

Hey! I am **EVOST**



Oops. Resistant!



Selectorized Line

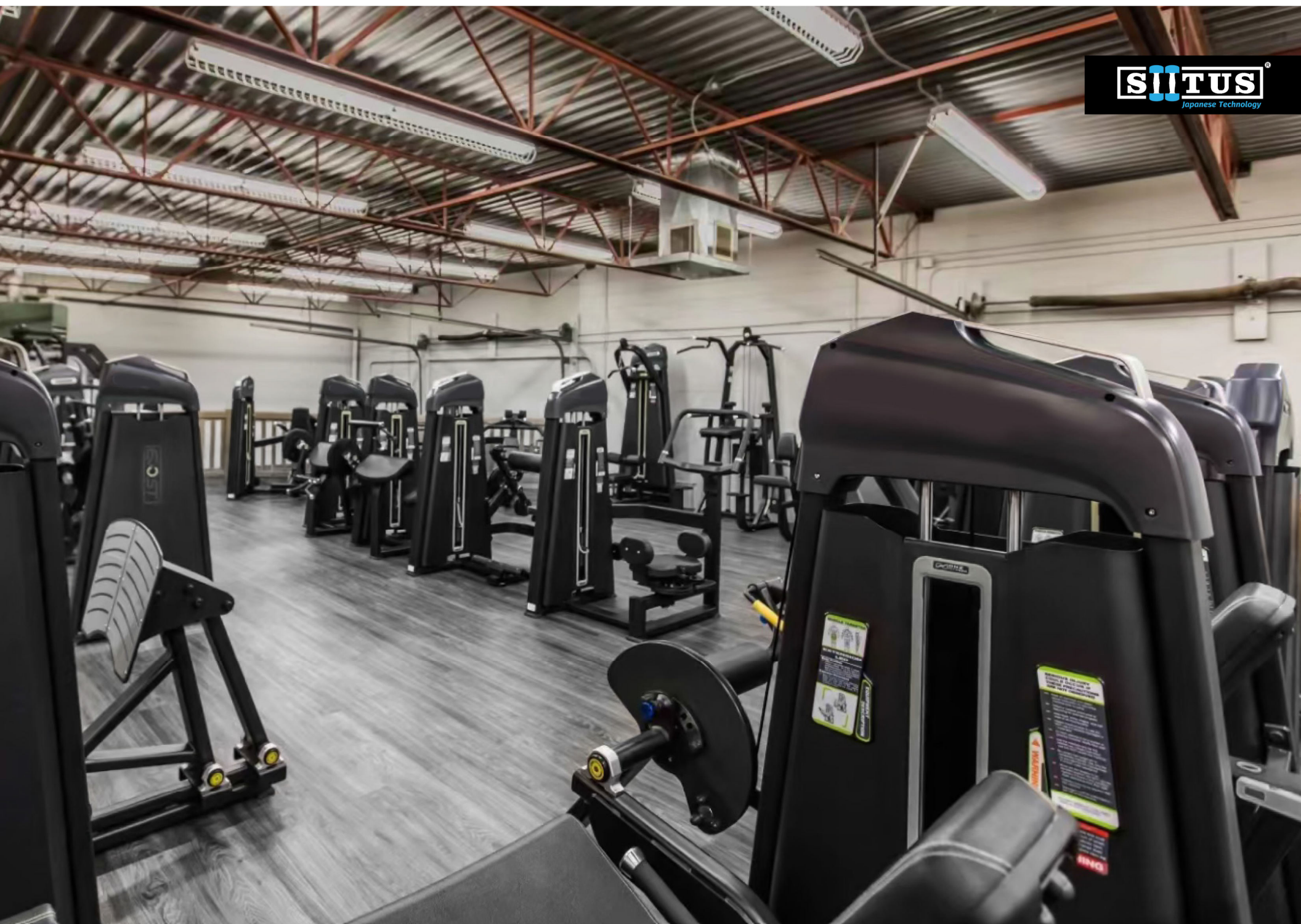
EVOST SERIES

Oops. Resistant !

- Thanks to a durable design to ensure a complete training experience and remarkably performance life.
- The long-standing line of DHZ family.
- It delivers on what matters most: your investment will withstand the test of time !

Classic Forever





Standing Multi Flight / U2046



■ Dimension: 1425*886*1990 mm
 ■ Weight: 322 kg
 ■ Weight Stack: 80 kg

■ The Standing Multi Flight is a multifunctional machine for a complete upper body workout. With height adjustment of the rotation centers, counterbalanced and starting angle adjustment, this machine ensures a natural and effective adaptation of the load.

Prone Leg Curl / U3001C



■ Dimension: 1650*955*1630 mm
 ■ Weight: 205 kg
 ■ Weight Stack: Standard: 95 kg
 Heavy: 140 kg

■ The Evost Series Prone Leg Curl uses a prone design to enhance the ease-of-use experience. The widened elbow pads and grips help users to better stabilize the torso, and the ankle roller pads can be adjusted according to different leg lengths and ensure stable and optimal resistance.

Leg Extension / U3002C



■ Dimension: 1550*1030*1630 mm
 ■ Weight: 230 kg
 ■ Weight Stack: Standard: 110 kg
 Heavy: 140 kg

■ The Evost Series Leg Extension have multiple starting positions, which can be adjusted freely according to user needs to improve exercise flexibility. The adjustable ankle pad allows the user to choose the most comfortable posture in a small area. The adjustable back cushion allows the knees to be easily aligned with the pivot axis to achieve good biomechanics.

Leg Press / U3003C



■ Dimension: 2090*1040*1630 mm
 ■ Weight: 250 kg
 ■ Weight Stack: 109 kg

■ The Evost Series of Leg Press have widened foot pads. To achieve a better training effect, the design allows full extension during exercises, and supports maintaining verticality to simulate a squat exercise. The adjustable seat back can provide different users with their desired starting positions.

Pectoral Machine / U3004C



■ Dimension: 870*1500*1620 mm
 ■ Weight: 272 kg
 ■ Weight Stack: Standard: 110 kg
 Heavy: 140 kg

■ The Evost Series Pectoral Machine is designed to effectively activate most of the pectoral muscles while minimizing the influence of the front of the deltoid muscle through the decline movement pattern. In the mechanical structure, the independent motion arms make the force exerted more smoothly during the training process, and their shape design allows users to get the best range of motion.

Lateral Raise / U3005C



■ Dimension: 1135*1150*1630 mm
 ■ Weight: 173 kg
 ■ Weight Stack: 52 kg

■ The Evost Series Lateral Raise is designed to allow exercisers to maintain a sitting posture and easily adjust the height of the seat to ensure that the shoulders are aligned with the pivot point for effective exercise. The upright open design makes the device easy to enter and exit.

Shoulder Press / U3006C



Dimension: 1830*1330*1630 mm
 Weight: 236 kg
 Weight Stack: Standard: 110 kg
 Heavy: 140 kg

The Evost Series Shoulder Press use a decline back pad with an adjustable seat to better stabilize the torso while adapting to users of different sizes. Simulate shoulder press to better realize shoulder biomechanics. The device is also equipped with comfortable handles with different positions, which increases the comfort of exercisers and the variety of exercises.

Pec Fly / Rear Delt / U3007C



Dimension: 1240*990*2110 mm
 Weight: 249 kg
 Weight Stack: 110 kg

The Evost Series Rear Delt / Pec Fly is designed with adjustable rotating arms, which is designed to adapt to the arm length of different exercisers and provide the correct training posture. The independent adjustment cranksets on both sides not only provide different starting positions, but also make exercise variety. The long and narrow back pad can provide back support for Pec Fly and chest support for the deltoid muscle.

Vertical Press / U3008C



📏 Dimension: 1483*1059*1814 mm
 ⚖️ Weight: 242 kg
 📦 Weight Stack: Standard: 110 kg
 Heavy: 140 kg

■ The Evost Series Vertical Press is great for training upper body muscle groups. The adjustable back pad is used to provide a flexible starting position, which balanced both comfort and performance. The split-type motion design allows exercisers to choose a variety of training programs. The low pivot of the movement arm ensures proper path of motion and easy entrance/exit to and from the unit.

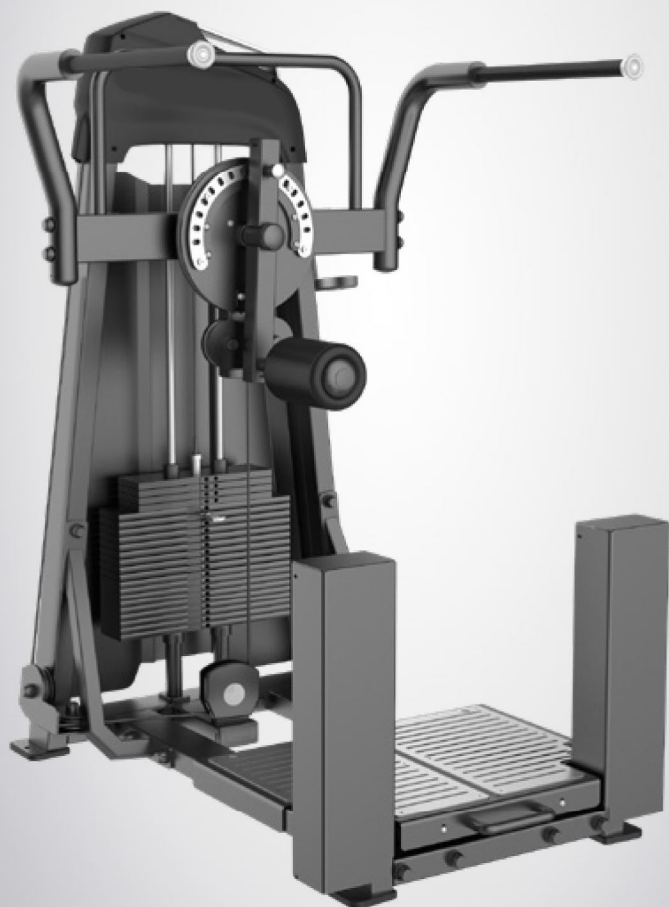
Dip / Chin Assist / U3009



📏 Dimension: 1550*1370*2360 mm
 ⚖️ Weight: 253 kg
 📦 Weight Stack: 88 kg

■ The Evost Series Dip/Chin Assist not only can it be used as a part of the serial modular core of a plug-in workstation or a multi-person station, but it is also a mature dual-function system. Large steps, comfortable knee pads, rotatable tilt handles and multi-position pull-up handles are part of the highly versatile dip/chin assist device. The knee pad can be folded to realize the user's unassisted exercise. The linear bearing mechanism provides guarantee for the overall stability and durability of the equipment.

Multi Hip / E3011



Dimension: 1310*1150*1630 mm
Weight: 291 kg
Weight Stack: 110 kg

The Evost Series Multi Hip is a good choice for intuitive, safe and effective training experience. Its highly compact design, with a complete range of different functions, is very suitable for training spaces of different sizes. The device not only considers training biomechanics, ergonomics, etc., but also includes some humanized design and ease of use, making it simple and efficient.

Lat Pulldown / U3012C



Dimension: 1930*1216*2340 mm
Weight: 235 kg
Weight Stack: 110 kg

The Evost Series Pulldown not only can it be used as a part of the serial modular core of a plug-in workstation or a multiperson station, but it is also can be used as an independent lat pull down device. The pulley on the Pulldown is located so that users can make the movement in front of the head smoothly. The thigh pad adjustment accommodates a wide variety of users, and the replaceable handle allows users to practice with different accessories.

Incline Press / U3013C



■ Dimension: 2190*1460*1630 mm
 ■ Weight: 269 kg
 ■ Weight Stack: Standard: 110 kg
 Heavy: 140 kg

■ The Evost Series of Incline Press meet the needs of different users for incline presses with a small adjustment through adjustable seat and back pad. The dual-position handle can meet the comfort and exercise diversity of exercisers. The reasonable trajectory allows users to train in a less spacious environment without feeling crowded or restrained.

Rotary Torso / U3018C



■ Dimension: 1110*1125*1630 mm
 ■ Weight: 169 kg
 ■ Weight Stack: 65 kg

■ The Evost Series Rotary Torso is a powerful and comfortable device that provides users with an effective way to strengthen the core and back muscles. The kneeling position design is adopted, which can stretch the hip flexors while reducing the pressure on the lower back as much as possible. The uniquely designed knee pads ensure the stability and comfort of use and provide protection for multi-posture training.

Adductor / U3022LC



■ Dimension: 1610*925*1630 mm
 ▲ Weight: 253 kg
 ■ Weight Stack: 110 kg

■ The Evost Series Adductor targets the adductor muscles while providing privacy by positioning the exerciser toward the weight stack tower. The foam protection pad provides good protection and cushioning. A comfortable exercise process makes it easier for the exerciser to focus on the force of the adductor muscles.

Abductor / U3022RC



■ Dimension: 1610*925*1630 mm
 ▲ Weight: 253 kg
 ■ Weight Stack: 110 kg

■ The Evost Series Abductor targets the hip abductor muscles, more commonly known as the glutes. The weight stack shields the exerciser's front well to protect the privacy during use. The foam protection pad provides good protection and cushioning. A comfortable exercise process makes it easier for the exerciser to focus on the force of the glutes.

Abductor & Adductor / U3021C



■ Dimension: 1610*925*1630 mm
 ■ Weight: 235 kg
 ■ Weight Stack: 92 kg

■ The Evost Series Abductor & Adductor features an easy-adjust start position for both inner and outer thigh exercises. Dual foot pegs accommodate a wide range of exercisers. The pivoting thigh pads are angled for improved function and comfort during workouts, making it easier for exercisers to focus on muscle strength.

Seated Leg Curl / U3023C



■ Dimension: 1460*1080*1630 mm
 ■ Weight: 245 kg
 ■ Weight Stack: Standard: 110 kg
 Heavy: 140 kg

■ The Evost Series Seated Leg Curl is designed with adjustable calf pads and thigh pads with handles. The wide seat cushion is slightly inclined to correctly align the exerciser's knees with the pivot point, helping customers find the correct exercise posture to ensure better muscle isolation and higher comfort.

Glute Isolator / U3024C



■ Dimension: 1005*1230*1630 mm
 ■ Weight: 143 kg
 ■ Weight Stack: Standard: 49 kg
 Heavy: 94 kg

■ The Evost Series Glute Isolator based on the standing position on the ground, targets to train the muscles of the hips and standing legs. Elbow pads, adjustable chest pads and handles provide stable support for different users. The use of fixed floor feet instead of counterweight plates enhances the stability of the device while increasing the space for movement, the exerciser enjoys a stable thrust to maximize hip extension.

Seated Dip / U3026C



■ Dimension: 1180*1700*1630 mm
 ■ Weight: 236 kg
 ■ Weight Stack: Standard: 110 kg
 Heavy: 140 kg

■ The Evost Series Seated Dip adopts a design for the triceps and pectoral muscle groups. The equipment realizes that while ensuring the safety of training, it replicates the movement path of the traditional push-up exercise performed on parallel bars and provides supported guided exercises. Help users better train corresponding muscle groups.

Seated Tricep-Flat / U3027C



■ Dimension: 930*1055*1630 mm
 ■ Weight: 190 kg
 ■ Weight Stack: Standard: 65 kg
 Heavy: 110 kg

■ The Evost Series Seated Triceps Flat, through the seat adjustment and integrated elbow arm pad, ensures that the exerciser's arms are fixed in a correct training position, so that they can exercise their triceps with the highest efficiency and comfort. The structure design of the equipment is simple and practical, considering the ease-of-use and training effect.

Triceps Extension / U3028C



■ Dimension: 1145*940*1630 mm
 ■ Weight: 165 kg
 ■ Weight Stack: Standard: 65 kg
 Heavy: 110 kg

■ The Evost Series Triceps Extension adopts a classic design to emphasize the biomechanics of triceps extension. To allow users to exercise their triceps comfortably and efficiently, the seat adjustment and tilt arm pads play a good role in positioning.

Biceps Curl / U3030C



■ Dimension: 1280*940*1630 mm
 ■ Weight: 165 kg
 ■ Weight Stack: Standard: 65 kg
 Heavy: 110 kg

■ The Evost Series Biceps Curl has a scientific curl position, with a comfortable automatic adjustment handle, which can adapt to different users. The single-seater adjustable ratchet can not only help the user find the correct movement position, but also ensure the best comfort. Accurate load transfer ensures a steady increase in muscle strength while simulating the feel of free weight training, effective stimulation of the biceps can make the training more perfect.

Back Extension / U3031C



■ Dimension: 1270*990*1630 mm
 ■ Weight: 235 kg
 ■ Weight Stack: 110 kg

■ The Evost Series Back Extension have a walk-in design with adjustable back rollers, allowing the exerciser to freely choose the range of motion. The widened waist pad provides comfortable and excellent support throughout the entire range of motion. The entire device also inherits the advantages of the Evost Series, simple lever principle, excellent sports experience. Dual-position footrests allow users to choose the most comfortable support position based on range of motion, while dual-sided handles provide additional support for improved training stability.

Long Pull / U3033C



■ Dimension: 1800*1330*2040 mm
 ■ Weight: 215 kg
 ■ Weight Stack: 110 kg

■ The Evost Series LongPull not only can be used as a part of the serial modular core of a plug-in workstation or a multi-person station, but it is also can be used as an independent mid row device. The LongPull has a raised seat for convenient entry and exit. Separate foot pad can adapt to users of different body types without obstructing the motion path of the device. The mid-row position allows users to maintain an upright back position. Handles are easily interchangeable.

Vertical Row / U3034C



■ Dimension: 1550*1320*1600 mm
 ■ Weight: 227 kg
 ■ Weight Stack: Standard: 95 kg
 Heavy: 110 kg

■ The Evost Series Vertical Row has an adjustable chest pad and seat height and can provide a starting position according to the size of different users. The L-shaped design of the handle allows users to use both wide and narrow gripping methods for training, to better activate the corresponding muscle groups.

Pull Down / U3035C



■ Dimension: 1270*1405*1920 mm
 ▲ Weight: 271 kg
 ■ Weight Stack: 110 kg

■ The Evost Series Pulldown features a refined biomechanical design that provides a more natural and smoother path of motion. The angled seat and roller pads maximize comfort and stability for exercisers of all sizes while helping exercisers position themselves correctly.

Abdominal Isolator / U3073C



■ Dimension: 1370*990*1630 mm
 ▲ Weight: 220 kg
 ■ Weight Stack: 95 kg

■ The Evost Series Abdominal Isolators adopt a walk-in and minimalist design without excessive adjustments. The uniquely designed seat pad provides strong support and protection during training. The rollers provide effective cushioning for movement. Counter balanced weight provides a low start resistance to ensure exercise is performed smoothly and safely. Elevated footrests provide exercisers with additional support, further enhancing training stability and comfort.

Chest & Shoulder Press / U3084C



📏 Dimension: 1810*1460*1630 mm
 ⚖️ Weight: 256 kg
 📦 Weight Stack: 110 kg

■ The Evost Series Chest Shoulder Press realizes the integration of the functions of the three machines into one. On this machine, the user can adjust the pressing arm and seat on the machine to perform bench press, upward oblique press and shoulder press. The comfortable oversized handles in multiple positions, combined with the simple adjustment of the seat, allow users to easily sit in position for different exercises.

Lat Pull Down & Low Row / U3085C



📏 Dimension: 1970*1350*2240 mm
 ⚖️ Weight: 244 kg
 📦 Weight Stack: 110 kg

■ The Evost Series Lat & Pulley Machine is a dual-function machine with lat pulldown and mid-row exercise positions. It features an easy-to-adjust thigh hold-down pad, extended seat and foot bar to facilitate both exercises. Without leaving the seat, you can quickly switch to another training through simple adjustments to maintain training continuity.

Leg Extension & Leg Curl / U3086C



■ Dimension: 1440*1020*1630 mm
 ▲ Weight: 255 kg
 ■ Weight Stack: 110 kg

■ The Evost Series Leg Extension / Leg Curl is a dual-function machine. Designed with convenient shin pad and ankle pad, you can easily adjust from the sitting position. The shin pad, located below the knee, is designed to help the leg curl, thereby helping users find the correct training position for different exercises.

Camber Curl & Triceps / U3087C



■ Dimension: 1320*1065*1630 mm
 ▲ Weight: 225 kg
 ■ Weight Stack: 110 kg

■ The Evost Series Camber Curl Triceps use biceps/triceps combined grips, which can accomplish two exercises on one machine. The single-seater adjustable ratchet can not only help the user find the correct movement position, but also ensure the best comfort. The correct exercise posture and force position can make exercise performance better. Support the user to easily switch between two exercise modes with a simple adjustment to complete the main training of the arm without leaving the device.

Abdominal & Back Extension / U3088C



✎ Dimension: 1550*1090*1630 mm
 ⚖ Weight: 245 kg
 📦 Weight Stack: 110 kg

■ The Evost Series Abdominal/Back Extension is a dual-function machine designed to allow users to perform two exercises without leaving the machine. Both exercises use comfortable padded shoulder straps. Easy position adjustment provides two starting positions for back extension and one for abdominal extension. The three-position pedals can handle two different workouts, providing a wide range of adaptability for users of different sizes. The support position of the roller back pad will not change with the training, ensuring the safety and stability of the training.

COLOR OPTIONS

Pearl Black



Frame



Upholstery



Pearl Silver



Frame



Upholstery



Pearl White



Frame



Upholstery



UPHOLSTERY
COLOR OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA

