

The Best Superyacht Gym Equipment for Limited Space

Keeping fit on board while being cooped up in a small space, with little spare time isn't an easy task. So how can you keep fit while working on board a Superyacht? We spoke to Gym Marine Yachts and Interiors, the Superyacht gym experts, for some advice on the best space-saving gym equipment for yacht crew to persuade their captains to invest in. Because a healthy crew is a happy crew... And a happy crew means happier guests!

Here's the best Superyacht gym equipment for yacht crew:

Matrix Lifestyle Treadmill

Built with a compact frame that makes the most of your floor space, the [Matrix Lifestyle Treadmill](#) is ideal for use onboard superyachts.

The streamlined design minimises downtime between uses with little maintenance needed. Thanks to its compact design and low step-up height, this treadmill can easily be slotted into any given space onboard. With several console options, each one providing different levels of progress tracking, training and entertainment options, you can perfectly cater this equipment to your crew's fitness and training desires.



The [Matrix Lifestyle Treadmill](#)

GM Custom Folding Bench

Gym Marine Yachts & Interiors designed their folding bench with space-saving qualities in mind, ideal for both guest and crew gyms! As one of the most popular products so far, the [GM Custom Folding Bench](#) will help perform a plethora of workouts from a strong and sturdy bench, weighing only 35kg. With the addition of wheels, this bench can easily be moved from location to location and stored away. The GM bench folds completely flat and with an optional wall bracket for storage,

can free up additional floor space between uses.



The [GM Custom Folding Bench](#)

Inspire Fitness FT2 Functional Trainer

Thanks to its compact design, the [Inspire Fitness FT2 Functional Trainer](#) is the perfect addition to any superyacht gym. This unique trainer is a dual adjustable pulley and smith system in one that facilitates multiple exercises with various attachments. The Inspire Fitness FT2 machine allows you to adjust the height to fit low ceilings commonly found within superyachts. Perform squats, deadlifts, bench presses, seated rows, leg extensions and curls all via the optional SCS bench attachment that conveniently hooks onto the dual weight stacks. The FT2 also includes a full range of accessories such as a straight bar, EZ curl bar, Belt, tricep rope and ankle cuff.



The [Inspire Fitness FT2 Functional Trainer](#)

Bowflex SelectTech 552i Dumbbells

These adjustable dumbbells replace 15 sets of weights, ranging from 2 kg up to 24 kg, the Bowflex SelectTech 552i Dumbbells can easily slot into any room onboard. Simply adjust the dial to select your chosen weight for the perfect, personalised weight training workout. Sold as a pair, you can easily switch from one workout to the next, changing the resistance to gradually increasing your strength. Designed with durable moulding around the metal plates, this ensures a smooth,

silent workout.



The Bowflex SelectTech 552i Dumbbells

Jordan Sports Mat

A sports mat is an essential piece for all parts of your workout routine. From the warm-up to the cool down, this surfacing solution is suitable for any floor exercise. [These beauties](#) can be rolled away, or if purchased with the easy lock hangers they can be practically stored up on a wall.



The [Jordan Sports Mat](#)

Bowflex SelectTech 840 Kettlebell

If you're looking for unlimited weight training equipment, the Bowflex SelectTech 840 adjustable Kettlebells are perfect. The kettlebells can adjust from 3.5 kg up to 18 kg, replacing the use of six different kettlebells. These space-efficient weights are easy to store and can be used for total-body workouts, ideal for crew workouts.

Concept2 Model D Indoor Rower with PM5 Monitor

The [Concept2 Model D](#) provides a powerful and professional workout from a compact and easy to store piece of equipment, ideal for use onboard a superyacht. This particular model can withstand constant training and requires little maintenance between uses. Strong yet compact, this indoor rower has a useful fold away feature that requires no tools! This indoor rower separates into two for quick storage and is easy to move with two front wheels. Built with a low seat height of only 14" off the floor, this is the perfect piece of cardio equipment for a superyacht.



The [Concept2 Model D Rower](#) with PM5

More about Gym Marine – The Superyacht gym equipment experts

The superyacht gym experts also offer a huge range of extended services beyond just the sale of their products, such as an extended offshore warranty and servicing. [Get in touch with](#)

[the experts](#) to find out what further custom solutions they could provide for you.

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