BH FITNESS

CATALOGUE



Commercial Fitness

bh.fitness/en/

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Technology for a digital fitness world



COMMERCIAL PRESENCE: Our BH FITNESS sales force advises clients during the entire purchasing process of the equipment, from carrying out implantation studies to the opening of fitness centres. The experience and professionalism of our sales force will be of the utmost help.



DIGITAL SUPPORT: We help our clients to take advantage of the technology provided with the machinery, offering them management tools based on Big Data and a complete report system that allows them to make the best decisions.



MARKETING: Your success is our success. This is why we provide you with all types of tools in order to retain your clients and acquire new ones by offering something different and innovative.



CLOSENESS: At BH Fitness, we consider closeness and human relations to be key factors for developing a lasting relationship with our brand. Our clients are our best ambassadors, more than 90% of our clients repeat their purchases with our brand.



INTERIOR DESIGN: Optimal layout of the equipment with appropriate decoration guarantees the membership of your customers. Our team of interior designers will help you to create training spaces which will make all of your clients feel comfortable.



AFTER-SALES SERVICE: We quickly resolve any technical difficulty that you should come across thanks to our efficient after-sales service, and an availability of more than 20,000 references of spare parts and a network of qualified BH FITNESS technical service in every country.



FITNESS FACILITIES

BH Fitness will help you create an outstanding business model, building unique experiences to help increase customer loyalty. We study market trends and changes in habits in order to create versatile and efficient spaces, adapting them to the specific needs of the most demanding managers.

CORPORATE

The advantages of physical exercise applied to the world of work have been the subject of numerous studies in recent years. There are ever more companies that opt for corporate fitness to improve productivity.





HOTELS

The possibility of physical exercise during a stay in a hotel is more and more important for users. The availability of a fitness centre in the hotel may be one of the deciding factors as to whether they return.

PUBLIC ADMINISTRATIONS

Public administrations have different types of gyms: from big centres with thousands of users to small gyms for firemen or policemen. All of these are considered with the Public Administration.

BH Fitness is the leader of public market due to the flexibility of its solutions, the great after sales service and its great capillarity no matter the region.



Design

Interior design, layouts, 3D rendering...

Our design team supports our customers **during the whole project**.

From the 2D layouts to calculate the number of machines correctly, the transit flows in the room and access to branding consultancy to improve the acquisition and retention of members.

1

PLANNING OF LAYOUTS

Starting with the blueprints of the room or rooms, our team will advise you to achieve an optimum distribution of the spaces.

2

3D PROJECT

The next level in the visualisation, the 3D virtual tours provide a much more immersive experience in the virtual visualisation of the centre, and are also a powerful pre-sales tool.

3

INTERIOR DESIGN CONSULTANCY

BH Fitness provides comprehensive consultancy for the decoration and aesthetics of the room. From the environment you wish to create to the lighting, all factors help improving the user's experience.






BH FITNESS
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SMART FOCUS

THE NUMBER 1 TOOL FOR

CUSTOMER LOYALTY

The Smart Focus system developed by BH Fitness satisfies users with its multitude of training and entertainment options. A new interface aimed at seeking excellence in user experience with intuitive navigation and new functionalities integrated in all touch consoles.

1 100% INTEGRATED BH GYMLOOP

Smart Focus integrates BH Gymloop within the consoles offering a 360-degree view of the user's profile and workout routines, with direct access to the workouts.

2 VIRTUAL ACTIVE INTERACTIVE

Virtual tours around the world now include direct interaction with the cardio machines. Automatic incline or resistance changes depending on the selected route will be available with Smart Focus.

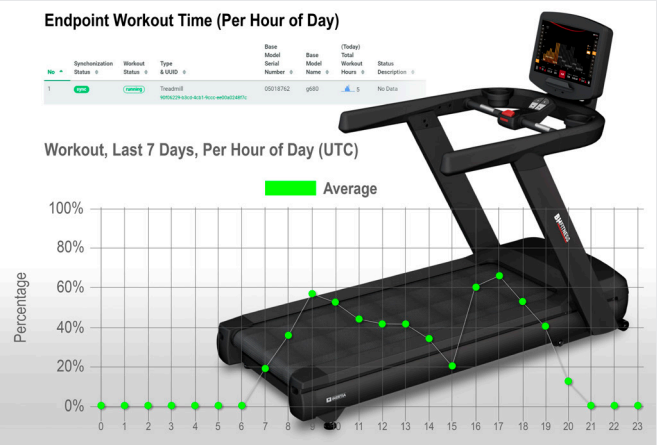
3 CUSTOMIZED TRAINING VIDEOS

The centres will have the ability to upload workouts to the machines, thus increasing the workout possibilities available on all BH Fitness machines.

4 NEW TRAINING SYSTEM

A new access layout is displayed on the consoles for more comfortable training. It has a One Touch system for changing speed, resistance or incline, as well as two training views in graphic and lap mode.





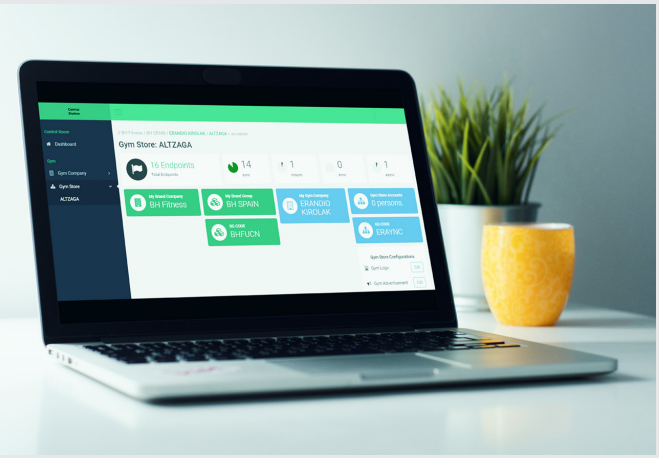
DATA GATHERING

The information is gathered and shown with various levels of details, from an overview of the room, to each piece of equipment. Thus, you can know the hours of peak use of the room, the efficiency of the energy consumption (hours switched on vs. hours of use) or the total use of every machine.

CORRECTIVE ACTIONS

Using this data you can take corrective measures or make improvements, such as changing the layout of the machines to avoid overuse of some equipment or the location in the room of promotional messages, making them much more effective, making use of the information the system provides on the user flows within the room.



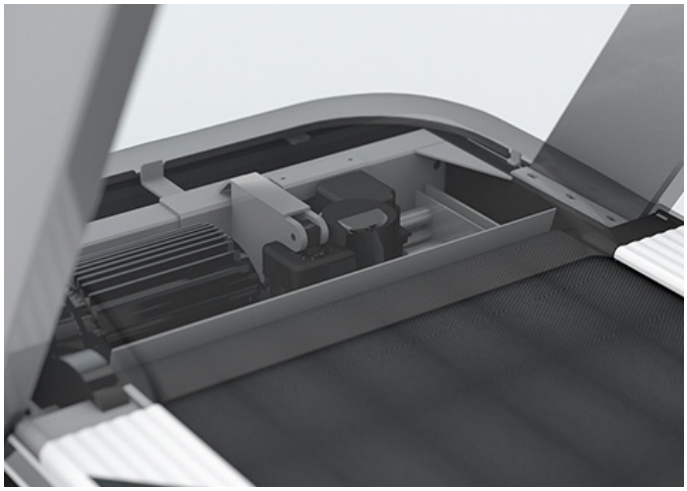


REPORT SYSTEM

The system automatically sends reports, externally proposing different decisions that the manager can later decide to implement or not. With the data supplied by Central Station, maintenance and problem solving in the gym is optimised. The main screen shows in real time if one of the machines has disconnected from the internet or needs maintenance, without having to wait until the problem is reported by users or technicians, or until the scheduled maintenance.

IMPROVED EFFICIENCY

The improvement in the efficacy of incident resolution is significant. Depending on the maintenance commitments acquired between the parties, the system can send a message to both the customer and the BH technical service to notify of any problem that has arisen in the machine. This communication between machines, together with a capillarity of human resources like that of BH Fitness, may mean that incidents are resolved without the customer even realising.



GYMLOOP

DISCOVER A 100%

CONNECTED GYM

Thanks to the integral synchronisation with the machines, BH GYMLOOP allows you to get to know your members better, based on real data of their activity in the room. You can offer them more personalised solutions and connect with them via mobile push notifications.

As an average, 42% of the customers use BH GYMLOOP in the clubs

1

IMPROVED USER EXPERIENCE IN THE FITNESS CENTRE

Offer to your members a mobile app with all their workout routine, their exercises history and the opportunity to look at the group classes timetable and book the ones they want.

2

INCREASED LOYALTY AND RETENTION

Evolution of the routines in BH GYMLOOP and prediction of the risk of abandoning the facility, thanks to NEOM artificial intelligence. In addition, the gamification system improves user engagement with the centre.

3

PLATFORM INTEGRATED WITH ALL THE EQUIPMENT

BH GYMLOOP is the first tool integrated natively with all the equipment in the fitness centre, including cardio, strength and indoor cycling equipment.





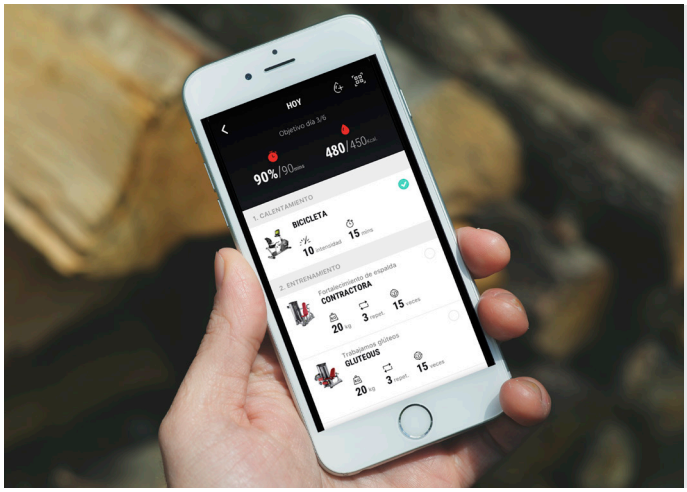
MANAGERS

The platform enables optimum management of the segmentation by groups of the members' database, and you'll command tasks, classes, challenges and the Loops' award system. BH GYMLOOP has a complete report system that informs the managers about the situation of their facilities with real data, as well as any possible improvements that can be applied. Besides, it integrates with your access system, with your CRM or ERP, so you always have your members' database synchronized.

TRAINERS

BH GYMLOOP facilitates the task of allocation of training plans, with a workout routine's library and the opportunity of creating templates enabling trainers to communicate with the member instantaneously. In addition Besides, this frees up time that the trainers can spend with their users so that they feel better attended.





USERS

BH GYMLOOP is an outstanding tool that allows the members access to all the centre's services from their mobile phone: reserving classes, sauna, spa or internal competitions, that improve user engagement, which increases their retention.

BH GYMLOOP UNIVERSAL

Gyms can integrate with BH GYMLOOP using all BH Fitness monitors, from Smart Focus, LED FTMS or LED. Thanks to QR codes or RFID readers, users can connect to the machine directly via Bluetooth, creating a connected universe around the entire gym.



DISCOVER A 100%

CONNECTED GYM

The machines in the MOVEMIA range have been designed to ensure full connectivity within fitness facilities.

With a large number of customization options, integration with management systems and the exclusive tools offered by BH Fitness, the facilities will have complete control over what happens inside.

i.concept 3.0 FTMS

LED consoles include the i.Concept 3.0 FTMS technology that allow fitness machines to connect to fitness apps. This way, gym users will be able to train with their own accounts of apps such as Zwift or Kinomap.



SMART FOCUS

The SmartFocus system and its Central Station management platform collect all the data related to the use and status of the machines, in order to provide centre managers with comprehensive reports to optimise processes and minimise incidents.

GYMLOOP

The user management application BH GYMLOOP, developed by BH Fitness, allows the completion of the connectivity cycle, offering services to users such as class reservations, access to their profile and routine planning. The complete integration with the machines allows for the automation of training routines.




MOVEMIA

MOVEMIA CARDIO



TREADMILL



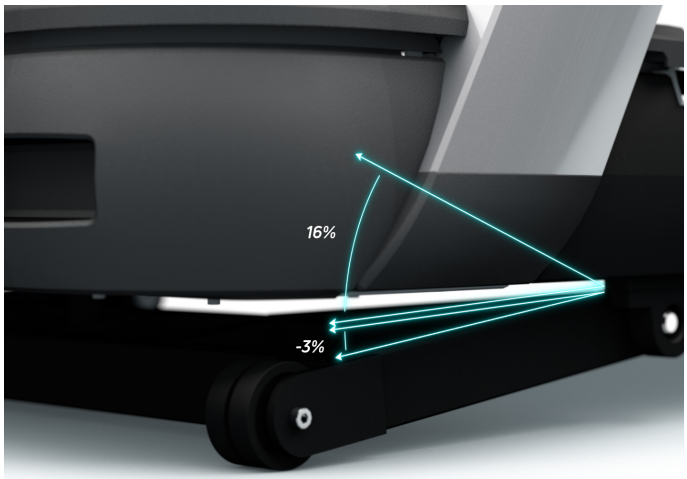
Dimensions (L x W x H): 212 x 94 x 172 cm
Weight: 233 kg

-Speed from 0,5 to 26 km/h.
-Silent AC 6HP engine.
-Running surface: 160x58cm.
-HST phenolic resin deck.
-Pro-Tonic 10 points damping system.
-Incline: 0-16% (-3% optional).
-LED use indicators.
-24 preset programs.
-22-inch touch screen console including Virtual Active courses.
-Connectivity: TV and Internet, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Wireless charger.
-Max user weight: 195 Kg.





Light indicators. At a glance, the user can see whether the equipment is in use.



Decline. The TR1000 treadmill includes the possibility of incorporating a decline of -3% (optional).

CROSSTRAINER



ERV1000R_Crosstrainer

Dimensions (L x W x H): 209 x 84 x 172 cm
Weight: 185 kg

-Movable side bars for a complete upper and lower body workout.
-Electromagnetic resistance.
-Silent Poly-V belt transmission.
-Stride length: 52-55cm.
-Distance between pedals: 6cm.
-Incline 13º-40º
-24 training programs.
-40 resistance levels.
-19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 190 Kg.



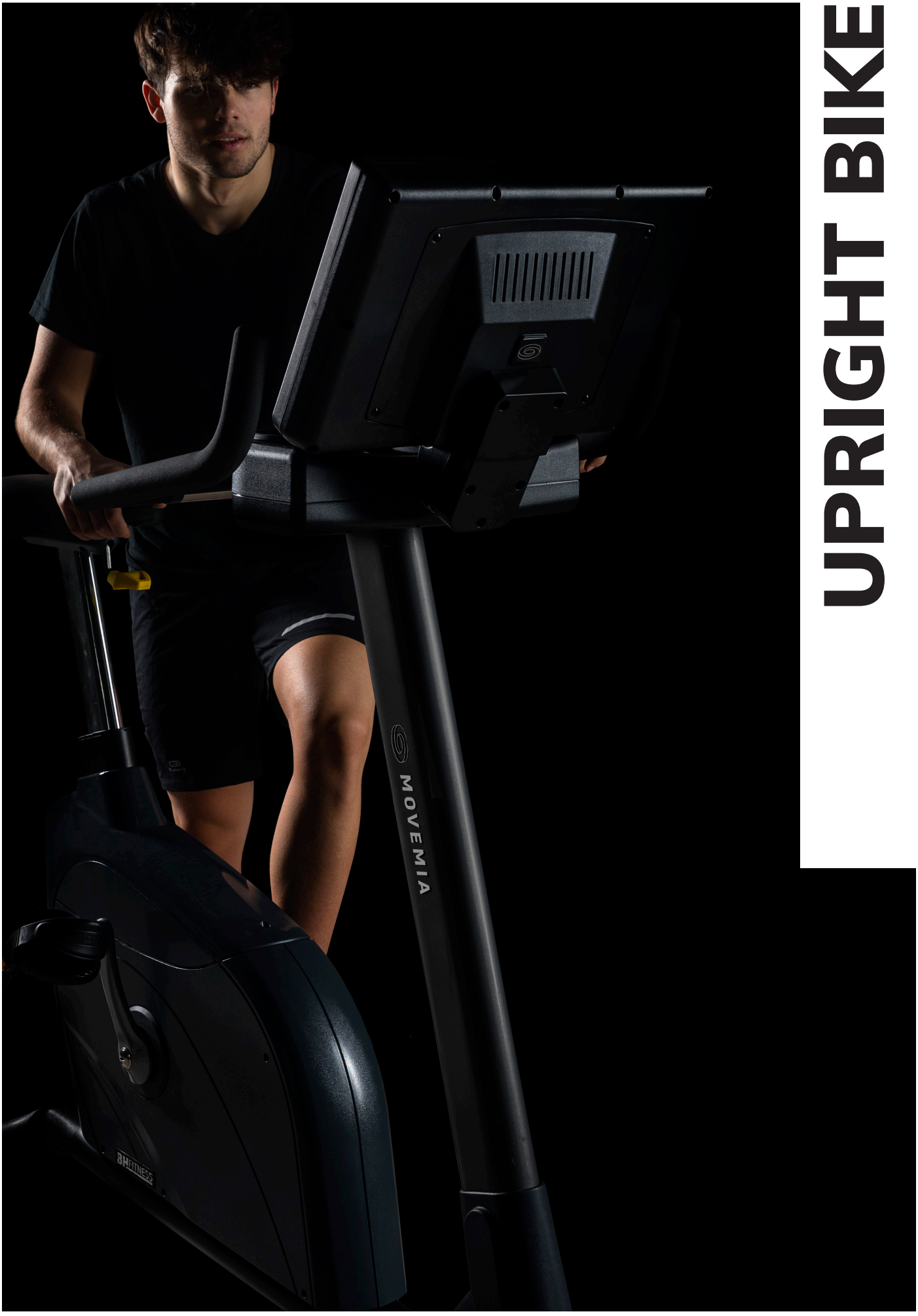


Incline. The ERV1000 has an incline feature with 16 levels that offer an incline value between 13 and 40 degrees, so that the user can have a plus during training.



Console. Full HD 19” 4k touchscreen with connectivity and TV, that will delight each and every user.

UPRIGHT BIKE



BU1000_Upright Bike

MOVEMIA

Dimensions (L x W x H): 144 x 67 x 166 cm
Weight: 77 kg

-Oversized pedals with integrated foot stoppers.
-Electromagnetic resistance.
-Genesia III generator.
-V-Shape stability system.
-19-inch touch-screen console including 12 Virtual Active courses.
-24 programs / 20 intensity levels.
-TV and Internet connectivity, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 190 kg.



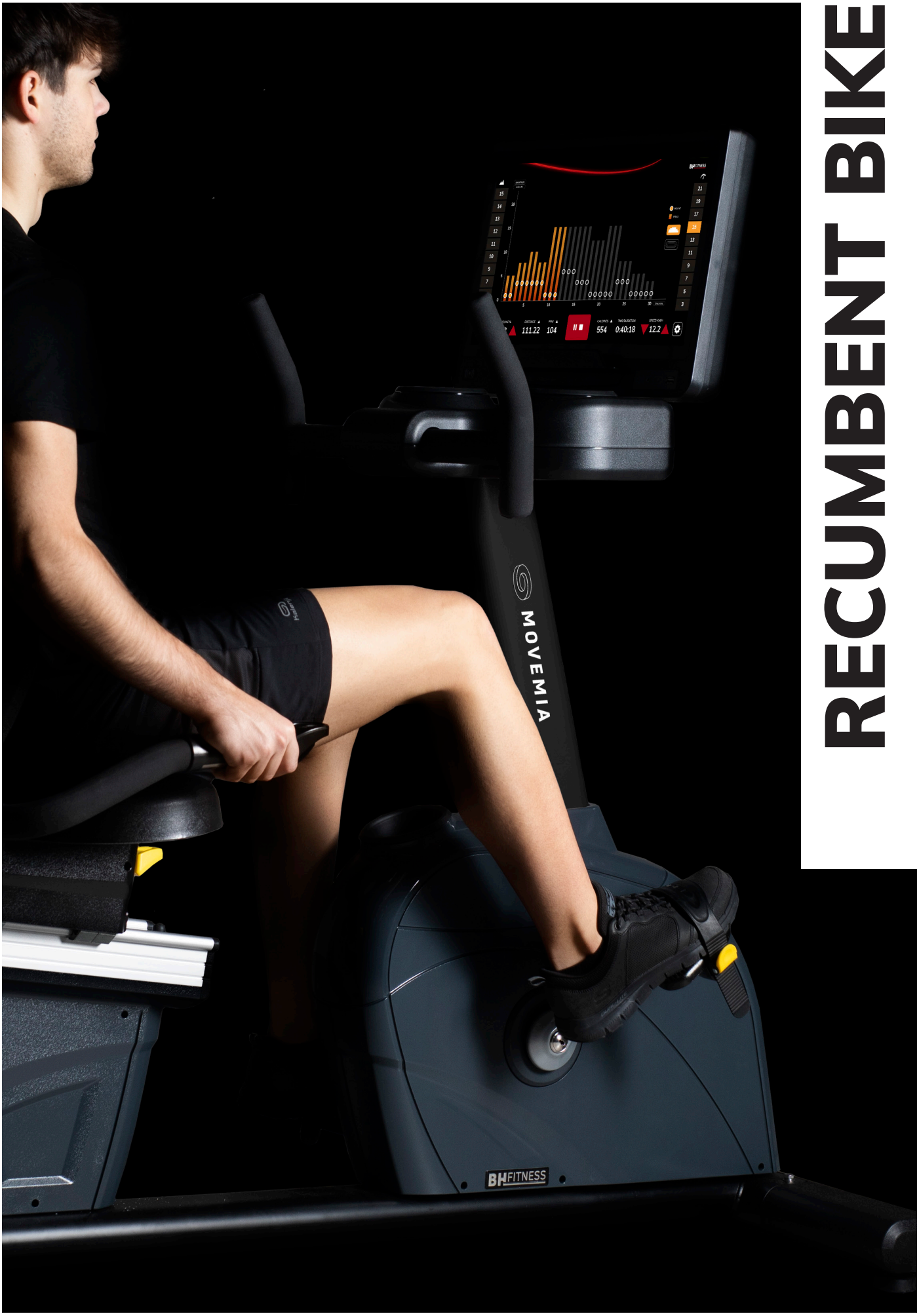




Tray. An upper space is offered to improve the user's comfort, for he will be able to place his personal belongings and keep them under control.

Ergonomic lever. The ergonomic lever allows an easy adjustment of the seat even during the exercise with one hand.

RECUMBENT BIKE



BR1000_ Recumbent Bike

Dimensions (L x W x H): 166 x 67 x 150 cm
Weight: 102 kg

-Oversized pedals with integrated foot stoppers.
-Electromagnetic resistance.
-Genesia III generator.
-V-Shape stability system.
-Backrest adapted to lumbar vertebrae.
-19-inch touch-screen console including Virtual Active courses.
-24 programs / 20 intensity levels.
-TV and Internet connectivity, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 190 kg.





Easy access buttons. The buttons placed in the side handles allow a perfect control over the exercise at all times.



Ergonomic lever. The ergonomic lever allows an easy adjustment of the seat even during the exercise with one hand.

ROWER



RW1200_ Rower

Dimensions (L x W x H): 272 x 54 x 116 cm
Weight: 56.9 kg

-Self-generated row.
-Central row with quick tray controls.
-Air resistance + Electromagnetic brake.
-Bluetooth FTMS connectivity.
-HIIT training programs.
-Adjustable pedals.
-Poly-V Belt transmission.
-Maximum user weight: 190 Kg.



Self-generated. Thanks to the powerful batteries that are charged with the exercise, the RW1200 will not need any power source.





Easy access buttons. The buttons placed in the rowing bar allow a perfect control over the exercise at all times.



Ergonomic pedals. The adjustable pedals allow a perfect position during the exercise, being able to adjust to any foot size.

EV1000_ Variable Crosstrainer

Dimensions (L x W x H): 149.5 x 90 x 165 cm
Weight: 136 kg

-Adjustable stride from 45 to 66 cm.
-Movable side bars for a complete upper and lower body workout.
-Electromagnetic resistance.
-Silent Poly-V belt transmission.
-Distance between pedals: 6cm.
-24 training programs.
-20 resistance levels.
-19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 190 Kg.



ER1000R_ Crosstrainer

Dimensions (L x W x H): 224 x 65 x 168 cm

Weight: 90.5 kg

-Movable side bars for a complete upper and lower body workout.
-Electromagnetic resistance.
-Silent Poly-V belt transmission.
-Stride length: 44cm.
-24 training programs.
-25 resistance levels.
-19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-LED Console option available.
-Maximum user weight: 190 Kg.



Dimensions (L x W x H): 122 x 77 x 172 cm

Weight: 118 kg

-Electromagnetic resistance.
-Silent Poly-V belt transmission.
-24 training programs.
-10 resistance levels.
-19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 190 Kg.





Safety first. Pedals are coated with an anti-slippery material so as the exercise can be done in a safe way.



Ergonomic handlebar. The handlebar, which has been designed for the best biomechanics, allows the machine to be adapted to people of any height.

Dimensions (L x W x H): 160 x 97 x 223 cm

Weight: 226 kg

-Flywheel transmission.
-Extra steps on the sides for greater safety.
-8 preset programmes.
-20 resistance levels.
-LED display.
-Maximum user weight: 180 kg.





Extra step. With this extra step on the side, we increase the user's safety when starting and stopping the exercise.



LED indicators and integrated controls. Includes visual gear indicators, integrated controls and pulse sensor.

MOVEMIA STRENGTH





CUSTOMIZATION

MOVEMIA Strength Series is the new range of guided strength equipment. The highest quality components and an exquisite biomechanics are complemented with high level of customization options to make them fit in your brand's identity.







CONNECTIVITY



Full HD screen

High resolution 11" screen (HD/4K) that features the same configuration capacities as cardio machinery monitors, being able to use it as another unification element of the corporative image.

Multimedia content incorporated

Each monitor incorporates videos to show the best execution technique of each exercise which is added to the information provided by the graphic panels.

The chest and triceps press offers a wide range of exercises for the area, thanks to its independent movement and multiposition handgrips. Depending on the positions, we can work inner, middle or side chest.



Dimensions (L x W x H): 123 x 157 x 149 cm

Weight: 288.4 kg

Load: 112 kg (opt. 135 kg)

-Independent movement of the arms.
-Double handgrip for more variety of exercises.
-Load release pedal.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



DISENGAGEMENT PEDAL. The disengagement pedal makes it easy to bring the handles to the desired starting point.

M090_Shoulder Press

MOVEMIA

Dimensions (L x W x H): 176.5 x 142.5 x 149 cm

Weight: 284.4 kg

Load: 112 kg (opt. 135 kg)

-Independent movement of the arms.
-Counterbalanced arms.
-Double handgrip for more variety of exercises.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



MULTI-POSITION HANDLES. The non-slip multi-position handles are designed for neutral hand positioning to reduce strain on the muscles.



M270_Pectoral

MOVEMIA

Dimensions (L x W x H): 115 x 155 x 149 cm

Weight: 274.5 kg

Load: 95 kg (opt. 135 kg)

-Comfortable rolls for arms.
-Seat adjustment.
-Independent movement of the arms.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



INDEPENDENT ARMS. Its independent arms guarantee a more balanced progression of power. They offer the possibility of training one arm at a time, or both arms simultaneously.



M450_ Weight Assisted Chin / Dip

The perfect machine to gradually improve push-ups and dips. Its configuration offers a soft, silent and fluid movement. The dips handle rotates around its own axis in order to enable two different exercises.



Dimensions (L x W x H): 175 x 138 x 220 cm

Weight: 350.6 kg

Load: 112 kg (opt. 135 kg)

-Multiposition handgrip with 3 bars on each side.
-Possibility to change the position of dip bars.
-Anti-slip oversized footrest,
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.

FOOT REST. Non-slip footrests assist the user in the use of the machine.

M420_Pec Fly / Rear Delt

Dimensions (L x W x H): 130 x 176 x 149 cm

Weight: 293.2 kg

Load: 112 kg (opt. 135 kg)

-Anti-slip handgrips.
-Double movement; Pectoral and Deltoid.
-Adaptative design of the arms.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



GRIP HANDLES. The handles have been designed to adapt to all types of users.



M160_Triceps

Dimensions (L x W x H): 115 x 158 x 149 cm

Weight: 259.6 kg

Load: 95 kg (opt. 135 kg)

-Wider piece at the bottom of the handlebar for making a stop.
-Optimal inclination of the seat.
-Independent movement of the arms.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



INDEPENDENT ARMS. Its independent arms guarantee a more balanced progression of power. They offer the possibility of training one arm at a time, or both arms simultaneously.



This seated row offers a precise, safe and well driven exercise due to its rotating handgrips. The vertical grip will allow users to focus on one arm and exercise it separately.



Dimensions (L x W x H): 200 x 113 x 149 cm

Weight: 301.5 kg

Load: 112 kg (opt. 135 kg)

-Independent movement of the arms.
-A huge variety of movements with rotary handgrip.
-Vertical grip for working with just one hand.
-Oversized and anti-slip footrests.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



FOOT REST. Non-slip footrests assist the user in the use of the machine.

M550_Lat Pulldown

MOVEMIA

Dimensions (L x W x H): 130.5 x 123 x 201 cm

Weight: 297.6 kg

Load: 112 kg (opt. 135 kg)

-Independent movement of the arms.
-Double grip with ergonomic shapes.
-Adjustable roll for legs.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



HOLDING ROLLERS. The support rollers offer more safety during exercise.



M490_Lateral Raise

MOVEMIA

Dimensions (L x W x H): 126.1 x 126.7 x 149 cm

Weight: 278.6 kg

Load: 95 kg (opt. 135 kg)

-Independent movement of the arms.
-Adjustable height of the seat.
-Counterbalanced arms.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



COUNTER WEIGHTS. The counterweights allow the load to be safely balanced to suit all types of users, beginners and high-level sportsmen and women.



M130_Arm Curl

MOVEMIA

Exercising the biceps is a must in any routine, and this machine will allow you to train it in an efficient and safe way. Its independent arms guarantee the perfect contraction movement.



Dimensions (L x W x H): 115 x 156.7 x 149 cm

Weight: 265.9 kg

Load: 95 kg (opt. 135 kg)

-Independent movement of the arms.
-Comfortable pads for arm rest.
-Ergonomic design of the grip.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



PULL HANDLES. The pull handles offer 2 different working positions.

M310_Abdominal

MOVEMIA

Dimensions (L x W x H): 138.5 x 121 x 149 cm

Weight: 238.7 kg

Load: 95 kg (opt. 135 kg)

-Adjustable exercise start position.
-Oversized footrests.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



FOOT REST. Non-slip footrests assist the user in the use of the machine.



M510_Back Extension

MOVEMIA

Dimensions (L x W x H): 138.5 x 122.5 x 149 cm

Weight: 267.6 kg

Load: 95 kg (opt. 135 kg)

-Adjustable exercise start position.
-Ergonomic and anti-slip grips on both sides.
-Counterweight for load balance.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



COUNTER WEIGHTS. The counterweights on the arms allow the load to be balanced in complete safety to adapt to all types of users, beginners and high-level sportsmen and women.



M010_Leg Extension

Quadriceps is one of the strongest muscles of the human body and it is key to exercise it in a precise way. With its different adjustments, all of them easy and intuitive, the machine adapts to any user to drive them to a focused and comfortable exercise.

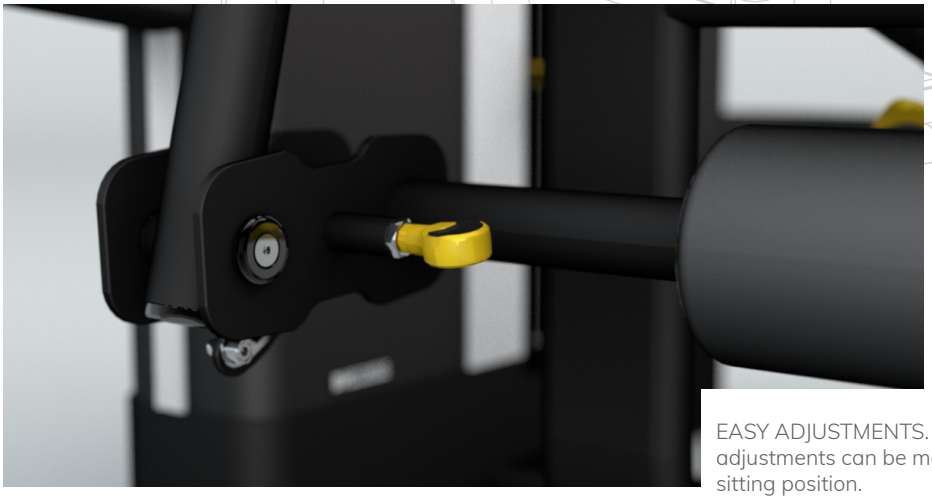


Dimensions (L x W x H): 130 x 124 x 149 cm

Weight: 311.9 kg

Load: 135 kg

-Ergonomic and anti-slip grips on both sides.
-Three adjustment points: (1) seat, (2) start of the exercise and (3) roll for leg.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



EASY ADJUSTMENTS. The 3 possible adjustments can be made easily from the sitting position.



It is the most prominent machine for the lower body. An imposing machine both in design and size, but delicate and fluid in its movements. Thanks to its oversized platform the versatility of the exercises is granted.



Dimensions (L x W x H): 170.5 x 119.4 x 149 cm

Weight: 455.7 kg

Load: 135 kg

-Adjustable seat inclination.
-Oversized platform.
-Quiet and smooth glide system.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.

QUIET BEARINGS. Trolley mounted on steel bearings for smooth, fluid and silent movement.

M250_Abductor/Adductor

Dimensions (L x W x H): 173.6 x 150 x 149 cm

Weight: 250.78 kg

Load: 77.5 kg (opt. 135 kg)

-Extra comfortable pad system for legs.
-Ergonomic and anti-slip grips on both sides.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



SIDE HANDLES. Side handles are located on both sides of the seat for added comfort during exercise.



M030_Prone Leg Curl

Dimensions (L x W x H): 170.5 x 119.4 x 149 cm

Weight: 258.7 kg

Load: 95 kg (opt. 135 kg)

-Ergonomic and anti-slip grips at the front.
-Easy adjustment system.
-Two adjustment points: (1) start of the exercise and (2) roll for legs.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



COMFORT AND EASY ADJUSTMENTS. Ergonomic levers and easy adjustments to adapt to all types of users.



The glutes machine's design embraces the user and puts them in the right position for the glutes kick.



Dimensions (L x W x H): 130.4 x 148.5 x 149 cm

Weight: 272.1 kg

Load: 95 kg (opt. 135 kg)

-Anti-slip and ergonomic front grips.
-Double adjustment system: (1) chest support height and (2) leg position.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



COMFORT AND EASY ADJUSTMENTS.
Ergonomic levers and easy adjustments to adapt to all types of users.

M230_Calf Raise

Dimensions (L x W x H): 126.5 x 118.6 x 172.1 cm

Weight: 290.9 kg

Load: 135 kg

-Adjustable position of the height.
-Oscillating pads for shoulders.
-Anti-slip footrest.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



FOOT REST. Non-slip footrests assist the user in the use of the machine.



M170_Seated Leg Curl

Dimensions (L x W x H): 124.2 x 154.1 x 149 cm

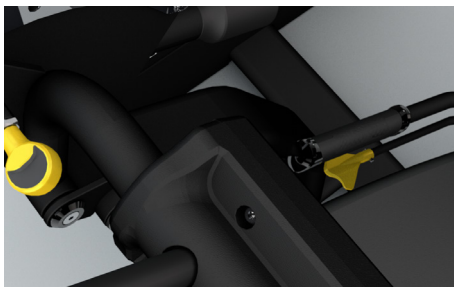
Weight: 284.1 kg

Load: 95 kg (opt. 135 kg)

-Double handgrip: lateral and frontal.
-4 adjustment points for optimal adaptation.
-Power transmission with belt.
-Improved access and adjustments systems.
-Reinforced chassis.
-3 mm thick steel structure.
-Display is optional.



EASY ADJUSTMENTS. The 4 possible adjustments can be made easily from the sitting position.



INERTIA



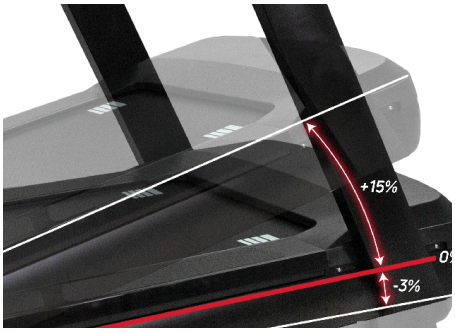
G788_Treadmill

Dimensions (L x W x H): 207 x 94 x 160 cm

Weight: 185 kg

-Speed from 0.8 to 25 km/h.
-Silent AC 5.0HP engine.
-Running Surface: 160x58cm.
-HST phenolic resin deck.
-Pro-Tonic 10 points damping system
-Incline: -3% to 15%.
-24 Preset programs.
-22-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity (TV optional).
-LCD 4K Console with i.Concept 3.0 FTMS technology available.
-Wireless charger.
-Max. User weight: 182 kg.





DECLINATION. The G788 features a prominent incline feature with a decline capacity of up to 3%. This function allows users to simulate downhill workouts, adding variety and challenge to their exercise routine.



MORE POWERFUL. This treadmill is the ultimate in comfort and performance. With a surface incline system and phenolic resin board. Its powerful 5hp motor is capable of speeds up to 25 km/h.



CONNECTIVITY. Specially designed to maximize connectivity options with the SmartFocus system.

G688_ Treadmill

INERTIA

Dimensions (L x W x H): 207 x 94 x 160 c

Weight: 185 kg

-Speed from 0.8 to 24 km/h.
-Silent AC 4.5HP engine.
-Running Surface: 160x58cm.
-HST phenolic resin deck.
-Pro-Tonic 10 points damping systen
-Incline: 0-15%.
-24 Preset programs.
-22-inch touch screen console includ
Virtual Active courses.
-TV and Internet connectivity (TV
optional).
-LED Console with i.Concept 3.0 FTM
technology available.
-Wireless charger.
-Max. User weight: 182 kg.



G588_ Treadmill

INERTIA

Dimensions (L x W x H): 200 x 93 x 148 cm

Weight: 158 kg

-Speed from 0.8 to 22 km/h
-Silent AC 3.5HP engine.
-Running Surface: 155x55cm.
-HST phenolic resin deck.
-Pro-Tonic 10 points damping system
-Incline: 0-15%.
LED+Dot Matrix Console with i.Concept
3.0 FTMS technology.
-8 Preset programs.
-SmartFocus console option available.
-Max. User weight: 150 kg.



G815R_Crosstrainer

INERTIA

Dimensions (L x W x H): 204 x 79 x 165 cm

Weight: 121 kg

-Movable side bars for a complete upper and lower body workout.
-Electromagnetic resistance.
-Silent Poly-V belt transmission.
-Inertia wheel at the front.
-Stride length: 50.8cm.
-24 training programs.
-25 resistance levels.
19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 180 Kg.



G818R_Crosstrainer

INERTIA

Dimensions (L x W x H): 162 x 95 x 160 cm

Weight: 141 kg

-Movable side bars for a complete upper and lower body workout.
-Electromagnetic resistance.
-Silent Poly-V belt transmission.
-Inertia Wheel at the front.
-Stride length: 52cm.
-24 Training programs.
-25 resistance levels.
-19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity (TV optional).
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 180 Kg.



H730_ Upright Bike

INERTIA

Dimensions (L x W x H): 135 x 65 x 148 cm

Weight: 71 kg

-Open frame for better accessibility.
-Oversized pedals with integrated footbraces.
-Console with 19-inch touchscreen including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-24 programs / 25 intensity levels.
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 180 kg.



H778_ Recumbent Bike

INERTIA

Dimensions (L x W x H): 171 x 63 x 130 cm

Weight: 82 kg

-Open frame for better accessibility.
-Oversized pedals with integrated footbraces.
-19-inch touch screen console including Virtual Active courses.
-TV and Internet connectivity, (TV optional).
-24 programs / 25 intensity levels.
-LED Console option with i.Concept 3.0 FTMS technology available.
-Maximum user weight: 180 kg.



SC700_ Stair Climber

INERTIA

Dimensions (L x W x H): 175 x 76 x 203 cm

Weight: 211 kg

-3 steps visible at any one time.
-Step height: 20 cm.
-Extra steps on the sides for added safety.
-8 preset programmes.
-20 resistance levels.
-LED display.
-Maximum user weight: 180 kg.



CONNECTED INDOOR

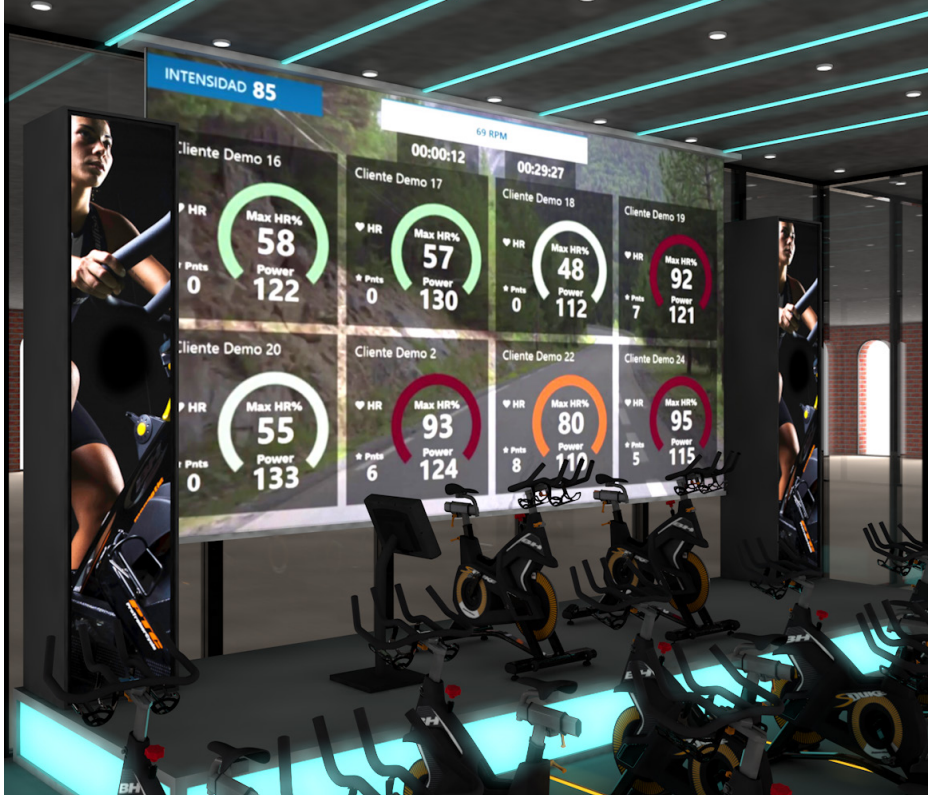
SMARTIC/DC

Indoor Cycling Driven Coach



Immersive and memorable experiences are key for the loyalty of your users, and BH Fitness has the solution.

Indoor cycling is the most iconic group class. Years pass and it is still a trend, with the highest ratios of occupation. In order to improve indoor cycling experiences, BH Fitness launches IC/DC; connectivity as you have never seen before.



BLUETOOTH

Thanks to the quick RFID login, the instructor will be able to see in his screen how his class is performing, thus being able to adjust the session in real time to the users' needs.

The connectivity will enable the integration of indoor bikes with any virtual class software available on the market and compatible with this protocol.



IC959Y10_DT Duke

Dimensions (L x W x H): 170 x 55 x 120 cm

Weight: 57 kg

-MAGNETIC BRAKING SYSTEM with 24 different intensity levels.
-Double Transmission System.
-Bluetooth and ANT+ connectivity.
-Rear Flywheel.
-Aluminium adjustments.
-Double bottle holder.
-Multiposition handlebar.
-Reinforced structure.



IC958Y10_ST Duke

Dimensions (L x W x H): 170 x 55 x 120 cm

Weight: 57 kg

-MAGNETIC BRAKING SYSTEM with 24 different intensity levels.
-Single Transmission System.
-Bluetooth and ANT+ connectivity.
-Rear Flywheel.
-Aluminium adjustments.
-Double bottle holder.
-Multiposition handlebar.
-Reinforced structure.



H925RBM_Duke Magnetic

Dimensions (L x W x H): 104 x 63 x 117 cm

Weight: 43 kg

-MAGNETIC BRAKING SYSTEM with 16 different intensity levels.
-Flywheel equivalent to 20 Kg.
-Bluetooth and ANT+ console options.



H923R_Duke Mag

Dimensions (L x W x H): 104 x 63 x 117 cm

Weight: 42 kg

-MAGNETIC BRAKING system with 16 levels of resistance.
-Saddle and handlebar adjustment horizontally and vertically
-Inertia wheel equivalent to 20 Kg.



H920R_Duke

Dimensions (L x W x H): 104 x 63 x 117 cm

Weight: 53 kg

-FRICTION BRAKING System
-Inertia wheel equivalent to 20 Kg.
-Adjustment of saddle and handlebar horizontally and vertically
-Backlit LCD monitor (works with 2 AAA batteries not included), only available for the H920E version.





H936_ Exercycle Plus

Dimensions (L x l x h): 140-144 x 61 x 114-136 cm

Weight: 48.6 kg

-Electromagnetic EMS resistance system.
-Inertia flywheel equivalent to 11 Kg.
-Heavy duty belt drive with automatic tensioner.
-0-25% gradient.
-Maximum watts 1500W.
-24 Levels of resistance.
-Q Factor 152 mm.



Download on the App Store

EXERCYCLE CONNECT APP

Track, analyze and share your cycling training.



HANDLEBAR WITH INTEGRATED DIPPING AND SHIFTING. Breathable and non-slip handlebars. The handlebar shifters have a practical function: to offer the user the possibility of changing the resistance without changing his posture.

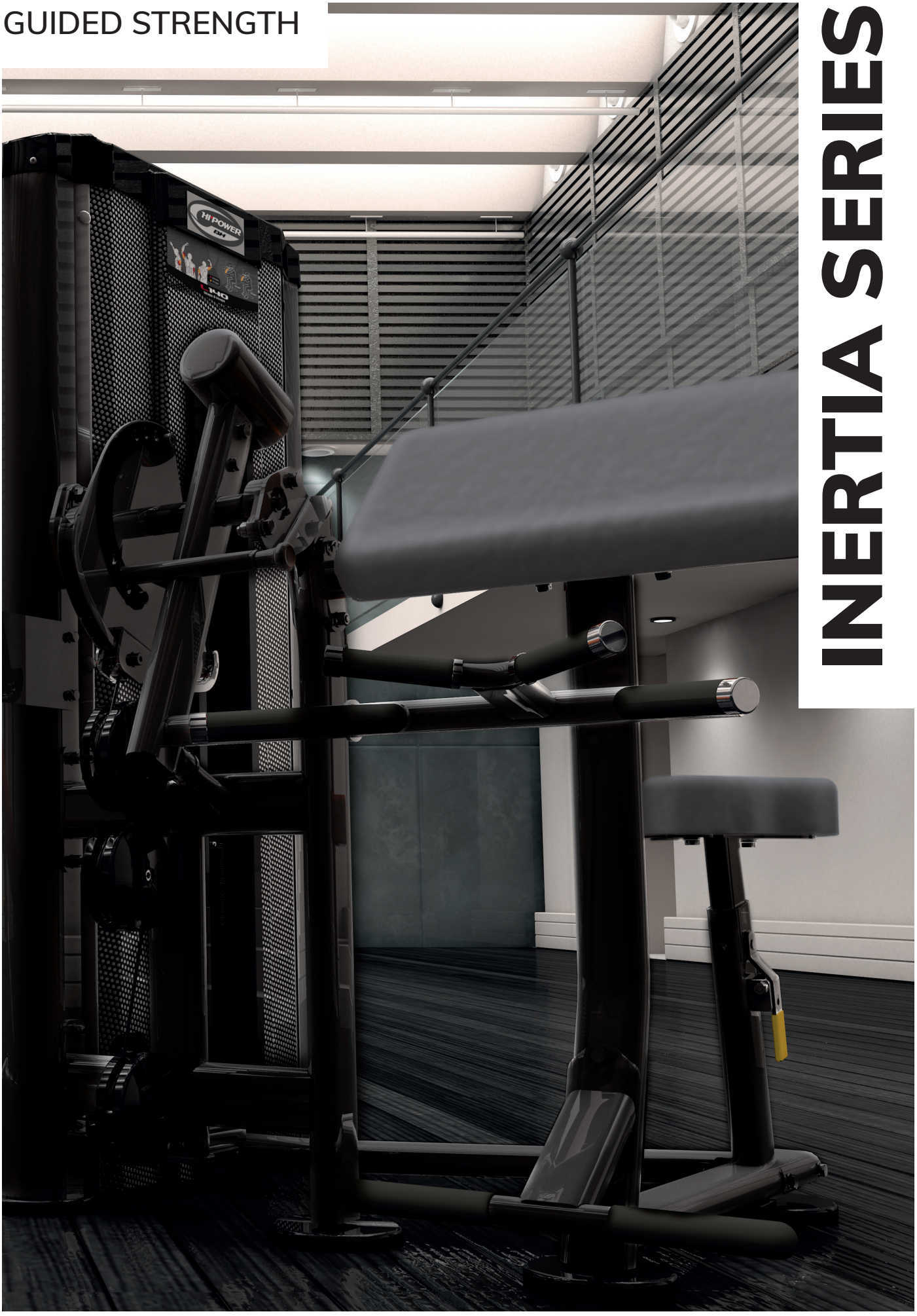


ANTI-CORROSIVE PAINT (EDP) Special paint treatment for the highest resistance to corrosion and rust.



SADDLE. Ergonomic and adaptive.

INERTIA SERIES

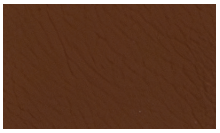


Upholstery color range_INERTIA Series


black


wenge


grey

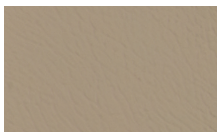

brown


red


bourdeus


dark blue


ashgrey


perle

Upholstery colours availability is subject tochanges depending on the country.

Ask your contact for more information.

CONNECTIVITY

INERTIA Series Machines offer the option of SmartFocus to have a fully connected gym.



Full HD screen

High resolution 11” screen (HD/4K) that features the same configuration capacities as cardio machinery monitors, being able to use it as another unification element of the corporative image.

Multimedia content incorporated

Each monitor incorporates videos to know the best execution technique of each exercise which is added to the information provided by the graphic panels.

L130B_ Larry Scott Biceps



Dimensions (L x W x H): 137 x 117 x 148.5 cm

Weight: 198.1 kg

Load: 67.5 kg (opt. 110 kg)

This strength machine provides optimal adaptation to all users thanks to the training angle adjustment and its multiposition grip which rotates at 90º.

-Multi-position seat.
-Adjustment of the training amplitude on 3 different positions.
-**SmartFocus with 11" console option and full connectivity available.**

L140B_ Biceps/Triceps



Dimensions (L x W x H): 116 x 121 x 152 cm

Weight: 206.84 kg

Load: opt. 110 kg

The L140 allows you to perform two exercises (dual function) in a secure way: biceps and triceps.

-Adjustment of the exercise angle to 6 different positions.
-Two multi-position grips.
-**SmartFocus with 11" console option and full connectivity available.**

L150B_ Triceps/Dips



Dimensions (L x W x H): 164 x 114 x 148.5 cm

Weight: 235.5 kg

Load: 110 kg

It allows you to switch up the exercise type thanks to the 180º rotating arms which adapt to the users physique.

-Double-position rotating grips.
-Double roller at the height of the tibia.
-**SmartFocus with 11" console option and full connectivity available.**

L160B_ Horizontal Triceps

Dimensions (L x W x H): 115 x 113,8 x 148.5 cm

Weight: 200.8 kg

Load: 67.5 kg (opt. 110 kg)

An excellent choice for every type of user. The use of cam system allows movement with uniform weight to develop the triceps.

-Use of “cams” to develop a uniform weight.
-Adjustable feet with stabilisers.
-**SmartFocus with 11” console option and full connectivity available.**



L290B_ Seated row

Dimensions (L x W x H): 158 x 109 x 148.5 cm

Weight: 227 kg

Load: 110 kg (opt. 125 kg)

Rowing machine that allows a natural and adapted movement thanks to the 360º rotating grips.

-Chest support, rotatable and depth-adjustable in 9 positions.
-Multi-position handles rotable 360º.
-**SmartFocus with 11” console option and full connectivity available.**



L450B_ Assisted chin and dip

Dimensions (L x W x H): 122 x 136 x 220 cm

Weight: 248.36 kg

Load: 110 kg

You can perform two different exercises in the same machine: pull-ups using the high grips and squats thanks to the leg support assistance and lateral grips.

-Double-height support platform.
-Leg support.



L550B_ Lat pull/Rower

Dimensions (L x W x H): 122 x 185 x 220 cm

Weight: 252.3 kg

Load: 125 kg

Besides its durable design with maximum ergonomy and security, the machine also offers the possibility of doing a double exercise: high pulley and rowing.

-Possibility of doing a double exercise: high pulley and rowing machine.
-Double roller for fixing the legs, adjustable in 10 positions.



L110B_ Lat pulley

Dimensions (L x W x H): 145 x 127 x 198 cm

Weight: 250.3 kg

Load: 110 kg (opt. 125 kg)

Ideal for developing your back muscles, it exercises the upper and central fibres of the wide dorsal.

-Double roller for fixing the legs, adjustable in 5 positions.
-Grip elements with rubber grips, non-absorbent and non-slip, multi-position.
-**SmartFocus with 11" console option and full connectivity available.**



L410B_ Rear deltoid/Peck deck

Dimensions (L x W x H): 166 x 129 x 200 cm

Weight: 221.2 kg

Load: 110 kg (opt. 125 kg)

With the L410, the dual functioning technology exercises the posterior deltoid by working the pectorals.

-Possibility of doing a double exercise: deltoids and pectorals.
-Chest support.



L270B_ Butterfly

Dimensions (L x W x H): 109 x 153 x 148.5 cm

Weight: 236.3 kg

Load: 110 kg

With its independent arms, the machine provides more variety of exercises to train your arms.

-Disengagement of the load.
-Independent arms.
-**SmartFocus with 11" console option and full connectivity available.**



L090B_ Shoulder press

Dimensions (L x W x H): 194 x 147 x 148.5 cm

Weight: 263.3 kg

Load: 110 kg (opt. 125 kg)

It's a great way to exercise your shoulders because it assures the correct trajectory of the movement and prevents injuries.

-Disengagement of the load.
-Counterbalanced arm.
-**SmartFocus with 11" console option and full connectivity available.**



L490B_ Deltoid raise

Dimensions (L x W x H): 119,5 x 94 x 148.5 cm

Weight: 215.5 kg

Load: 110 kg

Using its lateral supports for the shoulder, the deltoid raise machine avoids friction and offers maximum adaptability to all type of user.

-Side rollers for shoulder support.
-Height-adjustable seat.
-**SmartFocus with 11" console option and full connectivity available.**



L070B_ Chest press

Dimensions (L x W x H):148 x 133 x 148.5 cm

Weight: 235.3 kg

Load: 110 kg (opt. 125 kg)

Pinpoints stressors in the major pectoral and contributes to balanced aesthetic muscle development.

-Disengagement of the load.
-Multi-position handles.
-**SmartFocus with 11" console option and full connectivity available.**



L080B_ Chest / shoulder press

Dimensions (L x W x H): 193 x 132 x 152 cm

Weight: 212.39 kg

Load: 110 kg

It allows you to perform two exercises (dual function): chest press (horizontal and inclined) and shoulder press.

-Drive arm adjustable in 4 positions.
-**SmartFocus with 11" console option and full connectivity available.**



L310B_ Abdominal

Dimensions (L x W x H): 136 x 105 x 148.5 cm

Weight: 190.1 kg

Load: 110 kg

With the latest improvements in comfort, the L310 allows you to perform seated abdominals thanks to the ease and comfort of the padded rolls.

-Double quilted roll in the shape of V.
-Double rubber support for the feet.
-**SmartFocus with 11" console option and full connectivity available.**



L335B_ Hip Thrust

Dimensions (L x W x H): 123 x 153 x 154 cm

Weight: 232 kg

Load: 110 kg

-Security belt.
-Rotating back pad.
-**SmartFocus with 11" console option and full connectivity available.**



L430B_ Rotary torso

Dimensions (L x W x H): 118 x 121 x 148.5 cm

Weight: 236.8 kg

Load: 67.5 kg (opt. 110 kg)

By engaging your abdominals, the L430 allows total control and a more natural movement.

-Physiological board.
-Double set of multi-position handles.
-**SmartFocus with 11" console option and full connectivity available.**



L510B_ Lower back

Dimensions (L x W x H): 136 x 105 x 148.5 cm

Weight: 226.5 kg

Load: 110 kg (opt. 125 kg)

The best choice for beginners or users with back problems, this machine avoids injuries caused by incorrect posture.

-Double rubber support for the feet.
-**SmartFocus with 11" console option and full connectivity available.**



L610B_ Abdominal/Lower back

Dimensions (L x W x H): 136 x 105 x 148.5 cm

Weight: 200.6 kg

Load: 110 kg

DF DualFunction

Dual exercise is possible with the same machine: abdominals and lower back. Its adjustable support rolls offers maximum comfort during the exercise.

-Double rubber support for the feet.
-**SmartFocus with 11" console option and full connectivity available.**



L250B_ Abduction / Adduction

Dimensions (L x W x H): 80.5 x 173 x 148.5 cm

Weight: 210.8 kg

Load: 67.5 kg (opc. 100 kg)

The L250 makes it possible to perform two exercises on the same machine. It can work adduction and abduction thanks to the 360º rotatory pads.

-Allows you to carry out a double exercise on the same machine.
-Amplitude of movement on 7 different positions.
-**SmartFocus with 11" console option and full connectivity available.**



L340B_ Total hip

Dimensions (L x W x H): 100 x 129 x 148.5 cm

Weight: 254.8 kg

Load: 110 kg (opt. 125 kg)

With the 180º adjustable arm, the L340 allows the user to perform different exercises, making it a highly versatile machine.

-The drive arm is adjustable in a range of 180º.
-Height-adjustable platform.



L330B_ Glutes

Dimensions (L x W x H): 107 x 105,3 x 148.5 cm

Weight: 207.8 kg

Load: 110 kg

With its chest support, the L330 helps to isolate the muscles and avoids the risk of overloading the vertebral column.

-Rubber handles, non-absorbent and non-slip.
-Non-slip roller for feet.
-**SmartFocus with 11" console option and full connectivity available.**



L210B_ Seated calf

Dimensions (L x W x H): 164.8 x 112.5 x 148.5 cm

Weight: 227.8 kg

Load: 110 kg

With its ability to adjust to each user, the L210 is ideal for toning the calf and soleus.

-Backrest depth adjustment.
-Side handles.
-**SmartFocus with 11" console option and full connectivity available.**



L010B_ Leg extension

Dimensions (L x W x H): 142 x 113 x 148.5 cm

Weight: 242.5 kg

Load: 110 kg (opt. 125 kg)

With maximum adaptability to the heigth and build of each user, this machine maintains arm strength with constant resistance to prevent injury in the tendons.

-Depth adjustment of the backrest at 3 different inclination levels.
-Adjustment of the drive angle.
-Roller with 4 different positions.
-**SmartFocus with 11" console option and full connectivity available.**



L050B_ Leg press

Dimensions (L x W x H): 206 x 112 x 148.5 cm

Weight: 306.4 kg

Load: 136 kg

With an innovative pulley system that permits a higher maximum load, the L050 allows the user to train glutes, hamstrings and quadriceps.

-Adjusting the inclination of the backrest.
-Oversized non-slip rubber platform for foot support.
-The design allows for a coefficient of 1.5, i.e. a maximum load thrust of approximately 200 kg.
-**SmartFocus with 11" console option and full connectivity available.**



L030B_ Lying leg curl

Dimensions (L x W x H): 178.7 x 113.6 x 148.5 cm

Weight: 234.3 kg

Load: 110 kg

The L030 can work the hamstrings and calves in a comfortable and safe way due to the variety of adjustments.

-Side supports for the forearms.
-Range of motion adjustment.
-Roller with 4 different positions.
-**SmartFocus with 11" console option and full connectivity available.**



L170B_ Seated leg curl

Dimensions (L x W x H): 174.4 x 112.7 x 148.5 cm

Weight: 246.3 kg

Load: 110 kg

The L170 can regulate both the backrest angle and working angle to perform the leg curl exercise.

-Working angle adjustable in 4 positions.
-Backrest depth adjustment.
-**SmartFocus with 11" console option and full connectivity available.**



L020B_ Leg extension/curl

Dimensions (L x W x H): 146 x 125 x 152 cm

Weight: 228.8 kg

Load: 110 kg

DF DualFunction

The L020 machine is a dual machine which provides a double exercise: Leg extension (quadriceps) and leg curl (femoral)

-Adjustment of the top roller to 7 different positions.
-Adjustable drive arm in 8 different positions.
-**SmartFocus with 11" console option and full connectivity available.**



L480B_4 Stations

Dimensions (L x W x H): 335 x 210 x 233 cm

Weight: 685.4 kg

Load: 110 kg in each post

-Machine comprises a high pulley, a double pulley lat pulldown, a triceps post and 1/2 cable pulls.
-Natural, precise and supple movement thanks to an extensive biomechanical study.
-Graphic information panel showing the muscles used and the correct positions to adopt.
-Polycarbonate fairing for better protection.





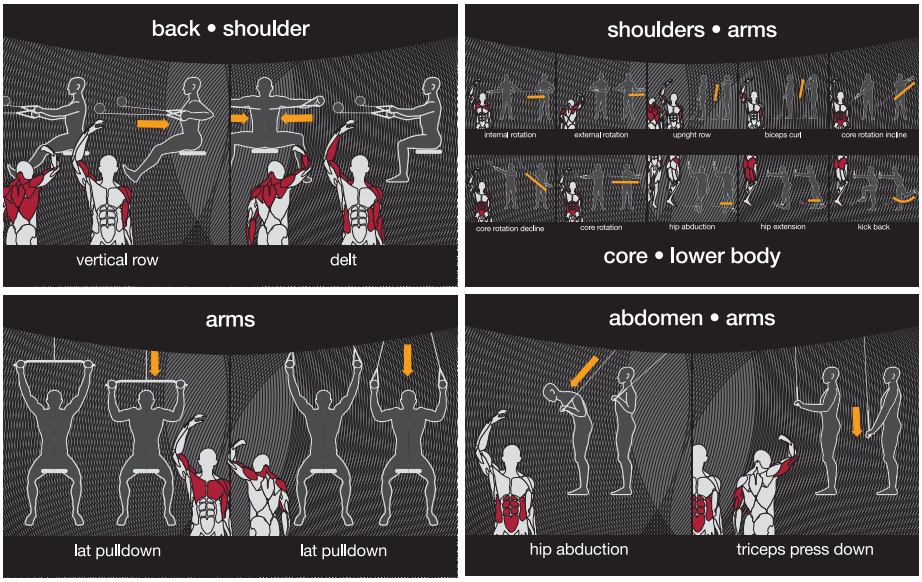
L480Bx2_8 Stations

Dimensions (L x W x H): 594 x 328 x 235 cm

Weight: 1398.6 kg

Load: : opt. 110 kg in each post

-Machine comprises two high pulley, two double pulley lat pulldown, two triceps post and two 1/2 cable pulls.
-Natural, precise and supple movement thanks to an extensive biomechanical study.
-Graphic information panel showing the muscles used and the correct positions to adopt.
-Polycarbonate fairing for better protection.





L485B_5 Stations

Dimensions (L x W x H): 335 x 490 x 240 cm

Weight: 914 kg

Load: : 110 kg in each post

-Machine comprises a high pulley, a double pulley lat pulldown, a triceps post and a cable pull.
-The 5 stations are loaded to 110 kg.
-Natural, precise and supple movement thanks to an extensive biomechanical study.
-Graphic information panel showing the muscles used as well as the correct positions to adopt.
-Polycarbonate fairing for better protection.





L540B_ Double Pulley

Dimensions (L x W x H)): 405 x 89.1 x 238 cm

Weight: 429.4 kg

Load: : 110 kg in each post

-The multiple training heights offered by the pulley enable a great variety of exercises for both the upper body and the lower body.
-Design with significant biomechanical study. Guarantees supple, natural movements using full muscle concentration.



L535B_ Pulley

Dimensions (L x W x H): 138.5 x 89.1 x 224.7 cm

Weight: 208.8 kg

Load: : 110 kg

-Polycarbonate fairing for high protection. Shock tested. Improved safety against accidents. Easy cleaning.
-Various training heights.



M370_Crossover

Dimensions (L x W x H): 122 x 192 x 230 cm

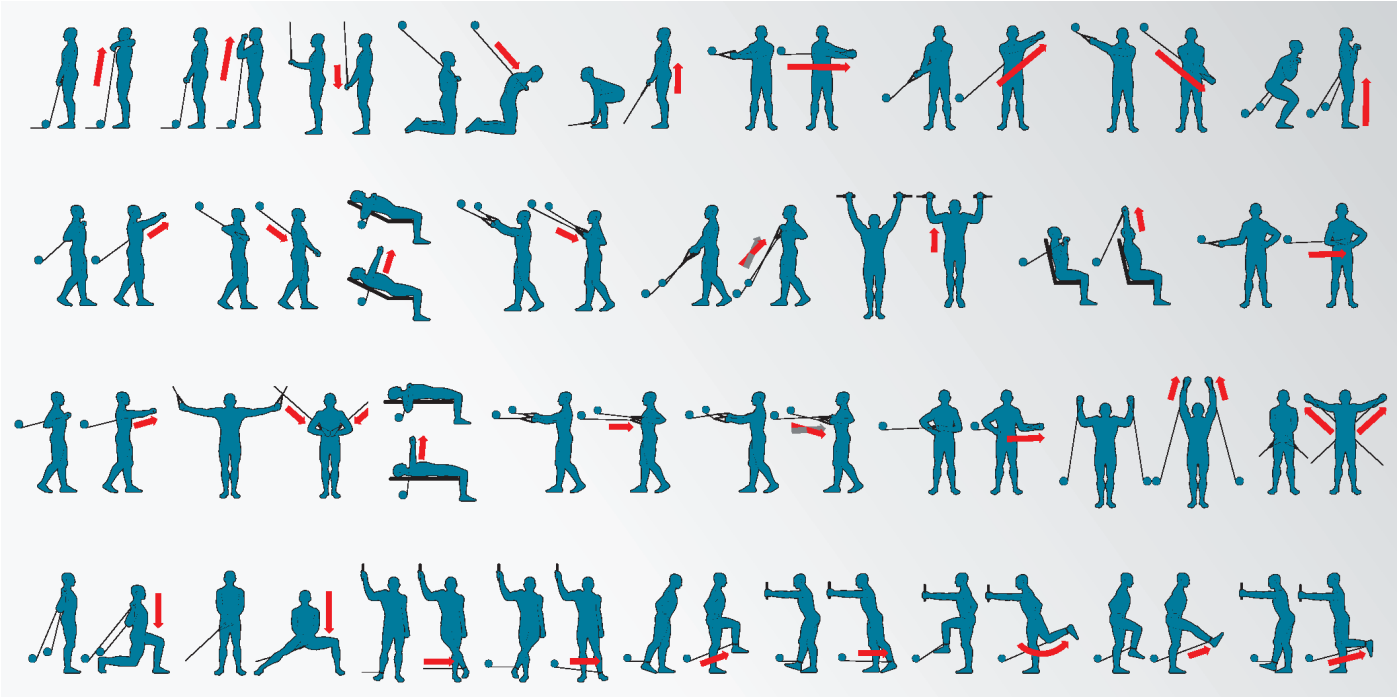
Weight: 385 kg

Load: 90+90 kg

-Double adjustable pulley, with independent arms and a free rotation movement of 180º.
-Integrated traction bar.
-Accessories included:
  -2 short handles
  -2 long handles
  -1 adjustable wrist strap
  -1 double cord
  -1 bar









FREE WEIGHT

PL070B_Chest Press

Dimensions (L x W x H): 147 x 205 x 175 cm

Weight: 179.6 kg

Max. Load: 300 kg

-Hydraulic seat adjustment.
-6 levels of plate storage.
-Chest and triceps.
-Convergent movement.
-Ultra-reinforced steel tubes 3 mm thick.
-Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL090B_Shoulder Press

Dimensions (L x W x H): 159 x 164 x 149 cm

Weight: 175.5 kg

Max. Load: 300 kg

-Hydraulic seat adjustment.
-4 levels of plate storage.
-Shoulders.
-Convergent movement.
Ultra-reinforced steel tubes with thickness 3 mm.
Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL130B_Biceps

Dimensions (L x W x H): 150 x 125 x 124 cm

Weight: 128 kg

Max. Load: 100 kg

-Hydraulic seat adjustment.
Ultra-reinforced steel tubes 3 mm thick.
Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL155B_Seated Triceps

Dimensions (L x W x H): 171 x 152 x 119 cm

Weight: 166 kg

Max. Load: 300 kg

-Hydraulic seat adjustment.
-Reinforced knee support.
-Ultra-reinforced steel tubes 3 mm thick.
-Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL110B_Pull Down

Dimensions (L x W x H): 150 x 147 x 200 cm

Weight: 174 kg

Max. Load: 300 kg

-Hydraulic seat adjustment.
-Multi-position handles for different exercises.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-4 reinforced racks for disc storage.
-Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL300B_Seated Row

Dimensions (L x W x H): 185 x 135 x 140 cm

Weight: 157 kg

Max. Load: 300 kg

-Hydraulic seat adjustment.
-Multi-position handlebars for a varied drive.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-6 reinforced racks for disc storage.
Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL075B_Incline Chest Press

Dimensions (L x W x H): 157 x 210 x 181 cm

Weight: 184 kg

Max. Load: 300 kg

-6 levels of plate storage.
-Chest and triceps.
-Convergent movement.
-Ultra-reinforced steel tubes 3 mm thick.
-Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL340B_Hip Thrust

Dimensions (L x W x H): 161 x 160 x 110 cm

Weight: 120.4 kg

Max. Load: 200 kg

-Independent training system for each leg.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL255B_ Standing Abductor

Dimensions (L x W x H): 175 x 60 x 130 cm

Weight: 85 kg

Max. Load: 150 kg

-Strengthens the lateral hip muscles, also engaging the glutes and quadriceps.
-Ultra-reinforced steel tubes 3 mm thick.
-Multi position handles.
-Non-slip platform.
-Fireproof polyfoam upholstery.
-Stainless steel.



PL490B_ Standing Lateral Raise

Dimensions (L x W x H): 116 x 88 x 155 cm

Weight: 80 kg

Max. Load: 200 kg

-Non-slip platform.
-Multi-position handlebars for a varied drive.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-1 reinforced rack for disc storage.
-Non-slip aluminium handles, diameter 38 mm.
-Stainless steel.



PL310B_ Rotating Abdominal Crunch

Dimensions (L x W x H): 165 x 130 x 165 cm

Weight: 132 kg

Max. Load: 120 kg

-2 levels of plate storage.
-3 Seat adjustment positions.
-Ultra-reinforced steel tubes 3 mm thick.
-Non-slip aluminium handles, diameter 38 mm.
-Adjustable foam rollers
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL080B_ Multi-position Press

Dimensions (L x W x H): 250 x 220 x 114 cm

Weight: 179.6 kg

Max. Load: 300 kg

-Independent movement that ensures a balanced workout with biomechanical design for precise contraction.
-Convergent movement that fully engages the shoulder and chest.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced rack for disc storage.
-Non-slip aluminium handles, diameter 38 mm.
-Stainless steel.



PL700B_45° Leg Press

Dimensions (L x W x H): 261 x 190 x 153 cm

Weight: 280.5 kg

Max. Load: 600 kg

-Secure locking system for safe drives.
-Non-slip and oversized platform.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
-Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Backrest adjustment. Easy installation.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL200B_Hack Squat

Dimensions (L x W x H): 230 x 190 x 129 cm

Weight: 251.5 kg

Max. Load: 450 kg

-Locking system making it easier to start the exercise.
-Non-slip and oversized platform.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-4 reinforced racks for disc storage.
-Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Backrest adjustment. Easy installation.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL330B_Rear Kick

Dimensions (L x W x H): 168 x 122 x 163 cm

Weight: 144 kg

Max. Load: 200 kg

-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
-Allows rear kicking exercise with an oversized platform.
-Olympic disc loading system.



PL320B_Belt Squat

Dimensions (L x W x H): 160 x 200 x 115 cm

Weight: 155 kg

Max. Load: 300 kg

-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
-Allows squats with the load placed on the hips thanks to a special belt.
-Olympic disc loading system.



PL250B_Squat Lunge

Dimensions (L x W x H): 162 x 170 x 60.5 cm

Weight: 123 kg

Max. Load: 300 kg

-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
-Olympic disc loading system.



PL845B_Super Squat

Dimensions (L x W x H): 224 x 128 x 180 cm

Weight: 212 kg

Max. Load: 360 kg

-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
-Backseat adjustable in 8 positions.
-Olympic disc loading system.



PL170B_Leg Curl

Dimensions (L x W x H): 143 x 132 x 140 cm

Weight: 139 kg

Max. Load: 200 kg

-Independent training system for each leg.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL010B_Leg Extension

Dimensions (L x W x H): 160 x 160 x 115 cm

Weight: 163.8 kg

Max. Load: 350 kg

-Hydraulic seat adjustment.
-Independent drive system for each leg.
-Ultra-reinforced steel tubes 3 mm thick.
-2 reinforced racks for disc storage.
Non-slip aluminium handles, diameter 38 mm.
-Hydraulic seat adjustment with 7 positions.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL325B_Pendulum

Dimensions (L x W x H): 226 x 155 x 144 cm

Weight: 196 kg

Max. Load: 200 kg

-Double padded shoulder support.
-Safety guide to support the training arm.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-4 reinforced racks for disc storage.
-Non-slip aluminium handles, diameter 38 cm.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL750B_Hack Squat

Dimensions (L x W x H): 219 x 129 x 142 cm

Weight: 315 kg

Max. Load: 400 kg

-Platform angle adjustable to 4 positions from 35° to 50°.
-Dual position: 'lying down' or 'sitting'.
-Adjustable safety hooks to suit the user's size.
-4 reinforced racks for discs storage.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-Non-slip aluminium handles, diameter 38 mm.
-Stainless steel.
-Fireproof polyfoam upholstery.



PL210B_Seated Calf

Dimensions (L x W x H): 140 x 82 x 92 cm

Weight: 54 kg

Max. Load: 200 kg

-Double padded leg support, adjustable in 6 positions.
-Safety guide to support the training arm.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-2 reinforced racks for disc storage.
-Non-slip aluminium handles, diameter 38 cm.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL290B_T-Bar Row

Dimensions (L x W x H): 190 x 102 x 125 cm

Weight: 74 kg

Max. Load: 150 kg

-Support of the drive arm.
-Multi-position handles for different exercises.
-Ultra-reinforced steel tubes with a thickness of 3 mm.
-Non-slip aluminium handles, diameter 38 mm.
-Stainless steel.
-Fireproof polyfoam upholstery.
-Multiple adjustments for any user morphology.



PL400B_Full Rack

Dimensions (L x W x H): 220 X 186 x 248 cm

Weight: 298.2 kg

-Reinforced steel racks for storage.
-Safety bar and J-Hooks bars are adjustable thanks to the yellow coloured pin.
-Steel hooks for exercises with elastics.
-10 supports for 50 mm diameter discs made of stainless steel.
-6 stainless steel hooks for exercises with elastic bands.
-Plyometric platform and dips bar not included, sold separately.



PL350B_Half Rack

Dimensions (L x W x H): 157 X 183 X 248 cm

Weight: 218.5 kg

-10 reinforced steel racks for 50 mm diameter discs.
-Safety bar and J-Hooks bars are adjustable thanks to the yellow pin.
-6 stainless steel hooks for exercises with elastic bands.
-Bar and floor not included.




PL700

PLR010_Leg Extension

Dimensions (L x W x H): 128 x 118 x 100 cm

Weight: 66,7 kg

Max. Load: 150 kg

-8 backrest adjustment levels to accommodate all user heights.
-Padded leg roller, highly comfortable and with 16 adjustment positions.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR030_Lying Leg Curl

Dimensions (L x W x H): 162,5 x 122 x 80 cm

Weight: 80 kg

Max. Load: 150 kg

-Optimized angle between the thigh pad and chest pad to maximize hamstring activation throughout the full range of motion.
-Padded leg roller, highly comfortable and with 16 adjustment positions.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR070_Chest Press

Dimensions (L x W x H): 130 x 105 x 125 cm

Weight: 64 kg

Max. Load: 200 kg

-Its two grip positions (neutral and prone) allow varying the muscular stimulus on the pectoral.
-Independent movement to work each arm in isolation.
-Seat adjustable in 17 positions to adapt to any user.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR090_Shoulder Press

Dimensions (L x W x H): 158 x 155 x 107 cm

Weight: 91 kg

Max. Load: 300 kg

-Its two grip positions (neutral and prone) allow varying the muscular stimulus on the pectoral.
-Two side storage racks..
-Seat adjustable in 17 positions to adapt to any user.
-Independent movement to work each arm in isolation.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR110_Lat Pulldown

Dimensions (L x W x H): 170,5 x 144,2 x 205 cm

Weight: 95 kg

Max. Load: 200 kg

-The grip features a slight free movement that naturally follows the user's trajectory.
-Adjustable rollers in 5 height positions to adapt to the user's measurements.
-4 storage racks.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR130_Biceps

Dimensions (L x W x H): 132 x 72,6 x 99 cm

Weight: 60 kg

Max. Load: 200 kg

-Padded biceps support platform that stabilizes the arm throughout the full range of motion, along with V-shaped handles that promote a natural wrist position.
-Seat adjustable at 6 height points to suit all types of users.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR140_ Biceps/Triceps

Dimensions (L x W x H): 109,5 x 71 x 129 cm

Weight: 50,8 kg

Max. Load: 200 kg

-Allows targeted training of the arm muscles in two distinct positions: seated for tricep extension, and standing at the rear for straight bar bicep curl.
-The seat adjusts in 17 positions to suit any type of user.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR210_ Seating Calf Raise

Dimensions (L x W x H): 138 x 66 x 85 cm

Weight: 41 kg

Max. Load: 100 kg

-7 adjustment levels for the knee lock to adapt to any user's height.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



PLR300_ Seating Row

Dimensions (L x W x H): 148,5 x 105 x 134 cm

Weight: 80,5 kg

Max. Load: 200 kg

-Its two grip positions (neutral and prone) allow varying the muscular stimulus on the pectoral.
-Two side storage racks.
-Seat adjustable in 17 positions to adapt to any user.
-Anticorrosive coating.
-Rubber non-slip grips for a better feel during exercise.



L350BB_ Multipress

Dimensions (L x W x H): 140 x 193 x 212 cm

Weight: 134 kg

-Blocking safety device. Swivelling and height-adjustable bar locking safety system. Allows safer exercise, preventing the bar from falling on the user in the event of an accident.





LD400BB_ Max Rack

Dimensions (L x W x H): 200 x 140 x 216 cm

Weight: 199.4 kg

-Free weight sensations under maximum safety. Its bar allows a three-dimensional movement in any direction, but this movement is fully controlled and safe thanks to its vertical and horizontal guides.
-Integrated traction bar.



L845BB_ Squat Rack

Dimensions (L x W x H): 140 x 166 x 178 cm

Weight: 90.3 kg

-Plate storage racks.
-ST-37/40 steel structure, 4mm thick.
-Painting treatment in 3 layers (anticorrosion, epoxy and varnish).



L815BB_ Press Bench

Dimensions (L x W x H): 170 x 166 x 137 cm

Weight: 69 kg

-Side storage racks for discs.
-3 drive positions for the bar.
-ST-37/40 steel structure, 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L820BB_ Incline Bench

Dimensions (L x W x H): 163,2 x 165,8 x 137,3 cm

Weight: 90 kg

-Seat height adjustment.
-Bench for back support.
-ST-37/40 steel structure 3 mm thick.
-Painting treatment in 3 layers (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L855BB_ Decline Bench

Dimensions (L x W x H): 210 x 166 x 137 cm

Weight: 85.1 kg

-Double fleece leg support, adjustable in 6 positions.
-Support pad for the femoral muscle.
-Structure in ST-37/40 steel 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L880BB_Sissy Squat Bench

Dimensions (L x W x H): 120 x 72 x 54 cm

Weight: 45 kg

-Bench to effectively work the muscles of the legs and buttocks.
-Allows intense and precise squat exercises.
-ST-37/40 steel structure, 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L850BB_Shoulder Press Bench

Dimensions (L x W x H): 106 x 130 x 164 cm

Weight: 88.1 kg

-Auxiliary bench at the rear.
-3 drive positions for the tiller.
-ST-37/40 steel structure 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L830BB_Larry Scott Biceps Bench

Dimensions (L x W x H): 101 x 81 x 86 cm

Weight: 40 kg

-Height-adjustable seat.
-Working angle specially designed for biceps brachial and anterior brachial exercises.
-Steel structure ST-37/40 of 3 mm thickness.
-Painting treatment in 3 coats (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L835BB_ Abdominal Incline Bench

Dimensions (L x W x H): 173,8 x 72,5 x 89,9 cm

Weight: 40 kg

-Adjusting the backrest inclination.
-Double roller to support the legs, avoiding injuries caused by bad posture.
-ST-37/40 steel structure 3 mm thick.
-3-coat paint treatment (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L840BB_ Roman Chair

Dimensions (L x W x H): 112 x 80 x 64 cm

Weight: 35 kg

-Support pad for the femoral muscle.
-Double roller for the support and maintenance of the legs, avoiding injuries caused by bad posture.
-ST-37/40 steel structure, 3 mm thick.
-Painting treatment in 3 layers (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L800BB_ Abdominal Flexor Bench

Dimensions (L x W x H): 112 x 78 x 155 cm

Weight: 53 kg

-Double set of multi-position handles.
-Double padded forearm support.
-ST-37/40 steel structure 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L900BB_ Chin-up and Dip



Dimensions (L x W x H): 112 x 78 x 240 cm

Weight: 84.7 kg

-Multi-position handles, which allow a double exercise to be carried out.
-Anatomical back support backrest.
-ST-37/40 steel structure 3 mm thick.
-Painting treatment in 3 coats (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.

L885BB_ Balanced Abdominal Bench



Dimensions (L x W x H): 100 x 96.5 x 125 cm

Weight: 85.17 kg

-Unique design. What distinguishes the L885 from other abdominal machines is the possibility to perform abdominal exercise from “bottom up”, without straining the neck, shoulders and back.
-Structure in ST-37/40 steel 3 mm thick.
-Painting treatment in 3 layers (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.

L805BB_40° Incline Bench



Dimensions (L x W x H): 121 x 72,5 x 93,3 cm

Weight: 40 kg

-Double adjustment of leg length and training angle.
-Double side grip.
-3 mm thick ST-37/40 steel frame.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.

L825BB_ Multiposition Bench

Dimensions (L x W x H): 121.2 x 75 x 46.5 cm

Weight: 37 kg

-Double back and seat adjustment.
-Feet with rubber protections to avoid scratching the floor.
-ST-37/40 steel structure 3 mm thick.
-Painting treatment in 3 coats (anticorrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L810BB_ Flat Bench

Dimensions (L x W x H): 115,9 x 90 x 42 cm

Weight: 25 kg

-With handle and wheels for easy movement in the gym.
-Seats with injection core.
-ST-37/40 steel frame 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L826BB_ Decline Bench

Dimensions (L x W x H): 145 x 82 x 53 cm

Weight: 55 kg

-Adjustable from -12° to 85°.
-With handle and wheels for easy movement in the gym.
-Seats with injection core.
-ST-37/40 steel frame 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L300BB_ Stretch Bench

Dimensions (L x W x H): 145 x 58 x 127 cm

Weight: 39 kg

-Numerous exercise possibilities.
-Ergonomic design. Guarantees correct posture for all users, whatever their size.
-ST-37/40 steel structure, 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).
-Fireproof polyfoam upholstery, type M2.



L860BB_ Plate Rack

Dimensions (L x W x H): 96 x 62.5 x 120 cm

Weight: 30.8 kg

-8 storage bars for Olympic discs.
-Large storage capacity in a small space.
-ST-37/40 steel structure 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).



L870BB_ Barbel Rack

Dimensions (L x W x H): 57 x 90 x 107 cm

Weight: 47.7 kg

-Rack for storing 8 bars with 2 auxiliary trays.
-Structure in ST-37/40 steel 3 mm thick.
-3-layer paint treatment (anticorrosion, epoxy and varnish).



L875BB_ Dumbbell Rack

Dimensions (L x W x H): 159 x 81 x 98 cm

Weight: 70 kg

-Structure for storing dumbbells on 3 trays.
-Maximum storage capacity: 12 pairs.
-Structure in ST-37/40 steel 3 mm thick.
-3-layer paint treatment (anti-corrosion, epoxy and varnish).





FUNCTIONAL

MAGSYS_ Modular & Activity Group Training System

DIMENSIONS OF THE BASE MODULE:

1.20 m wide and 2.55 m height.

Offer your members innovative and dynamic training sessions. Put on, take off, configure your accessories in order to adapt your Magsys to all types of exercises: Suspension Fitness, Performance and Combat, Elastics, Functional, Traction Bars. Thanks to its clever storage system, the accessories do not clutter up the training space but remain freely available to users.

-3 mm thick steel structure
-Modular structure
-Unlimited options for various drives
-Optimal profitability per m2
-Functional training
-Bodybuilding
-Suspension
-HIIT training
-Crosstraining

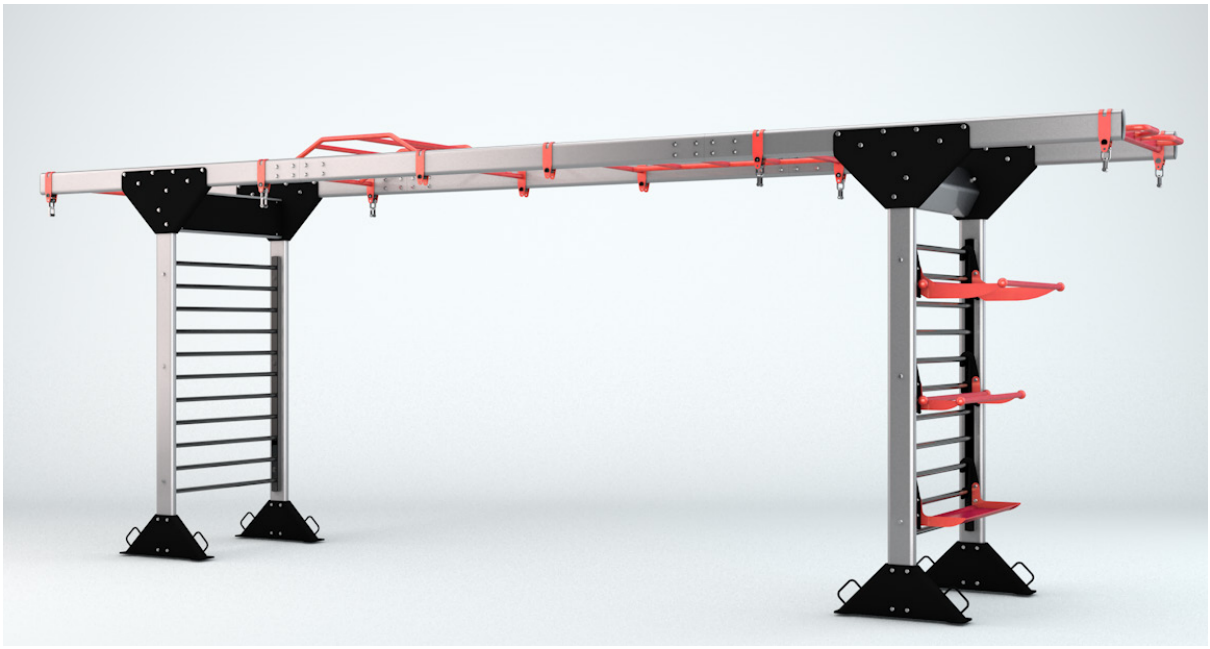
* Accessories are sold separately.



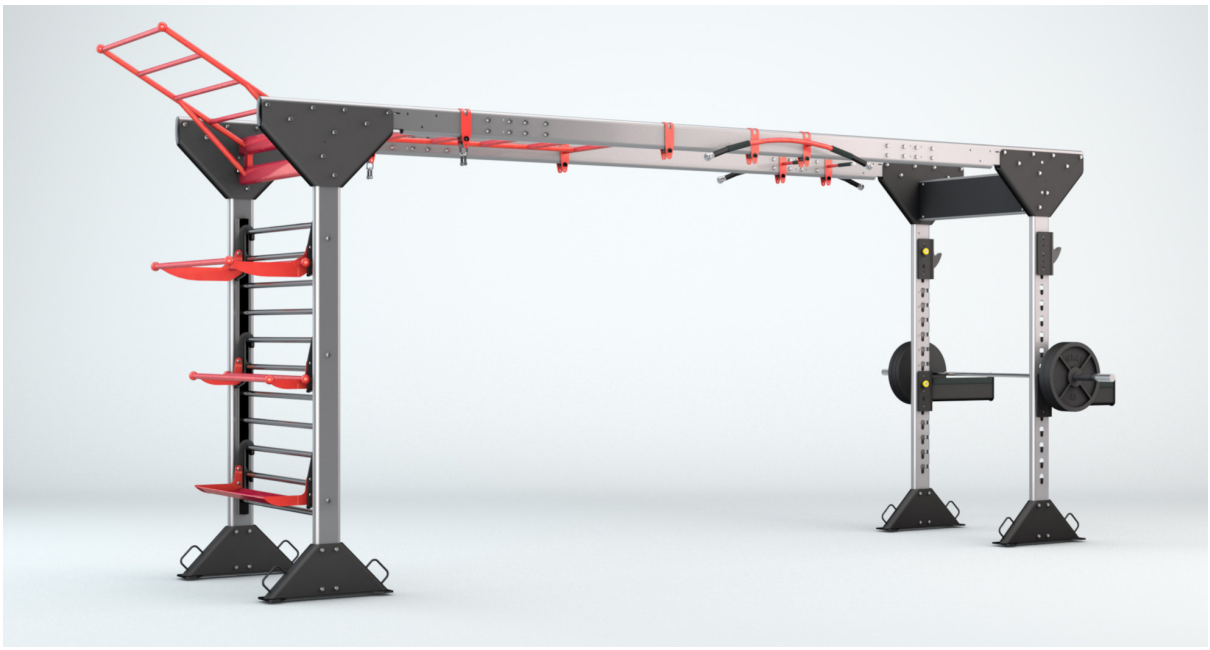




CONFIGURATIONS

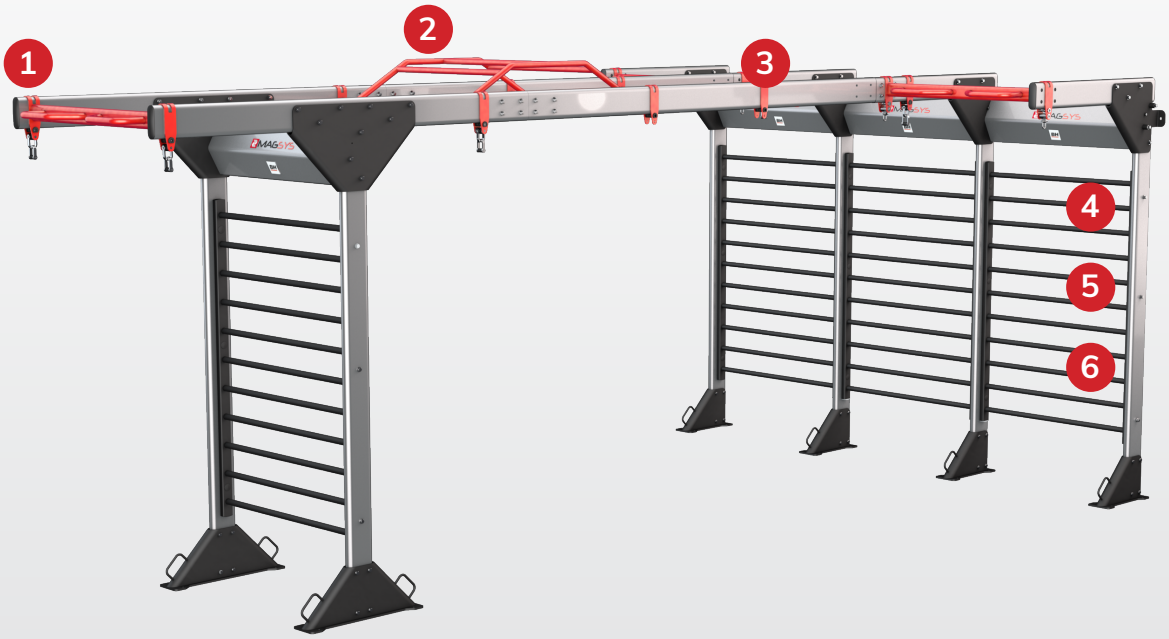






MAGSYS_ Accessories

The MAGSYS has a great range of accessories designed to cover the needs of any functional space, from storage options to special attachments that will allow almost any exercise. Make the most out of your space.

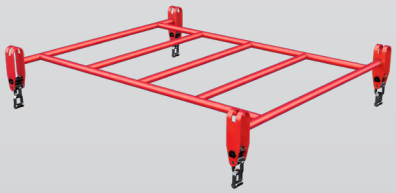




1 MAGSYS-MDD



4 MAGSYS-ACS1



2 MAGSYS-MDF



5 MAGSYS-ACS2



3 MAGSYS MDG



6 MAGSYS-ACS3

HIIT



G899_HiitMILL

Dimensions (L x W x H): 174 x 100 x 168 cm

Weight: 180 kg

- Curved carpet without motor
- 4 levels of frictional resistance
- 5” LCD console
- Bluetooth FTMS connectivity
- Aluminium and polyurethane slats



G699_SledRun

Dimensions (L x W x H): 197 x 91 x 164 cm

Weight: 239 kg

-Speed from 0,8 to 25 km/h.
-Silent AC 4HP engine.
-Running surface: 147x56cm.
-Impact absorbing slats.
-Free run mode.
-Incline: 0-20% (10% in HIIT mode).
-LED console with Bluetooth.
-Max user weight: 180 Kg.



H899_ AirBike

Dimensions (L x W x H): 134 x 72 x 136 cm

Weight: 78,6 kg

-Elliptical arms to exercise the upper body.
-Air resistance system specially designed for HIIT workouts.
-Reinforced structure for greater stability.



R899_ HiitRower

Dimensions (L x W x H): 232 x 72 x 115 cm

Weight: 57,4 kg

-LCD console with integrated Bluetooth FTMS.
-Air resistance system specially designed for HIIT workouts.
-It has a 140cm rail, which provides a wider range of movement.



Bumper Plates_

-Compatible with Olympic bars with a 50 mm inner diameter
-Made from high-density rubber with a reinforced metal core
-Official outer diameter of 450 mm — IWF standard
-International colour code: black 5 kg, green 10 kg, yellow 15 kg, blue 20 kg, red 25 kg



Kettlebells_

-Single-piece cast iron core, no welds, maximum structural integrity.
-Suitable for cross training, functional training, HIIT and strength training.
-Available in 5 weights: 8 kg, 12 kg, 16 kg, 20 kg and 24 kg.



Dumbbells_

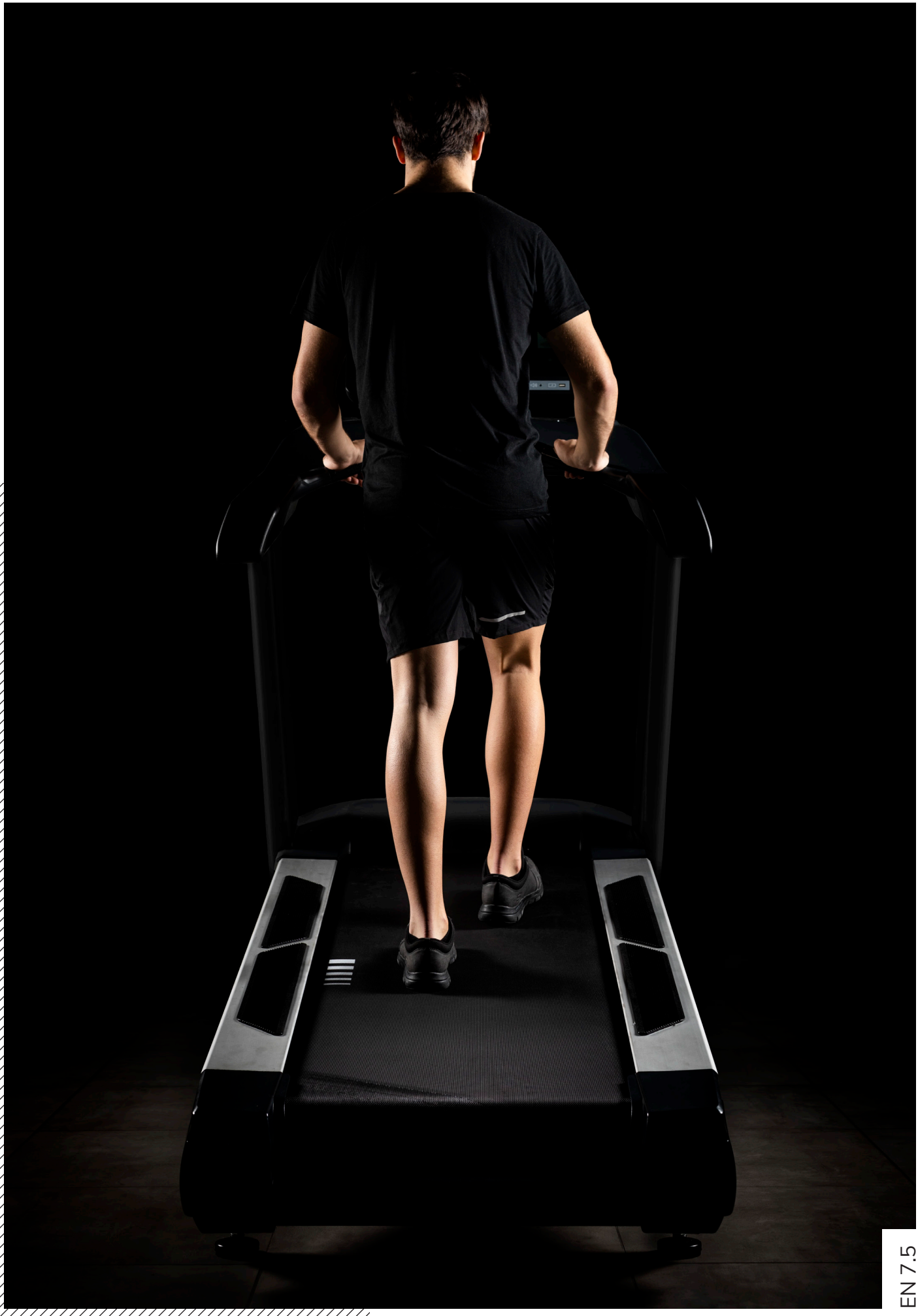
-Coated virgin rubber for extra protection.
-Suitable for cross training, functional training, HIIT and strength training..



Plates_

-Coated virgin rubber for extra protection.
-Safe and easy thanks to the design of three holes and inserts handling.
-Compatible with Olympic bars with a 50 mm inner diameter.





EN 7.5

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