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HOTEL GYM CATALOGUE

www.indafitness.co.ke

About Company

At Inda Fitness, we specialize in equipping hotel gyms with high-quality, durable fitness equipment. Our carefully selected range of gym gear is designed to meet the needs of both professional and home users, ensuring hotels offer guests an exceptional fitness experience. With our expertise and commitment to top-notch service, we help you create a well-equipped gym that stands out, offering everything from cardio machines to strength-training essentials. Visit our website for more information.

INDA FITNESS



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Why Choose Us	



EQUIPMENT COLLECTION

Upgrade your hotel gym with our premium equipment collection, designed for durability, compactness, and a modern aesthetic. Ideal for creating a professional fitness space that enhances guest satisfaction and supports every workout style.

TREADMILLS



JX Touch screen Heavy Commercial 9HP treadmill

Experience peak performance with the JX Heavy Commercial Treadmill, powered by a robust 9HP motor. Built for high-traffic gyms, it features a sleek touch screen display, multiple workout programs, and a durable frame designed for intense, continuous use. Perfect blend of technology, power, and reliability.



Merc V9 Heavy Commercial Treadmill

Experience elite home cardio with the Merc V9 Treadmill – built for performance, durability, and comfort. Featuring a powerful motor, adjustable incline, spacious running deck, and a sleek LCD display for real-time tracking. Ideal for beginners to pros looking to elevate their workouts.



Manual Curved Treadmill – Commercial

Enhance your workout experience with our premium Manual Curved Treadmill. A self-powered, non-motorized design that offers a natural running feel while burning more calories. Perfect for high-intensity training, it's durable, low-maintenance, and ideal for users of all fitness levels.

CROSSTRAINERS



Commercial Elliptical Crosstrainer E7-pro

Elevate your cardio experience with the E7-Pro Elliptical Crosstrainer, designed for performance, durability, and comfort. Ideal for hotel gyms, it features a smooth, low-impact stride, multiple resistance levels, and a user-friendly console for all fitness levels. A premium choice for guests seeking an effective full-body workout.



Merc Commercial Elliptical Cross-trainer

Take your cardio to the next level with the Merc Commercial Elliptical Cross-Trainer. Engineered for comfort and endurance, it offers a joint-friendly, full-body workout ideal for guests of all fitness levels. With sleek design, adjustable resistance, and performance tracking, it's a must-have for any modern hotel gym.



Commercial Cross trainer

Engineered for Every Guest
A perfect blend of strength, style, and smooth motion. This cross trainer delivers a low-impact, full-body workout, ideal for guests of all fitness levels. Built to handle heavy use while maintaining a sleek, modern look that fits right into any hotel gym.

BIKES



Tactical-8028 Commercial Magnetic Spin Bike

Elevate your fitness routine with the Tactical-8028 Commercial Magnetic Spin Bike. Designed for performance, durability, and comfort, this bike offers smooth, silent magnetic resistance, ideal for all fitness levels. Perfect for hotel gyms, it combines sleek design with advanced features, ensuring an exceptional cycling experience whether you're in for a quick workout or a challenging session.



Commercial Upright Fitness Bike JX 170U

The JX 170U Commercial Upright Fitness Bike combines durability and performance, making it the perfect choice for hotel gyms. With adjustable resistance levels and a user-friendly display, it ensures a smooth and efficient workout for guests of all fitness levels. Whether you're focusing on cardio or endurance, it delivers a premium fitness experience.

ROWING MACHINE



Commercial Air Rowing Machine

This Machine offers a dynamic, full-body workout that challenges your endurance and strength. With its smooth air resistance system, each stroke mimics the natural rowing motion, making it perfect for both intense training and low-impact recovery. Ideal for all fitness levels, this machine is designed to provide a highly effective cardio session while engaging multiple muscle groups.



Skierg Gym Machine Ski Trainer

The Skierg Gym Machine Ski Trainer uses the same flywheel resistance and electronic monitoring systems as the air rowers with an advanced monitor that provides immediate, accurate performance data. Boost your strength, endurance, and technique as you glide through a variety of challenging workout programs

STAIR MASTER



Stair Master

A smooth stepping motion and 26 different speeds make the PowerMill ideal for exercisers who prefer slow climbs or those looking for one of the most challenging and intense cardio workouts at the gym.



STRENGTH EQUIPMENT



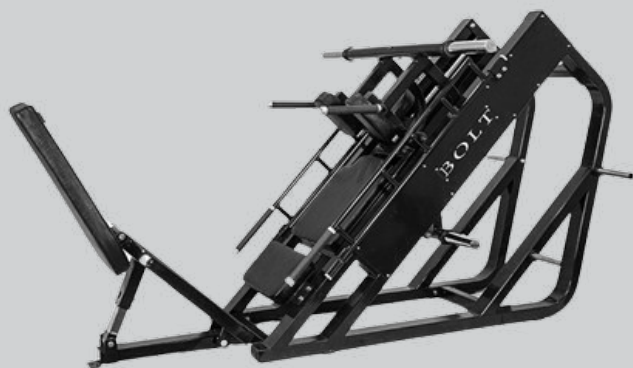
4-MultiStack Commercial Station – Pro404

The Pro 4 Way Station is a compact, durable multi-gym with four adjustable stations, featuring smooth pulleys, selectorized weight stacks, and strong cables, designed for high-performance and reliability in commercial settings.



Heavy Duty Smith Machine

Transform your workout with the Heavy Duty Smith Machine, designed for maximum stability and safety. Perfect for both beginners and seasoned athletes, it offers smooth guided motion for weightlifting exercises, helping you build strength and achieve your fitness goals with confidence.



Commercial 45 degrees Leg Press / hack Squat Machine

Enhance your glutes, hamstrings, quads, and calves with the a hack-squat and leg-press combo designed to maximize your lower body workouts while preserving gym space.. While there are other exercises for the legs that do not require the use of this gym apparatus, nothing beats the promise of a machine that was built exactly to help one achieve this goal.



BENCHES



Commercial Flat Bench / Chest Press Bench

Crafted with high-quality steel and finished with a sleek powder-coated finish that is durable and long-lasting. It features a comfortable and supportive backrest that allows for a full range of motion during your workout. An adjustable barbell supports allow for a customized fit, making it suitable for athletes of all sizes and fitness levels. It is perfect for targeting your chest, shoulders, and triceps.



Flat Utility Gym Bench

The Flat Utility Gym Bench offers a sturdy and versatile foundation for a wide range of exercises, making it an essential piece of equipment for any fitness enthusiast. Its sleek design and durable build ensure both comfort and stability during strength training routines, whether you're targeting upper body strength or core stability. Ideal for hotel gym settings, this bench provides reliable support for users of all levels.



Heavy Commercial Adjustable Bench

The Heavy Commercial Adjustable Bench is built for durability and versatility, designed to withstand the demands of a busy hotel gym. With multiple adjustable settings, it supports a range of exercises to suit users of all fitness levels, ensuring a reliable workout for strength training and muscle toning.



OLYMPIC BARS



Olympic Bars

Built for serious strength training, the Olympic Bars are a staple for any professional gym setup. Crafted with precision and durability, it supports a wide range of lifts—from squats to deadlifts—making it ideal for hotel guests who don't compromise on their workout routine.

Rubber Coated Tri-grip Olympic Weight Plates

Sleek, durable, and built for safety — our Rubber Coated Tri-grip Olympic Weight Plates are designed to withstand daily use while offering a secure, easy grip for seamless transitions between workouts. A perfect blend of function and style for any modern hotel gym.

Bumper Plates

Built for performance and durability, these bumper plates are designed to handle intense workouts while protecting your gym floors. Perfect for Olympic lifts, functional training, and strength sessions, they bring pro-level quality to your hotel fitness space.



DUMBBELLS



Hex Rubber Dumbbell Set

Built for performance and durability, the Hex Rubber Dumbbell Set offers a secure grip, noise-reducing rubber coating, and a sleek design perfect for any hotel gym. Ideal for full-body strength training, these dumbbells combine safety with style to keep your guests in peak form.



Aerobic Dumbbells

Add a dynamic twist to your workouts with Aerobic Dumbbells—lightweight, easy to grip, and perfect for toning, endurance, and full-body activation. A must-have for guests seeking low-impact strength training with maximum results.



Kettlebells

Sculpt strength, stability, and endurance with kettlebells—compact, versatile tools ideal for full-body workouts. Perfect for quick, efficient training sessions that challenge your core, improve balance, and ignite your metabolism.

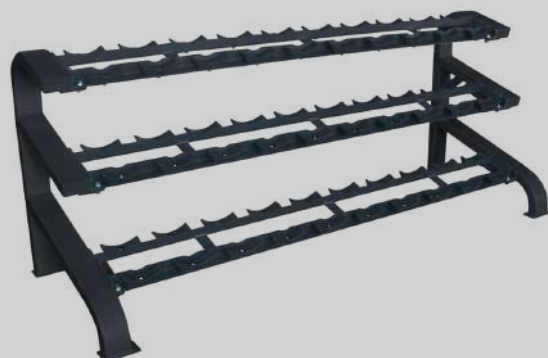


STORAGE RACKS



Gun Rack Bar

Keep your gym space organized and professional with this sleek, space-saving gun rack—designed to hold barbells securely while adding a polished look to any hotel fitness center. Built for durability and style, it ensures safety and easy access for guests of all fitness levels.



Dumbbell Rack

The 3 Tier Saddle 12 Pair Dumbbell Rack is a commercial grade 3 tier rack designed to hold 12 pairs of dumbbells. The curved cradle design prevents dumbbells from rolling making loading and off-loading your dumbbells safer and easier.



Kettlebell Rack

Built for style and strength, this Kettlebell Rack brings sleek organization to your gym space while keeping weights secure and easily accessible. A perfect fit for hotel gyms that value both aesthetics and functionality.



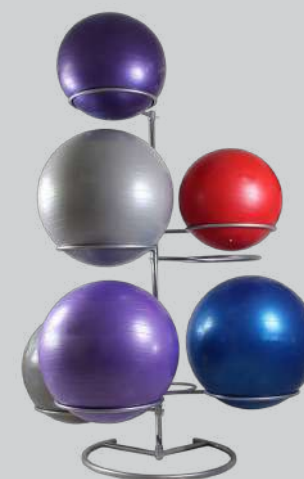
Plate Rack

Built for both style and strength, this weight plate rack keeps your gym floor organized and your weights easily accessible. Its compact, heavy-duty design blends seamlessly into any hotel gym, offering guests a safe and efficient workout environment.



Slam Ball Rack

Built for both style and strength, this slam ball rack keeps your training area organized while adding a sleek, professional look to your hotel gym. Designed to hold multiple slam balls securely, it ensures quick access during workouts and maintains a clean, clutter-free environment guests will appreciate.

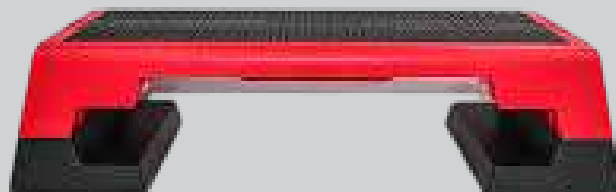


Yoga Ball Storage Rack

Maximize your hotel gym's storage with our sleek and durable yoga ball rack, designed to keep your fitness space organized and clutter-free. This compact rack provides an efficient solution for storing multiple yoga balls while ensuring easy access for guests during their workout routines.



AEROBIC STEPS



Commercial Aerobic Step

Transform your workout routine with the Commercial Aerobic Step, designed for high-intensity training and durability. Perfect for enhancing cardiovascular fitness, this step provides a stable and versatile platform for various exercises, helping you achieve strength and endurance goals in any gym setting.

BALLS



Slam Balls

Slam balls are designed to take your workouts to the next level with their durable, high-impact design. Perfect for explosive exercises, they help build strength, power, and coordination, making them a must-have for anyone looking to intensify their fitness routine. Whether you're smashing them against the floor or using them for dynamic moves, they're built to withstand it all.

Yoga Balls



Yoga balls are a versatile addition to your workout routine, offering excellent support for built for performance and durability. these balls are designed to handle any intense workouts while protecting your gym floors. Perfect for Olympic lifts, functional training, and strength sessions, they bring a pro-level quality to your hotel fitness space. comfortable, controlled environment.



ROPES



Skipping Ropes

Boost your fitness routine with our high-quality skipping ropes, perfect for an effective cardio workout. Designed for smooth, fast rotations, they offer a full-body exercise to enhance endurance, coordination, and strength—ideal for all fitness levels.



50mm Battle Ropes

Unleash full-body power with battle ropes – the ultimate tool for building strength, endurance, and explosive energy. Perfect for high-intensity workouts, they target multiple muscle groups while improving cardiovascular fitness. Transform your routine and feel the burn.

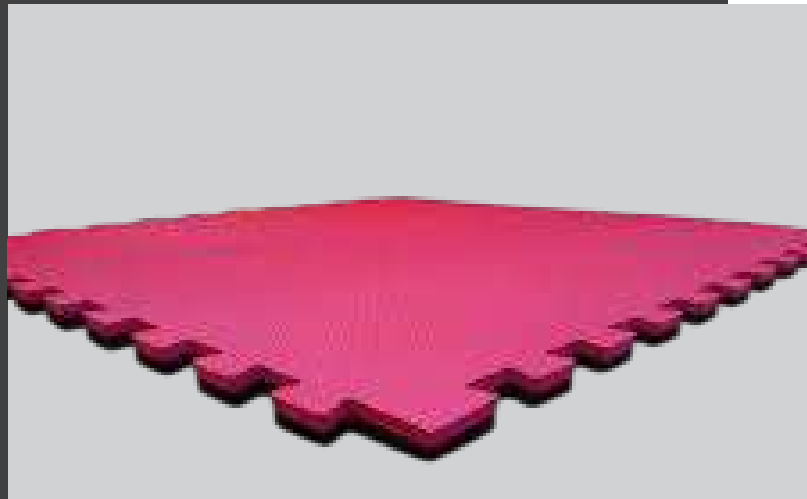


38mm Battle Ropes

Battle rope training offers a low-impact yet high-intensity workout, reducing strain on joints, bones, and muscles while still providing a challenging cardio session. It's a safer alternative to high-impact exercises, minimizing the risk of injury while delivering an effective full-body workout.

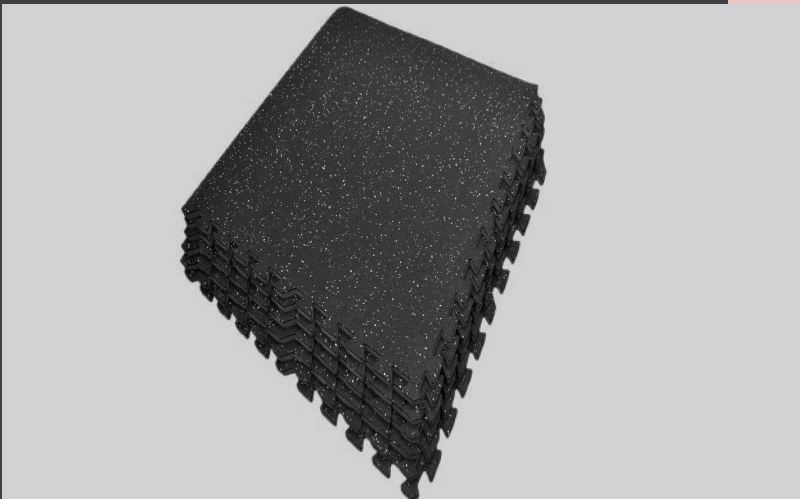


FLOORING



Interlocking floor mat. Extra thick Eva mats

Our high-density EVA floor mats are durable, shock-absorbing, and sound-dampening, designed for martial arts, boxing, and gym use. With a fully connectable and reversible design, they're suitable for both permanent and temporary installations. While ideal for MMA, these versatile mats can also be used in kids' play areas, workshops, offices, and more.



Rubber floor mats (Interlocking rubber Flooring)

Extra-thick interlocking rubber gym tiles offer impact protection, durability, and easy installation. Ideal for gyms, homes, and various commercial spaces, they provide traction and floor protection under heavy equipment while requiring minimal maintenance.



Tri Fold Heavy Duty Exercise Mats

Designed for durability and comfort, the Tri-Fold Heavy Duty Exercise Mats provide a stable and supportive surface for your workout routines. Ideal for high-traffic hotel gyms, these mats offer easy storage and optimal cushioning to enhance your fitness journey, whether you're stretching, doing yoga, or performing bodyweight exercises.



Set up Options

Basic Hotel Gym



80 Sqm Mats, Merc V9 Treadmill, Merc Crosstrainer, Tactical Spin Bike, Air Rower

STRENGTH

6 Station, Flat Bench, Adjustable Bench, 2.2m Bar, 1.8m Bar, Curl Bar, 100kg Plates
100kg Dumbbells, 2 Aerobic Steps

APPROXIMATE

KES 1,750,000

Medium Hotel Gym



80 Sqm Mats, 2 Pcs Merc V9 Treadmill, Merc Crosstrainer,
2 Pcs Tactical Spin Bike,
Air Rower

STRENGTH

6 Station, Smith Machine, Flat Bench, Adjustable Bench, 2.2m Olympic Bar,
1.8m Olympic Bar, 1.2m Curl Bar, 200kg Weight Plates, 200kg Dumbbells.

STORAGE

Dumbbell Rack
Weight Rack / Bar Rack

AEROBICS / YOGA

5 Pcs Aerobic Steps, 5 Trifold Mats / Yoga, 100kg Aerobic Dumbbells,
2 Yoga Balls

APPROXIMATE

KES 2,804,000

Luxury High End Hotel gym



100 Sqm Mats, 2 Pcs JX Android Luxury Treadmills,
2 Pcs Commercial Crosstrainers, 5 Pcs Tactical Spin Bikes,
2 Pcs Air Rowers, 1 Pc Skierg, 1 Pc Ab Coaster

STRENGTH

4 Station, Smith Machine, Flat Bench, 2 Pcs Adjustable bench, 2.2m Bar,
1.8m Bar, 1.2m Curl Bar, 200kg Weight Plates, 200kg Dumbbells,
5 Pcs Yoga Balls,

STORAGE

Plate Rack, Gun Bar Rack, Dumbbell Rack,

AEROBIC

5 Pcs Aerobic Steps, Aerobic Dumbbell Rack, Yoga Ball Rack
5 Pcs Trifold Mats, 100 kg Aerobic Dumbbell,

APPROXIMATE

KES 5,222,000

Why Choose Us?

Choose us for premium fitness equipment and expert customer service. We offer high-quality, durable gym gear that meets all your workout needs, from cardio to strength training. Enjoy the convenience of free shipping and a wide range of products suitable for both home and professional use. With our reliable after-sales support and easy online shopping, you can trust us to help you achieve your fitness goals with the best equipment. Visit our shop [here](#) for more details!