

# PRODUCT CATALOG



**HAMMER  
STRENGTH®**



A man with tattoos is sitting on a Hammer Strength squat rack in a gym. He is wearing a black t-shirt and shorts. The rack is blue and has a sign that says "HAMMER STRENGTH".

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# BUILT TO A HIGHER STANDARD

The reputation of Hammer Strength equipment has been built with steel, sweat and dedication.

Hammer Strength is the No. 1 option for elite athletes because it can take the pounding they dish out, and, most importantly, it's designed to provide results.

We are committed to turning steel into world-class strength equipment. We're also committed to world-renowned durability.

That's why Hammer Strength equipment is tested to exceed industry standards, ensuring that it can hold up to years of even the most intense training programs.

# HAMMER STRENGTH®



# HAMMER STRENGTH®



## HAMMER STRENGTH STARTS WITH HERITAGE

Strength training changed when Gary Jones created Hammer Strength in 1989. With ingenuity, and input from the Cincinnati Bengals, he constructed machines with performance in mind—effective training tools that move the way the body does.



“

I LOOKED AT STARTING  
HAMMER STRENGTH AS  
DOING SOMETHING THAT  
I BELIEVED IN. I WAS  
JUST TRYING TO MAKE  
MACHINES BETTER.”

— GARY JONES





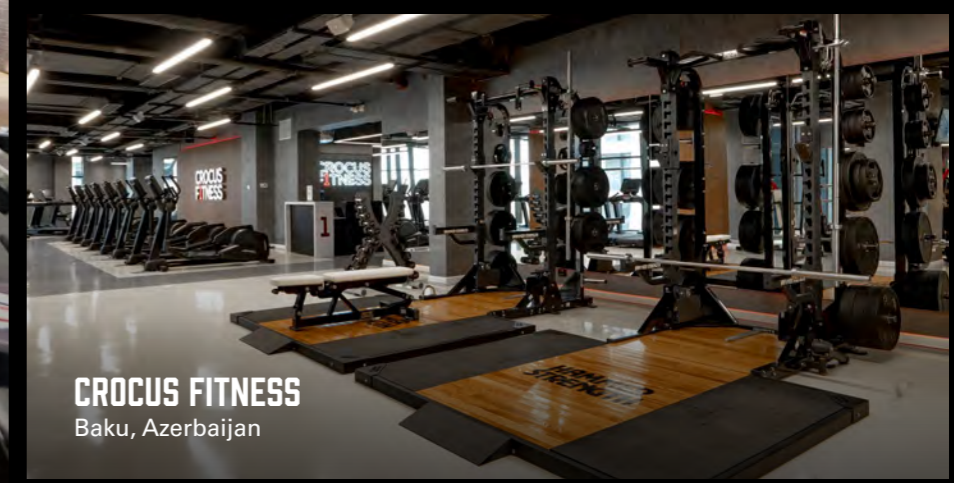
# BUILDING CHAMPIONS

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

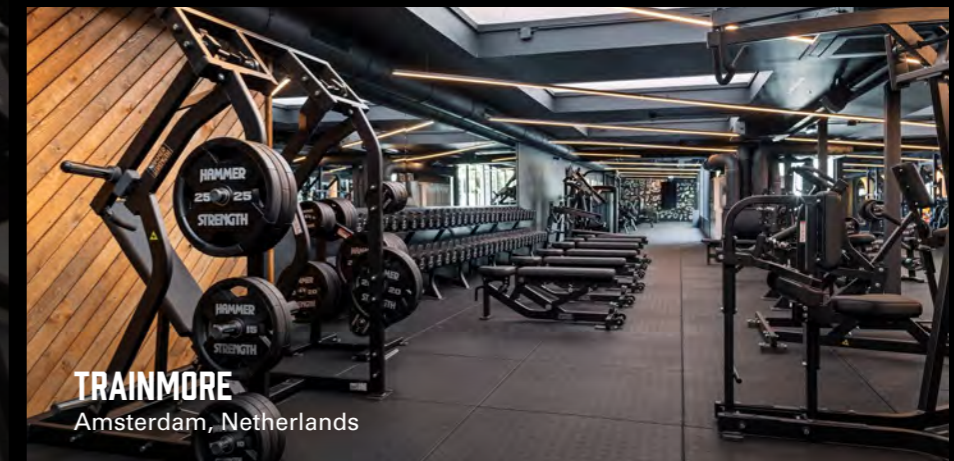
**CLEVER FIT**  
Stade, Germany



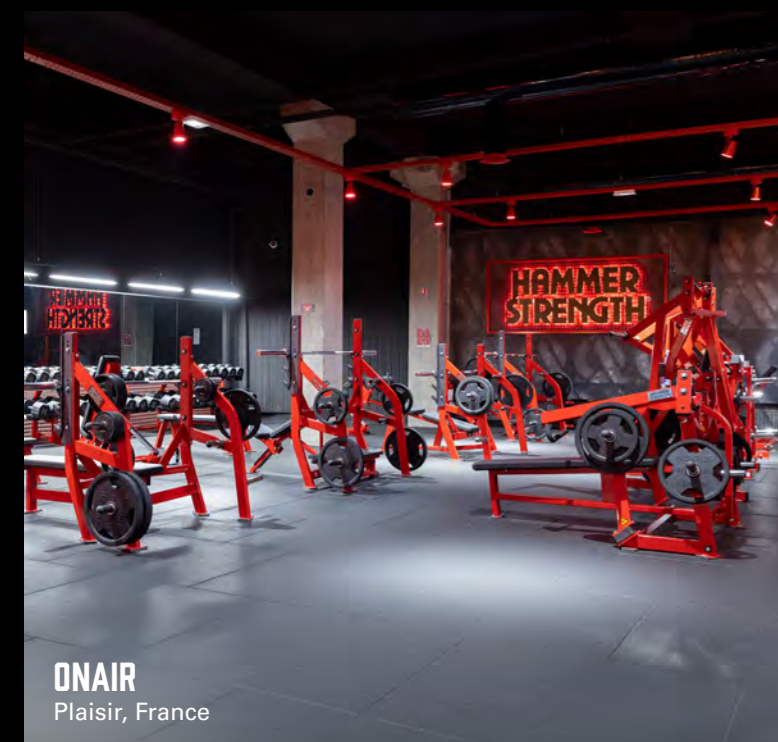
**19 DUTCH**  
New York, NY



**CROCUS FITNESS**  
Baku, Azerbaijan



**TRAINMORE**  
Amsterdam, Netherlands



**ONAIR**  
Plaisir, France



**EVOLUTION**  
Foligno, Italy



**FIT.**  
Abu Dhabi, UAE





## 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

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



### HD SPARC

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

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 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  
STRENGTH®

HAMMER STRENGTH SELECT



# HAMMER STRENGTH SELECT



ASSIST DIP CHIN / HS-ADC



BICEPS CURL / HS-BC



CHEST PRESS / HS-CP



FIXED PULLDOWN / HS-FPD



LAT PULLDOWN / HS-PD



LATERAL RAISE / HS-LR



PECTORAL FLY / HS-PEC



PECTORAL FLY / REAR DELTOID / HS-FLY



SEATED ROW / HS-RW



SHOULDER PRESS / HS-SP



TRICEPS EXTENSION / HS-TE



HIP ABDUCTION / HS-HAB



HIP ADDUCTION / HS-HAD



HIP / GLUTE / HS-HG



HORIZONTAL CALF / HS-HC



LEG CURL / HS-LC



LEG EXTENSION / HS-LE



SEATED LEG CURL / HS-SLC



SEATED LEG PRESS / HS-SLP



STANDING CALF / HS-SC



ABDOMINAL CRUNCH / HS-ABC



BACK EXTENSION / HS-BE





# MOTION TECHNOLOGY SELECTORIZED

**SMOOTH, BIOMECHANICALLY SOUND AND EXTREMELY EFFECTIVE**

MTS delivers the effective Iso-Lateral<sup>®</sup> 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.





MTS



**ABDOMINAL CRUNCH**  
/ MTSAB



**ISO-LATERAL BICEPS CURL** / MTBSC



**ISO-LATERAL CHEST PRESS** / MTSCP



**ISO-LATERAL LEG EXTENSION** / MTSLE



**ISO-LATERAL KNEELING LEG CURL** / MTSKC



**ISO-LATERAL FRONT PULLDOWN** / MTSFP



**ISO-LATERAL DECLINE PRESS** / MTSDP



**ISO-LATERAL SHOULDER PRESS** / MTSSP



**ISO-LATERAL TRICEPS EXTENSION** / MTSTE



**ISO-LATERAL HIGH ROW** / MTSHR



**ISO-LATERAL INCLINE PRESS** / MTSIP



**ISO-LATERAL ROW** / MTSRW





## 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.

**HAMMER STRENGTH**

**PLATE-LOADED**



**PLATE-LOADED**



**ISO-LATERAL BENCH PRESS / IL-BP**



**ISO-LATERAL CHEST / BACK / IL-CB**



**ISO-LATERAL D.Y. ROW / IL-DRW**



**ISO-LATERAL DECLINE PRESS / IL-DCP**



**ISO-LATERAL FRONT LAT PULLDOWN / IL-PD**



**ISO-LATERAL HIGH ROW / IL-HR**



**ISO-LATERAL HORIZONTAL PRESS / IL-HBP**



**ISO-LATERAL INCLINE PRESS / IL-IP**



**ISO-LATERAL LOW ROW / IL-LR**



**ISO-LATERAL ROW / IL-ROW**



**ISO-LATERAL SHOULDER PRESS / IL-SP**



**ISO-LATERAL SUPER INCLINE PRESS / IL-FMP**



**ISO-LATERAL WIDE CHEST / IL-WC**



**ISO-LATERAL WIDE PULLDOWN / IL-WPD**



**ISO-LATERAL LATERAL RAISE / PL-LR**



**4-WAY NECK / PL-4W**



**T-BAR ROW / PL-TBR**



**PULLOVER / PL-PO**



**SEATED BICEPS / PL-BI**



**SEATED DIP / PL-DIP**



**GLUTE DRIVE / PL-GLD**



**SEATED / STANDING SHRUG / PL-SH**



**ABDOMINAL OBLIQUE CRUNCH / PL-AB**



**GRIPPER / PL-GRIP**

PLATE-LOADED

PLATE-LOADED





HAMMER  
STRENGTH

PLATE-LOADED



VERTICAL SMITH MACHINE / HSSMV



SMITH MACHINE / HSSM



ISO-LATERAL LEG CURL / IL-LC



ISO-LATERAL LEG EXTENSION / IL-LE



ISO-LATERAL LEG PRESS / IL-LP



ISO-LATERAL KNEELING LEG CURL / IL-KLC



LEG EXTENSION / PL-LE



LEG PRESS / PL-LP



LINEAR LEG PRESS / HSLLP



SEATED CALF RAISE / PL-CALF



SEATED LEG CURL / PL-SLC



SUPER HORIZONTAL CALF / PLSHC



ASSISTED NORDIC HAMSTRING / PL-ANH



GLUTE HAM / REVERSE HYPER COMBO / PL-GHRH



BELT SQUAT / PL-BSQ



HACK SQUAT / PL-HSQ



TIBIA DORSI FLEXION / PL-TIB



V-SQUAT / PL-VSQ

PLATE-LOADED





# 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 eight different machines works several muscle groups at once.

The result is a total-body workout ideal for both sports specific and functional training.

## GROUND BASE



COMBO DECLINE / GB-CD



COMBO INCLINE / GB-CI



COMBO TWIST / GB-CT



JAMMER / GB-J



SQUAT HIGH PULL / GB-SHP



SQUAT LUNGE / GB-SL



TWIST LEFT / GB-TL



TWIST RIGHT / GB-TR

Images not to scale. Products subject to change.





## 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.

HAMMER STRENGTH®

HD ELITE iD



# HD ELITE ID RACKS

## 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.



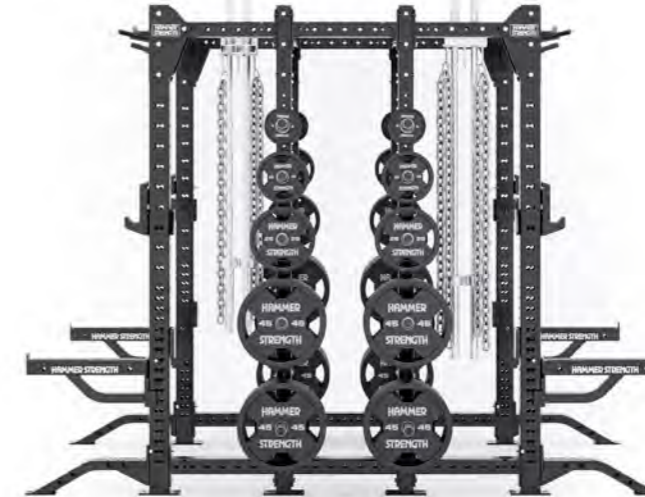
BUILD THE RACK THAT BEST FITS YOUR WEIGHT ROOM FROM THESE STANDARD RACK BASE TYPES.



STANDARD HALF RACK / ELT-HR-STRD

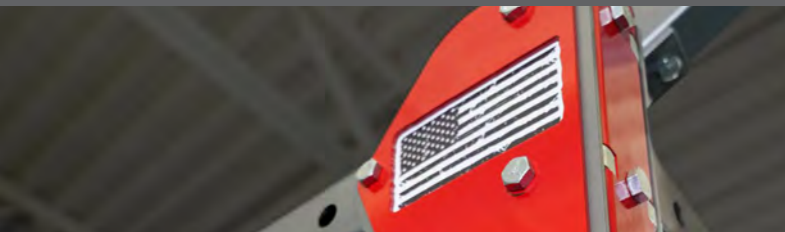


STANDARD POWER RACK / ELT-PR-STRD



COMBO RACK

## PERFORMANCE FEATURES

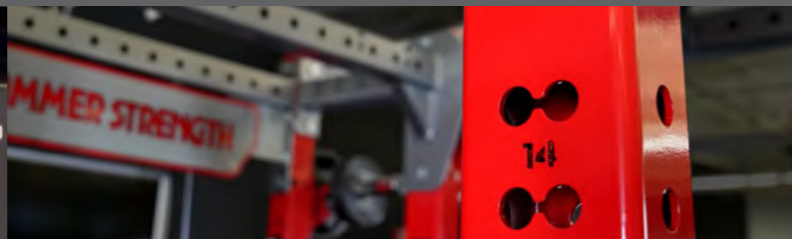


### ANVIL BRACING™

Multi-plane bolting configuration increases structural rigidity.

### HAMMERLOCK™

Bolting mechanism allows for higher fastening torque and eliminates exposed hardware for a cleaner look



### CO-BRANDING\*

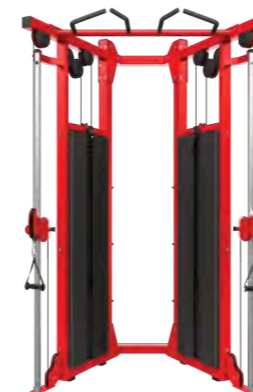
Show your team or facility pride by adding your custom logo

\*Co-branding is only available in North American markets.

### 7-GAUGE STEEL

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

## CABLE STATIONS



HD ELITE DUAL ADJUSTABLE PULLEY / HDLDAP



HD ELITE PULLDOWN / HDLDP



HD ELITE DUAL PULLDOWN ROW / HDL DPR



HD ELITE ROW / HDLRW





# 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 desire choices to create the perfect fit.



RACKS

# HD ATHLETIC

*EASILY CREATE YOUR OWN PERFORMANCE TRAINING SPACE*

## HD ATHLETIC NX

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

## HD ATHLETIC PRO

HD Athletic Pro creates massive training flexibility out of small spaces. HD Athletic Pro is for the customer that needs integrated barbell solutions with practical accessory storage and functional training. Configure the structures that best fit your room by maximizing open floorspace without limiting the number of bars moving.

## SERIES RACKS



POWER RACK



HALF RACK



COMBO RACK



SQUAT STAND

HD ATHLETIC RACKS





# HD ATHLETIC PRO

**PERFORMANCE STRENGTH TRAINING THAT MAXIMIZES SPACE**

## HD ATHLETIC BRIDGE

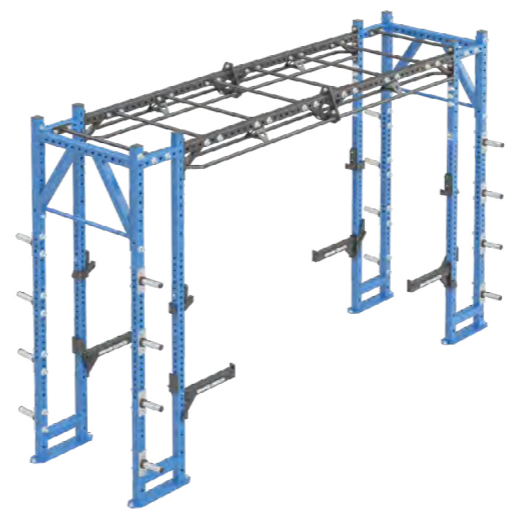
Olympic training and storage options are connected by an overhead bridge that offers the opportunity for group strength training, body weight training and more. Open space underneath the Bridge can also be used for a variety of general group exercise.

Several configuration sizes fit nearly any space.

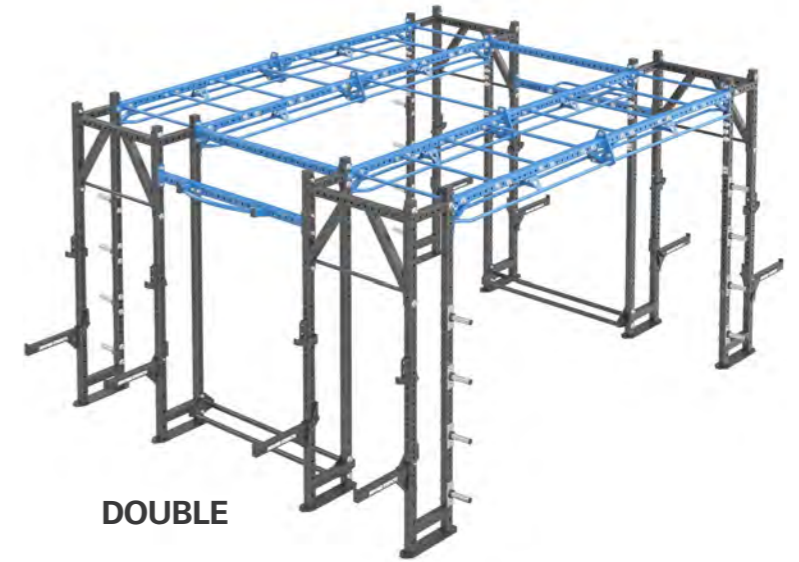
## HD ATHLETIC PERIMETER

A depth of 32" ensures that Perimeter fits unobtrusively against a wall. Connect several together to create a performance strength training wall or large storage area.

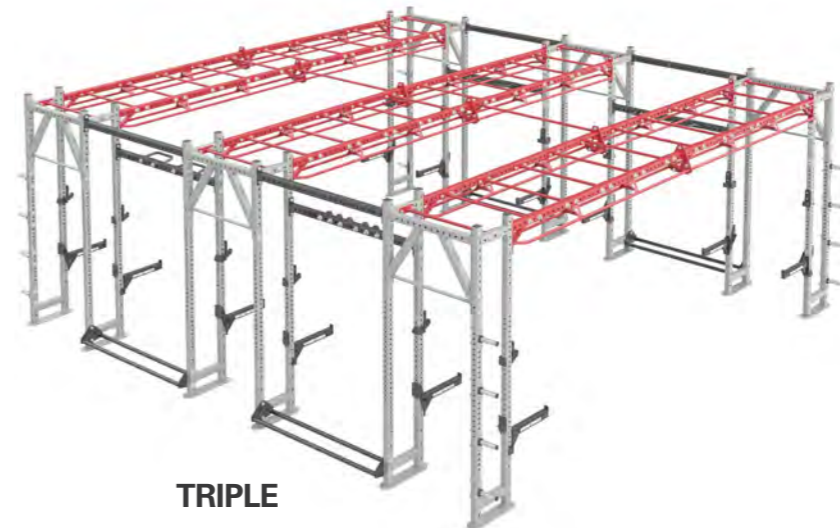
### BRIDGE CONFIGURATION\*



SINGLE



DOUBLE



TRIPLE

### PERIMETER CONFIGURATION\*



14' PERIMETER UNIT



4' PERIMETER UNIT



STORAGE-ONLY PERIMETER

Call for pricing and additional configurations.  
Images not to scale. Products subject to change.

\*All rig configurations require bolt to floor.





# 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, Perimeter and Bridge.



Scan to learn more about add-on options.



LIGHTNING ARMS



NORDIC HAM



BATTLE ROPE ATT.



UTILITY BAND PEG



POWER PIVOT



MOD. POWER PIVOT



LOCK KNOB



UTILITY PAD



TOP BALL STORAGE



WALL BALL TARGET



HEAVY BAG HANGER



DIP HANDLE



DOCK 'N' LOCK



3" BALL GRIP



ARC BAR



NEUTRAL GRIPS



SPOTTER PLATFORMS



CUSTOM SIGNS\*



CUSTOM ANVIL PLATES\*



SQUARE RACK CONNECTORS



3 X 3 SQUARE



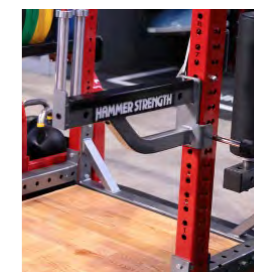
PERCH XM



WING



BALLISTIC WING



SPIDER GUSSET

\*Only available in North American markets.

Note: Not all options are listed. Contact your sales representative for more information.



# 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.



STANDARD WEIGHT HORN



XL WEIGHT HORN



BULL HORN



2-BAR HANGER



SINGLE BAR HANGER



THICK BAR HANGER



SPECIALTY BAR STORAGE



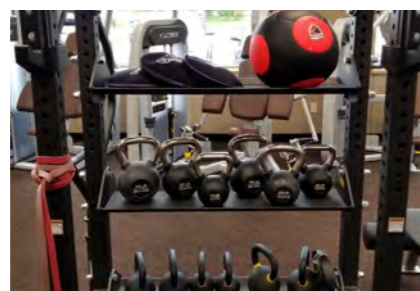
LOW BAR STORAGE



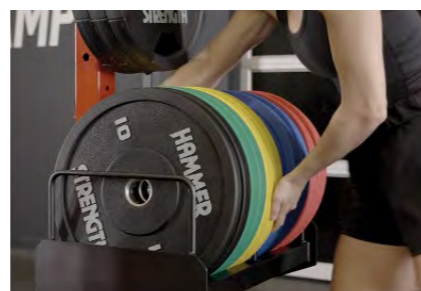
PRO BAR STORAGE



UTILITY STORAGE POST



STORAGE TRAYS



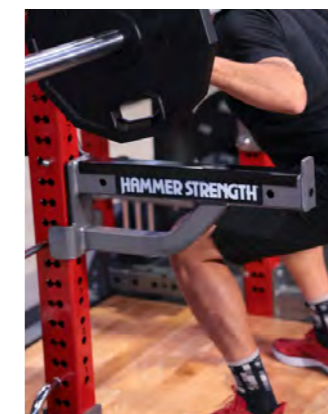
MODULAR ACCESSORY STORAGE

## BAR SUPPORTS AND CATCHES



### ID BAR SUPPORTS

3/8" bent plate with 3/8" paint guards protect the rack and dampen sound. Using molded urethane covers, the supports have a large 5-1/2" landing zone and a 1-1/2" 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

For NX Power Racks. Designed with 2" x 3", 11-gauge tubing with a 1/2" 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" 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" plate protected by an oversized, urethane cover for bar protection. Landing area is 2" that tapers to 1.3" for wide hand clearance. High-wear powder-coated finish with a chrome pin. Interior is wrapped with 3/8" 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.





# BENCHES AND STORAGE

## SET UP YOUR PERFECT PERFORMANCE WORKOUT

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

## BENCHES AND STORAGE



**ADJUSTABLE BENCH / FWMAB**



**DECLINE/ABDOMINAL BENCH / FW-DB**



**FLAT BENCH / FW-FB**



**UTILITY BENCH - 75° / FW-UB75**



**MULTI-ADJUSTABLE BENCH / HDT-MAB**



**ADJUSTABLE BENCH / HDLADJN**

- Back pad adjusts to 0, 15, 30, 45, 60 and 75-degree pressing angles
- Seat pad adjusts 0, 15 and 30 degrees
- Not compatible with Dock N' Lock system



**ADJUSTABLE BENCH / HDLADJ**

- Back pad adjusts to 0, 15, 30, 45, 60 and 75-degree pressing angles
- Seat pad adjusts 0, 15 and 30 degrees
- Also available with wider/longer pads (HDLADJXL)
- For use with Dock N' Lock system



**DOCK 'N LOCK / HDLDL**

- Engages HDLADJ & HDLADJXL benches into nine forward and backward positions
- Ensures bench is always locked into place and centered in racks
- Fits on HD Elite and HD Athletic Racks



# BENCHES AND STORAGE



**OLYMPIC BENCH WEIGHT STORAGE / O-BWS**



**OLYMPIC DECLINE BENCH / O-DB**



**OLYMPIC FLAT BENCH / O-FB**



**OLYMPIC INCLINE BENCH / O-IB**



**OLYMPIC MILITARY BENCH / O-MB**



**OLYMPIC SQUAT RACK / OSR**



**CHIN/DIP/LEG RAISE / BW-CDL**



**FIXED PAD GLUTE/HAM / BW-GHF**



**GLUTE/HAM / BW-GH**



**SEATED ARM CURL**



**BACK EXTENSION / BW-BE**



**4' FREESTANDING STORAGE / HDT-FSS-4**



**6' FREESTANDING STORAGE / HDT-FSS-6**



**BARBELL RACK / FW-BAR**



**SMALL RUBBER WEIGHT STORAGE / FW-BPS**



**LARGE BUMPER PLATE STORAGE / FW-BPL**



**DELUXE WEIGHT TREE / FW-DWT**



**SINGLE-TIER DUMBBELL RACK / FW-DR1**



**TWO-TIER DUMBBELL RACK / FW-DR2**



**THREE-TIER DUMBBELL RACK / FW-DR3**





# HAMMER STRENGTH ACCESSORIES

## DURABLE BUILDING BLOCKS FOR A COMPLETE FACILITY

The standard for facilities that want to create a cohesive performance training experience that athletes get more out of.

Durability is engineered into each product and form follows function for a truly exceptional accessory line.

HAMMER  
STRENGTH®

HAMMER STRENGTH ACCESSORIES



# OLYMPIC PLATES



## OLYMPIC PLATES



### ROUND URETHANE OLYMPIC PLATES

- Weights: 1.25, 2.5, 5, 10, 15, 25kg
- 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



### ROUND RUBBER OLYMPIC PLATES

- Weights: 1.25, 2.5, 5, 10, 15, 20, 25kg
- Made from rubber and engineered for maximum durability
- Ergonomically designed handle contour
- Molded-in logo and weight numbers



# DUMBBELLS

ACCESSORIES

## DUMBBELLS

### URETHANE DUMBBELLS



- Weight range: 2 to 60kg (2kg increments)
- 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

### RUBBER DUMBBELLS



- Weight range: 2.5 to 50kg (2.5kg increments)
- Durable, chemically-bonded rubber
- Dual lock, securely fastened head-to-handle system
- Anti-roll, X-shaped head
- Hard chrome-plated handles

### HEX RUBBER DUMBBELLS



- Weights: 2.5 to 50kg (2.5kg increments)
- Hex-shaped head
- Hard chrome-plated handle

HAMMER STRENGTH ACCESSORIES



# BUMPERS



## BUMPERS



### URETHANE BUMPERS

- Weights: 5, 10, 15, 20, 25kg
- 450mm diameter
- Molded-in numbers and logos
- Precision machined high-grade steel, hard chrome plated hub (10 – 25kg)
- Chemically bonded urethane for maximum durability



### PREMIUM RUBBER BUMPERS

- Weights: 10, 15, 20, 25kg
- 450mm diameter
- Molded-in numbers and logos
- Precision machined high-grade steel, hard chrome plated hub
- Chemically bonded rubber for maximum durability



### STANDARD RUBBER BUMPERS

- Weights: 5, 10, 15, 20, 25kg
- 450mm diameter
- Molded-in numbers and logos
- Stainless steel pressed and flared center ring



# BARS

# ACCESSORIES

## OLYMPIC BARS



### 20KG COMPETITION OLYMPIC BAR 28MM, CHROME, BEARING

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



### 20KG OLYMPIC BAR 28MM, CHROME, BUSHING

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



### 20KG GYM BAR 29MM, 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.



### 20KG TRAINING BAR 29MM, BLACK OXIDE, BUSHING

- Ideal for general weightlifting
- Composite bushings



### 15KG OLYMPIC BAR 25MM, CHROME, BUSHING

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



### SPRING COLLAR

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



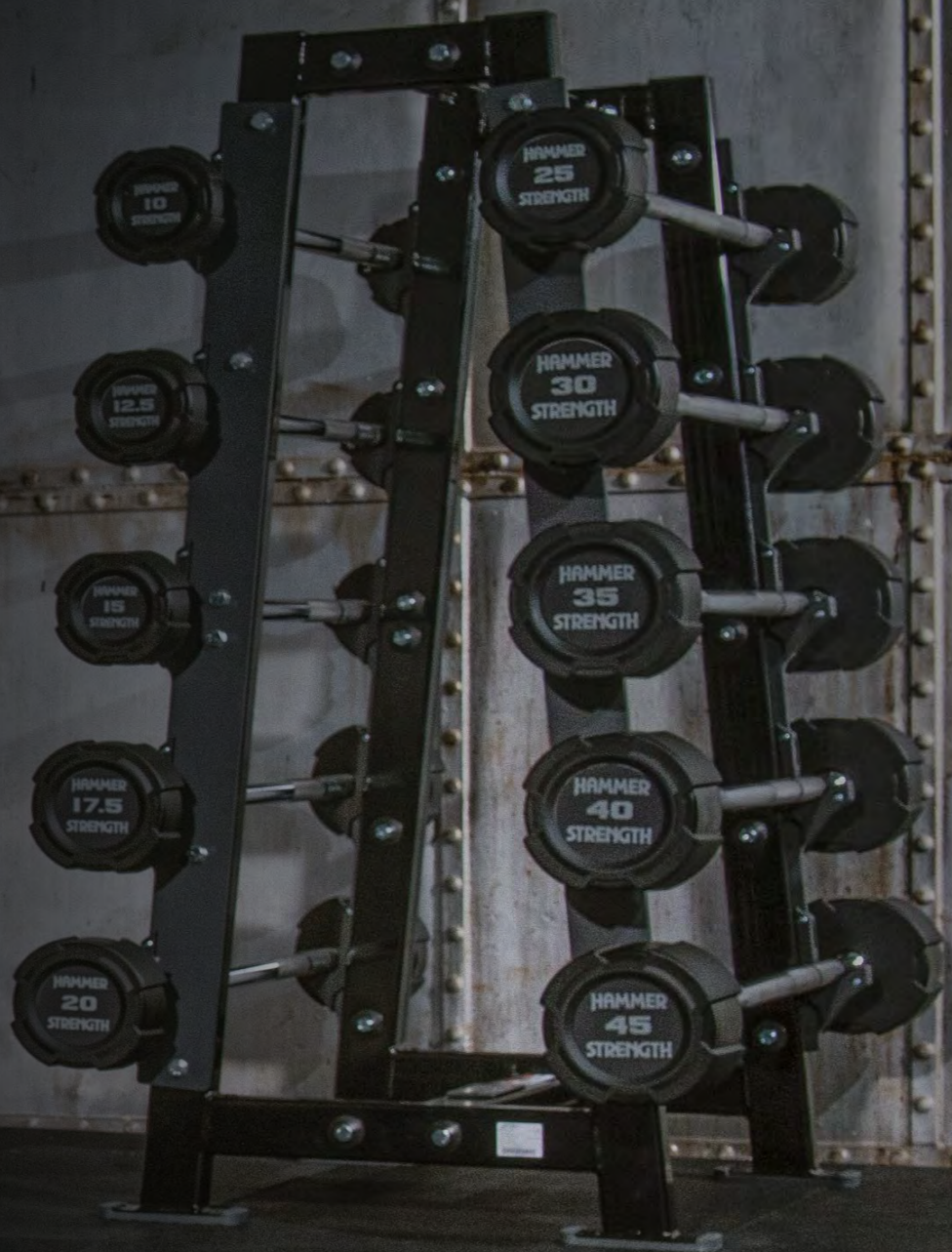
### LOCK-JAW OLY2 COLLAR

- 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



# FIXED BARBELLS & CURL BARS

ACCESSORIES



## FIXED BARBELLS & CURL BARS



### URETHANE FIXED BARBELLS

- Weight range: 10, 12.5, 15, 17.5, 20, 25, 30, 35, 40, 45kg
- Premium urethane
- Anti-roll, X-shaped head
- Hard chrome-plated shaft



### RUBBER FIXED BARBELLS

- Weight range: 10, 12.5, 15, 17.5, 20, 25, 30, 35, 40, 45kg
- Premium rubber
- Anti-roll, X-shaped head
- Hard chrome-plated shaft



### CURL BARS

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

HAMMER STRENGTH ACCESSORIES



# KETTLEBELLS

HAMMER STRENGTH



## KETTLEBELLS

### HAMMER STRENGTH COMPETITION KETTLEBELLS



- Weight range: 8, 10, 12, 14, 16, 20, 24, 28, 32kg
- Base diameter: 14cm (5.5")
- Industrial powder coated bell
- Handle diameter: 33mm
- Stainless steel handles



### SLAM BALLS

- Weights: 5, 10, 15, 20kg
- Diameter: 25cm
- Inflated to maintain roundness
- X-shaped textured shell for grip



### SLAMBAGS

- Weight range: 2 - 20kg (2kg increments)
- Micro-grade steel pellets for grip variety and challenging weight exercises
- Double-stitched neoprene casing

ACCESSORIES

HAMMER STRENGTH ACCESSORIES



# PLYO BOXES

## PLYO BOXES



### 3-IN-1 SOFT PLYO BOX

- Dimensions (L x W x H): 50 x 60 x 76cm
- Weight: 28kg
- 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): 76 x 92cm
- Five different heights: 7, 15, 30, 45, 60cm
- 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

- Dimensions (L x W x H): 50 x 60 x 76cm
- Inner bracing system
- Heavy-duty birch plywood
- Side handles



# PLATFORMS AND INSERTS



## PLATFORMS AND INSERTS

### 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.



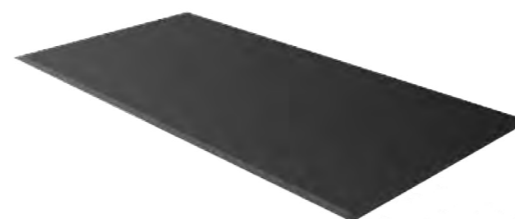
### RUBBER PLATFORMS

#### 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.





## STRENGTH EQUIPMENT COLOR CHART

STRENGTH FRAME COLORS	HAMMER STRENGTH	HD RACKS	
		NX & ID	HD ATHLETIC PRO BRIDGE AND RIG
		NX Xmember are HW Charcoal Only	Upright & Xmember
Platinum*	S	S	N/A
Black	S		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 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 lbs (264 kg)
Pectoral Fly/Rear Deltoid	HS-FLY	49" x 56" x 71" (125 cm x 143 cm x 181 cm)	580 lbs (264 kg)
Chest Press	HS-CP	41" x 57" x 64" (105 cm x 145 cm x 163 cm)	560 lbs (255 kg)
Shoulder Press	HS-SP	60" x 56" x 64" (153 cm x 143 cm x 163 cm)	520 lbs (236 kg)
Seated Row	HS-RW	52" x 34" x 71" (133 cm x 87 cm x 181 cm)	590 lbs (268 kg)
Lat Pulldown	HS-PD	54" x 33" x 89" (138 cm x 84 cm x 227 cm)	545 lbs (248 kg)
Fixed Pulldown	HS-FPD	58" x 55" x 73" (148 cm x 140 cm x 186 cm)	620 lbs (282 kg)
Biceps Curl	HS-BC	45" x 41" x 55" (115 cm x 105 cm x 140 cm)	450 lbs (205 kg)
Triceps Extension	HS-TE	45" x 44" x 55" (115 cm x 112 cm x 140 cm)	470 lbs (214 kg)
Lateral Raise	HS-LR	42" x 37" x 55" (107 cm x 94 cm x 140 cm)	535 lbs (243 kg)
Assist Dip Chin	HS-ADC	46" x 45" x 87" (117 cm x 115 cm x 221 cm)	655 lbs (298 kg)
Seated Leg Press	HS-SLP	79" x 40" x 71" (201 cm x 102 cm x 181 cm)	810 lbs (368 kg)
Leg Extension	HS-LE	47" x 41" x 64" (120 cm x 105 cm x 163 cm)	570 lbs (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 lbs (313 kg)
Hip Adduction	HS-HAD	61" x 26" x 55" (155 cm x 67 cm x 140 cm)	575 lbs (261 kg)
Hip Abduction	HS-HAB	61" x 26" x 55" (155 cm x 67 cm x 140 cm)	575 lbs (261 kg)
Back Extension	HS-BE	46" x 40" x 55" (117 cm x 102 cm x 140 cm)	560 lbs (255 kg)
Hip/Glute	HS-HG	65" x 39" x 72" (166 cm x 100 cm x 183 cm)	725 lbs (329 kg)
Abdominal Crunch	HS-ABC	62" x 35" x 56" (158 cm x 89 cm x 143 cm)	400 lbs (182 kg)
Standing Calf	HS-SC	58" x 45" x 71.5" (148 cm x 115 cm x 182 cm)	680 lbs (309 kg)

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 lbs (241 kg)
Iso-Lateral Biceps Curl	MTSBC	38" x 58" x 59" (97 cm x 148 cm x 150 cm)	520 lbs (236 kg)
Iso-Lateral Triceps Extension	MTSTE	36" x 52" x 60" (92 cm x 133 cm x 153 cm)	580 lbs (264 kg)
Iso-Lateral Chest Press	MTSCP	40" x 68" x 77" (102 cm x 173 cm x 196 cm)	765 lbs (347 kg)
Iso-Lateral Incline Press	MTSIP	40" x 68" x 77" (102 cm x 173 cm x 196 cm)	765 lbs (347 kg)
Iso-Lateral Decline Press	MTSDP	39" x 64" x 66" (100 cm x 163 cm x 168 cm)	755 lbs (343 kg)
Iso-Lateral High Row	MTSHR	47" x 72" x 77" (120 cm x 183 cm x 196 cm)	780 lbs (354 kg)
Iso-Lateral Row	MTSRW	51" x 62" x 82" (130 cm x 158 cm x 209 cm)	765 lbs (347 kg)
Iso-Lateral Front Pulldown	MTSFP	48" x 58" x 80" (122 cm x 148 cm x 204 cm)	793 lbs (360 kg)
Iso-Lateral Shoulder Press	MTSSP	45" x 62" x 54" (115 cm x 158 cm x 138 cm)	746 lbs (339 kg)
Iso-Lateral Leg Extension	MTSLE	48" x 57" x 55" (122 cm x 145 cm x 140 cm)	750 lbs (341 kg)
Kneeling Leg Curl	MTSKC	45" x 62" x 54" (115 cm x 158 cm x 138 cm)	746 lbs (339 kg)



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 lbs (159 kg)
Iso-Lateral Horizontal Press	IL-HBP	66" x 61" x 42" (168 cm x 155 cm x 107 cm)	240 lbs (109 kg)
Iso-Lateral Super Incline Press	IL-FMP	50" x 59" x 60" (127 cm x 150 cm x 153 cm)	360 lbs (164 kg)
Iso-Lateral Incline Press	IL-IP	39" x 52" x 75" (100 cm x 133 cm x 191 cm)	325 lbs (148 kg)
Iso-Lateral Wide Chest	IL-WC	45" x 59" x 69" (115 cm x 150 cm x 176 cm)	305 lbs (139 kg)
Iso-Lateral Decline Press	IL-DCP	51" x 54" x 68" (130 cm x 138 cm x 173 cm)	315 lbs (143 kg)
Iso-Lateral Shoulder Press	IL-SP	51" x 58" x 74" (130 cm x 148 cm x 188 cm)	350 lbs (159 kg)
Iso-Lateral Chest/Back	IL-CB	72" x 52" x 82" (183 cm x 133 cm x 209 cm)	390 lbs (177 kg)
Iso-Lateral Front Lat Pulldown	IL-PD	65" x 41" x 80" (166 cm x 105 cm x 204 cm)	315 lbs (143 kg)
Iso-Lateral Wide Pulldown	IL-WPD	71" x 42" x 80" (181 cm x 107 cm x 204 cm)	320 lbs (146 kg)
Iso-Lateral High Row	IL-HR	61" x 41" x 79" (155 cm x 105 cm x 201 cm)	330 lbs (150 kg)
Iso-Lateral Rowing	IL-ROW	59" x 50" x 51" (150 cm x 127 cm x 130 cm)	280 lbs (128 kg)
Iso-Lateral D.Y. Row	IL-DRW	51" x 56" x 82" (130 cm x 143 cm x 209 cm)	360 lbs (164 kg)
Iso-Lateral Low Row	IL-LR	48" x 47" x 67" (122 cm x 120 cm x 171 cm)	335 lbs (152 kg)
Seated/Standing Shrug	PL-SH	42" x 60" x 49" (107 cm x 153 cm x 125 cm)	235 lbs (107 kg)
Seated Dip	PL-DIP	72" x 49" x 43" (182 cm x 124 cm x 109 cm)	285 lbs (130 kg)
Seated Biceps	PL-BI	50" x 46" x 53" (127 cm x 117 cm x 135 cm)	225 lbs (103 kg)
Iso-Lateral Lateral Raise	PL-LR	41" x 55" x 48" (105 cm x 140 cm x 122 cm)	295 lbs (134 kg)
Pullover	PL-PO	54" x 51" x 59" (138 cm x 130 cm x 150 cm)	370 lbs (168 kg)
4-Way Neck	PL-4W	33" x 54" x 62" (84 cm x 138 cm x 158 cm)	245 lbs (112 kg)
Gripper	PL-GRIP	50" x 28" x 47" (127 cm x 71 cm x 119 cm)	65 lbs (30 kg)
Abdominal Oblique Crunch	PL-AB	47" x 58" x 66" (120 cm x 148 cm x 168 cm)	355 lbs (162 kg)
Linear Leg Press	HSLLP	95" x 65" x 57" (242 cm x 166 cm x 145 cm)	630 lbs (286 kg)
Hack Squat	PL-HSQ	85" x 61" x 59" (216 cm x 155 cm x 153 cm)	504 lbs (229 kg)
Leg Press	PL-LP	69" x 51" x 57" (176 cm x 130 cm x 145 cm)	535 lbs (243 kg)
Iso-Lateral Leg Press	IL-LP	70" x 59.5" x 60" (178 cm x 152 cm x 153 cm)	605 lbs (275 kg)
V-Squat	PL-VSQ	97" x 42" x 81" (247 cm x 107 cm x 205 cm)	530 lbs (241 kg)
Seated Calf Raise	PL-CALF	49" x 33" x 54" (124 cm x 84 cm x 137 cm)	200 lbs (91 kg)
Super Horizontal Calf	PL-SHC	64" x 57" x 60" (163 cm x 145 cm x 152 cm)	380 lbs (173 kg)
Assisted Nordic Hamstring	PL-ANH	77" x 53" x 58" (196 cm x 135 cm x 147 cm)	400 lbs (181 kg)
Leg Extension	PL-LE	56" x 54" x 57" (143 cm x 138 cm x 145 cm)	295 lbs (134 kg)

PLATE-LOADED	CODE	DIMENSIONS (L x W x H)	WEIGHT
Iso-Lateral Kneeling Leg Curl	IL-KLC	43" x 50" x 47" (110 cm x 127 cm x 120 cm)	250 lbs (114 kg)
Seated Leg Curl	PL-SLC	53" x 54" x 49" (135 cm x 138 cm x 125 cm)	330 lbs (150 kg)
Iso-Lateral Leg Extension	IL-LE	54" x 57" x 57" (138 cm x 145 cm x 145 cm)	300 lbs (137 kg)
Iso-Lateral Leg Curl	IL-LC	71" x 53" x 39" (181 cm x 135 cm x 100 cm)	285 lbs (130 kg)
Tibia Dorsi Flexion	PL-TIB	15" x 24" x 12" (39 cm x 61 cm x 31 cm)	52 lbs (24 kg)
Vertical Smith Machine	HSSMV	50" x 90" x 93" (127 cm x 229 cm x 236 cm)	571 lbs (259 kg)
T-Bar Row	PL-TBR	82" x 33" x 21" (210 cm x 82 cm x 53 cm)	200 lbs (90.7 kg)
Glute Drive	PL-GLD	68" x 59" x 40" (173cm x 149cm x 102cm)	318 lbs (144 kg)
Glute Ham/Reverse Hyper Combo	PL-GHRH	88" x 40" x 53" (224 cm x 102 cm x 135 cm)	337 lbs (153 kg)
Belt Squat	PL-BSQ	78" x 63" x 64" (198cm x 160cm x 132cm)	485 lbs (220 kg) with Dip Attachment

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 lbs (168 kg)
Combo Incline	GB-CI	58" x 58" x 55" (148 cm x 148 cm x 140 cm)	275 lbs (125 kg)
Combo Decline	GB-CD	65" x 51" x 96" (166 cm x 130 cm x 244 cm)	360 lbs (164 kg)
Combo Twist	GB-CT	58" x 58" x 55" (148 cm x 148 cm x 140 cm)	275 lbs (125 kg)
Twist Right	GB-TR	55" x 50" x 55" (140 cm x 127 cm x 140 cm)	200 lbs (91 kg)
Twist Left	GB-TL	55" x 50" x 55" (140 cm x 127 cm x 140 cm)	200 lbs (91 kg)
Squat Lunge	GB-SL	54" x 54" x 32" (138 cm x 138 cm x 82 cm)	240 lbs (109 kg)
Squat High Pull	GB-SHP	62" x 57" x 34" (158 cm x 145 cm x 87 cm)	220 lbs (100 kg)



BENCHES AND STORAGE	CODE	DIMENSIONS (L x W x H)	WEIGHT
Olympic Bench Weight Storage	O-BWS	22" x 15" x 46" (56 cm x 39 cm x 117 cm)	62 lbs (29 kg)
Olympic Military Bench	O-MB	56" x 48" x 65" (143 cm x 122 cm x 166 cm)	339 lbs (154 kg)
Olympic Flat Bench	O-FB	52" x 50" x 50" (133 cm x 127 cm x 127 cm)	145 lbs (66 kg)
Olympic Incline Bench	OIB	51" x 52" x 58" (130 cm x 133 cm x 148 cm)	198 lbs (90 kg)
Olympic Squat Rack	OSR	59" x 69" x 73" (150 cm x 176 cm x 186 cm)	290 lbs (132 kg)
Olympic Decline Bench	O-DB	60" x 53" x 50" (153 cm x 135 cm x 127 cm)	190 lbs (87 kg)
Adjustable Bench (Pro Style)	FWMAB	55" x 26" x 17" (140 cm x 67 cm x 44 cm)	115 lbs (53 kg)
Flat Bench	FW-FB	50" x 22" x 16" (127 cm x 56 cm x 41 cm)	54 lbs (25 kg)
Decline/Abdominal Bench	FW-DB	63" x 24" x 34" (161 cm x 61 cm x 87 cm)	100 lbs (46 kg)
Utility Bench - 75-degree	FW-UB75	51" x 25" x 37" (130 cm x 64 cm x 94 cm)	65 lbs (30 kg)
Smith Machine	HSSM	50" x 86.5" x 93" (127 cm x 220 cm x 237 cm)	635 lbs (289 kg)
Seated Arm Curl	FW-AC	39" x 36" x 43" (100 cm x 92 cm x 110 cm)	160 lbs (73 kg)
Single-Tier Dumbbell Rack	FW-DR1	90" x 16.5" x 24" (229 cm x 42 cm x 61 cm)	93 lbs (43 kg)
Two-Tier Dumbbell Rack	FW-DR2	90" x 24" x 32" (229 cm x 61 cm x 82 cm)	155 lbs (71 kg)
Barbell Rack	FW-BAR	31" x 28" x 60" (79 cm x 72 cm x 153 cm)	142 lbs (65 kg)
Deluxe Weight Tree	FW-DWT	20" x 27" x 39" (51 cm x 69 cm x 100 cm)	73 lbs (34 kg)
Small Bumper Plate Storage	FW-BPS	46" x 16" x 11.5" (117 cm x 41 cm x 30 cm)	44 lbs (20 kg)
Large Bumper Plate Storage	FW-BPL	72" x 16" x 12" (183 cm x 41 cm x 31 cm)	88 lbs (40 kg)
Back Extension	BW-BE	59" x 28" x 43" (150 cm x 72 cm x 110 cm)	135 lbs (62 kg)
Chin/Dip/Leg Raise	BW-CDL	48" x 42" x 92" (122 cm x 107 cm x 234 cm)	250 lbs (114 kg)
Glute/Ham	BW-GH	72" x 33" x 50" (183 cm x 84 cm x 127 cm)	329 lbs (150 kg)
Fixed Pad Glute/Ham	BW-GHF	72" x 32" x 50" (183 cm x 82 cm x 127 cm)	329 lbs (150 kg)
HD Athletic Multi-Adjustable Bench	HDT-MAB	52" x 22" x 18.5" (133 cm x 56 cm x 47 cm)	85 lbs (39 kg)

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)

## HD ATHLETIC ACCESSORIES

	42" Xmembers	HALF RACK AND COMBO RACK	POWER RACK	RACK CONNECTORS	RIGS	PERIMETER	BRIDGE
42" Monkey Bar	-	-	Front Only	-	•	•	•
42" Straight Bar	-	-	Front Only	-	•	-	-
42" Thick Skinny	Rear Only	-	Front or Rear	-	•	Front Only	-
42" Multi-Grip Bar	Rear Only	-	Rear Only	-	•	-	-
42" Off Set	-	-	Front Only	-	•	Front Only	-
42" Suspension Chin	-	-	-	-	-	Front Only	-
42" Square	-	-	Front Only	-	•	•	-
72" Xmembers / 72" Xmember Connectors							
72" Monkey Bar	-	-	-	•	•	•	•
72" Straight Bar	-	-	-	•	•	Front Only	-
72" Thick Skinny	-	-	-	•	•	Front Only	-
72" Off Set	-	-	-	•	•	Front Only	-
72" Suspension Chin	-	-	-	-	-	Front Only	-
72" Square	-	-	-	•	•	•	•
Square Xmember Accessories*							
3" Ball Grip* (Pair)	•	•	•	•	•	•	•
Neutral Grip Handles* (Pair)	•	•	•	•	•	•	•
Arc Bar*	•	•	•	•	•	•	•
Bar Supports & Catches							
Bar Support (Pair)	S	S	N/A	•	•	•	•
Half Rack Bar Catch (Pair)	S	-	N/A	•	•	•	•
Power Rack Bar Catch (Pair)	-	S	N/A	-	-	-	-
Flexible Bar Catch (Pair)	-	•	N/A	•	-	-	-
Misc. Accessories							
Band Pegs (Pair)	•	•	N/A	•	•	•	•
Dip Handles	•	•	N/A	•	•	•	•
Power Pivot	•	•	N/A	•	•	•	•
Rig Bar Storage	-	-	N/A	•	•	•	•
Rack Bumper Plate Storage	•	•	N/A	-	-	-	-
Weight Horns	S	S	N/A	•	•	•	S
Wing 42"	•	•	N/A	•	•	•	-
Wing 72"	-	-	•	•	•	•	-
Bumper Plate Divider	•	•	•	•	•	•	•
Wall Ball Target	•	•	N/A	•	•	•	•
Heavy Bag Hanger	•	•	N/A	•	•	•	•
Storage Components							
42" 2 Pipe	-	-	-	•	•	•	-
42" Kettlebell Tray	-	-	-	•	•	•	-
42" Dumbbell Tray	-	-	-	•	•	•	-
42" Stability Ball Storage	-	-	-	•	•	•	•
72" 2 Pipe	-	-	•	•	•	•	•
72" Kettlebell Tray	-	-	•	•	•	•	•
72" Dumbbell Tray	-	-	•	•	•	•	•
72" Stability Ball Storage	-	-	•	•	•	•	•

### KEY

S STANDARD

• OPTIONAL

N/A NOT APPLICABLE

- NOT AVAILABLE

\*Requires Square Xmember





**HAMMER  
STRENGTH®**

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