



O'LIVE FITNESS **PLATE-LOADED** **PRO-SERIES**

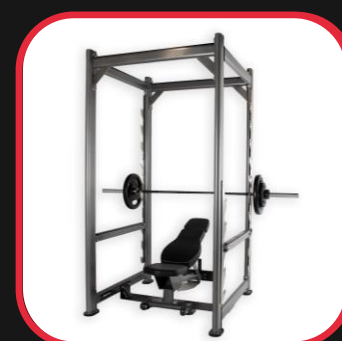
EQUIPMENT SEPTEMBER 2023

 **O'LIVE**
FITNESS

OUR FITNESS **PRO-SERIES**

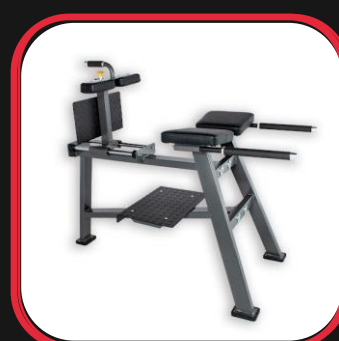
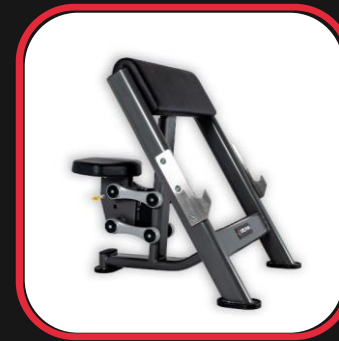


PLATE LOADED, POWER RACK & FUNCTIONAL TRAINER



The new plate-loaded series are resistant and durable for long workouts, offer different ways of working muscle groups on each machine and they are adjustable in weight, position and distance for each user. All structures are made with a high resistance material to ensure long durability.

OUR FITNESS **PRO-SERIES** CHAIRS & BENCHES



The chairs and Benches from our Pro-series are made with resistant material, padded with high-density elastic antibacterial foam non-slip and hygienic rough foam rubber handles. The base its covered with rubber pads for greater stability.



O'LIVE PRO SERIES

PLATE-LOADED JAMMER

The Plate Loaded Jammer Machine is designed to keep the user planted firmly on the ground while performing a workout that maximizes full-body power and explosiveness .

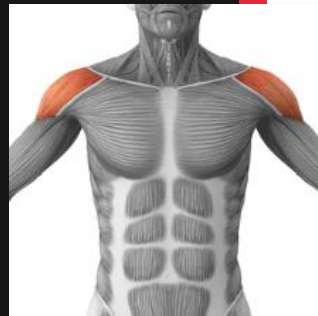
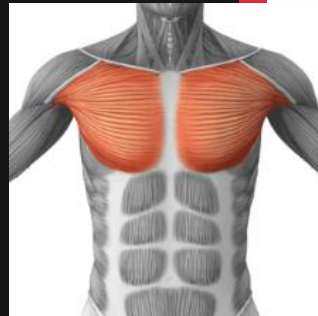
Arms are able to move independently of each other allowing users to train each limb simultaneously or separately, with different weighted loads for each limb if required.

Load capacity up to 250 kg.

Ref.: PL35000.00

Measure: 155 x 200 x 190 cm.

Weight: 160 kg.



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O'LIVE PRO SERIES SQUAT/HIGH PULL

The Squad/High Pull Plate-Loaded is perfect for athletes to train your lower body.

Get the most out of your leg training with it.

Ground Base equipment is designed to allow the user to maintain a firm position on the ground, while maximizing full-body power and explosiveness.

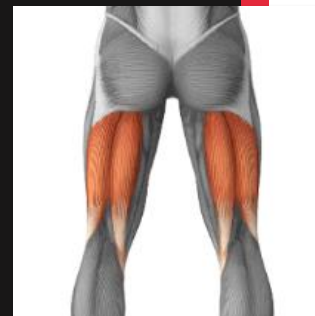
Load capacity of up to 200 kg.

Ref.: PL34500.00

Measure: 130 x 140 x 120 cm.

Weight: 95 kg.

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O'LIVE PRO SERIES

ISO-LATERAL LEG PRESS

The Plate-Loaded Iso-Lateral Leg Press Machine has been designed

Legs are able to move independently of each other allowing users to train each limb simultaneously or separately, with different weighted loads for each limb if required.

The seat pads and footplates are angled and structured to reduce undesirable stress and tension.

Load capacity of up to 200 kg .

Ref.: PL34700.00

Measure: 117 x 121 x 166 cm.

Weight: 210 kg.



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O'LIVE PRO SERIES

SEATED CALF RAISE

The Seated Calf Raise Machine has been designed to build muscle mass on your calves. It is the best choice for athletes in competitive sports looking to build strength, power, and performance.

Adjustable top pad to fit various users.

Load capacity of up to 200 kg .

Ref.: PL34800.00

Measure: 210 x 155 x 150 cm.

Weight: 125 kg.



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O'LIVE PRO SERIES

LINEAR LEG PRESS

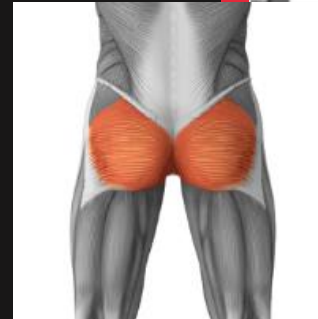
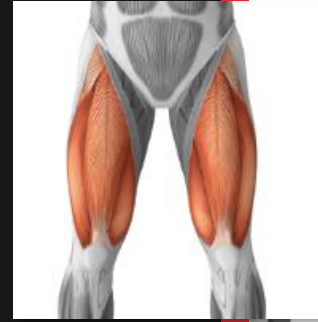
The Plate-Loaded Linear Leg Press allows you to overload weight and challenge your quads, hamstrings, and glutes in a more isolated way than a traditional barbell squat.

This Leg Press holds over 415kgs., so you've got enough weight to work up to on your sets. Mandatory for every gym, this piece does not disappoint with its heavy-duty look and feel.

Ref.: PL35100.00

Measure: 245 x 120 x 145 cm.

Weight: 225 kg.



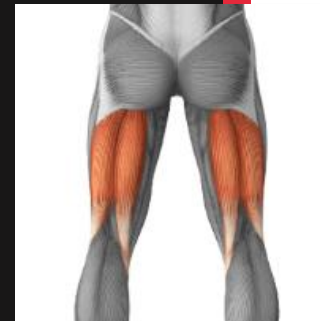
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O'LIVE PRO SERIES

HIP THRUST

The new Hip Thrust it's made to exercise the hip, strengthen the leg muscles and harden glutes. This machine is the ultimate tool to build muscle, enhance athletic performance, and increase power. Adjustable top pads for easy access. Load capacity up to 225 kg.



Ref.: PL35100.00
Measure: 165 x 141 x 90 cm.
Weight: 225 kg.

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O'LIVE PRO SERIES

T-BAR ROW

The T-bar row machine is a variation of the bent over row and an exercise used to build back muscle and strength.

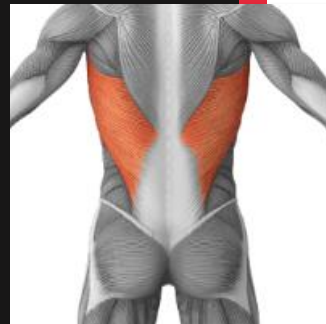
Thanks to the biomechanics of the T-Bar Row you are placed in a perfect position, while feeling comfortable during the exercise thanks to the memory foam.

Load capacity up to 110 kg.

Ref.: PL34600.00

Measure: 111 x 125 x 200 cm.

Weight: 95 kg.





O'LIVE PRO SERIES

DOUBLE PULLEY STATION

The Double Pulley Station offers multiple solutions enabling facilities to optimize floor space . It offers more than 60 different types of exercises. It offers a complete strength training of all muscles of the body.

The design of the aluminum bar is elegant and sliding, providing an easy and soft fit. Coated wire cable made in Japan, can support 1400kg of force.

Ref.: PL32500.00

Measure: 179 x 107 x 228 cm.

Weight: 335 kg.

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O'LIVE PRO SERIES

2D FUNCTIONAL-MULTIPOWER COMBO

It offers great versatility and space savings. The multipower / double pulley combo allows you to train more than 100 different exercises , covering most of your training needs.

It allows to train 2 users at a time with a full strength training of all muscles of the body. The design of the aluminum bar is elegant and sliding, providing an easy and soft fit. Coated wire cable made in Japan, can support 1400kg of force.

Ref.: PL34200.00

Measure: 244 x 101 x 233 cm.

Weight: 440 kg.

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O'LIVE PRO SERIES

3D FUNCTIONAL-MULTIPOWER COMBO

The 3d functional multipower combo/double pulley allows you to train more than 100 different exercises, offers full strength training of all body muscles for 2 people at once, aluminum bar design is sleek and sliding, providing an easy and smooth fit.

The design of the aluminum bar is elegant and sliding, providing an easy and soft fit. Coated wire cable made in Japan, can support 1400kg of force.

Ref.: PL34300.00

Measure: 244 x 160 x 223 cm.

Weight: 520 kg.



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O'LIVE PRO SERIES

SMITH MACHINE STATION

It is suitable for guided upper and lower train exercises. Thanks to its functional design you can perform exercises such as bar press, shoulder or squats in a controlled and efficient way, making the most of your workouts. Load capacity up to 300 kg. Users only need to turn the wrist slightly with our patented hook device to fix the bar, equipped with safety mechanism in case of fall.

Ref.: PL32600.00

Measure: 125 x 124 x 234 cm.

Weight: 225 kg.



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O'LIVE PRO SERIES POWER RACK

It is suitable for guided upper and lower train exercises. Thanks to its functional design you can perform exercises such as bar press, shoulder or squats in a controlled and efficient way, making the most of your workouts. Load capacity up to 300 kg. Users only need to turn the wrist slightly with our patented hook device to fix the bar, equipped with safety mechanism in case of fall.

Ref.: PL32700.00

Measure: 127 x 131 x 232 cm.

Weight: 175 kg.



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O'LIVE PRO SERIES CHAIRS & BENCHES

PRESS BENCH TILT

Adjustable chest bench, seat is made by parallelogram-shaped structure, with aluminum alloy arm and spring fit, convenient and safe.

Ref.: PL32900

Measure: 161 x 172 x 134 cm.

Weight: 135 kg.



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[WATCH THE VIDEO HERE!](#)

HORIZONTAL OLYMPIC BENCH

Designed for fitness professionals with the main frame adopts an oval tube of 50 x 120 x 3 mm for greater rigidity. Made of 8 mm thick stainless steel bar brackets.

Ref.: PL33000

Measure: 161 x 152 x 116 cm.

Weight: 90 kg.



O'LIVE PRO SERIES CHAIRS & BENCHES

LOW PRESS BENCH

Professional equipment to work the muscles of the chest with adjustable leg supports to accommodate different heights of users.

Ref.: PL33100

Measure: 161 x 180 x 116 cm.

Weight: 95 kg.



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[▶ WATCH THE VIDEO HERE!](#)

SISSY SQUAT BENCH

Very useful tool for the development of quads and glutes. Designed to keep your legs vertical while performing standing squats. It has padded cushion that allows you to bend down with greater comfort.

Ref.: PL34400

Measure: 98 x 65 x 48 cm.

Weight: 48 kg.



O'LIVE PRO SERIES CHAIRS & BENCHES

SCOTT BENCH

Scott Bench is a sleek designed, durable bench for training the arm muscles using a barbell from a comfortable, ergonomic sitting position.

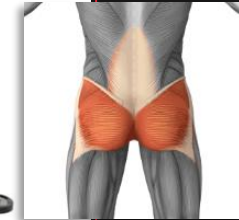
Ref.: PL32800

Measure: 80 x 95 x 99 cm.

Weight: 60 kg.



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[WATCH THE VIDEO HERE!](#)

ROMAN CHAIR

Elevate your core strength. It targets muscles in both your anterior and posterior chain while helping develop strength in your entire body, particularly your abdominals, obliques, lower back and glutes..

Ref.: PL33300

Measure: 154 x 89 x 95 cm.

Weight: 60 kg.



O'LIVE PRO SERIES CHAIRS & BENCHES

UTILITY BENCH

Low height seat for stability and comfort. This bench offers a lot of support during heavy lifting thanks to its full size backrest pad.

Ref.: PL34100

Measure: 64 x 53 x 106 cm.

Weight: 25 kg.



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 [WATCH THE VIDEO HERE!](#)

FLAT BENCH

Bench made of robust and stable material with a load of up to 500 kg. Ideal for chest, abdominal, dorsal, shoulder or arm exercises.

Ref.: PL33600

Measure: 133 x 64 x 23 cm.

Weight: 23 kg.



O'LIVE PRO SERIES CHAIRS & BENCHES

▶ ADJUSTABLE FLAT BENCH

Made of resistant material that allows diverse and varied exercises to be a very versatile equipment. With load capacity up to 350 kg. Varies the angle of inclination up to 5 positions.

Ref.: PL33500

Measure: 136 x 60 x 40 cm.

Weight: 56 kg.



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 [WATCH THE VIDEO HERE!](#)

▶ AB ADJUSTABLE BENCH

Professional equipment to work the abs with wheels and handle, easy and safe to move, allows to vary the angle of inclination in 6 different positions for greater efficiency.

Ref.: PL33200

Measure: 168x 66 x 60 cm.

Weight: 55 kg.



O'LIVE PRO SERIES CHAIRS & BENCHES

▶ MULTI-FUNCTION POWER TOWER DIP

Equipped with different types of grip for chin-ups offer greater diversity and versatility when training. With load capacity up to 200 kg and rubber bases for greater stability.

Ref.: PL33400

Measure: 125 x 102 x 241 cm.

Weight: 67 kg.



 [WATCH THE VIDEO HERE!](#)



 [WATCH THE VIDEO HERE!](#)

▶ GHD PRO

Maximize your training with our premium Glute-Ham Developer (GHD). Designed to strengthen the core, glutes and more, it offers versatility and safety.

Ref.: PL35300

Measure: 120 x 80 x 40 cm.

Weight: 70 kg.



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