



C A T A L O G U E



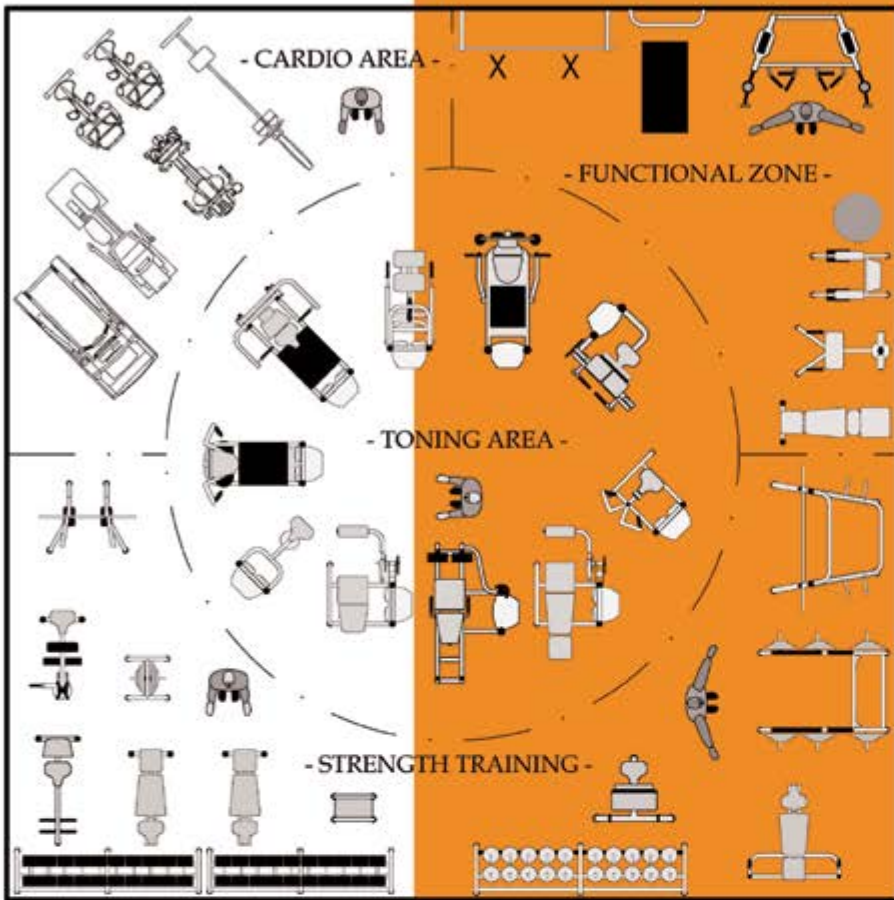
# ABOUT US

Zest Fitness is the largest supplier and manufacturer of fitness equipment in Southern Africa. Zest Fitness is proudly South African and dedicated to the design, manufacture and supply of robust, high quality fitness equipment for commercial, corporate and home use.

Zest Fitness has been an industry leader since 1987, supplying strength and conditioning equipment to fitness facilities, sports training and rehabilitation Centres. Whether at home, work or gym, Zest Fitness continues to change the lives of people who are dedicated to a healthy lifestyle through exercise.

Zest Fitness is committed to constantly evolving their range of products to meet the demands of the ever-changing fitness industry and compliment the interior of modern health and fitness clubs. Zest Fitness' products are designed to meet the physical needs of any individual. Zest Fitness combine durable, user-friendly and aesthetically pleasing qualities to ensure maximum performance and constantly search for new innovative ways to improve and add to it's extensive ranges.

# LAYOUT-PLANNING



Zest Fitness dedication extends to the layout-planning of your rehabilitation, high performance, commercial, hospitality, corporate or domestic fitness centre.

Designing and planning within your budget, catering for you and your clients' needs.

# CUSTOMISATION

If necessary, Zest Fitness can tailor its products to your specifications.

A wide selection of colours for powdercoating and upholstery available.

MADE FOR LIFE

Zest Fitness relationship with various High Performance Centres has marked Zest Fitness as one of the top companies in diverse and selective manufacture of fitness equipment.

Our research and development department is constantly working on new ideas and designs to assist the ever changing fitness requirements in the high performance fitness industry.

Zest Fitness is proud to present to you High Performance strength training equipment for the professional athlete.

# HIGH PERFORMANCE



*"WP Rugby chose Zest Fitness as their preferred supplier and manufacturer of gym equipment, because of very competitive low price, high quality, robust equipment and after sales service and maintenance..."*

*Stephan Du Toit  
Strength and Conditioning Coach  
WP Rugby*

MADE FOR LIFE



# HIGH PERFORMANCE

Z 8077/P/C

Z 8075/P

Z 8067

Z 8118

Z 8191

Z 8167

High Performance strength training equipment  
for the professional athlete.

BRUTE



## HEAVY DUTY POWER RACK

A metal cage consisting of support pillars with adjustable bars and hooks, used for supporting a barbell during heavy weightlifting exercises. With strap support for extra resistance and chinning bar for additional exercises.

Can be ordered with or without the platform. Available as a **HALF RACK**.

Offers a wide variety of exercises: Squat, Bench Press, Barbell Rows, Overhead Press, Deadlift, Chin Up...

Z 8077 / P / C

### Specs & Dimensions:

heavy duty tubular frame  
made from 4.5mm gauged steel  
made to withstand high impact  
(L) 2100mm (W) 1750mm (H) 2500mm

# BRUTE



2X Spotter arms  
2X Bar support (hooks)



6X Hooks for rubber  
strap support



## HEAVY DUTY HALF RACK

Half Rack with support pillars with adjustable support bars and hooks, used for supporting a barbell during heavy weightlifting exercises. With hooks for strap support for extra resistance and chinning bar for additional exercises. Spotter platform easily tucked away when not in use.

Can be ordered with or without a weightlifting platform.

Offers a wide variety of exercises: Squat, Bench Press, Barbell Rows, Overhead Press, Deadlift, Chin Up...

### Z 8075 / P / C

#### Specs & Dimensions:

heavy duty tubular frame  
made from 4.5mm gauged steel  
made to withstand high impact  
(W) 1750mm (H) 2500mm

BRUTE



## GROUND BASE EXPLOSIVE PRESS (JAMMER)

Stand inside the Ground Base Explosive Press facing handles. Grasp the handles with shoulder width over hand grip. Position both feet back, slightly wider than shoulder width, and squat down slightly so that the body is leaning forward with handles close to body. Push handles out and up by extending hips, knees, ankles, shoulders, and arms. Lower to starting position and repeat.

Very opportune for explosive training

Allows for both unilateral and bi-lateral training

Z 8067

Specs & Dimensions:

Width: 2000 mm  
Length: 1700 mm  
Height: 2300 mm

BRUTE



Grooved slots for easy selection on the backrest.



# HEAVY DUTY MULTI PURPOSE BENCH

Free Standing Multi Purpose Bench. Used for heavy duty lifting.

A robust heavy duty unit with user friendly curved slots for backrest and push pin for seat angle adjustment. Nine possible incline angle options from flat (0°) to upright (80°) on the backrest. Six angle adjustments on the seat.

Wheels for extra mobility.

Can support well over 500kg of weight.

Z 8118

## Specs & Dimensions:

Width: 600 mm  
Length: 1400 mm  
Height: 500 mm (0°)  
Weight: 90 kg

BRUTE



## GLUTE HAM DEVELOPER (GHD)

Glute hamstring developer, is excellent for developing strong glutes, low back, hamstrings and abdominals. Adjustable both horizontally and vertically.

The Glute-Hamstring raise is functionally, one of the best hamstring exercises because it trains your hamstring at both joints (knee and hip).

Comes with additional strap support at the base for extra resistance.

Z 8191

### Specs & Dimensions:

Width: 700 mm  
Length: 1450 mm  
Height: 1300 mm

BRUTE



# CROSS FUNCTIONAL HALF RACK

For Functional and Cross Training.

Robust heavy duty steel construction  
2 x Olympic bar holders  
1 x pair of safety spotters  
1 x pair bar support

Z 8167

Specs & Dimensions:

Width: 1510mm  
Length: 670mm  
Height: 1750mm

A group of people in a gym using TRX suspension training equipment. The image is a warm-toned photograph showing several individuals in a line, each wearing a TRX suspension harness and holding onto the straps. They are in a low, athletic stance, suggesting they are performing a functional training exercise. The background is a plain, light-colored wall.

# FUNCTIONAL TRAINING

Z 9010

Z 9001/2/3/4/5/6

Join the evolution in fitness through training on functional training rigs. The best way to rejuvenate your mind, body and spirit.

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Functional



## OCTAGON TRAINING RIG

Includes the following:

- |                       |                             |
|-----------------------|-----------------------------|
| monkey bars           | boxing bracket              |
| squat rack            | hip flexion / dipping combo |
| 3 bar wing attachment | bar storage                 |
| chinning bar          | plate storage               |
| grappler (landmine)   | push up / reverse dip combo |
| battle rope anchor    | plyometric jump             |

Height (2,860m) x Width (3,400m) x Length (3,400m)

Z 9010



MONKEY BARS



DIPPING UNIT

## DIPPING UNIT / MONKEY BARS

### DIPPING UNIT

Develop the flexibility and the strength of the muscles in your upper limbs, shoulder, chest and abdomen.

Z 9002

### MONKEY BARS

Monkey bars develop the upper body mainly.

Z 9005



PUSH-UP BARS



CHIN UP BARS

## CHIN UP / PUSH-UP BARS

### CHIN UP BARS

Stable, 3 station unite designed for chin ups at various heights.

Z 9001

### PUSH-UP BARS

Push ups support and promote upper body strength and strengthens the triceps, pectoralis, deltoids, and the abdominal area. With battle rope attachments.

Z 9003



PARALLEL BARS



ANCHORING STATION

## ANCHORING / PARALLEL BARS

### ANCHORING STATION

Anchoring station for rope pulls.

Z 9006

### PARALLEL BARS

Parallel Bars develop the flexibility and strength of the muscles of the upper body.

The station includes 2 high and 2 low parallel bars for a wider variety of exercises.

Z 9004

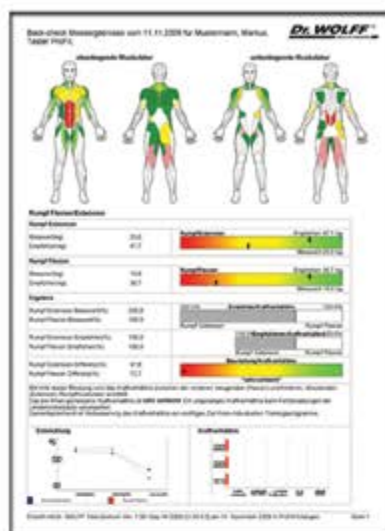


# REHABILITATION

Back Check  
motion cycle 500  
Back Therapy Line

For the recovery from injury or pain, rebuilding muscle strength and providing therapeutic training for sustainable health.

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Muscle Diagnostic Results



## Dr WOLFF BACK-CHECK

Dr Wolff Back Check Diagnostics Machine is a multi-functional system for the testing and measurement of the strength of various muscle groups, with particular focus on the back. Ergonomically designed as a closed system, it permits one to realistically attain postural situations, thereby enabling meaningful and accurate measurement and documentation of any imbalance or deficiencies of various muscle groups.

The Back Check can be used in conjunction with the Emotion 500 Med cycle for added testing and diagnostics.

### Specs & Dimensions:

Width: 1360 mm  
 Length: 1000 mm  
 Height: 2380 mm

607



## motion 500 cycle

The original ergometer is the cycle. The frame of the motion cycle 500 med has been designed to match ergonomic requirements. The brake system is independent from an external power supply and can be calibrated. It is quiet and powerful.

Especially the cycle is of major interest in medical applications, because it can be integrated into several other medical systems. The optional length adjustable crank arm is important for the use in orthopaedic institutes

### 500 MED

#### Specs & Dimensions:

Easy step through  
To be integrated into various systems  
Can be used as an ergometer for testing  
Size (LxWxH): 120x60x145 cm  
Weight: 46 kg



## LATERAL SHIFTING

Training on a lateral plane in a standing position allows for a high activity of the lateral trunk muscles, as well as the lower smaller surface muscles.

936

### Specs & Dimensions:

Width: 800 mm  
Length: 1200 mm  
Height: 1700 mm  
Weight: 160 kg



## MULTIFIDUS TRAINER

Trains the motor control and controlled movement of the pelvis. At the same time the deep-set, close to the spine, activates the muscles of the multifidi.

906

### Specs & Dimensions:

Length: 1900 mm  
Width: 800 mm  
Height: 1700 mm  
Weight: 180 kg



## STANDING ROTATION

Trains you to control your rotational movement. This is load bearing device and the load will be increased as your muscles become stronger. This is the final phase of back therapy line as strong spinal stabilisation is needed to do the exercise.

946

### Specs & Dimensions:

Length: 1600 mm  
Width: 800 mm  
Height: 2060 mm  
Weight: 160 kg



## STANDING STABILISATION

Typical everyday movements are trained in an upright standing position. With biofeedback, stabilisation of the spine is accomplished whilst doing dynamic movements.

926

### Specs & Dimensions:

Length: 1300 mm  
Width: 800 mm  
Height: 1700 mm  
Weight: 82 kg



## TRANSVERSUS TRAINER

Activates your transversus muscles in the lying position with biofeedback whilst under permanent control of your pelvis.

916

### Specs & Dimensions:

Length: 1230 mm  
Width: 800 mm  
Height: 1700 mm  
Weight: 40 kg

# CARDIO

Zest Fitness, believes in supplying the best cardio equipment for your facility. Zest Fitness is known for its high quality strength equipment, and has paired itself with like minded brands that have established themselves in the cardiovascular field. Allowing high quality strength equipment to be paired with proven, high quality cardio equipment

MBH FITNESS is the number one commercial fitness equipment manufacturer in China with more than 12 years of experience. Over these years MBH FITNESS has developed into a high-end fitness equipment brand.



EMOTION FITNESS has more than 20 successful years as a manufacturer of innovative ergometers, their products meet the highest standards in terms of quality and design.

Cardio machines are available for the professional fitness market as well as the medical market.

A wide variety of cardio machines available.

A person is shown from the waist up, wearing a white tank top, riding a stationary bike. The background is a blurred gym setting with other people and equipment. The entire image has a blue tint.

# CARDIO

Treadmills  
Recumbent Cycles  
Upright Cycles  
Cross Trainers  
Spin Bikes  
Rower

Improving the ability of your heart, lungs and organs to consume, transport and utilize oxygen.

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# CARDIO



ZEST FITNESS offers a selection of treadmills ranging from commercial, light commercial and home.

The 2 highly successful commercial brands are featured here.



## TREADMILLS

### MBH FITNESS

MBH' gym treadmills offer superior impact absorption while helping users maintain their natural stride. Our patented systems reduce jarring belt impact and combine ideal cushioning with vital stability.

S-700  
S-800  
S-900  
S-906

### EMOTION FITNESS

The motion sprint combines proven quality and the highest comfort in the field of modern treadmill technology. The technical advantages of this system are improved cushioning, a good synchronised operation, minimum maintenance, extremely low power requirement and low noise. Positive as well as negative gradients are available on the motion sprint 500 SL as well as speed and slope driven target pulse programs

motion sprint 500 SL/SE

# CARDIO



M-8808R



motion relax 500

## RECUMBENT CYCLES

### MBH FITNESS

MBH' gym bikes, along with several innovations that maximise comfort and ease of use, feature highly ergonomic design to encourage proper form during the workout.

M-8088R

### EMOTION FITNESS

The motion relax 500 recumbent ergometer enables a workout in an alternative comfortable position that is especially suited for long workouts. The free step through is an extraordinary good feature and the integral foam upholstered seat back is also fully adjustable. The lumbar pad supports the lower back and enables a well supported and strong workout position.

motion relax 500

# CARDIO

ZEST FITNESS offers a wide selection of upright cycles.

The 2 highly successful commercial upright cycle brands are featured here.



M-8808U



motion cycle 500

## UPRIGHT CYCLES

### MBH FITNESS

MBH' gym bikes, along with several innovations that maximise comfort and ease of use, feature highly ergonomic design to encourage proper form during the workout.

M-8808U

### EMOTION FITNESS

The motion cycle 500 is a professional exercise ergometer and the low step through aids easy access. The new frame has been developed using human resourced biomechanical criteria. Step free adjustments offer comfortable and ideal training positions for everyone. Starting with the basic training programs the motion cycle can be upgraded to a test ergometer that fulfils many functions with its wide range of standard fitness tests.

motion cycle 500

# CARDIO



M-8808 EL



motion cross 500

## CROSS TRAINERS

### MBH FITNESS

Every one of MBH's elliptical cross trainers provides a natural, low-impact stride, so users can work out longer and harder.

M-8808 EL  
M-8809 EL

### EMOTION FITNESS

The motion cross 500 ensures an effective and comfortable workout. The elliptical trainer is a very popular cardiovascular piece of equipment. The machine's comfortable movement is easily understood and involves large muscle groups, while being gentle on the joints. The interaction and connection of arm and leg co-ordination is very important. The elliptical pedal curve is a floating movement that is gentle on the back, hips and joints.

motion cross 500

# CARDIO



M-5810A Side to Side Sway



M-5807 Standard

## SPINNING BIKES

### MBH FITNESS

The Spinning Bikes are ergonomic designed which allows the user to adjust both the seat and the handlebars for maximum comfort.

With adjustable foot straps.

≈ 20 kg flywheel, which makes the movement more stable.

All-steel press brake system, with calfskin brake pad.

High strength footplates.

Unique flywheel shield designed to prevent sweat corrosion.

M-5810A offers side to side movement so that riders can simulate real life biking scenarios.

M-5807

M-5809

M-5810

M-5816

CONCEPT 2 MODEL D



ROWER

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## CONCEPT 2

Since 1981, Concept2 Indoor Rowers have set the standard by which all other rowing machines are measured. With unrivaled function and durability, Concept2 Indoor Rowers are the machine of choice for people and athletes of all ages and ability.

14-Inch (35.6 cm) seat height, stainless steel chain and PM3 monitor.

Separates easily into two pieces for storage with a quick-release frame lock. Caster wheels make it mobile.

Adjustable footrests accommodate a wide range of shoe sizes. Ergonomic handle for natural position.

Requires footprint of 9 x 4 feet; 500-pound capacity; 5-year frame warranty.

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CONCEPT 2 MODEL D

The extensive *LUXLINE* Range of strength and fitness equipment is ergonomically designed and engineered to exercise all the major muscle groups of the body.

Only the highest quality raw materials are used.

Zest Fitness insists on maintaining absolute control over every step of the production process.

The final result ensures that maximum performance of the *LUXLINE* Range is achieved without sacrificing quality, aesthetics, comfort or durability.

Please browse through a selection of our most popular units.

# LUXLINE



Integrated exercise equipment.

MADE FOR LIFE



# ABDOMINALS

ZP 2214

Z 2164A

Z 2110

Z 2155

Strengthening your abdominal muscles.

---



## ABDOMINAL CRUNCH

Effective isolation of abdominal muscles.

Seat and foot platform adjust to optimised axis alignment and user position.  
Adjustable chest roller for easy entry and exit.

### ZP 2214

#### Specs & Dimensions:

Width: 850 mm  
Length: 1200 mm  
Height: 1650 mm  
Weight: 240 kg (87.5 kg weight stack)

ABS



## ABDOMINAL CRUNCH BENCH

Strengthens and firms stomach and lower back muscles.

Comfortable and robust bench with height adjustable roller support.

Z 2164A

### Specs & Dimensions:

Width: 700mm  
Length: 1350mm  
Height: 1000mm  
Weight: 35kg

ABS



## HIP FLEXION / DIPPING COMBO

Hip Flexion (leg raise) dipping combo.

Handles and foot platforms ensure easy start position for users of all sizes. Slightly angled back and arm pads provide comfort and stabilisation throughout exercise motion.

Z 2110

### Specs & Dimensions:

Width: 600 mm  
Length: 1150 mm  
Height: 1750 mm  
Weight: 60 kg

ABS



## ROMAN CHAIR

Roman chair for use in strengthening and firming abdominal muscles.

Heavy duty steel construction.

Foot rollers provide assistance with stabilization during exercise.

Z 2155

### Specs & Dimensions:

Weight: 600mm  
Length: 1250mm  
Height: 800mm  
Weight: 40kg



# ARMS

ZP 2210  
ZP 2222  
Z 2111

Strengthening your bicep and tricep muscles.

---

# ARMS



## BICEPS CURL

The Biceps Curl is designed to isolate and effectively strengthen the bicep muscles.

### Key Features:

Arm and chest pad aligns the arm assembly cam axis with elbow joints.  
Innovative, self adjusting handgrips automatically conform to length of the forearms.

# ZP 2210

### Specs & Dimensions:

Width: 1000 mm  
Length: 750 mm  
Height: 1650 mm  
Weight: 160 kg (75 kg weight stack)



## DIPPING/ TRICEPS MACHINE

For effective isolation of triceps and strengthening of the anterior deltoid, coracobrachialis and serratus anterior.

Specially angled seat and knee rest allow for overload dipping (higher than body-weight).

Extreme isolation when user turns 180 degrees (seat becomes chest-rest and knee-rest becomes seat).

Keeps body stationary for improved isolation.

### ZP 2222

#### Specs & Dimensions:

Width: 600 mm

Length: 1400 mm

Height: 1600 mm

Weight: 200 kg (150 kg weight stack)



Improved foot grip



## PREACHER CURL (Seated)

For effective isolation of the biceps.

For greater comfort, adjustable seat provides optimal height and arm settings. Improved grip for your feet, to prevent them from slipping.

Also comes as a standing unit (Z 2112).

### Z 2111

#### Specs & Dimensions:

Width: 1100 mm  
Length: 800 mm  
Height: 1000 mm



# BACK & SHOULDERS

ZP 2203

ZP 2204

ZP 2209

ZP 2233

Z 2178

Strengthening your back and shoulder muscles.

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## BACK & SHOULDERS



Fixed thigh restraints



# LAT PULLDOWN

Improves posture and develops upper back.

Easy-set adjustable seat.  
Fixed thigh restraints.

Ensures proper form.

## ZP 2203

### Specs & Dimensions:

Width: 600 mm  
Length: 1500 mm  
Height: 2400 mm  
Weight: 247.5 kg (150 kg weight stack)



## LOW ROW (Long Pulley Row)

Develops greater strength in the upper and lower back.

Seat / footrest length adjustable.  
Variety of optional handles to choose from.

Also available Low Row / 45 Degree Combo unit.

ZP2204A

ZP 2204

### Specs & Dimensions:

Width: 900 mm  
Length: 2300 mm  
Height: 2400 mm  
Weight: 217.5 kg (150 kg weight stack)



## REAR DELTOIDS / RHOMBOIDS

Targets rear deltoid and rhomboid muscles.

Effectively reaches the rhomboids and stabilises the scapulae.  
Essential health centre equipment.

ZP 2209

### Specs & Dimensions:

Width: 800 mm  
Length: 1000 mm  
Height: 1900 mm  
Weight: 180 kg (75 kg weight stack)



## SHOULDER PRESS

Provides complete shoulder workout.

Comfortable revolving handgrips.

Easy-set adjustable seat.

Full length inclined backrest to minimise back strain.

# ZP 2233

### Specs & Dimensions:

Width: 800 mm

Length: 200 mm

Height: 1900 mm

Weight: 300 kg (150 kg weight stack)



## HYPER EXTENSION (45 degree)

Back extension to effectively target the muscles of the lower back

Lower roller support provides stabilization throughout exercise.

Z 2178

### Specs & Dimensions:

Width: 750mm  
Length: 1850mm  
Height: 900mm  
Weight: 40kg



# CALVES

ZP 2311  
ZP 2314  
Z 2135

Strengthening your calf muscles.

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## STANDING CALVES

Strengthens calves.

Good pre stretch starting position.

Convenient height adjustment.

Free weight loading bar (25mm or 50mm diameter)

### ZP 2311

#### Specs & Dimensions:

Width: 800 mm

Length: 1300 mm

Height: 1610 mm

Weight: 300 kg (180 kg weight stack)

# CALVES



## DONKEY CALVES

Comfortable isolation of calves.

Weight load directly above calf muscles, preventing back compression and injury.  
Free weight loading bar (25mm or 50mm diameter).

### ZP 2314

#### Specs & Dimensions:

Width: 800 mm  
Length: 1700 mm  
Height: 1430 mm  
Weight: 320 kg (180 kg weight stack)

# CALVES



Height adjustment

## SEATED CALVES (plate loaded)

Effective isolation of calves.

For maximum comfort, pivoting seat is on same axis as lever arm, ensuring consistency between thighs and adjustable knee pads.

Easy access, quarter turn safety knob.

### Z 2135

#### Specs & Dimensions:

- Width: 650 mm
- Length: 1200 mm
- Height: 970 mm
- Weight: 60 kg



# CHEST

ZP 2230

ZP 2202

Z 2170

Z 2183

Strengthening your pectoral and deltoid muscles.

---

CHEST



## CHEST PRESS

Effective for strengthening of pectorals and deltoids.

Adjustable resistance arm angle for either bench or shoulder press.  
Extended handle for wide or narrow grips.

ZP 2230

### Specs & Dimensions:

Width: 1000 mm

Length: 1800 mm

Height: 1850 mm

Weight: 280 kg (150 kg weight stack)



## PECTORAL FLY (Pec Dec)

Develops the pectoral muscle groups.

Provides sufficient pre stretch.

Complete pectoral contraction with unilateral or bilateral operation.

### ZP 2202

#### Specs & Dimensions:

Width: 800 mm

Length: 1400 mm

Height: 1900 mm

Weight: 200 kg (75 kg weight stack)

CHEST



## SUPPORT FLAT BENCH PRESS

Support bench press (flat).

Spotter facility with raised foot platform for convenience.  
Two different heights for weight bar holding position.  
High resistant wear surfaces on the bar holder.

Z 2170

Specs & Dimensions:

Width: 1450 mm  
Length: 1600 mm  
Height: 1200 mm  
Weight: 100 kg

CHEST



## INCLINE BENCH PRESS

Incline bench press with foot rest.

Spotter facility with raised foot platform for convenience.  
Adjustable seat and foot support for comfort and proper form.  
Two different heights for weight bar resting position.  
High resistant wear surfaces on the bar holder.

Z 2183

Specs & Dimensions:

Width: 1600mm  
Length: 2000mm  
Height: 1500mm  
Weight: 140kg



# HIPS & THIGHS

ZP 2310

ZP 2313

ZP 2318

Strengthening your inner and outer thighs.

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## ADDUCTOR (inner thighs)

Isolates, firms and shapes inner thighs.

Special dual cams provide resistance patterns.  
Weight stack positioning allows privacy during exercise.  
Cable tensioner ensures consistency.

**ZP 2310**

### Specs & Dimensions:

Width: 900 mm  
Length: 1600 mm  
Height: 1350 mm  
Weight: 235 kg (112.5 kg weight stack)



## ABDUCTOR (outer thighs)

Isolates, firms and shapes outer thighs.

Special dual cams provide resistance patterns.  
Weight stack positioning allows privacy during exercise.  
Cable tensioner ensures consistency.

# ZP 2313

### Specs & Dimensions:

Width: 900 mm  
Length: 1600 mm  
Height: 1350 mm  
Weight: 235 kg (112.5 kg weight stack)



Full horizontal adjustment (180°)

## TOTAL HIP MACHINE

For training of upper thighs and gluteal muscles

Multi-functional and compact

Operating angle of roller extends to a full 180 degrees (full horizontal adjustment)

Operating angle adjusts every 15 degrees offering 13 different selections

Revolving roller pad and foot plate adjustable to varying leg lengths

ZP 2318

### Specs & Dimensions:

Width: 800 mm

Length: 1500 mm

Height: 1700 mm

Weight Stack: 75 kg



# LEGS

ZP 2316

ZP 2322

Z 2124

Z 2126

Strengthening your quadriceps, calves, hamstring, thighs, hips and gluteal muscles.

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# LEGS



Also available Leg extension /  
Leg curl combo. Combining 2  
popular leg machines into one.

ZP 2315



## LEG EXTENSION

Effectitive isolation of quadriceps.

Cam provides resistance for full range muscular development.  
Adjustable backrest allows knee joint alignment with cam axis.

Also available Lying leg curl / Leg extension combo unit.

Z 2315

### ZP 2316

#### Specs & Dimensions:

Width: 900 mm  
Length: 1100 mm  
Height: 1750 mm  
Weight: 250 kg (85 kg weight stack)

# LEGS



Also available Leg extension / Leg curl combo. Combining 2 popular leg machines into one.

ZP 2315



## LYING LEG CURL

Effective isolation of the hamstrings

Unique body position with angled hip and chest pad minimises forces which cause back hyper extension.

Range motion limiting device (RAD) is ideal for selective training and rehabilitation.

Also available Lying leg curl / Leg extension combo unit.

Z 2315

### ZP 2322

Specs & Dimensions:

Width: 900 mm  
Length: 1600 mm  
Height: 2200 mm  
Weight: 220 kg (62.5 kg weight stack)



## INCLINE LEG PRESS

Firms and develops thighs, hips, and gluteal muscles

Three conveniently situated release levels and safety stops.  
Main safety: carriage must be lifted before weight can be released.  
Adjustable backrest enhances comfort and promotes variable training.  
Two loading bars (25mm or 50mm diameter) and four storage sleeves.

### Z 2124

#### Specs & Dimensions:

Width: 1800mm  
Length: 2500 mm  
Height: 1550 mm  
Weight: 280kg (Loading plate 50kg)



Safety Lever and stop

## HACK SQUAT

Firms and develops thighs, hips, and gluteal muscles

Three conveniently situated release levers and safety stops.  
Main safety: carriage must be lifted before weight can be released.  
Adjustable backrest enhances comfort and promotes variable training.  
Two loading bars (25mm or 50mm diameter) and four storage sleeves.

### Z 2126

#### Specs & Dimensions:

Width: 1800mm  
Length: 2500 mm  
Height: 1550 mm  
Weight: 220kg



# PULLEY

ZP 2205

ZP 2241

ZP 2269

ZP 2265

Pulley Machines offering a wide variety of exercises

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# PULLEY

Also available as a single adjustable pulley unit.

Allowing multiple pulley positions from top to bottom.

ZP 2262



## HIGH / LOW PULLEY

Versatile cable unit that exercises hamstrings, gluteus, hips, thighs, biceps, and tricep muscles

Combination of swiveling top and bottom pulleys.  
Variety of interchangeable handle attachments.

### ZP 2205

#### Specs & Dimensions:

Width: 1000 mm  
Length: 1000 mm  
Height: 2200 mm  
Weight: 200 kg (112.5 kg weight stack)

# PULLEY



Also available as a Cross-Over Machine with dual adjustable pulleys.

Offering pulley positions at any desired height, top to bottom, at both ends.

## CROSS-OVER MACHINE (fixed)

Extremely versatile cable unit exercises hamstrings, gluteus, hips, thighs, biceps, triceps, latissimus dorsi, pectorals and deltoids.

- Combination of swivelling top and bottom pulleys
- Available as a single, dual or triple system
- Optional chinning station on crossbeam
- Variety of interchangeable handle attachments
- 2 x 95 kg weight stacks

### ZP 2241

#### Specs & Dimensions:

Width: 1040 mm  
Length: 3200 mm  
Height: 2200 mm  
Weight: 360 kg

# PULLEY

Additional accessories, interchangeable handles and benches are available for purchase to extend on the multitude of exercises that can be done with the Dual Adjustable Pulley

Weight stack can be increased to 300kg.

(2 X 150kg)



## DUAL ADJUSTABLE PULLEY

An extremely versatile cable unit.

A pulley machine for a total body workout.

Pulley positions available at any desired height, top to bottom, on both sides. Allows for a variety of interchangeable handles and exercise positions. Unit comes standard with the following accessories: tricep rope, straight bar, set of ankle straps (velcro), rubber swing handle, bicep handle (small), tricep handle (curved) and 2 X cross-over handles.

Chin-up bar attached with multiple handle positions for a variety of pull-ups.

### ZP 2269

#### Specs & Dimensions:

Width: 1100 mm

Length: 1700 mm

Height: 2350 mm

Weight: 400 kg (2 x 100 kg weight stack)

# PULLEY

The Single Stack Training Station is a 3 in 1 unit, having the same functionality as the high/low pulley, low row and lat pulldown machine.



## SINGLE STACK TRAINING STATION

Versatile cable unit that exercises hamstrings, gluteus, hips, thighs, biceps, and tricep muscles

Combination of fixed top and swiveling bottom pulleys.

Single weight stack machine allows for lat pull down, low row, tricep extension, bicep curl, standing leg curl and various other exercises with a variety of interchangeable attachments.

Includes various attachments and handles, aerobic exercise mat and stool.

### ZP 2265

#### Specs & Dimensions:

Width: 1000 mm

Length: 1000 mm

Height: 2400 mm

Weight: 160 kg (112.5 kg weight stack)



# MISCELLANEOUS

ZP 2232

Z 2186

Z 2195

Z 2138

Z 2129

ZM 5001/2/3

Offering a wide variety of exercise equipment

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MISC.



## ASSISTED DIP-CHIN MACHINE

Total upper body development.

Weight stack counter balances body weight to provide desired level of resistance.

Safety release prevents cable derailment on rapid dismount.

ZP 2232

### Specs & Dimensions:

Width: 1200mm

Length: 1800 mm

Height: 2200 mm

Weight: 290kg (105 kg weight stack)



Z2154 Standing  
Chin Up Bar



## CHIN UP BAR / HIP FLEXION / DIPPING COMBO UNIT

Stable, free standing space-saving multi purpose exercise unit designed for chin ups, dips and hip flexion.

Foot platforms ensure easy start positions.

Heavy duty steel construction.

Z 2186

### Specs & Dimensions:

Width: 1200 mm  
Length: 1600 mm  
Height: 2500 mm



## SMITH MACHINE

New heavy duty smith machine with improved bar stability as well as counter weight balancing. Ideal for use in High Performance Centres.

Multi functional, controlled exercise unit.

Safe training without assistance.

Heavy duty safety catches at 100 mm intervals.

Z 2195

### Specs & Dimensions:

Width: 2000mm  
Length: 1600 mm  
Height: 2600 mm

MISC.



## SISSY SQUAT

Effective for isolating the quadriceps.

Leg rest adjustable to ensure comfort and stability.

Heavy duty steel construction.

Z 2138

### Specs & Dimensions:

Width: 550mm  
Length: 1000mm  
Height: 400mm  
Weight: 40kg

MISC.



## INCLINE LEVER ROWING

For effective back development.

Multiple handgrip positions.

Angled footrest.

Rowing exercises with 25mm (Standard) or 50mm (Olympic) diameter loading bar.

Z 2129

### Specs & Dimensions:

Width: 1000mm  
Length: 2000 mm  
Height: 1200 mm  
Weight: 80 kg



## 2 STEP PODIUM

Two step podium designed for an aerobic workout.

Sturdy and robust with non skid surface.

Wide and long enough to allow users to use the podium simultaneously from opposite sides.

Available in 3 sizes: large, medium and small (3700mm, 2500mm and 1250mm).

# ZM 5001/2/3

### Specs & Dimensions:

Width: 1800mm

Length: 3700mm or 2500mm or 1250mm

Height: 560mm



# BENCHES

Z 2118

Z 2177

Popular benches to assist in training

---

# BENCHES



## MULTI PURPOSE BENCH

Free standing multi purpose bench.

Robust unit.

User friendly pull pin for backrest and seat angle adjustment.

Eight possible incline angle options between flat and upright positions on backrest.

Six angle adjustments on the seat .

### Z 2118

#### Specs & Dimensions:

Width: 550 mm  
Length: 1350 mm  
Height: 500 mm (flat)  
Weight: 50 kg

# BENCHES



Z2175 Incline Bench with footrest



## ADJUSTABLE INCLINE BENCH

Free standing adjustable incline bench with footrest.

Footrest provides stability during exercise.

Angled seat position ensures comfort.

Various adjustable incline positions.

### Z 2177

#### Specs & Dimensions:

Width: 820mm  
Length: 1990mm  
Height: 1220mm



# RACKS & STANDS

Z 2107

Z 2194

Z 2087

Z 5106

Z 5080

Safe and convenient storage

---



## SQUAT RACK

For leg and gluteal muscle development.

Features safety stand.

Angled uprights for easy pick up with safety catches at convenient intervals.

Eight storage sleeves.

Z 2107

### Specs & Dimensions:

Width: 1100 mm  
Length: 1800 mm  
Height: 1850 mm  
Weight: 140 kg



## FIXED TELESCOPIC STANDS

Fixed telescopic stands

Adjustable vertically and horizontally on the same plane

Multitude of additional exercises can be done by adding a multipurpose bench

Z 2194

Specs & Dimensions:

N/A



Z 2104

Storage rack for standard weight plates (25mm inner diameter)



## OLYMPIC WEIGHT TREE

Storage rack for olympic weight plates (50mm inner diameter)

Six storage bars to accommodate 2.5 kg - 20kg Olympic weight plates.

Moulded bumpers protect frame finish.

Z 2087

Specs & Dimensions:

Width: 520mm  
Length: 560 mm  
Height: 1100 mm  
Weight: 20 kg



## BARBELL RACK

### Barbell rack

Safely and conveniently accommodates up to 10 bars.

Also available as a rack for 5 bars (Z5095).

Z 5106

### Specs & Dimensions:

Width: 750 mm  
Length: 2850 mm  
Height: 1250 mm



Z 5097 Single Tier



## DUMBBELL RACK

Dumbbell rack that accommodates up to 10 pairs.

Tiers angled for convenient access.

Nylon saddles for excellent weight support.

Z 5080

### Specs & Dimensions:

Width: 600 mm  
Length: 2570 mm  
Height: 1010 mm



# BOXING

Z 9011  
ZBG 400  
ZBG 200

Boxing improves the cardiovascular and endurance fitness of its participants by providing a high intensity, calorie-burning routine that promotes optimal physical fitness.

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## HEAVY DUTY 2 STATION BOXING STAND

Heavy Duty 2 station boxing stand with punching bags.

Incredibly stable (footpieces can be bolted to the floor).

Can accommodate two users at a time.

With rotational heavy duty punchbag connector.

### Z 9011

#### Specs & Dimensions:

Width: 1400 mm  
Length: 3000 mm  
Height: 2600 mm

# BOXING



## 4 STATION BOXING STAND

Four station boxing stand with arm pieces to hold a speedball, floor to ceiling ball and two punch bags. Customisable to your specifications.

Incredibly stable (footpieces can be bolted to the floor), accommodating four users at one time.

With speedball station, adjustable to the user's height.

### ZBG 400

#### Specs & Dimensions:

Width: 1850 mm  
Length: 1850 mm  
Height: 2350 mm



## 2 STATION BOXING STAND

Two station boxing stand with arm pieces to hold a speedball station, and a punch bag or floor to ceiling ball. Customisable to your specifications.

Incredibly stable (footpieces can be bolted to the floor), can accommodate two users at a time.

Speedball station is adjustable to the user's height.

### ZBG 200

#### Specs & Dimensions:

Width: 1500 mm  
Length: 1500 mm  
Height: 2350 mm

# WARRANTY

The basic framework of our new *LUXLINE* and *BRUTE FORCE LINE* carry a warranty against breakage for a period of 10 (ten) years.

All non-frame fixtures and moving parts are warranted against breakage for a period of 1 (one) year.

Parts subject to normal wear and tear are not included in the warranty. These include plastic coated cables, handgrips and other rubber items, nylon bushes, bearings, foot covers, pin cords and upholstery.

The powder coating is warranted for a period of 3 (three) years. Damaged and consequential corrosion thereof caused by scrapping, chipping and abrasive cleaning is not covered by the warranty.

Zest Manufacturing' warranty shall be null and void if the equipment is not used for its intended purpose, mishandled and/or abused.

All warranty will be null and void in the event of a repair or a modification being executed by any technical service without the prior written authorisation of Zest Manufacturing (Pty) Ltd.



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