

Benches & Racks

Intenza Fitness\_\_\_\_\_ Strength Equipment



## Flat—Incline Bench

A staple in free weight strength training, the Flat—Incline Bench offers multiple angle adjustments for the back pad and front seat.

### 6 Back Pad Positions

6 Angles to choose (from 0—85 degrees)

### 3 Front Seat Adjustments

The adjustable seat height over a wide range accommodates users of various heights.

### Easy to Move

Sturdy front handle and dual wheel rollers make it easy to move around the facility.



<b>Product Weight</b>	48kg
<b>Footprint (L x B x H)</b>	131.8 x 69.1 x 49cm

# Olympic Flat Bench

Built for heavy—duty performance, the Intenza Olympic Flat Bench is designed to perform a variety of bench press exercises from a flat bench position.

## Concave frame design

Improves spotting accessibility.

## UWHM Wear Guards

High—density plastic wear guards are highly durable and protect bar knurling.

## Compatible Design

Compatible with Olympic weight storage attachment for increased stability and 4—weight horns.



<b>Product Weight</b>	59kg
<b>Footprint (L x B x H)</b>	138.7 x 129.8 x 121.9cm

# Olympic Incline Bench

The Olympic Incline Bench is designed to provide a stable foundation for incline barbell pressing exercisers.

## 6 Seat Positions

A wide range of seat heights helps alignment for wide range of users.

## 30 Degrees Incline

Targets upper activation to minimize shoulder impingement.

## Compatible Design

Compatible with Olympic weight storage attachment for increased stability and 4 weight horns.



**Product Weight**

69kg

**Footprint (L x B x H)**

154.7 x 125.5 x 152.7cm

# Back Extension Bench

Strengthen the lower back with the Back Extension Bench, engineered for a targeted workout that supports the spine while engaging the erector spinae muscles.

## Comfort and Stabilization

Vinyl layer—covered leg pads providing a supportive surface for enhanced stability.

## Durable Frame Protection

With Plastic foot guards and rubber platform shield the equipment from potential damage.

## Rubber—Covered Handles

For better user experience.



<b>Product Weight</b>	60kg
<b>Footprint (L x B x H)</b>	153.2 x 79 x 82.6cm

# Arm Curl Bench

The Arm Curl Bench allows exercisers to perform spider curls on the flat side and preacher curls on the incline side.

## Two in One

Train biceps in a shortened position with constant tension with a preacher curl, or train biceps in a lengthened position with a spider curl.

## UWHM Wear Guards

High—density plastic wear guards are highly durable and protect bar knurling.



<b>Product Weight</b>	68kg
<b>Footprint (L x B x H)</b>	131.8 x 80.5 x 106.4cm

# Olympic Weight Storage

Add 4 weight horns and improve the stability of flat/ incline olympic benches with the olympic weight storage attachment.

## Four weight horns

Are provided for weight plate storage.

## Durable

Weight horns feature high—quality and high—density plastic coverings, along with rubber bumpers for enhanced protection.

## Compatible Design

Compatible with Olympic Incline Bench, Olympic Decline Bench, and Olympic Flat Bench for easy attachment.

**Product Weight**

21kg

**Footprint (L x B x H)**

76.5 x 165.6 x 124cm



# Two Tier Dumbbell Rack

The Two Tier Dumbbell Rack holds 10 pairs of dumbbells.

## Enhanced Durability

Built with high-grade materials, it ensures long-lasting performance and withstands the rigors of a commercial gym environment.

## Safety and Accessibility

Features a user—friendly design that provides easy access and secure storage of barbells, reducing the risk of injury and facilitating efficient workout sessions.

## Optimized Storage Capacity

The Two Tier Dumbbell Rack efficiently accommodates a wide range of dumbbells in a condensed footprint, ideal for gyms with limited space.



<b>Product Weight</b>	69kg
<b>Footprint (L x B x H)</b>	212.1 x 59.2 x 72.1cm



# Barbell Rack

The barbell rack stores 10 fixed barbells. High density nylon guards along the frame protect barbell knurling and prevent scratches to the frame.

## Enhanced Durability

Built with high-grade materials, it ensures long-lasting performance and withstands the rigors of a commercial gym environment.

## Safety and Accessibility

Features a user-friendly design that provides easy access and secure storage of barbells, reducing the risk of injury and facilitating efficient workout sessions.

## Space—Efficient Storage

The Barbell Rack is designed for compact and organized storage of multiple barbells, maximizing floor space in gyms and fitness centers.



<b>Product Weight</b>	78kg
<b>Footprint (L x B x H)</b>	99.1 x 84.6 x 131.6cm

# Smith Machine

The Smith Machine features a vertical bar path that follows the optimal movement for any type of squat variation.

## Versatile Training

Multiple pull—up handles for varied exercises.

## Low Starting Resistance

Barbell weight is counterbalanced

## Smooth Feel

Maintenance free guide rods and bearings for long lasting performance.



<b>Product Weight</b>	242kg
<b>Footprint (L x B x H)</b>	135.1 x 205.5 x 234.2cm

# Abdominal Bench

The Abdominal Bench is a versatile piece for core workouts, adjustable for various levels of intensity and user comfort, ideal for enhancing abdominal strength.

## Adjustable Intensity

Features customizable settings for tailored workout difficulty, enhancing safety and effectiveness across different fitness levels.

## Enhanced Durability

Built with high—grade materials, it ensures long—lasting performance and withstands the rigors of a commercial gym environment.

<b>Product Weight</b>	53kg
<b>Footprint (L x B x H)</b>	167.4 x 79 x 85.3cm



# Olympic Squat Rack

Built for durability and convenience, the Olympic Squat Rack offers stability for intense workouts. Integrated safety guards ensure peace of mind, while six storage horns keep weight plates organized and within reach.

## Durability Rack

Durable high—density plastic rack with integrated safety guards for superior finish protection.

## Storage Convenience

Featuring six integrated storage horns, our equipment ensures easy accessibility to weight plates.

<b>Product Weight</b>	114kg
<b>Footprint (L x B x H)</b>	165 x 138 x 173cm



# Power Rack

The Power Rack provides a rock-solid frame for heavy lifts. Zinc plating safeguards the frame and Olympic bars for lasting use. Plus, integrated anchors and hooks allow the addition of resistance bands for a versatile workout experience.

## J—Hook Protection

Equipped with two sets of zinc—plated J—hooks, complete with polypropylene guards, to ensure the protection of Olympic bars.

## U—Bracket Security

Fully zinc—plated U—brackets, safeguarding the frame with the added benefit of being replaceable if necessary.

## Corrosion Resistance

Stainless steel corrosion protection for lasting durability.

## Resistance Enhancement

Equipped with anchors and hooks for attaching elastic bands, our product offers a gradual increase in resistance for exercises like squats and bench presses.

<b>Product Weight</b>	260kg
<b>Footprint (L x B x H)</b>	196 x 165 x 245cm



# Flat Bench

The Flat Bench's three—point base delivers enhanced stability. Wear guards protect the frame from wear and tear, while the independent head and main pads are easily replaceable.

## Stability Assurance

The three—point base design ensures enhanced stability.

## Individual Pad Replacement

Designed with distinct head and main pads, enabling individual replacement as needed.

## Frame Protection

Wear guards are integrated to preserve the frame's finish.



<b>Product Weight</b>	29kg
<b>Footprint (L x B x H)</b>	165 x 79 x 46cm

## Utility Bench

With an 85—degree back angle and a three—point base for improved stability, the Utility bench is ideal for overhead movements. In addition, wear guards shield the frame to preserve the bench's finish.

### Stability Angle

The 85—degree back pad angle ensures stability during overhead movements.

### Enhanced Stability

The three—point base design ensures enhanced stability.

### Frame Protection

Wear guards are integrated to preserve the frame's finish.

**Product Weight**

27kg

**Footprint (L x B x H)**

173 x 73 x 104cm



# Olympic Decline Bench

With its large—diameter rollers and rotating slide mechanism, the Olympic Decline Bench provides enhanced comfort and stability. In addition, high—density bar rack guards are used to protect the frame.

## Rotating Adjustment

A rotating slide mechanism facilitates stable and effortless adjustments.

## Frame Safeguards

High—density bar rack guards are integrated to safeguard the frame.

## Comfortable Rollers

Large diameter roller pads are designed for enhanced comfort.

## Versatile Bar Rack

Our design features multiple bar rack positions to accommodate users of all sizes.



<b>Product Weight</b>	89kg
<b>Footprint (L x B x H)</b>	177 x 125 x 126cm