

**DHZ**  
FITNESS  
EQUIPMENT

TRAINING IS OUR LANGUAGE.



# PLATE LOADED

BOOTY  
DEFENDER  
**Y900**  
TITAN T1

## Y900 – WIDE RANGE EXERCISERS!

ELEVATE YOUR GYM WITH DHZ PLATE LOADED SERIES! DISCOVER HOW THIS CUTTING-EDGE EQUIPMENT PROVIDES A HIGH-INTENSITY, SAFE, AND BIOMECHANICALLY CORRECT WORKOUT, ATTRACTING FITNESS ENTHUSIASTS AND ENHANCING THEIR PERFORMANCE.

With its eye-catching, cool design, this series conveys a particularly high level of challenge. Here, the members, for whom fitness is a way of life, do not train, not a duty. The equipment definitely belongs in the workout area and is used for targeted maximum strength training.

### INTENSE, BUT SAFE TRAINING

DHZ Plate Loaded devices offer a safe, biomechanically correct workout with the similar feeling of a free weight. The training is intense. Isolateral training can avoid and compensate for muscular imbalances. The loaded weight is visible to everyone, the trainee can show his performance potential.

### FOOT ASSIST AVAILABLE

On some devices, a foot assist is optional, so that the user can start his training more comfortably and train well without help even with heavier weights.

- ✓ EASY TO USE
- ✓ BIOMECHANICALLY CORRECT WORKOUT
- ✓ FOOT ASSIST
- ✓ COOL DESIGN
- ✓ VARIOUS COLOR OPTIONS

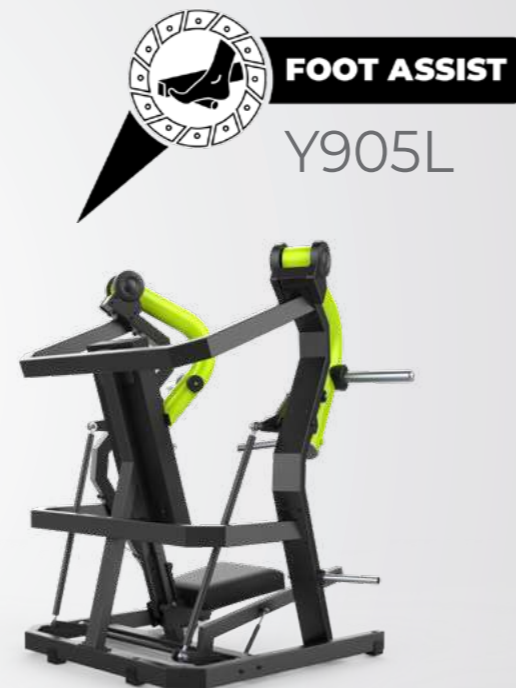


**FOOT ASSIST**





**TRANSFORMING  
WORKOUTS INTO  
A LIFESTYLE.**

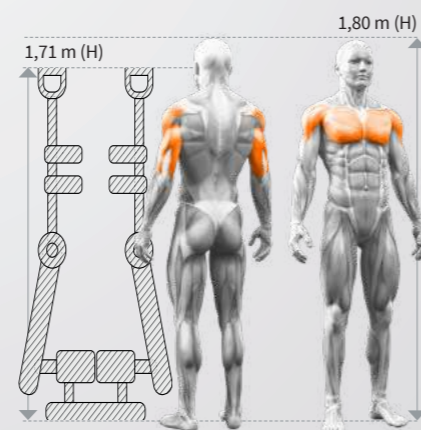
## CHEST PRESS / Y905



### SPECIFICATIONS

Y905 / Y905L

 Dimension	1500 x 1200 x 1715 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1000 x 1650 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	137 kg / 167 kg
 Max load*	200 kg
 Recommended weight pack	GP140G
 Weight storage	2



**The Chest Press uses a forward converging** movement that effectively activates the pectoralis major, triceps, and anterior deltoid. The motion arms can be moved independently, not only ensuring a more balanced muscle exercise, but also supporting the user in individual training.





\*depending on plate thickness

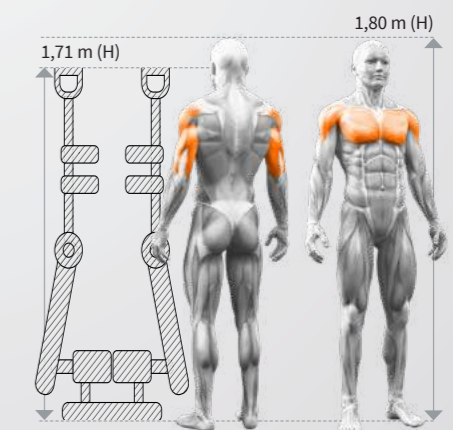
## WIDE CHEST PRESS / Y910



### SPECIFICATIONS

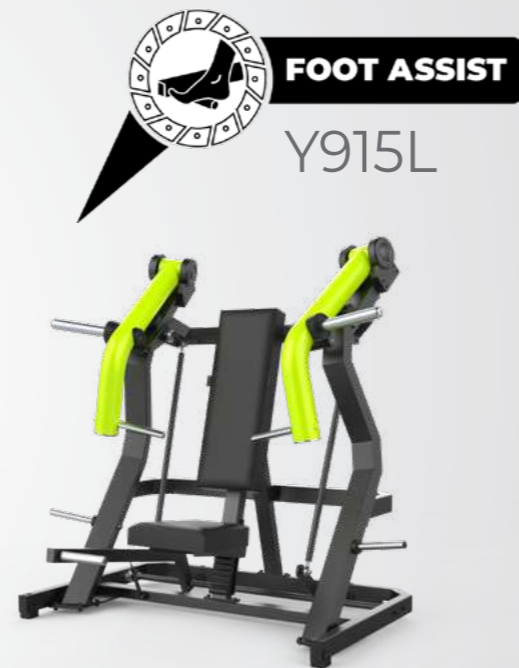
Y910 / Y910L

 Dimension	1450 x 1182 x 1715 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1000 x 1650 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	139 kg / 171 kg
 Max load*	160 kg
 Recommended weight pack	GP140G
 Weight storage	2




**The Wide Chest Press strengthens the lower** pectoralis through a forward converging movement while activating the pectoralis major, triceps, and anterior deltoid. Excellent biomechanical trajectory makes training more comfortable and effective. Balanced strength increase, support for single-arm training, both thanks to the variety training possibilities offered by the independent motion arms.

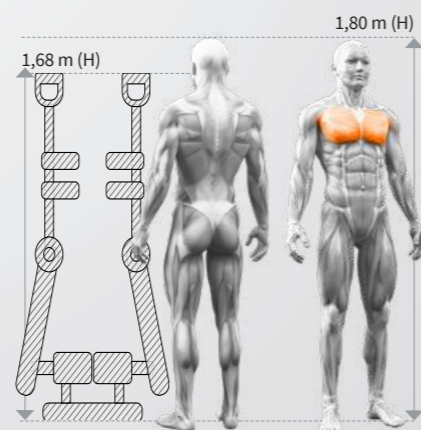
## INCLINE CHEST PRESS / Y915



### SPECIFICATIONS

Y915 / Y915 L

 Dimension	1540 x 1030 x 1685 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1000 x 1650 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	130 kg / 160 kg
 Max load*	200 kg
 Recommended weight pack	GP140G
 Weight storage	2



The **Incline Chest Press** is designed to better train the upper chest muscles. Excellent biomechanical standards and ergonomic design ensure training effectiveness and comfort. The motion arms can be moved independently, not only ensuring a more balanced muscle exercise, but also supporting the user in individual training.









\*depending on plate thickness

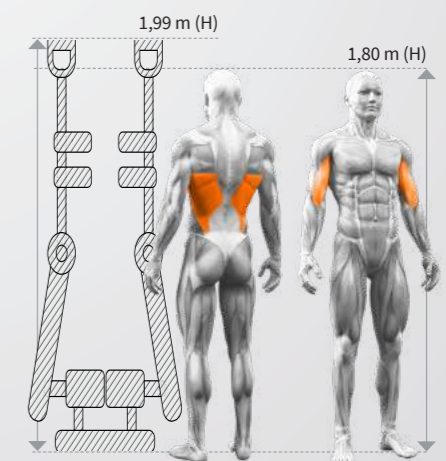
## PULL DOWN / Y920



### SPECIFICATIONS

Y920 / Y920 L

 Dimension	1110 x 1740 x 1990 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1000 x 1650 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	167 kg / 201 kg
 Max load*	200 kg
 Recommended weight pack	GP140G
 Weight storage	2



The **Pull Down** provides a natural arc of motion and greater range, allowing users to effectively train the lats and biceps. The independently moving arms ensure balanced strength increase and allow for separate training. Excellent motion path design makes training smooth and comfortable.

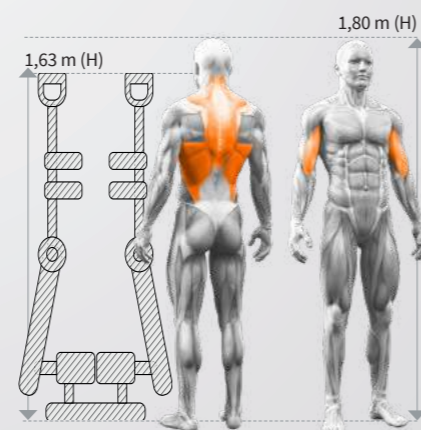
## LOW ROW / Y925



### SPECIFICATIONS

Y925 / Y925L

 Dimension	1570 x 1290 x 1630 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1000 x 1650 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	116 kg / 146 kg
 Max load*	200 kg
 Recommended weight pack	GP140G
 Weight storage	2



**The Low Row offers activation** programs for multiple muscle groups, including the lats, biceps, rear delts, and traps. Dual-hold position handgrips involve training of different muscles. The independently motion arms ensure the balance of the training and supports the user to perform independent training. The central handle provides stability during single-arm training.










\*depending on plate thickness

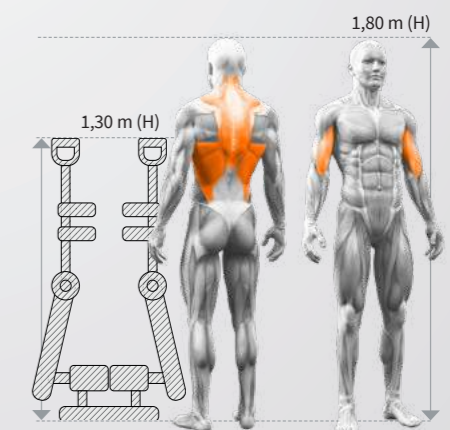
## ROW / Y930



### SPECIFICATIONS

Y930 / Y930L

 Dimension	1190 x 1380 x 1300 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1400 x 1820 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	138 kg / 180 kg
 Max load*	200 kg
 Recommended weight pack	GP140G
 Weight storage	2









**The Row is designed to activate** the lats, biceps, rear deltoid, and trapezius muscles. Provides variety training with dual-grip handles. The independently motion arms guarantee the balanced strength increase and allows the user to train independently. The central handle is responsible for the stability of independent workouts.

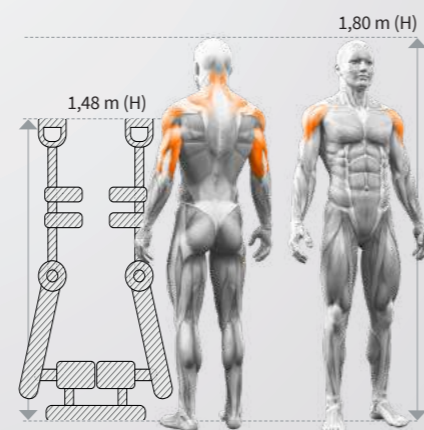
## SHOULDER PRESS / Y935



### SPECIFICATIONS

Y935 / Y935L

	Dimension	1290 x 1260 x 1485 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1000 x 1650 x 700 mm Carton
	Frame color	●
	Application color	● ● ● ●
	Weight net / gross	112 kg / 156 kg
	Max load*	200 kg
	Recommended weight pack	GP140G
	Weight storage	2



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









\*depending on plate thickness

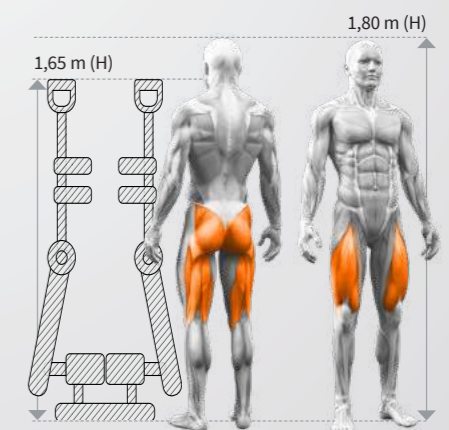
## REAR KICK / Y940



### SPECIFICATIONS

Y940

	Dimension	1115 x 1330 x 1650 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1000 x 1650 x 700 mm Carton
	Frame color	●
	Application color	● ● ● ●
	Weight net / gross	103 kg / 146 kg
	Max load*	140 kg
	Recommended weight pack	GP120G
	Weight storage	1



**The Rear Kick replicates** the rear kick movement with mechanically transmitted weight loads, which is an ideal choice for training glutes, hamstrings, and quads. The large footplates allow users to train in multiple positions, while the ergonomic pads provide reasonable stress distribution while stabilizing the torso.

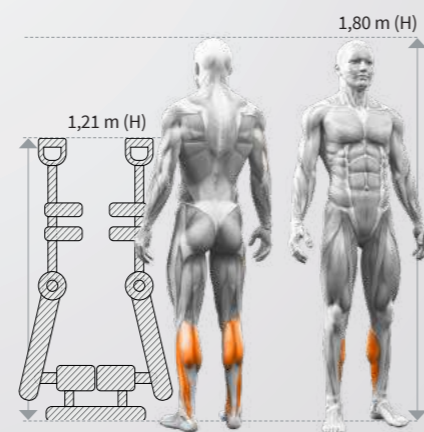
## CALF / Y945



### SPECIFICATIONS

Y945

 Dimension	1670 x 1220 x 1210 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1000 x 1650 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	145 kg / 186 kg
 Max load*	260 kg
 Recommended weight pack	GP220G
 Weight storage	2



**The Series Calf is designed** to effectively target the gastrocnemius and calf muscle groups. Provides the freedom and focus of free weight training while delivering accurate load without stressing the spine. The wide footplate allows the user's training to vary with different foot positions.










\*depending on plate thickness

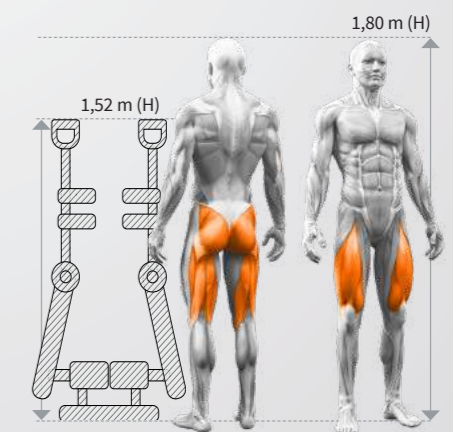
## LEG PRESS / Y950



### SPECIFICATIONS

Y950

 Dimension	1780 x 2060 x 1525 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1400 x 1820 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	224 kg / 261 kg
 Max load*	260 kg
 Recommended weight pack	GP220G
 Weight storage	2




**The Leg Press is designed to replicate** the leg extension movement in a closed kinetic chain, that is very effective for quadriceps, hamstrings and glutes activation and training. The wide foot platform allows users to switch training according to the foot position. The handgrips provide stability during exercise and is also a start-stop switch for the training.

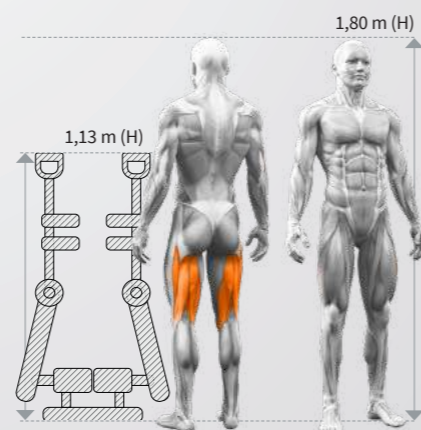
## STANDING LEG CURL / Y955



### SPECIFICATIONS

Y955

 Dimension	1190 x 1380 x 1130 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1500 x 1900 x 700 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	135 kg / 165 kg
 Max load*	120 kg
 Recommended weight pack	GP120G
 Weight storage	1



**The Leg Curl replicates the same muscle** pattern as the leg curl, and with ergonomically designed support, users can comfortably and effectively train the hamstrings. Adjustable footplates allow users of different sizes to be in the correct training position, and wide pads and handgrips allow for easy switching between left and right leg training.

\*depending on plate thickness

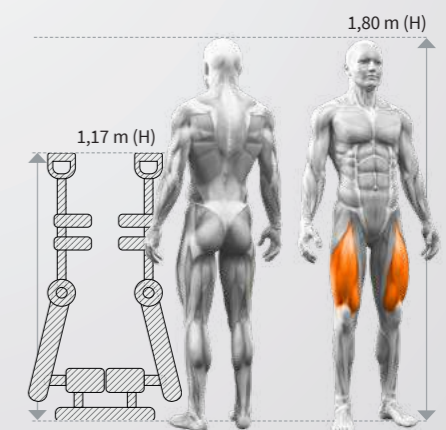
## LEG EXTENSION / Y960



### SPECIFICATIONS

Y960

 Dimension	1250 x 1250 x 1170 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1100 x 1750 x 710 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	135 kg / 165 kg
 Max load*	160 kg
 Recommended weight pack	GP120G
 Weight storage	--





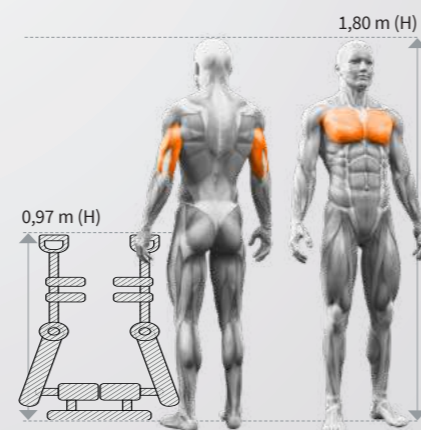
**The Leg Extension is designed to utilize** the motion trajectory by isolating and fully engaging the quadriceps. The purely mechanical transmission structure ensures the accurate transmission of the load weight, and the ergonomically optimized seat and shin pads ensure training comfort.

## SEATED DIP / Y965



### SPECIFICATIONS Y965

 Dimension	1590 x 1385 x 970 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1100 x 1750 x 600 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	140 kg / 170 kg
 Max load*	160 kg
 Recommended weight pack	GP120G
 Weight storage	2




**The Seated Dip is designed to fully activate** the triceps and pectoral muscles, providing optimal workload distribution based on an excellent trajectory of motion. The independently motion arms guarantee the balanced strength increase and allow the user to train independently. Optimal torque is always provided to the user during the training.

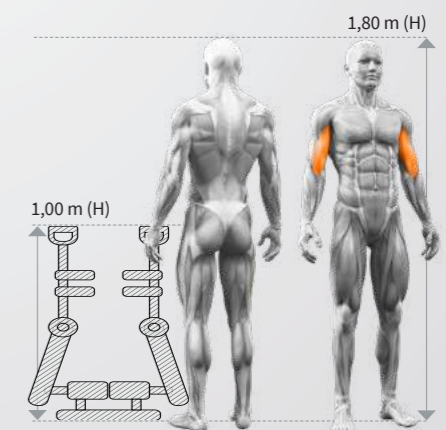
\*depending on plate thickness

## BICEPS CURL / Y970



### SPECIFICATIONS Y970

 Dimension	1055 x 900 x 1000 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1100 x 1750 x 600 mm Carton
 Frame color	●
 Application color	● ● ● ●
 Weight net / gross	140 kg / 170 kg
 Max load*	80 kg
 Recommended weight pack	GP50G
 Weight storage	1



**The Biceps Curl replicates the same biceps** curl following the movement pattern of the elbow's physiological power curve under load. The pure mechanical structure transmission makes the load transmission smoother, and the addition of ergonomic optimization makes the training more comfortable.



# » 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

Eisenhutweg 122  
12487 Berlin

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

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### 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.

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

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In our showroom in Berlin, we present a selection of our equipment. Please contact us for a personal appointment so that we can take the time to advise you competently.

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