

PE Societies				
Modern College of Arts, Science and Commerce,				
Ganeshkhind, Pune 16				
Gymnasium Equipment List				
Updated on 08/10/2021				
Sr. No.	Gym	Equipment Name	Specification	Quantity
1	Indoor Gym	Bench Press bench	Adjustable	1
2	Indoor Gym	Cable Crossover Pully	QIP 2010-11	1
3	Indoor Gym	Dumbbells Pair	10 kg.	1
4	Indoor Gym	Dumbbells Pair	15 kg.	1
5	Indoor Gym	Dumbbells Pair	20 kg.	1
6	Indoor Gym	Dumbbells Pair	3 kg	1
7	Indoor Gym	Dumbbells Pair	4 kg	1
8	Indoor Gym	Dumbbells Pair	5 kg.	1
9	Indoor Gym	Dumbbells Pair	7.5 kg.	1
10	Indoor Gym	Machine	Bench/Shoulder	1
11	Indoor Gym	Machine	Lat Pulley	1
12	Indoor Gym	Machine	Leg Ext. & Curling	1
13	Indoor Gym	Machine	Leg Press	1
14	Indoor Gym	Machine	Squat/Calf	1
15	Indoor Gym	Machine	Triceps/Bicep	1
16	Indoor Gym	Mirror	8 X 4	1
17	Indoor Gym	Mirror1	4 X 4	1
18	Indoor Gym	Mirror2	4 X 4	1
19	Indoor Gym	Mirror3	4 X 4	1
20	Indoor Gym	Mirror4	4 X 4	1
21	Indoor Gym	Pullup + Push up Bar	Fixed on Volleyball Court	1
22	Indoor Gym	Smith Machine	QIP 2010-11	1
23	Indoor Gym	Stand	Dumbbells	1
24	Indoor Gym	Stand	Squat	1
25	Indoor Gym	Stand	Weight Plate	1
26	Indoor Gym	Weight Lifting Belt		1
27	Indoor Gym	Weight Lifting Belt		1
28	Indoor Gym	Weight Plate	10 kg.	1
29	Indoor Gym	Weight Plate	10 kg.	1
30	Indoor Gym	Weight Plate	10 kg.	1
31	Indoor Gym	Weight Plate	10 kg.	1
32	Indoor Gym	Weight Plate	10 kg.	1
33	Indoor Gym	Weight Plate	10 kg.	1
34	Indoor Gym	Weight Plate	10 kg.	1
35	Indoor Gym	Weight Plate	10 kg.	1
36	Indoor Gym	Weight Plate	15 kg.	1
37	Indoor Gym	Weight Plate	15 kg.	1
38	Indoor Gym	Weight Plate	15 kg.	1
39	Indoor Gym	Weight Plate	15 kg.	1
40	Indoor Gym	Weight Plate	2.5 kg.	1
41	Indoor Gym	Weight Plate	2.5 kg.	1
42	Indoor Gym	Weight Plate	2.5 kg.	1

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43	Indoor Gym	Weight Plate	2.5 kg.	1
44	Indoor Gym	Weight Plate	2.5 kg.	1
45	Indoor Gym	Weight Plate	20 kg.	1
46	Indoor Gym	Weight Plate	20 kg.	1
47	Indoor Gym	Weight Plate	5 kg.	8
48	Indoor Gym	Weight Plate	7.5 kg.	8
49	Indoor Gym	Wrist Curl (free)	QIP under 2010-11	1
50	Open Gym	Air Walker		1
51	Open Gym	Chest Presser	QIP 2018-2019	1
52	Open Gym	Cross Trainer		1
53	Open Gym	Cycling		1
54	Open Gym	Leg Press		1
55	Open Gym	MS Leg Press		1
56	Open Gym	MS Seated Pull	QIP 2018-2019	1
57	Open Gym	MS Sit-ups Board		1
58	Open Gym	Peck Deck	QIP 2018-2019	1
59	Open Gym	Seated & Standing		1
60	Open Gym	Shoulder Builder	QIP 2018-2019	1