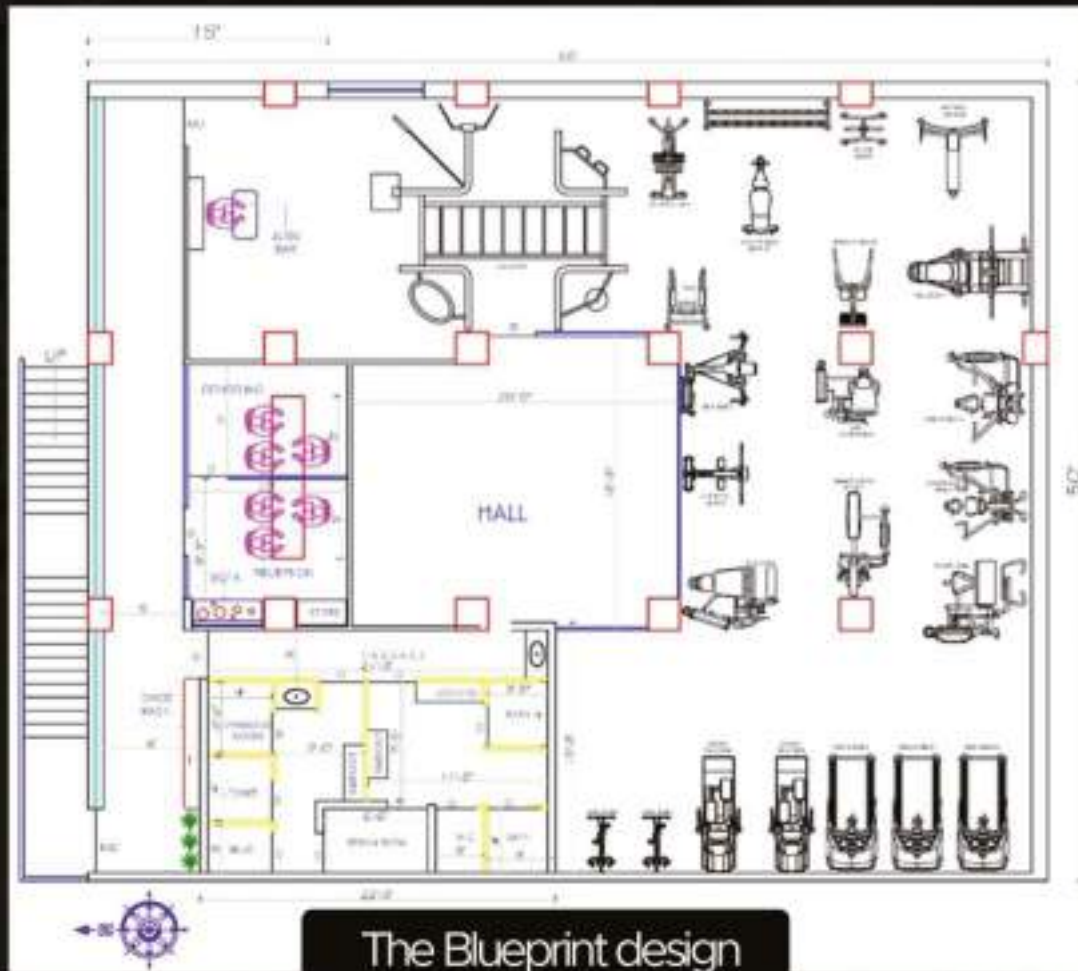
We give you marketing support to improve sales.

# GYM RUNNING SUPPORT

*Gym Success Mantra*







Before we start building the gym for you, it is important for you to understand how the layout of the wellness club gym Xpress would look like.

# RAW VS REALITY





## Multiple Workout Stations



Dedicated cardio section





Fully loaded with weights



Fully loaded Strength section





**ADDVALUE WELLNESS SCIENCE SERVICES PRIVATE LIMITED**

**Unit No- 384/2, Plot No-1,  
100 ft Road (Opp. Union Bank)  
Ghitorni Village, MG Road, Delhi-110030  
Mobile : +91 8800555222,7291994495,8800695925  
E-mail : admin@wellnessclub.co.in  
Website : www.wellnessgymindia.com**

**www.wellnessclub.co.in**







*Thank You*





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Website : [www.wellnessgymindia.com](http://www.wellnessgymindia.com)**