

**WHAT WE
LIVE FOR**



PRODUCT CATALOG

LifeFitness

Your complete guide to Life Fitness and Hammer Strength products, plus valuable information on working with Life Fitness can help you succeed.

Insert this into any PC and easily navigate through our full product offering



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www.lifefitness.com

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**"Building athletes,
- it's our mission,
our passion."**

Strength training is anything but a routine. Top coaches instill fundamentals in the first year that become building blocks for the fourth. Keeping things interesting requires thoughtful strategy and solid techniques. That's where Hammer Strength comes into their programs—the innovative nature of the equipment and commitment to education through Hammer Strength clinics enables coaches to customize training for winning teams.

**BRINGING OUT THE BEST
EVERY COACH'S CHALLENGE**



WE'RE CALLED **LIFE FITNESS** FOR A REASON,
BECAUSE HELPING PEOPLE LIVE HEALTHIER
LIVES IS MORE THAN JUST OUR BUSINESS,
IT'S OUR PASSION. COMMITMENT, IT'S WHAT
SETS US APART. AND IT DOESN'T END WITH THE
EQUIPMENT, THAT'S JUST THE BEGINNING.
LIFE FITNESS. IT'S MORE THAN JUST
OUR NAME, IT'S...

WHAT WE LIVE FOR.

LifeFitness

LIFE FITNESS
JOURNEY

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**HAMMER
STRENGTH®**

**PRODUCT
OVERVIEW**

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THE GLOBAL LEADER

Being the leader is the result of people around the world who are passionate about fitness and dedicated to the success of the industry. Our people have advanced the technology in industrial design, mechanical engineering, testing, quality and other aspects of manufacturing.

That leadership position is strengthened every day as we develop deeper relationships with our customers through exceptional support in key areas.

Our teams understand how to plan a facility that empowers people who are just beginning an exercise program as well as those who are looking for new challenges.

We take service very seriously; from installation through the life of your equipment our goal is to be responsive and resourceful.

Together, the people and process form the core of Life Fitness.

We look forward to working with you.

"I believe in the value of Life Fitness. Our products are backed up by the very best engineering, quality control and testing resources."

Chris Clawson
President, Life Fitness



TREADMILL GROUP SPACE

EXPERIENCES THAT DIFFERENTIATE

The Life Fitness Journey™ creates outstanding exerciser experiences designed to help you attract new people and keep them coming back again and again.

This user-friendly approach to facility design and layout creates a dynamic environment in which exercise equipment is thoughtfully grouped in workout spaces with purpose and focus.

The Life Fitness Journey delivers what motivates people – environment, progression, variety and social interaction – to keep them on their exercise path.



SET YOUR FACILITY APART

ASK YOUR LIFE FITNESS REPRESENTATIVE
HOW THE LIFE FITNESS JOURNEY WILL WORK FOR YOU!



ELEVATION™ SERIES

Elevation Series cardio equipment is our ultimate workout experience. Designed with great attention to detail, it appeals to a range of people and the rigorously-tested biomechanics ensure great-feeling workouts for all of them. This line is sure to enhance your reputation as a destination facility.

VIRTUAL TRAINER WEB SITE

The Life Fitness Virtual Trainer Web Site is an online tool that provides exercisers a fun and easy way to create and share workouts and track their progress.



www.VirtualTrainer.LifeFitness.com

INNOVATION THAT CONNECTS

Integrated motivation and entertainment features including USB connectivity, on-console Virtual Trainer and seamless iPod® and iPhone compatibility make workouts more effective, more fun and something no one wants to miss.



www.lifefitness.com



THE ULTIMATE EXERCISE EXPERIENCE

**INTEGRITY™
SERIES**

BUILT FOR EVERYDAY AND BEYOND

Known for unmatched durability and effective workouts, these machines are trusted by world-class facilities all over the globe. With new aesthetic and entertainment upgrades, Integrity Series now offers an even more compelling exercise experience.

ENHANCED ENTERTAINMENT OPTIONS

New iPod compatibility and integrated iPod/TV controls keep exercisers motivated and entertained throughout the workout.



— Available outside the US and Canada



FLEXDECK™ SHOCK ABSORPTION SYSTEM

Our patented system reduces knee and joint stress by up to 30% more than non-cushioned surfaces, decreasing the chance for injury.

ATTACHABLE TV

Enhance the workout experience with these specially-designed 17" widescreen TVs. Adding personal screens enables people to watch their favorite television shows or videos via an iPod or iPhone. With these added entertainment options, workouts are more enjoyable than ever.

VIBRANT VISUAL EXPERIENCE

These high-definition televisions offer exceptional picture clarity, brilliant images and rich, natural color.

LONG-LASTING DURABILITY

The screens are reinforced with an acrylic protection panel to better withstand the daily demands of fitness facilities.

OPTIMAL VIEWING ANGLE

Ergonomically designed to maximize sightlines and reduce glare for people of various heights.

ENJOY SOME SCREEN TIME



Inspire Console with integrated iPod/TV controls



Achieve Console with External Remote



Integrity Console with integrated iPod/TV controls

ATTACHABLE TVs WORK WITH A WIDE RANGE OF SET-UPS

FOR ALL ATTACHABLE TV OPTIONS PLEASE SEE THE ENCLOSED CD.

SIGNATURE SERIES

In a true case of form following function, Signature Series offers a total strength solution that allows you to create a comprehensive environment in which people feel inspired to achieve their fitness goals. The natural, comfortable motions of the machines deliver a consistently premium experience whether using the new Plate-Loaded machines, the always-trusted Single Stations, versatile Cable Motion™, plus Benches and Racks.



UNMATCHED DESIGN UNBEATABLE WORKOUTS

DYNAMIC DESIGN

This line is tested by our biomechanics team to mirror the natural strength of an exerciser. Each machine provides extra challenge where necessary for effective workouts that feel great.



SIGNATURE SINGLE STATION

Every one of these popular and easy-to-use machines is designed to place individuals of all fitness levels in the ideal exercise position to optimize results. Single Stations form the baseline for strength exercise regardless of experience level or goal type.

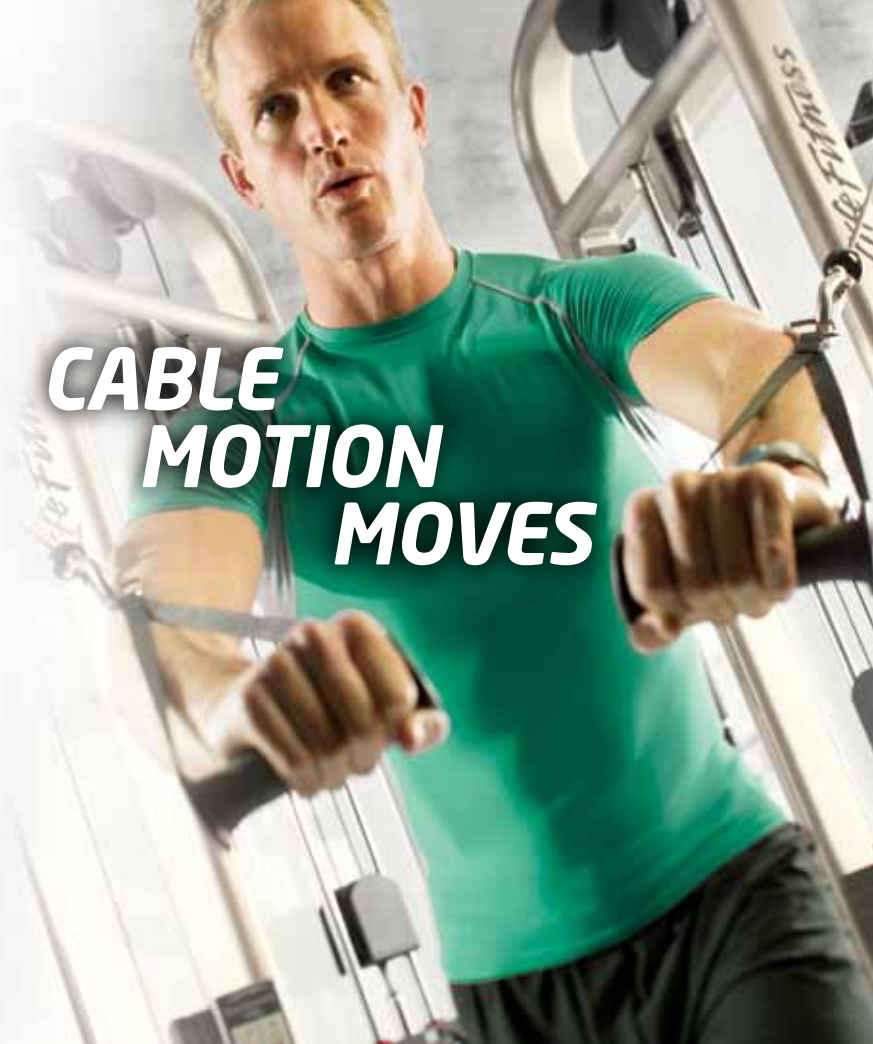
UNIVERSALLY APPEALLING EQUIPMENT



SIGNATURE CABLE MOTION

With its focus on user-defined paths of motion and stabilization, plus the addition of independent movements, these machines challenge even expert exercisers. Cable Motion routines translate well into sports-specific activities and everyday life.

CABLE MOTION MOVES



SIGNATURE PLATE-LOADED

These machines bring the independent, converging and diverging movements of the world's original and best Plate-Loaded equipment—Hammer Strength—to Signature Series. Great for slightly more experienced users, Plate-Loaded provides a logical next step in strength training.

EVOLVE THE EXPERIENCE



SIGNATURE BENCHES & RACKS

Elevated aesthetics extend to this extensive selection of well-thought-out benches and hardworking racks. Signature Series allows you to create a cohesive environment that is equipped to challenge even the most advanced exercisers.

FREE TO ACHIEVE



PRO2 SERIES

This is strength equipment that stands up to pretty much anything while always delivering great results. Pro2 Series, with its traditional paths of motion, supports exercisers as they push themselves to achieve their goals.

HARDWORKING FAVORITES WITH RUGGED APPEAL

HEAVY-DUTY CONSTRUCTION

Sturdy steel tubing, precision welds and internally lubricated cables all ensure Pro2 Series meets the needs of demanding fitness environments.



UNIVERSAL APPEAL

Pro2 Series is easy enough for any novice to use, yet powerful enough to stand up to your most dedicated clientele.

MULTIPLE MODELS

SE models (shown) offer better adjustability, drop down weight increments, standard rear weight stack shrouds and an array of color options for frames and upholstery. Base models* are also available. Please see enclosed CD for more details.



Optima SERIES

Our newest line blends reliability and high style into a wide range of compact strength equipment. This versatile equipment, which now includes five new multi-exercise machines, delivers more challenges in less space and simplifies strength training so people can meet their goals.

STRENGTH SIMPLIFIED



SPACE SAVING STYLE

Optima Series equipment, especially the multi-exercise machines that allow for two or more activities in a single station, is designed to maximize your fitness floor.



CIRCUIT SERIES

A complete line designed to help exercisers—on their own or with a group— enjoy the benefits of strength training. Inviting and easy-to-use, these machines were designed as a great introduction to circuit training, with push button controls and no set-up adjustments.

RAPID PROGRESS

With low starting resistance levels and small increment adjustments, exercisers enjoy a motivating sense of accomplishment.



PUSH-BUTTON RESISTANCE

The Lifeband Resistance™ System features push-button controls and provides two-way tension on each movement for more complete workouts.

A DESTINATION FOR RESULTS

ELEVATION SERIES

ENGAGE CONSOLE*



ENGAGE - TREADMILL



ENGAGE - ELLIPTICAL CROSS-TRAINER



ARMREST
OPTION
AVAILABLE



ENGAGE - RECUMBENT LIFECYCLE® EXERCISE BIKE



ENGAGE - UPRIGHT LIFECYCLE® EXERCISE BIKE
AVAILABLE IN XXL¹

INSPIRE CONSOLE*



INSPIRE - TREADMILL



INSPIRE - ELLIPTICAL CROSS-TRAINER



ARMREST
OPTION
AVAILABLE



INSPIRE - RECUMBENT LIFECYCLE® EXERCISE BIKE



INSPIRE - UPRIGHT LIFECYCLE® EXERCISE BIKE
AVAILABLE IN XXL¹

ACHIEVE CONSOLE*



ACHIEVE - TREADMILL



ACHIEVE - ELLIPTICAL CROSS-TRAINER



ARMREST
OPTION
AVAILABLE



ACHIEVE - RECUMBENT LIFECYCLE® EXERCISE BIKE



ACHIEVE - UPRIGHT LIFECYCLE® EXERCISE BIKE
AVAILABLE IN XXL¹

17" ATTACHABLE TV*



TREADMILL
W/ 17" ATTACHABLE TV



ELLIPTICAL CROSS-TRAINER
W/ 17" ATTACHABLE TV



RECUMBENT LIFECYCLE® EXERCISE BIKE
W/ 17" ATTACHABLE TV



UPRIGHT LIFECYCLE® EXERCISE BIKE
W/ 17" ATTACHABLE TV

INTEGRITY SERIES

NEW
PRODUCTS



ALL INTEGRITY SERIES
PRODUCTS AVAILABLE
W/ 17" ATTACHABLE TV



TREADMILL



ELLIPTICAL CROSS-TRAINER (CLSX)
– Available in the US,
Canada and select countries



ELLIPTICAL CROSS-TRAINER (CLSXH)
– Available outside the US
and Canada



RECUMBENT LIFECYCLE® EXERCISE BIKE



UPRIGHT LIFECYCLE® EXERCISE BIKE



STAIRCLIMBER



SUMMIT TRAINER



97Ti TREADMILL

ADDITIONAL CARDIO



91Ti



90T



93Si



90S



SIGNATURE SERIES SINGLE STATION

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale



□ CHEST PRESS
- FZCP



□ FLY
- FZPEC



□ LAT RAISE
- FZLR



□ PULLDOWN
- FZPD



□ ROW/REAR DELT
- FZRW



□ SHOULDER PRESS
- FZSP



□ BICEPS CURL
- FZBC



□ TRICEPS PRESS
- FZTP



□ SEATED LEG CURL
- FZSLC



□ LEG EXTENSION
- FZLE



□ SEATED LEG PRESS
- FZSLP



□ HIP ADDUCTION
- FZHAD



□ HIP ABDUCTION
- FZHAB



□ CALF EXTENSION
- FZCE



□ GLUTE
- FZGL



□ BACK EXTENSION
- FZBE



□ TORSO ROTATION
- FZTR



□ ABDOMINAL
- FZAB



SIGNATURE SERIES PLATE-LOADED

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale

NEW
PRODUCTS



□ INCLINE PRESS
- SPLIP



□ DECLINE CHEST PRESS
- SPLDCP



□ SHOULDER PRESS
- SPLSP



□ FRONT PULLDOWN
- SPLPD



□ HIGH ROW
- SPLHR



□ ROW
- SPLROW



□ SEATED DIP
- SPLDIP



□ BICEPS CURL
- SPLBC



□ LINEAR LEG PRESS
- SPLLLP



□ KNEELING LEG CURL
- SPLKLC



□ LEG EXTENSION
- SPLLE



□ CALF RAISE
- SPLCALF

NEW TWO-TONE FRAME AND WORKARM FEATURE

*Workarms available in new textured Shadow Grey and other Signature Series standard/premium color options. Shadow Grey only available on workarms. See color chart for all available color options.

Only available on Signature Plate Loaded.



NEW COLOR!
TEXTURED SHADOW GREY*

NEW CUSTOM COLOR!
CANDY APPLE RED





SIGNATURE SERIES CABLE MOTION

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale



□ CHEST PRESS
- CMCP



□ SHOULDER PRESS
- CMSP



□ ROW
- CMRW



□ PULLDOWN
- CMPD



□ CABLE COLUMN
- CMCC



□ DUAL ADJUSTABLE
PULLEY - CMDAP



□ DUAL ADJUSTABLE
PULLEY CONSOLE -
DAP-CONSOLE-01



□ CABLE CROSSOVER
- CMACO



□ HAMMER
STRENGTH
TRAINING
VEST
- HSTV



□ MULTI-JUNGLE
(SAMPLE 4-STACK)



□ MULTI-JUNGLE
(SAMPLE 5-STACK)



□ HANDLE ACCESSORY
RACK - MJHAR

TRAINING STATIONS

- ADJUSTABLE PULLEY - MJAP
- ADJUSTABLE CROSS-OVER
- MJAXO (MJACO)
- FIXED CROSS-OVER
- MJFXO (MJFCO)
- LAT PULLDOWN - MJLP
- DUAL PULLEY PULLDOWN
- MJLPD
- LOW ROW - MJRW
- DUAL PULLEY ROW - MJRWD
- TRICEPS PUSHDOWN - MJTP

FOR A FULL LIST OF OPTIONS
SEE THE PRODUCT CATALOG CD



□ MULTI-JUNGLE
(SAMPLE 8-STACK)



□ MULTI-JUNGLE
(SAMPLE 12-STACK)



□ MULTI-JUNGLE
(SAMPLE 12-STACK V-SHAPE)



SIGNATURE SERIES BENCHES & RACKS

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale



□ OLYMPIC FLAT
BENCH - SOFB



□ OLYMPIC INCLINE
BENCH - SOIB



□ OLYMPIC DECLINE
BENCH - SODB



□ OLYMPIC MILITARY
BENCH - SOMB



□ OLYMPIC BENCH
WEIGHT STORAGE
- SOBWS



□ OLYMPIC SQUAT
RACK - SOSR



□ ARM CURL BENCH
- SAC



□ SMITH MACHINE
- SSM



□ MULTI-ADJUSTABLE
BENCH
- SMAB



□ FLAT BENCH
- SFB



□ UTILITY BENCH
- SUB



□ AB CRUNCH
BENCH - SABC



□ ADJUSTABLE
DECLINE/
ABDOMINAL
BENCH - SADB



□ BACK EXTENSION
- SBE



□ LEG RAISE
- SLR



□ SINGLE TIER
DUMBBELL RACK
- SDR1



□ CHIN/DIP/LEG RAISE -
SCDLR



□ TWO TIER
DUMBBELL RACK
- SDR2



□ OLYMPIC WEIGHT
TREE - SOWT



□ BARBELL RACK
- SBRR



□ HANDLE RACK
- SHR

PRO2 SERIES

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale



☐ CHEST PRESS - PSCPSE
☐ PEC FLY/REAR DELT - PSFLYSE
☐ PEC FLY - PSPECSE
☐ LAT PULLDOWN - PSPDSE
☐ LATERAL RAISE - PSLRSE
☐ SHOULDER PRESS - PSSPSE



☐ FIXED PULLDOWN - PSFPDSE
☐ SEATED ROW - PSRWSE
☐ BICEPS CURL - PSBCSE
☐ TRICEPS EXTENSION - PSTESE
☐ ASSIST DIP CHIN - PSADCSE



☐ LEG CURL - PSLCSE
☐ SEATED LEG CURL - PSSLCSE
☐ LEG EXTENSION - PSLESE
☐ SEATED LEG PRESS - PSSLPSE
☐ HIP ADDUCTION - PSHADSE



☐ HIP ABDUCTION - PSHABSE
☐ HIP & GLUTE - PSHGSE
☐ HORIZONTAL CALF - PSHCSE
☐ BACK EXTENSION - PSBESE
☐ ABDOMINAL CRUNCH - PSABCSE

ALL PRO2 PRODUCTS SHOWN WITH SE OPTIONS. FRONT SHROUDS AVAILABLE.

OPTIMA SERIES

Images not to scale



☐ CHEST PRESS - OSCP
☐ SHOULDER PRESS - OSSP
☐ SEATED ROW - OSRW
☐ LAT PULLDOWN - OSPD
☐ BICEP CURL - OSBC



☐ TRICEP EXTENSION - OSTE
☐ LEG EXTENSION - OSLE
☐ LEG CURL - OSLC
☐ LEG PRESS - OSLP
☐ ABDOMINAL - OSAB

NEW PRODUCTS



☐ HIP ABDUCTOR/ADDUCTOR - OSHAA
☐ PEC FLY / REAR DELT - OSFLY
☐ LAT PULLDOWN / LOW ROW - OSLR
☐ LEG EXTENSION / CURL - OSLEC
☐ MULTI PRESS - OSMPP



☐ SMITH / RACK - OSSM



☐ ADJUSTABLE BENCH - OSADJ



☐ VERTICAL DUMBBELL RACK - OSDBV



☐ THREE TIER DUMBBELL RACK - OSDB3

FIT SERIES

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale



☐ FIT 3 MULTI-GYM
- FSF3



☐ FIT 1.0 CM
- FSFCM1



☐ DUAL ADJUSTABLE
PULLEY - FSDAP



☐ POWER RACK
- CSPR



☐ ADJUSTABLE
BENCH - CSAJB

CIRCUIT SERIES

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

Images not to scale



☐ CHEST PRESS
- TCCP



☐ SHOULDER PRESS
- TCSP



☐ SEATED ROW
- TCRW



☐ LAT PULLDOWN
- TCPD



☐ BICEPS CURL
- TCBC



☐ TRICEPS PRESS
- TCPT



☐ SEATED LEG CURL
- TCLC



☐ LEG EXTENSION
- TCLE



☐ SQUAT
- TCSL



☐ AB CRUNCH
- TCAB



☐ AB CURL BENCH
- TCABB



☐ TRANSITION EXERCISE
PLACARDS - TCPLRD

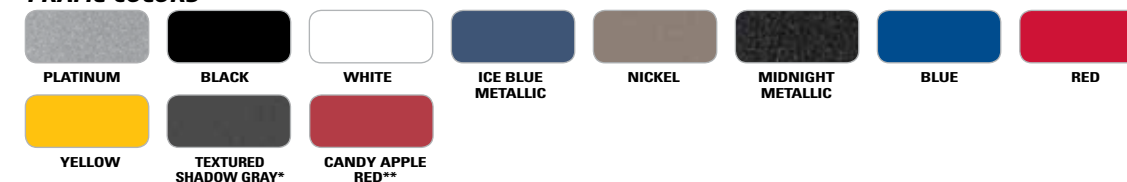


☐ TRANSITION EXERCISE
PLACARD STAND
- TCPST

COLOR CHART

ALL PRODUCTS ARE NOT AVAILABLE IN ALL COLORS, SEE PAGE 34 FOR FULL COLOR SPECIFICATIONS

FRAME COLORS



STANDARD UPHOLSTERY COLORS



PREMIUM UPHOLSTERY COLORS



CUSTOM COLORS

In addition to standard colors we offer custom colors. Contact your sales representative for more information.

*ONLY AVAILABLE FOR WORK ARMS ON SIGNATURE PLATE-LOADED **ONLY AVAILABLE ON SIGNATURE PLATE-LOADED

CUSTOMIZE YOUR EQUIPMENT ONLINE WITH THE LIFE FITNESS AND HAMMER STRENGTH EXCLUSIVE, COLOR CONFIGURATOR

LIFE FITNESS COLOR CONFIGURATOR

<http://us.commercial.lifefitness.com> - SEARCH COLOR CONFIGURATION



1. SELECT A TYPE
OF PRODUCT



2. SELECT A SPECIFIC
PRODUCT



3. SELECT COLOR
CONFIGURATOR



HAMMER STRENGTH COLOR CONFIGURATOR

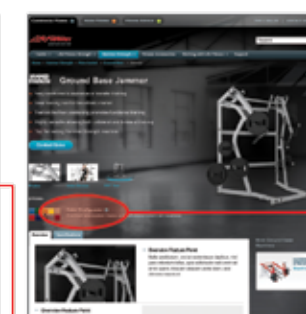
<http://us.commercial.lifefitness.com/content.cfm/hammerstrength>



1. SELECT A TYPE
OF PRODUCT



2. SELECT A SPECIFIC
PRODUCT



3. SELECT COLOR
CONFIGURATOR



STRENGTH FRAME COLOR CHART

KEY ● STANDARD ○ OPTIONAL + CUSTOM ++ PREMIUM — UNAVAILABLE

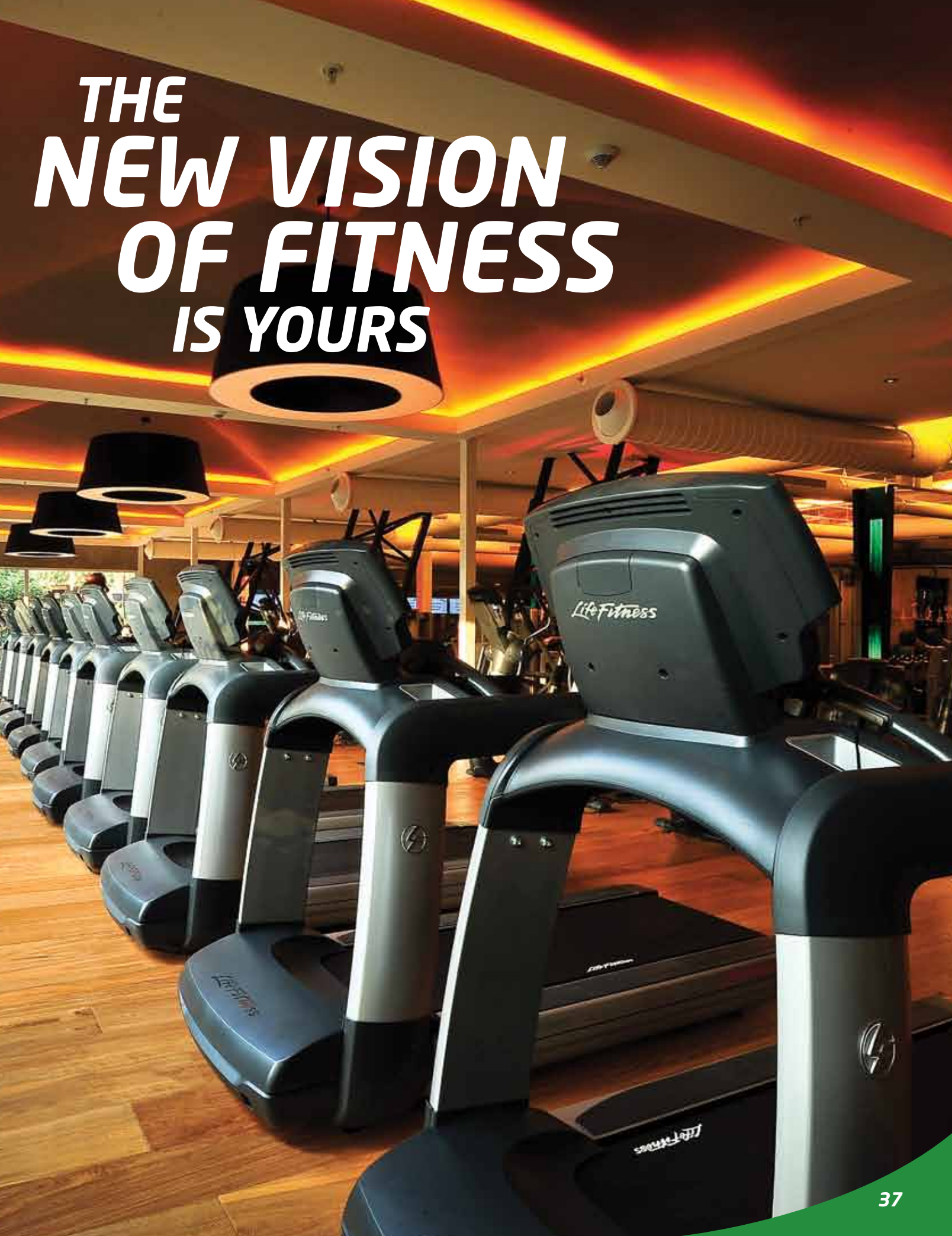
COLOR	SIGNATURE SERIES			PRO 2 SE SERIES	PRO 2 SERIES	CIRCUIT SERIES	OPTIMA SERIES	FIT SERIES	HAMMER STRENGTH		
	SINGLE STATIONS AND CABLE MOTION	BENCHES & RACKS	PLATE-LOADED*						MTS	PLATE LOADED AND BENCHES & RACKS	OLYMPIC HEAVY-DUTY
Platinum	●	●	●	●	●	●	●	●	●	●	●
White	●	●	●	●	●	●	—	—	●	●	●
Black	●	—	●	●	○	—	—	—	●	●	●
Ice Blue Metallic	○	—	●	○	○	—	—	—	○	●	●
Midnight Metallic	○	—	●	○	○	—	—	—	○	●	●
Nickel	○	—	●	○	○	—	—	—	○	●	●
Blue	+	—	●	+	+	—	—	—	+	●	●
Red	+	—	●	+	+	—	—	—	+	●	●
Yellow	+	—	●	+	+	—	—	—	+	●	●
Shadow Gray	—	—	●	—	—	—	—	—	—	—	—
Candy Apple Red	—	—	++	—	—	—	—	—	—	—	—
Custom	+	—	+	+	+	—	—	—	+	+	+

* Signature Series Plate-Loaded frame and workarms available in separate colors.

STRENGTH UPHOLSTERY COLOR CHART

COLOR	SIGNATURE SERIES			PRO 2 SE SERIES	PRO 2 SERIES	CIRCUIT SERIES	OPTIMA SERIES	FIT SERIES	HAMMER STRENGTH		
	SINGLE STATIONS AND CABLE MOTION	BENCHES & RACKS	PLATE-LOADED						MTS	PLATE LOADED AND BENCHES & RACKS	OLYMPIC HEAVY-DUTY
Am. Beauty Red	●	●	●	●	○	●	—	—	●	●	●
Azure	●	●	●	●	○	●	—	—	●	●	●
Black	●	●	●	●	●	●	●	●	●	●	●
Cranberry	●	●	●	●	○	●	○	—	●	●	●
Graphite	●	●	●	●	○	●	—	—	●	●	●
Hunter Green	●	●	●	●	○	●	—	—	●	●	●
Regimental Blue	●	●	●	●	○	●	—	—	●	●	●
Royal Blue	●	●	●	●	○	●	○	—	●	●	●
Slate	●	●	●	●	○	●	—	—	●	●	●
Wheat	●	●	●	●	○	●	—	—	●	●	●
Burgundy	○	○	○	○	○	○	—	—	○	○	○
Candy Apple Red	○	○	○	○	○	○	—	—	○	○	○
Chestnut	○	○	○	○	○	○	—	—	○	○	○
Concord	○	○	○	○	○	○	○	—	○	○	○
Crocus	○	○	○	○	○	○	—	—	○	○	○
Dove Gray	○	○	○	○	○	○	—	—	○	○	○
Emerald	○	○	○	○	○	○	—	—	○	○	○
Grotto	○	○	○	○	○	○	—	—	○	○	○
Gun Metal	○	○	○	○	○	○	—	—	○	○	○
Imperial Blue	○	○	○	○	○	○	—	—	○	○	○
Jade	○	○	○	○	○	○	—	—	○	○	○
Navy	○	○	○	○	○	○	—	—	○	○	○
Northwoods Green	○	○	○	○	○	○	—	—	○	○	○
Paprika	○	○	○	○	○	○	—	—	○	○	○
Plum	○	○	○	○	○	○	—	—	○	○	○
Putty	○	○	○	○	○	○	—	—	○	○	○
Space Blue	○	○	○	○	○	○	—	—	○	○	○
Suede	○	○	○	○	○	○	—	—	○	○	○
Terra Cotta	○	○	○	○	○	○	○	—	○	○	○
Turquoise	○	○	○	○	○	○	—	—	○	○	○
Custom	+	+	+	+	+	+	—	—	+	+	+

Premium and Custom frame and upholstery colors are available for an additional charge.



THE
NEW VISION
OF FITNESS
IS YOURS

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

HAMMER STRENGTH BENCHES AND RACKS

Images not to scale



SMITH MACHINE
- HSSM



OLYMPIC FLAT
BENCH - OFB



OLYMPIC INCLINE
BENCH - OIB



OLYMPIC DECLINE
BENCH - ODB



OLYMPIC MILITARY
BENCH - OMB



OLYMPIC BENCH
WEIGHT STORAGE
- OBWS



SEATED ARM CURL
- FWAC



OLYMPIC SQUAT
RACK - OSR



OLYMPIC POWER
RACK - OPR



ADJUSTABLE
BENCH [PRO
STYLE] - FWMAB



ADJUSTABLE
BENCH - FWADJ



FLAT BENCH
- FWFB



UTILITY BENCH-75°
- FWUB75



DECLINE/ABDOMINAL
BENCH - FWDB



BACK EXTENSION
- BWBE



GLUTE/HAM - BWGH



FIXED PAD GLUTE/HAM
- BWGHF



LEG RAISE - BWCDL



DELUXE WEIGHT
TREE - FWDWT



DUMBBELL RACK-SINGLE
- FWDR1



DUMBBELL RACK-DOUBLE
- FWDR2



BARBELL RACK
- FWBAR

HAMMER
STRENGTH
TRAINING VEST



HAMMER STRENGTH
TRAINING VEST - HSTV



SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

HAMMER STRENGTH PLATE-LOADED

Images not to scale



PULLOVER
- PLPO



GRIPPER
- PLGRIP



LINEAR LEG PRESS
- HSLLP



LEG PRESS
- PLLP



ISO-LATERAL
LEG PRESS - ILLP



LINEAR HACK
PRESS - PLLHP



V-SQUAT - PLVSQ



SEATED CALF
RAISE - PLCALF



ISO-LATERAL
SUPER
HORIZONTAL
CALF - PLSHC



ABDUCTOR
- PLABD



ADDUCTOR
- PLADD



LEG EXTENSION
- PLLE



ISO-LATERAL
LEG EXTENSION
- ILLE



SEATED LEG CURL
- PLSLC



ISO-LATERAL
KNEELING LEG
CURL - ILKLC



ISO-LATERAL
LEG CURL - ILLC



TIBIA DORSI FLEXION
- PLTIB

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

HAMMER STRENGTH GROUND BASE

Images not to scale



JAMMER
- GBJ



COMBO INCLINE
- GBCI



COMBO DECLINE
- GB CD



COMBO TWIST
- GBCT



TWIST RIGHT
- GBT-R



TWIST LEFT
- GBT-L



SQUAT LUNGE
- GBSL



SQUAT HIGH PULL
- GBSHP

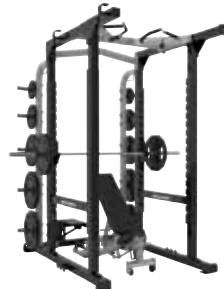
SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

HAMMER STRENGTH HEAVY DUTY RACKS

Images not to scale



COMBO RACK
- HDCR8 (8')/ HDCR9 (9')



8' 9' POWER RACK
- HDPR8 (8')/ HDPR9 (9')



MULTI RACK
- HDMR8 (8')/ HDMR9 (9')



HALF RACK
- HDHR8 (8')/ HDHR9 (9')



ADJUSTABLE
BENCH
- HDADJ



4' X 8' PLATFORM(NOT SHOWN)*
- HD4X8

6' X 8' PLATFORM*
- HD6X8

8' X 8' PLATFORM(NOT SHOWN)*
- HD8X8



SMALL BUMPER PLATE
STORAGE - FWBPS



LARGE BUMPER PLATE
STORAGE - FWBPL

HEAVY DUTY RACK
ACCESSORIES

HANDLE OPTIONS

- 4-HANDLE PULL-UP/CHIN UP
- 6-HANDLE PULL-UP/CHIN UP
- THICK GRIP PULL-UP/CHIN UP (1 3/4" DIAMETER)

OPTIONAL
ACCESSORIES

- SPOTTER PLATFORMS
- DOCK 'N LOCK
- DIP ATTACHMENT
- REVERSE DIP ATTACHMENT
- TECHNIQUE TRAY
- REVERSE TECHNIQUE TRAY
- TOP RESISTANCE PEGS
- ADDITIONAL REVERSE BAR SUPPORTS
- PREMIUM ZINC PLATED UPRIGHTS

SEE PRODUCT CD FOR
DETAILED HEAVY DUTY RACK
ACCESSORIES DESCRIPTION

*AVAILABLE WITH SHORT & MEDIUM INSERTS

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

HAMMER STRENGTH MTS

Images not to scale



ISO-LATERAL CHEST PRESS - MTSCP



ISO-LATERAL DECLINE PRESS - MTSDP



ISO-LATERAL INCLINE PRESS - MTSIP



ISO-LATERAL SHOULDER PRESS - MTSSP



ISO-LATERAL ROW - MTSRW



ISO-LATERAL HIGH ROW - MTSHR



ISO-LATERAL FRONT PULLDOWN - MTSFP



ISO-LATERAL BICEPS CURL - MTSBC



ISO-LATERAL TRICEPS EXTENSION - MTSTE



ISO-LATERAL LEG EXTENSION - MTSLE



ISO-LATERAL KNEELING LEG CURL - MTSKC



V-SQUAT - MTSVS



ABDOMINAL CRUNCH - MTSAB

SEE PAGE 33 FOR AVAILABLE COLOR OPTIONS

HAMMER STRENGTH PLATE-LOADED

Images not to scale



ISO-LATERAL BENCH PRESS - ILBP



ISO-LATERAL HORIZONTAL PRESS - ILHBP



ISO-LATERAL INCLINE PRESS - ILIP-H



ISO-LATERAL SUPER INCLINE PRESS - ILFMP



ISO-LATERAL WIDE CHEST - ILWC



ISO-LATERAL DECLINE PRESS - ILDCP



ISO-LATERAL SHOULDER PRESS - ILSP



ISO-LATERAL CHEST/BACK - ILCB



ISO-LATERAL FRONT LAT PULLDOWN - ILPD



ISO-LATERAL WIDE PULLDOWN - ILWPD



ISO-LATERAL HIGH ROW - ILHR



ISO-LATERAL ROWING - ILROW



ISO-LATERAL D.Y. ROW - ILDRW



ISO-LATERAL LOW ROW - ILLR



SEATED/STANDING SHRUG - PLSH



SEATED DIP - PLDIP



SEATED BICEPS - PLBI



ISO-LATERAL LATERAL RAISE - PLLR



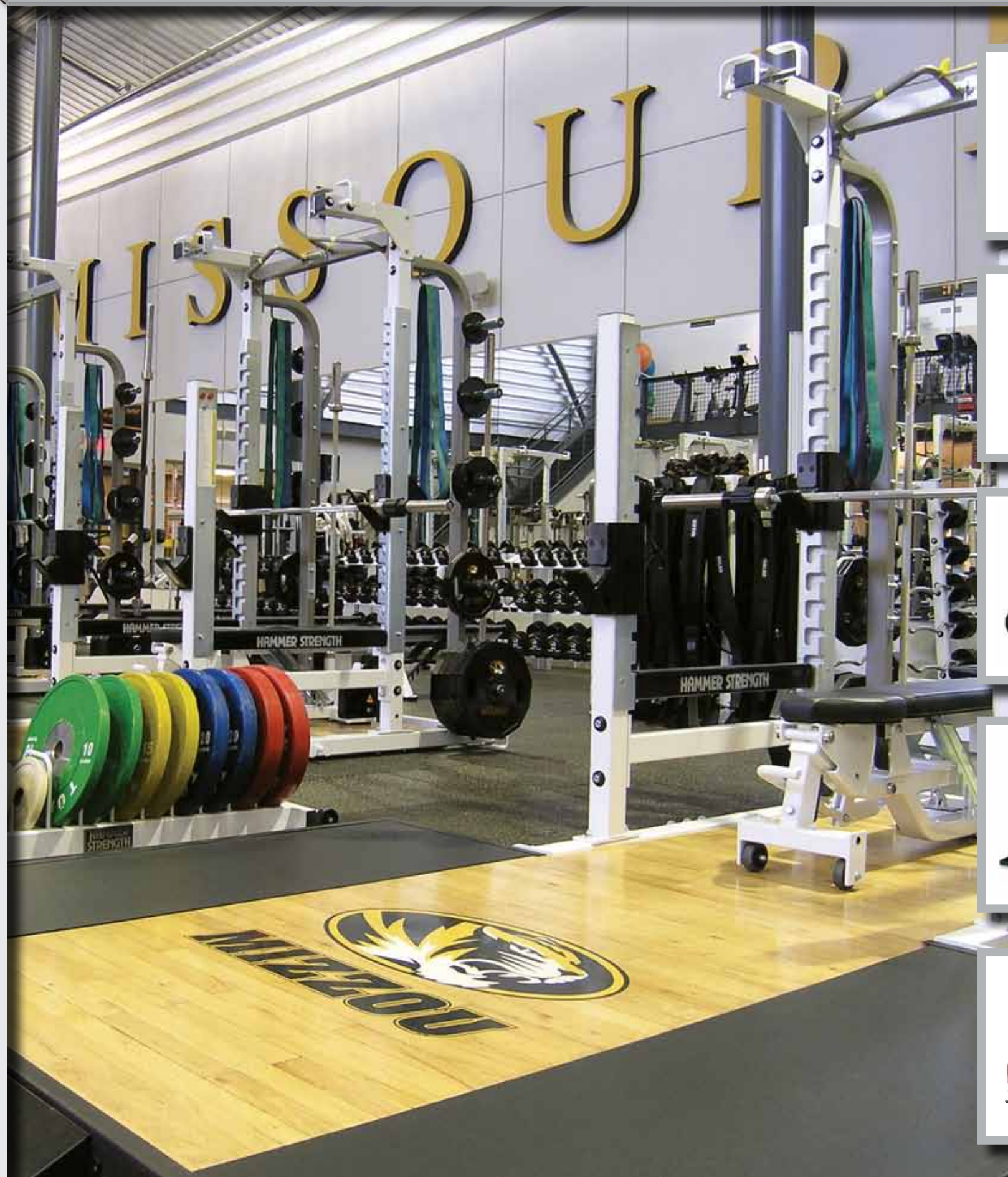
ABDOMINAL OBLIQUE CRUNCH - PLAB



4-WAY NECK - PL4W

INNOVATIVE EQUIPMENT for DEVELOPING GREAT ATHLETES

**HAMMER
STRENGTH®**



MTS

The biomechanics of Iso-Lateral® movements with the ease of weight stacks

PAGE HS 10



PLATE- LOADED

Iso-Lateral® movements that follow the most natural paths of motion

PAGE HS 10-12



Ground Base

Feet-on-the-ground training for advanced balance and stabilization

PAGE HS 13



Heavy Duty Racks

Exceptionally versatile, high-performance equipment

PAGE HS 13



Benches and Racks

Built tough for targeted training

PAGE HS 14



HAMMER STRENGTH



TOP LEFT: MONTCLAIR STATE UNIVERSITY, MONTCLAIR, NEW JERSEY | BOTTOM: CASCADE CLUB, BANGKOK, THAILAND
TOP RIGHT: VANDERBILT UNIVERSITY, NASHVILLE, TENNESSEE | MIDDLE RIGHT: GOLD'S GYM, BEDFORD, ENGLAND

OUR CUSTOMERS

HIGH SCHOOL PROGRAMS

- | | | |
|---|--|---|
| Alamo Heights HS, San Antonio, TX | Fort Pierce HS, Fort Pierce, FL | Oceanside HS, Oceanside, CA |
| Arch Bishop Mitty HS, San Jose, CA | Gardner HS, Gardner, KS | Odessa Permian HS, Odessa, TX |
| Armwood HS, Seffner, FL | Glenbrook North HS, Northbrook, IL | Olympia HS, Olympia, WA |
| Badger HS, Lake Geneva, WI | Harlingen ISD, Harlingen, TX | Pasco HS, Pasco, WA |
| Ballard HS, Louisville, KY | Jenks HS, Jenks, OK | Plainfield HS, Plainfield, IN |
| Belvidere High Schools, Belvidere, IL | Kent School, Kent, CT | Poudre HS, Poudre, CO |
| Berkshire HS, Sheffield, MA | Livingston HS, Livingston, NJ | Raymondville HS, Raymondville, TX |
| Bishop Chatard HS, Indianapolis, IN | Kerman HS, Kerman, CA | Ridgeview HS, Orange Park, FL |
| Blair Academy, Blairstown, NJ | Manheim Township HS, Lancaster, PA | Selma HS, Selma, CA |
| Blue Springs HS, Blue Springs, MO | Mater Dei HS, Santa Ana, CA | St. Ignatius HS, Lakewood, OH |
| Brownsville ISD, Brownsville, TX | McCallie HS, Chattanooga, TN | St. Xavier HS, Cincinnati, OH |
| Butte HS, Butte, MT | Mercedes HS, Mercedes, TX | Stockton Unified High Schools, Stockton, CA |
| Canton McKinley HS, Canton, OH | Midwest City HS, Oklahoma City, OK | Texarkana HS, Texarkana, TX |
| Casa Grande Union HS, Casa Grande, AZ | Minnnetonka HS, Minnetonka, MN | Thurston HS, Redford, MI |
| Central HS, Phenix City, AL | Mojave HS, Mojave, NV | Timberline HS, Lacey, WA |
| Dakota Valley HS, North Sioux City, SD | Molalla HS, Molalla, OR | Toppenish HS, Toppenish, WA |
| Eastside Catholic School, Sammamish, WA | Montclair HS, Montclair, NJ | Waverly HS, Lansing, MI |
| El Diamante HS, Visalia, CA | Mount St. Mary HS, Oklahoma City, OK | Weslaco ISD, Weslaco, TX |
| Farmington HS, Farmington, MO | Niles North & West High Schools, Skokie, IL | Western Heights HS, Oklahoma City, OK |
| Father Judge HS, Philadelphia, PA | Northfield Mount Hermon HS, Mount Hermon, MA | Wheaton North HS, Wheaton, IL |
| Ferndale HS, Ferndale, WA | | |

OFFICIAL HAMMER STRENGTH TRAINING CENTERS FEATURING 15 OR MORE PIECES OF HAMMER STRENGTH EQUIPMENT

- | | | |
|--|--|---|
| 4th Ave Gym - Yuma, AZ | Gold's Gym - Multiple Locations | Pump 24 Hour Training - McAllen, TX |
| 59 Fitness - Highland, MI | Great Lakes Athletic Club - Orion, MI | Pure Fitness - Hong Kong, China |
| Anytime Fitness - Multiple Locations | Gun Lake Fitness - Gun Lake, MI | Pure Fitness - Scottsdale, AZ |
| Asylum Health & Racquet - Multiple Locations | Gym X - Killeen, TX | Quads Gym - Chicago, IL |
| Better Bodies Fitness - Fort Mitchell, KY | Hammer Fit - Essex Junction, VT | Rapid Performance - Woodstock, GA |
| Black & White - Worms, Germany | Ideal Body Personal T.S. - Waterford, NY | Ritsumeikan University - Shiga, Japan |
| Body Builders - Akron, OH | Ixmal, Aschaffenburg, Germany | Ripped Gym - Harlow, England |
| Body of Change - Buford, GA | JumpStart Fitness - Chino, CA | Reaction Fitness - Lubbock, TX |
| Body Plex - Multiple Locations | Just Fit 6 - Hürth, Germany | Reps Gym - Taylor, MI |
| Boxing Xtreme Fitness - Millersville, MD | Kennedy Club Fitness - Grande, CA | Rock Fitness - Evans, CO |
| Cardinal Fitness of Urbana - Urbana, IL | Kenosha Fitness & Nutrition - Kenosha, WI | Saxx Fitness - Dresden, Germany |
| Carlos Moya Gym, Spain | Las Vegas Athletic Club - Las Vegas, NV | Scottish Rugby Union - Edinburgh, Scotland |
| Cascade Club - Bangkok, Thailand | Levee Health & Fitness - West Lafayette, IN | Scantic Valley YMCA - Wilbraham, MA |
| Club Fitness 20000 - Banbury, England | Lexington Athletic Club - Louisville, KY | Senshu University - Tokyo, Japan |
| Celebrity Fitness Clubs - Jakarta, Indonesia | MagniFi - Fort Wayne, IN | Silver Mountain Sports Club - Park City, UT |
| City of Sport - Marl, Germany | Managen - Feasterville, PA | South Bay Family YMCA - Chula Vista, CA |
| Colossus Gym - Eureka, CA | Mandril's Gym - Santa Fe, NM | South Towne Fitness - South Jordan, UT |
| Desert Sports & Fitness - Tucson, AZ | McGee's Health Club - Hobart, IN | Spa Athletic Club - Hickory, NC |
| Doshisha University - Kyoto, Japan | Metro Fitness - Louisville, KY | Sportklinik - Duisburg, Germany |
| DM Fitness & Sports Ctr - Tucson, AZ | Metro South A.C. - Brockton, MA | Sports Plex - Carrollton, GA |
| Dorchester YMCA - Cambridge, MD | Mounties Club - Sydney, Australia | Sports Club Fitness Ctr - Frankfort, IL |
| Edge Fitness Center - Peoria, IL | Nirvana Clubs - Beijing, China | Strictly Fitness - McMinnville, TN |
| Elbe Fitness, Magdeburg, Germany | Norm's Gym - Waterbury, CT | Sweat - Statesboro, GA |
| Epicenter - Seattle, WA | Northside Fitness - Spokane, WA | The Body Shop - Bristol, CT |
| EuroFitness Center - Orlando, FL | Olympic Fitness Club - Sanford, NC | The Final Rep Gym - Hot Springs, AR |
| Fast Inc - Lexington, KY | Parc Trainingscenter - Nürtingen, Germany | The Fitness Zone - Houston, TX |
| Fitness 19 - Las Vegas - Henderson, NV | Performance Quest - Greenville, SC | Total Fitness Clubs - Guangzhou, China |
| Fitness Co. - Lake Havesu, AZ | Pinnacle Training, Narberth, PA | Towne Fitness Club - LaGrange, GA |
| Fitness International - Lawrenceville, GA | Power Factory - Osaka, Japan | Trainer's Club Inc - Lake Oswego, OR |
| Fitness One - Glendale, AZ, Surprise, AZ | Powerhouse Gym - Multiple Locations | Ultimate Fitness - Riverhead, NY |
| Fitness Schmitt - Schmelz, Germany | Precision Fitness Ctr - Somerset, PA | UXL Sports & Fitness - Brunswick, OH |
| Fitness Xpress - Dau, IA | Progress Sports Room - St. Erhard, Switzerland | Viva Mare, Halle/Saale, Germany |
| Fit und Fun - Wendel, Germany | Pulze Fit Club - Greenville, SC | Volt's Powerplant Gym - Brigantine, NJ |
| | | World Gym - Multiple Locations |



HAMMER STRENGTH



TOP LEFT: UNIVERSITY OF LOUISVILLE, LOUISVILLE, KY | MIDDLE LEFT: SAN DIEGO CHARGERS, SAN DIEGO, CA
TOP RIGHT: ARIZONA CARDINALS, TEMPE, AZ | BOTTOM: SAN DIEGO PADRES, SAN DIEGO, CA

OUR CUSTOMERS

Many professional and collegiate athletic teams, as well as health clubs and fitness facilities, have already made Hammer Strength their #1 strength-training choice. See below for a partial list.

NFL

Arizona Cardinals	Detroit Lions	Miami Dolphins	San Diego Chargers
Baltimore Ravens	Green Bay Packers	Minnesota Vikings	Seattle Seahawks
Chicago Bears	Houston Texans	New England Patriots	St. Louis Rams
Cincinnati Bengals	Indianapolis Colts	Oakland Raiders	Tampa Bay Buccaneers
Dallas Cowboys	Jacksonville Jaguars	Philadelphia Eagles	Tennessee Titans
Denver Broncos	Kansas City Chiefs	Pittsburgh Steelers	Washington Redskins

NBA

Boston Celtics	Houston Rockets	New Jersey Nets	Phoenix Suns
Dallas Mavericks	Indiana Pacers	New Orleans Hornets	Portland Trailblazers
Golden State Warriors	Milwaukee Bucks	Orlando Magic	Sacramento Kings

MLB

Arizona Diamondbacks	Cleveland Indians	New York Mets	Texas Rangers
Atlanta Braves	Detroit Tigers	New York Yankees	Toronto Blue Jays
Boston Red Sox	Florida Marlins	Philadelphia Phillies	Washington Nationals
Chicago Cubs	Houston Astros	San Diego Padres	
Chicago White Sox	Los Angeles Angels	Seattle Mariners	
Cincinnati Reds	Minnesota Twins	St. Louis Cardinals	

NHL

Dallas Stars	Florida Panthers	New Jersey Devils	Pittsburgh Penguins
Detroit Red Wings	Montreal Canadiens	New York Rangers	San Jose Sharks
Edmonton Oilers	Nashville Predators	New York Islanders	Toronto Maple Leafs

COLLEGIATE PROGRAMS

Appalachian State University	Providence College	University of Memphis
Arizona State University	Samford University	University of Miami MWC
Bowling Green State University	Seattle University	University of Michigan
California Lutheran University	Stanford University	University of Mississippi
Central Washington University	Texas A&M University	University of Missouri
Florida State University	Texas Tech University	University of Nebraska
Hofstra University	UCLA	University of North Dakota
Iowa State University	UCLA Recreation Center	University of Notre Dame
Kansas State University	UC San Diego	University of South Florida
Louisiana State University	University of Akron	University of Southern California
Loyola Marymount University	University of Alabama	University of Southern Mississippi
Marshall University	University of Cincinnati	University of Tennessee
Michigan State University	University of Colorado	University of Texas at Austin
Montclair University	University of Florida	University of Texas at El Paso
Mount Union College	University of Idaho	University of Virginia
Ohio State University	University of Iowa	University of Washington
Oklahoma State University	University of Kansas	Vanderbilt University
Pacific Lutheran University	University of Kentucky	Washburn University
Penn State University	University of Louisville	Washington State University
Princeton University	University of Maine	Wichita State University

MILITARY AND LAW ENFORCEMENT

FBI Academy, Quantico, VA	U.S. Army Pentagon, Arlington, VA	U.S. Naval Fleet
Federal Air Marshals, Quantico, VA	U.S. Army Rangers	U.S. Naval Special Warfare Command, San Diego, CA
Federal Law Enforcement Training Center, Glynco, GA	U.S. Coast Guard	U.S. Secret Service Training Center
U.S. Air Force, Army, Navy, and Marine Corps Bases Worldwide	U.S. Military Academy, West Point, NY	
	U.S. Naval Academy, Annapolis, MD	



Riaan
Obitae voluptist atem quist,

“Simulate your sport in the gym – the more you challenge yourself, the better the results.”

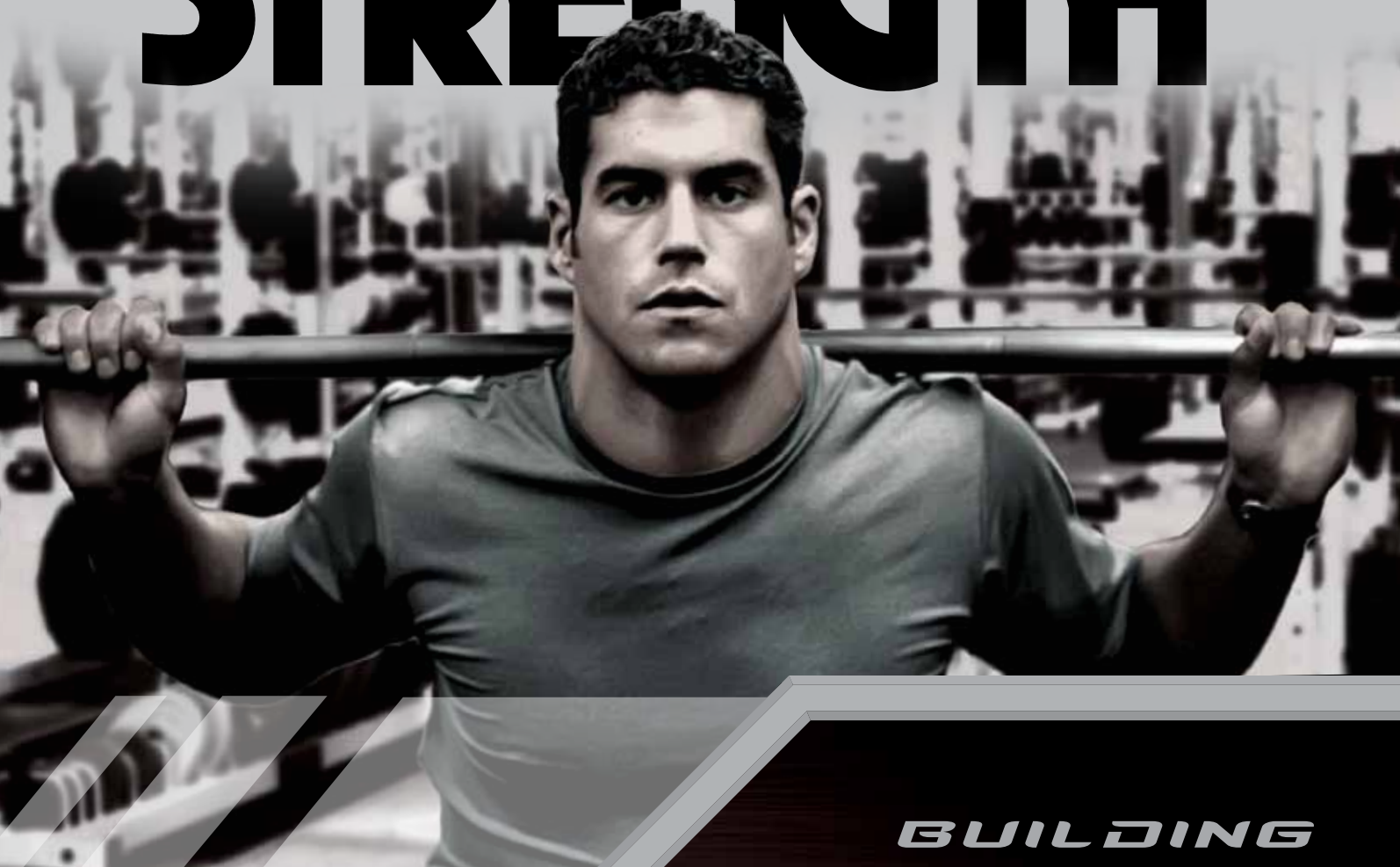


John Sisk
Vanderbilt University

“We have to create our own training environment. Nobody buys a ticket to watch you train.”



HAMMER STRENGTH®



*BUILDING
CHAMPIONS*

PRODUCT CATALOG