
TRAIN
TRANSFORM
FITNESS
EXCEL
GERMAN TECH
SINCE 1999
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UPRIGHT BIKE



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-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

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

ORBITRECK



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**

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

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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
- 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 & Odometer**



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



XLF-017C **SPIN BIKE S250**

- 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-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

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STEPPER & ROWING



XLF-020 **MINI STEPPER**

Digital Meter Shows :
Step Counting, Calorie & Time
Multi-functional Screen
Massage Foot Pedal
Hydraulic Gas Rod Mechanism
Controller



XLF-021 **STEPPER**

Stepper With Arm Movement
Heavy Duty Shocker



XLF-018 **ELEVATOR STEPPER CLIMBER**

(Commercial)

Max. Load Weight : 200 Kg
Step Area : 1456 Cm^2
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)

Chain Drive, Cushioned Seat
LCD/LED Informative Display,
Max. Load : 150 Kg, Aluminium Base,
Handlebars with Non – Slip Surfaces
Footrest, Air Resistance



XLF-019A **SKI TRAINER**

(Commercial)

LCD/LED Display, Magnetic Movement
Lite weight, High strength
Smooth feel, Max. Load : 150 Kg
Ergonomic strapless handles
Adjusting airflow



XLF-024A **ROWING MACHINE**

(Total Body Fitness)

Large Cushioned Seat
Footrest
Non – Slip Handlebars

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ELLIPTICAL



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 **ELLIP. 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**

(Commercial)

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
Wireless charges, Tab & mobile Holder,
Water bottle holder



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

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ELLIPTICAL



XLF-028A

GLIDE 26 ELLIPTICAL

(Commercial)

Console : Stride, Time, Resistance, Calorie, Distance
Resistance : 1 - 16 Resistance, Max. User Weight : 200 Kg,
Adjustable Stride Length : 21" to 26", effectively reduces
movement impact and protects the knee, The movement
speed can be self-regulated by the runner's foothold and
controlled freely



XLF-027

ARK TRAINER

(Commercial)
(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 gen set 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

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MASSAGER



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 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 lumber 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

1. Round Head
2. Flat Head
3. Bullet Head
4. Fork Head



XLF-041B

NECK MASSAGER

(Shoulder / Neck Massager)

Portable, Designed to provide a deep, relaxing massage, this compact yet powerful device targets neck and shoulder muscles, relieving stiffness. Device targets neck and shoulder muscles, relieving stiffness

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VIBRATOR





XLF-036

BELT VIBRATOR

Increase Blood
Circulation & Fat
Reduction 0.75 H.P
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

Maximum Power : 1.5 H.P, 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 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



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

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AB WORKOUT



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
Weight capacity : 150 kg
5 position adjustable seat position
Plate load type Powder coated paint finish
Stainless steel guide tube





XLF-051 **ABCOASTER**

(Lite Commercial)

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





XLF-051A **ABCOASTER**

(Commercial)

Weight Capacity : 150 Kg
Seat Pad : 5 Position Adjustable
Plate Loaded Type
Material Finished : Powder Coated
Stainless Steel Guide Tube

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AB WORKOUT



XLF-050 **AB CORE**

Lower Abdomen, Upper Abdomen
"Compatible use with Olympic sized plate"
Multijoint biomechanical system,
Independent levers for upper abs, lower abs,
Adjustable seat, Large support HDR handle grip.





XLF-054 **AB-BOARD ADJUSTABLE**

(5 Adjustable Levels)

Multi Position Workout
Leg Lock For Comfort Workout





XLF-053 **AB-BOARD FIXED**

Leg Lock For Comfort Workout



XLF-055A **AB TONER LOCK**

Sit-ups
Abdominal Stretch
Leg Raise
Hip Raise
Leg Stretch
Push up



XLF-055B **AB ROLLER**

Digital Display
Hand Rest Pad
Dual Roller wheel with Large Base
Highly Stable



XLF-055C **AB ROLLER**

Digital Display
Hand Rest Pad
Elbow Comfort Care
Hands Free Mobile Holder
Dual Roller wheel with Large Base
Highly Stable

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GYM @ HOME



XLF-044 **ARMSTRONG PLUS**

Home Gym

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-046 **PERSONAL GYM**

(12 Exercise in 1 Machine)

Versatility
Efficiency



XLF-047A **PERSONAL COMBO TRAINER**

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



XLF-047 **COMBO TRAINER**

Area Req : 10'X10'

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. Shruge
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

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BENCHES



XLF-065 **ALL IN ONE BENCH PRESS**

(Home Use)

Heavy Duty Frame, High-Density Foam Padding



XLF-066A **WALL MOUNT. PULL UP BAR**

(Wall Mounted Pull Up Bar)

Multiple Grips, Extra Wide Structure, Premium Look



XLF-065B **DIP & PULL UP BAR**

(Wall Mounted Dip & Pull Up Bar)



XLF-067A **ARNOLD BENCH**

Flat, Incline & Decline features



XLF-067 **FLAT BENCH**

Heavy Duty Frame, High-Density Foam Padding

TWISTER









XLF-057 **GIFT TWISTER**

Bearing Type (Without Handle)

Easy to Store



XLF-056 **TWISTER**

(With Handle)

Good Grip Rubber Pad for Stability



XLF-059 **ACUPUNCTURE TWISTER**

Helps in hip, waist, and thigh fat reduction.



XLF-060 **DOUBLE TWISTER**

Seating & Standing

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ACCESSORIES



(Indoor Skipping)
Available
36", 38", 40", 48", 60" & 7'



XLF-083 TRAMPOLINE



(Bungee Trampoline)
Available
8'

XLF-084 TRAMPOLINE



(Multi Aerobic Step)



XLF-086 AEROBIC STEP



(Small Aerobic Step)



XLF-087 AEROBIC STEP



(Big Aerobic Step)



XLF-088 AEROBIC STEP



XLF-113 NECK FAN



(3 in 1)

XLF-114 TRAINING BOARD



(6 in 1)

XLF-115 TRAINING BOARD



(Heavy Duty)

XLF-089 PUSH UP STAND



(Iron Box Model)

XLF-090 PUSH UP BAR



(Regular Model)

XLF-092 PUSH UP BAR



Outfitted with Non-slip Grips

XLF-092A ELIMA PUSH UP BAR





(Door Way Gym Bar)

XLF-091 GYM BAR





Available
4'
7'

XLF-093 ABSLING



Versatile Gym Board



XLF-094 GYM BOARD

ACCESSORIES



XLF-095 STRETCH BOARD



XLF-096 NECK DEVELOPER



Available
Foam,
Plastic

XLF-097 HAND GRIP



XLF-098 LS BELT



XLF-099 PEANUT BALL



(With Handle)

Available
3 Kg - 6 Kg

XLF-100 MEDICINE BALL



(Without Handle)

Available
1 Kg - 3 Kg

XLF-101 MEDICINE BALL



Available
7 Cm & 10 Cm

XLF-102 MASSAGE BALL



Available
65, 75, 85 & 90 Cm

XLF-103 GYM BALL



Gym Ball, Latex Band,
Yoga Brick & Yoga Mat

XLF-104 YOGA MAT



Single Exerciser



Double Exerciser

XLF-106 SPRING EXERCISE



30 Kg, 50Kg
Sand Fill
Without Sand Fill

XLF-085 BOXING BAG



Available
Plastic Jump Rope

XLF-107 SKIPPING ROPE



XLF-110 YOGA MAT





XLF-112 TREADMILL SILICON SPRAY

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DUMBBELLS & PLATES



Available
10 Kg & 20 Kg

(Adjustable Flexible Dumbbell All in One)

XLF-116 **SOFTFLE DUMBBELL**



Available

2.5 Kg	20 Kg
5 Kg	22.5 Kg
7.5 Kg	25 Kg
10 Kg	27.5 Kg
12.5 Kg	30 Kg
15 Kg	32.5 Kg
17.5 Kg	35 Kg
	40 Kg

(Rubber Round Dumbbell)

XLF-071 **Rubber Dumbbell**



Available
1 kg to 5 kg

XLF-073 **NEOPRENE DUMBBELL**



Available
1 kg to 5 kg

XLSA-046 **BONE DUMBBELL**



Available

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

XLF-074 **CAST IRON DUMBBELL**



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

XLF-069 **RUBBER COATED BARBELL**



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

EZ Rod
3 Ft.
4 Ft.

XLF-079 **RODS**



(51 mm Bore)
Black Color (2")

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



(30 mm Bore)
Black Color (2")

XLF-076 **OLYMPIC RUBBER PLATE**



Available

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

XLF-077 **CAST IRON WEIGHT PLATE**



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

XLF-081 **INDIAN CLUB FIT BELL**



Available
4 Kg
6 Kg
8 Kg

XLF-081A **KARLA KATTAI**



Available
2 Kg
4 Kg
6 Kg
8 Kg
10 Kg
12 Kg
16 Kg

XLF-082 **KETTLE BELL**

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