



Commercial Fitness 2019

CATALOGUE



CARDIO | INDOOR CYCLING | MUSCLE DEVELOPMENT | PLATE LOAD | MAGSYS | HIIT



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BH FITNESS: SINCE 1909



For more than 100 years, innovation and internationalisation have been the driving forces for the BH group's development. The creation of EXERCYCLE in 1985, a society exclusively dedicated to designing, manufacturing and commercialising fitness apparatus, has increased our determination to come up with solutions which are more and more innovative on the 5 continents.

CREATION OF THE BH SOCIETY
(Beistegui Hermanos).

1900

1909

1919

Launch of bike manufacturing.



Creation of the **“Professional market”** division.

BH is innovative in launching the first BIKING on the market.

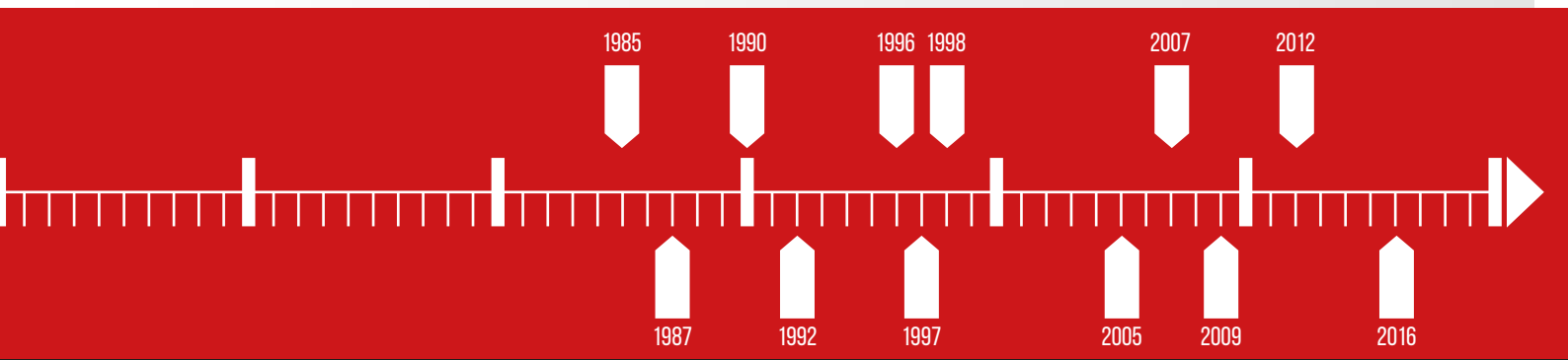
Creation of BH Mexico.

Creation of BH North America.

Creation of BH Germany.

Creation of BH Portugal.

CREATION OF EXERCYCLE, a society specialised in designing, manufacturing and commercialising Fitness equipment.



BH the first society to equip fitness apparatus with an electronic monitor.

BH is innovative with the first exercise bike featuring magnetic braking.

BH is innovative in the manufacturing of the first professional treadmill with an AC motor.

Creation of BH Taiwan.

Centenary celebration of the BH group.

Launch of the cardio range: "SMART FOCUS".

INTERNATIONAL DIMENSION

Today, BH FITNESS is a brand with worldwide presence thanks to the affiliates or partner companies which ensure the promotion of our brand.

Constant dialogue with our clients enables us to find solutions which are increasingly more innovative so that more and more users are able to do sport.





BH GERMANY

BH CHINA

BH TURKEY

BH ASIA

A background graphic consisting of a complex network of thin grey lines connecting various grey dots of different sizes, creating a web-like structure that fills the entire page.

BH Fitness:
SOLUTIONS
FOR ALL
YOUR PROJECTS

WHY CHOOSE BH FITNESS?



AFTER-SALES SERVICE: We quickly resolve any technical difficulty that you should come across thanks to our efficient after-sales service, and an availability of more than 20,000 references of spare parts and a network of qualified BH FITNESS technical service in every country.



COMMERCIAL PRESENCE: Our BH FITNESS sales force advises clients during the entire purchasing process of the equipment, from carrying out implantation studies to the opening of fitness centres. The experience and professionalism of our sales force will be of the utmost help.



DIGITAL SUPPORT: We help our clients to take advantage of the technology provided with the machinery, offering them management tools based on Big Data and a complete report system that allows them to make the best decisions.



MARKETING: Your success is our success. This is why we provide you with all types of tools in order to retain your clients and acquire new ones by offering something different and innovative.



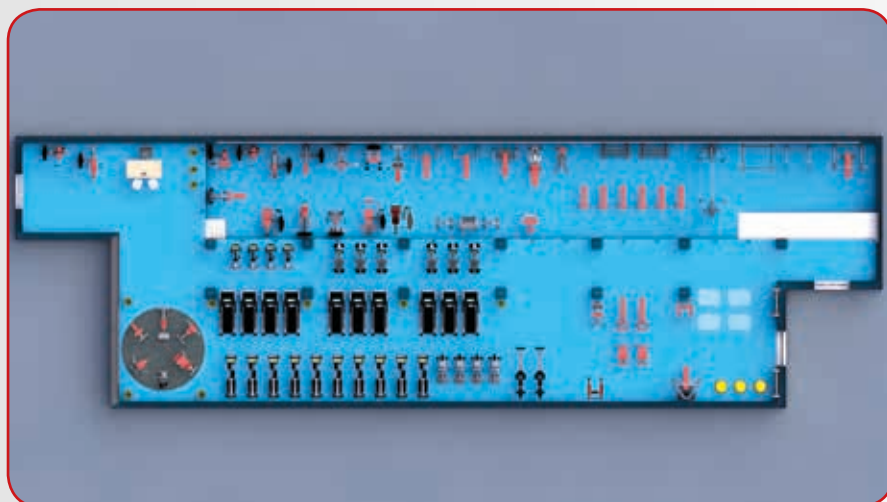
INTERIOR DESIGN : Optimal layout of the equipment with appropriate decoration guarantees the membership of your customers. Our team of interior designers will help you to create training spaces which will make all of your clients feel comfortable.



CLOSENESS: At BH Fitness, we consider closeness and human relations to be key factors for developing a lasting relationship with our brand. Our clients are our best ambassadors, more than 90% of our clients repeat their purchases with our brand.

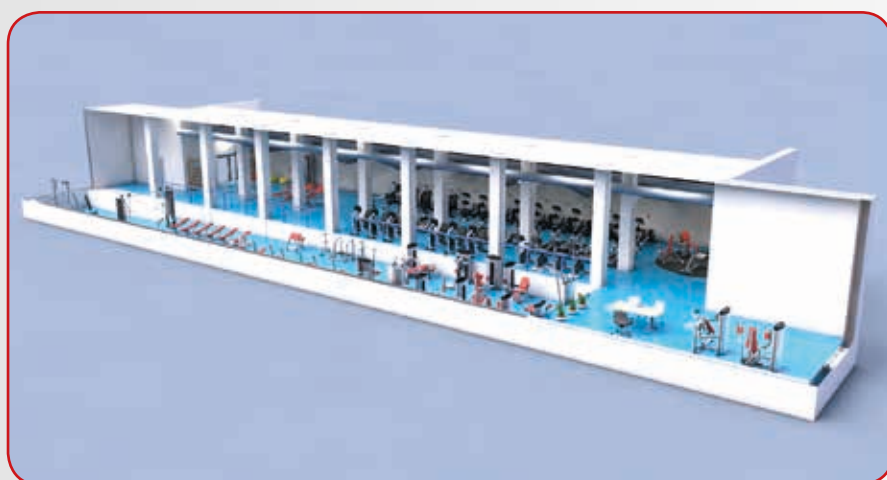
WE DESIGN YOUR FITNESS PROJECT

BH helps you to design the fitness room that best meets your requirements.



Because each project is unique

This is the reason why our team of designers proposes the installation which is best adapted to the characteristics of each project, to the client's profile, to the flow of users by optimising the space which is available.



Visualise your project now

See it in 3D. We offer the best 3D technology in order to obtain an exact preview of your centre with the layout of the equipment as well as the interior decoration that we propose.



Visit your future fitness centre

Thanks to "Fly and through" technology, you can go on a virtual visit of your centre.

Our team of designers carry out every project according to the specific requirements of each fitness centre with a customised study for each client.







Cardio

This is the heart of your fitness room. The cardio space of your room is an area of frequent passage as all users go there to follow their training programme. BH offers you a cardio experience which is extremely innovative with a large variety of equipment. Fun and physical exercise are combined to create an atmosphere that enables users to constantly improve their performance.

CARDIO SERIES

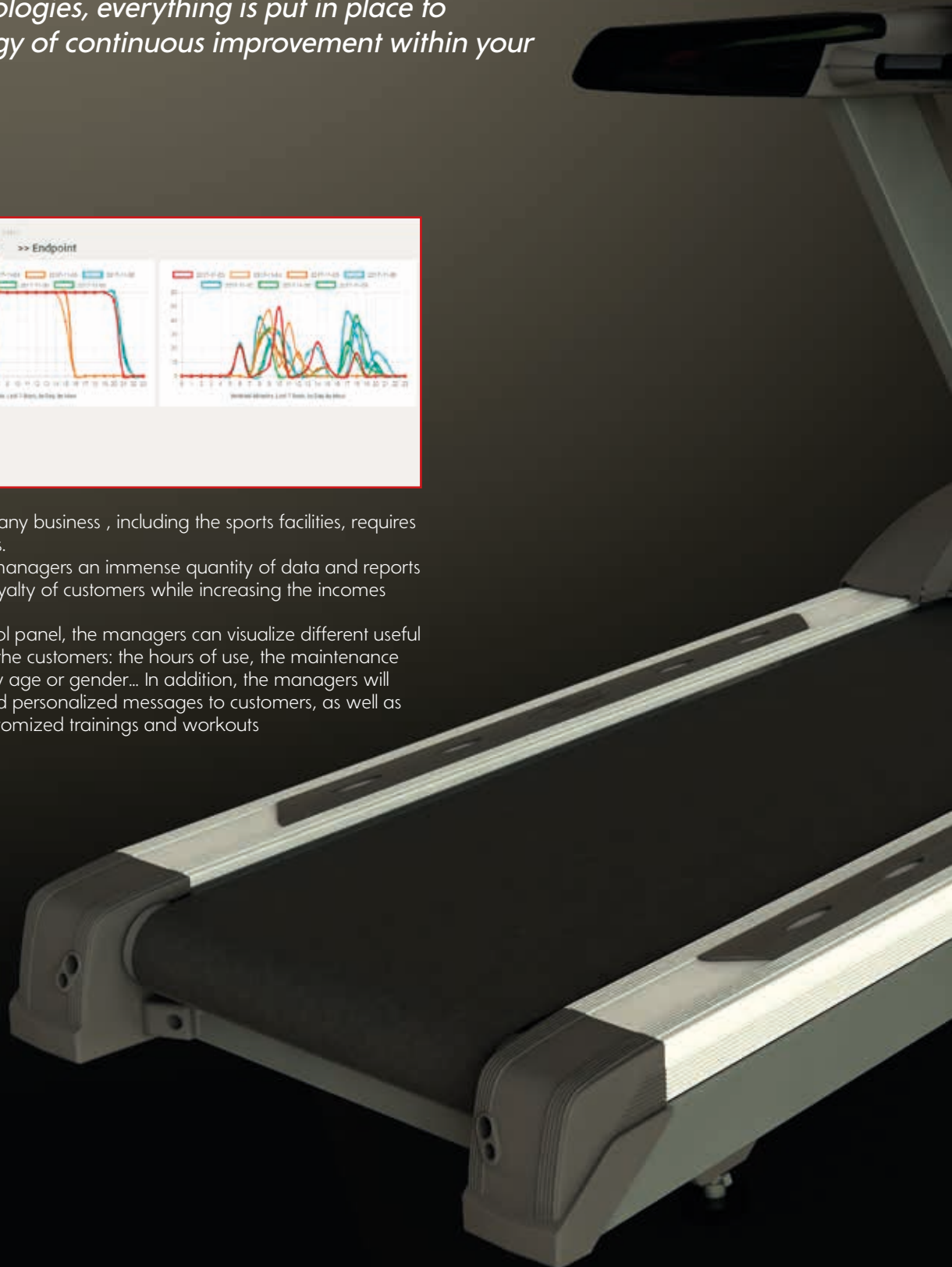
BH Fitness' cardiovascular machines are designed to constantly improve the user's experience. Functionality and durability go hand in hand to create attractive machines and also to meet the user's requirements. From the selection of the necessary components in the manufacturing process to the incorporation of the most advanced technologies, everything is put in place to develop a strategy of continuous improvement within your fitness room.



Modern management in any business , including the sports facilities, requires data for making decisions.

BH Fitness offers to gym managers an immense quantity of data and reports in order to improve the loyalty of customers while increasing the incomes from them.

With a user-friendly control panel, the managers can visualize different useful information for retaining the customers: the hours of use, the maintenance alerts, user comparison by age or gender... In addition, the managers will have the possibility to send personalized messages to customers, as well as the option to prepare customized trainings and workouts





BH Fitness aims for a maximal customisation of products for each client. All BH FITNESS cardio equipment can have 2 types of monitors. There's the new SmartFocus system that includes connectivity and multimedia in its monitors and also there are the LED-type monitors with DOT Matrix technology. Training and fun can therefore be combined by all types of users.

Users are always seeking more precise information from the cardio equipment that they use. Cardio spaces in fitness centres are the places where a training session begins and ends and it is becoming more and more common to see users in this space with pulsometers carrying out pre-defined training paths according to their objectives. This is the reason why perfect electronics must be guaranteed. With its Genesis system, BH FITNESS takes a qualitative leap thanks to simplified electronics which are precise and faultless.

The robustness of the equipment is a fundamental element for the professional market. The managers of sports centres are looking for solid equipment with reinforced structures enabling continuous and intensive use for both beginners and more experienced and regular users. BH FITNESS' steel frames are created to support the greatest weight of users whilst ensuring dynamic and silent use.

BH Fitness' equipment stands out due to its elegance and ability to transform the cardio spaces of sports centres into attractive areas, thanks to its rounded profiles and metallic colours. ABS high brightness paint, aluminium side panels, chrome rivets... it has all been designed so that the equipment remains new and modern for the duration of its use.

SMART FOCUS

SmartFocus technology, developed 100% by BH Fitness, marks the beginning of a new generation of communication and training systems within sports centres, and therefore the creation of a new type of relationship between its members. The manager of the centre is finally able to communicate efficiently with the users (thanks to a CRM App) and will therefore have complete control of the work carried out: all of this via the Cloud. Therefore, users will be able to reach their highest possible goals by combining the best possible training, connectivity and the full potential of the many training programs offered.



TOTAL CONNECTIVITY

Thanks to the Internet, you can download the latest apps or watch the television whilst doing your favourite exercise thanks to SmartFocus technology.

INTERACTIVE MANAGEMENT OF ROOMS

SmartFocus considerably improves communication between users. Plan training sessions, monitor the operating hours of the equipment, optimise peak periods... Everything is possible.

WELLBEING

Those who train regularly never stop. Running is addictive. Running makes you happy. As a matter of fact, running produces endorphins as well as hormones generated by your own body with effects which are identical to morphine.

[1] G799TVC_Treadmill

Dimensions (L x l x h): 233 x 94 x 140 cm

Weight: 255kg

-Speed from 0.8 to 26 km/h - AC 6CV Motor.

-Monitor connected to TV and Internet.



[2] **G930TVC_Elliptical**

Dimensions (L x l x h): 224 x 65 x 168 cm

Weight: 90.5 kg

- Minimal distance between pedals.
- Monitor connected to TV and Internet.

[3] **H895TVC_Recumbent bike**

Dimensions (L x l x h): 154 x 61 x 147 cm

Weight: 83.5 kg

- Open frame, backrest adapted for lower back.
- Monitor connected to TV and Internet.

[4] **H800TVC_Upright bike**

Dimensions (L x l x h): 132 x 57 x 147 cm

Weight: 71 kg

- Open frame.
- Monitor connected to TV and Internet.

[5] **R250TVC_Stepper**

Dimensions (L x l x h): 122 x 77 x 172 cm

Weight: 155.5 kg

- SCT System (automatic frequency adjustment).
- Monitor connected to TV and Internet.





[6] G680TVC_Treadmill

Dimensions (L x l x h): 222 x 93 x 155 cm

Weight: 201.5 kg

- Speed from 0.8 to 22 km/h - AC 5CV Motor.
- Monitor connected to TV and Internet.

[7] G815TVC_Elliptical

Dimensions (L x l x h): 204 x 79 x 165 cm

Weight: 109.5 kg

- Flywheel at the front.
- Monitor connected to TV and Internet.

[8] G818TVC_Elliptical

Dimensions (L x l x h): 204 x 79 x 165 cm

Weight: 136.5 kg

- Self generating, flywheel at the front.
- Monitor connected to TV and Internet.



[9] H775TVC_Recumbent bike

Dimensions (L x l x h): 170 x 61 x 130 cm

Weight: 79 kg

- Open frame.
- Monitor connected to TV and Internet.



10



[10] H720TVC_Upright bike

Dimensions (L x l x h): 130 x 62 x 142 cm

Weight: 66 kg

- Open frame.
- Monitor connected to TV and Internet.

[11] G550_Treadmill

Dimensions (L x l x h): 210 x 93 x 147 cm

Weight: 150 kg

- Speed from 0.8 to 20 km/h - AC 3.5CV Motor.
- Monitor connected to TV and Internet.

11



VIRTUAL ACTIVE

The new technology VIRTUAL ACTIVE of BH FITNESS combines training and fun. The users will be able to choose between 12 of the world's most famous places (California Yellowstone natural park, Costa Rica beaches, the discovery of New Zealand, Black Forest Hiking, ...).

Transform your workouts into a new and unprecedented experience. Thanks to the "Virtual Active" of BH Fitness you can make the users travel around the world while improving their performance.



LED MONITOR

Thanks to recent innovations in generators, LED screens from BH Fitness do not require any connection to the mains, allowing complete freedom for the layout of your centre. Also, considering that ease of use should be a determining factor for the development of a sports centre, LED monitors have been designed with “user-friendly” parameters, ensuring that all users are able to make the most of them.



WELLNESS GENERATION

Self generating monitors with LED offer great freedom to managers of fitness centres. They use no electricity and are not restricted by cables (except for the treadmills) to better position the equipment.

LARGE SCREEN FORMAT

The oversized casing, which is made of sturdy ABS plastic, provides all types of users with a comfortable and pleasant operation of the devices. The large keys improve the precision of the movements.

USER-FRIENDLY OPERATION

The monitor has been designed so that users can derive the maximum benefit from it at all times. All the different types of training programmes and sessions are within easy reach and the heart rate is constantly monitored to ensure more successful training.

[1] **G799LED_Treadmill**

Dimensions (L x l x h): 233 x 94 x 140 cm

Weight: 255 kg

- Speed from 0.8 to 26 km/h - AC 6CV Motor.
- LED screen with Dot Matrix technology.

[2] **G930LED_Elliptical**

Dimensions (L x l x h): 224 x 65 x 168 cm

Weight: 90.5 kg

- Self generating, Minimal Distance between pedals.
- LED screen with Dot Matrix technology.

[3] **H895LED_Recumbent bike**

Dimensions (L x l x h): 154 x 61 x 147 cm

Weight: 83.5 kg

- Self generating, Open frame, backrest adapted for lower back.
- LED screen with Dot Matrix technology.

[4] **H800LED_Upright bike**

Dimensions (L x l x h): 132 x 57 x 147 cm

Weight: 71 kg

- Self generating, Open frame.
- LED screen with Dot Matrix technology.

[5] **R250LED_Stepper**

Dimensions (L x l x h): 122 x 77 x 172 cm

Weight: 155.5 kg

- Self generating, SCT System (automatic frequency adjustment).
- LED screen with Dot Matrix technology.





[1] G680LED_Treadmill

Dimensions (L x l x h): 222 x 93 x 155 cm

Weight: 201.5 kg

- Speed from 0.8 to 22 km/h - AC 5CV Motor.
- LED screen with Dot Matrix technology.
- Running belts and deck with phenolic technology



[2] G660_Treadmill

Dimensions (L x l x h): 222 x 93 x 155 cm

Weight: 182 kg

- Speed from 0.8 to 22 km/h - AC 4.5CV Motor.
- LED screen with Dot Matrix technology.
- Running belts and deck with phenolic technology

[3] G600_Treadmill

Dimensions (L x l x h): 222 x 93 x 155 cm

Weight: 182 kg

- Speed from 0.8 to 22 km/h - AC 4CV Motor.
- LED screen with Dot Matrix technology.

[4] G550_Treadmill

Dimensions (L x l x h): 210 x 93 x 147 cm

Weight: 150 kg

- Speed from 0.8 to 20 km/h - AC 3.5CV Motor.
- LED screen with Dot Matrix technology.





[5] G815LED_Elliptical

Dimensions (L x l x h): 204 x 79 x 165 cm

Weight: 109.5 kg

- Self generating, flywheel at the front.
- LED screen with Dot Matrix technology.



[6] G818LED_Elliptical

Dimensions (L x l x h): 150 x 91 x 150 cm

Weight: 136.5 kg

- Self generating.
- LED screen with Dot Matrix technology.

[7] H775LED_Recumbent bike

Dimensions (L x l x h): 170 x 61 x 130 cm

Weight: 79 kg

- Self generating, Open frame.
- LED screen with Dot Matrix technology.

[8] H720LED_Upright bike

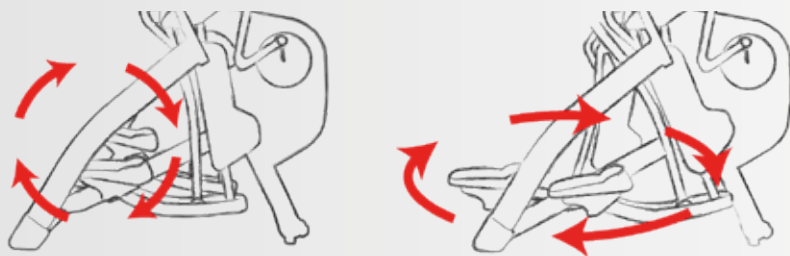
Dimensions (L x l x h): 130 x 62 x 142 cm

Weight: 66 kg

- Self generating, Open frame.
- LED screen with Dot Matrix technology.



Variable Stride



[1] G825_Adjustable Stride Trainer

Dimensions (L x l x h): 149.5 x 90 x 165 cm

Weight: 126 kg

- Adjustable stride with 5 positions.
- LED screen with Dot Matrix technology.



[2] G825TVC_Adjustable Stride Trainer

Dimensions (L x l x h): 149.5 x 90 x 165 cm

Weight: 126 kg

- Adjustable stride with 5 positions.
- Monitor connected to TV and Internet.

Rowing machine

[1] R520_Rowing machine

Dimensions (L x l x h): 272 x 54 x 116 cm

Weight: 52.4 kg

- 5.5" colour screen, ergonomic seat.
- Centre-pull.
- HIIT training program.
- Resistance level adjustment in the central handlebar.



Indoor crosstrainer

[2] G290_KT2.0 Fitwalking

Dimensions (L x l x h): 123.5 x 55 x 160 cm

Weight: 65 kg

- Flywheel: 15Kg.
- Design with significant biomechanical study. Guarantees supple, natural movements using full muscle concentration.



Indoor Cycling

[1] H940_Sduke

Dimensions (L x l x h): 104 x 63 x 117 cm

Weight: 43 kg

- Friction braking system.
- Flywheel equivalent to 20 Kg.
- LCD Monitor.

[2] H945_Sduke Magnetic

Dimensions (L x l x h): 104 x 63 x 117 cm

Weight: 43 kg

- Magnetic braking system with 16 different intensity levels.
- Flywheel equivalent to 20 Kg.
- Backlit and self generating LCD monitor.



[3] H946_Sduke Power

Dimensions (L x l x h): 130 x 63 x 117 cm

Weight: 43 kg

- Magnetic braking system and emergency stop system.
- Flywheel equivalent to 20 Kg.
- LCD monitor which is backlit and self generated by pedalling.
- 24 training programmes and 20 intensity levels
- Electronic resistance changing via buttons on the handlebars.



[1] H920_Duke

Dimensions (L x l x h): 104 x 63 x 117 cm

Weight: 53 kg

- Friction braking system.
- Flywheel equivalent to 20 Kg.

[2] H923_Duke Mag

Dimensions (L x l x h): 104 x 63 x 117 cm

Weight: 42 kg

- Magnetic braking system with 16 different intensity levels.
- Flywheel equivalent to 20 Kg.

[3] H925_Duke Magnetic

Dimensions (L x l x h): 104 x 63 x 117 cm

Weight: 43 kg

- Magnetic braking system with 16 different intensity levels.
- Flywheel equivalent to 20 Kg.
- LCD Monitor.







SERIES

Machines with high precision biomechanics applied to a design that will satisfy all the requirements of its users, this is the TR SERIES: attractive, solid, compact and easy to use. Equipment with a long life expectancy which is cutting-edge for the most demanding users and for beginners.

SMART FOCUS

In line with the strategy started by the company in order to achieve a 100% connected gym, BH Fitness takes one step further and becomes one of the few manufacturer of fitness equipment that offers full connectivity (SmartFocus System) on strength machines. SmartFocus system, as a differential element for the integral management of the club, it finds by this way the development of strategies inside the club for the improvement of the business. It monitors the full space of the fitness room, it knows the best performance of the users and it can make improvement proposals with a centralized control of what it happens in the room.

Welcome to the next level of the full connectivity!



FULL HD SCREEN

High resolution 11" screen (HD/4K) Pantalla de 11" that counts on with the same configuration capacities as cardio machinery monitors, being able to use it as another unification element of the corporate image.

MULTIMEDIA CONTENT INCORPORATED

Each machine incorporate videos to know the best execution technique of each exercise which is added to the information provided by the graphic panels.

TECHNICAL VALIDATION OF THE EXERCISE

Thanks to an accurate sensorization system of the equipment, only the correctly done repetitions will validated.



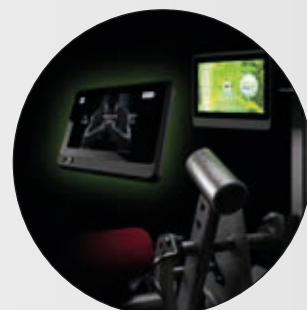
TR SERIES

Designed to be simple to use for beginners and with the strength and power required to meet the expectations of the most seasoned users. All products in the TR SERIES MUSCLE DEVELOPMENT range meet the current EN-957 Class S standards

Possibility to incorporate a console with connectivity based in the smartfocus technology. It improves the quality of the workout and the control to increase retention and loyalty.

All workout details will be displayed on a 11" Full HD console with capacitive technology: RFID for an easy login, how-to-use videos, precision sensors for the control of technical information (reps, weight, sets, working angle, execution speed).

Data for management: Together with the cardio, connected strength provides the full control of the fitness room, completes tracking of the customers on their journey, health management, real monitoring of muscles development, etc. And it's integrable with any software.



Visual scale with weight indicators in 3 colours according to the load level: light, medium and advanced (green, yellow and red). A very intuitive system which allows the user to quickly identify the load as well as their evolution or progress during exercise.

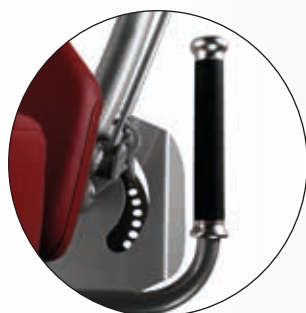
Weight stack with weight indicators in kg and pounds.

Magnetic weight pins. Magnets prevent the pins from becoming detached during exercise. When weights are slammed together by inexperienced users this can sometimes cause the pin to fall out in the middle of the exercise and cause a risk of injury.

Mechanical adjustment of the seats with numerical indication of the position of the seat. This enables the machine to be adapted to all types of users and to adopt the correct position during exercise.

Adjustable elements in high-contrast yellow. Enables a quick and comfortable visual identification of the adjustable elements for all types of users, without needing to consult a trainer.

Paint treatment with 3 layer coating. With an anti-corrosion primer coating to guarantee the durability of the machines. They also have a layer of epoxy powder and a paint or varnish finish which gives them a modern, professional and perfectly developed design.



Rubber handles, non-absorbent and non-slip. Shocks are dampened, better resistance to breakage and microorganisms.

Position selectors for the angle of arm training. These enable the workout angle to be adjusted to each user, therefore adopting the start and/or end position of the exercise.

Sound and durable design with maximum safety and comfort. Its design has been the subject of an important biomechanical study and is based on in-depth studies of the anatomy of each muscle and their behaviour during exercise. It provides a range of lightweight and progressive exercises as well as a natural, precise and fluid movement.

Front and rear fairings. The user benefits from better protection during the course of the exercise, these fairings avoid accidents when the weights are moving.

Injected core ergonomic seats. Designed for full back and lower back support so that the user adopts the correct posture during exercise. Prevents deformations of the padding and the proliferation of bacteria.

Adjustment of the inclination of the backrest to different inclination positions. The user can therefore adopt the correct posture.



TR SERIES UPHOLSTERY CUSTOMIZATION CHART



Perle F6411142



Sonne F6410952



Lila F6410869

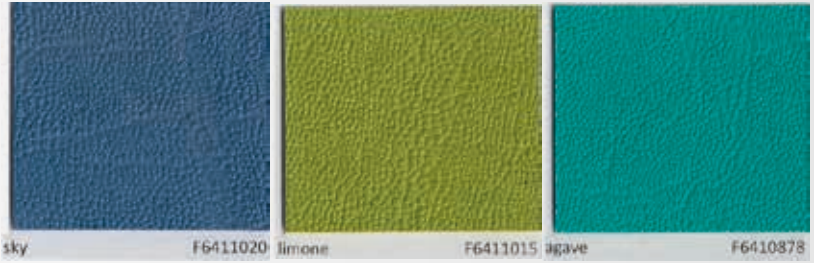




Fuchsia F6410871



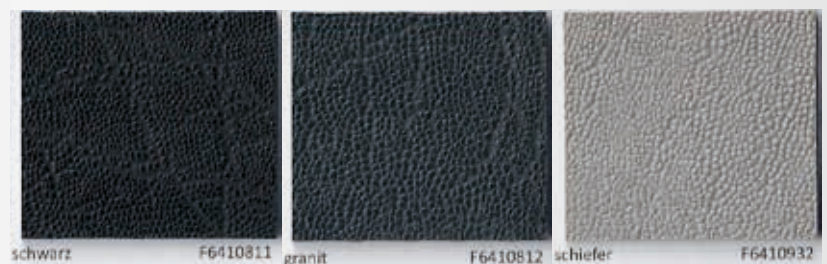
Sky F6411020



Rodeo F6410779



Schwarz F6410811



Muscle development: upper limbs

1



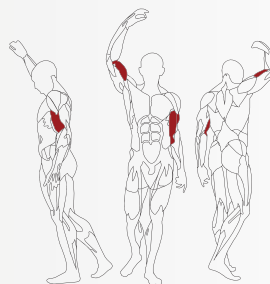
[1] L130_Larry Scott Biceps

Dimensions (L x l x h): 137 x 117 x 148.5 cm

Weight: 173 kg

Load: 68 (opt. 91) kg

- Multi-position input.
- Training range adjustable with 3 different positions.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



[2] L150_Triceps/Dips

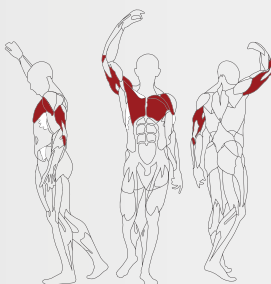
Dimensions (L x l x h): 164 x 114 x 148.5 cm

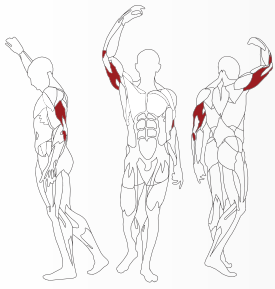
Weight: 221 kg

Load: 91 kg

- Dual position rotating handles.
- Double shin-height roll-up.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability

2





3

[3] L160_ Triceps

Dimensions (L x l x h): 115 x 113.8 x 148.5 cm

Weight: 180 kg

Load: 68 (opt. 91) kg

- Use of "cams" to develop a uniform weight.
- Adjustable feet with stabilisers.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability

[4] L140_ Biceps / Triceps

Dimensions (L x l x h): 116 x 121 x 152 cm

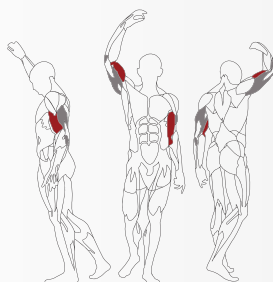
Weight: 207 kg

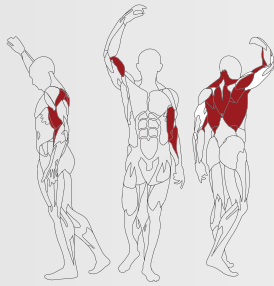
Load: 90 kg

- Workout angle adjustable with 6 different positions.
- Two swivel multi-position handles.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



4





5

[5] L290_Rowing

Dimensions (L x l x h): 158 x 109 x 148.5 cm

Weight: 201 kg

Load: 91 (opt. 125) kg

- Rotating and depth-adjustable chest support with 9 positions.
- Multi-position 360° rotating handles.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability

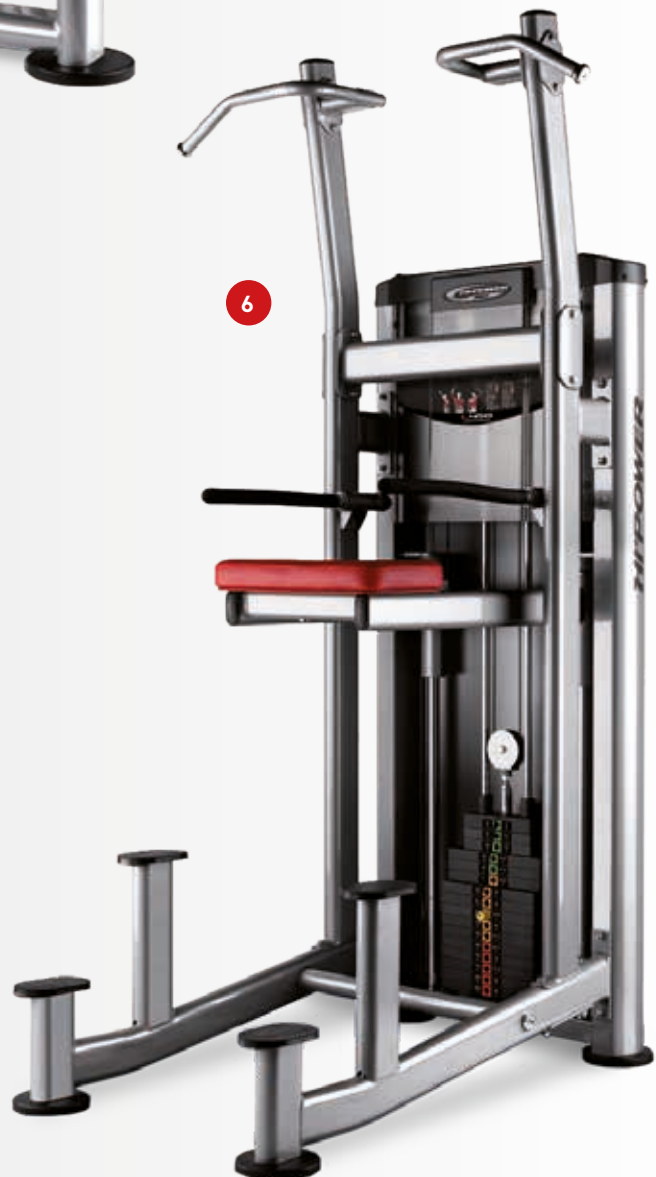
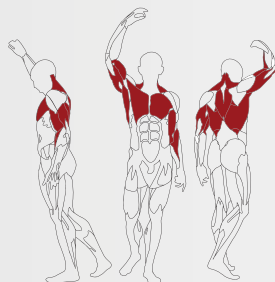
[6] L450_Gravit Line

Dimensions (L x l x h): 122 x 136 x 220 cm

Weight: 236 kg

Load: 91 kg

- Support platform with double height.
- Leg support.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



6

7



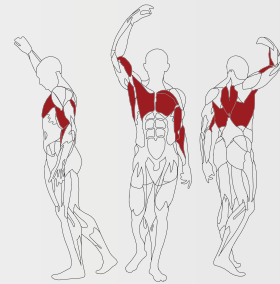
[7] L550_High and Low Pulley

Dimensions (L x l x h): 122 x 185 x 220 cm

Weight: 232 kg

Load: 125 kg

- Possibility of double exercise: high pulley and rowing.
- Double roll-up to support legs, adjustable with 10 positions.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



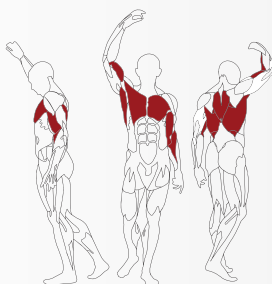
[8] L110_Lat Pulley

Dimensions (L x l x h): 145 x 127 x 198 cm

Weight: 246 kg

Load: 91 (opt. 125) kg

- Double roll-up to support legs, adjustable with 5 positions.
- Gripping elements with rubber handles, non-absorbent and non-slip, multi-position.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



8

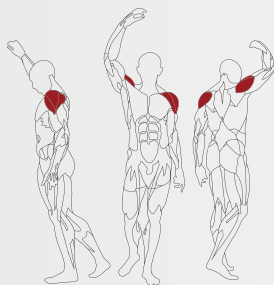
[9] L490_Deltoid Raise

Dimensions (L x l x h): 119.5 x 94 x 148.5 cm

Weight: 194 kg

Load: 91 kg

- Lateral roll-ups to support shoulders.
- Height-adjustable seat.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



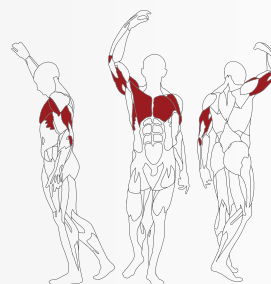
[10] L070_Seated Chest Press

Dimensions (L x l x h): 148 x 133 x 148.5 cm

Weight: 219 kg

Load: 91 (opt. 125) kg

- Load release.
- Multi-position handles.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



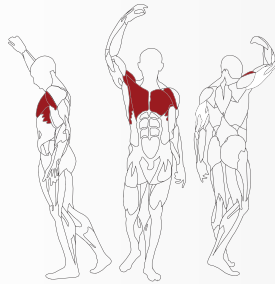
[11] L270_Butterfly

Dimensions (L x l x h): 109 x 153 x 148.5 cm

Weight: 231 kg

Load: 91 kg

- Load release.
- Independent arms.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



11



[12] L410_Butterfly/Rhomboid

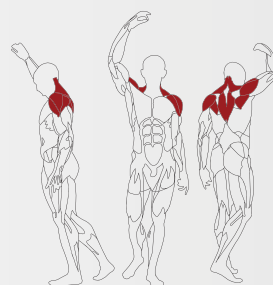
Dimensions (L x l x h): 166 x 129 x 200 cm

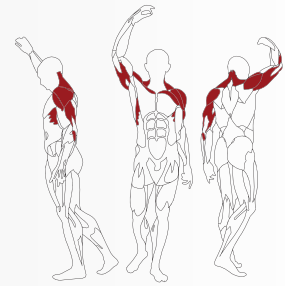
Weight: 229 kg

Load: 91 (opt. 125) kg

- Possibility of double exercise: deltoids and pectorals.
- Chest support.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability

12





[13] L090_Seated Shoulder Press

Dimensions (L x l x h): 194 x 147 x 148.5 cm

Weight: 243 kg

Load: 91 (opt. 125) kg

- Load release.
- Counterbalanced arms.
- Optimun biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corroton, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability

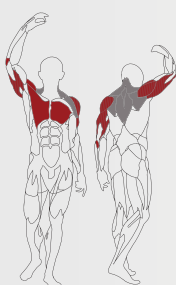
[14] L080_Dual Function Pecs/Shoulders

Dimensions (L x l x h): 193 x 132 x 152 cm

Weight: 212 kg

Load: 90 kg

- Diverse exercise.
- Adjustable training arm with 4 positions.
- Optimun biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corroton, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



Muscle development: mid zone



1

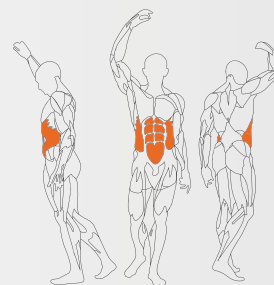
[1] L310_Abdo

Dimensions (L x l x h): 136 x 105 x 148.5 cm

Weight: 216 kg

Load: 91 kg

- V-shaped padded double roll-ups.
- Double rubber support for feet.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



[2] L430_Rotary

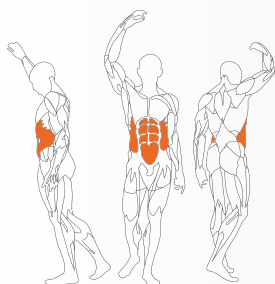
Dimensions (L x l x h): 118 x 121 x 148.5 cm

Weight: 232 kg

Load: 68 (opt. 91) kg

- Graphic information panel.
- Double set of multi-position handles.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability

2





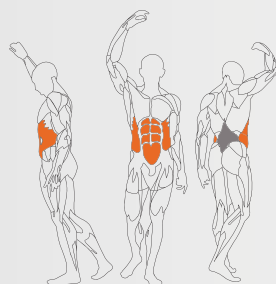
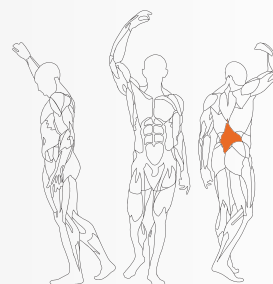
[3] L510_Lower Back

Dimensions (L x l x h): 136 x 105 x 148.5 cm

Weight: 216 kg

Load: 91 kg

- Double rubber support for feet.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



[4] L610_Dual Function Abdo/Lower Back

Dimensions (L x l x h): 136 x 105 x 148.5 cm

Weight: 216 kg

Load: 91 kg

- Double rubber support for feet.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



Muscle development: lower body

1



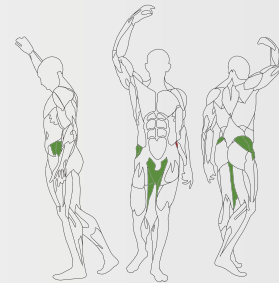
[1] L250_Dual Function Abd/Add

Dimensions (L x l x h): 80.5 x 173 x 148.5 cm

Weight: 197 kg

Load: 68 kg

- Enables double exercise on one machine.
- Range of movement with 7 different positions.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



2

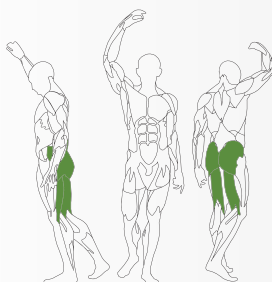
[2] L330_Gluteous

Dimensions (L x l x h): 107 x 105.3 x 148.5 cm

Weight: 192 kg

Load: 91 kg

- Rubber handles, non-absorbent and non-slip.
- Non-slip roll-up for feet.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability





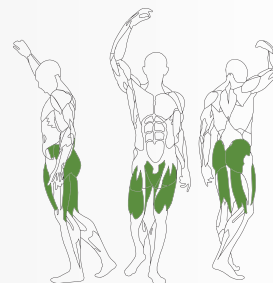
[3] L340_Hip Machine

Dimensions (L x l x h): 100 x 129 x 148.5 cm

Weight: 256 kg

Load: 91 (opt. 125) kg

- Adjustable training arm in a range of 180°.
- Height-adjustable platform.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



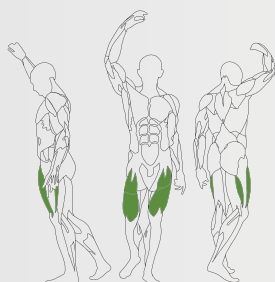
[4] L010_Leg Extension

Dimensions (L x l x h): 142 x 113 x 148.5 cm

Weight: 220 kg

Load: 91 (opt. 125) kg

- Adjustable backrest depth with 3 different inclination levels.
- Adjustable workout angle.
- Adjustable roll-up with 4 different positions.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



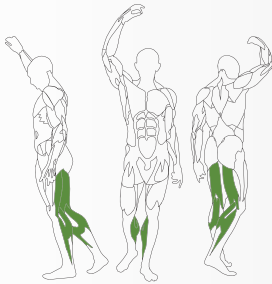
[5] L030_Lying Leg Curl

Dimensions (L x l x h): 178.7 x 113.6 x 148.5 cm

Weight: 222 kg

Load: 91 kg

- Lateral supports for forearms.
- Adjustable range of movement.
- Adjustable roll-up with 4 different positions.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



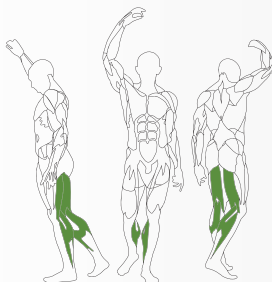
[6] L170_Seated Leg Curl

Dimensions (L x l x h): 174.4 x 112.7 x 148.5 cm

Weight: 224 kg

Load: 91 kg

- Adjustable working angle with 4 positions.
- Adjustable backrest depth.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



7



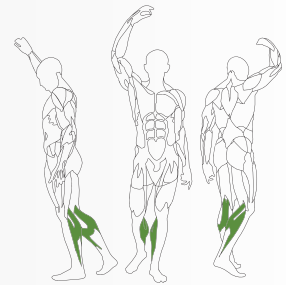
[7] L210_Seated Calf

Dimensions (L x l x h): 164.8 x 112.5 x 148.5 cm

Weight: 213 kg

Load: 91 kg

- Adjustable backrest depth.
- Lateral handles.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



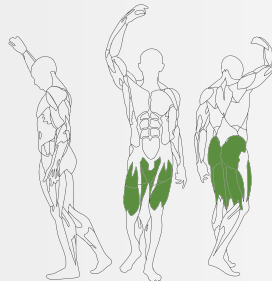
[8] L050_Leg Press

Dimensions (L x l x h): 206 x 112 x 148.5 cm

Weight: 298 kg

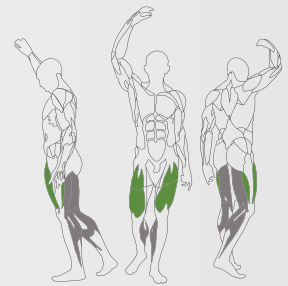
Load: 136 kg

- Adjustable backrest inclination.
- Oversized non-slip rubber platform for foot support.
- Design allows a coefficient of 1.5 making the maximum load-weight around 200 kg.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



8





DF
DualFunction

[9] L020_Dual Function Leg Extension / Curl

Dimensions (L x l x h): 146 x 125 x 152 cm

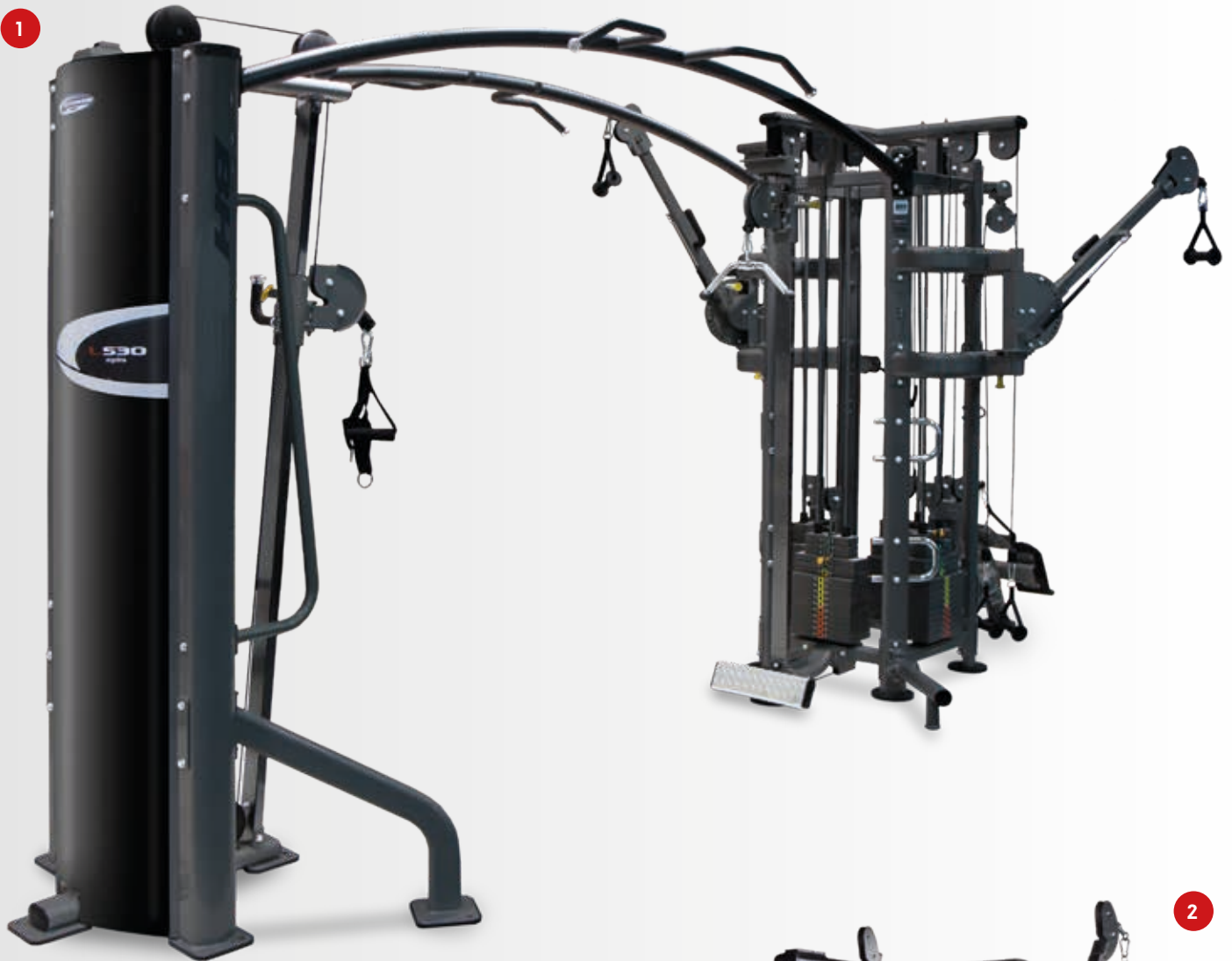
Weight: 229 kg

Load: 90 kg

- Adjustable upper roll-up with 7 different positions.
- Adjustable training arm with 8 different positions.
- Optimum biomechanics for a smooth and natural movement.
- Front and rear fairing for a greater security during the exercise.
- Three layer coating (anti-corrosion, epoxy and barnish).
- High resistance 5mm thick coated steel cable.
- Magnetic weight plate selector.
- 4mm thick ST-37/40 steel frame. High durability



Multistations



[1] L365_AFT 5 Stations

Dimensions (L x l x h): 490 x 356 x 275 cm

Weight: 890.1 kg

- Laser cutting technology.
 - 50mm elevated structure.
 - Lasting durability guaranteed.
- Cable Station, where up to eight users can work at the same time.

[2] L360FS_AFT 4 Stations

Dimensions (L x l x h): 190 x 356 x 257 cm

Weight: 657.30 kg

- Pulley support system. Enables all positions.
- Easy handling accessories.





[3] L360_All Functional Trainer

Dimensions (L x l x h): 490 x 356 x 257 cm

Weight: 890.7 kg

- Pulley system.
- Enables all positions.
- Easy handling accessories.

[4] L485_5 Station

Dimensions (L x l x h): 335 x 490 x 240 cm

Weight: 820 kg

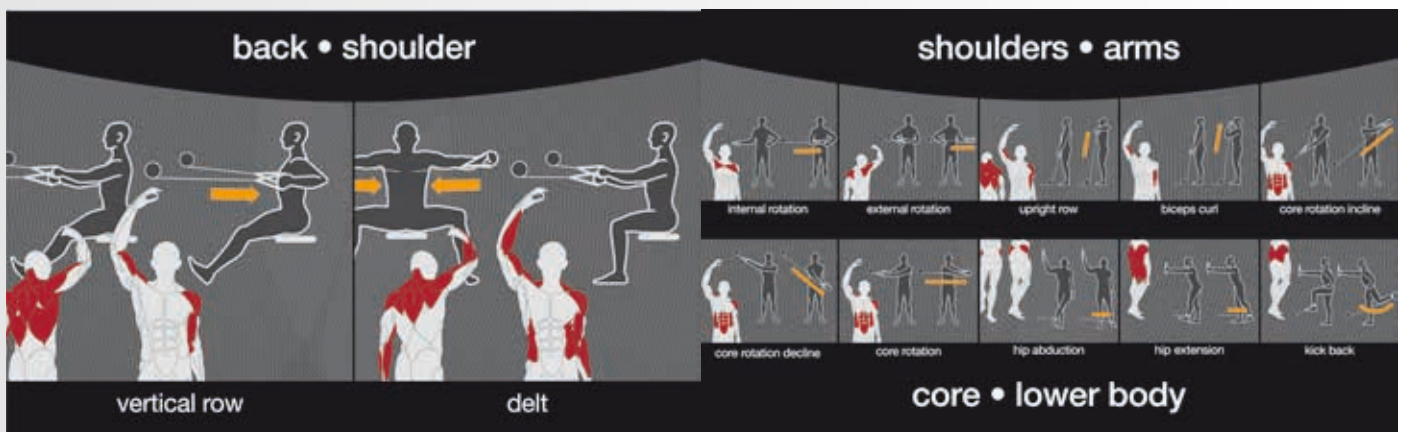
- Machine comprises a high pulley, a double pulley lat pulldown, a triceps post and a cable pull.
- The 5 stations are loaded to 90 kg.
- Natural, precise and supple movement thanks to an extensive biomechanical study.
- Graphic information panel showing the muscles used as well as the correct positions to adopt.
- Polycarbonate fairing for better protection.



[5] L480X2_8 Station

Dimensions (L x l x h): 594 x 328 x 235 cm

- Machine comprises two high pulley, two double pulley lat pulldown, two triceps post and two 1/2 cable pulls.
- Natural, precise and supple movement thanks to an extensive biomechanical study.
- Graphic information panel showing the muscles used and the correct positions to adopt.
- Polycarbonate fairing for better protection.



[6] L480_4 Station

Dimensions (L x l x h): 335 x 210 x 233 cm

Weight: 638.20 kg

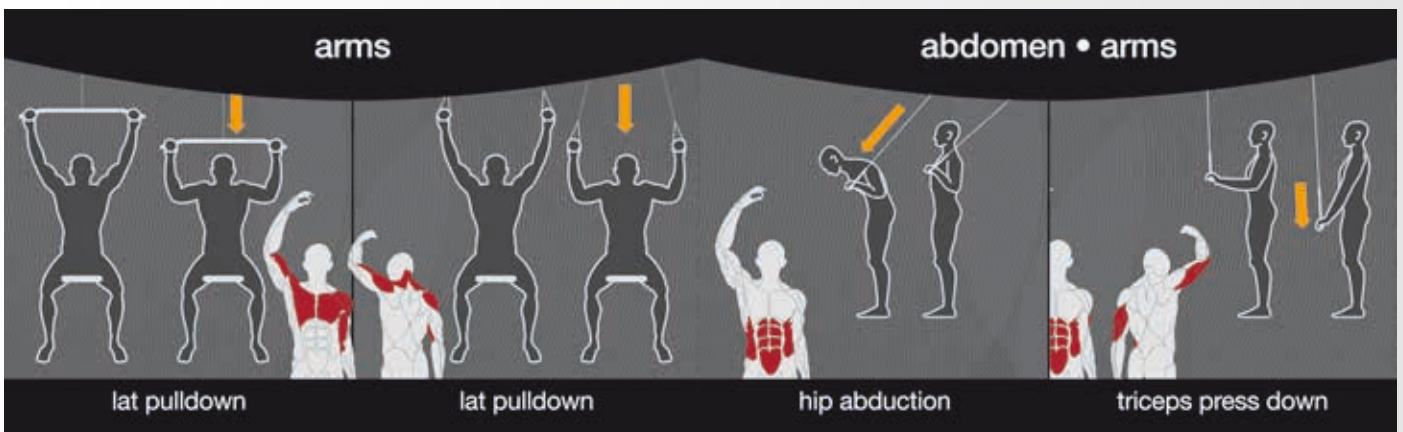
-Machine comprises a high pulley, a double pulley lat pulldown, a triceps post and 1/2 cable pulls.

-Natural, precise and supple movement thanks to an extensive biomechanical study.

-Graphic information panel showing the muscles used and the correct positions to adopt.

-Polycarbonate fairing for better protection.

6



[7] L370_Crossover

Dimensions (L x l x h): 150 x 146 x 218 cm

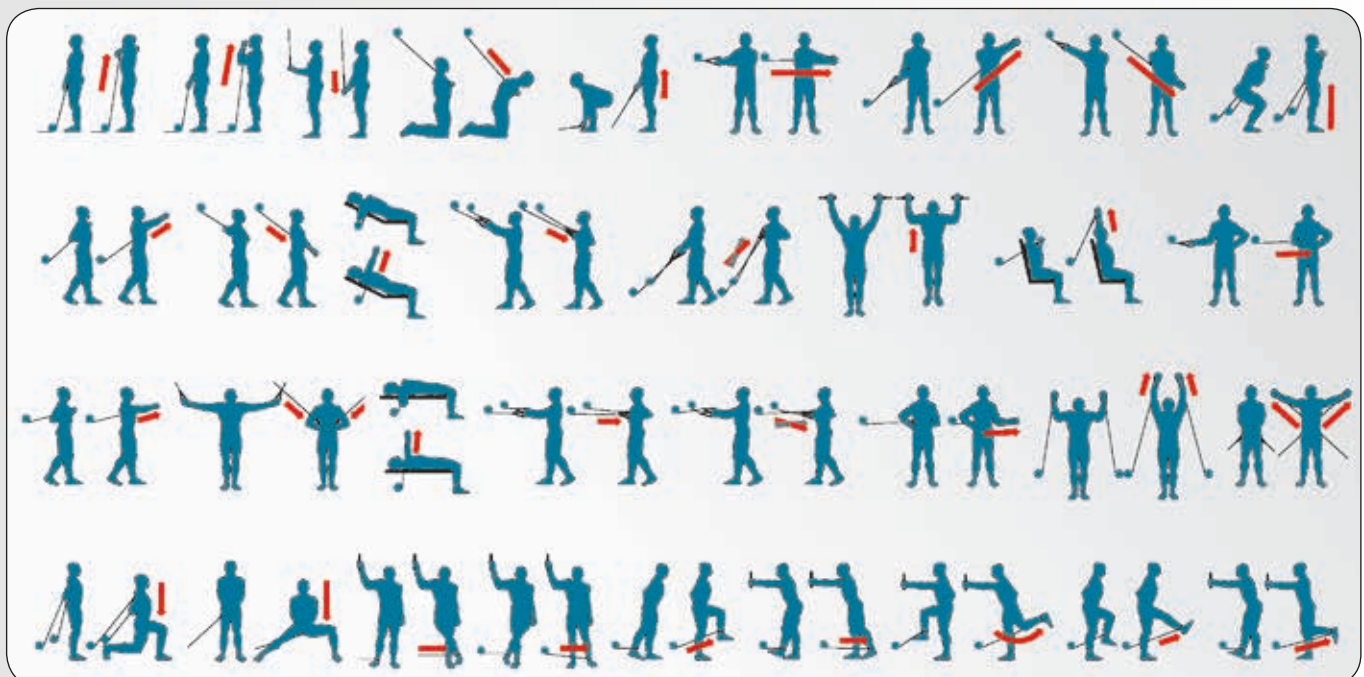
Weight: 273 kg

Load: 90+90 kg

- Double adjustable pulley, with independent arms and a free rotation movement of 180°.
- Integrated traction bar.
- Accessories included:
 - 2 short handles
 - 2 long handles
 - 1 adjustable wrist and ankle strap
 - 1 double cord
 - 1 bar



Exercise guide:



8



[8] L540_Double Ergolina

Dimensions (L x l x h): 405 x 89.1 x 238 cm

Weight: 433.6 kg

-The multiple training heights offered by the ergolina enable a great variety of exercises for both the upper body and the lower body.

-Design with significant biomechanical study. Guarantees supple, natural movements using full muscle concentration.

[9] L535_Ergolina

Dimensions (L x l x h): 138.5 x 89.1 x 224.7 cm

Weight: 201 kg

-Polycarbonate fairing for high protection. Shock tested. Improved safety against accidents. Easy cleaning.

-Various training heights.

9



Racks

1



[1] L350_Multipress

Dimensions (L x l x h): 140 x 193 x 212 cm

Weight: 137 kg

-Lock security system. -Bar lock security system, swivel and height adjustable. Enables safer exercise, preventing the bar from falling on top of the user in the event of an accident.



2



[2] L350J_Multipress (Counterbalanced)

Dimensions (L x l x h): 140 x 193 x 225 cm

Weight: 167.5 kg

-Counterweights. Balances the weight of the bar therefore making it easy to use
-Lock security system. -Bar lock security system, swivel and height adjustable. Enables safer exercise, preventing the bar from falling on top of the user in the event of an accident.



[3] LD400_Max Rack

Dimensions (L x l x h): 200 x 140 x 216 cm

Weight: 199 kg

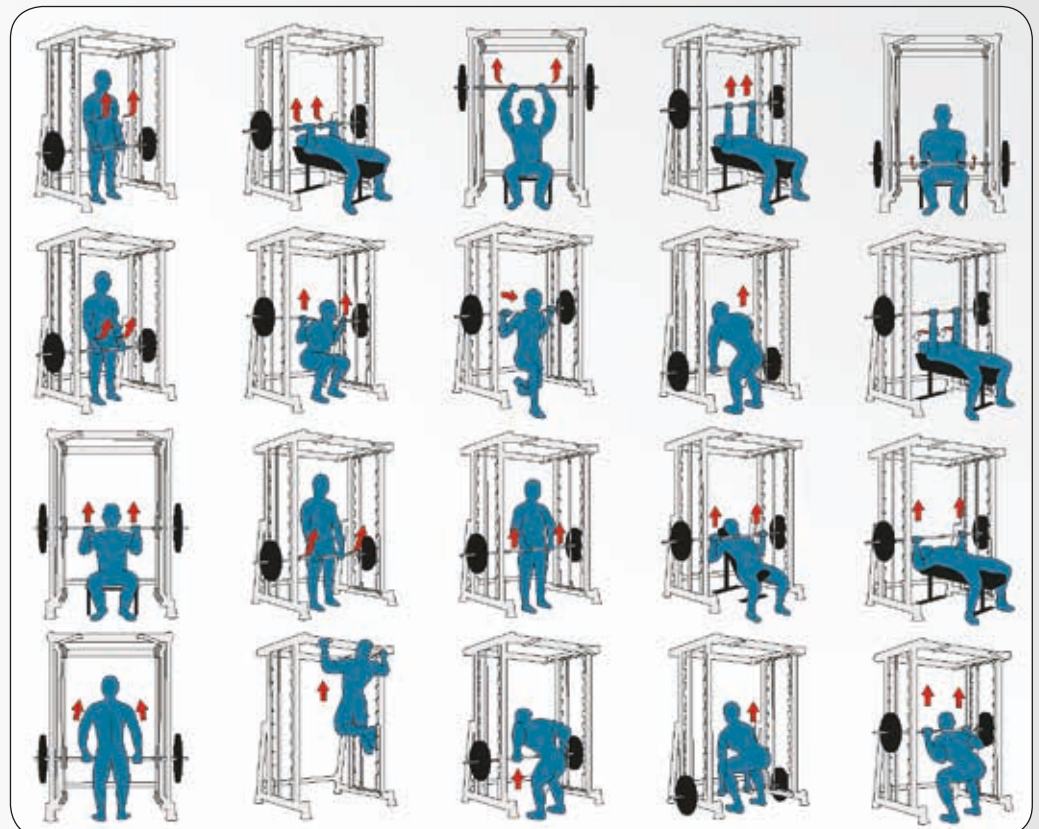
-Sensation of free weights with maximum safety. The bar makes it possible to carry out a three-dimensional movement in any direction, but this movement is completely controlled and safe thanks to its vertical and horizontal guides.

-Integrated traction bar.



3

Get the feeling of free weight training with the reassurance of a Smith or Multipower machine thanks to its three-dimensional but fully guided motion system. Additionally, the LD400 enables you to optimise the space of your room as more than 20 different exercises can be carried out in less than 3 m². It features tempered bars with linear bearings for 28 mm disc diameters but also for 50 mm olympic discs.





PL070

BH

PL070



PL SERIES

The new HEAVY LOAD line has been designed for users who want to develop strength and power with total security. In fact, the accurate biomechanics allows to perform the most stringent workouts with the highest level of security and comfort. This new range of free weight allows the training of all group of muscles.

4



[4] PL110_Pull Down

Dimensions (L x l x h): 150 x 147 x 200 cm

Max. Load: 300 kg

Startin weight: 2.5 kg

- Hydraulic adjustment of the seat.
- Multi position handles, which enable different exercises to be carried out.

[5] PL090_Shoulder Press

Dimensions (L x l x h): 164 x 159 x 149 cm

Max. Load: 300 kg

Starting weight: 4.5 kg

- Hydraulic adjustment of the seat.
- 4 racks for plate storage.



[6] **PL070_Chest Press**

Dimensions (L x l x h): 147 x 205 x 175 cm

Max. Load: 300 kg

Starting weight: 5.5 kg

- Hydraulic adjustment of the seat.
- 6 racks for plate storage.



[7] **PL700_45° Leg Press**

Dimensions (L x l x h): 270 x 188 x 154 cm

Max. Load: 600 kg

Starting weight: 45 kg

- Security lock system for a more safe training.
- Anti-slip and oversized platform.



[8] **PL300**_Seated Row

Dimensions (L x l x h): 185 x 135 x 140 cm

Max. Load: 300 kg

Starting weight: 4.5 kg

- Hydraulic adjustment of the seat.
- Multi position handlebar for a versatile training.

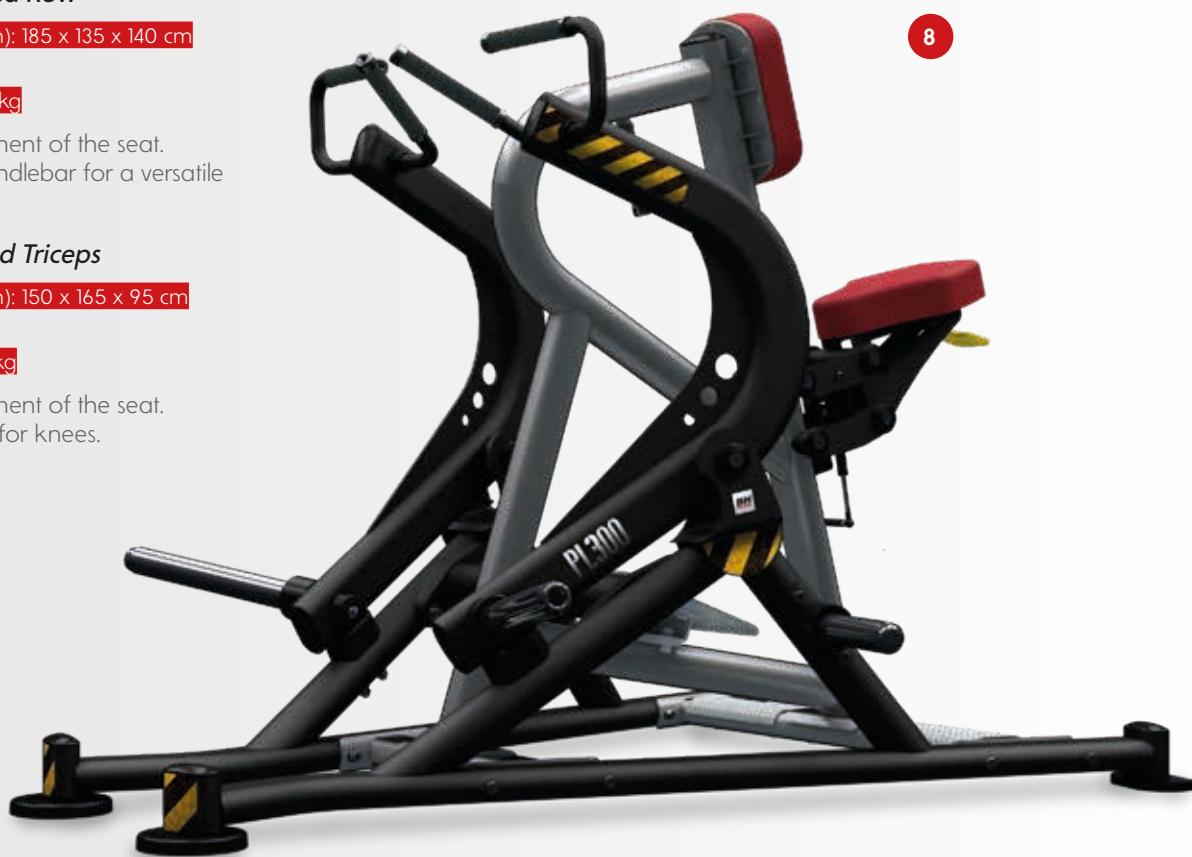
[9] **PL150**_Seated Triceps

Dimensions (L x l x h): 150 x 165 x 95 cm

Max Load: 130 kg

Starting weight: 1.5 kg

- Hydraulic adjustment of the seat.
- Padded support for knees.



[10] PL170_Leg Curl

Dimensions (L x l x h): 143 x 132 x 140 cm

Max. Load: 1220 kg

Starting weight: 5 kg

-Independent training system for each leg.



11



[11] PL130_Biceps

Dimensions (L x l x h): 150 x 125 x 124 cm

Max. Load: 100 kg

Starting weight: 5.5 kg

-Hydraulic adjustment of the seat.

[12] PL010_Leg Extension

Dimensions (L x l x h): 160 x 160 x 115 cm

Max. Load: 350 kg

Starting weight: 5.9 kg

-Hydraulic adjustment of the seat.

-Independent training system for each leg.





13

[13] PL200_Hack Squat

Dimensions (L x l x h): 230 x 190 x 129 cm

Max. Load: 450 kg

Starting weight: 40 kg

- Locking system that makes easier to start the workout.
- Anti-slip and oversized platform.

[14] PL210_Seated Calf

Dimensions (L x l x h): 140 x 82 x 92 cm

Max. Load: 200 kg

Starting weight: 11 kg

- Double padded leg support, adjustable with 6 positions.
- Safety guide for training arm support.



14

[15] PL290_T-Bar Row

Dimensions (L x l x h): 190 x 102 x 125 cm

Max. Load: 150 kg

Starting weight: 18 kg

- Training arm support.
- Multi-position handles, which enable different exercises to be carried out.



15

[16] **PL400_Full Rack**

Dimensions (L x l x h): 220 x 186 x 248 cm

- 10 racks for discs
- Different accessories: J-Hooks, security bar, landmine, accessories for elastics, dics and bars support, pull ups bar.



17



[17] **PL350_Half Rack**

Dimensions (L x l x h): 157 x 183 x 235 cm

- 10 racks for discs
- Different accessories: J-Hooks, security bar, landmine, accessories for elastics, dics and bars support, pull ups bar.

Benches



1

[1] L860_Plate Rack

Dimensions (L x l x h): 96 x 62.5 x 120 cm

Weight: 31 kg

- 8 storage bars for olympic disks.
- Great storage capacity in a reduced space.

[2] L870_Barbel Rack

Dimensions (L x l x h): 57 x 90 x 107 cm

Weight: 48 kg

- Rack for storing 8 bars with 2 auxiliary plates.

[3] L875_Dumbbell Rack

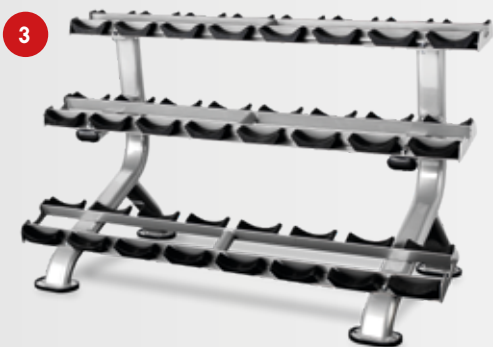
Dimensions (L x l x h): 159 x 81 x 98 cm

Weight: 70 kg

- Structure for storing dumbbells on 3 plates.
- Maximum storage capacity: 12 pairs.



2



3



4

[4] L830_Bench Larry Scott biceps

Dimensions (L x l x h): 101 x 81 x 86 cm

Weight: 40 kg

- Height-adjustable seat.
- Work angle specially curved for the exercise of the brachialis muscle and the upper brachialis.

[5] L845_Squat Rack

Dimensions (L x l x h): 140 x 166 x 178 cm

Weight: 99 kg

- Storage racks for disks.



5



[6] L815_Bench Press

Dimensions (L x l x h): 170 x 166 x 137 cm

Weight: 69 kg

- Lateral storage racks for disks.
- 3 training positions for the bar.

[7] L820_Incline Bench

Dimensions (L x l x h): 163.2 x 165.8 x 137.3 cm

Weight: 90 kg

- Height-adjustable seat.
- Rear helping bench.



[8] L855_Decline Bench

Dimensions (L x l x h): 210 x 166 x 137 cm

Weight: 85 kg

- Double padded leg support, adjustable with 6 positions.
- Support pad for the femoral muscle.

[9] L850_Shoulder Press Bench

Dimensions (L x l x h): 106 x 130 x 164 cm

Weight: 88 kg

- Rear helping bench.
- 3 training positions for the bar.



[10] L300_Stretch Bench

Dimensions (L x l x h): 145 x 58 x 127 cm

Weight: 39 kg

- Numerous possibility of exercises.
- Ergonomic design. Guarantees the correct position of all users, whatever their size.



[11] L805_40° Inclined Bench

Dimensions (L x l x h): 121 x 72.5 x 93.3 cm

Weight: 40 kg

- Double adjustment of leg length and training angle.
- Double lateral handle.



[12] L840_Roman Chair

Dimensions (L x l x h): 112 x 80 x 64 cm

Weight: 35 kg

- Support pad for the femoral muscle.
- Double roll-up to support and secure the legs, therefore preventing injuries caused by incorrect posture.

[13] L825_Multi Position Bench

Dimensions (L x l x h): 121.2 x 75 x 46.5 cm

Weight: 37 kg

- Double backrest and seat adjustment.
- Rubber protected feet to avoid scratching the ground.



13

[14] L810_Flat Bench

Dimensions (L x l x h): 115.9 x 90 x 42 cm

Weight: 25 kg

- Handle and wheels to facilitate moving within the gym.
- Injected core seats.



14



15

[15] L835_Roman Chair

Dimensions (L x l x h): 173.8 x 72.5 x 89.9 cm

Weight: 40 kg

- Adjustable backrest inclination.
- Double roll-up to support and secure the legs, therefore preventing injuries caused by incorrect posture.

[16] L885_Balanced Abdominal Bench

Dimensions (L x l x h): 100 x 96.5 x 125 cm

Weight: 65 kg

- Unique design. What distinguishes the L885 from other abdominal machines is the possibility of doing abdominal exercise "from top to bottom", without putting strain on the neck, the shoulders and the back.



16

[17] **L800_Abdominal Flexor Bench**

Dimensions (L x l x h): 112 x 78 x 155 cm

Weight: 69 kg

- Double set of multi-position handles.
- Double padded support for forearms.

[18] **L900_Chin-up and Dip**

Dimensions (L x l x h): 112 x 78 x 240 cm

Weight: 85 kg

- Multi-position handles, which enable double exercise.
- Anatomical backrest to support the back.



Accessories

1



[1] **Urethane Dumbbells**

- Urethane Encased, Solid Steel Weights
- 2.5kg. through 40kg. in 2.5kg. increments

[2] **Olympic Rubber Grip Plates**

- 1,25Kg, 2,5Kg, 5Kg, 10Kg, 15Kg, 20Kg, 25Kg
- Odorless, Black rubber
- Stainless Steel Insert/Hub

2



3



[3] **Olympic Bars**

- 220cm olympic (20kg)
- 180cm ultralight (8kg)

Customize the Fitness Equipment of your gym

Kit Seat+

Now, you have the chance of customizing the TR Series machines of your gym, thanks to the available optional kits. The “Kit Seat+” offers the possibility of having a pneumatically adjustable seat, that allows the user to adjust the height very easily and comfortably without moving or getting up from the seat.

This Kit has a welded structure with a cylinder of pressurized gas and a large tube that allows the user to adjust the seat with pinpoint accuracy at different heights, so that it can be adapted to each user.

This optional kit can be installed at the following models:

L130 Biceps, L140 Biceps/Triceps, L150 Seated dip, L160 Horizontal triceps, L490 Deltoid raise, L070 Seated chest press, L270 Butterfly



Isolateral Kit

A highly demanded feature by customers is the possibility of exercising at convergent/iso-lateral machines. In these type of machines, the user can work independently the arms.

This feature allows a more natural motion, adapted to the real movement of the arms. Thanks to this, the user will be able to exercise independently each arm in case of any injury.

For this reason, we have developed an optional kit that allows to adapt 2 models to convergent/iso-lateral mode:

L090 Shoulder press - L070 Seated chest press

Besides this, the following models already allow an independent movement of arms:

L270 – Butterfly, L290 – Seated row, L490 – Deltoid raise, L410 – Rear deltoid

(*) Check available options and compatibilities with each model at the summary chart on pages 54 and 55.



Intermediate Load Kit

Due to our active analysis of customer's opinions, BH Commercial Fitness has launched the Intermediate Load Kit. This system offers the possibility to minimize the weight range in the stack station from 2.5 kg to 2.5 kg. That makes the weight change transition adaptable to all users.



MODULAR ACTIVITY & GROUP TRAINING SYSTEM

*"Beyond the functional training:
the revolution of the group exercise"*



*Training accessories sold separately
A BH Fitness installation team trained specifically for Magsys will perform installs.

[MAGSYS] FEATURES

- 3mm thick steel frame.
- Modular structure.
- Infinite options for excellent trainings.
- Optimum performance of each square meter.
- Functional training.
- Weight lifting.
- Suspension.
- HIIT.
- CrossTraining.
- Dimensions of the basic structure: 1,20 m width and 2,55 m heigth.



MODULAR & ACTIVITY GROUP TRAINING SYSTEM

Storage of accessories.

MAGSYS offers three kind of trays in order to organize the functional material.

Open big tray for fitness balls and big material, open medium tray for balls and bags and small close tray for kettlebells and heavy small material.

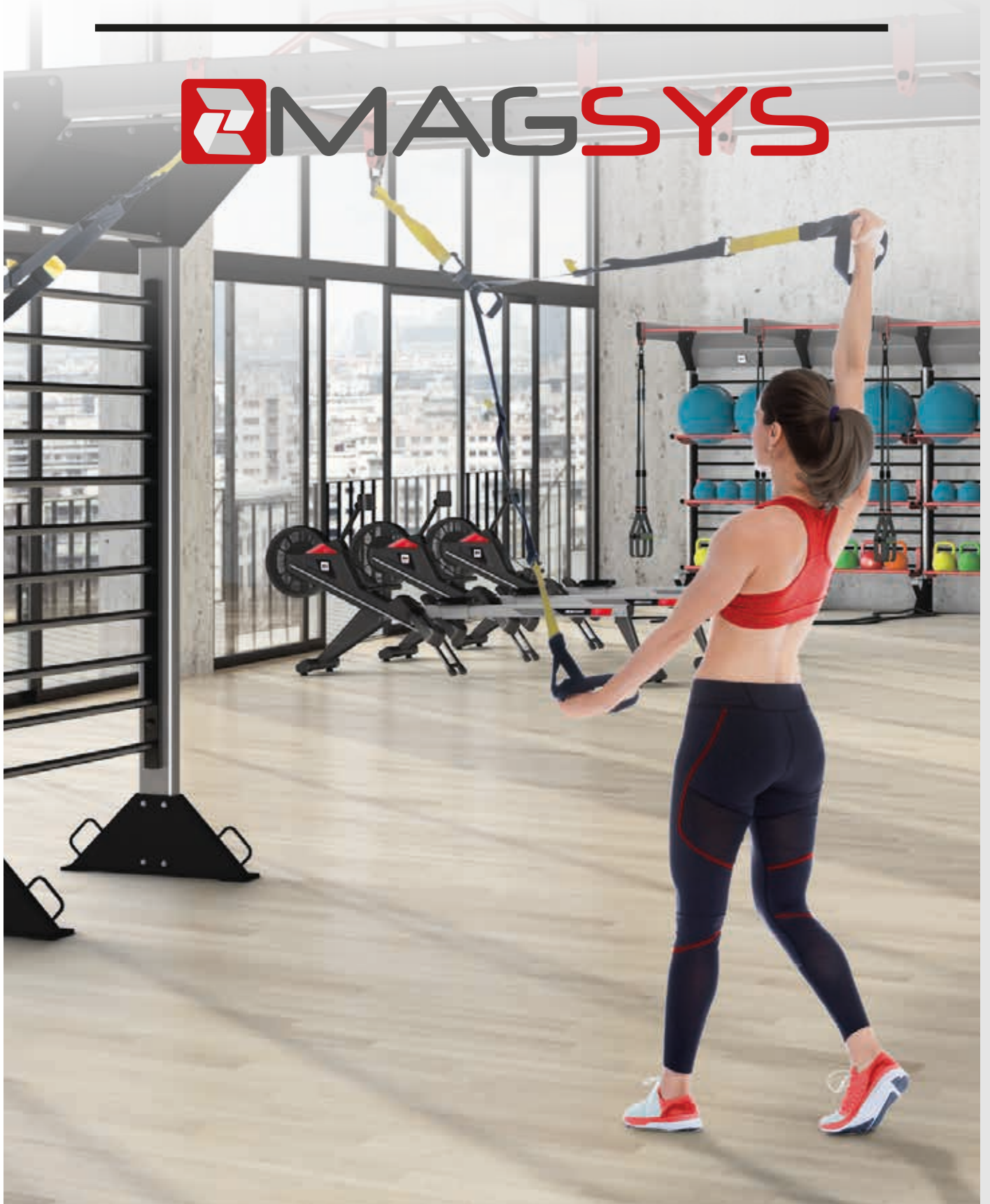
Clamps for hanging points. Patent pending system. Hanging points can be placed in any point of the structure without need to screw.



Due to a **super modular design** of the structure, the installation is very simple and non-aggressive for the fitness room. Strong foot of structure with rings for attaching devices, such as ropes and elastic bands.

BH FITNESS IS HELPING GYMS TO ADAPT THEIR SPACES TO THE LATEST TRENDS

 **MAGSYS**



HIIT: The new concept from BH

Periods of maximum intensity in an effort to improve your metabolism and rest periods that produce EPOC, allowing for accelerated calorie elimination while improving your performance.



1

[1] G889_Elliptical CrossHIIT

Dimensions (L x l x h): 158 x 67 x 175 cm

Weight: 70 kg

- Intensification of air resistance for more intense exercise.
- Ergonomic step for smooth and stable pedalling.



2

[2] H889_BikeHIIT

Dimensions (L x l x h): 122 x 60 x 128 cm

Weight: 48 kg

- Elliptical arms adapted for maximum intensity during training. This way your own arms are an integral part of the exercise.
- Intensification of air resistance for more intense exercise.

[3] G689_RunHIIT

Dimensions (L x l x h): 89 x 227 x 149 cm

Weight: 158 kg

- Inclined treadmill without motor for intensive exercises.
- Aluminium lateral profiles with non-slip surfaces.
- 8 levels of magnetic resistance and 8 levels of friction resistance.
- No electric consumption.



3



4

[4] 9000_Climber

Dimensions (L x l x h): 156 x 100 x 214 cm

Weight: 231 kg

- Climber with AC motor of 2.0 CV. Durable and noiseless.
- Oversized steps for more security.
- 20 speed levels.
- Central parameters control.



TECHNICAL FEATURES		TREADMILL	ELLIPTICAL
		G799LED/G799TVC	G930LED/G930TVC
DIMENSIONS	Height (cm)	140	168
	Width (cm)	94	65
	Length (cm)	233	224
	Net weight of the device (Kg)	255	90.5
FEATURES	Speed (Km/h)	0.8 - 26	
	Motor (hp)	6.0	
	Recommended maximum user weight (kg)	195	190
	Running surface (cm)	161 x 55	
	Incline (%)	0 - 15	
	Power (w)		600
	Resistance system		Electromagnetic braking
	Step (cm)		44
	Distance between pedals (cm)		4
	Transmission		Poly-V Belt
	Self generating		Yes for LED
	Track & Track system		No
	COMFORT AND SAFETY	Easy tool bar	Yes
Cushioning system		Protonic	
Speed detector		Yes	
Emergency stop button		Yes	
Emergency stop		Yes	
Maintenance		HST Phenolic resin	
Cordless heart rate measurement		Yes	Yes
Languages		Sp, Eng, Fr, Pt, Ger, NI, It	Sp, Eng, Fr, Pt, Ger, NI, It
MP3 Connection, headphones and speakers		Yes	Yes
IPad / iPhone Connection		Yes	Yes
Wheels for transport		Yes	Yes
Integrated fan		No	No
Bottle holder		Yes	Yes
MONITOR	Type of monitor	Led / Smart Focus	Led / Smart Focus
	Screen dimensions (inches)	19	16
	Touch screen	Yes	Yes
	Number of programmes	24	24
	Effort level		20
	Fitness test for men / women	Yes	yes
	Double direction elliptical movement		yes
	Available languajes	7/21	7/21

All of these products meet the current EN-957 Class S standards



TECHNICAL FEATURES		BIKE	RECUMBENT BIKE
		H800LED/H800TVC	H895LED/H895TVC
DIMENSIONS	Height (cm)	147	147
	Width (cm)	57	61
	Length (cm)	132	154
	Net weight of the device (Kg)	71	85.5
FEATURES	Self generating	Yes	Yes
	Recommended maximum user weight (kg)	195	195
	Resistance system	Electromagnetic braking	Electromagnetic braking
	Transmission system	Poly-V Belt	Poly-V Belt
	Power (w)	500	500
COMFORT AND SAFETY	Vertical saddle adjustment	Yes	
	Horizontal saddle adjustment		Yes
	Angle of saddle adjustment		No
	Cordless pulse counter	No	No
	Heart rate sensor on handlebars	Yes	Yes
	Languages	Sp, Eng, Fr, Pt, Ger, Nl, It	Sp, Eng, Fr, Pt, Ger, Nl, It
	MP3 Connection, headphones and speakers	No	No
	IPad / iPhone Connection	No	No
	Wheels for transport	Yes	Yes
	Integrated fan	No	No
	Emergency stop button	No	No
	Bottle holder	No	No
MONITOR	Type of monitor	Led / Smart Focus	Led / Smart Focus
	Screen dimensions (inches)	16	16
	Variable geometry anti-injury movement	Yes	Yes
	Number of programmes	24	24
	Intensity levels	20	20
	Fitness test for men / women	Yes	Yes
	Available languages	7/21	7/21
OTHERS	Triathlete Handlebar	Yes	

All of these products meet the current EN-957 Class S standards



**TECHNICAL FEATU-
RES**

STEPPER

R250LED/R250TVC

DIMENSIONS	Height (cm)	172
	Width (cm)	77
	Length (cm)	122
	Net weight of the device (Kg)	123.5
FEATURES	Self generating	Yes for LED
	Recommended maximum user weight (kg)	190
	Resistance system	Electromagnetic braking
	Transmission system	Poly-V Belt
COMFORT AND SAFETY	Cordless pulse counter	No
	Heart rate sensor on handlebars	Yes
	Languages	Sp, Eng, Fr, Pt, Ger, Nl, It
	Bottle holder	Yes
	MP3 Connection, headphones and speakers	No
	IPad / iPhone Connection	No
	Wheels for transport	Yes
	Integrated fan	No
	Emergency stop button	No
MONITOR	Type of monitor	Led / Smart Focus
	Screen dimensions (inches)	16
	Touch screen	Yes
	Number of programmes	24
	Effort level	10
	Fitness test for men / women	Yes
	Available languages	7/21

**TECHNICAL
FEATURES**

DIMENSIONS

FEATURES

**COMFORT AND
SAFETY**

MONITOR

OTHERS

All of these products meet the current EN-957 Class S standards



	TREADMILL	TREADMILL	TREADMILL	TREADMILL
	G680LED/G680TVC	G660	G600	G550
Height (cm)	155	155	155	147
Width (cm)	93	93	93	93
Length (cm)	222	222	222	210
Net weight of the device (Kg)	201.5	187	187	155
Speed (Km/h)	0.8 - 22	0.8 - 22	0.8 - 22	0.8 - 20
Motor (hp)	5 HP	4.5 HP	4.0 HP	3.5 HP
Incline (%)	0 - 20	0 - 15	0 - 15	0 - 15
Running surface (cm)	160 x 55	160 x 55	160 x 55	155 x 55
Recommended maximum user weight (kg)	180	175	180	150
Easy tool bar	Yes	Yes	Yes	Yes
Maintenance	HST Phenolic resin	HST Phenolic resin	HST Phenolic resin	HST Phenolic resin
Double speed fan	No	Yes	Yes	Yes
Heart rate sensor on handrail	Yes	Yes	Yes	Yes
Cordless heart rate measurement	Yes	Yes	Yes	YES
Bottle holder	Yes	Yes	Yes	Yes
MP3 Connection	No	Yes	Yes	Yes
Emergency stop	Yes	Yes	Yes	Yes
MOB automatic emergency stop system	Yes	Yes	Yes	Yes
Languages	Sp, Eng, Fr, Pt, Ger, NI, It	Sp, Eng, Fr, Pt, Ger, NI, It	Sp, Eng, Fr, Pt, Ger, NI, It	Sp, Eng, Fr, Pt, Ger, NI, It
Type of monitor	Led / SmartFocus	Dot Matrix	Dot Matrix	Dot Matrix
Number of profiles	24	24	24	24
HRC	Yes	Yes	Yes	Yes
User programmes	Yes	Yes	Yes	Yes
Fitness test for men / women	Yes	Yes	Yes	Yes
Constant Watts Programme	No	No	No	No
Distance control programme				
Information displayed on screen	Speed / Time / Distance / Calories / Heart rate / programs / profile / level / inclination	Speed / Time / Distance / Calories / Heart rate / programs / profile / level / inclination	Speed / Time / Distance / Calories / Heart rate / programs / profile / level / inclination	Speed / Time / Distance / Calories / Heart rate / programs / profile / level / inclination.
Personalised welcome message		Yes	Yes	Yes
Available languages	7/21	7	7	7
Others	Aluminium side panels	Aluminium side panels	Oversized structure	Easy to use toolbar
	HST Phenolic resin reducing maintenance	HST Phenolic resin reducing maintenance	Easy to use toolbar	MP3 Connection
	ABS plastic casing	ABS plastic casing	MP3 Connection	


TECHNICAL FEATURES
ROWING MACHINE
ELLIPTICAL
R520
G815LED/G815TVC

DIMENSIONS		R520	G815LED/G815TVC
	Height (cm)	116	165
	Width (cm)	54	79
	Length (cm)	272	204
	Net weight of the device (Kg)	52.4	109.5
FEATURES		R520	G815LED/G815TVC
	Recommended maximum user weight (kg)	150	150
	Intensity levels	16	20
	Resistance system	Electromagnetic braking	Electromagnetic braking
	Self generating		Yes for LED
	Transmission system	Poly-V Belt	Poly-V Belt
	Step (cm)		52
COMFORT AND SAFETY		R520	G815LED/G815TVC
	Vertical saddle adjustment		
	Horizontal saddle adjustment		
	Wheels for transport	Yes	Yes
	Double speed fan	No	No
	Heart rate sensor on handlebars		Yes
	Cordless heart rate measurement	Yes	Yes
	Bottle holder		Yes
	Emergency stop button		No
	Adjustable Stabilisers	Yes	Yes
	Languages		Sp, Eng, Fr, Pt, Ger, Nl, It
MONITOR		R520	G815LED/G815TVC
	Screen	LCD	Led / SmartFocus
	Number of profiles	12	24
	HRC	Yes	Yes
	User programmes	Yes	Yes
	Fitness test for men / women		Yes
	Constant Watts Programme	Yes	Yes
	Distance control programme		
	Information displayed on screen	Level/time 500 mm/ distance/rowing strokes/Calories	Speed/time/RPM/distance/ Calories/Watts/heart rate/ steps per minute
	Personalised welcome message	No	Yes
	Available languages	1	7/21
OTHERS		R520	G815LED/G815TVC
	Others	11 Exercise levels. Recovery test	Reinforced frame
		Adjustable 5.5" screen / Oscillating pedals	

All of these products meet the current EN-957 Class S standards



RECUMBENT BIKE		UPRIGHT BIKE		ADJUSTABLE STRIDE ELLIPTICAL		ELLIPTICAL	
H775LED/H775TVC		H720LED/H720TVC		G825LED/G825TVC		G818LED/G818TVC	
140		142		165		150	
66		62		90		91	
160		130		150		150	
79		66		126		136.5	
150		150		150		150	
20		20		20		20	
Electromagnetic braking		Electromagnetic braking		Electromagnetic braking		Electromagnetic braking	
Yes for LED		Yes for LED				Yes for LED	
Poly-V Belt		Poly-V Belt		Poly-V Belt		Poly-V Belt	
				from 46 to 66		52	
Yes		Yes					
Yes		Yes					
Yes		Yes		Yes		Yes	
No		No		No		No	
Yes		Yes		Yes		Yes	
Yes		Yes		Yes		Yes	
Yes		Yes		Yes		Yes	
No		No		No		No	
Yes		Yes		Yes		Yes	
Sp, Eng, Fr, Pt, Ger, Nl, It		Sp, Eng, Fr, Pt, Ger, Nl, It		Sp, Eng, Fr, Pt, Ger, Nl, It		Sp, Eng, Fr, Pt, Ger, Nl, It	
Led / SmartFocus		Led / SmartFocus		Led		Led / SmartFocus	
24		24		24		24	
Yes		Yes		Yes		Yes	
Yes		Yes		Yes		Yes	
Yes		Yes		Yes		Yes	
Yes		Yes		Yes		Yes	
Speed/time/RPM/distance/ Calories/Watts/heart rate/		Speed/time/RPM/ distance/Calories/Watts/ heart rate/		Speed/time/RPM/ distance/Calories/Watts/ heart rate/		Speed/time/RPM/distance/Calories/ Watts/heart rate/ steps per minute	
Yes		Yes		Yes		Yes	
7/21		7/21		7/21		7/21	
Open frame		Perfect alignment seat- pedals-handlebar		Protected structure /free step		Power strip / Stabilised structure	
Constant lower back support		Pulse sensors in sides					

All of these products meet the current EN-957 Class S standards



Commercial Fitness