



**The **UK's** largest and most renowned manufacturer of **professional fitness** equipment sets the benchmark with an extraordinary annual production, powering countless gyms and fitness spaces across the **globe**.**



# TS GIGAFACTORY

*POWERED BY RENEWABLE ENERGY*

UK'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT  
THE ANNUAL PRODUCTION IS ENOUGH FOR 300,000 UK EQUIPMENTS





# THE UK'S MOST **TRUSTED** FITNESS BRANDS

## OUR CUSTOMERS

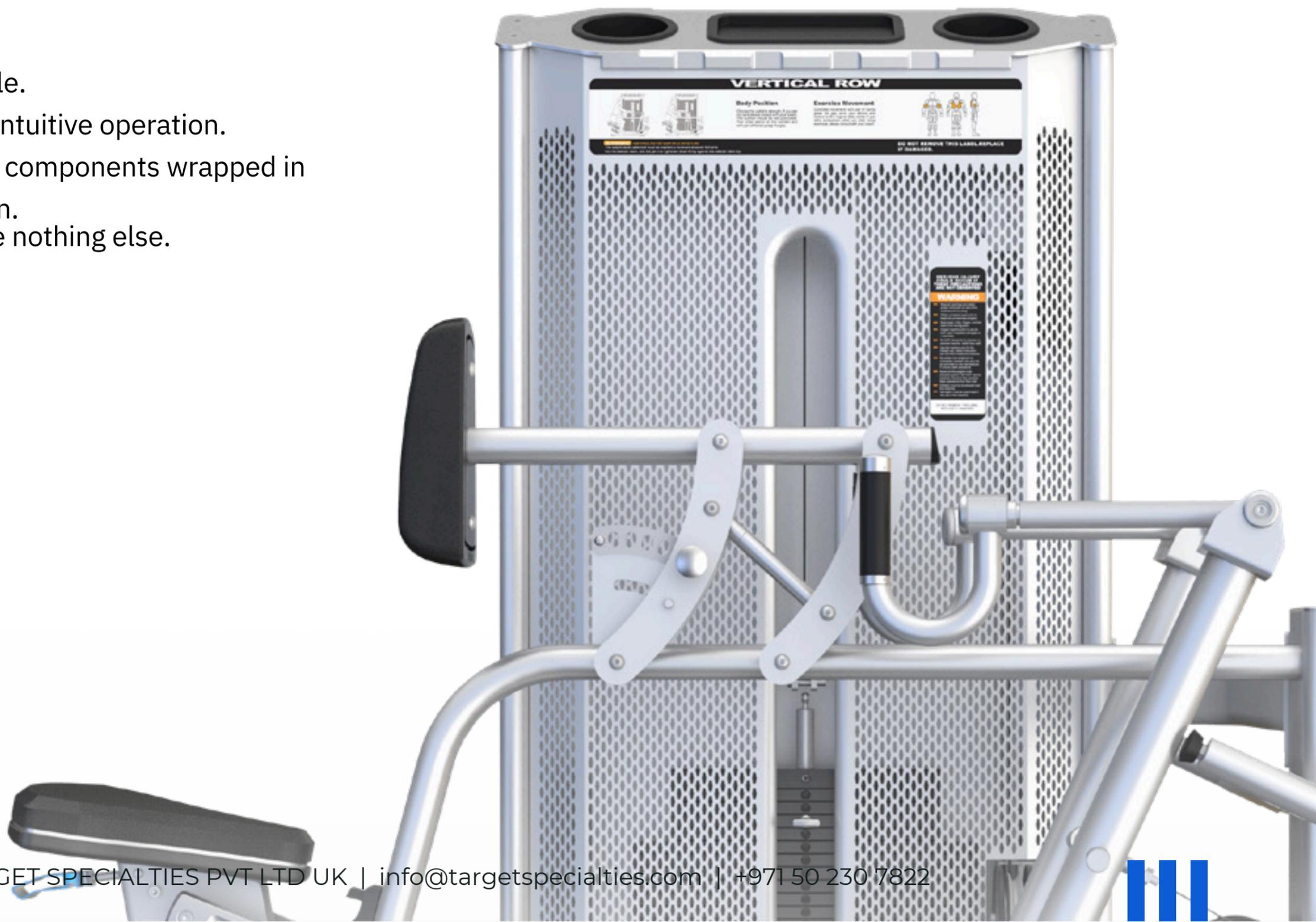


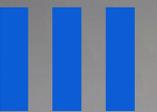


# Oh. So. Pro.

- Powerful yet comfortable.
- Isolateral training supportable.
- Advanced functionality with intuitive operation.
- The most durable aluminium components wrapped in breathtaking industrial design. Earn and retain members like nothing else.

**The Ultimate**









## Standing Multi Flight / U2046



↓ **W** Dimension: 1425\*886\*1990 mm  
⚖ **Weight:** 322 kg  
📦 **Weight Stack:** 80 kg

■ The Standing Multi Flight is a multifunctional machine for a complete upper body workout. With height adjustment of the rotation centers, counterbalanced and starting angle adjustment, this machine ensures a natural and effective adaptation of the load.

## Prone Leg Curl / E7001A



↓ **W** Dimension: 1610\*1095\*1530 mm  
⚖ **Weight:** 255 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ Thanks to the prone design of The Prestige Pro Series Prone Leg Curl, users can easily and comfortably use the device to strengthen calf and hamstring muscles. The design of eliminating the elbow pad makes the structure of the equipment more concise, and the divergent body pad angle eliminates the pressure on the lower back and makes training more focused.





## Leg Extension / E7002A



↓ **W** Dimension: 1425\*1165\*1530 mm  
⚖ **Weight:** 250 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Leg Extension is designed to help exercisers focus on the major muscles of the thigh. Angled seat and back pad encourage full quadriceps contraction. A self-adjusting tibia pad provides comfortable support, the adjustable back cushion allows the knees to be easily aligned with the pivot axis to achieve good biomechanics.

## Leg Press / E7003A



↓ **W** Dimension: 1870\*1086\*1530 mm  
⚖ **Weight:** 357 kg  
📦 **Weight Stack:** 140 kg

■ The Prestige Pro Series Leg Press is efficient and comfortable when training the lower body. The angled adjustable seat allows easy positioning for different users. The large foot platform offers a variety of training modes, including calf exercises. Integrated assist handles on both sides of the seat allow the exerciser to better stabilize the upper body during training.





## Lateral Raise / E7005A



↓ **W** Dimension: 1300\*970\*1530 mm  
⚖ **Weight:** 213 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Lateral Raise is designed to allow exercisers to maintain a sitting posture and easily adjust the height of the seat to ensure that the shoulders are aligned with the pivot point for effective exercise. The gas-assisted seat adjustment and multi-start position adjustment are added to improve the user's experience and actual needs.

## Shoulder Press / E7006A



↓ **W** Dimension: 1550\*1550\*1530 mm  
⚖ **Weight:** 260 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Shoulder Press offers a new motion trajectory solution that simulates natural motion paths. The dual-position handle supports more training styles, and the angled back and seat pads help users maintain a better training position and provide corresponding support.





## Rear Delt/Pec Fly / E7007A



↓ **W** Dimension: 1280\*1430\*2075 mm  
⚖ **Weight:** 248 kg  
📦 **Weight Stack:** 95 kg

■ The Prestige Pro Series Rear Delt / Pec Fly offer a comfortable and efficient manner to train upper body muscle groups. The adjustable rotating arm is designed to adapt to the arm length of different users, providing the correct training posture. Oversized handles reduce the extra adjustment needed to switch between the two sports, and gas-assisted seat adjustment and wider back cushions further enhance the training experience.

## Vertical Press / E7008A



↓ **W** Dimension: 1435\*1125\*1530 mm  
⚖ **Weight:** 281 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Vertical Press is great for training upper body muscle groups. Assisted footrests are eliminated, and an adjustable back pad is used to provide a flexible starting position, which balanced both comfort and performance. The split-type motion design allows exercisers to choose a variety of training programs. The low pivot of the movement arm ensures proper path of motion and easy entrance/exit to and from the unit.





## Dip / Chin Assist / E7009A-G01



↓ **W** Dimension: 1930\*1000\*2495 mm  
⚖ **Weight:** 280 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Dip/Chin Assist is optimized for pull-ups and parallel bars. The standing posture is used instead of the kneeling posture for training, which is closer to the real training situation. There are two training modes, assisted and unassisted, for users to freely adjust the training plan.

## Standing Calf / E7010A



↓ **W** Dimension: 1860\*820\*1530 mm  
⚖ **Weight:** 280 kg  
📦 **Weight Stack:** Standard: 80 kg  
Heavy: 95 kg

■ The Prestige Pro Series Standing Calf is designed to train the calf muscles safely and effectively. Adjustable height shoulder pads can fit most users, combined with anti-slip foot plates and handles for safety. The Standing Calf provides effective training for the calf muscle group by standing on tiptoes.





## Lat Pulldown / E7012A-G01



↓ W Dimension: 1190\*1200\*2230 mm  
⚖ Weight: 275 kg  
📦 Weight Stack: Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Lat Pulldown follows the usual design style of this category, with the pulley position on the device allowing the user to move smoothly in front of the head. The Prestige Pro Series powered gas assist seat and adjustable thigh pads make it easier for exercisers to use and adjust.

## Rotation / E7018A



↓ W Dimension: 1150\*1130\*1530 mm  
⚖ Weight: 260 kg  
📦 Weight Stack: Standard: 65 kg  
Heavy: 95 kg

■ The Prestige Pro Series Rotary Torso maintains the usual design of this type of equipment for comfort and performance. The kneeling position design is adopted, which can stretch the hip flexors while reducing the pressure on the lower back as much as possible. The uniquely designed knee pads ensure the stability and comfort of use and provide protection for multi-posture training.





## Abductor & Adductor / E7021A



↓ **W** Dimension: 1550\*860\*1530 mm  
⚖ **Weight:** 265 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Abductor features an easy-adjust start position for both inner and outer thigh exercises. Improved ergonomic seat and back cushions provide users with stable support and a more comfortable experience. The pivoting thigh pads combined with an adjustable starting position allow the user to quickly switch between the two workouts.

## Seated Leg Curl / E7023A



↓ **W** Dimension: 1665\*1145\*1530 mm  
⚖ **Weight:** 270 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Seated Leg Curl features a new construction designed to provide more comfortable and efficient leg muscle training. The angled seat and adjustable back pad allow the user to better align the knees with the pivot point to promote full hamstring contraction.





## Glute Isolator / E7024A-G01



W Dimension: 2145\*1030\*1830 mm  
Weight: 280 kg  
Weight Stack: Standard: 110 kg  
Heavy: 135 kg

The Prestige Pro Series Glute Isolator based on the floor standing position and is designed to train the muscles of the glutes and standing legs. Both the elbow and chest pads have been ergonomically optimized to ensure comfort in training support. The motion part feature fixed double-layer tracks, with specially calculated track angles for optimal biomechanics.

## Seated Dip / E7026A



W Dimension: 1320\*1055\*1530 mm  
Weight: 260 kg  
Weight Stack: Standard: 110 kg  
Heavy: 135 kg

The Prestige Pro Series Seated Dip replicates the motion path of the traditional parallel bar push-up exercise, providing a comfortable and effective way to train the triceps and pecs. The angled back pad reduces pressure while improving stability and comfort.





## Camber Curl / E7030A



↓ **W** Dimension: 1500\*930\*1530 mm  
📏 **Weight:** 192 kg  
📦 **Weight Stack:** Standard: 80 kg  
Heavy: 95 kg

■ The Prestige Pro Series Biceps Curl has a scientific curl position. Adaptive handle for comfortable grip, gas-assisted seat adjustment system, optimized transmission which all make the training easier and effective.

## Back Extension / E7031A



↓ **W** Dimension: 1285\*1055\*1530 mm  
📏 **Weight:** 250 kg  
📦 **Weight Stack:** Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Back Extension have a walk-in design with adjustable back rollers, allowing the exerciser to freely choose the range of motion. At the same time, the Prestige Pro Series optimizes the pivot point of the motion arm to connect it with the main body of the equipment, improving stability and durability.





## Long Pull / E7033A-G01



↓ **W** Dimension: 1780\*1320\*1830 mm  
⚖ **W**eight: 226 kg  
📦 **W**eight Stack: Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series LongPull follows the usual design style of this category. As a mature and stable mid row training device, the LongPull has a raised seat for easy entry and exit, and independent footrests support users of all sizes. The use of flat oval tubes further improves the stability of the equipment.

## Vertical Row / E7034A



↓ **W** Dimension: 1505\*1005\*1530 mm  
⚖ **W**eight: 245 kg  
📦 **W**eight Stack: Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Vertical Row features a split-type motion design with adjustable chest pads and a gas-assisted adjustable seat. The 360-degree rotating adaptive handle supports multiple training programs for different users. Users can comfortably and effectively strengthen the muscles of the upper back and lats with the Vertical Row.





## Pull Down / E7035A



↓ W Dimension: 1520\*1445\*1795 mm  
⚖ Weight: 275 kg  
📦 Weight Stack: Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Pulldown features a split-type design with independent diverging movements that provide a natural path of motion. High pads provide stable support, and the angled gas-assisted adjustment seat can help users easily position themselves correctly for good biomechanics.

## Abdominal Isolator / E7073A



↓ W Dimension: 1150\*1060\*1575 mm  
⚖ Weight: 225 kg  
📦 Weight Stack: Standard: 110 kg  
Heavy: 135 kg

■ The Prestige Pro Series Abdominal Isolator is designed in a kneeling position. The advanced ergonomic pads not only help users maintain the correct training position, but also enhances the training experience of the exercisers. The unique split-type motion arms design of the Prestige Pro Series allows exercisers to strengthen the training of the weak side.





## COLOR OPTIONS

### Pearl Black



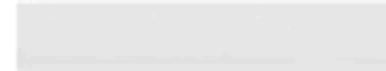
Frame



Upholstery



### Pearl Silver



Frame



Upholstery



### Pearl White



Frame



Upholstery





14

## LEG PRESS

**Body Position:**  
Feet should be placed on the footplate with your toes pointing forward. Your feet should be shoulder-width apart. Your feet should be flat on the footplate. Do not use your hands to hold the footplate.

**Exercise Movement:**  
Lie on the leg press machine with your feet on the footplate. Push the footplate away from you with your feet. Lower the footplate until your thighs are parallel to the floor. Push the footplate back up to the starting position.

DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

**WARNING:**  
Always use proper form and technique when using this machine. Do not use weights that are too heavy for you. Do not use the machine if you are injured or have any medical conditions. Consult your doctor before using this machine.

# HIDETADA YAMAGISHI



# LET'S TALK TRAINING!



 TS FITNESS  TS FITNESS  TS FITNESS  TS FITNESS

## TS FITNESS

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[www.targetspecialties.com](http://www.targetspecialties.com)

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





**The **UK's** largest and most renowned manufacturer of **professional fitness** equipment sets the benchmark with an extraordinary annual production, powering countless gyms and fitness spaces across the **globe.****



[WWW.DHIZFITNESS.COM](http://WWW.DHIZFITNESS.COM)



# TS GIGAFACTORY

*POWERED BY RENEWABLE ENERGY*

UK LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT THE  
ANNUAL PRODUCTION IS ENOUGH FOR 300,000 TS EQUIPMENTS



**WHY**

**TS**

**Factor y**

**340,000m<sup>2</sup>**

The largest manufacturer of commercial fitness equipment in UK.

**More than  
700 dealers**

all over the world.

**Export to  
more than  
88 countries**

in the world.

**Around**

**20,000 GYMS**

are using TS.



# TS FITNESS

## BORN FOR BEST PRICE-PERFORMANCE RATIOS

TS 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 UK, 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



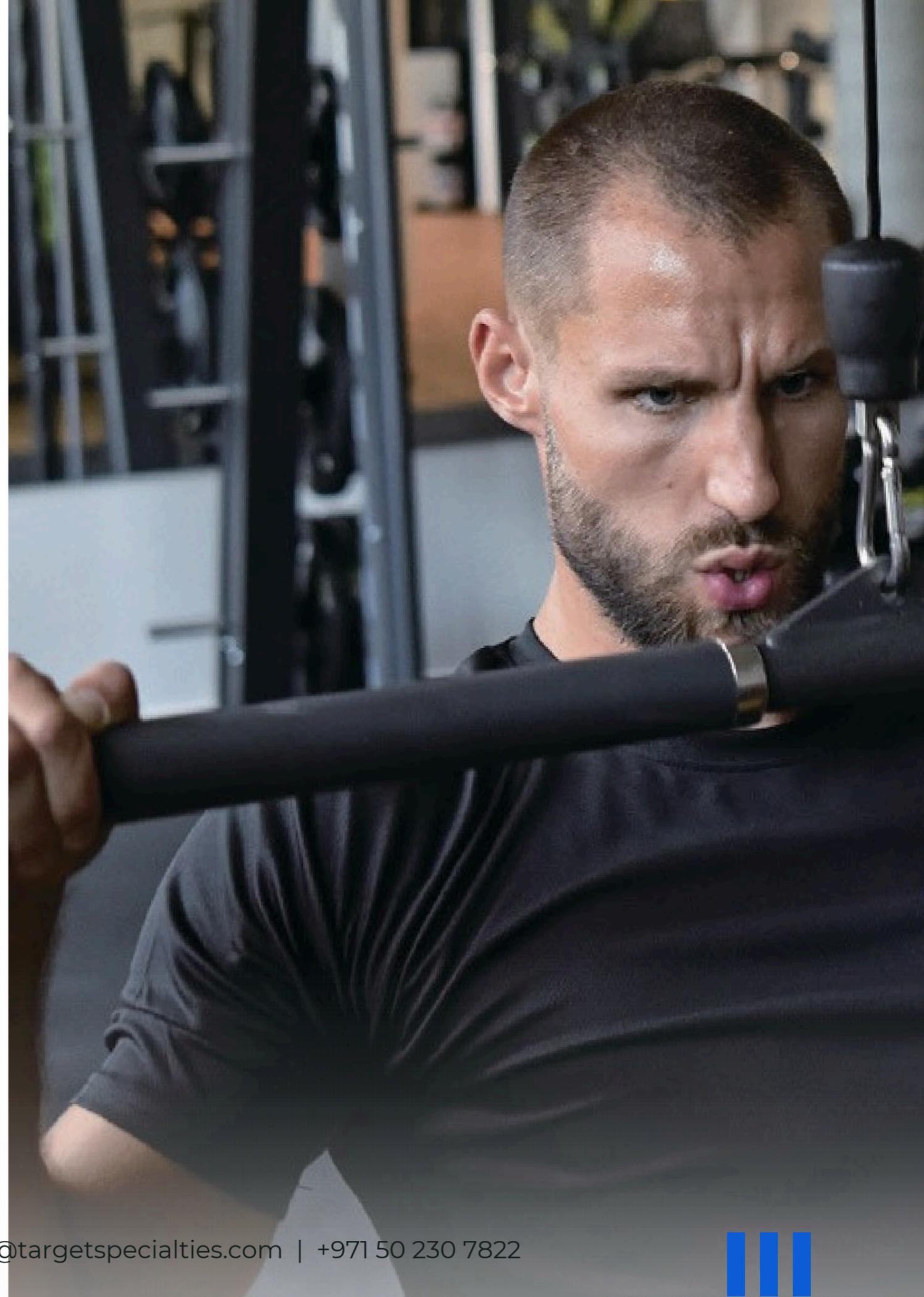
- For professional use
- Clever modern design
- Different weight options
- Simple and reliable handling



- 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



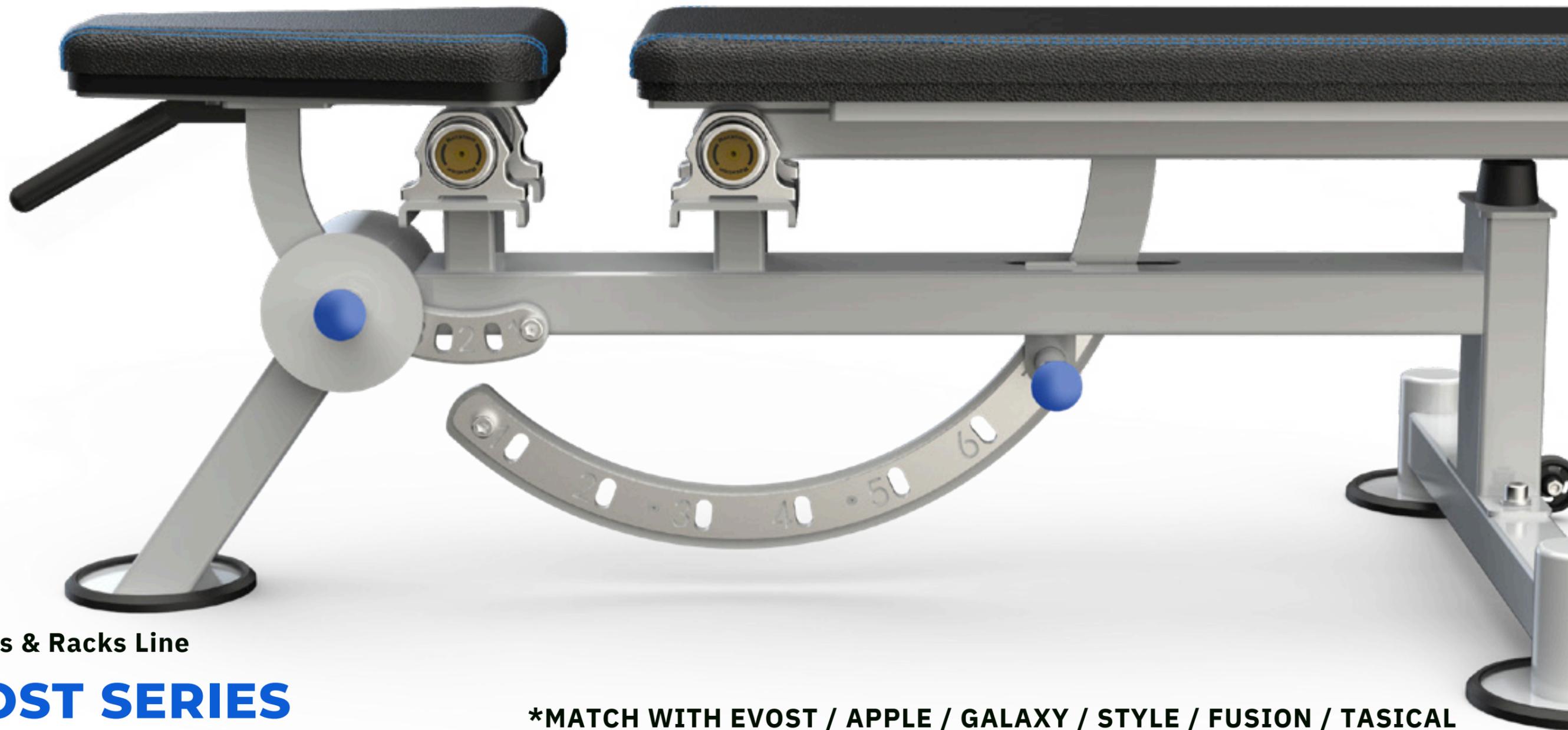


# THE UK'S MOST TRUSTED FITNESS BRANDS

## OUR CUSTOMERS



**Born. From. Experience.**



**Benches & Racks Line**

**EVOST SERIES**

**\*MATCH WITH EVOST / APPLE / GALAXY / STYLE / FUSION / TASICAL**



# EVOST SERIES

Benches & Racks Line



## FLAT BENCH

U3036



**W** Dimension: 135 x 76 x 43 cm  
**P** Product Weight: 26 kg

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

## ADJUSTABLE DECLINE BENCH

U3037



**W** Dimension: 162 x 76 x 81 cm  
**P** Product Weight: 54 kg

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

## OLYMPIC DECLINE BENCH

U3041



**W** Dimension: 206 x 178 x 109 cm  
**P** Product Weight: 83 kg

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

## OLYMPIC INCLINE BENCH

U3042



**W** Dimension: 201 x 178 x 140 cm  
**P** Product Weight: 87 kg

Inclined bench with four hooks for barbell and four weight horns

## MULTI-PURPOSE BENCH

U3038



**W** Dimension: 117 x 76 x 82 cm  
**P** Product Weight: 27 kg

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

## SUPER BENCH

U3039



**W** Dimension: 162 x 76 x 81 cm  
**P** Product Weight: 41 kg

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

## OLYMPIC FLAT BENCH

U3043



**W** Dimension: 173 x 178 x 122 cm  
**P** Product Weight: 66 kg

Flat bench with four hooks for barbell and four weight horns

## SEATED PREACHER CURL

U3044



**W** Dimension: 132 x 84 x 97 cm  
**P** Product Weight: 49 kg

Seated Preacher Curl; Seat height adjustment for different user sizes



## BACK EXTENSION

U3045



**W** Dimension: 122 x 86 x 96 cm  
**P** Product Weight: 64 kg

Retaining bottom edge for stability and comfort throughout the entire exercise

## VERTICAL KNESS UP/DIP

U3047



**W** Dimension: 127 x 71 x 160 cm  
**P** Product Weight: 77 kg

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

## HANDLE RACK

E3053



**W** Dimension: 94 x 76 x 104 cm  
**P** 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



**W** Dimension: 61 x 58 x 124 cm  
**P** Product Weight: 30 kg

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

## SQUAT RACK

U3050



**W** Dimension: 185 x 173 x 180 cm  
**P** Product Weight: 122 kg

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

## OLYMPIC MILITARY BENCH

U3051



**W** Dimension: 155 x 178 x 180 cm  
**P** 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



**W** Dimension: 97 x 76 x 145 cm  
**P** Product Weight: 76 kg

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

## BEAUTY DUMBBELL RACK

100608



**W** Dimension: 49 x 52 x 121 cm  
**P** 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



## BEAUTY DUMBBELL RACK

E3067



**W** Dimension: 145 x 65 x 100 cm  
**P** Product Weight: 75 kg

The clean, efficient 3-tier 9-pair dumbbell rack provides easy access to dumbbells in a space-saving design, and the middle tier features specially adapted store for chrome beauty dumbbells.

## DUMBBELL RACK

U3077

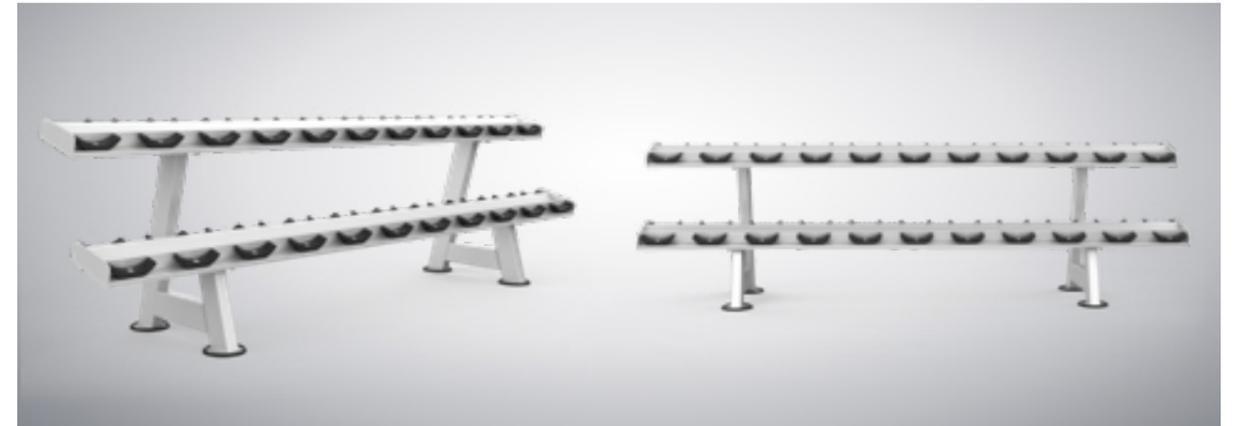


**W** Dimension: 72 x 248 x 81 cm  
**P** Product Weight: 68 kg

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

## DUMBBELL RACK

U3077L



**W** Dimension: 268 65 x 81 cm  
**P** Product Weight: 50 kg

11-pair angled storage surface prevents the wrists from twisting when removing / putting away the dumbbells, which is specially designed for our SUPERSPORT-YL001. Also for all commercially available dumbbells.

## STRETCH TRAINER

E3071



**W** Dimension: 128 x 52 x 106 cm  
**P** Product Weight: 46 kg

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

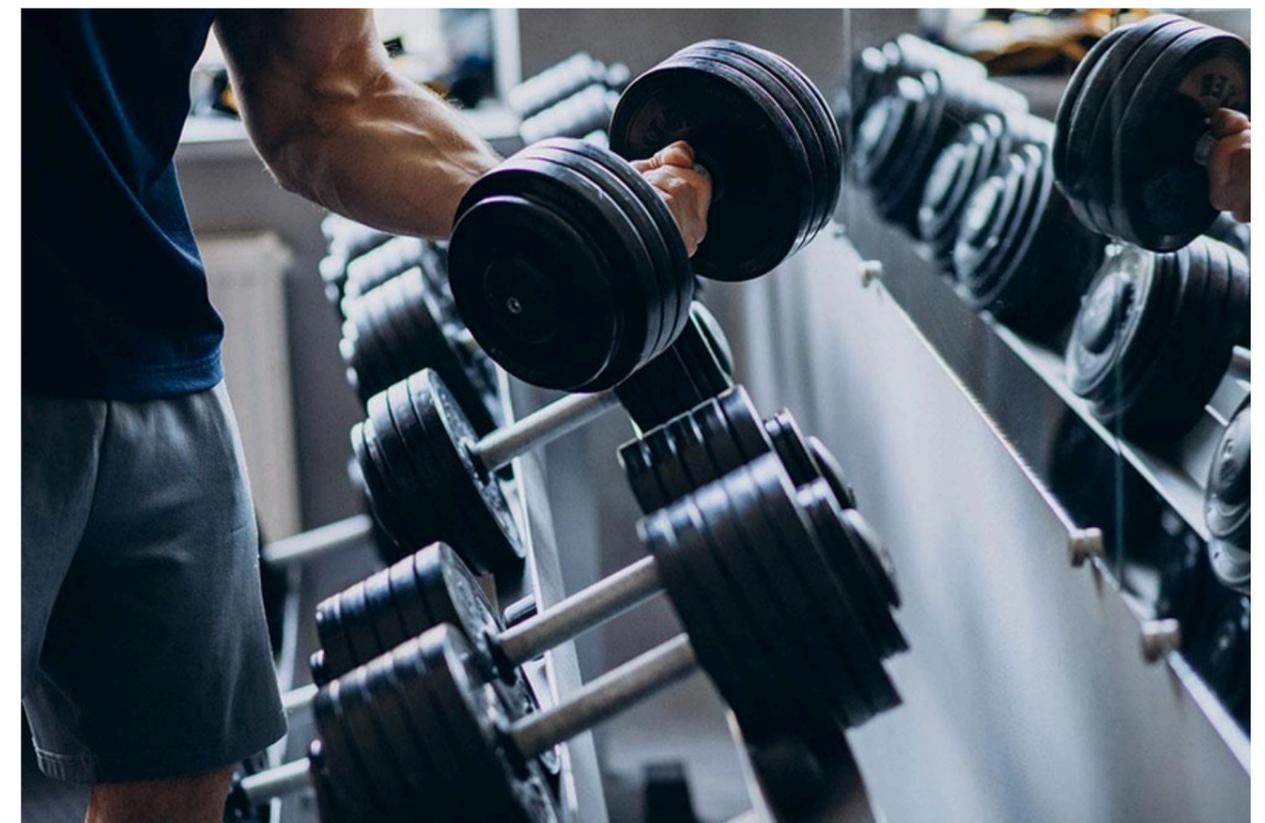
## ABDOMINAL TRAINER

E3070



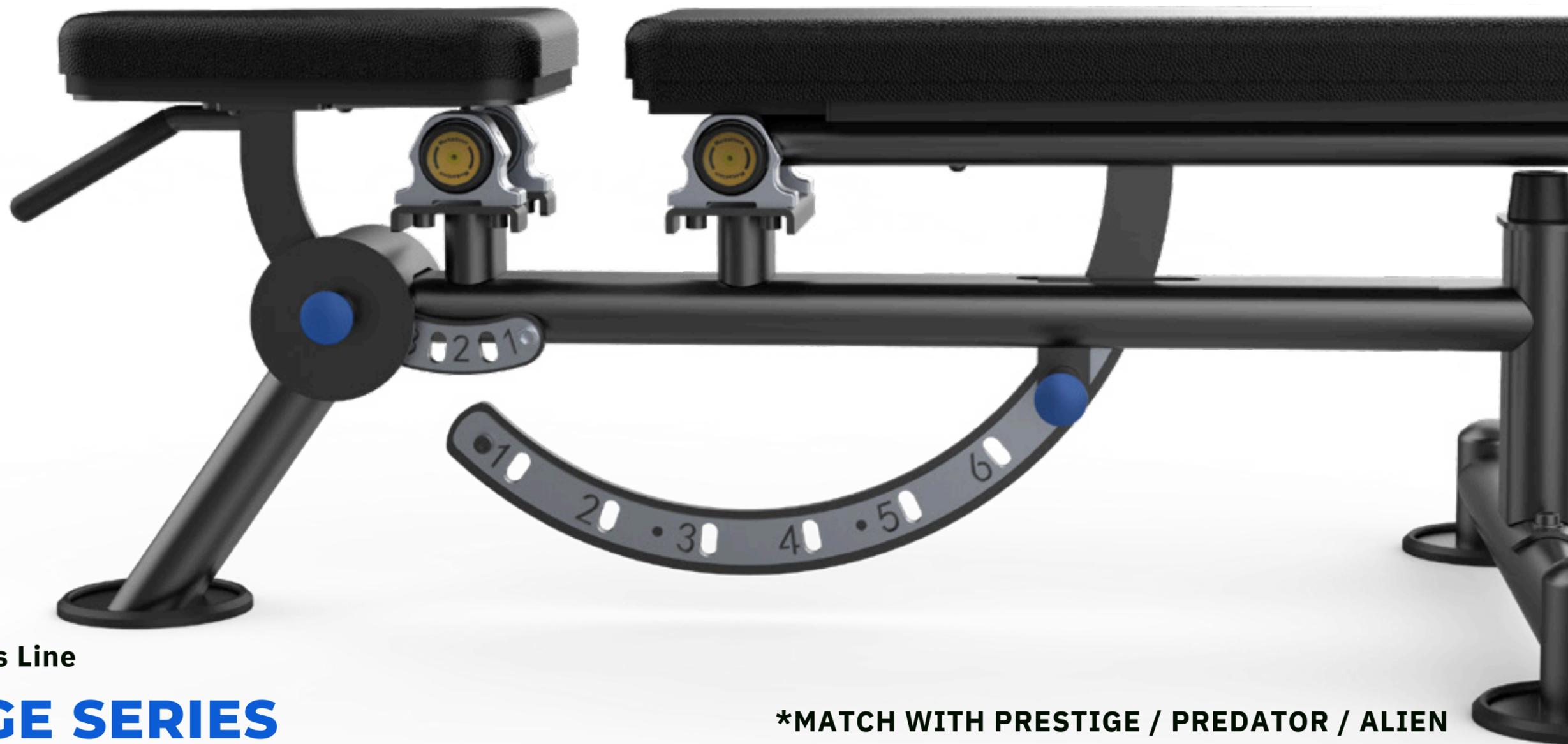
**W** Dimension: 157 x 93 x 102 cm  
**P** Product Weight: 72 kg

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



FLAT OVAL

**Best. Performance. Ratio !**



**Benches & Racks Line**

**PRESTIGE SERIES**

**\*MATCH WITH PRESTIGE / PREDATOR / ALIEN**



## FLAT BENCH

U2036



**W** Dimension: 130 x 76 x 42 cm  
**kg** Product Weight: 20 kg

Simple flat bench with ideal height for dumbbell training

## ADJUSTABLE DECLINE BENCH

U2037



**W** Dimension: 169 x 76 x 46 cm  
**kg** Product Weight: 45 kg

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

## OLYMPIC DECLINE BENCH

U2041



**W** Dimension: 208 x 177 x 124 cm  
**kg** Product Weight: 69 kg

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

## OLYMPIC INCLINE BENCH

U2042



**W** Dimension: 200 x 177 x 142 cm  
**kg** Product Weight: 79 kg

Inclined bench with four hooks for barbell and eight weight horns

## MULTI-PURPOSE BENCH

U2038



**W** Dimension: 122 x 76 x 80 cm  
**kg** Product Weight: 20 kg

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

## SUPER BENCH

U2039



**W** Dimension: 141 x 76 x 47 cm  
**kg** Product Weight: 38 kg

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

## OLYMPIC FLAT BENCH

U2043



**W** Dimension: 174 x 177 x 124 cm  
**kg** Product Weight: 52 kg

Flat bench with four hooks for barbell and eight weight horns

## SEATED PREACHER CURL

U2044



**W** Dimension: 130 x 80 x 97 cm  
**kg** Product Weight: 45 kg

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



## BACK EXTENSION

U2045



**W** Dimension: 120 x 96 x 66 cm  
**kg** Product Weight: 55 kg

Retaining bottom edge for stability and comfort throughout the entire exercise

## VERTICAL KNEE UP / DIP

U2047



**W** Dimension: 120 x 82 x 160 cm  
**kg** Product Weight: 54 kg

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

## VERTICAL PLATE TREE

U2054



**W** Dimension: 76 x 65 x 125 cm  
**kg** Product Weight: 20 kg

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

## BARBELL RACK

U2055



**W** Dimension: 99 x 90 x 142 cm  
**kg** Product Weight: 50 kg

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

## SQUAT RACK

U2050



**W** Dimension: 137 x 160 x 177 cm  
**kg** Product Weight: 76 kg

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

## OLYMPIC SEATED BENCH

U2051



**W** Dimension: 117 x 168 x 178 cm  
**kg** Product Weight: 92 kg

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

## DUMBBELL RACK

U2077



**W** Dimension: 213 x 62 x 81 cm **kg** Product Weight: 55 kg

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



FLAT OVAL PRO

**More. Than. Beauty.**



**Benches & Racks Line**

**\*MATCH WITH FUSION PRO / PRESTIGE PRO**

**FUSION PRO SERIES**





## FLAT BENCH

E7036



**W** Dimension: 127 x 79 x 46 cm  
**KG** Product Weight: 27 kg

Simple flat bench with ideal height for dumbbell training

## ADJUSTABLE DECLINE BENCH

E7037



**W** Dimension: 169 x 79 x 86 cm  
**KG** Product Weight: 56 kg

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

## OLYMPIC DECLINE BENCH

E7041



**W** Dimension: 215 x 182 x 131 cm  
**KG** Product Weight: 98 kg

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

## OLYMPIC INCLINE BENCH

E7042



**W** Dimension: 219 x 181 x 157 cm  
**KG** Product Weight: 101 kg

Inclined bench with four hooks for barbell and eight weight horns

## MULTI-PURPOSE BENCH

E7038



**W** Dimension: 97 x 74 x 104 cm  
**KG** Product Weight: 29 kg

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

## SUPER BENCH

E7039



**W** Dimension: 136 x 69 x 51 cm  
**KG** Product Weight: 43 kg

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

## OLYMPIC FLAT BENCH

E7043



**W** Dimension: 202 x 182 x 131 cm  
**KG** Product Weight: 80 kg

Flat bench with four hooks for barbell and eight weight horns

## PREACHER CURL BENCH

E7044



**W** Dimension: 131 x 82 x 101 cm  
**KG** Product Weight: 66 kg

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



## BACK EXTENSION

E7045



**W** Dimension: 152 x 79 x 83 cm  
**KG** Product Weight: 70 kg

Retaining bottom edge for stability and comfort throughout the entire exercise

## VERTICAL KNESS UP/DIP

E7047



**W** Dimension: 104 x 72 x 165 cm  
**KG** Product Weight: 82 kg

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

## VERTICAL PLATE TREE

E7054



**W** Dimension: 68 x 69 x 80 cm  
**KG** Product Weight: 35 kg

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

## BARBELL RACK

E7055



**W** Dimension: 99 x 85 x 132 cm  
**KG** Product Weight: 82 kg

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

## SQUAT RACK

E7050



**W** Dimension: 139 x 175 x 177 cm  
**KG** Product Weight: 125 kg

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

## OLYMPIC MILITARY BENCH

E7051



**W** Dimension: 126 x 110 x 180 cm  
**KG** 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



**W** Dimension: 230 x 60 x 73 cm  
**KG** 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



**W** Dimension: 230 x 60 x 72 cm  
**KG** 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

**DISCOVERY SERIES**



## OLYMPIC INCLINE BENCH

D971



**W** Dimension: 125 x 188 x 160 cm  
**kg** 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



**W** Dimension: 125 x 163 x 135 cm  
**kg** 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



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

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

## SEATED PREACHER CURL

D976



**W** Dimension: 106 x 79 x 110 cm  
**kg** 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



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

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

## OLYMPIC MILITARY BENCH

D974



**W** Dimension: 124 x 135 x 187 cm  
**kg** 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



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

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

## BARBELL RACK

D981



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

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



## SUPER BENCH

D978



W 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

## DISCOVERY SERIES

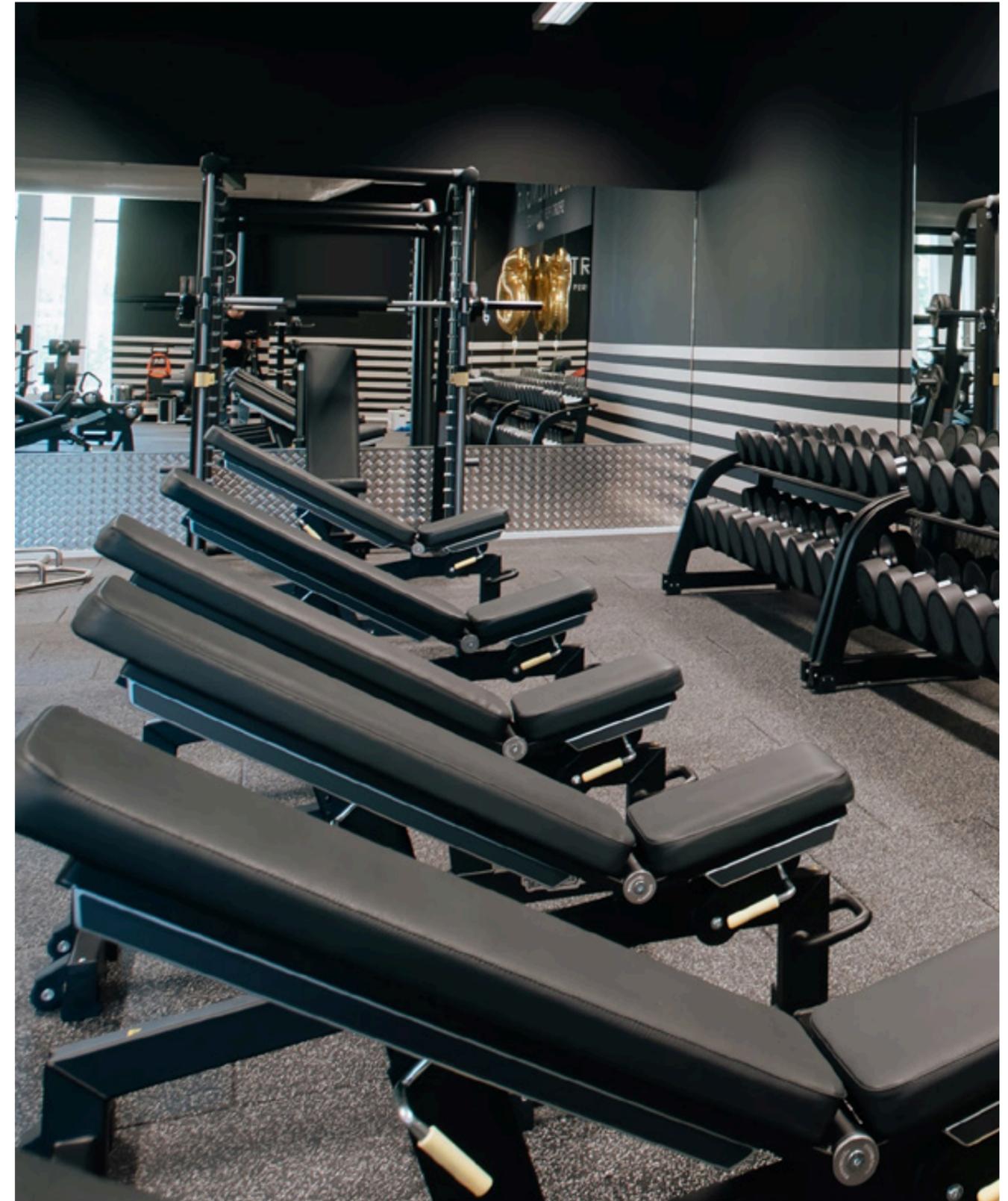
Rooted in high performance sports Pro Series is a complete benches & Racks range for your elite training area.

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

### Best Match



D979



# Storage. Re. Defined



Storage & Racks Line

**CROSSTRaining SERIES**



# EVOST SERIES

Benches & Racks Line



## MULTI RACK

E6230



**W** Dimension: 434 x 104 x 126 cm  
**KG** Product Weight: 265 kg

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

## BARBELL RACK

E6231



**W** Dimension: 129 x 82 x 141 cm  
**KG** Product Weight: 70 kg

Support of any standard barbell

## 4 BARBELL STORAGE BASE

E6235



**W** Dimension: 74 x 67 x 30 cm  
**KG** 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



**W** Dimension: 74 x 67 x 21 cm  
**KG** 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



**W** Dimension: 144 x 74 x 43 cm  
**KG** 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



**W** Dimension: 204 x 82 x 84 cm  
**KG** 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



**W** Dimension: 204 x 82 x 84 cm  
**KG** 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



**W** Dimension: 206 x 67 x 126 cm  
**KG** 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



W 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



W 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.



## DOUBLE STORAGE

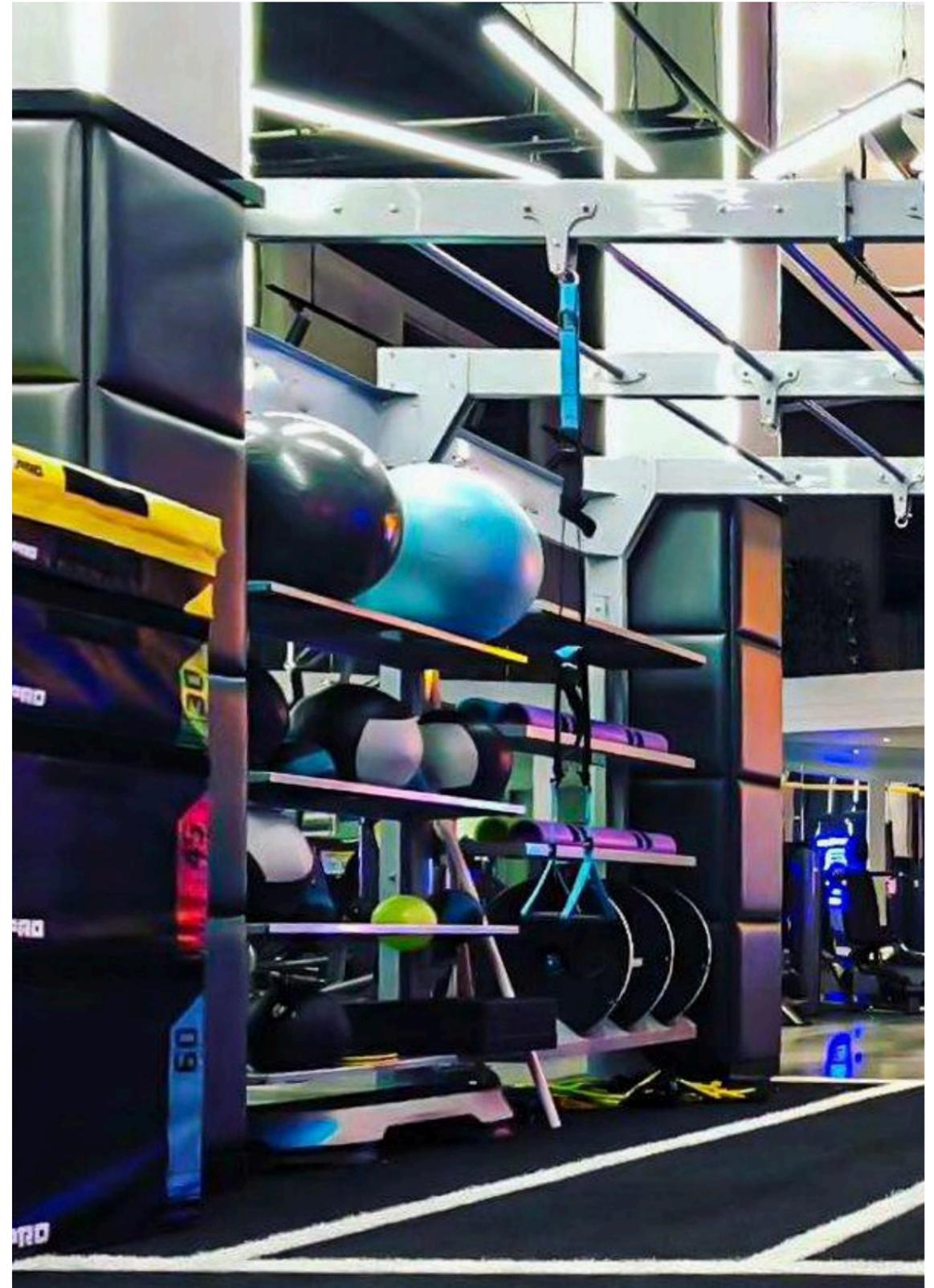
E6248



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.



# EVOST SERIES

Benches & Racks Line



# LEVER ARM COMBO RACK



## E6215

W Dimension: 5150\*2470\*2500 mm  
Weight: 1028 kg

Unleash your training potential with our customizable combination racks - add as many as you need for ample storage and limitless workout options, whether for personal or group fitness.

## E6212B

W Dimension: 2470\*2100\*2500 mm  
Weight: 460 kg

### Kevlar Strap



## E6213

W Dimension: 8230 \* 2470 \* 2500 mm  
Weight: 1815 kg



# Comfort. Physical. Relax !

AM001

## Electric Spa Bed

An easy-to-use electric lift spa bed that can be adjusted in height of 300mm using the controller, providing great convenience for clients and practitioners. Utilizing a sturdy steel frame, durable and reliable cushioning gives you a lift spa bed that will provide years of trouble-free service for the budget-conscious practitioner who insists on quality.



 Dimension: 1900\*720\*600 mm

 Product Weight: 100 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



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



### THE 3D WALK-THROUGH VIDEO

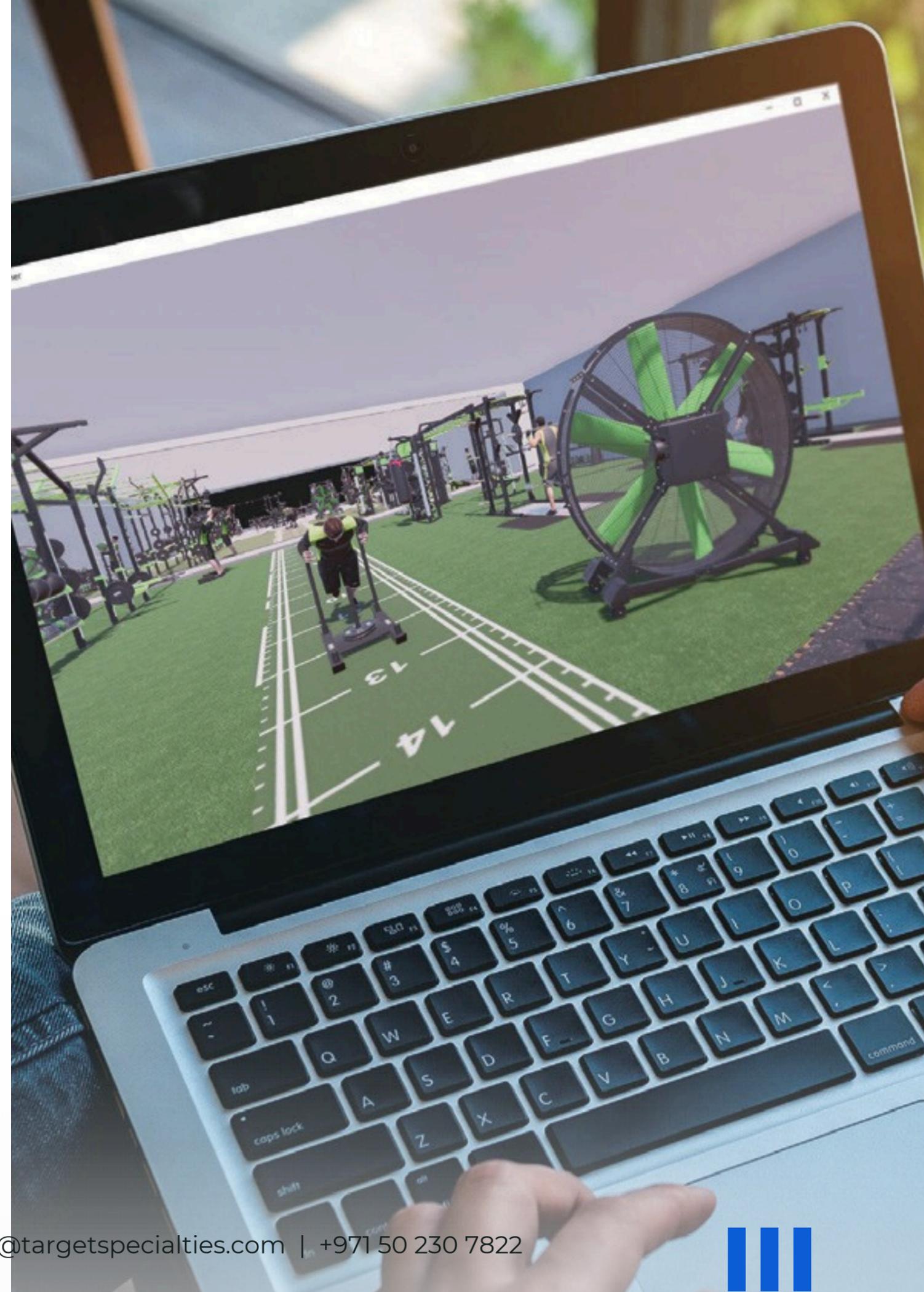
We offer this service on top if you order devices from us. You can use it to attract potential members via Social media and give your existing members an advance impression of your planned investment. The exercising avatars bring life to the planned studio for real.

### JUST DO IT YOURSELF

In the software you will find the complete, precisely scaled equipment range of TS 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.**



# TS PASSION FOR FITNESS



# LET'S TALK TRAINING!



 TS FITNESS  TS FITNESS  TS FITNESS  TS FITNESS

## TS FITNESS

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[www.targetspecialties.com](http://www.targetspecialties.com)

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

