



FITNESS CATALOGUE 2020-21

www.cosco.in

X-TRA 875

MRP ₹1,57,000

Product Code : 49011

The X-Tra 875 works with 3.0 HP and much quieter, has an integrated Bluetooth system and their respective speakers to bring more fun.

The 46 exercise programs that have been integrated to work out resistance, weight goals and challenges that you can customize, register, always adapted to your fitness level. In addition, it has 18 different speeds and a wide range of slopes, which can increase up to 12%, prepared for ambitious runners.

Motor	: 3.0 HP (6HP Peak) DC Duty Continuous
Speed Range	: 0.8-18 Kmph
Incline	: Motor Incline 0-12%
Running Belt	: 20 x 56" (510 x 1420mm)
Display	: 150 x 82 mm backlit LCD & 2 dot matrix
Max. User Weight	: 159 Kgs.
Net Weight	: 90 Kgs.
Assembly (LxWxH)	: 1920 x 830 x 1500mm
Foldable	: Yes
Emergency Stop	: Yes
Special Feature	: USB Charging station, Compatible with iPod and other smart devices

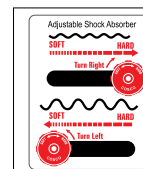
ELECTRONICS

Functions : 1 manual / 3 HRC / 3 user / 12 preset in 3 levels, Quick Speed / Incline control buttons / Safety key, contact pulse and bottle holders / Built-in polar compatible receiver

Displays : Speed, Distance, Time, Calories, Program, Level, Pulse, Incline, Recovery, BMI, MET and BMR



 **Bluetooth™**  **Wi-Fi**



NEW ASA SYSTEM

The New **Adjustable Shock Absorbing (ASA)** treadmill that reduces the Impact by 10%-30% on your knees, by allowing you to adjust the flexibility of the running surface to your comfort.

TURBO 772

MRP ₹1,14,000

Product Code : 49010

JKexer Turbo 772 includes a patented ASA suspension system that reduces the impact on your joints. The console not only tells you the calories burned or kilometers traveled, but encourages you to continue training.



Motor : 2.5 HP (5HP Peak) DC Duty Continuous

Speed Range : 0.8-16 Km/h

Incline : Motor Incline 0-10%

Running Belt : 17 x 50" (430 x 1270mm)

Display : 3 LED & 81 x 39 mm LCD & 1 dot matrix

Max. User Weight : 120 Kgs.

Net Weight : 63.5 Kgs.

Assembly (LxWxH) : 1630 x 750 x 1390mm

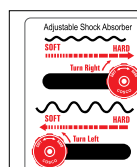
Foldable : Yes

Emergency Stop : Yes

ELECTRONICS

Functions : 1 manual / 3 target / 2 HRC / 12 preset programs in 3 levels, Quick speed buttons / safety key and hand pulse / bottle holders and transport wheels

Displays : Speed, Distance, Time, Calories, Program, Level, Pulse, Incline, Lap



NEW ASA SYSTEM

The New **Adjustable Shock Absorbing (ASA)** treadmill that reduces the Impact by 10%-30% on your knees, by allowing you to adjust the flexibility of the running surface to your comfort.

EPIC 823

MRP ₹1,25,000

Product Code : 49009

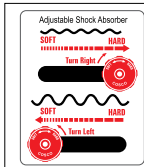
The Epic 823 is basic, but stands out in what counts. Its quiet and powerful engine is 2.7 hp, much more durable than its competitors. It has the ability to tilt up to 12%, thanks to which you can burn many more calories in less time. If you are concerned about the impact on the joints, you can reduce it thanks to its patented damping system.

A powerful treadmill with limited budget, and you also have the possibility to use one of its 10 preset programs, each in 3 different levels or create your own custom routine.

Motor	: 2.7 HP (6HP Peak) DC Duty Continuous
Speed Range	: 0.8-18 Km/h
Incline	: Motor Incline 0-12%
Running Belt	: 20 x 55" (510 x 1400mm)
Display	: 105 x 57 mm backlit LCD & 1 dot matrix
Max. User Weight	: 136 Kgs.
Net Weight	: 79 Kgs.
Assembly (LxWxH)	: 1770 x 850 x 1400mm
Foldable	: Yes
Emergency Stop	: Yes

ELECTRONICS

Functions	: 1 manual / 2 HRC / 2 user / 3 target / 7 preset in 3 levels, Quick speed / incline buttons, Speed / Incline buttons on handlebars
Displays	: Speed, Distance, Time, Calories, Program, Level, Pulse



NEW ASA SYSTEM

The New **Adjustable Shock Absorbing (ASA)** treadmill that reduces the Impact by 10%-30% on your knees, by allowing you to adjust the flexibility of the running surface to your comfort.

FITLUX 3927

FitLux
Made in Taiwan

MRP ₹80,600

Product Code : 49000

With ergonomic and sturdy seat, sweat defender and axle fender which avoid sweating on the tube, FitLux series doubtlessly outlast other exercise bikes in the market. JKEXER pays attention to the very small detail.

Flywheel : 19 kg, 450 mm dia. die-casting

Crank : Heavy duty 3-pc steel crank with 20 mm dia.

Max. User Weight : 150 Kgs.

Net Weight : 54.3 Kgs.

Assembly (LxWxH) : 1350 x 540 x 1250mm

Other Features : Sweat fender to avoid rusting from sweating, Emergency caliper braking with tension control system, Stainless steel slider for horizontal micro adjustable handlebar, 6 ranges horizontal /height adjustable front post, 11 ranges height adjustable seat post, Cro-moly axle.



FITLUX 5200 *FitLux*

Made in Taiwan

MRP ₹1,12,500

Product Code : 49001

FitLux 5200 elliptical cross trainer is designed to engage all the muscles of the lower and upper body while minimizing strain on the back, joints and muscles. Constructed from extra-heavy-gauge steel and equipped at all pivot points with sealed bearings provides a comfortable and natural stride. Fitlux 5200 elliptical trainer features a quiet, smooth belt drive system, 16 preset programs including heart rate control options, 16 levels of resistance, a body-fat calculator and built-in heart rate receiver.

Flywheel	: 270 mm Dia.
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Crank	: 3 Pcs
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Stride Length	: 483mm
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Max. User Weight	: 140 Kgs.
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Net Weight	: 73 Kgs.
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Assembly (LxWxH)	: 2000 x 640 x 1660mm
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ELECTRONICS

Functions	: Motorised Resistance 16 Ranges, 16 Program, 3 HRC, 6 Pre-Set, 4 User, 1 Body Fat,
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Displays	: RPM, Time, Speed, Distance, Calories, Pulse, Watt, Recovery.
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**STRIDE
LENGTH**
483 mm


NUWAVE 2136

MRP ₹60,500

Product Code : 49002

NUWAVE 2136 boasts a large console display, 8 ranges of intensity to adjust and a large screen providing data in time. The magnetic resistance is framed by cutting-edge biomechanical engineering solutions. Manually operated magnetic brake guarantees smooth elliptical movements.

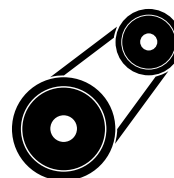
Flywheel	: 250 mm Dia.
Crank	: 3-pc heavy duty cranks with bearing for smooth operation
Max. User Weight	: 110 Kgs.
Net Weight	: 43 Kgs.
Assembly (LxWxH)	: 1420 x 780 x 1590mm
Resistance	: 8 Ranges Manual
Other Features	: Heavy gauge, precisely engineered magnetic brake control, hand pulse.

ELECTRONICS

Displays	: 131*67 mm LCD displays RPM, Time, Speed, Distance, Calories, Pulse, Recovery, Scan
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STRIDE
LENGTH

340 mm



SHARP 2145

MRP ₹59,000

Product Code : 49003

With ergonomic and sturdy seat, sweat defender and axle fender which avoid sweating on the tube, FitLux series doubtlessly outlast other exercise bikes in the market. JKEXER pays attention to the very small detail.

Flywheel : 250 mm dia.

Max. User Weight : 110 Kgs.

Net Weight : 42.2 Kgs.

Assembly (LxWxH) : 1460 x 590 x 1100mm

ELECTRONICS

Displays : RPM, Time, Speed, Distance, Calories, Pulse, Recovery, Calendar, Clock, and Temperature



SURGE 7009

MRP ₹49,900

Product Code : 49004

With ergonomic and sturdy seat, sweat defender and axle fender which avoid sweating on the tube, FitLux series doubtlessly outlast other exercise bikes in the market. JKEXER pays attention to the very small detail.

Flywheel : 6 kg magnetic wheel

Crank : 3-pc heavy duty cranks with bearing for smooth operation

Max. User Weight : 110 Kgs.

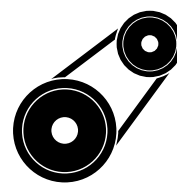
Net Weight : 32.4 Kgs.

Assembly (LxWxH) : 1480 x 535 x 990mm

Other Features : magnetic brake speed control, 8 ranges manual tension, hand pulse, Horizontal seat adjustment, 9 ranges adjustable seat post, Self-balanced pedals with straps.

ELECTRONICS

Displays : 131*67mm LCD computer, functions of RPM, Speed, Distance, Time, Calories, Pulse, Recovery, Body fat.



FITLUX 9950

MRP ₹2,60,500

Product Code : 49005

4 stations for 3 persons to work out at the same time.

Designed for light-commercial use, FitLux 9950 series with one or two weight stacks afford multi-possibilities and offer up to 420 pounds of resistance. Extra-heavy-gauge steel frame and reinforced pulleys and steel ball bearings ensure smooth and quiet operation. A contoured back pad provides solid lumbar support.

Workouts : High pulley, Mid pulley, Low pulley, Butterfly arm, Arm curl, Leg press, Vertical knee raise, Sit up bench

Weight Stack : 2 Wt. Stack of 210 lbs Each

Max. User Weight : 150 Kgs.

Net Weight : 355.4 Kgs. (Without cover)

Assembly (LxWxH) : 2100 x 3060 x 2200 mm



WORKOUT CHART

Leg extension



Lat pull



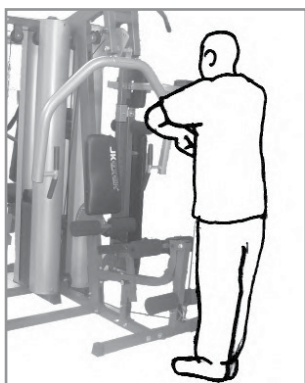
Lat pull



Leg press



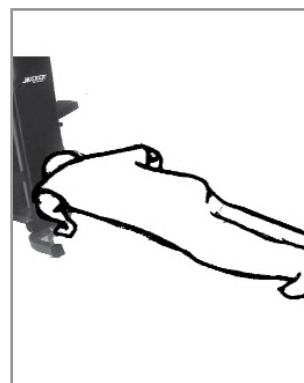
Arm Curl



Lat Pull



Lat Pull



Push Up



Low Pull



Lat Pull



Sit up



Rear deltoid



Chest press



Vertical knee raise



Butterfly



Abdominal Crunch

MULTIGYM G9980C

MRP ₹46,900

Product Code : 49006

Tone and strengthen your major muscle groups, or build more definition in the biceps, triceps, shoulders and so on. You can also get a great abs workout to help strengthen your cores. It doesn't matter whether you're new to exercise or a fitness fanatic, the G9980C lets you remain in control of the challenge and intensity of your workout at all times, No cable change.

An enlarged size and durable design offer support and make getting in shape a comfortable experience!

Workouts	: High pulley , Low pulley, Butterfly arm, Arm press, Leg extension
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Weight Stack	: 150 lbs (PP coated)
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Max. User Weight	: 120 Kgs.
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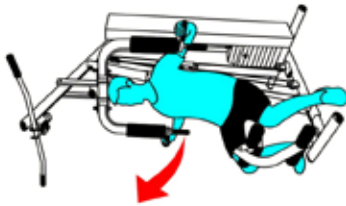
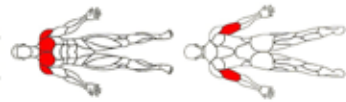
Net Weight	: 114 Kgs. (Without cover)
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Assembly (LxWxH)	: 1300 x 1160 x 2060 mm
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CHEST PRESS

CHEST



JKEEXER®

- With Steel Cover
- 150 lbs Weight Stacks
- High Pulley
- Low Pulley
- Butterfly Arm
- Press Arm
- Leg Extension
- Maximum User Weight: 120kg (264 lbs)

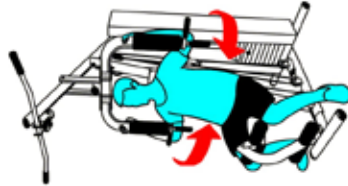


Multi Gym G9980C EXERCISE CHART



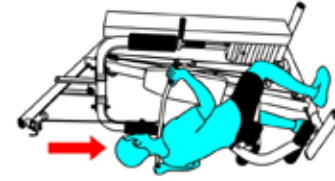
BUTTERFLY

CHEST



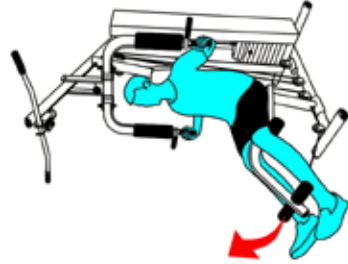
FRONT LAT PULL DOWN

CHEST



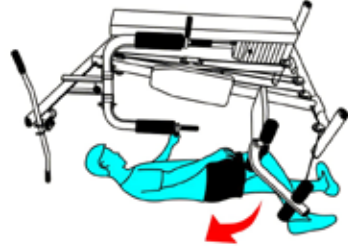
LEG EXTENSION

QUADRICEPS



LEG CURL

HAMSTRINGS



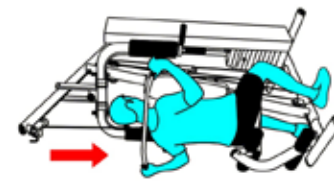
HIP EXTENSION

HIPS



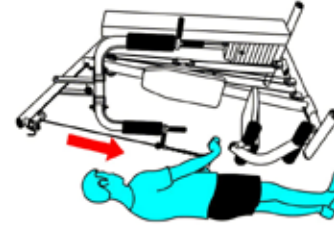
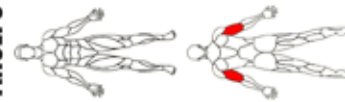
REAR LAT PULL DOWN

BACK



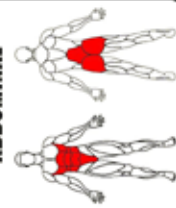
TRICEPS PRESS DOWN

TRICEPS



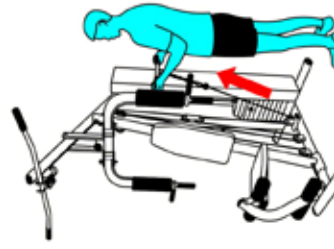
SIT UP

ABDOMINAL



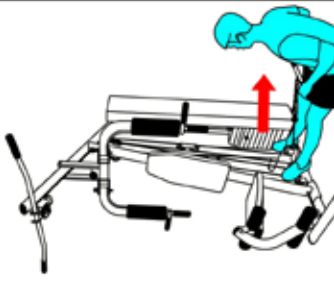
STANDING BICEPS CURL

BICEPS



LOW ROW

BACK



UPRIGHT ROW

BICEPS



MULTIGYM G9985C

MRP ₹67,900

Product Code : 49007

The JKEXER G9985C comes with a wide range of accessories so that you can start your training at home immediately. The multi-gym has a lat station incl. a high-quality lat bar for effective back training.

Almost all muscle groups can be trained on different elements of the equipment. Do leg extensions and leg curls on the leg module.

The G9985C has sturdy construction, all parts are neatly welded and perfectly arranged. This increases durability and safety for strength training at home, No cable change.

Workouts	: High pulley, Mid pulley, Low pulley, Butterfly arm, Arm press, Arm curl, Leg extension
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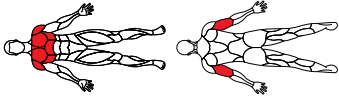



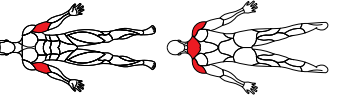

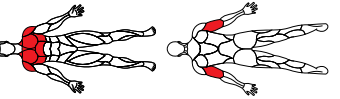

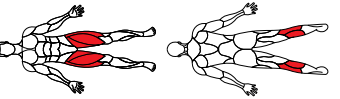

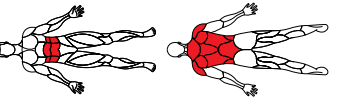

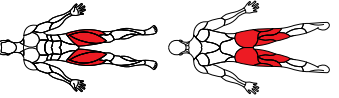

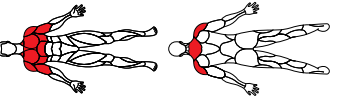

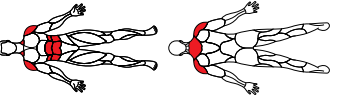

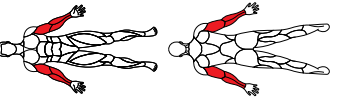

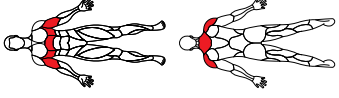

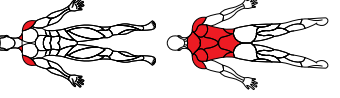

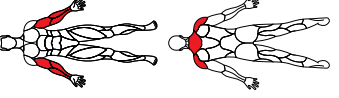
Weight Stack	: 210 lbs (PP coated)
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Max. User Weight	: 120 Kgs.
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Net Weight	: 166.2 Kgs. (Without cover)
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Assembly (LxWxH)	: 1630 x 1195 x 2070 mm
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<div> <div>CHEST PRESS</div>  <div> <div>CHEST</div>  </div> </div>	<div> <div> <div>JKEXER®</div> <div> <ul style="list-style-type: none"> • With Steel Cover • 210 lbs Weight Stacks • High Pulley • Mid Pulley • Low Pulley • Butterfly Arm • Arm Press • Arm Curl • Leg Extension • Maximum User Weight: 120kg (264 lbs) </div> <div>  <div> <div>Multi Gym G9985C</div> <div>  </div> </div> </div> </div> </div>	<div> <div>BACK EXERCISE</div>  <div> <div>BICEPS</div>  </div> </div>	<div> <div>CHEST EXERCISE</div>  <div> <div>CHEST</div>  </div> <div> <div>LEG EXERCISE</div>  <div> <div>QUADRICEPS</div>  </div> <div> <div>BACK EXERCISE</div>  <div> <div>BACK</div>  </div> </div> </div> </div>	<div> <div>HIP ADDUCTION</div>  <div> <div>HIPS</div>  </div> </div>	<div> <div>LATS AND BICEPS</div>  <div> <div>BICEPS</div>  </div> <div> <div>BUTTERFLY</div>  <div> <div>CHEST</div>  </div> <div> <div>ARM CURL</div>  <div> <div>BICEPS</div>  </div> </div> </div> </div>	<div> <div>CHEST EXERCISE</div>  <div> <div>BICEPS</div>  </div> </div>	<div> <div>BACK EXERCISE</div>  <div> <div>BACK</div>  </div> </div>	<div> <div>ARM EXERCISE</div>  <div> <div>BICEPS</div>  </div> </div>
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POWER BENCH 7800

MRP ₹25,900

Product Code : 49008

Sturdy Steel Frame, Foldable for compact storage, Fixed intergrated butterfly bars are ready for use at any time, One high pulley for Lat Pull Down, Fit 1" weight plates

Max. User Weight : 100 Kgs.

Net Weight : 35 Kgs.

Assembly (LxWxH) : 1900 x1200 x1210mm





DELHI | GURUGRAM | MUMBAI | JALANDHAR

COSCO (INDIA) LIMITED

2/8 Roop Nagar, Delhi-110007, Tel.: +91 11 23843000 |

Tel.: +91 11 23843000 | Fax: +91 11 23846000 | E-mail: mail@cosco.in

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