

# BH FITNESS

# CATALOGUE

Commercial Fitness



[bh.fitness/en/](https://bh.fitness/en/)



# TABLE OF CONTENTS

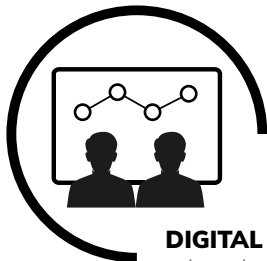


<b>BH Fitness</b>	<b>4</b>
<b>MOVEMIA</b>	<b>14</b>
Cardio Series	<b>16</b>
Strength Series	<b>31</b>
<b>INERTIA</b>	<b>48</b>
<b>Indoor Cycling</b>	<b>53</b>
<b>Exercycle Plus</b>	<b>57</b>
<b>TR Series</b>	<b>59</b>
Guided Strength	<b>60</b>
Multistations	<b>70</b>
<b>Free Weight</b>	<b>75</b>
PL Series	<b>76</b>
Guided Frame	<b>83</b>
Benches	<b>85</b>
Storage	<b>90</b>
<b>Functional</b>	<b>91</b>
MAGSYS	<b>92</b>
HIIT	<b>95</b>
All Functional Trainer	<b>96</b>

## 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.

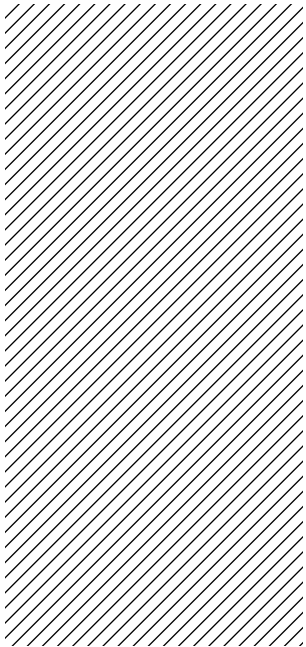
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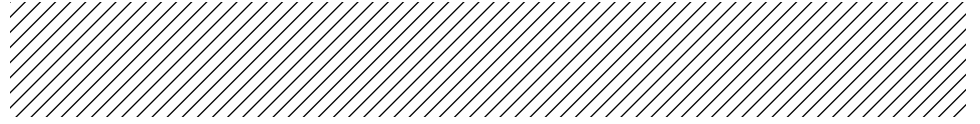
### INTERIOR DESIGN CONSULTANCY

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.









THE NUMBER 1 TOOL FOR

# CUSTOMER LOYALTY

Thanks to the Central Station platform, the designated manager will have access to all the real-time information on the situation of your gym(s). Situation of the machines, times of use, possible connection errors or faults are just some of the data that you can access from any device at any time.

# 1

## MONITORS AND MANAGES YOUR FACILITIES

Obtain data on your equipment to see how much it is used and when it needs maintenance.

# 2

## PERSONALISES YOUR ENTERTAINMENT OFFER

Get to know your users, improve the positioning of the club's brand among the clients and carry out strategies to improve user experience.

# 3

## APP CONNECTIVITY

With the SmartFocus open code system, integration with other gym management applications is simpler than ever.





## 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.





DISCOVER A 100%

## CONNECTED GYM

Thanks to the synchronization with the equipment, BH GYMLOOP let you know your members better, from real data of their activity in the fitness room. You can offer them more customized solutions and connect to them through 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

BH GYMLOOP's gamification system and its ability to identify members at risk of dropping out help centres improve the engagement of their users, thus reducing the cancellation rate.

# 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.



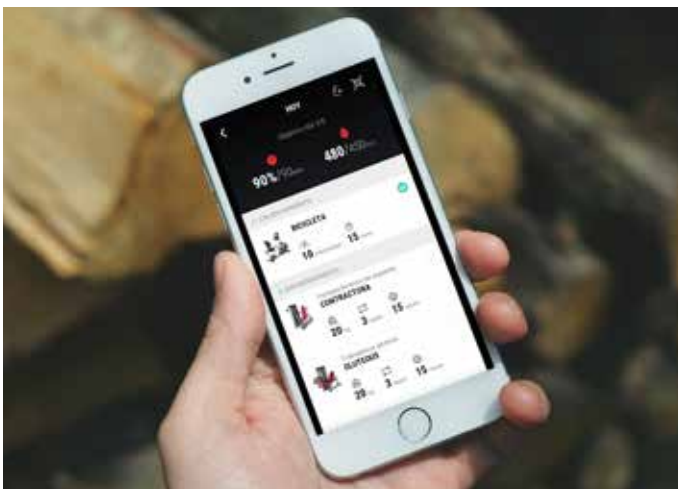


## MANAGERS

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.

## QR GUIDED CONNECTIVITY

BH Fitness has launched a very innovative connectivity system for machines that are not connected with SmartFocus screens. Due to QR codes printed in the machines and accessories, the new system allows to create a 360° connected universe around the whole gym. From now in advance, exercises made on the benches, on Plate Loaded machines, as well as routines made with dumbbells and TRX, will be recorded on BH GYMLOOP.



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.



LED consoles include the iConcept 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 CARDIO





# TREADMILL

# TR1000\_Treadmill

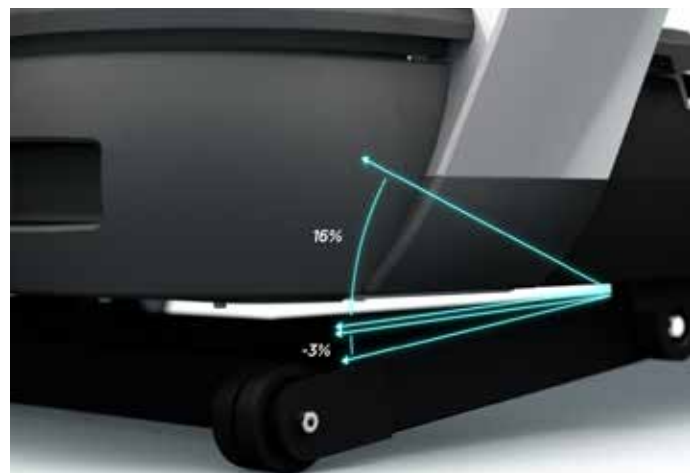
Dimensions (L x W x H): 212 x 94 x 172 cm

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.
- Max user weight: 195 Kg.

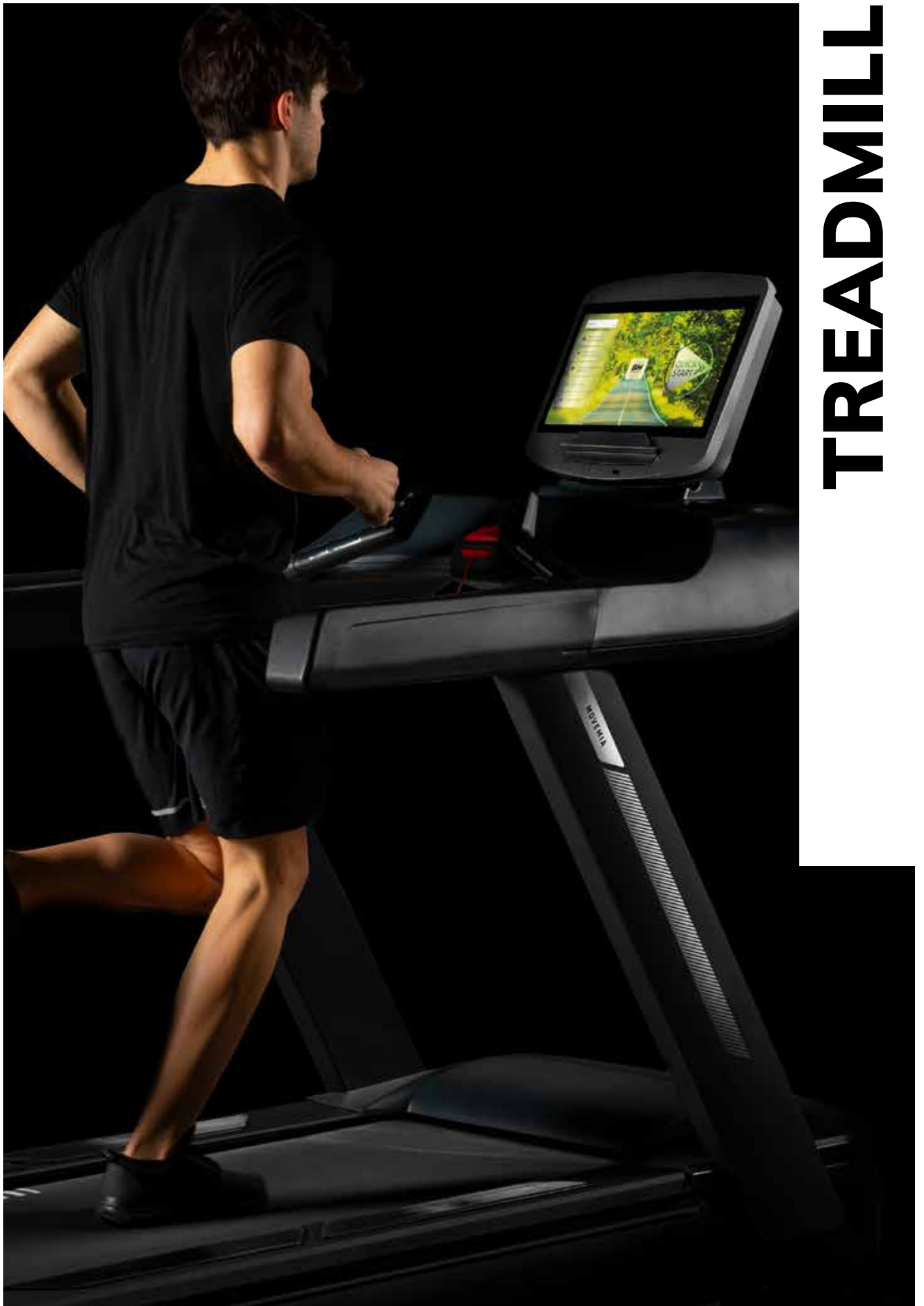


**Light indicators.** At a glance, the user can see whether the equipment is in use.



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





# TREADMILL

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

Weight: 233 kg

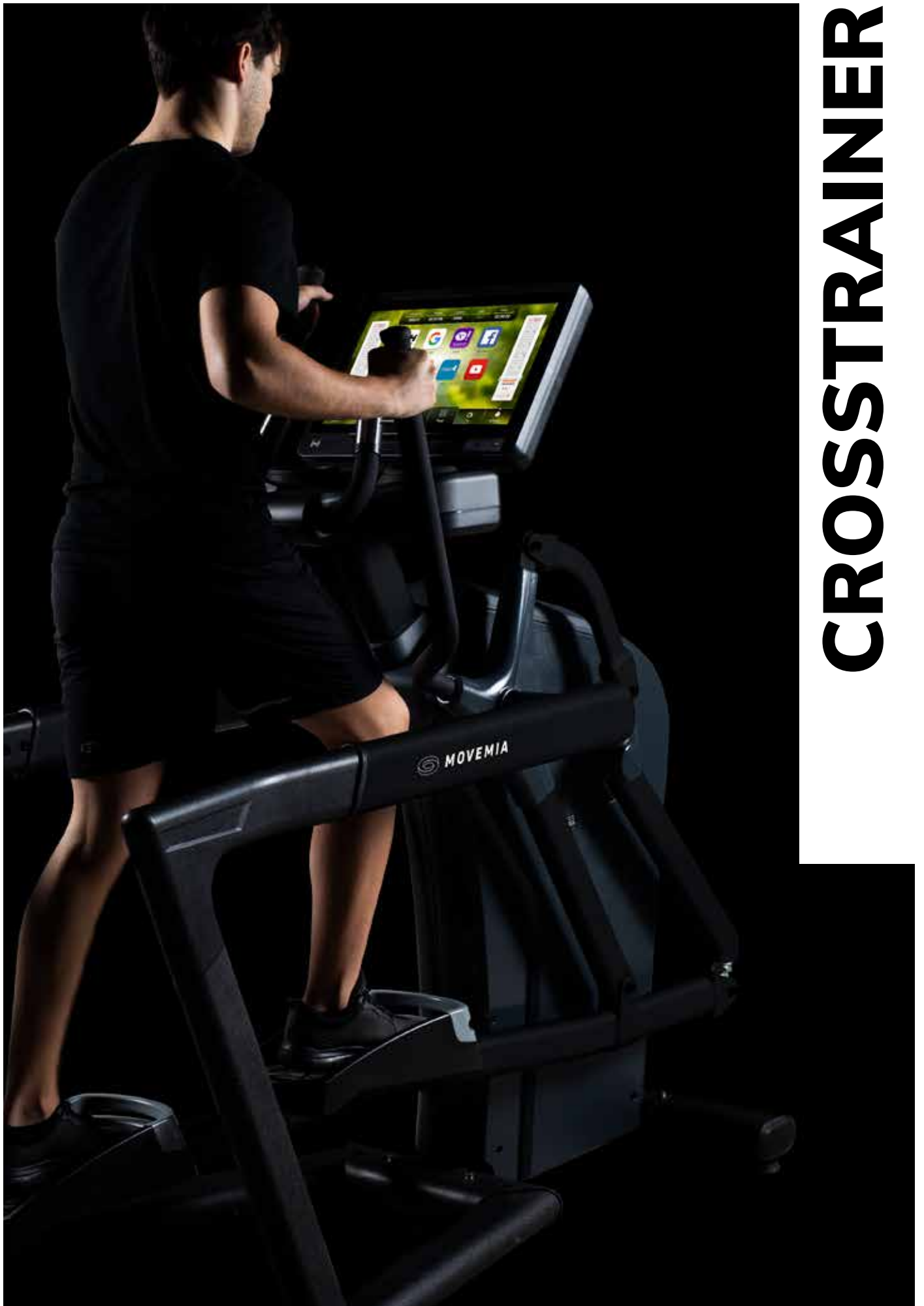
- Speed from 0,5 to 22 km/h.
- Silent AC 5HP engine.
- Running surface: 160x58cm.
- HST phenolic resin deck.
- Pro-Tonic 10 points damping system.
- Incline: 0-15%.
- 24 preset programs.
- 16 or 19 -inch touch screen console including Virtual Active courses.
- Connectivity: TV and Internet, (TV optional).
- LED Console option with i.Concept 3.0 FTMS technology available.
- Max user weight: 195 Kg.



**Oversized sidebars.** The oversized sidebars offer a great comfort for any user no matter if they are running or walking.



**Side profiles.** Deep black side profiles with anti slippery materials to ensure the maximum safety during training.



# CROSSTRAINER



# EC1000\_Crosstrainer

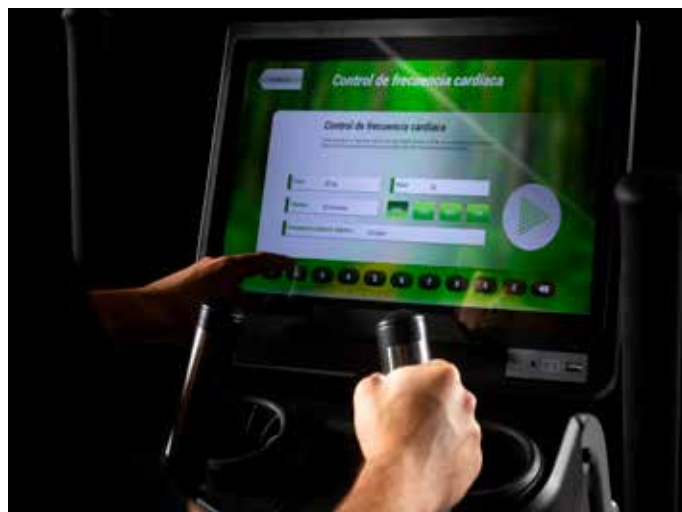
Dimensions (L x W x H): 161 x 96 x 162 cm

Weight: 155 kg

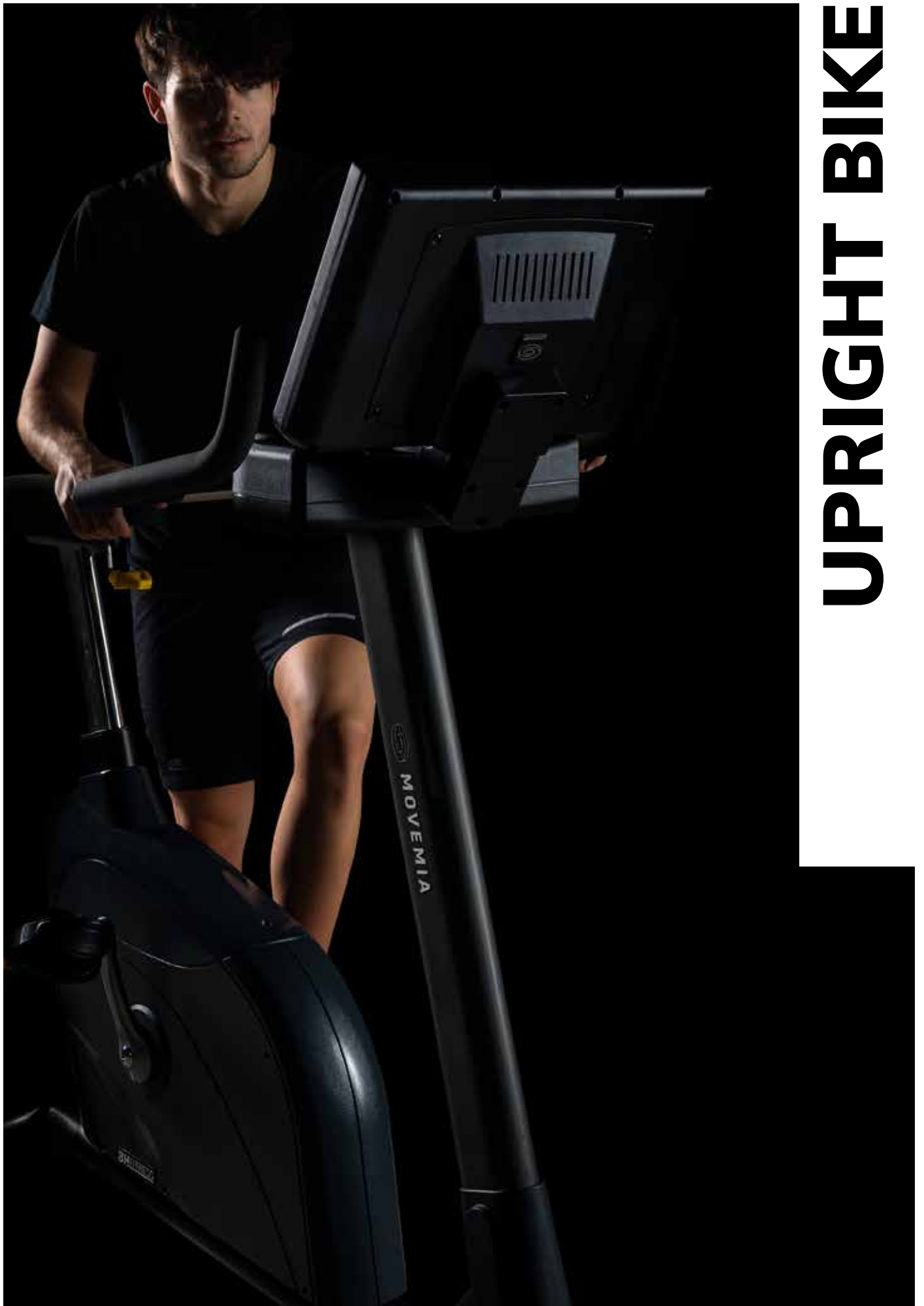
- Movable side bars for a complete upper and lower body workout.
- Electromagnetic resistance.
- Silent Poly-V belt transmission.
- Stride length: 52cm.
- Distance between pedals: 6cm.
- 24 training programs.
- 20 resistance levels.
- 19-inch touch screen console including Virtual Active courses.
- TV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



**Stability.** The V-shape of its lower frame makes it the most stable crosstrainer of its range. A feature that will keep safe even the most hardcore users.



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



# UPRIGHT BIKE

# BU1000\_Upright Bike

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

Weight: 77 kg

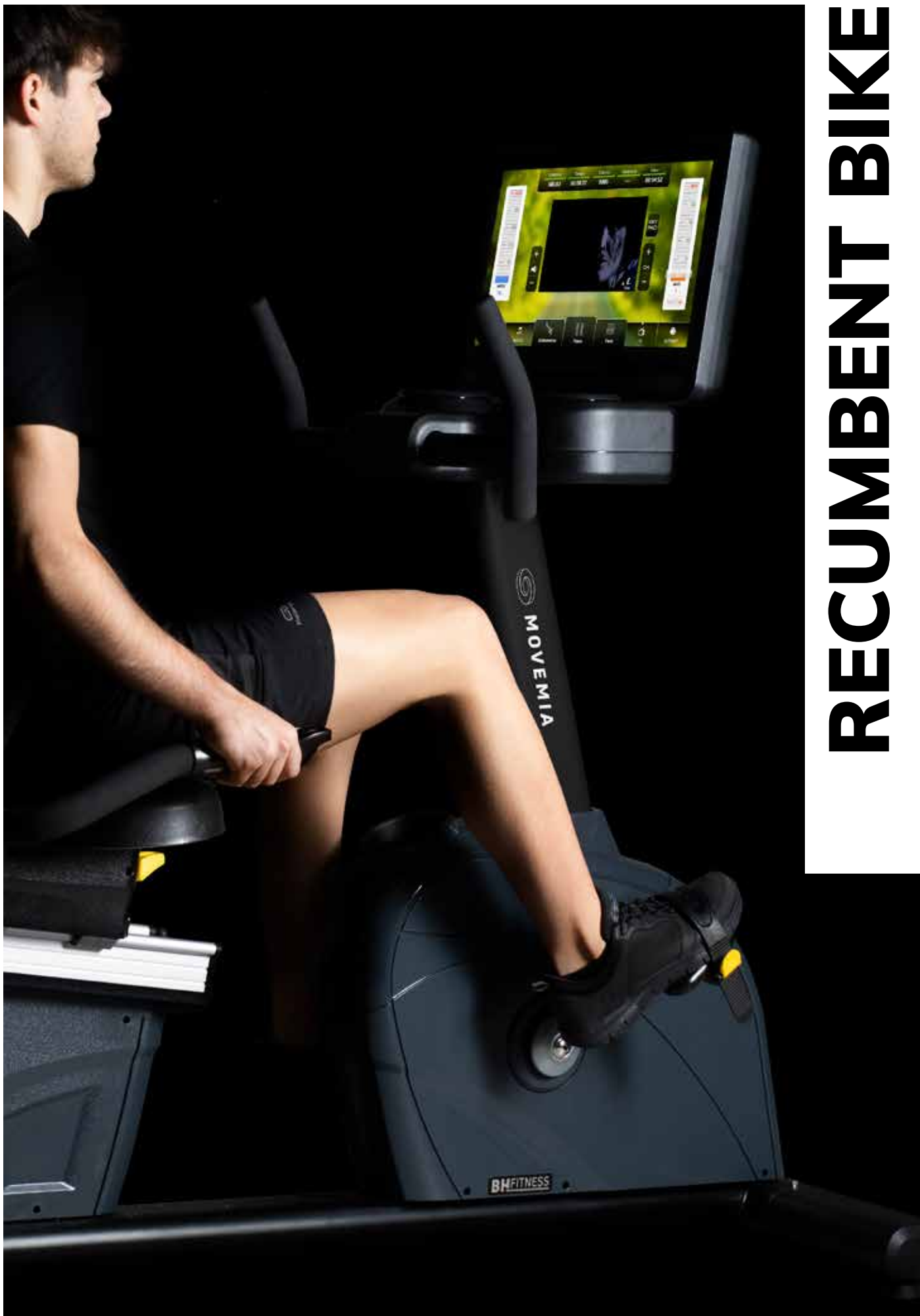
- Oversized pedals with integrated foot stoppers.
- Electromagnetic resistance.
- Genesis III generator.
- V-Shape stability system.
- 19-inch touch-screen console including 12 Virtual Active courses.
- 24 programs / 20 intensity levels.
- TV and Internet connectivity, (TV optional).
- LED Console option 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



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

# RW1000\_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.
- 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 RW1000 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.

**Dimensions (L x W x H): 149,5 x 90 x 165 cm**

**Weight: 120 kg**

- Movable side bars for a complete upper and lower body workout.
- Electromagnetic resistance.
- Silent Poly-V belt transmission.
- Mechanics with variable pitch in 5 positions: Walk, fast walk, slow run, run and fast run.
- Stride length: 46cm to 66cm.
- 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: 190 Kg.



**Variable Stride.** Allows a huge versatility of training concepts that can be combined in the same routine.

**Easy Access** from the rear side for a safer performance. Solid steel-structure around the machine in order to offer a higher stability during the exercise.



**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 iConcept 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.

# SC1000\_Climber



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.

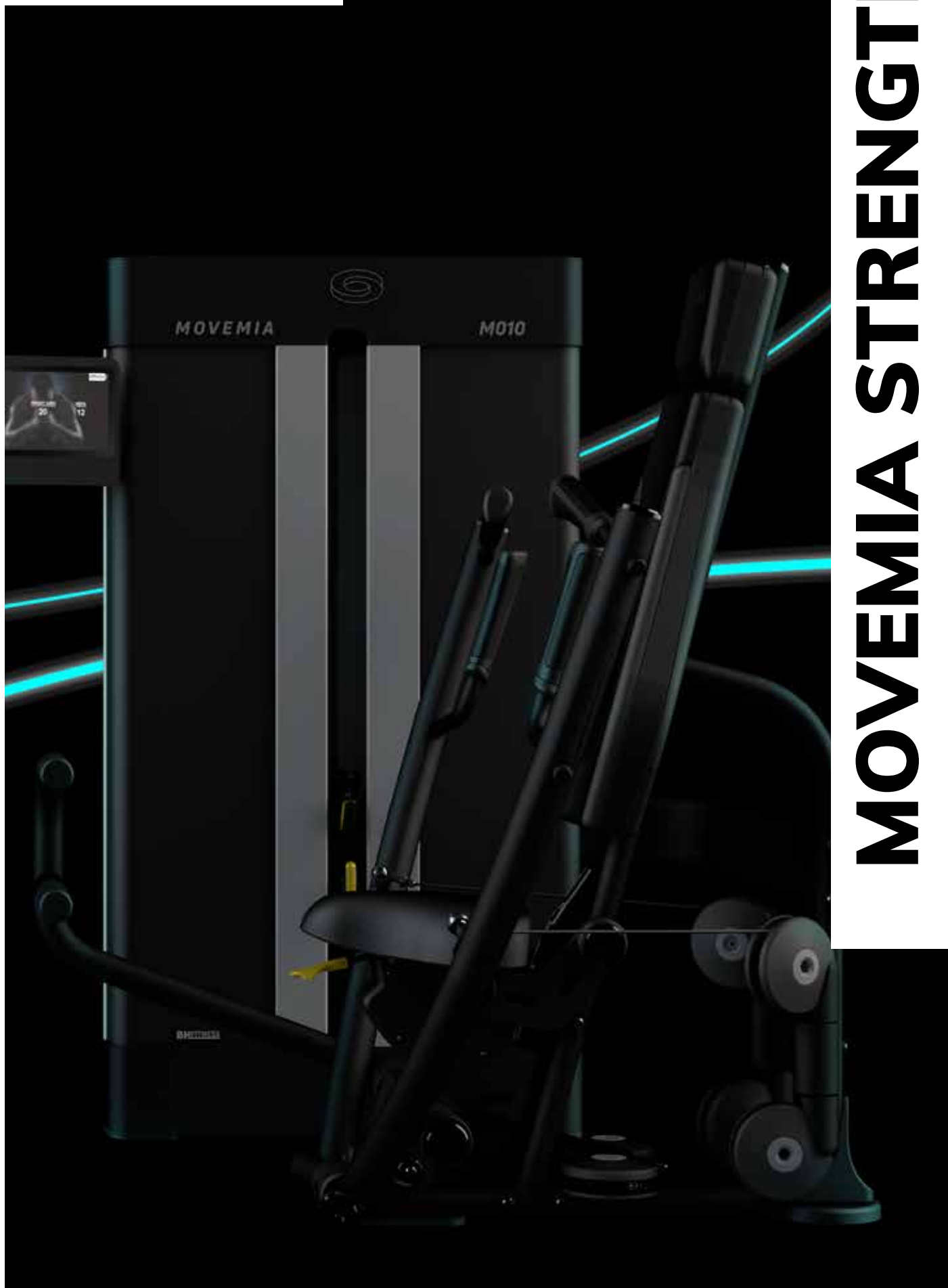


**Extra step.** With this extra step on the side, we increase the user's safety when starting and stopping the exercise.



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

GUIDED STRENGTH



# 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



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



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



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



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.



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

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

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 side.
- 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.



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**

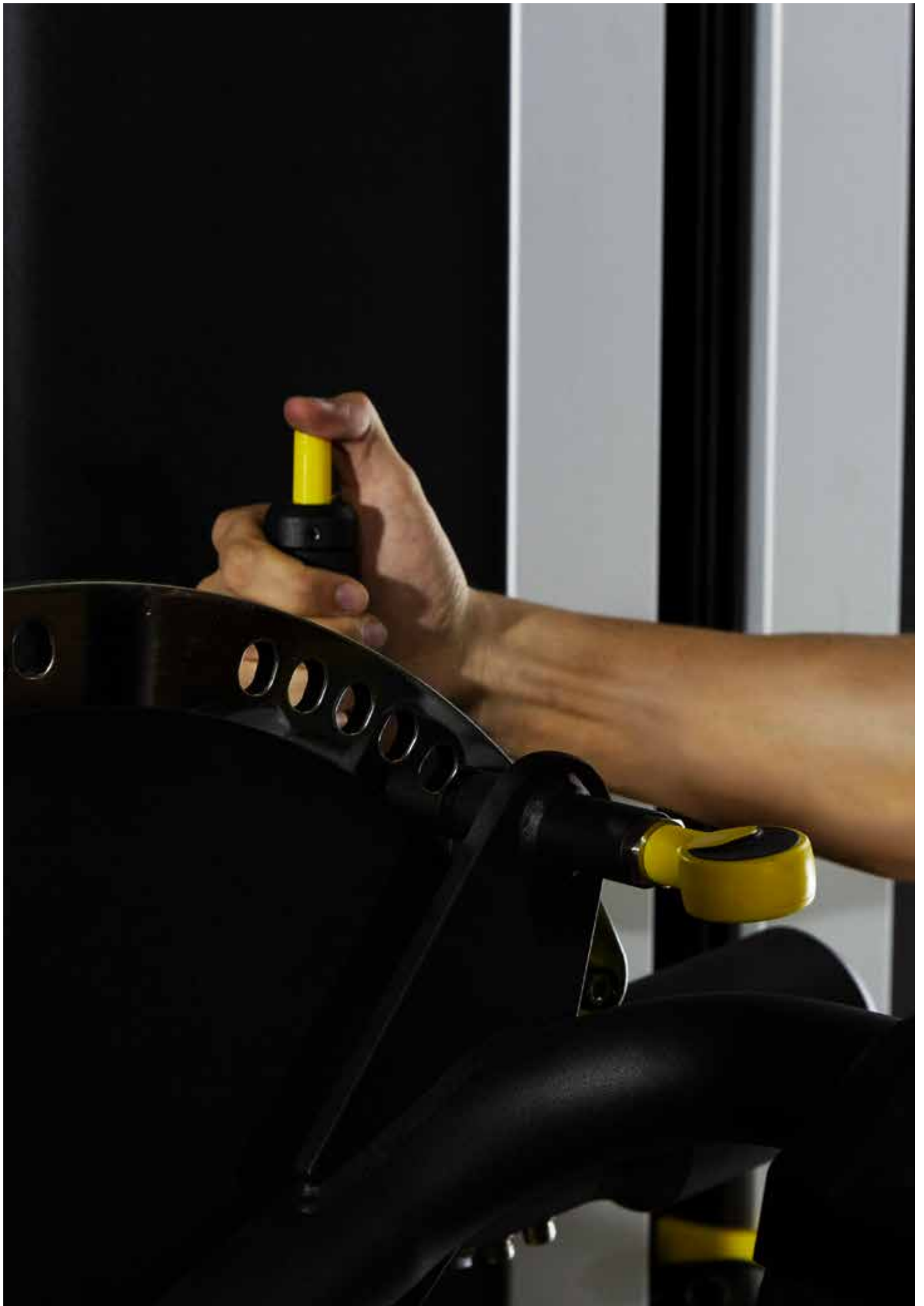
**Weight: 311.9 kg**

**Load: 135 kg**

- Ergonomic and anti-slip grips on both side.
- 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.

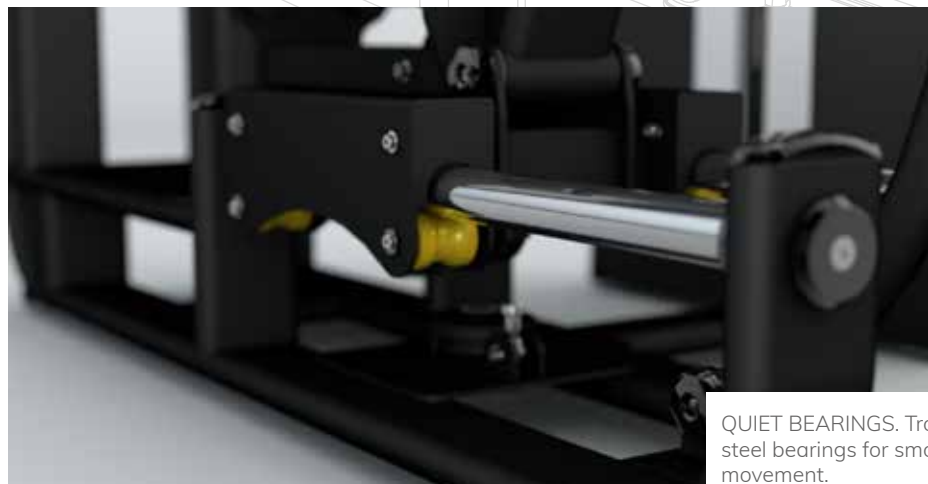


**Dimensions (L x W x H): 170.5 x 119.4 x 149 cm**

**Weight: 455.7 kg**

**Load: 95 kg (opc. 136 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 side.
- 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

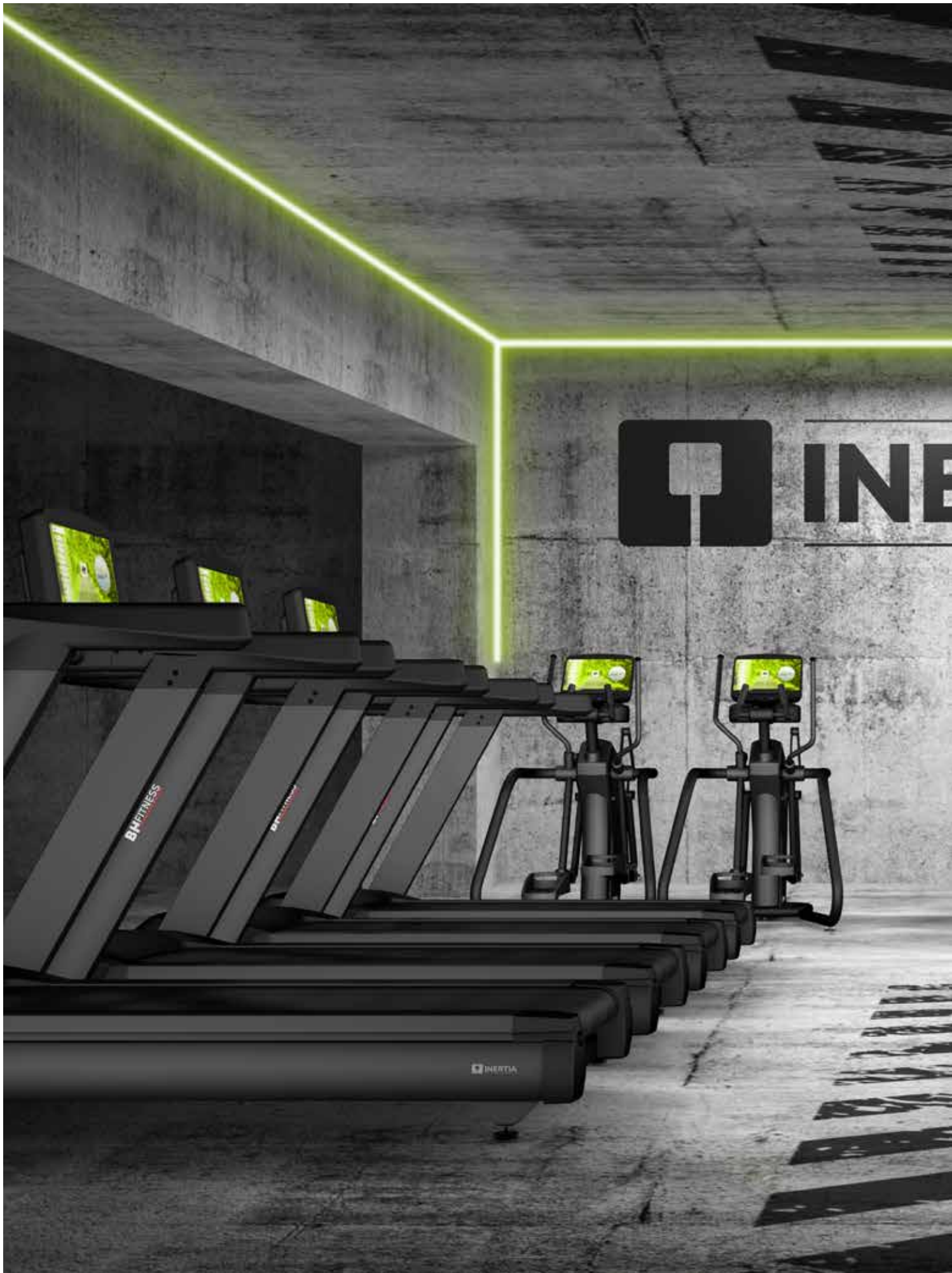
Weight: 284.1 kg

Load: 112 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**

**INERTIA**



## G688\_Treadmill

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

**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 system
- Incline: 0-15%.
- 24 Preset programs.
- 16-inch touch screen console including Virtual Active courses.
- TV and Internet connectivity (TV optional).
- LED Console with i.Concept 3.0 FTMS technology available.
- Max. User weight: 182 kg.



## G588\_Treadmill

**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

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

**Weight: 104 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.
- 16/12-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

**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.
- 16-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.



## H720R\_Upright Bike

Dimensions (L x W x H): 130 x 62 x 142 cm

Weight: 60.5 kg

- Open frame for better accessibility.
- Oversized pedals with integrated footbraces.
- Console with 16/12-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.



## H775R\_Recumbent Bike

Dimensions (L x W x H): 170 x 61 x 130 cm

Weight: 79.5 kg

- Open frame for better accessibility.
- Oversized pedals with integrated footbraces.
- 16/12-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.





**SMARTIC/DC**  
Indoor Cycling Driven Coach



**CONNECTED INDOOR**

**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.



---

## H945BM\_Movemia 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 console options.
- Aluminium adjustments.
- Double bottle holder.
- Multiposition handlebar.
- Reinforced structure.



---

## H925BM\_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 console options.



---

## H940\_Movemia

---

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

Weight: 43 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).



---

## H923\_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.



---

## H920\_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.



---

## H921\_Rex

---

Dimensions (L x l x h): 104 x 63 x 117 cm

Weight: 57 kg

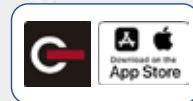
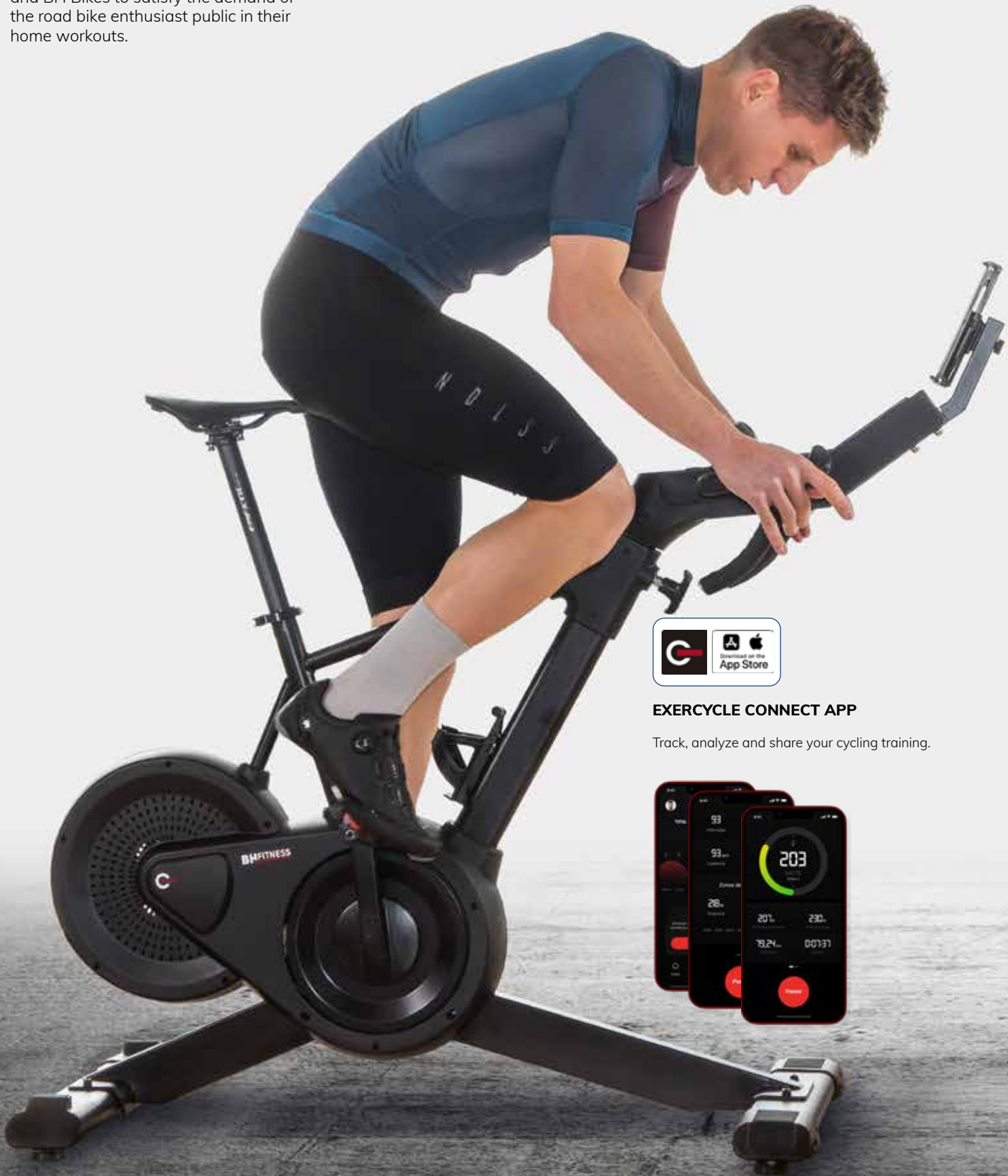
- FRICTION BRAKING system.
- Inertia wheel equivalent to 20 Kg.
- Saddle and handlebar adjustment horizontally and vertically.
- LCD monitor only available for the H921E version.







The Exercycle is the result of the joint work of the R&D teams of BH Fitness and BH Bikes to satisfy the demand of the road bike enthusiast public in their home workouts.



### EXERCYCLE CONNECT APP

Track, analyze and share your cycling training.



# 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 15000W.
- 24 Levels of resistance.
- Q Factor 152 mm.



**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.

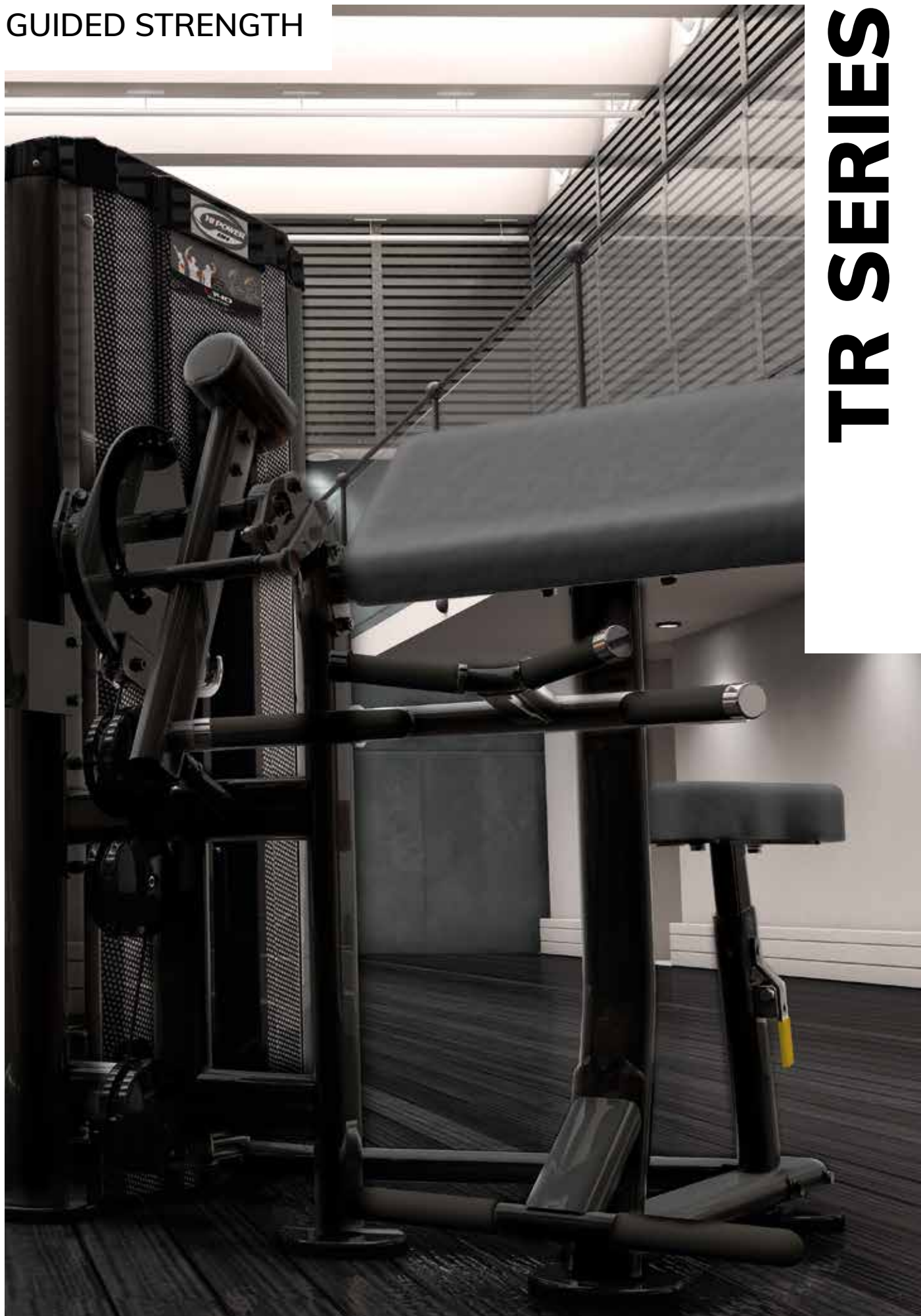


**ANTI-CORROSIVE PAINT (EDP)** Special paint treatment for the highest resistance to corrosion and rust.



**SADDLE.** Ergonomic and adaptive.

GUIDED STRENGTH



# TR SERIES



# Upholstery color range\_TR Series



Upholstery colours availability is subject to changes depending on the country.  
Ask your contact for more information.

## CONNECTIVITY

TR 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 corporate 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.





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## L130B\_Larry Scott Biceps

---

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

Weight: 198.1 kg

Load: 68 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 90°.

- 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: 91 kg (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: 91 kg (opt. 110 kg)

It allows you to switch up the exercise type thanks to the 180° 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: 68 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: 91 kg (opt. 125 kg)

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

- Chest support, rotatable and depth-adjustable in 9 positions.
- Multi-position handles rotatable 360°.
- 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: 91 kg (opt. 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 ergonomoy 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: 91 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: 91 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: 91 kg (opt. 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: 91 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: 91 kg (opt. 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: 91 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: 91 kg (opt. 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: 91 kg (opt. 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.



---

## L430B\_Rotary torso

---

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

Weight: 236.8 kg

Load: 68 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: 91 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: 91 kg (opt. 110 kg)

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: 68 kg



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



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## L340B\_Total hip

---

Dimensions (L x W x H): 100 x 129 x 148,5 cm

Weight: 254,8 kg

Load: 91 kg (opt. 125 kg)

With the 180° 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 180°.
- Height-adjustable platform.



---

## L330B\_Glutes

---

Dimensions (L x W x H): 107 x 105,3 x 148,5 cm

Weight: 207,8 kg

Load: 91 kg (opt. 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: 91 kg (opt. 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: 91 kg (opt. 125 kg)**

With maximum adaptability to the height 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: 91 kg (opt. 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: 91 kg (opt. 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: 91 kg (opt. 110 kg)

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: 91 kg (opt. 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.



---

## L485B\_5 Stations

---

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

**Weight: 914 kg**

**Load: : 91 kg (opt. 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 90 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.



# L480Bx2\_8 Stations

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

Weight: 1398.6 kg

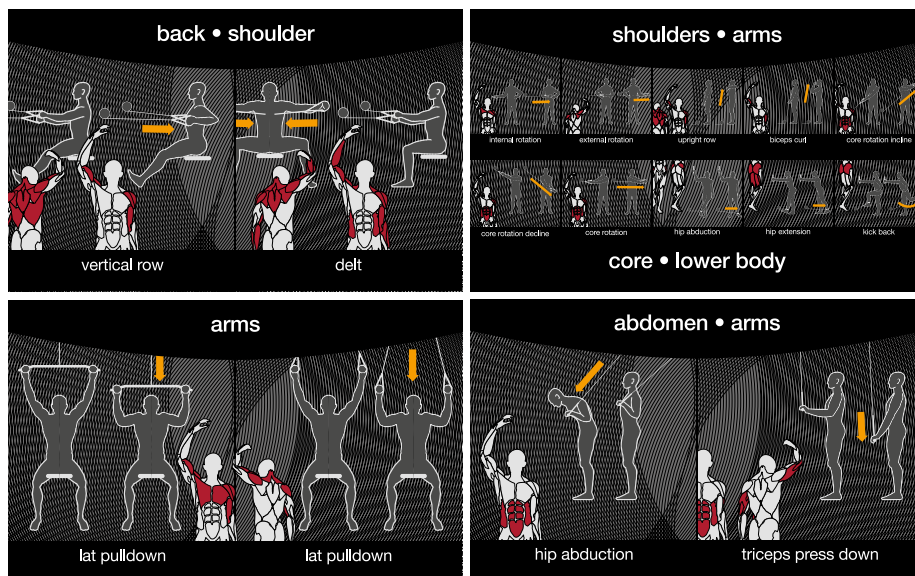
Load: : 91 kg (opt. 110 kg) in each post

-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.



---

## L365B\_AFT 5 Stations

---

Dimensions (L x W x H): 490 x 356 x 275 cm

Weight: 885.9 kg

- Laser cutting technology.
- 50mm elevated structure.
- Lasting durability guaranteed.
- Cable Station, where up to eight users can work at the same time.



---

## L360FSB\_AFT 4 Stations

---

Dimensions (L x W x H): 190 x 356 x 257 cm

Weight: 657.3 kg

- Pulley support system. Enables all positions.
- Easy handling accessories.





---

## L540B\_Double Pulley

---

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

Weight: 429.4 kg

-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

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

-Various training heights.



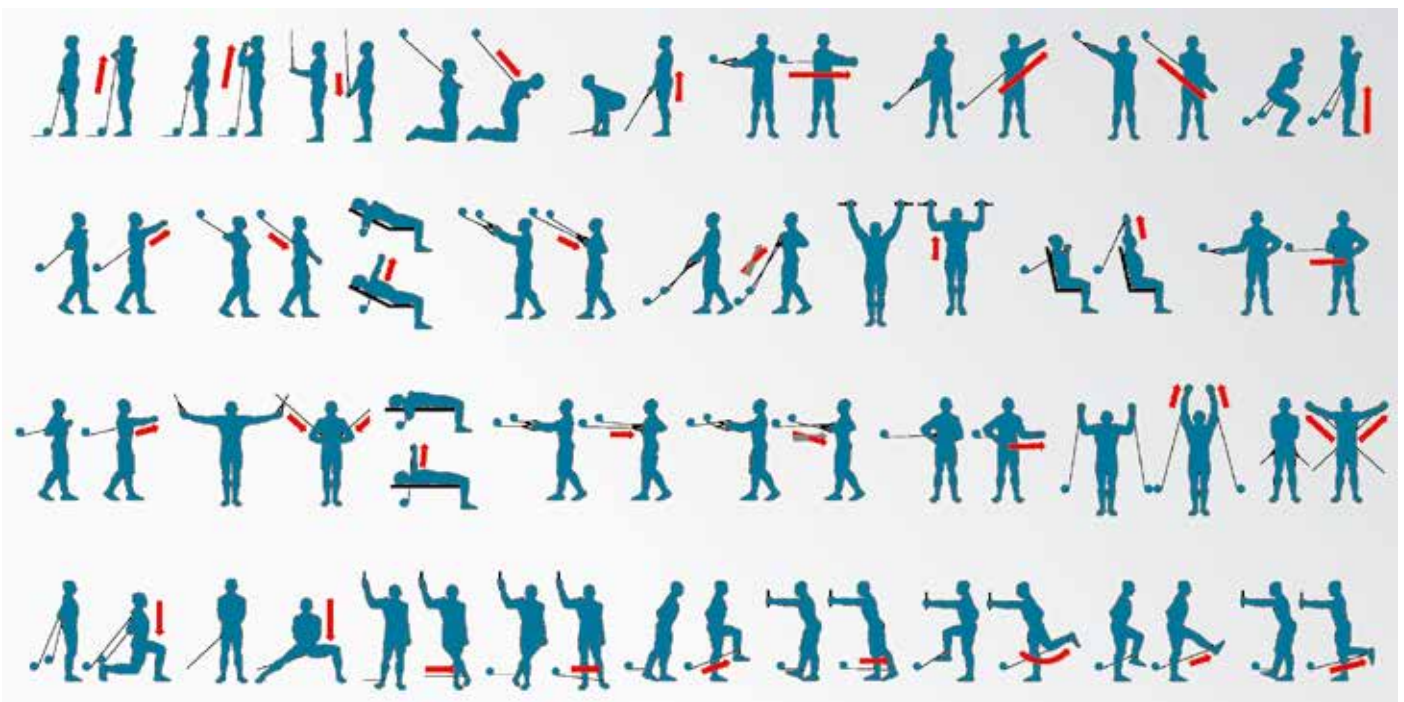
# M370\_Crossover

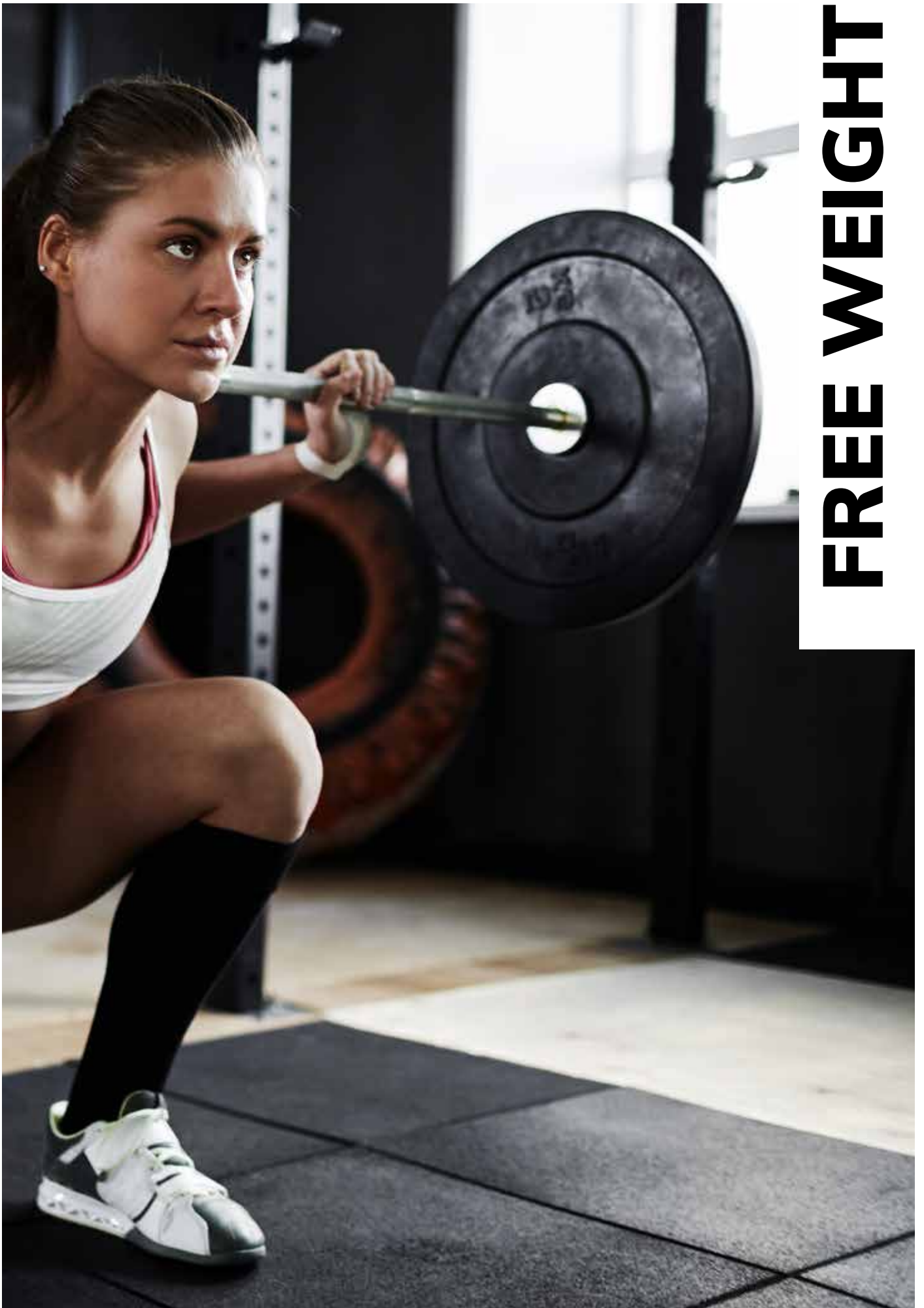
Dimensions (L x W x H): 150 x 146 x 218 cm

Weight: 385 kg

Load: 90+90 kg

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



---

## PL150B\_Seated Triceps

---

Dimensions (L x W x H): 165 x 150 x 95 cm

Weight: 159 kg

Max. Load: 300 kg

- Hydraulic seat adjustment.
- Reinforced knee support.
- 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.



---

## 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.



---

## PL340B\_Hip Thrust

---

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



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## PL010B\_Leg Extension

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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.



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## PL700B\_45° Leg Press

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**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.



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## PL200B\_Hack Squat

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**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.





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## PL170B\_Leg Curl

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**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.



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## PL290B\_T-Bar Row

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**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.



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## PL210B\_Seated Calf

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**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.



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## PL400B\_Full Rack

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**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.



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## PL350B\_Half Rack

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**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.





## 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.

-Version with counterweights: L350BJ



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## LD400BB\_Max Rack

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

Weight: 199.4 kg

Get a free weight training feeling with the confidence of a Smith or Multipower machine thanks to its three-dimensional but fully guided movement system. What's more, with the LD400 you'll optimise the space in your gym as it allows you to perform more than 20 different exercises in less than 3 m<sup>2</sup>. It features hardened bars with linear bearings for disc diameters of 28 mm but also for 50 mm Olympic discs.

-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.



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## L845BB\_Squat Rack

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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).





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## L815BB\_Press Bench

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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, 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L820BB\_Incline Bench

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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 4mm thick.
- Painting treatment in 3 layers (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L855BB\_Decline Bench

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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 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L850BB\_Shoulder Press Bench

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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 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L830BB\_Larry Scott Biceps Bench

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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 4mm thickness.
- Painting treatment in 3 coats (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L835BB\_Abdominal Incline Bench

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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 and support the legs, avoiding injuries caused by bad posture.
- ST-37/40 steel structure 4mm thick.
- 3-coat paint treatment (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L840BB\_Roman Chair

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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, 4mm thick.
- Painting treatment in 3 layers (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L800BB\_Abdominal Flexor Bench

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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 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L900BB\_Chin-up and Dip

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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 4mm thick.
- Painting treatment in 3 coats (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L885BB\_Balanced Abdominal Bench

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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 4mm thick.
- Painting treatment in 3 layers (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L805BB\_40° Incline Bench

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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.
- 4mm thick ST-37/40 steel frame.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.





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## L825BB\_Multiposition Bench

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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 4mm thick.
- Painting treatment in 3 coats (anticorrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L810BB\_Flat Bench

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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 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L300BB\_Stretch Bench

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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, 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).
- Fireproof polyfoam upholstery, type M2.



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## L860BB\_Plate Rack

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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 4mm thick.
- 3-layer paint treatment (anti-corrosion, epoxy and varnish).



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## L870BB\_Barbel Rack

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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 4mm thick.
- 3-layer paint treatment (anticorrosion, epoxy and varnish).



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## L875BB\_Dumbbell Rack

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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 4mm 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 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.

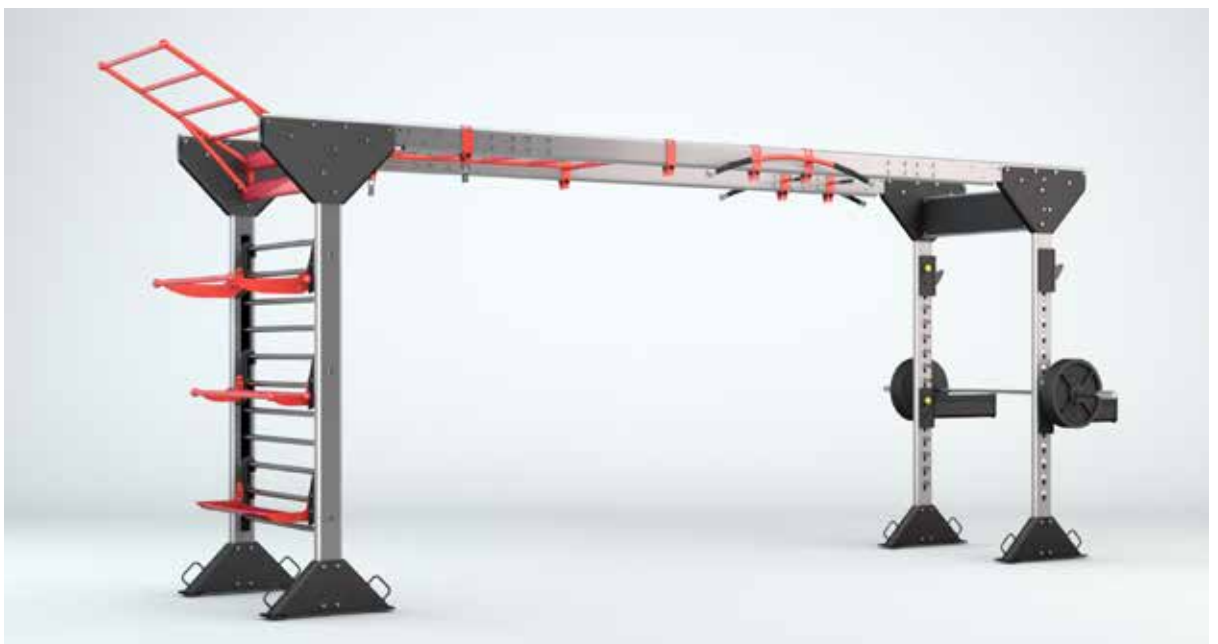
- 3 mm thick steel structure
- Modular structure
- Unlimited options for various drives
- Optimal profitability per m<sup>2</sup>
- Functional training
- Bodybuilding
- Suspension
- HIIT training
- Crosstraining

\* Accessories are sold separately.



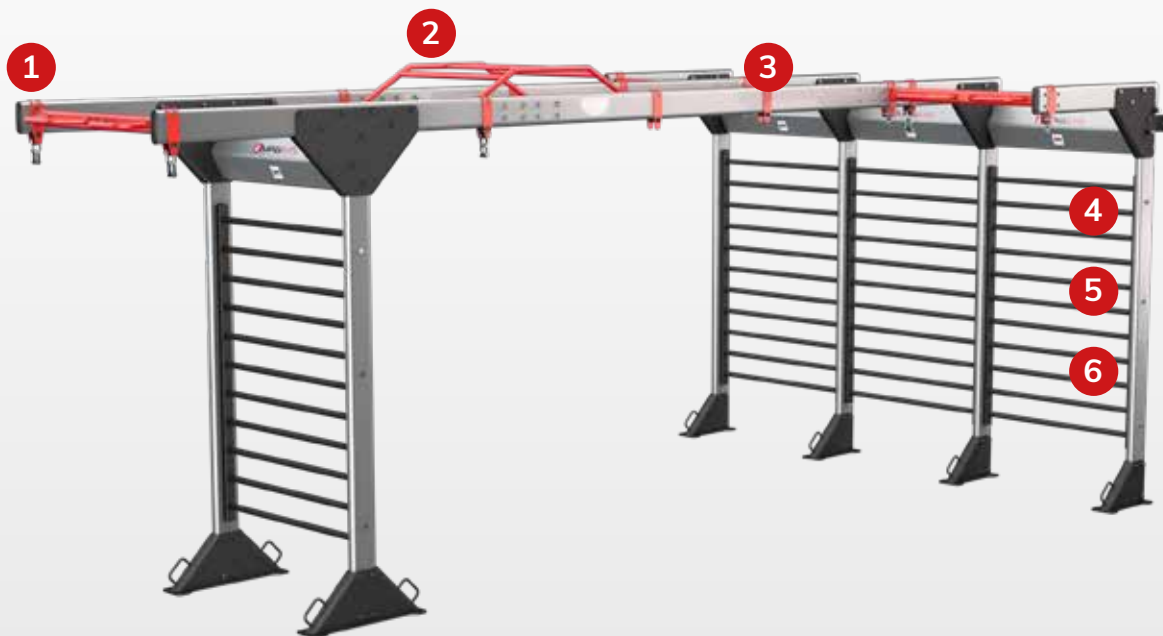


# CONFIGURATIONS



# 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

## G669\_RunMILL



Dimensions (L x W x H): 187 x 93.4 x 166 cm

Weight: 180 kg

- Curved carpet without motor
- 6 levels of frictional resistance
- 5" LCD console
- Aluminium and polyurethane slats



# L360\_AFT 360

Dimensions (L x W x H): 490 x 356 x 257 cm

Weight: 890.7 kg

- Pulley system. Allows all positions.
- Easy handling accessories.

## 4 Station

- Length: 190 cm.
- Width (arms folded): 140 cm.
- Width (with arms outstretched): 356 cm.
- Maximum height (with arms in highest position): 257 cm.
- Load (lower pulley): 95 kg.
- Load (ergoline): 65 kg.
- Load (side adjustable pulleys): 65 kg.

## V station

- Length: 67 cm.
- Width: 170 cm.
- Height: 236 cm.







\*Accessories are sold separately.

#### AFT360: An infinite number of training possibilities

Thanks to this innovative concept, users can work in groups of up to 12 people or individually. The most effective and entertaining way to exercise in the gym is called AFT360. The AFT360 is perfect for combining guided loading while giving your members access to the latest training techniques (Strength-Agility-Resistance-Power-Coordination). The AFT360 requires a space of about 25 to 30 m<sup>2</sup> and can be used simultaneously by more than ten users.







EN 5.0

[bh.fitness/en/](https://bh.fitness/en/)