



# HAMMER STRENGTH®

2020 PRODUCT CATALOG

## HAMMER STRENGTH SELECT

7 – 10

## MTS

11 – 14

## PLATE-LOADED

15 – 20

## GROUND BASE

21 – 22

## HD ATHLETIC

23 – 32

## HD ELITE

33 – 42

## BENCHES AND STORAGE

43 – 46

## HAMMER STRENGTH ACCESSORIES

47 – 54

## CUSTOMIZATION

55 – 56

## COLOR TABLE AND SPECIFICATIONS

57 – 62



# BUILT TO A HIGHER STANDARD

The reputation of Hammer Strength equipment has been built with steel, sweat and dedication.

Hammer Strength is the No. 1 option for elite athletes because it can take the pounding they dish out, and, most importantly, it's designed to provide results.

We are committed to turning steel into world-class strength equipment. We're also committed to world-renowned durability.

That's why Hammer Strength equipment is tested to exceed industry standards, ensuring that it can hold up to years of even the most intense training programs.

# HAMMER STRENGTH®



**HAMMER  
STRENGTH®**

## **HAMMER STRENGTH STARTS WITH HERITAGE**

Strength training changed when Gary Jones created Hammer Strength in 1989. With ingenuity, and input from the Cincinnati Bengals, he constructed machines with performance in mind—effective training tools that move the way the body does.



“

**I LOOKED AT STARTING  
HAMMER STRENGTH AS  
DOING SOMETHING THAT  
I BELIEVED IN. I WAS  
JUST TRYING TO MAKE  
MACHINES BETTER.”**

**- GARY JONES**



# BUILDING CHAMPIONS

Hammer Strength is found in elite athletic facilities around the world, ranging from the training areas of professional sports teams to health clubs that offer performance strength training programs.

# POWERFUL PERFORMANCE

Hammer Strength is the choice of professional athletes when they train at the highest levels, and it's relied upon by the top college and high school athletic programs in the country.

But it isn't reserved just for professional training facilities or college weight rooms. Everyday athletes benefit from the same superior biomechanics that the pros do.

Hammer Strength isn't exclusive. It can be used to reach the fitness goals of anyone committed to putting in the hard work.

## PERFORMANCE FACILITIES



**LOUISIANA STATE UNIVERSITY**  
Baton Rouge, Louisiana



**CLEMSON UNIVERSITY**  
Clemson, South Carolina



**ROTOWN PERFORMANCE TRAINING CENTER**  
Barendrecht, Netherlands



**UNIVERSITY OF ILLINOIS**  
Champaign, Illinois



## HAMMER STRENGTH SELECT

**TOUGH ENOUGH TO COMPLETE THE HAMMER STRENGTH FAMILY**

Built with the Hammer Strength philosophy of performance strength training, Hammer Strength Select, the 22-piece line of selectorized strength equipment, combines attention to biomechanics with a rugged industrial aesthetic.

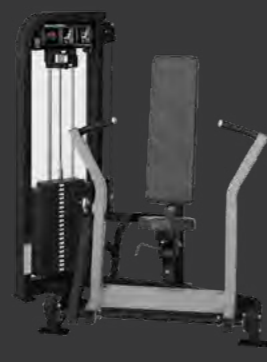
**HAMMER STRENGTH SELECT**



**ASSIST DIP CHIN / HS-ADC**



**BICEPS CURL / HS-BC**



**CHEST PRESS / HS-CP**



**FIXED PULLDOWN / HS-FPD**



**LAT PULLDOWN / HS-PD**



**LATERAL RAISE / HS-LR**



**PECTORAL FLY / HS-PEC**



**PECTORAL FLY / REAR DELTOID / HS-FLY**



**SEATED ROW / HS-RW**



**SHOULDER PRESS / HS-SP**



**TRICEPS EXTENSION / HS-TE**



**HIP ABDUCTION / HS-HAB**



**HIP ADDUCTION / HS-HAD**



**HIP / GLUTE / HS-HG**



**HORIZONTAL CALF / HS-HC**



**LEG CURL / HS-LC**



**LEG EXTENSION / HS-LE**



**SEATED LEG CURL / HS-SLC**



**SEATED LEG PRESS / HS-SLP**



**STANDING CALF / HS-SC**



**ABDOMINAL CRUNCH / HS-ABC**



**BACK EXTENSION / HS-BE**



## MOTION TECHNOLOGY SELECTORIZED

### SMOOTH, BIOMECHANICALLY SOUND AND EXTREMELY EFFECTIVE

MTS delivers the effective Iso-Lateral® motion pioneered and patented by Hammer Strength plate-loaded equipment with the convenience of selectorized weight stacks.

The result is a line of 12 strength pieces that employ independent arm and leg actions to offer both performance and ease of use.



**MTS**



**ABDOMINAL CRUNCH**  
/ MTSAB



**ISO-LATERAL BICEPS CURL** / MTSBC



**ISO-LATERAL CHEST PRESS** / MTSCP



**ISO-LATERAL DECLINE PRESS** / MTSDP



**ISO-LATERAL FRONT PULLDOWN** / MTSFP



**ISO-LATERAL HIGH ROW**  
/ MTSHR



**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





## PLATE-LOADED

**HAMMER STRENGTH IS BUILT ON THE PURE PERFORMANCE OF PLATE-LOADED STRENGTH EQUIPMENT**

Independent natural paths of motion were revolutionary nearly three decades ago when Hammer Strength originated.

Plate-loaded equipment still employs these excellent biomechanics to create the ideal training tool for elite athletes and those who want to train like one.

More than 40 machines mean plenty of different ways to move iron against gravity.

**PLATE-LOADED**



**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 FRONT LAT PULLDOWN / IL-PD**



**ISO-LATERAL HIGH ROW / IL-HR**



**ISO-LATERAL HORIZONTAL PRESS / IL-HBP**



**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 SUPER INCLINE PRESS / IL-FMP**



**ISO-LATERAL WIDE CHEST / IL-WC**



**ISO-LATERAL WIDE PULLDOWN / IL-WPD**



**ISO-LATERAL LATERAL RAISE / PL-LR**



**4-WAY NECK / PL-4W**



**T-BAR ROW / PL-TBR**



**PULLOVER / PL-PO**



**SEATED BICEPS / PL-BI**



**SEATED DIP / PL-DIP**



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



**ABDOMINAL OBLIQUE CRUNCH / PL-AB**



**GRIPPER / PL-GRIP**



**PLATE-LOADED**



**VERTICAL SMITH MACHINE / HSSMV**



**SMITH MACHINE / HSSM**



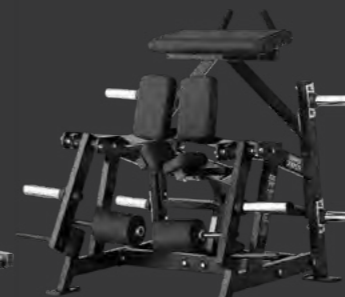
**ISO-LATERAL LEG CURL / IL-LC**



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



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



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



**LEG EXTENSION / PL-LE**



**LEG PRESS / PL-LP**



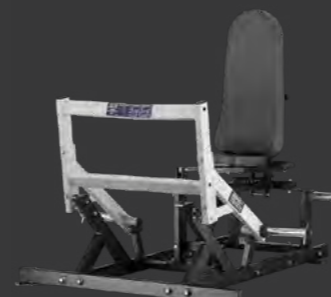
**LINEAR LEG PRESS / HLLP**



**SEATED CALF RAISE / PL-CALF**



**SEATED LEG CURL / PL-SLC**



**SUPER HORIZONTAL CALF / PLSHC**



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



**TIBIA DORSI FLEXION / PL-TIB**



**V-SQUAT / PL-VSQ**



# GROUND BASE

## PLATE-LOADED POWER BUILT FROM THE GROUND UP

Ground Base® equipment is designed to keep the exerciser firmly planted on the ground, while maximizing balance and explosiveness from the feet up. Each of the eight different machines works several muscle groups at once.

The result is a total-body workout ideal for both sports specific and functional training.

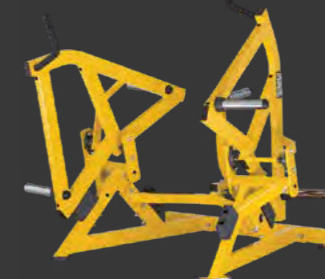
### GROUND BASE



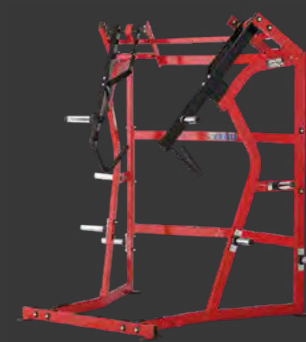
COMBO DECLINE / GB-CD



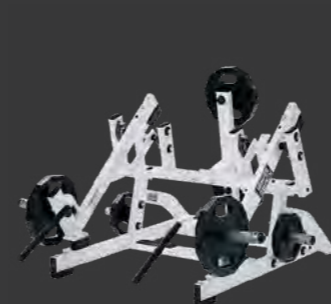
COMBO INCLINE / GB-CI



COMBO TWIST / GB-CT



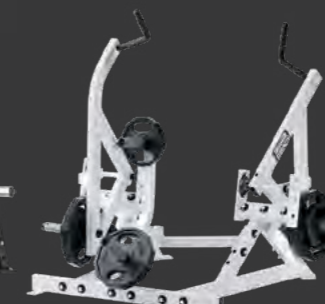
JAMMER / GB-J



SQUAT HIGH PULL / GB-SHP



SQUAT LUNGE / GB-SL



TWIST LEFT / GB-TL



TWIST RIGHT / GB-TR



## HD ATHLETIC

Modularity lets any facility build a unique and exciting performance small group training and HIIT area with rugged Hammer Strength equipment.

### HD Athletic Racks

Hammer Strength racks are found in the world's top professional athletic training facilities. HD Athletic racks offer a wide range of configurations and add-ons to fit the training needs of exercisers at any level.

### HD Athletic Rigs

Build a rig system designed specifically for your fitness facility. HD Athletic rigs can be configured to cater to your training programs.

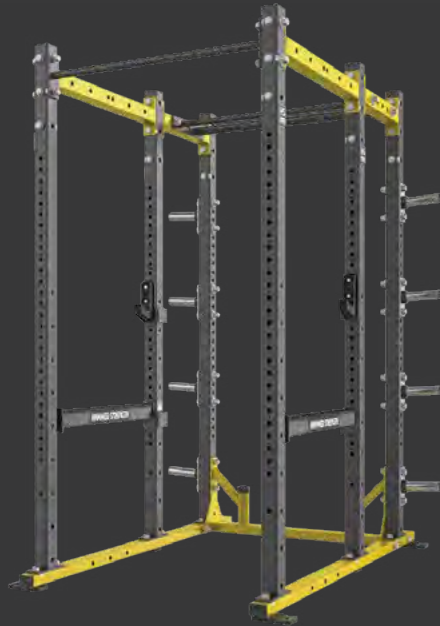
### HD Athletic Perimeter

Versatile, space-saving systems that are designed to be placed along a wall to create open training spaces.

### HD Athletic Bridge

An overhead bridge connects Olympic training and storage options, and offers suspension training, bodyweight training and more. Open space underneath can be used for a variety of group exercise options.

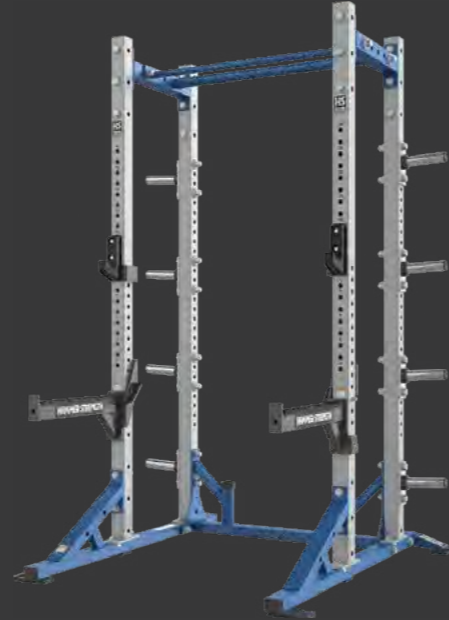
# HD ATHLETIC RACKS



**POWER RACK / HDT-PR**

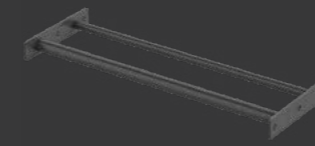


**COMBO RACK / HDT-HRHR**

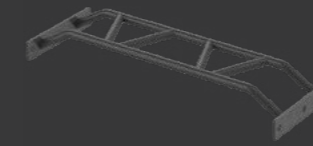


**HALF RACK / HDT-HR**

## HALF RACK / POWER RACK REAR XMEMBERS

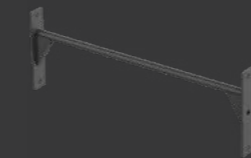


**THICK SKINNY SHORT**  
/ HDT-XM42-TS

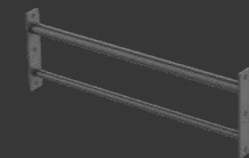


**MULTI-GRIP**  
/ HDT-XM42-MG

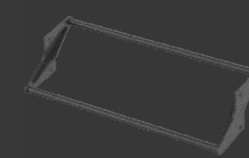
## POWER RACK FRONT XMEMBERS



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



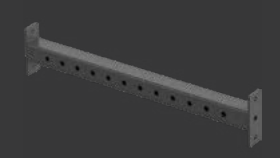
**THICK SKINNY**  
/ HDT-XM42-TS



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



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

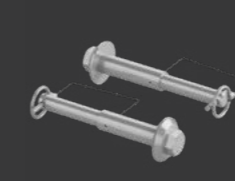


**SQUARE**  
/ HDT-XM42-SQ

## RACK ATTACHMENTS / STORAGE / BENCHES



**POWER RACK FLEXIBLE  
BAR CATCH PAIR**  
/ HDT-PR-FBC



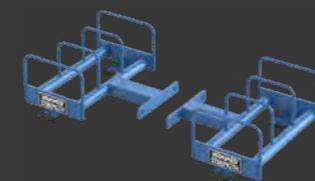
**BAND PEG PAIR / HDT-BP**



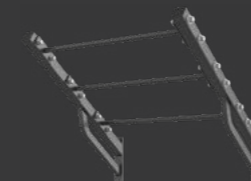
**POWER PIVOT™ / HDT-PP**



**DIP HANDLE / HDT-DIP**



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



**WING\***  
/ HDT-WING-42  
/ HDT-WING-72

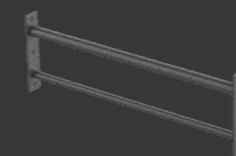


**4' FREESTANDING  
STORAGE\* / HDT-FSS4**

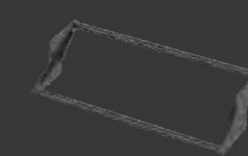


**6' FREESTANDING  
STORAGE\* / HDT-FSS6**

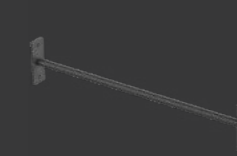
## RACK CONNECTORS



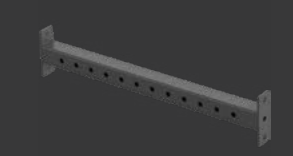
**THICK / SKINNY**  
/ HDT-XM42-TS  
/ HDT-XM72-TS



**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB

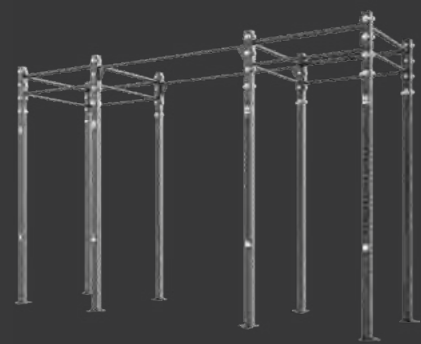


**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ



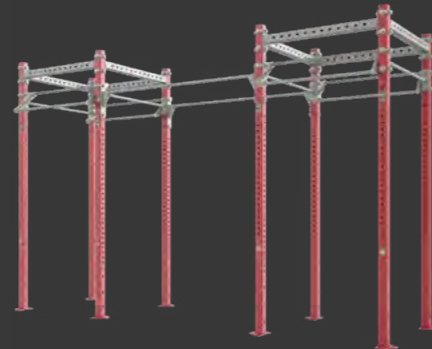
# HD ATHLETIC RIGS

## BASE RIG OPTIONS



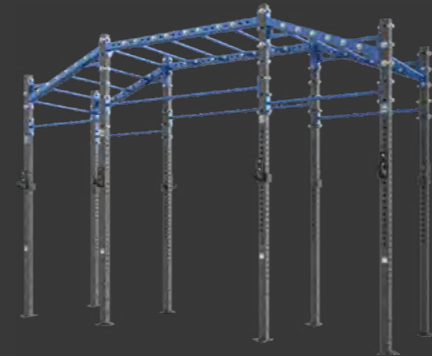
**BASIC**  
/ HDT-RIG-BSC

Cost-effective and extremely durable starting block with unlimited options.



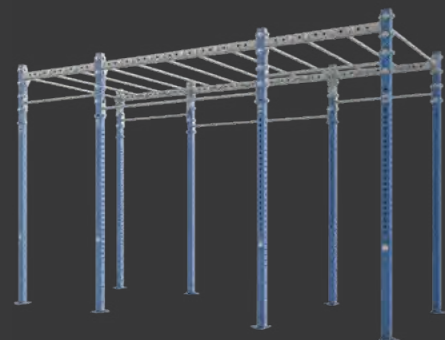
**BOX**  
/ HDT-RIG-BOX

More structure and rigidity for extreme durability while keeping configuration options open.



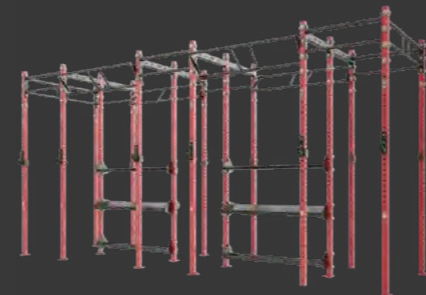
**ANGLED MONKEY BAR**  
/ HDT-RIG-AMKY

Ascending and descending monkey bar rig for additional difficulty and variety from the straight monkey bar.



**STRAIGHT MONKEY BAR**  
/ HDT-RIG-MKY

Industrial monkey bar rig for free weights, storage, wall training, suspension and other applications.



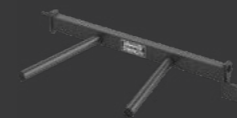
**CENTER STORAGE**  
/ HDT-RIG-STOR

Create a specific and compact performance space. Ample storage is in the center of the rig, which allows for a full combination of training around the rig with accessories in the middle.

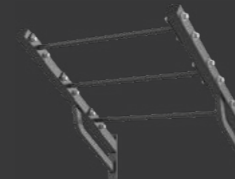
## RIG ATTACHMENTS



**POWER PIVOT™**  
/ HDT-PP



**DIP HANDLE**  
/ HDT-DIP



**WING\***  
/ HDT-WING-42  
/ HDT-WING-72



**BAR CATCH PAIR**  
/ HDT-HR-BC



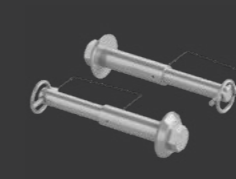
**STEP**  
/ HDT-STEP



**BAR SUPPORT PAIR**  
/ HDT-PR-BS



**RIG BAR STORAGE**  
/ HDT-BS



**BAND PEG PAIR**  
/ HDT-BP



**WALL BALL TARGET**  
/ HDT-WBT



**HEAVY BAG HANGER**  
/ HDT-HBH

## UPRIGHTS



**8' UPRIGHT**  
/ HDT-FSR-8U

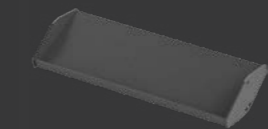


**9' UPRIGHT**  
/ HDT-FSR-9U



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

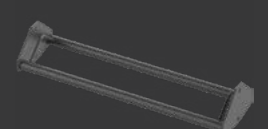
## STORAGE CONNECTORS (AVAILABLE IN 72" AND 42")



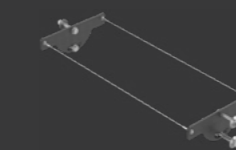
**DUMBBELL TRAY**  
/ HDT-SM42-DBT  
/ HDT-SM72-DBT



**ACCESSORY TRAY**  
/ HDT-SM42-ACT  
/ HDT-SM72-ACT

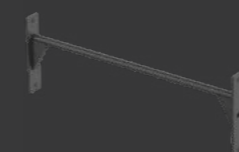


**2 PIPE**  
/ HDT-SM42-2P  
/ HDT-SM72-2P

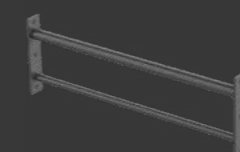


**STABILITY BALL STORAGE**  
/ HDT-SM42-SBS  
/ HDT-SM72-SBS

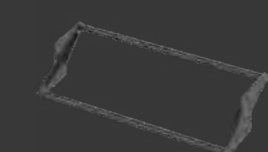
## RIG XMEMBERS (AVAILABLE IN 72" AND 42")



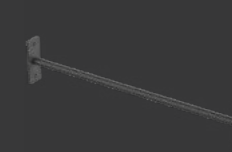
**STRAIGHT BAR**  
/ HDT-XM42-SB  
/ HDT-XM72-SB



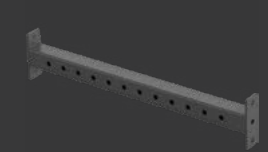
**THICK / SKINNY**  
/ HDT-XM42-TS  
/ HDT-XM72-TS



**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB



**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ

Call for pricing and additional configurations.

\* With attachments, rack configurations are required to be bolted to floor

\*\* For a full list of HD Athletic accessories and add-ons see page 48

\*\*\*All rig configurations are required to be bolted to floor

Images not to scale. Products subject to change.

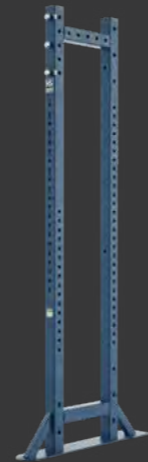
# HD ATHLETIC PERIMETER



**4' PERIMETER UNIT**



**14' PERIMETER SYSTEM**



**SIDE FRAME**  
/ HDT-PSF



## PERIMETER ATTACHMENTS



**POWER PIVOT™**  
/ HDT-PP



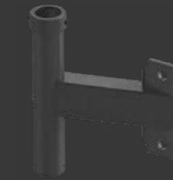
**DIP HANDLE**  
/ HDT-DIP



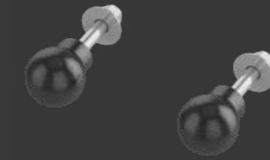
**BAR CATCH PAIR**  
/ HDT-HR-BC



**BAR SUPPORT PAIR**  
/ HDT-PR-BS



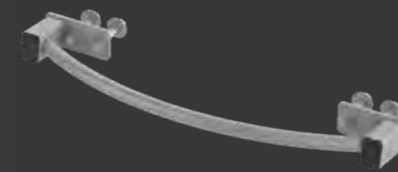
**RIG BAR STORAGE**  
/ HDT-BS



**BALL GRIPS PAIR**  
/ HDT-BG3



**HEAVY BAG HANGER**  
/ HDT-HBH



**ARC BAR** / HDT-ARC



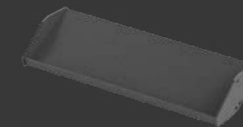
**NEUTRAL GRIPS PAIR**  
/ HDT-NG



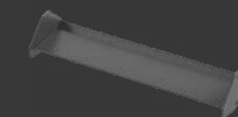
**WALL BALL TARGET**  
/ HDT-WBT



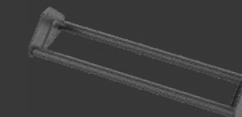
## STORAGE CONNECTORS (AVAILABLE IN 42" AND 72")



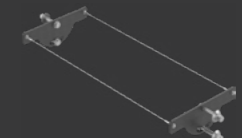
**DUMBBELL TRAY**  
/ HDT-SM42-DBT  
/ HDT-SM72-DBT



**ACCESSORY TRAY**  
/ HDT-SM42-ACT  
/ HDT-SM72-ACT

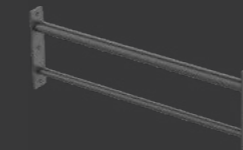


**2 PIPE**  
/ HDT-SM42-2P  
/ HDT-SM72-2P

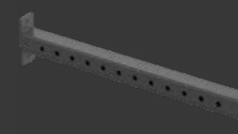


**STABILITY BALL STORAGE**  
/ HDT-SM42-SBS  
/ HDT-SM72-SBS

## PERIMETER XMEMBERS (AVAILABLE IN 72" AND 42")



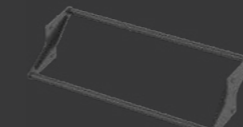
**THICK / SKINNY**  
/ HDT-XM42-TS  
/ HDT-XM72-TS



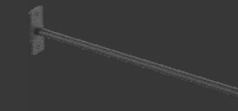
**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ



**SUSPENSION CHIN**  
/ HDT-XM42-SC  
/ HDT-XM72-SC



**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB

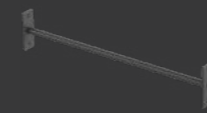


**STRAIGHT BAR**  
/ HDT-XM42-SB  
/ HDT-XM72-SB





## MONKEY BARS



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB

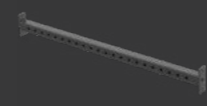


**BAR CATCH PAIR**  
/ HDT-HR-BP



**BAR SUPPORT PAIR**  
/ HDT-PR-BS

## SQUARE XMEMBER AND CONNECTORS



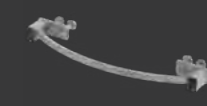
**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ



**BALL GRIPS PAIR**  
/ HDT-BG3

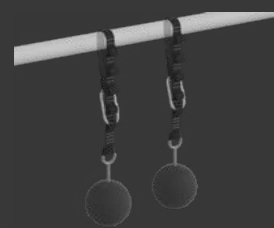


**NEUTRAL GRIPS PAIR**  
/ HDT-NG



**ARC BAR**  
/ HDT-ARC

## HANGING ACCESSORIES



**HANGING SPHERE SET**  
/ ACC-HA-1000-01



**HANGING CONE SET**  
/ ACC-HA-1001-01



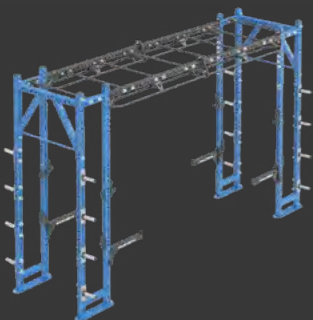
**HANING PIPE SET**  
/ ACC-HA-1002-01



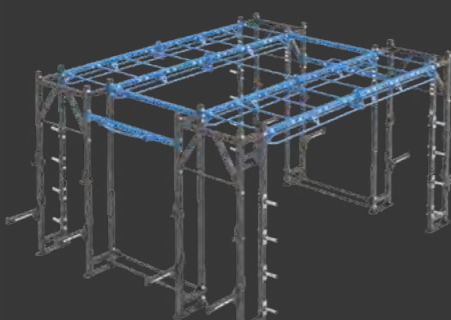
**HANGING RING SET**  
/ ACC-HA-1003-01

## HD ATHLETIC BRIDGE

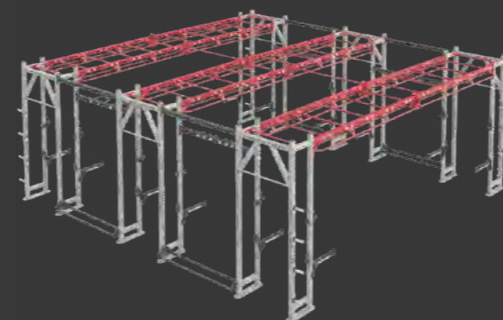
### SAMPLE CONFIGURATIONS\*



SINGLE

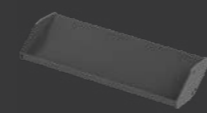


DOUBLE

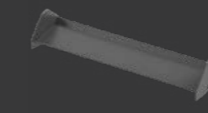


TRIPLE

## STORAGE CONNECTORS (LENGTH: 72")



**DUMBBELL TRAY**  
/ HDT-SM42-DBT  
/ HDT-SM72-DBT



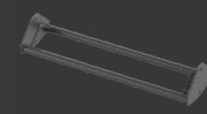
**ACCESSORY TRAY**  
/ HDT-SM42-ACT  
/ HDT-SM72-ACT



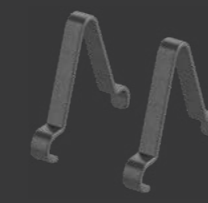
**POWER PIVOT**  
/ HDT-PP



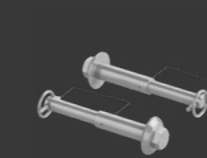
**BAR STORAGE**  
/ HDT-BS



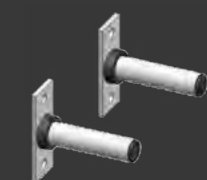
**2 PIPE**  
/ HDT-SM42-2P  
/ HDT-SM72-2P



**BUMPER PLATE PAIR  
DIVIDER** / HDT-BP



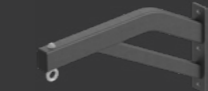
**BAND PEG PAIR**  
/ HDT-BP



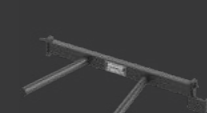
**WEIGHT HORN PAIR**  
/ HDT-WH



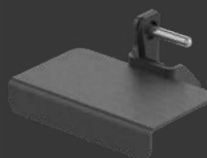
**WALL BALL TARGET**  
/ HDT-WBT



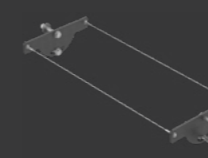
**HEAVY BAG HANGER**  
/ HDT-HBH



**DIP HANDLE**  
/ HDT-DIP



**STEP**  
/ HDT-STEP



**STABILITY BALL STORAGE**  
/ HDT-SM42-SBS  
/ HDT-SM72-SBS



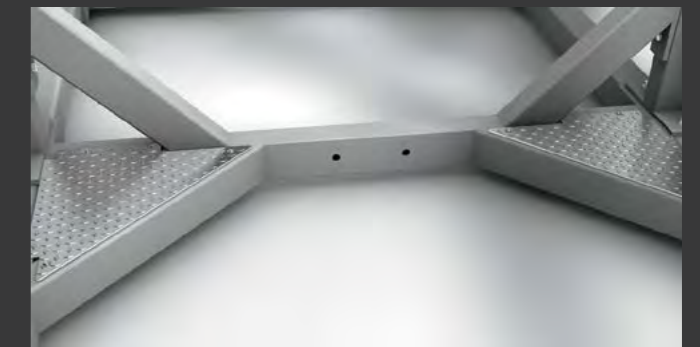
# HD ELITE

## RUGGED VERSATILITY

HD Elite™ Racks are built after their namesakes—the elite. And they're put to the test to endure everything elite athletes can throw at them. Rigorous testing makes these racks a testament to the Hammer Strength Standard.

Built to endure performance strength training from individuals to classes that want to turn their training up a notch.

## STRUCTURAL PERFORMANCE FEATURES



### ANVIL BRACING™

Multi-plane bolting configuration increases structural rigidity

### SPIDER GUSSET™

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



### HAMMERLOCK™

Patented Hammer Strength-originated bolting mechanism allows for higher fastening torque and eliminates exposed hardware for a cleaner look

## STAND-ALONE RACKS (EXAMPLE CONFIGURATIONS)



**HALF RACK LONG BASE / HDHRL**



**MULTI-RACK / HDLMR**



**POWER RACK / HDLPR**

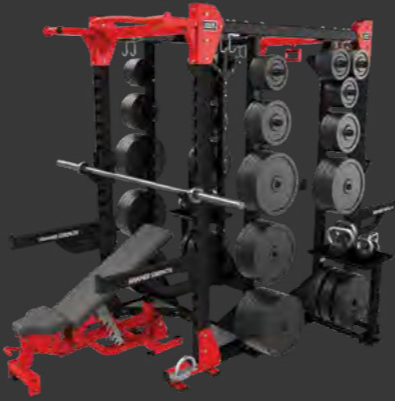
## COMBO RACKS (EXAMPLE CONFIGURATIONS)



**HALF RACK SHORT BASE / DAP HDLHRS / HDLCRDAP**

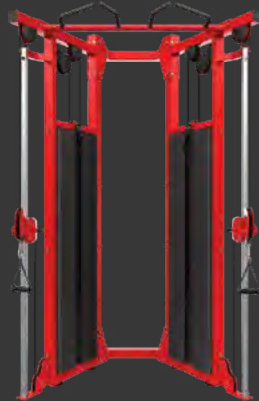


**POWER RACK / HALF RACK SHORT BASE / HLDPR / HDLHRS**



**HALF RACK SHORT BASE / HALF RACK SHORT BASE / HDLHRS / HDLHRSTT**

## CABLE STATIONS



**HD ELITE DUAL ADJUSTABLE PULLEY / HDLDAP**



**HD ELITE PULLDOWN / HDLPD**

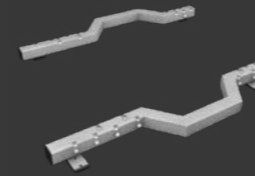


**HD ELITE ROW / HDLRW**



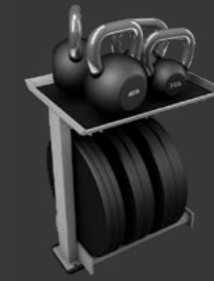
**HD ELITE DUAL PULLDOWN ROW / HDLDPR**

## BASE AND STORAGE



### SUMO BASE

- Wider base provides a larger training area, giving taller athletes room to perform crucial squat movements
- Available on Multi-Rack and Power Rack



### BUMPER STORAGE AND TRAY

- Bumper plate and tray storage option
- Available in both front load and side load
- Available on all standalone and combo storages



### ACCESSORY STORAGE / DIP STATION / HDLADS

- Store four HD Elite accessories
- Add HD Elite Dip Handle to create a dip station 50" L x 49" W x 70" H (127 cm L x 145 cm W x 118 cm H)
- 128 lbs (58.5 kg)

Shown with optional HD Elite Dip Handle\*



### ACCESSORY STORAGE RACK / HDLASR

- Stores four pairs of HD Elite accessories
- Stores three Olympic bars
- 44" W x 47" L x 70" H (112 cm W x 119 cm L x 118 cm H)
- 199 lbs (90.5 kg)



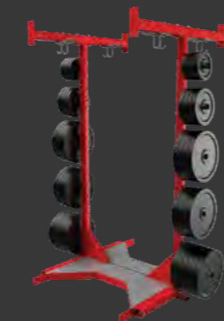
### STAND-ALONE STORAGE / HDLSTOR-SA

- Maximum space efficiency
- Standard: eight standard length weight horns and two long bottom weight horns
- Optional: kettlebell/bumper plate storage with 10 standard weight horns



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

- 10 standard weight horns
- Increased room for spotting



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

- 10 standard weight horns
- Increased room for spotting

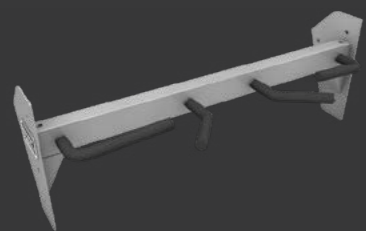


### COMBO STORAGE - LONG DOUBLE / HDLSTOR-LD

- 20 standard weight horns
- Allows for easy side walk-through



## PULL-UP BARS



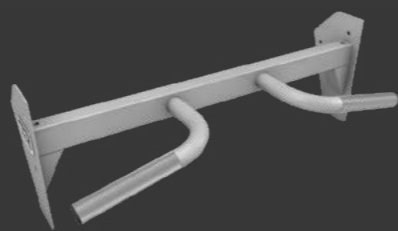
**2-HANDLE PULL-UP / HDL2PU**

- 1.25" diameter (3 cm) rubber-coated grips
- Two ergonomic handle positions



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

- 1.25" diameter (3 cm) rubber-coated grips
- Three ergonomic handle positions
- Only available on Power Rack



**THICK GRIP PULL-UP / HDLTPU**

- 2" (5 cm) diameter knurled grips



**ROTATING CHIN-UP / HDLRCU**

- Chrome handles simply slide laterally for multi-position movements



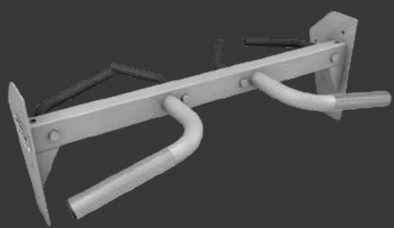
**STRAIGHT THICK SIDE PULL-UP**

- Only available on Power Rack with Standard Base
- 2" (5cm) knurled grip



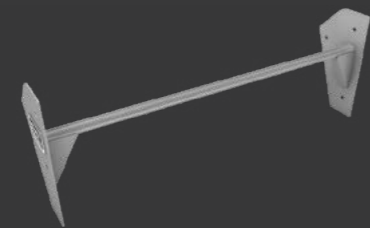
**ARC DUAL PULL-UP / HDLARC**

- Wide neutral and underhand grip in rear
- 1.5" (4 cm) diameter continuous arc bar on front
- 1.25" (3 cm) diameter wide neutral and underhand rubber coated grips in rear



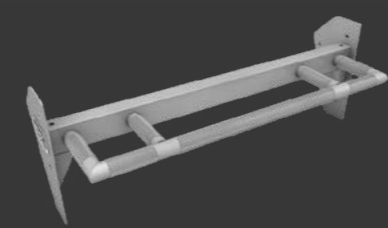
**DUAL PULL-UP / HDLDPU**

- Thick Grip Pull-Up on front and 2-Handle Pull-Up in rear
- Increases variety with multiple pull-up bar configurations in one option
- Only available on Power Rack



**STRAIGHT BAR PULL-UP / HDLSSPU**

- 1.25" (3 cm) diameter knurled grip
- Also available as Thick Straight 2" (5 cm) diameter knurled grip (HDLTSPU)



**NEUTRAL BAR PULL-UP / HDNPU**

- 1.25" (3 cm) diameter knurled grip
- Neutral grips located at 24" (61 cm) and 28" (71 cm) apart
- Also available as Thick Grip 2" (5 cm) diameter (HDLTPU)



**WING\* / HDLWGW**

- 30-degree angle
- Attachment point for Olympic ring training
- Increases height 20" (50cm) and length 12" (31 cm)
- Only available on the Power Rack

- Several pull-up bar configurations available to customize your rack to meet your training needs
- Enhances the versatility of rack training systems

## OPTIONAL ATTACHMENTS



### POWER PIVOT / HDLPP

- Provides the ability to perform a variety of rotation exercises
- Locking feature keeps Olympic bars secure
- Compatible with all HD Elite Racks



### SLIDING BAND PEG / HDLSBP

- Allows for additional band resistance training
- Slides forward for use and slides backward for storage when not in use
- Not available on the Half Rack Long Base



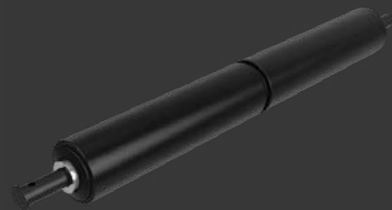
### STEP-UP PLATFORM / HDLSTP-HR & HDLSTP-PRMR

- 54 pounds
- 8" (20.5 cm) minimum step-up height on HDLHRS & HDLPR
- 15" (28 cm) minimum step-up height on HDLHRL & HDLMR



### 4-BAR STORAGE / HDL4BS

- Stores four additional large training bars
- Compatible with all HD Elite racks



### SINGLE LEG SQUAT BAR / HDLSLS

- Provides an easily accessible location for single squat exercises
- Rotating pad increases user comfort and protects upholstery for longer life



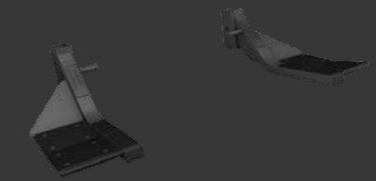
### REVERSE BAR SUPPORT PAIR / HDLRBS

- Replaceable wear strips prevents damage to Olympic bars
- Fits to front uprights on Multi-Rack and Power Rack



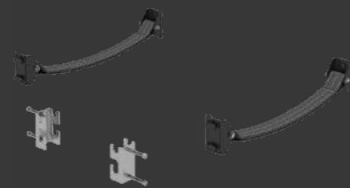
### DIP HANDLES / HDLDIP-HR & HDLDIP-PRMR

- For use on Half Rack
- Ergonomic handle accommodates wide variety of user sizes



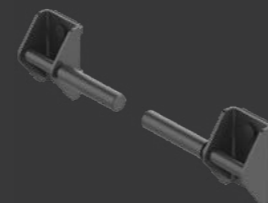
### TECHNIQUE TRAY / HDLTT-HR & HDLTT-PRMR

- Angled trays reduce movement of bumper plates when resting
- Replaceable rubber top surface landing area



### FLEXIBLE BAR CATCH PAIR / HDL-PR-FBC

- Flexible Bar Catches hook into uprights to provide a soft alternative to traditional bar catches
- Two storage racks come with the Flexible Bar Catches and mounts behind the weight horns when not in use
- Retrofittable to HD Elite and OHD Power Racks



### STABILITY SQUAT HANDLE PAIR / HDL-SSH

- For use with a Safety Squat Bar or as a range of motion / squat teaching aid
- Includes storage that bolts to the back of a weight horn



### PERPENDICULAR BAND PEG PAIR / HDLPBP-PR

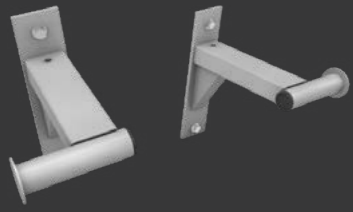
- Adjustable perpendicular pegs on HD Elite PR/MR as an alternative to sliding band pegs
- Additional tube with adjustment points bolts directly onto existing frame
- Removable peg can be placed in any of five positions on standard, three positions on sumo



### NORDIC HAM / HDL-NH

- Two positions / two Intended uses
- Nordic Hamstring Curl
- Bulgarian Split Squat
- Comes standard with storage mount
- Attaches via Accessory Anvil (sold separately) on all HD Elite racks

## OPTIONAL ADD-ONS



### TOP BAND PEG PAIR / HDLTBP

- Allows for over-speed training to develop both power and speed
- Available on all HD Elite Racks



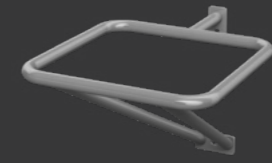
### BATTLE ROPE ATTACHMENT / HDLBSL

- Attaches to front of rack
- Compatible with all HD Elite Racks



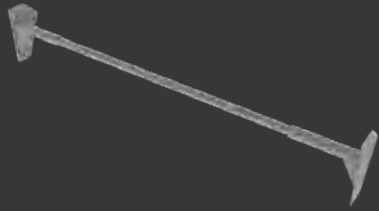
### SPOTTER PLATFORMS / HDLSP

- Optimally positions the spotter for assisting in various pressing movements
- Quickly and easily flips up and down



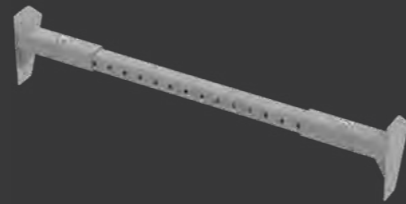
### TOP BALL STORAGE / HDLTBS

- Convenient storage of stability balls



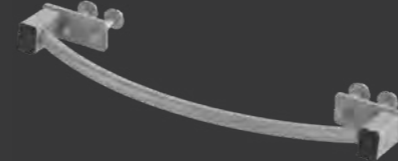
### RACK CONNECTOR – THICK STRAIGHT / HDLRC-TS

- Available in lengths that adjust from 6' to 7' and from 7' to 8'
- 2" (5 cm) diameter



### RACK CONNECTOR – SQUARE / HDLRC-SQ

- Adjustable length
- Allows for attachment of ball and neutral grip pull-up options



### ARC BAR / HDT-ARC



### NEUTRAL GRIP PAIR / HDT-NG



### BALL GRIP PAIR / HDT-BG3



# BENCHES AND STORAGE

## SET UP YOUR PERFECT PERFORMANCE WORKOUT

Rugged 11-gauge steel frame construction stands up to the pounding of the most intense free weight and bodyweight workouts. A wide selection includes Olympic stations, training stations, bodyweight stations and storage options.

## BENCHES AND STORAGE



**ADJUSTABLE BENCH**  
/ FWMAB



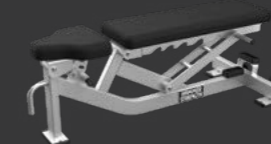
**DECLINE/ABDOMINAL BENCH**  
/ FW-DB



**FLAT BENCH** / FW-FB



**UTILITY BENCH - 75°**  
/ FW-UB75



**MULTI-ADJUSTABLE BENCH**  
/ HDT-MAB



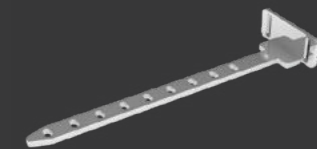
**ADJUSTABLE BENCH**  
/ HDLADJN

- Back pad adjusts to 0, 15, 30, 45, 60 and 75-degree pressing angles
- Seat pad adjusts 0, 15 and 30 degrees
- Not compatible with Dock N' Lock system



**ADJUSTABLE BENCH** / HDLADJ

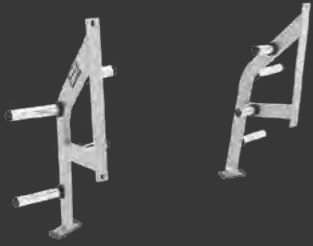
- Back pad adjusts to 0, 15, 30, 45, 60 and 75-degree pressing angles
- Seat pad adjusts 0, 15 and 30 degrees
- Also available with wider/longer pads (HDLADJXL)
- For use with Dock N' Lock system



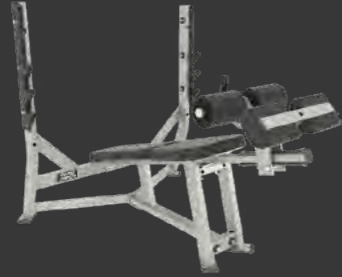
**DOCK 'N LOCK** / HDL DL

- Engages HDLADJ & HDLADJXL benches into nine forward and backward positions
- Ensures bench is always locked into place and centered in racks
- Fits on HD Elite and HD Athletic Racks

**BENCHES AND STORAGE**



**OLYMPIC BENCH WEIGHT STORAGE / O-BWS**



**OLYMPIC DECLINE BENCH / O-DB**



**OLYMPIC FLAT BENCH / O-FB**



**OLYMPIC INCLINE BENCH / OIB**



**OLYMPIC MILITARY BENCH / O-MB**



**OLYMPIC SQUAT RACK / OSR**



**CHIN/DIP/LEG RAISE / BW-CDL**



**FIXED PAD GLUTE/HAM / BW-GHF**



**GLUTE/HAM / BW-GH**



**SEATED ARM CURL / FW-AC**



**BACK EXTENSION / BW-BE**



**4' FREESTANDING STORAGE / HDT-FSS-4**



**6' FREESTANDING STORAGE / HDT-FSS-6**



**BARBELL RACK / FW-BAR**



**SMALL RUBBER WEIGHT STORAGE / FW-BPS**



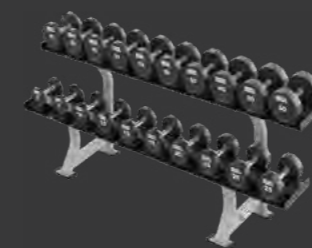
**LARGE BUMPER PLATE STORAGE / FW-BPL**



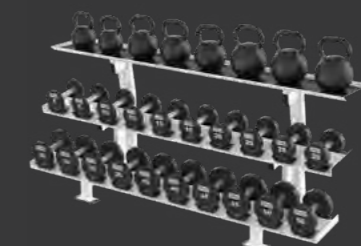
**DELUXE WEIGHT TREE / FW-DWT**



**SINGLE-TIER DUMBBELL RACK / FW-DR1**



**TWO-TIER DUMBBELL RACK / FW-DR2**



**THREE-TIER DUMBBELL RACK / FW-DR3**





## HAMMER STRENGTH ACCESSORIES

### DURABLE BUILDING BLOCKS FOR A COMPLETE FACILITY

The standard for facilities that want to create a cohesive performance training experience that athletes get more out of.

Durability is engineered into each product and form follows function for a truly exceptional accessory line.

## BUMPER PLATES



### BUMPER PLATES—URETHANE

| Product       | Product Code  |
|---------------|---------------|
| 25 lbs Green  | HS-BP-1003-01 |
| 35 lbs Yellow | HS-BP-1002-01 |
| 45 lbs Blue   | HS-BP-1001-01 |
| 55 lbs Red    | HS-BP-1000-01 |

### BUMPER PLATES—URETHANE

| Product      | Product Code  |
|--------------|---------------|
| 10 lbs Black | HS-BP-1012-01 |
| 15 lbs Black | HS-BP-1013-01 |
| 25 lbs Black | HS-BP-1007-01 |
| 35 lbs Black | HS-BP-1006-01 |
| 45 lbs Black | HS-BP-1005-01 |
| 55 lbs Black | HS-BP-1004-01 |

### BUMPER PLATES—STANDARD RUBBER

| Product      | Product Code  |
|--------------|---------------|
| 10 lbs Black | HS-BP-3005-01 |
| 15 lbs Black | HS-BP-3004-01 |
| 25 lbs Black | HS-BP-3003-01 |
| 35 lbs Black | HS-BP-3002-01 |
| 45 lbs Black | HS-BP-3001-01 |
| 55 lbs Black | HS-BP-3000-01 |



### BUMPER PLATES—PREMIUM RUBBER

| Product       | Product Code  |
|---------------|---------------|
| 25 lbs Green  | HS-BP-2003-01 |
| 35 lbs Yellow | HS-BP-2002-01 |
| 45 lbs Blue   | HS-BP-2001-01 |
| 55 lbs Red    | HS-BP-2000-01 |



### BUMPER PLATES—PREMIUM RUBBER

| Product      | Product Code  |
|--------------|---------------|
| 25 lbs Black | HS-BP-2007-01 |
| 35 lbs Black | HS-BP-2006-01 |
| 45 lbs Black | HS-BP-2005-01 |
| 55 lbs Black | HS-BP-2004-01 |

## OLYMPIC PLATES



### 12-SIDED URETHANE OLYMPIC PLATES

| Weight  | Color | Product Code  |
|---------|-------|---------------|
| 2.5 lbs | Black | HS-OP-1005-01 |
| 5 lbs   | Black | HS-OP-1004-01 |
| 10 lbs  | Black | HS-OP-1003-01 |
| 25 lbs  | Black | HS-OP-1002-01 |
| 35 lbs  | Black | HS-OP-1001-01 |
| 45 lbs  | Black | HS-OP-1000-01 |



### ROUND URETHANE OLYMPIC PLATES

| Weight  | Color | Product Code  |
|---------|-------|---------------|
| 2.5 lbs | Black | HS-OP-2005-01 |
| 5 lbs   | Black | HS-OP-2004-01 |
| 10 lbs  | Black | HS-OP-2003-01 |
| 25 lbs  | Black | HS-OP-2002-01 |
| 35 lbs  | Black | HS-OP-2001-01 |
| 45 lbs  | Black | HS-OP-2000-01 |



### ROUND RUBBER OLYMPIC PLATES

| Weight  | Color | Product Code  |
|---------|-------|---------------|
| 2.5 lbs | Black | HS-OP-3005-01 |
| 5 lbs   | Black | HS-OP-3004-01 |
| 10 lbs  | Black | HS-OP-3003-01 |
| 25 lbs  | Black | HS-OP-3002-01 |
| 35 lbs  | Black | HS-OP-3001-01 |
| 45 lbs  | Black | HS-OP-3000-01 |

## BARS



### 28mm MEN'S OLYMPIC WEIGHTLIFTING BARS

| Product                                   | Product Code  |
|---|---------------|
| Competition - Stainless - Bearing - 20kg  | HS-OB-1000-01 |
| Training - Stainless - Bushing - 20kg     | HS-OB-1001-01 |
| Competition - Chrome - Mix Bearing - 20kg | HS-OB-1002-01 |
| Competition - Chrome - Bearing - 20kg     | HS-OB-1003-01 |
| Training - Chrome - Bushing - 20kg        | HS-OB-1004-01 |



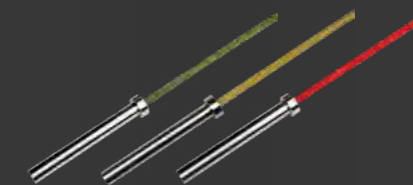
### 25mm WOMEN'S OLYMPIC WEIGHTLIFTING BARS

| Product                               | Product Code  |
|---------------------------------------|---------------|
| Olympic - Stainless - Bushing - 15kg  | HS-OB-4000-01 |
| Competition - Chrome - Bearing - 15kg | HS-OB-4001-01 |
| Olympic - Chrome - Bushing - 15kg     | HS-OB-4002-01 |



### 29mm GYM AND POWER BARS

| Product                               | Product Code  |
|---------------------------------------|---------------|
| Power - Chrome - Bushing - 20kg       | HS-OB-2001-01 |
| Gym Bar - Chrome - Mix Bearing - 20kg | HS-OB-3000-01 |
| Gym Bar - Chrome - Bushing - 20kg     | HS-OB-3001-01 |



### ARMORED CERAKOTE™ BARS

#### 28mm Olympic Cerakote Bushing - 20kg

| Color         | Product Code  |
|---------------|---------------|
| Desert Sand   | HS-OB-1006-01 |
| Bazooka Green | HS-OB-1006-02 |
| Red           | HS-OB-1006-03 |
| Navy Blue     | HS-OB-1006-04 |
| Gold          | HS-OB-1006-05 |
| Concrete Gray | HS-OB-1006-06 |

#### 29mm Power Cerakote Bushing - 20kg

| Color         | Product Code  |
|---------------|---------------|
| Desert Sand   | HS-OB-2002-01 |
| Bazooka Green | HS-OB-2002-02 |
| Red           | HS-OB-2002-03 |
| Navy Blue     | HS-OB-2002-04 |
| Gold          | HS-OB-2002-05 |
| Concrete Gray | HS-OB-2002-06 |



### CURL BARS

#### Hammer Strength

| Product                              | Product Code  |
|--------------------------------------|---------------|
| Straight - Stainless Steel - Bushing | HS-OB-6000-01 |
| EZ Curl - Stainless Steel - Bushing  | HS-OB-6002-01 |
| Straight - Chrome - Bushing          | HS-OB-6005-01 |
| EZ Curl - Chrome - Bushing           | HS-OB-6004-01 |

#### Standard

| Product                     | Product Code  |
|-----------------------------|---------------|
| Straight - Chrome - Bushing | HS-OB-6001-01 |
| EZ Curl - Chrome - Bushing  | HS-OB-6003-01 |



### TRAINING BARS

| Product                                 | Product Code  |
|---|---------------|
| Training - Chrome - Bushing - 10kg      | HS-OB-5000-01 |
| Training Bar - Aluminum - Bushing - 5kg | HS-OB-5001-01 |



### HEX BAR

| Product                  | Product Code    |
|--------------------------|-----------------|
| Hex Bar - Black - 60 lbs | ACFT-HX-1000-01 |

## DUMBBELLS



### 12-SIDED URETHANE DUMBBELLS

| Weight                  | Product Code  |
|-------------------------|---------------|
| 5-50 lbs, 10 Pair       | HS-DB-1000-02 |
| 55 - 75 lbs, 5 Pair     | HS-DB-1000-03 |
| 80 - 100 lbs, 5 Pair    | HS-DB-1000-04 |
| 105 - 125 lbs, 5 Pair   | HS-DB-1000-05 |
| 130 - 150 lbs, 5 Pair   | HS-DB-1000-06 |
| 155 - 175 lbs, 5 Pair   | HS-DB-1000-07 |
| 7.5 - 27.5 lbs, 5 Pair  | HS-DB-1000-08 |
| 32.5 - 52.5 lbs, 5 Pair | HS-DB-1000-09 |



### ROUND RUBBER DUMBBELLS

| Weight                 | Product Code  |
|------------------------|---------------|
| 5-50 lbs, 10 Pair      | HS-DB-3000-02 |
| 55 - 75 lbs, 5 Pair    | HS-DB-3000-03 |
| 80 - 100 lbs, 5 Pair   | HS-DB-3000-04 |
| 7.5 - 27.5 lbs, 5 Pair | HS-DB-3000-05 |

## FIXED BARBELLS



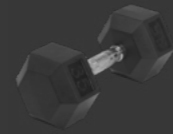
### 12-SIDED URETHANE FIXED BARBELLS

| Product                             | Product Code  |
|-------------------------------------|---------------|
| Straight Bar Set, 20-110 lbs, 10 BB | HS-BB-1000-02 |
| EZ Curl Bar Set, 20-110 lbs, 10 BB  | HS-BB-2000-02 |



### ROUND URETHANE DUMBBELLS

| Weight                  | Product Code  |
|-------------------------|---------------|
| 5 - 50 lbs, 10 Pair     | HS-DB-2000-02 |
| 55 - 75 lbs, 5 Pair     | HS-DB-2000-03 |
| 80 - 100 lbs, 5 Pair    | HS-DB-2000-04 |
| 105 - 125 lbs, 5 Pair   | HS-DB-2000-05 |
| 130 - 150 lbs, 5 Pair   | HS-DB-2000-06 |
| 7.5 - 27.5 lbs, 5 Pair  | HS-DB-2000-07 |
| 32.5 - 52.5 lbs, 5 Pair | HS-DB-2000-08 |



### RUBBER HEX DUMBBELLS

| Weight               | Product Code  |
|----------------------|---------------|
| 5-50 lbs, 10 Pair    | HS-DB-4000-02 |
| 55 - 75 lbs, 5 Pair  | HS-DB-4000-03 |
| 80 - 100 lbs, 5 Pair | HS-DB-4000-04 |



### FIXED ROUND URETHANE BARBELLS

| Product                             | Product Code  |
|-------------------------------------|---------------|
| Straight Bar Set, 20-110 lbs, 10 BB | HS-BB-3000-02 |
| EZ Curl Bar Set, 20-110 lbs, 10 BB  | HS-BB-4000-02 |



### FIXED ROUND RUBBER BARBELLS

| Product                             | Product Code  |
|-------------------------------------|---------------|
| Straight Bar Set, 20-110 lbs, 10 BB | HS-BB-5000-02 |
| EZ Curl Bar Set, 20-110 lbs, 10 BB  | HS-BB-6000-02 |

## CONDITIONING



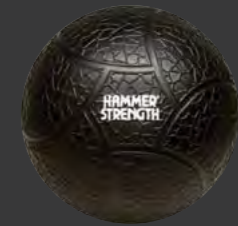
### KETTLEBELLS

#### Standard Cast Iron

| Weight           | Product Code   |
|------------------|----------------|
| 4 kg (8.8 lbs)   | ACC-KB-1000-02 |
| 6 kg (13.2 lbs)  | ACC-KB-1001-02 |
| 8 kg (17.6 lbs)  | ACC-KB-1002-02 |
| 12 kg (26.5 lbs) | ACC-KB-1003-02 |
| 16 kg (35.3 lbs) | ACC-KB-1004-02 |
| 20 kg (44.1 lbs) | ACC-KB-1005-02 |
| 24 kg (52.9 lbs) | ACC-KB-1006-02 |
| 28 kg (61.7 lbs) | ACC-KB-1007-02 |
| 32 kg (70.5 lbs) | ACC-KB-1008-02 |
| 36 kg (79.4 lbs) | ACC-KB-1009-02 |
| 40 kg (88.2 lbs) | ACC-KB-1010-02 |
| 44 kg (97 lbs)   | ACC-KB-1011-02 |

#### Hammer Strength Rubber Coated

| Weight           | Product Code  |
|------------------|---------------|
| 10 lbs (4.5 kg)  | HS-KB10-72095 |
| 15 lbs (6.8 kg)  | HS-KB15-72097 |
| 20 lbs (9.1 kg)  | HS-KB20-72099 |
| 25 lbs (11.3 kg) | HS-KB25-72101 |
| 30 lbs (13.6 kg) | HS-KB30-72103 |
| 35 lbs (15.9 kg) | HS-KB35-72105 |
| 40 lbs (18.1 kg) | HS-KB40-72107 |
| 45 lbs (20.4 kg) | HS-KB45-72109 |
| 50 lbs (22.7 kg) | HS-KB50-72111 |
| 55 lbs (24.9 kg) | HS-KB55-72113 |
| 60 lbs (27.2 kg) | HS-KB60-72115 |



### MEDICINE BALLS

| Weight           | Color | Product Code  |
|------------------|-------|---------------|
| 4 lbs (1.8 kg)   | Black | HS-MB4-71025  |
| 6 lbs (2.3 kg)   | Black | HS-MB6-71027  |
| 8 lbs (3.6 kg)   | Black | HS-MB8-71029  |
| 10 lbs (4.5 kg)  | Black | HS-MB10-71031 |
| 12 lbs (5.4 kg)  | Black | HS-MB12-71033 |
| 15 lbs (6.8 kg)  | Black | HS-MB15-71035 |
| 18 lbs (8.2 kg)  | Black | HS-MB18-71037 |
| 20 lbs (9.1 kg)  | Black | HS-MB20-71039 |
| 25 lbs (11.3 kg) | Black | HS-MB25-71041 |
| 30 lbs (13.6 kg) | Black | HS-MB30-71043 |

| Storage              | Product Code |
|----------------------|--------------|
| 10-Ball Storage Tree | PS-27180     |



### WALL BALLS

| Weight           | Product Code   |
|------------------|----------------|
| 4 lbs (1.8 kg)   | ACC-WB-1000-01 |
| 6 lbs (2.3 kg)   | ACC-WB-1001-01 |
| 8 lbs (3.6 kg)   | ACC-WB-1002-01 |
| 10 lbs (4.5 kg)  | ACC-WB-1003-01 |
| 12 lbs (5.4 kg)  | ACC-WB-1004-01 |
| 14 lbs (6.8 kg)  | ACC-WB-1005-01 |
| 16 lbs (8.2 kg)  | ACC-WB-1006-01 |
| 18 lbs (9.1 kg)  | ACC-WB-1007-01 |
| 20 lbs (11.3 kg) | ACC-WB-1008-01 |
| 25 lbs (11.3 kg) | ACC-WB-1009-01 |
| 30 lbs (13.6 kg) | ACC-WB-1010-01 |



### SLAM BAGS

| Weight           | Product Code  |
|------------------|---------------|
| 2 kg (4.4 lbs)   | HS-SB-3000-01 |
| 4 kg (8.8 lbs)   | HS-SB-3001-01 |
| 6 kg (13.6 lbs)  | HS-SB-3002-01 |
| 8 kg (17.6 lbs)  | HS-SB-3003-01 |
| 10 kg (22 lbs)   | HS-SB-3004-01 |
| 12 kg (26.5 lbs) | HS-SB-3005-01 |
| 14 kg (30 lbs)   | HS-SB-3006-01 |
| 16 kg (35.3 lbs) | HS-SB-3007-01 |
| 18 kg (39 lbs)   | HS-SB-3008-01 |
| 20 kg (44.1 lbs) | HS-SB-3009-01 |

## PLYO BOXES



**WOOD PLYO BOX**  
20" L x 24" W x 30" H  
HS-PB-1000-01



**SOFT PLYO BOX**  
20" L x 24" W x 30" H  
HS-PB-2000-01



**STACKABLE PLYO BOX**  
HS-PB-3000-02

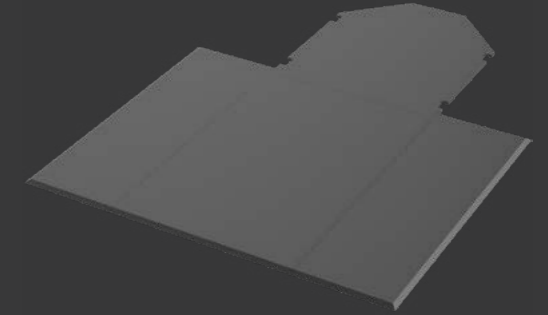
| Product  | Size            |
|----------|-----------------|
| 3" Plyo  | 3" x 30" x 36"  |
| 6" Plyo  | 6" x 30" x 36"  |
| 12" Plyo | 12" x 30" x 36" |
| 18" Plyo | 18" x 30" x 36" |
| 24" Plyo | 24" x 30" x 36" |

## PLATFORMS AND INSERTS



### PREMIUM WOOD PLATFORM

- Thickness of 3" (76mm) offers outstanding durability and reduces noise
- Rugged steel frame encloses and retains the platform
- Available in 4', 6' and 8' lengths



### RUBBER INTERLOCK PLATFORM

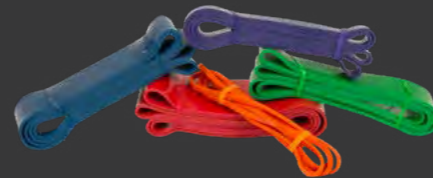
- Clearly defines a workout area and can be configured to fit any space
- Heavy-duty 3/4" (19mm) thick recycled rubber significantly reduces noise and vibration
- Available in 4', 6' and 8' lengths
- Can be used as stand-alone or connected to span across an open area or multiple racks

## MISCELLANEOUS ACCESSORIES



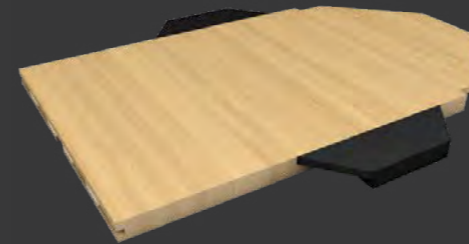
### STABILITY BALL

| Product        | Color | Product Code |
|----------------|-------|--------------|
| Stability Ball | Black | HS-SB-71081  |



### POWER BANDS

| Color  | Size       | Thickness | Product Code   |
|--------|------------|-----------|----------------|
| Orange | 41 x 0.25" | 4.5 mm    | ACC-BD-1000-01 |
| Red    | 41 x 0.5"  | 4.5 mm    | ACC-BD-1001-01 |
| Blue   | 41 x 0.5"  | 6 mm      | ACC-BD-1002-01 |
| Green  | 41 x 1.25" | 4.5 mm    | ACC-BD-1003-01 |
| Black  | 41 x 1.75" | 4.5 mm    | ACC-BD-1004-01 |
| Purple | 41 x 2.5"  | 4.5 mm    | ACC-BD-1005-01 |
| Black  | 41 x 4"    | 4.5 mm    | ACC-BD-1006-01 |



### WOOD INSERTS

| Product                                   | Product Code       |
|---|--------------------|
| HD Elite Power/Multi Rack - Standard Base | HDLPRMR-STD-INS    |
| HD Elite Power/Multi Rack - Sumo Base     | HDLPRMR-SU-INS     |
| HD Elite Half Rack Long Base              | HDLHRL-INS         |
| HD Elite Half Rack Short Base             | HDLHRS-INS         |
| HD Elite HDLSTOR-LD Insert Feature        | PW2-INS-HDLSTOR-LD |
| HDA Power Rack Insert                     | ATST-PR-INS        |
| HDA Half Rack Insert                      | ATST-HR-INS        |



### RUBBER INSERTS

| Product                       | Product Code |
|-------------------------------|--------------|
| HD Athletic Half Rack         | RPI-AT-HR    |
| HD Athletic Power Rack        | RPI-AT-PR    |
| HD Athletic Perimeter         | RPI-AT-PSF   |
| HD Elite Half Rack Short Base | RPI-HDLHRS   |
| HD Elite Half Rack Long Base  | RPI-HDLHRL   |
| HD Elite Power/Multi Rack     | RPI-HDLPRMR  |
| Athletic Series Power Rack    | RPI-ASPR     |



### DEADLIFT BLOCKS

| Product                 | Product Code |
|-------------------------|--------------|
| DC Block (Single)       | DC-B001      |
| DC Block Kit (16 Piece) | DC-B016      |
| DC FlatTops (Single)    | DC-FT001     |



### COLLARS

| Product        | Product Code   |
|----------------|----------------|
| Lock-Jaw Pro 2 | ACC-CL-1002-02 |
| Lock-Jaw Oly 2 | ACC-CL-1001-02 |
| Bulldog        | ACC-CL-1003-01 |
| Spring         | ACC-CL-1000-01 |



## CUSTOMIZATION

### DEDICATED TO THE TEAM

Customize your uncompromising Hammer Strength equipment to match your unbridled pride. Display your logos and colors on racks, rigs, weight plates, dumbbells, signs and flooring.

# FRAME COLORS

| COLORS             | HAMMER STRENGTH PRODUCTS | HD ATHLETIC: RACK FRAME | HD ATHLETIC: UPRIGHT & XMEMBER |
|--------------------|--------------------------|-------------------------|--------------------------------|
| WHITE              | •                        | •                       | -                              |
| PLATINUM*          | •                        | •                       | -                              |
| HIGH-WEAR PLATINUM | -                        | •                       | •                              |
| ICE BLUE METALLIC* | •                        | •                       | -                              |
| HIGH-WEAR BLUE     | -                        | •                       | •                              |
| BLUE               | •                        | •                       | -                              |
| YELLOW             | •                        | •                       | -                              |
| HIGH-WEAR RED      | -                        | •                       | •                              |
| RED                | •                        | •                       | -                              |
| MOCHA SAND         | •                        | •                       | -                              |
| TITANIUM*          | •                        | •                       | -                              |
| HIGH-WEAR CHARCOAL | -                        | •                       | •                              |
| CHARCOAL           | •                        | •                       | -                              |
| MIDNIGHT METALLIC* | •                        | •                       | -                              |
| BLACK              | •                        | •                       | -                              |

KEY  
 • STANDARD      ◦ OPTIONAL      + CUSTOM      - NOT AVAILABLE

# UPHOLSTERY COLORS



All products are not available in all colors. Refer to the table above for information on color specifications. • Limited customization available for all Hammer Strength products.



# LOGO OPTIONS

- CUSTOM SIGNS**
- Available on HD Elite and HD Athletic (42" and 72" options)
  - Plate Options:
    - . Vinyl
    - . Laser Cut
    - . Laser Cut/Vinyl Combo
- CUSTOM FREE WEIGHTS – 12-SIDED URETHANE**
- Available on dumbbells, Olympic plates and fixed barbells
  - Custom engraved logos
- CUSTOM BUMPER PLATES – URETHANE**
- Custom molded logos
  - Custom body colors available
- CUSTOM PLATFORMS**
- Available on wood platforms only

| HAMMER STRENGTH SELECT    | CODE   | DIMENSIONS (L x W x H)                       | WEIGHT           |
|---------------------------|--------|--|------------------|
| Pectoral Fly              | HS-PEC | 49" x 56" x 71" (125 cm x 143 cm x 181 cm)   | 580 lbs (264 kg) |
| Pectoral Fly/Rear Deltoid | HS-FLY | 49" x 56" x 71" (125 cm x 143 cm x 181 cm)   | 580 lbs (264 kg) |
| Chest Press               | HS-CP  | 41" x 57" x 64" (105 cm x 145 cm x 163 cm)   | 560 lbs (255 kg) |
| Shoulder Press            | HS-SP  | 60" x 56" x 64" (153 cm x 143 cm x 163 cm)   | 520 lbs (236 kg) |
| Seated Row                | HS-RW  | 52" x 34" x 71" (133 cm x 87 cm x 181 cm)    | 590 lbs (268 kg) |
| Lat Pulldown              | HS-PD  | 54" x 33" x 89" (138 cm x 84 cm x 227 cm)    | 545 lbs (248 kg) |
| Fixed Pulldown            | HS-FPD | 58" x 55" x 73" (148 cm x 140 cm x 186 cm)   | 620 lbs (282 kg) |
| Biceps Curl               | HS-BC  | 45" x 41" x 55" (115 cm x 105 cm x 140 cm)   | 450 lbs (205 kg) |
| Triceps Extension         | HS-TE  | 45" x 44" x 55" (115 cm x 112 cm x 140 cm)   | 470 lbs (214 kg) |
| Lateral Raise             | HS-LR  | 42" x 37" x 55" (107 cm x 94 cm x 140 cm)    | 535 lbs (243 kg) |
| Assist Dip Chin           | HS-ADC | 46" x 45" x 87" (117 cm x 115 cm x 221 cm)   | 655 lbs (298 kg) |
| Seated Leg Press          | HS-SLP | 79" x 40" x 71" (201 cm x 102 cm x 181 cm)   | 810 lbs (368 kg) |
| Leg Extension             | HS-LE  | 47" x 41" x 64" (120 cm x 105 cm x 163 cm)   | 570 lbs (259 kg) |
| Leg Curl                  | HS-LC  | 65" x 39" x 55" (166 cm x 100 cm x 140 cm)   | 475 lbs (216 kg) |
| Seated Leg Curl           | HS-SLC | 55" x 34" x 55" (140 cm x 87 cm x 140 cm)    | 515 lbs (234 kg) |
| Horizontal Calf           | HS-HC  | 61" x 32" x 55" (155 cm x 82 cm x 140 cm)    | 690 lbs (313 kg) |
| Hip Adduction             | HS-HAD | 61" x 26" x 55" (155 cm x 67 cm x 140 cm)    | 575 lbs (261 kg) |
| Hip Abduction             | HS-HAB | 61" x 26" x 55" (155 cm x 67 cm x 140 cm)    | 575 lbs (261 kg) |
| Back Extension            | HS-BE  | 46" x 40" x 55" (117 cm x 102 cm x 140 cm)   | 560 lbs (255 kg) |
| Hip/Glute                 | HS-HG  | 65" x 39" x 72" (166 cm x 100 cm x 183 cm)   | 725 lbs (329 kg) |
| Abdominal Crunch          | HS-ABC | 62" x 35" x 56" (158 cm x 89 cm x 143 cm)    | 400 lbs (182 kg) |
| Standing Calf             | HS-SC  | 58" x 45" x 71.5" (148 cm x 115 cm x 182 cm) | 680 lbs (309 kg) |

| MTS                           | CODE  | DIMENSIONS (L x W x H)                     | WEIGHT           |
|-------------------------------|-------|--|------------------|
| Abdominal Crunch              | MTSAB | 44" x 39" x 56" (112 cm x 100 cm x 143 cm) | 530 lbs (241 kg) |
| Iso-Lateral Biceps Curl       | MTSBC | 38" x 58" x 59" (97 cm x 148 cm x 150 cm)  | 520 lbs (236 kg) |
| Iso-Lateral Triceps Extension | MTSTE | 36" x 52" x 60" (92 cm x 133 cm x 153 cm)  | 580 lbs (264 kg) |
| Iso-Lateral Chest Press       | MTSCP | 40" x 68" x 77" (102 cm x 173 cm x 196 cm) | 765 lbs (347 kg) |
| Iso-Lateral Incline Press     | MTSIP | 40" x 68" x 77" (102 cm x 173 cm x 196 cm) | 765 lbs (347 kg) |
| Iso-Lateral Decline Press     | MTSDP | 39" x 64" x 66" (100 cm x 163 cm x 168 cm) | 755 lbs (343 kg) |
| Iso-Lateral High Row          | MTSHR | 47" x 72" x 77" (120 cm x 183 cm x 196 cm) | 780 lbs (354 kg) |
| Iso-Lateral Row               | MTSRW | 51" x 62" x 82" (130 cm x 158 cm x 209 cm) | 765 lbs (347 kg) |
| Iso-Lateral Front Pulldown    | MTSFP | 48" x 58" x 80" (122 cm x 148 cm x 204 cm) | 793 lbs (360 kg) |
| Iso-Lateral Shoulder Press    | MTSSP | 45" x 62" x 54" (115 cm x 158 cm x 138 cm) | 746 lbs (339 kg) |
| Iso-Lateral Leg Extension     | MTSLE | 48" x 57" x 55" (122 cm x 145 cm x 140 cm) | 750 lbs (341 kg) |
| Kneeling Leg Curl             | MTSKC | 45" x 62" x 54" (115 cm x 158 cm x 138 cm) | 746 lbs (339 kg) |

| PLATE-LOADED                    | CODE      | DIMENSIONS (L x W x H)                       | WEIGHT            |
|---------------------------------|-----------|--|-------------------|
| Iso-Lateral Bench Press         | IL-BP     | 49" x 52" x 69" (125 cm x 133 cm x 176 cm)   | 350 lbs (159 kg)  |
| Iso-Lateral Horizontal Press    | IL-HBP    | 66" x 61" x 42" (168 cm x 155 cm x 107 cm)   | 240 lbs (109 kg)  |
| Iso-Lateral Super Incline Press | IL-FMP    | 50" x 59" x 60" (127 cm x 150 cm x 153 cm)   | 360 lbs (164 kg)  |
| Iso-Lateral Incline Press       | IL-IP     | 39" x 52" x 75" (100 cm x 133 cm x 191 cm)   | 325 lbs (148 kg)  |
| Iso-Lateral Wide Chest          | IL-WC     | 45" x 59" x 69" (115 cm x 150 cm x 176 cm)   | 305 lbs (139 kg)  |
| Iso-Lateral Decline Press       | IL-DCP    | 51" x 54" x 68" (130 cm x 138 cm x 173 cm)   | 315 lbs (143 kg)  |
| Iso-Lateral Shoulder Press      | IL-SP     | 51" x 58" x 74" (130 cm x 148 cm x 188 cm)   | 350 lbs (159 kg)  |
| Iso-Lateral Chest/Back          | IL-CB     | 72" x 52" x 82" (183 cm x 133 cm x 209 cm)   | 390 lbs (177 kg)  |
| Iso-Lateral Front Lat Pulldown  | IL-PD     | 65" x 41" x 80" (166 cm x 105 cm x 204 cm)   | 315 lbs (143 kg)  |
| Iso-Lateral Wide Pulldown       | IL-WPD    | 71" x 42" x 80" (181 cm x 107 cm x 204 cm)   | 320 lbs (146 kg)  |
| Iso-Lateral High Row            | IL-HR     | 61" x 41" x 79" (155 cm x 105 cm x 201 cm)   | 330 lbs (150 kg)  |
| Iso-Lateral Rowing              | IL-ROW    | 59" x 50" x 51" (150 cm x 127 cm x 130 cm)   | 280 lbs (128 kg)  |
| Iso-Lateral D.Y. Row            | IL-DRW    | 51" x 56" x 82" (130 cm x 143 cm x 209 cm)   | 360 lbs (164 kg)  |
| Iso-Lateral Low Row             | IL-LR     | 48" x 47" x 67" (122 cm x 120 cm x 171 cm)   | 335 lbs (152 kg)  |
| Seated/Standing Shrug           | PL-SH     | 42" x 60" x 49" (107 cm x 153 cm x 125 cm)   | 235 lbs (107 kg)  |
| Seated Dip                      | PL-DIP    | 72" x 49" x 43" (182 cm x 124 cm x 109 cm)   | 285 lbs (130 kg)  |
| Seated Biceps                   | PL-BI     | 50" x 46" x 53" (127 cm x 117 cm x 135 cm)   | 225 lbs (103 kg)  |
| Iso-Lateral Lateral Raise       | PL-LR     | 41" x 55" x 48" (105 cm x 140 cm x 122 cm)   | 295 lbs (134 kg)  |
| Pullover                        | PL-PO     | 54" x 51" x 59" (138 cm x 130 cm x 150 cm)   | 370 lbs (168 kg)  |
| 4-Way Neck                      | PL-4W     | 33" x 54" x 62" (84 cm x 138 cm x 158 cm)    | 245 lbs (112 kg)  |
| Gripper                         | PL-GRIP   | 50" x 28" x 47" (127 cm x 71 cm x 119 cm)    | 65 lbs (30 kg)    |
| Abdominal Oblique Crunch        | PL-AB     | 47" x 58" x 66" (120 cm x 148 cm x 168 cm)   | 355 lbs (162 kg)  |
| Linear Leg Press                | HSLLP     | 95" x 65" x 57" (242 cm x 166 cm x 145 cm)   | 630 lbs (286 kg)  |
| Leg Press                       | PL-LP     | 69" x 51" x 57" (176 cm x 130 cm x 145 cm)   | 535 lbs (243 kg)  |
| Iso-Lateral Leg Press           | IL-LP     | 70" x 59.5" x 60" (178 cm x 152 cm x 153 cm) | 605 lbs (275 kg)  |
| Linear Hack Press               | PL-LHS-01 | 84" x 61" x 54" (213 cm x 155 cm x 137 cm)   | 423 lbs (192 kg)  |
| V-Squat                         | PL-VSQ    | 97" x 42" x 81" (247 cm x 107 cm x 205 cm)   | 530 lbs (241 kg)  |
| Seated Calf Raise               | PL-CALF   | 49" x 33" x 54" (124 cm x 84 cm x 137 cm)    | 200 lbs (91 kg)   |
| Super Horizontal Calf           | PL-SHC    | 64" x 57" x 60" (163 cm x 145 cm x 152 cm)   | 380 lbs (173 kg)  |
| Leg Extension                   | PL-LE     | 56" x 54" x 57" (143 cm x 138 cm x 145 cm)   | 295 lbs (134 kg)  |
| Iso-Lateral Kneeling Leg Curl   | IL-KLC    | 43" x 50" x 47" (110 cm x 127 cm x 120 cm)   | 250 lbs (114 kg)  |
| Seated Leg Curl                 | PL-SLC    | 53" x 54" x 49" (135 cm x 138 cm x 125 cm)   | 330 lbs (150 kg)  |
| Iso-Lateral Leg Extension       | IL-LE     | 54" x 57" x 57" (138 cm x 145 cm x 145 cm)   | 300 lbs (137 kg)  |
| Iso-Lateral Leg Curl            | IL-LC     | 71" x 53" x 39" (181 cm x 135 cm x 100 cm)   | 285 lbs (130 kg)  |
| Tibia Dorsi Flexion             | PL-TIB    | 15" x 24" x 12" (39 cm x 61 cm x 31 cm)      | 52 lbs (24 kg)    |
| Vertical Smith Machine          | HSSMV     | 50" x 90" x 93" (127 cm x 229 cm x 236 cm)   | 571 lbs (259 kg)  |
| T-Bar Row                       | PL-TBR    | 82" x 33" x 21" (210 cm x 82 cm x 53 cm)     | 200 lbs (90.7 kg) |

| GROUND BASE     | CODE   | DIMENSIONS (L x W x H)                     | WEIGHT           |
|-----------------|--------|--|------------------|
| Jammer          | GB-J   | 59" x 66" x 90" (150 cm x 168 cm x 229 cm) | 370 lbs (168 kg) |
| Combo Incline   | GB-CI  | 58" x 58" x 55" (148 cm x 148 cm x 140 cm) | 275 lbs (125 kg) |
| Combo Decline   | GB-CD  | 65" x 51" x 96" (166 cm x 130 cm x 244 cm) | 360 lbs (164 kg) |
| Combo Twist     | GB-CT  | 58" x 58" x 55" (148 cm x 148 cm x 140 cm) | 275 lbs (125 kg) |
| Twist Right     | GB-TR  | 55" x 50" x 55" (140 cm x 127 cm x 140 cm) | 200 lbs (91 kg)  |
| Twist Left      | GB-TL  | 55" x 50" x 55" (140 cm x 127 cm x 140 cm) | 200 lbs (91 kg)  |
| Squat Lunge     | GB-SL  | 54" x 54" x 32" (138 cm x 138 cm x 82 cm)  | 240 lbs (109 kg) |
| Squat High Pull | GB-SHP | 62" x 57" x 34" (158 cm x 145 cm x 87 cm)  | 220 lbs (100 kg) |

| BENCHES AND STORAGE                | CODE    | DIMENSIONS (L x W x H)                       | WEIGHT           |
|------------------------------------|---------|--|------------------|
| Olympic Bench Weight Storage       | O-BWS   | 22" x 15" x 46" (56 cm x 39 cm x 117 cm)     | 62 lbs (29 kg)   |
| Olympic Military Bench             | O-MB    | 56" x 48" x 65" (143 cm x 122 cm x 166 cm)   | 339 lbs (154 kg) |
| Olympic Flat Bench                 | O-FB    | 52" x 50" x 50" (133 cm x 127 cm x 127 cm)   | 145 lbs (66 kg)  |
| Olympic Incline Bench              | OIB     | 51" x 52" x 58" (130 cm x 133 cm x 148 cm)   | 198 lbs (90 kg)  |
| Olympic Squat Rack                 | OSR     | 59" x 69" x 73" (150 cm x 176 cm x 186 cm)   | 290 lbs (132 kg) |
| Olympic Decline Bench              | O-DB    | 60" x 53" x 50" (153 cm x 135 cm x 127 cm)   | 190 lbs (87 kg)  |
| Adjustable Bench (Pro Style)       | FWMAB   | 55" x 26" x 17" (140 cm x 67 cm x 44 cm)     | 115 lbs (53 kg)  |
| Flat Bench                         | FW-FB   | 50" x 22" x 16" (127 cm x 56 cm x 41 cm)     | 54 lbs (25 kg)   |
| Decline/Abdominal Bench            | FW-DB   | 63" x 24" x 34" (161 cm x 61 cm x 87 cm)     | 100 lbs (46 kg)  |
| Utility Bench - 75-degree          | FW-UB75 | 51" x 25" x 37" (130 cm x 64 cm x 94 cm)     | 65 lbs (30 kg)   |
| Smith Machine                      | HSSM    | 50" x 86.5" x 93" (127 cm x 220 cm x 237 cm) | 635 lbs (289 kg) |
| Seated Arm Curl                    | FW-AC   | 39" x 36" x 43" (100 cm x 92 cm x 110 cm)    | 160 lbs (73 kg)  |
| Single-Tier Dumbbell Rack          | FW-DR1  | 90" x 16.5" x 24" (229 cm x 42 cm x 61 cm)   | 93 lbs (43 kg)   |
| Two-Tier Dumbbell Rack             | FW-DR2  | 90" x 24" x 32" (229 cm x 61 cm x 82 cm)     | 155 lbs (71 kg)  |
| Barbell Rack                       | FW-BAR  | 31" x 28" x 60" (79 cm x 72 cm x 153 cm)     | 142 lbs (65 kg)  |
| Deluxe Weight Tree                 | FW-DWT  | 20" x 27" x 39" (51 cm x 69 cm x 100 cm)     | 73 lbs (34 kg)   |
| Small Bumper Plate Storage         | FW-BPS  | 46" x 16" x 11.5" (117 cm x 41 cm x 30 cm)   | 44 lbs (20 kg)   |
| Large Bumper Plate Storage         | FW-BPL  | 72" x 16" x 12" (183 cm x 41 cm x 31 cm)     | 88 lbs (40 kg)   |
| Back Extension                     | BW-BE   | 59" x 28" x 43" (150 cm x 72 cm x 110 cm)    | 135 lbs (62 kg)  |
| Chin/Dip/Leg Raise                 | BW-CDL  | 48" x 42" x 92" (122 cm x 107 cm x 234 cm)   | 250 lbs (114 kg) |
| Glute/Ham                          | BW-GH   | 72" x 33" x 50" (183 cm x 84 cm x 127 cm)    | 329 lbs (150 kg) |
| Fixed Pad Glute/Ham                | BW-GHF  | 72" x 32" x 50" (183 cm x 82 cm x 127 cm)    | 329 lbs (150 kg) |
| HD Athletic Multi-Adjustable Bench | HDT-MAB | 52" x 22" x 18.5" (133 cm x 56 cm x 47 cm)   | 85 lbs (39 kg)   |

## HD ATHLETIC ACCESSORIES

| 42" XMEMBERS                          | HALF RACK AND COMBO RACK | POWER RACK    | RACK CONNECTORS | RIGS | PERIMETER  | BRIDGE |
|---------------------------------------|--------------------------|---------------|-----------------|------|------------|--------|
| 42" Monkey Bar                        | -                        | Front Only    | -               | •    | •          | •      |
| 42" Straight Bar                      | -                        | Front Only    | -               | •    | -          | -      |
| 42" Thick Skinny                      | Rear Only                | Front or Rear | -               | •    | Front Only | -      |
| 42" Multi-Grip Bar                    | Rear Only                | Rear Only     | -               | •    | -          | -      |
| 42" Off Set                           | -                        | Front Only    | -               | •    | Front Only | -      |
| 42" Suspension Chin                   | -                        | -             | -               | -    | Front Only | -      |
| 42" Square                            | -                        | Front Only    | -               | •    | •          | -      |
| 72" XMEMBERS / 72" XMEMBER CONNECTORS |                          |               |                 |      |            |        |
| 72" Monkey Bar                        | -                        | -             | •               | •    | •          | •      |
| 72" Straight Bar                      | -                        | -             | •               | •    | Front Only | -      |
| 72" Thick Skinny                      | -                        | -             | •               | •    | Front Only | -      |
| 72" Off Set                           | -                        | -             | •               | •    | Front Only | -      |
| 72" Suspension Chin                   | -                        | -             | -               | -    | Front Only | -      |
| 72" Square                            | -                        | -             | •               | •    | •          | •      |
| SQUARE XMEMBER ACCESSORIES*           |                          |               |                 |      |            |        |
| 3" Ball Grip* (Pair)                  | •                        | •             | •               | •    | •          | •      |
| Neutral Grip Handles* (Pair)          | •                        | •             | •               | •    | •          | •      |
| Arc Bar*                              | •                        | •             | •               | •    | •          | •      |
| BAR SUPPORTS & CATCHES                |                          |               |                 |      |            |        |
| Bar Support (Pair)                    | S                        | S             | N/A             | •    | •          | •      |
| Half Rack Bar Catch (Pair)            | S                        | -             | N/A             | •    | •          | •      |
| Power Rack Bar Catch (Pair)           | -                        | S             | N/A             | -    | -          | -      |
| Flexible Bar Catch (Pair)             | -                        | •             | N/A             | •    | -          | -      |
| MISC. ACCESSORIES                     |                          |               |                 |      |            |        |
| Band Pegs (Pair)                      | •                        | •             | N/A             | •    | •          | •      |
| Dip Handles                           | •                        | •             | N/A             | •    | •          | •      |
| Power Pivot                           | •                        | •             | N/A             | •    | •          | •      |
| Rig Bar Storage                       | -                        | -             | N/A             | •    | •          | •      |
| Rack Bumper Plate Storage             | •                        | •             | N/A             | -    | -          | -      |
| Weight Horns                          | S                        | S             | N/A             | •    | •          | S      |
| Wing 42"                              | •                        | •             | N/A             | •    | •          | -      |
| Wing 72"                              | -                        | -             | •               | •    | •          | -      |
| Bumper Plate Divider                  | •                        | •             | •               | •    | •          | •      |
| Wall Ball Target                      | •                        | •             | N/A             | •    | •          | •      |
| Heavy Bag Hanger                      | •                        | •             | N/A             | •    | •          | •      |
| STORAGE COMPONENTS                    |                          |               |                 |      |            |        |
| 42" 2 Pipe                            | -                        | -             | -               | •    | •          | -      |
| 42" Kettlebell Tray                   | -                        | -             | -               | •    | •          | -      |
| 42" Dumbbell Tray                     | -                        | -             | -               | •    | •          | -      |
| 42" Stability Ball Storage            | -                        | -             | -               | •    | •          | •      |
| 72" 2 Pipe                            | -                        | -             | •               | •    | •          | •      |
| 72" Kettlebell Tray                   | -                        | -             | •               | •    | •          | •      |
| 72" Dumbbell Tray                     | -                        | -             | •               | •    | •          | •      |
| 72" Stability Ball Storage            | -                        | -             | •               | •    | •          | •      |

### KEY

S STANDARD

• OPTIONAL

N/A NOT APPLICABLE

- NOT AVAILABLE

\*Requires Square Xmember





**HAMMER  
STRENGTH®**

© 2020 Life Fitness, LLC. All Rights Reserved. Life Fitness, Hammer Strength, Cybex, ICG and SCIFIT are registered trademarks of Life Fitness, LLC and its affiliated companies and subsidiaries. Brunswick and related trademarks used under license from Brunswick Corporation. Cerakote is a trademark of NIC, Inc. (02.20).