



IRON BLAST

ABOUT US:

FOUNDED IN THE YEAR 2010 BY MR ANAND KUMAR & MR MOHAN KUMAR FITNESS EXPERT

PIONEERS IN CORPORATE FITNESS TRAINING

LEADERS IN PERSONAL FITNESS TRAINING IN DELHI, NCR AND HYDERABAD

RICH EXPERIENCE OF MORE THAN 26 YRS SETUP BY US

OVER 80 FITNESS PROFESSIONALS & EXPERTS CURRENTLY WORKING WITH US

OVER 10 GYMS & HEALTH CLUBS BEING CURRENTLY MANAGED

THOUSANDS OF PERSONS BEING TRAINED BY US

IN-DEPTH EXPERIENCE OF MANAGING CORPORATE & CLUB GYMS

100% COMMITMENT TO CUSTOMER SERVICE

MANAGEMENT OVERVIEW

PROFILE OF Dr. S.AHMAD

CERTIFIED FITNESS CONSULTANT AND PHYSICAL THERAPIST,

HEALTH AND FITNESS COLUMNIST TO MANY LEADING LIKE:
GE, GENPACT, DELL, BANK OF AMERICA AND MANY CORPORATE OFFICES

FITNESS CONSULTANT TO MEMBERS OF SEVERAL INDUSTRIALIST

AWARDED by GE HealthAhead in 2011.

ONE DECADES OF FITNESS TRAINING EXPERIENCE

EXPERIENCE OF SETTING UP MORE THAN 80 GYMS/HEALTH CLUBS.

HONORARY PHYSICAL TRAINING CONSULTANT FOR NGO



PROFILE OF MR. MOHAN KUMAR (GROUP EXERCISE CONSULTANT)

MOHAN KUMAR IS A REEBOK UNIVERSITY MASTER TRAINER & A CERTIFIED TRAINER FROM VLCC & HE HAS CERTIFIED OVER 100+ INSTRUCTORS TILL DATE.

PART OF THE FITNESS INDUSTRY FOR OVER 15 YEARS AND IS ONE OF INDIA'S LEADING FITNESS EXPERTS.

PRESENTER, ALONG WITH LEADING INTERNATIONAL MASTER TRAINERS AT FITNESS CONVENTIONS HE HAS HELD INNUMERABLE SEMINARS ON FITNESS FOR LEADING CORPORATE COMPANIES AND HAS CONDUCTED SEVERAL WORKSHOPS THROUGHOUT INDIA TO UPDATE AND EDUCATE FITNESS TRAINERS ON THE VARIOUS ASPECTS & MODALITIES OF FITNESS.

HIS ARTICLES ON FITNESS HAVE APPEARED IN SEVERAL LEADING NEWS CHANNEL, NEWSPAPERS AND PUBLICATIONS OF INDIA AND HE IS THE FITNESS ADVISOR TO THE HEALTH AND NUTRITION MAGAZINE.

MOHAN IS VERY PASSIONATE ABOUT HIS WORK AND IS DEDICATED TOWARDS BUILDING AWARENESS TO IMPROVE HEALTH THROUGH EXERCISE. HE IS REGULARLY CONSULTED BY AND IS PART OF THE PANEL OF NGO & IS ALSO A VALUABLE CONTRIBUTOR TOWARDS THE PREVENTION OF OSTEOPOROSIS ORGANIZATION.

AS A RESULT OF HIS CONTRIBUTION TO THE FIELD OF FITNESS, HE WAS AWARDED MANY ORGANISATIONS.

MOHAN IS MANAGING PARTNER OF IRON BLAST



(DESIGNER CONSULTANT) PROFILE

(ARCHITECT & INTERIOR DESIGNER)

A DESIGN STUDIO FOR ARCHITECTURAL & INTERIOR DESIGN PROJECTS

WE PROVIDE:

SURVEY AND ANALYSIS OF PREMISES & SITE CONDITIONS.

STUDY & ANALYSIS OF REQUIREMENTS.

DESIGN DEVELOPMENT DRAWINGS.

COST ESTIMATION (ABSTRACT)

PRESENTATION DRAWINGS.

LAYOUT DRAWINGS.

SUPERVISION & COORDINATION OF WORK OF VARIOUS AGENCIES.

IN DEPTH EXPERIENCE IN THE DESIGN AND EXECUTION OF COMMERCIAL PROJECTS SUCH AS OFFICES, GYMS, FITNESS CENTRES, SHOPS, BOUTIQUES, LABS, PETROL PUMPS AND RESIDENTIAL DESIGN PROJECTS SUCH AS APARTMENTS & BUNGALOWS.



IRON BLAST SALES LIST.

We are providing domestic and imported commercial equipments that can meet the varied requirements of all kinds of fitness enthusiasts – from beginners to experts.

A. GYM EQUIPMENTS LISTS

STEAM , SAUNA, SPA

COMMERCIAL MOTORIZED TREADMILLS

LIGHT COMMERCIAL MOTORIZED TREADMILLS

ELLIPTICAL CROSS TRAINERS COMMERCIAL

ELLIPTICAL CROSS TRAINERS LIGHT COMMERCIAL

RECUMBENT BIKES COMMERCIAL

RECUMBENT BIKES LIGHT COMMERCIAL

UPRIGHT BIKES COMMERCIAL

UPRIGHT BIKES SEMI COMMERCIAL

SPIN BIKES COMMERCIAL

SPIN BIKES LIGHT COMMERCIAL

FITNESS MACHINE- CARZYFIT

POWER PLATE: DUMBELLS, WT PLATES

BENCHS

MULTIGYM

SINGLE STATION

YOGA MATS

GYM ASSESORIES

B. Games and Sports Items

T.T. Table, Pools Table

Sports kit,

Foos Ball Table,

Music, X-Box and etc.

Deals in All types of Indoor & outdoor sports items

C. SPORTS TSHIRTS,SPORTS SHOES and ASSESORIES.

D. Surgical & CLINICAL Items



GYM SET-UP SERVICES AVAILABLE

AIMS:

- 1) MAXIMIZE THE FACILITIES
- 2) CREATE A SCIENTIFIC LAYOUT
- 3) MINIMIZE THE CLUTTER – MAXIMIZE THE SPACE
- 4) ACHIEVE INTERNATIONAL TECHNICAL SPECIFICATIONS
- 5) CONTROL RUNNING COSTS THROUGH INTELLIGENT DESIGN
- 6) CREATE AN INSPIRING LOOK WHICH COMBINES EFFICIENCY WITH LUXURY
- 7) ACHIEVE WORLD CLASS STANDARDS

PLANNING SERVICES:

- . NUTRITION DEPT,
- . MEDICAL CENTRE
- . EVENTS MANAGEMENT SERVICES

1) PLANNING OF DIFFERENT FACILITIES AS REQUIRED:

- CARDIO TRAINING AREA,
- STRENGTH TRAINING AREA, (Free weights, Selectorized Cable Machines)
- CORE TRAINING, FUNCTIONAL & SPORTS SPECIFIC TRAINING,
- BODY & FITNESS ASSESSMENT, TRAINING RECORDS FACILITY,
- PERSONAL TRAINING
- GROUP EXERCISE DEPT (Yoga, Aerobics, Salsa, Zumba, Bollywood Aerobics, Pilates, Step Aerobics, Power Yoga, Boot Camp, Kickboxing etc).
- THERAPIES: Massage (Swedish, Thai, Deep Tissue, Ayurvedic)
Water therapies (Spa/Jacuzzi, Water Massage, Vichy Shower),
Steam, Sauna, Physiotherapy, Osteopathy, Chiropractry, Oxygen Therapy.
- HEALTH CLUB CHANGING & LOCKER ROOMS (LADIES & GENTS)
- HEALTH FOOD & JUICE BAR,

-HEALTH & FITNESS MINI LIBRARY & RESOURCE CENTRE.

-GYM RECEPTION & SECURITY.

- 2) Selection of the Facilities to be provided consultation with the Clients
- 3) Creating appropriate Functional Division Basic Layout of the facilities in the gym & health club along with the Client's architects.
- 4) Creating expertly drafted Layout Options along with Client's architects for the Clients to select & finalize.
- 5) Upon Finalization of the Layout, Planning of Infrastructure requirements like Air conditioning, Lighting, Flooring, Electrical requirements, fresh air flow requirement, mirroring requirement, access / movement flow / exits planning & controlling, sound & entertainment systems requirement & planning along with the Client's architects Project Managers
- 6) Creating appropriate Profile / Lists / Quantum of equipment, furniture, furniture & accessories as needed.
- 7) Inputs for the Theme for the gym along with the Client's Architects.



HEALTH SYSTEMS & INFRASTRUCTURE

Iron blast provides solutions for complete Medical centre management. This will include all critical components like nursing, food & beverage, housekeeping, security, engineering & laundry to name a few..

We ensure that our personnel are all well trained and qualified to meet exacting standards of excellence for our clients.

Hospital Project Planning and Consultancy

Hospital Architecture.

Space Planning & Interior Design.

Signage & Graphic Design.

Hardware Design, Fabrication and Execution.

Medical Equipment Procurement & Installation.

Temporary / Permanent Hospital Units & Turnkey Project

Construction Project Hospitals.

Remodelling & renovating existing hospitals.

Up-gradation of clinic and Ambulance interiors.

Vehicle Design : Mobile Clinics, Field Vans, Ergonomic Ambulance



II) EXECUTION:

JOINTLY TO BE DONE WITH THE CLIENTS & THEIR ARCHITECTS

- 1) To source best, most advanced and durable Gym Equipment & Accessories with good warranties and after sales service and the other items required for the gymnasium at very competitive prices from best vendors based on our experience.
- 2) Provide options for suitable Flooring for the different areas & guidelines for finalization of the flooring required.
- 3) Advice for choice & positioning of Sound System & Entertainment Systems etc.
- 4) Inputs for Lighting Layout, Type & Fittings.
- 5) Guidance for Air-Conditioning, fresh airflow system & exhaust systems as required.
- 6) Finalization of electrical points requirement, boards & firefighting apparatus.
- 7) To source & assist choice of appropriate equipment for Body Assessment & Fitness Assessment.
- 8) Source Gym Management Software for the gym & workout / progress recording software as required.
- 9) Procurement of the Stationery & Forms required for the gym & health club.
- 10) Sourcing relevant and aesthetic Charts / Posters / Motifs for the gym / spa health club walls as required.
- 11) Sourcing unique Equipment & Facilities which are new and not available at other regular gyms.
- 12) Finalization of Staffing Requirements.
- 13) Guidelines for Operating Procedures, Gym & Health Club Rules.
- 14) Estimations, Projections & Budgeting For Operational Costs of the Gym / Health Club required



III) COMMISSIONING :

- 1) Checking the installation of the flooring in the gym & health club.
- 2) Checking installation of the mirroring & electrical points in the gym & health club.
- 3) Supervising installation, final positioning & inspection of the Equipment & Accessories for the gym & health club.
- 4) Installation & trial run of the gym management software.
- 5) Supervising the installation & working of body assessment equipment, sound system, group exercise studio accessories & props.
- 6) Checking the stationery made for the gym & placement at appropriate site.
- 7) Trial run of the gym & health club prior to the opening.

GYM MANAGEMENT SERVICES AVAILABLE

ENROLMENT PROCESS MANAGEMENT

Equipment Rental & Leasing services.

Manpower's services,

Operations Services.

PHYSICAL EVALUATION / ASSESSMENT OF USERS

PERSONALISED EXERCISE ROUTINE FOR EACH INDIVIDUAL

STEP BY STEP GUIDANCE OF THE EXERCISE PROGRAMME

PERIODIC MONITORING AND FEEDBACK

DESIGNING ADVANCED FITNESS REGIMES

SCIENTIFIC FITNESS TESTING AND ASSESSMENT

PERIODIC BODY FAT COMPOSITION ANALYSIS

EXERCISE MODIFICATIONS FOR SPECIAL GROUPS (EX. DIABETICS).

GROUP EXERCISE PROGRAMMES (AEROBICS, YOGA, KICK BOXING, POWER YOGA, CROSSFIT, ZUMBA, BOOTCAMP, STEP AEROBICS ETC.)

NUTRITION DEPT : DIET COUNSELING, WEIGHT LOSS / GAIN PROGRAMME ETC.

INJURY REHAB PROGRAMMES : DESIGN & EXECUTION

FUNCTIONAL TRAINING PROGRAMMES : DESIGN & EXECUTION

SPORTS SPECIFIC TRAINING PROGRAMMES : DESIGN & EXECUTION

STAFF TRAINING, WORKSHOPS & KNOWLEDGE UPGRADATION

MEMBERSHIP MANAGEMENT WITH MOTIVATIONAL PROGRAMS TO RETAIN MEMBERS

CONSUMABLES MANAGEMENT

LAUNDRY MANAGEMENT

LOCKER MANAGEMENT

HOUSEKEEPING MANAGEMENT

i) **SUPPLEMENTARY SERVICES AVAILABLE**

ARRANGING FITNESS AND HEALTH EVENTS WORKSHOPS

FITNESS & HEALTH CIRCULARS / NEWSLETTERS

STRESS MANAGEMENT TECHNIQUES AND WORKSHOPS

HEALTH AWARENESS BUILDING

FITNESS EDUCATION / SKILL BUILDING

SPECIAL PROGRAMMES FOR ATHLETES

TRAINING FOR SPECIAL NEEDS

MEDICAL CENTRE

EVENTS MANAGERMENTS

WHY “IRON BLAST”

- 1) SINCERE & COMMITTED TEAM
- 2) WELL ESTABLISHED TRACK RECORD
- 3) EXCELLENT SERVICES AT VERY COMPETITIVE RATES
- 4) QUALITY CONSCIOUSNESS
- 5) LARGE GROUP OF TALENTED FITNESS PROFESSIONALS
- 6) TEAM OF REPUTED ASSOCIATES
- 7) NO CONFLICT OF INTEREST WITH CLIENTS
- 8) GENUINE VALUE FOR EACH CUSTOMER
- 9) IMMEDIATE RESPONSE TO REQUIREMENTS
- 10) SPECIALISTS IN FUNCTIONAL TRAINING, PERSONAL TRAINING, TRAINING FOR EXECUTIVES & SENIOR CITIZENS.

Thanks & Regards,

Dr Ahmad

IRON BLAST

Gymnasium Services

Complete Health & Wellness Solution.

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www.ironblast.in