

Hey! I am

PLATE LOADED



DHZ

GIGAFACTORY

POWERED BY RENEWABLE ENERGY

CHINA'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT

THE ANNUAL PRODUCTION IS ENOUGH FOR 500,000 DHZ EQUIPMENTS



THE CHINA'S MOST **TRUSTED** FITNESS BRANDS

OUR CUSTOMERS



Classic. Reborn.



Plate Loaded Line

FLEX SERIES

Chest Press / A701L



📏 Dimension: 1855*1155*1215 mm
 ⚖️ Weight: 127 kg

■ The A701L Chest Press from DHZ Fitness redefines strength training for the chest. This premium machine is engineered to deliver an unparalleled strength curve, ensuring optimal muscle engagement throughout the entire range of motion. Unlike many conventional chest presses, the A701 maintains tension on the chest from the initial push through to lockout, focusing on the muscle's peak effort.

Incline Chest Press / A702L



📏 Dimension: 2025*1200*1145 mm
 ⚖️ Weight: 126 kg

■ The A702L Incline Chest Press from DHZ Fitness offers an exceptional training experience tailored for optimal chest development. With its innovative design, this machine surpasses traditional flat presses, delivering enhanced tension throughout the movement. The comfortable incline angle significantly reduces shoulder strain, making it perfect for users transitioning from flat workouts. The smooth convergence allows for a powerful contraction, ensuring that every rep maximizes muscle engagement and effectiveness.

Shoulder Press / A703L



Dimension: 1890*1085*1000 mm
 Weight: 94 kg

The A703L Shoulder Press is engineered to elevate your shoulder training experience. Utilizing an innovative multi-linkage design, this machine delivers consistent resistance throughout the entire range of motion, ensuring your muscles are engaged effectively at every angle. The precise isolation of the shoulder muscles maximizes your workout efficiency, making this a staple for serious athletes and fitness enthusiasts alike.

Mid Row / A704L



Dimension: 1720*1070*1165 mm
 Weight: 112 kg

The A704L Mid Row is designed to transform your back training with its advanced multi-linkage system. This machine offers unparalleled smoothness and stability, ensuring even resistance throughout every pull. By precisely isolating the back muscles, the Mid Row enhances workout efficiency and promotes significant muscle growth, making it an essential tool for anyone serious about their strength training.

Lat Pulldown / A705L

COLOR OPTIONS



Black



Swing Arm



Frame



Upholstery

Red



Swing Arm



Frame



Upholstery

Green



Swing Arm



Frame



Upholstery

Silver



Swing Arm



Frame



Upholstery

Dimension: 1910*1220*2100 mm
Weight: 133 kg

The A705L Lat Pulldown from DHZ Fitness is the ultimate back training machine, engineered for serious muscle builders. Its innovative design simulates the strict form of pull-ups and pulldowns, providing unparalleled activation of the latissimus dorsi. Users will appreciate the focused targeting of their back muscles, making it an essential addition to any gym. Experience a superior workout that translates into significant gains.

UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

Must-Have !

Glute Workout.

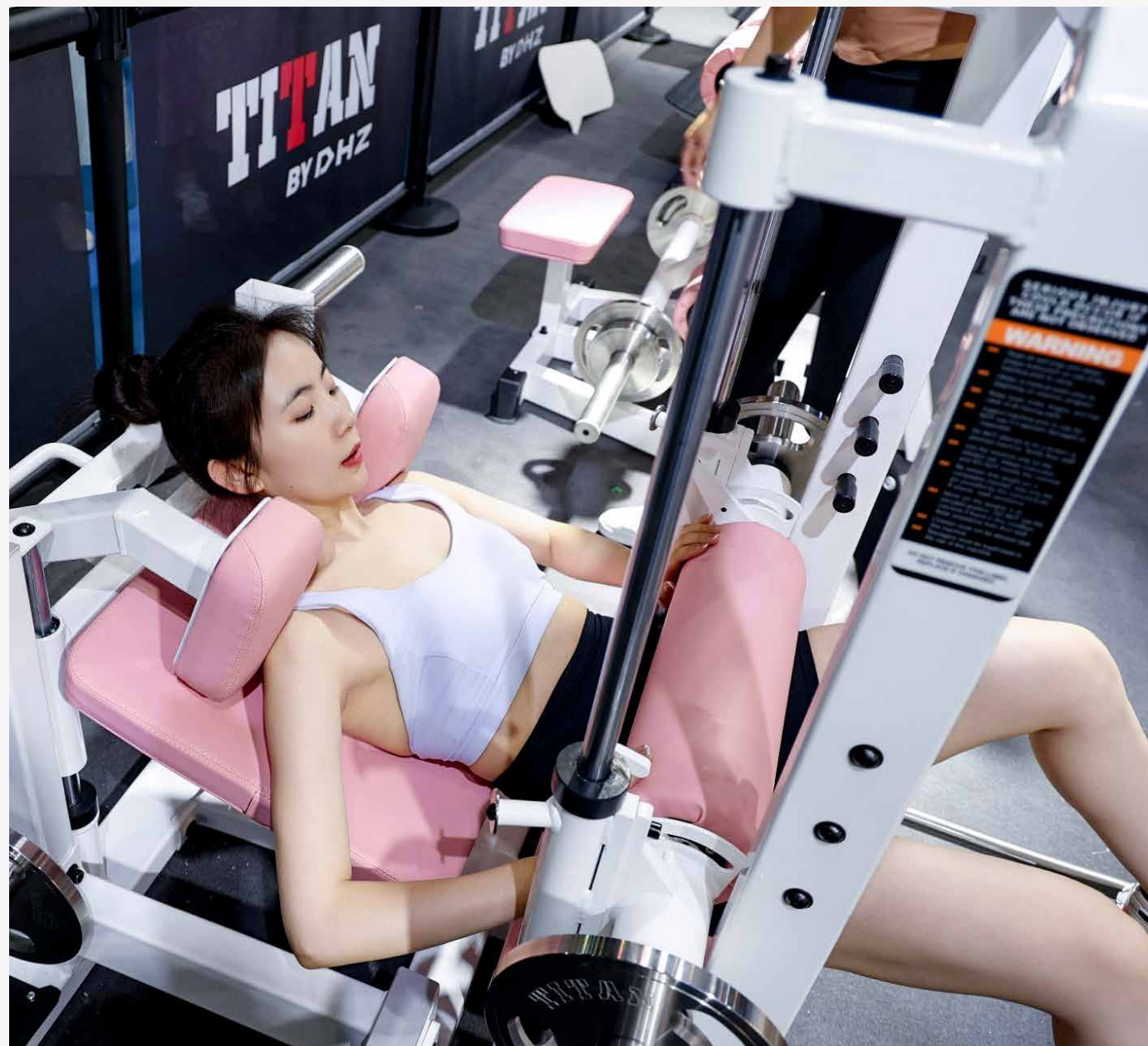
Essentials.

Plate Loaded Line

BOOTY BUILDER SERIES







Multi Lateral Raise / A603



Dimension: 1655*933*1580 mm
 Weight: 120 kg

The A603 Multi Lateral Raise by DHZ Fitness is designed to provide a more focused and efficient approach to shoulder isolation training. Featuring a dual-sided plate-loaded structure and a guided movement path, it helps users perform strict lateral raises with reduced momentum and more consistent deltoid engagement. The adjustable seat and stable standing platform support proper body positioning for different users, while independent movement arms allow balanced bilateral or unilateral training. Its compact, heavy-duty frame makes it a practical and high-efficiency addition to commercial shoulder training areas.



Linear Leg Press / Hack Squat / A630



 Dimension: 2270*1780*1530 mm
 Weight: 280 kg

■ The A630 Linear Leg Press / Hack Squat by DHZ Fitness is designed to combine two essential lower-body movements in one space-efficient plate-loaded machine. Featuring a smooth linear guide system, adjustable foot platforms, and a convertible pad structure, it allows users to switch between leg press and hack squat training with stable body support and consistent resistance. The angled movement path helps target the quads, glutes, hamstrings, and calves while reducing unnecessary stress on the lower back. With multiple adjustment points and integrated weight storage, the A630 offers a versatile and practical solution for commercial leg training zones.

Power Squat / A601



Dimension: 1600*1100*400 mm
 Weight: 235 kg

The DHZ Power Squat is designed to allow the user to fully stimulate all muscle groups during a free weight squat while minimizing the potential for injury and danger. Many exercisers have great difficulties due to established weaknesses in biomechanics, injuries, irregular limb lengths, and the inability to hold the bar in place for a variety of reasons. And Power Squat is their best solution.

Power Squat EX / A601L



Dimension: 1600*1100*400 mm
 Weight: 245 kg

The DHZ Power Squat EX is designed to allow the user to fully stimulate all muscle groups during a free weight squat while minimizing the potential for injury and danger. The Power Squat EX, on the other hand, is in response to lifters who want the truly extreme squat experience. This equipment features an additional loading position that not only increases the overall load limit, but also significantly enhances the eccentric phase of the lift.

Hip Thrust Walk-through / A602



 Dimension: 1770*1210*960 mm
 Weight: 69 kg

■ Elevate your lower body workouts with the A602 - Hip Thrust Walk-through. This machine combines elegant design with professional-grade quality, making it ideal for increasing glute strength and hypertrophy. Designed to replicate the conventional Hip Thrust movement with free weights, it provides a more comfortable, ergonomic, and focused experience.

Multi Abductor / A604-G01



 Dimension: 1485*1265*1360 mm
 Weight: 89 kg

■ The A604 - Multi Abductor is designed to optimize hip abduction exercises by replicating the natural mechanics of the hip joint. This innovative machine enhances the effectiveness and stimulus of your workouts, making it a valuable addition to any fitness routine.

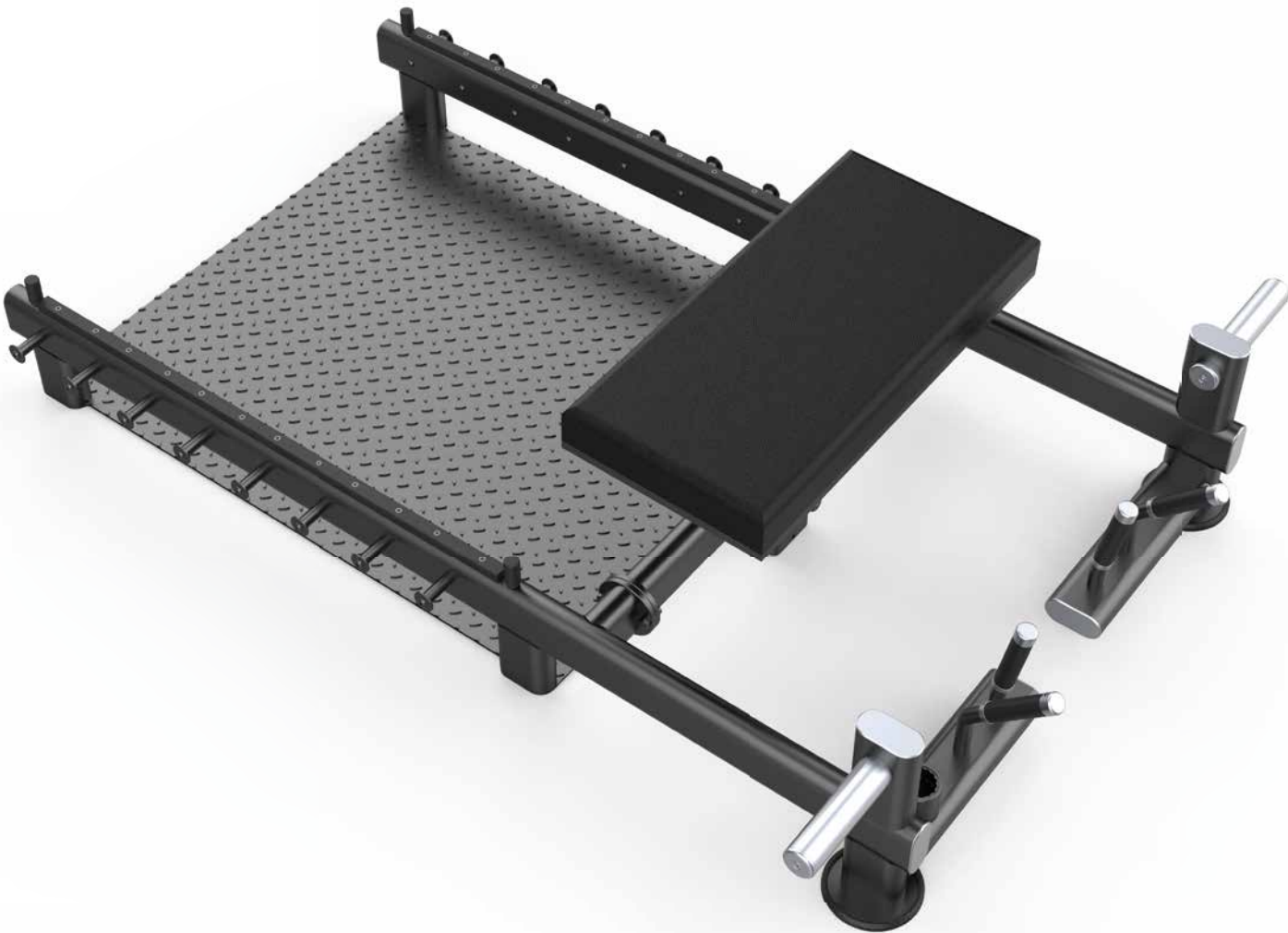
Standing Hip Thrust / A605L



Dimension: 1303*1590*1440 mm
 Weight: 95 kg

The DHZ Standing Hip Thrust ensures optimal biomechanics, allowing you to experience the hip thrust movement in its purest form while prioritizing your comfort and exercise effectiveness. No more adjustments or discomfort; the A605 is tailored for the utmost precision and efficiency in every rep.

Glute Bridge Bench / A606



Dimension: 1930*1400*515 mm
 Weight: 117 kg

The Glute Bridge Bench is a multifunctional machine designed to provide a hassle-free way to perform effective free weight glute exercises.

Belt Squat / A607



📏 Dimension: 1940*1480*1335 mm
 ⚖️ Weight: 85 kg

■ The Belt Squat is a versatile machine that targets the entire thigh and gluteus muscles. Unlike traditional squats that put pressure on the spine, the Belt Squat relieves the spine and allows for more comfortable and effective training. With the ability to adjust your stance, you can target different muscle groups and optimize your workout.

Belt Hip Thrust / A608



📏 Dimension: 1510*1570*900 mm
 ⚖️ Weight: 79 kg

■ 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.

3D Smith Hip Thrust / A609



Dimension: 2080*1515*1380 mm
 Weight: 156 kg

The 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-G01



Dimension: 2430*1410*1670 mm
 Weight: 205 kg

The A610-G01 Pendulum Squat by DHZ Fitness 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.

Incline Linear Row / A611



Dimension: 1710*910*1210 mm
Weight: 147 kg

■ The 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.

Incline Fly / A612



Dimension: 1650*1050*790 mm
Weight: 68 kg

■ The 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 and personalized fit for all users, allowing for an optimal training experience.

Reverse Hyperextension / A613



 Dimension: 1550*1400*1230 mm
 Weight: 105 kg

■ The Reverse Hyperextension is expertly designed for targeted training of the posterior thigh muscles, including the glutes and hamstrings, as well as the lumbar muscles. This machine has been meticulously refined to enhance comfort and effectiveness. The thrust roller is positioned at the ankles, ensuring maximum engagement of the entire posterior chain.

Tricep Extension / Dip / A614



 Dimension: 1230*810*1190 mm
 Weight: 60 kg

■ The Tricep Extension/Dip by DHZ Fitness, a revolutionary piece of strength training equipment designed to deliver exceptional tricep workouts.

Precision Chest Press / A615



Dimension: 1460*2060*1675 mm
Weight: 210 kg

The Precision Chest Press by DHZ Fitness 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.

Vertical Leg Press / A616



Dimension: 2010*2140*2050 mm
Weight: 280 kg

The Vertical Leg Press by DHZ Fitness is a groundbreaking piece of equipment designed to deliver unparalleled leg workouts. With its unique vertical design, this leg press targets muscle groups like never before, making it an essential addition to any gym, personal training studio, or fitness facility.

Standing T-Bar Row / A617



Dimension: 2085×995×910 mm
 Weight: 100 kg

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.

Seated Deltoid Fly / A618



Dimension: 1635*900*1220 mm
 Weight: 63 kg

The Seated Deltoid Fly by DHZ Fitness is expertly engineered to target the upper back, rear deltoids, and the lower-middle portion of the trapezius. Incorporating advanced biomechanics, this machine ensures precise and effective muscle engagement with every rep.

Glute Kickback / A619



Dimension: 1530*1440*1455 mm
Weight: 150 kg

The Glute Kickback by DHZ Fitness is designed to provide a comprehensive workout for the gluteus muscles, quadriceps, and hamstrings. This machine features an adjustable system that allows users to select from three different workout angles, offering versatility and targeted muscle engagement.

Deadlift Elite / A621



Dimension: 1705*1680*665 mm
Weight: 100 kg

The Deadlift Elite by DHZ Fitness is a revolutionary solution for glute-focused strength training, uniquely designed to isolate the glutes from full stretch to full contraction without engaging the quads or hamstrings. With its versatile setup, users can perform a wide range of movements—including deadlifts and Bulgarian split squats—with unmatched precision.

Lat Pulldown Circular II / A622



 Dimension: 1680*1420*2220 mm
 Weight: 210 kg

■ The Lat Pulldown Circular II by DHZ Fitness is specifically engineered to enhance upper back development, targeting the latissimus dorsi and surrounding muscles for greater width and definition. Its ergonomic design supports both unilateral and bilateral training, while the physiological load curve ensures consistent resistance throughout the range of motion.

V-Crunch Abdominal Trainer / A623



 Dimension: 1295*615*1545 mm
 Weight: 64 kg

■ The V-Crunch Abdominal Trainer offers a comfortable and effective way to target the lower abdominals. Using the body's own weight as resistance, this machine allows users to perform leg raises with adjustable intensity. The unique design provides options to decrease or increase the load by adjusting the foot bar, accommodating both beginners and advanced users.

Supported Angle Row / A624



Dimension: 1580*2000*1250 mm
Weight: 180 kg

The Supported Angle Row by DHZ Fitness is designed to offer a more advanced and adaptable approach to upper back training. Featuring a chest-supported setup with adjustable pad angles, it replicates the natural mechanics of free weight rows while enhancing stability and precision. The dual-position adaptive grip system allows for both narrow and wide grips, targeting a broader range of back muscles.

45 Hip Extension / A627



Dimension: 1415*1690*1040 mm
Weight: 115 kg

The 45 Hip Extension by DHZ Fitness is a purpose-built machine designed to isolate and fully engage the glute muscles through a precise, full range of motion. With a 45° training angle and a biomechanically-optimized arc that replicates hip extension, abduction, and external rotation, this machine maximizes glute activation while minimizing hamstring involvement.

Shoulder Press / A750



Dimension: 1200*1200*1270 mm
 Weight: 104 kg

The Shoulder Press is designed to deliver a powerful shoulder workout with customizable settings for every user. This machine features multiple grip options, providing exercise variety and optimal control. An adjustable seat and gas-assisted range limiters allow each user to find their ideal starting position, ensuring maximum comfort and effectiveness.

Xpload Chest Press / A801



Dimension: 1392*1452*1825 mm
 Weight: 190 kg

The A801 Xpload Chest Press by DHZ Fitness is designed to deliver a powerful, natural pressing experience that mirrors the body's optimal movement patterns. Featuring independent, converging motion arms, this machine ensures a more natural path of motion and balanced muscle activation. The refined resistance profile maintains consistent tension throughout the entire range of movement, enhancing chest development.

X-Cross Shoulder Press / A804



 Dimension: 1250*1150*1340 mm
 Weight: 80 kg

■ The A804 X-Cross Shoulder Press by DHZ Fitness is designed to deliver a powerful and precise shoulder training experience. Featuring an advanced X-shaped arm design combined with a linkage system on each side, this machine offers smooth, natural movement throughout the entire press. The multi-grip handles allow for versatile hand positions, effectively targeting different areas of the deltoids and enhancing overall shoulder development.

Roller Hip Thrust / U3092



 Dimension: 1810*1240*1240 mm
 Weight: 100 kg

■ The Roller Hip Thrust focuses on the glute muscles and simulates the most popular free weight glute training paths. Ergonomic pelvic pads provide secure and comfortable support for training start and end. The traditional bench is replaced by a wide back pad, which greatly reduces the pressure on the back and improves the comfort and stability.



Innovative. Versatile. Durable.

Plate Loaded Line

DEFENDER SERIES





Belt Squat Pro / D601-G02



Dimension: 2055*1690*1460 mm
Weight: 182 kg

The Defender Series Belt Squat is a versatile machine that targets the entire thigh and gluteus muscles. Unlike traditional squats that put pressure on the spine, the Belt Squat relieves the spine and allows for more comfortable and effective training. With the ability to adjust your stance, you can target different muscle groups and optimize your workout. The machine also includes additional pins for elastic straps to add resistance and challenge your muscles.

Power Smith Machine Dual System / D602



Dimension: 1880*2010*1750 mm
Weight: 165 kg

The Defender Series Power Smith Dual System is an innovative machine designed to perform thrust movements of the upper limbs safely and efficiently. It features independent load and a convergent trajectory that amplifies the range of motion compared to traditional Smith Machines.

Abdominal Crunch / D604



📏 Dimension: 1380*1776*1720 mm
 ⚖️ Weight: 121 kg

■ The Defender Series Abdominal Crunch is a must-have for anyone looking to target their abdominal muscles with precision. Unlike traditional ab crunch machines, this equipment features two suspension points on both sides that provide greater resistance and a more challenging workout. The equipment is also highly stable and includes storage pins for weight plates.

High Row / D606



📏 Dimension: 1940*1650*1980 mm
 ⚖️ Weight: 157 kg

■ The Defender Series High Row is the ultimate machine for targeting your back muscles. This machine simulates the motion of a traditional high row exercise, but with added features to enhance your workout. The built-in storage pins allow for easy access to weight plates, and the height-adjustable seat pad and thigh pad ensure a comfortable and secure fit during your workout.

Double Deadlift / D607



 Dimension: 1870*2045*500 mm
 Weight: 103 kg

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

Chest Butterfly / D608



 Dimension: 1570*1630*970 mm
 Weight: 105 kg

■ 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.

Lat Pulldown Circular I / D610



 Dimension: 1930*1860*2060 mm
 Weight: 195 kg

■ The Defender Series Lat Pulldown Circular I 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.

Standing Abductor / A629



 Dimension: 1640*1000*1440 mm
 Weight: 135 kg

■ The Discovery-P Series 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.



COLOR OPTIONS

Pearl Silver



Swing Arm



Frame & Upholstery



Pearl Red



Swing Arm



Frame & Upholstery



Pearl Green



Swing Arm



Frame & Upholstery





Multi.

Link.

Structure.

Plate Loaded Line

TITAN - Mechanix





Multi. Link. Structure.

- Consistent Resistance Curve: Provides stable and uniform resistance throughout the entire range of motion, ensuring more efficient workouts.
- Enhanced Training Effectiveness: The more stable resistance curve makes workouts more comprehensive and effective, helping users achieve their fitness goals faster.
- Optimized Biomechanical Design: Mimics the natural movement trajectory of the human body, reducing stress on joints and soft tissues, thereby enhancing safety.

Chest Press / Y905ZA



Dimension: 1670*1490*1835 mm
Weight: 310 kg

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.

Wide Chest Press / Y910ZA



Dimension: 1690*1460*1870 mm
Weight: 265 kg

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 / Y915ZA

Pull Down / Y920ZA



Dimension: 1830*1480*1800 mm
Weight: 280 kg

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.

Dimension: 2090*1475*2040 mm
Weight: 235 kg

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 / Y925ZA



Dimension: 1500*1475*1870 mm
Weight: 275 kg

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.



Row / Y930ZA



Dimension: 1670*1350*1340 mm
 Weight: 230 kg

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 / Y935ZA



Dimension: 1555*1830*1715 mm
 Weight: 280 kg

The Shoulder Press provide 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.

Rear Kick / Y940ZA



Dimension: 1600*1400*1900 mm
Weight: 175 kg

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.

Leg Press / Y950ZA



Dimension: 2560*1680*1580 mm
Weight: 310 kg

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.



Iso-Lateral Leg Extension / Y960ZA



Dimension: 1520*1920*1232 mm
 Weight: 185 kg

The Iso-Lateral Leg Extension is blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety.

Leg Extension / Y961ZA



Dimension: 1520*1584*1232 mm
 Weight: 150 kg

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 / Y965ZA



Dimension: 1815*1700*1050 mm
Weight: 180 kg

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.

Biceps Curl / Y970ZA



Dimension: 1610*1180*1035 mm
Weight: 170 kg

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.

Pullover / Y983ZA



Dimension: 2145*1635*1500 mm
Weight: 240 kg

■ The Pullover is ergonomically designed to reduce tension and provide exercisers with increased stability and control. The seat is angled and degree of shoulder extension is decreased for stability and reduced shoulder joint stress, respectively.

Roller Hip Thrust / Y984ZA



Dimension: 1920*1340*955 mm
Weight: 145 kg

■ The Roller Hip Thrust focuses on the glute muscles and simulates the most popular free weight glute training paths. Ergonomic pelvic pads provide secure and comfortable support for training start and end. The traditional bench is replaced by a wide back pad, which greatly reduces the pressure on the back and improves the comfort and stability.

Standing Abductor / Y985ZA



Dimension: 1670*1080*1450 mm
Weight: 142 kg

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.

Belt Squat / Y986ZA



Dimension: 2050*1560*1683 mm
Weight: 210 kg

The Belt Squat is a versatile machine that targets the entire thigh and gluteus muscles. Unlike traditional squats that put pressure on the spine, the Belt Squat relieves the spine and allows for more comfortable and effective training. With the ability to adjust your stance, you can target different muscle groups and optimize your workout. The machine also includes additional pins for elastic straps to add resistance and challenge your muscles.

COLOR OPTIONS

Black Golden



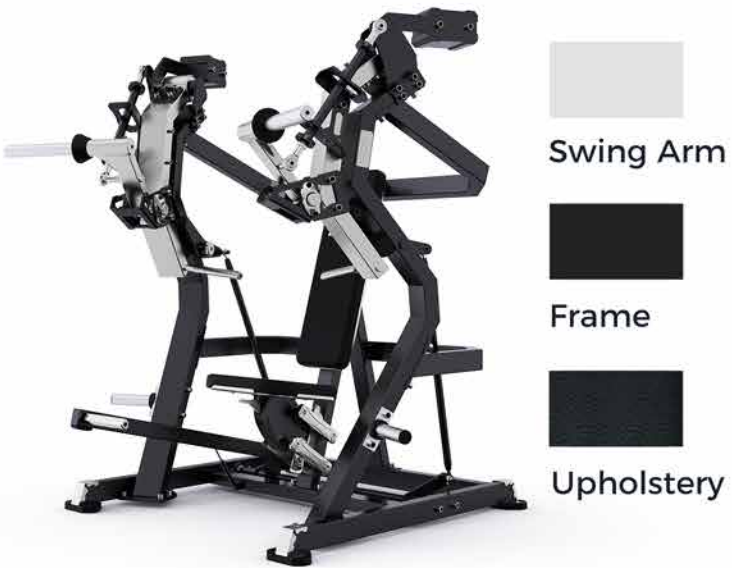
Black Black



Black Red



Black Silver



UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

Endurance.

Elevate.

Extreme.

Plate Loaded Line

TITAN - Xtreme





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



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.

Rowing Machine / T902



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



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



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



 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



 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



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



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



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



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

Super Squat Machine / T912



 Dimension: 2250*1545*1875 mm
 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.

 Dimension: 1990*1780*1530 mm
 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



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



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



 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.

Pendulum Squat / T916



 Dimension: 2507*1210*1675 mm
 Weight: 210 kg

■ The T916 Pendulum Squat by DHZ Fitness 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 T916 ensures a safe and comfortable training experience.



Standing T-Bar Row / T917



Dimension: 940*505*1860 mm
 Weight: 82 kg

The T917 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.

Double Deadlift / T918



Dimension: 1735*1690*850 mm
 Weight: 125 kg

The T918 Double Deadlift is the perfect addition to any gym that wants to add variety to their deadlift training. This machine is designed to simulate the traditional deadlift exercise and offers a more comfortable and varied grip option with its dual handle position.

Vertical Leg Press / T919



 Dimension: 2125*1705* 2105 mm
 Weight: 282 kg

■ The T919 Vertical Leg Press by DHZ Fitness is a groundbreaking piece of equipment designed to deliver unparalleled leg workouts. With its unique vertical design, this leg press targets muscle groups like never before, making it an essential addition to any gym, personal training studio, or fitness facility.

Pullover / T920



 Dimension: 1770*2040*1520 mm
 Weight: 280 kg

■ The T920 Pullover is ergonomically designed to reduce tension and provide exercisers with increased stability and control. The seat is angled and degree of shoulder extension is decreased for stability and reduced shoulder joint stress, respectively.

Incline Fly / T921



Dimension: 1760*1100*1010 mm
 Weight: 110 kg

The T921 Incline Fly is expertly crafted to deliver an unparalleled chest workout, offering a superior range of motion and exceptional muscle engagement. The rotating handles provide a natural grip, while the easily adjustable seat ensures a comfortable and personalized fit for all users, allowing for an optimal training experience.

High Row / T922



Dimension: 2035*2240*1635 mm
 Weight: 210 kg

The T922 High Row is the ultimate machine for targeting your back muscles. This machine simulates the motion of a traditional high row exercise, but with added features to enhance your workout. The built-in storage pins allow for easy access to weight plates, and the height-adjustable seat pad and thigh pad ensure a comfortable and secure fit during your workout.



Incline Linear Row / T923



Dimension: 1900*1670*1430 mm
Weight: 185 kg

The T923 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.

Reverse Hyperextension / T924



Dimension: 1480*1340*1540 mm
Weight: 130 kg

The T924 Reverse Hyperextension is expertly designed for targeted training of the posterior thigh muscles, including the glutes and hamstrings, as well as the lumbar muscles. This machine has been meticulously refined to enhance comfort and effectiveness. The thrust roller is positioned at the ankles, ensuring maximum engagement of the entire posterior chain.

Roller Hip Thrust / T925



Dimension: 1960*1240*995 mm
Weight: 175 kg

■ The T925 Roller Hip Thrust focuses on the glute muscles and simulates the most popular free weight glute training paths. Ergonomic pelvic pads provide secure and comfortable support for training start and end. The traditional bench is replaced by a wide back pad, which greatly reduces the pressure on the back and improves the comfort and stability.

Abdominal Crunch / T926



Dimension: 1770*1320*1750 mm
Weight: 210 kg

■ Abdominal Crunch is a must-have for anyone looking to target their abdominal muscles with precision. Unlike traditional ab crunch machines, this equipment features two suspension points on both sides that provide greater resistance and a more challenging workout.

COLOR OPTIONS

Grey Orange



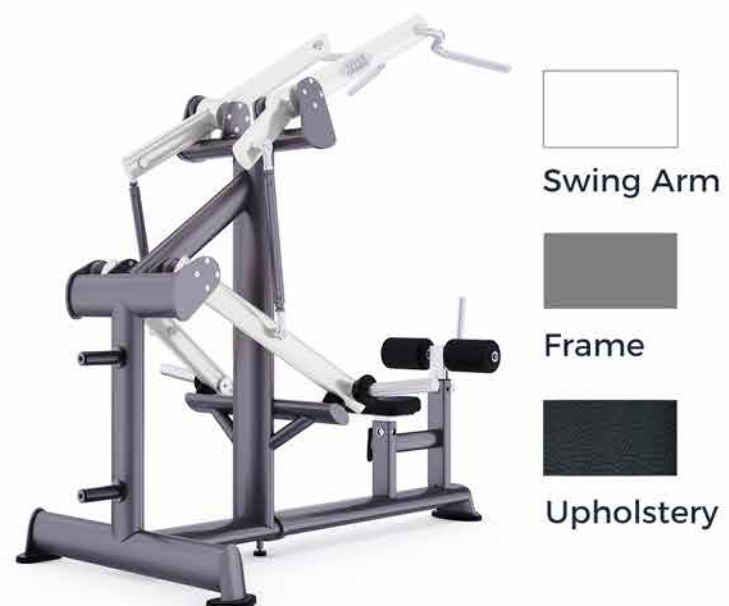
Grey Black



Grey Blue



Grey White



UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

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Plate Loaded Line

DISCOVERY SERIES



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- Free weight training-like feel with excellent biomechanics and high training comfort.
- Higher load ceiling compared with the selectorized equipment but with the same safety.

Love. The. Choice!

SWING ARM OPTIONAL

Round





Chest Press / Y905Z-G01



Dimension: 1500*1200*1715 mm
Weight: 162 kg

■ The Discovery-R Series 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.

Wide Chest Press / Y910Z-G01



Dimension: 1450*1182*1715 mm
Weight: 139 kg

■ The Discovery-R Series 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 / Y915Z-G01



Dimension: 1540*1030*1685 mm
 Weight: 197 kg

The Discovery-R Series 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.

Pull Down / Y920Z-G01



Dimension: 1110*1740*1990 mm
 Weight: 198 kg

The Discovery-R Series 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 / Y925Z-G01



 Dimension: 1570*1290*1630 mm
 Weight: 190 kg

■ The Discovery-R Series 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.

Row / Y930Z-G01



 Dimension: 1190*1380*1300 mm
 Weight: 137 kg

■ The Discovery-R Series 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 / Y935Z-G01



Dimension: 1290*1260*1485 mm
 Weight: 146 kg

The Discovery-R Series Shoulder Press provide 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.

Rear Kick / Y940Z-G01



Dimension: 1115*1330*1650 mm
 Weight: 102 kg

The Discovery-R Series 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 / Y945Z-G01



Dimension: 1670*1220*1210 mm
Weight: 145 kg

The Discovery-R 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.

Leg Press / Y950Z



Dimension: 1780*2060*1525 mm
Weight: 261 kg

The Discovery-R Series 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 / Y955Z-G01



Dimension: 1190*1380*1130 mm
 Weight: 135 kg

The Discovery-R Series 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.

Leg Extension / Y960Z-G01



Dimension: 1250*1250*1170 mm
 Weight: 135 kg

The Discovery-R Series 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 / Y965Z-G01



📏 Dimension: 1590*1385*970 mm
 ⚖️ Weight: 140 kg

■ The Discovery-R Series 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.

Biceps Curl / Y970Z-G01



📏 Dimension: 1055*900*1000 mm
 ⚖️ Weight: 140 kg

■ The Discovery-R Series 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.

Standing Abductor / D982-G02



Dimension: 1628*1000*1441 mm
Weight: 113 kg

The Discovery-P Series 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.

Y900Z SERIES

COLOR OPTIONS

Pearl Green



Swing Arm



Frame & Upholstery



Pearl Red



Swing Arm



Frame & Upholstery



Pearl Silver



Swing Arm



Frame & Upholstery





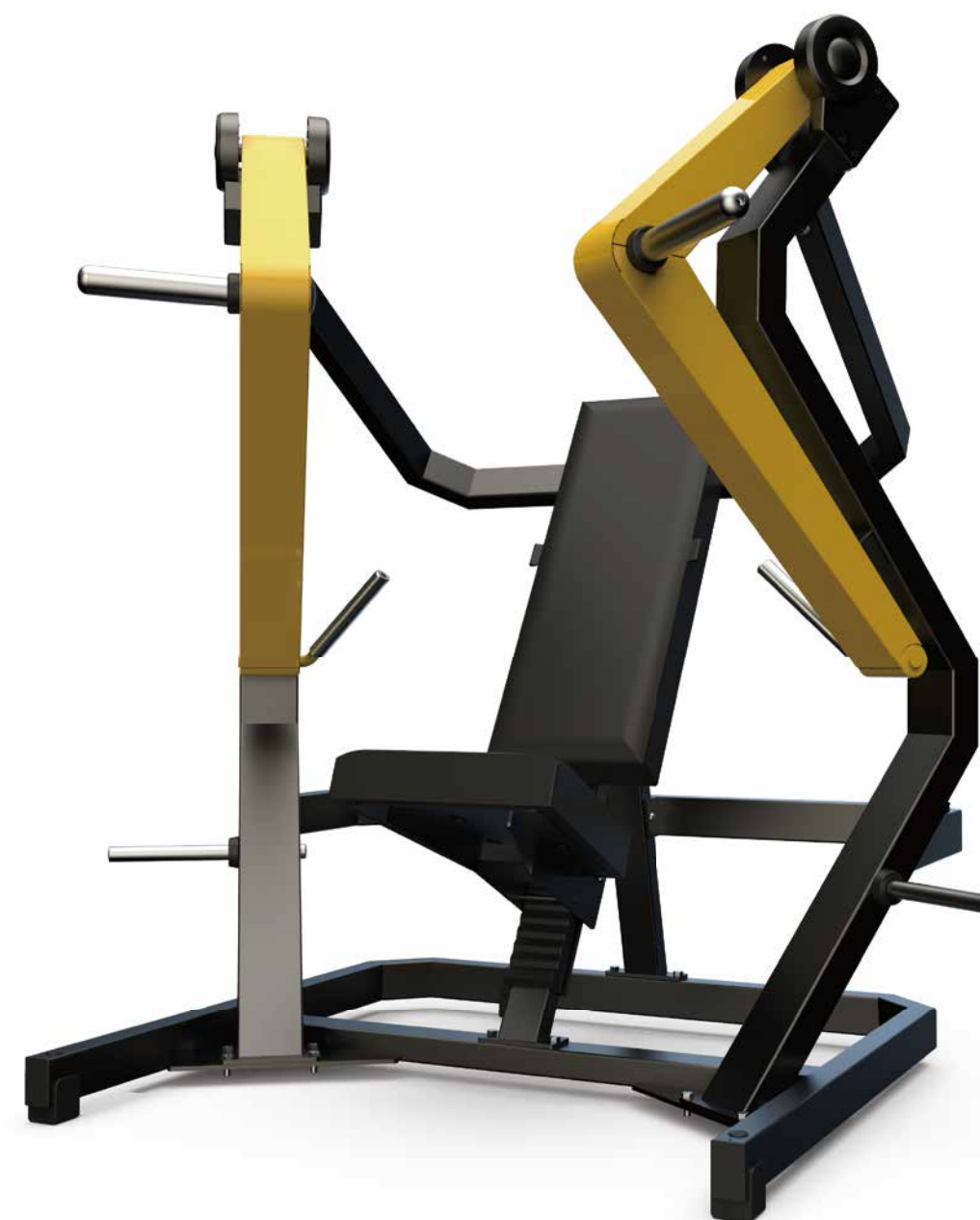
Chest Press / D905Z-G01



Dimension: 1500*1200*1715 mm
Weight: 161 kg

■ The Discovery-P Series 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.

Wide Chest Press / D910Z-G01



Dimension: 1450*1182*1715 mm
Weight: 173 kg

■ The Discovery-P Series 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 / D915Z-G01



 Dimension: 1540*1030*1685 mm
 Weight: 156 kg

■ The Discovery-P Series 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.

Pull Down / D920Z-G01



 Dimension: 1110*1740*1990 mm
 Weight: 162 kg

■ The Discovery-P Series 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 / D925Z-G01



Dimension: 1570*1290*1630 mm
Weight: 153 kg

■ The Discovery-P Series 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.

Row / D930Z-G01



Dimension: 1190*1380*1300 mm
Weight: 134 kg

■ The Discovery-P Series 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 / D935Z-G01



Dimension: 1290*1260*1485 mm
Weight: 136 kg

The Discovery-P Series Shoulder Press provide 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.

Rear Kick / D940Z-G01



Dimension: 1115*1330*1650 mm
Weight: 135 kg

The Discovery-P Series 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 / D945Z-G01



Dimension: 1670*1220*1210 mm
 Weight: 198 kg

The Discovery-P 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.

Leg Press / D950Z



Dimension: 1780*2060*1525 mm
 Weight: 221 kg

The Discovery-P Series 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 / D955Z-G01



Dimension: 1190*1380*1130 mm
 Weight: 149 kg

The Discovery-P Series 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.

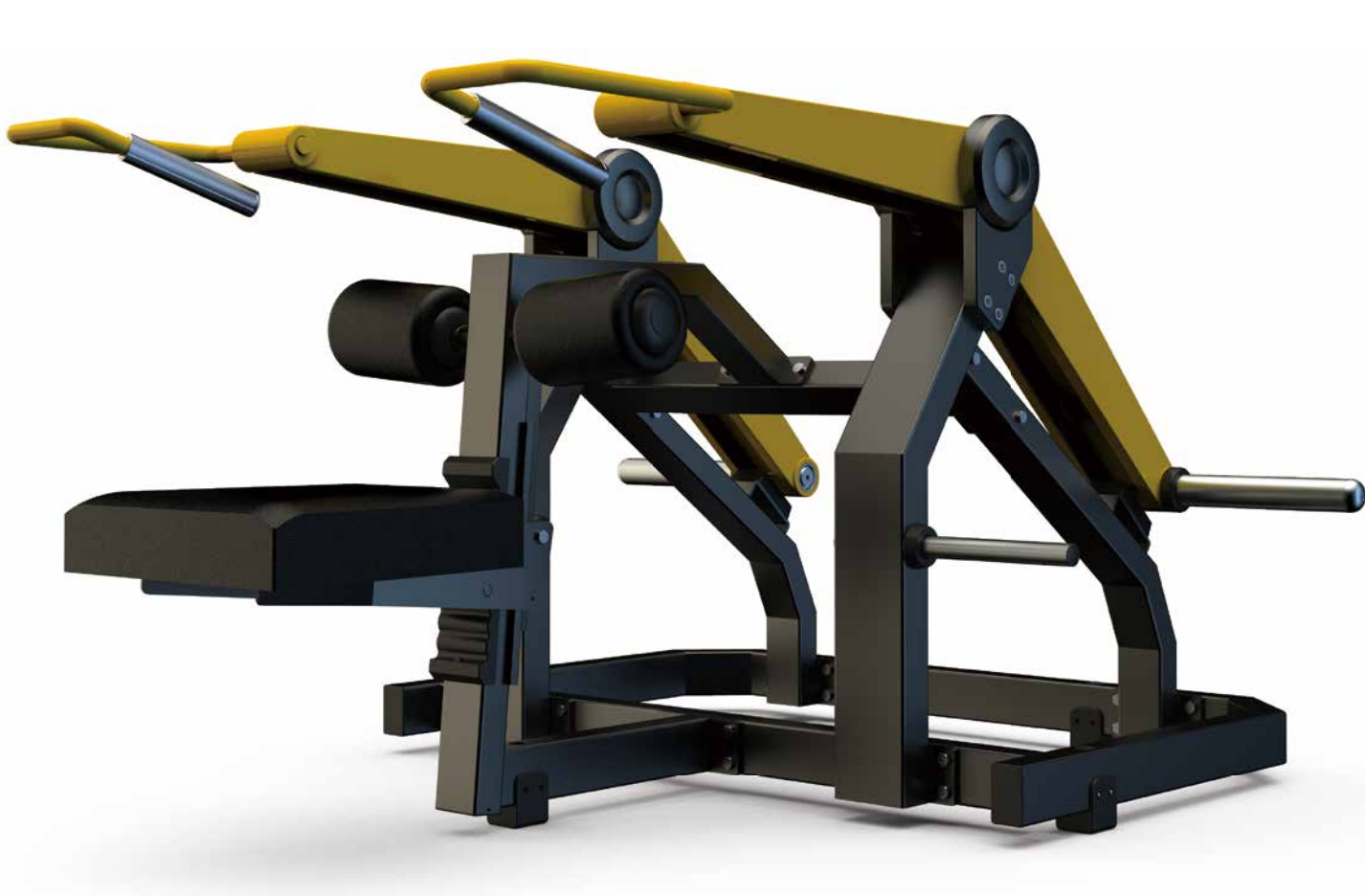
Leg Extension / D960Z-G01



Dimension: 1250*1250*1170 mm
 Weight: 135 kg

The Discovery-P Series 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 / D965Z-G01



Dimension: 1590*1385*970 mm
 Weight: 140 kg

The Discovery-P Series 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.

Biceps Curl / D970Z-G01



Dimension: 1055*900*1000 mm
 Weight: 140 kg

The Discovery-P Series 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.

Standing Abductor / D982-G02



D900Z SERIES



COLOR OPTIONS

Pearl Yellow



Swing Arm



Frame & Upholstery

Pearl Red



Swing Arm



Frame & Upholstery

Pearl Silver



Swing Arm



Frame & Upholstery

Dimension: 1628*1000*1441 mm
Weight: 113 kg

The Discovery-P Series 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.



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Plate Loaded Line

EVOST SERIES



Angled Leg Press / U3056



Dimension: 2170*1610*1260 mm
Weight: 243 kg

■ The Evost Series Angled Leg Press features a 45-degree angle and three starting positions, providing multiple training ranges to suit different exercisers. 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, and the oversized footplate maintain full foot contact throughout the range of motion.

Angled Leg Press / U3056S Linear Bearing



Dimension: 2170*1610*1260 mm
Weight: 241 kg

■ The Evost Series 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 Squat / E3057



Dimension: 2230*1630*1270 mm
 Weight: 183 kg

The Evost Series 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, stabilizes the exerciser's center of gravity on the inclined plane, and ensures the straight transmission of force.

Incline Level Row / U3061



Dimension: 1850*790*1190 mm
 Weight: 74 kg

The Evost Series 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 / U3062



Dimension: 1500*710*990 mm
Weight: 57 kg

■ The Evost Series Seated Calf allows the user to activate the calf muscle groups 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 / U3063



Dimension: 1090*2180*2320 mm
Weight: 258 kg

■ The Evost Series 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 / U3065

Super Squat / U3065L



Dimension: 2310*1070*2040 mm
 Weight: 165 kg

The Evost Series 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 and can be easily reset by pedaling when you exit.

Dimension: 2310*1070*2040 mm
 Weight: 165 kg

The Evost Series 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 and can be easily reset by pedaling when you exit.

Smith Combo Rack / JN2063B

Counterbalanced



 Dimension: 1835*2210*2190 mm
 Weight: 260 kg

■ The DHZ Smith Combo Rack offers strength trainers more options for weightlifting. The stable and reliable Smith system provides fixed rails combined with additional counterbalance loads to help users get lower starting weights. The free weight area of JN2063B on the other side allows experienced lifters to perform more flexible and targeted training, and the quick-release column provides convenience for switching between different exercises.

Smith Combo Rack / JN2063A



Dimension: 1835*2210*2190 mm
 Weight: 240 kg

The DHZ Smith Combo Rack offers strength trainers more options for weightlifting. The stable and reliable Smith system provides a fixed track to help exercisers pursue heavier weights while stabilizing their training posture. The free weight area on the other side allows experienced lifters to perform more flexible and targeted training, and the quick-release column provides convenience for switching between different exercises.

Glide Abdominal trainer / U3082

COLOR OPTIONS



Black



Frame



Upholstery



Silver



Frame



Upholstery



White



Frame



Upholstery

Dimension: 1650*785*1465 mm
Weight: 80 kg

The Evost Series Glide Abdominal Trainer is perfect for training studios, hotels, commercial gym or at home use. The features of the Glide Abdominal Trainer include smooth rails, a free-style motion seat, an independent storage weight horns, a stronger thicker handle and upgraded front and rear legs. The Glide Abdominal Trainer combines the simplicity of the abdominal crunch with the effectiveness of the hanging leg raise.

UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

Best. Performance. Ratio !



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PRESTIGE SERIES

FLAT OVAL

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- The brand-new process combined with the comprehensive detail improvement brings the perfect experience.
- Industry 4.0 fully Automatic Production Line makes it possible to provide high-quality products while effectively controlling production costs.

Angled Leg Press / U2056S



Dimension: 2170*1610*1260 mm
 Weight: 233 kg

The Prestige Series 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 Squat / U2057S



Dimension: 2230*1630*1270 mm
 Weight: 173 kg

The Prestige Series 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, stabilizes the exerciser's center of gravity on the inclined plane, and ensures the straight transmission of force.

Incline Level Row / U2061



Dimension: 1780*1140*1190 mm
 Weight: 67 kg

The Prestige Series 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



Dimension: 1500*715*1020 mm
 Weight: 55 kg

The Prestige Series Seated Calf allows the user to activate the calf muscle groups 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 / U2063



 Dimension: 2215*1530*2190 mm
 Weight: Standard: 208 kg
 Heavy: 20 kg * 2

■ The Prestige Series 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 integrated pull-up grips make training more variety.

Super Squat / U2065



 Dimension: 1690*1630*1750 mm
 Weight: 113 kg

■ The Prestige Series 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.

FLAT OVAL PRO



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FUSION PRO SERIES



Angled Leg Press / E7056



 Dimension: 2090*1400*1420 mm
 Weight: 197 kg

■ The Fusion Pro Series 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. 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 stabilization.

Hack Squat / E7057



 Dimension: 2040*1630*1220 mm
 Weight: 181 kg

■ The Fusion Pro Series 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, stabilizes the exerciser's center of gravity on the inclined plane, and ensures the straight transmission of force.

Incline Level Row / E7061



Dimension: 1850*790*1190 mm
Weight: 72 kg

■ The Fusion Pro Series 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 / E7062



Dimension: 1230*660*840 mm
Weight: 45 kg

■ The Fusion Pro Series Seated Calf allows the user to activate the calf muscle groups 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



Dimension: 1090*2180*2320 mm
Weight: 218 kg

■ The Fusion Pro Series 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 integrated pull-up grips make training more variety.

Super Squat / E7065



Dimension: 1790*1630*1750 mm
Weight: 121 kg

■ The Fusion Pro Series 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.





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DHZ FITNESS

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LEARN MORE AT: www.dhzfitness.com



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