

PSLT

FITNESS SOLUTIONS

STRENGTH RANGES

FUSION PRO - PREMIUM RANGE
EVOST III - AFFORDABLE RANGE
PLATE LOADED & SPECIALIST RANGE
MULTI STATIONS & RACKS
BENCHES & STORAGE



PSLT

FITNESS SOLUTIONS



FUSION PRO RANGE

PREMIUM STRENGTH PRODUCTS

**ENHANCE THE APPEAL AND EFFICIENCY OF YOUR GYM WITH
THE FUSION PRO SERIES OF STRENGTH EQUIPMENT – THE
LATEST INNOVATION FOR CUTTING-EDGE TRAINING
ENVIRONMENTS.**

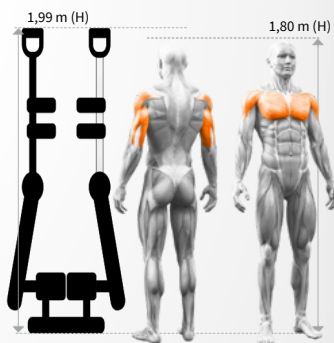
STANDING MULTI FLIGHT / U2046



SPECIFICATIONS

U2046

✂ Dimension	1425 x 886 x 1990 mm
📦 Weight stack	110 kg
📦 Extra weight stack	U2046_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1980 x 1080 x 580 mm Plywood
🔧 Frame color	● ● ●
🔧 Application color	● ● ●
⚖ Weight net / gross	322 kg / 352 kg



The **Standing Multi Flight** is a multifunctional machine for a complete upper body workout. With height adjustment of the rotation centers, counterbalanced and starting angle adjustment, this machine ensures a natural and effective adaptation of the load.

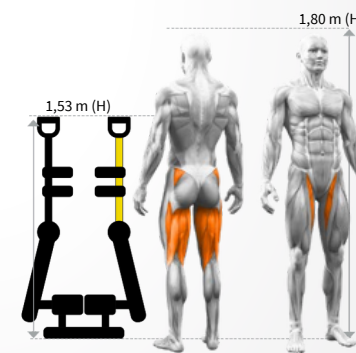
PRONE LEG CURL / E7001



SPECIFICATIONS

E7001

✂ Dimension	1610 x 1110 x 1530 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7001_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1080 x 470 mm Plywood
🔧 Frame color	● ● ●
🔧 Application color	● ● ●
⚖ Weight	244 kg



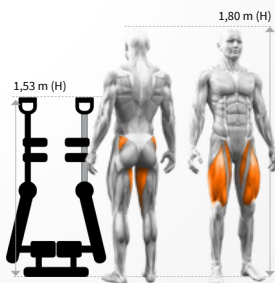
Thanks to the **prone design of Prone Leg Curl**, users can easily and comfortably use the device to strengthen calf and hamstring muscles. The design of eliminating the elbow pad makes the structure of the equipment more concise, and the divergent body pad angle eliminates the pressure on the lower back and makes training more focused.

LEG EXTENSION / E7002



SPECIFICATIONS E7002

✂	Dimension	1425 x 1165 x 1530 mm
📦	Weight stack	110 kg
📦	Extra weight stack	E7002_EW / 135 kg
📏	Frame dimensions	37 x 134 mm
📦	Transport box	1720 x 1080 x 470 mm Plywood
🎨	Frame color	● ● ●
🎨	Application color	● ● ●
⚖️	Weight	257 kg



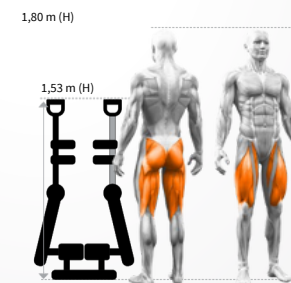
The Leg Extension is designed to help exercisers focus on the major muscles of the thigh. Angled seat and back pad encourage full quadriceps contraction. A self-adjusting tibia pad provides comfortable support, the adjustable back cushion allows the knees to be easily aligned with the pivot axis to achieve good biomechanics.

LEG PRESS / E7003



SPECIFICATIONS E7003

✂	Dimension	1870 x 1086 x 1530 mm
📦	Weight stack	140 kg
📦	Extra weight stack	--
📏	Frame dimensions	37 x 134 mm
📦	Transport box	2120 x 1110 x 600 mm Plywood
🎨	Frame color	● ● ●
🎨	Application color	● ● ●
⚖️	Weight	357 kg



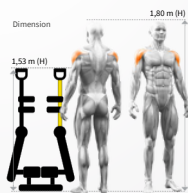
The Leg Press is efficient and comfortable when training the lower body. The angled adjustable seat allows easy positioning for different users. The large foot platform offers a variety of training modes, including calf exercises. Integrated assist handles on both sides of the seat allow the exerciser to better stabilise the upper body during training.

LATERAL RAISE / E7005



SPECIFICATIONS E7005

✂	Dimension	1300 x 970 x 1530 mm
📦	Weight stack	110 kg
📦	Extra weight stack	E7005_EW / 135 kg
📏	Frame dimensions	37 x 134 mm
📦	Transport box	1720 x 1110 x 500 mm Plywood
🎨	Frame color	● ●
🎨	Application color	● ● ●
⚖️	Weight	245 kg



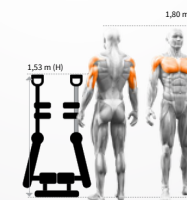
The **lateral Raise** is designed to allow exercisers to maintain a sitting posture and easily adjust the height of the seat to ensure that the shoulders are aligned with the pivot point for effective exercise. The gas-assisted seat adjustment and multi-start position adjustment are added to improve the user's experience and actual needs.

SHOULDER PRESS / E7006



SPECIFICATIONS E7006

✂	Dimension	1550 x 1550 x 1530 mm
📦	Weight stack	110 kg
📦	Extra weight stack	E7006_EW / 135 kg
📏	Frame dimensions	37 x 134 mm
📦	Transport box	1720 x 1110 x 500 mm Plywood
🎨	Frame color	● ●
🎨	Application color	● ● ●
⚖️	Weight	263 kg



The **Shoulder Press** offers a new motion trajectory solution that simulates natural motion paths. The dual- position handle supports more training styles, and the angled back and seat pads help users maintain a better training position and provide corresponding support.

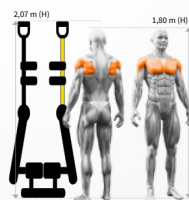
REAR DELT / PEC FLY / E7007



SPECIFICATIONS

E7007

Dimension	1280 x 1430 x 2075 mm
Weight stack	95 kg
Extra weight stack	--
Frame dimensions	37 x 134 mm
Transport box	2020 x 1110 x 650 mm Plywood
Frame color	Black / Grey
Application color	Black / Brown / Yellow
Weight	249 kg



The Rear Delt / Pec Fly offer a comfortable and efficient manner to train upper body muscle groups. The adjustable rotating arm is designed to adapt to the arm length of different users, providing the correct training posture. Oversized handles reduce the extra adjustment needed to switch between the two sports, and gas-assisted seat adjustment and wider back cushions further enhance the training experience.

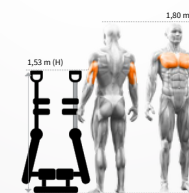
VERTICAL PRESS / E7008



SPECIFICATIONS

E7008

Dimension	1435 x 1125 x 1530 mm
Weight stack	110 kg
Extra weight stack	E7008_EW / 135 kg
Frame dimensions	37 x 134 mm
Transport box	1720 x 1110 x 400 mm Plywood
Frame color	Black / Grey
Application color	Black / Brown / Yellow
Weight	249 kg



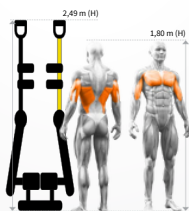
The Vertical Press is great for training upper body muscle groups. Assisted footrests are eliminated, and an adjustable back pad is used to provide a flexible starting position, which balanced both comfort and performance. The split-type motion design allows exercisers to choose a variety of training programs. The low pivot of the movement arm ensures proper path of motion and easy entrance/exit to and from the unit.

DIP/CHIN ASSIST / E7009



SPECIFICATIONS E7009

Dimension	1930 x 1000 x 2495 mm
Weight stack	110 kg
Extra weight stack	E7009_EW / 135 kg
Frame dimensions	37 x 134 mm
Transport box	2480 x 1110 x 400 mm Plywood
Frame color	Black, Grey
Application color	Black, Brown, Yellow
Weight	287 kg



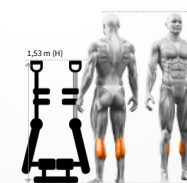
The Dip/Chin Assist is optimised for pull-ups and parallel bars. The standing posture is used instead of the kneeling posture for training, which is closer to the real training situation. There are two training modes, assisted and unassisted, for users to freely adjust the training plan.

STANDING CALF / E7010



SPECIFICATIONS E7010

Dimension	1860 x 820 x 1530 mm
Weight stack	80 kg
Extra weight stack	E7010_EW / 95 kg
Frame dimensions	37 x 134 mm
Transport box	1720 x 1110 x 400 mm Plywood
Frame color	Black, Grey
Application color	Black, Brown, Yellow
Weight	280 kg



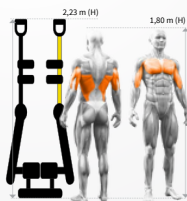
The Standing Calf is designed to train the calf muscles safely and effectively. Adjustable height shoulder pads can fit most users, combined with anti-slip foot plates and handles for safety. The Standing Calf provides effective training for the calf muscle group by standing on tiptoes.

LAT PULLDOWN / E7012



SPECIFICATIONS E7012

✂ Dimension	1190 x 1200 x 2230 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7012_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	2480 x 1130 x 450 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ● ●
⚖ Weight	240 kg



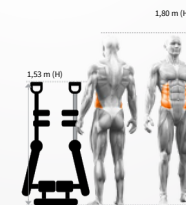
The **Lat Pulldown** follows the usual design style of this category, with the pulley position on the device allowing the user to move smoothly in front of the head. The Fusion Pro Series powered gas assist seat and adjustable thigh pads make it easier for exercisers to use and adjust.

ROTATION / E7018



SPECIFICATIONS E7018

✂ Dimension	1150 x 1130 x 1530 mm
📦 Weight stack	65 kg
📦 Extra weight stack	E7018_EW / 95 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1710 x 1110 x 430 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ● ●
⚖ Weight	260 kg



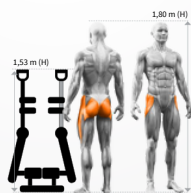
The **Rotary Torso** maintains the usual design of this type of equipment for comfort and performance. The kneeling position design is adopted, which can stretch the hip flexors while reducing the pressure on the lower back as much as possible. The uniquely designed knee pads ensure the stability and comfort of use and provide protection for multi-posture training.

ABDUCTOR & ADDUCTOR / E7021



SPECIFICATIONS E7021

✂ Dimension	1550 x 860 x 1530 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7021_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1110 x 450 mm Plywood
🎨 Frame color	● ● ● ●
🎨 Application color	● ● ● ●
⚖ Weight	260 kg



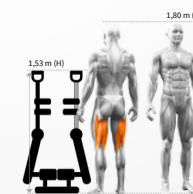
The **Abductor** features an easy-adjust start position for both inner and outer thigh exercises. Improved ergonomic seat and back cushions provide users with stable support and a more comfortable experience. The pivoting thigh pads combined with an adjustable starting position allow the user to quickly switch between the two workouts.

SEATED LEG CURL / E7023



SPECIFICATIONS E7023

✂ Dimension	1665 x 1145 x 1530 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7023_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1110 x 450 mm Plywood
🎨 Frame color	● ● ● ●
🎨 Application color	● ● ● ●
⚖ Weight	276 kg



The **Seated Leg Curl** features a new construction designed to provide more comfortable and efficient leg muscle training. The angled seat and adjustable back pad allow the user to better align the knees with the pivot point to promote full hamstring contraction.

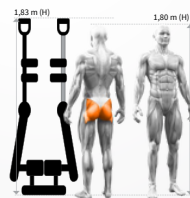
GLUTE ISOLATOR / E7024



SPECIFICATIONS

E7024

Dimension	2145 x 1030 x 1830 mm
Weight stack	110 kg
Extra weight stack	E7024_EW / 135 kg
Frame dimensions	37 x 134 mm
Transport box	1720 x 1110 x 550 mm Plywood
Frame color	Black / Grey
Application color	Black / Brown / Yellow
Weight	275 kg



The **Glute Isolator** based on the floor standing position and is designed to train the muscles of the glutes and standing legs. Both the elbow and chest pads have been ergonomically optimised to ensure comfort in training support. The motion part feature fixed double-layer tracks, with specially calculated track angles for optimal biomechanics.

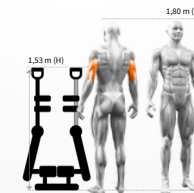
SEATED DIP / E7026



SPECIFICATIONS

E7026

Dimension	1320 x 1050 x 1530 mm
Weight stack	110 kg
Extra weight stack	E7026_EW / 135 kg
Frame dimensions	37 x 134 mm
Transport box	1720 x 1110 x 450 mm Plywood
Frame color	Black / Grey
Application color	Black / Brown / Yellow
Weight	259 kg



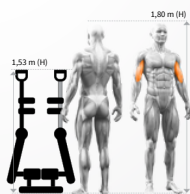
The **Seated Dip** replicates the motion path of the traditional parallel bar push-up exercise, providing a comfortable and effective way to train the triceps and pecs. The angled back pad reduces pressure while improving stability and comfort.

CAMBER CURL / E7030



SPECIFICATIONS E7030

✂ Dimension	1500 x 930 x 1530 mm
📦 Weight stack	80 kg
📦 Extra weight stack	E7030_EW / 95 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1110 x 350 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ●
⚖ Weight	197 kg



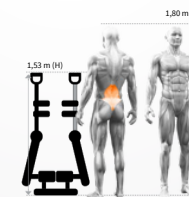
The **Biceps Curl** has a scientific curl position. Adaptive handle for comfortable grip, gas-assisted seat adjustment system, optimised transmission which all make the training easier and effective.

BACK EXTENSION / E7031



SPECIFICATIONS E7031

✂ Dimension	1285 x 1055 x 1530 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7031_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1110 x 350 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ●
⚖ Weight	250 kg



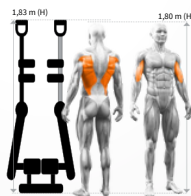
The **Back Extension** have a walk-in design with adjustable back rollers, allowing the exerciser to freely choose the range of motion. At the same time, the Fusion Pro Series optimises the pivot point of the motion arm to connect it with the main body of the equipment, improving stability and durability.

LONG PULL / E7033



SPECIFICATIONS E7033

Dimension	1780 x 1320 x 1830 mm
Weight stack	110 kg
Extra weight stack	E7033_EW / 135 kg
Frame dimensions	37 x 134 mm
Transport box	2030 x 1130 x 780 mm Plywood
Frame color	Black, Grey, White
Application color	Black, Brown, Yellow
Weight	262 kg



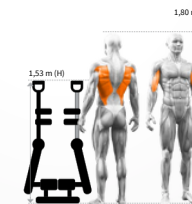
The Long Pull follows the usual design style of this category. As a mature and stable mid row training device, the Long Pull has a raised seat for easy entry and exit, and independent footrests support users of all sizes. The use of flat oval tubes further improves the stability of the equipment.

VERTICAL ROW / E7034



SPECIFICATIONS E7034

Dimension	1505 x 1005 x 1530 mm
Weight stack	110 kg
Extra weight stack	E7034_EW / 135 kg
Frame dimensions	37 x 134 mm
Transport box	1720 x 1130 x 550 mm Plywood
Frame color	Black, Grey, White
Application color	Black, Brown, Yellow
Weight	256 kg



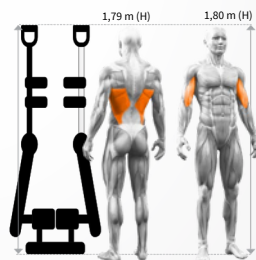
The Vertical Row features a split-type motion design with adjustable chest pads and a gas-assisted adjustable seat. The 360-degree rotating adaptive handle supports multiple training programs for different users. Users can comfortably and effectively strengthen the muscles of the upper back and lats with the Vertical Row.

PULLDOWN / E7035



SPECIFICATIONS E7035

✂ Dimension	1520 x 1445 x 1795 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7035_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1110 x 500 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ●
⚖ Weight	265 kg



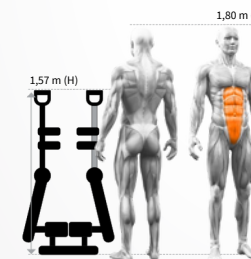
Seated training for the upper body and back, trains the entire back musculature. The handle is pulled towards the upper body in a controlled position, the cable pull enables a constant pulling movement for a comfortable exercise. Height-adjustable, slanted pads for the thighs ensure stability. Comfortable weight selection from a seated position.

ABDOMINAL ISOLATOR / E7073



SPECIFICATIONS E7073

✂ Dimension	1150x 1060 x 1575 mm
📦 Weight stack	110 kg
📦 Extra weight stack	E7073_EW / 135 kg
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1720 x 1110 x 450 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ●
⚖ Weight	229 kg



The Abdominal Isolator is designed in a kneeling position. The advanced ergonomic pads not only help users maintain the correct training position, but also enhances the training experience of the exercisers. The unique split-type motion arms design of the Fusion Pro Series allows exercisers to strengthen the training of the weak side.

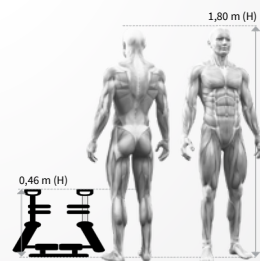
FLAT BENCH / E7036



SPECIFICATIONS

E7036

	Dimension	1265 x 790 x 460 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1300 x 460 x 290 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	27 kg



For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility.

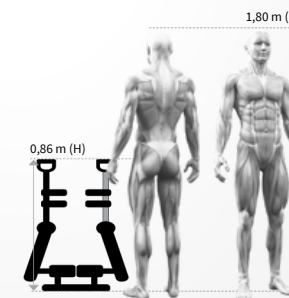
DECLINE ABDOMINAL BENCH / E7037



SPECIFICATIONS

E7037

	Dimension	1685 x 790 x 860 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1750 x 720 x 260 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	61 kg











For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility.

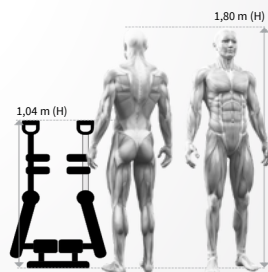
MULTI PURPOSE BENCH / E7038



SPECIFICATIONS

E7038

 Dimension	970 x 740 x 1040 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	37 x 134 mm
 Transport box	1020 x 790 x 280 mm Carton
 Frame color	● ● ●
 Application color	● ● ●
 Weight	29 kg











Seat position with back rest, close to the ground for stability and comfort; Foot support for stability.

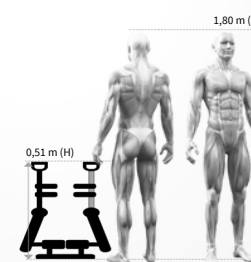
SUPER BENCH / E7039



SPECIFICATIONS

E7039

 Dimension	1355 x 690 x 510 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	37 x 134 mm
 Transport box	1360 x 730 x 480 mm Carton
 Frame color	● ● ●
 Application color	● ● ●
 Weight	43 kg



Bench with seat and backrest adjustment; Wheels for mobility; Adjustable to various angles.

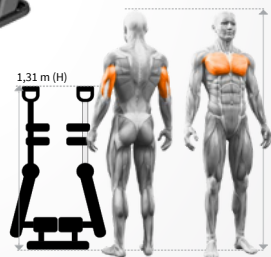
OLYMPIC BENCH DECLINE / E7041



SPECIFICATIONS

E7041

	Dimension	2145 x 1815 x 1310 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1520 x 950 x 460 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	98 kg



Negative declined bench with four hooks for barbell and eight weight horns.

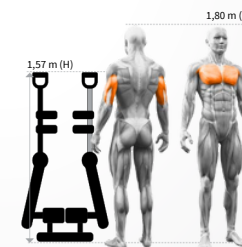
OLYMPIC BENCH INCLINE / E7042



SPECIFICATIONS

E7042

	Dimension	2185 x 1810 x 1570 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1600 x 880 x 420 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	101 kg











Inclined bench with four hooks for barbell and eight weight horns.

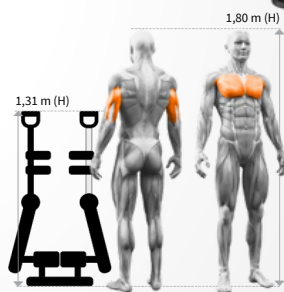
OLYMPIC BENCH / E7043



SPECIFICATIONS

E7043

 Dimension	2015 x 1815 x 1310 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	37 x 134 mm
 Transport box	1350 x 900 x 360 mm Carton
 Frame color	Black, Grey, White
 Application color	Black, Brown, Yellow
 Weight	80 kg











Flat bench with four hooks for barbell and eight weight horns.

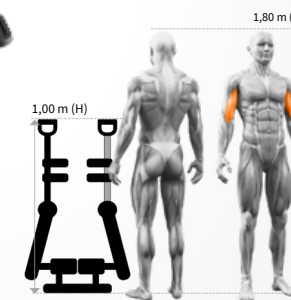
SEATED PREACHER CURL / E7044



SPECIFICATIONS

E7044

 Dimension	1310 x 815 x 1005 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	37 x 134 mm
 Transport box	1650 x 900 x 300 mm Carton
 Frame color	Black, Grey, White
 Application color	Black, Brown, Yellow
 Weight	66 kg



Bench offers two different positions for varied workouts and accommodates users of all sizes.

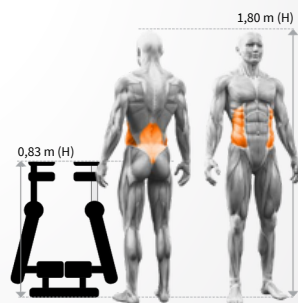
BACK EXTENSION / E7045



SPECIFICATIONS

E7045

	Dimension	1520 x 790 x 830 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1480 x 750 x 580 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	70 kg



Retaining bottom edge for stability and comfort throughout the entire exercise.

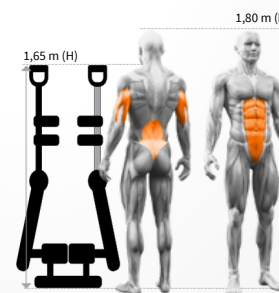
VERTICAL KNEES UP DIP / E7047



SPECIFICATIONS

E7047

	Dimension	1040 x 720 x 1650 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1650 x 1100 x 280 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	82 kg



Elbow pads and special dip handles provide comfort, shaped urethane pads protect the frame.

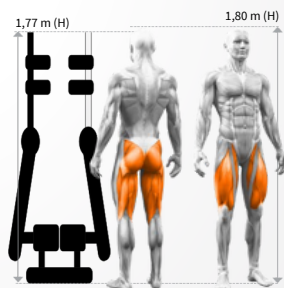
SQUAT RACK / E7050



SPECIFICATIONS

E7050

	Dimension	1385 x 1745 x 1770 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1900 x 1450 x 200 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	125 kg



The polyurethane coating reduces wear and limits noise makes for a gentle workout.

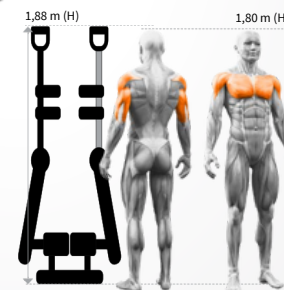
OLYMPIC SEATED BENCH / E7051



SPECIFICATIONS

E7051

	Dimension	1255 x 1100 x 18795 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1850 x 1450 x 250 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	125 kg



Military Bench features molded urethane protective racking that limits noise and protects the bar from wear for a stable and precise workout

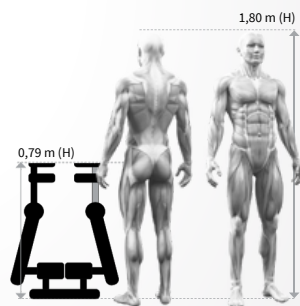
VERTICAL PLATE TREE / E7054



SPECIFICATIONS

E7054

	Dimension	680 x 690 x 795 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	880 x 750 x 320 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	35 kg



Stable stand with six horns for weight plates; Easy to mount and remove the plates.

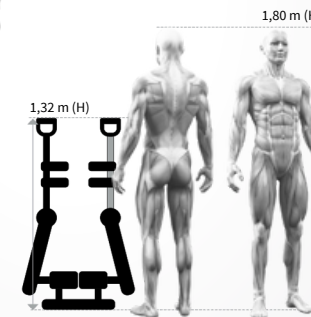
BARBELL RACK / E7055



SPECIFICATIONS

E7055

	Dimension	990 x 850 x 1320 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1350 x 1050 x 200 mm Carton
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight	82 kg



Accommodates a wide range of Barbells and Curl Bars; Ensures that equipment is easily accessible.

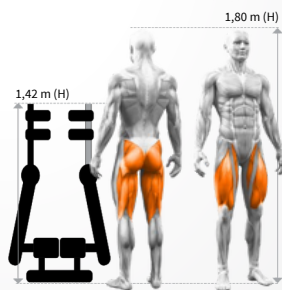
ANGELED LEG PRESS / E7056



SPECIFICATIONS

E7056

✂ Dimension	2090 x 1400 x 1420 mm
📦 Weight stack	--
📦 Extra weight stack	--
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1420 x 1520 x 520 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ●
⚖ Weight net / gross	200 kg / 248 kg



The Angeled Leg Press features heavy duty commercial linear bearings for smooth motion and durable. The 45-degree angle and two starting positions simulate an optimal leg-press movement, but with spinal pressure removed. Two weight horns on the footplate allow users to easily load the weight plates, fixed handles is independent of the locking lever for better body stabilisation.

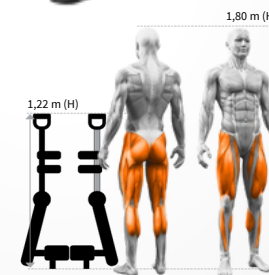
HACK SLIDE / E7057



SPECIFICATIONS

E7057

✂ Dimension	2040 x 1630 x 1220 mm
📦 Weight stack	--
📦 Extra weight stack	--
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1420 x 1520 x 520 mm Plywood
🎨 Frame color	● ● ●
🎨 Application color	● ● ●
⚖ Weight net / gross	175 kg / 223 kg



The Hack Squat simulates the motion path of a ground squat, providing the same experience as free weight training. Not only that, but the special angle design also eliminates the shoulder load and spinal pressure of traditional ground squats, stabilises the exerciser's center of gravity on the inclined plane, and ensures the straight transmission of force.

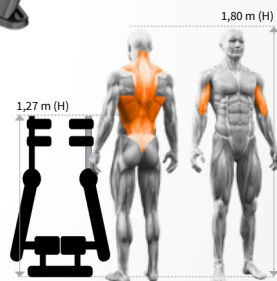
INCLINE LEVEL ROW / E7061



SPECIFICATIONS

E7061

✂ Dimension	1770x 1160 x 1275 mm
📦 Weight stack	--
📦 Extra weight stack	--
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1650 x 1550 x 410 mm Carton
🔧 Frame color	● ● ●
🔧 Application color	● ● ●
⚖ Weight net / gross	73 kg / 100 kg



Two differently arranged handles provide variance during the exercise. Two stand plates stainless steel pad for more grip at different heights adapt user sizes. The chest padding ensures comfortable lying on.

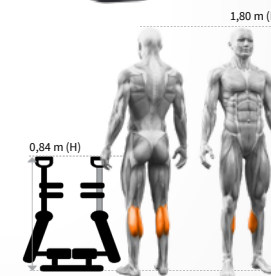
SEATED CALF / E7062



SPECIFICATIONS

E7062

✂ Dimension	1230 x 660 x 840 mm
📦 Weight stack	--
📦 Extra weight stack	--
📏 Frame dimensions	37 x 134 mm
📦 Transport box	1270 x 720 x 380 mm Carton
🔧 Frame color	● ● ●
🔧 Application color	● ● ●
⚖ Weight net / gross	45 kg / 65 kg



The Seated Calf allows the user to activate the rationally using body weight and additional weight plates. Easily adjustable thigh pads support users of different sizes, and the seated design removes spinal pressure for a more comfortable and effective training. The start-stop catch lever ensures safety when starting and ending training.

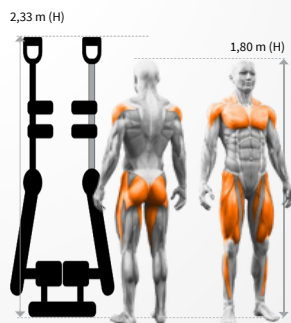
SMITH MACHINE / E7063



SPECIFICATIONS

E7063

	Dimension	2090x 1500 x 2330 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	2400 x 1550 x 400 mm Plywood
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight net / gross	222 kg / 270 kg



Due to the negative angle, a natural movement during pressure exercises and squats is particularly supported low starting weight due to counter weights. A closed guide rail with safety latches offers quick and easy adjustment. Eight weight ups.

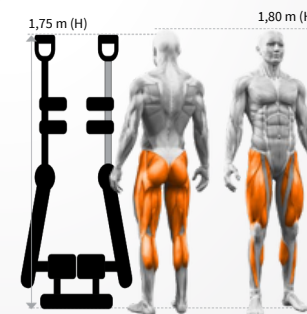
SUPER SQUAT / E7065



SPECIFICATIONS

E7065

	Dimension	1790 x 1630 x 1750 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	2000 x 1100 x 620 mm Plywood
	Frame color	Black, Grey, White
	Application color	Black, Brown, Yellow
	Weight net / gross	121 kg / 165 gross











The Super Squat offers both forward and reverse squat training modes to activate the major muscles of the thighs and hips. The wide, angled foot platform keeps the user's path of motion on an incline plane, greatly releasing pressure on the spine. The locking lever will automatically drop when you start training reachable locking handle for easy reset when exiting training.

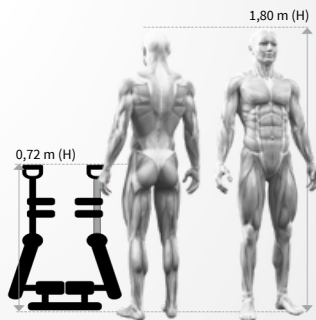
DUMBBELL RACK / E7067



SPECIFICATIONS

E7067

 Dimension	2295 x 595 x 725 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	37 x 134 mm
 Transport box	2330 x 440 x 150 mm Carton
 Frame color	● ● ●
 Application color	● ● ●
 Weight	50 kg











The clean, efficient 5 Pair Beauty Dumbbell Rack allows for easy access to of dumbbells in a space efficient design.

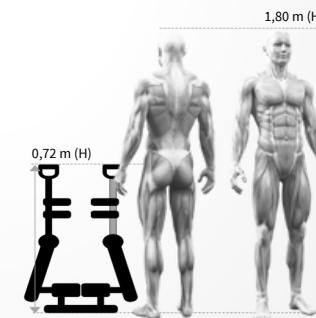
DUMBBELL RACK / E7077



SPECIFICATIONS

E7077

 Dimension	2300 x 600 x 720 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	37 x 134 mm
 Transport box	2330 x 440 x 150 mm Carton
 Frame color	● ● ●
 Application color	● ● ●
 Weight	76 kg



The clean, efficient 2-Tier, 10 Pair Dumbbell Rack allows for easy access to of dumbbells in a space efficient design.

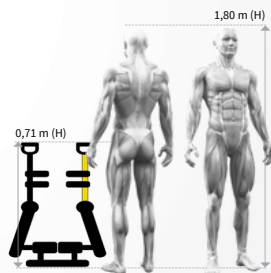
DUMBBELL RACK / E7077S



SPECIFICATIONS

E7077S

	Dimension	1050 x 590 x 710 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	910 x 690 x 210 mm Carton
	Frame color	● ● ●
	Application color	● ● ●
	Weight	40 kg



This rack is compact and fit 5 pairs of dumbbells which is friendly to limited training areas such as hotels and apartments.



PSLT

FITNESS SOLUTIONS



EVOST III RANGE

THE MID MARKET STRENGTH RANGE









DISCOVER THE DHZ MID MARKET STRENGTH EQUIPMENT. SMARTLY PRODUCED AND AN AFFORDABLE SOLUTION.

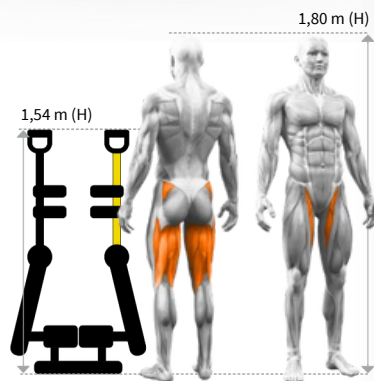
PRONE LEG CURL / U2001



SPECIFICATIONS

U2001

	Dimension	1650 x 960 x 1540 mm
	Weight stack	95 kg
	Extra weight stack	U2001_EW / 140 kg
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 320 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	225 kg










The **FUSION PRO Series Prone Leg Curl** uses a Prone design to improve the user experience. The widened elbow pads and handles help users to better stabilise the torso, and the ankle roller pads can any length and ensure stable and optimal resistance.

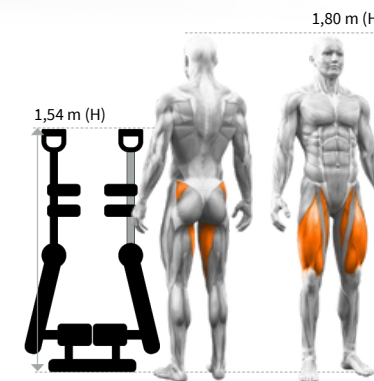
LEG EXTENSION / U2002



SPECIFICATIONS

U2002

	Dimension	1570 x 1030 x 1540 mm
	Weight stack	110 kg
	Extra weight stack	U2002_EW / 140 kg
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 420 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	230 kg















The **Leg Extension** has several starting positions that can be freely adjusted according to the needs of the user to improve the flexibility of the training. The adjustable ankle padding allows the user to choose the most comfortable posture in a small area. The seat and back cushions have been ergonomically optimised, which also allows easy alignment of the knees with the axis of rotation to achieve good biomechanics.

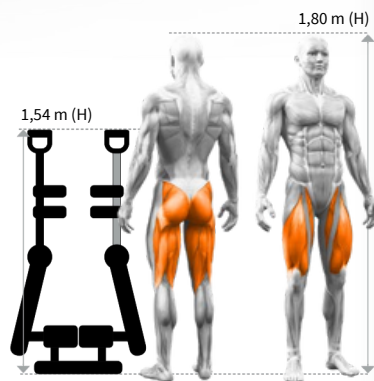
LEG PRESS / U2003



SPECIFICATIONS

U2003

	Dimension	2090 x 1060 x 1540 mm
	Weight stack	140 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	2000 x 1100 x 370 mm Plywood
	Frame color	 
	Application color	  
	Weight	270 kg
















The **FUSION PRO series Leg Press** has widened foot pads. To achieve a better training effect, the design allows full extension during training and supports the maintenance of verticality to simulate a squat exercise. The seat and back cushions have been ergonomically optimised to provide better support and comfort, which can also allow different users their desired starting positions.

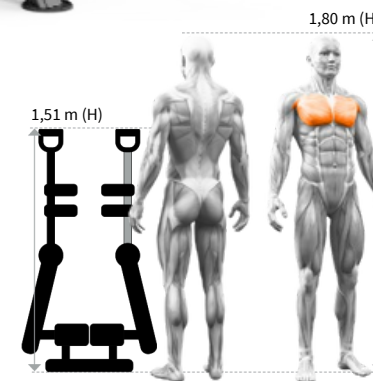
BUTTERFLY / U2004



SPECIFICATIONS

U2004

	Dimension	930 x 1480 x 1510 mm
	Weight stack	110 kg
	Extra weight stack	U2004_EW / 140 kg
	Frame dimensions	25 mm
	Transport box	2000 x 1100 x 420 mm Plywood
	Frame color	 
	Application color	  
	Weight	244 kg



The **Butterfly Machine** was developed to effectively activate most chest muscles and minimize the influence of the anterior delto muscle through the downward movement patterns. The seat and back cushions have been ergonomically optimised. In the mechanical structure, the independent movement arms make the force more even during the training process, and their shape design allows users to reach the best range of movement.

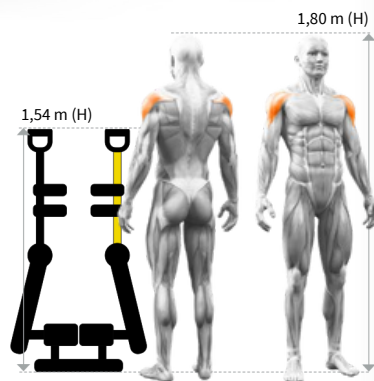
LATERAL RAISE / U2005



SPECIFICATIONS

U2005

✂ Dimension	980 x 1270 x 1540 mm
📋 Weight stack	52 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 370 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	180 kg



The Lateral Raise is designed so that the exercisers can take a sitting posture and easily adjust the height of the seat to ensure that the shoulders are aligned with the pivot point and thus an effective training can be carried out. The seat has been ergonomically optimised to provide better support and comfort. And the upright, open design makes it easier to get in and out of the device.

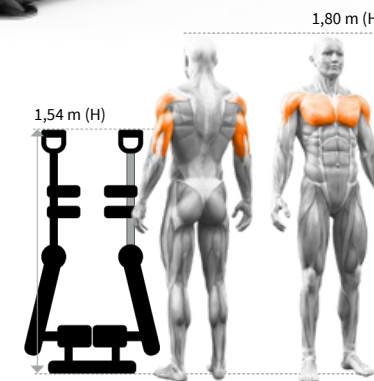
SHOULDER PRESS / U2006



SPECIFICATIONS

U2006

✂ Dimension	1750 x 1350 x 1540 mm
📋 Weight stack	110 kg
📋 Extra weight stack	U2006_EW / 140 kg
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 420 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	237 kg



The Shoulder Press uses a sloping back padding with an adjustable seat to better stabilize the torso and adapt to users of different sizes. The shoulder press is simulated to make the Biomechanics better understand movement of the shoulder. The device is also equipped with comfortable handles with different positions, which increases the comfort of the exercisers and the variety of exercises.

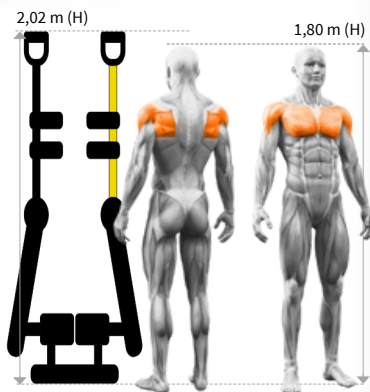
REAR DELT / PEC FLY / U2007



SPECIFICATIONS

U2007

✂ Dimension	1860 x 1310 x 2020 mm
📋 Weight stack	110 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	2070 x 820 x 320 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	273 kg



The **Rear Delt / Pec Fly** is equipped with adjustable, rotating arms, which should adapt to the arm length of different exercisers and offer the right training posture. The independent adjustment crank on both sides not only offer different starting positions, but also provide more variety in training. The long and narrow back padding provides support for the back during the Pec Fly and for the chest muscles during the training of the delta muscles.

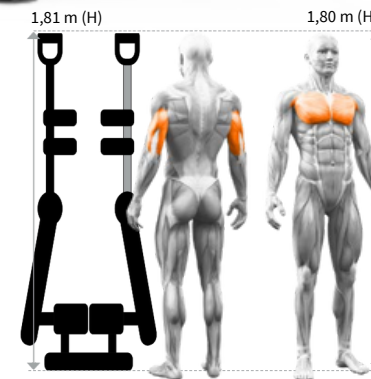
VERTICAL PRESS / U2008



SPECIFICATIONS

U2008

✂ Dimension	1490 x 1060 x 1810 mm
📋 Weight stack	110 kg
📋 Extra weight stack	U2008_EW / 140 kg
📏 Frame dimensions	25 mm
📦 Transport box	2100 x 1100 x 570 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	246 kg










The **FUSION PRO Series Vertical Press** is ideal for training muscle parts of the upper body. The adjustable back cushion allows a flexible starting position that balances both comfort and performance. The Split-Type Motion Design allows the exerciser to choose between different training programs. The low pivot point of the movement arm ensures a correct movement path and makes it easier to get in and out of the unit.

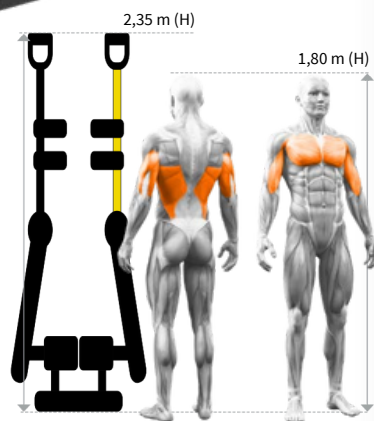
DIP/CHIN ASSIST / U2009



SPECIFICATIONS

U2009

	Dimension	1390 x 1220 x 2350 mm
	Weight stack	88 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 320 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	220 kg











The Dip / Chin Assist is a sophisticated dual-function system. Large running boards, comfortable knee pads, rotatable tilt handles and multi-position pull bars are part of the highly versatile Dip-Chin Assist device. The knee protector can be folded in to allow the user an unsupported training. The linear bearing mechanism guarantees the overall stability and durability of the device. The adjusted weight reduces the necessary pulling force.

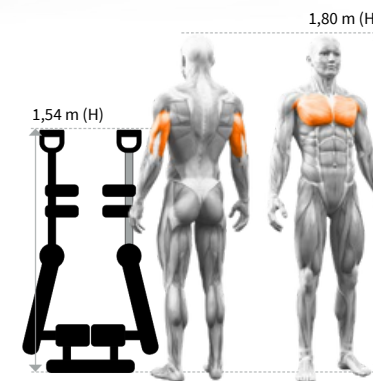
INCLINE PRESS / U2013



SPECIFICATIONS

U2013

	Dimension	2070 x 1470 x 1540 mm
	Weight stack	110 kg
	Extra weight stack	U2013_EW / 140 kg
	Frame dimensions	25 mm
	Transport box	2000 x 1220 x 420 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	274 kg













The Incline Press meets the needs of different users for inclined bench press through a small adjustment over the adjustable seat and back cushion. The double-position handle can meet the comfort and exercise variety of the exercisers. The seat and back cushion have been ergonomically optimised, and the reasonable movement path allows users to train in a less spacious environment without feeling constricted or restricted.

CABLE CROSSOVER / U2016



SPECIFICATIONS

U2016

	Dimension	4440 x 1110 x 2310 mm
	Weight stack	95 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	3300 x 1100 x 570 mm Plywood
	Frame color	 
	Application color	
	Weight	353 kg











The Cable Crossover is a self-contained cable crossover device that provides two sets of adjustable cable positions, allowing two users to execute different workouts at the same time, or individually. Supplied with a rubber-wrapped pull-up handle with dual grip positions. With quick and easy adjustments, users can use it alone or in combination with gym benches and other accessories to complete a variety of workouts.

CABLE CROSSOVER / U2017



SPECIFICATIONS

U2017

	Dimension	1565 x 1200 x 2165 mm
	Weight stack	95 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	2250 x 1080 x 340 mm Plywood
	Frame color	 
	Application color	
	Weight	353 kg

The Cable Crossover supports taller users for diverse workouts, with 21 adjustable cable positions to accommodate most users of all sizes, making it even better when used as a standalone device. The double 95kg weight stack provides enough load even for experienced lifters.

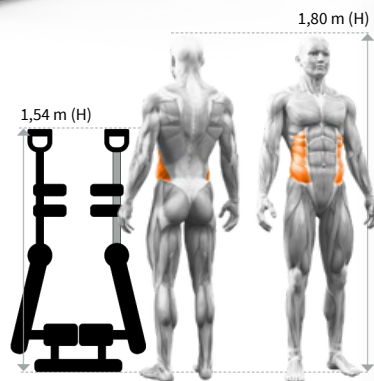
ROTARY TORSO / U2018



SPECIFICATIONS

U2018

	Dimension	1140 x 1020 x 1540 mm
	Weight stack	65 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 350 mm Plywood
	Frame color	
	Application color	
	Weight	166 kg



The **FUSION PRO Series Rotary Torso** is a powerful and comfortable device that offers users an effective way to strengthen the core and back muscles. The knee seat design is used, which can stretch the hip flexors while the pressure on the lower back is reduced as much as possible. The uniquely designed knee pads ensure stability and comfort during use and offer protection for multi-position training.

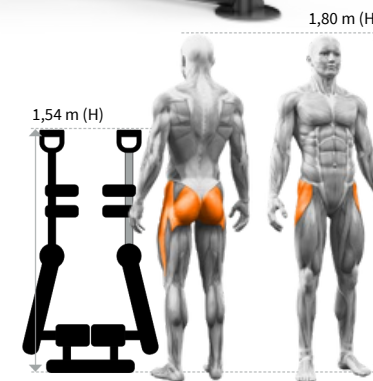
ADDUCTOR & ABDUCTOR / U2021



SPECIFICATIONS

U2021

	Dimension	1610 x 750 x 1540 mm
	Weight stack	92 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 420 mm Plywood
	Frame color	
	Application color	
	Weight	235 kg











The **FUSION PRO Abductor & Adductor** has an easily adjustable starting position for both internal and external thigh exercises. Two footrests can accommodate a variety of exercisers. The seat and the back cushion were ergonomically optimised to provide better support and comfort. And the swivel thigh pads are angled for improved function and comfort during training, which makes it easier for exercisers to concentrate on muscle strength.

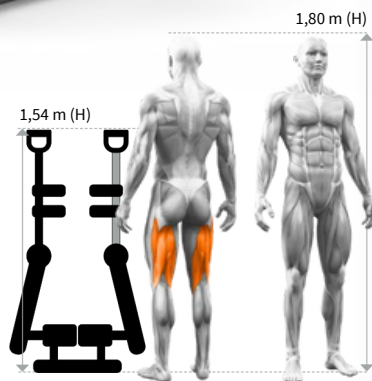
SEATED LEG CURL / U2023



SPECIFICATIONS

U2023

	Dimension	1480 x 1080 x 1540 mm
	Weight stack	110 kg
	Extra weight stack	U2023_EW / 140 kg
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 420 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	245 kg





The **FUSION PRO Series Seated Leg Curl** is designed with adjustable calf and thigh pads. The wide seat padding is slightly inclined to correctly align the exerciser's knees with the pivot point so that customers have the right training, and can achieve better muscle isolation as well as higher comfort.

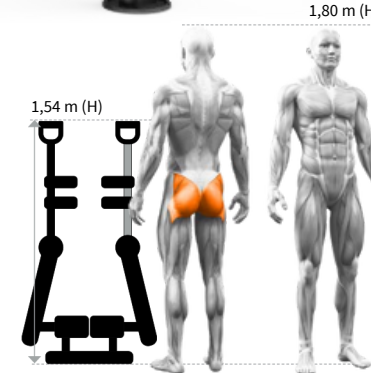
GLUTE ISOLATOR / U2024



SPECIFICATIONS

U2024

	Dimension	1030 x 1230 x 1540 mm
	Weight stack	49 kg
	Extra weight stack	U2024_EW / 94 kg
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 290 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	139 kg



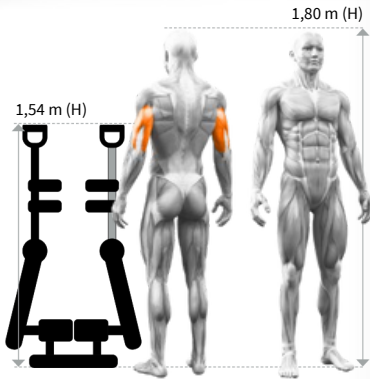
The **Glute Isolator** is based on the standing position on the floor and aims to train the muscles of the hips and legs. Elbow pads, adjustable chest pads and handles provide stable support for different users. The use of solid floor feet instead of counterweight plates improves the stability of the device and increases the room for movement. The exerciser can enjoy a stable strength development to maximise hip extension.

SEATED DIP / U2026



SPECIFICATIONS

✂	Dimension	1560 x 1210 x 1540 mm
📋	Weight stack	110 kg
📋	Extra weight stack	U2026_EW / 140 kg
📏	Frame dimensions	25 mm
📦	Transport box	1700 x 1320 x 350 mm Plywood
🔧	Frame color	● ●
🔧	Application color	● ● ●
⚖	Weight	232 kg



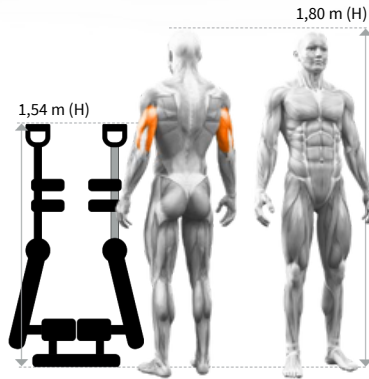
The **FUSION PRO Series Seated Dip** is designed for the training of the triceps and chest muscles. The device imitates the movement of the traditional push-ups on parallel rods and offers guided support for training. In doing so, the safety of the exercise is guaranteed. The seat and back padding have been ergonomically optimised to provide better support and comfort.

SEATED TRICEPS-FLAT / U2027



SPECIFICATIONS

✂	Dimension	960 x 1240 x 1540 mm
📋	Weight stack	65 kg
📋	Extra weight stack	U2027_EW / 110 kg
📏	Frame dimensions	25 mm
📦	Transport box	1680 x 1080 x 350 mm Plywood
🔧	Frame color	● ●
🔧	Application color	● ● ●
⚖	Weight	186 kg



The **Seated Triceps Flat** ensures that the exerciser's arms are fixed in the correct training position to train their triceps with maximum efficiency and comfort through the seat adjustment and the integrated elbow arm pad. The structure of the device is simple and practical and takes into account the ease of use and the training effect.

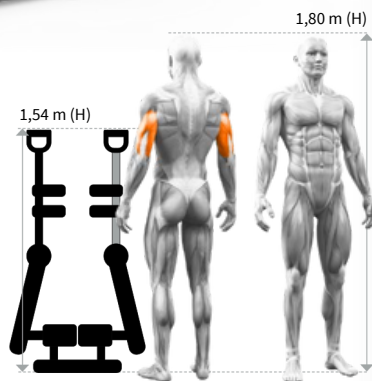
TRICEPS EXTENSION / U2028



SPECIFICATIONS

U2028

✂ Dimension	1160 x 960 x 1540 mm
📋 Weight stack	65 kg
📋 Extra weight stack	U2028_EW / 110 kg
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 350 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	165 kg



The **FUSION PRO Series Triceps Extension** uses a classic design to emphasise the biomechanics of the triceps extension. In order to enable users to train their triceps comfortably and efficiently, the seat adjustment and the inclinedArm pads play a good role in positioning.

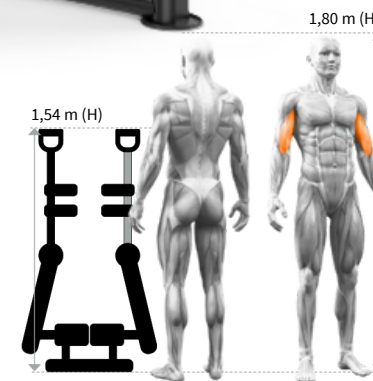
BICEPS CURL / U2030



SPECIFICATIONS

U2030

✂ Dimension	1200 x 940 x 1540 mm
📋 Weight stack	65 kg
📋 Extra weight stack	U2030_EW / 110 kg
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 320 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	160 kg



The **Biceps Curl** has a scientific curl position with a convenient automatic adjustment handle that can adapt to different users. The adjustable single-seat ratchet mechanism can not only give the user to find the right movement position, but also to enable effective stimulation of the biceps and make the training more perfect. The seat has been ergonomically optimised to provide better support and comfort.

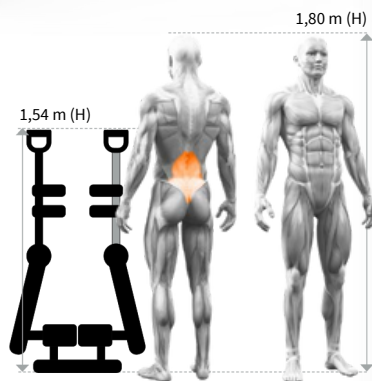
BACK EXTENSION / U2031



SPECIFICATIONS

U2031

✂ Dimension	1270 x 1010 x 1540 mm
📋 Weight stack	110 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 370 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	241 kg



The **FUSION PRO Back Extension** has a walk-in design with adjustable back wheels that allows the exerciser to freely choose the range of movement. The widened waist pad provides comfortable and excellent support throughout the entire range of motion. Simple lever principle, excellent sports experience.

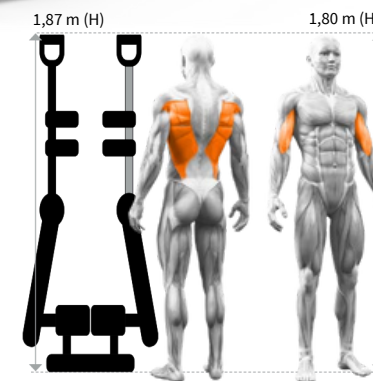
LONG PULL / U2033



SPECIFICATIONS

U2033

✂ Dimension	1800 x 1330 x 1870 mm
📋 Weight stack	110 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	2100 x 1100 x 420 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	215 kg



The **Long Pull** can be used not only as part of the serial modular core of a slot workstation or a multi-person station, but also as a stand-alone mid-row device. The Long Pull has an elevated seatZ for convenient entry and exit. Separate foot pads can adapt to users of different heights without affecting the movement path of the device. The mid-row position allows users to maintain an upright back position. Handles are easily replaceable.

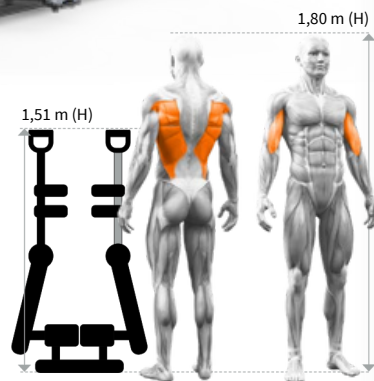
VERTICAL ROW / U2034



SPECIFICATIONS

U2034

✂ Dimension	1490 x 1290 x 1510 mm
📋 Weight stack	95 kg
📋 Extra weight stack	U2034_EW / 110 kg
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 420 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	231 kg



The Vertical Row has an adjustable chest padding and seat height and can provide a starting position according to the size of different users. The seat and chest padding have been ergonomically optimized to offer better support and comfort. The L-shaped design of the handle allows users to use both wide and narrow grip methods for training to better activate the corresponding muscle groups.

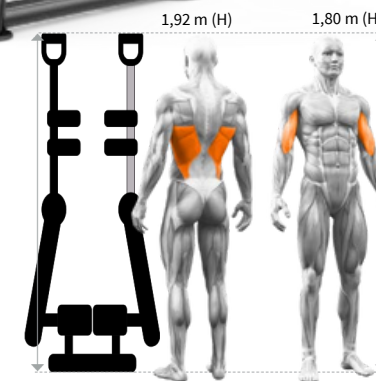
PULLDOWN / U2035



SPECIFICATIONS

U2035

✂ Dimension	1300 x 1400 x 1920 mm
📋 Weight stack	110 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 600 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	267 kg



The FUSION PRO Series Pull Down has a refined biomechanical design that enables a more natural and fluid movement sequence. The ergonomically optimised seat and the rolling pads maximize comfort and stability for trainers of all sizes and help them to position themselves correctly.

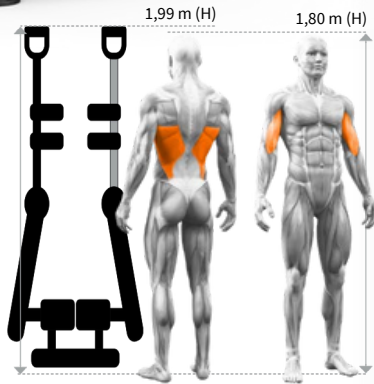
STANDING MULTI FLIGHT / U2046



SPECIFICATIONS

U2046

✂ Dimension	1430 x 890 x 1990 mm
📋 Weight stack	80 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1980 x 1080 x 580 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	322 kg



The Multifunctional Machine is for a complete upper body workout. With height adjustment of the rotation centers, counterbalanced and starting angle adjustment, this machine ensures a natural and effective adaptation of the load.

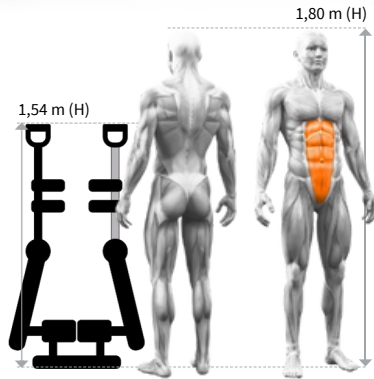
ABDOMINAL ISOLATOR / U2073



SPECIFICATIONS

U2073

✂ Dimension	1330 x 1010 x 1540 mm
📋 Weight stack	95 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1700 x 1100 x 320 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	214 kg



The FUSION PRO Abdominal Isolator follows a walk-in minimalist design with no unnecessary adjustment steps. Uniquely designed seat pad provides strong support and protection during training. Foam rollers provide effective cushioning for training, and counterweights provide low starting resistance to ensure smooth and safe movement

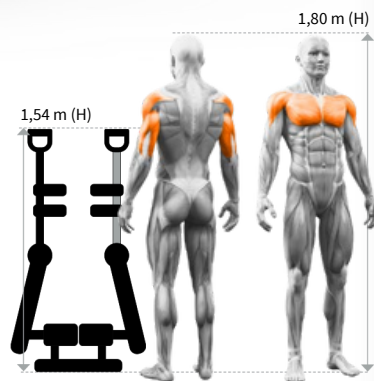
CHEST & SHOULDER PRESS / U2084



SPECIFICATIONS

U2084

✂ Dimension	1810 x 1460 x 1540 mm
📋 Weight stack	110 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	2000 x 1100 x 420 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
🏋 Weight	256 kg



The Chest & Shoulder Press combines the functions of three machines in one. The user can adjust the pressure arm and the seat on the machine to perform bench press, oblique upward pressure and shoulder press. The seat and the back cushion has been ergonomically optimised. The comfortable, oversized handles in several positions, combined with the simple adjustment of the seat, allow users to easily in position to perform different exercises.

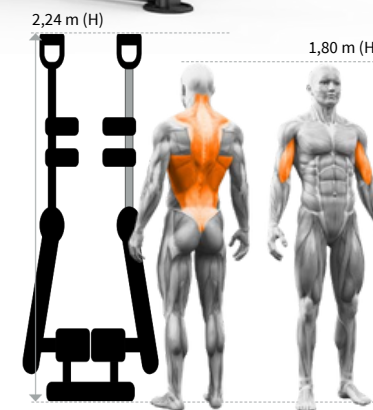
LAT & PULL / U2085



SPECIFICATIONS

U2085

✂ Dimension	1970 x 1150 x 2240 mm
📋 Weight stack	110 kg
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	2100 x 1100 x 420 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
🏋 Weight	230 kg















The FUSION PRO Series Lat & Pull is a dual-function machine with positions for lat pull and medium rowing. It has an easily adjustable thigh holding padding, an extended seat and a skirting board to facilitate both exercises. Without leaving the seat, you can quickly switch to another training by making simple adjustments to maintain the continuity of the training.

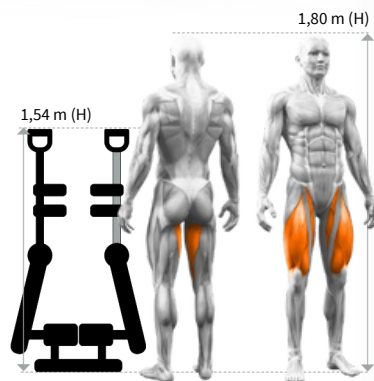
LEG EXTENSION & LEG CURL / U2086



SPECIFICATIONS

U2086

	Dimension	1450 x 1020 x 1540 mm
	Weight stack	110 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 470 mm Plywood
	Frame color	 
	Application color	  
	Weight	255 kg













The **FUSION PRO Series Leg Extension & Leg Curl** is a dual-function machine. With practical shin and ankle padding that you can easily adjust from the sitting position. The seat and back cushion have been ergonomically optimized to offer better support and comfort. The shin padding is located below the knee and is specially designed for the leg stretcher to help users find the right training position for different exercises.

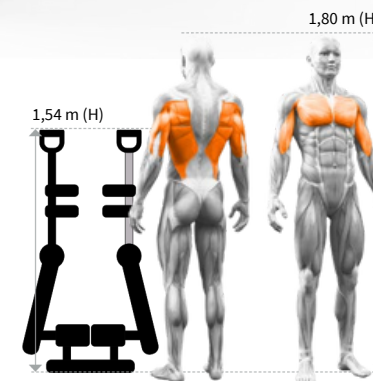
CAMBER CURL & TRICEPS / U2087



SPECIFICATIONS

U2087

	Dimension	1340 x 1070 x 1540 mm
	Weight stack	110 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 580 mm Plywood
	Frame color	 
	Application color	  
	Weight	225 kg



The **Camber Curl & Triceps** uses biceps-triceps combination grips, with which two exercises can be performed on one machine. The adjustable ratchet mechanism of the single-seater can not only help the user find the correct moving position, but also to ensure the best comfort. The seat and back cushion have been ergonomically optimised. A correct training posture and strength position can improve the performance of the exercise.

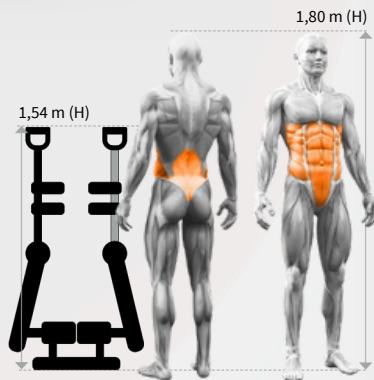
ABDOMINAL & BACK EXTENSION / U2088



SPECIFICATIONS

U2088

	Dimension	1550 x 1900 x 1540 mm
	Weight stack	110 kg
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1700 x 1100 x 580 mm Plywood
	Frame color	● ● ●
	Application color	● ● ●
	Weight	245 kg



The **Abdominal & Back Extension** is a dual-function machine designed to allow users to perform two exercises without leaving the machine. Both exercises utilize comfortable padded shoulder straps. A simple position adjustment provides two starting positions for the back extension and one for the abdominal extension.
















BENCHES

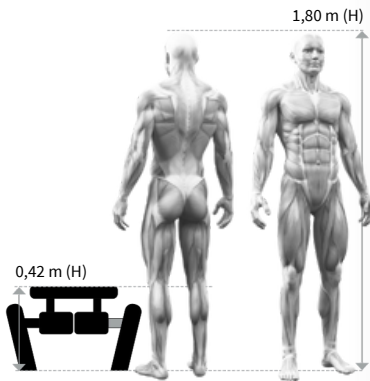
BORN FROM EXPERIENCE.

FLAT BENCH / U2036



SPECIFICATIONS **U2036**

	Dimension	1300 x 760 x 420 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1270 x 390 x 230 mm Plywood
	Frame color	 
	Application color	  
	Weight	20 kg






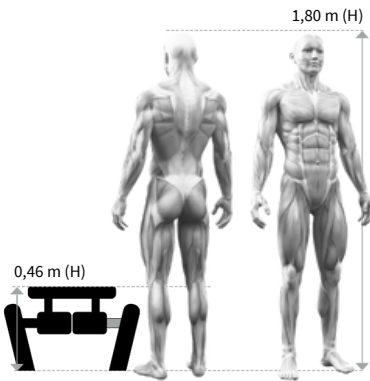
Simple flat bench with ideal height for dumbbell training.

DECLINE BENCH / U2037



SPECIFICATIONS **U2037**

	Dimension	1690 x 760 x 460 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1370 x 590 x 310 mm Plywood
	Frame color	 
	Application color	  
	Weight	45 kg











For freeweights exercises or abdominal trainer with different adjustment angles. Wheels for mobility.

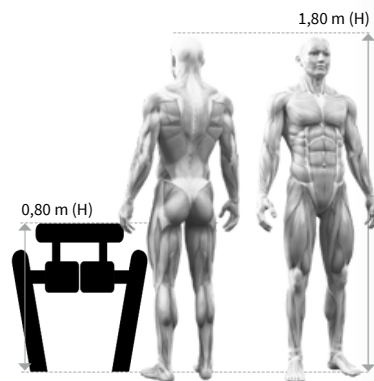
SEATED BENCH / U2038



SPECIFICATIONS

U2038

	Dimension	1220 x 760 x 800 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1160 x 450 x 220 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	20 kg











Seat position with back rest, close to the ground for stability and comfort. Foot support for stability.

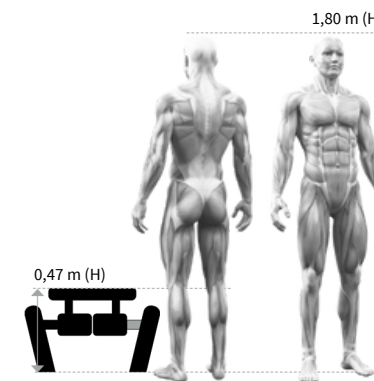
SUPER BENCH / U2039



SPECIFICATIONS

U2039

	Dimension	1410 x 760 x 470 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1420 x 500 x 260 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	38 kg



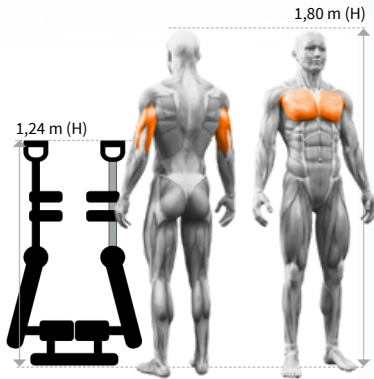
Bench with seat and backrest adjustment. Wheels for mobility. Adjustable to various angles.

OLYMPIC BENCH DECLINE / U2041



SPECIFICATIONS U2041

✂ Dimension	2080 x 1770 x 1240 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1310 x 810 x 280 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	69 kg



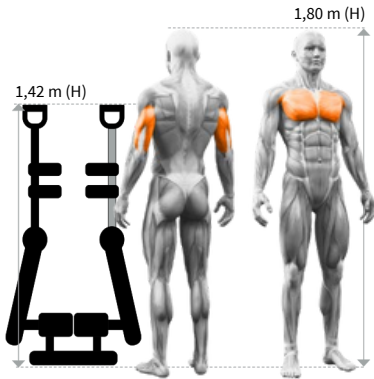
Negative declined bench with four hooks for barbell and four weight horns.

OLYMPIC BENCH INCLINE / U2042



SPECIFICATIONS U2042

✂ Dimension	2000 x 1770 x 1420 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1550 x 790 x 370 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	79 kg



Inclined bench with four hooks for barbell and four weight horns.

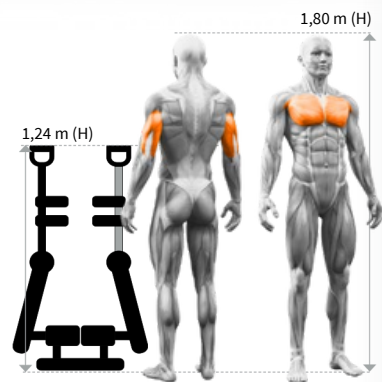
OLYMPIC BENCH / U2043



SPECIFICATIONS

U2043

✂ Dimension	1740 x 1770 x 1240 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1290 x 920 x 240 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	52 kg



Flat bench with four hooks for barbell and four weight horns.

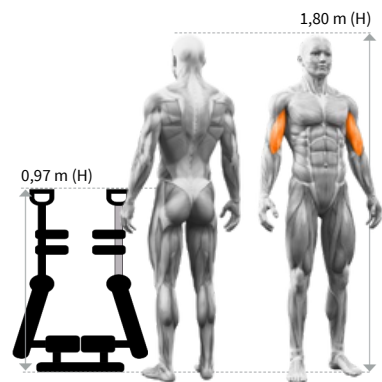
SEATED PREACHER CURL / U2044



SPECIFICATIONS

U2044

✂ Dimension	1300 x 800 x 970 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1170 x 950 x 390 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	45 kg










The Seated Preacher Curl offers two different positions for different workouts, which helps users with targeted comfort training to effectively activate the biceps. Open access design accommodates users of different sizes, the elbow rests help with proper customer positioning.

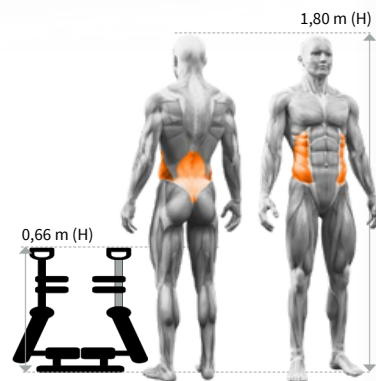
BACK EXTENSION / U2045



SPECIFICATIONS

U2045

	Dimension	1200 x 960 x 660 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1170 x 950 x 390 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	55 kg











Retaining bottom edge for stability and comfort throughout the entire exercise.

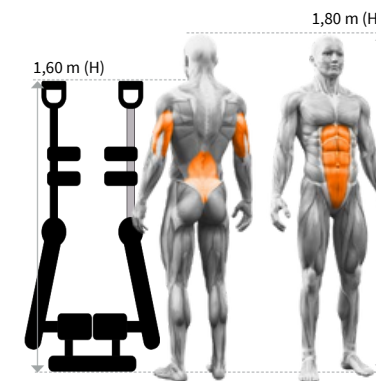
VERTICAL KNEES UP DIP / U2047



SPECIFICATIONS

U2047

	Dimension	1200 x 820 x 1600 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1640 x 1210 x 270 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	54 kg



Elbow pads and special dip handles provide comfort, shaped urethane pads protect the frame.

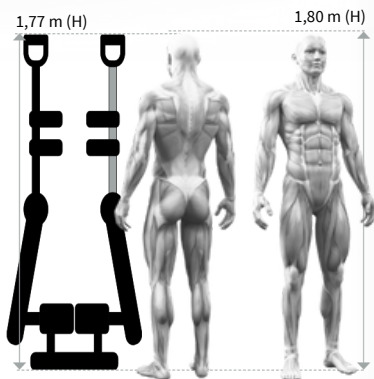
SQUAT RACK / U2050



SPECIFICATIONS

U2050

	Dimension	1370 x 1680 x 1770 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1950 x 770 x 250 mm Plywood
	Frame color	● ●
	Application color	
	Weight	76 kg



The bench offers multiple bar catches (ten weight horns.) to ensure the correct starting position for different squat workouts. The inclined design ensures a clear training path, and the double-sided limiter protects the user from the injury caused by the sudden drop of the barbell.

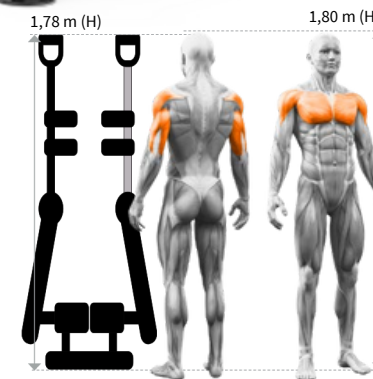
OLYMPIC SEATED BENCH / U2051



SPECIFICATIONS

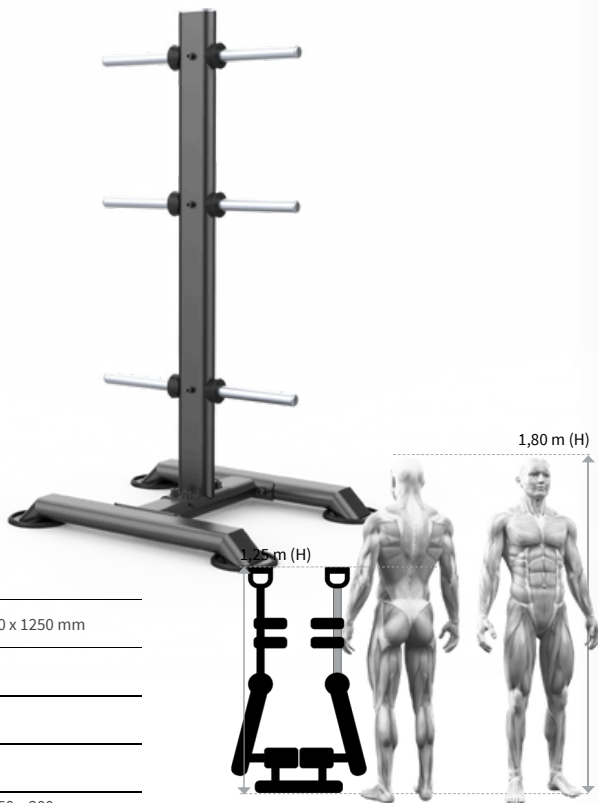
U2051

	Dimension	1170 x 1680 x 1780 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	325 mm
	Transport box	1820 x 890 x 270 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	92 kg



The bench with four weight horns. Features an angled seat provides correct and comfortable positioning, and the integrated limiters on both sides maximize the protection of exercisers from sudden dropping of Olympic bars. The non-slip spotter platform provides the ideal assisted training position, and the footrest provides extra support.

VERTICAL PLATE TREE / U2054



SPECIFICATIONS U2054

✂ Dimension	760 x 650 x 1250 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1220 x 350 x 200 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	19,50 kg

Stable stand with six horns for weight plates. Easy to mount and remove the plates.

BARBELL RACK / U2055



SPECIFICATIONS U2055

✂ Dimension	990 x 900 x 1420 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1390 x 1030 x 150 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	50 kg

Accommodates a wide range of barbells and curl bars; ensures that equipment is easily accessible.

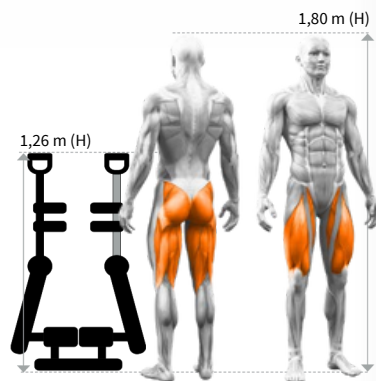
ANGLED LEG PRESS / U2056S



SPECIFICATIONS

U2056S

	Dimension	2170 x 1610 x 1260 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1980 x 1080 x 400 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	220 kg



The Angled Leg Press features heavy duty commercial linear bearings for smooth motion and durable. The 45-degree angle and two starting positions simulate an optimal leg-pressure movement, but with spinal pressure removed. The ergonomically optimized seat design provides accurate body positioning and support, the four weight horns on the footplate allow users to easily load the weight plates.

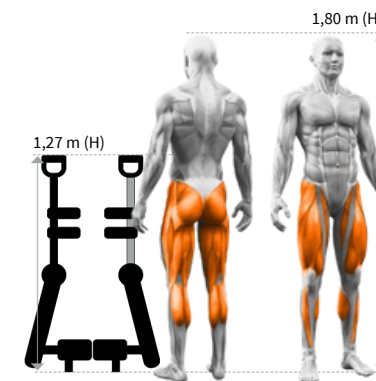
HACK SLIDE / U2057S



SPECIFICATIONS

U2057S

	Dimension	2230 x 1630 x 1270 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	2230 x 1350 x 470 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	170 kg














The Hack Slide simulates the motion path of a ground squat, providing the same experience as free weight training. Not only that, but the special angle design also eliminates the shoulder load and spinal pressure of traditional ground squats, stabilises the exerciser's center of gravity on the inclined plane, and ensures the straight transmission of force.

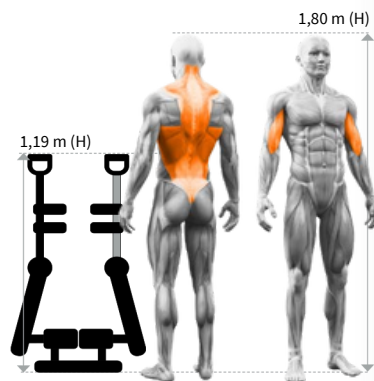
INCLINE LEVEL ROW / U2061



SPECIFICATIONS

U2061

 Dimension	1780 x 1140 x 1190 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	25 mm
 Transport box	1700 x 1100 x 470 mm Plywood
 Frame color	 
 Application color	  
 Weight	67 kg















The **Incline Level Row** uses the inclined angle to transfer more load to the back, effectively activate the back muscles, and the chest pad ensures stable and comfortable support. The dual-foot platform allows users of different sizes to be in the correct training position, and the dual-grip boom provides multiple possibilities for back training.

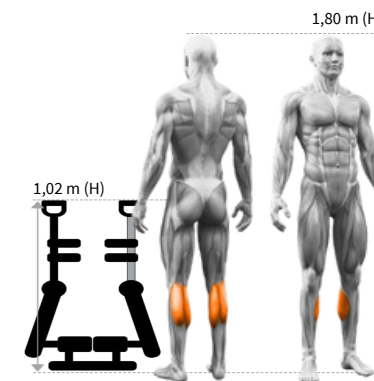
SEATED CALF / U2062



SPECIFICATIONS

U2062

 Dimension	1500 x 720 x 1020 mm
 Weight stack	--
 Extra weight stack	--
 Frame dimensions	25 mm
 Transport box	1290 x 720 x 270 mm Plywood
 Frame color	 
 Application color	  
 Weight	55 kg



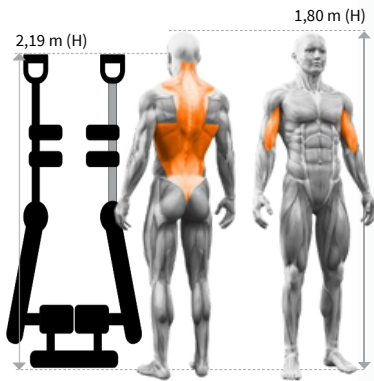
The **Seated Calf** allows the user to activate the calf muscles using body weight and additional weight plates. Easily adjustable thigh pads support users of different sizes, and the seated design removes spinal pressure for a more comfortable and effective training. The start-stop catch lever ensures safety when starting and ending training.

SMITH MACHINE / U2063



SPECIFICATIONS U2063

✂ Dimension	2220x 1530 x 2190 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	2,5 mm
📦 Transport box	2250 x 1550 x 340 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	208 kg



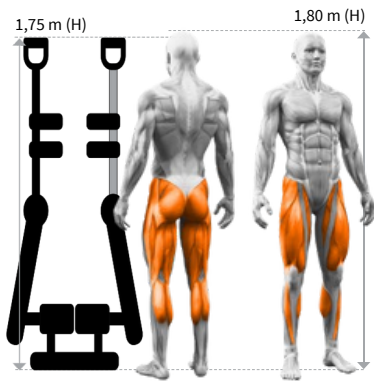
The Smith Machine is popular among users as an innovative, stylish, and safe plate loaded machine. The vertical motion of the Smith bar provides a stable path to assist exercisers in achieving the correct squat. Multiple locking positions allow users to stop training by rotating the Smith bar at any point during process of the exercise, and a cushioned base on the bottom protects the machine from damage caused by a sudden drop of the load bar.

SUPER SQUAT / U2065



SPECIFICATIONS U2065

✂ Dimension	1690 x 1630 x 1750 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	2100 x 1100 x 420 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	113 kg











The Super Squat offers both forward and reverse squat training modes to activate the major muscles of the thighs and hips. The wide, angled foot platform keeps the user's path of motion on an incline plane, greatly releasing pressure on the spine. The locking lever will automatically drop when you start training reachable locking handle for easy reset when exiting training.

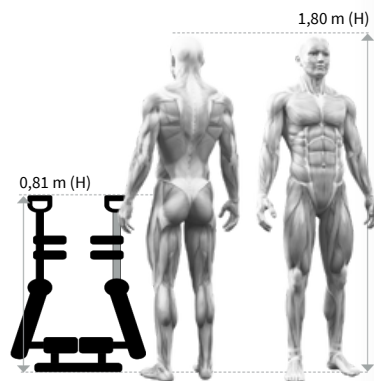
DUMBBELL RACK / U2077



SPECIFICATIONS

U2077

	Dimension	2130 x 620 x 810 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	2200 x 280 x 170 mm Plywood
	Frame color	● ●
	Application color	
	Weight	55 kg











The clean, efficient 2-Tier, 10 Pair Dumbbell Rack allows for easy access to of dumbbells in a space efficient design.

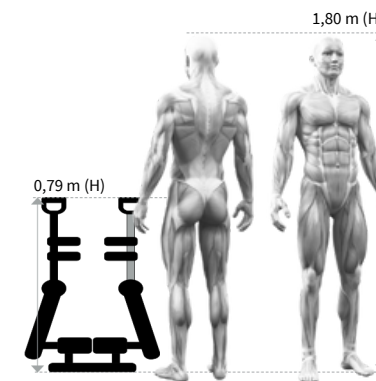
DUMBBELL RACK / U2077S



SPECIFICATIONS

U2077S

	Dimension	1050 x 620 x 790 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	-- Plywood
	Frame color	● ●
	Application color	
	Weight	36 kg



This rack is compact and fit 5 pairs of dumbbells which is friendly to limited training areas such as hotels and apartments.

PSLT

FITNESS SOLUTIONS

PLATE LOADED & SPECIALIST RANGE

DISCOVER THE DHZ RANGE OF PERFORMANCE TRAINING EQUIPMENT.

**BOOTY RANGE
Y900 - INCLUDING FOOT ASSISTED MACHINES
TITAN RANGE
DEFENDER RANGE**

BOOTY RANGE

FLEXIBLE AND CUSTOMISABLE
CAN'T FIND THE RIGHT COLOUR? WE MAKE YOUR WISHES POSSIBLE! THE UPHOLSTERY AND COLOURS CAN BE CUSTOMISED.



STANDARD COLOR OPTIONS



PEARL SILVER



SWING ARM



FRAME & UPHOLSTERY



PEARL RED



SWING ARM



FRAME & UPHOLSTERY



PEARL GREEN



SWING ARM



FRAME & UPHOLSTERY



PEARL BLACK



SWING ARM



FRAME & UPHOLSTERY

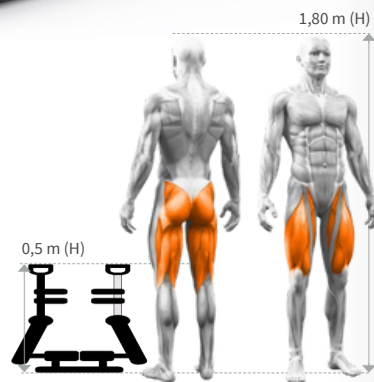
BELT HIP THRUST / A608



SPECIFICATIONS

A608

✂ Dimension	1870 x 2045 x 500 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	-- Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	103 kg / 128 kg
⚖ Max load*	160 kg
🏋 Recommended weight pack	GP120G
🔧 Weight storage	--



Take your lower body workouts to the next level with the **A608 - Belt Hip Thrust**. Designed to isolate and activate your glutes, this machine ensures maximum muscle engagement and growth. With adjustable plate-loaded resistance and an ergonomic design, it provides a comfortable, durable platform for hip thrusts and other lower body exercises. Compact and versatile, it's perfect for any gym setup.

*depending on plate thickness

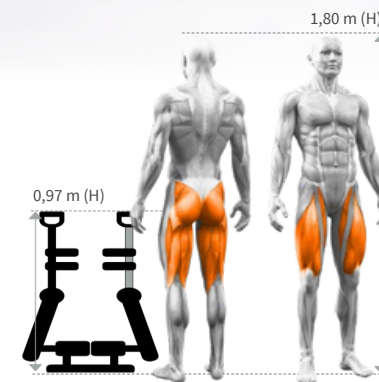
3D SMITH HIP THRUST / A609



SPECIFICATIONS

A609

✂ Dimension	1570 x 1630 x 970 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	-- Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	105 kg / 134 kg
⚖ Max load*	160 kg
🏋 Recommended weight pack	GP220G
🔧 Weight storage	4














A609 - 3D Smith Hip Thrust is designed to elevate your glute workouts with its advanced features and user-friendly design. This machine ensures optimal exercise mechanics and improved technique with minimal adjustments required.

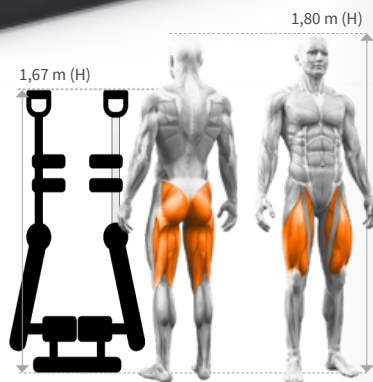
PENDULUM SQUAT / A610



SPECIFICATIONS

A610

	Dimension	2430 x 1410 x 1670 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	-- Plywood
	Frame color	
	Application color	
	Weight net / gross	205 kg / 235 kg
	Max loaded*	320 kg
	Recommended weight pack	GP220G
	Weight storage	4



The **A610 Pendulum Squat** offers an exceptional lower body workout with innovative features that set it apart from the competition. This machine provides a deep and controlled range of motion, allowing for effective squatting exercises that target key muscle groups. With a large back pad for secure body placement and sturdy uprights for stability, the A610 ensures a safe and comfortable training experience.











*depending on plate thickness

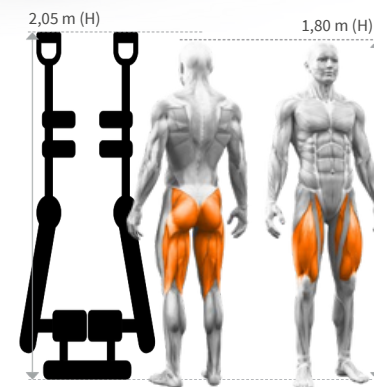
ADJUSTABLE VERTICAL LEG PRESS MACHINE / A616



SPECIFICATIONS

A616

	Dimension	2010 x 2140 x 2050 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	-- Plywood
	Frame color	
	Application color	
	Weight net / gross	280 kg / 310 kg
	Max load*	620 kg
	Recommended weight pack	2 x GP220G
	Weight storage	2



The machine starts at **60 KG**, with a maximum load capacity of up to **620 KG**, catering to both novice and advanced trainers. It's the perfect choice for those looking to increase strength and endurance. With an easy adjustment mechanism, users can quickly find the most suitable position for their exercises, ensuring both safety and effectiveness. The heavy-duty steel frame ensures the stability and durability of the machine.

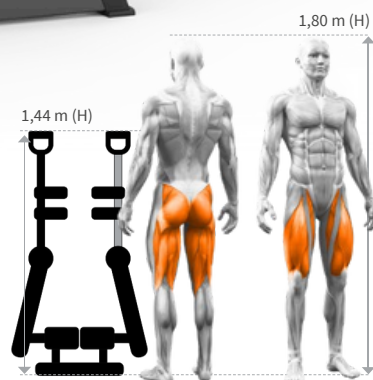
STANDING ABDUCTOR / D982-G02



SPECIFICATIONS

D982-G02

	Dimension	1628 x 1000 x 1441 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1080 x 1680 x 040 mm Plywood
	Frame color	Black
	Application color	Yellow, Grey, Red, Black
	Weight net / gross	113 kg / 143 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--



The Standing Abductor is designed to maximize the activation of the glute muscles. Compared with the abductor training in the sitting position, the standing position can stimulate the glute muscles more effectively and train more fully. Users can choose the squat height according to their needs, and the extended handrail help users maintain balance during training.



Y900 – WIDE RANGE EXERCISERS!

ELEVATE YOUR GYM WITH DHZ PLATE LOADED SERIES! DISCOVER HOW THIS CUTTING-EDGE EQUIPMENT PROVIDES A HIGH-INTENSITY, SAFE, AND BIOMECHANICALLY CORRECT WORKOUT, ATTRACTING FITNESS ENTHUSIASTS AND ENHANCING THEIR PERFORMANCE.

With its eye-catching, cool design, this series conveys a particularly high level of challenge. Here, the members, for whom fitness is a way of life, do not train, not a duty. The equipment definitely belongs in the workout area and is used for targeted maximum strength training.

INTENSE, BUT SAFE TRAINING

DHZ Plate Loaded devices offer a safe, biomechanically correct workout with the similar feeling of a free weight. The training is intense. Isolateral training can avoid and compensate for muscular imbalances. The loaded weight is visible to everyone, the trainee can show his performance potential.

FOOT ASSIST AVAILABLE

On some devices, a foot assist is optional, so that the user can start his training more comfortably and train well without help even with heavier weights.

- EASY TO USE
- BIOMECHANICALLY CORRECT WORKOUT
- FOOT ASSIST
- COOL DESIGN
- VARIOUS COLOR OPTIONS



FOOT ASSIST



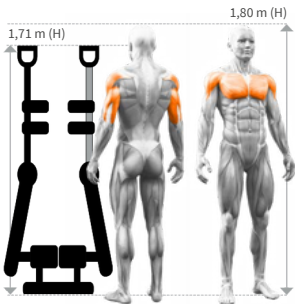
**TRANSFORMING
WORKOUTS INTO
A LIFESTYLE.**

CHEST PRESS / Y905



SPECIFICATIONS Y905/Y905L

✂ Dimension	1500 x 1200 x 1715 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1000 x 1650 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	137 kg / 167 kg
🏋 Max load*	200 kg
🏋 Recommended weight pack	GP140G
🔧 Weight storage	2



The Chest Press uses a forward converging movement that effectively activates the pectoralis major, triceps, and anterior deltoid. The motion arms can be moved independently, not only ensuring a more balanced muscle exercise, but also supporting the user in individual training.

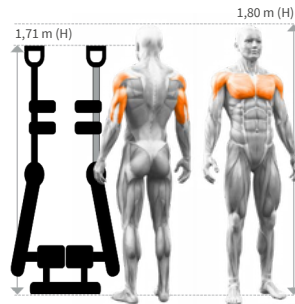
*depending on plate thickness

WIDE CHEST PRESS / Y910



SPECIFICATIONS Y910/Y910L

✂ Dimension	1450 x 1182 x 1715 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1000 x 1650 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	139 kg / 171 kg
🏋 Max load*	160 kg
🏋 Recommended weight pack	GP140G
🔧 Weight storage	2



The Wide Chest Press strengthens the lower pectoralis through a forward converging movement while activating the pectoralis major, triceps, and anterior deltoid. Excellent biomechanical trajectory makes training more comfortable and effective. Balanced strength increase, support for single-arm training, both thanks to the variety training possibilities offered by the independent motion arms.

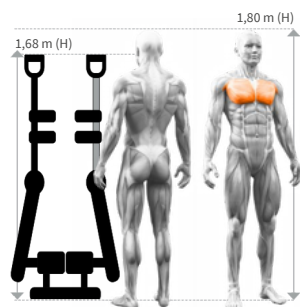
INCLINE CHEST PRESS / Y915



SPECIFICATIONS

Y915/Y915 L

	Dimension	1540 x 1030 x 1685 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1000 x 1650 x 700 mm Carton
	Frame color	
	Application color	
	Weight net / gross	130 kg / 160 kg
	Max load*	200 kg
	Recommended weight pack	GP140G
	Weight storage	2



The **Incline Chest Press** is designed to better train the upper chest muscles. Excellent biomechanical standards and ergonomic design ensure training effectiveness and comfort. The motion arms can be moved independently, not only ensuring a more balanced muscle exercise, but also supporting the user in individual training.

*depending on plate thickness

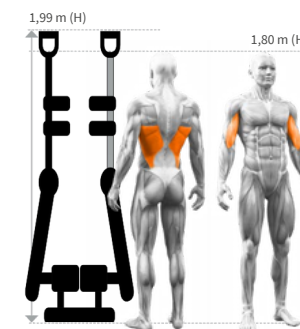
PULL DOWN / Y920



SPECIFICATIONS

Y920/Y920 L

	Dimension	1110 x 1740 x 1990 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1000 x 1650 x 700 mm Carton
	Frame color	
	Application color	
	Weight net / gross	167 kg / 201 kg
	Max load*	200 kg
	Recommended weight pack	GP140G
	Weight storage	2



The **Pull Down** provides a natural arc of motion and greater range, allowing users to effectively train the lats and biceps. The independently moving arms ensure balanced strength increase and allow for separate training. Excellent motion path design makes training smooth and comfortable.

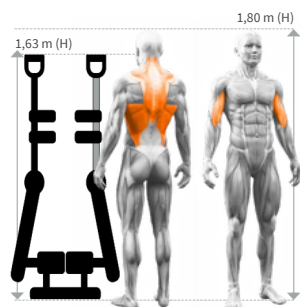
LOW ROW / Y925



SPECIFICATIONS

Y925/Y925L

✂ Dimension	1570 x 1290 x 1630 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1000 x 1650 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	116 kg / 146 kg
⚔ Max load*	200 kg
🌀 Recommended weight pack	GP140G
🔗 Weight storage	2



The Low Row offers activation programs for multiple muscle groups, including the lats, biceps, rear delts, and traps. Dual-hold position handgrips involve training of different muscles. The independently motion arms ensure the balance of the training and supports the user to perform independent training. The central handle provides stability during single-arm training.

*depending on plate thickness

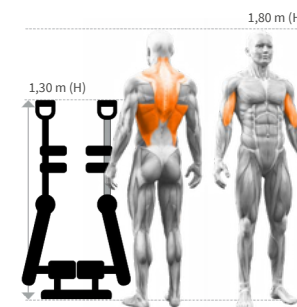
ROW / Y930



SPECIFICATIONS

Y930/Y930L

✂ Dimension	1190 x 1380 x 1300 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1400 x 1820 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	138 kg / 180 kg
⚔ Max load*	200 kg
🌀 Recommended weight pack	GP140G
🔗 Weight storage	2



The Row is designed to activate the lats, biceps, rear deltoid, and trapezius muscles. Provides variety training with dual-grip handles. The independently motion arms guarantee the balanced strength increase and allows the user to train independently. The central handle is responsible for the stability of independent workouts.

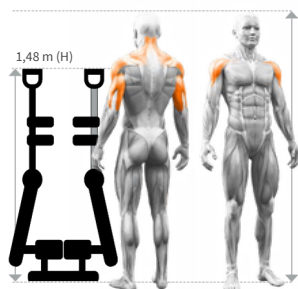
SHOULDER PRESS / Y935



SPECIFICATIONS

Y935/Y935L

	Dimension	1290 x 1260 x 1485 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1000 x 1650 x 700 mm Carton
	Frame color	
	Application color	
	Weight net / gross	112 kg / 156 kg
	Max load*	200 kg
	Recommended weight pack	GP140G
	Weight storage	2



The Shoulder Press provides the feel of free weight training, with an excellent biomechanical design ideal for strengthening delts, triceps and upper traps by replicating the overhead press. The independently motion arms guarantee the balanced strength increase and allow the user to train independently.

*depending on plate thickness

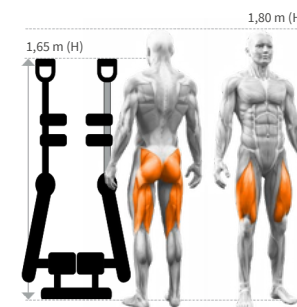
REAR KICK / Y940



SPECIFICATIONS

Y940

	Dimension	1115 x 1330 x 1650 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1000 x 1650 x 700 mm Carton
	Frame color	
	Application color	
	Weight net / gross	103 kg / 146 kg
	Max load*	140 kg
	Recommended weight pack	GP120G
	Weight storage	1



The Rear Kick replicates the rear kick movement with mechanically transmitted weight loads, which is an ideal choice for training glutes, hamstrings, and quads. The large footplates allow users to train in multiple positions, while the ergonomic pads provide reasonable stress distribution while stabilizing the torso.

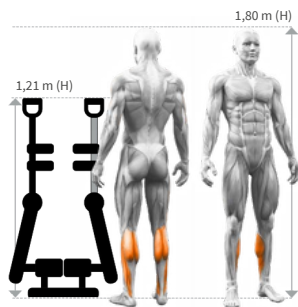
CALF / Y945



SPECIFICATIONS

Y945

✂ Dimension	1670 x 1220 x 1210 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1000 x 1650 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	145 kg / 186 kg
⚔ Max load*	260 kg
🌀 Recommended weight pack	GP220G
🔑 Weight storage	2



The Series Calf is designed to effectively target the gastrocnemius and calf muscle groups. Provides the freedom and focus of free weight training while delivering accurate load without stressing the spine. The wide footplate allows the user's training to vary with different foot positions.

*depending on plate thickness

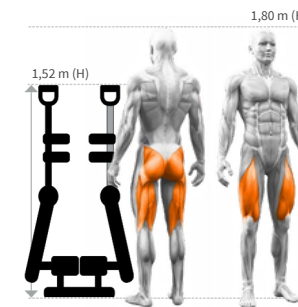
LEG PRESS / Y950



SPECIFICATIONS

Y950

✂ Dimension	1780 x 2060 x 1525 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1400 x 1820 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	224 kg / 261 kg
⚔ Max load*	260 kg
🌀 Recommended weight pack	GP220G
🔑 Weight storage	2



The Leg Press is designed to replicate the leg extension movement in a closed kinetic chain, that is very effective for quadriceps, hamstrings and glutes activation and training. The wide foot platform allows users to switch training according to the foot position. The handgrips provide stability during exercise and is also a start-stop switch for the training.

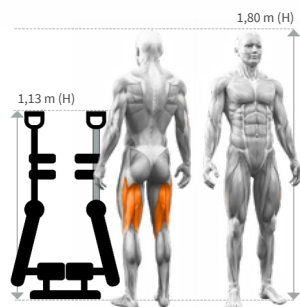
STANDING LEG CURL / Y955



SPECIFICATIONS

Y955

✂ Dimension	1190 x 1380 x 1130 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1500 x 1900 x 700 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	135 kg / 165 kg
⚡ Max load*	120 kg
🌀 Recommended weight pack	GP120G
🔑 Weight storage	1



The Leg Curl replicates the same muscle pattern as the leg curl, and with ergonomically designed support, users can comfortably and effectively train the hamstrings. Adjustable footplates allow users of different sizes to be in the correct training position, and wide pads and handgrips allow for easy switching between left and right leg training.

*depending on plate thickness

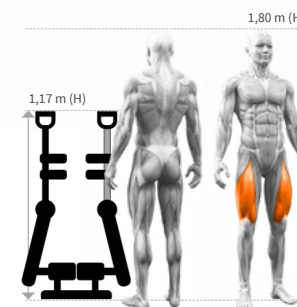
LEG EXTENSION / Y960



SPECIFICATIONS

Y960

✂ Dimension	1250 x 1250 x 1170 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1100 x 1750 x 710 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	135 kg / 165 kg
⚡ Max load*	160 kg
🌀 Recommended weight pack	GP120G
🔑 Weight storage	--



The Leg Extension is designed to utilize the motion trajectory by isolating and fully engaging the quadriceps. The purely mechanical transmission structure ensures the accurate transmission of the load weight, and the ergonomically optimized seat and shin pads ensure training comfort.

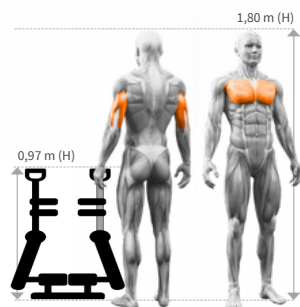
SEATED DIP / Y965



SPECIFICATIONS

Y965

✂ Dimension	1590 x 1385 x 970 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1100 x 1750 x 600 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	140 kg / 170 kg
⚔ Max load*	160 kg
🌀 Recommended weight pack	GP120G
🔩 Weight storage	2



The **Seated Dip** is designed to fully activate the triceps and pectoral muscles, providing optimal workload distribution based on an excellent trajectory of motion. The independently motion arms guarantee the balanced strength increase and allow the user to train independently. Optimal torque is always provided to the user during the training.

*depending on plate thickness

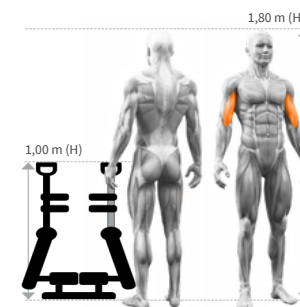
BICEPS CURL / Y970



SPECIFICATIONS

Y970

✂ Dimension	1055 x 900 x 1000 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1100 x 1750 x 600 mm Carton
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	140 kg / 170 kg
⚔ Max load*	80 kg
🌀 Recommended weight pack	GP50G
🔩 Weight storage	1



The **Biceps Curl** replicates the same biceps curl following the movement pattern of the elbow's physiological power curve under load. The pure mechanical structure transmission makes the load transmission smoother, and the addition of ergonomic optimization makes the training more comfortable.



PLATE LOADED

TITAN EXTREME

Endurance. Elevate. Extreme.

- Superior Stability and Durability: Constructed with the largest 200*88 tubing in the market, offering unparalleled stability, durability, and visual impact.
- Ergonomic Designs: Advanced ergonomic designs ensure comfort and optimal muscle engagement for every workout.
- Multi-Link Structure : Enhances biomechanical efficiency, ensuring precise and smooth movements and consistent weight output during training.
- Independent movement : independent movement allow for both unilateral and bilateral exercises, increasing versatility and promoting balanced muscle development.



High Row / T901

Rowing Machine / T902

ADHZ
FITNESS



W Dimension: 2140*1500*2075 mm
Weight: 210 kg

The T901 High Row is expertly designed to target all major back muscles, including the latissimus dorsi, teres major, rhomboids, and trapezius (mid and lower sections), along with the posterior deltoids.

W Dimension: 1545*1300*1290 mm
Weight: 160 kg

The T902 Rowing Machine is designed to target all central back muscles, focusing on the mid and lower trapezius, rhomboids, latissimus dorsi, teres major, and rear deltoids. Featuring a gas-assisted seat and a front support base, this machine ensures safe and efficient movement execution. Independent levers allow for both unilateral and bilateral exercises, providing versatile workout options. Additionally, the handles offer prone or neutral grips, allowing for varied training routines.

Super Inclined Chest Press / T903



W Dimension: 1690*1625*1950 mm
Weight: 200 kg

The T903 Super Inclined Chest Press is engineered to effectively target the upper portion of the pectoralis major (clavicular bundles), anterior deltoids, and triceps. The independent levers enable both unilateral and bilateral exercises, while the handles provide prone or neutral grip options for varied muscle engagement. The machine also includes an easy start system to assist with initial setup and movement commencement, ensuring a smooth and efficient workout experience.

Super Low Row / T904



W Dimension: 1695*1610*1630 mm
Weight: 230 kg

The T904 Super Low Row is specifically designed to target the upper part of the back, enhancing muscle thickness in this area. This machine features independent levers that allow for both unilateral and bilateral exercises, ensuring versatile and balanced workouts. The levers system provides a physiological load curve, optimizing muscle engagement from start to finish. Additionally, the fixed central handle stabilizes the body during unilateral exercises for increased safety and effectiveness.

Super Declined Chest Press / T905



W Dimension: 2200*1550*1330 mm
Weight: 235 kg

The T905 Super Declined Chest Press is expertly crafted to target the lower portion of the pectoralis major, effectively engaging the chest, anterior deltoids, and triceps. This machine offers multiple grip options to diversify your workout and ensure optimal muscle activation. Independent levers allow for both unilateral and bilateral exercises, providing flexibility and balance in your training routine. The ergonomic design ensures a natural range of motion, promoting safe and efficient workouts.

Alternate Leg Extension / T906



W Dimension: 1450*1900*1290 mm
Weight: 275 kg

The T906 Alternate Leg Extension is designed to isolate and strengthen the quadriceps muscles effectively. This advanced machine features a physiological load curve with a levers system, ensuring optimal tension throughout the exercise.

Alternate Leg Curling / T907



W Dimension: 1620*1800*905 mm
Weight: 225 kg

The T907 Alternate Leg Curling machine is expertly designed to isolate and strengthen the hamstring muscles, which are crucial for knee flexion. Utilizing a progressive lever system, it ensures a physiological load curve, providing optimal tension throughout the range of motion. Independent levers allow for both unilateral and bilateral exercises, promoting balanced muscle development and comprehensive hypertrophy. Adjustable rolls ensure proper alignment and comfort during workouts.

Alternate Curling Machine / T908



W Dimension: 1220*1860*1300 mm
Weight: 170 kg

The T908 Alternate Curling Machine is designed to effectively isolate and train the brachialis and biceps brachii muscles. Featuring a progressive lever system, it ensures a physiological load curve that provides optimal tension throughout the range of motion. The independent levers, equipped with rotating jointed grips and an adaptive system, allow for both unilateral and bilateral exercises, promoting comprehensive muscle development.

Super Deltoid Press / T909



W Dimension: 1960*1460*1400 mm
A Weight: 250 kg

The T909 Super Deltoid Press features a physiological trajectory specifically designed for effective shoulder training, targeting the deltoids and clavicular bundles of the pectoralis major. This advanced machine stands out with its independent levers for unilateral or bilateral exercises, ensuring versatile and balanced workouts.

Super Inclined Bench Press / T910



W Dimension: 2350*1540*1260 mm
A Weight: 240 kg

The T910 Super Inclined Bench Press is expertly designed to target the upper portion of the pectoralis major and the posterior head of the deltoid. Featuring a precise movement trajectory, this machine ensures effective muscle engagement and optimal training results. Independent levers allow for single- or double-sided execution, providing flexibility in your workout routine.

Power Squat / T911



W Dimension: 2250*1545*1875 mm
A Weight: 285 kg

The T911 Power Squat is meticulously engineered to deliver a comprehensive workout for all leg muscles, including the quadriceps, hamstrings, and glutes. Utilizing a progressive pantograph system, this machine ensures a physiological load curve, providing optimal and constant tension throughout the range of motion. The Power Squat allows users to perform exercises with dual workout positions, enhancing versatility and effectiveness.

Super Squat Machine / T912

ADHZ
FITNESS



W Dimension: 1990*1780*1530 mm
A Weight: 218 kg

The T912 Super Squat Machine is designed to provide a comprehensive workout for the entire thigh and gluteal muscles. This innovative machine enables users to perform squats with a guided trajectory, eliminating the risk of losing balance while maintaining complete freedom of movement for the back. With its large workstation, the Super Squat Machine emphasizes the rear thigh muscles and glutes, ensuring effective and targeted training.

Dips Press Dual System / T913



W Dimension: 1600*1510*1070 mm
 Weight: 150 kg

The T913 Dips Press Dual System is expertly designed for the development of triceps muscles, engaging the lower portion of the pectoralis and the anterior deltoid bundles. This versatile machine allows users who may struggle with bodyweight dips to replicate the thrust movement at the bars, offering the flexibility of working with independent levers or both locked for gradual and complete muscle development.

Super Vertical Chest Press / T914



W Dimension: 2045*1440*1900 mm
 Weight: 275 kg

The T914 Super Vertical Chest Press is expertly designed to target the upper part of the pectoralis major and the rear head of the deltoids. Its movement trajectory ensures optimal muscle engagement, making it a premier choice for upper chest workouts.

Leg Press Bridge / T915



W Dimension: 2900*1980*1580 mm
Weight: 350 kg

The T915 Leg Press Bridge is meticulously designed for comprehensive thigh muscle training, with a particular focus on the femoral quadriceps. Utilizing a progressive pantograph system, this machine ensures a physiological load curve, providing optimal and constant tension throughout the entire range of motion. The adjustable backrest and easy start system with a safety lever make it user-friendly, ensuring a safe and effective workout experience.





PLATE LOADED
DEFENDER















The image shows two black, plate-loaded gym machines in a modern, well-lit space with large windows and wooden walls. The machine on the left is a leg press, featuring a large base with footplates and a vertical frame with a sliding carriage. The machine on the right is a leg extension, with a seat, a backrest, and a lever arm with a footplate. Both machines have multiple adjustment points and safety features. The text 'PLATE LOADED' is in white and 'DEFENDER' is in yellow, both in a bold, sans-serif font.

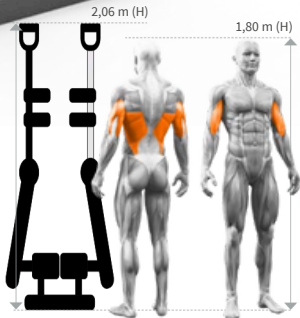
CIRCULAR LAT PULLDOWN / D610



SPECIFICATIONS

D610

	Dimension	1930 x 1860 x 2060 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	2000 x 1100 x 670 mm Plywood
	Frame color	
	Application color	   
	Weight net / gross	195 kg / 235 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	4



The **Defender Series Circular Lat Pulldown** allows for a comfortable and ergonomic seated position while performing an effective downward pulling motion that targets the dorsal and arm muscles. The scissor design provides a secure and stable workout, ensuring maximum results.

*depending on plate thickness

COLOUR OPTIONS



PEARL SILVER

SWING ARM

FRAME & UPHOLSTERY



PEARL RED

SWING ARM

FRAME & UPHOLSTERY



PEARL GREEN

SWING ARM

FRAME & UPHOLSTERY



PEARL BLACK

SWING ARM

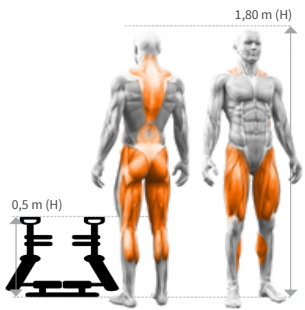
FRAME & UPHOLSTERY

DOUBLE DEADLIFT / D607



SPECIFICATIONS D607

✂ Dimension	1870 x 2045 x 500 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1700 x 1100 x 320 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	80 kg / 120 kg
⚖ Max load*	320 kg
🏋 Recommended weight pack	GP220G
🔧 Weight storage	2



The **Defender Series Deadlift Double Handle** is the perfect addition to any gym that wants to add variety to their deadlift training. This machine is designed to simulate the traditional exercise and offers a more comfortable and varied grip option with its dual handle position.

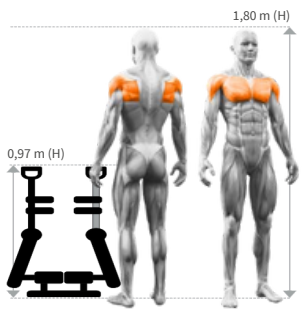
*depending on plate thickness

CHEST BUTTERFLY / D608



SPECIFICATIONS D608

✂ Dimension	1570 x 1630 x 970 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1700 x 1100 x 420 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	85 kg / 125 kg
⚖ Max load*	160 kg
🏋 Recommended weight pack	GP120G
🔧 Weight storage	--



The **Defender Series Chest Butterfly Dual** is a versatile and effective plate-loaded machine designed to provide a comfortable and challenging workout for your chest muscles. The unique 45-degree tilted seat and backrest design allows for better isolation of the pectoral muscles, resulting in a more effective workout.

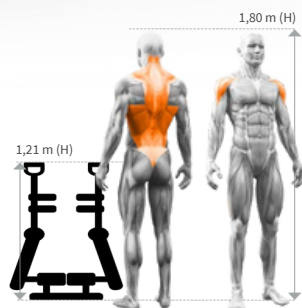
INCLINE LINEAR ROW / A611



SPECIFICATIONS

A611

✂ Dimension	1710 x 910 x 1210 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1700 x 1100 x 370 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	147 kg / 187 kg
⚡ Max load*	200 kg
🔧 Recommended weight pack	GP140G
🔧 Weight storage	2



The **A611 Incline Linear Row** is a groundbreaking addition to our lineup, designed to elevate your back and shoulder workouts with unmatched precision and safety. Engineered with an ergonomic design and robust construction, this machine ensures precise movements, maximizing the efficiency of each exercise.

*depending on plate thickness

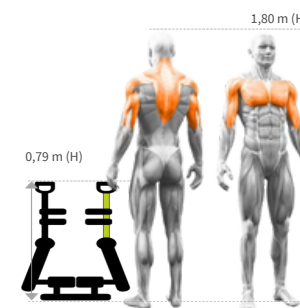
INCLINE FLY / A612



SPECIFICATIONS

A612

✂ Dimension	1650 x 1050 x 790 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	-- Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	68 kg / 98 kg
⚡ Max loaded*	160 kg
🔧 Recommended weight pack	GP120G
🔧 Weight storage	--



The **A612 Incline Fly** is expertly crafted to deliver an unparalleled chest workout, offering a superior range of motion and exceptional muscle engagement. This machine features a lumbar-curved bench that not only supports the shoulders but also enhances chest expansion throughout the movement. The rotating handles provide a natural grip, while the easily adjustable seat ensures a comfortable fit for all users.

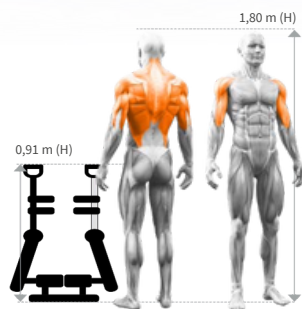
STANDING T-BAR ROW / A617



SPECIFICATIONS

A617

✂ Dimension	2085 x 995 x 910 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	-- Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	100 kg / 130 kg
⚖ Max load*	160 kg
🔧 Recommended weight pack	GP120G
🔧 Weight storage	6



The **Standing T-Bar Row** is designed to deliver a powerful and effective back workout, targeting key muscle groups with precision and versatility. Featuring angled foot platform, this machine ensures a stable and secure base for intense rowing exercises. The adjustable handle width allows for customized training, while each handle offers three distinct grip options, enabling you to target different muscles with varying intensities.

*depending on plate thickness

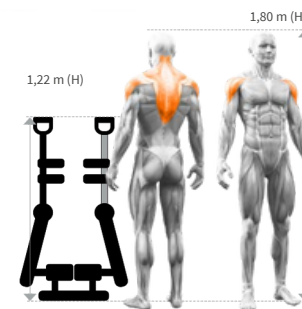
SEATED DELTOID FLY / A618



SPECIFICATIONS

A618

✂ Dimension	1635 x 900 x 1220 mm
📏 Frame dimensions	12 x 6 mm / 8 x 5 mm
📦 Transport box	1700 x 1100 x 470 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	63 kg / 103 kg
⚖ Max load*	160 kg
🔧 Recommended weight pack	GP120G
🔧 Weight storage	--












The **Seated Deltoid Fly** is expertly engineered to target the upper back, rear deltoids, and the lower-middle portion of the trapezius. The adjustable seat and backrest distance provide a customized fit, while the design allows for isolated rear deltoid exercises. Whether you prefer unilateral or bilateral workouts, the A6 Seated Deltoid Fly offers the versatility and control needed for superior shoulder and back development.

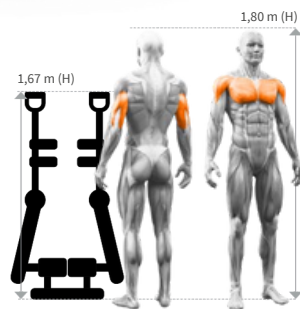
PRECISION CHEST PRESS / A615



SPECIFICATIONS

A615

	Dimension	1460 x 2060 x 1675 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1820 x 1620 x 420 mm Plywood
	Frame color	Black
	Application color	Yellow, Grey, Red, Black
	Weight net / gross	210 kg / 250 kg
	Max load*	200 kg
	Recommended weight pack	GP140G
	Weight storage	2



The A615 Chest Press is engineered to deliver a superior upper body workout with enhanced stability and precision. Featuring an innovative linkage drive system and a horizontal fixed track, this machine ensures a smooth and consistent press movement. The straight-line motion maintains optimal elbow and shoulder alignment, providing a stable exercise experience and excellent muscle engagement.

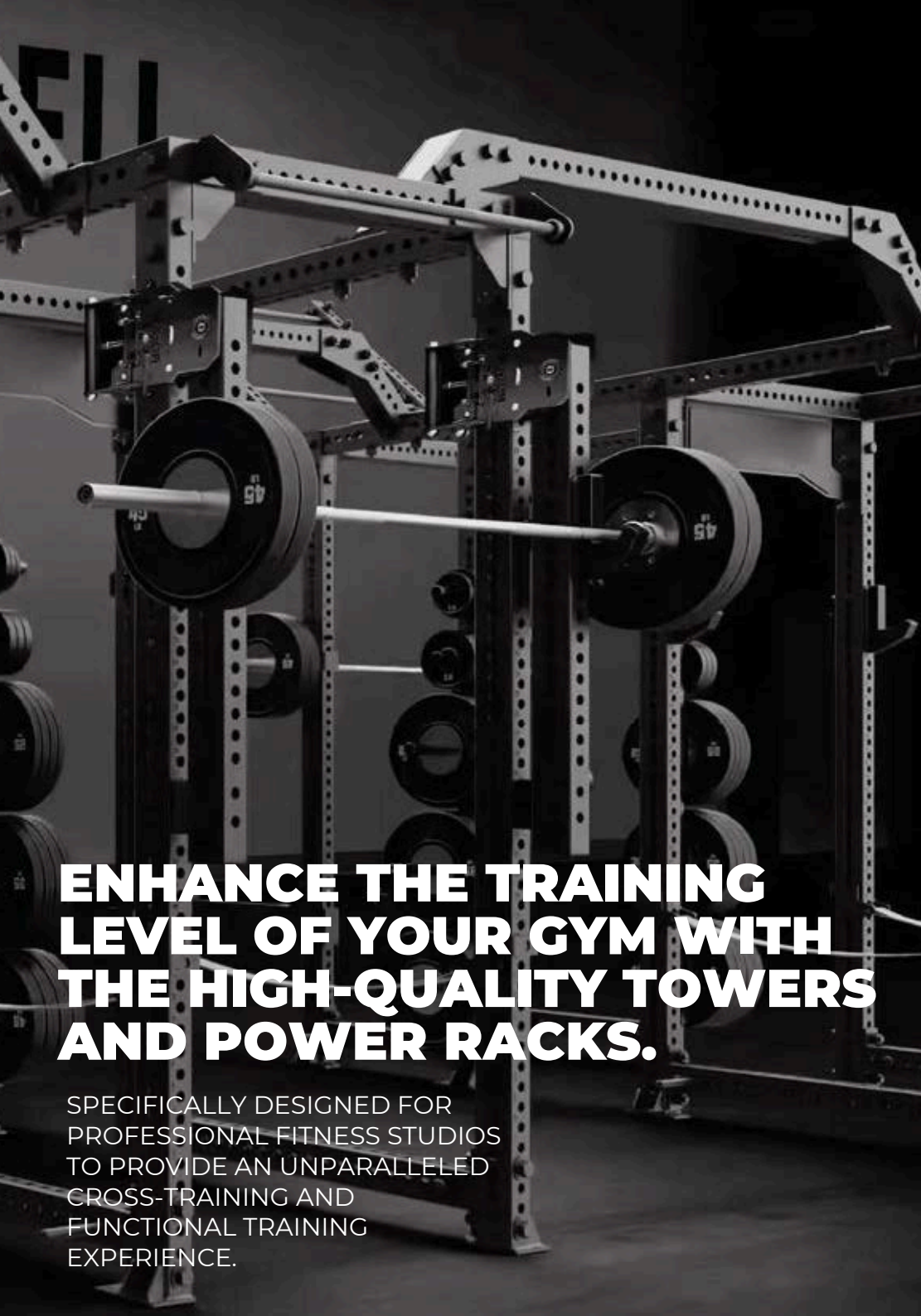


PSLT

FITNESS SOLUTIONS

MULTI STATIONS & POWER RACKS

DISCOVER THE DHZ RANGE OF MULTI FUNCTIONAL TRAINING.



ENHANCE THE TRAINING LEVEL OF YOUR GYM WITH THE HIGH-QUALITY TOWERS AND POWER RACKS.

SPECIFICALLY DESIGNED FOR
PROFESSIONAL FITNESS STUDIOS
TO PROVIDE AN UNPARALLELED
CROSS-TRAINING AND
FUNCTIONAL TRAINING
EXPERIENCE.

COLOUR OPTIONS



PEARL SILVER



Applications



Frame



PEARL RED



Applications



Frame



PEARL GREEN



Applications



Frame



PEARL BLACK



Applications



Frame

FUNCTIONAL SMITH MACHINE / E6251A



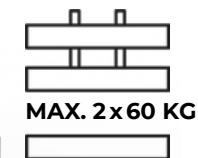
SPECIFICATIONS

E6251A

✂ Dimension	1735 x 2115 x 2240 mm
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box (LxWxH)	2250 x 1080 x 700 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	332 kg / 366 kg
📊 Max loaded	--
🔧 Recommended weight pack	--
🔧 Weight storage	--

The **DHZ Functional Smith Machine** features the most popular training types in one. The best strength training solution for limited space. It has pull up/chin up bars, spotter arms, j hooks for squat and barbell rest, an outstanding cable system and probably 100 other features. The stable and reliable smith system provides fixed rails to help exercisers get lower while stabilizing training positions starting weight. Support single or multi-person training at the same time.

FUNCTIONAL SMITH MACHINE / E6251B



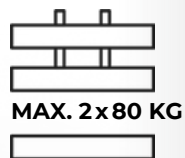
SPECIFICATIONS

E6251B

✂ Dimension	1735 x 2115 x 2240 mm
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box (LxWxH)	2250 x 1080 x 700 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	440 kg / 474 kg
📊 Max loaded	2 x 60 kg
🔧 Recommended weight pack	--
🔧 Weight storage	--

The **DHZ Functional Smith Machine** features the most popular training types in one. The best strength training solution for limited space. It has pull up/chin up bars, spotter arms, j hooks for squat and barbell rest, an outstanding cable system and probably 100 other features. The stable and reliable smith system provides fixed rails to help exercisers get lower while stabilizing training positions starting weight. Support single or multi-person training at the same time.

FUNCTIONAL SMITH MACHINE / E6251B-HW



SPECIFICATIONS

E6251B-HW

✂ Dimension	1735 x 2115 x 2240 mm
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box (LxWxH)	2250 x 1080 x 700 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight net / gross	460 kg / 494 kg
📊 Max loaded	2 x 80 kg
🔧 Recommended weight pack	--
🔧 Weight storage	--

The **DPHZ Functional Smith Machine** features the most popular training types in one. The best strength training solution for limited space. It has pull up/chin up bars, spotter arms, j hooks for squat and barbell rest, an outstanding cable system and probably 100 other features. The stable and reliable smith system provides fixed rails to help exercisers get lower while stabilizing training positions starting weight. Support single or multi-person training at the same time.

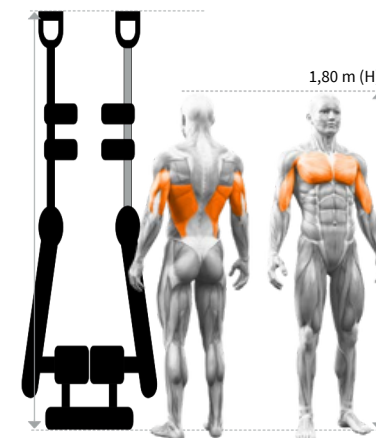
CABLE CROSSOVER / A3016



SPECIFICATIONS

A3016

✂ Dimension	4500 x 1090 x 2310 mm
📊 Weight stack	95 kg
📊 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	2650 x 1150 x 620 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	425 kg



The **wide double-adjustable cable pull** with greater functional training capacity and many training options. The dual cable pull rollers allow a light movement design. The cable pull roller can be fixed in different height positions.

HALF RACK COMBI / E6221P



SPECIFICATIONS COMBINATION E6221P

✂ Dimensions combi	--
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box rack	2440 x 1120 x 540 mm Plywood
🔩 Frame color	●
🔩 Application color	● ● ● ●
⚖ Weight	--
📊 Max loaded	--
🔩 Recommended weight pack	--
🔩 Weight storage	10



E6221

✂ Dimension	1740 x 1800 x 2470 mm
⚖ Weight net/ gross	255 kg / 285 kg



DTE6221

✂ Dimension	3,5 m2
⚖ Weight	--

The **DHZ Half Rack** provides an ideal platform for free weight training. The quickrelease column design makes it easier to switch between different workouts, and the storage space for fitness accessories at your fingertips also provides convenience for training. It not only ensures the safety of free weight training, but also provides an open training environment as much as possible.

DUAL HALF RACK / E6242



SPECIFICATIONS E6242

✂ Dimensions	2540 x 1800 x 2400 mm
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box	2450 x 1150 x 550 mm Plywood
🔩 Frame color	●
🔩 Application color	● ● ● ●
⚖ Weight net / gross	345 kg / 395 kg
📊 Max loaded	--
🔩 Recommended weight pack	--
🔩 Weight storage	8

The **DHZ Dual Half Rack** achieves excellent space utilization. The mirror-symmetrical design perfectly integrates the two half rack training stations to maximize the training space. The modular system and quick-release columns provide powerful support for training diversity, and the clearly marked hole numbers help users quickly switch the start positions and spotters in different training, simple but efficient.

POWERFLEX HALF RACK / E6252A



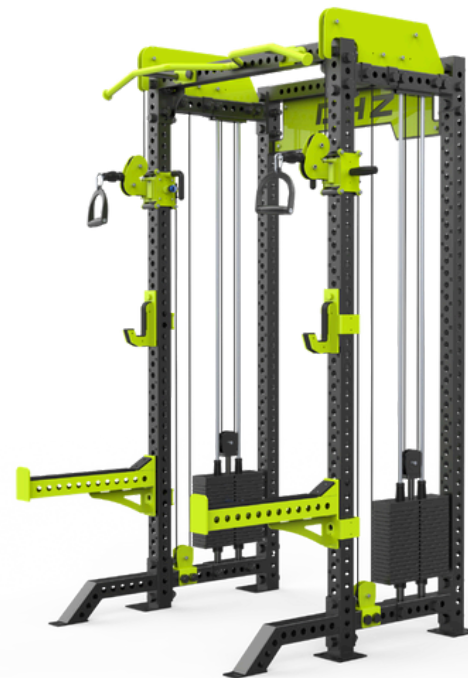
SPECIFICATIONS

E6252A

✂ Dimensions	1430 x 1555 x 2370 mm
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box	2420 x 1100 x 320 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight	277 kg
📊 Max loaded cable motion	--
🏋 Recommended weight pack	--
🔗 Weight storage	6

Experience the ultimate in versatility with **the PowerFlex Half Rack**. Built from heavy-duty, commercial-grade materials, this half rack supports plate-loaded functionality, allowing you to tailor your workouts to your strength goals. Its compact design fits seamlessly into any gym space, while still providing the stability and performance you need for effective training.

POWERFLEX HALF RACK / E6252B



SPECIFICATIONS

E6252B















✂ Dimensions	1430 x 1555 x 2370 mm
📏 Frame dimensions	75 x 75 x T3 mm
📦 Transport box	2420 x 1100 x 320 mm Plywood
🔧 Frame color	●
🔧 Application color	● ● ● ●
⚖ Weight	277 kg
📊 Max loaded cable motion	2 x 64 kg / 2 x 141 LBS
🏋 Recommended weight pack	--
🔗 Weight storage	--

The PowerFlex Half Rack with Selectorized functionality offers a streamlined and efficient training experience. This half rack integrates seamlessly with your existing setup, providing a range of exercise options with minimal space requirements. Ideal for those who want to maximize their training variety without sacrificing stability or quality.

POWERFLEX HALF RACK COMBI (SELECTORIZED) / E6252BP





SPECIFICATIONS COMBINATION E6252BP

	Dimensions combi	--
	Frame dimensions	75 x 75 x T3 mm
	Transport box rack	2420 x 1100 x 320 mm Plywood
	Frame color	
	Application color	   
	Weight	--
	Max loaded cable motion	2 x 64 kg / 2 x 141 LBS
	Recommended weight pack	--
	Weight storage	4





E6252B

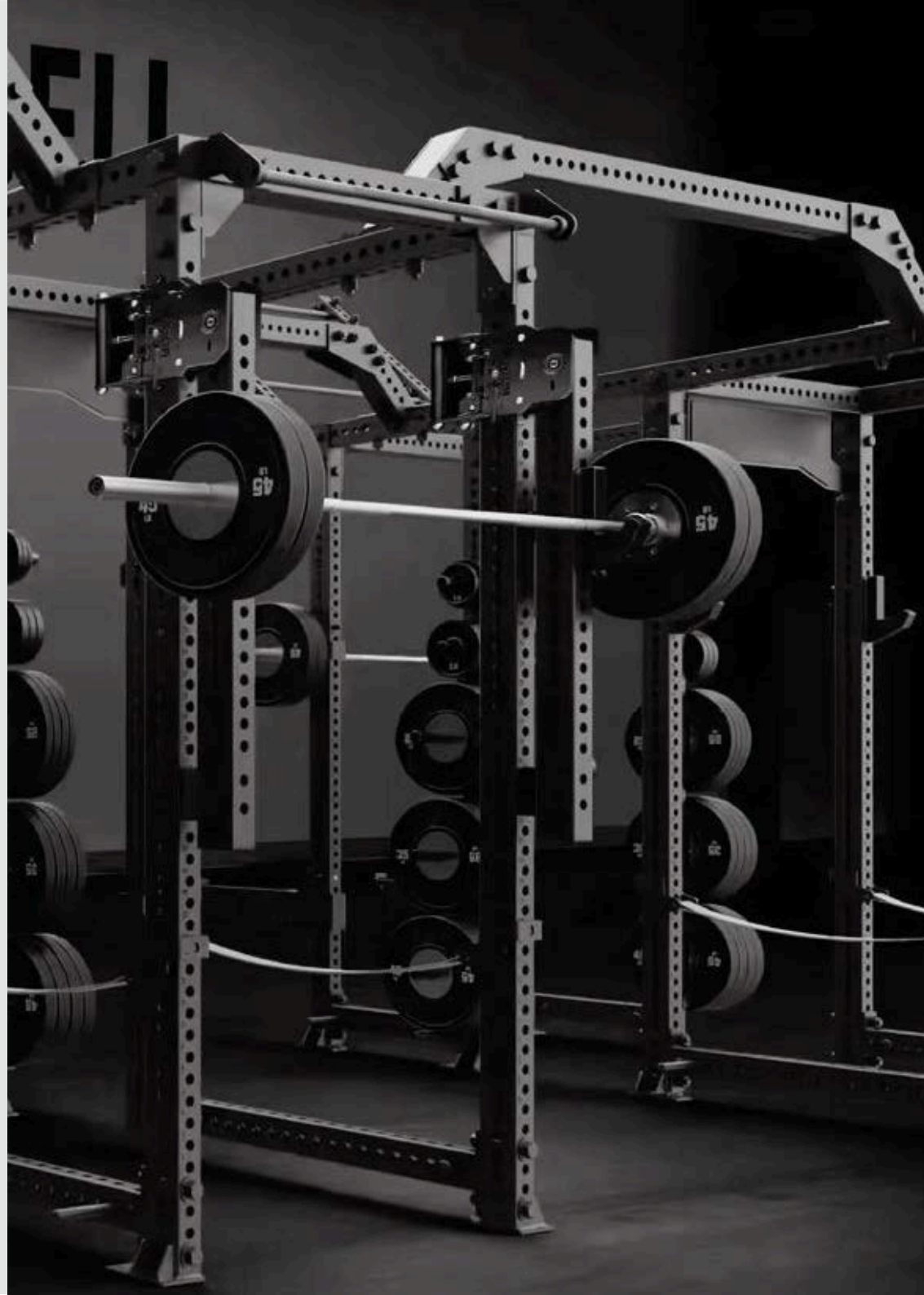
	Dimension	1430 x 1555 x 2370 mm
	Weight	277 kg



DTE6252B

	Dimension	3,5 m2
	Weight	--

The **PowerFlex Half Rack** with Selectorized functionality offers a streamlined and efficient training experience. This half rack integrates seamlessly with your existing setup, providing a range of exercise options with minimal space requirements. Ideal for those who want to maximize their training variety without sacrificing stability or quality.



MULTI STATION CABLE TOWER

A FLEXIBLE TRAINING SYSTEM WITH INTERCHANGEABLE MODULES THAT CAN BE CUSTOMISED ACCORDING TO CUSTOMER REQUIREMENTS. INNOVATIVE CONNECTION SOLUTIONS MAKE THE SYSTEM EVEN MORE SPACE-SAVING AND EFFICIENT.



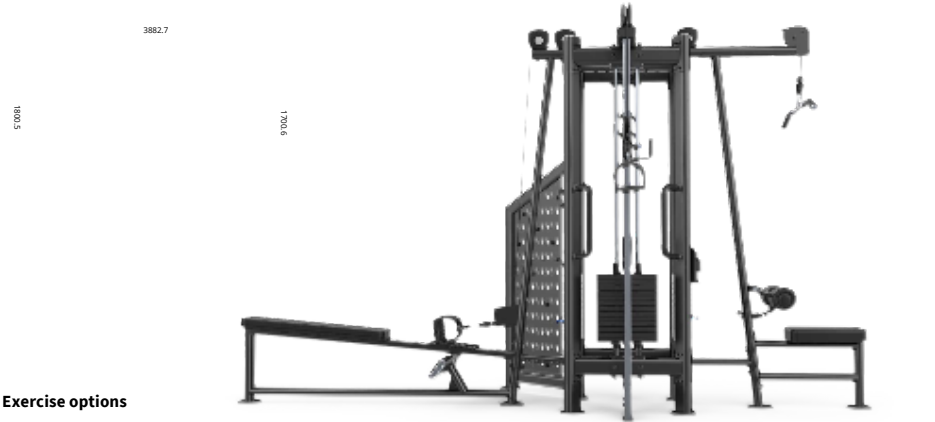
TRAINING IS OUR LANGUAGE.



FUNCTION	WEIGHT	TRANSMISSION
Lat Pull	92 kg 92	1:11:12:12:
Long Pull	kg 76 kg	11:1
Adjustable Pulley	76 kg 52	
Pulley up and down	kg	
Triceps		

4 STATION CABLE TOWER

U2029



Exercise options

- Lat Pull
- Long Pull
- Adjustable Pulley
- Pulley Up & Down.

The four-station can be freely configured to accept any combination, for example 2x Lat Pull and 2x Long Pull.

U2029 180 x 390 cm 605 kg

6 STATION CABLE TOWER

U2066P



Exercise options

- Lat Pull
- Long Pull
- 4x Adjustable Pulley narrow Cable Pull
- Wide Cable Pull

U2066P 640 x 395 cm 1221 kg

5 STATION CABLE TOWER

U2066



Exercise options

- Lat Pull
- Long Pull
- 2x Adjustable Pulley
- Pulley Up & Down wide Cable Pull

U2066 490 x 390 cm 908 kg





TRAINING IS OUR LANGUAGE.

PSLT

FITNESS SOLUTIONS

BENCHES & STORAGE RACKS

THE FINISHING TOUCHES.

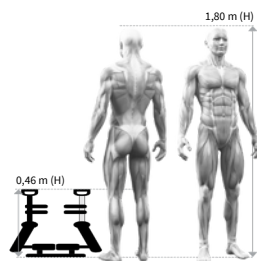
FLAT BENCH / E7036



SPECIFICATIONS

E7036

	Dimension	1265 x 790 x 460 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1300 x 460 x 290 mm Carton
	Frame color	● ● ●
	Application color	● ● ●
	Weight	27 kg



For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility.

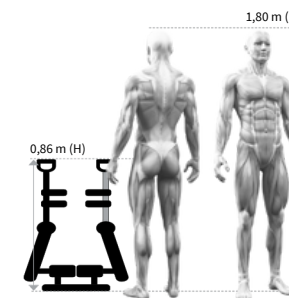
DECLINE ABDOMINAL BENCH / E7037



SPECIFICATIONS

E7037

	Dimension	1685 x 790 x 860 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1750 x 720 x 260 mm Carton
	Frame color	● ● ●
	Application color	● ● ●
	Weight	61 kg



For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility.

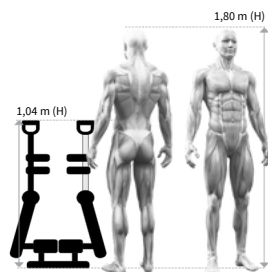
MULTI PURPOSE BENCH / E7038



SPECIFICATIONS

E7038

	Dimension	970 x 740 x 1040 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1020 x 790 x 280 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	29 kg



Seat position with back rest, close to the ground for stability and comfort; Foot support for stability.

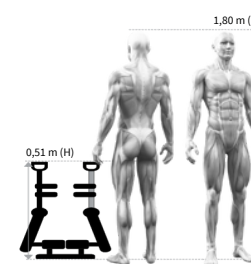
SUPER BENCH / E7039



SPECIFICATIONS

E7039

	Dimension	1355 x 690 x 510 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1360 x 730 x 480 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	43 kg



Bench with seat and backrest adjustment; Wheels for mobility; Adjustable to various angles.

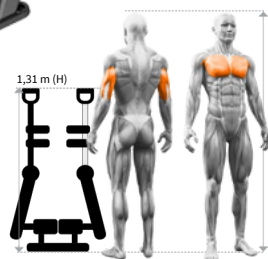
OLYMPIC BENCH DECLINE / E7041



SPECIFICATIONS

E7041

	Dimension	2145 x 1815 x 1310 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1520 x 950 x 460 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	98 kg



Negative declined bench with four hooks for barbell and eight weight horns.

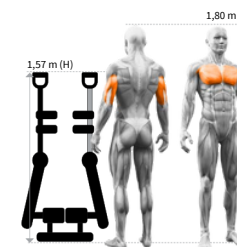
OLYMPIC BENCH INCLINE / E7042



SPECIFICATIONS

E7042

	Dimension	2185 x 1810 x 1570 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1600 x 880 x 420 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	101 kg



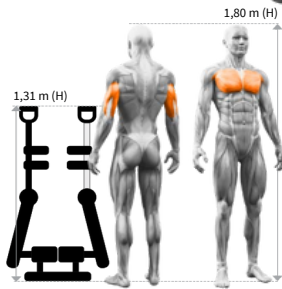
Inclined bench with four hooks for barbell and eight weight horns.

OLYMPIC BENCH / E7043



SPECIFICATIONS

Dimension	2015 x 1815 x 1310 mm
Weight stack	--
Extra weight stack	--
Frame dimensions	37 x 134 mm
Transport box	1350 x 900 x 360 mm Carton
Frame color	Black, Grey
Application color	Black, Brown, Yellow
Weight	80 kg



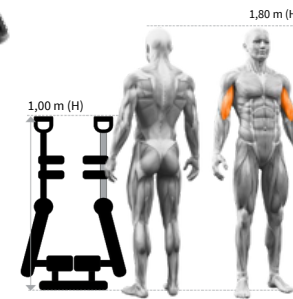
Flat bench with four hooks for barbell and eight weight horns.

SEATED PREACHER CURL / E7044



SPECIFICATIONS

Dimension	1310 x 815 x 1005 mm
Weight stack	--
Extra weight stack	--
Frame dimensions	37 x 134 mm
Transport box	1650 x 900 x 300 mm Carton
Frame color	Black, Grey
Application color	Black, Brown, Yellow
Weight	66 kg



Bench offers two different positions for varied workouts and accommodates users of all sizes.

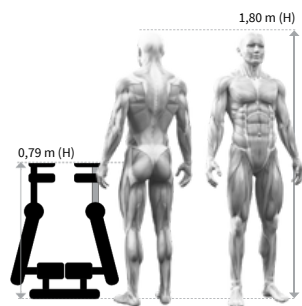
VERTICAL PLATE TREE / E7054



SPECIFICATIONS

E7054

	Dimension	680 x 690 x 795 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	880 x 750 x 320 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	35 kg



Stable stand with six horns for weight plates; Easy to mount and remove the plates.

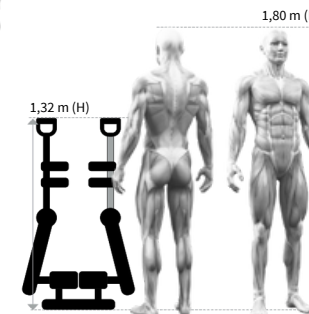
BARBELL RACK / E7055



SPECIFICATIONS

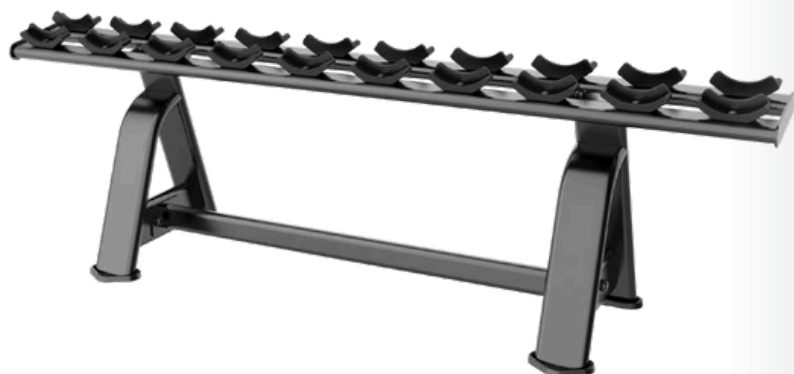
E7055

	Dimension	990 x 850 x 1320 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	1350 x 1050 x 200 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	82 kg











Accommodates a wide range of Barbells and Curl Bars; Ensures that equipment is easily accessible.

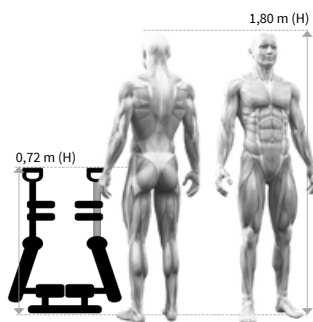
DUMBBELL RACK / E7067



SPECIFICATIONS

E7067

	Dimension	2295 x 595 x 725 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	2330 x 440 x 150 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	50 kg











The clean, efficient 5 Pair Beauty Dumbbell Rack allows for easy access to of dumbbells in a space efficient design.

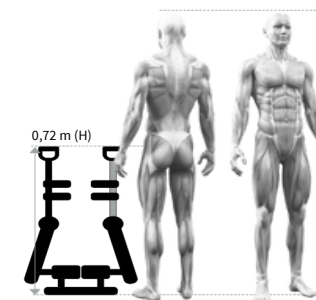
DUMBBELL RACK / E7077



SPECIFICATIONS

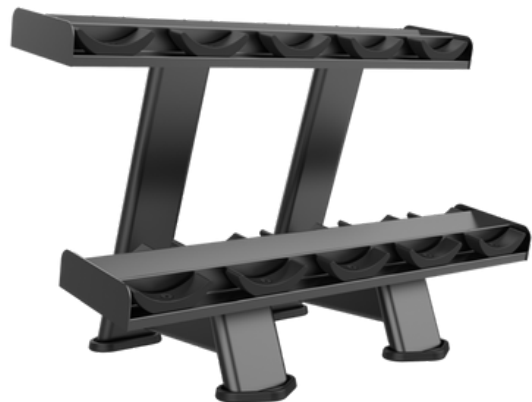
E7077

	Dimension	2300 x 600 x 720 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	2330 x 440 x 150 mm Carton
	Frame color	● ●
	Application color	● ● ●
	Weight	76 kg






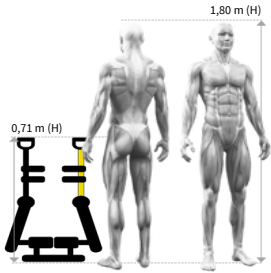
The clean, efficient 2-Tier, 10 Pair Dumbbell Rack allows for easy access to of dumbbells in a space efficient design.

DUMBBELL RACK / E7077S



SPECIFICATIONS
E7077S

	Dimension	1050 x 590 x 710 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	37 x 134 mm
	Transport box	910 x 690 x 210 mm Carton
	Frame color	● ● ●
	Application color	● ● ●
	Weight	40 kg



This rack is compact and fit 5 pairs of dumbbells which is friendly to limited training areas such as hotels and apartments.











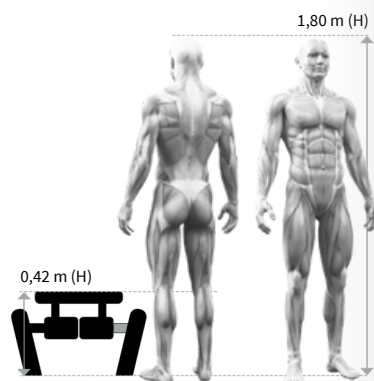
FLAT BENCH / U2036



SPECIFICATIONS

U2036

	Dimension	1300 x 760 x 420 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1270 x 390 x 230 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	20 kg







Simple flat bench with ideal height for dumbbell training.

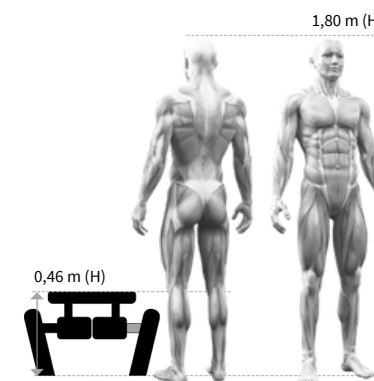
DECLINE BENCH / U2037



SPECIFICATIONS

U2037

	Dimension	1690 x 760 x 460 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1370 x 590 x 310 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	45 kg









For freeweights exercises or abdominal trainer with different adjustment angles. Wheels for mobility.

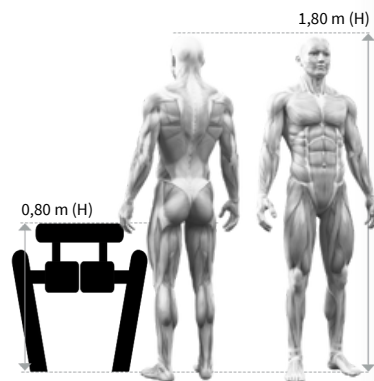
SEATED BENCH / U2038



SPECIFICATIONS

U2038

	Dimension	1220 x 760 x 800 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1160 x 450 x 220 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	20 kg











Seat position with back rest, close to the ground for stability and comfort. Foot support for stability.

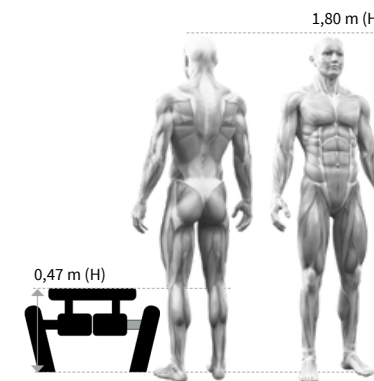
SUPER BENCH / U2039



SPECIFICATIONS

U2039

	Dimension	1410 x 760 x 470 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	1420 x 500 x 260 mm Plywood
	Frame color	● ●
	Application color	● ● ●
	Weight	38 kg



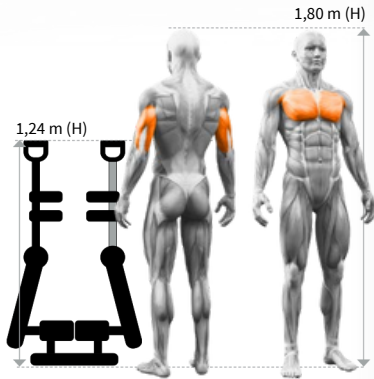
Bench with seat and backrest adjustment. Wheels for mobility. Adjustable to various angles.

OLYMPIC BENCH DECLINE / U2041



SPECIFICATIONS U2041

✂ Dimension	2080 x 1770 x 1240 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1310 x 810 x 280 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	69 kg



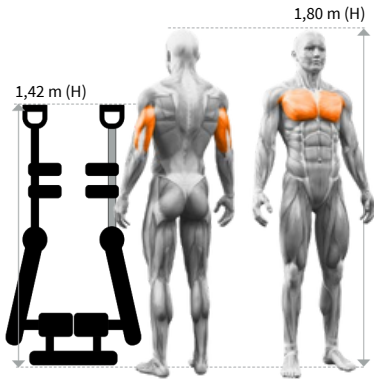
Negative declined bench with four hooks for barbell and four weight horns.

OLYMPIC BENCH INCLINE / U2042



SPECIFICATIONS U2042

✂ Dimension	2000 x 1770 x 1420 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1550 x 790 x 370 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	79 kg



Inclined bench with four hooks for barbell and four weight horns.

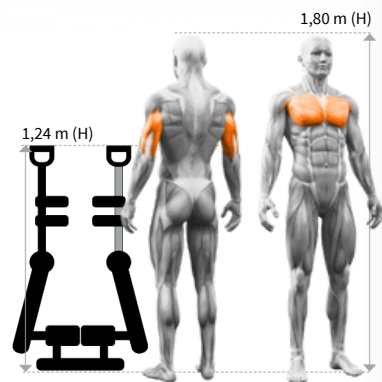
OLYMPIC BENCH / U2043



SPECIFICATIONS

U2043

✂ Dimension	1740 x 1770 x 1240 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1290 x 920 x 240 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	52 kg



Flat bench with four hooks for barbell and four weight horns.

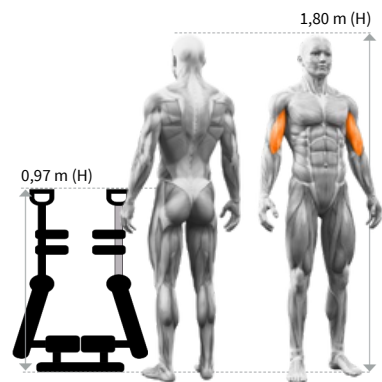
SEATED PREACHER CURL / U2044



SPECIFICATIONS

U2044

✂ Dimension	1300 x 800 x 970 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1170 x 950 x 390 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	45 kg



The Seated Preacher Curl offers two different positions for different workouts, which helps users with targeted comfort training to effectively activate the biceps. Open access design accommodates users of different sizes, the elbow rests help with proper customer positioning.

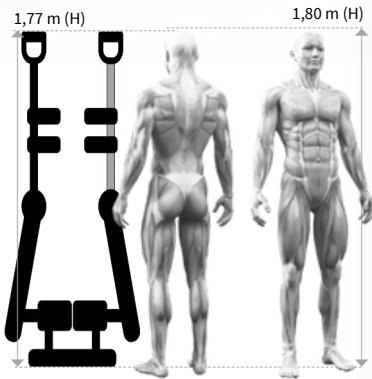
SQUAT RACK / U2050



SPECIFICATIONS

U2050

✂ Dimension	1370 x 1680 x 1770 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1950 x 770 x 250 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	76 kg



The bench offers multiple bar catches (ten weight horns.) to ensure the correct starting position for different squat workouts. The inclined design ensures a clear training path, and the double-sided limiter protects the user from the injury caused by the sudden drop of the barbell.

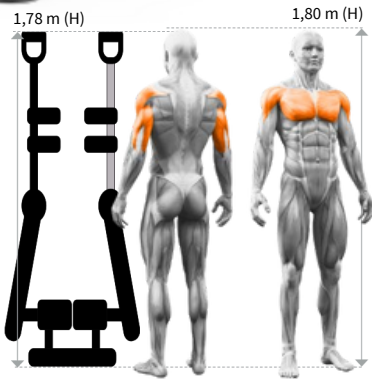
OLYMPIC SEATED BENCH / U2051



SPECIFICATIONS

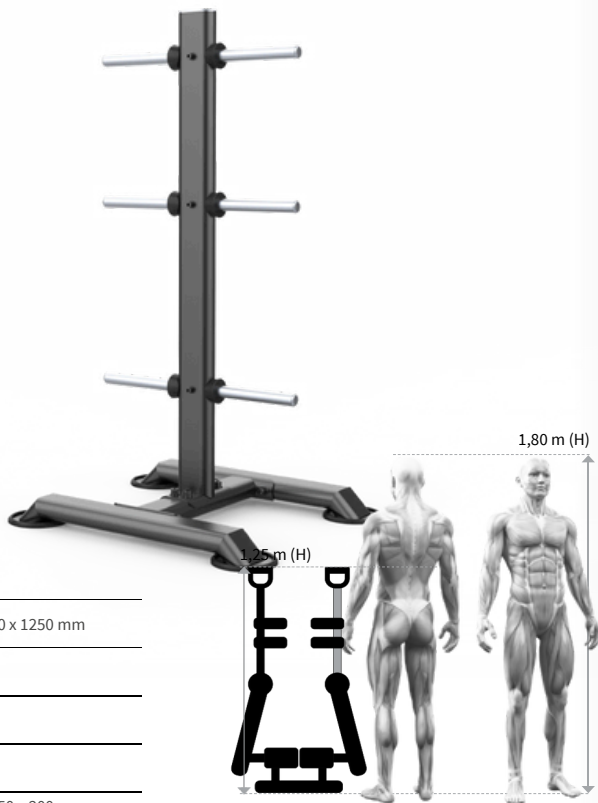
U2051

✂ Dimension	1170 x 1680 x 1780 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	325 mm
📦 Transport box	1820 x 890 x 270 mm Plywood
🔧 Frame color	● ●
🔧 Application color	● ● ●
⚖ Weight	92 kg



The bench with four weight horns. Features an angled seat provides correct and comfortable positioning, and the integrated limiters on both sides maximize the protection of exercisers from sudden dropping of Olympic bars. The non-slip spotter platform provides the ideal assisted training position, and the footrest provides extra support.

VERTICAL PLATE TREE / U2054



SPECIFICATIONS

U2054

✂ Dimension	760 x 650 x 1250 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1220 x 350 x 200 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	19,50 kg

Stable stand with six horns for weight plates. Easy to mount and remove the plates.

BARBELL RACK / U2055



SPECIFICATIONS

U2055

✂ Dimension	990 x 900 x 1420 mm
📋 Weight stack	--
📋 Extra weight stack	--
📏 Frame dimensions	25 mm
📦 Transport box	1390 x 1030 x 150 mm Plywood
🔧 Frame color	● ●
🔧 Application color	
⚖ Weight	50 kg









Accommodates a wide range of barbells and curl bars; ensures that equipment is easily accessible.

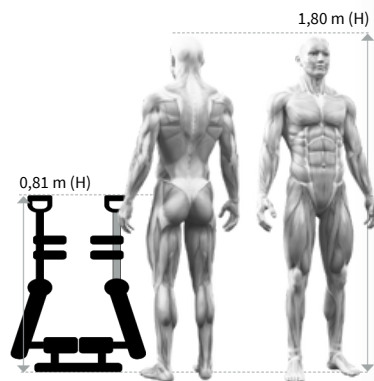
DUMBBELL RACK / U2077



SPECIFICATIONS

U2077

	Dimension	2130 x 620 x 810 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	2200 x 280 x 170 mm Plywood
	Frame color	● ●
	Application color	
	Weight	55 kg








The clean, efficient 2-Tier, 10 Pair Dumbbell Rack allows for easy access to of dumbbells in a space efficient design.

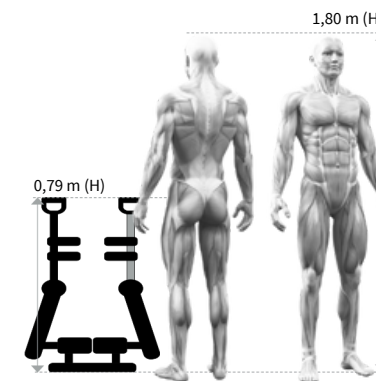
DUMBBELL RACK / U2077S



SPECIFICATIONS

U2077S

	Dimension	1050 x 620 x 790 mm
	Weight stack	--
	Extra weight stack	--
	Frame dimensions	25 mm
	Transport box	-- Plywood
	Frame color	● ●
	Application color	
	Weight	36 kg



This rack is compact and fit 5 pairs of dumbbells which is friendly to limited training areas such as hotels and apartments.

PSLT

FITNESS SOLUTIONS



INFO@PSLT.CO.UK



PSLT.CO.UK



01282 969616