



# HIIT & FUNCTIONAL FITNESS

*LifeFitness*

**HAMMER  
STRENGTH**

**SCYBEX**

**INDOOR CYCLING**

**SCIFIT**  
Prescribed for Progress

**XEBEX**  
FITNESS

**JACOBSLADDER**  
Serious Cardio

**Octane**  
FITNESS

**ZIVA**



# CHOICE

## CHOICE GIVES YOU THE POWER TO DIFFERENTIATE.

Life Fitness NZ offer a wide breadth of products for exercisers of all abilities. But we also offer other choices that allow a facility to evolve.

Facilities can choose cutting-edge experiences to keep exercisers entertained and engaged, or small group training solutions to excite and energise members. Aesthetic details like colour options and other customisation choices set a facility apart.

Life Fitness puts your brand first. We offer extensive consultation to guide you through the limitless possibilities and choices available for your facility. We're here to help you take the steps needed to transform your business.

IHF HEALTH CLUB, CHRISTCHURCH, NZ

## HIIT EQUIPMENT

- LIFE FITNESS
- HAMMER STRENGTH
- XEBEX FITNESS
- OCTANE FITNESS
- JACOBS LADDER

4

6  
8  
10  
12  
16

## RACKS & RIGS

- HAMMER STRENGTH HD ATHLETIC
- HAMMER STRENGTH HD ELITE
- ZIVA XP
- LIFE FITNESS SYNRGY90
- LIFE FITNESS SYNRGY180
- ZIVA INFINITY

36

20  
28  
34  
40  
42  
44

## BENCHES ACCESSORIES

- DUMBBELLS
- BARBELLS & BARS
- PLATES
- FUNCTIONAL
- CABLE ATTACHMENTS
- STORAGE
- FLOORING

48

18

54  
56  
58  
60  
64  
66  
71



# HIT

## EQUIPMENT



*LifeFitness*



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



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



**IC8** / IC-LFIC8C1-02

Inspired by the movement of road and triathlon cycling. With greater power accuracy, wattage and performance data than any other indoor cycle, the IC8 is ideal for cycle-specific coaching, high-intensity interval training and endurance training.



**IC7** / IC-LFIC7B2-02

The IC7 comes with a new, sleek design, as well as a two-stage drivetrain and a premium digital experience. A WattRate Direct Power Meter, Coach By Color® intensity guide for user and instructor, data exchange with devices, and outstanding comfort make the IC7 a one-of-a-kind indoor cycle.



**IC6** / IC-LFIC6B1-02

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



**IC5** / IC-LFIC5B2-01

Innovative design and high-quality components. The WattRate LCD computer displays performance and the IC5 allows for data exchange with devices and the Coach By Color® intensity guide for users.



**IC4** / IC-LFIC4B1-01

The belt drivetrain and magnetic brake system are virtually maintenance free and work together to provide a superior ride.



# 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.



**XEBEX**  
FITNESS

High quality, award-winning fitness equipment designed in the USA with over 30 years design and manufacturing experience. The brand prides itself on HIIT, studio, boutique, functional, and Group X training cardio equipment which boasts durable commercial grade and high-quality components.

Official Distributor for Xebex Fitness in New Zealand



Xebex Vertical Climber Smart Connect / CBR-02

- 16 levels of resistance
- Built in phone holder
- Belt drive provides a quiet and smooth workout
- Self-generating power
- Adjustable handle positions
- Target programmes: time, distance, calories and HR



Xebex Air Cycle Smart Connect / AMSB-01-E

- 10 levels of air resistance
- Micro-adjustable seat, fore-aft, seat angle, seat height
- Large LCD display for RPM, distance, calories, pulse, watts, speed, time
- Colour coded progress circle for easy tracking



Xebex AirPlus Cycle Smart Connect / AMSB-03-BA

- 10 levels of air resistance and 8 levels of magnetic resistance
- Micro-adjustable seat, fore-aft, seat angle, seat height
- Large LCD display for RPM, distance, calories, pulse, watts, speed, time
- Colour coded display shows watts and pulse zones
- Ability to see resistance level on console



Xebex Airbike / AB-1

- Heavy duty frame and handles
- Padded handles
- Ergonomic and adjustable seat
- Foot rest pegs
- Heavy duty challenging 24" resistance fan



Xebex AirPlus Performance Bike / ABMG-3

- Extra heavy duty handles - 3x stronger and padded to reduce slipping
- Air / magnetic resistance
- Foot rest pegs
- Micro adjustable seat - forward, back,



Xebex AirPlus Expert Bike 2.0 / ABVR-3L

- 8 levels of air/magnetic resistance
- Multi-grip handle bar allows for a neutral or narrow grip
- Heavy duty construction allows sitting or standing
- Belt drive provides a smooth and quiet ride
- Protective cover provides protection for the user
- Console tracks distance, speed, pace, calories burned, watts and HR



Xebex Runner Smart Connect / ACTAR-07

- Motorless, self-powered curved treadmill
- 10mm thick, low-impact, shock absorbing rubber running surface
- Proven to burn 30% more calories than traditional motorised treadmills
- Console displays time, calories burned, distance, speed, watts, RPM and pace, HR interval programmes



Xebex AirPlus Runner Smart Connect / ACRT-01

- Motorless, self-powered curved treadmill with 8 levels of resistance to mimic a sled
- 10mm thick, low-impact, shock absorbing rubber running surface
- Proven to burn 30% more calories than traditional motorised treadmills
- Console displays time, calories burned, distance, speed, watts, RPM and pace, HR interval programmes



Xebex Ski Trainer / ASK-2

- Comfort grip handles with straps
- Multi-programme console with quick start, interval and programmes
- Customisable workouts
- Air and magnetic system
- Heavy duty frame for high intensity workouts
- Track performance in time, metres, strokes
- Adjustable angle
- Base sold separately



Xebex Air Rower 2.0 / AR-2

- Universal resistance setting that mimics rowing in water
- One-touch footing adjustment
- User friendly console
- Padded and ergonomic seat
- Paddle handlebar
- 55" monorail and 21" high base



Xebex Air Rower 3.0 / AR-3

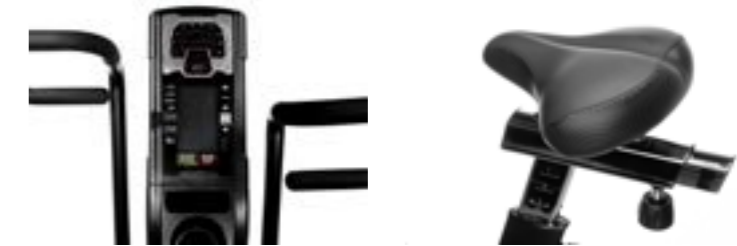
- Universal resistance setting that mimics rowing in water
- User friendly console
- Padded and ergonomic seat
- Paddle handlebar
- 55" monorail and 21" high base



### OCTANE AIRDYNE-X

The long-lasting performance of the AirDyneX bike is a testament to its solid, heavy-duty construction. Custom-designed, 26-blade performance fan and single-stage belt drive, the AirDyneX bike responds to an exerciser's power, and helps to reduce wasted energy for more efficient, effective workouts.

- Full-commercial grade
- 26-blade performance fan
- Inertia performance drive system
- Single-stage belt for instant activation
- Class A watts rating
- Smooth motion
- HIIT workouts
- Calibration technology



### OCTANE XT ONE

An all-in-one machine that lets exercisers walk, run, hike or climb to target different muscles for customised effectiveness.

- Replaces adaptations of ellipticals and non-elliptical modalities in one machine
- Adjustable incline
- Adjustable stride length
- SmartStride® technology
- Advanced training – 30:30 and MMA
- Workout Boosters



SMART CONSOLE

This 10" LCD touch screen features an Internet browser (Ethernet and Wi-Fi connections standard), streaming videos, music and more. Exercisers benefit from mobile device charging, phone/tablet docking stations, ANT+ compatibility and a console fan. Video coaching for CROSS CiRCUIT, along with Workout Booster videos, helps users properly execute exercises.



STANDARD CONSOLE

Intuitive to navigate, this LCD display with integrated capacitive buttons showcases all workout feedback and supports mobile device charging. Quick Start buttons enable exercisers to immediately begin their workout; and advanced training access is convenient, with buttons for CROSS CiRCUIT, MMA and 30:30 directly on the console.



### OCTANE XT4700

- Smart Stride
- Upper body ergonomics
- Real running motion
- Advanced programmes
- Electronically adjustable stride 20"-28"
- SmartStride® technology
- Close pedal spacing
- Low step-up height
- Advanced training – 30:30 and MMA



### OCTANE PRO3700

Octane Fitness' fully integrated, user-friendly controls ensure that exercisers can effortlessly enjoy their favorite shows and entertainment. Add a personal viewing screen or 900 Mhz wireless TV receiver to the console with integrated keypad controls for a sleek, clean entertainment solution.

- MultiGrip & Converging Path handlebars
- Close pedal spacing
- Advanced training – MMA and 30:30
- Workout Boosters
- Side step-compatible







#### JACOBS LADDER X / JLX

- Digital feedback on elapsed time, metres climbed, rate of speed, and calorie burn
- Low impact on joints
- Takes the stress off lower back, knees and hips
- Fully dynamic climbing stroke
- Automatic speed adjustment
- Total body workout
- Self-powered to adapt to your pace

#### JACOBS LADDER 2 / JL-2

- Intense ladder climbing experience
- Digital feedback on elapsed time, metres climbed, rate of speed, and calorie burn
- Low impact on joints
- Takes the stress off lower back, knees and hips
- Self-powered to adapt to your pace
- Four climbing positions in one machine



**JACOBS LADDER™**  
Serious Cardio

## YOUR NEXT CHALLENGE

Our signature piece of gym equipment is designed specifically for high intensity, low impact exercise, but goes much deeper than that. Jacobs Ladder was put to the test by researchers in the School of Kinesiology at Louisiana State University who found that Jacobs Ladder was a scientifically superior workout. Users burned calories at a much higher pace with a lower perceived exertion rate when compared with treadmills. Plus, since it's a low impact exercise, it's possible to have a high-energy workout without significant strain on the body. Jacobs Ladder also is functional exercise, making it useful for rehabilitation, circuit training, personal training, high-intensity intervals and endurance training.



#### JACOBS LADDER GTL / GTL

- Self-powered stair climber
- Speed range of 25 - 160 steps per minute
- Easy to use console - intuitive, on-screen instructions, get on and go
- 8 inch steps with 10 inch depth



# RACKS & RIGS

# HD ATHLETIC

**HAMMER  
STRENGTH®**

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.



SOUTHERN STADIUM, INVERCARGILL

## RACKS



POWER RACK  
AT-PR



COMBO RACK  
AT-HRHR



HALF RACK  
AT-HR

# 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.

## HALF RACK / POWER RACK REAR XMEMBERS



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



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



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



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



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



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



**SQUARE**  
/ HDT-XM42-SQ



**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



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



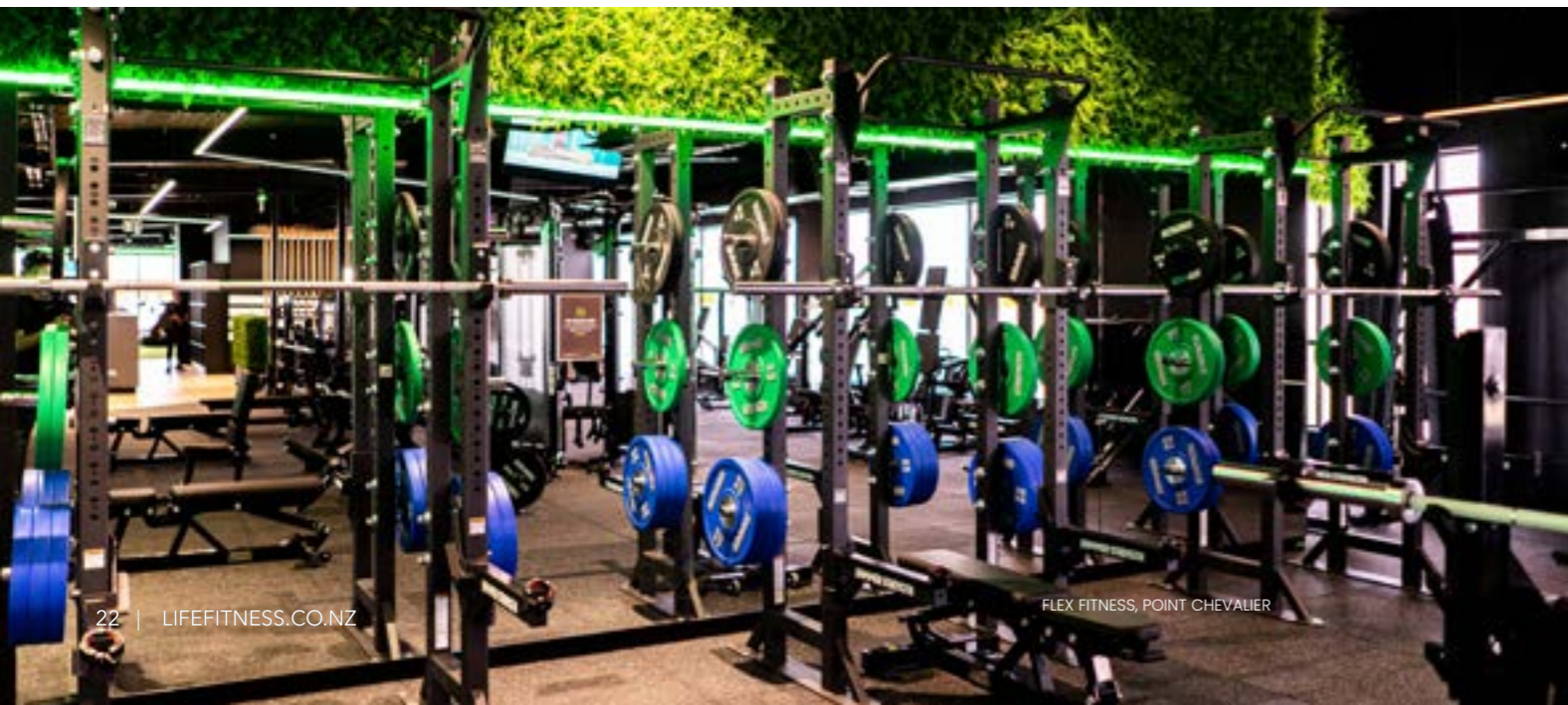
**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



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



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



# HD ATHLETIC PERIMETER



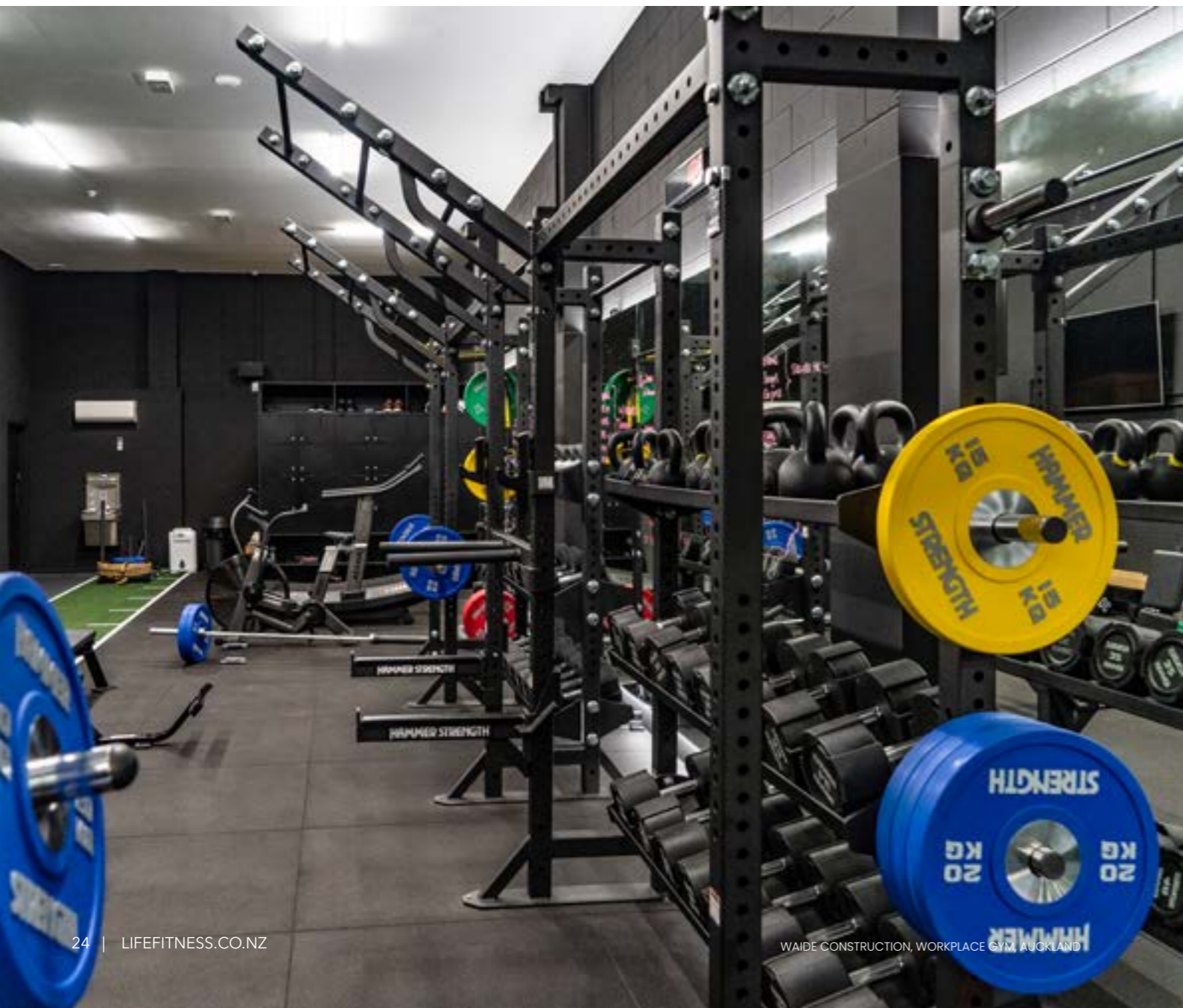
4' PERIMETER UNIT



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

IMAGES NOT TO SCALE. PRODUCTS SUBJECT TO CHANGE.

\* WITH ATTACHMENTS, RACK CONFIGURATIONS ARE REQUIRED TO BE BOLTED TO FLOOR

\*\*ALL RIG CONFIGURATIONS ARE REQUIRED TO BE BOLTED TO FLOOR



WAIDE CONSTRUCTION, WORKPLACE GYM, AUCKLAND

**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



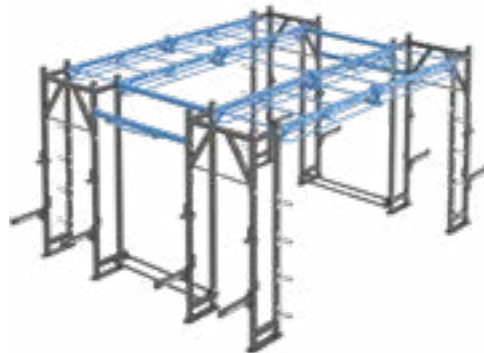
**HANGING RING SET**  
/ ACC-HA-1003-01

**HD ATHLETIC BRIDGE**

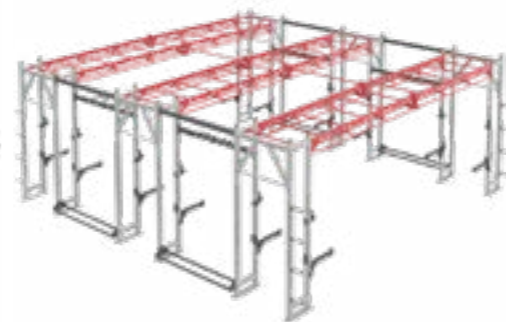
**SAMPLE CONFIGURATIONS\***



**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



**WALL BALL TARGET**  
/ HDT-WBT



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



**HEAVY BAG HANGER**  
/ HDT-HBH



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

**ADD-ONS**



**POWER PIVOT**  
/ HDT-PP



**BAND PEG PAIR**  
/ HDT-BP



**DIP HANDLE**  
/ HDT-DIP



**BAR STORAGE**  
/ HDT-BS



**WEIGHT HORN PAIR**  
/ HDT-WH



**STEP**  
/ HDT-STEP



IHF HEALTH CLUB, CHRISTCHURCH

# 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 STORAGE**  
/ HDLHRS / HDLHRSTT

## CABLE STATIONS



**HD ELITE DUAL ADJUSTABLE PULLEY**  
/ HDLDAP



**HD ELITE PULLDOWN**  
/ HDLPD



**HD ELITE ROW**  
/ HDLRW



**HD ELITE DUAL PULLDOWN ROW**  
/ HDLDPR

\*Attachments, accessories & weights shown in images are optional extras.

## 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 127 cm L x 45 cm W x 118 cm H
- 58.5 kg
- Shown with optional HD Elite Dip Handle\*

## PULL-UP BARS



### 2-HANDLE PULL-UP / HDL2PU

- 3 cm diameter rubber-coated grips
- Two ergonomic handle positions



### 3-HANDLE PULL-UP / HDL3PU

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



### THICK GRIP PULL-UP / HDLTPU

- 5 cm diameter knurled grips



### DUAL PULL-UP / HDLDP

- 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

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



### NEUTRAL BAR PULL-UP / HDNPU

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



### ACCESSORY STORAGE RACK / HDLASR

- Stores four pairs of HD Elite accessories
- Stores three Olympic bars
- 112 cm W x 119 cm L x 118 cm H
- 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



### 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
- 5cm knurled grip



### ARC DUAL PULL-UP / HDLARC

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



### 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



### WING\* / HDLWG

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

## 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



### 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



## OPTIONAL ATTACHMENTS



**REVERSE BAR SUPPORT PAIR**  
/ HDLRBS

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



**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



**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



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

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



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

- 25 kg
- 20.5 cm minimum step-up height on HDLHRS & HDLPR
- 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



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

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



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

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



**SPOTTER PLATFORMS** / HDLSP

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



**ARC BAR**  
/ HDT-ARC



**NEUTRAL GRIP PAIR**  
/ HDT-NG



**TOP BALL STORAGE** / HDLTBS

- Convenient storage of stability balls



**BALL GRIP PAIR**  
/ HDT-BG3



**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



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

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



**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





FLEX FITNESS NEWMARKET, AUCKLAND

# ZIVA XP

ZIVA XP for when extreme performance is necessary.

- Modular RIGS System
- Power RACKS and Half RACKS

High-intensity functional training, modular RIGS System and RACKS. The Ziva range of rigs can be customised to suit your individual training space and needs.

The Ziva XP range is the perfect solution for all sizes of commercial, cross fit, high performance and university / school fitness clubs.

# RACKS

Multiple build options to suit your individual requirements. Multiple colour options available.



**POWER RACK WITH STORAGE**  
ZXP-RKFL-7208



**HALF RACK WITH STORAGE**  
ZXP-RKFL-7206

# RIGS

Multiple build options to suit your individual requirements. Free standing or wall mounted systems for your specific space. Multiple colour options available.



**SPACE SAVING RIG**  
ZXP-SSRG-0831



**XP SPACE SAVING MODULAR RACK & STORAGE RIG**  
ZXP-SSRG-0899



**FREE-STANDING RIG**  
ZXP-SSRG-0836



**XP SPACE SAVING MODULAR RACK & STORAGE RIG EXAMPLE**  
ZXP-SSRG-0899



**8' HIGH WALL-MOUNTED STANDING RIG**  
ZXP-WMRG-0827



**8' AND 9' HIGH SELF SUPPORTED MODULAR RIG**  
ZXP-SSRG-0827



**XP ATTACHMENTS**

Expand and augment your individual XP Rig system with attachments



**SINGLE PULL-UP BAR**  
ZXP-RGAT-0981



**SQUARE TUBE W/ PULL-UP BAR**  
ZXP-RGAT-0951



**FLYING DOUBLE PULL-UP BAR**  
ZXP-RGAT-0952



**GLUTE/HAMSTRING ATTACHMENT**  
ZXP-RGAT-0982



**4' FLYING PULL-UP ATTACHMENT**  
ZXP-RGAT-0983



**BALL TARGET ATTACHMENT**  
ZXP-RGAT-0986



**DOUBLE PULL-UP BAR**  
ZXP-RGAT-0953



**MULTIGRIP CROSSBAR 6'**  
ZXP-RGAT-0998



**MULTIGRIP CROSSBAR 4'**  
ZXP-RGAT-0997



**PULL-UP BALL ATTACHMENT**  
ZXP-RGAT-0991



**D-HANDLE ATTACHMENT**  
ZXP-RGAT-0987



**STANDARD J-CUP ATTACHMENT**  
ZXP-RGAT-0993



**CHIN UP BAR ATTACHMENT**  
ZXP-RGAT-0990



**4' FLYING PULL-UP ATTACHMENT**  
ZXP-RGAT-0989



**6' FLYING PULL-UP ATTACHMENT**  
ZXP-RGAT-0954



**SANDWICH J-CUP ATTACHMENT**  
ZXP-RGAT-0973



**SAFETY ARMS ATTACHMENT**  
ZXP-RGAT-0994



**STAINLESS STEEL PLATE STORAGE PEG ATTACHMENT**  
ZXP-RGAT-0961



**RIGS SAFETY PLATE**  
ZXP-RGSP-0962



**BAND PEGS**  
ZXP-RGAT-0955



**FRAME MOUNT SINGLE BAR STORAGE ATTACHMENT**  
ZXP-RGAT-0996



**SAFETY ARMS ATTACHMENT**  
ZXP-RGAT-0956



**POWER RACK INSIDE NYLON STRAP SAFETY ATTACHMENT**  
ZXP-RGAT-0956



**FLAT ARM CANTILEVER EXTENSION ATTACHMENT**  
ZXP-RGAT-0999



**CHROME PLATE STORAGE PEG ATTACHMENT**  
ZXP-RGAT-0957



**KETTLEBELL/ACCESSORY STORAGE SHELF ATTACHMENT**  
ZXP-RGAT-0971



**BUMPER DISC/BALL STORAGE SHELF ATTACHMENT**  
ZXP-RGAT-0972



**ANGLED ARM CANTILEVER EXTENSION ATTACHMENT**  
ZXP-RGAT-0960



**FRAME MOUNT SHACKLE W/CARABINER ATTACHMENT**  
ZXP-RGAT-0988



**LANDMINE ATTACHMENT**  
ZXP-RGAT-0984



# SYNRGY90

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



**CABLE CABLE**  
/ SYN90-CC



**CABLE VERSA**  
/ SYN90-CV



**VERSA CABLE**  
/ SYN90-VC



**VERSA VERSA**  
/ SYN90-VV



# SYNRGY180

The SYNRGY180 training system has a space-saving design that serves as a functional training rig and efficient wall-adjacent accessory storage unit.

The modular system can be custom-configured as a simple single-bay training rig or expanded to be a full room multi-bay training rig with a variety of HIIT elements.



## EFFICIENCY

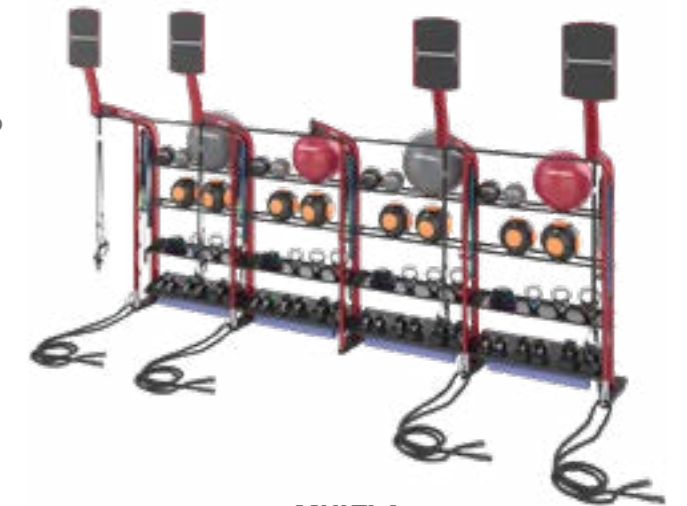
A full functional training system that doesn't take up valuable square footage.

## FLEXIBILITY

Scalable size and the ability to add the training modalities your exercisers want.

## GREAT DESIGN

Premium and inviting design improves the aesthetics of any facility.



MULTI 4



DUO 4



MIX 3



### S1: INFINITY ONE

Infinity One is a series of corner mounted single module stations that maximise versatility while minimising footprint. This series is designed for facilities with limited floor space and wanting to maximise training space.



PT  
ZFS-CSCR-8007



SQUAT  
ZFS-SQCR-8004



CABLE  
ZFS-CSCR-8001



REBOUNDER  
ZFS-RRCR-8005

### S2: INFINITY TWO

Infinity Two is a series of wall mounted functional stations formed by the linking of two Infinity One modules. These transform poorly utilised wall space into robust training areas, while still functioning as all-in storage solutions.



REBOUNDER & UNIVERSAL  
ZFS-INUN-7434



DOUBLE  
ZFS-INUN-7406



SQUAT & UNIVERSAL  
ZFS-INUN-7403



CABLE & UNIVERSAL  
ZFS-INUN-7433

# INFINITY

Premium commercial wall mounted, corner mounted, and freestanding modular functional storage systems.

**S3: INFINITY THREE**

Infinity Three series offers all of the functional versatility of Infinity Two with the addition of Ziva's hard duty 3.3m suspension zone. This series is ideal for schools, gyms and fitness centres looking to effectively incorporate group training into underutilised spaces. Wall mounted or freestanding options are available in a variety of configurations depending on your specific requirements.

**SAMPLE CONFIGURATIONS**



**REBOUNDER & UNIVERSAL**  
ZFS-INUN-7436

**UNIVERSAL DOUBLE**  
ZFS-INUN-7410

**S4: INFINITY FOUR**

Infinity Four series builds on the Infinity Three series with two to four additional training modules mounted to the suspension zone. Infinity Four is a large freestanding station, ideal for group training and classes in facilities with devoted functional training area. The multi training modules, the suspension zone and the integrated roofing system amount to a station which accomodated literally hundreds of exercise options and variations, making this the most capable series of the Infinity lineup.

**SAMPLE CONFIGURATIONS**



**INFINITY OPTIONAL ATTACHMENTS**



**BOXING BAG**  
ZFS-INHB-7440



**DIP KNEE**  
ZFS-UNLA-7450



**ROOF DOUBLE TARGET**  
ZFS-UNCR-9586



**ROOF SINGLE TARGET**  
ZFS-INHB-7440



**REBOUNDER**  
ZFS-UNCR-9585



**TARGET**  
ZFS-UNLA-7443



**UNIVERSAL SHELVES**  
ZFS-SQCR-8025



**BAT WINGS**  
ZFS-UNCR-9589



**LANDMINE**  
ZFS-UNCR-9590





FLEX FITNESS TAKAPUNA, AUCKLAND

# BENCHES



**HAMMER STRENGTH FLAT BENCH**  
FW-FB



**HAMMER STRENGTH UTILITY BENCH**  
FW-UB75



**HAMMER STRENGTH OLYMPIC FLAT BENCH\***  
O-FB



**HAMMER STRENGTH OLYMPIC BENCH WEIGHT STORAGE\***  
O-BWS



**HAMMER STRENGTH ADJUSTABLE BENCH**  
FWMAB



**HAMMER STRENGTH OLYMPIC INCLINE BENCH\***  
OIB



**HAMMER STRENGTH DECLINE ABDOMINAL BENCH**  
FW-DB



**HAMMER STRENGTH OLYMPIC DECLINE BENCH\***  
O-DB



**HAMMER STRENGTH OLYMPIC MILITARY BENCH\***  
O-MB



**HAMMER STRENGTH BACK EXTENSION BENCH**  
BW-BE



**HAMMER STRENGTH SEATED ARM CURL\***  
FW-AC



**LIFE FITNESS OLYMPIC INCLINE BENCH\***  
SOIB



**LIFE FITNESS OLYMPIC DECLINE BENCH\***  
SOFB



**LIFE FITNESS OLYMPIC FLAT BENCH\***  
SOFB



**LIFE FITNESS UTILITY BENCH**  
SABB



**LIFE FITNESS MULTI ADJUSTABLE BENCH**  
SMAB



**LIFE FITNESS BACK EXTENSION**  
SBE



**LIFE FITNESS FLAT BENCH**  
SFB



**ZIVA UTILITY BENCH**  
ZST-BUTL-5405



**ZIVA ABDOMINAL BENCH**  
ZST-BADB-5406



**ZIVA OLYMPIC FLAT BENCH WITH STORAGE**  
ZST-BOFS-5401



**LIFE FITNESS OLYMPIC MILITARY BENCH\***  
SOMB



**LIFE FITNESS ARM CURL BENCH\***  
SAC



**LIFE FITNESS AXIOM ADJUSTABLE BENCH**  
OSADJ



**ZIVA OLYMPIC INCLINE BENCH WITH STORAGE**  
ZST-BOIS-5402



**ZIVA OLYMPIC DECLINE BENCH WITH STORAGE**  
ZST-BODS-5403



**LIFE FITNESS AB CRUNCH BENCH**  
SABB



**LIFE FITNESS ADJUSTABLE DECLINE ABDOMINAL BENCH**  
SADB



**ZIVA ANGLED BACK EXTENSION**  
ZST-BHEX-5407



**ZIVA SCOTT CURL BENCH**  
ZST-BSCT-5408



**ZIVA FLAT BENCH**  
ZST-BFLT-5404



**ZIVA ADJUSTABLE BENCH**  
ZST-BFID-5409



FLEX FITNESS POINT CHEVALIER, AUCKLAND

# ACCESSORIES

EQUIPMENT





# DUMBBELLS

The Hammer Strength urethane dumbbells are accredited with the TUV Quality Standard. These free weight products have been rigorously tested against stringent standards and have passed with flying colours. Careful monitoring of production processes ensures that these standards are consistently met. The TUV SUD Certification is awarded by the TUV SUD Group - one of the largest independent certification organisations in the world.



**HAMMER STRENGTH POLYURETHANE DUMBBELL SETS**  
HS-DB-3000 SERIES



**ZIVA URETHANE DUMBBELLS**

2-20KG ZVO-DBPU-1001  
12-30KG ZVO-DBPU-1002  
22-30KG ZVO-DBPU-1003  
32-40KG ZVO-DBPU-1004  
42-50KG ZVO-DBPU-1005  
52-60KG ZVO-DBPU-1006

2KG INCREMENTS . COLOUR OPTIONS AVAILABLE



**ZIVA SOLID STEEL URETHANE DUMBBELLS**

2-50 KG ZXP-DBPU-8688  
COLOUR OPTIONS AVAILABLE



**KOMODO HEX DUMBBELLS**

1-40 KG OK1013  
SOLD INDIVIDUALLY



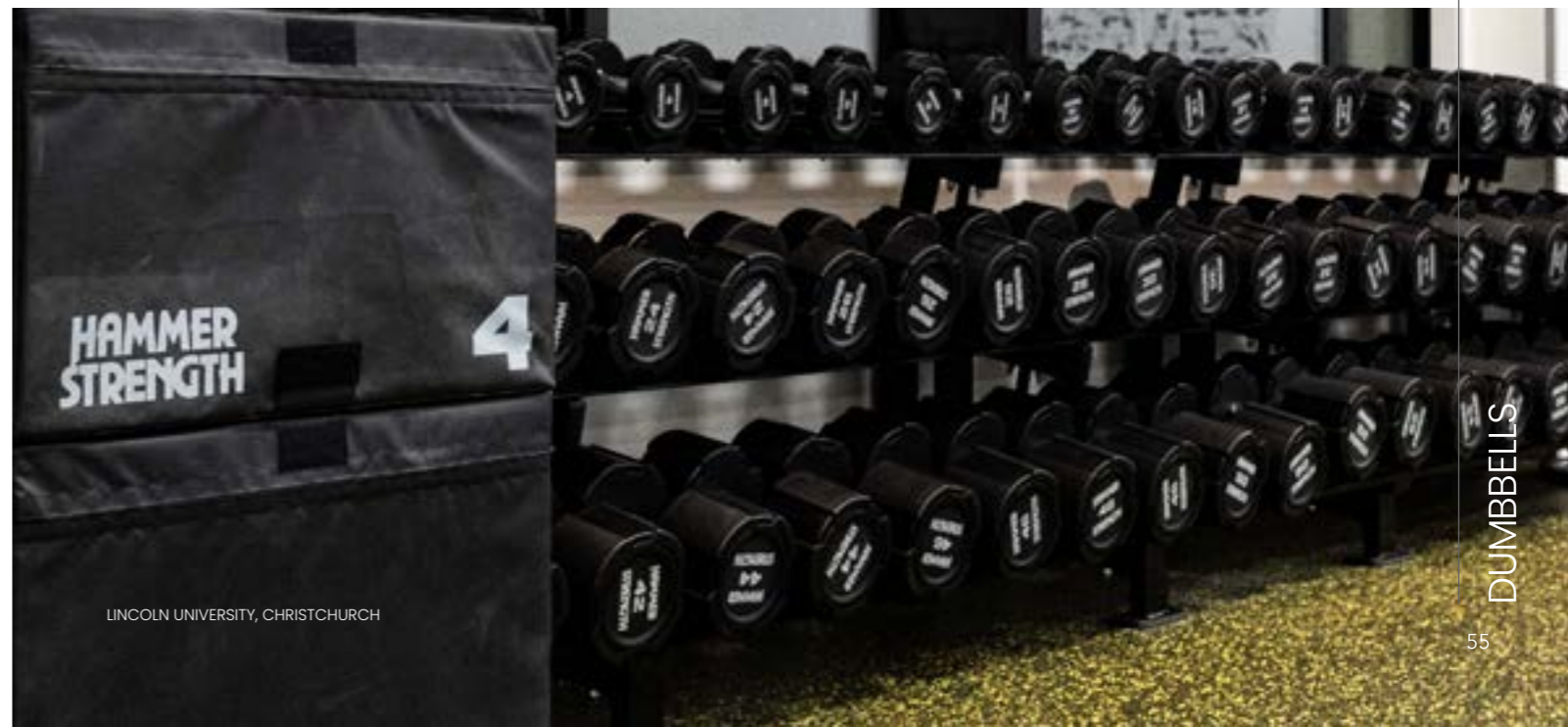
**ZIVA SL PREMIUM HEXAGON VIRGIN RUBBER DUMBBELLS**  
ZSL-PRHD-6000 SERIES



**ZIVA VIRGIN RUBBER TRIBELL STUDIO**  
1-10KG ZVO-RBST-2712



**HAMMER STRENGTH 1-10KG SET**  
1KG HSU1 2KG HSU2  
3KG HSU3 4KG HSU4  
5KG HSU5 6KG HSU6  
7KG HSU7 8KG HSU8  
9KG HSU9 10KG HSU10  
RACK NOT INCLUDED



# BARBELLS

The Hammer Strength Urethane Dumbbells are accredited with the TUV Quality Standard. These free weight products have been rigorously tested against stringent standards and have passed with flying colours. Careful monitoring of production processes ensures that these standards are consistently met. The TUV SUD Certification is awarded by the TUV SUD Group - one of the largest independent certification organisations in the world.



**HAMMER STRENGTH POLYURETHANE BARBELLS**  
HS-BB-3000 SERIES



**ZIVA SL VIRGIN RUBBER BARBELLS**  
10-20KG, 5PCS      ZSL-RBBB-4493  
25-45KG, 5PCS      ZSL-RBBB-4494  
10-45KG, 10PCS      ZSL-RBBB-4492

COLOUR OPTIONS AVAILABLE



**ZIVA SL VIRGIN RUBBER EZ CURL BARBELLS**  
CODE  
10-20KG, 5PCS      ZSL-EZ-4496  
25-45KG, 5PCS      ZSL-EZ-4497  
10-45KG, 10PCS      ZSL-EZ-4495  
COLOUR OPTIONS AVAILABLE



**ZIVA STUDIO BARBELL SET**  
SET INCLUDES:  
1.25KG, 2.5KG, 5KG, DISCS, BAR & COLLARS  
ZFT-PRBS-7080

# BAR



**HAMMER STRENGTH CHROME**  
OLYMPIC BARS  
25MM, BUSHING 15KG      HS-OB-4002-01  
29MM, BEARING 20KG      HS-OB-3001-01



**ZIVA PREMIUM OLYMPIC BARS**  
209K PSI BAR 20KG      ZVO-HCOB-2988  
180K PSI CHROME BAR 15KG      ZVO-HCOB-2895



**ZIVA OLYMPIC BARS**  
1.2M EZ CURL BAR      ZVO-HCOB-2966



**KOMODO HEX BAR**  
20KG 2.2M LENGTH      OK6082A



**ESCAPE LOCK COLLARS**  
50MM PAIR      LJC010



**KOMODO OLYMPIC COLLARS**  
OK5041



# PLATES



## HAMMER STRENGTH URETHANE BUMPER PLATES

5KG	HS-BP-1014-01
10KG	HS-BP-1011-01
15KG	HS-BP-1010-01
20KG	HS-BP-1009-01
25KG	HS-BP-1008-01



## ZIVA URETHANE COMPETITION BUMPER DISCS

SUPPORT 5KG	ZVO-BDPU-3702
BUMPER 10KG	ZVO-BDPU-3703
BUMPER 15KG	ZVO-BDPU-3704
BUMPER 20KG	ZVO-BDPU-3705
BUMPER 25KG	ZVO-BDPU-3706



## HAMMER STRENGTH PREMIUM RUBBER BUMPER PLATES

5KG	HS-BP-1014-01
10KG	HS-BP-2011-01
15KG	HS-BP-2010-01
20KG	HS-BP-2009-01
25KG	HS-BP-2008-01



## HAMMER STRENGTH URETHANE OLYMPIC GRIP PLATES

HS-OP-2000 SERIES



## ZIVA RUBBER WEIGHT DISCS

125KG	ZVO-DCRB-2301
2.5KG	ZVO-DCRB-2302
5KG	ZVO-DCRB-2303
10KG	ZVO-DCRB-2304
15KG	ZVO-DCRB-2305
20KG	ZVO-DCRB-2306
25KG	ZVO-DCRB-2307



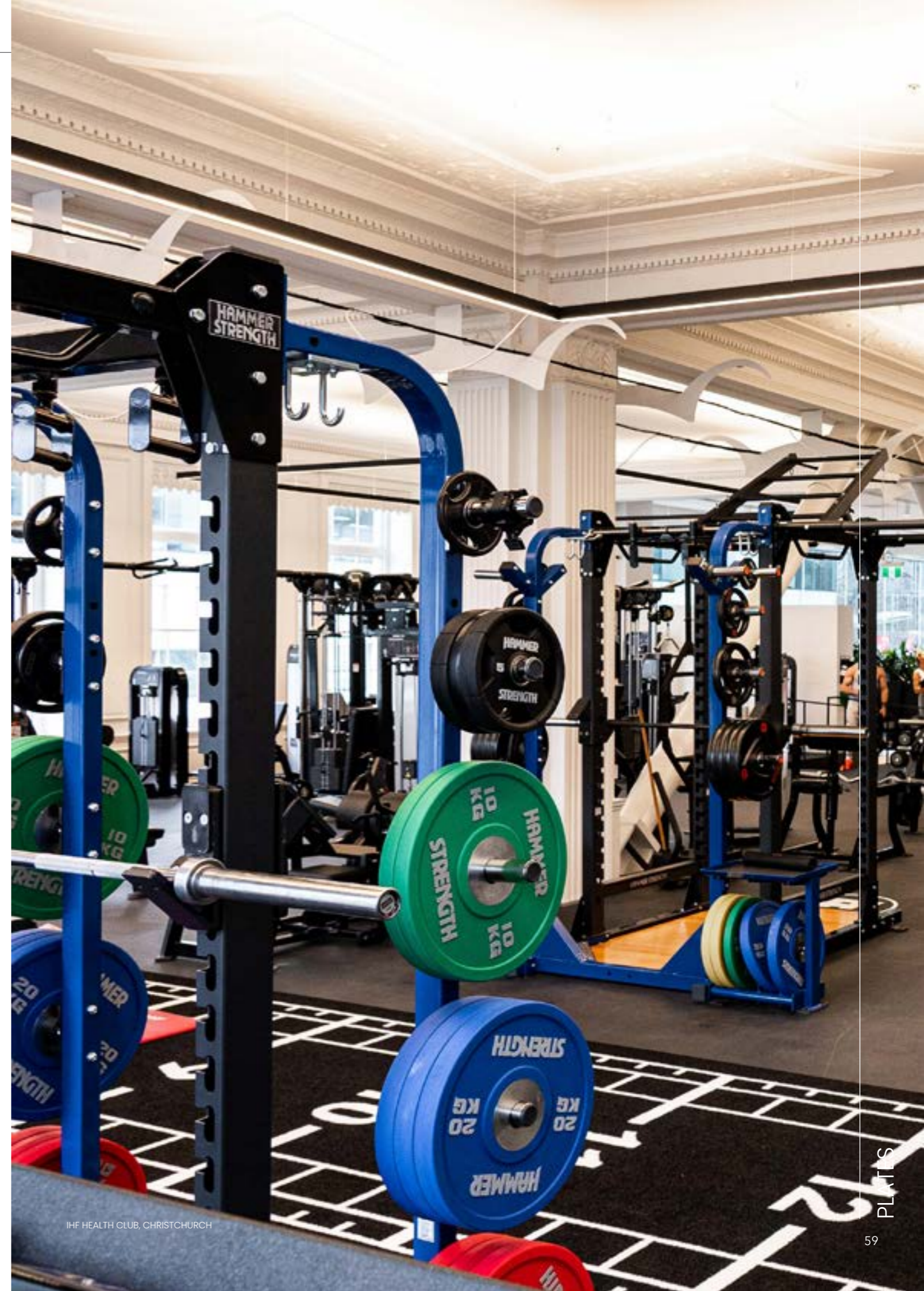
## ZIVA RUBBER COMPETITION BUMPER DISCS

SUPPORT 5KG	ZXP-RBBP-7491
BUMPER 10KG	ZXP-RBBP-7492
BUMPER 15KG	ZXP-RBBP-7493
BUMPER 20KG	ZXP-RBBP-7494
BUMPER 25KG	ZXP-RBBP-7495



## ZIVA RUBBER GRIP DISCS

125KG	ZXP-DCRB-8144
2.5KG	ZXP-DCRB-8145
5KG	ZXP-DCRB-8146
10KG	ZXP-DCRB-8147
15KG	ZXP-DCRB-8148
20KG	ZXP-DCRB-8149
25KG	ZXP-DCRB-8150





# FUNCTIONAL



### HAMMER STRENGTH COMPETITION KETTLEBELL

PURPLE, 8KG  
LIGHT BLUE, 12KG  
YELLOW, 16KG  
GREY, 20KG  
GREEN, 24KG  
ORANGE, 28KG  
RED, 32KG

HS-KB-1000-01  
HS-KB-1001-01  
HS-KB-1002-01  
HS-KB-1003-01  
HS-KB-1004-01  
HS-KB-1005-01  
HS-KB-1006-01



### LIFE FITNESS RUBBER KETTLEBELL

8KG / FRKB8  
16KG / LFRKB16  
24KG / LFRKB24  
32KG / LFRKB32

12KG / LFRKB12  
20KG / LFRKB20  
28KG / LFRKB28



### HAMMER STRENGTH SLAMBALL

5KG / HS-SB-2000  
15KG / HS-SB-2000

10KG / HS-SB-2000  
20KG / HS-SB-2000



### ZIVA SIGNATURE COMPETITION KETTLEBELL

8KG / ZMT-CTKB-5620  
16KG / ZMT-CTKB-5624  
24KG / ZMT-CTKB-5628  
32KG / ZMT-CTKB-5633

12KG / ZMT-CTKB-5622  
20KG / ZMT-CTKB-5626  
28KG / ZMT-CTKB-5630  
36KG / ZMT-CTKB-5637



### ZIVA VIRGIN RUBBER KETTLEBELL

4KG / ZSL-RBKB-4320  
8KG / ZSL-RBKB-4322  
12KG / ZSL-RBKB-4324  
16KG / ZSL-RBKB-4326  
24KG / ZSL-RBKB-4328  
32KG / ZSL-RBKB-4330  
40KG / ZSL-RBKB-4332

6KG / ZSL-RBKB-4321  
10KG / ZSL-RBKB-4323  
14KG / ZSL-RBKB-4325  
20KG / ZSL-RBKB-4327  
28KG / ZSL-RBKB-4329  
36KG / ZSL-RBKB-4331

COLOUR OPTIONS AVAILABLE



### ZIVA SLAMBALL

2KG / ZVO-SPSB-6870  
4KG / ZVO-SPSB-6872  
6KG / ZVO-SPSB-6874  
8KG / ZVO-SPSB-6876  
10KG / ZVO-SPSB-6878  
15KG / ZVO-SPSB-6880  
20KG / ZVO-SPSB-6882  
30KG / ZVO-SPSB-6884

3KG / ZVO-SPSB-6871  
5KG / ZVO-SPSB-6873  
7KG / ZVO-SPSB-6875  
9KG / ZVO-SPSB-6877  
12KG / ZVO-SPSB-6879  
18KG / ZVO-SPSB-6881  
25KG / ZVO-SPSB-6883



### ZIVA DUAL TEXTURE MEDICINE BALL

1KG / ZVO-CMMB-1921  
3KG / ZVO-CMMB-1923  
5KG / ZVO-CMMB-1925  
7KG / ZVO-CMMB-1927  
9KG / ZVO-CMMB-1929

2KG / ZVO-CMMB-1922  
4KG / ZVO-CMMB-1924  
6KG / ZVO-CMMB-1926  
8KG / ZVO-CMMB-1928  
10KG / ZVO-CMMB-1910



### ZIVA DUAL GRIPS MEDICINE BALL

3KG / ZVO-DGMB-9230  
5KG / ZVO-DGMB-9232  
7KG / ZVO-DGMB-9234  
9KG / ZVO-DGMB-9236

4KG / ZVO-DGMB-9231  
6KG / ZVO-DGMB-9233  
8KG / ZVO-DGMB-9235  
10KG / ZVO-DGMB-9237



### ZIVA WALL BALLS

2KG / ZVO-FTWB-9271  
4KG / ZVO-FTWB-9273  
6KG / ZVO-FTWB-9275  
8KG / ZVO-FTWB-9277  
10KG / ZVO-FTWB-9279

3KG / ZVO-FTWB-9272  
5KG / ZVO-FTWB-9274  
7KG / ZVO-FTWB-9276  
9KG / ZVO-FTWB-9278



### LIFE FITNESS GYM BALL

55CM / LFCB55  
65CM / LFCB65  
75CM / LFCB75



### ZIVA ANTI BURST CORE-FIT BALL

55CM / ZVO-ABCB-9291  
65CM / ZVO-ABCB-9270  
75CM / ZVO-ABCB-9292



### GRIPR

GREEN 2KG / GRIPR002  
RED 6KG / GRIPR006  
WHITE 10KG / GRIPR010  
BLUE 14KG / GRIPR014  
GREY 18KG / GRIPR018

BLUE 4KG / GRIPR004  
GREY 8KG / GRIPR008  
GREEN 12KG / GRIPR012  
RED 16KG / GRIPR016  
WHITE 20KG / GRIPR020



### LIFE FITNESS CORE BAGS

5KG / LFCB050  
15KG / LFCB150  
25KG / LFCB250

10KG / LFCB100  
20KG / LFCB200



### ZIVA POWER CORE BAG

5KG / ZVO-SPPB-6385  
15KG / ZVO-SPPB-6389  
25KG / ZVO-SPPB-6393

10KG / ZVO-SPPB-6387  
20KG / ZVO-SPPB-6391  
30KG / ZVO-SPPB-6394



### ESCAPE SANDBAG

GREEN 10KG / SBAG10  
RED 20KG / SBAG20  
BLACK 40KG / SBAG10

BLUE 15KG / SBAG20  
GREY 30KG / SBAG30



**LIFE FITNESS 3-IN-1 PLYOBOX**  
LF-PB-2000-01



**HAMMER STRENGTH 3-IN-1 PLYOBOX**  
HS-PB-2000-01



**ZIVA 3-IN-1 SOFT PLYO-BOX**  
ZSL-SFPY-4013



**ZIVA DUAL SURFACE PLYO BOX**  
3 PIECE SET / ZFT-PYST-0738  
4 PIECE SET / ZFT-PYST-0739



**WOODEN PLYO BOX**



**KOMODO TRAINING TYRE**  
40KG OK9121-BLUE  
60KG OK9121-GREEN  
80KG OK9192-RED



**ZIVA AGILITY CONES & CARRY STAND**  
PACK / AFT-FTAC-0514



**ZIVA AGILITY LADDER**  
15" SPACING / ZFT-FTAL-0512



**ZIVA ADJUSTABLE HURDLE**  
HURDLE ZFT-FAH-0556



**WOODEN RINGS SET**



**ESCAPE FITNESS JUMP ROPE**  
ADJUSTABLE LENGTH  
LF-SR-1001-01



**LIFE FITNESS RESISTANCE TUBES**  
LIGHT / LFRESTB1  
MEDIUM / LFRESTB2  
HEAVY / LFRESTB3



**ZIVA RESISTANCE BANDS**  
VARIOUS OPTIONS AVAILABLE



**ZIVA IRON RINGS SET**  
SET / ZXP-WDRS-7234



**BATTLE ROPE**  
VARIOUS OPTIONS AVAILABLE







TRX  
TRXH



FREE STANDING PUNCHBAG



HOOK & JAB FOCUS PADS



LIFE FITNESS STUDIO DECK  
LF-DK-1000-01

The Studio Collection Deck is an adjustable, multi-functional exercise tool for making the most out of your home training experience. Use it as a traditional studio step, or use as an adjustable angle bench to perform various dumbbell and barbell exercises.



STEP PLATFORM  
LF-STP-1001-01 STEP  
LF-STP-1002-01 RTSL

MINIMUM ORDER QUANTITIES APPLY



BOXING GLOVES



HANGING BOXING BAG



ZIVA WALL MOUNTED PULL-UP BAR  
BAR STATION / ZXP-WMPU-0958  
BAR EXTENSION / ZXP-WMPU-0959



ZIVA DELUXE YOGA MAT  
ZSL-TDYM-0251



COMFORTGYM MAT  
PAVI BLACK



LIFE FITNESS FOAM ROLLER LONG  
LF-FR-1000



STIRRUP HANDLE - SINGLE  
OK6004



CLOSE GRIP CABLE ROW  
OK6006



V BAR WITH HANDLE  
OK6017



LIFE FITNESS RIGID ROLLER  
LF-FR-1000



LIFE FITNESS HALF ROUND ROLLER  
LF-FR-1000



ZIVA POWERSLED  
ZXP-PWSD-7231



CURVED LAT BAR  
OK6013



STRAIGHT TRICEP BAR  
OK6012



HANDLE ATTACHMENT  
OK5052C



D HANDLE LAT PULLDOWN BAR  
OK6024



TRICEP ROPE ATTACHMENT  
OK6009



CABLE MACHINE ACCESSORIES SET  
OKMB001-005

## CABLE ATTACHMENTS



# STORAGE



**HAMMER STRENGTH 6' FREESTANDING STORAGE\***  
AT-FSS-6



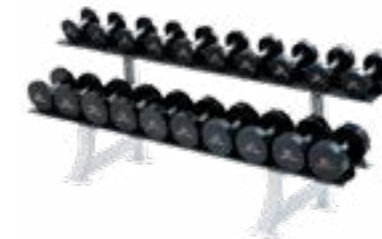
**HAMMER STRENGTH 4' FREE STANDING STORAGE\***  
AT-FSS-4



**HAMMER STRENGTH DELUXE WEIGHT TREE\***  
FW-DWT



**HAMMER STRENGTH SINGLE-TIER DUMBBELL RACK\***  
FW-DR1



**HAMMER STRENGTH TWO-TIER DUMBBELL RACK\***  
FW-DR2



**HAMMER STRENGTH THREE-TIER DUMBBELL RACK WITH KETTLEBELL TRAY\***  
FW-DR3



**HAMMER STRENGTH SMALL RUBBER WEIGHT STORAGE\***  
FW-BPS



**HAMMER STRENGTH LARGE BUMPER PLATE STORAGE\***  
FW-BPL



**HAMMER STRENGTH BARBELL RACK\***  
FW-BAR



**LIFE FITNESS VERTICAL DUMBBELL RACK\***  
OS-DBV



**LIFE FITNESS THREE-TIER DUMBBELL RACK\***  
OS-DB3



**LIFE FITNESS SINGLE TIER DUMBBELL RACK\***  
SDR1



**LIFE FITNESS TWO-TIER DUMBBELL RACK\***  
SDR2



**LIFE FITNESS HANDLE RACK\***  
SHR



**LIFE FITNESS BARBELL RACK\***  
SBBR



**LIFE FITNESS HANDLE ACCESSORY PACK**  
MJHAR



**LIFE FITNESS OLYMPIC WEIGHT TREE\***  
SOWT



**ZIVA 5 PAIR HORIZONTAL DUMBBELL RACK\***  
ZST-DBST-5392



**ZIVA 5 MULTI-BALL TREE\***  
ZST-MDRK-6008



**ZIVA KETTLEBELL RACK\***  
ZST-KBRK-5395



**ZIVA BUMPER STORAGE RACK**  
ZXP-RGRK-0902



**ZIVA 10 PAIR HORIZONTAL DUMBBELL RACK\***  
ZST-DBST-5396



**ZIVA 15 PAIR HORIZONTAL DUMBBELL RACK\***  
ZST-BBRK-5391



**ZIVA 5 PIECE VERTICAL BARBELL RACK\***  
ZST-BBRK-5390



**ZIVA 4 PIECE KETTLEBELL RACK\***  
ZXP-KBRK-6004



**ZIVA FLOOR-MOUNTED 5 PAIR VERTICAL DUMBBELL RACK\***  
ZXP-VTRK-7104



**ZIVA FLOOR-MOUNTED 4 PAIR VERTICAL DUMBBELL RACK\***  
ZXP-VTRK-7103



**ZIVA TRIBELL STUDIO DUMBBELL STORAGE\***  
ZST-VS10-6024



**ZIVA 10 PIECE VERTICAL BARBELL RACK\***  
ZST-VL10-5108



**ZIVA ST2 DISC STORAGE RACK**  
ZST-ODRK-5394



**ZIVA CORE-FIT EXERCISE BALL STATIONS**  
ZST-EXBS-6016



**ZIVA FUNCTIONAL ACCESSORIES STORAGE RACK\***  
ZST-FTRK-0105



**ZIVA MULTI-FUNCTIONAL STORAGE RACK\***  
ZXP-MFSR-7219



**ZIVA WALL-MOUNTED OLYMPIC BAR STORAGE RACK**  
ZXP-OBSR-7218



**ZIVA OLYMPIC BAR STORAGE STAND**  
ZXP-OBSS-7217



**ZIVA 10 MULTI-BALL TREE\***  
ZST-MDRK-6009



**ZIVA 42" WALL STORAGE WITH PULL UP BAR\***  
ZXP-RKHF-7239



**ZIVA 72" WALL STORAGE WITH PULL UP BAR\***  
ZXP-RKHF-7246



# FLOORING

## SPECIALIST GYM FLOORING

At Life Fitness when we create a space, it's not just about the equipment. We think about the types of flooring that can be used to create your individual space. We have a range of turf solutions for indoor and outdoor training in a variety of colours, designs and thicknesses to suit your needs.



## RUBBER FLOOR MATS

Different protective coatings and grip surfaces means we have the ideal product for all of your specific requirements.



PREMIUM RUBBER TILE



RUBBER TILE

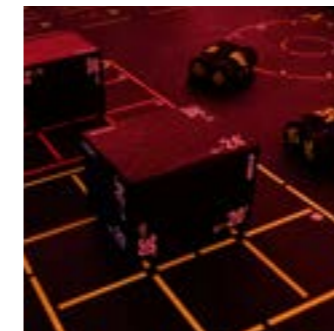
# PAVIGYM

PAVIGYM is the premier innovator of gym flooring and interactive solutions for the global fitness industry. Known for revolutionary gym flooring solutions and the ground-breaking PRAMA system, PAVIGYM prides itself on engineering the best workout experiences for all audiences.

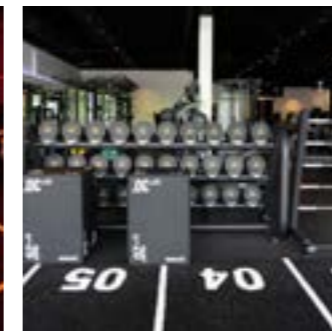
A team of over 120 fitness enthusiasts based out of PAVIGYM's headquarters in Alicante, Spain, 6 offices across the globe, and 65 distributors providing services in 93 countries, all work together to: Provide the best combination of performance gym flooring, interactive technology, inspiring designs, and ready-to-use programming, so that whomever the end user may be, the experience is totally engaging and feels as intuitive as child's play.

We can work with you to create standout areas in isolation, or we can utilise a combination of flooring types and our expertise to offer recommendations to help maximise durability, sound-proofing, impact-absorption and grip. To top it all off, you can add economies of scale, a single point of purchase and our installations team into the mix too!

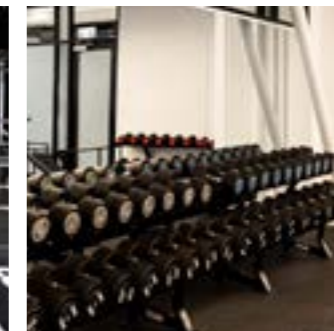
FUNCTIONAL



TURF



EXTREME



ENDURANCE



### THESE ARE OUR MOST COMMON SOLUTIONS

**EXTREME:** The perfect flooring for weight areas that supports the heaviest weights and toughest training. EXTREME helps you avoid damaged gym floors.  
**ENDURANCE:** Designed specifically for functional training rooms and weight training zones using medium weight.  
**MOTION:** Scientifically proven to provide the best protection against injuries in Group-X areas.  
**TURF:** The best artificial grass on the market, offering a unique functional training flooring solution for both Indoor and Outdoor areas. Ideal for all types of workouts including heavy duty.

**FUNCTIONAL:** Designed to offer shock absorption while improving stability.  
**PERFORMANCE+:** Resistance and elegance meets stunning design in your Cardio & Fitness area. Flooring that prevents equipment sliding, offering both noise and vibration absorption.  
**REC RUBBER:** A bigger bang for your buck. This is a compact fitness gym flooring that's perfect for gyms and spinning rooms. Its resistance to heavy impacts and effective shock absorption ensures that training is easy on the joints while offering the necessary protection for your floor.



# CONTACT US

07 849 3364 | 0800 895 185 | SALES@LIFEFITNESS.CO.NZ  
 WWW.LIFEFITNESS.CO.NZ | SHOP.LIFEFITNESS.CO.NZ

Showroom / Office / Warehouse | 15 The Boulevard, Te Rapa, Hamilton



Elliot McNutt | North Island Territory Manager  
 021 710 263 | elliot@lifefitness.co.nz

Nathan Clarke | South Island Territory Manager  
 021 710 684 | nathan@lifefitness.co.nz

Darryl Barret | Auckland Territory Manager  
 021 710 269 | darryl@lifefitness.co.nz

Kathryn Chapman | Consumer Accounts  
 027 313 0145 | kathryn@lifefitness.co.nz

*LifeFitness*

**HAMMER  
STRENGTH**

*SCYBEX*

INDOOR  CYCLING  
GROUP

**SCIFIT**  
Prescribed for Progress™

**XEBEX**  
FITNESS

 **JACOBSLADDER**™  
Serious Cardio

*Octane*  
FITNESS

**ZIVA**

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

**WWW.LIFEFITNESS.CO.NZ**