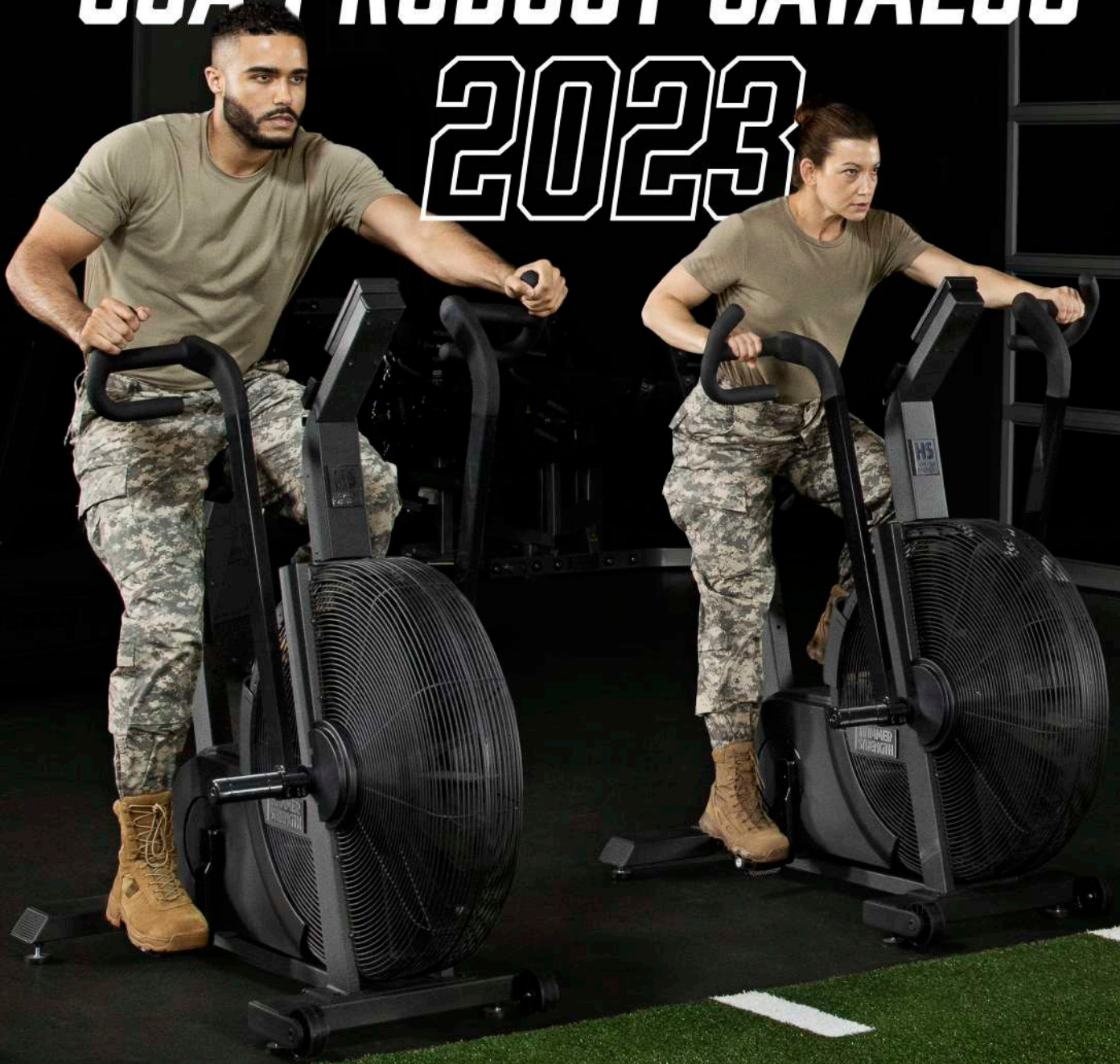


# GSA PRODUCT CATALOG 2023



*LifeFitness*

**HAMMER  
STRENGTH®**





# Contract Holder

Contract GS-03F-120DA

Life Fitness Sales, Inc.

10601 Belmont Ave, Franklin Park Illinois, 60131

### TELEPHONE:

Toll Free: 800.494.6344

Direct: 847.288.3440

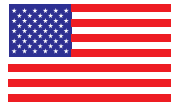
Fax: 847.789.8506

### EMAIL:

MilitarySales@LifeFitness.com

### WEBSITE:

LifeFitness.com



Federal Supply Schedule 78

Contract Number: **GS-03F120DA**

Contract Period: **June 2016 - June 2026**

Central Contractor Registration: **Registered**



**AS THE NO. 1 BRAND OF FITNESS EQUIPMENT WORLDWIDE, HELPING PEOPLE ACHIEVE THEIR FITNESS GOALS IS OUR FOCUS.**

For 50 years, it's been a commitment that has set us apart. Our world-class equipment is designed to meet every exercise need regardless of fitness level, from beginner to military elite.



## TABLE OF CONTENTS

### LIFE FITNESS CARDIO

|                  |    |
|------------------|----|
| Elevation Series | 4  |
| Integrity Series | 8  |
| Aspire Cardio    | 12 |
| Activate Series  | 16 |

### GROUP EXERCISE

|                      |    |
|----------------------|----|
| Heat Rowers          | 18 |
| ICG                  | 20 |
| SYNRGY180            | 24 |
| SYNRGY360 & SYNRGY90 | 26 |

### LIFE FITNESS STRENGTH

|                  |    |
|------------------|----|
| Insignia Series  | 30 |
| Signature Series | 32 |
| Axiom Series     | 38 |

### HAMMER STRENGTH

|                         |    |
|-------------------------|----|
| HD Performance Trainers | 43 |
| Select                  | 44 |
| MTS                     | 46 |
| Plate-Loaded            | 48 |
| Ground Base             | 51 |
| Outdoor Box             | 52 |
| HD Elite Racks          | 54 |
| HD Elite Attachments    | 56 |
| HD Athletic Racks       | 62 |
| HD Athletic Rigs        | 64 |
| HD Athletic Perimeter   | 66 |
| HD Athletic Bridge      | 68 |
| Benches and Racks       | 70 |

### Accessories

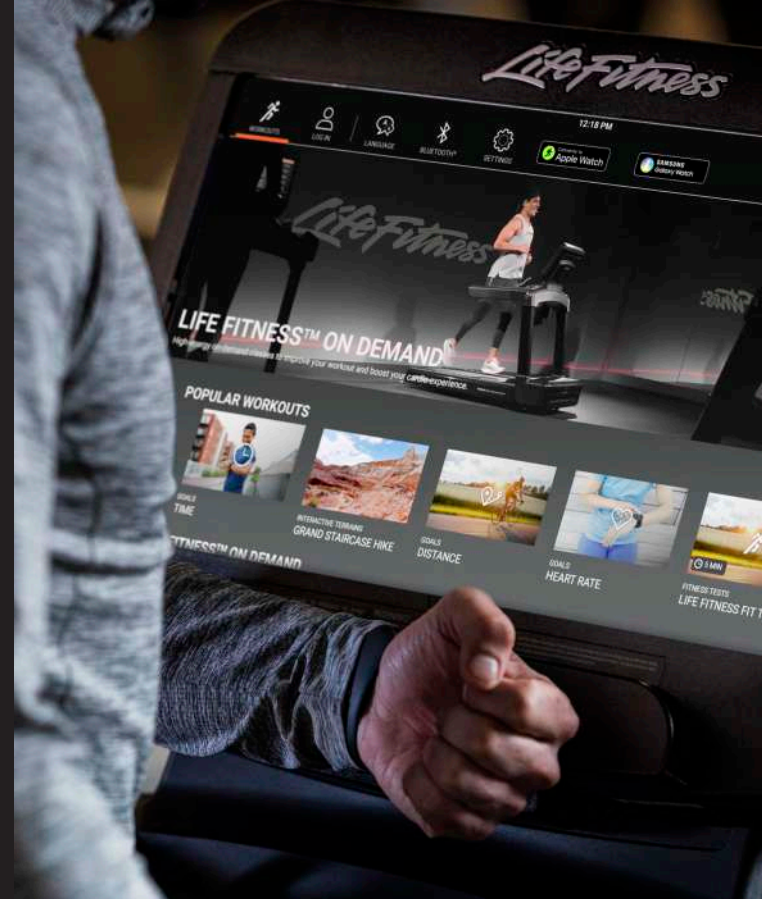
|                             |    |
|-----------------------------|----|
| Hammer Strength Accessories | 72 |
| Life Fitness Accessories    | 76 |
| ACFT Equipment              | 78 |
| Service                     | 80 |
| Color Chart                 | 81 |



# ELEVATION SERIES

A premium cardio line that combines appealing design with entertainment-rich console options to keep exercisers engaged.

The evolving technology employed by Elevation Series allows exercisers to benefit from fitness apps and wearables and maintain the level of digital connection they've come to expect.



**TREADMILL WITH DISCOVER SE3 HD CONSOLE / 95T**

Other options:

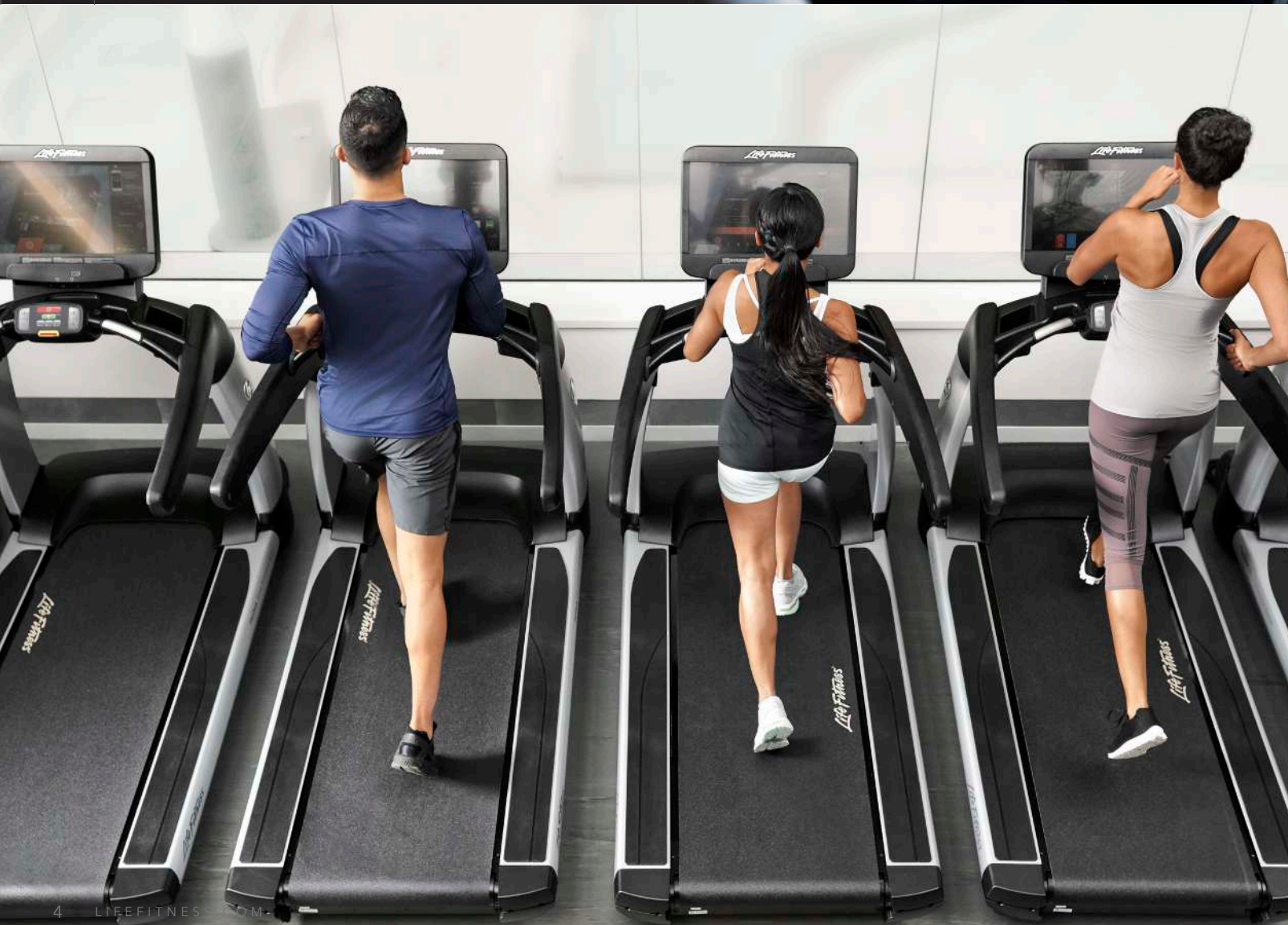
- Treadmill with **Discover ST Console / 95T**



**ELLIPTICAL CROSS-TRAINER WITH DISCOVER SE3 HD CONSOLE / 95X**

Other options:

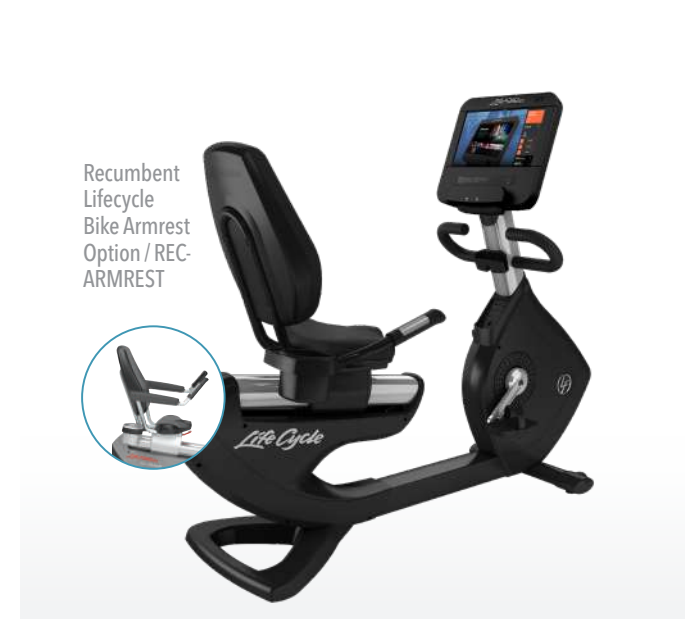
- Elliptical Cross-Trainer with **Discover ST Console / 95X**



**UPRIGHT LIFECYCLE EXERCISE BIKE WITH DISCOVER SE3 HD CONSOLE / 95C**

Other options:

- Upright Lifecycle Exercise Bike with **Discover ST Console / 95C**



**RECUMBENT LIFECYCLE EXERCISE BIKE WITH DISCOVER SE3 HD CONSOLE / 95R**

Other options:

- Recumbent Lifecycle Exercise Bike with **Discover ST Console / 95R**

VERSION AVAILABLE FOR USERS UP TO 7'  
(Designed for users up to 7' (213 cm) tall and 400 lbs (181 kg):

- Upright XXL Lifecycle Bike with Discover SE Console / 97CE
- Upright XXL Lifecycle Bike with Discover SI Console / 97CI



## ELEVATION COLOR OPTIONS



DIAMOND WHITE



ARCTIC SILVER



TITANIUM STORM



BLACK ONYX

## ELEVATION CONSOLE OPTIONS



### SE3 HD CONSOLE

Premium entertainment includes Life Fitness™ On Demand Workouts, Interactive Terrains, HD TV, internet, apps like Netflix™ and Pandora® Radio, interactive courses and more. Pairs wirelessly with Apple Watch®.



### ST CONSOLE

Integrated HD TV and an intuitive touch screen offer Performance Run view and Lifescape courses for straight-forward entertainment options.

*\*Requires TV connection*



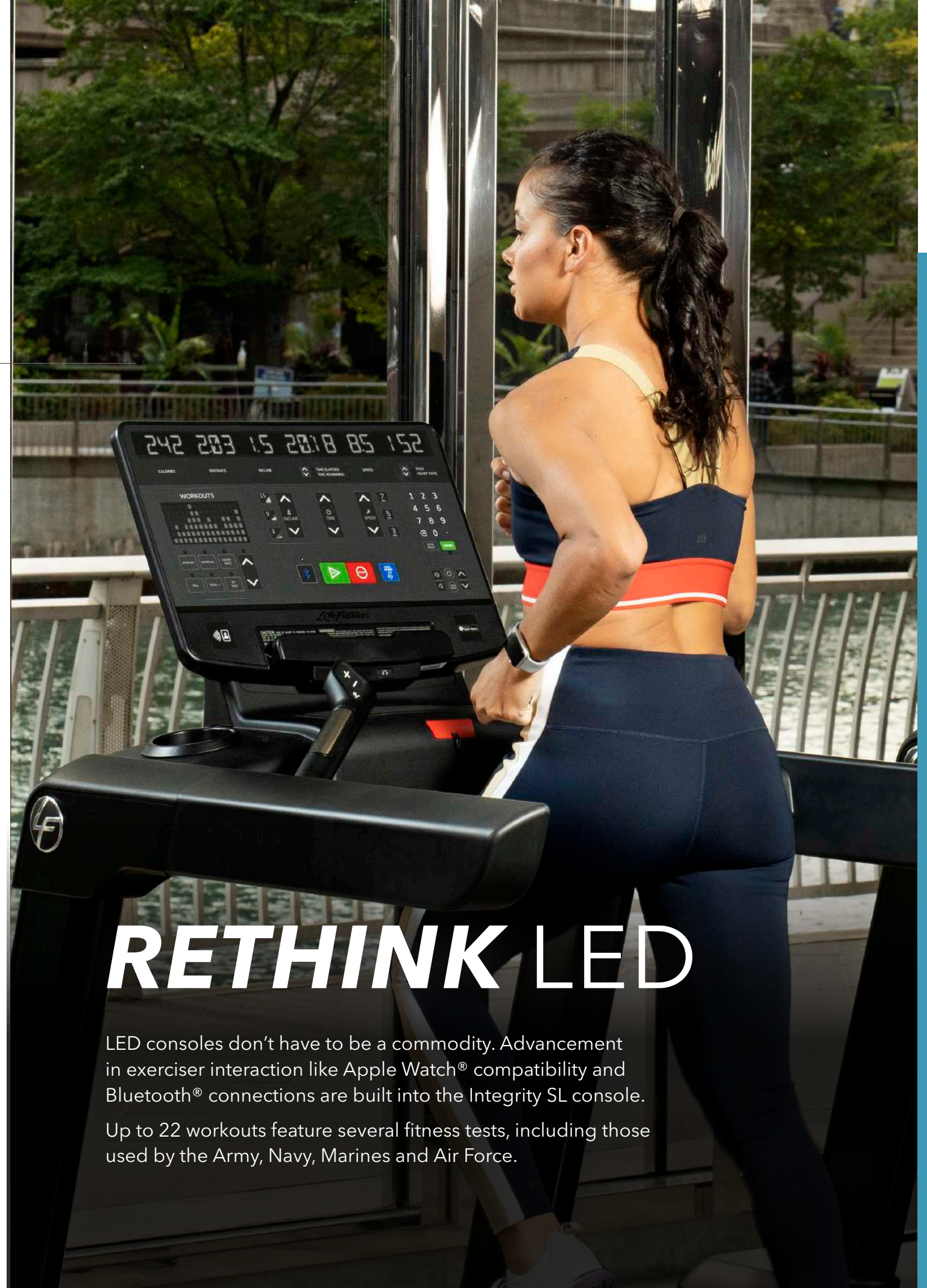
### CONNECTION

Apple® and Android™ devices connect to the console through proximity Bluetooth® and NFC, which lets exercisers access their music, videos, fitness apps and track workouts. The console also pairs seamlessly with Apple Watch® and Samsung®.



### ENTERTAINMENT HUB

Internet connectivity allows exercisers to use their favorite media and connect with apps like Netflix™ and Pandora® during a workout—just like they would when they're not working out.



# RETHINK LED

LED consoles don't have to be a commodity. Advancement in exerciser interaction like Apple Watch® compatibility and Bluetooth® connections are built into the Integrity SL console.

Up to 22 workouts feature several fitness tests, including those used by the Army, Navy, Marines and Air Force.





INTEGRITY

# INTEGRITY SERIES

Cardio built to be reliable, effective, aesthetically pleasing and inviting for any exerciser.



## TREADMILL

Featured base with Integrity SL Console/ INT-DSL  
Shown in Titanium

### Other options:

- Integrity Treadmill D Base with SE3 HD Console / INT-TRD-DB (SE3HD)
- Integrity Treadmill S Base with SE3 HD Console / INT-SE
- Integrity Treadmill D Base with ST Console / INT-DE



## ELLIPTICAL CROSS-TRAINER

Featured base with Integrity SL Console / INXDSL  
Shown in Titanium

### Other options:

- Integrity Elliptical D Base with SE3 HD Console / INXDSE
- Integrity Elliptical S Base with SE3 HD Console / INXSSE
- Integrity Elliptical D Base with ST Console / INXD-ST



## UPRIGHT LIFECYCLE EXERCISE BIKE

Featured base with Integrity SL Console / INCDSL  
Shown in Titanium

### Other options:

- Integrity Upright D Base with SE3 HD Console / INCNSE
- Integrity Upright S Base with SE3 HD Console / INCSSE
- Integrity Upright D Base with ST Console / INCST



## RECUMBENT LIFECYCLE EXERCISE BIKE

Featured base with Integrity SL Console/ INRD-SL  
Shown in Titanium

### Other options:

- Integrity Recumbent D Base with SE3 HD Console / INRDSE
- Integrity Recumbent S Base with SE3 HD Console / INRSE
- Integrity Recumbent D Base with ST Console / INRDST



## POWERMILL CLIMBER

Integrity PowerMill with SL Console/ INPM-SL  
Shown in Diamond White

### Other options:

- Integrity PowerMill with SE3HD Console / INPMHD-ALL
- Integrity PowerMill with ST Console / INPM-ST



## ARC TRAINER

Integrity Total-Body Arc Trainer with SL Console/ LF-ARC-TB-SL  
Shown in Arctic Silver

### Other options:

- Integrity Total-Body Arc Trainer with SE3HD Console / INA-TBSL
- Integrity Lower-Body Arc Trainer with SE3HD Console / INATTS
- Integrity Total-Body Arc Trainer with ST Console / INATTS
- Integrity Lower-Body Arc Trainer with ST Console / INATLS
- Integrity Lower-Body Arc Trainer with SL Console / INA-LBSL



## INTEGRITY SERIES CONSOLES



### SE3 HD CONSOLE

Premium entertainment includes Life Fitness On Demand classes, HD TV, internet, apps like Netflix™ and Pandora® Radio, interactive courses and more. Pairs wirelessly with Apple Watch®.



### ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience for exercisers.



### SL CONSOLE\*

Rethink LED. Bluetooth®, ANT+ and NFC provide connection to wearables, headphones, heart rate straps and more. Pairs wirelessly with Apple Watch®. Up to 22 workouts available.



\* Enhance entertainment with an attachable TV (Available for SL Console Only)



## INTEGRITY FEATURED BASES

Premium models that include remote resistance controls, a choice of Black Onyx, Titanium Storm, Arctic Silver or Diamond White finishes and the following equipment-specific features.

### TREADMILLS

Longer side arms, remote speed and incline controls and aluminum end caps/side rails

### CROSS-TRAINERS

Remote resistance controls on multi-grip handles, rounded FlexForm pedals

### UPRIGHT BIKES

Remote resistance controls on the handlebars, comfortable handlebar elbow pads, self-leveling pedals

### RECUMBENT BIKES

Deluxe comfort seat, remote resistance controls on the side handles, exerciser-assist handles, self-leveling pedals



**UPRIGHT LIFECYCLE EXERCISE BIKE WITH SL CONSOLE / INCS-SL**

**NAVY**   
NAVY PRT APPROVED

*Life Fitness*



# ASPIRE CARDIO

A streamlined and efficient cardio line that includes a treadmill, elliptical, upright bike and recumbent bike. Aspire Cardio provides effective workouts, and memorable exerciser experiences, for a wide range of users. Aspire has an inviting modern design that enhances club aesthetics and it is built with the advanced biomechanics and focus on durability that Life Fitness cardio is known for.



**TREADMILL WITH SL CONSOLE / ASPT-SL**

- Other options:
- Treadmill with **Discover ST Console / 95T**



**ELLIPTICAL CROSS-TRAINER WITH SL CONSOLE / ASPX-SL**

- Other options:
- Elliptical Cross-Trainer with **Discover ST Console / 95X**



**UPRIGHT LIFECYCLE EXERCISE BIKE WITH SL CONSOLE / ASPC-SL**

- Other options:
- Upright Lifecycle Exercise Bike with **Discover ST Console / 95C**



**RECUMBENT LIFECYCLE EXERCISE BIKE WITH SL CONSOLE / ASPR-SL**

- Other options:
- Recumbent Lifecycle Exercise Bike with **Discover ST Console / 95R**



## ASPIRE CARDIO CONSOLE



### SL CONSOLE

Rethink LED. Bluetooth®, ANT+ and NFC provide connection to wearables, headphones, heart rate straps and more. Pairs wirelessly with Apple Watch®. Up to 22 workouts available.



## ASPIRE CARDIO

Cardio equipment options that appeal to exercisers of all abilities and fitness goals.

### TREADMILLS

A streamlined all-purpose treadmill that features a large accessory tray and cross handrail that allows for plenty of running room.

### CROSS-TRAINERS

An elliptical path that feels extremely natural because the path of motion is similar to an exerciser's actual running stride.

### UPRIGHT BIKES

Rooted in decades of proven durability. The generator drive system with poly-V belt resistance requires limited maintenance and also offers a smooth, quiet operation.

### RECUMBENT BIKES

A backrest, lumbar support and a wrap-around adjustment lever combine to help exercisers achieve maximum comfort.



ASPIRE

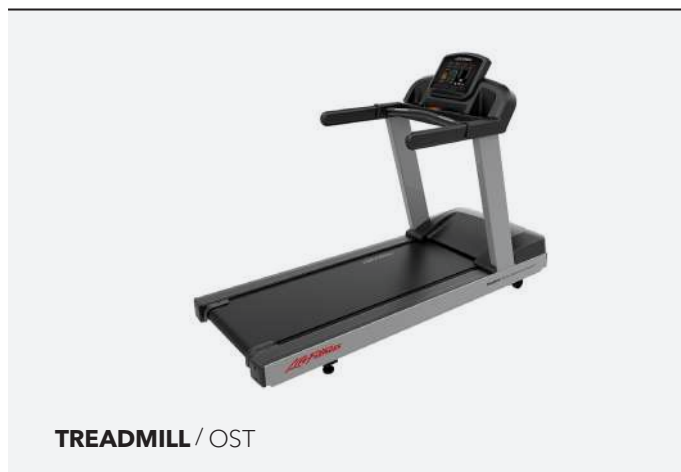




# WHY LIFE FITNESS CARDIO

## ACTIVATE SERIES

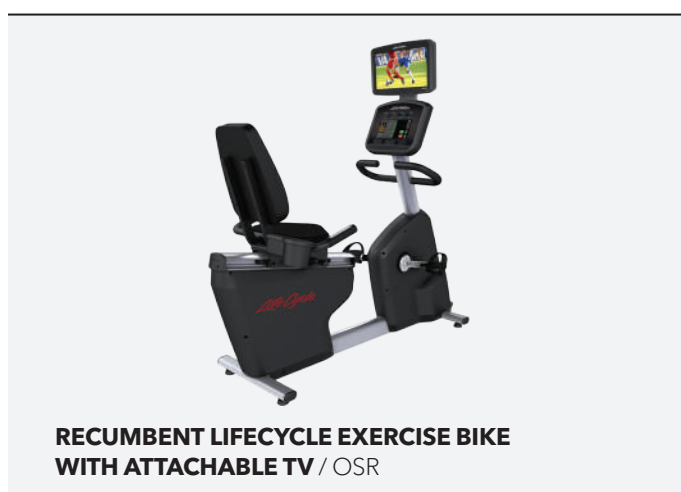
Light commercial cardio that combines reliability with intuitive functionality.



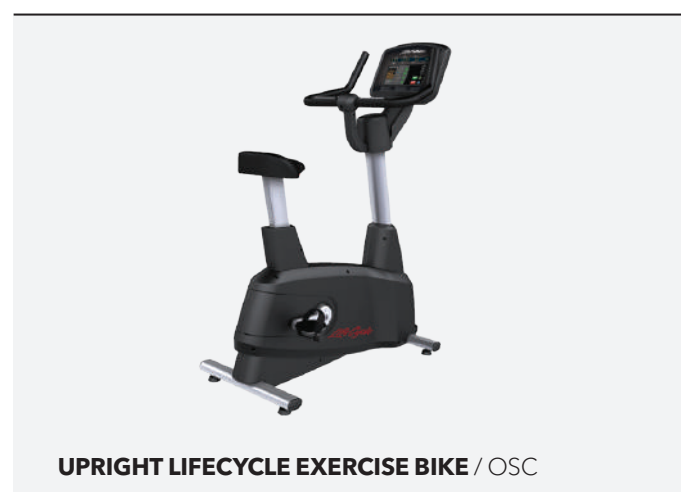
TREADMILL / OST



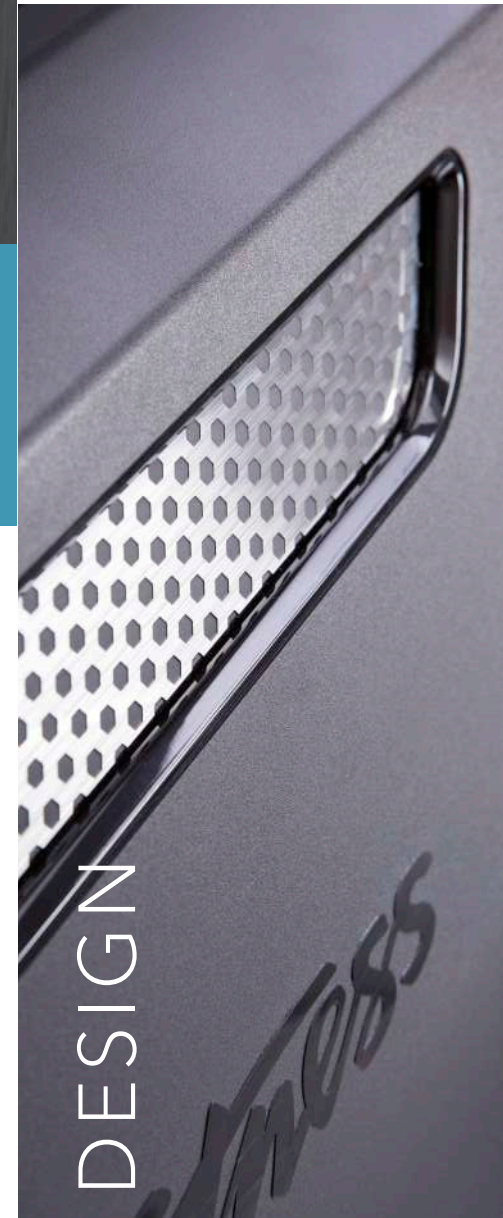
ELLIPTICAL CROSS-TRAINER / OSX



RECUMBENT LIFECYCLE EXERCISE BIKE WITH ATTACHABLE TV / OSR



UPRIGHT LIFECYCLE EXERCISE BIKE / OSC



DESIGN

Aesthetic design doesn't stand on its own. It requires a framework of functionality. Every detail is considered in order to design cardio equipment that provides the best results for its exercisers.



DURABILITY

Extensive testing in the \$4 million reliability lab at Life Fitness ensures our cardio products meet the highest global standards and are built to last in any environment.



CONSTRUCTION

Building the best fitness equipment in the industry is the goal from the time Life Fitness conceptualizes a product to when it ships to a customer. We maintain ISO 9001 certification and manufacture equipment under the highest quality standards.





# GROUP TRAINING

\*Shown - NEW Heat Row

A variety of high-intensity interval training options provide an effective cardio component to any group training program. Each product is also ideal for use during individual cardio workout.



## HEAT ROW



**HEAT ROW /**  
PRF-ROW-LCD-01

**HEAT PERFORMANCE ROW /**  
PRF-ROW-TFT-01



**CONSOLE DISPLAYS:**  
Time, Distance, Strokes/Minute,  
500-Meter Split Time, Calories/  
Hour, Watts

## SPARC



**HD SPARC /** PT-SC

**CONSOLE DISPLAYS:**  
Brake Resistance Level  
Meter, Numeric Display  
of Meters/km, Seconds,  
Strides per Minute, Time,  
Total Time, Watts





# ICG INDOOR CYCLES

Indoor Cycling Group (ICG) has been motivating, mentoring, and measuring positive change in the lives and rides of the global fitness and sporting community since 1995.

Striving for excellence in indoor cycling has made ICG a global leader specializing in the design, manufacture and programming of premium indoor cycling equipment.



## ATTENTION TO COMFORT

A padded sport saddle, PVC multi-position handlebars and multiple adjustment possibilities ensure that riders are comfortable from the start of the workout to the end.



## WATTRATE® TFT

The WattRate® TFT Computer 2.0 has a bright, self-powered, fully integrated TFT screen and a front LED display, which simultaneously display one of five colored zones to match the user's WattRate® (power) reading or heart rate output.



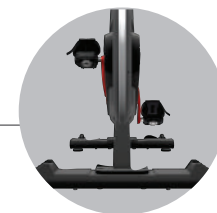
## ADVANCED POWER METRICS

The WattRate® Direct Power Meter on IC7 bikes offers the market's most accurate sensor technology with a direct measuring tolerance of +/- 1%.



## INVITING DESIGN

A sleek and modern aesthetic combines with rugged features like a steel frame to create durable cycles that exercisers want to use.



## OPTIMAL Q FACTOR

Q Factor is the distance between an exerciser's feet when they sit on a bike and pedal. The industry standard Q Factor of 155mm on most ICG bikes results in a ride that feels comfortable and natural.



## POLY-V BELT DRIVE

The Poly-V belt drive that powers each ICG bike transfers extreme levels of torque smoothly, requires limited maintenance, and is quieter than other drive systems.

*\*Shown: ICG IC8 with optional dumbbell holder and tablet holder.*



## STATE-OF-THE-ART INDOOR CYCLES

This fleet of bikes combines striking, award-winning design with an enhanced digital experience.



### IC7 / IC-IC7B1-01

- Two-stage drivetrain and a premium digital experience
- Includes a WattRate Direct Power Meter, Coach By Color® intensity guide for user and instructor, and data exchange with devices
- A new, sleek design with black anodized components

### IC6 / IC-IC6B1-01

- WattRate TFT computer features performance indication in watts, data exchange with external devices
- Coach By Color® intensity guide for both the user and instructor



### IC5 / IC-IC5B1-01

- WattRate LCD computer displays performance and allows for data exchange with devices and the Coach By Color® intensity guide for users

### IC4 / IC-IC4B1-01

- Belt drivetrain and magnetic brake system are virtually maintenance free and work together to provide a superior ride



# THE ICG DIGITAL EXPERIENCE

The state-of-the-art engineering of ICG indoor cycles combines with engaging digital technology to create extremely memorable exerciser experiences.

## COACH BY COLOR



Color-coded biofeedback for exercisers, and a universal method for coaching intensity for instructors.



### ICG CONNECT

A digital platform that creates exciting and immersive group exercise experiences through competition, vivid data visualization and instructor encouragement.



### ICG TRAINING APP

The Apple® and Android™ app pairs with IC5, IC6, and IC7 bikes to give exercisers the power to view, save and track workouts.





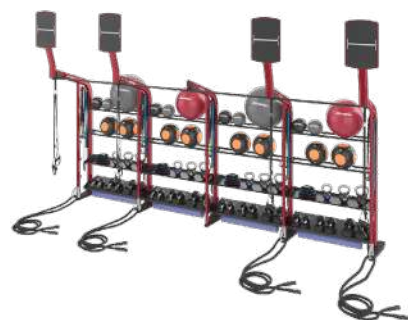
# SYNRGY180

The SYNRGY180 functional group training system helps save space by doubling as a wall-adjacent unit. It can be custom-configured to have a core unit, with another add-on, and side units for storage space, suspension, HIIT elements and added variety.

## PRECONFIGURED PACKAGES



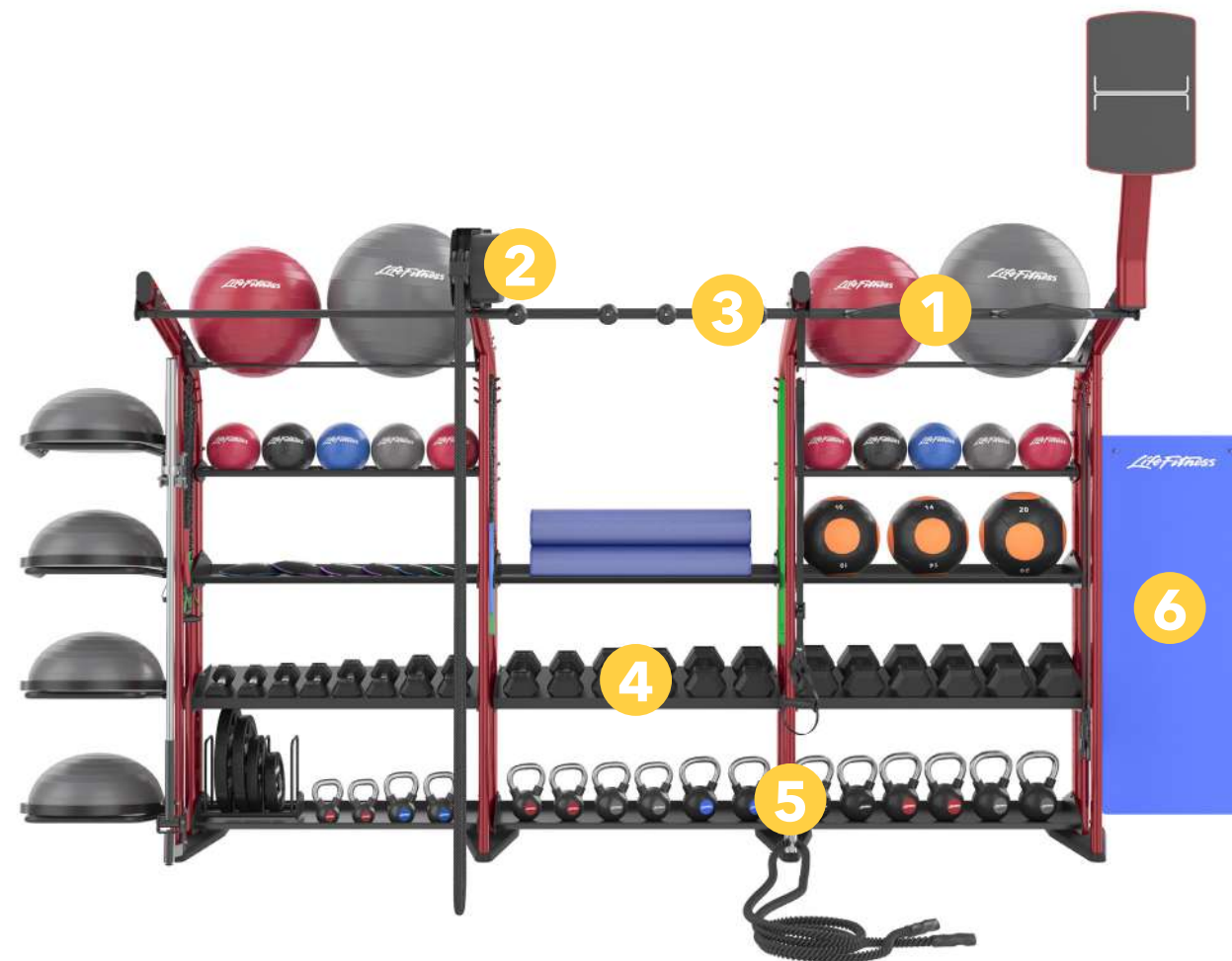
MIX 3



MULTI 4



DUO 4



1 STABILITY BALL STORAGE OPTION

2 TOP FRAME OPTIONS

3 CHIN OPTIONS

4 SHELF OPTIONS

5 BOTTOM FRAME OPTIONS

6 SIDE STORAGE OPTIONS

## FREESTANDING SYSTEM

Add Stabilization Legs and a rear Counterbalance to allow SYNRGY180 to be freestanding and not bolt-to-floor.





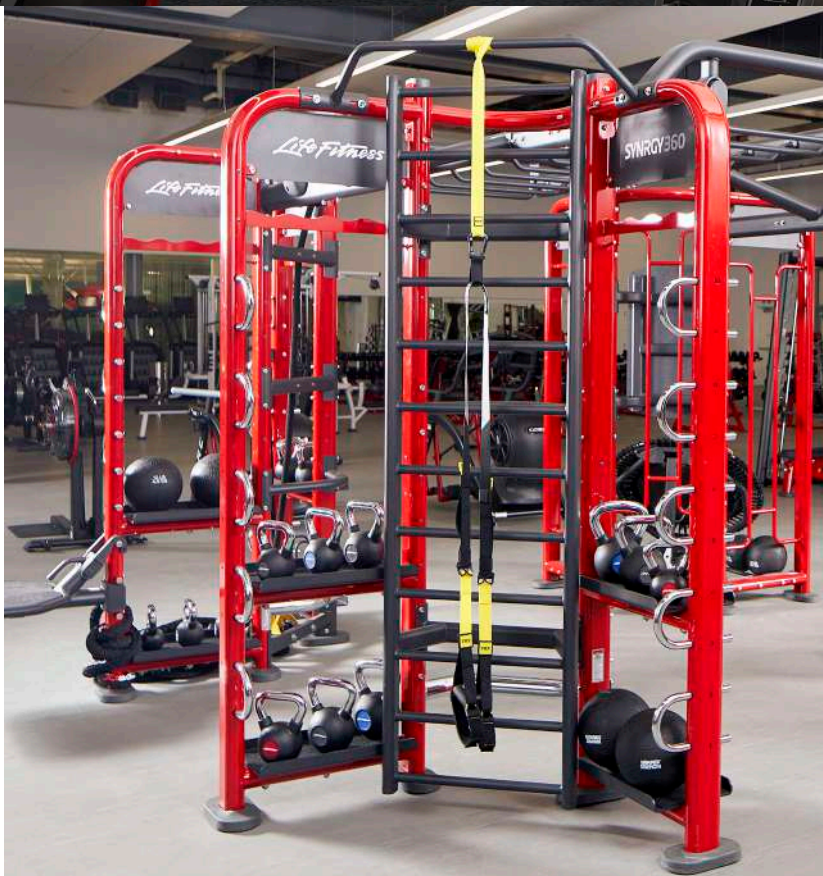


# SYNRGY360

The groundbreaking SYNRGY360™ system reinvents small group training. It creates a fun, inviting and meaningful workout experience for exercisers of all abilities and fitness levels.

SYNRGY360 units are available in several sizes and different customizable configurations.

The energy created around a SYNRGY360 system makes it the exciting focal point of any facility.



# SYNRGY90

A nearly limitless variety of exercise options in one space. Rooted in the success of SYNRGY360 small group training, the SYNRGY90 system is a shift in contemporary personal training—it provides the structural space trainers need, offers nearly limitless configurability and fits seamlessly in dedicated spaces.



CABLE CABLE / SYN90-CC



CABLE VERSA / SYN90-CV



VERSA CABLE / SYN90-VC



VERSA VERSA / SYN90-VV



## SYNRGY360 T



Contribute to exercisers' success with the variety afforded by five available training spaces in this streamlined configuration.\*

## SYNRGY360 XS



This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.\*

## SYNRGY360 XM



Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.\*

## SYNRGY360 XL



Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training.\*

**2** **PLACES TO TRAIN**

**MAX. FOOTPRINT:**  
5.8' x 7.6' (1.75 m x 2.31 m)

**LIVE AREA:**  
11' x 22' (3.4 m x 6.7 m)

**4** **PLACES TO TRAIN**

**MAX. FOOTPRINT:**  
7.7' x 9.0' (2.34 m x 2.74 m)

**LIVE AREA:**  
22' x 22' (6.7 m x 6.7 m)

**6** **PLACES TO TRAIN**

**MAX. FOOTPRINT:**  
9.0' x 14.4' (2.74 m x 4.39 m)

**LIVE AREA:**  
22' x 27' (6.7 m x 8.2 m)

**8** **PLACES TO TRAIN**

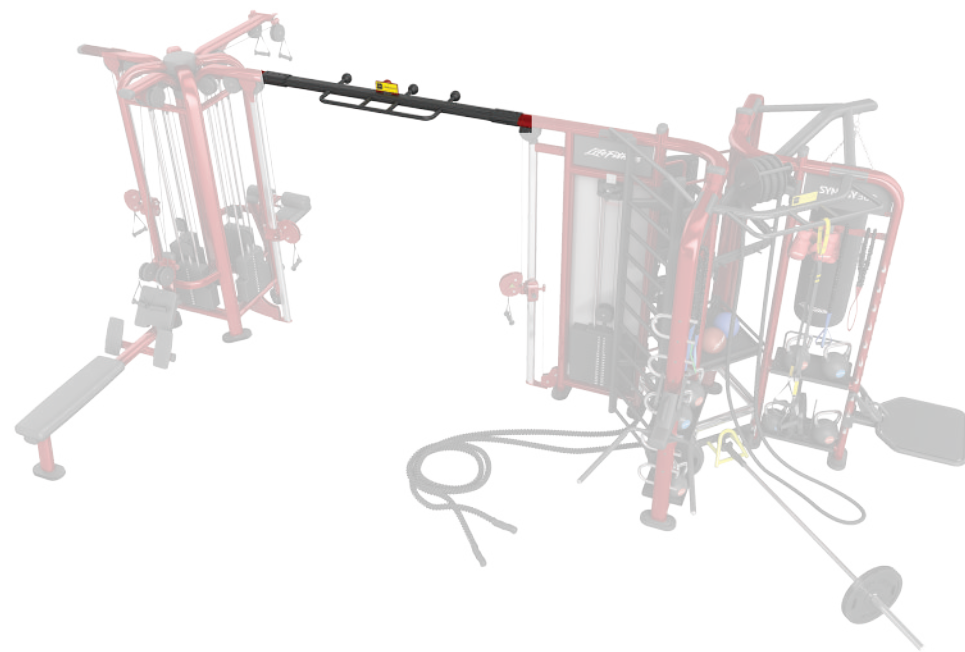
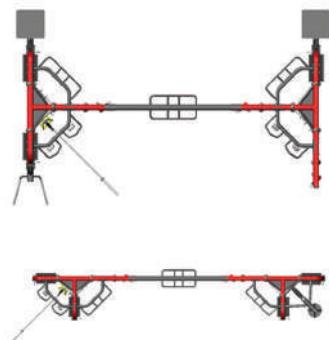
**MAX. FOOTPRINT:**  
14.4' x 14.4' (4.39 m x 4.39 m)

**LIVE AREA:**  
27' x 27' (8.2 x 8.2 m)

## OPTIONAL CABLE CROSSOVER CONNECTOR

Combine SYNRGY360 units by connecting cable stations with the optional cable crossover connector to create a different training environment and added interior space.\*

- Supports multiple suspension trainers
- Additional chin handles
- Available in three lengths: 6' (1.82 m), 7' (2.13 m), 8' (2.44 m)



- 1 REBOUNDER
- 2 CABLE MOTION
- 3 ROPE PULL
- 4 BATTLE ROPE
- 5 PULL UP BARS
- 6 STORAGE FOR ACCESSORIES
- 7 PLATFORM/DIP

\*CONTACT YOUR SALES REPRESENTATIVE FOR PRICING AND ADDITIONAL CONFIGURATIONS.

\*SYNRGY360 UNITS MUST BE SECURED TO A CONCRETE FLOOR FOR STABILIZATION AND TO ELIMINATE ROCKING OR TIPPING.





# LIFE FITNESS STRENGTH

INSIGNIA SERIES  
THOUGHTFULLY DESIGNED.  
DISTINCTIVELY CRAFTED.

Subtle design elements and detailed attention to the exerciser experience create intuitive strength training equipment that operates with smooth and controlled motions.

Insignia™ Series is the optimal interaction between exerciser and machine.

## INSIGNIA SERIES



### ENHANCED EXPERIENCE

Equipped with LFcodes™ placards to help exercisers reach their fitness goals and a rep counter to offer quick workout information.



### SMARTconnect

Available with SMARTconnect™ to provide digital strength training guidance and insights for exercisers of all fitness levels.

CONTACT YOUR SALES REPRESENTATIVE FOR ADDITIONAL OPTIONS AND PRICING.

S PACKAGE UNITS INCLUDE:

- STANDARD GRIPS
- CHARCOAL PLASTIC TOWER CAP



SHOULDER PRESS / SS-SP



CHEST PRESS / SS-CP



ROW / SS-RW



PULLDOWN / SS-PD



BICEPS CURL / SS-BC



BICEPS CURL DEPENDENT / SS-BCD



LATERAL RAISE / SS-LR



TRICEPS PRESS / SS-TP



TRICEPS EXTENSION / SS-TE



ASSIST DIP CHIN / SS-ADC



PECTORAL FLY/REAR DELT / SS-FLY



PECTORAL FLY / SS-PEC



GLUTE BRIDGE / SS-GLD



LEG EXTENSION / SS-LE



SEATED LEG CURL / SS-SLC



SEATED LEG PRESS / SS-SLP



LEG CURL / SS-LC



CALF EXTENSION / SS-CE



HIP ABDUCTION / SS-HAB



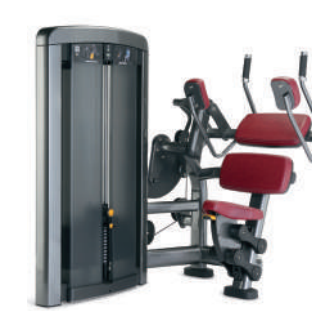
HIP ADDUCTION / SS-HAD



HIP ABDUCTOR ADDUCTOR / SS-HAA



GLUTE / SS-GL



ABDOMINAL / SS-AB



BACK EXTENSION / SS-BE



TORSO ROTATION / SS-TR





## PREMIUM STRENGTH PROGRESSION

Plate-Loaded units provide independent, converging and diverging movements.

Cable Motion™ Technology challenges exercisers with user-defined paths of motion that help build balance and power.

Versatile Benches and Racks include Olympic benches, body weight workout stations, a Smith machine and weight storage racks.



## SIGNATURE SERIES



BICEPS CURL / SPLBC



DECLINE CHEST PRESS / SPLDCP



FRONT LAT PULLDOWN / SPLPD



HIGH ROW / SPLHR



INCLINE CHEST PRESS / SPLIP



ROW / SPLROW



SEATED DIP / SPLDIP



SHOULDER PRESS / SPLSP



**SIGNATURE SERIES: PLATE-LOADED**



LINEAR LEG PRESS / SPLLLP



KNEELING LEG CURL / SPLKLC



LEG EXTENSION / SPLLE



CALF RAISE / SPLCALF

**TWO-TONE FRAME AND WORKARM FEATURE**

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

Only available on Signature Plate-Loaded.



COLOR OPTION:  
TEXTURED SHADOW GRAY\*

CUSTOM COLOR:  
CANDY APPLE RED



**SIGNATURE SERIES: CABLE MOTION**



**DUAL ADJUSTABLE PULLEY / CMDAP**



CHEST PRESS / CMCP



LAT PULLDOWN / CMPD



ROW / CMRW



SHOULDER PRESS / CMSP



CABLE COLUMN / CMCC



ADJUSTABLE CABLE CROSSOVER / CMACO

**SIGNATURE SERIES: MULTI JUNGLE**



HANDLE ACCESSORY RACK / MJHAR



MULTI-JUNGLE DUAL PULLEY HIGH / MJDPH



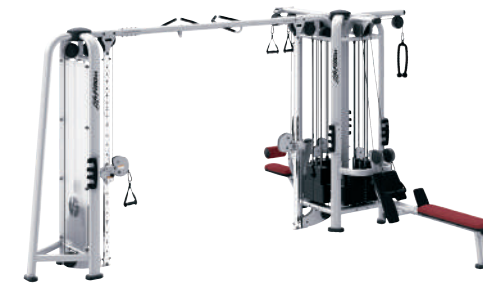
MULTI-JUNGLE ASSISTED CHIN DIP LOW / MJADC



MULTI-JUNGLE DUAL PULLEY LOW / MJDPL



MULTI-JUNGLE PLATFORM (SAMPLE 4-STACK) / MJ4\*



MULTI-JUNGLE PLATFORM (SAMPLE 5-STACK) / MJ5\*



MULTI-JUNGLE PLATFORM (SAMPLE 8-STACK) / MJ8\*



MULTI-JUNGLE PLATFORM (SAMPLE 12-STACK) / MJ12S\*



MULTI-JUNGLE PLATFORM (SAMPLE (12-STACK V-SHAPE) / MJ12V\*

\*CONTACT YOUR SALES REPRESENTATIVE FOR CUSTOM CONFIGURATIONS.



**SIGNATURE SERIES: BENCHES AND RACKS**



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



BACK EXTENSION / SBE



MULTI-ADJUSTABLE BENCH / SMAB



FLAT BENCH / SFB



ABDOMINAL CRUNCH BENCH / SABB



UTILITY BENCH / SUB



ADJUSTABLE DECLINE / ABDOMINAL BENCH / SADB



CHIN/DIP/LEG RAISE / SCDLR



LEG RAISE / SLR



SMITH MACHINE / SSM



SINGLE-TIER DUMBBELL RACK / SDR1



BARBELL RACK / SBBR



HANDLE RACK / SHR



SIGNATURE SERIES STORAGE RACK / SAR



OLYMPIC WEIGHT TREE / SOWT

**ATTRACTIVE.  
EFFICIENT.  
RELIABLE.**

Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise selectorized units, a dual adjustable pulley, and benches and racks. Inviting design and inviting exerciser functionality combine to create a strength line ideal for any facility.



**AXIOM SERIES**



**DUAL ADJUSTABLE PULLEY / OP-DAP**

- 90" (228 cm) of cable accommodates full body movements
- Ergonomic pull-up bar with neutral, chin-up, and pull-up grip positions
- Optimized weight stack position minimizes product width without sacrificing function
- Included: Long adjustable handles, pair (x1), Ankle strap (x1), Triceps rope (x1)

**AXIOM SERIES: SINGLE-EXERCISE MACHINES**



CHEST PRESS / OP-CP



SEATED ROW / OP-RW



SHOULDER PRESS / OP-SP



LAT PULLDOWN / OP-PD



LEG PRESS / OP-LP



BICEPS CURL / OP-BC



TRICEPS EXTENSION / OP-TE



LEG EXTENSION / OP-LE



LEG CURL / OP-LC



ABDOMINAL / OP-AB



## AXIOM SERIES: DUAL-EXERCISE MACHINES



MULTI-PRESS / OP-MP



PULLDOWN/ROW / OP-LR



PECTORAL FLY/REAR DELTOID / OP-FLY



BICEPS CURL/TRICEPS EXTENSION / OP-BT



HIP ABDUCTION/ADDUCTION / OP-HAA



LEG CURL/EXTENSION / OP-LCE



SEATED LEG CURL/EXTENSION / OP-SLCE



ABDOMINAL/BACK EXTENSION / OP-ABBA

## AXIOM SERIES: BENCHES AND RACKS



FLEXIBILITY TRAINER / OP-FS



ABDOMINAL BENCH / OP-ABB



ADJUSTABLE BENCH / OP-ADJ



DIP/LEG RAISE / OP-DLR



3-TIER ACCESSORY RACK / OP-AR3



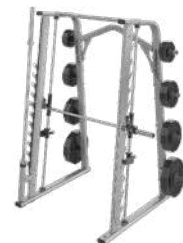
3-TIER DUMBBELL RACK (5-50LB HEX) / OP-DB3HX



3-TIER SHORT SADDLE DUMBBELL RACK / OP-DB3SS



3-TIER LONG SADDLE DUMBBELL RACK (5-75LB) / OP-DB3LS



SMITH RACK / OP-SM



BARBELL RACK / OP-BBR



VERTICAL DUMBBELL RACK / OP-DBV



VERTICAL MEDICINE BALL STORAGE / OP-MBS

## INTUITIVE AND EFFECTIVE

No adjustments and intuitive push-button controls make Circuit Series an easy-to-use strength training solution for both individuals and circuit training. The Lifeband Resistance™ System allows for incremental resistance adjustments, and a consistent resistance profile.

## CIRCUIT SERIES



CHEST PRESS / TCCP



SHOULDER PRESS / TCSP



SEATED ROW / TCRW



LAT PULLDOWN / TCPD



BICEPS CURL / TCBC



TRICEPS PRESS / TCTP



SQUAT/LUNGE / TCSL



LEG EXTENSION / TCLE



SEATED LEG CURL / TCLC



ABDOMINAL CRUNCH / TCAB



ABDOMINAL CURL BENCH / TCABB





**HAMMER  
STRENGTH®**



**FORWARD**





# HD PERFORMANCE TRAINERS

The Hammer Strength HD Tread, HD Air Bike and HD SPARC allow service members to get on and go with no hassle and maximum results. Within seconds, you can have your members pushing the limits of their HIIT workouts. Added to an existing training program, these products complete a well-rounded dynamic.



## HD TREAD

PT-ST-01

The HD Tread is a durable, self-powered curved treadmill made for performance training. Quick, efficient and tough enough to match the standards and expectations of the roughest exercisers.



## HD AIR BIKE

PT-AB-01

The HD Air Bike is an anaerobic endurance machine that allows your service members to quickly raise—or maintain—their heart rate. It is also excellent for injury prevention and recovery because there's no impact on an exerciser's joints.



## HD SPARC

PT-SC-01

The Hammer Strength HD SPARC is the ultimate performance trainer for explosiveness and power. It utilizes a high knee position and engages the glutes and muscles used to create downward-driving force. This translates to acceleration, speed and explosiveness training efficiency.



# HAMMER STRENGTH SELECT

Built with the Hammer Strength philosophy of performance strength training, Hammer Strength Select combines attention to effective movement with a rugged industrial aesthetic.



SEATED ROW / HS-RW



SHOULDER PRESS / HS-SP



TRICEPS EXTENSION / HS-TE



HIP ABDUCTION / HS-HAB



HIP ADDUCTION / HS-HAD



HIP AND GLUTE / HS-HG



HORIZONTAL CALF / HS-HC



LEG CURL / HS-LC



ASSIST DIP CHIN / HS-ADC



BICEPS CURL / HS-BC



CHEST PRESS / HS-CP



FIXED PULLDOWN / HS-FPD



LEG EXTENSION / HS-LE



SEATED LEG CURL / HS-SLC



SEATED LEG PRESS / HS-SLP



STANDING CALF / HS-SC



LAT PULLDOWN / HS-PD



LATERAL RAISE / HS-LR



PECTORAL FLY / HS-PEC



PEC FLY/REAR DELT / HS-FLY



ABDOMINAL CRUNCH / HS-ABC



BACK EXTENSION / HS-BE



# MTS

## MOTION. TECHNOLOGY. SELECTORIZED.

Hammer Strength extends the same Motion Technology of its revolutionary plate-loaded machines to its Motion Technology Selectorized™ (MTS) equipment. Only Hammer Strength MTS incorporates patented Iso-Lateral® technology with the ease and convenience of selectorized weight stacks.



ISO-LATERAL INCLINE PRESS / MTSIP



ISO-LATERAL ROW / MTSRW



ISO-LATERAL SHOULDER PRESS / MTSSP



ISO-LATERAL TRICEPS EXTENSION / MTSTE



ISO-LATERAL LEG EXTENSION / MTSLE



ISO-LATERAL KNEELING LEG CURL / MTSKC



ABDOMINAL CRUNCH / MTSAB



ISO-LATERAL BICEPS CURL / MTSBC



ISO-LATERAL CHEST PRESS / MTSCP



ISO-LATERAL DECLINE PRESS / MTS DP



ISO-LATERAL FRONT PULLDOWN / MTSFP



ISO-LATERAL HIGH ROW / MTS HR



# PLATE-LOADED

## BUILDING CHAMPIONS

Hammer Strength is the No. 1 brand of plate-loaded equipment in the world and offers some of the industry's most advanced strength-training technologies.

With the pioneering vision and guidance of founder Gary Jones, Hammer Strength became the first to explore the ergonomic advantages of utilizing converging and diverging arcs of motion. With more than 40 plate-loaded products—including the revolutionary Ground Base® machines—Hammer Strength gives you the power to build champions at any level.



T-BAR ROW / PL-TBR



BELT SQUAT / PL-BSQ



GLUTE DRIVE / PL-GLD



ISO-LATERAL INCLINE PRESS / IL-IP



ISO-LATERAL LOW ROW / IL-LR



ISO-LATERAL ROW / IL-ROW



ISO-LATERAL SHOULDER PRESS / IL-SP



ISO-LATERAL BENCH PRESS / IL-BP



ISO-LATERAL CHEST/BACK / IL-CB



ISO-LATERAL D.Y. ROW / IL-DRW



ISO-LATERAL DECLINE PRESS / IL-DCP



ISO-LATERAL SUPER INCLINE PRESS / IL-FMP



ISO-LATERAL WIDE CHEST / IL-WC



ISO-LATERAL WIDE PULLDOWN / IL-WPD



4-WAY NECK / PL-4W



ISO-LATERAL FRONT LAT PULLDOWN / IL-PD



ISO-LATERAL HIGH ROW / IL-HR



ISO-LATERAL HORIZONTAL BENCH PRESS / IL-HBP



SEATED DIP / PL-DIP



LATERAL RAISE / PL-LR



PULLOVER / PL-PO



SEATED BICEPS / PL-BI



**PLATE-LOADED**



**ISO-LATERAL KNEELING LEG CURL / IL-KLC**



**ISO-LATERAL LEG CURL / IL-LC**



**ISO-LATERAL LEG EXTENSION / IL-LE**



**ISO-LATERAL LEG PRESS / IL-LP**



**LEG EXTENSION / PL-LE**



**LEG PRESS / PL-LP**



**LINEAR HACK SQUAT / PL-LHS-01**



**LINEAR LEG PRESS / HSLLP**



**SEATED CALF RAISE / PL-CALF**



**SEATED LEG CURL / PL-SLC**



**SUPER HORIZONTAL CALF / PL-SHC**



**TIBIA DORSI FLEXION / PL-TIB**



**V-SQUAT / PL-VSQ**



**GRIPPER / PL-GRIP**



**SEATED/STANDING SHRUG / PL-SH**



**ABDOMINAL OBLIQUE CRUNCH / PL-AB**

# GROUND BASE

## UNMATCHED PERFORMANCE TRAINING

Hammer Strength Ground Base® machines provide advanced performance training with unique technology. The challenging multi-plane exercises build strength, balance, and coordination that directly transfer to real-world actions and moves on the playing field. By training with feet on the ground, users can perform explosive movements to maximize their power and endurance by engaging multiple muscle groups including the core.



## GROUND BASE



**COMBO DECLINE / GB-CD**



**COMBO INCLINE / GB-CI**



**COMBO TWIST / GB-CT**



**JAMMER / GB-J**



**SQUAT HIGH PULL / GB-SHP**



**SQUAT LUNGE / GB-SL**



**TWIST LEFT / GB-TL**



**TWIST RIGHT / GB-TR**





# HD ELITE

# HD ELITE RACKS

The strongest, most heavyweight racks around, HD Elite™ racks are built from the ground up with one goal in mind—to unleash training potential. Available as stand alone racks or in over 30 combo rack configurations, HD Elite racks are custom configured for your facility, with the exact options you need to put your team personnel through the toughest workouts in your program.





# HD ELITE RACKS

## BUILDING CHAMPIONS

HD Elite is engineered for elite athletes and the toughest strength rooms. At Hammer Strength, we build our racks to allow users to train hard and train heavy. The equipment is up to the challenge. If you're training powerful athletes and you require versatility in training and storage, HD Elite has a configuration that's the perfect fit for your weight room.



### STAND-ALONE RACKS SHOWN WITH OPTIONAL ACCESSORIES AND STORAGE. (EXAMPLE CONFIGURATIONS)



HALF RACK LONG BASE / HDLHRL



MULTI-RACK / HDLMR



POWER RACK / HDLPR

### COMBO RACKS (EXAMPLE CONFIGURATIONS)



HALF RACK SHORT BASE/DAP  
HDLHRS / HDLCRDAP

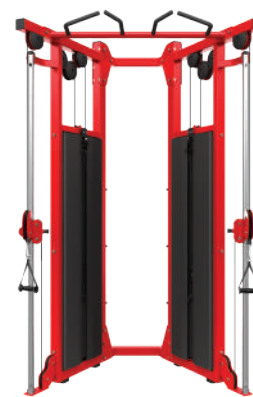


POWER RACK/HALF RACK  
SHORT BASE HDLPR / HDLHRS



HALF RACK SHORT BASE /  
HALF RACK SHORT BASE  
HDLHRS / HDLHRS

### CABLE STATIONS



HD ELITE DUAL ADJUSTABLE  
PULLEY / HDLDAP



HD ELITE PULLDOWN / HDLPD



HD ELITE DUAL PULLDOWN  
ROW / HDLDPR



HD ELITE ROW / HDLRW

## STRUCTURAL PERFORMANCE FEATURES



### ANVIL BRACING™

Multi-plane bolting configuration increases structural rigidity



### HAMMERLOCK™

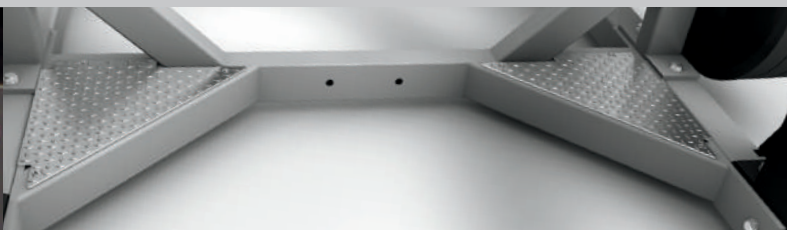
Bolting mechanism allows for higher fastening torque and eliminates exposed hardware for a cleaner look



### CO-BRANDING\*

Show your team or facility pride by adding your custom logo

\*Co-branding is only available in North American markets.



### SPIDER GUSSET™

45-degree angle braces with diamond plate to increase lateral stiffness



# HD ELITE ATTACHMENTS

## PULL-UP BAR OPTIONS



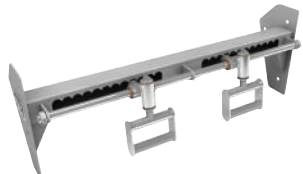
**2-HANDLE PULL-UP**  
/ HDL2PU



**3-HANDLE PULL-UP**  
/ HDL3PU



**NEUTRAL BAR PULL-UP**  
/ HDLNPU



**ROTATING CHIN-UP**  
/ HDLRCU



**THICK GRIP PULL-UP**  
/ HDLTPU



**DUAL PULL-UP**  
/ HDLDPU



**STRAIGHT THICK SIDE PULL-UP**  
/ HDLTSPU



**ARC DUAL PULL-UP**  
/ HDLARC



**STRAIGHT BAR PULL-UP**  
/ HDLSSPU



**WING**  
/ HDLWG



## BASE & STORAGE OPTIONS



**SUMO BASE**



**BUMPER STORAGE AND TRAY**



**TOP BALL STORAGE**



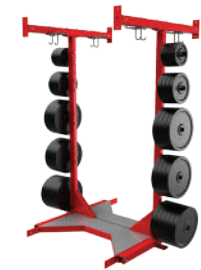
**ACCESSORY STORAGE/ DIP STATION**  
/ HDLADS



**ACCESSORY STORAGE RACK**  
/ HDLASR



**COMBO STORAGE - SHORT SINGLE**  
/ HDLSTOR-SS



**COMBO STORAGE - MEDIUM SINGLE**  
/ HDLSTOR-MS



**STAND ALONE STORAGE**  
/ HDLSTOR-SA




**COMBO STORAGE - LONG DOUBLE**  
/ HDLSTOR-LD




# HD ELITE ATTACHMENTS


### RACK CONNECTORS




**RACK CONNECTOR - SQUARE** / HDLRC-SQ




**BALL GRIPS (PAIR)** / HDT-BG3



**RACK CONNECTOR - THICK STRAIGHT** / HDLRC-TS



**NEUTRAL GRIPS (PAIR)** / HDT-NG



**ARC BAR** / HDT-ARC

### UPRIGHT ATTACHMENTS



**DIP HANDLES** / HDLDIP-HR



**REVERSE BAR SUPPORT** / HDLRBS



**NORDIC HAMSTRING** / HDL-NH



**STEP-UP PLATFORM** / HDLSTP-HR & HDLSTP-PRMR



**SINGLE LEG SQUAT BAR** / HDLSLS



**SPOTTER PLATFORMS** / HDLSP




**STABILITY SQUAT HANDLES** / HDL-SSH




**FLEXIBLE BAR CATCH** / HDL-PR-FBC




### ADDITIONAL ATTACHMENTS




**SLIDING BAND PEG** / HDLSBP




**TECHNIQUE TRAY** / HDLTT-HR & HDLTT-PRMR




**BATTLE ROPE ATTACHMENTS** / HDLBL



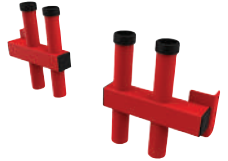
**POWER PIVOT™** / HDLPP




**DOCK 'N LOCK** / HDLDL



**TOP BAND PEGS** / HDLTBP




**4-BAR STORAGE** / HDL4BS




**ROPE PULL** / HDLRP


### BENCH AND PLATFORMS




**PREMIUM WOOD PLATFORM**



**RUBBER INTERLOCK PLATFORMS**



**IMPACT SUPPRESSION PLATFORM**



**ADJUSTABLE BENCH** / HDLADJ





# HD ATHLETIC

## EASILY CREATE YOUR OWN PERFORMANCE TRAINING SPACE

HD Athletic™ equipment is modular and designed to let you build unique training areas. It is rugged strength training gear built to the standards of the world's pioneering performance strength brand.

### HD ATHLETIC PRO

HD Athletic Pro Racks and Rigs create massive training flexibility for the facility that needs integrated barbell solutions with practical accessory storage and functional training. Configure structures that best fit your room by maximizing floorspace without limiting the number of bars moving. Choose fully featured racks, configure huge training structures with Bridge or choose efficient, near-to-wall stations with Perimeter.

### HD ATHLETIC NX

The next generation of HD Athletic Racks. The modular racks can be right-sized to fit your space and your budget. NX is ideal for training facilities that deserve Hammer Strength level quality and desire choices to create the perfect fit. Designed to build champions. Engineered to evolve with them.



# RACKS

## HD ATHLETIC NX POWER RACK

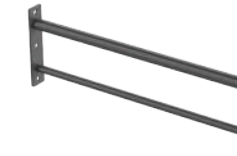
Hammer Strength racks are found in the world's top athletic training facilities. The HD Athletic NX Power Rack combines space efficiency with a full storage solution. It is available in both 4-post and 6-post configurations with a full cage that creates an area where athletes can concentrate on performance.



## POWER RACK CROSSMEMBERS



**STRAIGHT BAR**  
/ HDT-XM42-TYPE1-SB



**THICK SKINNY**  
/ HDT-XM42-TYPE1-TS



**OFFSET BAR**  
/ HDT-XM42-TYPE1-OB



**MONKEY BAR**  
/ HDT-XM42-TYPE1-MB



**SQUARE**  
/ HDT-XM42-TYPE1-SQ

## HD ATHLETIC SERIES RACKS

### POWER RACK / HDT-PR

Foot Print (L x W x H) 77 x 65.5 x 97.5" (196 x 166 x 248 cm)  
Live Area (L x W x H) 125 x 120 x 102" (318 x 305 x 259 cm)  
Machine Weight 515 lbs (234 kg)  
Max User Weight 350 lbs (159 kg)  
Max Training Weight 675 lbs (307 kg)



### HALF RACK / HDT-HR

Foot Print (L x W x H) 61.5 x 65.5 x 97.5" (156 x 166 x 248 cm)  
Live Area (L x W x H) 109.5 x 120 x 102" (278 x 305 x 259 cm)  
Machine Weight 410 lbs (186 kg)  
Max User Weight 350 lbs (159 kg)  
Max Training Weight 495 lbs (225 kg)



## HALF RACK / POWER RACK CROSSMEMBERS



**THICK SKINNY SHORT** / HDT-XM42-TYPE2-TS

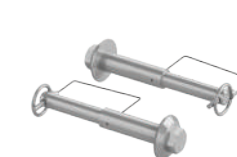


**MULTI-GRIP** / HDT-XM42-TYPE2-MG

## RACK ATTACHEMENTS



**POWER RACK FLEXIBLE BAR CATCH** / HDT-PRFBC



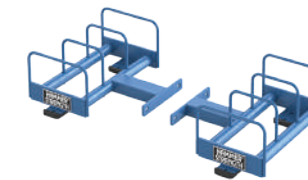
**BAND PEGS** / HDT-BP



**POWER PIVOT™** / HDT-PP



**DIP HANDLE** / HDT-DIP



**RACK BUMPER PLATE STORAGE** / HDT-RBPS



**WING\*** / HDT-WING-42



**4' FREESTANDING STORAGE\***  
/ HDT-FSS4



**6' FREESTANDING STORAGE\***  
/ HDT-FSS6

Call for pricing and additional configurations.  
Images not to scale. Products subject to change.

\* Rack is required to be bolted to floor



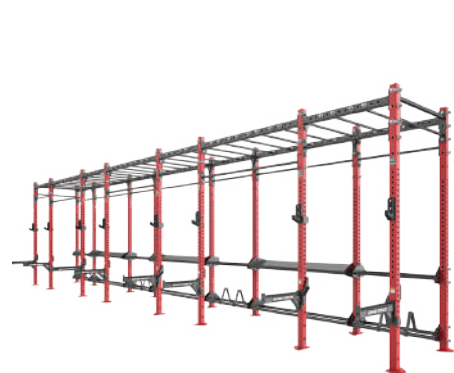


# RIGS

## HD ATHLETIC RIGS

Build a rig system designed for your fitness facility. HD Athletic rigs can be constructed in a configuration specific to your training regimen.

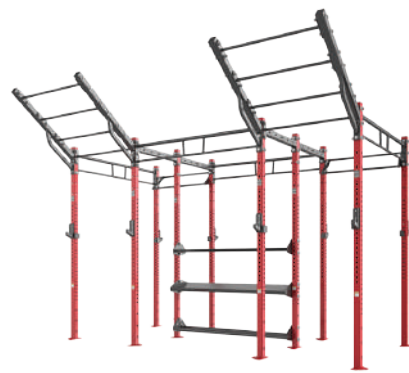
### SAMPLE CONFIGURATIONS\*



4' X 34' RIG WITH MONKEY BARS AND REAR STORAGE



6' X 14' RIG WITH ANGLED MONKEY BARS



6' X 14' RIG WITH CENTER STORAGE AND WINGS

\*All rig configurations require bolt to floor

### UPRIGHTS



9' UPRIGHT  
/ HDT-FSR-9U\*

\*Sold as set of two.



10' UPRIGHT  
/ HDT-FSR-10U\*

\*Sold as set of two.

### STORAGE CONNECTORS (AVAILABLE IN 6' OR 4')



DUMBBELL TRAY  
/ HDT-SM72-DBT



KETTLEBELL TRAY  
/ HDT-SM72-KBT



2 PIPE  
/ HDT-SM72-2P

### RIG CROSSMEMBERS (AVAILABLE IN 6' OR 4')



STRAIGHT BAR  
/ HDT-XM42SB



THICK SKINNY  
/ HDT-XM42TS



OFFSET BAR  
/ HDT-XM42OB



MONKEY BAR  
/ HDT-XM42MB



SQUARE  
/ HDT-XM42SQ

### RIG ATTACHMENTS



POWER PIVOT™  
/ HDT-PP



DIP HANDLE  
/ HDT-DIP



WING  
/ HDT-WING42



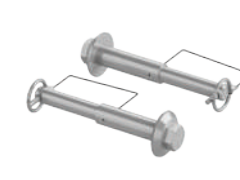
BAR CATCH  
PREMIUM / HDT-HR-BC  
STANDARD / HDW-HR-SBC



BAR SUPPORT  
PREMIUM / HDT-PRBS  
STANDARD / HDW-BSS



RIG BAR STORAGE  
/ HDT-BS



BAND PEGS  
/ HDT-BP



WALL BALL TARGET  
/ HDT-WBT



BUMPER PLATE DIVIDER  
/ HDT-BPD

Call for pricing and additional configurations.

Images not to scale. Products subject to change.





# PERIMETER

## HD ATHLETIC PERIMETER

A depth of 32" ensures that Perimeter fits unobtrusively against a wall. Connect several together to create a performance strength training wall or large storage area.



# PERIMETER

### SAMPLE CONFIGURATIONS\*



14' PERIMETER UNIT



4' PERIMETER UNIT



STORAGE-ONLY PERIMETER

### UPRIGHTS



UPRIGHT SIDE FRAME  
/ HDT-PSF

### STORAGE CONNECTORS (AVAILABLE IN 6' OR 4')



DUMBBELL TRAY  
/ HDT-SM72-DBT



KETTLEBELL TRAY  
/ HDT-SM72-KBT



2 PIPE  
/ HDT-SM72-2P

### XMEMBERS (LENGTH: 42") AND XMEMBER CONNECTORS (LENGTH: 72")



MONKEY BAR  
/ HDT-XM42-MB



THICK SKINNY  
/ HDT-XM42-TS



SQUARE  
/ HDT-XM42-SQ



SUSPENSION CHIN  
/ HDT-XM42SC



MONKEY BAR  
/ HDT-XM72-MB



THICK SKINNY  
/ HDT-XM72-TS



SQUARE  
/ HDT-XM72-SQ



SUSPENSION CHIN  
/ HDT-XM72SC

### RIG ATTACHMENTS



BAR CATCH  
/ HDT-HR-BC\*



POWER PIVOT™  
/ HDT-PP



DIP HANDLE  
/ HDT-DIP



BAR STORAGE  
/ HDT-BS



BAR SUPPORT  
/ HDT-PRBS\*



BALL GRIPS (PAIR)  
/ HDT-BG3\*



NEUTRAL GRIPS (PAIR)  
/ HDT-NG\*



ARC BAR  
/ HDT-ARC\*



WALL BALL TARGET  
/ HDT-WBT

Call for pricing and additional configurations.  
Images not to scale. Products subject to change.





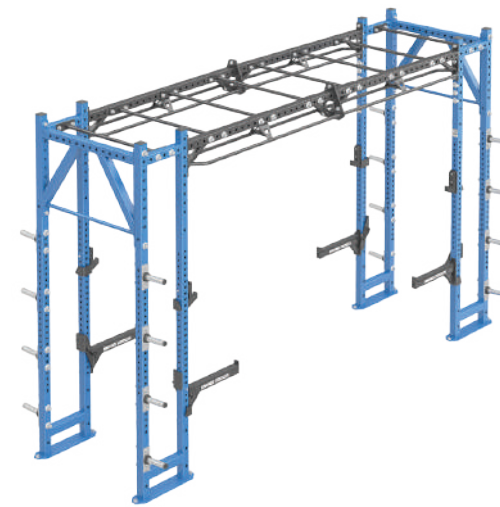
# BRIDGE

## PERFORMANCE STRENGTH TRAINING THAT MAXIMIZES SPACE

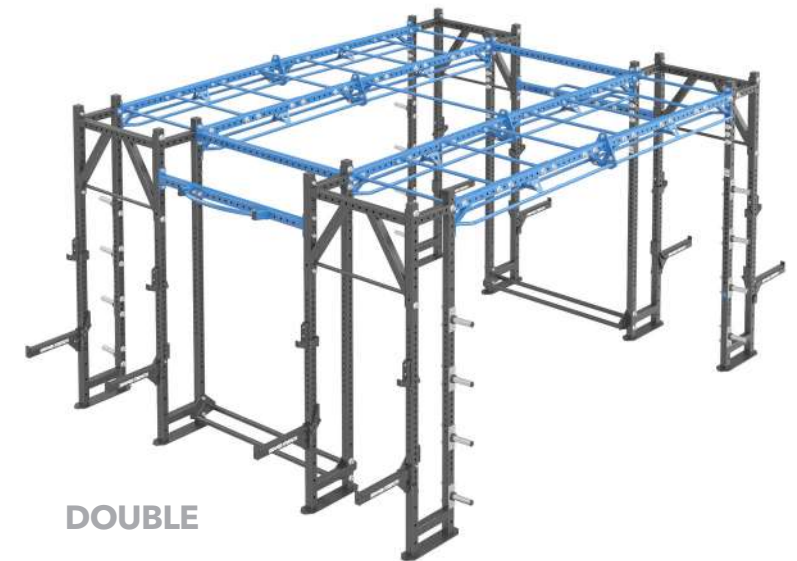
Olympic training and storage options are connected by an overhead bridge that offers the opportunity for group strength training, body weight training and more. Open space underneath HD Athletic Bridge can also be used for a variety of general group exercise.

Several configuration sizes fit nearly any space. Choose from four high-wear colors for uprights and cross member options, and standard Hammer Strength color choices for the frames.

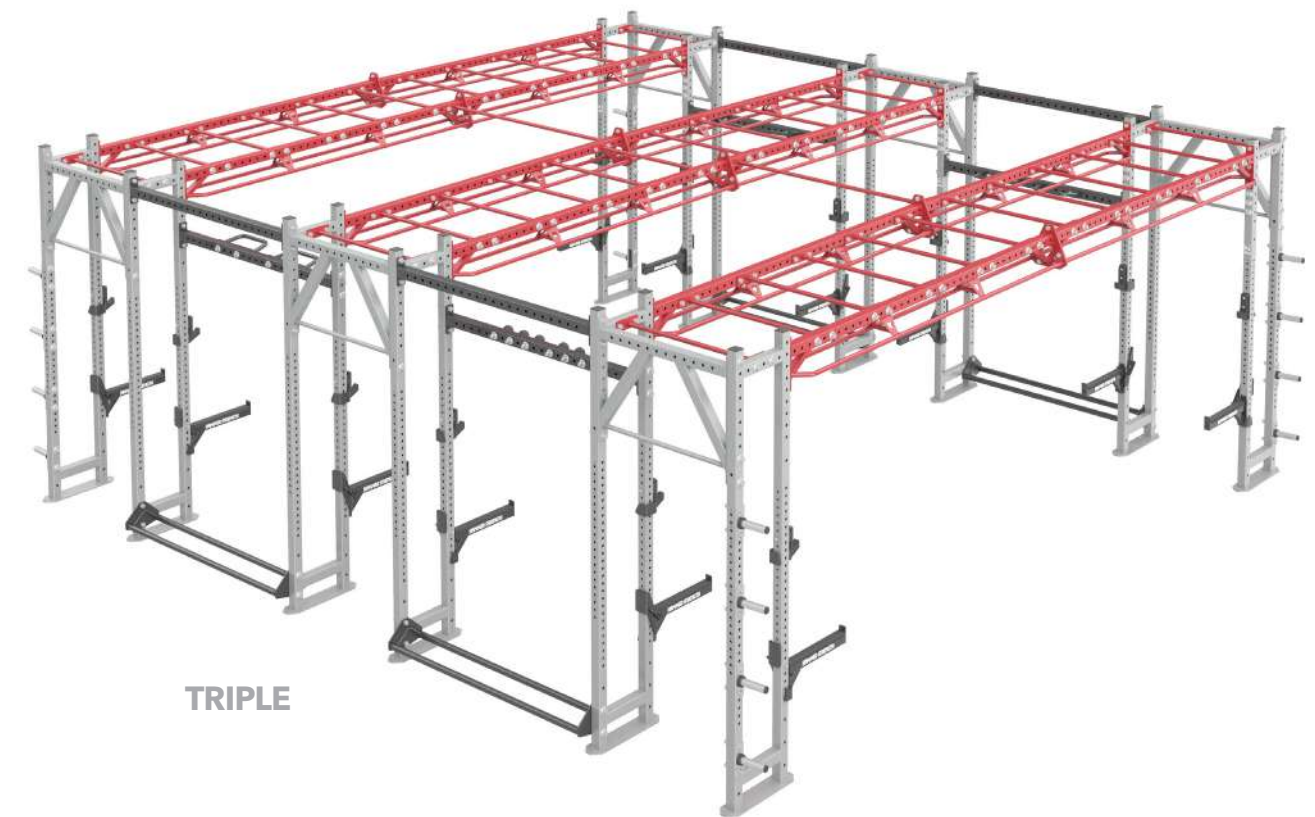
### SAMPLE CONFIGURATIONS\*



SINGLE



DOUBLE



TRIPLE

Call for pricing and additional configurations.  
 Images not to scale. Products subject to change.



# BENCHES AND RACKS

Hammer Strength benches and racks anchor complete strength-training destinations. These tough-built essentials support good fundamentals for targeted training.



# BENCHES AND RACKS

## BENCHES AND RACKS



OLYMPIC FLAT BENCH / O-FB



OLYMPIC INCLINE BENCH / O-IB



OLYMPIC DECLINE BENCH / O-DB



OLYMPIC BENCH WEIGHT STORAGE / O-BWS



OLYMPIC MILITARY BENCH / O-MB



OLYMPIC SQUAT RACK / O-SR



ADJUSTABLE BENCH / FWMAB



DECLINE/ABDOMINAL BENCH / FW-DB

## BENCHES AND RACKS



FLAT BENCH / FW-FB



SEATED ARM CURL / FW-AC



VERTICAL SMITH MACHINE / HSSMV



SMITH MACHINE / HSSM



BACK EXTENSION / BW-BE



CHIN/DIP/LEG RAISE / BW-CDL



FIXED PAD GLUTE/HAM / BW-GHF



GLUTE/HAM / BW-GH



MULTI ADJUSTABLE BENCH / HDT-MAB



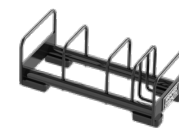
UTILITY BENCH-75° / FW-UB75



BARBELL RACK / FW-BAR



DELUXE WEIGHT TREE / FW-DWT



BUMPER PLATE STORAGE COMPACT / FW-BPC



BUMPER PLATE STORAGE LARGE / FW-BPL



DUMBBELL RACK-SINGLE / FW-DR1



DUMBBELL RACK-DOUBLE / FW-DR2



DUMBBELL RACK-TRIPLE / FW-DR3



# ACCESSORIES

LEGACIES ARE MADE OF HARD WORK AND HARDER STEEL.

Hammer Strength accessories are for facilities that want to create a cohesive performance training experience. A growing portfolio of products lives up to an evolving legacy of world-class athletic and functional training equipment.



## HAMMER STRENGTH ACCESSORIES



12-SIDE URETHANE DUMBBELLS



ROUND URETHANE DUMBBELLS



ROUND RUBBER DUMBBELLS



PREMIUM RUBBER BUMPERS



URETHANE BUMPER PLATES



STANDARD RUBBER BUMPERS



RUBBER HEX DUMBBELLS



FIXED BARBELLS



RECYCLED RUBBER BUMPER PLATES



12-SIDED URETHANE PLATES



ROUND URETHANE PLATES

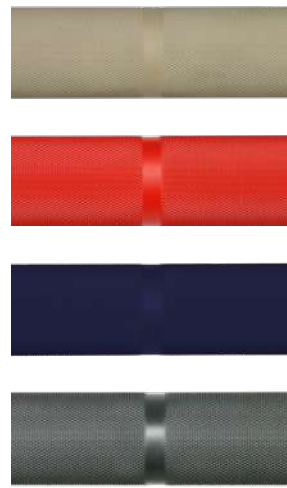


ROUND RUBBER PLATES





CERAKOTE BARS



BAR COLLARS



WOOD PLYO BOX 20X24X30"



3-IN-1 SOFT PLYO BOX /



STACKABLE PLYO BOXES /



BARS



SLAM BAGS



SLAM BALLS



POWER BANDS



COMPETITION KETTLEBELLS



WALL BALLS



STABILITY BALLS



DC BLOCKS



WEIGHT SLED



# LIFE FITNESS ACCESSORIES

THE NO. 1 BRAND OF HEALTH CLUB EQUIPMENT WORLDWIDE

For 50 years, Life Fitness has been at the forefront of fitness. We offer more fitness equipment choices than any other manufacturer. This carefully selected range of premium fitness accessories addresses the innovative ways people train today and gives you more ways to help exercisers achieve their goals.



KETTLEBELLS



HEAVY BAG



TIRES



MEDICINE BALLS



STABILITY BALLS



RESISTANCE TUBES

CORE MAT



YOGA MAT



JUMP ROPE



STUDIO DUMBBELS



PLYO BOX

YOGA BLOCK



FOAM ROLLER



CORE BAGS





# BE READY

## ACFT EQUIPMENT

Life Fitness offers a variety of ACFT-compliant accessories to help our service members be prepared for any situation. These tools are developed to support training that reflects real-life situations. Our ACFT products can be purchased as a single-lane set—with the components needed to train for or take the Army Combat Fitness Tests—or they can be purchased individually.

# ACFT EQUIPMENT



EQUIPMENT



PULL UP STAND



SPRING COLLARS



HEX BAR



NYLON SLED



MEDICINE BALL



RUBBER BUMPER PLATES



CAST-IRON KETTLEBELLS



TAPE MEASURE



# PREMIUM EQUIPMENT. WORLD-CLASS SERVICE.



## WE UNDERSTAND THE COST OF FACILITY DOWNTIME, SO WE'VE CREATED THE LEADING SERVICE AND SUPPORT PROGRAM IN THE INDUSTRY.

We have 55 Life Fitness service technicians, 60 call center agents, and more than 300 certified independent service operators in the field. This support network is why Life Fitness has earned a reputation as the world's most reliable fitness equipment supplier.

Contact the Life Fitness Service Team  
800.494.6344 (option 3)  
customersupport@lifefitness.com

## LIFE FITNESS SERVICE PARTS WEBSITE

24-hour access to replacement parts for all of our fitness equipment. Easily find the parts you need by entering the serial number for the piece of equipment that requires service.

LifeFitness.com/parts  
800.351.3737\  
847.288.3700 (international)

## STRENGTH FRAME COLORS

All products are not available in all colors. See chart below for full color specifications.

KEY S = Standard O = Optional C = Custom N/A = Not Available

|                     | HD ATHLETIC & STRUCTURE |                 |                    |                   |
|---------------------|-------------------------|-----------------|--------------------|-------------------|
|                     | LIFE FITNESS & CYBEX    | HAMMER STRENGTH | FRAME (RACKS ONLY) | UPRIGHT & XMEMBER |
| Platinum            | S                       | S               | S                  | N/A               |
| Black               | S                       | S               | S                  | N/A               |
| Charcoal            | S                       | S               | S                  | N/A               |
| Titanium            | S                       | S               | S                  | N/A               |
| White               | S                       | S               | S                  | N/A               |
| Blue                | O                       | S               | S                  | N/A               |
| Yellow              | O                       | S               | S                  | N/A               |
| Red                 | O                       | S               | S                  | N/A               |
| Midnight Metallic   | O                       | O               | O                  | N/A               |
| Mocha Sand          | O                       | O               | O                  | N/A               |
| Candy Apple Red     | O                       | N/A             | N/A                | N/A               |
| Diamond White Clear | O                       | N/A             | N/A                | N/A               |
| Electric Blue       | O                       | N/A             | N/A                | N/A               |
| High Wear Blue      | N/A                     | N/A             | S                  | S                 |
| High Wear Charcoal  | N/A                     | N/A             | S                  | S                 |
| High Wear Platinum  | N/A                     | N/A             | S                  | S                 |
| High Wear Red       | N/A                     | N/A             | S                  | S                 |
| Custom              | C**                     | C               | C                  | C                 |

Notes:  
\*Life Fitness colors have a second clear coat of paint  
\*\*Custom (C) not available on Life Fitness Signature Benches and Racks, Life Fitness Circuit, Life Fitness Axiom or Cybex Ion  
Life Fitness Fit Series offers Platinum frame only

## STRENGTH UPHOLSTERY COLORS

All products are not available in all colors. See chart below for full color specifications.

KEY S = Standard O = Optional C = Custom N/A = Not Available

| STRENGTH UPHOLSTERY COLORS | LIFE FITNESS CYBEX HAMMER STRENGTH | LIFE FITNESS AXIOM CYBEX ION |
|----------------------------|------------------------------------|------------------------------|
| American Beauty Red        | O                                  | O                            |
| Azure                      | S                                  | O                            |
| Black                      | S                                  | S                            |
| Black Carbon Fiber         | O                                  | O                            |
| Burgundy                   | O                                  | O                            |
| Candy Apple Red            | S                                  | O                            |
| Chestnut                   | O                                  | O                            |
| Cranberry                  | S                                  | O                            |
| Dark Walnut                | S                                  | O                            |
| Dove Gray                  | O                                  | O                            |
| Emerald Green              | O                                  | O                            |
| Graphite                   | O                                  | O                            |
| Imperial Blue              | O                                  | O                            |
| Navy                       | O                                  | O                            |
| Regimental Blue            | O                                  | O                            |
| Royal Blue                 | S                                  | O                            |
| Slate                      | S                                  | O                            |
| Suede                      | O                                  | O                            |
| Terra Cotta                | O                                  | O                            |
| Wheat                      | S                                  | O                            |
| Custom                     | C                                  | N/A                          |

Optional, premium and custom colors available at an additional charge.









# UNITED STATES, CANADA, LATIN AMERICA

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