

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

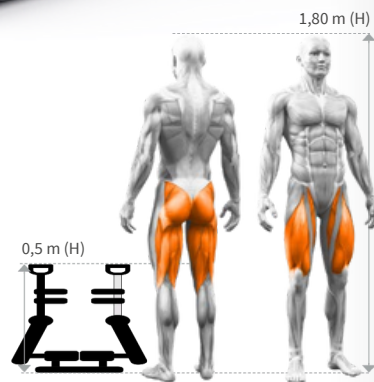
BELT HIP THRUST / A608



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

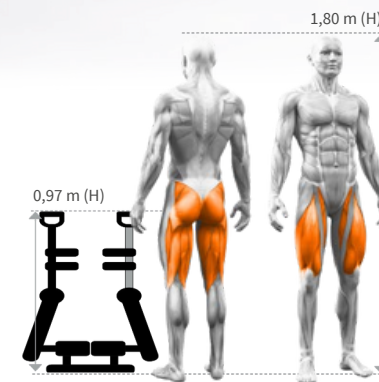
3D SMITH HIP THRUST / A609



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.

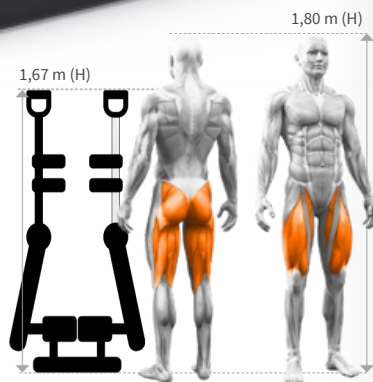
PENDULUM SQUAT / A610



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

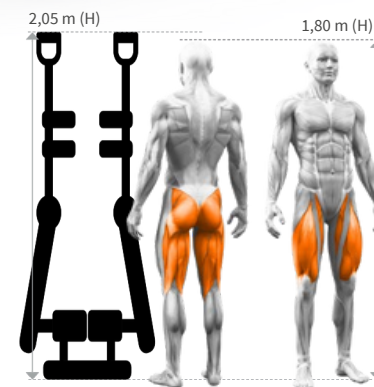
ADJUSTABLE VERTICAL LEG PRESS MACHINE / A616



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.

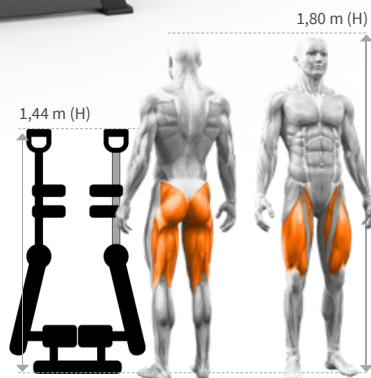
STANDING ABDUCTOR / D982-G02



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.**

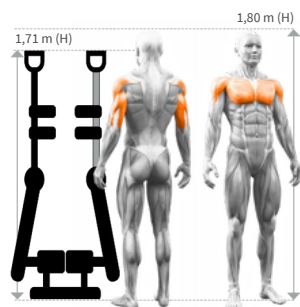
CHEST PRESS / Y905



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	Black
	Application color	Yellow, Grey, Red, Black
	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

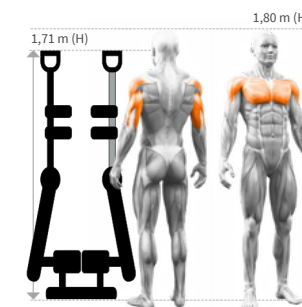
WIDE CHEST PRESS / Y910



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	Black
	Application color	Yellow, Grey, Red, Black
	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.

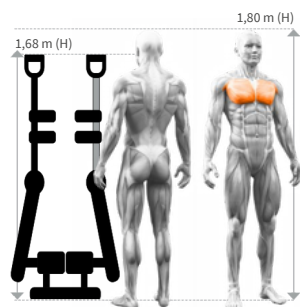
INCLINE CHEST PRESS / Y915



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

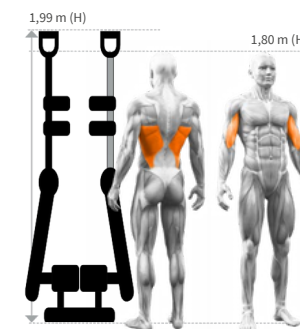
PULL DOWN / Y920



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.

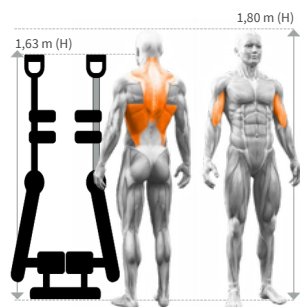
LOW ROW / Y925



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

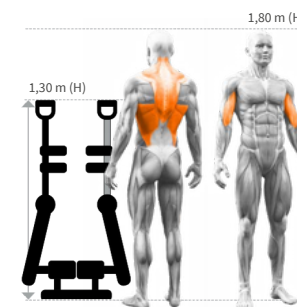
ROW / Y930



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.

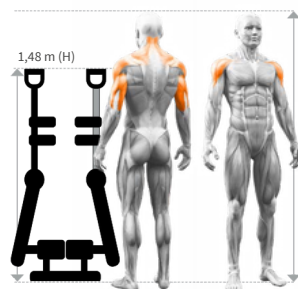
SHOULDER PRESS / Y935



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

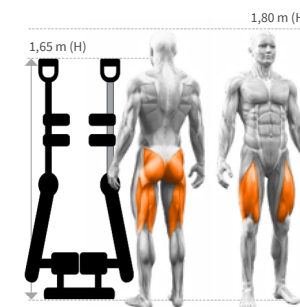
REAR KICK / Y940



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.

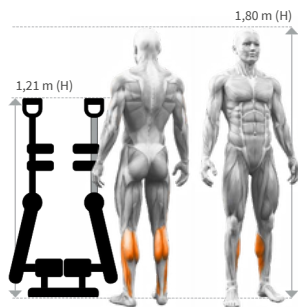
CALF / Y945



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

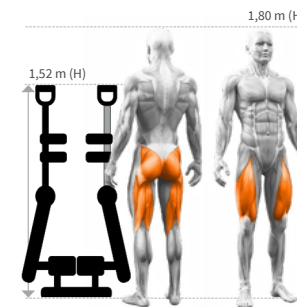
LEG PRESS / Y950



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.

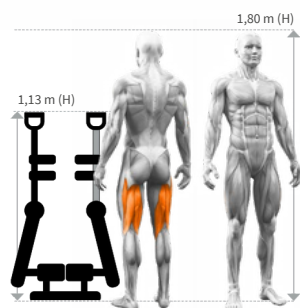
STANDING LEG CURL / Y955



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

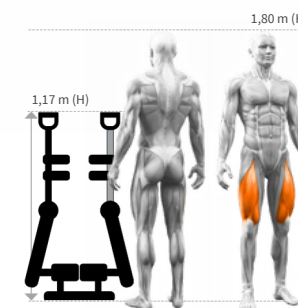
LEG EXTENSION / Y960



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.

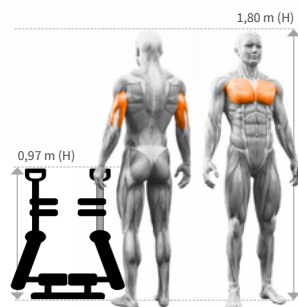
SEATED DIP / Y965



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

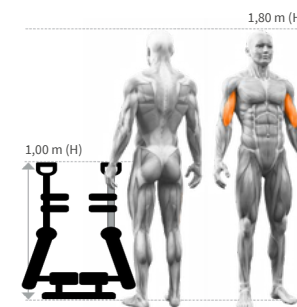
BICEPS CURL / Y970



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



W Dimension: 2140*1500*2075 mm
A 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.

Rowing Machine / T902



W Dimension: 1545*1300*1290 mm
A 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
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
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

DPH
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 moving arm with a roller. Both machines have silver-colored adjustment pins and rollers. The floor is a light-colored, polished concrete.

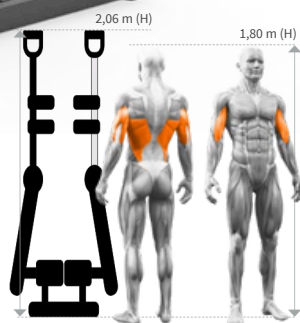
CIRCULAR LAT PULLDOWN / D610



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

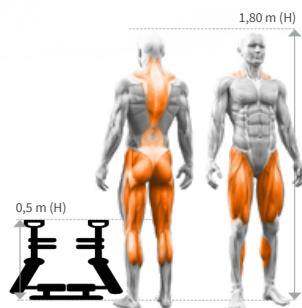
DOUBLE DEADLIFT / D607



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

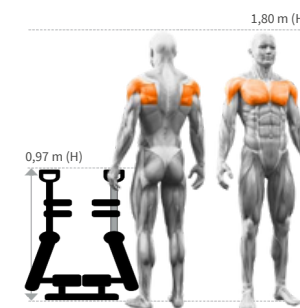
CHEST BUTTERFLY / D608



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.

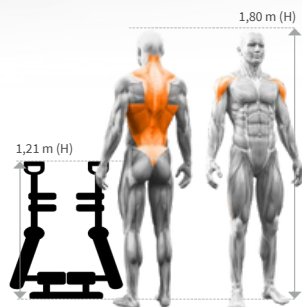
INCLINE LINEAR ROW / A611



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

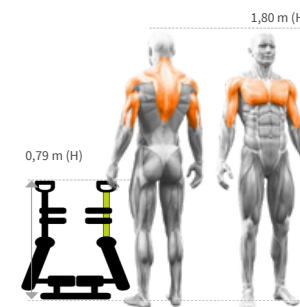
INCLINE FLY / A612



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.

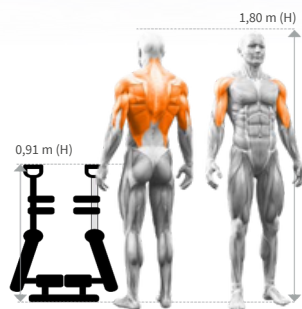
STANDING T-BAR ROW / A617



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

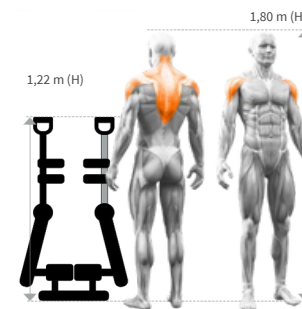
SEATED DELTOID FLY / A618



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.

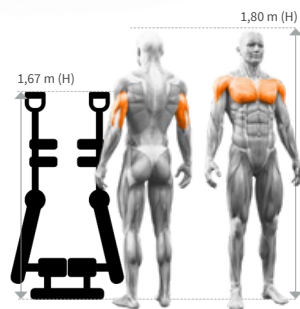
PRECISION CHEST PRESS / A615



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.

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INFO@PSLT.CO.UK



PSLT.CO.UK



01282 969616