

HIIT & FUNCTIONAL FITNESS



LifeFitness

HAMMER
STRENGTH

INDOOR CYCLING

SCIFIT
Prescribed for Progress

ZIVA

OCTANE
FITNESS

XEBEX
FITNESS

JACOBSLADDER
Serious Cardio

FITBENCH

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.

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PRIVATE STUDIO, USA



LIFE FITNESS INDOOR ROWER

Turn up the intensity in your facility with the Heat Row. The powerful, modern design is tailored to match elite exercisers in any setting. We pushed the envelope to create a streamlined performance rower that helps exercisers push past their limits. Console differs between the models.



HEAT ROW

An intuitive LCD console allows instructors to optimise small group training and enables exercisers to easily train on their own.



HEAT PERFORMANCE ROW

Powerful, modern design with a TFT 2.0 console that offers digital feedback and motivational programs to enhance the rowing experience and challenge exercisers.

LIFE FITNESS INDOOR CYCLES



IC7

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

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

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.





3216 CROSSFIT, HAMILTON, NZ



3216 CROSSFIT, HAMILTON, NZ

HAMMER STRENGTH HD PERFORMANCE TRAINERS



HD TREAD

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

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

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



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.

DISCIPLINE GAMES, AUCKLAND, NZ



XEBEX RUNNER SMART CONNECT

- 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

- 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

- 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

- 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 SLED

- Innovative training tool that brings conventional training and modern technology together
- V-Strap included
- Adjustable handlebars
- Magnetic resistance with bi-directional movement
- Weight horn for added resistance (plates shown not included)
- Optional console available separately



XEBEX AIRBIKE

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



XEBEX AIR CYCLE SMART CONNECT

- 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



AIRDYNE

550 FIT, HAMILTON NZ,



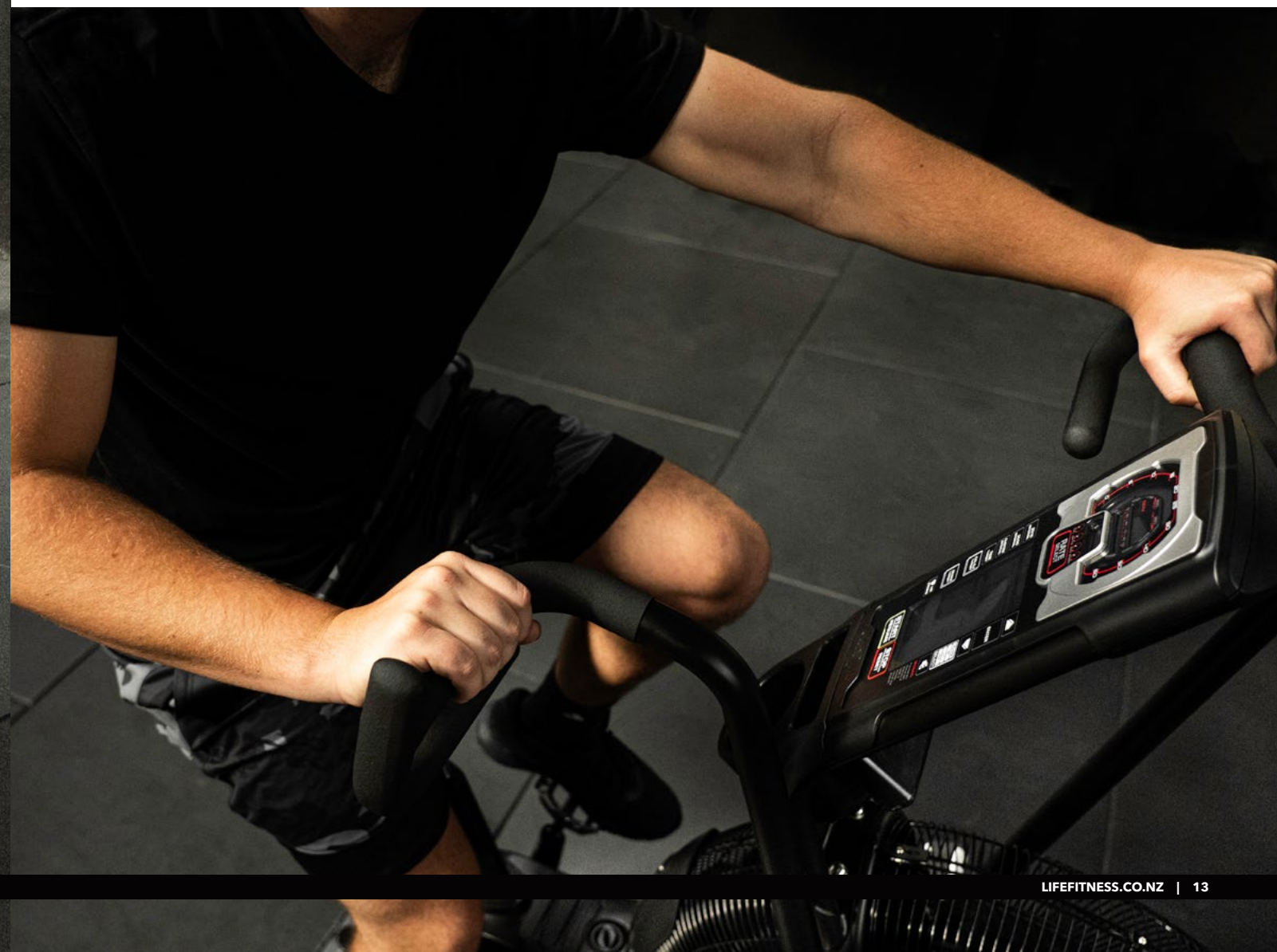
OCTANE AIRDYNE-X

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



Official Distributor for Octane Fitness in New Zealand





SOH HEALTH CLUB, AUCKLAND

FITBENCH

INNOVATING FUNCTIONAL FITNESS SINCE 2016

FITBENCH® is an all-in-one, space-saving workout bench designed to keep workout intensity high and allows for quick exercise transitions in a safe and neat manner. These robust, organised, and portable benches deliver exceptional performance that drives participation at boutique studios, health clubs and vertical market fitness facilities.

FITBENCH® ONE

This Flagship model is the bench where it all began! With comfort and stability at its forefront, the FITBENCH® One is perfect for HIIT workouts and small group training.

FEATURES

- Soft-Closing, 8-Position Elevating Top
- Locking/Unlocking Feet For 360-Degree Mobility
- Cold-Rolled Steel Frame
- Polyurethane Molded Top
- 14 Anchor Points For FITBANDS
- Internal Storage
- FITROPE Slot

ACCESSORIES

- 6 Sets Of Dumbbells: 5-30 Lb | 2-14 Kg
- 2 Kettlebells: 18, 30 Lb | 8, 14 Kg
- 1 Slam Ball: 15 Lb | 7 Kg
- 3 Sets Of FITBANDS



FITBENCH® STUDIO

All-inclusive workout bench for Boutique studios/class environments. A smaller but equally as functional version of the FITBENCH® One.

FEATURES

- Soft-Closing, 8-Position Elevating Top
- Locking/Unlocking Feet For 360-Degree Mobility
- Cold-Rolled Steel Frame
- Polyurethane Molded Top
- 11 Anchor Points For FITBANDS
- Internal Storage
- FITROPE Slot

ACCESSORIES

- 4 Sets Of Dumbbells: 10-30 Lb | 4-12 Kg
- 1 Kettlebell: 18 Lb | 8 Kg
- 1 Slam Ball: 12 Lb | 5 Kg
- 3 Sets Of FITBANDS



FITBENCH® YBELL

A smart solution to storing YBells in an innovative bench design. Houses 5 sets of YBell Fitness® NEOs (a 4-in-1 handheld training tool that emulates a dumbbell, kettlebell, dual-grip medicine ball and push-up stand) for exercisers of all abilities.

FEATURES

- Fits A 10-Piece YBell Kit
- Locking/Unlocking Feet For 360-Degree Mobility
- 11 Anchor Points For FITBANDS
- Soft-Closing, 8-Position Elevating Top
- FITROPE Slot

ACCESSORIES

- 10-Piece YBell Kit | 2 XS, 2 S, 2 M, 2 L, 2 XL
- 3 Sets Of FITBANDS



Official Distributor for FITBENCH in New Zealand



FDF UPPER ERGOMETER ARM CYCLE E685



FULLY ADJUSTABLE STANDING UPPER BODY ERGOMETER

The E685 Arm Cycle is a fully adjustable Standing Upper Body Ergometer built for commercial application and designed to withstand the loads of high intensity powerful workouts or provide silky smooth resistance suitable for warm ups, cool downs and rehabilitation.

The E685 resistance is set via our patented 10x Adjustable Fluid Resistance Twin Tank system and the RPM is driven by you. The Arm Cycle is capable of handling the ballistic speeds of a HIIT workout and yet will remain smooth and consistent at very low RPM. This wide variation in load and speed capabilities allows you to train effectively to any workout program.

The ground based E685 Arm Cycle movement involves long kinetic chains engaging many muscles from the ground up. Your core is activated to support your entire shoulder girdle when engaged in the arm cycle motion. The E685 provides load in either direction. Changing direction alters the emphasis on the muscles engaged, adding even more variety to your training.

The E685 is a perfect inclusion for any type of fitness facility. It can add variety to all types of group training, is a perfect warm up tool with a focus on the core and upper body and only takes up a little over 2sqm (23sqft).



10 Adjustable Resistance Levels



Bi-Directional Rotation

3216 CROSSFIT, HAMILTON, NZ





NX SQUAT RACK

NX HALF RACK

POWER RACK



HD ATHLETIC NX HEIGHT
231.14 cm OR 218.44 cm Height

Each HD Athletic NX Rack training upright can fit in rooms with a standard 8' (2.44 cm) ceiling. Create the perfect combination to match ceiling height limitations and user height requirements.

HAMMER STRENGTH NX RACKS

HD Athletic NX is the next generation of HD Athletic Racks. It's highly configurable, easily upgradable and offers a wide range of strength training options. There's no limit to how athletes can train with HD Athletic NX.

With nearly limitless configurability, a premium look, and the rugged durability that Hammer Strength is known for, HD Athletic NX can grow with your weight room and your strength program.

Designed to build champions. Engineered to evolve with them.



NX POWER HALF COMBO RACK

NX HALF HALF COMBO RACK

NX POWER POWER COMBO RACK



PRIVATE STUDIO, USA



DUVAL HEALTH CLUB, AUCKLAND

HAMMER STRENGTH NX PRO RACKS & RIGS

Hammer Strength NX Pro is a premium line of Racks and Rigs that are both functionally and visually powerful.

The Power Rack and Half Rack are a fully featured, fixed platform that comes standard with premium integrated features. Rigs, including Bridge and Perimeter, can be configured to accommodate open floorspace, barbell training stations, and practical accessory storage.

Configure huge training structures with Bridge or non-invasive, near-to-wall stations with Perimeter.



POWER RACK



COMBO RACK



HALF RACK



BASIC

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

BOX

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

ANGLED MONKEY BAR

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



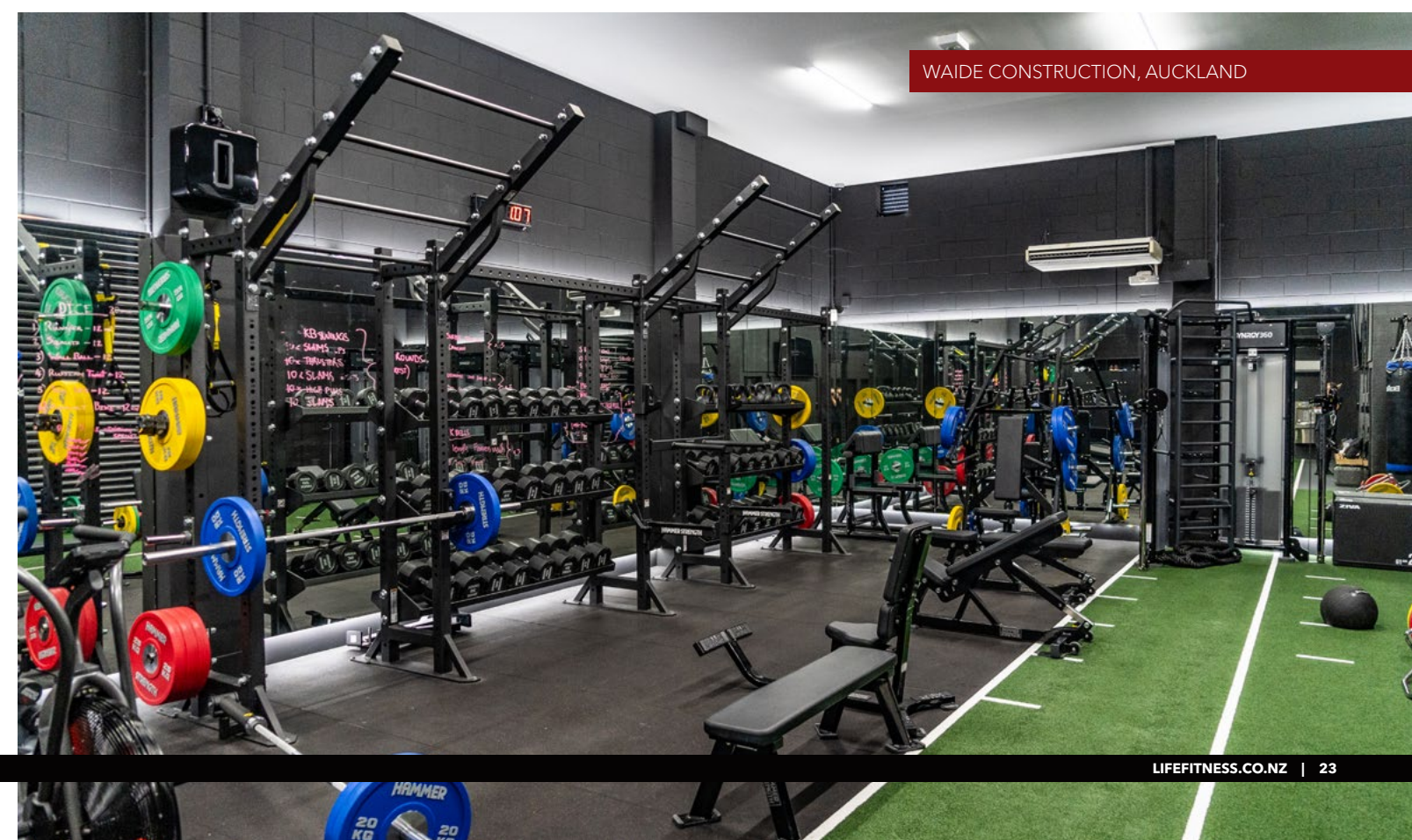
STRAIGHT MONKEY BAR

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



CENTER STORAGE

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.



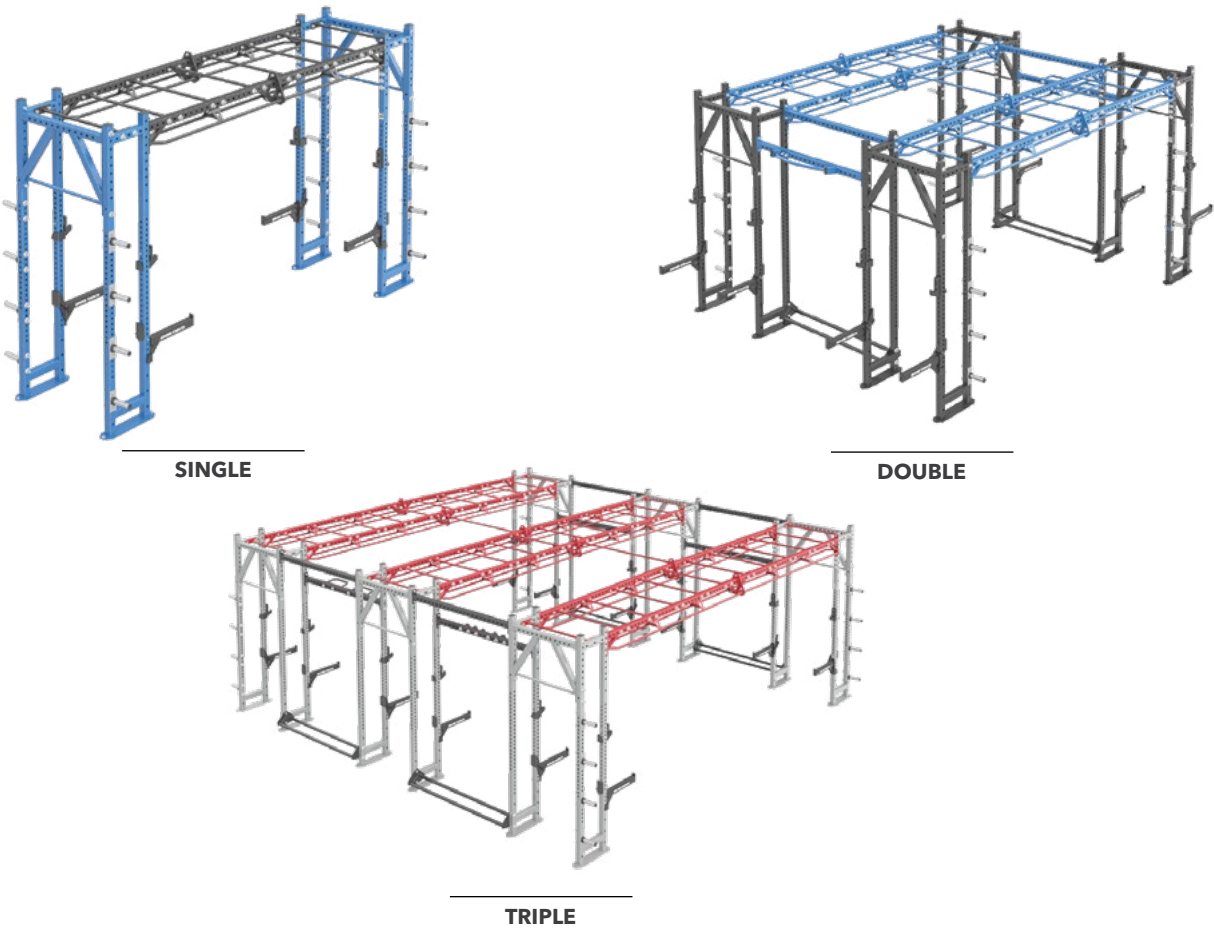
WAIDE CONSTRUCTION, AUCKLAND

HAMMER STRENGTH HD ATHLETIC PERMITER



HAMMER STRENGTH HD ATHLETIC BRIDGE

Sample configurations



HAMMER STRENGTH HD ATHLETIC ATTACHMENTS

RACK REAR X-MEMBERS



THICK SKINNY SHORT



MULTI-GRIP

UPRIGHTS



8' UPRIGHT



9' UPRIGHT



10' UPRIGHT

RACK, RIG & PERIMETER XMEMBERS & CONNECTORS

(AVAILABLE IN 42" AND 72")



THICK SKINNY



SQUARE



SUSPENSION CHIN



OFFSET BAR



MONKEY BAR



STRAIGHT BAR

RACK ATTACHMENTS \ STORAGE \ BENCHES



POWER RACK FLEXIBLE
BAR CATCH PAIR



BAND PEG PAIR



POWER PIVOT™



DIP HANDLE



RACK BUMPER PLATE
STORAGE



WING*



4' FREESTANDING STORAGE*



6' FREESTANDING STORAGE*

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

RIG & PERIMETER ATTACHMENTS



POWER PIVOT™



DIP HANDLE



WING*



BAR CATCH PAIR



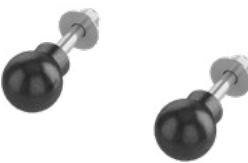
STEP



BAR SUPPORT PAIR



BAR STORAGE



BALL GRIPS PAIR



HEAVY BAG HANGER



BAND PEG PAIR



ARC BAR



NEUTRAL GRIPS PAIR



WALL BALL TARGET

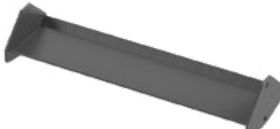


WEIGHT HORN PAIR

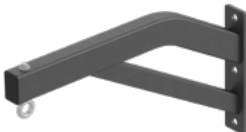
STORAGE CONNECTORS (AVAILABLE IN 42" & 72")



DUMBBELL TRAY



ACCESSORY TRAY



HEAVY BAG HANGER



2 PIPE



BUMPER PLATE PAIR
DIVIDER



STABILITY BALL STORAGE



HANGING SPHERE SET



HANGING CONE SET



HANGING PIPE SET



HANGING RING SET



PRIVATE STUDIO, USA

HAMMER STRENGTH HD ELITE ID

RUGGED VERSATILITY

Step inside the ultimate training space - the HD Elite iD rack system. With its innovative design features, versatile attachments and storage add-ons, unparalleled rigidity and the ability to put your brand at the forefront, these racks are the pinnacle of performance. 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.

EXTRAORDINARY ATTENTION TO DETAIL

Step inside the ultimate training space the HD Elite iD rack system. With its innovative walk through design, you'll never have to worry about clutter getting in the way of your performance. That's because we've moved all the heavy duty connection points and structure to the top of the rack, allowing you to move freely inside the rack.

15" STORAGE DEPTH?

Having a 15" (38.1 cm) storage depth is best for space constrained spaces. It is also the recommended storage depth for Power Racks.

WHY CHOOSE A 21" STORAGE DEPTH?

Having a 21" (53.3 cm) storage depth creates more room for bench depth, attachment storage and spotter access. It is also the recommended storage depth for Half Racks.



STAND-ALONE RACKS (EXAMPLE CONFIGURATIONS)



HALF RACK WITH STORAGE



POWER RACK WITH STORAGE

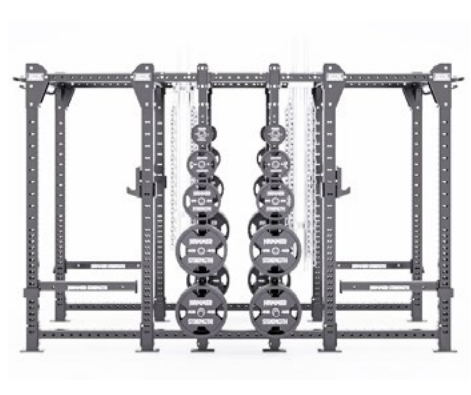
COMBO RACKS (EXAMPLE CONFIGURATIONS)



POWER HALF COMBO RACK WITH STORAGE



HALF HALF COMBO RACK WITH STORAGE



POWER POWER COMBO RACK WITH DOUBLE STORAGE

LASER CUT NUMBERS

Provides easy identification of Bar Support & Bar Catch positions and ensures numbers won't wear off ever.

DOUBLE "O" 7 SLOTS

Allows you to customize your training by adding any HD attachment to the front or back of your training uprights.

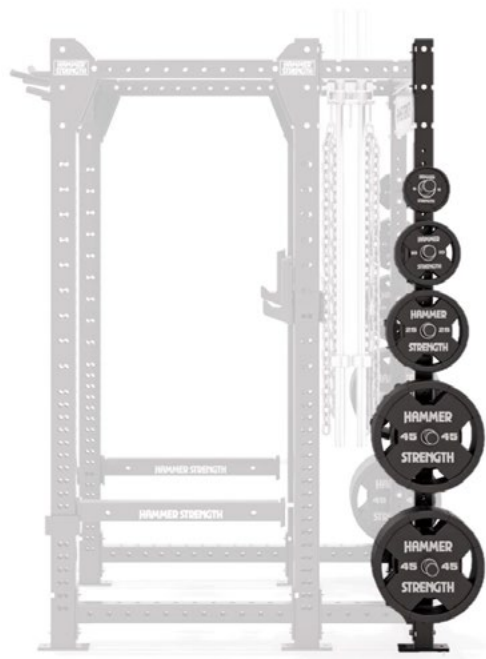
4X3, 7 GAUGE STEEL

50% thicker walls than 11 gauge ensures that your rack has the mass to feel rigid and holes won't cave in or deform over time.



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

ACCESSORIES AND STORAGE



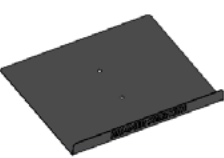
ENHANCE YOUR RACK WITH MODULAR STORAGE OPTIONS

With multiple storage options you can customise your rack to suit your individual requirements.

WEIGHT HORNS - Standard option and X-Large option available

BULL HORNS - Store multiple plates on its dual horn structure

MODULAR STORAGE - Enhance your storage capacity with modular side storage rack. Choose from various tray options that bolt to the top of bottom position.



ACCESSORY TRAY



BUMPER PLATE STORAGE



POWER BLOCK TRAY

XL WEIGHT HORN

Holds up to 6x 20kg Olympic Plates & up to 5x 20kg Bumper Plates

STANDARD WEIGHT HORN

Holds up to 4x 20kg Olympic Plates & up to 3 20kg Bumper Plates



BULL HORN



BATTLE ROPE ANCHOR



UTILITY BAND BEG

PULL-UP BARS



STRAIGHT BAR



3-HANDLE BAR



ROTATING CHIN



BALLISTIC WING



3X3 SQUARE



ARC BAR



BALL GRIPS



NEUTRAL GRIPS



WING



PERCH XM

OPTIONAL ATTACHMENTS & ADD-ONS



POWER PIVOT

- 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

- 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

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



REVERSE BAR SUPPORT PAIR

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



FLEXIBLE BAR CATCH PAIR

- 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

- 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



STEP-UP PLATFORM

- 25 kg
- 20.5 cm minimum step-up height on
- 28 cm minimum step-up height



4-BAR STORAGE

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



DIP HANDLES

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

OPTIONAL ADD-ONS



PERPENDICULAR BAND PEG PAIR

- 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

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



NORDIC HAM

- 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



TOP BAND PEG PAIR

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



BATTLE ROPE ATTACHMENT

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



RACK CONNECTOR - THICK STRAIGHT

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



RACK CONNECTOR - SQUARE

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

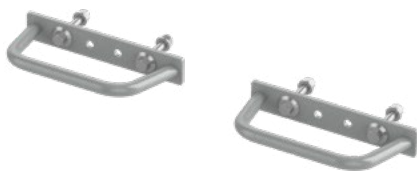


SPOTTER PLATFORMS

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



ARC BAR

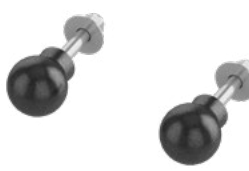


NEUTRAL GRIP PAIR



TOP BALL STORAGE

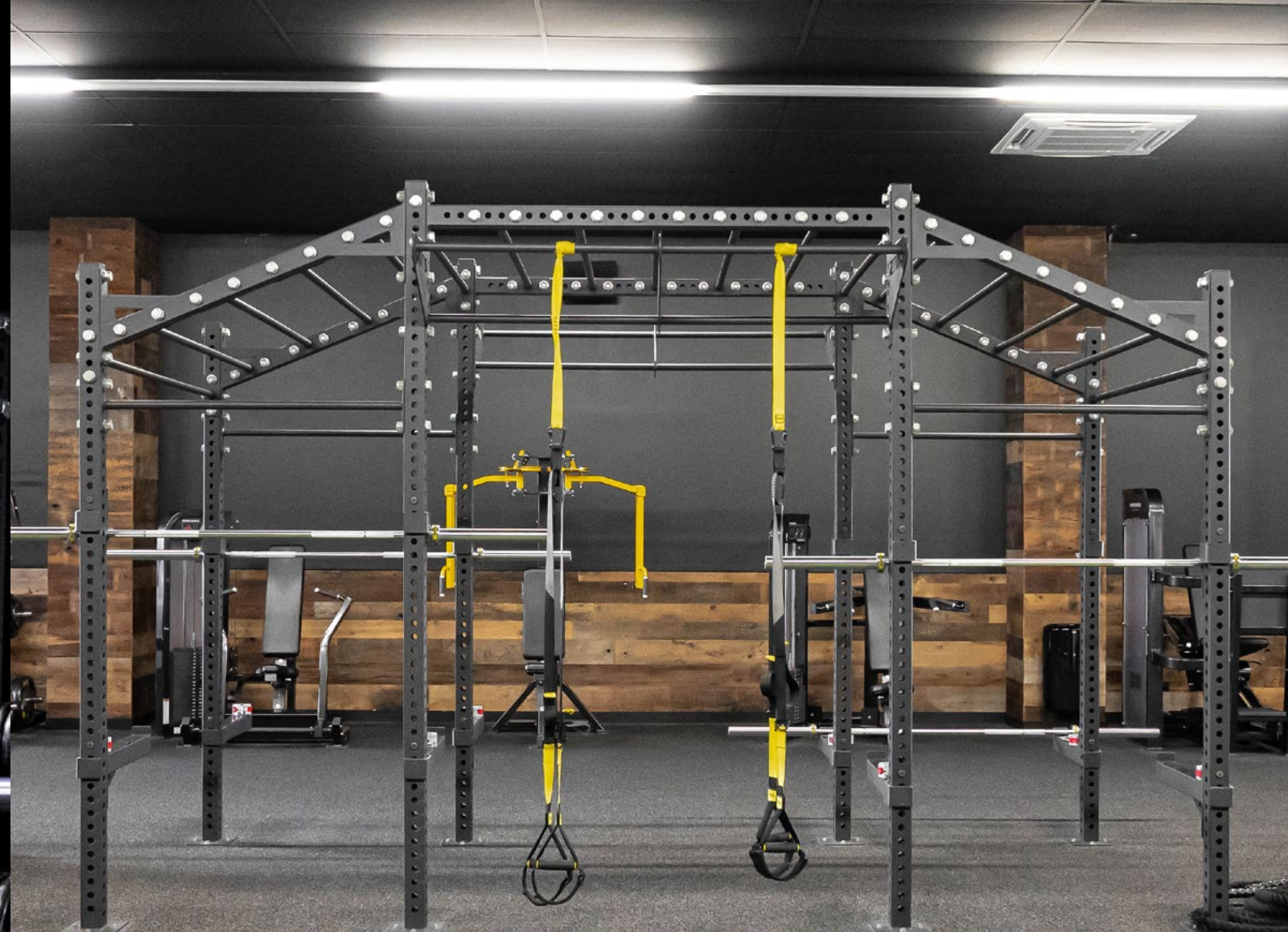
- Convenient storage of stability balls



BALL GRIP PAIR



FLEX FITNESS CAMBRIDGE, WAIKATO, NZ



FLEX FITNESS STONEFIELDS, AUCKLAND

ZIVA XP RACKS & RIGS

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.

ZIVA XP RACKS

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



POWER RACK WITH STORAGE

HALF RACK WITH STORAGE



UNIVERSITY OF AUCKLAND, AUCKLAND NZ

ZIVA XP RIGS

Multiple build options to suit your individual requirements. Free standing or wall mounted systems for your specific space. Multiple colour options available. Below are a few examples of rig options.



SPACE SAVING RIG



FREE STANDING RIG



8' HIGH WALL-MOUNTED STANDING RIG




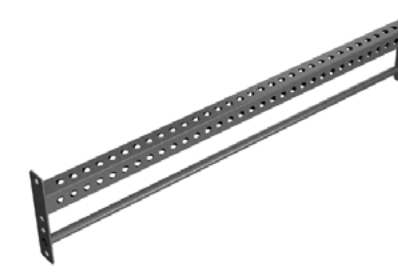
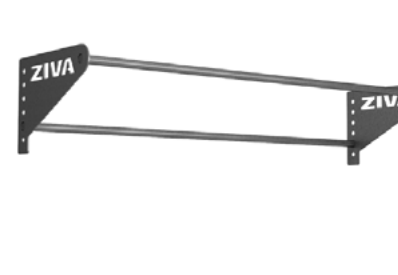

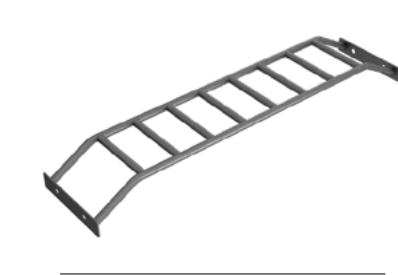




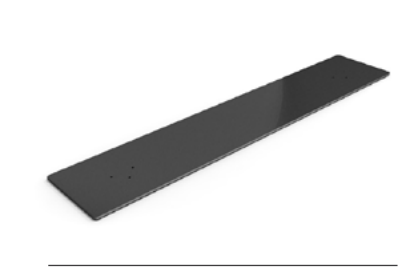





XP SPACE SAVING MODULAR RACK & STORAGE RIG



BFT MT WELLINGTON, AUCKLAND NZ



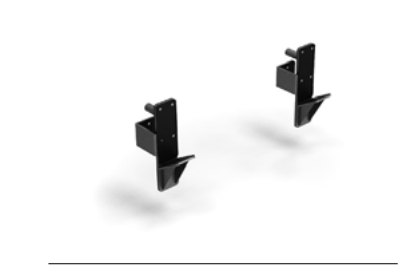

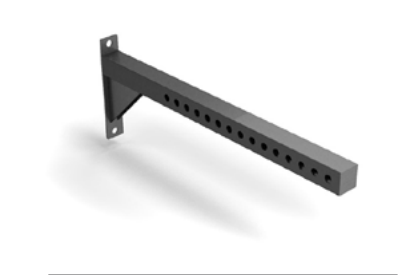


XP OPTIONAL ATTACHMENTS

Expand and augment your individual XP Rig system with attachments

		
SINGLE PULL-UP BAR	SQUARE TUBE W	FLYING DOUBLE PULL-UP BAR
		
DOUBLE PULL-UP BAR	MULTIGRIP CROSSBAR 6'	MULTIGRIP CROSSBAR 4'
		
CHIN UP BAR	4' FLYING PULL-UP	6' FLYING PULL-UP
		
RIGS SAFETY PLATE	BAND PEGS	FRAME MOUNT SINGLE BAR STORAGE
		
CHROME PLATE STORAGE PEG	KETTLEBELL/ACCESSORY STORAGE SHELF	BUMPER DISC\BALL STORAGE SHELF

XP OPTIONAL ATTACHMENTS

Expand and augment your individual XP Rig system with attachments

		
GLUTE \ HAMSTRING	DIP BAR	BALL TARGET
		
PULL-UP BALL	D-HANDLE	STANDARD J-CUP
		
SANDWICH J-CUP	SAFETY ARMS	STAINLESS STEEL PLATE STORAGE PEG
		
SAFETY ARMS	POWER RACK INSIDE NYLON STRAP SAFETY	FLAT ARM CANTILEVER EXTENSION
		
ANGLED ARM CANTILEVER EXTENSION	FRAME MOUNT SHACKLE W \ CARABINER	LANDMINE



WAIDE CONSTRUCTION, AUCKLAND NZ

LIFE FITNESS 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



CABLE VERSA

LIFE FITNESS SYNRGY360

SYNRGY360 is available in a multitude of configurations. Talk to our team for more information and available options.



SYNRGY360 XL VERSA PLUS

SYNRGY 180



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.

PRIVATE STUDIO, USA



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

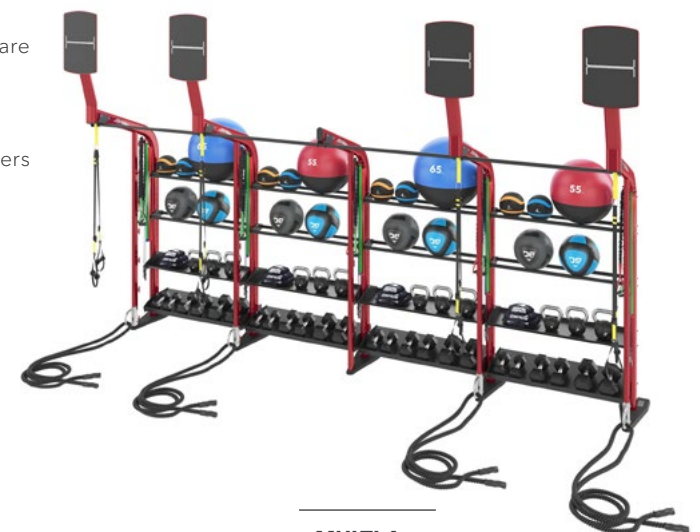
Premium and inviting design improves the aesthetics of any facility.



DUO 4



MIX 3



MULTI 4



OLYMPIC GYM, MOSGIEL, NZ

BENCHES



HAMMER STRENGTH OLYMPIC BENCH
WEIGHT STORAGE*



HAMMER STRENGTH ADJUSTABLE BENCH



HAMMER STRENGTH OLYMPIC INCLINE
BENCH*



HAMMER STRENGTH DECLINE
ABDOMINAL BENCH



HAMMER STRENGTH OLYMPIC DECLINE
BENCH*



HAMMER STRENGTH OLYMPIC MILITARY
BENCH*



HAMMER STRENGTH BACK EXTENSION



HAMMER STRENGTH SEATED ARM CURL*



LIFE FITNESS SIGNATURE SERIES OLYMPIC
INCLINE BENCH*



HAMMER STRENGTH FLAT BENCH



HAMMER STRENGTH UTILITY BENCH



HAMMER STRENGTH OLYMPIC FLAT
BENCH*



LIFE FITNESS SIGNATURE SERIES OLYMPIC
DECLINE BENCH*



LIFE FITNESS SIGNATURE SERIES OLYMPIC
FLAT BENCH*



LIFE FITNESS SIGNATURE SERIES UTILITY
BENCH

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

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LIFE FITNESS SIGNATURE SERIES MULTI
ADJUSTABLE BENCH



LIFE FITNESS SIGNATURE SERIES BACK
EXTENSION



LIFE FITNESS SIGNATURE SERIES FLAT
BENCH



ZIVA UTILITY BENCH



ZIVA ABDOMINAL BENCH



ZIVA OLYMPIC FLAT BENCH WITH
STORAGE



LIFE FITNESS SIGNATURE SERIES OLYMPIC
MILITARY BENCH*



LIFE FITNESS SIGNATURE SERIES ARM
CURL BENCH*



LIFE FITNESS AXIOM SERIES ADJUSTABLE
BENCH



ZIVA OLYMPIC INCLINE BENCH WITH
STORAGE



ZIVA OLYMPIC DECLINE BENCH WITH
STORAGE



LIFE FITNESS SIGNATURE SERIES AB
CRUNCH BENCH



LIFE FITNESS SIGNATURE SERIES
ADJUSTABLE DECLINE ABDOMINAL
BENCH



ZIVA ANGLED BACK EXTENSION



ZIVA SCOTT CURL BENCH



ZIVA FLAT BENCH



ZIVA ADJUSTABLE BENCH



FLEX FITNESS STONEFIELDS, AUCKLAND

ACCESSORIES



QE HEALTH, ROTORUA, NZ

DUMBBELLS



HAMMER STRENGTH POLYURETHANE & RUBBER DUMBBELL SETS
Available in 2 kg and 2.5 kg increments
2 - 60 kg available



ZIVA ZVO URETHANE DUMBBELLS
2-20 kg Set 12-30 kg Set
22-30 kg Set 32-40 kg Set
42-50 kg Set 52-60 kg Set
2 kg increments. Colour options available.



ZIVA ZXP URETHANE DUMBBELLS
2-50 kg Set
Colour options available



KOMODO HEX DUMBBELLS
1-40 kg
Sold individually



ZIVA SL PREMIUM HEXAGON VIRGIN RUBBER DUMBBELLS



ZIVA URETHANE DUMBBELL 1 - 10 KG SET
1-10 kg set



PRIVATE STUDIO, USA

BARBELLS



HAMMER STRENGTH POLYURETHANE BARBELLS

10-20 kg in 2.5 kg increments
25-40 kg in 5 kg increments



ZIVA SL VIRGIN RUBBER BARBELLS

10-20 kg, 5 pcs
25-45 kg, 5 pcs
10-45 Kg, 10 pcs
Colour options available



ZIVA SL VIRGIN RUBBER EZ CURL BARBELLS

10-20 kg, 5 pcs
25-45 kg, 5 pcs
10-45 kg, 10 pcs
Colour options available



ZIVA STUDIO BARBELL SET

Set Includes: 1.25 kg, 2.5 kg, 5kg, weight plates, bar & collars



KOMODO HEX BAR

20 kg 2.2 m Length



ESCAPE LOCK COLLARS

50 mm Pair



KOMODO OLYMPIC COLLARS

50 mm Pair



HAMMER STRENGTH CHROME OLYMPIC BARS

25 mm, bushing 15 kg
29 mm, bearing 20 kg



ZIVA PREMIUM OLYMPIC BARS

180k PSI Chrome Bar 15 kg
209k PSI Bar 20 kg



ZIVA OLYMPIC BARS

1.2m EZ Curl Bar



STATE OF HEALTH, AUCKLAND, NZ

PLATES



HAMMER STRENGTH URETHANE BUMPER PLATES
HS-BP-Series. Available in 5kg, 10kg, 15kg, 20kg and 25kg



ZIVA URETHANE COMPETITION BUMPER DISCS
ZVO-BDPU-37 Series. Available in 5kg, 10kg, 15kg, 20kg and 25kg



HAMMER STRENGTH PREMIUM RUBBER BUMPER PLATES
HS-BP-20 Series. Available in 5kg, 10kg, 15kg, 20kg and 25kg



HAMMER STRENGTH URETHANE OLYMPIC GRIP PLATES
HS-OP-2000 series. Available in 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg



ZIVA RUBBER WEIGHT DISCS
ZVO-DCRB-23 Series. Available in 1.25 kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg



ZIVA RUBBER COMPETITION BUMPER DISCS
ZXP-RBBP-74 Series. Available in 5kg, 10kg, 15kg, 20kg, 25kg



ZIVA RUBBER GRIP DISCS
ZXP-DCRB-81 Series. Available in 1.25kg, 2.5kg, 5kg, 10kg, 15kg, 20kg, 25kg

CUSTOMISED BRANDING

After customised weight plates and dumbbells?
We can help. Talk to our team about custom branding options.



STATE OF HEALTH, AUCKLAND, NZ

FUNCTIONAL FITNESS EQUIPMENT



HAMMER STRENGTH COMPETITION KETTLEBELL
HS-KB-1000 Series. Available in Purple 8kg, Light Blue 12kg, Yellow, 16kg, Grey, 20kg, Green, 24kg, Orange, 28kg, Red, 32kg



LIFE FITNESS RUBBER KETTLEBELL
LFRKB Series. Available in 8kg, 12kg, 16kg, 20kg, 24kg, 28kg, 32kg



HAMMER STRENGTH SLAMBALL
HS-SB-2000 Series. Available in 5kg 10kg, 15kg, 20kg



ZIVA SIGNATURE COMPETITION KETTLEBELL
ZMT-CTKB-56 Series. Available in 8kg, 12kg, 16kg, 20kg, 24kg, 28kg, 32kg, 36kg



ZIVA VIRGIN RUBBER KETTLEBELL
ZSL-RBKB-43 Series. Available in 4kg, 6kg, 8kg, 10kg, 12kg, 14kg, 16kg, 20kg, 24kg, 28kg, 32kg, 36kg, 40kg. Colour options available.



ZIVA SLAMBALL
ZVO-SPSB-68 Series. Available in 2kg 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg, 12kg, 15kg, 18kg, 20kg, 25kg, 30kg



ZIVA DUAL TEXTURE MEDICINE BALL
ZVO-CMMB-19 Series. Available in 1kg, 2kg 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg



ZIVA DUAL GRIPS MEDICINE BALL
ZVO-DGMB-92 Series. Available in 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg



ZIVA WALL BALL
ZVO-FTWB-92 Series. Available in 2kg 3kg, 4kg, 5kg, 6kg, 7kg, 8kg, 9kg, 10kg



ZIVA POWER CORE BAG
Available in 5kg, 10kg, 15kg, 20kg, 25kg, 30kg



ZIVA ANTI BURST CORE-FIT BALL
Available in 55cm, 65cm, 75cm



GLUTE PLYO BOX

FUNCTIONAL FITNESS EQUIPMENT



ZIVA 3-IN-1 SOFT PLYO-BOX



ZIVA DUAL SURFACE PLYO BOX
3 piece set or 4 piece set



HAMMER STRENGTH 3-IN-1 PLYOBOX



FUNCTIONAL FITNESS EQUIPMENT



ZIVA AGILITY CONES & CARRY STAND



ZIVA AGILITY LADDER
15" spacing



ZIVA ADJUSTABLE HURDLE



LIFE FITNESS FOAM ROLLER LONG



ESCAPE FITNESS JUMP ROPE
Adjustable length



BOXING GLOVES
Multiple options available



LIFE FITNESS RIGID ROLLER



ZIVA POWERSLED



BATTLE ROPE
Multiple options available



TRX



FREE STANDING & HANGING PUNCH BAG



HOOK & JAB FOCUS PADS



ZIVA DELUXE YOGA MAT



COMFORTGYM MAT

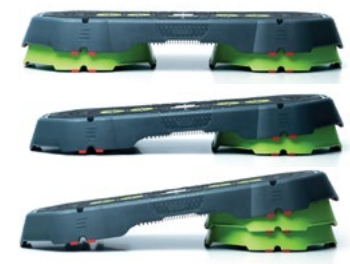


FUNCTIONAL FITNESS EQUIPMENT



LIFE FITNESS STUDIO DECK

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

Minimum order quantities apply

CABLE ATTACHMENTS



STIRRUP HANDLE - SINGLE



CLOSE GRIP CABLE ROW



V BAR WITH HANDLE



CURVED LAT BAR



STRAIGHT TRICEP BAR



HANDLE ATTACHMENT



D HANDLE LAT PULLDOWN BAR



TRICEP ROPE ATTACHMENT



CABLE MACHINE ACCESSORIES SET

Shop attachments online at www.thefitnessdepot.co.nz



ANYTIME FITNESS TAKAPUNA, AUCKLAND, NZ



QE HEALTH, ROTORUA, NZ

STORAGE EQUIPMENT



HAMMER STRENGTH 6' FREESTANDING STORAGE*



HAMMER STRENGTH 4' FREE STANDING STORAGE



HAMMER STRENGTH DELUXE WEIGHT TREE



HAMMER STRENGTH SINGLE-TIER DUMBBELL RACK



HAMMER STRENGTH TWO-TIER DUMBBELL RACK



HAMMER STRENGTH THREE-TIER DUMBBELL RACK WITH KETTLEBELL TRAY



HAMMER STRENGTH SMALL RUBBER WEIGHT STORAGE



HAMMER STRENGTH LARGE BUMPER PLATE STORAGE



LIFE FITNESS VERTICAL DUMBBELL RACK



LIFE FITNESS TWO-TIER DUMBBELL RACK



LIFE FITNESS THREE-TIER DUMBBELL RACK



LIFE FITNESS BARBELL RACK

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

STORAGE EQUIPMENT



LIFE FITNESS HANDLE ACCESSORY PACK



LIFE FITNESS OLYMPIC WEIGHT TREE



ZIVA 5 PAIR HORIZONTAL DUMBBELL RACK



ZIVA 5 MULTI-BALL TREE



ZIVA KETTLEBELL RACK



ZIVA BUMPER STORAGE RACK



ZIVA 10 PAIR HORIZONTAL DUMBBELL RACK



ZIVA 15 PAIR HORIZONTAL DUMBBELL RACK



ZIVA 5 PIECE VERTICAL BARBELL RACK



ZIVA MULTI-FUNCTIONAL STORAGE RACK



ZIVA CABLE ATTACHMENT RACK



ZIVA TRIBELL STUDIO DUMBBELL RACK



ZIVA 10 PIECE VERTICAL BARBELL RACK



ZIVA ST2 DISC STORAGE RACK



ZIVA FUNCTIONAL ACCESSORIES STORAGE RACK



ZIVA OLYMPIC BAR STORAGE STAND



ZIVA 10 MULTI-BALL TREE



ZIVA 42" WALL STORAGE WITH PULL UP BAR



ZIVA 72" WALL STORAGE WITH PULL UP BAR

Images are representative only and may differ slightly from the actual product.

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FLOORING OPTIONS

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.



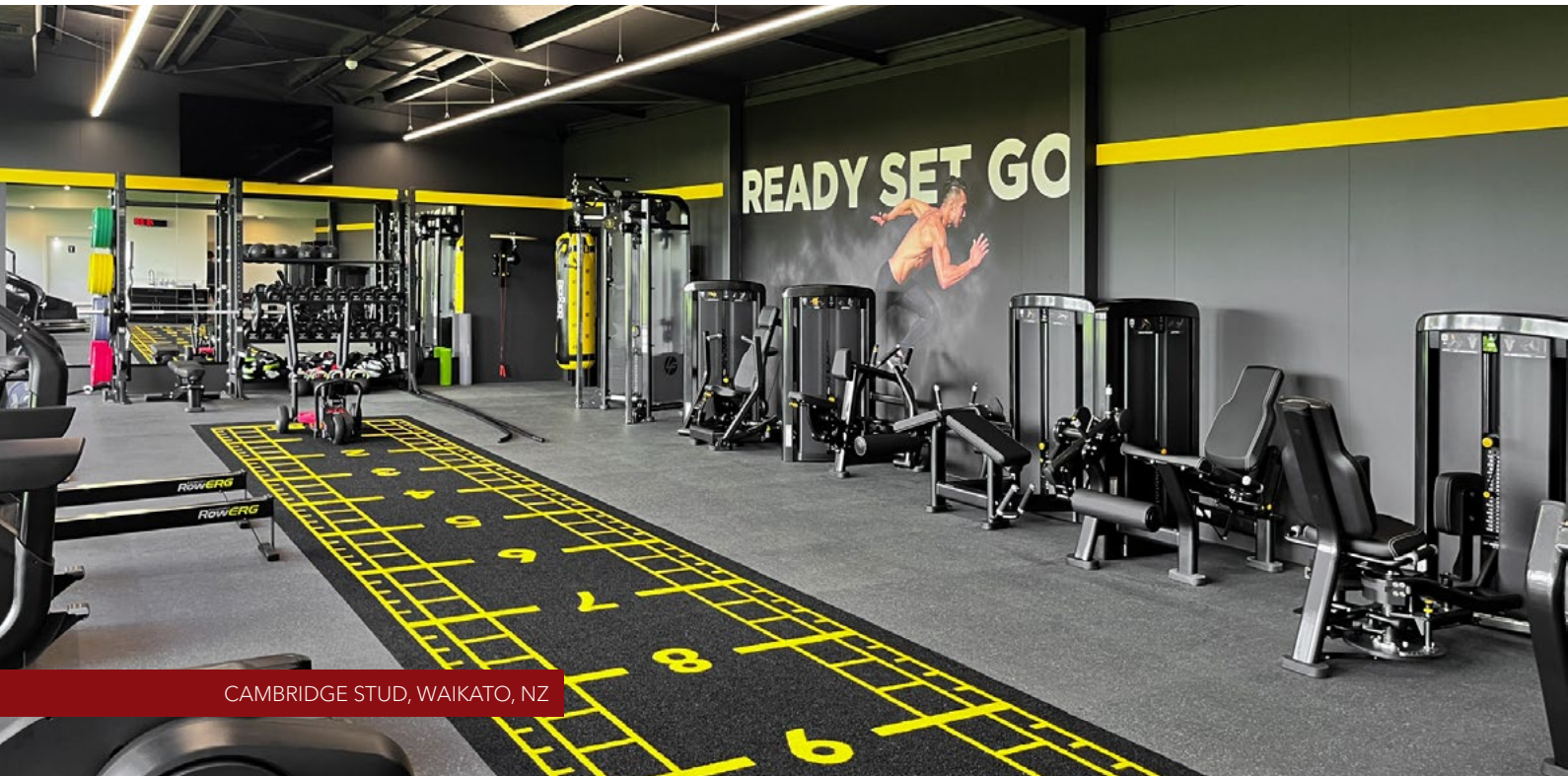
RUBBER FLOOR MATS

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



Premium Rubber Tile

Rubber Tile



CAMBRIDGE STUD, WAIKATO, NZ



GRAHAM CONDON CENTRE, CHRISTCHURCH, NZ

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.

We 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. The benefit of choosing flooring through Life Fitness is utilising our expertise and our installation team for your equipment and flooring in one.

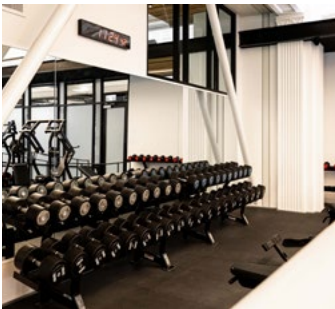
FUNCTIONAL



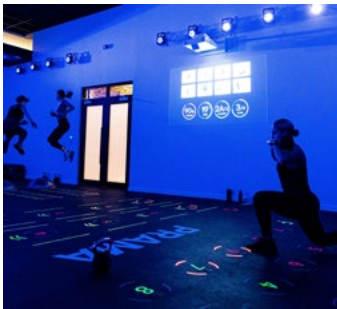
TURF



EXTREME



ENDURANCE



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.



HEAD OFFICE

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

07 849 3364 | 0800 895 185 | sales@lifefitness.co.nz

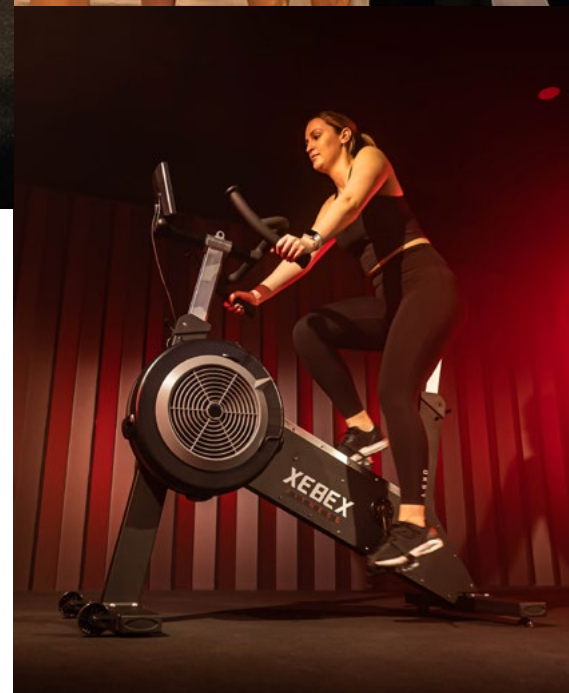
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