



# 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

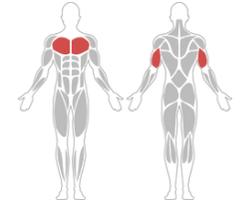
Enabling users to optimize grip sensation, achieve personalized range of motion, and thus attain optimal muscle supplementation.

## 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

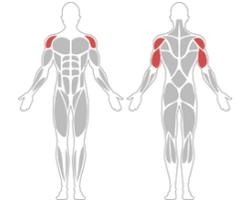
Eliminate the need for separate weight trees.



<b>Product Weight</b>	117.5kg / 259lbs
<b>Footprint (L x W x H)</b>	183 x 189 x 112cm / 72 x 74 x 44in
<b>Weight Stack</b>	300kg / 661lbs

# 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.



<b>Product Weight</b>	112kg / 246lbs
<b>Footprint (L x W x H)</b>	167 x 187 x 103cm / 65 x 73 x 40in
<b>Weight Stack</b>	200kg / 440lbs

# 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

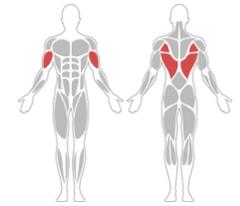
5 different adjustment options.

## FEET PAD

Allows for added stability with a thigh pad.

## WEIGHT HORNS

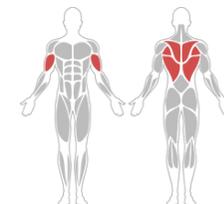
Eliminate the need for separate weight trees.



<b>Product Weight</b>	145kg / 319lbs
<b>Footprint (L x W x H)</b>	170 x 151 x 212cm / 66 x 54 x 83in
<b>Weight Stack</b>	250kg / 551lbs

## 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

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.



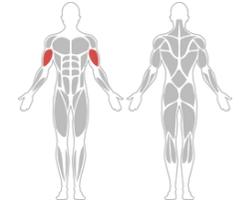
<b>Product Weight</b>	126kg / 277lbs
<b>Footprint (L x W x H)</b>	177 x 158 x 121cm / 69 x 62 x 47in
<b>Weight Stack</b>	250kg / 551lbs

Plate Loaded UL—05

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

# 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

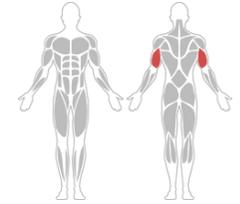
Reclined seat angle and feet platform allow exercisers to be in a more stable position for increased muscle activation.



<b>Product Weight</b>	102kg / 224lbs
<b>Footprint (L x W x H)</b>	178 x 180 x 118cm / 70 x 70.8 x 46in
<b>Weight Stack</b>	200kg / 440lbs

# 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

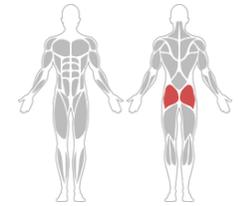
Eliminate the need for separate weight trees.



<b>Product Weight</b>	117kg / 235lbs
<b>Footprint (L x W x H)</b>	178 x 173 x 118cm / 70 x 68 x 46in
<b>Weight Stack</b>	200kg / 440lbs

# 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

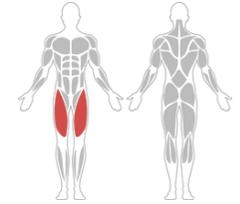
Eliminate the need for separate weight trees.



<b>Product Weight</b>	112kg / 246lbs
<b>Footprint (L x W x H)</b>	148 x 150 x 91cm / 58 x 59 x 35in
<b>Weight Stack</b>	200kg / 440lbs

# 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.



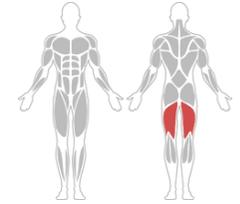
<b>Product Weight</b>	136kg / 299lbs
<b>Footprint (L x W x H)</b>	143 x 174 x 110cm / 56 x 68 x 43in
<b>Weight Stack</b>	250kg / 551lbs

Plate Loaded UL—09

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

# 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.



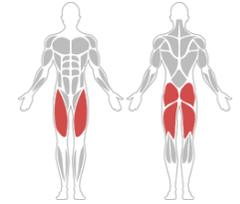
<b>Product Weight</b>	145kg / 319lbs
<b>Footprint (L x W x H)</b>	175 x 166 x 112cm / 68 x 64 x 44in
<b>Weight Stack</b>	200kg / 440lbs

Plate Loaded UL—10

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

# 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.



<b>Product Weight</b>	292.5kg / 644lbs
<b>Footprint (L x W x H)</b>	241 x 158 x 135cm / 94 x 62 x 53in
<b>Weight Stack</b>	400kg / 882lbs

# 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

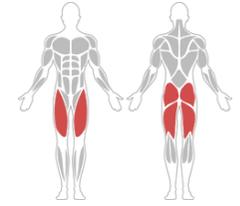
With wide anti — slip feet platform and dual set of handle grip allows for multiple squat variations (Narrow—wide stance, front & back facing stance)

## SAFETY LEVER

For safe start and off.

## WEIGHT HORNS

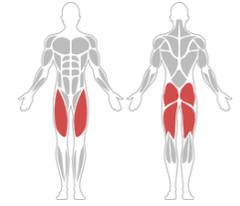
Eliminate the need for separate weight trees.



<b>Product Weight</b>	167kg / 368lbs
<b>Footprint (L x W x H)</b>	170 x 143 x 167cm / 66 x 56 x 65in
<b>Weight Stack</b>	400kg / 882lbs

# HACK SQUAT

The Intenza Hack Squat Machine is built for effective lower—body training with a reinforced frame and smooth movement mechanics. Its adjustable foot plate and precision pulley system ensure proper alignment, safety, and consistent performance for all users.



## ROBUST FRAME CONSTRUCTION

Heavy—duty modular frame provides stability and long—term durability.

## ADJUSTABLE FOOT PLATE

Supports varied angles to accommodate different users and exercises.

## EASY STOP—AND—GO HANDLES

Enable safe start and exit during workouts.



<b>Product Weight</b>	239kg / 526.9lbs
<b>Footprint (L x W x H)</b>	182 x 209 x 156cm / 71.7 x 82.3 x 61.4in
<b>Weight Stack</b>	400kg / 882lbs