

HAMMER

100 YEARS IN SPORTS

HAMMER SPORT is deeply rooted in the manufacture, sales and distribution of sporting articles from the beginning of the Heinrich Hammer company, which was founded in 1900 and became well-known in the 50's with its "erbacher" brand to the present company of HAMMER SPORT AG, a leading modern company in the leisure industry.

The product range now includes almost 600 different articles. HAMMER, FINNLO and FINNLO MAXIMUM fitness equipment, MIKASA sports balls, HAMMER BOXING and FinnSpa wellness products are offered in more than 50 countries worldwide.

The company's high quality standard is reflected in the constant stream of new innovations and continuous growth setting new and innovative benchmarks in product design. Numerous patents and utility models document the capabilities of HAMMER SPORT AG.

The development of products from the idea to the first prototype takes place in the company's headquarters in Neu-Ulm, Germany. Other field offices overseas coordinate further product development and quality control management. Before a HAMMER SPORT product goes into full production, precise international quality tests in accordance with different external testing institutions have to be carried out. This is to determine the product placement and 100% customer satisfaction. A well known brand name with premium quality, product longevity with a high „fun-factor“ usage are HAMMER SPORT AG main targets.

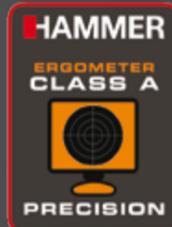


HAMMER SPORT AG
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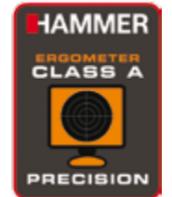
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2013

HAMMER
PERFECT! HOME FITNESS TRAINING



CROSSTRAINER ERGOMETER



ERGOMETER **CROSSLIFE XTR** EXTRA LARGE ELLIPTICAL MOTION WITH A 17 KG FLYWHEEL

Item No.: 4126

12 Fitness programs with individually programmable profiles, and touch panel guarantee a controlled and athletic cardio workout on this Crosstrainer Ergometer.

Assembly size :
L130 x W64 x H164 cm
Max. User weight: 130 kg
Weight: 45 kg
Colour: white/black

ERGOMETER **CARDIO CE1**

THE CROSSTRAINER-ERGOMETER – „STARTER-MODEL“ FITNESSPROGRAMMS AND PRE-SETTING FUNCTIONS FOR A PERFECT AND PRECISE CARDIO TRAINING.

Item No.: 4195

The perfect start into ergometer cross-training. Accuracy combined with varied fitness programs create a high-quality Cardio experience. Health oriented fitness training with the **CARDIO CE1!**

Assembly size :
L145 x W62 x H166 cm
Max. User weight: 130 kg
Weight: 45 kg
Colour: white/black



CROSSTECH XTR

ATHLETIC STARTER CROSSTRAINER

Item No.: 4123

CROSSTECH XTR - the reliable Volkswagen under the HAMMER crosstrainers. Automatic resistance adjustment, 16 kg flywheel, computer with touch panel and default options.

Assembly size :
L123 x W54 x H156 cm
Max. User weight: 130 kg
Weight: 37 kg
Colour: white/black

CROSSTRAINER



ELLYPTECH CT3

RELIABLE CT-SERIES STARTER MODEL

Item No.: 4120

8-speed scanning circuit computer with LCD display and various setting options, hand pulse measurement and magnetic braking technology.

Assembly size :
L113 x W57 x H163 cm
Max. User weight: 120 kg
Weight: 30 kg
Colour: white/black



ELLYPTECH CT6

EXCELLENT PROGRAM VARIETY

Item No.: 4191

For more training variation! 12 hill programs, 4 pulse programs, automatic resistance and a 12 kg flywheel. This very compact cross-trainer model will be a partner for you!

Assembly size :
L120 x W62 x H162 cm
Max. User weight: 120 kg
Weight: 37 kg
Colour: white/anthracite

CROSSTRAINER



ELLYPTECH CT5

COMPACT BUT EFFECTIVE

Item No.: 4190

8-gear resistance, a multifunctional computer with presets and adjustable pedals. Ellyptech CT5 - a basic but reliable starting model.

Assembly size :
L120 x W62 x H162 cm
Max. User weight: 120 kg
Weight: 37 kg
Colour: white/anthracite

PRODUCT SPECIFICATIONS

CROSSTRAINER-ERGOMETER and CROSSTRAINER



Item No. / Description	4126 CROSSLIFE XTR	4195 CARDIO CE1	4123 CROSSTECH XTR	4120 ELLYPTECH CT3	4191 ELLYPTECH CT6	4190 ELLYPTECH CT5
Performance in watts	35-260 watts	35-260 watts	-	-	-	-
Distance / Time / Speed / RPM / Calorie	<input type="checkbox"/>					
Integrated receiver for chestbelt	<input type="checkbox"/>	-	-	-	-	-
Hand pulse	<input type="checkbox"/>					
Upper pulse limit adjustable	<input type="checkbox"/>					
Body fat	<input type="checkbox"/>	-	<input type="checkbox"/>	-	-	-
Recovery pulse with fitness test	<input type="checkbox"/>	-	<input type="checkbox"/>	-	<input type="checkbox"/>	<input type="checkbox"/>
Presetting data	<input type="checkbox"/>					
Load profiles/Fitness programs	12	12	-	-	12	-
LCD display	Blue Backlight	Standard	Standard	Standard	Standard	Standard
Pulse programs	4	4	-	-	4	-
Resistance	Computer controlled	Computer controlled	manual	manual	Computer controlled	manual
USER	4+1	1	1	1	1	1
Adjustable footplates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportrollers	<input type="checkbox"/>					
Height adjustment	<input type="checkbox"/>					
High quality ball bearings	<input type="checkbox"/>					
Braking system	Permanent magnet					
Drive system	Belt driven					
Gear transmission ratio	1:8	1:8	1:8	1:8	1:8	1:8
Flywheel mass	ca. 18 kg	ca. 18 kg	ca. 16 kg	ca. 16 kg	ca. 12 kg	ca. 12 kg
Load control	RPM independent	RPM independent	RPM dependent	RPM dependent	RPM dependent	RPM dependent
Load range	-	-	8 steps	8 steps	16 steps	8 steps
Power supply	230 V, 50 Hz	230 V, 50 Hz	Battery	Battery	230 V, 50 Hz	Battery
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-	-
Max. user weight	130 kg	130 kg	130 kg	120 kg	120 kg	120 kg
Assembly Size in cm (L x W x H)	130 x 64 x 164	145 x 62 x 166	123 x 54 x 156	119 x 62 x 164	120 x 62 x 162	120 x 62 x 162
Colour	white/black	silver/anthracite	white/black	white/black	white/anthracite	white/anthracite

*Represents DIN EN 957 - 1 / 9



ERGOMETER



HAMMER
PERFECT! HOME FITNESS TRAINING

ERGOMETER CARDIO XT5 THE ERGOMETER - "STARTER" - OPTION

Item No.: 4843

The perfect introduction to Ergometer training. Accuracy associated with varied fitness programs creates a high-quality cardio experience. Health-oriented!

Assembly size : L101 x W55 x H136 cm
Max. User weight: 130 kg
Weight: 33 kg
Colour: white/black



ERGOMETER **CARDIO XTR**

INTENSIVE CARDIO TRAINING UP TO 260 WATTS

Item No.: 4852

The class HA ergometer has mountain and valley profiles and 4 different cardio programs. It can be adjusted up to 260 watts. Including customizable ergonomics.

Assembly size: L105 x B57 x H131 cm
Max. User weight: 120 kg
Weight: 28 kg
Colour: white/silver/anthracite

HOME TRAINER



HOME TRAINER **CARDIO X1**

COMPACT AND RELIABLE!

Item No.: 4841

11 different fitness programs provide variable cardio workout in your home. Horizontal saddle adjustment, fitness test and many more attractive features.

Assembly size : L86 x W48 x H135 cm
Max. User weight: 130 kg
Weight: 22 kg
Colour: silver/anthracite



HOMETRAINER **CARDIO T2**

SMOOTH AND SPORTIVE!

Item No.: 4850

The perfect way to start home-training: With 8 manual resistance levels, user-friendly computer display and approx. 6 kg flywheel. Individually programmable, upper and lower heart rate limit and high end ball-bearings for smooth and reliable running.

Assembly size : L90 x W47 x H135 cm
Max. User weight: 100 kg
Weight: 23 kg
Colour: white/black



HOMETRAINER **CARDIO T1**

AUTOMATIC FITNESS PROGRAMS

Item No.: 4851

The perfect introduction to fitness training at home: 12 mountain and valley programs and 4 different heart rate programs to make training more effective. It comes with a multifunctional display and an excellent magnetic braking system.

Assembly size : L90 x W47 x H135 cm
Max. User weight: 100 kg
Weight: 23 kg
Colour: white/black

PRODUCT SPECIFICATIONS

ERGOMETER HOME TRAINER



Item No. / Description	4843 CARDIO XT5	4841 CARDIO X1	4852 CARDIO XTR	4851 CARDIO T1	4850 CARDIO T2
Performance in watts	35 - 260 watts	-	35 - 260 watts	-	-
Distance / Time / Speed / RPM / Calorie consumption	<input type="checkbox"/>				
Integrated Receiver for Chestbelt	-	-	<input type="checkbox"/>	-	-
Handpulse	<input type="checkbox"/>				
Upper pulse limit adjustable	<input type="checkbox"/>				
Body fat	<input type="checkbox"/>	-	-	-	-
Recovery pulse with fitness test	<input type="checkbox"/>				
Presetting parameters	<input type="checkbox"/>				
Load profiles/fitness programs	12	11	12	12	-
LCD-Display	Standard	Standard	Blue Backlight	Standard	Standard
Pulse programs	4	4	4	4	-
Resistance	computer controlled	computer controlled	computer controlled	computer controlled	manual
USER	1	1	1	1	1
Adjustable handlebar/Saddle	<input type="checkbox"/>				
Horizontal saddle adjustment	<input type="checkbox"/>				
Integrated transportrollers	<input type="checkbox"/>				
Height adjustment	<input type="checkbox"/>				
Free wheeling	<input type="checkbox"/>				
Low entrance	<input type="checkbox"/>	-	-	-	-
High quality ball bearings	<input type="checkbox"/>				
Braking system	Permanent magnet				
Drive system	Belt driven				
Gear transmission ratio	1:8	1:8	1:8	1:8	1:8
Flywheel mass	ca. 8 kg	ca. 5 kg	ca. 8 kg	ca. 6 kg	ca. 6 kg
Load control	RPM independent	RPM dependent	RPM independent	RPM dependent	RPM dependent
Load range	16 steps	8 steps	-	8 steps	8 steps
Power supply	230 V, 50 Hz	Battery			
Class HA*	<input type="checkbox"/>	-	<input type="checkbox"/>	-	-
Max. user weight	130 kg	130 kg	120 kg	100 kg	100 kg
Assembly size (L x W x H)	101 x 55 x 133	86 x 48 x 135	105 x 57 x 131	90 x 47 x 135	90 x 47 x 135
Colour	white/anthracite	silver/anthracite	white/silver/anthracite	white/black	white/black

COMPUTER

FEATURES

TECHNICAL DATA

* Represents DIN EN 957 – 1/5



HAMMER

ROWER COBRA XTR

FITNESS PROGRAMS FOR MORE FUN AND EFFICIENCY PLUS MANY MORE PROFESSIONAL DETAILS

Item No.: 4539

High end magnetic braking system for very smooth strokes and realistic rowing sequences. Computer with big display and automatic resistance control. Fitness programs, receiver for chest belt (not included). Aluminium rail with ergo-seat and high quality ball bearings.

ROWER COBRA XT

ROWING WITH MANUAL SYSTEM!

Item No.: 4538

Features like Cobra XTR but with manual 10 level resistance.

Assembly size: L225 x W56 x H57 cm
Folded size: L113 x W56 x H153 cm
Max. user weight: 120 kg
Weight: 37 kg
Colour: anthracite/white



Item No.: 4538



Item No.: 4539



Comfortable seat with roller bearings



Foldable



Assembly size: L150 cm x W166 cm x H50 cm
Folded size: L125 cm x W57 cm x H44 cm
Max. User weight: 130 kg
Weight: 21 kg
Colour: silver



ROWERS

ROWER COBRA

CLASSIC ROWING WITH ROWER ARMS

Item No.: 4536

Efficient rowing requires correct layout of the rowing arms, this fact simulates the rowing in water as realistic as possible. ROWER COBRA fulfills these needs and offers in addition professional details: Aluminium frame, a 3-position height adjustable aluminium-rail for even more intensive exercising, on-board computer for easy reading of the training data and a safe pulse measurement during the whole rowing exercise.

Features:

- 12 resistance levels directly adjustable at the cylinders
- Movable foot plates, adjustable for different lengths, foot straps
- High quality ball bearings for smooth gliding
- Foldable space saving design
- Computer display (3 sections) of time, strokes, distance, calorie consumption, pulse, frequency/min.
- Individual user settings: upper pulse limit, training distance, calorie consumption and rowing strokes.
- Computer with Auto-ON/OFF-Function
- Earpulse

3 incline positions for more effective rowing sequences!

LIFE RUNNER LR22i

THE TOP MODEL OF THE LIFE RUNNER SERIES WITH A 150 X 52 CM PROFESSIONAL SOFT RUNNING DECK AND USER-FRIENDLY QUICK BUTTONS. RUNNING ON A HIGH END LEVEL. YOUR MARATHON PREPARATION IN YOUR OWN HOME.

Item No.: 4321

Features:

- Speed range 1-22 km/h
- 150 x 52 cm running area
- Automatic incline from 1% up to 12%
- 8 x quick speed buttons (2, 4, 6, 8, 10, 12, 14 and 16 km/h)
- 8 x quick buttons for the incline adjustment (1, 3, 5, 7, 9, 11, 13 and 15 levels)
- High-quality blue backlight LCD display
- Display shows time, speed, distance covered, calorie consumption and pulse
- 18 training programs
- Speed and incline adjustment on the handle grips
- Hand pulse
- Polar-compatible build-in receiver
- Shock absorbing SUPER-SOFT surface for joint friendly running
- Foldable, space saving design

Assembly size: L195 x B85 x H135 cm
Folded size: L127 x W85 x H165 cm
Max. user weight: 150 kg
Weight: 102 kg
Colour: anthracite/silver/black



HAMMER

LIFE RUNNER LR20i

20 KM/H AND A LOT OF PROFESSIONAL EQUIPMENT DETAILS SUCH AS 150 X 52 CM RUNNING AREA, USER-FRIENDLY QUICK- KEYS AND LARGE BLUE LED DISPLAY MAKE THE LR20I YOUR PERFECT RUNNING COACH.

Item No.: 4328

Features:

- Speed range 1-20 km/h
- 150 x 52 cm running area
- Automatic incline from 1% up to 12%
- 8 x quick speed buttons (2, 4, 6, 8, 10, 12, 14, 16 and 20 km/h)
- 8 x quick buttons for the incline adjustment (1, 3, 5, 7, 9, 11, 13 and 15 levels)
- High-quality blue backlight LCD display
- Display shows time, speed, distance covered, calorie consumption and pulse
- 18 training programs
- Speed and incline adjustment on the handle grips
- Hand pulse
- Polar-compatible build-in receiver
- Shock absorbing SUPER-SOFT surface for joint friendly running
- Foldable, space saving design



Assembly size: L195 x B85 x H135 cm
Folded size: L127 x W85 x H165 cm
Max. user weight: 150 kg
Weight: 102 kg
Colour: anthracite/silver/black



LIFE RUNNER LR18i

LIFE RUNNER LR18i - YOUR PERSONAL RUNNING TRAINER! 18 FITNESS PROGRAMS AND A SOFT RUNNING DECK FOR A MODERN CARDIO-VASCULAR TRAINING.

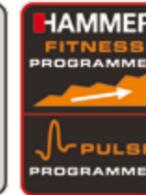
Item No.: 4329

Features:

- Speed range 1-18 km/h
- 135 x 45 cm running area
- Automatic incline from 1% up to 12%
- 8 x quick speed buttons (2, 4, 6, 8, 10, 12, 14 and 16 km/h)
- 8 x quick buttons for the incline adjustment (1, 3, 5, 7, 9, 11, 13 and level 15)
- High quality blue backlight LCD display
- Computer display of time, distance covered, speed, calories and pulse
- Speed and incline buttons on handlebar
- Anti-shock SUPER-SOFT running surface for joint friendly training
- Hand pulse
- Polar-compatible build-in receiver
- 2 drink holders
- Foldable, space saving design



Assembly size: L181 x W73 x H134 cm
Folded size: L113 x W73 x H156 cm
Max. user weight: 130 kg
Weight: 80 kg
Colour: anthracite/silver/black



LIFE RUNNER LR16i

THE ENTRY MODEL OF THE LIFERUNNER SERIES WITH A 132 X 43 CM PROFESSIONAL RUNNING DECK AND USER-FRIENDLY QUICK BUTTONS.

Item No.: 4326

Features:

- Speed range 1-16 km/h
- 132 x 43 cm running area
- Automatic incline from 1% up to 12%
- 8 x quick speed buttons (2, 4, 6, 8, 10, 12, 14 and 16 km/h)
- 8 x quick incline buttons (1, 3, 5, 7, 9, 11, 13 and level 15)
- High quality blue backlight LCD display
- Computer display of time, distance covered, speed, calories and pulse
- Speed and incline buttons on handlebar
- Shock absorbing SUPER-SOFT surface for joint friendly running
- Hand pulse
- Polar-compatible build-in receiver
- 2 drink holders
- Foldable, space saving design



Assembly size: L165 x W73 x H127 cm
 Folded size: L93 x W71 x H149 cm
 Max. user weight: 120 kg
 Weight: 69 kg
 Colour: anthracite/silver/black

PRODUCT SPECIFICATIONS OVERVIEW



Item No. / Description	4321 LIFE RUNNER LR22i	4328 LIFE RUNNER LR20i	4329 LIFE RUNNER LR18i	4326 LIFE RUNNER LR16i
COMPUTER				
Speed	22 km/h	20 km/h	18 km/h	16 km/h
Incline	15 Levels	15 Levels	15 Levels	15 Levels
Distance/Time/Speed/RPM/Calories	☐	☐	☐	☐
Display of Pulse/incline	☐/-	☐/-	☐/-	☐/-
Training programs	18	18	18	18
Display	Blue Backlight	Blue Backlight	Blue Backlight	Blue Backlight
FEATURES				
Hand pulse	☐	☐	☐	☐
Integrated Receiver for Chestbelt	☐	☐	☐	☐
Quick button for speed	☐	☐	☐	☐
Quick button for incline	☐	☐	☐	-
Adjustable incline	Automatic 1% up to 12%	Automatic 1% up to 12%	Automatic 1% up to 12%	Automatic 1% up to 12%
Adjustable button on hand grip	☐	☐	☐	☐
SUPER SOFT running area	☐	☐	☐	☐
Integrated transport rollers	☐	☐	☐	☐
Max. motor power	3,0 HP	3,0 HP	2,5 HP	2,0 HP
Continuous output	2,5 HP	2,5 HP	1,75 HP	1,15 HP
TECHNICAL DATA				
Power supply	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz
Max. user weight	150 kg	150 kg	130 kg	120 kg
Product weight	100 kg	100 kg	75 kg	48 kg
Assembly size in cm (L x B x H)	195 x 85 x 135	195 x 85 x 135	181 x 73 x 134	165 x 73 x 127
Folded size in cm (L x B x H)	113 x 73 x 156	113 x 73 x 156	113 x 73 x 156	93 x 71 x 149
Running area in cm (L x B)	150 x 52	150 x 52	135 x 45	132 x 43
Colour	anthracite/silver/black	anthracite/silver/black	anthracite/black	anthracite/black

BERMUDA

UNIVERSAL BENCH FOR PERFECT WEIGHT TRAINING INCLUDING BARS AND A WEIGHT SET OF 25 KG!

Item No.: 45042

Features:

- Universal bench with 4x adjustable backrest positions for flat and incline bench training
- Foldable space saving design
- High-quality comfort cushion
- Solid steel tube construction 38 x 38 mm, with scratch resistant powder coating
- Safety clamps for the weight plates
- 25 kg weight plates

Max. load:

Flat and incline bench: 130 kg (incl. body weight + weights)

Leg curl up to 40 kg

Butterfly up to 30 kg per arm

Spotter catches up to 55 kg

Weight set:

Plastic-coated weight plates (4 x 5 kg and 2 x 2.5 kg)

1 x Barbell: 120 cm, Ø 30 mm

2 x Dumbbell bar: 30 cm, Ø 30 mm

Assembly size: L125 x W146 x H121 cm

Folded size: L72 x W146 x H176 cm

Weight: 51 kg

Colour: silver/black

BENCHES



Item No.: 45042

Leg curl



Bench press



Butterfly



Rowing / Arm curl



HAMMER

BERMUDA XT

UNIVERSAL-BENCH WITH ADJUSTABLE BACKREST FOR FLAT AND INCLINE BENCHPRESS AS WELL AS HEIGHT ADJUSTABLE SPOTTER CATCHES.

Item No.: 4507

Features:

- Universal bench with 4x adjustable backrest positions for flat and incline bench training
- Multiply adjustable spotter catches (96 - 120 cm)
- Foldable space saving design
- Butterfly adjustable for different arm lengths
- High-quality comfort cushion (45 mm)
- Solid steel construction 50 x 50 mm, silver, with scratch resistant powder coating
- Incl. safety clamps for weight plates (weight plates are not included)

Max. load:

Flat and incline bench: 150 kg (incl. body weight + weights), leg curl up to 50 kg, Butterfly up to 30 kg per arm, spotter catches up to 100 kg

Assembly size: L230 x W135 x H134 cm

Weight: 27 kg

Colour: silver/black/red

BERMUDA XT PRO

UNIVERSAL-WEIGHT BENCH WITH 4-TIMES ADJUSTABLE BACKREST, LAT-TOWER AND CURL-PULT

Item No.: 4508

Features:

Same features like item no. 4507 BERMUDA XT plus

- Curl-pult for comfort curl training
- Curl bar for intensive and controlled arm workout
- Latissimus-module for pull and rowing exercises

Max. load:

- Latissimus module: 80 kg
- Curl pult: 60 kg
- Bench: 150 kg (body weight + weights)
- Leg curl: 50 kg, butterfly each side: 30 kg
- Spotter catches: up to 100 kg

Assembly size: L230 x W135 x H200 cm

Weight: 41 kg

Colour: silver/black/red



ACCESSORIES:
Item no.: 4610
Additional 34 kg
weight set:



Weights and bars are not included

SMITH MACHINE CORE 3.0

TRAINING CLOSER TO YOUR LIMITS!
COMPACT AND GUIDED BARBELL
SYSTEM FOR A REAL STUDIO FEELING!

Item-No.: 4949

Features:

- Barbell rod guide with slide incl. height-adjustable safety stopper for professional training
- Leg-curl for compact training
- Power lat bar train for pull and triceps workout
- Inclined bench for positive and negative bench pressing
- Weight shelves for optimal weights storage
- Including ankle straps for legs

Max. loads:

Latissimus-module up to 60 kg
Flat - and incline bench up to 200 kg
(incl. body weight and weights)
Leg curl up to 60 kg
Long bar up to 100 kg

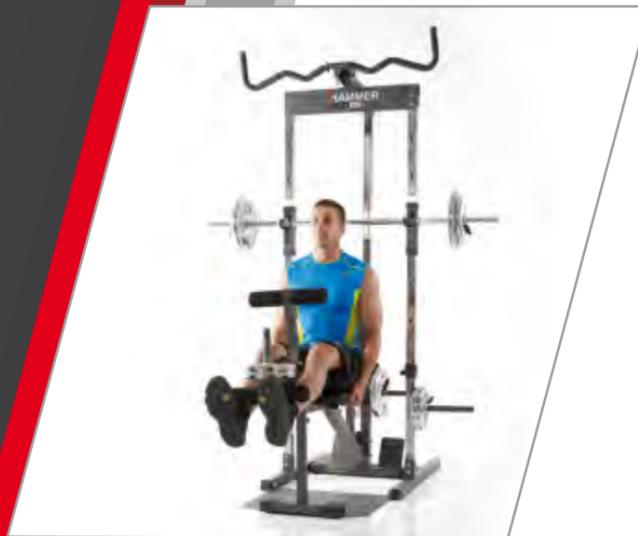
Assembly size: L 150 x B 165 x H 212 cm
Assembly size with bench: L 188 x W 165 x H 212 cm
Required training space: L 200 x W180 x H 212 cm
Weight Smith Machine: 58 kg
Weight bench: 11 kg
Colour: anthracite/black

Additional weight set:

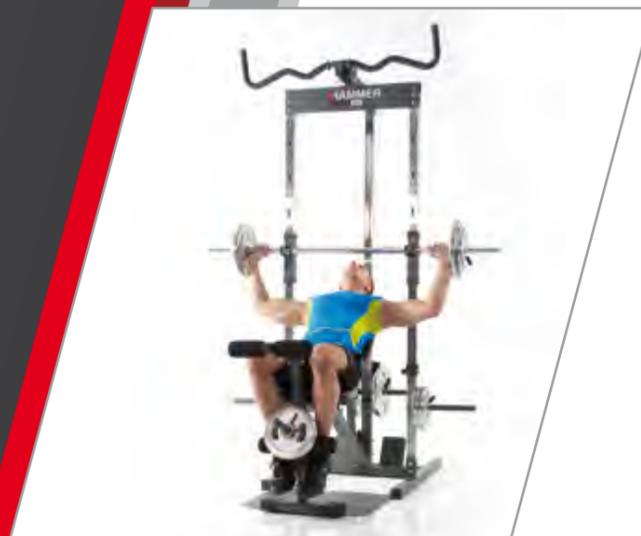
Item No.: 4663
60 kg weight set



Squats



Leg curl



Bench press

SMITH MACHINE



NEW!
POWER
LAT
BAR



Guided slide system
with security hooks



Bench can be folded
and stored away

Including Barbell.
Weights not included

CABLE-CROSS MODULE

„CABLE-CROSS-TOWER“ FOR A GREAT CHEST, ARM AND SHOULDER DEFINITION! THE PERFECT UPGRADE FOR THE HAMMER SMITH MACHINE CORE 3.0.

Item No.: 4950

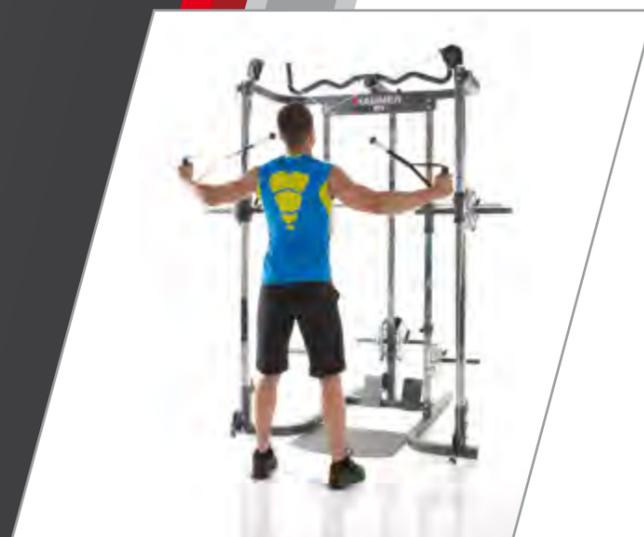
Features:

- Additional module for multi-press Core 3.0
- 2 “cable pull towers” with 2 roller systems (above/below) for effective cross-cable exercises
- Maximum load 100 kg for each side
- Solid steel tube main frame (50 x 50 mm) with scratch resistant powder coating

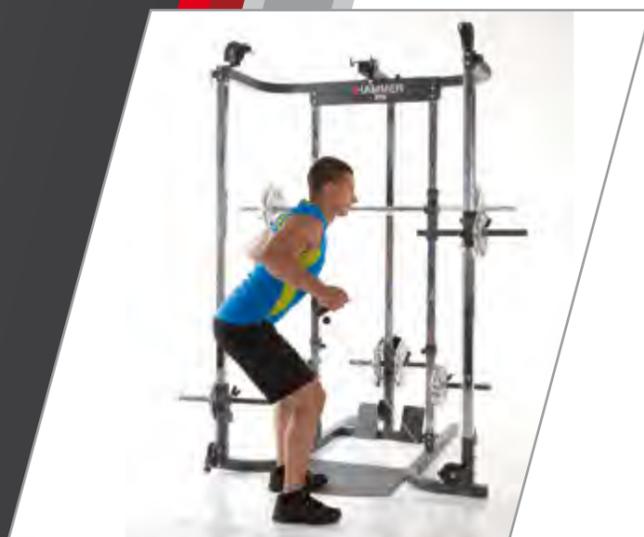
Assembly size: Smith Machine + Cable Cross:
L 188 x W 190 x H 216 cm
Required space: L 260 x W 230 x H 216 cm
Weight: 23 kg
Colour: silver/anthracite



Cable cross



Shoulder pull



Rowing

SMITH MACHINE CABLE-CROSS



Weights not included

SOLID XP

PROFESSIONAL FREE WEIGHT SYSTEM
WITH SECURITY STOPPER AND CABLE PULL
FOR UNLIMITED EXERCISES!

Item No.: 4513

Features:

- Professional bench with adjustable ergonomic backrest for flat and incline/decline bench training
- Multiple adjustable spotter catches for safe training
- Arm curl for comfortable arm curling
- Curl bar for intensive arm workouts
- Latissimus bar with two hooks for easy balance
- Heavy duty triceps rope
- Storage positions for latissimus bar, triceps rope, and weight plates (weights and barbell not included).
- High-quality comfort cushion (50 mm)
- Solid steel construction 50 x 50 mm with scratch resistant powder coating
- Incl. safety clamps for weight plates

Exercises:

- Butterfly
- Benchpress
- Latissimus-pull
- Leg-Curl
- Squats
- Arm-Curl
- Rowing
- Triceps-pull
- Shoulder press and many more

Max. load:

Incline/flat bench: 180 kg
(body weight + training weights)
Leg/arm curl up to 40 kg
Latissimus pull up to 60 kg
Spotter catches up to 120 kg

Assembly size:

Bench: L215 x W73 x H100 cm
Smith Machine: L143 x W158 x H216 cm
Smith Machine + bench:
L240 x W158 x H216 cm
Weight: 88 kg
Colour: anthracite/black

Bars and weights not included!

BARBELL STATION



Additional weight set:
Item No.: 4612
76 kg weight set

Triceps press

Cable pull

Squats

Rowing



CALIFORNIA XP

THE CLASSIC HAMMER HOME GYM
WITH RESISTANCE UP TO 120 KG

Item No.: 9060

Features:

- Bench press, butterfly up to 100 kg
- 60 kg cement weight plates (4 x 10 kg , 4 x 5 kg)
- Premium back cushion (50 mm) with lordose support
- 50 x 50 mm steel tube construction with scratch-resistant powder coating
- High quality comfort curl-pult (60 x 40 cm)
- Curl-pult height adjustable with 6 positions
- Metal foot plate for standing curl exercises
- Latissimus and triceps bar
- Chromed guiding rails for smooth running

Exercises:

- Butterfly
- Bench press
- Latissimus-pull
- Leg-Curl
- Arm-Curl
- Rowing
- ..and many more

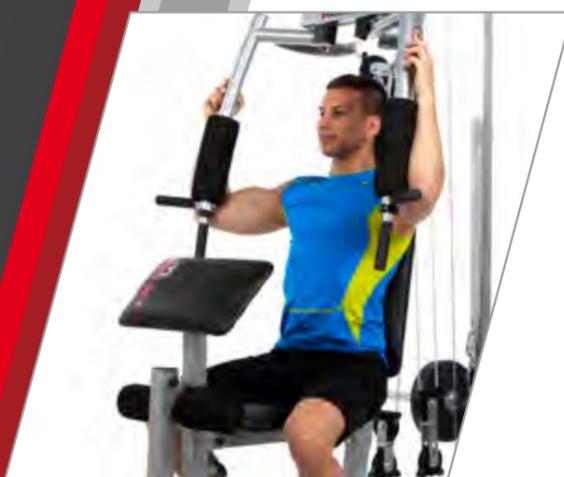
Maximum resistance up to 120 kg
Assembly size: 189 x 111 x 201 cm
Weight: 111 kg
Max. user weight: 120 kg
Colour: silver/black



Leg curl



Arm curl



Benchpress / Butterfly



FERRUM SERIES

THE COMPLETE AND PROFESSIONAL GYM FOR YOUR HOME. NO LIMITS, PERFECT ERGONOMY AND MODERN DESIGN.

NEW: DOUBLE CABLE PULL SYSTEM

Basic specifications for all FERRUM products:

- 60 kg weights
- Height adjustable cable pulls
- Butterfly or bench pressing units
- Strong comfortable cushion
- Weights have a cover providing protection against noise and scratches.
- Scratch-resistant steel tube. Powder-coated foot-plate for curl exercise.
- Maximum user weight: 120 kg
- Color: Anthracite/black

Item-No.: 9033 - FERRUM TX1

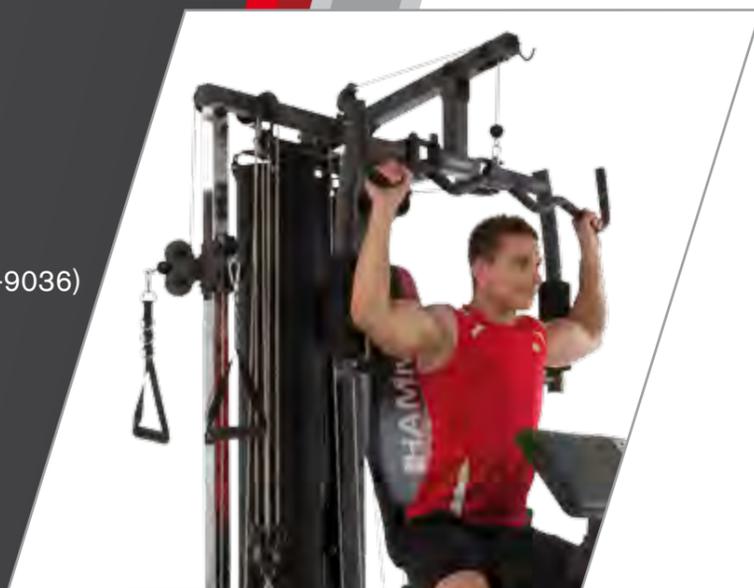
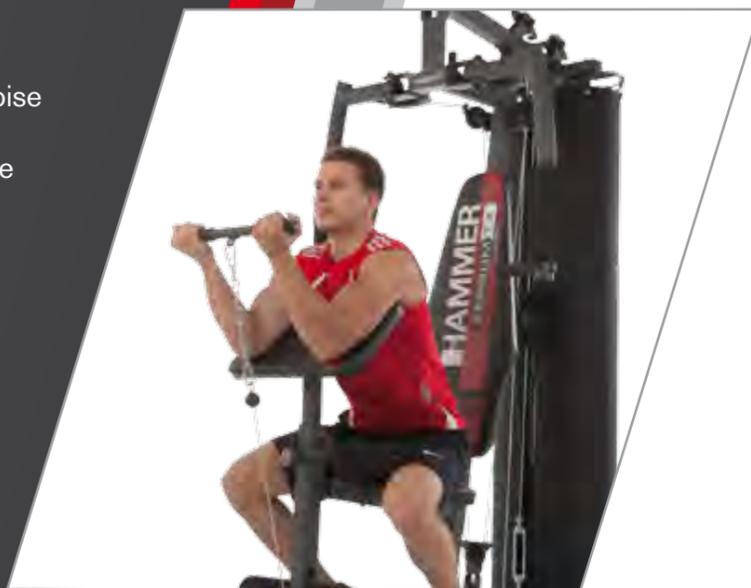
Item-No.: 9034 - FERRUM TX2

Item-No.: 9035 - FERRUM TX3

Item-No.: 9036 - FERRUM TX4

Exercises:

- Lat training
- Bench pressing
- Arm curl
- Rowing
- Triceps Pull/push
- Leg Curl
- Cable pull (only for no.: 9034-9036)
- Shoulder pull / parallel front pull (only for no.: 9034-9036)
- Adductors training (only for no.: 9034-9036)
- Leg press (only for no.: 9035/9036)
- Back extension (only for no.: 9036)



MULTI-GYM

NEW!
POWER
LAT
BAR



FERRUM TX4

Item No.: 9036

Basic features

- Power-lat bar in SZ-form for triceps and lat pull variations
- Curl-pult (height adjustable)
- 50 mm thick comfort pad

Leg press

- Extra large metal plate
- Ergonomic movement

Cable pull module

- Height-adjustable
- Rollers mounted for rotation for different angles

Back trainer

- 12 x height adjustable
- max. user weight 130 kg
- foldable

Gym without back trainer
L210 x W120 x H198 cm
Weight: 147 kg

Gym with back trainer
L250 x W280 x H198 cm
Weight: 160 kg

FERRUM TX4 including back trainer

Item No.: 9036

FERRUM TX1

Item-No.: 9033

Basic features

- Curl pult (height adjustable)
- 50 mm thick, comfortable cushions

Assembly size: L150 x W89 x H200 cm

Weight: 115 kg

Colour: anthracite/black



FERRUM TX2

Item-No.: 9034

Basic features

- Power-lat bar for triceps workout
- Curl pult (height adjustable)
- 50mm thick cushion comfort

Cable pull

- Height adjustable
- Rollers mounted for rotation for different angles

Assembly size: L150 x W110 x H200 cm

Weight: 119 kg

Colour: anthracite/black

FERRUM TX3

Art.-Nr.: 9035

Basic features

- Power-lat-bar in SZ-form for triceps and lat pull exercises
- Curl pult (height adjustable)
- 50mm thick cushion comfort

Leg press

- Extra large metal plate
- Ergonomic motion

Cable pull

- Height adjustable
- Rollers mounted for rotation for different angles

Assembly size: L235 x W110 x H200 cm

Weight: 147 kg

Colour: anthracite/black



FERRUM TX1

Item No.: 9033



FERRUM TX3

Item No.: 9035



FERRUM TX2

Item No.: 9034



ABDOMINAL TRAINER

AB SENSATION

INCLUDING MAT, COMPUTER AND POWER WEIGHTS

Item No.: 6632

Features:

- Handlebars with comfort foam
- Head-/Neck support plus arm rest
- Training computer (time, repetitions, calorie consumption, display change)
- Blue training mat: 174 x 61 x 0.5 cm
- 2 x 300 g weights for additional resistance
- Foldable

Assembly size: L71 x W73 x H71 cm

Weight: 5 kg

Colour: black/blue



anti-slippery comfort training mat
(174 x 61 x 0,5 cm)

AB ROLLER

FOR SENSATIONAL ABDOMINALS AND A SEXY WAIST

Item No.: 6631

Features:

- Handlebars with comfort foam
- Head-/Neck support
- Arm rest
- Foldable

Assembly size: L71 x W73 x H71 cm

Weight: 2,5 kg

Colour: black/red



Including 2 x 300 g Power Weights
for more intensive workouts



Training computer
(time, repetitions, calorie
consumption, display change)





SOFT FITNESS



ANKLE WEIGHTS

WITH EACH 0,5 KG OR 0,75 KG FOR INTENSIVE CARDIO TRAINING OR BODY TONING. COMFORTABLE NEOPRENE/ LYCRA SURFACE.

Item No.: 66308 0,5 kg
Item No.: 66309 0,75 kg

Colour: anthracite/red

FITNESS WEIGHTS

ERGONOMIC FITNESS DUMBBELLS WITH COMFORTABLE NEOPRENE SURFACE. 3 DIFFERENT WEIGHT CLASSES

Item No.: 66310 2 x 1,0 kg
Item No.: 66311 2 x 2,0 kg
Item No.: 66312 2 x 3,0 kg

Colour: anthracite/grey/red





Item No.: 4656



Item No.: 4607



Item No.: 4657



Item No.: 4658



Item No.: 4672 - 4674



WEIGHTS WITH GRIP SLOTS
in chrome and black



Item No.: 4652 - 4654

Item No. / Description	4650, 52-55 WEIGHT PLATES	4670, 72-74 WEIGHT PLATES	4664, 4665 WEIGHT PLATES
Colour	black	chrome	black
Description	a) 2 x 0.5 kg + 2 x 1.25 kg b) 2 x 2.5 kg c) 2 x 5 kg d) 2 x 10 kg e) 2 x 20 kg	a) 2 x 0.5 kg + 2 x 1.25 kg b) 2 x 2.5 kg c) 2 x 5 kg d) 2 x 10 kg	a) 2 x 0.5 kg b) 2 x 1.25 kg a) 4664 b) 4665
	"THE ORIGINAL WITH GRIP SLOTS"	"THE ORIGINAL WITH GRIP SLOTS"	
	a) 4650 b) 4652 c) 4653 d) 4654 e) 4655	a) 4670 b) 4672 c) 4673 d) 4674	

Item No. / Description	4656-58 BARBELLS	4607 BARBELL	6720/6750 DUMBBELLS
Colour	chrome	chrome	black/chrome
Description	a) 2 x 35 cm, Ø 30 mm b) 1 x 160 cm, Ø 30 mm c) 1 x 120 cm, Ø 30 mm a) 2 x Dumbbell b) 1 x Barbell c) 1 x SZ-Curl bar	1 x 180 cm, Ø 30 mm + Clips	a) 10 kg Set with black weights and chrome bar b) 10 kg Set made of chrome material Weights: 2 x 2.5 kg and 2 x 1.25 kg
	a) 4656 b) 4657 c) 4658		a) 6720 b) 6750



PUSHUP BARS

ROTATING PUSHUP HANDLES FOR STRENGTHENING UPPER BODY MUSCLES LIKE CHEST, SHOULDERS AND ARMS.

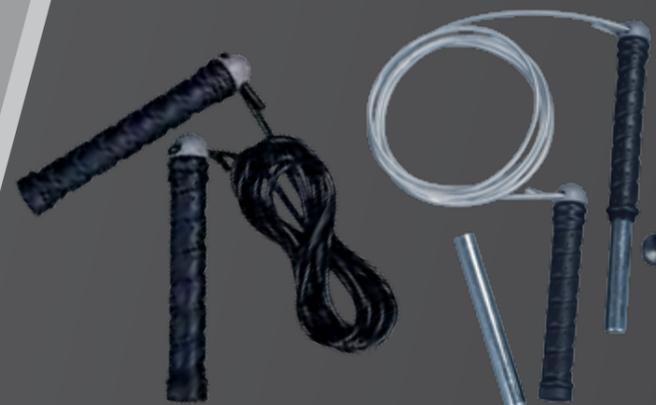
Item No.: 66306



SKIPPING ROPES

SKIPPING ROPE FIT, PVC
Item No.: 84502

PROFI PVC/Steel
Item No.: 84503



ADDITIONAL WEIGHTS for skipping rope PROFI (2 x 250 gr)
Item No.: 84504

DUMBBELL SET

10 KG SET WITH CHROME WEIGHTS AND HAND GRIP, CAST IRON WEIGHTS: 2 x 2.5 KG AND 2 x 1.25 KG

Colour: chrome
Item No.: 6750

Colour: black
Item No.: 6720

