TECA®

THE STRENGTH SPECIALIST

MADE IN ITALY



40 years of Strength serving Well-being

TECA promotes strength training **as a fundamental pillar of a healthy lifestyle**, making it accessible to everyone. Our mission focuses on people's **well-being, health**, and **physical fitness**, developing **innovative equipment that offers a more inclusive fitness experience**. Every project is born from **thorough scientific studies** and ongoing technological research, ensuring **safety, effectiveness,** and **motivation** in every setting.

Our vision is clear: to bring fitness into a variety of environments, each with unique needs. Whether it's gyms, sports centres, schools, healthcare facilities, or corporate gyms, TECA provides **tailored solutions** that maximise the benefits of strength training.

Founded in **1985 in Italy**, TECA **has always based its evolution on science.** This has driven us to expand our product range to meet every type of need, offering **solutions that optimise space and increase profitability.**

The driving force behind the company is **SED**, the **TECA Research Centre**, which embodies **our commitment to innovative and sustainable fitness**, providing entrepreneurs with long-lasting value and technological innovation and the expertise needed to meet the demanding challenges of tomorrow.

We proudly present TECA SED.

4 times winner of FIBO *INNOVATION AWARD*

The SED Center

Science, Engineering, Design: the department where science merges with innovation and Italian style

In **TECA**, s**cience and engineering come together in a context of exclusivity and innovation**, creating products that embody **the best of Italian innovation and design**. Careful analysis of the latest studies in physiology and exercise science inspires the design of machines that optimise the effectiveness of training, based on scientific evidence.

At the **TECA SED department**, engineers and designers are constantly exploring new frontiers, translating revolutionary insights into **exclusive and high-performance technological solutions**, with **StandUp®** being a prime example. **TECA** focuses on the **integration of science and design** to create cutting-edge machines that effectively meet user needs while providing value to the club through **four fundamental pillars:**

1. **Biomechanics.** Enhancing safety, effectiveness, and quality of exercise through **TECA Intuitive Motion**.
2. **Inclusivity.** Optimising accessibility through the **Plug' n' Train concept**, ensuring fast and easy use.
3. **Design.** Creating a **Timeless Design** aesthetic that combines Made in Italy exclusivity with long-lasting durability.
4. **Space.** Developing **Compact Size Machines** to optimise space with ultra-compact equipment.

Each piece of equipment developed embodies the values of **quality, excellence, and beauty**, elevating the training experience through the integration of **advanced technology** and **exclusive design.**

At **TECA SED**, excellence is not just a goal but an ongoing journey. Through our commitment to **research and innovation,** we are dedicated to **developing the machines of the future, today.**





Free Weights

Versatility and safety for every exercise

A complete range covering every weight room need: plate loaded machines with TECA biomechanics, specialized benches, racks and storage systems.
One supplier for a coherent, professional and complete club.

Free Weights

FP200-P Multipower

L / W / H
153 / 200 / 228 cm

Total OW
175 kg



FP220-P Sitting Calf Plate Loaded

L / W / H
63 / 120 / 91 cm

Total OW
77 kg



FP230-P TBar

L / W / H
75 / 165 / 34 cm

Total OW
70 kg



FP240-P Hack Squat Plate Loaded

L / W / H
93 / 175 / 171 cm

Total OW
185 kg



FP250-P Leg Press Plate Loaded

L / W / H
94 / 212 / 149 cm

Total OW
220 kg



FP401-P Supine Bench

L / W / H
146 / 145 / 107 cm

Total OW
83 kg



FP420-P Incline Bench Press

L / W / H
146 / 163 / 147 cm

Total OW
89 kg



FP430-P Decline Bench Press

L / W / H
147 / 178 / 107 cm

Total OW
98 kg



FP440-P Shoulder Bench Press

L / W / H
146 / 85 / 170 cm

Total OW
74 kg



FP460-P Adjustable Bench

L / W / H
53 / 110 / 99 cm

Total OW
38 kg



FP465-P Adjustable Bench with Heels

L / W / H
53 / 116 / 99 cm

Total OW
38 kg



FP490-P Hyperextension 45°

L / W / H
79 / 121 / 90 cm

Total OW
68 kg



FP600-P Oblique Flexor

L / W / H
53 / 110 / 99 cm

Total OW
68 kg



FP610-P Decline Sit-up Bench

L / W / H
53 / 116 / 99 cm

Total OW
69 kg



FP630-P Crunch Bench

L / W / H
63 / 142 / 98 cm

Total OW
64 kg



FP640-P Preacher Curl

L / W / H
100 / 85 / 104 cm

Total OW
58 kg



Free Weights

FP670-P Chin Dip Abdominal

L / W / H
106 / 116 / 211 cm

Total OW
99 kg



FP700 Hip Truster Bench

L / W / H
87 / 150 / 49 cm

Total OW
80 kg



FP710-P Sissy Squat

L / W / H
53 / 115 / 46 cm

Total OW
60 kg



FP800-P Squat Rack

L / W / H
175 / 146 / 170 cm

Total OW
118 kg



FP810-P Power Rack

L / W / H
175 / 146 / 219 cm

Total OW
140 kg



FP820-P Barbell Rack 5 Plates

L / W / H
127 / 56 / 115 cm

Total OW
59 kg



FP830-P Plate Rack 6 Plates

L / W / H
63 / 72 / 112 cm

Total OW
34 kg



FP831-P Plate Rack 10 Places

L / W / H
98 / 98 / 119 cm

Total OW
43 kg



FP850-P Dumbell Rack 1.5m - 2 floors

L / W / H

152 / 53 / 83 cm

Total OW

58 kg



FP851-P Dumbell Rack 2m - 2 floors

L / W / H

202 / 53 / 83 cm

Total OW

83 kg



FP852-P Dumbell Rack 1.5m - 3 floors

L / W / H

152 / 53 / 103 cm

Total OW

83 kg



FP853-P Dumbell Rack 2m - 3 floors

L / W / H

204 / 53 / 103 cm

Total OW

93 kg





Free Weights



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TECA®

Train **Different.**®

www.tecafitness.com

Discover more