

## About




### Nalbari College Gymnasium Hall



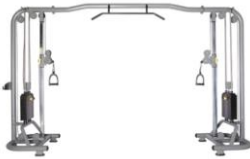




Gymnasium, large room used and equipped for the enhancement of performance of various sports. Nalbari college Gymnasium Hall exists for both ladies and gents. The Gymnasium Hall of Nalbari College is one of the sincerest clubs in the campus. The Gymnasium Hall is equipped with international standard equipment like treadmill, cross-trainer, multigym, barbells, plate weight etc. The club is responsible for conducting fitness events like Body Building, Powerlifting, Weightlifting, Tug-of-War and Arm-Wrestling Competition.






**Teacher Coordinator:** Dr. Dhruva Jyoti Gogoi, Dept. of Physics

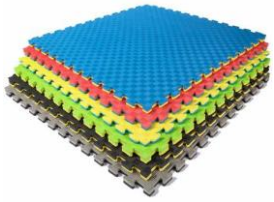
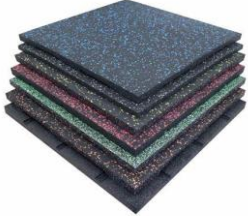




**Students Convener:** Priyanshu Partha Dutta (Regular Program)




### List of equipment of the Gymnasium Hall

Sl. No.	Item	Quantity	Remarks	Tentative representation of the item
01	Treadmill	01 (automatic)	Maker Lifeline	
		02 (manual)	Maker gymtrac	
02	Cycle	01 (manual)	Maker cosco	

03	Cardio Machine	01		
04	Multi-gym set	01		
05	Cross cable pulley	01	Frame 4x2", Heavy duty use, 120 Kg MS plate	
06	Squat rack	01	Frame 4x2", Heavy Duty use	
07	Olympic barbell	02	7 ft, 50 mm Dia, Heavy duty use	
08	Adjustable Bench	02	Frame 4x2", Heavy duty use	
09	Adjustable Abdominal Bench	01	Maker lifeline	

10	<b>Scott Bicep &amp; Barbell Curl Bench</b>	01	<b>Maker lifeline</b>	
11	<b>Heavy Duty Standing Twister</b>	01	<b>Maker lifeline</b>	
12	<b>7-In-1 Barbell Rack Weight Bench</b>	01	<b>Chest bench</b>	
13	<b>Heavy Duty Dip Station Power Tower Pull Push Chin Up Bar</b>	01	<b>Maker lifeline</b>	
14	<b>Incline T-Bar Row</b>	01	<b>Maker lifeline</b>	

15	Interlock Mat	04	25 mm thickness, size 1m x 1m, color red blue.	
16	Rubber Mat	20	10 mm thickness, size 20 x 20"	
17	Rubber Dumbbell	02	20 kg	
	02	15 kg		
	02	12.5 kg		
	02	10 kg		
	02	7.5 kg		
	01	5 kg		
	02	4 kg		
	02	2 kg		
	02	1 kg		
17	Barbell (general use)	01	curl	
		04	Plain	
18	Plate Weight	02	25 kg	
	02	20 kg		
	02	15 kg		
	20 (14+6)	10 kg		
	10 (08+02)	05 kg		

19	Boxing Bag	01	Hanging	
20	Exercise Ball	03	1 Big + 2 small	
21	Yoga Mat	01	Foldable	

**Disclaimer:**

*The images and descriptions provided are for illustrative purposes only. The actual product may vary slightly in color, design, and specifications.*