

# CATALOGUE

STRENGTH | CARDIO | FUNCTIONAL | PLATE LOADED | FREEWEIGHTS | CROSSTRAINING



TRAINING IS OUR LANGUAGE.

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## A STRONG PARTNER FOR YOUR INVESTMENT.

A GOOD CHOICE FOR YOUR QUICK RETURN OF INVESTMENT.

✓ FLEXIBLE

✓ RELIABLE

### DHZ FITNESS EUROPE GMBH

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# DHZ FITNESS

THE WORLD'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT

DHZ was founded in 2002 and is still owned by the founder. The company's philosophy is to offer customers high quality products for the best possible price. In order to achieve this goal, 90% of the components for the fitness equipment are made and produced in our factory.

There are no profit margins to other suppliers - to our customers advantage. Also this helps to better control quality and to make changes very quickly where needed. Driven by efficient production methods like laser cutting and robot welding we can offer very competitive pricing.

» DHZ Fitness Europe has developed significantly in recent years. We can now serve any kind of studio concept. From the Boutique club to the premium provider. With us everyone will be successful with their investment."

*Michael Birk, Managing Director DHZ Fitness Europe*

With our 360° Service we offer everything you need no matter if we talk new openings or modernization of an existing fitness facility. We know what the implementation of a modern training area requires.

## THOUGHT THROUGH SOLUTIONS FOR YOUR TRAINING AREA AT BEST CONDITIONS.



- ✓ Easy to use
- ✓ Easy to adjust to your body size
- ✓ Intuitive operation
- ✓ Complying with security standards



- ✓ For professional use
- ✓ Clever modern design
- ✓ Different weight options
- ✓ Simple and reliable handling



- ✓ ISO 9001 quality management
- ✓ Modern manufacturing
- ✓ Precision welding
- ✓ Good warranty



- ✓ Top price-performance ratio
- ✓ Affordable assembly and service
- ✓ Favorable transport costs
- ✓ Fast and cheap Spare parts supply



TRAINING IS OUR LANGUAGE.

more than  
**1.300**  
EMPLOYEES

**340.000 m<sup>2</sup>**  
PRODUCTION AREA

more than **21.500**  
EQUIPPED GYMS



## OUR 360° SERVICE

- ▶ CONSULTING
- ▶ PLANNING
- ▶ INSTALLATION
- ▶ TRAINING
- ▶ TECHNICAL SERVICE



# DHZ FITNESS GYMDESIGNER

## OUR SERVICE FOR YOU: 3D GYM PLANNING

Good planning is everything. The high costs of 3D planning frighten off many. DHZ Fitness offers you the planning as a free service - no matter how much space you have or how many devices you need. We plan for free for you using exercising avatars for better spatial presentation which will answer many of your questions at a very early stage. Send us your floor plan by email and together we work out which devices ideally suit to your new training area.

- ✓ EASY TO USE
- ✓ EASY TO ADJUST
- ✓ INTUITIVE OPERATION

FOR MORE  
INFO SCAN  
HERE.



### THE 3D WALK-THROUGH VIDEO

We offer this service on top if you order devices from us. You can use it to attract potential members via Social media and give your existing members an advance impression of your planned investment. The exercising avatars bring life to the planned studio for real.

### JUST DO IT YOURSELF

In the software you will find the complete, precisely scaled equipment range of DHZ Fitness. The software is easy to use so that you can create your own 3D studio planning. Nevertheless, we recommend that you read the operating instructions carefully beforehand.

You can quickly design simple rooms yourself. If you have larger projects with larger floor plans, we offer the service to create them for you by our team of architects.



### VIRTUAL REALITY

The gym designer also offers the opportunity to go through your planned studio virtually - with 3D glasses. This will give you an optimal impression of the planning.

## OUR AVATARS WILL MAKE YOUR PLANNING EVEN MORE REALISTIC.



# ECONOMICAL, EFFICIENT AND CUSTOMER FOCUSED TRAINING AREAS

IN THE TRAINING AREA, WE DIFFERENTIATE BETWEEN SIX AREAS THAT WILL BE - IF WELL PLANNED - EFFICIENT, ECONOMIC AND CUSTOMER-ORIENTED:

## 1. MOBILITY AREA

MUSCLE GROWTH AND AGILITY

## 2. CARDIO AREA

WARMUP AND CARDIO-VASCULAR EXERCISE

## 3. HEALTH AREA

MUSCLE MAINTENANCE AND MOBILITY

## 4. WORKOUT AREA

MAXIMUM FORCE SPECIFIC FORCE

## 5. OUTDOOR AREA

GENERAL TRAINING AREA

## 6. FUN AREA

FUNCTIONAL TRAINING COURSES AND CLASSES

## WHAT YOU SHOULD ASK YOURSELF ABOUT YOUR CUSTOMERS.



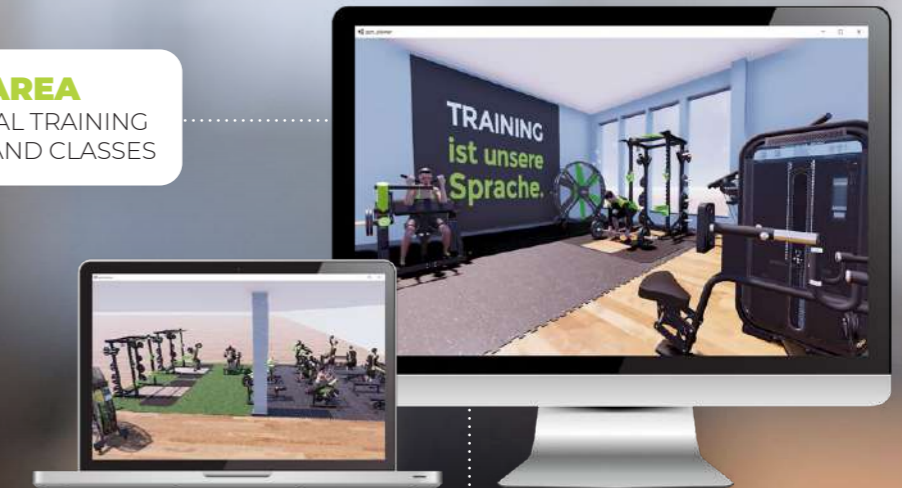
WHAT IS THE AGE SPLIT OF THE MEMBERS?

WHAT IS THE TRAINING MOTIVATION OF THE MEMBERS?

WHAT ARE THE OBJECTIVES OF THE MEMBERS?

HOW OFTEN DOES WHICH AGE GROUP EXERCISE?

AT WHAT TIME ARE COURSES AND TRAINERS IN DEMAND?



### HERE WE START WITH OUR 3D GYM DESIGNER.

The studio planning takes concepts and equipment planning into account with a focus on business to help you make money faster and remain profitable in the long term. Our DHZ Academy trains trainers and conveys concepts for the training areas to enable upselling at a significantly higher level.

» DO YOU PLAN A NEW OPENING, A RELAUNCH OR AN EXPANSION?

» WOULD YOU LIKE TO GET OUR FEEDBACK ABOUT YOUR CONCEPT OR WOULD YOU LIKE TO HAVE AN EXTENSIVE CONSULTATION?

We are in constant contact with industry specialists and institutions of the fitness Industry taking the latest trends and key figures into consideration. Before selling a standard program to you, we will find out together what makes your club unique. Your quick return on investment always has priority when planning.

## WE FIT WITH EVERYONE!

NO MATTER WHETHER LARGE OR SMALL, WE HAVE THE PERFECT SOLUTION.

### MICRO

#### SMALL SPACE

- Little to no staff
- Emphasis on strength training
- A workout of all muscle groups is possible in 20 minutes

### CLASSIC

#### CLASSIC GYM

- Wide range of offering with staff available; members are loyal and have a personal bond to “their” gym
- Cardio area
- Strength and Freeweights area
- Courses / classes
- Outdoor and functional

### PREMIUM

#### PREMIUM GYM

- High quality ambience
- Wide range of offering, including wellness area
- Trainer on site
- Service & consultation

# ROLLABLE STAND FAN

- Rollable DHZ Fitness stand fans offer pleasant cooling and air exchange for up to 500 cubic meters.
- The sturdy steel frame is mounted with Stainless steel screws
- With four stable, smooth-running rollers and noble handles on both sides one person can move the 200 kg heavy and 2.1 m high colossus.
- The quiet and efficient working 0.75 KW motor allows 5 to 200 revolutions per minute.
- The range of the air flow is at maximum speed up to 36 m.
- 5 year guarantee on frame and propeller as well as a 2 year guarantee on motor and controller.



MODEL	DIMENSIONS (H x W x L)	DIAMETER	FRAME	BLADES
FS300	214 x 69 x 203 cm	200 cm	black	silver
FS300G	214 x 69 x 203 cm	200 cm	black	green
FS400	264 x 69 x 254 cm	250 cm	black	silver
FS400Y	264 x 69 x 254 cm	250 cm	yellow	silver

ACCESSORIES ARE NOT INCLUDED

# GLUTE MAKER

- Angled and comfortable pads provide upper body stabilization and spine support.
- The adjustable hip roll secures a safe and controlled movement during lifting.
- Large, angled and adjustable stainless-steel footrest for different user sizes.
- Easy to use for a variety of hip and glute exercises.
- Two shelves for weight plates (weight plates are not included).
- Available in the color combinations of the EVOST II series.

MODEL	DIMENSIONS (H x W x L)	WEIGHT	COLORS
A3092	180 x 124,5 x 125 cm	95 kg	see Evost II



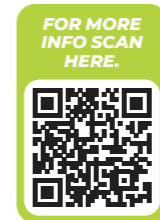
ACCESSORIES ARE NOT INCLUDED



# FUSION PRO

INNOVATIVE & NOBLE

- High-quality series with a cool, robust look
- Belt and / or cable drive
- Housing with steel cover
- Isolateral training
- Top biomechanics
- 21 devices as well as benches, racks and cable cross



**LEG EXTENSION**

E7002

ACCESSORIES ARE NOT INCLUDED



**PRONE LEG CURL**

E7001

## COLOR OPTIONS

### FRAME



silver pearl   black pearl   white

### UPHOLSTERY



black   yellow   saddle brown

**NOTE:** The colours shown here can be different from the original colours.

# PRESTIGE PRO

## PREMIUM STRENGTH SERIES

- Noble series with aluminum covers / Housing with steel cover
- Belt and /or cable drive
- Isolateral training
- Top biomechanics
- Two cup holders, mobile phone holder
- 22 devices as well as benches, racks and cable cross



**LEG PRESS**  
E7003A



**CHEST PRESS**  
E7008A

### COLOR OPTIONS

#### FRAME



silver pearl



black pearl



white

#### UPHOLSTERY



black



saddle brown

**ABDOMINAL ISOLATOR**  
E7073A



ACCESSORIES ARE NOT INCLUDED



Particularly elegant look thanks to aluminum covers

**SUPER BENCH**  
E7039



FOR MORE INFO SCAN HERE.



**OLYMPIC BENCH INCLINE**  
E7042

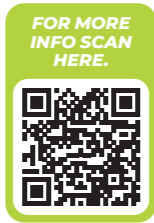


**PREACHER CURL**  
E7044

# EVOST II

BEST PRICE!

- Entry-level series
- Suitable for micro studios and studios with up to 700 members, hotels, physiotherapy
- 24 devices as well as benches and racks
- 6 Plate Loaded
- Complete series, covers all major muscle groups



**LEG PRESS**  
A3003



**VERTICAL PRESS**  
A3008



**PULLDOWN**  
A3035



**OLYMPIC DECLINE BENCH**  
A3041

## COLOR OPTIONS

### FRAME



silver pearl



black pearl



white

### UPHOLSTERY



black



sienna

**INFO:** Standard color in stock: frame black, seats black.

**NOTE:** The colours shown here can be different from the original colours.



**SUPER BENCH**  
A3039



# EVOST II DUAL

## STRENGTH EQUIPMENT

- Entry-level series
- Two functions per machine
- The ideal solution when there is little space
- Suitable for micro studios and studios with up to 700 members, hotels, physiotherapy
- 7 devices



**LEGCURL/EXTENSION**

A3086



**CHEST/SHOULDER PRESS**

A3084

### COLOR OPTIONS

#### FRAME



silver pearl



black pearl



white



black



sienna

**INFO:** Standard color in stock: frame black, seats black.

Standard accent color on cover is silver, light green is optional.

**NOTE:** The colours shown here can be different from the original colours.

FOR MORE  
INFO SCAN  
HERE.



**DIP/CHIN ASSIST**

A3009



**ABDUCTOR/  
ADDUCTOR**

A3089



**BICEPS/TRICEPS**

A3087

A woman with blonde hair tied back, wearing a black tank top, is running on a treadmill in the foreground. She has a focused expression and her right hand is raised. In the background, a man with a beard, wearing a black t-shirt, is also running on a treadmill. The gym environment is visible with various pieces of equipment and a wooden floor.

**INVEST SMARTLY AND  
GET A FASTER RETURN  
ON INVESTMENT –  
WITH DHZ FITNESS.**

# 360° FUNCTIONAL

- The DHZ functional towers are high quality and stable
- For safe and effective functional training
- Training targets large muscle groups and is extremely efficient
- Massive construction, no anchoring in the floor required, stainless steel screw connections
- Weight, depending on the model, 670-1,500 kg
- Offering a \$20 certified course system



**FUNCTIONAL TOWER**  
E360 G



**FUNCTIONAL TOWER**  
E360 A



**FUNCTIONAL TOWER**  
E360 C

### COLOR OPTIONS

#### ACCENT COLORS

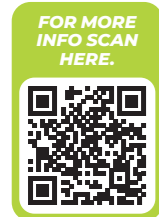


**NOTE:** The colours shown here can be different from the original colours.



**FUNCTIONAL TOWER**  
E360 H

ACCESSORIES ARE NOT INCLUDED

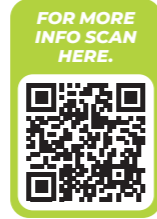


# PLATE LOADED

- 14 devices
- High quality and robust plate loaded devices
- Cool design with round arms
- Excellent biomechanics, feels like exercising with free weights
- Stainless steel screw connections

## WIDE CHEST PRESS

Y910



**LEG EXTENSION**  
Y960

### COLOR OPTIONS

FRAME	ARMS	UPHOLSTERY		
black pearl	silver	apple green	red	black

**INFO:** Standard color in stock: frame black pearl, seats black with black stitching.

**GET THE ARMS IN YOUR DESIRED RAL COLOR:** Surcharge of € 250 per unit

**NOTE:** The colours shown here can be different from the original colours.



**ROW**  
Y930



**LEG PRESS**  
Y950

ACCESSORIES ARE NOT INCLUDED



**PULL DOWN**  
Y920



# CROSSTRAINING – POWERRACKS

- DHZ Fitness CROSSTRAINING systems – developed for boxes and studios
- Quality and stability through massive construction
- Robust construction in 80 x 80 mm steel tube
- Seven different versions

**POWERRACK**  
E6224



**POWERRACK**  
E6221



**POWERRACK**  
PLATFORM  
E62 PLATFORM

## COLOR OPTIONS (RACKS)

### FRAME



black pearl

### ACCENT COLORS



silver



apple green



red

**INFO:** Standard color in stock: frame in black pearl and applications in apple green.

**NOTE:** The colours shown here can be different from the original colours.

**POWERRACK**  
E6225



**POWERRACK**  
E6226



ACCESSORIES ARE NOT INCLUDED

**POWERRACK**  
E6244



Eye-catching  
big 36 mm screws

**POWERRACK**  
PLATFORM  
E62 PLATFORM  
DIFFERENT VERSIONS  
AVAILABLE

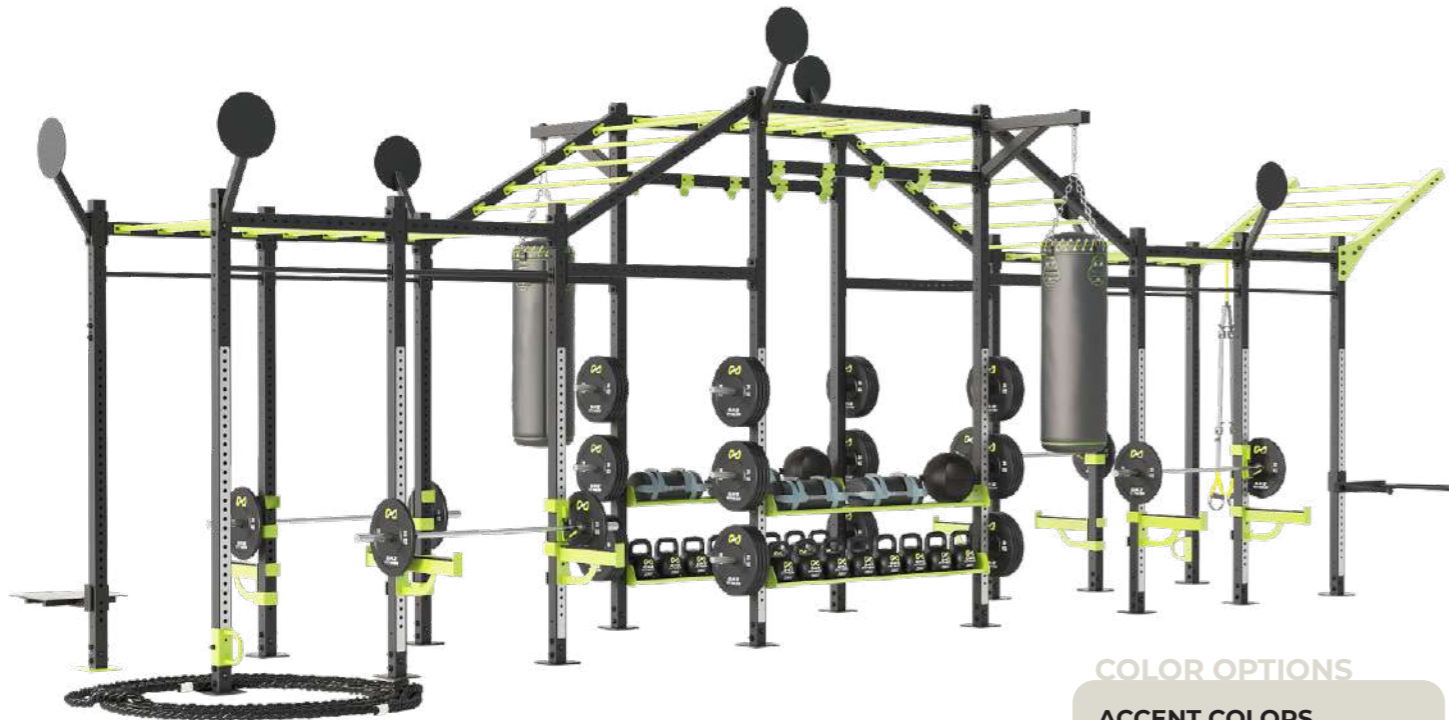


FOR MORE  
INFO SCAN  
HERE.



# CROSSTRaining – TOWER

- Freestanding rigs as the ideal solution for the functional area
- Versatile training on a stable construction
- 80 x 80 mm profile steel poles ensure rigidity and reduce the swinging of the tower
- Well suited for group workouts
- Different versions



**CROSSTRaining TOWER**  
E6205

## COLOR OPTIONS

### ACCENT COLORS



**NOTE:** The colours shown here can be different from the original colours.



**CROSSTRaining MEGA TOWER**  
E6208

ACCESSORIES ARE NOT INCLUDED

FOR MORE  
INFO SCAN  
HERE.



# CARDIO

- Robust and easy to use for members – the top priority for our cardio machines.
- By keeping technology simple, we can offer quality cardio machines at attractive prices.



**TREADMILL WITH LED DISPLAY**  
X8600



**NOBLE SLAT TREADMILL**  
A7000



**CROSSTRAINER WITH LED DISPLAY**  
X9101



**CROSSTRAINER WITH LED DISPLAY**  
X9201

ACCESSORIES ARE NOT INCLUDED

**INDOOR CYCLING BIKE**  
A962

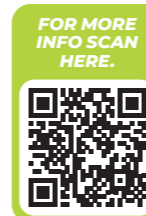


**UPRIGHT BIKE WITH LED DISPLAY**  
X5200

**NOBLE INDOOR CYCLING BIKE**  
S300



**RECUMBENT BIKE WITH LED DISPLAY**  
X5100





### **DHZ FITNESS SHOWROOM**

Eisenhutweg 122  
12487 Berlin

- more that 700 m<sup>2</sup>
- only 10 minutes from airport

### **YOU WANT TO GET TO KNOW AND TEST OUR EQUIPMENT?**

Meet us in our showroom in Berlin. Ask for an appointment with your DHZ representative.

### **YOU ARE INTERESTED IN ADDITIONAL INFORMATION OR WANT TO MEET IN PERSON?**

Ask us! Our friendly sales team is available for you to address your needs. We would be happy to make a non-binding offer to you.

### **DHZ FITNESS EUROPE GMBH**

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