



HAMMER STRENGTH

ACCESSORIES

**HAMMER
STRENGTH®**

A Growing Portfolio	03	Conditioning	30
Olympic Training	04	Plyo Boxes	32
Bumpers	06	Speed Cones, Ladders & Hurdles	34
Olympic Bars	08	Ropes	36
Collars & Training Discs	10	Punching Bag & Gloves	38
Free Weight Training	12	Mobility	40
Olympic Discs	14	Medicine Balls & Mats	42
Dumbbells	16	Stability Balls & Rollers	44
Fixed Barbells & Curl Bars	18	Resistance Tubes & Bands	46
Functional Training	20	Storage	48
Kettlebells	22	HD Athletic	50
Slam Balls & Slambells	24	Hammer Strength Storage Racks	52
Tires	26	Life Fitness Storage Racks	54
Corebags	28	Index	56

LEGACIES ARE MADE OF HARD WORK
AND HARDER STEEL.

Hammer Strength accessories are for facilities that want to create a cohesive performance training experience *that athletes get more out of*. A growing portfolio of products that lives up to an evolving legacy of world-class athletic and functional training equipment.

[O•LYM•PIC TRAIN•ING] (n.)

/ō'лимпик /'trāniNG/

THE FOUNDATION OF CHAMPIONS.

Olympic training includes lifts like the 'snatch' and 'clean and jerk,' as well as their supporting exercises. It's a true test of total-body explosive strength—meaning execution is fast, with more mobility and a greater range of motion—and is often used in athletic training to build dynamic strength. To perform at the highest levels, your equipment has to do the same.

Products include:

- Bumpers
- Olympic bars
- Collars
- Training discs



BUMPERS



URETHANE BUMPERS

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



PREMIUM RUBBER BUMPERS

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



STANDARD RUBBER BUMPERS

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

OLYMPIC BARS



20KG COMPETITION OLYMPIC BAR 28MM, CHROME, BEARING

- Meets International Weightlifting Federation (IWF) standards
- Ideal for Olympic lifting
- Precision needle bearings
- Made in the USA



20KG OLYMPIC BAR 28MM, CHROME, BUSHING

- Meets International Weightlifting Federation (IWF) standards
- Ideal for Olympic lifting
- Industrial grade composite bushings
- Made in the USA



20KG GYM BAR 29MM, CHROME, BUSHING

- Ideal for power lifting or general use
- Industrial grade composite bushings
- Made in the USA



20KG TRAINING BAR 29MM, BLACK OXIDE, BUSHING

- Ideal for general weightlifting
- Composite bushings



15KG OLYMPIC BAR 25MM, CHROME, BUSHING

- Meets International Weightlifting Federation (IWF) standards
- Ideal for Olympic lifting
- Industrial grade composite bushings
- Made in the USA

COLLARS & TRAINING DISCS

HAMMER

45



SPRING COLLAR

- Hard chrome
- Rubber handles



LOCK-JAW OLY2 COLLAR

- Lever, cam lock
- Hybrid nylon resin, rubber, steel



TRAINING DISCS

- Weights: 2.5kg, 5kg
- 450mm diameter
- Compressed and bonded recycled plastic
- Ideal for improving technique form without the intensity of heavy weights

[FREE WEIGHT TRAINING]^(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
- Dumbbells
- Fixed barbells
- Curl bars



OLYMPIC DISCS



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

DUMBBELLS



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

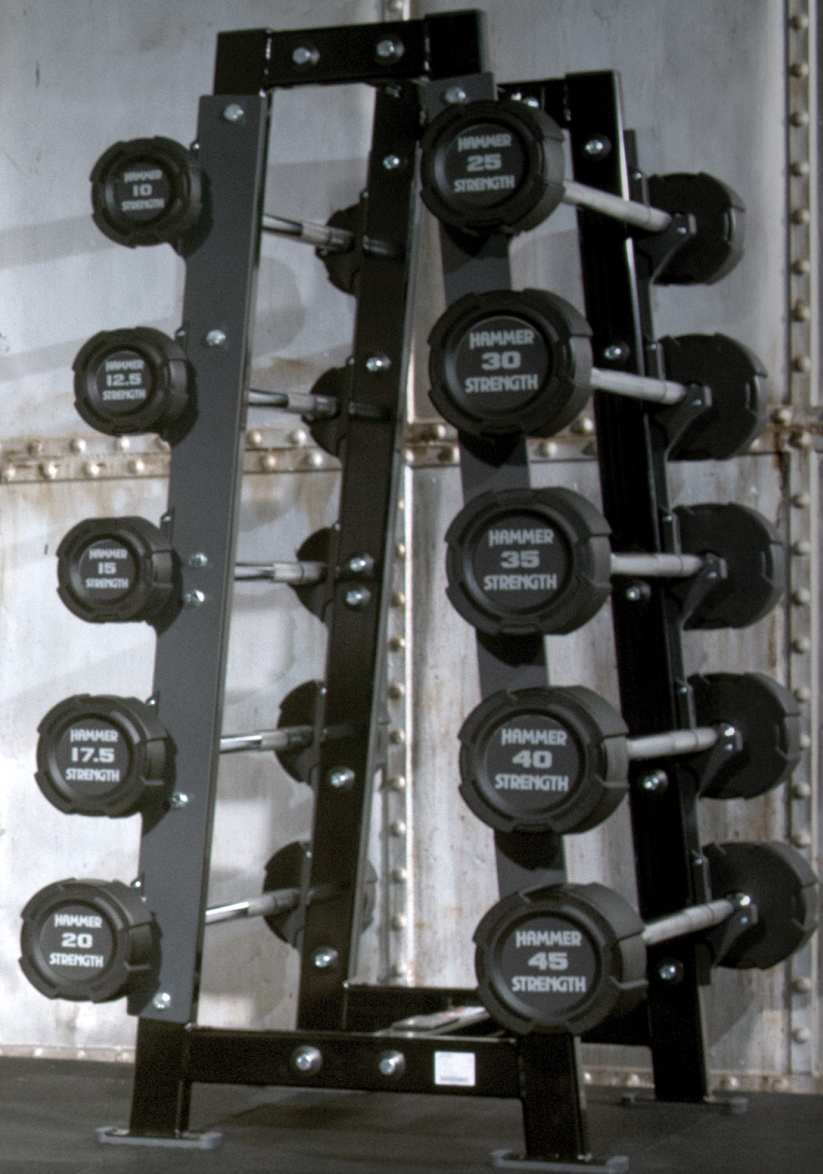
- Weight range: 2.5kg – 50kg (2.5kg increments)
- Durable, chemically bonded rubber
- Dual lock, securely fastened head-to-handle system
- Anti-roll X-shaped head
- Hard chrome plated handles



RUBBER HEX DUMBBELLS

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

FIXED BARBELLS & CURL BARS



URETHANE FIXED BARBELLS

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



RUBBER FIXED BARBELLS

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



CURL BARS

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

[FUNCTIONAL TRAINING] (n.)

/ˈfəNG(k)SH(ə)n(ə)l/ /ˈtrāniNG

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



KETTLEBELLS



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 & SLAMBELLS



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



FUNCTIONAL TRAINING



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



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-)nɪŋ/

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



PLYO BOXES



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 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



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



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, LADDERS & HURDLES



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

ROPE



CONDITIONING



SKIPPING ROPE

- Length: 3m (between handles)
- Leather



SPEED ROPE

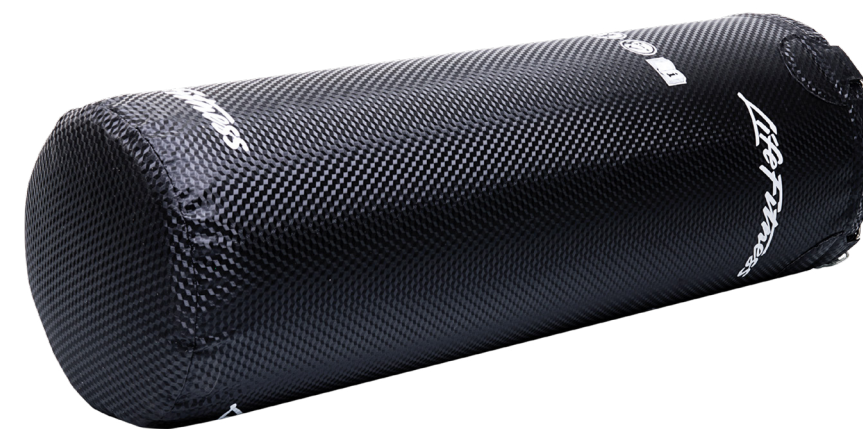
- Length: Max 2.9m (between handles), adjustable
- Steel-braided cable in a vinyl sheath



BATTLE ROPE

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

PUNCHING BAG & GLOVES



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•TY] (n.)

/mō-'bi-lə-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 & MATS



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 & ROLLERS



STABILITY BALLS

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



SHORT HARD FOAM ROLLER

- 460 x 140mm
- Polyurethane
- Medium aggressive



LONG SOFT FOAM ROLLER

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



SHORT RIGID FOAM ROLLER

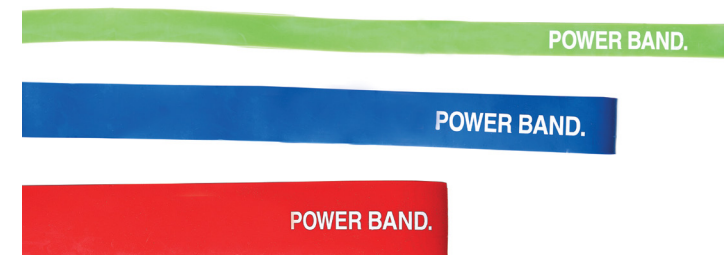
- 385 x 135mm
- PVC tube covered by closed-cell foam
- Most aggressive

RESISTANCE TUBES & BANDS



COVERED RESISTANCE TUBES

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



POWER BANDS

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

[STOR-AGE] (n.)

/ˈstôr-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.

Products include:

- 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

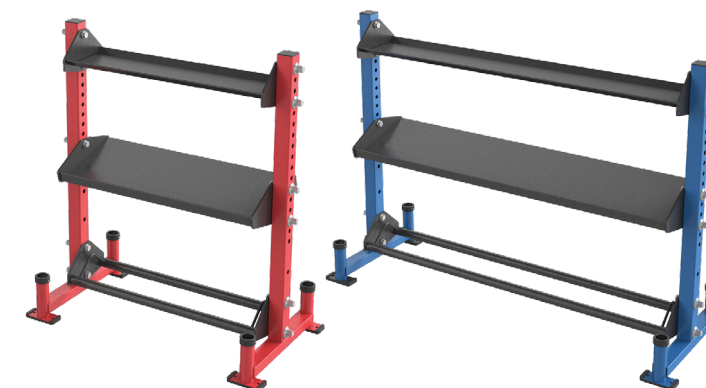


HD ATHLETIC



HD ATHLETIC PERIMETER STORAGE

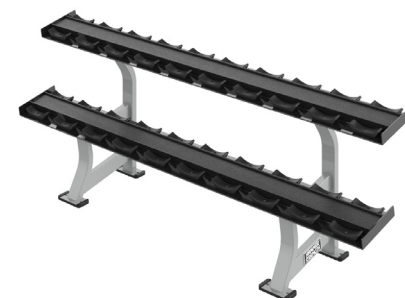
- Width varies by configuration
- Designed to be placed along a wall next to open training areas
- Configured to fit your training space
- Training and storage options accommodate group and individual Olympic training



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



FIXED BARBELL RACK

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



DELUXE WEIGHT TREE

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



BUMPER PLATE STORAGE

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

STORAGE RACKS



MEDICINE BALL RACK

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



MAT STORAGE RACK

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



STABILITY BALL RACK

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



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

OLYMPIC TRAINING

URETHANE BUMPERS	
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

STANDARD RUBBER BUMPERS	
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

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	
Product	Code
1.25kg	HS-OP-2102-01
2.5kg	HS-OP-2103-01
5kg	HS-OP-2104-01
10kg	HS-OP-2105-01
15kg	HS-OP-2106-01
20kg	HS-OP-2107-01
25kg	HS-OP-2108-01
14pc. Set	PH-HS-OP-2100-01
28pc. Set	PH-HS-OP-2101-01

RUBBER OLYMPIC DISCS	
Product	Code
1.25kg	HS-OP-3102-01
2.5kg	HS-OP-3103-01
5kg	HS-OP-3104-01
10kg	HS-OP-3105-01
15kg	HS-OP-3106-01
20kg	HS-OP-3107-01
25kg	HS-OP-3108-01
14pc. Set	PH-HS-OP-3100-01
28pc. Set	PH-HS-OP-3101-01

URETHANE DUMBBELLS	
Product	Code
2kg	HS-DB-2305-01
4kg	HS-DB-2306-01
6kg	HS-DB-2307-01
8kg	HS-DB-2308-01
10kg	HS-DB-2309-01
12kg	HS-DB-2310-01
14kg	HS-DB-2311-01
16kg	HS-DB-2312-01
18kg	HS-DB-2313-01
20kg	HS-DB-2314-01
22kg	HS-DB-2315-01
24kg	HS-DB-2316-01
26kg	HS-DB-2317-01
28kg	HS-DB-2318-01
30kg	HS-DB-2319-01
32kg	HS-DB-2320-01
34kg	HS-DB-2321-01
36kg	HS-DB-2322-01
38kg	HS-DB-2323-01
40kg	HS-DB-2324-01
42kg	HS-DB-2325-01
44kg	HS-DB-2326-01
46kg	HS-DB-2327-01
48kg	HS-DB-2328-01
50kg	HS-DB-2329-01
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 DUMBBELLS	
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-DB-3318-01
40kg	HS-DB-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

HEX RUBBER	
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
27.5kg	ACC-DB-6012-01
30kg	ACC-DB-6013-01
32.5kg	ACC-DB-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
27.5 – 50kg Set	PH-ACC-DB-6001-01

FREE WEIGHT TRAINING

URETHANE FIXED BARBELLS	
Product	Code
10kg	HS-BB-3103-01
12.5kg	HS-BB-3104-01
15kg	HS-BB-3105-01
17.5kg	HS-BB-3106-01
20kg	HS-BB-3107-01
25kg	HS-BB-3108-01
30kg	HS-BB-3109-01
35kg	HS-BB-3110-01
40kg	HS-BB-3111-01
45kg	HS-BB-3112-01
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	Code
10kg	HS-BB-5103-01
12.5kg	HS-BB-5104-01
15kg	HS-BB-5105-01
17.5kg	HS-BB-5106-01
20kg	HS-BB-5107-01
25kg	HS-BB-5108-01
30kg	HS-BB-5109-01
35kg	HS-BB-5110-01
40kg	HS-BB-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 BARS	
Product	Code
5ft 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-KB-1010-01

LIFE FITNESS RUBBER KETTLEBELLS	
Product	Code
8kg	LF-KB-1101-01
12kg	LF-KB-1102-01
16kg	LF-KB-1103-01
20kg	LF-KB-1104-01
24kg	LF-KB-1105-01
28kg	LF-KB-1106-01
32kg	LF-KB-1107-01
8 – 32kg	PH-LF-KB-1100-01

CAST IRON KETTLEBELLS	
Product	Code
8kg	PAKC08
12kg	PAKC12
16kg	PAKC16
20kg	PAKC20
24kg	PAKC24
28kg	PAKC28
32kg	PAKC32
8 – 32kg	PH-PAKC0832

SLAM BALLS	
Product	Code
5kg	HS-SB-2000-01
10kg	HS-SB-2001-01
15kg	HS-SB-2002-01
20kg	HS-SB-2003-01

SLAMBELLS	
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

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-CB-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

CONDITIONING	
3-IN-1 SOFT PLYO BOX	
Product	Code
50 x 60 x 76cm	HS-PB-2000-01
STACKABLE PLYO BOXES	
Product	Code
7cm	HS-PB-3001-02
15cm	HS-PB-3002-02
30cm	HS-PB-3003-02
46cm	HS-PB-3004-02
60cm	HS-PB-3005-02
Full set	PH-HS-PB-3000-02
3-IN-1 WOOD PLYO 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
SPEED LADDERS	
Product	Code
Ladder with Drawstring Carrier Bag	LF-LD-1000-01
HURDLES	
Product	Code
Adjustable	LF-HD-1000-01
SKIPPING ROPE	
Product	Code
3m; Black	LF-SR-1000-01
SPEED ROPE	
Product	Code
2.95m; Red BSH	LF-SR-1001-01
BATTLE ROPE	
Product	Code
32mm; 10m Long	BR3210
50mm; 10m Long	BR5010
PUNCHING BAG	
Product	Code
Punching Bag	FGPK-LFHBV2
PUNCHING GLOVES	
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-SB-1004-01
5kg, Grey	LF-MB-1104-01	75cm, Grey	LF-SB-1002-01
COVERED RESISTANCE TUBES		POWER BANDS	
Product	Code	Product	Code
Light, Green	LF-RTB-1101-01	Light, Green	WBANDS
Medium, Red	LF-RTB-1102-01	Medium, Blue	WBANDM
Heavy, Blue	LF-RTB-1103-01	Heavy, Red	WBANDL
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

STORAGE			
HD ATHLETIC PERIMETER STORAGE*		DUMBBELL RACKS	
Product	Code	Product	Code
Width varies by configuration, popular widths include 389, 427 & 580cm.		Single Tier	FW-DR1-01
		Single Tier XL	FW-XLDR1-01
		Two Tier	FW-DR2-01
		Two Tier XL	FW-XLDR2-01
		Three Tier	FW-DR3-01
FREE STANDING STORAGE		Three Tier XL	FW-XLDR3-01
Product	Code	DELUXE WEIGHT TREE	
122cm Storage	HDT-FSS-4	Product	Code
183cm Storage	HDT-FSS-6	Weight Tree	FW-DWT
FIXED BARBELL RACK		BUMPER PLATE STORAGE	
Product	Code	Product	Code
Fixed Barbell Rack	FW-BAR	Small Bumper Weight Storage	FW-BPS
		Large Bumper Weight Storage	FW-BPL
MEDICINE BALL RACK		STABILITY BALL RACK	
Product	Code	Product	Code
Five Medicine Ball Rack	FGPK-LF25RACK	Nine Gymball Storage Rack	FGPK-9GBR
MAT STORAGE RACK		SIGNATURE SERIES STORAGE RACK*	
Product	Code	Product	Code
Mat Storage Rack	FGPK-LF2RACK	Center storage with side options	SAR

* Size varies by configuration. Can be configured to fit any space.



**HAMMER
STRENGTH®**

©2018 Life Fitness, a division of Brunswick Corporation. All rights reserved. Hammer Strength and Life Fitness are registered trademarks of Brunswick Corporation. HD Athletic and Signature are trademarks of Brunswick Corporation. Lock-Jaw is a registered trademark of AVUS DESIGN, L.P. PM-059-17 (09.18)