

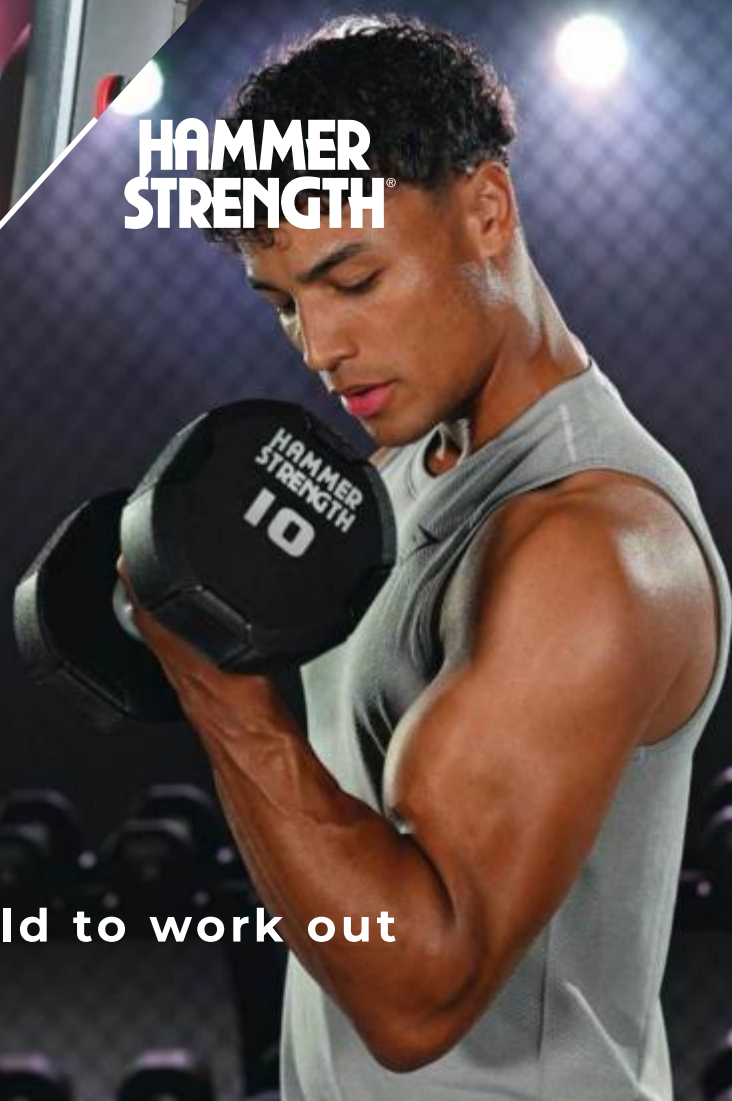
PRODUCT CATALOG

2026

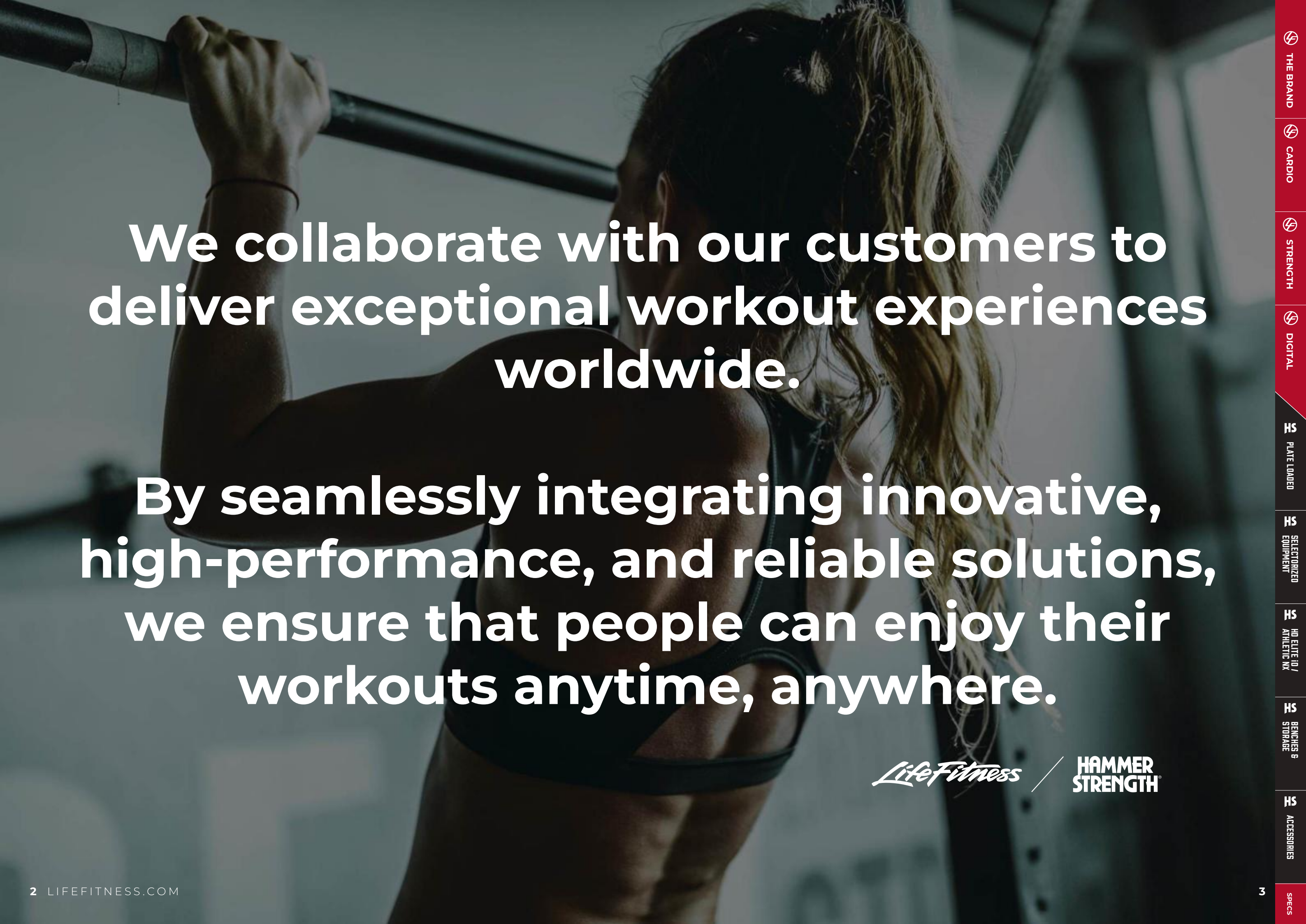


LifeFitness

**HAMMER
STRENGTH®**



Inspiring the world to work out



We collaborate with our customers to deliver exceptional workout experiences worldwide.

By seamlessly integrating innovative, high-performance, and reliable solutions, we ensure that people can enjoy their workouts anytime, anywhere.

LifeFitness

**HAMMER
STRENGTH®**

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LifeFitness

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**HAMMER
STRENGTH**

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UNITING FITNESS GIANTS



Helping exercisers around the world lead healthier lives.

For over five decades, LifeFitness has been a pioneer in the fitness industry, setting the standard for innovation and excellence. Our state-of-the-art cardio and strength equipment is designed to move in perfect harmony with the human body, helping athletes and exercisers around the world lead healthier lives. By continuously innovating, engineering, and manufacturing the best workout experiences, Life Fitness remains committed to creating healthier lives together.



Trusted by professional athletes and fitness enthusiasts alike.

Hammer Strength builds performance strength equipment that feels right the moment you use it. Our machines are designed around natural human movement, simple mechanics, and precise load paths—so the weight moves the way it should, without distraction. Trusted by athletes at the highest level, Hammer Strength equipment lets people train hard, train well, and focus on the work that actually makes them stronger.

IN 1968 OUR LEGACY AS PIONEERS OF FITNESS INNOVATION BEGAN.

We've stayed true to it ever since.

For over five decades, we've set the bar for fitness innovation. Our state-of-the-art cardio and strength equipment moves in perfect sync with the human body, helping athletes and exercisers around the world live healthier lives.

By innovating, engineering, and manufacturing the best workout experiences we remain committed to creating healthier lives, together.

Today, the way people live, work and play is ever-changing. A phenomenon that is putting new challenges on our collective wellbeing. Meaning the work we do plays an integral part in improving the health and wellbeing of millions of people globally.



FITNESS INNOVATION IS IN OUR DNA



THE FIRST ELECTRONIC EXERCISE BIKE

The Lifecycle®, created in 1968 was the first electronic exercise bike and started the journey of fitness innovation.

THE FIRST COMPUTERIZED STRENGTH MACHINE

The Lifecircuit® started a new era of strength innovation by incorporating computer technology.

THE FIRST INTEGRATED SCREEN

The first integrated LCD touch screen console and attachable LCD screen on treadmills in 2003.



QUALITY THAT'S BUILT TO LAST

"We recently drove one of our components to failure, which we **initially** thought wasn't going to be good enough to go into the field."

When we did the calculations we were at an expected **7000 year life** in the field, so our **gut check** on how it was running was **incorrect**.

Todd Graham
Sr. Engineering Manager
Mechanical Validation at Life Fitness

TESTING IS A KEY PART OF ENSURING RELIABILITY

"We want to see where **components** are going to fail."

There are a lot of components that we'll test to tens of millions of cycles at two, three, four, five times the expected user input load.

To drive failures, we want to see where components are going to fail and then statistically we calculate how long it will last in the field.

THE CO-CREATION PROCESS

We offer partners bespoke support to achieve their goals. By working together, we create unique workout experiences that transform businesses and lives.

CO-CREATION IS
ABOUT **ENGAGING**
WITH THE
CUSTOMER AND
BRINGING THEIR
VISION TO LIFE



“Most people know we are **manufacturers of products**, but what we really enjoy doing is engaging with customers and **building those partnerships.**”

Co-Creation is about listening to what the customer needs, not what we think they need. It's about talking to them about what will help drive their business in the best way.



OUR OFFERING

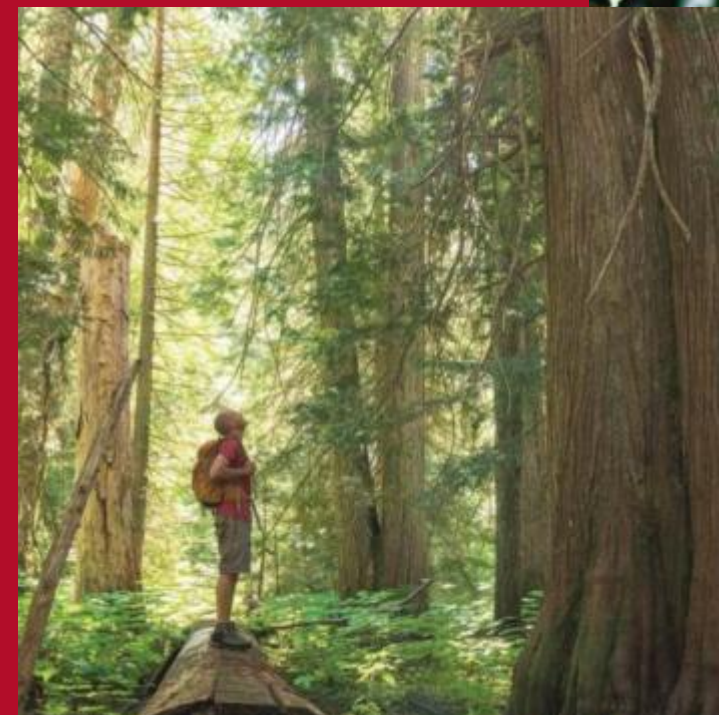
LifeFitness

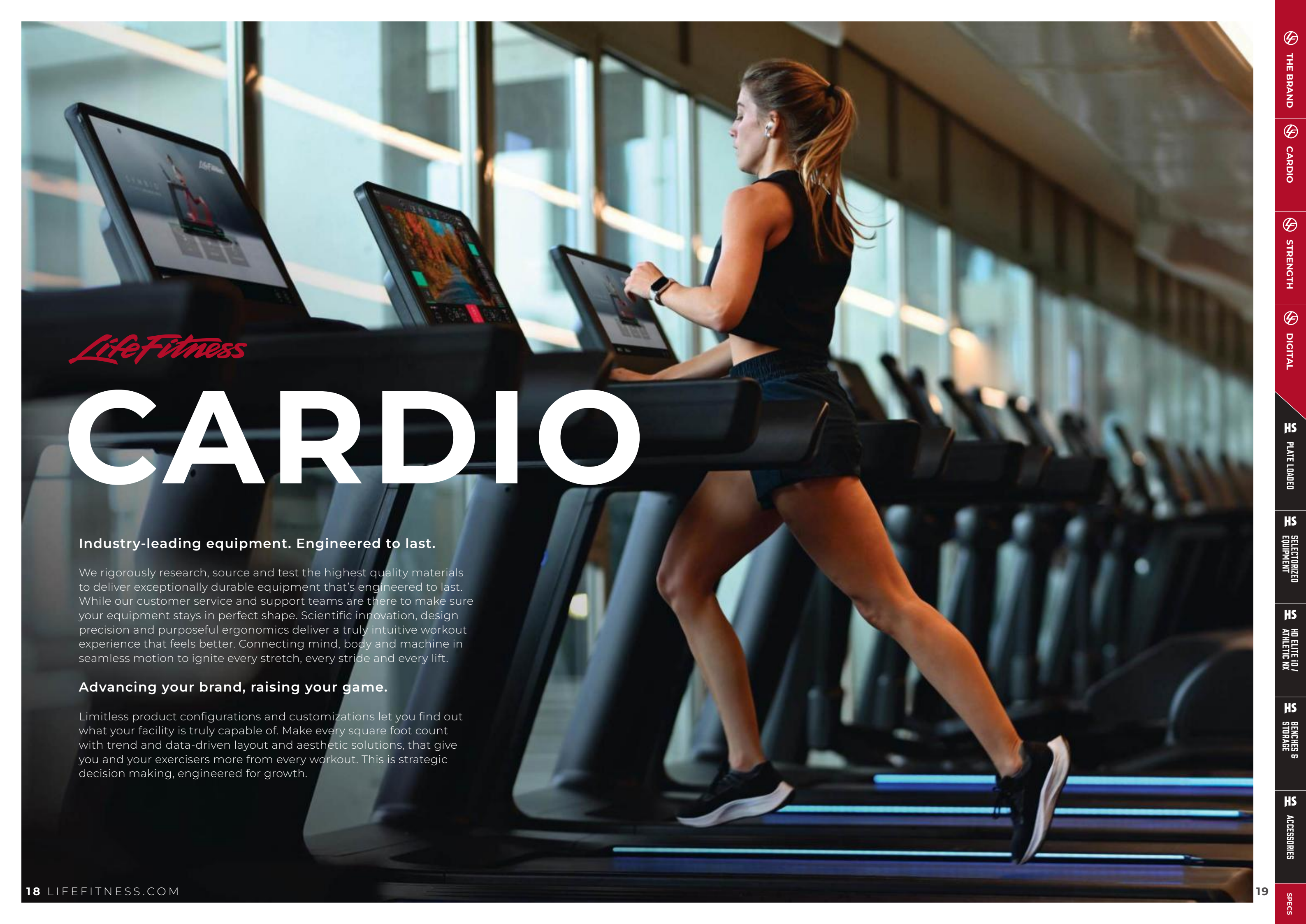
**HAMMER
STRENGTH®**

Our industry-leading portfolio includes flagship brands like Life Fitness and Hammer Strength, complemented by a broader range of corporate products - from digital solutions to specialized sub-brands.

OUR SUSTAINABILITY

By taking a sustainability focused approach to people, planet, and products, Life Fitness creates solutions for the betterment of our customers, the organization and the world.





LifeFitness

CARDIO

Industry-leading equipment. Engineered to last.

We rigorously research, source and test the highest quality materials to deliver exceptionally durable equipment that's engineered to last. While our customer service and support teams are there to make sure your equipment stays in perfect shape. Scientific innovation, design precision and purposeful ergonomics deliver a truly intuitive workout experience that feels better. Connecting mind, body and machine in seamless motion to ignite every stretch, every stride and every lift.

Advancing your brand, raising your game.

Limitless product configurations and customizations let you find out what your facility is truly capable of. Make every square foot count with trend and data-driven layout and aesthetic solutions, that give you and your exercisers more from every workout. This is strategic decision making, engineered for growth.

LifeFitness

SYMBIO™

Cardio Reimagined.

The most innovative, immersive fitness equipment available, and a new benchmark in premium cardio.

Symbio™ fuses body and machine in seamless motion with engaging personalization, advanced biomechanics and meticulous, purposeful design.



SYMBIO RUNNER™



SYMBIO RUNNER™ / EVT

Sets new standards in biomechanics and design, to create an immersive, sensory workout experience.

ADAPTIVE FLEX DECK®

Feel the ground react beneath your feet and reduce impact with 5 levels of firmness.

ADVANCED PERFORMANCE METRICS

Real-time, data driven decisions to enable gait analysis and personalized coaching.

SYMBIO™ INCLINE ELLIPTICAL



SYMBIO™ INCLINE ELLIPTICAL / EVXI

Powered by a biomechanically advanced ellipse motion and incline adjustments that combine to deliver the most natural movement available.

INTERACTIVE MUSCLE MAP™

Intelligently target and activate specific muscle groups for a personalized experience.

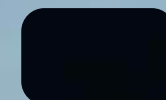
NATURAL RUNNING FEEL AT ALL INCLINES

Our patented incline ellipse pattern mimics the body's natural running arc, ensuring it feels empowering and smooth through all incline levels.

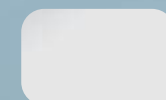
CHOOSE
YOUR
COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver

SYMBIO SWITCHCYCLE®



SYMBIO SWITCHCYCLE® / EVCH

Best-in-class upright and indoor cycling hybrid, with 100 resistance levels, Virtual Terrains, and on-demand content from the innovators of the Lifecycle®, the world's first exercise bikes more than five decades ago.

FIRST 2-IN-1 CYCLE IN-MARKET

Seated in or out of saddle functionality allows the SwitchCycle to be used as a traditional upright bike or a performance.

SENSOR-GUIDED POSITIONING

On-console guidance to discover your perfect handlebar and seat position for optimal comfort, endurance and focus.

SYMBIO™ RECUMBENT CYCLE



SYMBIO™ RECUMBENT CYCLE / EVR

Featuring an ultra-low step-through, on-demand content to engage your exercisers and 25 resistance levels, it unlocks new levels of performance for every goal, ability and body type.

OPTIMIZED PEDAL ANGLES

Counter-weighted pedals aid natural motion, with a 25 degree angle engineered to optimize output in complete comfort.

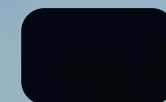
LIGHT-TOUCH SEAT ADJUSTMENT

Gas-assisted recline and guided, on-screen positioning make this the most natural recumbent cycling experience available.

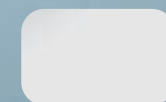
CHOOSE
YOUR
COLOR



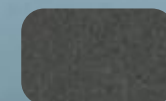
Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver

LifeFitness

INTEGRITY+

**Trusted. Reliable.
Timeless.**

Built to welcome every exerciser with comfort, durability, and modern design, this line elevates the cardio experience from the moment someone steps on.

A sleek aesthetic enhances any fitness space, while the intuitive 24" or 16" console invites users into immersive, engaging workouts that keep them moving with confidence.



INTEGRITY+ TREADMILL



TREADMILL / INT

Ergonomic controls, combined with our patented Flex Deck Shock Absorption Technology to reduce joint stress.

INTEGRITY+ ELLIPTICAL



ELLIPTICAL / INX

A natural stride developed from years of research, and remote resistance controls on multi-grip handles enables the most comfortable ride.

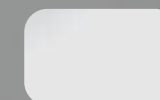
CHOOSE
YOUR
COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver

INTEGRITY+ UPRIGHT BIKE



UPRIGHT BIKE / INC

Ergonomic racing handlebars and seat will offer the perfect riding position for a smooth indoor cycling experience.

INTEGRITY+ RECUMBENT BIKE



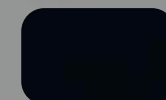
RECUMBENT BIKE / INR

Step-through design provides easy entry and exit, while resistance controls on side handles offer easy in-workout adjustments.

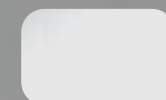
CHOOSE YOUR COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver

LifeFitness

ASPIRE

Simplicity redefined.

A smart, streamlined cardio experience designed for every facility, Aspire blends intuitive functionality with modern style to create equipment that's inviting, reliable, and effortless to own.

Its simplified engineering boosts efficiency and minimizes downtime, while sleek design options elevate any space.



ASPIRE TREADMILL



TREADMILL / ASPT

A streamlined all-purpose treadmill that features a large accessory tray and cross handrail that allows for plenty of running room.

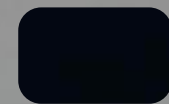
ASPIRE ELLIPTICAL



ELLIPTICAL / ASPX

An elliptical path that feels extremely natural because the motion is similar to an exercisers actual running stride.

CHOOSE
YOUR
COLOR



Smooth Charcoal



Arctic Silver

ASPIRE UPRIGHT BIKE



UPRIGHT BIKE / ASPC

The generator drive system with Poly-V belt resistance requires limited maintenance and also offers a smooth, quiet operation.

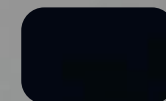
ASPIRE RECUMBENT BIKE



RECUMBENT BIKE / ASPR

A backrest, lumbar support and a wrap around adjustment lever combine for maximum comfort.

CHOOSE
YOUR
COLOR



Smooth Charcoal



Arctic Silver

POWERMILL CLIMBER



POWERMILL CLIMBER / INPM

Motor driven, it has one of the widest range of speeds, offering 26 different modes, ideal for both beginners and demanding exercisers.

ARC TRAINERS

TOTAL BODY / INA-T

LOWER BODY / INA-L



ARC TRAINERS / INA-T & INA-L

A 3-in-1 cardio equipment, giving exercisers the ability to glide, stride or climb (lower, medium and higher inclines).

CARDIO SERIES COMPARISON



SYMBIO™



INTEGRITY+



ASPIRE

EQUIPMENT	Symbio Runner™ Symbio™ Incline Elliptical Symbio SwitchCycle® Symbio™ Recumbent Cycle	Treadmill Elliptical Upright Bike Recumbent Bike Powermill Climber Arc Trainer	Treadmill Elliptical Upright Bike Recumbent Bike
COMPATIBLE CONSOLES	Symbio 24" Smart Touchscreen 1080p HD	SE4 (24" and 16") SL 16"	SE4 24" (treadmill only) and 16" SL 16"
COLOR OPTIONS	Black Onyx Smooth Charcoal Diamond White Titanium Arctic Silver	Black Onyx Smooth Charcoal Diamond White Titanium Arctic Silver	Smooth Charcoal Arctic Silver
INCLINE % / RESISTANCE LEVELS	Runner - 15% Incline Elliptical - 15 SwitchCycle - 100 Recumbent Cycle - 25	Treadmill - 15% Elliptical - 25 Upright Bike - 26 Recumbent Bike - 25 Powermill Climber - 26 Arc Trainer - 100	Treadmill - 15% Elliptical - 25 Upright Bike - 26 Recumbent Bike - 25
SPEED	0.5 - 16 mph (0.8 - 25.7 km/h)	0.5 - 14mph (0.8 - 23 km/h)	0.5 - 12 mph (0.8 - 20 km/h)
QUICK CONTROLS	One-touch LCD control pad with personalizable quick keys	Speed and incline precision buttons on bullhorns / seat side / handlebar	X
SMART LIGHTING™	16 colors, 3 brightness levels	X	X
ADVANCED PERFORMANCE METRICS	Runner - cadence, stride length, left/right balance, flight time, ground contact time	X	X
DESIGN DETAILS	Cast aluminium, LED Smart Lighting™, premium badging and decals	Premium badging and decals	X



Immersive Engaging Experiences

Our state-of-the-art cardio consoles are designed to captivate and motivate. With intuitive interfaces and immersive visuals, they transform every workout into an engaging journey. Elevate your fitness offerings and provide your clients with an unparalleled cardio experience that keeps them coming back for more.

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTORIZED
EQUIPMENT

HS
HD ELITE II /
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS



SYMBIO CONSOLE

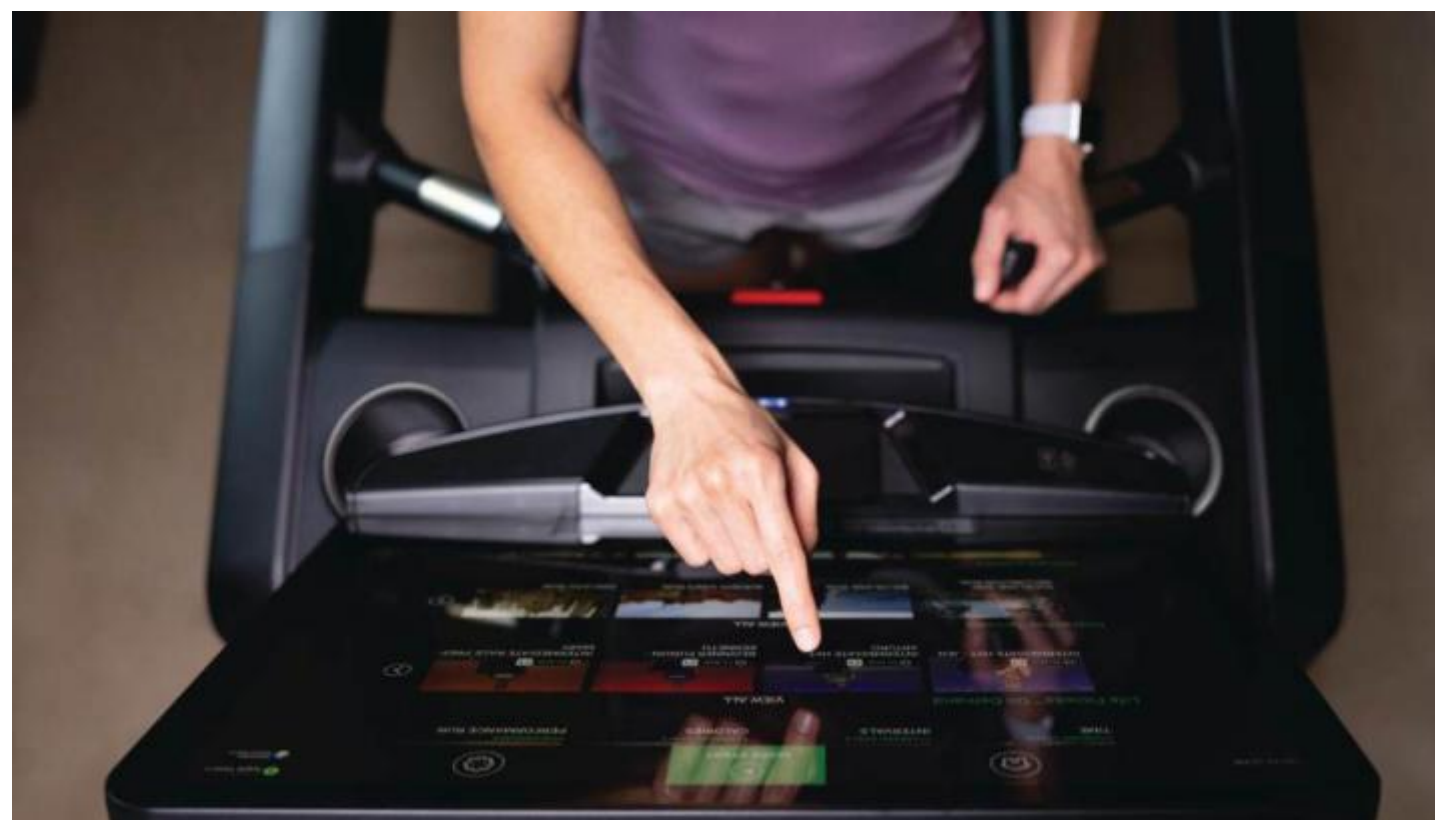


SE4 CONSOLE



SL CONSOLE

DISPLAY	24" (61cm) 1080p AIT technology	24" (61cm) and 16" (41cm) 1080p AIT technology	16" LED
COMPATIBLE PRODUCT	Symbio	Integrity+ Aspire (24" treadmill only)	Integrity+ Aspire
CONNECTIVITY	Bluetooth® 5.0, Apple® watch, Samsung Galaxy Watch®, ANT+, WI-FI®, NFC, RFID (optional)	Bluetooth® 5.0, Apple® watch, Samsung Galaxy Watch®, ANT+, WI-FI®, NFC, RFID (optional)	Wi-Fi, BLE, Bluetooth® Classic, ANT+ and NFC
NAVIGATION	Touchscreen	Touchscreen	Membrane buttons
LIFE FITNESS ON DEMAND+	Yes	Yes	No
FACILITY CONNECT	Yes	Yes	Yes
WIRELESS CHARGING	Yes - integrated on the base	Yes	No



IMMERSIVE ENGAGING EXPERIENCES



SYMBIO CONSOLE

PERSONALIZED IMMERSIVE EXPERIENCES.

A premium and intuitive eye-catching 24" console with precision sensors that capture real-time advanced performance metrics, delivers on-demand coaching and make your exercisers see, feel and experience immersive workouts and interactive terrains.



SE4 CONSOLE

MORE FOR YOUR EXERCISERS. MORE FOR YOUR BRAND.

An intuitive and vibrant console experience available in 24" and 16" high-definition, edge-to-edge screens. It brings workouts to life with crisp visuals, seamless app connectivity, and on-demand coaching, delivering immersive content and interactive experiences that elevate every session.



SL CONSOLE

AN INTUITIVE GET ON AND GO LED CONSOLE.

Built for exercisers of all levels, our intuitive and comprehensive LED console features a straightforward design compatible with smart wearables, offering the connection your exercisers want and expect.



Life Fitness™ On Demand+ is designed to help you win, by providing engaging cardio content that keeps exercisers coming back. Enjoy free access to 500+ fitness experiences in our premium consoles SE4 and in Symbio equipment for a unique immersive experience.

Interactive Terrains

Deliver a premium cardio experience with over 140 dynamic terrains and real-time performance feedback. Transport your exercisers beyond the gym floor.

Branded content

Display your own videos on your facility cardio equipment. Create workout videos, exercise and healthy living tips, highlight amenities within your facility, and more.



On-demand Workouts

More than 400 instructor-led workouts are available on treadmills, ellipticals, bikes, powermills, and arc trainers. Classes vary in difficulty levels and are led by the best instructors around the globe to get your exercisers results.



INDOOR CYCLES

Colorful. Powerful. Original.

Top-of-the line indoor cycles combine unique award-winning design with an enhanced digital experience.

The ICG digital ecosystem with ICG Connect, the Coach By Color® intensity guide and the WattRate® Power Meter provide an unparalleled cycling experience. Join the ride with indoor cycling communities at the frontier of digital interactivity.

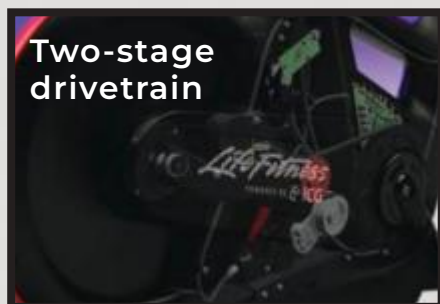
IC7 INDOOR CYCLE



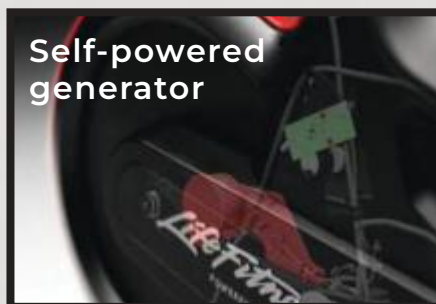
IC7

IC7 / IC-LFICGIC7-01

The most premium and award winning indoor cycle, looks aesthetically stunning but also revolutionized indoor cycling with its unique Coach By Color® training program and WattRate® Direct Power Meter (+/- 1%). With its many pioneering features, this made the IC7 indoor cycle the number one in its field.



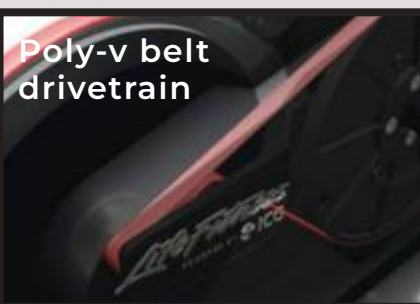
Two-stage drivetrain



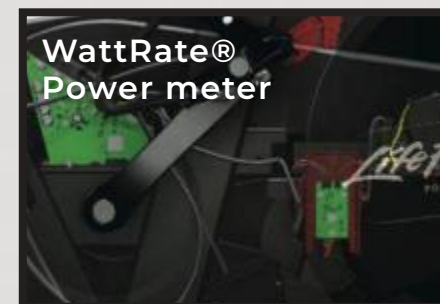
Self-powered generator



WattRate® TFT computer



Poly-v belt drivetrain



WattRate® Power meter



300 degree resistance dial

IC6 INDOOR CYCLE



IC6

IC6 / IC-LFICGIC6-01

The IC6 is our mid-level bike with sustainable technology provided through the onboard generator and Lipo rechargeable battery. Modern design, now even more sportive with the Sprint Pro handlebar and still incredibly comfortable. This is a top performer offering your members a great class experience.

IC5 INDOOR CYCLE



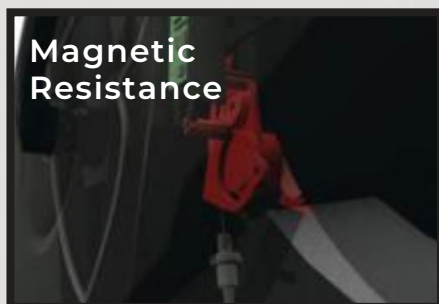
IC5

IC5 / IC-LFICGIC5-01

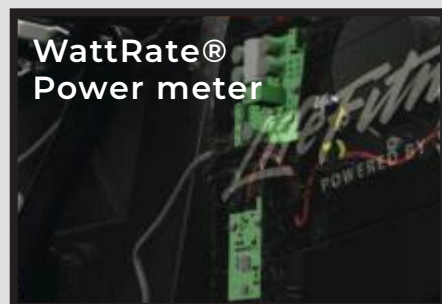
The new and improved IC5. Our mid-level indoor cycle is more efficient, full of color, and ridiculously more fun. With an onboard generator powering the new LCD+ console, the IC5 is perfect for all group class environments.



WattRate®
LCD+ computer



Magnetic
Resistance



WattRate®
Power meter

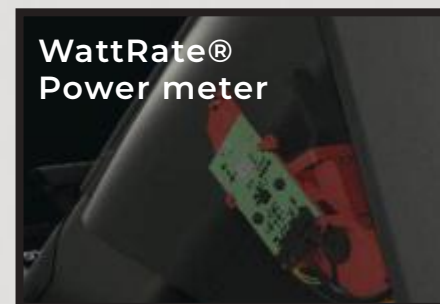
IC3 INDOOR CYCLE



IC3

IC3 / IC-LFICGIC3-01

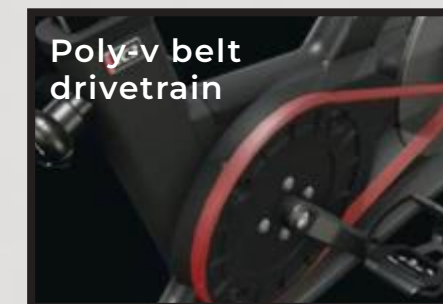
The purest form of indoor cycling. Love the ride. Love the value. 30 years of expertise with a classic design made to last - meet our version of an entry model, the IC3. The IC3 offers Coach By Color®, pairs with the Training App and the ICG Connect System.



WattRate®
Power meter



Integrated dual
bottle holder



Poly-v belt
drivetrain

INDOOR CYCLES

Coach By Color® making Fitness more colorful.

All fitness levels - in one class - are welcome, thanks to the original ICG Coach By Color® training program.

A globally unique coaching methodology exciting millions of people around the world, advancing and optimizing group, personal and cardio floor settings. We are the only provider in the market that combines the individual FTP value to the five Coach By Color® training zones, for a faster & more personalized result.



Very light
FTP: <55%
HRMAX: <60%



Light
FTP: 56 - 75%
HRMAX: 61 - 70%



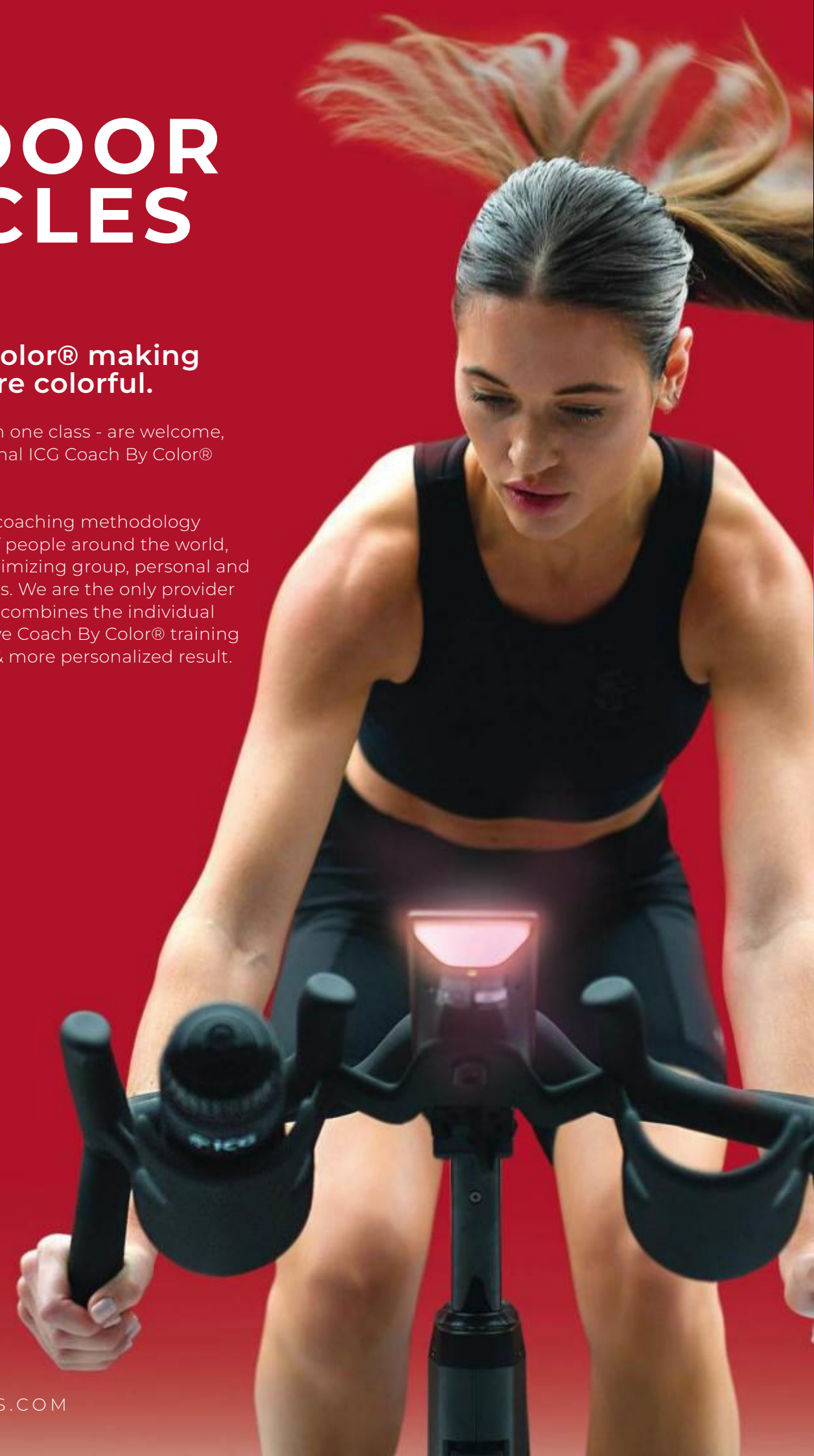
Moderate
FTP: 76 - 90%
HRMAX: 71 - 80%



Hard
FTP: 91 - 105%
HRMAX: 81 - 90%



Maximum
FTP: >106%
HRMAX: 91-100%



CONNECT SYSTEM

The ICG Connect System takes a rider's digital data and integrates it via a range of visual formats from gamification to stunning scenery from around the world to create unique interactive videobased fitness programming for your cycling studio.



ICG TRAINING APP

Whether at home, on the training floor in the studio or in the cycling class, the ICG Training App is perfect for hobby athletes or athletes! Training results can be easily shared with friends via social media after a workout. Available for iOS® and Android™.



ICG TRAINING



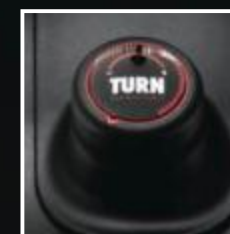
LifeFitness

HEAT ROW

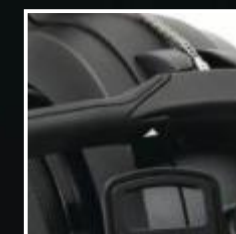


Feel the burn.

Experience the ultimate combination of power, performance and precision with the Life Fitness Heat Rowers. Engineered for high-intensity training and durability, our rowers combine smooth resistance technology with an intuitive console to engage with exercisers of all fitness levels.



300 degree resistance dial - (level 1-100)



Remote buttons to change display



Transport handle inside endcap



Direct WattRate® Power Sensor



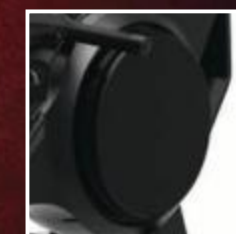
Quick release ratcheting foot strap



16.9" (43cm) seat height



WattRate® Console



Air+ Magnetic Resistance

HEAT ROW



HEAT ROW / PRF-ROW-LCD-01

Engineered to help exercisers break through their limits, the Heat Rower delivers a sleek and simplified rowing experience.

- WattRate® power measurement display your watts while rowing
- Air and magnetic resistance offers a wide range for all fitness levels
- 300° resistance knob and quick-release foot straps enable quick and easy adjustments



LCD CONSOLE

An intuitive LCD console allows instructors to optimize small group training classes and enables exercisers to easily train on their own simple programs.

HEAT PERFORMANCE ROW



HEAT PERFORMANCE ROW / PRF-ROW-TFT-01

A streamlined performance rower with modern design offering innovative Coach By Color® technology for results based training.

- WattRate® Direct Power Meter ensures precise wattage readings
- Air and magnetic resistance offers a wide range for all fitness levels
- Remote handle buttons let users quickly switch between console screens
- 300° resistance knob and quick-release foot straps enable quick and easy adjustments
- Optional power cord included for short duration use on the cardio floor



TFT CONSOLE

State-of-the-art console that offers Coach By Color® Heart Rate training, (chest strap needed) along with motivational programs that enhance the rowing experience and challenge exercisers in a fun and engaging way.

LifeFitness

STRENGTH

Life Fitness commercial strength training equipment combines sleek design with biomechanical precision.

From selectorized machines to cable machines to plate loaded machines, our modern gym equipment supports all types of strength training- driving results, wellness, and creating healthier lives.

LifeFitness

INSIGNIA

THOUGHTFULLY DESIGNED.
DISTINCTIVELY CRAFTED.

Intelligent and subtle design elements result in a natural feel and a truly memorable experience. Hundreds of individual parts work together to create a selectorized line that is aesthetically appealing and inviting to exercisers of all fitness levels.

INSIGNIA UPPER BODY



SHOULDER PRESS / SS-SP



CHEST PRESS / SS-CP



ROW / SS-RW



LATERAL RAISE / SS-LR



TRICEPS PRESS / SS-TP



TRICEPS EXTENSION / SS-TE



BICEPS CURL DEPENDENT / SS-BCD

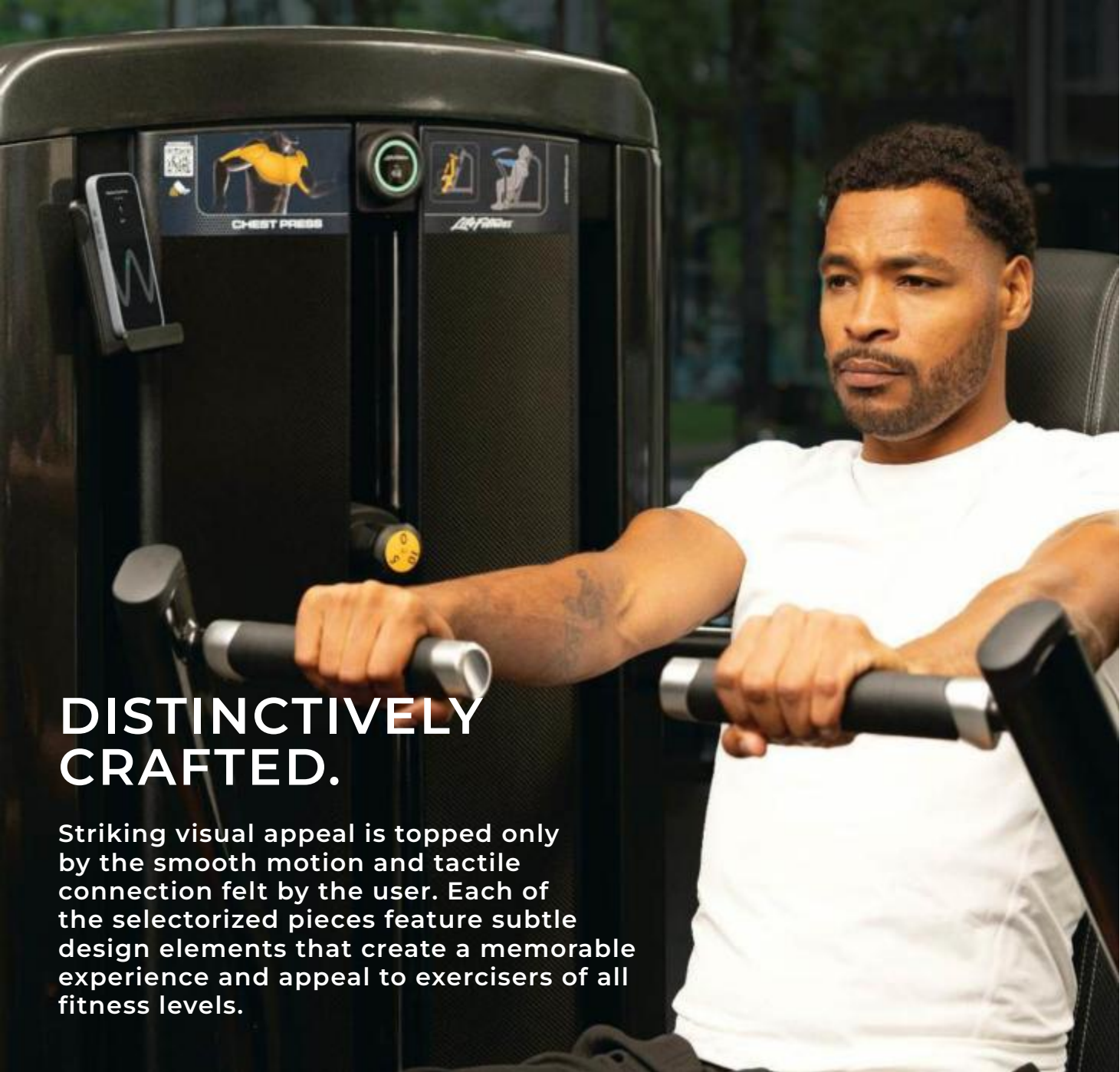


ASSIST DIP CHIN / SS-ADC



CHEST PRESS - DUAL AXIS / SS-CPX

This cutting-edge product gives you the freedom to define your own converging path of motion, providing the ultimate chest workout. The unique design combines the Chest Press and Pectoral Fly movements into one exercise for maximum pectoral contraction.



DISTINCTIVELY CRAFTED.

Striking visual appeal is topped only by the smooth motion and tactile connection felt by the user. Each of the selectorized pieces feature subtle design elements that create a memorable experience and appeal to exercisers of all fitness levels.



BICEPS CURL / SS-BC



PECTORAL FLY / REAR DELT / SS-FLY



PULLDOWN - DUAL-AXIS / SS-PDX



PULLDOWN / SS-PD

INSIGNIA TORSO & LOWER BODY



LEG EXTENSION
/ SS-LE



SEATED LEG CURL
/ SS-SLC



LEG CURL / SS-LC



CALF EXTENSION
/ SS-CE



GLUTE / SS-GL



GLUTE BRIDGE
/ SS-GLB



ARC LEG PRESS
/ SS-SLP

The Insignia Arc Leg Press is a unique movement that provides greater hip range of motion and more complete training of the glutes by pressing along a natural arcing path of motion.

INVITING INTERACTIONS.

When you step into Insignia, you'll instantly notice the difference. The entire line is crafted to elevate the user experience, offering luxurious seating and support, biomechanically optimized movements, and exceptional attention to detail at every touchpoint.



**SIT / STAND HIP
ABDUCTION** / SS-SHB



HIP ADDUCTION
/ SS-HAD



**HIP ABDUCTION /
ADDUCTION** / SS-HAA



ABDOMINAL / SS-AB



**ABDOMINAL
ADVANCED** / SS-ABD



BACK EXTENSION
/ SS-BE



TORSO ROTATION
/ SS-TR

LifeFitness

AXIOM

Attractive. Efficient. Reliable.

Axiom Series is a comprehensive line of strength equipment that includes single and dual-exercise selectorized units. Inviting design and intuitive exerciser functionality combine to create a strength line ideal for any facility.

AXIOM



CHEST PRESS / OP-CP



LEG PRESS / OP-LP



INVITING DESIGN
Axiom Series features a low-profile, modern tower design that allows for clear sight lines across the floor and can upgrade the appearance of any facility.

INTUITIVE FUNCTIONALITY
Familiar biomechanics, easy machine setup and easy-to-read instructional placards with QR codes combine to make Axiom Series easy to use for any level of exerciser.

CRAFTED WITH PRECISION
Expertly engineered weight stacks, guide rods, pulleys and cables create a smooth feel for exercisers. Components are rigorously tested to exceed industry standards.



SEATED ROW / OP-RW



SHOULDER PRESS / OP-SP



LAT PULLDOWN / OP-PD



BICEPS CURL / OP-BC



MULTI-PRESS / OP-MP



PULLDOWN/ROW / OP-LR



PECTORAL FLY/REAR DELTOID / OP-FLY



BICEPS CURL/TRICEPS EXTENSION / OP-BT



TRICEPS EXTENSION / OP-TE



LEG EXTENSION / OP-LE



LEG CURL / OP-LC



ABDOMINAL / OP-AB



HIP ABDUCTOR/ADDUCTOR / OP-HAA



LEG CURL/EXTENSION / OP-LCE



SEATED LEG CURL/EXTENSION / OP-SLCE



ABDOMINAL/BACK EXTENSION / OP-ABBA

LifeFitness

PLATE LOADED



SMITH MACHINE / SSM



SMITH RACK / OP-SM



LINEAR LEG PRESS / SPLLLP



BICEPS CURL / SPLBC



DECLINE PRESS / SPLDCP



PULLDOWN / SPLPD



HIGH ROW / SPLHR



INCLINE PRESS / SPLIP



ROW / SPLROW



SEATED DIP / SPLDIP



SHOULDER PRESS / SPLSP



KNEELING LEG CURL / SPLKLC



LEG EXTENSION / SPLLE



CALF RAISE / SPLCALF

LifeFitness

BENCHES & RACKS

Transform your free weight experience

Found in premium clubs and fitness facilities around the world, Life Fitness benches and storage are renowned for their exceptional look and feel, and are designed to seamlessly combine comfort and style.

BENCHES & RACKS



MULTI ADJUSTABLE BENCH / LBR-MA

Featuring precision seat and back pad adjustments, the Multi-Adjustable bench provides seven adjustment angles from -10 to 70 degrees, allowing for more workout versatility.



ADJUSTABLE BENCH / LBR-AD

Adjusts six ways - including flat and incline - to support a variety of workouts. An angled lumbar pad provides ultimate comfort and support.



UTILITY BENCH / LBR-UB

Featuring an 80-degree back pad angle and a low and narrow seat pad, this bench provides maximum stability for performing seated exercises.



ABDOMINAL BENCH / LBR-AB

Upgrade your ab workouts with this space-efficient bench. Its 17-degree angle maximizes ab engagement, while built-in handles and wheels ensure easy mobility.



FLAT BENCH / LBR-FB

Designed with a single front leg for optimized foot positioning, this bench provides a sturdy surface to perform all exercises requiring a flat position.



ADJUSTABLE DECLINE BENCH / LBR-DB

Designed specifically for performing core and decline exercises, this bench provides five different adjustments from 10 to -30 degrees to add versatility and vary exercise difficulty.



ABDOMINAL CRUNCH BENCH / LBR-AC

Uses dual pivot motion to effectively replicate abdominal crunch movements. Includes user-friendly spring-assisted adjustment levers.



ARM CURL BENCH / LBR-BC

Two different pad angles allow for traditional preacher curls or more concentrated hanging curls to enhance workout versatility.

BENCHES & RACKS



FLEXIBILITY TRAINER / LBR-FS

Supports proper body position and uses gravity to stretch all major muscle groups. Pivot system allows for a greater range of movement, which accommodates various body types and levels of flexibility.



CHIN/DIP/LEG RAISE / LBR-LC

Three exercise possibilities in one piece of equipment provides maximum space efficiency.



BACK EXTENSION / LBR-BE

Angled pads and lower rollers combine to provide excellent support.



DIP/LEG RAISE / LBR-LD

Stable positioning for vertical knee raises and dips. 10-degree reclined position and angled elbow pads secure user position. Includes a step for easy entry and exit.





BENCHES & RACKS



OLYMPIC BENCH WEIGHT STORAGE / LBR-OW

The Olympic Bench Weight Storage employs a comfortable upright position that encourages full quadriceps contraction without hamstring flexibility limitations.

OLYMPIC SQUAT RACK / LBR-OS

The Life Fitness Olympic Squat rack has five racking positions and eight weight horns. This Olympic squat rack features a molded urethane protective racking system.



OLYMPIC INCLINE BENCH / LBR-OI

Features molded urethane protective racking that limits noise and protects the bar from wear for a stable and precise workout.



OLYMPIC DECLINE BENCH / LBR-OD

Features an adjustable kneepad to accommodate users of all sizes, with molded urethane protective racking.



OLYMPIC FLAT BENCH / LBR-OF

Features molded urethane protective racking that limits noise and protects the bar from wear for a stable and precise workout.



OLYMPIC MILITARY BENCH / LBR-OM

Features a forward and rear racking system for added variety, with molded urethane protective racking.

BENCHES & RACKS



2-TIER DUMBBELL RACK / LBR-D2

The Life Fitness Two Tier Dumbbell Rack conveniently holds 10 pairs of dumbbells.



3-TIER DUMBBELL RACK, LONG SADDLE / LBR-DL

The Three-Tier Long Saddle Dumbbell Rack have sleek, attractive frames that conveniently house round dumbbell pairs.



3-TIER DUMBBELL RACK, SHORT SADDLE / LBR-DS

The Three-Tier Short Saddle Dumbbell Rack has sleek, attractive frames that conveniently house round dumbbell pairs.



VERTICAL DUMBBELL RACK / LBR-DV

The Vertical Dumbbell Rack has a space-saving design and holds eight pairs of studio dumbbells (2.5 to 20 lb; 1 to 8 KG).



3-TIER DUMBBELL HEX RACK / LBR-DF

The Life Fitness Flat Dumbbell Rack has a sleek, attractive frame that conveniently houses one set of Hex dumbbell pairs (5 to 50 lb; 2.5-25 kg).

BENCHES & RACKS



BARBELL RACK 5 / LBR-BB

The Barbell Rack accommodates 5 fixed barbells. Molded urethane guards the frame from paint chips and scratches.



BARBELL RACK 10 / LBR-BR

The Barbell Rack accommodates 10 fixed barbells. Molded urethane guards the frame from paint chips and scratches.



3-TIER ACCESSORY RACK / LBR-AR

The Three-Tier Accessory Rack has a sleek, attractive frame with flat trays to house various accessories.



VERTICAL MEDICINE BALL STORAGE / LBR-MB

The Vertical Medicine Ball Storage Rack has the ability to hold up to 5 medicine balls (10.2", 26cm in diameter).



OLYMPIC WEIGHT TREE / LBR-OT

The Life Fitness Olympic Weight Tree employs six weight horns for simple weight storage. It also has labels for correct weight placement.

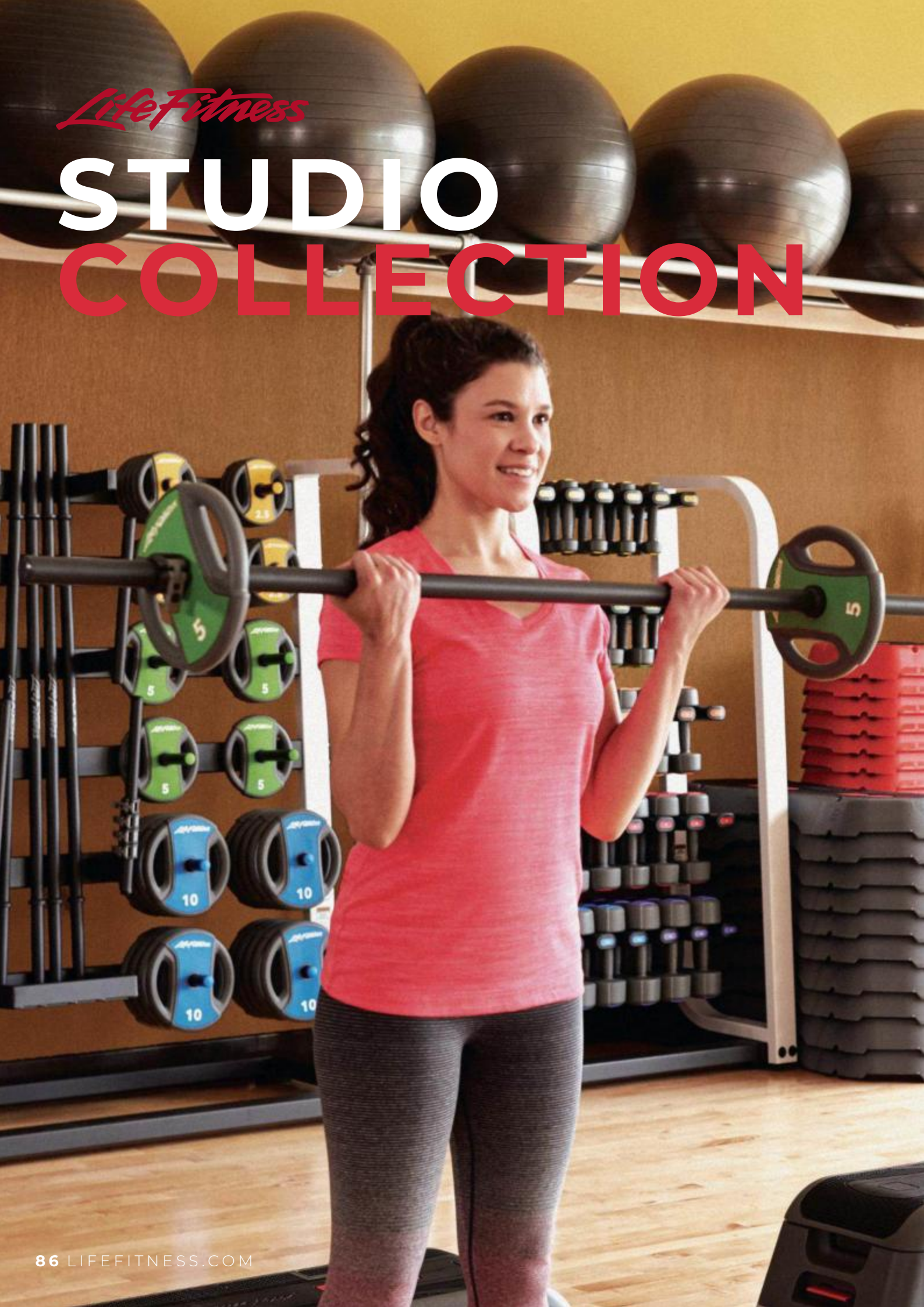


ACCESSORY STORAGE RACK / SAR

The Life Fitness Accessory Storage Rack offers storage for a variety of training accessories. It helps keep facilities well organized and is perfect for a small training space that makes use of accessories.

LifeFitness

STUDIO COLLECTION



Studio Collection accessories are designed following color theories and common user preferences. The simple, organizational benefits and accessibility make the Studio Collection perfect for exercisers and club owners alike.

FEATURES:

- Each rack is the same height and each type of weight utilizes the same color strategy. This gives your studio a collection of products that fit and work together as a family.
- Organizational efficiency allows this collection to fit in any space.
- Colors and design aesthetics make group studio classes more inviting.



DUMBBELL PACK / LF-GDBLB



KETTLEBELL PACK* / LF-STKBR



BARBELL PACK / LF-GBBLB



STEP / LF-STP-1001



RISER / LF-STP-1002



DECK / LF-DK-1000



STEP & RISER SET / LF-STP-1000

* Kettlebells sold separately.

LifeFitness

ACCESSORIES



MED BALLS

Heavy-duty med balls designed to meet all your weighted movement needs.



FOAM ROLLERS

Improve blood flow and speed up recovery after a workout with a Life Fitness roller.



JUMP ROPES

Heavy-duty and perfect for group training and cardio exercises.



KETTLEBELLS

Protective rubber coating, stainless steel handles, and a wide weight range means we have the ideal product for all of your specific kettlebell exercises.



COVERED RESISTANCE TUBES

The gray nylon sleeve protects the tubing from nicks, cuts, overstretching. The ergonomic plastic handles feature a textured rubber grip.



ANCHOR RESISTANCE TUBES

Anchor Resistance Tubes attach to pullup bars and uprights to create an anchor point to pull, push, and twist away from.



SOFT PLYO BOX

Build power with jumps, or strength with high stepping.



MATS

Premium design in both look and feel.



STABILITY BALLS

A core necessity for every facility.



POWERBANDS

Versatile and durable enough for bodyweight, weightlifting, resistance and assistance exercises.



TIRES

Functional design and high-quality durability for grabbing, lifting, carrying and flipping.



CORE BAGS

Commonly used for front squats, upright rows, clean and press, tricep extensions, Russian twists, as well as lunges, squats, and presses.



HEAVY BAG

Heavy bag has a 45" (114,3 cm) length for both punching and kicking. Hanging chain is included.



BAG GLOVES

A pro-curved molded design with shock absorbing padding for a comfortable, cushioned palm grip.



STUDIO COLLECTION DUMBBELLS

Designed with user function in mind and made with high-quality urethane that protects the dumbbells, racks and floors from any nicks, scuffs or streaks.



SPEED CONES

Six wide base, stable cones to assist in agility and speed training. Cones easily stack onto each other for storage.



HURDLE

Build agility using hurdles at two heights. Simply rotate the lengths to achieve 6" (15cm) or 12" (30cm).

LifeFitness

CABLE MOTION™



Cable Motion™ Technology challenges exercisers with user-defined paths of motion that help build balance and power.



DUAL ADJ PULLEY 4:1 W/ STABILIZATION / CMDAS* / CMDAP

The Life Fitness Dual Adjustable Pulley with Stabilization has a weight stack that delivers a 4:1 resistance level to provide lower starting resistances for less experienced users and our patented adjustable stability pad for support during key movements. Cable Motion™ Technology employs user-defined paths of motion that allow for a nearly endless variety of strength training options that builds balance, stability, and power.

** Also available without stabilization - CMDAP*

ADJUSTABLE CABLE CROSSOVER / LCM-CC

The Life Fitness Adjustable Cable Crossover machine is a premium cable training system engineered to offer versatile and multi-dimensional cable training suitable for users at any fitness level. Featuring two fully adjustable pulleys, this equipment allows for a wide range of upper and lower body exercises, ensuring unmatched freedom of movement.



DUAL ADJUSTABLE PULLEY 2:1 / OP-DAP

The Life Fitness Dual Adjustable Pulley 2:1 is a centerpiece for individual workouts, personal training sessions, and small group training. It features an ergonomic pull-up bar that offers several grip positions, and 90" (228.6 cm) of cable that allows for a wide range of user-defined movements and strength training possibilities. This multi-exercise machine offers nearly limitless strength training options.



LifeFitness

UNIVERSAL CABLE



**ENGINEERED TO INCLUDE.
BUILT TO PERFORM.**

UNIVERSAL CABLE / LCM-UC

The Life Fitness Universal Cable combines smart design, inclusive accessibility, and total training versatility - all in a compact, space-saving footprint.



Intuitive adjustments

Single-hand, lightweight arms make vertical and horizontal adjustment effortless. Experience freedom of versatility with a horizontal range of 7" (17,8 cm) - 106" (269,2 cm) and a vertical range of 5" (12,7 cm) - 90" (228,6 cm)



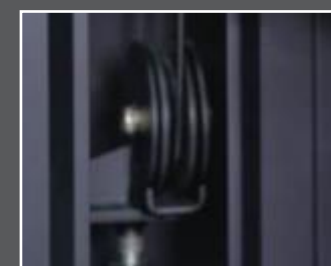
Inclusive & Accessible

Certified to ASTM F3021-17 standards for inclusive fitness, supporting seated and standing users alike.



Improved biomechanics

The wide range of arm adjustments enables strength training that mirrors the body's natural movement patterns for more functional, effective results.



Dynamic 3:1 Cable Ratio

Allows for explosive functional training with reduced perceived resistance — perfect for athletes, rehab, and beginners.



Accessible Storage

Versatile cable attachments within reach to support a wide range of strength, mobility, and core exercises.

Included: 2 short handles, 1 ankle strap, 1 triceps rope



Smart Training Support

Includes a phone dock and is compatible with the optional LF Connect System, giving users access to hundreds of guided exercise examples.

UNIVERSAL CABLE



DESIGNED FOR

EVERY BODY

”

As a wheelchair user, the Universal Cable gave me the freedom to complete workouts independently. It opened up a whole new world of fitness and empowerment.

Mckenna Woodhead

”

UNIVERSAL CABLE

3:1 CABLE RATIO



ONE-HAND ADJUSTMENTS



OPTIMIZED BIOMECHANICS



COMPACT, INCLUSIVE DESIGN



CABLE TRAINING FOR EVERY BODY.

This is what happens when accessibility meets ambition.

The next evolution of strength training is here. The Life Fitness Universal Cable delivers unmatched versatility in a compact footprint, making it ideal for functional training zones, personal training studios, and inclusive wellness spaces.



LifeFitness

PWR PLAY®



FLEXIBLE, CONFIGURABLE, FUNCTIONAL

Life Fitness PWR PLAY® is a flexible and configurable strength and functional training solution for individual, personal and group training. It can be configured for traditional cable-based training, functional and bodyweight workouts - or a combination of both.

With 27 possible add-on options, including optional storage solutions PWR PLAY® enables facilities to create versatile, customized solutions for multiple environments and exercisers.



CONFIGURABILITY

Modular stations allow the creation of tailored solutions to fit your facility's programming needs.



VARIETY

Choose from endless configurations that allow PWR PLAY to become a turnkey component to your personal, group and cable-based programs.



SPACE EFFICIENT

Along with optimized footprint from custom configurations, additional storage components keep your facility floor open for training.

PWR PLAY

BUILD YOUR PWR PLAY WITH EASE, IT ALL STARTS WITH A CORE.

Whether you're starting from scratch or looking to expand, creating your ideal cable training space is easy. Start with a Core, which provides access to four training stations. From there, you can effortlessly add and connect more components to fit your needs. Building your perfect cable space has never been simpler.



CONNECTED CORE (STORAGE)

Maximize both functionality and convenience by connecting two Cores with our Accessory Storage Connector. Now you have seamless training and accessory organisation.



CORE CROSSOVER

Connect your standard Core to another adjustable pulley to create one of the most popular and versatile setups in facilities found around the world.



CORE +4

Whether you prefer traditional stations, functional stations, or a blend of both, assembling a single Core offers four distinct exercise applications within a compact footprint.



CONNECTED CORE

Cores can connect. No, there is no limit. Give yourself and your facility freedom to create an exercise space that was created to impress.

PWR PLAY

CORE STATIONS:

Build your PWR Play with ease it all starts with a Core.



CORE / LPP-CORE

- Central connection point for PWR Play
- Can add up to 4 different stations per Core.
- Connect unlimited Cores with Core Connectors.
- Rubber slipper covers help provide protection and hide hardware.



CORE CONNECTOR - ACCESSORY STORAGE
/ LPP-SX

- Connects 2 Cores
- Med Ball / Slam Ball specific storage
- Flat, rubber over molded storage trays
- Recommended accessories: Kettlebells, Slam Balls, Med Balls



CORE CONNECTOR - CABLE CROSSOVER
/ LPP-CX

- Connects 2 Cores
- Carriage swivels 175 degrees
- Cable at 2:1 ratio
- Carriage adjusts 7-76" (18-193cm) above floor
- 4 chin handle positions
- Includes 2 short handles & 1 ankle strap
- Optional: Adj Cable Handle Storage

TRADITIONAL STATIONS:

PWR Play includes 6 traditional cable stations designed specifically for heavy cable training.



ROW / LPP-RW

- For performing standard rows
- 1:1 cable ratio for max resistance
- Angled foot platforms for bracing / stability
- Includes light-weight row handle



PULLDOWN / LPP-SX

- Standard lat-pulldowns
- 1:1 cable ratio for max resistance
- Adjustable knee hold down pads
- Swivel pulley for exercise variety
- Includes standard lat bar



TRICEPS PUSHDOWN
/ LPP-CX

- For performing triceps pushdowns
- 1:1 cable ratio for max resistance
- Swivel pulley for minimizing friction
- Comes with standard triceps rope



CABLE CROSSOVER - ATTACHED / LPP-CC

- 2:1 cable ratio
- Carriage swivels 175°
- Adjusts 7-76" (18-193cm) from floor
- 4 chin-up handle positions
- Includes 2 short handles & 1 ankle strap
- Optional: Adj Cable Handle Storage



STATION PANEL / LPP-PA

- Fills open sides of the Core for a clean consistent aesthetic



ADJUSTABLE 2:1 CABLE / LPP-AC

- 2:1 cable ratio
- Carriage swivels 175°
- Adjusts 7-76" (18-193cm) from floor
- 4 chin-up handle positions
- Includes 1 long handle & 1 ankle strap
- Optional: Adj Cable Handle Storage

PWR PLAY

POWER STATIONS:

PWR Play includes 6 PWR stations designed for unique, advanced cable training.



DUAL CABLE ROW / LPP-DR

- 2 swivel pulleys with independent directional resistance
- 2:1 cable handle ratio
- Angled foot platforms for bracing / stability
- Includes 2 short handles & 1 light-weight row handle



DUAL CABLE PULLDOWN / LPP-DP

- 2 overhead swivel pulleys with independent directional resistance
- 2:1 cable handle ratio
- Adjustable knee hold-down pads accommodate different-sized users
- Comes with lat bar storage
- Includes 2 short handles & 1 lat bar



ASSIST DIP/CHIN / LPP-DC

- Folding foot support that allows for assisted or unassisted dips & chin-ups
- 3 chin-up hand positions
- Elevated weight stack for easy access



DUAL CABLE HIGH / LPP-DH

- 4:1 cable handle ratio for dynamic downward movements
- Stability pad for optional support
- Handle pulleys rotate 360° for unlimited range of motion
- Includes 2 adjustable length handles



DUAL CABLE LOW / LPP-DL

- 4:1 cable handle ratio for dynamic upward movements
- Stability pad for optional support
- Handle pulleys rotate 360° for unlimited range of motion
- Includes 2 adjustable length handles



ADJUSTABLE 4:1 DYNAMIC CABLE / LPP-AD

- 4:1 cable ratio for dynamic movements
- Carriage swivels 175°
- Adjusts from 7-76" (18-193cm) from floor
- Includes 1 short handle, 1 long handle & 1 ankle strap
- Optional: Adj Cable Handle Storage



ROPE PULL / LPP-RP

- Overhead infinity rope with five resistance settings
- Mid & low redirect pulleys provide multiple pulling angles



STALL BARS / LPP-SB

- Used for bodyweight training, anchoring bands and stretching
- Offset pull-up bar for suspension training
- 8" (20 cm) rung spacing



POWER PIVOT / LPP-PP

- Used for rotational power
- Includes storage for weight plates & PWR Play pivot bar
- Includes PWR Play Pivot bar (1/2 the weight of Olympic Bar)



PUNCHING BAG ANCHOR / LPP-BA

- Rated for a 100 lb/50kg Heavy Bag
- Heavy Bag not included
- Storage for gloves and Heavy Bag when not in use
- Features Bodyweight Trainer anchor & Battle Rope anchor points



POWER PIVOT/ROPE PULL / LPP-PR

- Combines the Rope Pull & Power Pivot into a single station.



VERSA / LPP-VS

- Integrated accessory storage for Bands, Med Balls, Kettlebells
- 5 U-Links for attaching & adjusting: Step Platform (LPP-ST) Dip Handle (LPP-DI) Elastic bands
- Optional: Step or Dip

PWR PLAY

MISC. STATIONS:

PWR Play includes additional options to complete your cable training setup.



ADJUSTABLE CABLE CROSSBAR / LPP-CB

- Connects Adj Cable stations. (LPP-AC, LPP-AD)
- Multiple hand position & widths
- Texture Charcoal Gray paint for improved grip & wear resistance for bodyweight trainers
- 3.125" (79mm) textured ball grips
- Available in 4 lengths (S-M-L-XL): 81.5", 93.5", 105.5", 108.2" (187, 237, 268, 275 cm)



DIP / LPP-DI

- 1.5" (38.1mm) diameter rubber handles
- 300 lb (136 kg) user rating
- Use with the Versa station only



ADJUSTABLE CABLE HANDLE STORAGE / LPP-HR

- Works with: Adj Cables (LPP-AC & LPP-AD)
- Adj Cable Crossovers (LPP-CC & LPP-CX)
- Flat rubber over molded storage shelf
- 6 chrome-plated hooks for handle storage accommodate different-sized users



STEP / LPP-ST

- 300 lb (136 kg) user rating
- 400 lb (182 kg) load rating
- Use with the Versa station only



LifeFitness

SYNRGY

ONE UNIT. ENDLESS POSSIBILITIES.



SYNRGY

BIG OR SMALL, WE'VE GOT YOUR TRAINING AND STORAGE NEEDS COVERED.



BENEFITS

UNLIMITED CONFIGURABILITY

From single-bay to multi-bay setups, SYNRGY adapts to any space, supporting individual, small group, or team training. Position bays against walls or as standalone centerpieces with monkey bars to maximize your floorplan.

VERSATILE TRAINING

Functional side frames offer multiple attachment points for barbell training, battle ropes, suspension trainers, wall ball targets, and resistance bands. Integrated cable columns frames with a 4:1 ratio deliver smooth, dynamic movement.

MAXIMUM STORAGE

Choose 48" (122 cm) or 72" (183 cm) shelves with multiple configurations for plates, dumbbells, kettlebells, core bags, stability balls, and more. Additional side storage keeps mats, studio dumbbells, and foam rollers organized.



CONFIGURABLE



VERSATILE



STORAGE

SYNRGY

BUILT TO DO MORE. DESIGNED TO LOOK THE PART.

Large or small, we've got your training and storage needs covered.

Life Fitness SYNRGY combines versatile training stations, olympic-level performance features, and smart storage solutions into one sleek, space-efficient system - perfect for group training zones, athletic facilities, and multipurpose fitness spaces.



CONFIGURATION CENTER ROOM

Transform your gym with a center-room training hub that combines Olympic lifting, cable training, and functional workouts in one. Perfect for high-performance facilities, it centralizes equipment while maximizing training variety.

SYNRGY



CONFIGURATION FUNCTIONAL DAP

A dual adjustable pulley with integrated accessory storage for space efficiency. Perform hundreds of exercises while keeping attachments close—ideal for functional training zones and commercial gyms.



CONFIGURATION WALL ADJACENT

Maximize floor space with this wall-adjacent package, perfect for small studios. Offers versatile training options and storage to keep accessories organized while delivering a full range of workouts.



LifeFitness

DIGITAL SOLUTIONS



Take your cardio and strength equipment to the next level with tools to help effectively manage and maintain your equipment.

Maximize equipment lifespan, personalize interface screens, make data-driven decisions and seamlessly connect your entire operation to unlock the full potential of your investment.



FACILITY CONNECT



CONNECT SYSTEM



PARTNER CONNECT

FACILITY CONNECT

91%
ONLINE



SCAN TO FIND
OUT MORE



EQUIPMENT MANAGEMENT

Gain complete control over your Life Fitness equipment with personalized settings, real-time status monitoring, and seamless access to vital data. Ensure your facility runs smoothly and efficiently with tools designed to optimize performance and enhance user experience.

SOFTWARE UPDATE ASSURANCE

Ensure that your equipment software is always up to date for optimal performance and functionality.

INSIGHTFUL DATA ANALYTICS

Harness the power of data to gain valuable insights into equipment usage patterns and exerciser behaviors. Optimize your facility's performance with detailed analytics that help you understand and improve how your equipment is utilized.

BRAND EMPOWERMENT

Keep your brand top of mind by uploading personalized workouts, attract screens and new member onboarding videos to your cardio equipment.

STREAMLINED MAINTENANCE

Maintain direct oversight of all your Life Fitness equipment, even across multiple facilities. Easily download owner's manuals and troubleshooting guides, or directly communicate with the Life Fitness service teams for seamless support.

LIFE FITNESS ON DEMAND+

This complimentary feature, powered by Facility Connect, provides you with the tools to create custom workout content or leverage over 500 on-demand experiences.



CONNECT SYSTEM



The Life Fitness Connect System consists of 3 tools with benefits for owners/operators and members



CONNECT APP

Stay in constant contact with your exercisers and learn valuable insights from their data usage.



CONNECT KIT

Bring your strength and workout stations to life. Increase your ROI by giving your members a connected experience.



TRAINER CONNECT

Streamline the trainer-client relationship in one intuitive platform.

KEY FEATURES OF THE CONNECT APP

AI WORKOUT GUIDANCE

Personalizes workouts and learns from each session and updates recommendations. To help people train with less friction and more focus.

PERSONALIZED TRAINER CONTENT

Trainers can create workouts with AI, talk with clients, and track progress in one place.

GAMIFIED WORKOUTS

An interactive workout experience creates an engaging experience for the member

DATA COLLECTING

Members can view workout history graphs, time tracking, weight, rep count and more.

MEMBER COMMUNICATION

Send notifications of new programs, trainer availability, facility updates and fitness advice.

CARDIO AND STRENGTH CONNECTION

Exercisers seamlessly track strength & cardio workouts with the tap of a phone.



DOWNLOAD NOW



Available on the App Store



GET IT ON Google play

CONNECT SYSTEM

KEY FEATURES OF THE CONNECT KIT

STRENGTH USAGE DATA

Gain insights into traditional offline equipment to maximize lifespan.

BATTERY POWERED

No cords needed. Eliminated excess clutter and long-life span saves you maintenance time.

WELCOME NOTIFICATIONS

Connect with your exercisers the minute they step through the door with personalized messages.

REAL-TIME ANALYTICS

Every rep and every set recorded in real-time across all your strength machines.

PERSONALIZED TRAINER CONTENT

INTUITIVE PROGRAM BUILDER

Build tailored workout programs for your clients.

MEMBER TRENDS

Understand member preferences to create tailored workout programs.

CLIENT MANAGEMENT

Stay on top of client engagement with insights into exerciser fitness journeys.

GAIN EXPOSURE

Increase your trainers' brands and help them discover and reach new clients.

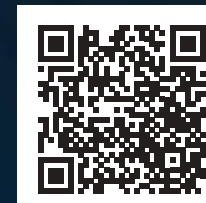
HEALTH AND WELLNESS TIPS

Be the wellness authority in your customers' lives by sending hints & tips.

HEALTH TIPS & NOTIFICATIONS

Communicate directly with exercisers to keep them up-to-date and engaged.

PARTNER CONNECT



SCAN TO FIND
OUT MORE

PARTNER CONNECT

The industry-first open software platform that integrates other industry-leading software providers to create a seamless experience for your facility management.

APPS & WEARABLES

Exercisers can connect to Life Fitness to track their data to other top fitness apps and health devices.

FACILITY SOFTWARE

Integrate other facility management and service software with the Life Fitness platform to get a holistic view of your product performance.

FITNESS PARTNERS

Connect our products to alternative fitness equipment and analyzers for exercisers to track their holistic fitness experience.

COLLABORATIVE DEVELOPMENT

Connect our products to alternative fitness equipment and analyzers to deliver a fully integrated fitness tracking experience.



FITNESS FACILITIES THAT INSPIRE



ON AIR FITNESS VALENCIA LES ARTS VALENCIA, SPAIN

ON AIR is not just a chain of gyms, it is a concept that transforms training into a sensory experience. The gym chain will continue to move forward with Life Fitness / Hammer Strength in its ambitious expansion plan, which includes the opening of 150 clubs in Spain and Portugal over the next five years.

ON AIR Fitness continues to revolutionize fitness in Spain with spaces that combine design, technology, music and high-performance equipment.



CHARLOTTE
DUTERTRE

CO-FOUNDER ON AIR
FITNESS IBERIA

“ Our partnership with Life Fitness / Hammer Strength allows us to offer the best in bodybuilding and cardio equipment, pushing our exercisers to push their limits. ”



THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTORIZED
EQUIPMENT

HS
HD ELITE II /
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS



ANYTIME FITNESS
VIENNA, AUSTRIA

At Anytime Fitness Vienna, architectural character, the latest fitness equipment and personalized support come together to deliver an exceptional training experience that members love and operators are proud to offer.

In the middle of Vienna, Anytime Fitness has found a special location: a former coffin factory. The challenge? To preserve the historic ambience and at the same time perfectly implement the international standards of Anytime Fitness.



“As Mr. Universe, I have already tested countless devices. Hammer Strength is definitely one of my favorites.”

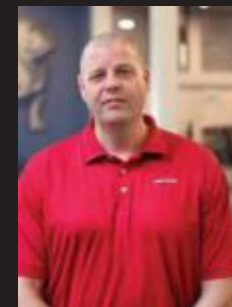
ANDREAS MÜHLBURGER,
STUDIO MANAGER



SAMFORD UNIVERSITY
NEXT-LEVEL
CAMPUS FITNESS

Known for its strong academic programs, vibrant campus community, commitment to student success, Samford blends tradition with innovation. With a focus on holistic development, the university fosters an environment where students can thrive academically, socially, and physically.

As part of an \$85 million renovation, Samford University sought to turn its 165,000-square-foot campus recreation complex into a world-class fitness facility.



“I knew from the start [Life Fitness] was the product I wanted...This facility has made a lasting impact, with over 35k visits in the first month alone.”

NICK MADSEN
EXECUTIVE
DIRECTOR
OF CAMPUS
RECREATION





FOXHILLS COUNTRY CLUB & RESORT, CHERTSEY, UNITED KINGDOM

Foxhills aimed to create a modernized fitness facility with a 'wow factor' during its gym refurbishment. The space, used by club members, hotel guests, and gym members, needed to cater to diverse training requirements while embracing current fitness trends.

The new gym floor combines state-of-the-art fitness equipment with integrated technology and a contemporary aesthetic, designed to feel open and welcoming.

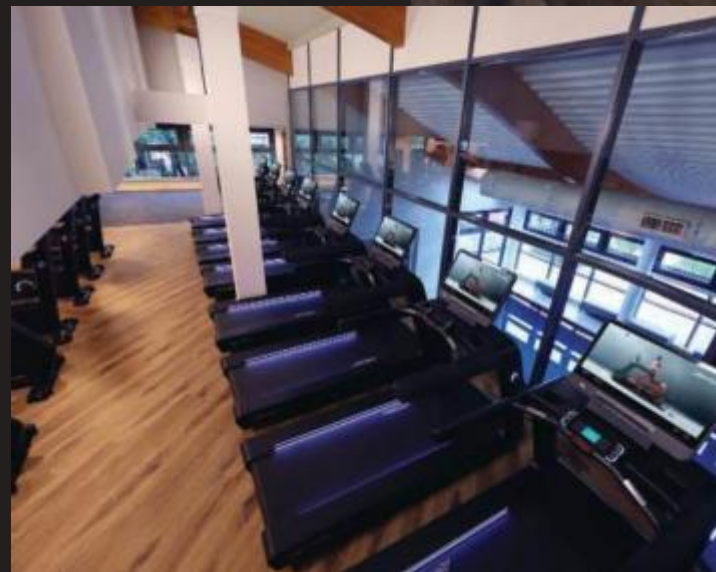


CHELSEA PIERS® fitness

CHELSEA PIERS FITNESS, NEW YORK CITY, NY

The Chelsea Piers Fitness brand redefines the traditional gym experience, incorporating state-of-the-art training options, studio quality class experiences, open creative spaces, unique design and first-rate customer service.

In partnership with Life Fitness, Chelsea Piers Fitness was able to expand into their Flatiron location bringing this curated member experience to another area of New York City.



GEORGINA TYSON,
DIRECTOR OF LEISURE AND SPA

“When Life Fitness introduced us to Symbio we were really excited, and we knew it would be really well received here at FoxHills. We wanted to work with a company that would take our needs and goals seriously and Life Fitness have done just that.”



GRETA WAGNER
EXECUTIVE DIRECTOR / VP

“It's important to us to create an environment where everyone within our community feels comfortable. It's a very inclusive community and we want people to walk around the club feeling like this is the place where I want to be... We want a space that feels good.”





MARRIOTT HOTEL COLOGNE, GERMANY

Many guests of the Cologne Marriott Hotel do not start their day with breakfast, but with a workout. Together with Life Fitness and a designer, the room was completely rethought. Not “more devices”, but suitable devices. Not “nicer”, but really usable - for business travellers, frequent exercisers.

The focus was on ease of use, durability, and a design that complements the exclusive setting- resulting in a training area that is used more frequently.



REAL CLUB DE POLO DE BARCELONA

BARCELONA, SPAIN

The Chelsea Piers Fitness brand redefines the traditional gym experience, incorporating state-of-the art training options, studio quality class experiences, open creative spaces, unique design and first-rate customer service.

In partnership with Life Fitness, Chelsea Piers Fitness was able to expand into their Flatiron location bringing this curated member experience to another area of New York City.



“ The feedback from our guests in the first few weeks after the reopening was overwhelmingly positive. I can say with conviction: We have the most beautiful health and fitness club in the city. ”

DIRK
SCHOEBEL,
GENERAL MANAGER
COLOGNE MARRIOTT



BEATRIZ
LASHERAS
MARZO

RC POLO SPORT
CENTER BOARD
MEMBER

“ The expectation is being excellent. Life Fitness offers us innovation, impeccable service and state-of-the-art fitness equipment, along with the most advanced technology. This is the beginning of a long trajectory that we are sure will last for many years and will be completely successful. ”



BUILT TO A HIGHER STANDARD

**HAMMER
STRENGTH®**

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HAMMER STRENGTH STARTS WITH HERITAGE

Strength training changed when Gary Jones created Hammer Strength in 1989. With ingenuity, and input from athletes and coaches, 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



**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.

PLATE LOADED



PLATE LOADED SUPER FLY PL-FLY

Designed to push the boundaries of chest training, the Super Fly offers both flat and decline positions, giving athletes the flexibility to target the chest from multiple angles for maximum muscle engagement.



ISO-LATERAL ROW IL-ROW



PLATE LOADED LATERAL RAISE PL-LR



ISO-LATERAL CHEST/BACK IL-CB



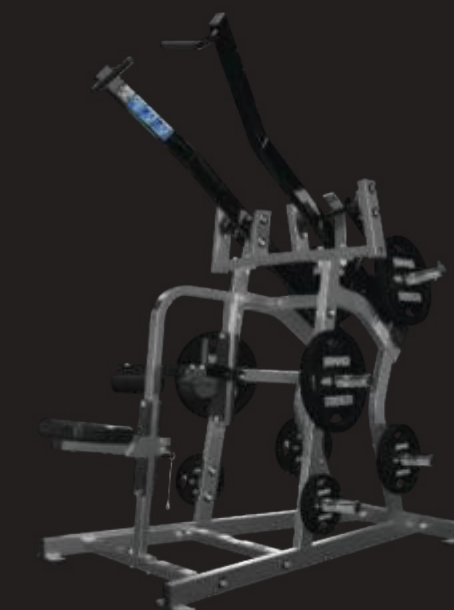
ISO-LATERAL DECLINE PRESS IL-DCP



ISO-LATERAL BENCH PRESS IL-BP



ISO-LATERAL D.Y. ROW IL-DRW



ISO-LATERAL WIDE PULLDOWN IL-WPD



PULLOVER PL-PO

UPPER BODY

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTIONIZED
EQUIPMENT

HS
HD ELITE 10 /
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS



ISO-LATERAL SHOULDER PRESS
IL-SP



ISO-LATERAL LOW ROW
IL-LR



ISO-LATERAL HIGH ROW
IL-HR



ISO-LATERAL SUPER INCLINE PRESS
IL-FMP



ISO-LATERAL INCLINE PRESS
IL-IP



ISO-LATERAL WIDE CHEST
IL-WC

UNMATCHED DURABILITY

Hammer Strength Plate Loaded equipment is built to withstand the toughest workouts. With robust construction and high-quality materials, these machines are designed for longevity and reliability in any fitness facility.

USER-FRIENDLY DESIGN

Each piece features intuitive biomechanics and easy-to-use adjustments, ensuring that exercisers of all levels can achieve their fitness goals with confidence. Clear instructional placards and ergonomic handles enhance the user experience.

ENGINEERED FOR PERFORMANCE

Hammer Strength Plate Loaded machines are meticulously crafted to deliver smooth and consistent resistance. Precision-engineered components, including weight plates and guide rods, are rigorously tested to meet and exceed industry standards.



ISO-LATERAL FRONT LAT PULLDOWN
IL-PD



ABDOMINAL OBLIQUE CRUNCH
PL-AB

UPPER BODY

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

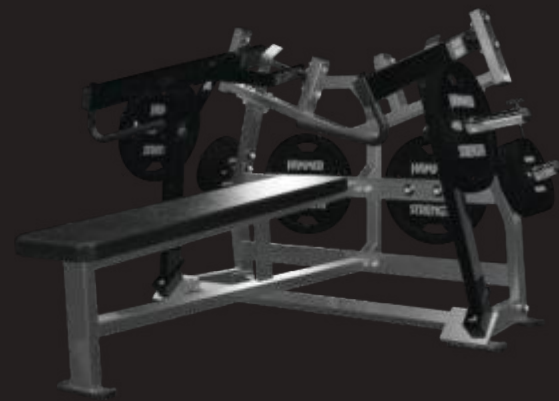
HS
SELECTORIZED EQUIPMENT

HS
HD ELITE 10 / ATHLETIC NX

HS
BENCHES & STORAGE

HS
ACCESSORIES

SPECS



ISO-LATERAL HORIZONTAL BENCH PRESS
IL-HBP



SEATED BICEPS
PL-BI



SEATED / STANDING SHRUG
PL-SH



4-WAY NECK
PL-4W



GRIPPER
PL-GRIP



T-BAR ROW
PL-TBR



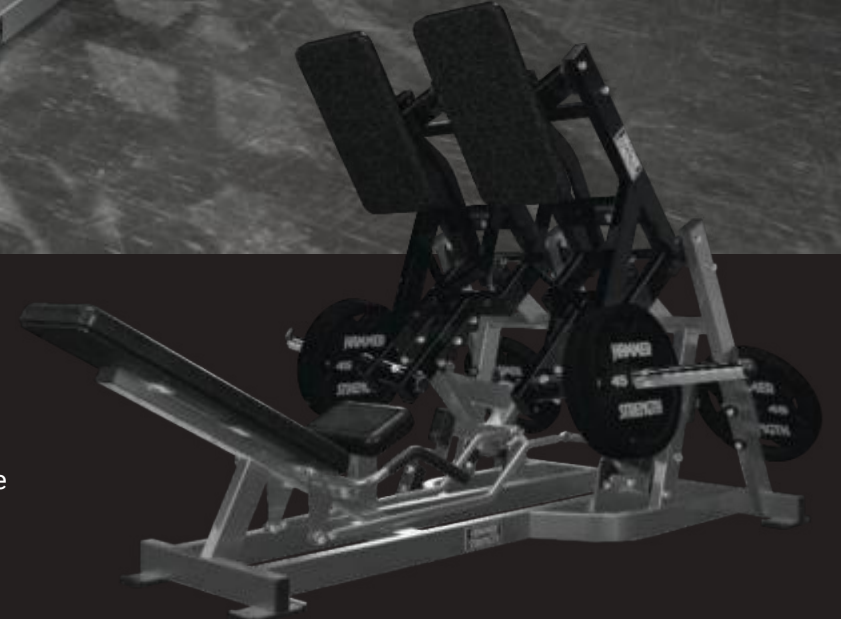
SEATED DIP
PL-DIP

UPPER BODY



SUPER SQUAT PRESS
PL-SSP

The Super Squat Press brings the legendary biomechanics of the Cybex Squat Press into the Hammer Strength lineup—with even more firepower.



GLUTE HAM REVERSE HYPER COMBO
PL-GHRH



ASSISTED NORDIC HAMSTRING
PL-ANH

LOWER BODY

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTIONIZED EQUIPMENT

HS
HD ELITE 10 / ATHLETIC NX

HS
BENCHES & STORAGE

HS
ACCESSORIES

SPECS



PENDULUM-X SQUAT
PL-XSQ

The Plate Loaded Pendulum-X Squat is built for athletes and serious lifters who demand more from their lower-body training. Unlike traditional pendulum squats that limit hip extension and overload the knees, the Pendulum-X drives total-body extension for unmatched power and performance.



BELT SQUAT
PL-BSQ



GLUTE DRIVE
PL-GLD



LINEAR LEG PRESS
HSLLP



V-SQUAT
PL-VSQ



HACK SQUAT
PL-HSQ2



ISO-LATERAL KNEELING LEG CURL
IL-KLC



ISO-LATERAL LEG CURL
IL-LC



SMITH MACHINE
HSSM



ISO-LATERAL LEG EXTENSION
IL-LE



VERTICAL SMITH MACHINE
HSSM-V



SEATED CALF RAISE
PL-CALF



TIBIA DORSI FLEXION
PL-TIB

LEGENDARY STRENGTH

Hammer Strength equipment is renowned for its durability and performance. Built to handle the most intense workouts, these machines are crafted with the highest quality materials to ensure they stand the test of time in any fitness environment.

INNOVATIVE DESIGN

Each piece of Hammer Strength equipment is designed with the user in mind. Ergonomic handles, easy-to-adjust settings, and clear instructional placards make these machines accessible and effective for exercisers of all levels.

PRECISION ENGINEERING

Hammer Strength machines are engineered to deliver smooth and consistent resistance. With meticulously tested components, including weight stacks and guide rods, these machines provide a superior workout experience that meets and exceeds industry standards.



**HAMMER
STRENGTH®**

GROUND BASE®

PLATE LOADED POWER BUILT FROM THE GROUND UP

Ground Base® equipment is designed to keep the exerciser firmly planted on the ground, while maximizing balance and explosiveness from the feet up. Each of the different machines works several muscle groups at once. The result is a total body workout ideal for both sports specific and functional training.

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTORIZED
EQUIPMENT

HS
HD ELITE II /
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS

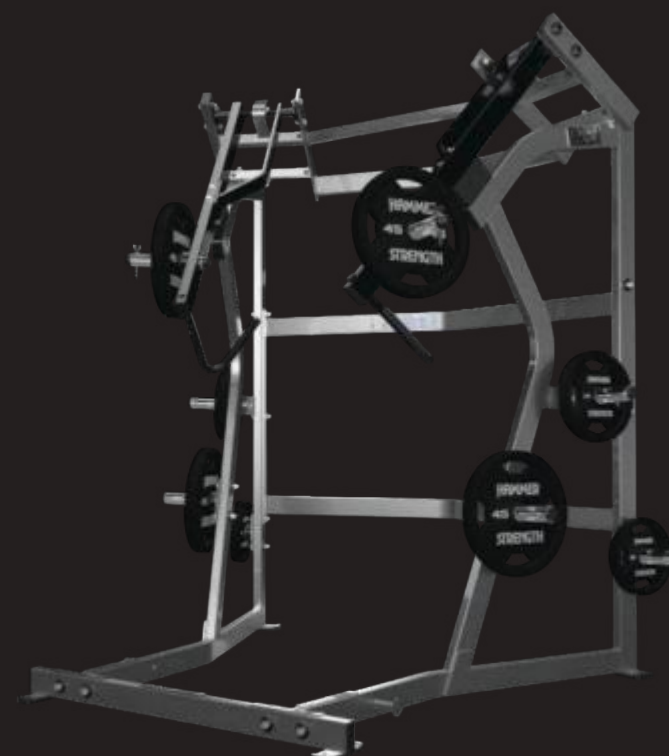


RILEY MOSS, FOOTBALL

GROUND BASE[®]



MULTI SQUAT
GB-MSQ



JAMMER
GB-J



COMBO TWIST
GB-CT



SQUAT HIGH PULL
GB-SHP



**HAMMER
STRENGTH®**

HAMMER SELECT

TOUGH ENOUGH TO COMPLETE THE HAMMER STRENGTH FAMILY

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

HAMMER SELECT

UPPER BODY



CHEST PRESS
HS-CP



FIXED PULLDOWN
HS-FPD



ASSIST DIP CHIN
HS-ADC



BICEPS CURL
HS-BC



SEATED ROW
HS-RW



SHOULDER PRESS
HS-SP



TRICEPS EXTENSION
HS-TE



LATERAL RAISE
HS-LR



PECTORAL FLY
HS-PEC



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



LAT PULLDOWN
HS-PD



VERSATILE PERFORMANCE

Hammer Strength Select equipment offers a wide range of exercises to target every muscle group. Designed for versatility, these machines provide a comprehensive workout experience for users of all fitness levels.

USER-CENTRIC DESIGN

Each piece in the Hammer Strength Select line features intuitive adjustments and ergonomic handles, ensuring a comfortable and effective workout. Clear instructional placards guide users through each exercise, making it easy to get started.

RELIABLE ENGINEERING

Built with the same commitment to quality as all Hammer Strength equipment, the Select line is engineered for durability and performance. Precision-crafted components ensure smooth operation and consistent resistance, meeting the highest industry standards.

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTORIZED
EQUIPMENT

HS
HD ELITE 10/
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS

HAMMER SELECT

LOWER BODY



LEG EXTENSION
HS-LE



SEATED LEG PRESS
HS-SLP



SEATED LEG CURL
HS-SLC



STANDING CALF
HS-SC



ABDOMINAL CRUNCH
HS-ABC



HIP / GLUTE
HS-HG



HORIZONTAL CALF
HS-HC



BACK EXTENSION
HS-BE



LEG CURL
HS-LC



HIP ABDUCTION
HS-HAB



HIP ADDUCTION
HS-HAD



**HAMMER
STRENGTH®**

MOTION TECHNOLOGY SELECTORIZED

SMOOTH, BIOMECHANICALLY SOUND
AND EXTREMELY EFFECTIVE

THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTORIZED
EQUIPMENT

HS
HD ELITE 10 /
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS

MOTION TECHNOLOGY SELECTORIZED

MTS DELIVERS THE EFFECTIVE ISO-LATERAL[®] MOTION PIONEERED AND PATENTED BY HAMMER STRENGTH PLATE LOADED EQUIPMENT WITH THE CONVENIENCE OF SELECTORIZED WEIGHT STACKS.

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



ABDOMINAL CRUNCH
MTSAB



ISO-LATERAL BICEPS CURL
MTSBC



ISO-LATERAL CHEST PRESS
MTSCP



ISO-LATERAL DECLINE PRESS
MTSDP



ISO-LATERAL SHOULDER PRESS
MTSSP



ISO-LATERAL TRICEPS EXTENSION
MTSTE



ISO-LATERAL LEG EXTENSION
MTSLE



ISO-LATERAL KNEELING LEG CURL
MTSKC



ISO-LATERAL FRONT PULLDOWN
MTSFP



ISO-LATERAL HIGH ROW
MTSHR



ISO-LATERAL INCLINE PRESS
MTSIP



ISO-LATERAL ROW
MTSRW

**HAMMER
STRENGTH®**

HD ELITE iD

A RACK SYSTEM WITHOUT LIMITATIONS

Hammer Strength's most premium racks are crafted with elite athletes and world-class facilities in mind. The amazing configurability of HD Elite iD lets you create unparalleled training experiences that evolve with you.



HD ELITE id

BUILDING CHAMPIONS

This customizable and highly modular rack system was created for those who want to push the limit of what a rack can do. With unrivaled rigidity, impeccable functionality, and meticulous design, these racks are engineered to thrive in the most demanding athletic environments and high-performance facilities.

BUILD THE RACK THAT BEST FITS YOUR WEIGHT ROOM FROM THESE STANDARD RACK BASE TYPES.



HD ATHLETIC NX

RACK

NX is a modular line of racks that can be right-sized to fit your space and your budget. At Hammer Strength, we don't compromise on performance. NX is ideal for high schools and training facilities that deserve Hammer Strength level quality and the flexibility to create the perfect fit.



POWER RACK
HDW-PR



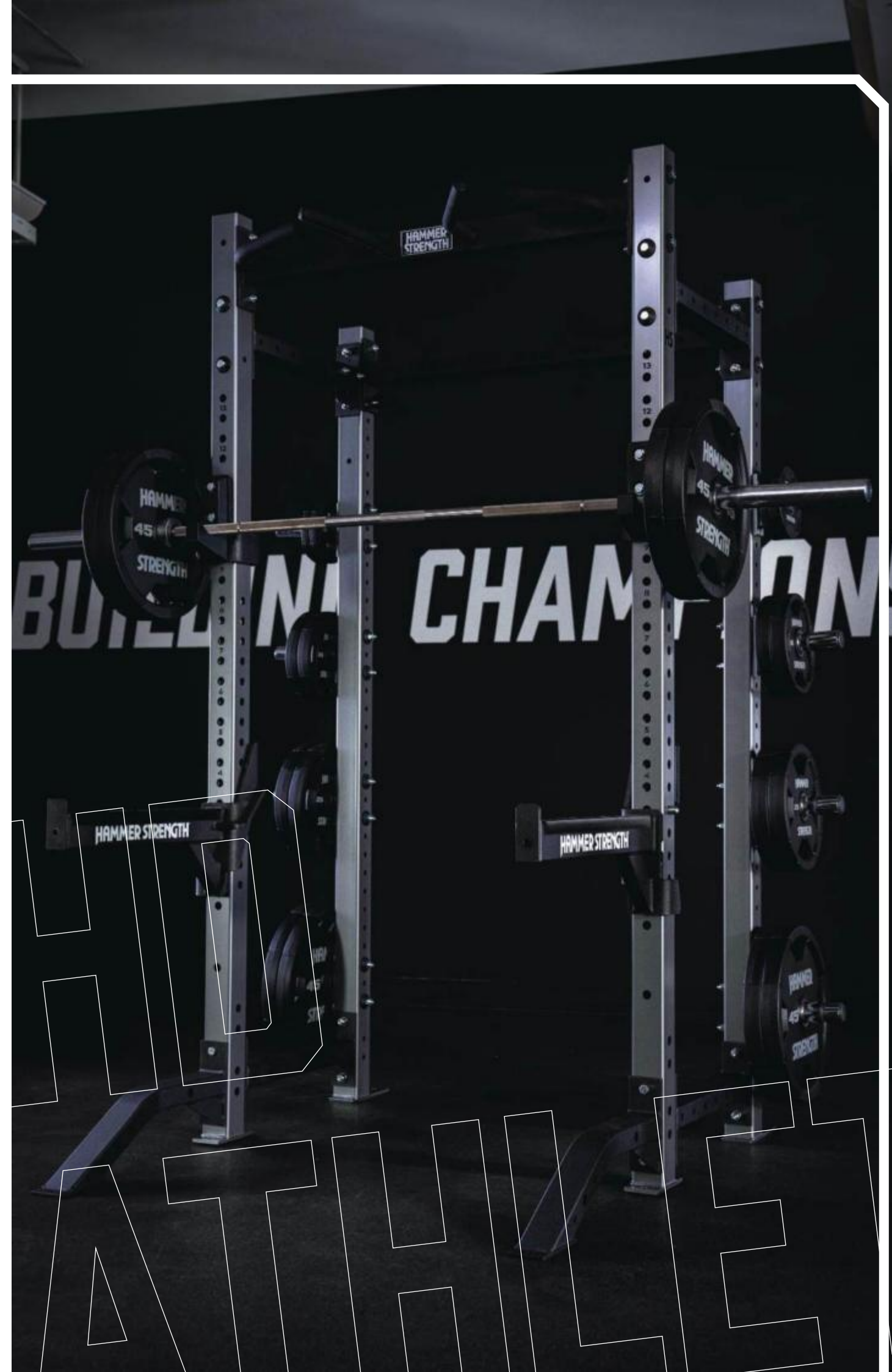
HALF RACK
HDW-HR



COMBO RACK



SQUAT STAND
HDW-SQST



HD PERIMETER

PERFORMANCE STRENGTH TRAINING THAT MAXIMIZES SPACE



SMALL FOOTPRINT. HUGE IMPACT.

Perimeter is a versatile, space-saving training system that is designed to be placed along a wall next to open training spaces. This unique design provides you with options to combine olympic training, functional training and accessory storage all in a compact footprint.



ADD-ON OPTIONS



CABLE COLUMN **ADD**



PERIMETER **ADD**



PULLDOWN / ROW



PULLDOWN / ROW **ADD**



ACCESSORY TOWER **ADD**



ACCESSORY TOWER



CABLE COLUMN

CABLE AND STORAGE STATIONS



HD UNIVERSAL ADD-ONS

Build the training system that challenges anyone with nearly limitless configuration options. Choose from a wide range of add-ons, cross-members and storage possibilities. Nearly all are compatible with HD Elite iD, HD Athletic NX and HD Perimeter.



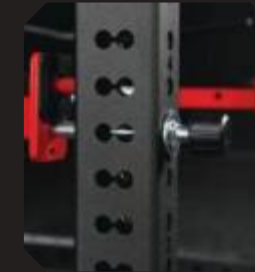
LIGHTNING
ARMS



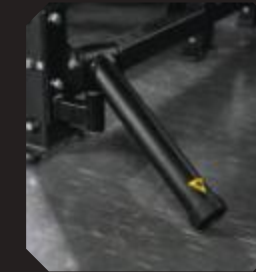
NORDIC
HAM



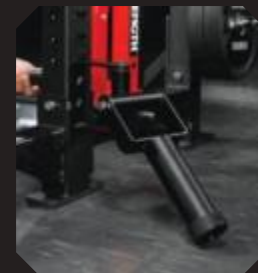
BATTLE ROPE
ATTACHMENT



UTILITY
BAND PEG



POWER
PIVOT



MODULAR
POWER PIVOT



LOCK
KNOB



UTILITY
PAD



TOP BALL
STORAGE



WALL BALL
TARGET



HEAVY BAG
HANGER



DIP
HANDLE



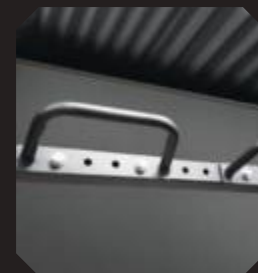
DOCK 'N'
LOCK



3" (7.6 CM)
BALL GRIP



ARC
BAR



NEUTRAL
GRIPS



SPOTTER
PLATFORMS



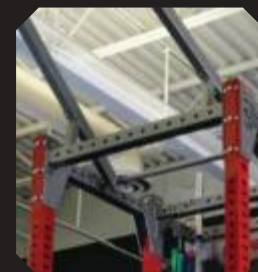
CUSTOM
SIGNS*



CUSTOM
ANVIL PLATES*



SQUARE RACK
CONNECTORS



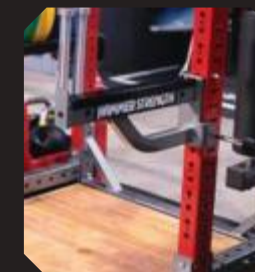
3 X 3
SQUARE



WING



BALLISTIC
WING



SPIDER
GUSSET



STANDARD
WEIGHT HORN



XL
WEIGHT HORN



BULL
HORN



2-BAR
HANGER



SINGLE
HANGER



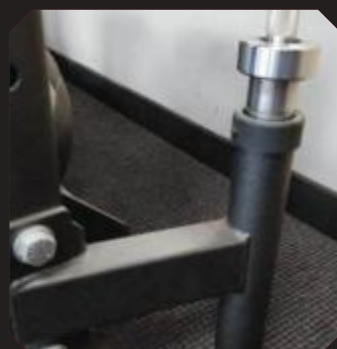
THICK BAR
HANGER



SPECIALITY
BAR STORAGE



LOW BAR
STORAGE



PRO BAR
STORAGE



UTILITY
STORAGE POST



STORAGE
TRAYS

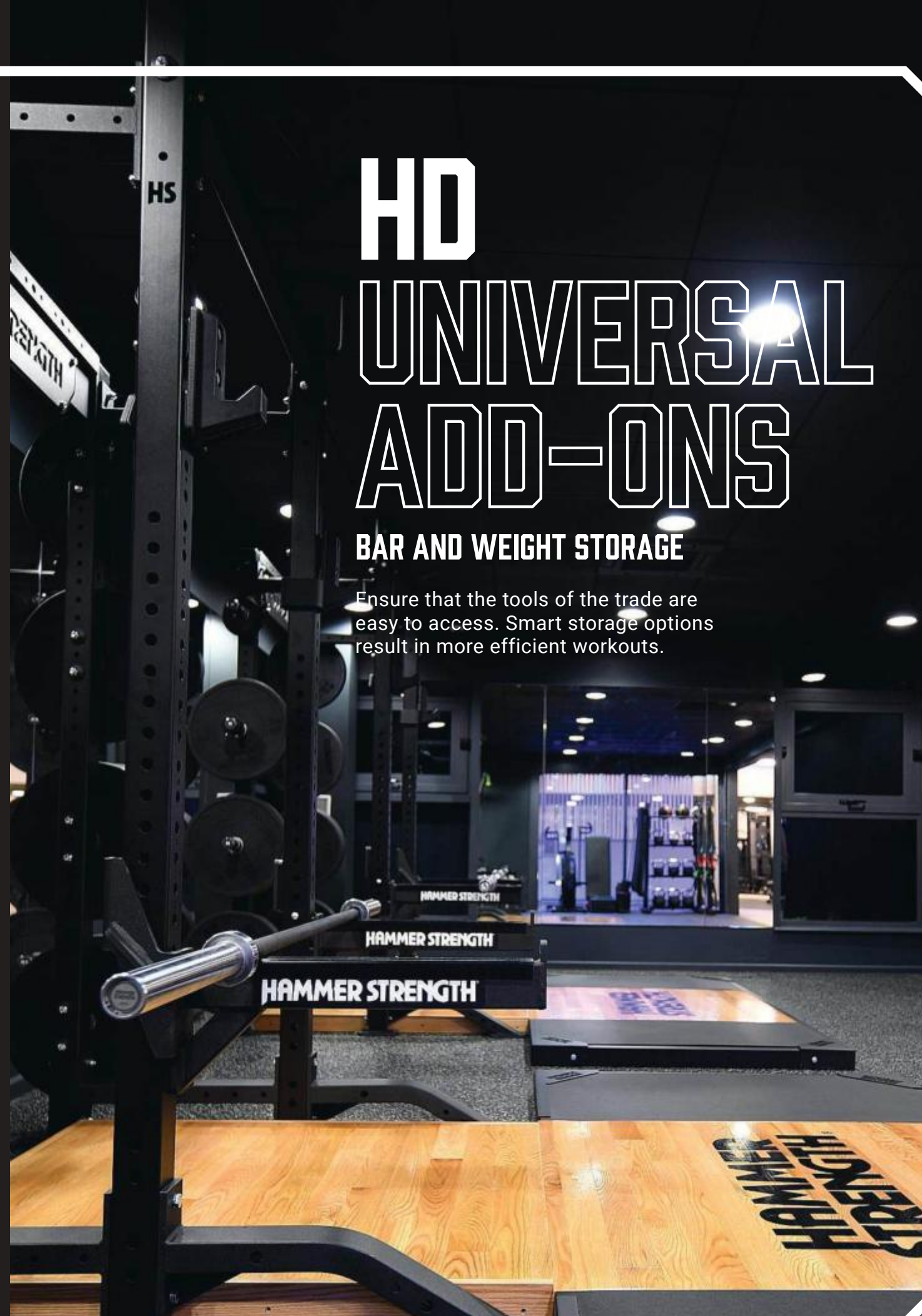


ACCESSORY
STORAGE

HD UNIVERSAL ADD-ONS

BAR AND WEIGHT STORAGE

Ensure that the tools of the trade are easy to access. Smart storage options result in more efficient workouts.



HD UNIVERSAL ADD-ONS

HAMMER STRENGTH

BAR AND WEIGHT STORAGE

Ensure that the tools of the trade are easy to access. Smart storage options result in more efficient workouts.



ID BAR SUPPORTS

3/8" (9.5 mm) bent plate with 3/8" (9.5 mm) paint guards protects the rack and dampens sound. Using molded urethane covers, the supports feature a large 5-1/2" (140 mm) landing zone and a 1-1/2" (38 mm) resting surface to ensure the bar is balanced. A zinc-plated rod allows for smooth adjustments.



ID HALF RACK BAR CATCHES

22" (56 cm) with a 3-sided urethane guard to shield the catch and the bar. Shock absorption pads and vertical displacement brackets prevent rack damage. Pins through the side of the rack for added stability.



FLEXIBLE BAR CATCHES

Reinforced nylon straps disperse impact to the rack and prevent knurling damage to bars. The front and back of the straps can be offset so the bar rolls away if dropped when squatting.



PREMIUM POWER RACK BAR CATCHES*

Designed with 2" x 3" (51 x 76 mm), 11-gauge tubing and a 1/2" (12.7 mm) solid steel rod from upright to upright. High-wear charcoal finish with a 3-sided urethane guard that protects all contact areas. Catches lock into place using Utility Band Pegs.



STANDARD HALF RACK BAR CATCHES*

18" (46 cm) long with a 3-sided urethane guard to shield the catch and the bar. The catch locks in place from the face of the rack. Charcoal finish is a durable matte powder coating that includes paint guard tape.



PREMIUM HALF RACK BAR CATCHES*

22" (56 cm) long with a 3-sided urethane guard. Shock absorption pads and vertical displacement brackets prevent rack damage. Catch pins through the side of the rack for added strength. High-wear charcoal powder-coated finish.



STANDARD BAR SUPPORTS

Welded 3/8" (9.5 mm) plate with an injection-molded urethane cover for bar protection. Charcoal finish is a matte powder coating that includes paint guard tape to protect the uprights.



PREMIUM BAR SUPPORTS*

A welded 1/2" (12.7 mm) plate protected by an oversized urethane cover for bar protection. Landing area is 2" (51 mm) and tapers to 1.3" (33 mm) for wide hand clearance. High-wear, powder-coated finish with a chrome pin. Interior is wrapped with 3/8" (9.5 mm) urethane to prevent metal-on-metal contact.

*Compatible with HD Athletic NX Racks only.
Note: Not all options are listed. Contact your sales representative for more information.

**HAMMER
STRENGTH®**

BENCHES & STORAGE

SET UP YOUR PERFECT PERFORMANCE WORKOUT

Rugged 11-gauge steel frame construction stands up to the pounding of the most intense free weight and bodyweight workouts.

A wide selection includes Olympic stations, training stations, bodyweight stations and storage options.



BENCHES & STORAGE



ADJUSTABLE BENCH
HOU-MAB

The Adjustable Bench delivers professional-grade adjustability with the same high-grade durability and quality found in Hammer Strength benches and racks.



ADJUSTABLE BENCH
FW-MAB



DECLINE / ABDOMINAL BENCH
FW-ADB



FLAT BENCH
FW-FB



HEAVY DUTY - ADJUSTABLE NON-DNL BENCH W/ VERTICAL STORAGE
HOU-ADNV



CHIN / DIP / LEG RAISE
BW-COL



HEAVY DUTY - ADJUSTABLE DNL BENCH W/ VERTICAL STORAGE
HOU-ADV



UTILITY BENCH - 75°
FW-UB75



HEAVY DUTY - XL ADJUSTABLE DNL BENCH W/ VERTICAL STORAGE
HOU-ADXL



OLYMPIC FLAT BENCH
O-FB



OLYMPIC INCLINE BENCH
O-IB



OLYMPIC MILITARY BENCH
O-MB



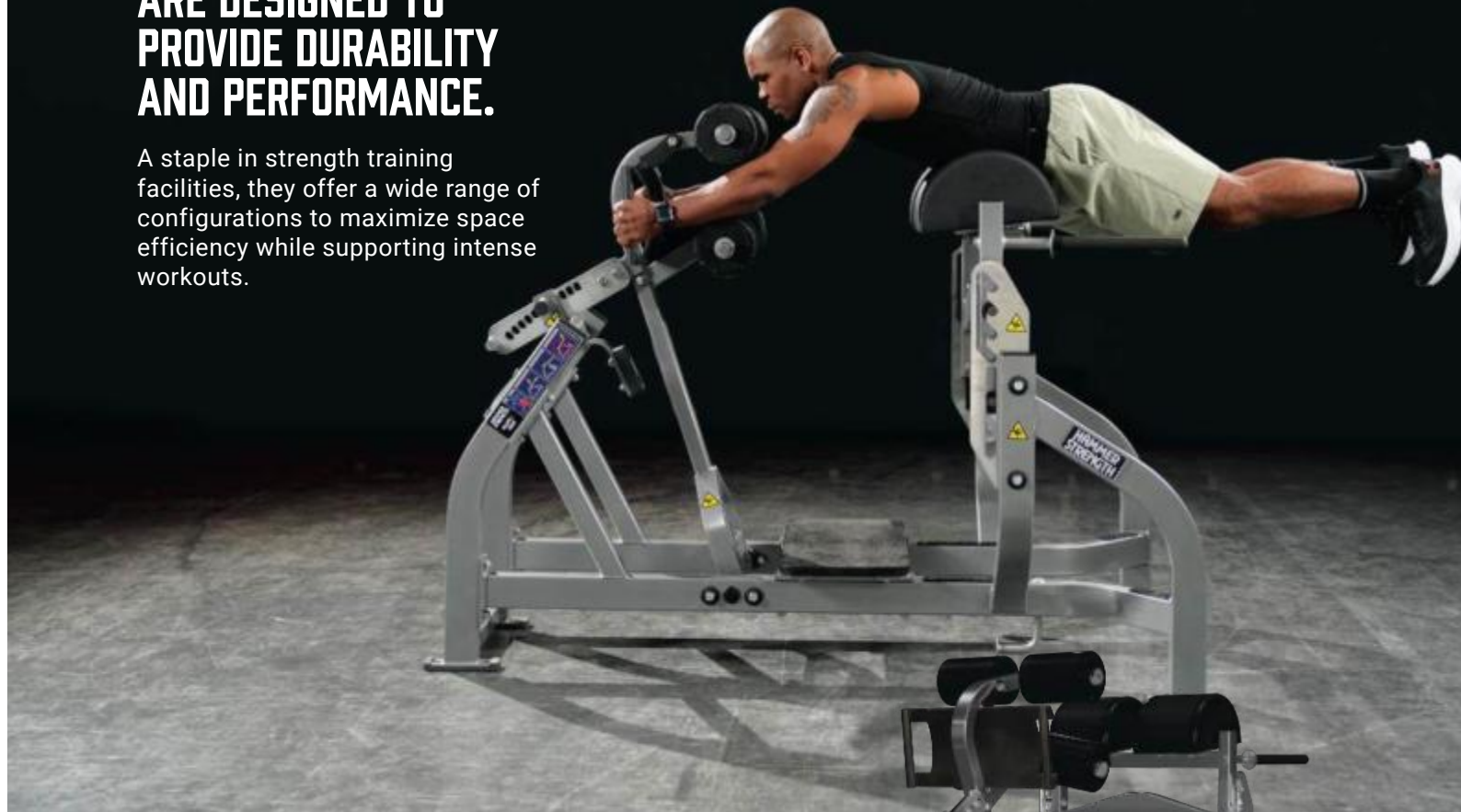
OLYMPIC BENCH WEIGHT STORAGE
O-BWS



OLYMPIC DECLINE BENCH
O-DB

HAMMER STRENGTH BENCHES AND STORAGE ARE DESIGNED TO PROVIDE DURABILITY AND PERFORMANCE.

A staple in strength training facilities, they offer a wide range of configurations to maximize space efficiency while supporting intense workouts.



FIXED PAD GLUTE / HAM
BW-GHF

The Fixed Pad Glute / Ham offers vertical adjustments for resistance variation, horizontal adjustments to fit all users, and a walk through design for easy entry and exit.



SEATED ARM CURL
FW-AC



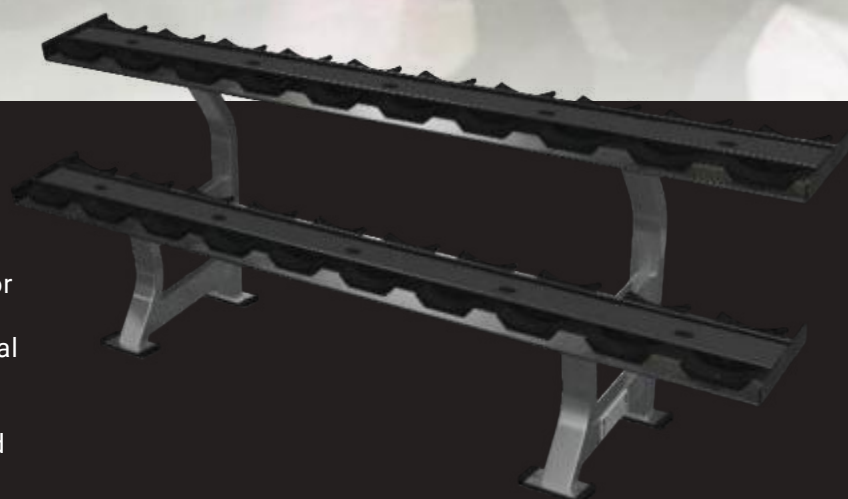
BACK EXTENSION
BW-BE

BENCHES & STORAGE



TWO-TIER DUMBBELL RACK FW-DR2

The Plate Loaded Pendulum-X Squat is built for athletes and serious lifters who demand more from their lower-body training. Unlike traditional pendulum squats that limit hip extension and overload the knees, the Pendulum-X drives total-body extension for unmatched power and performance.



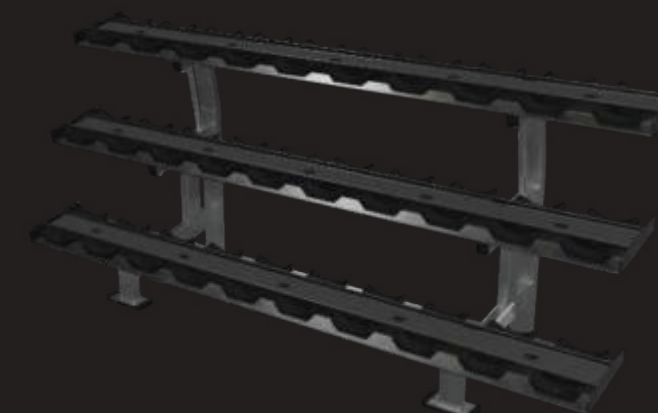
BARBELL RACK
FW-BAR



FREE-STANDING STORAGE RACK
HDU-FSS4, HDU-FSS6



SINGLE-TIER DUMBBELL RACK
FW-DR1



THREE-TIER DUMBBELL RACK
FW-DR3

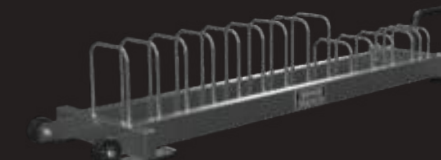
ALSO AVAILABLE IN AN XL VERSION FOR
DUMBBELLS 125 LB (57 KG) - 200 LB (91 KG)



DELUXE WEIGHT TREE
FW-DWT



**SMALL BUMPER PLATE
STORAGE**
FW-BPS



**LARGE BUMPER PLATE
STORAGE**
FW-BPL

**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 Air Bike, and non-impact resisted drive on the HD SPARC. Redefine the performance experience.



HD TREAD



HD TREAD PT-ST-01

A durable, self-powered curved treadmill made for performance training. Quick, efficient and tough enough to exceed the expectations of elite exercisers.



HD SPARC



HD SPARC PT-SC-01

The ultimate trainer for explosiveness and power. It requires a high knee and glute driving force which is ideal for developing maximum force and sprint speed.



HD AIR BIKE



HD AIR BIKE PT-AB-01

An endurance machine that lets exercisers quickly raise, and maintain, their heart rate. The rugged bike is built to endure even the most intense workouts.



**HAMMER
STRENGTH®**

ACCESSORIES

DURABLE BUILDING BLOCKS FOR A COMPLETE FACILITY

Built for strength, built to last. Hammer Strength accessories—like our fixed barbells, Olympic barbells, or dumbbells—are made for relentless use in performance environments. Trusted by athletes and facilities demanding the best in strength training gear.



DUMBBELLS

URETHANE DUMBBELLS

- Durable, chemically-bonded urethane
- High-grade urethane provides superior resistance to scratches, cuts, abrasion and general wear and tear
- Triple lock, securely fastened head-to-handle system
- Anti-roll, X-shaped head
- Hard chrome-plated handles

AVAILABLE IN
LB / KG



RUBBER DUMBBELLS

- Durable, chemically-bonded rubber
- Dual lock, securely fastened head-to-handle system
- Anti-roll, X-shaped head
- Hard chrome-plated handles

AVAILABLE IN
LB / KG



FIXED BARBELLS & CURL BARS



URETHANE FIXED BARBELLS

- Premium urethane
- Anti-roll, X- shaped head
- Hard chrome-plated shaft

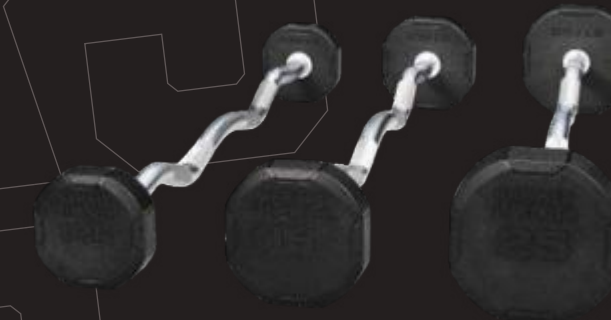
AVAILABLE IN
LB / KG



RUBBER FIXED BARBELLS

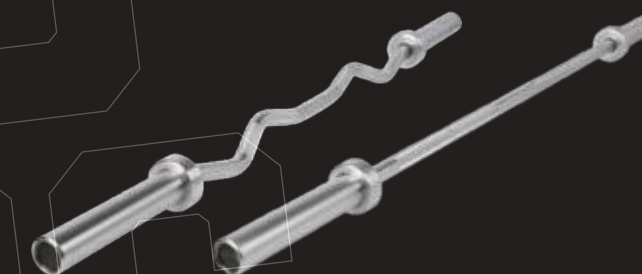
- Premium rubber
- Anti-roll, X- shaped head
- Hard chrome-plated shaft

AVAILABLE IN
LB / KG



CURL BARS

- Length: 59" (1.5 m)
- EZ curl or straight
- High-grade steel, hard chrome plated
- Composite bushings



OLYMPIC PLATES



ROUND URETHANE OLYMPIC PLATES

- Premium urethane provides outstanding resistance to scratches, cuts, abrasions, and general wear and tear
- Four beveled gaps for easy floor pickup
- Chemically molded-in logos and numbers

AVAILABLE IN
LB / KG



ROUND RUBBER OLYMPIC PLATES

- Made from rubber and engineered for maximum durability
- Ergonomically designed handle contour
- Molded-in logo and weight numbers

AVAILABLE IN
LB / KG



THE BRAND

CARDIO

STRENGTH

DIGITAL

HS
PLATE LOADED

HS
SELECTORIZED
EQUIPMENT

HS
HD ELITE II /
ATHLETIC NX

HS
BENCHES &
STORAGE

HS
ACCESSORIES

SPECS

BUMPERS

URETHANE BUMPERS

- 17.7" (450mm) diameter
- Molded-in numbers and logos
- Precision machined high-grade steel, hard chrome plated hub (10 – 25kg)
- Chemically bonded urethane for maximum durability

AVAILABLE IN
LB / KG

PREMIUM RUBBER BUMPERS

- 17.7" (450mm) diameter
- Molded-in numbers and logos
- Precision machined high-grade steel, hard chrome plated hub
- Chemically bonded rubber for maximum durability

AVAILABLE IN
LB / KG

STANDARD RUBBER BUMPERS

- 17.7" (450mm) diameter
- Molded-in numbers and logos
- Stainless steel pressed and flared center ring

AVAILABLE IN
LB / KG



BARs



20 KG COMPETITION OLYMPIC BAR

1.1" (28MM), CHROME, BEARING

- Meets IWF standards
- Good whip, ideal for Olympic lifts
- Precision needle bearings
- Made in the U.S.A.



20 KG GYM BAR

1.14" (29 MM), CHROME, BUSHING

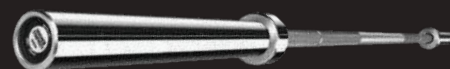
- Stiff, low bounce ideal for Olympic bench use
- Medium-high aggressive knurl
- Knurl removed from rack support area
- Made in the U.S.A.



15 KG OLYMPIC BAR

0.98" (25 MM), CHROME, BUSHING

- Meets IWF standards
- Composite bushings or needle bearings
- Also available in stainless steel
- Made in the U.S.A.



20 KG OLYMPIC BAR

1.1" (28MM), CHROME, BUSHING

- Meets IWF standards
- Good whip, ideal for Olympic lifts
- Industrial-grade composite bushings
- Made in the U.S.A.



20 KG TRAINING BAR

1.14" (29 MM), BLACK OXIDE, BUSHING

- Ideal for general weightlifting
- Composite bushings

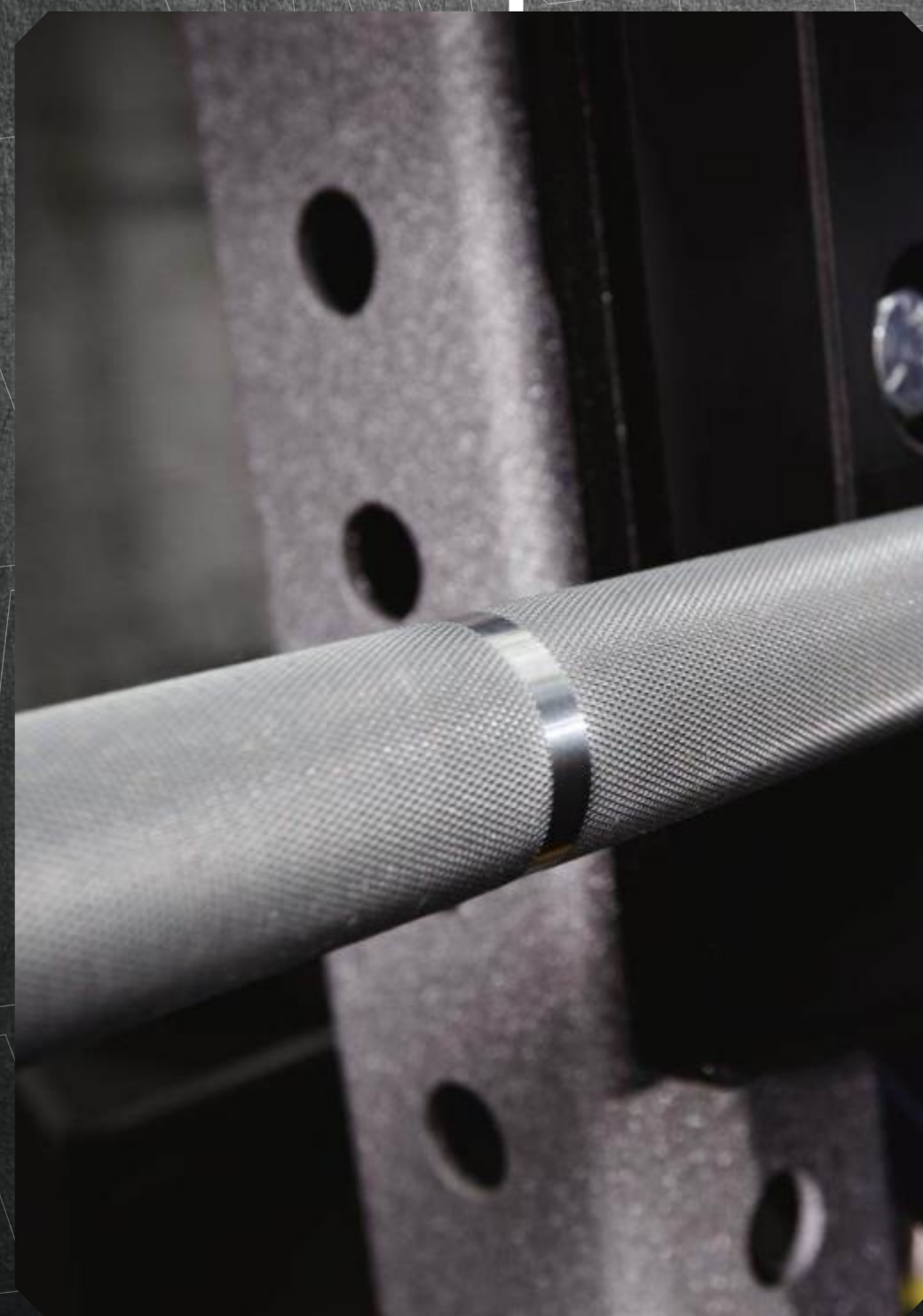


SPRING COLLAR

- An easy and cost-effective way to secure Olympic plates
- Hard chrome
- Rubber handles

LOCK-JAW OLY2 COLLAR

- Made to fit seamlessly with standard Olympic bars to secure bumpers and plates during workouts
- Easy to use cam lock lever design allows for quick weight change with the flip of the handle
- Elastomer pads with resin frames protect the bar



KETTLEBELLS



COMPETITION KETTLEBELLS

- Base diameter: 5.5" (14 cm)
- Industrial powder coated bell
- Handle diameter: 1.3" (33 mm)
- Stainless steel handles

AVAILABLE IN
LB / KG



SLAM BALLS

- Diameter: 9.8" (25 cm)
- Inflated to maintain roundness
- X-shaped textured shell for grip

AVAILABLE IN
LB / KG



SLAM BAGS

- Micro-grade steel pellets for grip variety and challenging weight exercises
- Double-stitched neoprene casing

AVAILABLE IN
LB / KG





PLYO BOXES



3-IN-1 SOFT PLYO BOX

- Dimensions (L X W X H): 19.7" x 23.6" x 29.9" (50 x 60 x 76 cm)
- Weight: 61.7 lb (28 kg)
- Dense foam inner core with soft foam outer core
- Double-stitched vinyl seams with anti-slip surface on all sides
- Soft foam edges and corners



STACKABLE PLYO BOXES

- Base dimensions (L X W): 29.9" x 36.2" (76 x 92 cm)
- Five different heights: 2.8", 5.9", 11.8", 17.7", 23.6" (7, 15, 30, 45, 60 cm)
- Soft ultra-dense foam interior
- Vinyl with top-facing anti-slip surface
- Velcro and flaps securely lock stacked boxes together



3-IN-1 WOOD PLYO BOX

- Length: 59.1" (1.5 m)
- EZ curl or straight
- High-grade steel, hard chrome plated
- Composite bushings

PLATFORMS

IMPACT SUPPRESSION PLATFORMS

Innovative Sound and Vibration Reduction

The drop zone consists of several impact suppression squares that significantly reduce noise, vibration, and barbell bounce.

Durable Design

A heavy-duty steel frame with Hammer Strength corner gussets. Designed to meet the demands of daily training in diverse weightlifting environments.

Secure Lifting Zone

Engineered hardwood, or the option of a dense rubber lifting surface. Deck offers secure foot placement during lifts.



TRADITIONAL WOOD PLATFORMS

Impact Protection and Facility Preservation

Platforms provide a clearly defined lifting space, effectively safeguarding both equipment and training facilities from the impacts of dropped barbells.

Durable Design

A heavy-duty steel frame with Hammer Strength corner gussets. Designed to meet the demands of daily training in diverse weightlifting environments.

Secure Lifting Zone

Engineered hardwood, or the option of a dense rubber lifting surface. Deck offers secure foot placement during lifts.

*Not available for international.



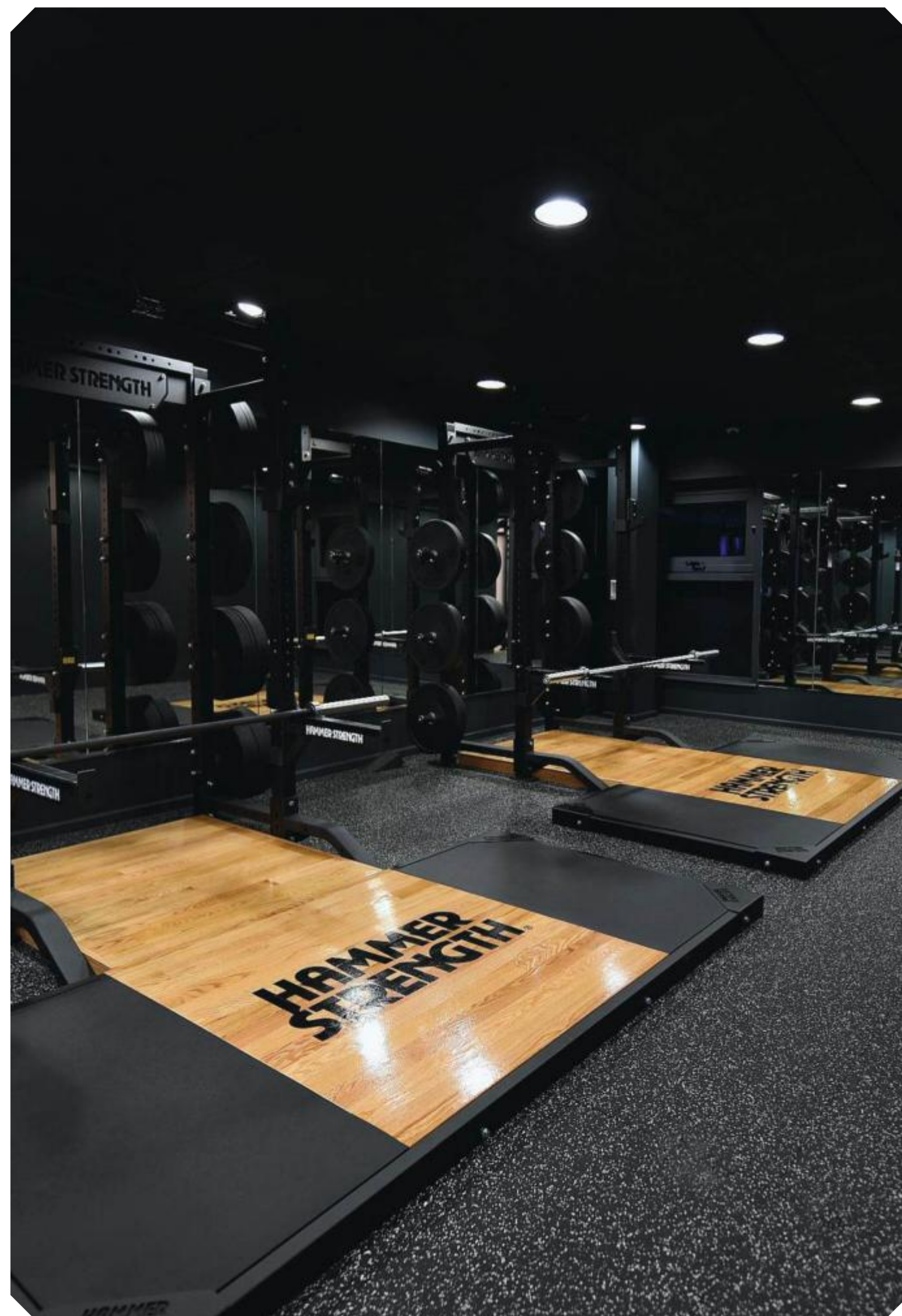
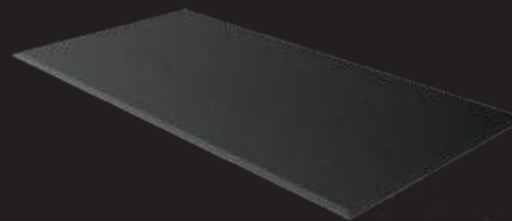
RUBBER PLATFORMS

Effective and Low-Profile

A low profile 3" (76mm) thickness allows for perfect integration with any Hammer Strength Rack

Designed to Expand

Rubber Platforms connect using unique linking ridges, so you get what you need no matter how big your space is or how many racks you have.



CARDIO PRODUCTS

SYMBIO	CODE	DIMENSIONS (L X W X H)	WEIGHT
Runner	SYT	84.85" x 36.51" x 65.73" (215 x 93 x 167cm)	579 lb / 263 kg
Incline Elliptical	SYX	81.46" x 37.30" x 64.88" (207 x 95 x 165cm)	643 lb / 292 kg
SwitchCycle	SYH	48.33" x 23.99" x 61.71" (123 x 61 x 157cm)	155 lb / 70 kg
Recumbent Bike	SYR	68.07" x 29.52" x 55.18" (173 x 75 x 140cm)	243 lb / 110 kg

INTEGRITY+ SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	INT	82" x 36" x 56" (209 x 92 x 142cm)	434 lb (197kg)
Elliptical	INX	86" x 29" x 64" (218 x 73 x 163cm)	301 lb (137kg)
Upright Bike	INC	41.5" x 24.5" x 54.5" (105 x 62 x 138cm)	169 lb (76.5kg)
Recumbent Bike	INR	67" x 26" x 51.5" (170 x 66 x 131cm)	215 lb (97kg)
PowerMill	INPM	55.9" x 32.8" x 82.3" (143 x 84 x 210cm)	473 lb (215kg)
Arc Trainer (TB)	INA-T	76.5" x 36.3" x 62.5" (194 x 92 x 159cm)	412 lb (187kg)
Arc Trainer (LB)	INA-L	76.5" x 33.5" x 62.5" (194 x 84 x 159cm)	412 lb (187kg)

ASPIRE CARDIO	CODE	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	ASPT	83.5" x 36" x 58" (212 x 92 x 147cm)	375 lb (170kg)
Elliptical	ASPX	85.5" x 29.5" x 64" (218 x 75 x 163cm)	250 lb (113kg)
Upright Bike	ASPC	41.5" x 24.5" x 54.5" (105 x 62 x 138cm)	169 lb (76.5kg)
Recumbent Bike	ASPR	67" x 26" x 51.5" (170 x 66 x 131cm)	211 lb (96kg)

HEAT ROWERS	CODE	DIMENSIONS (L X W X H)	WEIGHT
Heat Performance Row	PRF-ROW-TFT-01	85" x 28" x 47" (216 x 71 x 120cm)	134 lb (61kg)
Heat Row	PRF-ROW-LCD-01	85" x 28" x 47" (216 x 71 x 120cm)	134 lb (61kg)

ICG INDOOR CYCLES	CODE	DIMENSIONS (L X W X H)	WEIGHT
IC7	IC-LFICGIC7-01	52 x 20.5 x 47" (132 x 52 x 120cm)	119 lb (54kg)
IC6	IC-LFICGIC6-01	52 x 20.5 x 47" (132 x 52 x 120cm)	112 lb (51kg)
IC5	IC-LFICGIC5-01	52 x 20.5 x 47" (132 x 52 x 120cm)	112 lb (51kg)
IC3	IC-LFICGIC3-01	48 x 20.8 x 47" (123 x 53 x 120cm)	97 lb (44kg)

STRENGTH PRODUCTS

INSIGNIA SERIES	CODE	WEIGHT STACK*	DIMENSIONS (L X W X H)	WEIGHT
Abdominal	SS-AB	200 lb (100 kg)	52.4" x 46.3" x 58.1" (134 cm x 118 cm x 148 cm)	598 lb (271 kg)
Abdominal Advanced	SS-ABD	200 lb (100 kg)	63.5" x 35.8" x 58.1" (161 cm x 91 cm x 148 cm)	518 lb (235 kg)
Assist Dip Chin	SS-ADC	200 lb (100 kg)	63.9" x 58.5" x 87.4" (163 cm x 149 cm x 222 cm)	716 lb (325 kg)
Biceps Curl	SS-BC	200 lb (100 kg)	47.9" x 62.7" x 58.1" (122 cm x 160 cm x 148 cm)	669 lb (303 kg)
Back Extension	SS-BE	305 lb (152.5 kg)	58.5" x 41.8" x 58.1" (149 cm x 107 cm x 148 cm)	689 lb (313 kg)
Chest Press	SS-CP	305 lb (152.5 kg)	56.3" x 56.6" x 58.1" (144 cm x 144 cm x 148 cm)	766 lb (347 kg)
Chest Press (Dual-Axis)	SS-CPX	305 lb (152.5 kg)	43.2" x 59.5" x 77.1" (110 cm x 151 cm x 196 cm)	673 lb (305 kg)
Pectoral Fly/Rear Deltoid	SS-FLY	305 lb (152.5 kg)	79.9" x 77.6" x 80.1" (203 cm x 198 cm x 204 cm)	753 lb (342 kg)

STRENGTH PRODUCTS

INSIGNIA SERIES	CODE	WEIGHT STACK*	DIMENSIONS (L X W X H)	WEIGHT
Glute	SS-GL	200 lb (100 kg)	73" x 38.4" x 58.1" (186 cm x 98 cm x 148 cm)	557 lb (253 kg)
Glute Bridge	SS-GLB	22 lb (100 kg)	81.6" x 31.8" x 58.1" (207 cm x 81 cm x 148 cm)	519 lb (235 kg)
Sit Stand Hip Abduction	SS-SHB	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	773 lb (351 kg)
Hip Adduction	SS-HAD	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	773 lb (351 kg)
Leg Curl	SS-LC	200 lb (100 kg)	62.4" x 41.7" x 58.1" (159 cm x 106 cm x 148 cm)	592 lb (269 kg)
Leg Extension	SS-LE	305 lb (152.5 kg)	65.7" x 41.5" x 58.1" (167 cm x 106 cm x 148 cm)	757 lb (343 kg)
Lateral Raise	SS-LR	200 lb (100 kg)	51.4" x 52.5" x 58.1" (131 cm x 134 cm x 148 cm)	630 lb (286 kg)
Pulldown	SS-PD	305 lb (152.5 kg)	56.9" x 55.6" x 76.2" (145 cm x 142 cm x 194 cm)	762 lb (346 kg)
Pulldown (Dual-Axis)	SS-PDX	305 lb (152 kg)	54" x 59" x 78.1" (137 cm x 150 cm x 198 cm)	760 lb (345 kg)
Row	SS-RW	305 lb (152.5 kg)	48.6" x 55.1" x 58.1" (124 cm x 140 cm x 148 cm)	698 lb (317 kg)
Seated Leg Curl	SS-SLC	305 lb (152.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	819 lb (371 kg)
Shoulder Press	SS-SP	200 lb (100 kg)	64.4" x 56.9" x 72.8" (164 cm x 145 cm x 185 cm)	687 lb (312 kg)
Triceps Press	SS-TP	305 lb (152.5 kg)	53.1" x 43.7" x 58.1" (135 cm x 111 cm x 148 cm)	720 lb (327 kg)
Torso Rotation	SS-TR	200 lb (100 kg)	50" x 42.4" x 61.9" (127 cm x 108 cm x 158 cm)	599 lb (272 kg)
Calf Extension	SS-CE	395 lb (197.5 kg)	70.3" x 41.5" x 58.1" (179 cm x 106 cm x 148 cm)	706 lb (320 kg)
Arc Leg Press	SS-SLP	395 lb (197 kg)	79.5" x 44.8" x 64.7" (201 cm x 114 cm x 164 cm)	996 lb (452 kg)
Biceps Curl - Dependent	SS-BCD	200 lb (100 kg)	55" x 39.6" x 58.2" (139.8 cm x 100.6 cm x 147.8 cm)	571 lb (259 kg)
Triceps Extension	SS-TE	200 lb (100 kg)	53.9" x 39.6" x 58.2" (136.6 cm x 100.6 cm x 147.8 cm)	565 lb (256 kg)

AXIOM SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Hip Abductor/Adductor	OP-HAA	68" x 67" x 53" (173 cm x 170 cm x 135 cm)	432 lb (196 kg)
Abdominal/Back Extension	OP-ABBA	58" x 45" x 53" (147 cm x 114 cm x 135 cm)	519 lb (235 kg)
Pectoral Fly/Rear Deltoid	OP-FLY	61" x 75" x 81" (155 cm x 191 cm x 206 cm)	543 lb (246 kg)
Pulldown/Low Row	OP-LR	63" x 41" x 73" (152 cm x 104 cm x 185 cm)	459 lb (208 kg)
Leg Curl/Extension	OP-LCE	63" x 40" x 53" (160 cm x 102 cm x 135 cm)	450 lb (204 kg)
Seated Leg Curl/Extension	OP-SLCE	70" x 46" x 53" (178 cm x 117 cm x 135 cm)	601 lb (273 kg)
Multi-Press	OP-MP	68" x 54" x 62" (173 cm x 137 cm x 157 cm)	539 lb (245 kg)
Biceps Curl/Triceps Extension	OP-BT	49" x 43" x 53" (124 cm x 109 cm x 135 cm)	463 lb (211 kg)
Dual Adjustable Pulley	OP-DAP	55" x 56" x 84" (140 cm x 142 cm x 213 cm)	718 lb (326 kg)
Chest Press	OP-CP	44" x 41" x 53" (112 cm x 104 cm x 135 cm)	462 lb (210 kg)
Seated Row	OP-RW	65" x 40" x 53" (165 cm x 102 cm x 135 cm)	459 lb (208 kg)
Shoulder Press	OP-SP	61" x 55" x 53" (155 cm x 140 cm x 135 cm)	484 lb (220 kg)
Pulldown/Row	OP-LR	91" x 50" x 85" (231 cm x 127 cm x 216 cm)	452 lb (205 kg)
Biceps Curl	OP-BC	55" x 41" x 53" (139 cm x 104 cm x 135 cm)	403 lb (183 kg)
Triceps Extension	OP-TE	55" x 41" x 53" (139 cm x 104 cm x 135 cm)	379 lb (172 kg)
Leg Extension	OP-LE	55" x 41" x 53" (139 cm x 104 cm x 135 cm)	435 lb (197 kg)
Leg Curl	OP-LC	65" x 43" x 53" (165 cm x 109 cm x 135 cm)	405 lb (184 kg)
Leg Press	OP-LP	86" x 40" x 53" (218 cm x 102 cm x 135 cm)	594 lb (269 kg)
Abdominal	OP-AB	50" x 41" x 53" (127 cm x 104 cm x 135 cm)	384 lb (174 kg)

*Other weight stack options are available for Insignia Series, and those affect total product weight.

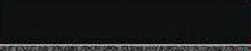
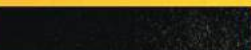
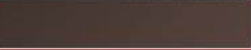
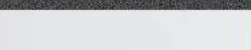
LIFE FITNESS CABLE MOTION	CODE	DIMENSIONS (L X W X H)	WEIGHT
Dual Adjustable Pulley with Stabilization	CMDAS	44" x 62" x 93" (112 cm x 158 cm x 237 cm)	1,265 lb (574 kg)
Dual Adjustable Pulley (with pull-up handles)	CMDAP	44" x 62" x 95" (112 cm x 158 cm x 242 cm)	1,265 lb (574 kg)
Adjustable Pulley	OP-DAP	55" x 56" x 84" (140 cm x 142 cm x 213 cm)	718 lb (326 kg)
Adjustable Cable Crossover	LCM-CC	28.5" x 167" x 94" (73 cm x 425 cm x 239 cm)	980 lb (445 kg)
Universal Cable	LCM-UC	41.5" x 68.8" x 71.2" (105 x 175 x 181 cm)	980 lb (445 kg)

LIFE FITNESS PLATE LOADED	CODE	DIMENSIONS (L X W X H)	WEIGHT
Incline Press	SPLIP	50" x 62" x 75" (127 cm x 158 cm x 191 cm)	297 lb (135 kg)
Decline Press	SPLDCP	51" x 69" x 76" (130 cm x 176 cm x 194 cm)	340 lb (155 kg)
Shoulder Press	SPLSP	61" x 66" x 53" (155 cm x 168 cm x 135 cm)	350 lb (159 kg)
Pulldown	SPLPD	65" x 49" x 78" (166 cm x 125 cm x 199 cm)	323 lb (147 kg)
High Row	SPLHR	73" x 66" x 76" (186 cm x 168 cm x 194 cm)	409 lb (186 kg)
Row	SPLROW	55" x 57" x 54" (140 cm x 145 cm x 138 cm)	294 lb (134 kg)
Seated Dip	SPLDIP	69" x 41" x 37" (176 cm x 105 cm x 94 cm)	276 lb (126 kg)
Biceps Curl	SPLBC	43" x 55" x 47" (110 cm x 140 cm x 120 cm)	274 lb (125 kg)
Linear Leg Press	SPLLLP	98" x 61" x 61" (249 cm x 155 cm x 155 cm)	709 lb (322 kg)
Kneeling Leg Curl	SPLKLC	49" x 59" x 51" (125 cm x 150 cm x 130 cm)	311 lb (142 kg)
Leg Extension	SPLLE	57" x 61" x 45" (145 cm x 155 cm x 115 cm)	277 lb (126 kg)
Calf Raise	SPLCALF	61" x 29" x 42" (155 cm x 74 cm x 107 cm)	182 lb (83 kg)
Smith Machine	SSM	87" x 49" x 93" (125 cm x 221 cm x 237 cm)	580 lb (264kg)
Smith Rack	OP-SM	56" x 73" x 88" (142 cm x 185 cm x 223 cm)	298 lb (180kg)

BENCHES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Multi-Adjustable Bench	LBR-MA	58" X 29" X 17" (147 X 73 X 43 CM)	110 lb (50 kg)
Adjustable Bench	LBR-AD	55" x 25" x 45" (140 x 64 x 114 cm)	72 lb (33 kg)
Adjustable Decline Bench	LBR-DB	73" x 29" x 41" (185 x 73 x 104 cm)	175 lb (80 kg)
Flat Bench	LBR-FB	46" x 31" x 16.5" (119 x 79 x 42 cm)	65 lb (30 kg)
Utility Bench	LBR-UB	36" x 28" x 36" (91 x 71 x 91 cm)	50 lb (23 kg)
Abdominal Bench	LBR-AB	50" x 25" x 21" (127 x 63.5 x 53.3 cm)	45 lb (20 kg)
Abdominal Crunch Bench	LBR-AC	62" x 32" x 38" (156 x 81 x 97 cm)	141 lb (64 kg)
Arm Curl Bench	LBR-BC	47" x 33" x 46" (119 x 84 x 117 cm)	210 lb (96 kg)
Olympic Squat Rack	LBR-OS	77.5" x 66" x 75.5" (197 x 168 x 192 cm)	400 lb (182 kg)
Olympic Incline Bench	LBR-OI	58" x 51" x 57" (147 x 130 x 145 cm)	185 lb (84 kg)
Olympic Decline Bench	LBR-OD	68" x 51" x 51" (173 x 130 x 130 cm)	210 lb (96 kg)
Olympic Flat Bench	LBR-OF	49" x 51" x 51" (125 x 130 x 130 cm)	150 lb (68 kg)
Olympic Military Bench	LBR-OM	48" x 51" x 66" (122 x 130 x 168 cm)	325 lb (148 kg)
Olympic Bench Weight Storage	LBR-OW	Adds 28" (71 cm) L and 17" (43 cm) W	85 lb (39 kg)
Back Extension	LBR-BE	50" x 37" x 38" (127 x 94 x 97 cm)	151 lb (69 kg)
Dip/Leg Raise	LBR-LD	41.5" x 29" x 61" (105.4 x 73.6 x 155 cm)	137 lb (62 kg)
Chin/Dip/Leg Raise	LBR-LC	45" x 50" x 91.5" (114 x 127 x 279 cm)	245 lb (111kg)
Flexibility Trainer	LBR-FS	54" x 23" x 43" (137 x 58 x 109 cm)	78 lb (35 kg)

STORAGE	CODE	DIMENSIONS (L X W X H)	WEIGHT
2-Tier Dumbbell Rack	LBR-D2	90" x 25" x 33" (229 x 64 x 84 cm)	275 lb (125 kg)
3-Tier Dumbbell Rack (5-50 Hex)	LBR-DF	54" x 29" x 38" (137 x 73 x 96 cm)	167 lb (76 kg)
3-Tier Dumbbell Rack, Short Saddle	LBR-DS	61" x 29" x 38" (155 cm x 73 cm x 96 cm)	200 lb (91 kg)
3-Tier Dumbbell Rack, Long Saddle	LBR-DL	96" x 29" x 38" (244 x 73.7 x 96.5 cm)	286 lb (130 kg)
Vertical Dumbbell Rack	LBR-DV	20" x 19" x 46" (51 x 48 x 117 cm)	57 lb (26 kg)
Barbell Rack 5	LBR-BB	36" x 23.5" x 56.5" (91.5 x 60 x 143.5 cm)	450 lb (205 kg)
Barbell Rack 10	LBR-BR	33" x 35" x 57" (145 x 89 x 144.8 cm)	128 lb (58 kg)
3-Tier Accessory Rack	LBR-AR	54" x 29" x 38" (137 x 73 x 96 cm)	168 lb (76 kg)
Vertical Medicine Ball Storage	LBR-MB	25.5" x 25" x 56" (65 x 64 x 142 cm)	37 lb (17kg)
Olympic Weight Tree	LBR-OT	27" x 23" x 37" (69 x 58 x 94 cm)	95 lb (43 kg)

CONFIGURABLE STORAGE	CODE	DIMENSIONS (L X W X H)	WEIGHT
Accessory Storage Rack	SAR	36" x 25" x 67" (94 x 66 x 171 cm) BASE UNIT ONLY	190 lb (86 kg)

STRENGTH FRAME COLORS		LIFE FITNESS
Platinum*		Standard
Black		Standard
Charcoal		Standard
Titanium**		Standard
White		Standard
Blue		Optional
Red		Optional
Yellow		Optional
Midnight Metallic*		Optional
Mocha Sand		Optional
Candy Apple Red		Optional
Diamond White Clear		Optional
Electric Blue		Optional
High Wear Charcoal		Custom**
High Wear Platinum		Custom**
Matte High Wear Titanium		Custom**
Matte High Wear White		Custom**
Matte High Wear Yellow		Custom**
Matte High Wear Red^		Custom**
Matte High Wear Blue		Custom**
Custom		Custom**

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

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

Notes:
* Life Fitness colors have a second clear coat of paint
** Custom frame colors not available on Life Fitness Benches and Racks and Axiom.
^ 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

For more detailed specifications visit [LifeFitness.com](https://www.lifefitness.com).

HAMMER
STRENGTH

STRENGTH EQUIPMENT COLOR CHART

STRENGTH FRAME COLORS		HAMMER STRENGTH	HD RACKS	
			NX & ID	PERIMETER, BRIDGE, & RIGS
			NX XMEMBER ARE HW CHARCOAL ONLY	UPRIGHT & XMEMBER
PLATINUM*		S	S	N/A
BLACK		S	C	N/A
CHARCOAL		S	S	N/A
TITANIUM*#		S	S	N/A
WHITE		S	S	N/A
BLUE		S	S	N/A
RED		S	S	N/A
YELLOW		S	S	N/A
MIDNIGHT METALLIC*		O	C	N/A
MOCHA SAND		O	C	N/A
HIGH WEAR CHARCOAL		C	S	S
HIGH WEAR PLATINUM		C	S	S
MATTE HIGH WEAR TITANIUM		C	S	S
MATTE HIGH WEAR WHITE		C	S	S
MATTE HIGH WEAR YELLOW		C	S	S
MATTE HIGH WEAR RED^		C	S	S
MATTE HIGH WEAR BLUE^		C	S	S
CUSTOM		C	C	C

KEY:

S = STANDARD
O = OPTIONAL

C = CUSTOM
N/A = NOT AVAILABLE

NOTES:

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 UPHOLSTERY COLORS	HAMMER STRENGTH
AMERICAN BEAUTY RED	OPTIONAL
AZURE	STANDARD
BLACK	STANDARD
BLACK CARBON FIBER	OPTIONAL
BURGUNDY	OPTIONAL
CANDY APPLE RED	STANDARD
CHESTNUT	OPTIONAL
CRANBERRY	STANDARD
DARK WALNUT	STANDARD
DOVE GRAY	OPTIONAL
EMERALD GREEN	OPTIONAL
GRAPHITE	OPTIONAL
IMPERIAL BLUE	OPTIONAL
NAVY	OPTIONAL
REGIMENTAL BLUE	OPTIONAL
ROYAL BLUE	STANDARD
SLATE	STANDARD
SUEDE	OPTIONAL
TERRA COTTA	OPTIONAL
WHEAT	STANDARD
CUSTOM	CUSTOM*

HAMMER
STRENGTH

STRENGTH EQUIPMENT SPECIFICATIONS

HAMMER STRENGTH SELECT	CODE	DIMENSIONS (L X W X H)	WEIGHT
PECTORAL FLY	HS-PEC	49" X 56" X 71" [125 CM X 143 CM X 181 CM]	580 LB [264 KG]
PECTORAL FLY/REAR DELTOID	HS-FLY	49" X 56" X 71" [125 CM X 143 CM X 181 CM]	580 LB [264 KG]
CHEST PRESS	HS-CP	41" X 57" X 64" [105 CM X 145 CM X 163 CM]	560 LB [255 KG]
SHOULDER PRESS	HS-SP	60" X 56" X 64" [153 CM X 143 CM X 163 CM]	520 LB [236 KG]
SEATED ROW	HS-RW	52" X 34" X 71" [133 CM X 87 CM X 181 CM]	590 LB [268 KG]
LAT PULLDOWN	HS-PD	54" X 33" X 89" [138 CM X 84 CM X 227 CM]	545 LB [248 KG]
FIXED PULLDOWN	HS-FPD	58" X 55" X 73" [148 CM X 140 CM X 186 CM]	620 LB [282 KG]
BICEPS CURL	HS-BC	45" X 41" X 55" [115 CM X 105 CM X 140 CM]	450 LB [205 KG]
TRICEPS EXTENSION	HS-TE	45" X 44" X 55" [115 CM X 112 CM X 140 CM]	470 LB [214 KG]
LATERAL RAISE	HS-LR	42" X 37" X 55" [107 CM X 94 CM X 140 CM]	535 LB [243 KG]
ASSIST DIP CHIN	HS-ADC	46" X 45" X 87" [117 CM X 115 CM X 221 CM]	655 LB [298 KG]
SEATED LEG PRESS	HS-SLP	79" X 40" X 71" [201 CM X 102 CM X 181 CM]	810 LB [368 KG]
LEG EXTENSION	HS-LE	47" X 41" X 64" [120 CM X 105 CM X 163 CM]	570 LB [259 KG]
LEG CURL	HS-LC	65" X 39" X 55" [166 CM X 100 CM X 140 CM]	475 LBS [216 KG]
SEATED LEG CURL	HS-SLC	55" X 34" X 55" [140 CM X 87 CM X 140 CM]	515 LBS [234 KG]
HORIZONTAL CALF	HS-HC	61" X 32" X 55" [155 CM X 82 CM X 140 CM]	690 LB [313 KG]
HIP ADDUCTION	HS-HAD	61" X 26" X 55" [155 CM X 67 CM X 140 CM]	575 LB [261 KG]
HIP ABDUCTION	HS-HAB	61" X 26" X 55" [155 CM X 67 CM X 140 CM]	575 LB [261 KG]
BACK EXTENSION	HS-BE	46" X 40" X 55" [117 CM X 102 CM X 140 CM]	560 LB [255 KG]
HIP/GLUTE	HS-HG	65" X 39" X 72" [166 CM X 100 CM X 183 CM]	725 LB [329 KG]
ABDOMINAL CRUNCH	HS-ABC	62" X 35" X 56" [158 CM X 89 CM X 143 CM]	400 LB [182 KG]
STANDING CALF	HS-SC	58" X 45" X 71.5" [148 CM X 115 CM X 182 CM]	680 LB [309 KG]

HAMMER STRENGTH MTS	CODE	DIMENSIONS (L X W X H)	WEIGHT
ABDOMINAL CRUNCH	MTSAB	44" X 39" X 56" [112 CM X 100 CM X 143 CM]	530 LB [241 KG]
ISO-LATERAL BICEPS CURL	MTSBC	38" X 58" X 59" [97 CM X 148 CM X 150 CM]	520 LB [236 KG]
ISO-LATERAL TRICEPS EXTENSION	MTSTE	36" X 52" X 60" [92 CM X 133 CM X 153 CM]	580 LB [264 KG]
ISO-LATERAL CHEST PRESS	MTSCP	40" X 68" X 77" [102 CM X 173 CM X 196 CM]	765 LB [347 KG]
ISO-LATERAL INCLINE PRESS	MTSIP	40" X 68" X 77" [102 CM X 173 CM X 196 CM]	765 LB [347 KG]
ISO-LATERAL DECLINE PRESS	MTSDP	39" X 64" X 66" [100 CM X 163 CM X 168 CM]	755 LB [343 KG]
ISO-LATERAL HIGH ROW	MTSHR	47" X 72" X 77" [120 CM X 183 CM X 196 CM]	780 LB [354 KG]
ISO-LATERAL ROW	MTSRW	51" X 62" X 82" [130 CM X 158 CM X 209 CM]	765 LB [347 KG]
ISO-LATERAL FRONT PULLDOWN	MTSFP	48" X 58" X 80" [122 CM X 148 CM X 204 CM]	793 LB [360 KG]
ISO-LATERAL SHOULDER PRESS	MTSSP	45" X 62" X 54" [115 CM X 158 CM X 138 CM]	746 LB [339 KG]
ISO-LATERAL LEG EXTENSION	MTSLE	48" X 57" X 55" [122 CM X 145 CM X 140 CM]	750 LB [341 KG]
ISO-LATERAL KNEELING LEG CURL	MTSKC	45" X 62" X 54" [115 CM X 158 CM X 138 CM]	746 LB [339 KG]

HAMMER STRENGTH PLATE-LOADED	CODE	DIMENSIONS [L X W X H]	WEIGHT
ISO-LATERAL BENCH PRESS	IL-BP	49" X 52" X 69" [125 CM X 133 CM X 176 CM]	350 LB [159 KG]
ISO-LATERAL HORIZONTAL BENCH PRESS	IL-HBP	66" X 61" X 42" [168 CM X 155 CM X 107 CM]	240 LB [109 KG]
ISO-LATERAL SUPER INCLINE PRESS	IL-FMP	50" X 59" X 60" [127 CM X 150 CM X 153 CM]	360 LB [164 KG]
ISO-LATERAL INCLINE PRESS	IL-IP	39" X 52" X 75" [100 CM X 133 CM X 191 CM]	325 LB [148 KG]
ISO-LATERAL WIDE CHEST	IL-WC	45" X 59" X 69" [115 CM X 150 CM X 176 CM]	305 LB [139 KG]
ISO-LATERAL DECLINE PRESS	IL-DCP	51" X 54" X 68" [130 CM X 138 CM X 173 CM]	315 LB [143 KG]
ISO-LATERAL SHOULDER PRESS	IL-SP	51" X 58" X 74" [130 CM X 148 CM X 188 CM]	350 LB [159 KG]
ISO-LATERAL CHEST/BACK	IL-CB	72" X 52" X 82" [183 CM X 133 CM X 209 CM]	390 LB [177 KG]
ISO-LATERAL FRONT LAT PULLDOWN	IL-PD	65" X 41" X 80" [166 CM X 105 CM X 204 CM]	315 LB [143 KG]
ISO-LATERAL WIDE PULLDOWN	IL-WPD	71" X 42" X 80" [181 CM X 107 CM X 204 CM]	320 LB [146 KG]
ISO-LATERAL HIGH ROW	IL-HR	61" X 41" X 79" [155 CM X 105 CM X 201 CM]	330 LB [150 KG]
ISO-LATERAL ROW	IL-ROW	59" X 50" X 51" [150 CM X 127 CM X 130 CM]	280 LB [128 KG]
ISO-LATERAL D.Y. ROW	IL-DRW	51" X 56" X 82" [130 CM X 143 CM X 209 CM]	360 LB [164 KG]
ISO-LATERAL LOW ROW	IL-LR	48" X 47" X 67" [122 CM X 120 CM X 171 CM]	335 LB [152 KG]
SEATED/STANDING SHRUG	PL-SH	42" X 60" X 49" [107 CM X 153 CM X 125 CM]	235 LB [107 KG]
SEATED DIP	PL-DIP	72" X 49" X 43" [182 CM X 124 CM X 109 CM]	285 LB [130 KG]
SEATED BICEPS	PL-BI	50" X 46" X 53" [127 CM X 117 CM X 135 CM]	225 LB [103 KG]
ISO-LATERAL LATERAL RAISE	PL-LR	41" X 55" X 48" [105 CM X 140 CM X 122 CM]	295 LB [134 KG]
PULLOVER	PL-PO	54" X 51" X 59" [138 CM X 130 CM X 150 CM]	370 LB [168 KG]
4-WAY NECK	PL-4W	33" X 54" X 62" [84 CM X 138 CM X 158 CM]	245 LB [112 KG]
GRIPPER	PL-GRIP	50" X 28" X 47" [127 CM X 71 CM X 119 CM]	65 LB [30 KG]
ABDOMINAL OBLIQUE CRUNCH	PL-AB	47" X 58" X 66" [120 CM X 148 CM X 168 CM]	355 LB [162 KG]
LINEAR LEG PRESS	HSLLP	95" X 65" X 57" [242 CM X 166 CM X 145 CM]	630 LB [286 KG]
HACK SQUAT	PL-HSQ2	85" X 61" X 59" [216 CM X 155 CM X 153 CM]	504 LB [229 KG]
V-SQUAT	PL-VSQ	97" X 42" X 81" [247 CM X 107 CM X 205 CM]	530 LB [241 KG]
SEATED CALF RAISE	PL-CALF	49" X 33" X 54" [124 CM X 84 CM X 137 CM]	200 LB [91 KG]
ASSISTED NORDIC HAMSTRING	PL-ANH	77" X 53" X 58" [196 CM X 135 CM X 147 CM]	400 LB [181 KG]
LEG EXTENSION	PL-LE	56" X 54" X 57" [143 CM X 138 CM X 145 CM]	295 LB [134 KG]
ISO-LATERAL KNEELING LEG CURL	IL-KLC	43" X 50" X 47" [110 CM X 127 CM X 120 CM]	250 LB [114 KG]
ISO-LATERAL LEG EXTENSION	IL-LE	54" X 57" X 57" [138 CM X 145 CM X 145 CM]	300 LB [137 KG]
ISO-LATERAL LEG CURL	IL-LC	71" X 53" X 39" [181 CM X 135 CM X 100 CM]	285 LB [130 KG]
TIBIA DORSI FLEXION	PL-TIB	15" X 24" X 12" [39 CM X 61 CM X 31 CM]	52 LB [24 KG]
SMITH MACHINE	HSSM	50" X 86.5" X 93" [127 CM X 220 CM X 237 CM]	635 LB [289 KG]
VERTICAL SMITH MACHINE	HSSMV	50" X 90" X 93" [127 CM X 229 CM X 236 CM]	571 LB [259 KG]
T-BAR ROW	PL-TBR	82" X 33" X 21" [210 CM X 82 CM X 53 CM]	200 LB [90.7 KG]
GLUTE DRIVE	PL-GLD	68" X 59" X 40" [173CM X 149CM X 102CM]	318 LB [144 KG]
GLUTE HAM/REVERSE HYPER COMBO	PL-GHRH	88" X 40" X 53" [224 CM X 102 CM X 135 CM]	337 LB [153 KG]
BELT SQUAT WITH DIP ATTACHMENT	PL-BSQ	78" X 63" X 64" [198CM X 160CM X 132CM]	485 LB [220 KG]
SUPERFLY	PL-FLY	82" X 86" X 41" [209 CM X 218 CM X 105 CM]	306 LB [139 KG]
PENDULUM-X SQUAT	PL-XSQ	97" X 45" X 81" [247 CM X 114 CM X 206 CM]	888 LB [403 KG]

HAMMER STRENGTH GROUND BASE	CODE	DIMENSIONS [L X W X H]	WEIGHT
JAMMER	GB-J	59" X 66" X 90" [150 CM X 168 CM X 229 CM]	370 LB [168 KG]
MULTI SQUAT	GB-MSQ	54" X 61" X 47" [137 CM X 155 CM X 94 CM]	240 LB [109 KG]
COMBO TWIST	GB-CT	58" X 58" X 55" [148 CM X 148 CM X 140 CM]	275 LB [125 KG]
SQUAT HIGH PULL	GB-SHP	62" X 57" X 34" [158 CM X 145 CM X 87 CM]	220 LB [100 KG]

HAMMER STRENGTH BENCHES & STORAGE	CODE	DIMENSIONS [L X W X H]	WEIGHT
MULTI-ADJUSTABLE BENCH	HDU-MAB	52" X 22" X 18.5" [133 CM X 56 CM X 47 CM]	85 LB [39 KG]
ADJUSTABLE BENCH	FW-MAB	55" X 26" X 17" [140 CM X 67 CM X 44 CM]	115 LB [53 KG]
DECLINE/ABDOMINAL BENCH	FW-ADB	63" X 24" X 34" [161 CM X 61 CM X 87 CM]	100 LB [46 KG]
FLAT BENCH	FW-FB	50" X 22" X 16" [127 CM X 56 CM X 41 CM]	54 LB [25 KG]
CHIN/DIP/LEG RAISE	BW-CDL	48" X 42" X 92" [122 CM X 107 CM X 234 CM]	250 LB [114 KG]
UTILITY BENCH - 75-DEGREE	FW-UB75	51" X 25" X 37" [130 CM X 64 CM X 94 CM]	65 LB [30 KG]
HEAVY DUTY - ADJUSTABLE NON-DNL BENCH	HDU-ADNV	52" X 25" X 18.2" H [132 CM X 64 CM X 46 CM]	102 LB [46 KG]
HEAVY DUTY - ADJUSTABLE DNL BENCH	HDU-ADV	52" X 25.3" X 18.2" H [132 CM X 64 CM X 46 CM]	132 LB [60 KG]
HEAVY DUTY - XL ADJUSTABLE DNL BENCH	HDU-ADXL	57" X 25.3" X 18.2" H [145 CM X 64 CM X 46 CM]	137 LB [62 KG]
OLYMPIC FLAT BENCH	O-FB	52" X 50" X 50" [133 CM X 127 CM X 127 CM]	145 LB [66 KG]
OLYMPIC INCLINE BENCH	O-IB	51" X 52" X 58" [130 CM X 133 CM X 148 CM]	198 LB [90 KG]
OLYMPIC MILITARY BENCH	O-MB	56" X 48" X 65" [143 CM X 122 CM X 166 CM]	339 LB [154 KG]
OLYMPIC BENCH WEIGHT STORAGE	O-BWS	22" X 15" X 46" [56 CM X 39 CM X 117 CM]	62 LB [29 KG]
OLYMPIC DECLINE BENCH	O-DB	60" X 53" X 50" [153 CM X 135 CM X 127 CM]	190 LB [87 KG]
FIXED PAD GLUTE/HAM	BW-GHF	72" X 32" X 50" [183 CM X 82 CM X 127 CM]	329 LB [150 KG]
SEATED ARM CURL	FW-AC	39" X 36" X 43" [100 CM X 92 CM X 110 CM]	160 LB [73 KG]
BACK EXTENSION	BW-BE	59" X 28" X 43" [150 CM X 72 CM X 110 CM]	135 LB [62 KG]
BARBELL RACK	FW-BAR	31" X 28" X 60" [79 CM X 72 CM X 153 CM]	142 LB [65 KG]
SINGLE-TIER DUMBBELL RACK	FW-DRI	90" X 16.5" X 24" [229 CM X 42 CM X 61 CM]	93 LB [43 KG]
TWO-TIER DUMBBELL RACK	FW-DR2	90" X 24" X 32" [229 CM X 61 CM X 82 CM]	155 LB [71 KG]
THREE-TIER DUMBBELL RACK	FW-DR3	90" X 27" X 39" [229 CM X 69 CM X 99 CM]	270 LB [122.5 KG]
DELUXE WEIGHT TREE	FW-DWT	20" X 27" X 39" [51 CM X 69 CM X 100 CM]	73 LB [34 KG]
SMALL BUMPER PLATE STORAGE	FW-BPS	46" X 16" X 11.5" [117 CM X 41 CM X 30 CM]	44 LB [20 KG]
LARGE BUMPER PLATE STORAGE	FW-BPL	72" X 16" X 12" [183 CM X 41 CM X 31 CM]	88 LB [40 KG]

HAMMER STRENGTH PLATFORMS	CODE	DIMENSIONS [L X W X H]	WEIGHT
IMPACT SUPPRESSION	ISP-4X8	51.5" X 94.5" X 3.25" [131 CM X 240 CM X 8.3 CM]	316 LB [143 KG]
IMPACT SUPPRESSION	ISP-6X8	75.5" X 94.5" X 3.25" [131 CM X 240 CM X 8.3 CM]	408 LB [185 KG]
TRADITIONAL WOOD	TWP-4X8	51.5" X 94.5" X 3.25" [131 CM X 240 CM X 8.3 CM]	316 LB [143 KG]
TRADITIONAL WOOD	TWP-6X8	75.5" X 94.5" X 3.25" [131 CM X 240 CM X 8.3 CM]	408 LB [185 KG]
RUBBER	RPI-4X8	48" X 92" X 0.75" [122 CM X 234 CM 1.9 CM]	120 LB [54 KG]
RUBBER	RPI-6X8	72" X 92" X 0.75" [183 CM X 234 CM 1.9 CM]	130 LB [59 KG]



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