

# HOME GYM EQUIPMENT

— Your Home, *Your Gym*, Your Power —

Home Gym Equipment delivers a premium full-body workout experience at home with a sporty, sturdy, & multifunctional design.



#### FULL-BODY WORKOUT

Target every muscle for a stronger you



#### PREMIUM HOME FITNESS

High-quality Equipment for safe & effective training



#### SPORTY & DURABLE DESIGN

Built strong, built to last, made for daily performance

START YOUR HOME FITNESS JOURNEY →

[WWW.INDOTARA.CO.ID](http://WWW.INDOTARA.CO.ID)

# HOME USE TREADMILL

## DOMINATOR H515

Designed for daily home workouts, Treadmill Dominator uses a power-free manual system with a bearing-driven belt for smooth walking performance. Its ergonomic curved design helps reduce knee impact, supported by a durable rubber belt, aluminium alloy structure, and brake handle for safer speed control.

### SPECIFICATIONS

**Running Belt Type**  
Crawler Type Belt

**Frame Material**  
Aluminium Alloy  
Framework

**Drive Mode**  
Gravity Driven

**Speed Limit**  
0-14 km/h

**Running Area**  
450 × 1200 mm

**Max Load**  
110 kg

**Machine Size**  
1485 × 735 × 1150 mm

**Net Weight**  
34 kg



### OPTIONAL CONFIGURATION



USB



HOME GYM

- Easy Installation
- AUX & USB Input
- Foldable & Movable Design
- Space saving design
- Massager (Option)
- Powerful noiseless motor

### DETAIL DISPLAY



KNOB FOLDING



BOTTLE HOLDER



3 LEVELS MANUAL INCLINE



EASY-MOVE WHEELS

# HOME USE TREADMILL

## VELOCITY PRO INCLINE H89F

Designed for daily home workouts, Treadmill Velocity Pro Incline delivers a comfortable walking and running experience with incline support for more challenging training. Built for smooth performance, stable movement, and practical home fitness use.

### SPECIFICATIONS

**Running Belt Type**  
Crawler Type Belt

**Frame Material**  
Aluminum Alloy  
Framework

**Drive Mode**  
Gravity Driven

**Speed Limit**  
0-14 km/h

**Running Area**  
450 x 1200 mm

**Max Load**  
90 kg

**Machine Size**  
1575 x 695 x 255 mm

**Net Weight**  
42 kg

### OPTIONAL CONFIGURATION



AC MOTOR



LCD/TFT



MASSAGER



HOME GYM

- Easy Installation
- AUX & USB Input
- Foldable & Movable Design
- Powerful Silent Motor with Superior Shock Absorption
- Stylish & Safe Fully Wrapped Edge Design
- Multi-Function Options: Massager, Sit-Up Bar & Dumbbells

### DETAIL DISPLAY



HYDRAULIC FOLDING



TABLET HOLDER



3 LEVELS MANUAL INCLINE



EASY-MOVE WHEELS

# HOME USE TREADMILL

## POWERDRIVE ELITE H8550

Designed for daily home workouts, Treadmill Powerdrive Elite delivers comfortable walking and running performance with an integrated massager for extra relaxation after exercise. Built for stable, practical, and enjoyable home fitness use.

### SPECIFICATIONS

**Running Belt Type**  
Crawler Type Belt

**Frame Material**  
Aluminium Alloy  
Framework

**Drive Mode**  
Gravity Driven

**Speed Limit**  
0-14 km/h

**Running Area**  
450 x 1200 mm

**Max Load**  
110 kg

**Machine Size**  
1530 x 760 x 255 mm

**Net Weight**  
38 kg

### OPTIONAL CONFIGURATION



HOME GYM

- USB Input
- Easy Installation
- Lubrication-Free Running Belt
- Optional Multi-Function Massager

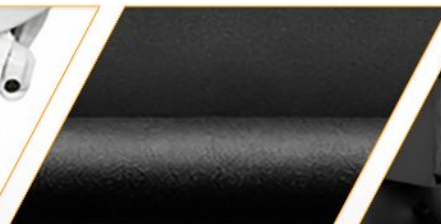
### DETAIL DISPLAY



INTEGRATED IPAD/PHONE HOLDER



2 LEVELS MANUAL INCLINE



LUBRICATION-FREE RUNNING BELT



EASY-MOVE WHEELS

# HOME USE TREADMILL

## AUTO INCLINE HDS01

Treadmill Auto Incline is designed for daily home cardio workouts, delivering a smooth, stable, and comfortable exercise experience. Ideal for walking, jogging, and running with practical performance for a healthier lifestyle.

### SPECIFICATIONS

**Running Belt Type**  
Crawler Type Belt

**Frame Material**  
Aluminium Alloy  
Framework

**Drive Mode**  
Gravity Driven

**Speed Limit**  
0-14 km/h

**Running Area**  
450 × 1200 mm

**Max Load**  
110 kg

**Machine Size**  
1485 × 735 × 1150 mm

**Net Weight**  
34 kg

### OPTIONAL CONFIGURATION



AC MOTOR



LCD/TFT



MASSAGER

USB



HOME GYM

- Easy Installation
- AUX & USB Input
- Foldable & Movable Design
- Powerful Silent Motor with Superior Shock Absorption
- Stylish & Safe Fully Wrapped Edge Design
- Multi-Function Options: Massager, Sit-Up Bar & Dumbbells

### DETAIL DISPLAY



AERO SHOCK REDUCING WHEELS

DUAL-TUBE LUBRICATION SYSTEM

HYDRAULIC FOLDING SYSTEM

EASY-MOVE WHEELS

# HOME USE TREADMILL

## WALKING PAD / HWP01

This treadmill is ideal for daily walking exercise at home, offering a comfortable, practical, and easy way to support your fitness routine.

### SPECIFICATIONS

**Model Number**  
3850 Walking Machine

**Motor Power**  
1.5 HP Motor

**Speed Range**  
0.8 – 6 Km/h

**Display Monitor**  
LED Digital Display

**Display Functions**  
Speed, Time, Distance, Calories

**Running Area**  
380 × 1000 mm

**Shock System**  
Rubber Cushion Shock Reduction

**Max User Weight**  
90 Kg

**Assembly Size**  
1190 × 540 × 1020 mm

**Net / Gross Weight**  
17 Kg / 21 Kg



- Slim body design easy to store anywhere
- Smooth motor operation with low noise
- Comfortable walking belt surface
- Rubber shock system reduces impact
- Transport wheels for easy movement

### DETAIL DISPLAY



WITH MOVING WHEELS

PHONE HOLDER

ADJUSTABLE LEVELING PADS

REMOTE CONTROL

HOME GYM

# HOME USE TREADMILL

## WALKING PAD / HWP02

This treadmill is ideal for daily walking exercise at home, offering a comfortable, practical, and easy way to support your fitness routine.

### SPECIFICATIONS

**Motor Power**  
1.5 HP Motor

**Speed Range**  
0.8 – 6 Km/h

**Display Monitor**  
LED Digital Display

**Display Functions**  
Speed, Time,  
Distance, Calories

**Running Area**  
380 × 1000 mm

**Shock System**  
Rubber Cushion  
Shock Reduction

**Max User Weight**  
90 Kg

**Assembly Size**  
1275 × 615 × 1060 mm

**Net / Gross Weight**  
17 Kg / 29 Kg



HOME GYM

- Slim body design easy to store anywhere
- Smooth motor operation with low noise
- Comfortable walking belt surface
- Rubber shock system reduces impact
- Transport wheels for easy movement
- Wrench easy folding system

### DETAIL DISPLAY



WITH MOVING WHEELS



PHONE HOLDER (REMOVEABLE)



ADJUSTABLE LEVELING PADS



WRENCH EASY FOLDING SYSTEM

# HOME USE TREADMILL

## WALKING PAD / HWP03

This treadmill is ideal for daily walking exercise at home, offering a comfortable, practical, and easy way to support your fitness routine.

### SPECIFICATIONS

**Motor Power**  
2.5 HP Motor

**Speed Range**  
1 – 10 Km/h

**Display Monitor**  
LED Digital Display

**Display Functions**  
Speed, Time,  
Distance, Calories

**Running Area**  
440 × 1050 mm

**Shock System**  
Rubber Cushion  
Shock Reduction

**Max User Weight**  
100 Kg

**Assembly Size**  
1295 × 690 × 1030 mm

**Net / Gross Weight**  
32 Kg / 37 Kg



- Slim body design easy to store anywhere
- Smooth motor operation with low noise
- Comfortable walking belt surface
- Rubber shock system reduces impact
- Transport wheels for easy movement
- Wrench easy folding system (tool free installation)

### DETAIL DISPLAY



WITH MOVING WHEELS

IPAD/PHONE HOLDER

ADJUSTABLE HEIGHT

WRENCH EASY FOLDING SYSTEM

HOME GYM

HOME USE

# EXERCISE BIKE

## SPINNING BIKE MANUAL MAGNETIC HSM01

**Daily Home Spin Bike**- Designed for daily home cycling workouts, equipped with a manual magnetic brake system for smooth, quiet, and stable fitness training.

### SPECIFICATIONS

**Brake System**  
Manual Magnetic Brake

**Resistance Level**  
9-Level Adjustment

**Drive System**  
Belt Drive

**Frame Material**  
Heavy-Duty Steel

**Flywheel Weight**  
4 Kg

**Max User Weight**  
120 Kg

**Assembly Size**  
1065 x 470 x 1110 mm

**Net / Gross Weight**  
23.5 Kg / 26.5 Kg

- Magnetic resistance system provides smooth & stable cycling
- Brake System Manual Magnetic Brake
- Stable frame structure reduces vibration during cycling
- Non-slip pedals provide better grip and safety
- Belt drive system delivers quieter and smoother operation
- Flywheel design helps maintain balanced



HOME GYM

### DETAIL DISPLAY



CONSOLE



ADJUSTABLE SEAT & HANDLEBAR



IPAD/PHONE HOLDER



FRONT TRANSPORT WHEELS

HOME USE

# EXERCISE BIKE

## EXERCISE BIKE WOOL FELT BRAKE HSW01

**Daily Home Spin Bike**- Designed for daily home cycling workouts, equipped with a manual magnetic brake system for smooth, quiet, and stable fitness training.

### SPECIFICATIONS

**Brake System**

Manual Magnetic Brake

**Resistance Level**

Infinite Variable Control

**Console Display**

LCD Monitor

**Console Functions**

Time, Speed, Distance, Calories, Odometer

**Flywheel Weight**

6 Kg

**Max User Weight**

120 Kg

**Assembly Size**

1060 × 530 × 1230 mm

**Net / Gross Weight**

27 Kg / 30 Kg



HOME GYM

- Infinite resistance adjustment for customized workout intensity
- Belt drive system delivers quieter and smoother operation
- Strong steel frame construction for long-term durability
- Wool felt resistance system provides stable cycling performance
- Stable frame structure reduces vibration during cycling

### DETAIL DISPLAY



CONSOLE

ADJUSTABLE SEAT & HANDLEBAR

SILENT BELT DRIVE

VARIABLE RESISTANCE

HOME USE

# EXERCISE BIKE

## EXERCISE BIKE WOOL FELT BRAKE HSW02

**Daily Home Spin Bike**- Designed for daily home cycling workouts, equipped with a manual magnetic brake system for smooth, quiet, and stable fitness training.

### SPECIFICATIONS

**Brake System**

Wool Felt Resistance

**Resistance Level**

Infinite Variable Control

**Console Display**

LCD Monitor

**Console Functions**

Time, Speed, Distance, Calories, Odometer

**Flywheel Weight**

6 Kg

**Max User Weight**

120 Kg

**Assembly Size**

1050 × 430 × 1030 mm

**Net / Gross Weight**

20 Kg / 30 Kg



HOME GYM

- Infinite resistance adjustment for customized workout intensity
- Belt drive system delivers quieter and smoother operation
- Strong steel frame construction for long-term durability
- Wool felt resistance system provides stable cycling performance
- Stable frame structure reduces vibration during cycling

### DETAIL DISPLAY



CONSOLE

ADJUSTABLE SEAT & HANDLEBAR

SILENT BELT DRIVE

VARIABLE RESISTANCE

# HOME USE EXERCISE BIKE

## CROSSTRAINER MANUAL MAGNETIC HC01

Designed for comfortable and practical daily cardio workouts, equipped with a smooth, stable, and easy-to-use magnetic resistance system for home fitness needs.

Experience smooth and stable daily cardio training with a manual magnetic resistance system, 8 adjustable intensity levels, and a 4 kg precision flywheel.

### SPECIFICATIONS

**Resistance System**

Manual Magnetic Resistance

**Resistance Level**

8 Adjustable Levels

**Flywheel Weight**

4 Kg

**Stride Length**

12 Inch

**Console Display**

LCD Monitor

**Console Functions**

Time, Speed, Distance, ODO, Calories, Pulse

**Max User Weight**

100 Kg

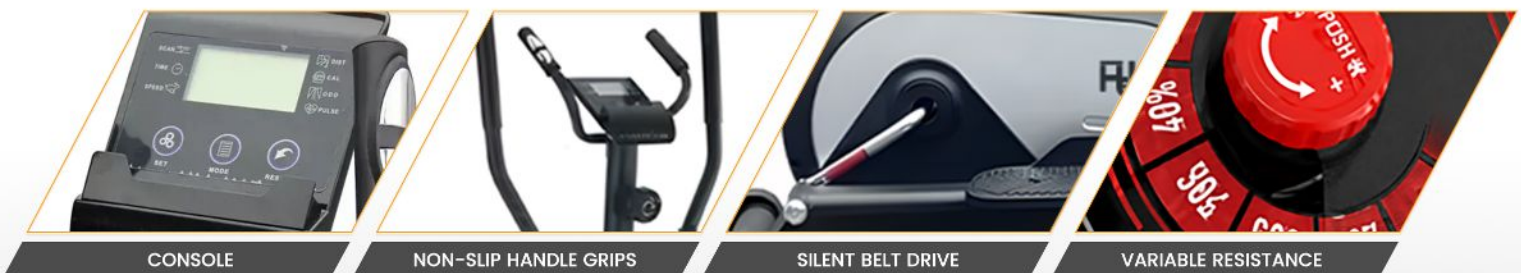
**Net Weight**

30.5 Kg



HOME GYM

### DETAIL DISPLAY



CONSOLE

NON-SLIP HANDLE GRIPS

SILENT BELT DRIVE

VARIABLE RESISTANCE

# HOME USE EXERCISE BIKE

## RECUMBENT BIKE \ HRB01

Recumbent Bike is designed for comfortable daily cardio workouts. It offers smooth resistance, stable pedaling, and an easy-to-read LCD monitor, making it ideal for home fitness use.

### SPECIFICATIONS

**Resistance System**

Manual Magnetic Resistance

**Resistance Level**

8 Adjustable Levels

**Flywheel Weight**

4 Kg

**Stride Length**

12 Inch

**Console Display**

LCD Monitor

**Console Functions**

Time, Speed, Distance, ODO, Calories, Pulse

**Max User Weight**

100 Kg

**Net Weight**

30.5 Kg



HOME GYM

- Magnetic resistance system provides smooth & stable cycling
- Anti-slip pedals ensure better grip and training safety
- Ideal equipment for cardio bike for daily exercise
- Compact design suitable for home fitness environments

### DETAIL DISPLAY



CONSOLE

ADJUSTABLE SEAT & HANDLEBAR

BACKREST SUPPORT

RESISTANCE LEVELS

# HOME USE EXERCISE BIKE

## INVERSION TABLE \ HCE01

Designed for comfortable body stretching and relaxation, with a stable frame structure for safer daily home fitness use.

### SPECIFICATIONS

#### Training System

Manual Body Weight System

#### Adjustment System

Manual Adjustment

#### Frame Material

Heavy-Duty Steel

#### Handle Material

Foam Grip Handle

#### Support Pad

High-Density Foam Cushion

#### Ankle Support

Adjustable Locking System

#### Max User Weight

110 Kg

#### Assembly Size

1135 × 790 × 1965 mm

- Ergonomic inversion design supports effective body stretching
- Magnetic resistance system provides smooth & stable cycling
- Foldable frame design allows easy storage after use
- Heavy duty steel frame ensures strong and stable construction
- Stable base structure minimizes movement during exercise
- Compact design suitable for home fitness use



HOME FITNESS

### DETAIL DISPLAY



ERGONOMIC DESIGN

HIGH DENSITY FOAM

ADJUSTABLE

NON SLIP

# HOME USE EXERCISE BIKE

## ERGOMETER BIKE MAGNETIC \ HE01

Designed for smooth and quiet home cardio workouts. It features magnetic resistance, 8-level adjustment, and an LCD monitor to track workout performance, making it suitable for daily fitness use.

### SPECIFICATIONS

**Resistance System**  
Magnetic Resistance

**Resistance Level**  
8-Level Adjustment

**Console Display**  
LCD Monitor

**Console Functions**  
Time, Speed, Distance,  
Odometer, Calories, Pulse

**Flywheel Weight**  
1.6 Kg

**Max User Weight**  
100 Kg

**Assembly Size**  
1020 x 540 x 1200 mm

**Net / Gross Weight**  
18.5 Kg / 21.5 Kg



HOME GYM

- Strong steel frame construction for long-term durability
- Simple mechanical system for easy maintenance
- Non-slip pedals provide better grip and safety while cycling

### DETAIL DISPLAY



CONSOLE



ADJUSTABLE SEAT & HANDLEBAR



HIGH DENSITY FOAM



RESISTANCE LEVELS

HOME USE

# ROWING MACHINE

## ELLIPTICAL ROWING \ HER01

Designed for smooth and low-impact cardio workouts at home. It features manual magnetic resistance, 16-level adjustment, and an LCD monitor to track essential workout data, making it ideal for daily fitness training.

### SPECIFICATIONS

**Resistance System**

Manual Magnetic Resistance

**Resistance Level**

16-Level Adjustment

**Console Display**

LCD Monitor

**Console Functions**

Time, Distance, Count, Count/Min, Total Count, Calories, Scan

**Flywheel Weight**

3 Kg

**Max User Weight**

120 Kg

**Pedal Material**

PP

**Net Weight**

18.5 Kg



HOME GYM

### DETAIL DISPLAY



CONSOLE

IPAD/PHONE HOLDER

ERGONOMIC DESIGN

RESISTANCE LEVELS

# INDOTARA®

## PT. INDOTARA PERSADA

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