TECA®

# Core Zone

## Essential, intuitive, always efficient

THE STRENGTH SPECIALIST

# The heart of your training, the innovation of your club.

Core Zone attracts and engages users of all fitness levels. The system allows personalised training through **sequential, alternating and progressive** training methods.

Core Zone satisfies all customers, including those who are looking for new and more effective activities, creating a **new source of revenue** for your club.

Core Zone **brings people together** and **gets to know each other** during engaging training sessions. Perfect for stimulating people to sign up for club activities, motivating them to reach their goals.

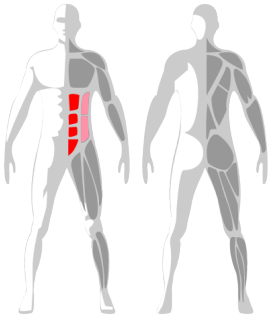
# CZ101 **Core Zone** Crunch
## CIRCUIT

L / W / H

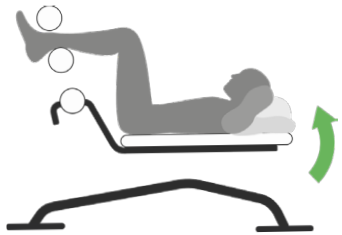
164 / 92 / 137 cm

Total OW

79 kg



- *Primary muscles involved*
- *Synergetic muscles involved*



**Reverse Crunch**
Guided movement to strengthen the abdominals safely, reducing the load on the lower back.

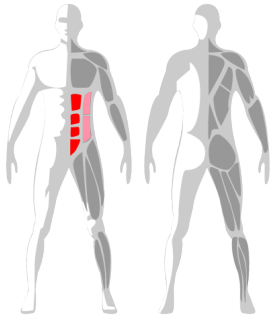
# CZ102 **Core Zone** Decline
## CIRCUIT

L / W / H

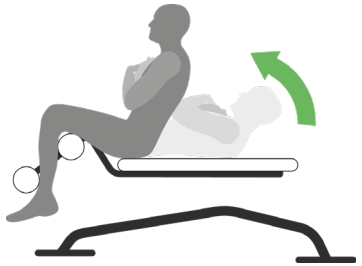
161 / 92 / 110 cm

Total OW

69 kg



- *Primary muscles involved*
- *Synergetic muscles involved*

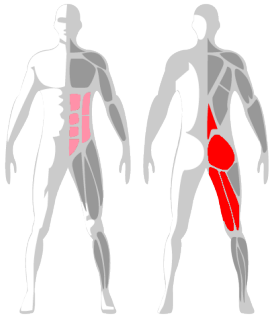


**Assisted Sit-Up**
Optimal execution of the sit-up with bio-mechanical support for targeted and safe work of the rectus abdominis.

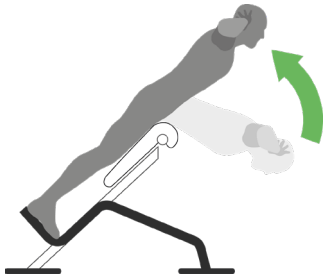
# CZ103 **Core Zone** Hyper
## CIRCUIT

| L / W / H | |
|---|---|
| 125 / 94 / 95 | cm |

| Total OW | |
|---|---|
| 50 | kg |



- *Primary muscles involved*
- *Synergetic muscles involved*

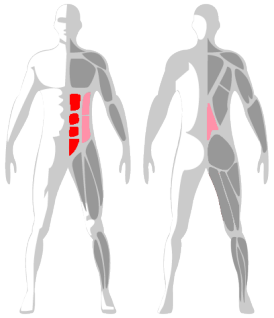


**Back Extension**
Effective training of the lumbar and paravertebral muscles, essential for stability.

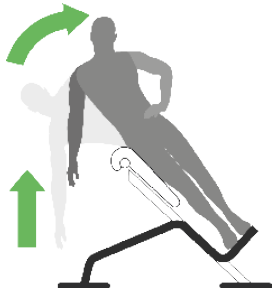
# CZ104 **Core Zone** Oblique
## CIRCUIT

| L / W / H | |
|---|---|
| 125 / 94 / 95 | cm |

| Total OW | |
|---|---|
| 48 | kg |



- *Primary muscles involved*
- *Synergetic muscles involved*



**Side Bend**
Perfect isolation of the obliques to strengthen the lateral core and improve muscle balance.

# CZ105 **Core Zone** Chindip

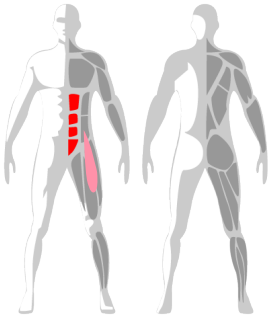
L / W / H

117 / 110 / 215 cm

Total OW

99 kg

**Leg lifts**
Controlled core activation with focus on lower abdominals and trunk stabilisation.



- *Primary muscles involved*
- *Synergetic muscles involved*

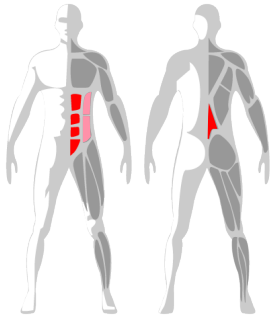
# CZ106 **Core Zone** Plank
## CIRCUIT

L / W / H

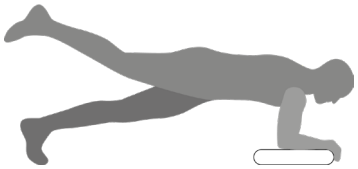
40 / 60 / 6 cm

Total OW

10 kg



- *Primary muscles involved*
- *Synergetic muscles involved*



**Plank Leg Lift**
Exercise targeting the core, focusing on deep abdominals and obliques to improve stability, control, and functional strength.

CORE

CORE

# ZONE

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