

# HAMMER STRENGTH®



# 2022 PRODUCT CATALOG

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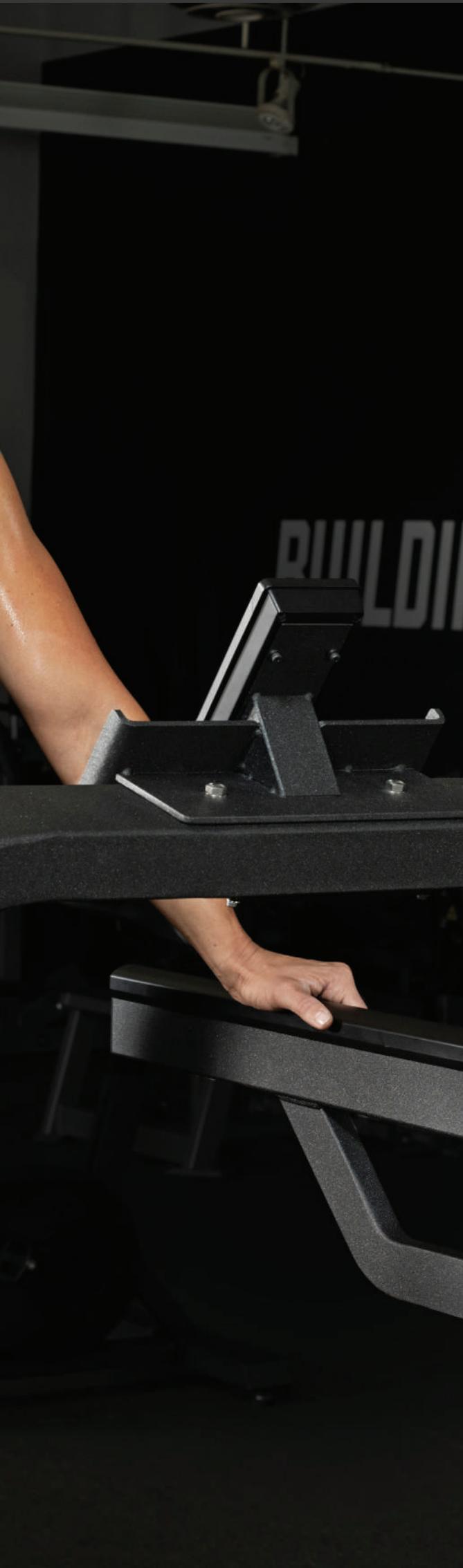
**HAMMER STRENGTH  
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# BUILT TO A HIGHER STANDARD

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

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

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

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

**HAMMER  
STRENGTH®**



# HAMMER STRENGTH STARTS WITH HERITAGE

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

HAMMERS

# 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*

STRENGTH



**HAMMER  
STRENGTH**

# BUILDING CHAMPIONS

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

## PERFORMANCE FACILITIES



**LOUISIANA STATE UNIVERSITY**  
Baton Rouge, Louisiana



**CLEMSON UNIVERSITY**  
Clemson, South Carolina



# POWERFUL PERFORMANCE

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.

But it isn't reserved just for professional training facilities or college weight rooms. Everyday athletes benefit from the same superior biomechanics 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.



## ROTOWN PERFORMANCE TRAINING CENTER

Barendrecht, Netherlands



## CLEVER FIT

Schorndorf, Germany



# PERFORMANCE TRAINERS

Create a no-limits experience for your athletes and exercisers. Maximum speed sprinting with the HD Tread, total body intervals on the HD Bike, and non-impact resisted drive on the HD SPARC. Redefine the performance experience.



---

## HD TREAD

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



## HD SPARC

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



## HD AIR BIKE

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





# HAMMER STRENGTH SELECT

## TOUGH ENOUGH TO COMPLETE THE HAMMER STRENGTH FAMILY

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

## HAMMER STRENGTH 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 DELTOID / 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**





# MOTION TECHNOLOGY SELECTORIZED

## SMOOTH, BIOMECHANICALLY SOUND AND EXTREMELY EFFECTIVE

MTS delivers the effective Iso-Lateral<sup>®</sup> motion pioneered and patented by Hammer Strength plate-loaded equipment with the convenience of selectorized weight stacks.

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



**MTS**



**ABDOMINAL CRUNCH**  
/ MTSAB



**ISO-LATERAL  
BICEPS CURL** / MTSBC



**ISO-LATERAL  
CHEST PRESS** / MTSCP



**ISO-LATERAL  
DECLINE PRESS** / MTSDP



**ISO-LATERAL  
SHOULDER PRESS** / MTSSP



**ISO-LATERAL TRICEPS  
EXTENSION** / MTSTE



**ISO-LATERAL  
LEG EXTENSION** / MTSLE



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



**ISO-LATERAL FRONT  
PULLDOWN / MTSFP**



**ISO-LATERAL HIGH ROW  
/ MTSHR**



**ISO-LATERAL INCLINE  
PRESS / MTSIP**



**ISO-LATERAL ROW  
/ MTSRW**





## 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  
ROW / IL-ROW**



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



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



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



**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**



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



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



**GLUTE DRIVE / PL-GLD**



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



**ABDOMINAL OBLIQUE CRUNCH / PL-AB**



**GRIPPER / PL-GRIP**



**PLATE-LOADED**



**VERTICAL SMITH  
MACHINE / HSMV**



**SMITH MACHINE / HSSM**



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



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



**LINEAR LEG PRESS  
/ HSLLP**



**SEATED CALF RAISE  
/ PL-CALF**



**SEATED LEG CURL / PL-SLC**



**SUPER HORIZONTAL CALF  
/ PLSHC**



**ISO-LATERAL  
LEG PRESS / IL-LP**



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



**LEG EXTENSION / PL-LE**



**LEG PRESS / PL-LP**



**BELT SQUAT  
/ PL-BSQ**



**LINEAR HACK PRESS  
/ PL-LHS-01**



**TIBIA DORSI FLEXION  
/ PL-TIB**



**V-SQUAT / PL-VSQ**



# GROUND BASE

## PLATE-LOADED POWER BUILT FROM THE GROUND UP

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

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



## GROUND BASE



COMBO DECLINE / GB-CD



COMBO INCLINE / GB-CI



COMBO TWIST / GB-CT



JAMMER / GB-J



SQUAT HIGH PULL  
/ GB-SHP



SQUAT LUNGE / GB-SL



TWIST LEFT / GB-TL



TWIST RIGHT / GB-TR





# HD ATHLETIC PRO

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

## HD Athletic Pro 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 Pro 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 suspension training, bodyweight training and more. Open space underneath can be used for a variety of group exercise options.

# HD ATHLETIC PRO RACKS



POWER RACK / HDT-PR



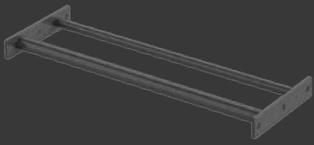
COMBO RACK / HDT-HRHR



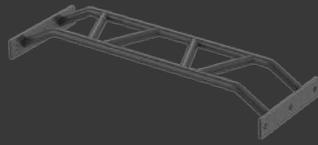
HALF RACK / HDT-HR



## HALF RACK / POWER RACK REAR XMEMBERS

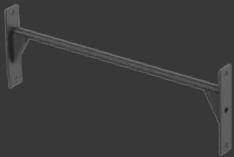


**THICK SKINNY SHORT**  
/ HDT-XM42-TS

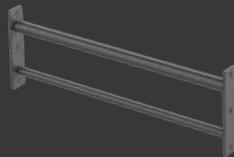


**MULTI-GRIP**  
/ HDT-XM42-MG

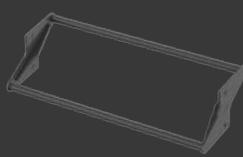
## POWER RACK FRONT XMEMBERS



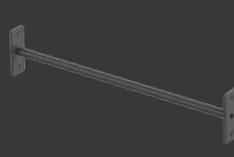
**STRAIGHT BAR**  
/ HDT-XM42-SB



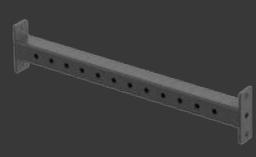
**THICK SKINNY**  
/ HDT-XM42-TS



**OFFSET BAR**  
/ HDT-XM42-OB

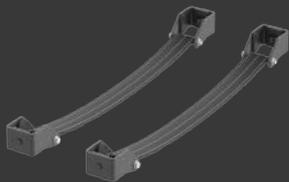


**MONKEY BAR**  
/ HDT-XM42-MB



**SQUARE**  
/ HDT-XM42-SQ

## RACK ATTACHMENTS / STORAGE / BENCHES



**POWER RACK FLEXIBLE  
BAR CATCH PAIR**  
/ HDT-PR-FBC



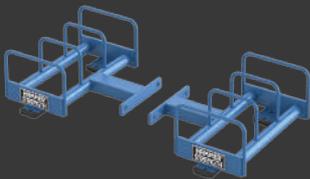
**BAND PEG PAIR** / HDT-BP



**POWER PIVOT™** / HDT-PP



**DIP HANDLE** / HDT-DIP



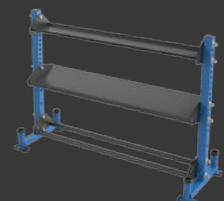
**RACK BUMPER PLATE  
STORAGE** / HDT-RBPS



**WING\***  
/ HDT-WING-42  
/ HDT-WING-72

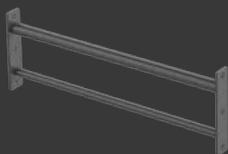


**4' FREESTANDING  
STORAGE\*** / HDT-FSS4

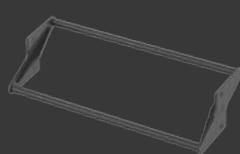


**6' FREESTANDING  
STORAGE\*** / HDT-FSS6

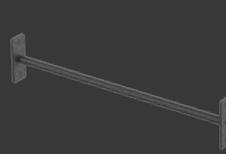
## RACK CONNECTORS



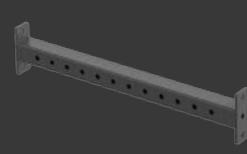
**THICK / SKINNY**  
/ HDT-XM42-TS  
/ HDT-XM72-TS



**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



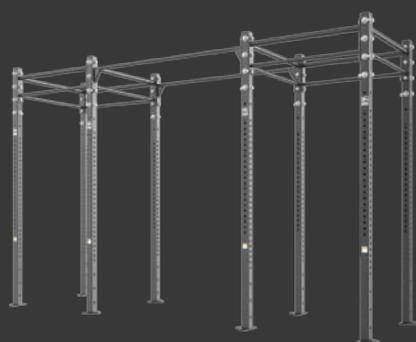
**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB



**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ

# HD ATHLETIC PRO RIGS

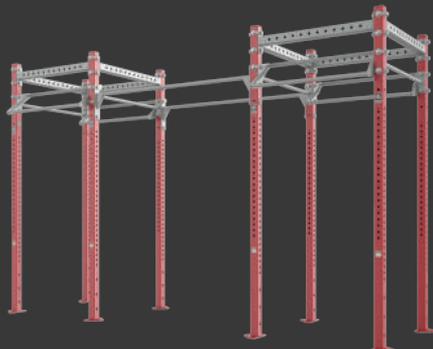
## BASE RIG OPTIONS



### BASIC

/HDT-RIG-BSC

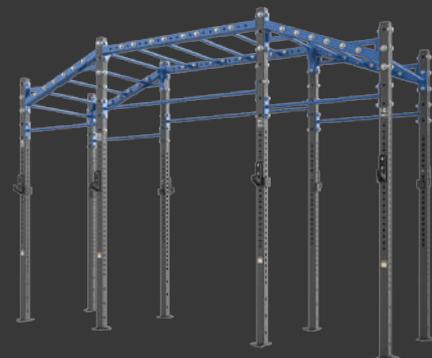
Cost-effective and extremely durable starting block with unlimited options.



### BOX

/HDT-RIG-BOX

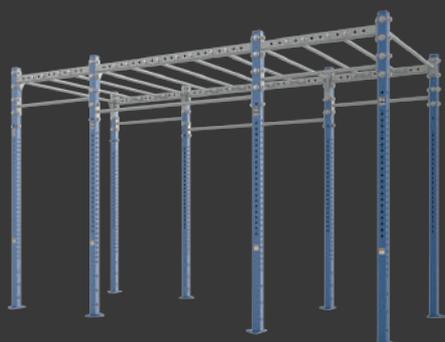
More structure and rigidity for extreme durability while keeping configuration options open.



### ANGLED MONKEY BAR

/HDT-RIG-AMKY

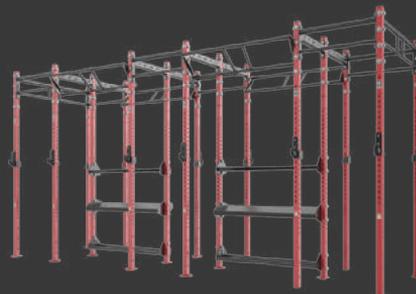
Ascending and descending monkey bar rig for additional difficulty and variety from the straight monkey bar.



### STRAIGHT MONKEY BAR

/HDT-RIG-MKY

Industrial monkey bar rig for free weights, storage, wall training, suspension and other applications.



### CENTER STORAGE

/HDT-RIG-STOR

Create a specific and compact performance space. Ample storage is in the center of the rig, which allows for a full combination of training around the rig with accessories in the middle.



## RIG ATTACHMENTS



**POWER PIVOT™**  
/ HDT-PP



**DIP HANDLE**  
/ HDT-DIP



**WING\***  
/ HDT-WING-42  
/ HDT-WING-72



**BAR CATCH PAIR**  
/ HDT-HR-BC



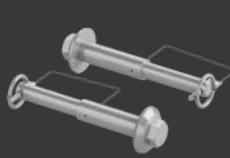
**STEP**  
/ HDT-STEP



**BAR SUPPORT PAIR**  
/ HDT-PR-BS



**RIG BAR STORAGE**  
/ HDT-BS



**BAND PEG PAIR**  
/ HDT-BP



**WALL BALL TARGET**  
/ HDT-WBT



**HEAVY BAG HANGER**  
/ HDT-HBH

## UPRIGHTS



**8' UPRIGHT**  
/ HDT-FSR-8U

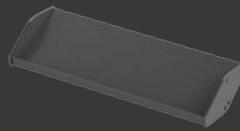


**9' UPRIGHT**  
/ HDT-FSR-9U

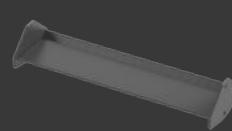


**10' UPRIGHT**  
/ HDT-FSR-10U

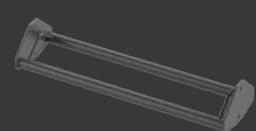
## STORAGE CONNECTORS (AVAILABLE IN 72" AND 42")



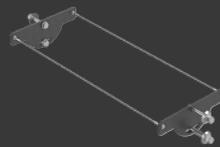
**DUMBBELL TRAY**  
/ HDT-SM42-DBT  
/ HDT-SM72-DBT



**ACCESSORY TRAY**  
/ HDT-SM42-ACT  
/ HDT-SM72-ACT

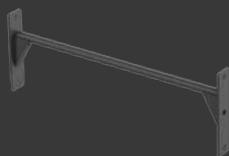


**2 PIPE**  
/ HDT-SM42-2P  
/ HDT-SM72-2P

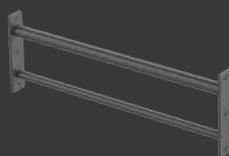


**STABILITY BALL STORAGE**  
/ HDT-SM42-SBS  
/ HDT-SM72-SBS

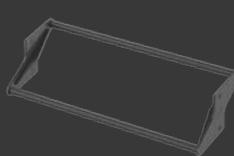
## RIG XMEMBERS (AVAILABLE IN 72" AND 42")



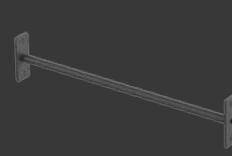
**STRAIGHT BAR**  
/ HDT-XM42-SB  
/ HDT-XM72-SB



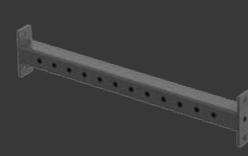
**THICK / SKINNY**  
/ HDT-XM42-TS  
/ HDT-XM72-TS



**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB



**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ

Call for pricing and additional configurations.

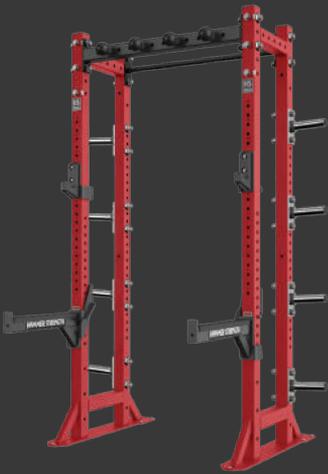
\* With attachments, rack configurations are required to be bolted to floor

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

\*\*\*All rig configurations are required to be bolted to floor

Images not to scale. Products subject to change.

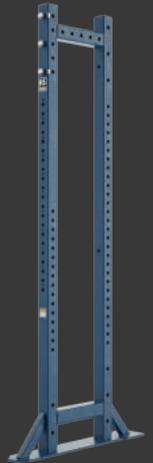
# HD ATHLETIC PERIMETER



4' PERIMETER UNIT



14' PERIMETER SYSTEM



SIDE FRAME  
/ HDT-PSF



## PERIMETER ATTACHMENTS



**POWER PIVOT™**  
/ HDT-PP



**DIP HANDLE**  
/ HDT-DIP



**BAR CATCH PAIR**  
/ HDT-HR-BC



**BAR SUPPORT PAIR**  
/ HDT-PR-BS



**RIG BAR STORAGE**  
/ HDT-BS



**BALL GRIPS PAIR**  
/ HDT-BG3



**HEAVY BAG HANGER**  
/ HDT-HBH



**ARC BAR** / HDT-ARC

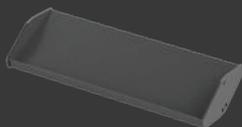


**NEUTRAL GRIPS PAIR**  
/ HDT-NG



**WALL BALL TARGET**  
/ HDT-WBT

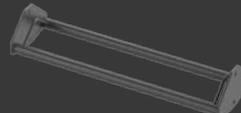
## STORAGE CONNECTORS (AVAILABLE IN 42" AND 72")



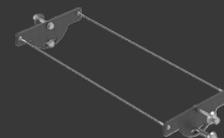
**DUMBBELL TRAY**  
/ HDT-SM42-DBT  
/ HDT-SM72-DBT



**ACCESSORY TRAY**  
/ HDT-SM42-ACT  
/ HDT-SM72-ACT

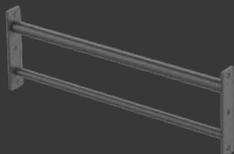


**2 PIPE**  
/ HDT-SM42-2P  
/ HDT-SM72-2P

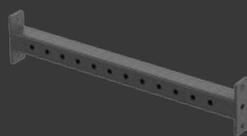


**STABILITY BALL STORAGE**  
/ HDT-SM42-SBS  
/ HDT-SM72-SBS

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



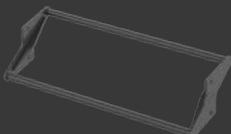
**THICK / SKINNY**  
/ HDT-XM42-TS  
/ HDT-XM72-TS



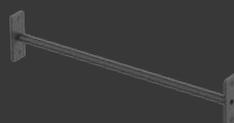
**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ



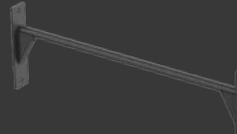
**SUSPENSION CHIN**  
/ HDT-XM42-SC  
/ HDT-XM72-SC



**OFFSET BAR**  
/ HDT-XM42-OB  
/ HDT-XM72-OB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB



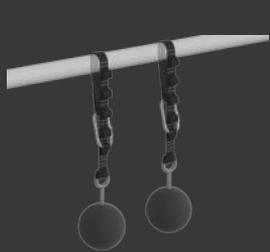
**STRAIGHT BAR**  
/ HDT-XM42-SB  
/ HDT-XM72-SB

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

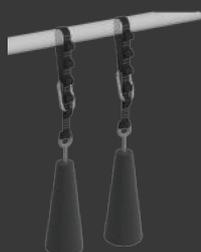
\* With attachments, rack configurations are required to be bolted to floor  
\*\*All rig configurations are required to be bolted to floor



## HANGING ACCESSORIES



**HANGING SPHERE SET**  
/ ACC-HA-1000-01



**HANGING CONE SET**  
/ ACC-HA-1001-01



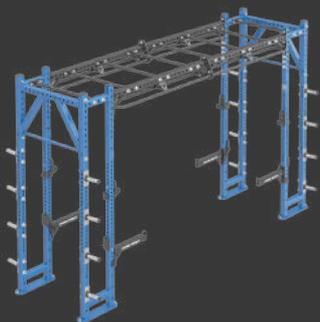
**HANGING PIPE SET**  
/ ACC-HA-1002-01



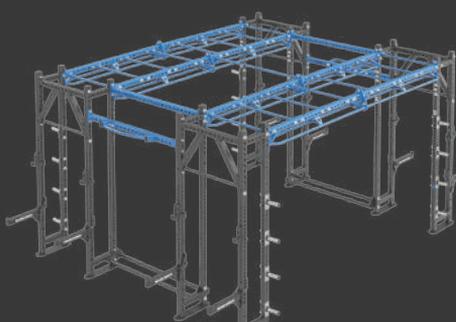
**HANGING RING SET**  
/ ACC-HA-1003-01

## HD ATHLETIC BRIDGE

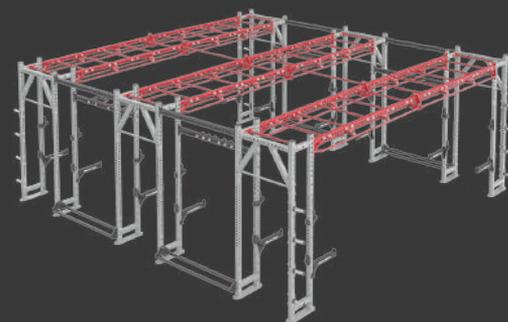
### SAMPLE CONFIGURATIONS\*



SINGLE

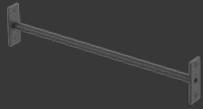


DOUBLE



TRIPLE

## MONKEY BARS



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB



**MONKEY BAR**  
/ HDT-XM42-MB  
/ HDT-XM72-MB

## BAR SUPPORT AND CATCHES

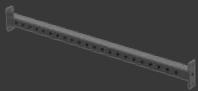


**BAR CATCH PAIR**  
/ HDT-HR-BP

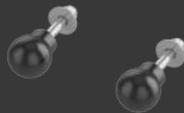


**BAR SUPPORT PAIR**  
/ HDT-PR-BS

## SQUARE XMEMBER AND CONNECTORS



**SQUARE**  
/ HDT-XM42-SQ  
/ HDT-XM72-SQ



**BALL GRIPS PAIR**  
/ HDT-BG3

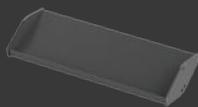


**NEUTRAL GRIPS PAIR**  
/ HDT-NG



**ARC BAR**  
/ HDT-ARC

## STORAGE CONNECTORS (LENGTH: 72")



**DUMBBELL TRAY**  
/ HDT-SM42-DBT  
/ HDT-SM72-DBT



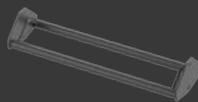
**ACCESSORY TRAY**  
/ HDT-SM42-ACT  
/ HDT-SM72-ACT



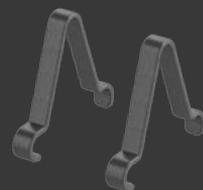
**POWER PIVOT**  
/ HDT-PP



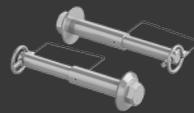
**BAR STORAGE**  
/ HDT-BS



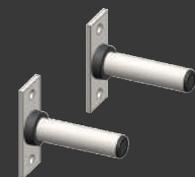
**2 PIPE**  
/ HDT-SM42-2P  
/ HDT-SM72-2P



**BUMPER PLATE PAIR  
DIVIDER** / HDT-BP



**BAND PEG PAIR**  
/ HDT-BP

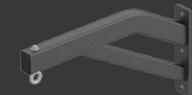


**WEIGHT HORN PAIR**  
/ HDT-WH



**WALL BALL TARGET**  
/ HDT-WBT

**HEAVY BAG HANGER**  
/ HDT-HBH



**STABILITY BALL STORAGE**  
/ HDT-SM42-SBS  
/ HDT-SM72-SBS



**DIP HANDLE**  
/ HDT-DIP



**STEP**  
/ HDT-STEP



# HD ELITE

## RUGGED VERSATILITY

HD Elite™ Racks are built after their namesakes—the elite. And they're put to the test to endure everything elite athletes can throw at them. Rigorous testing makes these racks a testament to the Hammer Strength Standard.

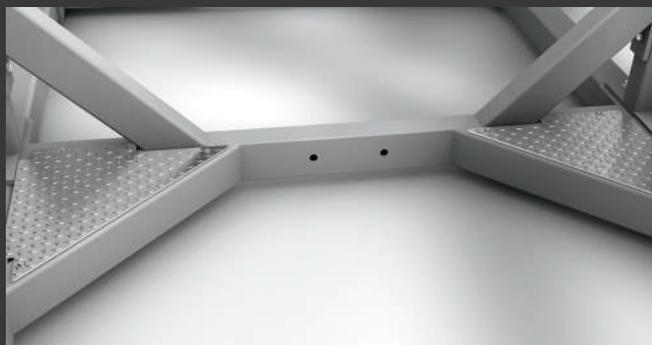
Built to endure performance strength training from individuals to classes that want to turn their training up a notch.

## STRUCTURAL PERFORMANCE 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

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## STAND-ALONE RACKS (EXAMPLE CONFIGURATIONS)



**HALF RACK LONG BASE / HDHRL**



**MULTI-RACK / HDLMR**



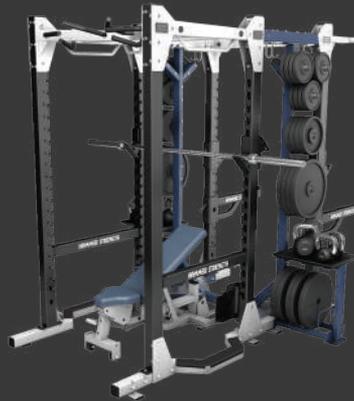
**POWER RACK / HDLPR**

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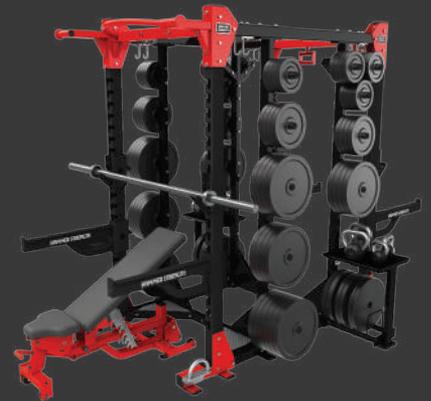
## COMBO RACKS (EXAMPLE CONFIGURATIONS)



**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**

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## CABLE STATIONS



**HD ELITE DUAL ADJUSTABLE  
PULLEY / HDLDAP**



**HD ELITE PULLDOWN  
/ HDLPD**

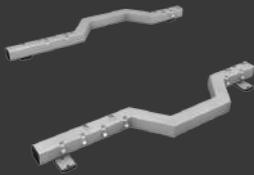


**HD ELITE ROW  
/ HDLRW**



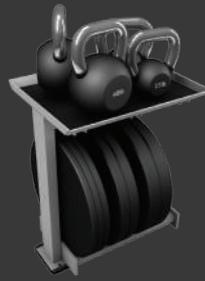
**HD ELITE DUAL  
PULLDOWN ROW  
/ HDLDPR**

## 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



### BUMPER STORAGE AND TRAY

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



### ACCESSORY STORAGE/ DIP STATION / HDLADS

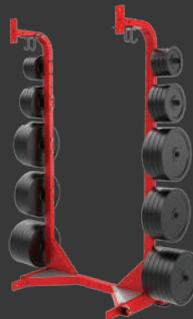
- Store four HD Elite accessories
- Add HD Elite Dip Handle to create a dip station 50" L x 49" W x 70" H (127 cm L x 145 cm W x 118 cm H)
- 128 lbs (58.5 kg)

Shown with optional HD Elite Dip Handle\*



### 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 W x 119 cm L x 118 cm H)
- 199 lbs (90.5 kg)



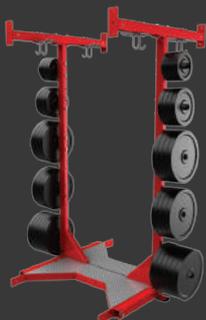
### STAND-ALONE STORAGE / HDLSTOR-SA

- 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



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

- 10 standard weight horns
- Increased room for spotting



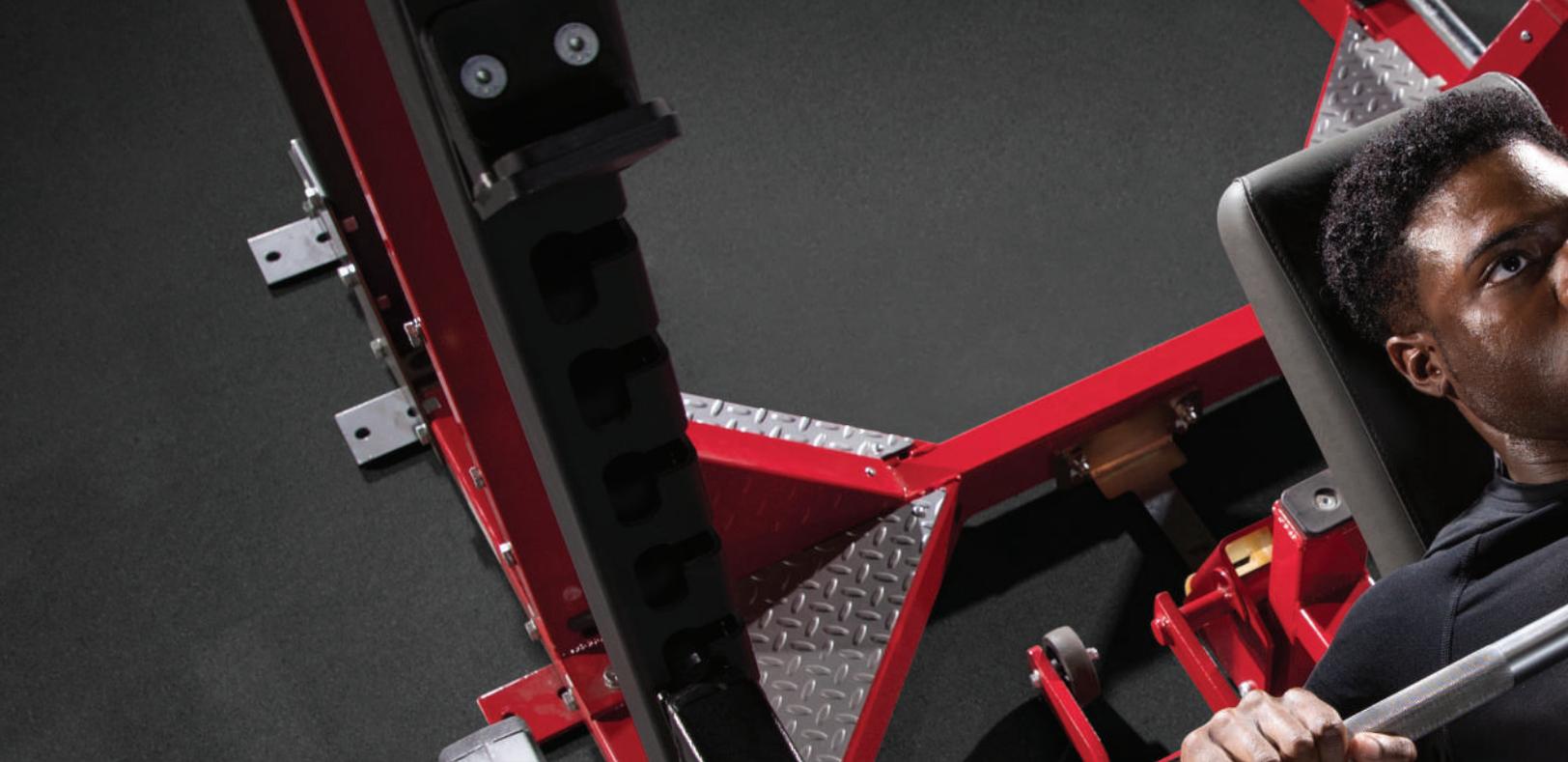
### COMBO STORAGE – MEDIUM SINGLE / HDLSTOR-MS

- 10 standard weight horns
- Increased room for spotting

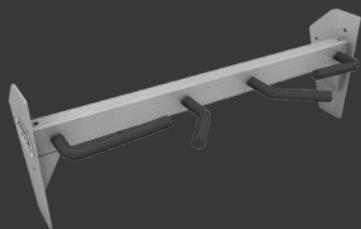


### COMBO STORAGE – LONG DOUBLE / HDLSTOR-LD

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



## PULL-UP BARS



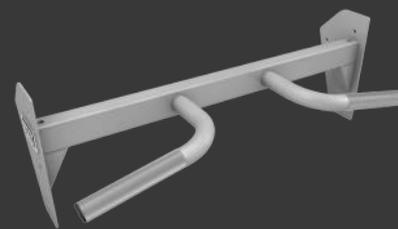
### 2-HANDLE PULL-UP / HDL2PU

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



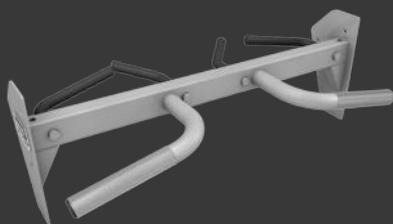
### 3-HANDLE PULL-UP / HDL3PU

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



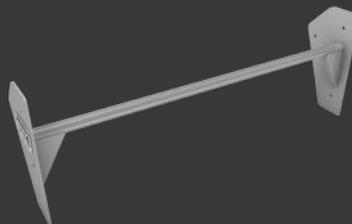
### THICK GRIP PULL-UP / HDLTPU

- 2" (5 cm) diameter knurled grips



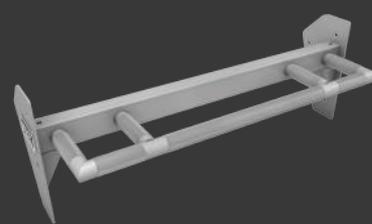
### DUAL PULL-UP / HDLDPU

- 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



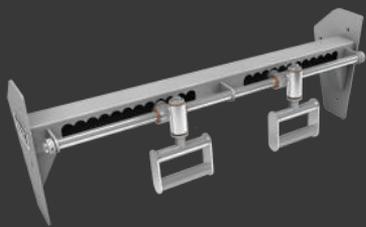
### STRAIGHT BAR PULL-UP / HDLSSPU

- 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 (HDLTPU)



**ROTATING CHIN-UP / HDLRCU**

- Chrome handles simply slide laterally for multi-position movements



**STRAIGHT THICK SIDE PULL-UP**

- 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



**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

• Several pull-up bar configurations available to customize your rack to meet your training needs

• Enhances the versatility of rack training systems

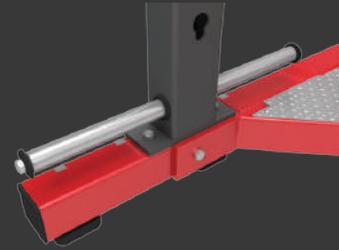
\* With attachments, rack configurations are required to be bolted to floor

## OPTIONAL ATTACHMENTS



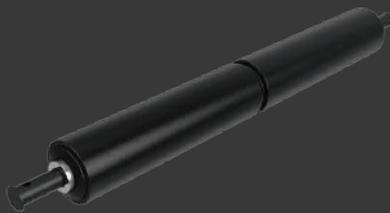
### POWER PIVOT / HDLPP

- 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 backward for storage when not in use
- Not available on the Half Rack Long Base



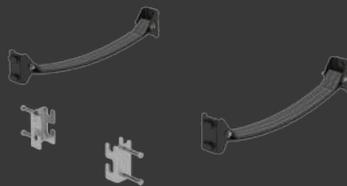
### SINGLE LEG SQUAT BAR / HDLSLS

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



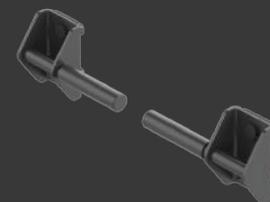
### REVERSE BAR SUPPORT PAIR / HDLRBS

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



### FLEXIBLE BAR CATCH PAIR / HDL-PR-FBC

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



### STABILITY SQUAT HANDLE PAIR / 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

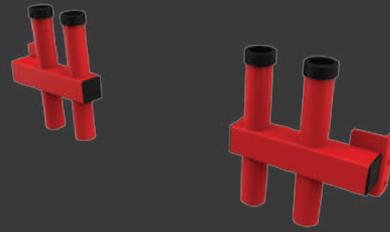


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### STEP-UP PLATFORM

/ 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



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### 4-BAR STORAGE

/ HDL4BS

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

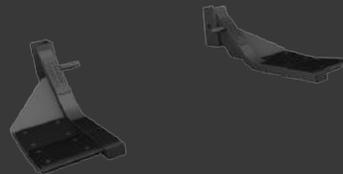


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### DIP HANDLES

/ HDLDIP-HR & HDLDIP-PRMR

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

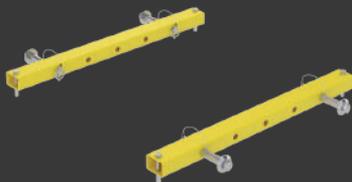


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### TECHNIQUE TRAY

/ HDLTT-HR & HDLTT-PRMR

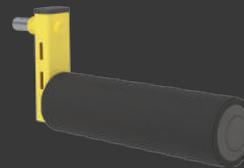
- Angled trays reduce movement of bumper plates when resting
- Replaceable rubber top surface landing area



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### PERPENDICULAR BAND PEG PAIR / 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 peg can be placed in any of five positions on standard, three positions on sumo



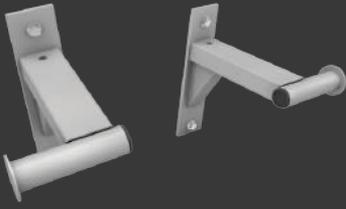
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### NORDIC HAM / HDL-NH

- 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

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## OPTIONAL ADD-ONS



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### TOP BAND PEG PAIR / HDLTBP

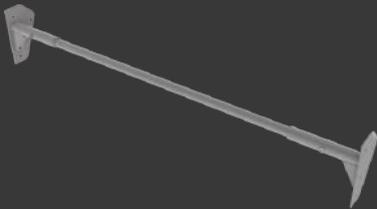
- Allows for over-speed training to develop both power and speed
- Available on all HD Elite Racks



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### BATTLE ROPE ATTACHMENT / HDLBSL

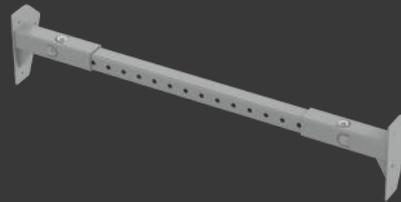
- Attaches to front of rack
- Compatible with all HD Elite Racks



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

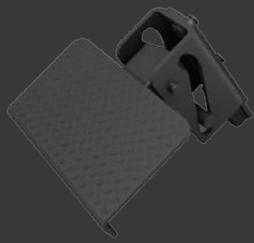
- Available in lengths that adjust from 6' to 7' and from 7' to 8'
- 2" (5 cm) diameter



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### RACK CONNECTOR – SQUARE / HDLRC-SQ

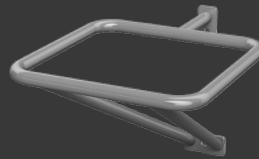
- Adjustable length
- Allows for attachment of ball and neutral grip pull-up options



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**SPOTTER PLATFORMS / HDLSP**

- Optimally positions the spotter for assisting in various pressing movements
- Quickly and easily flips up and down



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**TOP BALL STORAGE / HDLTBS**

- Convenient storage of stability balls



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**ARC BAR  
/ HDT-ARC**



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**NEUTRAL GRIP PAIR  
/ HDT-NG**



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**BALL GRIP PAIR  
/ HDT-BG3**



# BENCHES AND STORAGE

## SET UP YOUR PERFECT PERFORMANCE WORKOUT

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

## BENCHES AND STORAGE



**ADJUSTABLE BENCH**  
/ FWMAB



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



**FLAT BENCH** / FW-FB



**UTILITY BENCH-75°**  
/ FW-UB75



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



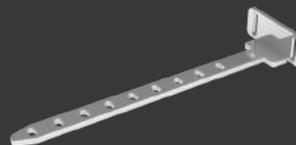
**ADJUSTABLE BENCH**  
/ HDLADJN

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



**ADJUSTABLE BENCH** / HDLADJ

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



**DOCK 'N LOCK** / HDL DL

- 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**



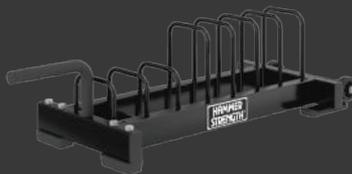
**GLUTE/HAM / BW-GH**



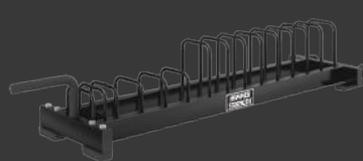
**SEATED ARM CURL / FW-AC**



**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**



**BACK EXTENSION / BW-BE**



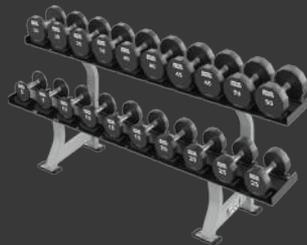
**4' FREESTANDING  
STORAGE  
/ HDT-FSS-4**



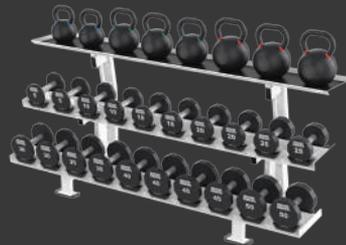
**6' FREESTANDING  
STORAGE  
/ HDT-FSS-6**



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



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



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





# HAMMER STRENGTH ACCESSORIES

## DURABLE BUILDING BLOCKS FOR A COMPLETE FACILITY

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

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

## BUMPERS



### URETHANE

Product	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

Product	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



### STANDARD RUBBER

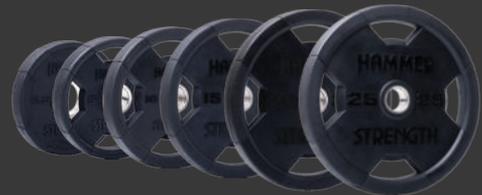
Product	Product Code
5kg; Black	HS-BP-3010-01
10kg; Black	HS-BP-3009-01
15kg; Black	HS-BP-3008-01
20kg; Black	HS-BP-3007-01
25kg; Black	HS-BP-3006-01

## OLYMPIC DISCS



### URETHANE OLYMPIC DISCS

Product	Product Code
OLYMPIC PLATE 1.25KG, URETHANE, RNDX	HS-OP-2102-01
OLYMPIC PLATE 2.5KG, URETHANE, RNDX	HS-OP-2103-01
OLYMPIC PLATE 5KG, URETHANE, RNDX	HS-OP-2104-01
OLYMPIC PLATE 10KG, URETHANE, RNDX	HS-OP-2105-01
OLYMPIC PLATE 15KG, URETHANE, RNDX	HS-OP-2106-01
OLYMPIC PLATE 20KG, URETHANE, RNDX	HS-OP-2107-01
OLYMPIC PLATE 25KG, URETHANE, RNDX	HS-OP-2108-01



### RUBBER OLYMPIC DISCS

Product	Product Code
OLYMPIC PLATE 1.25KG, RUBBER, RNDX	HS-OP-3102-01
OLYMPIC PLATE 2.5KG, RUBBER, RNDX	HS-OP-3103-01
OLYMPIC PLATE 5KG, RUBBER, RNDX	HS-OP-3104-01
OLYMPIC PLATE 10KG, RUBBER, RNDX	HS-OP-3105-01
OLYMPIC PLATE 15KG, RUBBER, RNDX	HS-OP-3106-01
OLYMPIC PLATE 20KG, RUBBER, RNDX	HS-OP-3107-01
OLYMPIC PLATE 25KG, RUBBER, RNDX	HS-OP-3108-01

## MISCELLANEOUS ACCESSORIES



### COLLARS

Product	Product Code
Spring	ACC-CL-1000-01
Lock-Jaw Oly 2	ACC-CL-1001-02



### TRAINING DISCS

Product	Product Code
Training Disc, 2.5KG	ACC-BP-4004-01
Training Disc, 5KG	ACC-BP-4003-01

# BARS



## 28mm MEN'S OLYMPIC WEIGHTLIFTING BARS

Product	Product Code
Competition - Stainless - Bearing - 20kg	HS-OB-1000-01
Training - Stainless - Bushing - 20kg	HS-OB-1001-01
Competition - Chrome - Mix Bearing - 20kg	HS-OB-1002-01
Competition - Chrome - Bearing - 20kg	HS-OB-1003-01
Training - Chrome - Bushing - 20kg	HS-OB-1004-01



## 25mm WOMEN'S OLYMPIC WEIGHTLIFTING BARS

Product	Product Code
Olympic - Stainless - Bushing - 15kg	HS-OB-4000-01
Competition - Chrome - Bearing - 15kg	HS-OB-4001-01
Olympic - Chrome - Bushing - 15kg	HS-OB-4002-01



## 29mm GYM AND POWER BARS

Product	Product Code
Power - Chrome - Bushing - 20kg	HS-OB-2001-01
Gym Bar - Chrome - Mix Bearing - 20kg	HS-OB-3000-01
Gym Bar - Chrome - Bushing - 20kg	HS-OB-3001-01



## CURL BARS

### Hammer Strength

Product	Product Code
Straight - Stainless Steel - Bushing	HS-OB-6000-01
EZ Curl - Stainless Steel - Bushing	HS-OB-6002-01
Straight - Chrome - Bushing	HS-OB-6005-01
EZ Curl - Chrome - Bushing	HS-OB-6004-01

### Standard

Product	Product Code
Straight - Chrome - Bushing	HS-OB-6001-01
EZ Curl - Chrome - Bushing	HS-OB-6003-01



## HEX BAR

Product	Product Code
Hex Bar - Black - 60 lbs	ACFT-HX-1000-01



## TRAINING BARS

Product	Product Code
Training - Chrome - Bushing - 10kg	HS-OB-5000-01
Training Bar - Aluminum - Bushing - 5kg	HS-OB-5001-01

## DUMBBELLS



### URETHANE DUMBBELLS

Product	Product Code
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 DUMBBELLS

Product	Product Code
2.5 – 25kg Set	PH-HS-DB-3300-01
27.5 – 50kg Set	PH-HS-DB-3301-01



### RUBBER HEX DUMBBELLS

Weight	Product Code
2.5 – 25kg Set	PH-ACC-DB-6000-01
27.5 – 50kg Set	PH-ACC-DB-6001-01

## BARBELLS



### URETHANE FIXED BARBELLS

Product	Product Code
10 – 20kg Set	PH-HS-BB-3100-01
25 – 45kg Set	PH-HS-BB-3101-01
10 – 45kg Set	PH-HS-BB-3102-01



### RUBBER FIXED BARBELLS

Product	Product Code
10 – 20kg Set	PH-HS-BB-5100-01
25 – 45kg Set	PH-HS-BB-5101-01
10 – 45kg Set	PH-HS-BB-5102-01

# CONDITIONING



## KETTLEBELLS

### Standard Cast Iron

Weight	Product Code
4 kg (8.8 lbs)	ACC-KB-1000-02
6 kg (13.2 lbs)	ACC-KB-1001-02
8 kg (17.6 lbs)	ACC-KB-1002-02
12 kg (26.5 lbs)	ACC-KB-1003-02
16 kg (35.3 lbs)	ACC-KB-1004-02
20 kg (44.1 lbs)	ACC-KB-1005-02
24 kg (52.9 lbs)	ACC-KB-1006-02
28 kg (61.7 lbs)	ACC-KB-1007-02
32 kg (70.5 lbs)	ACC-KB-1008-02
36 kg (79.4 lbs)	ACC-KB-1009-02
40 kg (88.2 lbs)	ACC-KB-1010-02
44 kg (97 lbs)	ACC-KB-1011-02

### Hammer Strength Competition Kettlebells

Weight	Product Code
8 kg	HS-KB-1000-02
10 kg	HS-KB-1007-02
12 kg	HS-KB-1001-02
14 kg	HS-KB-1008-02
16 kg	HS-KB-1002-02
20 kg	HS-KB-1003-02
24 kg	HS-KB-1004-02
28 kg	HS-KB-1005-02
32 kg	HS-KB-1006-02
36 kg	HS-KB-1009-02
40 kg	HS-KB-1010-02
44 kg	HS-KB-1011-02
48 kg	HS-KB-1012-02



## SLAM BAGS

Weight	Product Code
2 kg (4.4 lbs)	HS-SB-3000-01
4 kg (8.8 lbs)	HS-SB-3001-01
6 kg (13.6 lbs)	HS-SB-3002-01
8 kg (17.6 lbs)	HS-SB-3003-01
10 kg (22 lbs)	HS-SB-3004-01
12 kg (26.5 lbs)	HS-SB-3005-01
14 kg (30 lbs)	HS-SB-3006-01
16 kg (35.3 lbs)	HS-SB-3007-01
18 kg (39 lbs)	HS-SB-3008-01
20 kg (44.1 lbs)	HS-SB-3009-01



## WALL BALLS

Weight	Product Code
4 lbs (1.8 kg)	ACC-WB-1000-01
6 lbs (2.3 kg)	ACC-WB-1001-01
8 lbs (3.6 kg)	ACC-WB-1002-01
10 lbs (4.5 kg)	ACC-WB-1003-01
12 lbs (5.4 kg)	ACC-WB-1004-01
14 lbs (6.8 kg)	ACC-WB-1005-01
16 lbs (8.2 kg)	ACC-WB-1006-01
18 lbs (9.1 kg)	ACC-WB-1007-01
20 lbs (11.3 kg)	ACC-WB-1008-01
25 lbs (11.3 kg)	ACC-WB-1009-01
30 lbs (13.6 kg)	ACC-WB-1010-01

## PLYO BOXES



**WOOD PLYO BOX**  
20" L x 24" W x 30" H  
HS-PB-1000-01



**SOFT PLYO BOX**  
20" L x 24" W x 30" H  
HS-PB-2000-01



**STACKABLE PLYO BOX**  
HS-PB-3000-02

Product	Size
3" Plyo	3" x 30" x 36"
6" Plyo	6" x 30" x 36"
12" Plyo	12" x 30" x 36"
18" Plyo	18" x 30" x 36"
24" Plyo	24" x 30" x 36"

## MISCELLANEOUS ACCESSORIES



### STABILITY BALL

Product	Color	Product Code
Stability Ball	Black	HS-SB-71081



### POWER BANDS

Color	Size	Thickness	Product Code
Orange	41 x 0.25"	4.5 mm	ACC-BD-1000-01
Red	41 x 0.5"	4.5 mm	ACC-BD-1001-01
Blue	41 x 0.5"	6 mm	ACC-BD-1002-01
Green	41 x 1.25"	4.5 mm	ACC-BD-1003-01
Black	41 x 1.75"	4.5 mm	ACC-BD-1004-01
Purple	41 x 2.5"	4.5 mm	ACC-BD-1005-01
Black	41 x 4"	4.5 mm	ACC-BD-1006-01



### DEADLIFT BLOCKS

Product	Product Code
DC Block (Single)	DC-B001
DC Block Kit (16 Piece)	DC-B016
DC FlatTops (Single)	DC-FT001



### COLLARS

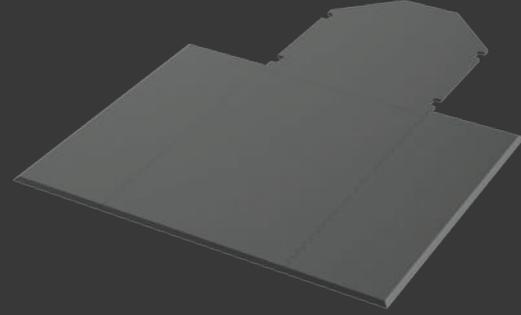
Product	Product Code
Lock-Jaw Pro 2	ACC-CL-1002-02
Lock-Jaw Oly 2	ACC-CL-1001-02
Bulldog	ACC-CL-1003-01
Spring	ACC-CL-1000-01

# PLATFORMS AND INSERTS



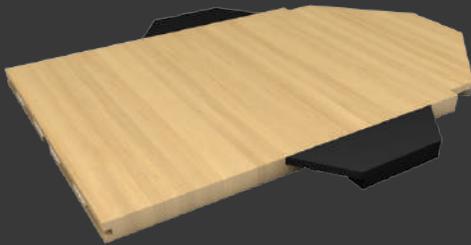
## PREMIUM WOOD PLATFORM

- Thickness of 3" (76mm) offers outstanding durability and reduces noise
- Rugged steel frame encloses and retains the platform
- Available in 4', 6' and 8' lengths



## RUBBER INTERLOCK PLATFORM

- Clearly defines a workout area and can be configured to fit any space
- Heavy-duty 3/4" (19mm) thick recycled rubber significantly reduces noise and vibration
- Available in 4', 6' and 8' lengths
- Can be used as stand-alone or connected to span across an open area or multiple racks



## WOOD INSERTS

Product	Product Code
HD Elite Power/Multi Rack - Standard Base	HDLPRMR-STD-INS
HD Elite Power/Multi Rack - Sumo Base	HDLPRMR-SU-INS
HD Elite Half Rack Long Base	HDLHRL-INS
HD Elite Half Rack Short Base	HDLHRS-INS
HD Elite HDLSTOR-LD Insert Feature	PW2-INS-HDLSTOR-LD
HDA Power Rack Insert	ATST-PR-INS
HDA Half Rack Insert	ATST-HR-INS



## RUBBER INSERTS

Product	Product Code
HD Athletic Half Rack	RPI-AT-HR
HD Athletic Power Rack	RPI-AT-PR
HD Athletic Perimeter	RPI-AT-PSF
HD Elite Half Rack Short Base	RPI-HDLHRS
HD Elite Half Rack Long Base	RPI-HDLHRL
HD Elite Power/Multi Rack	RPI-HDLPRMR
Athletic Series Power Rack	RPI-ASPR



## FRAME COLORS

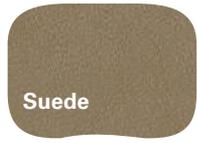
COLORS	HAMMER STRENGTH PRODUCTS	HD ATHLETIC: RACK FRAME	HD ATHLETIC: UPRIGHT & XMEMBER
WHITE	●	●	-
PLATINUM*	●	●	-
HIGH-WEAR PLATINUM	-	●	●
ICE BLUE METALLIC*	●	●	-
HIGH-WEAR BLUE	-	●	●
BLUE	●	●	-
YELLOW	●	●	-
HIGH-WEAR RED	-	●	●
RED	●	●	-
MOCHA SAND	●	●	-
TITANIUM*	●	●	-
HIGH-WEAR CHARCOAL	-	●	●
CHARCOAL	●	●	-
MIDNIGHT METALLIC*	●	●	-
BLACK	●	●	-

**KEY**

● 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



• Limited customization available for all Hammer Strength products.

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

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

PLATE-LOADED	CODE	DIMENSIONS (L x W x H)	WEIGHT
Iso-Lateral Bench Press	IL-BP	49" x 52" x 69" (125 cm x 133 cm x 176 cm)	350 lbs (159 kg)
Iso-Lateral Horizontal Press	IL-HBP	66" x 61" x 42" (168 cm x 155 cm x 107 cm)	240 lbs (109 kg)
Iso-Lateral Super Incline Press	IL-FMP	50" x 59" x 60" (127 cm x 150 cm x 153 cm)	360 lbs (164 kg)
Iso-Lateral Incline Press	IL-IP	39" x 52" x 75" (100 cm x 133 cm x 191 cm)	325 lbs (148 kg)
Iso-Lateral Wide Chest	IL-WC	45" x 59" x 69" (115 cm x 150 cm x 176 cm)	305 lbs (139 kg)
Iso-Lateral Decline Press	IL-DCP	51" x 54" x 68" (130 cm x 138 cm x 173 cm)	315 lbs (143 kg)
Iso-Lateral Shoulder Press	IL-SP	51" x 58" x 74" (130 cm x 148 cm x 188 cm)	350 lbs (159 kg)
Iso-Lateral Chest/Back	IL-CB	72" x 52" x 82" (183 cm x 133 cm x 209 cm)	390 lbs (177 kg)
Iso-Lateral Front Lat Pulldown	IL-PD	65" x 41" x 80" (166 cm x 105 cm x 204 cm)	315 lbs (143 kg)
Iso-Lateral Wide Pulldown	IL-WPD	71" x 42" x 80" (181 cm x 107 cm x 204 cm)	320 lbs (146 kg)
Iso-Lateral High Row	IL-HR	61" x 41" x 79" (155 cm x 105 cm x 201 cm)	330 lbs (150 kg)
Iso-Lateral Rowing	IL-ROW	59" x 50" x 51" (150 cm x 127 cm x 130 cm)	280 lbs (128 kg)
Iso-Lateral D.Y. Row	IL-DRW	51" x 56" x 82" (130 cm x 143 cm x 209 cm)	360 lbs (164 kg)
Iso-Lateral Low Row	IL-LR	48" x 47" x 67" (122 cm x 120 cm x 171 cm)	335 lbs (152 kg)
Seated/Standing Shrug	PL-SH	42" x 60" x 49" (107 cm x 153 cm x 125 cm)	235 lbs (107 kg)
Seated Dip	PL-DIP	72" x 49" x 43" (182 cm x 124 cm x 109 cm)	285 lbs (130 kg)
Seated Biceps	PL-BI	50" x 46" x 53" (127 cm x 117 cm x 135 cm)	225 lbs (103 kg)
Iso-Lateral Lateral Raise	PL-LR	41" x 55" x 48" (105 cm x 140 cm x 122 cm)	295 lbs (134 kg)
Pullover	PL-PO	54" x 51" x 59" (138 cm x 130 cm x 150 cm)	370 lbs (168 kg)
4-Way Neck	PL-4W	33" x 54" x 62" (84 cm x 138 cm x 158 cm)	245 lbs (112 kg)
Gripper	PL-GRIP	50" x 28" x 47" (127 cm x 71 cm x 119 cm)	65 lbs (30 kg)
Abdominal Oblique Crunch	PL-AB	47" x 58" x 66" (120 cm x 148 cm x 168 cm)	355 lbs (162 kg)
Linear Leg Press	HSLLP	95" x 65" x 57" (242 cm x 166 cm x 145 cm)	630 lbs (286 kg)
Leg Press	PL-LP	69" x 51" x 57" (176 cm x 130 cm x 145 cm)	535 lbs (243 kg)
Iso-Lateral Leg Press	IL-LP	70" x 59.5" x 60" (178 cm x 152 cm x 153 cm)	605 lbs (275 kg)
Linear Hack Press	PL-LHS-01	84" x 61" x 54" (213 cm x 155 cm x 137 cm)	423 lbs (192 kg)
V-Squat	PL-VSQ	97" x 42" x 81" (247 cm x 107 cm x 205 cm)	530 lbs (241 kg)
Seated Calf Raise	PL-CALF	49" x 33" x 54" (124 cm x 84 cm x 137 cm)	200 lbs (91 kg)
Super Horizontal Calf	PL-SHC	64" x 57" x 60" (163 cm x 145 cm x 152 cm)	380 lbs (173 kg)
Leg Extension	PL-LE	56" x 54" x 57" (143 cm x 138 cm x 145 cm)	295 lbs (134 kg)
Iso-Lateral Kneeling Leg Curl	IL-KLC	43" x 50" x 47" (110 cm x 127 cm x 120 cm)	250 lbs (114 kg)
Seated Leg Curl	PL-SLC	53" x 54" x 49" (135 cm x 138 cm x 125 cm)	330 lbs (150 kg)
Iso-Lateral Leg Extension	IL-LE	54" x 57" x 57" (138 cm x 145 cm x 145 cm)	300 lbs (137 kg)
Iso-Lateral Leg Curl	IL-LC	71" x 53" x 39" (181 cm x 135 cm x 100 cm)	285 lbs (130 kg)
Tibia Dorsi Flexion	PL-TIB	15" x 24" x 12" (39 cm x 61 cm x 31 cm)	52 lbs (24 kg)
Vertical Smith Machine	HSSMV	50" x 90" x 93" (127 cm x 229 cm x 236 cm)	571 lbs (259 kg)
T-Bar Row	PL-TBR	82" x 33" x 21" (210 cm x 82 cm x 53 cm)	200 lbs (90.7 kg)
Glute Drive	PL-GLD	68" x 59" x 40" (173cm x 149cm x 102cm)	318 lbs (144 kg)
Belt Squat	PL-BSQ	78" x 63" x 64" (198cm x 160cm x 132cm)	425 lbs (193 kg) without Dip Attachment; 485 lbs (220 kg) with Dip Attachment

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

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

# HD ATHLETIC ACCESSORIES

42" XMEMBERS	HALF RACK AND COMBO RACK	POWER RACK	RACK CONNECTORS	RIGS	PERIMETER	BRIDGE
42" Monkey Bar	–	Front Only	–	•	•	•
42" Straight Bar	–	Front Only	–	•	–	–
42" Thick Skinny	Rear Only	Front or Rear	–	•	Front Only	–
42" Multi-Grip Bar	Rear Only	Rear Only	–	•	–	–
42" Off Set	–	Front Only	–	•	Front Only	–
42" Suspension Chin	–	–	–	–	Front Only	–
42" Square	–	Front Only	–	•	•	–
72" XMEMBERS / 72" XMEMBER CONNECTORS						
72" Monkey Bar	–	–	•	•	•	•
72" Straight Bar	–	–	•	•	Front Only	–
72" Thick Skinny	–	–	•	•	Front Only	–
72" Off Set	–	–	•	•	Front Only	–
72" Suspension Chin	–	–	–	–	Front Only	–
72" Square	–	–	•	•	•	•
SQUARE XMEMBER ACCESSORIES*						
3" Ball Grip* (Pair)	•	•	•	•	•	•
Neutral Grip Handles* (Pair)	•	•	•	•	•	•
Arc Bar*	•	•	•	•	•	•
BAR SUPPORTS & CATCHES						
Bar Support (Pair)	S	S	N/A	•	•	•
Half Rack Bar Catch (Pair)	S	–	N/A	•	•	•
Power Rack Bar Catch (Pair)	–	S	N/A	–	–	–
Flexible Bar Catch (Pair)	–	•	N/A	•	–	–
MISC. ACCESSORIES						
Band Pegs (Pair)	•	•	N/A	•	•	•
Dip Handles	•	•	N/A	•	•	•
Power Pivot	•	•	N/A	•	•	•
Rig Bar Storage	–	–	N/A	•	•	•
Rack Bumper Plate Storage	•	•	N/A	–	–	–
Weight Horns	S	S	N/A	•	•	S
Wing 42"	•	•	N/A	•	•	–
Wing 72"	–	–	•	•	•	–
Bumper Plate Divider	•	•	•	•	•	•
Wall Ball Target	•	•	N/A	•	•	•
Heavy Bag Hanger	•	•	N/A	•	•	•
STORAGE COMPONENTS						
42" 2 Pipe	–	–	–	•	•	–
42" Kettlebell Tray	–	–	–	•	•	–
42" Dumbbell Tray	–	–	–	•	•	–
42" Stability Ball Storage	–	–	–	•	•	•
72" 2 Pipe	–	–	•	•	•	•
72" Kettlebell Tray	–	–	•	•	•	•
72" Dumbbell Tray	–	–	•	•	•	•
72" Stability Ball Storage	–	–	•	•	•	•

## KEY

S STANDARD

• OPTIONAL

N/A NOT APPLICABLE

– NOT AVAILABLE

\*Requires Square Xmember



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