



YOUR FITNESS IN OUR CARE



www.excelftindia.com



UPRIGHT BIKE



XLF-001 Static Bike

Seat : Height adjustable
Digital Meter Shows :
Speed, Time, Distance & Calorie



XLF-005 Gamma Upright Bike

Display : Scan, Time, Speed, Distance, Calories,
Odometer, Hand Pulse
Fly Wheel : 8.5 Kg,
Resistance : 8 Level
Adjustable : Easy Front & Back & Height Adjustable,
Holder : Mobile Device Holder,
Grip : HDR Foam Grip,
Size : 310 X 230 MM



XLF-001A Pedal Trainer

Lite weight
High strength
Smooth feel
Ergonomic strapless handles
Adjusting airflow



XLF-002 Pyramid Bike

Digital Meter Shows : Speed,
Time Distance, Calories & Pulse
Magnetic Resistance : 8 Level
Seat adjustable



**XLF-003 Upright Bike - 003
(Lite Commercial)**

Digital Meter Shows :
Speed, Time, Distance, Calories,
Pulse & Body Fat
Resistance Level : 8 Level,
Max. User Weight : 125 Kgs



**XLF-004A Upright Bike
(Commercial)**

Power : Magnetic Control
Steel Material
Resistance : Reluctance Type
Electronic Display : Speed, Time, Calorie, etc.,
Seat : Adjustable, Aluminium, Up/Down, Fore/Aft
Fly Wheel : High Power Magnet
User Weight : 150 Kg



ORBITRECK

XLF-007 Spider Air Bike Commercial

Digital Meter Shows :
Speed, Time, Distance, Calories,
Pulse, RPM & Watt
Seat : Adjustable Front & Back, Up & Down
Double Chain Drive System
Resistance



XLF-006A Air Bike

Extra heavy duty frame,
Computerized meter shows : Time, speed,
calories & distance
Free level of resistance control by
Resistance controller,
Adjustable seat & handle bar
Ultra smooth & quiet User
Weight : 100 kgs



XLF-006B Air Bike Plus

Extra heavy duty frame Computerized
meter shows : Time, speed,
calories & distance
Free level of resistance control
by Resistance controller
Adjustable seat & handle bar
Ultra smooth & quiet User
Weight : 100 kgs, Seat With Back Support



XLF-006 Orbitrek Regular

Air Walking, Arm Rowing,
Stepping,
Digital Meter Shows : Speed, Time,
Distance, Calories &
Resistance



XLF-011 Orbitrek Ultra Plus (With Adjustable PU Seat) (Heavy Steel Wheel)

Air Walking, Arm Rowing,
Stepping,
Digital Meter Shows : Speed, Time,
Distance, Calories, Pulse &
Resistance



XLF-010 Orbitrek Ultra (With Adjustable Front & Back, Up & Down PU Seat) (Steel Wheel)

Air Walking,
Arm Rowing,
Stepping,
Digital Meter Shows :
Speed, Time, Distance,
Calories & Pulse
Resistance



XLF-009 Orbitrek Deluxe With Twister

Air Walking, Arm Rowing, Stepping, Twister
Digital meter Shows : Speed, Time,
Distance, Calorie & pulse
Resistance





RECUMBENT BIKE

XLF-013 Recumbent Bike - 002 (Lite Commercial)

Digital Meter Shows : Speed, Time,
Distance, Calories, Pulse & Body Fat,
Resistance Level :8 Level,
Max User Weight : 125 kgs,
Adjustable Seat



XLF-014A Recumbent Bike (Commercial)

Power : Magnetic Control Unpower System Steel Material
Resistance : Reluctance Type Electronic Display : Speed,
Time, Calorie etc.,
Seat : Adjustable, Aluminium, Up/Down, Fore/Aft
Fly Wheel : High Power Magnet
User Weight : 150 Kg



SPIN BIKE (COMMERCIAL)

XLF-017B Magnetic Spin Bike

Seat : Adjustable Front & Back, Up & Down
Handle : Adjustment Up & Down,
Tension Control
Non Slippery Pedal With Lock
Drive : Belt
Emergency Break, Rubber Plate Brake System
Water bottle holder



XLF-017C Spin Bike S 250

Heavy Duty Fly Wheel 4.8 Kg
Seat : Adjustable Front & Back, Up & Down
Handle : Adjustment Up & Down
Digital Display Shows : Speed, Time, Calories,
Scan & Distance
Emergency Stop Push Button
Rollers for Easy transportation



XLF-017D Commercial Spin Bike

Fly Wheel Weight : 18 Kg
Seat : Adjustable Front & Back, Up & Down
Handle : Adjustment Up & Down,
Tension Control
Non Slippery Pedal With Lock
Drive : Belt
Emergency Break, Rubber Plate Brake System



XLF-017A Don Spin Bike

Fly Wheel Weight : 13 Kg
Seat : Adjustable Front & Back, Up & Down
Handle : Adjustment Up & Down,
Tension Control
Non Slippery Pedal With Lock
Drive : Belt
Emergency Break, Rubber Plate Brake System



XLF-017 Spin Bike Commercial

Fly Wheel Weight : 20 Kg
Seat : Adjustable Front & Back, Up & Down
Max. User Weight : 150 Kg
Emergency Break, Magnetic Resistance,
Rubber Plate Brake System
Color Availability : Black, Yellow & Resistance





STEPPER & ROWING

XLF-018 Elevator Stepper Climber

Max. Load Weight : 200 Kg
 Step Area : 1456 Cm²
 Rated Voltage : 220 V
 Machine Size (L X W X H) : 1450 X 880 X 2140
 Display : 4 Window display shows : Body Fat, Distance, Calorie & Step



XLF-019 Commercial Arm Movement Stepper

Fly Wheel : 8 Kgs
 Load : 1~16
 12 Program Computer & Heart Rate Control,
 Hand Pulse
 Extended Size : 1221 X 942 X 1778 mm
 Display : Load, Calorie, Pulse, C.R.P.Count & Watt.



XLF-019A Ski Trainer

Lite weight
 High strength
 Smooth feel
 Ergonomic strapless handles
 Adjusting airflow



XLF-020 Mini Stepper



Digital Meter Shows :
 Step Counting, Calorie & Time



XLF-024A Rowing Machine (Total Body Fitness)



XLF-021 Stepper
 Stepper With Arm Movement
 Heavy Duty Shocker



XLF-023 Superb Air Rower Commercial





ELLIPTICAL

XLF-025 Magnetic Orbitreck

Air Walking
Cycling Stepping
Arm Rowing, Magnetic Resistance
Digital Meter Shows : Speed, Time, Distance, Calorie, Pulse
Seat : Front & Back & up & down Adjustable



XLF-025A Alpha Plus

Air Walking
Cycling Stepping
Arm Rowing, Magnetic Resistance
Digital Meter Shows : Speed, Time, Distance, Calorie, Pulse
Seat : Front & Back & up & down Adjustable



XLF-026 Elliptical Cross Trainer - 001 (Lite Commercial)

Digital Meter Shows :
Speed, Time, Distance, Calorie, Pulse & Body Fat,
Resistance Level : 8 Level,
Max. User Weight : 125 Kgs,
Stride Length : 18 Inch



XLF-028 Scorpion Elliptical Commercial

Self - Generating Electricity
Max. User Weight : 150 Kg
Display : Time, RPM, Matts, Pulse Distance & Calorie
Program : Random Interval HRC
Rolling mountain ronman
Resistance Level : 16 Level
Handle : Left side : Quick, Start & Enter
Right side : Up & Down



XLF-029 Beta Elliptical

Display : Scan, Time, Speed, Distance, Calories, Odometer & Hand Pulse,
Stride Length : 17" Stride
Wheel : Dual Wheel Movement PU Wheel with Aluminium Track Support,
Fly Wheel : Fly Wheel 8.5 Kg,
Tension Level : 8 Level Tension,
Crank : 3pcs Crank
Holder : Mobile Device Holder
Grip : HDR Foam Grip



XLF-027 ARK TRAINER (Elliptical, Skiing & Climbing)

Product Name : X300A Arc Trainer (3 in 1 Function),
Resistance Value : 900 W 180 rpm,
Slope Selection : 20 Step Length : 61 cm,
Max. Load - Bearing : 150 Kg,
Power Supply : Self Generating System (AC 220 Vextension Reserve),
Program : Manual Mode + Automatic Mode,
USB : Cell Phone Charging Function,
Heart Rate, Contact Type



XLF-031 EFX Runner Elliptical

User Weight : 150 Kg
Fly Wheel : 7 Kg
Brake : Magnetic Brake System
Drive : Belt
Stride : 20" Stride
Elevation : Manual Incline adjustment : Rear Incline 5 Levels
Other : Resistance 10 Levels, Count, Distance, Calorie, RPM, EMC, Pulse & Scan Time.



XLF-032 Commercial Adjustable Elliptical

Fly wheel : 12kgs
Load : 16
LCD console
Console with view Angle adjustad
Adjustable Stride from 18" to 26"
Cushion Pad equipped
Console function : Scan, Time, Distance, Calorie, Pulse, Watt, 12 Programs, Manual HRC



XLF-033 Activa Commercial Elliptical

Max. User Weight : 120Kgs
Flywheel : 9.6 Kgs
Stride Length : 19 Inch
Pulse : On the handlebar
It will feel more like running
Oversized , Nonslip Pedals.
Handlebar for easy transportation.
Adjustable front & rear stabilizer in height, innovative computer, console shape with mobile device holder,
LCD display : Scan, Time, Speed, Distance, Calorie & Pulse.





MASSAGER & VIBRATOR



XLF-040 Leg Massager

Maximum Power : 1.5 H.P
 Speed Range : 3 Levels (Low, Middle & High)
 Auto Program : P1-P4
 Working Temperature : 10~40 celsius Degree
 User Weight : 120 Kg



XLF-034 Platinum Pro Massager Chair

Zero - Gravity Sensation
 S-Track Mechanism Relaxation
 Unique Full Body Auto - Stretching

Leather : 0.8 mm tabby PU
 Core : Zero-Gravity Function, Full body Massage
 Back : 2D Buttock Kneading Mechanism, Automatic shoulder position detection; 5 Basic massage methods, 5 levels of air power, 3 kinds of width adjustable heater massage for lumber
 Shoulder : Air massage, calves : Air Massage
 Feet : Air Massage,
 Angle : Adjustment : Backrest & Footrest separated recline/raise, Zero-G



XLF-041 Foot Massager

Increase Blood Circulation

Kneading, Rolling & Massaging 4 Automatic Programs +3 Custom Massage Options - to target your tip-toes, Arch of the foot, Sole of the foot can be used while sitting on a chair or lying on a bed can massage any foot size
 Additional options : Heating pad attached 12V DC



XLF-036 Belt Vibrator

Increase Blood circulation & fat Reduction 0.75 H.P
 Motor A/C
 6 Variable Selector



XLF-037 Body Fit Massager

(Increase Blood Circulation & Fat Reduction)

Maximum Power : 1.5 H.P
 Speed Range : 50 Levels
 Amplitude : 0~10mm
 Frequency : 0~12 REPS/S
 User Weight : 100 Kg
 Display : LED
 Digital Meter Shows : Speed, Time & Calorie



XLF-038 Super Fit Massager

Maximum Power : 2 H.P
 Speed Range : 30 Levels
 Amplitude : 8 Degree
 Frequency : 0~14 REPS/S
 User Weight : 150 Kg
 Display : LED
 Digital Meter Shows : Speed, Time & Calorie





AB WORKOUT

XLF-048A Abdomen King (Commercial)

Exclusive
Belly Control
With leg lock rollers



XLF-049 Dual Ab Crunch

Lower & Upper Abdomen



XLF-048 Abdomen King

Exclusive
Belly Control
With leg lock rollers



XLF-051 Ab Coaster (Lite Commercial)

Weight Capacity: 120kg
Seat Pad: 3-position adjustable
Display: Digital Workout Counter
Material Finished: POWDER COATED



XLF-051A Ab Coaster (Commercial)

Weight Capacity: 150kg
Seat Pad: 5-position adjustable
Plate Loaded Type
Material Finished: POWDER COATED
Stainless Steel Guide Tube



XLF-052 Mini Ab Coaster

Display : Digital Workout Counter
Standard : CE, RoHS, EMC, Etc.,



XLF-050 Ab Core

Both Lower & upper
Abdomen



XLF-053 Ab Board - Fixed



XLF-055A Ab Toner Lock



XLF-054 Ab Board Adjustable (5 Adjustable Levels)



XLF-055A Ab Roller





GYM @ HOME

XLF-044 Home Gym Armstrong Plus

20 Exercises in One Machine
55 Kg Nylon Weight Stack
Rod Holder
Cast Iron top Plate



XLF-045A Mini Gym Junior (30 Exercise in One Machine)

55 Kg Nylon Weight Stag
100 X50, 80X40, 50X50 mm
Tube Frames
Dual Color 110 Micron
Powder Coating
Carton Packing
Cast Iron top Plate



XLF-046 Personal Gym (12 Exercise in One Machine)



XLF-047 A Personal Combo Trainer

20 Exercises in One Machine
80+80 Kg Weight Stag With Cover



XLF-047 Combo Trainer (Plate Loaded 18 Exercise Combo Gym Trainer)

- | | |
|--|-------------------------------|
| UPPER BODY | AB WORKOUT |
| 1. Close grip chest press | 13. Abs crunches |
| 2. Close grip lat pull down | 14. Single arm bent over rows |
| 3. Wide grip lat pull down | 15. Bent over rows |
| 4. Close grip tricep extension | |
| 5. Flat bench chest press | LOWER BODY |
| 6. Incline bench chest press | 16. Calf raises |
| 7. Shoulder press | 17. Lunges |
| 8. Shrugs | 18. Squats |
| 9. Flat Bench isolateral chest press | |
| 10. Incline bench isolateral chest press | |
| 11. Isolateral shoulder press | |
| 12. Bicep curl | |

Area Req : 10'X10'



BENCHES

XLF-061 Flat Bench Press



XLF-062 Incline Bench Press



XLF-066A Wall Mounted Pull Up Bar



XLF-063 Decline Bench Press



XLF-065A Leg Raise With Chin Up & Dip



XLF-067 Flat Bench



XLF-065 All In One Bench Press (Domestic)



XLF-066A Arnold Bench



TWISTER

XLF-057 Gift Twister
Bearing Type
(Without Handle)



Easy to store

XLF-059 Acupuncture Twister



XLF-056 Twister
(With Handle)
Acupuncture
Grip Rubber Pad



XLF-058 Counting Twister

XLF-060 Double Twister





DUMBBELLS & WEIGHT PLATES

XLF-070 Adjustable Flexible Dumbbell (All in One)



Available
2.5 Kg to 25 Kg

XLF-071 Dumbbell Rubber Round Designed



Available
2.5 Kg
5 Kg
7.5 Kg
10 Kg
12.5 Kg
15 Kg
17.5 Kg
20 Kg
25 Kg
30 Kg

XLF-073 Neoprene Dumbbells



Available
1 Kg
to
5 Kg

XLXA-046 Bone Dumbbells



XLF-068 Hex Dumbbells



Available
1 Kg 10 Kg
2 Kg 12.5 Kg
2.5 Kg 15 Kg
3 Kg 17.5 Kg
4 Kg 20 Kg
5 Kg 22.5 Kg
6 Kg 25 Kg
7.5 Kg 27.5 Kg
8 Kg 30 Kg
35 Kg

XLF-074 Cast Iron Dumbbells



Available
1 Kg 6 Kg
2 Kg 7 Kg
3 Kg 8 Kg
4 Kg 10 Kg
5 Kg

XLF-075 Pro Style Dumbbells
Rubber



Available
2.5 Kg 27.5 Kg
5 Kg 30 Kg
7.5 Kg 32.5 Kg
10 Kg 35 Kg
12.5 Kg 37.5 Kg
15 Kg 40 Kg
17.5 Kg 42.5 Kg
20 Kg 45 Kg
22.5 Kg 47.5 Kg
25 Kg 50 Kg

Iron



XLF-078 Dumbbells Set (10 Kg)

Available
1 1/4' Rod - 1 No.
2 1/2' Plate - 2 Nos.
1 1/2' Plate - 2 Nos.
Total - 10 Kgs



XLF-069 Rubber Coated Barbell

Available
5 Kg, 10 Kg, 15 Kg, 20 Kg, 25 Kg, 30 Kg



XLF-076 Olympic Rubber Plate (Triangle)



(51 mm Bore) Black Color (2")

Available
1.25 Kg
2.5 Kg
5 Kg
7.5 Kg
10 Kg
15 Kg
17.5 Kg
20 Kg
25 Kg



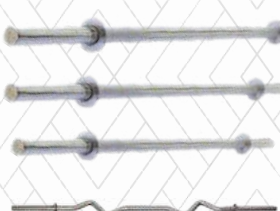
(30 mm Bore) Black Color (2")

XLF-077 Cast Iron Weight Plate



Available
1 Kg
2 Kg
2.5 Kg
3 Kg
4 Kg
5 Kg
7.5 Kg
10 Kg
15 Kg
20 Kg
25 Kg

XLF-079 Rods



Available
1 Ft.
1.25 Ft.
3 Ft.
4 Ft.
5 Ft.
6 Ft.
7 Ft.
EZ Rod
3 Ft.
4 Ft.

XLF-080 Short Bar

Available
28 mm X 14
28 mm X 16



XLF-081 Indian Club Fit Bell

Available
2 Kg
4 Kg
6 Kg
8 Kg
10 Kg
12 Kg
15 Kg
20 Kg



XLF-082B Adjustable Dumbbell



Dumbbell

Barbell



Kettle Bell

Available
1 Kg
2 Kg
3 Kg
4 Kg
5 Kg

XLF-082A 4 In 1 Workout Set



Kettle Bell



Push Up

Barbell Workout

Available
1.25 Kg
1.5 Kg
2 Kg
2.5 Kg

XLF-082 Kettle Bell



Available
4 Kg
8 Kg
10 Kg
12 Kg
16 Kg

ACCESSORIES



XLF-083 Trampoline (Indoor Skipping)

Available
38"
48"
54"
6'
7'



XLF-084 Bungee Trampoline

Available
8'



XLF-086 Multi Aerobic Step



XLF-087 Aerobic Step Small



XLF-088 Aerobic Step Big



XLF-089A 4X Muscle Toner



XLF-089 Push UP Stand (Heavy Duty)



XLF-090 Push UP Bar (Iron Box Model)



XLF-092 Imported Push Up Bar



Regular Model

XLF-092A Elima Push Up Bar



Outfitted with Non-slip Grips

XLF-091 Door Way Gym Bar



XLF-093 Absling

Available
4"
7"



XLF-094 Versatile Gym Board



XLF-095 Stretch Board



XLF-096 Neck Developer



XLF-097 Hand Grip

Available
Deluxe, Foam, Plastic



XLF-098 LS Belt



Back Pain Belt

XLF-099 Peanut Ball



XLF-100 Medicine Ball (With Handle)

Available
3 Kg - 6 Kg



XLF-101 Medicine Ball (Without Handle)

Available
1 Kg - 3 Kg



XLF-102 Massage Ball



Available
7 Cm & 10 Cm

XLF-103 Gym Ball

Available
45 Cm, 55 Cm, 65 Cm,
75 Cm 85 Cm & 90 Cm

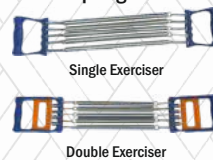


XLF-104 Yoga Set



Yoga Mat, Gym Ball & Workout Strap

XLF-106 Spring Exercise



Single Exerciser

Double Exerciser

XLF-085 Boxing Bag



Sand Fill
Without Sand Fill

XLF-107 Skipping Rope



Available
Weight Handle Jump Rope
Plastic Jump Rope
DLX Speed Rope

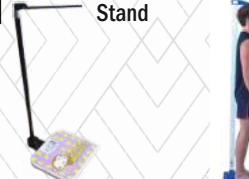
XLF-109 Exercise Mat



XLF-110 Yoga Mat



XLF-111 Measurement Stand



XLF-112 Treadmill Silicon Spray



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