



Gym Layout Plan

@yanrefitness

YANRE



**Gym Equipment
Suggestion | 50m² Gym**

Suggested Equipment Type & Quantity | 50m² Gym

Treadmill: 1

Elliptical: 1

Pin Loaded Machines: 4

Multi Station: 1

Dumbbell Rack: 1

Multifunction Bench: 1

Roman Bench: 1

Total Equipment: 10

Suggested Equipment List | 50m² Gym (Detailed Version)

YA75 COMMERCIAL TREADMILL *1

Y5100 Generator EMS Elliptical *1

5501 Shoulder / Chest Press *1

5502 Shoulder / Chest Press *1

5504 Biceps/Triceps *1

5508 Ab Crunch/Back Extension *1

6280 4 Station Multi Gym *1

61A53 10 Pairs Dumbbell Rack (20-65LBS) (60-105LBS) *1

61A38 Olympic Incline Bench *1

61A46B Multi Adjustable Bench *1

Suggested Gym Layout | 50m² Gym (View 01)



Suggested Gym Layout | 50m² Gym (View 02)



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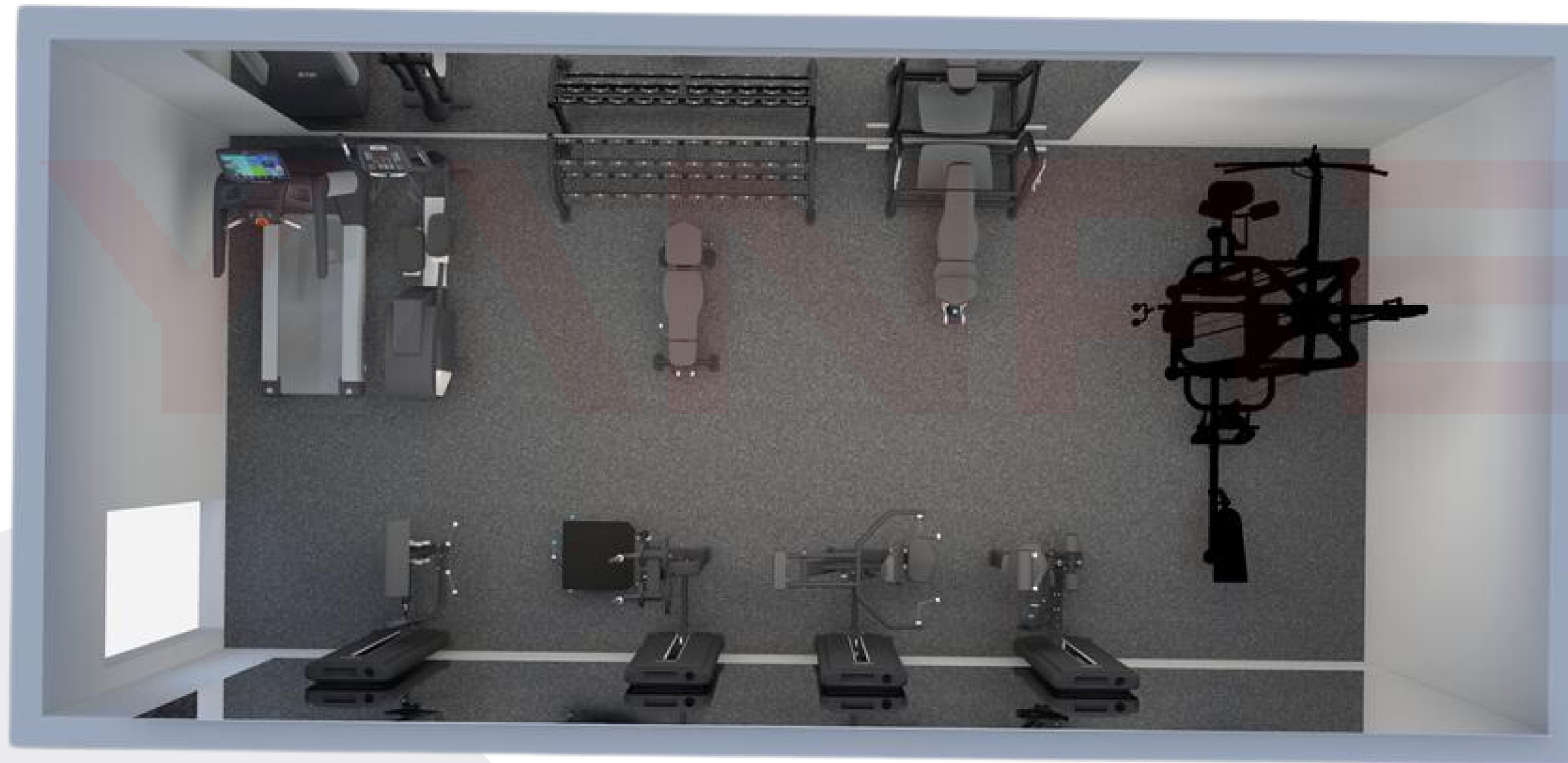
Suggested Gym Layout | 50m² Gym (View 03)




Suggested Gym Layout | 50m² Gym (View 04)



Suggested Gym Layout | 50m² Gym (View 05)





**Gym Equipment
Suggestion | 100m² Gym**

Suggested Equipment Type & Quantity | 100m² Gym

Cardio Area (40m²):

Treadmill: 3
Curved Treadmill: 2
Elliptical: 2
Standing Exercise Bike: 1
Seated Exercise Bike: 1
Rowing Machine: 1

Total Equipment: 10

Strength Training Area (60m²):

Pin loaded Machines: 10
Rack + Bench: 4

Total Equipment: 14

Total Equipment: 24

Suggested Equipment List | 100m² Gym

(Detailed Version)

Cardio Area (40m²):

YV9T Commercial Treadmill *3
Hero-8008 Curved treadmill *2
Y5100 Generator EMS Elliptical *2
Y2100 Generator EMS Bike *1
Y3100 Generator EMS Walk-Thru
Recumbent *1
YR400 AIR ROWER *1

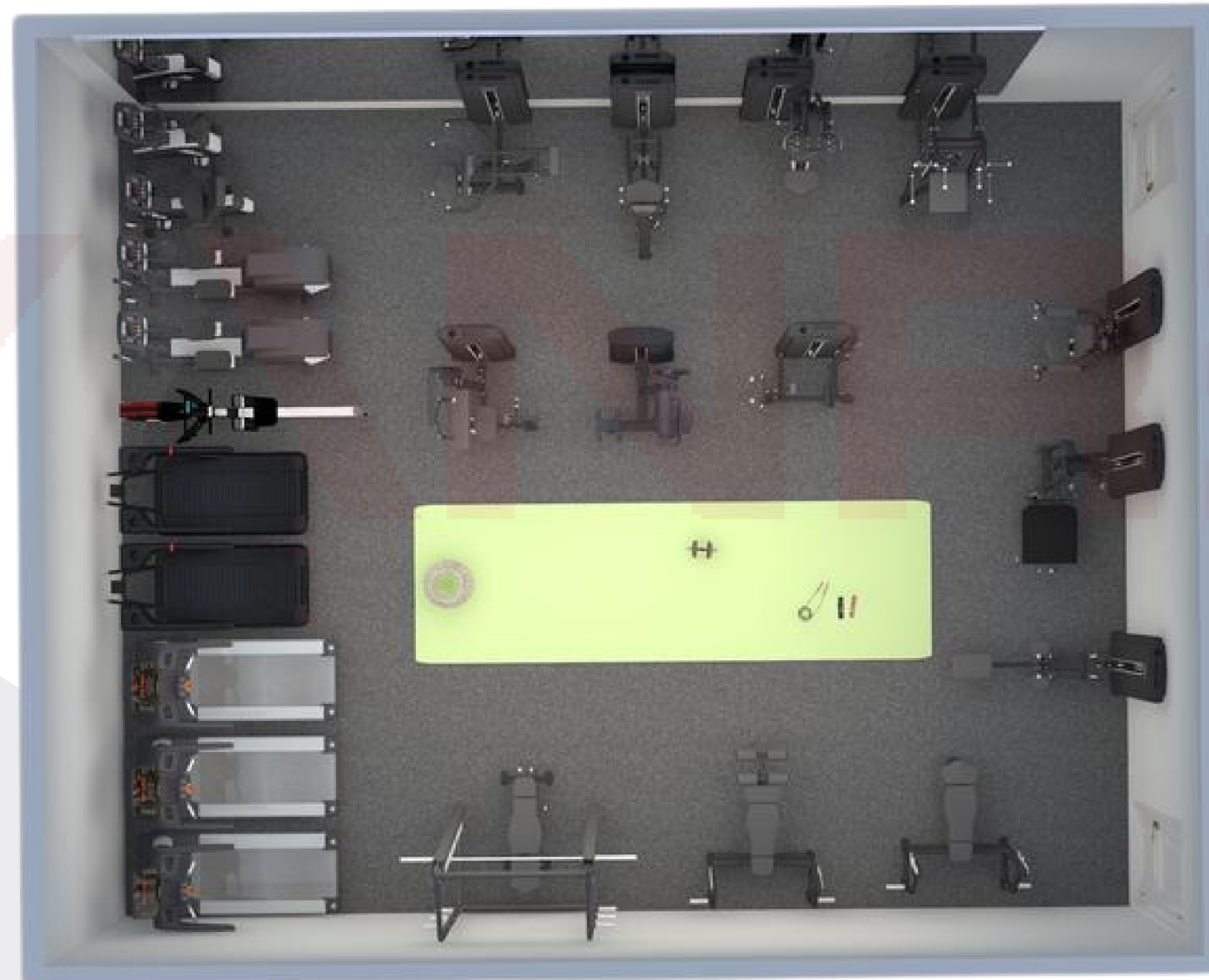
Strength Training Area (60m²) -1:

61A01A Shoulder Press
Converging *1
61A03 Lateral Raise *1
61A07 Pectoral Butterfly *1
61A09 Pectoral Fly/Rear
Deltoid *1
61A12 Triceps Extension *1
61A14 Mid Row *1
61A16A Assisted Chin/Dip *1
61A18 Upper/Mid Abdominal
Trainer *1

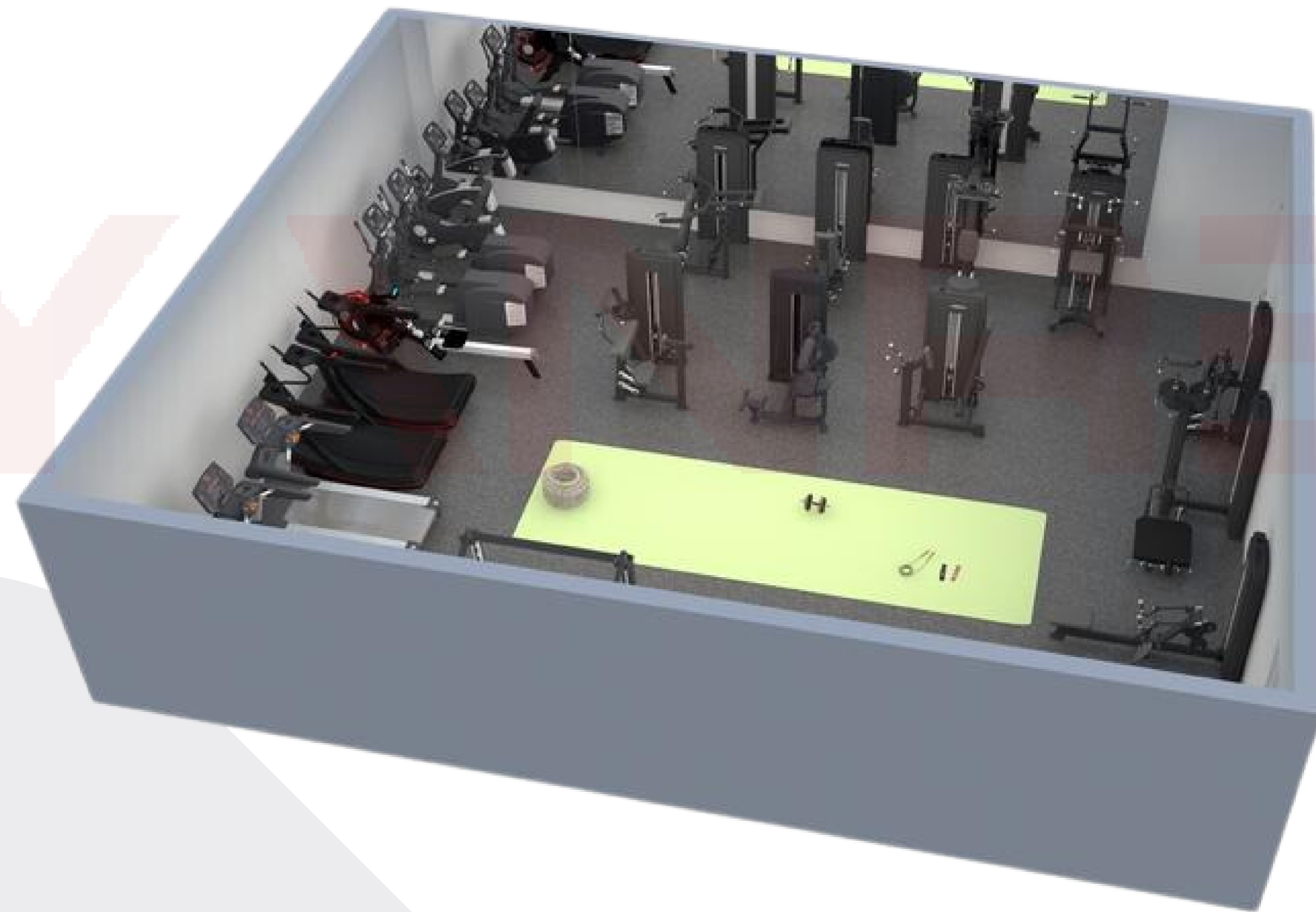
Strength Training Area (60m²) -2:

61A21A Gluteus Maximus
Trainer *1
61A60
Adduction/Abduction *1
61A33 Smith Machine *1
61A39 Olympic Flat Bench
*1
61A40 Olympic Decline
Bench *1
61A46B Multi Adjustable
Bench *1

Suggested Gym Layout | 100m² Gym (View 01)



Suggested Gym Layout | 100m² Gym (View 02)



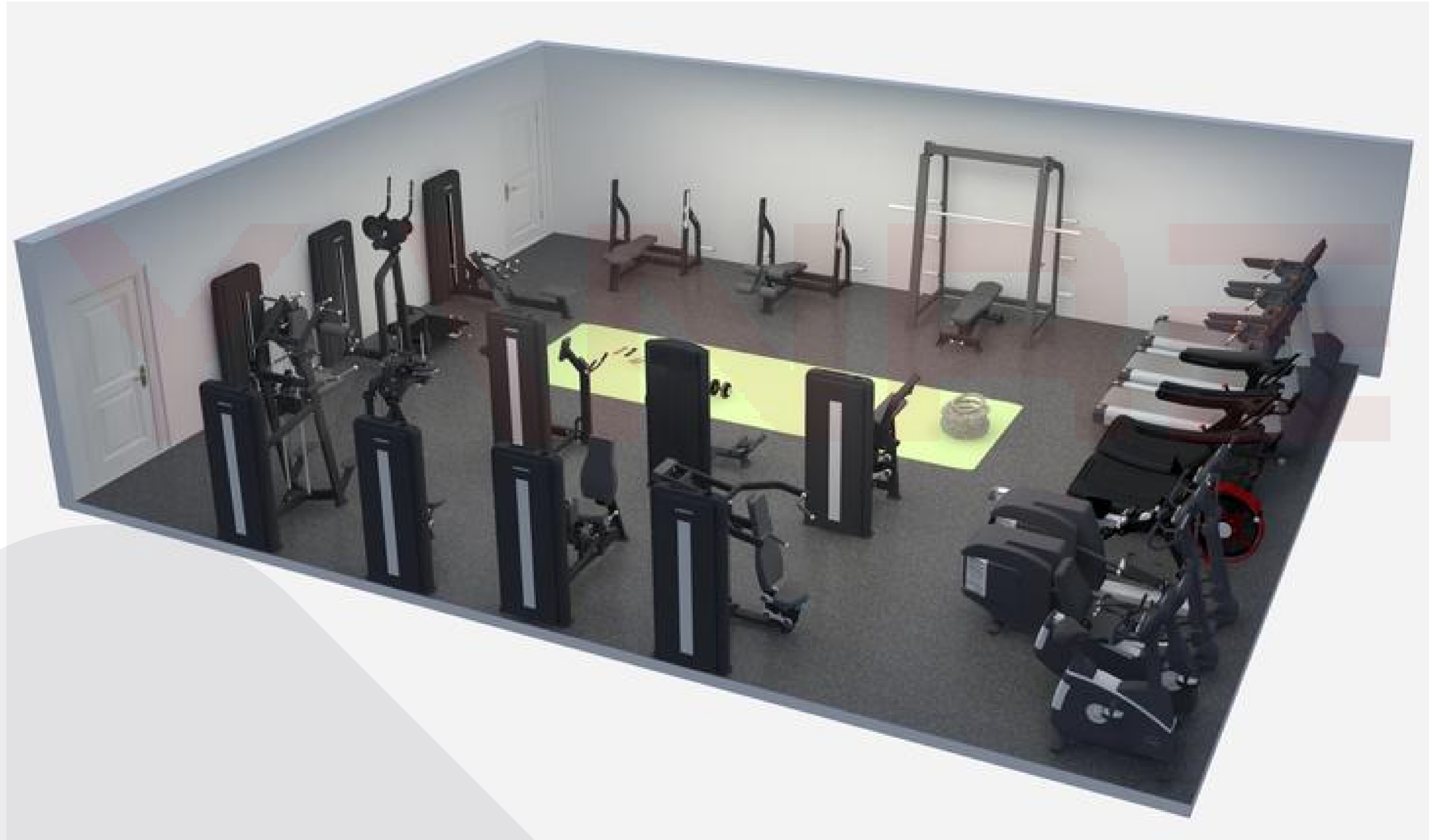
Suggested Gym Layout | 100m² Gym (View 03)



Suggested Gym Layout | 100m² Gym (View 04)



Suggested Gym Layout | 100m² Gym (View 05)



Suggested Gym Layout | 100m² Gym (View 06)





**Gym Equipment
Suggestion | 150m² Gym**

Suggested Equipment Type & Quantity | 150m² Gym

Cardio Area (50m²):

Cardio machines

Total Equipment: 10

Strength Training Area (100m²):

Pin loaded machines

Plated loaded machines

Bench

Rack

Total Equipment: 25

Total Equipment: 35

Suggested Equipment List | 150m² Gym (Detailed Version)

Cardio Area (50m²):

YV9T Commercial Treadmill *3
Hero-8008 curved treadmill
*2
Y5100 Generator EMS
Elliptical *2
Y2100 Generator EMS Bike *1
Y3100 Generator EMS Walk-
Thru Recumbent *1
YR400 AIR ROWER *1

Strength Training Area (100m²) part 1:

61A01A Shoulder Press Converging *1
61A03 Lateral Raise *1
61A07 Pectoral Butterfly *1
61A09 Pectoral Fly/Rear Deltoid *1
61A12 Triceps Extension *1
61A14 Mid Row *1
61A16A Assisted Chin/Dip *1
61A18 Upper/Mid Abdominal Trainer *1
61A21A Gluteus Maximus Trainer *1
61A60 Adduction/Abduction *1
61A33 Smith Machine *1
61A39 Olympic Flat Bench *1

Strength Training Area (100m²) part 2:

61A40 Olympic Decline Bench *1
61A54 Barbell Rack (30-100LBS) *1
61A37 Biceps Curl Rack *1
61A46B Multi Adjustable Bench *2
61A53 10 Pairs Dumbbell Rack (20-65LBS)
(60-105LBS) *2
61A55 Utility Bench *1
61A41 Flat/Decline Adjustable Bench *1
61A32B Functional Trainer *1
82032 Hip Thrust Machine *1
82020 Plate Loaded V Squat *1
82007 Plate Loaded Iso-Lateral D.Y.Row
*1

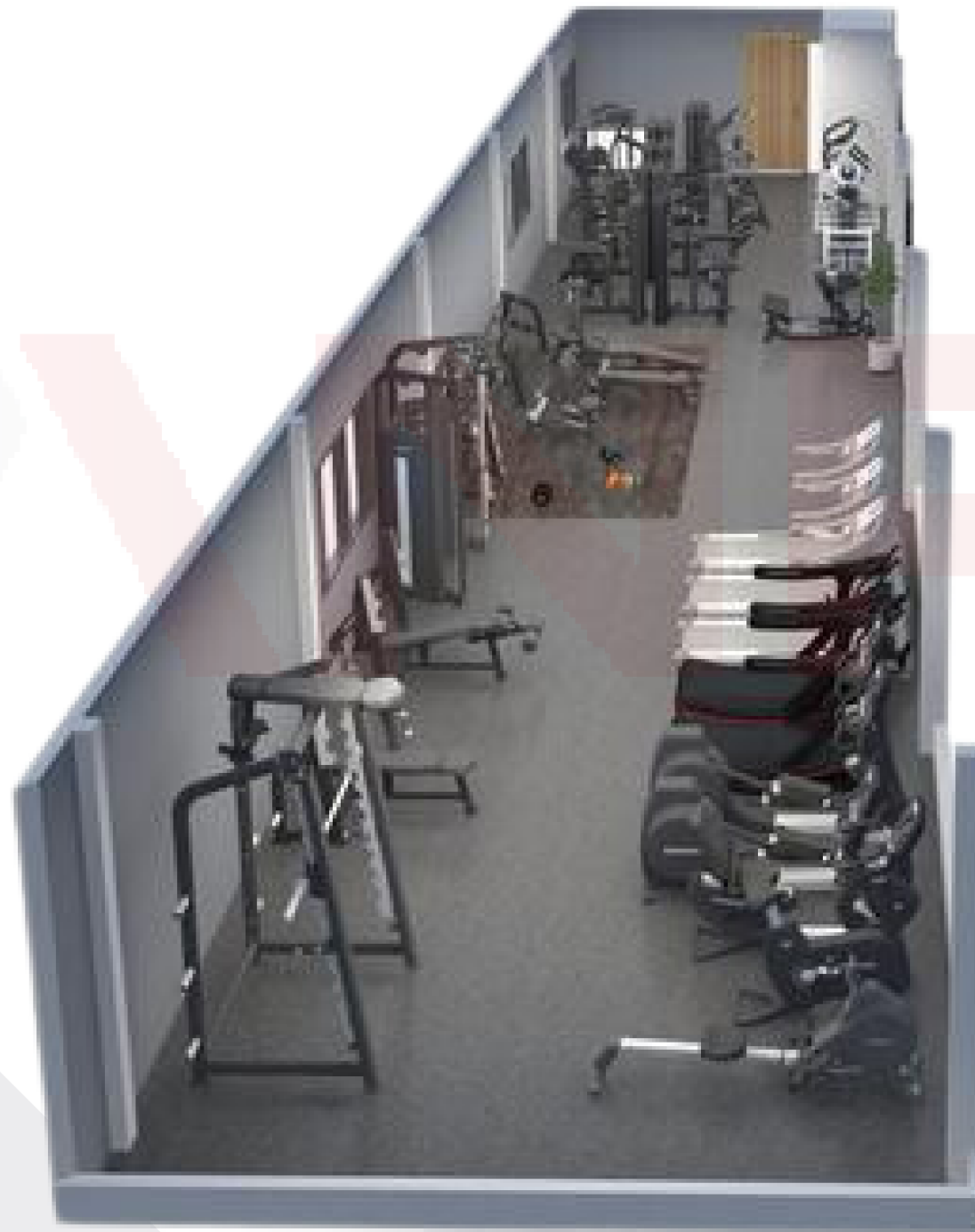
Suggested Gym Layout | 150m² Gym (View 01)



Suggested Gym Layout | 150m² Gym (View 02)




Suggested Gym Layout | 150m² Gym (View 03)



Suggested Gym Layout | 150m² Gym (View 04)





**Gym Equipment
Suggestion | 200m² Gym**

Suggested Equipment Type & Quantity | 200m² Gym

Cardio Area (70m²):

Cardio Machines

Total Equipment: 16

Strength Training Area (130m²):

Pin loaded machines

Plated loaded machines

Bench

Rack

Total Equipment: 32

Total Equipment: 48

Suggested Equipment List | 200m² Gym

(Detailed Version)

Cardio Area (70m²):

YV9T Commercial Treadmill *3
Hero-8008 curved treadmill *2
YJSM STAIR MASTER *2
Y5100 Generator EMS Elliptical *2
Y2100 Generator EMS Bike *1
Y3100 Generator EMS Walk-Thru
Recumbent *1
YR400 AIR ROWER *1
YAB100 AIR BIKE *2
SP-D501 Spin Bike *2

Strength Training Area (130m²) part 1:

61A04A Chest Press Converging *1
61A02 Pull Up Shoulder *1
61A01A Shoulder Press Converging *1
61A03 Lateral Raise *1
61A07 Pectoral Butterfly *1
61A09 Pectoral Fly/Rear Deltoid *1
61A12 Triceps Extension *1
61A14 Mid Row *1
61A16A Assisted Chin/Dip *1
61A18 Upper/Mid Abdominal Trainer *1
61A21A Gluteus Maximus Trainer *1
61A60 Adduction/Abduction *1
61A33 Smith Machine *1
61A38 Olympic Incline Bench *1
61A39 Olympic Flat Bench *1

Strength Training Area (130m²) part 2:

61A40 Olympic Decline Bench *1
61A37 Biceps Curl Rack *1
61A46B Multi Adjustable Bench *2
61A45A Knees Raise *1
61A51 Plate Rack *1
61A53 10 Pairs Dumbbell Rack (20-65LBS)
(60-105LBS) *2
61A55 Utility Bench *1
61A41 Flat/Decline Adjustable Bench *1
61A32B Functional Trainer *1
82016 Plate Loaded Leg Press *1
82018 Plate Loaded Seated Calf Raise *1
82001 Plate loaded Iso-Lateral Super Incline
Press *1
82032 Hip Thrust Machine *1
82020 Plate Loaded V Squat *1
82007 Plate Loaded Iso-Lateral D.Y.Row *1

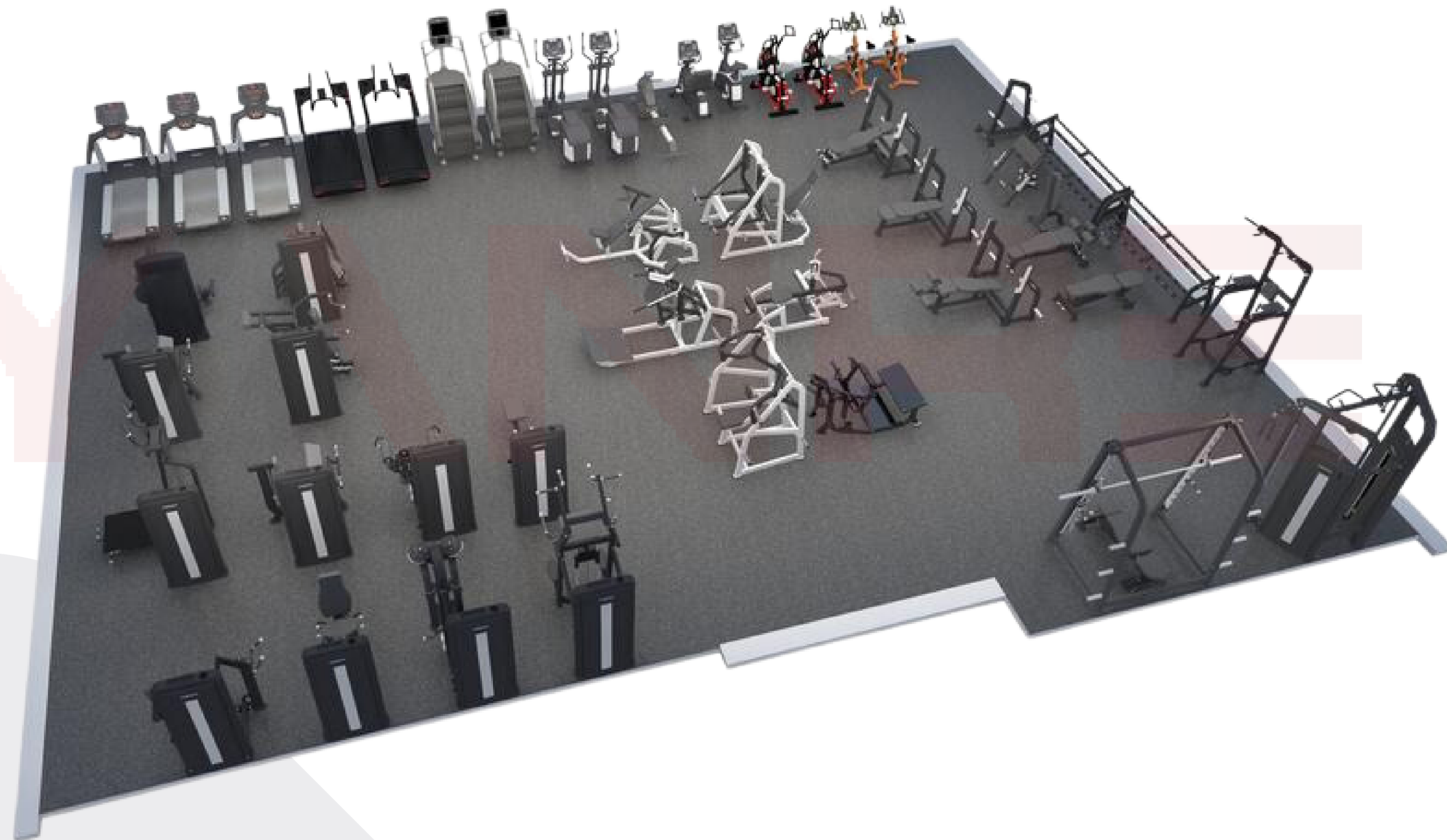
Suggested Gym Layout | 200m² Gym (View 01)



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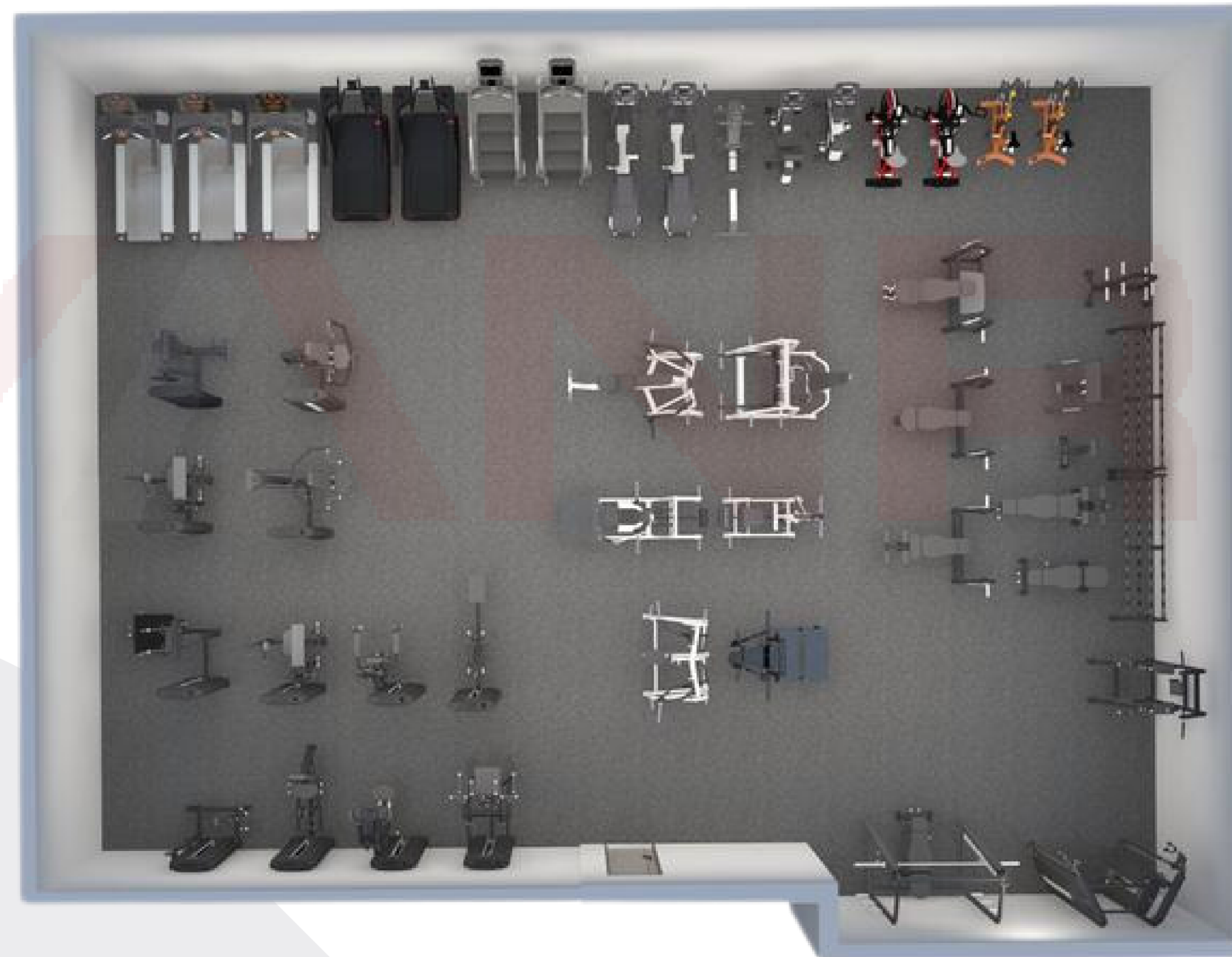
Suggested Gym Layout | 200m² Gym (View 02)



Suggested Gym Layout | 200m² Gym (View 03)



Suggested Gym Layout | 200m² Gym (View 04)



Suggested Gym Layout | 200m² Gym (View 05)



Suggested Gym Layout | 200m² Gym (View 06)





**Gym Equipment
Suggestion | 250m² Gym**

Suggested Equipment Type & Quantity | 250m² Gym

Cardio Area (80m²):

Cardio Machines

Total Equipment: 18

Strength Training Area (170m²):

Pin loaded Machines

Plated loaded machines

Bench

Rack

Total Equipment: 42

Total Equipment: 60

Suggested Equipment List | 250m² Gym

(Detailed Version)

Cardio Area (80m²):

YV9T Commercial Treadmill *3
Hero-8008 Curved Treadmill *2
YJSM STAIR MASTER *2
Y5100 Generator EMS Elliptical *2
Y2100 Generator EMS Bike *2
Y3100 Generator EMS Walk-Thru
Recumbent *2
YR400 AIR ROWER *1
YAB100 AIR BIKE *2
SP-D501 Spin Bike *2

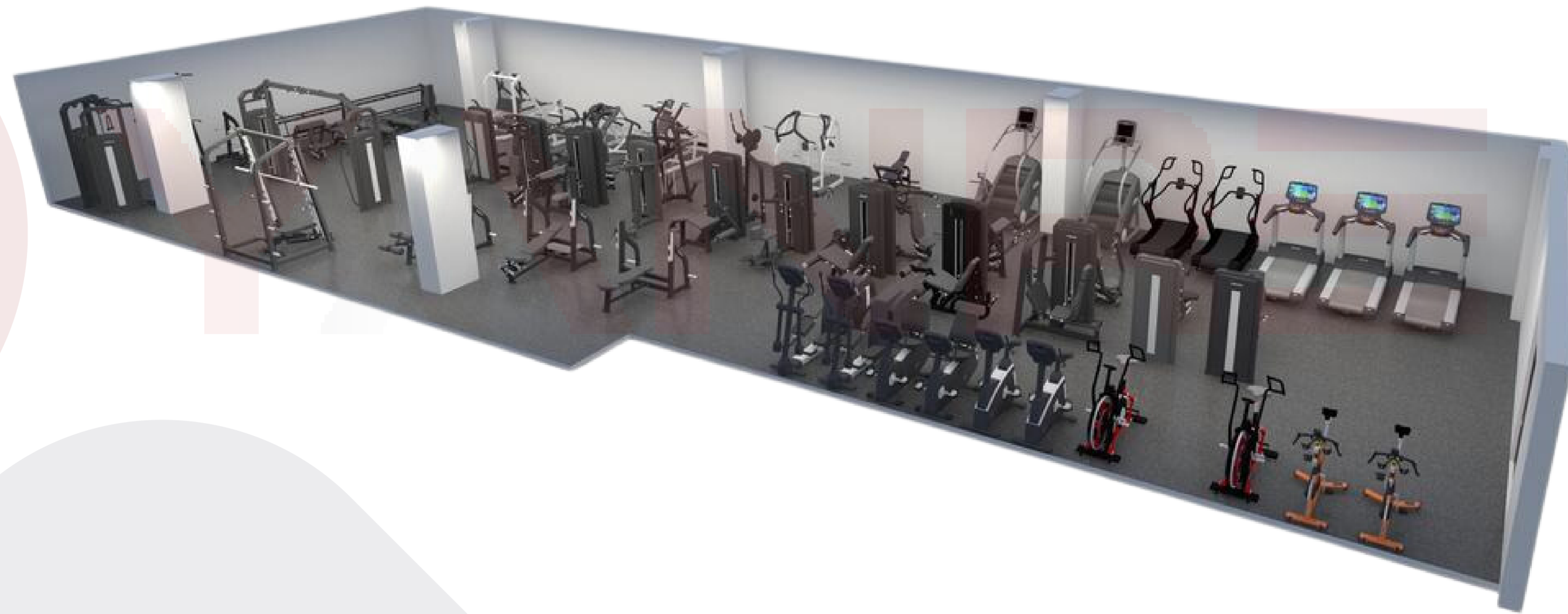
Strength Training Area (170m²) part 1:

61A04A Chest Press Converging *1
61A02 Pull Up Shoulder *1
61A01A Shoulder Press Converging *1
61A03 Lateral Raise *1
61A07 Pectoral Butterfly *1
61A09 Pectoral Fly/Rear Deltoid *1
61A12 Triceps Extension *1
61A14 Mid Row *1
61A16A Assisted Chin/Dip *1
61A18 Upper/Mid Abdominal Trainer *1
61A21A Gluteus Maximus Trainer *1
61A09 Pectoral Fly/Rear Deltoid *1
61A15A Lat Pull Down Diverging *1
61A18A Lower Abdominal Trainer *1
61A19 Rotary Torso *1
61A24 Leg Extension *1
61A25 Seated Leg Curl *1
61A28 Seated Leg Press *1
61A30 Seated Calf *1
61A32 Cable Crossover *1
61A60 Adduction/Abduction *1

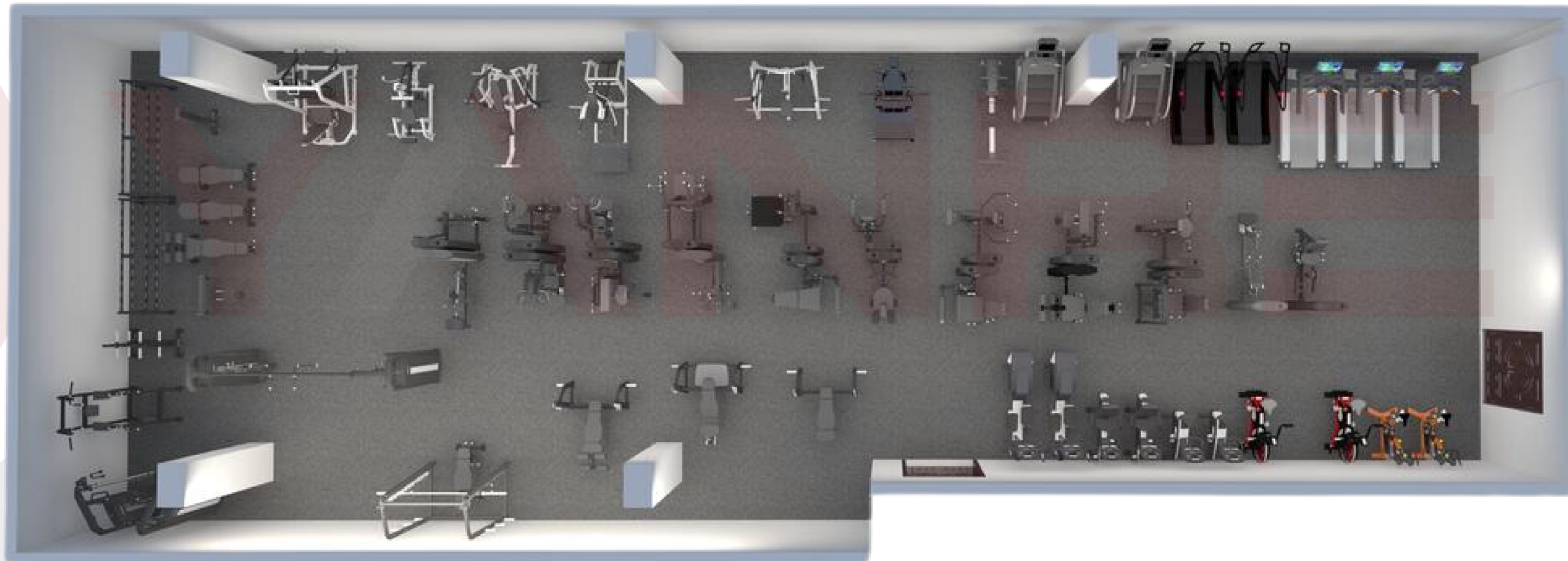
Strength Training Area (170m²) part 2:

61A33 Smith Machine *1
61A38 Olympic Incline Bench *1
61A39 Olympic Flat Bench *1
61A40 Olympic Decline Bench *1
61A37 Biceps Curl Rack *1
61A46B Multi Adjustable Bench *3
61A45A Knees Raise *1
61A51 Plate Rack *1
61A53 10 Pairs Dumbbell Rack (20-65LBS) (60-105LBS) *2
61A55 Utility Bench *1
61A41 Flat/Decline Adjustable Bench *1
61A32B Functional Trainer *1
82016 Plate Loaded Leg Press *1
82018 Plate Loaded Seated Calf Raise *1
82001 Plate loaded Iso-Lateral Super Incline Press *1
82032 Hip Thrust Machine *1
82020 Plate Loaded V Squat *1
82007 Plate Loaded Iso-Lateral D.Y.Row *1

Suggested Gym Layout | 250m² Gym (View 01)



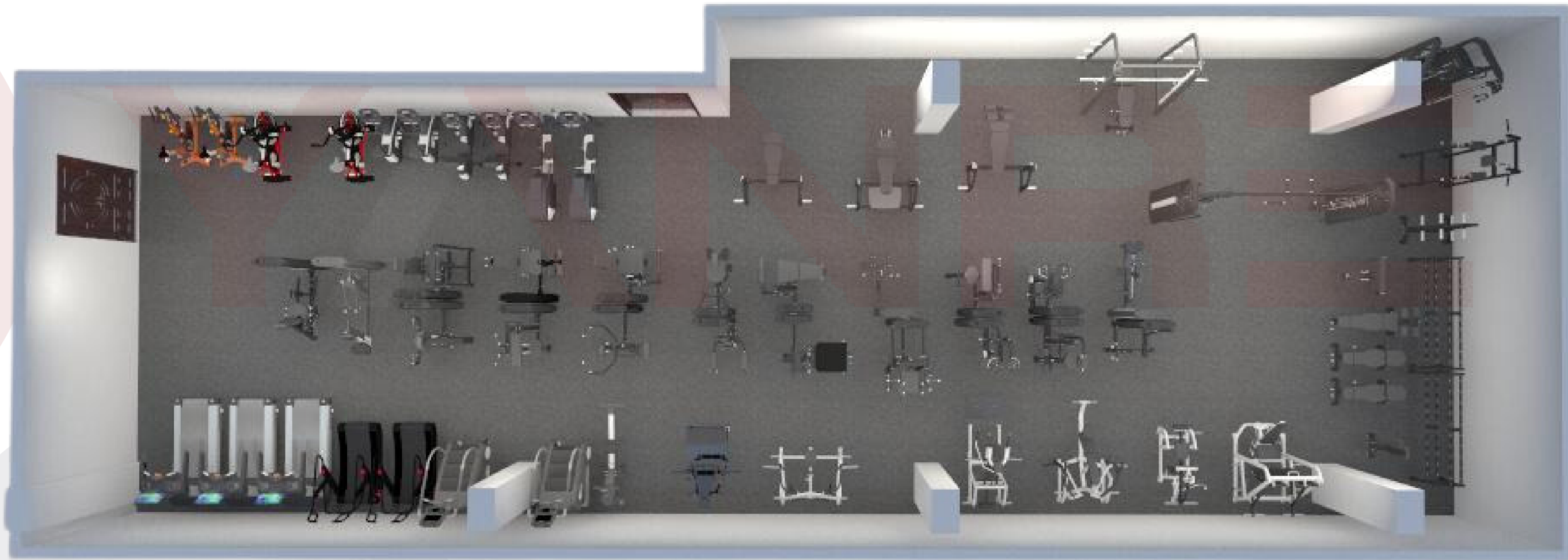
Suggested Gym Layout | 250m² Gym (View 02)



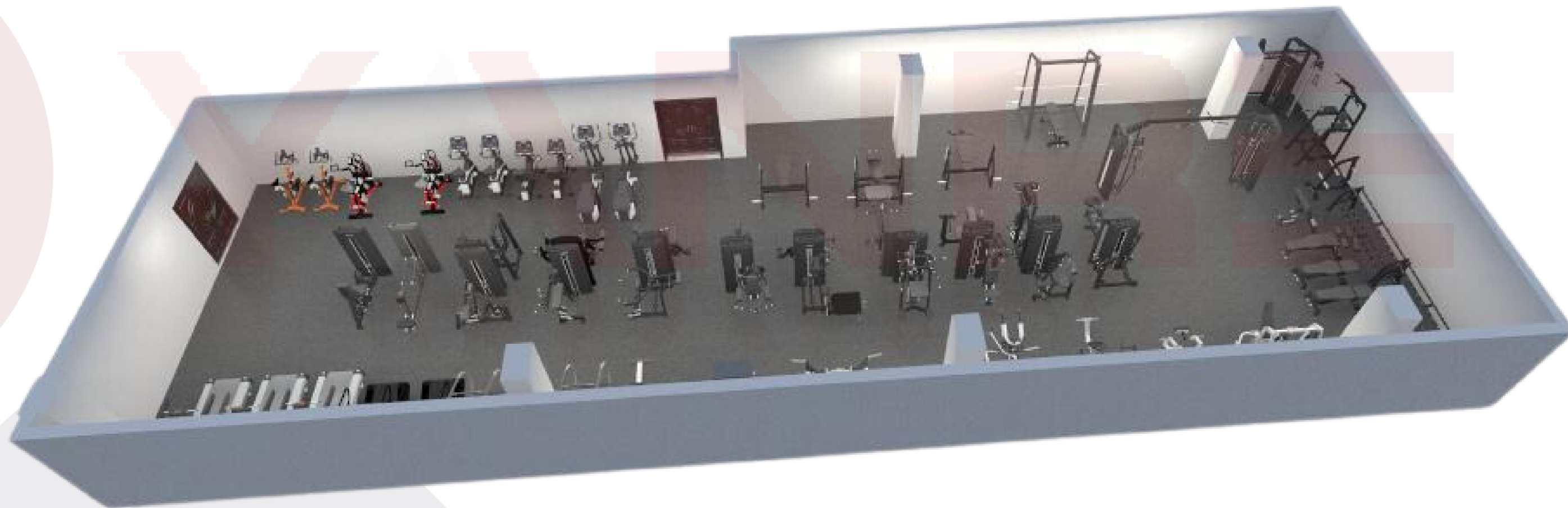
Suggested Gym Layout | 250m² Gym (View 03)



Suggested Gym Layout | 250m² Gym (View 04)



Suggested Gym Layout | 250m² Gym (View 05)



Suggested Gym Layout | 250m² Gym (View 06)





Simple. But Significant.



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