

# PLATE LOADED

BOOTY  
DEFENDER  
Y900

**TITAN MECHANIX**  
TITAN EXTREME

**TITAN**  
BY PHZ

## THE TITAN OF STRENGTH TRAINING!

EFFICIENT AND SAFE TRAINING THANKS TO INNOVATIVE TECHNOLOGY: THE TITAN MECHANIX SERIES IMPRESSES WITH A CONSISTENT RESISTANCE CURVE AND AN OPTIMISED BIOMECHANICAL DESIGN THAT INCREASES TRAINING EFFECTIVENESS AND GUARANTEES QUICK RESULTS.

With its crazy eye-catching, innovative technical design, this series conveys a particularly high level of challenge. With its versatile adjustment options and dynamic training, this series sets new standards. This series will motivate your members to make social media posts and thus attract new members. 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.

### **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

- ✓ EASY TO USE
- ✓ BIOMECHANICALLY CORRECT WORKOUT
- ✓ FOOT ASSIST
- ✓ COOL DESIGN
- ✓ VARIOUS COLOR OPTIONS
- ✓ SOCIAL MEDIA BOOSTER
- ✓ MULTI LINK STRUCTURE

**CRAZY EYE-CATCHING  
AND INNOVATIVE  
TECHNICAL DESIGN.**



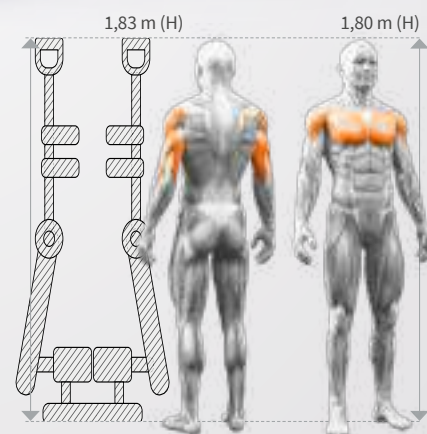


## CHEST PRESS / Y905ZAG



### SPECIFICATIONS Y905ZAG

✂ Dimension	1670 x 1490 x 1835 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	310 kg / 350 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. The backrest is adjustable.

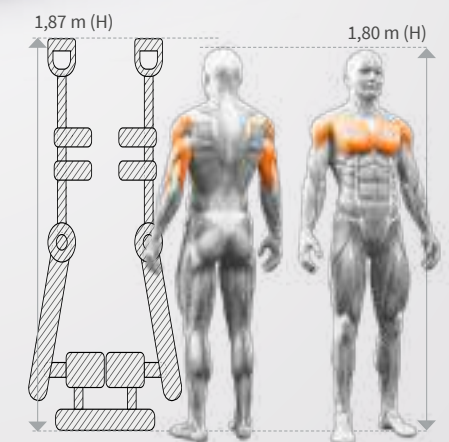
\*depending on plate thickness

## LOW CHEST PRESS / Y910ZAG



### SPECIFICATIONS Y910ZAG

✂ Dimension	1690 x 1460 x 1870 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	265 kg / 305 kg
➦ Max load*	160 kg
🔧 Recommended weight pack	GP120G
🔧 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. The backrest is adjustable.

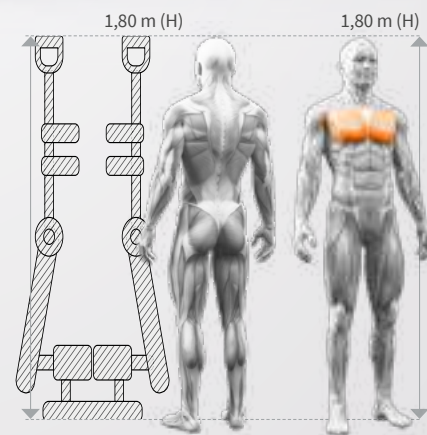


## INCLINE CHEST PRESS / Y915ZAG



### SPECIFICATIONS Y915ZAG

	Dimension	1830 x 1480 x 1800 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	280 kg / 320 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. The backrest is adjustable.

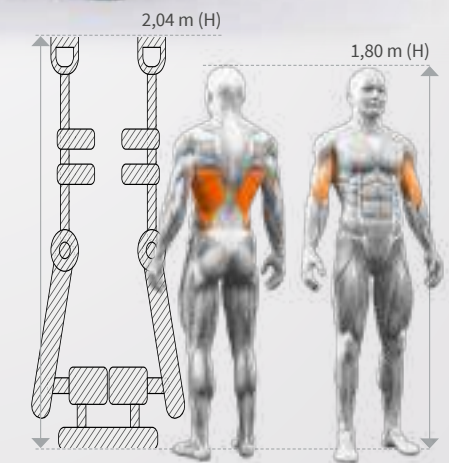
\*depending on plate thickness

## PULL DOWN / Y920ZAG



### SPECIFICATIONS Y920ZAG

	Dimension	2090 x 1475 x 2040 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	235 kg / 275 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.

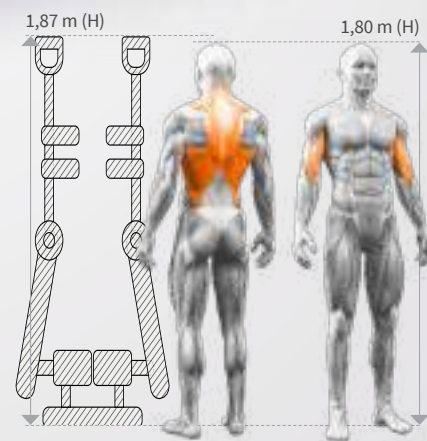


## LOW ROW / Y925ZAG



### SPECIFICATIONS Y925ZAG

Dimension	1500 x 1475 x 1870 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	275 kg / 315 kg
Max load*	200 kg
Recommended weight pack	GP140G
Weight storage	--



**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.

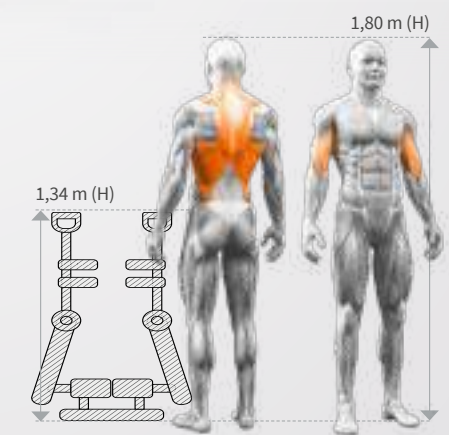
\*depending on plate thickness

## ROW / Y930ZAG



### SPECIFICATIONS Y930ZAG

Dimension	1670 x 1350 x 1340 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	230 kg / 270 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.

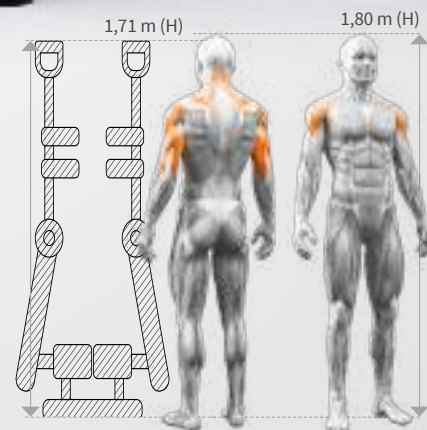


## SHOULDER PRESS / Y935ZAG



### SPECIFICATIONS Y935ZAG

 Dimension	1555 x 1830 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	280 kg / 320 kg
 Max load*	200 kg
 Recommended weight pack	GP140G
 Weight storage	2







**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. The backrest is adjustable.

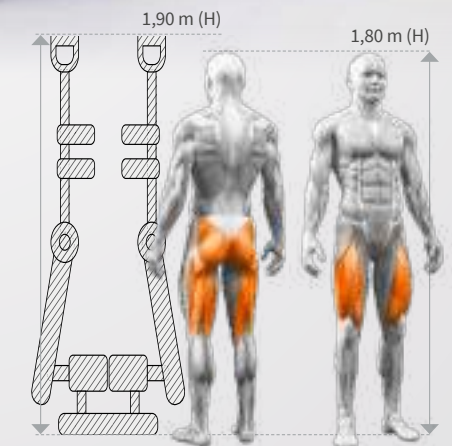
\*depending on plate thickness

## REAR KICK / Y940ZAG



### SPECIFICATIONS Y940ZAG

 Dimension	1600 x 1400 x 1900 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	175 kg / 215 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.



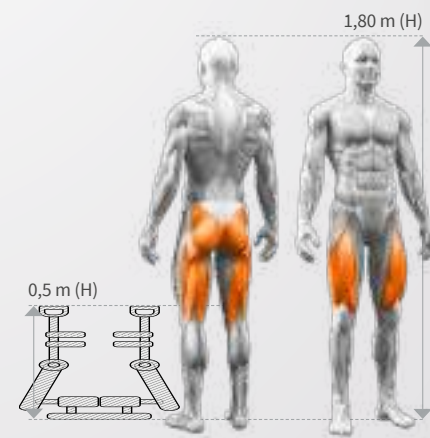
## LEG PRESS / Y950ZAG



### SPECIFICATIONS

#### Y950ZAG

	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	215 kg / 256 kg
	Max load*	440 kg
	Recommended weight pack	GP300G
	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.

\*depending on plate thickness

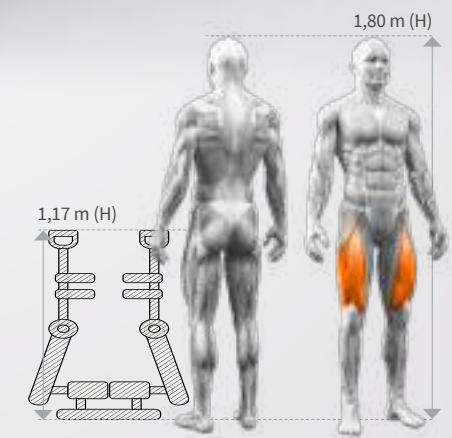
## LEG EXTENSION / Y960ZAG



### SPECIFICATIONS

#### Y960ZAG

	Dimension	1520 x 1285 x 1170 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1100 x 1750 x 700 mm Carton
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	185 kg / 225 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.












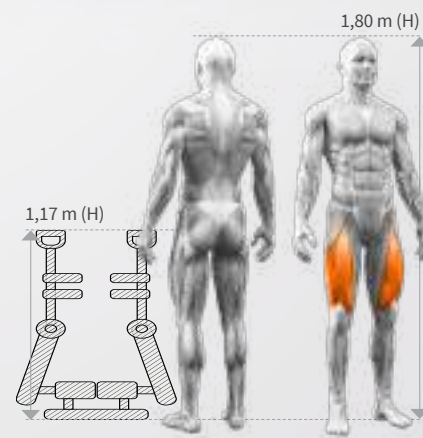
## LEG EXTENSION / Y961ZAG



### SPECIFICATIONS

#### Y961ZAG

 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.



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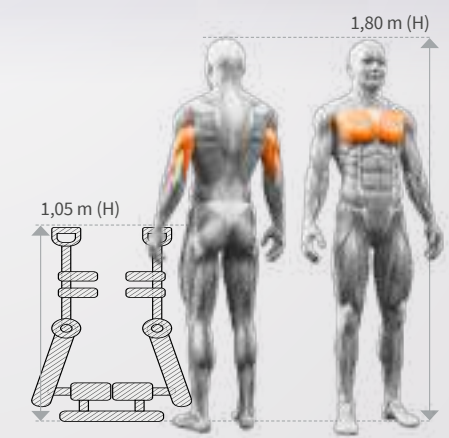
## SEATED DIP / Y965ZAG



### SPECIFICATIONS

#### Y965ZAG

 Dimension	1815 x 1700 x 1050 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	180 kg / 220 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.









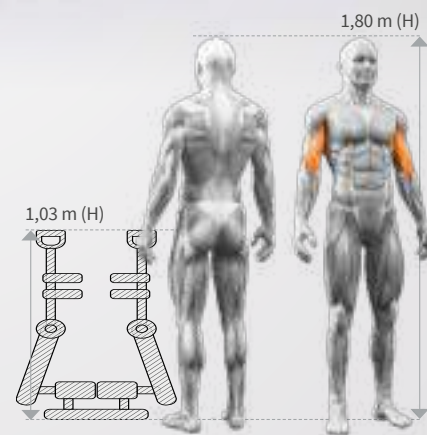
## BICEPS CURL / Y970ZAG



### SPECIFICATIONS

**Y970ZAG**

 Dimension	1610 x 1180 x 1035 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	170 kg / 210 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.








\*depending on plate thickness

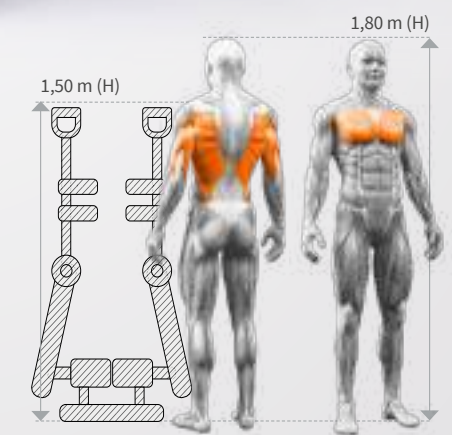
## PULL OVER / Y983ZAG



### SPECIFICATIONS

**Y983ZAG**

 Dimension	2145 x 1635 x 1500 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	1420 x 1840 x 630 mm Plywood
 Frame color	● ●
 Application color	● ● ● ● ● ●
 Weight net / gross	240 kg / 280 kg
 Max load*	--
 Recommended weight pack	--
 Weight storage	6



**The Plate-Loaded Pull Over** targets the chest and back muscles, activating the latissimus dorsi, teres major, and posterior deltoids. Its controlled stretch-and-pull motion enhances strength and stability. An integrated foot assist ensures easy and comfortable entry.





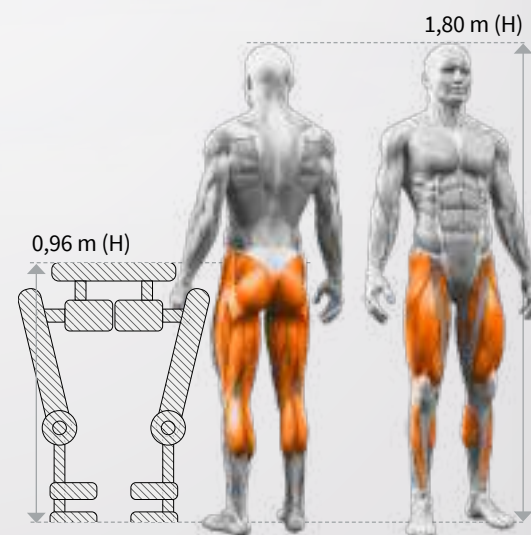
# HIP THRUST / Y984ZAG



## SPECIFICATIONS

Y983ZAG

 Dimension	1920 x 1340 x 955 mm
 Frame dimensions	12 x 6 mm / 8 x 5 mm
 Transport box	Plywood
 Frame color	● ●
 Application color	● ● ● ● ● ●
 Weight net / gross	145 kg / 185 kg
 Max load*	--
 Recommended weight pack	--
 Weight storage	--



**The 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.

\*depending on plate thickness





## COLOR OPTIONS



FRAME  
BLACK

### PEARL RED



SWING ARM



FRAME & UPHOLSTERY

### PEARL GREEN



SWING ARM



FRAME & UPHOLSTERY

### GOLD



SWING ARM



FRAME & UPHOLSTERY

### ORANGE



SWING ARM



FRAME & UPHOLSTERY

### PEARL BLACK



SWING ARM



FRAME & UPHOLSTERY



FRAME  
GREY

# BENCHES

## MAXIMISEZ YOUR TRAINING.














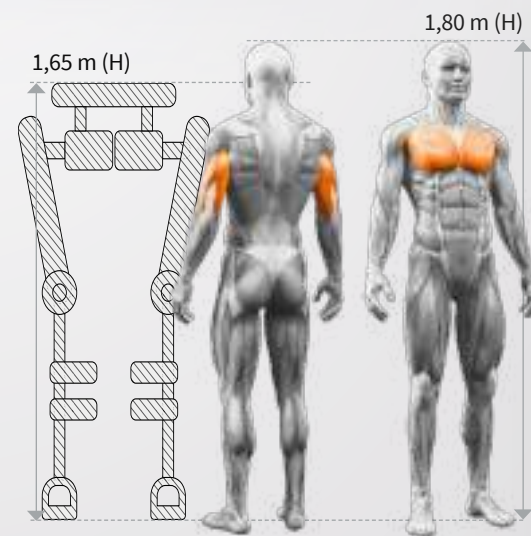
## OLYMPIC INCLINE BENCH / Y971ZAG



### SPECIFICATIONS

Y971ZAG

	Dimension	2010 x 1550 x 1650 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1700 x 1100 x 620 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	150 kg / 180 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



Inclined bench with four hooks for barbell and eight weight horns.










\*depending on plate thickness

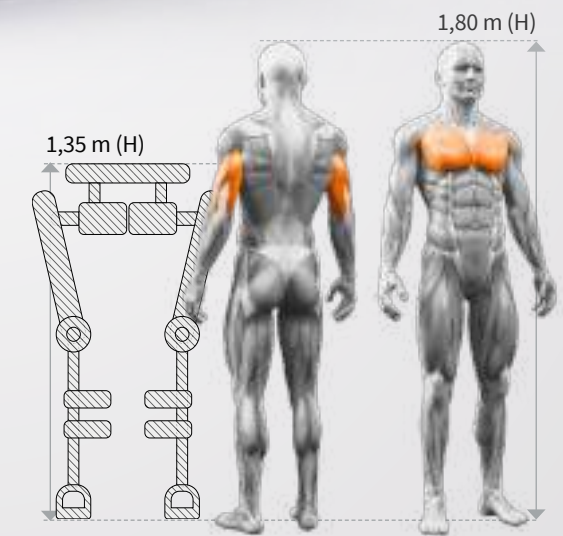
## OLYMPIC FLAT BENCH / Y972ZAG



### SPECIFICATIONS

Y972ZAG

	Dimension	1840 x 1550 x 1350 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1700 x 1100 x 520 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	125 kg / 155 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



Flat bench with four hooks for barbell and eight weight horns.









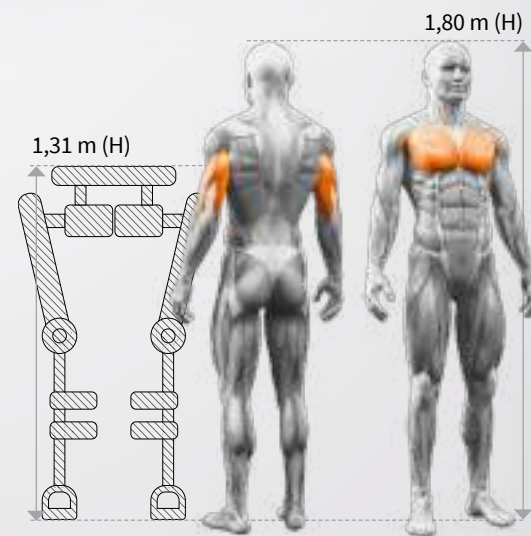
## OLYMPIC DECLINE BENCH / Y973ZAG



### SPECIFICATIONS

Y973ZAG

	Dimension	2170 x 1550 x 1310 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1700 x 1100 x 620 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	130 kg / 160 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



**Negative declined bench with four hooks** for barbell and eight weight horns.










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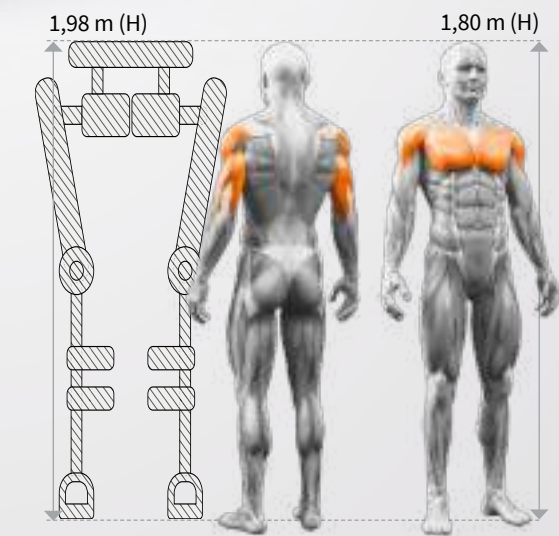
## OLYMPIC MILITARY BENCH / Y974ZAG



### SPECIFICATIONS

Y974ZAG

	Dimension	1850 x 1550 x 1975 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1890 x 1400 x 470 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	195 kg / 225 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



**The Olympic Military Bench** is designed for focused shoulder and triceps training. The upright position supports an optimized pressing motion, engaging the anterior deltoid, triceps, upper chest, and stabilizing muscles. Ideal for building strength, stability, and definition.







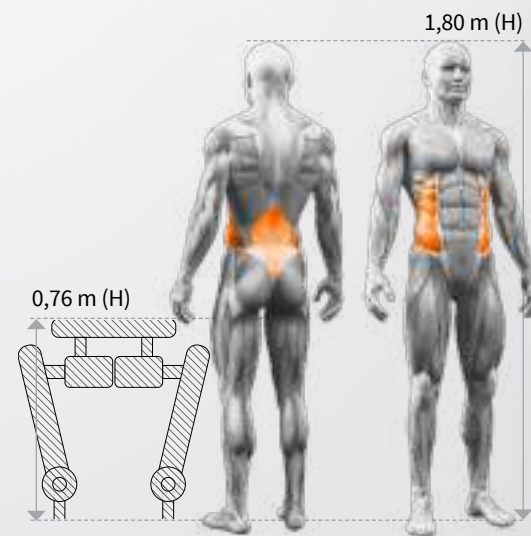
## BACK EXTENSION / Y975ZAG



### SPECIFICATIONS

Y975ZAG

	Dimension	1300 x 815 x 760 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1270 x 720 x 710 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	53 kg / 83 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



Retaining bottom edge for stability and comfort throughout the entire exercise.










\*depending on plate thickness

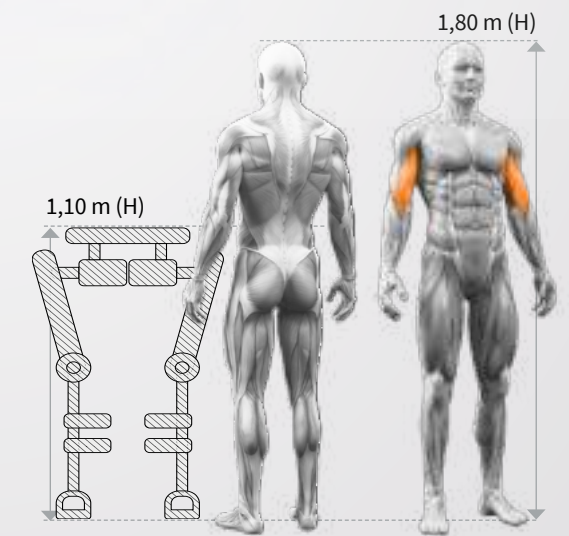
## SEATED PREACHER CURL / Y976ZAG



### SPECIFICATIONS

Y976ZAG

	Dimension	1060 x 790 x 1100 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1100 x 930 x 470 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	75 kg / 105 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



Bench offers two different positions for varied workouts and accommodates users of all sizes.



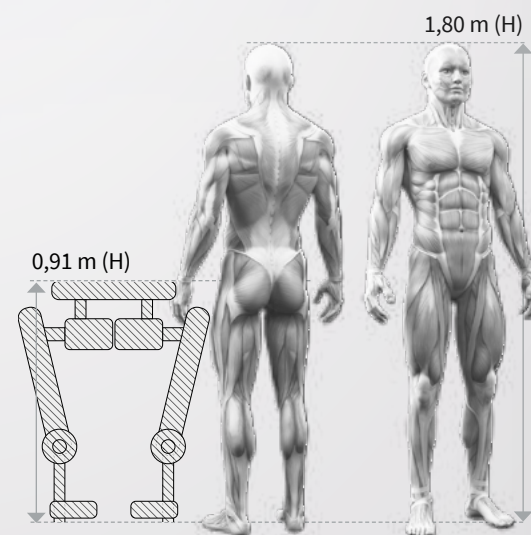
## ADJUSTABLE DECLINE BENCH / Y977ZAG



### SPECIFICATIONS

Y977ZAG

	Dimension	1850 x 585 x 910 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1880 x 620 x 1000 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	67 kg / 97 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility.










\*depending on plate thickness

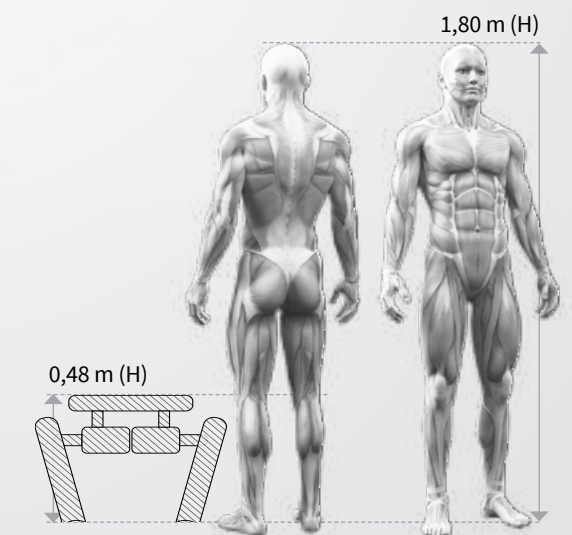
## SUPER BENCH / Y978ZAG



### SPECIFICATIONS

Y978ZAG

	Dimension	1385 x 745 x 450 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1320 x 570 x 480 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	57 kg / 87 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



Bench with seat and backrest adjustment; Wheels for mobility; Adjustable to various angles.












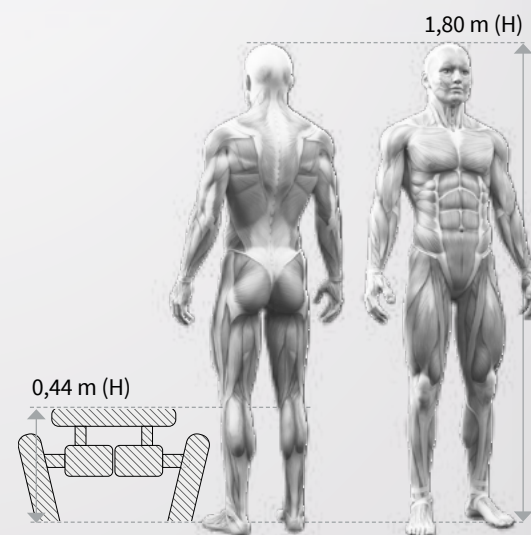
## FLAT BENCH / Y980ZAG



### SPECIFICATIONS

Y980ZAG

	Dimension	1255 x 575 x 440 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1280 x 320 x 350 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	25 kg / 55 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility.










\*depending on plate thickness

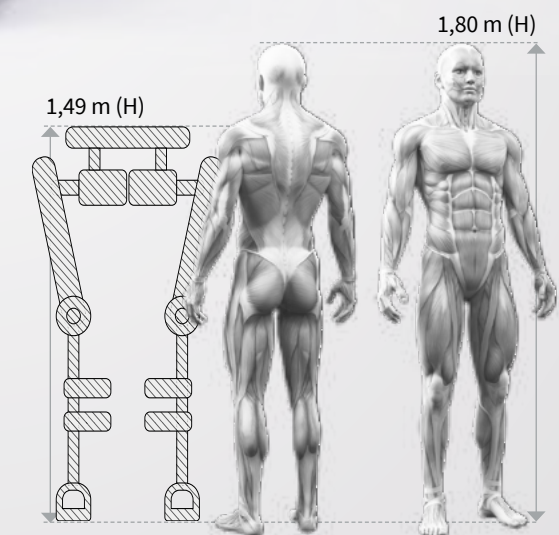
## BARBELL RACK / Y981ZAG



### SPECIFICATIONS

Y981ZAG

	Dimension	890 x 886 x 1485 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1550 x 870 x 470 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ● ●
	Weight net / gross	85 kg / 115 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



Accommodates a wide range of Barbells and Curl Bars; Ensures that equipment is easily accessible.





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