



HAMMER STRENGTH®

PRODUCT CATALOGUE

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.

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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

FLEX FITNESS, CAMBRIDGE, NZ



BUILDING CHAMPIONS

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

POWERFUL PERFORMANCE

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

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

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

SOH HEALTH CLUB, AUCKLAND

PERFORMANCE FACILITIES



STATE OF HEALTH (SOH)
Auckland, New Zealand



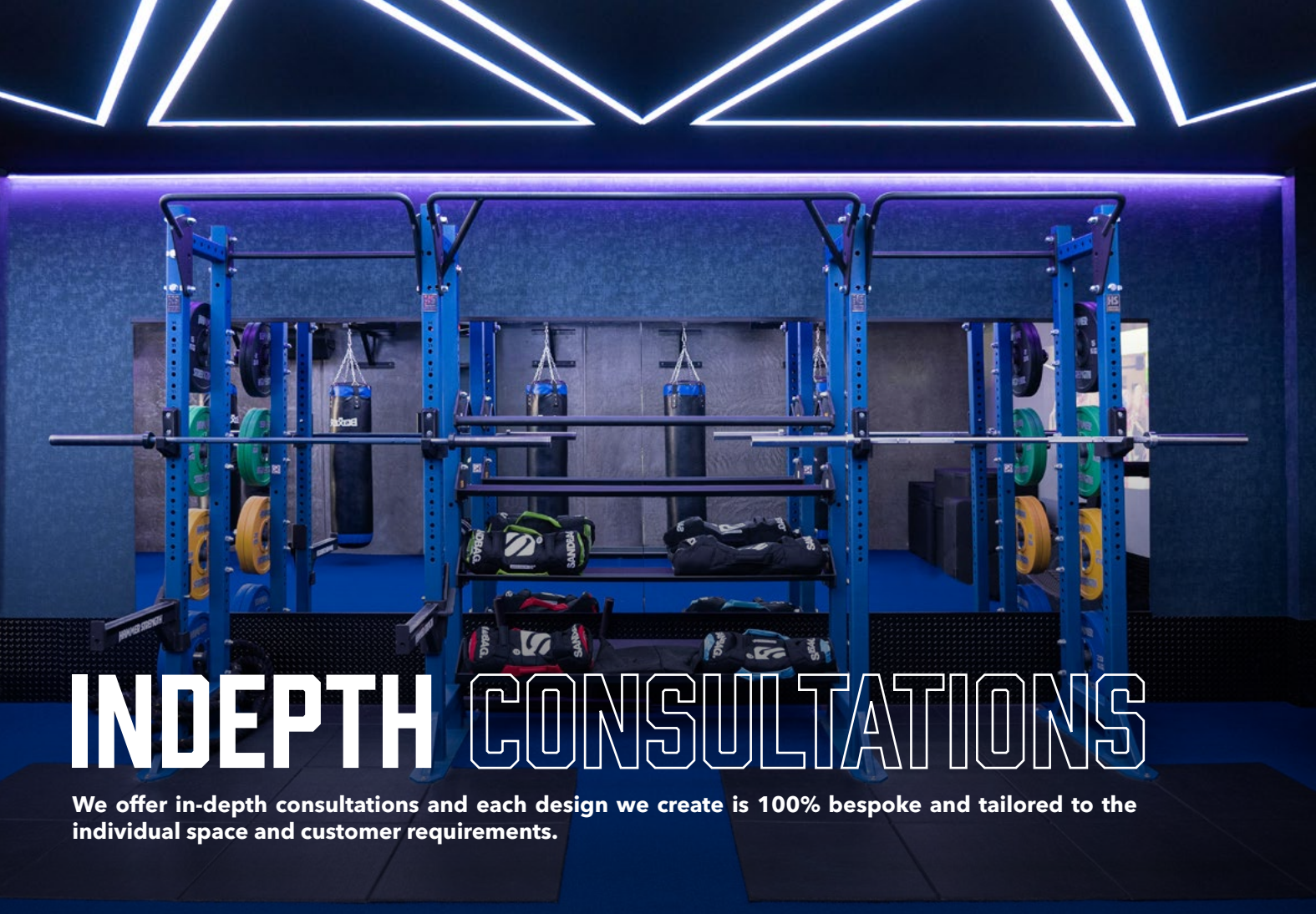
LINCOLN UNIVERSITY
Christchurch, New Zealand



OLYMPIC GYM
Mosgiel, New Zealand



IHF HEALTH CLUB
Christchurch, New Zealand



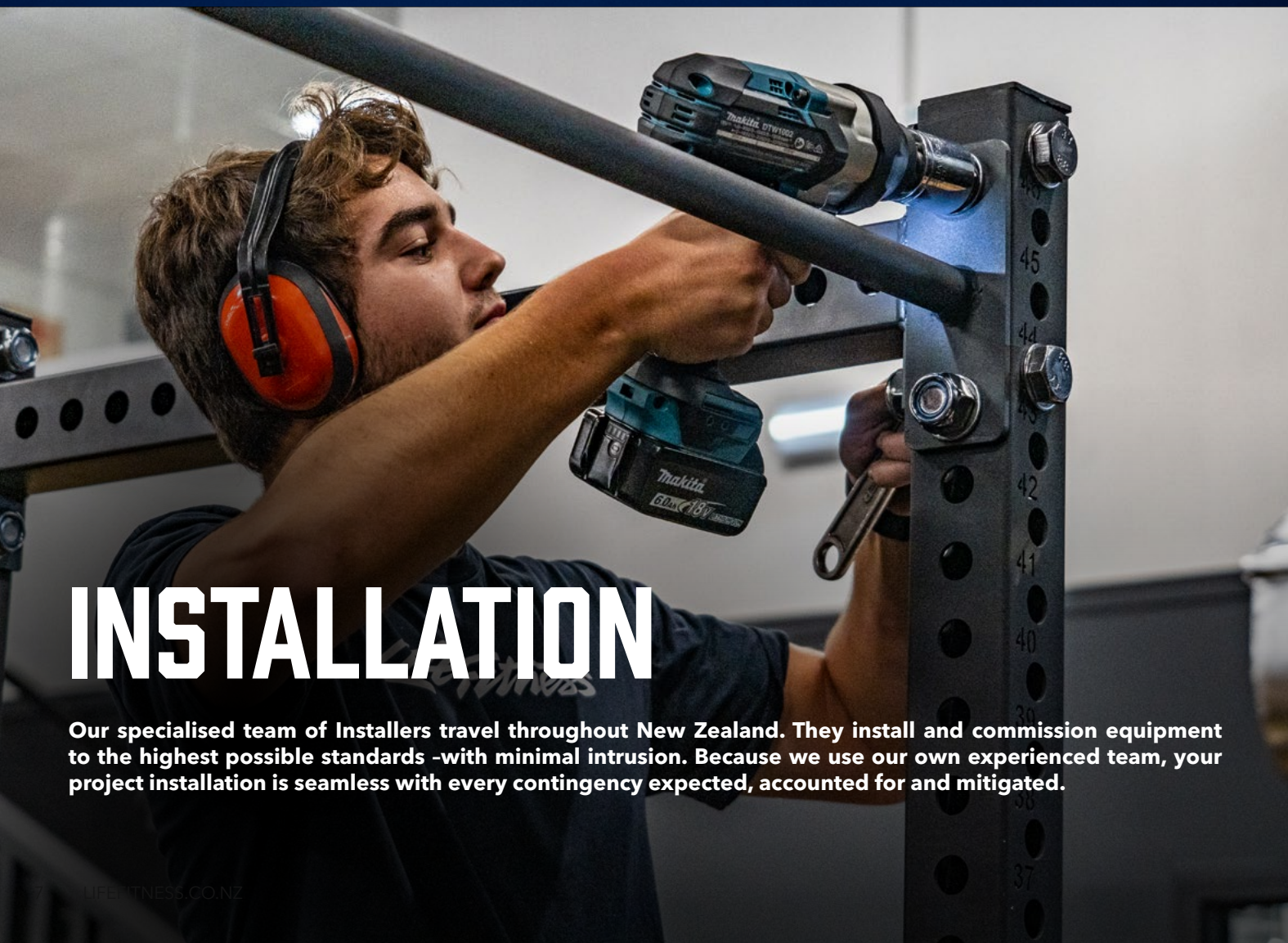
INDEPTH CONSULTATIONS

We offer in-depth consultations and each design we create is 100% bespoke and tailored to the individual space and customer requirements.



SERVICE

We back up our world leading fitness equipment with solid service. Our highly experienced team is based throughout NZ supported by a dedicated head office team. Our team conduct preventative maintenance services and should a machine go down, we have a response timeframe deliverables.



INSTALLATION

Our specialised team of Installers travel throughout New Zealand. They install and commission equipment to the highest possible standards -with minimal intrusion. Because we use our own experienced team, your project installation is seamless with every contingency expected, accounted for and mitigated.



REFURBISHED EQUIPMENT

We have a purpose-built refurbishment department. Our certified technicians disassemble and strip machines, followed by a quality checklist to clean, detail, inspect, fill, paint, replace all wearable parts and then rebuild. All products are refurbished with Life Fitness certified parts.



3216 CROSSFIT, HAMILTON, NZ

HAMMER STRENGTH HD PERFORMANCE TRAINERS

Create a no-limits experience for your athletes and exercisers. Maximum speed sprinting with the HD Tread, total body intervals on the HD Bike, and non-impact resisted drive on the HD SPARC. Redefine the performance experience.



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.



3216 CROSSFIT, HAMILTON, NZ

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.

FLEX FITNESS, CAMBRIDGE, NZ



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



OLYMPIC GYM, MOSGIEL, NZ

MOTION TECHNOLOGY SELECTORISED

MTS

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.

HAMMER STRENGTH MTS



ABDOMINAL CRUNCH
/ MTSAB



ISO-LATERAL
BICEPS CURL / MTSBC



ISO-LATERAL
CHEST PRESS / MTSCP



ISO-LATERAL
DECLINE PRESS / MTS DP



ISO-LATERAL
SHOULDER PRESS / MTSP



ISO-LATERAL TRICEPS
EXTENSION / MTSE



ISO-LATERAL
LEG EXTENSION / MTSLE



ISO-LATERAL KNEELING LEG
CURL / MTSKC



ISO-LATERAL FRONT
PULLDOWN / MTSFP



ISO-LATERAL HIGH ROW
/ MTS HR



ISO-LATERAL INCLINE
PRESS / MTSIP



ISO-LATERAL ROW
/ MTSRW

HAMMER STRENGTH 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.

IHF, HEALTH CLUB, CHRISTCHURCH, NZ

HAMMER STRENGTH 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



GLUTE HAM - REVERSE HYPER
/ PL-GHRH



BELT SQUAT / PL-BS



GLUTE DRIVE / PL-GLD



T-BAR ROW / PL-TBR

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.

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

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.

HAMMER STRENGTH 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
WIDE CHEST / IL-WC



ISO-LATERAL WIDE
PULLDOWN / IL-WPD



ISO-LATERAL
LATERAL RAISE / PL-LR



4-WAY NECK / PL-4W



SEATED STANDING
SHRUG / PL-SH



ABDOMINAL OBLIQUE
CRUNCH / PL-AB



GRIPPER / PL-GRIP



ISO-LATERAL
LEG CURL / IL-LC



FLEX FITNESS STONEFIELDS, AUCKLAND, NZ



VERTICAL SMITH MACHINE /
HSSMV

Offers a zero-degree bar travel for those who prefer vertical over angled lifts. 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

The Smith Machine bar path follows a seven-degree angle, which is the free weight motion of Olympic lifting – to give you the same workout environment as Olympic athletes.



ISO-LATERAL
LEG EXTENSION / IL-LE



ISO-LATERAL
LEG PRESS / IL-LP



ISO-LATERAL KNEELING LEG CURL
/ IL-KLC



LEG EXTENSION / PL-LE

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 maximising 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.



LINEAR LEG PRESS
/ HSLLP



SEATED CALF RAISE
/ PL-CALF



SEATED LEG CURL / PL-SLC



SUPER HORIZONTAL CALF
/ PLSHC



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



LINEAR HACK PRESS
/ PL-LHS-01



TIBIA DORSI FLEXION
/ PL-TIB



V-SQUAT / PL-VSQ



LEG PRESS / PL-LP

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 NX AND PRO 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.

OXYGEN FITNESS, AUCKLAND, NZ



HD ATHLETIC 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.

HD Athletic NX Racks are available in 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.



NX SQUAT RACK / HDW-SQST



NX HALF RACK / HDW-HR



POWER RACK / HDW-HR



NX POWER HALF COMBO RACK / HDW-HHCR



NX HALF HALF COMBO RACK / HDW-PHCR



NX POWER POWER COMBO RACK / HDW-PPCR



DUVAL CLUB, AUCKLAND, NZ

HD ATHLETIC PRO RACKS

Hammer Strength 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.



POWER RACK / HDT-PR



COMBO RACK / HDT-HRHR

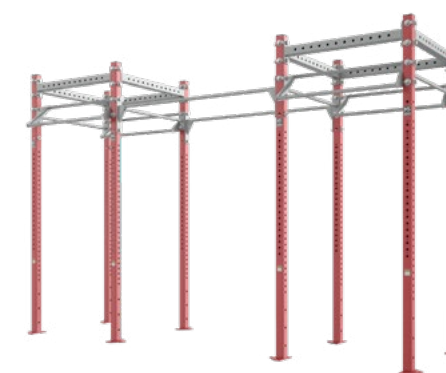


HALF RACK / HDT-HR

HD ATHLETIC PRO RACKS



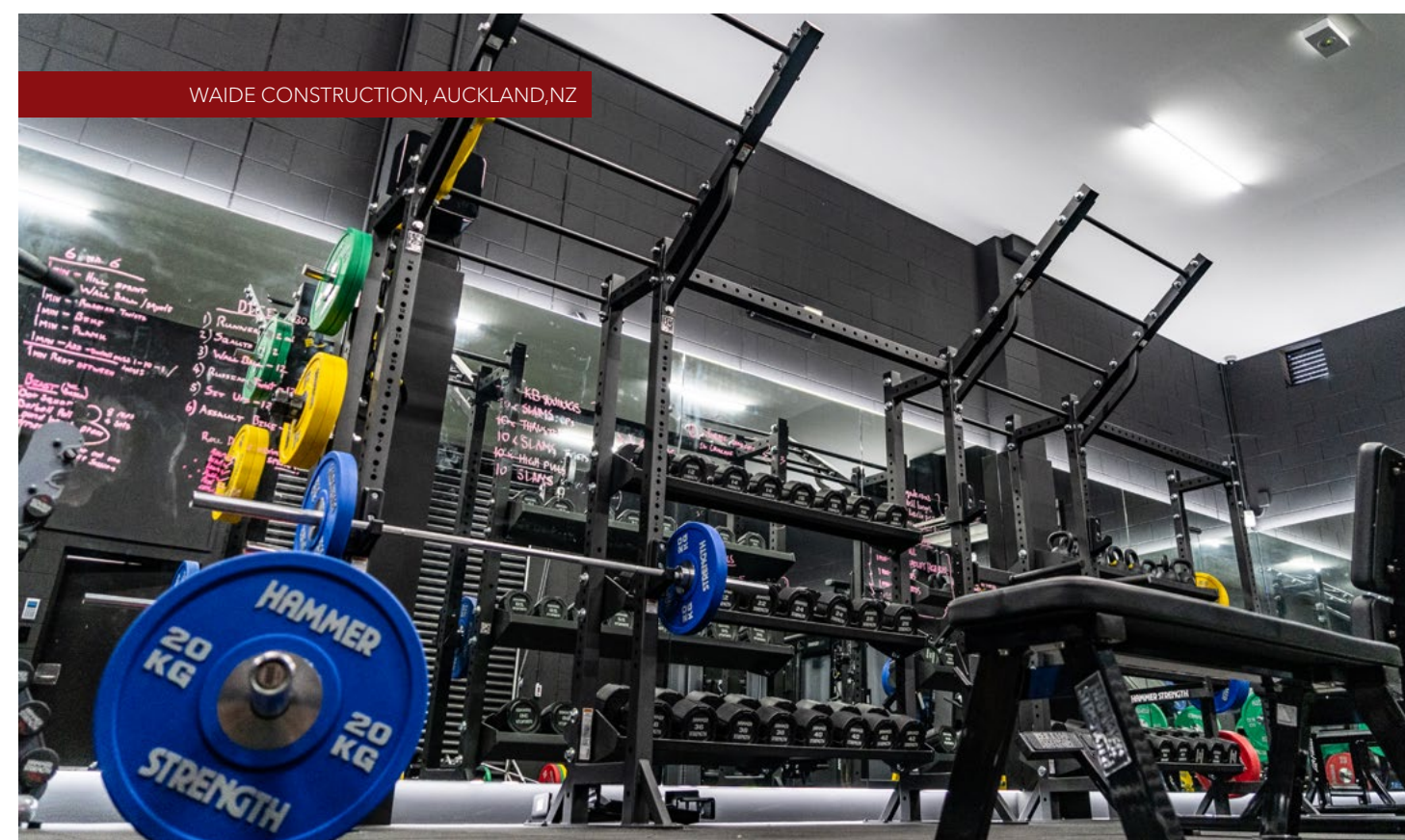
BASIC / HDT-RIG-BSC
Cost-effective and extremely durable starting block with unlimited options.



BOX / HDT-RIG-BOX
More structure and rigidity for extreme durability while keeping configuration options open.



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.



WAIDE CONSTRUCTION, AUCKLAND, NZ

HD ATHLETIC PERIMETER

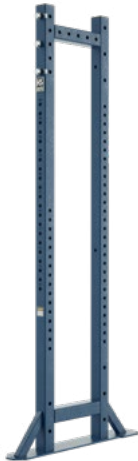
Configure huge training structures with Bridge or non-invasive, near-to-wall stations with Perimeter.



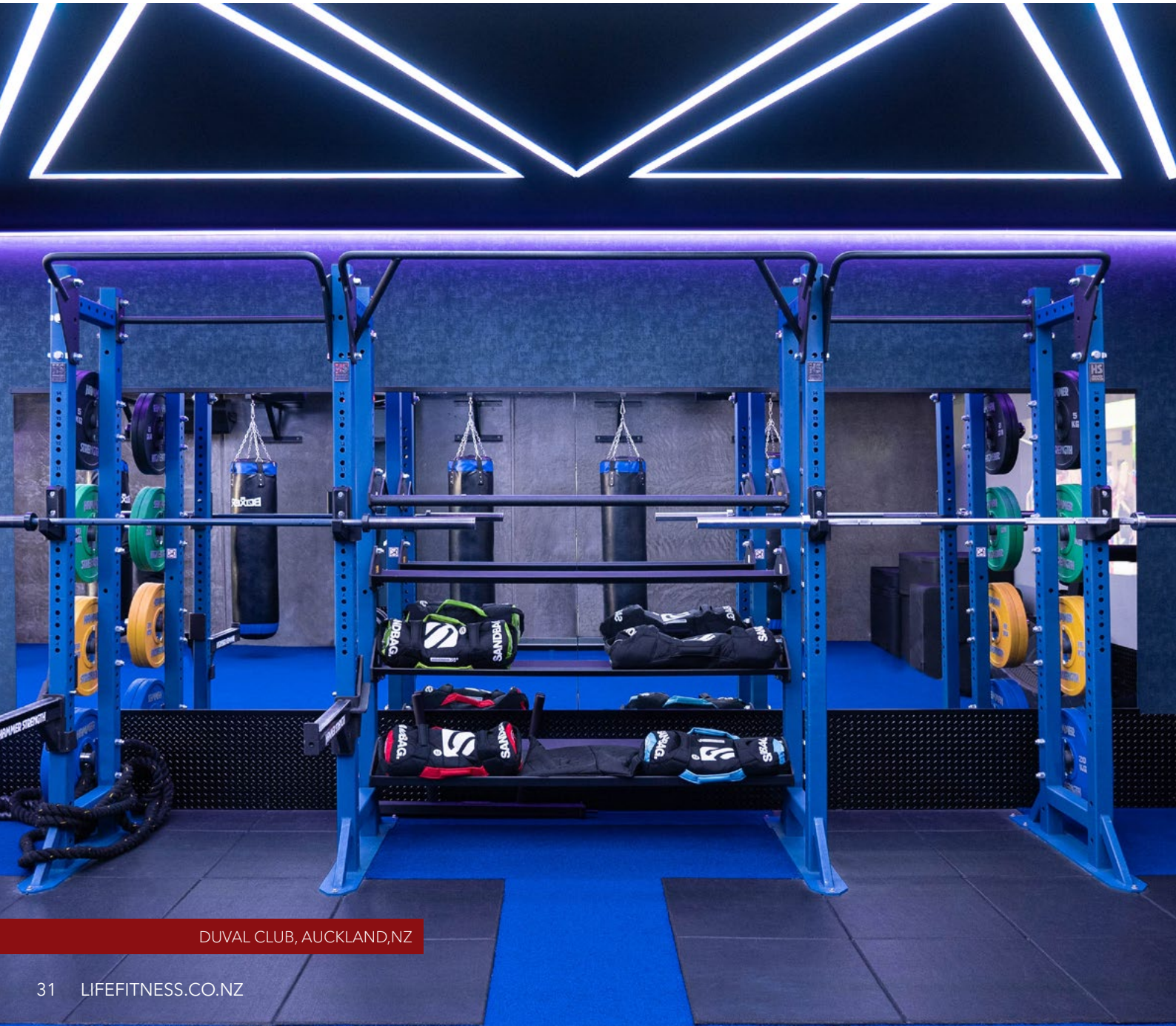
4' PERIMETER UNIT



14' PERIMETER SYSTEM



SIDE FRAME
/ HDT-PSF

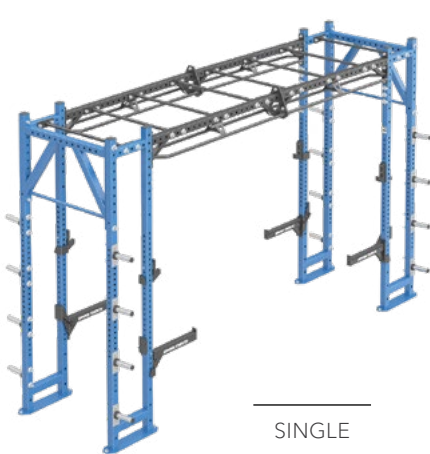


DUVAL CLUB, AUCKLAND, NZ

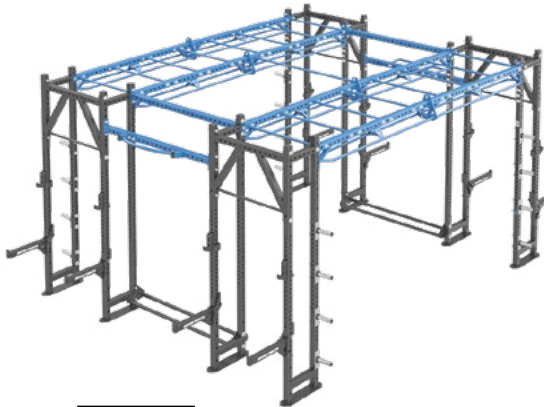


OXYGEN FITNESS, AUCKLAND, NZ

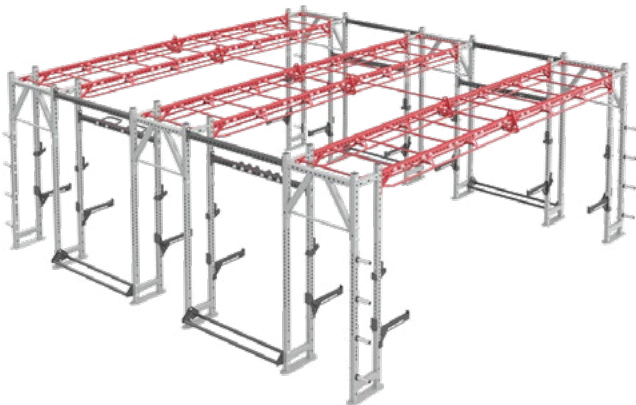
HD ATHLETIC BRIDGE



SINGLE



DOUBLE

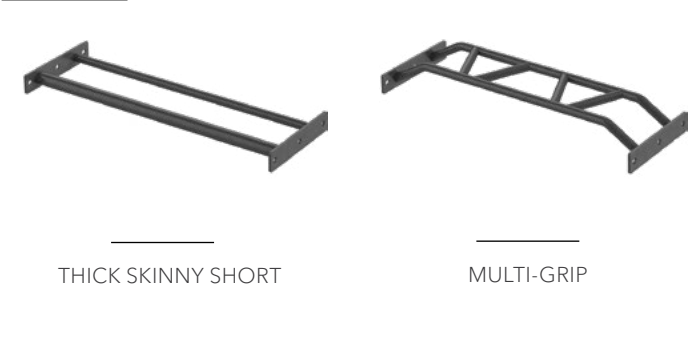


TRIPLE

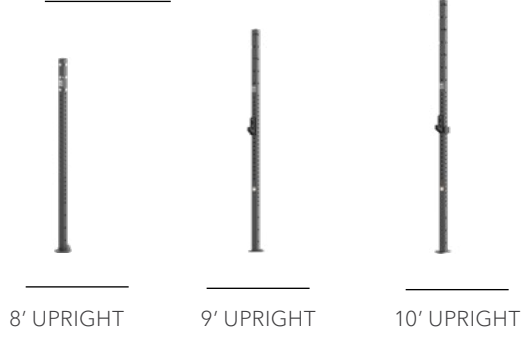
SAMPLE CONFIGURATIONS*

HD ATHLETIC ATTACHMENTS

RACK REAR XMEMBERS



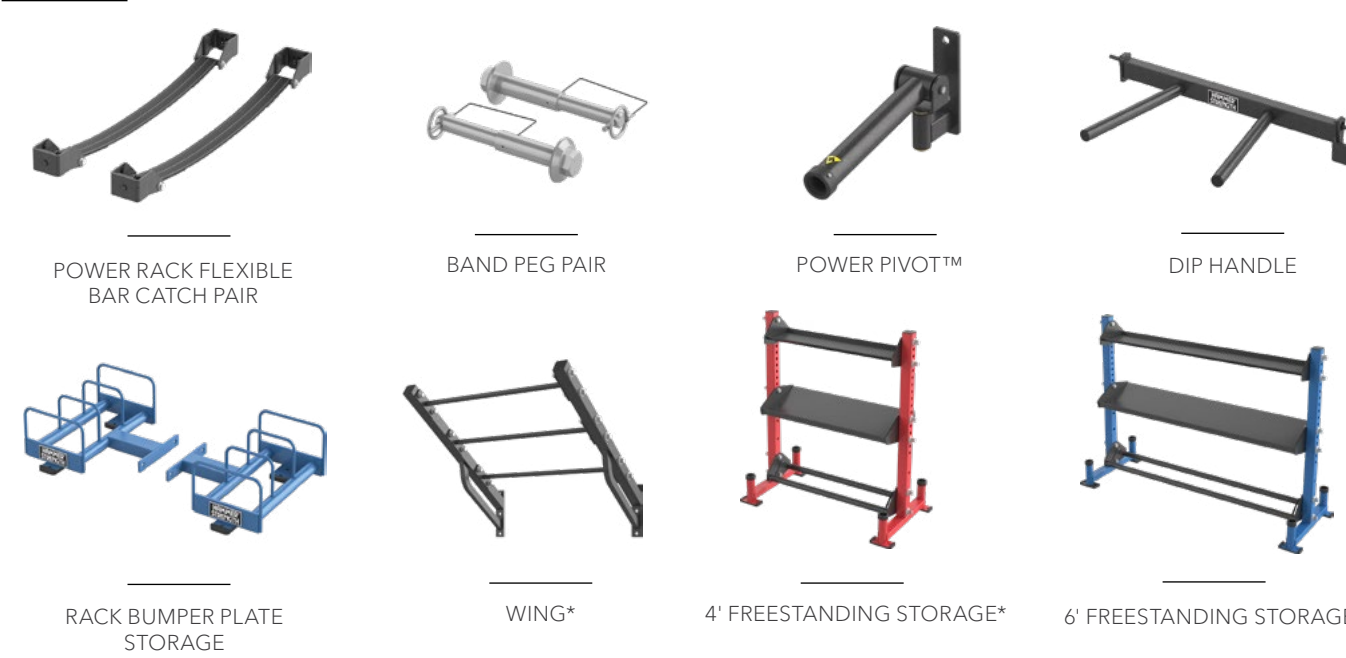
UPRIGHTS



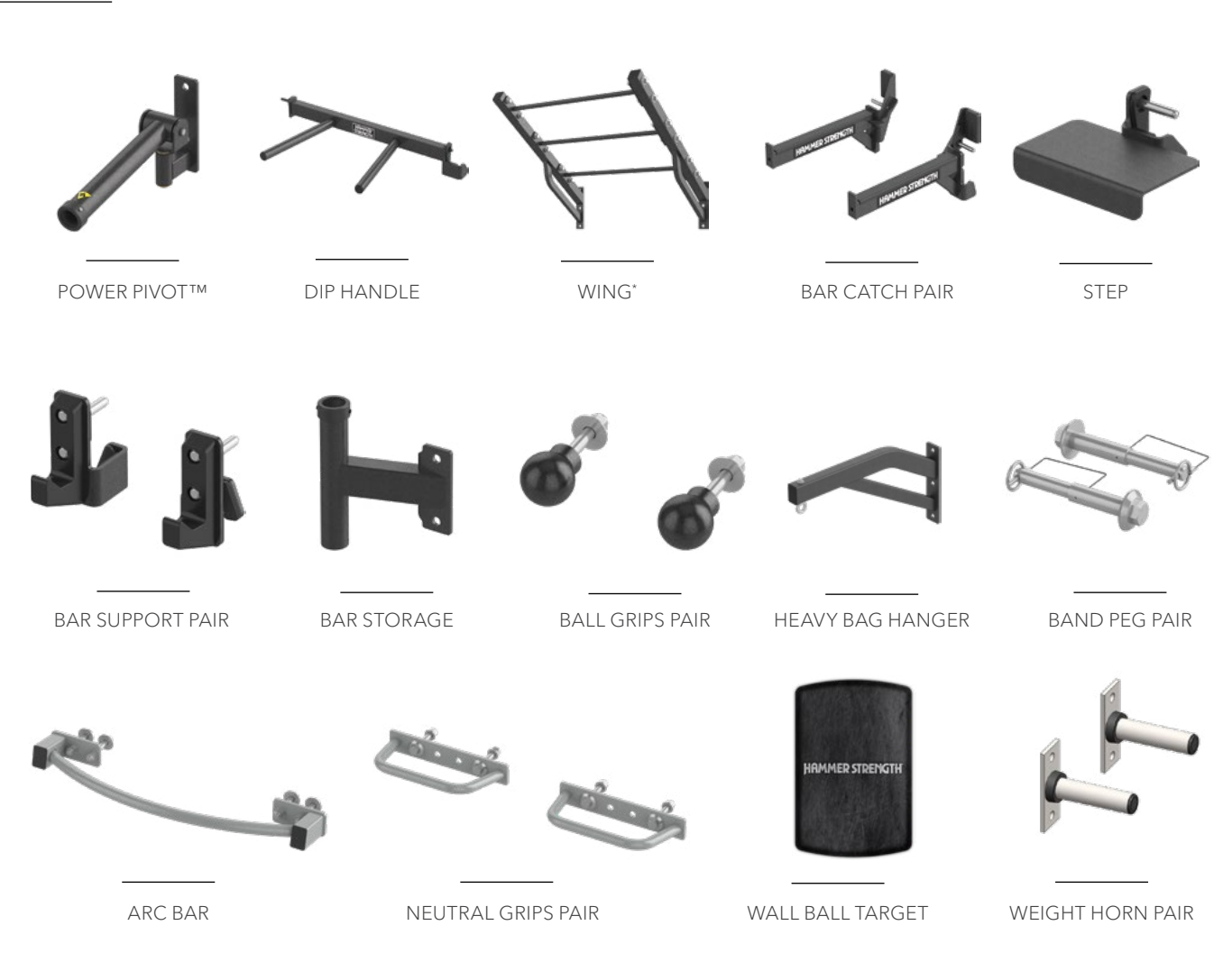
RACK, RIG & PERIMETER XMEMBERS & CONNECTORS (AVAILABLE IN 42" AND 72")



RACK ATTACHMENTS / STORAGE / BENCHES



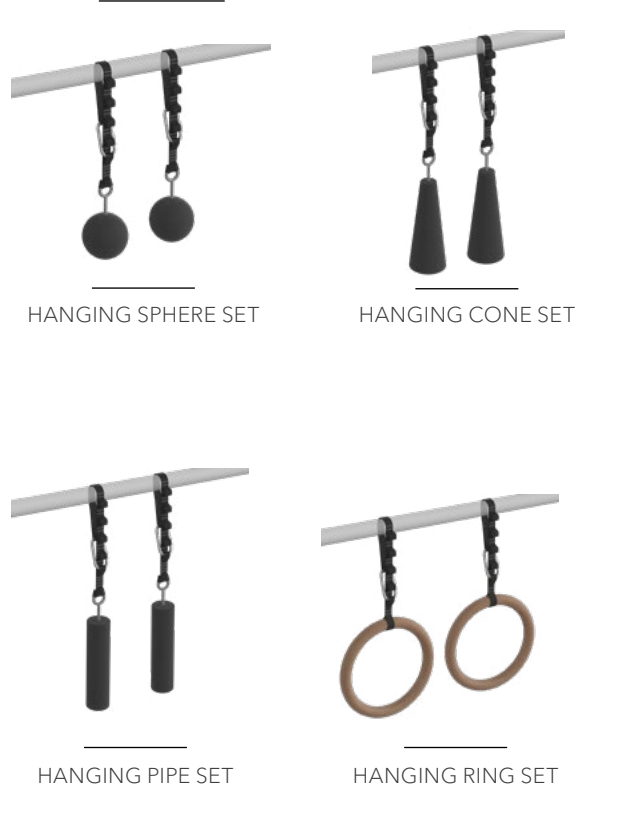
RIG & PERIMETER ATTACHMENTS



STORAGE CONNECTORS (AVAILABLE IN 42" & 72")



HANGING ACCESSORIES



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

Attachments are for Hammer Strength HD Athletic. Please inquire for more information.

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.

PRIVATE STUDIO, USA

HD ELITE ID

HD ELITE ID STAND-ALONE RACKS

EXAMPLE CONFIGURATIONS

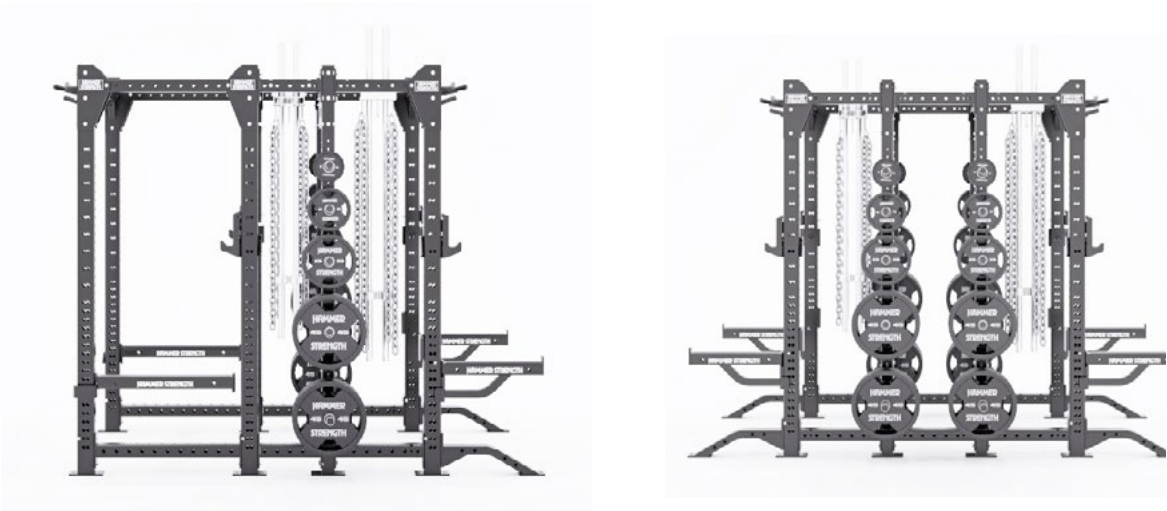


HALF RACK WITH STORAGE /
ELT-HR-STRD

POWER RACK WITH STORAGE
/ HDLPR

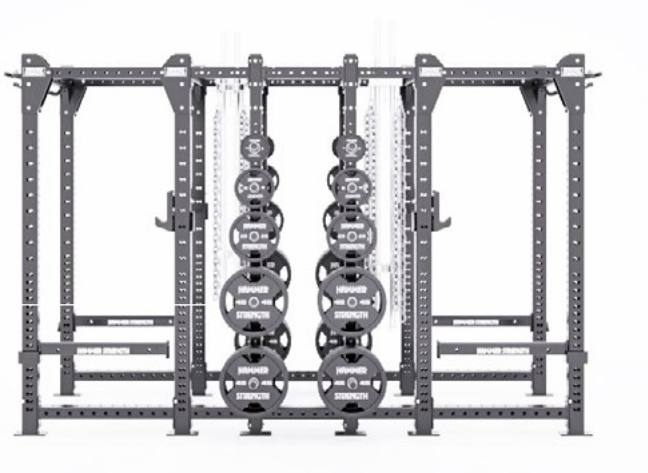
HD ELITE ID COMBO RACKS

EXAMPLE CONFIGURATIONS



POWER HALF COMBO RACK WITH
SINGLE STORAGE

HALF HALF COMBO RACK WITH
DOUBLE STORAGE



POWER POWER COMBO WITH
DOUBLE STORAGE

HD ELITE ID RACK FEATURES

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.



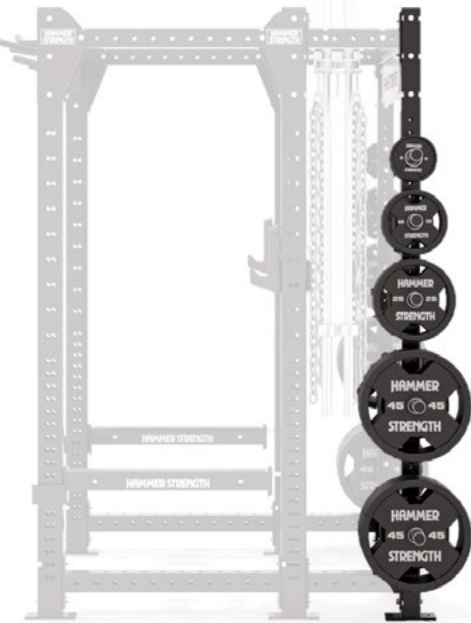
4X3, 7 GAUGE STEEL
50% thicker walls than 11 gauge ensures that your rack has the mass to feel rigid and holes won't cave in or deform over time.

DOUBLE "O" 7 SLOTS
Allows you to customize your training by adding any HD attachment to the front or back of your training uprights.

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



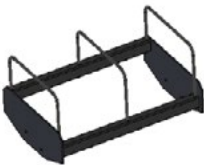
HD ELITE ID ACCESSORIES & STORAGE



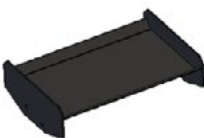
ENHANCE YOUR RACK WITH MODULAR STORAGE OPTIONS
 With multiple storage options you can customise your rack to suit your individual requirements.
WEIGHT HORNS - Standard option and X-Large option available
BULL HORNS - Store multiple plates on its dual horn structure
MODULAR STORAGE - Enhance your storage 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

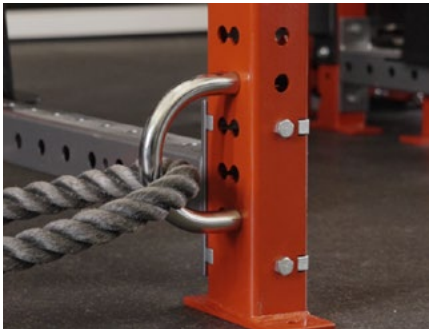


XL WEIGHT HORN
 Holds up to 6x 20kg Olympic Plates & up to 5x 20kg Bumper Plates

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



BULL HORN



BATTLE ROPE ANCHOR



UTILITY BAND BEG



PRIVATE STUDIO, USA

HD ELITE ID PULL-UP BARS



STRAIGHT BAR



3-HANDLE BAR



ROTATING CHIN



BALLISTIC WING



3X3 SQUARE



ARC BAR



BALL GRIPS



NEUTRAL GRIPS



WING



PERCH XM

HD ELITE ID CABLE STATIONS



HD ELITE DUAL ADJUSTABLE PULLEY



HD ELITE PULLDOWN



HD ELITE ROW



HD ELITE DUAL PULLDOWN ROW



PRIVATE STUDIO, USA

HD ELITE ID 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



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



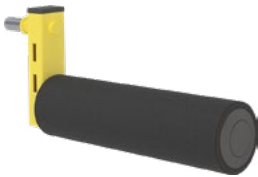
STEP-UP PLATFORM / HDLSTP-HR & HDLSTP-PRMR

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



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

HD ELITE ID OPTIONAL ATTACHMENTS



TECHNIQUE TRAY / HDLTT-HR & HDLTT-PRMR

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



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



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'
- 2" (5 cm) diameter



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



TOP BALL STORAGE / HDLTBS

- Convenient storage of stability balls



ARC BAR / HDT-ARC



NEUTRAL GRIP PAIR / HDT-NG



BALL GRIP PAIR / HDT-BG3



BENCHES AND STORAGE

SET UP YOUR PERFECT PERFORMANCE WORKOUT

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

HAMMER STRENGTH BENCHES & STORAGE



ADJUSTABLE BENCH / FWMAB



DECLINE / ABDOMINAL BENCH / FW-DB



FLAT BENCH / FW-FB



MULTI-ADJUSTABLE BENCH / HDT-MAB



UTILITY BENCH - 75° / FW-UB75



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 & centered in racks
- Fits on HD Elite and HD Athletic Racks



OLYMPIC BENCH WEIGHT STORAGE / O-BWS



OLYMPIC DECLINE BENCH / O-DB



OLYMPIC FLAT BENCH / O-FB



OLYMPIC INCLINE BENCH / OIB

HAMMER STRENGTH BENCHES & STORAGE



OLYMPIC MILITARY BENCH / O-MB



OLYMPIC SQUAT RACK / OSR



BACK EXTENSION / BW-BE



CHIN DIP/LEG RAISE / BW-CDL



FIXED PAD GLUTE HAM / BW-GHF



GLUTE HAM / BW-GH



GLUTE HAM - REVERSE HYPER / PL-GHRH



SEATED ARM CURL / FW-AC



RUBBER WEIGHT STORAGE SMALL & LARGE OPTION / FW-BPS / FW-BPL



BARBELL RACK / FW-BAR



DELUXE WEIGHT TREE / FW-DWT



4' FREESTANDING STORAGE / HDT-FSS-4

HAMMER STRENGTH BENCHES & STORAGE



6' FREESTANDING STORAGE / HDT-FSS-6



SINGLE-TIER DUMBBELL RACK / FW-DR1



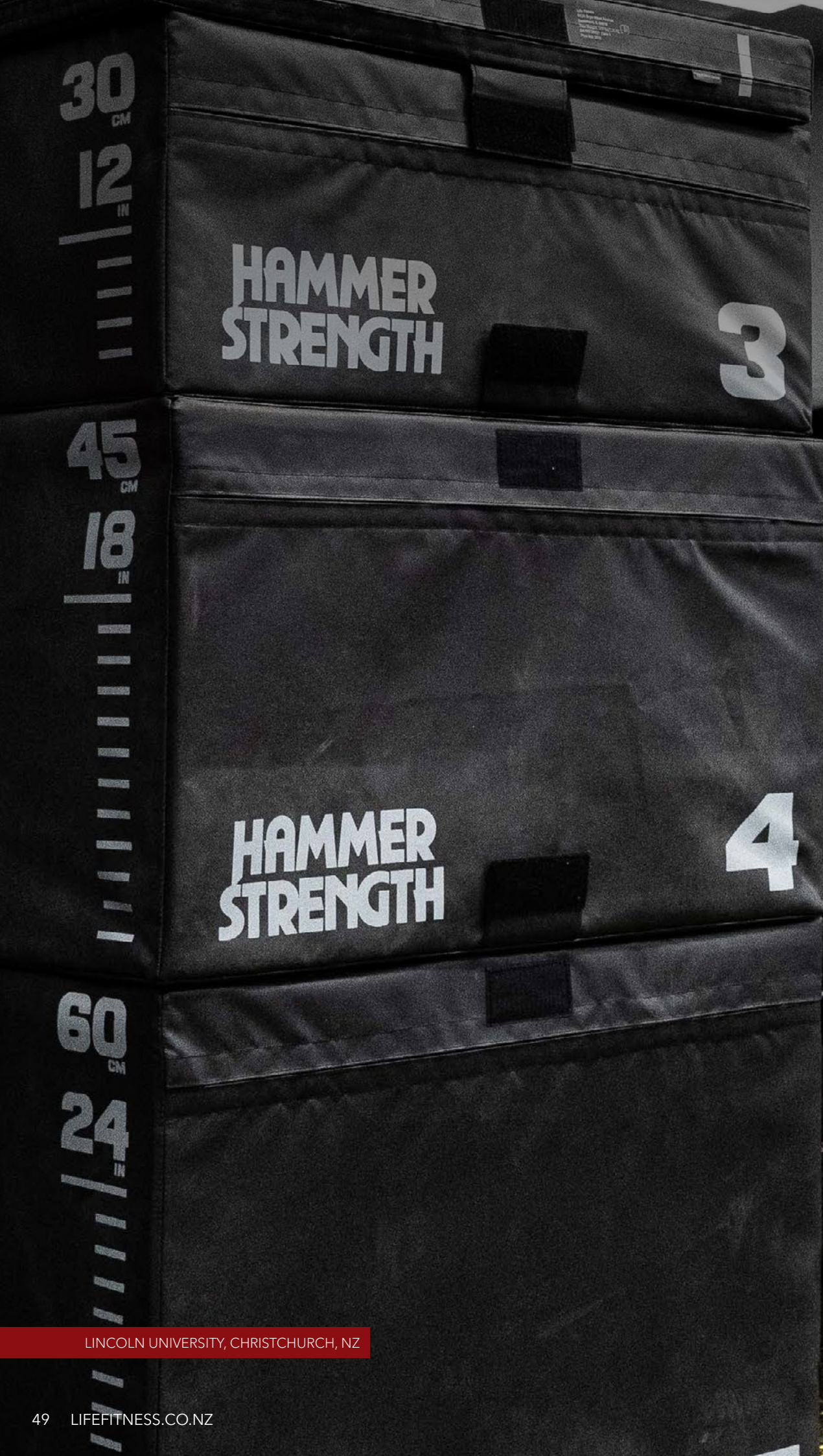
TWO-TIER DUMBBELL RACK / FW-DR2



THREE-TIER DUMBBELL RACK / FW-DR3

WAIDE CONSTRUCTION, AUCKLAND, NZ





HAMMER STRENGTH ACCESSORIES

DURABLE BUILDING BLOCKS FOR A COMPLETE FACILITY

The standard for facilities that want to create a cohesive performance training experience, that athletes get more out of. Durability is engineered into each product and form follows function for a truly exceptional accessory line.



LINCOLN UNIVERSITY, CHRISTCHURCH, NZ

BUMPERS, OLYMPIC PLATES & TRAINING DISCS



URETHANE BUMPERS
5KG,BLACK, 10KG GREEN, 15KG YELLOW,
20KG BLUE, 25KG RED



PREMIUM RUBBER BUMPERS
10KG, 15KG, 20KG, 25KG



URETHANE OLYMPIC DISCS
1.25KG,2KG, 5KG, 10KG, 15KG, 20KG, 25KG



RUBBER OLYMPIC DISCS
1.25KG,2KG, 5KG, 10KG, 15KG, 20KG, 25KG



TRAINING DISCS
2.5KG, 5KG

BARS



20KG COMPETITION OLYMPIC BAR
28MM CHROME - BUSHING



15KG OLYMPIC BAR
25MM CHROME - BUSHING



20KG OLYMPIC BAR
28MM CHROME - BUSHING



20KG TRAINING BAR
29MM BLACK OXIDE - BUSHING



20KG GYM BAR
29MM CHROME - BUSHING



FLEX FITNESS TAKAPUNA, AUCKLAND, NZ

DUMBBELLS



URETHANE DUMBBELLS
2-20KG, 22-30KG, 32-40KG SET, 42-50KG
SET, 52-60KG SET



RUBBER DUMBBELLS
2.5-25KG SET, 27.5-50KG SET



RUBBER HEX DUMBBELLS
2.5-25KG SET, 27.5-50KG SET

BARBELLS



URETHANE FIXED BARBELLS
10-20KG SET, 25-45KG SET, 10-45KG SET



RUBBER FIXED BARBELLS
10-20KG SET, 25-45KG SET, 10-45KG SET



CURL BARS
1.5M EZ CURL BAR CHROME BUSHING
1.5M STRAIGHT BAR CHROME BUSHING

CONDITIONING



COMPETITION KETTLEBELLS
8KG, 12KG, 16KG, 20KG, 24KG, 28KG, 32KG
AND 8-32KG SET



SLAM BALLS
5KG, 10KG, 15KG, 20KG



SLAM BAGS
2KG, 4KG, 6KG, 8KG, 10KG, 12KG,
14KG, 16KG, 18KG, 20KG

BARBELLS



3-IN-1 SOFT PLYO BOX
50 X 60 X 76CM



STACKABLE PLYO BOXES
7CM, 15CM, 30CM, 46CM, 60CM
FULL SET AVAILABLE



3-IN-1 WOOD PLYO BOX
50 X 60 X 76CM

BARBELLS



SPHERE GRIP
WITH STRAP, PAIR



CONE GRIP
WITH STRAP, PAIR



PIPE GRIP
WITH STRAP, PAIR

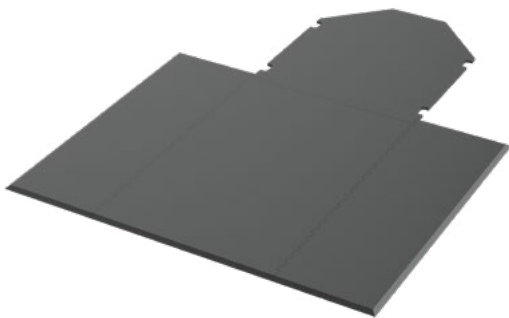


OLYMPIC RING
WITH STRAP, PAIR

PLATFORMS



PREMIUM WOOD PLATFORM

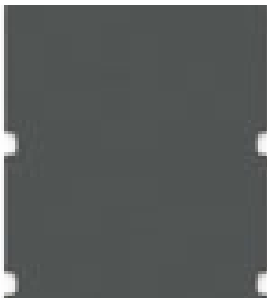


RUBBER INTERLOCK PLATFORM

- 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



RUBBER INSERTS

- HD Athletic Half Rack
- HD Athletic Power Rack
- HD Athletic Perimeter
- HD Elite Half Rack Short Base
- HD Elite Half Rack Long Base
- HD Elite Power/Multi Rack
- Athletic Series Power Rack



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

CUSTOMISED PLATFORMS


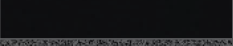












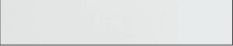




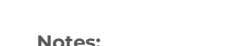
We can customise lifting platforms to suit your size and space. Talk to our sales team for more information.

FLEX FITNESS TAKAPUNA, AUCKLAND, NZ

HAMMER
STRENGTH

FRAME COLOURS

UPHOLSTERY COLOURS

STRENGTH FRAME COLORS		LIFE FITNESS	HAMMER STRENGTH	HD RACKS	
				NX & ID	HD ATHLETIC PRO BRIDGE AND RIG
				NX Xmember are HW Charcoal Only	Upright & Xmember
Platinum*		S	S	S	N/A
Black		S	s	N/A	N/A
Charcoal		S	S	s	N/A
Titanium*#		S	S	s	N/A
White		S	S	s	N/A
Blue		O	S	s	N/A
Red		O	S	s	N/A
Yellow		O	S	s	N/A
Midnight Metallic*		O	O	C	N/A
Mocha Sand		O	O	C	N/A
Candy Apple Red		O	N/A	N/A	N/A
Diamond White Clear		O	N/A	N/A	N/A
Electric Blue		O	N/A	N/A	N/A
High Wear Charcoal		C**	C	s	S
High Wear Platinum		C**	C	s	S
Matte High Wear Titanium		C**	C	s	S
Matte High Wear White		C**	C	s	S
Matte High Wear Yellow		C**	C	s	S
Matte High Wear Red^		C**	C	s	S
Matte High Wear Blue^		C**	C	S	S
Custom		C**	C	C	C

Key:

S = Standard

O = Optional

C = Custom

N/A = Not Available

Notes:


* Life Fitness colors have a second clear coat of paint









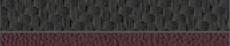

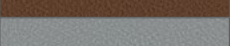




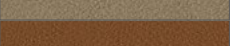



** Custom frame colors not available on Life Fitness Benches and Racks, Axiom or Circuit Series

Hammer Strength Select and MTS have a second clear coat of paint

^ Colors do not match original High-Wear Red and High-Wear Blue

New custom frame colors require a one-time Custom Formulation Set-Up fee

STRENGTH SHROUD INLAYS		INSIGNIA SERIES	SIGNATURE CABLE MOTION	SYNRGY 360 / SYNRGY 90
Premium Black Carbon Fiber		Premium	Not available	Not available

STRENGTH UPHOLSTERY COLORS		LIFE FITNESS / HAMMER STRENGTH	AXIOM SERIES
Black		Standard	Standard
Azure		Standard	Optional
Candy Apple Red		Standard	Optional
Cranberry		Standard	Optional
Titanium		Standard	Optional
Royal Blue		Standard	Optional
Slate		Standard	Optional
Wheat		Standard	Optional
American Beauty Red		Optional	Optional
Black Carbon Fiber		Optional	Optional
Burgundy		Optional	Optional
Chestnut		Optional	Optional
Dove Gray		Optional	Optional
Emerald Green		Optional	Optional
Graphite		Optional	Optional
Imperial Blue		Optional	Optional
Navy		Optional	Optional
Regimental Blue		Optional	Optional
Suede		Optional	Optional
Terra Cotta		Optional	Optional
Custom		Custom*	Not available

*Available at an additional cost.

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 cm x 160 cm x 132 cm	193 kg
Glute Drive	PL-GD	210 cm x 82 cm x 53 cm	144 kg
Glute Ham / Reverse Hyper	PL-GHRH	224 cm x 102 cm x 135 cm	153 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	-	-	•	•	•	•



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**HAMMER
STRENGTH®**

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