

# Distributor Price List

SEPT-2023

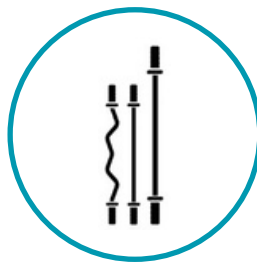


## ASHWINI SPORTS & FITNESS

### SALES & SERVICE



Weights



Handle & Bar



Cross Fit



A space-saver holds up to nine 2-inch Olympic bars.  
Heavy-gauge steel, powder-coated for scratch and rust resistance.

**BAR STAND(9SLOT)**

**80218**

**Rs: 4770**



A space-saver holds up to nine 2-inch Olympic bars.  
Heavy-gauge steel, powder-coated for scratch and rust resistance.

**BOX BAR STAND(9SLOT)**

**80218 - A**

**Rs: 9540**



Olympic 4 FT chrome straight bar with solid end steel caps  
with Olympic training collars

**4FT OLYMPIC STRAIGHT BAR**

**80220**

**Rs: 4460**



Olympic 5 FT chrome straight bar with solid end steel caps  
with Olympic training collars

**5FT OLYMPIC STRAIGHT BAR**

**80221**

**Rs: 5080**



Olympic 7 FT chrome straight bar with solid end steel caps  
with Olympic training collars

**7FT OLYMPIC STRAIGHT BAR**

**80224**

**Rs: 6902**



Olympic 4 FT EZ Bar for weight lifting exercises with solid end steel caps  
with Olympic training collars

**4FT EZ BAR**

**80226**

**Rs: 6977**



Training weight lifting Box Bar, Training weight lifting Box Bar,  
Box Bar For Gaining Triceps And Biceps.

**TRICEPS BOX OLYMPIC V2**

**Rs: 5231**



Olympic 4 FT EZ Bar for weight lifting exercises with solid end steel caps  
with Olympic training collars

**3FT EZ BAR**

**Rs: 4266**



Olympic 3 FT chrome straight bar with solid end steel caps  
with Olympic training collars

**3FT OLYMPIC STRAIGHT BAR**

**Rs: 3838**



Olympic 6 FT chrome straight bar with solid end steel caps  
with Olympic training collars

**6FT OLYMPIC STRAIGHT BAR**

**Rs: 5701**

Shaft - 30mm  
Weight - 20kg  
Capacity - 450kg



Olympic 7.2 FT chrome straight bar with solid end steel caps with Olympic  
training collars and 2 bronze bush.

**7.2FT HEAVY LIFTING BAR**

**Rs: 9154**

Shaft - 28mm  
Weight - 20.6kg  
Capacity - 816kg



Olympic 7.2 FT chrome straight bar with solid end steel caps with Olympic  
training collars and 2 bronze bush and 4 needle bearing.

**7.2FT POWER LIFTING BAR**

**Rs: 14085**



The Lat Pull down Bar features solid steel construction with a 360 degree revolving greased eyelet and pro rubber handles for a firmer anti-slip grip.

### LAT PULL DOWN GRIP BAR

80234

Rs: 2544



The Lat Pull down Bar features solid steel design with a 360 degree revolving greased attachment hook. The unique diamond machined knurl allows you to grip the bar firmly without ripping your hands.

### LAT PULL DOWN PLATED BAR

80235

Rs: 2150



The Lat Pull down Bar features solid steel construction with a 360 degree revolving greased eyelet and two side rubber handles for anti-slip grip.

### LAT PULL DOWN GRIP BAR

80236

Rs: 2325



Top quality steel bar with sleek chrome finish, Easily attaches to any cable machine

### ZIG-ZAG PLATED BAR

80237

Rs: 1600



Solid construction and effective in design, this is made for everyday gym use, and designed to fit on any cable exercise equipment.

### ROWING D HANDLE BAR

80241

Rs: 1980



D-handles allow for a hammer grip when performing a pull down or row. The D-handles have rubber grips. It is made of heavy duty steel with a chrome finish and the bar bends placing the D-handles on an angle when used on a pull down machine.

### DRAW BAR SMALL

80242

Rs: 2290



D-handles allow for a hammer grip when performing a pull down or row. The D-handles have rubber grips. It is made of heavy duty steel with a chrome finish and the bar bends placing the D-handles on an angle when used on a pull down machine.

**DRAW BAR BIG****80243****Rs: 3021**

Top quality steel bar with sleek chrome finish, Ergonomic hand-grips are textured for added comfort and safety

**ZIG-ZAG GRIP BAR****80244****Rs: 2121**

This bar attaches to your home gym, Smith machine, etc. this bar great for a variety of lateral exercises to work out your triceps, lats, back, arms and shoulders

**BICEPS-TRICEPS PLATES BAR****80245****Rs: 1221**

Perfect dimension of this seated row handle provides comfort during your workout, it will fit well in your palm. Seated rowing Bar is constructed of high strength iron & provides a balanced force to both arms when attach it to any gym machine.

**W ROWING GRIP HANDLE****80246****Rs: 2325**

This Straight bar attaches to your home gym, Smith machine, etc. Steel construction, High-polished chrome.

**PLATED BICEPS-TRICEP BAR****80248****Rs: 1453**

This Straight bar attaches to your home gym, Smith machine, etc. Steel construction with rubber handgrips and end caps, High-polished chrome.

**GRIP BICEPS-TRICEP BAR****80249****Rs: 1271**



5 pieces in different lengths for different muscles,  
Heavy duty, solid steel for long lasting and reliable use

### LAT PULL DOWN BAR(5PCS)

04074

**Rs: 7155**



A bar great for a variety of lateral exercises to work out your triceps, lats, back, arms and shoulders. Constructed from high strength iron with chrome finish to prevent corrosion and rust. Textured rubberized handles and flat knobs to prevent slipping.

### A SHAPE TRICEPS BAR

80250

**Rs: 1750**



Made of solid steel bar and high-polished chrome finish,  
Single chrome handle attachment for lat machine

### D PLATED HANDLE

80251

**Rs: 635**



Rubber handle for firm, safe and secure grip during workouts.  
This single D handle attaches to your home gym, Smith machine

### D GRIP HANDLE

80252

**Rs: 726**



Perfect dimension of this seated row handle provides comfort during your workout,  
it will in your palm, Seated rowing Bar is constructed of high strength  
iron & provides a balanced force to both arms when attach it to any gym machine.

### GRIP DOUBLE HANDLE

80253

**Rs: 1250**



Perfect dimension of this seated row handle provides comfort during your workout,  
it will in your palm, Seated rowing Bar is constructed of high strength  
iron & provides a balanced force to both arms when attach it to any gym machine.

### PLATED DOUBLE HANDLE

80254

**Rs: 1105**



This bar attaches to your home gym, Smith machine, etc. this bar great for a variety of lateral exercises to work out your triceps, lats, back, arms and shoulders

### BICEPS -TRICEPS GRIP BAR

80255

Rs: 1425



Double D Handle For Wings Exercise Also For Multipurpose use.  
Made of solid steel bar and high-polished chrome finish,

### D ROWING PLATED HANDLE

80256

Rs: 1745



Double D Handle For Wings Exercise Also For Multipurpose use.  
Rubber handle for firm, safe and secure grip during workouts.

### D ROWING GRIP HANDLE

80257

Rs: 1745



This bar attaches to your home gym, Smith machine, etc. this bar great for a variety of lateral exercises to work out your triceps, lats, back, arms and shoulders

### CURVED PLATED HANDLE

80259

Rs: 1526



Steel Deadlight, Hex, Squat, Trap, Shrug Bar with Handles (Steel),  
Olympic sleeves, Neutral handles with knurling,  
Power coat finish not paint finish.

### HEX BAR

80261

Rs: 9012



V bar great for a variety of lateral exercises to work out your triceps, lats, back, arms and shoulders. Constructed from high strength iron with chrome finish to prevent corrosion and rust. Textured rubberized handles and flat knobs to prevent slipping.

### ANGLED TRICEPS BAR

80264

Rs: 1113





Triceps rope for gym is constructed of heavy duty nylon rope with solid rubber handles for strength and durability.

### SINGLE ROPE

80266

Rs: 508



Triceps Pull down Rope comes with heavy-duty chrome plated attachment to attach to any universal gym system for multi-workouts. Designed with large rubber blocks at the end of the rope to increase effectiveness in use & prevent slipping or sliding while practicing.

### DOUBLE ROPE

80267

Rs: 572



### SIZE : Small - Medium - Large

Double-stitched edge, riveted underpinning and buckle fastener, Natural leather for a Long lasting product, with a soft feel, Padded back support

### WEIGHT LIFTING BACK BELT

80287

Rs: 1541



### SIZE : LARGE

Double-stitched edge, riveted underpinning and buckle fastener, Natural leather for a Long lasting product, with a soft feel, Padded back support

### WEIGHT LIFTING BACK BELT

80290

Rs: 2472



Light weight metal construction, Adjustable nylon neck hanging strap, Cushioned arm rest position, Ideal support system for Biceps muscle.

### ARM BLASTER

80291

Rs: 1308



PROTECT YOUR NECK, SHOULDERS AND BACKBONE & REDUCES PRESSURE, HIGH DENSITY FOAM INSIDE AND BREATHABLE OXFORD CLOTH COVER.

### SHOULDER PROTECTOR

80292

Rs: 523





Made of High Quality Neoprene with Strong Nylon Cloth Closure System.  
Light in weight, Strong Stitching and Comfortable Long Lasting Weightlifting training.

### VELCRO BACK SUPPORT BELT

80304

Rs: 581



Helps develop Ab muscles and upper body strength, Easily attaches to any standard chin-up bar, Strong sweat and rip resistant nylon for ultimate durability.

### MUSCLE BELT

80309

Rs: 1308



High elasticity polyester material to allow for either a loose or snugger fit without cutting off circulation and permeability is strong, Stable wrist positions insures comfortable fit.

### TENSION BELT

80322

Rs: 320



SIZE : Medium - Large - Extra Large

High Quality Neoprene with Strong Nylon Cloth Closure System.  
High Quality Velcro Closure provides snug fit, Velcro fastener Very comfort.

### BACK SUPPORT BELT

80332

Rs: 726



Made of Eco-friendly natural latex for maximum strength. Perfect for use in strength-conditioning, Protective Nylon Sleeves and Soft Anti-Slip Foam Handles Suitable for Strength Training and Home Fitness

### TENSION TUBE

82242

Rs: 378



Constructed from durable and resilient PVC material that makes it burst resistant, Helps develop overall body muscle, balance and co-ordination.

### YOGA BALL

85049

75CM - Rs: 600

85CM - Rs: 700

100CM - Rs: 800



Adjustable height block, 3 Height Level 10 - 15 - 20 cm,  
Non slip surface to give more safe grip.

**HEAVY AEROBIC STEPPER**

**85076**

**Rs: 6686**



Adjustable height block, 3 Height Level 10 - 15 - 20 cm,  
Non slip surface to give more safe grip.

**AEROBIC STEPPER**

**85077**

**Rs:**



Adjustable height block, 3 Height Level 10 - 15 - 20 cm,  
Non slip surface to give more safe grip.

**AEROBIC STEPPER 65cm**

**85078**

**Rs: 1345**



Adjustable height block, 3 Height Level 10 - 15 - 20 cm,  
Non slip surface to give more safe grip.

**AEROBIC STEPPER 75cm**

**85079**

**Rs: 1945**



TRX is the simplest and most effective fitness brand anywhere. This  
Device Helps You To Burns Muscle, Burns Fat, Increases Endurance & Improves Flexibility

**TRX TRAINING SET**

**89003**

**Rs: 3345**

**NEW**



The ultimate all-in-one fitness solution for everyone! The Home2 Suspension Trainer  
is a full gym experience powered by your body weight, for all levels and goals. Train hard or slow.  
Get strong, get fast, get flexible, get lean, stay moving

**TRX - HOME 2 SYSTEM**

**82288**

**Rs: 3021**



Functional training at home - perfect your pull-ups, muscle-ups, dips, levers, iron cross and core exercises without a gym, heavy metal buckle, great for using bodyweight to train and develop overall upper body strength and coordination.

### WOODEN RING

89023

Rs: 2471



This bungee workout set is mainly to resist the attraction, and it is easy to make all kinds of incredible movements in the air, such as movie stunt. No splicing integrated anti-break cloth,

### BUNGEE WORKOUT SET

89026

Rs: 8721



Whether using it for inversion therapy for spinal decompression or upper body strength building such as using it as a dip stand, the versatile yoga inversion sling is sure to invigorate your health. Perfect for kids too. Ceiling attachments are not included with the product.

### AERIAL YOGA FLOW

89028

Rs: 3490



High quality rubber training rope can be used by males and females which is great for toning multiple muscle groups,

### RESISTANCE BAND

82316

Rs: 871



Free foot pump included for easy inflating to desired resistance level based on your requirements of fitness level.

### BOSU BALL

89065

Rs: 3778



Battlerope heat shrink capes on both ends of this exercise rope help better keep the shape, protecting your hands and allow you to have a firmer grip, so the rope won't slip out of your hands even when you are sweating.

### CROSSFITROPE WITH CASE 15mtr 89056

Rs: 7850



: Available in :

2.5-5-7.5-10-12.5-15-17.5-20-25-30-35-40

Body pulse rubber coated solid dumbbells. These dumbbells are tear proof, soundless & have a bouncy effect.

**WEIGHT PLATE PU****80047****Rs: 193/KG**

: Available in :

2.5-5-10-15-20-25

The fitness Olympic plate is made of high quality rubber coated material. Three cuts offers a comfortable grip and an easier way to lift.

**WEIGHT PLATE PU****80147****Rs: 184/KG**

: Available in :

2.5-5-7.5-10-12.5-15-17.5-20-22.5-25-30

**RUBBER DUMBBELLS****90005****Rs: 150/KG**

: Available in :

2.5-5-7.5-10-15-20-25

**RUBBER PLATE - 50mm****90006****Rs: 175/KG**

: Available in :

2.5-5-7.5-10-12.5-15-17.5-20-22.5-25-30

**TPU Y DUMBBELLS****90007****Rs: 200/KG**

: Available in :

2.5-5-7.5-10-15-20

**TPU Y PLATE - 50mm****90008****Rs: 196/KG**





: Available in :

2.5-5-7.5-10-12.5-15-20-25

**STEELING PLATE - 50mm**

90002

**Rs: 150/KG**

: Available in :

1.25-2.5-5-7.5-10-12.5-15

**STEELING PLATE - 30mm**

90004

**Rs: 150/KG**

: Available in :

2.5-5-7.5-10-12.5-15-20-25-30

**ROUND DUMBBELLS**

90003

**Rs: 155/KG**

: Available in :

2.5-5-7.5-10-12.5-15

**BOUNCER DUMBBELLS****Rs: 120/KG**

: Available in :

5-7.5-10-15-20

**TRIANGLE PLATE - 50mm****Rs: 140/KG**

NEW



Ideal for promotions or gyms, Increase hand strength, Durable spring system and lightweight.  
Build nger, hand and forearm strength, Hand endurance.  
Also work as stress management tools

**HAND GRIPPER****83097-E****Rs: 153**

NEW



Push up bars are ideal for muscle training. By working out with push up bars perform upper body workout. Our push up stand for men & women are ideal for developing muscles in chest, arms, biceps, shoulders & abdominal core.

**PUSHUP STAND****83108****Rs: 312**

NEW



3 IN 1 heavy duty multi functional pull up bar for wall mounting, pull-up bar training bar, dip station for training at home,

**PULLUP BAR****83200****Rs: 4451**

NEW



Foam Roller Deep Tissue Massage Exercise Roller Lightweight And Durable Biodegradable Eva Material For Home and gym use

**FOAM ROLLER 33CM****84028-B****Rs: 411**

NEW



6 in 1 Multi-Functional Weight Strength Training Foldable Incline Decline Exercise Preacher Bench for Home Gym (Black, Orange) - Max Weight Capacity: 300 Kg

**BENCH 6 IN 1****83208****Rs: 8450**

NEW



Soft and comfortable Hand Grip. Great for core muscle training  
Silent roller. Easy to install and operate. Compacted Size

**AB ROLLER****84002****Rs: 333**



NEW



Abdominal wheel features wider front and back wheels for smooth rolling and better control, allowing you to exercise every muscle and core safely while providing more stability

**NEW AB ROLLER****84019-A****Rs: 954**

NEW



Soft kettlebell weight with a soft base & sturdy handles. The kettlebell is made of soft and anti-slip material with excellent softness, robustness and elasticity

**SOFT KETTLE BELL****2 KG - Rs 750****3 KG - Rs 826****4 KG - Rs 890****5 KG - Rs 1018****6 KG - Rs 1176**

NEW

**2 KG - Rs 1050****3 KG - Rs 1450****4 KG - Rs 1845****5 KG - Rs 2067****6 KG - Rs 2290**

The 2-color Medicine Balls are made of a textured rubber shell and are filled with air. Great way to exercise any area of your body including the core, upper and lower extremities.

**MEDICINE BALL****82323**

NEW

**2 KG - Rs 652****3 KG - Rs 795****4 KG - Rs 860****5 KG - Rs 955****6 KG - Rs 1050**

The slam balls are filled with sand to provide an ideal weighting that retains its consistency, predictability, and light over time. The tire-track shell provides fantastic grip ability. You get a near dead-bounce with these slam balls, making them ideal for intense training

**SLAM BALL****82328**

NEW



This Strength Bags are made of superior quality PVC and internal sand. Develop your muscle power as a beginner or advanced level with workouts like Squats, Dead Lifts, Forward Lunges, Bicep Curls, and more.

**5 KG - Rs 1621****10 KG - Rs 1812****15 KG - Rs 2320****20 KG - Rs 2850****WEIGHT BAG****82331**