

DHZ

HAMMER FORCE PRO



DHZ

GIGAFACTORY

POWERED BY RENEWABLE ENERGY

CHINA'S LARGEST MANUFACTURER OF PROFESSIONAL FITNESS EQUIPMENT

THE ANNUAL PRODUCTION IS ENOUGH FOR 500,000 DHZ EQUIPMENTS



DHZ

THE CHINA'S MOST TRUSTED FITNESS BRANDS

OUR CUSTOMERS



A man in a green tank top and grey shorts is sitting on a black leg extension machine. The machine has a wooden top bar and a vertical frame. On the frame, there are two weight stacks with arrows and the text '2.5 KG INCREMENT WEIGHT'. Below the weight stacks, there are three diagrams illustrating the leg extension movement. The man is looking to the right.

DHZ

**MOTION
TECHNOLOGY
SELECTORIZED**

**Driven. By.
Performance.**

S-FORCE LINE

HAMMER FORCE PRO

The S-FORCE Series is engineered for commercial facilities that require both training efficiency and mechanical stability. With selectorized weight stacks, guided movement arms, and 2.5 kg incremental weight options, the series delivers a smooth training feel with easy load selection and finer progression. Built for consistent performance and everyday durability, SM5000 provides a practical strength solution for modern gyms and fitness clubs.

THE ROAD TO CONTROLLED STRENGTH STARTS HERE.

- **S-FORCE Series – Built for controlled strength performance.**
- **Designed to combine the convenience of selectorized weight stacks with a guided motion structure inspired by free-weight training.**
- **The linked movement arms provide a stable and consistent training path, while 2.5 kg add-on weights allow finer load progression for more precise training control.**





Leg Curl

SM5001



Dimension: 1675*1095*1330 mm
 Weight: 240 kg
 Weight Stack: 95 kg

■ The DHZ SM5001 Prone Leg Curl is designed for controlled hamstring training in commercial strength areas. The separated hip and chest pad layout helps support a stable prone position, while the adjustable start range allows users to select a comfortable training angle based on individual mobility and exercise preference.

Leg Extension

SM5002



Dimension: 1250*1130*1445 mm
 Weight: 300 kg
 Weight Stack: 138 kg

■ The DHZ SM5002 Leg Extension provides focused quadriceps training with a clear and accessible adjustment layout. Key settings can be reached from the seated position, and the adjustable start range helps users set a suitable movement arc for controlled leg extension training.

Seated Leg Press

SM5003



Dimension: 2000*1085*1540 mm
 Weight: 385 kg
 Weight Stack: 138 kg

■ The DHZ SM5003 Seated Leg Press is built for lower-body pressing training with stable body positioning and a smooth guided movement. The rail-based structure supports consistent motion, while the angled pressing path helps create a comfortable and secure training experience for commercial gym users.

Pectoral Fly

SM5004



Dimension: 1310*1200*2050 mm
 Weight: 298 kg
 Weight Stack: 138 kg

■ The DHZ SM5004 Pectoral Fly is developed for chest isolation training with adjustable arm positioning and stable user support. The integrated foot assist bar helps users enter and stabilize during exercise, while the adjustable start mechanism allows different range-of-motion settings for varied training needs.

STEEL-CORD REINFORCED BELT DRIVE

- **Belt drive system applied across the S-FORCE Series.**
- **Embedded steel cords ensure high tensile strength and durability.**
- **Smooth, quiet transmission creates a more responsive training feel.**
- **Clean drive structure supports reliable performance in commercial use.**



Lateral Raise

SM5005



Dimension: 1095*930*1330 mm
 Weight: 260 kg
 Weight Stack: 95 kg

■ The DHZ SM5005 Lateral Raise supports focused shoulder training with pad and handle positions designed around controlled arm elevation. Pivoting handles help accommodate different user builds, while the guided movement path encourages stable and consistent lateral raise execution.

Shoulder Press

SM5006



Dimension: 1510*1465*1540 mm
 Weight: 258 kg
 Weight Stack: 95 kg

■ The DHZ SM5006 Shoulder Press is designed for seated overhead pressing with a stable support structure and user-friendly adjustment. The seat position helps define the training range, while multiple grip options allow users to choose a pressing position that feels natural and controlled.

Pectoral Fly/Rear Deltoid

SM5007



Dimension: 1250*1435*2050 mm
 Weight: 295 kg
 Weight Stack: 138 kg

■ The DHZ SM5007 Pec Fly / Rear Delt combines two upper-body isolation movements in one compact station. Pivoting arms and carefully positioned handles support both chest fly and rear deltoid training, reducing the need for complex adjustments between exercises.

Chest Press

SM5008



Dimension: 1480*1080*1540 mm
 Weight: 286 kg
 Weight Stack: 138 kg

■ The DHZ SM5008 Chest Press provides guided pressing movement for controlled chest training. The adjustable pressing arm allows multiple start positions, helping users select a suitable range of motion while maintaining a stable seated posture throughout the exercise.

2.5 KG INCREMENT WEIGHT

- **2.5 kg increment weights on each machine.**
- **Select weight for finer load progression.**
- **Supports warm-up sets, controlled training, and different strength levels.**
- **Built-in adjustment keeps load selection simple, clear, and efficient.**



Assist Dip Chin

SM5009



Dimension: 1285*1125*2215 mm
 Weight: 325 kg
 Weight Stack: 82 kg

■ The DHZ SM5009 Assist Dip Chin is designed to support assisted dip and chin-up training while also allowing progression toward bodyweight movement. The foldable knee pad provides flexible training options, and multi-position handles support different grip choices and exercise variations.

Standing Calf

SM5010



Dimension: 1490*1145*1620 mm
 Weight: 340 kg
 Weight Stack: 195 kg

■ The DHZ SM5010 Standing Calf is built for standing calf raise training with adjustable shoulder pad height and stable foot support. The contoured foot platform helps users maintain secure positioning while allowing a natural ankle movement range during repeated calf raise exercise.

Hip and Glute

SM5011



Dimension: 1650*995*1770 mm
Weight: 340 kg
Weight Stack: 138 kg

■ The DHZ SM5011 Hip and Glute provides targeted lower-body training for hip and glute activation. Its bidirectional resistance structure supports controlled movement in both directions, helping users perform focused hip extension and glute training with stable body positioning.

Lat Pulldown

SM5012



Dimension: 1390*1235*2260 mm
Weight: 270 kg
Weight Stack: 138 kg

■ The DHZ SM5012 Lat Pulldown is designed for upper-back training with adjustable thigh pads for improved stability and comfort. The angled-end straight bar supports a natural hand and wrist position, helping users maintain better control during pulldown movements.

2.5 KG
INCREMENT →
WEIGHT

**LEG
EXTENSION**



Abdominal Crunch

SM5014



Dimension: 1565*930*1330 mm
Weight: 248 kg
Weight Stack: 95 kg

■ The DHZ SM5014 Abdominal Crunch supports controlled abdominal training through a guided crunch movement path. The counter-balanced work arm helps reduce excessive starting resistance, while dual foot supports provide stable lower-body positioning without complicated setup.

Hip Abduction

SM5021



Dimension: 1550*1550*1330 mm
Weight: 280 kg
Weight Stack: 138 kg

■ The DHZ SM5021L Hip Abduction is developed for targeted outer-thigh and hip abduction training. The adjustable start mechanism allows incremental positioning, while the knee pads and dual foot placements help support the legs comfortably throughout the movement.

Hip Adduction

SM5022



Dimension: 1550*1550*1330 mm
 Weight: 280 kg
 Weight Stack: 138 kg

■ The DHZ SM5022L Hip Adduction provides controlled inner-thigh training with an accessible start-position adjustment for easier entry and exit. The front-mounted weight stack also creates a more enclosed training position, helping users feel stable and comfortable during exercise.

Seated Leg Curl

SM5023



Dimension: 1510*1255*1445 mm
 Weight: 305 kg
 Weight Stack: 138 kg

■ The DHZ SM5023 Seated Leg Curl is designed for focused hamstring training in a seated position. Adjustable back and thigh pads help users find a stable alignment, while the adjustable start range provides multiple setup options for different mobility levels and training preferences.



Triceps Extension

SM5028



Dimension: 1145*1050*1360 mm
 Weight: 228 kg
 Weight Stack: 95 kg

■ The DHZ SM5028 Triceps Extension supports focused arm training with a stable seated posture and guided extension movement. The angled seat and arm pads help users maintain upper-body control, while the pivoting handle structure adapts to different forearm lengths during exercise.

Biceps Curl

SM5030



Dimension: 1155*1075*1330 mm
 Weight: 225 kg
 Weight Stack: 95 kg

■ The DHZ SM5030 Biceps Curl provides guided arm curl training with angled arm pads for stable upper-arm support. The pivot and handle positions help support a comfortable wrist path, allowing users to focus on controlled biceps contraction through the movement.

Back Extension

SM5031



Dimension: 1220*1015*1330 mm
 Weight: 280 kg
 Weight Stack: 138 kg

■ The DHZ SM5031 Back Extension is designed for controlled posterior-chain and lower-back training. The adjustable start mechanism allows users to select a suitable movement range, while the lumbar pad and dual foot positions help support stable body alignment during exercise.

Seated Row

SM5034



Dimension: 1345*830*1960 mm
 Weight: 295 kg
 Weight Stack: 138 kg

■ The DHZ SM5034 Seated Row supports upper- and mid-back training through a guided pulling path. The overhead pivot helps create a smooth arc of motion, while multiple hand positions provide training variety and allow users to target different pulling angles.

Fixed Pulldown

SM5035



Dimension: 1565*1425*1865 mm
 Weight: 305 kg
 Weight Stack: 138 kg

■ The DHZ SM5035 Fixed Pulldown provides a defined pulling path for controlled back training and circuit-style strength areas. The angled seat and handle positioning help users maintain a stable exercise posture while performing repeated pulldown movements.

Multi Press

SM5084



Dimension: 1740*1450*1725 mm
 Weight: 320 kg
 Weight Stack: 138 kg

■ The DHZ SM5084 Multi Press combines multiple pressing movements in one selectorized station, supporting shoulder press, incline press and chest press setups through adjustable press-arm and seat positions. Its compact configuration helps facilities cover more upper-body training options without adding separate machines, while the guided movement path supports stable and controlled pressing performance.



Lat Pulldown / Low Row

SM5085



Dimension: 2100*1235*2275 mm
 Weight: 290 kg
 Weight Stack: 138 kg

The DHZ SM5085 Lat Pulldown / Low Row integrates two fundamental back-training movements into one space-efficient unit. With dedicated upper and lower belt positions, thigh support, footplates and separate handles, it allows users to perform vertical pulling and seated rowing exercises with consistent resistance and a stable training posture.

Hip Abductor / Adductor

SM5089



Dimension: 1705*625*1540 mm
 Weight: 345 kg
 Weight Stack: 138 kg

The DHZ SM5089 Hip Abductor / Adductor is designed for both outer- and inner-thigh training in a single selectorized machine. Adjustable leg pads and clearly defined start positions support smooth transition between abduction and adduction exercises, while the seated design helps users maintain a secure and controlled training position.

Biceps Curl / Triceps Extension

SM5087



Dimension: 1110*1075*1330 mm

Weight: 249 kg

Weight Stack: 95 kg

The DHZ SM5087 Biceps Curl / Triceps Extension provides two arm-training movements through an adjustable work arm and dedicated support pad. The curl and extension setups allow users to target the biceps and triceps with controlled alignment, making it a practical choice for commercial spaces that need complete arm training in a compact footprint.

Leg Extension / Prone Leg Curl

SM5090



Dimension: 1720*1040*1625 mm

Weight: 300 kg

Weight Stack: 110 kg

The DHZ SM5090 Leg Extension / Prone Leg Curl combines quadriceps and hamstring training in one dual-function unit. Users can switch between seated leg extension and prone leg curl setups with dedicated support pads and adjustable positioning, allowing lower-body isolation training to be completed efficiently within a single machine footprint.



BENCHES AND STORAGE

SET UP YOUR PERFECT PERFORMANCE WORKOUT

The durable steel frame construction withstands the impact of high-intensity free weight and bodyweight workouts. A wide range of options includes Olympic stations, training stations, bodyweight stations, and storage solutions.

Flat Bench

SM-3001



Dimension: 1270*560*410 mm
Weight: 25 kg

■ The Flat Bench is a traditional flat bench that offers high-grade durability and quality.

Abdominal Board

SM-3002



Dimension: 1740*610*880 mm
Weight: 52 kg

■ A Decline Bench is a free weight bench that is angled downward to elevate the pelvis and lower the head, often with rollers to brace the feet. Abdominal crunch exercises work the muscles of the back and torso while upper body exercises performed with it work the lower portion of the Chest and Deltoids.

Incline Bench-30 Degree

SM-3003



Dimension: 1100*630*780 mm

Weight: 34 kg

The 30 degree incline bench features a fixed angle that provides proper positioning for multiple upper body exercises.

Incline Bench-55 Degree

SM-3004



Dimension: 890*550*1010 mm

Weight: 33 kg

The 55 degree incline bench features a fixed angle that provides proper positioning for multiple upper body exercises.

Utility Bench-75 Degree

SM-3005



Dimension: 1300*640*940 mm
Weight: 30 kg

■ The Utility Bench 75 Degree offers the functionality of a utility bench and a 75-degree curved footrest.

Decline / Abdominal Bench

SM-3006



Dimension: 1610*610*870 mm
Weight: 46 kg

■ The Decline/Abdominal Bench offers two workout options in one piece of equipment with the same high-grade durability and quality that comes with benches and racks.

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Multi-Adjustable Bench

SM-3007



Dimension: 1330*560*470 mm

Weight: 39 kg

■ The Multi-Adjustable Bench has six different pressing angles and three seat pad adjustments to fit the needs of all your exercisers.

Adjustable Decline Bench

SM-3008



Dimension: 1630*720*940 mm

Weight: 60 kg

■ This decline bench offers multiple angle adjustments—from a mild decline for controlled pressing to a deeper angle for intensified abdominal and chest work. A simple lever system provides fast changes without makeshift solutions. Stable, comfortable, and built to support heavy lifting and focused core training.

Olympic Flat Bench

SM-3012



Dimension: 1330*1270*1270 mm

Weight: 66 kg

■ The Olympic Flat Bench offers an Olympic style flat bench press with the same high-grade durability and quality that comes with benches and racks.

Olympic Incline Bench

SM-3013



Dimension: 1300*1330*1480 mm

Weight: 90 kg

■ An Olympic style incline bench press with the same high-grade durability and quality that comes with benches and racks.

Olympic Decline Bench

SM-3014



Dimension: 1530*1350*1270 mm

Weight: 87 kg

The Olympic Decline Bench offers an Olympic style decline bench press with the same high-grade durability and quality that comes with benches and racks.

Barbell Rack

SM-3015



Dimension: 790*720*1530 mm

Weight: 65 kg

The Barbell Rack gives you convenient storage for 10 fixed barbells.

HAMMER FORCE PRO

SIN
SALIDA

10-29

EXTINGU



Back Extension

SM-3016



Dimension: 1500*720*1100 mm
Weight: 62 kg

■ The Back Extension has an adjustable angled pad for sound support and exceptional comfort.

Seated Arm Curl

SM-3018



Dimension: 1000*920*1100 mm
Weight: 73 kg

■ The Seated Arm Curl offers the traditional preacher curl position with the same high-grade durability and quality that comes with benches and racks.

Deluxe Weight Tree

SM-3019



Dimension: 510*690*1000 mm
 Weight: 34 kg

The Deluxe Weight Tree offers four horns for maximum support and storage for your exercisers.

FRAME OPTIONS



SWING ARM OPTIONS



COLOR OPTIONS

STANDARD COMBINATIONS



Piano Black Frame
Piano Black Arm



Matte Black Frame
Matte Black Arm



Graphite Black Frame
Graphite Black Arm

SIGNATURE COMBINATIONS



Piano Black Frame
Ocean Blue Arm



Piano Black Frame
Performance Red Arm



Titanium Grey Frame
Titanium Grey Arm

UPHOLSTERY OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

KHAKI

MOCHA

LET'S TALK TRAINING!

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