



# **SOURASHTRA COLLEGE (Autonomous)**

(A Linguistic Minority Co-education Institution)

(Affiliated to Madurai Kamaraj University & Re-Accredited with 'B+' Grade by NAAC)

Vilachery Main Road, Pasumalai (P.O), Madurai-625004.

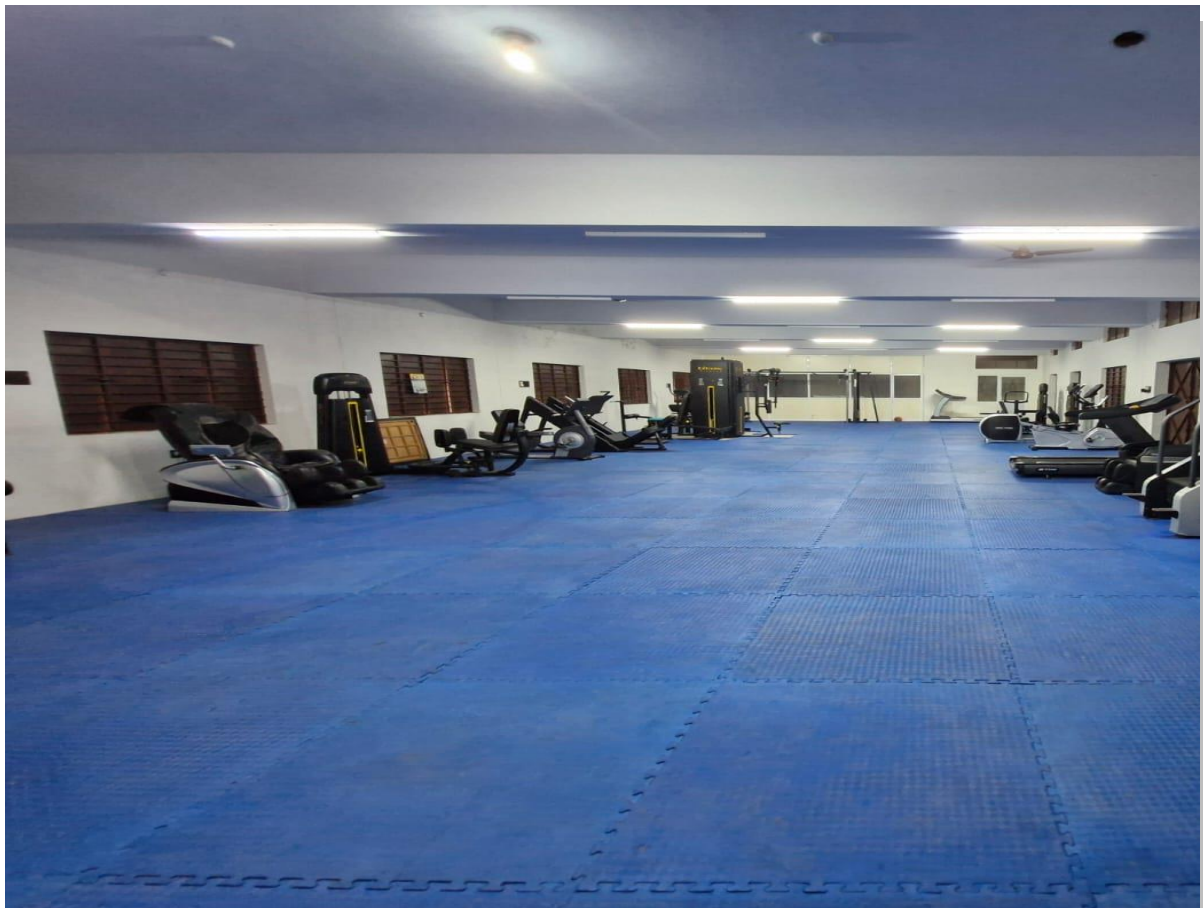
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## **EQUIPMENTS AVAILABLE**

1. MULTI GYM
2. TWISTER DOUBLE
3. HIP FLEXER
4. PONY RIDER
5. CYCLING
6. WEIGHT PLATES WITH RODS
7. LIFTING STAND
8. TREAD MILL
  - (a) MANUAL
  - (b) MOTORISED
9. BENCH PRESS
10. BELT VIBRATOR
11. CURL BENCH
12. LAT ROWING BAR
13. ROMAN CHAIR
14. PLATE & DUMBELLS RACK
15. 100 Kgs WITH ADJUSTMENT ROD
16. DOUBLE CABLE CROSS
17. HYPER EXTENSION

## **XI PLAN**

1. TREAD MILL → MOTORISED
2. TREAD MILL → MANUAL
3. COMMERCIAL ELLIPTICAL

## **XII PLAN -1**

1. RECUMBENT BIKE
2. ELLIPTICAL BIKE
3. BUTTERFLY REAR DELT
4. CHAIR REST
5. FLATE BENCH
6. MULTI ADJUSTMENT BENCH

## **XII PLAN -2**

1. COMMERCIAL TREAD MILL
2. COMMERCIAL ELLIPTICAL TRAINER
3. COMMERCIAL RECUMBENT BIKE
4. STAIRCLIMBER
5. LEG PRESS
6. MULTI GYM
7. CABLE CROSS
8. ROTARY TORSO
9. ADDUCTOR / ABDUCTOR
10. MASSAGE CHAIR





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**Basket ball ground**



**Basket Ball Ground**



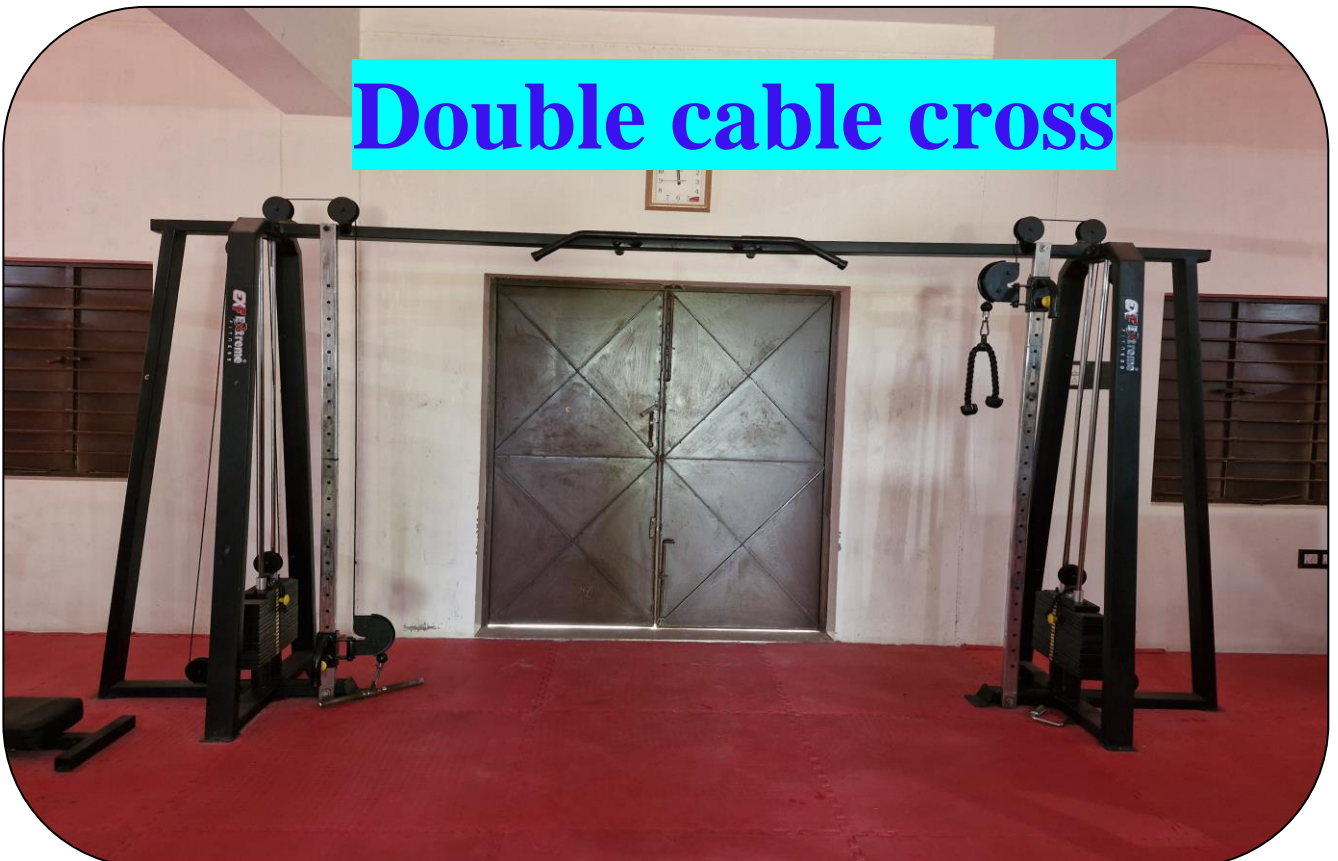




**Curl Bench**



**Double cable cross**







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**Dumbbell-various weight**



**Treadmill motorized**



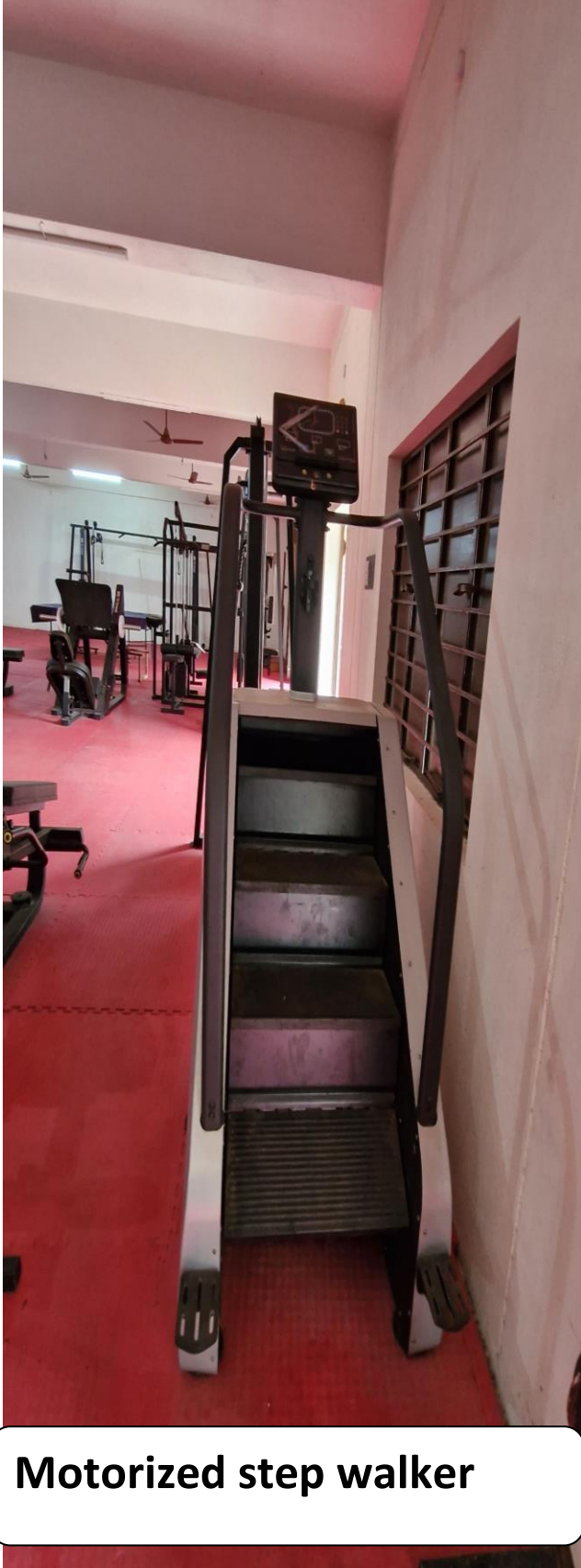
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**Motorized step walker**



**Equipment Rotary Torso**





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## Chest Commercial Synergy 360 Crossfit 4 Gate



## Fitness center







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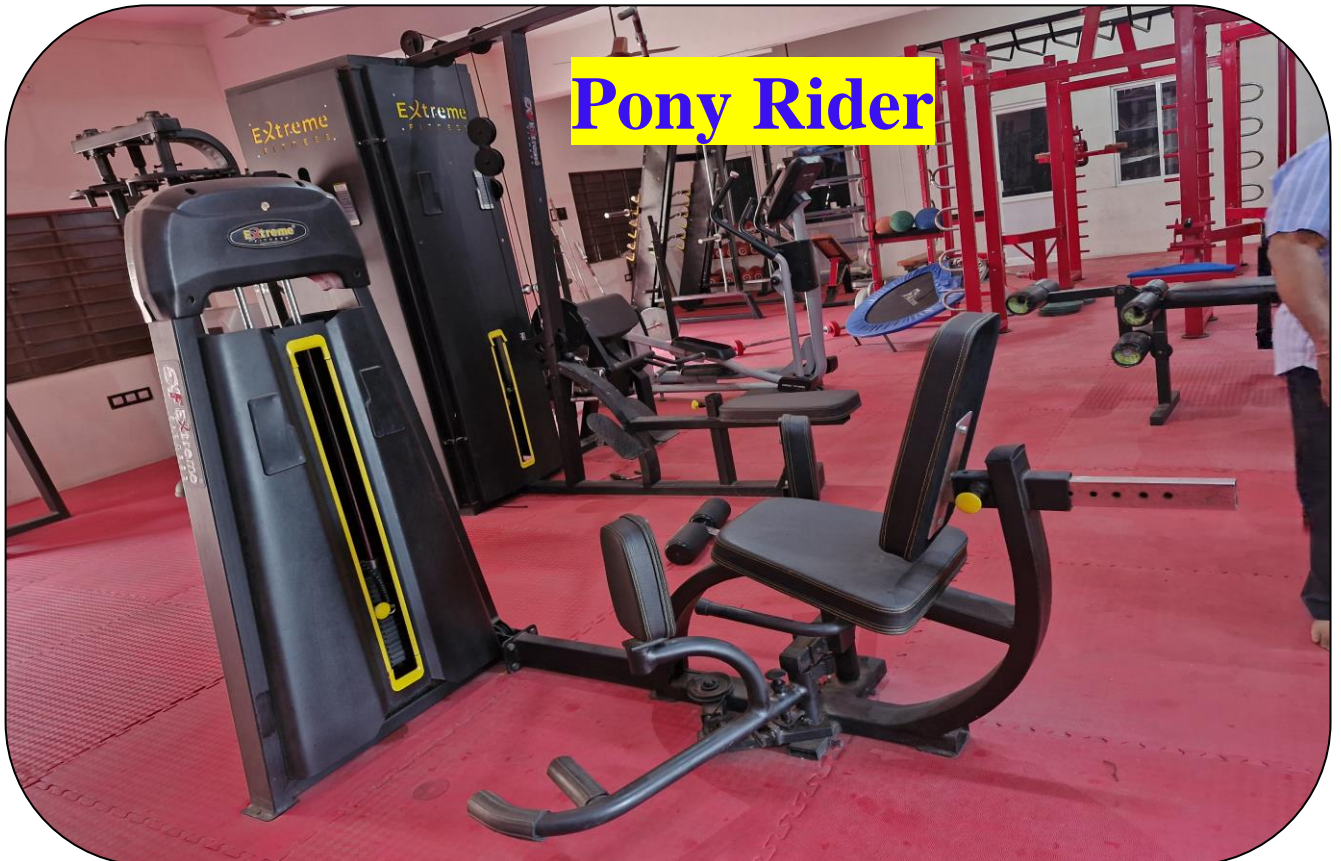
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## Weight Lifting



## Pony Rider







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## Instrument for girls



## Gym for Girls







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**Multifunctional trainer**



**Chest Commercial Synergy 360 Crossfit 4 Gate**





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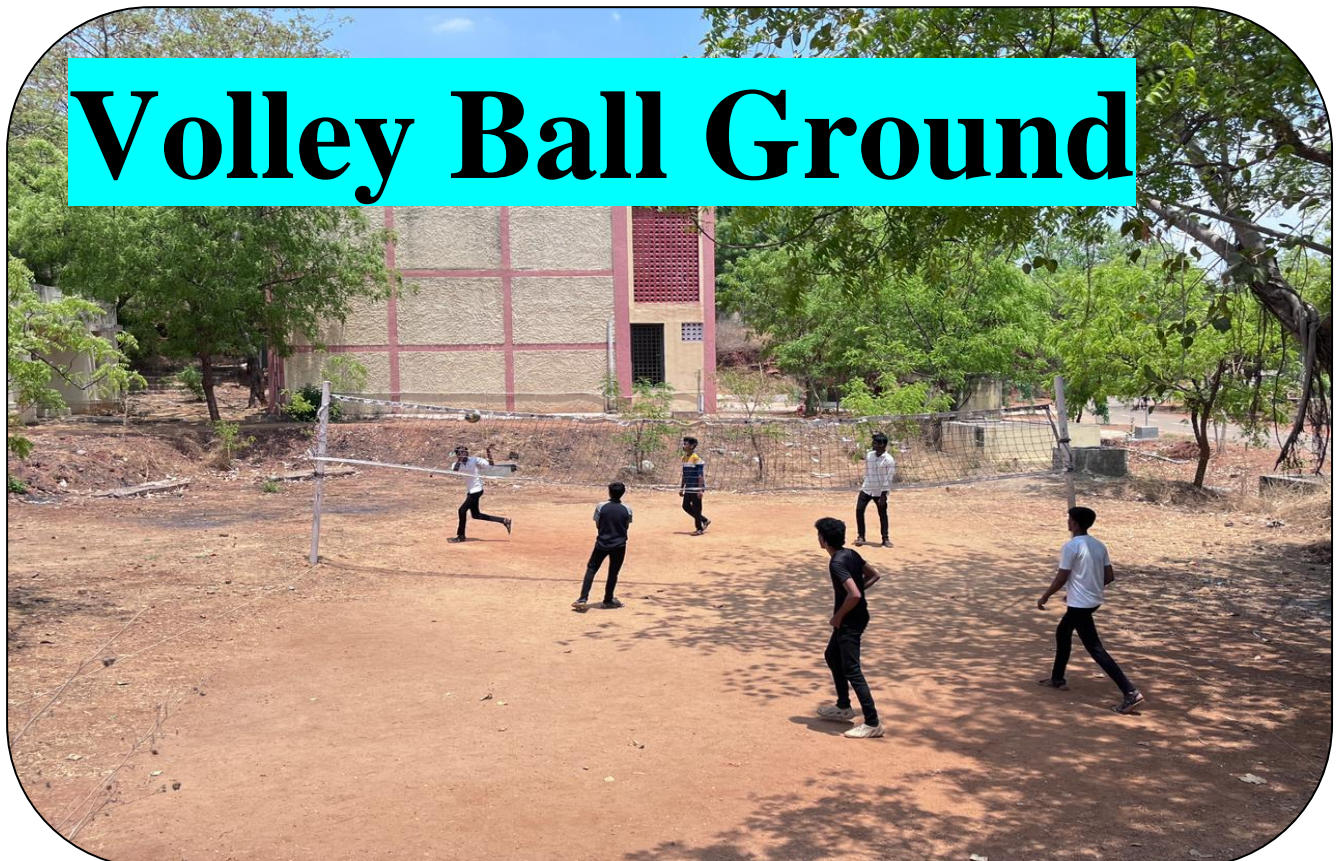
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**Cricket Ground**







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## Biceps Curl Machine



**Chest Commercial Synergy 360 Crossfit 4 Gate**