STRONG METAL
GYM EQUIPMENT



PRODUCT CATALOGUE · 2026

Built for the *legacy* of strength.

Commercial-grade machines, benches, racks and free weights. Engineered in Thane, India.

strongmetals.in @strongmetal.social +91 77770 98111

ABOUT STRONG METAL

More than metal and *upholstery.*

Our journey began with a simple mission: build equipment that doesn't just enable physical transformation, but inspires confidence and passion for training.

Every piece blends durable materials with careful engineering, so it delivers performance, safety and longevity for years of daily use.

From precision free weights to biomechanically designed machines and versatile racks, each product reflects extensive research and the highest-grade materials available.

Whether you are outfitting a commercial gym, a corporate wellness centre or a home gym, our team is here to help you create a space that inspires.

> *"We are not just your supplier. We are your partner in building legacies of strength."*

I.

Frame

11-gauge (3 mm) or 12-gauge (2.5 mm) steel, oval and rectangular profiles, electrostatic powder coat.

II.

Cables & pulleys

7×19 nylon-coated cable to U.S. military spec. 11–15 cm sealed-bearing pulleys.

III.

Ergonomics

Pop-pin adjustment, contoured high-density foam, stitched upholstery.

IV.

Details

Magnetic steel selector pins, thermo-rubber grips, self-lubricating pivots.

THE RANGE

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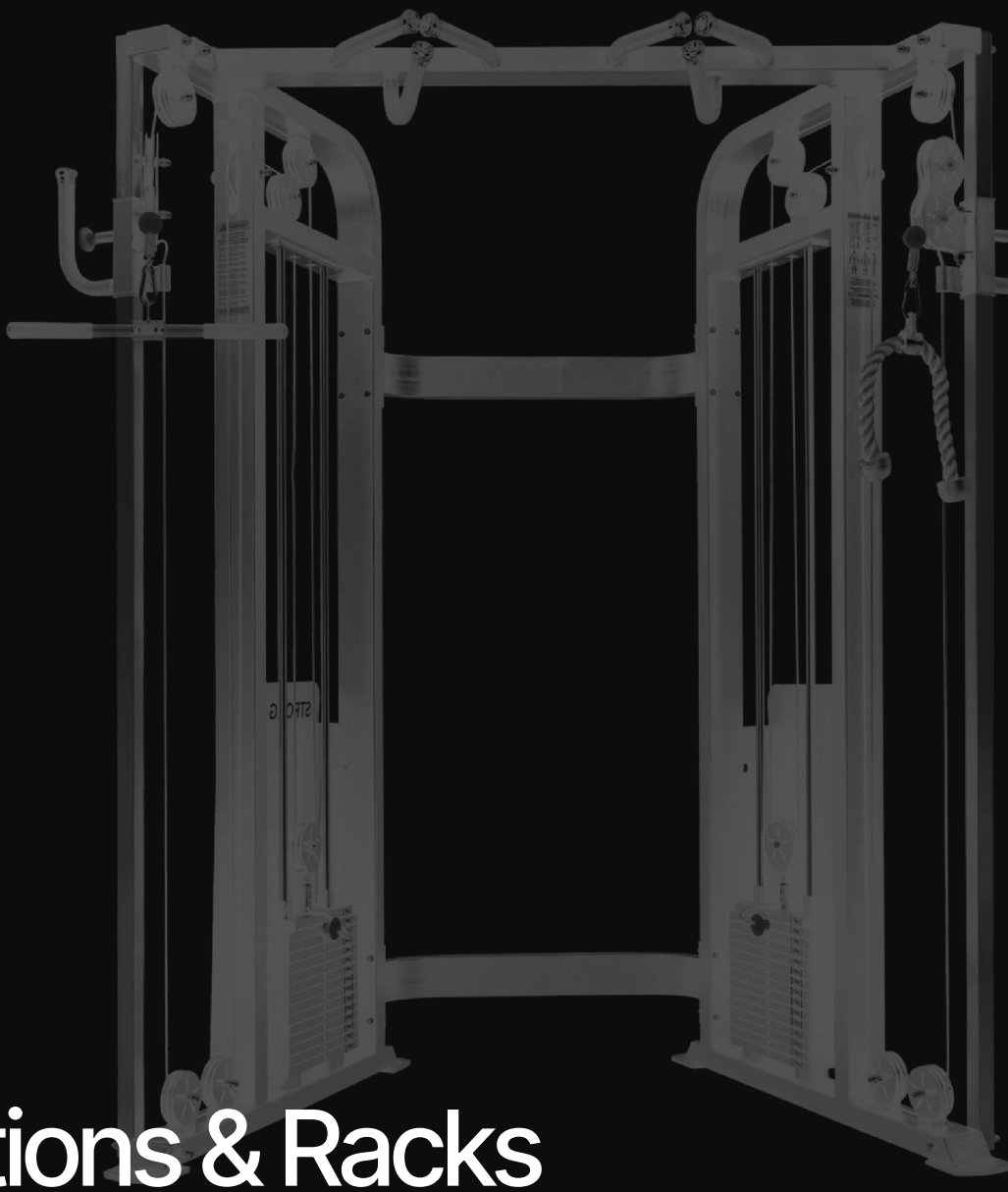
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01



COLLECTION 01

Multi-Stations & Racks

The centrepiece of a serious floor. Rigs, cages and all-in-one stations built for compound lifting.

- Personal Trainer Station
- Smith Machine
- Power Cage
- Functional Trainer
- Squat Rack
- Squat Rack with Super Bench
- Compact Personal Trainer
- Adjustable Squat Stands



SM-0101

MULTI-STATIONS & RACKS

Personal Trainer Station

A Smith machine and a functional trainer in one footprint.

Our most complete single unit. The Smith side handles heavy compound lifts; the dual-stack cable side covers isolation, rotation and functional work, so one station can run an entire programme.

TARGET MUSCLES

Full body · Chest · Back · Legs · Shoulders · Arms · Core

SPECIFICATIONS

Length	183 cm
Width	214 cm
Height	228 cm
Weight stack	60 + 60 kg



SM-0102

MULTI-STATIONS & RACKS

Smith Machine

Guided bar path for confident, heavy compound lifts.

A fixed vertical track and safety catches let lifters train squats, presses and rows close to their limit without a spotter.

TARGET MUSCLES

Quads · Glutes · Hamstrings · Chest · Shoulders · Back

SPECIFICATIONS

Length	183 cm
Width	214 cm
Height	228 cm



SM-0103

MULTI-STATIONS & RACKS

Power Cage

The foundation of every strength floor.

Four uprights, adjustable J-hooks and safeties, and an integrated pull-up bar. Squat, bench, press and pull inside a frame built to catch a failed rep.

TARGET MUSCLES

Legs · Glutes · Chest · Back · Shoulders · Core

SPECIFICATIONS

Length	153 cm
Width	214 cm
Height	228 cm



SM-0104

MULTI-STATIONS & RACKS

Functional Trainer

Dual adjustable pulleys for unlimited movement patterns.

Independent stacks and height-adjustable carriages for crossovers, rows, chops and presses from any angle, with an overhead pull-up frame.

TARGET MUSCLES

Chest · Back · Shoulders · Arms · Legs · Core

SPECIFICATIONS

Length	214 cm
Width	183 cm
Height	228 cm
Weight stack	60 + 60 kg



SM-0105

MULTI-STATIONS & RACKS

Squat Rack

Open-front rack with stepped bar catches.

Multiple bar heights and an open walk-out make it quick to load, unrack and train squats and presses.

TARGET MUSCLES

Quads · Glutes · Hamstrings · Core · Upper back

SPECIFICATIONS

Length	453 cm
Width	214 cm
Height	153 cm



SM-0106

MULTI-STATIONS & RACKS

Squat Rack with Super Bench

A complete barbell corner in one package.

Half-rack uprights paired with an adjustable super bench for squats, deadlifts, flat-to-incline pressing and rows.

TARGET MUSCLES

Legs · Chest · Shoulders · Back

SPECIFICATIONS

Length	153 cm
Width	214 cm
Height	153 cm



SM-0107

MULTI-STATIONS & RACKS

Compact Personal Trainer

Press, curl and leg work for smaller spaces.

An adjustable bench with integrated bar uprights, leg developer and preacher pad. Ideal for home gyms and studios.

TARGET MUSCLES

Chest · Shoulders · Quads · Hamstrings · Arms

SPECIFICATIONS

Length	122 cm
Width	61 cm
Height	61 cm



SM-0108

MULTI-STATIONS & RACKS

Adjustable Squat Stands

Independent stands that go where you need them.

Height-adjustable, free-standing pair for squats and presses where a full rack won't fit.

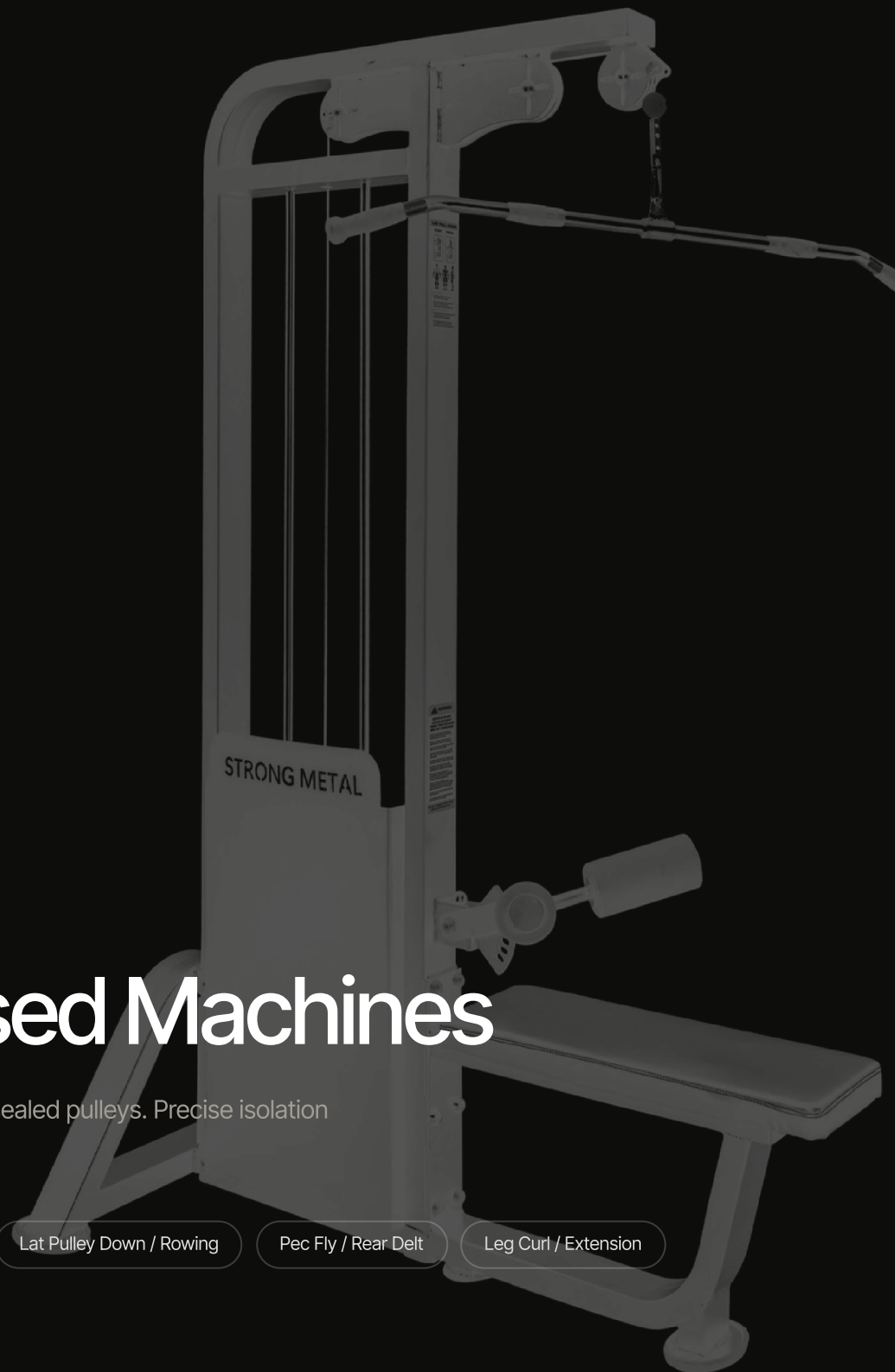
TARGET MUSCLES

Quads · Glutes · Hamstrings · Core

SPECIFICATIONS

Length	61 cm
Width	61 cm
Height	183 cm

02

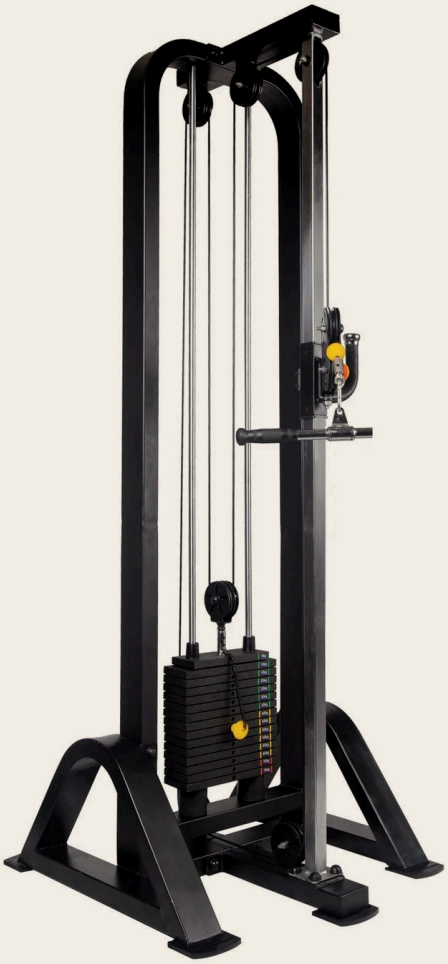


COLLECTION 02

Selectorised Machines

Pin-loaded stacks with smooth, sealed pulleys. Precise isolation for every major muscle group.

- High Low Pulley
- Lat Pull Down
- Lat Pulley Down / Rowing
- Pec Fly / Rear Delt
- Leg Curl / Extension
- Forearm Machine



SM-0201

SELECTORISED MACHINES

High Low Pulley

One column, every cable angle.

An adjustable pulley that moves from floor to overhead for pulldowns, pushdowns, rows, curls and flyes.

TARGET MUSCLES

Back · Triceps · Biceps · Chest · Shoulders

SPECIFICATIONS

Length	78 cm
Width	78 cm
Height	215 cm
Weight stack	60 kg



SM-0202

SELECTORISED MACHINES

Lat Pull Down

Width and V-taper, built in.

A dedicated vertical pull with thigh hold-down and a long bar for wide and narrow grips.

TARGET MUSCLES

Lats · Biceps · Teres major · Rhomboids · Rear delts

SPECIFICATIONS

Length	153 cm
Width	92 cm
Height	228 cm
Weight stack	80 kg



SM-0203

SELECTORISED MACHINES

Lat Pulley Down / Rowing

Vertical and horizontal pulls on one stack.

Switch between pulldowns and seated cable rows without changing machines, covering both back width and thickness.

TARGET MUSCLES

Lats · Rhomboids · Traps · Biceps · Rear delts

SPECIFICATIONS

Length	183 cm
Width	92 cm
Height	46 cm
Weight stack	80 kg



SM-0204

SELECTORISED MACHINES

Pec Fly / Rear Delt

Two isolation movements, one adjustable arm set.

Face forward for chest flyes, turn around for reverse flyes. Rotating arms adjust to every user's reach.

TARGET MUSCLES

Chest · Rear delts · Rhomboids · Mid traps

SPECIFICATIONS

Length	153 cm
Width	153 cm
Height	199 cm
Weight stack	80 kg



SM-0205

SELECTORISED MACHINES

Leg Curl / Extension

Quads and hamstrings, one seat.

A dual-function machine with adjustable roller pads and a cam that keeps resistance consistent through the range.

TARGET MUSCLES

Quads · Hamstrings · Calves

SPECIFICATIONS

Length	122 cm
Width	122 cm
Height	153 cm
Weight stack	80 kg



SM-0206

SELECTORISED MACHINES

Forearm Machine

Dedicated grip and wrist strength.

A compact stack for wrist curls, reverse curls and grip work, often the missing piece on a commercial floor.

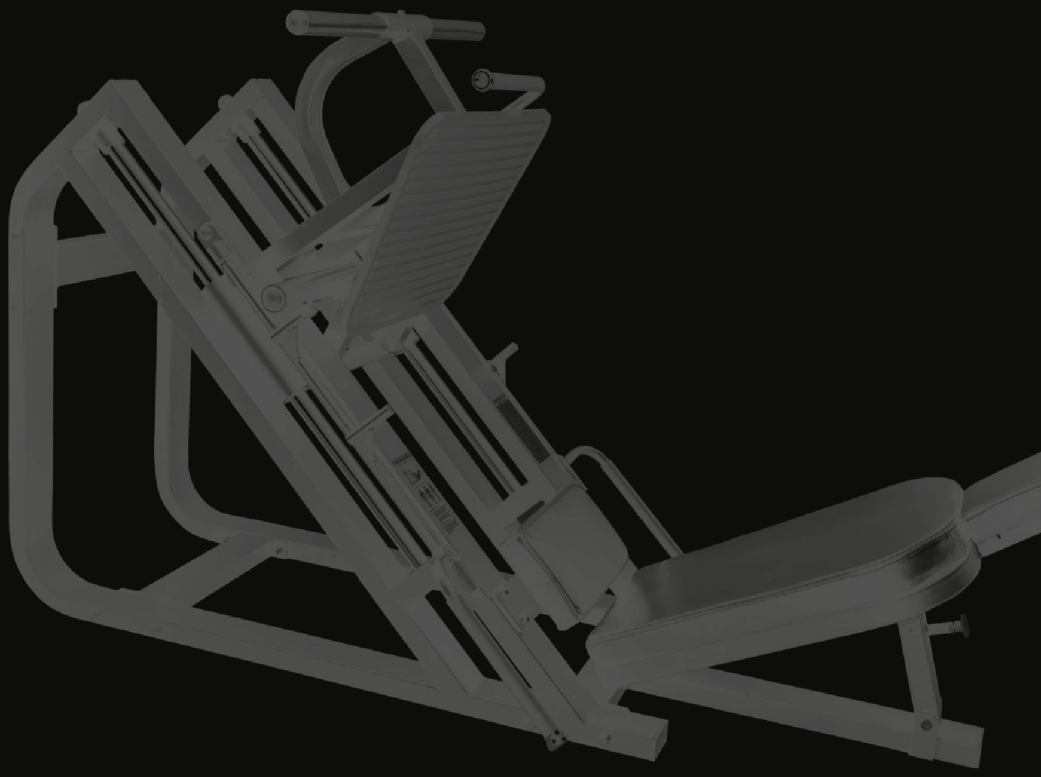
TARGET MUSCLES

Wrist flexors · Wrist extensors · Grip

SPECIFICATIONS

Length	46 cm
Width	46 cm
Height	92 cm
Weight stack	50 kg

03



COLLECTION 03

Plate-Loaded & Lever

Biomechanically angled frames that let heavy plates do the talking.

Leg Press 45° | Super Squat | Abductor / Adductor | Seated Calf | Incline Lever Row / T-Bar



SM-0301

PLATE-LOADED & LEVER

Leg Press 45°

Heavy lower-body volume with the back supported.

An angled sled on linear bearings with a large footplate, so foot position shifts the emphasis between quads, glutes and hamstrings.

TARGET MUSCLES

Quads · Glutes · Hamstrings · Calves · Adductors

SPECIFICATIONS

Length	228 cm
Width	122 cm
Height	138 cm



SM-0302

PLATE-LOADED & LEVER

Super Squat

Deep, loaded squats and standing calf raises.

Shoulder-loaded lever with an angled platform, taking the spine out of the equation for heavy leg work.

TARGET MUSCLES

Quads | Glutes | Calves

SPECIFICATIONS

Length	153 cm
Width	153 cm
Height	122 cm



SM-0303

PLATE-LOADED & LEVER

Abductor / Adductor

Inner and outer thigh, one adjustable seat.

Reversible pads switch between abduction and adduction for hip stability and pelvic strength.

TARGET MUSCLES

Glute medius · Glute minimus · TFL · Adductors

SPECIFICATIONS

Length	122 cm
Width	122 cm
Height	92 cm



SM-0304

PLATE-LOADED & LEVER

Seated Calf

Bent-knee calf work that targets the soleus.

A plate-loaded lever with padded knee rests and a textured toe platform.

TARGET MUSCLES

Soleus · Gastrocnemius

SPECIFICATIONS

Length	153 cm
Width	92 cm
Height	61 cm



SM-0305

PLATE-LOADED & LEVER

Incline Lever Row / T-Bar

Chest-supported rowing, zero lower-back strain.

The incline pad stabilises the torso so the back does all the work. Multi-grip handles change the emphasis.

TARGET MUSCLES

Lats · Traps · Rhomboids · Rear delts · Biceps

SPECIFICATIONS

Length	153 cm
Width	92 cm
Height	153 cm

04



COLLECTION 04

Benches

From Olympic press benches to compact folding units, upholstered for years of daily use.

- Olympic Flat Bench
- Olympic Incline Bench
- Olympic Decline Bench
- Incline Decline Flat Bench
- Seated Preacher Curl Bench
- Super Bench
- Folding / Compact Bench
- Utility Bench
- Abdominal Board



SM-0401

BENCHES

Olympic Flat Bench

The classic press, built to competition proportions.

Wide, stable base and dual bar catches for heavy flat pressing.

TARGET MUSCLES

Chest · Front delts · Triceps

SPECIFICATIONS

Length	153 cm
Width	214 cm
Height	153 cm



SM-0402

BENCHES

Olympic Incline Bench

Upper-chest pressing with a spotter platform.

A fixed incline with an adjustable seat and rear spotter step.

TARGET MUSCLES

Upper chest · Front delts · Triceps

SPECIFICATIONS

Length	183 cm
Width	214 cm
Height	153 cm



SM-0403

BENCHES

Olympic Decline Bench

Lower-chest focus with secure leg rollers.

Decline angle and locking rollers for confident heavy pressing.

TARGET MUSCLES

Lower chest · Triceps · Front delts

SPECIFICATIONS

Length	183 cm
Width	214 cm
Height	153 cm



SM-0404

BENCHES

Incline Decline Flat Bench

Three press angles, one frame.

An adjustable bench married to bar uprights for flat, incline and decline work.

TARGET MUSCLES

Chest · Shoulders · Triceps

SPECIFICATIONS

Length	153 cm
Width	214 cm
Height	153 cm



SM-0405

BENCHES

Seated Preacher Curl Bench

Strict curls, no cheating.

An angled arm pad locks the upper arm in place so the biceps do all of the work.

TARGET MUSCLES

Biceps · Brachialis · Brachioradialis

SPECIFICATIONS

Length	122 cm
Width	122 cm
Height	92 cm



SM-0406

BENCHES

Super Bench

Adjustable from decline to upright.

A multi-position ladder back and adjustable seat make this the most-used bench on any floor.

TARGET MUSCLES

Chest · Shoulders · Triceps

SPECIFICATIONS

Length	122 cm
Width	61 cm
Height	61 cm



SM-0407

BENCHES

Folding / Compact Bench

Full adjustability that stores flat.

All the angles of a super bench, folding upright when the floor is needed for something else.

TARGET MUSCLES

Chest · Shoulders · Arms · Core

SPECIFICATIONS

Length	122 cm
Width	61 cm
Height	61 cm



SM-0408

BENCHES

Utility Bench

Upright support for seated pressing.

A fixed 90° back for shoulder presses, curls and rows, with a foot brace for stability.

TARGET MUSCLES

Shoulders · Triceps · Back · Legs

SPECIFICATIONS

Length	92 cm
Width	61 cm
Height	92 cm



SM-0409

BENCHES

Abdominal Board

Adjustable decline for sit-ups and leg raises.

Multi-height decline with a padded leg hold and handle.

TARGET MUSCLES

- Rectus abdominis
- Obliques
- Transverse abdominis

SPECIFICATIONS

Length	183 cm
Width	61 cm
Height	92 cm

05



COLLECTION 05

Core & Mobility

Stations for abs, obliques, flexibility and recovery.

- Abdominal Crunch Machine
- Vertical Knee Up / Dip
- Back Extension
- Twister
- Stretching Machine



SM-0501

CORE & MOBILITY

Abdominal Crunch Machine

Guided crunch with ergonomic handles.

A supported seat and overhead handles isolate the abdominals without straining the neck.

TARGET MUSCLES

Rectus abdominis · Obliques · Hip flexors

SPECIFICATIONS

Length	92 cm
Width	122 cm
Height	153 cm



SM-0502

CORE & MOBILITY

Vertical Knee Up / Dip

Captain's chair and dip station in one.

Padded forearm rests for hanging knee raises, plus angled handles for dips.

TARGET MUSCLES

Lower abs · Hip flexors · Triceps · Chest

SPECIFICATIONS

Length	183 cm
Width	92 cm
Height	153 cm



SM-0503

CORE & MOBILITY

Back Extension

45° hyperextension for the posterior chain.

Adjustable hip pad and footplate fit every height.

TARGET MUSCLES

Erector spinae · Glutes · Hamstrings

SPECIFICATIONS

Length	122 cm
Width	122 cm
Height	92 cm



SM-0504

CORE & MOBILITY

Twister

Rotational core training on a turning disc.

Stand on the rotating platform and hold the handles to train the obliques through controlled rotation.

TARGET MUSCLES

Obliques | Abdominals | Hips

SPECIFICATIONS

Length	61 cm
Width	61 cm
Height	122 cm



SM-0505

CORE & MOBILITY

Stretching Machine

Guided, supported full-body stretching.

A padded seat, knee pad and grips guide stretches for the back, hips, hamstrings and calves. Great for warm-up and recovery zones.

TARGET MUSCLES

Hamstrings · Hips · Back · Calves

06

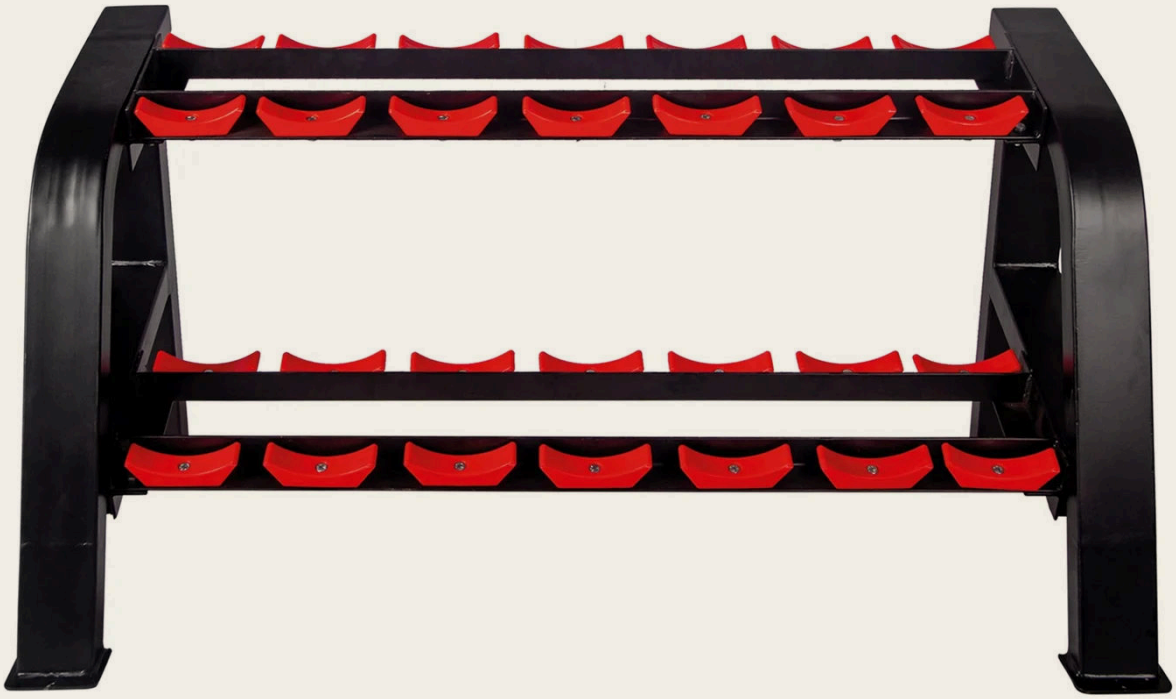


COLLECTION 06

Storage

Racks and stands that keep a floor organised, safe and looking sharp.

Dumbbell Rack | Barbell Rack | Weight Plate Rack | Rod Stand | Accessory Rack | Dumbbell / Plate / Rod Stand



SM-0601

STORAGE

Dumbbell Rack

Two tiers, ten pairs, zero clutter.

Cradled saddles keep dumbbells in order and off the floor.

SPECIFICATIONS

Length	228 cm
Width	122 cm
Height	138 cm



SM-0602

STORAGE

Barbell Rack

Vertical storage for fixed barbells.

A-frame rack holding ten fixed straight and curl bars, with a top shelf for accessories.

SPECIFICATIONS

Length	122 cm
Width	153 cm
Height	153 cm



SM-0603

STORAGE

Weight Plate Rack

A plate tree that holds hundreds of kilos.

Six chrome horns on a wide, stable base.

SPECIFICATIONS

Length	61 cm
Width	61 cm
Height	122 cm



SM-0604

STORAGE

Rod Stand

Upright storage for Olympic bars.

Seven tubes on a weighted base keep bars upright and protected.

SPECIFICATIONS

Length	61 cm
Width	61 cm
Height	214 cm



SM-0605

STORAGE

Accessory Rack

Every handle and attachment in one place.

A vertical, multi-arm tree for cable handles, bars, straps and bands.

SPECIFICATIONS

Length	122 cm
Width	122 cm
Height	214 cm



SM-0606

STORAGE

Dumbbell / Plate / Rod Stand

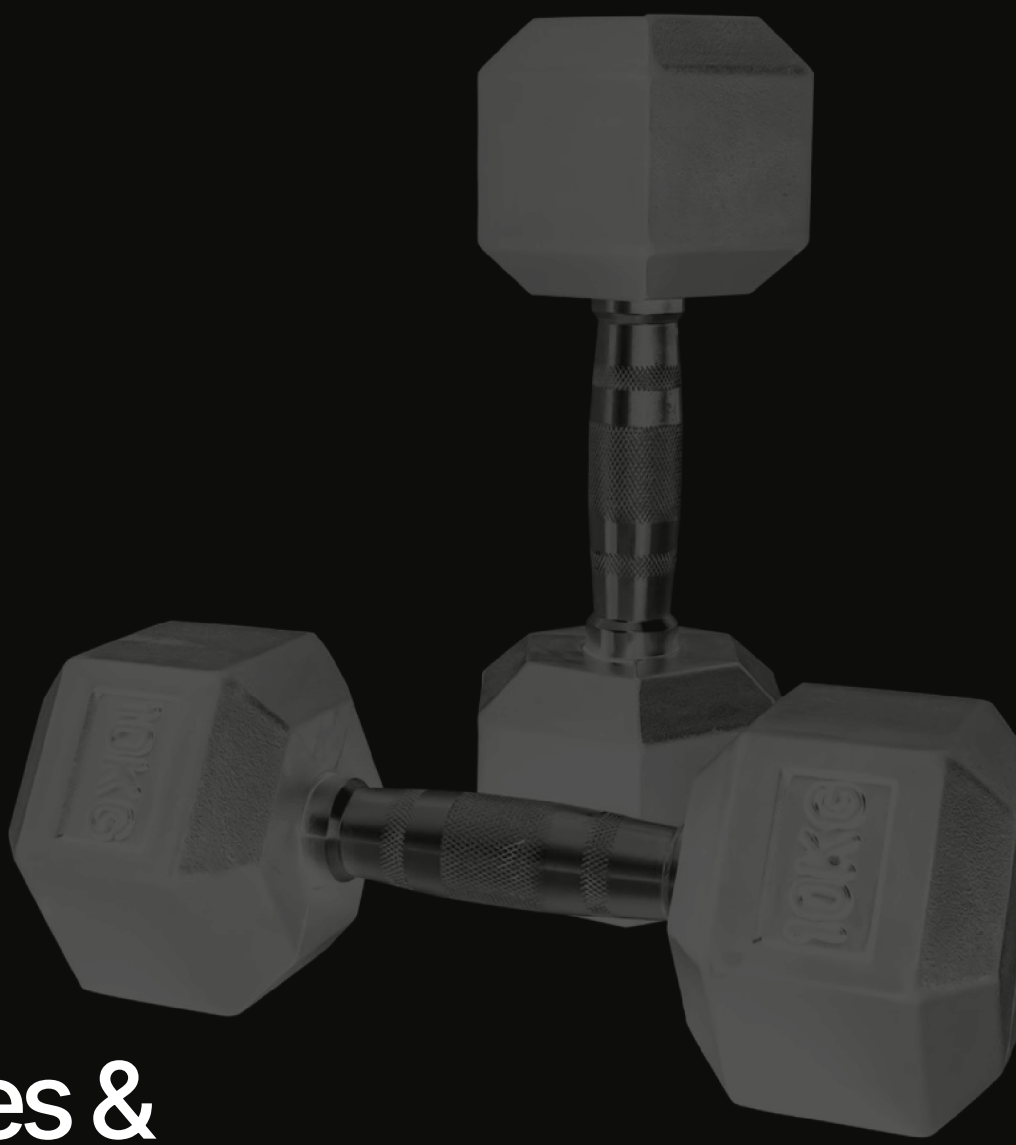
Three kinds of storage, one footprint.

Consolidates dumbbells, plates and bars, ideal for home gyms and compact studios.

SPECIFICATIONS

Length	122 cm
Width	214 cm
Height	153 cm

07



COLLECTION 07

Bars, Plates & Dumbbells

The essentials, finished to the same standard as the machines.

Power Lifting Rod · Olympic Rods · Multi-Grip Box Bar · EZ Curl Rod · Bumper Plates · Rubber Grip Plates · Round Dumbbells · Hex Dumbbells



SM-0701

BARS, PLATES & DUMBBELLS

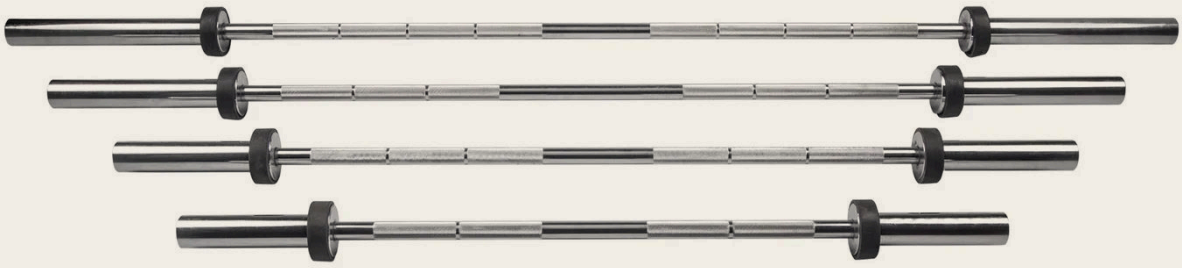
Power Lifting Rod

20 kg competition-spec barbell.

Needle-bearing sleeves, a stiff 28 mm shaft and a confident knurl for heavy squats, benches and deadlifts.

SPECIFICATIONS

Weight	20 kg
Bearings	4 HK needle
Diameter	28 mm
Tensile strength	190K PSI
Whip	Moderate
Knurl	1.2 mm standard



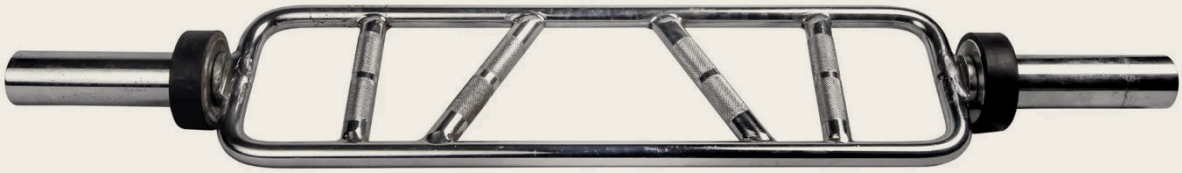
SM-0702

BARS, PLATES & DUMBBELLS

Olympic Rods

Straight bars in multiple lengths.

Chrome-finished bars with revolving sleeves, from full-length Olympic to short-length.



SM-0703

BARS, PLATES & DUMBBELLS

Multi-Grip Box Bar

Neutral and angled grips for shoulder-friendly pressing.

A framed bar with multiple handle positions for presses, rows and curls.



SM-0704

BARS, PLATES & DUMBBELLS

EZ Curl Rod

Wrist-friendly curls and extensions.

A cambered chrome bar that puts the wrists in a natural position.



SM-0705

BARS, PLATES & DUMBBELLS

Bumper Plates

Drop-safe, colour-coded rubber plates.

Dense rubber with a steel insert, built to be dropped from overhead.



SM-0706

BARS, PLATES & DUMBBELLS

Rubber Grip Plates

Tri-grip plates that are easy to carry and load.

Rubber-coated with a chrome centre and three hand-holds.



SM-0707

BARS, PLATES & DUMBBELLS

Round Dumbbells

Rubber-head dumbbells with chrome handles.

Fixed-weight round heads with clearly printed weights.



SM-0708

BARS, PLATES & DUMBBELLS

Hex Dumbbells

Hexagonal heads that never roll away.

Rubber-encased heads with knurled chrome handles.



STRONG METAL
GYM EQUIPMENT

Let's build your *gym.*

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Dimensions are approximate (L × W × H) and may vary slightly by production batch. Specifications subject to change.