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# EVO SERIES

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# Chest Press

FW- EVO-001

- Training movement range of the machine similar with dumbbells training, better for beginners.
- Linked movement arms result in more balanced strength improvement.
- Double arm linkage, ensure balanced strength training. The seat can be adjusted to the user's desired range of motion when used.
- Dimension: (L)1430\*(W)1110\*(H)1750mm  
N.W: 213KG  
Weight stack: Standard: 80KG Max: 120KG "



# Pec Fly

FW- EVO-002

- The gradually slowing action mode can energize most of the pectorals major muscle, while minimizing the involvement of the anterior deltoid.
- Linked movement arms result in more balanced strength improvement. and the elbow pad transmits the power directly to the particular muscle.
- Minimize the outward rotation of the arms, thereby reducing the pressure on the shoulder joint.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM: (L)1600\*(W)1220\*(H)1750mm  
N.W.: 213KG  
Weight stack: Standard: 80KG / Max: 120KG"



# Pec Fly Rear Delt

FW- EVO-003

- The gradually slowing action mode can energize most of the pectorals major muscle, while minimizing the involvement of the anterior deltoid.
- Two motion arms have limits and adjustable knobs which can be adjusted to different positions for arm muscle group.
- Energize different pectorals major muscle group by forward and backward bidirectional motions, and transfer the power to the specific muscle directly.
- Minimize the outward rotation of the arms, thereby reducing the pressure on the shoulder joint.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM; (L)1680\*(W)960\*(H)2000mm  
N.W.: 192KG  
Weight stack: Standard: 80KG / Max: 120KG"



# Shoulder Press

FW- EVO-004

- The linked motion arms make the strength training more balanced.
- Make the seat tilted slightly to minimize joint strikes.
- The balance power on the left and right handles reduces the starting resistance.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM: (L)1440\*(W)1350\*(H)1750mm  
N.W.: 217KG  
Weight stack: Standard: 80KG / Max: 120KG"



# Triceps Curl

FW- EVO-005

- The articulation link of the motion arm allows the user to be trained more freely according to users' natural motion.
- linkage handrails can train both arms at the same time or train alternately, making the strength training more balanced.
- Knee pad increases the stability when the weight plate is in heavy load.
- The seat can be adjusted to the user's desired range of motion when.
- DIM: (L)1420\*(W)1240\*(H)1750mm  
N.W.: 210KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Assit Dip Chin

FW- EVO-006

- This machine is available to be used with or without weight stacks, which is suitable for all levels of users.
- The multi-angle handles for the pull-ups and the special-shape low handles provide a variety of options for users, which can be adapted to kinds of training and different muscle groups.
- Double level foot pedal and up/down stair design is more secure.
- DIM: (L)1220\*(W)1670\*(H)2290mm  
N.W.: 242KG  
Weight stack: Standard: 80KG / Max: 120KG"



# Abdominal

FW- EVO-007

- The range of motion (ROM) can be adjusted easily to suit user's personal preference or physical condition.
- Shoulder pad and handles help the user to keep stability when exercising.
- Foot pedals can be adjusted to desired range of motion when used.
- DIM: (L)1270\*(W)1300\*(H)1750mm  
N.W.: 171KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Torso Rotation

FW- EVO-008

- Cushion and hip adductor cushion as the support for lower part of the body makes rotary muscles more effective.
- User can adjust the starting position and weight stacks when sitting.
- Mark the starting angle so that each side is consistent, each training can proceed in exactly the same way.
- DIM: (L)1350\*(W)1070\*(H)1750mm  
N.W.: 201KG  
Weight stack: Standard: 80KG/Max: 120KG"



# Lat Pull Down

FW- EVO-009

- Customized lower handles ensure the grips are much securer, help to align the hands correctly and adjust the height according to user's height.
- Knees pad increases the stability when the weight stacks are in heavy load.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM: (L)1250\*(W)1470\*(H)2240mm  
N.W.: 170KG  
Weight stack: Standard: 80KG / Max: 120KG"



# Low Row

FW- EVO-010

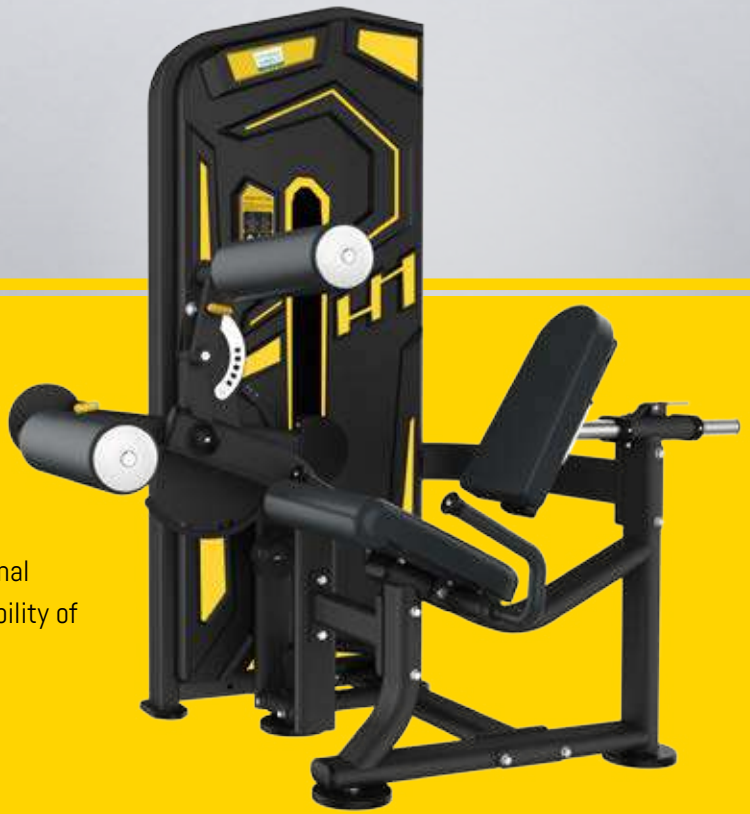
- Fixed low row can make the beginner's training conveniently, keep the back straight to do rowing posture motion and provide a wider range of low row muscle motion.
- The integrated handle can increase the balance of arms strength.
- Extended seat cushion can be adjusted to the user's desired range of motion when used.
- DIM: (L)1860\*(W)1200\*(H)1750mm N.W.: 174KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Seated Leg Curl

FW- EVO-011

- Seat and cushions can be adjusted together, keep user's hamstring muscles contracted as much as possible.
- Button release range adjustment function can adjust the starting angle to users to be in and out of the machine.
- The legs shaft is fixed so that adjustments as the traditional sitting leg curl and extension is not needed. and the possibility of excessive stretching the knee is minimized.
- DIM: (L)1540\*(W)1250\*(H)1750mm  
N.W.: 200KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Leg Curl

FW- EVO-012

- The use of horizontal training makes the body fully supported by the thigh, abdomen, chest and elbow focus on the curl and extension training of the hind legs, which fully contract the hamstring muscle.
- Button release range adjustment function can adjust the starting angle to users to be in and out of the machine .
- The legs shaft is fixed so that adjustments as the traditional  
DIM: (L)1660\*(W)1230\*(H)1750mm N.W.: 191KG  
Weight stack: Standard: 80KG/Max: 120KG"



# Leg Extension

FW- EVO-013

- The thigh-support pad minimizes the pressure stressed at the knee.
- User can adjust the training pattern when sitting.
- The joystick button of ROM allows user to adjust starting angle when sitting.
- Adjustable seats, can adapt to different users' height.
- DIM: (L)1280\*(W)1260\*(H)1750mm  
N.W.: 195KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Leg Curl/Extension

FW- EVO-014

- The thigh-support pad minimizes the pressure stressed at the knee.
- User can adjust the training pattern when sitting.
- The joystick button of ROM allows user to adjust starting angle when sitting.
- Adjustable seats, can adapt to different users' height.
- DIM: (L)1390\*(W)1200\*(H)1750mm  
N.W.: 200KG  
Weight stack: Standard: 80KG / Max: 120KG"





# Leg Press

FW- EVO-015

- Large foot pad can meet a variety of training requirements.
- The resistance pattern is optimized by the cam mounted inside the foot support pad.
- Adjustable seat, can adapt to different users' height.
- DIM: (L)2260\*(W)1290\*(H)1750mm  
N.W.: 264KG  
Weight stack: Standard: 80KG / Max: 120KG"



# Multi Hip

FW- EVO-016

- Non-slip and stable large foot pad stabilizes the upper body hip lifting power.
- Smooth angle helps user adapt to the equipment quickly.
- Hip lifting pillar can adjust the height of the user and make hip stretch training comfortable.
- DIM: (L)1260\*(W)1250\*(H)1750mm  
N.W.: 211KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Glute

FW- EVO-017

- Fixed angle and smooth linear bearings help users adapt to the equipment quickly.
- Handles, elbows pads and adjustable chest pads together support the upper body stability and make thigh stretch training comfortable.
- DIM: (L)2140\*(W)1110\*(H)1750mm  
N.W.: 196KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Standing Calf

FW- EVO-018

- Put your feet on the foot pedal, make your shoulders touch the shoulder pads and keep your body straight to exercise the calf and medial and lateral muscle group of calf.
- DIM: (L)1320\*(W)1140\*(H)1750mm  
N.W.: 200KG  
Weight stack: Standard: 80KG/ Max: 120KG



# Hip Adductor

FW- EVO-019

- The front-loading weight stacks ensures easy handling and no interference during training.
- Adjustable starting position is suitable for different levels and preferences of individual trainers.
- The knee pad and double foot pedals can support the legs and reduce the torque around the knee.
- DIM: (L)1470\*(W)1340\*(H)1750mm  
N.W.: 191KG"



# Hip Abductor

FW- EVO-020

- The front-loading weight stacks ensures easy handling and no interference during training.
- Adjustable starting position is suitable for different levels and preferences of individual trainers.
- The knee pad and double foot pedals can support the legs and reduce the torque around the knee.
- DIM: (L)1350\*(W)1300\*(H)1750mm  
N.W.: 191KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Seated Row

FW- EVO-021

- The linked motion arms make the strength training more balanced.
- The motion route and the long handles allow the user to easily find the best training position.
- The foot pedals help the user to minimize the pressure on the chest pad.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM: (L)1350\*(W)1310\*(H)1750mm  
N.W.: 197KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Biceps Curl Machine

FW- EVO-022

- Automatically rotating handles accommodate different lengths of forearms.
- Double arm linkage training, make balanced strength training.
- Comfortable elbow pad makes the biceps strength training more balanced.
- The seat can be adjusted to the user's desired range of motion when used.
- DIM: (L)1010\*(W)1160\*(H)1750mm  
N.W.: 171KG  
Weight stack: Standard: 80KG/ Max: 120KG"



# Functional Trainer

FW- EVO-023

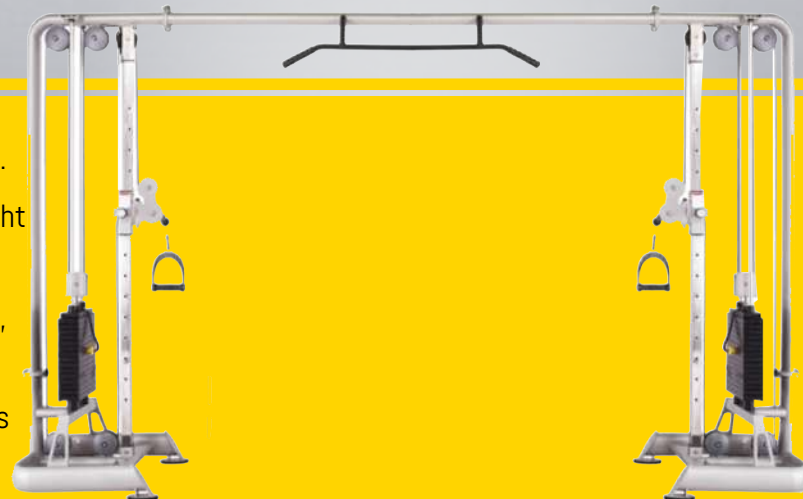
- The design of product appearance learned international advanced design concept, improved on the basis of original to perfectly meet different users requirements.
- Perfectly integrate 89 mm round tube and 50\*100mm oval tube, makes the machine appearance elegant in fashion Main frame tube thick ness upto 3 mm
- Use strong magnetic plug pin for weight stack , make adjustment more convenient and safe.
- Use supper durable cable with the diameter upto 5.8mm, which is composed highly six strand of wires and nine strings inside of cable, enhance the using durability and excercising safety of the machine
- Dim: L 1670 x W 1120 x H 2330  
N.W: 350Kg  
Weight Stack: Standard: 80Kg/ Max: 150Kg"



# Cable Crossover

FW- EVO-024

- The Design follows foreign advanced design concept.
- Use high tensile oval tube which gives enough thought of strength and fashion.
- The strong magnetic pin have been used on machine, which can make the weight adjust easy and safty.
- The high density nylon pulley,which is for industrail is great to use,can burden 1400Kg
- Scientific movement track can take the proper training,Suffcient considering of kinematics theory.
- Effective in muscle training of pectorals/back and arms
- Dim: L 3836 x W 870 x H 2330  
N:W: 338Kg  
Weigth Stack: Standrad: 80Kg/ Max: 150Kg



# Smith Machine

FW- EVO-025

- Size: L : 2285 x W 1376 x H 2320



# Squat Rack

FW- EVO-026

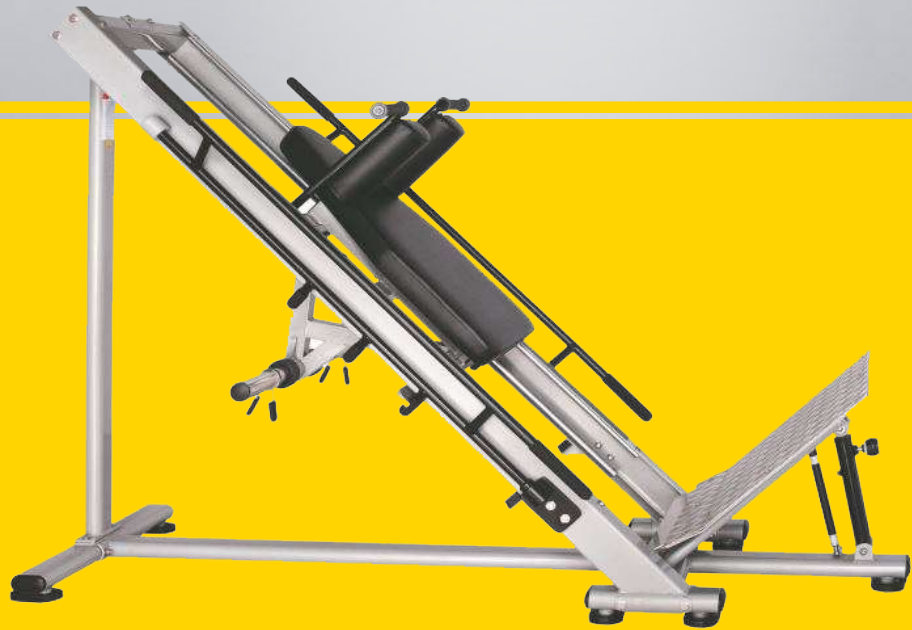
- Size: 1270\*1100\*2350mm



# *Hack Squat Machine*

FW- EVO-027

- Size: L1620 x W 1030 x H1480mm



# *Olympic Flat Bench*

FW- EVO-028

- Size: L 1720 x W 1670 x H 1200mm



# ***Olympic Decline Bench***

FW- EVO-029

- Size: 2320\*1430\*1300mm



# ***Olympic Incline Bench***

FW- EVO-030

- Size: 2010\*1680\*1400mm





# ***Roman Chair***

FW- EVO-031

- Size: 1200\*660\*880mm



# ***Vertical Knee Raise Machine***

FW- EVO-032

- Size: L 1400 x W 760 x H 2240mm



# Web Board

FW- EVO-033

- Size: 1650\*620\*1160mm



# Seated Calf Machine

FW- EVO-034

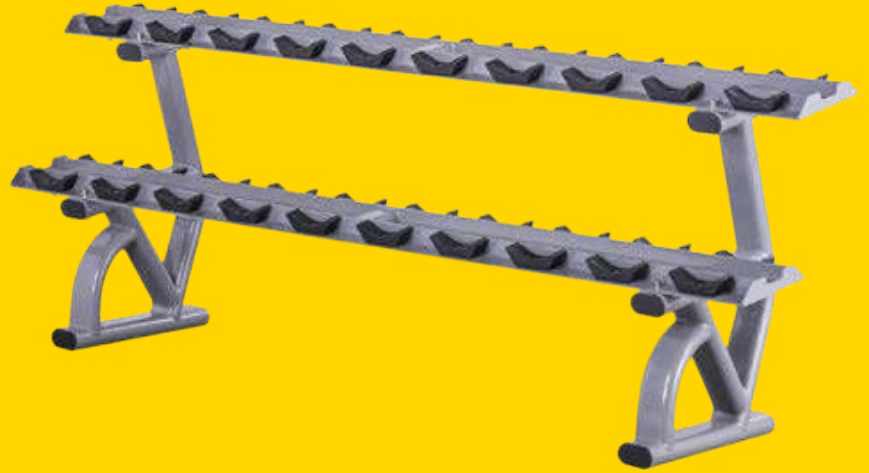
- Size: L1270 x W500 x H820mm



# ***Dumbbell Rack***

FW- EVO-035

- Size: L 2090 x W810 x H820mm



# ***T Arm Machine***

FW- EVO-036

- Size: 1800\*880\*560mm



# *Abdominal Machine*

FW- EVO-037

- Size: 1770\*830\*1030mm



# *Draw Muscle Machine*

FW- EVO-038

- Size: 1320\*490\*970mm



# Adjustable Web Board

FW- EVO-039

- Size:1740\*620\*1300mm



# Crunch Bench

FW- EVO-040

- Size:1740\*630\*1040mm



# ***Flat Bench***

FW- EVO-041

- Size: L 1350 x W 690 x H430mm



# ***Multi Adjustable Bench***

FW- EVO-042

- Size: L1350 x W 830\*420mm



# Utility Bench

FW- EVO-043

- Size: 710\*510\*900mm



# Barbell Rack

FW- EVO-044

- Size: 950\*700\*1300mm



# Preacher Curl Bench

FW- EVO-045

- Size: 710\*510\*900mm



# Weight Plate Tree

FW- EVO-046

- Size: 780\*780\*1100mm





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# K LOAD SERIES

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# Chest Press

FW- K- LOAD-001

- Assembled measurement:  
(L\*W\*H) mm: 1954\*1267\*1670
- Max Load(kg): 100kg
- Machine weight KG: 166kg



# Incline Chest Press

FW- K- LOAD-002

- Assembled measurement:  
(L\*W\*H) mm: 1945\*1345\*1705
- Max Load(kg): 100kg
- Machine weight KG: 150KG



# Shoulder Press

FW- K- LOAD-003

- Assembled measurement:  
(L\*W\*H) mm: 1533\*1515\*1510
- Max Load(kg): 100kg
- Machine weight KG: 170kg



# Low Row

FW- K- LOAD-004

- "Assembled measurement:  
(L\*W\*H) mm: 1317\*1352\*1685
- Max Load(kg): 100kg
- Machine weight KG: 148kg



# Wide Chest Press

FW- K- LOAD-005

- Assembled measurement:  
(L\*W\*H) mm: 1980\*1060\*1785
- Max Load(kg): 100kg
- Machine weight KG: 180KG



# Row

FW- K- LOAD-006

- Assembled measurement:  
(L\*W\*H) mm: 1580\*1318\*1314
- Max Load(kg): 100kg
- Machine weight KG: 119KG



## ***Pull Down***

FW- K- LOAD-007

- Assembled measurement:  
(L\*W\*H) mm: 1909\*1110\*1904
- Max Load(kg): 100kg
- Machine weight KG: 146kg



## ***Rear Kick***

FW- K- LOAD-008

- Assembled measurement:  
(L\*W\*H) mm: 1684\*1711\*1211
- Max Load(kg): 100kg
- Machine weight KG: 134kg



# Leg Press

FW- K- LOAD-009

- Assembled measurement:  
(L\*W\*H) mm: 2190\*1562\*1390
- Max Load(kg): 100kg
- Machine weight KG: 218kg



# Calf

FW- K- LOAD-010

- Assembled measurement:  
(L\*W\*H) mm: 2028\*1020\*1153
- Max Load(kg): 100kg
- Machine weight KG: 141kg



## *Biceps Curl*

FW- K- LOAD-011

- Assembled measurement:  
(L\*W\*H) mm: 1264\*1502\*1011
- Max Load(kg): 100kg
- Machine weight KG: 121



## *Triceps Curl*

FW- K- LOAD-012

- Assembled measurement:  
(L\*W\*H) mm: 1874\*1410\*1005
- Max Load(kg): 100kg
- Machine weight KG: 113.9kg



# Leg Extension

FW- K- LOAD-013

- Assembled measurement:  
(L\*W\*H) mm: 1383\*1226\*1338
- Max Load(kg): 100kg
- Machine weight KG: 110.6kg



# Leg Curl

FW- K- LOAD-014

- Assembled measurement:  
(L\*W\*H) mm: 1424\*1273\*1107
- Max Load(kg): 100kg
- Machine weight KG: 115kg





# 45° Incline Press

FW- K- LOAD-015

- Assembled measurement:  
(L\*W\*H) mm: 2882\*1450\*1493
- Max Load(kg): 100kg
- Machine weight KG: 307Kg



# Incline Row

FW- K- LOAD-016

- Assembled measurement:  
(L\*W\*H) mm: 2180\*1011\*1265
- Max Load(kg): 100kg
- Machine weight KG: 104kg



# Power Rack

FW- K- LOAD-017

- Assembled measurement:  
(L\*W\*H) mm: 1917\*1438\*2293
- Max Load(kg): 300kg
- Machine weight KG: 2124kg



# Half Power Rack

FW- K- LOAD-018

- Assembled measurement:  
(L\*W\*H) mm: 1645\*1418\*2457
- Max Load(kg): 660kg
- Machine weight KG: 171.2kg



# Full Power Rack

FW- K- LOAD-019

- Assembled measurement:  
(L\*W\*H) mm: 2077\*1648\*2462
- Max Load (kg): 660kg
- Machine weight KG: 237.8kg

