



ADJUSTABLE

ADJUST THE WEIGHT IN 5 KG
INCREMENTS UP TO 60 KG



VERSATILITY

WORK ALL YOUR MUSCLES, SAFELY.



COMPACT DESIGN

TAKES UP LITTLE FLOOR SPACE ONCE
THE ARMS AND SEAT ARE FOLDED.



FLEXIBILITY

ADJUSTABLE, RETRACTABLE SEAT.
COLLAPSIBLE FOOTRESTS FOR
HORIZONTAL ROWS



Manual For Compact Home Gym

SJ Ball



Manual For Compact Home Gym:

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