

### **Gympac Fitness Systems Private Limited**

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### YOUR FACILITY FIRST

Life Fitness puts your brand first. We offer extensive consultation to guide you through the limitless possibilities and choices available for your facility.

We're here to help you take the steps needed to transform your business.



### **DISCOVER SE3 HD CONSOLE**

A consistently captivating experience. With engaging layouts, simple discoverability and a host of other digital advances including integrated streaming video services.



### Connection

Apple" and Android" devices connect through proximity Bluetooth" and NFC, which syncs to music, videos and fitness apps.



### Apple Watch\* Compatibility

Connect your Apple Watch\* automatically to Life Fitness equipment and track important metrics like heart rate, speed and calories.



### **Entertainment Hub**

Internet connectivity lets exercisers use media like Netflix™, Hulu™, Spotify\* and Pandora\* during their workouts.



### Customizable Home Screen

Customize home screen messaging to promote events and classes, communicate through trainers, open new revenue streams, and build your brand. Requires Halo Fitness Cloud.



### **Engaging Courses**

Lifescape™ interactive courses let exercisers run through scenic terrains, enhanced by incline or resistance that changes with the terrain.



### Performance Run

Provides exercisers with a unique interval training workout experience. Offers intuitive interaction and large on-screen buttons to easily change the speed and incline, allowing quick and easy interval changes.

### DISCOVER ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience for exercisers. Includes up to 21 workouts and is NFC and Bluetooth\* compatible.





### INTEGRITY X AND C CONSOLES

The X Console offers a 7" touch screen and engaging workout experience through NFC and Bluetooth\* connectivity. The C Console offers an easy-to-use interface with LED screen and workouts for those who just want to get on and go.



CONSOLE	DISCOVER SE3 HD	DISCOVERST
Key Features	High-definition (1080p) touch screen with integrated TV, internet (wired and wireless), Bluetooth® (Headphones, HR Straps) and app compatibility, Lifescape interactive courses	High-definition (1080p) touch screen with integrated TV, internet (wired and wireless), Bluetooth® (Login and HR Strap Only)
Screen Size	Treadmills 21" (53 cm) Bikes/Cross-Trainers/PowerMill Climber 16" (47 cm)	Treadmills 21" (53 cm) Bikes/Cross-Trainers/PowerMill Climber 16" (47 c
Halo Fitness Cloud Compatibility	Standard	Standard
Device Compatibility	Android™, iPhone®, iPad®, Apple Watch®	Android™, iPhone®, iPad®
Entertainment	integrated TV, Internet Browsing, Bluetooth®, Interactive Courses, Integrated Apps	Integrated TV
Number of Workouts	Up to 25 + Quick Start	Up to 25 + Quick Start



Touch screen, Bluetooth® and NFC connection, easily accessible speed and incline adjustments, downloadable workouts

Simple controls for get-on-and-go functionality

7" LCD (18 cm)

N/A

Standard

m)

Standard

Android™, iPhone®

Android™, iPhone®

Attachable TV is optional

Attachable TV is optional

21 + Quick Start

3 + Quick Start





Cardic









TREADMILL
WITH DISCOVER SE3 HD
CONSOLE

ELLIPTICAL CROSS-TRAINER
WITH DISCOVER SE3 HD
CONSOLE

RECUMBENT LIFECYCLE EXERCISE BIKE WITH DISCOVER SE3 HD

WITH DISCOVER SE3 HD CONSOLE

### **COLOR OPTIONS**



DIAMOND

WHITE







ARCTIC T

TITANIUM STORM

BLACK

ELEVATION SERIES	DISCOVER ST	DISCOVER SE3 HD
Treadmill	95TST	95TSE
Cross-Trainer	95XST	95XSE
Upright	95CST	95CSE
Upright XXL	97CST	97CSE
Recumbent	95RST	95RSE
Upright Upright XXL	95CST 97CST	95CSE 97CSE





UPRIGHT LIFECYCLE EXERCISE BIKE WITH DISCOVER SE3 HD CONSOLE

### **AVAILABLE WITH THESE CONSOLES**



CONSOLE
Premium entertainment includes HD TV, internet,

DISCOVER SE3 HD



CONSOLE Integrated HD TV and an intuitive touch screen

DISCOVER ST

### **DISCOVER SE3**

A large (48.26 cm [19"] for treadmills, 40.64 cm [16"] for bikes and cross-trainers) touch screen offers access to TV, the Internet and more.







### INTEGRITY SERIES PRODUCTS



TREADMILL DELUXE BASE WITH DISCOVER SE3 HD CONSOLE



**ELLIPTICAL CROSS-TRAINER** DELUXE BASE WITH DISCOVER SE3 HD CONSOLE

### AVAILABLE WITH THESE CONSOLES



### DISCOVER SE3 HD CONSOLE

Premium entertainment includes HD TV, internet, apps like Netflix" and Hulu", interactive courses and more.



### DISCOVER ST CONSOLE

Integrated HD TV and an intuitive touch screen offer a straight-forward entertainment experience.



### INTEGRITY X CONSOLE

The X Console offers a 7" touch screen and engaging workout experience through NFC and Bluetooth\* connectivity.



### INTEGRITY C CONSOLE\*

The C Console offers an easy-touse interface with LED screen and workouts for those who just want to get on and go.



### ATTACHABLE TV

Enhance entertainment with attachable TVs available on Integrity Series with X & C Consoles.



### RECUMBENT LIFECYCLE EXERCISE BIKE

DELUXE BASE WITH DISCOVER SE3 HD CONSOLE



The Life Fitness PowerMill Climber and Arc Trainer are good additions to the Integrity Series

### UPRIGHT LIFECYCLE EXERCISE BIKE

DELUXE BASE WITH DISCOVER SE3 HD CONSOLE

### SELECT FROM TWO BASE OPTIONS



### **DELUXE BASE**

Deluxe Base has added aesthetic touches like stainless steel venting and four color options. Exercisers benefit from slight enhancements to user touchpoints.



### SIMPLE BASE

Simple Base has a sleek and inviting design. It is available in Arctic Silver.

See page 28 and 29 for more information.

### **COLOR OPTIONS**



DIAMOND WHITE



ARCTIC SILVER\*\*



TITANIUM STORM



BLACK ONYX

INTEGRITY SERIES S BASE/D BASE	INTEGRITY C CONSOLE	INTEGRITY X CONSOLE	DISCOVER ST	DISCOVER SE3 HD
Treadmill	INTSC	INTSX/INTDX	INTSST/INTST	INTSSE/INTDSE
Cross-Trainer	INXCS	INXSX/INXDX	INXSST/INXST	INXSSE/INXDSE
Upright	INCSC	INCSX/INCDX	INCSST/INCST	INCSSE/INCDSE
Recumbent	INRSC	INRSX/INRDX	INRSST/INRST	INRSSE/INRDSE

## ARC TRAINER

Alternative-motion cross-trainer that adds workout variety and cardio versatility for a wide range of exercisers. The 21 incline adjustments result in motions that mimic gliding, striding and climbing, and exert less stress on the knees than walking. It's effective for everyone from rehabilitation clients and deconditioned members, up to professional athletes.

### Features:

- 21 levels of incline adjustment allowing workouts to target glutes, quads and hamstrings.
- 100 levels delivering more than 1,000 Watts of resistance.
- Back-entry keeps the footprint small.
- Available with Discover SE3 HD and ST consoles, and Integrity X and C consoles

### COLOR OPTIONS



DIAMOND WHITE



ARCTIC SILVER



TITANIUM STORM



BLACK ONYX

	INTEGRITY C	INTEGRITY X	DISCOVER ST	DISCOVER SE3 HD
TOTAL BODY	INATTSC-ALLXX-01	INATTSX-ALLXX-01	INATTSS-ALLXX-01	INATTSH-ALLXX-01



### CHOOSE YOUR CONSOLE EXPERIENCE

Various console options allow facilities to choose an experience that resonates with exercisers; just get on and go or go all out.



### DIGITAL FACILITY MANAGEMENT

Digital management through standard wireless connectivity allows for instant equipment usage information, insights into exerciser trends, service notifications and more.



### BACKED BY SCIENCE

The Arc Trainer provides the variety of an elliptical and climber with less stress on the knees than walking.



### STRIDE IMPROVEMENT

The Arc Trainer was built to reduce force on the joints. And with 21 incline levels, any exerciser can find their most efficient workout.



### FLEXSTRIDER VARIABLE -STRIDE TRAINER



### SECURE FOOTING

A low step-up height and oversized nonslip pedals let you keep your mind on your miles and not on your footing (mat included).



### NATURAL MOTION

Extensive research and testing help create an elliptical path that is comfortable and feels like natural running or jogging.



### AT-YOUR-FINGERTIPS CONTROLS CHOOSE YOUR STRIDE

Moving arms include heart rate monitors and resistance controls that easily adjust intensity without disrupting your workout.



Change the stride length on the fly, from 0 to 36" (0-91 cm) to create the perfect workout.





### POWERMILL CLIMBER

The PowerMill™ Climber provides a challenging workout for anyone from older adults to seasoned athletes. Exercisers can always rise to the occasion with 25 different speeds, the largest step space among similar products and an anti-toe-pinch design. Stepping on the PowerMill offers everything from low/moderate to high-intensity workouts.

### **COLOR OPTIONS**



DIAMOND WHITE



SILVER



TITANIUM STORM



INTEGRITY C CONSOLE	INTEGRITY X CONSOLE	DISCOVER ST	DISCOVER SE3 HD
INPMSC	INPMDX	INPMDST	INPMHD







## **SPARC**

### **Strength Power Accelerated Resistance Cardio**

Lose fat. Build muscle. Improve metabolism. SPARC does it all with a lowimpact, high-intensity workout. Intuitive functionality allows exercisers to choose an incline and the intensity level that's right for them and makes SPARC ideal for both group training and individual workouts.

**Amp Up Group Classes:** A cardio option with three incline levels that requires limited setup is ideal for small group training.

**Low-Impact HIIT:** SPARC is ideal for challenging high-intensity interval workouts and short bursts of speed but is gentle on the knees and designed with biomechanics in mind.

### **FEATURES**

- Intuitive and minimal adjustments
- Manual incline adjustment offers three positions that emphasize different muscle groups
- Multiple hand positions allow exercisers to stand straight up or lean into their workouts to generate optimal power
- Two Modes of Operation:
  - Circuit Mode Single, quick, high-power movement lasting typically less than one minute
  - Interval Mode Longer duration workout that has user-defined high intensity and rests

© 2018 SPARC Trainer is a registered trademark of Cybex International, Inc. PM-61-18









Easy for exercisers to get on and go.

An intuitive console design is perfect for both exercise rookies and workout regulars. Activate™ Series treadmills, cross-trainers, Lifecycle® recumbent and upright bikes are sleek, reliable and an asset to any facility.





### **ACTIVATE SERIES**



TREADMILL / OST



ELLIPTICAL CROSS-TRAINER / OSX



UPRIGHT LIFECYCLE EXERCISE BIKE / OSC



RECUMBENT LIFECYCLE EXERCISE BIKE WITH ATTACHABLE TV / OSR

Images not to scale. Products subject to change.



### **CARDIO PRODUCTS**

INTEGRITY SERIES	DIMENSIONS (LXWXH)	WEIGHT
Treadmill	82" x 36" x 56" (209 cm x 92 cm x 142 cm)*	434 lb (197 kg)*
Elliptical Cross-Trainer	86" x 29" x 64" (218 cm x 73 cm x 163 cm)*	301 lb (137 kg)*
Recumbent Lifecycle Exercise Bike	67" x 26" x 51.5" (179 cm x 66 cm x 131 cm)"	215 lb (97.5 kg)*
Upright Lifecycle Exercise Bike	41.5" x 24.5" x 54.5" (105 cm x 62 cm x 138 cm)*	169 lb (76.5 kg)*

OTHER CARDIO	DIMENSIONS (L X W X H)	WEIGHT
PowerMill Climber	55.92" x 32.81" x 82.3" (143 cm x 84 cm x 210 cm)	473 lb (215 kg)
FlexStrider Variable-Stride Trainer	102.5" x 34" x 67.5" (261 cm x 87 cm x 172 cm)	564 lb (256 kg)
Arc Trainer	45" x 76" x 33" (114 cm x 193 cm x 84 cm)	450 lbs (204 kg)





### **DISCOVER SE3\***

Internet (wired and wireless), Bluetooth®, Lifescape™ interactive courses, integrated TV, and app compatibility 19" touch screen for treadmills 16" for bikes and cross-trainers Lifescape interactive courses, integrated TV, and app compatibility

Treadmills 48 cm (19 in) Bikes/Cross-Trainers 40 cm (16 in)

LFconnect Compatibility - Standard

Android™, iPhone®, iPad®

TV, Internet, Bluetooth\*, Interactive Courses, Integrated Apps

Up to 42

Custom Workouts-Up to 8

ELEVATION SERIES	DIMENSIONS (L X W X H)	WEIGHT
Elliptical Cross-Trainer	224 cm x 78 cm x 166 cm (88.1 in x 30.7 in x 65 in)	206 kg (452 lb)
Flexstrider Variable-Stride Trainer	261 cm x 87 cm x 172 cm (102.5 in x 34 in x 67.5 in)	256 kg (564 lb)
Powermill Climber	143 cm x 84 cm x 210 cm (55.92 in x 32.81 in x 82.3 in)	215 kg (473 lb)
Recumbent Lifecycle Exercise Bike	166 cm x 69 cm x 135 cm (65 in x 27 in x 53 in)	98 kg (214 lb)
Treadmill	204 cm x 94 cm x 159 cm (80 in x 37 in x 62.25 in)	202 kg (444 lb)
Upright Lifecycle Exercise Bike	111 cm x 54 cm x 152 cm (43.5 in x 21 in x 59.5 in)	80 kg (176 lb)

ACTIVATE SERIES	DIMENSIONS (LXWXH)	WEIGHT
Treadmill	81" x 32" x 57" (206 cm x 82 cm x 145 cm)	325 lb (148 kg)
Elliptical Cross-Trainer	81" x 27" x 60", 206 cm x 69 cm x 153 cm	240 lb (109 kg)
Upright Lifecycle Exercise Bike	44" x 23" x 54" (112 cm x 59 cm x 138 cm)	130 lb (59 kg)
Recumbent Lifecycle Exercise Bike	64" x 27" x 45" (163 cm x 69 cm x 115 cm)	200 lb (91 kg)

<sup>\*</sup>Dimensions and weight might vary based on console and base combination. For more information go to Lifefitness.com





### **APPLICATION**

Know your target exercisers and structure workouts that appeal to them.

### **SPACE**

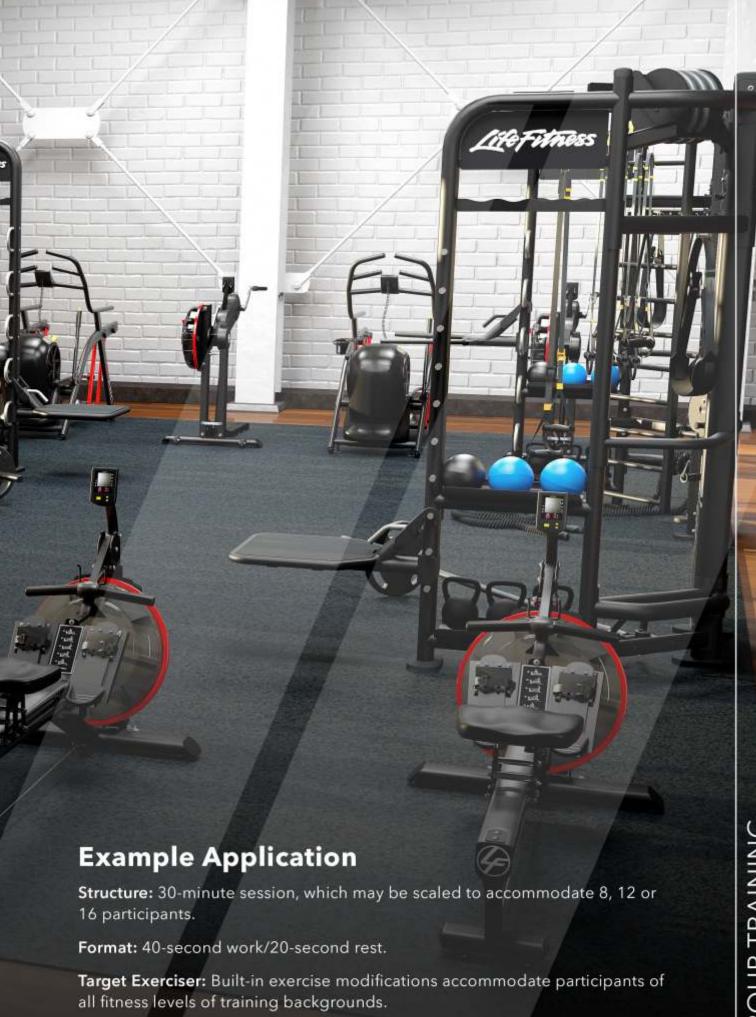
Create exciting spaces that generate energy through smart layout, inviting colors and sounds.

### **PRODUCT**

Select products that are appealing to both your exercisers and trainers, and those that fit in your designated space.







Partner and group training structure builds confidence, competence and

community for both coach and participant.



# STRENGT **Example Application** Structure: 50-minute session, which may accommodate up to 12 participants. Format: 30-second work/30-second rest. Target Exerciser: A background in free-weight training is desired, but lead-

up exercise modifications accommodate participants of all fitness levels and training abilities.

Partner and group training structure builds healthy competitiveness and motivation within a tribe-like community.



### UPPERCYCLE GX

Ideal for group training. The UpperCycle GX™ Ergometer targets the upper torso, arms, shoulders and core, providing the essential complement for a well-balanced circuit training regimen.

Ground-based functionality allows exercisers to fully engage the core and stabilization muscles, providing a more effective workout.



CONSOLE DISPLAYS: Measures Output, Level, Calories Burned, Calories/Hour, Time, Speed, Pulse, RPM



# ROW GX TRAINER

An effective low-impact, total-body workout that is ideal for individual cardio training, as an exciting addition to small group training, or for the creation of a dynamic high-intensity interval training (HIIT) space.

Variable fluid resistance technology uses water to deliver a smooth and natural rowing motion. Sixteen resistance levels are accessible with just the turn of dial and accommodate a wide range of exercisers.



CONSOLE DISPLAYS: Time, Distance, Strokes/ Minute, 500-Meter Split Time, Calories/Hour, Watts



ROW GX TRAINER GROUP-ROW-02





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 T

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

#### SYNRGY360 XS



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

#### MAX. FOOTPRINT:

5.8' x 7.6' (1.75 m x 2.31 m)

#### LIVE AREA:

11' x 22' (3.4 m x 6.7 m)





#### MAX. FOOTPRINT:

7.7' x 9.0' (2.34 m x 2.74 m)

#### LIVE AREA:

22' x 22' (6.7 m x 6.7 m)



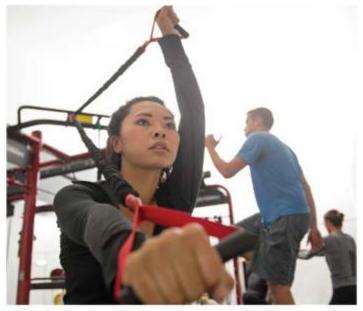
#### OPTIONAL CABLE CROSSOVER CONNECTOR



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)





#### SYNRGY360 XM



SYNRGY360 XL



Make a bold statement about your facility's commitment to fitness with six available training spaces including a seven-handle monkey bar zone.\* Our premier training destination has eight unique training spaces, including a 10-handle monkey bar zone and two dedicated areas for suspension training."



#### MAX. FOOTPRINT:

9.0' x 14.4' (2.74 m x 4.39 m)

#### LIVE AREA:

22' x 27' (6.7 m x 8.2 m)



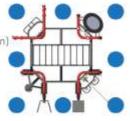
# PLACES TO TRAIN

#### MAX. FOOTPRINT:

14.4' x 14.4' (4.39 m x 4.39 m

#### LIVE AREA:

27' x 27' (8.2 x 8.2 m)



#### **COMPLETE THE PACKAGE FOR SUCCESS**



#### **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.



#### FLOORING

As part of the complete SYNRGY360 system, flooring is available for each model. This high-performance flooring is marked to provide visual cues for your personal trainers and their clients, guiding them through their workouts.



#### **EDUCATION**

Life Fitness Academy on-site workshops, training videos and exercise videos help you discover the infinite training potential of the SYNRGY360 concept.

#### LifeFitness.com/Synrgy360/Training

# YNRGY90 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.

#### SYNRGY90



CABLE CABLE / SYN90-CC



CABLE VERSA / SYN90-CV



VERSA CABLE / SYN90-VC



VERSA VERSA / SYN90-VV





INDOOR TCYCLING

GROUP



ICG has been motivating, mentoring, and measuring positive change in the lives and rides of the global fitness and sporting community since 1995.

Striving for excellence in indoor cycling has made ICG a global leader specializing in the design, manufacture and programming of premium indoor cycling equipment.



/ IC-LFIC7B2-01



#### ROBUST DIGITAL EXPERIENCE

Connection available on IC5, IC6 and IC7 bikes allows exercisers and instructors to benefit from the combination of state-of-the-art bikes and cutting edge digital experiences.



#### OPTIMAL Q FACTOR

Q Factor is the distance between an exerciser's feet when they sit on a bike and pedal. The industry standard Q Factor of 155mm on most ICG bikes results in a ride that feels comfortable and natural.





#### ADVANCED POWER METRICS

The WattRate® Direct Power Meter on IC7 bikes offers the market's most accurate sensor technology with a direct measuring tolerance of +/- 1%.



#### INVITING DESIGN

A sleek and modern aesthetic combines with rugged features like a steel frame to create durable bikes that exercisers want to use.



#### POLY-V BELT DRIVE

The Poly-V belt drive that powers each ICG bike transfers extreme levels of torque smoothly, requires limited maintenance, and is quieter than other drive systems.



#### ATTENTION TO COMFORT

Padded sport, saddle, PVC muliti-position handlebars and multiple adjustment possibilities ensure that riders are comfortable from the start of the workout to the end.

#### STATE-OF-THE-ART INDOOR CYCLES

This fleet of six bikes combines striking, award-winning design with an enhanced digital experience.



IC7 / IC-LFIC7B2-01

Award-winning design, a two-stage drivetrain and a premium digital experience. A WattRate Direct Power Meter, Coach By Color\* intensity guide for user and instructor, data exchange with devices, and outstanding comfort make the IC7 a one-of-a-kind indoor cycle.



IC5 / IC-LFIC5B2-01

Innovative design and high-quality components. The WattRate LCD computer displays performance and the IC5 allows for data exchange with devices and the Coach By Color\* intensity guide for users.



IC6 / IC-LFIC6B1-01

The WattRate TFT computer features performance indication in watts, data exchange with external devices, as well as a Coach By Color\* intensity guide for both the user and instructor.



IC4 / IC-LFIC4B1-01

The belt drivetrain and magnetic brake system are virtually maintenance free and work together to provide a superior ride.



The state-of-the-art engineering of ICG indoor cycles combines with engaging digital technology to create extremely memorable exerciser experiences.



#### **ICG CONNECT**

A digital platform that creates exciting and immersive group exercise experiences through competition, vivid data visualization and instructor encouragement.



#### COACH BY COLOR

Color-coded biofeedback for exercisers, and a universal method for coaching intensity for instructors.



#### **ICG TRAINING APP**

The Apple® and Android™ app pairs with IC5, IC6 and IC7 bikes to give exercisers the power to view, save and track workouts.



#### MYRIDE VX

Virtual training through scenic settings and with the guidance of both live and virtual instructors.

### IC8 POWER TRAINER

Inspired by the movement of road and triathlon cycling, the IC8 is a high-performance indoor cycle for serious riders and a challenging power trainer for all athletes.

With greater power accuracy, wattage and performance data than any other indoor cycle, the IC8 delivers results for facilities running cycle-specific coaching, high-intensity interval training and endurance training.



#### CHAIN-DRIVEN FREEWHEEL

A 13.75 to 1 ratio chain-driven freewheel provides complete control of accelerations and allows for coasting to recover. The design allows the IC8 to feel and perform like a high-performance outdoor cycle.



#### 0 TO 3800 WATT MAGNETIC RESISTANCE

300-degree dial offers 100 clicked increments and displays the resistance level as 0-100 on the WattRate TFT computer. The large range of watts meets the high-performance demands.



#### WATTRATE® DIRECT POWER METER

The most accurate power meter in the industry offers a direct measuring tolerance of +/- 1%. Photocells directly measure the torsion of the spindle, and never require recalibration.



#### Q FACTOR

A 155mm Q Factor provides the feel of a real road bike. The result is added comfort and improved pedal stroke efficiency.





# INSIGNIA SERIES

#### Thoughtfully designed. Distinctively crafted.

The Insignia Series features intelligent and subtle design elements that 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**



ASSIST DIP CHIN / SS-ADC



BICEPS CURL/SS-BC



CHEST PRESS / SS-CP



LATERAL RAISE / SS-LR



SHOULDER PRESS / SS-SP



TRICEPS PRESS / SS-TP



CALF EXTENSION / SS-CE



GLUTE / SS-GL



SEATED LEG CURL / SS-SLC



SEATED LEG PRESS / SS-SLP



ABDOMINAL / SS-AB



**BACK EXTENSION / SS-BE** 

56



PECTORAL FLY / SS-PEC



PECTORAL FLY /
REAR DELTOID / SS-FLY



PULLDOWN / SS-PD



HIP ABDUCTION / SS-HAB



HIP ADDUCTION / SS-HAD



LEG CURL / SS-LC



TORSO ROTATION / SS-TR



ROW / SS-RW



LEG EXTENSION / SS-LE

#### INSIGNIA SERIES PRODUCT CUSTOMIZATION OPTIONS

#### TRIM OPTIONS -



#### L TRIM

- A Ergonomic grips
- (B) Aluminum painted tower cap
- c Integrated rep counter/timer

#### WEIGHT STACK OPTIONS



X: Heavy weight stack\* with two, 5-lb (2.5 kg) dial weight increments

\*15% MORE THAN STANDARD



C: Standard weight stack with two, 5-lb (2.5 kg) dial weight increments

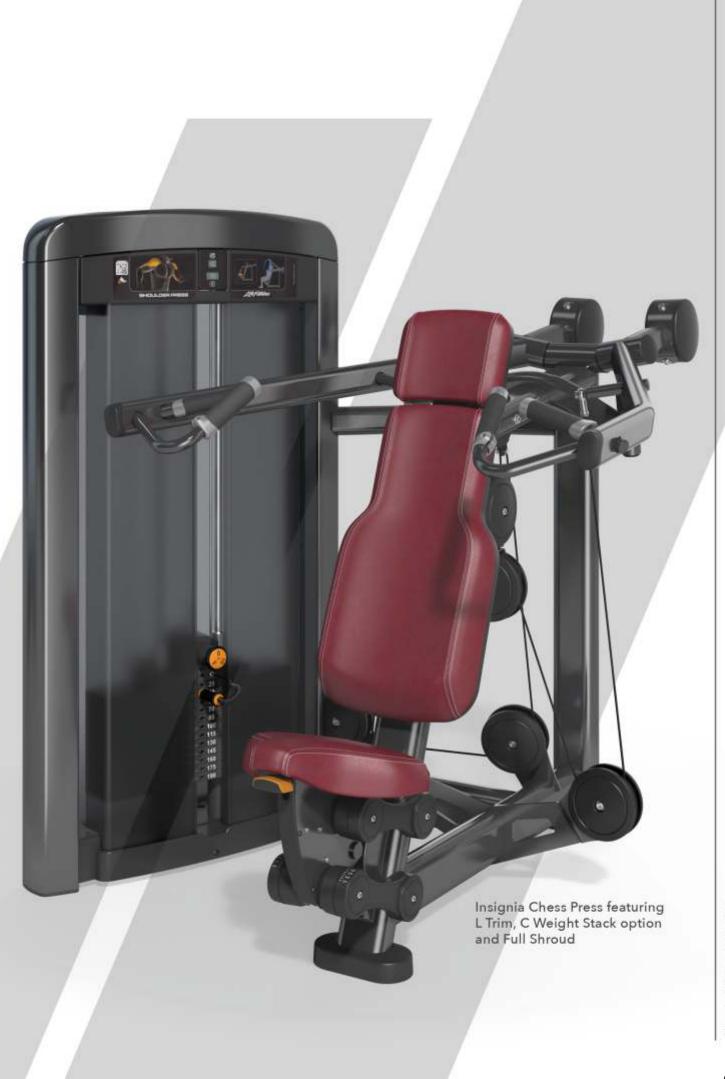


P: Standard weight stack with one, 7.5-lb (3.75 kg) push/pull weight increments

#### SHROUD OPTIONS -



Full shroud













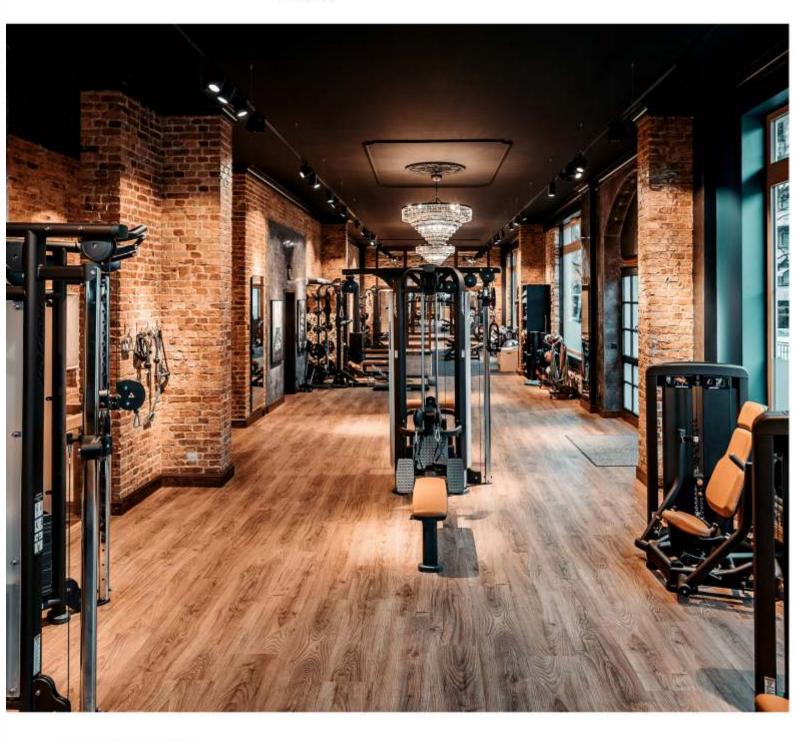


LINEAR LEG PRESS / SPLLLP

KNEELING LEG CURL / SPLKLC

LEG EXTENSION / SPLLE

CALF RAISE / SPLCALF







# TWO-TONE FRAME AND WORK ARM FEATURE

- Signature Series standard/premium color options
- See color chart for all available color options
- · Only available on Signature Plate-Loaded

#### SIGNATURE SERIES: PLATE-LOADED



BICEPS CURL / SPLBC



DECLINE CHEST PRESS
/ SPLDCP



FRONT PULLDOWN
/ SPLPD



HIGH ROW / SPLHR



/ SPLIP



ROW / SPLROW



SEATED DIP / SPLDIP



SHOULDER PRESS / SPLSP

#### SIGNATURE SERIES: BENCHES AND RACKS



**OLYMPIC FLAT BENCH** / SOFB

OLYMPIC INCLINE BENCH / SOIB

OLYMPIC DECLINE BENCH OLYMPIC MILITARY BENCH / SODB

/SOMB







**MULTI-ADJUSTABLE BENCH** /SMAB

FLAT BENCH / SFB

AB CRUNCH BENCH / SABC

**UTILITY BENCH / SUB** 









SINGLE-TIER DUMBBELL RACK / SDR1

TWO-TIER **DUMBBELL RACK / SDR2** 

BARBELL RACK / SBBR

HANDLE RACK / SHR



OLYMPIC BENCH WEIGHT STORAGE / SOBWS



OLYMPIC SQUAT RACK /SOSR



ARM CURL BENCH / SAC



ADJUSTABLE DECLINE / ABDOMINAL BENCH /SADB



CHIN / DIP / LEG RAISE /SCDLR



LEG RAISE / SLR



OLYMPIC WEIGHT TREE
/ SOWT



BACK EXTENSION / SBE



SMITH MACHINE / SSM

#### SIGNATURE SERIES: CABLE MOTION







**DUAL ADJUSTABLE PULLEY** / CMDAP

CABLE COLUMN / CMCC

ADJUSTABLE CABLE CROSSOVER / CMACO







CHEST PRESS / CMCP

PULLDOWN / CMPD

ROW / CMRW



SHOULDER PRESS / CMSP



**DUAL ADJUSTABLE PULLEY** CONSOLE / DAPCONSOLE

#### SIGNATURE SERIES: MULTI-JUNGLE



MULTI-JUNGLE PLATFORM (SAMPLE 4-STACK) / MJ4



MULTI-JUNGLE PLATFORM (SAMPLE 5-STACK) / MJ5



MULTI-JUNGLE PLATFORM (SAMPLE 8-STACK) / MJ8





#### **OPTIMA SERIES**



ABDOMINAL / OSAB



BICEPS CURL / OSBC



CHEST PRESS / OSCP



LAT PULLDOWN / OSPD



LEG CURL/OSLC



LEG EXTENSION / OSLE



LEG PRESS / OSLP



SEATED ROW / OSRW



CURL / OSLEC



MULTI PRESS / OSMP



PECTORAL FLY / REAR DELTOID / OSFLY



LOW ROW / OSLR



SHOULDER PRESS / OSSP



TRICEPS EXTENSION / OSTE



BICEPS / TRICEPS /
OSBT



HIP ABDUCTOR / ADDUCTOR / OSHAA



PULLEY / OSDAP



ADJUSTABLE BENCH / OP-ADJ



3-TIER DUMBBELL RACK (5-50 HEX) / OP-D83HX



3-TIER DUMBBELL RACK (5-50 SADDLE) / OP-DB3SS



3-TIER DUMBBELL RACK (5-75 SADDLE) / OP-DB3LS

3-TIER ACCESSORY RACK (ACCESSORY)



VERTICAL DUMBBELL RACK / OP-DBV



SMITH MACHINE
/ OP-SM



resistance adjustments, which lets exercisers easily measure their progress.

11 different units are ideal for both individual workouts and community building small group training.

#### **CIRCUIT SERIES**









AB CRUNCH / TCAB

AB CURL BENCH / TCABB

BICEPS CURL/TCBC

CHEST PRESS / TOCP









LAT PULLDOWN / TCPD

LEG EXTENSION / TOLE SEATED LEG CURL / TOLO

SEATED ROW / TCRW







SHOULDER PRESS / TCSP

SQUAT / TCSL

TRICEPS PRESS / TCTP





#### **FIT SERIES**



FIT 1.0 CM / FSFCMI



FIT 3 MULTI-GYM / FSF3

### **INSIGNIA SERIES**

### **A** 14 FRAME COLORS

\*CLEAR SECOND COAT FINISH



\*\*MATTE FINISH





Custom frame and upholstery colors available.

### **©** 8 SHROUD INLAYS\*



\*Only available with the full shroud option

### FRAME COLORS





INSIGNIA SERIES	CODE	WEIGHT STACK	DIMENSIONS (LXWXH)	WEIGHT
Abdominal	SS-AB	200 lb (100 kg)	52.4" x 46.3" x 58.1" (134 cm x 118 cm x 148 cm)	527 lb (240 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)	732 lb (333 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)	550 lb (250 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)	627 lb (285 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)	725 lb (329 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)	657 lb (299 kg)
Glute	SS-GL	200 lb (100 kg)	73" x 38.4" x 58.1" (186 cm x 98 cm x 148 cm)	541 lb (246 kg)
Hip Abduction	SS-HAB	305 lb (152.5 kg)	62.6" x 65.8" x 58.1" (160 cm x 168 cm x 148 cm)	652 lb (296 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)	652 lb (296 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)	493 lb (224 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)	628 lb (285 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)	555 lb (252 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)	689 lb (313 kg)
Pectoral Fly	SS-PEC	305 lb (152.5 kg)	60.5" x 70.4" x 58.1" (154 cm x 179 cm x 148 cm)	648 lb (294 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)	635 lb (289 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)	741 lb (337 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)	616 lb (280 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)	607 lb (276 kg)
Torso Rotation	SS-TR	200 lb (100 kg)	50" x 42.4" x 61.9" (127 cm x 108 cm x 158 cm)	546 lb (248 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)	770 lb (350 kg)
Seated Leg Press	SS-SLP	395 lb (197.5 kg)	61.3" x 39.8" x 58.1" (156 cm x 102 cm x 148 cm)	990 lb (450 kg)

CIRCUIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
Ab Crunch	TCAB	47" x 34" x 54" (120 cm x 87 cm x 138 cm)	233 lb (106 kg)
Biceps Curl	TCBC	54" x 35" x 45" (138 cm x 89 cm x 115 cm)	251 lb (114 kg)
Triceps Press	TCTP	62" x 37" x 45" (158 cm x 94 cm x 115 cm)	328 lb (149 kg)
Seated Leg Curl	TCLC	45" x 36" x 45" (115 cm x 92 cm x 115 cm)	290 lb (132 kg)
Lat Pulldown	TCPD	63" x 43" x 71" (161 cm x 110 cm x 181 cm)	279 lb (127 kg)
Shoulder Press	TCSP	53" x 43" x 45" (135 cm x 110 cm x 115 cm)	264 lb (120 kg)
Squat	TCSL	53" x 42" x 45" (135 cm x 107 cm x 115 cm)	251 lb (114 kg)
Seated Row	TCRW	48" x 36" x 45" (122 cm x 92 cm x 115 cm)	282 lb (128 kg)
Chest Press	TCCP	47" x 39" x 45" (120 cm x 100 cm x 115 cm)	260 lb (118 kg)
Leg Extension	TCLE	46" x 37" x 45" (117 cm x 94 cm x 115 cm)	279 lb (127 kg)
Ab Curl Bench	TCABB	62" x 23" x 30" (158 cm x 59 cm x 77 cm)	75 lb (35 kg)
Wheel Kit	TCWHL	37" x 6" x 4" (94 cm x 16 cm x 11 cm)	16 lb (8 kg)
Placard Stand	TCPST	14" x 13" x 44" (36 cm x 34 cm x 112 cm)	7 lb (4 kg)

OPTIMA SERIES	CODE	DIMENSIONS (LXWXH)	WEIGHT
Hip Abductor/Adductor	OSHAA	66" x 66" x 57" (168 cm x 168 cm x 145 cm)	425 lb (193 kg)
Pec Fly/Rear Delt	OSFLY	61" x 60" x 57" (155 cm x 153 cm x 145 cm)	425 lb (193 kg)
Lat Pulldown/Low Row	OSLR	79" x 50" x 87" (201 cm x 127 cm x 221 cm)	440 lb (200 kg)
Leg Extension/Curl	OSLEC	64" x 40" x 57" (163 cm x 102 cm x 145 cm)	437 lb (199 kg)
Multi-Press	OSMP	55" x 68" x 71" (140 cm x 173 cm x 181 cm)	514 lb (234 kg)
Biceps/Triceps	OSBT	60" x 34" x 81" (153 cm x 87 cm x 206 cm)	337 lb (153 kg)
Dual Adjustable Pulley	OSDAP	74" x 48" x 89" (188 cm x 122 cm x 227 cm)	630 lb (286 kg)
Chest Press	OSCP	38" x 50" x 57" (97 cm x 127 cm x 145 cm)	439 lb (200 kg)
Seated Row	OSRW	65" x 39" x 57" (166 cm x 100 cm x 145 cm)	439 lb (200 kg)
Shoulder Press	OSSP	61" x 55" x 57" (155 cm x 140 cm x 145 cm)	493 lb (224 kg)
Lat Pulldown	OSPD	63" x 54" x 73" (161 cm x 138 cm x 186 cm)	489 lb (222 kg)
Biceps Curl	OSBC	42" x 36" x 57" (107 cm x 92 cm x 145 cm)	370 lb (168 kg)
Triceps Extension	OSTE	42" x 36" x 57" (107 cm x 92 cm x 145 cm)	370 lb (168 kg)
Leg Extension	OSLE	59" x 40" x 57" (150 cm x 102 cm x 145 cm)	419 lb (191 kg)
Leg Curl	OSLC	65" x 39" x 57" (166 cm x 100 cm x 145 cm)	385 lb (175 kg)
Leg Press	OSLP	81" x 40" x 69" (206 cm x 102 cm x 176 cm)	566 lb (257 kg)
Abdominal	OSAB	50" x 39" x 57" (127 cm x 100 cm x 145 cm)	350 lb (159 kg)

OPTIMA SERIES BENCHES AND RACKS	CODE	DIMENSIONS (LXWXH)	WEIGHT
Adjustable Bench	OSADJ	55" x 25" x 45" (140 cm x 64 cm x 115 cm)	72 lb (33 kg)
Vertical Dumbbell Rack	OSDBV	20" x 20" x 45" (51 cm x 51 cm x 115 cm)	31 lb (15 kg)
Three-Tier Dumbbell Rack	OSDB3	54" x 29" x 38" (138 cm x 74 cm x 97 cm)	167 lb (76 kg)
Smith/Rack	OSSM	51" x 73" x 88" (130 cm x 186 cm x 224 cm)	398 lb (181 kg)

FIT SERIES	CODE	DIMENSIONS (L X W X H)	WEIGHT
3 Multi-Gym	FSF3	102" x 102" x 85" (260 cm x 260 cm x 216 cm)	1,255 lb (570 kg)
1.0 CM	FSFCM1	89" x 54" x 83" (227 cm x 138 cm x 211 cm)	651 lb (296 kg)

#### STRENGTH PRODUCTS

SIGNATURE SERIES CABLE MOTION	CODE	DIMENSIONS (LXWXH)	WEIGHT
Chest Press	СМСР	49" x 46" x 64" (125 cm x 117 cm x 163 cm)	680 lb (309 kg)
Shoulder Press	CMSP	46" x 46" x 64" (117 cm x 117 cm x 163 cm)	680 lb (273 kg)
Row	CMRW	73" x 54" x 67" (186 cm x 138 cm x 171 cm)	770 lb (350 kg)
Pulldown	CMPD	45" x 54" x 95" (115 cm x 138 cm x 242 cm)	810 lb (368 kg)
Dual Adjustable Pulley (without pull-up handles)	CMDAP	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)
Dual Adjustable Pulley Console	DAPCONSOLE	1.6" x 15" x 12" (5 cm x 39 cm x 31 cm)	11 lb (5 kg)
Cable Column	CMCC	55" x 57" x 92" (140 cm x 145 cm x 234 cm)	685 lb (311 kg)
Fixed Cable Crossover	CMFCO	28.5" x 142" x 94" (73 cm x 361 cm x 239 cm)	895 lb (406 kg)
Adjustable Cable Crossover	CMACO	28.5" x 167" x 94" (73 cm x 425 cm x 239 cm)	980 lb (445 kg)
Multi-Jungle Core Tower	MJ-CORE	32.5" x 32.5" x 94" (83 cm x 83 cm x 239 cm)	225 lb (103 kg)
Adjustable Crossover - Connects Core	OXALM	23" x 116" x 94" (59 cm x 295 cm x 239 cm)	600 lb (273 kg)
Fixed Crossover - Connects Core	MJFXO	23" x 91.5" x 94" (59 cm x 233 cm x 239 cm)	530 lb (241 kg)
MJ Adjustable Crossover	MJACO	28.5" x 142" x 94" (73 cm x 361 cm x 239 cm)	720 lb (327 kg)
MJ Fixed Crossover	MJFCO	28.5" x 117" x 94" (73 cm x 298 cm x 239 cm)	650 lb (295 kg)
MJ Adjustable Pulley	MJAP	14.5" x 18.5" x 92" (37 cm x 47 cm x 234 cm)	260 lb (118 kg)
MJ Lat Pulldown	MJLP	$26.75" \times 37.25" \times 92" (68 \text{ cm} \times 95 \text{ cm} \times 234 \text{ cm})$	340 lb (155 kg)
MJ Dual Adjustable Pulley	MJLPD	$26.75$ " x $37.25$ " x $92$ " ( $68  \text{cm} \times 95  \text{cm} \times 234  \text{cm}$ )	340 lb (155 kg)
MJ Low Row	MJRW	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	360 lb (164 kg)
MJ Dual Pulley Row	MJRWD	26.75" x 37.25" x 92" (68 cm x 95 cm x 234 cm)	360 lb (164 kg)
MJ Triceps Pushdown	MJTP	4.5" x 21.25" x 92" (12 cm x 54 cm x 234 cm)	225 lb (103 kg)
Accessory Rack	MJHAR	27" x 8.5" x 28" (69 cm x 22 cm x 72 cm)	31 lb (15 kg)

SIGNATURE SERIES PLATE-LOADED	CODE	DIMENSIONS (LXWXH)	WEIGHT
Incline Press	SPLIP	50" x 62" x 75" (127 cm x 158 cm x 191 cm)	297 lb (135 kg)
Decline Chest 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)
Front 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)

SIGNATURE SERIES BENCHES AND RACKS	CODE	DIMENSIONS (LXWXH)	WEIGHT
Olympic Flat Bench	SOFB	51" x 49" x 51" (130 cm x 125 cm x 130 cm)	150 lb (69 kg)
Olympic Incline Bench	SOIB	51" x 58" x 57" (130 cm x 148 cm x 145 cm)	185 lb (84 kg)
Olympic Decline Bench	SODB	51" x 68" x 51" (130 cm x 173 cm x 130 cm)	210 lb (96 kg)
Olympic Military Bench	SOMB	51" x 48" x 66" (130 cm x 122 cm x 168 cm)	325 lb (148 kg)
Olympic Bench Weight Storage	SOBWS	17" x 28" x 49" (44 cm x 72 cm x 125 cm)	85 lb (39 kg)
Olympic Squat Rack	SOSR	66" x 77.5" x 75.5" (168 cm x 197 cm x 192 cm)	400 lb (182 kg)
Smith Machine	SSM	49" x 87" x 93" (125 cm x 221 cm x 237 cm)	580 lb (264 kg)
Multi-Adjustable Bench	SMAB	53" x 32" x 17.5" (135 cm x 82 cm x 45 cm)	125 lb (57 kg)
Leg Raise	SLR	46" x 33" x 64" (117 cm x 84 cm x 163 cm)	140 lb (64 kg)
Chin/Dip/Leg Raise	SCDLR	45" x 50" x 91.5" (115 cm x 127 cm x 233 cm)	245 lb (112 kg)
Ab Crunch Bench	SABB	62" x 32" x 38" (158 cm x 82 cm x 97 cm)	141 lb (64 kg)
Decline/Abdominal Bench	SADB	64" x 44" x 32" (163 cm x 112 cm x 82 cm)	135 lb (62 kg)
Arm Curl Bench	SAC	33"x 47" x 46" (84 cm x 120 cm x 117 cm)	210 lb (96 kg)
Utility Bench	SUB	28" x 36" x 36" (72 cm x 92 cm x 92 cm)	50 lb (23 kg)
Flat Bench	SFB	46" x 31" x 16.5" (117 cm x 79 cm x 42 cm)	65 lb (30 kg)
Olympic Weight Tree	SOWT	23" x 27" x 37" (59 cm x 69 cm x 94 cm)	95 lb (44 kg)
Single-Tier Dumbbell Rack	SDR1	90" x 22" x 29" (229 cm x 56 cm x 74 cm)	190 lb (87 kg)
Two-Tier Dumbbell Rack	SDR2	90" x 25" x 33" (229 cm x 64 cm x 84 cm)	275 lb (125 kg)
Barbell Rack	SBBR	38" x 33" x 60" (97 cm x 84 cm x 153 cm)	170 lb (77 kg)
Handle Rack	SHR	30" x 30" x 38" (77 cm x 77 cm x 97 cm)	140 lb (64 kg)
Back Extension	SBE	50" x 37" x 38" (127 cm x 94 cm x 97 cm)	160 lb (73 kg)





# HAMMER STRENGTH®

PRODUCT CATALOG





## POWERFUL PERFORMANCE

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

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

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

It isn't reserved just for professional training facilities or college weight rooms. Everyday athletes benefit from the excellent biomechanical design in the same way that the pros do.

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





### HAMMER STRENGTH®





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

- GARY JONES



### PERFORMANCE FACILITIES



SPORTSGYM SCANDINAVIA Östersund, Sweden



CLEMSON UNIVERSITY Clemson, South Carolina



TESTED TO EXCEED
INDUSTRY STANDARDS

# NOT ALL STEEL IS EQUAL

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

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



UNIVERSITY OF CINCINNATI Cincinnati, Ohio



NSCA HEADQUARTERS Colorado Springs, Colorado





# HAMMER STRENGTH SELECT

TOUGH ENOUGH TO COMPLETE THE HAMMER STRENGTH FAMILY

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

#### **HAMMER STRENGTH SELECT**



ASSIST DIP CHIN / HS-ADC



BICEPS CURL / HS-BC



CHEST PRESS / HS-CP



FIXED PULLDOWN / HS-FPD



SEATED ROW / HS-RW



SHOULDER PRESS / HS-SP



TRICEPS EXTENSION
/ HS-TE



HIP ABDUCTION / HS-HAB



LEG EXTENSION / HS-LE



SEATED LEG CURL / HS-SLC



SEATED LEG PRESS / HS-SLP



STANDING CALF / HS-SC









LAT PULLDOWN / HS-PD

LATERAL RAISE / HS-LR

PECTORAL FLY / HS-PEC

PECTORAL FLY / REAR DELTTOID / HS-FLY









HIP ADDUCTION / HS-HAD

HIP / GLUTE / HS-HG

HORIZONTAL CALF / HS-HC

LEG CURL / HS-LC





ABDOMINAL CRUNCH / HS-ABC

BACK EXTENSION / HS-BE





# **MTS**

#### SMOOTH, BIOMECHANICALLY SOUND AND EXTREMELY EFFECTIVE

Delivers the effective Iso-Lateral® motion pioneered and patented by Hammer Strength plate-loaded equipment with the convenience of selectorized weight stacks.

The result is a line of 13 strength pieces that employ independent arm and leg actions to offer both performance and ease of use.



#### **MTS**



ABDOMINAL CRUNCH / MTSAB



ISO-LATERAL BICEPS CURL / MTSBC



ISO-LATERAL CHEST PRESS / MTSCP



ISO-LATERAL DECLINE PRESS / MTSDP



ISO-LATERAL SHOULDER PRESS / MTSSP



ISO-LATERAL TRICEPS EXTENSION / MTSTE



ISO-LATERAL LEG EXTENSION / MTSLE



ISO-LATERAL KNEELING LEG CURL / MTSKC









ISO-LATERAL HIGH ROW / MTSHR



ISO-LATERAL INCLINE PRESS / MTSIP



ISO-LATERAL ROW / MTSRW



V-SQUAT / MTSVQ





# 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



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 ROWING / IL-ROW



ISO-LATERAL SHOULDER PRESS / IL-SP



ISO-LATERAL SUPER INCLINE PRESS / IL-FMP



ISO-LATERAL LATERAL RAISE / PL-LR



PULLOVER / PL-PO



SEATED BICEPS / PL-BI



SEATED DIP / PL-DIP









ISO-LATERAL FRONT LAT PULLDOWN / IL-PD

ISO-LATERAL HIGH ROW / IL-HR

ISO-LATERAL HORIZONTAL PRESS / IL-HBP

ISO-LATERAL INCLINE PRESS / IL-IP









ISO-LATERAL WIDE CHEST / IL-WC

ISO-LATERAL WIDE PULLDOWN / IL-WPD

4-WAY NECK / PL-4W

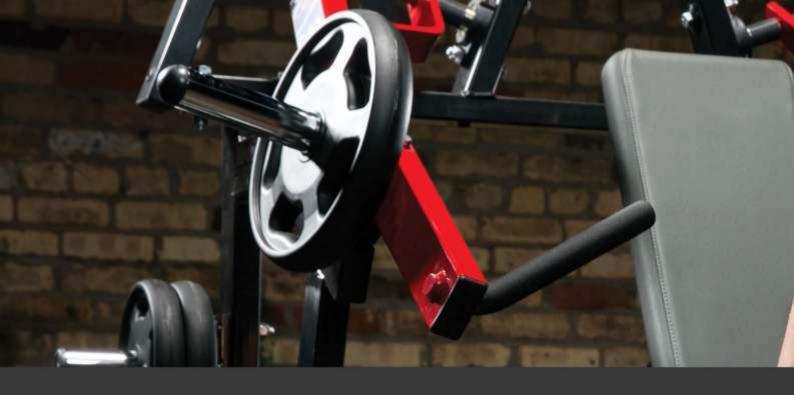
GRIPPER / PL-GRIP





SEATED / STANDING SHRUG / PL-SH

ABDOMINAL OBLIQUE CRUNCH / PL-AB



#### **PLATE-LOADED**







ISO-LATERAL KNEELING LEG CURL / IL-KLC

ISO-LATERAL LEG CURL / IL-LC

ISO-LATERAL LEG EXTENSION / IL-LE

ISO-LATERAL LEG PRESS / IL-LP









**SEATED CALF RAISE** / PL-CALF

SEATED LEG CURL / PL-SLC

SUPER HORIZONTAL CALF / PLSHC

**TIBIA DORSI FLEXION** / PL-TIB





LEG EXTENSION / PL-LE

LEG PRESS / PL-LP

LINEAR HACK PRESS / PLLHP LINEAR LEG PRESS / HSLLP



V-SQUAT / PL-VSQ



# **GROUND BASE**

#### PLATE-LOADED POWER BUILT FROM THE GROUND UP

Ground Base® equipment is designed to keep the user firmly planted on the ground, while maximizing balance and explosiveness from the feet up. Each of the eight different machines works several muscle groups at once.

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



#### **GROUND BASE**









COMBO DECLINE / GB-CD COMBO INCLINE / GB-CI

COMBO TWIST / GB-CT

JAMMER / GB-J







**SQUAT HIGH PULL** / GB-SHP

SQUAT LUNGE / GB-SL

TWIST LEFT / GB-TL

TWIST RIGHT / GB-TR





### HD ATHLETIC

Modularity lets any facility build a unique and exciting performance small group training and HIIT area with rugged Hammer Strength equipment.

#### **HD Athletic Racks**

Hammer Strength racks are found in the world's top professional athletic training facilities. HD Athletic racks offer a wide range of configurations and add-ons to fit the training needs of exercisers at any level.

#### **HD Athletic Rigs**

Build a rig system designed specifically for your fitness facility. HD Athletic rigs can be configured to cater to your training programs.

#### **HD Athletic Perimeter**

Versatile, space-saving systems that are designed to be placed along a wall to create open training spaces.

#### **HD Athletic Bridge**

An overhead bridge connects Olympic training and storage options and offers the opportunity suspension training, body weight training and more. Open space underneath can be used for a variety of group exercise options.

# **HD ATHLETIC RACKS**







COMBO RACK / HDA-HRHR



HALF RACK / HDA-HR



## HALF RACK / POWER RACK REAR XMEMBERS



THICK SKINNY SHORT / HDA-XM42-TS

MULTI-GRIP / HDA-XM42-MG

# POWER RACK FRONT XMEMBERS



STRAIGHT BAR / HDA-XM42-SB



THICK SKINNY / HDA-XM42-TS



OFFSET BAR / HDA-XM42-OB



MONKEY BAR / HDA-XM42-MB



SQUARE / HDA-XM42-SQ

# **RACK ATTACHMENTS / STORAGE / BENCHES**



POWER RACK FLEXIBLE BAR CATCH / HDA-PR-FBC



BAND PEGS / HDA-BP



POWER PIVOT™ / HDA-PP



DIP HANDLE / HDA-DIP



RACK BUMPER PLATE STORAGE / HDA-RBPS



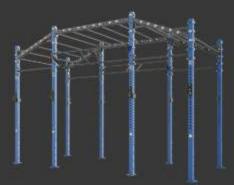
WING\* / WING42

# **HD ATHLETIC RIGS**

# **SAMPLE CONFIGURATIONS\***



4' X 34' WALL / HDA-FSR-4X34



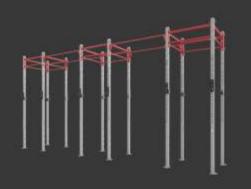
6' X 14' ANGLED MONKEY /HDA-FSR-6X14



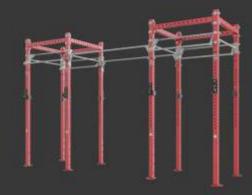
6' X 14' STORAGE /HDA-FSR-6X14



6' X 4' WING RIG / HDA-FSR-6X4



4' X 24' BASIC RIG /HDA-FSR-4X24



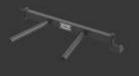
4' X 14' BOXED RIG /HDA-FSR-4X14



#### RIG ATTACHMENTS



POWER PIVOT™ / HDA-PP



**DIP HANDLE** / HDA-DIP



WING\*/WING42



**BAR CATCH** / HDA-HR-BC



**BAR SUPPORT** / HDA-PR-BS



RIG BAR STORAGE /HDA-BS

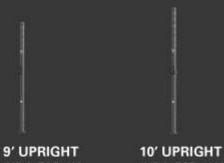


**BAND PEGS** / HDA-BP



**BAR CATCH** / HDA-HR-BC

## **UPRIGHTS**



/HDA-FSR-9U



/HDA-FSR-10U

# STORAGE CONNECTORS (AVAILABLE IN 72" AND 42")



**DUMBBELL TRAY** / HDA-SM72-DBT



KETTLEBELL TRAY / HDA-SM72-KBT



2 PIPE / HDA-SM72-2P

# **RIG XMEMBERS (AVAILABLE IN 72" AND 42")**



STRAIGHT BAR / HDA-XM42-SB



THICK / SKINNY / HDA-XM42-TS



OFFSET BAR / HDA-XM42-OB



**MONKEY BAR** /HDA-XM42-MB



SQUARE / HDA-XM42-SQ

Call for pricing and additional configurations.

<sup>\*</sup> With attachments, rack configurations are required to be bolted to floor

<sup>\*\*</sup> For a full list of HD Athletic accessories and add-ons see page 48

<sup>\*\*\*</sup>All rig configurations are required to be bolted to floor.

# **HD ATHLETIC PERIMETER**





#### PERIMETER ATTACHMENTS



POWER PIVOT™ / HDA-PP



DIP HANDLE / HDA-DIP



BAR CATCH /HDA-HR-BC



BAR SUPPORT / HDA-PR-BS



RIG BAR STORAGE / HDA-BS



BALL GRIPS (PAIR) /HDA-BG3



ARC BAR / HDA-ARC



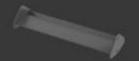


NEUTRAL GRIPS (PAIR) /HDA-NG

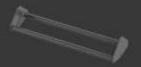
# STORAGE CONNECTORS (AVAILABLE IN 72")



DUMBBELL TRAY / HDA-SM72-DBT



KETTLEBELL TRAY / HDA-SM72-KBT



2 PIPE / HDA-SM72-2P

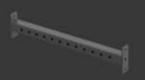
# PERIMETER XMEMBERS (AVAILABLE IN 72" AND 42")



THICK / SKINNY / HDA-XM42-TS



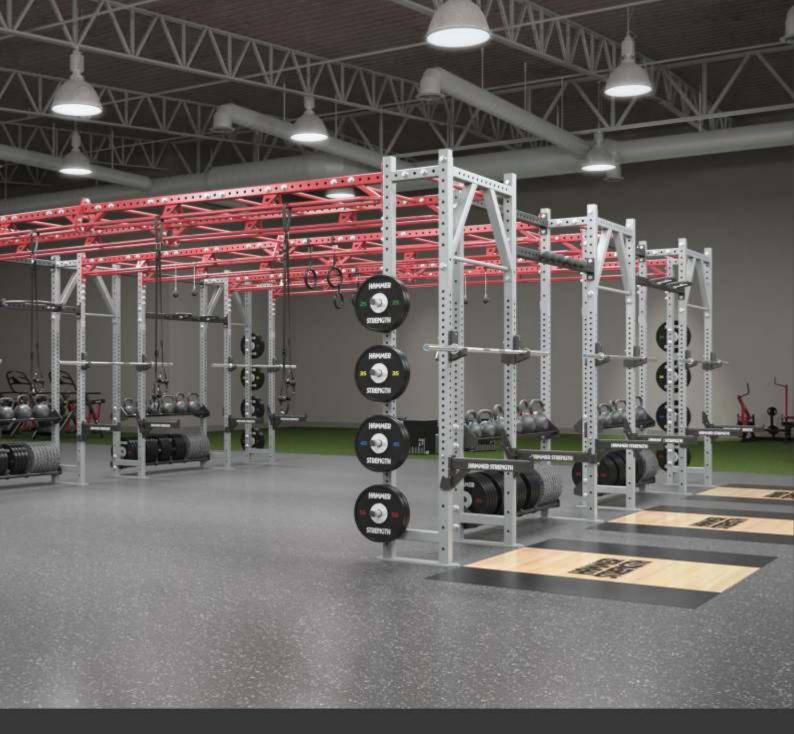
MONKEY BAR / HDA-XM42-MB



SQUARE / HDA-XM42-SQ

#### Call for pricing and additional configurations.

<sup>\*\*</sup>All rig configurations are required to be bolted to floor.



# HD ATHLETIC BRIDGE

**SAMPLE CONFIGURATIONS\*** 



Call for pricing and additional configurations.

## MONKEY BARS



MONKEY BAR / HDA-XM42-MB



MONKEY BAR / HDA-XM72-MB

# BAR SUPPORT AND CATCHES



BAR CATCHES (PAIR) / HDA-HR-BP



BAR SUPPORTS (PAIR) / HDA-PR-BS

# SQUARE XMEMBER AND CONNECTORS



SQUARE / HDA-XM72-SQ



BALL GRIPS (PAIR) / HDA-BG3

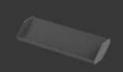


NEUTRAL GRIPS (PAIR) / HDA-NG



ARC BAR / HDA-ARC

# STORAGE CONNECTORS (LENGTH: 72")



DUMBBELL TRAY / HDA-SM72-DBT



/ HDA-SM72-KBT



**ACCESSORIES** 

POWER PIVOT / HDA-PP



BAR STORAGE / HDA-BS



2 PIPE / HDA-SM72-2P



BUMPER PLATE DIVIDER / HDA-BPD



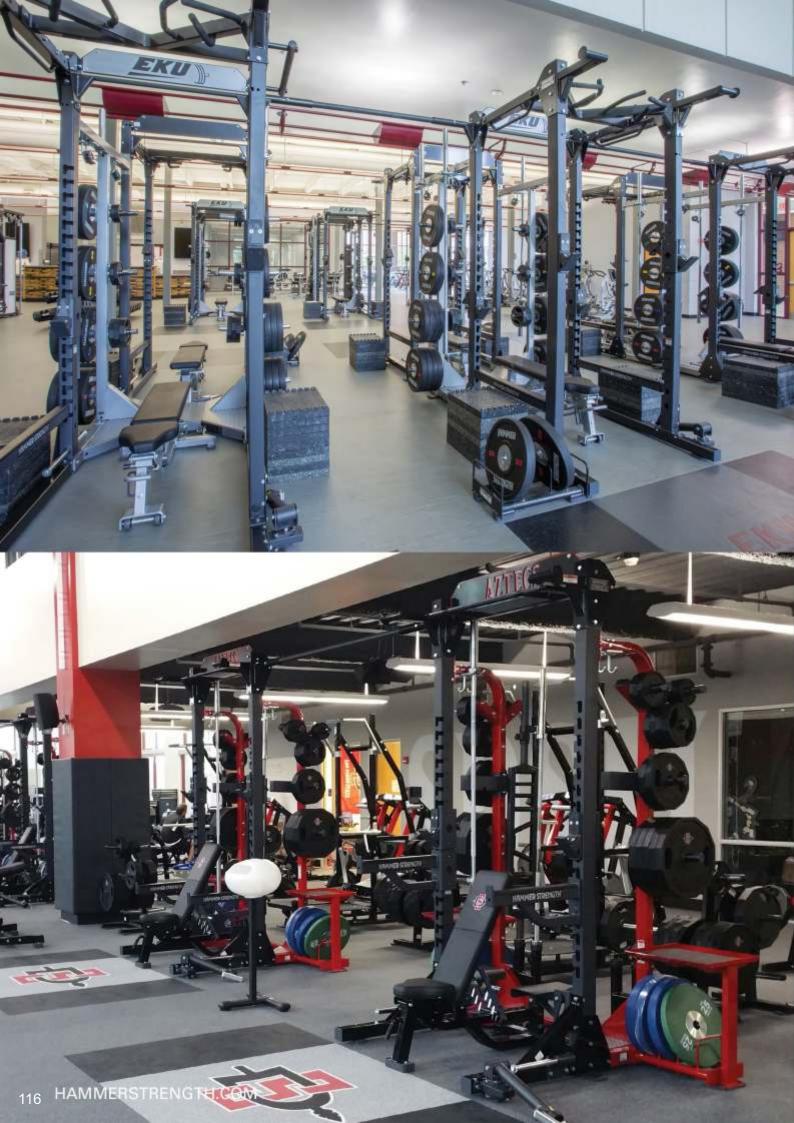
BAND PEGS / HDA-BP



WEIGHT HORN (PAIR) / HDA-WH



DIP HANDLE / HDA-DIP



# HD ELITE

#### RUGGED VERSATILITY

An HD Elite<sup>™</sup> Rack is a fixture for any facility that puts a premium on performance.

It offers strength training for individuals, and it can be configured as a small group training area for exercisers who want to take the intensity of their group workouts up a notch.

Performance training with an HD Elite Rack creates an energetic environment that uses physical challenges and sweat to promote teamwork and camaraderie.

## **MAIN FEATURES**



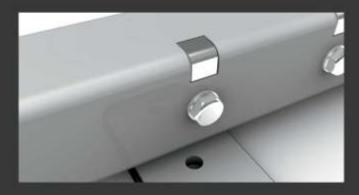
## ANVIL BRACING™

Multi-plane bolting configuration increases structural rigidity



## SPIDER GUSSET™

45-degree angle braces with diamond plate to increase lateral stiffness



## HAMMERLOCK™

Patented Hammer Strength-originated bolting mechanism allows for higher fastening torque and eliminates exposed hardware for a cleaner look

# STAND-ALONE RACKS (EXAMPLE CONFIGURATIONS)



HALF RACK LONG BASE / HDHRL



MULTI-RACK / HDLMR



POWER RACK / HDLPR

# COMBO RACKS (EXAMPLE CONFIGURATIONS)



HALF RACK SHORT BASE / DAP HDLHRS / HDLCRDAP



POWER RACK / HALF RACK SHORT BASE / HLDPR / HDLHRS



HALF RACK SHORT BASE / HALF RACK SHORT BASE / HDLHRS / HDLHRSTT

# **CABLE STATIONS**



**HD ELITE DUAL ADJUSTABLE** PULLEY / HDLDAP



**HD ELITE PULLDOWN** / HDLPD



**HD ELITE ROW** / HDLRW



**HD ELITE DUAL PULLDOWN ROW** / HDLDPR

## BASE AND STORAGE



#### **SUMO BASE**

- Wider base provides a larger training area, giving taller athletes room to perform crucial squat movements
- Available on Multi-Rack and Power Rack



#### ACCESSORY STORAGE RACK / HDLASR

- Stores four pairs of HD Elite accessories
- Stores three Olympic bars
- 44" W x 47" L x 70" H
   (112 cm L x 119 cm L x 118 cm H)
- 199 lb (90.5 kg)



#### COMBO STORAGE - MEDIUM SINGLE / HDLSTOR-MS

- · 10 standard weight horns
- · Increased room for spotting



#### **BUMPER STORAGE AND TRAY**

- Bumper plate and tray storage option
- Available in both front load and side load
- Available on all stand alone and combo storages



#### STAND-ALONE STORAGE / HDLSTOR-SA

- · Maximum space efficiency
- Standard: Eight standard length weight horns and two long bottom weight horns
- Optional: Kettlebell/Bumper Plate Storage with 10 standard weight horns



#### ACCESSORY STORAGE/ DIP STATION / HDLADS

- · Store four HD Elite accessories
- Add HD Elite Dip Handle to create a dip station 50" L x 49" W x 70" H (127 cm L x145 cm W x 118 cm H)
- 128 lb (58.5 kg)

Shown with optional HD Elite Dip Handle\*



#### COMBO STORAGE - SHORT SINGLE / HDLSTOR-SS

- 10 standard weight horns
- · Increased room for spotting



#### COMBO STORAGE - LONG DOUBLE / HDLSTOR-LD

- 20 standard weight horns
- · Allows for easy side walk-through



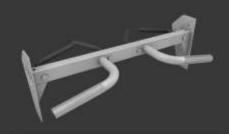


## **PULL-UP BARS**



#### 2-HANDLE PULL-UP / HDL2PU

- 1.25" diameter (3 cm) rubber-coated grips
- · Two ergonomic handle positions



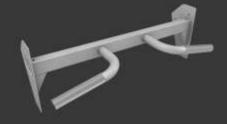
#### **DUAL PULL-UP / HDLDPU**

- · Thick Grip Pull-Up on front and 2-Handle Pull-Up in rear
- · Increases variety with multiple pull-up bar configurations in one option
- · Only available on Power Rack



#### 3-HANDLE PULL-UP / HDL3PU

- 1.25" diameter (3 cm) rubber-coated grips
- · Three ergonomic handle positions
- · Only available on Power Rack



## THICK GRIP PULL-UP / HDLTPU

· 2" (5 cm) diameter knurled grips



#### STRAIGHT BAR PULL-UP / HDLSSPU

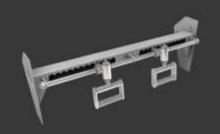
- · 1.25" (3 cm) diameter knurled grip
- Also available as Thick Straight 2" (5 cm) diameter knurled grip (HDLTSPU)



#### **NEUTRAL BAR PULL-UP / HDNPU**

- · 1.25" (3 cm) diameter knurled grip
- · Neutral grips located at 24" (61 cm) and 28" (71 cm) apart
- · Also available as Thick Grip 2" (5 cm) diameter (HDETPU)





#### ROTATING CHIN-UP / HDLRCU

 Chrome handles simply slide laterally for multi-position movements



#### WING' / HDLWG

- · 30-degree angle
- Attachment point for Olympic ring training
- Increases height 20" (50cm and length 12" (31 cm)
- · Only available on the Power Rack



## STRAIGHT THICK SIDE PULL-UP

- Chrome handles simply slide laterally for multi-position movements
- Only available on Power Rack with Standard Base
- 2" (5cm) Knurled grip



#### ARC DUAL PULL-UP / HDLARC

- Wide neutral and underhand grip in rear
- 1.5" (4 cm) diameter continuous arc bar on front
- 1.25" (3 cm) diameter wide neutral and underhand rubber coated grips in rear

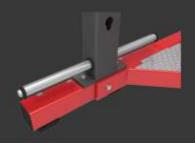
- Several pull-up bar configurations available to customize your rack to meet your training needs
- Enhances the versatility of rack training systems

#### **OPTIONAL**



#### POWER PIVOT / HDLPP

- · Provides the ability to perform a variety of rotation exercises
- · Locking feature keeps Olympic bars secure
- · Compatible with all HD Elite Racks



#### SLIDING BAND PEG / HDLSBP

- · Allows for additional band resistance training
- · Slides forward for use and slides backwards for storage when not in use
- · Not available on the Half Rack Long Base



#### SINGLE LEG SQUAT BAR / HDLSLS

- · Provides an easily accessible location for single squat exercises
- · Rotating pad increases user comfort and protects upholstery for longer life



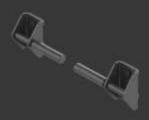
#### REVERSE BAR SUPPORT / HDLRBS

- · Replaceable wear strips prevents damage to Olympic bars
- · Fits to front uprights on Multi-Rack and Power Rack



#### STRAP CATCHES / HDL-PR-FBC

- · Strap Catches hook into uprights to provide a soft alternative to traditional bar catches
- · Two storage racks come with the Strap Catches and mounts behind the weight horns when not in use
- · Retrofittable to HD Elite and OHD Power Racks



#### STABILITY SQUAT HANDLES / HDL-SSH

- . For use with a Safety Squat Bar or as a range of motion / squat teaching aid
- · Includes storage that bolts to the back of a weight horn





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

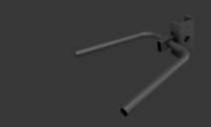
- · 54 pounds
- 8" (20.5 cm) minimum step up height on HDLHRS & HDLPR
- 15" (28 cm) minimum step up height on HDLHRL & HDLMR



#### **4-BAR STORAGE**

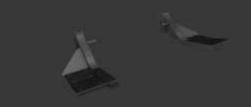
/ HDL4BS

- · Stores four additional large training bars
- · Compatible with all HD Elite racks



DIP HANDLES
/ HDLDIP-HR & HDLDIP-PRMR

- · For use on Half Rack
- Ergonomic handle accommodates wide variety of user sizes



# TECHNIQUE TRAY / HDLTT-HR & HDLTT-PRMR

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



#### PERPENDICULAR BAND PEGS / HDLPBP-PR

- Adjustable perpendicular pegs on HD Elite PR/MR as an alternative to sliding band pegs
- Additional tube with adjustment points bolts directly onto existing frame
- Removable Pegs can be placed in any of five positions on standard, three positions on sumo



#### NORDIC HAM WITH ANVIL / HDL-NH

- · Two Positions / Two Intended Uses
- Nordic Hamstring Curl
- Bulgarian Split Squat
- · Comes standard with storage mount
- Attaches via Accessory Anvil (sold separately) on all HD Elite racks

# **OPTIONAL**



#### TOP BAND PEGS / HDLTBP

- · Allows for over-speed training to develop both power and speed
- · Available on all HD Elite Racks



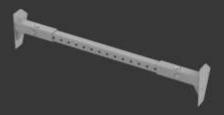
#### **RACK CONNECTOR - THICK** STRAIGHT / HDLRC-TS

- · Available in lengths that adjust from 6' to 7' and from 7' to 8'
- · 2" (5 cm) diameter



#### **BATTLE ROPE** ATTACHMENT / HDLBL

- · Attaches to front of rack
- Compatible with all HD Elite Racks



#### **RACK CONNECTOR - SQUARE**

- Adjustable length
- · Allows for attachment of ball and neutral grip pull-up options





# **BENCHES AND STORAGE**

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

# **BENCHES AND STORAGE**



ADJUSTABLE BENCH / FWMAB



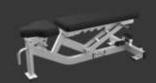
DECLINE/ABDOMINAL BENCH / FW-DB



FLAT BENCH / FW-FB



UTILITY BENCH-75° / FW-UB75



MULTI-ADJUSTABLE BENCH / HDA-MAB

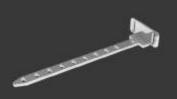


ADJUSTABLE BENCH / HDLADJN



## ADJUSTABLE BENCH / HDLADJ

- Size (L x W x H): 39" x 25" x 19" (99 cm x 64 cm x 48 cm)
   Weight: 124 lbs (56.2 kg)
- Back pad adjusts from 0 to 15, 30, 45, 60 and 75-degree pressing angles
- Seat pad adjusts from 0 to 30 degrees
- · Also available with wider/longer pads (HDLADJXL)
- For use with Dock N' Lock system



#### DOCK 'N LOCK / HDLDL

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

# **BENCHES AND STORAGE**











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

**OLYMPIC DECLINE BENCH** / O-DB

**OLYMPIC FLAT BENCH** /O-FB

**OLYMPIC INCLINE BENCH** / OIB



CHIN/DIP/LEG RAISE / BW-CDL



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



GLUTE/HAM / BW-GH



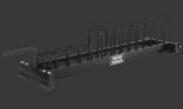
SEATED ARM CURL / FW-AC



BARBELL RACK / FW-BAR



SMALL RUBBER WEIGHT STORAGE / FW-BPS



LARGE BUMPER PLATE STORAGE / FW-BPL



**DELUXE WEIGHT TREE** / FW-DWT





OLYMPIC MILITARY BENCH / O-MB

OLYMPIC SQUAT RACK / OSR

SMITH MACHINE / HSSM







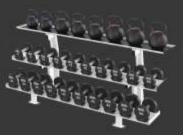
BACK EXTENSION / BW-BE

4' FREESTANDING STORAGE" / HDA-FSS-4

6' FREESTANDING STORAGE' / HDA-FSS-6







SINGLE-TIER DUMBBELL RACK / FW-DR1

TWO-TIER DUMBBELL RACK / FW-DR2

THREE-TIER DUMBBELL RACK / FW-DR3



# FRAME COLORS

COLORS	HAMMER STRENGTH PRODUCTS	HD ATHLETIC: RACK FRAME	HD ATHLETIC: UPRIGHT & XMEMBER
WHITE	•	•	=
PLATINUM'	•	•	-
HIGH-WEAR PLATINUM	2	•	•
ICE BLUE METALLIC		•	<del></del> /-
HIGH-WEAR BLUE	-	•	•
BLUE	•	•	<b>=</b> 0
YELLOW	•	•	-
HIGH-WEAR RED	2-1	•	•
RED	•	•	<b>₩</b> 0
MOCHA SAND	•	•	
TITANIUM"	•	•	
HIGH-WEAR CHARCOAL		•	•
CHARCOAL	0	•	-
MIDNIGHT METALLIC	•	•	<del>10</del> 0
BLACK	•	•	<del>1-</del> //

\* STANDARD OPTIONAL + CUSTOM - NOT AVAILABLE

All products are not available in all colors. Refer to the table above for information on color specifications.



# **UPHOLSTERY COLORS**

American Beauty Red	Candy Apple Red	Cranberry	Burgundy
Concord	Navy	Imperial Blue	Regimental Blue
Royal Blue	Azure	Grotto	Hunter Green
Suede	Wheat	Terra Cotta	Chestnut
Dark Walnut	Dove Gray	Slate	Black
Black Carbon Fiber			

<sup>•</sup> Limited customization available for all Hammer Strength products.

# STRENGTH FRAME COLORS

COLORS	LIFE FITNESS PRODUCTS	OPTIMA SERIES	FIT SERIES
WHITE	•	0	-
DIAMOND WHITE CLEAR	0	0	-
PLATINUM CLEAR	•	•	•
ICE BLUE METALLIC CLEAR	•	0	-
BLUE	•	0	-
ELECTRIC BLUE	++	++	:=
YELLOW	•	0	-
RED	•	0	-
CANDY APPLE RED	++	++	
MOCHA SAND		0	_
TITANIUM CLEAR	0	0	=
CHARCOAL	•	0	-
MIDNIGHT METALLIC CLEAR	•	0	1.5
BLACK	•	0	-
CHROME BLACK	+		-
CUMULUS WHITE	+	-8	-
DENALI BROWN	+	=:	-
GRAPHITE BLACK	+	-	-
METALTONE GOLD	+	_7	-
NIGHTSTORM BLACK	+	-	-
QUARTZ WHITE	+	-	-
SILICON SILVER	+		-

• STANDARD + CUSTOM - NOT AVAILABLE • OPTIONAL

All products are not available in all colors. Refer to the table above for information on color specifications.

# STRENGTH UPHOLSTERY COLORS



- The Fit Series is available in black only.
   The Optima Series is available in black as standard. All other colors are optional.
- Limited customization available for: Insignia Series, Signature Series, SYNRGY360 systems and Circuit Series.



++ PREMIUM



HAMMER STRENGTH SELECT	CODE	DIMENSIONS (L x W x H)	WEIGHT
Pectoral Fly	HS-PEC	49" x 56" x 71" (125 cm x 143 cm x 181 cm)	580 lb (264 kg)
Pectoral Fly/Rear Deltoid	HS-FLY	49" x 56" x 71" (125 cm x 143 cm x 181 cm)	580 lb (264 kg)
Chest Press	HS-CP	41" x 57" x 64" (105 cm x 145 cm x 163 cm)	560 lb (255 kg)
Shoulder Press	HS-SP	60" x 56" x 64" (153 cm x 143 cm x 163 cm)	520 lb (236 kg)
Seated Row	HS-RW	52" x 34" x 71" (133 cm x 87 cm x 181 cm)	590 lb (268 kg)
Lat Pulldown	HS-PD	54" x 33" x 89" (138 cm x 84 cm x 227 cm)	545 lb (248 kg)
Fixed Pulldown	HS-FPD	$58" \times 55" \times 73"$ (148 cm × 140 cm × 186 cm)	620 lb (282 kg)
Biceps Curl	HS-BC	45" x 41" x 55" (115 cm x 105 cm x 140 cm)	450 lb (205 kg)
Triceps Extension	HS-TE	$45^{\circ\prime} \times 44^{\circ\prime} \times 55^{\circ\prime}$ (115 cm x 112 cm x 140 cm)	470 lb (214 kg)
Lateral Raise	HS-LR	42" x 37" x 55" (107 cm x 94 cm x 140 cm)	535 lb (243 kg)
Assist Dip Chin	HS-ADC	46" x 45" x 87" (117 cm x 115 cm x 221 cm)	655 lb (298 kg)
Seated Leg Press	HS-SLP	79" x 40" x 71" (201 cm x 102 cm x 181 cm)	810 lb (368 kg)
Leg Extension	HS-LE	47" x 41" x 64" (120 cm x 105 cm x 163 cm)	570 lb (259 kg)
Leg Curl	HS-LC	65" x 39" x 55" (166 cm x 100 cm x 140 cm)	475 lb (216 kg)
Seated Leg Curl	HS-SLC	55" x 34" x 55" (140 cm x 87 cm x 140 cm)	515 lb (234 kg)
Horizontal Calf	HS-HC	61" x 32" x 55" (155 cm x 82 cm x 140 cm)	690 lb (313 kg)
Hip Adduction	HS-HAD	61" x 26" x 55" (155 cm x 67 cm x 140 cm)	575 lb (261 kg)
Hip Abduction	HS-HAB	61" x 26" x 55" (155 cm x 67 cm x 140 cm)	575 lb (261 kg)
Back Extension	HS-BE	46" x 40" x 55" (117 cm x 102 cm x 140 cm)	560 lb (255 kg)
Hip/Glute	HS-HG	65" x 39" x 72" (166 cm x 100 cm x 183 cm)	725 lb (329 kg)
Abdominal Crunch	HS-ABC	$62" \times 35" \times 56"$ (158 cm $\times$ 89 cm $\times$ 143 cm)	400 lb (182 kg)
Standing Calf	HS-SC	58" x 45" x 71.5" (148 cm x 115 cm x 182 cm)	680 lb (309 kg)

MTS	CODE	DIMENSIONS (L x W x H)	WEIGHT
Abdominal Crunch	MTSAB	44" x 39" x 56" (112 cm x 100 cm x 143 cm)	530 lb (241 kg)
Iso-Lateral Biceps Curl	MTSBC	38" x 58" x 59" (97 cm x 148 cm x 150 cm)	520 lb (236 kg)
Iso-Lateral Triceps Extension	MTSTE	36" x 52" x 60" (92 cm x 133 cm x 153 cm)	580 lb (264 kg)
Iso-Lateral Chest Press	MTSCP	40" x 68" x 77" (102 cm x 173 cm x 196 cm)	765 lb (347 kg)
Iso-Lateral Incline Press	MTSIP	40" x 68" x 77" (102 cm x 173 cm x 196 cm)	765 lb (347 kg)
Iso-Lateral Decline Press	MTSDP	39" x 64" x 66" (100 cm x 163 cm x 168 cm)	755 lb (343 kg)
Iso-Lateral High Row	MTSHR	47" x 72" x 77" (120 cm x 183 cm x 196 cm)	780 lb (354 kg)
Iso-Lateral Row	MTSRW	51" x 62" x 82" (130 cm x 158 cm x 209 cm)	765 lb (347 kg)
Iso-Lateral Front Pulldown	MTSFP	48" x 58" x 80" (122 cm x 148 cm x 204 cm)	793 lb (360 kg)
Iso-Lateral Shoulder Press	MTSSP	45" x 62" x 54" (115 cm x 158 cm x 138 cm)	746 lb (339 kg)
Iso-Lateral Leg Extension	MTSLE	48" x 57" x 55" (122 cm x 145 cm x 140 cm)	750 lb (341 kg)
Kneeling Leg Curl	MTSKC	45" x 62" x 54" (115 cm x 158 cm x 138 cm)	746 lb (339 kg)
V-Squat	MTSVQ	96" x 31" x 79" (244 cm x 79 cm x 201 cm)	750 lb (341 kg)

PLATE-LOADED	CODE	DIMENSIONS (L x W x H)	WEIGHT
Iso-Lateral Bench Press	IL-BP	49" x 52" x 69" (125 cm x 133 cm x 176 cm)	350 lb (159 kg)
Iso-Lateral Horizontal Press	ILHBP	66" x 61" x 42" (168 cm x 155 cm x 107 cm)	240 lb (109 kg)
Iso-Lateral Super Incline Press	IL-FMP	50" x 59" x 60" (127 cm x 150 cm x 153 cm)	360 lb (164 kg)
Iso-Lateral Incline Press	IL-IP	39" x 52" x 75" (100 cm x 133 cm x 191 cm)	325 lb (148 kg)
Iso-Lateral Wide Chest	IL-WC	45" x 59" x 69" (115 cm x 150 cm x 176 cm)	305 lb (139 kg)
Iso-Lateral Decline Press	IL-DCP	51" x 54" x 68" (130 cm x 138 cm x 173 cm)	315 lb (143 kg)
Iso-Lateral Shoulder Press	IL-SP	51" x 58" x 74" (130 cm x 148 cm x 188 cm)	350 lb (159 kg)
Iso-Lateral Chest/Back	IL-CB	72" x 52" x 82" (183 cm x 133 cm x 209 cm)	390 lb (177 kg)
Iso-Lateral Front Lat Pulldown	IL-PD	65" x 41" x 80" (166 cm x 105 cm x 204 cm)	315 lb (143 kg)
Iso-Lateral Wide Pulldown	IL-WPD	71" x 42" x 80" (181 cm x 107 cm x 204 cm)	320 lb (146 kg)
lso-Lateral High Row	IL-HR	61" x 41" x 79" (155 cm x 105 cm x 201 cm)	330 lb (150 kg)
Iso-Lateral Rowing	IL-ROW	59" x 50" x 51" (150 cm x 127 cm x 130 cm)	280 lb (128 kg)
Iso-Lateral D.Y. Row	IL-DRW	51" x 56" x 82" (130 cm x 143 cm x 209 cm)	360 lb (164 kg)
Iso-Lateral Low Row	IL-LR	48" x 47" x 67" (122 cm x 120 cm x 171 cm)	335 lb (152 kg)
Seated/Standing Shrug	PL-SH	38" x 53" x 47" (97 cm x 135 cm x 120 cm)	235 lb (107 kg)
Seated Dip	PL-DIP	67" x 38" x 42" (171 cm x 97 cm x 107 cm)	285 lb (130 kg)
Seated Biceps	PL-BI	50" x 46" x 53" (127 cm x 117 cm x 135 cm)	225 lb (103 kg)
so-Lateral Lateral Raise	PL-LR	41" x 55" x 48" (105 cm x 140 cm x 122 cm)	295 lb (134 kg)
Pullover	PL-PO	54" x 51" x 59" (138 cm x 130 cm x 150 cm)	370 lb (168 kg)
4-Way Neck	PL-4W	33" x 54" x 62" (84 cm x 138 cm x 158 cm)	245 lb (112 kg)
Gripper	PL-GRIP	43" x 23" x 47" (110 cm x 59 cm x 120 cm)	65 lb (30 kg)
Abdominal Oblique Crunch	PL-AB	47" x 58" x 66" (120 cm x 148 cm x 168 cm)	355 lb (162 kg)
Linear Leg Press	HSLLP	95" x 65" x 57" (242 cm x 166 cm x 145 cm)	630 lb (286 kg)
Leg Press	PLLP	69" x 51" x 57" (176 cm x 130 cm x 145 cm)	535 lb (243 kg)
lso-Lateral Leg Press	IL-LP	70" x 59.5" x 60" (178 cm x 152 cm x 153 cm)	605 lb (275 kg)
Linear Hack Press	PLLHP	82" x 61" x 53" (208 cm x 155 cm x 135 cm)	423 lbs (192 kg)
V-Squat	PL-VSQ	91" x 42" x 81" (232 cm x 107 cm x 206 cm)	530 lb (241 kg)
Seated Calf Raise	PL-CALF	50" x 30" x 55" (127 cm x 77 cm x 140 cm)	200 lb (91 kg)
Super Horizontal Calf	PLSHC	63" x 54" x 53" (161 cm x 138 cm x 135 cm)	380 lb (173 kg)
Leg Extension	PL-LE	56" x 54" x 57" (143 cm x 138 cm x 145 cm)	295 lb (134 kg)
lso-Lateral Kneeling Leg Curl	IL-KLC	43" x 50" x 47" (110 cm x 127 cm x 120 cm)	250 lb (114 kg)
Seated Leg Curl	PL-SLC	53" x 54" x 49" (135 cm x 138 cm x 125 cm)	330 lb (150 kg)
Iso-Lateral Leg Extension	IL-LE	54" x 57" x 57" (138 cm x 145 cm x 145 cm)	300 lb (137 kg)
Iso-Lateral Leg Curl	ILLC	71" x 53" x 39" (181 cm x 135 cm x 100 cm)	285 lb (130 kg)
Tibia Dorsi Flexion	PL-TIB	15" x 24" x 12" (39 cm x 61 cm x 31 cm)	52 lb (24 kg)

GROUND BASE	CODE	DIMENSIONS (L x W x H)	WEIGHT
Jammer	GB-J	59" x 66" x 90" (150 cm x 168 cm x 229 cm)	370 lb (168 kg)
Combo Incline	GB-CI	58" x 58" x 55" (148 cm x 148 cm x 140 cm)	275 lb (125 kg)
Combo Decline	GB-CD	65" x 51" x 96" (166 cm x 130 cm x 244 cm)	360 lb (164 kg)
Combo Twist	GB-CT	58" x 58" x 55" (148 cm x 148 cm x 140 cm)	275 lb (125 kg)
Twist Right	GB-TR	55" x 50" x 55" (140 cm x 127 cm x 140 cm)	200 lb (91 kg)
Twist Left	GB-TL	55" x 50" x 55" (140 cm x 127 cm x 140 cm)	200 lb (91 kg)
Squat Lunge	GB-SL	54" x 54" x 32" (138 cm x 138 cm x 82 cm)	240 lb (109 kg)
Squat High Pull	GB-SHP	62" x 57" x 34" (158 cm x 145 cm x 87 cm)	220 lb (100 kg)

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















# **URETHANE BUMPERS**

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

# PREMIUM RUBBER BUMPERS

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

# STANDARD RUBBER BUMPERS

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



# FREE WEIGHT TRAIN-ING (n.)

/frē/ /wāt/ /'trāniNG/

## IT'S ALL ABOUT RESISTANCE.

Free weight training uses dumbbells, fixed barbells, and discs to build strength and anaerobic endurance by engaging user-defined paths of motion. Hammer Strength took the path of most resistance to make sure the quality and durability of your free weights is the least of your worries.

Products include:

- Olympic discs
- Dumbbe
- Fixed barbells
- Curl bars





# **URETHANE OLYMPIC DISCS**

- Weights: 1.25, 2.5, 5, 10, 15, 20, 25kg
- Made from premium urethane and engineered for maximum durability
- High-grade urethane gives superior resistance to scratches, cuts, abrasion, and general wear and tear over time
- Four beveled inner- and outer-grip gaps for easy floor pickup
- Chemically molded-in logos and numbers



# RUBBER OLYMPIC DISCS

- Weights: 1.25, 2.5, 5, 10, 15, 20, 25kg
- Made from rubber and engineered for maximum durability
- Four beveled inner- and outer-grip gaps for easy floor pickup
- Chemically molded-in logos and numbers







## **URETHANE DUMBBELLS**

- Weight range: 2kg 60kg (2kg increments)
- Durable, chemically bonded urethane
- High-grade urethane gives superior resistance to scratches, cuts, abrasion, and general wear and tear over time
- . Triple lock, securely fastened head-to-handle system
- Anti-roll X-shaped head
- Hard chrome plated handles



#### RUBBER DUMBBELLS

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



## RUBBER HEX DUMBBELLS

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



## **URETHANE FIXED BARBELLS**

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



#### RUBBER FIXED BARBELLS

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



#### **CURL BARS**

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



# FIXED BARBELLS & CURL BARS

# FUNC-TION-AL TRAIN-ING (n.)

/'fəNG(k)SH(ə)n(ə)l/ /'trāniNG

## TRAINING WITH PURPOSE.

Instead of focusing on isolating a muscle, it's the action—cardio and strength training, simultaneously—that forms the makeup of functional training. It allows exercisers to more easily perform day-to-day activities. That's why it's paramount that your equipment is as focused on performance as your exercisers are.

Products include

- Kettlebells
- · Slam balls
- Slambells
- Tires
- Core bags









# HAMMER STRENGTH COMPETITION KETTLEBELLS

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

# LIFE FITNESS RUBBER KETTLEBELLS

- Weight range:8, 12, 16, 20, 24, 28, 32kg
- High-grade rubber chemically bonded to cast iron, stainless steel handle
- Molded-in grey weight markers
- Handle diameter: 34mm

# **CAST IRON KETTLEBELLS**

- Weight range:
   8, 12, 16, 20, 24, 28, 32kg
- Powder-coated cast iron
- Handle diameter: 30 39mm (varies by weight)







#### **SLAM BALLS**

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



#### SLAMBELLS

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



#### **TIRES**

- Weights: 40, 60, 80, 100kg
- Commercial vinyl covered soft foam
- 12 grab-handle locations
- Wear resistant bottom surface for pull, push and drag





## **CORE BAGS**

- Weights: 5, 10, 15, 20, 25kg
  Double-stitched, vinyl covered foam
  Three grab handles



# CON-DI-TION-ING (n.)

/kən-'di-sh(ə-)nin/

#### MOVEMENT AND MOMENTUM.

Conditioning is a category of exercises used to increase aerobic endurance—the ability to maintain power output—in sport or function. Generating more velocity and momentum through movement allows athletes to gain an edge over the competition.

Products include:

- · Plyo boxes
- Speed cones
- Speed ladder
- Hurdles
- · Ropes
- Punching bag/gloves





#### HAMMER STRENGTH 3-IN-1 SOFT PLYO BOX

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



#### HAMMER STRENGTH STACKABLE PLYO BOXES

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



#### HAMMER STRENGTH 3-IN-1 WOOD PLYO BOX

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



#### LIFE FITNESS 3-IN-1 SOFT PLYO BOX

- Dimensions (L x W x H): 40 x 50 x 56cm
- Weight: 20kg
- Dense foam inner core with soft foam outer core
- Double-stitched vinyl seams with anti-slip surface on all sides
- Soft foam edges and corners



#### SPEED CONES

- Size (W x H): 17 x 23cm
- Set of six
- Numbered for added training variety



#### SPEED LADDER

- Size (L x W): 314 x 51cm
- Five cells
- Drawstring carrier bag included



#### HURDLES

- Rotatable legs to achieve two training heights
- Low Height: 15.2cm
- High Height: 30.4cm







#### **SKIPPING ROPE**

- Length: 3m (between handles)
- Leather



#### SPEED ROPE

- Length: Max 2.9m (between handles), adjustable
- Steel-braided cable in a vinyl sheath



#### **BATTLE ROPE**

- ELength: 10m
- = Diameter: 32mm or 50mm
- Braided nylon with rubber overmolded handles



#### **PUNCHING BAG**

- Size (W x H): 35 x 115cm
- Weight: 40kg
- Dense foam surrounding three vertically spaced sand cores to maintain shape and weight distribution



#### **BAG GLOVES**

- Weight: 10oz
- Durable polyurethane cover
- Mesh panels for breathability



# MO BIL I TY (n.)

/mō-'bi-la-tē/

#### ABILITY AND FLEXIBILITY.

Mobility is more than range of motion—it's for optimizing the way the body works and performs. Mobility accessories allow exercisers to improve their flexibility and physical performance with products used before, during and after workouts.

Products include

- Medicine balls
- Mats
- Stability balls
- Rollers
- Covered resistance tubes
- Power bands





#### MEDICINE BALLS

- Weights: 1, 2, 3, 4, 5kg
- Ball diameter: 23cm
- # High-grip, premium rubber



#### **PILATES MAT**

- Size: 1850 x 580 x 15mm
- Available in blue only
- Reinforced rings for hanging



## YOGA MAT

- Size: 1830 x 610 x 4mm
- Available in black only
- Reinforced rings for hanging



#### CARDIO/STUDIO MAT

- Size: 1000 x 500 x 8mm
- Available in red only
- Reinforced rings for hanging





#### STABILITY BALLS

- Sizes:55cm (red or grey),65cm (blue or grey),75cm (grey)
- Elastic PVC
- Anti-rollaway technology



#### LONG SOFT FOAM ROLLER

- ≈ 915 x 150mm
- ... Low-density EVA foam
- Least aggressive



#### SHORT HARD FOAM ROLLER

- # 460 x 140mm
- Polyurethane
- Medium aggressive



#### SHORT RIGID FOAM ROLLER

- ≥ 385 x 135mm
- PVC tube covered by closed-cell fo
- Most aggressive



#### COVERED RESISTANCE TUBES

- Resistance levels:
   Light (green), medium (red) and heavy (blue)
- Resting length: 173cm
   Stretched length: 503cm
- Nylon sheathing

POWER BAND.

POWER BAND.

#### **POWER BANDS**

- Resistance levels:
   Light (green), medium (blue) and heavy (red)
- Premium quality latex rubber





/stor-ij /

#### MORE UTILITY. LESS CLUTTER.

Storage solutions maximize the value of a space by keeping it more organized, accessible and manageable for exercisers. The less time exercisers spend searching for their accessories, the more time they spend using them.

- HD Athletic Perimeter storage
- Free standing storage
- Dumbbell Rack
- Deluxe weight tree
   Fixed barbell rack
- Bumper plate storage
- · Medicine ball rack · Stability ball rack
- Mat storage rack
- · Signature Series accessory rack





# HD ATHLETIC PERIMETER STORAGE

- Width varies by configuration
- Designed to be placed along a wall next to open training areas
- · Configured to fit your training space
- Training and storage options accommodate group and individual Olympic training



#### FREE STANDING STORAGE

- Available in two widths: 122cm and 183cm
- Three shelf options
- Ideal for bumper plates, dumbbells, kettlebells, medicine balls, etc





STORAGE RACKS



#### DUMBBELL RACK

- Single-Tier: 229 x 42 x 61cm
   Two-Tier: 229 x 61 x 82cm
   Three-Tier: 229 x 64 x 100cm
- 11-gauge steel frame ensures maximum structural integrity
- Two and three tier racks are customizable to feature dumbbells and/or accessories



#### **DELUXE WEIGHT TREE**

- = 51 x 69 x 100cm
- 11-gauge steel frame
- Four homs for maximum support and storage for exercisers
- Electrostatic powder coat finish on frame to ensure maximum adhesion and durability



#### FIXED BARBELL RACK

- = 79 x 72 x 153cm
- Convenient storage for 10 barbells



#### **BUMPER PLATE STORAGE**

- 117 x 41 x 30cm
- Offers two different frames to fit all size bumper plates



#### MEDICINE BALL RACK

- 62 x 41 x 145cm
- Holds five medicine balls



#### STABILITY BALL RACK

- = 120 x 130 x 175cm
- Holds nine stability balls



#### MAT STORAGE RACK

- = 809 x 615 x 1940mm
- Holds 30 studio mats,
   15 Pilates mats,
   or 45 yoga mats



#### SIGNATURE SERIES ACCESSORY RACK

- Size varies by configuration
- Offers storage for a variety of training accessories
- Easily configures to fit any space
- Keeps facilities well organized





# **HD ATHLETIC ACCESSORIES**

42" XMEMBERS	HALF RACK AND COMBO RACK	POWER RACK	RACK CONNECTORS	RIGS	PERIMETER	BRIDGE
42" Monkey Bar	_	Front Only	120		•	
42" Straight Bar	45	Front Only	=	•	-	ā
42"Thick Skinny	Rear Only	Front or Rear	<b>(#</b> )	(*)		
42" Multi-grip Bar	Rear Only	Rear Only	_		~	=
42" Off Set	\ <del>\_</del>	Front Only	-	•	1.7	- 5
42" Suspension Chin	\ <del>+.</del>	*	-	-	1.5	=
42" Square	124	Front Only	9		7.0	9 9
72" XMEMBERS / 72" XMEMBER CONNECTORS						
72" Monkey Bar	-	=	•			
72" Straight Bar	12	2			-	=
72"Thick Skinny	1,72	77	•	•	•	-
72" Off Set	0=	-			-	=
72" Suspension Chin	100	-	-	-	•	-
72" Square	N.T.	5	•		•	•
SQUARE XMEMBER ACCESSORIES*						
3" Ball Grip* (Pair)	•	•	•	(*)	•	
Neutral Grip Handles* (Pair)	•	*	X		(*)	
Arc Bar*	•	*	•	(*)		
BAR SUPPORTS & CATCHES						
Bar Support (Pair)	S	S	N/A	S		
Half Rack Bar Catch (Pair)	s	=	N/A			
Power Rack Bar Catch (Pair)	-	S	N/A	-	-	-
Flexible Bar Catch (Pair)	14		N/A	12	-	=
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"	-	5			(m)	=
Bumper Plate Divider						
STORAGE COMPONENTS						
42" 2 Pipe	-	_	-		-	-
42" Kettlebell Tray	12	<u> </u>		(*)	3-23	
42" Dumbbell Tray	-	_				_
72" 2 Pipe	-	-			7.70 F <del>=</del>	
72" Kettlebell Tray	12	-	•	•	-	
72" Dumbbell Tray						12

KEY -

S STANDARD

OPTIONAL

N/A NOTAPPLICABLE

- NOT AVAILABLE

<sup>\*</sup>Requires Square Xmember





## **OLYMPIC TRAINING**

Product Code	
5kg; Black	HS-BP-1014-01
10kg; Green	HS-BP-1011-01
15kg; Yellow	HS-BP-1010-01
20kg; Blue	HS-BP-1009-01
25kg; Red	HS-BP-1008-01

PREMIUM RUBBER BUMPERS	
Product	Code
10kg; Black	HS-BP-2011-01
15kg; Black	HS-BP-2010-01
20kg; Black	HS-BP-2009-01
25kg; Black	HS-BP-2008-01

Product	Code
5kg; Black	HS-BP-3010-01
10kg; Black	HS-BP-3009-01
15kg; Black	HS-BP-3008-01
20kg; Black	HS-BP-3007-01
25kg; Black	HS-BP-3006-01

Product	Code
20kg Competition Olympic Bar, 28mm, Chrome, Bearing	HS-OB-1003-01
15kg Olympic Bar, 25mm, Chrome, Bushing	HS-OB-4002-01
20kg Olympic Bar 28mm, Chrome, Bushing	HS-OB-1004-01
20kg Gym Bar, 29mm, Chrome, Bushing	HS-OB-3001-01
20kg Training Bar, 29mm, Black Oxide, Bushing	HS-OB-5002-01

COLLARS	
Product	Code
Spring Collar with Rubber Handles	ACC-CL-1000-01
Lock-Jaw Oly2 Collar	ACC-CL-1001-02

TECHNIQUE DISCS	
Product	Code
2.5kg	ACC-BP-4004-01
5kg	ACC-BP-4003-01

## FREE WEIGHT TRAINING

URETHANE	OLYMPIC DISCS	URETHANE	CUMBBELLS
Product	Code	Product	Code
1.25kg	HS-OP-2102-01	2kg	HS-DB-2305-01
2.5kg	HS-OP-2103-01	4kg	HS-DB-2306-01
5kg	HS-OP-2104-01	6kg	HS-DB-2307-01
10kg	HS-OP-2105-01	Skg	HS-DB-2308-01
15kg	HS-OP-2106-01	10kg	HS-DB-2309-01
eneg.	H3-0F-2100-01	12kg	HS-DB-2310-01
20kg	HS-OP-2107-01	14kg	HS-DB-2311-01
25kg	H5-OP-2108-01	16kg	HS-DB-2312-01
14pc, Set	PH-HS-	18kg	HS-DB-2313-01
	OP-2100-01 PH-H5-	20kg	HS-DB-2314-01
28pc. Set	OP-2101-01	22kg	HS-DB-2315-01
		24kg	HS-DB-2316-01
AUBBER OL	YMPIC DISCS	26kg	HS-DB-2317-01
Product	Code	28kg	HS-DB-2318-01
1.25kg	HS-OP-3102-01	30kg	HS-DB-2319-01
2.5kg	HS-OP-3103-01	32kg	HS-DB-2320-01
5kg	HS-OP-3104-01	34kg	HS-DB-2321-01
10kg	HS-OP-3105-01	36kg	HS-DB-2322-01
	Treated to the control of	38kg	HS-DB-2323-01
15kg	HS-OP-3106-01	40kg	HS-DB-2324-01
20kg	HS-OR-3107-01	42kg	HS-DB-2325-01
25kg	HS-OP-3108-01	44kg	HS-DB-2326-01
14pc. Set	PH-HS-	46kg	HS-DB-2327-01
тчрс. эет	OP:3100-01	48kg	HS-DB-2328-01
28pc Set PH-HS- OP-3101-01		50kg	HS-DB-2329-01
	01-3101-01	52kg	HS-DB-2330-01
		54kg	HS-DB-2331-01
		56kg	HS-DB-2332-01
		58kg	HS-DB-2333-01
		60kg	HS-DB-2334-01

2 – 20kg Set	PH-HS- DB-2300-01	
22 – 30kg Set	PH-HS- DB-2301-01	
32 – 40kg Set	PH-HS- DB-2302-01	
42 – 50kg Set	PH-HS- DB-2303-01	
52 – 60kg Set	PH-HS- DB-2304-01	
RUBBER DUI	MBBELLS	
Product	Code	
2.5kg	HS-DB-3304-01	
5kg	HS-DB-3305-01	
7.5kg	HS-DB-3306-01	
10kg	HS-DB-3307-01	
12.5kg	HS-DB-3308-01	
15kg	HS-DB-3309-01	
17.5kg	HS-DB-3310-01	
20kg	HS-DB-3311-01	
22.5kg	HS-DB-3312-01	
25kg	HS-DB-3313-01	
27.5kg	HS-DB-3314-01	
30kg	HS-DB-3315-01	
32.5kg	HS-DB-3316-01	
35kg	HS,-DB-3317-01	
37.5kg	HS-D8-3318-01	
40kg	H5-D8-3319-01	
42.5kg	HS-DB-3320-01	
45kg	HS-DB-3321-01	
47.5kg	HS-DB-3322-01	
50kg	HS-DB-3323-01	
2.5 – 25kg Set	PH-HS- DB-3300-01	
27.5 - 50kg Set	PH-HS- DB-3301-01	

Product	Code
2.5kg	ACC-DB-6002-01
5kg	ACC-DB-6003-01
7.5kg	ACC-DB-6004-01
10kg	ACC-DB-6005-01
12.5kg	ACC-DB-6006-01
15kg	ACC-DB-6007-01
17.5kg	ACC-DB-6008-01
20kg	ACC-DB-6009-01
22.5kg	ACC-DB-6010-01
25kg	ACC-DB-6011-01
275kg	ACC-DB-6012-01
30kg	ACC-DB-6013-01
32.5kg	ACC-D8-6014-01
35kg	ACC-DB-6015-01
37.5kg	ACC-DB-6016-01
40kg	ACC-DB-6017-01
42.5kg	ACC-DB-6018-01
45kg	ACC-DB-6019-01
47.5kg	ACC-DB-6020-01
50kg	ACC-DB-6021-01
2.5 – 25kg Set	PH-ACC- DB-6000-01
275 - 50kg Set	PH-ACC- DB-6001-01

## CONDITIONING

3-IN-I 5U	T PLYO BOX
Product	Code
50 x 60 x 76cm	HS-PB-2000-01

STACKABLE PLYO BOXES	
Product	Code
7cm	HS-PB-3001-01
15cm	HS-PB-3002-01
30cm	HS-PB-3003-01
46cm	HS-PB-3004-01
60cm	HS-PB-3005-01
Full set	PH-HS- PB-3000-01

3-IN-I WOOD PLYD BOX	
Product	Code
50 x 60 x 76cm	HS-PB-1000-01

LIFE FITNESS SOFT PLYO BOX	
Product	Code
40 x 50 x 56cm	LF-PB-2000-01

SPEED CONES	
Product	Code
Set of 6	LF-CN-1000-01

F-LD-1000-01

Product	Code
Adjustable	LF-HD-1000-01
SKIPPING ROP	E
SMESIMERUS Product	Code

SPEED ROPE	
Product	Code
2.95m; Red BSH	LF-SR-1001-01

Product	Code
32mm; 10m Long	BR3210
50mm; 10m Long	BR5010

Punching Bag	FGPK-LFHBV2
PUNCHING GLO	IVES
Product	Code
Pair, Red	LF-BG-1100-01

## MOBILITY

MEDICINE BALLS		STABILITY BALLS	
Product	Code	Product	Code
1kg, Green	LF-MB-1100-01	55cm, Red	LF-SB-1000-01
2kg, Orange	LF-MB-1101-01	55cm, Grey	LF-SB-1003-01
3kg, Red	LF-MB-1102-01	65cm, Blue	LF-SB-1001-01
4kg. Blue	LF-MB-1103-01	65cm, Grey	LF-58-1004-01
5kg, Grey	LF-MB-1104-01	75cm, Grey	LF-SB-1002-01

MATS		ROLLERS	
Product	Code	Product	Code
Yoga Mat; Black	LFMAT300	Long, Soft, Blue	LF-FR-1100-01
Pilates Mat; Blue	LFMAT400	Short, Hard, Green	LF-FR-1101-01
Cardio/ Studio Mat; Red	LFMAT200	Short, Rigid, Black	LF-FR-1102-01

Product	Code
Light, Green	LF-RTB-1101-01
Medium, Red	LF-RTB-1102-01
Heavy, Blue	LF-RTB-1103-01

OWER BANDS		
roduct	Code	
ight, Green	WBANDS	
Aedium, Blue	WBANDM	
łeavy, Red	WBANDL	

## FREE WEIGHT TRAINING

#### URETHANE FIXED BARBELLS Code 10kg HS-88-3103-01 HS-88-3104-01 12.5kg 15kg HS-BB-3105-01 17.5kg HS-88-3106-01 HS-88-3107-01 20kg 25kg HS-88-3108-01 30kg HS-88-3109-01 35kg HS-88-3110-01 HS-88-3111-01 40kg 45kg HS-BB-3112-01 10 - 20kg BB-3100-01 Set 25 – 45kg Set PH-HS-BB-3101-01 10 -- 45kg Set PH-HS-BB-3102-01

Product	Code	
10kg	HS-BB-5103-01	
12.5kg	HS-88-5104-01	
15kg	HS-88-5105-01	
17.5kg	HS-88-5106-01	
20kg	HS-88-5107-01	
25kg	HS-88-5108-01	
30kg	HS-88-5109-01	
35kg	HS-88-5110-01	
40kg	HS-88-5111-01	
45kg	HS-BB-5112-01	
10 – 20kg Set	PH-HS- BB-5100-01	
25 – 45kg Set	PH-HS- BB-5101-01	
10 - 45kg Set	PH-HS- BB-5102-01	

CURL BAR	ì
Product	Code
6ft EZ Curl Bar, Chrome, Bushing	HS-OB-6003-01
5ft Straight Bar, Chrome, Bushing	HS-OB-6001-01

## **FUNCTIONAL TRAINING**

COMPETITION KETTLEBELLS	
Product	Code
8kg	HS-KB-1000-01
12kg	HS-KB-1001-01
16kg	HS-KB-1002-01
20kg	HS-KB-1003-01
24kg	HS-KB-1004-01
28kg	HS-KB-1005-01
32kg	HS-KB-1006-01
8 - 32kg Set	PH-HS- K8-1010-01

LF-KB-1102-01

LF-KB-1103-01

LF-KB-1104-01

LF-KB-1105-01

LF-KB-1106-01

LF-KB-1107-01 PH-LF-

KB-1100-01

8kg

12kg

16kg

20kg

24kg

28kg

32kg

8 - 32kg

8kg	LF-KB-1101-01	10kg	HS-SB-2001-01
Product	Code	5kg	HS-SB-2000-01
	ETTLEBELLS	Product	Code
LIFE FITNE	22	SLAM BAL	LS
8 - 32kg Set	PH-HS- K8-1010-01	8 - 32kg	PH-PAKC0832
32kg	HS-KB-1006-01	32kg	PAKC32
28kg	HS-KB-1005-01	28kg	PAKC28
24kg	HS-KB-1004-01	24kg	PAKC24
20kg	HS-KB-1003-01	20kg	PAKC20
1660	H5-KB-1002-01	16kg	PAKC16

15kg

8kg

12kg

CAST IRON KETTLEBELLS

Code

PAKC08

PAKC12

CI AMBIELI	
SLAMBELL Product	Code
2kg	HS-SB-3000-01
4kg	HS-SB-3001-01
6kg	HS-SB-3002-01
8kg	HS-SB-3003-01
10kg	HS-SB-3004-01
12kg	HS-SB-3005-01
14kg	HS-SB-3006-01
16kg	HS-SB-3007-01
18kg	HS-SB-3008-01
20kg	HS-SB-3009-01

HS-58-2002-01

TIRES	
Product	Code
40kg; Orange	LF-TR-1000-01
60kg; Red	LF-TR-1001-01
80kg; Blue	LF-TR-1002-01
100kg; Gray	LF-TR-1003-01

CORE BAGS	
Product	Code
5kg; Green	LF-C8-1000-01
10kg; Orange	LF-CB-1001-01
15kg; Red	LF-CB-1002-01
20kg; Blue	LF-CB-1003-01
25kg; Gray	LF-CB-1004-01

## STORAGE

#### HD ATHLETIC PERIMETER STORAGE\* Product

Width varies by configuration, popular widths include 389, 427 & 580cm.

#### FREE STANDING STORAGE

Product	Code	
122cm Storage	HDT-FSS-4	
183cm Storage	HDT-FSS-6	

Product	Code
Single Tier	FW-DR1-01
Single Tier XL	FW-XLDR1-01
Two Tier	PW-DR2-01
Two Tier XL	FW-XLDR2-01
Three Tier	PW-DR3-01
Three Tier XL	FW-XLDR3-01

DELUXE WEIGHT TREE	
Product	Code
Weight Tree	PW-DWT

FIXED BARBELL RACK		
Product	Code	
Fixed Barbell Rack	FW-BAR	

Product	Code	
Small Bumper Weight Storage	FW-BPS	
Large Bumper Weight Storage	PW-BPL	

MEDICINE BALL RACK			
Product	Code		
Five Medicine Ball Rack	FGPK-LF25RACK		

STABILITY BALL RACK			
Product	Code		
Nine Gymball Storage Rack	FGPK-9GBR		

MAT STORAGE RACK		
Product	Code	
Mat Storage Rack	LF-MB-1100-01	

roduct	Code
Center storage with side options	SAR









#### PACKAGE' INCLUDES:

40 x 2.5lb plates (yellow)

40 x 5lb plates (green)

40 x 10lb plates (blue)

20 x 5lb urethane capped steel bars

40 x premium Lock-Jaw Collars

1 uniquely designed storage rack

# TOP OF THE LINE BY DESIGN

# PLATE:

- Urethane makes plates extremely resilient
- Anti-roll perimeter
- Dual handles
- Textured grip
- Beveled edges for easier pickup and more workout variety

#### BAR AND COLLAR:

- Powder coated bar for optimal grip
- Floor protecting bar endcaps
- Rubber overmolded camlocking collar secures plates



#### **DUMBBELL FEATURES:**

- Dumbbells stay put when set down, but are still round enough to roll away and clear space
- Molded grip pattern on handle
- Color-coded dumbbells and weight horns for easy identification and organized storage
- Urethane dumbbells can endure any group training classes without marking up your floors



# STUDIO COLLECTION BELL PACK

#### 45-PAIR PACKAGE' INCLUDES:

2.5lbs x 18 (yellow)

5lbs x 18 (green)

7.5lbs x 18 (orange)

10lbs x 18 (red)

12.5lbs x 9 (blue)

15lbs x 9 (purple)

1 uniquely designed storage rack

\*One pack designed for 20 exercisers



# STUDIO COLLECTION BELL PACK

#### HIGHLY CUSTOMIZABLE KETTLEBELL RACK' INCLUDES A COMBINATION OF 40":

5lbs (pink) 18lbs (blue) 8lbs (yellow) 20lbs (purple) 10lbs (green) 25lbs (light grey) 12lbs (orange) 30lbs (dark grey) 15lbs (red) 35lbs (black)



# BEAUTY BRAINS

#### KETTLEBELL FEATURES:

- Patent-pending inverted curvature helps distribute forearm pressure during overhead exercises
- Extra-thick kettlebell coating protects your equipment and flooring
- Smooth, easy-to-grip handle
- · Inviting, rounded design and soft curves
- · Color coded for easy identification



#### **DECK FEATURES:**

- Backrest adjusts for upright sitting positions
- Step height adjusts to either 8" or 14"
- Grooved top surfaces for better foot stabilization and grip

- Notches for resistance band training
- Contains storage under movable backrest



# RISETOTHE OCCASION

#### STEP AND RISER FEATURES:

- Brightly colored guides for proper hand and foot placement
- Adjustable heights with step and riser
- Textured surfaces for better grip
- Rubber foot pads eliminate shifting during use and also protect your floors
- Step and risers snap together to create a secure platform



"COLOR DOES NOT ADD A PLEASANT QUALITY TO DESIGN - IT REINFORCES IT."

Pierre Bonnard Founding member of the Post-Impressionist group, Les Nabis

# START PLANNING STUDIO

	STEP	RISER	DECK
DIMENSIONS Langth & Walte & Height	42 x 17 x 4 in	17 × 17 × 4 in	43.3 x 13 x 8 in (extended legs 14in high)
WEIGHT	14 lbs	4 lbs	28 lbs
SKU	LF-STP-1001	LF-STP-1002	LE-DK-1000

	STEP/RISER SET	BARBELL SET	DUMBBELL SET	KETTLEBELL RACK
DIMENSIONS Width x Depth & Height	42 x 17 x 6 in	69 x 28.2 x 64.3 in	36 × 28.2 × 64.3 in	64 x 28.2 x 64.3 in
WEIGHT		285 lbs	265 lbs	305 lbs
FULLY LOADED RACK WEIGHT	N/A	1132 lbs	963 lbs	N/A
SKU	LF-STP-1000	LF-GBBLB	LF-GDBLB	LF-STKBR
ACCESSORIES INCLUDED	1 Step and 2 Risers	Weight Plates, Bars, Collars, and Barbell Rack	Dumbbells and Dumbbell Rack	Kettlebell Rack only. Kettlebells sold separately

For more details, visit LifeFitness.com/Studio





# INSTRUCTIONS N

"Because of human nature, we tend to skip instruction manuals and go straight to using the product. A welldesigned object has the instructions on how to use it designed into the form, graphics, interface and colors of the product."

Rad Arceta Life Fitness Industrial Designer











# **BRUNSWICK**

#### THE MOST PRESTIGIOUS NAME IN BILLIARDS

In 1845, John Moses Brunswick set out to build the world's best billiards tables. Applying his formidable craftsmanship, a mind for innovation, and a passion for the game, he created a company synonymous with quality and billiards excellence.

Since then, Brunswick has evolved the sport of billiards and set lasting standards for years to come. We continue the tradition of creating tables that are not only engineered for premium performance, but are designed to be works of art.

Brunswick Billiards tables have been the choice of presidents, sports stars, celebrities, and industry leaders. A Brunswick table creates a natural place to gather, laugh, enjoy the company of others, and make strong, lasting connections.

# PRODUCT CATALOG

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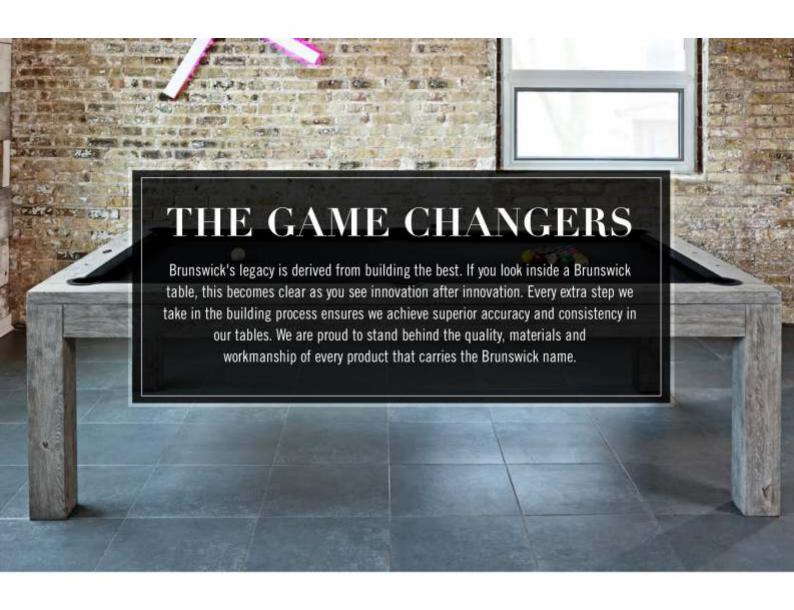
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#### HIGH PERFORMANCE" NUT PLATES

Our exclusive nut plates allow for the application of 70% more torque to each connection, ensuring a solid, seamless transition between rail and slate that enhances performance and playability.



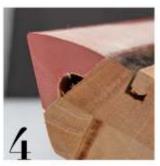
#### HARDENED DOME WASHER

Our hardened dome washer ensures that the rail is gripped directly on the table, providing constant tension, which prevents turning, sinking and loosening over time.



#### SUPERSPEED\* CUSHION RUBBER

Brunswick SuperSpeed cushions have set the standard for over 70 years. The proprietary rubber formulation provides greater accuracy, control and rail consistency.



#### HIGH PRESSURE BONDING

Precision is critical and cushion rubber bonding and placement are essential to the overall performance. Brunswick achieves superior accuracy and consistency through proprietary pneumatically controlled machines that bond the cushion rubber to the rails for a precision fit that doesn't vary.



### ACCURATE NOSE HEIGHT

Banking and rebound accuracy rely on the nose height of the table's cushion rubber. Brunswick's automated, pneumatically controlled machines precisely place the cushion rubber ensuring consistent nose height all around the table that meets the 64% of a 2.25" diameter ball standard.



### SOLID HARDWOOD RAILS

Brunswick rails are made of solid hardwood. The rails are machined to exacting standards and provide a solid foundation behind the cushion rubber to ensure exceptional accuracy and performance.



### MACHINE RECESSED AREA

Recessed areas machined into the rail allow the rail cloth to be stapled securely many times over and not interfere with the rail attachment to the slate.



### STATE-OF-THE-ART FINISHING

Brunswick uses the best materials possible and undergoes the most demanding and time-consuming process to achieve the optimal billiard table finish. From using Polyurethane from world class finish suppliers to conducting a 12-step or more finishing process, Brunswick cuts no corners. The evidence is in the end results.... Go Ahead and Feel It!



### SOLID WOOD DOVETAIL SUPPORT

Solid wood cross supports utilize dovetail joinery to connect the table frame at each slate joint. This provides superior performance, supporting the slate joints as if the slate was one piece.



### ROCK-SOLID AND READY TO INSTALL

Brunswick tables come ready to assemble. We utilize machine nut and bolt construction techniques to achieve a rock solid fine furniture product that is easy to deliver and install in homes.



### KILN-DRIED, STAINED, AND SEALED

Brunswick tables are built to last for generations. All solid wood materials are kiln-dried to a 6-8% moisture level, then stained and sealed to keep moisture out. A durable furniture finish completes the look of each product.



### BRUNSWICK CERTIFIED SLATE

Our slate is measured to a rigorous standard twice exceeding industry specification. The slate is precision-machined and leveled to within .01". Brunswick then checks for flatness on each side four times throughout the machining and curing process. Finally, each set is quality inspected and certified for playability.



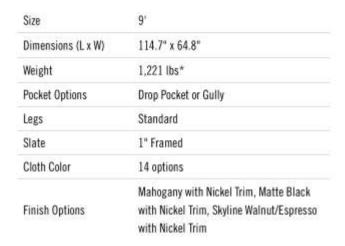
# **GOLD CROWN VI**

The Gold Crown VI continues Brunswick's tradition of excellence as the newest edition of the legendary table series. The Gold Crown VI features a familiar design with modern styling. The new, low-profile leg base and hidden stretcher provide a streamlined appearance while the angular canted leg emphasizes the clean lines. The table also features all new rail castings in a brushed nickel finish for a sleek, high-end aesthetic.



### FEATURES

- High Performance<sup>™</sup> Nut Plate Construction
- . SuperSpeed® Cushion Rubber
- . Brunswick Certified Premium Slate
- . Matching Gold Crown Wall Cue Rack (sold separately)







### TOURNAMENT EDITION

The Gold Crown VI Tournament Edition table features tighter pockets engineered to strict World Pool-Billiard Association specifications. Table decals included.



<sup>\*</sup> Shipping weight



## **BIRMINGHAM**

Combining rugged charm with an industrial, loft-style look makes the Birmingham a perfect choice for modern game rooms in need of a vintage touch. Featuring a distressed, rough-hewn finish with a cast iron decorative pedestal and turnbuckle stretcher element, the Birmingham is stylish and rustic down to the last detail.





- . Brunswick Certified Premium Slate
- SuperSpeed® Cushion Rubber
- · Hand-hammered Rail Sights
- High Performance<sup>™</sup> Nut Plate Construction
- · Rough-hewn Finish with Distressing
- Cast Iron Pedestal Base, Decorative Rail Spacer, and Turnbuckle Stretcher Element
- · Matching Wall Rack Sold Separately

Size	8' or 9'
Dimensions	102" x 58" / 114" x 64"
Weight	1,123 lbs* / 1,361 lbs*
Pockets	Drop Pocket
Legs	Cast Iron
Slate	1" Framed
Cloth Color	14 options
Finish	Charcoal

<sup>\*</sup> Shipping weight



# **MACKENZIE™**

A dramatic double pedestal lends a contemporary look to a traditional design. The slightly distressed finish, mother-of-pearl rail sights, and graceful sweeping lines of the aprons give this table an artistic style that is fashioned to last.





- . Brunswick Certified Premium Slate
- High Performance™ Nut Plate Construction
- SuperSpeed® Cushion Rubber
- · Mother-of-Pearl Rail Sights
- · Matching Wall Rack Sold Separately

Size	8' or 9'
Dimensions (L x W)	102" x 58" / 114" x 64"
Weight	813 lbs* / 1,090 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish	Aged Linen, Deep Madeira

<sup>\*</sup> Shipping weight



## TREVISO™

Beautifully arched legs, a unique silhouette and stylishly rich espresso finish turn the Treviso into a classic-contemporary work of art. But this dramatically different table is no museum piece to be admired simply for its design. It also exhibits Brunswick's superior construction, quality craftsmanship, and exceptional playability.





- High Performance<sup>™</sup> Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- . Brunswick Certified Premium Slate
- Diamond-Shaped Mother-of-Pearl Rail Sights
- · Base Frame Dovetails
- · Matching Wall Rack Sold Separately

Size	8' or 9'
Dimensions	102" x 58° / 114" x 64"
Weight	823 lbs* / 1,036 lbs*
Pockets	Enclosed
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish	Espresso

<sup>\*</sup> Shipping weight



# MERRIMACK™

Old World craftsmanship meets velvet-smooth play, courtesy of our Merrimack table. This classic design features hand-hammered metal hardware and distinctive artisan joinery — the ideal complement to a handsome, hand-rubbed antique finish that showcases the natural knots, grain, and texture of the table's rough-hewn wood.





- High Performance™ Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- · Base Frame Dovetails
- . Hammered Metal Rail Sights
- · Matching Wall Rack Sold Separately

Size	8' or 9'
Dimensions (L x W)	102.1" x 58.1"
	114.1" x 64.1"
Weight	887 lbs* / 1,078 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1* Framed
Cloth Color	14 options
Finish	Nutmeg

<sup>\*</sup> Shipping weight



# BRIXTON™

Who says contemporary and comfortable have to be mutually exclusive? Our Brixton table features clean lines and a sturdy yet streamlined design that showcases a unique "X" foundation — a contemporary look that's nicely balanced with hammered metal details and an antiqued finish that highlights the table's warm, natural patterns, and rough-hewn texture.





- High Performance™ Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- · Base Frame Dovetails
- · Hammered Metal Rail Sights
- . Matching Wall Rack Sold Separately

Size	8' or 9'
Dimension (1 - 10)	100.5" x 56.6"
Dimensions (L x W)	112.5" x 62.6"
Weight	908 lbs* / 1,127 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish Options	Driftwood

<sup>\*</sup> Shipping weight



# BROOKLYN™

The Brooklyn delivers a swanky old-school New York style with a retro spin. A brushed black finish gives this table genuine authenticity and the silver stretchers bring this table from past to present with subtle style. This table is perfect for those who want a modern take on the legacy and history of Brunswick Billiards.





- . Brunswick Certified Premium Slate
- High Performance™ Nut Plate Construction
- SuperSpeed® Cushion Rubber
- · Silver Powder-Coated Stretchers
- · Brushed Metal Sights
- · Matching Cue Rack Available

Size	8'
Dimensions (L x W)	102.1" x 58.1"
Weight	700 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish	Matte Black Wire-brush

<sup>\*</sup> Shipping weight



# METRO™

Metro's contemporary design, durability, craftsmanship, and precision make it a great choice for a billiard club or the home. Brushed aluminum accents enhance the look. Gully return available. Matching wall rack available, holds eight cues.





- High Performance<sup>™</sup> Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- . Brunswick Certified Premium Slate
- . Black/Silver Round Pearlized Rail Sights
- Matching Wall Rack Sold Separately
- Tournament Edition features longer rails and tighter pockets engineered to strict World Pool-Billiard Association specifications. Table decals included.

Size	8' or 9'
Dimensions (L x W)	102.1" x 61.1"
Dimensions (E x H)	114.2" x 67.1"
Weight (Drop Pocket)	866 lbs* / 1,037 lbs*
Weight (Gully)	892 lbs* / 1,073 lbs*
Pocket Options	Drop Pocket or Gully
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish	Black

<sup>\*</sup> Shinning weight



# SANIBEL™

The Sanibel features a modern design with ultra clean lines and minimalist aesthetic. Specialized hand-hammered sights provide unique detailing and the new low-profile pockets keep the table incredibly sleek. The Sanibel is available in Rustic Gray, a weathered finish that showcases the wood's natural grain and texture.





- Brunswick Certified Premium Slate
- High Performance<sup>™</sup> Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- · Solid Hardwood Construction
- Hand Hammered Rail Sights
- · Matching Cue Rack Available

Size	8'
Dimensions	102" x 58"
Weight	880 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1"
Cloth Color	14 options
Finish	Rustic Gray

<sup>\*</sup> Shipping weight



# PARK FALLS™

Park Falls has a classic look in a modern finish — a unique table that blends with a wide range of room settings. Hand-selected white oak is given a distressed finish, so each table is one of a kind.





- High Performance™ Nut Plate Construction
- SuperSpeed® Cushion Rubber
- . Brunswick Certified Premium Slate
- Diamond-Shaped Antique Black Metal Rail Sights
- · Base Frame Dovetails
- . Matching Park Falls Wall Cue Rack

Size	8'
Dimensions (L x W)	100.4 x" x 56.4"
Weight	793 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1* Frames
Cloth Color	14 options
Finish	Greystone

<sup>\*</sup> Shipping weight



## $CANTON^{m}$

Nothing says "rack 'em up" like the rustic-meets-industrial charm of our Canton pool table. With its artful hand-hammered sights and aged metal turnbuckle stretchers, corners, and hardware, this eight-foot table is the perfect marriage of proud craftsmanship and industrial design.





- High Performance<sup>™</sup> Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- Brunswick Certified Premium Slate
- Aged Metal Turnbuckle Stretchers, Corners, and Hardware
- · Hand-Hammered Sights
- . Matching Cue Rack Available

Size	8'
Dimensions (L x W)	102.1" x 58.1"
Weight	769 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1* Framed
Cloth Color	14 options
Finish Options	Black Forest, Rustic Grey

<sup>\*</sup> Shipping weight



# **CENTURION™**

The Centurion, a superb combination of streamlined styling and rigorous engineering standards, features attractive and sturdy pedestal-style legs, a leg stretcher, foot levelers, and gully return is available. Our competition-style Gold Crown wall rack is also available to beautifully match the Centurion table.





- High Performance<sup>™</sup> Nut Plate Construction
- · SuperSpeed® Cushion Rubber
- . Brunswick Certified Premium Slate
- · Round Rail Sights
- · Optional Gully Return

Size	8' or 9'
Dimensions (L x W)	101" x 57" / 113" x 63"
Weight (Drop Pocket)	797 lbs* / 989 lbs*
Weight (Gully)	827 lbs* / 1,019 lbs*
Pocket Options	Drop Pocket or Gully
Legs	Pedestal
Slate	1" Framed
Cloth Color	14 options
Finish	Matte Black

<sup>\*</sup> Shipping weight



## BRIDGEPORT™

From its luxurious finish to its distinctive legs and pockets, the Bridgeport is designed with true transitional spirit. It's a blend of styles that can be adapted to an individual's preference. Beauty and practicality are key aspects of the Bridgeport, and it's built to meet the demands of an active household. This table's optional drawers can hold all the contents of any Brunswick play package.





- High Performance™ Nut Plate Construction
- . Brunswick Certified Premium Slate
- · SuperSpeed® Cushion Rubber
- Diamond-Shaped Mother-of-Pearl Rail Sights
- · Enclosed Pocket
- Optional drawers are available in all finishes. Espresso finish is available without drawers.

Size	8'
Dimensions (L x W)	99.6" x 55.6"
Weight	699 lbs* (761 lbs* with drawers)
Pockets	Drop Pocket
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish Options	Espresso, Graphite

<sup>\*</sup> Shipping weight



# **GLENWOOD™**

A traditional table with modern sensibilities, the Glenwood is a graceful addition to any home. Plus, have it your own way with Brunswick's most versatile model. This customizable table offers a wide variety of table finishes, leg styles, cloth, and pocket styles. Design the perfect solid wood table for your home at an affordable price.

### FEATURES

- High Performance™ Nut Plate Construction
- . Brunswick Certified Premium Slate
- SuperSpeed® Cushion Rubber
- · Pearlized Rail Sights
- · Base Frame Dovetails

Size	7' or 8'
Dimensions (L x W)	86.5" x 48.5"
Dilliciisions (F x M)	98.5" x 54.5"
Weight	589 lbs* / 683 lbs*
Pockets	Drop Pocket
Leg Options	Ball and Claw, Round,
	Tapered, Talon
Slate	1* Framed
Cloth Color	14 options
	Chestnut, Espresso,
Finish Options	Matte Black & Chestnut,
	Rustic Gray, Tuscana

<sup>\*</sup> Shipping weight

### POCKET OPTIONS



Shield



Fringe

### LEG OPTIONS







Round



Tapered



Talon

	CHES	TNUT	ESPR	ESSO	MATTE CHES	BLACK &	RUSTIO	GRAY	TUS	ZANA
	7'	8*	7'	8'	7'	8'	7'	8'	7'	8'
Ball and Claw	•	¥	•							
Round	•	•	•	•						
Tapered	•	ě	2.€	•	•	•				•
Talon				•		•				











# OAKLAND II™

The straight lines, simple design, and heavy proportion of the Oakland II table are trademark characteristics of the Arts & Crafts style of furniture originally popular during the 1890s to 1910s. This distinct table features solid wood rails, leather pockets, two storage drawers, and comes in beautiful chestnut and espresso finishes.





- High Performance™ Nut Plate Construction
- . Brunswick Cushion Rubber
- . Brunswick Certified Premium Slate
- Diamond-Shaped White Pearlized Rail Sights

Size	8'
Dimensions (L x W)	98.5" x 54.5"
Weight	794 lbs*
Pockets	Drop Pocket
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish Options	Chestnut, Espresso

<sup>\*</sup> Shipping weight



# BAYFIELD™

No compromises necessary when you choose the Bayfield table for your home billiard room. All the quality and details are there: wide, solid wood rails; leather shield pockets; and pearlized diamond-shaped rail sights. Baseframe, aprons, and tapered legs are built for durability with a matte black or two-tone matte black/chestnut veneer.





- High Performance™ Nut Plate Construction
- · Brunswick Cushion Rubber
- . Brunswick Certified Premium Slate
- Diamond-Shaped White Pearlized Rail Sights

Size	8'
Dimensions	98.5" x 54.5"
Weight	680 lbs*
Pockets	Enclosed
Legs	Unique
Slate	1" Framed
Cloth Color	14 options
Finish Options	Matte Black, Matte
rinish options	Black & Chestnut



# BLACK WOLF II™

Naturally dramatic, the Black Wolf II table is in its element in contemporary homes, from casually chic to sleek and sophisticated. Durable metal rail pocket corners, round rail sights, and jet-black laminate provide the perfect detail. Built for a lifetime of enjoyment.





- High Performance™ Nut Plate Construction
- . Brunswick Certified Premium Slate
- · Brunswick Cushion Rubber
- · Round Rail Sights
- · Optional Gully Return
- Leg Levelers

Size	7' or 8'
Dimensions (L x W)	89" x 51" / 101" x 57"
Weight (Drop Pocket)	621 lbs* / 728 lbs*
Weight (Gully)	636 lbs* / 743 lbs*
Pocket Options	Drop Pocket or Gully
Legs	Pedestal
Slate	1" Framed
Cloth Color	14 options
Finish	Black
The Market Control of the Control of	



# ALLENTON™

A great addition to any home, the Allenton features solid wood rails, Brunswick-certified premium slate, and pearlized diamond-shaped sights to enhance your playing experience. Select the clean, strong lines of the veneered tapered legs in chestnut, espresso, tuscana, or driftwood finish, or opt for the solid wood ball and claw leg in chestnut, or espresso.



### FEATURES

- High Performance™ Nut Plate Construction
- . Brunswick Certified Premium Slate
- · Brunswick Cushion Rubber
- Diamond-Shaped White Pearlized Rail Sights

† 8' Tapered leg option only



Size	7' or 8'
Dimensions (L x W)	98.6" x 47.6" / 97.6" x 53.6"
Weight	596 lbs* / 696 lbs*
Pockets	Drop Pocket
Leg Options	Ball & Claw, Tapered
Slate	1" Finished
Cloth Color	14 options
Finish Options	Chestnut, Driftwood <sup>†</sup> , Espresso, Tuscana <sup>†</sup>
	CONTRACTOR



# TREMONT™

With its classic profile, arched baseframe, carved corners, and solid wood ball and claw legs, the Tremont embodies all the design characteristics of the quintessential pool table. It also embodies Brunswick's legendary construction, including 1.5" thick solid wood rails with Brunswick rubber cushions and 1" framed premium slate.





- High Performance<sup>™</sup> Nut Plate Construction
- · Brunswick Cushion Rubber
- . Brunswick Certified Premium Slate
- Diamond-Shaped White Pearlized Rail Sights

Size	8"
Dimensions (L x W)	97.6" x 53.6"
Weight	705 lbs*
Pockets	Drop Pocket
Legs	Ball & Claw
Slate	1" Framed
Cloth Color	14 options
Finish Options	Chestnut, Espresso

<sup>\*</sup> Shipping weight

# BILLIARDS CLOTH

Brunswick Billiards wool cloth is fashioned to the same strict standards as the tables they lay on. Attention to detail and proprietary techniques ensure they stay uniformly resilient and aesthetically pleasing at the same time.



#### CENTENNIAL® CLOTH

- . 100% luxurious Merino wool weave billiard cloth available in 14 colors to reflect your room's individual style.
- · Centennial cloth does not pill or shed, maintaining a clean, sleek playing surface.
- Teflon® fabric protector\* is incorporated into the cloth fibers, safeguarding the cloth and table from occasional spills and protecting your investment without affecting play.
- . Heavier Centennial cloth requires less frequent recovering of the table.

#### TRADITIONAL CLOTH

- . Woolen billiard cloth available in 14 colors to reflect your room's individual style.
- . A 2,500 lb. cylinder steams and presses the cloth to give it a harder finish ensuring little or no pilling and faster play.
- . All of the wool is bleached before dying to provide a cleaner and more vibrant colored product.
- · Exclusive shearing process provides the smoothest playing surface possible.



Brunswick Green



Chocolate Brown



Midnight Blue



Charcoal Grey



Timberline



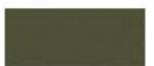
Merlot



Regatta Blue



Ebony



Olive



McIntosh



**Oceanside** 



Sahara



Cardinal Red



Gun Metal Grey

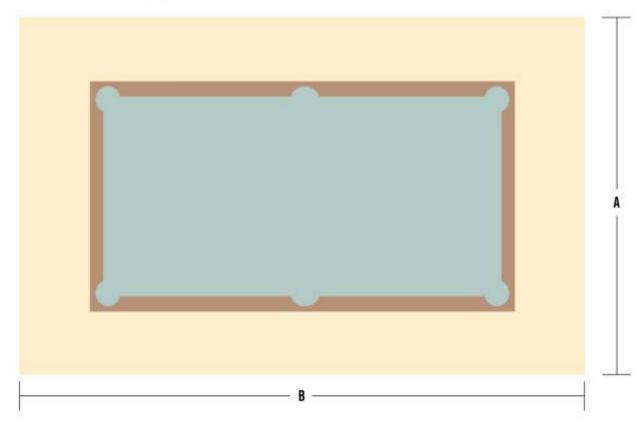
<sup>&</sup>quot; Tefforth is a registered trademark of Chemours used under license by Brunswick Billiards.

### ROOM SIZE CHART

### MINIMUM SPACE REQUIREMENTS

Use the chart to determine the room size needed for a particular pool table and cue combination.

Seven-foot table: 3' 6" x 7' (Playing area: 38" x 76") | 13' (A) x 16" (B) Eight-foot table: 4' x 8' (Playing area: 44" x 88") | 13' 6" (A) x 17' (B) Nine-foot table: 4' 6" x 9' (Playing area: 50" x 100") | 14' (A) x 18' (B)



Visit brunswickbilliards.com for game room inspiration.



### BRUNSWICK LIFETIME WARRANTY

Every Brunswick table is a timeless tribute to excellence in design and workmanship. Proud to stand behind every product that carries the Brunswick name, Brunswick tables are guaranteed for a lifetime.

Please read all terms and conditions of the warranty. Brunswick reserves the right to change specifications without notice.



### BRUNSWICK CERTIFIED SLATE

Demonstrating our enduring commitment to superior performance, Brunswick meets or exceeds all Billiard Congress of America slate specifications. Diamond honed and stringently tested, Brunswick slate is certified for quality and comes with a lifetime warranty.

Different wood species offer unique texture and grain, as well as natural beauty. Minor variations in finish color may occur due to the natural characteristics of the wood. Photos may not be an accurate reflection of the product due to lighting conditions.





# BRIXTON™ SHUFFLEBOARD

- . Hammered metal hardware and distinctive "X" foundation design
- . Hand-rubbed antique finish showcasing the natural grains and texture of the cabinet's rough-hewn wood
- · Climate adjusters
- · Accessories include: four black weights, four red weights, built-in abacus scoring system, table brush, and shuffleboard wax

Table Size	12' / 14' / 16'
	147.3" x 29.6" x 32.3"
Dimensions	171.3" x 29.6" x 32.3"
(L x W x H)	195.3" x 29.6" x 32.3"
Weight	581 lbs* / 657 lbs* / 687 lbs*
Finish	Driftwood



<sup>\*</sup> Shipping weight



# MERRIMACK™ SHUFFLEBOARD

- · Hammered metal hardware and distinctive joinery
- Hand-rubbed antique finish showcasing the natural grains and texture of the cabinet's rough-hewn wood
- · Climate adjusters
- Accessories include: four black weights, four red weights, built-in abacus scoring system, table brush, and shuffleboard wax

Finish	Nutmeg
Weight	630 lbs* / 706 lbs* / 767 lbs*
160.00.014	195.3" x 29.6" x 32.3"
Dimensions (L x W x H)	171.3" x 29.6" x 32.3"
Dimensions	147.3" x 29.6" x 32.3"
Table Size	12' / 14' / 16'







# CANTON™ SHUFFLEBOARD

- · Aged metal turn-buckle stretcher, corners, and hardware
- Hand-rubbed antique finish showcasing the natural grains and texture of the cabinet's rough-hewn wood
- · Climate adjusters
- Accessories include: four black weights, four red weights, built-in abacus scoring system, table brush, and shuffleboard wax

Table Size	12'
Dimensions (L x W x H)	147.3" x 29.9" x 32.3"
Weight	600 lbs*
Finish	Black Forest



<sup>\*</sup> Shipping weight

## ANDOVER™ SHUFFLEBOARD

### FEATURES

- Multiple climate adjusters (four on the 12' model, six on the 14' model)
- Includes accessories: abacus set, four black weights, four red weights, board sweep, and shuffleboard wax
- · Includes under cabinet storage areas

Table Size	12' / 14'
Dimensions (L x W x H)	147.4" x 29.9" x 32.1"
	171.4" x 29.9" x 32.1"
Weight	531 lbs* / 596 lbs*
Finish Options	Chestnut, Espresso, Driftwood

<sup>\*</sup> Shipping weight



## DELRAY™ SHUFFLEBOARD

- Multiple climate adjusters (four on the 12' model, six on the 14' model)
- Includes accessories: abacus set, four black weights, four red weights, board sweep, and shuffleboard wax
- . Under cabinet storage shelf
- · Optional scorer available
- . Optional light set (of two) available

Table Size	12' / 14'	
Dimensions (L x W x H)	146.1" x 28.7" x 32.3"	
	170.1" x 28.7" x 32.3"	
Weight	546 lbs* / 620 lbs*	
Finish	Black	

<sup>\*</sup> Shipping weight



### SHUFFLEBOARD ACCESSORIES



### SHUFFLEBOARD LIGHT SET

Easy to install table lights keep the play surface illuminated no matter where you place your shuffleboard table. Sturdy steel construction with black finish will complement any surroundings. Set of two fits the Andover, Delray, Brixton and Merrimack shuffleboard tables.



### SHUFFLEBOARD SCORER

This beautiful Brunswick-branded electronic scorer keeps your attention on the game. Spend your time setting up the next shot and leave the score to this accurate, easy to install unit. Straddles the table so players at each end know the score at a glance. Fits the Brixton, Merrimack, Delray, and Andover shuffleboard tables.



### SHUFFLEBOARD BOWLING PINS

Turn one classic game into two with Brunswick's Shuffleboard Pins. Crafted out of solid wood, this miniature bowling set includes a wooden rack for easy set-up and 10 matching pins — adding a whole new level of competition to your shuffleboard table.



### SHUFFLEBOARD WAX

Designed to help maintain optimum playability, Brunswick's shuffleboard wax allows you to have perfect control of your game.



### SHUFFLEBOARD WEIGHT SET

Made from heat-treated hardened steel, Brunswick Billiards chrome-plated shuffleboard weights meet TSA tournament specifications. Includes four red and four black weights.

# TABLE TENNIS



## SMASH 7.0™ TABLE TENNIS

### FEATURES

- Black or pink playing surface with repeat roller coating
- . Material: 25mm thick MDF
- Frame: 20mm x 60mm heavy gauge steel tubing with silver powder coating
- Carriage: 40mm x 40mm heavy gauge steel tubing with silver powder coating
- · Caster diameter: 100mm
- Premium net, post clamps and a ball & paddle set included
- · Folds up for storage

Dimensions	108" x 60" x 30"
(LxWxH)	36" x 60" x 63" (folded)
Weight	265 lbs*
Finish Options	Black, Pink

<sup>\*</sup> Shipping weight



## SMASH 7.0™ I/O TABLE TENNIS

- · Designed for indoor or outdoor play
- . Black playing surface with repeat roller coating
- . Material: 4mm aluminum clad ABS
- Frame: 20mm x 60mm heavy gauge steel tubing with silver powder coating
- Carriage: 50mm x 50mm heavy gauge steel tubing with silver powder coating
- . Caster diameter: 125mm
- Premium net, post clamps and a ball & paddle set included
- . Folds up and rolls away for storage

Dimensions	108" x 60" x 30"
(LxWxH)	36" x 60" x 63" (folded)
Weight	176 lbs*
Finish	Black

<sup>\*</sup> Shipping weight



## SMASH 5.0™ TABLE TENNIS

### FEATURES

- . Blue playing surface with repeat roller coating
- . Material: 18mm thick MDF
- Frame: 20mm x 50mm heavy gauge steel tubing with silver powder coating
- Carriage: 35mm x 35mm heavy gauge steel tubing with silver powder coating
- · Caster diameter: 75mm
- Premium net, post clamps, and ball & paddle set included
- · Folds up for storage

Dimensions	108" x 60" x 30"
(LxWxH)	36" x 60" x 63" (folded)
Weight	220 lbs*
Finish	Blue

<sup>\*</sup> Shipping weight



# SMASH 3.0™ TABLE TENNIS

- . Green playing surface with repeat roller coating
- . Material: 16mm thick MDF
- Frame: 20mm x 40mm heavy gauge steel tubing with silver powder coating
- Carriage: 30mm x 30mm heavy gauge steel tubing with silver powder coating
- · Caster diameter: 50mm
- Premium net, post clamps, and ball & paddle set included
- · Folds up for storage

Dimensions	108" x 60" x 30"
(L x W x H)	36" x 60" x 63" (folded)
Weight	176 lbs*
Finish	Green

<sup>\*</sup> Shipping weight



### TABLE TENNIS ACCESSORIES



### TABLE TENNIS PADDLE AND BALL SETS

Be ready to play anytime with performance-quality rackets and Brunswick balls with high control characteristics for consistent play and precision. Choose from a two- or four-player pack.



### TABLE TENNIS PREMIUM NET & POST

Our premium tournament-grade net and post system features high performance steel post and clips. The assembly is a simple snap and the net has easy adjustments. The premium cotton blend net measures 69.25".

## TABLE TENNIS CONVERSION TOPS



### CT8 TABLE TENNIS CONVERSION TOP

The friendly competition never ends with this durable, foam pad-backed table tennis conversion top. Includes everything you need to become the next neighborhood champ, including paddles, balls and clip-on net. This game top from Brunswick is manufactured to meet California's formaldehyde emissions regulations.



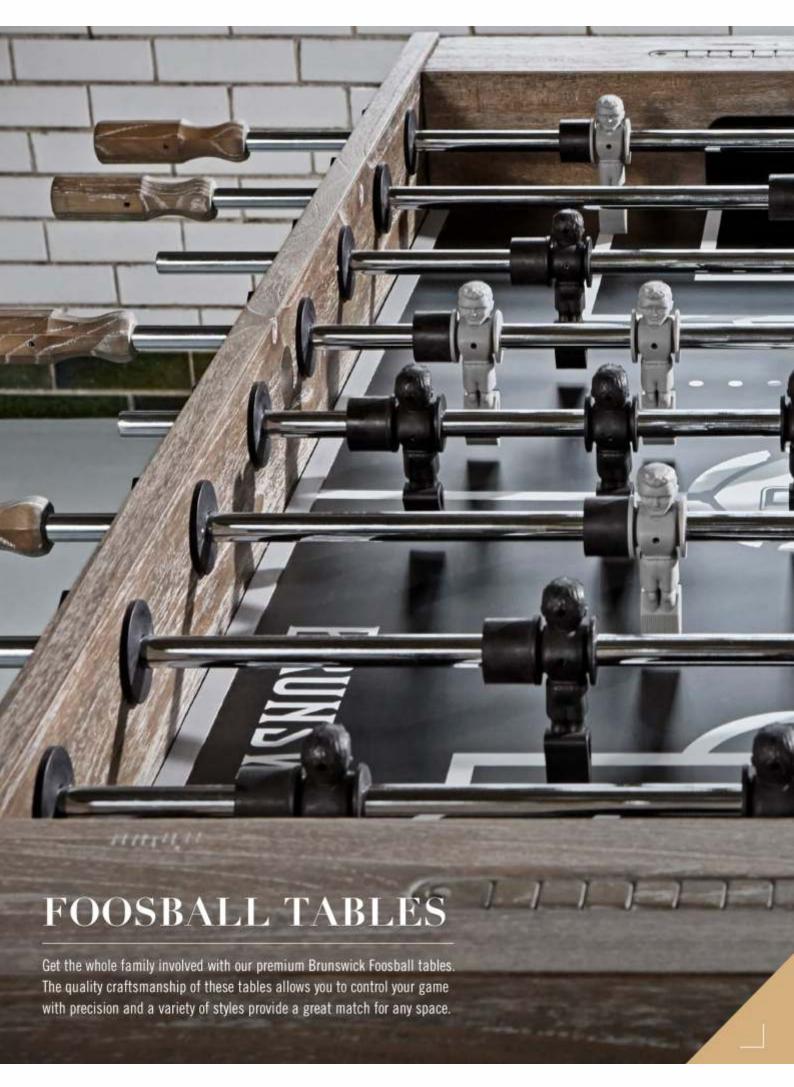
### CT7 TABLE TENNIS CONVERSION TOP

Features a durable foam pad-backed top and measures 54" W x 92.3" L. Fits seven-foot Brunswick pool or air hockey tables and includes paddles, balls, and clip-on net.



### TABLE TENNIS CONVERSION TOP CADDY

This space saving caddy is ideal for storing Brunswick table tennis conversion tops when not in use. Compact with a contemporary black finish and sturdy black caster wheels allowing for easy mobility. Compatible with both the Brunswick CT7 table tennis conversion top and the CT8 table tennis conversion top.





# MERRIMACK™ FOOSBALL

- · Hammered metal hardware and distinctive joinery
- Hand-rubbed antique finish showcasing the natural grains and texture of the cabinet's rough-hewn wood
- . Three-man goalie for fast play
- · Pre-assembled player roads with three-piece bearings
- · End ball returns
- · Includes four balls

Dimensions (L $\times$ W $\times$ H)	56" x 56" x 36"	
Weight	202 lbs*	
Finish	Nutneg	

<sup>\*</sup> Shipping weight





# BRIXTON™ FOOSBALL

- Hammered metal hardware and distinctive "X" foundation design
- Hand-rubbed antique finish showcasing the natural grains and texture of the cabinet's rough-hewn wood
- . Three-man goalie for fast play
- Pre-assembled player rods with three-piece bearings
- · End ball returns
- · Includes four balls

Dimensions (L x W x H)	56" x 56" x 36.3"	
Weight	177 lbs*	
Finish	Driftwood	







# PREMIER™ FOOSBALL

- · Sturdy vinyl cabinet and melamine play surface
- · Three-man goalie for fast play
- . Unique metal "X" frame base for increased stability
- · Pre-assembled player rods with three-piece bearings
- · End ball returns
- · Adjustable levelers

Dimensions (L x W x H)	56.3" x 49.8" x 36"	
Weight	250 lbs*	
Finish	Weathered Oak	

<sup>\*</sup> Shipping weight



# KICKER™ FOOSBALL

#### FEATURES

- Brunswick exclusive sturdy cabinet with a matte black finish
- Three-man goalie offers a wall of defense and incredibly fast play
- Adjustable leg levelers make installation and leveling easy on uneven floors
- Externally-attached cup holders secure refreshments away from the playing surface
- Dual-side ball returns make ball retrieval easy and keeps the game fast

Dimensions (L x W x H)	56* x 30* x 35"
Weight	181 lbs*
Finish	Matte Black

<sup>\*</sup> Shipping weight



# **EURO SCORER™ FOOSBALL**

- . One-man goalie for realistic play
- . Inclined corners for fast, non-stop play
- Sturdy cabinet with a scratch-resistant laminate in a rich walnut finish
- Brunswick exclusive humanistic counter-balanced men allow easier cross-court shots
- . Laminate playfield with full-color logo
- Chrome-plated steel rods (0.62" diameter/0.12" thick wall) resist bending and withstand abuse
- Four integral and removable rubber cup holders keep refreshments securely away from the playing surface
- · Adjustable leg levelers

Dimensions (L x W x H)	56.3" x 29.5" x 37"	
Weight	193 lbs*	
Finish	Walnut	

<sup>\*</sup> Shipping weight







# PREMIER™ AIR HOCKEY

- . Unique metal "X" frame base for increased stability
- . Convertible game table covers allow for multi-functional use of the table
- · Adjustable leg levelers
- · Dual embedded abacus scorers
- · Commercial grade play surface with unique graphics
- · Commercial grade blower motor
- · Accessories included: two white mallets and four pucks (two red, two black)

Table Size	6'
Dimensions (L x W x H)	87" x 47" x 31.25"
Weight	187 lbs*
Finish	Weathered Oak

<sup>&</sup>quot; Shipping weight



# V-FORCE\* AIR HOCKEY\*

#### FEATURES

- · Exciting table top graphics and logo
- · Super slick, scuff-proof surface
- Durable aluminum rails with powder-coated metal corners
- · Adjustable leg levelers
- . Two black mallets and four pucks included
- · Dual embedded abacus scorers
- · Compatible with CT7 table tennis conversion top

Dimensions (L x W x H)	83" x 41" x 30.5"	
Weight	186 lbs*	
Finish	Black	

<sup>\*</sup> Shipping weight



# WIND CHILL™ II AIR HOCKEY\*

- · Sleek, contemporary styling
- · Dual embedded abacus scorers
- · Sturdy pedestal base
- · Constant flow UL blower
- . Two black mallets and four pucks included
- . Compatible with CT7 table tennis conversion top

Dimensions (L x W x H)	83.9" x 41.1" x 32.5"
Weight	149 lbs*
Finish	Black with silver corners

<sup>\*</sup> Shipping weight





## HOW THE ONLY GREEN WORKS

# BRUNSWICK'S, THE ONLY GREEN™, PUTTING GREENS OFFER THE MOST REALISTIC COURSE-LIKE CHALLENGES SUITED FOR ANY SPACE!

Our putting greens are designed to complement any setting, whether it's at your home, in the office, at a golf club, or apartment complex rec room; The Only Green putting greens maximize practice time in a minimum amount of space. Choose from The MacDonald, The Maxwell, or The Ross and find the perfect model for you based on your needs, whether it be competitive pricing, break stations, green elevation or the perfect size for your space.



Proprietary putting surface comes in a speed of 12.5 on the stimp meter. Green speed developed by PGA professionals and instructors predominantly recommending a true, tournament speed green.



A trouble-free mechanism housed within The Only Green enables players to set four different elevations of break into the green at each of the break stations. The ends of the green may also be elevated for uphill and downhill putts.



Elevations can be easily adjusted either by hand or from the standing position with any cavity back putter. Simply raise the knob in the vertical slot while sliding the other adjustment knob to the desired A through D break elevation, D being the highest elevation.





# THE MACDONALD™

#### FEATURES

- Six break stations, one on each side, for up to 50,000 break combinations
- Can be easily elevated on two ends to practice uphill and downhill putts
- · Solid hardwoods and veneers material
- Green comes with one cup, one side step, and one headboard that also serves as a ball-stop

Size

4' wide x 12' long

Finish Options

Espresso





## ACCESSORIES

Matching putter rack that holds up to four putters, balls, and two drinks





# THE MAXWELL™

## FEATURES

- Four break stations for up to 1,000 break combinations
- Can be easily elevated on two ends to practice uphill and downhill putts
- Green comes in three 3' x 3' sections with one cup, one side step, and one headboard that also serves as a ball stop

Size	3' wide x 9' long
Finish Ontion	Fenressn





## ACCESSORIES

Matching putter rack that holds up to four putters, balls, and two drinks





# THE ROSS™

## FEATURES

- Two break stations, one on each side, for up to 50 break combinations
- Can be easily elevated on two ends to practice uphill and downhill putts
- Green comes with one cup, one side step, and one headboard that also serves as a ball-stop

Size	2' wide x 8' long	
Finish Options	Espresso	





## ACCESSORIES

Matching putter rack that holds up to four putters, balls, and two drinks





# CENTENNIAL COLLECTION

The Centennial line is Brunswick's premium furniture collection. Made from beautiful solid hardwood, these items features gracefully arched legs accented with aged metal accents that provide a distinctively modern flair to any room. Choose from Chestnut, Espresso, or Rustic Gray finish options.

## CENTENNIAL" GAME TABLE

Like having two tables in one, the Centennial Game Table's top can be turned over to reveal a hardwood veneer dining surface. The gaming side features a luxurious yet spill-resistant playing surface.



Beautiful hardwood veneer dining surface, masterfully woven from alternating species of wood.



Deep beverage holders complete with Brunswick coasters and generous chip holders.



Convenient built-in compartment for all game accessories.









# CENTENNIAL" GAME CHAIRS

Settle in for a memorable night of fun and games in the uncompromising comfort of the distinctive new Centennial Game Chair. Featuring solid wood construction, this chair reclines, swivels, and adjusts in height to accommodate even the most animated of players. Choose either a rich chestnut, espresso, or rustic grey finish.



#### CENTENNIAL" PUB TABLE

Take your seat around this inviting pub table for many enjoyable evenings with family and friends. With its signature arched legs and 42" height, the Centennial Pub Table provides timeless style and comfort. As beautiful as it is functional, the gracefully arched legs with their distinctive aged wrought iron ring base create a stylishly contemporary silhouette. Choose either a rich chestnut, espresso, or rustic grey finish.



## CLASSIC CENTENNIAL® BAR STOOL

The traditionally-styled Classic
Centennial Bar Stool is designed to
match your favorite billiard table and
furniture. Features include an easyswivel seat, unique metal detail, and
a comfortable 32" seat height. Choose
from a rich chestnut, espresso, or rustic
grey finish. Sold as a set of two. A
perfect complement to the Centennial
Pub Table, Heritage Pub Table, or
Brunswick Pub Table.



## CENTENNIAL" PLAYER'S CHAIR

A beautiful reproduction of a Brunswick chair from 1923. Designed to complement all billiard rooms, the player's chair adds class and elegance to any home. Features include comfortable pin-nailed seat cushion, hidden storage drawer, two cue notches and two cup holders in the armrests, and foot rest with black protector. Offered in chestnut and espresso finishes.





# HERITAGE COLLECTION

### HERITAGE" GAME TABLE AND CHAIRS

Add casual elegance to your game room. This solid wood table and chairs, with chestnut or espresso finish veneers, features a man-made spill resistant playing surface, generous chip holders, deep beverage coasters, and an undertable storage area for gaming accessories. When not in use for gaming, just turn the top over for additional dining space.







Designed to coordinate with the Heritage Game Table and Texas Hold 'Em Table, these beautiful solid wood chairs will add style to any dining or game room. Available in tablematching Chestnut or Espresso finishes. Sold as a set of two. Some assembly required. Seat height measures 18.5".



## HERITAGE™ WOOD-SLAT BACK BAR STOOL

A traditionally styled bar stool, guaranteed to blend in any game room setting. Features include a Trendler™ brand swivel mechanism and brushed nickel foot plates. Seat height measures 30°. Available in chestnut and espresso finishes.



## HERITAGE" PUB TABLE

Traditional styling of the Heritage Pub Table makes this table a perfect complement to any game room or bar area. Features include a beautifully finished 42" high table surface with raised-edge molding and a solid wood octagonal base supported by decorative wood corbels. Available in chestnut or espresso finishes.

# TRADITIONAL COLLECTION



#### TRADITIONAL PLAYER'S CHAIR

Take a seat while your opponent tries to run the table. Featuring a plush seat and back, a drink coaster built into one arm and cue holder in the other, the Traditional Player's Chair is the perfect place to wait your turn. You'll sit high enough to see all the action with its 26.5" seat height. Offered in a beautiful chestnut or espresso finish.





#### TRADITIONAL PUB TABLE

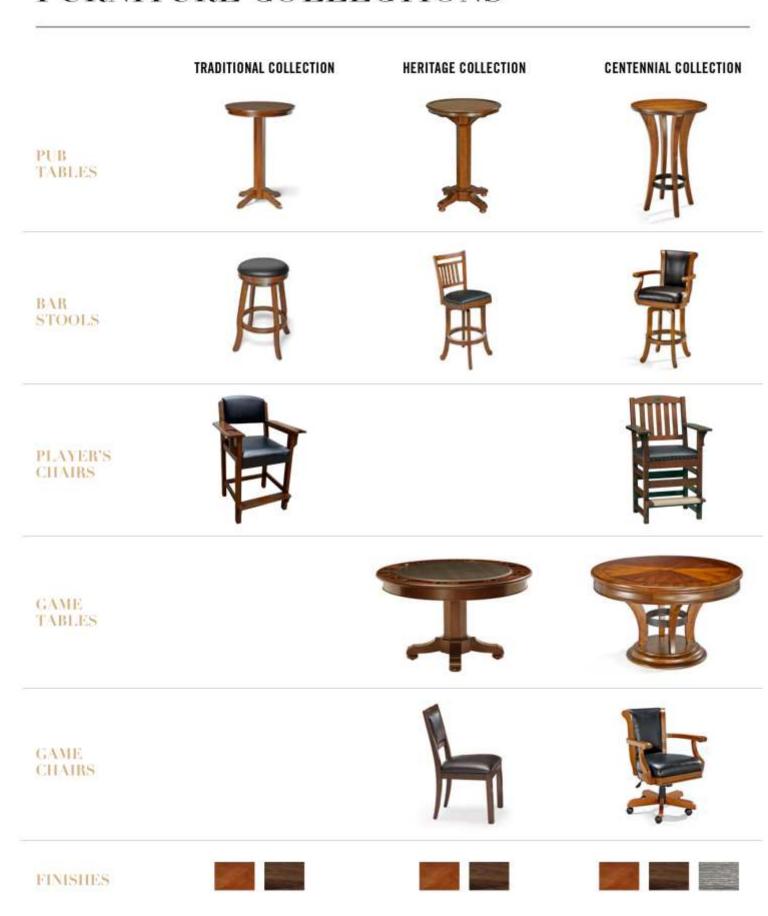
With timeless style and comfort, the Traditional Pub Table completes any game room setting. This table features a 30" round top with a smooth finish, a 42" height, and an eclectic prism-shaped solid wood pedestal and base. Available in a rich chestnut or espresso finish.



## TRADITIONAL BACKLESS PUB STOOLS

Constructed from solid wood with a cushioned seat that swivels, the Traditional Backless Pub Stools perfectly complement your favorite billiard table or other game room furnishings. You'll sit comfortably on the 30" high seat of man-made materials. Available in a rich chestnut or espresso finish.

# **FURNITURE COLLECTIONS**



# DARTBOARD CABINETS





#### TRADITIONAL DARTBOARD CABINETS

The Brunswick dartboard cabinet doors feature double chalk scoreboards, magnetic catches, chalk groove, and dart holders for storage. Features a cork backboard for steel-tip darts. Cabinet holds most steel- and soft-tip darts. Constructed of hardwood and hardwood veneers. Dartboard and darts not included.

Dimensions (L x W x D) 37" x 30.5" x 7.5"

Weight 53 lbs

Finish Options Chestnut, Espresso

# **SHELVES**



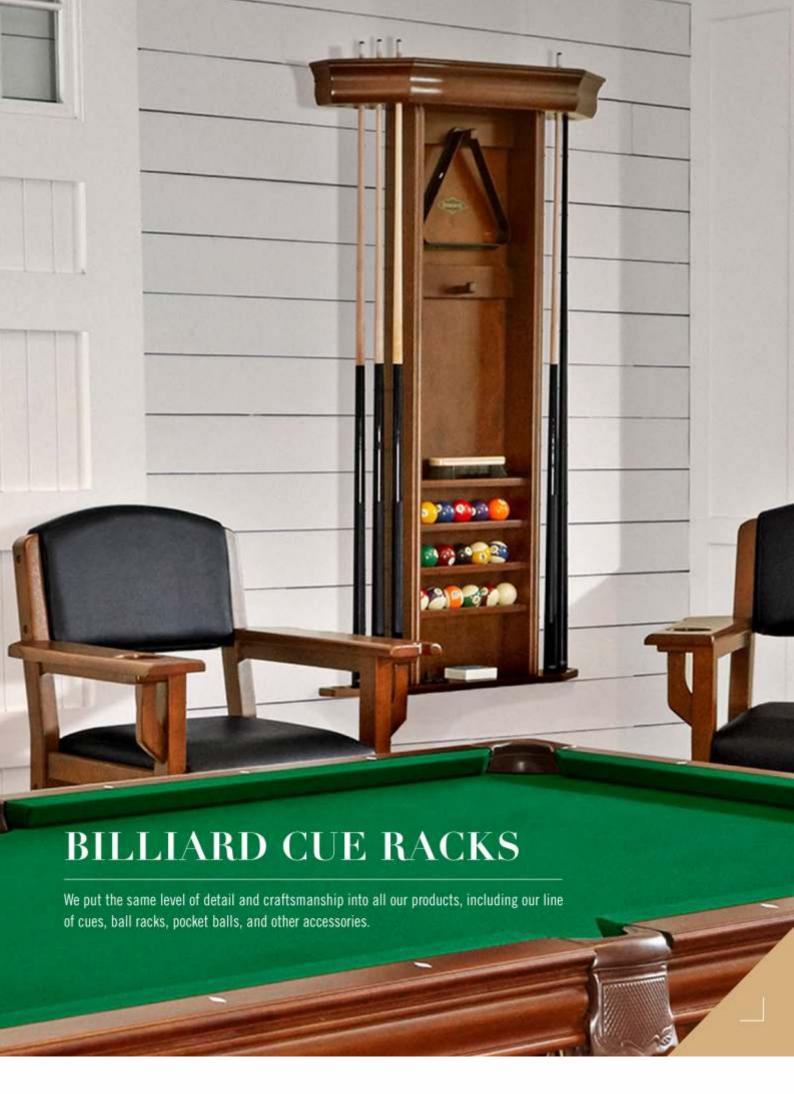
#### COLONIAL" HALF-ROUND PUB SHELF

A beautiful design that provides a convenient place to set down a drink or snack without taking up floor space. Measures 30" W x 15" D. Includes two notches to hold cues. Available in traditional cherry veneer.



#### COLONIAL" CORNER PUB SHELF

Add a touch of ingenuity to your game room with this spacesaving corner shelf. Measures 18" D. Includes four notches to hold cues. Available in chestnut veneer.



# FLOOR CUE RACKS



#### CENTENNIAL" FLOOR RACK

This free standing floor rack holds up to eight cues. Available in chestnut and espresso (shown) finishes.



#### HERITAGE" FLOOR RACK

This freestanding floor rack is designed to hold up to eight cues, two ball racks, chalk, table brush, and additional accessories. Available in chestnut, espresso, matte black, driftwood, rustic grey (shown) and tuscana finishes.

# WALL CUE RACKS



## CENTENNIAL" WALL RACK

Shorter in height, this rack will fit into many room settings — 61" H x 35" W. Available in chestnut (shown) and espresso finishes.



#### HERITAGE" WALL RACK

Round out your Heritage collection or accent your existing decor with this beautiful closed back transitional wall rack. The distinguished Louis-Philippe style angled header panel crowns storage for eight cues or seven cues and one bridge, 8-ball rack, 9-ball rack, set of billiard balls, brush, and chalk. Available in chestnut (shown) and espresso finishes.



# GOLD CROWN\* WALL RACK

Styled after the world class Gold Crown table, this rack holds up to 12 cues and is available in mahogany (shown) or black, matching the finishes of the Gold Crown table.



# TRADITIONAL" WALL RACK

Simple styling and clean lines. Holds up to eight cues or seven cues and a bridge stick. Available in chestnut (shown) and espresso finishes.



## BIRMINGHAM" WALL RACK

A match to the Birmingham billiards table, the Birmingham wall rack features the same rustic Charcoal finish and industrial design elements. Includes a decorative iron plate with the Brunswick Billiards mark. Designed to hold eight cues or seven cues and the bridge stick. Available in charcoal finish.



### BRIXTON" WALL RACK

The perfect complement to the Brixton billiards table featuring the same antiqued finish, contemporary "X" design, and hammered metal details. Holds eight cues or seven cues and one bridge. Available in driftwood finish.



### BROOKLYN" WALL BACK

The complementary wall rack to the Brooklyn billiards table features the same silver stretcher bars and unique finish. Designed to hold eight cues or seven cues and one bridge. Available in matte black wire-brush finish.



## CANTON" WALL BACK

Rustic-meets-industrial charm with the Park Falls billiards table and matching wall cue rack. Designed to hold eight cues or seven cues and one bridge, the Canton wall rack is available in black forest or rustic grey finish (shown).



## MACKENZIE" WALL BACK

A unique balance between traditional and contemporary styling, the Mackenzie wall rack is perfectly balanced with the stunning finish and profile of the Mackenzie pool table. Holds up to eight cues or seven cues and a bridge stick, Available in aged linen finish.



## MERRIMACK" WALL RACK

A perfect pair to the Merrimack billiards table featuring the same hand-rubbed finish and distinct accents — artisan joinery and hammered metal hardware. Holds eight cues or seven cues and one bridge. Available in nutmeg finish.



# METRO\*\* WALL RACK

Styled after the contemporary design of the Metro billiards table, the matching Metro wall cue rack holds up to eight cues. Available in black finish.



### PARK FALLS" WALL RACK

Refined style meets rustic materials in the Park Falls billiards table and matching wall cue rack. Holds up to seven cues plus the bridge stick. Available in greystone finish.



## SANIBEL" WALL BACK

A modern design with ultra clean lines and minimalist aesthetic, the Sanibel wall rack complements the Sanibel billiards table. Designed to hold up to seven cues plus the bridge stick. Available in rustic gray finish.



# TREVISO\*\* WALL BACK

A match to the Treviso billiards table, this rack features an arch design. Designed to hold up to seven cues plus the bridge stick. Available in espresso finish.





#### INFERNO SERIES CUE COLLECTION

Exhibiting meticulous craftsmanship, the INFERNO SERIES Cue Collection by Brunswick Billiards is constructed with Canadian Maple and stainless steel Uni-Loc joints. This first-class cue series makes a statement at any level of play.





#### FIRE SERIES CUE COLLECTION

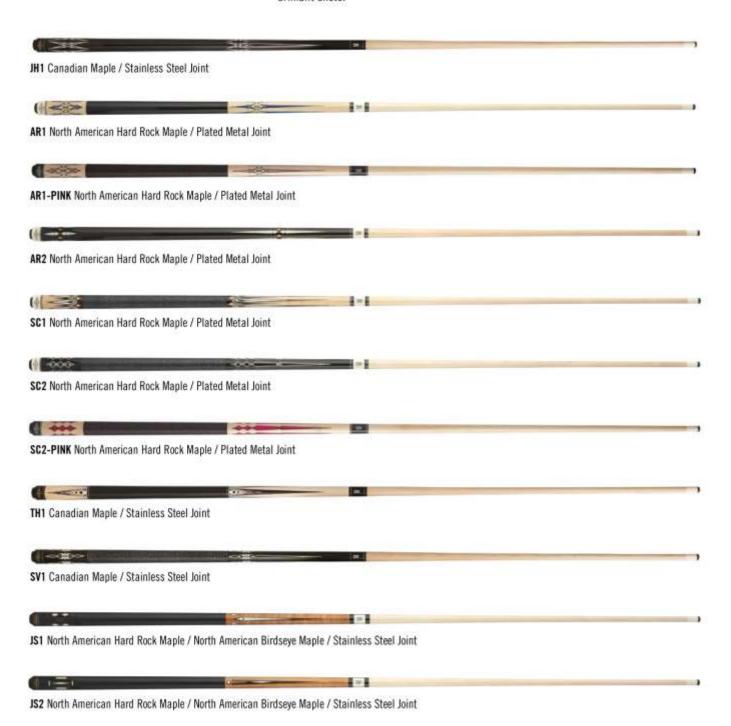
The FIRE SERIES Cue Collection by Brunswick Billiards features piloted joint two-piece construction, expertly weighted and balanced for smooth play and brilliant shots. By any definition, an exceptional series of cues.



# SMOKE SERIES Brunswick

#### SMOKE SERIES CUE COLLECTION

A great quality two-piece cue for any recreational billiard enthusiast, the SMOKE SERIES Cue Collection by Brunswick Billiards is expertly weighted and balanced for smooth play and brilliant shots.



#### GOLD CROWN CUE COLLECTION

To commemorate the Gold Crown billiards table, Brunswick Billiards created a special series of cues. Three styles of cues are offered, all worthy of the Gold Crown heritage, featuring cutting edge technology and a laser engraved Brunswick logo.



#### dos della cionii Alliintersary cue

#### BRUNSWICK CUE COLLECTION

Brunswick offers a range of cues for the billiards enthusiast. From the one-piece Tru-Balance™ cue to the top-quality Master Stroke™ cue, you are sure to find a cue to fit your needs.



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## PLAY PACKAGES

#### CENTENNIAL." PLAY PACKAGE

Featuring our premium billiard accessories, this set includes everything you need to play the game. Contents include:

- . "Getting Started" instructional DVD
- · Centennial® pocket balls
- Four Centennial<sup>®</sup> cues
- · Two-piece short cue
- · Two-piece bridge stick
- · Brass bridge head

- · Big Break® rack
- · Nine-ball rack
- · Table brush
- · Twelve pieces of chalk
- . Official BCA Rule Book



#### HERITAGE" PLAY PACKAGE

The Heritage package includes:

- · Heritage® pocket balls
- · Four Heritage® cues
- . Two-piece short cue
- · Two-piece bridge stick
- Brass bridge head

- · Big Break® rack
- · Table brush
- · Twelve pieces of chalk
- · Official BCA rule book



#### TRADITIONAL PLAY PACKAGE

The Contender package includes:

- Set of standard billiard balls
- Four 58" Contender® two-piece cues
- · Two-piece bridge stick
- · Plastic bridge head
- · 8-ball rack
- · Plastic table brush
- · Twelve pieces of chalk





# **BILLIARDS BALLS**



## CENTENNIAL" POCKET BALLS PREMIUM EDITION

Ground and polished for absolutely true and accurate roll. Constructed of 100% phenolic resin for uniform density. Centennial balls are ground and polished to radial tolerances of 0.001 of an inch. These balls represent the standard of



## HERITAGE" POCKET BALLS

Heritage pocket balls are designed for daily use. Made with high quality phenolic resin, Heritage balls are ground and polished to radial tolerances of 0.003 of an inch, for accurate, reliable performance.



## TRADITIONAL POCKET BALLS

Traditional pocket balls are designed for regular use. Made with polyester, Traditional balls are ground and polished to radial tolerances of 0.003 of an inch, for accurate, reliable performance.

# BILLIARDS TABLE COVERS

Man-made leather, available in black or brown, with a 34" wide embossed Brunswick logo. Available in Standard to fit standard seven-, eight-, and nine-foot size billiard tables; Square Corner to fit square corner eight- and nine-foot size enclosed pocket billiard tables; and V-Corner to fit commercial design billiard tables. Custom sizes available through special order.





# BILLIARDS ACCESSORIES



## 9-BALL RACK

The nine ball rack is constructed of UV coated solid maple, with reinforced corners and dowel peg joinery.



#### BIG BREAK® RACK

Constructed of UV coated solid maple, with reinforced corners and dowel peg joinery, the Big Break rack is engineered to give you a tight fit for those breaks that count.



### BILLIARD CHALK 12-PIECE, BLUE

While deep in color, this chalk is lightly pigmented. It is manufactured from the finest velvet-grade silica, ensuring maximum adherence and friction qualities.

# **BILLIARDS ACCESSORIES**



#### SOLID BRASS BRIDGEHEAD

The heavy-duty forged brass bridge head has wide slots for better cue control, rubber footings for stability, and it selfscrews onto the bridge cue.



#### BILLIARD BALL POLISH

Keep your balls playing their best with Brunswick Billiard Ball Polish and Cleaner. Formulated specifically for phenolic resin balls to keep them clean, polished and static free.



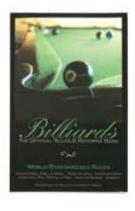
#### NATURAL HAIR TABLE BRUSH

Features naturally resilient hair bristles that are gentle on your billiard cloth and designed to reach hard to get areas such as under your table cushions.



#### BLUE DIAMOND CUE TIPS

Brunswick Billiards Blue Diamond cue tips are made from specially selected and treated leather and are infused with chalk. This creates a firm compressed cue tip for superb performance and playability time and time again. Available in size 9, 10, and 11.



## BCA RULE BOOK

The official rules of the Billiard Congress of America. World standardized rules for 8-Ball, 9-Ball, 14.1, One Pocket, and many other popular games. Also included are BCA Hall of Fame biographies, tournament results and records, and instructional tips.

# **BILLIARDS ACCESSORIES**



### GETTING STARTED INSTRUCTIONAL DVD

Getting Started DVD starring Ewa Mataya Laurance, a Brunswick Billiards exclusive! This DVD, starring Hall of Fame member Ewa Mataya Laurance, is jammed packed with exceptional information designed to get you started playing pool the right way. Includes information on the history of the game, caring for your billiard equipment and table, the fundamentals of how-to-play, game rules, practice drills and trick shots. This instructional DVD is a must have for all new and veteran players.

## TWO-PIECE BRIDGE STICK

Two piece bridge stick. Solid brass bridgehead sold separately.



#### TWO-PIECE 48" CUE

This 48" cue is perfect for shots in tight corners or for those times you need the control and balance of a short cue.



### BRUNSWICK JUNIOR CUE

Help young beginners have fun and gain confidence while they learn the game. This unique, one-piece, 38" junior cue features an attached cue ball, so even first-timers can succeed. Perfectly scaled and built with the same high quality materials and craftsmanship as our standard cues.

