

PRODUCT CATALOG

*LifeFitness*

**HAMMER  
STRENGTH**

2025

Inspiring the world to work out



A close-up, low-angle shot of a person's arm and hand gripping a dark metal pull-up bar. The person is wearing a black athletic top. The background is a blurred outdoor setting with a light sky. The text is overlaid in white, bold, sans-serif font.

**We collaborate with  
deliver exceptional w  
world**

**By seamlessly integ  
high-performance, an  
we ensure that peo  
workouts anyti**



h our customers to  
workout experiences  
wide.

grating innovative,  
nd reliable solutions,  
ple can enjoy their  
me, anywhere.

*LifeFitness*

HAMMER  
STRENGTH®



# CONTENTS



## *LifeFitness*

### INTRO

Life Fitness / Hammer Strength	06
-----------------------------------	----

### CARDIO

Symbio	14
Integrity+	22
Aspire	30
Cardio Comparison	36
Consoles	38
ICG	44
Heat Rower	52

### STRENGTH

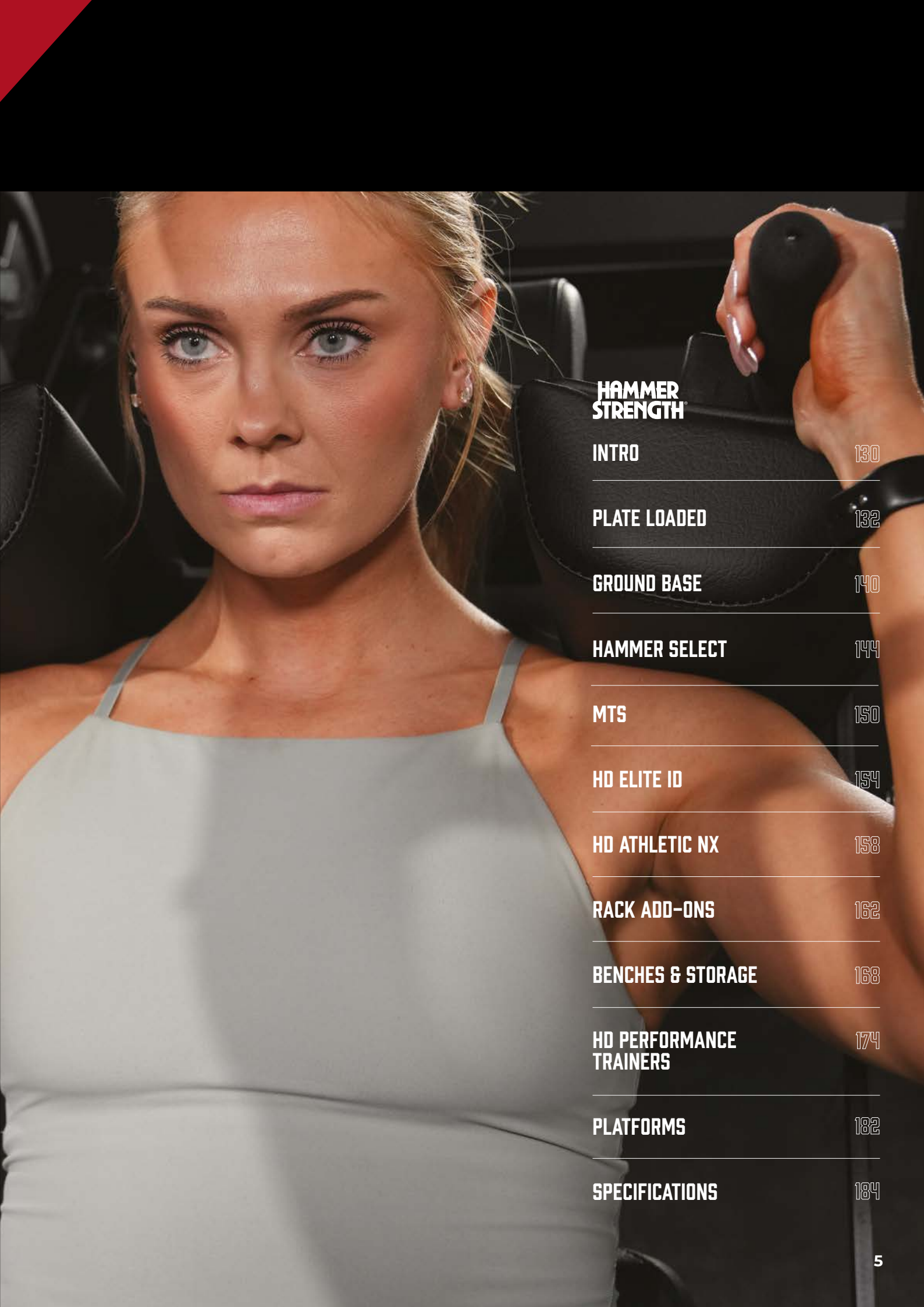
Insignia	62
Axiom	68
Life Fitness Plate Loaded	72
Benches and Racks	74
Cable and Motion	90
PWR Play	92
Synrgy	100

### DIGITAL

Facility Connect	114
Connect System	116
Partner Connect	118

SPECIFICATIONS	120
----------------	-----





## **HAMMER STRENGTH®**

<b>INTRO</b>	<b>130</b>
<b>PLATE LOADED</b>	<b>132</b>
<b>GROUND BASE</b>	<b>140</b>
<b>HAMMER SELECT</b>	<b>144</b>
<b>MTS</b>	<b>150</b>
<b>HD ELITE ID</b>	<b>154</b>
<b>HD ATHLETIC NX</b>	<b>158</b>
<b>RACK ADD-ONS</b>	<b>162</b>
<b>BENCHES &amp; STORAGE</b>	<b>168</b>
<b>HD PERFORMANCE TRAINERS</b>	<b>174</b>
<b>PLATFORMS</b>	<b>182</b>
<b>SPECIFICATIONS</b>	<b>184</b>



# 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.





# LEGACY OF INNOVATION





# UNITING FITNESS GIANTS

*LifeFitness*

**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 is renowned for its rugged performance strength training equipment, trusted by professional athletes and fitness enthusiasts alike. With a focus on durability and biomechanics, Hammer Strength machines are engineered to withstand the most intense workouts while providing optimal performance. Our commitment to innovation and quality ensures that athletes can push their limits and achieve their fitness goals with confidence.





## OUR PURPOSE

### OUR PURPOSE & LEGACY

Reflecting on our history and legacy to inform and help validate our new brand direction, leaning heavily into our vision, mission, values and purpose.



## INNOVATION

### INNOVATION

Fitness innovation is in our DNA. We go to great lengths to stay at the cutting edge of fitness, it's as much about why we innovate as it is about the how we create these products.



## QUALITY

### QUALITY

Product beauty, production, validation and materiality. Quality covers all of these areas, but told with human touch in mind. What quality products and attention to craft means to us; the feel, the finish and the emotion.



## CO-CREATION



## OUR OFFERING



## SUSTAINABILITY

### CO-CREATION

When our customers and partners win, we win. We work together, co-creating fitness spaces, events and content together, moving as one towards the common goal of inspiring the world to work out.

### OUR OFFERING

Our industry leading range of products from flagship brands: Life Fitness and Hammer Strength and our other corporate product ranges from digital product suites to sub-brands.

### 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.



A photograph of several Life Fitness treadmills in a modern gym setting. The treadmills are black with large digital screens displaying various workout programs. The background shows large windows and bright lighting, creating a clean and professional atmosphere. The Life Fitness logo is visible on the left side of the image.

*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™







# SYMBIO™

FITNESS 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.



## **LEADING THE WAY. DEVELOPING THE FUTURE.**

Our global research guided every part of developing and engineering the Symbio line to be a leader in innovation for cardio. From a premium experience, through to enhanced features and personalized options and metrics.

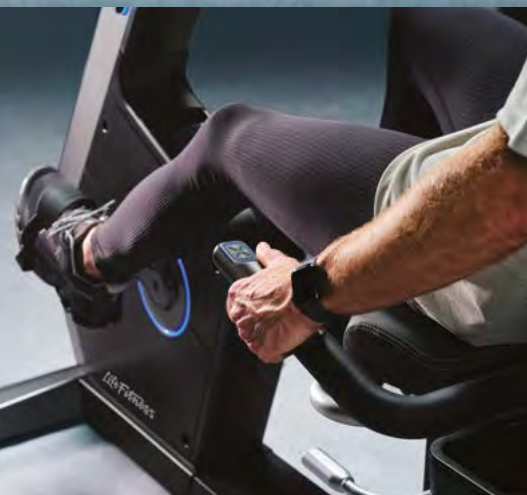
## **IMMERSIVE EXPERIENCES LIKE NO OTHER.**

A powerful portal connecting users to an engaging and entertaining fitness journey.

- Advanced Performance Metrics
- Wearable connectivity and wireless device charging
- On-demand coaching
- Interactive immersive terrains.

## **ELEVATE YOUR AESTHETIC TO NEW HEIGHTS.**

Inspired performance demands, inspired design. Cast in stunning, seamless, aluminium, Symbio delivers perfect form and function. Clean, simple lines and purposeful detailing create an elegant, timeless design.



# SYMBIO RUNNER™

## SYMBIO RUNNER™ / SYT

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 SMART LIGHTING™

Customizable with 16 colors and 3 brightness settings





# SYMBIO™

## INCLINE ELLIPTICAL

### SYMBIO™ INCLINE ELLIPTICAL / SYX

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

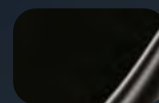
### Interactive Muscle Map™

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

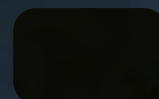
### Natural running feel at all inclines

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

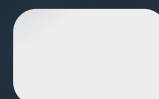
### CHOOSE YOUR COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver



# SYMBIO SWITCH CYCLE®

## SYMBIO SWITCHCYCLE® / SYH

Is a 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 SMART LIGHTING™

Customizable with 16 colors and 3 brightness settings



# SYMBIO™

## RECUMBENT CYCLE

### SYMBIO™ RECUMBENT CYCLE / SYR

Featuring a 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.

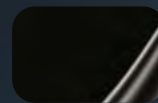
#### Optimized pedal angles

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

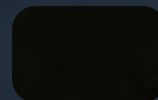
#### Light-touch seat adjustment

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 SERIES



TV+



# INTEGRITY+ SERIES

## A solution for every body.

The next generation of the popular Life Fitness workhorse cardio series, the Integrity+ series caters to both experienced and fitness beginners, offering unmatched comfort and durability.



### TREADMILL / INT

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



## CHOOSE YOUR CONSOLE



### Discover SE4 Console

Incredible immersive workout experiences.

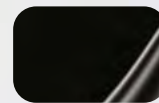
*Available in 24" and 16" across the entire series.*



### SL Console

Our intuitive and comprehensive LED console

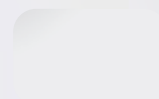
## CHOOSE YOUR COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver



### ELLIPTICAL / INX

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

# INTEGRITY+ SERIES

## A state-of-the-art console.

Capture the attention of your exercisers by providing a multitude of immersive workout experiences. The 24" screen (also available in 16") is both intuitive and stylish, offering an incredibly responsive user interface.

## A timeless modern aesthetic.

Elevate your fitness facility with modern design touches that lend to an inviting aesthetic, while providing a beautiful design in our most trusted cardio line.



UPRIGHT BIKE / INC

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

## CHOOSE YOUR CONSOLE



### Discover SE4 Console

Incredible immersive workout experiences.

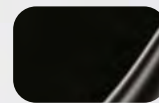
*Available in 24" and 16" across the entire series.*



### SL Console

Our intuitive and comprehensive LED console

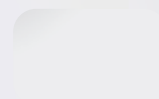
## CHOOSE YOUR COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver



### RECUMBENT BIKE / INR

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



# POWERMILL & ARC TRAINER

## Versatility for all fitness levels

Both the Powermill and Arc Trainer provide customizable workout experiences, catering a wide range of exercisers, from beginners to advanced users pushing for high-intensity performance.

## Designed for safety and comfort

Features like the Powermill's anti toe-pinch design and large step space, as well as the Arc Trainer's smooth motion and reduced joint stress, ensure a secure and comfortable workout.



**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.

## CHOOSE YOUR CONSOLE



### Discover SE4 Console

Incredible immersive workout experiences.

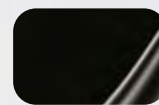
*Available in 24" and 16" across the entire series.*



### SL Console

Our intuitive and comprehensive LED console

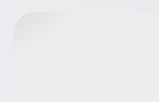
## CHOOSE YOUR COLOR



Black Onyx



Smooth Charcoal



Diamond White



Titanium



Arctic Silver



### ARC TRAINER / INA-T & INA-L

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



*LifeFitness*

# ASPI SERI





# RE ES



# ASPIRE SERIES

## A smart but simple solution.

A streamlined all-purpose cardio line that combines modern design with intuitive functionality, offering exceptional exerciser cardio workouts.



**TREADMILL / ASPT**

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

## CHOOSE YOUR CONSOLE



### Discover SE4 Console

Incredible immersive workout experiences.

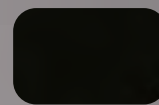
*Available in 24" for treadmills and 16" on non-treadmills.*



### SL Console

Our intuitive and comprehensive LED console

## CHOOSE YOUR COLOR



Smooth Charcoal



Arctic Silver



### ELLIPTICAL / ASPX

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



# ASPIRE SERIES

## Easy to own and operate.

Advanced engineering that improves efficiency and limits downtime. Simplified mechanics that make maintenance easier and add reliability.

## Stylishly intuitive.

A sleek look with two color options allow facilities to enhance their aesthetic while still providing an inviting cardio equipment that appeals to all exercisers.



**UPRIGHT BIKE / ASPC**

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

## CHOOSE YOUR CONSOLE



### Discover SE4 Console

Incredible immersive workout experiences.

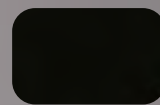
*Available in 24" for treadmills and 16" on non-treadmills.*



### SL Console

Our intuitive and comprehensive LED console

## CHOOSE YOUR COLOR



Smooth Charcoal



Arctic Silver



### RECUMBENT BIKE / ASPR

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

# CARDIO COMPARISON



## SYMBIO

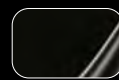
### Equipment

Symbio Runner™  
Symbio™ Incline Elliptical  
Symbio SwitchCycle®  
Symbio™ Recumbent Cycle

### Compatible Consoles

Symbio 24" Smart Touchscreen 1080p HD

### Color Options



Black  
Onyx



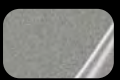
Smooth  
Charcoal



Diamond  
White



Titanium



Arctic  
Silver

### Incline % / Resistance Levels

Runner - 15%  
Incline Elliptical - 15  
SwitchCycle - 100  
Recumbent Cycle - 25

### Speed

0.5 - 16 mph (0.8 - 25.7 km/h)

### Quick Controls

One-touch LCD control pad with personalizable quick  
keys

### Smart Lighting™

16 colors, 3 brightness levels

### Advanced Performance Metrics

Runner - cadence, stride length, left/right balance, flight  
time, ground contact time

### Design details

Cast aluminium, LED smart lighting, premium badging  
and decals





## INTEGRITY+

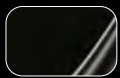
## ASPIRE

Treadmill  
Elliptical  
Upright Bike  
Recumbent Bike  
Powermill Climber  
Arc Trainer

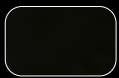
Treadmill  
Elliptical  
Upright Bike  
Recumbent Bike

Discover SE4 (24" and 16")  
SL 16"

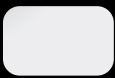
Discover SE4 24" (treadmill only) and 16"  
SL 16"



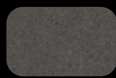
Black  
Onyx



Smooth  
Charcoal



Diamond  
White



Titanium



Arctic  
Silver



Smooth  
Charcoal



Arctic  
Silver

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

0.5 - 14mph (0.8 - 23 km/h)

0.5 - 12 mph (0.8 - 20 km/h)

Yes - Speed and incline precision buttons on bullhorns /  
seat side / handlebar

X

X

X

X

X

Premium badging and decals

X

CONSCIOUS



# CONSOLES

## Immersive Engaging Experiences

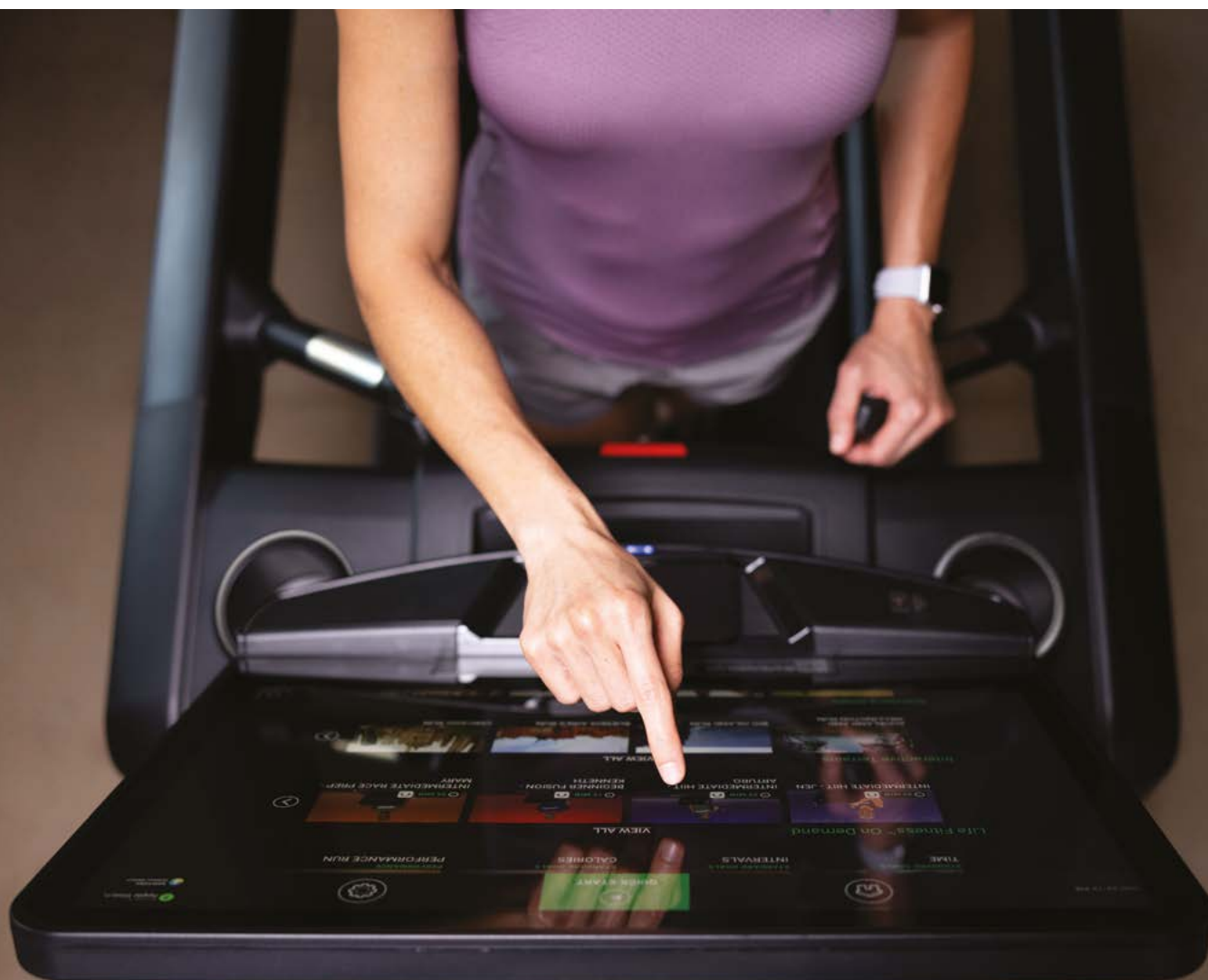
Our state-of-the-art cardio consoles are designed to captivate and motivate. With intuitive interfaces and immersive visuals, they transform every workout into an engaging journey. Elevate your fitness offerings and provide your clients with an unparalleled cardio experience that keeps them coming back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





**SYMBIO****DISCOVER SE4****SL CONSOLE**

<b>Display</b>	24" (61cm) 1080p AIT technology	24" (61cm) and 16" (41cm) 1080p AIT technology	16" LED
<b>Compatible Product</b>	Symbio	Integrity+ Aspire (24" only available on treadmill)	Integrity+ Aspire
<b>Connectivity</b>	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
<b>Navigation</b>	Touchscreen	Touchscreen	Membrane buttons
<b>Life Fitness On Demand+</b>	Yes	Yes	No
<b>Facility Connect</b>	Yes	Yes	Yes
<b>Wireless Charging</b>	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.



## DISCOVER SE4 CONSOLE

### **More for your exercisers. More for your brand.**

The most immersive and engaging console experience in the fitness industry. 24" (16" also available) high-definition edge-to-edge screen that delivers on-demand coaching, branded content and streaming entertainment.



## 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.



*LifeFitness*

# ON DEMAND+

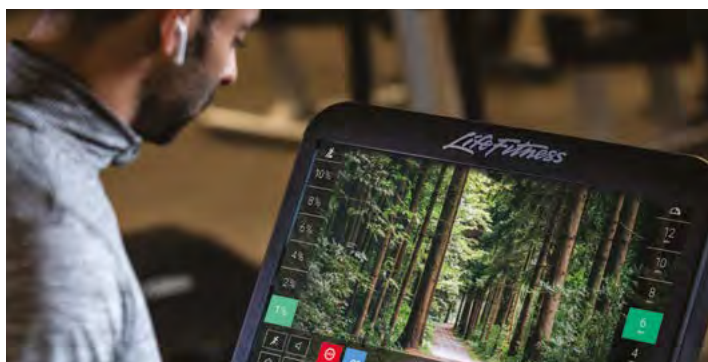
Life Fitness™ On Demand+ is designed to help you win, by providing engaging cardio content that keeps exercisers coming back. Enjoy free access to 500+ fitness experiences in our premium consoles Discover SE4 and in Symbio equipment for a unique immersive experience. Interactive Fitness content at your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

## **Interactive Terrains**

More than 100 runs and rides through stunning scenery around the world. Incline and resistance adjust to the terrain for an exciting immersive experience.

## **Branded content**

Your brand and your staff are the stars of the show when you display your own videos on your 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 with vary difficulty levels and different languages available.





# INDOOR CYCLES

**INSPIRED BY THE DEMANDS  
OF CUSTOMERS AROUND THE  
WORLD, THE LIFE FITNESS  
ICG PRODUCT FAMILY WAS  
DEVELOPED.**

The indoor bikes stand for high-quality technology, leading innovation and modern design. Absolute precise power measurement via the WattRate® sensor system (deviation +/- 1%) as well as the Coach By Color® function make training sessions on the Indoor Cycles effective and motivating.







# ICG INDOOR



**IC7**

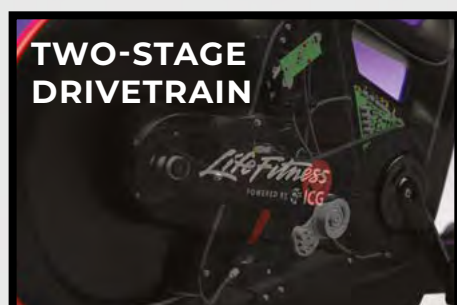


## IC7 INDOOR CYCLE / IC-LFICGIC7-01

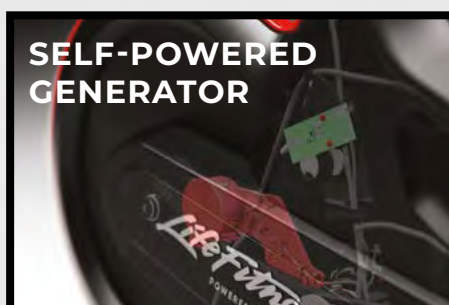
The most premium and award winning indoor cycle, looks aesthetically stunning but also revolutionized indoor cycling with its unique Coach By Color® training program and WattRate® Direct Power Meter. With its many pioneering features, this made the IC7 indoor cycle the number one in its field.

### ICG FEATURE RATING

User Experience	■	■	■	■	■
Training & Coaching	■	■	■	■	■
Service & Maintenance	■	■	■	■	■
User Comfort	■	■	■	■	■
Connectivity	■	■	■	■	■



### TWO-STAGE DRIVETRAIN



### SELF-POWERED GENERATOR



### WATTRATE® TFT COMPUTER

# OR CYCLES



**IC6**

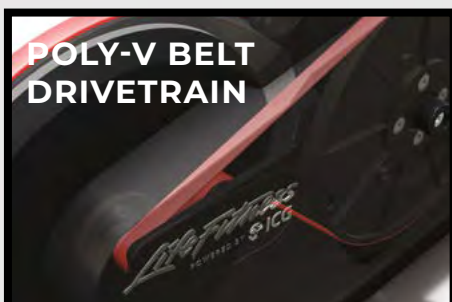


## IC6 INDOOR CYCLE / IC-LFICGIC6-01

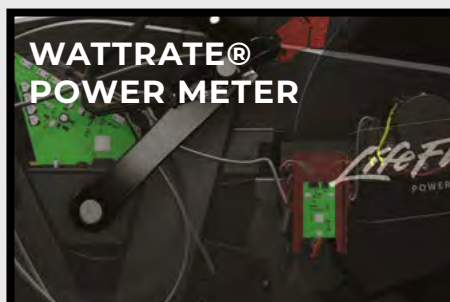
The IC6 is our mid-level bike with sustainable technology provided through the onboard generator and Lipo rechargeable battery. Modern design, now even more sportive with the Sprint Pro handlebar and still incredibly comfortable. This is a top performer offering your members a great class experience.

### ICG FEATURE RATING

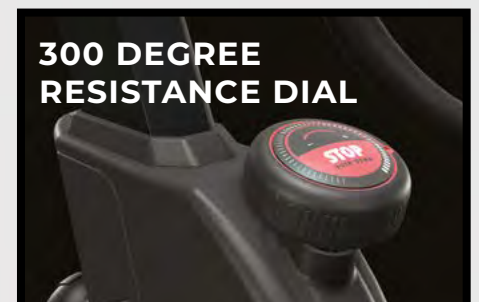
User Experience	<div><div></div><div></div><div></div><div></div><div></div></div>
Training & Coaching	<div><div></div><div></div><div></div><div></div><div></div></div>
Service & Maintenance	<div><div></div><div></div><div></div><div></div><div></div></div>
User Comfort	<div><div></div><div></div><div></div><div></div><div></div></div>
Connectivity	<div><div></div><div></div><div></div><div></div><div></div></div>



**POLY-V BELT  
DRIVETRAIN**



**WATTRATE®  
POWER METER**



**300 DEGREE  
RESISTANCE DIAL**

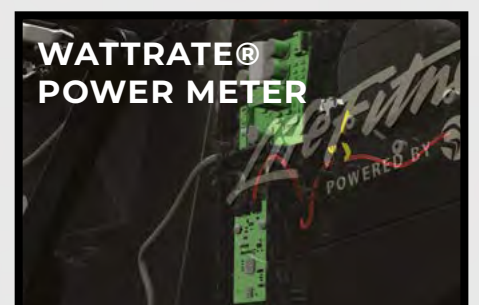
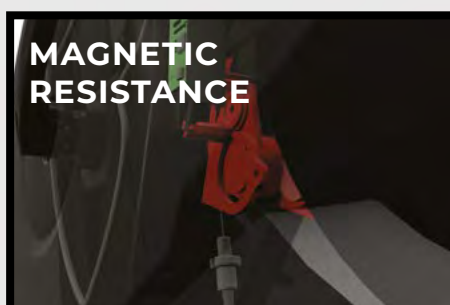
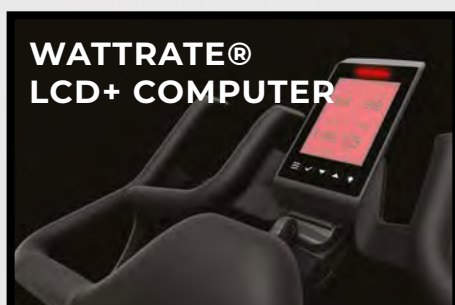
## A black and red Life Fitness IC5 power bike. The bike has a large flywheel with a red rim. The frame is black with "Life Fitness" and "POWERED BY ICG" printed on the side. The handlebars have a digital display. The bike is shown from a side profile against a dark background.



## ICG FEATURE RATING

[illegible]

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.







## ICG FEATURE RATING



## INTEGRATED DUAL BOTTLE HOLDER



**POLY-V BELT  
DRIVETRAIN**

# 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

VI-CON-SYS-02

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.



# TRAINING APP



ICG TRAINING

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™.



Bluetooth



*LifeFitness*

# HEAT



## **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.

# ROW



# HEAT ROWERS

## 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.





**300 degree resistance adjustment (Levels 1-100)**



**Remote buttons to change display**



**Quick release ratcheting foot strap**



**43cm seat height**



**Transport handle inside endcap**



**Direct WattRate® Power Sensor**



**WattRate® TFT 2.0 Console**



**Air+ Magnetic Resistance**

## HEAT PERFORMANCE ROW / PRF-ROW-TFT-02

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 2.0 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.



# FIT



**HEATHER MARRIOTT**  
**LEISURE MANAGER**

“When Life Fitness introduced us to Symbio we were really excited, and we knew it would be really well recieved 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.”



# NESS FACILITIES THAT INSPIRE

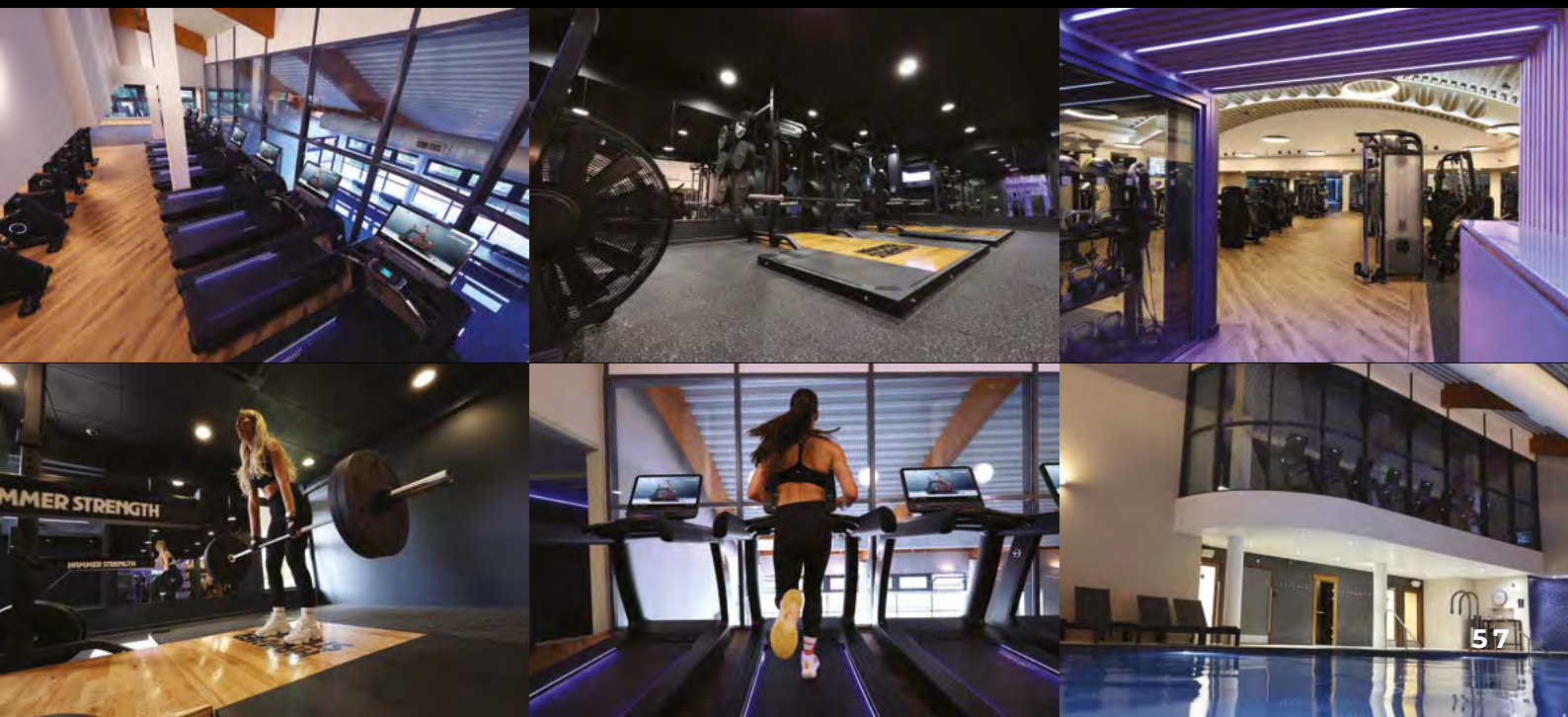
Foxhills 

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. Equipment is strategically placed within distinct zones to enhance the user and guest experience.

## THE UK'S FIRST **SYMBIO CARDIO RANGE SHOWSITE**

A premium fitness facility requires top-tier equipment, and Foxhills became the first site in the UK to install the Symbio cardio line. Symbio is designed to provide the ultimate fitness experience, setting a new standard in premium cardio equipment with its innovative and immersive features. The Foxhills gym boasts all four unique pieces – the Symbio Runner™, SwitchCycle®, Recumbent Cycle, and Incline Elliptical – offering users meticulous design, advanced biomechanics, and an unparalleled sensory workout experience.







**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. That’s why we have a 20 year+ relationship with Life Fitness and why I envision that we will be working with them for many years to come.”



# NESS FACILITIES THAT INSPIRE

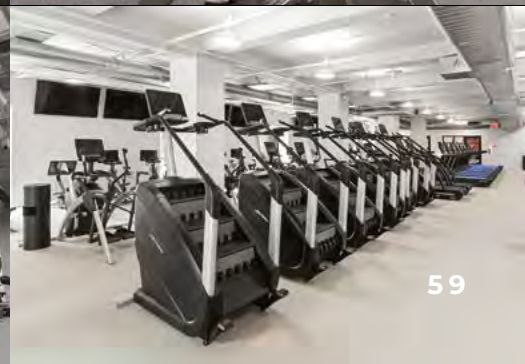
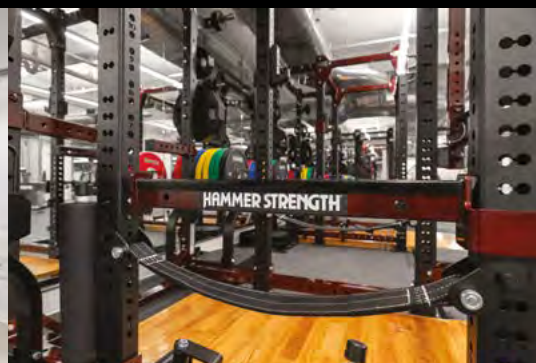
## CHELSEA PIERS® fitness

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.

### WORKING IN CLOSE COLLABORATION **THE CHALLENGE**

Chelsea Piers Fitness is committed to elevating its facilities by setting a new standard of excellence. This includes providing state-of-the-art equipment that emphasizes performance and technology, ensuring a best-in-class experience for members. Through close collaboration with Chelsea Piers' trainers and staff, Life Fitness meticulously selected premium equipment tailored to their unique needs, including essential upgrades. We wanted to ensure that the facility not only met brand standards but also adapted to the latest trends in fitness technology, creating hyper personalized wellness experiences.



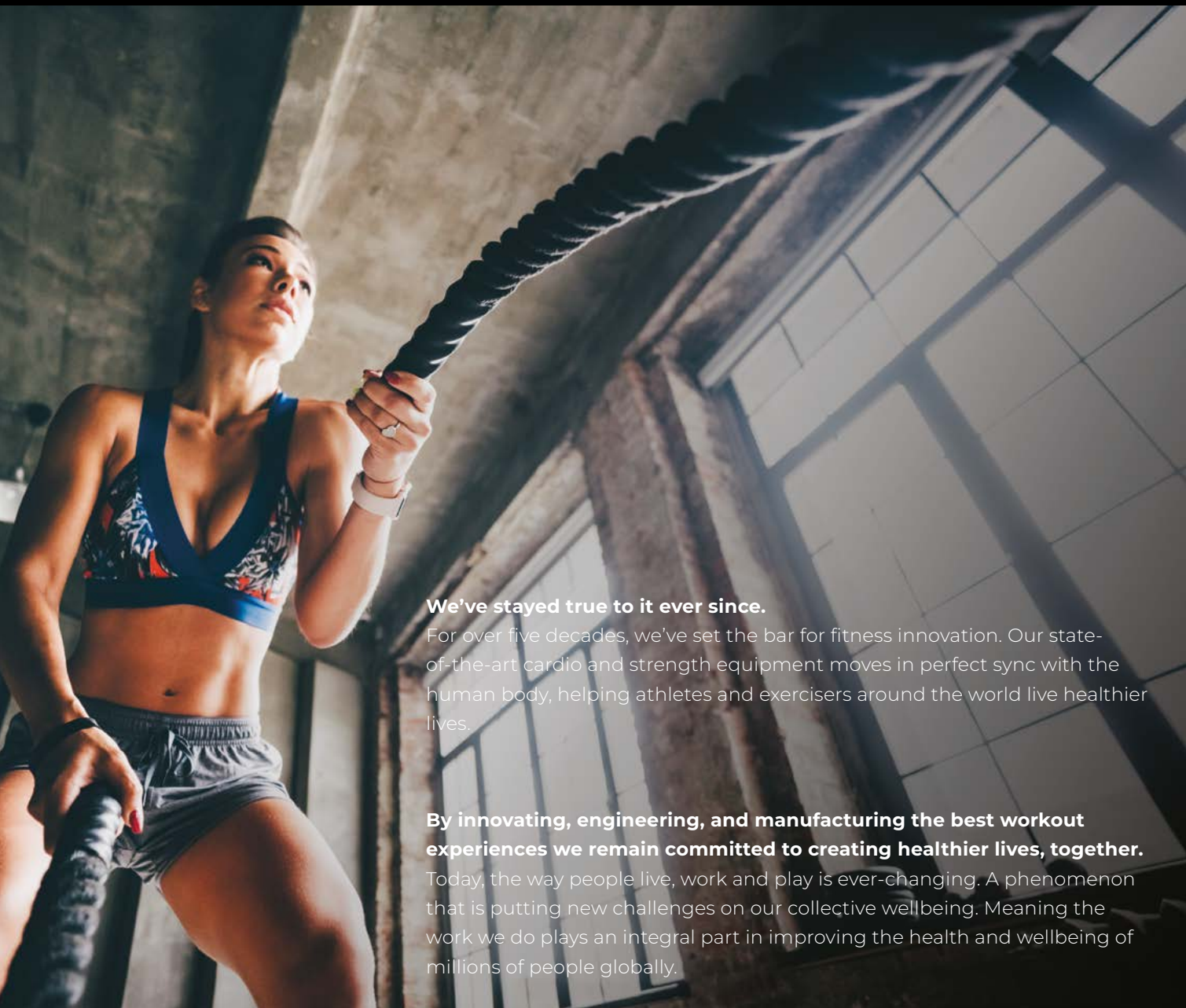


*LifeFitness*

**ST**



# TRENGTH



**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.

# INSIDE



# GNIA

## SERIES

**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 SERIES 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



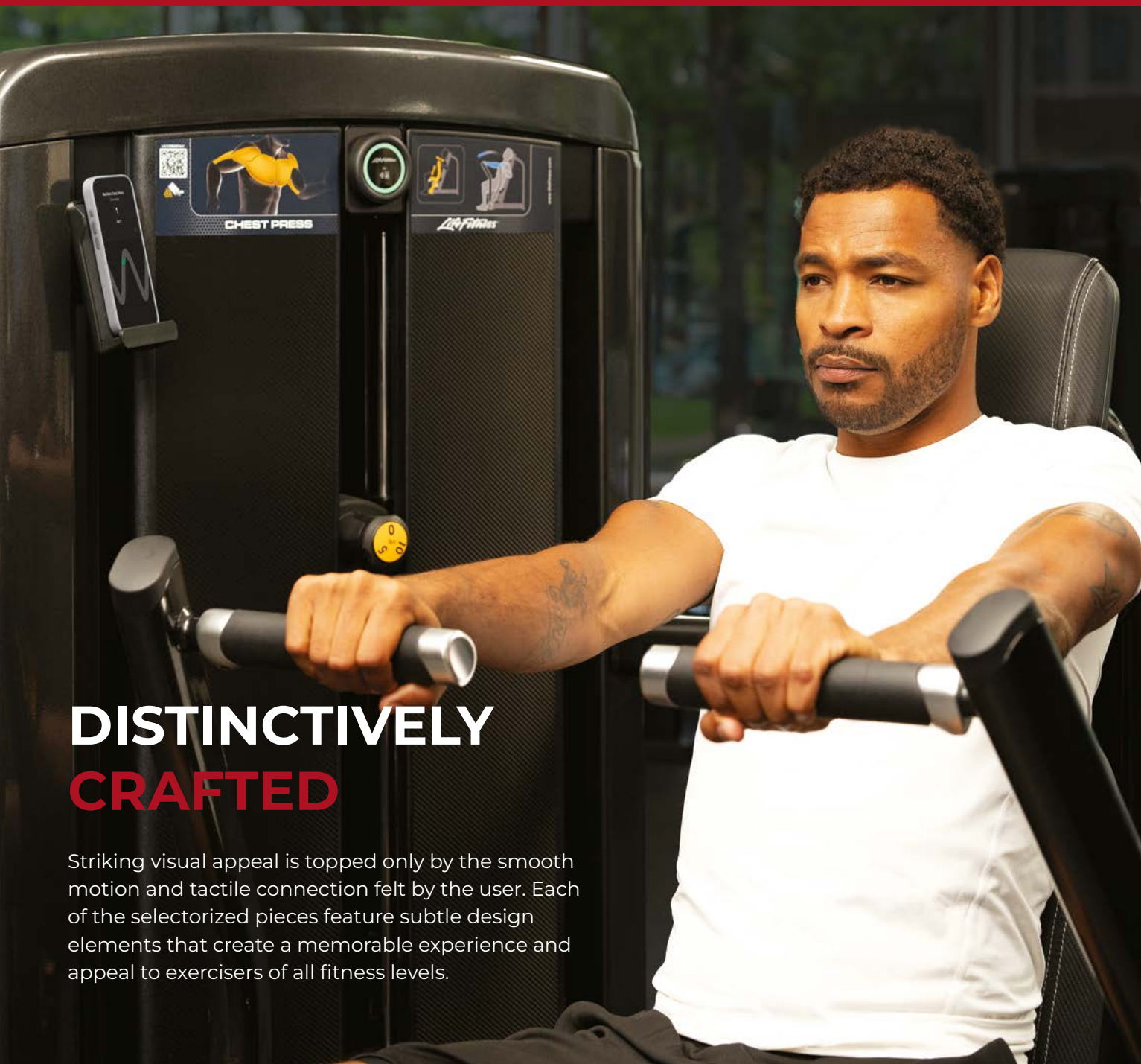
BICEPS CURL  
DEPENDENT / SS-BCD



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 SERIES 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 new 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**

A photograph of a gym interior featuring Life Fitness Axiom Series strength equipment. The machines are black with orange leather upholstery. Large windows in the background let in natural light. The text 'Life Fitness' is visible on the equipment.

*Life Fitness*

# AXIOM SERIES

**ATTRACTIVE. EFFICIENT.  
RELIABLE.**

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







# AXIOM

## SERIES



CHEST PRESS / OP-CP



LEG PRESS / OP-LP



SEATED ROW  
/ OP-RW



SHOULDER  
PRESS / OP-SP



LAT PULLDOWN  
/ OP-PD



BICEPS CURL  
/ OP-BC



TRICEPS EXTENSION  
/ OP-TE



LEG EXTENSION  
/ OP-LE



LEG CURL  
/ OP-LC



ABDOMINAL  
/ OP-AB



### 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.



**MULTI-PRESS**  
/ OP-MP



**PULLDOWN/ROW**  
/ OP-LR



**PECTORAL FLY/REAR  
DELTOID / OP-FLY**



**BICEPS CURL/TRICEPS  
EXTENSION / OP-BT**



**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*

# BE & F

Our top-rated benches offer an ideal workout for gym members who value comfort and performance.



# INCHES RACKS

ideal fit for every trainee, from health club  
and ease-of-use to elite athletes who prize

# 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.



**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.





#### **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.



#### **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.









#### **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.

B  
&





# ENCHES 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.



**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 lbs; 1 to 8 KG).



**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.



**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 lbs; 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.



**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).



**3-TIER ACCESSORY RACK / LBR-AR**

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



**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. These accessories along with our other products are the finishing touch for a complete facility, saving time and effort for customers.

#### 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.



# 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.



## 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.



## HEAVY BAG

Heavy bag has a 45" 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.





### 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.



### YOGA BLOCK

Provide support and aid in proper form during yoga.



### 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.



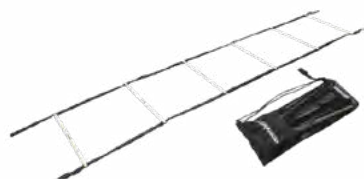
### CORE BAGS

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



### SPEED CONES

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



### SPEED LADDER

10' ladder easily connects to a secondary ladder to increase length. Quickly folds and stores in drawstring bag.



### 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 userdefined 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" 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.



# 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.



## BUILD YOUR PWR PLAY PRODUCT 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.



**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.



**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.



**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.



**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.

# PWR PLAY

## CORE STATIONS:



**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 inches (18 - 193 cm) above the floor
- 4 chin handle positions
- Includes: 2 shorts handles & 1 ankle strap
- Optional: Adj Cable Handle Storage



## TRADITIONAL STATIONS:

PWR Play include 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

- For performing standard lat pull downs
- 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 standard lat pull downs
- 1:1 cable ratio for max resistance
- Adjustable knee hold down pads
- Swivel pulley for exercise variety
- Includes standard lat bar



**CABLE CROSSOVER - ATTACHED**

### LPP-CC

- 2:1 cable ratio
- Carriage swivels 175°
- Adjusts 7" - 76" (18 - 193 cm) 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 - 193 cm) 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 accommodates different size 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
- Elevate weight stack provides 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" to 76" (18 to 193 cm) from floor
- Includes 1 short handle, 1 long handle & 1 ankle strap
- Optional: Adj Cable Handle Storage



## PLAY STATIONS:

PWR Play includes 6 Play stations designed for bodyweight and functional training.



**ROPE PULL**

### LPP-RP

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



**POWER PIVOT**

### LPP-PP

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



**POWER PIVOT / ROPE PULL**

### LPP-PR

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



**STALL BARS**

### LPP-SB

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



**PUNCHING BAG ANCHOR**

### LPP-BA

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



**VERSA**

### LPP-VS

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

# PWR PLAY

## MISC. STATIONS:



### 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)



### 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 accommodates different size users



### DIP

#### LPP-DI

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



### STEP

#### LPP-ST

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





*LifeFitness*

# SYN





# RCGY



# SYNRGY180





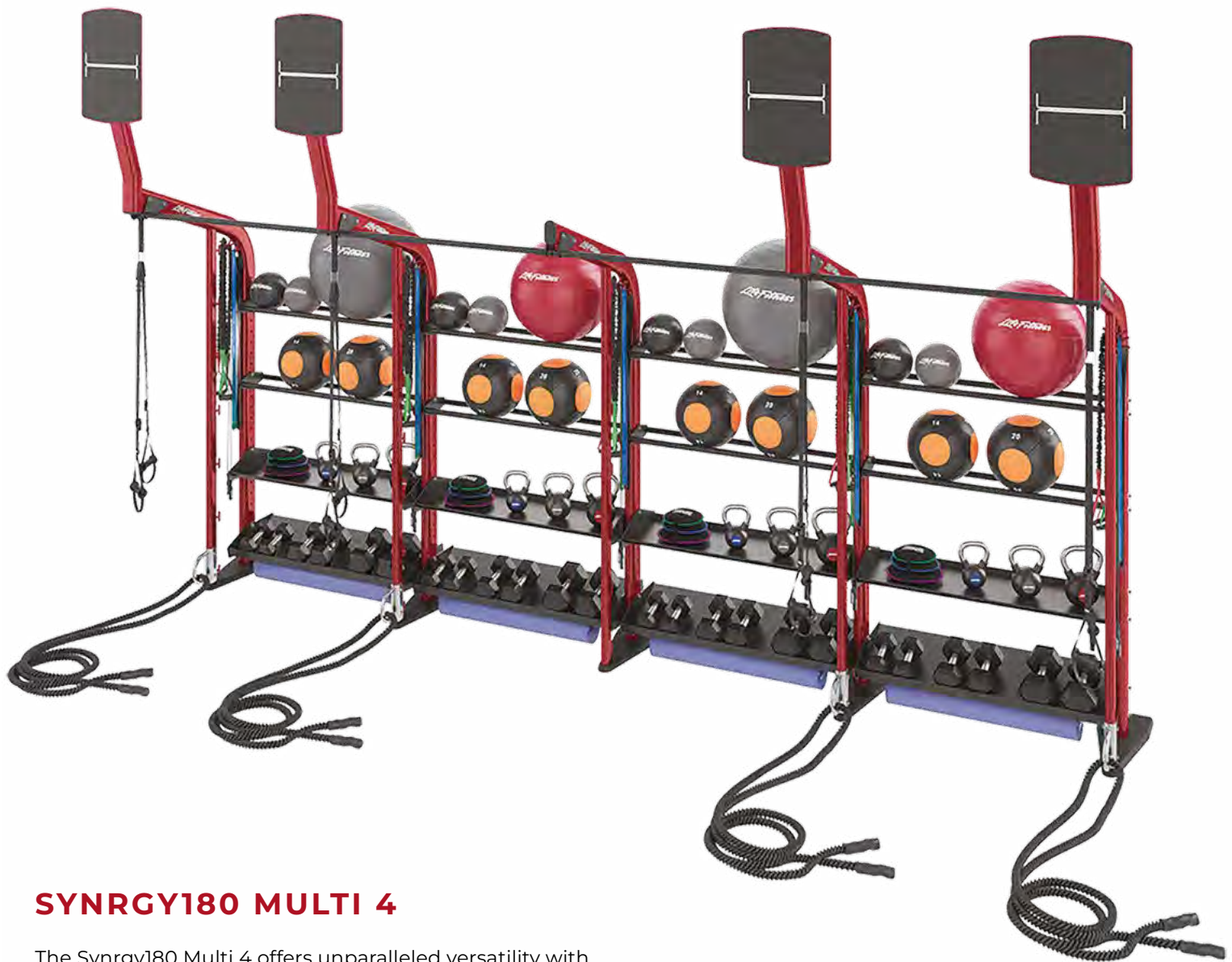
**THE SYNRGY180  
TRAINING SYSTEM HAS  
A SPACE-SAVING DESIGN  
THAT SERVES AS A  
FUNCTIONAL TRAINING RIG  
AND EFFICIENT  
WALL-ADJACENT  
ACCESSORY STORAGE UNIT.**

The modular system can be custom-configured as a simple single-bay training rig or expanded to be a full room multi-bay training rig with a variety of HIIT elements.

**Efficiency** - A full functional training system that doesn't take up valuable square footage.

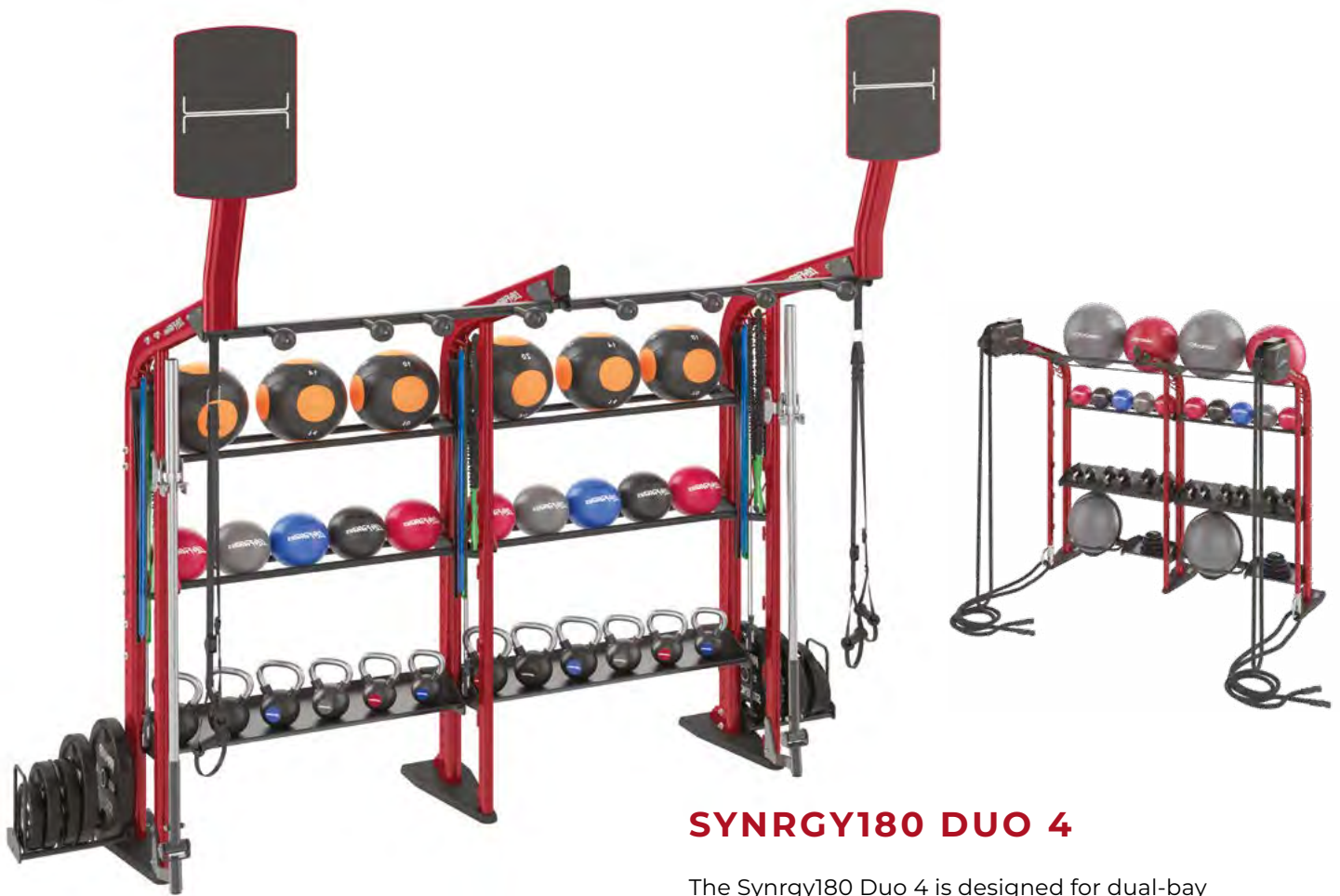
**Flexibility** - Scalable size and the ability to add the training modalities your exercisers want.

**Great design** - Premium and inviting design improves the aesthetics of any facility.



**SYNRGY180 MULTI 4**

The Synrgy180 Multi 4 offers unparalleled versatility with its modular design, allowing for seamless expansion from a single-bay to a multi-bay training rig. Its space-saving configuration ensures maximum efficiency without compromising on the variety of HIIT elements and training modalities your exercisers desire.



## SYNRGY180 DUO 4

The Synrgy180 Duo 4 is designed for dual-bay functionality, offering a compact yet powerful training solution. Its innovative design maximizes space efficiency while providing a wide range of training modalities and HIIT elements, ensuring a versatile and engaging workout experience.



## SYNRGY180 MIX 3

The Synrgy180 Mix 3 is the ultimate blend of functionality and space efficiency, offering a tri-bay design that caters to diverse training needs. Its modular configuration allows for a variety of HIIT elements and training modalities, ensuring a dynamic and engaging workout experience for all users.



# EFFICIENCY FLEXIBILITY GREAT DESIGN



## MODULAR ACCESSORY STORAGE SYSTEM / SMSS

Fitness accessory storage made easy. The Modular Accessory Storage System allows for convenient access to training tools like kettlebells, dumbbells, medicine balls, resistance bands, stability balls, foam rollers and much more.





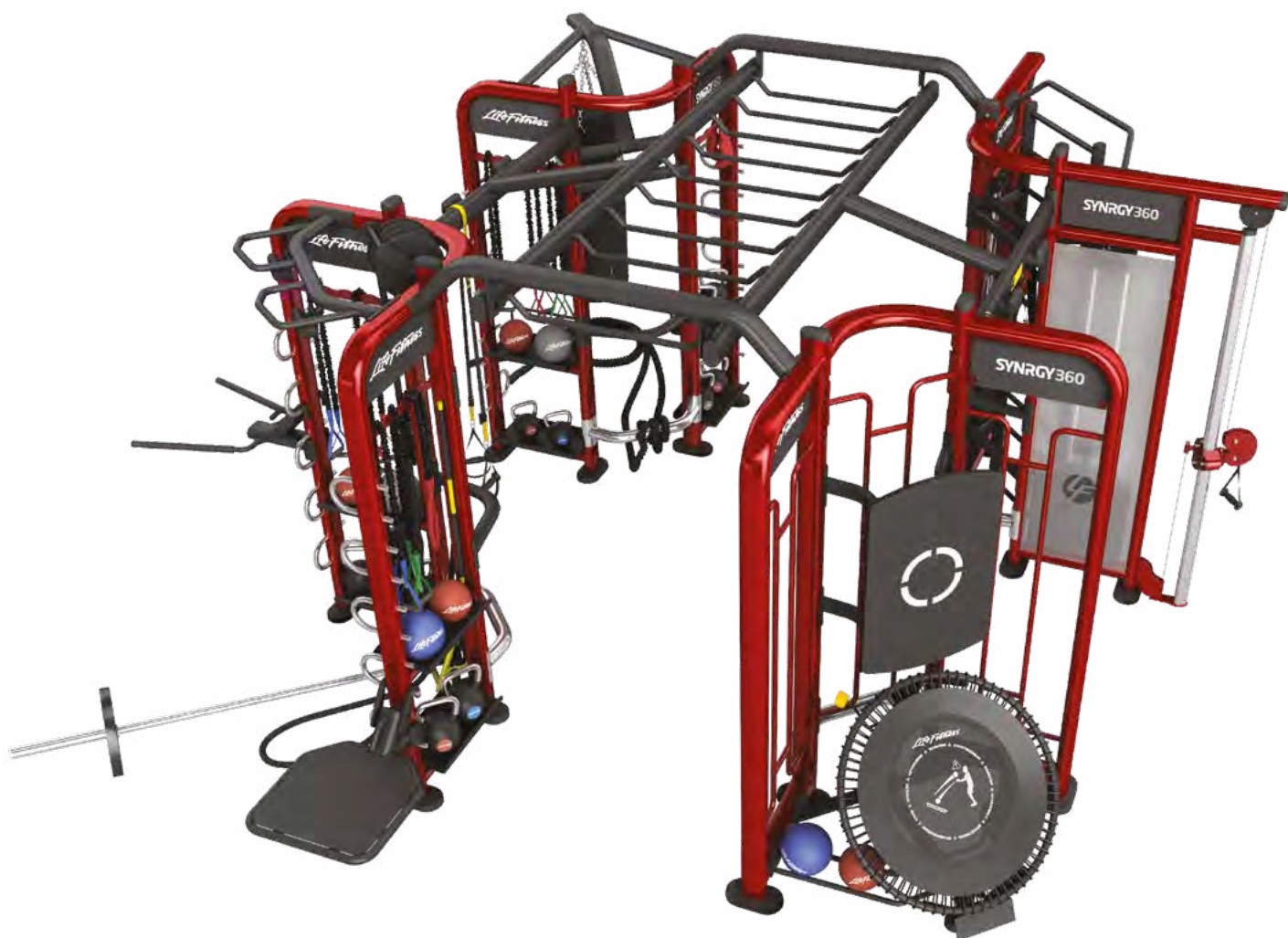
# SYNRGY360





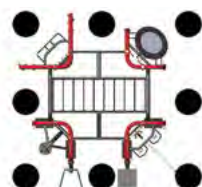
# THE GROUNDBREAKING SYNRGY360™ SYSTEM CREATES A FUN, INVITING AND MEANINGFUL WORKOUT EXPERIENCE FOR EXERCISERS OF ALL ABILITIES AND FITNESS LEVELS.

The unit is available in several sizes and different customizable configurations. The energy created around a SYNRGY360 system makes it the exciting focal point of any facility.



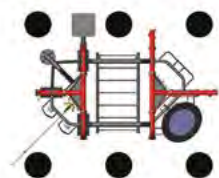
## SYNRGY360 XL

Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training.



### 8 PLACES TO TRAIN

**MAX. FOOTPRINT:**  
16.0' X 16.0' (4.87M X 4.8M)  
**LIVE AREA:**  
27' X 27' (8.2 X 8.2 M)



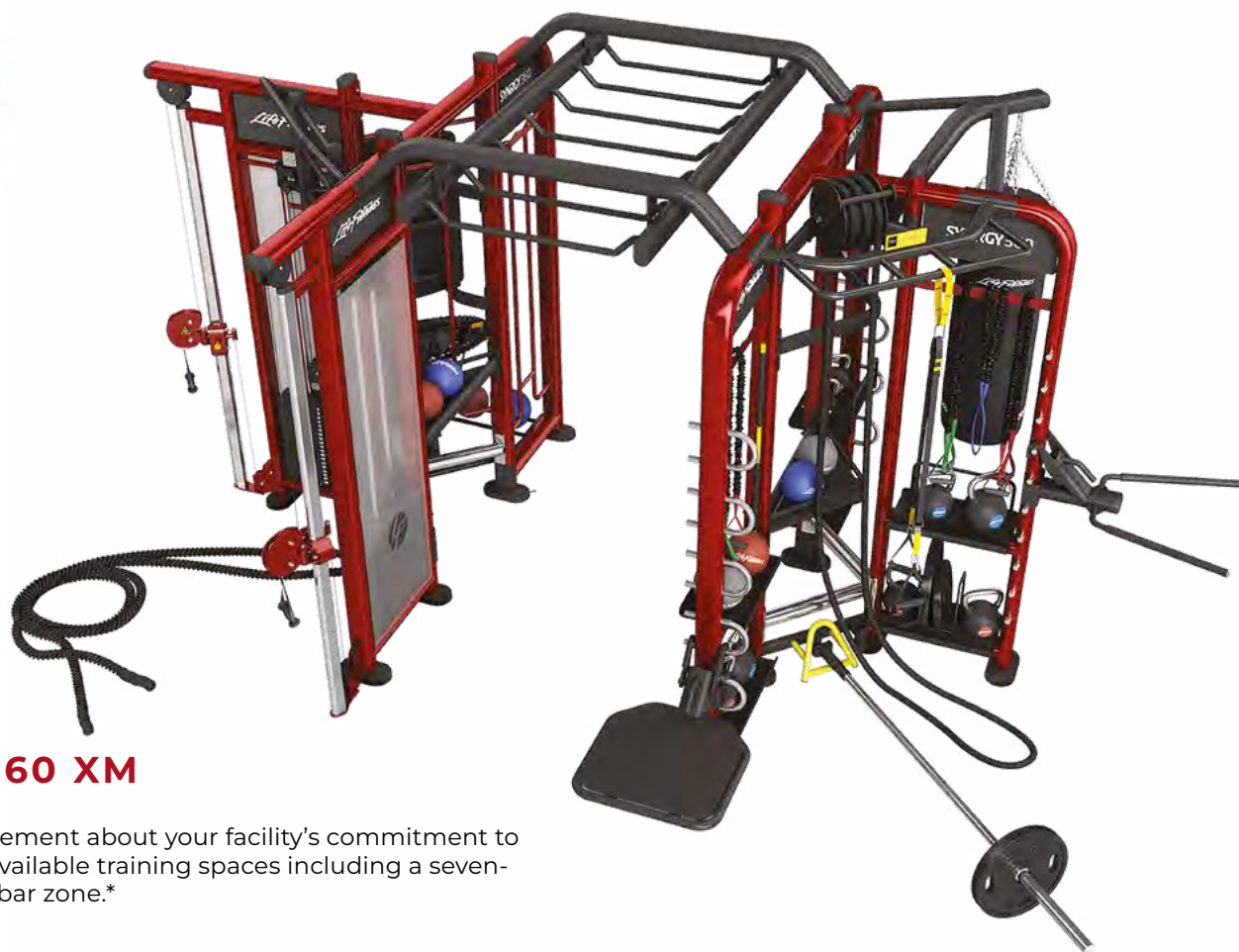
## 6 PLACES TO TRAIN

### MAX. FOOTPRINT:

10.6' X 16.0'  
(3.23 M X 4.87 M)

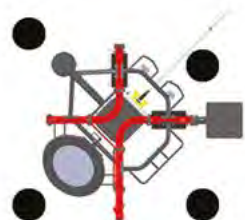
### LIVE AREA:

22' X 27'  
(6.7 M X 8.2 M)



## SYNRGY360 XM

Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.\*



## 4 PLACES TO TRAIN

### MAX. FOOTPRINT:

9.2' X 9.2'  
(2.8 M X 2.8 M)

### LIVE AREA:

22' X 22'  
(6.7 M X 6.7 M)



## SYNRGY360 XS

This space-efficient training hub consolidates the variety of four distinctive training spaces with ample accessory storage.\*



## 2 PLACES TO TRAIN

### MAX. FOOTPRINT:

5.8' X 9.2'  
(1.76 M X 2.8 M)

### LIVE AREA:

11' X 22'  
(3.4 M X 6.7 M)V



## SYNRGY360 T

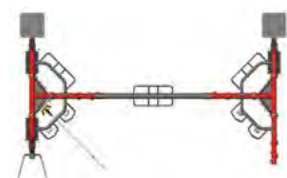
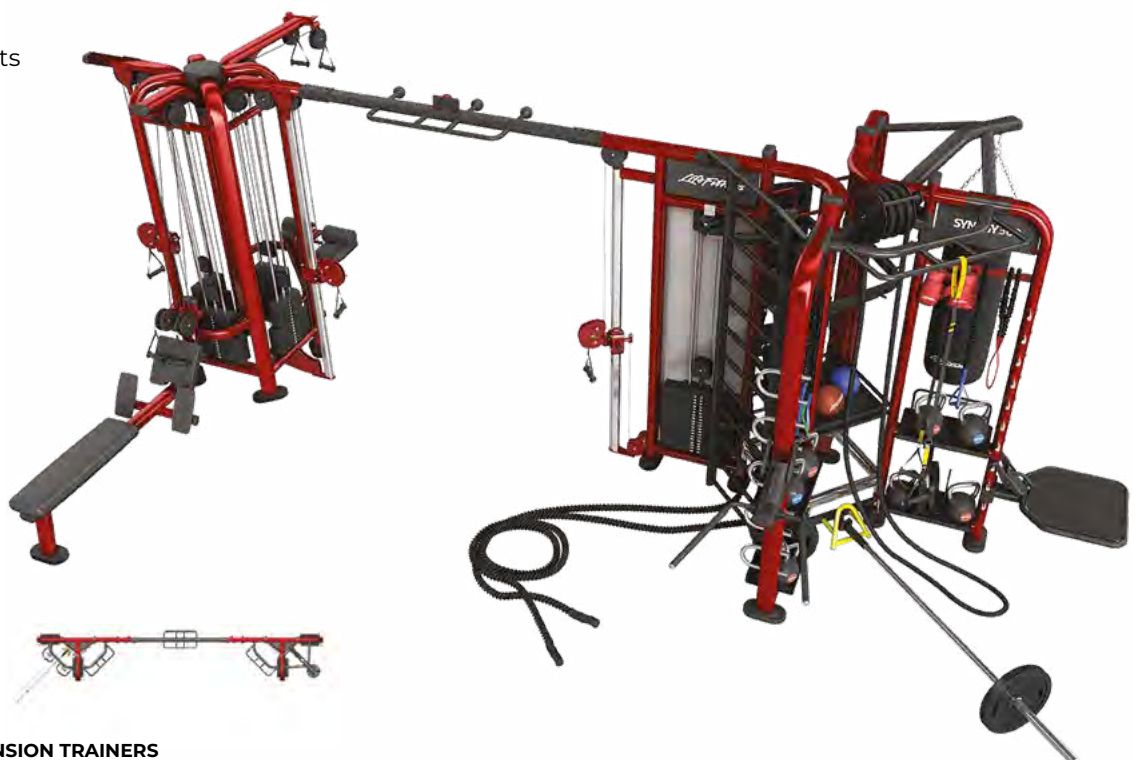
Contribute to exercisers' success with the variety afforded by two available training spaces in this streamlined configuration.\*





## OPTIONAL CABLE CROSSOVER CONNECTOR

Connect SYNRGY360 units and/or Multi-Jungle unit with the Cable Crossover Connector to create exciting and unique training spaces.\*



- SUPPORTS MULTIPLE SUSPENSION TRAINERS
- ADDITIONAL CHIN HANDLES
- AVAILABLE IN FOUR LENGTHS: 6' (1.82 M), 7' (2.13 M), 8' (2.44 M), 8' 3" (2.51M)



# SYNRGY90 SERIES

## A NEARLY LIMITLESS VARIETY OF EXERCISE OPTIONS IN ONE SPACE.

Rooted in the success of SYNRGY360 small group training, the SYNRGY90 system is a shift in contemporary one-on-one training—it provides the structural space trainers need, offers nearly limitless configurability and fits seamlessly in dedicated spaces.

The SYNRGY90 system comes in 4 unique configurations, each designed to offer functionality specifically for your gym members.



CABLE CABLE / SYN90-CC



CABLE VERSA / SYN90-CV



VERSA CABLE / SYN90-VC



VERSA VERSA / SYN90-VV





## COMPLETE YOUR **SYNRGY** PACKAGE



### ACCESSORIES

Amp up workout variety with recommended accessory packages for each space. SYNRGY360 units are equipped with integrated storage to keep the accessories organized and make workouts more productive.



*LifeFitness*

# DIGITAL SOLUTIONS



## Life Fitness 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.

SOFTWARE UPDATES

88%

EQUIP

7



# ONS



TOTAL WORKOUTS & HOURS



MONTHLY USAGE

5%  
ONLINE



FACILITY CONNECT



CONNECT SYSTEM



PARTNER CONNECT

# FACILITY CONNECT

91%  
ONLINE



## 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.

## 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.

## 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.

## SOFTWARE UPDATE ASSURANCE

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

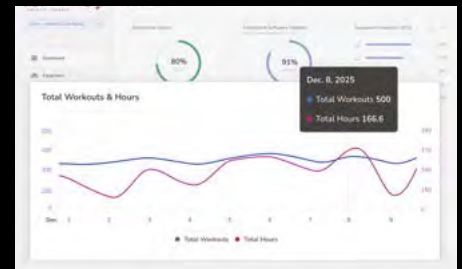
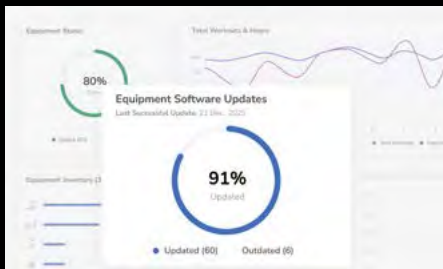
## BRAND EMPOWERMENT

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

## 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.





DOWNLOAD NOW



Available on the  
App Store



GET IT ON  
Google play



*LifeFitness*

HAMMER  
STRENGTH

# PARTNER CONNECT

## 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 wholistic view of your product performance.





## **FITNESS PARTNERS**

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

## **COLLABORATIVE DEVELOPMENT**

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

## LifeFitness CARDIO PRODUCTS

SYMBIO	CODE	DIMENSIONS (L X W X H)	WEIGHT
Runner	SYT	83.5 x 36 x 58" (212 x 92 x 147cm)	375 lbs (170kg)
Incline Elliptical	SYX	85.5 x 29.5 x 64" (218 x 75 x 163cm)	250 lbs (113kg)
SwitchCycle	SYH	41.5 x 24.5 x 54.5" (105 x 62 x 138cm)	169 lbs (76.5kg)
Recumbent Bike	SYR	67 x 26 x 51.5" (170 x 66 x 131cm)	211 lbs (96kg)

INTEGRITY+ SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Treadmill	INT	82 x 36 x 56" (209 x 92 x 142cm)	434 lbs (197kg)
Elliptical	INX	86 x 29 x 64" (218 x 73 x 163cm)	301 lbs (137kg)
Upright Bike	INC	41.5 x 24.5 x 54.5" (105 x 62 x 138cm)	169 lbs (76.5kg)
Recumbent Bike	INR	67 x 26 x 51.5" (170 x 66 x 131cm)	215 lbs (97kg)
PowerMill	INPM	55.9 x 32.8 x 82.3" (143 x 84 x 210cm)	473 lbs (215kg)
Arc Trainer (TB)	INA-T	76.5 x 36.3 x 62.5" (194 x 92 x 159cm)	412 lbs (187kg)
Arc Trainer (LB)	INA-L	76.5 x 33.5 x 62.5" (194 x 84 x 159cm)	412 lbs (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 lbs (170kg)
Elliptical	ASPX	85.5 x 29.5 x 64" (218 x 75 x 163cm)	250 lbs (113kg)
Upright Bike	ASPC	41.5 x 24.5 x 54.5" (105 x 62 x 138cm)	169 lbs (76.5kg)
Recumbent Bike	ASPR	67 x 26 x 51.5" (170 x 66 x 131cm)	211 lbs (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 lbs (61kg)
Heat Row	PRF-ROW-LCD-01	85 x 28 x 47" (216 x 71 x 120cm)	134 lbs (61kg)

ICG INDOOR CYCLES	CODE	DIMENSIONS (L X W X H)	WEIGHT
IC7	IC-LFICGIC7-01	52 x 20.5 x 40.2" (132 x 52 x 102cm)	119 lbs (54kg)
IC6	IC-LFICGIC6-01	52 x 20.5 x 40.2" (132 x 52 x 102cm)	112 lbs (51kg)
IC5	IC-LFICGIC5-01	52 x 20.5 x 40.2" (132 x 52 x 102cm)	112 lbs (51kg)
IC3	IC-LFICGIC3-01	48 x 20.8 x 42.5" (123 x 53 x 108cm)	97 lbs (44kg)

## LifeFitness 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)



# LifeFitness 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.

# LifeFitness STRENGTH PRODUCTS

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)

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)



# LifeFitness STRENGTH PRODUCTS


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 lbs (50 kg)
Adjustable Bench	LBR-AD	55" x 25" x 45" (140 x 64 x 114 cm)	72 lbs (33 kg)
Adjustable Decline Bench	LBR-DB	73" x 29" x 41" (185 x 73 x 104 cm)	175 lbs (80 kg)
Flat Bench	LBR-FB	46" x 31" x 16.5" (119 x 79 x 42 cm)	65 lbs (30 kg)
Utility Bench	LBR-UB	36" x 28" x 36" (91 x 71 x 91 cm)	50 lbs (23 kg)
Abdominal Bench	LBR-AB	50" x 25" x 21" (127 x 63.5 x 53.3 cm)	45 lbs (20 kg)
Abdominal Crunch Bench	LBR-AC	62" x 32" x 38" (156 x 81 x 97 cm)	141 lbs (64 kg)
Arm Curl Bench	LBR-BC	47" x 33" x 46" (119 x 84 x 117 cm)	210 lbs (96 kg)
Olympic Squat Rack	LBR-OS	77.5" x 66" x 75.5" (197 x 168 x 192 cm)	400 lbs (182 kg)
Olympic Incline Bench	LBR-OI	58" x 51" x 57" (147 x 130 x 145 cm)	185 lbs (84 kg)
Olympic Decline Bench	LBR-OD	68" x 51" x 51" (173 x 130 x 130 cm)	210 lbs (96 kg)
Olympic Flat Bench	LBR-OF	49" x 51" x 51" (125 x 130 x 130 cm)	150 lbs (68 kg)
Olympic Military Bench	LBR-OM	48" x 51" x 66" (122 x 130 x 168 cm)	325 lbs (148 kg)
Olympic Bench Weight Storage	LBR-OW	Adds 28" (71 cm) L and 17" (43 cm) W	85 lbs (39 kg)
Back Extension	LBR-BE	50" x 37" x 38" (127 x 94 x 97 cm)	151 lbs (69 kg)
Dip/Leg Raise	LBR-LD	41.5" x 29" x 61" (105.4 x 73.6 x 155 cm)	137 lbs (62 kg)
Chin/Dip/Leg Raise	LBR-LC	45" x 50" x 91.5" (114 x 127 x 279 cm)	245 lbs (111kg)
Flexibility Trainer	LBR-FS	54" x 23" x 43" (137 x 58 x 109 cm)	78 lbs (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 lbs (125 kg)
3-Tier Dumbbell Rack (5-50 Hex)	LBR-DF	54" x 29" x 38" (137 x 73 x 96 cm)	167 lbs (76 kg)
3-Tier Dumbbell Rack, Short Saddle	LBR-DS	61" x 29" x 38" (155 cm x 73 cm x 96 cm)	200 lbs (91 kg)
3-Tier Dumbbell Rack, Long Saddle	LBR-DL	96" x 29" x 38" (244 x 73.7 x 96.5 cm)	286 lbs (130 kg)
Vertical Dumbbell Rack	LBR-DV	20" x 19" x 46" (51 x 48 x 117 cm)	57 lbs (26 kg)
Barbell Rack 5	LBR-BB	36" x 23.5" x 56.5" (91.5 x 60 x 143.5 cm)	450 lbs (205 kg)
Barbell Rack 10	LBR-BR	33" x 35" x 57" (145 x 89 x 144.8 cm)	128 lbs (58 kg)
3-Tier Accessory Rack	LBR-AR	54" x 29" x 38" (137 x 73 x 96 cm)	168 lbs (76 kg)
Vertical Medicine Ball Storage	LBR-MB	25.5" x 25" x 56" (65 x 64 x 142 cm)	37 lbs (17kg)
Olympic Weight Tree	LBR-OT	27" x 23" x 37" (69 x 58 x 94 cm)	95 lbs (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 lbs (86 kg)

# LifeFitness STRENGTH PRODUCTS

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

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



# LifeFitness STRENGTH PRODUCTS

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

## Key:

**S** = Standard

**O** = Optional

**C** = Custom

**N/A** = Not Available

## Notes:

\* Life Fitness colors have a second clear coat of paint

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

^ 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).

**BUILD  
A HIGH  
STANDARD**

**HAM  
STRENGTH**



# ST TO GHER DARD

MER  
NGTH®



# CONTENTS







<b>INTRO</b>	<b>130</b>
<b>PLATE LOADED</b>	<b>132</b>
<b>GROUND BASE</b>	<b>140</b>
<b>HAMMER SELECT</b>	<b>144</b>
<b>MTS</b>	<b>150</b>
<b>HD ELITE ID</b>	<b>154</b>
<b>HD ATHLETIC NX</b>	<b>158</b>
<b>RACK ADD-ONS</b>	<b>162</b>
<b>BENCHES &amp; STORAGE</b>	<b>168</b>
<b>HD PERFORMANCE TRAINERS</b>	<b>174</b>
<b>SPECIFICATIONS</b>	<b>184</b>



# 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



**SUPERFLY / PL-FLY**



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



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



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



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



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



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



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



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



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





## 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.



**PULLOVER / PL-PO**



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



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



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



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



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



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



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

# PLATE LOADED



SEATED DIP / PL-DIP



SEATED BICEPS / PL-BI



SEATED / STANDING  
SHRUG / PL-SH



ABDOMINAL OBLIQUE  
CRUNCH / PL-AB



4-WAY NECK / PL-4W



GRIPPER/ PL-GRIP





# PLATE LOADED



**PENDULUM-X SQUAT / PL-XSQ**



**HACK SQUAT / PL-HSQ**



**ASSISTED NORDIC  
HAMSTRING / PL-ANH**



**GLUTE HAM REVERSE  
HYPER COMBO / PL-GHRH**



**LINEAR LEG PRESS /  
HSLLP**



**GLUTE DRIVE / PL-GLD**



**ISO-LATERAL LEG  
EXTENSION / IL-LE**



**ISO-LATERAL LEG CURL /  
IL-LC**



**ISO-LATERAL KNEELING  
LEG CURL / IL-KLC**



**V-SQUAT / PL-VSQ**





## 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.



**SEATED CALF RAISE /  
PL-CALF**



**SMITH MACHINE / HSSM**



**TIBIA DORSI FLEXION /  
PL-TIB**



**VERTICAL SMITH  
MACHINE / HSSM-V**



**BELT SQUAT / PL-BSQ**

A man is shown from the chest up, using a Hammer Strength Ground Base machine. He is wearing a dark t-shirt and is focused on his workout. The machine is black and has a large, curved handle that he is gripping. The background is a dark, industrial-looking gym environment with metal structures and rivets. The overall tone is gritty and emphasizes strength and power.

**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.







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



**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**





## 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.



**TRICEPS EXTENSION /  
HS-TE**



**LAT PULLDOWN / HS-PD**



**LATERAL RAISE / HS-LR**



**PECTORAL FLY / HS-PEC**



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



**BACK EXTENSION / HS-BE**



**HIP ABDUCTION / HS-HAB**



**HIP ADDUCTION / HS-HAD**

# HAMMER SELECT



**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**



**LEG CURL / HS-LC**





**HAMMER  
STRENGTH®**

# MOTION TECHNOLOGY SELECTORIZED

**SMOOTH, BIOMECHANICALLY SOUND AND  
EXTREMELY EFFECTIVE**





V  
ED

# MOTION TECHNOLOGY SELECTORIZED

**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.







**ABDOMINAL CRUNCH  
/ MTSAB**



**ISO-LATERAL  
BICEPS CURL / MTSBC**



**ISO-LATERAL  
CHEST PRESS / MTSCP**



**ISO-LATERAL  
DECLINE PRESS / MTSOP**



**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 10

## 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 / ELT-PR-STRD





# 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.



**POWER RACK**



**HALF RACK**



**COMBO RACK**



**SQUAT STAND**







# 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



CABLE COLUMN



PULLDOWN / ROW **ADD**



ACCESSORY TOWER **ADD**



ACCESSORY TOWER

### 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" 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.



**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" 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 NXPowerRacks. 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. Highwear charcoal powdercoated 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.

The background of the page is a dark, high-contrast photograph of a gym. In the upper right, a portion of a cable machine is visible. In the lower right, the corner of a weight bench is shown. The overall lighting is dim, emphasizing the metallic textures of the equipment.

**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 / FW-MAB**



**ADJUSTABLE BENCH / HDU-ADJ-DNL**



**DECLINE/ABDOMINAL BENCH / FW-ADB**



**FLAT BENCH / FW-FB**



**UTILITY BENCH - 75° / FW-UB75**



**MULTI-ADJUSTABLE BENCH / HDU-MAB**



**ADJUSTABLE BENCH / ELT-ADJN**



**DOCK 'N LOCK / HDL**





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



**THREE-TIER DUMBBELL RACK / FW-DR3**  
ALSO AVAILABLE IN AN XL VERSION FOR DUMBBELLS 125 LB - 200 LBS



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

# BENCHES & STORAGE

Hammer Strength benches and storage are designed to provide durability and performance, making them a staple in strength training facilities. They offer a variety of configurations to maximize space efficiency and support intense workouts



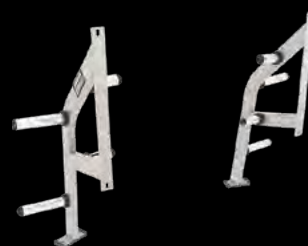
**OLYMPIC FLAT BENCH  
/ O-FB**



**OLYMPIC INCLINE BENCH / O-IB**



**OLYMPIC MILITARY BENCH / O-MB**



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



**OLYMPIC SQUAT RACK  
/ O-SR**



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



**OLYMPIC DECLINE BENCH  
/ O-DB**





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



**BACK EXTENSION / BW-BE**



**SEATED ARM CURL / FW-AC**



**BARBELL RACK / FW-BAR**



**SMALL BUMPER PLATE  
STORAGE / FW-BPS**



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



**DELUXE WEIGHT TREE  
/ FW-DWT**

**HAMMER  
STRENGTH®**

# HD PERFORM 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.





# MANCE



# HD TREAD



## 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



## 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



## 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.





# 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.



## RUBBER PLATFORMS

### Effective and Low-Profile

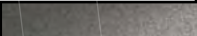
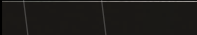

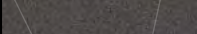
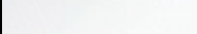




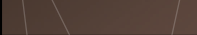

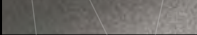

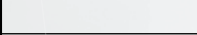



A low profile 3" (76mm) thickness allows for perfect integration with any Hammer Strength Rack

### 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 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

C = CUSTOM

O = OPTIONAL

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]

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 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]
ISO-LATERAL KNEELING LEG CURL	MTSKC	45" X 62" X 54" [115 CM X 158 CM X 138 CM]	746 LBS [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 LBS [159 KG]
ISO-LATERAL HORIZONTAL BENCH 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 ROW	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]
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]
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]
ISO-LATERAL KNEELING LEG CURL	IL-KLC	43" X 50" X 47" [110 CM X 127 CM X 120 CM]	250 LBS [114 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]
SMITH MACHINE	HSSM	50" X 86.5" X 93" [127 CM X 220 CM X 237 CM]	635 LBS [289 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-GLO	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 WITH DIP ATTACHMENT	PL-BSQ	78" X 63" X 64" [198CM X 160CM X 132CM]	485 LBS [220 KG]
SUPERFLY	PL-FLY	82" X 86" X 41" [209 CM X 218 CM X 105 CM]	306 LBS [139 KG]
PENDULUM-X SQUAT	PL-XSQ	97" X 45" X 81" [247 CM X 114 CM X 206 CM]	888 LBS [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 LBS [168 KG]
MULTI SQUAT	GB-MSQ	54" X 61" X 47" [137 CM X 155 CM X 94 CM]	240 LBS [109 KG]
COMBO TWIST	GB-CT	58" X 58" X 55" [148 CM X 148 CM X 140 CM]	275 LBS [125 KG]
SQUAT HIGH PULL	GB-SHP	62" X 57" X 34" [158 CM X 145 CM X 87 CM]	220 LBS [100 KG]

HAMMER STRENGTH BENCHES & 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	O-IB	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]	FW-MAB	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-ADB	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]
ADJUSTABLE BENCH	HOU-ADJ-DNL	XX" X XX" X XX" [XX CM X XX CM X XX CM]	XX LBS [XX KG]
ADJUSTABLE BENCH	ELT-ADJN	XX" X XX" X XX" [XX CM X XX CM X XX CM]	XX LBS [XX 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]
THREE-TIER DUMBBELL RACK	FW-DR3	90" X 27" X 39" [229 CM X 69 CM X 99 CM]	270 LBS [122.5 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]
FIXED PAD GLUTE/HAM	BW-GHF	72" X 32" X 50" [183 CM X 82 CM X 127 CM]	329 LBS [150 KG]
MULTI-ADJUSTABLE BENCH	HOU-MAB	52" X 22" X 18.5" [133 CM X 56 CM X 47 CM]	85 LBS [39 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]

42" XMEMBERS	HALF RACK & COMBO RACK	POWER RACK	RACK CONNECTORS	RIGS	PERIMETER
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	•	•
WING 42"	•	•	N/A	•	•
WING 72"	—	—	•	•	•
BUMPER PLATE DIVIDER	•	•	•	•	•
WALL BALL TARGET	•	•	N/A	•	•
HEAVY BAG HANGER	•	•	N/A	•	•

## STORAGE COMPONENTS

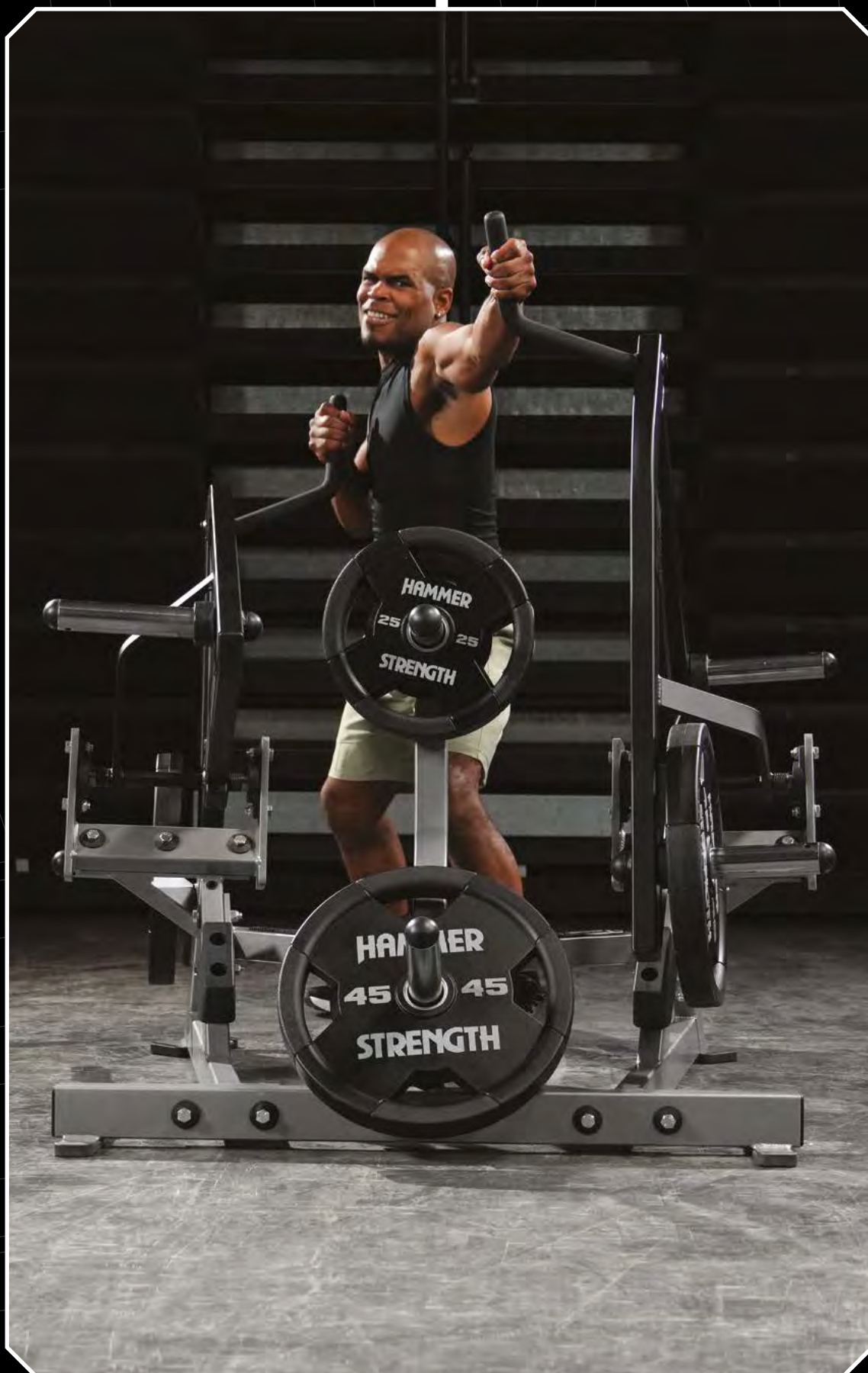
42" 2 PIPE	—	—	—	•	•
42" KETTLEBELL TRAY	—	—	—	•	•
42" DUMBBELL TRAY	—	—	—	•	•
42" STABILITY BALL STORAGE	—	—	—	•	•
72" 2 PIPE	—	—	•	•	•
72" KETTLEBELL TRAY	—	—	•	•	•
72" DUMBBELL TRAY	—	—	•	•	•
72" STABILITY BALL STORAGE	—	—	•	•	•

### KEY

S STANDARD N/A NOT APPLICABLE — NOT AVAILABLE

\*REQUIRES SQUARE XMEMBER







©2025 Life Fitness, LLC. All Rights Reserved. Life Fitness, Hammer Strength and ICG are registered trademarks of Life Fitness, LLC and its affiliated companies and subsidiaries. Bluetooth is a registered trademark of Bluetooth SIG, Inc. GM-001-23 (02.24)

**LifeFitness.com**