

# Enjoy, Focus and Move on.



The holiday season is around the corner! Are you ready to enjoy the feast and festival with your families and friends? At the same time, what would be your plans for becoming fitter and more productive in the new year? There is no better way to start a whole new year than waking your body and refreshing your mind by kicking off a workout plan to get boosted and a step closer to your goal. JK has got you covered whether you are a beginner or an athlete!

Full body workout boosts our brains and wakes our muscles to stay motivated and kick out our blues. Exercise also ramps up our heartbeats and helps us stay warm and work up a nice sweat.

Here comes JK's quality equipment to enrich your workout routine and adds some activities to be well-prepared for the upcoming challenging new year.

## **Discover More Equipment**



# MagAir Rower

### **JKEXER 610**

The rowing machine is with dual resistance and perfect for total body workouts. The rowing movement engages all of your major muscle groups during each stroke. Gradually build muscle mass with the JKEXER 610 air and magnetic rower. The Bluetooth connectivity allows you to train on Kinomap and row worldwide.

# Indoor Cycle JKEXER 2780

The indoor cycling bike has a quiet belt-driven system and a 6 kg weighted flywheel providing smooth and silent riding. The spin bike features an ergonomic saddle and handlebar that are adjustable for your comfort. Additionally, you can sign up for on-demand studio classes and



#### Bluetooth tracking via Kinomap.



# Utility Bench

### **JKEXER 530**

Unpack and enjoy a variety of workouts like bench press, incline dumbbell, etc. The ultra-durable resistance bands and hand grips with adjustable angles and heights add unlimited possibilities to your exercise.

# Multi Gym G9985C

An exciting range of stations, including high pulley, low pulley, seated chest press, leg extension, etc., keep your exercise routine from boring and stale. In addition, the Multigym's versatile exercises work different muscles such as the core, abdominals, biceps and triceps, which always keep you motivated.



**Contact us**