



TRAINING IS OUR LANGUAGE.

CATALOGUE

STRENGTH | CARDIO | FUNCTIONAL | PLATE LOADED | FREEWEIGHTS | CROSSTRaining

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A STRONG PARTNER FOR YOUR INVESTMENT.

A GOOD CHOICE FOR YOUR QUICK RETURN OF INVESTMENT.

✓ FLEXIBLE

✓ RELIABLE

DHZ FITNESS EUROPE GMBH

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DHZ FITNESS

THE WORLD'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT

DHZ was founded in 2002 and is still owned by the founder. The company's philosophy is to offer customers high quality products for the best possible price. In order to achieve this goal, 90% of the components for the fitness equipment are made and produced in our factory.

There are no profit margins to other suppliers - to our customers advantage. Also this helps to better control quality and to make changes very quickly where needed. Driven by efficient production methods like laser cutting and robot welding we can offer very competitive pricing.

» DHZ Fitness Europe has developed significantly in recent years. We can now serve any kind of studio concept. From the Boutique club to the premium provider. With us everyone will be successful with their investment."

Michael Birk, Managing Director DHZ Fitness Europe

With our 360° Service we offer everything you need no matter if we talk new openings or modernization of an existing fitness facility. We know what the implementation of a modern training area requires.

THOUGHT THROUGH SOLUTIONS FOR YOUR TRAINING AREA AT BEST CONDITIONS.



- ✓ Easy to use
- ✓ Easy to adjust to your body size
- ✓ Intuitive operation
- ✓ Complying with security standards



- ✓ For professional use
- ✓ Clever modern design
- ✓ Different weight options
- ✓ Simple and reliable handling



- ✓ ISO 9001 quality management
- ✓ Modern manufacturing
- ✓ Precision welding
- ✓ Good warranty



- ✓ Top price-performance ratio
- ✓ Affordable assembly and service
- ✓ Favorable transport costs
- ✓ Fast and cheap Spare parts supply



TRAINING IS OUR LANGUAGE.

more than
1.300
EMPLOYEES

340.000 m²
PRODUCTION AREA

more than
21.500
EQUIPPED GYMS





OUR 360° SERVICE

CONSULTING
PLANNING
INSTALLATION
TRAINING
TECHNICAL
SERVICE

RENEWABLE

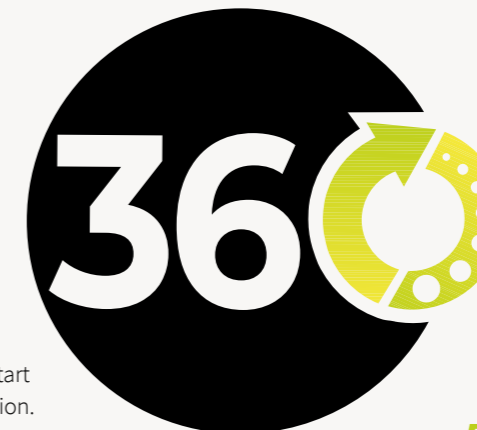
Purchase and collection of used devices by providers in Germany.

AFFORDABLE

DHZ devices with fair leasing offers from DHZ-Finance.

EXPERIENCE

700 m² showroom in Berlin.



SCALABLE

Plate Loaded, strength and cardio, functional, cross training and much more.

MARVELOUS

Marketing to immediately start with animation and motivation.

FEASIBLE

Unique studio planning in 3D, with detailed preview of your new gym.

POSSIBLE

Extended warranty and maintenance contracts. Logistics and installation by our experienced teams.

DHZ FITNESS GYMDESIGNER

OUR SERVICE FOR YOU: 3D GYM PLANNING

Good planning is everything. The high costs of 3D planning frighten off many. DHZ Fitness offers you the planning as a free service - no matter how much space you have or how many devices you need. We plan for free for you using exercising avatars for better spatial presentation which will answer many of your questions at a very early stage. Send us your floor plan by email and together we work out which devices ideally suit to your new training area.

- ✓ EASY TO USE
- ✓ EASY TO ADJUST
- ✓ INTUITIVE OPERATION

FOR MORE
INFO SCAN
HERE.



THE 3D WALK-THROUGH VIDEO

We offer this service on top if you order devices from us. You can use it to attract potential members via Social media and give your existing members an advance impression of your planned investment. The exercising avatars bring life to the planned studio for real.

JUST DO IT YOURSELF

In the software you will find the complete, precisely scaled equipment range of DHZ Fitness. The software is easy to use so that you can create your own 3D studio planning. Nevertheless, we recommend that you read the operating instructions carefully beforehand.

You can quickly design simple rooms yourself. If you have larger projects with larger floor plans, we offer the service to create them for you by our team of architects.



VIRTUAL REALITY

The gym designer also offers the opportunity to go through your planned studio virtually - with 3D glasses. This will give you an optimal impression of the planning.

OUR AVATARS WILL MAKE YOUR PLANNING EVEN MORE REALISTIC.



ECONOMICAL, EFFICIENT AND CUSTOMER FOCUSED TRAINING AREAS

IN THE TRAINING AREA, WE DIFFERENTIATE BETWEEN SIX AREAS THAT WILL BE - IF WELL PLANNED - EFFICIENT, ECONOMIC AND CUSTOMER-ORIENTED:

1. MOBILITY AREA

MUSCLE GROWTH AND AGILITY

2. CARDIO AREA

WARMUP AND CARDIO-VASCULAR EXERCISE

3. HEALTH AREA

MUSCLE MAINTENANCE AND MOBILITY

4. WORKOUT AREA

MAXIMUM FORCE SPECIFIC FORCE

5. OUTDOOR AREA

GENERAL TRAINING AREA

6. FUN AREA

FUNCTIONAL TRAINING COURSES AND CLASSES

WHAT YOU SHOULD ASK YOURSELF ABOUT YOUR CUSTOMERS.



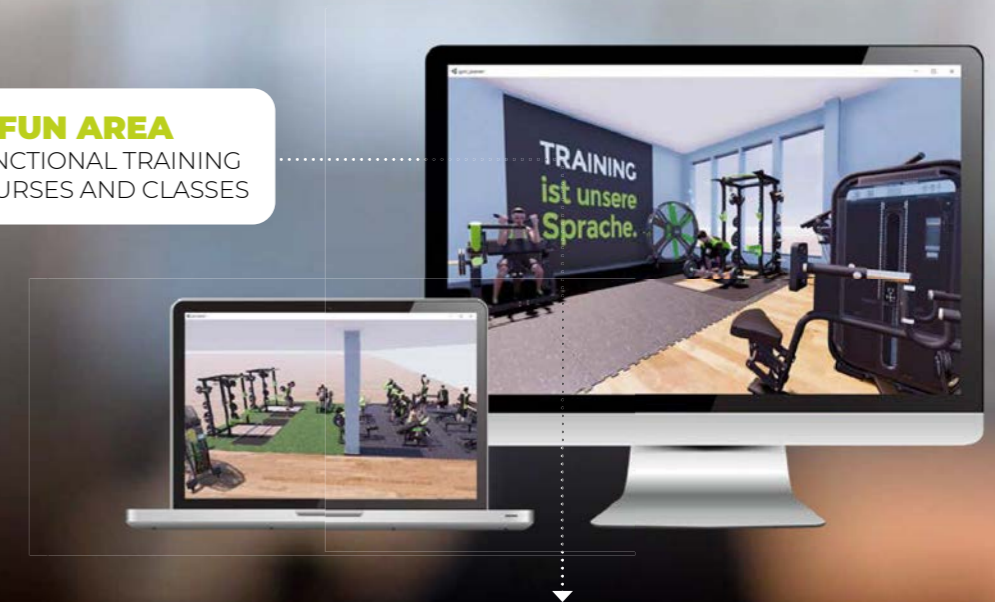
WHAT IS THE AGE SPLIT OF THE MEMBERS?

WHAT IS THE TRAINING MOTIVATION OF THE MEMBERS?

WHAT ARE THE OBJECTIVES OF THE MEMBERS?

HOW OFTEN DOES WHICH AGE GROUP EXERCISE?

AT WHAT TIME ARE COURSES AND TRAINERS IN DEMAND?



HERE WE START WITH OUR 3D GYM DESIGNER.

The studio planning takes concepts and equipment planning into account with a focus on business to help you make money faster and remain profitable in the long term. Our DHZ Academy trains trainers and conveys concepts for the training areas to enable upselling at a significantly higher level.

» DO YOU PLAN A NEW OPENING, A RELAUNCH OR AN EXPANSION?

» WOULD YOU LIKE TO GET OUR FEEDBACK ABOUT YOUR CONCEPT OR WOULD YOU LIKE TO HAVE AN EXTENSIVE CONSULTATION?

We are in constant contact with industry specialists and institutions of the fitness Industry taking the latest trends and key figures into consideration. Before selling a standard program to you, we will find out together what makes your club unique. Your quick return on investment always has priority when planning.

WE FIT WITH EVERYONE!

NO MATTER WHETHER LARGE OR SMALL, WE HAVE THE PERFECT SOLUTION.

MICRO

SMALL SPACE

- Little to no staff
- Emphasis on strength training
- A workout of all muscle groups is possible in 20 minutes

CLASSIC

CLASSIC GYM

- Wide range of offering with staff available; members are loyal and have a personal bond to “their” gym
- Cardio area
- Strength and Freeweights area
- Courses / classes
- Outdoor and functional

PREMIUM

PREMIUM GYM

- High quality ambience
- Wide range of offering, including wellness area
- Trainer on site
- Service & consultation

ROLLABLE STAND FAN

- Rollable DHZ Fitness stand fans offer pleasant cooling and air exchange for up to 500 cubic meters.
- The sturdy steel frame is mounted with Stainless steel screws
- With four stable, smooth-running rollers and noble handles on both sides one person can move the 200 kg heavy and 2.1 m high colossus.
- The quiet and efficient working 0.75 KW motor allows 5 to 200 revolutions per minute.
- The range of the air flow is at maximum speed up to 36 m.
- 5 year guarantee on frame and propeller as well as a 2 year guarantee on motor and controller.



MODEL	DIMENSIONS (H x W x L)	DIAMETER	FRAME	BLADES
FS300	214 x 69 x 203 cm	200 cm	black	silver
FS300G	214 x 69 x 203 cm	200 cm	black	green
FS400	264 x 69 x 254 cm	250 cm	black	silver
FS400Y	264 x 69 x 254 cm	250 cm	yellow	silver

ACCESSORIES ARE NOT INCLUDED

GLUTE MAKER

- Angled and comfortable pads provide upper body stabilization and spine support.
- The adjustable hip roll secures a safe and controlled movement during lifting.
- Large, angled and adjustable stainless-steel footrest for different user sizes.
- Easy to use for a variety of hip and glute exercises.
- Two shelves for weight plates (weight plates are not included).
- Available in the color combinations of the EVOST II series.

MODEL	DIMENSIONS (H x W x L)	WEIGHT	COLORS
A3092	180 x 124,5 x 125 cm	95 kg	see Evost II

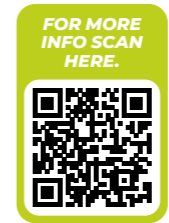


ACCESSORIES ARE NOT INCLUDED



FUSION PRO

INNOVATIVE & NOBLE



- High-quality series with a cool, robust look
- Belt and / or cable drive
- Housing with steel cover
- Isolateral training
- Top biomechanics
- 21 devices as well as benches, racks and cable cross



LEG EXTENSION
E7002

ACCESSORIES ARE NOT INCLUDED



PRONE LEG CURL
E7001

COLOR OPTIONS

FRAME



silver pearl black pearl white

UPHOLSTERY



black yellow saddle brown

NOTE: The colours shown here can be different from the original colours.

PRESTIGE PRO

PREMIUM STRENGTH SERIES

- Noble series with aluminum covers / Housing with steel cover
- Belt and /or cable drive
- Isolateral training
- Top biomechanics
- Two cup holders, mobile phone holder
- 22 devices as well as benches, racks and cable cross



LEG PRESS
E7003A



CHEST PRESS
E7008A

ABDOMINAL ISOLATOR
E7073A



ACCESSORIES ARE NOT INCLUDED



Particularly elegant look thanks to aluminum covers

SUPER BENCH
E7039



TRAINING IS OUR LANGUAGE.



OLYMPIC BENCH INCLINE
E7042

FOR MORE INFO SCAN HERE.



PREACHER CURL
E7044

COLOR OPTIONS

FRAME



silver pearl



black pearl



white

UPHOLSTERY



black



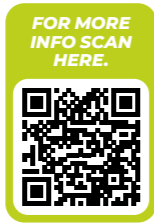
saddle brown

NOTE: The colours shown here can be different from the original colours.

EVOST II

BEST PRICE!

- Entry-level series
- Suitable for micro studios and studios with up to 700 members, hotels, physiotherapy
- 24 devices as well as benches and racks
- 6 Plate Loaded
- Complete series, covers all major muscle groups



LEG PRESS
A3003



VERTICAL PRESS
A3008



PULLDOWN
A3035



OLYMPIC DECLINE BENCH
A3041

COLOR OPTIONS

FRAME



silver pearl



black pearl



white

UPHOLSTERY



black



sienna

INFO: Standard color in stock: frame black, seats black.

NOTE: The colours shown here can be different from the original colours.



SUPER BENCH
A3039



EVOST II DUAL

STRENGTH EQUIPMENT

- Entry-level series
- Two functions per machine
- The ideal solution when there is little space
- Suitable for micro studios and studios with up to 700 members, hotels, physiotherapy
- 7 devices



LEGCURL/EXTENSION

A3086



CHEST/SHOULDER PRESS

A3084

COLOR OPTIONS

FRAME



silver pearl



black pearl



white



black



sienna

UPHOLSTERY

INFO: Standard color in stock: frame black, seats black.

Standard accent color on cover is silver, light green is optional.

NOTE: The colours shown here can be different from the original colours.



DIP/CHIN ASSIST

A3009



ABDUCTOR/ADDUCTOR

A3089



BICEPS/TRICEPS

A3087

EVOST III

PREMIUM STRENGTH SERIES

- Noble and stable strength series
- Gas spring seat adjustment
- Stable construction with steel from automotive industry
- At an almost unbeatable price / performance ratio



BUTTERFLY MACHINE
U2004



PRONE LEG CURL
U2001

FOR MORE
INFO SCAN
HERE.



LATERAL RISE
U2005



PEC FLY / REAR DELT
U2007



LEG EXTENSION
U2002

COLOR OPTIONS

FRAME



silver pearl



black pearl



white

UPHOLSTERY



black



saddle brown



reddish brown



mocha

NOTE: The colours shown here can be different from the original colours.

A woman with blonde hair tied back, wearing a black tank top, stands in the foreground of a gym, looking off to the side with her hand on her hip. In the background, a man with a beard, wearing a black t-shirt, is running on a treadmill. The gym has a modern, industrial feel with wooden accents and various pieces of equipment.

**INVEST SMARTLY AND
GET A FASTER RETURN
ON INVESTMENT –
WITH DHZ FITNESS.**

360° FUNCTIONAL

- The DHZ functional towers are high quality and stable
- For safe and effective functional training
- Training targets large muscle groups and is extremely efficient
- Massive construction, no anchoring in the floor required, stainless steel screw connections
- Weight, depending on the model, 670-1,500 kg
- Offering a \$20 certified course system



FUNCTIONAL TOWER
E360 G



FUNCTIONAL TOWER
E360 A



FUNCTIONAL TOWER
E360 C

COLOR OPTIONS

ACCENT COLORS



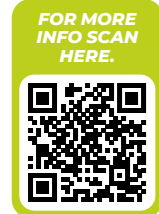
silver apple green red

NOTE: The colours shown here can be different from the original colours.



FUNCTIONAL TOWER
E360 H

ACCESSORIES ARE NOT INCLUDED

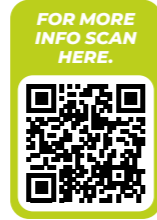


FOR MORE INFO SCAN HERE.

PLATE LOADED

- 14 devices
- High quality and robust plate loaded devices
- Cool design with round arms
- Excellent biomechanics, feels like exercising with free weights
- Stainless steel screw connections

WIDE CHEST PRESS Y910



LEG EXTENSION
Y960

COLOR OPTIONS

FRAME	ARMS	UPHOLSTERY		
black pearl	silver	apple green	red	black

INFO: Standard color in stock: frame black pearl, seats black with black stitching.
GET THE ARMS IN YOUR DESIRED RAL COLOR: Surcharge of € 250 per unit
NOTE: The colours shown here can be different from the original colours.



ROW
Y930



LEG PRESS
Y950

ACCESSORIES ARE NOT INCLUDED



PULL DOWN
Y920



PLATE LOADED

- Special construction for optimal muscle stimulation
- With minimal risk of injury
- Floating Yoke Design – for optimal size adjustment of the position of exercise
- Knee-friendly exercise execution
- Upper loading position for glutes, lower for quadriceps
- Two versions with maximum loading weight of 400 kg or 650 kg



POWERSQUAT
A601L



COLOR OPTIONS

FRAME



black pearl

ACCENT COLORS



silver



apple green



red

NOTE: The colours shown here can be different from the original colours.

ABDOMINAL CRUNCH

D604

- A must-have for anyone looking to target their abdominal muscles with precision.
- With two suspension points on both sides that provide greater resistance and a more challenging workout.
- Highly stable and includes storage pins for weight plates.



POWER SMITH MACHINE DUAL SYSTEM

D602

- The Defender Series Power Smith Dual System Upper is an innovative machine designed to perform thrust movements of the upper limbs safely and efficiently.
- It features independent load and a convergent trajectory that amplifies the range of motion compared to traditional Smith Machines.

FOR MORE INFO SCAN HERE.



ACCESSORIES ARE NOT INCLUDED



POWERACK

- Robust and solid construction, for heavy duty
- Height-adjustable training arms with handles and weight bearings
- Pull-up bar with different grip positions
- Workout possible in front of and in the rack



LEVER ARM RACK
E6212



LEVER ARM TRIPLE RACK
E6213



LEVER ARM DUAL RACK
E6215

COLOR OPTIONS (RACKS)

FRAME



black pearl

ACCENT COLORS



silver



apple green



red

NOTE: The colours shown here can be different from the original colours.

ACCESSORIES ARE NOT INCLUDED

FOR MORE
INFO SCAN
HERE.



CROSSTRAINING – POWERRACKS

- DHZ Fitness CROSSTRAINING systems – developed for boxes and studios
- Quality and stability through massive construction
- Robust construction in 80 x 80 mm steel tube
- Seven different versions

POWERRACK
E6224



POWERRACK
E6221



POWERRACK
PLATFORM
E62 PLATFORM

COLOR OPTIONS (RACKS)

FRAME



black pearl

ACCENT COLORS



silver



apple green



red

INFO: Standard color in stock: frame in black pearl and applications in apple green.

NOTE: The colours shown here can be different from the original colours.

POWERRACK
E6225



POWERRACK
E6226



ACCESSORIES ARE NOT INCLUDED

POWERRACK
PLATFORM
E62 PLATFORM
DIFFERENT VERSIONS
AVAILABLE



POWERRACK
E6244



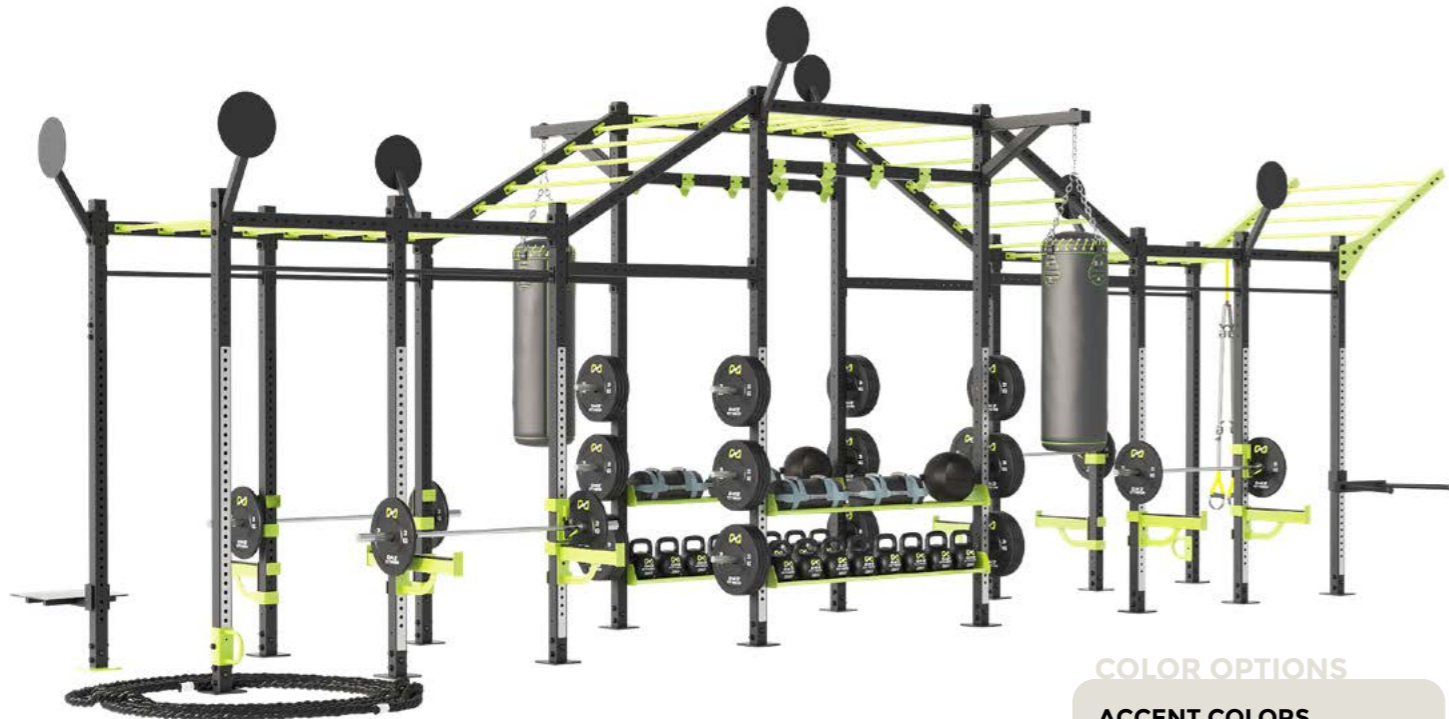
Eye-catching
big 36 mm screws

FOR MORE
INFO SCAN
HERE.



CROSTRAINING – TOWER

- Freestanding rigs as the ideal solution for the functional area
- Versatile training on a stable construction
- 80 x 80 mm profile steel poles ensure rigidity and reduce the swinging of the tower
- Well suited for group workouts
- Different versions



CROSTRAINING TOWER
E6205

COLOR OPTIONS

ACCENT COLORS

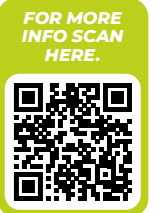


NOTE: The colours shown here can be different from the original colours.



CROSTRAINING MEGA TOWER
E6208

ACCESSORIES ARE NOT INCLUDED



SMART CARDIO

- The smart cardio line from DHZ takes every gym to a new level.
- The units can be connected to smartphones.
- Electrically rotatable display for Smartphone mirroring.
- No WiFi or entertainment software is required.
- With induction charger

CROSSTRAINER
X9201PL



COMPLETE SERIES

TREADMILL
A9000PL



RECUMBENT BIKE
A5100PL



UPRIGHT BIKE
A5200PL



ACCESSORIES ARE NOT INCLUDED

CARDIO

- Robust and easy to use for members – the top priority for our cardio machines.
- By keeping technology simple, we can offer quality cardio machines at attractive prices.



TREADMILL WITH LED DISPLAY
X8600



NOBLE SLAT TREADMILL
A7000



CROSSTRAINER WITH LED DISPLAY
X9101



CROSSTRAINER WITH LED DISPLAY
X9201

ACCESSORIES ARE NOT INCLUDED

INDOOR CYCLING BIKE
A962

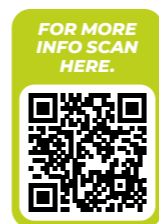


UPRIGHT BIKE WITH LED DISPLAY
X5200

NOBLE INDOOR CYCLING BIKE
S300



RECUMBENT BIKE WITH LED DISPLAY
X5100





DHZ FITNESS SHOWROOM

Eisenhutweg 122
12487 Berlin

- more that 700 m²
- only 10 minutes from airport

YOU WANT TO GET TO KNOW AND TEST OUR EQUIPMENT?

Meet us in our showroom in Berlin. Ask for an appointment with your DHZ representative.

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.

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