

**FINNLO**  
by **HAMMER**

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by **HAMMER**



Errors and mistakes are non binding / 10.18 D-WMD



**HAMMER SPORT AG**

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**FITNESS 2019**

# **HAMMER**

## **SPORT AG**

### **HAMMER SPORT AG – THE COMPANY**

**THE FUTURE HAS A PAST  
100 YEARS EXPERIENCE.**

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 the main targets of HAMMER SPORT AG.



**PERFECT!  
TRAINING AT HOME!**

# LOXON XTR CROSS TRAINER

Item No.: 3286

Top ergometer model in the LOXON series with exclusive features.

## SUITABLE FOR

Strengthening of the cardiovascular system, weight reduction and control, body toning, watt and heart rate orientated cardio training.

## COMPUTER

Performance: 25-400 watt  
Distance / Time / Speed / RPM /  
Calorie consumption  
Integrated heart rate receiver for chest belt  
Hand pulse  
Lower/Upper heart rate limit adjustable  
Heart rate percentage for upper limit  
QUICK START & QUICK HRC  
Fitness score when finished  
Recovery heart rate measurement  
Training value settings  
Interval training programs: 12  
LCD display: blue backlight  
Permanent displays: 8  
Heart rate control programs: 4  
Resistance settings: computer controlled  
Storage of the last 30 training sessions

## FEATURES

Adjustable foot plates: 3 positions  
Integrated transportation rollers  
Precision ball bearings  
Braking system: induction  
Foot plate distance: 16 cm  
Drive system: belt driven  
Gear transmission ratio 1:9  
Flywheel mass ca. 20 kg  
Resistance control: RPM independent  
Stride length: 40 cm  
Resistance spectrum: 40 steps  
Weight: 66 kg  
Power supply: 230 V, 50 Hz  
Class HA (According to DIN EN 957 – 1/9)  
Max. user weight: 150 kg  
Dimensions (L x W x H) cm: 148 x 58 x 158  
Colour: white/silver



Adjustable footplates



High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.



Hi-Tech Computer with USB port



# LOXON CROSS TRAINER

Item No.: 3284

Experience perfect crosstrainer ergonomics and comprehensive program diversity.

#### SUITABLE FOR

Strengthening of the cardiovascular system, weight reduction and control, body toning, heart rate orientated cardio training.

#### COMPUTER

Distance / Time / Speed / RPM /  
Calorie consumption  
Integrated heart rate receiver for chest belt  
Hand pulse  
Lower/upper heart rate limit adjustable  
Heart rate percentage for upper limit  
Fitness score when finished  
Recovery heart rate measurement  
Training value settings  
Interval training programs: 12  
LCD display: blue backlight  
DRINK REMINDER  
8 permanent displays  
4 heart rate control programs  
Resistance settings: computer controlled

#### FEATURES

Adjustable foot plates: 3 positions  
Integrated transportation rollers  
Height adjustment  
Precision ball bearings  
Braking system: permanent magnet  
Foot plate distance: 16 cm  
Stride length: 40 cm  
Drive system: belt driven  
Gear transmission ratio: 1:9  
Flywheel mass ca. 20 kg  
Resistance control: RPM dependent  
Resistance spectrum: 32 levels  
Power supply: 230 V, 50 Hz  
Max. user weight: 150 kg  
Weight: 62 kg  
Dimensions (L x W x H) cm: 148 x 58 x 158  
Colour: silver/anthracite



Adjustable foot plates



High-Tech spherical bearing for perfect quiet running



Swivel joint with 2 roller bearings

# FINUM CROSS TRAINER

Item No.: 3262

The perfect "Desired Weight" crosstrainer.

#### SUITABLE FOR

Joint-friendly training of the whole body for strengthening of the cardiovascular system, weight reduction and body toning.

#### COMPUTER

Distance / Time / Speed / RPM / Calorie

Consumption

Hand pulse

Upper heart rate limit adjustable

Recovery heart rate measurement including fitness score

Training value settings

LCD display

1+5 permanent displays

Resistance settings: 10 steps, manually controlled

#### FEATURES

Adjustable foot plates: 3 positions

Integrated transportation rollers

Height adjustment

Precision ball bearings

Braking system: permanent magnet

Foot plate distance: 22 cm

Stride length: 33 cm

Drive system: belt driven

Gear transmission ratio 1:8

Flywheel mass ca. 18 kg

Max. user weight: 130 kg

Weight: 42 kg

Dimensions (L x W x H) cm: 131 x 63 x 162

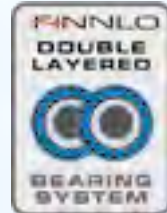
Colour: silver/anthracite/red



10 gear shift for exact setting and control



Adjustable footplates for different body sizes with a non-slip surface



# E-GLIDE SR ELLIPTICAL TRAINER

Item No.: 3218

The perfect "Calorie-Killer". High-Speed elliptical training for a whole body workout. Premium elliptical training with a stride length of 50 cm, footplate distance of 5 cm and automatic fitness programs.

## SUITABLE FOR

Joint-friendly training of the whole body for strengthening the cardiovascular system, weight reduction and body toning, as well as heart rate orientated cardio training.

## COMPUTER

Distance / Time / Speed / RPM / Calorie Consumption

LCD display: blue backlight

Resistance: 20 levels

Training parameters adjustable

Heart rate measurement with hand pulse sensor or optional chest belt (receiver integrated)

Interval training programs: 5

Heart rate control programs: 2

Resistance settings: computer controlled

## FEATURES

Integrated transportation rollers

Stride length: 50 cm

Ventilator

Height adjustment

Precision ball bearings

Braking system: permanent magnet

Footplate distance: 5 cm

Drive system: belt driven

Gear transmission ratio 1:8

Flywheel mass ca. 20 kg

Resistance control: RPM independent

Power supply: 230 V, 50 Hz

Max. user weight: 150 kg

Weight: 95 kg

Dimensions (L x W x H) cm: 175 x 60 x 168

Colour: silver/black



High quality technique with premium ball bearings for high-speed cross-training. The perfect exercise bike alternative for a whole body workout.



# ELLYPSIS E3000 ELLIPTICAL TRAINER

Item No.: 3216

Studio feeling guaranteed! Premium elliptical training with a stride length of 50 cm and sporty features.

#### SUITABLE FOR

Joint-friendly training of the whole body for strengthening the cardiovascular system, weight reduction and body toning, as well as heart rate orientated cardio training.

#### COMPUTER

Distance / Time / Speed / RPM / Calorie consumption

LCD display: blue backlight

Resistance: 15 levels

Training parameters adjustable

Heart rate measurement with hand pulse sensor or optional chest belt (receiver integrated)

Interval training programs: 5

Heart rate control programs: 2

Resistance settings: computer controlled

#### FEATURES

Stride length: 50 cm

Ventilator

Integrated transportation rollers

Height adjustment

Precision ball bearings

Braking system: permanent magnet

Foot plate distance: 9 cm

Drive system: belt driven

Gear transmission ratio 1:9

Flywheel mass ca. 16 kg

Resistance control: RPM dependent

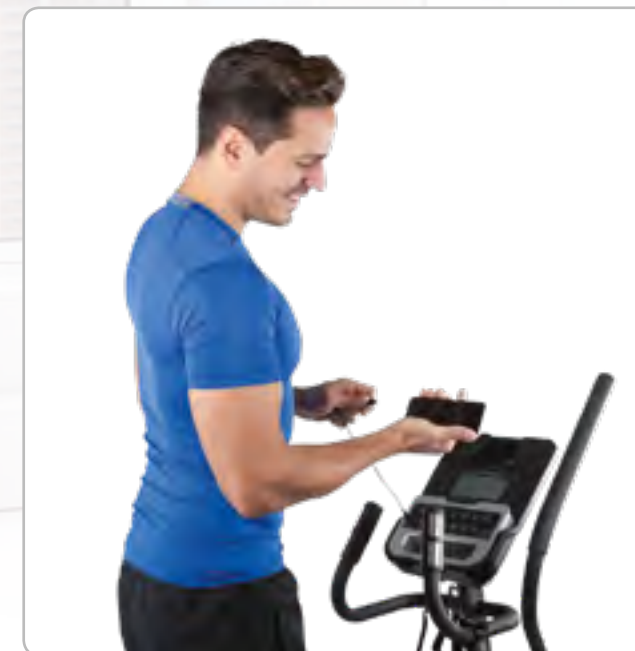
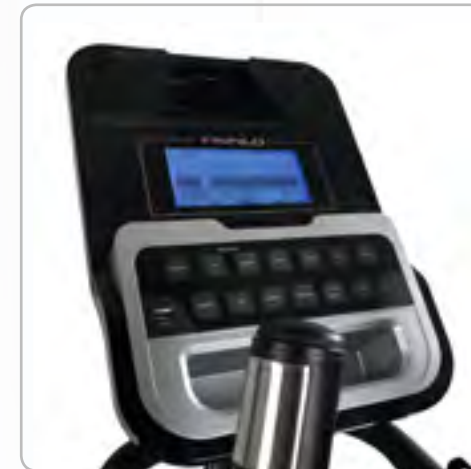
Power supply: 230 V, 50 Hz

Max. user weight: 150 kg

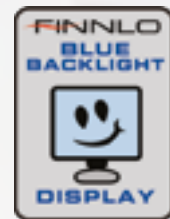
Weight: 70 kg

Dimensions (L x W x H) cm: 162 x 55 x 158

Colour: silver/black



AUX Input for diverse music devices.



Hi-Tech Computer  
with USB port





# CROSSFLOW ELLIPTICAL TRAINER

Item No.: 3219

The new FINNLO Cross Flow, innovative design meets premium quality

## SUITABLE FOR

Health-orientated cardiovascular training, weight and body fat reduction, body toning and cardio training with heart-rate control.

## COMPUTER

Clear, extra large LCD colour display with blue backlight  
Self-explanatory operation: „Push & Turn“ turn-push-train!

Training intensity: 8 resistance levels

18 training programs

12 up and downhill programs suitable for anyone from beginners to sports athletes

4 health-orientated programs

1 watt program

1 manual program

Body fat measurement provides information about body fat in %  
Fitness grade from 1–6 and recovery heart-rate for monitoring your performance improvement

Pulse rate measured via hand pulse sensors or an optional chest strap

## FEATURES

Dynamic, top modern and elegant design

Tablet/smartphone holder and USB charging port for multimedia entertainment during the training

Permanent magnetic brake system

Precision ball bearings

Flywheel mass of 14 kg for high dynamics

Footplate distance: 9 cm

Step length: 43 cm

Integrated transport rollers

Height levelling

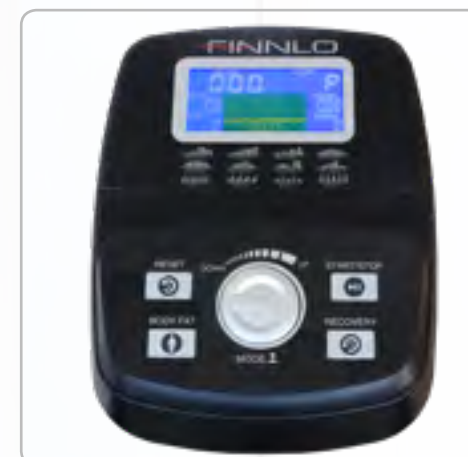
Drive system: Dual belt

Power supply: 230 V, 50 Hz

Max. body weight: 130 kg

Weight: 70 kg

Dimensions (L x W x H): 147 x 64 x 173 cm



Hi-Tech Computer  
with USB port



# CROSSFORM ELLIPTICAL TRAINER

Item No.: 3263

An extremely easy to use training computer with an extensive selection of programs, as well as watt control and heart programs for health-orientated training make the FINNLO elliptical trainer crossform an impressive endurance machine that will be more than beneficial to your health.

## COMPUTER

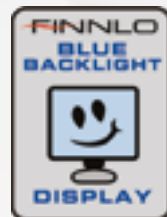
Training computer can be controlled by smartphone or tablet PC with the iConsole+ app  
 2-way mode: speed-independent (watt) and speed-dependent resistance adjustment  
 Clear LCD colour display with blue backlight  
 High-contrast display with brilliant colours, especially suited to people who wear glasses  
 Self-explanatory computer operation: "Push & Turn" training  
 Display of distance, time, calories, pulse, watts, level and speed  
 4 health-orientated heart programs  
 Acoustic safety warning signal when you are reaching your pulse limit  
 12 uphill and downhill programs suitable for anyone, from beginners to athletes  
 Individually adjustable resistance using buttons (manual mode)  
 4 user programs for individual training for the whole family  
 Fitness grade from 1–6 and recovery heart rate for monitoring your performance improvement  
 Body fat measurement provides information about body fat in %  
 16 resistance levels for individualised training  
 Graphic display of the load profile via bar charts  
 Count-up/count-down functions  
 Integrated pulse receiver for the Polar T34 chest strap and the FINNLO chest strap (optional)

## FEATURES

Wear-free, electronic magnetic braking system with approx. 20 kg flywheel mass for high dynamics  
 Training computer with iConsole + app, controllable by smartphone or tablet  
 User friendly: „Push & Turn“ fitness training  
 Display of distance, time, calories, pulse, watts, level and speed  
 4 health-orientated heart programs  
 12 uphill and downhill programs suitable for everyone, from beginners to athletes  
 Integrated pulse receiver for the Polar T34 chest strap and the FINNLO chest strap (optional)  
 Transport rollers to move around the room  
 Footplate distance: 20 cm  
 Step length: 38 cm  
 Dimensions: 122 x 63 x 161 cm  
 Colour: anthracite/silver



Hi-Tech Computer with USB port



Hi-Tech Computer with USB port



**PERFECT!**  
**TRAINING AT HOME.**



**FINNLO**  
by **HAMMER**

AWARDED WITH THE  
WORLDS LARGEST  
INNOVATIONS AND  
DESIGN „PLUS X“ AWARD



Hi-Tech Computer  
with USB port



Quick saddle adjustment for  
easy height positioning



Low entry for easy training access.

## VARON XTR ERGOMETER

Item No.: 3194

Top model of the Varon series with comfortable low-entry, exclusive product features and perfectly smooth run.

### SUITABLE FOR

Strengthening of the cardiovascular system, weight reduction and control, body toning, watt and heart rate orientated cardio training

### COMPUTER

Performance: 25-400 watt  
Distance / Time / Speed / RPM / Calorie consumption  
Integrated heart rate receiver for chest belt  
Ear pulse  
Lower/Upper heart rate limit adjustable  
Heart rate percentage for upper limit  
QUICK START / QUICK HRC  
Training score when finished  
Recovery heart rate measurement  
Training parameter adjustable  
Interval training programs: 12  
LCD-Display: blue backlight  
DRINK REMINDER  
Permanent displays: 8  
Heart rate control programs: 4  
Resistance settings: computer controlled  
Storage of the last 30 training sessions

### FEATURES

Adjustable handlebar/seat  
Integrated transportation rollers  
Safety free-wheel  
Low entry access  
Height adjustment  
Precision ball bearings  
Braking system: induction  
Drive system: belt driven  
Gear transmission ratio: 1:8  
Flywheel mass ca. 8 kg  
Resistance control: RPM independent  
Resistance spectrum: 40 steps  
Power supply: 230 V, 50 Hz  
Class HA (according to DIN EN 957 – 1/5)  
Max. body weight: 150 kg  
Weight: 41 kg  
Dimensions (L x W x H) cm: 112 x 55 x 130  
Colour: anthracite/silver

# EXUM ERGOMETER

Art.-Nr.: 3157

The perfect start into ergometer training! Heart rate control cardiovascular training and RPM independent electromagnetic system.

#### SUITABLE FOR:

Strengthening of the cardiovascular system, weight reduction and control, heart rate orientated cardio training.

#### COMPUTER

Distance / Time / Speed / RPM / Calorie consumption  
4 heart rate control training programs  
Upper heart rate limit adjustable  
LCD display: blue backlight

#### FEATURES

Performance in Watt: 25-400 watt  
Interval training programs: 12  
Receiver for chest belts  
Hand and ear pulse measurement  
Recovery heart rate with fitness score  
Drink reminder  
Precision ball bearings  
Integrated transportation rollers  
Adjustable handlebar  
Induction braking system  
8 kg flywheel mass  
Power supply: 230 V, 50 Hz  
Class HA (according to DIN EN 957 – 1/5)  
Max. user weight: 150 kg  
Weight: 39 kg  
Dimensions (L x W x H) cm: 102 x 55 x 125  
Colour: lava grey/silver



## AWARD WINNING EXUM HIGH COMPUTER ACCURACY, VERY QUIET.

The Exum III was tested best in class by German independent testing organisation "Stiftung Warentest" in January 2015.



# EXUM XTR ERGOMETER

Item No.: 3158

The FINNLO by HAMMER Exum XTR shows how to improve on an already optimised device.

## SUITABLE FOR

Strengthening of the cardiovascular system, weight reduction and control, body toning, heart rate orientated cardio training.

## COMPUTER

2-way mode: rotational speed independent (watt) and rotational speed dependent resistance adjustment  
Clear, XL LCD display with blue background colour  
Self explanatory computer operation: Quick select buttons for the simplest handling  
Display of distance, time, calories, pulse, watt, speed and step frequency and 400 m circuit  
9 simultaneous displays for a better overview  
Sweat resistant membrane keypad  
3 health orientated heart programs  
8 programs with uphill and downhill profiles  
1 Recovery Program  
4 person memory with training diary  
Integrated odometer (total training time)  
Acoustic safety warning signal when you are reaching your pulse limit

Fitness grade from 1-6 and resting heart rate for monitoring your performance improvement  
Adjustable pulse zones: Fat burning (65%), performance improvement (90%) and manual  
Graphic display of the load profile via bar charts  
Count-up/Count-down functions  
Ear clip for measuring heart rate included in delivery contents  
Integrated pulse receiver for commercial chest straps (optional)

## FEATURES

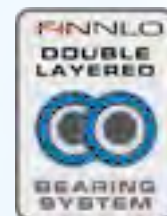
Wear-free induction braking system with approx. 8 kg flywheel mass for high dynamics  
Ear clip for measuring heart rate  
Integrated pulse receiver for commercial chest belts (optional chest strap)  
Incredibly easy computer operation: Quick select buttons for the simplest handling  
Max. body weight: 150 kg  
Weight: 39 kg  
Dimensions (L x W x H) cm: 102 x 55 x 125  
Colour: white



Adjustable handlebar for different arm lengths.



Ear clip for heart-rate controlled training



# CORUM HOME TRAINER

Item No.: 3107

Get on the road to fitness with the top-quality Corum home trainer by FINNLO!

## SUITABLE FOR

Enhanced technology, a completely revised on-board training computer with practical a "push-and-turn" knob and the beautifully sleek look are just some of the strengths of the home trainer that will help you get fitter and healthier.

## COMPUTER

Distance / Time / Speed / Calorie consumption / Pulse  
Upper heart rate limit adjustable  
Recovery heart rate with fitness score  
Presetting of training values  
LCD display  
Permanent display of 1+5

## FEATURES

Adjustable handlebars  
Flywheel mass: 8 kg  
Smartphone/tablet PC holder  
12-step manual resistance settings  
Integrated transport rollers  
Power supply: batteries  
Hand pulse sensors  
Dynamic, modern and distinctive design with rounded accents  
Max. user weight: 130 kg  
Weight: 34,5 kg  
Dimensions (L x W x H) cm: 102 x 50 x 128  
Colour: anthracite



Perfect saddle adjustment for different body sizes



manual adjustable resistance control



**FINNLO**  
by **HAMMER**

**PERFECT!**  
**TRAINING AT HOME.**



# SPEEDBIKE CRT INDOOR CYCLE

Item No.: 3203

Premium indoor cycling with 25 kg flywheel mass and high-quality belt drive. Perfect for speedy sessions guaranteeing smooth and quiet concentric rotations.

## SUITABLE FOR

Intensive endurance training, strengthening of the cardiovascular system, weight reduction, body toning, heart rate orientated cardio training.

## COMPUTER

Distance / Time / Speed / RPM  
Integrated heart rate receiver for chest belt  
Ear pulse measurement  
Upper heart rate limit adjustable  
Training programme adjustable  
LCD-Display  
2 Permanent displays  
Resistance control: manual

## FEATURES

Drinking bottle  
Adjustable seat: vertical/horizontal/declination  
Adjustable handlebar: vertical/horizontal  
Racing seat: Selle Royal  
Safety free-wheel: fixed  
Integrated transportation rollers  
Height adjustment  
SPD Pedals  
Precision ball bearings  
Braking system: felt brake  
Drive system: belt driven  
Gear transmission ratio: 1:3  
Flywheel mass ca. 25 kg  
Resistance control: RPM dependent  
Resistance spectrum: stepless manually  
Power supply (computer): Battery  
Max. body weight: 150 kg  
Weight: 63 kg  
Dimensions (L x W x H) cm: 132 x 51 x 120  
Colour: black/red



Storage of the last 20 training units.



Pedal for racing shoes (SPD-Click-System) or normal shoes.





# SPEEDBIKE CRS INDOOR CYCLE

Item No.: 3207

Studio feeling in absolute perfection! Fixed drive, adjustable saddle and handle bars, solid 25 kg flywheel mass.

## SUITABLE FOR

Intensive endurance training, strengthening of the cardiovascular system, weight reduction, body toning, heart-rate orientated cardio training.

## COMPUTER

Distance / Time / Speed / RPM  
Integrated heart rate receiver for chest belt  
Ear pulse measurement  
Upper heart rate limit adjustable  
Training program adjustable  
LCD-Display  
2 Permanent display  
Resistance control: manual

## FEATURES

Drinking bottle  
Adjustable seat: vertical/horizontal/declination  
Adjustable handlebar: vertical/horizontal  
Racing seat: Selle Royal  
Fixed drive  
Integrated transportation rollers  
Height adjustment  
Precision ball bearings  
Braking system: leather brake  
Drive system: belt driven  
Gear transmission ratio: 1:3  
Ca. 25 kg solid flywheel mass  
Resistance control: RPM dependent  
Resistance spectrum: stepless manually  
Power supply (computer): Battery  
Max. body weight: 150 kg  
Weight: 58 kg  
Dimensions (L x W x H) cm: 128 x 58 x 130  
Colour: navy/chrome/black



Storage of the last 20 training units.



**FINNLO**  
by **HAMMER**



# ENDURANCE TREADMILL

Item No.: 3512

Deluxe running! The perfect partner for your marathon preparation and premium treadmill workout!

## SUITABLE FOR

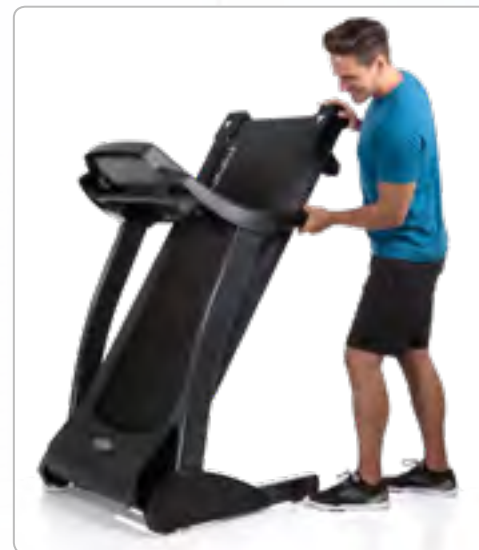
Strengthening of the cardiovascular system, weight reduction, improvement of endurance, body toning.

## COMPUTER

Incline / Time / Distance / Speed  
Calorie consumption / Heart rate  
Programs in total: 5  
Programs in detail: 1 manual and  
4 combined programs  
Heart rate control training: 1

## FEATURES

4 LCD displays  
LED display: 8 x 16 dot matrix  
Quick button for speed and incline: 6+6  
Hand pulse  
Integrated heart rate receiver for chest belt  
Chest belt for heart rate monitor: optional  
Motor: continuous 1.9 kW (2.5 HP)  
Speed: 1-20 km/h in 0.1 km/h steps  
Incline: 0-12 % in 15 steps, motorised  
Dual handlebar controls  
Running area in cm: 148 x 52  
Transportation rollers  
Power supply: 230 V, 50 Hz  
Total weight: 104 kg  
Max. user weight: 160 kg  
Weight: 104 kg  
Folded size (L x W x H) cm: 115 x 88 x 168  
Built up size (L x W x H) cm: 196 x 88 x 141  
Colour: anthracite/grey



Foldable for space saving



Speed and incline adjustment directly on the hand grip



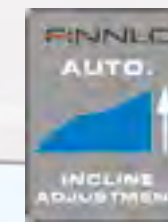
Hand pulse sensors for heart-rate controlled training



Additional holder for Smartphone or Tablet. Smartphone and Tablet not included.



Adjustable incline from 0 to 10 bzw. 12 %



# ALPINE TREADMILL

## ALPINE IV

Item No.: 3511

Clear display and various training programs. State-of-the-art computer technology and extra wide running surface.

### SUITABLE FOR

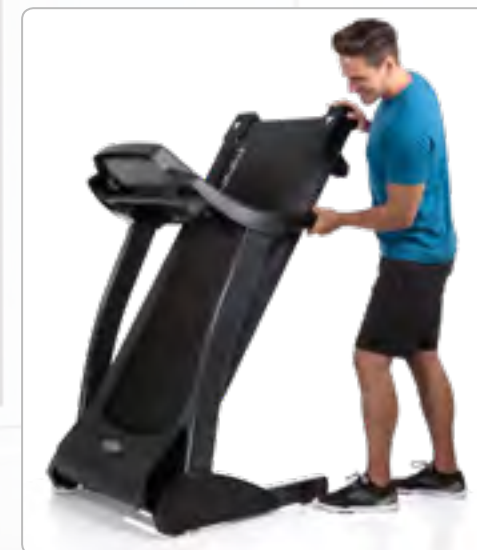
Strengthening of the cardiovascular system, weight reduction, improvement of endurance and body toning.

### COMPUTER

Programs in total: 11  
Programs in detail: 7 automatic training programmes, 1 manual programme, 3 pulse programmes for controlled cardiovascular training

### FEATURES

Motor output: 2 HP  
Speed: 1 - 20 km/h in 0.1 km/h increments  
Incline: 0 - 12 % in 1% increments, motor-adjusted  
7" LCD displays  
AUX-input  
(for playing music via cell phone / iPod, etc.)  
Holder for water bottle and tablet / iPod  
Hand pulse measurement and integrated chip for chest strap (optional)  
6 quick buttons for speed and incline  
Hand grips with touch controls for speed and incline  
Transport rollers  
Power supply: 230 V, 50 Hz  
Weight: 84 kg  
Max. body weight: 150 kg  
Running area: 142 x 50 cm  
Folded size (L x W x H) cm: 108 x 80 x 150  
Built up size (L x W x H) cm: 179 x 80 x 138  
Colour: anthracite



Foldable for space saving



Speed and incline adjustment directly on the hand grip



Hand pulse sensors for heart-rate controlled training



Adjustable incline from 0 to 10 bzw. 12 %



Hi-Tech Computer with USB port



Additional holder for Smartphone or Tablet. Smartphone and Tablet not included.



# TECHNUM TREADMILL

Item No.: 3510

FINNLO premium entry-level treadmill with wide running surface.

### SUITABLE FOR

Strengthening of the cardiovascular system, weight reduction, improvement of endurance, body toning.

### COMPUTER

Programs in total: 9

Programs in detail: 7 automatic training programmes, 1 manual programme and 3 pulse programmes

### FEATURES

Running speeds up to 18 km/h

Automatically adjustable incline grade from 1 – 12%

Continuous output: 1.75 HP

Hand grips with touch controls for speed and incline

Hand pulse measurement and integrated receptor for chest strap (chest strap optional)

Premium cockpit with simple and easy to use operation

High-quality 5" LCD display shows distance, speed, calories burned, pulse, and peak and valley profile

USB port to charge battery

Holder for water bottle and tablet / iPod

Compatible with [www.der-trainingsplan.de](http://www.der-trainingsplan.de)

Super soft tread with professional shock absorption for your joints

2 transport rollers

Power supply: 230 V, 50 Hz

Weight: 82 kg

Max. user weight: 135 kg

Running area: 142 x 50 cm

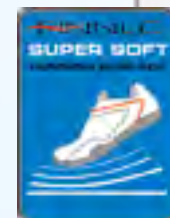
Built up size (L x W x H) cm: 179 x 80 x 138

Folded size (L x W x H) cm: 108 x 80 x 150

Colour: anthracite



Foldable for space saving



Hi-Tech Computer with USB port



Additional holder for Smartphone or Tablet. Smartphone and Tablet not included.



Speed and incline adjustment directly on the hand grip



Hand pulse sensors for heart-rate controlled training



Adjustable incline from 0 to 10 bzw. 12 %



**PERFECT!**  
**TRAINING AT HOME.**



**FINNLO**  
by **HAMMER**

# AQUON PRO PLUS ROWER

Item No.: 3704

Premium rower for highest demands! Used by professional Olympic rowing champions. Resistance adjustment directly via rowing handle. Comfortable and exclusive. Well established FINNLO technology combining air and magnetic resistance.

## SUITABLE FOR

Rowing strengthens the cardiovascular system and 90% of the body muscles are used. Up to 700 kcal per hour can be burned.

## COMPUTER

High-tech blue backlight LCD-display  
 10 permanent displays, 12 fitness programs  
 4 pulse and 5 race programs against the computer for perfect training motivation  
 4 users can be stored  
 Time / Watt / Level / Strokes per minute / Heart rate / Strokes in total / Time for 500 m / Distance / Calorie consumption

## FEATURES

Class SA (according to DIN EN 957 - 1/7)  
 Intensity adjustable from 25-300 Watt  
 Integrated chest belt receiver  
 Chest belt not included  
 Steplessly adjustable training computer  
 Turnable foot plates with straps  
 Long aluminium beam for body sizes over 2 m (Beam: 146 cm, Pull cord: 215 cm)  
 Ergonomic distance of foot plates: 9 cm  
 Comfort seat supported by ball bearings  
 Foldable  
 Integrated transportation rollers  
 Combined technique of magnet and air resistance (computer controlled)  
 Load control: RPM independent  
 Power supply: 230 V  
 Max. user weight: 150 kg  
 Weight: 45 kg  
 Folded size (L x W x H) cm: 135 x 50 x 198  
 Build up size (L x W x H) cm: 240 x 50 x 107  
 Colour: silver/black



Fully adjustable foot plates with an ergonomic distance of 9 cm, just like in professional rowing boats.



Resistance adjustment directly on the hand grip (only on Item No.: 3704)



Professional steplessly adjustable computer for optimum overview during the entire rowing sequence. Extra long monitor arm.

High-end black backlight design with a blue digital display, incl. 5 competition programs and 4 pulse programs.



Foldable and transportable using the integrated rollers.



Professional seat height for comfortable and natural rowing.



Combined technology of magnetic and air resistance guarantees an absolute professional rowing experience.



# AQUON EVOLUTION ROWER

Item No.: 3705

NEW: Feature of a professional rowing boat

- Professional pedal distance of only 9 cm!
- Professional rowing seat height ca. 50 cm
- Suitable for body sizes over 2 m  
(Beam: 140 cm, pull cord: 182 cm)

3 additional pulse programs for efficient and controlled rowing strokes.

## SUITABLE FOR

Rowing strengthens the cardiovascular system and 90 % of the body muscles are used. Up to 700 kcal per hour can be burned.

## COMPUTER

Large 2 colour LCD backlight display  
8 permanent displays, 12 fitness programs  
4 pulse and 1 race programs against the computer for perfect training motivation  
4 users can be stored  
Time / Watt / Level / Strokes per minute / Heart rate / Strokes in total / Time for 500 m / Distance / Calorie consumption  
Presetting of training target values

## FEATURES

Class SA (according to DIN EN 957 - 1/7)  
Intensity adjustable from 30-300 Watt  
Integrated chest belt receiver  
Chest belt not included  
Steplessly adjustable training computer  
Turnable foot plates with straps  
Long aluminium beam for body sizes over 2 m  
(Beam: 140 cm, Pull cord: 182 cm)  
Ergonomic distance of foot plates: 9 cm  
Comfort seat supported by ball bearings  
Foldable  
Integrated transportation rollers  
Combined technique of magnet and air resistance (computer controlled)  
Resistance control: RPM independent  
Power supply: 230 V  
Max. user weight: 130 kg  
Weight: 38 kg  
Folded size (L x W x H) cm: 148 x 50 x 196  
Build up size (L x W x H) cm: 240 x 50 x 107  
Colour: silver/black



2 colour backlight design with a large and clear digital display:



Fully adjustable foot plates with an ergonomic distance of 9 cm, just like in professional rowing boats.



Professional steplessly adjustable computer for optimum overview during the entire rowing sequence. Extra long monitor arm.



Professional seat height for comfortable and natural rowing.



Foldable and easy to move with integrated transportation rollers.



# AQUON COMPETITION ROWER

Item No.: 3708

Find and surpass your limits with the FINNLO Aquon Competition rowing machine! The chain and pull-back technology makes this robust, premium-quality rowing machine extremely durable, while the direct power transmission creates an even more realistic rowing experience.

## Multimedia entertainment

Now you can watch movies, your favourite TV series or training and rowing videos on your smartphone while working out. You will be able to go greater distances and reach ever new training goals!

## COMPUTER

Large LCD blue backlight display  
1+6 permanent displays, 10 fitness programs  
4 pulse programs  
1 users can be stored  
Distance / Time / Speed / Strokes per minute / Calorie consumption / Pulse

## FEATURES

120 cm aluminium slide rail for body heights up to 2 metres (6'5").  
High-contrast LCD display with 10 motivating workout programs, adjustable tilt  
Chain drive system  
Comfort seat on ball bearings  
Adjustable foot rests with straps  
Seat height of 39 cm  
Air resistance braking system  
Minimum footplate distance of only 12 cm  
High-quality ball bearings for smooth and quiet operation  
Watt display  
No power connection needed. 2 x C batteries.  
Air resistance system with 9 settings  
Rowing machine with direct power transmission and chain-pull system for an extra-long service life  
Smartphone holder and additional oar grip holder  
Power supply: 230 V  
Max. user weight: 150 kg  
Weight: 36 kg  
Folded size (L x W x H) cm: 108 x 63 x 238  
Build up size (L x W x H) cm: 238 x 63 x 108  
Colour: black/red/silver



Blue backlight design with a large and clear digital display:



Fully adjustable foot plates with an ergonomic distance of 9 cm, just like in professional rowing boats.



Professional blue backlight adjustable computer for optimum overview and smartphone clip for realistic sequences.



Professional seat height for comfortable and natural rowing.



Foldable and easy to move with integrated transportation rollers.



FINNLO AQUON WF WATER FLOW

# AQUON WF WATER FLOW ROWER

Item No.: 3706

The FINNLO by HAMMER Aquon Water Flow simulates real rowing training with the natural resistance of water. In addition, the resistance can be adjusted 4x directly on the water drum.

## SUITABLE FOR

Improvement of strength and endurance in one. 90% of the entire musculature system is used resulting in an unparalleled calorie consumption.

## COMPUTER

High-performance LCD training computer with clear and large display. Integrated pulse receiver for chest strap (chest strap optional). Resistance settings with a simple twist of a button. High maximum resistance. Display of time / watt / level / strokes per Minute / program / heart rate / total strokes / time to 500 m / distance and calories

## FEATURES

- Ergonomic handle for strong rudder strokes
- Water tank is made of high quality polycarbonate
- Water filling capacity 17 liters
- Comfortable and ergonomic seat
- High-quality seat rollers ensure an even rudder movement
- Extra long cable Solid construction
- Adjustable professional footrests with foot loops
- Integrated transport rollers
- Drive system: belt drive
- Power supply: battery Max.
- Maximum body weight: 150 kg
- Upright storage (L x W x H): 60 x 50 x 205 cm
- Training dimensions (L x W x H): 205 x 50 x 60 cm
- Colour: black / walnut wood effect

**NEW**



All training parameters at a glance.



Professional footrest distance of only 11 cm. Ergonomically shaped and individually adjustable, for optimum support.



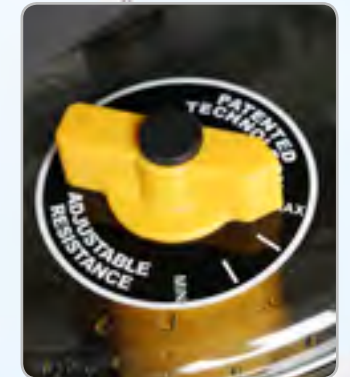
Space saving design.



Comfortable sports seat with ball bearing system.



Real wood design



4-way adjustable water resistance



Integrated transport rollers

**PERFECT!**  
**TRAINING AT HOME.**



# BIO FORCE EXTREME MULTI GYM

Item No.: 3841

Top model of the BIO FORCE series! Revolutionary TNT resistance technology. No weights, no noise. Swift and quick resistance adjustment for a traction weight from 5 to 125 kg. Perfectly smooth and stable resistance throughout the full motion during each exercise. No weight plates needed!

## SUITABLE FOR

Strengthening of the cardiovascular system, weight reduction and control, core-training, sports related specific strength training and muscle definition

## EXERCISES

Butterfly  
Bench press  
Latissimus seated  
Rowing  
Leg flexion standing  
Leg flexion seated  
Leg curl (standing)  
...  
More than 100 other exercises possible

## FEATURES

Seat vertically adjustable  
Resistance: nitrogen cylinders  
Max. user weight: 135 kg  
Weight: 76 kg  
Max. traction weight ca. 125 kg (2 x 62.5 kg)  
Built up size (L x W x H) cm: 134 x 168 x 208  
Required space (L x W x H) cm: 200 x 165 x 208  
Colour: anthracite/black



## FINNLO BIO FORCE™ TOTAL NITROCELL TECHNOLOGY

TNT for Total Nitrocell Technology. These cylinders provide BIO FORCE™ with its amazingly smooth and stable resistance throughout the full motion during exercise.



## SLIDE-N-LOCK RESISTANCE

Change the BIO FORCE resistance weight from 5 kg to 125 kg in 2,5 kg steps without getting off the machine. It's fast and easy!

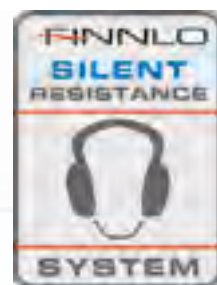
**MAX.  
RESIST.  
WEIGHT  
125 kg**

## BIO FORCE EXTREME POWER BENCH

Item No.: 3817

Perfect accessory for professional bench press, incline bench press, "flys", rowing, shoulder press, lat-pull, etc.

- 5x angle adjustable backrest
- Linked seat and backrest adjustment
- Seat angle from 0 - 80 degrees
- Quick and easy fixation to the BIO FORCE Gym with click system
- Bio Force comfortable backrest padding
- Quality steel frame allowing user weights of up to 135 kg



## HOW TO RECOGNISE THE ORIGINAL



INFO MATERIAL:  
- Training instructions  
- Training DVD

## HOW TO RECOGNISE THE ORIGINAL



SAFETY CLIPS:  
for safe training and  
perfect cable guides!

## HOW TO RECOGNISE THE ORIGINAL



FINNLO-ECO -GRIPS  
- Plasticizer free  
- PAH free

# BIO FORCE MULTI GYM

Item No.: 3842

Men's Health test champion rated "very good"- Revolutionary TNT resistance technology. No weights, no noise. Swift and quick resistance adjustment for a traction weight from 5 to 100 kg.

## SUITABLE FOR

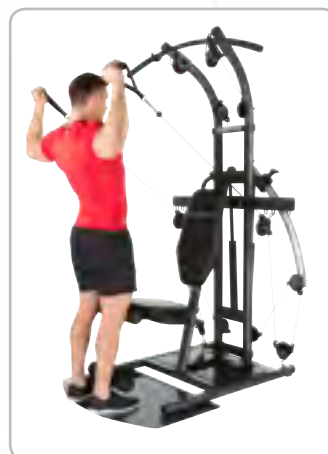
Strengthening and toning of the muscular system, weight reduction and control, core training, related sports specific strength training.

## EXERCISES

Butterfly  
Bench press  
Latissimus seated  
Bottom cable pulley  
Leg curl (standing)  
More than 100 exercises possible

## FEATURES

Seat vertically adjustable  
Nitrogen cylinders  
Max. user weight: 135 kg  
Weight: 68 kg  
Max. traction weight: 100 kg - 2 x 50 kg  
Built up size (L x W x H) cm: 125 x 165 x 208  
Required space (L x W x H) cm: 200 x 165 x 208  
Colour: anthracite/black



## FINNLO BIO FORCE ACCESSORY SET

Item No.: 3811

This three piece handle set in an integrated plastic storage unit is available as additional accessory.  
2x Ergo-handle, 1x Trizeps-rope, 2x Foot-straps

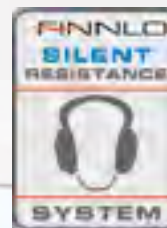
Colour: anthracite



## FINNLO AB STRAP

Item No.: 3818

- Add-on module for abdominal training.
- Easy to attach to the cables.
- Shoulder pad for effective power training.



**MAX.  
RESIST.  
WEIGHT  
110 kg**

## HOW TO RECOGNISE THE ORIGINAL



**SAFETY CLIPS.**  
for safe training and  
perfect cable guides!

## HOW TO RECOGNISE THE ORIGINAL



**FINNLO-ECO -GRIPS**  
- Plasticizer free  
- PAH free

## HOW TO RECOGNISE THE ORIGINAL



**INFO MATERIAL:**  
- Training instructions  
- Training DVD



# AUTARK 6800 MULTI GYM

Item No.: 3948

The perfect studio alternative! The professional powerhouse with a separate butterfly module. Build-up of all muscle groups and health-orientated fitness training with one device. Ab & back trainer, cable-pull modules for free and core training, adjustable butterfly arms and leg curl function in studio quality.

## SUITABLE FOR

Muscle building, muscle definition, health-oriented strength training, streamlining of the musculature, weight reduction and core training, as well as specific sports related strength training.

## EXERCISES

Butterfly / Bench press  
Ab & back training  
Biceps / Triceps  
Rowing / Cable pull bottom  
Latissimus seated  
Leg curl and leg extension seated  
Bilateral training with the cable pull module at the side

## FEATURES

Seat vertically adjustable  
Backrest adjustable: vertical  
Cable-pull module  
Separate butterfly module (foldable to the back)  
Weight block: 100 kg – 20 plates with 5 kg each  
Max. traction weight: 110 kg  
Max. user weight: 120 kg  
Weight: 300 kg  
Built up size (L x W x H) cm: 190 x 263 x 223  
Required space (L x W x H) cm: 235 x 350 x 223  
Colour: anthracite / black



160° degree rotatable and height adjustable roller system for a maximum movement amplitude.



Massive unit for studio exercises: bench press, rowing, shoulder press (wide and narrow). Including crunch module.



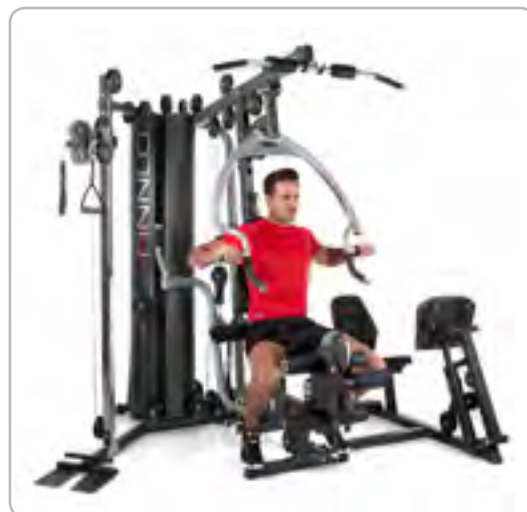
Leg curl and leg extension for a studio-like perfect leg training. Grab handle for stabilizing the posture. Quick and specific build-up of leg muscles.



Leg press with extra large, stable metal plate and ergonomically adjustable backrest.



Leg training like in a real studio



# AUTARK 6600 MULTI GYM

Item No.: 3942

The perfect studio alternative! The professional powerhouse with a separate butterfly module. Build-up of all muscle groups and health-orientated fitness training with one device. Ab & back trainer, cable-pull modules for free and core training, adjustable butterfly arms and leg curl function in studio quality.

## SUITABLE FOR

Muscle building, muscle definition, health-oriented strength training, streamlining of the musculature, weight reduction and core training, as well as specific sports related strength training.

## EXERCISES

Butterfly / Bench press  
Ab & back training  
Biceps / Triceps  
Rowing / Cable pull bottom  
Latissimus seated  
Leg curl and leg extension seated  
Bilateral training with the cable pull module at the side

## FEATURES

Seat vertically adjustable  
Backrest adjustable: vertical  
Cable-pull module  
Separate butterfly module (foldable to the back)  
Weight block: 100 kg – 20 plates with 5 kg each  
Max. traction weight: 110 kg  
Max. user weight: 120 kg  
Weight: 300 kg  
Built up size (L x W x H) cm: 190 x 263 x 223  
Required space (L x W x H) cm: 235 x 350 x 223  
Colour: anthracite / black



160° degree rotatable and height adjustable roller system for a maximum movement amplitude.



Massive unit for studio exercises: bench press, rowing, shoulder press (wide and narrow). Including crunch module.



Leg curl and leg extension for a studio-like perfect leg training. Grab handle for stabilizing the posture. Quick and specific build-up of leg muscles.



Ab & back trainer: the intensity can be adjusted exactly for guided, effective movements. Ideal when facing back troubles, for strengthening and mobilization.

Studio-like  
ab and back  
training



Studio-like abtrainer: effective crunch exercises for all muscles of the abdomen.



Separate butterfly module. Foldable for free bench pressing. Rotatable handles for a perfect motion sequence.



# AUTARK 6000 MULTI GYM

Item No.: 3940

Like AUTARK 6600 without ab & back training module. Can be upgraded later.

## SUITABLE FOR

Muscle building, muscle definition, health-orientated strength training, streamlining of the musculature, weight reduction and core training, as well as specific sports related strength training.

## EXERCISES

Butterfly / Bench press  
Ab & back training  
Biceps / Triceps  
Rowing / Cable pull bottom  
Latissimus seated  
Leg curl and leg extension seated  
Bilateral training with the cable pull module at the side

## FEATURES

Seat vertically adjustable  
Backrest adjustable: vertical  
Weight block: 100 kg – 20 plates with 5 kg each  
Max traction weight: 110 kg  
Max user weight: 120 kg  
Weight: 262 kg  
Built up size (L x W x H) cm: 190 x 200 x 223  
Required space (L x W x H) cm: 235 x 320 x 223  
Colour: anthracite / black



# AUTARK 2600 MULTI GYM

Item No.: 3828

Versatile but compact! Strength and fitness training without compromises. For building of all major muscle groups. Including AB & BACK trainer module for a health orientated fitness training and a cable pull module for free and core training, adjustable butterfly arms and leg curl function in studio quality.

## SUITABLE FOR

Muscle building, muscle definition, health-orientated ab & back training, streamlining of the musculature, weight reduction and core training, as well as specific sports related strength training.

## EXERCISES

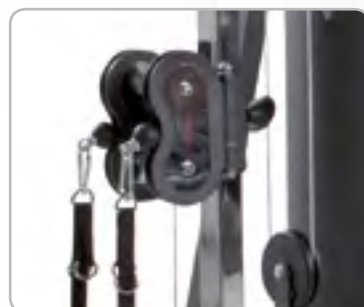
Butterfly / Bench press  
Ab & back training  
Biceps / Triceps  
Rowing  
Latissimus seated  
Cable pull bottom  
Leg curl and leg extension seated  
Bilateral training with the lateral cable pull module

## FEATURES

Seat vertically adjustable  
Backrest adjustable: vertical  
Weight block: 80 kg – 16 plates with 5 kg each  
Max. traction weight: 90 kg  
Max. user weight: 120 kg  
Weight: 260 kg  
Built up size (L x W x H) cm: 182 x 206 x 215  
Required space (L x W x H) cm: 230 x 300 x 212  
Colour: anthracite / black



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper abs.



160° degree rotatable and height adjustable roller system for a maximum movement amplitude.



Height-adjustable seat at the leg curl module for optimal posture and feet positioning.



Upgrade to  
100 kg possible



Adjustable butterfly module for training with different widths.



Ab & back trainer: the intensity can be adjusted exactly at the weight block. Guided, effective movements. Ideal when facing back problems, for strengthening and mobilization.

Ab & Back  
training in studio  
quality



Leg curl and leg extension for a studio like perfect leg training. Grab handle for stabilizing the posture. Quick and specific build-up of leg muscles. Variably adjustable.

# AUTARK 2500 MULTI GYM

Item No.: 3945

Approved a thousand times. Including a new ergonomically improved leg press module. The multi gym for ambitious muscle-building at home. Cable pull modules for free and core training, adjustable butterfly arms and leg curl function in studio quality. Leg press module with an extra big footboard for ergonomically optimized motion sequences for the legs.

## SUITABLE FOR

Muscle building, muscle definition, streamlining of the musculature, weight reduction and core training, as well as specific sports related strength training.

## EXERCISES

Butterfly / Bench press

Leg press

Biceps / Abs

Rowing

Latissimus seated

Cable pull bottom

Leg curl and leg extension seated

Bilateral training with the cable pull module at the side

## FEATURES

Leg press module with extra big footboard

Seat vertically adjustable

Backrest adjustable: vertical

Weight block: 80 kg – 16 plates with 5 kg each

Max. traction weight: 90 kg

Max. user weight: 120 kg

Weight: 260 kg

Built up size (L x W x H) cm: 165 x 220 x 215

Required space (L x W x H) cm: 216 x 300 x 215

Colour: anthracite/black

## LEG PRESS FOR AUTARK 2500

Item No.: 3946

Leg press module. Optimized ergonomic sitting position. Guided movement against overstraining. Knee joint friendly training angle.



Rowing while standing for strong back muscles. Free studio typical cable pull training.



Gluteus, abductor and adductor training. 160° degree rotatable and height adjustable roller system for a maximum movement amplitude.



Multiple adjustable butterfly module for different training angles and specific build-up of wide pectoral muscles.



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper abs.

**Upgrade to  
100 kg possible**



Height-adjustable seat at the leg curl module for optimal posture and foot position.

# AUTARK 2200 MULTI GYM

## AUTARK 2200

Item No.: 3944

Perfect strengthening of the complete muscular system is guaranteed by this compact station! Cable pull module for free cable-cross training and core training, adjustable butterfly arms and real leg curl function - usually only available on professional gyms.

### SUITABLE FOR

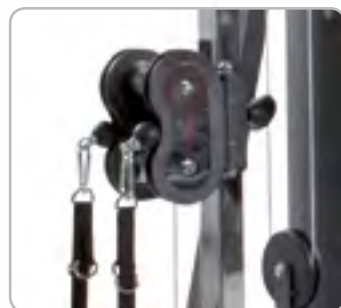
Strengthening and toning of the muscular system, weight reduction and control.

### EXERCISES

Butterfly  
Bench Press  
Biceps / Abs  
Latissimus seated  
Rowing  
Leg flexion standing  
Leg curler seated  
Bilateral training (side mounted)

### FEATURES

Seat vertically adjustable  
Backrest adjustable: vertical  
Weights: 80 kg - 16 plates with 5 kg each  
Max. traction weight: 90 kg  
Max. user weight: 120 kg  
Weight: 216 kg  
Built up size (L x W x H) cm: 165 x 166 x 215  
Required space (L x W x H) cm: 200 x 225 x 215  
Colour: anthracite/black



160° degree rotatable and height adjustable roller system for a maximum movement amplitude.



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper abs.



Professional rowing for a strong back  
Variable footplates enable solid feet positioning.



Upgrade to  
100 kg possible



Effective front chest pull.  
Maximum free movement due to a foldable butterfly / bench press module.



Power triceps pushing. Maximum muscular stimulation through seated exercises.



Abductor and adductor training. The perfect exercise for running sports.

# AUTARK 1500 MULTI GYM

## AUTARK 1500

Item No.: 3943

Fulfills the highest demands regarding ergonomics and stability! Basic model of the AUTARK series. Real leg curl function and separate rowing/biceps curl module included. Can be upgraded with cable pull, leg press or ab & back module.

### SUITABLE FOR

Strengthening and toning of the muscular system, weight reduction and control.

### EXERCISES

Butterfly  
Bench Press  
Biceps / Abs  
Latissimus seated  
Rowing  
Leg flexion seated

### FEATURES

Seat vertically adjustable  
Backrest adjustable: vertical  
Weights: 80 kg - 16 plates with 5 kg each  
Max. traction weight: 90 kg  
Max. user weight: 120 kg  
Weight: 200 kg  
Built up size (L x W x H) cm: 165 x 145 x 215  
Required space (L x W x H) cm: 200 x 225 x 215  
Colour: anthracite/black.

## 20 kg ADDITIONAL WEIGHTS

Item No.: 3835

4 x 5 kg weight for upgrading AUTARK 1500, AUTARK 2200, AUTARK 2500 and AUTARK 2600 to 100 kg weight block.



Flexible adjustment of the backrest for perfect ergonomics during training. Including a crunch module for a quick development of the upper abs.



Power triceps pushing. Maximum muscular stimulation due to sitting exercises.



Multiple adjustable butterfly module for different training angles and specific build-up of wide pectoral muscles.



Leg curl and leg extension for a studio-like perfect leg training. Grab handle for stabilizing the posture. Quick and specific buildup of leg muscles.



Height-adjustable seat at the leg curl module for optimal posture and feet position.

# AUTARK 600 MULTI GYM

Item No.: 3929

The compact multi gym for your home.

**NEW:** variable chest training with three training versions: butterfly, bench press and cable cross.

#### SUITABLE FOR

Muscle building, muscle definition, muscle streamlining, weight reduction, as well as all types of sports related strength training.

#### EXERCISES

Butterfly  
Bench press  
Latissimus sitting  
Cable pull bottom  
Leg extension sitting

#### FEATURES

Cable cross handles  
Weight block: 80 kg-16 plates with 5 kg each  
Max. traction weight: 80 kg  
Max. user weight: 120 kg  
Weight: 162 kg  
Built up size (L x W x H) cm: 190 x 115 x 198  
Required space (L x W x H) cm: 220 x 110 x 198  
Colour: anthracite / black



Flexible adjustment of the back rest for perfect ergonomics.



Cable cross handle adjustable to different arm lengths. Free movable unit for a perfect simulation of free training. Specific training of the upper, middle and lower chest muscles.

**Cable-Cross  
Function**



# MULTI LAT TOWER

**PERFECT  
FOR A STRONGER  
BACK**

Item No.: 3877

Perfect for specific back training. Multi-variant training possibilities with a smooth motion sequence.

#### EXERCISES

Rowing  
Latissimus  
Cable pull bottom

#### FEATURES

Seat vertically adjustable  
Weight discs are not included  
Max. user weight: 120 kg  
Max. traction weight: 120 kg  
Max. dumbbell weight: 120 kg  
Weight: 43 kg  
Built up size (L x W x H) cm: 140 x 120 x 213  
Colour: anthracite / black



**PERFECT!**  
TRAINING AT HOME.



**FINNLO**  
by **HAMMER**

# BENCHES

## BARBELL STATIONS

FINNLO benches satisfy with highest stability and ergonomics. Flexible adjustment of the backrest, seat and dumbbell rack. Studio quality and premium finish of the cushions.

### SUITABLE FOR

Muscle building, muscle definition, streamlining of the musculature, weight reduction, as well as specific sports related strength training.

### BARBELL TRAINING STATION

Item No.: 3866

### FEATURES

14x height adjustable  
6x width adjustable  
Suitable for bench press and squats.  
Max. load 200 kg  
Weight: 28 kg  
Inner grip width: 75 - 110 cm  
Dimensions (L x B x H) cm: 90 x 80-115 x 91-167  
Colour: anthracite/chrome

*Barbell and weight discs not included.*

### INCLINE BENCH

Item No.: 3865

### FEATURES

Adjustable: Backrest 6x; Seat 3x  
Max. load 250 kg  
Weight: 23 kg  
Dimensions (L x B x H) cm: 150 x 54 x 140  
Colour: anthracite/black



Item No.: 3865  
Back rest: 90° up to -10° (negative)



Item No.: 3865 & 3866

# WEIGHT SETS

## ACCESSORIES



### DUMBBELL SET 10 kg

Item No.: 6720 black  
Item No.: 6750 chrome

10 kg set with cast iron weights and dumbbell bar.  
Weight discs: 2 x 2.5 kg and 2 x 1.25 kg  
Dumbbell bar: 1 x 2.5 kg



### DUMBBELL SET 15 kg

Item No.: 6721 black

15 kg set with cast iron black weights and dumbbell bar.  
Weight discs: 4 x 2.5 kg and 2 x 1.25 kg  
Dumbbell bar: 1 x 2.5 kg



### FITNESS GLOVES

Item No.: 95417 Size S  
Item No.: 95418 Size M  
Item No.: 95419 Size L  
Item No.: 95420 Size XL  
Item No.: 95421 Size XXL

Protect effectively from abrasion and blisters. For maximum safety and comfort.

Colour: black / dark brown / red



### GRIP PADS

Item No.: 95413 Size S - M  
Item No.: 95414 Size L - XL

Comfortable light grip pad. Easy-fit. Anatomically designed and cushioned palm for a safe grip during strength training. Double stitched seams for higher durability.

Colour: black / red



# GRIPS, BARS & WEIGHTS



**PARALLEL GRIP**  
Item No.: 4693

Chromed material



**TRICEPS ROPE**  
Item No.: 4699

Strong material, for abs and triceps training



**TRICEPS GRIP W-SHAPED**  
Item No.: 4695

Chromed material



**TRICEPS GRIP W-SHAPED**  
Item No.: 4692

Chromed material



**LATISSIMUS BAR WITH GRIP**  
Item No.: 4690

Fully chromed material  
Width: 94 cm



**ROWING GRIP**  
Item No.: 4698

Swivel joint, chromed material



**MULTI GRIP**  
Item No.: 4696

Swivel joint, chromed material



**DOUBLE ENDED BAR**  
Item No.: 4697

Intensive triceps bar, swivel joint, chromed material



**TRICEPS BAR**  
Item No.: 4694

Swivel joint, chromed material



**LATISSIMUS BAR WITH SMALL GRIP**  
Item No.: 4691

Fully chromed material  
Width: 78 cm



**4622 DUMBBELL**  
chrome  
1 x dumbbell 48 cm,  
Ø 30 mm + Star Fasteners



**4656 DUMBBELL BAR**  
chrome  
2 x dumbbell 48 cm,  
Ø 30 mm + star Fasteners



Item No. 4657

**BARBELL**  
chrome  
1 x 160 cm, Ø 30 mm



Item No. 4658

1 x 120 cm SZ-barbell



**4607 BARBELL**  
chrome  
1 x barbell 180 cm,  
Ø 30 mm + Clips

**4621 BARBELL**  
chrome  
1 x barbell 198 cm,  
Ø 30 mm + Clips



**WEIGHT DISCS CHROME**  
THE ORIGINAL (with grip slots from 5 kg)

Item No.: 4673 2 x 5.0 kg  
Item No.: 4674 2 x 10 kg



**WEIGHT DISCS BLACK**  
THE ORIGINAL (with grip slots from 5 kg)

Item No.: 4653 2 x 5.0 kg  
Item No.: 4620 2 x 7.5 kg  
Item No.: 4654 2 x 10 kg  
Item No.: 4655 2 x 20 kg

# WEIGHT SETS ACCESSORIES

**NEW**



PU

## WEIGHT PLATES

- Professional weight plates with a hole diameter of 50 mm
- Item No. : 4705-4711: High quality solid steel with PU coating for grip, durability, noise reduction and elasticity
- Item no. : 4712-4718: High quality cast iron grip hole for even better grip
- Available in many different weights: from 2 x 1.25 kg to 2 x 25 kg Item No.: 4705-4711 & 4712-4718

Item No.: 4705-4711



Cast Iron

Item No.: 4712-4718



WEIGHT PLATES WITH GRIP HOLE  
IN CHROME AND BLACK

# DUMBBELLS / BARBELLS ACCESSORIES



## 4703, 4704 & 4758 CLAMP FASTENERS

- Suitable for professional weight bars with a hole diameter of 50 mm
- Lever mechanism for quick and easy dumbbell locking
- Absolutely non-slip

## WEIGHT PLATE HOLDER

Ideal for weight plates and dumbbell bars with a diameters of 30 mm. Rubber buffers prevent the plates from hitting the frame. Perfect stability. Load capacity up to 300 kg

Item.No.: 3917

**NEW**

## 4741-56 & 4757 PU DUMBBELL & RACK

Dumbbell made of PU for grip, durability, # noise reduction and elasticity

- Fixed weights - no more annoying change overs!
- Available in many different weights: from 2 x 2,5 kg to 2 x 40 kg
- High-quality dumbbell rack



# SMARTLOCK DUMBBELL SET

The Smartlock dumbbell set is probably the best dumbbell complete set on the market! Available in 2 different versions, either up to 20 kg per dumbbell or the larger 32 kg per dumbbell version. Thanks to the smart Smartlock system, the weights can be changed easily and quickly and in 4 kg stages. Turn the handle - Adjust the weight - finished! No more annoying weight plate changing. With one turn the desired training weight is set on both sides of the dumbbell.

## SUITABLE FOR

Muscle building, muscle definition, muscle streamlining

## EXERCISES

Free dumbbell training  
Benchpress  
Shoulder lift  
Squats  
Bicep curls  
Tricep curls

## FEATURES

20 kg or 32 kg barbell set for intense workouts  
6 or 10 x adjustable power resistance  
Perfect for quick exercise changes and supersets  
High quality and very stable dumbbell rack included  
Versatile exercises possible with only one dumbbell set  
Weight plates made of cast iron  
Grip length: 12 cm  
Dumbbell diameter: 3.0 cm  
Measurements Dumbbells: 57 cm x 86 cm x 60 cm  
Dumbbell stand weight: 15 kg  
Dimensions: 20 kg Smartlock (L x W x H) 36 x 20 x 18 cm  
Dimensions: 32 kg Smartlock (L x W x H) 45 x 20 x 18 cm

20 kg Smartlock Item No. 6772  
32 kg Smartlock Item No. 6774



Simple rotation technique for rapid weight changes



**NEW**



# TRICON BACK TRAINER

Item No.: 3868

Basic but functional back training device! Perfect to strengthen your back muscles and to prevent painful back problems. Workout of back, bottom and leg muscles.

### SUITABLE FOR

Ergonomically optimized body positioning for back training possible, strengthens and avoids hollow back syndrome. Strengthening the back and spinal muscles with TRICON helps to avoid back pain.

### FEATURES

- 10x height adjustable support pad for perfect fit to all body sizes
- Safety handles for start/end training
- Comfortable foot pads
- Space saving design when folded

Max. load: 130 kg  
Weight: 13 kg  
Dimensions (L x B x H) cm: 112 x 51 x 92  
Folded (L x B x H) cm: 41 x 51 x 136  
Colour: anthracite / black



### AB DOMINOX

Item No.: 3740

Spine-friendly ab training including power belt for a more effective ab Training.

Weight: 4.5 kg  
Dimensions (L x W x H) cm: 73 x 72 x 60 cm

# AB & BACK TRAINER AB & BACK TRAINER

Item No.: 3869

Allround bench for upper body and back training! Adjustable bench and curl desk allows a flexible and variable workout.

### SUITABLE FOR

Strengthening of the back, abdominal, gluteal muscles, biceps training and core training.

### FEATURES

Max. load: 150 kg  
Weight: 21 kg  
Description (L x B x H) cm: 156 x 68 x 95  
Folded (L x B x H) cm: 118 x 68 x 33  
Colour: anthracite/black

*Dumbbells not included.*



**PERFECT!**  
"2 in 1"  
ab & back trainer

# ACCESSORIES



## ANKLE WEIGHTS

Item No.: 66308 2x 0.5 kg  
Item No.: 66309 2x 0.75 kg

0.5 kg or 0.75 kg each for intensive cardio training or body toning. Comfortable neoprene/lycra surface. Can be fixed to ankles or wrists with hook and loop fixation.

Colour: anthracite / red



## FITNESS DUMBBELLS

Item No.: 66307 2 x 1.0 kg Colour: red  
Item No.: 66311 2 x 2.0 kg Colour: grey  
Item No.: 66312 2 x 3.0 kg Colour: black

Ergonomic fitness dumbbells with a comfortable neoprene surface. 3 different weight classes.



## YOGA MAT ALAYA

Item No.: 3924

The super-soft yoga mat ALAYA is produced from ecofriendly material. No nasties!

Size: 180 x 61 x 0.6 cm  
Colour: light blue / stone grey



# CARDIO ACCESSORIES



## FLOOR MAT

Large floor-protecting rubber mat for optimal noise absorption for cross trainers, cardio trainers and benches.

Size: 120 x 70 x 0,5 cm  
 Colour: black  
 Item No.: 3921

Size: 200 x 100 x 0,5 cm  
 Colour: black  
 Item No.: 3922

Size: 240 x 100 x 0,5 cm  
 Colour: black  
 Item No.: 3920



## PUZZLE MAT

6-piece floor protection mat with excellent absorption characteristics. Perfect for dumbbell or boxing workout.

Size: 190 x 130 x 1,2 cm

Colour: black	Item No.: 99996
Colour: parquet optique	Item No.: 99997
Colour: Nußbaumoptik	Item No.: 99998



## PROFESSIONAL PROTECTIVE FLOOR MATS

The FINNLO professional protective floor mat stands out because of its innovative sound insulation function. It is capable of reducing vibrations and noise levels by up to 80%. This mat is ideal for protecting your carpet, wood or stone floors, especially for heavy equipment, such as multi-gyms or treadmills.

- Protective floor mats with unlimited extension options
- 2.5 cm thickness for perfect absorption of sound and vibrations
- Ideal for heavy multi-gyms, treadmills and elliptical cross trainers, etc.
- Durable material (EVA)

Size: 6 pcs. (L x W x H): 156 x 104 x 2,5 cm  
 Colour: Black  
 Item No.: 3915

Size: 2 pcs. (L x W x H): 104 x 52 x 2,5 cm  
 Colour: Black  
 Item No.: 3916



## CHEST STRAP

Item No.: 6805

The FINNLO chest strap offers the most effective method to monitor your heart rate during workout. Compatible with all our receivers.

Size: 120 x 70 x 1 cm  
 Colour: black