

TRAINING IS OUR LANGUAGE.

CATALOGUE STRENGTH | CARDIO | FUNCTIONAL | PLATE LOADED | FREEWEIGHTS | CROSSTRAINING

A STRONG PARTNER FOR YOUR INVESTMENT.

A GOOD CHOICE FOR YOUR QUICK RETURN OF INVESTMENT.

✓ FLEXIBLE ✓ RELIABLE

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OUR SER DHZ FITN DHZ FAN GLUTE MA STRENGT CABLE ST CORE CIR FUNCTIO PLATE LO DISPLAYS FITNESS CROSSTR SMART C CARDIO

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WWW.DHZ-FITNESS.DE WWW.DHZ-FITNESS.EU

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 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 seize
- 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

400.000 m² PRODUCTION AREA

more than **1.300** EMPLOYEES

about **25.000** EQUIPPED GYMS



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600 WELDING ROBOTS

5



OUR 360° SERVICE

- ► CONSULTING
- ► PLANNING
- ► INSTALLATION
- ► TRAINING
- ► TECHNICAL SERVICE

RENEWABLE

Purchase and collection of used devices by providers in Germany.

EXPERIENCE 700 m² showroom in Berlin.



MARVELOUS

Marketing to immediately start with animation and motivation.

POSSIBLE

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



TRAINING IS OUR LANGUAGE.

AFFORDABLE

DHZ devices with fair leasing offers from DHZ-Finance.

SCALABLE

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

FEASIBLE

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

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.

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.

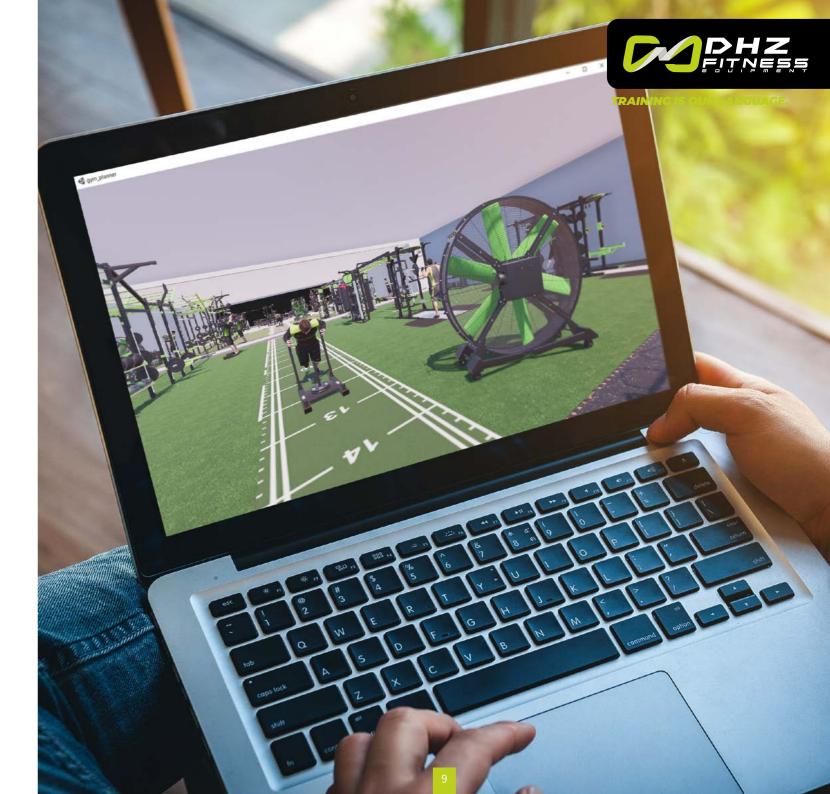
- EASY TO USE
- EASY TO ADJUST
- ✓ INTUITIVE OPERATION



FOR MORI



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 MAINTE-NANCE 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?





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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

CLASSIC

SMALL SPACE

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

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



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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 fan offers 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 controler.





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



PLATE LOADED

- 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	20
A3092	180 x 124,5 x 125 cm	95 kg	see Evost II	20 KG
SITTI A605L	NG GLUTE			EW PL







FUSION PRO

- 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



ACCESSORIES ARE NOT INCLUDED





TRAINING IS OUR LANGUAGE.



COLOR OPTIONS



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



- 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



COLOR OPTIONS



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



ABDOMINAL ISOLATOR E7073A



ACCESSORIES ARE NOT INCLUDED



Particularly elegant look thanks to aluminum covers

SUPER BENCH E7039







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







INFO: Standard color in stock: frame black, seats black. NOTE: The colors shown here can be different from the original colors.





ACCESSORIES ARE NOT INCLUDED

FOR MORE



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A3041



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





U2004



ELITE PRO INNOVATIVE STRENGHT SERIES

- Robust 6 mm flat steel frame
- Side covers in a variety of elegant designs
- More comfort features
- Elegant aluminum logos
- Practical towel holder
- Durable injection-molded foam seats

COMING



ELITE PRO: INTRODUCING ELEGANCE IN STRENGTH.





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COLOR OPTIONS



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

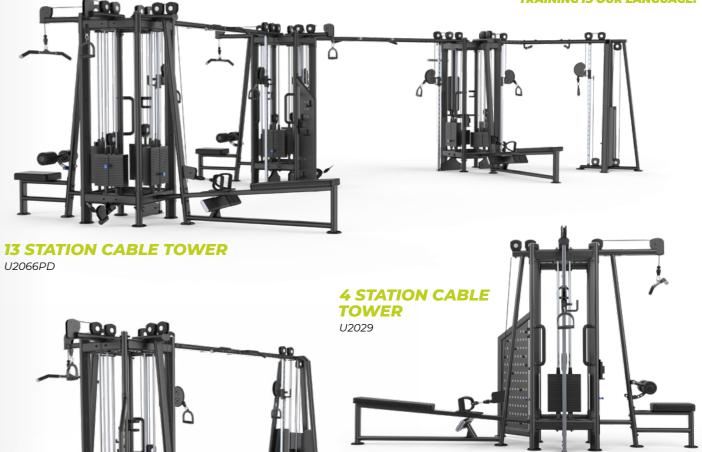
CABLE STATIONS EVOST III SERIES

MAXIMUM FLEXIBILITY. UNLIMITED INDIVIDUALITY

- 9 ready-made configurations
- Unlimited number of configurations according to customer requirements
- Flexible system: functionalities can be mounted at any position on the tower
- New short connections
- New 45° angled connections
- Additional weight 1.25 kg and 2.5 kg
- Additional wall as a variably customisable, clearly arranged grip rack







U2066PD



ACCESSORIES ARE NOT INCLUDED



FUNCTION	WEIGHT	TRANSMISSION
Lat Pull	92 kg	1:1
Long Pull	92 kg	1:1
Adjustable Pulley	92 kg	2:1
Pulley up and down	76 kg	2:1
Triceps	52 kg	1:1

CORE CIRCLE - THE PERFECT CORE. SLIM AND STRONG

- 7 preconfigured setups can be assembled in various configurations
- Fits into every gym size
- Rubberized flat steel connections to reduce noise and protect your flooring

L SQUARE WITH **4 BENCHES**

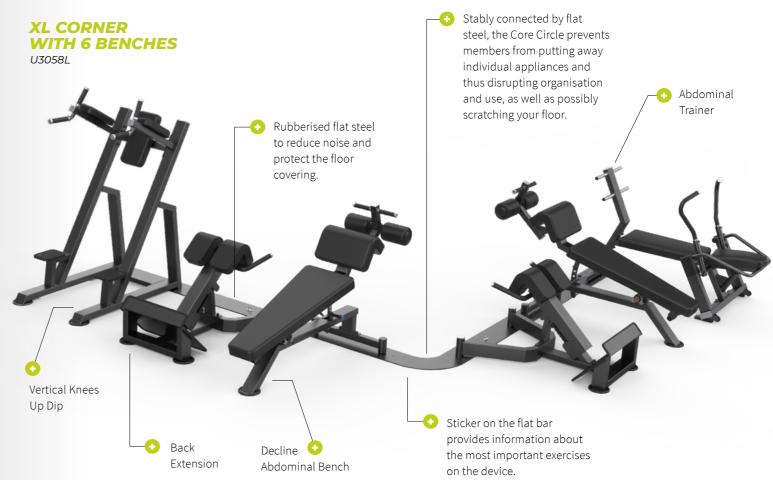




NOTE: The colors shown here can be different from the original colors.



MULTIPLE CONSTELLATIONS SUITABLE FOR EVERY STUDIO



ACCESSORIES ARE NOT INCLUDED

ACCESSORIES ARE NOT INCLUDED



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

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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 C

ACCENT COLORS



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





ACCESSORIES ARE NOT INCLUDED





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
- Upgrade with foot assist for models Y905-Y935

WIDE CHEST PRESS WITH FOOT ASSIST Y910





LEG EXTENSION Y960

COLOR OPTIONS



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 colors shown here can be different from the original colors.





ACCESSORIES ARE NOT INCLUDED







GLADIATOR -CONCENTRATED POWER

GLADIATOR SERIES

NEW SERIES COMING SOON

- Special design for optimum
 muscle stimulation
- With minimal risk of injury
- For optimum size adjustment of the exercise position
- Equipped with foot assist for all relevant models
- More than 25 models

COLOR OPTIONS



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

ACCESSORIES ARE NOT INCLUDED



3







PREVIEW: TITAN PLATE LOADED

WITH THIS SERIES, DHZ IS LAUNCHING A NEW GENERATION OF DEVICES IN TERMS OF BIOMECHANICS, DETAILS AND QUALITY!









PLATE LOADED

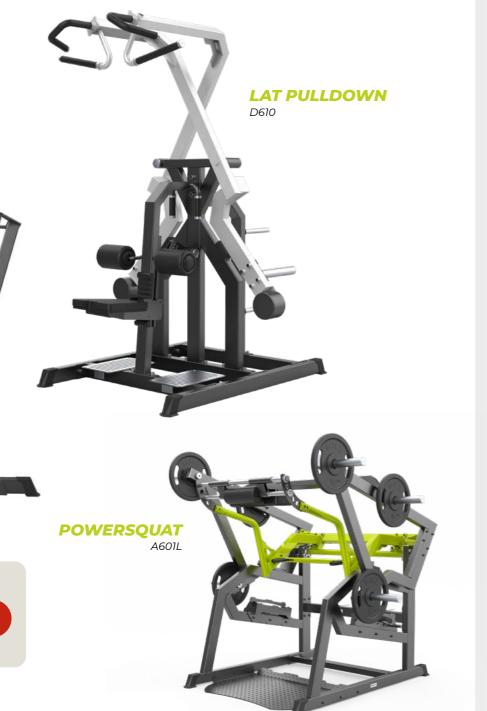
- Special construction for optimal muscle stimulation
- With minimal risk of injury
- Floating Yoke Design for optimal size adjustment of the position of exercise
- Knee-friendly exercise execution
- Upper loading position for glutes, lower for quadriceps
- Two versions with maximum loading weight of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

SITTING GLUTE A605L





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



STANDING ADDUCTOR D982

DUAL SYSTEM D602

- Machines.



ACCESSORIES ARE NOT INCLUDED



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POWER SMITH MACHINE

• 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



- 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.

HIGH-QUALITY DISPLAYS AND VIDEO WALLS

DHZ DIGITAL SOLUTIONS - DIGITIZE YOUR GYM

- Correct visualization of exercise sequences
- Creating a dynamic training environment

VIDEOWALL

VIDEOWALL

4X55"

9X55"

• Increase the motivation of your members to train

DHZ FITNESS

- Available in various sizes and designs to suit every studio
- Individual configuration (e.g. color, operating system, camera, branding available ex works depending on purchase volume



27" SELF-SERVICE KIOSK ASK FOR YOUR COMPLETE SOLUTION INCL. CONTENT CREATION



DHZ

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DHZ



SILENCER FITNESS FLOOR INNOVATIVE SOLUTION FOR YOUR FREE WEIGHT AREA

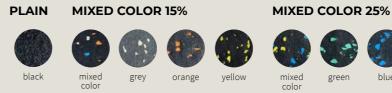
- Installation is easy and does not require any adhesiv
- The floor has all quality seals
- Balanced weight distribution of the training equipmen
- Slip-resistant and stable for safe execution of exercises during training

SURFACE

- The closed surface of the protective lamination allows for easy cleaning and prevents particles from detaching from the tiles.
- The additional laminated cushioning layer optimizes absorption.

FLOOR CONSTRUCTION

- The hexagon floor construction of the tiles creates space for air chambers, providing an excellent cushioning effect.
- The floor allows for the laying of cables in the spaces underneath.
- The hexagon floor construction evenly distributes the weight of the training equipment.



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





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pink

blue







orange & yellow

MIXED COLOR 70%

grey

pink

POWERRACKS

- 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



ACCESSORIES ARE NOT INCLUDED

COLOR OPTIONS (RACKS)

FUNCTIONAL POWERRACK

CABLE CROSS

E6253



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







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





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





ACCESSORIES ARE NOT INCLUDED



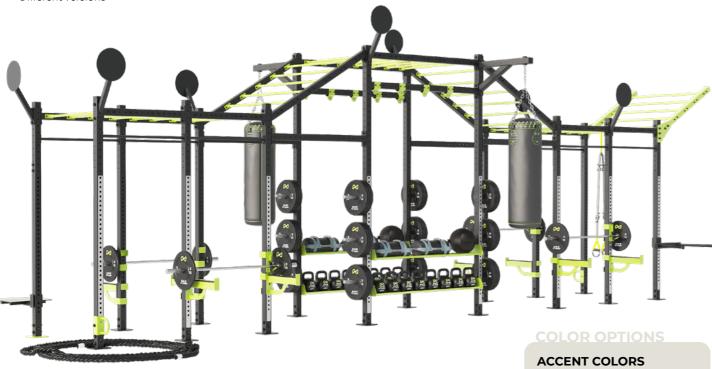






CROSSTRAINING - TOWER

- 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



CROSSTRAINING TOWER E6205 silver apple green red

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





ACCESSORIES ARE NOT INCLUDED

50







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 X8300PL







STAIRCLIMBER





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3

SMART CARDIO ELITE PRO SERIES

- Impressive 24-inch monitor
- Enables smartphone mirroring
- Electrically rotatable display for optimal smartphone mirroring
- No extra cost for software or GEMA
- Side covers in a variety of elegant designs

UPRIGHT

RECUMBENT BIKE

BIKE **ELLIPTICAL** TRAINER

COMING SOON: FULL CARDIO LINE ALL DEVICES AVAILABLE IN BLACK AND MANY MORE COLORS.

ACCESSORIES ARE NOT INCLUDED

TREADMILL

- Technology based on X8600
- Operated via touch panel
- 24-inch monitor for smartphone mirroring
- Extremly reliable
- German made forbo belt
- Very competitive price





- Operated via touch panel
- 24-inch monitor for smartphone mirroring
- Very competitive price







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- Went through intense robot testing



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



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Eisenhutweg 122 12487 Berlin

COPHE.

- 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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