



**YOUNIX**

**PRO SERIES**  
CATALOGUE

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YOUNIX







## MEET THE FOUNDER



**Umberto Avino**, has been a coach, gym owner, inventor, head of production and Ceo of two Italian equipment manufacturer companies. Starting from his experience in the field as an entrepreneur, he become popular to have introduced the concept of the Italian design into the sport performance gyms. For more than ten years now, his mission has been to help people around the world achieve their athletic performance by promoting physical activity and creating innovative equipment. He has helped more than 1.500 entrepreneurs to open their gyms and, his Companies counted more than 15.000 customers among personal trainers, military, physiotherapist, sport centres and coaches. We can estimate that more than 1 million people now train regularly with his former equipment in over 50 countries worldwide.



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# ITALY'S #1 GYM EQUIPMENT

At Younix, we don't just create gym equipment; we craft a transformative training experience that stands out in the fitness industry. Specializing in unique and versatile gym equipment, we redefine the way individuals approach fitness by focusing on modular and multifunctional machines that go beyond traditional boundaries.

Our Italian-designed machines are testament to innovation, seamlessly combining functionality, aesthetics, and cost-effectiveness. We understand the importance of space optimization, and that's why our equipment is not only easy to install but occupies minimal space while offering access to over 250 exercises per squaremeter.

What sets Younix apart is our commitment to providing a customizable gym experience. Our modular rack system, inspired by the versatility of Lego blocks, empowers users to connect multiple machines, customize attachments, colors, and logos, creating a gym tailored to their unique vision. We believe in turning dreams into reality, and our equipment is designed to bring your fitness facility to life.

Strength equipment at Younix undergoes meticulous testing in The Showroom, ensuring each angle, grip, and element of the machine is perfected. We're not just passionate about what we do:

## **We're Dedicated To Make Your Equipment Your Business Card.**

The Gym Design Process at Younix is a personalized journey, understanding that every customer and gym is unique. Here's how we turn your vision into reality:

**1. Vision :** In the first step of our Gym Design process, we delve into your vision for your facility. We want to hear about your member base, goals, location, and budget. Your insights guide us in creating a tailored fitness solution that aligns with your aspirations.

**2. Design and Layout :** The second phase brings your dream facility to life with a 3D digital layout based on your space dimensions. Imagine your gym with custom colors and branding, envisioning the placement of each piece of equipment. This step allows you to visualize the flow of your facility and ensure it aligns with your unique vision.

**3. Delivery :** The culmination of our Gym Design process is the exciting delivery phase, where your vision becomes a reality. While each installation is unique, our experienced team is ready to guide you through the process, ensuring a seamless and satisfying experience.

Choosing Younix isn't just about buying gym equipment; it's about investing in a transformative fitness journey. Join us in redefining the fitness landscape, one personalized gym at a time.

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# CABLE RACK

SKU:R0091

## RACK 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.



## SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3, 1496" x 7 Gauge Steel

**Set includes:** 1x Rack, 2x Adjustable Pulleys, 6x pin storages, 2x Sandwich hook set with polyethene insert.

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

**Minimum Space Of Use:** Height 270cm/106" x Depth 325cm/128" x Width 280cm/110" (9 square meters /96 sqft to use the Cable Rack in all its features)

**Height:** 241 cm /95"

**Width:** 124 cm / 48,81"

**Depth:** 66cm / 26"

**Footprint:** 132x74cm/51,96"x 29,13"

**Hole spacing:** 55 mm / 2,16"

**Product weight:** 473 kg / 1051 LB

**Positioning of the numbers on the uprights:** 35

**Rack load capacity:** 1.500 kg / 3.333 LB

**Pulling Ratio:** 2:1

**Pulling Weight:** 120 Kg/ 260 LB (60kg/139LB net)

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack must be bolted securely to the floor.

**Attention:** Barbell, bumper plates, bench and Landmine are not included.



# FEATURES & BENEFITS



## 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 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 rollers, 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 (51,96" x 29,13"), 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 (120LB) per side, this machine can accommodate athletes of any height and size.





# CABLE RACK SMITH

SKU: R0095

**RACK, PULLEY & SMITH FINALLY COMBINED TOGETHER**  
YOUR COMPLETE GYM IN A SMALL SPACE



## SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Set includes:** 1x Cable Rack + 1x Smith Machine add-on.

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

**Footprint:** 132x88 cm / 51,96" x 34,64"

**Minimum Space Of Use:** Height 270 (106") x Depth 325 (128")  
x Width 280 cm (110") - (9 square meters (100sqft) to use the  
Cable Rack Smith in all its features)

**Height:** 241 cm / 94,88"

**Width including the Smith Bar:** 186 cm / 73,23"

**Depth:** 88cm / 24,64"

**Hole spacing:** 55 mm / 2,16"

**Product weight:** 530 kg / 1.178 lb

**Rack load capacity:** 1.500 kg / 3.333 lb

**Positioning of the numbers on the uprights:** 35

**Positioning of the Smith:** 14 slots

**Range of Smith bar's excursion:** 186cm / 73"

**Weight of the Smith Bar:** 17,20 kg / 38 lb

**Pulling Ratio:** 2:1

**Pulling Weight:** 120 kg / 260LB (60kg / 130LB net)

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

**General Warranty:** Three years warranty on the blocks, pulley,  
plates, rods and bearings. The warranty does not cover normal  
wear and tear.

**Warning:** For the safety of the equipment and the athletes  
using it, the rack must be bolted securely to the floor.

**Attention:** Barbell, bumper plates, bench and Landmine are  
not included.



# FEATURES & BENEFITS



**POWER RACK**

Thanks to the multi holes along the upright you can move the hook set on 35 positions from top to bottom to safely perform perform squats, presses, and rows with stability. An indispensable tool for lifting success. That helps you boost intensity just by adding weights.



**PULLEY**

Customize weights for each side, introducing instability and free movement uncommon in typical machines. Enjoy the safety of a machine combined with free weight benefits. Strengthen individual muscle groups with outside stabilization, fostering flexibility and stability.



**SMITH**

Specifically built to help you perform your preferred exercises with the added support of a railing system. Versatility is key, and the Younix Smith Machine doesn't disappoint. It opens up a world of workout options, from behind-the-neck presses to Bulgarian squats. Lunges, calf raises, flat bench presses, or incline bench presses.



**SPACE EFFICIENT**

Combine multiple Cable Racks seamlessly with our four-face hole construction, expanding possibilities with extra components. Whether for personal home use or a larger training facility, the Cable Rack's compact 132 x 88 (51,96" x 34,64") cm footprint delivers versatility and a robust net pulling weight of 60kg (120lb) per side.





# LEVER RACK

SKU: R0092

## YOUR PLATE LOADED MACHINE

MORE THAN 250 EXERCISES IN LESS THAN 1 SQUARE METER



### SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496"

x 7 Gauge Steel

**Set includes:** 1x Basic Rack, 6x pin storages, 2x Complete Lever Arms, 2x Sandwich hook set with polyethene insert, 1x pair of straight and 45-degree handles.

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

**Footprint:** 132x74cm / 51,96" x 29,13"

**Minimum Space Of Use:** Height 270cm (106,30") x Depth 325cm (127,95") x Width 280cm (110,23") (9 square meters / 97 square feet to use the Lever Rack in all its features)

**Rack height:** 241cm / 95"

**Rack width:** 124cm / 48,81"

**Rack depth:** 66cm / 26"

**Hole spacing:** 55mm / 2,16"

**Product weight:** 215KG / 477LB

**Positioning of the numbers on the Lever Arms:** 10

**Positioning of the numbers on the Racks uprights:** 35

**Length of the Lever Arms:** 90cm / 36"

**Load Capacity:** 100 kg per lever arm / 225LB

**Adjustment setting:** -90, -60, -30, 0, +30, +60, +90 degrees

**Rack load capacity:** 1.500 kg / 3.333LB

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

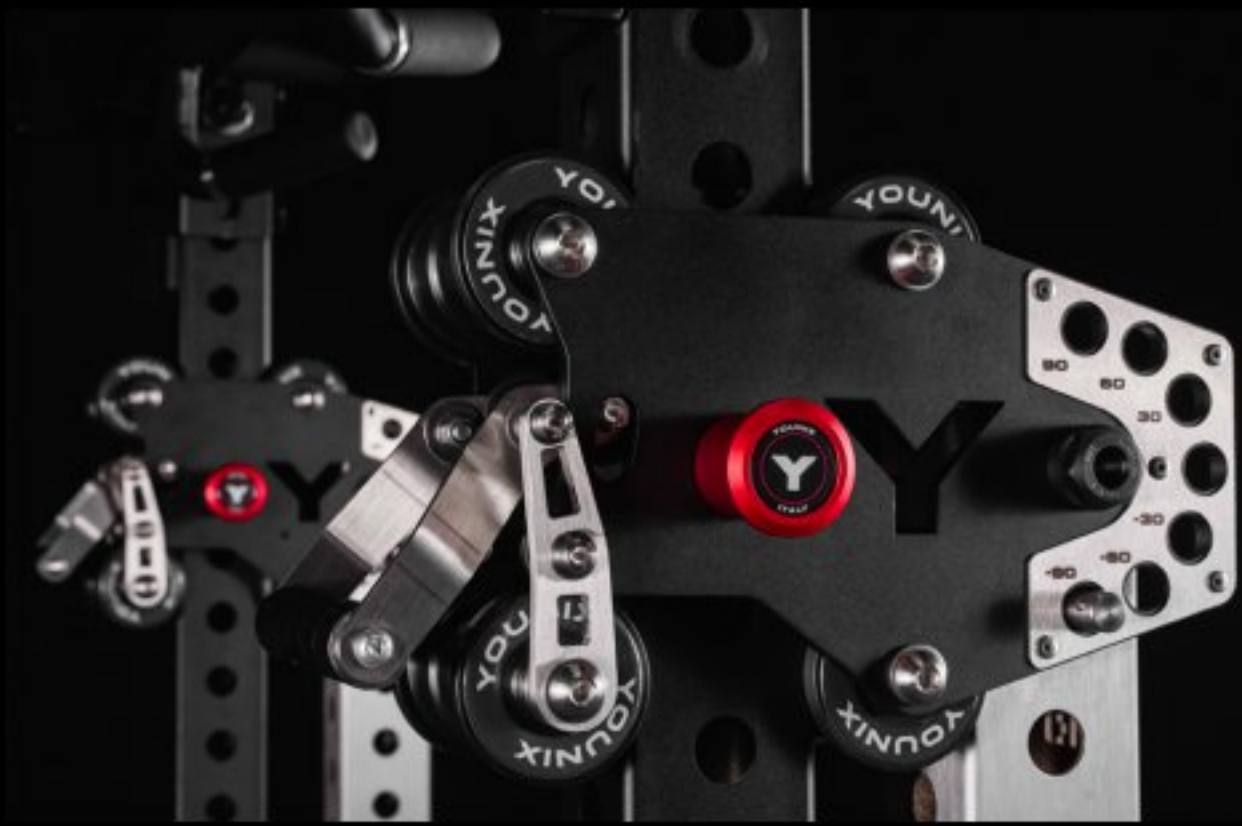
**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack must be bolted securely to the floor.

**Attention:** Barbell, Bumper Plates and Half Safety are not included.



# FEATURES & BENEFITS



## ADJUSTABLE SYSTEM – SET THE RIGHT ANGLE

Our brackets simplify lever arm positioning for rapid setup, mirroring commercial gym machines with speed and convenience. Achieve exercises like presses, incline presses, decline presses, hammer presses, shoulder presses, rows, calf raises, leg curls, leg extensions, various squats, hip thrusts, and several other exercises, and more effortlessly.



## LIMITLESS TRAINING OPTIONS

It performs like a Plate Loaded Machine with a huge difference: you can vary your training angle just by setting the trolley over your rack's 35 positions. Thanks to our modularity you can connect an infinite number of racks together.



## MORE BODYWEIGHT EXERCISES

Not only can you fine-tune your workout's starting angle, but our ingenious adjusting pin also offers more functionality. It easily secures the arm for pull-ups, dips, bodyweight rows, or even convenient out-of-sight storage. Elevate your training versatility with ease and safety.



## TRANSFORM YOUR TRAINING

This Kit can really transform the way you train your customers, offering a variety of exercises never seen before on a single machine so in a reduced foot print of just 132x74cm (51,96" x 29,13"). The return on investment on the Lever Rack Smith beats most of other equipment.





# LEVER RACK SMITH

SKU:R0096

## RACK, LEVERS & SMITH IN ONE SINGLE MACHINE

THE MISSING MACHINE FOR YOUR TRAINING



### SPECIFICATIONS

**Frame material:** steel

**Levers Material:** stainless steel.

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x3,1496"x7GaugeSteel

**Set includes:** 1x Basic Rack, 1x Smith Machine, 2x Complete Lever Arms, 2x Sandwich hook set with polyethene insert, 1x pair of straight and 45-degree handles.

**Hardware:** 24mm, 8.8certifiedbolts, nuts&washers

**Footprint:** 132x74cm / 51,96" x 29,13"

**Minimum Space Of Use:** Height 270cm (106,30") x Depth 325cm (127,95") x Width 280cm (110,23") (9 square meters / 97 square feet to use the Lever Rack in all its features)

**Rack height:** 241cm / 95"

**Rack width:** 124cm / 48,81"

**Rack depth:** 66cm / 26"

**Hole spacing:** 55mm / 2,16"

**Product weight:** 215 kg / 477LB

**Positioning of the numbers on the Lever Arms:** 10

**Positioning of the numbers on the Racks uprights:** 35

**Length of the Lever Arms:** 90cm / 36"

**Load Capacity:** 100kg per lever arm/225LB

**Adjustment setting:** -90, -60, -30, 0, +30, +60, +90 degrees

**Rack load capacity:** 1.500kg / 3.333LB

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack must be bolted securely to the floor.

**Positioning of the Smith:** 14 slots

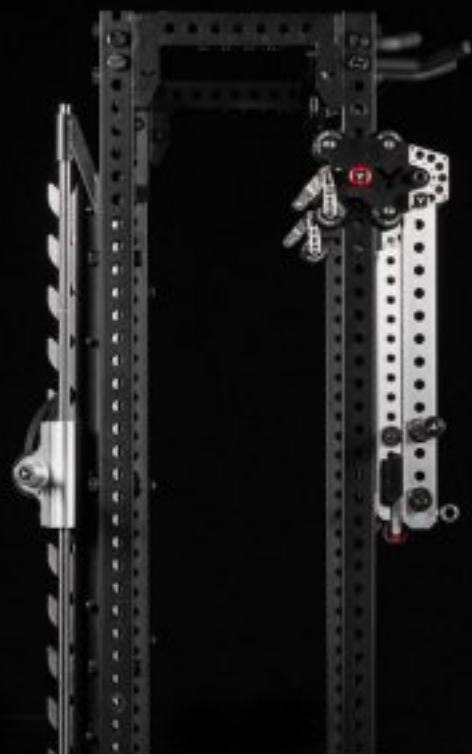
**Range of Smith bar's excursion:** 186 cm / 73"

**Weight of the Smith Bar:** 17,20 kg / 38 lb.

**Attention:** Barbell, Bumper Plates and Half Safety are not included.



# FEATURES & BENEFITS



## SMITH

Specifically built to help you perform your preferred exercises with the added support of a railing system. Versatility is key. It opens up a world of workout options, from behind-the-neck presses to Bulgarian squats. Whether it's lunges, calf raises, flat bench presses, or incline bench presses, this machine caters to all your strength training needs.



## ADJUSTABLE SYSTEM – SET THE RIGHT ANGLE

Our brackets simplify lever arm positioning for rapid setup, mirroring commercial gym machines with speed and convenience. Achieve exercises like presses, incline presses, decline presses, hammer presses, shoulder presses, rows, calf raises, leg curls, leg extensions, various squats, hip thrusts, and several other exercises, and more effortlessly.



## LIMITLESS TRAINING OPTIONS

It performs like a Plate Loaded Machine with a huge difference: you can vary your training angle just by setting the trolley over your rack's 35 positions. Thanks to our modularity you can connect an infinite number of racks together.



## TRANSFORM YOUR TRAINING

This Kit can really transform the way you train your customers, offering a variety of exercises never seen before on a single machine so in a reduced foot print of just 132x74cm (51,96" x 29,13"). The return on investment on the Lever Rack Smith beats most of other equipment.





# T-RACK

SKU: R0097

**POWER RACK & CABLES COMBINED TOGETHER**  
MORE THAN 250 EXERCISES IN LESS THAN 1 SQUARE METER



## SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80 x 80 x 4,5mm / 3,1946" x 3,1496"

x 7 Gauge Steel

**Set includes:** 1x Basic Rack, 1x adjustable pulley, 6x pin storages, 2x Sandwich hook set with polyethene insert, 1x rubber handle, 1x straight bar, 1x multi pull up bar

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

**Footprint:** 132 x 132cm / 51,96" x 51,96"

**Minimum Space Of Use:** Height 270cm / 106" x Depth 325cm / 128" x Width 340cm / 134" (11 square meters / 118 sqft to use the T-Rack in all its features)

**Height:** 241 cm / 95"

**Width:** 124 cm / 48,81"

**Depth:** 124 cm / 48,81"

**Hole Spacing:** 55mm / 2,16"

**Product Weight:** 500 kg / 1.111 lb

**Positioning of the numbers on the Racks uprights:** 35

**Positioning of the numbers on the Adjustable Pulley:** 35

**Pulling Ratio One Handle:** 2:1 - Pull 10Kg (20LB) / Lift 5Kg (10LB) - Net Pulling Weight 60kg (130lb)

**Pulling Ratio Two Handle:** 1:1 - Pull 10 Kg (20LB) / Lift 10 Kg (20LB) - Net Pulling Weight 120kg (260lb)

**Rack load capacity:** 1.500 kg / 3.333 lb

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack must be bolted securely to the floor.

**Attention:** Barbell and bumper plates are not included.



# FEATURES & BENEFITS



## THE TRAINING MACHINE

We integrated a pulley system into a Power Rack and created a single machine with a reduced footprint of 124x124 cm (48,81" x 48,81") only. Modular, simply shippable and all-inclusive training system can be customized and fit to almost any room or application.



## POWER RACK & CENTRAL CABLE

We combined together the Free weights and the Cable exercises to get a very complete Training Machine. It can be used as a normal Rack adding hooks on the uprights and have a double swivel pulley. It will finally give you the best bang for your buck.



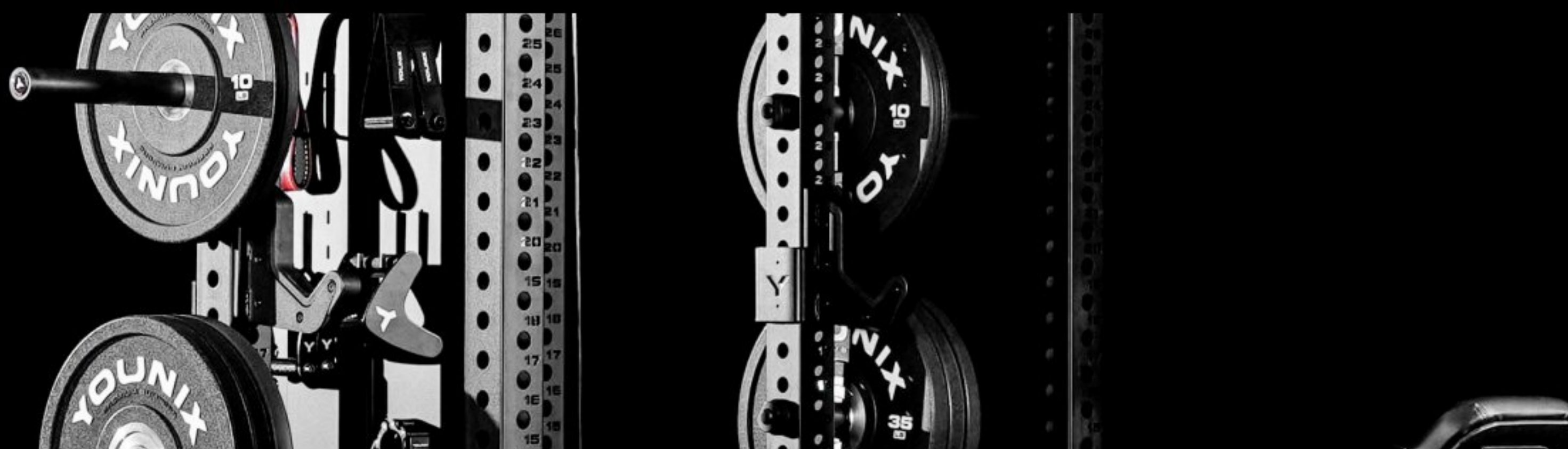
## 250 EXERCISES ON THE CABLES

Experience the versatility of the 2-Swivels System on the central pulley: use both arms simultaneously or alternate for dynamic movements. With 160-degree swivel double-handle pulleys and 35 height adjustments, customize your workouts with precision and ease.



## STORAGE SYSTEM

We've introduced a side panel on the pulley featuring a series of hooks, allowing you to hang any handle or accessory as you prefer. Additionally, it comes equipped with six pin storages to conveniently store all your weight plates. Lastly a bar holder on the back.





# T-RACK LEVER

SKU: RA091

## THE ULTIMATE TRAINING MACHINE: PLATE LOADED & CABLES FINALLY TOGETHER ON ONE SINGLE MACHINE

MORE THAN 500 EXERCISES IN LESS THAN 1 SQUARE METER



### SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Set includes:** 1x Basic Rack, 1x adjustable pulley, 6x pin storages, 2x Complete Lever Arms, 2x Sandwich hook set with polyethylene insert, 1x rubber handle, 1x straight bar, 1x multi pull up bar

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

**Footprint:** 132x132cm / 51,96" x 51,96"

**Minimum Space Of Use:** Height 270cm / 106" x Depth 325cm / 128" x Width 340cm / 134" (11 square meters / 118 sqft to use the T-Rack in all its features)

**Height:** 241 cm / 95"

**Width:** 124 cm / 48,81"

**Depth:** 124 cm / 48,81"

**Hole spacing:** 55mm / 2,16"

**Product weight:** 545 kg / 1.211 lb

**Positioning of the numbers on the Lever Arms:** 10

**Positioning of the numbers on the Racks uprights:** 35

**Positioning of the numbers on the Adjustable Pulley:** 35

**Length of the Lever Arms:** 90 cm / 35"

**Lever Arms load Capacity:** 100kg per lever arm / 225 lb

**Rack load capacity:** 1.500 kg / 3.333 LB

**Pulling Ratio:** 1:1 - Pull 10 Kg (20LB) / Lift 10 Kg (20LB)

**Net Pulling Weight:** 60 Kg / 120 LB

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings.

The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack must be bolted securely to the floor.

**Attention:** Barbell and bumper plates are not included.



# FEATURES & BENEFITS



## THE ULTIMATE TRAINING MACHINE

We integrated a pulley system and a plate loaded kit into one single machine with a reduced footprint of 124x124 cm (48,81" x 48,81") only. Modular, simply shippable and all-inclusive training system can be customized and fit to almost any room or application.



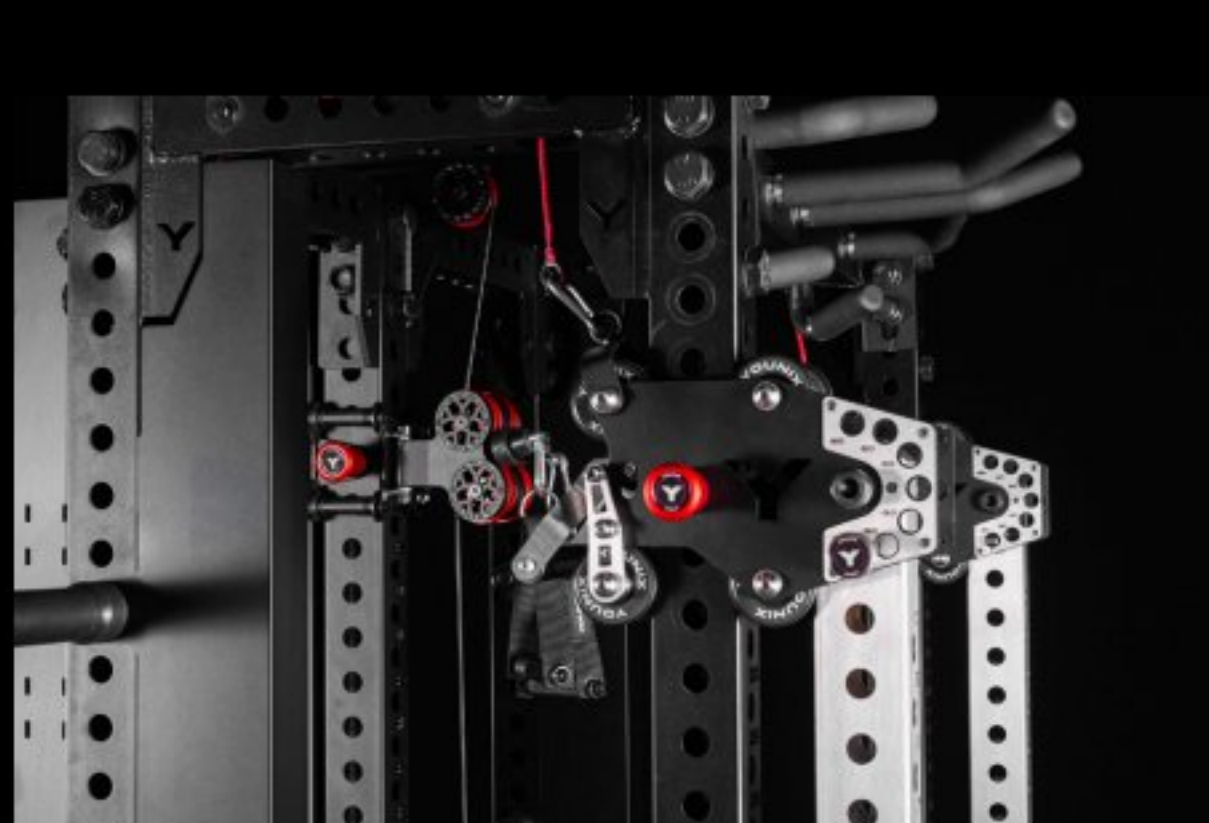
## RACK, CABLE & LEVERS

We combined together the Lever Arms and the Cable exercises to get probably the most complete Training Machine on the market. It can be used as a normal Rack adding hooks on the uprights of the levers. It will finally give you the best bang for your buck.



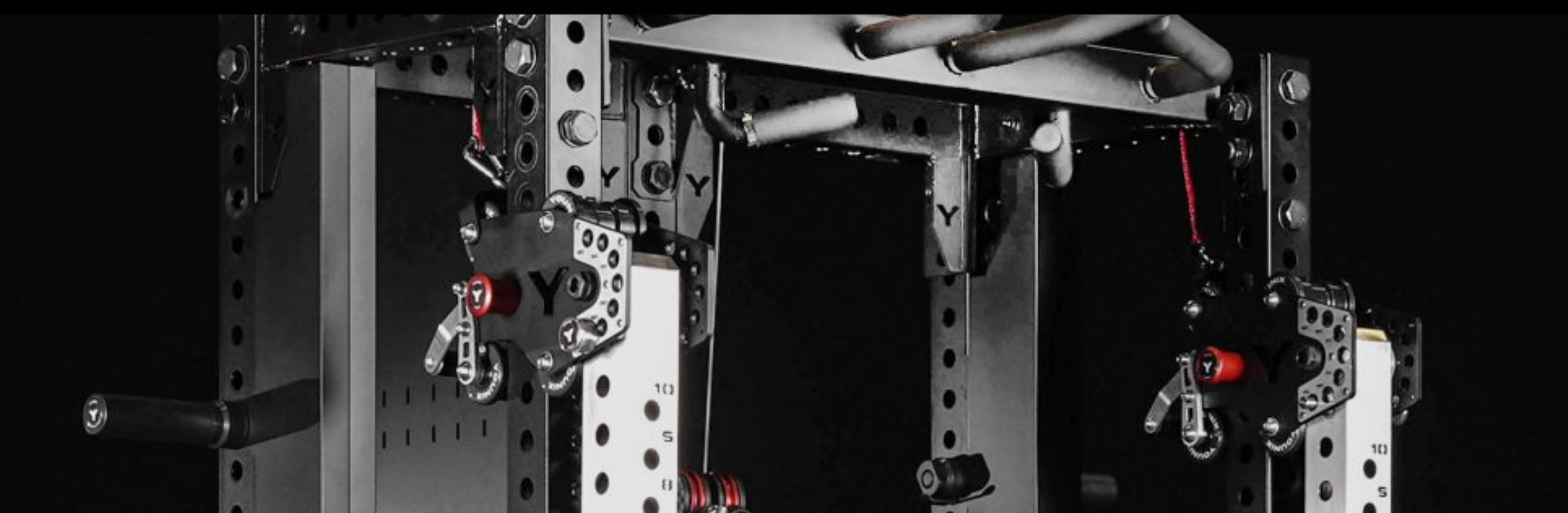
## 250 EXERCISES ON THE LEVERS

You can use the lever arms for incline bench presses, squats, deadlifts, pulls, shrugs, snatches, bent-over rows, lunges and much more. Bilateral and unilateral movements. Dynamic or isometric, standing or seated. Adding Half Safety Bars on the arms you can change the leverage and perform more exercises.



## 250 EXERCISES ON THE CABLES

Experience the versatility of the 2-Swivels System on the central pulley: use both arms simultaneously or alternate for dynamic movements. With 160-degree swivel double-handle pulleys and 35 height adjustments, customize your workouts with precision and ease.





# CABLE TOWER

SKU: AB053

## THE SLIMMEST ADJUSTABLE PULLEY FOR A WIDE SPECTRUM OF EXERCISES

THE CLEVEREST SOLUTION FOR SPORT PERFORMANCE AND REHABILITATION / PHYSIOTHERAPY CENTERS



### SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder- coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Set includes:** 1x adjustable pulley, 1x rubber handle, 1x straight bar, 2x Bracings.

**Not included:** Lat machine kit (lat bar & knee attachment)

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

**Footprint:** 136 x 96cm / 54" x 38"

**Minimum Space Of Use:** Height 241cm/95" x Depth 260cm/102" x Width 200cm/79" (5 square meters / 54sqft to use the Cable Tower in all its features including exercises with the lat machine kit, foot plate, multiplanar and sprint cable movements)

**Tower height:** 241 cm / 95"

**Tower width:** 136 cm / 54"

**Tower depth:** 96 cm / 38"

**Pulling Ratio One Handle:** 2:1 - Pull 10 Kg (20LB) / Lift 5 Kg (10LB) - Net Pulling Weight 60kg (130lb)

**Pulling Ratio Two Handle:** 1:1 - Pull 10 Kg (20LB) / Lift 10 Kg (20LB) - Net Pulling Weight 120kg (260lb)

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** The Cable Tower must be bolted securely to the floor.



# FEATURES & BENEFITS



## 250 EXERCISES ON THE CABLES

Experience the versatility of the 2-Swivels System on the central pulley: use both arms simultaneously or alternate for dynamic movements. With 160-degree swivel double-handle pulleys and 35 height adjustments, customize your workouts with precision and ease.



## RECOMMENDED ACCESSORIES

Two Revolving Handles are included standard with the Cable Tower. You can choose from our range of accessories (sold separately) that are compatible with the unit: straight bar, lat bar & knee attachment, ankle cuffs, triangle bar, resistance bands, ground mine, multi belt.



## FOOT ATTACHMENT, ADJUSTABLE FEET

The removable foot attachment allows precise forward and backward adjustment, while the adjustable external feet ensure stability even on uneven floors, providing a solid foundation for every workout.



## THE MULTI SEAT

Enhance your Cable Tower routines with our Adjustable Seat. Mount it at any height, adjust the knee support or remove it. Use the adjustable seat alone to perform diverse exercises at any angle. Countless new training possibilities with this versatile addition to your setup!





# SMITH MACHINE

SKU: RS001

## APPROACH STRENGTH TRAINING, PROVIDING A SAFE AND DYNAMIC WORKOUT EXPERIENCE.

SPECIFICALLY BUILT TO HELP YOU SQUAT, SHOULDER PRESS, BENCH PRESS, DEADLIFT (AND MORE!) WITH THE ADDED SUPPORT OF A RAILING SYSTEM.



## SPECIFICATIONS

**Designed & Engineered:** Italy

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing Size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Railing System Material:** tempered hard chrome guide rods

**Sleeve System Material:** 7075 aeronautical aluminum, German precision bearings

**Barbell Shaft:** Black Hard Chrome steel - 30mm diameter

**Rack height:** 241cm / 95"

**Rack width including Smith Machine Bar:** 185 cm / 72,83"

**Rack Depth including Smith Machine Bar:** 88cm / 34,64"

**Overall weight:** 247,50 kg /550LB

**Loadable sleeves:** 30cm /11,81"

**Weight of the Bar:** 17,42 kg / 38,22LB

**Smith load capacity:** 400 kg /890LB

**Height Adjustments:** 14 slots

**Distance between slots:** 12,5cm / 4,92

**Max height of the Bar from the ground in the lowest position:** 52cm /20,47"

**Max height of the Bar from the ground in the highest position:** 207cm / 81,49"

**Range of bar's excursion:** 186cm / 73" **Adjustable Safety locks:** 2

**Set includes:** 1x Basic Rack, 6x pin storages, 1x Smith Machine add-on

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

**Minimum Space Of Use:** Height 270cm / 106"x Depth 215cm / 84" x Width 305cm / 120" (6,5 square meters / 70sqft to use the Lever Rack in all its features)

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

**General Warranty:** Three years warranty on the rods and bearings.

**Proper Usage Guidelines:** The Smith Machine on must be bolted securely to the floor.

**Attention:** accessories as Bumper Plates, Bench are not included.

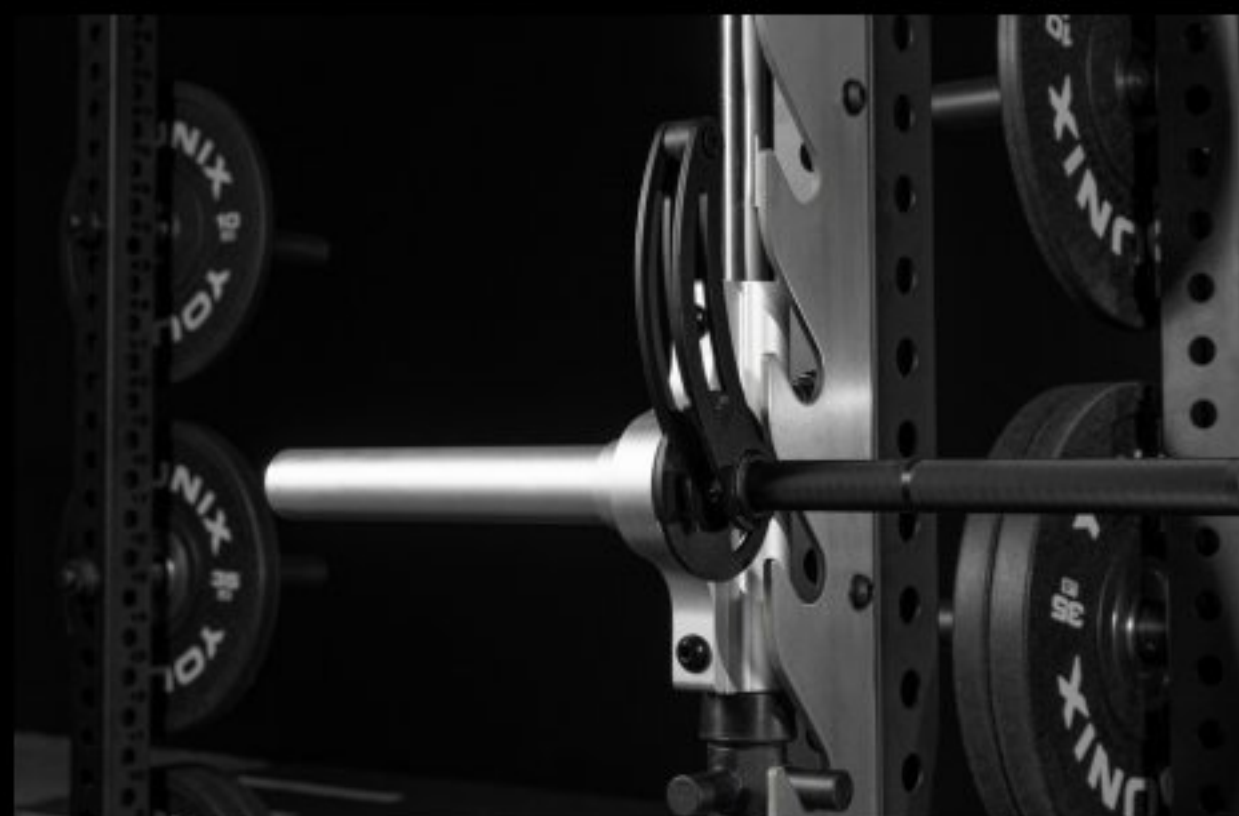


# FEATURES & BENEFITS



## LIMITLESS WORKOUT POSSIBILITIES

Versatility is key, and the Younix Smith Machine doesn't disappoint. It opens up a world of workout options, from behind-the-neck presses to Bulgarian squats. Whether it's lunges, calf raises, flat bench presses, or incline bench presses, this machine caters to all your strength training needs.



## ENHANCED COMPATIBILITY

The Younix Smith Machine seamlessly integrates with the Younix Modular System. Add a Smith Machine to any two uprights of your Rack, Rig and Machine. Thanks to the four-faced hole upright construction, it's a breeze. Whether it's an internal or external attachment, you have endless possibilities for your workouts.



## INNOVATIVE LIGHTWEIGHT DESIGN

The Younix Smith Machine incorporates aeronautical-grade 7075 aluminum into the moving mechanism, reducing its weight to just 17,42kg (38,7LB). It's like having a built-in counterweight, the right knurling for precise hand positioning. Height-adjustable safety stops preventing accidents during your workouts.



## UNCOMPROMISING QUALITY

Quality is non-negotiable, and the Younix Smith Machine doesn't cut corners. Precision-ground 30mm steel guide rods, complemented by German ball-bearing guides, provide an incredibly smooth and noiseless workout experience. All hardware is galvanized, featuring anti-loosening nuts in critical areas.





# BACK TO BACK RACK

SKU: R0094

## THE ONLY DOUBLE-FACE MACHINE

RACK, PULLEY SYSTEM & LEVER ARMS, ALL ON 1.5 SQUARE METERS



### SPECIFICATIONS

**Frame material:** steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Set includes:** 1x Basic Rack, 2x adjustable pulley, 6x pin storages, 2x Complete Lever Arms, 2x Sandwich hook set with polyethene insert, 2x rubber handles

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

**Footprint:** 132 x 132cm / 51,96" x 51,96"

**Minimum Space Of Use:** Height 270cm/106" x Depth 325cm/128" x Width 530cm/208" (17 square meters/183sqft to use the Back-To-Back in all its features)

**Height:** 241 cm / 95"

**Width:** 124 cm / 48,81"

**Depth:** 124 cm / 48,81"

**Hole spacing:** 55mm / 2,16"

**Product weight:** 630 kg / 1.400 lb

**Positioning of the numbers on the Lever Arms:** 10

**Positioning of the numbers on the Racks uprights:** 35

**Positioning of the numbers on the Adjustable Pulley:** 35

**Length of the Lever Arms:** 90 cm / 35"

**Lever Arms load Capacity:** 100kg per lever arm / 225 lb

**Rack load capacity:** 1.500 kg / 3.333 LB

**Pulling Ratio:** 2:1 - Pull 10 Kg (20LB) / Lift 5 Kg (10LB)

**Pulling Weight:** 120 Kg / 260 LB

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack on must be bolted securely to the floor.

**Attention:** Barbell, bumper plates, half safety and the rest of accessories are not included.



# FEATURES & BENEFITS



## LIMITLESS TRAINING OPTIONS

We have combined two racks back-to-back arranging a pulley side, and a lever side. This game-changer system helps you perform incline bench presses, squats, deadlifts, rack pulls, shrugs, snatches, bent-over rows, lunges and thousands of cable exercises all on 16 sqft. Bilateral, unilateral dynamic, variable or isometric movements.



## 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 rollers, you can easily move the swivel up and down without damaging the uprights.



## LIMITLESS CUSTOMIZATIONS & ATTACHMENTS

This configuration fully respects the Younix modular system. You can have Landmine, half safety, wall ball target, more storage pins, and even extend this configuration to infinity. Connect more racks, more cables, more levers in a row to get a unique look & feel, and the optimal training configuration for your needs.



## ADJUSTABLE SYSTEM – SET THE RIGHT ANGLE

Our brackets simplify lever arm positioning for rapid setup, mirroring commercial gym machines with speed and convenience. Achieve exercises like presses, incline presses, decline presses, hammer presses, shoulder presses, rows, calf raises, leg curls, leg extensions, various squats, hip thrusts, and several other exercises, and more effortlessly.





# G.O.A.T. RACK

SKU: R0099

## THE MOST PERFORMING AND COMPLETE MACHINE ON THE STRENGTH TRAINING MARKET

FREE WEIGHTS, RACK, DOUBLE ADJUSTABLE PULLEYS, LEVER ARMS, STORAGE AND SWEDISH LADDER. THERE IS NOT A SINGLE EXERCISE THAT YOU CANNOT DO.



### SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial Matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 356cm / 140,15"

**Depth:** 98cm / 38,58"

**Foot-print:** 362 x 104cm / 142,51" x 40,94"

**Minimum Space Of Use:** Height 270cm/106" x Depth 340cm/134" x Width 482cm/190" (15 square meters/ 160 sqft to use the G.O.A.T. in all its features)

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**What is included:** 1x Rack, 1x Lever Arms Pair, 2x Cable Tower, 1x Half Safety Pairs, 1x Swedish Ladder, 1x Multi pull up bar, 3x Flat Shelves, 1x Tube Shelf, 4x Storage Pin Long, 2x Storage Pin Short.

**ATTENTION:** Bar, Bumpers, Bench, bands, balls, dumbbells are NOT included and need to be quoted separately



# FEATURES & BENEFITS



## LIMITLESS TRAINING OPTIONS

We have combined a Laver Rack with a Swedish ladder together with 2 side adjustable pulleys connected by 6 shelves to host all you need for your training. This game-changer system helps you perform incline bench presses, squats, deadlifts, rack pulls, shrugs, snatches, bent-over rows, lunges and thousands of cable exercises both one or two hands.



## LIMITLESS CUSTOMIZATIONS & ATTACHMENTS

This configuration fully respects the Younix modular system. You can have Landmine, half safety, wall ball target, more storage pins, and even extend this configuration to infinity. Connect more racks, more cables, more levers in a row to get a unique look & feel, and the optimal training configuration for your needs.



## TRANSFORM YOUR TRAINING

The G.O.A.T. Rack can really transform the way you train your customers, offering a variety of exercises never seen before on a single machine so in a reduced foot print of just 362 x 104cm (142,51" x 40,94"). The return on investment on this System beats most of other equipment on the market.



## DURABILITY & QUALITY

Made with the highest quality Italian components and hardware to ensure the most increased durability on the market. Each part is laser cut, powder-coated painted, checked, inspected and pre-mounted one by one before shipping out. Easy and fast to mount once it comes to your gym or home.





# HEAVY DUTY SMALL RACK

SKU: R0001

**HAVE YOU EVER SQUATTED ON A RACK THAT CAN HOLD UP TO 1.500 KG?**

IT DOESN'T BUDGE, ROCK OR MOVE. IT'S SLICK, COMPACT AND SEXY.



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 124cm / 48,81"

**Depth:** 66cm / 26"

**Foot-print:** 132 x 74cm / 51,96" x 29,13"

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

**Product weight:** 130 kg / 289 LB

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

**General Warranty:** 5 Years against manufacturing defects. The warranty does not cover normal wear and tear.

**Warning:** Rack needs to be bolted to the floor.

**What is included:** The Rack frame including banner, single pullup bar, hook set and 6x storage pins.

**ATTENTION:** barbell, bumper plates, multi pull up bar and other accessories are NOT included.



# FEATURES & BENEFITS



## OVERSIZED STEEL

Oversized is the keyword to describe our working method best. A bolt-together modular design comes from a strict selection of the steel for uprights and beams which are made of 80x80x4,5mm / 3,146" x 3,1496" x 7 Gauge Steel thickness and 24mm bolts to meet the high demands of the best professional training facilities and gyms around the world.



## SAFETY FIRST

TUV Rheinland, Germany certify our Racks. They are tested to comply with the latest products safety regulations (EN- ISO 20957-1, EN-ISO 957-2 and EN-ISO 957-4) creating safe machines to regularly train on. Focus on your training and let us take care of the equipment.



## MODULAR & COMPATIBLE

You can easily bold two or more racks together with any of our beams. They are compatible with different attachments like Dip, Half Safety Bars, Lever Arms, Landmine etc. You can even combine racks and pulley system together as well as connecting shelves to host Dumbbells, Kettlebells, Bumpers, Med Balls and more.



## PAINT ARMOUR

We treated the machine with our special Paint Armour paint, the first antimicrobial paint that inhibits the proliferation of microbes on your equipment, permanently keeping away the development of stains, unpleasant odors, bacteria and viruses that are harmful to health that affect the aesthetics, durability and hygiene of your Racks.





# HEAVY DUTY SMALL RACK JACKED

SKU: RJ001

## YOUR SMALL RACK PIMPED UP

TRANSFORM YOUR TRAINING BY ADDING GAME-CHANGER ACCESSORIES



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 124cm / 48,81"

**Depth:** 98cm / 38,58"

**Foot-print:** 132 x 104cm / 51,96" x 40,94"

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

**Product weight:** 215 kg / 478 LB

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

**General Warranty:** 5 Years against manufacturing defects. The warranty does not cover normal wear and tear.

**Warning:** Rack needs to be bolted to the floor.

**What is included:** 1xRack, 1xHookSet, 6xStoragePins, 1x Multi pull up bar, 1x Half Safety pairs, 1x Flat Shelf, 1x Tube Shelf

**ATTENTION:** barbell, bumper plates and other accessories are not included.



# FEATURES & BENEFITS



**OVERSIZED STEEL**

Oversized is the keyword to describe our working method best. A bolt-together modular design comes from a strict selection of the steel for uprights and beams which are made of 80x80x4,5mm / 3,146" x 3,1496" x 7 Gauge Steel thickness and 24mm bolts to meet the high demands of the best professional training facilities and gyms around the world.



**MULTI PULL UP BAR**

Seven different ways to pull. Train wide and narrow grips, as well as pronated, supinated, and neutral grip styles. Four different size spheres dramatically increase your grip strength. Don't need to change/mount any handle. The multi-grip bar is there to stay; what to grab it's up to you.



**HALF SAFETY**

Feel safe while performing your one rep max up to 1.000kg. These arms will save you from any no-lift and will catch the bar before falling on the ground or, even worse, on you. You can also use them to start your deadlift, clean or snatch from the knees



**GET YOUR GEAR OFF THE FLOOR**

These all-purpose shelves are available are perfect to store Dumbbells, Kettlebells, Med Balls, Bumpers and more. They can bear 1.250 kg (2780 lb) each as stated in our TUV Rheinland Certification. You will have enough space to store all your equipment in one place.

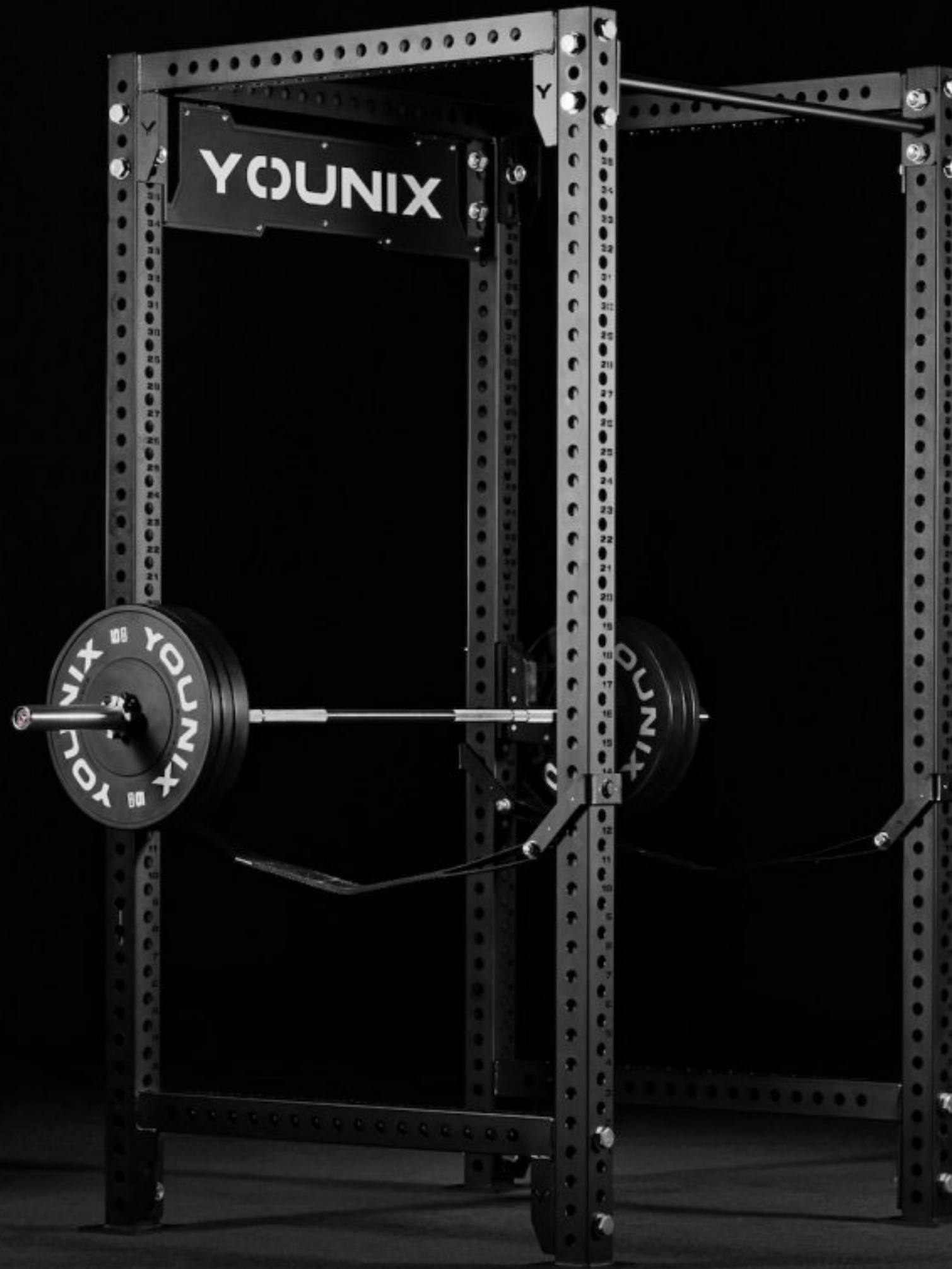




# HEAVY DUTY MEDIUM RACK

SKU: R0002

HAVE YOU EVER SQUATTED ON A RACK THAT CAN HOLD UP TO 1.500 KG?  
IT DOESN'T BUDGE, ROCK OR MOVE. IT'S SLICK, COMPACT AND SEXY.



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial matt wrinkle black powder- coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 124cm / 48,81"

**Depth:** 124cm / 48,81"

**Foot-print:** 132 x 132cm / 51,96" x 51,96"

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

**Product weight:** 145,40 kg / 323 LB

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

**General Warranty:** 5 Years against manufacturing defects. The warranty does not cover normal wear and tear.

**Warning:** Rack needs to be bolted to the floor.

**What is included:** The Rack frame including banner, single pullup bar, hook set .

**ATTENTION:** barbell, bumpers, safety straps and other accessories are NOT included.



# FEATURES & BENEFITS



## OVERSIZED STEEL

Oversized is the keyword to describe our working method best. A bolt-together modular design comes from a strict selection of the steel for uprights and beams which are made of 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel thickness and 24mm bolts to meet the high demands of the best professional training facilities and gyms around the world.



## MODULAR & COMPATIBLE

You can easily bold two or more racks together with any of our beams. They are compatible with different attachments like Half Safety Bars, Lever Arms, Landmine etc. You can even combine racks and pulley system together as well as connecting shelves to host Dumbbells, Kettlebells, Bumpers, Med Balls and more.



## SAFETY FIRST

TUV Rheinland, Germany certify our Racks. They are tested to comply with the latest products safety regulations (EN- ISO 20957-1, EN-ISO 957-2 and EN-ISO 957-4) creating safe machines to regularly train on. Focus on your training and let us take care of the equipment.



## PAINT ARMOUR

We treated the machine with our special Paint Armour paint, the first antimicrobial paint that inhibits the proliferation of microbes on your equipment, permanently keeping away the development of stains, unpleasant odors, bacteria and viruses that are harmful to health that affect the aesthetics, durability and hygiene of your Racks.





# HEAVY DUTY MEDIUM RACK JACKED

SKU: RJ002

## YOUR MEDIUM RACK PIMPED UP

TRANSFORM YOUR TRAINING BY ADDING GAME-CHANGER ACCESSORIES.  
POWER RACKS, CABLES & LEVERS



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 124cm / 48,81"

**Depth:** 124cm / 48,81"

**Foot-print:** 132 x 132cm / 51,96" x 51,96"

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

**Product weight:** 170 kg / 378 LB

**Frame warranty:** Lifetime against bending or cracking of

the steel frame.

**General Warranty:** 5 Years against manufacturing defects.

The warranty does not cover normal wear and tear.

**Warning:** Rack needs to be bolted to the floor.

**What is included:** The Rack frame including banner, single pullup bar, hook set.

**ATTENTION:** barbell, bumpers, safety straps and other accessories are NOT included.



# FEATURES & BENEFITS



## OVERSIZED STEEL

Oversized is the keyword to describe our working method best. A bolt-together modular design comes from a strict selection of the steel for uprights and beams which are made of 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel thickness and 24mm bolts to meet the high demands of the best professional training facilities and gyms around the world.



## MULTI PULL UP BAR

Seven different ways to pull. Train wide and narrow grips, as well as pronated, supinated, and neutral grip styles. Four different size spheres dramatically increase your grip strength. Don't need to change/mount any handle. The multi-grip bar is there to stay; what to grab it's up to you.



## SAFETY STRAPS

Feel safe while performing your one rep max up to 1.000kg (2000 lb). These Straps are safety-rated for 3.000kg (6000 lb) and will save you from any no-lift and will catch the bar before falling on the ground or, even worse, on you. The front and back ends of the strap hangers can be mounted at different heights, forcing a dropped bar to roll safely away from an athlete on a missed lift.



## BAND PEGS

These simple pegs allow for the easy and secure attachment of bands for greater resistance during squats, deadlifts, bench pressing, etc. The pegs can also be used as a hook for hanging items off the top of a rack, including bands, chains, and other accessories.





# HEAVY DUTY LARGE RACK

SKU: R0003

**HAVE YOU EVER SQUATTED ON A RACK THAT CAN HOLD UP TO 1.500 KG?**  
IT DOESN'T BUDGE, ROCK OR MOVE. IT'S SLICK, COMPACT AND SEXY.



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 124cm / 48,81"

**Depth:** 182cm / 71,65"

**Foot-print:** 132 x 190cm / 51,96" x 74,80"

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

**Product weight:** 248,40 kg / 552 LB

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

**General Warranty:** 5 Years against manufacturing defects. The warranty does not cover normal wear and tear.

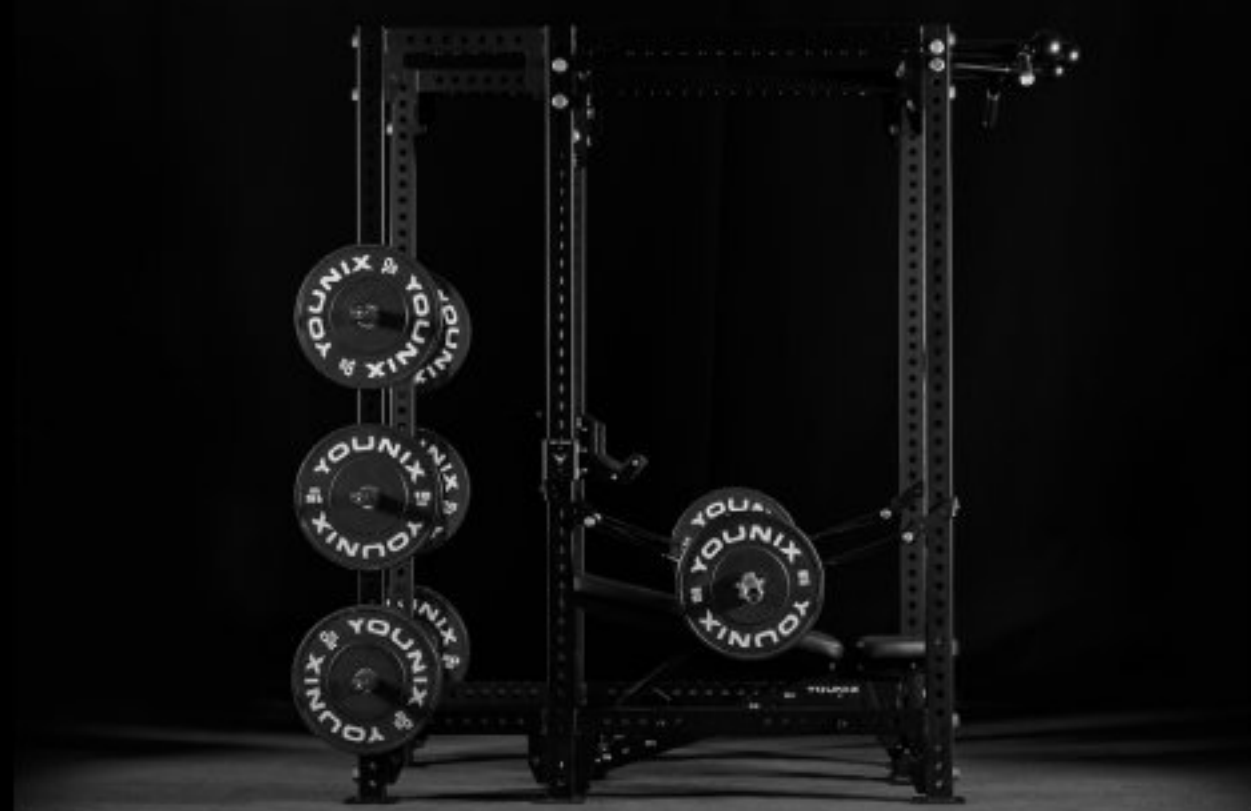
**Warning:** Rack needs to be bolted to the floor.

**What is included:** The Rack frame including banner, single pullup bar, hook set and 6x storage pins.

**ATTENTION:** Barbell, Bumper Plates, multi pull up bar and safety straps are not included.



# FEATURES & BENEFITS



## OVERSIZED STEEL

Oversized is the keyword to describe our working method best. A bolt-together modular design comes from a strict selection of the steel for uprights and beams which are made of 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel thickness and 24mm bolts to meet the high demands of the best professional training facilities and gyms around the world.



## SAFETY FIRST

TUV Rheinland, Germany certify our Racks. They are tested to comply with the latest products safety regulations (EN- ISO 20957-1, EN-ISO 957-2 and EN-ISO 957-4) creating safe machines to regularly train on. Focus on your training and let us take care of the equipment.



## MODULAR & COMPATIBLE

You can easily bold two or more racks together with any of our beams. They are compatible with different attachments like Half Safety Bars, Lever Arms, Landmine etc. You can even combine racks and pulley system together as well as connecting shelves to host Dumbbells, Kettlebells, Bumpers, Med Balls and more.



## PAINT ARMOUR

We treated the machine with our special Paint Armour paint, the first antimicrobial paint that inhibits the proliferation of microbes on your equipment, permanently keeping away the development of stains, unpleasant odors, bacteria and viruses that are harmful to health that affect the aesthetics, durability and hygiene of your Racks.





# HEAVY DUTY LARGE RACK JACKED

SKU: RJ003

## YOUR LARGE RACK PIMPED UP

TRANSFORM YOUR TRAINING BY ADDING GAME-CHANGER ACCESSORIES.



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x4,5mm / 3,1946" x 3,1496" x 7 Gauge Steel

**Hole spacing:** 55mm / 2,16"

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

**Pull up bar diameter:** 33mm / 1,30"

**Height:** 241cm / 95"

**Width:** 124cm / 48,81"

**Depth:** 212cm / 83,46"

**Foot-print:** 132 x 220cm / 51,96" x 86,61"

**Bar hook set:** Sandwich hook set with polyethene insert

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

**Load capacity:** 1500kg / 3.333lb

**Product weight:** 471 kg / 1047 LB

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

**General Warranty:** 5 Years against manufacturing defects. The warranty does not cover normal wear and tear.

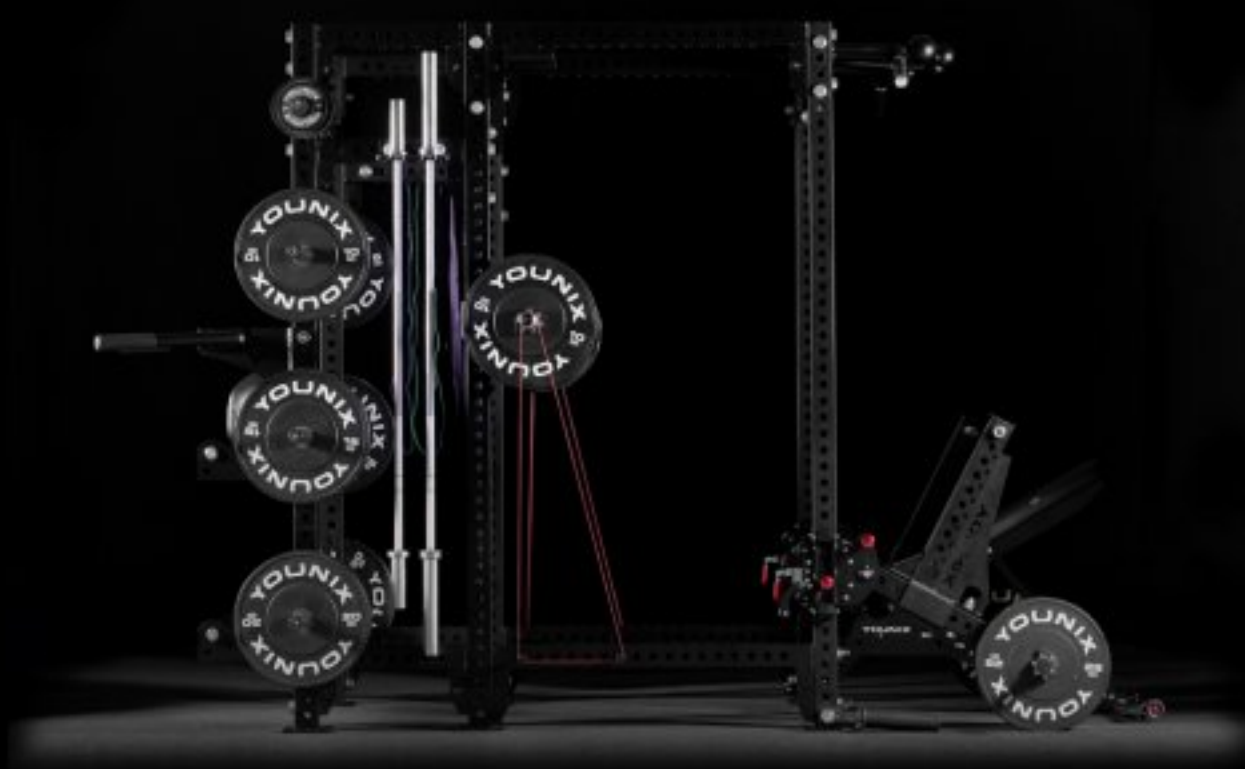
**Warning:** Rack needs to be bolted to the floor.

**What is included:** 1x Rack Large, 1x Hook Set pair, 4x Band Pegs, 2x Safety Straps, 1x Multi pull up bar, 1x Vertical 2 bar Hanger, 1x Multiuse Hanger, 6x Storage Pin Long, 2x Storage Pin Short, 1x Dip, 1x Flat Shelf, 1x Tube Shelf, 1x Half Safety, 1x Lever Arms pair, 1x Landmine.

**ATTENTION:** barbell, bumper plates and other accessories are not included.



# FEATURES & BENEFITS



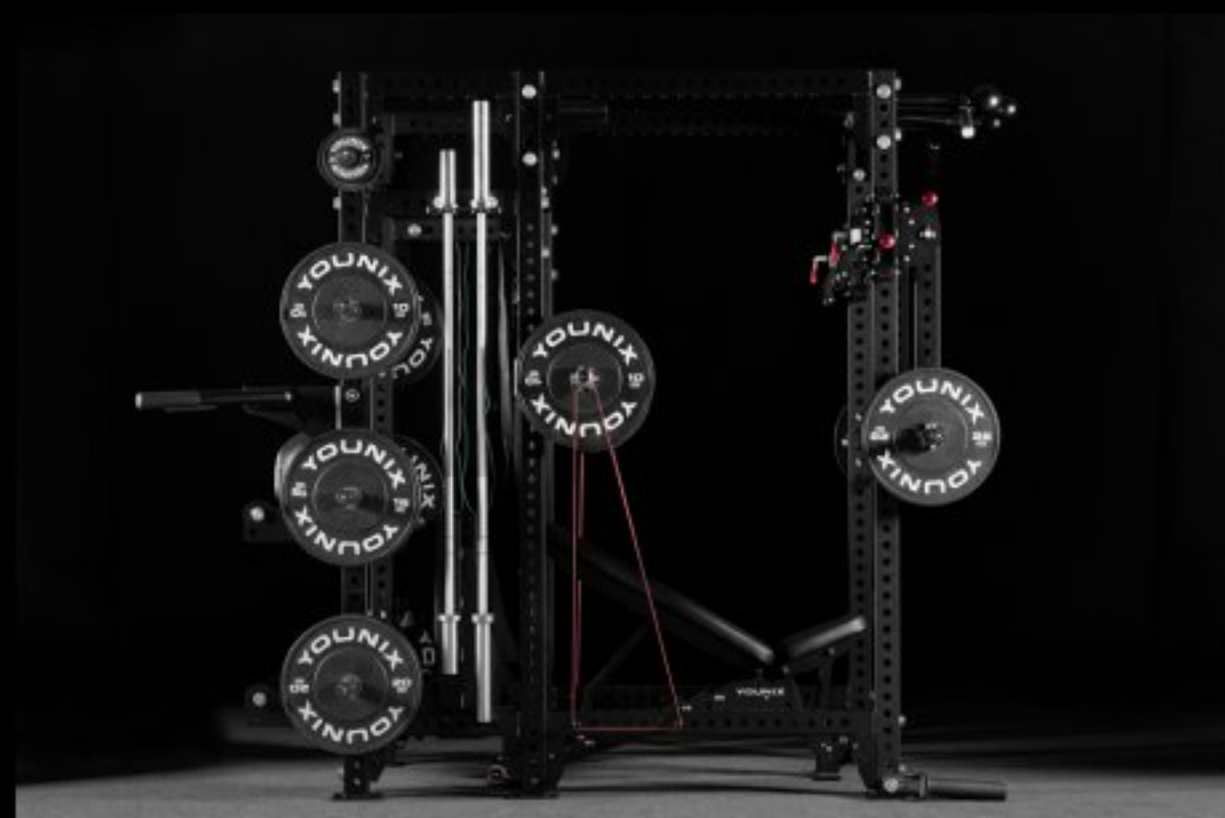
## LEVER ARMS & HALF SAFETY

You can use the lever arms for incline bench presses, squats, deadlifts, pulls, shrugs, snatches, bent-over rows, lunges and much more. Bilateral and unilateral movements. Dynamic or isometric, standing or seated. Adding Half Safety Bars on the arms you can change the leverage and perform more exercises.



## BAND PEGS & LANDMINE

These simple pegs allow for the easy and secure attachment of bands for greater resistance during squats, deadlifts, bench pressing, etc. The Landmine, indeed, offers more than 100 exercises. An incredible versatile tool to develop explosive power and rotational stability.



## PUSH & PULL

The Multi pull up Bar has got Seven different ways to pull. Train wide and narrow grips, as well as pronated, supinated, and neutral grip styles. Four different size spheres dramatically increase your grip strength. The Dip is probably the best tool for upper body compound exercises, now easier to adjust thanks to the new keyless attachment.



## GET YOUR GEAR OFF THE FLOOR

These all-purpose shelves are available are perfect to store Dumbbells, Kettlebells, Med Balls, Bumpers and more. They can bear 1.250 kg (2.789 LB) each as stated in our TUV Rheinland Certification. The Bars and the Multiuse hanger will let you have enough space to store all your equipment in one place.





# WEIGHTLIFTING PLATFORM

SKU: FC091/FC093

## TRANSFORM YOUR GYM SPACE WITH THE YOUNIX PLATFORM FOR SILENT, CONFIDENT WEIGHTLIFTING

DESIGNED FOR SILENCE, CONFIDENCE, AND PROTECTION IN WEIGHTLIFTING



### SPECIFICATIONS

**Frame Material:** Power Coated Steel

**Base Material:** high-density polyurethane inserts under deck and tiles

**Upper layer material:** Virgin Rubber Tiles and Solid Bamboo Wood

**Finish:** Smooth and easy to wash, great grip

**Tubing Size:** 80x40x3mm / 3,1946" x 1,5748" x 11 Gauge Steel

**System:** Interlocking by concealed plastic dots

**Single Tile size:** 100x100cm / 39,37" x 39,37"

**Depth:** 250cm (98,42") from the Rack forward / 325cm (127,95") from inside the Rack forward

**Width:** 300cm (118,11")

**Weight:** 140 kg / 210 LB

**Set includes:** 1x frame, 2x tiles, 4x PY inserts, 1 Ramp

#### Warranty Coverage:

• **Frame:** Enjoy peace of mind with a 10-year warranty on the frame, ensuring long-lasting durability.

• **Other Parts:** Additional parts are covered for 1 year, providing comprehensive protection.

• **Expendable Wear and Tear:** Damping areas are considered expendable wear and tear materials, not covered by the warranty.

• **Usage Limitation:** For indoor use only, with a specific note that steel plates are only permitted to be dropped from the deadlift position.

• **Normal Wear and Tear:** Please note that normal wear and tear does not fall under warranty coverage.

**Attention:** The Rack is NOT included.



# FEATURES & BENEFITS



## NOISE REDUCTION AND DURABILITY

Knock out noise with the specifically designed drop zone rubber, engineered to improve platform performance and durability. The high-density polyurethane inserts technology minimizes vibration, providing a great sound-absorption for facilities



## SECURE LIFTING EXPERIENCE

Lift with confidence as the platform ensures a secure foot position, preventing slips during intense training sessions. The solid bamboo wood lifting deck, finished with a durable coating, offers optimal grip for tough workouts.



## PROTECTIVE DESIGN

Beyond noise reduction, the PRO Platform is designed to protect equipment, preserve the facility, and clearly define the lifting space. The laser-cut Younix logo adds a touch of sophistication to the overall design.



## SEAMLESS INTEGRATION

The PRO Platform seamlessly attaches to the Younix Rack, providing a great enhancing to the overall aesthetic and functionality of your weightlifting area.





# STORAGE SYSTEM

SKU: R0101

## PANELS & SHELVES TO ORGANIZE YOUR ARSENAL

NO MORE GEAR ON THE FLOOR. KEEP IT ALL TIGHT AND ORGANIZED



## SPECIFICATIONS

**Material:** Steel

**Finish:** Antimicrobial Matt wrinkle black powder-coated

**Tube Shelf:** 108 x 40cm (42,52" x 15,74"). Ideal to store 3x Med Balls or up to 300kg (670LB) of Bumpers or even mix them: 1x Med Ball + 200kg (450LB) Bumpers; 2x Med Ball + 100kg (225LB) Bumpers.

**Flat Shelf:** 108 x 40cm (42,52" x 15,74"). It is ideal for storing 8 kettlebells arranged in two rows. By mounting the shelf at an angle, you can store up to 8 small dumbbells (up to 10kg-25lb each), 6 medium dumbbells (up to 20kg-45lb each), or 4 large dumbbells (up to 30kg - 65lb each).

**Brackets:** All shelves require special L-shaped brackets for mounting between the uprights. These brackets extend the shelves 32cm beyond the back of the rack. Each shelf comes with two brackets included.

**How many Shelves can I put in my Rack:** Each rack can

hold up to a maximum of 4 mixed shelves

**Storage Panel:** 108 x 40cm (42,52" x 15,74"). The perforated panel comes with 20 hooks that can be placed in any hole, allowing you to organize handles or accessories in the most convenient way based on what you have available.

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

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

**ATTENTION:** Bar, Bumpers, Bench, bands, balls, dumbbells are NEVER included and need to be quoted separately



# FEATURES & BENEFITS



**FRONT PANEL**

We've designed a perforated front panel to be installed between the rear uprights of the rack. It comes with 20 hooks that can be arranged as you prefer, depending on the handles or accessories you have at hand.



**TUBE SHELF**

The tube shelf comes complete with side plates, allowing it to be mounted between the rear uprights of any rack. Thanks to this attachment system, the shelves extend behind the rack without interfering with its internal functionality. The tube shelf is perfect for storing bumpers, medicine balls, and slam balls.



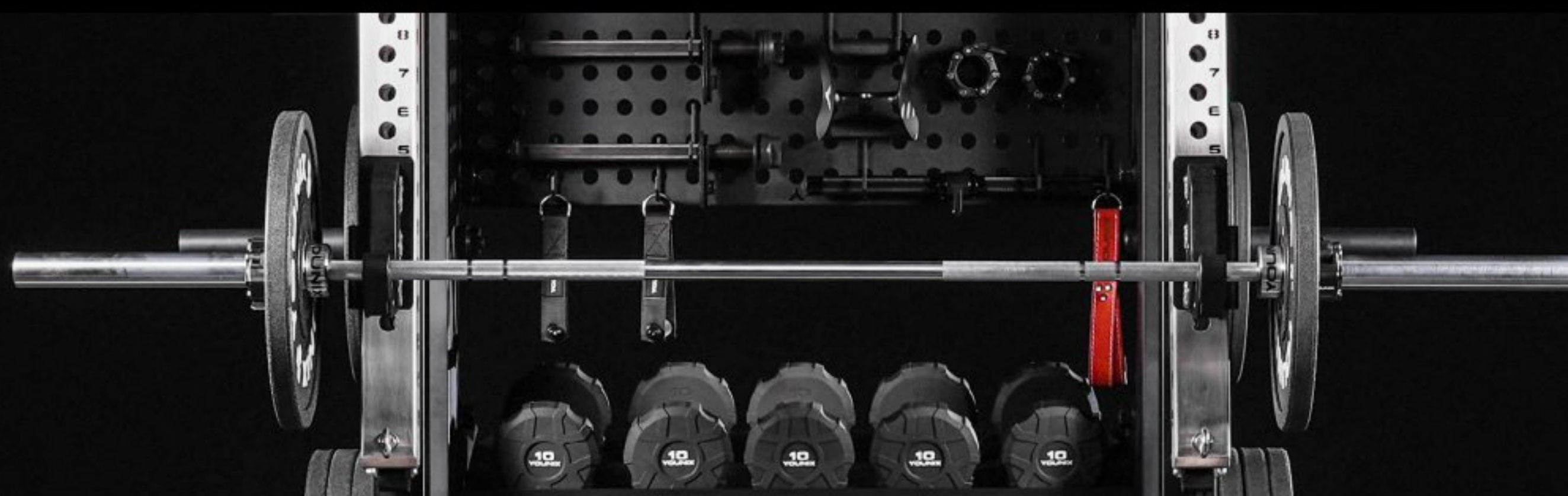
**FLAT SHELF**

The flat shelf comes complete with side plates to be mounted between the rear uprights of any rack. The shelves extend behind the rack without interfering with its internal functionality. When mounted horizontally, the flat shelf is perfect for storing kettlebells, while an inclined setup makes it ideal for dumbbells.



**ONE SIZE FITS ALL**

Both the panel and the shelves can be installed inside any of our racks. The panel is positioned near the banner, while the shelves are mounted starting from the ground, with 40 cm spacing between each. With the panel, you can install up to 3 shelves; without the panel, you can fit up to 4 shelves.



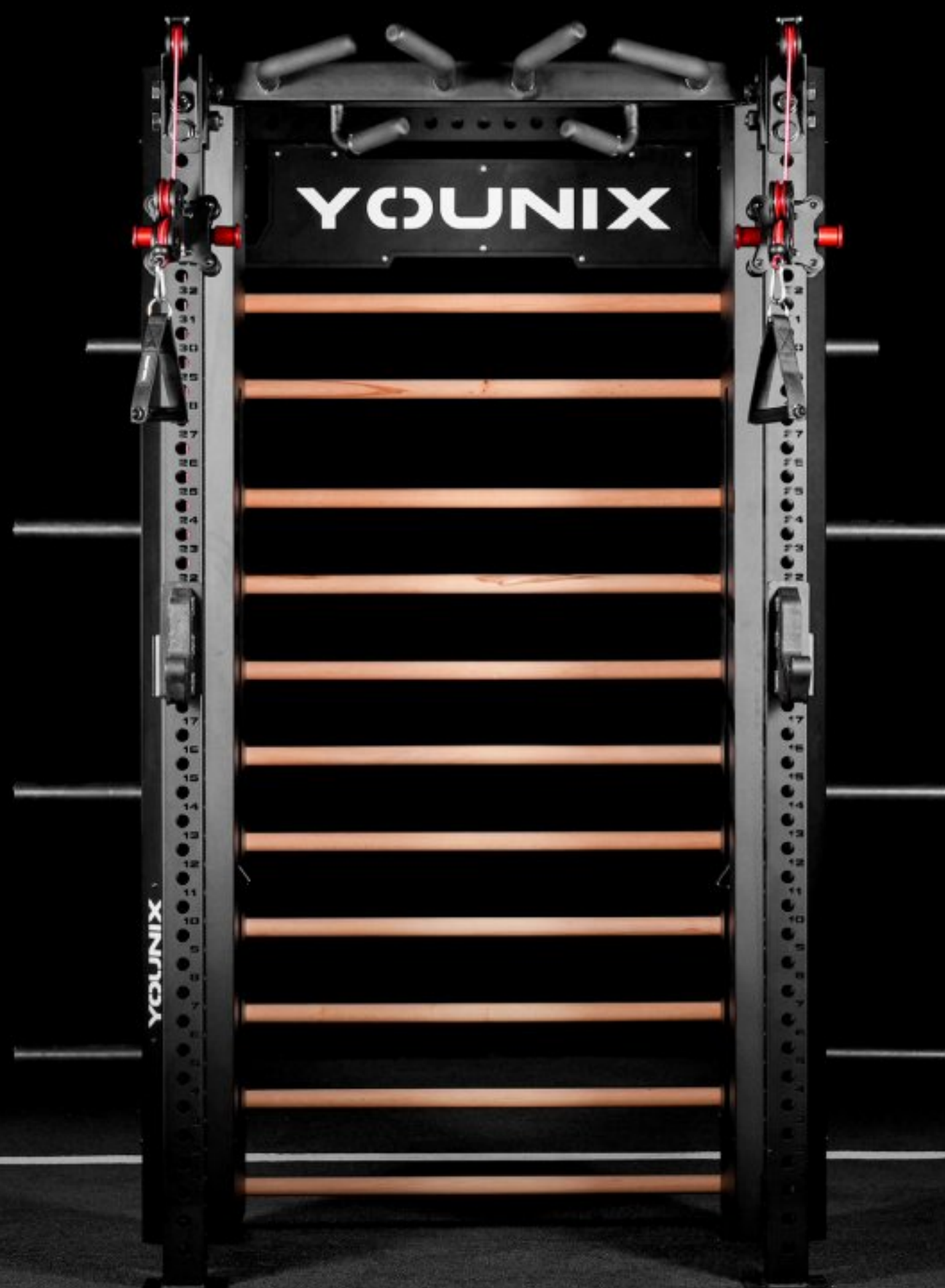


# SWEDISH LADDER

SKU: AB080

## OLD-STYLE TRAINING MEETS INNOVATION

IT TARGETS STRETCHING AND BODYWEIGHT TRAINING WHILE HELPING ATHLETES DEVELOP BETTER BALANCE, FLEXIBILITY, AND CORE STRENGTH



## SPECIFICATIONS

**Metal Finish:** Antimicrobial matt wrinkle black powdercoated

**Type of wood:** Birch

**Wood finish:** Transparent double paint

**Set includes:** 2x side plates, 15x dowels

**Hardware:** 8.8 certified bolts, nuts & washers

**Height:** 192,5cm / 75,78"

**Width:** 108cm / 42,52"

**Depth:** 6cm / 2,36"

**Weight:** 26,55kg / 59 lb

**Dowels diameter:** 38mm / 1,5"

**Dowels disposal:** Dowels are spaced 15cm / 6"

**Maximum user load:** 120 kg / 240 lb centrally on a single dowel

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

**General Warranty:** Three years warranty on the wood.

The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the Swedish ladder must be mounted and secured on racks. Never use the ladder alone.

**Attention:** The Rack is NOT included.



# FEATURES & BENEFITS



## SWEDISH LADDER & LEVER RACK

The Swedish ladder is part of the modular components of the Younix System. It can be mounted inside the 108cm (42,52") wide space, therefore inside any Rack like the Lever Rack where it helps you complete your Bodyweight & Stretching training



## SWEDISH LADDER & G.O.A.T. RACK

The Swedish ladder is part of the modular components of the Younix System. It can be mounted inside the 108cm (42,52") wide space, therefore inside any Rack even the more complex G.O.A.T. Rack where it helps you complete your Bodyweight & Stretching training.



## PERFECTLY MADE

Birch wood dowels have a 38mm (1,5") diameter and can bear the weight of two people at a time on a single dowel. It comes with two lateral metal plates with sockets where to insert the rungs. Dowels are spaced 15cm (6") on center.



## BENEFITS

The ladder's benefits have recently been embraced by trainers working with everyone from martial artists to powerlifters, and it's shown great benefits for mobility, rehab and prehab work. Pound for pound, it's hard to find a more versatile piece of equipment.





# COUNTERWEIGHT

SKU: AB082

## EFFORTLESS ADJUSTMENTS FOR LEVER ARMS

INNOVATIVE COUNTERWEIGHT TECHNOLOGY REVOLUTIONIZES VERTICAL ADJUSTMENTS, MAKING LEVER ARMS ACCESSIBLE TO ALL FITNESS LEVELS.



## SPECIFICATIONS

**Frame Material:** bend steel sheet

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Mechanism:** bearings pulley system

**Hardware:** 8.8 certified bolts, nuts & washers

**Frame Width:** 8cm (3,15")

**Frame Height:** 201cm (73,13")

**Frame Depth:** 13,7cm (3,39")

**Product Weight:** 61kg (135lb) per pairs

**Set includes:** 2x counterweight systems, cables, carabiners.

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

**General Warranty:** Three years warranty on the blocks, pulley, plates, rods and bearings. The warranty does not cover normal wear and tear.

**Warning:** For the safety of the equipment and the athletes using it, the rack where you mount the counterweight on must be bolted securely to the floor.

**Attention:** Rack, Barbell, bumper plates, bench, landmine and lever arms are not included.



# FEATURES & BENEFITS



## REVOLUTIONARY ACCESSORY

Introducing a groundbreaking accessory for hassle-free vertical adjustments of lever arms on Power Racks. Simplify training, enhance safety, and focus on workouts, as the counterweight system takes the load off, ensuring a seamless and effortless lifting experience.



## OVERCOMING WEIGHT BARRIERS

Traditional lever arms can be too heavy for many users, hindering accessibility; our counterweight system changes the game reducing the weight to almost zero kg/lb and allow to position them at the desired height to perform multiple exercises from different angles of movement.



## SIMPLE AND SAFE

Designed for beginners, newbies, and athletes of all levels, the built-in counterweight system eliminates the need for external assistance, ensuring safe and easy workouts. Should the trolley escape from your hand, it will remain suspended without falling.



## EFFORTLESS OPERATION

With a simple pull of the spring pin, users can effortlessly move the lever arms with just two fingers, promoting a smooth and user-friendly training experience. The system operates indefinitely without the need for maintenance or lubrication; it simply spins and works perpetually.





# ADJUSTABLE BENCH

SKU: AB035

**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.



## 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 30cm-22x6cm (37,40" x 11,81"-8,66" x 2,36")

**Seat pad size:** 32x26x6cm (12,6" x 10,2" x 2,36")

**Steel thickness:** 6mm / 0,23"

**Foot-print:** 128 x 70cm / 50,4" x 27,56"

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

**Seat pad adjustments:** 0°, 15°, 30°

**Product weight:** 37 kg / 82 LB

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

**Hardware:** 24mm, 8.8certifiedbolts, nuts&washers, wheels

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

**General warranty:** 5-years against manufacturing defects. The warranty does not cover normal wear and tear.



# FEATURES & BENEFITS



## 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.



## 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.



## DECLINE TO INCLINE

The bench has 24 adjustment options. The back of the bench has eight different inclinations;  $-15^{\circ}$  /  $0^{\circ}$  /  $15^{\circ}$  /  $30^{\circ}$  /  $45^{\circ}$  /  $60^{\circ}$  /  $75^{\circ}$  /  $90^{\circ}$ . The seat has three options:  $0^{\circ}$  /  $15^{\circ}$  /  $30^{\circ}$ .



## 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.





# UTILITY BENCH 2.0

SKU: AB034

## REDESIGNED FOR STABILITY, PORTABILITY, AND CUSTOMIZATION OPTIONS

EXPERIENCE STABILITY AND PRECISION IN HORIZONTAL PUSH MOVEMENTS WITH QUALITY YOUNIX CONSTRUCTION



### SPECIFICATIONS

**Material:** steel

**Finishing:** matt wrinkle black powder coated and black leather

**Pad material:** high density internal foam and cut-resistant leather

**Back pad size:** 120 x 30 x 7 cm (42,24" x 11,81" x 2,75")

**Tubing size:** 4 mm / 0,1574"

**Thickness:** 3 mm - 11 Gauge Steel

**Weight:** 17,5 kg / 39LB

**Foot-print:** 120 x 61 cm ( 42,24" x 24")

**Set includes:** 1x Flat bench, 1x pads, 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 & BENEFITS



**DOUBLE PAD COMFORT SYSTEM ACCESSORY**

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



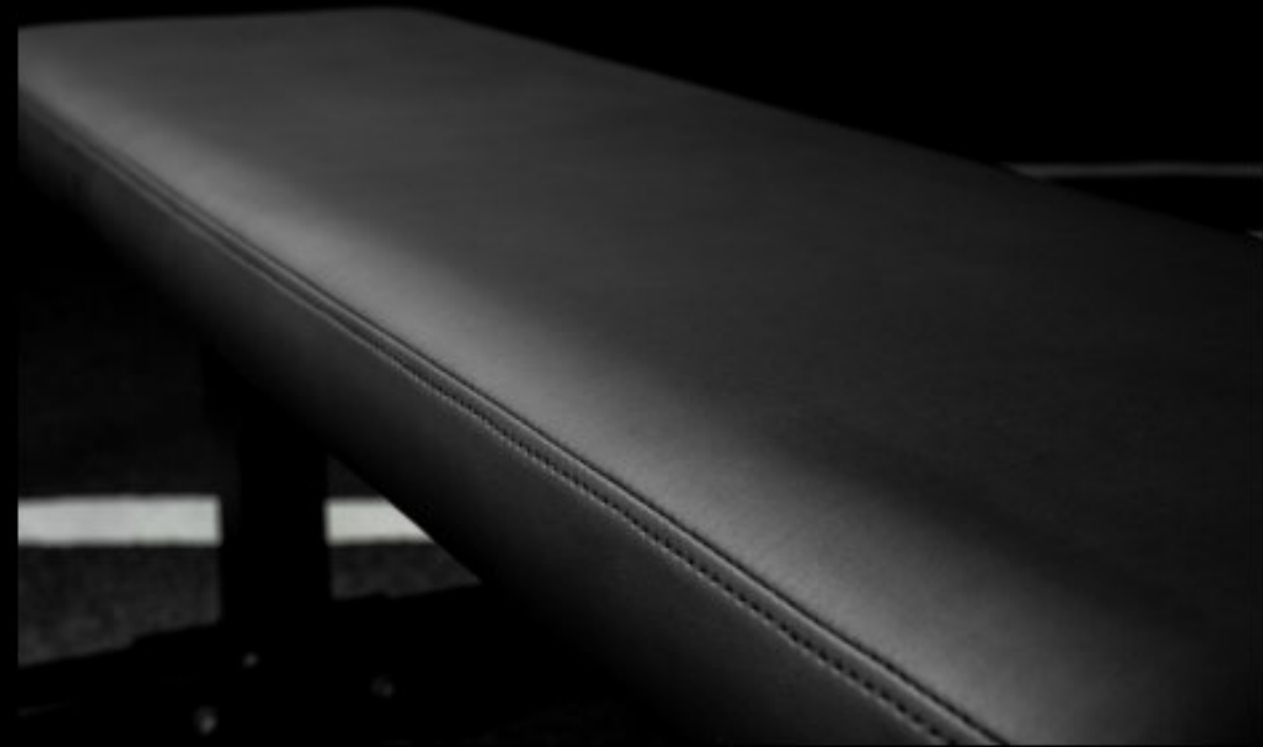
**PRECISION & LOAD CAPACITY**

Each piece of the bench is cut by laser technology to achieve the best accuracy and precision. The 75x50 mm (2,75" X 1,97") frame is what you exactly need to keep the bench light and stable. Each welding is made by robots to ensure your safety and provides a carrying capacity of up to 400kg.



**STABILITY**

Along with the double padding's stabilising effect, we have widened the rear base up to 60cm to offer an even greater stability. The new single-column foot give further strength and more room for setting your feet during bench press.



**PAINT & LEATHER**

We have applied our revolutionary Younix Paint Armour, the first antimicrobial painting based on silver ion technology, to reduce the growth of harmful bacteria and virus by up to 99,9% providing permanent protection for the lifetime of your products. The bench has an Antimicrobial Polymer Coating for Leather, providing a high spectrum protection.



# MULTI SEAT

SKU: A0102

## TRANSFORM YOUR CABLE WORKOUTS WITH THE REVOLUTIONARY YOUNIX MULTI SEAT

EXPLORE A UNIVERSE OF EXERCISES - OUR MULTI SEAT EXPANDS YOUR TRAINING POSSIBILITIES FAR BEYOND THE VISIBLE



### SPECIFICATIONS

**Material:** Steel, Stainless Steel, Aluminium

**Finish:** Matt Wrinkle Black Powder Coat

**Pad Material:** Foam and leather

**Total Height:** 41.4 cm (16.3")

**Height on Upright:** 22.6 cm (8.9")

**Total Length:** 70.6 cm (27.8")

**Width:** 62.5 cm (24.6")

**Extension From Rack:** 63.0 cm (24.8")

**Seat Pad Length:** 34.5 cm (13.6")

**Seat Pad Width:** 27.9 cm (11") tapers to 19.1 cm (7.5")

**Seat Pad Height:** 6.35 cm (2.5")

**Seat Pad Angles:** 0, 12.5, 25, 40, 55, 70, 90

Seat Height Adjustments (From Floor to Seat, Mounted at Lowest Point, and Seat at Parallel): 49 cm (19.3"), 55.9 cm (22"), 64.1 cm (25.25"), 68.6 cm (27")

**Diameter of Leg Rollers:** 14.7 cm (5.8")

Leg Roller Height Adjustments (From Lowest Seat

**Height):** 7.6 cm (3"), 10.2 cm (4"), 12.7 cm (5"), 15.2 cm (6"), 17.8 cm (7"), 20.3 cm (8")

**Leg Roller Weight (For Both):** 7.5 lbs

**Main Arms Angle Adjustments:** 0, 12.5, 25, 40

**Total Weight:** 48.5 lbs

**Seat Weight Capacity:** 300 lbs

**Leg Roller Weight Capacity:** 500 lbs



# FEATURES & BENEFITS



## VERSATILE INTEGRATION

Enhance your gym with our versatile seat attachment for cable systems. Enables exercises like rows, flies, and lat pulldowns, expanding functionality without additional equipment.



## ENHANCED EXERCISE OPTIONS

Convert the seat for sit-ups, Nordics, and sissy squats by repositioning the leg rollers directly on the rack. Supports up to 300lbs, broadening your training possibilities.



## PRECISION ADJUSTMENT AND DURABILITY

Features adjustable seat height and angle with a pop-pin system. A telescoping leg post offers further customization. Robust design with protective internal plastics preserves rack paint and ensures durability.



## AESTHETICS AND FUNCTIONAL DESIGN

Sleek matte black finish with a Y logo enhances gym aesthetics. Durable, secure pads improve workout safety and effectiveness. Designed for frequent, intense use while maintaining style and functionality.





# HALF SAFETY BARS PRO

SKU: A0030

**FEEL SAFE WHILE PERFORMING YOUR ONE REP MAX UP TO 1.000KG**

ATTACH THE BAR ON THE RACK OR RIG FOR SAFER LOWER AND UPPER BODY EXERCISES.



## SPECIFICATIONS

**Material:** Steel

**Inner material:** Polyethylene on the main surface that will prevent scratches when you drop the barbell. Polyethylene in the bracket to prevent wear and tear on the upright.

**Finish:** Antimicrobial matt wrinkle black powder-coated

**Tubing size:** 80x80x2mm / 3,1496" x 3,1496" x 14 Gauge Steel

**Plate thickness:** 6mm / 0,23"

**Height:** 37cm / 14,56"

**Landing Space:** 62cm / 24,4"

**Width:** 9,5cm / 3,74"

**Length:** 73,5cm / 28,93"

**Set includes:** 2x Half Safety Bars, 2x safety bolts

**Weight:** 18,3 kg per pair / 40,66 lb

**Load Capacity:** 1000kg / 2.222 lb

**Frame Warranty:** Lifetime against bending or cracking of the steel frame

**Inner material warranty:** 2 Years against manufacturing defects. Normal wear and tears are not covered by the warranty. The Polyethylene material is subject to wear due to the repeated rubbing of the barbell and it may require complete replacement when it does not perform its damage prevention function.



# FEATURES & BENEFITS



## DESIGN & COMPATIBILITY

Each Half Safety Bar is made out of the same steel as we use for our rigs and rack. We wanted to maintain the same quality of construction and same powder coating finishing. Easy to install, no bolts are required. They are fully compatible with our Rigs, Racks and also Cable and lever Machines.



## PLASTIC INSERTS

The plastic insert at the top will prevent rust on the arms and will make sure you don't ruin the knurling and chrome on your bar. And the plastic in the brackets will keep the upright of the rig or rack unscratched.



## SAFETY

Sold in pairs, half safety bars are tested up to 1.000kg (2.222). These arms will save you from any no-lift and will catch the bar before falling on the ground or, even worse, on you. You can also use them to start your deadlift, clean or snatch from the knees.



## SECURELOCK SAFETY SYSTEM

Engineered with a red pin to prevent half safety bars from detaching during intense sessions. Simply insert and secure the pin for a workout that pushes limits safely, ensuring the barbell stays in place.





# LANDMINE PRO

SKU: AC039

## OVER 100 EXERCISES WITH JUST ONE SMALL PIECE OF EQUIPMENT

COMPACT, EASY TO MOUNT AND EXTREMELY VERSATILE TOOL TO DEVELOP EXPLOSIVE POWER AND ROTATIONAL STABILITY



### SPECIFICATIONS

**Finishing:** Antimicrobial Matt wrinkle black powder-coated

**Plate thickness:** 10mm / 0,39"

**Barbell hole:** 51mm / 2", ready to host any kind of olympic barbell

**Hardware:** 8.8 Certified Bolts, Nuts & Washers

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

**Outer diameter:** 65mm / 2,56"

**Overall Length:** 40cm / 15,74"

**Bar hosting length:** 25cm / 9,84"

**Weight:** 6,3kg / 14LB

**Standard modularity:** Younix Rigs & Racks or on 80x80mm tubing with 26mm hole (3,1496" x 3,1496", 1,02 hole)

**Set includes:** 1x Landmine Pro, Hardware

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



# FEATURES & BENEFITS



## DESIGN & SHAPE

The Landmine Pro is designed in a way that it creates movement patterns that straddle the line between free weights and machines. It is made by a sensational pivoting 10mm (0,39") thick sleeve that will hold the bar in place and can be easily attached to our Rigs and Racks.



## SAFETY

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



## VERSATILITY

You can use Landmine Pro for progression or regression for movements covering all three planes of motion. Or you can use it as a stand alone full body workout. It offers athletes a dynamic weapon for developing rotational stability and explosive, core-to- extremity power transfers.



## VERTICAL PRESS ALTERNATIVES

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 Landmine attachment is a great adjustment.





# STAINLESS STRAIGHT BAR

SKU: G0039

## A FULLY KNURLED ROTATIONAL STAINLESS STEEL BAR

COMPATIBLE TO ANY CABLE PULLEY TO EXECUTE A GREAT VARIETY OF UPPER BODY EXERCISES



### SPECIFICATIONS

**Material:** Stainless Steel

**Finish:** Bare Knurled Stainless Steel

**Shaft Diameter size:** 28mm / 1,1023" like our IWF Olympic Bar

**Length:** 51cm / 20"

**Height:** 9,5cm / 3,74" including the Tab for carabiner

**Set includes:** 1x Straight Bar, 1x Carabiner

**Weight:** 2,70kg / 6lb

**Warranty:** Lifetime against bending or cracking of the steel frame. Normal wear and tears are not included in the warranty

**\*Important:** Lat pulldown or any pulley machine from different manufacturers will vary in their level of resistance when unloaded. Therefore it is important that the Straight bar attachment is always supported while changing the weight to prevent it from falling and causing injury.



# FEATURES & BENEFITS



## STAINLESS STEEL

Younix is one of the few Companies in the world to include stainless steel in a variety of components and attachments. This 28 mm diameter Bar will never ever get rusted. The feeling of grabbing a bare steel is far superior to put your hands on a slippery rubber like the 95% of this kind of bars on the market.



## HEAVY & STEADY

Unlike many competitor cable attachments, this bar is heavy enough to provide the stability you need when performing pushdowns and curls. The precision knurling on this revolving solid straight bar allows for a secure, comfortable grip.



## REVOLVING BAR

Mainly used for biceps and triceps exercises, our straight bar mounts a rotation system to eliminate wrist strain and forearm involvement. It all adds up to a smooth, friction-free, biomechanically enhanced exercise execution on every cable movement you perform.



## DURABILITY & QUALITY

The Straight bar is designed in Italy. Made with the highest quality components and hardware to ensure the most increased durability on the market. The swivel tab is laser cut and then tumbled to eliminate sharp edges. Checked, inspected and pre-mounted before shipping out.





# STAINLESS LAT BAR

SKU: G0040

## THE NUMBER 1 GRIP FEELING ON A LAT BAR

THE FIRST ALTERNATIVE TO CHEAP OVERSEAS BARS USED BY 99% OF THE FITNESS INDUSTRY



## SPECIFICATIONS

**Material:** Stainless Steel

**Finish:** Bare Knurled Stainless Steel

**Shaft Diameter size:** 28mm / 1,1023" like our IWF Olympic Bar

**Length:** 123,5cm / 48,62"

**Height:** 18cm / 7,08" including the Tab for carabiner

**Set includes:** 1x LatBar, 1x Carabiner

**Weight:** 6,5kg / 14,44 lb

**Warranty:** Lifetime against bending or cracking of the steel frame. Normal wear and tears are not included in the warranty

**\*Important:** Lat pulldown or any pulley machine from different manufacturers will vary in their level of resistance when unloaded. Therefore it is important that the Lat bar attachment is always supported while changing the weight to prevent it from falling and causing injury.



# FEATURES & BENEFITS



## STAINLESS STEEL

Younix is one of the few Companies in the world to include stainless steel in a variety of components and attachments. This 28 mm diameter Bar will never ever get rusted. The feeling of grabbing a bare steel is far superior to put your hands on a slippery rubber like the 95% of this kind of bars on the market.



## HEAVY & STEADY

Unlike many competitor cable attachments, this bar is heavy enough to provide the stability you need when performing pull down and rowing exercises. The precision knurling on this revolving solid Lat Bar allows for a secure, comfortable grip. The heavy-duty eye-bolt fastener provides a secure attachment to the machine.



## REVOLVING BAR

Mainly used for pull down and rowing exercises, our Lat Bar is 123,5 cm (48,62") long and mounts a rotation system to eliminate wrist strain and forearm involvement. It all adds up to a smooth, friction-free, biomechanically enhanced exercise execution on every cable movement you perform.



## DURABILITY & QUALITY

The Lat bar is designed in Italy. Made with the highest quality components and hardware to ensure the most increased durability on the market. The swivel tab is laser cut and then tumbled to eliminate sharp edges. Checked, inspected and pre-mounted before shipping out.





# STAINLESS TRIANGLE BAR

SKU: G0038

## THE OLD SCHOOL ROW HANDLE

THE MUST-HAVE FOR PARALLEL GRIP ROWING EXERCISES



### SPECIFICATIONS

**Material:** Stainless Steel

**Finish:** Bare Knurled Stainless Steel

**Shaft Diameter size:** 28mm / 1,1023" like our IWF Olympic Bar

**Shaft Length:** 16cm / 6,3"

**Height:** 19cm (7,48") including the Tab for carabiner

**Distance Between the Parallel Handles:** 14cm / 5,51"

**Set includes:** 1x Triangle Bar, 1x Carabiner

**Weight:** 2,90kg / 6,5lb

**Warranty:** Lifetime against bending or cracking of the steel frame. Normal wear and tears are not included in the warranty

**\*Important:** Lat pulldown or any pulley machine from different manufacturers will vary in their level of resistance when unloaded. Therefore it is important that the Triangle bar attachment is always supported while changing the weight to prevent it from falling and causing injury.



# FEATURES & BENEFITS



**STAINLESS STEEL**

Younix is one of the few Companies in the world to include stainless steel in a variety of components and attachments. This 28 mm diameter Bar will never ever get rusted. The feeling of grabbing a bare steel is far superior to put your hands on a slippery rubber like the 95% of this kind of bars on the market.



**HEAVY & STEADY**

Unlike many competitor cable attachments, this bar is heavy enough to provide the stability you need when performing rowing exercises. The precision knurling on this solid Triangle Bar allows for a secure, comfortable grip.



**OLD SCHOOL**

The Triangle's compact design, quality knurling, and stainless steel finish make it a great option as a pull-up implement for a rig/rack, or as a go-to accessory for units like a Lat Pull down/Low Row.



**DURABILITY & QUALITY**

The Triangle bar is designed in Italy. Made with the highest quality components and hardware to ensure the most increased durability on the market. The swivel tab is laser cut and then tumbled to eliminate sharp edges. Checked, inspected and pre-mounted before shipping out.



# LEATHER TRICEPS STRAPS

SKU: G0035

THE HEAVY DUTY CHOICE TO BUILD YOUR ARMS

100% GENUINE LEATHER WITH INTERNAL NEOPRENE LINING



## SPECIFICATIONS

**Inner Material:** Neoprene

**Outer material:** Genuine Leather

**Finish:** Brown leather

**Metal Rings:** 38mm / 1,5"

**Maximum Length:** 63,5cm / 25"

**Width:** 14,5 cm / 5.7"

**Hand Holds:** 15 cm / 6"

**Weight:** 0,65kg / 1,5lb

**Set includes:** 1x Straps, 1 Carabiner

**Frame Warranty:** 2 Years against manufacturing defects.

Normal wear and tears are not included in the warranty



# FEATURES & BENEFITS



## DESIGN & SHAPE

These genuine 63,5 cm (25") Leather Triceps Straps are lined with neoprene for comfort. They are stitched on both lengths of leather and they have a 38 mm (1,5") welded steel wire D-ring. Our triceps strap features steel rivets with 66 cm (26") finished length and a steel welded chain.



## MULTI-USE

Use this accessory instead of a lat-bar or straight bar for a full range workout of your triceps, biceps, shoulders and much more. These straps can also be used with one hand without the risk of breakage.



## HAND HOLDS

The hand holds are 15cm (6") and much more comfortable and safer to use than rope or rag types. These tricep straps are extremely comfortable and durable.



## NON-SLIP GRIP

The soft knurled metal handle provides a firm and comfortable grip, making it an ideal accessory for building incredible strength with every exercise movement. The perfect straight handle shape will fit your hand perfectly.





# REVOLVING HANDLE

SKU: GA041

## REINVENT YOUR CABLE WORKOUTS WITH THE REVOLVING HANDLE ADAPTER

PRECISION AND COMFORT REDEFINED FOR DUAL CABLE SYSTEM MOVEMENTS AND NOT ONLY



### SPECIFICATIONS

**Straps Material:** 38mm (1,5") Nylon

**Handle Material:** knurled steel

**Finish:** Black Hard Chrome

**Overall Length:** 22cm (8,6")

**Length of the shaft:** 13cm / 5,12"

**Revolving Mechanism:** Bearings

**Diameter:** 28mm (Olympic bar shaft)

**Weight:** 755gr (1,67lb)

**Set includes:** 1x Handle

**Warranty:** 2 Years against manufacturing defects. Normal wear and tears are not included in the warranty



# FEATURES & BENEFITS



## INNOVATIVE DESIGN

The Revolving Handle is a game-changer for optimal performance in pulley system workouts, particularly for dual cable systems. The handle spins independently from the rest of the strap.



## VERSATILE WORKOUT

Compatible with any weight tower pulley or multi-function tower, offering a full-body workout experience with a 28mm Olympic Barbell replica shape. The fabric strap guarantees a comfortable workout, preventing any discomfort or metal digging into the forearms during exercises like cable flies and more.



## PREMIUM CONSTRUCTION

Crafted with a 1.5" (38mm) wide nylon webbing strap, durable steel handle, and smooth roller bearings, ensuring durability and comfort for lasting performance. The Black chrome finishing of the handle gives it a luxurious look.



## DURABILITY & QUALITY

The Triangle bar is designed in Italy. Made with the highest quality components and hardware to ensure the most increased durability on the market. The swivel tab is laser cut and then tumbled to eliminate sharp edges. Checked, inspected and pre-mounted before shipping out.





# ANKLE CUFFS

SKU: G0036

## THE ESSENTIAL STRAPS TO TARGET MUSCLES IN THE LOWER HALF OF THE BODY

HAMSTRING CURLS, LEG EXTENSIONS, CABLE HIP ABDUCTIONS, KICKBACKS, REVERSE AND LATERAL LUNGES, AND MORE.



### SPECIFICATIONS

**Inner Material:** Foam

**Outer material:** Nylon 1000D

**Finish:** Black with Nickel plated D-rings

**Set includes:** 2x Ankle Cuffs

**Attachment points:** 4 all around each cuff

**Adjustable Length:** From 22cm (8,66") to 35cm (13,77") diameter

**Closure:** Velcro

**Length:** 38cm / 15"

**Width:** 10cm / 4"

**Thickness of the cuff:** 6mm / 0,23"

**Weight:** 0,400 kg pair / 0,9lb

**Frame Warranty:** 2 Years against manufacturing defects. Normal wear and tears are not included in the warranty



# FEATURES & BENEFITS



## DESIGN & SHAPE

These new extraordinary ankle cuffs features a 6mm (0,23") thick compressed foam covered by heavy duty nylon. 4x D-rings attachments all around the anklet allows the athlete to adjust their movements without rotating the cuff.



## EXTRA STRAP

After having attached the cuff just above the ankle, put the additional band under the foot to ensure that the cuff will not slide up the user's leg.



## TARGET YOUR LOWER BODY

Target muscles in the lower half of the body, including the calves, glutes, hamstrings, etc. Popular movements include hamstring curls, leg extensions, cable hip abductions, kickbacks, reverse and lateral lunges, and more.



## DURABILITY & QUALITY

The Ankle Cuffs are designed and manufactured with heavy duty Nylon, nickel plated D-ring with double stitching thread and internal neoprene lining to improve comfort. Checked and inspected before shipping out.



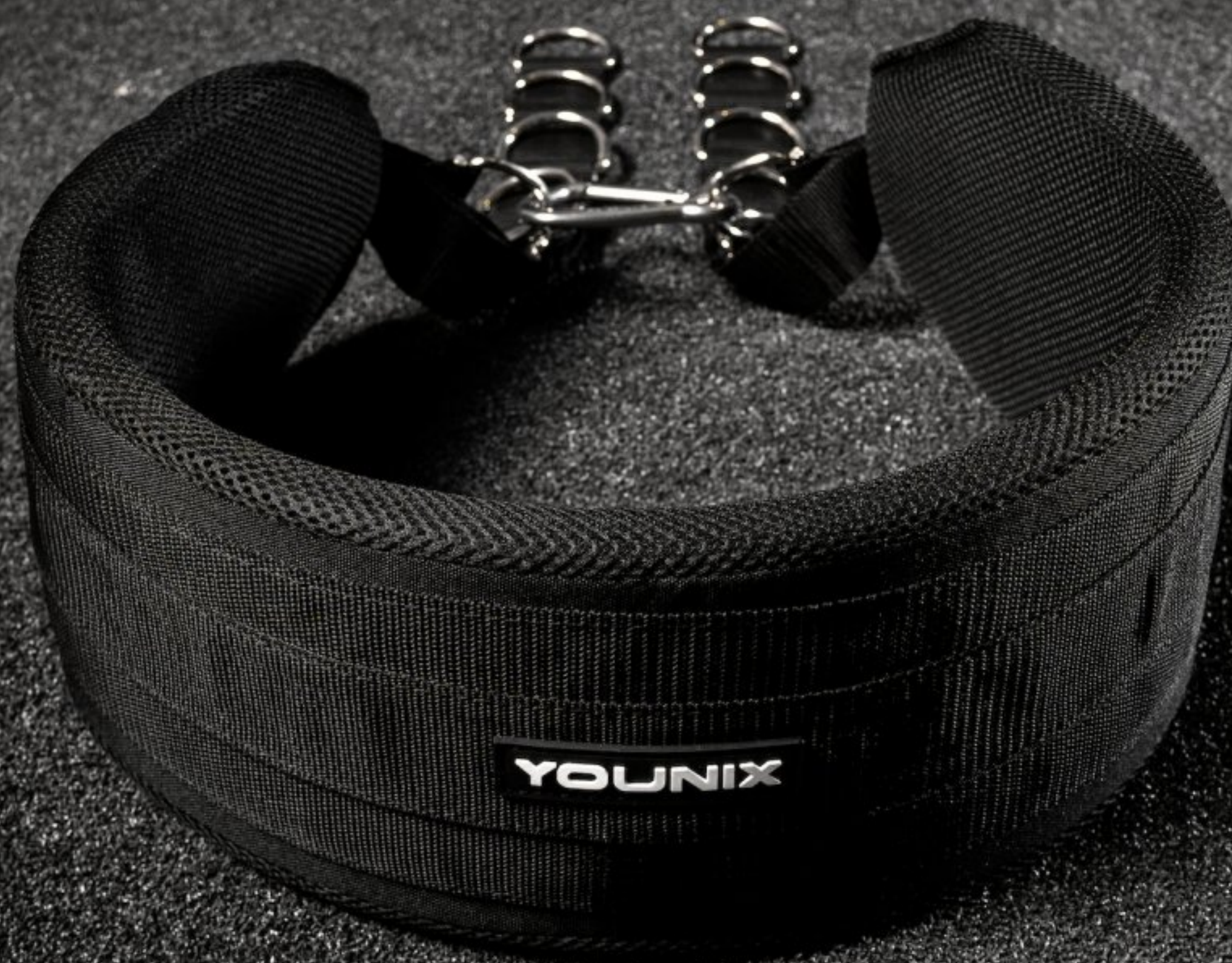


# MULTI-USE BELT

SKU: G0037

## A SINGLE BELT, MANY USES

IDEAL FOR BELT SQUAT, WEIGHTED PULL UPS, WEIGHTED DIP AND MORE



### SPECIFICATIONS

**Inner Material:** Foam

**Outer material:** Nylon 1000D

**Finish:** Black with Nickel plated D-rings

**Set includes:** 1xMultiBelt, 1Carabiner

**6 selectable sizes:** 104-114-124-134-144-154cm / 41"- 45"-49"-53"-57"-61"

**Maximum Length:** 154cm / 60"

**Minimum Length:** 104cm / 41"

**Height of the Band:** 15cm / 6"

**Thickness of the Band:** 2,5cm / 1"

**Weight:** 0,65kg / 1,5lb

**Frame Warranty:** 2 Years against manufacturing defects. Normal wear and tears are not included in the warranty



# FEATURES & BENEFITS



## 6 SIZES THAT FIT ALL

The multi belt is made of 6 pair of metal rings to quickly adjust the belt by 10 centimeters (4"): 104-114-124-134-144-154cm / 41"- 45"- 49" - 53" - 57" - 61". You can accommodate different size athlete performing several exercises.



## DURABILITY & QUALITY

The Multi-use belt is made with the highest quality components and hardware to ensure the most increased durability on the market. Built with a special inner foam to prevent discomfort during heavy exercises, it is wrapped with nylon and a spacer mesh interior for breathability.



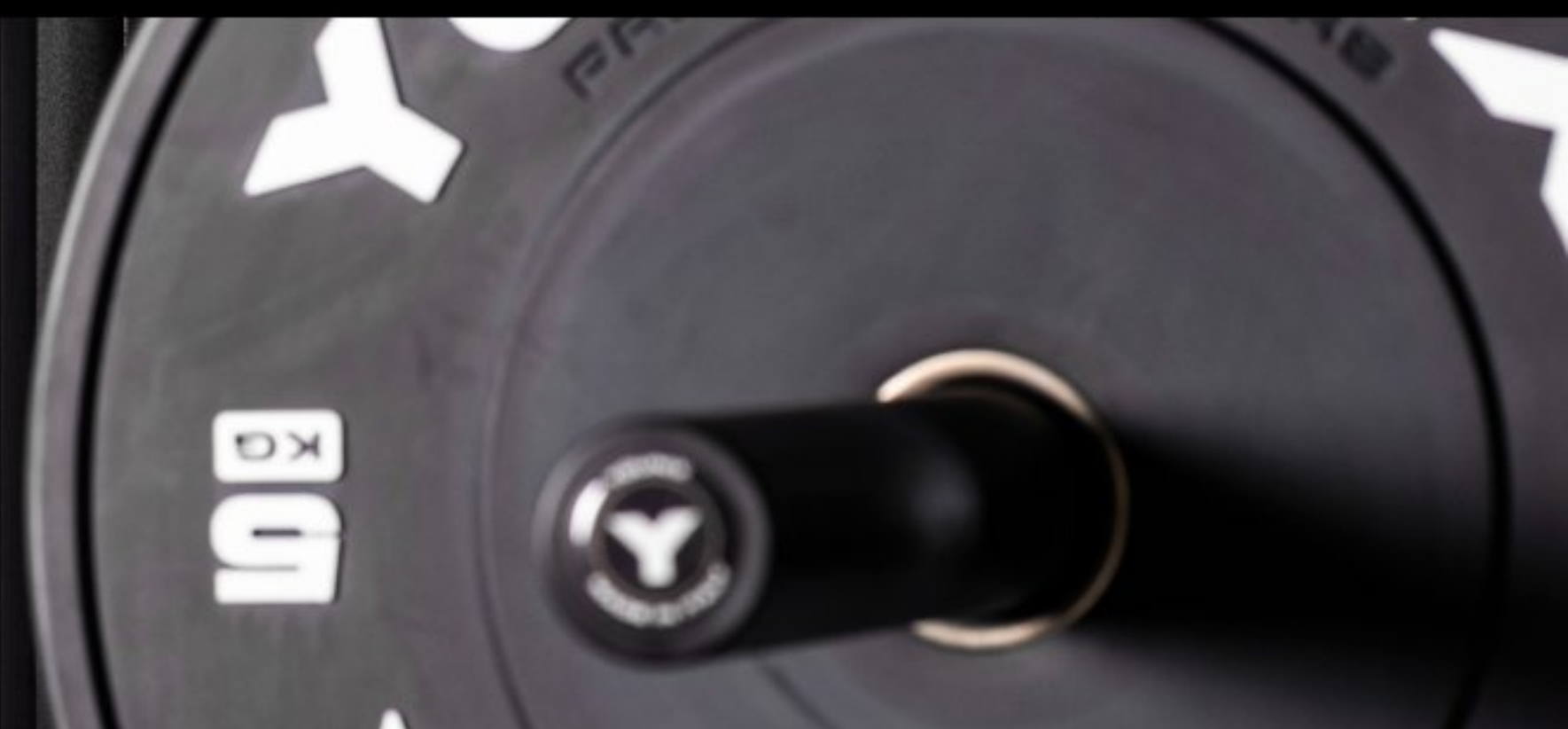
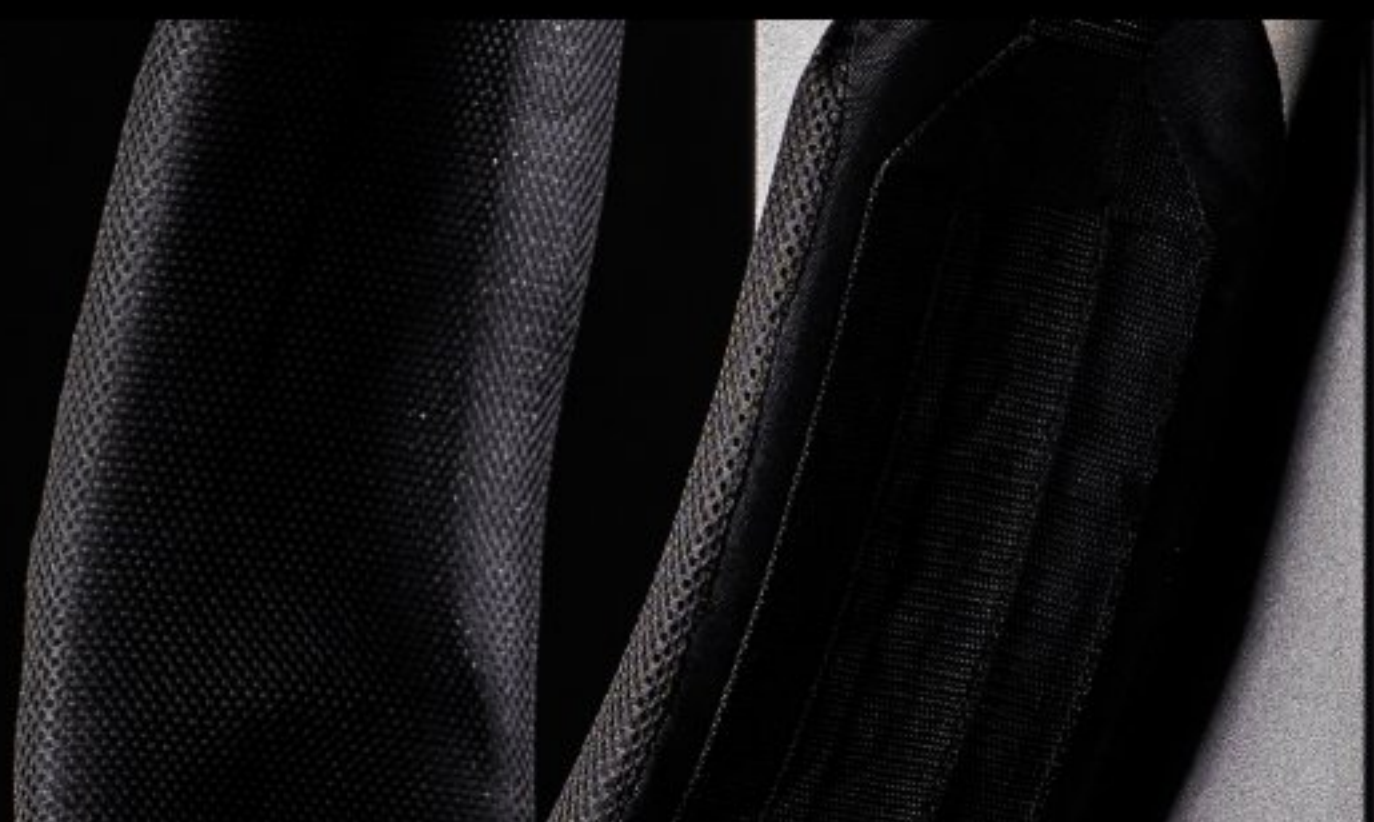
## VERSATILITY

The Multi-use belt is ideal for belt squat, weighted pull ups, weighted dip and many exercises on our Cable Rack like sprinting or squatting by hooking the extremities of the belt to the carabiners of the two columns and placing it on your shoulders.



## COMPATIBILITY

You can use it on every exercises where an extra hanging weights is required. Perfect for any belt squat machine, it goes from 104 cm (41") circumference up to a maximum circumference of 154 cm (61"). The central pad measures 90cm long x 15cm tall x 2,5cm thick (35" x 6" x 1").





# LOW \ MID \ HIGH STACKER

## STACKABLE AND MODULAR STORAGES

REVOLUTIONIZE YOUR GYM SETUP WITH OUR MODULAR STACKERS FEATURING A CHOICE BETWEEN THE VERSATILE ALL-IN FLAT SHELF AND THE PRACTICAL TUBE SHELF OPTIONS.



LOW SKU: R0044 → R0049

MID SKU: R0050 → R0059

HIGH SKU: R0060 → R0074

### SPECIFICATIONS

**Designed:** Italy

**Material:** steel

**Finishing:** matt wrinkle back powder coated

Length of the Low Stacker: 216 cm / 85"

Depth of the Low Stacker: 41cm / 16,14"

**Height:**

.....  
--- Low Stacker: 75 cm / 25,52"

.....  
--- Mid Stacker: 115 cm / 45,27"

.....  
--- High Stacker: 190 cm / 74,80"

.....  
**Tubing size:** 80 mm x 80 mm / 3,1496" X 3,1496"

**Shelf load capacity:** 1250 kg / 2.780 LB

**Hardware:** 24 mm certified bolts, nuts & washers

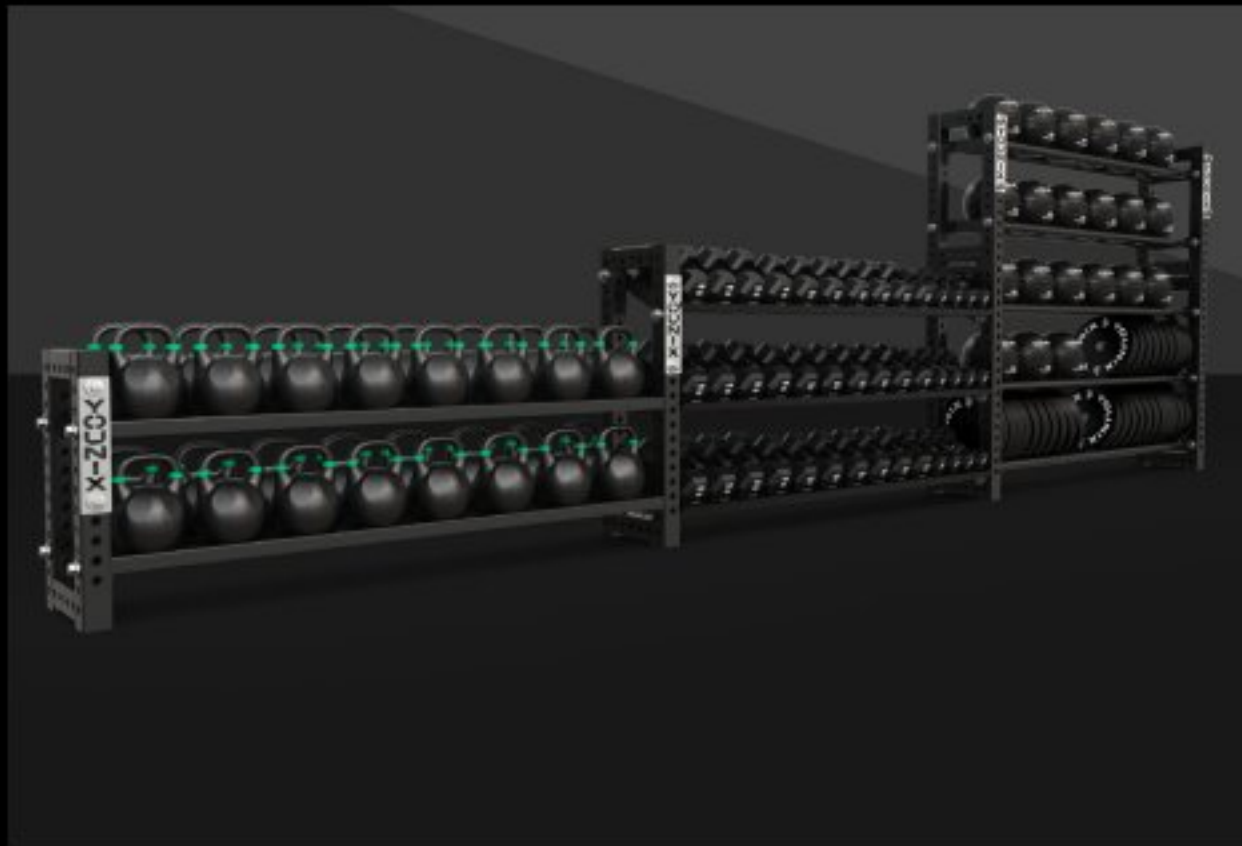
**Frame Warranty:** Lifetime warranty against bending or cracking of the steel frame.

Normal wear and tear is not covered by the warranty.

**Warnings:** We suggest to get anchor plates to mount the storage on the ground or on the wall for maximum safety.



# FEATURES & BENEFITS



## THE STACKER SYSTEM

Our stacker system is designed and engineered in Italy with importance to detail, the efficiency of use and customization in mind. It is made of 80x80 mm (3,1496" X 3,1496") tubing, same size as our Racks & Rigs. These all-purpose units are available in 2-tier (Low Stacker), 3- tier (Mid Stacker). The 5-tier version, called High Stacker, is obtained by stacking a mid and low uprights.



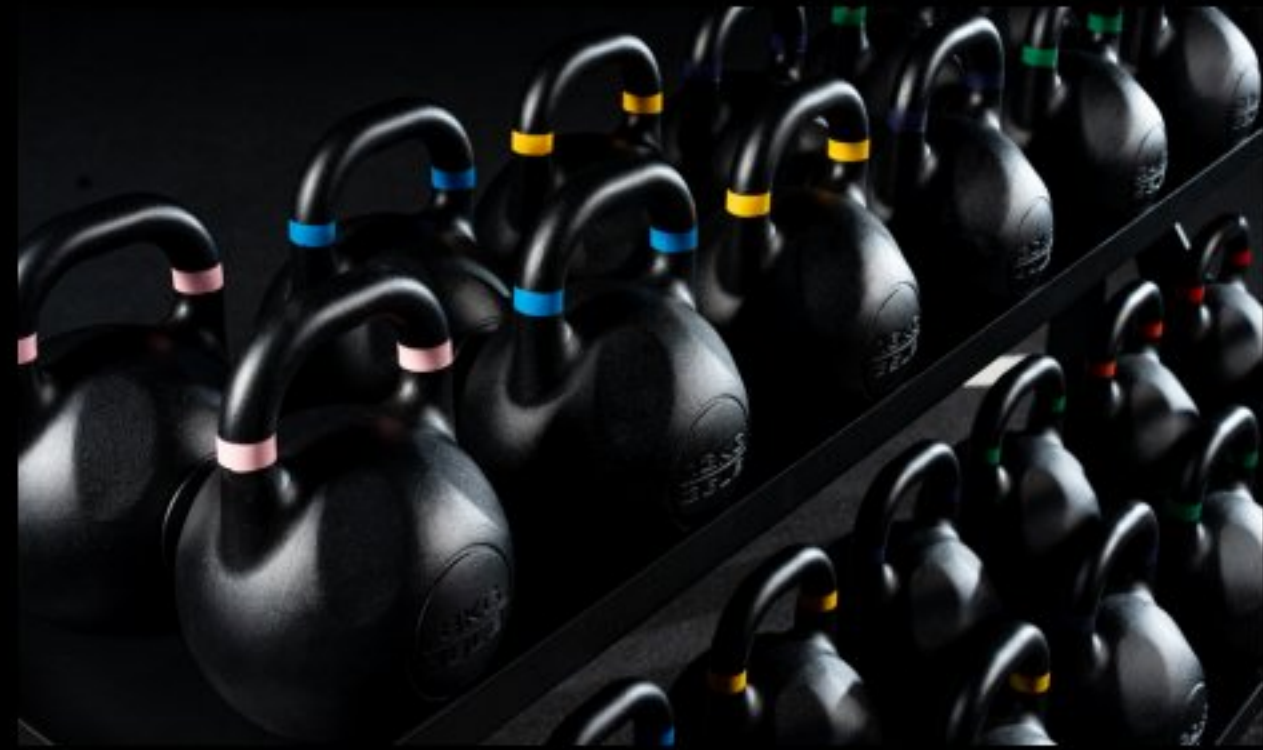
## FLAT & TUBING SHELVES

The Flat Shelf is ideal to store kettlebells, dumbbells and any kind of accessory that can fit on the shelf. The Tubing shelf is suitable for med ball, slam balls and bumpers. You will have enough space to store all your equipment in one place. All shelves can bear 1.250 kg each as stated in our TUV Rheinland Certification.



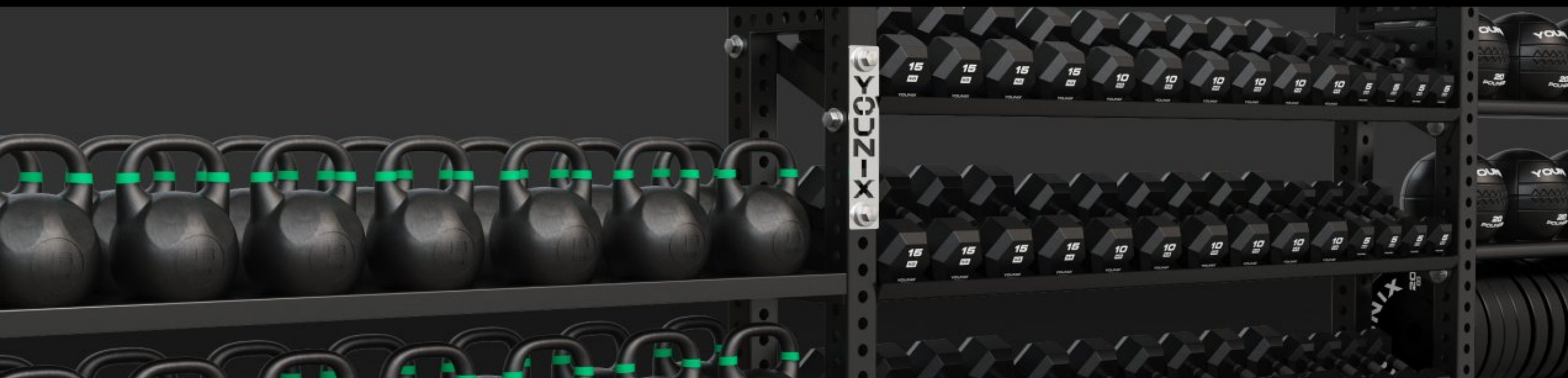
## CUSTOMIZE YOUR STORAGE

Stackers can be combined and customized for any training space. First step: choose the height and number of shelves. Second step: select the shelves styles. Third step: extend your storage with add-ons modules. Yes, it's that easy.



## KEEP YOUR GYM NEAT

No tools around the gym anymore. Customers need to have a place where to store the equipment after use. You or your trainers don't have to waste time on this.





# SAFETY AND MAINTENANCE GUIDE

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## SAFETY NOTICE:

In the realm of machinery, preventive maintenance is a constant necessity. Regular inspection and upkeep of fitness equipment are vital to ward off injuries stemming from misuse. It's imperative for all gym, personal training, or home facilities to establish a proactive plan, complete with written guidelines and scheduled inspections. We advise following the instructions below to establish and sustain a secure fitness environment and nurture your Younix® Equipment. Consistent checks play a pivotal role in ensuring preventive maintenance is administered before any equipment can pose a risk of breakage or harm.

This guide should be thoroughly read and comprehended by all parties entrusted with the care of both the equipment and its users. This encompasses, but is not confined to, staff, owners, and maintenance personnel. Kindly distribute this guide to all relevant individuals and prominently display it. Encourage everyone to consult this information regularly. It is highly recommended to have supervision by individuals familiar with these procedures whenever Younix® Equipment is in use.

## GENERAL SAFETY:

Thorough inspection of Younix® Equipment is imperative, both before and after installation, to ensure the optimal functioning of all components, be they moving or static. Upon commissioning Younix® Equipment, initiate a comprehensive maintenance program with scheduled checks and well-defined guidelines. Document the maintenance schedule meticulously, and ensure that each step is executed accurately. Provide training to all responsible parties to ensure the correct implementation of safety and maintenance procedures. Under no circumstances should any modification or alteration be made to Younix® Equipment. If there is any suspicion or indication of damage or defects, cease usage immediately and prominently display signage indicating that the machine is "OUT OF ORDER." Promptly notify a qualified maintenance provider. Avoid using Younix® Equipment in any manner not intended by its design, as improper use can result in injury. It is highly recommended to securely bolt all Younix® Equipment to the floor to prevent tipping in the event of misuse.

## USER SAFETY INFORMATION

Prior to embarking on any fitness or health program, it is essential to consult with your physician to discuss exercise plans and goals. Familiarize yourself with all warning labels before engaging with any Younix® Equipment. Operating any piece of equipment without a comprehensive understanding of the associated risks is strongly discouraged. Seek guidance from qualified staff members for information on basic operation, proper equipment use, and safety procedures before utilizing Younix® Equipment.

Exercise caution by keeping hands and feet at a safe distance from moving parts during equipment use. Ensure that pop-pin selectors are fully inserted into weight stacks to prevent weights from falling or collapsing, potentially causing injury or machine damage. Never attempt to fully remove a selector pin if the stack is engaged or suspended. If a weight stack becomes jammed, promptly inform a qualified maintenance provider—never attempt to repair or modify a malfunctioning machine independently.

Maintain complete control of weights during exercise, avoiding the dropping of the weight stack or causing plates to slam against each other, as this can result in damage or injury.

Failure to comprehend and adhere to these guidelines for proper use, along with a neglect to train qualified maintenance providers, may lead to serious injury when using Younix® Equipment. Owners and operators of facilities are responsible for ensuring that these precautions are diligently implemented.

## INSPECTION AND MAINTENANCE RECOMMENDATIONS

Regular and scheduled maintenance, aligned with the Younix® Guidelines, is vital to uphold optimal equipment performance. Crafted from premium-quality components, Younix® Equipment is engineered to necessitate minimal maintenance, boasting an extended lifespan. Nevertheless, regular use inevitably leads to wear and tear, making it imperative for qualified individuals to conduct inspections and document findings. In case of injuries, maintenance and inspection records prove essential. Any identified damage or worn-down parts should be diligently noted and promptly replaced. If damage or the need for replacement is identified, it must be reported and addressed before resuming the use of the equipment. Refer to the guidelines below to structure your safety check and maintenance program.

## DAILY INSPECTION RECOMMENDATIONS:

- Conduct a thorough daily inspection and cleaning of each machine.
- Entrust a qualified individual with the task, thoroughly examining the machine for abnormal movements, noises, or vibrations.
- Cables, Belts, and Pulleys:
  - Regularly check and inspect cables and belts. As they are designed for regular replacement, deterioration is inevitable, especially with frequent use. Visually inspect the entire length, paying attention to sections moving over pulleys and the ends affixed to weight or handle objects. Examine cable end fittings for cracks, breaks, blisters/ballooning, or imperfections in the nylon coating, as these are potential signs of damage. Damaged or worn-out parts pose a risk of injury, requiring the suspension of machine use until replacement parts from Younix® are ordered.
  - Inspect pulleys for damage to the surface, particularly hairline cracks, and pay special attention to the bearings. Any excessive noise, grinding, or vibration could signal damaged or worn-out pulleys, necessitating the suspension of use until replacement parts are obtained from Younix®.



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- **Frames:**
  - Scrutinize frames for chips or imperfections in the powder coating. In case of cracks, rust, or corrosion, cease machine use and promptly engage a qualified maintenance provider.
  - **Upholstery:**
  - Designed for replacement when worn out, upholstery should be regularly inspected, especially with frequent machine use. Look for tears, cracks, and rips, as these signs indicate the need for replacement. While damaged upholstery might not necessarily pull a machine out of service, it can harbor germs and bacteria or cause scratches that could lead to illness or injury to users. Regular replacement is advised for hygiene and user safety.

### **RECOMMENDED DAILY CLEANING**

Given the dynamic nature of fitness and strength training, the inevitable accumulation of sweat and body oil necessitates regular equipment cleaning. This accumulation can lead to rust, corrosion, and the breakdown of upholstery and metal finishes. Daily removal of oils and sweat is essential to maintain equipment in optimal condition. The cleaning routine should be conducted at the end of each day, ideally coinciding with the daily inspection to address any issues promptly. It's crucial to clean the machines before the end of the day to prevent corrosive fluids from lingering on the equipment overnight.

#### **Cleaning Checklist:**

- Employ a damp cloth to wipe down the frame. For more intensive cleaning, a mixture of mild dish soap and water can be used.
- Dry frames thoroughly with a separate clean cloth to prevent dampness, corrosion, and rust.
- Clean upholstery using diluted dish soap and warm water; for stubborn soiling, a soft bristle brush can be utilized.
- Wipe the upholstery with a dry, clean cloth to ensure complete drying.

#### **Cleaning Note:**

- Avoid using ammonia-based cleaners (e.g., Windex, 409, Lysol), solvents, lacquer thinner, acetone, Simple Green, alcohol-based products, harsh chemicals, or similar substances, as they can damage powder coating and upholstery.
- Refrain from using abrasives or powder cleansers.
- Always spray cleaning materials away from machines to prevent overspray damage.
- Additionally, steer clear of oil-based lubricants, as they can harm powder coating and upholstery.

For replacement parts or warranty requests, please contact: [info@younix.it](mailto:info@younix.it).

It's important to note that improperly cared-for equipment is not covered under warranty. When submitting warranty requests, include clear and detailed photographs of parts and damage to facilitate proper service.

For any questions, comments, or concerns, reach out to: [info@younix.it](mailto:info@younix.it). Your diligence in equipment care ensures longevity and optimal performance.

### **RECOMMENDED WEEKLY CLEANING AND MAINTENANCE**

For a more thorough cleaning and inspection, we recommend a weekly routine. Follow this checklist to ensure the longevity and optimal performance of your Younix® Equipment:

- **Cables and Fasteners:** Check tension, nuts, bolts, and fasteners. Ensure there are no loose connections. If needed, consider using Loctite® Threadlocker 242 for added security.
- **Frames:** Use a high-quality automotive or non-appliance wax to protect against corrosive fluid buildup. Avoid harsh cleaners, chemicals, or abrasive materials.
- **Upholstery:** Steer clear of alcohol wipes as they can cause drying and cracking of the upholstery. Instead, use a high-quality vinyl upholstery cleaner or a lanolin-based hand cleaner to moisturize the Naugahyde, maintaining its natural flexibility and reducing the chances of cracking. For added shine, furniture wax may be applied following the instructions on the bottle. Avoid harsh chemicals that can dry out the upholstery, and refrain from using colored cloths that may transfer color.
- **Guide Rods:** Remove dust and grime with a clean, soft, dry cloth. Lubricate rods with a silicone- or Teflon-based lubricant applied onto a cloth. Avoid using oil-based lubricants.
- **Weight Stacks:** Inspect and dust weight stacks. Minor chips can be covered using matte black touch-up paint or a black permanent marker. For light rust areas, use a rust remover. In the case of cracks or severe, non-cosmetic damage, immediately suspend use, display "OUT OF ORDER" signage, inform a qualified maintenance provider, and contact Younix® for replacement parts.
- **Linear Bearings:** Clean and lubricate linear bearing shafts weekly for maximum reliability and performance. Inspect for rust before cleaning, and if found, remove it with fine sandpaper or steel wool (avoid abrasive cleaners with steel wool). Dust linear rails with a clean, soft, dry cloth, removing any hair or debris. Apply a small amount of lithium grease to a clean cloth and lightly coat the shafts. Avoid over-application, as excess lubricant can hinder machine performance. If you observe dripping or running lubricant, you have applied too much. Be mindful that someone may need to slide the carriage up and hold it to coat the rods completely.
- **Sealed (Pillow Block) Bearing Pivot Points:** Wipe with a clean, dry rag to remove dust and dirt buildup. Lubrication is not required. Check for correct movement.

Consistent adherence to this weekly maintenance routine ensures the sustained excellence of your Younix® Equipment.

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**YOUNIX**

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