






PLATE LOADED

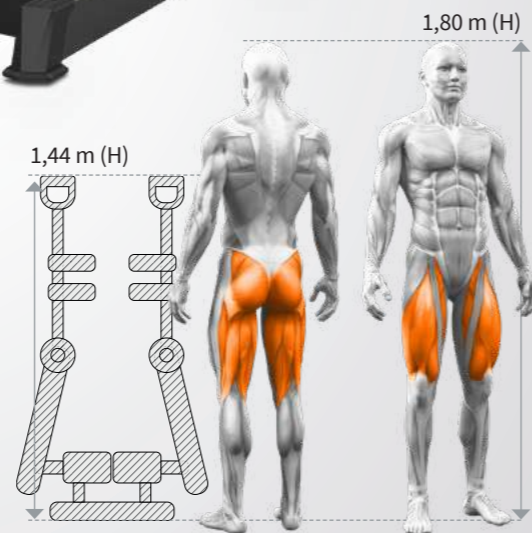
BOOTY
DEFENDER
Y900
TITAN T1

STANDING HIP THRUST / A605 L



SPECIFICATIONS D605 L

	Dimension	1300 x 1590 x 1440 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1060 x 1000 x 280 mm Plywood
	Frame colour	●
	Application colour	● ● ● ●
	Weight net / gross	95 kg / 125 kg
	Max loaded*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--












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.

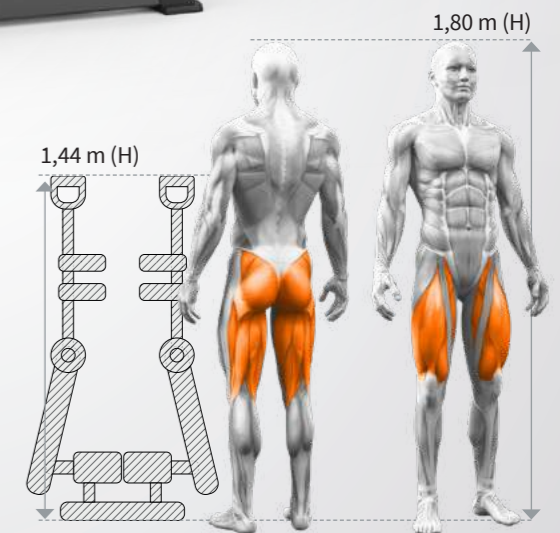
*depending on plate thickness

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 colour	●
	Application colour	● ● ● ●
	Weight net / gross	113 kg / 143 kg
	Max loaded*	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.

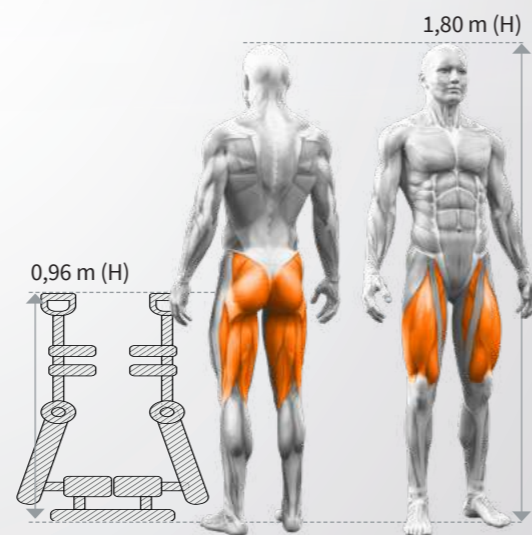
HIP THRUST WALK-THROUGH / A602



SPECIFICATIONS

A602

 Dimension	1770 x 1210 x 960 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	-- Plywood
 Frame colour	●
 Application colour	● ● ● ●
 Weight net / gross	69 kg / 109 kg
 Max loaded*	160 kg
 Recommended weight pack	GP120G
 Weight storage	2



Elevate your lower body workouts with the **A602 - Hip Thrust Walkthrough**. This machine combines elegant design with professionalgrade 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.



*depending on plate thickness

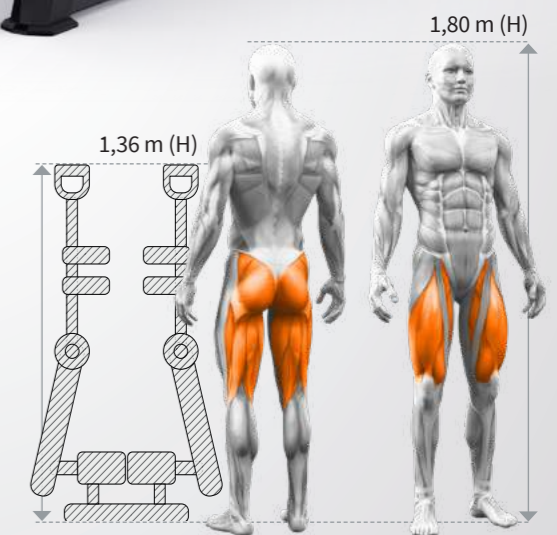
MULTI ABDUCTOR / A604



SPECIFICATIONS

A604

 Dimension	1490 x 1270 x 1360 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	-- Plywood
 Frame colour	●
 Application colour	● ● ● ●
 Weight net / gross	98 kg / 129 kg
 Max loaded*	160 kg
 Recommended weight pack	GP120G
 Weight storage	--












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.

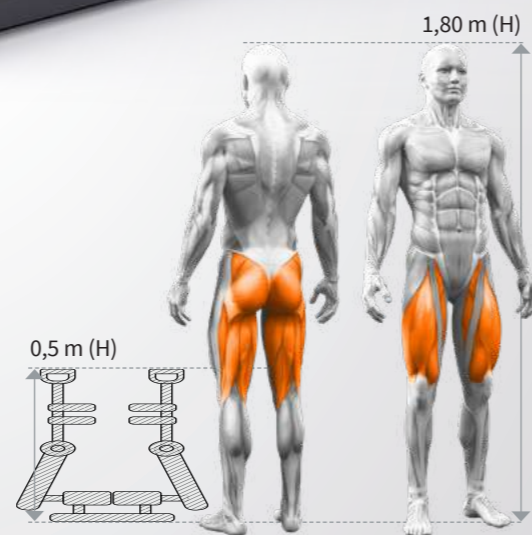
BELT HIP THRUST / A608



SPECIFICATIONS

A608

	Dimension	1870 x 2045 x 500 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	-- Plywood
	Frame colour	●
	Application colour	● ● ● ●
	Weight net / gross	103 kg / 128 kg
	Max loaded*	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

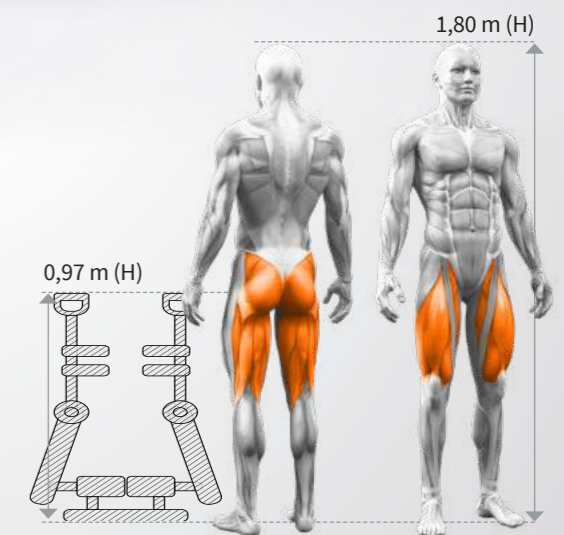
3D SMITH HIP THRUST / A609



SPECIFICATIONS

A609

	Dimension	1570 x 1630 x 970 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	-- Plywood
	Frame colour	●
	Application colour	● ● ● ●
	Weight net / gross	105 kg / 134 kg
	Max loaded*	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.

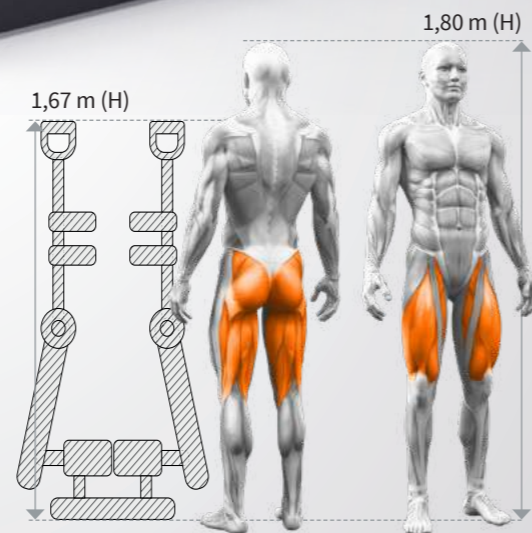
PENDULUM SQUAT / A610



SPECIFICATIONS

A610

 Dimension	2430 x 1410 x 1670 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	-- Plywood
 Frame colour	●
 Application colour	● ● ● ●
 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

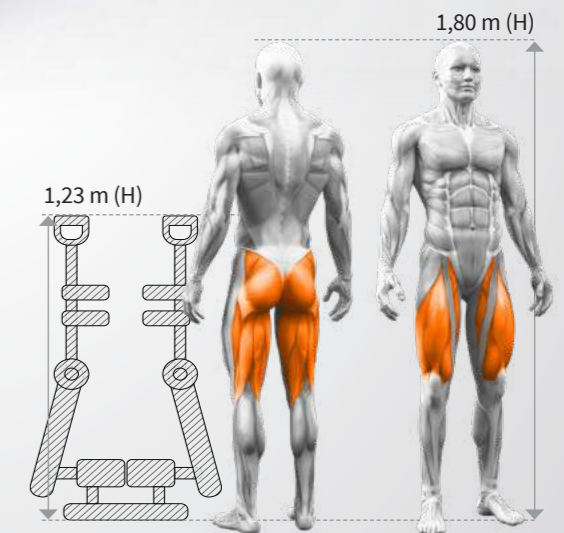
REVERSE HYPEREXTENSION / A613



SPECIFICATIONS

A613

 Dimension	1550 x 1400 x 1230 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1450 x 1300 x 350 mm Plywood
 Frame colour	●
 Application colour	● ● ● ●
 Weight net / gross	105 kg / 135 kg
 Max loaded*	160 kg
 Recommended weight pack	GP120G
 Weight storage	1










The **A613 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. Additionally, the central support padding has been optimized.

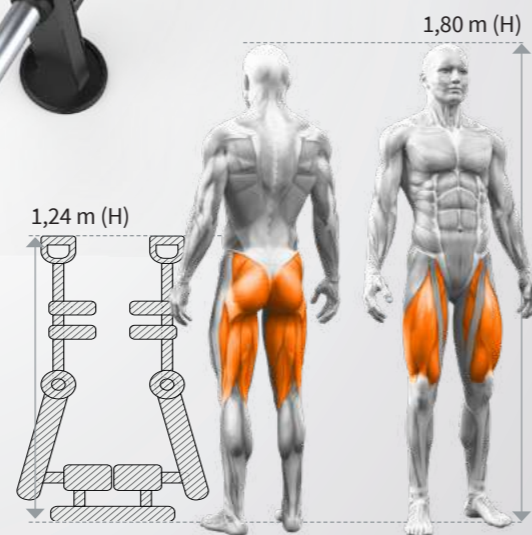
ROLLER HIP THRUST / A3092



SPECIFICATIONS

A3092

 Dimension	1870 x 1240 x 1240 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1750 x 700 x 750 mm Plywood
 Frame colour	●
 Application colour	● ● ● ●
 Weight net / gross	108 kg / 138 kg
 Max loaded*	160 kg
 Recommended weight pack	GP120G
 Weight storage	2



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.




*depending on plate thickness

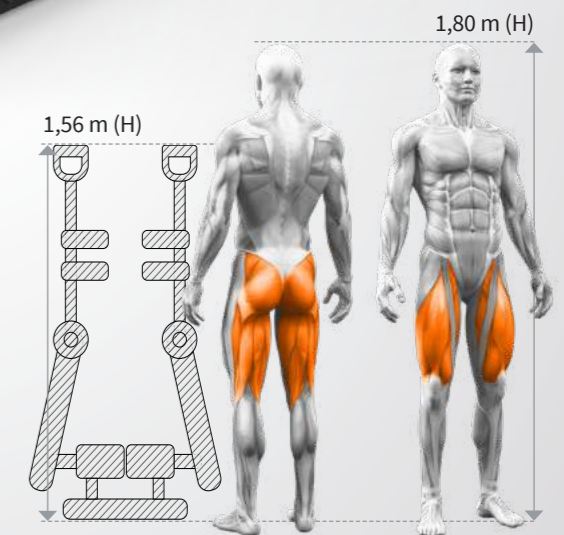
POWER SQUAT / A601



SPECIFICATIONS

A601

 Dimension	1560 x 1865 x 1560 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1600 x 1100 x 400 mm Plywood
 Frame colour	●
 Application colour	● ● ● ●
 Weight net / gross	235 kg / 265 kg
 Max loaded*	400 kg
 Recommended weight pack	GP300G
 Weight storage	--












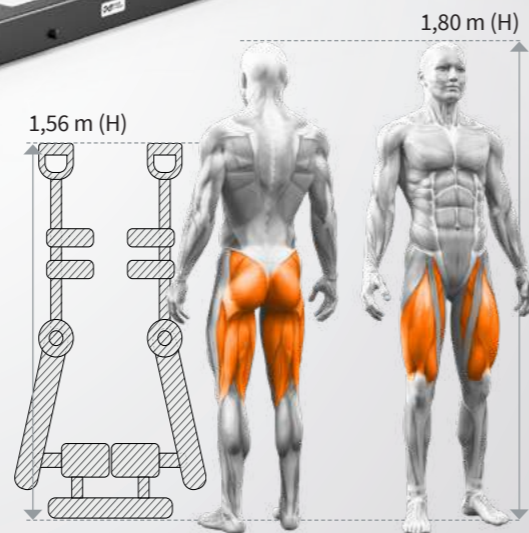
The DHZ Power Squat is designed to allow the user to fully stimulate all muscle groups during a free weight squat while minimizing the potential for injury and danger. Many exercisers have great difficulties due to established weaknesses in biomechanics, injuries, irregular limb lengths, and the inability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

POWER SQUAT / A601L



SPECIFICATIONS A601L

 Dimension	1560 x 1865 x 1560 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1600 x 1100 x 400 mm Plywood
 Frame colour	●
 Application colour	● ● ● ●
 Weight net / gross	246 kg / 275 kg
 Max loaded*	650 kg
 Recommended weight pack	GP300G + GP140
 Weight storage	--



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.

*depending on plate thickness

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



»» DHZ FITNESS SMART GYM SOLUTIONS

WITH OUR SMART GYM SOLUTIONS CONCEPT, WE TAKE THE PERSPECTIVE OF THE GYM OPERATOR AND DEVELOP SOLUTIONS THAT MAKE YOUR EVERYDAY LIFE EASIER. FOR YOUR MEMBERS, WE CREATE A PLEASANT TRAINING EXPERIENCE WITH AN EASY UNDERSTANDING OF PRODUCT USAGE AND GOOD TRAINING COMFORT.

DHZ FITNESS SHOWROOM

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12487 Berlin

- more than 700 m²
- only 10 minutes from airport

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