

TITAN - Mechanix

China's largest manufacturer
of professional fitness equipment



DHZ

GIGAFACTORY

POWERED BY RENEWABLE ENERGY

CHINA'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT

THE ANNUAL PRODUCTION IS ENOUGH FOR 300,000 DHZ EQUIPMENTS



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

OUR CUSTOMERS





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

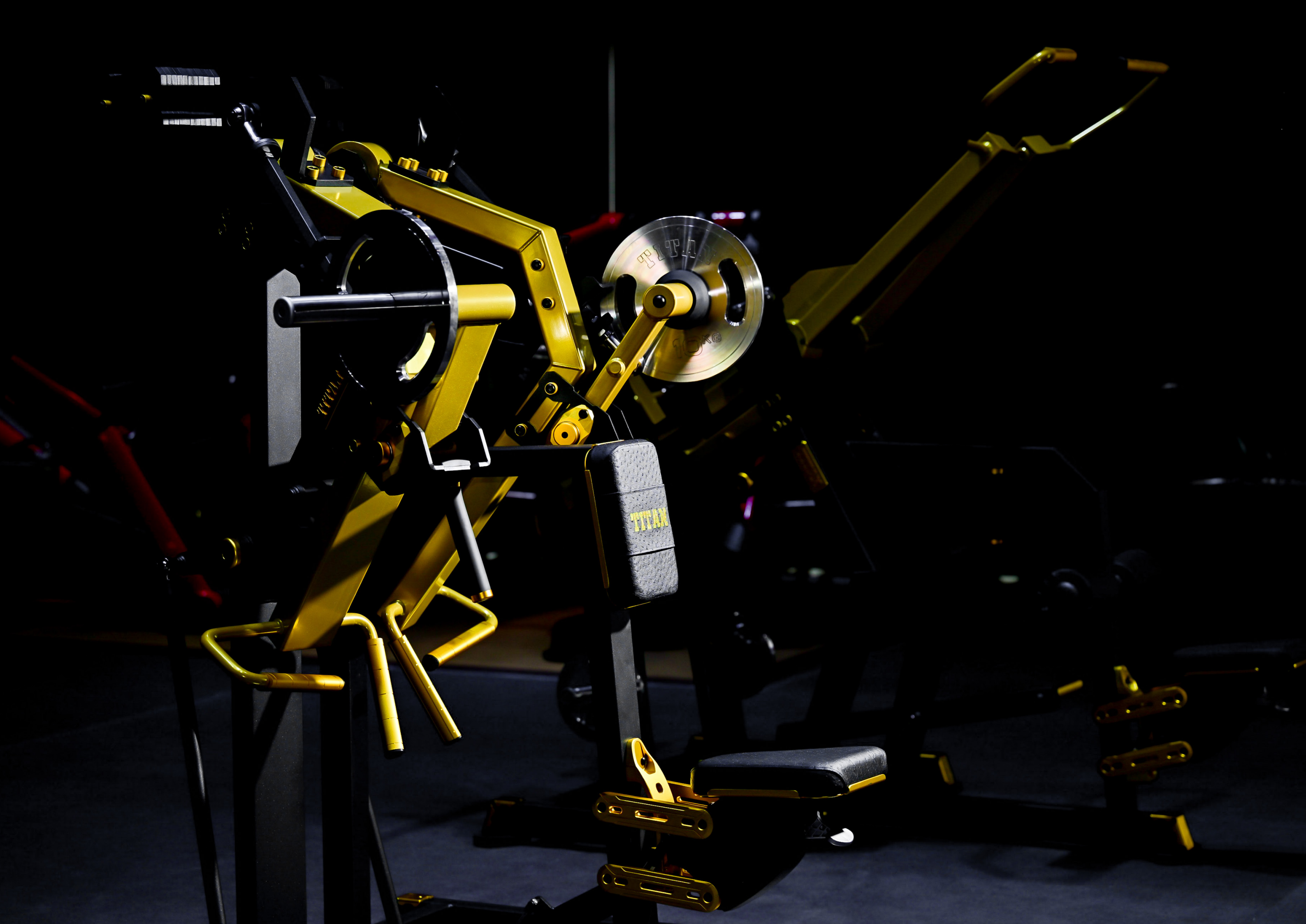
■ The Shoulder Press provide the feel of free weight training, with an excellent biomechanical design ideal for strengthening delts, triceps and upper traps by replicating the overhead press. The independently motion arms guarantee the balanced strength increase and allow the user to train independently.

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.

Olympic Incline Bench / Y971ZA



Dimension: 2010*1550*1650 mm
Weight: 150 kg

A durable bench with footplates for extra support, an assisted spotter platform, and stop hooks for individual training.

Olympic Bench / Y972ZA



Dimension: 1840*1550*1350 mm
Weight: 125 kg

A durable weight bench with two footplates, a spotter platform for assisted training, and stop hooks for individual training.

Olympic Decline Bench / Y973ZA



Dimension: 2170*1550*1310 mm
Weight: 130 kg

A durable bench with a single set up adjustment and stop hooks for effective individual training.

Olympic Military Bench / Y974ZA



Dimension: 1850*1550*1975 mm
Weight: 195 kg

A durable bench with a stable footplate, a spotter platform for assisted training, and stop hooks for individual training.

Back Extension / Y975ZA



Dimension: 1300*815*760 mm
Weight: 53 kg

■ Ideal for training the back muscles which features a wide footplate for exercise variations.

Seated Preacher Curl / Y976ZA



Dimension: 1165*875*990 mm
Weight: 63 kg

■ A durable bicep and barbell curl bench, complete with a double angle pad setting and stop hooks to secure the bar.

Adjustable Decline Bench / Y977ZA



Dimension: 1850*585*910 mm
Weight: 67 kg

A durable bench with 3 difficulty levels, 2 integrated plate holders, 2 handles for reverse abdominal exercises.

Super Bench / Y978ZA



Dimension: 1385*745*450 mm
Weight: 57 kg

A reclining weight bench with 8 backrest adjustments and 3 seat-angle settings which can support various exercises.

Flat Bench / Y980ZA



Dimension: 1255*575*440 mm
Weight: 25 kg

The Flat Bench is a traditional flat bench that offers high-grade durability and quality.

Barbell Rack / Y981ZA



Dimension: 890*886*1485 mm
Weight: 85 kg

Holds up to 10 bars and is accessible from both sides, ideal for keeping large strength training areas tidy.

COLOR OPTIONS

Black Golden



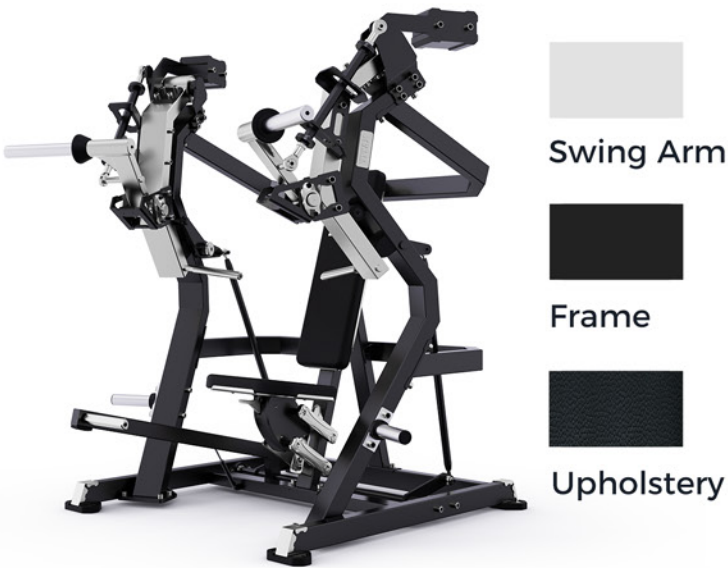
Black Black



Black Red



Black Silver



UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

LET'S TALK TRAINING!



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