ZOREX fitness

OUTDOOR GYM EQUIPMENTS

India's leading manufacturers



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SHOULDER PUSH

Promotes good posture, arm, shoulder and upper back strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.

CHEST PULL

Develops upper body strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification



SINGLE PUSH

Promotes good posture, arm, shoulder and upper back strength. The level of effort can be increased by lifting one or both feet off the ground while performing the exercise.

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

SKY / DOUBLE WALKER TRAINER

To exercise muscles in the legs, chest, abdomen and arms also promotes cardio pulmonary function. Suitable for people of all age groups.

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification



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CROSS ELLIPTICAL TRAINER

Develops cardiovascular fitness while promoting both upper and low body strength and co-ordination

SPECIFICATION	
Main Pipe Dia	: 114 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

AIR WALKER & AIR WLAKER DOUBLE

To increase the mobility of lower limbs, tone waist muscles and improve the body co-ordination, balance and aerobic capacity.

SPECIFICATION	
Main Pipe Dia	: 100 / 114 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





SHOULDER JOINT EXERCISER

As shoulder mobility declines with age this unit helps promote greater shoulder flexibility and strength by moving the handle through a track offering resistance, increasing shoulder - elbow pneumonic function

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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AEROBIC SEATED PEDALING CYCLE

Develops cardiovascular fitness and co-ordination. This unit relies on users 'spinning' the pedals at a pace to increase their heart rate.

SPECIFICATION	
Main Pipe Dia	: 100 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

HORSE RIDER

Provide full-body cardiovascular toning work-out pushing with legs while pulling with arms against resistance Works arms, shoulder, back, legs, abdomen with low impact exercise

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





SURF BOARD EXERCISER

To exercise waist muscles, strengthen abdominal muscles, enhance body co-ordination and flexibility. Suitable for people of all age groups.

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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ROWING & ROWING DOUBLE

To rowing action is one of the best forms of exercise, working arms, shoulders, chest, back and abdomen. The rower offer cardiovascular and toning benefits for all ages.

SPECIFICATION	
Main Pipe Dia	: 90 / 100 mm
Base Plate Dia	: 200 mm
Thickness	: 12 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per Specification

TI-CHI / ARM EXERCISER

Increasing mobility of shoulder - elbow and strengthening cardiac and new pneumonic function

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





SEATED PEDAL PRESS

Builds legs and glutes strength. The foot pad on the Leg Press allows users to alter the level of effort and muscles worked by changing their feet positionsdevelop strength of lower limbs improving stability and agility of lower limbs

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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DOUBLE STEPPER

An outdoor double stepper is a durable, dual-user, low-impact fitness. It mimics climbing stairs, enhancing cardiovascular health, leg strength (quads, hamstrings, glutes), balance, and coordination. It features two pairs of anti-skid pedals, fixed handles for safety, and heavy-duty, weather-resistant construction.

SPECIFICATION	
Main Pipe Dia	: 110 / 115 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

SIT-UP BENCH

To develop strength and flexibility of lumbar and abdominal muscles consuming fat in waist and abdomen.



SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification



BODY WAIST TWISTER

Promotes lower back and hip flexibility. Stretching is achieved by standing on the rotating platform, gripping the handle bar and slowly rotating in both directions.

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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MONKEY BAR

The jungle gym, also called monkey bars or climbing frame, is a piece of playground equipment made of many pieces of material, such as metal pipe or rope, on which participants can climb, hang, sit, and in some configurations slide.

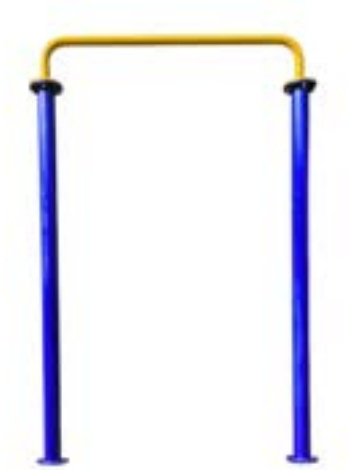
SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: 126 X 32 X 95 inches.

MULTI FUNCTIONAL TRAINER

This workout equipment can easy to Pull ups, Vertical Knee Raises, Push-ups and Reverse grip chin up. Help to tone and target your arms, core, shoulders, chest, and back for a stronger upper body.

SPECIFICATION	
Main Pipe Dia	: 110/90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





PULL UP BAR

This workout equipment strengthens your back muscles and you build up plump upper arms. This equipment provides exercise for Abdominal muscles, Upper Leg muscles and Back muscles. It Also strengthens Arm and Shoulder muscles.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 90 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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BODY PULL & PUSHUP PARALLEL BAR

Offering two key exercises this unit promotes good posture, arm, shoulder and back strength. Instructions identify how users can regulate their level of effort.

SPECIFICATION	
Main Pipe Dia	: 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

BPARALLEL BAR

Outdoor parallel bars are durable, weather-resistant, and elevated bars designed for strength training, calisthenics, and rehabilitation in parks or public spaces, facilitating exercises like dips, leg raises, and oblique training for varied fitness.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





POMMEL HORSE

The Pommel Horse apparatus features three exercise positions with bars which allow assisted dips to be performed. Dips on the Parallel Bars are very difficult for most people, so this apparatus is designed to preserve the value of the important triceps and shoulder exercise for those who need less resistance.

SPECIFICATION	
Main Pipe Dia	: 100 mm & 60 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: 2150 X 800 X 800 MM

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BENCH WITH FIXED DUMBELLS

Weight training is a common type of strength training for developing the strength and size of skeletal muscles. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

CHEST PRESS BENCH

Weight training is a common type of strength training for developing the strength and size of skeletal muscles. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





LEG STRETCHER

This is the type of machine that focuses on helping people stretch their legs, especially their hamstrings by incremental increasing degrees

SPECIFICATION	
Main Pipe Dia	: 114 / 140 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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BACK STRECHER

This back stretcher is great for core strength and back flexibility. This Equipment may work like acupuncture by pressing deeply on specific areas, helping loosen up the tight muscles. It can also help to correct postural imbalance and let the spine return to its natural curvature.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: 126 X 32 X 95 inches.

LEG EXTENSION CHAIR

An outdoor leg extension chair, often referred to as an outdoor gym knee chair or leg extension/curl machine, is a specialized piece of strength training equipment. Effectively targets the quadriceps, helping to build lower body strength and muscular endurance.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification





BACK EXTENSION

An outdoor back extension machine targets the primary muscles which include the erector spinae (lower back), glutes, and hamstrings.

SPECIFICATION	
Main Pipe Dia	: 90 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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LEGPRESS CUM SURF BOARD

The Outdoor Leg Press cum Surf Board is a versatile, dual-function commercial-grade outdoor fitness station combining lower body strength training with balance and core engagement. The leg press strengthens quadriceps and glutes, while the surf board, often featuring a twisting mechanism, engages the waist, obliques, and core muscles.

SPECIFICATION	
Main Pipe Dia	: 110 / 115 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification



LEGPRESS CUM SITTING TWISTER

The Outdoor Leg Press cum Sitting Twister is a dual-function which is designed to strengthen lower body muscles (quads, hamstrings, calves) via the leg press while enhancing core mobility, waist flexibility, and abdominal muscles through the attached seating twister.

SPECIFICATION	
Main Pipe Dia	: 110 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification



TAI-CHI CUM TWISTER

The **Outdoor Tai Chi Cum Twister** is a popular piece of open-air fitness equipment .It combines two distinct, low-impact exercise functions in one unit to improve balance, core strength, and flexibility, making it ideal for users of all ages, particularly older adults.

SPECIFICATION	
Main Pipe Dia	: 110 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification

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STEPPER CUM TWISTER

The Outdoor Stepper Cum Twister is a durable, combining cardio stepping with waist-twisting motions. It strengthens lower limb muscles, improves cardiovascular endurance, and enhances hip and abdominal flexibility. Designed for all-weather, it provides a low-impact full-body workout. Primarily focuses on the legs, hips, waist, and core muscles.



SPECIFICATION	
Main Pipe Dia	: 110 / 115 mm
Thickness	: 3.2 mm & 5 mm
Base Plate Dia	: 200 mm
Galvanized & Powder Coated (Akzonobel)	
Dimension	: As per specification