1. **Iso-Lateral Chest Press**
   - Horizontal grip stimulates a more traditional bench press
   - Optimal counterbalance allows for elimination of the weight of the exercise arm
   - Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

2. **Iso-Lateral Incline Press**
   - Seat back is angled to provide effortless entry and exit for all users
   - Overhead pivot provides a natural arc of shoulder motion
   - Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

3. **Iso-Lateral Shoulder Press**
   - Exercise arms are counterbalanced to reduce the starting resistance for all users
   - Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation
   - Hand grips pivot away from user providing better access to the weight stack and easy entry and exit

4. **Iso-Lateral Triceps Extension**
   - Angled pads and handles positioned to allow for neutral wrist position.
   - Seat height adjusts for user height and upper arm length
   - Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

5. **Iso-Lateral Biceps Curl**
   - Angled pads and handles positioned to allow for neutral wrist position
   - Seat height adjusts for user height and upper arm length
   - Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

6. **Assist Dip Chin**
   - Knee pads folds out of the way for unassisted training
   - Multiple hand positions allows for more exercise variety and accommodates different size users
7. Iso-Lateral Leg Extension

- Additional steps allow for easy entry/exit
- Unilateral motion in a lower body machine is exclusive to Hammer Strength
- Iso-Lateral motion provides a diverging motion, which allows better knee joint alignment for optimal biomechanics
- Independent motion provides the added variety of training one leg at a time and is ideal for balancing
- Standard start-range adjusters allow users to determine their own range-of-motion

8. Kneeling Leg Curl

- Exercise arms are counterbalanced to reduce the starting resistance for all users
- Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation
- Hand grips pivot away from user providing better access to the weight stack and easy entry and exit

9. Leg Press

- Oversized, non-skid foot platform
- 11 position back pad adjustment to accommodate a wide range of user heights
- Oversized seat pad for added comfort

10. V-Squat

- Provides for a natural squatting motion compared to a traditional leg press or hack squat
- Machine design reduces back and knee strain through a curved arc of motion
- Standard counter balance provides lower starting resistance

11. Hip Adduction

- Ratchet mechanism allows users to adjust start position in 10° increments
- Knee pads and dual foot positions provide leg support and reduce torque around the knees
- Elevated weight stack is easily accessible from seated position

12. Hip Abduction

- Adjustable start position facilitates easy entry and exit
- Knee pads and dual foot positions provide leg support and reduce torque around the knees
- Elevated weight stack is easily accessible from seated position
13. Horizontal Calf
• Force is transmitted through the hips to eliminate spinal compression
• Adjustable back pad accommodates users of all sizes

14. Leg Press
• Oversized, non-skid foot platform
• 11 position back pad adjustment to accommodate a wide range of user heights
• Oversized seat pad for added comfort

15. Iso-Lateral Leg Extension
• Iso-Lateral version of the PLLE allows independent leg training for equal strength development
• Two resistance loading positions provide dual strength curves depending on exercise goal
• Seat belt provides extra stabilization
• Standard range limiter allows for limitation of either the start or end range of motion

16. Kneeling Leg Curl
• Exercise arms are counterbalanced to reduce the starting resistance for all users
• Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation
• Hand grips pivot away from user providing better access to the weight stack and easy entry and exit

17. Pectoral Fly/Rear Deltoid
• Incorporates two different exercise choices in one machine
• Machine arms pivot to accommodate individual forearm length and path of motion
• Handle positions are optimized to eliminate readjusting the seat between exercises

18. Iso-Lateral Chest Press
• Horizontal grip stimulates a more traditional bench press
• Optimal counterbalance allows for elimination of the weight of the exercise arm
• Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation
19. Iso-Lateral Incline Press

- Seat back is angled to provide effortless entry and exit for all users
- Overhead pivot provides a natural arc of shoulder motion
- Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

20. Iso-Lateral Shoulder Press

- Exercise arms are counterbalanced to reduce the starting resistance for all users
- Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation
- Hand grips pivot away from user providing better access to the weight stack and easy entry and exit

21. Iso-Lateral Front Pulldown

- Underhand grip position allows for neutral wrist positioning, while providing an ideal stimulus for training the Latissimus Dorsi
- Large arc of motion is unique and provides a great variation to the traditional Lat Pulldown
- Additional handle provides a means of stabilization during one-arm exercise
- Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

22. Iso-Lateral Row

- Underhand grip position allows for neutral wrist positioning, while an overhead pivot provides a natural arc of motion
- Seat and chest pad are angled slightly to enhance stabilization
- Additional handle provides a means of stabilization during one-arm exercise
- Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

23. Iso-Lateral High Row

- Unique path of motion is difficult to replicate using traditional free weights or pulley exercises
• Provides a path of motion which is opposite of an Incline Press, producing a completely different angle for upper back and rear deltoid training
• Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

24. Iso-Lateral Triceps Extension
• Angled pads and handles positioned to allow for neutral wrist position
• Seat height adjusts for user height and upper arm length
• Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

25. Iso-Lateral Biceps Curl
• Angled pads and handles positioned to allow for neutral wrist position
• Seat height adjusts for user height and upper arm length
• Iso-Lateral motion allows for equal strength development and provides great variety for muscle stimulation

26. Abdominal Crunch
• Dual action abdominal to target full abdominal wall

27. Torso Rotation
• Unique design allows for easy entry and exit.
• Adjustable chest pad accommodates users of all sizes.
• Handles and knee supports provide stabilization.
• Kneeling position minimizes lower back stress.

28. Abdominal Crunch
• Dual action abdominal to target full abdominal wall

29. Olympic Incline Bench
• 30-degree back pad angle
• Molded Urethane Protective Racking System protects bar from wear and helps reduce noise
# 30. Olympic Incline Bench
- 30-degree back pad angle
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise

# 31. Olympic Military Bench
- Forward and rear racking system offers lifting variety
- Molded Urethane Protective Racking System protects bar from wear and helps reduce noise
- Molded urethane guards protect frame from paint chips and scratches

# 32. Olympic Weight Tree
- 6 weight horns will accommodate up to 20 – 45 lb. weight plates
- Weight horn labels for assigned weight placement

# 33. Seated Biceps
- Traditional preacher curl position
- Variable resistance profile provides improved resistance over free weights
- Handles rotate to allow for difference in user forearm length
- Top Ten selling Hammer Strength machine

# 34. MJ8- Multi-Jungle
- Up to eight individuals can work out simultaneously
- Available stations include: Triceps Pushdown, Lat Pulldown, Dual Pulley Pulldown, Row, Dual Pulley Row, Adjustable Pulley, Fix Pulley cable crossover, Adjustable Pulley Cable Crossover.

# 35. Smith Machine
- Walk-through design
- Seven degree angle follows the free weight path of motion of Olympic lifting
- 650lbs load rating
- Eight weight horns with integrated labeling system
- Integrated adjustable bar catches
- Start resistance of 20lbs
36-37. Half Rack
- Designed for combination of pressing, squatting and overhead lifts.
- Space efficient
- Open design allows for unrestricted movements

38. Arm Curl Bench
- Two arm curl exercises in one machine: standing 45-degree preacher curl and standing 85-degree biceps curl
- Accommodates users of all sizes with no adjustments
- Molded urethane guards protect frame from paint chips and scratches.

40-41. Olympic Flat Bench
- The Signature Olympic Flat Bench features molded urethane protective racking that limits noise and protects the bar from wear for a stable and precise workout.

42. Decline/Abdominal Bench

43-44. Adjustable Bench (Pro Style) 2x

45-46. Two Tier Dumbbell Rack 2x
- Two tier dumbbell rack comes with free weights of all sizes.
Cardio Machines

1. Tread Mill

- The treadmill provides a ramp, or belt, upon which you can walk, jog or run at speeds ranging from 1 mph to up to 15 mph, depending on the model.
- The low deck height allows you to start and finish your workout without struggling with balance or knee issues.
- A variety of pre-programmed workouts and power incline let you add challenge as you grow stronger.

2. Stair Mill

- A Stair Stepper will target all of the major muscles of the legs including: quadriceps, hamstrings, calves and lower abs.
- Stair Steppers cause a trainer to recruit more muscle fibers than treadmills causing more calories to be burned with every step.
- Two non slip, foam handlebars are perfect for holding onto during a workout and two independent pedals work together to mimic natural stepping motion.

3. Arc Trainer

- The Arc Trainer is a unique cardio exercise machine, the motto of which is "Better Results - Less Time."
- This unique design never places the user's toe behind the knee, which reduces stress to the knee joint.
- The arm and leg on the same side move together, allowing for optimal posture during exercise.

4. Elliptical

- One of the benefits of an elliptical is that it helps increase your aerobic capacity by increasing your heart rate and making you break a sweat.
- Elliptical machines work the legs, chest, shoulders, back and arms.
- The elliptical machine is one of the most versatile pieces of gym equipment because it allows you to involve both your upper and lower body, move in either a forward or backward direction and adjust the speed, resistance and intensity of your workout.
5. Recumbent Exercise Bike

- Your lower back is supported by the bucket seat and your knees and ankles are protected from potential injurious impact.
- The seat is larger and adjusts for user height and upper arm length this tends to make it more comfortable.
- Recumbent bikes are easier on the lower back (lumbar spine) due to the way that you sit in the bike.

6. Up Right Bike

- Has a high-speed inertia perimeter weighted flywheel that enhances the effectiveness of the workout by providing smooth, continuous resistance.
- A contoured seat and an ergonomically placed grip, which allows your body to be in a relaxed riding position.
- If you are a novice, you can increase the resistance as you build your strength and stamina and if you are already an advanced user, you can start off using a more challenging level right off the bat.

7. SCIFIT Bike

- True step-through design with expandable seat clearance provides easy access.
- Iso-Strength for safe, accommodating resistance with premium seat features height adjustment, swivel and recline.
- Bi-directional resistance for versatility and reciprocal muscle balance.