The reputation of Hammer Strength equipment has been built with steel, sweat and dedication. Hammer Strength is the choice of professional athletes when they train at the highest levels, and it’s relied upon by the top college and high school athletic programs in the country. Hammer Strength is the No. 1 option for elite athletes because it can take the pounding they dish out, and, most importantly, it’s designed to provide results.

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

Hammer Strength isn’t exclusive. It can be used to reach the fitness goals of anyone committed to putting in the hard work.
RESPECT WHAT BUILDS YOU

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.

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.

CLEMSON UNIVERSITY
Clemson, South Carolina

SPORTSGYM SCANDINAVIA
Östersund, Sweden

UNIVERSITY OF CINCINNATI
Cincinnati, Ohio

CROCUS FITNESS
Moscow, Russia

PERFORMANCE FACILITIES

NOT ALL STEEL IS EQUAL

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

That’s why Hammer Strength equipment is tested to exceed industry standards, ensuring that it can hold up to years of even the most intense training programs.
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.
MTS
SMOOTH, BIOMECHANICALLY SOUND AND EXTREMELY EFFECTIVE

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

The result is a line of 13 strength pieces that employ independent arm and leg actions to offer both performance and ease of use.
ABDOMINAL CRUNCH / MTSAB
ISO-LATERAL BICEPS CURL / MTSBC
ISO-LATERAL CHEST PRESS / MTSCP
ISO-LATERAL DECLINE PRESS / MTSOP
ISO-LATERAL FRONT PULLDOWN / MTSPF
ISO-LATERAL HIGH ROW / MTSHR
ISO-LATERAL INCLINE PRESS / MTSIP
ISO-LATERAL ROW / MTSRW
ISO-LATERAL SHOULDER PRESS / MTSSP
ISO-LATERAL TRICEPS EXTENSION / MTSTE
ISO-LATERAL LEG EXTENSION / MTSLE
ISO-LATERAL KNEEING LEG CURL / MTSKC
V-SQUAT / MTSVQ

Images not to scale. Products subject to change.
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 KNEELING LEG CURL / IL-KLC
ISO-LATERAL LEG CURL / IL-LC
ISO-LATERAL LEG EXTENSION / IL-LE
ISO-LATERAL LEG CURVE / IL-LC

LEG EXTENSION / PL-LE
LEG PRESS / PL-LP
LINEAR HACK PRESS / PLLHP
LINEAR LEG PRESS / HSLLP

SEATED CALF RAISE / PL-CALF
SEATED LEG CURL / PL-SLC
SUPER HORIZONTAL CALF / PLSHC
TIBIA DORSI FLEXION / PL-TIB

V-SQUAT / PL-VSQ

Images not to scale. Products subject to change.
GROUND BASE

PLATE-LOADED POWER BUILT FROM THE GROUND UP

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

The result is a total-body workout ideal for both sports specific and functional training.
Modularity lets any facility build a unique and exciting performance small group training and HIIT area with rugged Hammer Strength equipment.

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

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

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

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

POWER RACK / HDA-PR
COMBO RACK / HDA-HRRR
HALF RACK / HDA-HR
HALF RACK / POWER RACK REAR XMEMBERS
THICK SKINNY SHORT / HDA-XM42-SB
MULTI-GRIP / HDA-XM42-MG
POWER RACK FRONT XMEMBERS
STRAIGHT BAR / HDA-XM42-SB
THICK SKINNY OFFSET BAR / HDA-XM42-OB
MONKEY BAR / HDA-XM42-OB
SQUARE / HDA-XM42-SQ
RACK ATTACHMENTS / STORAGE / BENCHES
POWER RACK FLEXIBLE DIP HANDLE / HDA-DIP
BAR CATCH / HDA-PR-FBC
BAND PEgs / HDA-BP
POWER PIVOT™ / HDA-PP
RACK BUMPER PLATE STORAGE / HDA-RBPS
WING™ / WING42

Images not to scale. Products subject to change.

* With attachments, rack configurations are required to be bolted to floor.
**HD ATHLETIC RIGS**

**SAMPLE CONFIGURATIONS***

- **4' X 34' WALL** / HDA-FSR-4X34
- **6' X 14' ANGLED MONKEY** / HDA-FSR-6X14
- **6' X 14' STORAGE** / HDA-FSR-6X14
- **6' X 4' WING RIG** / HDA-FSR-6X4
- **4' X 24' BASIC RIG** / HDA-FSR-4X24
- **4' X 14' BOXED RIG** / HDA-FSR-4X14

**RIG ATTACHMENTS**

- **POWER PIVOT™** / HDA-PP
- **DIP HANDLE** / HDA-DIP
- **WING™ / WING42**
- **BAR CATCH** / HDA-HR-BC
- **BAR SUPPORT** / HDA-PR-BS
- **RIG BAR STORAGE** / HDA-BS
- **BAND PEGS** / HDA-BP
- **BAR CATCH** / HDA-HR-BC

**UPRIGHTS**

- **9' UPRIGHT** / HDA-FSR-9U
- **10' UPRIGHT** / HDA-FSR-10U

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

- **DUMBBEL TRAY** / HDA-SM72-DBT
- **KETTLEBELL TRAY** / HDA-SM72-KBT
- **2 PIPE** / HDA-SM72-2P

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

- **STRAIGHT BAR** / HDA-XM42-SB
- **THICK / SKINNY** / HDA-XM42-TS
- **OFFSET BAR** / HDA-XM42-OB
- **MONKEY BAR** / HDA-XM42-MB
- **SQUARE** / HDA-XM42-SQ

---

*Call for pricing and additional configurations.*

---

**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.*

---

*With attachments, rack configurations are required to be bolted to floor.*
HD ATHLETIC PERIMETER

PERIMETER ATTACHMENTS

POWER PIVOT™ / HDA-PP
DIP HANDLE / HDA-DIP
BAR CATCH / HDA-HR-BC
BAR SUPPORT / HDA-PR-BS
RIG BAR STORAGE / HDA-BS
BALL GRIPS (PAIR) / HDA-BG3
ARC BAR / HDA-ARC
NEUTRAL GRIPS (PAIR) / HDA-NG

STORAGE CONNECTORS
(AVAILABLE IN 72”)

DUMBBELL TRAY / HDA-SM72-DBT
KETTLEBELL TRAY / HDA-SM72-KBT
2 PIPE / HDA-SM72-2P

PERIMETER XMEMBERS (AVAILABLE IN 72” AND 42”)

THICK / SKINNY / HDA-XM42-TS
MONKEY BAR / HDA-XM42-MB
SQUARE / HDA-XM42-SQ

Call for pricing and additional configurations.

*With attachments, rack configurations are required to be bolted to floor
**All rig configurations are required to be bolted to floor.
HD ATHLETIC BRIDGE

SINGLE DOUBLE TRIPLE

HD ATHLETIC BRIDGE

SAMPLE CONFIGURATIONS*

MONKEY BARS
MONKEY BAR
/HDA-XM42-MB
MONKEY BAR
/HDA-XM72-MB

BAR SUPPORT AND CATCHES
BAR CATCHES
(PAIR) / HDA-HR-BP
BAR SUPPORTS
(PAIR) / HDA-PR-BS

SQUARE XMEMBER AND CONNECTORS
SQUARE
/HDA-XM72-SQ
BALL GRIPS
(PAIR) / HDA-BG3
NEUTRAL GRIPS
(PAIR) / HDA-NG
ARC BAR
/HDA-ARC

STORAGE CONNECTORS
(LENGTH: 72”)

ACCESSORIES

DUMBELL TRAY
/HDA-SM72-DBT
KETTLEBELL TRAY
/HDA-SM72-KBT
POWER PIVOT
/HDA-PP
2 PIPE
/HDA-SM72-2P
BUMPER PLATE
/HDA-BP
DIVIDER / HDA-BPD

BAR STORAGE
/HDA-BS
BAND PEGS
/HDA-BP
WEIGHT HORN
(PAIR) / HDA-WH
DIP HANDLE
/HDA-DIP

CALL FOR PRICING AND ADDITIONAL CONFIGURATIONS.
* With attachments, rack configurations are required to be bolted to floor.

31 HAMMERSTRENGTH.COM

32 HAMMER STRENGTH

IMAGES NOT TO SCALE. PRODUCTS SUBJECT TO CHANGE.
An HD Elite™ Rack is a fixture for any facility that puts a premium on performance. It offers strength training for individuals, and it can be configured as a small group training area for exercisers who want to take the intensity of their group workouts up a notch.

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

**MAIN FEATURES**

**ANVIL BRACING™**
Multi-plane bolting configuration increases structural rigidity

**SPIDER GUSSET™**
45-degree angle braces with diamond plate to increase lateral stiffness

**HAMMERLOCK™**
Patented Hammer Strength-originated bolting mechanism allows for higher fastening torque and eliminates exposed hardware for a cleaner look
STAND-ALONE RACKS (EXAMPLE CONFIGURATIONS)

HALF RACK LONG BASE / HDHRL
MULTI-RACK / HDMR
POWER RACK / HDLPR

COMBO RACKS (EXAMPLE CONFIGURATIONS)

HALF RACK SHORT BASE / DAP HDLHRS / HDLCRADAP
POWER RACK / HALF RACK SHORT BASE / HLDPR / HDLRS
HALF RACK SHORT BASE / HALF RACK SHORT BASE / HDLHRS / HDLRSSTT

CABLE STATIONS

HD ELITE DUAL ADJUSTABLE PULLEY / HDLDAP
HD ELITE PULLDOWN / HDLPD
HD ELITE ROW / HDLRW
HD ELITE DUAL PULLDOWN ROW / HDLPR

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 stand alone and combo storage

ACCESSORY STORAGE/ DIP STATION / HDDLADS
- Store four HD Elite accessories
- Add HD Elite Dip Handle to create a dip station 50” L x 43” W x 70” H (127 cm L x 145 cm W x 118 cm H)
- 128 lb (58.5 kg)
Shown with optional HD Elite Dip Handle

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

STAND-ALONE STORAGE / HDLSTOR-SA
- 20 standard weight horns
- Allows for easy side walk-through

COMBO STORAGE – SHORT SINGLE / HDLSTOR-SS
- 10 standard weight horns
- Increased room for spotting

COMBO STORAGE – MEDIUM SINGLE, DOUBLE / HDLSTOR-MS, LD
- 10 standard weight horns
- Optional: Kettlebell/Bumper Plate Storage with 10 standard weight horns

COMBO STORAGE – LONG SINGLE, DOUBLE / HDLSTOR-LS, LD
- 20 standard weight horns
- Allows for easy side walk-through

ACCESSORY STORAGE – SHORT / HDLSTOR-SS
- 10 standard weight horns
- Increased room for spotting

ACCESSORY STORAGE – MEDIUM / HDLSTOR-MS
- Maximum space efficiency
- Standard: Eight standard length weight horns and two long bottom weight horns
- Optional: Kettlebell/Bumper Plate Storage with 10 standard weight horns

ACCESSORY STORAGE – LONG DOUBLE / HDLSTOR-LD
- 20 standard weight horns
- Allows for easy side walk-through
### PULL-UP BARS

<table>
<thead>
<tr>
<th>Model</th>
<th>Description</th>
</tr>
</thead>
</table>
| **2-HANDLE PULL-UP** / HDL2PU | - 1.25” (3 cm) diameter knurled grip  
- Chrome handles simply slide laterally for multi-position movements  
- Only available on Power Rack |
| **3-HANDLE PULL-UP** / HDL3PU | - 1.25” (3 cm) diameter knurled grip  
- Three ergonomic handle positions  
- Only available on Power Rack |
| **THICK GRIP PULL-UP** / HDLTPU | - 2” (5 cm) diameter knurled grips  
- Neutral grips located at 24” (61 cm) and 28” (71 cm) apart  
- Also available as Thick Grip 2” (5 cm) diameter (HDETPU) |
| **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 (HDETPU) |
| **ROTATING CHIN-UP** / HDLRCU | - 30-degree angle  
- Attachment point for Olympic ring training  
- Increases height 20” (50 cm) and length 12” (31 cm)  
- Only available on the Power Rack |
| **STRAIGHT THICK SIDE PULL-UP** | - Wide neutral and underhand grip in rear  
- 1.25” (3 cm) diameter continuous arc bar on front  
- 1.25” (3 cm) diameter wide neutral and underhand rubber coated grips in rear |
| **WING** / HDLWG | - Wide neutral and underhand grip in rear  
- 1.25” (3 cm) diameter continuous arc bar on front  
- 1.25” (3 cm) diameter wide neutral and underhand rubber coated grips in rear |
| **ARC DUAL PULL-UP** / HDLARCU | - Several pull-up bar configurations available to customize your rack to meet your training needs  
- Enhances the versatility of rack training systems |

*Images not to scale. Products subject to change.*
**OPTIONAL**

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

**SLIDING BAND PEG / HDLSBP**
- Allows for additional band resistance training
- Slides forward for use and slides backwards for storage when not in use
- Not available on the Half Rack Long Base

**REVERSE BAR SUPPORT / HDLRBS**
- Provides the ability to perform a variety of rotation exercises
- Locking feature keeps Olympic bars secure
- Compatible with all HD Elite Racks

**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

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

**STABILITY SQUAT HANDLES / HDL-SH**
- 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

**SLIDING BAND PEG / HDLSBP**
- Allows for additional band resistance training
- Slides forward for use and slides backwards for storage when not in use
- Not available on the Half Rack Long Base

**STEP-UP PLATFORM / HDLSTP-HR & HDLSTP-PRMR**
- 54 pounds
- 8” (20.5 cm) minimum step up height on HDLHRS & HDLPFR
- 15” (28 cm) minimum step up height on HDLHRL & HDLMR

**4-BAR STORAGE / HDLABS**
- Stores four additional large training bars
- Compatible with all HD Elite racks

**DIP HANDLES / HDLDP-HR & HDLDP-PRMR**
- For use on Half Rack
- Ergonomic handle accommodates wide variety of user sizes

**TECHNIQUE TRAY / HDLTT-HR & HDLTT-PRMR**
- Stores four additional large training bars
- Compatible with all HD Elite racks

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

**NORDIC HAM WITH ANVIL / HDL-NH**
- Two Positions / Two Intended Uses
- Nordic Hamstring Curl
- Bulgarian Split Squat
- Comes standard with storage mount
- Attaches via Accessory Anvil (sold separately) on all HD Elite racks
OPTIONAL

TOP BAND PEGS / HDLBP
- Allows for over-speed training to develop both power and speed
- Available on all HD Elite Racks

BATTLE ROPE ATTACHMENT / HDLBL
- Attaches to front of rack
- Compatible with all HD Elite Racks

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

TOP BALL STORAGE
- Convenient storage of stability balls

RACK CONNECTOR – THICK STRAIGHT / HDLRCS
- Available in lengths that adjust from 6’ to 7’ and from 7’ to 8’
- 2” (5 cm) diameter

RACK CONNECTOR – SQUARE
- Adjustable length
- Allows for attachment of ball and neutral grip pull-up options

ARC BAR / HDA-ARC

NEUTRAL GRIPS (PAIR) / AT-NG

BALL GRIPS (PAIR) / AT-BG3

4241 HAMMERSTRENGTH.COM

Images not to scale. Products subject to change.
BENCHED AND STORAGE

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

OLYMPIC BENCH WEIGHT STORAGE / O-BWS
OLYMPIC DECLINE BENCH / O-DB
OLYMPIC FLAT BENCH / O-FB
OLYMPIC INCLINE BENCH / OIB
OLYMPIC MILITARY BENCH / O-MB
OLYMPIC SQUAT RACK / OSR
SMITH MACHINE / HSSM

CHIN/DIP/LEG RAISE / SW-CDL
FIXED PAD GLUTE/HAM / SW-GHF
GLUTE/HAM / BW-GH
SEATED ARM CURL / FW-AC
BACK EXTENSION / BW-BE
4' FREESTANDING STORAGE / HDA-FSS-4
6' FREESTANDING STORAGE / HDA-FSS-6

BARMBELL RACK / FW-BAR
SMALL RUBBER WEIGHT STORAGE / FW-BPS
LARGE BUMPER PLATE STORAGE / FW-BPL
DELUXE WEIGHT TREE / FW-DWT
SINGLE-TIER DUMBBELL RACK / FW-DR1
TWO-TIER DUMBBELL RACK / FW-DR2
THREE-TIER DUMBBELL RACK / FW-DR3

4645 HAMMERSTRENGTH.COM
Images not to scale. Products subject to change.
HAMMER STRENGTH ACCESSORIES

The steel 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.
## BUMPER PLATES

### BUMPER PLATES — URETHANE

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 lb Black</td>
<td>HS-BP-1012-01</td>
</tr>
<tr>
<td>15 lb Black</td>
<td>HS-BP-1013-01</td>
</tr>
<tr>
<td>25 lb Black</td>
<td>HS-BP-1007-01</td>
</tr>
<tr>
<td>5 lb Red</td>
<td>HS-BP-1006-01</td>
</tr>
</tbody>
</table>

### BUMPER PLATES — PREMIUM RUBBER

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 lb Green</td>
<td>HS-BP-2007-01</td>
</tr>
<tr>
<td>15 lb Yellow</td>
<td>HS-BP-2006-01</td>
</tr>
<tr>
<td>25 lb Blue</td>
<td>HS-BP-2001-01</td>
</tr>
<tr>
<td>5 lb Red</td>
<td>HS-BP-2000-01</td>
</tr>
</tbody>
</table>

## OLYMPIC PLATES

### 12-SIDE URETHANE OLYMPIC PLATES

<table>
<thead>
<tr>
<th>Weight</th>
<th>Color</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.5 lb</td>
<td>Black</td>
<td>HS-OP-1005-01</td>
</tr>
<tr>
<td>5 lb</td>
<td>Black</td>
<td>HS-OP-1004-01</td>
</tr>
<tr>
<td>10 lb</td>
<td>Black</td>
<td>HS-OP-1003-01</td>
</tr>
<tr>
<td>25 lb</td>
<td>Black</td>
<td>HS-OP-1002-01</td>
</tr>
<tr>
<td>35 lb</td>
<td>Black</td>
<td>HS-OP-1001-01</td>
</tr>
<tr>
<td>45 lb</td>
<td>Black</td>
<td>HS-OP-3000-01</td>
</tr>
</tbody>
</table>

## BARS

### 28mm MEN’S OLYMPIC WEIGHTLIFTING BARS

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competition - Stainless - Bearing - 28kg</td>
<td>HS-OB-100-01</td>
</tr>
<tr>
<td>Training - Stainless - Bushing - 28kg</td>
<td>HS-OB-1001-01</td>
</tr>
<tr>
<td>Competition - Chrome - Mix Bearing - 28kg</td>
<td>HS-OB-1002-01</td>
</tr>
<tr>
<td>Training - Chrome - Bushing - 28kg</td>
<td>HS-OB-1003-01</td>
</tr>
</tbody>
</table>

### 25mm WOMEN’S OLYMPIC WEIGHTLIFTING BARS

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic - Stainless - Bushing - 15kg</td>
<td>HS-OB-4000-01</td>
</tr>
<tr>
<td>Competition - Chrome - Bearing - 15kg</td>
<td>HS-OB-4001-01</td>
</tr>
<tr>
<td>Olympic - Chrome - Bushing - 15kg</td>
<td>HS-OB-4002-01</td>
</tr>
</tbody>
</table>

### 29mm GYM AND POWER BARS

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power - Chrome - Bushing - 20kg</td>
<td>HS-OB-2000-01</td>
</tr>
<tr>
<td>Gym Bar - Chrome - Mix Bearing - 20kg</td>
<td>HS-OB-3000-01</td>
</tr>
<tr>
<td>Gym Bar - Chrome - Bushing - 20kg</td>
<td>HS-OB-3001-01</td>
</tr>
</tbody>
</table>

### ARMORED (CERAKOTE) BARS

<table>
<thead>
<tr>
<th>Color</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desert Sand</td>
<td>HS-OB-1006-01</td>
</tr>
<tr>
<td>Bazooka Green</td>
<td>HS-OB-1006-02</td>
</tr>
<tr>
<td>Red</td>
<td>HS-OB-1006-03</td>
</tr>
<tr>
<td>Navy Blue</td>
<td>HS-OB-1006-04</td>
</tr>
<tr>
<td>Gold</td>
<td>HS-OB-1006-05</td>
</tr>
<tr>
<td>Concrete Gray</td>
<td>HS-OB-1006-06</td>
</tr>
</tbody>
</table>

### 29mm Power Cerakote Bushing - 20kg

<table>
<thead>
<tr>
<th>Color</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desert Sand</td>
<td>HS-OB-2002-01</td>
</tr>
<tr>
<td>Bazooka Green</td>
<td>HS-OB-2002-02</td>
</tr>
<tr>
<td>Red</td>
<td>HS-OB-2002-03</td>
</tr>
<tr>
<td>Navy Blue</td>
<td>HS-OB-2002-04</td>
</tr>
<tr>
<td>Gold</td>
<td>HS-OB-2002-05</td>
</tr>
<tr>
<td>Concrete Gray</td>
<td>HS-OB-2002-06</td>
</tr>
</tbody>
</table>

### Curl Bars

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammer Strength - Stainless Steel - Bushing</td>
<td>HS-OB-0030-01</td>
</tr>
<tr>
<td>EZ Curl - Stainless Steel - Bushing</td>
<td>HS-OB-0032-01</td>
</tr>
<tr>
<td>Straight - Chrome - Bushing</td>
<td>HS-OB-0035-01</td>
</tr>
<tr>
<td>EZ Curl - Chrome - Bushing</td>
<td>HS-OB-0034-01</td>
</tr>
</tbody>
</table>

### Training Bars

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training - Chrome - Bushing - 10kg</td>
<td>HS-OB-5000-01</td>
</tr>
<tr>
<td>Training Bar - Aluminum - Bushing - 6kg</td>
<td>HS-OB-5001-01</td>
</tr>
</tbody>
</table>
### Dumbbells

#### 12-Side Urethane Dumbbells
- **Weight**: 5 – 50 lbs, 10 pair
- **Product Code**: HS-DB-1000-01
- **Weight**: 55 – 100 lbs, 10 pair
- **Product Code**: HS-DB-1001-01
- **Weight**: 105 – 125 lbs, 5 pair
- **Product Code**: HS-DB-1002-01
- **Weight**: 130 – 150 lbs, 5 pair
- **Product Code**: HS-DB-1003-01
- **Weight**: 15 – 27.5 lbs, 5 pair
- **Product Code**: HS-DB-1004-01

#### Round Urethane Dumbbells
- **Weight**: 5 – 50 lbs, 10 pair
- **Product Code**: HS-DB-2000-01
- **Weight**: 55 – 100 lbs, 10 pair
- **Product Code**: HS-DB-2001-01
- **Weight**: 105 – 125 lbs, 5 pair
- **Product Code**: HS-DB-2002-01
- **Weight**: 130 – 150 lbs, 5 pair
- **Product Code**: HS-DB-2003-01
- **Weight**: 15 – 27.5 lbs, 5 pair
- **Product Code**: HS-DB-2004-01

#### Round Rubber Dumbbells
- **Weight**: 5 – 50 lbs, 10 pair
- **Product Code**: HS-DB-3000-01
- **Weight**: 55 – 100 lbs, 10 pair
- **Product Code**: HS-DB-3001-01
- **Weight**: 7.5 – 27.5 lbs, 5 pair
- **Product Code**: HS-DB-3002-01

#### Rubber Hex Dumbbells
- **Weight**: 5 – 50 lbs, 10 pair
- **Product Code**: HS-DB-3000-01
- **Weight**: 55 – 100 lbs, 10 pair
- **Product Code**: HS-DB-3001-01

#### 12-Side Urethane Fixed Barbells
- **Product**: 12-Side Urethane Barbell
- **Product Code**: HS-DB-0000-01

#### Fixed Round Urethane Barbells
- **Product**: Fixed Round Urethane Barbell
- **Product Code**: HS-DB-0001-01

### Conditioning

#### Kettlebells
- **Cast Iron**:
  - **Weight**: 4 kg (8.8 lbs)
  - **Product Code**: ACC-KB-1000-01
  - **Weight**: 6 kg (13.2 lbs)
  - **Product Code**: ACC-KB-1001-01
  - **Weight**: 8 kg (17.6 lbs)
  - **Product Code**: ACC-KB-1002-01
  - **Weight**: 12 kg (26.5 lbs)
  - **Product Code**: ACC-KB-1003-01
  - **Weight**: 16 kg (35.3 lbs)
  - **Product Code**: ACC-KB-1004-01
  - **Weight**: 20 kg (44.1 lbs)
  - **Product Code**: ACC-KB-1005-01
  - **Weight**: 24 kg (52.9 lbs)
  - **Product Code**: ACC-KB-1006-01
  - **Weight**: 28 kg (61.7 lbs)
  - **Product Code**: ACC-KB-1007-01
  - **Weight**: 32 kg (70.5 lbs)
  - **Product Code**: ACC-KB-1008-01
  - **Weight**: 36 kg (79.4 lbs)
  - **Product Code**: ACC-KB-1009-01
  - **Weight**: 40 kg (88.2 lbs)
  - **Product Code**: ACC-KB-1010-01
  - **Weight**: 44 kg (97 lbs)
  - **Product Code**: ACC-KB-1011-01

- **Hammer Strength Rubber Coated**:
  - **Weight**: 10 lb (4.5 kg)
  - **Product Code**: HS-KB-1000-01
  - **Weight**: 15 lb (6.8 kg)
  - **Product Code**: HS-KB-1500-01
  - **Weight**: 20 lb (9.1 kg)
  - **Product Code**: HS-KB-2000-01
  - **Weight**: 25 lb (11.3 kg)
  - **Product Code**: HS-KB-2500-01
  - **Weight**: 30 lb (13.6 kg)
  - **Product Code**: HS-KB-3000-01

#### Medicine Balls
- **4 lb (1.8 kg)**
  - **Product Code**: ACC-MB-1000-01
- **6 lb (2.3 kg)**
  - **Product Code**: ACC-MB-1002-01
- **8 lb (3.6 kg)**
  - **Product Code**: ACC-MB-1003-01
- **10 lb (4.5 kg)**
  - **Product Code**: ACC-MB-1004-01
- **12 lb (5.4 kg)**
  - **Product Code**: ACC-MB-1005-01
- **15 lb (6.8 kg)**
  - **Product Code**: ACC-MB-1006-01
- **18 lb (8.2 kg)**
  - **Product Code**: ACC-MB-1007-01
- **20 lb (9.1 kg)**
  - **Product Code**: ACC-MB-1008-01
- **25 lb (11.3 kg)**
  - **Product Code**: ACC-MB-1009-01
- **30 lb (13.6 kg)**
  - **Product Code**: ACC-MB-1010-01

#### Sandbells
- **4 lb (1.8 kg)**
  - **Product Code**: HS-SB-1001-01
- **6 lb (2.6 kg)**
  - **Product Code**: HS-SB-1002-01
- **8 lb (3.6 kg)**
  - **Product Code**: HS-SB-1003-01
- **10 lb (4.5 kg)**
  - **Product Code**: HS-SB-1004-01
- **12 lb (5.4 kg)**
  - **Product Code**: HS-SB-1005-01
- **15 lb (6.8 kg)**
  - **Product Code**: HS-SB-1006-01
- **18 lb (8.2 kg)**
  - **Product Code**: HS-SB-1007-01
- **20 lb (9.1 kg)**
  - **Product Code**: HS-SB-1008-01
- **25 lb (11.3 kg)**
  - **Product Code**: HS-SB-1009-01
- **30 lb (13.6 kg)**
  - **Product Code**: HS-SB-1010-01

#### Storage
- **5-Ball Storage Tree**: PS-27150
- **10-Ball Storage Tree**: PS-27180
### PLYO BOXES

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOOD PLYO BOX</td>
<td>20” x 24” x 30”</td>
<td>HS-PB-1000-01</td>
</tr>
<tr>
<td>SOFT PLYO BOX</td>
<td>20” x 24” x 30”</td>
<td>HS-PB-2000-01</td>
</tr>
<tr>
<td>STACKABLE PLYO BOX</td>
<td></td>
<td>HS-PB-3000-01</td>
</tr>
</tbody>
</table>

### STABILITY BALL

<table>
<thead>
<tr>
<th>Product</th>
<th>Color</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stability Ball</td>
<td>Black</td>
<td>HS-SB-71081</td>
</tr>
<tr>
<td>3-Ball Storage Rack</td>
<td>White</td>
<td>PS-SBR0-92465</td>
</tr>
</tbody>
</table>

### POWER BANDS

<table>
<thead>
<tr>
<th>Color</th>
<th>Size</th>
<th>Thickness</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange</td>
<td>41 x 0.25”</td>
<td>4.5 mm</td>
<td>ACC-BD-1000-01</td>
</tr>
<tr>
<td>Red</td>
<td>41 x 0.5”</td>
<td>4.5 mm</td>
<td>ACC-BD-1001-01</td>
</tr>
<tr>
<td>Blue</td>
<td>41 x 0.5”</td>
<td>6.0 mm</td>
<td>ACC-BD-1002-01</td>
</tr>
<tr>
<td>Green</td>
<td>41 x 1”</td>
<td>4.5 mm</td>
<td>ACC-BD-1003-01</td>
</tr>
<tr>
<td>Black</td>
<td>41 x 1”</td>
<td>6.0 mm</td>
<td>ACC-BD-1004-01</td>
</tr>
<tr>
<td>Purple</td>
<td>41 x 2”</td>
<td>4.5 mm</td>
<td>ACC-BD-1005-01</td>
</tr>
<tr>
<td>Black</td>
<td>41 x 4”</td>
<td>4.5 mm</td>
<td>ACC-BD-1006-01</td>
</tr>
</tbody>
</table>

### STABILITY BALL

- 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

### DEADLIFT BLOCKS

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>DC Block (Single)</td>
<td>DC-800</td>
</tr>
<tr>
<td>DC Block Kit (5 Piece)</td>
<td>DC-8005</td>
</tr>
<tr>
<td>DC Flat Trom (Single)</td>
<td>DC-FT001</td>
</tr>
</tbody>
</table>

### COLLARS

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lock Jaw Pro 2 (Pair)</td>
<td>ACC-CL-1005-01</td>
</tr>
<tr>
<td>Lock Jaw Oly 2 (Pair)</td>
<td>ACC-CL-1006-01</td>
</tr>
<tr>
<td>Bulldog</td>
<td>ACC-CL-1007-01</td>
</tr>
<tr>
<td>Spring</td>
<td>ACC-CL-1008-01</td>
</tr>
</tbody>
</table>

### PREMIUM WOOD PLATFORMS

- 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

### PLATFORMS AND INSERTS

- Cleary 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

### RUBBER INSERTS

<table>
<thead>
<tr>
<th>Product</th>
<th>Product Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>HD Athletic Half Rack</td>
<td>RH-15000R</td>
</tr>
<tr>
<td>HD Athletic Power Rack</td>
<td>RH-15000W</td>
</tr>
<tr>
<td>HD Athletic Primmer</td>
<td>RH-15000X</td>
</tr>
<tr>
<td>HD Elite Half Rack Short Base</td>
<td>RH-15000S</td>
</tr>
<tr>
<td>HD Elite Half Rack Long Base</td>
<td>RH-15000L</td>
</tr>
<tr>
<td>HD Elite Holster LD Deep Pads</td>
<td>RH-15000D</td>
</tr>
<tr>
<td>HDA Power Rack Insert</td>
<td>ATST-PR-INS</td>
</tr>
<tr>
<td>HDA Half Rack Insert</td>
<td>ATST-HR-INS</td>
</tr>
</tbody>
</table>

### MISCELLANEOUS ACCESSORIES

- Wood Plyo Box 20” x 24” x 30” HS-PB-1000-01
- Soft Plyo Box 20” x 24” x 30” HS-PB-2000-01
- Stackable Plyo Box HS-PB-3000-01

- Power Bands

- Wood Inserts

- Rubber Interlock Platform

- Clear 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

- Hammer Strength

- HammerStrength.com
CUSTOMIZATION

Truly put your mark on your strength training area.

Customization lets you display your logo and team colors on racks, rigs, weight plates, dumbbells and flooring.
### FRAME COLORS

<table>
<thead>
<tr>
<th>COLORS</th>
<th>HAMMER STRENGTH PRODUCTS</th>
<th>HD ATHLETIC: RACK FRAME</th>
<th>HD ATHLETIC: UPRIGHT &amp; XMEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHITE</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>PLATINUM*</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>HIGH-WEAR PLATINUM</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>ICE BLUE METALLIC*</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>HIGH-WEAR BLUE</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>BLUE</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>YELLOW</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>HIGH-WEAR RED</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>RED</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>MOCHA SAND</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>TITANIUM*</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>HIGH-WEAR CHARCOAL</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>CHARCOAL</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>MIDNIGHT METALLIC*</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>BLACK</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

**KEY**
- **STANDARD**
- **OPTIONAL**
- **CUSTOM**
- **NOT AVAILABLE**

### 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

*Limited customization available for all Hammer Strength products.*

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

<table>
<thead>
<tr>
<th>CODE</th>
<th>DIMENSIONS (L x W x H)</th>
<th>WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>GB-J</td>
<td>59” x 66” x 90” (150 cm x 168 cm x 229 cm)</td>
<td>370 lb (168 kg)</td>
</tr>
<tr>
<td>GB-CD</td>
<td>65” x 51” x 96” (166 cm x 130 cm x 244 cm)</td>
<td>360 lb (164 kg)</td>
</tr>
<tr>
<td>GB-CT</td>
<td>58” x 58” x 55” (148 cm x 148 cm x 140 cm)</td>
<td>275 lb (125 kg)</td>
</tr>
<tr>
<td>GB-TR</td>
<td>55” x 50” x 56” (140 cm x 127 cm x 140 cm)</td>
<td>200 lb (91 kg)</td>
</tr>
<tr>
<td>GB-TL</td>
<td>55” x 50” x 56” (140 cm x 127 cm x 140 cm)</td>
<td>200 lb (91 kg)</td>
</tr>
<tr>
<td>GB-SL</td>
<td>54” x 54” x 32” (138 cm x 138 cm x 82 cm)</td>
<td>240 lb (109 kg)</td>
</tr>
<tr>
<td>GB-SHP</td>
<td>62” x 57” x 34” (158 cm x 145 cm x 87 cm)</td>
<td>220 lb (100 kg)</td>
</tr>
</tbody>
</table>

### BENCHES AND STORAGE

<table>
<thead>
<tr>
<th>CODE</th>
<th>DIMENSIONS (L x W x H)</th>
<th>WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BWS</td>
<td>22” x 15” x 46” (56 cm x 39 cm x 117 cm)</td>
<td>62 lb (29 kg)</td>
</tr>
<tr>
<td>O-MB</td>
<td>56” x 48” x 65” (143 cm x 122 cm x 166 cm)</td>
<td>339 lb (154 kg)</td>
</tr>
<tr>
<td>O-FB</td>
<td>52” x 50” x 50” (133 cm x 127 cm x 127 cm)</td>
<td>145 lb (66 kg)</td>
</tr>
<tr>
<td>OIB</td>
<td>51” x 52” x 58” (130 cm x 133 cm x 148 cm)</td>
<td>198 lb (90 kg)</td>
</tr>
<tr>
<td>OSR</td>
<td>59” x 69” x 73” (150 cm x 176 cm x 186 cm)</td>
<td>290 lb (132 kg)</td>
</tr>
<tr>
<td>OIB</td>
<td>60” x 53” x 50” (153 cm x 135 cm x 127 cm)</td>
<td>190 lb (87 kg)</td>
</tr>
<tr>
<td>FW-MAB</td>
<td>55” x 26” x 17” (140 cm x 67 cm x 44 cm)</td>
<td>115 lb (53 kg)</td>
</tr>
<tr>
<td>FW-FB</td>
<td>50” x 22” x 16” (127 cm x 56 cm x 41 cm)</td>
<td>54 lb (25 kg)</td>
</tr>
<tr>
<td>FW-DB</td>
<td>63” x 24” x 34” (161 cm x 61 cm x 87 cm)</td>
<td>100 lb (46 kg)</td>
</tr>
<tr>
<td>FW-UB75</td>
<td>51” x 25” x 37” (130 cm x 64 cm x 94 cm)</td>
<td>65 lb (30 kg)</td>
</tr>
<tr>
<td>HSSM</td>
<td>50” x 86.5” x 93” (127 cm x 220 cm x 237 cm)</td>
<td>635 lb (289 kg)</td>
</tr>
<tr>
<td>FW-AC</td>
<td>39” x 36” x 43” (100 cm x 92 cm x 110 cm)</td>
<td>160 lb (73 kg)</td>
</tr>
<tr>
<td>FW-DR1</td>
<td>90” x 16.5” x 24” (229 cm x 42 cm x 61 cm)</td>
<td>93 lb (43 kg)</td>
</tr>
<tr>
<td>FW-DR2</td>
<td>90” x 24” x 32” (229 cm x 61 cm x 82 cm)</td>
<td>155 lb (71 kg)</td>
</tr>
<tr>
<td>FW-BAR</td>
<td>31” x 28” x 60” (79 cm x 72 cm x 153 cm)</td>
<td>142 lb (65 kg)</td>
</tr>
<tr>
<td>FW-DWT</td>
<td>20” x 27” x 39” (51 cm x 69 cm x 100 cm)</td>
<td>73 lb (34 kg)</td>
</tr>
<tr>
<td>FW-BPS</td>
<td>46” x 16” x 11.5” (117 cm x 41 cm x 30 cm)</td>
<td>44 lb (20 kg)</td>
</tr>
<tr>
<td>FW-BPL</td>
<td>72” x 16” x 12” (183 cm x 41 cm x 31 cm)</td>
<td>88 lb (40 kg)</td>
</tr>
<tr>
<td>BW-EB</td>
<td>59” x 28” x 43” (150 cm x 72 cm x 110 cm)</td>
<td>135 lb (62 kg)</td>
</tr>
<tr>
<td>BW-CDL</td>
<td>48” x 42” x 92” (122 cm x 107 cm x 234 cm)</td>
<td>250 lb (114 kg)</td>
</tr>
<tr>
<td>BW-GH</td>
<td>72” x 32” x 50” (183 cm x 82 cm x 127 cm)</td>
<td>329 lb (150 kg)</td>
</tr>
<tr>
<td>BW-GHF</td>
<td>72” x 32” x 50” (183 cm x 82 cm x 127 cm)</td>
<td>329 lb (150 kg)</td>
</tr>
</tbody>
</table>

## HD ATHLETIC ACCESSORIES

### 42” XMEMBERS

<table>
<thead>
<tr>
<th>CODE</th>
<th>DIMENSIONS (L x W x H)</th>
<th>WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>59” x 66” x 90” (150 cm x 168 cm x 229 cm)</td>
<td>370 lb (168 kg)</td>
</tr>
<tr>
<td>S</td>
<td>58” x 58” x 55” (148 cm x 148 cm x 140 cm)</td>
<td>275 lb (125 kg)</td>
</tr>
<tr>
<td>S</td>
<td>55” x 50” x 56” (140 cm x 127 cm x 140 cm)</td>
<td>200 lb (91 kg)</td>
</tr>
<tr>
<td>S</td>
<td>55” x 50” x 56” (140 cm x 127 cm x 140 cm)</td>
<td>200 lb (91 kg)</td>
</tr>
<tr>
<td>S</td>
<td>52” x 22” x 18.5” (133 cm x 56 cm x 47 cm)</td>
<td>85 lb (39 kg)</td>
</tr>
</tbody>
</table>

### HALF RACK AND COMBO RACK

### POWER RACK

### RACK CONNECTORS

### RIGS

### PERIMETER

### BRIDGE

### SQUARE XMEMBER ACCESSORIES

### 3” Ball Grip* (Pair)

### Neutral Grip Handles* (Pair)

### Arc Bar* |

### BAR SUPPORTS & CATCHES

### Half Rack Bar Catch (Pair)

### Power Rack Bar Catch (Pair)

### Flexible Bar Catch (Pair)

### MISC. ACCESSORIES

### Band Pegs (Pair)

### Dip Handles

### Power Pivot

### Rig Bar Storage

### Rack Bumper Plate Storage

### Weight Horns

### Wing 42”

### Wing 72”

### Bumper Plate Divider

## STORAGE COMPONENTS

### 42” 2 Pipe

### 42” Kettlebell Tray

### 42” Dumbbell Tray

### 72” 2 Pipe

### 72” Kettlebell Tray

### 72” Dumbbell Tray

---

**S** | **STD** | **OPT** | **N/A** | **NTA** | **-** | **AVA**
---|---|---|---|---|---|---

*Requires Square Xmember
SEARA OFFICES

THAILAND

BANGKOK
38/6 Soi Thonglor 21,
Sukhumvit 55 Rd., North Klongton,
Wattana, Bangkok 10110, Thailand
Tel: +66 (0) 2 185 1920-4
Fax: +66 (0) 2 185 1927

PHUKET
108/111-112 Chalermprakiat Ror 9 Rd.,
Muang District, Phuket 83000, Thailand
Tel: +66 (0) 76 304 307-8
Fax: +66 (0) 76 304 306

PATTAYA
143/126-128 Moo 12,
Chalayapruk Rd., Nong Prue,
Banglamung, Chonburi 20160, Thailand
Tel: +66 (0) 38 757 196-7
Fax: +66 (0) 38 757 198

SAMUI
12/4-3/4 Moo 1 Bophut Beach,
Koh Samui, Suratthani 84320,
Tel: +66 (0) 77 953 146
Fax: +66 (0) 77 953 147

HUA HIN
70/1/130 Soi Mooban Huana,
Tambon Nongkae, Amphur Hua Hin,
Prachuap Khiri Khan, 77110, Thailand

VIETNAM

HO CHI MINH CITY
227 Nham Ky Khoi Nghia Street,
District 3, HOCM, Vietnam
Tel: +84 (0) 8 3848 0398
Fax: +84 (0) 8 3848 0390
Email: vietnam@searasports.com

HANOI
No 8 lot 6, Trung Yen 12 Street, Trung Hoa,
Cau Giay District, Ha Noi, Vietnam
Tel: +84 (0) 4 3944 7343
Fax: +84 (0) 4 3944 7344
Email: vietnam@searasports.com

CAMBODIA

PHNOM PENH
Garnet Building, 4th Floor,
142, Norodom Boulevard, Khan Chamkarmon,
Phnom Penh, Kingdom of Cambodia
Tel: +855 (0) 23 211 514
Fax: +855 (0) 23 211 516
Email: info@searasports.com

BANGLADESH

DHAKA
Block-B-424, Kirtijon R/A,
Dhaka 1219, Bangladesh
Tel: +880 (0) 2 721 6029
Fax: +880 (0) 2 723 7252214
Mobile: +880 (0) 1 912 2112331, +880 (0) 1 713 016753
Email: asfer@searasports.com

MALDIVES

MALÉ
H. Handhooadhi, 1A, Bodu Thakurudhoo Magu,
Malé, Republic of Maldives
Tel: +960 (0) 333 5501
Fax: +960 (0) 333 5502
Email: info@searasports.com

INFO@SEARASPORTS.COM
SEARASPORTS.COM
FACEBOOK.COM/SEARASPORTS