



Hey! I am

BENCHES & RACKS

DHZ

GIGAFACTORY

POWERED BY RENEWABLE ENERGY

CHINA'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT

THE ANNUAL PRODUCTION IS ENOUGH FOR 300,000 DHZ EQUIPMENTS



WHY

DHZ

Factory

340,000m²

The largest manufacturer of commercial fitness equipment in CHINA.

**More than
700 dealers**

all over the world.

**Export to
more than
88 countries**

in the world.

Around

20,000 GYMS

are using DHZ.

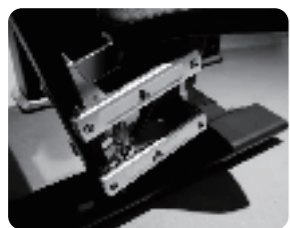
DHZ FITNESS

BORN FOR BEST PRICE-PERFORMANCE RATIOS

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.

As the supplier of the best-selling and most trusted fitness equipment in CHINA, We will do our best to help every partner and customer. we not only provide fitness equipment to more than 700 dealers all over the world, but also enable our partners to really enjoy the sense of achievement and commercial return from successful commercial fitness project . Just like our slogan TRAINING IS OUR LANGUAGE, bringing wellness to more receivers and helping people enjoy fitness lifestyle are not only our job but also our passion. It's just a beginning to provide you with top-quality fitness equipment !

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

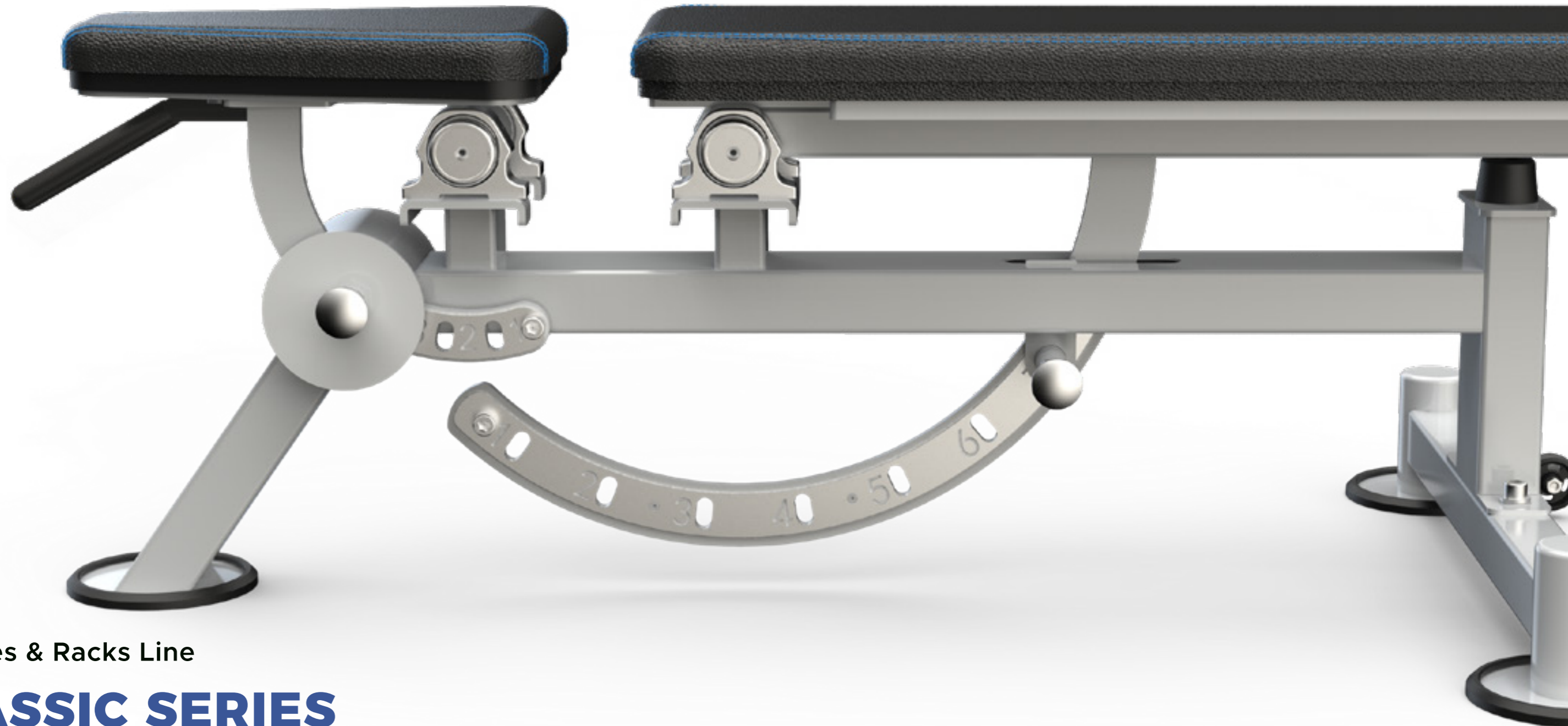


THE CHINA'S MOST **TRUSTED** FITNESS BRANDS

OUR CUSTOMERS



Born. From. Experience.



Benches & Racks Line

CLASSIC SERIES



FLAT BENCH

U3036



Dimension: 135 x 76 x 43 cm
Product Weight: 26 kg

Simple flat bench with ideal height for various weight-bearing exercises

ADJUSTABLE DECLINE BENCH

U3037



Dimension: 162 x 76 x 81 cm
Product Weight: 54 kg

For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility

OLYMPIC DECLINE BENCH

U3041



Dimension: 206 x 178 x 109 cm
Product Weight: 83 kg

Negative declined bench with four hooks for barbell and four weight horns

OLYMPIC INCLINE BENCH

U3042



Dimension: 201 x 178 x 140 cm
Product Weight: 87 kg

Inclined bench with four hooks for barbell and four weight horns

MULTI-PURPOSE BENCH

U3038



Dimension: 117 x 76 x 82 cm
Product Weight: 27 kg

Seat position with back rest, close to the ground for stability and comfort; Foot support for stability

SUPER BENCH

U3039



Dimension: 162 x 76 x 81 cm
Product Weight: 41 kg

Bench with seat and backrest adjustment; Wheels for mobility; Adjustable to various angles

OLYMPIC FLAT BENCH

U3043



Dimension: 173 x 178 x 122 cm
Product Weight: 66 kg

Flat bench with four hooks for barbell and four weight horns

SEATED PREACHER CURL

U3044



Dimension: 132 x 84 x 97 cm
Product Weight: 49 kg

Seated Preacher Curl; Seat height adjustment for different user sizes

BACK EXTENSION

U3045



Dimension: 122 x 86 x 96 cm
Product Weight: 64 kg

Retaining bottom edge for stability and comfort throughout the entire exercise

VERTICAL KNESS UP/DIP

U3047



Dimension: 127 x 71 x 160 cm
Product Weight: 77 kg

The contoured elbow pads, hand grips and back pad provide stability for knee-up exercises

HANDLE RACK

E3053



Dimension: 94 x 76 x 104 cm
Product Weight: 69 kg

Construction for comfortable removal of the barbells; Storage option for small barbell & six hooks for hanging accessories

VERTICAL PLATE TREE

U3054



Dimension: 61 x 58 x 124 cm
Product Weight: 30 kg

Stable stand with six horns for weight plates; Easy to mount and remove the plates

SQUAT RACK

U3050



Dimension: 185 x 173 x 180 cm
Product Weight: 122 kg

Allows for easy user access with multiple hooks ensure proper take off and secure catch positions

OLYMPIC MILITARY BENCH

U3051



Dimension: 155 x 178 x 180 cm
Product Weight: 122 kg

Military Bench features molded urethane protective racking that limits noise and protects the bar from wear for a stable and precise workout

BARBELL RACK

U3055



Dimension: 97 x 76 x 145 cm
Product Weight: 76 kg

Accommodates a wide range of Barbells and Curl Bars; Ensures that equipment is easily accessible

DUMBBELL RACK

U3077



Dimension: 72 x 248 x 81 cm
Product Weight: 68 kg

Angled storage surface prevents the wrists from twisting when removing / putting away the dumbbells

CLASSIC SERIES

Benches & Racks Line

BEAUTY DUMBBELL RACK

E3067



Dimension: 145 x 65 x 100 cm

Product Weight: 75 kg

The clean, efficient 3-Tier, 9 Pair Beauty Dumbbell Rack allows for easy access to of dumbbells in a space efficient design

BEAUTY DUMBBELL RACK

100608



Dimension: 49 x 52 x 121 cm

Product Weight: 20 kg

With its space-efficient design, it can make better use of the fitness space while storing 10 pairs of dumbbells vertically

STRETCH TRAINER

E3071



Dimension: 128 x 52 x 106 cm

Product Weight: 46 kg

Prepare bodies for a stronger and more satisfying workout and helps to prevent injury during and after exercise

ABDOMINAL TRAINER

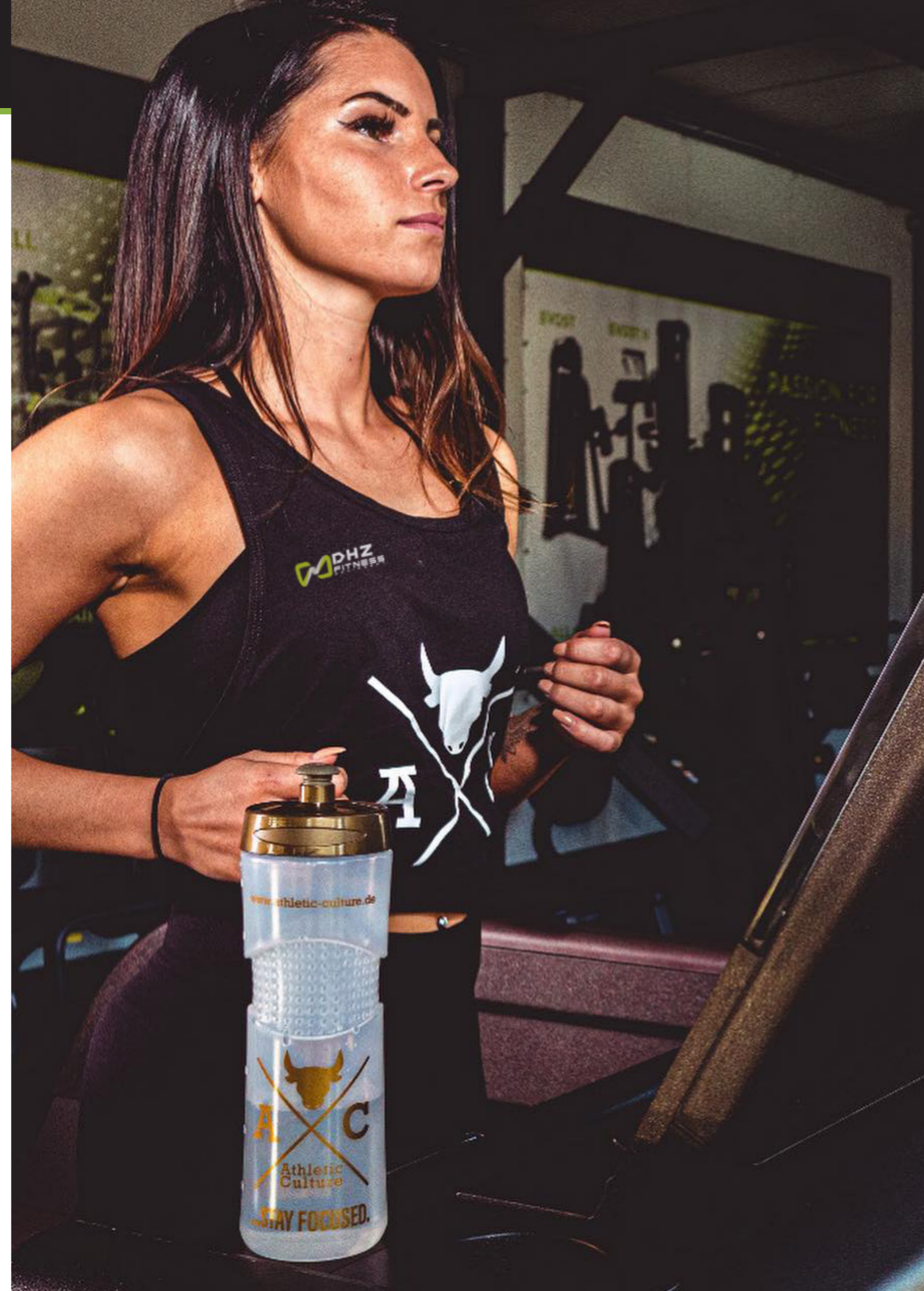
E3070



Dimension: 157 x 93 x 102 cm

Product Weight: 72 kg

With its sleek design, this bench fits every kind of gym perfectly, be it in the health club, wellness corner or the home



More. Than. Beauty.



Benches & Racks Line

PRESTIGE SERIES



FLAT BENCH

E7036



Dimension: 127 x 79 x 46 cm
Product Weight: 27 kg

Simple flat bench with ideal height for dumbbell training

ADJUSTABLE DECLINE BENCH

E7037



Dimension: 169 x 79 x 86 cm
Product Weight: 56 kg

For freeweights exercises or abdominal trainer with different adjustment angles, wheels for mobility

OLYMPIC DECLINE BENCH

E7041



Dimension: 215 x 182 x 131 cm
Product Weight: 98 kg

Negative declined bench with four hooks for barbell and eight weight horns

OLYMPIC INCLINE BENCH

E7042



Dimension: 219 x 181 x 157 cm
Product Weight: 101 kg

Inclined bench with four hooks for barbell and eight weight horns

MULTI-PURPOSE BENCH

E7038



Dimension: 97 x 74 x 104 cm
Product Weight: 29 kg

Seat position with back rest, close to the ground for stability and comfort; Foot support for stability

SUPER BENCH

E7039



Dimension: 136 x 69 x 51 cm
Product Weight: 43 kg

Bench with seat and backrest adjustment; Wheels for mobility; Adjustable to various angles

OLYMPIC FLAT BENCH

E7043



Dimension: 202 x 182 x 131 cm
Product Weight: 80 kg

Flat bench with four hooks for barbell and eight weight horns

PREACHER CURL BENCH

E7044



Dimension: 131 x 82 x 101 cm
Product Weight: 66 kg

Bench offers two different positions for varied workouts and accommodates users of all sizes

BACK EXTENSION

E7045



Dimension: 152 x 79 x 83 cm
Product Weight: 70 kg

Retaining bottom edge for stability and comfort throughout the entire exercise

VERTICAL KNESS UP/DIP

E7047



Dimension: 104 x 72 x 165 cm
Product Weight: 82 kg

Elbow pads and special dip handles provide comfort, shaped urethane pads protect the frame

VERTICAL PLATE TREE

E7054



Dimension: 68 x 69 x 80 cm
Product Weight: 35 kg

Stable stand with six horns for weight plates; Easy to mount and remove the plates

BARBELL RACK

E7055



Dimension: 99 x 85 x 132 cm
Product Weight: 82 kg

Accommodates a wide range of Barbells and Curl Bars; Ensures that equipment is easily accessible

SQUAT RACK

E7050



Dimension: 139 x 175 x 177 cm
Product Weight: 125 kg

The polyurethane coating reduces wear and limits noise makes for a gentle workout

OLYMPIC MILITARY BENCH

E7051



Dimension: 126 x 110 x 180 cm
Product Weight: 125 kg

Military Bench features molded urethane protective racking that limits noise and protects the bar from wear for a stable and precise workout

BEAUTY DUMBBELL RACK

E7067



Dimension: 230 x 60 x 73 cm
Product Weight: 50 kg

The clean, efficient 5 Pair Beauty Dumbbell Rack allows for easy access to of dumbbells in a space efficient design

2-TIER DUMBBELL RACK

E7077



Dimension: 230 x 60 x 72 cm
Product Weight: 76 kg

The clean, efficient 2-Tier, 10 Pair Dumbbell Rack allows for easy access to of dumbbells in a space efficient design

Most. Powerful. Yet.

Benches & Racks Line

NO BULLSHIT SERIES



OLYMPIC INCLINE BENCH

D971



Dimension: 125 x 188 x 160 cm
Product Weight: 117 kg

A durable bench with footplates for extra support, an assisted spotter platform, and stop hooks for individual training

OLYMPIC BENCH

D972



Dimension: 125 x 163 x 135 cm
Product Weight: 130 kg

A durable weight bench with two footplates, a spotter platform for assisted training, and stop hooks for individual training

BACK EXTENSION

D975



Dimension: 120 x 76 x 77 cm
Product Weight: 48 kg

Ideal for training the back muscles which features a wide footplate for exercise variations

SEATED PREACHER CURL

D976



Dimension: 106 x 79 x 110 cm
Product Weight: 63 kg

A durable bicep and barbell curl bench, complete with a double angle pad setting and stop hooks to secure the bar

OLYMPIC DECLINE BENCH

D973



Dimension: 125 x 189 x 132 cm
Product Weight: 108 kg

A durable bench with a single set up adjustment and stop hooks for effective individual training

OLYMPIC MILITARY BENCH

D974



Dimension: 124 x 135 x 187 cm
Product Weight: 122 kg

A durable bench with a stable footplate, a spotter platform for assisted training, and stop hooks for individual training

ADJUSTABLE DECLINE BENCH

D977



Dimension: 185 x 55 x 93 cm
Product Weight: 65 kg

A durable bench with 3 difficulty levels, 2 integrated plate holders, 2 handles for reverse abdominal exercises

BARBELL RACK

D981



Dimension: 79 x 82 x 150 cm
Product Weight: 90 kg

Holds up to 10 bars and is accessible from both sides, ideal for keeping large strength training areas tidy

NO BULLSHIT SERIES

Benches & Racks Line

SUPER BENCH

D978



Dimension: 135 x 52 x 46 cm

Product Weight: 46 kg

A reclining weight bench with 8 backrest adjustments and 3 seat-angle settings which can support various exercises

Benches & Racks Line

NO BULLSHIT SERIES

Rooted in high performance sports Pro Series is a complete benches & Racks range for your elite training area.

This equipment offers the best strength training support for maximising your sports performance.

Best Match



D979



Storage. Re. Defined



Storage & Racks Line

CROSSTRAINING SERIES



28

28

24

24

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16

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MULTI RACK

E6230



Dimension: 434 x 104 x 126 cm
Product Weight: 265 kg

Support either the hooks or the horns of any standard barbell & weight plate

BARBELL RACK

E6231



Dimension: 129 x 82 x 141 cm
Product Weight: 70 kg

Support of any standard barbell

4 BARBELL STORAGE BASE

E6235



Dimension: 74 x 67 x 30 cm
Product Weight: 25 kg

This storage base can instantly improve the look and efficiency of smaller weight rooms and garage gyms

8 BARBELL STORAGE BASE

E6236



Dimension: 74 x 67 x 21 cm
Product Weight: 35 kg

This storage base can instantly improve the look and efficiency of smaller weight rooms and garage gyms

BUMPER PLATE STORAGE

E6233



Dimension: 144 x 74 x 43 cm
Product Weight: 52 kg

These low-profile base offer ample storage for plates while decreasing the amount of floor space needed to house the weights

ACCESSORY STORAGE RACK

E6234

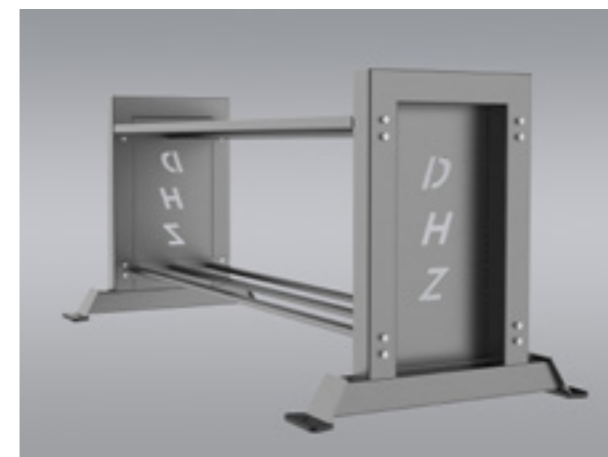


Dimension: 204 x 82 x 84 cm
Product Weight: 105 kg

The 2-Tier Mass Storage System, which can easily store KETTLEBELLS and accessories as your gym's demands increase

ACCESSORY STORAGE RACK

E6237



Dimension: 204 x 82 x 84 cm
Product Weight: 88 kg

The 2-Tier Mass Storage System, which can easily store BALLS and accessories as your gym's demands increase

MULTIFUNCTION DUMBBELL RACK

E6239



Dimension: 206 x 67 x 126 cm
Product Weight: 86 kg

10 pairs of dumbbells with an optimal tier design that allows for easy loading and unloading of weights

TRIPLE STORAGE

E6245



Dimension: 406 x 49 x 236 cm
Product Weight: 393 kg

With the triple storage you can effectively combining the function of space management and maximizing the training area. A "must have" for every detail-oriented studio owner.

SQUART STORAGE

E6246



Dimension: 394 x 168 x 244 cm
Product Weight: 424 kg

A classroom today has many different designs, safety and space saving are of great importance. With the squat storage you can bring both together, effectively combining the function of space management and maximizing the training area.

CROSSTRAINING SERIES

Storage & Racks Line

DOUBLE STORAGE

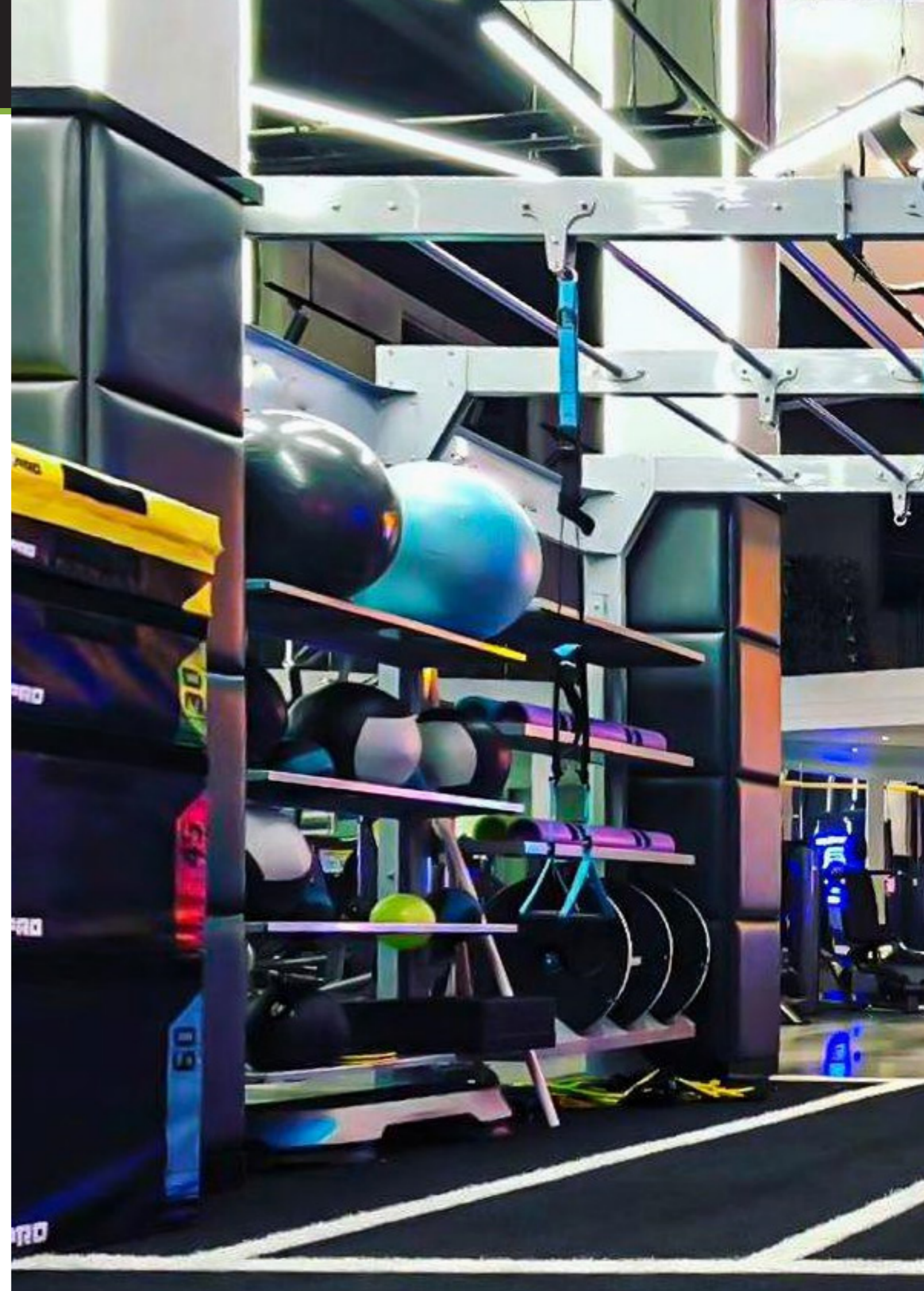
E6248



Dimension: 275 x 49 x 236 cm

Product Weight: 240 kg

With the double storage you can effectively combining the function of space management and maximizing the training area. A "must have" for every detail-oriented studio owner.



Jammer. Arm. Equipped.



E6213-DHZ

Giant Training Storage Combo Rack

A comprehensive cross-training equipment you can't miss. It perfectly combines the accessories storage space and training area required for cross-training, and is equipped with the jammer arms to help trainers expand more possibilities.

Dimension: 823 x 247 x 250 cm Product Weight: 1815 kg



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

DHZ FITNESS GYMDESIGNER

OUR SERVICE FOR YOU: 3D GYM PLANNING

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

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.



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.

THE 3D WALK-THROUGH VIDEO

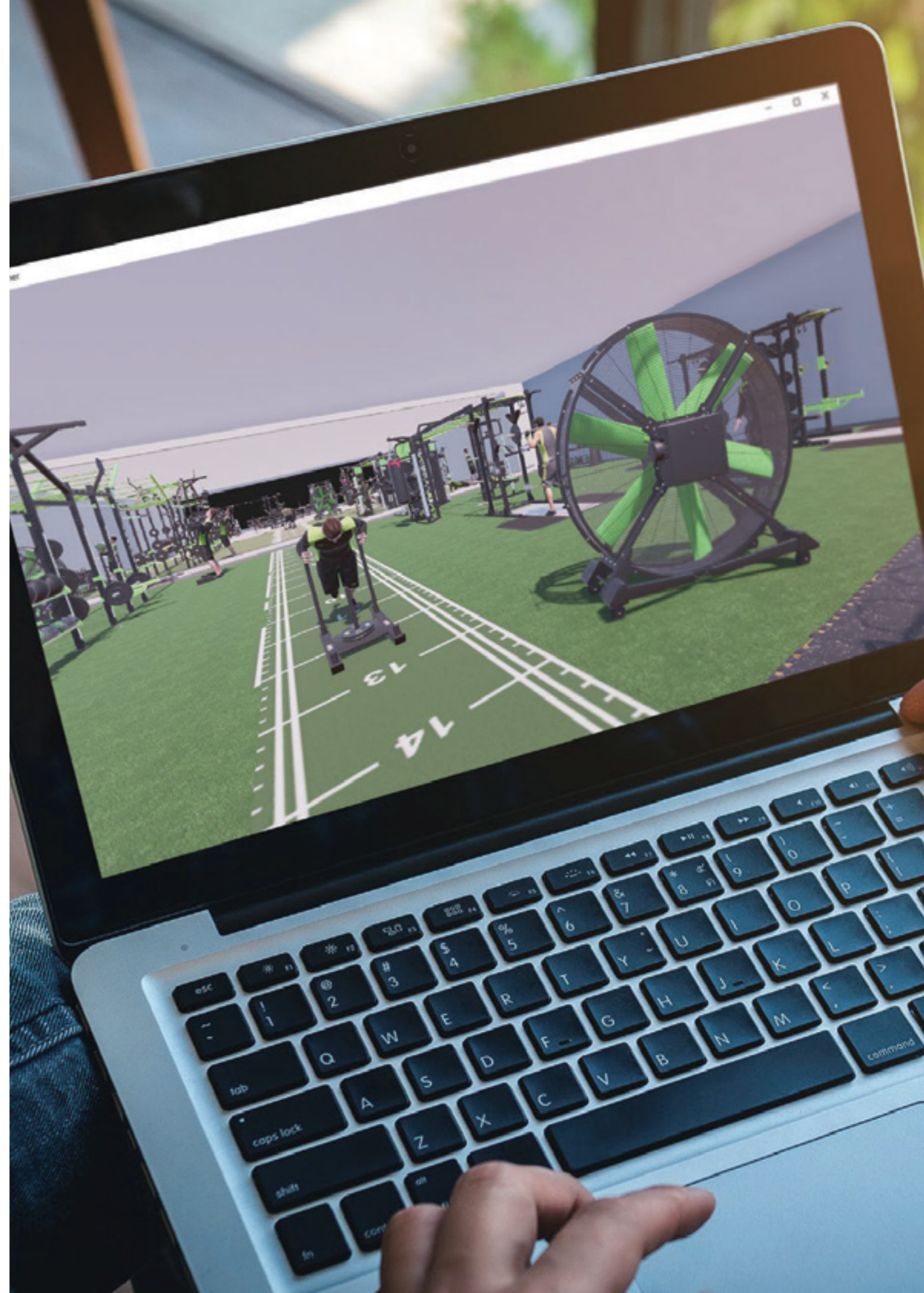
We offer this service on top if you order devices from us. You can use it to attract potential members via Social media and give your existing members an advance impression of your planned investment. The exercising avatars bring life to the planned studio for real.

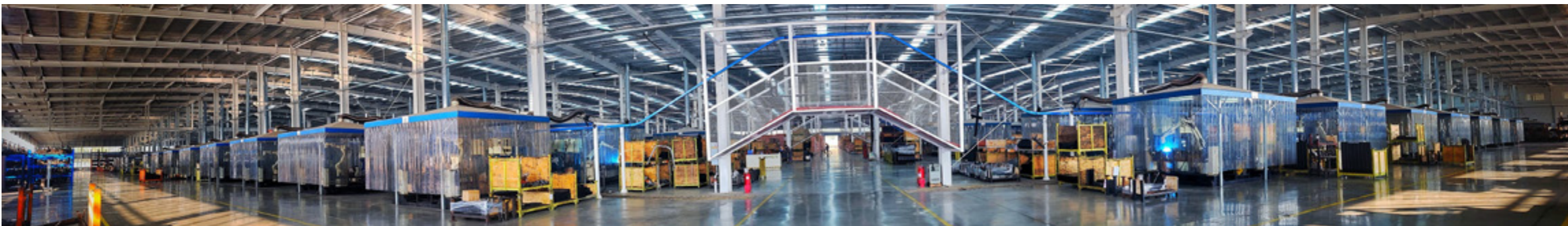
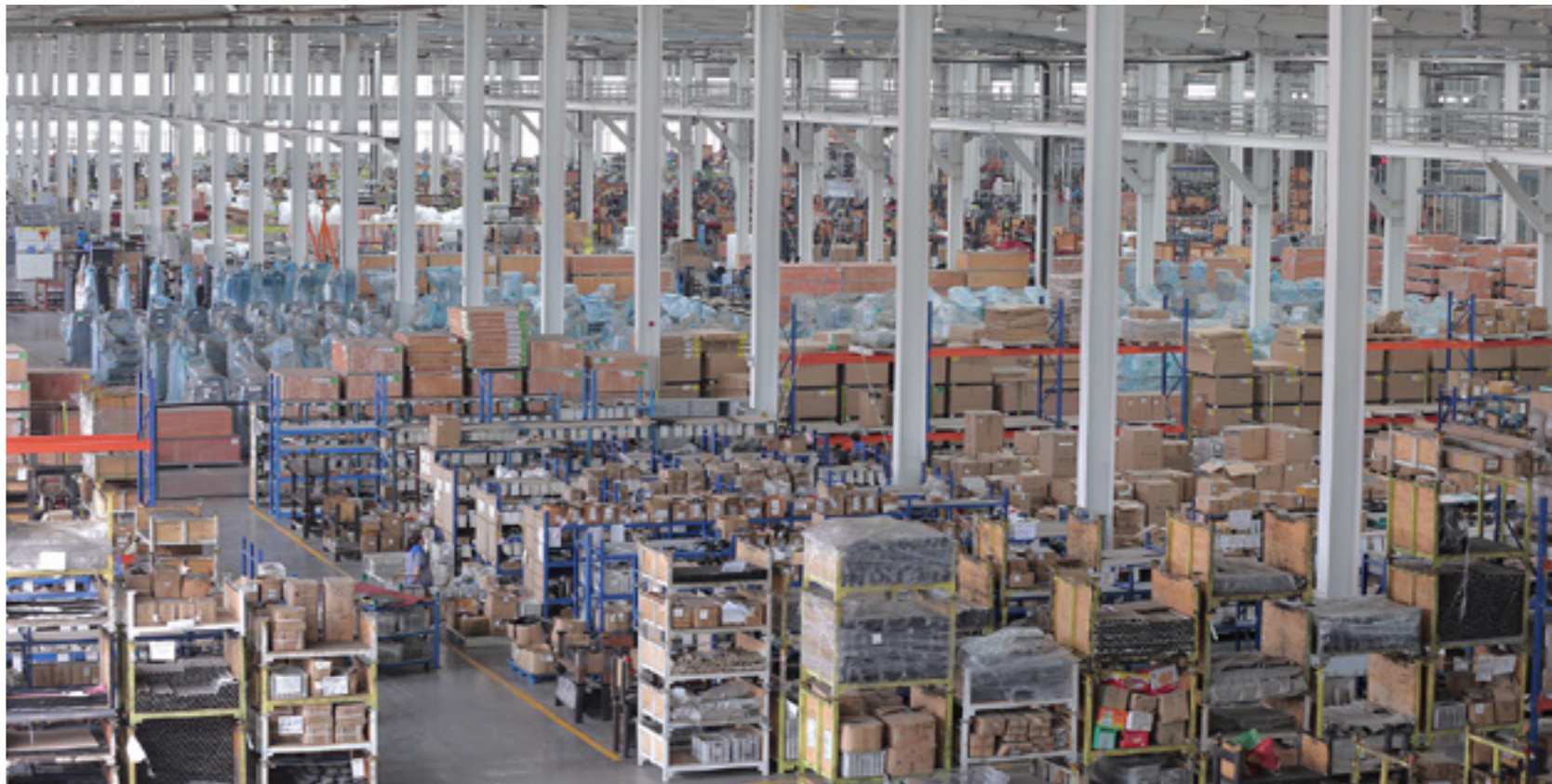
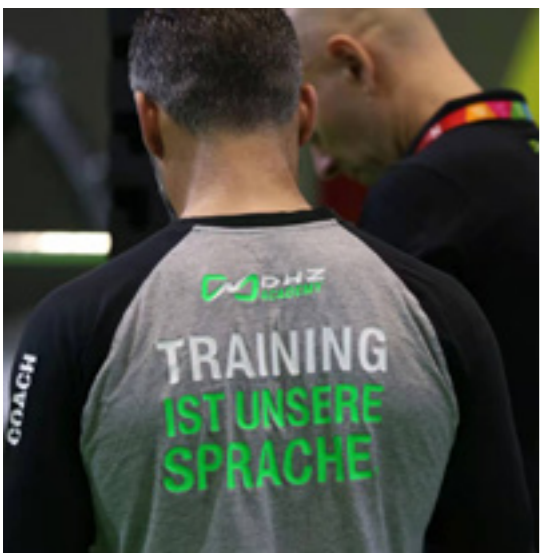
JUST DO IT YOURSELF

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.

OUR AVATARS WILL MAKE YOUR PLANNING EVEN MORE REALISTIC.





PASSION FOR FITNESS

ПОГОВОРИМ О ТРЕНИРОВКАХ!



DHZ FITNESS В БЕЛАРУСИ

Эксклюзивный дистрибьютер бренда - ООО «ФИТНЕСС ТЕХНОЛОГИИ», УНП 190576613

📍 **Адрес:** Беларусь, Минская обл., г. Минск, пр-т Независимости 169-105. Бизнес-центр "21 ВЕК"

Время работы:

- пн-пт: с 9:00 до 20:00

- сб-вс: с 9:00 до 18:00

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☎ +375 (17) 218-13-88 (тел./факс)

✉ info@dhz-fitness.by

Больше информации на: <https://dhz-fitness.by>