



CHRIST THE KING ENGINEERING COLLEGE

Karamadai, Coimbatore - 641104

(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai)

Ph: +91 91500 76729

Email: principal@ckec.ac.in

Web: www.ckec.ac.in

GYM FACILITIES



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GYMNASIUM

S. No.	Floor	Usage of Room	Room Label	Area (m ²)
1	Ground	CKEC Gym	Gym	159.60

LIST OF EQUIPMENTS

S. NO.	DESCRIPTION	QUANTITY
1	Home Gym	1
2	Abdomen Board	1
3	Seating Standing Twister	1
4	Weight Plates 105(Kgs)	10
5	Dumbbells 105(Kgs)	12
6	Olympic Rod (7 Kg)	1
7	Olympic Rod (4 Kg)	1
8	Iron Bar (10 Kg)	1
9	Iron Bar (20 Kg)	1
10	Multi-Gym	1
11	Kettle Bells 30(Kgs)	5
12	Skipping Rope	5
13	Plyo Box	1
14	Foam Roller	2
15	Aerobic Stepper	2
16	Gym Ball	2
17	Spin Bike	1
18	Multi Bench Press	1
19	Battle Rope	1
20	Medicine Ball (1 Kg)	1
21	Medicine Ball (2 Kg)	1
22	Medicine Ball (3 Kg)	1
23	Medicine Ball (4 Kg)	1
24	Rubber Mat	25
25	Dumbell Rack`	1
26	Push Ups Bar	1




Dr. M. JEYAKUMAR, M.E., Ph.D.
PRINCIPAL
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OUTSIDE VIEW



INSIDE VIEW



M. Jeeyakumar
Dr. M. JEYAKUMAR, M.E..Ph.D.
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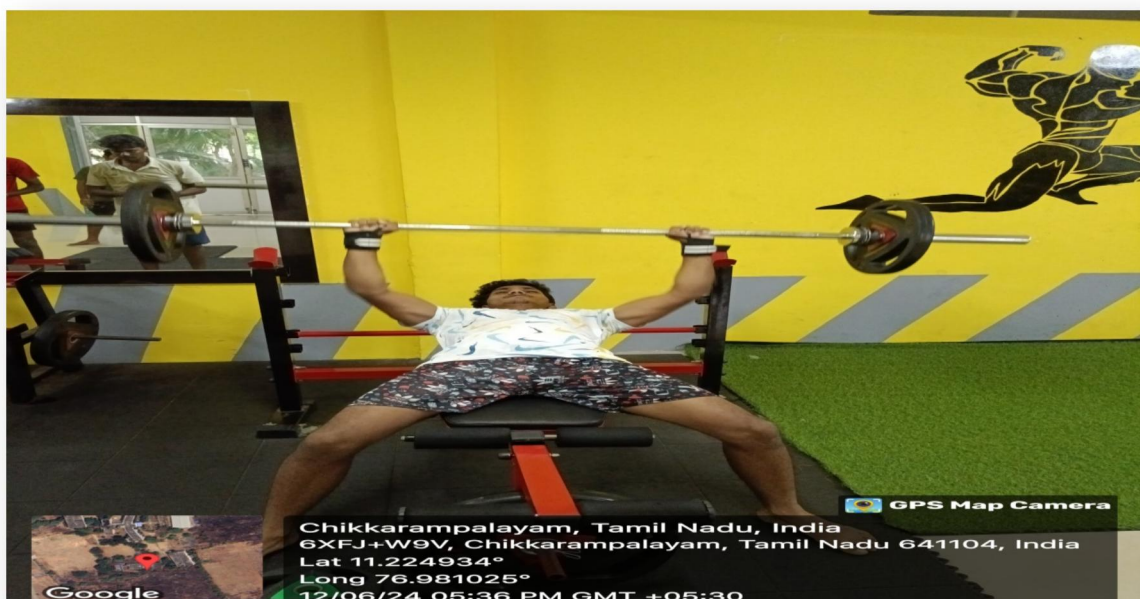
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DUMBBELLS



BENCHPRESS



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Dr. M. JEYAKUMAR, M.E., Ph.D.
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MEDICINE BALLS, AEROBIC STEPPER, FOAM ROLLER AND PUSH UPS BAR



MULTIPLE MUSCLE EQUIPMENT MACHINE 1



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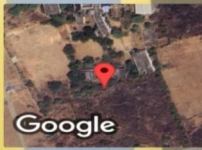
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MULTIPLE MUSCLE EQUIPMENT MACHINE 2



Chikkarampalayam, Tamil Nadu, India
6XFJ+W9V, Chikkarampalayam, Tamil Nadu 641104, India
Lat 11.224801°
Long 76.980921°
11/06/24 09:29 AM GMT +05:30

MULTIPLE MUSCLE EQUIPMENT MACHINE 3



Chikkarampalayam, Tamil Nadu, India
6XFJ+W9V, Chikkarampalayam, Tamil Nadu 641104, India
Lat 11.224881°
Long 76.980898°
12/06/24 05:42 PM GMT +05:30



J. Jayaram
Dr. M. JEYAKUMAR, M.E., Ph.D.
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