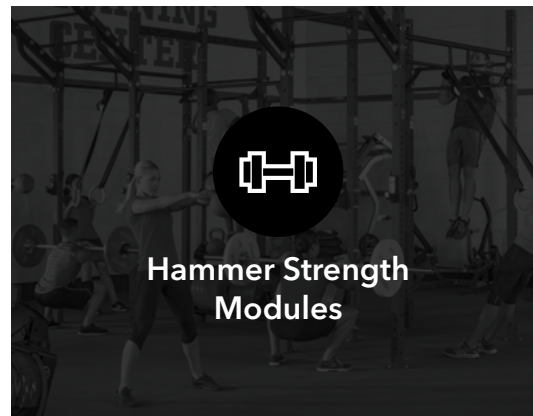
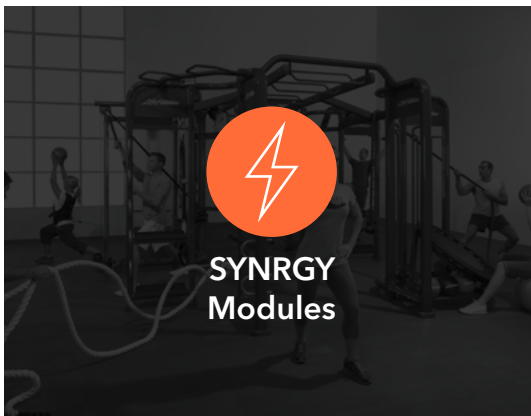
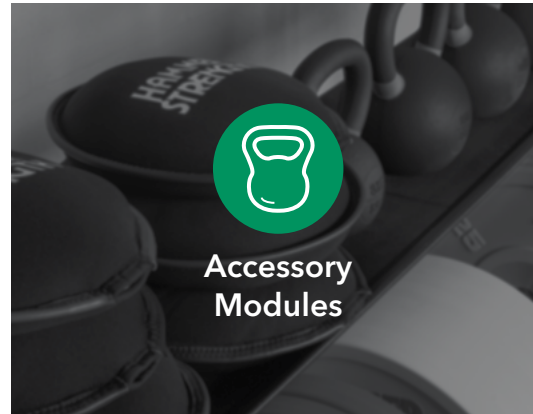
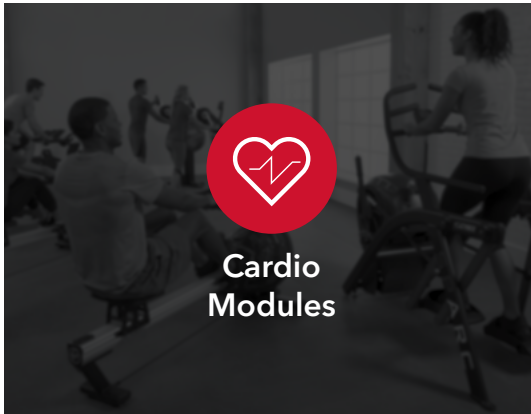


SMALL GROUP TRAINING MODULES

LifeFitness **HAMMER
STRENGTH**

OVERVIEW

Small group training “modules” are carefully selected and organized products that make designing group training spaces quick and easy. Modules are available in four different categories:



Method

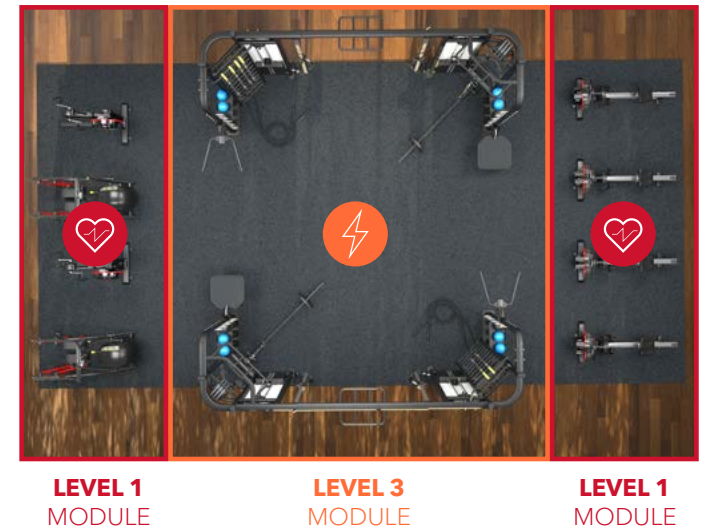
Each small group training space is designed to include:

- 3 product modules of varied difficulty levels (see “Levels” below)
- A group of 4 training participants at each module
- Training for a period of 4 minutes within a module before rotating to the next module
- This method results in a total of 12 training participants being trained by one instructor

Levels

Each SGT Module is assigned a difficulty level of 1, 2, or 3. Level 1 is the easiest to instruct with less demand on the instructor’s time and attention and Level 3 is the most difficult with greater demand placed upon the instructor’s time and attention. It’s recommended for each small group training space to include a mix of varied difficulty levels.

Example





CARDIO MODULES



UP/DOWN HIIT

LEVEL 1

The HIIT cardio experience alternates between the SPARC (lower body) and UpperCycle GX (upper body).

Example: 60 seconds of exercise at each station for a total of four minutes before rotating to the next module

Features

Both products are self-powered and require minimal adjustment for a quick on/off training experience.

Benefits

- Short amount of transition time between products
- Quick and easy adjustment of resistance and speed
 - Provides immediate variance in training intensity
 - Ensures optimal training zones

SGT MODULE INCLUDES*





HIIT ROW

LEVEL 1

This is a total-body cardio HIIT training experience with 40 seconds of all-out rowing and 20 seconds of slow recovery rowing.

Example: 60 seconds of exercise (40 high intensity / 20 recovery) for a total of four minutes before rotating to the next module.

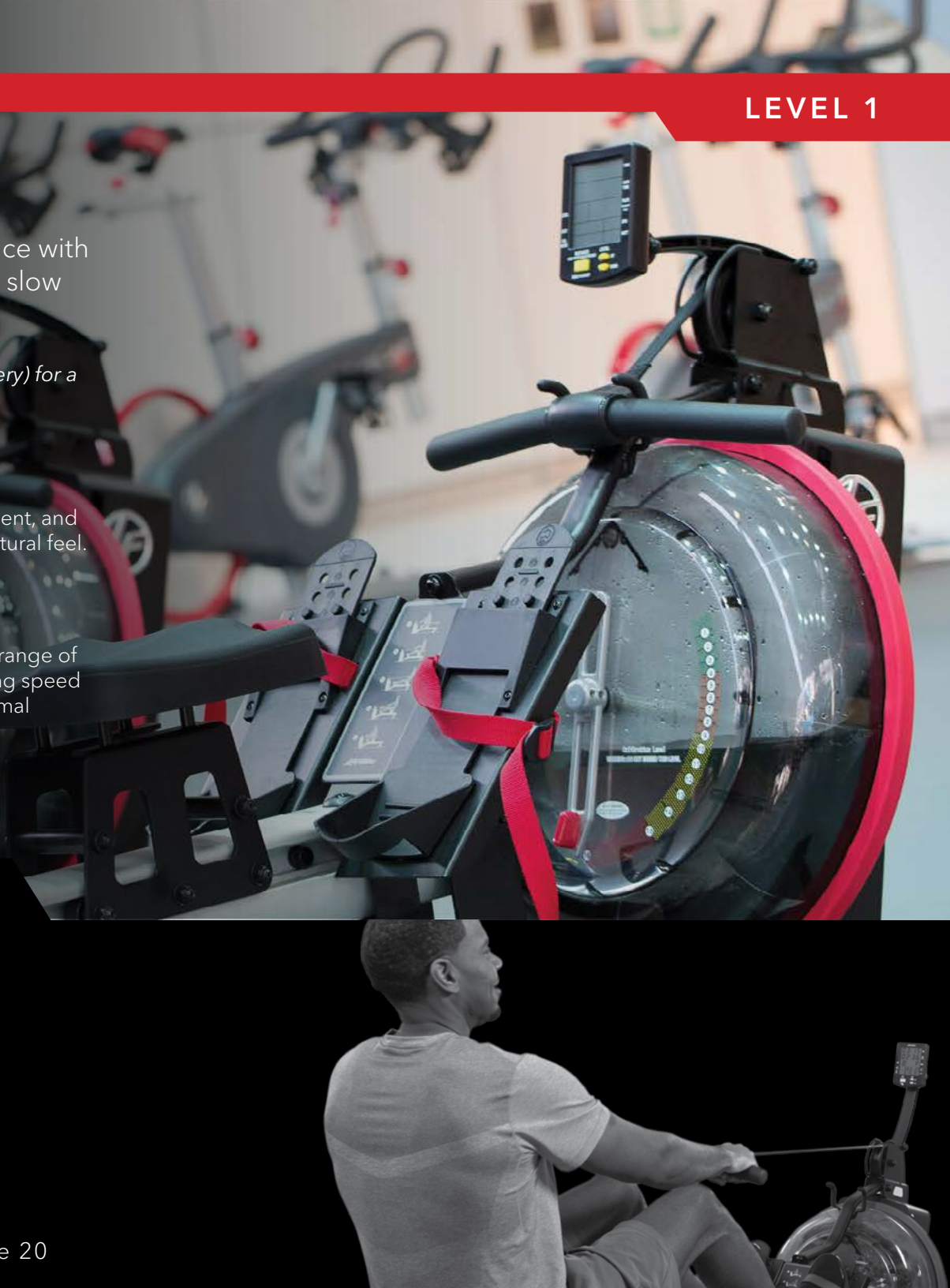
Features

The Row GX Trainer is self-powered, requires minimal adjustment, and offers fluid resistance technology—delivering a smooth and natural feel.

Benefits

Quick and easy resistance adjustment accommodates a wide range of participants, providing each with immediate variance in training speed and intensity, which ensures they are exercising within an optimal training zone during the four 60-second rounds.

SGT MODULE INCLUDES*





ACCESSORY MODULES



JUMP & SLAM

LEVEL 2

This is a high intensity variable movement training experience. A group of as many as four training participants (two pairs of two participants) perform a sequence of toss, whip, slam and jump conditioning exercises.

Example: 60 seconds of exercise (40 work / 20 recovery) performed with the wall ball (toss), battle rope (whip), slam ball (slam), and stackable plyo (jump) for a total of four minutes before rotating to the next module.

Features

The wall ball and slam ball provide varied weighted ball diameters, with the use of the slam ball helping to prevent the wall ball from being used for slam exercises. The battle rope is securely anchored to the free standing storage rack, and the stackable plyo provides multiple heights for varied height jumps and multi-box depth jumps.

Benefits

The combined use of the four different products provides progression by tossing the wall ball, whipping the battle rope, slamming the slam ball, and ending with plyo jumps.

SGT MODULE INCLUDES*





CORE-BILITY

LEVEL 1

This module activates core conditioning from ribs to hips and stabilization from the ground up. A group of as many as four training participants (two pairs of two participants) perform static-to-dynamic core muscle stabilization exercises that progress from floor to feet.

Example: 60 seconds of exercise (40 work / 20 recovery) performed in lying, seated, plank and standing positions for a total of four minutes before rotating to the next module.

Features

Handles of the CoreBall provide a secure grip while performing rotatory and push-up plank exercises, and the medicine ball for more traditional controlled moves. The inflatable stability ball and Bosu inflate to provide a firmer, more stable surface; or deflate to provide a more challenging exercise surface.

Benefits

The foam roller is ideal for prep and recovery. The stability ball and CoreBall are perfect for lying, seated and plank exercises, and the Bosu is a universal training tool for all static and dynamic core conditioning and stabilization exercises. The ab wheel provides advanced and dynamic core conditioning challenges.

SGT MODULE INCLUDES*





LIFT & LEAP

LEVEL 2

This module combines a free weight resistance and plyometric interval training experience. A group of as many as 4 training participants (two pairs of two participants) perform accessory-based resistance exercise, followed by paired participant plyo box conditioning.

Example: 60 seconds of exercise (40 work / 20 recovery) at each station for a total of four minutes before rotating to the next module.

Features

Dumbbell, kettlebell, and Sandbell varied resistances provide the right load for participants of all fitness and ability levels. The three-sided, variable-height soft foam plyo box quickly adjusts to optimal height for all types of jumping, leaping and bounding activities.

Benefits

Dumbbells, kettlebells, and SandBells are used to perform isolated and integrated strength exercises. Plyo boxes are the perfect training tool for explosive lower- and upper-body training. Combining them trains strength, power, and cardiovascular endurance.

SGT MODULE INCLUDES*





LIFT & FLIP

LEVEL 2

This module delivers an intense and demanding tempo-training experience. A group of as many as four training participants (two pairs of two participants) perform a sequence of slow, moderate and higher speed exercises.

Example: 60 seconds of exercise (40 work / 20 recovery) performed with the medicine ball at a slow speed, the band with handles at a moderate speed, the kettlebell at a high speed, finishing off with a power move using the flip tire for for a total of four minutes before rotating to the next module.

Features

The easy-grip medicine ball provides confidence when performing integrated, multi-plane exercises. The elastic property of the band provides safety when performing higher speed exercises, the asymmetrical load of the kettlebell allows full control of the swing momentum, and the flip tire's covered surface and handles provides limitless training options.

Benefits

The variable speed of movement, using the four different products, provides an increased training demand as you progress through the four-exercise training routine, which safely and effectively prepares the muscles, joints and cardiovascular system before moving on to the next higher speed exercise.

SGT MODULE INCLUDES*





SYNRGY MODULES



T FUNCTION

LEVEL 3

This SGT module is an optimal blend of station, accessory product, and bodyweight training options. Performed with a group of four individual training participants, or as many as four pairs of participants.

Example: 60 seconds of exercise (40 work / 20 recovery) at each station for a total of four minutes before rotating to the next module.

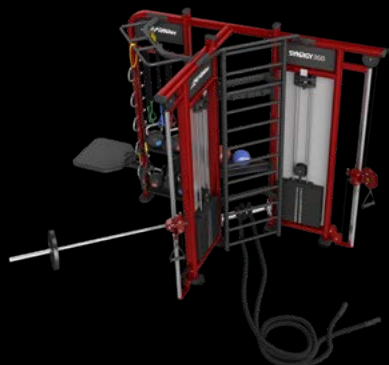
Features

This SYNRGY small group training system's compact configuration provides varied SYNRGY exercise station and accessory options in a small area. Accessories include bands, kettlebells and medicine balls.

Benefits

Quickly and easily move from exercise to exercise with minimal setup and transition time. The space efficient T design allows paired exercise participants to train safely and effectively. The two SYNRGY T units can be set up near adjacent walls in a perimeter-style layout, providing more open space in between; or back-to-back in a center-style for limited spaces.

SGT MODULE INCLUDES*





90/90 FUNCTION

LEVEL 3

This module provides an optimal blend of station, accessory product, and bodyweight training. Performed with a group of four individual training participants, or as many as four pairs of participants.

Example: 60 seconds of exercise (40 work / 20 recovery) at each station for a total of four minutes before rotating to the next module.

Features

This perimeter-style small group training system is configured to provide varied SYNRGY exercise station and accessory options. Accessories include bands, kettlebells, medicine balls, suspension trainers and battle ropes.

Benefits

Training participants can quickly and easily move from exercise to exercise with minimal setup and transition time. The 90-degree space design allows paired exercise participants to train safely and effectively. The open space between the two connected SYNRGY90 units provides ample space for small group activity.

SGT MODULE INCLUDES*





FULL CIRCLE FUNCTION

LEVEL 3

This module is an optimal blend of station, accessory product and bodyweight training options. Performed with a group of four individual training participants, or as many as four pairs of participants.

Example: 60 seconds of exercise (40 work / 20 recovery) for a total of four minutes before rotating to the next module.

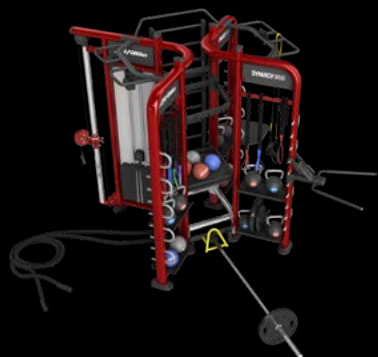
Features

This center-style small group training system is configured to provide varied SYNRGY exercise station and accessory options. Easy access accessory storage allows participants to grab a band, kettlebell, or medicine ball and perform exercises without obstructing exercisers.

Benefits

360-degree configuration minimizes training participant transition time from station-to-station. SYNRGY units are typically set up in the middle of the group training space with open area around the perimeter, or on one side of the training space with open area on the opposite side.

SGT MODULE INCLUDES*





HAMMER STRENGTH MODULES





PURE POWER

LEVEL 3

The Pure Power Module offers a complimentary combination of traditional Olympic Bar training, along with Power Pivot barbell and body weight pull up stations. A group of 4 training participants may perform Olympic lifts or combine with alternative Power Pivot barbell exercise and hanging body weight pull/chin ups.

Example: 60 seconds of exercise (30 work / 30 recovery) for a total of four minutes before rotating to the next module.

Features

This perimeter-style small group training product configuration provides four dedicated Olympic bar training stations. Includes bars and collars, bumper plates and storage, power pivot, and rock grips.

Benefits

This versatile, space saving training system is designed to be placed up against a wall providing plenty of open space between the two Perimeter units for group training activities. Training participants may quickly and safely load and unload the bar with varied height weight horn plate storage located on both inside and outside of product frame.

SGT MODULE INCLUDES*





GROUND & GRIND

LEVEL 1

The Ground & Grind Module safely and effectively provides the body with four principle ground-based primal movement resistance training exercises that build foundational strength, power, and explosiveness from the ground up. Participants progress from an upper body “push” exercise, to a trunk “twist” left then trunk “twist” right exercise, and finally a lower body “squat” exercise.

Example: 60 seconds of exercise (30 work / 30 recovery) for a total of four minutes before rotating to the next module.

Features

The Ground Based Jammer, Twist Left, Twist Right, and Squat High Pull training stations provide exceptionally smooth converging and diverging arcs of motion to work along with the body’s natural movement patterns. Weight plate storage weight horns are optimally positioned for safe, quick and easy on/off plate use and storage.

Benefits

This plate loaded training circuit allows participants to simultaneously move both limbs independently, or with slightly different weights for each side of the body to create greater core muscle demand. Resistance load is transferred from the ground up through the legs into the core and outward to the upper extremity making sure no muscle is left untouched.

SGT MODULE INCLUDES*





STRIKE & SUSPEND

LEVEL 2

The Strike & Suspend Module offers an intense variable training experience that consists of suspension training, striking, and lifting activities. A group of 4 individual training participants, and up to four pairs of participants, perform heavy bag "strike" or "kick" moves, followed by weight training "strength" exercises, and finally the body is put to the test by performing body weight suspension training exercises.

Example: 60 seconds of exercise (40 work / 20 recovery) for a total of four minutes before rotating to the next module.

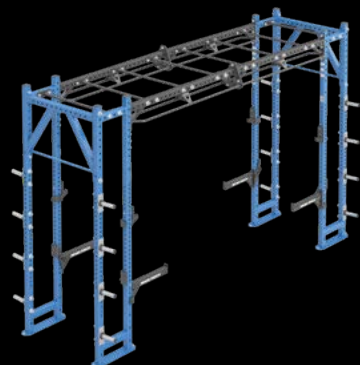
Features

This versatile small group training Single Bridge product configuration provides four dedicated heavy bag stations, along with ample dumbbell, kettlebell and SandBell accessory storage, and four suspension training stations.

Benefits

This strong and sturdy multi-faceted training system is typically set up in the middle of the group training space with open training area both under the bridge and outside the perimeter. Alternatively, the unit may be set up on one side of the training space with open area on the opposing side for team building and competition. This Single Bridge product may be easily reconfigured into a Double or Triple Bridge training system.

SGT MODULE INCLUDES*





LIFT & HIT

LEVEL 2

The Lift and Hit Module offers a dynamite one-two punch of heavy bag and free weight resistance training. A group of 4 individual training participants, and up to four pairs of participants, perform varied combinations of box/kick "quickness" moves and traditional weight training "strength" exercises.

Example: Two heavy bag exercises and two resistance exercises are each performed for 60 seconds (40 work / 20 recovery) for a total of four minutes before rotating to the next module.

Features

This unique Perimeter small group training product configuration provides four dedicated heavy bag stations and storage for dumbbell, kettlebell and SandBell accessories.

Benefits

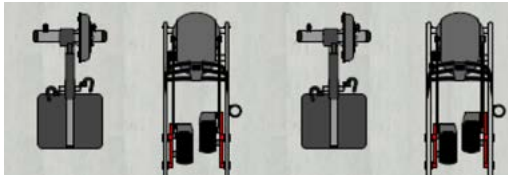
This versatile, space saving training system is designed to be placed up against a wall providing plenty of open space out in front of the Perimeter unit for performing free weight, body weight or jump rope training activities. Paired training participants may quickly and safely access the stored accessory products during the transitional rest time without obstructing their partner at the heavy bag station.

SGT MODULE INCLUDES*



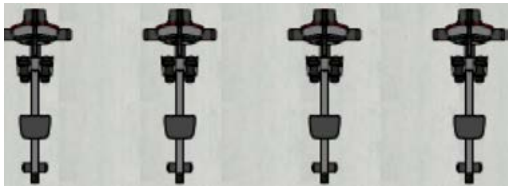
PRODUCT LIST

UP/DOWN HIIT



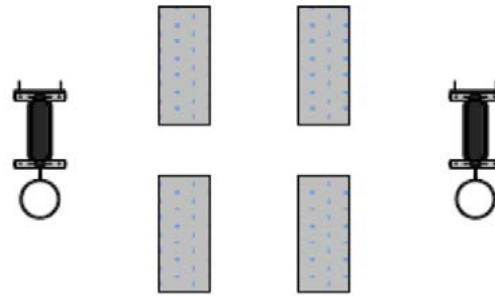
Level 1	Product(s)	Quantity
	UpperCycle GX	2
	SPARC	2

HIIT ROW



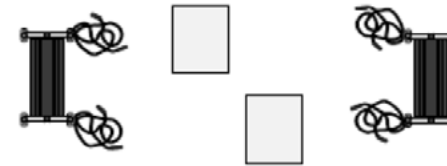
Level 1	Product(s)	Quantity
	Row GX	4

CORE-BILITY



Level 1	Product(s)	Quantity
	Signature Accessory Rack	2
	LF Stability Ball 55cm	2
	LF Stability Ball 65cm	2
	LF Medicine Ball 2kg	2
	LF Medicine Ball 3kg	4
	LF Medicine Ball 4kg	4
	LF Medicine Ball 5kg	2
	Core Bag 10kg	2
	Core Bag 20kg	2
	High Density Foam Roller, Round, 12"	4
	Premium Gym Mat	4

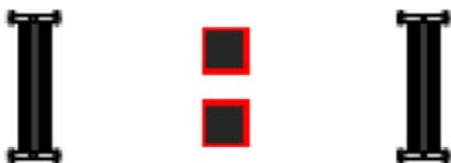
JUMP & SLAM



Level 2	Product(s)	Quantity
	HD Athletic 4' Free Standing Storage	2
	Accessory Tray	6
	Slam Ball 5kg	4
	Slam Ball 10kg	4
	Slam Ball 15kg	4
	Slam Ball 20kg	4
	Battle Rope	4
	Hammer Plyo Box Set, Stackable	1

PRODUCT LIST

LIFT & LEAP



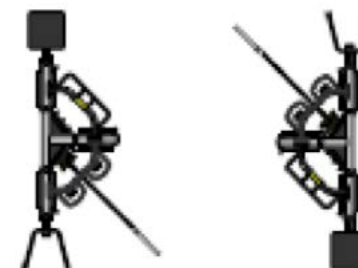
Level 2	Product(s)	Quantity
	HD Athletic 6' Free Standing Storage	2
	72" Dumbbell Tray	4
	Accessory Tray	2
	HEX Dumbbells 5kg, Pair, Rubber	1
	HEX Dumbbells 7.5kg, Pair, Rubber	1
	HEX Dumbbells 10kg, Pair, Rubber	2
	HEX Dumbbells 12.5kg, Pair, Rubber	2
	HEX Dumbbells 15kg, Pair, Rubber	2
	HEX Dumbbells 17.5kg, Pair, Rubber	2
	HEX Dumbbells 20kg, Pair, Rubber	2
	HEX Dumbbells 22.5kg, Pair, Rubber	2
	HEX Dumbbells 25kg, Pair, Rubber	2
	HEX Dumbbells 30kg, Pair, Rubber	1
	HEX Dumbbells 35kg, Pair, Rubber	1
	HEX Dumbbells 40kg, Pair, Rubber	1
	HEX Dumbbells 45kg, Pair, Rubber	1
	HEX Dumbbells 50kg, Pair, Rubber	1
	Hammer Competition Kettlebell, Purple, 8kg	3
	Hammer Competition Kettlebell, Light Blue, 12kg	3
	Hammer Competition Kettlebell, Yellow, 16kg	6
	Hammer Competition Kettlebell, Green, 24kg	6
	Hammer Competition Kettlebell, Red, 32kg	3
	Hammer Slambell, 4kg, Black Neoprene	3
	Hammer Slambell, 6kg, Black Neoprene	3
	Hammer Slambell, 8kg, Black Neoprene	3
	Hammer Slambell, 10kg, Black Neoprene	6
	Hammer Slambell, 12kg, Black Neoprene	6
	Hammer Slambell, 14kg, Black Neoprene	3
	Hammer PlyoBox, Foam	2

LIFT & FLIP



Level 2	Product(s)	Quantity
	Signature Accessory Rack	2
	LF Medicine Ball, 2kg, Orange	2
	LF Medicine Ball, 3kg, Red	2
	LF Medicine Ball, 4kg, Blue	2
	LF Kettlebell 8kg	4
	LF Kettlebell 12kg	5
	LF Kettlebell 16kg	5
	LF Kettlebell 20kg	4
	LF Kettlebell 24kg	2
	Covered Bands w/ Handles - Light	2
	Covered Bands w/ Handles - Medium	3
	Covered Bands w/ Handles - Heavy	3
	LF FlipTire 60kg	1
	LF FlipTire 80kg	1

T FUNCTION



Level 3	Product(s)	Quantity
	SYNRGY360 T Combo	2
	SYNRGY360 Step Up Platform	2
	SYNRGY Dip	2
	SYNRGY360T Accessory Kit	2
	Dual Handle Covered Band, Medium	2
	Dual Handle Covered Band, Very Heavy	2
	Covered Loop Band, Heavy	2
	Covered Loop Band, Very Heavy	2
	Battle Rope, 32mm, 10m long	2
	Life Fitness Kettlebell, 8kg	2
	Life Fitness Kettlebell, 12kg	2
	Life Fitness Kettlebell, 16kg	2
	Life Fitness Kettlebell, 20kg	2
	Life Fitness Medicine Ball, 2kg	2
	Life Fitness Medicine Ball, 3kg	2
	Life Fitness Medicine Ball, 4kg	2
	Life Fitness Medicine Ball, 5kg	2
	Hammer Olympic Plate, 2.5kg	2
	Hammer Olympic Plate, 5kg	4
	Hammer Olympic Plate, 10kg	2

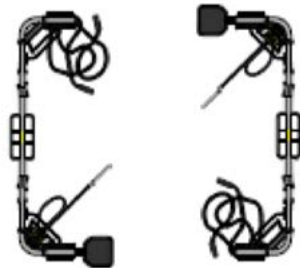
PRODUCT LIST

FULL CIRCLE FUNCTION



Level 3	Product(s)	Quantity
	SYNRGY360 XS Combo	1
	SYNRGY Step Up Platform	2
	SYNRGY Dip	2
	SYNRGY360XS Accessory Kit	1
	Dual Handle Covered Band, Medium	2
	Dual Handle Covered Band, Very Heavy	2
	Covered Loop Band, Heavy	2
	Covered Loop Band, Very Heavy	2
	Battle Rope, 32mm, 10m Long	1
	Life Fitness Kettlebell, 8kg	2
	Life Fitness Kettlebell, 12kg	2
	Life Fitness Kettlebell, 16kg	2
	Life Fitness Kettlebell, 20kg	2
	Life Fitness Medicine Ball, 2kg	1
	Life Fitness Medicine Ball, 3kg	1
	Life Fitness Medicine Ball, 4kg	1
	Life Fitness Medicine Ball, 5kg	1
	Hammer Olympic Plate, 2.5kg	1
	Hammer Olympic Plate, 5kg	2
	Hammer Olympic Plate, 10kg	1

90/90 FUNCTION



Level 3	Product(s)	Quantity
	SYNRGY90 Versa Cable w/ Rope Pull, Power Pivot and Suspension Chin	2
	SYNRGY90 Cable Versa w/ Rope Pull, Power Pivot and Suspension Chin	2
	SYNRGY Cable Crossover Connector w/ XL Length Option	2
	SYNRGY Step Up Platform	2
	SYNRGY Dip	2
	Dual Handle Covered Band, Medium	8
	Dual Handle Covered Band, Very Heavy	8
	Covered Loop Band, Heavy	8
	Covered Loop Band, Very Heavy	8
	Life Fitness Kettlebell, 8kg	4
	Life Fitness Kettlebell, 12kg	4
	Life Fitness Kettlebell, 16kg	4
	Life Fitness Kettlebell, 20kg	4
	Life Fitness Medicine Ball, 2kg	4
	Life Fitness Medicine Ball, 3kg	4
	Life Fitness Medicine Ball, 4kg	4
	Life Fitness Medicine Ball, 5kg	4

PURE POWER



Level 3	Product(s)	Quantity
	HDA Perimeter Side Frame UR	8 4 4 2 4 16
	HDA Half Rack Bar Catch	4
	HDA Power Pivot	4
	Hammer Olympic Bar	4
	Collar, Lock Jaw Oly	8
	Hammer Bumper, 5kg, Urethane, Black	16
	Hammer Bumper, 10kg, Urethane, Green	16
	Hammer Bumper, 15kg, Urethane, Yellow	16
	Hammer Bumper, 20kg, Urethane, Blue	24

PRODUCT LIST

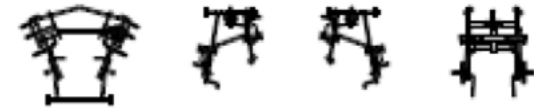
STRIKE & SUSPEND



Level 2	Product(s)	Quantity
	Single Bridge	1
	Dumbbell Trays	4
	Accessory Storage Trays	4
	LF Premium Heavy Bag	4
	Heavy Bag Hanger	4
	LF Bag Gloves - pair	4
	HEX Dumbbells, Pair, 2.5kg	1
	HEX Dumbbells, Pair, 5kg	1
	HEX Dumbbells, Pair, 7.5kg	1
	HEX Dumbbells, Pair, 10kg	1
	HEX Dumbbells, Pair, 12.5kg	1
	HEX Dumbbells, Pair, 15kg	1
	HEX Dumbbells, Pair, 20kg	1
	HEX Dumbbells, Pair, 25kg	1

Product(s)	Quantity
Hammer Competition Kettlebell, Purple, 8kg	2
Hammer Competition Kettlebell, Light Blue, 12kg	2
Hammer Competition Kettlebell, Yellow, 16kg	2
Hammer Competition Kettlebell, Green, 24kg	2
Hammer Competition Kettlebell, Red, 32kg	2
Hammer Strength Slambell, 4kg	2
Hammer Strength Slambell, 6kg	2
Hammer Strength Slambell, 8kg	2
Hammer Strength Slambell, 10kg	2
Hammer Strength Slambell, 12kg	2
Hammer Strength Slambell, 14kg	2
Hammer PlyoBox, Foam	2
Hanging Accessory, Cone Grip with Strap, Pair	2
Hanging Accessory, Oly Ring with Strap, Pair	2

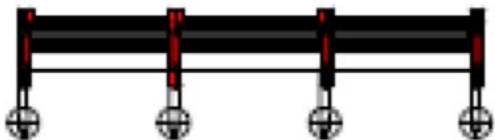
GROUND & GRIND



Level 1	Product(s)	Quantity
	HS GB Jammer	1
	HS GB Twist Left	1
	HS GB Twist Right	1
	HS GB Squat High Pull	1
	HS Round Urethane Olympic Plate 2.5kg	8
	HS Round Urethane Olympic Plate 5kg	8
	HS Round Urethane Olympic Plate 10kg	8
	HS Round Urethane Olympic Plate 20kg	20

PRODUCT LIST

LIFT & HIT



Level 2	Product(s)	Quantity
	HDA Perimeter	6
	LF Premium Heavy Bag	4
	Heavy Bag Hanger	4
	Accessory Storage Trays	3
	Dumbbell Trays	4
	2 Pipe	2
	LF Bag Gloves - Pair	4
	HEX Dumbbells, Pair, 5kg	1
	HEX Dumbbells, Pair, 7.5kg	1
	HEX Dumbbells, Pair, 10kg	2
	HEX Dumbbells, Pair, 12.5kg	2
	HEX Dumbbells, Pair, 15kg	2
	HEX Dumbbells, Pair, 17.5kg	2
	HEX Dumbbells, Pair, 20kg	2
	HEX Dumbbells, Pair, 22.5kg	2
	HEX Dumbbells, Pair, 25kg	2
	HEX Dumbbells, Pair, 30kg	1
	HEX Dumbbells, Pair, 35kg	1
	HEX Dumbbells, Pair, 40kg	1
	HEX Dumbbells, Pair, 45kg	1
	HEX Dumbbells, Pair, 50kg	1
	Hammer Strength Competition Kettlebell, Purple, 8kg	3
	Hammer Strength Competition Kettlebell, Light Blue, 12kg	3
	Hammer Strength Competition Kettlebell, Yellow, 16kg	6
	Hammer Strength Competition Kettlebell, Green, 24kg	6
	Hammer Strength Competition Kettlebell, Red, 32kg	3

Product(s)	Quantity
Hammer Strength Slambell, 4kg	3
Hammer Strength Slambell, 6kg	3
Hammer Strength Slambell, 8kg	6
Hammer Strength Slambell, 10kg	6
Hammer Strength Slambell, 12kg	3
Hammer Strength Slambell, 14kg	3
Hammer Strength Slambell, 5kg	3
Hammer Strength Slambell, 10kg	3
Hammer Strength Slambell, 15kg	3
Hammer Strength Slambell, 20kg	3
Jump Rope	4



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