



HAMMER STRENGTH®

2021 PRODUCT CATALOGUE



HAMMER STRENGTH SELECT

10 – 12

MTS

14 – 16

PLATE-LOADED

18 – 22

GROUND BASE

23 – 24

HD ATHLETIC

25 – 34

HD ELITE

35 – 44

BENCHES AND STORAGE

45 – 48

HAMMER STRENGTH ACCESSORIES

49 – 56

FRAME AND UPHOLSTERY COLORS

57 – 58

SPECIFICATIONS

59 – 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.

BUILDING CHAMPIONS

HAMMER STRENGTH

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.

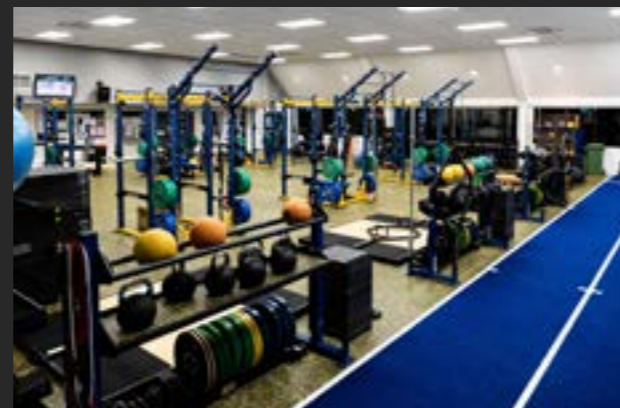
But it isn't reserved just for professional training facilities or college weight rooms. Everyday athletes benefit from the same superior biomechanics that the pros do.

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



ILT STADIUM SOUTHLAND
Invercargill, New Zealand



LINCOLN UNIVERSITY
Christchurch, New Zealand



FLEX FITNESS TAKAPUNA
Auckland, New Zealand



IHF HEALTH CLUB
Christchurch, New Zealand



HAMMER STRENGTH HD PERFORMANCE TRAINERS

PUSH YOURSELF TO A NEW STANDARD. A WHOLE NEW PERFORMANCE EXPERIENCE.

Hammer Strength has introduced a new vein of equipment in its portfolio of industry-leading machines – anaerobic performance training. Combined with other Hammer Strength performance and strength equipment, your facility – and athletes – gain an edge over the competition with durable, powerful, efficient Hammer Strength HD Performance Trainers.

The Hammer Strength HD Tread, HD Air Bike and HD Sparc allow athletes to get on and go with no hassle and maximum results. Within seconds, you can have your athletes pushing the limits of their HIIT workouts.



HD TREAD / PT-ST-01

The Hammer Strength HD Tread is a durable, self-powered curved treadmill made for performance athletes. Quick, efficient and tough enough to match the standards and expectations of elite champions.



HD SPARC / PT-SC-01

The Hammer Strength HD Sparc is the ultimate in performance trainer for explosiveness and power with no impact stress on knees or joints. It requires a high-knee and glute driving force which is ideal for developing maximum force and sprint speed.



HD AIR BIKE / PT-AB-01

The Hammer Strength HD Air Bike is an extremely durable performance trainer. It can be used for warmups, HIIT, injury prevention, and recovery. It also comes with multi-grip handlebars and an adjustable AirGuard.



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 selectorised 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 SELECTORISED

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 selectorised 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.



NEW PLATE LOADED PRODUCTS



BELT SQUAT / PL-BS

Front and rear weight rods allow for large weight loads and four belt anchor points provide varying resistance ratios. Wide, dual foot platforms include a separation gap to help prevent marring from the belt and chain. The Belt Squat also features band pegs; with nearly 1:1 load effect when used.



GLUTE DRIVE / PL-GD

The Glute Drive allows functional movement for posterior power, so users don't have to rely on barbells, dumbbell benches, or other devices to perform the movement. The Glute Drive offers easy entry and exit, two-sided loading, and band pegs for variable resistance



T-BAR ROW / PL-TBR

Dual weight plate loading positions allow for users to increase loads in the front or decrease inertia in the back. Target the entire back with wide and neutral grip positions designed to optimise feel and comfort during heavy lifts. The T-Bar Row features a maximum training capacity of 265 kilos.

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 LOW ROW / IL-LR



ISO-LATERAL ROW / IL-ROW



ISO-LATERAL SHOULDER PRESS / IL-SP



ISO-LATERAL SUPER INCLINE PRESS / IL-FMP



PULLOVER / PL-PO



SEATED BICEPS / PL-BI



SEATED DIP / PL-DIP

PLATE-LOADED



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 LEG EXTENSION / IL-LE



ISO-LATERAL LEG PRESS / IL-LP



ISO-LATERAL KNEELING LEG CURL / IL-KLC



LEG EXTENSION / PL-LE



ISO-LATERAL WIDE CHEST / IL-WC



ISO-LATERAL WIDE PULLDOWN / IL-WPD



ISO-LATERAL LATERAL RAISE / PL-LR



4-WAY NECK / PL-4W



LINEAR LEG PRESS / HSLLP



SEATED CALF RAISE / PL-CALF



SEATED LEG CURL / PL-SLC



SUPER HORIZONTAL CALF / PLSHC



SEATED standing SHRUG / PL-SH



ABDOMINAL OBLIQUE CRUNCH / PL-AB



GRIPPER / PL-GRIP



ISO-LATERAL LEG CURL / IL-LC



LINEAR HACK PRESS / PL-LHS-01



TIBIA DORSI FLEXION / PL-TIB



V-SQUAT / PL-VSQ



LEG PRESS / PL-LP



VERTICAL SMITH MACHINE / HSSMV

Offers a zero-degree bar travel for those who prefer vertical over angled lifts. The rugged Smith machine has been tested to the Hammer Strength Standard. It features 11 bar racking positions and 8 weight horns for ample plate storage.

With a start resistance of 13.6 kg (30 lbs) and a load capacity of 280 kg (630 lbs), these machines are built for users of all skill levels.



SMITH MACHINE / HSSM

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.



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



GROUND BASE



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 RIGS



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



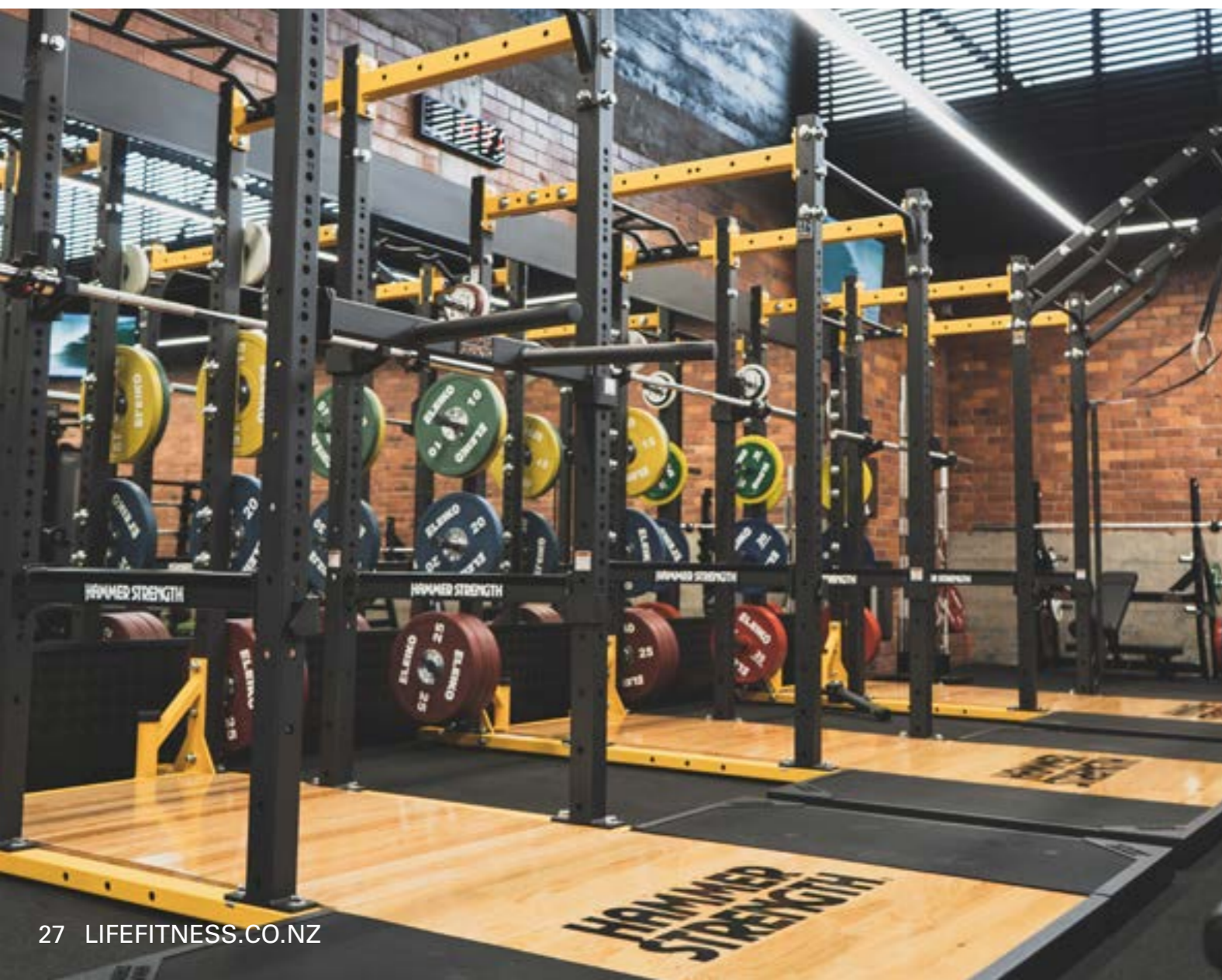
OFFSET BAR
/ HDT-XM42-OB
/ HDT-XM72-OB



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



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 SUPPORT AND CATCHES



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



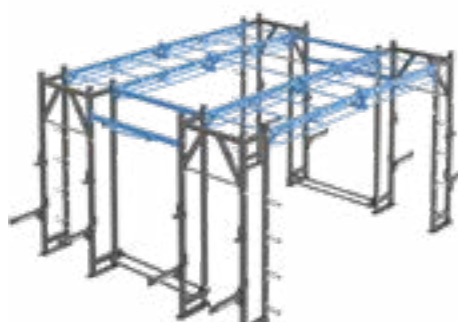
HANGING RING SET
/ ACC-HA-1003-01

HD ATHLETIC BRIDGE

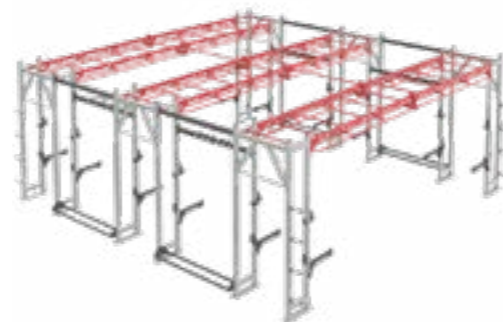
SAMPLE CONFIGURATIONS*



SINGLE



DOUBLE



TRIPLE

STORAGE CONNECTORS (LENGTH: 72")



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



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



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



BUMPER PLATE PAIR
DIVIDER / HDT-BP



WALL BALL TARGET
/ HDT-WBT



HEAVY BAG HANGER
/ HDT-HBH



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

ADD-ONS



POWER PIVOT
/ HDT-PP



BAR STORAGE
/ HDT-BS



BAND PEG PAIR
/ HDT-BP



WEIGHT HORN PAIR
/ HDT-WH



DIP HANDLE
/ HDT-DIP



STEP
/ HDT-STEP



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 / HDLPR / 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



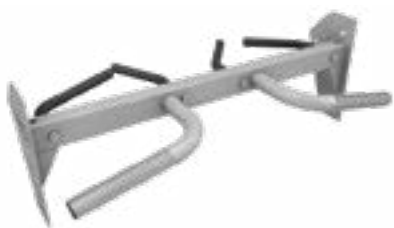
STRAIGHT THICK SIDE PULL-UP

- 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* / HDLWG

- 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 customise 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

Images not to scale. Products subject to change.





BENCHES AND STORAGE

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 / HDLDL

- 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

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.

BUMPERS



URETHANE

5kg; Black	HS-BP-1014-01
10kg; Green	HS-BP-1011-01
15kg; Yellow	HS-BP-1010-01
20kg; Blue	HS-BP-1009-01
25kg; Red	HS-BP-1008-01



PREMIUM RUBBER

10kg; Black	HS-BP-2011-01
15kg; Black	HS-BP-2010-01
20kg; Black	HS-BP-2009-01
25kg; Black	HS-BP-2008-01

OLYMPIC DISCS



URETHANE OLYMPIC DISCS

OLYMPIC PLATE 1.25KG, URETHANE, RNDX	HS-OP-2102-01
OLYMPIC PLATE 2.5KG, URETHANE, RNDX	HS-OP-2103-01
OLYMPIC PLATE 5KG, URETHANE, RNDX	HS-OP-2104-01
OLYMPIC PLATE 10KG, URETHANE, RNDX	HS-OP-2105-01
OLYMPIC PLATE 15KG, URETHANE, RNDX	HS-OP-2106-01
OLYMPIC PLATE 20KG, URETHANE, RNDX	HS-OP-2107-01
OLYMPIC PLATE 25KG, URETHANE, RNDX	HS-OP-2108-01



RUBBER OLYMPIC DISCS

OLYMPIC PLATE 1.25KG, RUBBER, RNDX	HS-OP-3102-01
OLYMPIC PLATE 2.5KG, RUBBER, RNDX	HS-OP-3103-01
OLYMPIC PLATE 5KG, RUBBER, RNDX	HS-OP-3104-01
OLYMPIC PLATE 10KG, RUBBER, RNDX	HS-OP-3105-01
OLYMPIC PLATE 15KG, RUBBER, RNDX	HS-OP-3106-01
OLYMPIC PLATE 20KG, RUBBER, RNDX	HS-OP-3107-01
OLYMPIC PLATE 25KG, RUBBER, RNDX	HS-OP-3108-01

MISCELLANEOUS ACCESSORIES



TRAINING DISCS

Training Disc, 2.5KG	ACC-BP-4004-01
Training Disc, 5KG	ACC-BP-4003-01

BARS



20KG COMPETITION OLYMPIC BAR

28mm - Chrome - Bearing	HS-OB-1003-01
-------------------------	---------------



15KG OLYMPIC BAR

25mm - Chrome - Bushing	HS-OB-4002-01
-------------------------	---------------



20KG OLYMPIC BAR

28mm - Chrome - Bushing	HS-OB-1004-01
-------------------------	---------------



20KG GYM BAR

29mm - Chrome - Bushing	HS-OB-3001-01
-------------------------	---------------



20KG TRAINING BAR

29mm - Black Oxide - Bushing	HS-OB-5002-01
------------------------------	---------------

DUMBBELLS



URETHANE DUMBBELLS

2 – 20kg Set	PH-HS-DB-2300-01
22 – 30kg Set	PH-HS-DB-2301-01
32 – 40kg Set	PH-HS-DB-2302-01
42 – 50kg Set	PH-HS-DB-2303-01
52 – 60kg Set	PH-HS-DB-2304-01



RUBBER DUMBBELLS

2.5 – 25kg Set	PH-HS-DB-3300-01
27.5 – 50kg Set	PH-HS-DB-3301-01



RUBBER HEX DUMBBELLS

2.5 – 25kg Set	PH-ACC-DB-6000-01
27.5 – 50kg Set	PH-ACC-DB-6001-01

BARBELLS



URETHANE
FIXED BARBELLS

10 – 20kg Set	PH-HS-BB-3100-01
25 – 45kg Set	PH-HS-BB-3101-01
10 – 45kg Set	PH-HS-BB-3102-01



RUBBER FIXED BARBELLS

10 – 20kg Set	PH-HS-BB-5100-01
25 – 45kg Set	PH-HS-BB-5101-01
10 – 45kg Set	PH-HS-BB-5102-01



CURL BARS

1.5m EZ Curl Bar, Chrome, Bushing	HS-OB-6003-01
1.5m Straight Bar, Chrome, Bushing	HS-OB-6001-01

CONDITIONING



COMPETITION KETTLEBELLS

8kg	HS-KB-1000-01
12kg	HS-KB-1001-01
16kg	HS-KB-1002-01
20kg	HS-KB-1003-01
24kg	HS-KB-1004-01
28kg	HS-KB-1005-01
32kg	HS-KB-1006-01
8 – 32kg Set	PH-HS-KB-1010-01



SLAM BALLS

5kg	HS-SB-2000-01
10kg	HS-SB-2001-01
15kg	HS-SB-2002-01
20kg	HS-SB-2003-01



SLAM BAGS

2kg	HS-SB-3000-01
4kg	HS-SB-3001-01
6kg	HS-SB-3002-01
8kg	HS-SB-3003-01
10kg	HS-SB-3004-01
12kg	HS-SB-3005-01
14kg	HS-SB-3006-01
16kg	HS-SB-3007-01
18kg	HS-SB-3008-01
20kg	HS-SB-3009-01



PLYO BOXES



3-IN-1 SOFT PLYO BOX
50 X 60 X 76CM
HS-PB-2000-01



STACKABLE PLYO BOXES

7cm	HS-PB-3001-02
15cm	HS-PB-3002-02
30cm	HS-PB-3003-02
46cm	HS-PB-3004-02
60cm	HS-PB-3005-02
Full set	PH-HS-PB-3000-02



3-IN-1 WOOD PLYO BOX
50 X 60 X 76CM
HS-PB-1000-01

HANGING ACCESSORIES



SPHERE GRIP
WITH STRAP, PAIR
ACC-HA-1000-01



CONE GRIP
WITH STRAP, PAIR
ACC-HA-1001-01



PIPE GRIP
WITH STRAP, PAIR
ACC-HA-1002-01



OLYMPIC RING
WITH STRAP, PAIR
ACC-HA-1003-01

PLATFORMS AND INSERTS



PREMIUM WOOD PLATFORM

- NEW VERSIONS COMING SOON



RUBBER INTERLOCK PLATFORM

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



WOOD INSERTS

- NEW VERSIONS COMING SOON



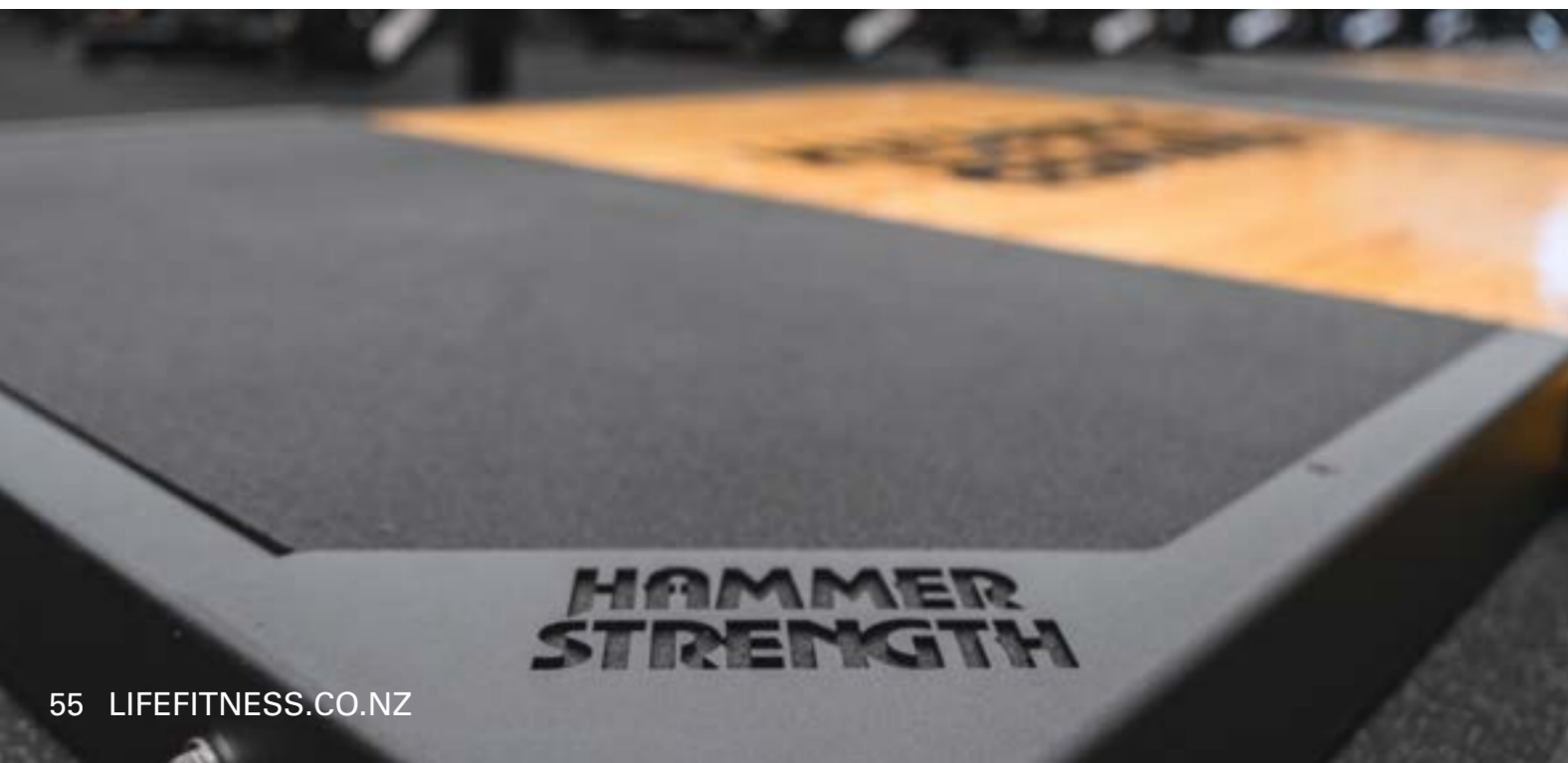
RUBBER INSERTS

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



IMPACT SUPPRESSION PLATFORM

- 50% quieter perceptually than a traditional wood platform
- 500% less vibration than a traditional wood platform
- Compatible with HD Elite and HD Athletic Racks



FRAME COLOURS

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 COLOURS



• Limited customisation available for all Hammer Strength products.

All products are not available in all colours. Refer to the table above for information on color specifications.

HAMMER STRENGTH SELECT	CODE	DIMENSIONS (L x W x H)	WEIGHT
Pectoral Fly	HS-PEC	125 cm x 143 cm x 181 cm	264 kg
Pectoral Fly/Rear Deltoid	HS-FLY	125 cm x 143 cm x 181 cm	264 kg
Chest Press	HS-CP	105 cm x 145 cm x 163 cm	255 kg
Shoulder Press	HS-SP	153 cm x 143 cm x 163 cm	236 kg
Seated Row	HS-RW	133 cm x 87 cm x 181 cm	268 kg
Lat Pulldown	HS-PD	138 cm x 84 cm x 227 cm	248 kg
Fixed Pulldown	HS-FPD	148 cm x 140 cm x 186 cm	282 kg
Biceps Curl	HS-BC	115 cm x 105 cm x 140 cm	205 kg
Triceps Extension	HS-TE	115 cm x 112 cm x 140 cm	214 kg
Lateral Raise	HS-LR	107 cm x 94 cm x 140 cm	243 kg
Assist Dip Chin	HS-ADC	117 cm x 115 cm x 221 cm	298 kg
Seated Leg Press	HS-SLP	201 cm x 102 cm x 181 cm	368 kg
Leg Extension	HS-LE	120 cm x 105 cm x 163 cm	259 kg
Leg Curl	HS-LC	166 cm x 100 cm x 140 cm	216 kg
Seated Leg Curl	HS-SLC	140 cm x 87 cm x 140 cm	234 kg
Horizontal Calf	HS-HC	155 cm x 82 cm x 140 cm	313 kg
Hip Adduction	HS-HAD	155 cm x 67 cm x 140 cm	261 kg
Hip Abduction	HS-HAB	155 cm x 67 cm x 140 cm	261 kg
Back Extension	HS-BE	117 cm x 102 cm x 140 cm	255 kg
Hip/Glute	HS-HG	166 cm x 100 cm x 183 cm	329 kg
Abdominal Crunch	HS-ABC	158 cm x 89 cm x 143 cm	182 kg
Standing Calf	HS-SC	148 cm x 115 cm x 182 cm	309 kg

MTS	CODE	DIMENSIONS (L x W x H)	WEIGHT
Abdominal Crunch	MTSAB	112 cm x 100 cm x 143 cm	241 kg
Iso-Lateral Biceps Curl	MTSBC	97 cm x 148 cm x 150 cm	236 kg
Iso-Lateral Triceps Extension	MTSTE	32 cm x 133 cm x 153 cm	264 kg
Iso-Lateral Chest Press	MTSCP	102 cm x 173 cm x 196 cm	347 kg
Iso-Lateral Incline Press	MTSIP	102 cm x 173 cm x 196 cm	347 kg
Iso-Lateral Decline Press	MTSDP	100 cm x 163 cm x 168 cm	343 kg
Iso-Lateral High Row	MTSHR	120 cm x 183 cm x 196 cm	354 kg
Iso-Lateral Row	MTSRW	130 cm x 158 cm x 209 cm	347 kg
Iso-Lateral Front Pulldown	MTSFP	122 cm x 148 cm x 204 cm	360 kg
Iso-Lateral Shoulder Press	MTSSP	115 cm x 158 cm x 138 cm	339 kg
Iso-Lateral Leg Extension	MTSLE	122 cm x 145 cm x 140 cm	341 kg
Kneeling Leg Curl	MTSKC	115 cm x 158 cm x 138 cm	339 kg

PLATE-LOADED	CODE	DIMENSIONS (L x W x H)	WEIGHT
Iso-Lateral Bench Press	IL-BP	125 cm x 133 cm x 176 cm	159 kg
Iso-Lateral Horizontal Press	IL-HBP	168 cm x 155 cm x 107 cm	109 kg
Iso-Lateral Super Incline Press	IL-FMP	127 cm x 150 cm x 153 cm	164 kg
Iso-Lateral Incline Press	IL-IP	100 cm x 133 cm x 191 cm	148 kg
Iso-Lateral Wide Chest	IL-WC	115 cm x 150 cm x 176 cm	139 kg
Iso-Lateral Decline Press	IL-DCP	130 cm x 138 cm x 173 cm	143 kg
Iso-Lateral Shoulder Press	IL-SP	130 cm x 148 cm x 188 cm	159 kg
Iso-Lateral Chest/Back	IL-CB	183 cm x 133 cm x 209 cm	177 kg
Iso-Lateral Front Lat Pulldown	IL-PD	166 cm x 105 cm x 204 cm	143 kg
Iso-Lateral Wide Pulldown	IL-WPD	181 cm x 107 cm x 204 cm	146 kg
Iso-Lateral High Row	IL-HR	155 cm x 105 cm x 201 cm	150 kg
Iso-Lateral Rowing	IL-ROW	150 cm x 127 cm x 130 cm	128 kg
Iso-Lateral D.Y. Row	IL-DRW	130 cm x 143 cm x 209 cm	164 kg
Iso-Lateral Low Row	IL-LR	122 cm x 120 cm x 171 cm	152 kg
Seated/Standing Shrug	PL-SH	107 cm x 153 cm x 125 cm	107 kg
Seated Dip	PL-DIP	182 cm x 124 cm x 109 cm	130 kg
Seated Biceps	PL-BI	127 cm x 117 cm x 135 cm	103 kg
Iso-Lateral Lateral Raise	PL-LR	105 cm x 140 cm x 122 cm	134 kg
Pullover	PL-PO	138 cm x 130 cm x 150 cm	168 kg
4-Way Neck	PL-4W	84 cm x 138 cm x 158 cm	112 kg
Gripper	PL-GRIP	127 cm x 71 cm x 119 cm	30 kg
Abdominal Oblique Crunch	PL-AB	120 cm x 148 cm x 168 cm	162 kg
Linear Leg Press	HSLLP	242 cm x 166 cm x 145 cm	286 kg
Leg Press	PL-LP	176 cm x 130 cm x 145 cm	243 kg
Iso-Lateral Leg Press	IL-LP	178 cm x 152 cm x 153 cm	275 kg
Linear Hack Press	PL-LHS-01	213 cm x 155 cm x 137 cm	192 kg
V-Squat	PL-VSQ	247 cm x 107 cm x 205 cm	241 kg
Seated Calf Raise	PL-CALF	124 cm x 84 cm x 137 cm	91 kg
Super Horizontal Calf	PL-SHC	163 cm x 145 cm x 152 cm	173 kg
Leg Extension	PL-LE	143 cm x 138 cm x 145 cm	134 kg
Iso-Lateral Kneeling Leg Curl	IL-KLC	110 cm x 127 cm x 120 cm	114 kg
Seated Leg Curl	PL-SLC	135 cm x 138 cm x 125 cm	150 kg
Iso-Lateral Leg Extension	IL-LE	138 cm x 145 cm x 145 cm	137 kg
Iso-Lateral Leg Curl	IL-LC	181 cm x 135 cm x 100 cm	130 kg
Tibia Dorsi Flexion	PL-TIB	39 cm x 61 cm x 31 cm	24 kg
Vertical Smith Machine	HSSMV	127 cm x 229 cm x 236 cm	259 kg
T-Bar Row	PL-TBR	210 cm x 82 cm x 53 cm	90.7 kg
Belt Squat	PL-BS	198 x 160 x 132 cm	193 kg
Glute Drive	PL-GD	210 cm x 82 cm x 53 cm	144 kg

GROUND BASE	CODE	DIMENSIONS (L x W x H)	WEIGHT
Jammer	GB-J	150 cm x 168 cm x 229 cm	168 kg
Combo Incline	GB-CI	548 cm x 148 cm x 140 cm	125 kg
Combo Decline	GB-CD	166 cm x 130 cm x 244 cm	164 kg
Combo Twist	GB-CT	148 cm x 148 cm x 140 cm	125 kg
Twist Right	GB-TR	140 cm x 127 cm x 140 cm	91 kg
Twist Left	GB-TL	140 cm x 127 cm x 140 cm	91 kg
Squat Lunge	GB-SL	138 cm x 138 cm x 82 cm	109 kg
Squat High Pull	GB-SHP	158 cm x 145 cm x 87 cm	100 kg

BENCHES AND STORAGE	CODE	DIMENSIONS (L x W x H)	WEIGHT
Olympic Bench Weight Storage	O-BWS	56 cm x 39 cm x 117 cm	29 kg
Olympic Military Bench	O-MB	143 cm x 122 cm x 166 cm	154 kg
Olympic Flat Bench	O-FB	133 cm x 127 cm x 127 cm	66 kg
Olympic Incline Bench	OIB	130 cm x 133 cm x 148 cm	90 kg
Olympic Squat Rack	OSR	150 cm x 176 cm x 186 cm	132 kg
Olympic Decline Bench	O-DB	153 cm x 135 cm x 127 cm	87 kg
Adjustable Bench (Pro Style)	FWMAB	140 cm x 67 cm x 44 cm	53 kg
Flat Bench	FW-FB	127 cm x 56 cm x 41 cm	25 kg
Decline/Abdominal Bench	FW-DB	161 cm x 61 cm x 87 cm	46 kg
Utility Bench - 75-degree	FW-UB75	130 cm x 64 cm x 94 cm	30 kg
Smith Machine	HSSM	127 cm x 220 cm x 237 cm	289 kg
Seated Arm Curl	FW-AC	100 cm x 92 cm x 110 cm	73 kg
Single-Tier Dumbbell Rack	FW-DR1	229 cm x 42 cm x 61 cm	43 kg
Two-Tier Dumbbell Rack	FW-DR2	229 cm x 61 cm x 82 cm	71 kg
Barbell Rack	FW-BAR	79 cm x 72 cm x 153 cm	65 kg
Deluxe Weight Tree	FW-DWT	51 cm x 69 cm x 100 cm	34 kg
Small Bumper Plate Storage	FW-BPS	117 cm x 41 cm x 30 cm	20 kg
Large Bumper Plate Storage	FW-BPL	183 cm x 41 cm x 31 cm	40 kg
Back Extension	BW-BE	150 cm x 72 cm x 110 cm	62 kg
Chin/Dip/Leg Raise	BW-CDL	122 cm x 107 cm x 234 cm	114 kg
Glute/Ham	BW-GH	183 cm x 84 cm x 127 cm	150 kg
Fixed Pad Glute/Ham	BW-GHF	183 cm x 82 cm x 127 cm	150 kg
HD Athletic Multi-Adjustable Bench	HDT-MAB	133 cm x 56 cm x 47 cm	39 kg

HD PERFORMANCE	CODE	DIMENSIONS (L x W x H)	WEIGHT
HD Tread	PT-ST-01	169 cm x 88 cm x 161 cm	148 kg
HD SPARC	PT-SC-01	180 cm x 88 cm x 154 cm	118 kg
HD Air Bike	PT-AB-01	105 cm x 62 cm x 138 cm	77 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®**

©Life Fitness NZ. 15 The Boulevard, Te Rapa, Hamilton NZ 3200
0800 895 185 | sales@lifefitness.co.nz

WWW.LIFEFITNESS.CO.NZ