



THE 2026 GEDA REPORT

Celebrating engineering excellence and design impact in the global fitness equipment industry.



Welcome to The 2026 GEDA Report.

Independent, expert-led recognition for excellence in gym equipment design.
Created for brands, operators, and users who value performance over promotion.

AWARD-WINNING GYM EQUIPMENT, FIRST

Early access to the latest GEDA-recognised equipment: products selected for how they perform when used, not how they look in a brochure.

OBJECTIVE INSIGHTS YOU CAN TRUST

Unbiased reporting on gym equipment design. No manufacturer sponsorship, no promotional partnerships; just an objective perspective for the industry.

EQUIPMENT DESIGN, EXAMINED

From engineering developments to shifting industry standards, The GEDA Report covers the design thinking shaping the next generation of fitness equipment.

SCORING PROCESS

USABILITY /9

How intuitive, safe, and practical is the user experience? This includes build quality, feel, ergonomics, footprint, and user interaction.

ADJUSTABILITY /5

How well can the equipment adapt to different users and use cases? Is every relevant adjustment available, accessible, and purposeful.

PROFILE /4

How well does the Resistance Profile™ of the machine match the Strength Profile™ of the human performing the intended movement?

INNOVATION /3

Is the concept novel? Is it achieved using a unique engineering technique?

THOUSANDS OF MACHINES ASSESSED AND ANALYSED AGAINST STRICT, OBJECTIVE CRITERIA.

NO CATEGORY WAS AWARDED UNLESS THERE WERE AT LEAST 6 STRONG CONTENDERS.

10 CATEGORIES.

3 BEST IN CLASS WINNERS PER CATEGORY.

18 WINNING BRANDS.

ONLY **6** MANAGED MORE THAN 1 AWARD-WINNING PIECE.

THE **30** BEST PIECES OF GYM EQUIPMENT COMMERCIALY AVAILABLE AS OF 1ST FEB 2026.

CATEGORIES

HORIZONTAL PRESS

Designs focused on pushing movements in the horizontal plane with linear or converging movements, such as chest presses.

HORIZONTAL PULL

Designs for horizontal pulling movements, where the humerus extends past the plane of the body against resistance directed from the front. Typically chest-supported rows.

VERTICAL PULL

Designs for vertical pulling movements such as pulldowns, facing towards or away from the resistance source.

GLENOHUMERAL ABDUCTION

Shoulder abduction mechanisms, seated or standing, with grips or humeral input pads. Commonly referred to as lateral raise exercises.

KNEE EXTENSION

Equipment designed to isolate the quadriceps through knee extension.

KNEE FLEXION

Equipment designed to challenge the hamstrings through knee flexion. Seated, lying, or standing variations.

HIP EXTENSION

Hip thrusts, kickbacks, or hyperextensions. Any design where hip extension is the primary function.

LOWER BODY PIN-LOADED PRESS

Any form of multi-joint hip and knee extension combo where the resistance is provided by a pin-loaded, selectorised stack.

LOWER BODY PLATE-LOADED PRESS

Any form of multi-joint hip and knee extension combo with plate-loaded resistance, where the footplate moves against a fixed backrest. The standard leg press format.

LOWER BODY PLATE-LOADED SQUAT

Any form of multi-joint hip and knee extension combo where the backrest or shoulder pads move and the footplate remains static. Plate-loaded squat variations.



The GEDAs recognise products that raise the standard in gym equipment functionality, evaluated solely on how well they work with and challenge the user.

Aesthetics are not a factor. The Council adjudicate as if there were no sticker on the piece. They have no affiliation (past or present) with any brand. All have bought, used, and trained clients on a wide range of equipment over their careers.

ENJOY THE REPORT!

Benny Price
Founder & Chairman of Gym Equipment Design
Certified RTS Mastery & Level 2 Instructor
1st Class Bachelors of Mechanical Engineering



MEET THE COUNCIL



Alexander Benjamin

- RTS Mastery Student
- ACE/ISSA S&C and Nutritional Specialist, PSL1
- 8+ years Personal Training experience, currently managing a team
- Founder & Owner, GoodMuscle HQ, Emporia, Kansas



Hamish Resky

- RTS Mastery Student
- Certified Personal Trainer
- Founder of Refined Performance Gyms in Sydney, totalling over 1200 sqm and featuring brands including Prime, Gymleco, Cybex, Nautilus, Atlantis, and Citadel
- Frequent international factory shopper



Harvey Mercado

- Co-Owner of Unreal Personal Training, housing 25+ brands and 60+ equipment pieces
- Certified Personal Trainer, Nutritionist (PSL1, NCI)
- 6+ years Personal Training experience
- BA (Hons) History and Business, currently completing MSc (ALTIS)



Olly Freeman

- Resistance Training Specialist@ (RTS) Level 2 student, Integra Education Project
- BSc Physics (University of Salford)
- 10+ years in the fitness industry, including 8+ as a Personal Trainer
- Former Gym Manager and Fitness Instructor
- Owner of Vide Personal Training

GEDA WINNERS

Best In Class: the top 3 highest-rated products in the 10 most competitive movement categories, selected by independent expert evaluation.

KNEE EXTENSION

Equipment to challenge extension of the knee joint while maintaining consistent hip position.

FREEMOTION
EPIC Selectorized Leg Extension
E5801



The EPIC Selectorized Leg Extension offers strong adjustability and range with a comfortable, intuitive user experience. The Resistance Profile™ accommodates the user's strength curve well throughout the movement.

PRIME
Hybrid Leg Extension



The Hybrid Leg Extension allows for an almost perfectly matched Resistance Profile™. The input pad moves linearly for position adjustment, independently from range, while maintaining comfortable contact throughout.

NewTech
OnHim Leg Extension



Full secondary joint adjustability allows for training with a more extended hip joint. Strong range adjustability and comfort complete a high-scoring piece.

KNEE FLEXION

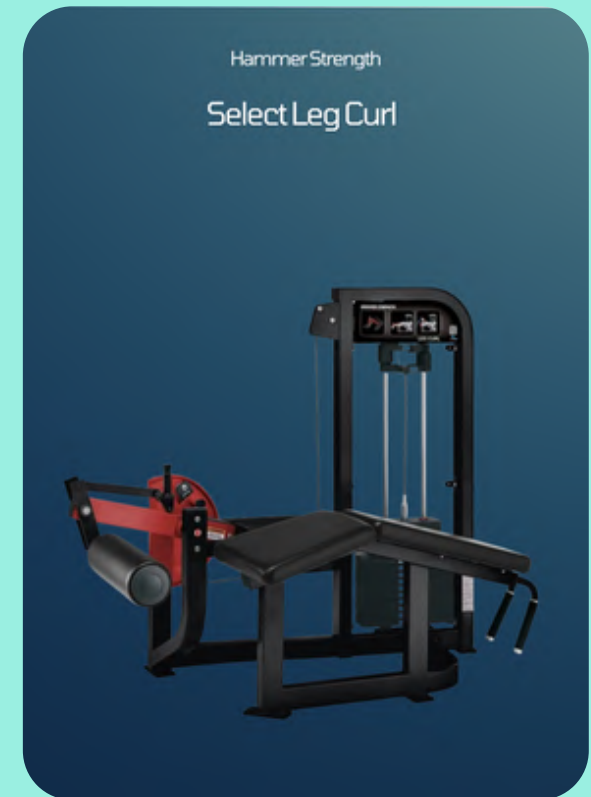
Equipment to challenge flexion of the knee joint while maintaining consistent hip position.



Extremely comfortable support and input pads, with the ability to select a well-matched Resistance Profile™ for knee flexion. Adjustability in all the places it should be.



Proof that pneumatic resistance can compete at this level. The Resistance Profile™, combined with the absence of inertial effects, separated this piece from the field. Simple load management buttons also drove strong usability scores.



One of the original pieces to set the standard in this category. The adjustability levers have been widely copied since — never as effectively. The hip angle is well positioned and shaped for consistent joint alignment.

HIP EXTENSION

Equipment to challenge extension of the hip joint with minimal knee joint management and involvement.

GLUTE BUILDER
PRECOR EXCLUSIVE PARTNER

Dual 45 Hip Extension



Built around the patented Dual 45 design. Adjustability accommodates a wide range of heights and limb lengths. Includes a flexed knee position option and a guided, plate-loaded path that drops in resistance through the movement for greater control.

BOOBY BUILDER
The original hip thrust machine

V8



Achieved the rare feat of being first to market in this category while still leading it over a decade later. The seatbelt design and adjustable supports deliver exceptional comfort and ease of use.

gym80

PURE KRAFT Booty Booster Special
4386



Applies resistance at the femur, effectively removing knee muscle involvement when training the hip extensors. The rotating backrest and moving thigh supports create a highly isolated exercise that scored well for both intuitiveness and user comfort.

LOWER BODY PIN LOADED PRESS

Pin-loaded equipment to challenge combined extension of the hip and knee joints without management of the spine.

MATRIX
Versa MD Leg Press
MD-570



A trolley system that allows microprogression from almost zero starting weight and various banding options depending on engagement, with the addition of isometric stoppers - very few machines of any kind have this degree of resistance manipulation.

SportsArt
Horizontal Leg Press



Exceptional adjustability, with well-placed handles and pneumatic assist for ease of operation. The track system is notably smooth, and starter footplates make initial positioning straightforward.

Atlantis

Horizontal Leg Press
C403



The sled runs on concave high-density nylon wheels and stainless steel rails for an exceptionally smooth track. Adjustable positioning and shoulder pad support contributed to a strong overall score.

LOWER BODY PLATE LOADED PRESS

Plate-loaded equipment to challenge combined extension of the hip and knee joints without management of the spine.



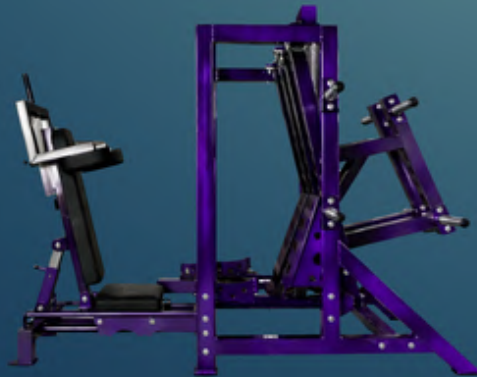
Keystone Plate Loaded Leg Press
VST700-PL70



A classic design with a Resistance Profile™ that aligns well with the user's Strength Profile™. The unusual addition of banding pegs allows resistance adjustment for users with limited range of motion. The extra-wide footplate is a strong finishing detail.



CITADEL STRENGTH
2n1 Hip Press



Strong Resistance Profile™ matching and solid adjustable support pads earned high marks from the Council. The Hip Press also offers variation in secondary hip joint positions and adjustable range of motion.



SportsArt
Angled Leg Press
A982



Footplate adjustability is a distinctive feature, paired with a smooth, solid track and comfortable backrest padding. A piece that proves how far the fundamentals can go when they're executed properly.

LOWER BODY PLATE LOADED SQUAT

Plate-loaded equipment to challenge combined extension of the hip and knee joints with optional management of the spine.

R ROGERS
Power Squat Pro



Built with a subtle arcing path and a patented mechanism that adjusts to the user's trunk position, accommodating different squatting patterns and body structures. Safety mechanisms limit range as needed, with an intuitive latching system.



Animal Adjustable Hack Squat



Range-limiting capability for safety, with an adjustable sled angle for reducing resistance and a footplate that accommodates dorsiflexion limitations. Rolling banding pegs allow on-the-fly Resistance Profile™ adjustment.

Arsenal Strength

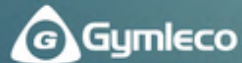
Reloaded Pendulum



Adjustability at both the footplate and the counterbalance. The piece moves through a smooth arc that matches the natural tendency of the hips to travel posteriorly during a squat, aligning well with the user's Strength Profile™.

HORIZONTAL PULL

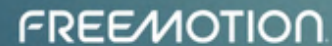
Designs for horizontal pulling movements such as rows and seated pulls. Chest-supported variations reduce the influence of hip and spine extension on the exercise.



D.Y. Row
Artnr. 017



A modernisation of the classic Dorian Yates-inspired row. Subtle divergence of path and a well-matched Resistance Profile™ throughout it. A slim seat and chest support with adjustability accommodates varying trunk and arm lengths.



EPIC Selectorized Seated Row
ES817



A fluid trailing arm path and a refined Resistance Profile™, showing clear design lineage from Freemotion's earlier pieces. A simple, non-diverging path well suited to sagittal plane rows, with the necessary adjustability.

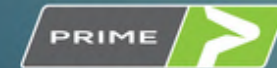


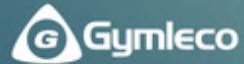
Plate Loaded Seated Row



Chest-supported with notably comfortable and ergonomically shaped support padding. Trailing arms follow the arc of the shoulder through various planes, with the ability to build the ideal Resistance Profile™ through the range. Adjustable at both seat and chest.

HORIZONTAL PRESS

Designs for horizontal pushing movements such as chest presses, with linear or arcing, and parallel or converging paths.



Seated Chest Press

Art.nr. 321



An exceptional path of motion driven by a clever pair of leverage systems. The right amount of adjustability and a well-matched Resistance Profile™. Preferred by The Council over its plate-loaded equivalent for the range limitation offered by the weight stack.



Hybrid Chest Press



A slight convergence with the ability to select a Resistance Profile™ that accommodates strength well. Thick handles reduce pressure on the palms under heavy resistance and the subtle upward arc feels smooth

Nautilus

Leverage Seated Chest Press



A single handle option, but the unilateral range limitation and a complex multi-lever system deliver a strong Resistance Profile™. The lever engineering is the standout feature. The main drawback is the lack of grip variety options.

VERTICAL PULL

Designs for vertical pulling movements, generally referred to as pulldowns, with resistance directed upwards from above.



Plate Loaded Lat Pulldown



Multiple range-limiting options allow precise tailoring of the Resistance Profile™ portion being trained. Trailing arm handles support variation in arm path across different pulling angles.



Lat Pulldown



A well-matched Resistance Profile™ and solid, angle-adjustable pads that support various torso positions. This pulldown distinguished itself through a slightly adducting path of motion that closely follows the natural arc of the shoulder.



Roc-it Plateloaded Pulldown
RPL-5201



Multiple handle options and a large seat allow for flexible user positioning, particularly for those who favour a slightly reclined pull. The plate-loaded design enables opposing unilateral work without inertial effects — a distinctive feature at this level.

GLENOHUMERAL ABDUCTION

Abduction of the shoulder joint, commonly referred to as a 'lateral raise' exercise, with force applied through either a handle or a pad at the humerus.

 Gymleco

Shoulder Rotation
Art.nr. 331



The essential adjustability needed to accommodate varying torso heights, with Gymleco's trademark lever & roller system producing a notably dramatic Resistance Profile™. Range limiting can be performed via the stack on the super smooth belt.

 gym80

4385 - PURE KRAFT
Standing Shoulder Lateral Raise



A solid Resistance Profile™ thanks to a dual-axis system and extremely precise height adjustability cover the fundamentals of a strong lateral raise design. Handle cuffs eliminate grip as a limiting factor, keeping focus on the target musculature.

Technogym

Selection 900 Delts



The most user-friendly range-limiting system on the market. Combined with seat adjustability and comfort, ergonomic padding, this piece has some uniquely excellent elements. Smooth and stable under heavy resistance.



THANK YOU FOR YOUR SUPPORT

If you found this report valuable, please direct a friend or colleague to download theirs. The more people appreciating excellently engineered equipment, the better.

We'll be covering new equipment releases and industry developments throughout 2026, with the next edition of The GEDA Report to follow.

For any questions, reach out to info@gymequipmentdesign.com