



YOUNIX

**CABLE
RACK
BUNDLE**

CATALOGUE 2022

THE CABLE RACK BUNDLE IS YOUR COMPLETE GYM IN JUST 5 SQUARE METERS!

It combines free weights with unlimited cable exercises to get the best strength-building tools that can fit into any room at your home.

It includes the original **Younix Cable Rack, Adjustable Bench 2.0, Olympic Pro Bar and Collars, 100kg Premium Bumper Plates, Ground Mine.**



3 REASONS WHY YOU SHOULD GET THE PACKAGE:

SAVE SPACE & MONEY

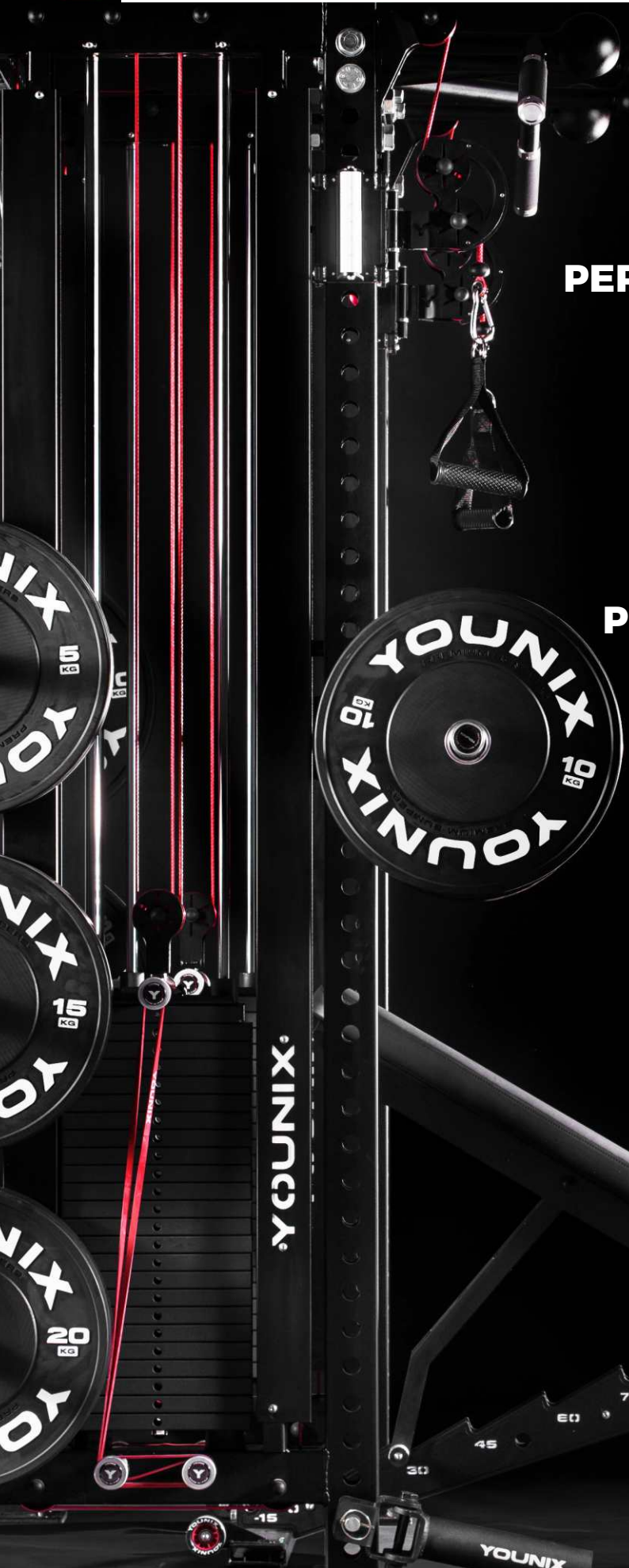
The Performance Cable Rack can replicate most machines but in a **reduced footprint of just 132x74 centimetres** and **ONE** attachment versus various singular use machines - which for a home gym setting or even private training studio, pro strength facility, or pretty much any training environment can prove to be **invaluable when it comes to saving not only space but also money.**

ALL-IN-ONE PACKAGE

If you want to build muscle, develop strength and power, you need to squat, bench press, row, overhead press. You need to do ballistic and non-ballistic movements, bilateral and unilateral. You need to go heavy load, medium load, low and high velocity. With this package, whatever you have in mind, it is possible; whatever you think is doable, you can do it.

LIFETIME WARRANTY

Cable rack, Olympic bar and Adjustable bench all have a lifetime warranty against evidence of change in positioning, loosening, bending and cracking of any components. The Premium Bumpers come with a 3-years warranty against manufacturing defects. The warranty does not cover wears and tears.



PERFORMANCE CABLE RACK

PAG. 2

ADJUSTABLE BENCH 2.0

PAG. 4

OLYMPIC BARBELL

PAG. 6

PREMIUM BUMPER PLATES

PAG. 8

GROUND MINE

PAG. 10

SPRING COLLARS

PAG. 12

SPICE UP MY BUNDLE

PAG. 13

PERFORMANCE CABLE RACK

SKU: R0091



MADE IN
ITALY
PREMIUM QUALITY

SPECIFICATIONS

Manufactured: Italy

Material: Italian Steel, machined aluminium pulleys + polyethylene sliding inserts

Finishing: antimicrobial matt wrinkle black powder-coated

Width: 124 cm

Height: 241 cm

Depth: 66 cm

Tubing size: 80 x 80 cm

Tubing Thickness: 3 mm

Foot-print: 132x74 cm

Positioning of the numbers: 35 laser-cut numbers for each upright

Pull-up bar diameter: 33 mm

Product weight: 473 kg

Rack load capacity: 1500 kg

Bar hook set: sandwich hook set with polyethylene inserts

Set includes: 1x rack, 2x cable system, multi-grip pull-up bar, storage pins, 8.8 certified bolts 24mm, nuts & washers.

Frame warranty: Lifetime against bending or cracking of the steel frame.

General warranty: 3 years on the spring pins, plates, rods, bushings and bearings. Plastics and internal pads are consumable parts subject to wear and are guaranteed for 2 years against manufacturing defects. Normal wear and tear is not covered by the warranty.

FEATURES



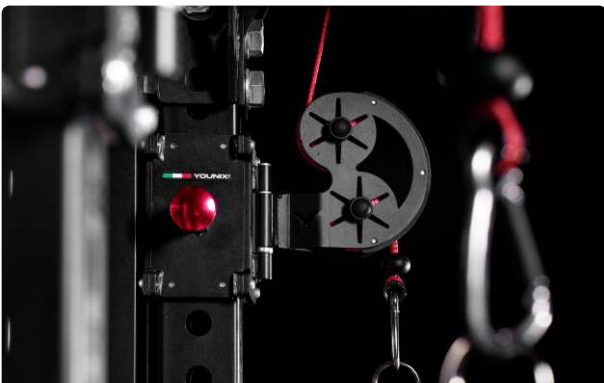
LIMITLESS TRAINING OPTIONS

We integrated our pulley system into our rack to give you limitless training options. Safely perform squats, press variations, pull-ups, unlimited cable work with different attachments and more, all on one machine. Modular, simply shippable and all-inclusive training system can be customized and fit to almost any room or application.



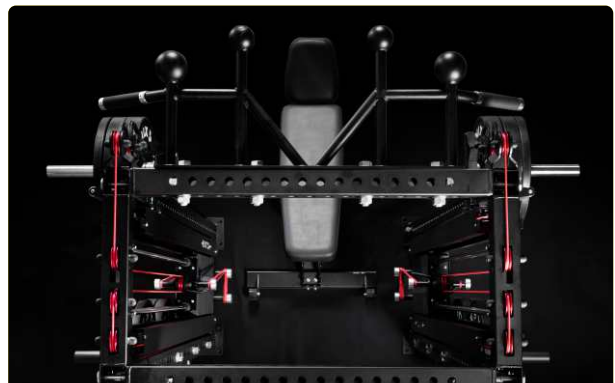
MODULARITY

Our uprights four-face hole construction is the base of the Cable Rack's modularity construction that allows you to add extra components. Add more attachments, combine more Cable Racks in a row or build back-to-back and get the look & feel of the best University or Sport Performance Gym.



REGULATIONS & SETTINGS

The single handle pulley assembly features a 160-degree swivel and can be quickly set up high or low through the 35 holes depending on the workout, utilizing the knurled aluminium adjustment handle. With Polyethylene internal pads, you can easily move the swivel up and down without damaging the uprights.



SPACE EFFICIENT

The Cable Rack has a footprint of just 132 x 74 cm, and it's engineered for both a personal home gym or for the use of multiple athletes in a larger training facility. With a net pulling weight of 60kg per side, this machine can accommodate athletes of any height and size.

RACK & SINGLE PULLEY SYSTEM COMBINED

Easy to ship, modular with customization options to fit in any room,
You can now efficiently train for strength, power, speed or build
muscle, all on one machine.

ADJUSTABLE BENCH 2.0

SKU: AB035

MADE IN
ITALY
PREMIUM QUALITY



SPECIFICATIONS

Material: Steel

Finishing: Antimicrobial matt wrinkle black powder-coated

Pad material: High-density internal foam and cut-resistant F1 antimicrobial leather

Back pad size: 95 x 30-22 x 6 cm

Seat pad size: 32 x 26 x 6 cm

Steel thickness: 6 mm

Foot-print: 128x59 cm

Back pad adjustments: - 15°, 0°, 15°, 30°, 45°, 60°, 75°, 90°

Seat pad adjustments: 0°, 15°, 30°

Set includes: 1x Adjustable bench, 2x pads, 2x wheels, hardware, instructions

Hardware: 24 mm, 8.8 certified bolts, nuts & washers, wheels

Frame warranty: lifetime against bending or cracking of the steel frame

General warranty: 5-years against manufacturing defects. Normal wear and tear is not covered by the warranty.

FEATURES



DOUBLE PAD COMFORT SYSTEM®

A closed-cell underlying pad, used in the nautical field, offers great stability to your body without risking that water, moisture, and dust enter the cell structure easily. A secondary upper softer sponge layer gives you a soft touch feeling that does not pressure the more protruding bones during the exercise.



DECLINE TO INCLINE

The bench has 24 adjustment options. The back of the bench has eight different inclinations; -10° /0° /15° /30° /45°/60°/75°/ 90°. The seat has three options: 0° /15° /30°.



PRECISION & LOAD CAPACITY

Each piece of the bench is cut by laser technology to achieve the best possible accuracy and precision. This allows you to mount the bench easier and faster and gives you a feeling of smoothness on the iron surface. Each welding is made by robots to ensure your safety and carrying capacity of up to 390kg.



PAINT & LEATHER

We have found the right formula for the surface of each single part of the bench that creates an extraordinary grip feeling. The 80 micron thickness guarantees a high resistance to scratches while the automation of the painting process guarantees the same uniformity of paint. Anti-slip leather from the motorcycle industry closes the circle.

THIS BENCH WILL THROW YOU INTO THE FUTURE OF FITNESS

Longboard wheels, luxury leather, double pad comfort system, aluminium parts, are just some of the extras you won't find in any other bench on the market.

PERFORMANCE BAR 20 KG

SKU: BA001



DESIGNED IN
ITALY

SPECIFICATIONS

Bar type: Men's bar

Bar use: Weightlifting, olympic lifting, powerlifting, multipurpose

Bar weight: 20 kg

Bar length: 220 cm

Loadable Sleeve Length: 41,6 cm

Diameter: 28 mm

Bushings/Bearings: bearings and bushings

Set includes: 1x 20 kg Olympic bar

Knurl: multi

Shaft coating: hard chrome

Sleeve coating: hard chrome

Sleeve design: snapping

Tensile strength: 190,00 PSI

3-years Warranty: covers changes in position, loosening, bending or cracking of components. Normal wear and tear, which does not affect performance, may occur with repeated use and is not covered by the warranty.

Warnings: never store the bar loaded. Make sure that the bar is stored on non-abrasive material such as plastic, rubber or nylon. To avoid the rust, clean the chalk out of the knurling daily.

FEATURES



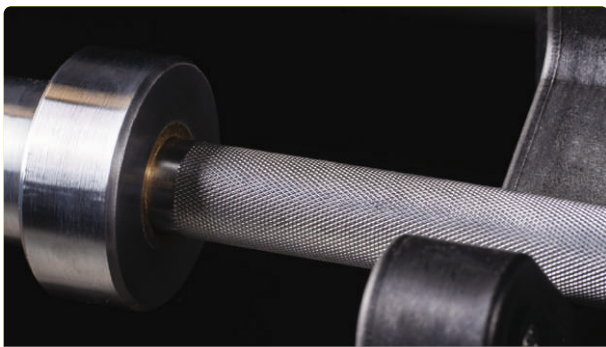
LOOK & FEEL

If you are looking for cost-efficient men's bar that precisely deliver the look and feel of a competition Olympic bar, this bar is ideal for you.



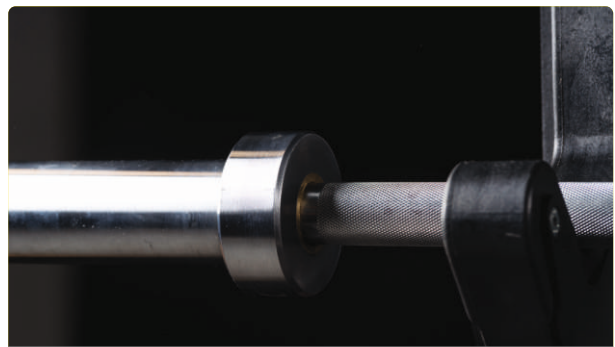
THE RIGHT ELASTICITY

190,000 PSI steel is the ideal to help you lift much more weight during different training programs. Elastic enough to perform all your ballistic Olympic lifts while stiff enough to feel the bar during dynamic movements like powerlifting or conventional lifting.



FIRM, NON-ABRASIVE GRIP

The bar has Dual Knurl Mark to respect IWF and IPF specifications. we remove the central knurl to avoid scraping your chest during high reps and refined the knurling to have a great grip on all weightlifting activities.



NO RUST FINISH

No other finishing on the planet can beat the Hard Chrome.

Whatever people say, it features the best protection against rust, sweat and chalk.



SMOOTH & SAFE SPIN

The right mix of Needle Precision Bearings and Bushings will give you a quieter, smoother spin and a more reliable turnover at maximum loads. Avoid wrist stress and increase the possibility to catch the bar during the Olympic lifts.



IS THIS BAR GOOD FOR ME?

This men's bar weighs 20 kg and is 220 cm long. It is 28 mm in diameter, and it's much more suitable for male hands. It is the best choice for beginner and intermediate lifters and will last forever in your conventional lifting gym. You can ask for a 15Kg women bar with 25mm shaft and an overall length of 200cm.

PREMIUM BUMPERS

DESIGNED IN
ITALY



SPECIFICATIONS

Plate Type: multi-purpose

Diameter: 450 mm

Collar opening: 50,4 mm

Insert: stainless steel

Weight tolerance: +/- 0,3% of claimed weight

Bounce: minimal

Letter and number painting: hot printing machine

Set included: 1x bumper

5 kg bumper warranty: the 5 kg variant plates are under warranty for 1 year

10-25 kg bumper warranty: the 10-25 kg variants are under warranty for 3 years. Minimal wear of the rubber, which does not affect performance, may occur with repeated use and is not covered by warranty.

WEIGHTS



5 kg

SKU: BA003



10 kg

SKU: BA004



15 kg

SKU: BA005



20 kg

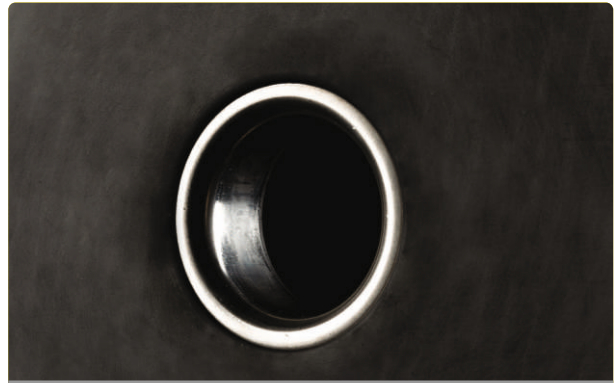
SKU: BA006

FEATURES



DESIGN & SHAPE

The Italian design gives the Premium Bumper Plates a special feel and high-end look. But we didn't stop there. The bumpers meet IWF standards, all measuring 450mm in diameter.



DURABILITY

High-density virgin rubber used for production dramatically increases the life of this bumper. It easily passed our rigid 30.000 drops test. Additionally we have inserted an innovative central device to reinforce the weakest part of the bumpers.



DEAD BOUNCE

Our Premium Bumpers have very low bounce, comparable with competition bumpers. They score an average of 88 on the Shore a Durometer scale giving them a dead blow on par with a lot of the pricier comp plates in the industry.



SMOOTH FINISH

The perfect rubber compound worked by precision technology machines give our bumpers that final high-end look. The big white letters are embossed and hot-printed without using toxic paints.

THE ULTIMATE MULTI-PURPOSE PLATES

With the same diameter as certified bumper plate at the olympics, these plates are designed to be safely dropped from any height.

GROUND MINE

SKU: A0039

MADE IN
ITALY
PREMIUM QUALITY



SPECIFICATIONS

Material: steel

Finishing: antimicrobial matt wrinkle black powder-coated

Plate thickness: 10 mm

Barbell hole: 51 mm, ready to host any kind of olympic barbell

Hardware: 24 mm 8.8 Certified Bolts, Nuts & Washers

Available heights: Can be mounted on any of the Younix uprights at any height.

Inner and outer diameter: 50mm Inner diameter / 65mm outer diameter

Length: 25cm

Standard modularity: Younix Rigs & Racks or on 80 x 80 mm tubing with 26 mm hole

Set includes: 1x Ground Mine, Hardware

Lifetime Warranty: lifetime against bending or cracking of the steel frame

FEATURES



DESIGN & SHAPE

Ground Mine is designed in a way that it creates movement patterns that straddles the line between free weights and machines. It is made by a sensational pivoting 10mm thick sleeve that will hold the bar in place and can be easily attached to our Rigs and Racks.



VERSATILITY

You can use Ground Mine for progression or regression for movements covering all three planes of motions. Or you can use it as a stand alone full body workout.



SAFETY

When performed with control and with the right load the Ground Mine exercises are a safe and effective way to build foundational strength.



VERTICAL PRESS ALTERNATIVE

This setup allows a barbell to be swinging through the air at an arc that allows pressing at an angle that is not completely vertical. For those who lack the shoulder flexion ROM, and can't go fully overhead, using the Ground Mine attachment is a great adjustment.

COMPATIBLE WITH ALL YOUNIX RIGS AND RACKS

Ground mine is one of the most versatile and effective piece of equipment for increasing functional strength and enhancing athletic performance.

SPRING COLLARS

SKU: B0011

DESIGNED IN
ITALY



SPECIFICATIONS

Material: spring steel

Width: 210 mm

Inner diameter: from 48,8 mm to 51,7 mm

Coating: hard chrome

Colour: shining silver with black rubber handles

Set includes: 2x Collars

Warranty: five years against manufacturing defects. Normal wear and tears are not covered by the warranty.



DESIGN

Younix Spring Collars are made of hard chrome spring steel and are compatible with any standard Olympic barbell. They are designed to give a simple and effective look, no frills.



SIMPLE AND EFFECTIVE

The steel spring guarantees a secure hold that will last for long time. A secure hold is guaranteed by the steel spring that do not deform even after long time.

SPICE UP MY BUNDLE

CHOOSE THE COLOR OF THE RACK & BENCH

WHITE

RED

LEAD GRAY

BLU NAVY

CUSTOM LASER LOGO BANNER RACK

CUSTOM LEATHER TEXTURE & COLOR

CUSTOM LASER LOGO ON THE SIDE

*ALL CUSTOMIZATIONS HAVE VARIABLE WAITING TIMES ACCORDING TO THE REQUEST.

YOUNIX®

C / Mercé Rodoreda, no 10 local 5 08860 – Castelldefels

Phone: +39 02 829 41 450, **Email:** info@younix.it, **Web:** www.younix.world

© 2022 Younix. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

Younix and Younix logo are trademarks of Younix. For more information, visit us at www.younix.it or contact us at info@younix.it