

CENTR

2025 CATALOG



 CENTR

INSPIRE

 CENTR

 HYROX
WORLD SERIES OF FITNESS RACING

A photograph of three people in a gym setting, starting a workout. They are in a low, athletic stance on a concrete floor. The person on the left is a woman with dark hair tied back, wearing a black sports bra and leggings. The person in the middle is a woman with curly hair, wearing a white sports bra and black leggings. The person on the right is a man with a beard and tattoos, wearing a black tank top and shorts. They are all holding dumbbells. The background shows a concrete ceiling with pipes and a fluorescent light fixture.

OUR MISSION

**EMPOWERING PEOPLE TO LIVE WELL BY
ENERGIZING THEIR EVERY DAY**

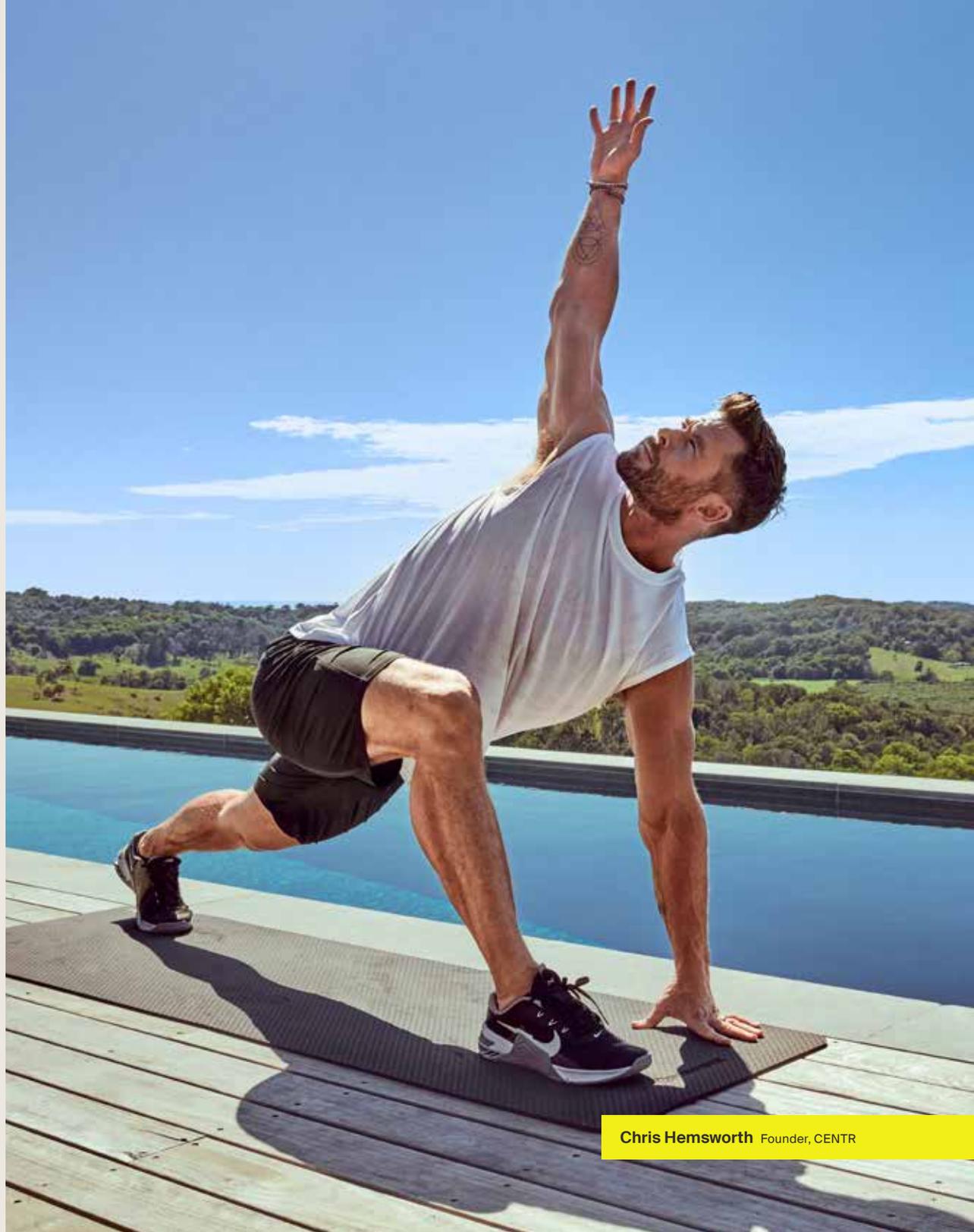
OUR STORY



We give our community the keys to unlock their limitless potential. With transformative tools, inspiration, and motivation, we help our customers fuel their routines and achieve their happiest, healthiest, most fulfilling lives.

What began as Chris Hemsworth's personal wellness journey has evolved into a global movement. Working with top experts throughout his career, Chris experienced the power of interconnected fitness, nutrition, and mental wellness. He is now on a mission to make this level of education and support accessible to millions of people around the world.

A handwritten signature in black ink, appearing to read "Chris Hemsworth".



Chris Hemsworth Founder, CENTR

THE CENTR BRAND FAMILY

CENTR



Consumer / Home Gym



Elite Fitness Enthusiasts / Specialty
Commercial / Vertical



Competitive / Hyrox Events
Commercial / Gyms & Studios



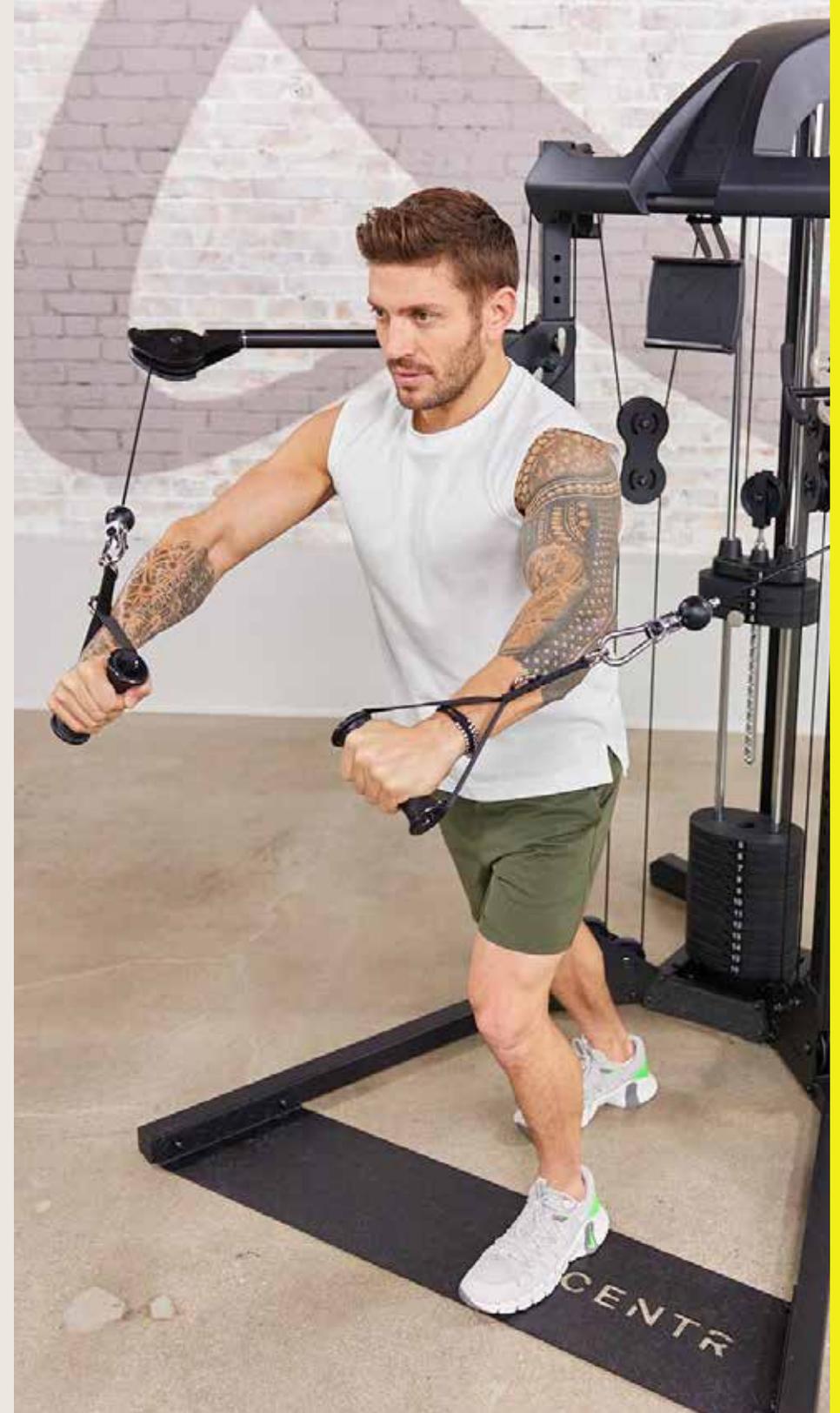
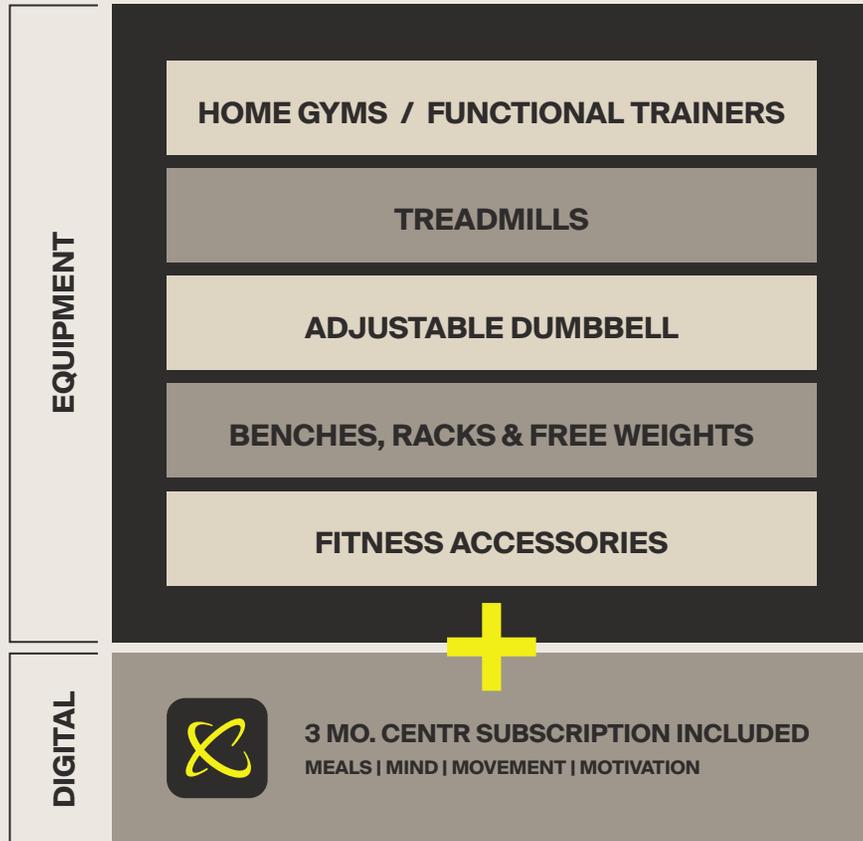


CENTR

EQUIPMENT

CENTR

Centr offers a full line of home gym, weight and cardio equipment for consumers at any level. Beautifully designed and functionally engineered, Centr products can be foundational pieces for any home gym.



CENTR 1 HOME GYM

FUNCTIONAL TRAINER

Model #: SSFT.1

Further your fitness journey with this one-of-a-kind home gym. The Centr 1 is a compact and powerful functional trainer that provides just the right amount of resistance training for anyone, at any fitness level. Equipped with a 160 lb weight stack, two 5-point radial arms with frictionless pulleys, and 33 vertical positions, this compact and powerful cable machine is perfect for the home.



FEATURES

Smooth-Glide Pulley System

Experience a frictionless feel with each push and pull of the commercial-grade pulleys

165 Adjustable Positions

Dual adjustable radial swivel pulley arms offer 33 vertical positions with five radial adjustments at each position delivering an efficient and personalized experience

Compact and Streamlined Design

V-Shape design fits almost any room even when placed in a corner



SPECIFICATIONS

Weight Stack

160 lb / 72.6 kg, 2:1 weight resistance ratio per pulley (each weight plate feels like 5 lb / 2.3 kg)

Frame

Heavy-duty steel, matte black powder coated

Pulleys

(33) Vertical pulley positions at 1.38-inch (3.5 cm) increments with laser cut position numbers

Cables

1/8-inch steel cable with polyurethane coating 3/16-inch

Radial Arms

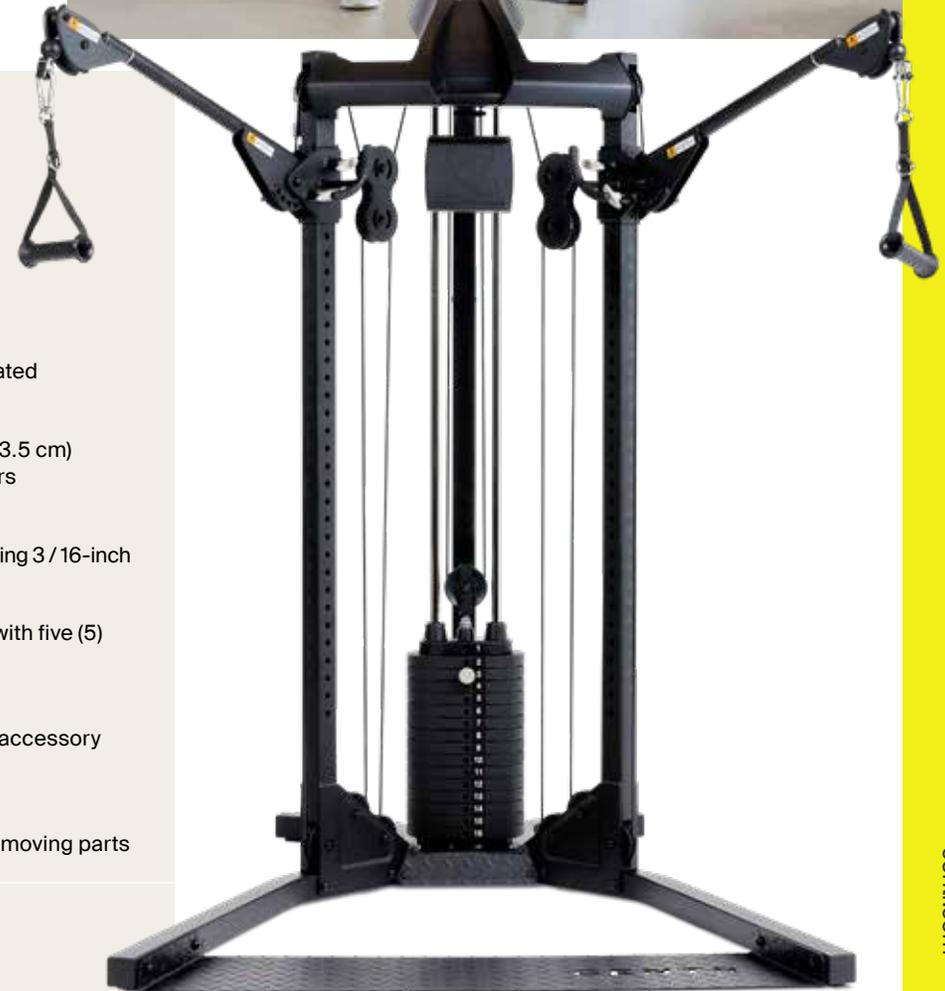
Dual adjustable radial swivel pulley arms with five (5) adjustment positions

Storage and Accessories

Tablet holder, water bottle holder, built-in accessory storage, and built-in bench storage

Warranty

Residential: Limited lifetime frame, parts, moving parts



3-Month Membership to
Centr Digital Included

CENTR 2 HOME GYM

FUNCTIONAL TRAINER

Model #: FTX.3

Fuel your everyday with this versatile home gym that makes getting in a dynamic, full-body workout easier than ever. The Centr 2 is a commercial-grade, durable, home gym that's built for any functional movement and can accommodate two users at once. The unique design of the pulley system delivers an extended range of motion, giving you all the cable you need for any dynamic exercise.



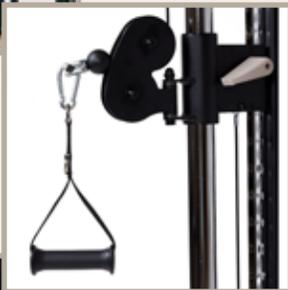
CENTR

FEATURES



Five accessories to maximize versatility

Smooth-glide pulley system



Two 165 lb Weight Stacks

SPECIFICATIONS

(2) Weight Stacks

165 lb / 74.8 kg, 2:1 weight resistance ratio per pulley (each weight plate feels like 5 lb / 2.3 kg)

Frame

Heavy-duty steel, matte black powder coated

(2) Pulleys

(30) Vertical pulley positions at 2.0-inch (5.1 cm) increments with laser cut position numbers

Accessories and Storage

Tablet holder, 2 x D Handles, Dual Hook Curl Bar, Multi-Purpose Belt, and Triceps Rope

Max User Load / Weight

300 lb / 136 kg

Cables

1 / 8-inch steel cable with polyurethane coating
3 / 16-inch

Warranty

Residential: Limited lifetime frame, parts, moving parts



3-Month Membership to Centr Digital Included



centr.com

CENTR 3 HOME GYM

FUNCTIONAL TRAINER

Model #: SF3.3

This ultimate two-in-one home gym combines a functional cable machine for dynamic movements and a selectorized Smith Machine for traditional exercises in one streamlined design. Centr 3 is equipped with two 165 lb pin loaded weight stacks and smooth-gliding pulleys. The two adjustable swivel pulleys offer 30 unique vertical positions and when combined with the cables' superior travel distance, there's almost no movement or resistance training exercise you can't do on this machine.

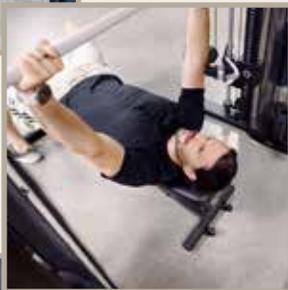


FEATURES



Cable resistance training meets a traditional Smith machine for unlimited workouts

Skip the Olympic plates with a fully integrated Smith bar



Designed for convenience and solo workouts without the need for a spotter

SPECIFICATIONS

(2) Weight Stacks

165 lb / 74.8 kg, 2:1 weight resistance ratio per pulley (each weight plate feels like 5 lb / 2.3 kg)

Frame

Heavy-duty steel, matte black powder coated

(2) Pulleys

(30) Vertical pulley positions at 2.0-inch (5.1 cm) increments with laser cut position numbers

Accessories and Storage

Tablet holder, 2 x D Handles, Dual Hook Curl Bar, Multi-Purpose Belt, and Triceps Rope, 2 x 5 lb Add-On Weight

Max User Load / Weight

300 lb / 136 kg

Cables

1 / 8-inch steel cable with polyurethane coating
3 / 16-inch

Warranty

Residential: Limited lifetime frame, parts, moving parts



3-Month Membership to Centr Digital Included



HOME GYM COMPARISON



CENTR 1



CENTR 2



CENTR 3

Weight Stacks	(1) 160 lb / 72.6 kg	(2) 165 lb / 74.8 kg	(2) 165 lb / 74.8 kg
Weight Multiplier System			✓ Max Weight on Smith Bar 367 lb / 166.5 kg
Adjustable Sliding Pulleys	2	2	2
Radial Adjusting Pulleys	✓		
Resistance Ratio Per Pulley	2:1	2:1	2:1
Selectorized Smith Bar			✓
User Capacity	1	2	2
Accessories Included	2	5	7
Accessory Types	D Handles	D Handles, Triceps Rope, Dual Hook Curl Bar, Multi-Purpose Belt	D Handles, Triceps Rope, Dual Hook Curl Bar, Multi-Purpose Belt, 5 lb Add-on Weights
Built-In Pull Up Bar		✓	✓
Dimensions	59.4 in / 151 cm L 49.8 in / 126.5 cm W 64.5 in / 163.8 cm W (arms in widest position) 74.6 in / 189.5 cm H	40 in / 101.6 cm L 54 in / 137.1 cm W 82 in / 208.2 cm H	46 in / 116.8 cm L 59 in / 149.8 cm W 84 in / 213.3 cm H

CENTR RUNR AND RUNR-S

Model #: TM3-110.2

The all-new Centr Runr is engineered to inspire you to reach your personal best from the comfort of your own home. The sleek, tailored design with clean lines, sturdy foldable frame and high-performance features delivers an energy efficient and smooth walk, jog, or run. This Tread is available with both a streamlined LED panel and an upgraded model with a 10" multimedia touchscreen. The Runr also features a tool-free installation, making set up a breeze.



Centr Runr
with quick key panel

Centr Runr-S
with 10" multimedia touchscreen

FEATURES

Natural Stride Technology

Specially designed motor controller delivers the feel of running on a flat road by sensing the user's natural stride speed and adjusting accordingly.

Cloud Cushion Suspension

Minimize the impact on your body with a tread that is engineered to soften the impact of each stride.

Worry-Free Brushless Motor

High performance, quiet brushless motor delivering an energy efficient experience.

Innovative Touchscreen (Runr-S Only)

Responsive 10" touchscreen has quick-key functionality and the ability to wirelessly mirror your mobile device.



SPECIFICATIONS

Power

1.5 HP continuous duty / 3.0 HP peak

Folding Mechanism

Pivot fold up, soft gas assist fold down mechanism

Runr-S Touchscreen

10" multimedia touchscreen

Heart Rate Monitoring

BT Device Compatibility

Running Surface

20" x 55" (50.8 cm x 139.7 cm)

Motor

Brushless motor

Rollers

1.8 in (4.5 cm)

Max Speed | Max Incline

10 mph / 16 kph | 12%

Max User Weight

300 lb / 136 kg

Warranty

Residential: Lifetime warranty on motor and frame and two-year warranty on parts.



3-Month Membership to
Centr Digital Included

CENTR BODY WEIGHT

HOME GYM



Model #: BW1.1

This innovative, multi-functional home gym delivers a complete upper and lower body workout in a compact design. The Centr Body Weight Home Gym uses your own body weight for resistance training versus traditional weights. It's powerful yet whisper-quiet as there is no banging of weight plates. The one-handed adjustment lever offers 15 different resistance levels from from 10% to 150% of your total body weight giving you an efficient and personalized workout experience.

FEATURES



Resistance by body weight, 15 different levels

Segmented back pad, ergonomical seat support



Maximize your workout with multiple pulley points and fixed press arms

SPECIFICATIONS

Frame / Color / Finish

Heavy-duty steel with matte black electrostatic powder coat

Resistance Adjustment

15% of your body weight, one-handed sliding lever has 15 total adjustments

Resistance

Ranging from 10% of your body weight, up to 150% of your body weight

Included Accessories

Revolving Curl Bar, Steel Lat Bar

Available Add-Ons

Sport Handle, Ab Bar

DIMS (W X L X H)

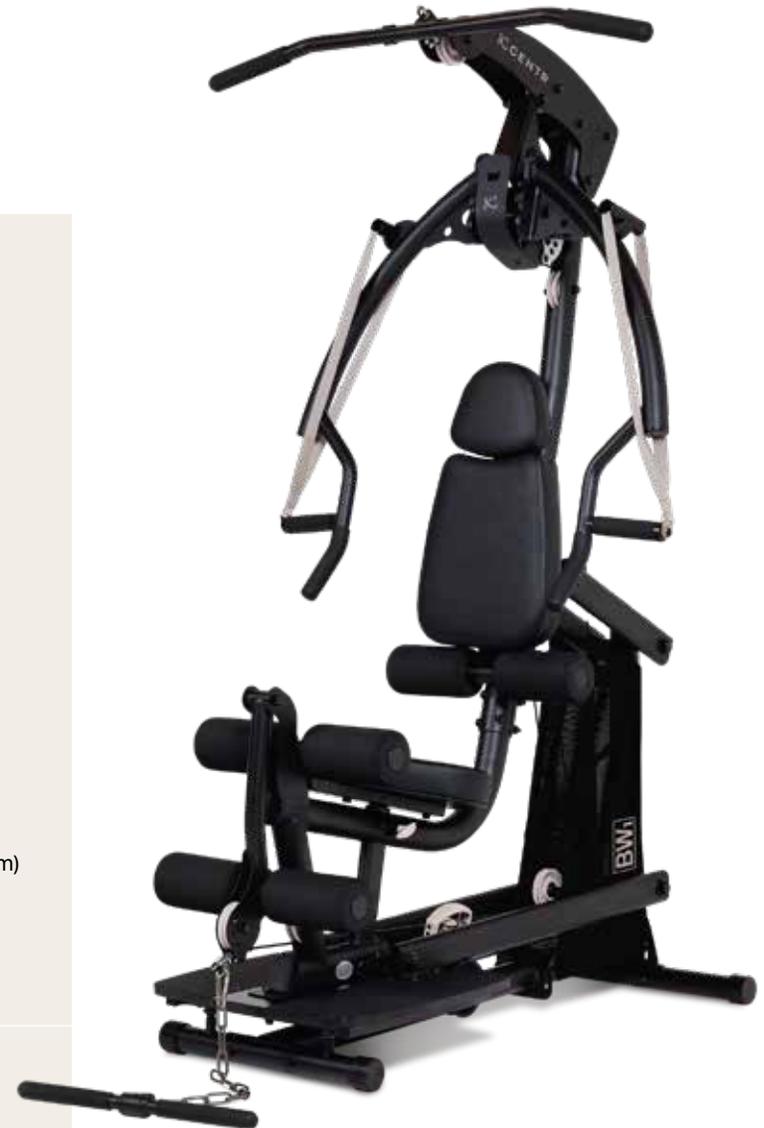
43 in x 55 in x (Max) 89 in (110 cm x 140 cm x 226 cm)

Weight

216 lb



3-Month Membership to Centr Digital Included



CENTR MULTI-GYM

HOME GYM

Model #: MG1.1

The Centr Multi-Gym delivers a full body workout in a compact, durable design. It is equipped with 150 lb. cast iron weight stack, encased in a soft fabric shroud to minimize noise in your home gym. Complete over 100 exercises with the multi-angle and adjustable press arms, high and low pulleys for dynamic movements and free movement handles for safe and effective shoulder exercises. The comfortable leg curl and extension station provides optimal positioning for lower body workouts. This Multi-gym will last through the most rigorous of workouts thanks to its Lifetime warranty.



FEATURES

Multi-Functional Home Gym

Upper body and lower body workout stations built into one machine, delivering over 100 different exercises.

Unmatched Quality

Built with cast iron weight plates, smooth glide cable system, durable steel frame.

Up to 150 lb of Resistance

Built with 150 lb of cast iron weight stacks and a starting resistance of 10lbs.



SPECIFICATIONS

Frame / Color / Finish

Heavy-duty steel with matte black electrostatic powder coat

Weight Stacks

150 lb / 68 kg

Workout Stations

Preacher Curl, Leg Extension/Leg Press, Front Pulley, High Pulley, Press Arms, and Free Movement Handles

Included Accessories

Lat Bar, Ankle Strap, Extension Chain

DIMS (W X L X H)

66 in L x 36 in x W x 81 in H
(167.6 cm x 91.4 cm x 205.7 cm)

Warranty

Residential: Limited lifetime frame, parts, moving parts



3-Month Membership to
Centr Digital Included

CENTR HALF RACK

RACK

Model #: CHR.1

Set a strong foundation for your home gym with this high quality, sturdy, multi-functional Half Rack. The Centr Half Rack is ideal for traditional free weight training in a compact footprint. Includes a 3 month Centr digital membership offering hundreds of workouts.



FEATURES



Dual 10" (25.4 cm) weight storage horns

Bar catches and safety rails are equipped with replaceable wear guards



16 Vertical adjustments

SPECIFICATIONS

Frame / Color / Finish

Heavy-duty 3 in. x 3 in. box steel frame tubing, matte black powder coated

Vertical Bar Catch and Safety Rails

16 adjustment positions at 3-1/8 in equipped with replaceable wear guards to protect the rack

Dual Pull-Up Handles

Knurled surface multi-grip handles for maximum grip

Max Load Capacity

750 lb / 340 kg

Max User Weight

350 lb / 159 kg

DIMS (W X L X H)

49.8 in x 52.7 in x 85.2 in (126.4 cm x 133.8 cm x 216.4 cm)

Weight

157.6 lb / 71.5 kg

Weight

Residential: Limited Lifetime



3-Month Membership to Centr Digital Included



CENTR FUSION BENCH

BENCH

Model #: CFB1.1

The Fusion Bench is an all-in-one adjustable workout bench with built-in storage. A solid steel frame and cushion pads are built to handle the toughest workouts. The flat-to-incline back pad adjusts to 6 positions and sits atop storage for up to 12 dumbbells and other accessories. Built with 2 resistance band hooks, the Fusion Bench is where utility meets versatility.



SPECIFICATIONS

Seat Pad Positions

Three (3) positions; 0° flat, 15°, 30° angle

Back Pad Positions

Six (6) positions; 0° flat, 15°, 30°, 45°, 60°, and 75° incline angles

Storage

Up to 12 dumbbells hanging, open storage at the front of the bench and a top tray under the back pad to hold additional workout and personal gear

Easy to Move

Sturdy handle and wheels easily move the bench into position

Band Anchor Points

Two (2) points at the front of the bench

Warranty

Residential: Lifetime Frame, 2 Years Parts, 1 Year Labor



3-Month Membership to
Centr Digital Included

BENCH COMPARISON



Title	Centr Folding Bench	Centr Flat, Incline, Decline Bench	Centr Multi-Adjustable Bench
Use Cases	Weight training	Weight training	Weight training, dumbbell workouts
Number of Bench Positions	6 Back pad	3 Seat Pad 7 Back Pad	4 Seat Pad 4 Mid-Back Pad 7 Back Pad
Weight Capacity	500 lb	500 lb	500 lb
Includes 3-month Centr Membership	✓	✓	✓
Frame	Heavy Duty Steel	Heavy Duty Steel	Heavy Duty Steel
Features	Folds flat for convenient storage; Front handle & lightweight design make it easy to move	Extra-thick, heavy duty pads for comfort; High quality, heavy-duty steel construction	Innovative, mid-back pad for dumbbell workouts; Built to last with heavy duty upholstery and steel frame
Transport Wheels	✓	✓	✓
Dimensions	52" L x 17" W x 41" H	54" L x 23.4" W x 15.5" H	55.6" L x 26.8" W x 17.8" H

HEX 5-25 LB DUMBBELL WEIGHT SET + RACK

FREE WEIGHTS

Model #: 5-25RDB

The Centr 5-25 lb Dumbbell Weight Set is a staple for any workout space. Equipped with 210 lb of hex-shaped dumbbells with ergonomic handles and an A-Frame stand for easy storage.



SPECIFICATIONS

Complete Weight Set

2 x 5 lb / 2.2 kg
2 x 10 lb / 4.5 kg
2 x 15 lb / 6.8 kg
2 x 20 lb / 9 kg
2 x 25 lb / 11.3 kg

Storage Rack

A-frame rack holds 5 sets of dumbbells for safe and secure storage

Materials

Steel with heavy-duty rubber and chrome handle

300 LB OLYMPIC WEIGHT SET + BAR

FREE WEIGHTS

Model #: 300ROLY.2

Complete your home gym with the Centr 300 lb Olympic Weight Set and Bar. Perform light work with the 45 lb Olympic bar on its own or use any of the 14 heavy-duty, multi-purpose rubber weight plates for heavier lift days.



SPECIFICATIONS

Complete Weight Set

2 x 2.5 lb / 1.1 kg
4 x 5 lb / 2.2 kg
2 x 10 lb / 4.5 kg
2 x 25 lb / 11.3 kg
2 x 35 lb / 15.8 kg
2 x 45 lb / 20.4 kg
7 ft / 2.13 m, 45 lb / 20.4 kg
Chrome Olympic bar, 2 x spring clips

Materials

Chrome Bar: alloy 45# steel with a 72,000 psi bar
Weight Plates: durable rubber

Max Weight

Olympic bar weighs 45 lb and can hold up to 700 lb of weight plates

CENTR RUBBER HEX DUMBBELLS

FREE WEIGHTS

The Centr Hex Dumbbells redefine home fitness with a modern, six-sided, no-roll design that ensures stability and reliability throughout your workout.

SPECIFICATIONS

Available Weights

5lb - 40 lb (5 lb increments)

Materials

Steel with heavy-duty rubber and chrome handle

Welding

Dual Weld Process

Grip

Straight, knurled handle



FITNESS ACCESSORIES

JUMP ROPE

SKU: CJR



A game-changer for your cardio and endurance workouts. With its unique design, this jump rope is specifically crafted to challenge your grip strength while performing exercises, offering a dynamic and engaging workout.

SPECIFICATIONS

Dimensions - Rope: 3m x 0.7cm,
Handle: 14.6x2.2cm
Color - Grey
Materials - 45% PVC, 45% Silicone,
10% AL
Weight - 280g + / -5%



PUSH UP HANDLES

SKU: PUH



Durable construction with slip-resistant grips and feet. Cushioned grip for comfort and reduced strain on wrists.

SPECIFICATIONS

80% Steel, 10% Foam, 10% PP
Dims: 9.8" x 6.9" x 5.5"
Weight: 2.6 lb + / -5%

PULL UP BAR

SKU: DMPU



Multi-functional design for pull-ups, push-ups, chin-ups, dips and more. Soft grips for comfort.

SPECIFICATIONS

80% Steel, 10% Foam, 10% PP
Dims: 9.8" x 6.9" x 5.5"
Weight: 2.6 lb + / -5%



SLAM BALL

SKUs: SB6, SB8, SB10, SB20



Constructed with a non-slip, textured surface. Long-lasting quality made to be moisture-wicking and anti-odor. Available in 6 lb, 8 lb, 10 lb and 20 lb.

SPECIFICATIONS

50% Rubber,
50% Sand



BATTLE ROPE

SKU: 38MMBR



Designed with professional-grade materials including durable, non-slip handles for high intensity workouts.

SPECIFICATIONS

95% Polyester, 5% TPR
Dims: 1.5" x 472"
Weight: 21.2 lb + / -5%

CENTR KITS



With the family of Centr fitness kits, you can strengthen, tone, and elongate your muscles, improving both how you look and feel. The combination of different tools allows you to customize your routine based on your specific needs and preferences.

Use your equipment with Centr to get personalized coaching from Chris Hemsworth's team of experts. Centr's digital platform can sync with your favorite wearable to track your progress and help reach your goals. Centr coaching features ways to improve your total well-being with fitness training, nutrition advice, and mindfulness tools.



3-Month Membership to Centr Digital Included with any Kit

CENTR CORE KIT

SKU: CAK

A strong core is the key to almost all physical activities. Improved core strength increases balance, improves posture, and can decrease back pain. This kit has all the tools you need to strengthen, tone, and work your entire core.

CONTENTS

- Ab Roller
- Physio Ball
- 6 Lb Slam Ball
- Core Slider Discs

SPECIFICATIONS

- Retail Box
- Dims: 11.65" x 8.46" x 10.43"



CENTR KITS

CENTR WORKOUT KIT

SKU: CWK

This portable all-in-one workout kit can be used anywhere you want to sweat. It delivers resistance training for building strength and toning your body, empowering you with endless ways to train. Travel Bag included for easy storage and on-the-go workouts

CONTENTS

Resistance Bands with Handles
Straight Bar
Fabric Resistance Bands

SPECIFICATIONS

Retail Box
Dims: 13.25" x 7.17" x 3.88"



CENTR RECOVERY KIT

SKU: CRK

Target sore muscles and release tension after a workout or a long day with this complete recovery kit. Stretch, roll, and massage your muscles to promote blood flow and circulation. It's everything you need for targeted relief that keeps you moving.

CONTENTS

Massage Roller Stick
Straight Bar
Foam Roller
Stretch Strap
Trigger Point Ball
Lacrosse Ball
Spiky Ball

SPECIFICATIONS

Retail Box
Dims: 13.25" x 7.17" x 3.88"





For more information or to place an order, contact our team at sales@centr.com.

centr.com | shop.centr.com | inspirefitness.com