



PLATE LOADED

600
Y900

TITAN MECHANIX

TITAN EXTREME



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

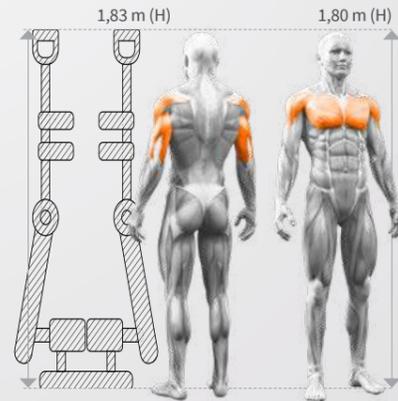
**CRAZY EYE-CATCHING
AND INNOVATIVE
TECHNICAL DESIGN.**

CHEST PRESS / Y905ZAG



SPECIFICATIONS Y905ZAG

	Dimension	1670 × 1490 × 1835 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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.

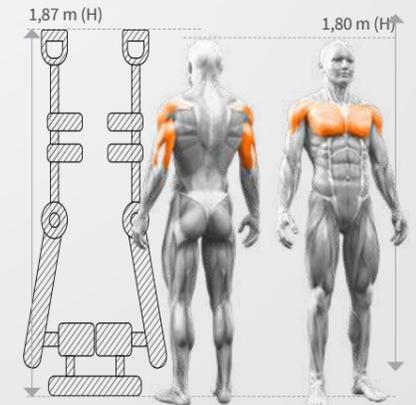
*depending on plate thickness

LOW CHEST PRESS / Y910ZAG



SPECIFICATIONS Y910ZAG

	Dimension	1690 × 1460 × 1870 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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.

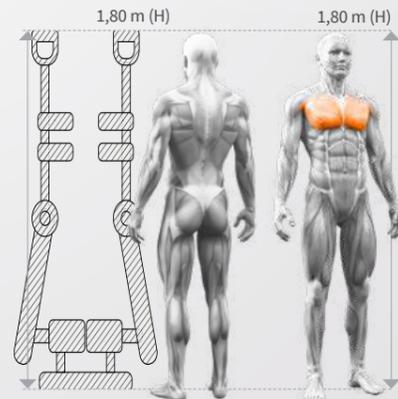
INCLINE CHEST PRESS / Y915ZAG



SPECIFICATIONS

Y915ZAG

 Dimension	1830 × 1480 × 1800 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1000 × 1650 × 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

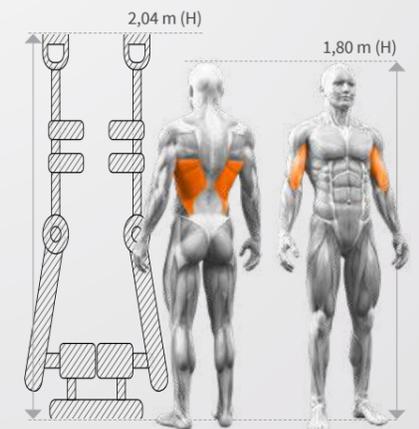
PULL DOWN / Y920ZAG



SPECIFICATIONS

Y920ZAG

 Dimension	2090 × 1475 × 2040 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1000 × 1650 × 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.

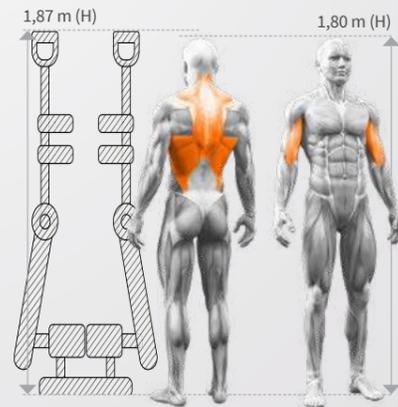
LOW ROW / Y925ZAG



SPECIFICATIONS

Y925ZAG

	Dimension	1500 × 1475 × 1870 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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-grip 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

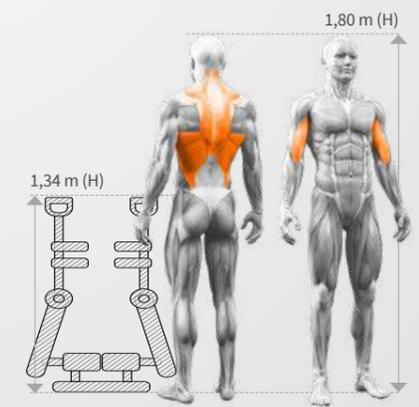
ROW / Y930ZAG



SPECIFICATIONS

Y930ZAG

	Dimension	1670 × 1350 × 1340 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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.

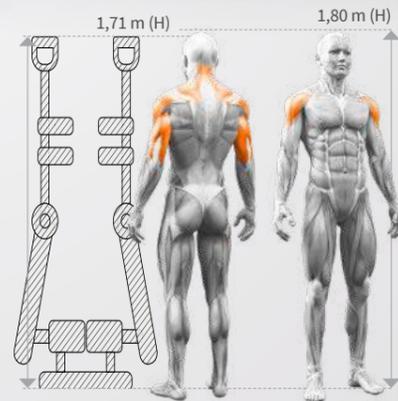
SHOULDER PRESS / Y935ZAG



SPECIFICATIONS

Y935ZAG

	Dimension	1555 × 1830 × 1715 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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

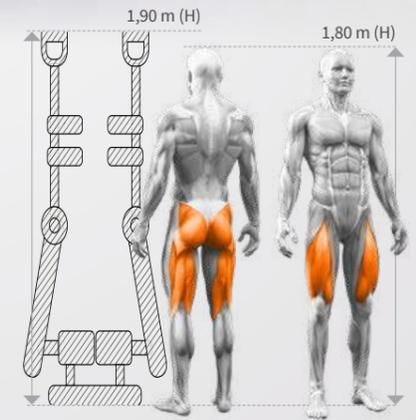
REAR KICK / Y940ZAG



SPECIFICATIONS

Y940ZAG

	Dimension	1600 × 1400 × 1900 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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.

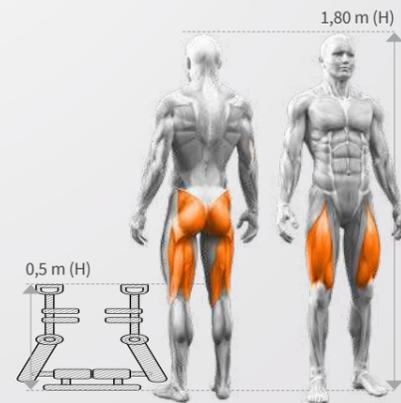
LEG PRESS / Y950ZAG



SPECIFICATIONS

Y950ZAG

	Dimension	1670 × 1220 × 1210 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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

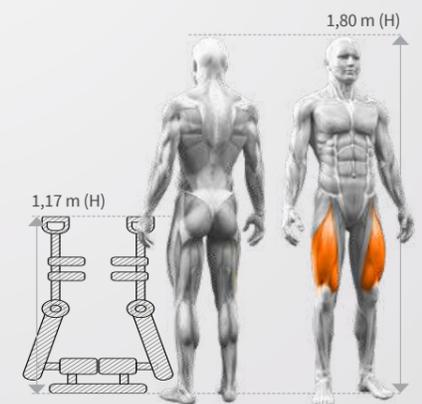
LEG EXTENSION / Y960ZAG



SPECIFICATIONS

Y960ZAG

	Dimension	1520 × 1285 × 1170 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1100 × 1750 × 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.

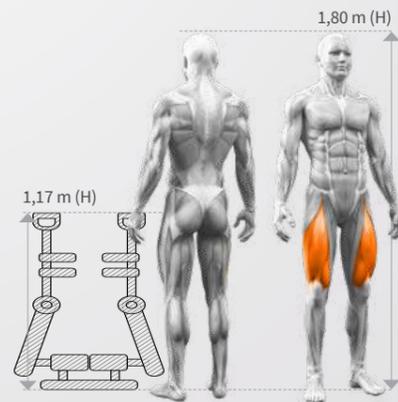
LEG EXTENSION / Y961ZAG



SPECIFICATIONS

Y961ZAG

 Dimension	1250 × 1250 × 1170 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1100 × 1750 × 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.

*depending on plate thickness

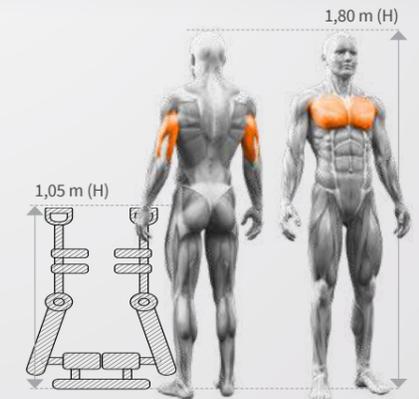
SEATED DIP / Y965ZAG



SPECIFICATIONS

Y965ZAG

 Dimension	1815 × 1700 × 1050 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1000 × 1650 × 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.

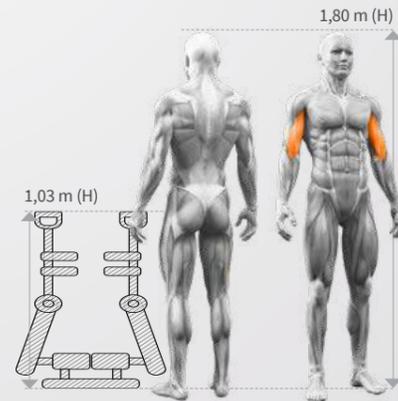
BICEPS CURL / Y970ZAG



SPECIFICATIONS

Y970ZAG

	Dimension	1610 × 1180 × 1035 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1000 × 1650 × 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

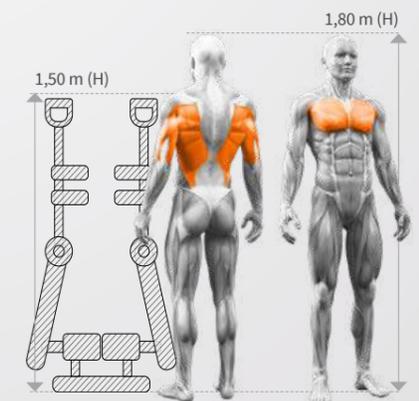
PULL OVER / Y983ZAG



SPECIFICATIONS

Y983ZAG

	Dimension	2145 × 1635 × 1500 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1420 × 1840 × 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.

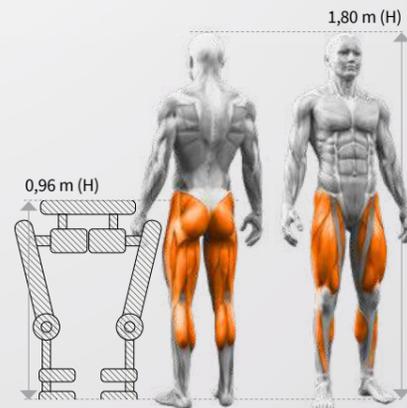
HIP THRUST / Y984ZAG



SPECIFICATIONS

Y984ZAG

 Dimension	1920 × 1340 × 955 mm
 Frame dimensions	12 × 6 mm / 8 × 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

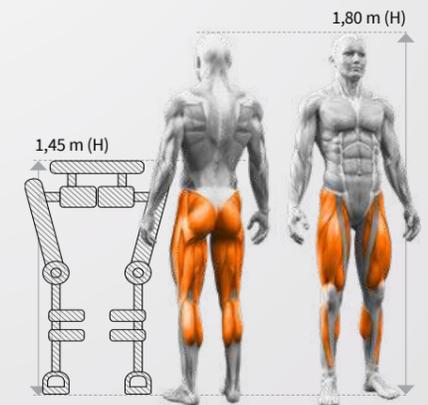
STANDING ABDUCTOR / Y985ZA



SPECIFICATIONS

Y985ZA

 Dimension	1670 × 1080 × 1450 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1680 × 1080 × 400 mm Plywood
 Frame color	● ●
 Application color	● ● ● ● ●
 Weight net / gross	142 kg / 182 kg
 Max load*	--
 Recommended weight pack	--
 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.

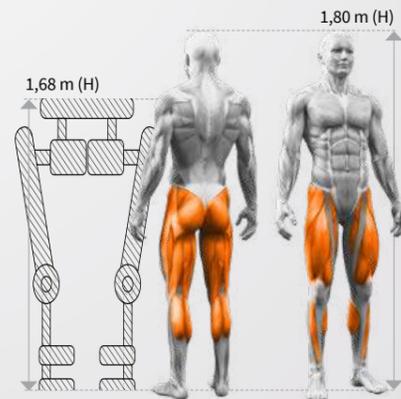
BELT SQUAT / Y986ZA



SPECIFICATIONS

Y986ZA

	Dimension	2050 × 1560 × 1683 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1950 × 1080 × 600 mm Plywood
	Frame color	● ●
	Application color	● ● ● ● ●
	Weight net / gross	210 kg / 250 kg
	Max load*	--
	Recommended weight pack	--
	Weight storage	--



The 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. The machine also includes additional pins for elastic straps to add resistance and challenge your muscles.

*depending on plate thickness



**COLOR
OPTIONS**



FRAME
BLACK

PEARL RED



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.**



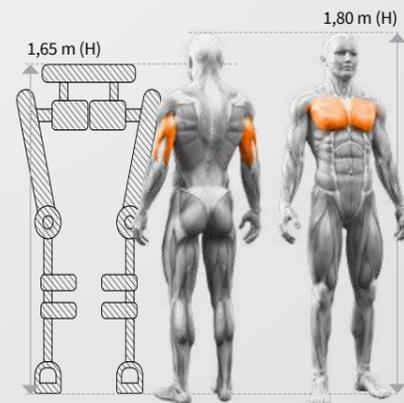
OLYMPIC INCLINE BENCH / Y971ZAG



SPECIFICATIONS

Y971ZAG

	Dimension	2010 × 1550 × 1650 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1700 × 1100 × 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

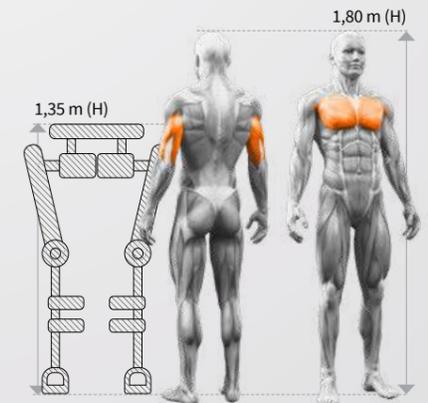
OLYMPIC FLAT BENCH / Y972ZAG



SPECIFICATIONS

Y972ZAG

	Dimension	1840 × 1550 × 1350 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1700 × 1100 × 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.

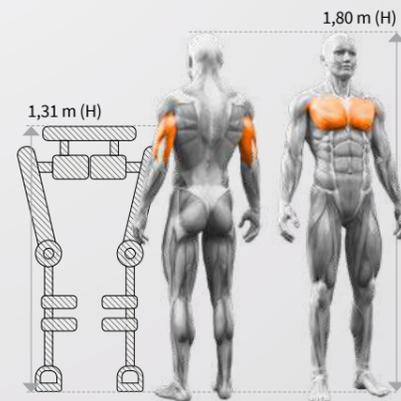
OLYMPIC DECLINE BENCH / Y973ZAG



SPECIFICATIONS

Y973ZAG

 Dimension	2170 × 1550 × 1310 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1700 × 1100 × 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.

*depending on plate thickness

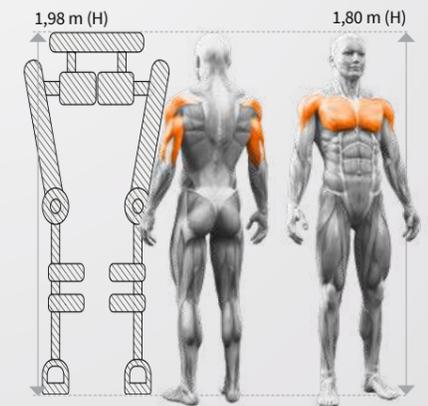
OLYMPIC MILITARY BENCH / Y974ZAG



SPECIFICATIONS

Y974ZAG

 Dimension	1850 × 1550 × 1975 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1890 × 1400 × 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.

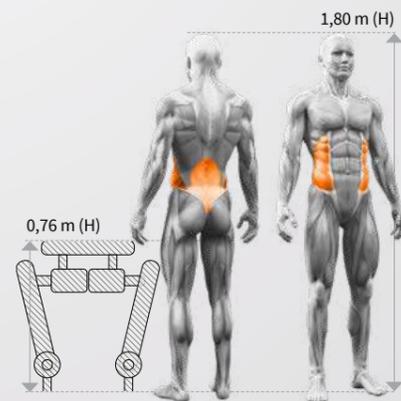
BACK EXTENSION / Y975ZAG



SPECIFICATIONS

Y975ZAG

 Dimension	1300 × 815 × 760 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1270 × 720 × 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

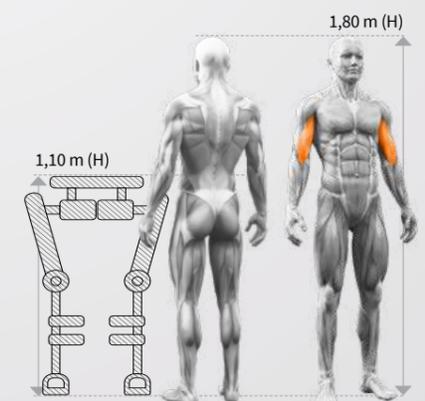
SEATED PREACHER CURL / Y976ZAG



SPECIFICATIONS

Y976ZAG

 Dimension	1060 × 790 × 1100 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1100 × 930 × 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.

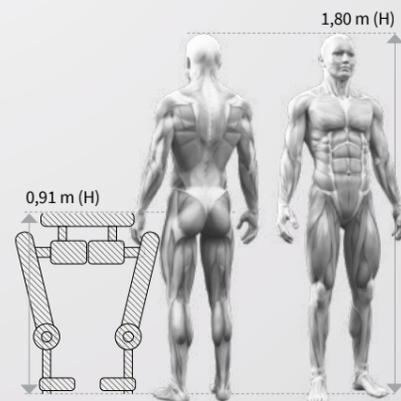
ADJUSTABLE DECLINE BENCH / Y977ZAG



SPECIFICATIONS

Y977ZAG

 Dimension	1850 × 585 × 910 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1880 × 620 × 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

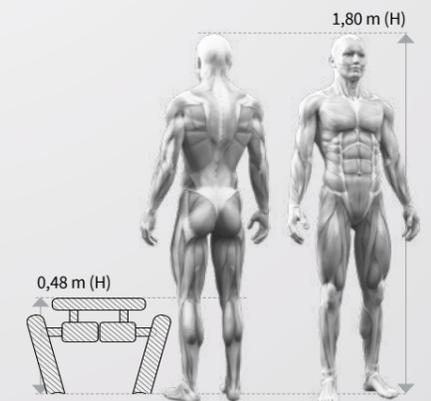
SUPER BENCH / Y978ZAG



SPECIFICATIONS

Y978ZAG

 Dimension	1385 × 745 × 450 mm
 Frame dimensions	12 × 6 mm / 8 × 5 mm
 Transport box	1320 × 570 × 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.

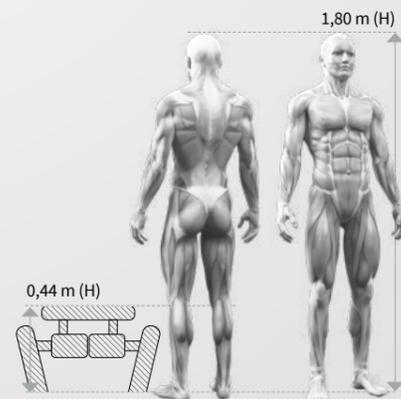
FLAT BENCH / Y980ZAG



SPECIFICATIONS

Y980ZAG

	Dimension	1255 × 575 × 440 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1280 × 320 × 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

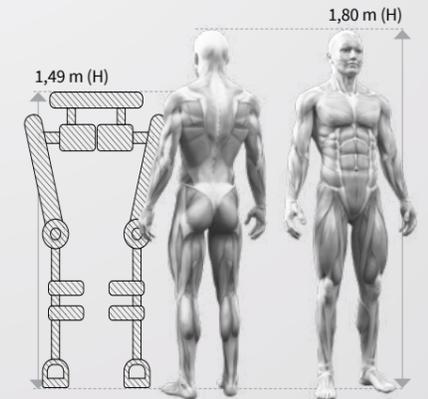
BARBELL RACK / Y981ZAG



SPECIFICATIONS

Y981ZAG

	Dimension	890 × 886 × 1485 mm
	Frame dimensions	12 × 6 mm / 8 × 5 mm
	Transport box	1550 × 870 × 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.



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 OUR 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 m²
- only 10 minutes from airport

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