

# PLATE LOADED

**BOOTY**

DEFENDER

Y900

TITAN MECHANIX

TITAN EXTREME

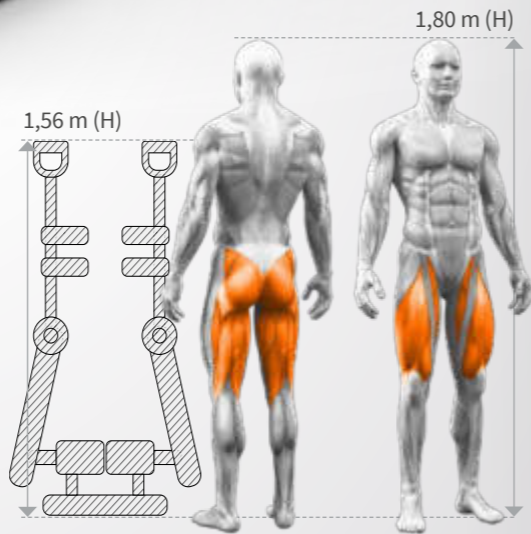
# POWER SQUAT / A601



## 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 color	●
	Application color	● ● ● ●
	Weight net / gross	235 kg / 265 kg
	Max load*	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.






\*depending on plate thickness

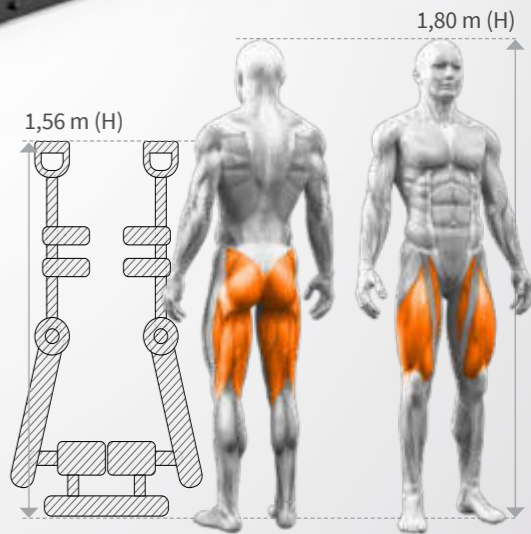
# POWER SQUAT / A601L



## 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 color	●
	Application color	● ● ● ●
	Weight net / gross	246 kg / 275 kg
	Max load*	650 kg
	Recommended weight pack	GP300G + GP140
	Weight storage	--



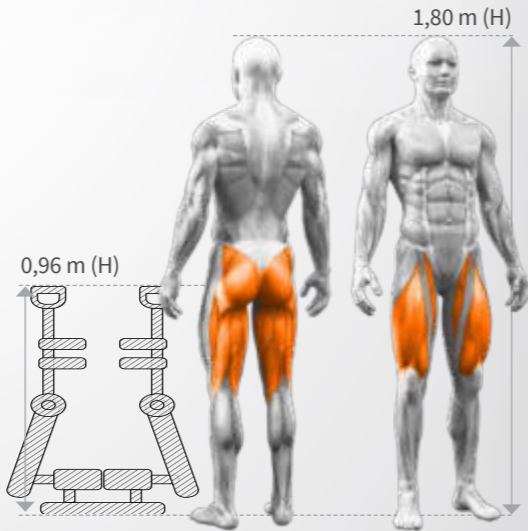
The **DHZ Power Squat** is designed to allow the user to fully stimulate all muscle groups during a free weight squat while minimizing the potential for injury and danger. Many exercisers have great difficulties due to established weaknesses in biomechanics, injuries, irregular limb lengths, and the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

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 color	●
	Application color	● ● ● ●
	Weight net / gross	69 kg / 109 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	2



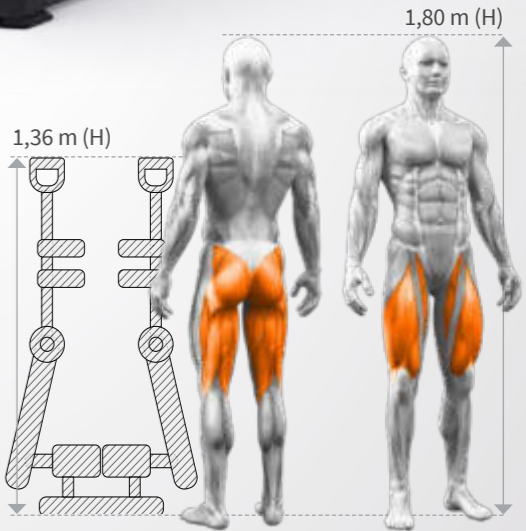
Elevate your lower body workouts with the **A602 - Hip Thrust Walkthrough**. This machine combines elegant design with professionalgrade quality, making it ideal for increasing glute strength and hypertrophy. Designed to replicate the conventional Hip Thrust movement with free weights, it provides a more comfortable, ergonomic, and focused experience.

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 color	●
	Application color	● ● ● ●
	Weight net / gross	98 kg / 129 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--



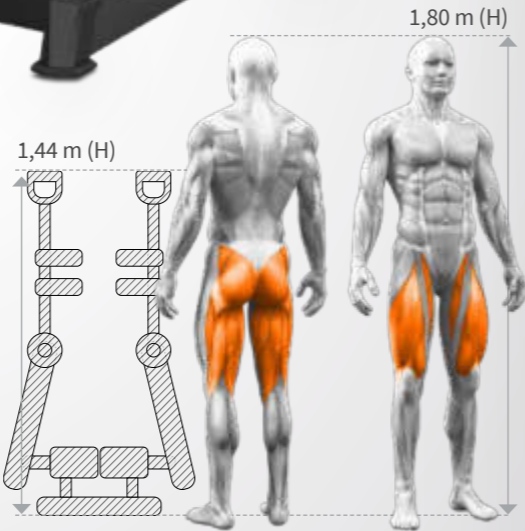
**The A604 - Multi Abductor** is designed to optimize hip abduction exercises by replicating the natural mechanics of the hip joint. This innovative machine enhances the effectiveness and stimulus of your workouts, making it a valuable addition to any fitness routine.

# STANDING HIP THRUST / A605 L



## SPECIFICATIONS A605 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 color	
	Application color	   
	Weight net / gross	95 kg / 125 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--




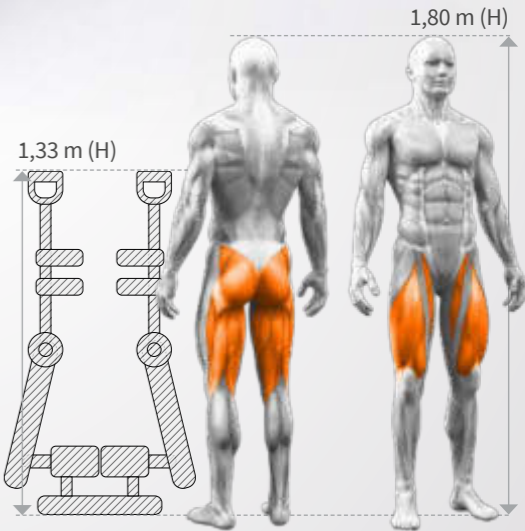
**The DHZ Standing Hip Thrust** ensures optimal biomechanics, allowing you to experience the hip thrust movement in its purest form while prioritizing your comfort and exercise effectiveness. No more adjustments or discomfort; the A605 is tailored for the utmost precision and efficiency in every rep.

# BELT SQUAT / A607



## SPECIFICATIONS A607

	Dimension	1940 x 1480 x 1335 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1700 x 1100 x 470 mm Plywood
	Frame color	
	Application color	   
	Weight net / gross	85 kg / 115 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--




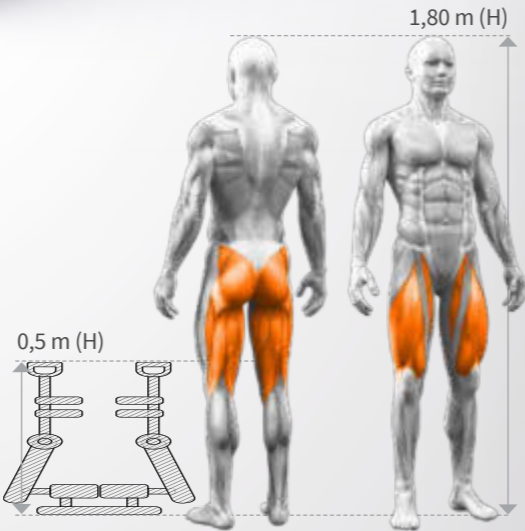
**The A607 Belt Squat is a versatile machine** that targets the entire thigh and gluteus muscles. Unlike traditional squats that put pressure on the spine, the Belt Squat relieves the spine and allows for more comfortable and effective training. With the ability to adjust your stance, you can target different muscle groups and optimize your workout.

# 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 color	
	Application color	   
	Weight net / gross	103 kg / 128 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--



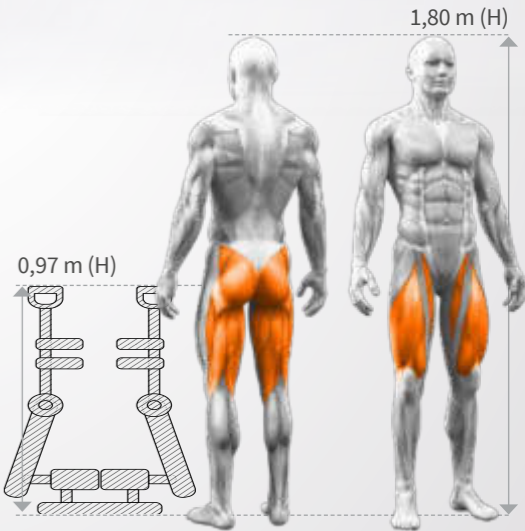
Take your lower body workouts to the next level with the **A608 - Belt Hip Thrust**. Designed to isolate and activate your glutes, this machine ensures maximum muscle engagement and growth. With adjustable plate-loaded resistance and an ergonomic design, it provides a comfortable, durable platform for hip thrusts and other lower body exercises. Compact and versatile, it's perfect for any gym setup.

# 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 color	
	Application color	   
	Weight net / gross	105 kg / 134 kg
	Max load*	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.

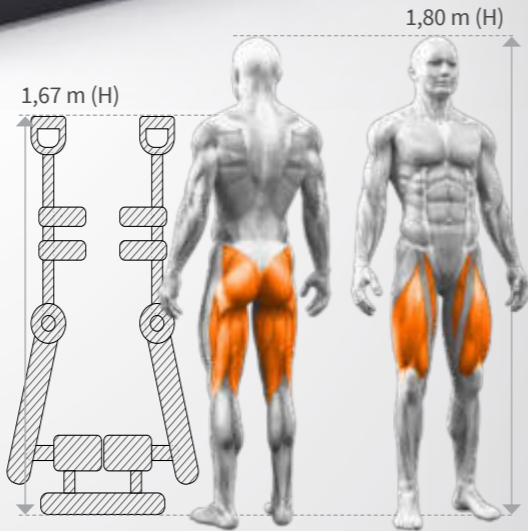
# PENDULUM SQUAT / A610



## SPECIFICATIONS

### A610

✂	Dimension	2430 x 1410 x 1670 mm
□	Frame dimensions	12 x 6 mm / 8 x 5 mm
📦	Transport box	-- Plywood
🔧	Frame color	●
🔧	Application color	● ● ● ●
⚖	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

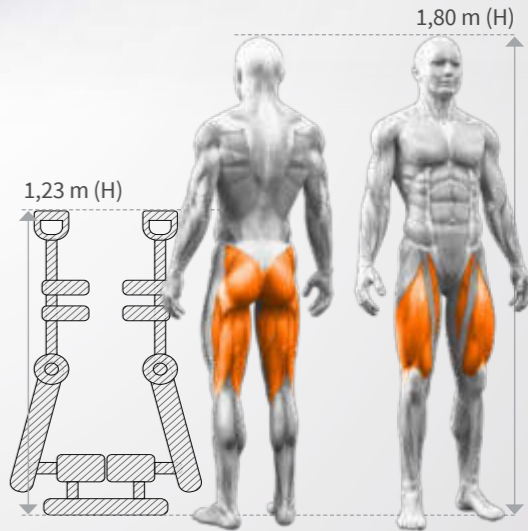
# REVERSE HYPEREXTENSION / A613



## 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 color	●
🔧	Application color	● ● ● ●
⚖	Weight net / gross	105 kg / 135 kg
⚖	Max load*	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.

# ADJUSTABLE VERTICAL LEG PRESS

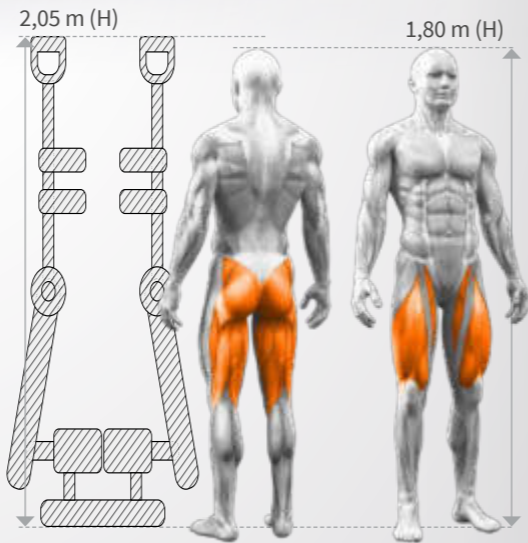
## MACHINE / A616



### SPECIFICATIONS

#### A616

	Dimension	2010 x 2140 x 2050 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	-- Plywood
	Frame color	
	Application color	
	Weight net / gross	280 kg / 310 kg
	Max load*	620 kg
	Recommended weight pack	2 x GP220G
	Weight storage	2



The machine starts at 60 KG, with a maximum load capacity of up to 620 KG, catering to both novice and advanced trainers. It's the perfect choice for those looking to increase strength and endurance. With an easy adjustment mechanism, users can quickly find the most suitable position for their exercises, ensuring both safety and effectiveness. The heavy-duty steel frame ensures the stability and durability of the machine.

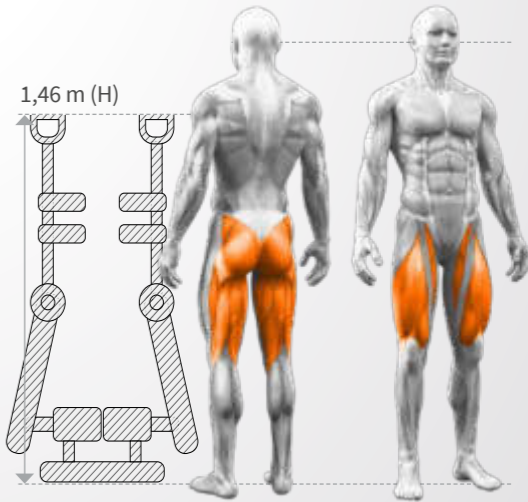
# GLUTE KICKBACK / A619



### SPECIFICATIONS

#### A619

	Dimension	1530 x 1440 x 1455 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	-- Plywood
	Frame color	
	Application color	
	Weight net / gross	150 kg / 180 kg
	Max load*	80 kg
	Recommended weight pack	GP50G
	Weight storage	--



The Glute Kickback by DHZ Fitness is designed to provide a comprehensive workout for the gluteus muscles, quadriceps, and hamstrings. This machine features an adjustable system that allows users to select from three different workout angles, offering versatility and targeted muscle engagement. Elbow padding and support grips with horizontal adjustments ensure a comfortable and secure fit, while the design guarantees perfect alignment of the thrust leg for optimal performance.

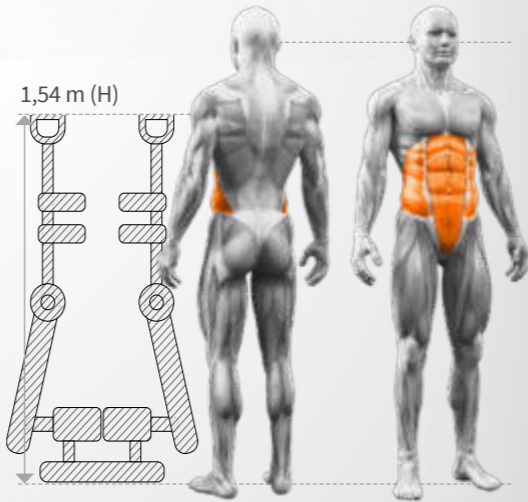
# V-CRUNCH ABDOMINAL TRAINER / A623



## SPECIFICATIONS

A623

	Dimension	1295 x 615 x 1545 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1300 x 300 x 350 mm Plywood
	Frame color	
	Application color	   
	Weight net / gross	64 kg / 80 kg
	Max load*	80 kg
	Recommended weight pack	GP50G
	Weight storage	--



The A623 V-Crunch Abdominal Trainer offers a comfortable and effective way to target the lower abdominals. Using the body's own weight as resistance, this machine allows users to perform leg raises with adjustable intensity. The unique design provides options to decrease or increase the load by adjusting the foot bar, accommodating both beginners and advanced users. With an angled back pad and ergonomic cushion, the V-Crunch ensures a supportive and efficient workout experience that elevates traditional leg lifts.

# 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 color	
	Application color	   
	Weight net / gross	108 kg / 138 kg
	Max load*	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.

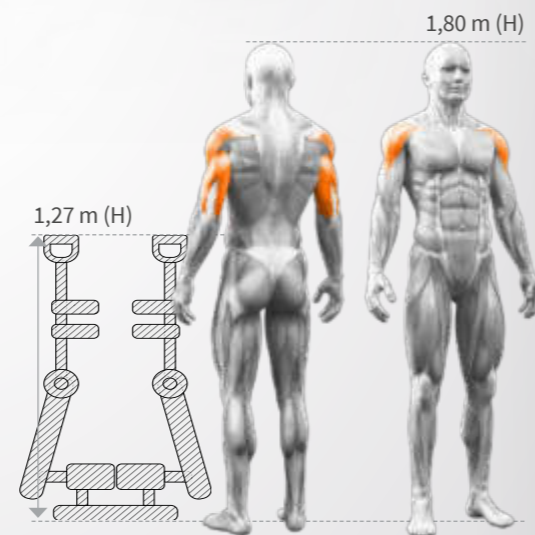
## SHOULDER PRESS / A750



### SPECIFICATIONS

A750

	Dimension	1200 x 1200 x 1270 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1200 x 1000 x 450 mm Plywood
	Frame color	●
	Application color	● ● ● ●
	Weight net / gross	104 kg / 120 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--



The A750 Shoulder Press is designed to deliver a powerful shoulder workout with customizable settings for every user. This machine features multiple grip options, providing exercise variety and optimal control. An adjustable seat and gas-assisted range limiters allow each user to find their ideal starting position, ensuring maximum comfort and effectiveness. The A750 combines versatility, precision, and ease of use for an exceptional shoulder training experience.

\*depending on plate thickness

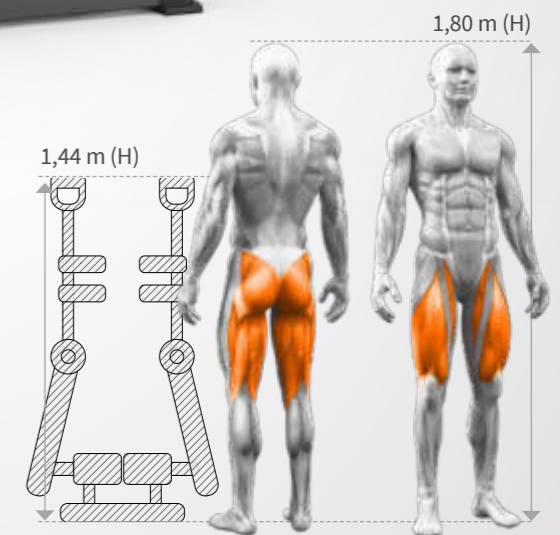
## STANDING ABDUCTOR / D982-G02



### SPECIFICATIONS

D982-G02

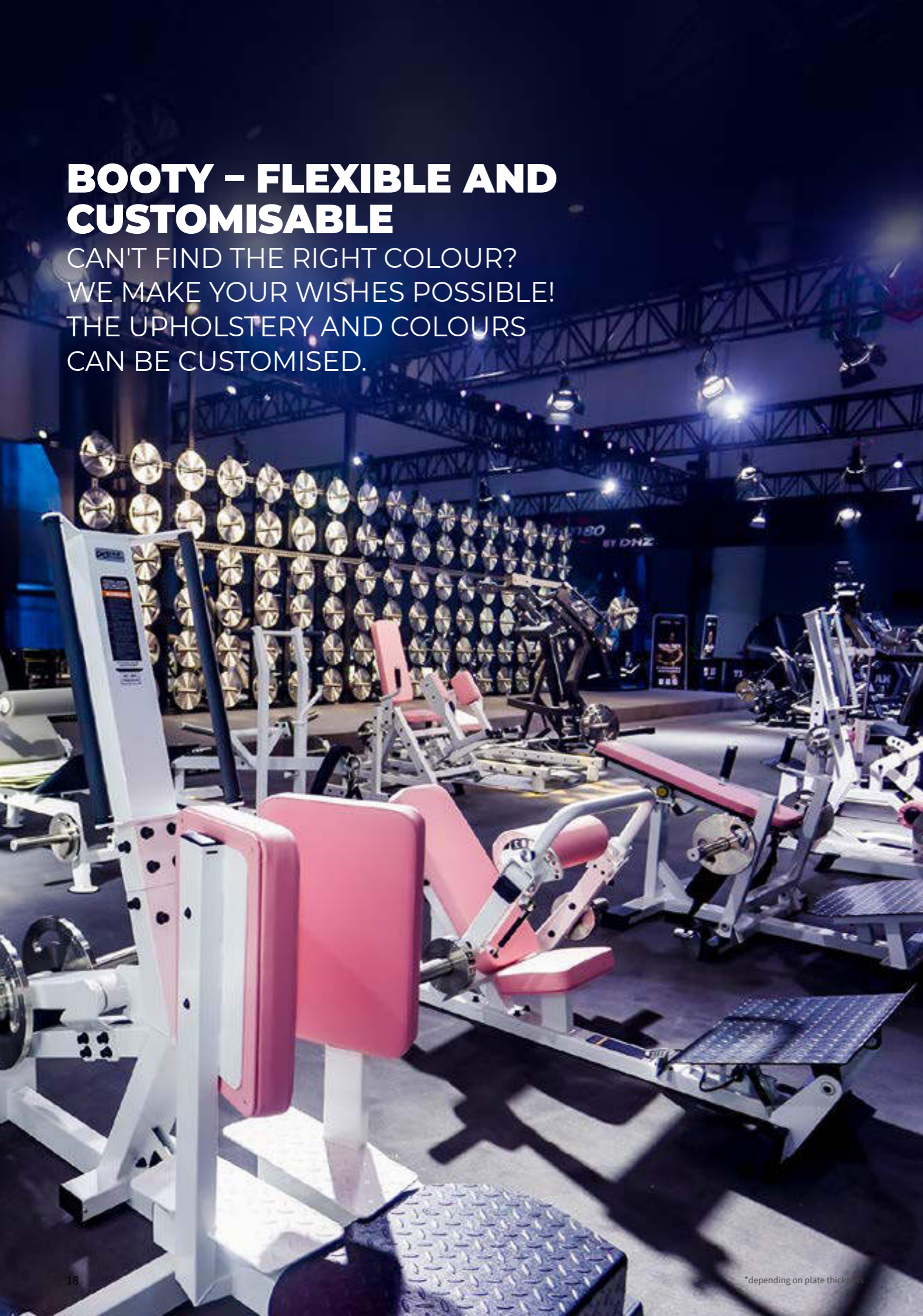
	Dimension	1628 x 1000 x 1441 mm
	Frame dimensions	12 x 6 mm / 8 x 5 mm
	Transport box	1080 x 1680 x 040 mm Plywood
	Frame color	●
	Application color	● ● ● ●
	Weight net / gross	113 kg / 143 kg
	Max load*	160 kg
	Recommended weight pack	GP120G
	Weight storage	--



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.

## BOOTY – FLEXIBLE AND CUSTOMISABLE

CAN'T FIND THE RIGHT COLOUR?  
WE MAKE YOUR WISHES POSSIBLE!  
THE UPHOLSTERY AND COLOURS  
CAN BE CUSTOMISED.



\*depending on plate thickness

## STANDARD 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

The background of the advertisement is a large, modern gym interior. In the foreground, there are several pieces of DHZ fitness equipment, including treadmills and a large machine with a blue and black frame. In the background, there is a large wall mural of the Brandenburg Gate in Berlin, with a bright sunset or sunrise scene. The gym has a high ceiling with concrete pillars and modern lighting fixtures. A large, dark leather sofa is positioned in front of the mural. The overall atmosphere is clean, modern, and inviting.

# 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

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

**Come visit us!**

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.

**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.

**METEM FIT**

Via G. Amendola, 24 | 31020 Villorba (TV) - Italy

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INFORMATION

