

Gym Equipment with Dimensions & Quantities

Equipment	Dimensions (Imperial)	Dimensions (Metric)	Qty.
Plate-Loaded Belt Squat Machine	55" L x 48" W x 42" H	140 cm x 122 cm x 107 cm	1
Rogue SM-2.5 Monster Squat Stand 2.0	50" L x 49" W x 96" H	127 cm x 124 cm x 244 cm	2
Monster Safety Spotter Arms 2.0	24" L	61 cm	2 pairs
Rogue Echo Bike V3.0	55" L x 29" W x 52" H	140 cm x 74 cm x 132 cm	1
Rogue RML-490 Power Rack 3.0	53" L x 49" W x 90" H	135 cm x 124 cm x 229 cm	3
Hack Squat Machine	92" L x 37" W x 56" H	234 cm x 94 cm x 142 cm	1
Plate-Loaded Hip Abductor & Adductor	60" L x 34" W x 52" H	152 cm x 86 cm x 132 cm	1
Smith Machine	86" L x 54" W x 90" H	218 cm x 137 cm x 229 cm	1
Roman Chair (Back Hyperextension)	45" L x 24" W x 38" H	114 cm x 61 cm x 97 cm	1
H-PND (Reverse Hyper)	52" L x 41" W x 44" H	132 cm x 104 cm x 112 cm	1
Plate-Loaded Standing T-Bar Row	60" L x 45" W x 38" H	152 cm x 114 cm x 97 cm	1
Rogue Monster Westside Bench	53" L x 34" W x 44" H	135 cm x 86 cm x 112 cm	1
Rogue Deadlift Platform	96" L x 48" W	244 cm x 122 cm	3
Competition Combo Racks	60" L x 49" W x 72" H	152 cm x 124 cm x 183 cm	1

Free Weights & Accessories

Equipment	Dimensions (Imperial)	Dimensions (Metric)	Qty.
Olympic Barbells	86" L	218 cm	6
Plates (Calibrated & Bumper Plates)	Standard Sizes	Standard Sizes	Full Set
Chalk & Liquid Chalk Stations	18" L x 18" W x 36" H	46 cm x 46 cm x 91 cm	2
GHD (Glute-Ham Developer)	62" L x 44" W x 48" H	157 cm x 112 cm x 122 cm	1
Weightlifting Chains	Varies	Varies	2 pairs
Plate-Loaded Leg Extension	52" L x 39" W x 56" H	132 cm x 99 cm x 142 cm	1

Strongman & Conditioning

Equipment	Dimensions (Imperial)	Dimensions (Metric)	Qty.
Y-2 Rogue Yoke	56" L x 48" W x 92" H	142 cm x 122 cm x 234 cm	1
Log Bar	80" L	203 cm	1
Tires (for flipping)	48" to 72" Diameter	122 cm to 183 cm	1
Sleds (Prowler & Drag Sleds)	40" L x 24" W x 32" H	102 cm x 61 cm x 81 cm	2
Sandbags	Varies	Varies	4
Medicine Balls, Wall Balls, Slam Balls	12" to 16" Diameter	30 cm to 41 cm	Set of 6

Miscellaneous & Storage

Equipment	Dimensions (Imperial)	Dimensions (Metric)	Qty.
Grip Training Tools (Fat Gripz, Grip Crushers)	Handheld	Handheld	Set
Lifting Belts, Knee Wraps, Wrist Wraps	Standard Sizes	Standard Sizes	Set
Custom Flooring (Rubber Mats, Crash Pads)	48" x 48" x 0.75"	122 cm x 122 cm x 2 cm	Full Floor Coverage
Weight Storage Racks	48" L x 24" W x 60" H	122 cm x 61 cm x 152 cm	2
Monolift Attachment or Monolift Rack	60" L x 49" W x 90" H	152 cm x 124 cm x 229 cm	1

Interior Details

Flooring

- **Heavy-duty Rubber Flooring**

Use thick, **interlocking rubber mats** (3/8" to 1/2" thickness) for the main workout areas, particularly where **Olympic lifts** and **deadlifts** will be performed. This will ensure **shock absorption** and reduce **noise**.

- **Crash Pads**

Add **extra-thick mats (1" or more)** under the **sleds**, **tires**, and **log bars** to protect the floor and minimize noise during heavy impacts.

Lighting

- Install **bright LED lighting** that evenly illuminates the entire space, especially in areas like squat racks and deadlift platforms. This will enhance visibility for proper form and safety.
- If there are windows, use them to provide **natural light**, particularly in the cardio or warm-up zones to create a more energetic and inviting atmosphere.

Walls

- Use **painted concrete** or **rubberized panels** on the walls for durability and easy cleaning. Add **large mirrors** on one or two walls in front of the squat racks and deadlift platforms to help users monitor their form.

Branding and Aesthetics

- Create a **strong, industrial vibe** using **exposed metal**, **brick**, or **wood accents**. This emphasises a raw and functional environment.
- Decorate the walls with **motivational quotes/wall arts** from well known powerlifters or bodybuilders to encourage members and create a sense of inspiration.
- **Gym Logo "Elite Fit"**: Brand the gym with a bold, distinctive **logo** that reflects the strength and powerlifting focus of the space. Red and Black Theme