



WEIGHTLIFTING CATEGORY

Lift to LIVE

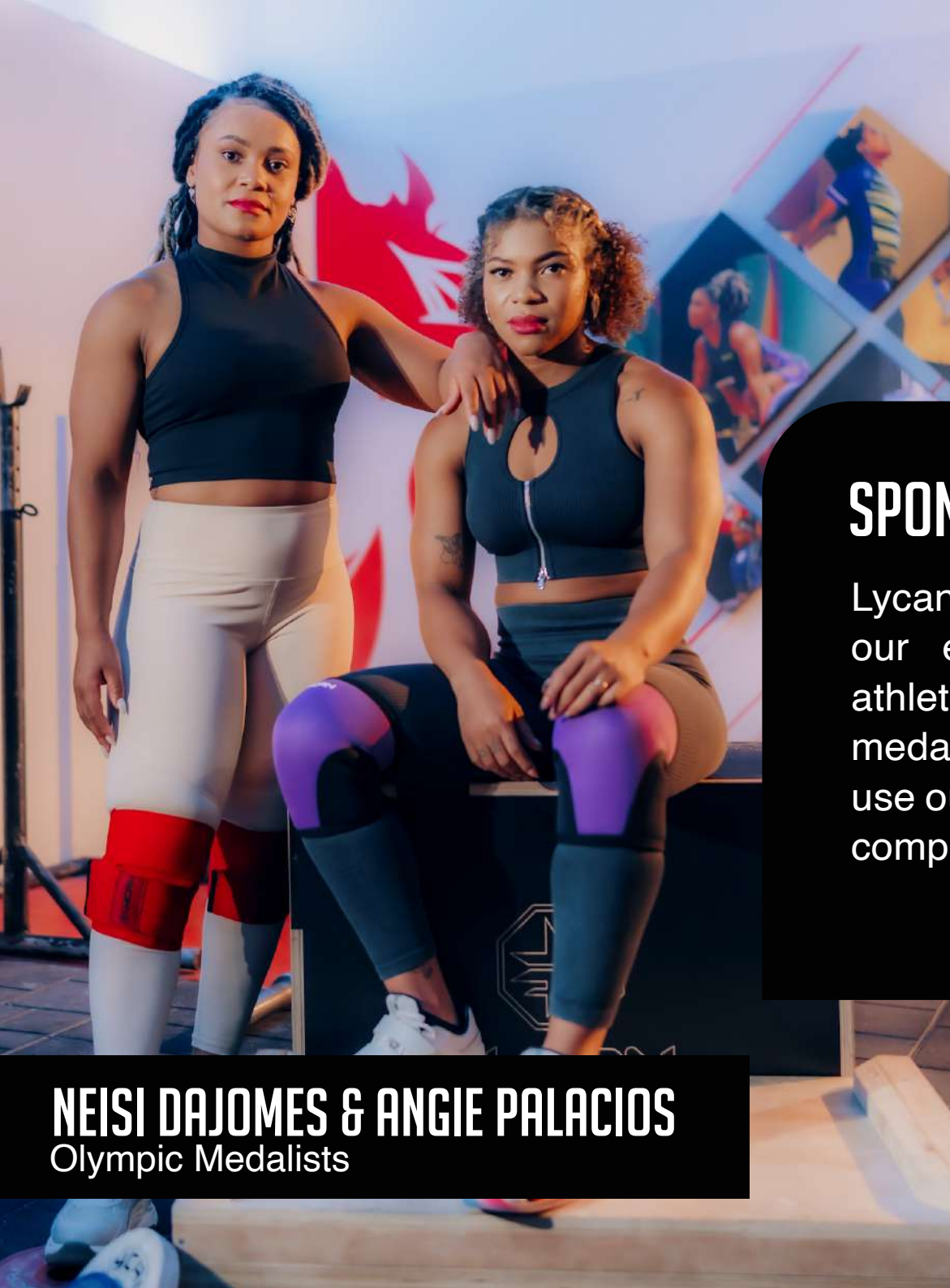
QUALITY AND PERFORMANCE
IN EVERY LIFT





WITH OVER 10 YEARS OF EXPERIENCE

Lycan Fitness has established itself as a leading brand in the fitness and strength training industry. We specialize in the development and production of high-quality equipment designed to withstand the rigors of daily training, whether in commercial gyms or international competitions. Each of our products is made with top-tier materials, ensuring durability, performance, and safety. Our commitment is to provide athletes with equipment that allows them to take their training to the next level.



SPONSORSHIPS AND ASSOCIATED ATHLETES

Lycan Fitness's support is reflected in the quality of our equipment and the achievements of the athletes who trust us. Among them are Olympic medalists Neisi Dajomes and Angie Dajomes, who use our products in their preparation for world-class competitions.

NEISI DAJOMES & ANGIE PALACIOS
Olympic Medalists



JAMES SPRAGUE

“The fittest man on earth” 2024

The winner of the 2024 CrossFit Games and Fittest Man on Earth is also part of our family. These partnerships not only testify to the quality of our equipment but also to our dedication to supporting athletes who inspire with their discipline and performance. With the right equipment, we have helped them reach new heights in their athletic careers.

A female weightlifter with blonde hair in a ponytail, wearing a blue singlet, is shown in profile performing a clean and jerk lift. She is holding a barbell with two large red 25kg plates above her head. The background is a blurred gym setting with other people.

**Lift to
LIVE**

Olympic Weightlifting
EQUIPMENT



Experience the highest level of strength training with our Olympic Barbell. Perfect for official weightlifting competitions.



Olympic Weightlifting BARBELL

15 KG
20 KG

**Limited
Warranty***

WARRANTY INFORMATION





OLYMPIC KNURLING

**LOADABLE SLEEVE LENGTH
16.34"**

SINGLE KNURL MARK

CENTER KNURL

DIAMETER 28MM

HARD CHROME





OLYMPIC KNURLING

**LOADABLE SLEEVE LENGTH
12.6"**

SINGLE KNURL MARK

NO CENTER KNURL

DIAMETER 25MM

HARD CHROME



Difference

BETWEEN AN OLYMPIC BARBELL & A PRO BARBELL



	COLOUR/COATING/ NANO-COATING	NET WEIGHT	BAR LENGTH	GRIP DIAMETER	BEARINGS	BUSHINGS	LOAD CAPACITY	KPSI	TYPE OF ALLOY	BAR FINISH	SLEEVE FINISH	KNURLING
OLYMPIC BARBELL	CHROMED	15KG	2010MM	25 MM	10	2	1800 LB	240	HIGH GRADE SPRING STEEL (60Si2CrVA)	HARD CHROMED	HARD CHROMED	OLYMPIC TYPE
		20KG	2200MM	28 MM	10	2	2000 LB	240				
PRO BARBELL	CHROMED BLACK FULL BLACK	15KG	2010MM	25 MM	8	2	1500 LB	210	ALLOY STEEL (42CRMO)	HARD CHROMED	HARD CHROMED	VULCANO TYPE
		20KG	2200MM	28 MM	8	2	1500 LB	210		BLACK ZINC TEFLON (SUB BLACK)	HARD CHROMED OPQ	

A person wearing black leggings and black sneakers is balancing on a purple barbell. The barbell has blue weights on both ends. The person is in a gym setting with wooden lockers in the background. A large black diagonal shape is overlaid on the right side of the image.

Weightlifting Training EQUIPMENT

Lift to LIVE



Hybrid barbell for comercial use.

Precisely designed, its balanced weight distribution promotes stability during lifts, while the handle design minimizes strain on your hands and wrists.



P-BAR

Color: Hard Chrome //
Black-Chromed // Full Black

15 KG
20 KG

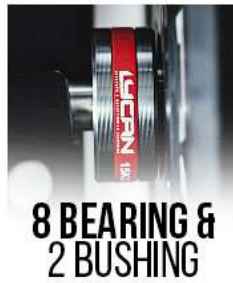
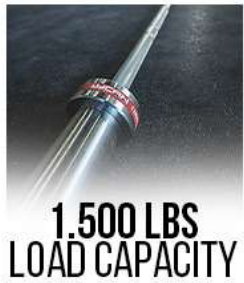
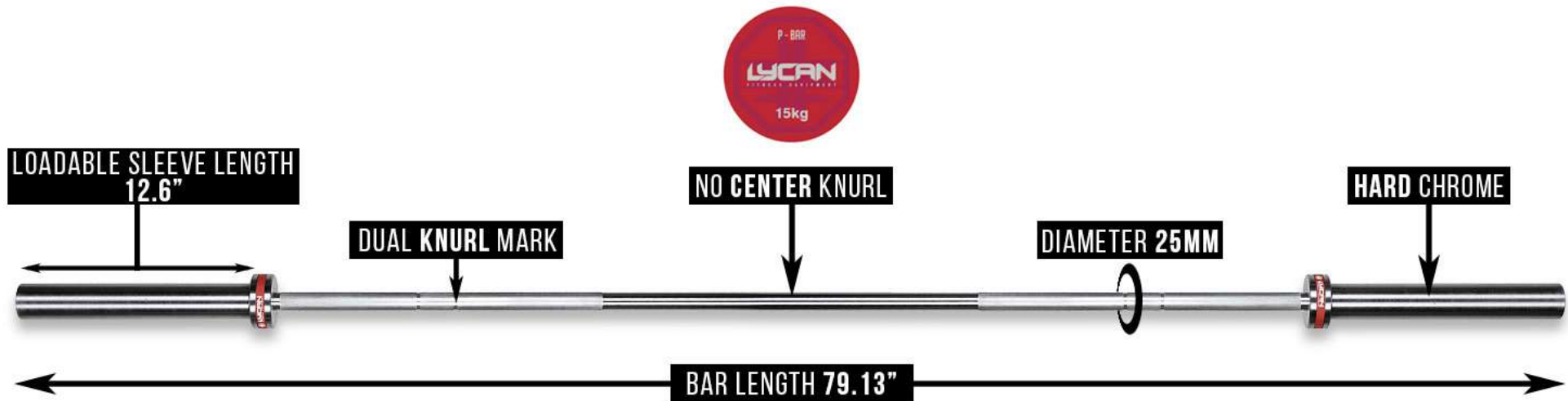
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WARRANTY INFORMATION



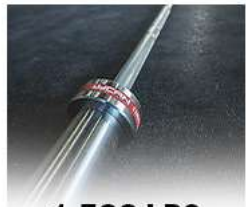
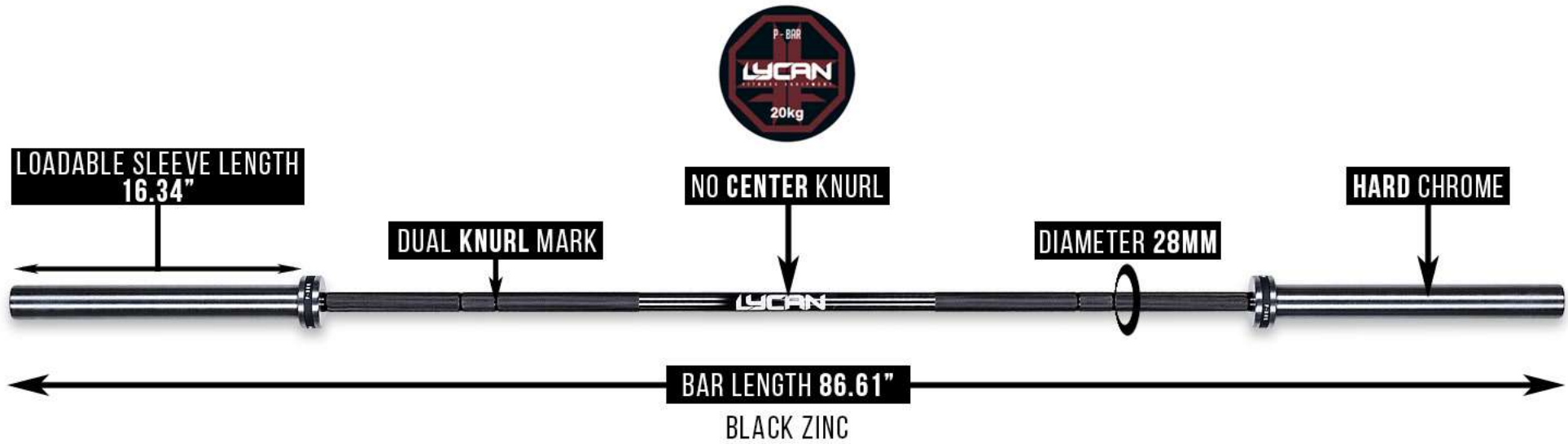


P-BAR





P-BAR



1,500 LBS
LOAD CAPACITY



20KG
WEIGHS



28MM
SHAFT



8 BEARING &
2 BUSHING



KNURLING
THINNER TYPE



210K
PSI TENSILE STRENGTH





Its exceptional knurling provides the perfect balance of smoothness and grip, ensuring a secure and comfortable hold during your lifts. The patented rotation mechanism not only protects your wrists but also optimizes the efficiency of your Olympic lifts, allowing seamless transitions between movements and maximizing your performance.



Our T-bar is built for durability and longevity, designed specifically for home-style training sessions. It can withstand rigorous workouts for years. **Ideal for HOME USE.**

T-BAR



15 KG
20 KG

Color: Hard
Chromed



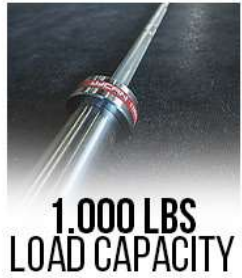
**Limited
Warranty***

WARRANTY INFORMATION





T-BAR





T-BAR



LOADABLE SLEEVE LENGTH
16.34"

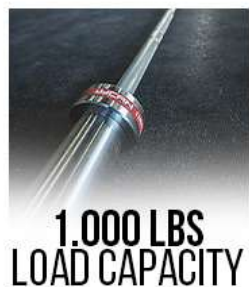
DUAL KNURL MARK

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DIAMETER 28MM

HARD CHROME

BAR LENGTH 86.61"



1,000 LBS
LOAD CAPACITY



20KG
WEIGHS



28MM
SHAFT



4 BEARING &
2 BUSHING



KNURLING
THINNER TYPE



190K
PSI TENSILE STRENGTH





With 4 bearings on each sleeve and 2 bushings, this T-bar ensures smooth and consistent movement during your lifts.

It provides an ample space to load weight plates as you progress in your strength training.

To further optimize your performance, we've equipped our T-bar with a professional grip, strategically designed to enhance control and minimize slippage, allowing you to maintain stability during your lifts.

Featuring an official grip diameter of 25 mm for the 15 kg bar and 28 mm for the 20 kg bar, this T-bar accommodates a wide range of hand sizes, ensuring comfort and versatility for all users.

IDEAL FOR HOME USE





SIGNATURE BARBELLS

Elevate your training with Lycan Fitness Signature Pro Barbells, where performance meets personality. These vibrant, uniquely designed barbells feature stunning themed artwork and color options that stand out in any gym. Built with the same high-quality materials and engineering as our Pro-bars, they deliver exceptional durability, smooth rotation, and the perfect grip for your lifts.

**Limited
Warranty***

WARRANTY INFORMATION









CERAKOTE COLOR BARBELLS

-  Pink: 15kg - 20kg
-  Purple: 15kg
-  Red: 20kg
-  Blue: 15kg - 20kg
-  Green: 20kg
-  Orange: 15kg - 20kg
-  Yellow: 15kg - 20kg

SEE ALL
OUR SIGNATURE
BARBELLS
CLICKING HERE!



CERAKOTE CAMO BARBELLS

-  Gray Camo: 20kg
-  Pink Camo: 15kg
-  Green Camo: 15kg - 20kg
-  Blue Camo: 15kg - 20kg

The Cerakote finish not only enhances the barbells' aesthetics but also provides superior resistance to corrosion, ensuring that your investment stands the test of time.

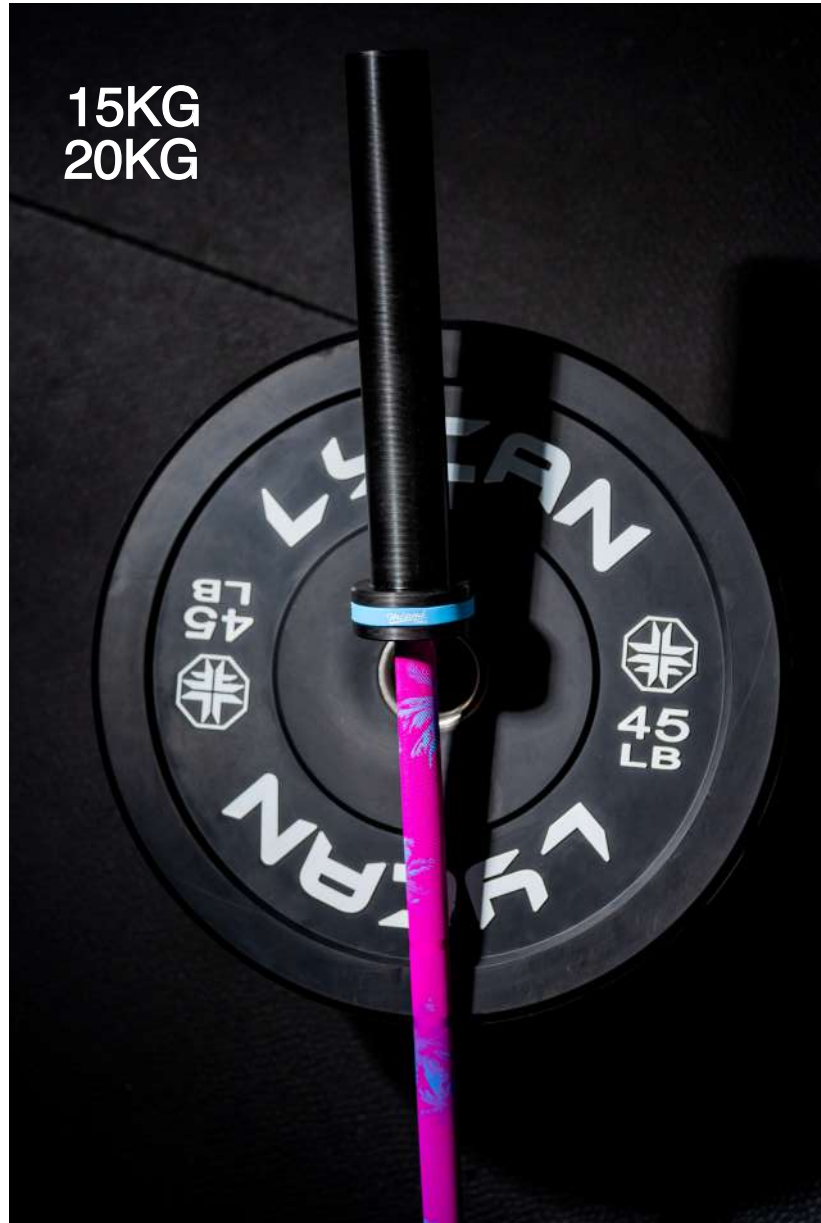
CERAKOTE WILD & GOLD BARBELL



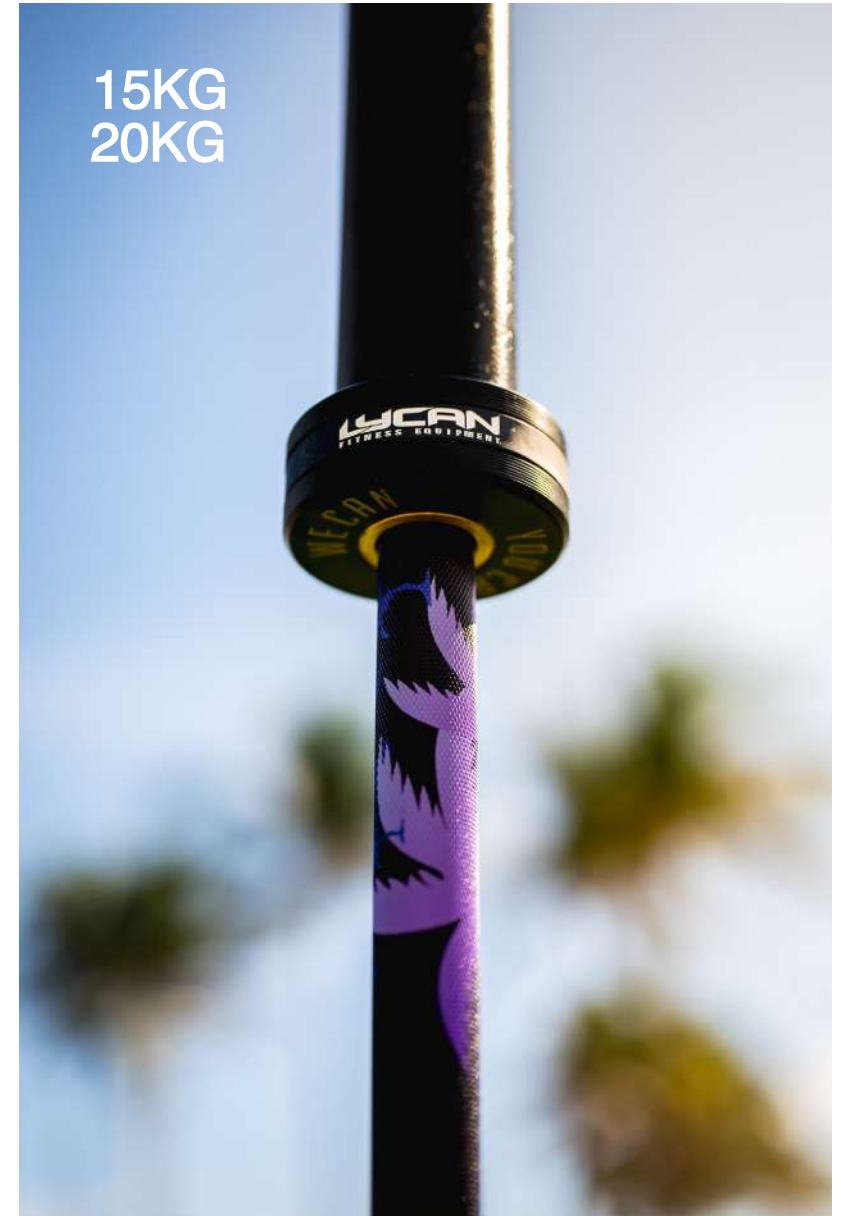
FEROZ BARBELL



MIAMI BARBELL



MIAMI BARBELL LIMITED EDITION









Lycan Competition Plates meet the requirements of the IWF (International Weightlifting Federation).

Competition Olympic PLATES



Color coding:

-  10KG
-  15KG
-  20KG
-  25KG

**Limited
Warranty***

WARRANTY INFORMATION



Made with virgin rubber to ensure long-term durability, they feature a calibrated steel center plate to improve weight distribution, reduce the thickness of the plates, and provide a smooth color finish.

Additionally, they have a smart design with raised edges to prevent direct contact with other plates, protecting them from damage and extending their lifespan.

Differences

REGULAR PLATES

Standard plates diameter of 450mm.

Ideal for equipping training rooms at a reasonable price.

Durability and strength.

Minimum bounce.

OLYMPIC PLATES

Meets the requirements recommended by the IWF.

Color Coding: Bright color coding with a chrome-plated center disc for stability and sleeve precision with a 50.6mm cavity.

Standardized weight.

Minimum bounce.





Designed to enhance your strength training journey, these precision plates are essential tools for achieving incremental progress toward your lifting goals.



Olympic Competition CHANGE PLATES



○ 0.5KG

● 1KG

● 1.5KG

● 2KG

● 2.5KG

○ 5KG

**Limited
Warranty***

WARRANTY INFORMATION





Each plate is meticulously crafted with virgin materials, ensuring durability, impact noise reduction, and resistance to wear. Made from high-quality rubber, our plates offer the perfect balance between toughness and flexibility, providing you with a reliable companion for countless future workouts.



Lycan technique plates feature the ideal height for mastering foundational movements, making them an essential addition to any gym setup. Their thoughtful design and durable construction ensure reliability during training. The diameter allows you to feel the height of the regular plates so you can start training Olympic Weightlifting with them.



Technique Competition PLATES



Total Plate Diameter: 45 cm

Box dimensions: 17.913 x 17.913 x 4.606 inches for the 2.5 kg plates and 17.913 x 17.913 x 6.417 inches for the 5 kg plates.

Available in: 2.5 kg (red) and 5 kg (white)

Material: Manufactured with high-density polyethylene (HDPE) plastic.

**Limited
Warranty***

WARRANTY INFORMATION





With a thickness of 50 mm for the 2.5 kg plates and 75 mm for the 5 kg plates, paired with vibrant red and crisp white color options, Lycan technique plates are as striking as they are functional. The 51 mm center hole is compatible with Olympic bars, ensuring seamless integration with standard gym equipment.



They feature superior materials and craftsmanship to withstand the rigors of training, minimizing noise and protecting your floors during heavy lifts.

Black Rubber BUMPER PLATES



STRENGTH IS EARNED, NOT GIVEN.

Total Plate Diameter: 18 in - 45.72 cm
Ring Diameter: 2 in - 5.08 cm
Available in: 10lbs// 15lbs// 25lbs// 35lbs//
45lbs// 55lbs

Also available in KG
for European countries.

**Limited
Warranty***

WARRANTY INFORMATION





LYCAN black rubber plates are made from virgin rubber material, offering greater durability and reducing impact noise. Their high-quality rubber prevent wear and tear during any type of lift, even when dropped to the floor.

They offer a dead bounce that makes them also safer.



Transitioning seamlessly between weights, LYCAN mini change plates offer versatility and precision in your training routine. Incorporate them into your routine to gradually increase resistance and maximize performance safely.



Black MINI PLATES



Total Plate Diameter:

Ring Diameter: 0,5lb 125 mm - 1 lb 135 mm - 2,5 170 mm - 5 lb 210 mm.

Available in: 0.5 / 1 / 2.5/ 5lb

Each set includes pairs.

**Limited
Warranty***

WARRANTY INFORMATION





A key differentiating factor is their color-coded design, which ensures quick and easy identification of the plates by athletes, even in large or crowded gym environments.

Color Rubber BUMPER PLATES



Color coding:

● 10lb

● 15lb

● 25lb

● 35lb

● 45lb

● 55lb

Also available in KG
for European countries

**Limited
Warranty***

WARRANTY INFORMATION





With a total disc diameter of 45 cm and a ring diameter of 5.06 cm, these plates comply with Olympic standards, providing consistency and uniformity in your training routine. Lycan Fitness Colored Rubber Plates combine functionality with an attractive, color-coded design for effortless identification.



This platform is designed to provide a stable and durable surface for all your weightlifting needs. Whether you're perfecting your jerks or focusing on other lifting techniques, this platform supports your fitness goals.



Olympic Weightlifting PLATFORM



Material: Bamboo

Dimensions: 10 x 6.6 feet

Thickness: 2 cm for both the rubber and wood.

Frames: Made of steel with a smooth finish and powder coating

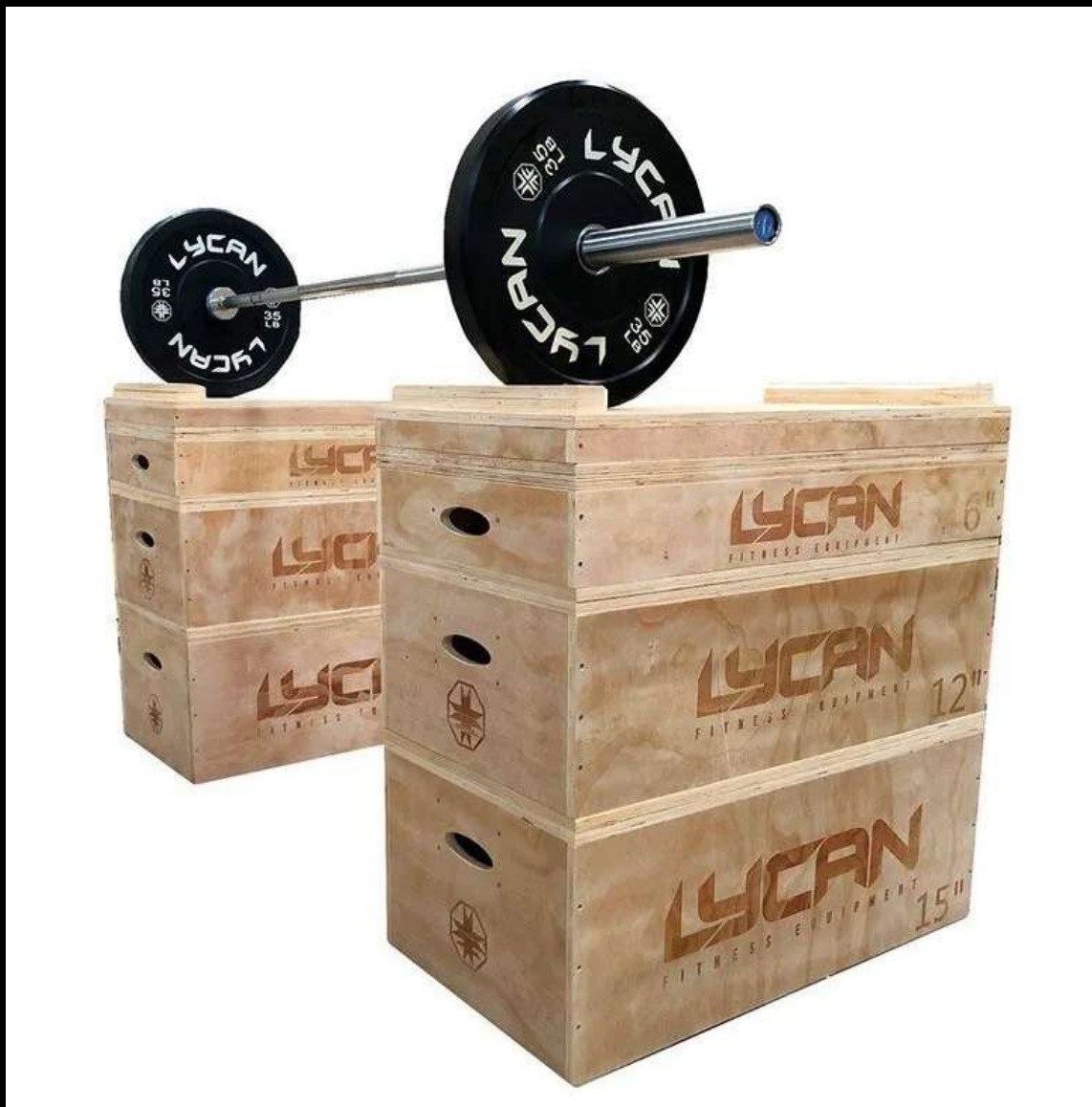
Limited Warranty*

WARRANTY INFORMATION





It offers excellent shock absorption, protecting both your equipment and the floor beneath. Additionally, the size provides ample space for performing various lifting exercises and practicing your splits.



Precisely designed to withstand the impact of heavy weights during your weightlifting sessions. With these blocks, you can focus on perfecting your lifting technique safely.

Wooden Jerk Blocks Set



Material: Marine Plywood

Dimensions: 36" x 20" x 37"

Block 1 (Cover): 34.5" x 20" x 2"

Block 2 (6 inches): 34.5" x 20" x 6"

Block 3 (12 inches): 34.5" x 20" x 12"

Block 4 (15 inches): 34.5" x 20" x 15"

Maximum Weight Capacity: 1000 LB

**Limited
Warranty***

WARRANTY INFORMATION



A man with brown hair and a beard is lying on a black adjustable bench in a gym. He is wearing a grey t-shirt and black shorts with white trim. He is holding two black hexagonal dumbbells above his head with both arms extended. The gym has a red wall in the background and a black rubber floor. A large black diagonal shape is overlaid on the right side of the image.

**Lift to
LIVE**

BENCHES

PRO FLAT BENCH

This LYCAN Pro flat bench is an excellent choice for both beginners and professionals, for commercial facilities, Home or Garage gyms.

Use it for stretching exercises, resting, or taking a short break between sets in your interval training. You can perform classic fly exercises with great precision on this bench. Increase the intensity by adding LYCAN weights or dumbbells to your workouts.

Serves as a solid base for seated exercises.

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WARRANTY INFORMATION



Max User Weight: 880 lbs
Dimensions (LWH): 52" x 21.3" x 16.5"
Material: Steel



Crafted with a sleek design,
featuring durable steel
construction, and a bold
combination of red and black.



The Lycan Pro Adjustable Bench delivers exceptional stability and adjustability. Its wide range of adjustments allows users to perform most strength training exercises effectively.

PRO ADJUSTABLE BENCH

VERSION 2.0



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Warranty***

WARRANTY INFORMATION





SQUAT STAND RACK



Key Features:

Adjustable Height: Allowing users of all fitness levels to customize their workouts.

High Tensile 4.8 Anchor Bolt

Main Tube: 75*75*3.0mm

West Side Hole Pattern: 1" through bench and clean pull zone then 2" spacing above and below

With Double Support Bar 1..25" / 29mm

Measures: L*W*H:116*123*230CM

Safety Spotters Arms and J-cups with HDPE protectors base

User Max Weight: 400kg

Color: Black (Powder Coating)

Material: Steel Q235Bv

**Limited
Warranty***

WARRANTY INFORMATION





**Limited
Warranty***

WARRANTY INFORMATION



POWER RACK CAGE



Key Features:

The Power Rack Cage is built with safety as a priority. Adjustable safety bars and spotter arms allow you to train confidently

High Tensile 4.8 Anchor Bolt

Main Tube: 75*75*3.0mm

West Side Hole Pattern - 1" through bench and clean pull zone then 2" spacing above and below

Single Pull Up Bar 1..25" / 29mm

Measures: L*W*H:166*184*230CM

Safety Spotters bars and J-cups with HDPE protectors base

8 loadable horns of 11.8 inches length

User Max Weight: 400kg

Color: Black (Powder Coating) or Black/Red (Powder Coating)

Material: Steel Q235B



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**YOU CAN
WE CAN**

