



4. Gymnasium





उच्च शिक्षा उत्कृष्टता संस्थान, भोपाल
Institute for Excellence in Higher Education, Bhopal



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Shoulder Press



T-Bar



Chest Press



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Rowing & Pitcher



Leg Press



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Assisted Pull-up/Chin-up



Standing Twister



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Bicep Curl



Treadmill 01



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Treadmill 02



Stationary Bicycle



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Bench Press with Complete Set-up