

FINNLO
by **HAMMER**



FITNESS 2020

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.



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HAMMER SPORT AG – THE COMPANY

THE FUTURE HAS A PAST
120 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.



PERFECT!
TRAINING AT HOME!

LOXON XTR BT CROSS TRAINER

Item No.: 3286

New! Tablet holder and USB charger port. 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

New! Tablet holder and USB charger port
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

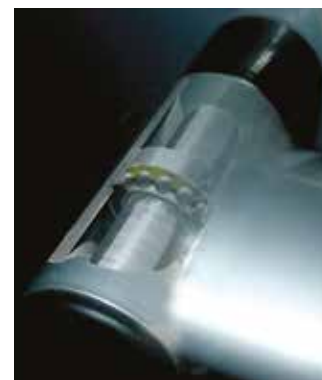
Adjustable foot plates: 3 positions
Integrated transportation rollers
Precision ball bearings
Braking system: induction
Foot plate distance: 16 cm
Drive system: belt driven
Gear transmission ratio 1:9
Flywheel mass ca. 20 kg
Resistance control: RPM independent
Stride length: 40 cm
Resistance spectrum: 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



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



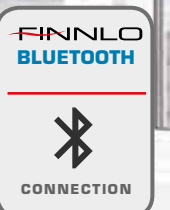
Adjustable footplates

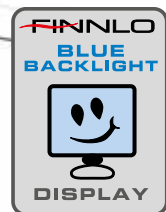


High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.





LOXON CROSS TRAINER

Item No.: 3284

Experience perfect cross trainer 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



Adjustable footplates



High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.

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



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

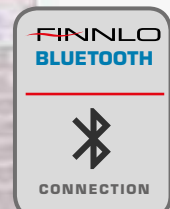
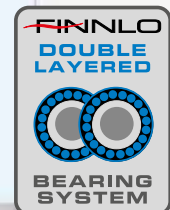
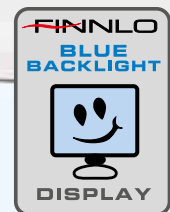
Colour: silver/anthracite/red



10 gear shift for exact setting and control



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



CLEVERFOLD CF70 BT CROSS TRAINER

Item No.: 3260

New! FINNLO by HAMMER Cross trainer CleverFold CF70 BT, innovative 50% space-saving design and folding technology

SUITABLE FOR

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

COMPUTER

Clear, 5.5-inch LCD color display with blue backlight
Self-explanatory operation: "Push & Turn" turn-push-train!
USB charging port
Bluetooth technology
Tablet holder for your smartphone or tablet
Displays distance, time, speed, cadence and calories
22 training programs
4 health-oriented programs
Watt display
4 users
Body fat measurement
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 (pulse receiver included)

FEATURES

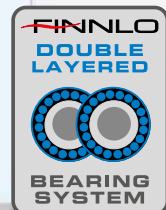
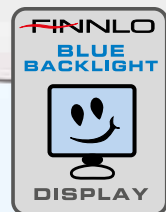
Innovative 50% space-saving design and folding technology
Tablet/smartphone holder
USB charging port and Bluetooth technology for multimedia entertainment during the training

Magnetic brake system
Precision ball bearings
Drive system: 10-350 Watt
Length adjustment of the pedal length
Flywheel mass of 18 kg
Step length: 38 cm
Integrated transport wheels
Height levelling
Drive belt
Power supply: 230 V, 50 Hz
Max. body weight: 130 kg
Weight: 44 kg
Folding Dimensions (L x W x H): 80 x 60 x 138 cm
Dimensions (L x W x H): 170 x 60 x 162 cm



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





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

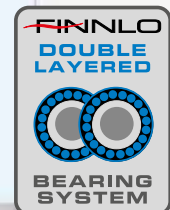
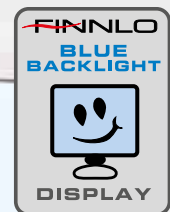
Distance / Time / Speed / RPM / Calorie Consumption
LCD display: blue backlight
Resistance: 20 levels
Training parameters adjustable
Heart rate measurement with hand pulse sensor or optional chest belt (receiver integrated)
Interval training programs: 5
Heart rate control programs: 2
Resistance settings: 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

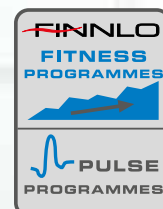
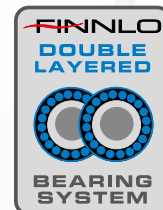
Weight: 70 kg

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 Crossflow, 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



CLEVERFOLD EF90 BT ELLIPTICAL TRAINER

Item No.: 3211

New! FINNLO by HAMMER Elliptical trainer CleverFold EF90 BT, innovative 60% space-saving design and folding technology

SUITABLE FOR

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

COMPUTER

Clear, 5.5-inch LCD color display with blue backlight
Self-explanatory operation: "Push & Turn" turn-push-train!
USB charging port
Bluetooth technology
Tablet holder for your smartphone or tablet
Displays distance, time, speed, cadence and calories
22 training programs
4 health-oriented programs
Watt display
4 users
Body fat measurement
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 (pulse receiver included)

FEATURES

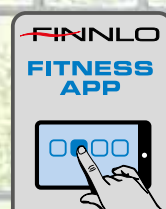
Innovative 60% space-saving design and folding technology
Tablet/smartphone holder
USB charging port and Bluetooth technology for multimedia entertainment during the training

Magnetic brake system
Precision ball bearings
Drive system: 10-350 Watt
Length adjustment of the pedal length
Flywheel mass of 18 kg
Step length: 43 cm
Integrated transport wheels
Height levelling
Drive belt
Power supply: 230 V, 50 Hz
Max. body weight: 130 kg
Weight: 54 kg
Folding Dimensions (L x W x H): 74 x 50 x 156 cm
Dimensions (L x W x H): 175 x 50 x 175 cm



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





FLY RX ELLIPTICAL TRAINER

Item No.: 3222

Training options for beginners and advanced users
From leisurely 30 watts right up to full-power 400 watts. The FLY RX allows you to adjust your workout to your current fitness level. The possibility of workouts at low wattage resistance makes this device the perfect choice for people who need to keep stress levels low after a sports injury or due to advanced age.

SUITABLE FOR

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

COMPUTER

Touchscreen console with 21 programs to choose from for fantastic workout variety

Fitness programmes: 12

Computer: TFT Push & Turn

Permanent display: 1+5

User: 4

FEATURES

Performance: 30 - 400 Watt

Watt controlled: yes

Flywheel mass: 12 kg

Drive system: Belt driven

Braking system: Permanent magnet

Resistance adjustment: Computer controlled

Load spectrum: 16 Steps

Load control: RPM independent

Fitness programmes: 12

Pulse: Hand sensors

Integrated pulse receiver for chest belts: yes

Heart rate controlled programmes: 4

Upper pulse limit adjustable: Upper pulse limit adjustable

Multimedia: App, tablet support

Stride: 45 - 55 cm 2-way adjustable

Footplate distance: 10 cm

Hub - High: 50 cm

Integrated transportation rollers: yes

Power supply: 230V, 50Hz

Max. body weight: 150 kg

Weight: 95 kg

Build up size (L x W x H): 130 x 91 x 167

Color: black



PERFECT!
TRAINING AT HOME.



FINNLO
by **HAMMER**

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



VARON XTR BT 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

New! Tablet holder and USB charger port

New! Computer with odometer function and storage space for 30 training sessions

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



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



Quick saddle adjustment for easy height positioning



Low entry for easy training access.

EXUM ERGOMETER

Item No.: 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

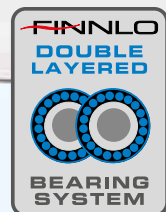


AWARD WINNING EXUM

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 BT ERGOMETER

Item No.: 3158

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

SUITABLE FOR

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

COMPUTER

New! Tablet holder and USB charger port
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)



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



Adjustable handlebar for different arm lengths.



Ear clip for heart-rate controlled training

PERFECT!
TRAINING AT HOME.

FINNLO
by **HAMMER**



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 30 training units.



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



SPEEDBIKE CRS III

INDOOR CYCLE

Item No.: 3208

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

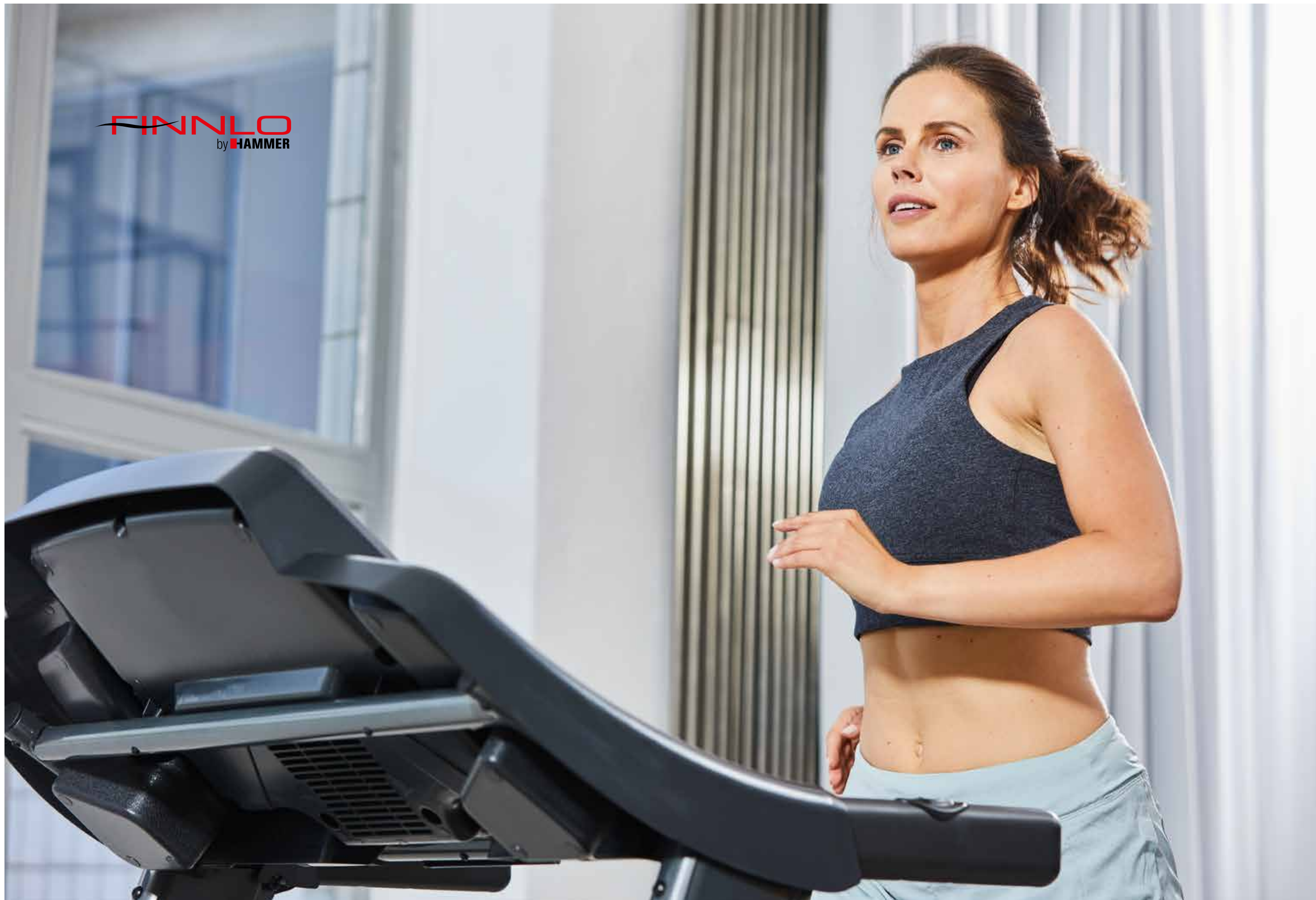
Drinking bottle
Adjustable seat: vertical/horizontal/declination
Adjustable handlebar: vertical/horizontal
Racing seat: Selle Royal
Fixed drive
Integrated transportation rollers
Height adjustment
Precision ball bearings
Braking system: leather brake
Drive system: belt driven
Gear transmission ratio: 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 30 training units.



FINNLO
by **HAMMER**



ENDURANCE BT 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



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



Foldable for space saving



Adjustable incline from 0 to 12 %



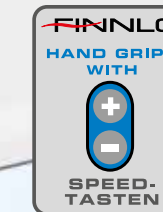
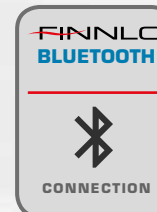
Hand pulse sensors for heart-rate controlled training

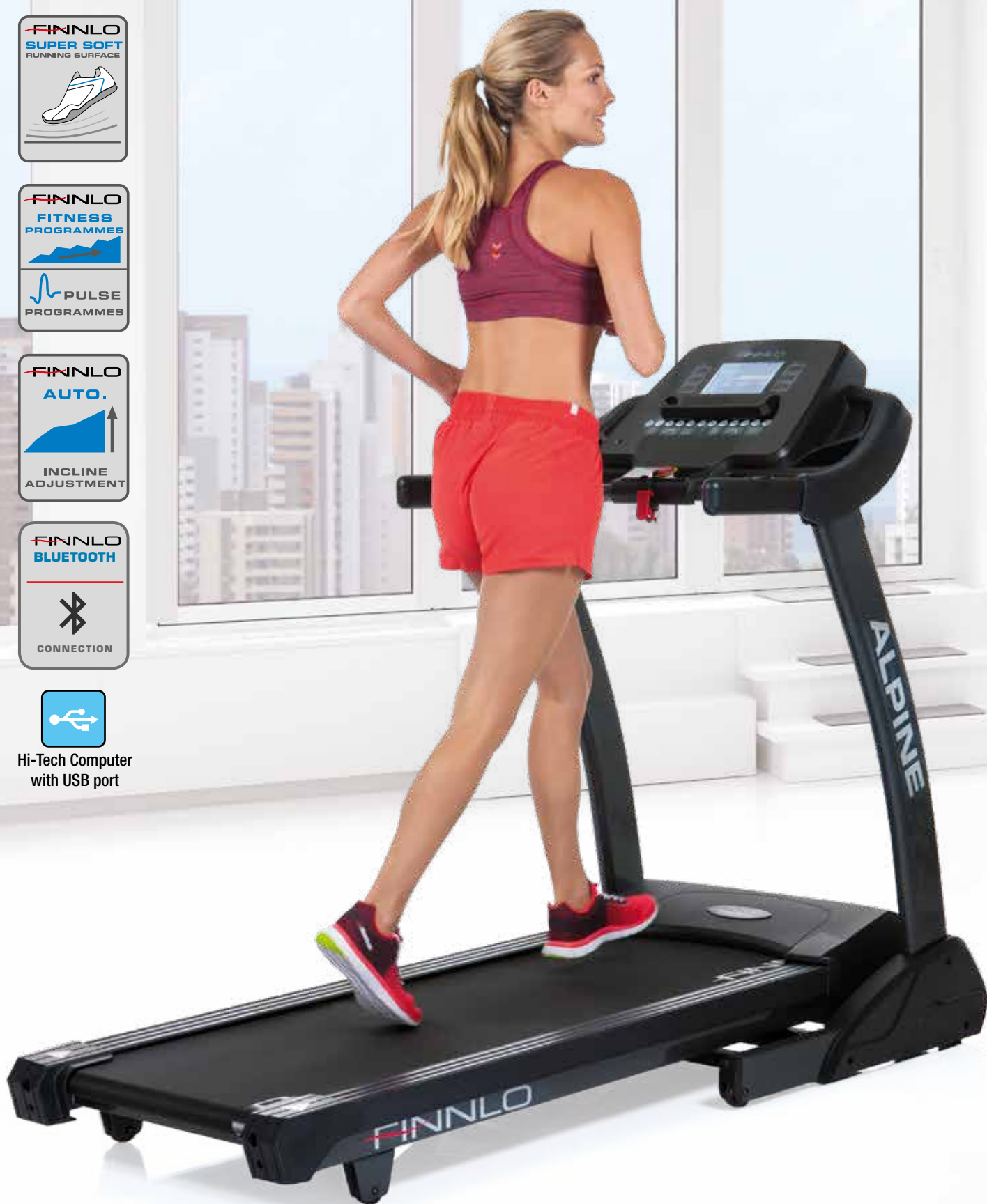
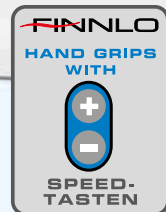


Speed and incline adjustment directly on the hand grip



Hi-Tech Computer with USB port





ALPINE BT TREADMILL



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



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



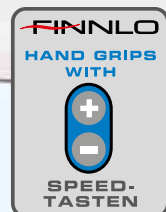
Foldable for space saving



Adjustable incline from 0 to 12 %



Hand pulse sensors for heart-rate controlled training



Hi-Tech Computer
with USB port



TECHNUM BT TREADMILL



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



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

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



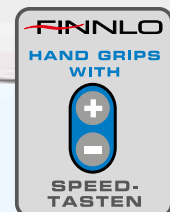
Foldable for space saving



Adjustable incline from 0 to 12 %



Hand pulse sensors for heart-
rate controlled training



Hi-Tech Computer
with USB port



PERFORMANCE TREADMILL

Item No.: 3513

FINNLO by HAMMER Treadmill Performance – is an intelligent all-rounder treadmill with interactive training methodology that makes it a true personal trainer. During your workout, you are fully connected to the world of fitness and can leave your mark via a complete multimedia package and the central Android Touch console. The extra large tread area ensures the necessary safety and the one-touch control elements allow you to adjust your training intensity at the touch of a button.

- 10.1" display for YouTube, Facebook, Instagram, Netflix etc.
- Bluetooth and app control: Experience live routes
- 3.1 mm thick orthopaedic tread area
- Max. speed 22 km/h

SUITABLE FOR

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

COMPUTER

Fitness programmes: 25
Training programmes: 10
Heart rate controlled programmes: 3

FEATURES

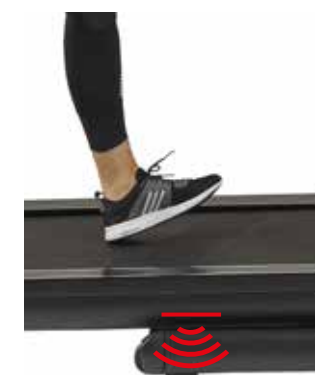
Running speeds up to 22 km/h
Automatically adjustable incline grade from 0 – 15%
Peak output of 9 HP
Hand grips with touch controls for speed and incline
Hand pulse measurement and integrated receptor for chest strap (chest strap optional)
Premium cockpit with simple and easy to use operation
High-quality 10.1" TFT 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
Super soft tread with professional shock absorption for your joints
2 transport rollers
Power supply: 230V, 50Hz
Weight: 140 kg
Max. user weight: 160 kg
Running area: 152 x 52 cm
Build up size (L x W x H) cm: 200 x 90 x 135
Folded size (L x W x H) cm: 112 x 94 x 180
Colour: black



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



Foldable for space saving



8-point cushioning system



Adjustable incline from 0 to 15 %

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

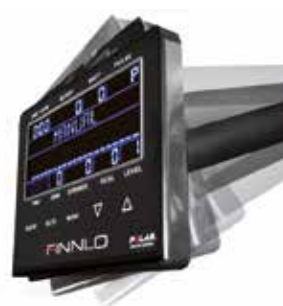
Class SA (according to DIN EN 957 - 1/7)
Intensity adjustable from 25-300 Watt
Integrated chest belt receiver
Chest belt not included
Steplessly adjustable training computer
Turnable foot plates with straps
Long aluminium beam for body sizes over 2 m
(Beam: 146 cm, Pull cord: 215 cm)
Ergonomic distance 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.



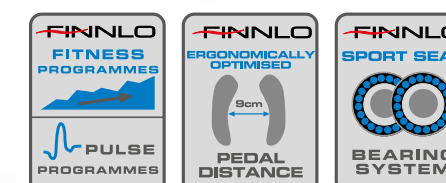
Combined technology of magnetic and air resistance guarantees an absolute professional rowing experience.



Professional seat height for comfortable and natural rowing.



Foldable and transportable using the integrated rollers.



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

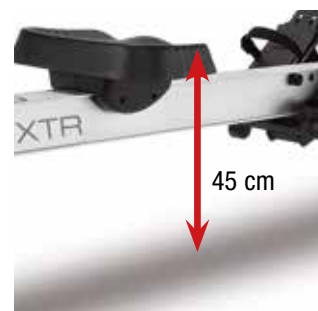
Class SA (according to DIN EN 957 - 1/7)
Intensity adjustable from 30-300 Watt
Integrated chest belt receiver
Chest belt not included
Steplessly adjustable training computer
Turnable foot plates with straps
Long aluminium beam for body sizes over 2 m
(Beam: 140 cm, Pull cord: 182 cm)
Ergonomic distance 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:



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



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

Professional seat height for comfortable and natural rowing.



Foldable and easy to move with integrated transportation rollers.





AQUON 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



All training parameters at a glance.



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



Comfortable sports seat with ball bearing system.



Real wood design



Space saving design.



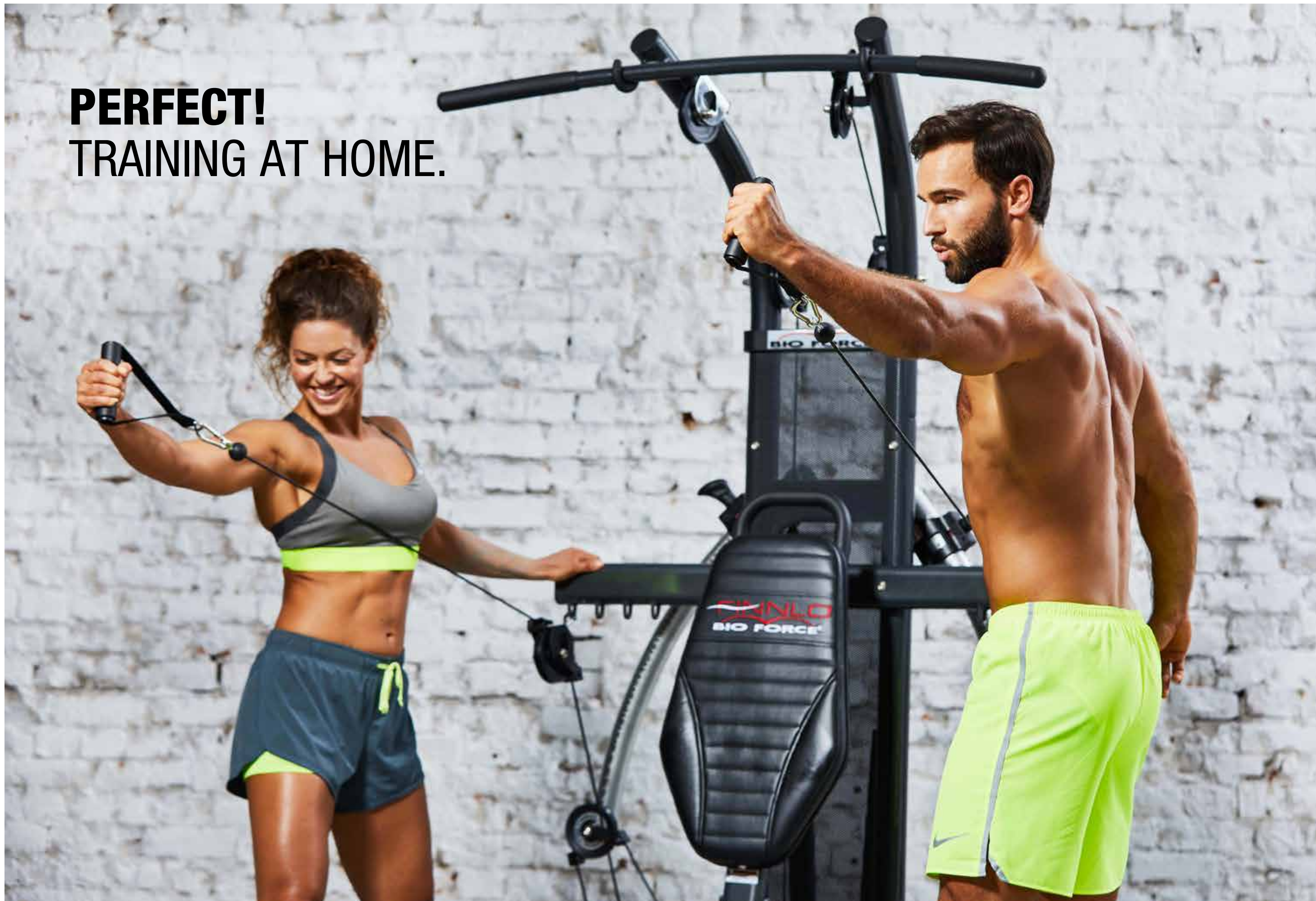
4-way adjustable water resistance



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

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

FINNLO
by HAMMER



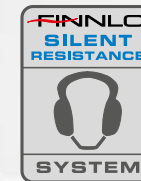
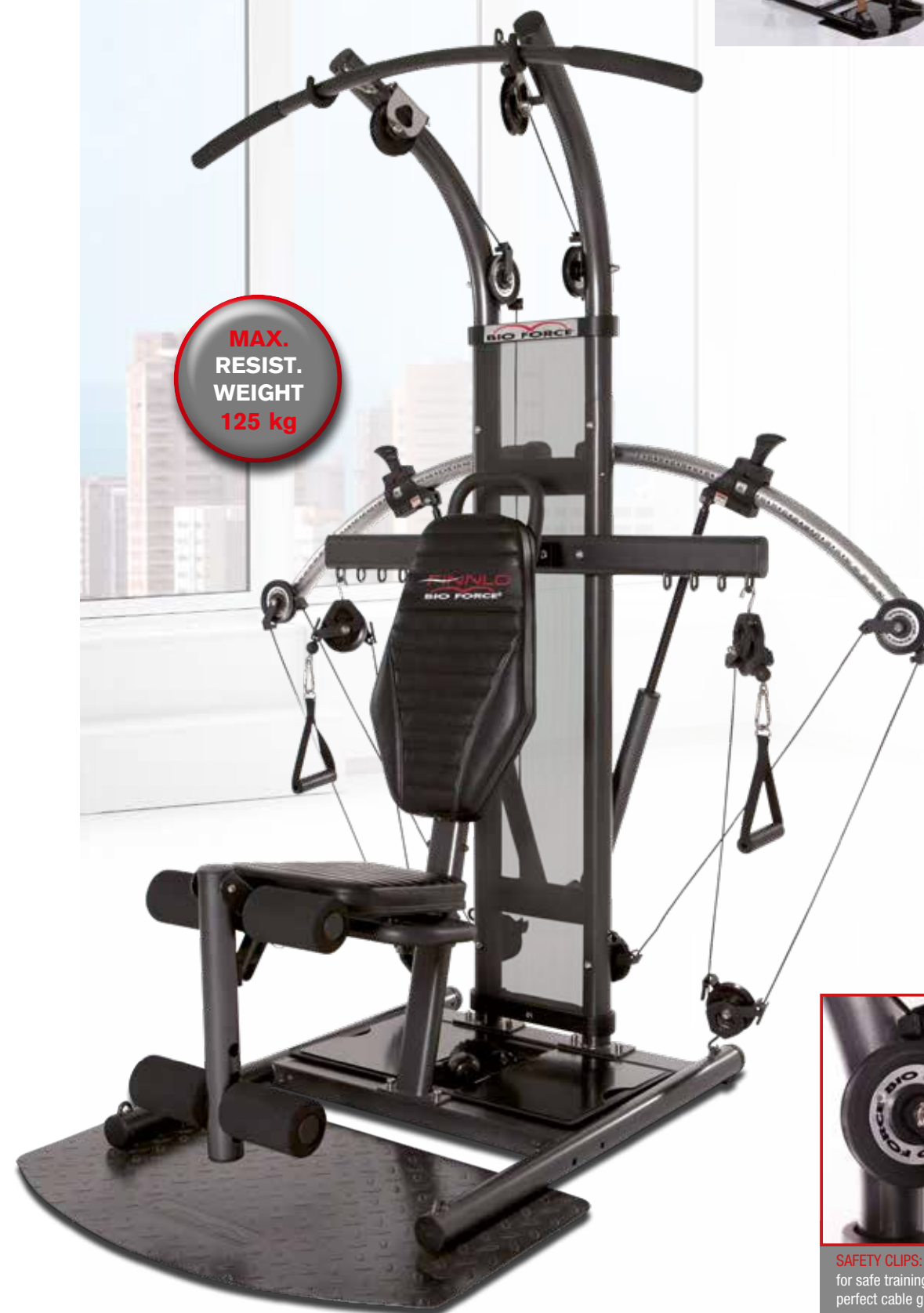
FINNLO BIO FORCE™ TOTAL NITROCELL TECHNOLOGY

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!



HOW TO RECOGNISE THE ORIGINAL



INFO MATERIAL:

- Training instructions
- Training DVD



SAFETY CLIPS:
for safe training and perfect cable guides!



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

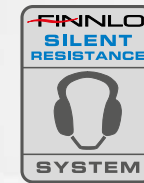
Colour: anthracite



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



INFO MATERIAL:
- Training instructions
- Training DVD



SAFETY CLIPS:
for safe training and
perfect cable guides!



FINNLO-ECO -GRIPS
- Plasticizer free
- PAH free



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.



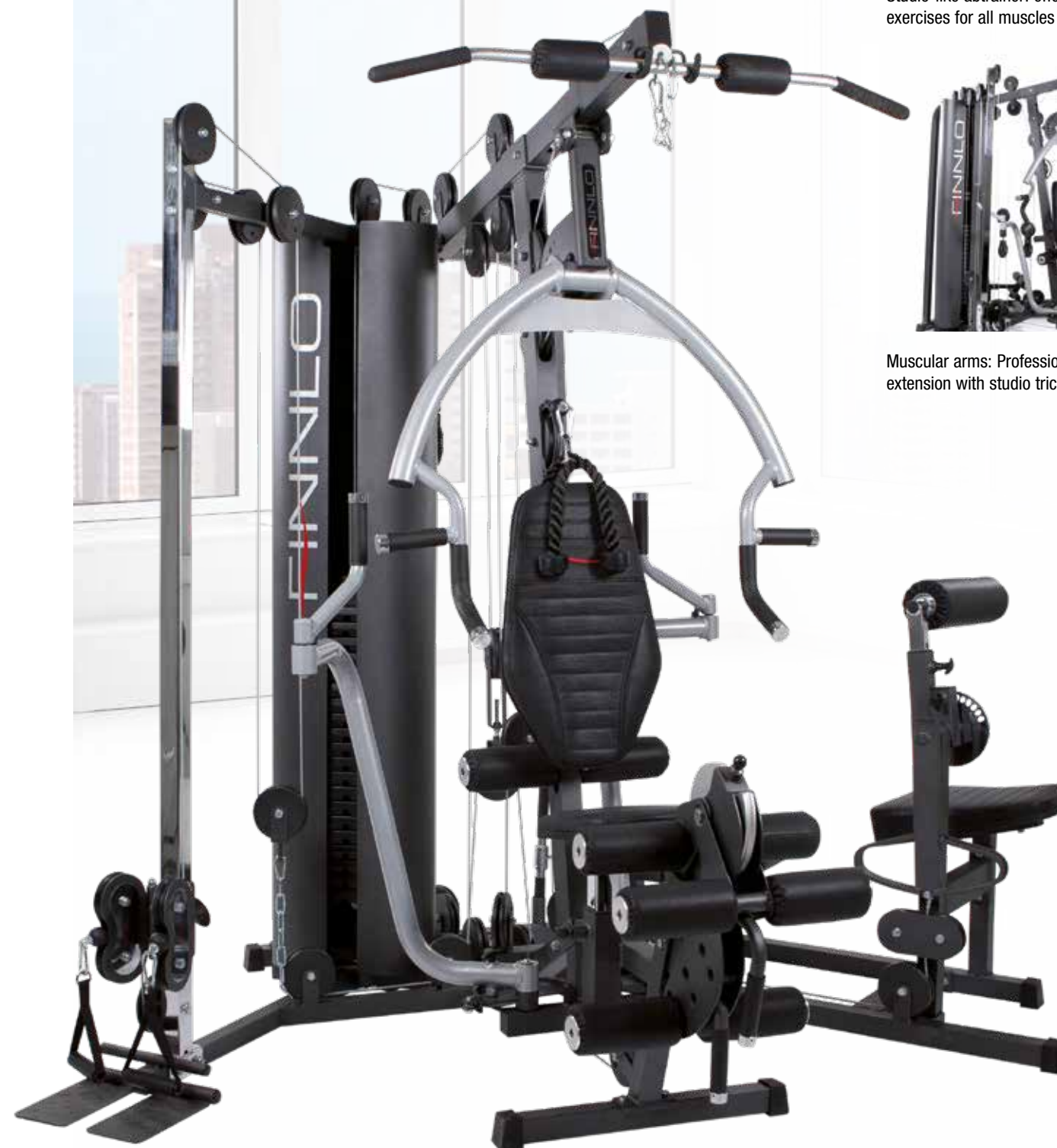
STUDIO-LIKE
AB AND BACK
TRAINING



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



Muscular arms: Professional triceps extension with studio tricep rope



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

**UPGRADE
TO 100 KG
POSSIBLE**



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.



**AB & BACK
TRAINING IN
STUDIO
QUALITY**



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.



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



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.



Well-trained muscular legs: "Studio-quality" leg extensor/ extender function with quick adjustment

UPGRADE
TO 100 KG
POSSIBLE

AUTARK 2200 MULTI GYM

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



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.



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

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.



FINNLO
by HAMMER



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



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 build-up of leg muscles.



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



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



Ideal: Combined leg raise and reversed leg raise module for powerful legs with strong thighs.

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

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
FOR A
STRONGER
BACK



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

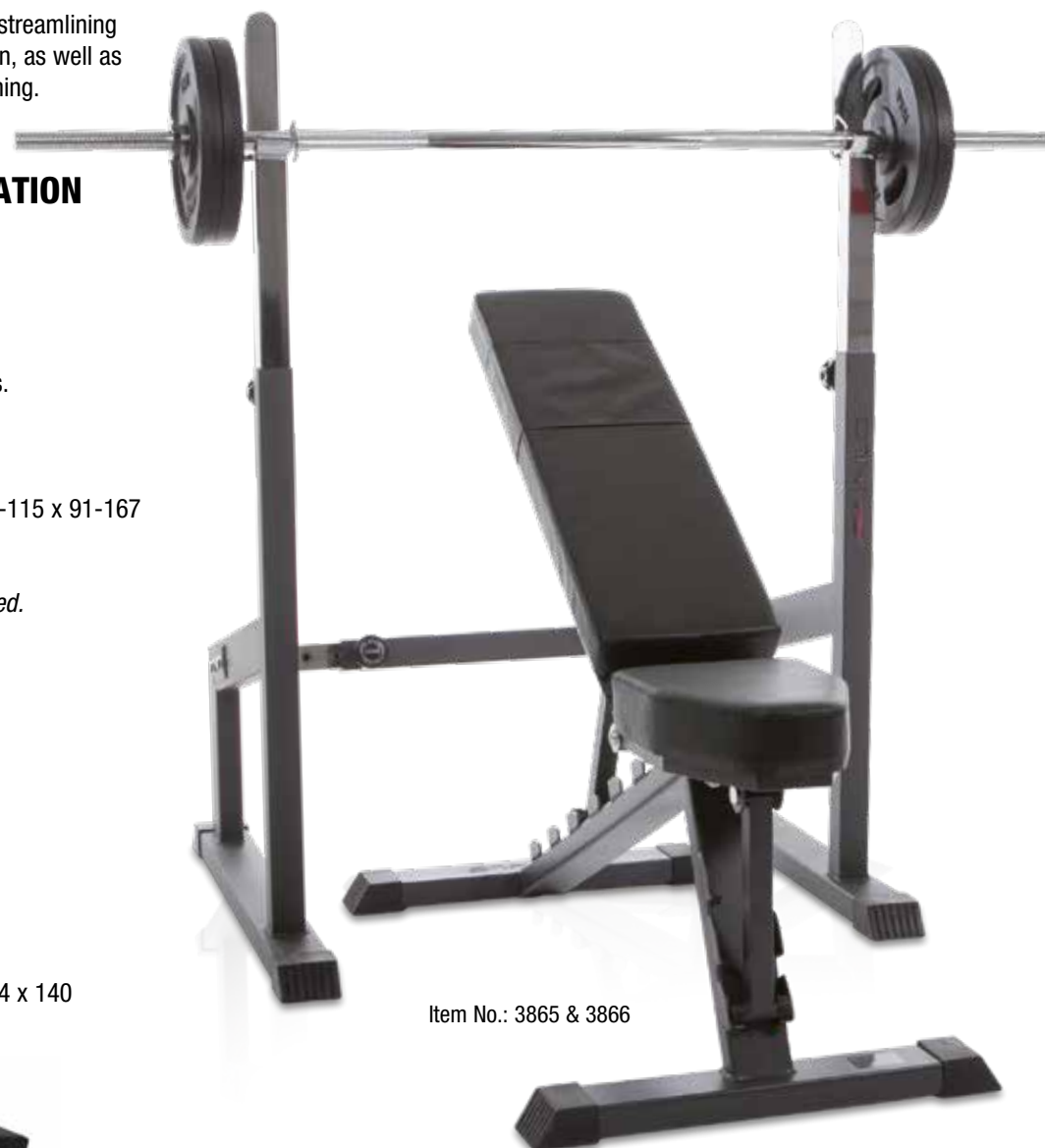
FEATURES

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)

FINNLO
by **HAMMER**



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



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



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



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

WEIGHT SETS ACCESSORIES

NEW



Item No.: 4705-4711

Olympic weights



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.: 4712-4718

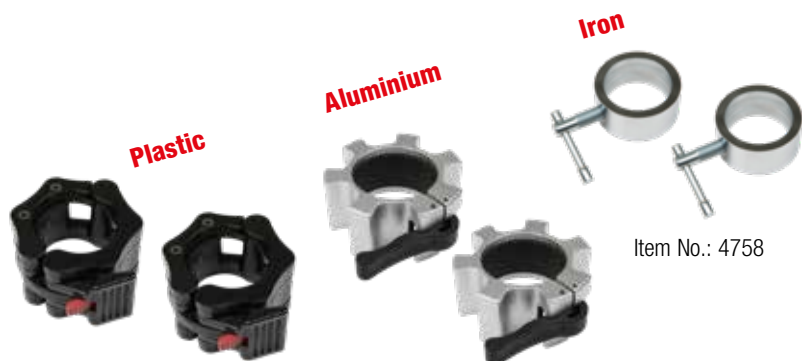


Cast Iron



WEIGHT PLATES WITH GRIP HOLE
IN CHROME AND BLACK

DUMBBELLS / BARBELLS ACCESSORIES



Item No.: 4704

Item No.: 4703

Item No.: 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



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



from 2 x 2.5 kg to 2 x 40 kg



Item No.: 4741-4756

SMARTLOCK DUMBBELL SET

NEW

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



GRIPS, BARS & WEIGHTS



PARALLEL GRIP
Item No.: 4693

Chromed material



TRICEPS ROPE
Item No.: 4699

Strong material, for abs and triceps training



ROWING GRIP
Item No.: 4698

Swivel joint, chromed material



MULTI GRIP
Item No.: 4696

Swivel joint, chromed material



TRICEPS GRIP W-SHAPED
Item No.: 4695

Chromed material



DOUBLE ENDED BAR
Item No.: 4697

Intensive triceps bar, swivel joint, chromed material



TRICEPS GRIP W-SHAPED
Item No.: 4692

Chromed material



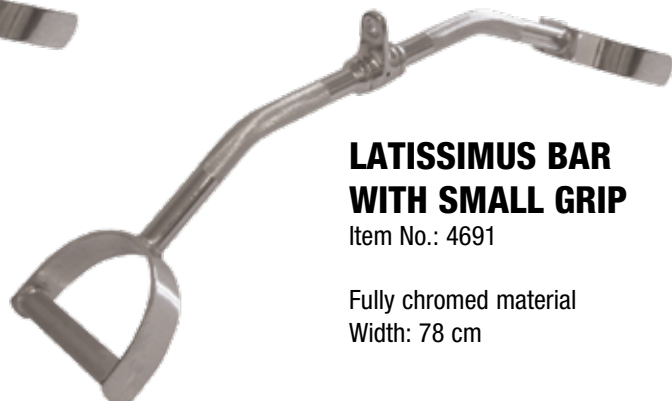
TRICEPS BAR
Item No.: 4694

Swivel joint, chromed material



LATISSIMUS BAR WITH GRIP
Item No.: 4690

Fully chromed material
Width: 94 cm



LATISSIMUS BAR WITH SMALL GRIP
Item No.: 4691

Fully chromed material
Width: 78 cm



Item No.: 4622
DUMBBELL
chrome
1 x dumbbell 48 cm,
Ø 30 mm + Star Fasteners



Item No.: 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



Item No.: 4607
BARBELL
chrome
1 x barbell 180 cm,
Ø 30 mm + Clips

Item No.: 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

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



CARDIO 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.

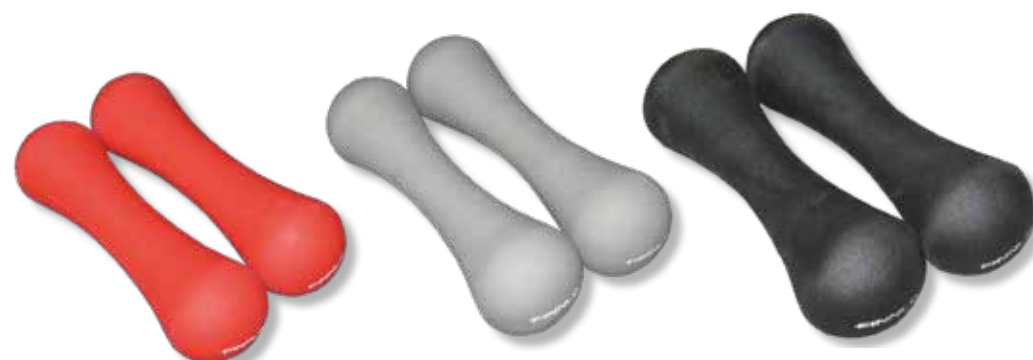
Colour: anthracite / red



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 × 61 × 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



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



Technical updates excepted/ Errors and mistakes are non-binding/ 01.20 ENGL/DD

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