

Plate Loaded

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



# Chest Press

Maximize strength and precision with the Uplift Line Chest Press — the ideal tool for sculpting the upper body with consistent tension and unparalleled durability.

## Independent Arms

Isolates & corrects muscle imbalances and adds training variety.

## 2 Grip Positions

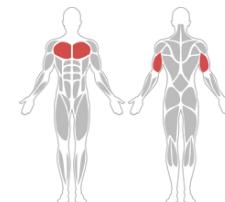
Enabling users to optimize grip sensation, achieve personalized range of motion, and thus attain optimal muscle supplementation.

## Biomechanical Seat Position

The ergonomically inclined seat and optimally positioned foot platform enable a stable posture for users, enhancing muscle engagement during exercise.

## Weight Horns

Eliminate the need for separate weight trees.



Product Weight	117.5kg
Footprint (L x B x H)	183 x 189 x 112cm
Weight Stack	300kg

# Shoulder Press

Elevate deltoid development with the Uplift Line Shoulder Press, providing optimal angle variations and ergonomic support for maximum muscle activation and joint safety.

## Independent Arms

Isolates & corrects muscle imbalances and adds training variety.

## 2 Grip Positions

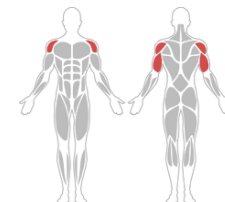
Close grip neutral and wide grip overhand.

## Tailored Back Support

With three adjustable pad positions, it caters to a variety of body types, ensuring a safe and effective lift.

## Weight Horns

Eliminate need for separate weight trees.



Product Weight	112kg
Footprint (L x B x H)	167 x 187 x 103cm
Weight Stack	200kg

# Lat Pulldown

Enhance lat engagement with the Uplift Line Lat Pulldown. Its smooth, natural pull mechanics promote superior muscle growth and full—range motion, catering to all user levels.

## Independent Arms

Isolates & corrects muscle imbalances and adds training variety.

## Adjustable Thigh Pad

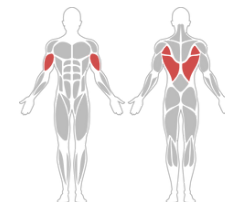
5 different adjustment options.

## Feet Pad

Allows for added stability with a thigh pad.

## Weight Horns

Eliminate the need for separate weight trees.



Product Weight	145kg
Footprint (L x B x H)	170 x 151 x 212cm
Weight Stack	250kg

# Seated Row

Build a stronger back with the Uplift Line Seated Row. Focused resistance and ergonomic seating align for a more effective pull, enhancing muscle definition and endurance.

## Independent Arms

Isolates & corrects muscle imbalances and adds training variety.

## Swiveling Chest Support Pad

A provide an extra range of motion by allowing thoracic extension, recruiting more overall back musculature.

## Preload Lever

Allows exercisers to step on pre—load lever arm to safely lift heavier weights.

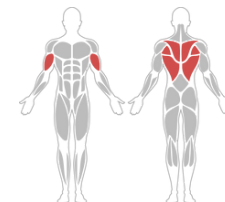
## User—Defined Handle

360—degree rotating handle, and ergonomic swivel lever arm joint.

## Feet Support

Allows exercises to engage the full posterior chain and increase stability.

<b>Product Weight</b>	126kg
<b>Footprint (L x B x H)</b>	177 x 158 x 121cm
<b>Weight Stack</b>	250kg



# Biceps Curl

The Uplift Line Biceps Curl delivers targeted arm strengthening with its intuitive arm positioning, ensuring peak bicep contraction and superior growth potential.

## Independent Arms

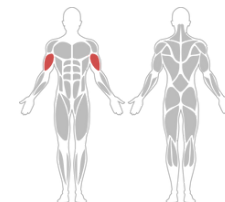
Isolates & corrects muscle imbalances and adds training variety.

## Wide Grip

Biases the brachii muscle (short head of biceps) more. Providing a different stimulus for muscle growth compared to the more common close grip.

## Biomechanical Seat Position

Reclined seat angle and feet platform allow exercisers to be in a more stable position for increased muscle activation.



Product Weight	102kg
Footprint (L x B x H)	178 x 180 x 118cm
Weight Stack	200kg



# Triceps Extension

Sculpt triceps efficiently with the Uplift Line Triceps Extension, offering ergonomic arm placement for optimal muscle isolation and enhanced upper arm toning.

## Independent Arms

Isolates & corrects muscle imbalances and adds training variety.

## Handle—less Design

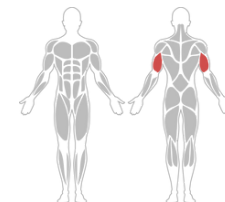
Completely removes forearm involvement for greater tricep stimulation.

## Biomechanical Seat Position

Reclined seat angle and feet platform allow exercisers to be in a more stable position for increased muscle activation.

## Weight Horns

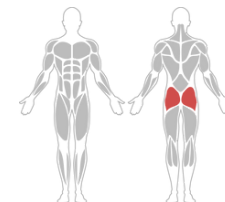
Eliminate the need for separate weight trees.



Product Weight	117kg
Footprint (L x B x H)	178 x 173 x 118cm
Weight Stack	200kg

# Glute

The Uplift Line Glute machine provides a solid foundation for lower body power, focusing on glute activation for improved muscle strength and a more defined physique.



## Safety Lever

For safe start and off.

## Ergonomic Seat Belt Design

Is as effective as a roller and is more intuitive and simpler to learn.

## Adjustable Feet Platform

Allows exercisers to adjust for range of motion and ankle dorsiflexion.

## Weight Horns

Eliminate the need for separate weight trees.

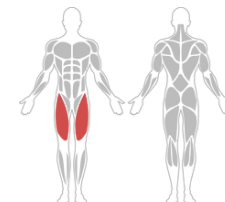


Product Weight	112kg
Footprint (L x B x H)	148 x 150 x 91cm
Weight Stack	200kg



# Leg Extension

Achieve stronger, more defined quads with the Uplift Line Leg Extension, designed for deep muscle engagement and minimal joint strain, promoting endurance and hypertrophy.



## Large Anti—Slip Feet Platform

Allows all exercisers to squat with multiple variations. ( Wide, mid, close)

## 3 Carriage Positions

Allows exercisers to adjust the range of motion.

## Weight Horns

Eliminate the need for separate weight trees.



Product Weight	136kg
Footprint (L x B x H)	143 x 174 x 110cm
Weight Stack	250kg

# Seated Leg Curl

The Uplift Line Seated Leg Curl targets hamstrings with precision, balancing tension distribution for comprehensive conditioning and injury prevention.

## Biomechanically Optimized

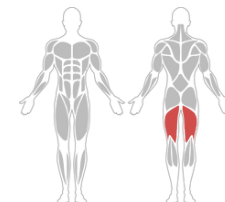
Adjustable back pad, thigh pad, and ankle rollers allow for greater muscle activation.

## Enhanced Stability

With side handles for a secure grip throughout the movement, promoting better control and form.

## Weight Horns

Eliminate need for separate weight trees.



Product Weight	145kg
Footprint (L x B x H)	175 x 166 x 112cm
Weight Stack	200kg

# Leg Press

The Uplift Line Leg Press supports explosive leg power and balanced muscle development with its stable platform and consistent resistance path, suitable for all training intensities.

## Independent Legs

Isolates & corrects muscle imbalances and adds training variety.

## Pre—Load Levers

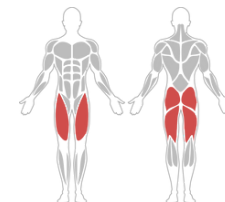
Allows exercisers to spot themselves when needed.

## Biomechanically Optimized

Adjustable back pad, thigh pad, and ankle rollers allow for greater muscle activation.

## Weight Horns

Eliminates the need for separate weight trees.



Product Weight	292.5kg
Footprint (L x B x H)	241 x 158 x 135cm
Weight Stack	400kg

# Pivot Squat

Master the art of the squat with the Uplift Line Pivot Squat, optimizing lower body mechanics for increased strength, stability, and muscle engagement during intensive workouts.

## Squatting Versatility

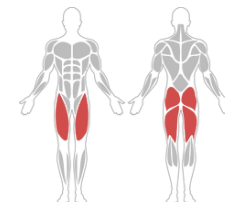
With wide anti—slip feet platform and dual set of handle grip allows for multiple squat variations (Narrow — wide stance, front & back facing stance)

## Safety Lever

For safe start and off.

## Weight Horns

Eliminate the need for separate weight trees.



Product Weight	167kg
Footprint (L x B x H)	170 x 143 x 167cm
Weight Stack	400kg