

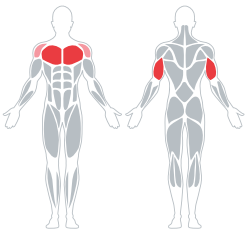
**ZONE LINE** UPPER BODY**INCLINE CHEST PRESS****SHOULDER PRESS****SEATED ROW****LAT FRONT PULLDOWN****BICEPS CURL****TRICEPS PRESS/SEATED DIP****VERTICAL CHEST PRESS****DECLINE CHEST PRESS****ZONE LINE** LOWER BODY/CORE**SEATED LEG CURL****LEG EXTENSION****GLUTE****LEG PRESS****HACK SQUAT**

ZL—01  
Incline Chest Press

The Intenza ZL Incline Chest Press targets the upper chest with precision and efficiency. Internally rotated handles and natural movement path align perfectly with upper chest muscle fibers, ensuring optimal activation and growth.

Independent arms start from a deep stretch position, allowing a full range of motion for enhanced muscle engagement. The pressing motion follows a converging arc to deliver a powerful, loaded peak contraction that is not possible with traditional dumbbell presses.

Ideal for building upper chest thickness and a balanced, well—rounded aesthetic, ZL Incline Chest Press delivers results with every rep.



ZONE LINE	ZL—01
MODEL	INCLINE CHEST PRESS
PRODUCT DIMENSIONS (L x W x H)	163 x 188 x 101 cm / 64.1 x 74 x 39.7 in
PRODUCT WEIGHT	121 kg / 266 lbs
MAX TRAINING WEIGH	300 kg / 661 lbs
WEIGHT STACK	300 kg / 661 lbs

ZL—02  
Shoulder Press



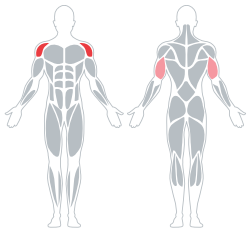
The Intenza ZL Shoulder Press follows the natural pressing arc of free weights, starting with elbows in front and finishing beside the ears.

With eight seat heights, three back pad angles, and two grip options, it accommodates varying shoulder mobility, ensuring proper joint alignment and reducing rotator cuff strain to minimize impingement risk.

The optimized resistance profile delivers heavier load at the bottom, where muscles are lengthened, and lighter resistance at the top for safer, more effective shoulder training.



ZONE LINE	ZL—02
MODEL	SHOULDER PRESS
PRODUCT DIMENSIONS (L x W x H)	163 x 182 x 113 cm / 64.1 x 71.6 x 44.4 in
PRODUCT WEIGHT	142 kg / 313 lbs
MAX TRAINING WEIGH	200 kg / 440 lbs
WEIGHT STACK	300 kg / 661 lbs



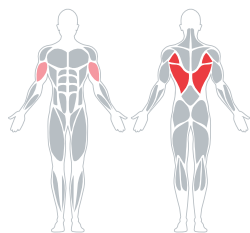
ZL—03

Lat Front Pulldown

The Intenza ZL Lat Front Pulldown maximizes lat activation and growth, delivering the ultimate stretch for building a thick, V—tapered back.

The supinated grip and diverging arc motion align the arms perfectly to target the lower lats, guiding elbows outward for superior muscle engagement.

The ZL Lat Front Pulldown offers a descending resistance profile, unlike older machines that have an ascending resistance profile. With the heaviest resistance at the top, where the lats are fully lengthened, and lighter resistance at the bottom, it allows for a smooth and powerful contraction. This ensures maximum tension where it matters most—at the stretch.



ZONE LINE	ZL—03
MODEL	LAT FRONT PULLDOWN
PRODUCT DIMENSIONS (L x W x H)	164 x 181 x 199 cm / 64.5 x 71.2 x 78.3 in
PRODUCT WEIGHT	157 kg / 346 lbs
MAX TRAINING WEIGH	300 kg / 661 lbs
WEIGHT STACK	250 kg / 551 lbs



ZL—04  
Seated Row



The Intenza ZL Seated Row combines the benefits of a dumbbell row with enhanced stability, control, and load management.

Adjustable chest pads and seat heights provide solid support for lifters of all sizes, ensuring perfect form on every rep.

The easy lift—off lever brings handles within reach for seamless setup while slightly diverging arms, a downward sweeping arc, and rotating handles simplify proper rowing mechanics.

The descending resistance profile—heaviest at the start and lighter toward the end—aligns with the body’s natural strength curve, maximizing tension where it matters most.

Built for serious lifters, it’s the ultimate tool for developing back thickness and strength.



ZONE LINE

ZL—04

MODEL

SEATED ROW

PRODUCT DIMENSIONS (L x W x H)

154 x 169 x 124 cm / 60.6 x 66.5 x 48.8 in

PRODUCT WEIGHT

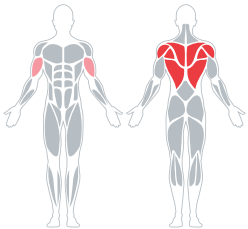
170.5 kg / 375 lbs

MAX TRAINING WEIGH

250 kg / 551 lbs

WEIGHT STACK

250 kg / 551 lbs



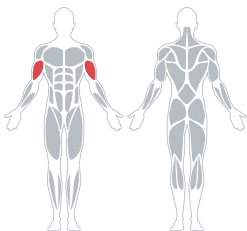
ZL—05  
Biceps Curl

The Intenza ZL Biceps Curl delivers smooth, efficient reps without unnecessary adjustments.

The pivot point—free design enables exercisers to place their elbows anywhere on the pad and achieve a perfect, rounded arc and consistent tension throughout the movement.

The intuitive setup ensures proper form and keeps the focus entirely on the biceps, regardless of experience level.

Featuring a bell—shaped resistance curve, it delivers peak load in the mid—range—where the biceps are strongest—for maximum muscle activation and growth.



ZONE LINE	ZL—05
MODEL	BICEPS CURL
PRODUCT DIMENSIONS (L x W x H)	99 x 140 x 120 cm / 38.9 x 55.1 x 47.2 in
PRODUCT WEIGHT	91.5 kg / 201 lbs
MAX TRAINING WEIGH	125 kg / 275 lbs
WEIGHT STACK	125 kg / 275 lbs

**ZL—06****Triceps Press/Seated Dip**

The Intenza ZL Triceps Press/ Seated Dip combines versatility and precision, offering two distinct pressing variations in one machine.

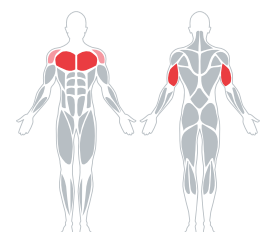
For tricep dips, the thigh pad locks lifters in place, while the adjustable chest pad ensures a stable, upright torso for proper isolation and effective mechanics.

Facing away for chest dips, the extended, angled chest pad supports a forward-leaning posture for optimal chest engagement—rarely seen in traditional dip machines.

With a descending resistance profile—heaviest at the top and lightest at the bottom—this dual-use design delivers stability, control, and maximum upper-body activation, making it essential for serious strength training.

**ZONE LINE****ZL—06**

<b>MODEL</b>	TRICEPS PRESS/SEATED DIP
<b>PRODUCT DIMENSIONS (L x W x H)</b>	195 x 184 x 106 cm / 76.7 x 72.4 x 41.7 in
<b>PRODUCT WEIGHT</b>	169.5 kg / 373 lbs
<b>MAX TRAINING WEIGH</b>	200 kg / 440 lbs
<b>WEIGHT STACK</b>	150 kg / 330 lbs



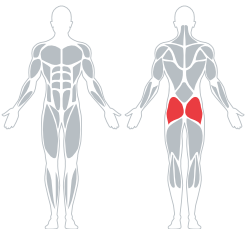
ZL—07  
Glute

The Intenza ZL Glute delivers an unmatched range of motion and superior glute activation, even for shorter lifters.

The elevated and well—positioned foot platform ensures proper positioning without overreaching, while the seat belt design provides secure support without discomfort or interfering with the movement.

Unlike traditional designs, the ZL Glute allows full hip flexion for a complete stretch and optimal engagement.

For enhanced training, the resistance band peg adds extra tension at the top of the movement, maximizing peak contraction and results.



ZONE LINE	ZL—07
MODEL	GLUTE
PRODUCT DIMENSIONS (L x W x H)	182 x 183 x 108 cm / 71.6 x 72 x 42.5 in
PRODUCT WEIGHT	198 kg / 436 lbs
MAX TRAINING WEIGH	250 kg / 551 lbs
WEIGHT STACK	200 kg / 440 lbs



ZL—08  
Leg Extension



The Intenza ZL Leg Extension combines precision and comfort for effective lower—body training.

Independent leg movement ensures balanced strength development, while self—adjusting tibia pads provide a secure, custom fit without manual adjustments.

Spotter arms for each leg add stability and safety during heavy lifts.

Featuring a bell—shaped resistance profile, it maximizes tension in the mid—range where quads are strongest, boosting muscle activation and growth.

The dual guide rod supported back pad adjustment offers precise setup and unmatched stability, allowing lifters to lock in perfect form for every rep.



ZONE LINE

ZL—08

MODEL

LEG EXTENSION

PRODUCT DIMENSIONS (L x W x H)

141 x 193 x 125 cm / 55.5 x 75.9 x 49.2 in

PRODUCT WEIGHT

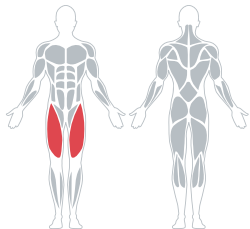
135.5 kg / 298 lbs

MAX TRAINING WEIGH

250 kg / 551 lbs

WEIGHT STACK

250 kg / 551 lbs



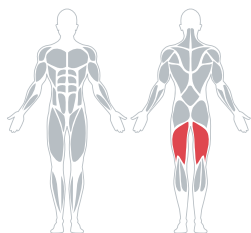
ZL—09  
Seated Leg Curl

The Intenza ZL Seated Leg Curl delivers optimal hamstring engagement with unmatched comfort and performance.

The self—rotating calf roller adapts to natural leg movement, maintaining consistent tension and reducing discomfort.

An integrated handlebar provides dual functionality: offering stability during heavy lifts or enabling a forward lean for a deeper stretch and enhanced activation.

With a dual guide rod supported back pad adjustment for precise setup and unmatched stability, lifters experience effective reps and perfect form.



ZONE LINE	ZL—09
MODEL	SEATED LEG CURL
PRODUCT DIMENSIONS (L x W x H)	138 x 143 x 119 cm / 54.3 x 56.3 x 46.8 in
PRODUCT WEIGHT	159 kg / 350 lbs
MAX TRAINING WEIGH	125 kg / 275 lbs
WEIGHT STACK	250 kg / 551 lbs

ZL—10  
Leg Press



The Intenza ZL Leg Press offers unmatched versatility with three distinct resistance profiles to suit any training goal.

Load the top horns for a descending profile—heaviest at the bottom—for building strength in the strongest range. Use the bottom horns for an ascending profile—lightest at the start and heaviest at lockout—to overcome sticking points.

This design allows lifters to perform multiple variations, tailor resistance curves to their goals, and work around injuries by avoiding weak or painful ranges. Perfect for targeting specific phases of movement and maximizing performance.



ZONE LINE

MODEL

PRODUCT DIMENSIONS (L x W x H)

PRODUCT WEIGHT

MAX TRAINING WEIGH

WEIGHT STACK

ZL—10

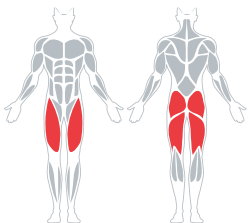
LEG PRESS

212 x 170 x 165 cm / 83.4 x 66.9 x 64.9 in

306.5 kg / 675 lbs

400 kg / 881 lbs

250 kg / 551 lbs



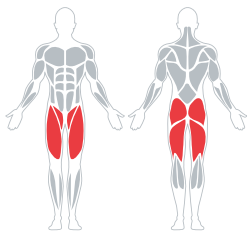
ZL—11  
Hack Squat

The Intenza ZL Hack Squat is designed with thoughtful details to ensure lifters of all sizes can achieve full depth safely and efficiently.

The 10—degree reclined footplate mimics the heel elevation of weightlifting shoes, promoting proper ankle mobility and an upright torso throughout the movement.

The extended range of motion accommodates shorter lifters without extra modifications, while forward—positioned handles make adjustments quick and secure.

For advanced lifters, top and bottom band pegs allow resistance profile customization, taking training potential to the next level.



ZONE LINE	ZL—11
MODEL	HACK SQUAT
PRODUCT DIMENSIONS (L x W x H)	233 x 169 x 161 cm / 91.7 x 66.5 x 63.3 in
PRODUCT WEIGHT	271 kg / 5976 lbs
MAX TRAINING WEIGH	300 kg / 661 lbs
WEIGHT STACK	400 kg / 881 lbs



ZL—12

# Vertical Chest Press

The Intenza ZL Vertical Chest Press provides maximum chest growth without compromises.

The deep starting position ensures a full range of motion, delivering a powerful stretch for better muscle activation and greater gains.

The spotter arm lever allows for easy lift—off so advanced lifters can train heavy with confidence.

Featuring a descending resistance profile, the load is heaviest at the stretch—where the lifter is strongest—and lightest at lockout, keeping tension where it matters most.

With independent arms, a natural converging arc, and a neutral grip option for joint—friendly pressing, this machine is built for serious chest development.



ZONE LINE

ZL—12

MODEL

VERTICAL CHEST PRESS

PRODUCT DIMENSIONS (L x W x H)

221 x 158 x 129 cm / 87 x 62.2 x 50.7 in

PRODUCT WEIGHT

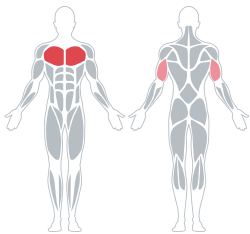
175 kg / 385 lbs

MAX TRAINING WEIGH

250 kg / 551 lbs

WEIGHT STACK

250 kg / 551 lbs



ZL—13

# Decline Chest Press

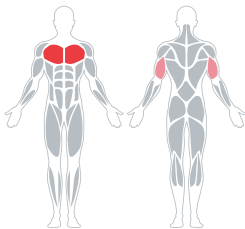
Intenza ZL Decline Chest Press is designed for maximum lower chest activation with zero wasted effort.

The downward pressing path targets hard—to-hit lower chest fibers while minimizing shoulder strain, allowing lifters to press heavy with confidence.

The deep starting position delivers an unmatched stretch for greater muscle activation and growth, while the spotter arm lever ensures smooth and safe lift—offs for heavy sets.

Featuring a descending resistance profile, the load is heaviest at the bottom—where the pecs are strongest—and lighter at lockout, keeping tension where it matters most.

With independent arms, a converging arc motion, and a neutral grip option, this machine has everything to build a powerful, well-defined chest.



ZONE LINE

MODEL

PRODUCT DIMENSIONS (L x W x H)

PRODUCT WEIGHT

MAX TRAINING WEIGH

WEIGHT STACK

ZL—13

DECLINE CHEST PRESS

221 x 159 x 129 cm / 87 x 62.6 x 50.7 in

192 kg / 423 lbs

250 kg / 551 lbs

250 kg / 551 lbs