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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.

/ō'limpik /'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.

- Bumpers
- Olympic bars
- Collars
- Training discs







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





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 Enderation

- 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





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 TRAIN ING (n.)

/frē/ /wāt/ /'trāniNG/

IT'S ALL ABOUT RESISTANCE.

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

- Olympic discs
- Dumbbells
- Fixed barbells
- Curl bars







URETHANE OLYMPIC DISCS

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



RUBBER OLYMPIC DISCS

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









URETHANE DUMBBELLS

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

RUBBER DUMBBELLS

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

RUBBER HEX DUMBBELLS

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





URETHANE FIXED BARBELLS

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



RUBBER FIXED BARBELLS

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



CURL BARS

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

FUNCTION AL TRAIN IN G. (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.

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











HAMMER STRENGTH COMPETITION KETTLEBELLS

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

RUBBER KETTLEBELLS

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

CAST IRON KETTLEBELLS

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





SLAM BALLS

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



SLAMBELLS

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





TIRES

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

LifeFitness

Life Fitness

CORE BAGS



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

/kən-'di-sh(ə-)niŋ/

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.

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







HAMMER STRENGTH 3-IN-1 SOFT PLYO BOX

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



HAMMER STRENGTH STACKABLE PLYO BOXES

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



HAMMER STRENGTH 3-IN-1 WOOD PLYO BOX

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



LIFE FITNESS 3-IN-1 SOFT PLYO BOX

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





SPEED CONES

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



SPEED LADDER

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



HURDLES

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





SKIPPING ROPE

- Length: 3m (between handles)
- Leather



SPEED ROPE

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



BATTLE ROPE

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



PUNCHING BAG

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



BAG GLOVES

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



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.

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







MEDICINE BALLS

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



PILATES MAT

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



YOGA MAT

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



CARDIO/STUDIO MAT

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





STABILITY BALLS

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



LONG SOFT FOAM ROLLER

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



SHORT HARD FOAM ROLLER

- 460 x 140mm
- Polyurethane
- Medium aggressive



SHORT RIGID FOAM ROLLER

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





COVERED RESISTANCE TUBES

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

POWER BAND.

POWER BAND.

POWER BAND.

POWER BANDS

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



MORE UTILITY. LESS CLUTTER.

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

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

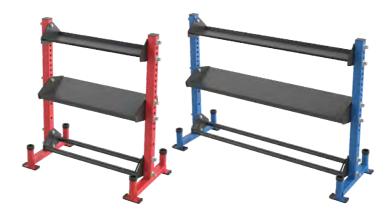






HD ATHLETIC PERIMETER STORAGE

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



FREE STANDING STORAGE

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



DUMBBELL RACK

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



DELUXE WEIGHT TREE

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



FIXED BARBELL RACK

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



BUMPER PLATE STORAGE

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



MEDICINE BALL RACK

62 x 41 x 145cm

Holds five medicine balls



STABILITY BALL RACK

120 x 130 x 175cm

Holds nine stability balls



MAT STORAGE RACK

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



SIGNATURE SERIES ACCESSORY RACK

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

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	

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

OLYMPIC BARS

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

FREE WEIGHT TRAINING

RETHANE OLYMPIC DISCS		URETHANE DUMBBELLS	
roduct	Code	Product	Code
25kg	HS-OP-2102-01	2kg	HS-DB-2305
5kg	HS-OP-2103-01	4kg	HS-DB-2306
κg	HS-OP-2104-01	6kg	HS-DB-2307
)kg	HS-OP-2105-01	8kg	HS-DB-2308
-1	UC OD 2100 01	10kg	HS-DB-2309
ōkg	HS-OP-2106-01	12kg	HS-DB-2310
Okg	HS-OP-2107-01	14kg	HS-DB-2311
kg	HS-OP-2108-01	16kg	HS-DB-2312
lpc. Set	PH-HS-	18kg	HS-DB-2313
	OP-2100-01	20kg	HS-DB-2314
3pc. Set	PH-HS- OP-2101-01	22kg	HS-DB-2315
	I	24kg	HS-DB-2316

RUBBER OLYMPIC DISCS			
Product	Code		
1.25kg	HS-OP-3102-01		
2.5kg	HS-OP-3103-01		
ōkg	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		

110000	Jour	22
2kg	HS-DB-2305-01	Se
4kg	HS-DB-2306-01	32
6kg	HS-DB-2307-01	Se
8kg	HS-DB-2308-01	42 Se
10kg	HS-DB-2309-01	52
12kg	HS-DB-2310-01	Se
14kg	HS-DB-2311-01	
16kg	HS-DB-2312-01	RU
18kg	HS-DB-2313-01	Pr
20kg	HS-DB-2314-01	2.5
22kg	HS-DB-2315-01	5k
24kg	HS-DB-2316-01	7.5
26kg	HS-DB-2317-01	10
28kg	HS-DB-2318-01	12
30kg	HS-DB-2319-01	15
32kg	HS-DB-2320-01	17.
34kg	HS-DB-2321-01	20
36kg	HS-DB-2322-01	22
38kg	HS-DB-2323-01	25
40kg	HS-DB-2324-01	27.
42kg	HS-DB-2325-01	30
44kg	HS-DB-2326-01	32
46kg	HS-DB-2327-01	35
48kg	HS-DB-2328-01	37.
50kg	HS-DB-2329-01	40
52kg	HS-DB-2330-01	42
54kg	HS-DB-2331-01	45
56kg	HS-DB-2332-01	47.
58kg	HS-DB-2333-01	50
60kg	HS-DB-2334-01	2.5
		Se

URETHANE	DUMBBELLS	2 – 20kg	PH-HS-	HEX RU
Product	Code	Set 22 – 30kg	DB-2300-01 PH-HS-	Produc
2kg	HS-DB-2305-01	Set	DB-2301-01	2.5kg
4kg	HS-DB-2306-01	32 – 40kg	PH-HS-	5kg
6kg	HS-DB-2307-01	Set	DB-2302-01	7.5kg
8kg	HS-DB-2308-01	42 – 50kg Set	PH-HS- DB-2303-01	10kg
10kg	HS-DB-2309-01	52 – 60kg	PH-HS-	12.5kg
12kg	HS-DB-2310-01	Set	DB-2304-01	15kg
14kg	HS-DB-2311-01		VIDDELLO	17.5kg
16kg	HS-DB-2312-01	RUBBER DU		20kg
18kg	HS-DB-2313-01	Product	Code	22.5kg
20kg	HS-DB-2314-01	2.5kg	HS-DB-3304-01	25kg
22kg	HS-DB-2315-01	5kg	HS-DB-3305-01	27.5kg
24kg	HS-DB-2316-01	7.5kg	HS-DB-3306-01	30kg
26kg	HS-DB-2317-01	10kg	HS-DB-3307-01	32.5kg
28kg	HS-DB-2318-01	12.5kg	HS-DB-3308-01	35kg
30kg	HS-DB-2319-01	15kg	HS-DB-3309-01	37.5kg
32kg	HS-DB-2320-01	17.5kg	HS-DB-3310-01	40kg
34kg	HS-DB-2321-01	20kg	HS-DB-3311-01	42.5kg
36kg	HS-DB-2322-01	22.5kg	HS-DB-3312-01	45kg
38kg	HS-DB-2323-01	25kg	HS-DB-3313-01	47.5kg
40kg	HS-DB-2324-01	27.5kg	HS-DB-3314-01	50kg
42kg	HS-DB-2325-01	30kg	HS-DB-3315-01	2.5 – 2
44kg	HS-DB-2326-01	32.5kg	HS-DB-3316-01	Set
46kg	HS-DB-2327-01	35kg	HS,-DB-3317-01	27.5 – 5 Set
48kg	HS-DB-2328-01	37.5kg	HS-DB-3318-01	
50kg	HS-DB-2329-01	40kg	HS-DB-3319-01	
52kg	HS-DB-2330-01	42.5kg	HS-DB-3320-01	
54kg	HS-DB-2331-01	45kg	HS-DB-3321-01	
56kg	HS-DB-2332-01	47.5kg	HS-DB-3322-01	
58kg	HS-DB-2333-01	50kg	HS-DB-3323-01	
60kg	HS-DB-2334-01	2.5 – 25kg Set	PH-HS- DB-3300-01	
		27.5 – 50kg Set	PH-HS- DB-3301-01	

2 – 20kg

PH-HS-

HEX RUBBER

Code

ACC-DB-6002-01

ACC-DB-6003-01

ACC-DB-6004-01

ACC-DB-6005-01

ACC-DB-6006-01

ACC-DB-6007-01

ACC-DB-6008-01

ACC-DB-6009-01

ACC-DB-6010-01

ACC-DB-6011-01

ACC-DB-6012-01

ACC-DB-6013-01

ACC-DB-6014-01

ACC-DB-6015-01

ACC-DB-6016-01

ACC-DB-6017-01

ACC-DB-6018-01

ACC-DB-6019-01

ACC-DB-6020-01

ACC-DB-6021-01

PH-ACC-DB-6000-01

PH-ACC-DB-6001-01

Product

12.5kg

22.5kg

32.5kg

2.5 - 25kg

27.5 - 50kg

42.5kg

FREE WEIGHT TRAINING

URETHANE FIXED BARBELLS		RUBBER FIXED BARBELLS	
Product	Code	Product	Code
10kg	HS-BB-3103-01	10kg	HS-BB-5103-01
12.5kg	HS-BB-3104-01	12.5kg	HS-BB-5104-01
15kg	HS-BB-3105-01	15kg	HS-BB-5105-01
17.5kg	HS-BB-3106-01	17.5kg	HS-BB-5106-01
20kg	HS-BB-3107-01	20kg	HS-BB-5107-01
25kg	HS-BB-3108-01	25kg	HS-BB-5108-01
30kg	HS-BB-3109-01	30kg	HS-BB-5109-01
35kg	HS-BB-3110-01	35kg	HS-BB-5110-01
40kg	HS-BB-3111-01	40kg	HS-BB-5111-01
45kg	HS-BB-3112-01	45kg	HS-BB-5112-01
10 – 20kg Set	PH-HS- BB-3100-01	10 – 20kg Set	PH-HS- BB-5100-01
25 – 45kg Set	PH-HS- BB-3101-01	25 – 45kg Set	PH-HS- BB-5101-01
10 – 45kg Set	PH-HS- BB-3102-01	10 – 45kg Set	PH-HS- BB-5102-01

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	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

24kg 28kg 32kg

10kg

15kg

20kg

8 – 32kg

SLAM BALLS

Product Code

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			TIRES	
Product	Code		Product	Code
8kg	PAKC08		40kg;	LF-TR-1000-
12kg	PAKC12	_	Orange	
16kg	PAKC16		60kg; Red	LF-TR-1001-
20kg	PAKC20	-8	80kg;	LF-TR-1002-
24kg	PAKC24	_	Blue	LI-111-1002-
28kg	PAKC28		100kg; Gray	LF-TR-1003-
32kg	PAKC32		,	I

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

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	

HS-SB-2000-01

HS-SB-2001-01

HS-SB-2002-01

HS-SB-2003-01

CONDITIONING

3-IN-1 SOFT PLYO BOX Product Code 50 x 60 HS-PB-2000-01 x 76cm

STACKABLE PLYO BOXES Product Code HS-PB-3001-02 15cm HS-PB-3002-02 HS-PB-3003-02 30cm HS-PB-3004-02 60cm HS-PB-3005-02 PB-3000-02

3-IN-I MAAA BAX		
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 LF-LD-1000-01 Drawstring Carrier Bag

HURDLES		
Product	Code	
Adjustable	LF-HD-1000-01	
SKIPPING ROPE		

Product

3m; Black

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

Code LF-SR-1000-01

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

IEDICINE BALLS		STABILITY BALLS	
roduct	Code	Product	Code
kg, ireen	LF-MB-1100-01	55cm, Red	LF-SB-1000-01
kg, Irange	LF-MB-1101-01	55cm, Grey	LF-SB-1003-01
kg, ed	LF-MB-1102-01	65cm, Blue	LF-SB-1001-01
kg, lue	LF-MB-1103-01	65cm, Grey	LF-SB-1004-01
kg, irey	LF-MB-1104-01	75cm, Grey	LF-SB-1002-01

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

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

POWER BAND	POWER BANDS	
Product	Code	
Light, Green	WBANDS	
Medium, Blue	WBANDM	
Heavy, Red	WBANDL	

STORAGE

HD ATHLET		DUMBBELL RACKS	
PERIMETER	STORAGE*	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
EDEE STAN	DING STORAGE	Three Tier	FW-DR3-01
Product	Code	Three Tier XL	FW-XLDR3-01
122cm Storage	HDT-FSS-4	DELUXE WEIGHT	TREE

Code

FW-DWT

Product

Weight Tree

HDT-FSS-6

183cm

Storage

BBELL RACKS		LIXEN RAKRETT KA	ĽK
uct	Code	Product	Code
le Tier	FW-DR1-01	Fixed Barbell Rack	FW-BAR
le Tier XL	FW-XLDR1-01	20.20	l
Tier	FW-DR2-01	BUMPER PLATE ST	ORAGE
Tier XL	FW-XLDR2-01	Product	Code
e Tier	FW-DR3-01	Small Bumper	EM DDO

Weight Storage

Large Bumper

Weight Storage

FW-BPL

t	Code	Product	Code
Rack	FW-BAR	Five Medicine Ball Rack	FGPK-LF25RAC
R PLATE ST	ORAGE	OTABILITY I	DALL DAGK
t	Code	STABILITY	BALL RACK

JIA	JIADILII I DALL RAGA	
Proc	luct	Code
Nine Gym Stor Racl	nball age	FGPK-9GBR

MEDICINE BALL RACK

MAT STORAGE RACK	
Product	Code
Mat Storage Rack	FGPK-LF2RACK

SIGNATURE SERIES STORAGE RACK*	
Product	Code
Center storage with side options	SAR

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



HAMMER STRENGTH

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