

Aerofit

TULSYAN FITNESS / RANCHI

Elite.

THE HOME STRENGTH PACK



Your space. Your strength.

ILLUSTRATIVE ROOM CONCEPT

One pack. A complete rhythm.

Guided strength. Free weights. Ball training.
Brought together for a dedicated workout space.

105

KG
DUMBBELLS

50

KG
WEIGHT PLATES

10

BALLS
TWO STYLES

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Recreated product imagery and a room concept help you picture the combination. Exact pack contents and quantities are listed on page 15.

AF 709.

MULTI-FUNCTION HOME GYM



150

LB STACK

Covered
weight stack.

120

KG USER CAPACITY

Maximum
user weight.

One station. Many patterns.

Press, pull, curl and extend. A single-stack station brings several strength movements into one dedicated place at home.

Considered details.



High & low cable work

An overhead bar and a low pulley expand the ways you can pull and curl.



Adjustable elbow support

Five vertical settings on the elbow cushion help position the support for the user.



A covered weight stack

150 lb of selectable resistance, housed behind the training position.

DIMENSIONS / LENGTH X WIDTH X HEIGHT

70 x 44 x 84 in

Approx. 178 x 112 x 213 cm

Manufacturer specifications: Aerofit AF 709

A place to press.

AF 910 MB / MULTI BENCH PRESS



Bar supports, built into the frame.

An integrated bench-and-upright arrangement for barbell pressing.

A front leg developer.

Padded rollers and a plate-loading lever add a separate lower-body training option.

More freedom.
One dumbbell at a time.



INCLUDED WEIGHTS / KG

2.5

5

7.5

10

12.5

15

105 kg

TOTAL DUMBBELL WEIGHT

Six weight sizes for curls, presses, rows and leg work.

Everything, in its place.



AF 7703 DUMBBELL RACK

3 ft

RACK SIZE

3

TIERS

4

PLATE HOLDERS

Welded frame. Electrostatic powder coating with heat curing. Dumbbells and plates stored together, with the training floor kept clear.

Load. Lift. Repeat.

28 MM WEIGHT PLATES & BARBELLS



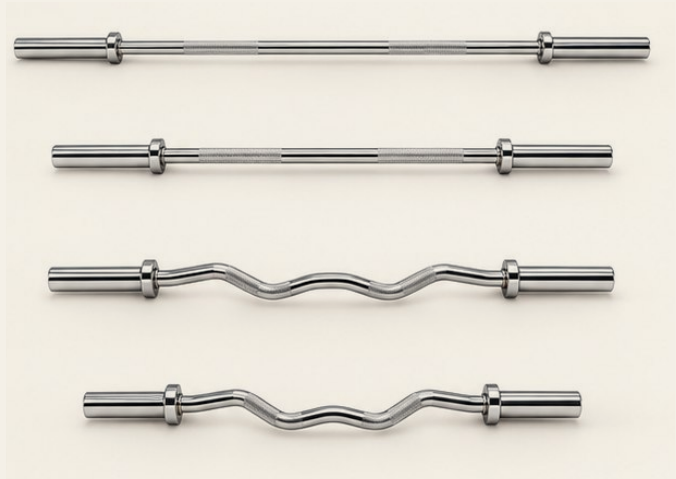
2.5

5

7.5

10

KG SIZES / 50 KG TOTAL PLATE WEIGHT



6 ft
Straight bar

4 ft
Straight bar

4 ft
Curl bar

3 ft
Curl bar

Four rods, one of each. Straight bars for presses and pulls; curl bars offer an angled hand position. Choose the rod to suit the exercise and support width.

Two ways to move.

AF 7221 / MEDICINE BALL RACK



MEDICINE BALLS

1, 2, 3, 4, 5

KG / ONE EACH

For controlled loaded movement, core work and rotational patterns.

SLAM BALLS

3, 4, 6, 8, 10

KG / ONE EACH

For slams, carries and floor-based conditioning.

Ten balls. One organised station.

Five medicine balls on one side. Five slam balls on the other. The upright rack gives every ball a place between training sessions.

Home gym essentials

■ KEY MUSCLES IN RED / REPRESENTATIVE POSITIONS

01



Chest press

Chest / triceps

Keep your back supported.

02



Pec fly

Chest

Bring the pads together.

03



Lat pulldown

Lats / upper back

Pull towards the upper chest.

04



Leg extension

Quadriceps

Align knee and lever pivot.

05



Low cable curl

Biceps

Keep elbows near your sides.

06



Seated cable row

Lats / middle back

Sit tall; draw elbows back.

Bench & bar work

■ KEY MUSCLES IN RED / REPRESENTATIVE POSITIONS

07



Incline barbell press

Chest / shoulders / triceps

Keep wrists above elbows.

08



Incline dumbbell press

Chest / shoulders / triceps

Control both weights evenly.

09



Bent-over row

Lats / middle back

Hinge; draw bar to your waist.

10



Romanian deadlift

Hamstrings / glutes

Hips back; bar close to legs.

11



EZ-bar curl

Biceps

Keep your upper arms still.

12



Overhead press

Shoulders / triceps

Brace; press above the head.

Dumbbell essentials

■ KEY MUSCLES IN RED / REPRESENTATIVE POSITIONS

13



Biceps curl

Biceps

Lower the weights slowly.

14



Hammer curl

Biceps / brachialis

Keep palms facing inward.

15



Overhead extension

Triceps

Keep the upper arms steady.

16



Goblet squat

Quadriceps / glutes

Keep heels grounded.

17



Dumbbell RDL

Hamstrings / glutes

Hinge from your hips.

18



Reverse lunge

Quadriceps / glutes

Step back with control.

Ball training

■ KEY MUSCLES IN RED / REPRESENTATIVE POSITIONS

19



Medicine-ball squat

Quadriceps / glutes

Hold the ball close.

20



Lunge with rotation

Obliques / quadriceps

Turn under control.

21



Seated rotation

Obliques / abdominals

Keep both feet grounded.

22



Slam-ball slam

Core / shoulders

Use a suitable clear floor.

23



Bear-hug carry

Core / glutes

Stay tall as you walk.

24



Slam-ball deadlift

Glutes / hamstrings

Lift through your hips.

Keep building your repertoire.

01 Chest & shoulders

Dumbbell floor press, standing dumbbell shoulder press, lateral raise, front raise and bent-over reverse fly.

02 Back & arms

Two-dumbbell bent-over row, dumbbell shrug, concentration curl, alternating curl, reverse barbell curl and triceps kickback.

03 Legs & hips

Dumbbell sumo squat, split squat, walking lunge, standing calf raise and barbell glute bridge.

04 On the home gym

Triceps pressdown and preacher curl, using the correct cable position, handle and support adjustment.

05 Ball-based movement

Medicine-ball standing rotations, weighted sit-up, slam-ball squat and short carries in a clear area.

Red highlights show selected key muscle groups, not all assisting muscles. Confirm machine settings and load limits; use correctly fitted collars and a spotter for barbell presses.

Your pack. Item by item.

AF 709 Home Gym 150 lb covered weight stack	1 unit
AF 910 MB Multi Bench Press Bench with integrated bar supports	1 unit
AF 7703 Dumbbell Rack 3 ft / 3 tiers / 4 plate holders	1 unit
Bouncer Dumbbells 2.5, 5, 7.5, 10, 12.5 and 15 kg sizes	105 kg total
28 mm Weight Plates 2.5, 5, 7.5 and 10 kg sizes	50 kg total
AF 7221 Medicine Ball Rack Upright storage for the ball selection	1 unit
Aerofit Elite Medicine Balls 1, 2, 3, 4 and 5 kg / one of each	5 balls
Aerofit Slam Balls 3, 4, 6, 8 and 10 kg / one of each	5 balls
6 ft Straight Barbell 28 mm	1 rod
4 ft Straight Barbell 28 mm	1 rod
4 ft Curl Barbell 28 mm	1 rod
3 ft Curl Barbell 28 mm	1 rod

Pack contents follow the supplied Elite quotation.

Plan the fit.

A good setup gives every movement room.

84

INCHES HIGH

AF 709 machine height.
Allow additional clearance
for access and exercise.

AF 709 / MACHINE DIMENSIONS

70 L x 44 W x 84 H in

The machine footprint is only part of the room.
The full pack also needs space for the bench,
bar loading, storage access and movement.

Free consultation + site inspection

We can visit your site to confirm the available
space and a suitable arrangement for the pack.

Tulsyam Fitness

1st Floor, Shop No. 4, AC Market
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Strength, in your own space.

Room concept. Flooring and interiors shown for context.