

Aerofit

THE PRIVATE STRENGTH COLLECTION

Strength, in private.



A considered space.
A stronger everyday.

TULSYAN FITNESS

RANCHI

Made personal.

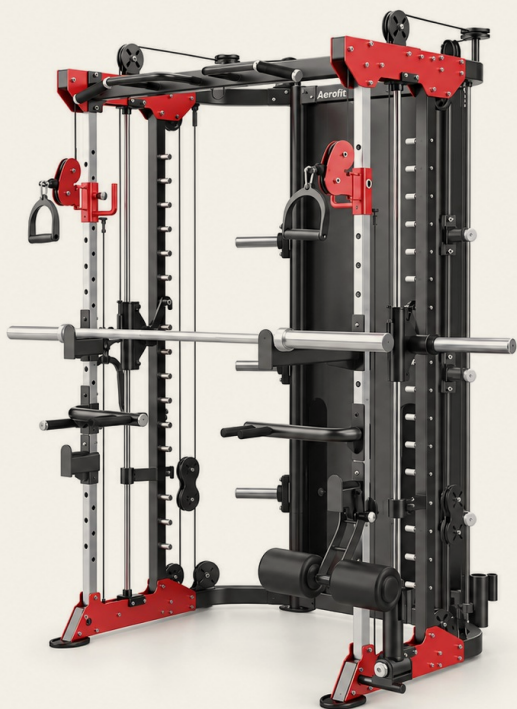
Choose your station. Build your collection.
Create space for strength.

01	The equipment	03-12
02	Your leg-training options	13-15
03	The movement library	16-27
04	Your home, considered	28-31



TAP A SECTION TO EXPLORE

Your strength. Your station.



OPTION 01

Red & black



OPTION 02

All black

Cables. Smith. Possibility.

Two Aerofit trainer + Smith options, each combining cable work and guided bar training.

Compare the frame, pulley arrangement and storage to choose the station that suits your room.

Designed to do more.



FRONT VIEW



THREE-QUARTER

- 01 **Adjustable cable pulleys**
Set the pull high, mid or low.
- 02 **Guided Smith bar**
Load plates for presses, rows and leg work.
- 03 **Fixed overhead grips**
Add pull-up variations.

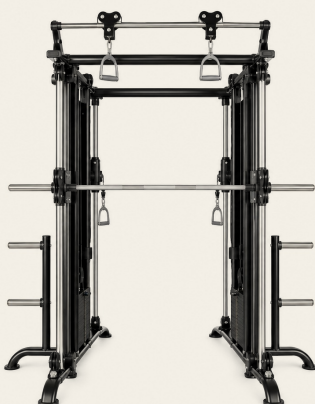
More room. More freedom.



FRONT VIEW



THREE-QUARTER



BACK VIEW



SIDE VIEW

Additional angles are illustrative reconstructions.

01 **Smith behind the trainer**

The Smith station sits behind the functional trainer.

02 **Larger footprint. More workout space.**

Uses more floor space, giving you more room to train.

03 **Cable pulleys + plate storage**

Adjustable front pulleys, an upper rail and storage horns.

A foundation. Every angle.



INCLINE / FLAT / DECLINE

Incline, flat and decline positions for presses and supported rows.

- FADED
Other positions
- SOLID
Decline position

Pair it with dumbbells or position it inside your chosen trainer. Fixed support rollers come with the standard bench.

For integrated leg extension/curl, explore the upgrade on page 14.

Progress, in your hands.



ROUND HEADS / TEXTURED METAL HANDLES

RECOMMENDED STARTING WEIGHTS / KG

2.5 5 7.5 10 12.5 15

SELECT FROM THE FULL RANGE / KG

2.5 5 7.5 10 12.5 15 17.5

20 22.5 25 27.5 30 35 40

Choose weights from the full range to suit your home setup.

Everything, in its place.



THREE TIERS. A CLEARER FLOOR.

Organised by weight

Keep every dumbbell easy to select and return.

Side storage horns

Store compatible plates alongside your free weights.

Two sides. Beautifully ordered.



MEDICINE BALLS

- 1 kg
- 2 kg
- 3 kg
- 4 kg
- 5 kg

SLAM BALLS

- 3 kg
- 4 kg
- 6 kg
- 8 kg
- 10 kg

Five levels. Medicine balls on one side; slam balls on the other. A compact home for the whole collection.

Control, in motion.



THE WEIGHT COLLECTION

1 2 3 4 5

KILOGRAMS

A smooth, panelled surface for controlled holds, squats, lunges and rotations.

Hold close or extend away. Use slam balls for floor-slam drills.

Grip. Lift. Release.



THE WEIGHT COLLECTION

3

4

6

8

10

KILOGRAMS

A textured surface for loaded movement, carries and floor-slam drills.

Use suitable protected flooring and keep the slam area clear.

Colour, with purpose.



5	10	15	20	25
KG	KG	KG	KG	KG

Load. Train. Return.

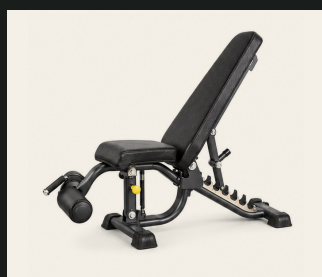
Five weights for the Smith and compatible bench attachment.
Confirm sleeve fit and plate loading during setup.

Tailored to your training.

Start with either trainer. Then choose how you want to train legs.

01 Keep the base setup

Standard adjustable bench. Use Smith, cable and dumbbell movements for legs.



02 Upgrade the bench

Replace the standard bench with the integrated leg extension/curl bench.



03 Add a dedicated station

Keep the standard bench and add the selectorized leg extension/curl machine.



One bench. More possibility.



Built-in leg training.

A plate-loaded front lever and padded rollers add leg extension and prone leg curl to the adjustable bench.

Choose this instead of the standard bench. Set the pad, pivot and plate loading before use, and allow the lever room to travel.

Leg day, with its own space.



110

KG STACK

242 lb

62 x 43 x 60 in

L X W X H

3.0 MM STEEL

High-tensile rectangular
steel tubing.

POWDER COATED

Electrostatic finish
for the steel frame.

A repertoire for your whole body.

54

ILLUSTRATED
EXERCISE SETUPS

Six per page. Key muscles in red.

Cable essentials	17
Cable presses and pulls	18
Cable arms, core and legs	19
Smith lower body and row	20
Smith presses and pull-up	21
Dumbbell presses and pulls	22
Dumbbell arms and legs	23
Medicine and slam balls	24
Leg options and bench core	25

Figures show a representative position. Red identifies key muscle groups, not every assisting muscle or measured activation. Set the equipment and load before training.

Cable essentials

■ KEY MUSCLE GROUPS IN RED

01



Cable chest fly

Chest

Keep a soft elbow bend.

02



Standing cable row

Lats / mid-back

Pull towards your lower ribs.

03



Cable biceps curl

Biceps

Keep the upper arm still.

04



Triceps pushdown

Triceps

Keep your elbow by your side.

05



Cable lateral raise

Side deltoid

Lift to shoulder height.

06



Pallof press

Obliques / core

Resist the sideways pull.

Cable presses and pulls

■ KEY MUSCLE GROUPS IN RED

07



Cable chest press

Chest / front deltoids

Press forward; stay steady.

08



Low-to-high fly

Upper chest

Sweep upward with soft elbows.

09



High-to-low fly

Chest / core

Bring the handles down and in.

10



Straight-arm pulldown

Lats

Keep a slight fixed elbow bend.

11



Kneeling pulldown

Lats / arms

Draw your elbows towards ribs.

12



Reverse cable fly

Rear deltoids / mid-back

Open the arms without shrugging.

Cable arms, core and legs

■ KEY MUSCLE GROUPS IN RED

13



Cable front raise

Front deltoid

Raise to shoulder height.

14



Overhead cable ext.

Triceps

Keep your upper arm by the ear.

15



Cable hammer curl

Arm flexors / forearms

Keep your thumb facing up.

16



Kneeling cable crunch

Abdominals

Curl the ribs towards the pelvis.

17



Cable wood chop

Obliques / core

Use a controlled diagonal path.

18



Low cable squat

Quads / glutes

Keep heels down and spine long.

Smith lower body and row

■ KEY MUSCLE GROUPS IN RED

19



Smith squat

Quads / glutes

Let the knees track the toes.

20



Smith split squat

Quads / glutes

Lower under control.

21



Smith Romanian deadlift

Hamstrings / glutes

Hinge at the hips; keep bar close.

22



Smith hip thrust

Glutes / legs

Lift the hips; keep ribs down.

23



Smith calf raise

Calves

Lift heels; lower slowly.

24



Smith bent-over row

Lats / mid-back

Hold the hinge as you row.

Smith presses and pull-up

■ KEY MUSCLE GROUPS IN RED

25



Smith bench press

Chest / triceps

Keep the wrists over the elbows.

26



Smith incline press

Upper chest / shoulders

Set a comfortable incline.

27



Smith shoulder press

Deltoids / triceps

Press in front of the head.

28



Close-grip Smith press

Triceps / chest

Use a shoulder-width grip.

29



Smith shrug

Upper trapezius

Lift shoulders without rolling.

30



Pull-up

Lats / arms

Use fixed grips; lower smoothly.

Dumbbell presses and pulls

■ KEY MUSCLE GROUPS IN RED

31



Dumbbell bench press

Chest / triceps

Keep both feet grounded.

32



Dumbbell incline press

Upper chest / shoulders

Lower with steady control.

33



Seated shoulder press

Deltoids / triceps

Keep the ribs stacked over hips.

34



One-arm dumbbell row

Lats / mid-back

Row towards the hip.

35



Dumbbell lateral raise

Side deltoids

Lift outwards without shrugging.

36



Chest-supported fly

Rear deltoids / mid-back

Let the bench support the chest.

Dumbbell arms and legs

■ KEY MUSCLE GROUPS IN RED

37



Dumbbell biceps curl

Biceps

Keep elbows close to your sides.

38



Dumbbell hammer curl

Arm flexors / forearms

Use a neutral grip.

39



Overhead dumbbell ext.

Triceps

Hold the weight securely.

40



Goblet squat

Quads / glutes

Keep the weight close to chest.

41



Romanian deadlift

Hamstrings / glutes

Push the hips back.

42



Dumbbell reverse lunge

Quads / glutes

Step back; keep front heel down.

Medicine and slam balls

■ KEY MUSCLE GROUPS IN RED

43



Medicine ball squat

Quads / glutes

Hold the ball close.

44



Ball lunge + rotation

Quads / glutes / obliques

Rotate gently towards front leg.

45



Seated ball twist

Obliques / abdominals

Keep the heels grounded.

46



Slam ball floor slam

Core / shoulders

Use clear, protected flooring.

47



Slam ball bear-hug carry

Core / glutes

Walk tall with the ball close.

48



Slam ball deadlift

Glutes / legs

Grip low, then stand tall.

Leg options and bench core

■ KEY MUSCLE GROUPS IN RED

49



Machine leg extension

Quadriceps

Align knees with the pivot.

50



Machine leg curl

Hamstrings

Keep the thighs secured.

51



Bench leg extension

Quadriceps

Set the shin roller and load.

52



Prone bench leg curl

Hamstrings

Set the roller behind ankles.

53



Bench crunch

Abdominals

Lift shoulder blades gently.

54



Bench reverse crunch

Abdominals / obliques

Curl the pelvis without swinging.

More ways to move.

01 **Cable presses & flies**

Single-arm press; alternating press; split-stance press; flat-bench cable press; incline-bench cable press; single-arm fly; high-, mid- and low-pulley fly.

02 **Cable back & shoulders**

Single-arm row; staggered-stance row; kneeling single-arm pulldown; single-arm straight-arm pulldown; single-arm reverse fly; leaning lateral raise.

03 **Cable arms & core**

Alternating curl; high cable curl; reverse-grip curl; concentration curl; cross-body triceps extension; two-hand overhead extension; low-to-high chop; standing cable rotation; half-kneeling Pallof press.

04 **With the appropriate extra attachment**

Rope: face pull, rope hammer curl and pull-through. Ankle cuff: glute kickback, standing hip abduction, hip adduction and standing leg curl. These accessories are configuration-dependent.

05 **Fixed grips & model-specific supports**

Underhand chin-up; overhand pull-up; supported holds using rated fixed grips. Dips and supported knee raises require the matching rated dip/ab supports to be included.

Familiar equipment. Fresh possibilities.

01 **Smith bar**

Front squat; sumo squat; reverse lunge; staggered-stance Romanian deadlift; underhand row; paused bench press; single-leg calf raise. Use the machine stops and the available guide travel.

02 **Dumbbells & bench**

Floor press; squeeze press; pullover; Arnold press; front raise; shrug; concentration curl; Zottman curl; triceps kickback; lying triceps extension; split squat; rear-foot-elevated split squat; side lunge; calf raise; farmer carry; suitcase carry.

03 **Medicine balls & slam balls**

Front-loaded lunge; squat-to-press; standing wood chop; controlled pullover; dead-bug hold with a ball; offset carry. Use slam balls for slams, with suitable flooring and clear space.

04 **Plates & leg options**

Plates load the Smith and the compatible bench attachment. Controlled plate holds, front raises and goblet squats add variety. Leg machines can be used with single-leg or alternating reps when the adjustment and loading suit the user.

05 **A practical library, with room to adapt**

Change grip, stance, range or tempo to build on the 54 illustrated setups.

Your home. Considered.

250 SQ FT

A comfortable starting point for your home strength setup.

Free consultation + site inspection

We can inspect your site to confirm the space, equipment arrangement and room to move.

Cable travel, bench movement, plate loading, storage access and the optional leg station are considered in the final layout.

Tulsyan Fitness

1st Floor, Shop No. 4, AC Market
Church Complex, Main Road
Ranchi - 834001



Space for your strength.

Red-and-black trainer + standard bench

Dumbbells and rack, medicine/slam ball storage, and coloured bumper plates.



A different station. A complete setup.

All-black trainer + standard bench

The strength essentials, arranged around the alternative trainer.



A little more room. A little more range.

Add the dedicated leg extension/curl station

Keep the standard bench and add a separate leg-training station.
Final placement is confirmed on site.