Gym Layout Plan

@yanrefitness

YR FITNESS

Gym Equipment Suggestion | 50m² Gym

Suggested Equipment Type & Quantity | 50m² Gym

Cardio Area (10m²):

Treadmill: 1

Total Equipment: 1

Strength Training Area (30m²):

Pin Loaded Machines: 3
Plated loaded machines：1
Rack + Bench: 2

Total Equipment: 6

Accessories & Free Weights (10m²):

Dumbbells：2
Rubber Plates：10

Total Equipment: 12

Total Equipment: 19

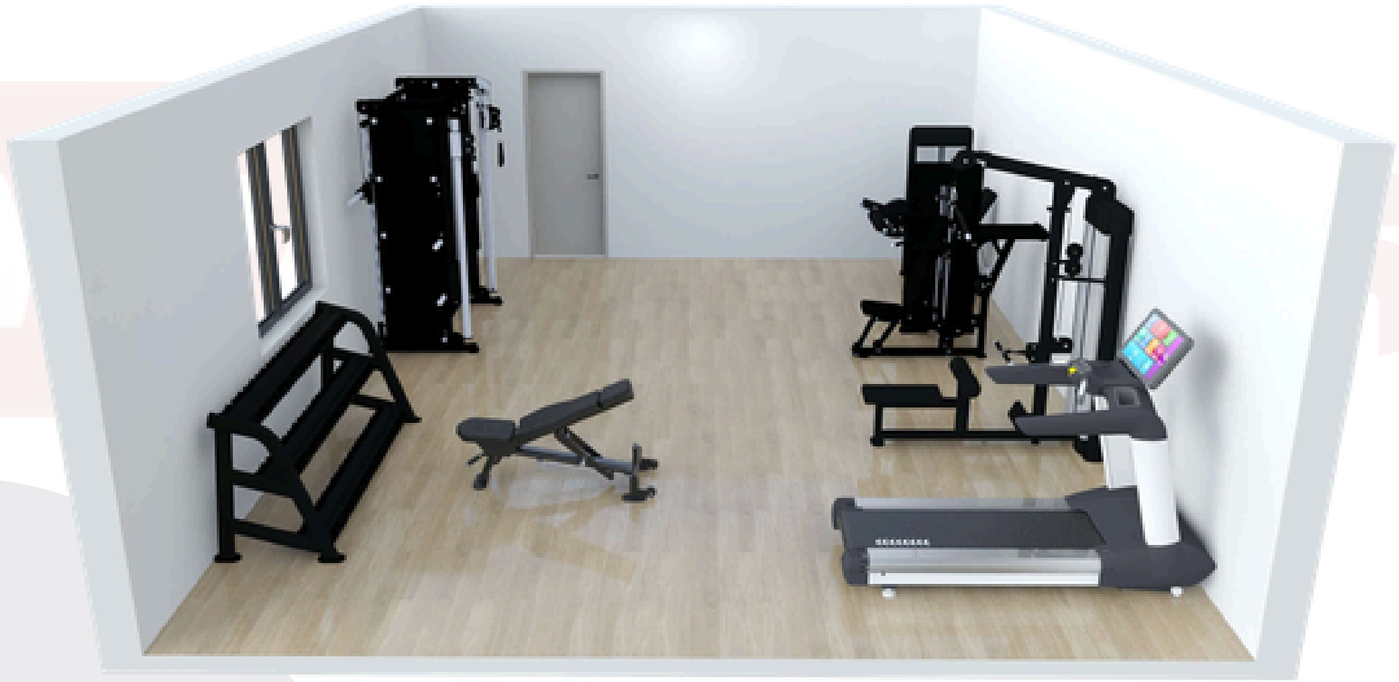
Suggested Equipment List | 50m² Gym (Detailed Version)

Cardio Area (10m²):	Strength Training Area (30m²):	Accessories & Free Weights (10m²):
YV9 Commercial treadmill *1	55A01 Shoulder / Chest Press *1 55A12 Leg Extension/ Leg Curl *1 55A06 Lat Pull Down/Low Row *1 8504 Smith&Functional Trainer Combo *1 61A46B Multi Adjustable Bench *1 61A53AT 3 Tier 15 Pairs Dumbbell Rack(20-90LBS) *1	DBR002-2.5KG Round head rubber dumbbell *2 WPR002-2.5-20KG Rubber Plates - trigrip *10

Suggested Gym Layout | 50m² Gym
(View 01)

Suggested Gym Layout | 50m² Gym (View 02)

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 (20m²):

Treadmill: 1
Elliptical: 1

Total Equipment: 2

Strength Training Area (60m²):

Pin loaded Machines: 7
Plated loaded machines：1
Rack + Bench: 2

Total Equipment: 10

Accessories & Free Weights (20m²):

Dumbbells：30
Rubber Plates：10
Kettlebell：4
Barbells：5
Yoga & Stretching：9
Resistance Bands：5

Total Equipment: 63

Total Equipment: 75

Suggested Equipment List | 100m² Gym (Detailed Version)

Strength Training Area (60m²)-1:

61A01A Shoulder Press Converging: *1
61A04A Chest Press Converging: *1
61A09 Pectoral Fly/Rear Deltoid: *1
55A04 Biceps/Triceps: *1
55A06 Lat Pull Down/Low Row: *1

Strength Training Area (60m²)-2:

55A12 Leg Extension/ Leg Curl: *1
61A32B Functional Trainer: *1
61A33 Smith Machine: *1
61A46B Multi Adjustable Bench: *1
61A53AH 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1

Suggested Equipment List | 100m² Gym (Detailed Version)

Cardio Area (20m²):

YV9 Commercial treadmill: *1
705D EMS Elliptical: *1

Accessories & Free Weights (20m²)-1:

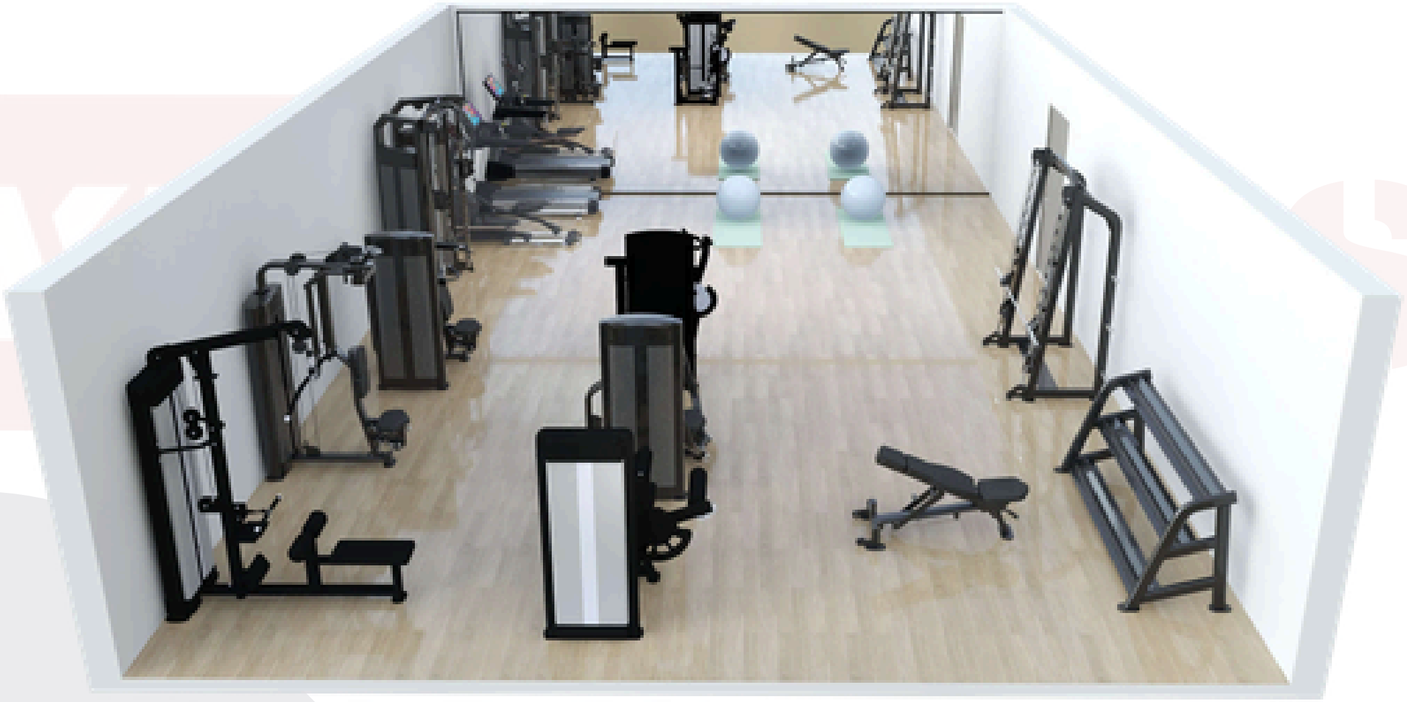
DBR001-2.5-50KG Rubber hex dumbbell: *30
OB2801 Men’s Barbell: *2
CB4702 EZ bar: *1
BC02 Barbell collar Jaw collor SFCL-007: *2
YM01D Yoga Mat: *5
YB01-95cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *2

Accessories & Free Weights (20m²)-2:

FR10 Foam Roller: *2
WPR002-2.5-20KG Rubber Plates - trigrip: *10
KBV001- 4-20KG Vinyl kettlebell: *4
RB01-600*50*0.35-1.2mm Resistance Loop Exercise Bands: *5

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)

Gym Equipment Suggestion | 150m² Gym

Suggested Equipment Type & Quantity | 150m² Gym

Cardio Area (30m²):

Treadmill: *2
Elliptical: *1
Upright Bike: *1

Total Equipment: 4

Strength Training Area (90m²):

Pin loaded Machines: *11
Plated loaded machines：*1
Rack + Bench: *5

Total Equipment: 17

Accessories & Free Weights (30m²):

Dmbbells：*30
Barbells：*5
Rubber Plates：*14
Yoga & Stretching：*9
Kettlebells：*2
Medicine Ball：*1
Battle Rope：*1

Total Equipment: 62

Total Equipment: 83

Suggested Equipment List | 150m² Gym (Detailed Version)

Strength Training Area (90m²)-1:

61A01A Shoulder Press Converging: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A04 Chest Press: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A60 Adductor and Abductor: *1
61A28A Seated Leg Press: *1
55A04 Biceps/Triceps: *1
55A06 Lat Pull Down/Low Row: *1
55A08 Ab Crunch/Back Extension: *1

Strength Training Area (90m²)-2:

55A12 Leg Extension/ Leg Curl: *1
61A38 Olympic Incline Bench: *1
61A40 Olympic Decline Bench: *1
61A33 Smith Machine: *1
61A43 Adjustable Roman Bench: *1
61A46 Flat/Incline Adjustable Bench: *1
61A32B Functional Trainer: *1
61A53AH 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1

Suggested Equipment List | 150m² Gym (Detailed Version)

Cardio Area (30m²):

YV9 Commercial treadmill: *2
705D EMS Elliptical: *1
705U EMS Upright bike: *1

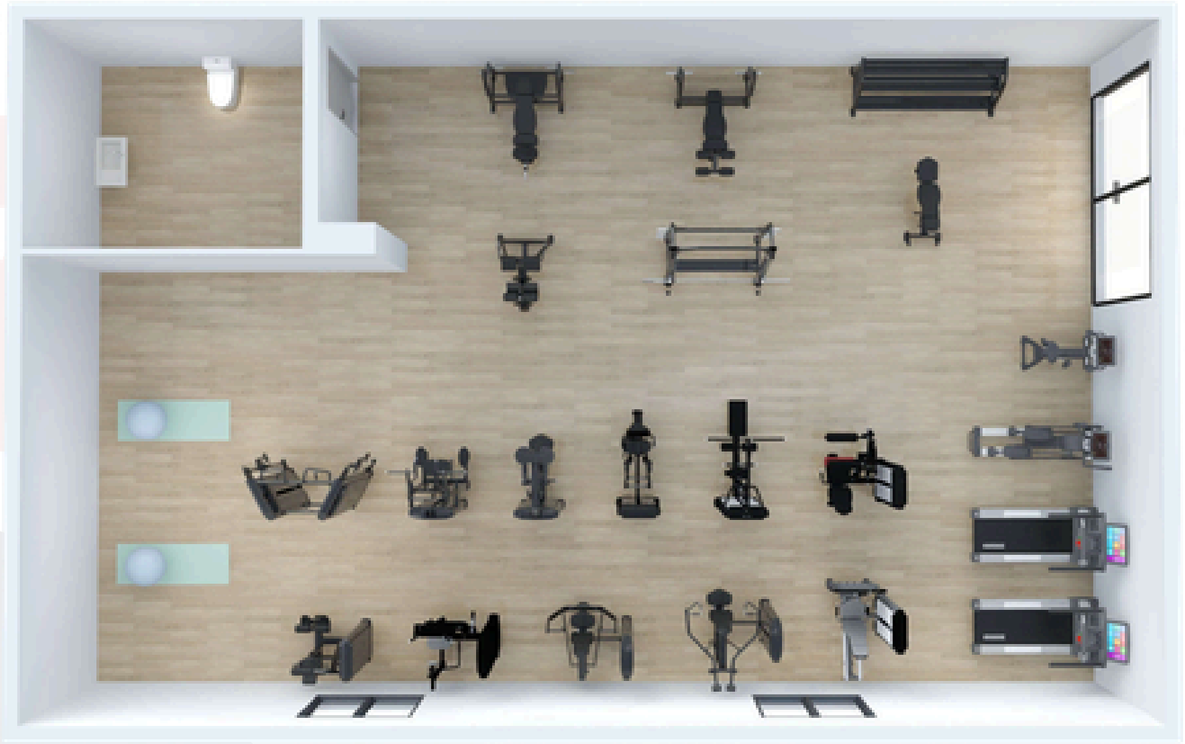
Accessories & Free Weights (30m²)-1:

DBR001-2.5-50KG Rubber hex dumbbell: *30
OB2801 Men’s Barbell: *2
CB47 EZ bar: *1
BC02 Barbell collar Jaw collor SFCL-007: *2
YM01D Yoga Mat: *5
YB01-95cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *2

Accessories & Free Weights (30m²)-2:

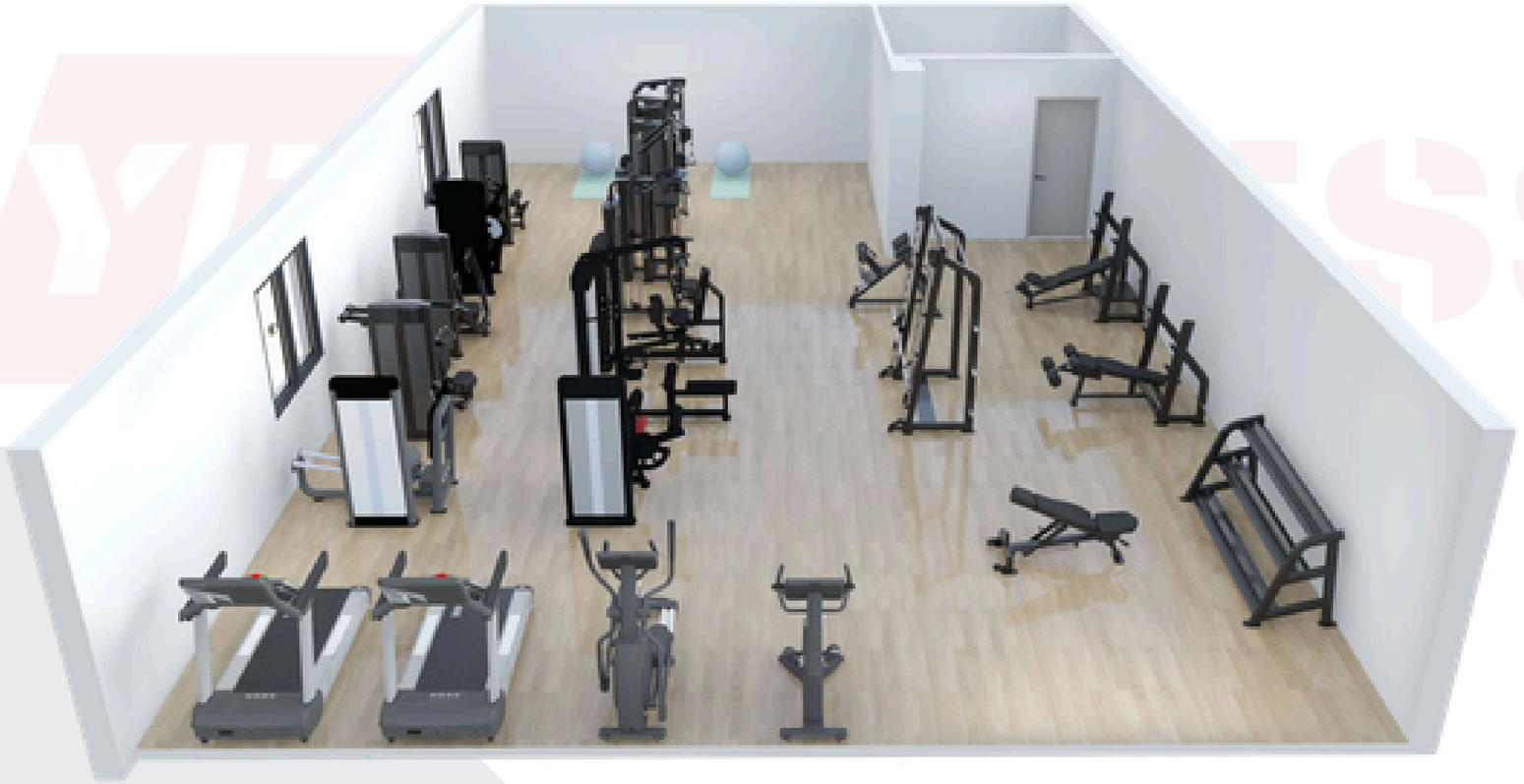
FR10 Foam Roller: *2
WPR001-1.25-25KG Rubber Plates - 12 sides: *14
KBV001- 4-8KG Vinyl kettlebell: *2
MB03-4KG Binaural medicine ball: *1
BR01-1.5"(38mm)-6.1M Polyethylene battle rope: *1

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)

Suggested Gym Layout | 150m² Gym (View 05)

Gym Equipment Suggestion | 200m² Gym

Suggested Equipment Type & Quantity | 200m² Gym

Cardio Area (40m²):

Treadmill: *3
Elliptical: *1
Recumbent Bike: *1

Total Equipment: 5

Strength Training Area (120m²):

Pin loaded Machines: *11
Plated loaded machines： *6
Rack + Bench: *9

Total Equipment: 26

Accessories & Free Weights (40m²):

Dumbbells: *30
Barbells: *19
Rubber Plates: *130
Yoga & Stretching: *36
Kettlebells: *8
Plyo Box: *5

Total Equipment: 228

Total Equipment: 259

Suggested Equipment List | 200m² Gym (Detailed Version)

Cardio Area (40m²):

YV9 Commercial Treadmill: *2
Hero-8008 Curved Treadmill: *1
705D EMS Elliptical: *1
705R EMS Recumbent Bike: *1

Strength Training Area (120m²)-1:

61A01A Shoulder Press Converging: *1
61A04A Chest Press Converging: *1
55A04 Biceps/Triceps: *1
61A09 Pectoral Fly/Rear Deltoid: *1
55A06 Lat Pull Down/Low Row: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A60 Adductor and Abductor: *1
61A28A Seated Leg Press: *1
61A24 Leg Extension: *1

Suggested Equipment List | 200m² Gym (Detailed Version)

Strength Training Area (120m²)-2:

61A25 Seated Leg Curl: *1
61A32B Functional Trainer: *1
61A33 Smith Machine: *1
G2049 power rack: *1
82002 Plate loaded Iso-Lateral Shoulder Press: *1
82004 Plate loaded Iso-Lateral Front Lat Pulldown: *1
82006 Plate Loaded Pull Back: *1
82032A Hip Thrust Machine: *1

Strength Training Area (120m²)-3:

82034 Hack squat & leg press: *161A37 Biceps Curl Rack: *1
61A38 Olympic Incline Bench: *1
61A40 Olympic Decline Bench: *1
61A43 Adjustable Roman Bench: *1
61A46 Flat/Incline Adjustable Bench: *1
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1
61A54 Barbell Rack (30-100LBS): *1
61A55 Utility Bench: *1

Suggested Equipment List | 200m² Gym (Detailed Version)

Accessories & Free Weights (40m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *30
BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *5
BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *5
HEX56 HEX 56: *1
SSB01 Safety squat bar: *2
OB25 Women’s Barbell: *2

Accessories & Free Weights (40m²)-2:

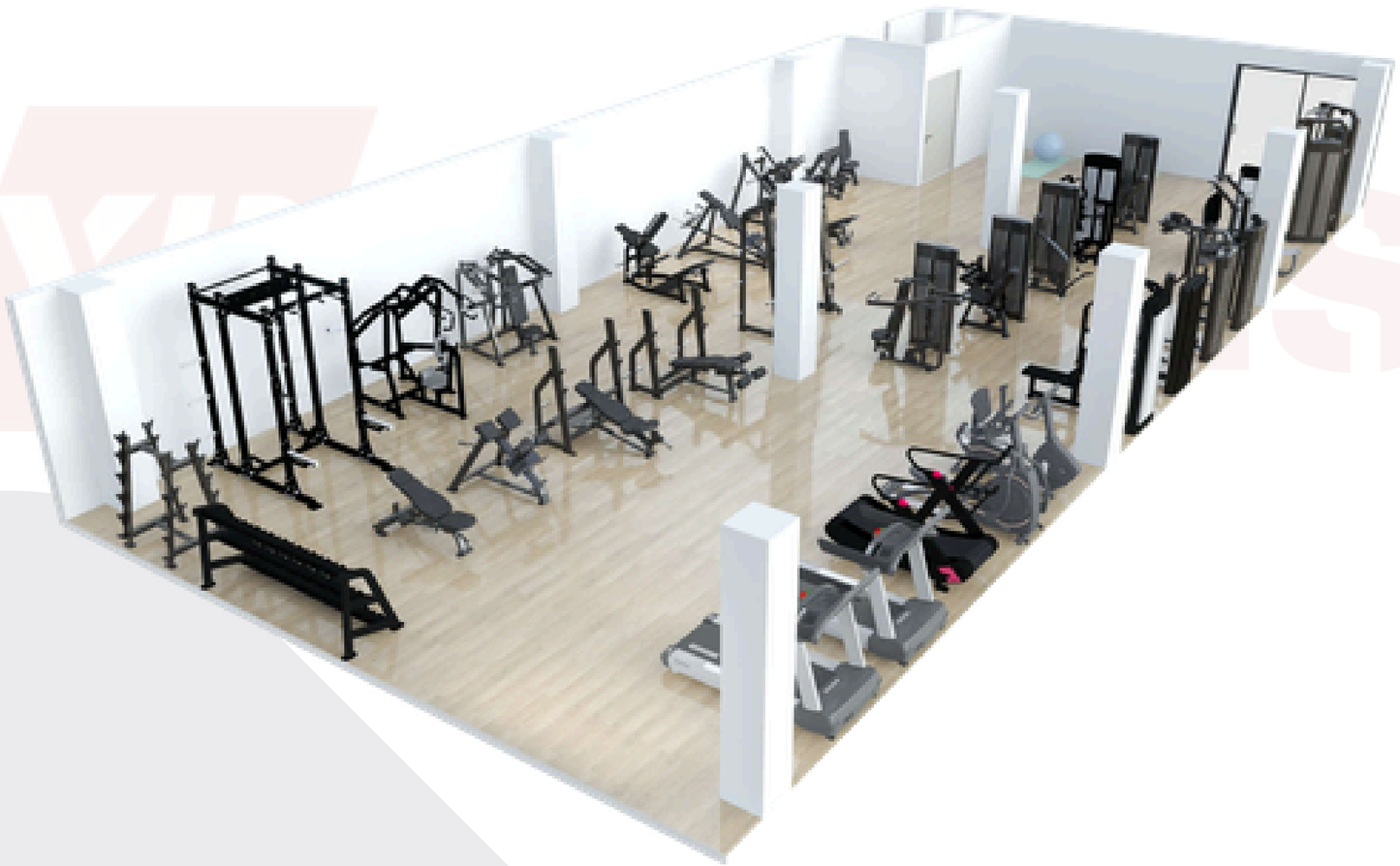
OB2801 Men’s Barbell: *2
CB47 EZ BAR: *2
WPR002-2.5-25KG Rubber Plates - trigrip: *120
WB01-6-10KG Soft Medicine Wall Ball: *3
FPB02 Foam plyo box: *5
BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *1
YM01D Yoga Mat: *15

Accessories & Free Weights (40m²)-3:

KBV001-4-28KG Vinyl kettlebell: *8
YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3
JR1603 Speed jump rope SFJR-016: *5
BC01 Barbell collar Jaw collorSFCL-002: *6
FR11 Foam Roller: *3
BPR006-5-25KG Training bumper plates black: *10

Suggested Gym Layout | 200m² Gym (View 01)

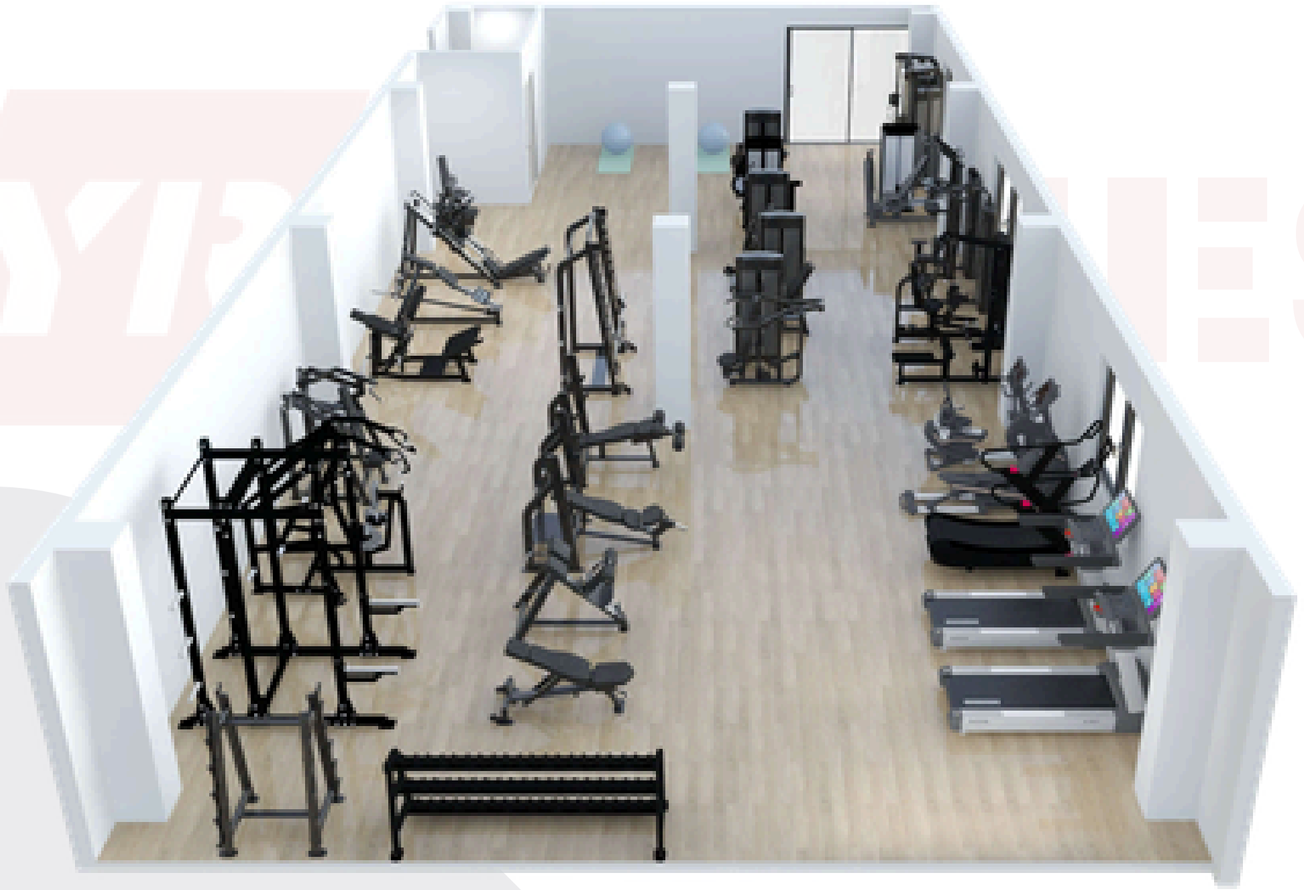
Suggested Gym Layout | 200m² Gym (View 02)



Suggested Gym Layout | 200m² Gym (View 03)

Suggested Gym Layout | 200m² Gym (View 04)

Suggested Gym Layout | 200m² Gym (View 05)



Gym Equipment Suggestion | 250m² Gym

Suggested Equipment Type & Quantity | 250m² Gym

Cardio Area (50m²):

Treadmill: *4
Elliptical: *1
Recumbent Bike: *1
Air Rower: *1

Total Equipment: 7

Strength Training Area (150m²):

Pin loaded Machines: *13
Plated loaded machines： *9
Rack + Bench: *14

Total Equipment: 36

Accessories & Free Weights (50m²):

Dumbbells: *30
Rubber Plates: *260
Barbells: *19
Plyo Box: *5
Kettlebells: *8
Yoga & Stretching: *33
Barbell Collars: *6
Resistance Bands: *10

Total Equipment: 371

Total Equipment: 414

Suggested Equipment List | 250m² Gym (Detailed Version)

Cardio Area (50m²):

YV9 Commercial treadmill: *3
Hero-8008 curved treadmill: *1
705D EMS Elliptical: *1
705R EMS Recumbent bike: *1
YR400 AIR ROWER: *1

Strength Training Area (150m²)-1:

61A04A Chest Press Converging: *1
61A01A Shoulder Press Converging: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A60 Adductor and Abductor: *1
61A28A Seated Leg Press: *1
61A24 Leg Extension: *1
61A25 Seated Leg Curl: *1
61A58 Hip thruster: *1
61A32B Functional Trainer: *1
61A33 Smith Machine: *1
55A02 Shoulder / Chest Press: *1

Suggested Equipment List | 250m² Gym (Detailed Version)

Strength Training Area (120m²)-2:

55A06 Lat Pull Down/Low Row: *1
55A08 Ab Crunch/Back Extension: *1
G2049 power rack: *1
82004 Plate loaded Iso-Lateral Front Lat Pulldown: *1
82006 Plate Loaded Pull Back: *1
82032A Hip Thrust Machine: *1
82028 Plate Loaded Linear Leg Press: *1
82035 45 degree hack squat: *1
82041 Pull back machine: *1
82042 90 degree leg press: *1
82043 Pendulum Squat: *1

Strength Training Area (120m²)-3:

61A37 Biceps Curl Rack: *1
61A38 Olympic Incline Bench: *1
61A39 Olympic Flat Bench: *1
61A40 Olympic Decline Bench: *1
61A42 Fixed Angle Sit-Up Bench: *1
61A43 Adjustable Roman Bench: *1
61A46B Multi Adjustable Bench: *1
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1
61A54 Barbell Rack (30-100LBS): *1
61A47 Flat Bench: *1
61A55 Utility Bench: *1

Suggested Equipment List | 250m² Gym (Detailed Version)

Accessories & Free Weights (50m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *30

BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *5

BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *5

HEX56 HEX 56: *1

SSB01 Safety squat bar: *2

OB25 Women’s Barbell: *2

OB2801 Men’s Barbell: *2

Accessories & Free Weights (50m²)-2:

CB47 EZ BAR: *2

WPR002-2.5-25KG Rubber Plates - trigrip: *240

WB01-6-10KG Soft Medicine Wall Ball: *3

FPB02 Foam plyo box: *5

BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *1

YM01D Yoga Mat: *15

KBV001-4-28KG Vinyl kettlebell: *8

YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3

Accessories & Free Weights (50m²)-3:

JR1603 Speed jump rope SFJR-016: *5

BC01 Barbell collar Jaw collorSFCL-002: *6

FR11 Foam Roller: *3

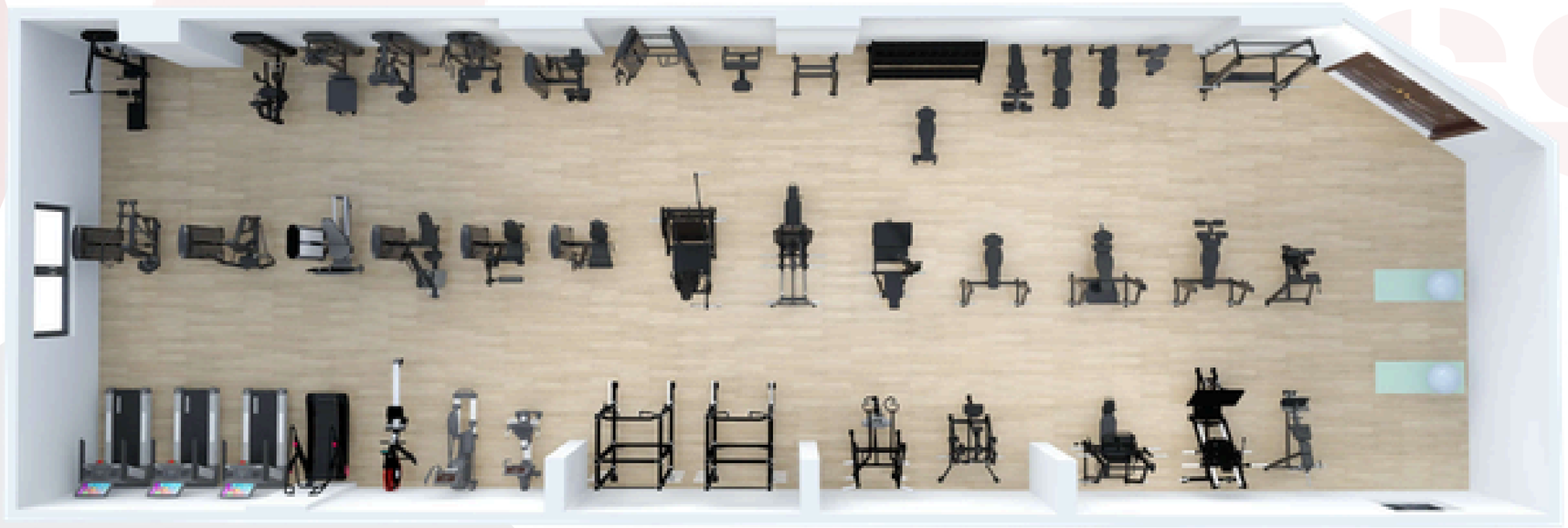
RB01 Resistance Loop Exercise Bands: *5

RB02 Resistance Bands: *5

MB01-3-5KG Medicine ball: *3

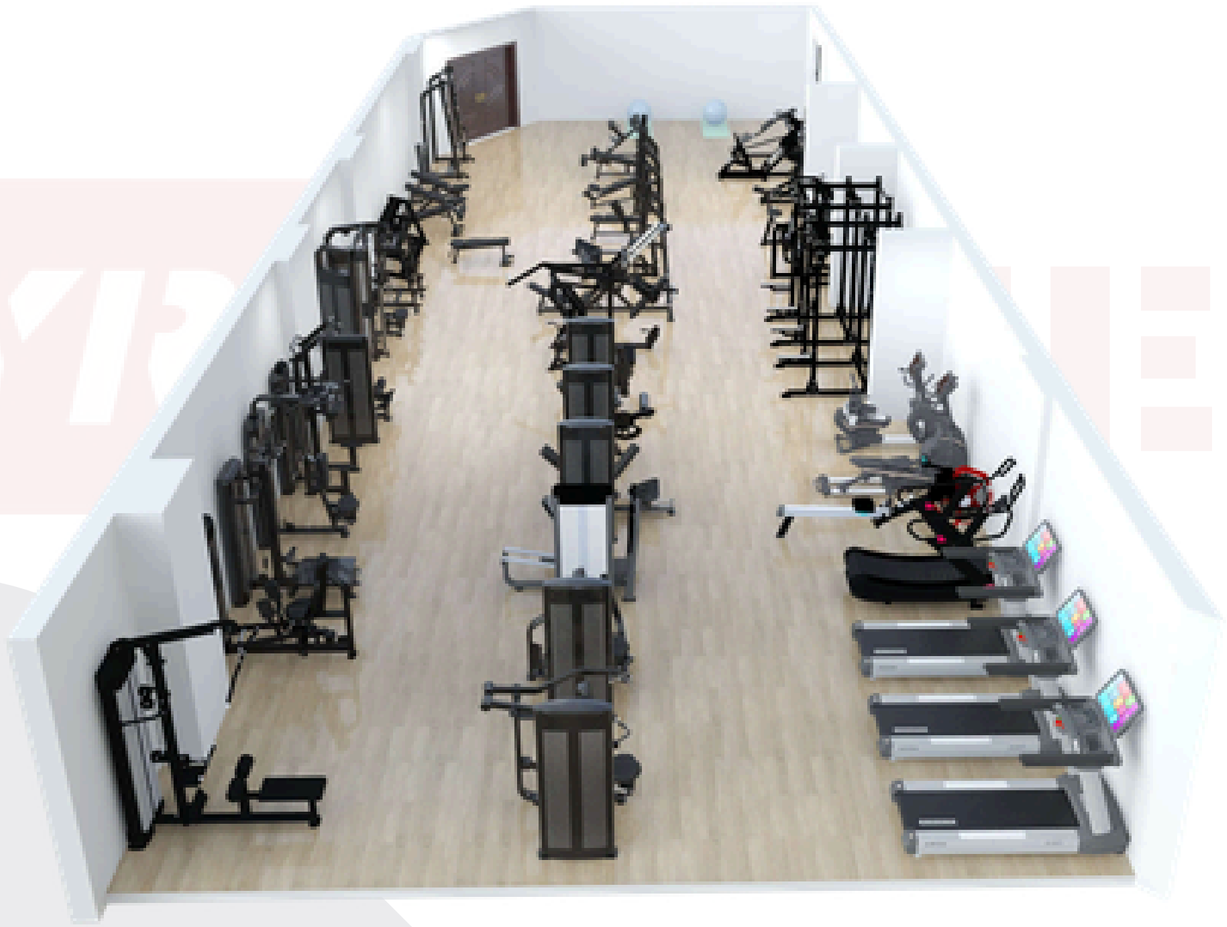
BPR006-5-25KG Training bumper plates black: *20

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)

Gym Equipment Suggestion | 300m² Gym

Suggested Equipment Type & Quantity | 300m² Gym

Cardio Area (60m²):

Treadmill: *4
Stair Master: *1
Elliptical: *2
Bike: *2
Rower: *1
Air Bike: *1

Total Equipment: 11

Strength Training Area (180m²):

Pin loaded Machines: *14
Plated loaded machines: *13
Rack + Bench: *14

Total Equipment: 41

Accessories & Free Weights (60m²):

Dumbbells: *30
Rubber Plates: *260
Barbells: *19
Yoga & Stretching: *33
Kettlebells: *8
Plyo Box: *5
……

Total Equipment: 374

Total Equipment: 426

Suggested Equipment List | 300m² Gym (Detailed Version)

Strength Training Area (180m²)-1:

61A04A Chest Press Converging: *1
61A01A Shoulder Press Converging: *1
61A03 Lateral Raise: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A21 Gluteus Maximus Trainer: *1
61A60 Adductor and Abductor: *1
61A28A Seated Leg Press: *1
61A24 Leg Extension: *1
61A25 Seated Leg Curl: *1

Strength Training Area (180m²)-2:

61A32B Functional Trainer: *1
61A33 Smith Machine: *1
55A02 Shoulder / Chest Press: *1
55A06 Lat Pull Down/Low Row: *1
55A08 Ab Crunch/Back Extension: *1
82002 Plate loaded Iso-Lateral Shoulder Press: *1
82004 Plate loaded Iso-Lateral Front Lat Pulldown: *1
82006 Plate Loaded Pull Back: *1
82015 Plate Loaded Iso-Lateral Horizontal Bench Press: *1

Suggested Equipment List | 300m² Gym (Detailed Version)

Strength Training Area (180m²)-3:

82020 Plate Loaded V Squat: *1
82013 Iso Lateral Iso-lateral Decline Bench Press: *1
82023 Plate Loaded Iso-Lateral Leg Extension: *1
82032A Hip Thrust Machine: *1
82028 Plate Loaded Linear Leg Press: *1
82035 45 degree hack squat: *1
82041 Pull back machine: *1
82042 90 degree leg press: *1
G2052 Power rack with deadlift plateform: *2

Strength Training Area (180m²)-4:

61A37 Biceps Curl Rack: *1
61A38 Olympic Incline Bench: *1
61A40 Olympic Decline Bench: *1
61A42 Fixed Angle Sit-Up Bench: *1
61A43 Adjustable Roman Bench: *1
61A45A Knees Raise: *1
61A46B Multi Adjustable Bench: *2
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1
61A54 Barbell Rack (30-100LBS): *1
61A47 Flat Bench: *1
61A55 Utility Bench: *1

Suggested Equipment List | 300m² Gym (Detailed Version)

Cardio Area (60m²):

YV9 Commercial treadmill: *3
Hero-8008 curved treadmill: *1
YJSM STAIR MASTER: *1
705D EMS Elliptical: *2
705U EMS Upright bike: *1
705R EMS Recumbent bike: *1
YR400 AIR ROWER: *1
YAB100 AIR BIKE: *1

Accessories & Free Weights (60m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *30
BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *5
BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *5
HEX56 HEX 56: *1
SSB01 Safety squat bar: *2
OB25 Women’s Barbell: *2
OB2801 Men’s Barbell: *2
CB47 EZ BAR: *2

Suggested Equipment List | 300m² Gym (Detailed Version)

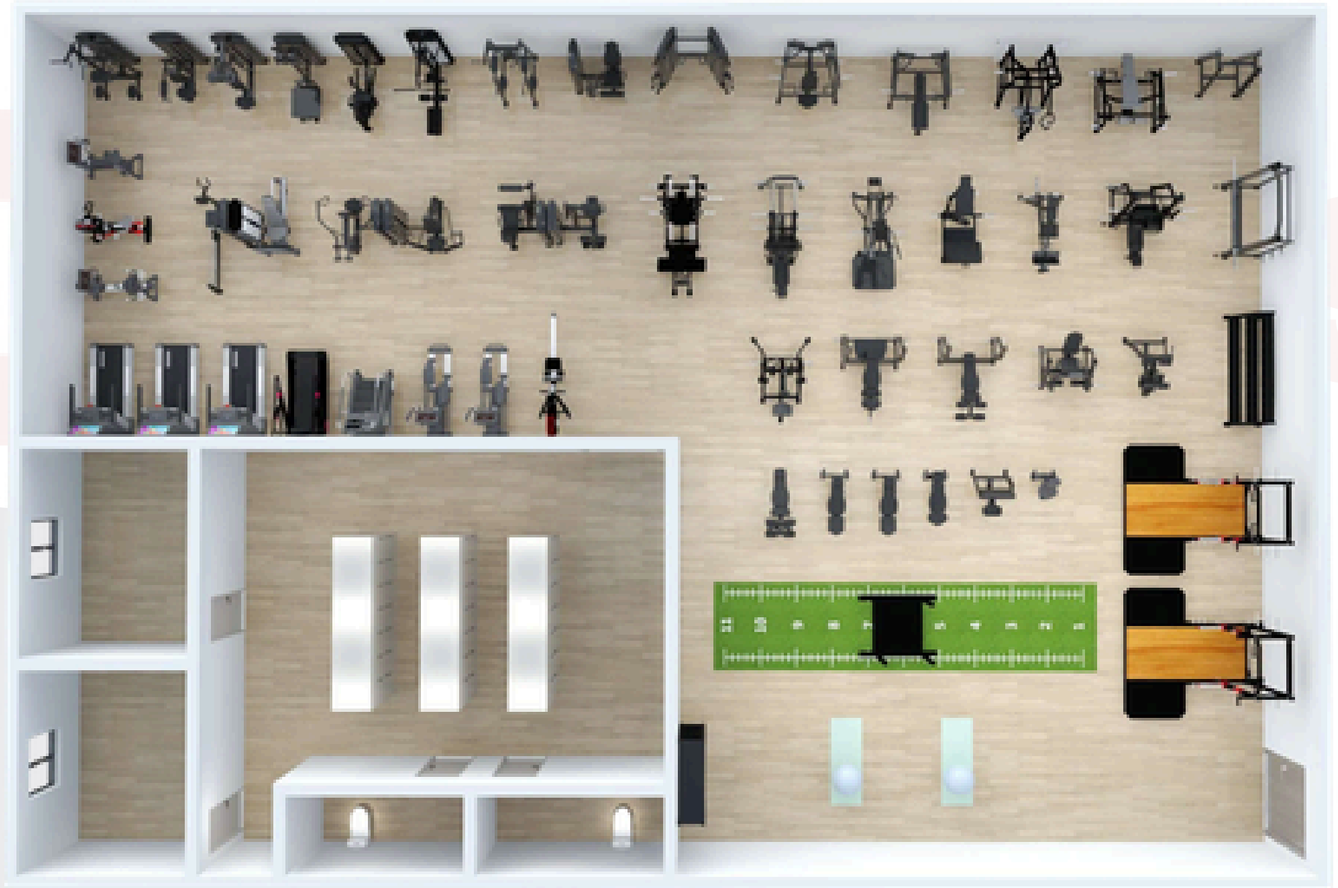
Accessories & Free Weights (60m²)-2:

WPR002-2.5-25KG Rubber Plates - trigrip: *240
WB01-6-10KG Soft Medicine Wall Ball: *3
FPB02 Foam plyo box: *5
BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *1
YM01D Yoga Mat: *15
KBV001-4-28KG Vinyl kettlebell: *8
YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3
JR1603 Speed jump rope SFJR-016: *5

Accessories & Free Weights (60m²)-3:

BC01 Barbell collar Jaw collorSFCL-002: *6
FR11 Foam Roller: *3
YNTF-02-1.5*11meter, 1-9 score: *1
KBG027 multi storage: *1
RK10 sled: *1
RB01 Resistance Loop Exercise Bands: *5
RB02 Resistance Bands: *5
MB01-3-5KG Medicine ball: *3
BPR006-5-25KG Training bumper plates black: *20

Suggested Gym Layout | 300m² Gym (View 01)



Suggested Gym Layout | 300m² Gym (View 02)

Suggested Gym Layout | 300m² Gym (View 03)

Suggested Gym Layout | 300m² Gym (View 04)

Suggested Gym Layout | 300m² Gym (View 05)

Gym Equipment Suggestion | 400m² Gym

Suggested Equipment Type & Quantity | 400m² Gym

Cardio Area (80m²):

Treadmill: *5
Stair Master: *1
Elliptical: *2
Bike: *2
Rower: *2
Air Bike: *1

Total Equipment: 13

Strength Training Area (240m²):

Pin loaded Machines: *17
Plated loaded machines： *21
Rack + Bench: *18

Total Equipment: 56

Accessories & Free Weights (80m²):

Dumbbells: *30
Rubber Plates: *280
Barbells: *19
Yoga & Stretching: *33
Kettlebells: *8
……

Total Equipment: 394

Total Equipment: 463

Suggested Equipment List | 400m² Gym (Detailed Version)

Strength Training Area (240m²)-1:

61A04A Chest Press Converging: *1
61A01A Shoulder Press Converging: *1
61A03 Lateral Raise: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A21 Gluteus Maximus Trainer: *1
61A60 Adductor and Abductor: *1
61A28A Seated Leg Press: *1
61A24 Leg Extension: *1
61A25 Seated Leg Curl: *1
61A58 Hip Thruster: *1

Strength Training Area (240m²)-2:

61A25A Standing Leg Curl: *1
61A32B Functional Trainer: *1
61A33 Smith Machine: *1
55A02 Shoulder / Chest Press: *1
55A06 Lat Pull Down/Low Row: *1
55A08 Ab Crunch/Back Extension: *1
F2001 4 Station Multi Jungle: *1
82002 Plate loaded Iso-Lateral Shoulder Press: *1
82004 Plate loaded Iso-Lateral Front Lat Pulldown: *1

Suggested Equipment List | 400m² Gym (Detailed Version)

Strength Training Area (240m²)-3:

82006 Plate Loaded Pull Back: *1
82007 Plate Loaded Iso-Lateral D.Y.Row: *1
82015 Plate Loaded Iso-Lateral Horizontal Bench Press: *1
82020 Plate Loaded V Squat: *1
82013 Iso Lateral Iso-lateral Decline Bench Press: *1
82022 Plate Loaded Leg Press: *1
82023 Plate Loaded Iso-Lateral Leg Extension: *1
82032A Hip Thrust Machine: *1

Strength Training Area (240m²)-4:

82028 Plate Loaded Linear Leg Press: *1
82035 45 Degree Hack Squat: *1
82037 Lat Pull-down Circular: *1
82038 Middle Chest Flight Machine: *1
82041 Pull Back Machine: *1
82042 90 Degree Leg Press: *1
82043 Pendulum Squat: *1
G2A13 Power smith Flat/Decline Bench Press: *1
G2061 Power smith system Bent-Over Row: *1

Suggested Equipment List | 400m² Gym (Detailed Version)

Strength Training Area (240m²)-5:

G2A38 shoulder/chest combo: *1
G2052 Power rack with deadlift plateform: *4
61A37 Biceps Curl Rack: *1
61A38 Olympic Incline Bench: *1
61A39 Olympic Flat Bench: *1
61A40 Olympic Decline Bench: *1
61A42 Fixed Angle Sit-Up Bench: *1

Strength Training Area (240m²)-6:

61A43 Adjustable Roman Bench: *1
61A45A Knees Raise: *1
61A46B Multi Adjustable Bench: *3
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1
61A54 Barbell Rack (30-100LBS): *1
61A47 Flat Bench: *1
61A55 Utility Bench: *1

Suggested Equipment List | 400m² Gym (Detailed Version)

Cardio Area (80m²):

YV9 Commercial Treadmill: *4
Hero-8008 Curved Treadmill: *1
YJSM STAIR MASTER: *1
705D EMS Elliptical: *2
705U EMS Upright Bike: *1
705R EMS Recumbent Bike: *1
YR400 AIR ROWER: *2
YAB100 AIR BIKE: *1

Accessories & Free Weights (80m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *30
BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *5
BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *5
HEX56 HEX 56: *1
SSB01 Safety squat bar: *2
OB25 Women’s Barbell: *2
OB2801 Men’s Barbell: *2
CB47 EZ BAR: *2

Suggested Equipment List | 400m² Gym (Detailed Version)

Accessories & Free Weights (80m²)-2:

WPR002-2.5-25KG Rubber Plates - trigrip: *240
WB01-6-10KG Soft Medicine Wall Ball: *3
FPB02 Foam plyo box: *5
BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *1
YM01D Yoga Mat: *15
KBV001-4-28KG Vinyl kettlebell: *8
YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3
JR1603 Speed jump rope SFJR-016: *5

Accessories & Free Weights (80m²)-3:

BC01 Barbell collar Jaw collorSFCL-002: *6
FR11 Foam Roller: *3
YNTF-02-1.5*11meter, 1-9 score: *1
KBG027 multi storage: *1
RK10 sled: *1
RB01 Resistance Loop Exercise Bands: *5
RB02 Resistance Bands: *5
MB01-3-5KG Medicine ball: *3
BPR006-5-25KG Training bumper plates black: *40

Suggested Gym Layout | 400m² Gym (View 01)

Suggested Gym Layout | 400m² Gym (View 02)

Suggested Gym Layout | 400m² Gym (View 03)

Suggested Gym Layout | 400m² Gym (View 04)

Suggested Gym Layout | 400m² Gym (View 05)

Gym Equipment Suggestion | 500m² Gym

Suggested Equipment Type & Quantity | 500m² Gym

Cardio Area (100m²):

Treadmill: *8
Stair Master: *1
Elliptical: *2
Bike: *4
Rower: *2
Air Bike: *2

Total Equipment: 19

Strength Training Area (300m²):

Pin loaded Machines/Selectorized machine: *20
Plated loaded machines: *29
Rack + Bench: *19

Total Equipment: 68

Accessories & Free Weights (100m²):

Dumbbells: *30
Rubber Plates: *260
Barbells: *19
Yoga & Stretching: *21
Kettlebells: *8
Medicine Ball: *6

Total Equipment: 374

Total Equipment: 461

Suggested Equipment List | 500m² Gym (Detailed Version)

Strength Training Area (300m²)-1:

61A15A Lat Pull Down Diverging: *1
61A01A Shoulder Press Converging: *1
61A03 Lateral Raise: *1
61A04A Chest Press Converging: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A21 Gluteus Maximus Trainer: *1
61A22 Inner Thigh Adductor: *1
61A23 Outer Thigh Abductor: *1
61A28A Seated Leg Press: *1
61A24 Leg Extension: *1

Strength Training Area (300m²)-2:

61A25 Seated Leg Curl: *1
61A58 Hip Thruster: *1
61A25A Standing Leg Curl: *1
61A32B Functional Trainer: *1
61A33 Smith Machine: *1
55A02 Shoulder / Chest Press: *1
55A06 Lat Pull Down/Low Row: *1
55A08 Ab Crunch/Back Extension: *1
C2005 upper chest press: *1
C2006 incline chest press: *1
61A63 Wrist Grip Trainer: *1
6280 4 Station Multi Gym: *1

Suggested Equipment List | 500m² Gym (Detailed Version)

Strength Training Area (300m²)-3:

82002 Plate loaded Iso-Lateral Shoulder Press: *1
82004 Plate loaded Iso-Lateral Front Lat Pulldown: *1
82006 Plate Loaded Pull Back: *1
82007 Plate Loaded Iso-Lateral D.Y.Row: *1
82015 Plate Loaded Iso-Lateral Horizontal Bench Press: *1
82016 Plate Loaded Leg Press (adjustable seat): *1
82020 Plate Loaded V Squat: *1

Strength Training Area (300m²)-4:

82013 Iso Lateral Iso-lateral Decline Bench Press: *1
82022 Plate Loaded Leg Press: *1
82023 Plate Loaded Iso-Lateral Leg Extension: *1
82032A Hip Thrust Machine: *1
82028 Plate Loaded Linear Leg Press: *1
82035 45 degree hack squat: *1
82037 lat pull-down circular: *1
82038 middle chest flight machine: *1
82041 Pull back machine: *1
82042 90 degree leg press: *1

Suggested Equipment List | 500m² Gym (Detailed Version)

Strength Training Area (300m²)-5:

82043 Pendulum Squat: *1
G2045 standing abductor machine: *1
G2B28 Independent 45 degree leg press: *1
G2A13 Power smith Flat/Decline Bench Press: *1
G2061 Power smith system Bent-Over Row: *1
G2A38 shoulder/chest combo: *1
G2039 pull over: *1
G2052 Power rack with deadlift plateform: *2
61A37 Biceps Curl Rack: *1

Strength Training Area (300m²)-6:

61A38 Olympic Incline Bench: *1
61A39 Olympic Flat Bench: *1
61A40 Olympic Decline Bench: *1
61A42 Fixed Angle Sit-Up Bench: *1
61A43 Adjustable Roman Bench: *1
61A45A Knees Raise: *1
61A46B Multi Adjustable Bench: *3
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *1
61A54 Barbell Rack (30-100LBS): *1
61A47 Flat Bench: *2
61A55 Utility Bench: *1

Suggested Equipment List | 500m² Gym (Detailed Version)

Cardio Area (100m²):

YV9 Commercial Treadmill: *6
Hero-8008 Curved Treadmill: *2
YJSM STAIR MASTER: *1
705D EMS Elliptical: *2
705U EMS Upright Bike: *2
705R EMS Recumbent Bike: *2
YR400 AIR ROWER: *2
YAB100 AIR BIKE: *2

Accessories & Free Weights (100m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *30
BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *5
BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *5
HEX56 HEX 56: *1
SSB01 Safety squat bar: *2
OB25 Women’s Barbell: *2
OB2801 Men’s Barbell: *2
CB47 EZ BAR: *2

Suggested Equipment List | 500m² Gym (Detailed Version)

Accessories & Free Weights (100m²)-2:

WPR002-2.5-25KG Rubber Plates - trigrip: *240
WB01-6-10KG Soft Medicine Wall Ball: *3
FPB02 Foam plyo box: *5
BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *1
YM01D Yoga Mat: *15
KBV001-4-28KG Vinyl kettlebell: *8
YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3
JR1603 Speed jump rope SFJR-016: *5

Accessories & Free Weights (100m²)-3:

BC01 Barbell collar Jaw collorSFCL-002: *6
FR11 Foam Roller: *3
YNTF-02-1.5*11meter, 1-9 score: *1
KBG027 multi storage: *1
RK10 sled: *1
RB01 Resistance Loop Exercise Bands: *5
RB02 Resistance Bands: *5
MB01-3-5KG Medicine ball: *3
BPR006-5-25KG Training bumper plates black: *20

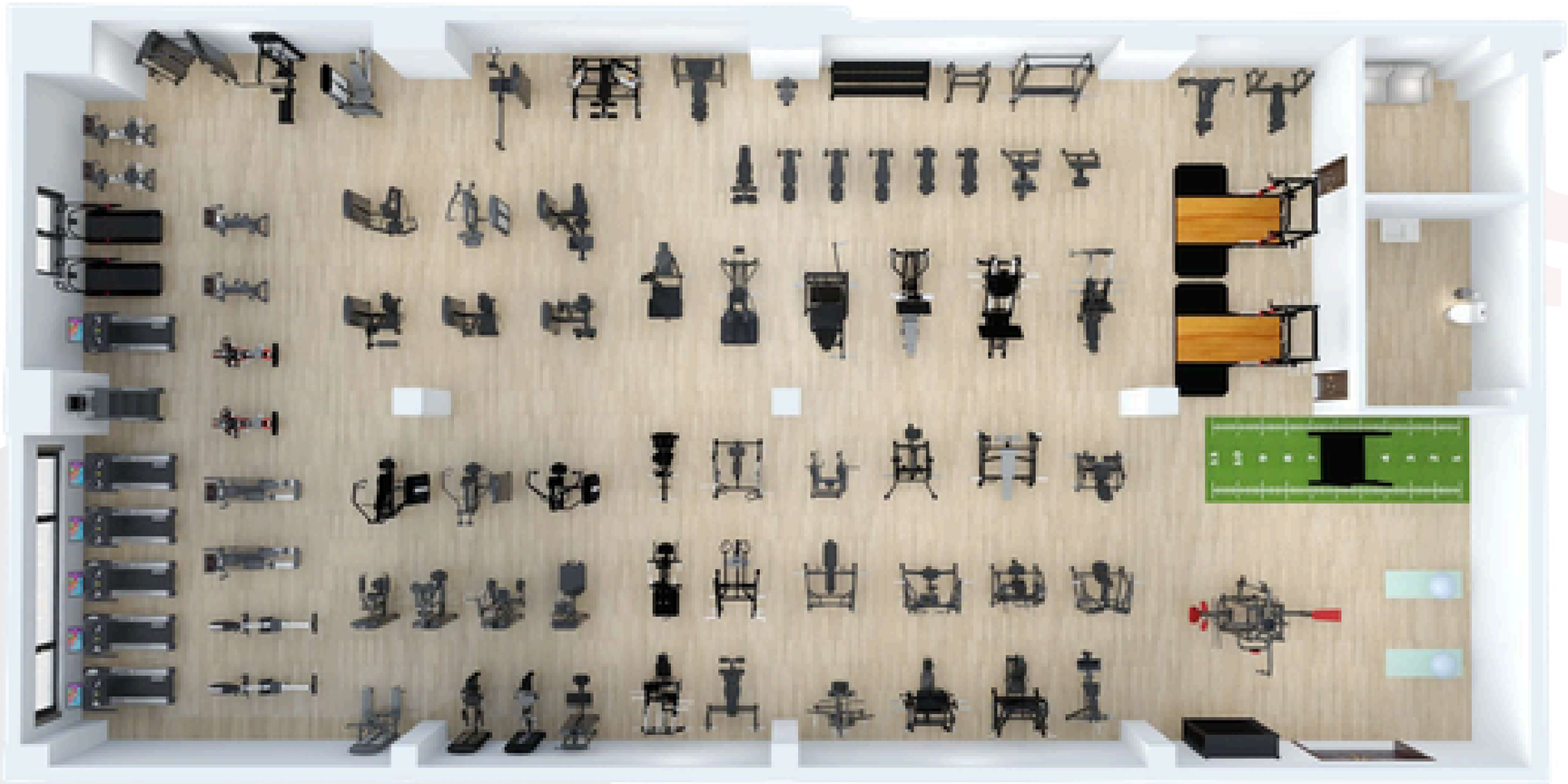
Suggested Gym Layout | 500m² Gym (View 01)

Suggested Gym Layout | 500m² Gym (View 02)

Suggested Gym Layout | 500m² Gym (View 03)

Suggested Gym Layout | 500m² Gym (View 04)

Suggested Gym Layout | 500m² Gym (View 05)



Gym Equipment Suggestion | 800m² Gym

Suggested Equipment Type & Quantity | 800m² Gym

Cardio Area (160m²):

Treadmill: *12
Stair Master: *2
Elliptical: *2
Bike: *4
Rower: *2
Air Bike: *2

Total Equipment: 24

Strength Training Area (480m²):

Pin loaded Machines: *32
Plated loaded machines: *54
Rack + Bench: *24

Total Equipment: 110

Accessories & Free Weights (160m²):

Dumbbells: *80
Rubber Plates: *510
Barbells: *38
Yoga & Stretching: *38
Kettlebells: *16
Medicine Ball: *9
……

Total Equipment: 742

Total Equipment: 876

Suggested Equipment List | 800m² Gym (Detailed Version)

Strength Training Area (480m²)-1:

61A01A Shoulder Press Converging: *1
61A03 Lateral Raise: *1
61A04A Chest Press Converging: *1
61A07 Pectoral Butterfly: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A10 Biceps Curl: *1
61A12 Triceps Extension: *1
61A13 Low Row: *1
61A13A Low Row: *1
61A14 Mid Row: *1

Strength Training Area (480m²)-2:

61A15 Lat Pull Down: *1
61A15A Lat Pull Down Diverging: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A17 Back Extension: *1
61A18 Upper/Mid Abdominal Trainer: *1
61A18A Lower Abdominal Trainer: *1
61A19 Rotary Torso: *1
61A20 Multi Hip: *1
61A21A Gluteus Maximus Trainer: *1
61A22 Inner Thigh Adductor: *1
61A23 Outer Thigh Abductor: *1

Suggested Equipment List | 800m² Gym (Detailed Version)

Strength Training Area (480m²)-3:

61A58 Hip thruster: *1
61A24 Leg Extension: *1
61A25 Seated Leg Curl: *1
61A25A Standing leg curl: *1
61A26 Prone Leg Curl: *1
61A28A Seated Leg Press: *1
61A31 Standing Calf: *1
61A32 Cable Crossover: *1
61A63 Wrist Grip Trainer: *1
61A32B Functional Trainer: *2
C2005 upper chest press: *1

Strength Training Area (480m²)-4:

C2006 incline chest press: *1
82001 Plate loaded Iso-Lateral Super Incline Press: *1
82002 Plate loaded Iso-Lateral Shoulder Press: *1
82003 Plate loaded Iso-Lateral Wide Pulldown: *1
82004A Plate loaded Iso-Lsteral Front Lat Pulldown: *1
82007 Plate Loaded Iso-Lateral D.Y.Row: *1
82007A Plate loaded Iso-Low Row Machine: *1

Suggested Equipment List | 800m² Gym (Detailed Version)

Strength Training Area (480m²)-5:

82012 Plate Loaded Iso-lateral Incline Chest Press: *1

82013 Iso Lateral Iso-lateral Decline Bench Press: *1

82014 Plate Loaded Iso-Lateral Bench Press: *1

82015 Plate Loaded Iso-Lateral Horizontal Bench Press: *1

82017 Plate Loaded Leg Press （adjustable seat）: *1

82018 Plate Loaded Seated Calf Raise: *1

Strength Training Area (480m²)-6:

82020 Plate Loaded V Squat: *1

82A20 Standing Squat Trainer: *1

82022 Plate Loaded Leg Press: *1

82023 Plate Loaded Iso-Lateral Leg Extension: *1

82024 Plate Loaded Iso- Lateral Leg Curl: *1

82028 Plate Loaded Linear Leg Press: *1

82030 Plate Loaded Glute: *1

82032 Hip Thrust Machine: *1

82034 Hack squat & leg press: *1

82035 45 degree hack squat: *1

Suggested Equipment List | 800m² Gym (Detailed Version)

Strength Training Area (480m²)-7:

82036 Ab trainer: *1
82037 lat pull-down circular: *1
82038 middle chest flight machine: *1
82039 Triceps machine: *1
82041 Pull back machine: *1
82042 90 degree leg press: *1
82043 Pendulum Squat: *1
82037G squat lunge: *1
82B20 Standing belt-style squat trainer: *1
G2A38 Shoulder/chest combo: *1
G2D32 3D hip thrust: *1

Strength Training Area (480m²)-8:

G2A02 Power smith Seated Shoulder/Chest Press: *1
G2A08 standing T bar row: *1
G2F32 multi hip trainer: *1
G2045 standing abductor machine: *1
G2B28 Independent 45 degree leg press: *1
G2A13 Power smith Flat/Decline Bench Press: *1
G2061 Power smith system Bent-Over Row: *1

Suggested Equipment List | 800m² Gym (Detailed Version)

Strength Training Area (480m²)-9:

G2060 Power smith system Seated pull back: *1
F2003 9 Station Multi Jungle: *1
G2052 Power rack with deadlift plateform: *3
61A33 Smith Machine: *2
61A37 Biceps Curl Rack: *1
61A38 Olympic Incline Bench: *1
61A39 Olympic Flat Bench: *1
61A40 Olympic Decline Bench: *1

Strength Training Area (480m²)-10:

61A42 Fixed Angle Sit-Up Bench: *1
61A43 Adjustable Roman Bench: *1
61A45A Knees Raise: *1
61A46B Multi Adjustable Bench: *3
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *2
61A54 Barbell Rack (30-100LBS): *2
61A47 Flat Bench: *2
61A55 Utility Bench: *2

Suggested Equipment List | 800m² Gym (Detailed Version)

Cardio Area (160m²):

YV9 Commercial Treadmill: *10
Hero-8008 Curved Treadmill: *2
YJSM STAIR MASTER: *2
705D EMS Elliptical: *2
705U EMS Upright Bike: *2
705R EMS Recumbent Bike: *2
YR400 AIR ROWER: *2
YAB100 AIR BIKE: *2

Accessories & Free Weights (160m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *80
BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *10
BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *10
HEX56 HEX 56: *2
SSB01 Safety squat bar: *2
OB25 Women’s Barbell: *4
OB2801 Men’s Barbell: *8
CB47 EZ BAR: *2

Suggested Equipment List | 800m² Gym (Detailed Version)

Accessories & Free Weights (160m²)-2:

WPR002-2.5-25KG Rubber Plates - trigrip: *480
WB01-6-10KG Soft Medicine Wall Ball: *6
FPB02 Foam plyo box: *10
BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *2
YM01D Yoga Mat: *30
KBV001-4-28KG Vinyl kettlebell: *16
YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3
JR1603 Speed jump rope SFJR-016: *10

Accessories & Free Weights (160m²)-3:

BC01 Barbell collar Jaw collorSFCL-002: *15
FR11 Foam Roller: *5
YNTF-02-1.5*11meter, 1-9 score: *1
KBG027 multi storage: *2
RK10 sled: *1
RB01 Resistance Loop Exercise Bands: *5
RB02 Resistance Bands: *5
MB01-3-5KG Medicine ball: *3
BPR006-5-25KG Training bumper plates black: *30

Suggested Gym Layout | 800m² Gym (View 01)

Suggested Gym Layout | 800m² Gym (View 02)

Suggested Gym Layout | 800m² Gym (View 03)

Suggested Gym Layout | 800m² Gym (View 04)

Suggested Gym Layout | 800m² Gym (View 05)

Gym Equipment Suggestion | 1000m² Gym

Suggested Equipment Type & Quantity | 1000m² Gym

Cardio Area (200m²):

Treadmill: *12
Stair Master: *2
Elliptical: *2
Bike: *4
Rower: *2
Air Bike: *2

Total Equipment: 24

Strength Training Area (600m²):

Pin loaded Machines: *32
Plated loaded machines: *54
Rack + Bench: *24

Total Equipment: 110

Accessories & Free Weights (200m²):

Dumbbells: *76
Rubber Plates: *510
Barbells: *38
Yoga & Stretching: *38
Kettlebells: *16
Medicine Ball: *9

Total Equipment: 738

Total Equipment: 872

Suggested Equipment List | 1000m² Gym (Detailed Version)

Strength Training Area (600m²)-1:

61A01A Shoulder Press Converging: *1
61A03 Lateral Raise: *1
61A04A Chest Press Converging: *1
61A07 Pectoral Butterfly: *1
61A09 Pectoral Fly/Rear Deltoid: *1
61A10 Biceps Curl: *1
61A12 Triceps Extension: *1
61A13 Low Row: *1
61A13A Low Row: *1
61A14 Mid Row: *1

Strength Training Area (600m²)-2:

61A15 Lat Pull Down: *1
61A15A Lat Pull Down Diverging: *1
61A16A Knee-on Assisted Chin/Dip: *1
61A17 Back Extension: *1
61A18 Upper/Mid Abdominal Trainer: *1
61A18A Lower Abdominal Trainer: *1
61A19 Rotary Torso: *1
61A20 Multi Hip: *1
61A21A Gluteus Maximus Trainer: *1
61A22 Inner Thigh Adductor: *1
61A23 Outer Thigh Abductor: *1

Suggested Equipment List | 1000m² Gym (Detailed Version)

Strength Training Area (600m²)-3:

61A58 Hip thruster: *1
61A24 Leg Extension: *1
61A25 Seated Leg Curl: *1
61A25A Standing leg curl: *1
61A26 Prone Leg Curl: *1
61A28A Seated Leg Press: *1
61A31 Standing Calf: *1
61A32 Cable Crossover: *1
61A63 Wrist Grip Trainer: *1
61A32B Functional Trainer: *2
C2005 upper chest press: *1

Strength Training Area (600m²)-4:

C2006 incline chest press: *1
82001 Plate loaded Iso-Lateral Super Incline Press: *1
82002 Plate loaded Iso-Lateral Shoulder Press: *1
82003 Plate loaded Iso-Lateral Wide Pulldown: *1
82004A Plate loaded Iso-Lsteral Front Lat Pulldown: *1
82007 Plate Loaded Iso-Lateral D.Y.Row: *1
82007A Plate loaded Iso-Low Row Machine: *1

Suggested Equipment List | 1000m² Gym (Detailed Version)

Strength Training Area (600m²)-5:

82012 Plate Loaded Iso-lateral Incline Chest Press: *1

82013 Iso Lateral Iso-lateral Decline Bench Press: *1

82014 Plate Loaded Iso-Lateral Bench Press: *1

82015 Plate Loaded Iso-Lateral Horizontal Bench Press: *1

82017 Plate Loaded Leg Press （adjustable seat）: *1

82018 Plate Loaded Seated Calf Raise: *1

Strength Training Area (600m²)-6:

82020 Plate Loaded V Squat: *1

82A20 Standing Squat Trainer: *1

82022 Plate Loaded Leg Press: *1

82023 Plate Loaded Iso-Lateral Leg Extension: *1

82024 Plate Loaded Iso- Lateral Leg Curl: *1

82028 Plate Loaded Linear Leg Press: *1

82030 Plate Loaded Glute: *1

82032 Hip Thrust Machine: *1

82034 Hack squat & leg press: *1

82035 45 degree hack squat: *1

Suggested Equipment List | 1000m² Gym (Detailed Version)

Strength Training Area (600m²)-7:

82036 Ab trainer: *1
82037 lat pull-down circular: *1
82038 middle chest flight machine: *1
82039 Triceps machine: *1
82041 Pull back machine: *1
82042 90 degree leg press: *1
82043 Pendulum Squat: *1
82037G squat lunge: *1
82B20 Standing belt-style squat trainer: *1
G2A38 Shoulder/chest combo: *1
G2D32 3D hip thrust: *1

Strength Training Area (600m²)-8:

G2A02 Power smith Seated Shoulder/Chest Press: *1
G2A08 standing T bar row: *1
G2F32 multi hip trainer: *1
G2045 standing abductor machine: *1
G2B28 Independent 45 degree leg press: *1
G2A13 Power smith Flat/Decline Bench Press: *1
G2061 Power smith system Bent-Over Row: *1

Suggested Equipment List | 1000m² Gym (Detailed Version)

Strength Training Area (600m²)-9:

G2060 Power smith system Seated pull back: *1
F2003 9 Station Multi Jungle: *1
G2052 Power rack with deadlift plateform: *3
61A33 Smith Machine: *2
61A37 Biceps Curl Rack: *1
61A38 Olympic Incline Bench: *1
61A39 Olympic Flat Bench: *1
61A40 Olympic Decline Bench: *1

Strength Training Area (600m²)-10:

61A42 Fixed Angle Sit-Up Bench: *1
61A43 Adjustable Roman Bench: *1
61A45A Knees Raise: *1
61A46B Multi Adjustable Bench: *3
61A53AT 3 Tier 15 Pairs Dumbbell Rack (20-90LBS): *2
61A54 Barbell Rack (30-100LBS): *2
61A47 Flat Bench: *2
61A55 Utility Bench: *2

Suggested Equipment List | 1000m² Gym (Detailed Version)

Cardio Area (200m²):

YV9 Commercial Treadmill: *10
Hero-8008 Curved Treadmill: *2
YJSM STAIR MASTER: *2
705D EMS Elliptical: *2
705U EMS Upright Bike: *2
705R EMS Recumbent Bike: *2
YR400 AIR ROWER: *2
YAB100 AIR BIKE: *2

Accessories & Free Weights (200m²)-1:

DBR002-2.5-50KG Round head rubber dumbbell: *80
BSR001S-10-30KG Rubber round head Barbell fixed weight straight: *10
BSR001C-10-30KG Rubber round head Barbell fixed weight Curl: *10
HEX56 HEX 56: *2
SSB01 Safety squat bar: *2
OB25 Women’s Barbell: *4
OB2801 Men’s Barbell: *8
CB47 EZ BAR: *2

Suggested Equipment List | 1000m² Gym (Detailed Version)

Accessories & Free Weights (200m²)-2:

WPR002-2.5-25KG Rubber Plates - trigrip: *480
WB01-6-10KG Soft Medicine Wall Ball: *6
FPB02 Foam plyo box: *10
BR01-1.5"(38mm)-15M 50' Polyethylene battle rope: *2
YM01D Yoga Mat: *30
KBV001-4-28KG Vinyl kettlebell: *16
YB01-65cm Anti-Burst Heavy Duty Swiss Ball yoga ball: *3
JR1603 Speed jump rope SFJR-016: *10

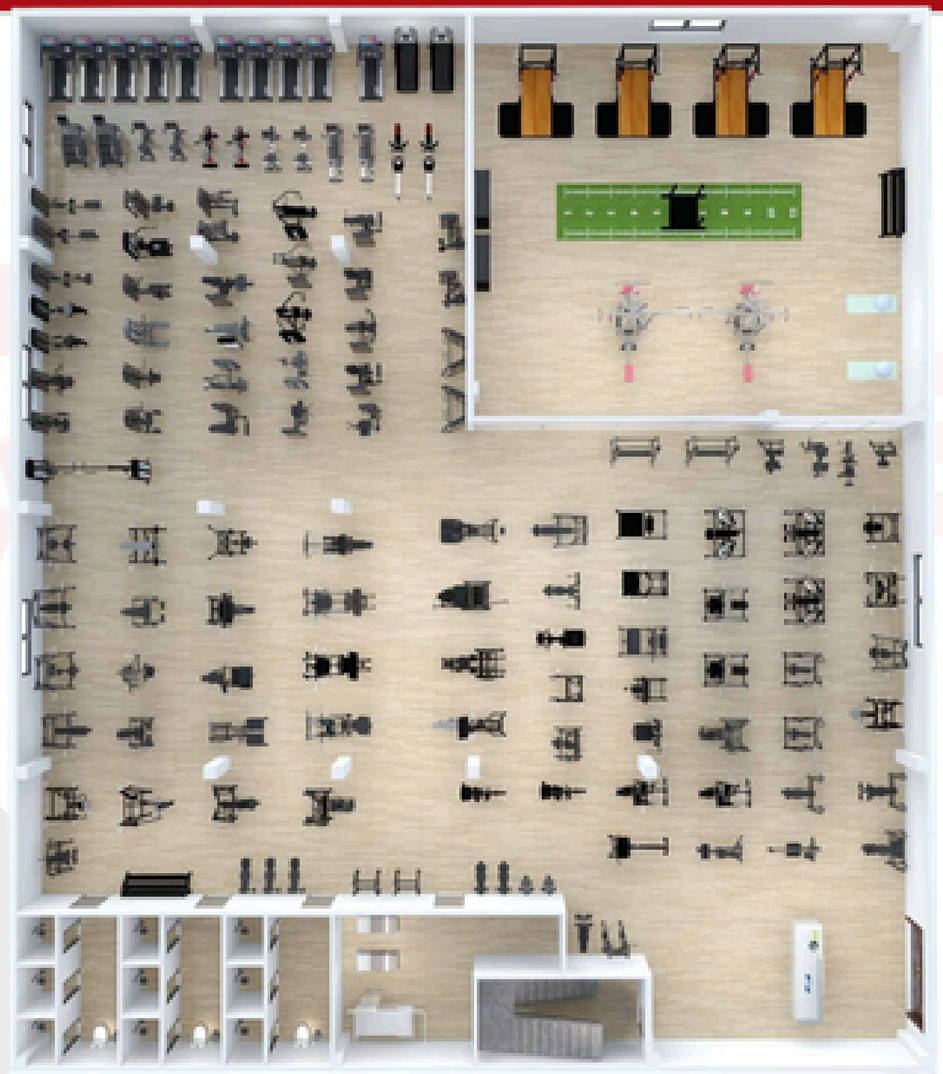
Accessories & Free Weights (200m²)-3:

BC01 Barbell collar Jaw collorSFCL-002: *15
FR11 Foam Roller: *5
YNTF-02-1.5*11meter, 1-9 score: *1
KBG027 multi storage: *2
RK10 sled: *1
RB01 Resistance Loop Exercise Bands: *5
RB02 Resistance Bands: *5
MB01-3-5KG Medicine ball: *3
BPR006-5-25KG Training bumper plates black: *40

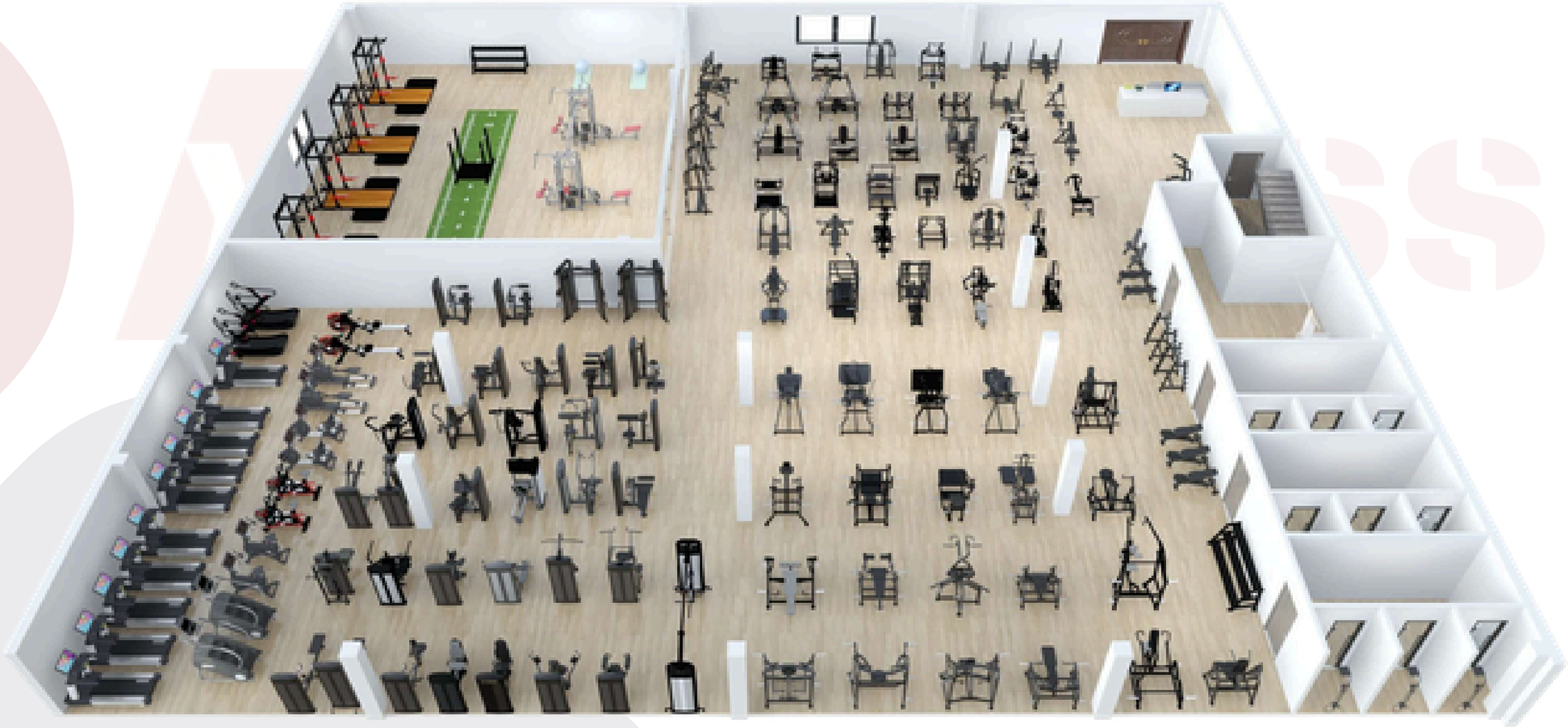
Suggested Gym Layout | 1000m² Gym (View 01)

Suggested Gym Layout | 1000m² Gym (View 02)

Suggested Gym Layout | 1000m² Gym (View 03)



Suggested Gym Layout | 1000m² Gym (View 04)



Suggested Gym Layout | 1000m² Gym (View 05)

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