

FITNESS ELEVATE YOUR LIFE



UPRIGHT BIKE

GERMAN TECH

XLF-001A Pedal Trainer



- Lite Weight
- High Strength
- Smooth Feel
- Ergonomic strapless Handles
- Adjusting airflow

XLF-001 Static Bike



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

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-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,
- Grip : HDR Foam Grip,
- Holder : Mobile Device Holder
- Size : 310 X 230 MM

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



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 Orbitreck Regular

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

XLF-009 Orbitreck Deluxe/Twister

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



XLF-010 Orbitreck 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-011 Orbitreck Ultra Plus

(With Adjustable PU Seat)
(Heavy Steel Wheel)

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



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



RECUMBENT BIKE

GERMAN TECH

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
- Seat : Adjustable



XLF-014B Physio Recumbent Bike

(Commercial)

- Resistance : 14 Level
- Size : 280 X 210 mm
- Seat : Front & Back adjustment
- User Weight : 120 Kg
- Handle Bar : Handlebar adjustment with Arm pad
- Cushion : Mesh back cushion
- Fly Wheel : 5 kg two way
- Display : Scan, Time, Speed, Calorie, Distance & Odameter



XLF-014A Recumbent Bike

(Commercial)

- Power : Magnetic control unpower system steel material
- Seat : Adjustable, Aluminium, Up/Down, Fore/Fit
- Resistance : Reluctance Type Electronic Display : Speed, Time, Calorie etc.,
- Fly Wheel : high Power Magnet
- User Weight : 150 Kg



SPIN BIKE

GERMAN TECH

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-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)



XLF-017D Spin Bike

(Commercial)

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



XLF-017B Magnetic Spin Bike

- Seat : Adjustable Front & Back, Up & Down
- Handle : Adjustable Up & Down
- Tension Control
- Non Slippery Pedal with Lock
- Drive : Belt
- Emergency Break, Rubber Plate Brake System & Water Bottle Holder



STEPPER & ROWING

GERMAN TECH

XLF-020 Mini Stepper



- Digital Meter Shows :
Step Counting, Calorie
& Time



XLF-021 Stepper

Stepper With Arm Movement
Heavy Duty Shocker



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-023 Superb Air Rower (Commercial)



XLF-019A Ski Trainer

- Lite weight
High strength
Smooth feel
Ergonomic strapless handles
Adjusting airflow



XLF-024A Rowing Machine (Total Body Fitness)



ELLIPTICAL

GERMAN TECH

XLF-025 Magnetic Orbitreck

(Commercial)



- 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"



XLF-029 Beta Elliptical

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



XLF-033 Activa Elliptical

(Commercial)

- Max. User Weight : 120 Kgs
- Fly Wheel : 9.6 Kgs
- Stride Length : 19"
- 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



XLF-031 EFX Runner Elliptical

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



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-027 Ark Trainer

(Elliptical, Skiing & Climbing)

- 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-031A High Leg Raise

(Commercial)

- Digital Meter Shows : LCD,
- Mode Up, Down, Reset, Recovery
- Lever Tension Control : 5
- Program : Count, Time, Speed, Distance, SPM, Pulse & Calorie
- Easy to Transfer
- Air Walking
- Very Smooth Pedal
- Battery Power Source
- Max. User Weight : 150 Kg



XLF-031B Horizontal Elliptical

(Commercial)

- Fly Wheel : 14 Kgs
- Max. User Weight : 150 Kg
- LED Display Shows : Time, Speed, Pulse, Level, Rotation, Calorie, Mets, RPM, Laps, Watt & Distance
- Auto genset type
- Electro Magnet Resistance Up & Down
- 1 to 16 Level Gear Rotating Left & Right
- Horizontal Rotating
- Mode : Scan, Clear, Manual, Random, Interval, Control, Intervals, Hiit, Mountain, Olympion,
- Water Bottle Holder



MASSAGER & VIBRATOR

GERMAN TECH

XLF-040 Leg Massager

Maximum Power : 1.5 HP
Speed Range : 3 Levels
(Low, Middle & high)
Auto Program : P1-P4
Working Temperature : 10-40 C
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 lumbar shoulder Air Massage : Shoulder,
Calves & Feet 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 uses While Sitting on a
Chair or Lying on a Bed Can
Massage any Foot Size Additional
Options : Heating Pad Attached 12V DC



XLF-041A Massager Gun



XLF-041B Neck Massager



XLF-036 Belt Vibrator

Increase Blood
Circulation & Fat
Reduction 0.75 HLP
Motor A/C,
Motor Speed : Low & High
Belt : Acupuncture &
Massager type Roller



XLF-036A Quadra Stimulator

LED Display Shows : Time,
Speed & Strength
Strength : Up & Down, 1 to 99
Speed : Up & Down, 1 to 20
Start / Stop button
Mode : M1, M2, M3, M4,
Manual & Time



XLF-037 Body Fit Massager

(Increase Blood Circulation & Fat Reduction)

Maximum Power : 1.5 HLP
Speed Range : 50 Levels
Amplitude : 0-10 mm
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 HLP
Speed Range : 30 Levels
Amplitude : 8 Degree
Frequency : 0-14 Reps/S
User Weight : 150 Kg
Display : LED
Digital Meter Shows :
Speed, Time & Calorie



XLF-038A Body Analyzer

(Height, Weight & BMI)

Height & Weight Scale,
Print, Voice, Unit & Power
Display Shows : Gender, Age,
Height, Weight, BMI, Fat,
Body Type, Water, Muscle,
Bone, Entrails & BMR
Max. User Weight : 200 Kg



AB WORKOUT

GERMAN TECH

XLF-048 Abdomen King

(Lite Commercial)

Exclusive
Belly Control
Leg Lock Rollers



XLF-048A Abdomen King

(Commercial)

Exclusive
Belly Control
Leg Lock Rollers



XLF-049 Dual Ab Crunch

Lower & Upper Abdomen



XLF-051 Ab Coaster

(Lite Commercial)

Weight Capacity : 120 Kg
Seat Pad : 3 Position Adjustable
Display : Digital Workout Counter
Material Finished : Powder Coated



XLF-051A Ab Coaster

(Commercial)

Weight Capacity : 150 Kg
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

Lower Abdomen
Upper Abdomen



XLF-054 Ab Board Adjustable

(5 Adjustable Levels)



XLF-053 Ab Board Fixed



XLF-055B Ab Roller



XLF-055C Ab Roller



XLF-055A Ab Toner Lock



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 1 Machine)

55 Kg Nylon Weight Stag
100 X 50, 80 X 40, 50 X 50 mm
Tube Frames
Dual Color 110 Micron
Powder Coating
Carton Packing
Cast Iron Top Plate



XLF-047A Personal Combo Trainer

20 Exercises in One Machine
80 + 80 Kg Weight Stag
with One Side Half Cover



XLF-046 Personal Gym

(12 Exercise in 1 Machine)



XLF-047 Combo Trainer

(Plate Loaded 18 Exercise Combo Gym Trainer)

UPPER BODY

1. Close grip chest press
2. Close grip lat pull down
3. Wide grip lat pull down
4. Close grip tricep extension
5. Flat bench chest press
6. Incline bench chest press
7. Shoulder press
8. Shrugs
9. Flat Bench isolateral chest press
10. Incline bench isolateral chest press
11. Isolateral shoulder press
12. Bicep curl

AB WORKOUT

13. Abs crunches
14. Single arm bent over rows
15. Bent over rows

LOWER BODY

16. Calf raises
17. Lunges
18. Squats

Area Req : 10'X10'



BENCHES

GERMAN TECH

XLF-065 All in One Bench Press
(Domestic)



XLF-066A Wall Mounted Pull Up Bar



XLF-065A Leg Raise with Chin Up & Dip



XLF-067A Arnold Bench



XLF-067 Flat Bench



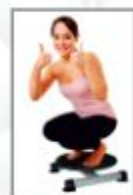
TWISTER

GERMAN TECH



XLF-057 Gift Twister

Bearing Type
(Without Handle)



Easy to Store

XLF-059 Acupuncture Twister



XLF-060 Double Twister



XLF-056 Twister

(With Handle)

Acupuncture
Grip Rubber Pad



XLF-058 Counting Twister



ACCESSORIES

GERMAN TECH

XLF-083 Trampoline
(Indoor Skipping)



XLF-084 Bungee Trampoline



XLF-086 Multi Aerobic Step



XLF-087 Aerobic Step Small



XLF-088 Aerobic Step Big



XLF-113 Neck Fan



XLF-114 3 in 1 Training Board



XLF-115 6 in 1 Training Board



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



XLF-092A Elima Push Up Bar



XLF-091 Door Way Gym Bar



XLF-093 Absling



XLF-094 Versatile Gym Board



XLF-095 Stretch Board



XLF-096 Neck Developer



XLF-097 Hand Grip



XLF-098 LS Belt



XLF-099 Peanut Ball



XLF-100 Medicine Ball
(With Handle)



XLF-101 Medicine Ball
(Without Handle)



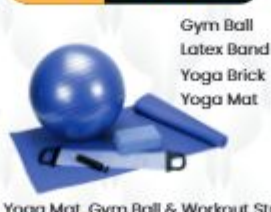
XLF-102 Massage Ball



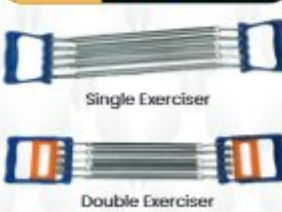
XLF-103 Gym Ball



XLF-104 Yoga Set



XLF-106 Spring Exercise



XLF-085 Boxing Bag



XLF-107 Skipping Rope



XLF-109 Exercise Mat



XLF-110 Yoga Mat



XLF-111 Measurement Stand



XLF-112 Treadmill Silicon Spray



Note : All specification are subject to change without prior notice. Actual products may differ from pictures in this catalog.

DUMBBELLS & WEIGHT PLATES



XLF-070 Adjustable Flexible Dumbbell

(All in One)



Available
2.5 Kg to 25 Kg

XLF-071 Rubber Round Dumbbell



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
35 Kg
40 Kg

XLF-073 Neoprene Dumbbell



Available
1 kg to 5 kg

XLSA-046 Bone Dumbbell



XLF-068 Hex Dumbbell



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
8 Kg 35 Kg

XLF-074 Cast Iron Dumbbell



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

XLF-069 Rubber Coated Barbell

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



XLF-079 Rods



Available
1 FL
125 FL
3 FL
4 FL
5 FL
6 FL
7 FL
EZ Rod
3 FL
4 FL

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-080 Short Bar

Available
28 mm X 14 mm
28 mm X 16 mm



XLF-081 Indian Club Fit Bell

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



XLF-081A Karla Kattai

Available
6 Kg
8 Kg
10 Kg



XLF-078 Dumbbell 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-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



Dumbbell Workout



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



044/MAR25-FT