

**Specification**

S. No.	Name	Description
1	Spirometer	Spirometer (PFT) machine (laptop based) with standard accessories & 100 disposable mouth pieces extra
2	Hand grip dynamometer (Takei)	The hand dynamometer tests strength in kilograms force units which can be seen on an easily readable LCD display. Measurement range: 0 – 100 kg of force with increments of 1 kgf. Scale plate display dimensions: 154mm(W) X 235mm(D) X 59mm(H). With instructions for use and the average grip values. Grip strength dynamometer norms Minimum measurement unit: 0.1 kgf Accuracy: $\pm 2.0$ kgf., Display: LCD in 3 digits. Items displayed: each measured value and the average. Automatic stop: Approx. 1 min after the final measurement. Power source: AA Battery x 2 (included) Life of each cell: Approx. 100 hr. Service temperature range: 0°C to 40°C. Dimensions: 154mm(W) X 235mm(D) X 59mm(H). Weight: Approx. 0.63 kg.
3	Back strength dynamometer (Takei)	Easily readable LCD display. Muscle dynamometer with chain and handle, Takei Japan 5402 With instruction for use and the average strength values. Strength dynamometer norms Automatic stop: Approx 1 min after the final measurement. Range: 20 to 300kg F Min. measure unit: 0.5 kg F Accuracy: $\pm 6$ kg F Dimensions: Approx. 315(W) X 315(D) X 328(H) mm Weight: Approx. 4 kg Power source: A Battery x 2 (included)
4	Harpenden skinfold caliper	Harpenden skinfold caliper to assess degree of fatness, girth measurement of small joints. CE Mark Measuring range 0-80mm resolution of measurement 0-2mm, contact tip made of SS.
5	Bench press with weights & barbell	45.3 inches long flat bench with barbell (with adjustable weights) with weight plates ranging from 0.5 kgs to 10 kgs
6	Leg press with weights (non-sliding)	Leg press without sliding with stacked weights upto 250 kgs having screw to adjust weights
7	Motorized treadmill with gradient change	Motorized treadmill with gradient change Speed range: 0-9.6 Km/Hr Walking area: 1500(L) X 510(W) mm Display: LCD Display Display reading: speed, time, distance, calories, pulse Incline: 0-22 % gradient Max. user weight: 130 Kg