

THESIS REPORT

ON

**GYM**

A THESIS SUBMITTED IN PARTIAL  
FULFILLMENT OF THE  
REQUIREMENT FOR THE DEGREE OF:

**BACHELOR OF INTERIOR DESIGN**

BY

**(HAMZA ANSARI)**

**(ROLL NO. 1200107007)**

THESIS GUIDE

**(AR. PROF. SANGEETA  
SHARMA )**

SESSION 2023-24



**TO THE**

**SCHOOL OF ARCHITECTURE  
AND PLANNING**

**BABU BANARASI DAS**

**UNIVERSITY LUCKNOW.**

**SCHOOL OF ARCHITECTURE AND PLANNING  
BABU BANARASI DAS UNIVERSITY, LUCKNOW (U.P.).**

**CERTIFICATE**

I here by recommend that the thesis entitled “**INTERIOR OF GYM** prepared by **Mr. HAMZA ANSARI** Roll NO. **1200107007** under my supervision, is the bonafide work of the student and can be accepted as a partial fulfillment of the requirement for the degree of Bachelor’s Degree in Interior Design, School of Architecture BBDU, Lucknow.

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Recommendation

Accepted Not  
Accepted

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External Examiner

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External Examiner

**BABU BANARASI DAS UNIVERSITY, LUCKNOW**  
**Certificate of thesis submission for evaluation**

1. Name : HAMZA ANSARI

2. Roll No. : 1200107007

3. Thesis title: INTERIOR OF GYM LUCKNOW

4. Degree for which the thesis is submitted: BACHELOR OF INTERIOR DESIGN

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9. The thesis has been prepared without resorting to plagiarism. Yes / No

10. All sources used have been cited appropriately. Yes / No

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(Signature of the Candidate)  
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Roll No.: 1200107007

## **ACKNOWLEDGEMENT**

- ***I acknowledge my sincere thanks to my guide PROF SANGEETA SHARMA who guided me through active participation in discussions and gave his kind cooperation throughout the process. My sincere thanks to our Thesis coordinator Ar. SHAILESH KUMAR ,AR.VERSHA VERMA for his/her cooperation and understanding at every stage of the study, which gave my study a new direction and made it more meaningful. I am thankful to our Dean, Prof. Ar. Mohit Aggarwal, for his cooperation and invaluable support. I am also thankful to the persons concerned to my studies for their cooperation and devoting their valuable time for discussing with me.. Above all, thanks to my friends for their sincere help throughout, without which this report would not have been in its present shape. Last but not the least I thank my Parents for their forever support and blessings. It would not have been possible without friends.***

THANKING YOU

HAMZA ANSARI

ROLL NO. : 1200107007

B.B.D. UNIVERSITY, LUCKNOW

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# ***SYNOPSIS***

# **INTRODUCTION**

**A gym, short for gymnasium ( gymnasiums or gymnasia), is an indoor venue for exercise and sports. The word is derived from the ancient Greek term "gymnasion".[1] They are commonly found in athletic and fitness centres, and as activity and learning spaces in educational institutions. "Gym" is also the commonly used name for a "fitness centre" or health club, which is often an area for indoor recreation. A "gym" may include or describe adjacent open air areas as well. In Western countries, "gyms" often describe places with indoor or outdoor courts for basketball, hockey, tennis, boxing or wrestling, and with equipment and machines used for physical development training, or to do exercises. In many European countries, Gymnasium (and variations of the word) also can describe a secondary school that prepares students for higher education at a university, with or without the presence of athletic courts, fields, or equipment.**





# **OBJECTIVE OF THE PROJECT**

- **To improve and maintain a physical fit body.**
- **To improve efficiency of movement through grace , poise , dignity form and rhythm.**
- **To enhance creativity through the exploration of new movements and movement combinations.**
- **To improve courage,initiative , determination ,and perseverance.**
- **To stimulate interest and enjoyment of gymnastics.**
- **To develop coordination and vigor .**
- **To increase muscular strength .**
- **To maintain normal functioning of the organic system of the body .**
- **To improve and maintain agility and suppleness.**



## **HITSORY AND BACKGROUND**

The first recorded gymnasiums date back to over 3000 years ago in ancient Persia, where they were known as zurkhaneh, areas that encouraged physical fitness. The larger Roman Baths often had attached fitness facilities, the baths themselves sometimes being decorated with mosaics of local champions of sport. Gyms in Germany were an outgrowth of the Turnplatz, an outdoor space for gymnastics founded by German educator Friedrich Jahn in 1811 and later promoted by the Turners, a nineteenth-century political and gymnastic movement. The first American to open a public gym in the United States using Jahn's model was John Neal of Portland, Maine in 1827. The first indoor gymnasium in Germany was probably the one built in Hesse in 1852 by Adolph Spiess. Through worldwide colonization, Great Britain expanded its national interest in sports and games to many countries. In the 1800s, programs were added to schools and college curricula that emphasized health, strength, and bodily measure. Sports drawn from European and British cultures thrived as college students and upper-class clubs financed competition. As a result, towns began building playgrounds that furthered interest in sports and physical activity.[12] Early efforts to establish gyms in the United States in the 1820s were documented and promoted by John Neal in the American Journal of Education and The Yankee, helping to establish the American branch of the movement.



## **METHODOLOGY**

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# **SITE DETAILS**

## **( AREA & LOCATION )**



### **PROPOSED SITE IN LUCKNOW**

**NEAR FIRE STATION GOMTI NAGAR VIRAJ**  
**KHAND ROAD LUCKNOW**

# **SITE ANALYSIS**



## **ABOUT LUCKNOW**

**Lucknow is the capital city of Uttar Pradesh, the most populous state of India. Lucknow is also the administrative headquarters of Lucknow District and Lucknow Division.**

## **SITE LOCATION**

- 1. CLINT NAME - MR SUNIL CHOUDHARY**
- 2. PROJECT TYPE - ( GYM )**
- 3. LOCATION - GOMTI NAGAR , LUCKNOW**
- 4. SITE AREA - 5200 Sq.Ft**
- 5. LANDMARK - FIRE STATION GOMT NAGAR , LKO.**

## **MAJOR LANDMARKS**



**PICTURE GALLERY**



**CLOCK TOWER**



**BADA IMAMBARA**



**KAISARBAGH PALACE**

## **CONNECTIVITY**

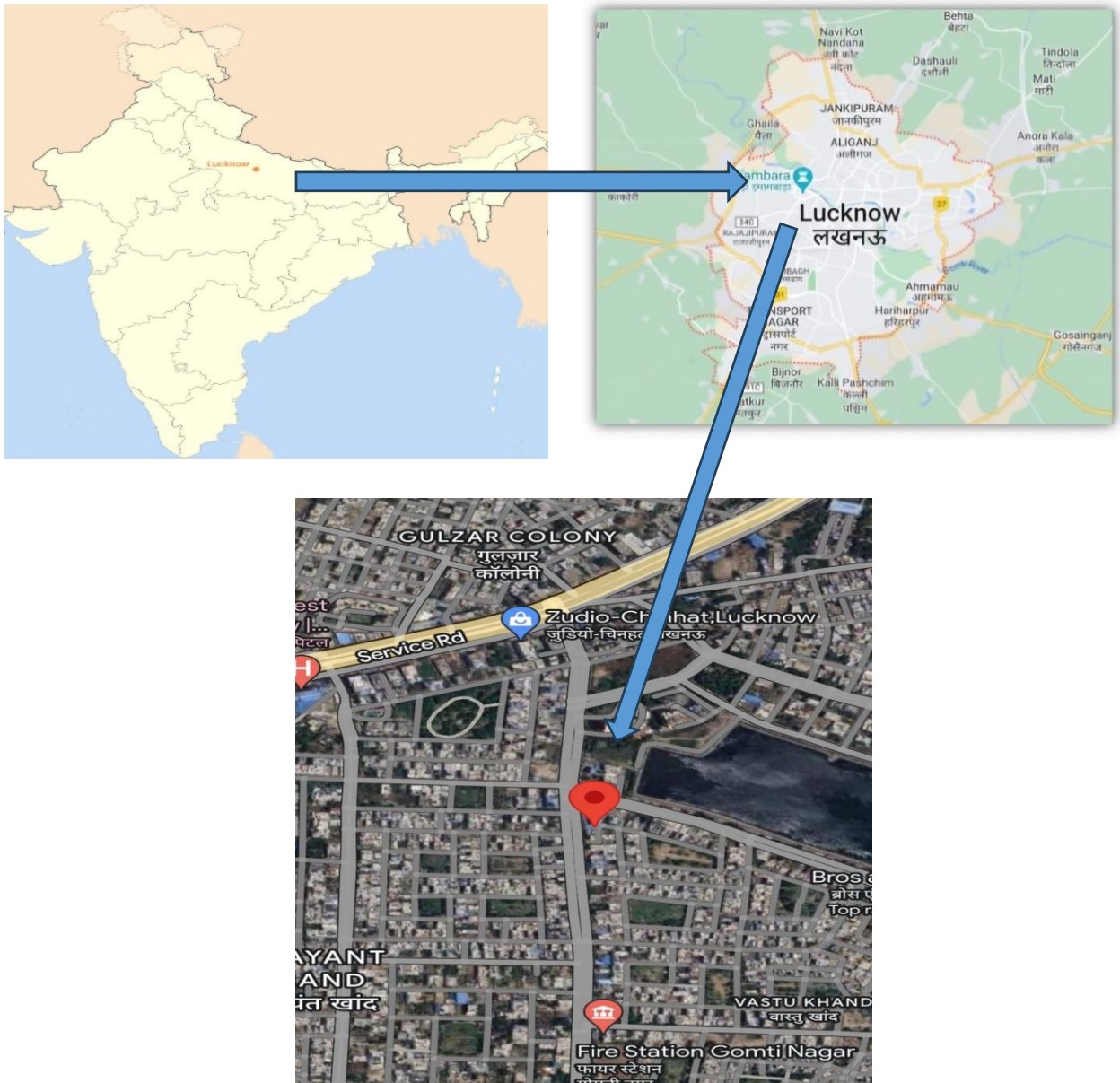
**RAILWAY STATION :- GOMTI NAGAR RAILWAY STATION**

**BUS STAND :- AWADH BUS STATION GOMTI NAGAR**

**AIRPORT :- CHADHUARY CHARAN SINGH AIRPORT 13 KM.**

**METRO STATION :- INDRA NAGAR METRO STATION**

## **SITE IDENTIFICATION**





# CLIMATIC FEATURES

## 1. **Summer (March to June)**

1. **max.**- 40 °C

2. **min.**- 22 °C.

## 2. **Monsoon (mid-June to mid-September).**

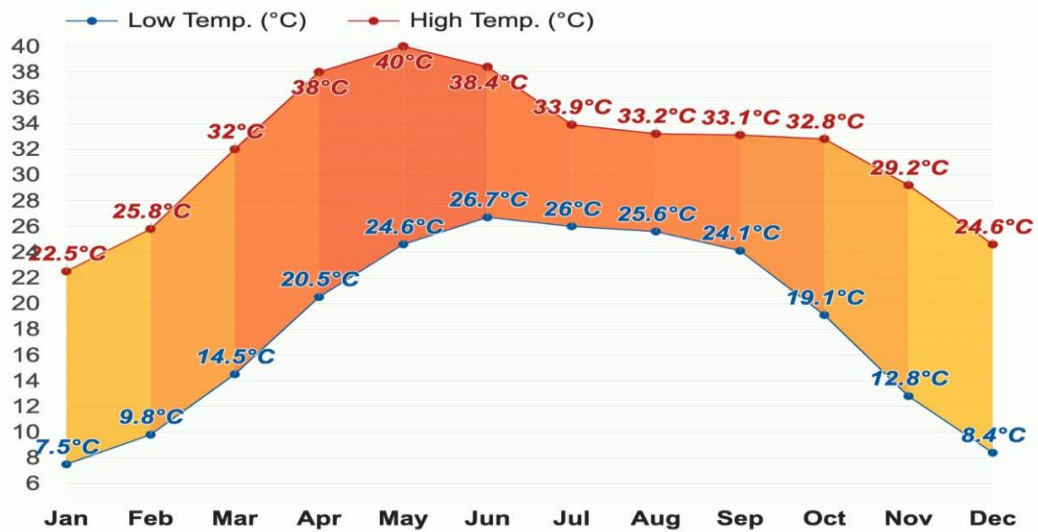
1. 65.71 millimeters (2.59 inches)

## 3. **WINTER (October-March)**

1. **min.**- 26 °C

2. **max.**- -5 °C-7 °C

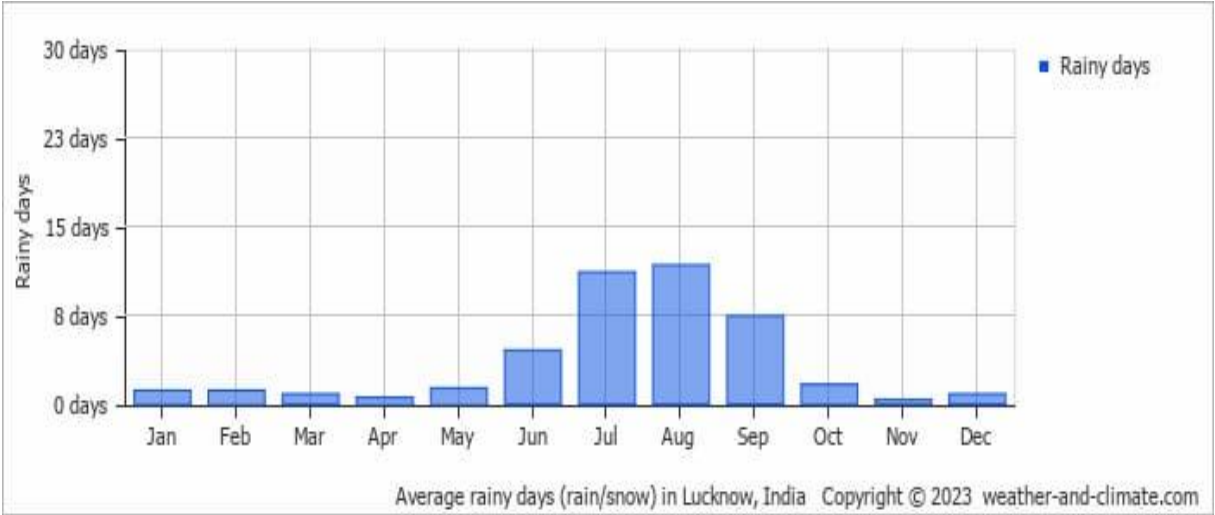
Temperature - Lucknow, India



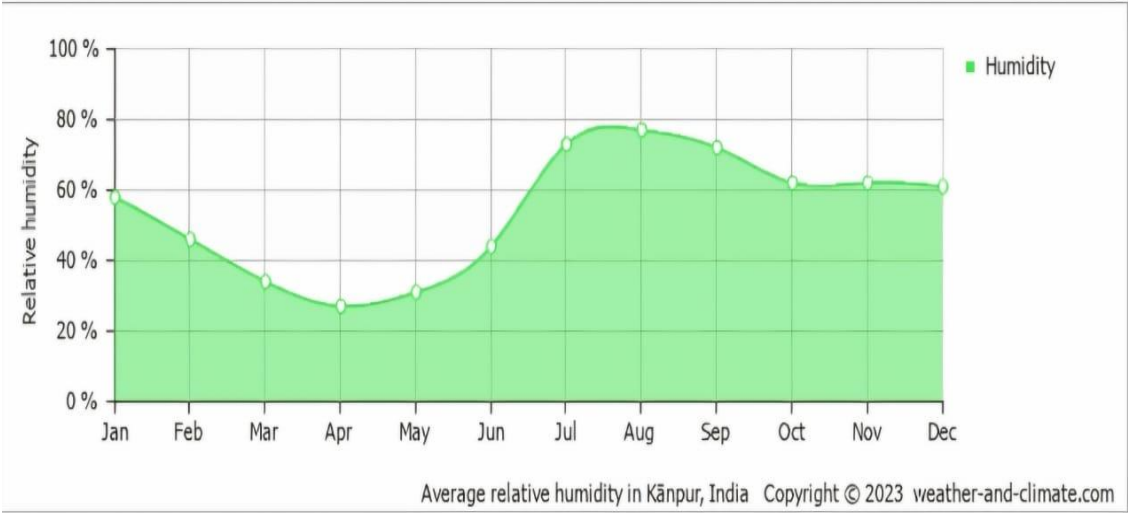
Average min and max temperatures in Lucknow, India Copyright © 2023 weather-and-climate.com

## AVERAGE MIN AND MAX TEMPRATURES IN LUCKNOW, INDIA

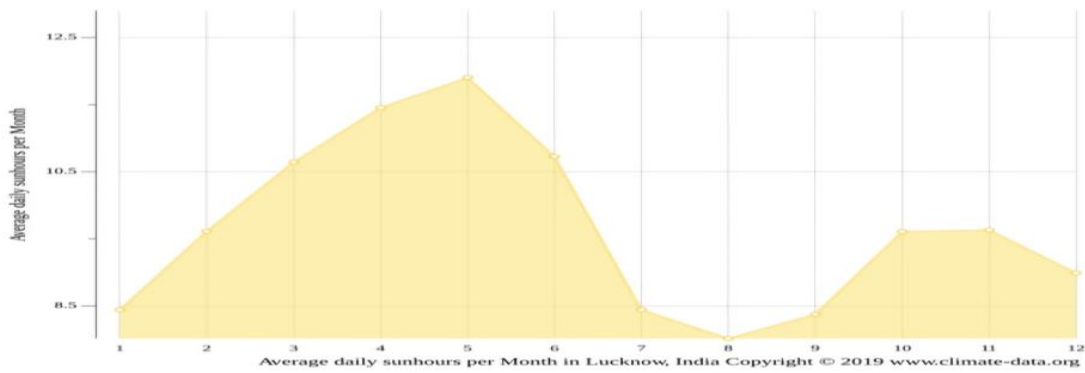
**AVERAGE HUMIDITY IN LUCKNOW, INDIA**



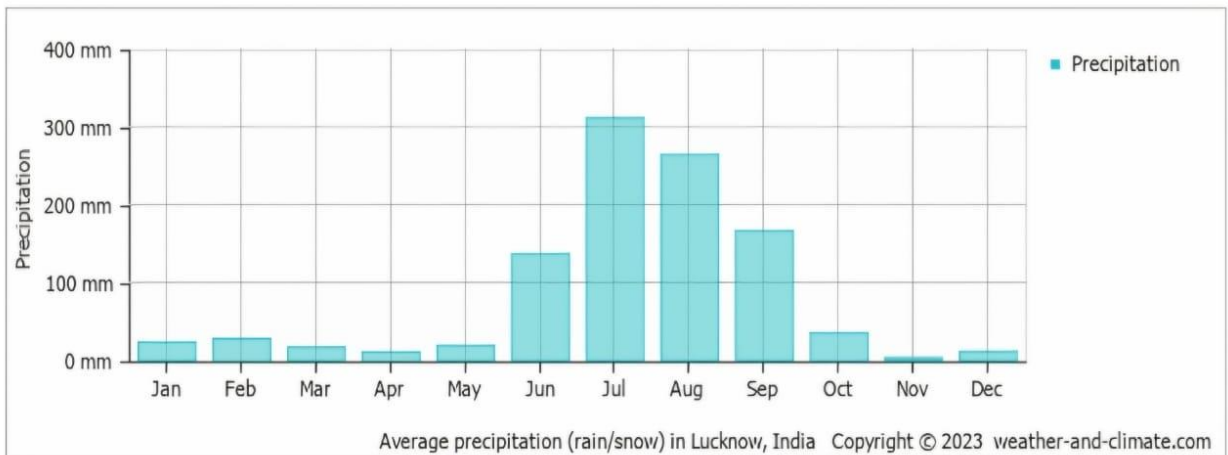
**AVERAGE RAINY DAYS IN LUCKNOW, INDIA**



**AVERAGE HUMIDITY IN LUCKNOW, INDIA**

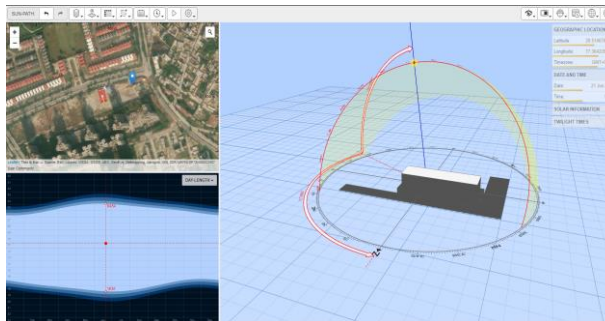


## **AVERAGE MONTHLY SUN HOURS IN LUCKNOW, INDIA**

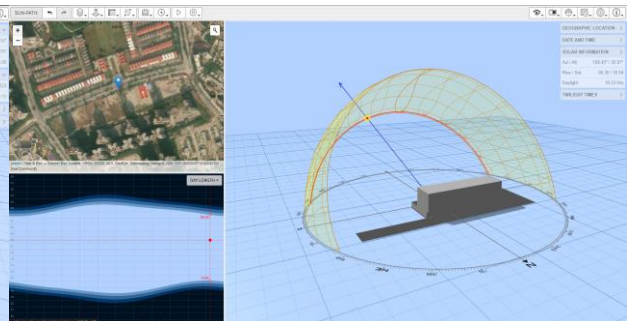


## **AVERAGE PRECIPITATION IN LUCKNOW, INDIA**

### **SUN PATH IN SUMMER**

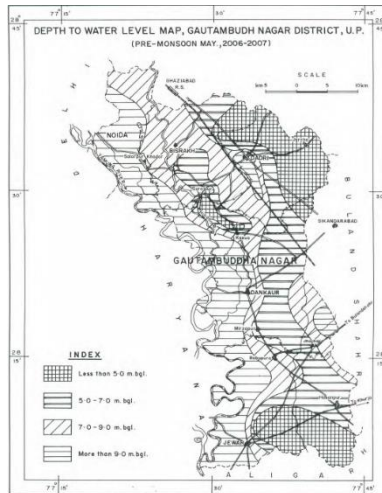


### **SUN PATH IN WINTER**

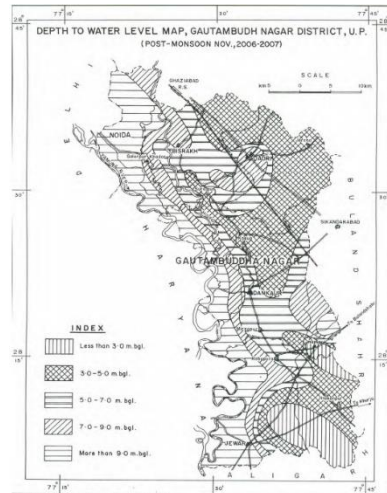


## **WATER LEVEL**

The ground water table is 3.35 to 14.40mbgl in pre monsoon and 2.0 to 13.35 mbgl in post monsoon



PRE MONSOON



POST MONSOON

## **WATER SUPPLY**

The water is supplied in the existing location from the o.H.T (over head tank), which is nearly placed 500mt, away from the site. The capacity of tank is 2000kl.



## **ELECTRIC SUPPLY**

The power supply system for existing location is installed around the site boundary. All electric supply wire are goes on pole around the site. Street lamp is also there.



## **SEWER LINE**

Drains running adjacent to the site boundary. LUCKNOW has 2 sewage treatment plants, (stp) and one oxidation pond.



**CASE STUDY –**  
**GOLD'S GYM**

# **INTRODUCTION**

**Fitness premium brand 'Golds Gym' situated in Sector 104, Noida occupies approximately 10000 Sq.ft . The design brief was to create a robust functional environment that is both hard working and visually stimulating, which hasn't changed throughout the years. However, the nature of the activity in terms of how people train has inevitably changed, and this brings opportunities to develop the design. Golds Gym in Noida has been divided into different zones for cardio vascular exercises, weight training, and group exercises. Separate Juice bar & Refreshment Area. Experienced gym trainers appointed after special training with machines to help clients exercise with the right technique and help them achieve individual fitness goals. Specialized training available in trending aerobics, yoga, kick boxing, and Taekwondo.**





## **SITE DETAILS**

**LOCATION :- Gold's Gym Noida Sec 104**  
**2nd FLOOR, STARLING, PLOT No: -1,**  
**SECTOR-104, HAZIPUR, (opp. Lotus**  
**Boulevard), NOIDA-201304**

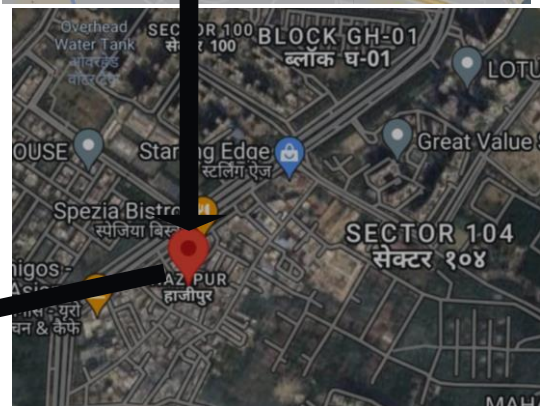
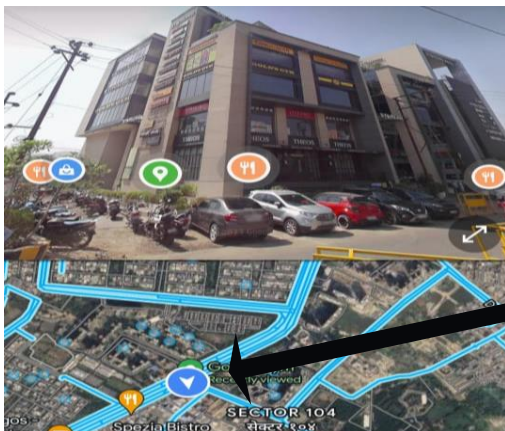
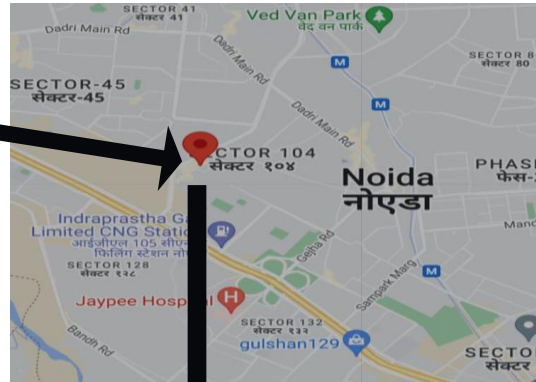
**SITE AREA :- 10000 Sq.ft**

**COMPLETION DATE :- 2019**

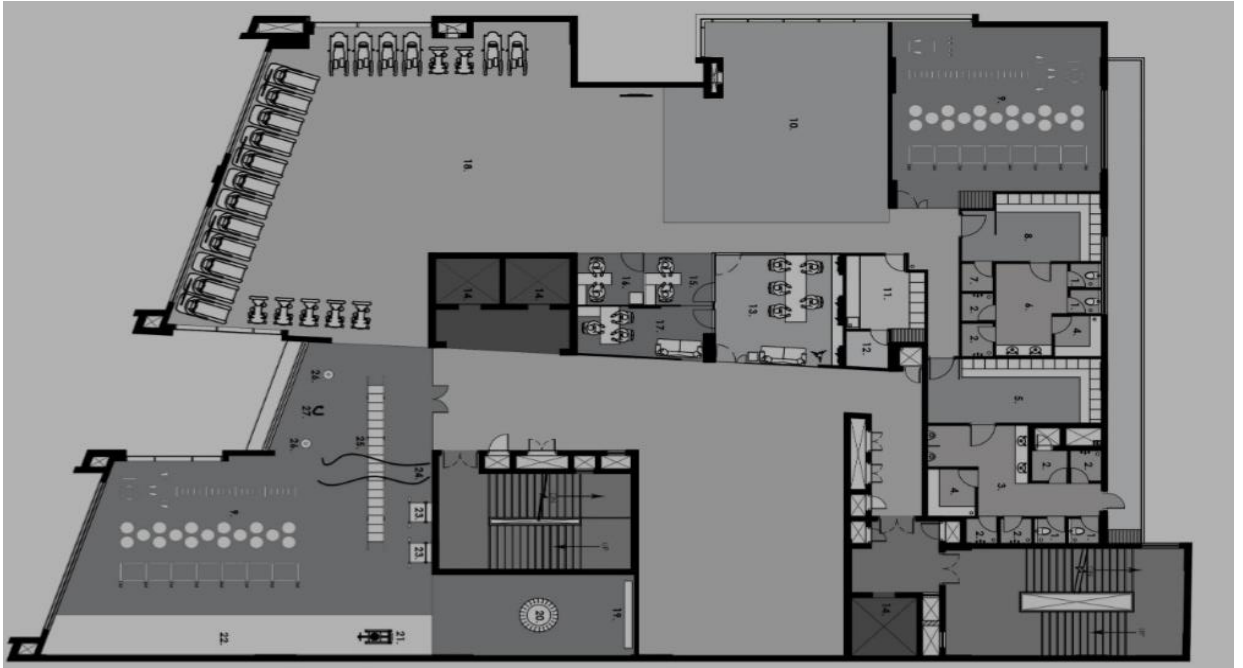
**OWNER NAME :- RSG Groups**

**Architect firm Name: Sync Design Studio**

**Architect responsible: Sandeep Singh**  
**Ankur Jain**  
**Bhavuk Jain**



# **GOLDS GYM FLOOR PLAN**





## **DESIGN PHILOSOPHY AND MATERIAL**

Given the grey and bustle of city, the immediate choice was to bring the entire material selection back to natural soft elements to create a sense of intimacy, pause and relaxation. Everything about the design was purposefully selected to make the space practical but ultimately ensure a centric journey.

Asymmetrical ceiling battens have five primary bisecting lines which comprises of profile light stitched between them. The secondary battens dissect through these primary lines in random form.

Dual colour floor tiles are laid at a tilted angle which moves through the reception than to the further spaces in gym. These linear lines follow varied width with alternate colour tiles. These vitrified tiles further merge with the vinyl and rubberized flooring in the same angular manner.

The walls are marked with profound inspirational quotes at ideal points which are strategically placed to flash in front of the eyes of users. Deep orange – sunglow colour is used as the highlighting element for contrasting over the base tones .

Mirrors were installed intentionally to make the space look bigger than in real. The cove light beneath the frames evolves the floating form in the design.



# **INTERIOR DETAILS OF THE GYM**

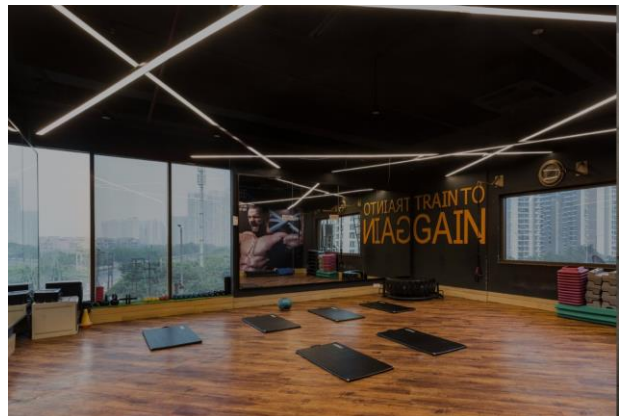
## **- ARTIFICIAL GRASS CARPET**

**Absorbe moisture and is weather-proof(rain, snow). This is one of the great benefits of artificial grass, therefore it is recommended for cafe gardens and outdoor restaurants. No additional maintenance costs. Artificial grass is easy to maintain, does not require mowing or watering.**



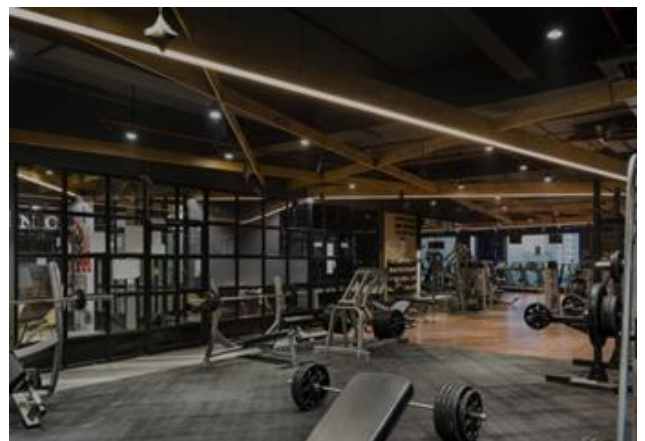
## **- TOUGHEND GLASS**

**Exposed ceilings are also known as open ceilings or open plenums. In this type of ceiling, all the structural and MEP systems are left exposed, either with their normal colors or painted.**



## **- RUBBER MAT FLOORING**

**Rubber matting is mostly used as essential safety flooring equipment to increase comfort underfoot, provide relief from fatigue, prevent slipping and absorb impact. Rubber matting can be used in a number of different locations and applications, from factory matting to stable flooring.**



# **INTERIOR DETAILS OF THE GYM**

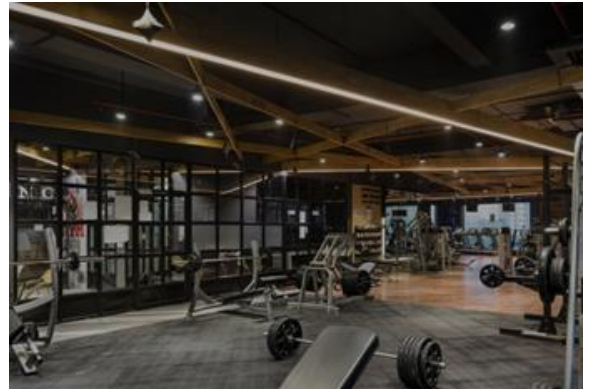
## **- WOODEN FLOORING**

Wood flooring is any product manufactured from timber that is designed for use as flooring, either structural or aesthetic. Wood is a common choice as a flooring material and can come in various styles, colors, cuts, and species



## **- COB LIGHT**

COB is an acronym meaning Chip On Board. It describes the technology behind the COB lights, referring to the packed LED chips mounted in direct contact with silicon carbide or sapphire substrate. The COB technology provides a high density of LEDs on a small surface



## **- CONCRETE FLOORING**

A concrete floor is typically one in which a flat slab is formed of concrete, which is either poured in-situ or precast in a factory. Rebar, also known as reinforcement steel and reinforcing steel, is a steel bar or mesh of steel wires often used to reinforce concrete





# **INTERIOR DETAILS OF THE GYM**

## **- PROFILE LIGHTS**

A system installed in, on or from your ceiling that gives a big flush of lighting and provides a well lit area. While this simple answer explains the basic function of profiles, profile lights can be used in many ways to enhance your spaces.



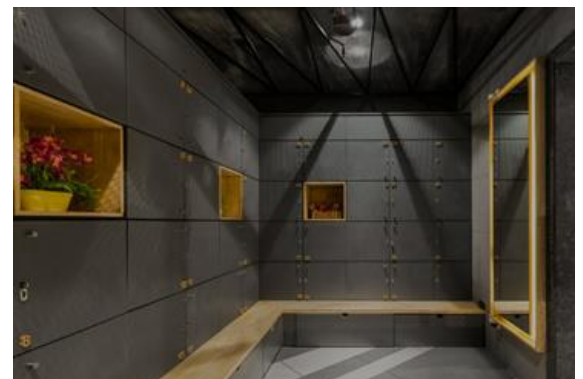
## **- ALUMINIUM WINDOW FRAMES**

Aluminum windows have frames made from aluminum and are known for their strength, durability, and resistance to the elements. They offer a modern aesthetic with slim frames and large glass areas, enhancing natural light and views.



## **-PLYWOOD MICA CUPBOARD**

are durable, long lasting, termite and pest resistant. type of exercise equipment used for developing strength. Easy to install: "adjustable size for most homes.



**CASE STUDY –**  
**SHREDZZ GYM**

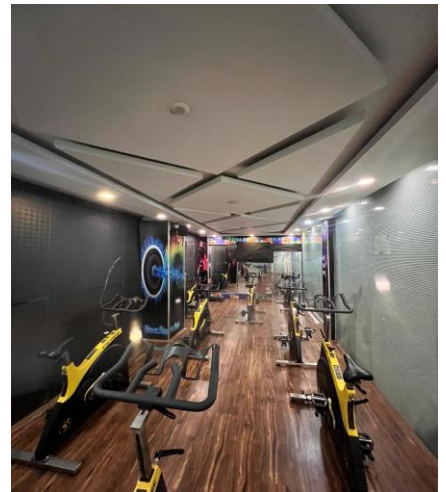
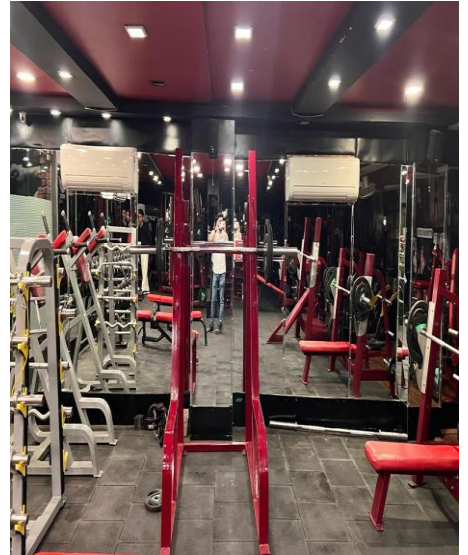
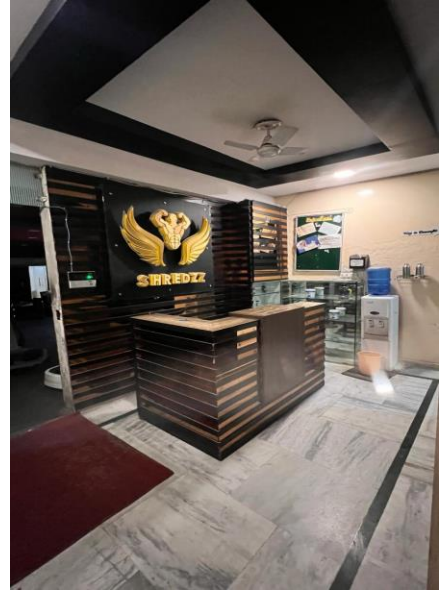
# **INTRODUCTION**

**SHREDZZ GYM** Is one of the leading gym in Lucknow providing world class gym faces and equipment .

**SHREDZZ GYM** main goal is to help people to achieve their desire body shape

The ultimate goal of a gym is to help make its members healthier. Some health clubs require that new members undergo a health assessment You will be weighed and a staff member will measure your body fat composition

Their mission is to help people through there coaches attract and Inspire, and convert premium clients effortlessly utilizing our proven 4-Step Success system and Strategies .





## **SITE DETAILS**

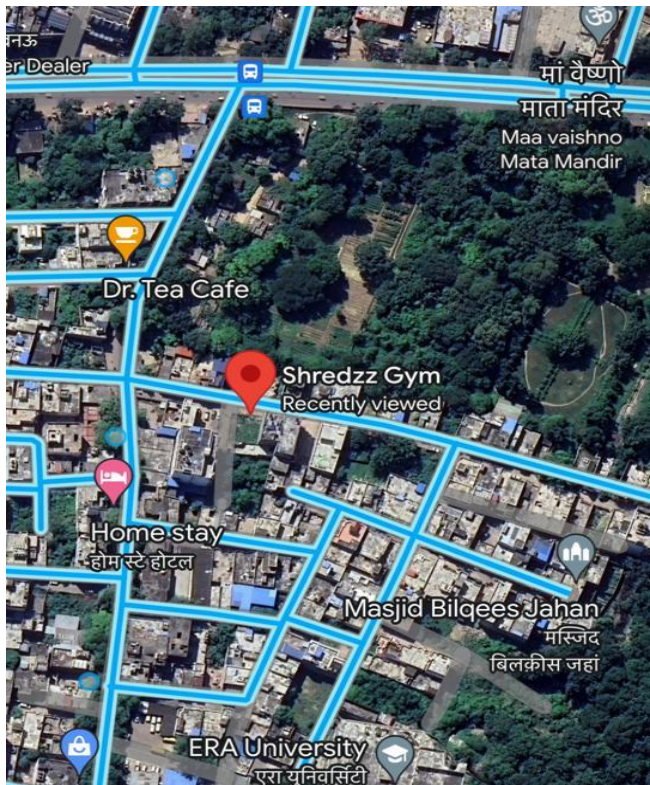
📍 **LOCATION :-** Plot no -14 & 15, near  
ERA medical college, Sarfarazganj ,  
Lucknow, Uttar Pradesh 226003 • 3.6 km

**SITE AREA :-** 4800 Sqft

**COMPLETION DATE :-** 2018

**OWNER NAME :-** MOHAMMAD SHADAB

**DIRECTION :-** SOUTH-WEST FACING



## **ACCESSIBILITY TO THE SITE**



**- CHARBAGH RAILWAY STATION -20 KM**

**- AMAUSI AIRPORT -17.7 KM**



**- DUBAGGA BUS STAND -4 KM**

**- KAISER BAGH BUS STAND -10 KM**





## **EXISTING LANDMARK**



**- ST. JOSEPH COLLEGE**

**- ERA LUCKNOW MEDICAL  
COLLEGE & HOSPITAL**



**- BHALCHANDRA GROUP OF  
INSTITUTION**

**- CHARAK HOSPITAL  
&  
RESEARCH CENTER**



# **INTERIOR MATERIAL**

- Ceramic tile
- EVA Rubber mat
- Paint
- Ethylene vinyl PVC Grid Ceiling
- Ceiling Light
- Foam mat
- Plywood Wooden paneling Mica
- SS handle
- Texture tile
- Frosted Glass Window
- Mirrors





## **INTERIOR MATERIAL**

- **Wall mounted storage cabinet - 380X900 MM**
- **Office table size - 1500X600X850MM**
- **Office chair size - 530X1200 MM**
- **Chair - 330x330x450 MM**
- **Wash area - 1500X450X 900**
- **Wash basin size - 490X280X900 MM**
- **W.C Sizes - 400X720X430 MM**



## **BATHROOM & TOILET FIXTURE**

- Ceramic Fixture
- Fluorescent Tube Light
- Vitrified Tile
- Ceiling Light
- LED Panels
- PVC Ceiling
- Vitrified Texture Tile
- Tap
- Cloths Hanger
- Mirror



**LITERATURE STUDY –**  
**CULTFIT GYM**



# **INTRODUCTION**

- **Cult fit is offering functional and equipment-based workouts as well as personal training while catering to hygiene protocols. The gyms will feature an AI-trainer service whereby a Smart Workout Plan will offer a personalized workout program pertaining to members' goals, fitness levels, and preferences .**
- **Cult fit Gym is setting the gear to redefine fitness and workout regime for you with an exclusive range of holistic services on cards and trust us, it's the only time when we are excited to be sweating a little. Cult gives you the flexibility to choose from an array of exercise formats, like Yoga, Boxing, Strength & Conditioning, and Dance Fitness to achieve your ideal goals, your way.**



## **SITE DETAILS**

**PROJECT - CULT FIT GYM**

**LOCATION - 3<sup>rd</sup> FLOOR URBANAC BUSINESS PARK VIBHUTI KHAND ,  
GOMTI NAGAR , LUCKNOW**

**COMPLETION DATE – 27<sup>TH</sup> FEB 2022**

**OWNER - MUKESH BANSAL**

**AREA - 10000 SQFT**



## **ACCESSIBILITY TO THE SITE**



**- CHARBAGH RAILWAY STATION -10 KM**

**- AMAUSI AIRPORT -22 KM**



**- AWADH BUS STAND -1 KM**

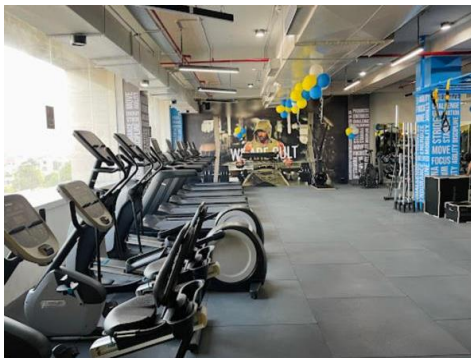
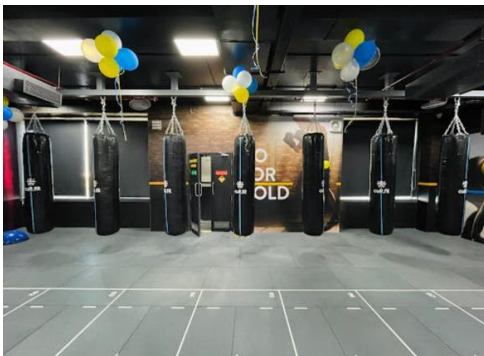
**- BOOTHNATH METRO STATION -4.2 KM**





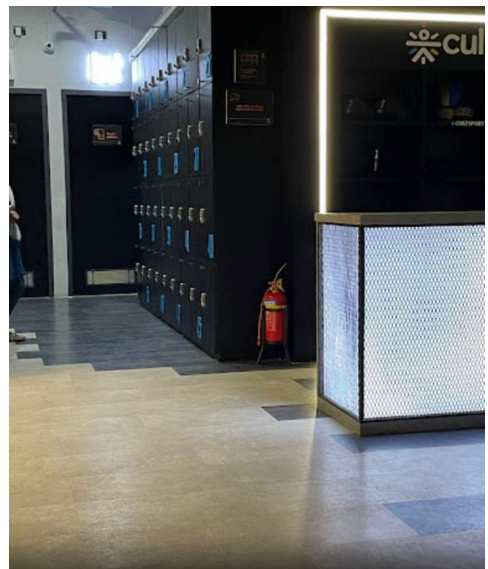
## **OBJECTIVE OF THE PROJECT**

- **At Cult Fit , we make fitness fun and easy . They have best-in-class trainers & offer group workouts ranging from yoga to Boxing.**
- **Cult fit is a health and fitness powerhouse that offers one of a kind workout experience.**
- **Confused between what to eat and what to avoid ? Not sure what to believe? No worries, Cult fit provides a Fit Fact check where they bust some common nutrition myths! While there are endless diets, tricks and tips claiming to help in weight loss, building muscle.**



# **AMENITIES AT CULT FIT**

- **RECEPTION AREA**
- **CHANGING ROOM + LOCKER**
- **WASHROOM + SHOWER**
- **SHOE RACKS**
- **FULLY SANITIZED GYM & EQP**
- **CAR PARKING**
- **CAFETARIA**
- **BATHROOM**
- **ZUMBA**



**CONCEPT**

**MODERNISM**



# **INTRODUCTION**

**Modern interior design refers to a specific historical aesthetic movement from the early to mid-20th century. It is a precursor to the contemporary style and is heavily influenced by mid-century modern, and post-modern styles. It often incorporates open floor plans and large windows with materials such as glass, concrete, and steel .**

## **ELEMENTS**

**NETURAL COLOUR PALETTE :-** Modern design embraces minimalism and simplicity, and a neutral colour scheme aligns perfectly with this aesthetic. Colors like whites, beiges, greys, create a streamlined look that is characteristic of modern interiors.



**GEOMETRIC PATTERNS :-** While modern interiors often have a neutral, understated palette, geometric patterns can add depth and visual interest to your Place.



**NATURAL MATERIALS :-** The raw, organic nature of materials like wood and stone creates a sharp contrast with steel, concrete, and glass, adding a timeless quality to the modern aesthetic



# **ELEMENTS**

## **FUNCTIONAL STORAGE :-**

Modern theme often emphasise maximising the available space, especially in urban or compact living environments. Storage solutions, such as built-in closets, cabinetry, shelving units, etc.

**AN OPEN FLOOR PLAN :-** One of the primary goals of modern interior design is to create a sense of openness and uninterrupted flow. Open floor plans eliminate barriers between rooms, allowing for a continuous and smooth transition from one area to another.

## **INCORPORATE LARGE WINDOW OR SLIDING GLASS DOORS :-**

Modern interiors prioritise large windows or sliding glass doors and ample natural light that creates a well-lit atmosphere connecting the indoor and outdoor spaces





## **INSPIRATION**

**Modern interior design can be characterised by furniture with simple form and function, the use of natural materials such as wood, leather, glass, and stone, and a warm, neutral colour palette.**

## **COLOUR THEME**



**NATURAL-INSPIRED**

raw and light space



Sienna  
#8C6140

Dark Khaki  
#B88D6C

Black  
#362E2B

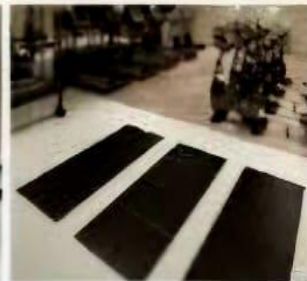
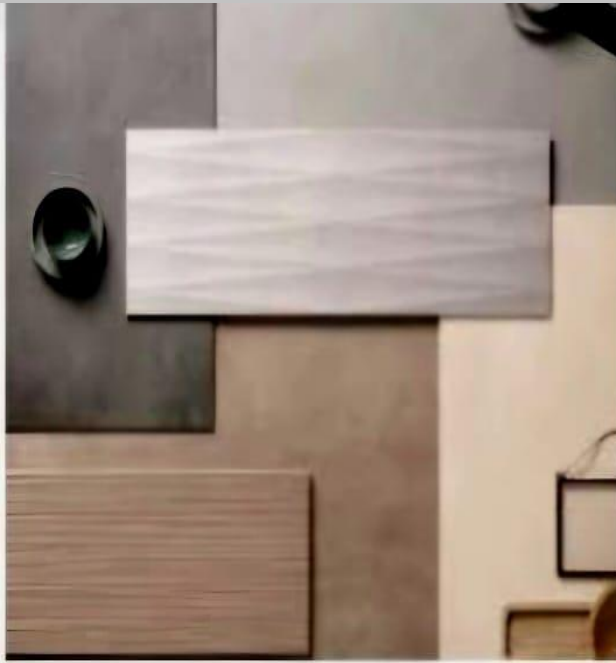
Silver  
#C1B8B8

Dim Gray  
#676064

**FURNITURE FINISH**

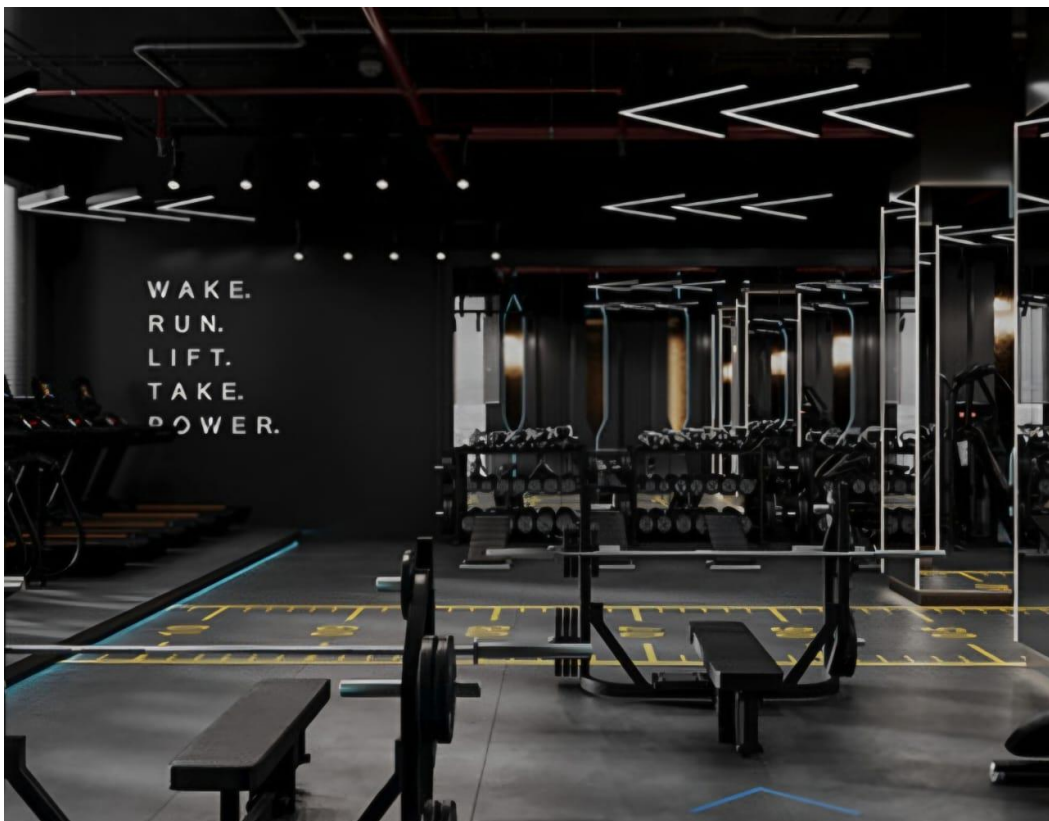
**WALL FINISH**

# **MATERIAL BOARD**



## **CULTURE**

***Modernism culture refers to a global movement in society and culture that from the early decades of the twentieth century sought a new alignment with the experience and values of modern industrial life. As a design principle Modernism promoted sleek, clean lines and eliminated decorative additions that were purely for the sake of embellishment.***



**ELECTIVE**

**WORKING DRAWING**

## **FURNITURE DETAILS**

### **GYM TRADEMILL**

- Accessories
- Gym trademill  
Dimension – 1390 X  
1785 X 844 MM
- Purpose of Trademill-  
is best for cardio



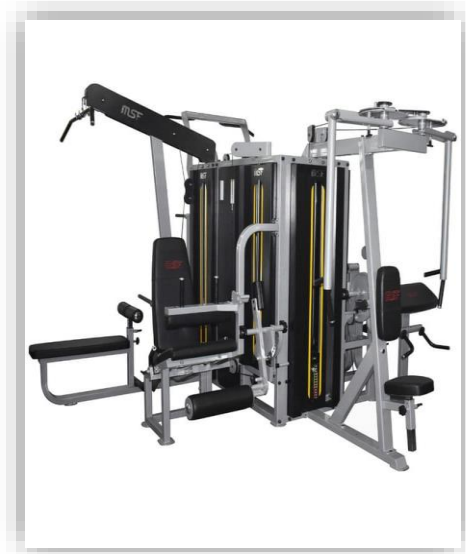
### **GYM CYCLE**

- Gym Cycle - 1050 X  
560 X 1470 MM
- Purpose to reduce  
belly fat



### **MULTI GYM STATION**

- Multigym station -  
2270 x 2720 x 2065  
MM
- Purpose is to  
provide workout of  
entire body





## **GYM LOCKER**

- Accessories
- Dimension gym locker – 300 X 300 X 600 MM
- Purpose of locker - plywood storage with wooden hangers to hang the towel and cloths



## **TABLE** **OFFICE CHAIR**

- Table Dimension - 900 X 1400 MM
- Office Chair – 1060 x 635 x 660 MM
- material - Structure wooden office table with mica on the top of the table.



## **FLOORING** **FIRST FLOOR**

- Gyming - Rubber tiles 2 X 2.5 X 3 MM
- Terrace floor- Artificial long grass 40 X 40 MM
- Office flooring – Wooden tiles  
S- 300 X 300 MM  
R- 600 X 600 MM



**ELECTIVE**

**ELECTRICAL AND LIGHTNING**

