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Sai 
Works
STRENGTH FITNESS EQUIPMENT



SELECTORIZED FITNESS

Single Station



Chest Press

Muscle Trained:
• Pectoralis Major
• Anterior Deltoids
• Triceps

W52" x L35" x H68"



Shoulder Press

Muscle Trained:
• Deltoids
• Pectoralis Major
• Triceps

W51" x L57" x H62"



Lat Pulldown

Muscle Trained:
• Latissimus Dorsi
• Rhomboids
• Posterior Deltoids
• Biceps

W51" x L62" x H68"



Rowing

Muscle Trained:
• Rhomboids
• Trapezius
• Posterior Deltoids
• Latissimus Dorsi

W51" x L62" x H62"



Leg Extension

Muscle Trained:
• Quadriceps

W44" x L46" x H62"



Leg Curling

Muscle Trained:
• Hamstrings
• Gastrocnemius

W44" x L70" x H62"



Multi Hip

- Muscle Trained:
- Hip Flexors
 - Hip Extensors
 - Hip Abductors
 - Hip Adductors

W42" x L52" x H62"



Abdominal Crunch

- Muscle Trained:
- Rectus Abdominus
 - Internal/External Obliques

W51" x L46" x H62"



Functional Crossover

W30" x L72" x H70"



Functional Trainer

- Muscle Trained:
- Multi-exercise multi pattern system for arms, shoulders, hips and back.

W34" x L60" x H74"



Standing Calf

- Muscle Trained:
- Gastrocnemius
 - Soleus

W46" x L62" x H62"

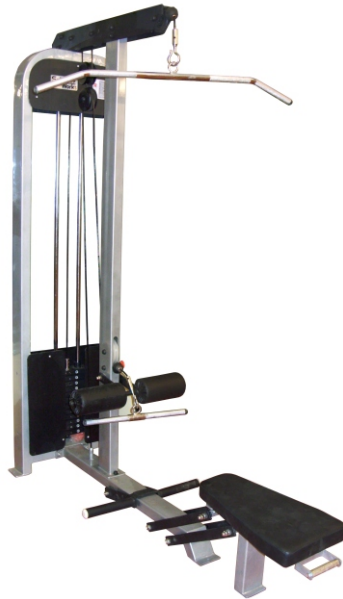


Cable Crossover

W30" x L72" x H70"

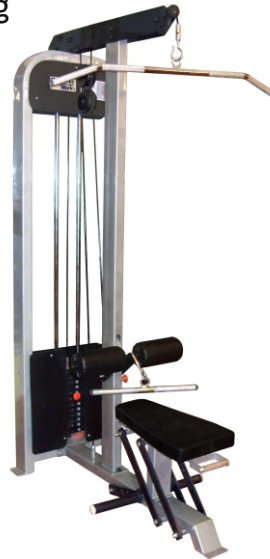
SELECTORIZED FITNESS

Dual Station



Lat Pulley - Rowing

Rowing:
 • Rhomboids
 • Trapezius
 • Posterior Deltoids
 • Latissimus Dorsi
 W48" x L72" x H96"



Lat:
 • Latissimus Dorsi
 • Rhomboids
 • Posterior Deltoids
 • Biceps
 W48" x L60" x H96"



Pec Fly - Rear Delt

Muscle Trained:
 • Pectoralis Major
 • Rear Deltoids
 • Middle Trapezius
 • Rhomboid
 W 50" x L 55" x H 75"



Assisted Dip & Chin

Muscle Trained:
 Dipping:
 • Anterior Deltoids
 • Pectoralis and Triceps
 Chinning:
 • Latissimus Dorsi
 • Rhomboids and Biceps
 W46" x L54" x H96"



Bicep - Tricep Machine

Muscle Trained:
 Bicep Curl:
 • Biceps Brachii
 • Brachialis
 • Brachioradialis
 Triceps:
 • Tricep
 • Anterior Deltoids
 • Upper Pectoralis Major
 W50" x L57" x H62"



Multi Press

Muscle Trained:
 Bench Press
 • Pectoralis Major
 • Anterior Deltoids
 • Triceps
 Incline Press
 • Pectoralis Major
 • Deltoids
 • Triceps
 Shoulder press
 • Deltoids
 • Upper Pectoralis
 • Triceps
 W50" x L75" x H62"

Leg Curl - Leg Extension



Muscle Trained:
Leg Curling :
• Hamstrings
• Gastrocnemius

W47" x L51" x H64"



Muscle Trained:
Leg Extension:
• Quadriceps

W47" x L51" x H64"

Seated Leg Curl - Leg Extension



Muscle Trained:
Leg Curling :
• Hamstrings
• Gastrocnemius
Leg Extension:
• Quadriceps
W47" x L51" x H64"

Ab Crunch - Back Extension



Muscle Trained:
Ab Crunch
• Rectus Abdominus
• Internal/External
Obliques
Back Extension
• Erector Spinae

W48" x L39" x H55"

Abductor - Adductor



Muscle Trained:
Abductor:
• Abductor Group

W52" x L55" x H62"

Muscle Trained:
Adductor:
• Adductor Group

W52" x L55" x H62"

PLATE LOADED FITNESS

Single Station



Smith Machine

Muscle Trained:
• Multi-exercise multi pattern system for Legs, Chest and Shoulder.
W30" x L60" x H70"



45Dgr. Leg Press

Muscle Trained:
• Quadriceps
• Gluteus Maximus
• Hamstrings
• Gastrocnemius
• Soleus
W40" x L65" x H48"



Hack Squat

Muscle Trained:
• Quadriceps
• Gluteus Maximus
• Hamstrings
• Gastrocnemius
• Soleus
W52" x L65" x H65"



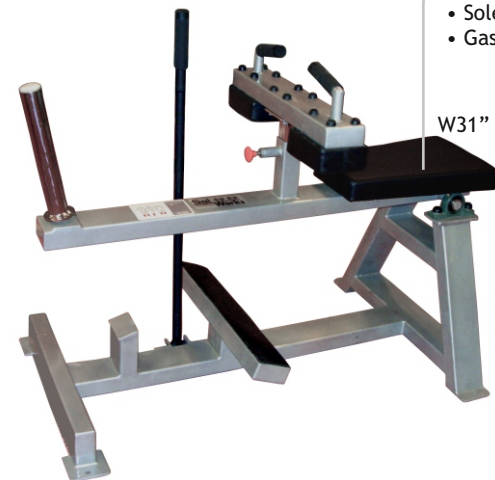
Incline Chest Press

Muscle Trained:
• Pectoralis Major
• Deltoids
• Triceps
W38" x L50" x H61"



Bisolator

Muscle Trained:
• Biceps Brachii
• Brachialis
• Brachioradialis
W60" x L40" x H56"



Seated Calf

Muscle Trained:
• Soleus
• Gastrocnemius
W31" x L52" x H43"

PLATE LOADED FITNESS

Single Station

Angled Leg Press - Hack Squat



Muscle Trained:
 • Quadriceps
 • Gluteus Maximus
 • Hamstrings
 • Gastrocnemius
 • Soleus
 W50" x L65" x H52"

Bicep Curl



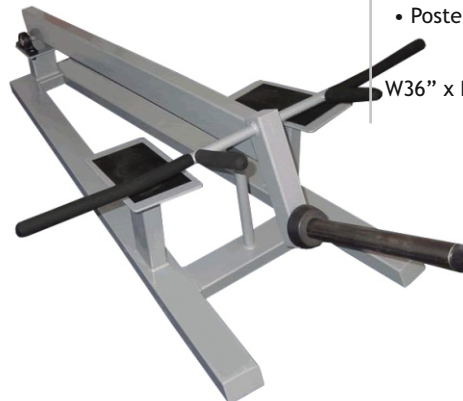
Muscle Trained:
 Bicep Curl:
 • Biceps Brachii
 • Brachialis
 • Brachioradialis
 W48" x L48" x H42"

Incline T-Bar



Muscle Trained:
 • Latissimus Dorsi
 • Rhomboids
 • Posterior Deltoid
 W21" x L55" x H21"

T-Bar



Muscle Trained:
 • Latissimus Dorsi
 • Rhomboids
 • Posterior Deltoid
 W36" x L72" x H20"

FITNESS ACCESSORIES



BENCHES

Single Station

Olympic Flat Bench



Muscle Trained:

- Pectoralis Major
- Anterior Deltoids
- Triceps

W72" x L81" x H48"

Olympic Incline Bench



Muscle Trained:

- Pectoralis Major
- Deltoids
- Triceps

W72" x L75" x H59"

Olympic Decline Bench



Muscle Trained:

- Pectoralis Major
- Deltoids
- Triceps Brachii

W72" x L74" x H38"

Abdominal Bench with Ladder



Muscle Trained:

- Rectus Abdominus
- Internal/External Obliques

W48" x L39" x H55"

Abdominal Bench



Muscle Trained:

- Rectus Abdominus
- Internal/External Obliques

W47" x L51" x H64"

Preacher Bench



Muscle Trained:

- Biceps Brachii
- Brachialis
- Brachioradialis

W30" x L44" x H46"

BENCHES

Single Station



Dip, Abdominal & Chinning Unit

Muscle Trained:
Dipping:
• Anterior Deltoids
• Pectoralis and Triceps
Chinning:
• Latissimus Dorsi
• Rhomboids and Biceps

W30" x L38" x H75"



Dip & Leg Raise

Muscle Trained:
Dipping:
• Anterior Deltoids
• Pectoralis and Triceps
Leg Raise:
• Rectus Abdominus
• Internal/External Obliques

W30" x L38" x H50"



Utility Bench

Muscle Trained:
Multi-Exercise

W18" x L24" x H30"

Plain Bench



Muscle Trained:
Multi-Exercise

W18" x L48" x H18"

Hyper Extension



Muscle Trained:
Back Extension
• Erector Spinae

W30" x L50" x H26"

Twister



Muscle Trained:
• Rectus Abdominus
• Internal/External Obliques

W24" x L30" x H48"

BENCHES

Dual Station

Olympic Flat - Incline Bench



Muscle Trained:

- Pectoralis Major
- Anterior Deltoids
- Triceps
- Deltoids

W47" x L67" x H75"



Olympic 3 Way Bench



Muscle Trained:

- Pectoralis Major
- Anterior Deltoids
- Triceps
- Deltoids
- Triceps Brachii

W47" x L67" x H75"

Olympic Flat - Decline Bench



Muscle Trained:

- Pectoralis Major
- Anterior Deltoids
- Triceps
- Deltoids
- Triceps Brachii

W48" x L39" x H55"



Adjustable Bench



Muscle Trained:

- Multi-Exercise

W48" x L39" x H55"

RACKS



Power Cage

Muscle Trained:
• Multi-exercise multi pattern system for Legs, Chest and Shoulder.
W51" x L45" x H74"



Squat Rack

Muscle Trained:
• Multi-exercise multi pattern system for Legs, Chest and Shoulder.
W44" x L44" x H71"



Dumbbells Stand

W24" x L72" x H30"



Plate Tree

W36" x L36" x H48"



Vertical Plate Tree

W24" x L36" x H48"



Bar Stand

W12" x L18" x H10"



SAI Works best quality fitness equipment manufacturing company in India for commercial gym. We take pride in our large production unit, which is spread over an area of 12,000 square meters at Thane and warehouse-assembly unit in Mumbai. We are a multi-level vertically integrated manufacturer that utilizes the latest manufacturing technology like

- Hydraulic Pipe Bender
- Heavy Duty Lathe Machine
- Plasma Cutter
- Gauging & Assembly Equipment
- Hydraulic Moulding Machine
- Milling Machine
- Spray Painting Equipment
- Powder Coating Plant
- Co2 Welding

We purchase raw materials direct from the mills to as per our own specification and chemistry. This encourages the best grade and quality of materials. The result is highest level of quality.

The human body and its design is an art in itself. That is why at SAI WORKS we don't force the human body to fit the machine; we design the Gym Equipment around the human body. Each new design is created according to the natural biomechanical movements of the muscles and joints involved in the exercise.

Every machine is checked properly to avoid injuries & hazardous effect on human body. Before production of fitness machine, due guidance and advice is taken from Gym experts, Coach, Doctors and Physiotherapists to reach at most accuracy. At **SAI Works research designs each machine by performing biomechanical studies**

- 1) Correct posture on the machine.
 - 2) Analysis of the correct trajectory of the exercise by means of human movement simulation.
 - 3) A different CAMS on each machine to vary the resistance at different points along the range of motion so as to adapt the load physiologically to the variation in strength dictated by biomechanics.
- Our health equipment is continuously improved to provide user satisfaction.

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