

Sector	QPCode	Job Role Name	NSQF Level	Equipment Name	Minimum number of Equipment required (per batch of 30 trainees)	Unit Type	Is this a mandatory Equipment to be available at the Training Center (Yes/No)	Dimension/Specification/Description of the Equipment/ ANY OTHER REMARK
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Treadmill	5	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Cross Trainer	5	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Stationary cycle	5	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Bicycle Ergo Meter	5	units	No	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Arc Trainer	5	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Flat-Bench Olympic Free Weight	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Inclined-Bench Olympic Free Weight	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Decline-Bench Olympic Free Weight	1	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Push-Up Bar	1	units	Yes	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Machine Chest Press	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Lat- Pull Down	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Multi-station	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Glut Ham	1	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Hyper Extension	1	units	Yes	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Smith Machine	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Shoulder Press Machine	1	units	Yes	all types
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Lateral Raise Machine	1	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	2 Tier Dumb bell Rack (2 Kgs to 40 Kgs)	15	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Barbells-Shoulders	2	units	Yes	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Squat-Rack	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Leg Press/Half Squat	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Leg Curl Machine	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Leg Extension Machine	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Seated Calf	1	units	No	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Abs Bench	5	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Abs King Pro	5	units	no	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Twister	2	units	no	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Gym Ball	5	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Ab Rocket	2	units	No	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Bar 4 Ft. Curl Bar	1	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Zig-Zag Bar	2	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Olympic Bar	5	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Olympic Weight Lifting Plates 1.25 Kgs	10	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Olympic Weight Lifting Plates 2.5 Kgs	10	units	Yes	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Olympic Weight Lifting Plates 5.0 Kgs	10	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Olympic Weight Lifting Plates 10.0 Kgs	10	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Olympic Weight Lifting Plates 15.0 Kgs	10	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Collars For Olympic Bar	10	units	Yes	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Suspension Trainer	15	units	No	

Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Kettelbell	10	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Balance Trainer	2	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Kick & Punching Pads	5	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Battle Rope	2	units	No	
Sports, Physical Education, Fitness & Leisure Skills Council	SPF/Q1102	Fitness Trainer	4	Sand Bags 5 Kgs, 10 Kg, 15 Kg)	5	units	No	

