



Product Catalog

2022



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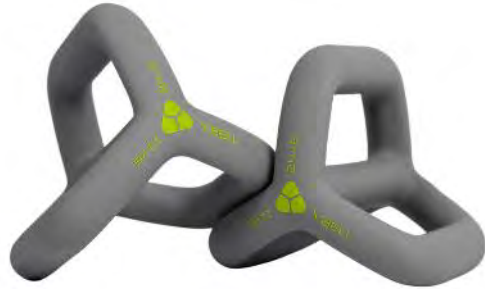
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YBell Arc, Neo, & Pro Series

Distributor Logo



Arc Series and Neo Series – Neoprene Covered



Arc Lite 1.1 kg | 2.4 lb Arc 2.5 kg | 5.5 lb Arc Plus 3.2 kg | 7 lb Neo XS 4.5 kg | 10 lb Neo S 6 kg | 14 lb Neo M 8 kg | 18.5 lb Neo L 10 kg | 22.5 lb Neo XL 12 kg | 27 lb



Pro 4.5kg 4.5 kg | 10 lb Pro 6kg 6 kg | 14 lb Pro 8kg 8 kg | 18.5 lb Pro 10kg 10 kg | 22.5 lb Pro 12kg 12 kg | 27 lb Pro 14kg 14 kg | 31 lb Pro 16kg 16 kg | 35 lb Pro 18kg 18 kg | 40 lb Pro 20kg 20 kg | 44 lb

Pro Series – Powder Coated



[Play Video](#)

Awards & Recognition

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The [Red Dot Design Award](#) is one of the most prestigious design competitions in the world. More than 6,500 of the world's most innovative products were submitted and reviewed by the Red Dot jury for Product Design.

A total of 76 winners spanning various industries were selected, and our [YBell Neo](#) was among them.

For the second consecutive year, the YBell has received a *Women's Health Magazine* [Fitness Award for being the most versatile free weight on the market](#).

Additionally, *Men's Health Magazine* included the YBell for its [Home Gym Awards for 2022](#) and also named it the most Versatile Dumbbell on the market.

Each team had reviewed more than 1,000 products, and the editorial team for both *Women's Health* and *Men's Health*, along with their fitness directors, selected winners ranging from fitness equipment to athletic wear to the top fitness apps.

We are incredibly humbled to be recognized by such an iconic publication!

YBell Fitness has secured global licensing rights for this award, logo, and all associated IP.

In addition to the Red Dot and Women's Health Fitness Awards, we've received a few other design awards as well.

The [iF Award 2020 for Design Excellence](#) is another highly sought after, international design competition. According to iF, the "YBell has been recognized by the industry as a trend, not a fad." And we would have to agree!

Our presence at the [International Design Excellence Awards](#) and [Australian Good Design Awards](#) was also a success having been recognized by both organizations as a Gold Winner and Best in Class, Sport & Lifestyle.



Equipment

The YBell has been carefully designed by experts in fitness and industrial design to make it easy and accessible. It has been designed and redesigned to get it right.

Simply put, a **grip change is an equipment change.**

By switching your grip of the YBell, the weight distribution shifts, transforming it from one piece of equipment to another.

When holding in center grip, it is a dumbbell. Outer grip allows the YBell to serve as a kettlebell. Under grip mirrors a double grip med ball, while top grip replaces the typical push-up stand.



Center Grip = Dumbbell



Outer Grip = Kettlebell



Under Grip = Dual Grip Med Ball



Top Grip = Push-Up Stand

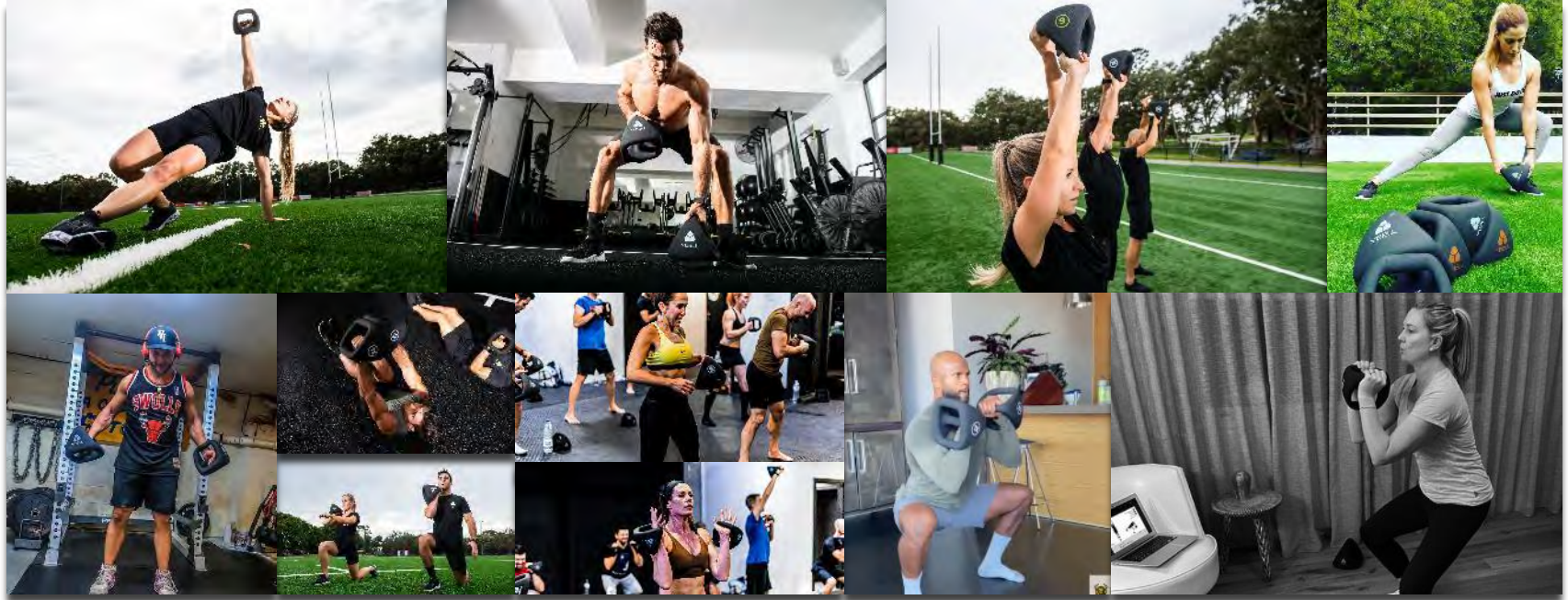


[Play Video](#)

A simple equation. YBell combines a dumbbell, kettlebell, double grip med ball and push-up stand in a single piece of equipment.



Indoor vs. outdoor. At home or in the gym. Individual & group training. The YBell is the perfect tool for all facets of your fitness journey.



Arc Series

The YBell Arc Series launched in January 2022.

Weights and Availability Dates:

- **Arc Lite:** 1.1 kg | 2.4 lb – Now
Made of aluminum and are neoprene coated
- **Arc:** 2.5 kg | 5.5 lb – Now
Made of iron ore and are neoprene coated
- **Arc Plus:** 3.2 kg | 7.0 lb – Q2 2022
Made of iron ore and are neoprene coated

The light weights and the 4-in-1 exercise offerings of the Arc Series allow for many different types of demographics to benefit from the use of these YBells.

They are used in physical therapy, rehabilitation, Pilates, yoga, cycling, and other low-impact exercise groups.



Equipment: Neo Series

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The Neo Series are our flagship products and have the weight and size of each YBell Neo is printed in kg and lb. Neos are made of iron ore and are neoprene coated. All Neos are available now.



Extra Small (XS)
4.5 kg | 10 lb



Small (S)
6 kg | 14 lb



Medium (M)
8 kg | 18.5 lb



Large (L)
10 kg | 22.5 lb



Extra Large (XL)
12 kg | 27 lb

Pro Series

The Pro Series has the same YBell design and ingenuity, but is powder coated with debossed printing that lists the weight of each product.

Weights and Availability Dates:

- 20 kg | 44 lb – Now
- 18 kg | 40 lb – Now
- 16 kg | 35.5 lb – Now
- 14 kg | 31 lb – Now

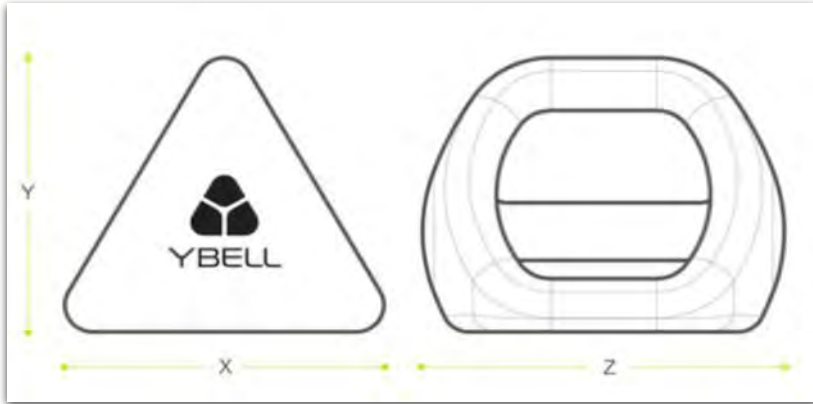
- 12 kg | 27 lb – Q2 2022
- 10 kg | 22.5 lb – Q2 2022
- 8 kg | 18.5 lb – Q2 2022
- 6 kg | 14 lb – Q2 2022
- 4.5 kg | 10 lb – Q2 2022

The increased weight coupled with the YBell's award-winning design makes the Pro Series the ideal training solution for the Crossfit and HIIT / HIRT groups.



Equipment: Product SKUs & Dimensions

Distributor Logo



Product	SKU	Weight		Dimensions (Centimeters)			Dimensions (Inches)		
		KG	LB	X	Y	Z	X	Y	Z
				H	W	L	H	W	L
YBell Arc Lite - Pair	40-ARC-L-2	1.2	2.6	16.8	15	15.7	6.6	5.9	6.2
YBell Arc - Pair	41-ARC-2	2.5	5.5	16.8	15	15.7	6.6	5.9	6.2
YBell Arc Plus - Pair	42-ARC-P-2	3.5	7.5	16.8	15	17.7	6.6	5.9	7
YBell Neo XS	01-NEO-XS	4.5	10	16.8	15	17.3	6.6	5.9	6.8
YBell Neo S	02-NEO-S	6	14	17.2	15.3	18.2	6.8	6	7.2
YBell Neo M	03-NEO-M	8	18.5	18.7	16.7	19.6	7.4	6.6	7.7
YBell Neo L	04-NEO-L	10	22.5	20	17.8	20.6	7.4	7	8.1
YBell Neo XL	05-NEO-XL	12	27	21.7	19.2	21	8.5	7.5	8.3
YBell Pro 4.5kg	100-PRO-4-C	4.5	10	16.8	15	15.7	6.6	5.9	6.2
YBell Pro 6kg	101-PRO-6-C	6	14	16.8	15	15.7	6.6	5.9	6.2
YBell Pro 8kg	102-PRO-8-C	8	18	17.1	15.3	18.2	6.7	6	7.2
YBell Pro 10kg	103-PRO-10-C	10	22	18.3	16.3	19.2	7.2	6.4	7.6
YBell Pro 12kg	104-PRO-12-C	12	26	19.7	17.5	20.2	7.8	7	8
YBell Pro 14kg	105-PRO-14-C	14	31	21.2	18.8	20.6	8.4	7.4	8.1
YBell Pro 16kg	106-PRO-16-C	16	35	22	19.5	21.7	8.7	7.8	8.5
YBell Pro 18kg	107-PRO-18-C	18	40	23	20.4	22.6	9	8	8.9
YBell Pro 20kg	108-PRO-20-C	20	44	23.8	21.1	23.3	9.4	8.3	9.2



Equipment: YBell Vertical Rack

Distributor Logo

The YBell Vertical Rack or “V-Rack” helps keep your workout space organized and equipment safe and secure.

This customized rack can hold up to 10 YBell Arcs or Neos of any size and makes it a compact, space-saving solution for every gym, club, studio, or home.

Additional product features:

- Easy assembly
- Chrome plated arms
- Black powder coated body
- Intuitive double handled use
- *Available Now*

**YBell Vertical Racks are for use ONLY with YBell Neo Series or YBell Arc Series (neoprene covered) products. YBell Vertical Racks CANNOT be used to store YBell Pro Series (powder coated) products.



YBell Vertical Rack

Dimensions: 53.34 cm L x 50.8 cm W x 152.4 cm H | 21 in L x 20 in W x 60 in H
Weight: 28 kg | 63 lb

*Sold separately from YBells Neos or YBell Arcs

Equipment: YBell Double Vertical Rack

Distributor Logo

The YBell Double Vertical Rack or “*Double V-Rack*” helps keep your workout space organized and equipment safe and secure.

This customized rack can hold up to 20 YBell Arcs or Neos of any size and makes it a compact, space-saving solution for every gym, club, studio, or home.

Additional product features:

- Easy assembly
- Chrome plated arms
- Black powder coated body
- Intuitive double handled use
- *Available Q3 2022*

**YBell Vertical Racks are for use with YBell Neo Series or YBell Arc Series (neoprene covered) products ONLY.
YBell Vertical Racks CANNOT be used to store YBell Pro Series (powder coated) products.



YBell Double Vertical Rack (DRAFT)

Dimensions: 106.68 cm L x 50.8 cm W x 152.4 cm H | 42 in L x 20 in W x 60 in H
Weight: 57.2 kg | 126 lb

*Sold separately from YBells

Equipment: YBell Horizontal Racks

Distributor Logo

- 3 tiers and includes modular / “daisy-chain” capabilities allowing for multiple YBell storage combinations
- Ideal storage solution for both home and commercial settings
- Weight, dimensions, and final product images to be provided in the coming weeks
- Two sizes to hold Arc, Neo, or Pro Series
- *Available Q2 2022*



YBell H-Rack Medium

*DRAFT
Renderings*



Equipment: YBell Horizontal Racks

Distributor Logo



YBell H-Rack Short

<i>Overall Dimensions</i>	<i>Leg Depth</i>	<i>Inside Shelf Length</i>	<i>Shelf Depth</i>
117.6 cm L x 74.4 cm H x 50.4 cm D	6 cm	105.6 cm	28.3 cm
46.3 in x 29.29 in H x 19.83 in D	2.36 in	41.5 in	11.14 in

**DRAFT
Renderings**

Equipment: YBell Horizontal Racks

Distributor Logo



YBell H-Rack Medium

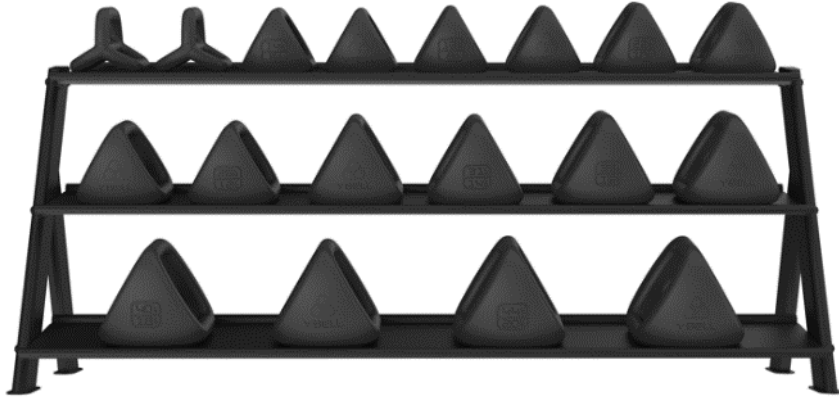
<i>Overall Dimensions</i>	<i>Leg Depth</i>	<i>Inside Shelf Length</i>	<i>Shelf Depth</i>
140.2 cm L x 74.4 cm H x 50.4 cm D	6 cm	128.2 cm	28.3 cm
55.2 in x 29.29 in H x 19.83 in D	2.36 in	50.5 in	11.14 in

**DRAFT
Renderings**



Equipment: YBell Horizontal Racks

Distributor Logo



YBell H-Rack Long

Overall Dimensions

175.6 cm L x 74.4 cm H x 50.4 cm D
69.13 in x 29.29 in H x 19.83 in D

Leg Depth

6 cm
2.36 in

Inside Shelf Length

163.6 cm
64.4 in

Shelf Depth

28.3 cm
11.14 in

**DRAFT
Renderings**

Equipment: YBell Horizontal Racks

Distributor Logo



**YBell H-Rack-Short
Side-by-Side**

*DRAFT
Renderings*

Equipment: FITBENCH YBell

Distributor Logo

By combining the award-winning, 4-in-1 YBell, with the modular and space saving FITBENCH, we've created the all-in-one, cost, and space saving solution for any club, studio, or home – FITBENCH YBell.

- Equipped with and stores entire YBell Neo Series
4.5 kg | 10 lb – 12 kg | 27 lb
- 4-in-1 functionality that are non-slip, non-rust neoprene coated
- 3 separate pairs of snap-proof, nylon covered FITBANDS included
- 8-position incline bench with a padded top
- Mobile modular system with locking wheels

Dimensions:

118cm L x 38 cm W x 39 cm H | 46.5 in L x 15 in W x 15.5 in H

Weight:

Bench: 90 kg | 200 lb

YBells: 82 kg | 180 lb



Equipment: FITBENCH YBell

Distributor Logo

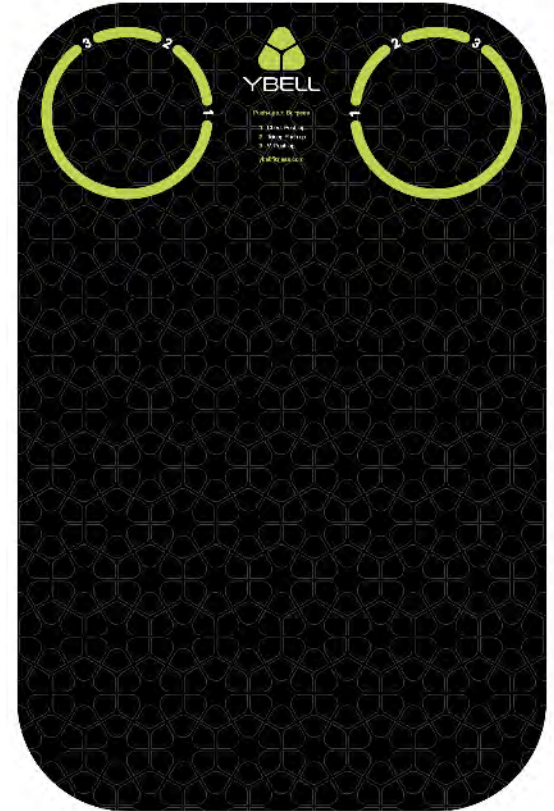


YBell Exercise Mat

- Designed to serve as a complementary piece for YBell® specific workouts
- Wider and slightly shorter design eliminates excess allowing for more seamless workouts
- Instructional Indicators integrate with YBell's pod programming and enhance user experience
- **Made of natural rubber** with a polyester suede surface providing a non-slip and easy to clean mat
- Packed in an individual shipping box for easy shipment to customers
- Purchased and shipped in Master Cartons of 6 units for international and dealer partners
- *Available Now*

Dimensions: 110 cm L x 72 cm W x 0.388 H | 44 in L x 28.5 in W x 0.15 in H

Weight: 1.81 kg | 4 lb

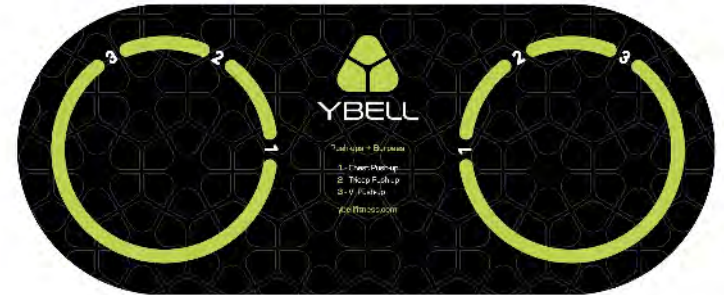


YBell Compact Mat

- The Compact Mat is just that - compact
- Contains Instructional Indicators for great direction, but it is reduced in length
- Designed as a complementary and informational piece for YBell pods
- Gives users the foundation needed for outdoor or group exercise sessions
- Perfect size for ground based and core exercises
- Packed in an individual shipping box for easy shipment to customers
- Purchased and shipped in Master Cartons of 6 units for international and dealer partners
- *Available Now*

Dimensions: 30 cm L x 72 cm W | 12 in L x 28.5 in W x 0.15 in H

Weight: 0.226 kg | 0.5 lb



Equipment: Mats

Distributor Logo



Equipment: Racks & Mats SKUs & Dimensions

Distributor Logo

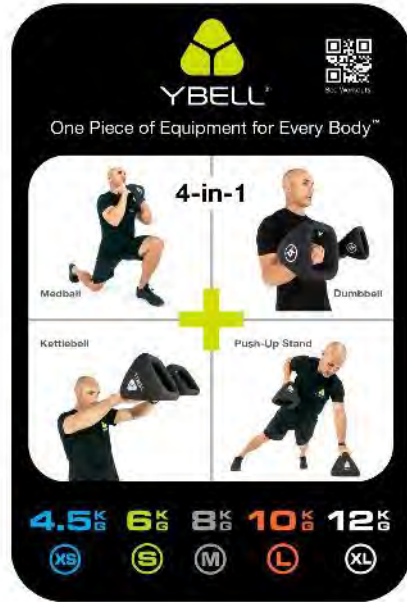
Product	Weight		Dimensions (Centimeters)			Dimensions (Inches)		
	KG	LB	L	W	H	L	W	H
YBell Vertical Rack	28	63	53.34	50.8	152.4	21	20	60
YBell Double Vertical Rack	57.2	126	106.68	50.8	152.4	42	20	60
YBell Horizontal Rack - Short "Studio Rack"	29.5	65	107.7	76.5	45	42.4	30	17.75
YBell Horizontal Rack - Medium "Neo Rack"								
YBell Horizontal Rack - Long "Pro Rack"	49.9	110	175.2	76.5	45	69	30	17.75
YBell Compact Mat	6	4	30	72	0.388	12	28.5	0.15
YBell Exercise Mat	4.5	0.5	110	72	0.388	44	28.5	0.15
FITBENCH YBell	90	200	118	38	39	46.5	15	15.5
Bench only	90	200						
YBells only	82	180						



POS Collateral: Sign Toppers

Distributor Logo

YBell Vertical Rack or Double Vertical Rack with 4-in-1 Sign Topper attached by heavy duty L-shaped magnets



Education

Overview

YBell Fitness offers full-service education programming that is accredited by both NASM & Fitness Australia and includes all of the following:

- YBell Mobile App
- YBell Online Intro Workshop (CECs: NASM 0.4 | ACE 0.2 | Fitness Australia 2.0)
- YBell Coaching Course (CECs: NASM 1.1 | ACE 1.0 | Fitness Australia 10.0)
- YBell Virtual Coaching Course (CECs: NASM 1.1 | ACE 1.0 | Fitness Australia 10.0)
- YBell Master Instructor Course (CECs: NASM 1.1 | ACE 1.0 | Fitness Australia 10.0)

YBell Fitness has partnered with international education provider, PT Academy, to develop and execute these courses.

Due to COVID-19 regulations, education offerings have been adjusted for necessary safety measures and social distancing.

Refined education programs are planned for launch in April 2021.

YBell App

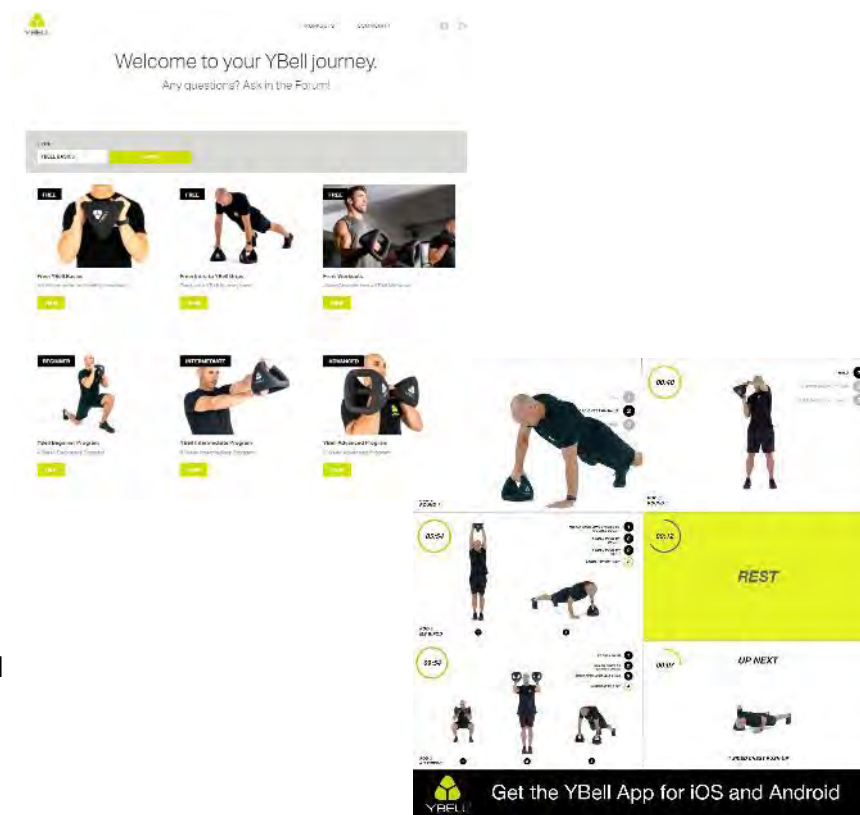
The YBell App is for both professional and consumer audiences and enhances the learning found in the YBell Online Intro Workshop and YBell Virtual and Live Coaching Courses.

Available for iOS & Android.

Levels of programming include:

- 5-Minute Grips Demonstration Video (Free)
- YBell Basics (Free)
- YBell Free Classes (Free)
- Beginner Programs (Paid)
- Intermediate Programs (Paid)
- Advanced Programs (Paid)

We are currently in development of the YBF App 2.0 which we partnered with Pear Sports. This version will include an additional 16+ weeks of programming and is set to release in June 2022.



YBell Online Intro Workshop

This 2-hour online workshop provides a compelling introduction of the YBell and the basic essentials for safely using the product.

Individuals will be able to understand YBell movements, the various YBell grips, the purpose behind the design, and the overall benefits that come with training with this award-winning piece of equipment.

Participants will learn how to design introductory YBell workouts comprised of kettlebell, dumbbell, double grip medicine ball, and push-up stand movements by learning from the creator and founder, Aaron “Az” Laurence, as he demonstrates how the product can and should be utilized.

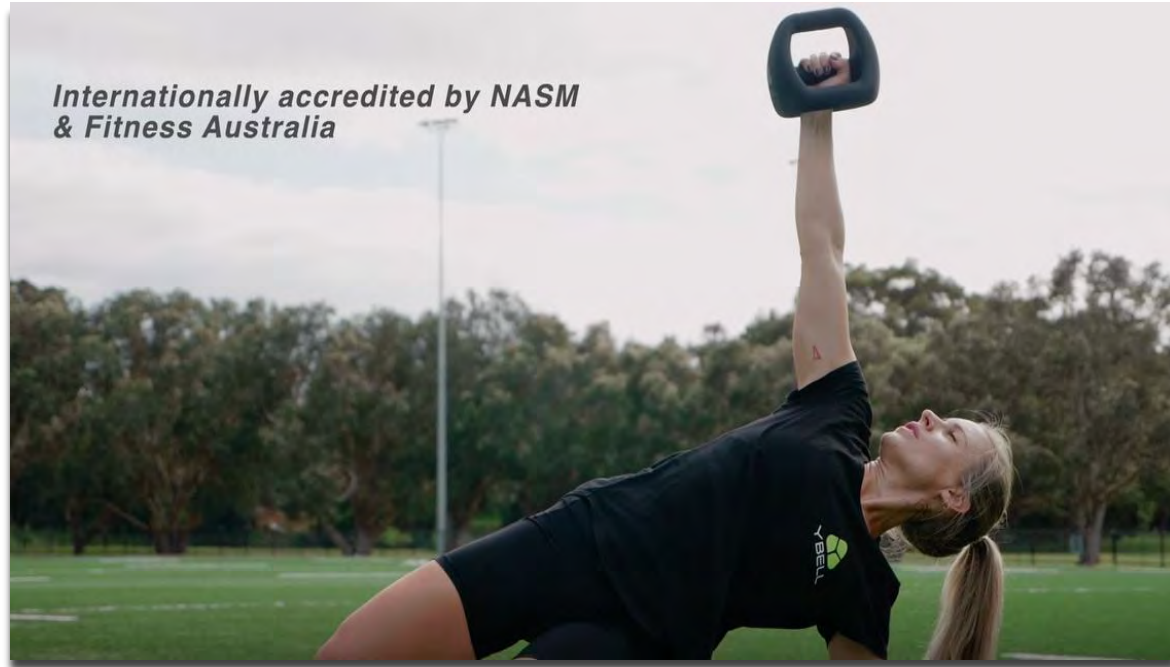
And individuals will see how this tool will help improve efficiencies when it comes to pod and group training.

Key Outcomes:

- Introduction to YBells
- The Importance of Grips
- YBell Intro Exercises
- Introduction to Pod Training

CECs: NASM 0.4 | ACE 0.2 | Fitness Australia 2.0

YBell Online Intro Workshop (*continued*)



[Play Video](#)

Coaching Courses

For those individuals who wish to expand their learnings and are interested in becoming a YBell Instructor, then the next step in their journey is the YBell Coaching Course.

Taking place entirely online via an online workshop and Zoom video conferencing, or via a live, in-person training, participants will learn to synchronize the body with the YBell in order to perform functional yet powerful movements that are proven to increase mobility and overall performance.

CECs: NASM 1.1 | ACE 1.0 | Fitness Australia 10.0



Coaching Courses

Course Outline:

- Pre Study: YBell Online Intro Workshop (2-hours)
- Two (2) Live Zoom Courses (3.5-hours each) or One (1) In-Person Training (7-hours)
 - YBell Design
 - YBell Grip Variations
 - YBell Workout
 - How to Create YBell Exercises
 - Cueing with YBells
 - Pod Programming

Individuals will complete the YBell Intro Workshop to ensure that a proper foundation is established, and then join either the two (2) (3.5-hrs) live Zoom sessions or attend the live in-person training where they are taught by and engaged with from YBell Master Instructors.

These steps will help individuals develop a sense of mastery over the body and the YBell and enable them to acquire the necessary skills to implement them in their training solutions.



CECs: NASM 1.1 | ACE 1.0 | Fitness Australia 10.0

YBell Master Instructor Training

This invitation-only event is offered both live and virtual, covers 4-6 days, and is taught by YBell Senior Master Instructors where participants will acquire the necessary skills to go on and teach their own Coaching Courses.

The MI Training sessions are led by an SMI where individuals get access to the Coaching Course Instructor Manual along with the Scoring Rubric and gain experience in:

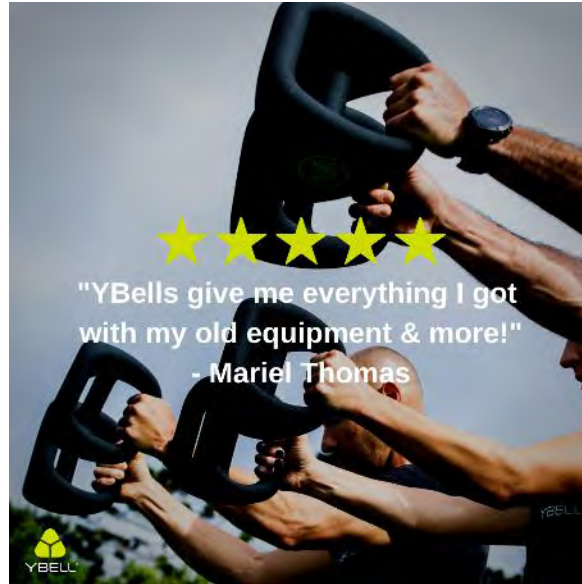
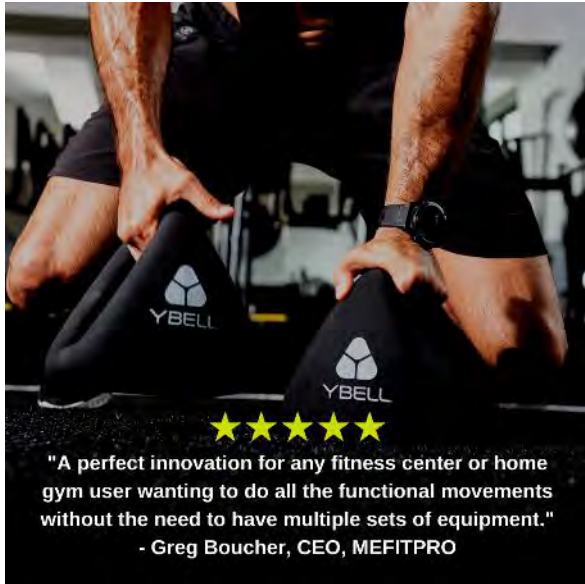
- Coaching to groups
- Viewing course segments multiple times to achieve a better understanding of the content
- Offering feedback to presenting MI Candidates
- Hearing and receiving feedback from SMIs
- Team building



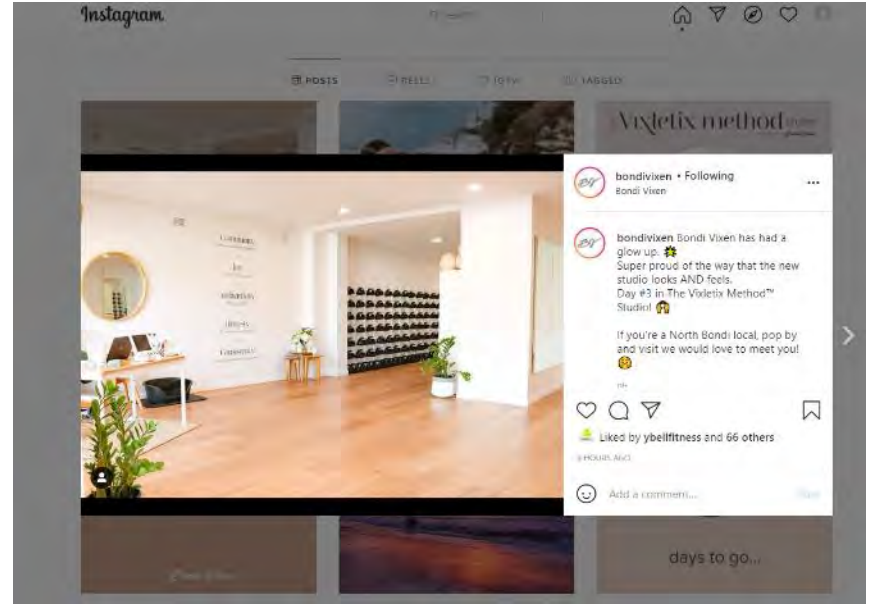
Featured Customers

Distributor Logo





Bondi Vixen





Contact Us

Mark Livingston

VP, Worldwide Sales & Marketing

mark@ybellfitness.com

+1 310 849 6887

Thijn Susebeek

Director, International Sales – EMEA & Asia Pacific

thijn@ybellfitness.com

+31 (0)6 216 936 28

Dave Taylor

Director, Sales – USA

davet@ybellfitness.com

+1 732 996 3793

