
HAMMER STRENGTH®
2022 PRODUCT CATALOG

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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.



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

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.

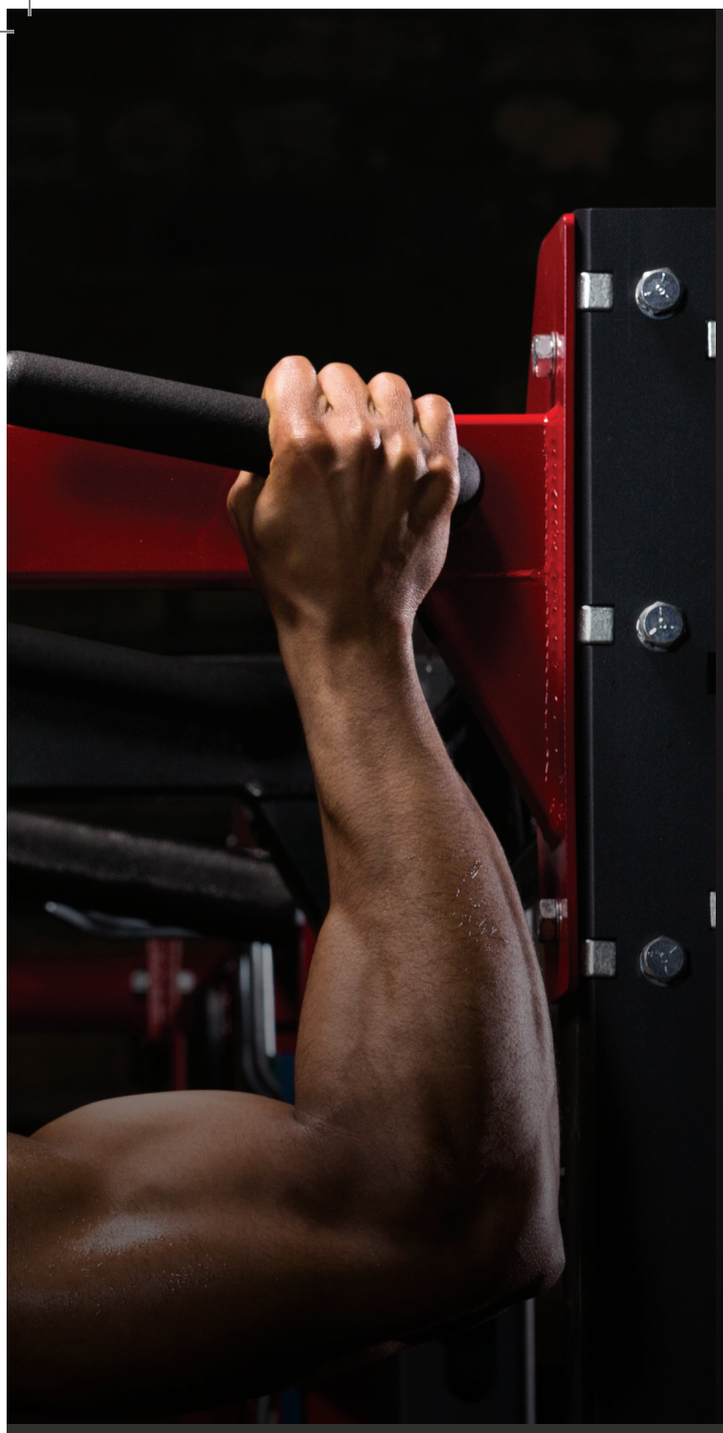
PERFORMANCE FACILITIES



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
CHEST PRESS



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

Images not to scale. Products subject to change.



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


HAMMER STRENGTH
HAMMER STRENGTH
MTS HIGH ROW
5 POUND INCREMENT WEIGHT



MOTION TECHNOLOGY SELECTORIZED

SMOOTH, BIOMECHANICALLY SOUND AND EXTREMELY EFFECTIVE

MTS 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 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

Images not to scale. Products subject to change.





ISO-LATERAL FRONT PULLDOWN / MTSFP



ISO-LATERAL HIGH ROW / MTSHR



ISO-LATERAL INCLINE PRESS / MTSIP



ISO-LATERAL ROW / MTSRW


HAMMER STRENGTH
45
HAMMER STRENGTH
ISO-LATERAL ROW
HAMMER STRENGTH



PLATE-LOADED

HAMMER STRENGTH IS BUILT ON THE PURE PERFORMANCE OF PLATE-LOADED STRENGTH EQUIPMENT

Independent natural paths of motion were revolutionary nearly three decades ago when Hammer Strength originated.

Plate-loaded equipment still employs these excellent biomechanics to create the ideal training tool for elite athletes and those who want to train like one.

More than 40 machines mean plenty of different ways to move iron against gravity.

PLATE-LOADED



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

Images not to scale. Products subject to change.



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



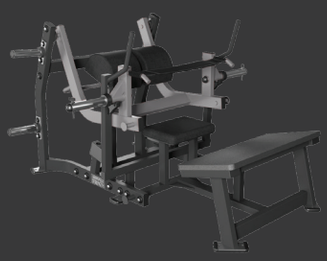
ISO-LATERAL WIDE PULLDOWN / IL-WPD



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



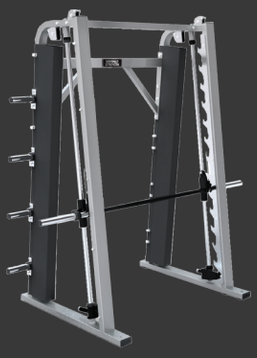
GRIPPER / PL-GRIP



PLATE-LOADED



VERTICAL SMITH MACHINE / HSSMV



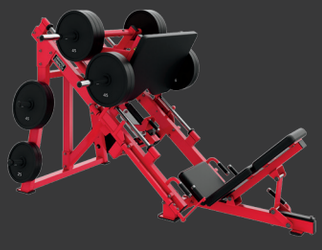
SMITH MACHINE / HSSM



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

Images not to scale. Products subject to change.





ISO-LATERAL LEG PRESS / IL-LP



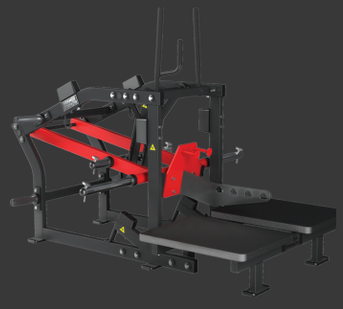
ISO-LATERAL KNEELING LEG CURL / IL-KLC



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

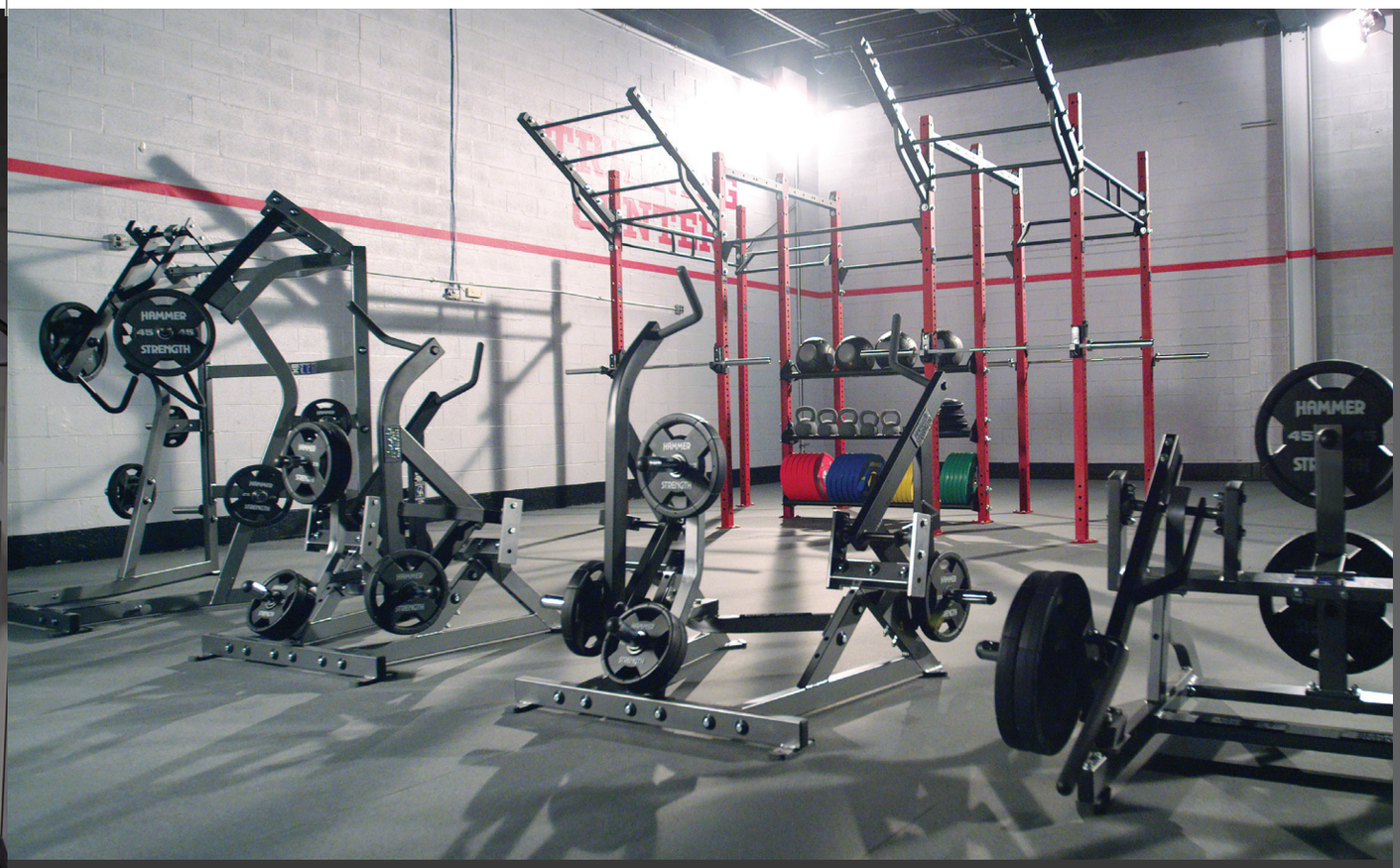


GROUND BASE

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.



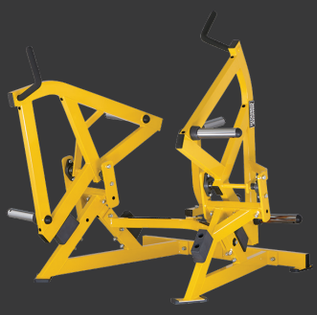
GROUND BASE



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

Images not to scale. Products subject to change.


HAMMER STRENGTH
HAMMER
STRENGTH
5 KG
10 KG
20 KG
25 KG



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.

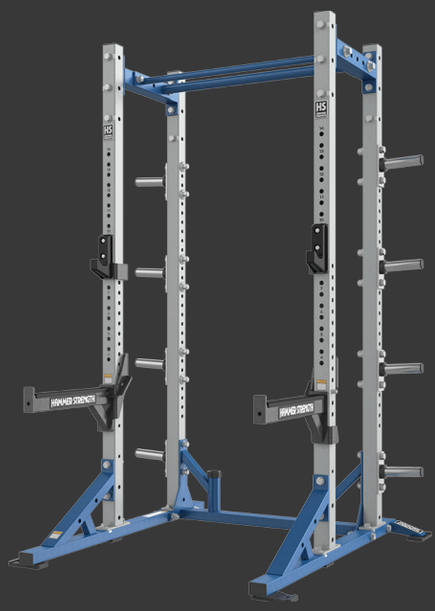
HD ATHLETIC PRO RACKS



POWER RACK / HDT-PR



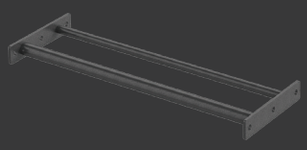
COMBO RACK / HDT-HRHR



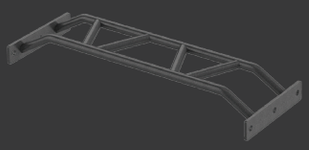
HALF RACK / HDT-HR



HALF RACK / POWER RACK REAR XMEMBERS

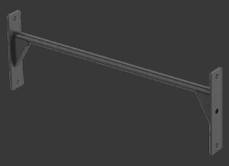


THICK SKINNY SHORT
/ HDT-XM42-TS

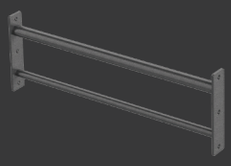


MULTI-GRIP
/ HDT-XM42-MG

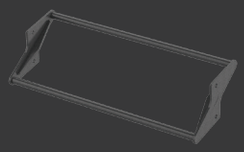
POWER RACK FRONT XMEMBERS



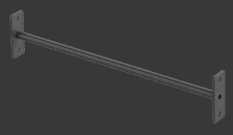
STRAIGHT BAR
/ HDT-XM42-SB



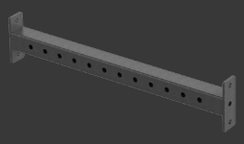
THICK SKINNY
/ HDT-XM42-TS



OFFSET BAR
/ HDT-XM42-OB

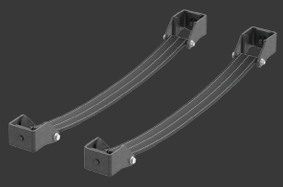


MONKEY BAR
/ HDT-XM42-MB

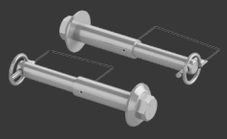


SQUARE
/ HDT-XM42-SQ

RACK ATTACHMENTS / STORAGE / BENCHES



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



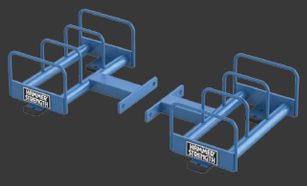
BAND PEG PAIR / HDT-BP



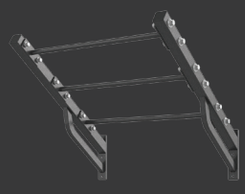
POWER PIVOT™ / HDT-PP



DIP HANDLE / HDT-DIP



RACK BUMPER PLATE STORAGE / HDT-RBPS



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

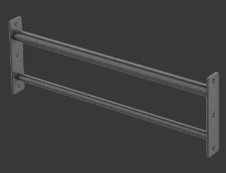


4' FREESTANDING STORAGE* / HDT-FSS4

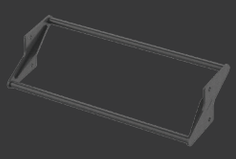


6' FREESTANDING STORAGE* / HDT-FSS6

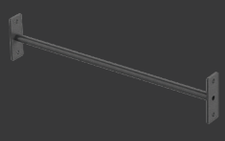
RACK CONNECTORS



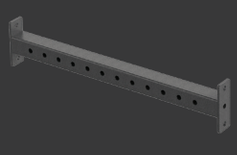
THICK / SKINNY
/ HDT-XM42-TS
/ HDT-XM72-TS



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



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



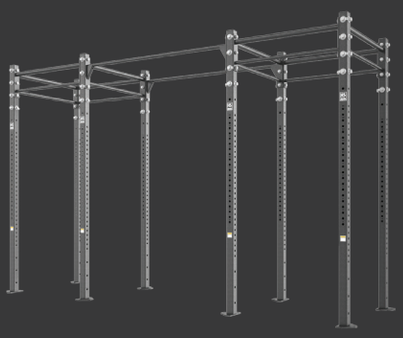
SQUARE
/ HDT-XM42-SQ
/ HDT-XM72-SQ

Images not to scale. Products subject to change.

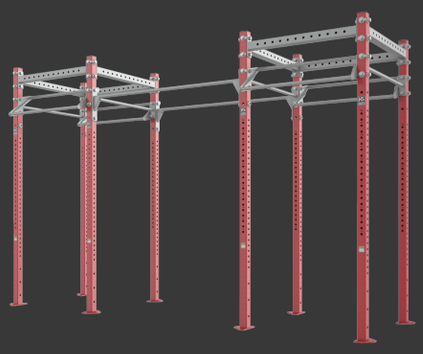
** With attachments, rack configurations are required to be bolted to floor*

HD ATHLETIC PRO RIGS

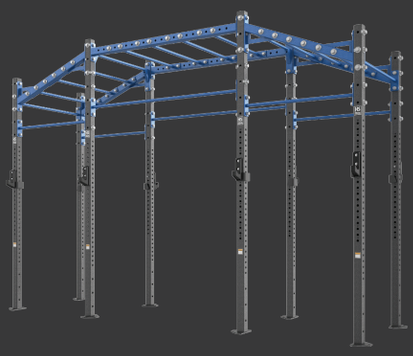
BASE RIG OPTIONS



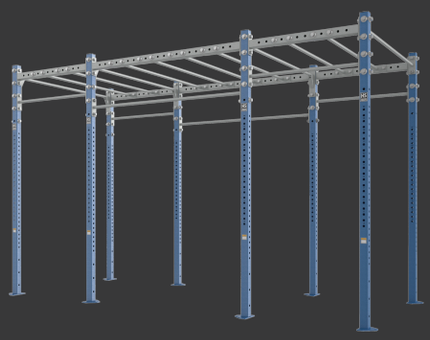
BASIC
/ HDT-RIG-BSC
Cost-effective and extremely durable starting block with unlimited options.



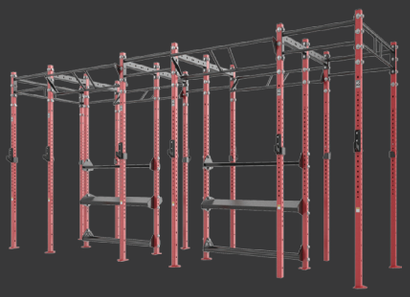
BOX
/ HDT-RIG-BOX
More structure and rigidity for extreme durability while keeping configuration options open.



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



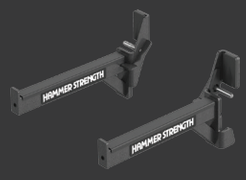
POWER PIVOT™
/ HDT-PP



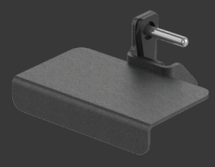
DIP HANDLE
/ HDT-DIP



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



BAR CATCH PAIR
/ HDT-HR-BC



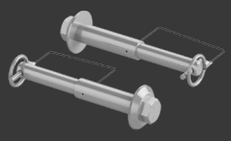
STEP
/ HDT-STEP



BAR SUPPORT PAIR
/ HDT-PR-BS



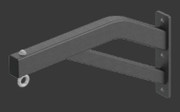
RIG BAR STORAGE
/ HDT-BS



BAND PEG PAIR
/ HDT-BP



WALL BALL TARGET
/ HDT-WBT



HEAVY BAG HANGER
/ HDT-HBH

UPRIGHTS



8′ UPRIGHT
/ HDT-FSR-8U

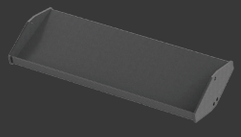


9′ UPRIGHT
/ HDT-FSR-9U

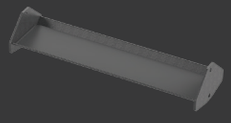


10′ UPRIGHT
/ HDT-FSR-10U

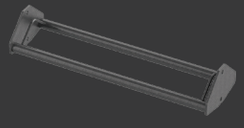
STORAGE CONNECTORS (AVAILABLE IN 72" AND 42")



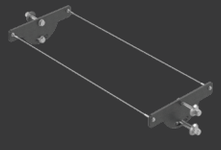
DUMBBELL TRAY
/ HDT-SM42-DBT
/ HDT-SM72-DBT



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

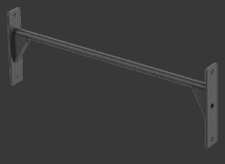


2 PIPE
/ HDT-SM42-2P
/ HDT-SM72-2P

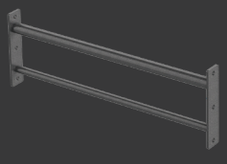


STABILITY BALL STORAGE
/ HDT-SM42-SBS
/ HDT-SM72-SBS

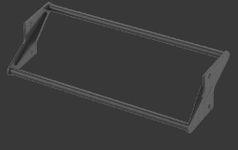
RIG XMEMBERS (AVAILABLE IN 72" AND 42")



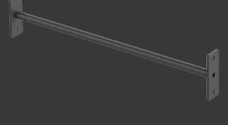
STRAIGHT BAR
/ HDT-XM42-SB
/ HDT-XM72-SB



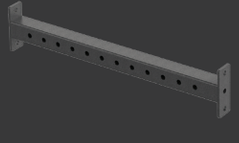
THICK / SKINNY
/ HDT-XM42-TS
/ HDT-XM72-TS



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.

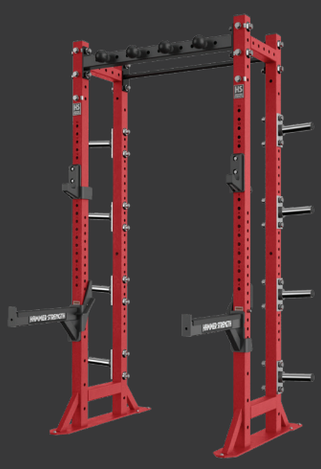
** With attachments, rack configurations are required to be bolted to floor*

*** 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.

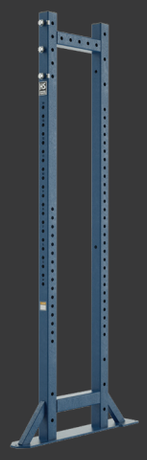
HD ATHLETIC PERIMETER



4' PERIMETER UNIT



14' PERIMETER SYSTEM



SIDE FRAME
/ HDT-PSF



PERIMETER ATTACHMENTS



POWER PIVOT™
/ HDT-PP



DIP HANDLE
/ HDT-DIP



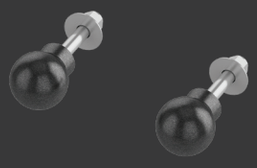
BAR CATCH PAIR
/ HDT-HR-BC



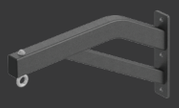
BAR SUPPORT PAIR
/ HDT-PR-BS



RIG BAR STORAGE
/ HDT-BS



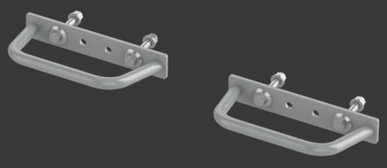
BALL GRIPS PAIR
/ HDT-BG3



HEAVY BAG HANGER
/ HDT-HBH



ARC BAR / HDT-ARC

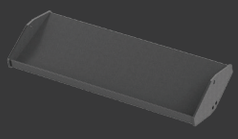


NEUTRAL GRIPS PAIR
/ HDT-NG

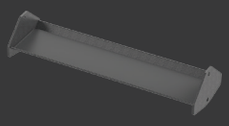


WALL BALL TARGET
/ HDT-WBT

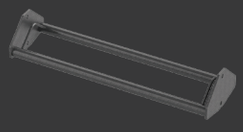
STORAGE CONNECTORS (AVAILABLE IN 42" AND 72")



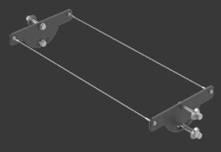
DUMBBELL TRAY
/ HDT-SM42-DBT
/ HDT-SM72-DBT



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

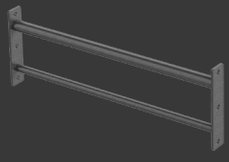


2 PIPE
/ HDT-SM42-2P
/ HDT-SM72-2P

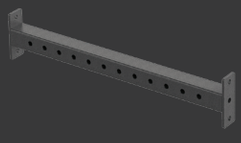


STABILITY BALL STORAGE
/ HDT-SM42-SBS
/ HDT-SM72-SBS

PERIMETER XMEMBERS (AVAILABLE IN 72" AND 42")



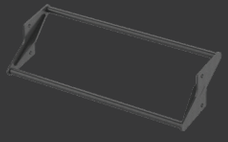
THICK / SKINNY
/ HDT-XM42-TS
/ HDT-XM72-TS



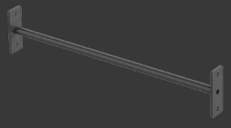
SQUARE
/ HDT-XM42-SQ
/ HDT-XM72-SQ



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



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



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



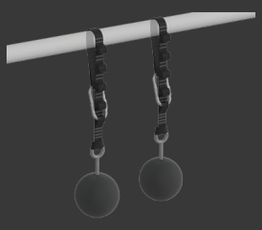
STRAIGHT BAR
/ HDT-XM42-SB
/ HDT-XM72-SB

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

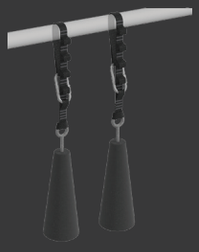
** With attachments, rack configurations are required to be bolted to floor*
***All rig configurations are required to be bolted to floor*



HANGING ACCESSORIES



HANGING SPHERE SET
/ ACC-HA-1000-01



HANGING CONE SET
/ ACC-HA-1001-01



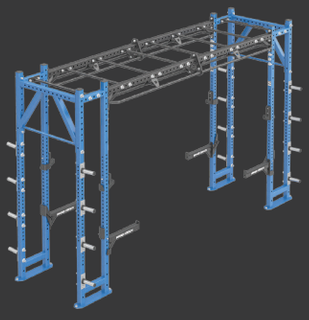
HANING PIPE SET
/ ACC-HA-1002-01



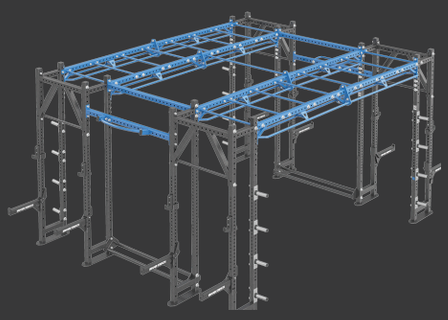
HANGING RING SET
/ ACC-HA-1003-01

HD ATHLETIC BRIDGE

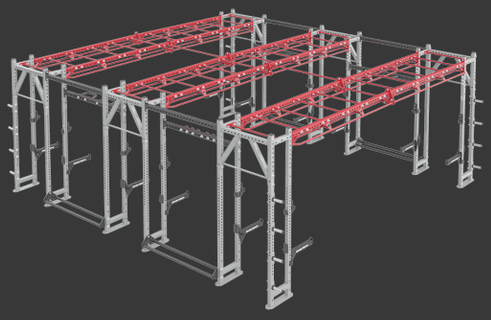
SAMPLE CONFIGURATIONS*



SINGLE



DOUBLE

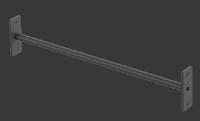


TRIPLE

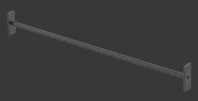
Call for pricing and additional configurations.

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

MONKEY BARS



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



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

BAR SUPPORT AND CATCHES

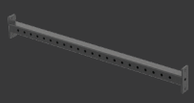


BAR CATCH PAIR
/ HDT-HR-BP



BAR SUPPORT PAIR
/ HDT-PR-BS

SQUARE XMEMBER AND CONNECTORS



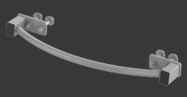
SQUARE
/ HDT-XM42-SQ
/ HDT-XM72-SQ



BALL GRIPS PAIR
/ HDT-BG3

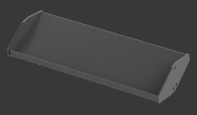


NEUTRAL GRIPS PAIR
/ HDT-NG

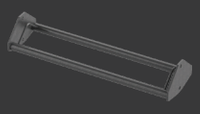


ARC BAR
/ HDT-ARC

STORAGE CONNECTORS (LENGTH: 72")



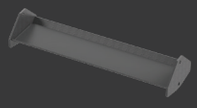
DUMBBELL TRAY
/ HDT-SM42-DBT
/ HDT-SM72-DBT



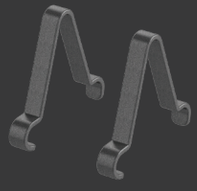
2 PIPE
/ HDT-SM42-2P
/ HDT-SM72-2P



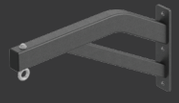
WALL BALL TARGET
/ HDT-WBT



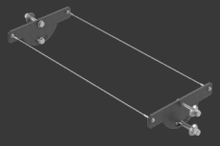
ACCESSORY TRAY
/ HDT-SM42-ACT
/ HDT-SM72-ACT



BUMPER PLATE PAIR DIVIDER / HDT-BP



HEAVY BAG HANGER
/ HDT-HBH



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

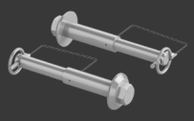
ADD-ONS



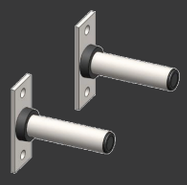
POWER PIVOT
/ HDT-PP



BAR STORAGE
/ HDT-BS



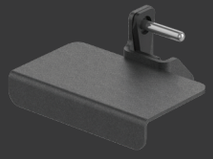
BAND PEG PAIR
/ HDT-BP



WEIGHT HORN PAIR
/ HDT-WH



DIP HANDLE
/ HDT-DIP



STEP
/ HDT-STEP

Images not to scale. Products subject to change.


Pitt
HAMMER STRENGTH


NOTRE
DAME
HAMMER STRENGTH

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.

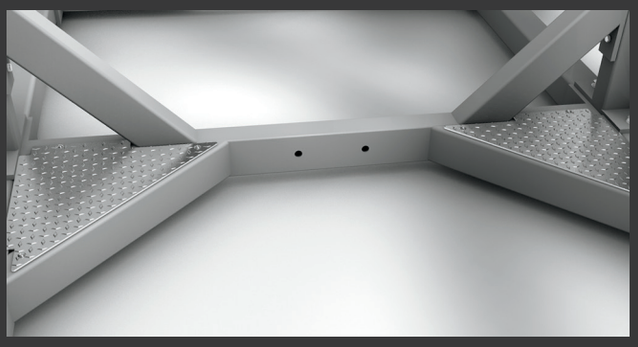
Built to endure performance strength training from individuals to classes that want to turn their training up a notch.

STRUCTURAL PERFORMANCE FEATURES



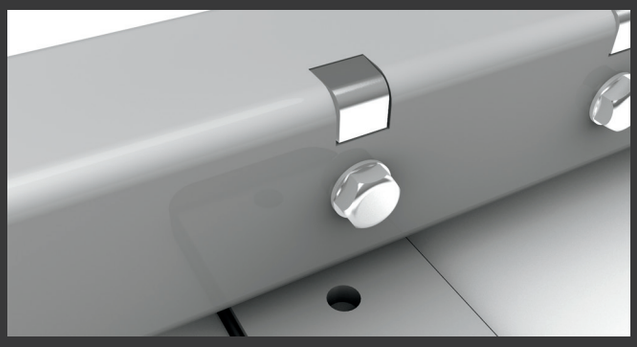
ANVIL BRACING™

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

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

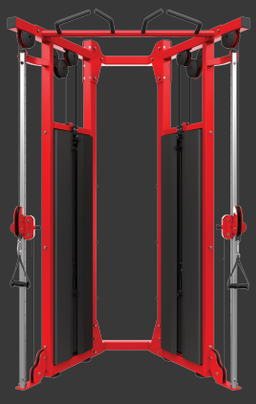


POWER RACK / HALF RACK SHORT BASE / HLDPR / HDLHRS



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

CABLE STATIONS



HD ELITE DUAL ADJUSTABLE PULLEY / HDLDAP



HD ELITE PULLDOWN / HDLPD



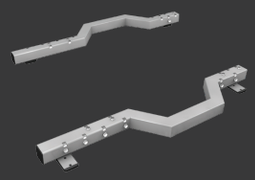
HD ELITE ROW / HDLRW



HD ELITE DUAL PULLDOWN ROW / HDLDPR

Images not to scale. Products subject to change.

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

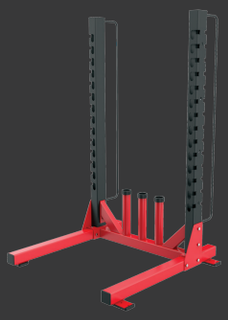
- Bumper plate and tray storage option
- Available in both front load and side load
- Available on all standalone and combo storages



ACCESSORY STORAGE/ **DIP STATION** / HDLADS

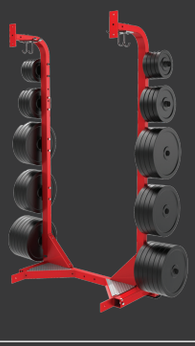
- Store four HD Elite accessories
- Add HD Elite Dip Handle to create a dip station 50" L x 49" W x 70" H (127 cm L x145 cm W x 118 cm H)
- 128 lbs (58.5 kg)

Shown with optional HD Elite Dip Handle*



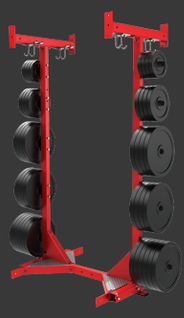
ACCESSORY STORAGE **RACK** / HDLASR

- 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)



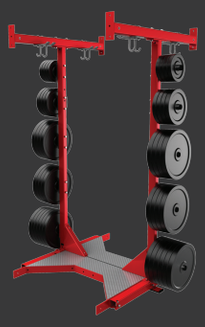
STAND-ALONE STORAGE / HDLSTOR-SA

- 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



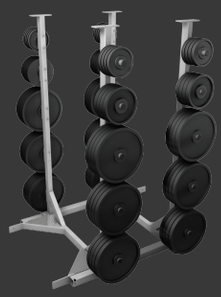
COMBO STORAGE – SHORT **SINGLE** / HDLSTOR-SS

- 10 standard weight horns
- Increased room for spotting



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

- 10 standard weight horns
- Increased room for spotting

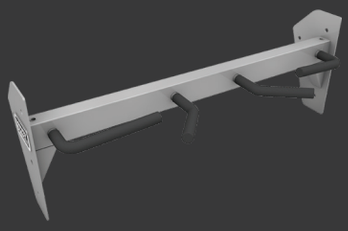


COMBO STORAGE – LONG **DOUBLE** / HDLSTOR-LD

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

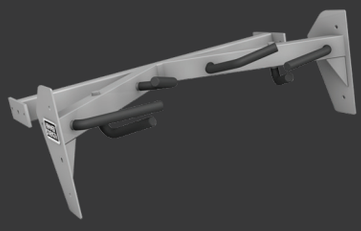


PULL-UP BARS



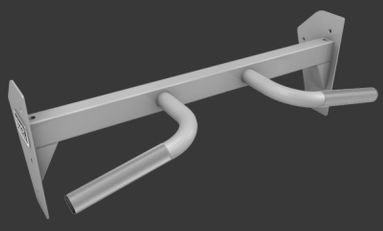
2-HANDLE PULL-UP / HDL2PU

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



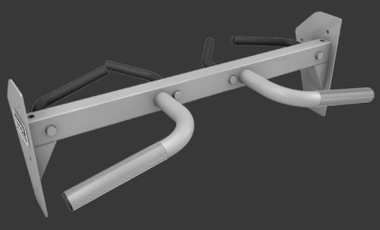
3-HANDLE PULL-UP / HDL3PU

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



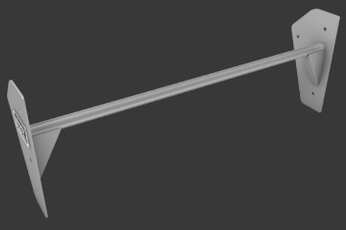
THICK GRIP PULL-UP / HDLTPU

- 2" (5 cm) diameter knurled grips



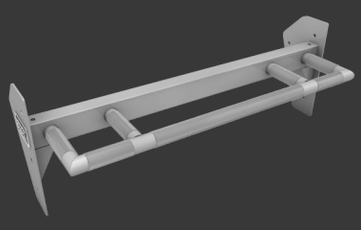
DUAL PULL-UP / HDLDPU

- 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)

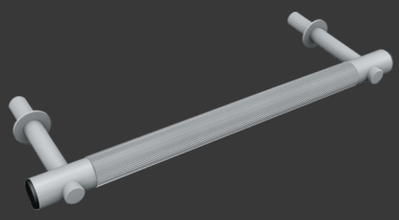
Images not to scale. Products subject to change.





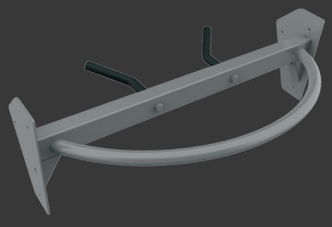
ROTATING CHIN-UP / HDLRCU

- Chrome handles simply slide laterally for multi-position movements



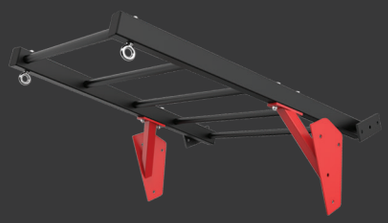
STRAIGHT THICK SIDE PULL-UP

- 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

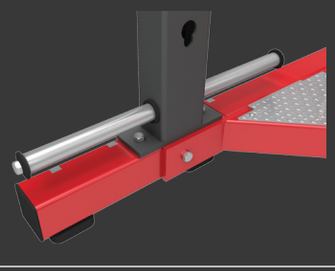
** With attachments, rack configurations are required to be bolted to floor*

OPTIONAL ATTACHMENTS



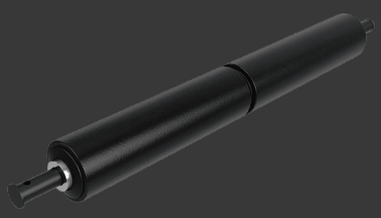
POWER PIVOT / HDLPP

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



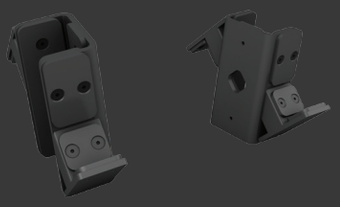
SLIDING BAND PEG / HDLSBP

- 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



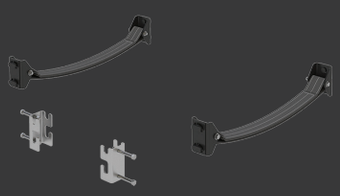
SINGLE LEG SQUAT BAR
/ HDLSLS

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



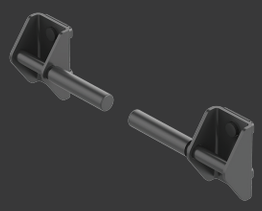
REVERSE BAR SUPPORT PAIR
/ HDLRBS

- 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

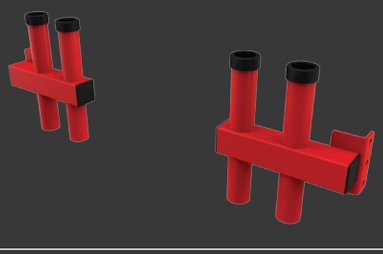
- For use with a Safety Squat Bar or as a range of motion / squat teaching aid
- Includes storage that bolts to the back of a weight horn

Images not to scale. Products subject to change.



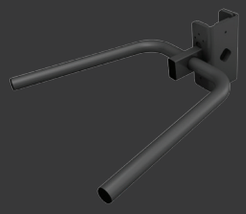
STEP-UP PLATFORM
/ HDLSTP-HR & HDLSTP-PRMR

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



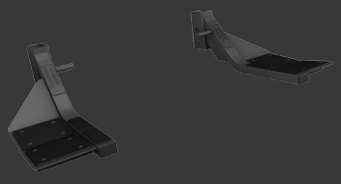
4-BAR STORAGE
/ HDL4BS

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



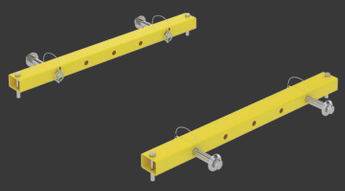
DIP HANDLES
/ HDLDIP-HR & HDLDIP-PRMR

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



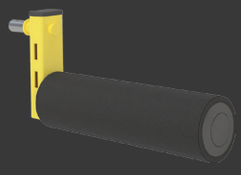
TECHNIQUE TRAY
/ HDLTT-HR & HDLTT-PRMR

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



PERPENDICULAR BAND PEG PAIR / HDLPBP-PR

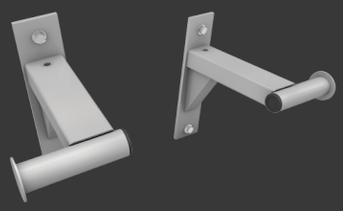
- Adjustable perpendicular pegs on HD Elite PR/MR as an alternative to sliding band pegs
- Additional tube with adjustment points bolts directly onto existing frame
- Removable peg can be placed in any of five positions on standard, three positions on sumo



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

OPTIONAL ADD-ONS



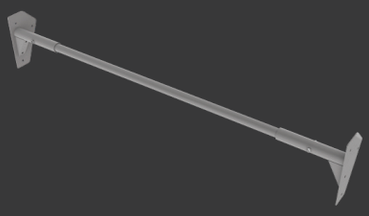
TOP BAND PEG PAIR / HDLTBP

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



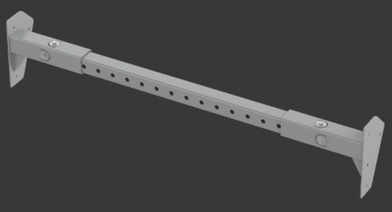
BATTLE ROPE ATTACHMENT / HDLBSL

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



RACK CONNECTOR – THICK STRAIGHT / HDLRC-TS

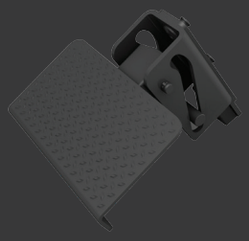
- Available in lengths that adjust from 6' to 7' and from 7' to 8'
- 2" (5 cm) diameter



RACK CONNECTOR – SQUARE / HDLRC-SQ

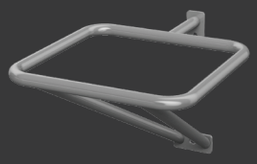
- Adjustable length
- Allows for attachment of ball and neutral grip pull-up options

Images not to scale. Products subject to change.



SPOTTER PLATFORMS / HDLSP

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

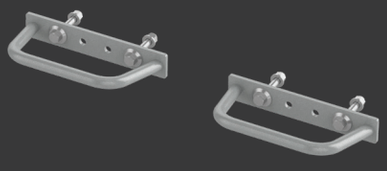


TOP BALL STORAGE / HDLTBS

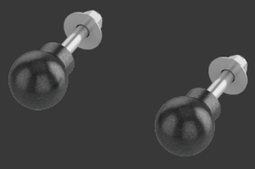
- Convenient storage of stability balls



ARC BAR
/ HDT-ARC



NEUTRAL GRIP PAIR
/ HDT-NG



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



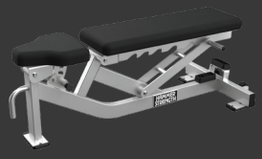
DECLINE/ABDOMINAL BENCH / FW-DB



FLAT BENCH / FW-FB



UTILITY BENCH – 75° / FW-UB75



MULTI-ADJUSTABLE BENCH / HDT-MAB



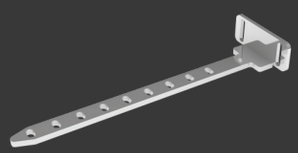
ADJUSTABLE BENCH / HDLADJN

- 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

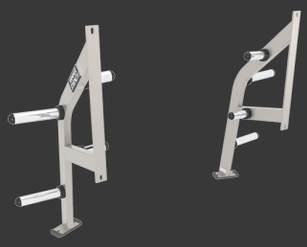
- Back pad adjusts to 0, 15, 30, 45, 60 and 75-degree pressing angles
- Seat pad adjusts 0, 15 and 30 degrees
- Also available with wider/longer pads (HDLADJXL)
- For use with Dock N' Lock system



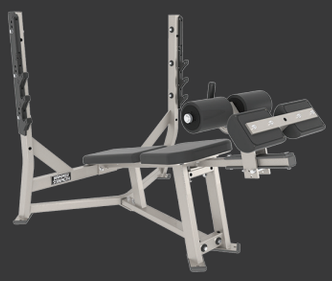
DOCK 'N LOCK / HDLDL

- 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



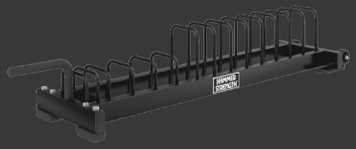
SEATED ARM CURL / FW-AC



BARBELL RACK / FW-BAR



SMALL RUBBER WEIGHT STORAGE / FW-BPS



LARGE BUMPER PLATE STORAGE / FW-BPL



DELUXE WEIGHT TREE / FW-DWT

Images not to scale. Products subject to change.



OLYMPIC MILITARY BENCH / O-MB



OLYMPIC SQUAT RACK / OSR



BACK EXTENSION / BW-BE



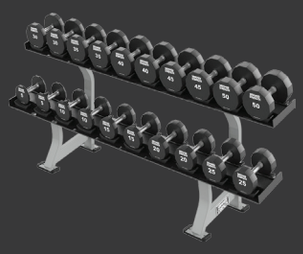
4′ FREESTANDING STORAGE / HDT-FSS-4



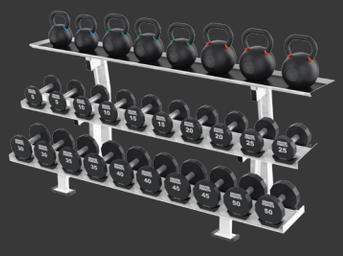
6′ FREESTANDING STORAGE / HDT-FSS-6



SINGLE-TIER DUMBBELL RACK / FW-DR1



TWO-TIER DUMBBELL RACK / FW-DR2



THREE-TIER DUMBBELL RACK / FW-DR3


8 KG
HAMMER STRENGTH
HAMMER 5 STRENGTH
20 KG
20 KG



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

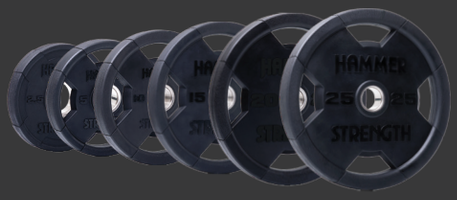
Product	Product Code
10kg; Black	HS-BP-2011-01
15kg; Black	HS-BP-2010-01
20kg; Black	HS-BP-2009-01
25kg; Black	HS-BP-2008-01

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

TRANING 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



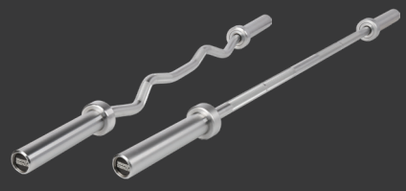
25mm WOMEN'S OLYMPIC WEIGHTLIFTING BARS

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



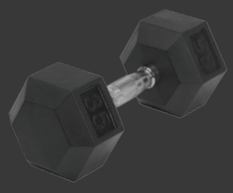
URETHANE DUMBBELLS

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

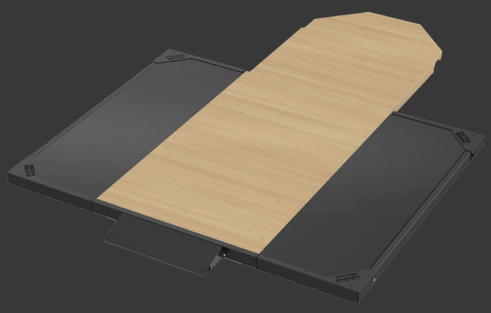
Product	Product Code
DC Block (Single)	DC-B001
DC Block Kit (16 Piece)	DC-B016
DC Flat Tops (Single)	DC-FT001



COLLARS

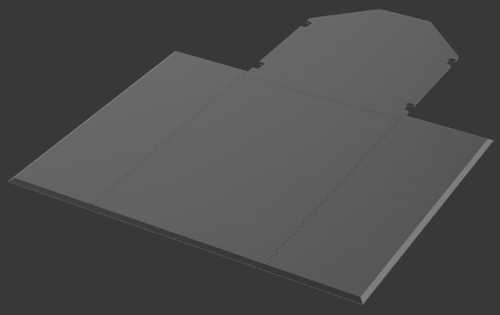
Product	Product Code
Lock-Jaw Pro 2	ACC-CL-1002-02
Lock-Jaw Oly 2	ACC-CL-1001-02
Bulldog	ACC-CL-1003-01
Spring	ACC-CL-1000-01

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

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

• Limited customization available for all Hammer Strength products.

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

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

PLATE-LOADED	CODE	DIMENSIONS (L x W x H)	WEIGHT
Iso-Lateral Bench Press	IL-BP	49" x 52" x 69" (125 cm x 133 cm x 176 cm)	350 lbs (159 kg)
Iso-Lateral Horizontal Press	IL-HBP	66" x 61" x 42" (168 cm x 155 cm x 107 cm)	240 lbs (109 kg)
Iso-Lateral Super Incline Press	IL-FMP	50" x 59" x 60" (127 cm x 150 cm x 153 cm)	360 lbs (164 kg)
Iso-Lateral Incline Press	IL-IP	39" x 52" x 75" (100 cm x 133 cm x 191 cm)	325 lbs (148 kg)
Iso-Lateral Wide Chest	IL-WC	45" x 59" x 69" (115 cm x 150 cm x 176 cm)	305 lbs (139 kg)
Iso-Lateral Decline Press	IL-DCP	51" x 54" x 68" (130 cm x 138 cm x 173 cm)	315 lbs (143 kg)
Iso-Lateral Shoulder Press	IL-SP	51" x 58" x 74" (130 cm x 148 cm x 188 cm)	350 lbs (159 kg)
Iso-Lateral Chest/Back	IL-CB	72" x 52" x 82" (183 cm x 133 cm x 209 cm)	390 lbs (177 kg)
Iso-Lateral Front Lat Pulldown	IL-PD	65" x 41" x 80" (166 cm x 105 cm x 204 cm)	315 lbs (143 kg)
Iso-Lateral Wide Pulldown	IL-WPD	71" x 42" x 80" (181 cm x 107 cm x 204 cm)	320 lbs (146 kg)
Iso-Lateral High Row	IL-HR	61" x 41" x 79" (155 cm x 105 cm x 201 cm)	330 lbs (150 kg)
Iso-Lateral Rowing	IL-ROW	59" x 50" x 51" (150 cm x 127 cm x 130 cm)	280 lbs (128 kg)
Iso-Lateral D.Y. Row	IL-DRW	51" x 56" x 82" (130 cm x 143 cm x 209 cm)	360 lbs (164 kg)
Iso-Lateral Low Row	IL-LR	48" x 47" x 67" (122 cm x 120 cm x 171 cm)	335 lbs (152 kg)
Seated/Standing Shrug	PL-SH	42" x 60" x 49" (107 cm x 153 cm x 125 cm)	235 lbs (107 kg)
Seated Dip	PL-DIP	72" x 49" x 43" (182 cm x 124 cm x 109 cm)	285 lbs (130 kg)
Seated Biceps	PL-BI	50" x 46" x 53" (127 cm x 117 cm x 135 cm)	225 lbs (103 kg)
Iso-Lateral Lateral Raise	PL-LR	41" x 55" x 48" (105 cm x 140 cm x 122 cm)	295 lbs (134 kg)
Pullover	PL-PO	54" x 51" x 59" (138 cm x 130 cm x 150 cm)	370 lbs (168 kg)
4-Way Neck	PL-4W	33" x 54" x 62" (84 cm x 138 cm x 158 cm)	245 lbs (112 kg)
Gripper	PL-GRIP	50" x 28" x 47" (127 cm x 71 cm x 119 cm)	65 lbs (30 kg)
Abdominal Oblique Crunch	PL-AB	47" x 58" x 66" (120 cm x 148 cm x 168 cm)	355 lbs (162 kg)
Linear Leg Press	HSLLP	95" x 65" x 57" (242 cm x 166 cm x 145 cm)	630 lbs (286 kg)
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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