

IQ FITNESS



MONA LISA HEALTH CARE

Manufacturers & Suppliers of :
Body Slimming, Conditioning, Multi-Gym &
Open Garden Gym Equipments

A woman with dark hair tied back is shown in profile, working out on a chest press machine in a gym. She is wearing a dark tank top and is focused on her exercise. The machine has a control panel with a digital display and some text, including "CHEST PRESS" and a large "M" logo. The background is slightly blurred, showing other gym equipment.

About the company

“Mona Lisa Health Care” a manufacturing unit of fitness equipments is beginners in this field came into existence just after ASIAD 82 Games held in N. Delhi where the Gym equipments were imported for the first time in India by a importer who was basically from Yamuna Nagar who inspired us into this field.

“Mona Lisa” make 16 Station Gym was approved by SAI for the Year 1995-1997. Since then we have made large supplies to Defence, Para Military, Police, Central Govt., State Govt., Corporate Sectors, Hotels, Colleges, Schools and Private Health Club of repute all over India.

ML-101 Prone Leg Curl

SPECIFICATIONS

150cm (L) x 100cm (W) x 137cm (H)
Weight Stack : 80 Kg.



ML-102 Leg Extension

SPECIFICATIONS

130cm (L) x 100cm (W) x 137cm (H)
Weight Stack : 80 Kg.



ML-103 Shoulder Press

SPECIFICATIONS

185cm (L) x 125cm (W) x 137cm (H)
Weight Stack : 100 Kg.



ML-104 Pec Fly / Rear Delt

SPECIFICATIONS

125cm (L) x 100cm (W) x 210cm (H)
Weight Stack : 100 Kg.



ML-105 Chest Press

SPECIFICATIONS

130cm (L) x 130cm (W) x 137cm (H)
Weight Stack : 100 Kg.



ML-106 Dip/Chin Assist

SPECIFICATIONS

155cm (L) x 137cm (W) x 236cm (H)
Weight Stack : 80 Kg.



ML-107 Seated Leg Press

SPECIFICATIONS

202cm (L) x 106cm (W) x 161cm (H)
Weight Stack : 120 Kg.



ML-108 Abdominal Isolater

SPECIFICATIONS

120cm (L) x 100cm (W) x 137cm (H)
Weight Stack : 80 Kg.



ML-109 Seated Leg Curl

SPECIFICATIONS

170cm (L) x 95cm (W) x 137cm (H)
Weight Stack : 100 Kg.



ML-110 Arm Curl

SPECIFICATIONS

114cm (L) x 94cm (W) x 137cm (H)
Weight Stack : 80 Kg.



ML-111 Long Pull

SPECIFICATIONS

280cm (L) x 110cm (W) x 237cm (H)
Weight Stack : 80 Kg.



ML-112 Lat Pulldown

SPECIFICATIONS

185cm (L) x 110cm (W) x 234cm (H)
Weight Stack : 100 Kg.



ML-113 Bicep / Tricep

SPECIFICATIONS

L x W x H : 110 x 114 x 163 CM

Weight Stack : 80 Kg.



ML-114 Lat Pull/Seated Row

SPECIFICATIONS

L x W x H : 70 x 97 x 223 CM

Weight Stack : 90 Kg.



ML-115 Leg Curl/Extension

SPECIFICATIONS

L x W x H : 22 x 120 x 163 CM

Weight Stack : 90 Kg.



ML-116 Abductor/Adductor

SPECIFICATIONS

L x W x H : 157 x 88 x 163 CM

Weight Stack : 90 Kg.



ML-117 Multi Press

SPECIFICATIONS

L x W x H : 157 x 88 x 163 CM

Weight Stack : 90 Kg.



ML-118 Abdominal Crunch

SPECIFICATIONS

L x W x H : 108 x 104 x 163 CM)

Weight Stack : 90 Kg.



ML-119 Adjustable Cable Crossover

SPECIFICATIONS

335cm (L) x 110cm (W) x 235cm (H)
Weight Stack : 100 Kg. x 2



ML-120 Flat Bench

SPECIFICATIONS

140cm (L) x 68cm (W) x 42cm (H)



ML-121 Multi Ab Bench

SPECIFICATIONS

165cm (L) x 68cm (W) x 100cm (H)



ML-122 Adjustable Bench

SPECIFICATIONS

138cm (L) x 68cm (W) x 69cm (H)



ML-123 Olympic Decline Bench

SPECIFICATIONS

210cm (L) x 170cm (W) x 125cm (H)



ML-124 Olympic Incline Bench

SPECIFICATIONS

196cm (L) x 170cm (W) x 140cm (H)



ML-125 Olympic Flat Bench

SPECIFICATIONS

174cm (L) x 170cm (W) x 125cm (H)



ML-126 Seated Preacher Curl

SPECIFICATIONS

132cm (L) x 84cm (W) x 97cm (H)



ML-127 Hyper Extension Bench

SPECIFICATIONS

122cm (L) x 89cm (W) x 68cm (H)



ML-128 Vertical Knees Raise/Dip Stand

SPECIFICATIONS

127cm (L) x 70cm (W) x 96cm (H)



ML-129 Dumbbell Rack

SPECIFICATIONS

72cm (L) x 25cm (W) x 80cm (H)



ML-130 Squat Rack

SPECIFICATIONS

173cm (L) x 170cm (W) x 180cm (H)



ML-131 Plate Loaded Leg Press

SPECIFICATIONS

222cm (L) x 165cm (W) x 135cm (H)



ML-132 Plate Loaded Hack Squat

SPECIFICATIONS

225cm (L) x 125cm (W) x 125cm (H)



ML-133 Seated Calf

SPECIFICATIONS

150cm (L) x 70cm (W) x 100cm (H)



ML-134 Smith Machine

SPECIFICATIONS

Counter balanced
Heavy duty 2.5mm thick steel square tube
of size 50mm x 100mm.
Black powder coated finish.



ML-135 Hack Squat / Leg Press

SPECIFICATIONS

L x W x H : 208 x 92 x 149 CM
Heavy duty 2.5mm thick steel square
tube of size 50mm x 100mm.



ML-136 Adjustable Cable Crossover

SPECIFICATIONS

335cm (L) x 110cm (W) x 235cm (H)
Weight Stack : 100 Kg. x 2





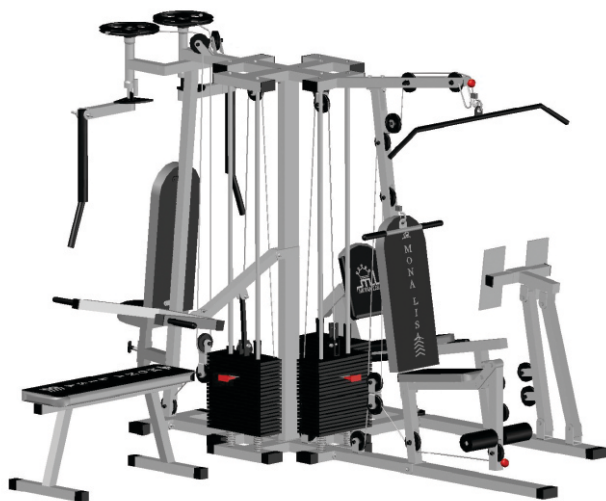
ISO 9001 : 2015
CERTIFIED COMPANY

MULTI GYM SERIES

IQ FITNESS

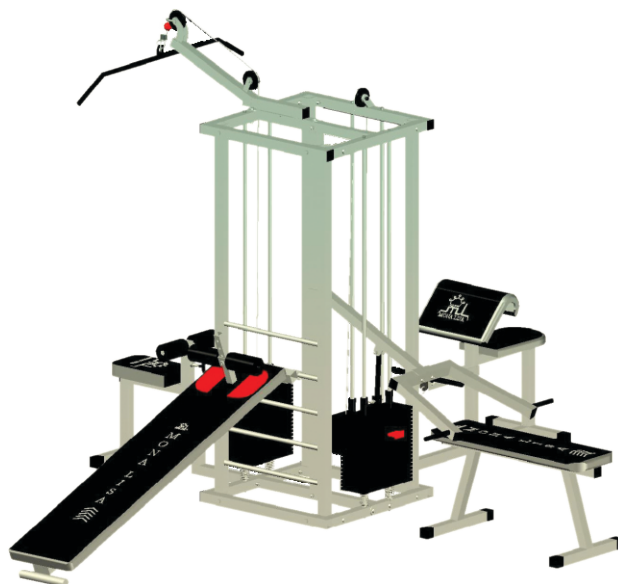
MG-101 4-Station (4-Stack)

Total Stacks Weight : 280 Kgs.
(Recommended Room Size 12' x 12' x 8')



MG-102 4-Station STD

Total Stacks Weight : 250 Kgs.
(Recommended Room Size 10' x 10' x 8')



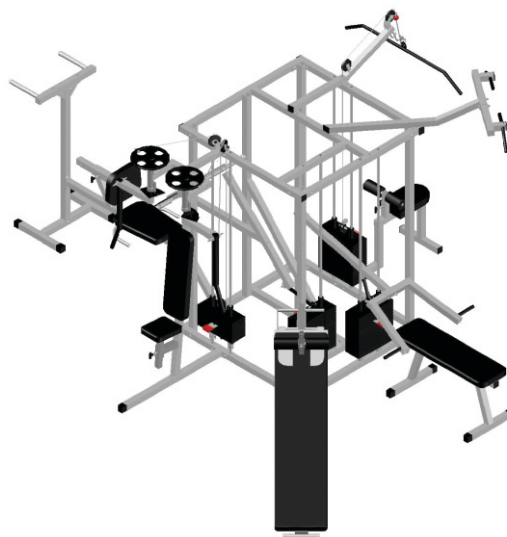
MG-103 6-Station

Total Stacks Weight : 330Kgs.
(Recommended Room Size 12' x 14' x 8')



MG-104 7-Station

Total Stacks Weight : 370 Kgs.
(Recommended Room Size 12' x 14' x 8')





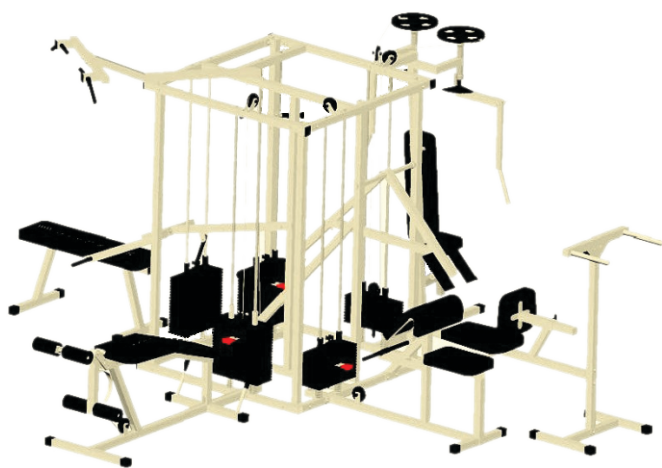
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MULTI GYM SERIES

IQ FITNESS

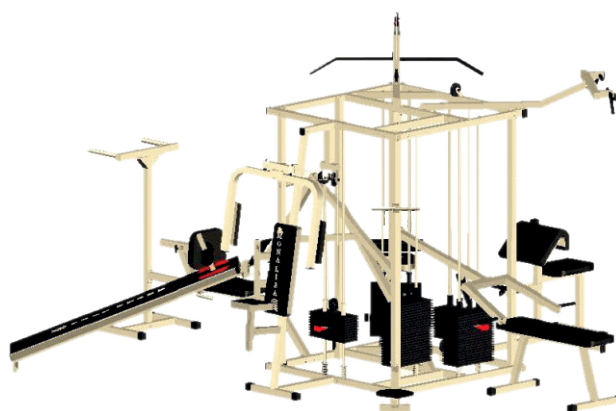
MG-105 8-Station

Total Stacks Weight : 390 Kgs.
(Recommended Room Size 12' x 14' x 8')



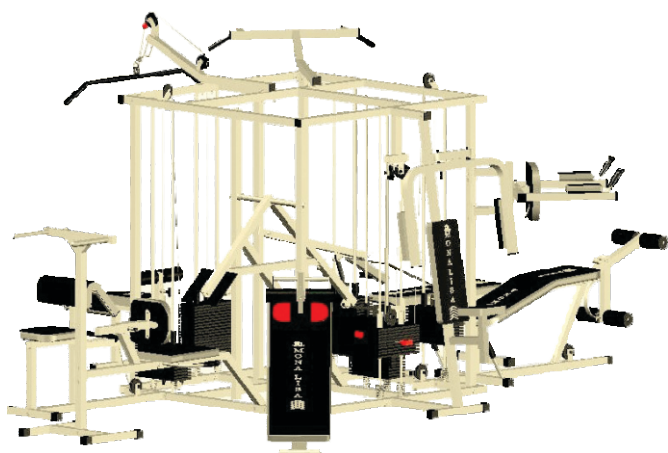
MG-106 9-Station

Total Stacks Weight : 430 Kgs.
(Recommended Room Size 12' x 14' x 8')



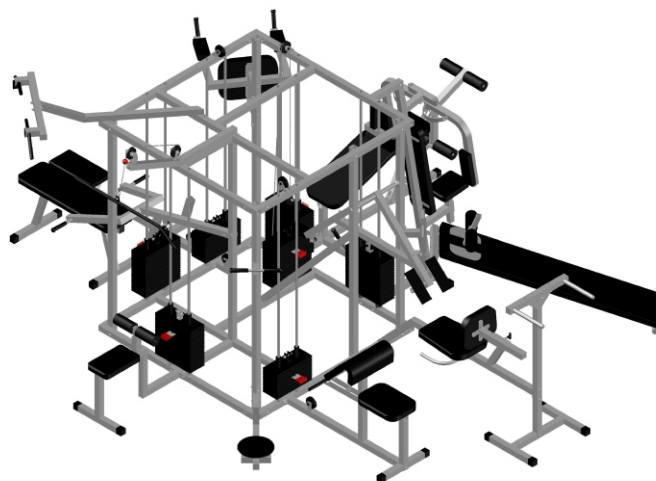
MG-107 10-Station

Total Stacks Weight : 460 Kgs.
(Recommended Room Size 18' x 14' x 8')



MG-108 12-Station

Total Stacks Weight : 540 Kgs.
(Recommended Room Size 18' x 14' x 8')





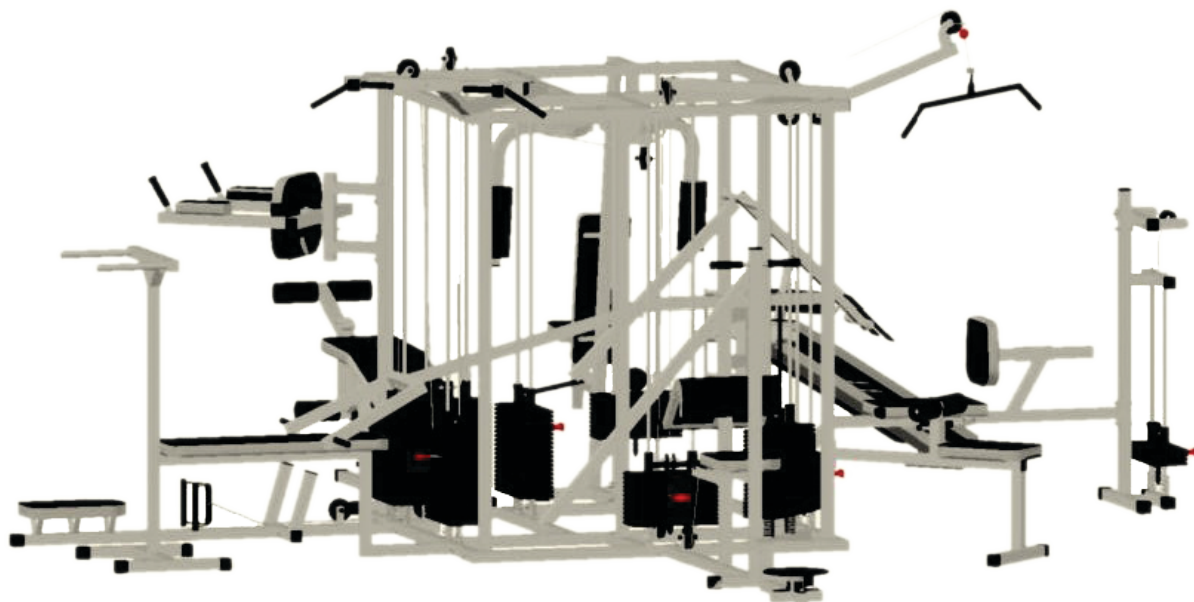
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MULTI GYM SERIES

IQ FITNESS

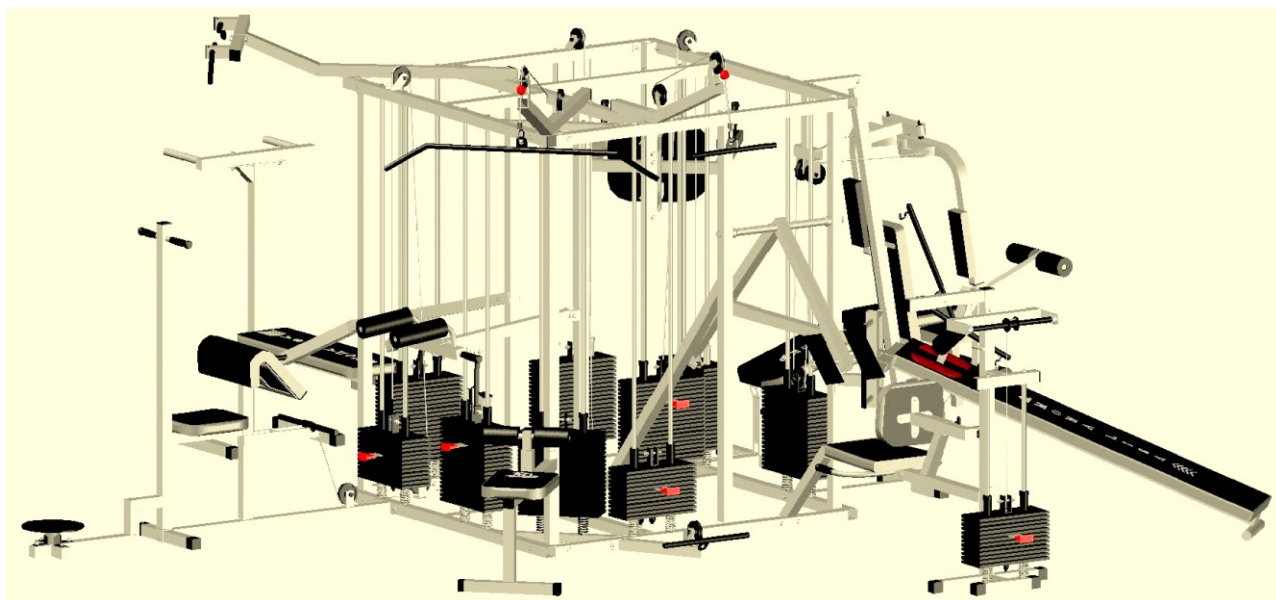
MG-109 14-Station

Total Stacks Weight : 570 Kgs.
(Recommended Room Size 16' x 20' x 8')



MG-110 16-Station

Total Stacks Weight : 740 Kgs.
(Recommended Room Size 16' x 20' x 8')





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MULTI GYM SERIES

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MG-111 4 Station Eco Design

Total Stacks Weight : 280 Kgs.
(Recommended Room Size 12' x 12' x 8')





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STANDARD SERIES

IQ FITNESS

SS-113 Chest Press



SS-114 Calf



SS-115 Lat Pull



SS-116 Leg Press



SS-117 Low Row



SS-118 Incline Level Row





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STANDARD SERIES

IQ FITNESS

SS-119 Shoulder Press



SS-120 Glute Isolator



SS-121 Dipping



SS-122 Leg Extension



SS-123 Vertical Trainer



SS-124 Arm Curl





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STANDARD SERIES

IQ FITNESS

CL-7300/7200 Comm. Spinning Bike



CL-02/9100 Comm. Magnetic Elliptical



CL-010 Comm. Upright Magnetic Bike



CL-7600 Water Rower



CL-007 Comm. Recumbent Bike



CL-7900 Curve Treadmill





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OPEN GYM

IQ FITNESS

MOG-101 Chest/Pull



MOG-102 Elliptical Trainer



MOG-103 Ski Walker



MOG-104 Chest Press (Double)



MOG-105 Leg Press



MOG-106 Twister Three



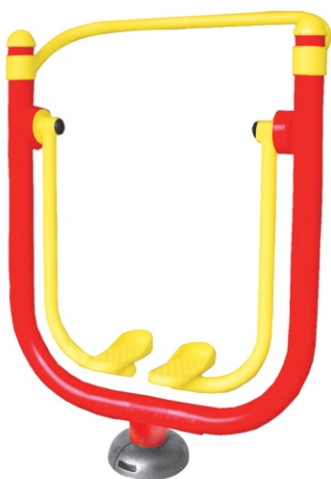


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OPEN GYM

IQ FITNESS

MOG-107 Air Walker



MOG-108 Rower



MOG-109 Shoulder Wheel



MOG-110 Surfboard Double



MOG-111 Arm Spinner



MOG-112 Pulldown Double





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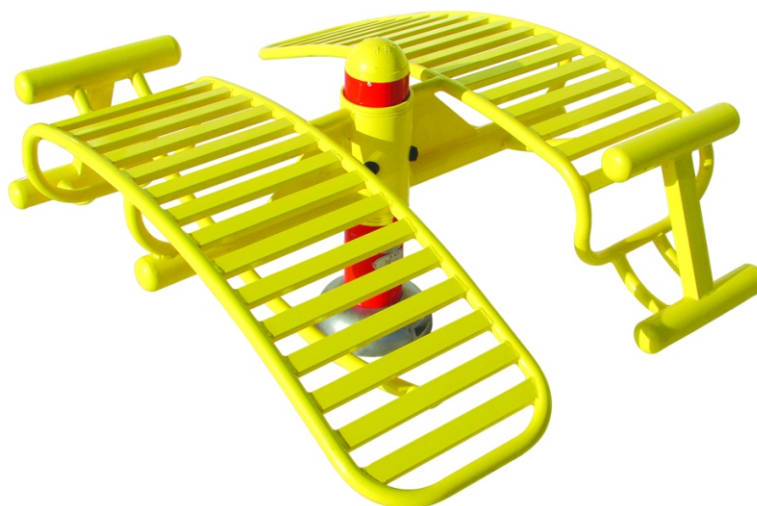
OPEN GYM

IQ FITNESS

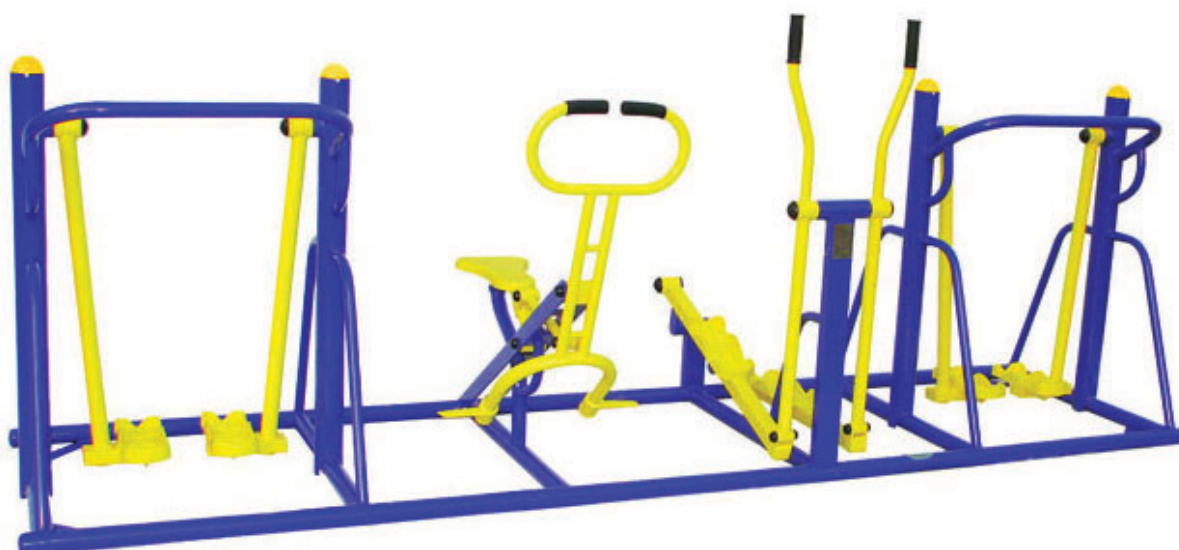
MOG-113 Horse Rider



MOG-114 Sit-up Board Double



MOG-115 Combined Trainer



OUR INFRASTRUCTURE

Backed by sophisticated technology and with 36 years of experience in the Fitness equipment industry, our company has been able to provide our clients with quality gym equipment. Our expert professionals and skilled workers have been able to live up to the stringent standards set up by the various International Institute of Sports. Our Company's operation personnels are professionally trained and qualified. This virtual infrastructure, including state-of-the-art technology, are appropriate for the production of superior quality sports products.

ABOUT US

Mona Lisa Health Care. based at Yamuna Nagar (Haryana) just 190 kms from Delhi has been doing its business since 1982 under the brand name Mona Lisa. The company is pioneer in manufacturing Fitness, Sports Specific Training and Gym products for all Sports Disciplines.

Mona Lisa has a wide range of INNOVATIVE products to suit diverse market sectors with extensive customization techniques and constant technology up gradations. Complete manufacturing infrastructure is available under one roof i.e. Metal Castings, Fabrication, Galvanization & Powder coating, Plastic and PVC Moldings, Precision Machining, Screen printing. Work to handle/meet buyer's specific requirements. A highly skilled and experienced manufacturing work force together with 15,000 sq. ft. of covered production area gives us the capacity for the necessary expansion of our business and execute very large orders in the shortest possible turnaround time.

By giving meticulous attention to details in every aspect of our business and through continuous improvement, we have been benchmarked as one of the best among the sports industry. We stand behind our products quality with 100% guarantee against all manufacturing faults within 6 months. Our efforts have been recognized by the State and the Central Govt.

PRODUCTS

The gym fitness equipment and other fitness equipment fulfill the requirements of every individual, be it muscle building, height increase, tummy trimming or overall fitness for men & women of any age group, the unique potentiality of the product speaks for itself. The "Mona Lisa" products are well-known in India for their quality, performance, & value of money. The resultant of the continuous efforts, superiority of the products and promotion have yielded into the network of around thousand dealer's across the country, apart from millions of satisfied customers India over.





MONA LISA HEALTH CARE

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