



ADITYA ENGINEERING COLLEGE

An Autonomous Institution

Approved by AICTE - Permanently Affiliated to JNTUK - Accredited by NAAC with 'A' Grade
Recognised by UGC under sections 2(f) and 12(B) of UGC Act, 1956

Aditya Nagar, ADB Road, Surampalem - 533437, Near Kakinada, E.G.Dt., Ph:99498 76662

List of Gym Facilities

S. No	Name of the Facility	Quantity	Details
1	Olympic Plates	95	2.5 Kg To 25 Kg
2	Plain Rod & Iron Rod	46	3 Kg To 15 Kg
3	Curl Bars Iron	20	1 Kg To 25 Kg
4	Dumbbells	78	2.5 Kg To 30 Kg
5	Lat Pull Down Machine	1	-
6	Butterfly (Or) Peck Fly	1	-
7	Vertical Row	1	-
8	Lateral Rise	1	-
9	Wrist Machine	1	-
10	Hyper Extension	1	-
11	Functional Trainer Machine	1	-
12	Calf Machine	1	-
13	Leg Extension Machine	1	-
14	Leg Curl Machine	1	-
15	T-Bar	1	-
16	Preacher Curl Benches	2	-
17	Plane Chest Press Bench	1	-
18	Inclined Chest Press Bench	1	-
19	Decline Chest Press Bench	1	-
20	Power Guage	1	-
21	Smith Machine	1	-
22	Hack Squat Machine	1	-
23	Shoulder Press Machine	1	-
24	Multi-Function Benches	2	-
25	Plane Benche	1	-
26	Normal Seating Bench	1	-


CONVENOR

(Sports and Games Committee)




PRINCIPAL

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ADITYA ENGINEERING COLLEGE
SURAMPALAM - 533 437