

# D-FORCE





# Driven. By. Performance.

**Effective Your Training**



Designed to move the way the body is supposed to move. Independent arm movements provide increased exercise variety and allow users to work limbs dependently or independently. It provides a free weight training-like feel with excellent biomechanics and high training comfort. The result is an exceptional fit and feel for the first-time user or seasoned athlete.

# POWERFUL. PRECISE. DESIGNED TO PERFORM.

- D-FORCE redefines strength training by combining the Split-Move Technology with the unmatched convenience of selectorized weight stacks. Each of the 12 machines is engineered to deliver independent arm and leg movement, allowing users to experience the perfect balance of performance, precision, and user-friendly design.

This is elite biomechanics made accessible — smooth, efficient, and built for results.



## Split-Move Biceps Curl

PM2037



- Dimension: 970\*1480\*1500 mm
- Weight: 236 kg
- Recommended Live Area: 157\*178 cm<sup>2</sup>
- Weight Stack: 50 kg \*2

■ The DHZ Split-Move Biceps Curl offers independent arms for a natural diverging and converging motion, promoting balanced strength development. Adjustable pads and seat ensure proper wrist alignment and comfortable positioning, providing an optimal curling experience.

## Split-Move Chest Press

PM2038



- Dimension: 1020\*1730\*1960 mm
- Weight: 347 kg
- Recommended Live Area: 163\*201 cm<sup>2</sup>
- Weight Stack: 75 kg \*2

■ Designed with independent pressing arms, the DHZ Split-Move Chest Press allows for natural chest engagement and equal strength development on both sides. The ergonomic design ensures smooth pressing motion and balanced resistance throughout the range.

## Split-Move Row

PM2039



📏 Dimension: 1300\*1580\*2090 mm  
 ⚖️ Weight: 347 kg  
 📐 Recommended Live Area: 191\*188 cm<sup>2</sup>  
 📦 Weight Stack: 68 kg \*2

■ With independent pulling arms and an ergonomic underhand grip, the DHZ Split-Move Row promotes natural movement patterns and precise muscle activation in the back. Adjustable seating ensures enhanced stability and proper alignment during every rep.

## Split-Move Incline Press

PM2040



📏 Dimension: 1020\*1730\*1960 mm  
 ⚖️ Weight: 347 kg  
 📐 Recommended Live Area: 163\*203 cm<sup>2</sup>  
 📦 Weight Stack: 75 kg \*2

■ Inspired by natural human movement, the DHZ Split-Move Incline Press supports independent arm motion for balanced chest and shoulder development. The angled backrest facilitates comfortable entry and exit, making every session efficient and effective.



## Split-Move Shoulder Press

PM2041



- Dimension: 1150\*1580\*1380 mm
- Weight: 339 kg
- Recommended Live Area: 175\*188 cm<sup>2</sup>
- Weight Stack: 75 kg \*2

■ The DHZ Split-Move Shoulder Press offers independent arm movement, promoting natural overhead pressing and balanced shoulder development. Adjustable handgrips and a supportive design make it easy to enter, exit, and perform each set confidently.

## Split-Move Decline Press

PM2042



- Dimension: 1000\*1630\*1680 mm
- Weight: 343 kg
- Recommended Live Area: 160\*193 cm<sup>2</sup>
- Weight Stack: 75 kg \*2

■ Optimized for lower chest engagement, the DHZ Split-Move Decline Press provides a stable and natural pressing path. The adjustable seat angle enhances comfort and supports strong pectoral activation with independent arm motion.

## Split-Move Triceps Extension

PM2043



- 📏 Dimension: 920\*1330\*1530 mm
- ⚖️ Weight: 264 kg
- 📐 Recommended Live Area: 152\*163 cm<sup>2</sup>
- 📦 Weight Stack: 50 kg \*2

■ The DHZ Split-Move Triceps Extension ensures natural elbow movement with independent arm paths. Adjustable pads and seats maintain optimal wrist positioning, allowing for focused and comfortable triceps training.

## Split-Move Front Pulldown

PM2044



- 📏 Dimension: 1220\*1480\*2040 mm
- ⚖️ Weight: 360 kg
- 📐 Recommended Live Area: 152\*208 cm<sup>2</sup>
- 📦 Weight Stack: 75 kg \*2

■ Designed for a natural pulling arc, the DHZ Split-Move Front Pulldown features independent arms and ergonomic underhand grip options. This combination delivers effective back muscle activation and improved wrist comfort.



## Split-Move High Row

PM2045



- Dimension: 1200\*1830\*1960 mm
- Weight: 354 kg
- Recommended Live Area: 191\*188 cm<sup>2</sup>
- Weight Stack: 75 kg \*2

■ The DHZ Split-Move High Row combines a unique pulling path with independent arm movement, offering a dynamic and versatile back training experience. This design targets upper back muscles effectively and supports smooth motion.

## Abdominal Crunch

PM2046



- Dimension: 1120\*1000\*1430 mm
- Weight: 241 kg
- Recommended Live Area: 173\*130 cm<sup>2</sup>
- Weight Stack: 68 kg \*2

■ The DHZ Abdominal Crunch engages the full core through simultaneous upper and lower body movement. Designed for maximum efficiency, it supports a controlled and challenging abdominal workout in a compact footprint.

## Split-Move Kneeling Leg Curl

PM2047



- Dimension: 1150\*1580\*1380 mm
- Weight: 339 kg
- Recommended Live Area: 145\*218 cm<sup>2</sup>
- Weight Stack: 75 kg \*2

■ With ergonomic supports and counterbalanced arms, the DHZ Split-Move Kneeling Leg Curl ensures targeted hamstring engagement. The adjustable design provides comfortable entry and exit, supporting a smooth and effective leg workout.

## Split-Move Leg Extension

PM2048



- Dimension: 1220\*1450\*1400 mm
- Weight: 341 kg
- Recommended Live Area: 152\*206 cm<sup>2</sup>
- Weight Stack: 75 kg \*2

■ The DHZ Split-Move Leg Extension enables precise single-leg training and customized range of motion adjustments. Independent arm paths promote balanced development and optimal biomechanics, enhancing knee extension strength and control.

# COLOR OPTIONS



### Black



Frame



Upholstery

### Red



Frame



Upholstery

### Silver



Frame



Upholstery

### White



Frame



Upholstery



UPHOLSTERY  
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

# LET'S TALK TRAINING!



## METEM SRL

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DHZ reserves the right to make any changes without prior notice.