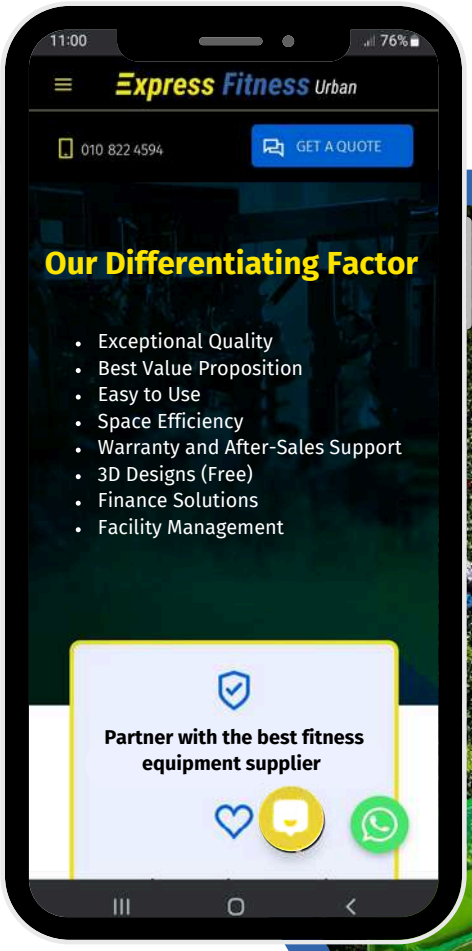
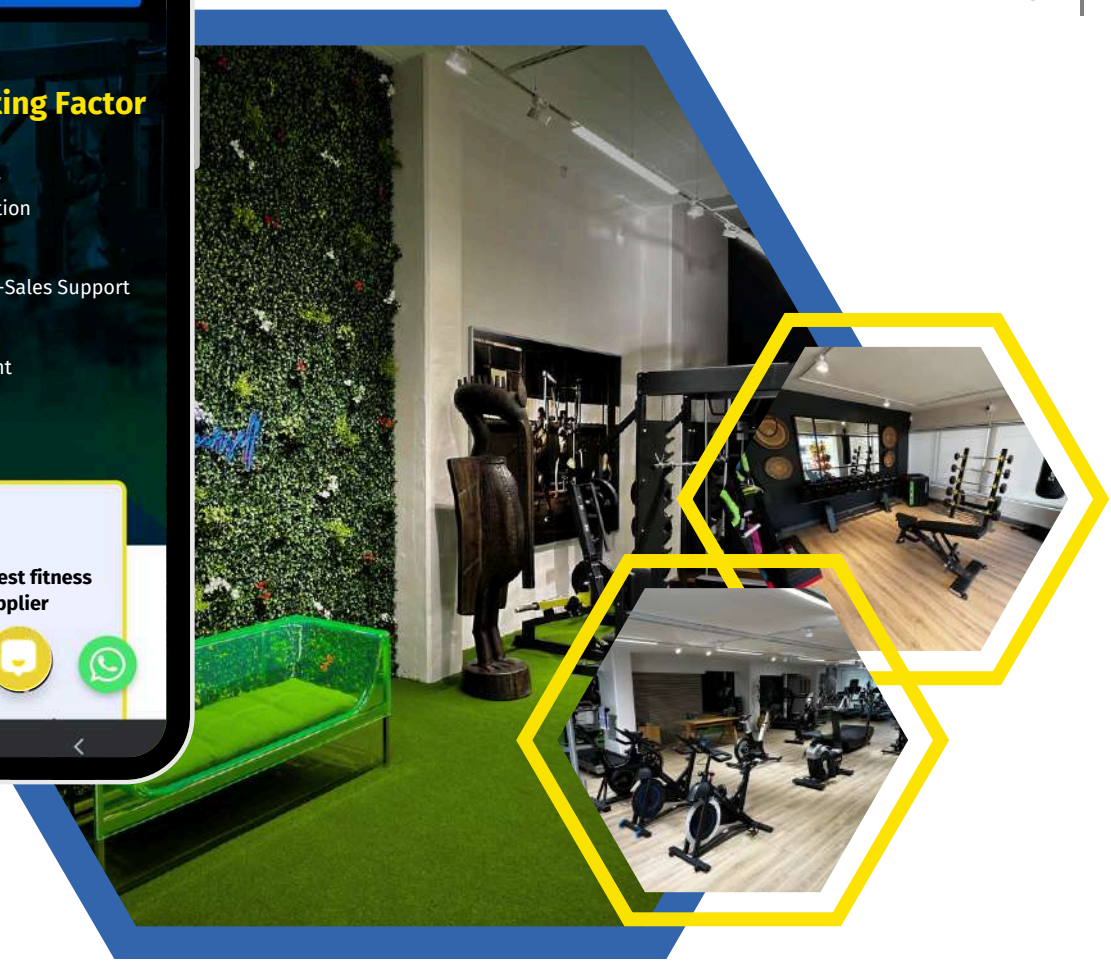
Express Fitness Urban

Hospitality 2025 Edition





Partner with us to create a captivating atmosphere that leaves a lasting impression on your guests

Our Website

0860 888 888

061 755 5555

www.expressfitness.co.za

What we offer:

2025 Edition

1 Value

We'll guide you on hospitality-suited products, incorporating the latest guest training trends. Manage costs, minimize downtime, and enjoy after-sales service. Explore our bespoke finance options if needed.

2 Space planning and layout

At no cost, we offer professional planning of your fitness facility including 3D renders so that you can visualize the look and feel to understand the flow to ensure the attractiveness of the space. See following page.

3 Aesthetic and design Intergration

Aesthetics are crucial for a fitness facility. We collaborate with your interior designer to ensure equipment placement harmonizes with the design.

4 Safety and Compliance

We advise on safety standards and regulations for hospitality facilities that have fitness equipment to ensure the well-being of facility guests.

5 Technology Integration

Using unfamiliar products in a facility can be costly and complex. We advise on integrated systems, App-based solutions, and affordable, user-friendly equipment. Trainees can easily track exercises using their own devices.

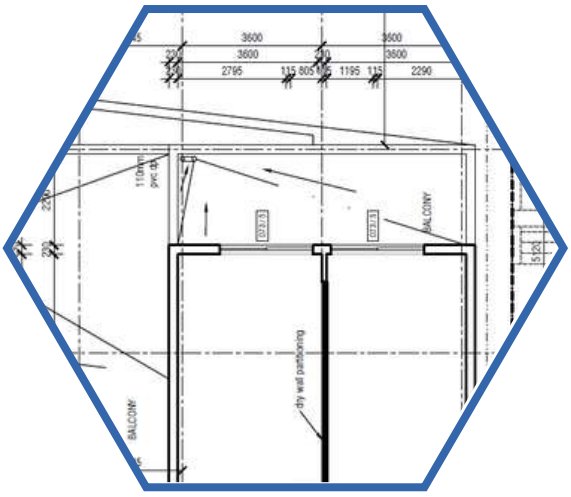
6 Installation and Maintenance

Proper on-site installation and testing reduces breakdowns. We train your staff in daily, weekly, and monthly maintenance to minimize downtime.

0860 888 888 061 755 5555 www.expressfitness.co.za

Allow us to bring your vision to life with Innovative 3D Design

2025 Edition



1 Floorplan

Give us the layout specification of your proposed gym



2 2D Design

We will recommend and design a 2D layout



3 3D Design

The 3D environment of your vision



4 Completed Renders

The final 3D images

Professional 3D gym design service free of charge

0860 888 888 | 061 755 5555 | www.expressfitness.co.za

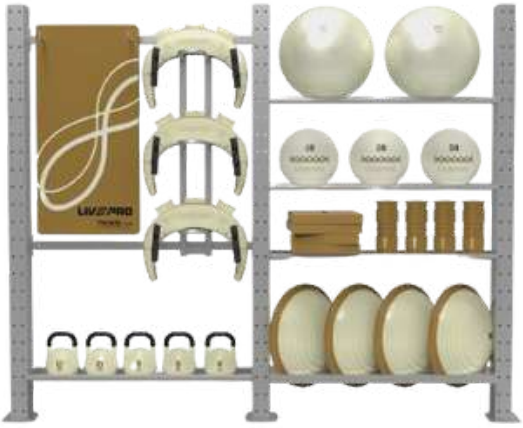
Strength Offering

2025 Edition















18+ Accessories,
11+ Machines,
1 Solution

0860 888 888 | 061 755 5555 | www.expressfitness.co.za

Cardio Offering

2025 Edition













Our Hammer, German Engineered Offering

2025 Edition













0860 888 888

061 755 5555

www.expressfitness.co.za

Our Smart Connectivity Offering

2025 Edition



- Screen Mirroring Technology



- Commercial Grade Equipment



- Connection To all your apps



0860 888 888 | 061 755 5555 | www.expressfitness.co.za

BioForce Extreme

- 125kg Max Resistance
- Practical Tablet Holder
- Over 120 Exercises
- TNT Resistance Technology
- Ergonomic Adjustable Seat Pad
- Heavy Duty German Engineered

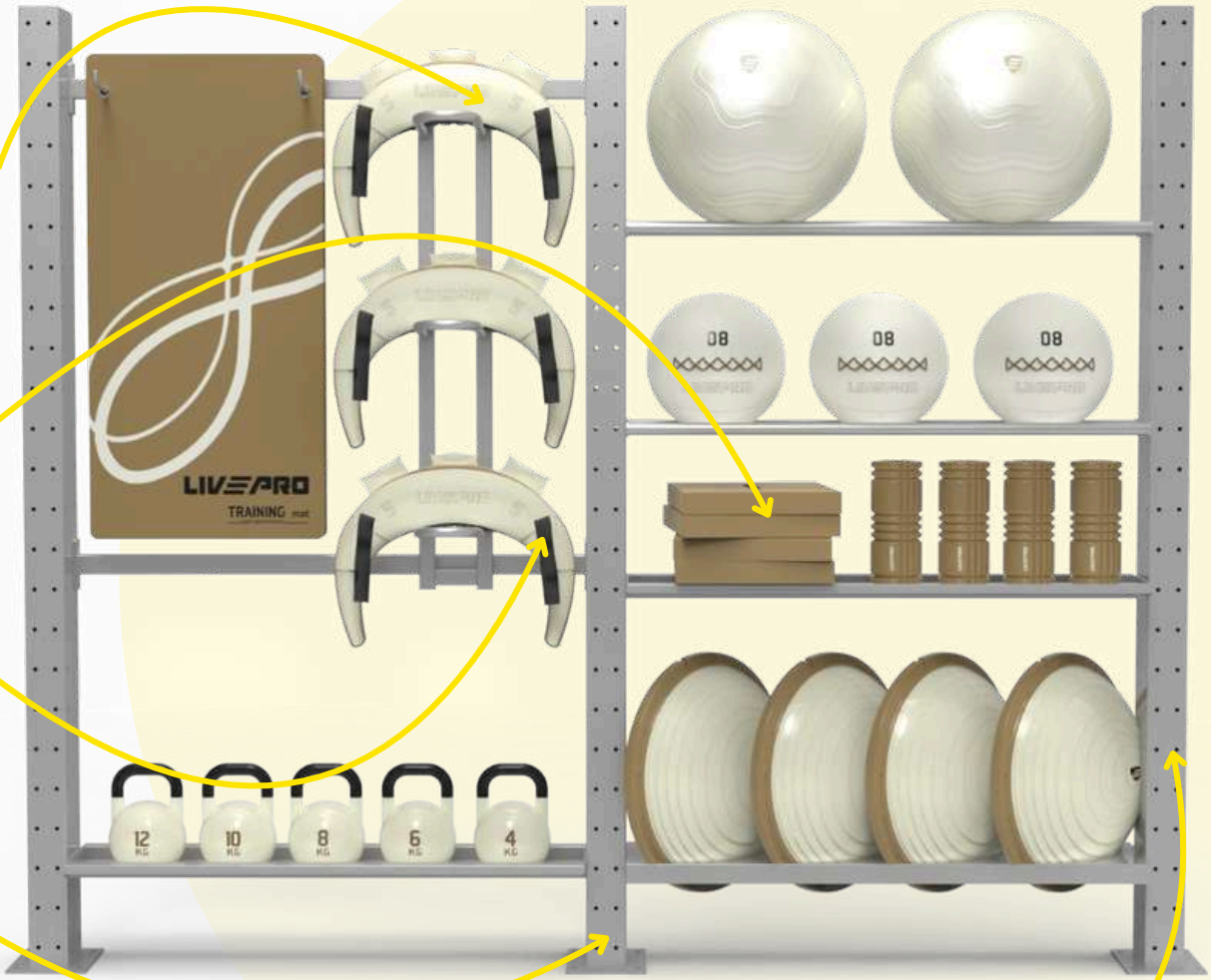


The Ultimate Strength Piece, Bioforce Extreme, is a top-tier strength training machine designed for serious fitness enthusiasts. Engineered to deliver maximum performance, it offers a comprehensive and efficient workout experience. Featuring innovative resistance technology and a robust build, the Bioforce Extreme ensures durability and effectiveness, making it the ideal choice for those seeking unparalleled strength training results.

Scan me!

Infinity Series

- Elegant and meticulously designed
- Premium materials used in all items
- A piece of equipment for every user
- Exceptional Functional Equipment
- High-quality Sturdy Frame
- Modular Design



The Infinity Series redefines elegance and functionality in the realm of fitness equipment. Meticulously designed with a sophisticated beige and white color scheme, each piece exudes a sense of refinement and luxury. Beyond its stunning aesthetics, the series is crafted with precision engineering to deliver exceptional performance. From its sturdy construction to its versatile range of functional workout options, every aspect of the Infinity Series is geared towards providing users with a superior fitness experience.

Scan me!

TD265PS Treadmill with Screen

- Screen Mirroring Technology
- Wireless Phone Charging
- Anti-Static Rubber Wrapped Hand Rail
- High Quality Frame
- Stable Base Design
- Shock Absorbing Running Deck



This treadmill features a large TV screen that seamlessly mirrors your phone, allowing you to enjoy your favorite apps, shows, and videos while you work out. Equipped with robust Wi-Fi and Bluetooth capabilities, you can connect to your home network to access online content, fitness apps, and streaming services, or pair wireless headphones and speakers for a more immersive exercise experience.

Scan me!

UD200S Urban Upright with Screen

- Screen Mirroring Technology
- Premium Heart Rate Sensors
- Wireless Phone Charging
- Upgraded Adjustable Saddle
- Ergonomic Pedal Design
- Whisper Quiet Movement

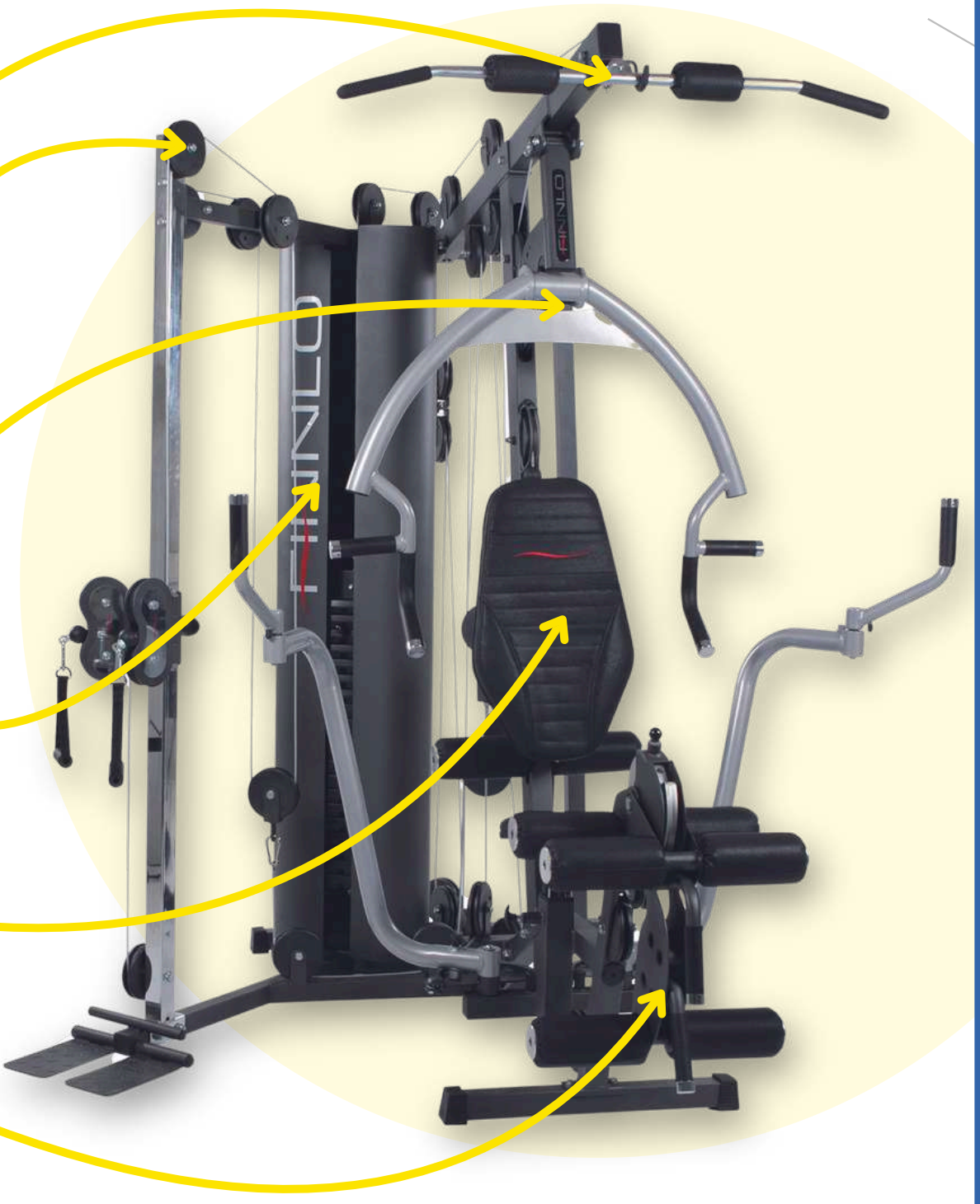


This upright bike features a large TV screen that seamlessly mirrors your phone, allowing you to enjoy your favorite apps, shows, and videos while you work out. Equipped with robust Wi-Fi and Bluetooth capabilities, you can connect to your home network to access online content, fitness apps, and streaming services, or pair wireless headphones and speakers for a more immersive exercise experience.

Scan me!

Autark 6000

- Lateral Pull Tower
- Quality Pulleys with Ball Bearings
- Separate Butterfly Module
- Push & Pull Module
- Ergonomic Seat Design
- Leg Press Module

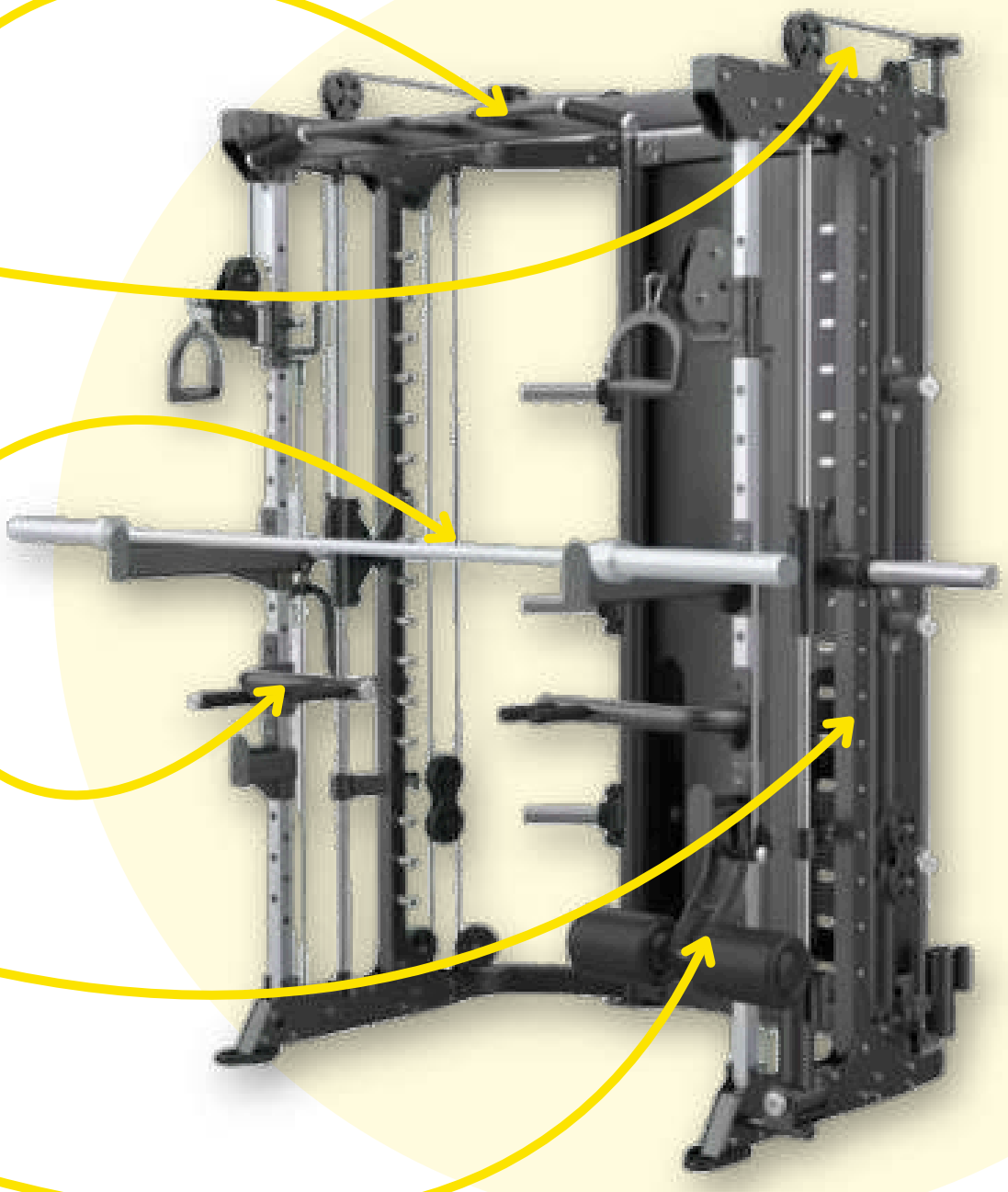


The Autark 6000 Multi Gym offers over 100 different exercises to target every muscle group. With its sturdy construction and adjustable resistance levels, it's perfect for beginners and experienced athletes alike. Maximize your workout potential from the comfort of your own home!

Scan me!

Urban Multifunction Smith Machine

- Ergonomic Handle Design
- Quality Pulleys with Ball Bearings
- 2.2m Olympic Bar
- Single or Multi Person Training
- Premium Materials
- Foam Padded Foot Lock

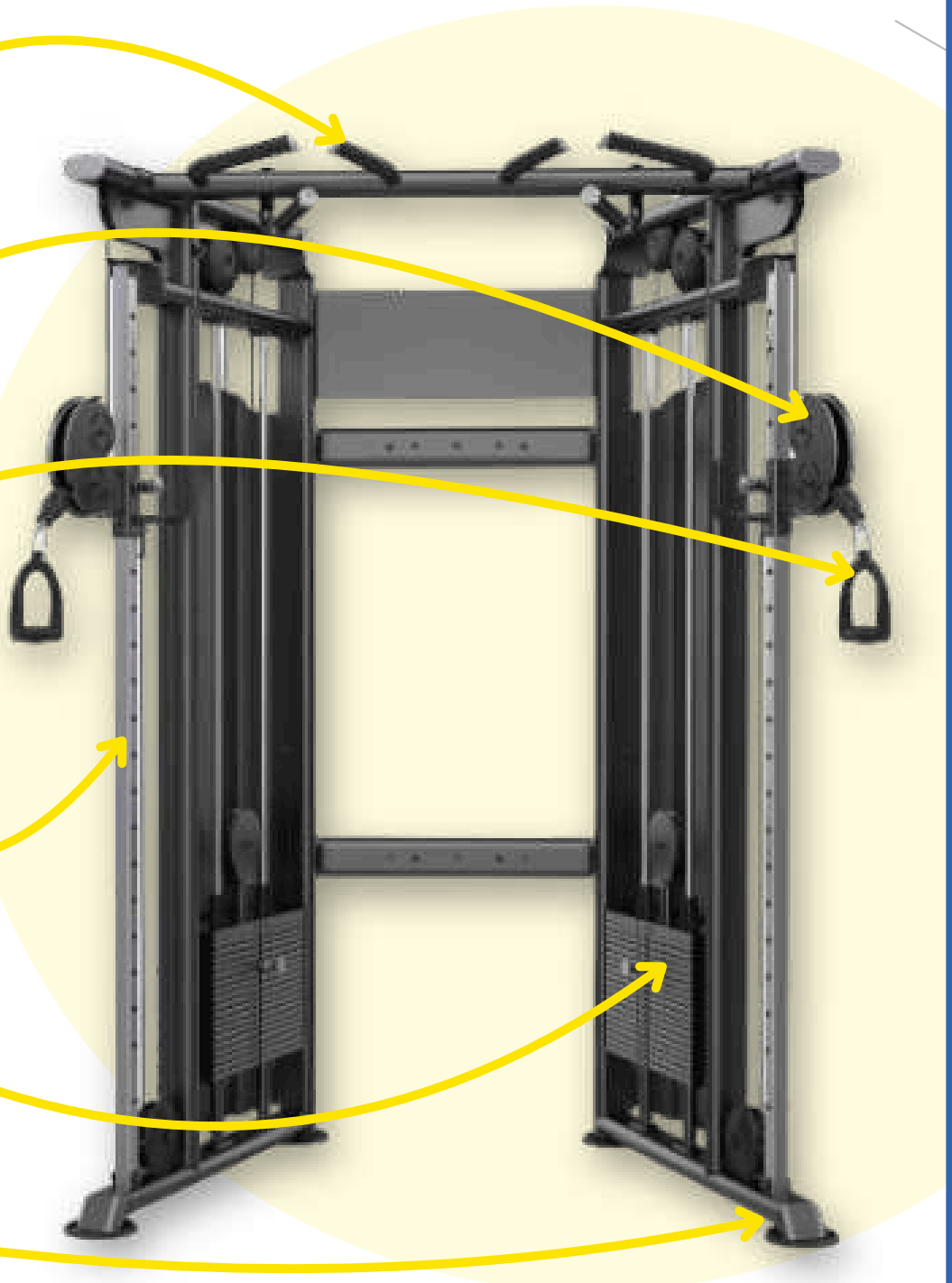


The EF Urban Functional Smith Machine features the most popular training types in one. The best strength training solution for limited space. It has pull up/chin up bars, spotter arms, j hooks for squat and barbell rest, an outstanding cable system and probably 100 other features. The stable and reliable smith system provides fixed rails to help exercisers get lower while stabilizing training positions starting weight. Support single or multi-person training at the same time.

Scan me!

Urban Functional Trainer

- High Dual Grip Handle
- Quality Pulleys with Ball Bearings
- 21 Adjustable Cable Positions
- Premium Durable Materials
- 95kg Weight Stack
- Oval Tubing



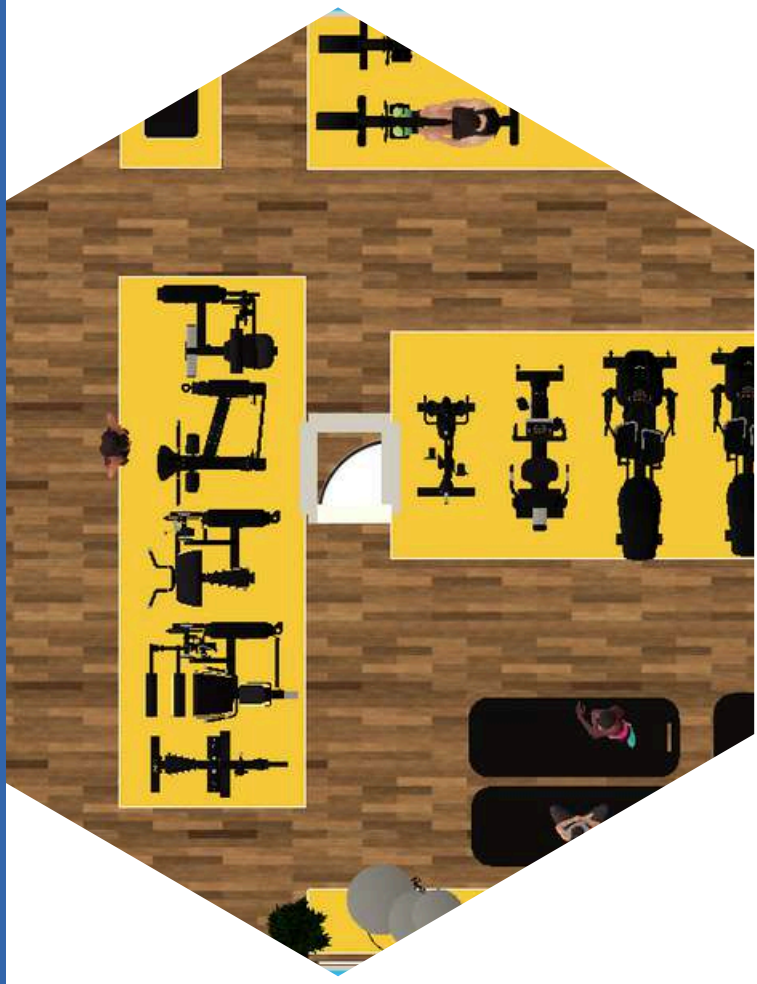
Benefits of Oval Tubing in Gym Equipment:

Aesthetics: Sleeker and more modern.
Ergonomics: More comfortable for users.
Weight Distribution: The shape of oval tubing allows for even distribution of weight in which offers a more stable and balanced feel during use.

Scan me!

Free 3D Design

2025 Edition





Scan me!

Walkthrough Video!

0860 888 888 | 061 755 5555 | www.expressfitness.co.za

Express Fitness Urban

2025 Edition

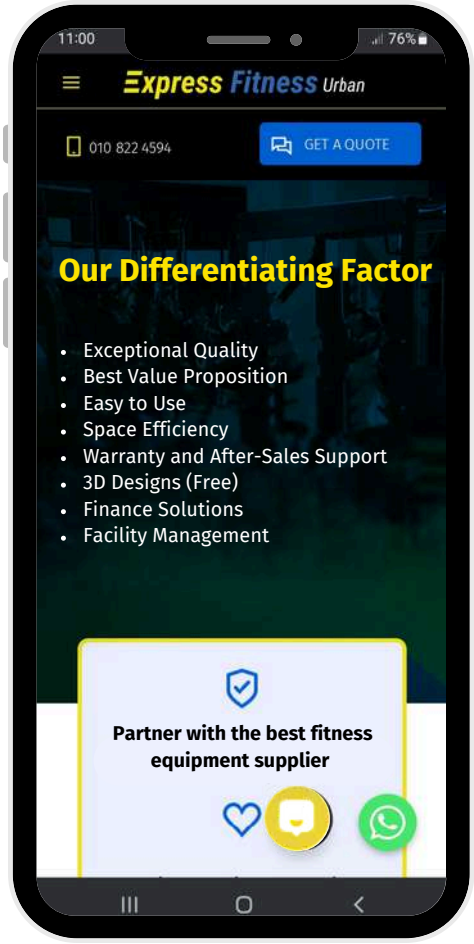
0860 888 888

061 755 5555

www.expressfitness.co.za

All Our Details

Our Website



0860 888 888 061 755 5555 www.expressfitness.co.za