

# **Arm Curl**

Designed for bicep isolation, the Selectorized Ease Line Arm Curl provides a stable and effective workout with contoured pads and adjustable resistance.

**Free—Floating Handles** Comfortably accommodate to different forearm lengths.

**Anatomical Arm Pad** Isolated & corrects muscle imbalances and adds training variety.

Gas—Assisted Seat Adjustment with 4-Bar linkage design provides easy and secure adjustability.

### Variable Cam Resistance

Mimics natural strength of the biceps for better muscle activation and stimulation.

**Product Weight** 217kg Footprint (L x B x H) Weight Stack 109kg

139 x 95 x 150cm

Intenza Fitness\_\_\_\_ \_Strength Equipment





### **Chest Press**

Prioritize upper body strength with the Selectorized Ease Line Chest Press, featuring biomechanically sound design for effective chest engagement and variable weight options.

### **Converging Arc of Movement**

Allows for greater overall muscle development. Greater peak contraction and top and max stretch at the bottom.

### **Independent Arms**

Isolates & corrects muscle imbalances and adds training variety.

### **Adjustable Back Pad**

Can be moved forward or back to achieve full range of motion.

Product Weight Footprint (L x B x H) Weight Stack 242kg 111 x 143 x 150cm 109kg







### Lat Pulldown

Our Selectorized Ease Line Lat Pulldown station offers a compound upper body workout, with adjustable resistance and ergonomic seating for enhanced muscle development.

### **Independent Arm**

Isolated & corrects muscle imbalances and adds training variety.

### **Anchor Thigh Pad**

Keeps exercisers fixed and stable throughout the movement.

Product Weight Footprint (L x B x H) Weight Stack 260kg 152 x 143 x 185cm 109kg





### **Shoulder Press**

The Selectorized Ease Line Shoulder Press features a user—friendly setup to target deltoids effectively, offering a stable workout with customizable resistance levels.

### **Independent Arms**

Isolates & corrects muscle imbalances and adds training variety.

### **Three Grip Positions**

Accommodates shoulder width variation and different areas of the deltoid to be targeted.

### **Reclined Seat**

A slight lean in the starting position enforces muscle activation and increased stability.

### **Counter Balanced Arms**

Reduces starting resistance for easy lift—off.

Product Weight Footprint (L x B x H) Weight Stack

254kg 157 x 153 x 150cm 109kg







### **Back Extension**

The Selectorized Ease Line Back Extension is crafted for comfort and effectiveness, focusing on lower back muscles with precision and featuring adjustable resistance for progressive training sessions.

### **Adjustable Start**

Allows a selection for range of motion. ROM adjustment is easily selected with the hand release and accommodates individual preferences or physical limitations.

### **Dual Foot Platforms**

Accommodate a wider range of users.Dual foot supports provide support and stabilization during exercise without the need for adjustments.

### **Ergonomic Seat**

Ensures correct positioning on the equipment without the need for adjustments.

### **Back Pad**

The back pad design encourages extension of the lower back muscles while minimizing hip extension.

Product Weight2Footprint (L x B x H)1Weight Stack1

243kg 106 x 129 x 150cm 109kg







# **Abdominal**

Designed for core engagement, the Selectorized Ease Line Abdominal station offers a focused workout to strengthen and tone the midsection with intuitive resistance adjustments.

### **Ergonomic Seat**

Ensures correct positioning on the equipment without the need for adjustments.

### **Dual Swivel Pulleys**

Support both "rotating" and traditional "in—line"abdominal training.

### **Ergonomic Kneeling Position**

Stabilizes the user's body and secures user in place or The dual foot supports accommodate users of every height and prevent the hip flexors from being activated.

### **Back Pad**

Stabilizes the pelvis for better isolation of the abdominal muscles.

Product Weight Footprint (L x B x H) Weight Stack

218kg 107 x 118 x 157cm 109kg







# Leg Press

Experience the Selectorized Ease Line Leg Press, combining ergonomic excellence with variable resistance, enabling users to enhance leg strength and muscular endurance in a supported position.

Adjustable Seat Carriage Allows starting position adjustment for a wider range of users.

**Robust Linear Guide Rod** Ensures smooth, solid movement with low friction.

**Low—Lying Design** For easy entry and exit.

Large Foot Platform Increase exercise variety.

### **Angle of Rail Inclination**

Keeps knees in a biomechanical position for safer and higher—quality quad activation.

Product Weight Footprint (L x B x H) Weight Stack

347.2kg 190 x 111 x 150cm 170kg Intenza Fitness\_\_\_\_\_ Strength Equipment





# **Seated Leg Curl**

The Selectorized Ease Line Seated Leg Curl allows for concentrated hamstring training through an adjustable seat and backrest, enhancing user performance.

Selection of Motion Adjustment Accommodates wider range of users.

Adjustable Thigh Pad Assisted for stabilization during exercise.

Self—Pivoting Tibia Pad Allows the ankle to comfortably move around.

Product Weight Footprint (L x B x H) Weight Stack 261kg 116 x 166 x 150cm 109kg







# **Leg Extension**

The Selectorized Ease Line Leg Extension machine delivers targeted quadriceps conditioning with its smooth, guided motion for consistent tension and muscle activation.

Selection of Motion Adjustment Accommodates a wider range of users.

Self— Pivoting Tibia Pad Makes user operation easy and simple.

**Reclined Seat and Back Pad** Help relax hamstrings for full quadriceps contraction.

### Variable Cam

Mimics natural strength of the hamstringfor better muscle activation and stimulation.

Product Weight Footprint (L x B x H) Weight Stack

241kg 116 x 141 x 150cm 109kg Intenza Fitness\_\_\_\_\_ Strength Equipment





### **Seated Row**

The Selectorized Ease Line Seated Row targets the back, ensuring proper posture and peak engagement, complete with selectable weights for tailored workouts.

Versatile Grip System Ensures targeting lats and rear deltoids. Rotating/pivot arm feature.

Independent Arms Isolated & corrects muscle imbalances and adds training variety.

Adjustable Chest Pad Accommodates for wider range of users.

### **Rotating handles**

Enable natural movement, allowing users to perform a comprehensive range of motions that target various muscle groups

### Feet Pad

Provides a grippy surface for better stability.

 Product Weight
 248kg

 Footprint (L x B x H)
 151 x 120

 Weight Stack
 109kg

248kg 151 x 120 x 150cm 109kg







# **Seated Dip**

Focused on triceps and chest, the Selectorized Ease Line Seated Dip station provides a secure position with adjustable resistance to suit all fitness levels.

### **Rotating Handles**

Accommodates to differing shoulder widths.

### 4-Bar Linkage Movement Structure

Deliveries a natural movement with minimized stress on wrist joint.

### **Angled Back Pad**

Provides stability to the user eliminating the need for additional adjustment.

Product Weight Footprint (L x B x H) Weight Stack 242kg 123 x 107 x 150cm 109kg







# Weight Assisted Chin Up/Dip

The Selectorized Ease Line Weight Assisted Chin Up/Dip station aids in perfecting chin ups and dips by providing adjustable weight assistance for all user strengths.

### **Multiple Grip Position**

Multiple grip positions on Chin—up increase variety of exercises. Dual handle (neutral and prone) for different muscle activation.

### **Handle Design**

Dip handles swivel in narrow and wide positions to target different muscles of training.

### **Standing Design**

Help align whole body better throughout range of motion when compared to kneeling designs.

### **Steps Design**

Assist with easy entry and exit.

 Product Weight
 262kg

 Footprint (L x B x H)
 196 x 99 x 249cm

 Weight Stack
 109kg

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



# **Hip Abduction/Adduction**

Our Selectorized Ease Line Hip Abduction/Adduction station caters to both inner and outer thigh muscles, providing an effective workout with easy—to—modify resistance settings.

**Dual Exercises Mode** For better usage and floor space efficiency.

**Low—Lying Design** For easy entry and exit.

Adjustable Starting Position Accommodates a wide range of exercisers.



Product Weight Footprint (L x B x H) Weight Stack 247kg 159 x 82 x 150cm 109kg

# **Pec Fly/Rear Delt**

Strengthen and tone with the Selectorized Ease Line Pec Fly/Rear Delt, allowing full range of motion and resistance customization for comprehensive chest and shoulder workouts.

Simple Adjustment Simple adjustment to switch between exercises.

Articulating Arms Accommodates wide range of users.

**Dual Handle (Neutral & Prone):** For different muscle activation.

Variable Cam Resistance Ensures a direct and secure link to the weight stack.

Product Weight Footprint (L x B x H) Weight Stack 232kg 141 x 130 x 207cm 109kg





# **Prone Leg Curl**

Featuring an auto-adjusting roller pad, the Prone Leg Curl conforms to users of various sizes, ensuring a comfortable and personalized workout. The machine allows users to maximize hamstring engagement while minimizing stress on the lower back.

#### Lower—Back Relief

The divergent hip and chest pad design minimizes lowerback stress.

### Auto—Adjust Pad

The free-floating roller pad automatically adjusts to accommodate users of different sizes without the need for manual adjustment.

#### **Natural Strength Cam**

The variable cam is designed to replicate the user's natural strength curve throughout the motion.

### **Secure Grip Handles**

Angled rubber grip handles with aluminum fittings are strategically designed to secure the user in place during exercise.

### **Single Adjustment**

Designed for ease of use with a single adjustment feature.

**Product Weight** 219kg Footprint (L x B x H) 156 x 111 x 150cm Weight Stack 109kg





