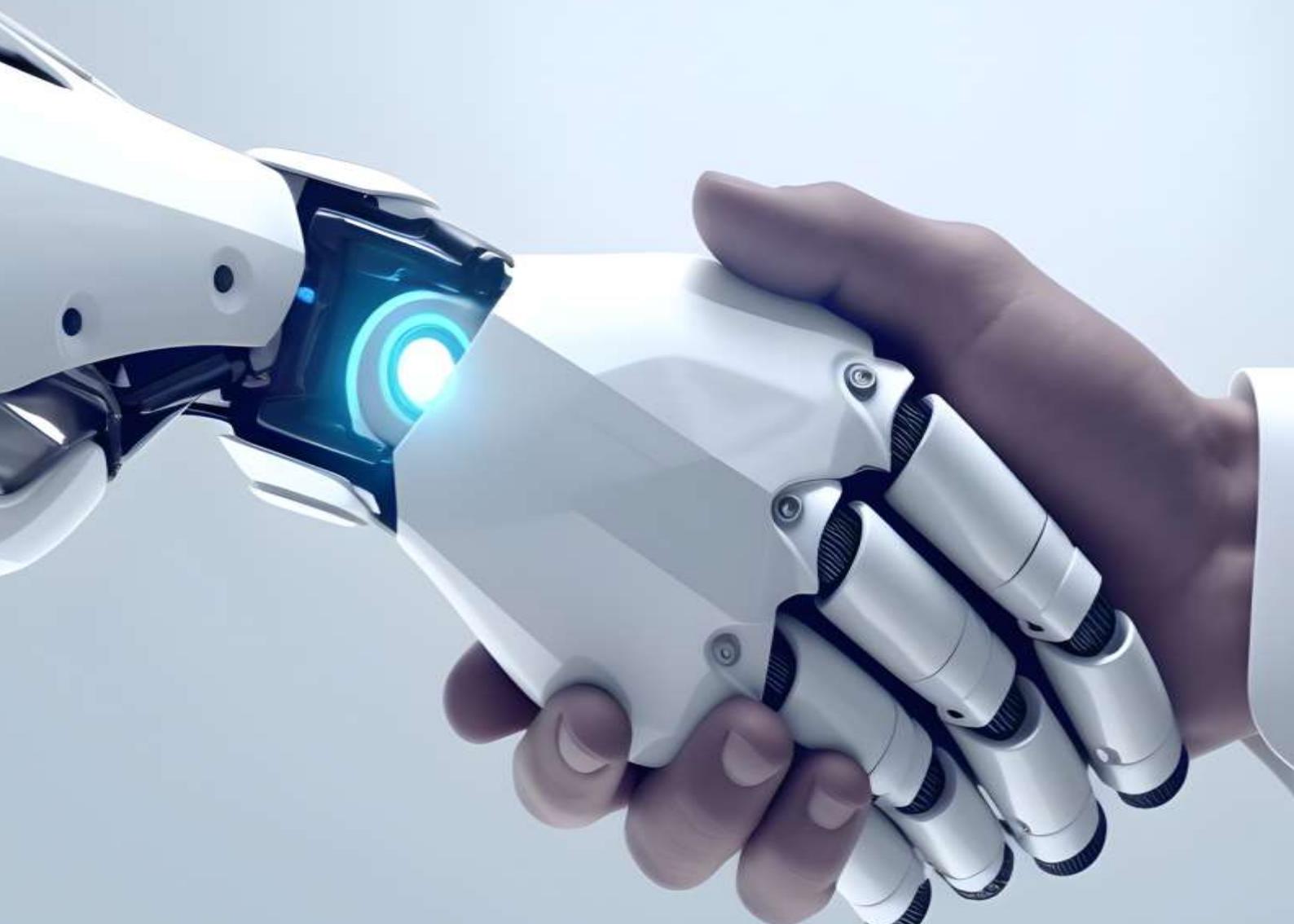




AUTOMATES™



Automates Outdoor Gym Equipment Catalogue



Automates
(A Brand of Yash Automation Pvt. Ltd.)
Plot no-38, Hindon Vihar, Street no-3,
Meerut Road, Ghaziabad,
Uttar Pradesh 201003 – India
www.automatesindia.com

📞 +91 98912 52627, +91 99904 76444
✉️ hello@automatesindia.com



AUTOMATES™

About Us

We are a leading manufacturer and supplier of high-quality outdoor and indoor gym equipment, catering to clients across India at competitive best prices. As a one-stop solution for all gym and fitness infrastructure requirements, we are committed to delivering products that combine durability, performance, and innovation.

With a reputation built on trust and excellence, our brand is recognized as one of the most reliable and respected names in the fitness industry. We take pride in offering comprehensive solutions that meet the diverse needs of Open park, gyms, fitness centers, and wellness facilities nationwide.

Experience our products once — and you'll understand why our clients never look elsewhere.



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AUTOMATES™

AIR SKIER

HOW TO USE:

Swing legs from side to side.

BENEFITS:

Great for warming up and down.
Strengthens lower abdomen, hips and thighs. Also

improves balance and co-ordination.



AIR WALKER

HOW TO USE:

Grip the handle and swing both legs as if walking on air.

BENEFITS:

Excellent cardiovascular exercise, improving flexibility and strength and developing your leg muscles.



ARM & PEDAL BIKE

HOW TO USE:

Just like getting on a bike! Use the foot pedals and hand pedals at the same time.

BENEFITS:

This piece of equipment provides a full body cardio workout as well as improving co-ordination and balance.



CROSS TRAINER

HOW TO USE:

Stand on the foot-pads, grip the handles and start walking!

BENEFITS:

A full body, low impact cardio workout using arms and legs simultaneously.

Perfect for maintaining a healthy body and figure.



BALANCE BEAMS

HOW TO USE:

Walk along the beam without falling off! Can also be used for bunny hops - place both feet together, crouch forward and hop over the beam.

BENEFITS:

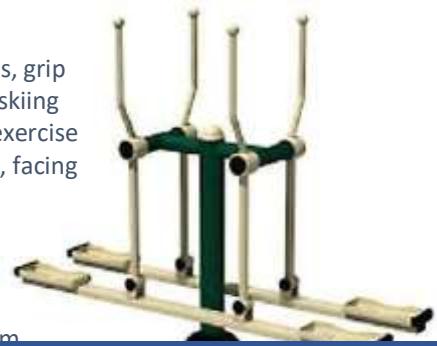
Especially effective for improving your balance, stability and co-ordination.



CROSS COUNTRY SKIER

HOW TO USE:

Stand on the foot-pads, grip the handles and start skiing through snow! Great exercise when working in pairs, facing your friend.



BENEFITS:

A full body cardio workout and builds arm

EXERCISE BARS

HOW TO USE:

Stand between the bars and lift yourself up using both hands. Ideal for

pull-ups or 'hand walking' along the bars.



BENEFITS:

Builds upper body strength.





HORIZONTAL BARS

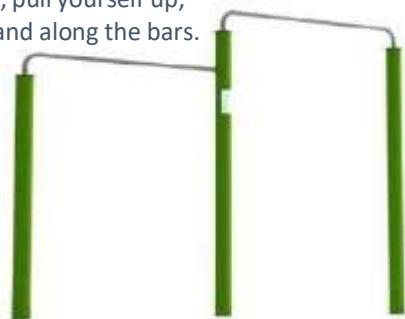
HOW TO USE:

Stand beneath the bars, pull yourself up, then walk hand over hand along the bars. Also ideal

for chin-ups.

BENEFITS:

Builds and strengthens arms and shoulders.



LEG PRESS

HOW TO USE:

Sit down, place your feet on the foot-pads and push away with your legs, using the bar to support your stretch position.



BENEFITS:

A great way to start a workout. Improves co-ordination flexibility and balance.

PULL DOWN CHALLENGER

HOW TO USE:

Sit down and pull down on the bars.

BENEFITS:

Builds strength in your arms, shoulders and back. Increases stamina.



PUSH-UP AND DIP STATION

HOW TO USE:

Using both hands, lift yourself off the floor. Ideal for push-ups, dips, knee raises and

assisted squats.



BENEFITS:

This helps develop strength in your arms and shoulders.

SEATED LEG PRESS

HOW TO USE:

Sit with your feet on the foot-pads, straighten your legs and repeat. Increase number of reps for more strenuous exercise.

Do not lock your knees.

BENEFITS:

An excellent workout for your thighs and hips.



SEATED CHEST PRESS

HOW TO USE:

Sit down, grip the handles and pull your arms round so the bar handles meet in front of your face.



BENEFITS:

Works on your pectorals, deltoids and triceps to develop strength in your arms, chest, shoulder and back.

SHOULDER/CHEST PRESS

HOW TO USE:

Grip the handles and push upwards away from your chest.



BENEFITS:

Excellent for chest, shoulders and triceps.



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SIT-UP BENCH

HOW TO USE:

Hook both feet underneath the bar, lie back and pull yourself up. Alternatively lie in the reverse position, holding the bar with your hands and raising your legs or knees.

BENEFITS:

Works your abdomen and upper thighs.



ROWER

HOW TO USE:

For single or double users. Simply sit down and place your hands on the handles, pull backwards and begin rowing!

BENEFITS:

Helps builds core strength.



TWIST AND STEP

HOW TO USE:

Twist or step – you choose! Either stand on the circular platform and rotate your hips, or the foot-pads and start walking.

BENEFITS:

The twist element works your waist and abdomen, whilst the step strengthens your leg muscles.



TAI CHI SPINNERS

HOW TO USE:

Hold the handles and spin the wheels in the same or opposite direction.



TRIPLE PULL-UP STATION

HOW TO USE:

Grip the handles above your head and pull yourself up until your chin is in line with the bars.



BENEFITS:

A variation on the classic chin-up bar, this apparatus is an ideal form of exercise to increase muscle development in your arms and shoulders.

SIT-UP BOARDS

HOW TO USE:

Lie down and place feet shoulder width apart. Facing forward, pull your head up so you're sitting upright.



BENEFITS:

Strengthens and tones core abdominal muscles.





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STRENGTH TRAINER

HOW TO USE:

A great exercise for two people - just like arm wrestling! Simply stand opposite your friend and turn the wheel against other.

BENEFITS:

Great for developing upper body strength. Different sized wheels provide slightly different exercise or allow people of unequal strength to complete.



THE RIDER

HOW TO USE:

Push your legs while pulling your arms to increase resistance.

BENEFITS:

Full body cardiovascular and toning workout, working the shoulders, abdomen and legs.



UPPER BODY WORKOUT

HOW TO USE:

Sit down with your knees at a 90-degree angle. Grab the handles and pull down.

BENEFITS:

Develops strength in your chest, triceps and shoulders.



CHIN-UP BARS

HOW TO USE:

Stand underneath and grip the bar with both hands, then pull yourself up until your chin is above the bar.

BENEFITS:

Strenuous but excellent exercise for strengthening



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