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.**



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

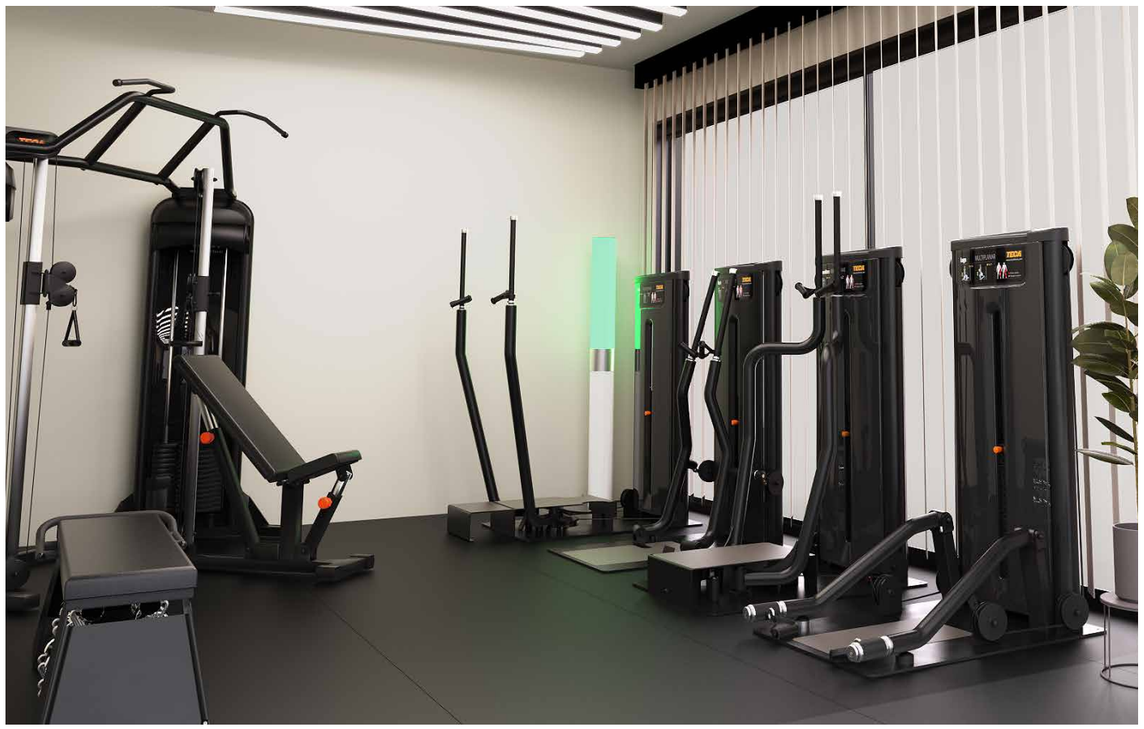
Range of Motion Limiter.

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.



Multiplanar®



The body moves on three planes:
TECA Multiplanar® enhances it on all of them

1 The only system with multiplanar movements

Multiplanar frees movement from rigid, unnatural patterns to offer a more fluid, natural and effective training experience, in full synergy with body biomechanics.

2 Maximum activation of muscle chains

Multiplanar's multi-axis and multi-joint training involves the core, proprioceptive receptors and kinetic chains, improving balance, stability and functional strength.

3 From athletic performance to rehabilitation

Perfect for professional athletes, fitness and motor re-education, Multiplanar faithfully reproduces sports and everyday movements for effective preparation and safe recovery.

4 Beyond the limits of traditional machines

With more natural, variable and progressive movements, Multiplanar optimizes posture, reduces injury risk and enhances motor control.

4 stations, 6 m², 200 exercises

The most complete and efficient solution for **personal training,** to *perform multiplanar, multi-axis and multi-joint exercises,* reproducing the most common movements of daily life and sport.



StandUp® Technology

MP100 **Multiplanar®** Chest

Integrated technical devices	
SAC®	
Feautures	
PaT - TD - CSM	
L / W / H	
86 / 135 / 172	cm
Lmax	
126	cm
WS / total OW	
80 / 230	kg



StandUp® Technology







MP200 **Multiplanar®** Back

Integrated technical devices	
SAC®	✓
Feautures	
PaT - TD - CSM	✓
L / W / H	
76 / 110 / 150	cm
Lmax	
123	cm
WS / total OW	
80 / 230	kg



StandUp® Technology







MP300 **Multiplanar®** Shoulder

Integrated technical devices	
SAC®	✓
Feautures	
PaT - TD - CSM	✓
L / W / H	
70 / 110 / 174	cm
Lmax	
148	dkg
WS / total OW	
80 / 230	kg



StandUp® Technology







MP400 **Multiplanar®** Legs

Integrated technical devices	
SAC®	✓
Feautures	
PaT - TD - CSM	✓
L / W / H	
73 / 115 / 150	cm
WS / total OW	
80 / 230	kg



StandUp® Technology







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TECA®

Train **Different.**®

www.tecafitness.com

Discover more