TECA®

THE STRENGTH SPECIALIST

MADE IN ITALY





TECA® Train **Different.**®



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.**



The principles behind our design



IM Intuitive Motion.

The most ambitious goal of TECA research: machines that adapt to each user's body and movement through an integrated system of exclusive technologies. The result is fluid, natural and safe motion that raises the quality and effectiveness of every workout.



PaT Plug and Train.

TECA machines eliminate setup times and give users full training autonomy. Less assistance on the floor, continuous flow, no waiting. A system designed to maximize operational efficiency and the potential of every session.



TD Timeless Design.

Essential lines, selected materials and uncompromising structural solidity. TECA aesthetics are born from Italian manufacturing tradition and fit into any fitness environment. An investment that does not lose value over time.



CSM Compact Size Machines.

Up to 50% less floor space, same exercise variety, same performance. More equipment in the same space, more users, more services and higher profitability per square meter. A solution for every club model, from large gyms to boutique gyms.

INNOVATION MADE IN TECA

DISCOVER OUR SMART DEVICES

SAC®

Self Adaptive Control.

Self Adaptive Control (SAC®) is TECA's patented system that automatically adapts each machine to the user's ergonomics and movement pattern. No compensation, no joint stress: only correct movement, for every body, in every session.

An exclusive engineering architecture that takes biomechanics to a higher level. The machine follows the user, not the other way around. The result is a more effective, safe and accessible workout for every profile: from elite athletes to users in recovery.

For gyms and sports centers, **SAC®** is an asset of absolute value: exclusive technology that raises training quality and club positioning.

NPU

Natural Push Unit.

TECA Natural Push Unit (NPU) is the dynamic lever system that adapts the machine in real time to the physiological movement of legs and spine. The result is a drastic reduction of stress on joints, tendons and back, even under maximum loads.

Created in 1989 with the first *TECA Hack Squat* with variable-position pantograph, **NPU** evolved in 1993 with its application to the platforms of Oblique Leg Press and Seated Leg Press, milestones that redefined strength standards.

For athletes, trainers and sports centers, **NPU** takes training where no traditional equipment can: superior performance, athletic longevity, zero compromise.

MME®

Multiple Movement of Exercises.

Multiple Movement of Exercises (**MME®**) is the TECA technology that goes beyond the limits of traditional machines: no fixed path, no constrained movement.
Mobile and independent arms allow multi-planar and multi-joint exercises, for greater muscle involvement and unprecedented customization.

One machine, an unlimited range of exercises. **MME®** optimizes space, reduces investment and amplifies the value of every session, from personal training to functional rehabilitation. For gyms and sports centers, **MME®** meets different targets — from beginners to elite athletes — with one single tool: a concrete and measurable competitive advantage.

ROM

Range of Motion Limiter.

TECA ROM limiter precisely defines joint range of motion, adapting each machine to the user's specific needs. Absolute control of the movement that turns the same machine into a tool for radically different goals: from maximum athletic performance to advanced functional rehabilitation.

Integrated on 23 selectorized machines, it is the foundation of the world's first TripleUse line: fitness, sport and functional recovery in one system. For gyms, PT studios and specialized centers, **ROM Limiter** raises the technical profile of the offer, expands the target audience and creates a concrete competitive advantage on the market.



Isotonic Line

One machine, Triple business.

Exclusive biomechanics combined with special **ROM limiter** safety devices create the world's only line of triple-business selectorized machines.

Fitness, Sport, Rehab

An elegant, high-performance, complete and versatile line with **35 machines** equipped with unique devices for a biomechanically advanced training experience.



ISOTONIC

SP100 Leg Extension



Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	95 / 140 / 171	cm
WS / total OW	100 / 231	kg



ROM Limiter



SP110 Leg Curl



Integrated technical devices

ROM limiter ✓

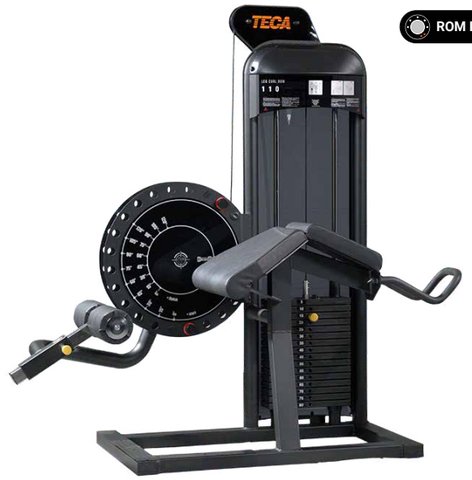
Feautures

IM - CSM ✓

L / W / H	82 / 165 / 171	cm
WS / total OW	80 / 198	kg



ROM Limiter



SP120 Standing Leg Curl



Integrated technical devices

ROM limiter ✓

Feautures

IM - CSM ✓

L / W / H	68 / 118 / 171	cm
WS / total OW	60 / 168	kg



ROM Limiter



SP140 Standing Calf



Integrated technical devices

—

Feautures

IM - CSM ✓

L / W / H	53 / 142 / 200	cm
WS / total OW	100 / 210	kg





SP150 Sitting Calf



Integrated technical devices

—

Feautures

IM - CSM ✓

L / W / H	84 / 110 / 171	cm
WS / total OW	60 / 163	kg





SP160 Adductor Advanced



Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	130 / 137 / 171	cm
WS / total OW	60 / 211	kg



ROM Limiter

ADVANCED



SP190 Leg Press Advanced



Integrated technical devices

NPU® ✓

Caratteristiche

IM - TD - CSM ✓

L / W / H	87 / 249 / 201	cm
WS / total OW	200 + 20 / 529	kg



ADVANCED



SP200 Seated Leg Press Advanced



Dispositivi tecnologici integrati

NPU® ✓

Caratteristiche

IM - TD - CSM ✓

L / W / H	97 / 170 / 171	cm
WS / total OW	150 / 340	kg



ROM Limiter

ADVANCED



SP170 Abductor Advanced



Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	129 / 131 / 171	cm
WS / total OW	60 / 204	kg



ROM Limiter

ADVANCED



SP180 Hack Squat Advanced



Integrated technical devices

NPU® ✓

Feautures

IM - TD - CSM ✓

L / W / H	85 / 173 / 199	cm
WS / total OW	150 + 20 / 330	kg



ADVANCED



SP210 Sitting Leg Curl



Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	95 / 169 / 171	cm
WS / total OW	80 / 235	kg



ROM Limiter



SP300 Medium Gluteus Advanced



Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	108 / 118 / 171	cm
WS / total OW	60 / 190	kg



ROM Limiter

ADVANCED



ISOTONIC

SP310 Gluteus Press





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	72 / 131 / 171	cm
WS / total OW	60 / 189	kg

ROM Limiter



SP320 Gluteus Kick





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	71 / 109 / 171	cm
WS / total OW	60 / 192	kg

ROM Limiter



SP670 Rotary Torso





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	76 / 125 / 178	cm
WS / total OW	80 / 203	kg

ROM Limiter



SP500 Lat Pulldown





Integrated technical devices

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Feautures

TD - CSM ✓

L / W / H	126 / 125 / 227	cm
WS / total OW	100 / 188	kg



ISOTONIC

SP600 Abdominal





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	86 / 115 / 171	cm
WS / total OW	60 / 214	kg

ROM Limiter



SP610 Lower Back





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	84 / 124 / 171	cm
WS / total OW	60 / 203	kg

ROM Limiter



SP510 Pulley





Integrated technical devices

–

Feautures

TD - CSM ✓

L / W / H	65 / 200 / 200	cm
WS / total OW	100 / 215	kg



SP520 Pec Deck Advanced





Integrated technical devices

SAC® - MME® ✓

Feautures

IM - TD - CSM ✓

L / W / H	61 / 151 / 200	cm
WS / total OW	80 / 198	kg

ROM Limiter

ADVANCED



SP530 Rowing Advanced





Integrated technical devices

SAC® ✓

Feautures

IM - TD - CSM ✓

L / W / H	63 / 133 / 195	cm
WS / total OW	100 / 200	kg



ADVANCED

SP560 Dorsi-Pecto Advanced





Integrated technical devices

SAC® - MME® ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	61 / 137 / 188	cm
WS / total OW	100 / 198	kg



ADVANCED

SP570 Chin-Dip Assist Advanced





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	71 / 130 / 208	cm
WS / total OW	60 / 236	kg



ROM Limiter

ADVANCED

SP590 Chest Press Advanced





Integrated technical devices

SAC® ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	143 / 155 / 199	cm
WS / total OW	100 / 224	kg



ADVANCED

ISOTONIC LINE

ADVANCED

SELECTION

13
ADVANCED MACHINES

249
EXERCISE VARIATIONS

The 13 most advanced training machines ever: maximum ergonomcs, high technology and a surprising number of exercise variations that **redefine the concept of isotonic training.**

ISOTONIC

SP620 Low Rowing





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	93 / 129 / 171	cm
WS / total OW	80 / 184	kg

ROM Limiter



SP630 Chest Press





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	120 / 132 / 171	cm
WS / total OW	100 / 203	kg

ROM Limiter



SP540 Deltoid Advanced





Integrated technical devices

SAC® - MME® ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	61 / 137 / 171	cm
WS / total OW	100 / 198	kg

ADVANCED



SP550 Rear Delt Advanced





Integrated technical devices

SAC® - MME® ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	61 / 133 / 195	cm
WS / total OW	80 / 193	kg

ADVANCED



SP640 Pullover





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	89 / 124 / 171	cm
WS / total OW	80 / 186	kg

ROM Limiter



SP650 Vertical Traction





Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	162 / 127 / 204	cm
WS / total OW	100 / 216	kg

ROM Limiter



SP580 Bench Shoulder Press





Integrated technical devices

–

Feautures

IM - TD ✓

L / W / H	233 / 108 / 195	cm
WS / total OW	100 / 330	kg



SP660 Shoulder Press





Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	111 / 124 / 171	cm
WS / total OW	80 / 229	kg

ROM Limiter



SP730 **Arm Curl**





Integrated technical devices

ROM limiter ✓

Feautures

IM - TD - CSM ✓

L / W / H	89 / 110 / 171	cm
WS / total OW	60 / 201	kg

ROM Limiter



SP760 **Triceps Press**





Integrated technical devices

ROM limiter ✓

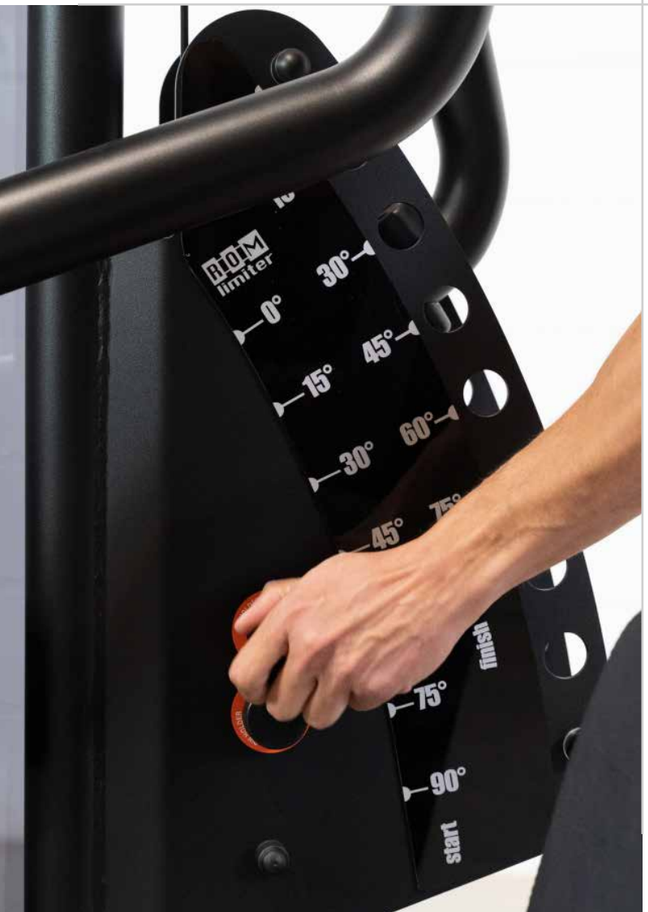
Feautures

IM - PaT - TD - CSM ✓

L / W / H	98 / 124 / 171	cm
WS / total OW	80 / 183	kg

ROM Limiter





SP770 **Triceps Extension**





Integrated technical devices

ROM limiter ✓

Feautures

IM - PaT - TD - CSM ✓

L / W / H	91 / 109 / 171	cm
WS / total OW	60 / 165	kg

ROM Limiter



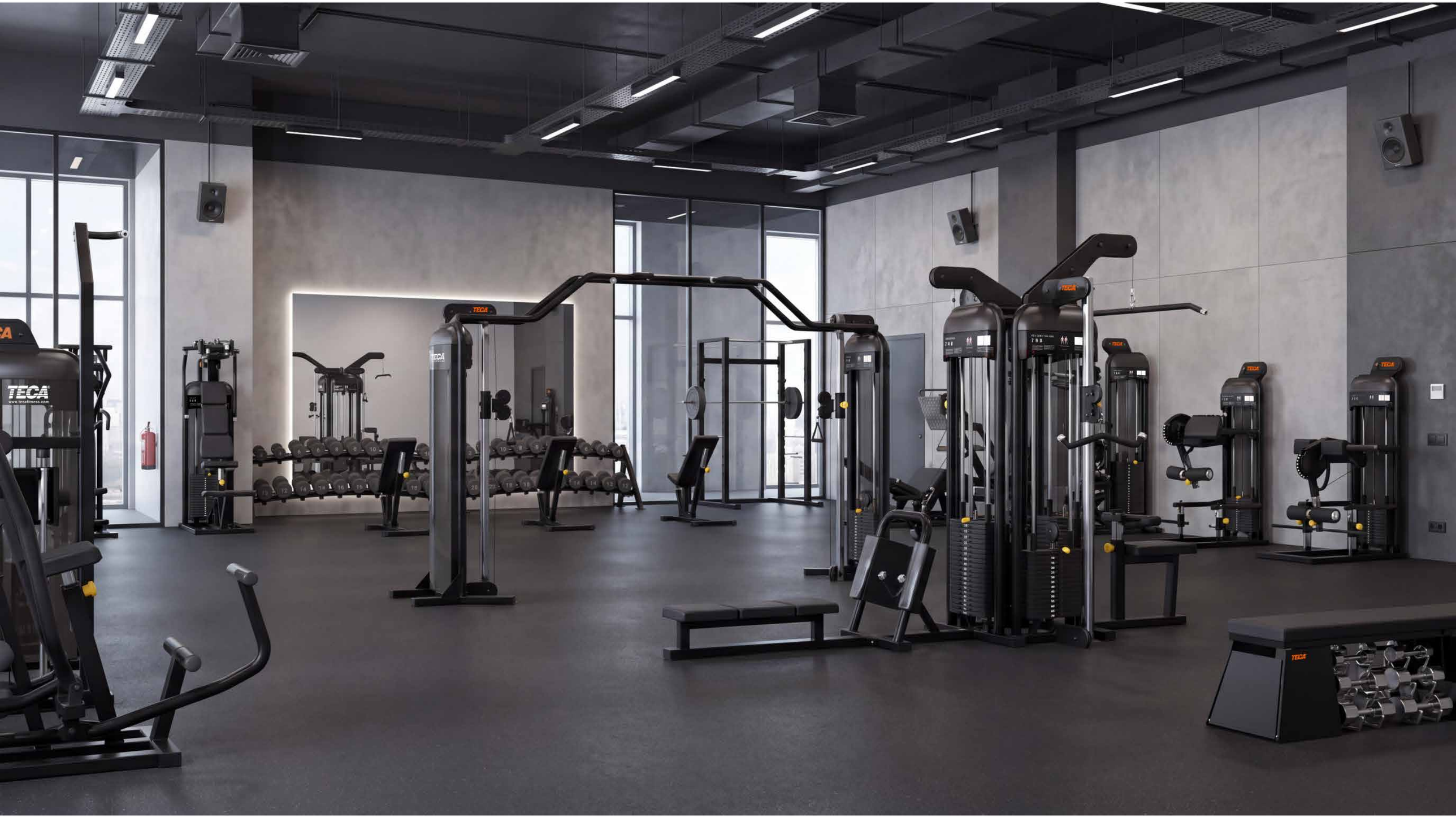


ROM

Range of Motion Limiter

Absolute joint precision. The TECA ROM Limiter accurately defines the range of motion, respecting each user's individual biomechanics and functional limits.
A precision that protects joints, prevents overload, improves muscle isolation and enables gradual, safe progression.

Integrated on 23 machines of the TECA Isotonic Line.


TECA
www.tecafitness.com

Multistation



MULTISTATION

SP740 Crossover

L / W / H	98 / 388 / 222	cm
WS / total OW	70 + 70 / 280	kg



SP780
2 Adjustable Cable column +2 Triceps Pushdown

L / W / H	131 / 122 / 210	cm
WS	60 + 60 + 70 + 70	kg
Total OW	394	kg



SP781
2 Adjustable Cable column +1 Lat Pulldown +1 Triceps Pushdown

L / W / H	183 / 103 / 230	cm
WS	60 + 100 + 70 + 70	kg
Total OW	499	kg



SP782
2 Adjustable Cable column +1 Pulley +1 Triceps Pushdown

L / W / H	260 / 103 / 210	cm
WS	100 + 60 + 70 + 70	kg
Total OW	511	kg



SP783

2 Adjustable Cable column
+1 Lat Pulldown
+1 Pulley

L / W / H	325 / 103 / 230	cm
WS	100 + 60 + 60 + 70	kg
Total OW	615	kg



SP783 + OT001

Multistation
+ Adjustable Cable column
+ Connection bridge

L / W / H	325 / 103 / 230	cm
WS	100 + 60 + 60 + 70	kg
Total OW	615	kg

L / W / H	334 / 103 / 215	cm
WS / total OW	70 / 201	kg



SP784

2 Adjustable Cable column
+2 Lat Pulldown

L / W / H	131 / 235 / 230	cm
WS	100 + 100 + 70 + 70	kg
Total OW	615	kg



SP785

2 Adjustable Cable column
+2 Pulley

L / W / H	131 / 310 / 210	cm
WS	100 + 100 + 70 + 70	kg
Total OW	615	kg



MULTISTATION

SP790 Adjustable Cable column

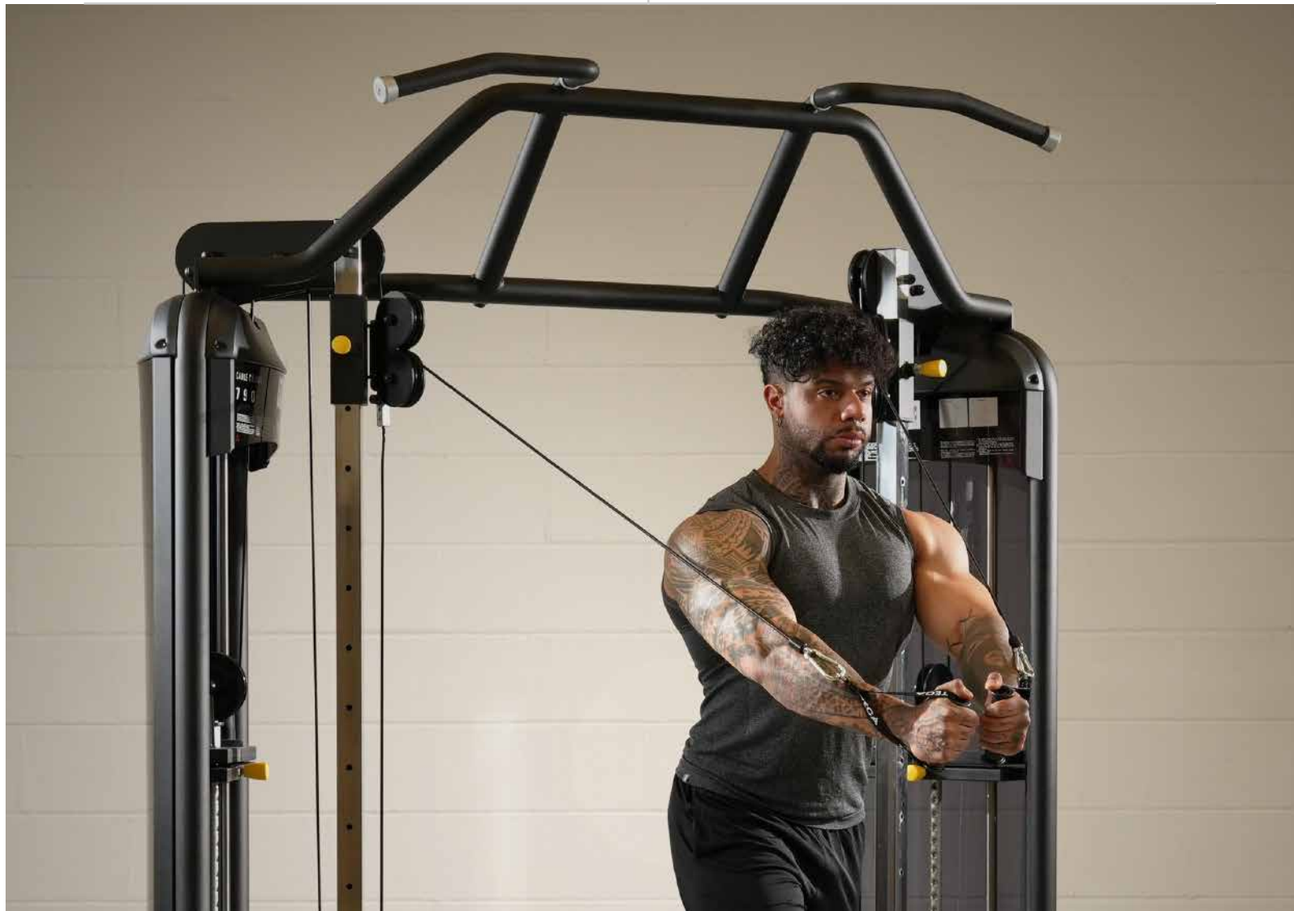
L / W / H	83 / 100 / 185	cm
WS / total OW	100 / 231	kg



SP900 Multifunction

L / W / H	186 / 113 / 222	cm
WS / total OW	80 + 80 / 280	kg





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TECA®

Train **Different.**®

www.tecafitness.com

Discover more