

A dark, minimalist interior view of a vehicle, likely a car, showing a door handle and a window frame. The lighting is dramatic, highlighting the metallic textures of the hardware against the dark background.

inten/a
DEZIGN LINE/ZONE LINE

ABOUT INTENZA	2
STRENGTH OVERVIEW	4
SELECTORIZE DEZIGN LINE	5
FEATURES	8
SPECIFICATIONS	24
PLATE LOADED ZONE LINE	40
FEATURES	42
SPECIFICATIONS	58
THE PREMIUM FITNESS ECOSYSTEM	72
CONTACT US	74

The information provided in this pre—release catalogue for the Zone/Dezign Line is based on the best current information available at time of printing (February 27, 2025). Please note that product specifications and descriptions are subject to change. Final details may differ from what is presented here.

The Premium Fitness Solution Provider.

For over a decade, Intenza has been a leader in fitness innovation, gaining global recognition through our award-winning cardio machines, including the Escalate Stairclimber.

Our legacy of excellence has attracted industry titans from Gymshark to Equinox, who trust us to elevate their facilities with uncompromising quality and design.

OUR PROMISE

At Intenza, we craft more than just equipment—we create experiences that inspire. Every machine is engineered not only to withstand the test of time but to provide the ultimate training experience.

Our mission remains unwavering: To empower industry leaders to create extraordinary facilities.

GLOBAL EXCELLENCE, LOCAL PRESENCE

With an expansive network of 80+ distributors spanning 75 countries, we deliver world-class fitness solutions directly to your facility.

Our dedicated team of experts has empowered more than 4,500 facilities worldwide, transforming spaces into unique fitness destinations.

Discover your Intenza and start creating a world-class fitness experience for your members.

Team Intenza

INSPIRING FITNESS—ONE WORKOUT AT A TIME.



AWARDS



PARTNERS



DESIGNED FOR ATHLETES. MADE FOR EVERYBODY.

Our premium fitness solutions create a welcoming workout environment for beginners and elite athletes alike, providing unmatched training options to ensure every member achieves their best results.

Intenza's new premium strength lines, Zone and Dezign, combine performance and aesthetics with the latest exercise science to redefine the lifting experience.

Infused with Intenza's award-winning design DNA and crafted with premium materials, these machines complement our renowned cardio lineup and embody Intenza's commitment to **"INSPIRING FITNESS."** Transform your space into a visually stunning fitness destination that sets your facility apart from the competition.

Welcome to a new era of Intenza Strength.



DEZIGN LINE FEATURES

**DEZIGN LINE
THE NEW STANDARD**

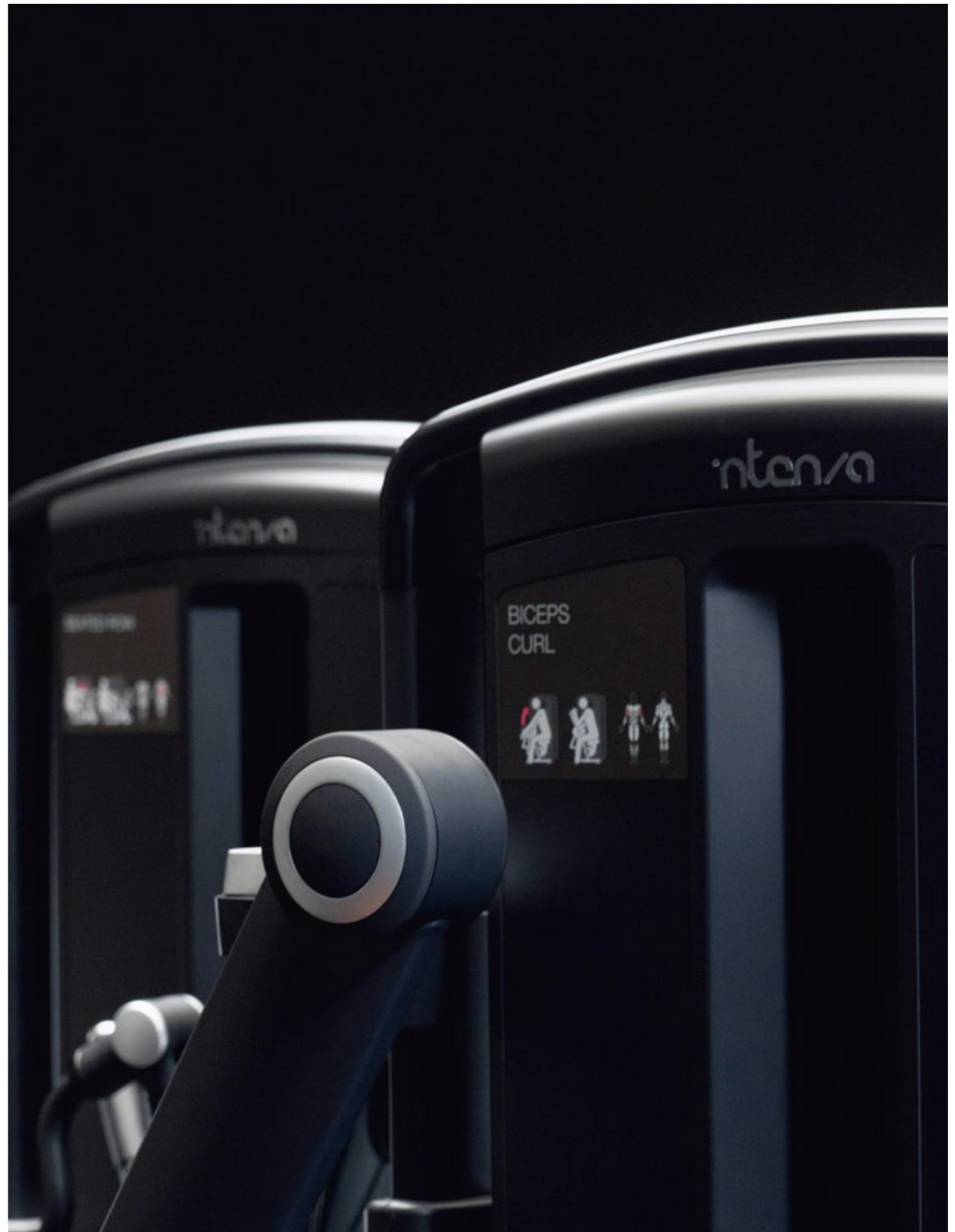
Intenza Dezign Line sets a new standard in selectorized strength equipment, integrating the latest industry innovations with timeless design to provide a premium training experience for world-class fitness facilities.



MAKE YOUR FACILITY UNFORGETTABLE

Crafted with premium-grade materials, dual-layer composite frames, and sleek curved tubing, Dezign Line transforms your gym into a high-end fitness destination that turns heads and keeps members coming back.

Every detail, from hidden screws to refined finishes, is thoughtfully designed to create a lasting impression.





The Perfect Lift

Dezign Line's patented Zero—Gap Weight Stack redefines lifting by delivering a seamless, lag—free experience that feels like an extension of the body.

By eliminating gaps between the weight stack and the pin, exercisers enjoy instant, consistent resistance throughout every rep—ensuring smooth, controlled movements from start to finish.

Precise Adjustments. Big Gains.

Level up your members' strength gains with Dezign Line's exclusive Microload Weight Adjustor—the only system offering four precise weight increments of 1 kg (1, 2, 3, or 4 kg). This versatile system allows exercisers of all fitness levels to fine-tune resistance and progress at their own pace.

Microload serves multiple training purposes: helping beginners build foundational strength safely, enabling advanced lifters to break through plateaus, empowering trainers to design precisely tailored programs, and ensuring the development of smaller muscle groups. Take complete control of every workout by eliminating the challenge of traditional 5–10 kg jumps.



Maximize Uptime. Minimize Headaches.



By reducing maintenance needs and extending the lifespan of every machine, we help gym owners save time and minimize costs. Focus on what matters the most—providing the best possible experiences for members.

Our exclusive cable tensioning system allows for instant, tool-free adjustments—no technicians, no downtime, and no disruptions. Just uninterrupted performance that keeps your members training.

Built with rust-resistant aluminum and a thoughtful, easy-to-clean design, Dezign Line machines maintain their pristine condition even in demanding, humid environments.

SIMPLE AND SEAMLESS SETUP

VISUAL SETUP

Yellow color-coded adjustments are clearly marked and always within arm's reach for a seamless setup.

GAS-ASSISTED SEAT ADJUSTMENT

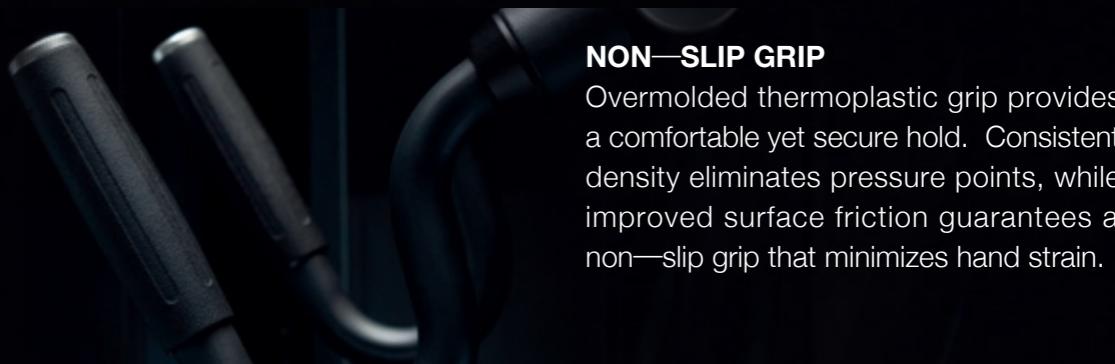
Smooth, precise adjustments with eight height settings allows for optimal alignment.



INSTRUCTIONAL PLACARD

Clear and easy-to-follow instructional signs help beginners maintain proper form and improve workout effectiveness.

ELEVATED COMFORT AND DURABILITY



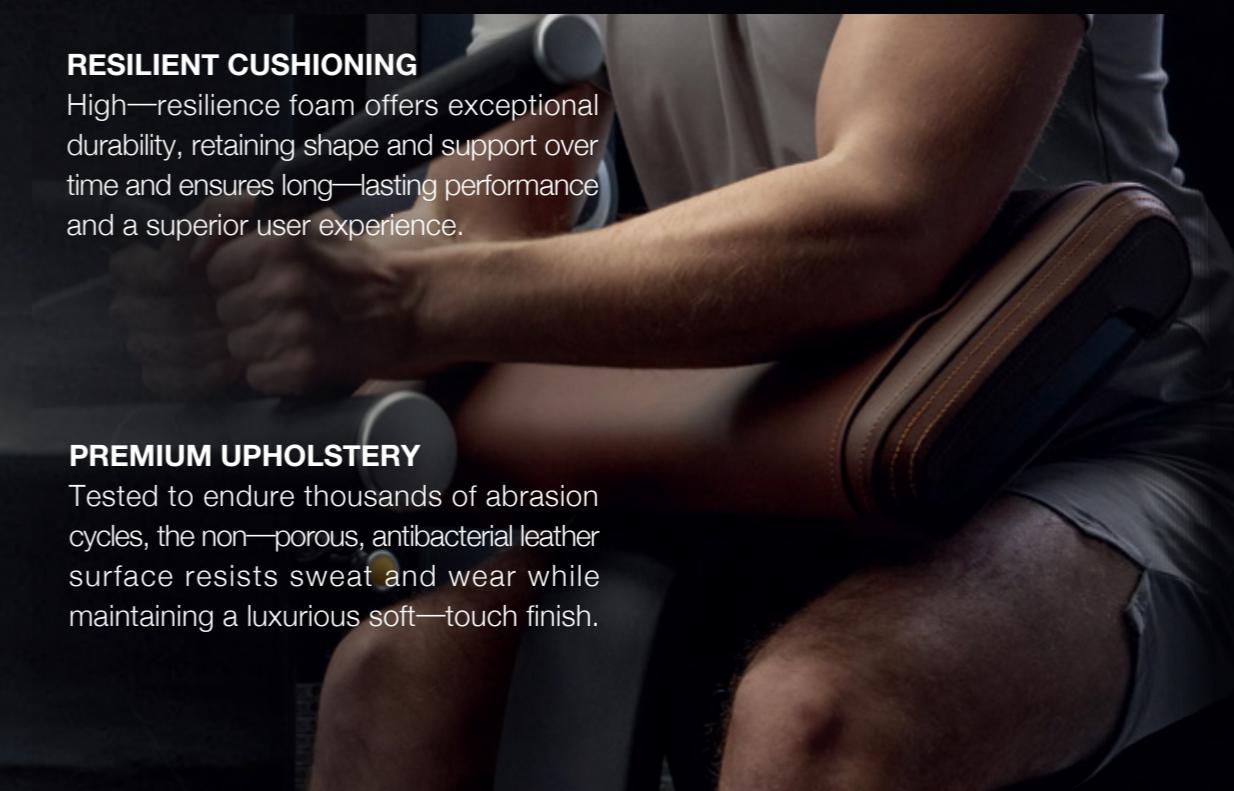
NON-SLIP GRIP

Overmolded thermoplastic grip provides a comfortable yet secure hold. Consistent density eliminates pressure points, while improved surface friction guarantees a non-slip grip that minimizes hand strain.



ACCESSORY HOLDER

Conveniently designed to keep essentials within reach, the accessory holder provides dedicated space for items like phone, water bottle, and towel.



RESILIENT CUSHIONING

High-resilience foam offers exceptional durability, retaining shape and support over time and ensures long-lasting performance and a superior user experience.

PREMIUM UPHOLSTERY

Tested to endure thousands of abrasion cycles, the non-porous, antibacterial leather surface resists sweat and wear while maintaining a luxurious soft-touch finish.

BUILT FOR BETTER BIOMECHANICS

PERFECT FIT FOR EVERY BODY

Designed to accommodate individuals between 155 cm and 200 cm, ensuring a biomechanically sound fit for users of diverse body types.



INDEPENDENT ARMS

Independent arm movement allows for unilateral training, increasing exercise variety and promoting balanced strength development.



CONVERGING/DIVERGING MOVEMENT ARCS

Natural movement arcs replicate human joint and limb motion, enhancing muscle activation and improving exercise effectiveness.



FULL RANGE OF MOTION

Optimized movement paths train muscles throughout the complete functional range, enhancing muscle activation, flexibility, and overall strength development.

OPTIMIZED LIFTING EXPERIENCE



CAM & 4-BAR LINKAGE

Resistance dynamically adjusts to match the muscle's natural strength curve, decreasing when muscles are weaker and increasing when they are stronger. This optimizes training efficiency and muscle activation.



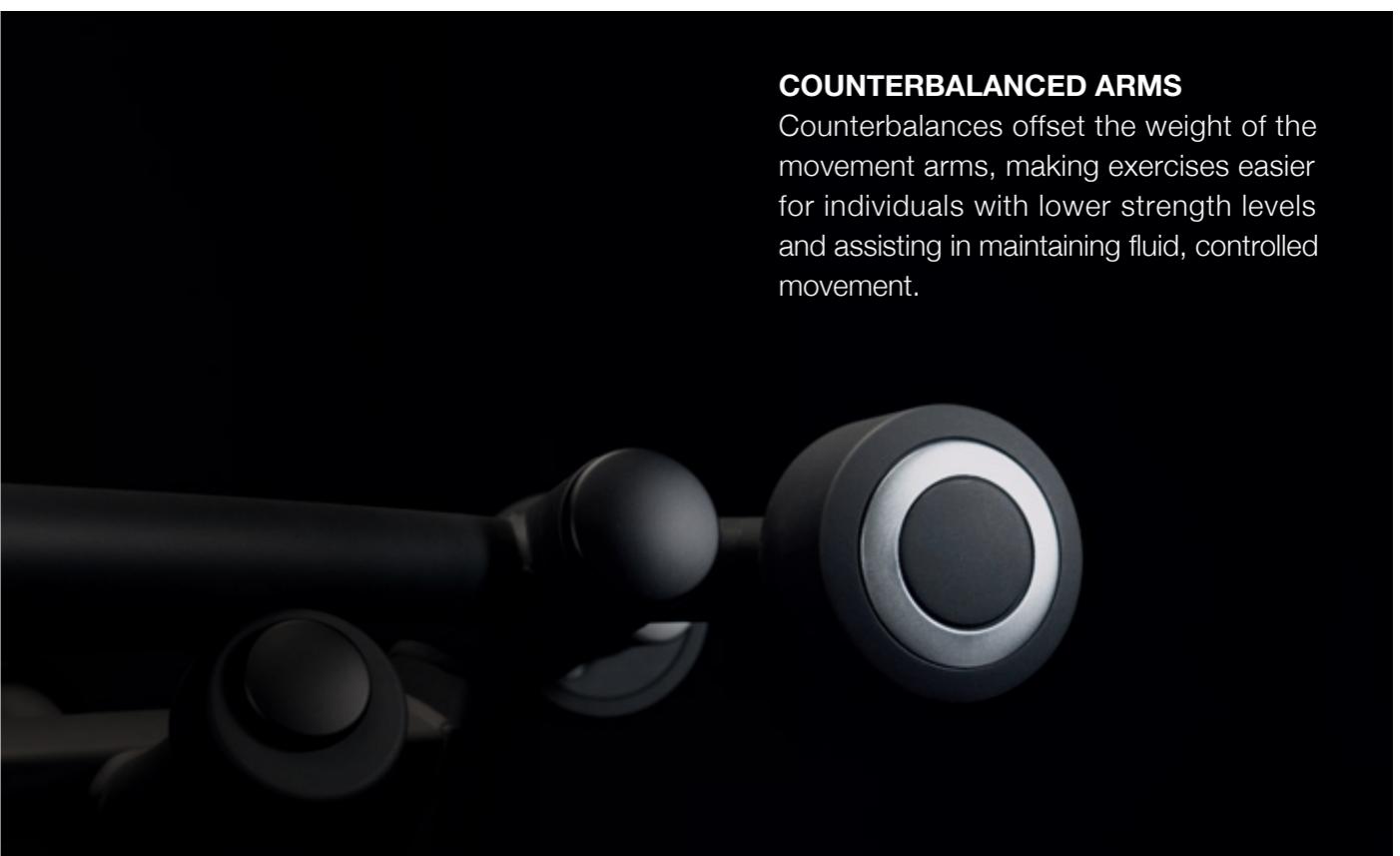
**PUSH EXERCISE
HANDLES**
39cm Diameter



**PULL EXERCISE
HANDLES**
32cm Diameter

COUNTERBALANCED ARMS

Counterbalances offset the weight of the movement arms, making exercises easier for individuals with lower strength levels and assisting in maintaining fluid, controlled movement.

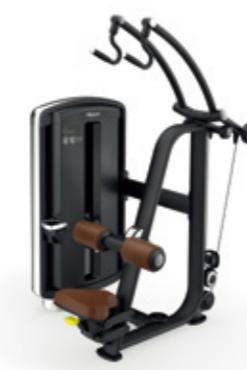


DEZIGN LINE UPPER BODY

BICEPS CURL



CHEST PRESS



LAT PULLDOWN



SHOULDER PRESS



BACK EXTENSION



SEATED ROW



TRICEPS EXTENSION



ASSISTED CHIN DIP



PEC FLY/REAR DELTOID

DEZIGN LINE LOWER BODY/CORE

PRONE LEG CURL



HIP ADDUCTION/ABDUCTION



SEATED LEG CURL



ABDOMINAL



LEG EXTENSION



LEG PRESS

DL—01

Biceps Curl

The DL Biceps Curl features extra-long handles to allow exercisers to find a comfortable grip width that matches their unique arm mechanics, reducing wrist and elbow strain.

Cam with a bell-shaped resistance profile matches the natural strength curve of the biceps, optimizing muscle engagement and reducing joint strain.

Counterbalanced arms keep the starting resistance ultra-light, while the micro-load system enables precise 1kg increments for steady progressive overload.



DEZIGN LINE

DL—01

MODEL

BICEPS CURL

PRODUCT DIMENSIONS (L x W x H)

144 x 107 x 151 cm / 56.7 x 42.1 x 59.4 in

PRODUCT WEIGHT

256 kg / 564 lbs

WEIGHT STACK

110 kg / 242 lbs

DL—02**Chest Press**

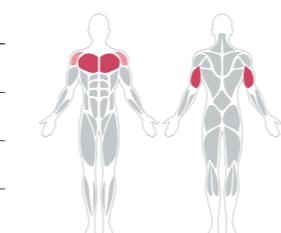
Precision—engineered for safer, more effective chest workouts, the DL Chest Press' upward pivot arc naturally reduces shoulder strain.

Three back-pad positions, eight seat height adjustments, and two grip options ensure exercisers can find their ideal pressing position for maximum comfort and performance.

The four-bar linkage system provides descending resistance, with the heaviest load when the pecs are stretched and decreasing as they contract. It aligns with the chest's natural strength curve to ensure optimal force distribution throughout the full range of motion.



DEZIGN LINE	DL—02
MODEL	CHEST PRESS
PRODUCT DIMENSIONS (L x W x H)	140 x 148 x 151 cm / 55 x 58.2 x 59.4 in
PRODUCT WEIGHT	317 kg / 698 lbs
WEIGHT STACK	110 kg / 242 lbs

**DL—03****Lat Pulldown**

The Intenza DL Lat Pulldown guides each rep in a shoulder-friendly path, preventing impingement and prioritizing comfort.

The descending resistance profile maximizes muscle tension at full stretch, then tapers off as the lats contract for smoother, more efficient reps.

Rotating handles enable natural wrist movement and varied grips, making back training safer, more effective, and customizable.



DEZIGN LINE	DL—03
MODEL	LAT PULLDOWN
PRODUCT DIMENSIONS (L x W x H)	150 x 129 x 213 cm / 59 x 50.7 x 83.8 in
PRODUCT WEIGHT	291 kg / 641 lbs
WEIGHT STACK	110 kg / 242 lbs

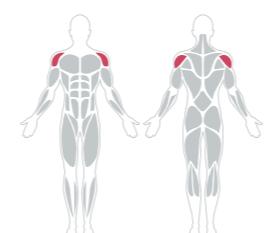
DL—04**Shoulder Press**

The Intenza DL Shoulder Press follows a natural overhead path, starting diagonally in front of the body and finishing directly overhead.

The shoulder-friendly angle minimizes external rotation and reduces stress on the glenohumeral joint, allowing lifters to build strength safely and comfortably without compromising long-term shoulder health.

**DEZIGN LINE****DL—04**

MODEL	SHOULDER PRESS
PRODUCT DIMENSIONS (L x W x H)	153 x 149 x 151 cm / 60.2 x 58.6 x 59.4 in
PRODUCT WEIGHT	281 kg / 619 lbs
WEIGHT STACK	110 kg / 242 lbs



The Intenza DL Back Extension safely strengthens the spinal erectors by preventing excessive spinal flexion through a supportive lumbar pad.

The cam-driven bell-shaped resistance profile is heaviest at 30 degrees of hip flexion when the erectors are strongest, then gradually becomes lighter toward the end of the range of motion. This prevents high-risk overloading of the spine in the beginning and end.

The result is optimized training that protects the spine while delivering powerful performance benefits.

**DEZIGN LINE****DL—05**

MODEL	BACK EXTENSION
PRODUCT DIMENSIONS (L x W x H)	119 x 132 x 151 cm / 46.8 x 51.9 x 59.4 in
PRODUCT WEIGHT	275 kg / 606 lbs
WEIGHT STACK	110 kg / 242 lbs

DL—06 Abdominal



The Intenza DL Abdominal is designed for maximum core engagement while preventing excessive spinal flexion.

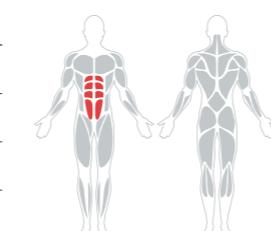
Wrap-over shoulder handles reduce arm involvement, isolating the abs, while the curved back pad enhances the range of motion for deeper contractions.

Elevated foot plates deactivate the hip flexors, keeping the focus on the core.

A cam-driven resistance profile lightens the load in vulnerable ranges, ensuring a safer and more effective abdominal workout.



DEZIGN LINE	DL—06
MODEL	ABDOMINAL
PRODUCT DIMENSIONS (L x W x H)	122 x 129 x 151 cm / 48 x 50.7 x 59.4 in
PRODUCT WEIGHT	280 kg / 617 lbs
WEIGHT STACK	110 kg / 242 lbs



The Intenza DL Leg Press combines biomechanical precision with balanced muscle engagement, targeting both glutes and quads through a full range of motion.

The tilted foot plate and reclined back pad creates an open, natural movement path, avoiding the limitations of traditional V-shaped designs.

Perfect for building lower body strength, size, or mobility, the DL Leg Press delivers depth, comfort, and versatility for every leg day.



DEZIGN LINE	DL—07
MODEL	LEG PRESS
PRODUCT DIMENSIONS (L x W x H)	194 x 120 x 151 cm / 76.3 x 47.2 x 59.4 in
PRODUCT WEIGHT	450 kg / 992 lbs
WEIGHT STACK	170 kg / 374 lbs

DL—08

Seated Leg Curl



The Intenza DL Seated Leg Curl is designed for safe and effective hamstring training.

The 80-degree angled back pad reduces strain by accommodating limited flexibility, ensuring proper knee extension without excessive hip flexion.

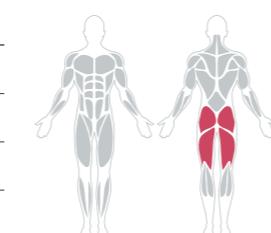
With wide adjustability for the back, thigh, range of motion, and calf pads, this machine offers a personalized fit for exercisers from 155cm to 200cm.

The cam-driven bell-shaped resistance profile provides heavier resistance in the mid-range, where the hamstrings are strongest and lighter resistance near full flexion and extension for smooth, controlled motion.

This design ensures efficient hamstring activation while protecting joints, making it ideal for strength and injury prevention.



DEZIGN LINE	DL—08
MODEL	SEATED LEG CURL
PRODUCT DIMENSIONS (L x W x H)	155 x 142 x 151 cm / 61 x 55.9 x 59.4 in
PRODUCT WEIGHT	325 kg / 716 lbs
WEIGHT STACK	110 kg / 242 lbs

**DL—09**

Leg Extension



The Intenza DL Leg Extension delivers peak quadriceps engagement with its cam-driven descending resistance profile, aligning resistance with the quads' natural strength curve while minimizing knee strain.

A dual guide rod back pad ensures unmatched stability, eliminating wobble and locking exercisers into the perfect position for consistent results.

Combined with an ergonomically contoured seat for superior comfort and alignment, the DL Leg Extension sets a new standard for effective and safe lower-body training.



DEZIGN LINE	DL—09
MODEL	LEG EXTENSION
PRODUCT DIMENSIONS (L x W x H)	138 x 134 x 135 cm / 54.3 x 52.7 x 53.1 in
PRODUCT WEIGHT	308 kg / 679 lbs
WEIGHT STACK	110 kg / 242 lbs

DL—10

Seated Row



The Intenza DL Seated Row ensures precise back engagement with optimal comfort and form.

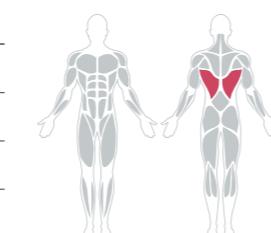
The descending resistance profile maintains consistent tension on the lats, traps, and rhomboids while reducing strain at weaker points.

The downward arc movement and diverging handles keep the focus on the back muscles while rotating handles allow natural wrist motion for smoother, joint-friendly reps.

With seven chest pad adjustments, it accommodates exercisers of all sizes for maximum range of motion and alignment.



DEZIGN LINE	DL—10
MODEL	SEATED ROW
PRODUCT DIMENSIONS (L x W x H)	169 x 103 x 151 cm / 66.5 x 40.5 x 59.4 in
PRODUCT WEIGHT	280 kg / 617 lbs
WEIGHT STACK	110 kg / 242 lbs



DL—11

Triceps Extension



The Intenza DL Triceps Extension maximizes triceps engagement with a cam—driven bell—shaped resistance profile, delivering peak resistance in the mid—range while reducing strain at the start and end of the motion.

Oversized handle pads ensure superior grip comfort, minimizing hand fatigue so exercisers can focus entirely on their triceps.

Designed for optimal performance and comfort, this machine is perfect for safely and effectively developing stronger, more defined arms.



DEZIGN LINE	DL—11
MODEL	TRICEPS EXTENSION
PRODUCT DIMENSIONS (L x W x H)	105 x 151 x 135 cm / 41.3 x 59.4 x 53.1 in
PRODUCT WEIGHT	260 kg / 573 lbs
WEIGHT STACK	110 kg / 242 lbs

DL—12

Assisted Chin Dip

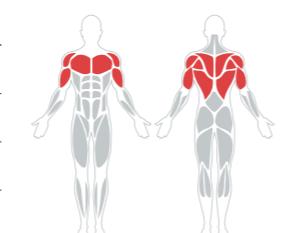


The Intenza DL Assisted Chin Dip is 20cm taller than conventional designs to ensure even the tallest members can perform exercises with full range of motion.

Multiple pull-up and dip handles offer versatile grip options to target different muscle groups, while the foldable knee pad allows for unassisted movements.

The dual guide rod system provides smooth, stable assistance of up to 170kg, ensuring consistent support throughout the range of motion.

Built with a reinforced structure, the DL Assisted Chin Dip delivers unmatched stability, even under heavy use, ensuring safety and durability.

DEZIGN LINE**DL—12****MODEL** ASSISTED CHIN DIP**PRODUCT DIMENSIONS (L x W x H)** 180 x 110 x 240 cm / 70.8 x 43.4 x 94.4 in**PRODUCT WEIGHT** 425 kg / 936 lbs**WEIGHT STACK** 170 kg / 374 lbs**DL—13**

Hip Adduction/Abduction



The Intenza DL Hip Adduction/Adduction delivers precision and maximum muscle activation.

The two-way cam system with a descending resistance profile provides optimal tension—heavier resistance in the stretched position and lighter in the shortened range.

A forward-leaning handlebar enables targeted gluteus maximus engagement during hip abduction, enhancing glute isolation.

Designed for versatility, comfort, and biomechanical precision, it's perfect for strengthening the glutes, hips, and inner thighs effectively.

DEZIGN LINE**DL—13****MODEL** HIP ADDUCTION/ ABDUCTION**PRODUCT DIMENSIONS (L x W x H)** 175 x 152 x 151 cm / 68.9 x 59.8 x 59.4 in**PRODUCT WEIGHT** 281 kg / 619 lbs**WEIGHT STACK** 110 kg / 242 lbs

DL—14**Pec Fly/Rear Deltoid**

The Intenza DL Pec Fly/Rear Deltoid delivers superior muscle engagement with reduced joint stress.

The two-way cam system provides a descending resistance profile, delivering optimal load where muscles are strongest and lighter resistance where they are weaker.

Ergonomically designed chest fly handles with a slight inward tilt and natural wrist rotation align with biomechanics to maximize pectoral and rear delt activation while minimizing shoulder strain.

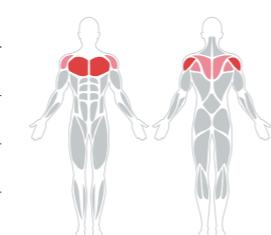
**DEZIGN LINE****DL—14**

MODEL PEC FLY/REAR DELTOID

PRODUCT DIMENSIONS (L x W x H) 156 x 125 x 203 cm / 61.4 x 49.2 x 79.9 in

PRODUCT WEIGHT 280 kg / 617 lbs

WEIGHT STACK 110 kg / 242 lbs

**DL—15****Prone Leg Curl**

The Intenza DL Prone Leg Curl provides optimal hamstring activation and lifter comfort. The 30-degree hip flexion position maximizes engagement while reducing lower back strain.

A cam-driven descending resistance profile ensures consistent tension, with heavier resistance in the stretched position, and lightens as the hamstrings contract.

Easy-to-reach adjustments and an adjustable calf pad provide a customized fit for exercisers of all sizes.

Combining biomechanical precision with user convenience, the DL Prone Leg Curl is ideal for building stronger, more resilient hamstrings.

**DEZIGN LINE****DL—15**

MODEL PRONE LEG CURL

PRODUCT DIMENSIONS (L x W x H) 173 x 140 x 151 cm / 68 x 55.1 x 59.4 in

PRODUCT WEIGHT 270 kg / 595 lbs

WEIGHT STACK 110 kg / 242 lbs



ZONE LINE PRO TRAINING MADE SIMPLE

Zone Line makes pro—level training simple, blending biomechanical precision with intuitive ergonomics to take the guesswork out of each lift. Designed for power—building, whether for hypertrophy or strength, Zone Line ensures that every member can train smarter and achieve their best results safely and effectively.



STAND OUT FROM THE PACK

Transform your facility into a space that inspires confidence. Zone Line's powerful yet elegant design elevates your gym's atmosphere, creating the premium experience that your members expect. Become the gym everyone talks about, driving memberships and increasing retention.





Good Form Built—In

Zone Line takes the guesswork out of training by combining ergonomic design with the latest exercise science. Guided movement paths mimic optimal lifting techniques, while self-adjusting pads and easy-lift spotter arms ensure effortless setup and proper form. With minimal adjustments required, Zone Line makes training approachable and helps lifters perform every rep with textbook precision for pro-level results.

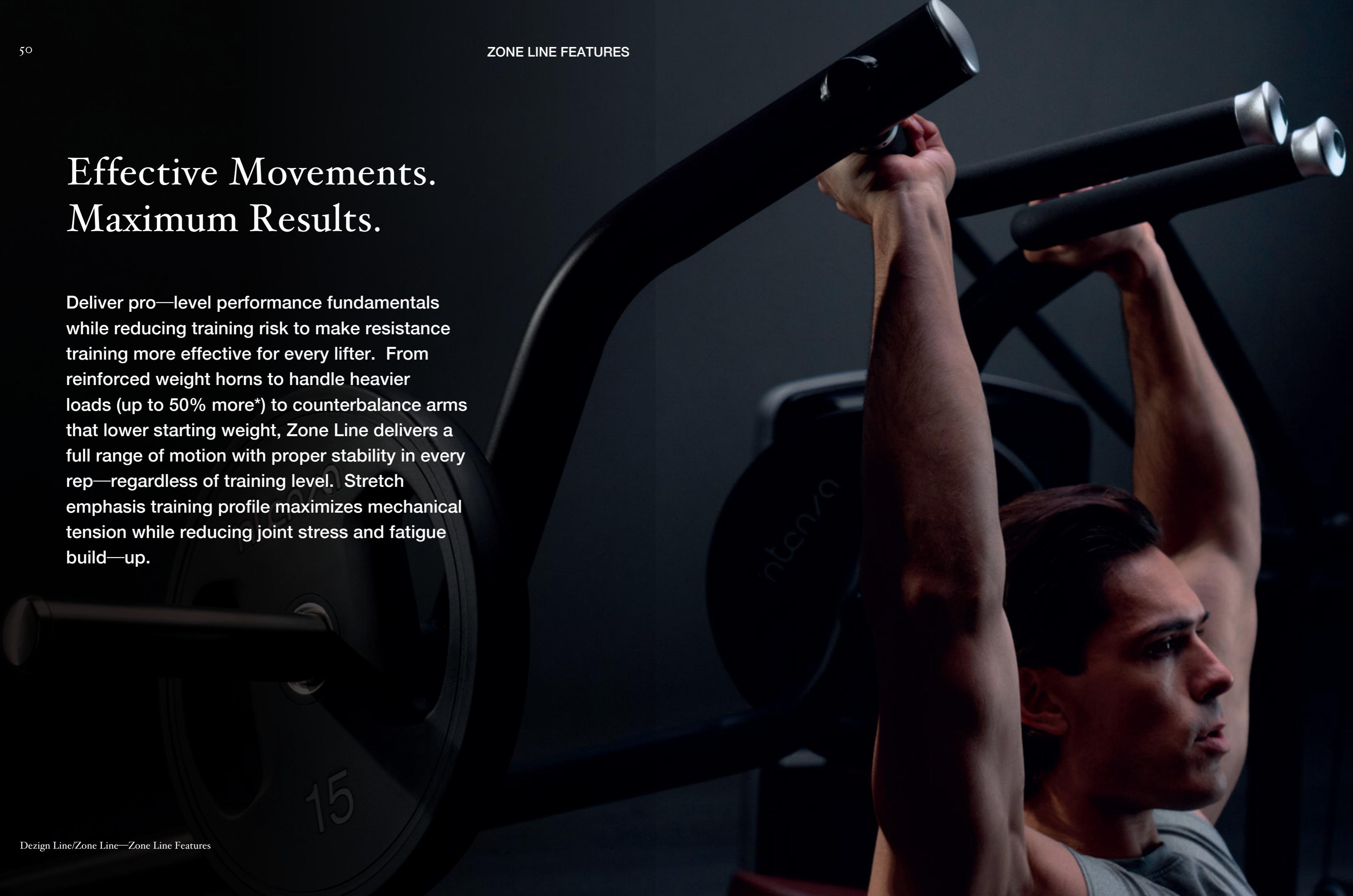
Built For The Long Haul

Built to deliver day-in and day-out performance, Zone Line undergoes accelerated lifetime testing, upholstery abrasion testing, and stress testing on key components to ensure each machine withstands heavy usage in a commercial environment. With dual-layer powder coating for enhanced water and dust resistance, Zone Line keeps your facility running smoothly and your members coming back for safe and reliable workouts.



Effective Movements. Maximum Results.

Deliver pro-level performance fundamentals while reducing training risk to make resistance training more effective for every lifter. From reinforced weight horns to handle heavier loads (up to 50% more*) to counterbalance arms that lower starting weight, Zone Line delivers a full range of motion with proper stability in every rep—regardless of training level. Stretch emphasis training profile maximizes mechanical tension while reducing joint stress and fatigue build-up.



SOLID STABILITY

HIGH-TRACTION FLOOR LEVELERS

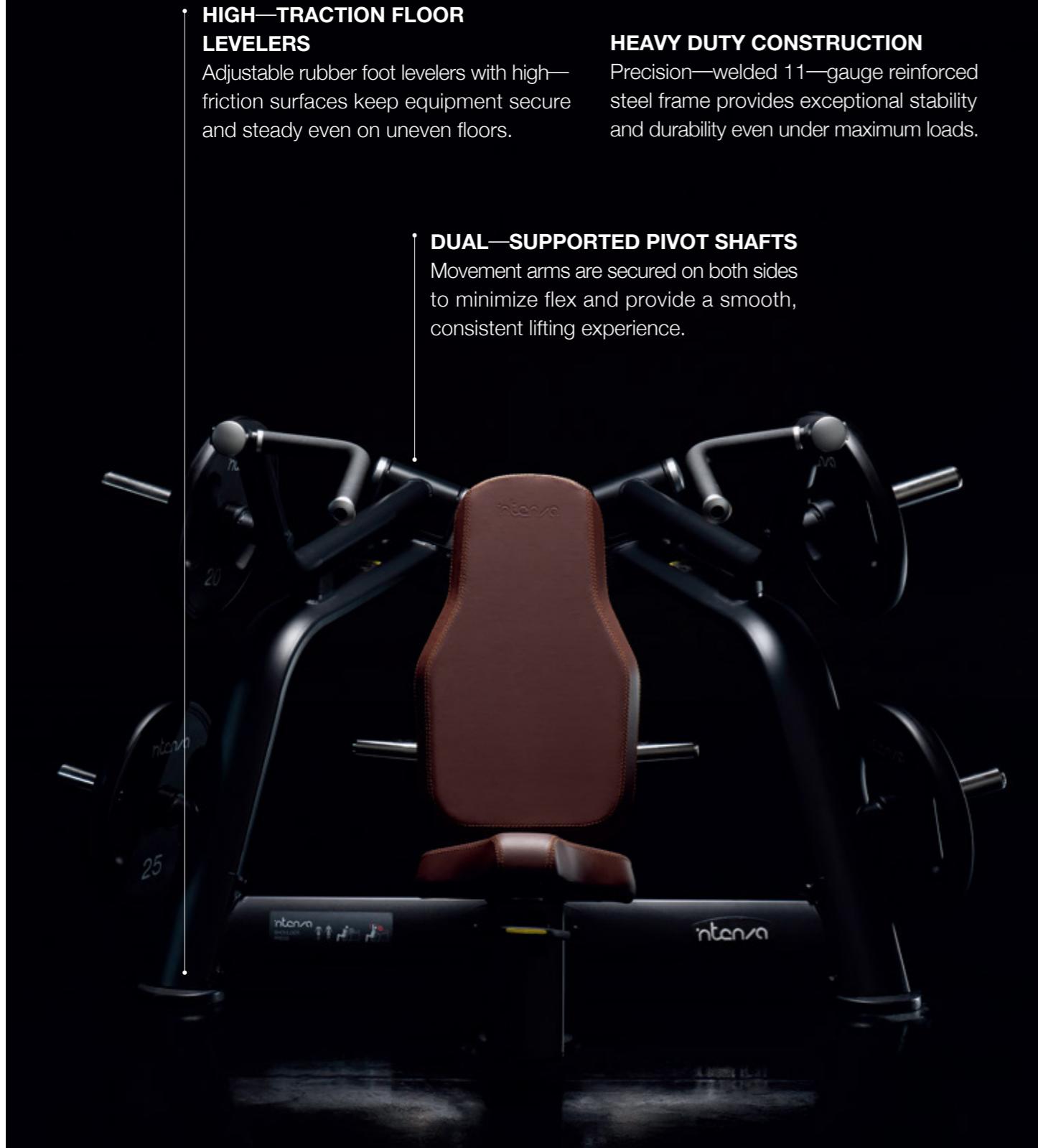
Adjustable rubber foot levelers with high-friction surfaces keep equipment secure and steady even on uneven floors.

HEAVY DUTY CONSTRUCTION

Precision-welded 11-gauge reinforced steel frame provides exceptional stability and durability even under maximum loads.

DUAL-SUPPORTED PIVOT SHAFTS

Movement arms are secured on both sides to minimize flex and provide a smooth, consistent lifting experience.



VERSATILE LOADABILITY

HIGH MAX TRAINING WEIGHT

Accommodate high maximum weight capacities to allow advanced users to train safely and effectively at peak intensity.



LOW STARTING WEIGHT

When unloaded, the light movement arms are suitable for beginners and rehabilitation users to build strength with confidence.



EASY-TO-LOAD DESIGN

Rounded weight horn end caps ensure that plates are loaded and unloaded smoothly and safely, enhancing convenience and reducing strain during setup.



LIFTER—FIRST ERGONOMICS

ANTI-SLIP HANDLES

Textured PVC-coated handles increase friction for a non-slip grip during intense, sweaty workouts.

AMPLE ADJUSTMENTS

Customizable seat, backrest, and handle positions accommodate all body types, allowing optimal lifting form and comfort for every user.

SPOTTING LEVER

Enables users to efficiently initiate lifts and spot themselves, decreasing strain and improving safety during heavy sets.

SAFE LIFTING POSITIONS

Anti-slip footplates, strategically placed pads, and ergonomic support handles keep lifters securely locked in for safer and more stable movements.



BIOMECHANICS PERFECTED

OPTIMAL MOVEMENT PATH

Guided movement trajectories provide safe and effective techniques for every lift, encouraging proper form and minimizing injury risks.

ADVANCED RESISTANCE PROFILE

Provide peak resistance when muscles are in their lengthened or mid-range positions, optimizing hypertrophy and maximizing strength gains.

INDEPENDENT ARMS

Iso-lateral and unilateral training options allow for balanced muscle development, enhanced symmetry, and greater exercise variety.



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



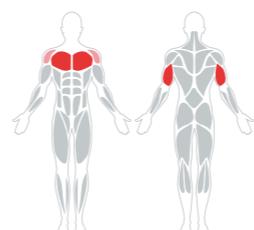
HACK SQUAT

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

MODEL

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 WEIGHT 300 kg / 661 lbs

WEIGHT STACK 300 kg / 661 lbs

ZL—01

INCLINE CHEST PRESS

ZL—02

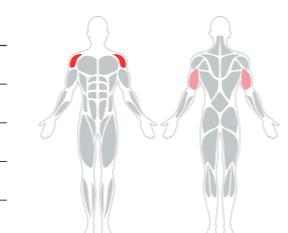
Shoulder Press



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.

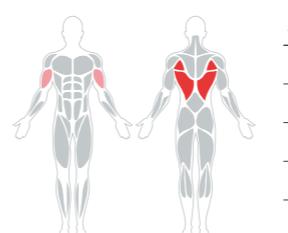
**ZONE LINE****ZL—02****MODEL** SHOULDER PRESS**PRODUCT DIMENSIONS (L x W x H)** 163 x 182 x 113 cm / 64.1 x 71.6 x 44.4 in**PRODUCT WEIGHT** 142 kg / 313 lbs**MAX TRAINING WEIGHT** 200 kg / 440 lbs**WEIGHT STACK** 300 kg / 661 lbs

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 WEIGHT** 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.

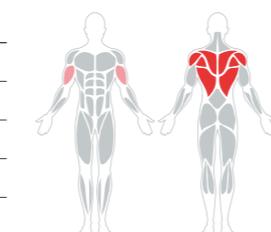
The easy lift-off lever brings handles within reach for seamless setup while slightly diverging arms, a downward sweeping arc, and rotating handles simplify proper rowing mechanics.

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 WEIGHT	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 WEIGHT	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.

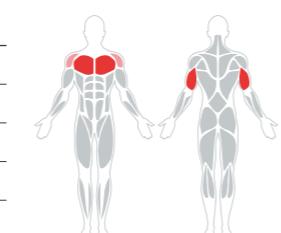
For tricep dips, the thigh pad locks lifters in place, while the adjustable chest pad ensures a stable, upright torso for proper isolation and effective mechanics.

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**

ZONE LINE	ZL—06
MODEL	TRICEPS PRESS/SEATED DIP
PRODUCT DIMENSIONS (L x W x H)	195 x 184 x 106 cm / 76.7 x 72.4 x 41.7 in
PRODUCT WEIGHT	169.5 kg / 373 lbs
MAX TRAINING WEIGHT	200 kg / 440 lbs
WEIGHT STACK	150 kg / 330 lbs

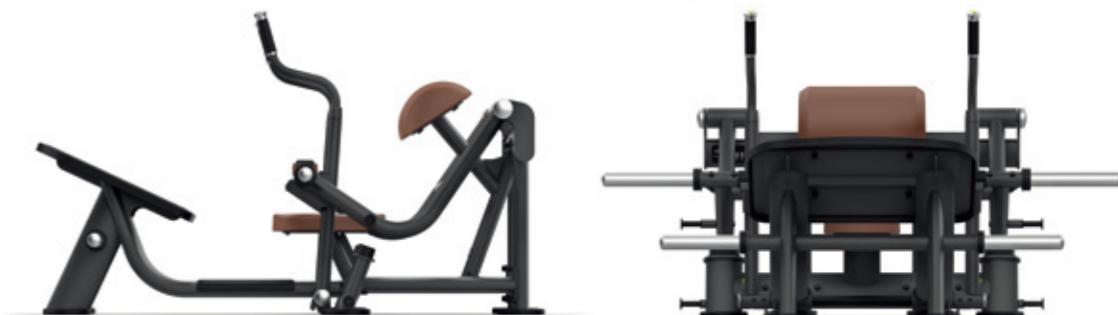


The Intenza ZL Glute delivers an unmatched range of motion and superior glute activation, even for shorter lifters.

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**

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 WEIGHT	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.

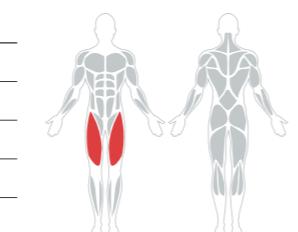
Spotter arms for each leg add stability and safety during heavy lifts.

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
141 x 193 x 125 cm / 55.5 x 75.9 x 49.2 in
135.5 kg / 298 lbs
250 kg / 551 lbs
250 kg / 551 lbs

**ZONE LINE SPECIFICATIONS**

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

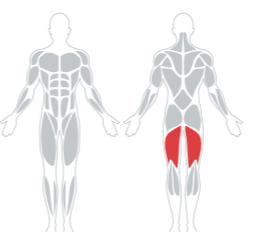
The self-rotating calf roller adapts to natural leg movement, maintaining consistent tension and reducing discomfort.

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
138 x 143 x 119 cm / 54.3 x 56.3 x 46.8 in
159 kg / 350 lbs
125 kg / 275 lbs
250 kg / 551 lbs



ZL—10

Leg Press



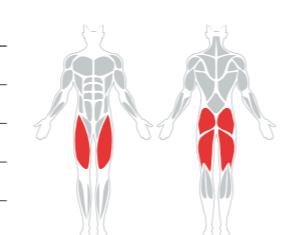
The Intenza ZL Leg Press offers unmatched versatility with three distinct resistance profiles to suit any training goal.

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	ZL—10
MODEL	LEG PRESS
PRODUCT DIMENSIONS (L x W x H)	212 x 170 x 165 cm / 83.4 x 66.9 x 64.9 in
PRODUCT WEIGHT	306.5 kg / 675 lbs
MAX TRAINING WEIGHT	400 kg / 881 lbs
WEIGHT STACK	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 WEIGHT	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.

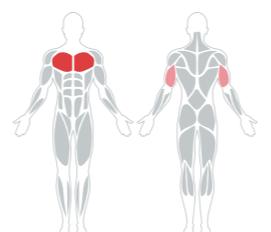
The spotter arm lever allows for easy lift-off so advanced lifters can train heavy with confidence.

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 WEIGHT	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****ZL—13**

MODEL	DECLINE CHEST PRESS
PRODUCT DIMENSIONS (L x W x H)	221 x 159 x 129 cm / 87 x 62.6 x 50.7 in
PRODUCT WEIGHT	192 kg / 423 lbs
MAX TRAINING WEIGHT	250 kg / 551 lbs
WEIGHT STACK	250 kg / 551 lbs

THE PREMIUM FITNESS ECOSYSTEM

Elevate your fitness space with our premium solutions. From cardio and strength training to functional training and group fitness areas, our fitness equipment creates a premium fitness environment for your members.





CONTACT US

75

Get in touch with Team Intenza—

APAC

sales@intenzafitness.com

EMEA

emea@intenzafitness.com

JAPAN

japan@intenzafitness.com

NORTH AMERICA

salesop@intenzafitness.com

MARKETING & PR

marketing@intenzafitness.com

[DISCOVER INTENZA](#)



intenza

INTENZAFITNESS.COM