



Legs & Glutes

Advanced technology
for the perfect form



**THE
STRENGTH
SPECIALIST**

TECA Legs & Glutes

4 times winner of
FIBO INNOVATION
AWARD

TECA Legs & Glutes: Innovation, Intuitiveness, Design.

Legs & Glutes redefines isotonic training through **ease of use, exclusive design, and maximum space optimization**. Designed to fit seamlessly into any fitness environment – from high-end clubs to the hospitality sector – Legs & Glutes stands out for its unique combination of technology and Italian style.

The development of **Legs & Glutes** is based on **four essential pillars**:

1. Plug and Train Technology.

Intuitive equipment with no adjustments required, ensuring immediate and safe use, even for less experienced users.

2. Absolute Compactness.

The most compact line on the market, engineered to maximize space without compromising performance.

3. Accessibility and Cost Reduction.

A user-friendly concept with no need for assistance, aimed at reducing operational and staffing costs.

4. Elegant and Customizable Design.

Refined aesthetics with extensive customization options, transforming every fitness space into an exclusive and welcoming environment.

TECA Legs & Glutes redefines the concept of strategic investment in the fitness industry.

With the perfect balance of compactness, elegance, and ease of use, Legs & Glutes turns every square meter into a growth opportunity, lowering operational costs while enhancing the user experience.

It is not just an equipment choice, but a comprehensive project that integrates innovation and profitability, offering a tangible competitive advantage in a constantly evolving market.



PaT

Plug and Train.

Inclusivity

Your workout
ready in an instant.

If the accessibility of equipment is every user's dream, TECA, thanks to the **Plug and Train** project, achieves the essence of practicability and efficiency.

Ideal for those seeking quickness and simplicity, TECA strength machines adopt user-friendly solutions that make them ready to use by minimising or even eliminating set-up times to offer a smoother and more engaging training experience.

Ideal for the club, **Plug and Train** functionality means less need for on-floor assistance, improving operational and management efficiency.

With less wait time and a continuous flow of people, the **Plug and Train** system allows the club to handle more users in the same amount of time.

Simplicity, speed and autonomy: **TECA Plug and Train** is the best and most inclusive solution for everyone's training.

TD

Timeless Design.

Design

The art of Italian design.
Timeless quality and style

Design should never have an expiration date.

TECA's Timeless Design represents a timeless stylistic paradigm, where timeless elegance binds with innovation, guaranteeing aesthetics and functionality that remain relevant over the years.

The elegance and quality of the materials, typical of the Italian manufacturing tradition, emerge from the exclusive style of **Timeless Design**, capable of fusing modern, clean lines with uncompromising manufacturing solidity and ergonomics.

With **Timeless Design**, TECA equipment brings exclusivity and Italian style to every club for an investment in elegance that remains relevant and prestigious over time.

TECA Timeless Design is more than a stylistic project: it is a commitment to excellence and durability, for a design that never goes out of fashion.

CSM

Compact Size Machines.

Space

Compactness
that increases revenues.

How much does space cost? How useful is space? How unavailable is space?

Redefining unprecedented space efficiency in the gym is the focus of TECA's **Compact Size Machines** engineering project.

TECA machines free up up to 50% more floor space than other brands. An exclusive test, SP200 Seated Leg Press.

Increasing the range and variety of equipment available allows more users to be accommodated at the same time, increasing potential revenue.

The result of the **Compact Size Machines** project is also the best response to the needs of new market trends such as boutique gyms, pt studios or city gyms.

Compact Size Machines: the perfect blend of cutting-edge technology, advanced design and management economy.

SAC

Self Adaptive Control.

Integrated
technical
device

Automatic adaptation and safety:
The new era of Advanced Training

Adapting to a machine or training on a machine that adapts to you?

Introducing TECA's **Self Adaptive Control (SAC)**, the pioneering project that raises standards in safety and performance, revolutionising user interaction with equipment.

Thanks to this system, many TECA machines are able to automatically adapt to the ergonomics and motor gestures of each user, respecting individual physiology and ensuring fluid and natural movement, reducing joint stress

Self Adaptive Control is a system of engineering solutions that optimises the biomechanics of the machines, allowing users of any level to perform the correct movements and get the most out of their workout.

For gyms and sports centres, the integration of TECA machines equipped with the **SAC** system is a real strategic advantage, allowing them to offer advanced equipment that improves training efficiency and guarantees a superior experience.

Self Adaptive Control is more than just a technological innovation: it is a step towards safer, more effective and personalised training.

Legs

ETE160 Adductor

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 135 / 101 / 149 cm

WS / total OW 80 / 230 kg



ETE180 Squat

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 67 / 126 / 149 cm

WS / total OW 80 / 230 kg



ETE170 Abductor

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 104 / 114 / 149 cm

WS / total OW 80 / 230 kg



ETE230 Deadlift & Lunge

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 98 / 123 / 149 cm

WS / total OW 80 / 230 kg



Glutes

ETE300 Medium Gluteus

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 87 / 110 / 149 cm

WS / total OW 80 / 230 kg



ETE320 Gluteus & Hip

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 75 / 105 / 149 cm

WS / total OW 80 / 230 kg



ETE310 Gluteus Press

Integrated technical devices

SAC® ✓

Features

PaT - TD - CSM ✓

L / W / H 70 / 118 / 149 cm

WS / total OW 80 / 230 kg





THE STRENGTH SPECIALIST

www.tecafitness.com