



FITNESS 2018/19

**HAMMER**

At HAMMER SPORT AG, we create premium fitness products that inspire people to live a healthier life.



**HAMMER**  
100 YEARS IN SPORTS.

HAMMER SPORT AG is an expert in the production, marketing and distribution of sporting goods - 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. With more than 30 years of experience in the fitness industry, the product range now includes almost 600 different articles. HAMMER, FINNLO and FINNLO MAXIMUM fitness equipment, HAMMER BOXING and FINNSPA wellness products are offered in more than 50 countries worldwide.



The product development - from the original idea to the first prototype - takes place in the company's headquarter in Neu-Ulm, Germany. Additionally, field offices overseas coordinate further product development and quality control management. Before a HAMMER SPORT product goes into mass production, precise international quality tests in accordance with different external testing institutions have to be carried out in order to guarantee 100% customer satisfaction.



**GET COMFORTABLE!**  
BACK-FRIENDLY ERGOMETER TRAINING



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- BLUE BACKLIGHT
- SILENT MOTION

**RECUMBENT ERGOMETER COMFORT XTR** Item No.: 4853

**DESCRIPTION**

Exercising with the highest comfort. Perfect for your back and easy on your joints. Health-oriented cardiovascular training including watt control.

Comfort XTR has a breathable backrest which supports your total body weight to relieve your spine and joints. The result of the dynamic leg movement is a very high calorie consumption.

Assembly size: L138 x W62 x H120 cm  
Max. user weight: 130 kg  
Weight: 67 kg  
Colour: black/white

**PRODUCT DETAILS**

- Recumbent ergometer compliant with class HA and compliant with DIN EN 957 – 1/5 standard
- Resistance in watt, 35-260 watt, independent of rotational speed
- Resistance range: 16 levels
- Belt drive system with premium ball bearings
- 8 kg flywheel mass for smooth running
- Permanent magnetic control resistance for smooth and noiseless training
- 12 fitness programs, 4 heart rate programs
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- Fitness grade 1-6 and recovery heart rate to control the performance improvement

**WATT CONTROLLED HEART RATE TRAINING**  
HEALTH IS YOUR MOTIVATION



- ERGOMETER CLASS A PRECISION
- FITNESS+ PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- SILENT MOTION



**ERGOMETER BIKE CARDIO XT5** Item No.: 4843

**DESCRIPTION**

Cardio XT5 means accuracy associated with varied fitness programs. you will experience high quality cardio training: watt controlled and health oriented. Choose from 12 fitness programs and 4 heart rate-controlled programs on a high resolution LCD display to create your perfect workout session.

Assembly size: L113 x W54 x H133 cm  
Max. user weight: 130 kg  
Weight: 30 kg  
Colour: white/black

**PRODUCT DETAILS**

- Ergometer compliant with class HA and compliant with DIN EN 957 – 1/5 standard
- Resistance in watt, 35-260 watt, independent of rotational speed
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 8 kg flywheel mass for smooth running
- Permanent magnetic braking system with Silent Motion Technology (SMT)
- 12 fitness programs, 4 heart rate programs
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- Fitness grade 1-6 and recovery heart rate to control your performance improvement

**YOUR BASIC CARDIO WORKOUT PARTNER**  
CALORIE BURNING AND BODY TONING



MAGNETIC BRAKE



FITNESS PULSE PROFILE

MAGNETIC BRAKE

**EXERCISE BIKE CARDIO T2** Item No.: 4850

**DESCRIPTION**

Compact and reliable.  
The perfect way to start training.  
6 kg flywheel and belt driven for smooth running

Assembly size: L92 x W55 x H116 cm  
Max. user weight: 100 kg  
Weight: 25 kg  
Colour: white/black

**PRODUCT DETAILS CARDIO T2**

- Ergo handlebar with handpulse
- Permanent magnetic breaking system
- Training computer with 7 functions, hand pulse measurement and 6 permanent displays
- Manual resistance adjustment, 8 steps
- Upper and lower heart rate limit
- Belt driven system
- Height adjustable feet
- Transport rollers

**CARDIO T1** Item No.: 4851

**PRODUCT DETAILS CARDIO T1**

- Ergo handlebar with handpulse
- Permanent magnetic breaking system
- 12 fitness programs, 4 heart rate programs
- Silent belt drive system, premium ball bearings and quality magnetic brake system for especially smooth and perfect operation
- Resistance adjustment: Computer controlled
- Height adjustable feet
- Transport rollers



**DIGITAL FITNESS**  
MODERN DESIGN, APP  
AND BLUETOOTH

**PRODUCT SPECIFICATIONS**  
EXERCISE BIKE

	EXERCISE BIKE CARDIO XT5 Item No.: 4843	EXERCISE BIKE CARDIO T2 Item No.: 4850	<b>NEW</b> ERGOMETER ERGO MOTION BT Item No.: 4837	EXERCISE BIKE COMFORT XTR Item No.: 4853
Colour	white/black	white/black	anthracite/silver/red	white/black
Weight	30 kg	23 kg	26kg	67 kg
Built up size (L x W x H)	113 x 54 x 133 cm	92 x 55 x 116 cm	105 x 50 x 128 cm	138 x 62 x 120 cm
Performance	35-260 Watt	-	10-350 Watt	35-260 Watt
Drive system	Belt driven	Belt driven	Belt driven	Belt driven
Braking system	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet
Resistance adjustment	Computer controlled	Manual	Computer controlled	Computer controlled
Load spectrum	16 Steps	8 Steps	16 Steps	16 Steps
Load control	RPM independent	RPM dependent	RPM independent	RPM dependent
Fitness programmes	12	-	12	12
Flywheel mass	8 kg	6 kg	8 kg	8 kg
Gear transmission ratio	1:8	1:8	1:8	1:8
Saddle / seat	Gel saddle	Gel saddle	Gel saddle	Gel saddle
Computer	LCD Display	LCD Display	LCD Display	LCD Display
Permanent display	5	1+5	1+6	5
User	1	1	4	1
Training programs	17	-	22	17
Pulse	Handpulse	Handpulse	Handpulse	Handpulse
Integrated pulse receiver for chest belts	■	-	■	■
Lower / Upper pulse limit	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable
Pulse percentage for upper limit	■	-	■	■
Heart rate controlled programs	4	-	4	4
Integrated transportation rollers	■	■	■	■
Power supply	230V, 50Hz	Battery	230V, 50Hz	230V, 50Hz
Class	Class HA (according to DIN EN 957 – 1/5)	-	Class HA (according to DIN EN 957 – 1/5)	Class HA (according to DIN EN 957 – 1/5)
Max. body weight	130 kg	100 kg	130 kg	130 kg

**NEW**

**ERGOMETER ERGO MOTION BT** Item No.: 4837

**DESCRIPTION**

Focus on health training, modern design and digital features.

The HAMMER Ergo Motion BT with its modern flywheel design has everything you need for health orientated and comfortable cardio training. Many fitness programs as well as a speed independent watt program will help you to reach your goals. The Ergo Motion BT impresses by its modern design and innovative app control. Now you have the possibility to control your training via smartphone or tablet.

Assembly size: L102 x B50 x H128 cm  
Max. body weight: 130 kg  
Weight: 35 kg  
Colour: silver/anthracite/red

**PRODUCT DETAILS**

- Permanent magnetic braking system with Silent Motion Technology (SMT)
- 8 kg flywheel mass for high dynamics
- Training computer can be alternatively controlled by smartphone or tablet with the iConsole+ app
- Bluetooth connection: the free app offers an alternative menu system, including innovative route programmes that allow you to ride predetermined routes
- Clear, XL LCD display with illuminated blue background colour
- 22 training programs, 12 hill programs and 4 heart rate programs
- Body fat program
- Tablet/smart phone holder and USB charger port for multimedia entertainment during your workout
- Ergo handlebar with hand pulse sensors
- Fitness grade 1-6 and recovery heart rate to control your performance improvement
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)



THE PERFECT WORKOUT COMBINATION  
CARDIOVASCULAR AND BODY TONING



NEW

HOME TRAINER **WONDERBIKE** Item No.: 4856

DESCRIPTION

Probably the most compact cardio-strength-studio for your home.

Due to integrated cable pull arms you may train cardio and strength during one single workout. You can do a highly effective full body workout in 20 minutes only.

Assembly size: L115 x B50 x H144 cm  
Folding dimensions: L61 x B50 x H142 cm  
Max. user weight: 100 kg  
Weight: 19,5 kg  
Colour: anthracite/lemon/black

PRODUCT DETAILS

- Twice as effective: cardio and strength training in one product
- Permanent magnetic braking system with 4 kg flywheel for high dynamics
- Integrated cable pull with 12 angle adjustments for many different exercises
- Stepless resistance levels: 8
- Training computer shows distance, calories burned, speed and training time
- Transport rollers for easy movement
- Seat height adjustment: 7

The integrated cable pull with 12 angle adjustments provides a variety of highly effective strength exercises for all muscles groups, upper and lower body.

- Varied exercises for toning arms & shoulders
- Effective crunches for a flat & toned belly
- Healthy back exercises for a strong and firm core
- Butterfly exercises for a beautiful, well-shaped chest

**CLASS A ERGOMETER CROSS TRAINING**  
 PUSH + TURN COMPUTER TECHNOLOGY /  
 BODY FAT MEASUREMENT



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- BLUE BACKLIGHT
- PUSH TURN



**CROSS TRAINER-ERGOMETER CROSSLIFE XTR**

Item No.: 4126

**DESCRIPTION**

Long elliptical motion with a 18 kg flywheel. 12 fitness programs with individually programmable profiles guarantee a controlled and athletic cardio workout on this cross trainer ergometer.

Assembly size: L130 x W62 x H164 cm  
 Max. user weight: 130 kg  
 Weight: 42 kg  
 Colour: white/black

**PRODUCT DETAILS**

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- 12 fitness programs, 4 heart rate programs
- Resistance in watt, 35-260 watt, independent of rotational speed
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 18 kg flywheel mass for smooth running
- Fixed and moving handlebars for upper body workouts (dual action)
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- High quality ball bearings
- Large, anti-slip and adjustable footplates
- Body fat measurement for optimal control
- Fitness grade 1-6 and recovery heart rate to control the performance improvement

**HI TECH ERGOMETER CROSS TRAINING**  
 WITH BLUETOOTH CONNECTION  
 AND WORKOUT APP



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- BLUE BACKLIGHT
- SILENT MOTION
- FITNESS APP
- PUSH TURN
- TABLET HOLDER
- POWER PROGRAMS



**NEW**

**CROSS TRAINER-ERGOMETER CROSSLIFE BT**

Item No.: 4127

**DESCRIPTION**

State-of-the-art computer technology with bluetooth connectivity and training App.

High calorie consumption during an effective and motivating workout. The training computer contains 4 heart programs for a healthy cardiovascular training.

Assembly size: L130 x B62 x H164 cm  
 Max. user weight: 130 kg  
 Weight: 42 kg  
 Colour: white/black

**PRODUCT DETAILS**

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- Training computer can be controlled by smartphone or tablet with the iConsole+ app
- Bluetooth connection: the free app offers an alternative menu system, including innovative route programs that allow you to ride predetermined routes
- 12 fitness programs, 4 heart rate programs
- Body fat measurement for optimal control
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Resistance in watt, 35-260 watt, independent of rotational speed
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 18 kg flywheel mass for smooth running
- Fixed and moving handlebars for upper body workouts (dual action)
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- High quality ball bearings
- Large, anti-slip and adjustable footplates



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- BLUE BACKLIGHT
- SILENT MOTION
- FITNESS APP
- PUSH TURN
- TABLET HOLDER
- POWER PROGRAMS



**NEW**

**CROSS TRAINER ERGOMETER CROSS MOTION**

Item No.: 4128

**DESCRIPTION**

The Cross-Motion BT with its modern flywheel design has everything you need for a sportive fitness and health workout. The particularly stable construction is made for high intensive cross training and long training sessions. A particularly user-friendly training computer with many different programs and watt control for a health-oriented workout make the Cross-Motion BT the ideal training device.

Assembly size: L123x B63 x H164cm  
 Max. user weight: 130 kg  
 Weight: 40 kg  
 Colour: anthracite/silver/red

**PRODUCT DETAILS**

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- Training computer can be alternatively controlled by smartphone or tablet with the iConsole+ App
- Bluetooth connection: the free app offers an alternative menu system, including innovative route programs that allow you to ride predetermined routes
- 12 fitness programs, 4 heart rate programs
- Body fat measurement for optimal control
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Resistance in watt, 35-260 watt, independent of rotational speed
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 18 kg flywheel mass for smooth running
- Fixed and moving handlebars for upper body workouts (dual action)
- Ergo handelbars with handpulse sensors
- High quality ball bearings
- Large, anti-slip and adjustable footplates
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)

**COMPACT STARTER MODEL**  
THE PERFECT WAY TO CROSS TRAINING



**CROSS TRAINER ELLYPTECH CT3** Item No.: 4120

**DESCRIPTION**

Compact and reliable starter cross trainer. 8 resistance levels, manually controlled, computer with scanning function, LCD display, various setting options, hand pulse measurement and reliable magnetic braking technology.

Assembly size: L114 x W57 x H163 cm  
Max. user weight: 100 kg  
Weight: 30 kg  
Colour: white/black

**PRODUCT DETAILS**

- Training computer with 7 functions, hand pulse measurement and 6 permanent displays
- Permanent magnetic braking system with 12 kg flywheel
- Manual resistance adjustment, 8 steps
- Upper and lower heart rate limit
- Full-body workout with both fixed and moving handlebars
- Belt driven system
- Handpulse sensors
- Height adjustable feet
- Transport rollers

**IMPROVE YOUR PERFORMANCE STEP BY STEP**  
ERGOMETER WITH PROGRAMS  
& FITNESS GRADE



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- SILENT MOTION

**NEW**

**CROSSTRAINER ERGOMETER ELLYPTECH CT4** Item No.: 4124

**DESCRIPTION**

Full-body workout with fitness and pulse programs

Training computer with a large fitness program selection, watt control as well as pulse programs for a perfect health and full body training.

Assembly size: L114 x B57 x H163 cm  
Max. body weight: 100 kg  
Weight: 30 kg  
Colour: weiß/schwarz

**PRODUCT DETAILS**

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- Permanent magnetic braking system with 12 kg flywheel system
- Belt driven system
- 12 uphill and downhill programs, from beginners to experienced athletes
- 1 watt program, 1 manual program, 1 user program and 4 heart rate programs
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Full-body workout with both fixed and moving handlebars
- Handpulse sensors
- Height adjustable feet
- Transport rollers

SPORTIVE, RELIABLE AND PRECISE  
FULL BODY WORKOUT WITH MANY EXTRAS



CROSS TRAINER ERGOMETER **CROSSTECH XTR** Item No.: 4123

DESCRIPTION

Athletic and sportive cross training. CROSSTECH XTR - the well-proven HAMMER cross trainer. Automatic resistance adjustment with 16 kg flywheel for smooth and quiet running.

Assembly size: L120 x W53 x H157 cm  
Max. user weight: 130 kg  
Weight: 38 kg  
Colour: white/black

PRODUCT DETAILS

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- Permanent magnetic braking system with 16 kg flywheel system
- Belt driven system
- 12 uphill and downhill programs, from beginners to experienced athletes
- 1 watt program, 1 manual program, 1 user program and 4 heart rate programs
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Full-body workout with both fixed and moving handlebars
- Handpulse sensors
- Height adjustable feet
- Transport rollers

PRODUCT SPECIFICATIONS  
CROSS TRAINER

	ELLIPTICAL CROSS TRAINER ERGOMETER CROSSLIFE XTR Item No.: 4126	ELLIPTICAL CROSS TRAINER CROSSTECH XTR Item No.: 4123	ELLIPTICAL CROSS TRAINER ELLYPTECH CT3 Item No.: 4120	<b>NEW</b> ELLIPTICAL CROSS TRAINER ELLYPTECH CT4 Item No.: 4124	<b>NEW</b> ELLIPTICAL CROSS TRAINER CROSSLIFE BT Item No.: 4127	<b>NEW</b> ELLIPTICAL CROSS TRAINER CROSSMOTION BT Item No.: 4127
Colour	white/black	white/black	white/black	white/black	silver/anthracite/red	silver/anthracite/red
Weight	42 kg	38 kg	30 kg	30 kg	42 kg	42 kg
Build up size (L x W x H)	130 x 62 x 164 cm	120 x 53 x 157 cm	114 x 57 x 163 cm	114 x 57 x 163 cm	130 x 62 x 164 cm	123 x 53 x 164 cm
Performance	35-260 Watt	-	-	35-260 Watt	10-350 Watt	10-350 Watt
Drive system	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven
Braking system	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet
Resistance adjustment	Computer controlled	Computer controlled	Manual	Computer controlled	Computer controlled	Computer controlled
Load spectrum	35 Steps	16 Steps	8 Steps	16 Steps	16 Steps	16 Steps
Load control	RPM independent	RPM dependent	RPM dependent	RPM independent	RPM independent	RPM independent
Fitness programmes	12	12	-	12	12	12
Flywheel mass	18 kg	16 kg	12 kg	12 kg	18 kg	18 kg
Gear transmission ratio	1:8	1:8	1:8	1:8	1:8	1:8
Footplate distance	18 cm	20 cm	21 cm	21 cm	18 cm	21 cm
Stride Length	32 cm	28 cm	28 cm	28 cm	32 cm	37 cm
Computer	LCD Display	LCD Display	LCD Display	LCD Display	LCD Display	LCD Display
Permanent display	8	5	1	5	1+6	1+6
User	4+1	1	1	1	4	4
Training programs	22	17	-	17	22	22
Pulse	Hand pulse	Hand pulse	Hand pulse	Hand pulse	Hand pulse	Hand pulse
Integrated pulse receiver for chest belts	■	■	-	■	■	■
Lower / Upper pulse limit	Upper pulse limit adjustable	Upper pulse limit adjustable	-	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable
Pulse percentage for upper limit	■	■	-	■	■	■
Heart rate controlled programmes	4	4	-	4	4	4
Integrated transportation rollers	■	■	■	■	■	■
Power supply	230V, 50Hz	230V, 50Hz	Batteries	Batteries	230V, 50Hz	230V, 50Hz
Class	HA class (in accordance with DIN EN 957 - 1/9)	-	-	HA class (in accordance with DIN EN 957 - 1/9)	HA class (in accordance with DIN EN 957 - 1/9)	HA class (in accordance with DIN EN 957 - 1/9)
Max. body weight	130 kg	130 kg	100 kg	100 kg	130 kg	130 kg

MORE THAN NATURAL MOVEMENT  
DIGITAL ADD-ONS INCLUDED



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- BLUE BACKLIGHT
- SILENT MOTION
- FITNESS APP
- PUSH TURN
- TABLET HOLDER
- POWER PROGRAMS

**NEW**

ELLIPTICAL CROSS TRAINER **EX 300 BT** Item No.: 4108

DESCRIPTION

The HAMMER premium front driven elliptical with extra long and flat movement is made for serious and heavy usage. The particularly stable construction is made for high intensive elliptical training and long training sessions. Digital features like bluetooth connection and a free App will lead to a sensational modern fitness experience.

Assembly size: L153 x W69 x H173cm  
Max. user weight: 130 kg  
Weight: 60 kg  
Colour: silver/anthracite/red

PRODUCT DETAILS

- Electronic magnetic braking system with 12 kg flywheel mass system for high dynamics
- Performance in watts: 10–350 watts (speed-independent at 60 RPM); Up to 400 watts (speed-dependent at 80 RPM)
- Class HA elliptical trainer in accordance with DIN EN 957-1/9
- Training computer can be controlled by smartphone or tablet PC with the iConsole+ App
- Full-body workout with a choice of fixed or moving handlebars
- 4 health-orientated heart programs
- 12 uphill and downhill programs suitable for anyone, from beginners to athletes
- Body fat measurement for optimal control
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 18 kg flywheel mass for smooth running
- Fixed and moving handlebars for upper body workouts (dual action)
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- High quality ball bearings
- Large, anti-slip and adjustable footplates

SPEED CROSS TRAINING AT ITS BEST  
INTENSE, CHALLENGING AND FUN



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- BODY FAT CONTROL
- BLUE BACKLIGHT
- SILENT MOTION
- FITNESS APP
- PUSH TURN
- TABLET HOLDER
- POWER PROGRAMS

**NEW**

ELLIPTICAL CROSS TRAINER **SPEED MOTION BT** Item No.: 4107

DESCRIPTION

The HAMMER Speed Motion BT with its modern and speedy flywheel design enables pulse and watt-controlled workouts which guarantee healthy cardiovascular training. Bluetooth connection and free App is included.

Assembly size: L163 x W53 x H164 cm  
Max. user weight: 130 kg  
Weight: 53,5 kg  
Colour: silver/anthracite/red

PRODUCT DETAILS

- Electronic magnetic braking system with 12 kg flywheel mass system for high dynamics
- Performance in watts: 10–350 watts (speed-independent at 60 RPM); Up to 400 watts (speed-dependent at 80 RPM)
- Class HA elliptical trainer in accordance with DIN EN 957-1/9
- Training computer can be controlled by smartphone or tablet PC with the iConsole+ app
- Full-body workout with a choice of fixed or moving handlebars
- 4 health-orientated heart programs
- 12 uphill and downhill programs suitable for anyone, from beginners to athletes
- Body fat measurement for optimal control
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 18 kg flywheel mass for smooth running
- Fixed and moving handlebars for upper body workouts (dual action)
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- High quality ball bearings
- Large, anti-slip and adjustable footplates

**FRONT DRIVEN CLASSIC**  
THE PROBABLY MOST COMPACT FRONT DRIVEN  
ON THE MARKET



- ERGOMETER CLASS A PRECISION
- FITNESS+ PULSE PROFILES
- LOUD SPEAKER
- 3 COLOUR DISPLAY
- TABLET HOLDER



**ELLIPTICAL CROSS TRAINER EX100** Item No.: 4101

**DESCRIPTION**

Compact, solid and high quality.

The Elliptical EX7 in the compact class fits perfectly even in small spaces. Step to success with a stride length of 40 cm at its largest. Versatile and motivating fitness programs, controlled pulse training and a joint-friendly ergonomics makes the EX100 your perfect full body trainer. All this makes it one of the most compact elliptical trainers on the market!

Assembly size: L145 x W52 x H160 cm  
Max. user weight: 120 kg  
Weight: 49 kg  
Colour: white/black

**PRODUCT DETAILS**

- Electronic magnetic braking system with 10 kg flywheel mass system for high dynamics
- Performance in watts: 10–260 watts
- Class HA elliptical trainer in accordance with DIN EN 957-1/9
- Full-body workout with a choice of fixed or moving handlebars
- 25 fitness programs
- 4 health-orientated heart programs
- 12 uphill and downhill programs suitable for anyone, from beginners to athletes
- Body fat measurement for optimal control
- Fitness grade 1-6 and recovery heart rate to control the performance improvement
- Resistance range: 16 levels
- Belt drive system, premium ball bearings and 10 kg flywheel mass for smooth running
- Fixed and moving handlebars for upper body workouts (dual action)
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)
- High quality ball bearings
- Large, anti-slip and adjustable footplates

**PRODUCT SPECIFICATIONS**  
ELLIPTICAL CROSS TRAINER

	<b>NEW</b> ELLIPTICAL SPEED MOTION BT Item No.: 4107	<b>NEW</b> ELLIPTICAL EX100 Item No.: 4101	<b>NEW</b> ELLIPTICAL EX 300 BT Item No.: 4108
Colour	silber/anthrazit/rot	white/black	silber/anthrazit/rot
Weight	53,5 kg	49 kg	60 kg
Build up size (L x W x H)	163 x 53 x 164 cm	145 x 52 x 160 cm	153 x 69 x 173 cm
Performance	10-350 Watt	35-260 Watt	10-350 Watt
Drive system	Belt driven	Belt driven	Belt driven
Braking system	Permanent magnet	Permanent magnet	Permanent magnet
Resistance adjustment	Computer controlled	Computer controlled	Computer controlled
Load spectrum	16 steps	24 steps	16 steps
Load control	RPM independent	RPM independent	RPM independent
Fitness programmes	12	14	12
Flywheel mass	12 kg	10 kg	12 kg
Gear transmission ratio	1:8	1:9	1:8
Footplate distance	14 cm	10 cm	14 cm
Step Length	43 cm	40 cm	43 cm
Computer	LCD Display	LCD Display	LCD Display
Permanent display	1+6	1+6	1+6
User	4	4	4
Training programs	22	25	22
Pulse	Hand pulse	Hand pulse	Hand pulse
Integrated pulse receiver for chest belts	■	■	■
Lower / Upper pulse limit	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable
Pulse percentage for upper limit	■	■	■
Heart rate controlled programmes	4	5	4
Integrated transportation rollers	■	■	■
Power supply	230V, 50Hz	230V, 50Hz	230V, 50Hz
Class	Class HA (in accordance with DIN EN 957-1/9)	Class HA (in accordance with DIN EN 957-1/9)	Class HA (in accordance with DIN EN 957-1/9)
Max. body weight	130 kg	120 kg	130 kg

THE STUDIO VERSION FOR YOUR HOME  
HIGHLY DURABLE CONSTRUCTION WITH  
SIT-UP FUNCTION



FITNESS TRAMPOLINE **STUDIO PRO** Art.-Nr.: 66428

DESCRIPTION

Cross-Jump Studio Pro, the model with extended studio features. Easily implement all your fitness goals with your personal studio equipment at home. Improve your figure and endurance, do something essential for your health, reduce weight and strengthen your immune system.

Dimensions: L120 x B130 x H140 cm  
Max. Body weight: 130 kg  
Weight: 14 kg  
Colour: black / red

FEATURES

- High-intensity studio bungies for a sensational rebound feeling.
- Extremely durable bungies (up to 3 times longer durability than conventional bands used in other home products)
- Single bungies with patented quick-build system
- Sit-up function for varied studio sequences, „boot camp“ training and six-pack workouts  
The elastic jumping area creates a particularly comfortable laying position.
- Extra sturdy frame construction for intensive trampoline workouts
- Jumping points for maximum training efficiency

Including online download videos:

Cross Jumping HAMMER workout:

- WARM UP: 3:30 minute workout
- BASIC: 15 minute workout
- ADVANCED: 30 minute workout
- COOL DOWN: 4:30 minute workout
- SIX PACK: 5:00 minute workout

TREND SPORT FOR TURBO WEIGHT LOSS  
FOR BETTER COORDINATION AND  
MAXIMUM EFFICIENCY



FITNESS TRAMPOLINE **CROSS JUMP** Art.-Nr.: 66426

DESCRIPTION

Insider trampolining tip: Lose weight, increase your fitness level and do sports with fun.

Dimensions: L120 x B130 x H140 cm  
Max. Body weight: 130 kg  
Weight: 13 kg  
Colour: black / red

FEATURES

- Jumping points for maximum training efficiency
- Safety cover
- Support feet with anti-slip caps for a secure footing
- Stable construction
- Perfect and noiseless rebound feeling
- Jumping area diameter: 98 cm

Including online download videos:

- Cross Jumping HAMMER workout:
- WARM UP: 3:30 minute workout
  - BASIC: 15 minute workout
  - ADVANCED: 30 minute workout
  - COOL DOWN: 4:30 minute workout

CLASSIC ROWING WITH CANTILEVER ARMS  
THE ORIGINAL ROWING DESIGN



**ROWER COBRA** Item No.: 4536

DESCRIPTION

Classic rowing with rower arms. 3 height adjustment positions for even more intensive training sequences. Efficient rowing requires a correct layout of the rowing arms, to simulate rowing in water as realistic as possible. The ROWER COBRA fulfills all of these needs and offers in addition some professional features: Aluminium frame an onboard computer for easy reading of the training data and a safe pulse measurement during the whole rowing exercise.

Assembly size: L150 cm x W166 cm x H50 cm  
Folded size: L125 cm x W57 cm x H44 cm  
Max. user weight: 120 kg  
Weight: 21 kg  
Colour: silver

PRODUCT DETAILS

- Braking system: Resistance cylinders
- Resistance adjustment: 12-fold adjustable force resistance
- Load spectrum: 12 steps
- Footplate distance: 18 cm
- LCD Display
- Permanent display: 3
- Earpulse
- Upper pulse limit adjustable
- Integrated transport rollers
- Power supply: Batteries
- Compact folding and space saving



ROWING AGAINST THE COMPUTER  
THE PERFECT MOTIVATION



**NEW**

**ROWER PRO FORCE** Item No.: 4534

DESCRIPTION

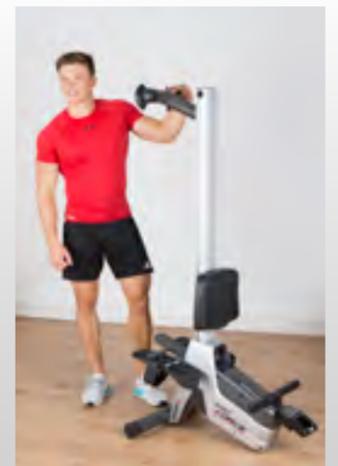
Power rower with 18 programs and competitive mode. The bestseller with bestseller features!

The HAMMER Pro Force rowing machine is the perfect training equipment for advanced training at home. A modern, high-quality and robust finish with sensational features.

Assembly size: L157 x W55 x H78 cm  
Folded size: L66 x W55 x H157 cm  
Max. user weight: 110 kg  
Weight: 24 kg  
Colour: silver/black

PRODUCT DETAILS

- Speed dependent, permanent magnet braking system for a consistent, smooth and realistic rowing motion
- Integrated pulse receiver for chest belt (not included)
- Smooth running aluminium rails
- Professional seat height of 35 cm
- 14 automatic fitness programs for motivation and variety during training, e.g. Interval, Fat Burn, etc.
- 1 manual program
- 1 cardio program for controlled cardiovascular training
- 1 race program for a motivational rowing experience



**SUPERIOR DESIGN - HIGH END ROWING**  
SILENT MOTION RESISTANCE  
TECHNOLOGY



- MAGNETIC BRAKE
- FITNESS + PULSE PROFILES
- BLUE BACKLIGHT
- RACE
- SWIVEL DISPLAY

**PERFECT FOR LONG, STRONG STROKES**  
THAT'S HOW YOU ROW THE RIGHT WAY



- MAGNETIC BRAKE
- FITNESS + PULSE PROFILES
- BLUE BACKLIGHT
- SWIVEL DISPLAY

**ROWER COBRA XTR PLUS**

Item No.: 4533

**DESCRIPTION**

The HAMMER Cobra series top model with aluminium rail, 16 fitness programs, blue backlight display, superior design and automated resistance control

RPM dependent quality magnetic braking system assuring very smooth strokes and realistic rowing sequences. Computer with adjustable blue backlight LCD display and automatic resistance control.

Assembly size: L232 x W55 x H75 cm  
Folded size: L118 x W55 x H155 cm  
Max. user weight: 120 kg  
Weight: 38 kg  
Colour: lava grey/black/white

**PRODUCT DETAILS**

- Speed dependent, permanent magnet braking system for a consistent, smooth and realistic rowing motion
- Pulling cord 170 cm, perfect for tall people
- Display with tilt and height adjustment
- Illuminated blue backlight display
- Smooth running aluminium rails
- 16 resistance levels, 14 automatic fitness programs for motivation and variety during training, e.g. Interval, Fat Burn and more
- 7 interval, 1 race program
- 1 heart rate program
- Integrated pulse receiver for chest belt (belt not included)



**ROWER COBRA XTR**

Item No.: 4539

**DESCRIPTION**

Fitness programs for more fun and efficiency plus many more professional features and automated resistance control

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

Assembly size: L235 x W54 x H59 cm  
Folded size: L115 x W54 x H159 cm  
Max. user weight: 120 kg  
Weight: 38 kg  
Colour: silver/black

**PRODUCT DETAILS**

- Speed dependent, permanent magnet braking system for a consistent, smooth and realistic rowing motion
- Pulling cord 170 cm, perfect for tall people
- Display with tilt and height adjustment
- Smooth running aluminium rails
- 16 resistance levels
- 10 automatic fitness programs for motivation and variety during training, e.g. Interval, fat burn and more
- Integrated pulse receiver for chest belt (belt not included)



## HYDROPOWER TECHNOLOGY TRAINING WITH THE POWER OF WATER



**NEW**

### ROWER WATER STREAM

Item No.: 4537

#### DESCRIPTION

The HAMMER Water Stream offers a perfect realistic rowing experience. The natural water resistance let you feel the rowing motion in an authentic way during your highly effective cardio and strength training. The even resistance makes the rowing workout really enjoyable and the meditative sound creates an authentic feeling.

Assembly size: L205 x W52 x H98 cm  
Folded size: L65 x W52 x H205 cm  
Max. user weight: 150 kg  
Weight: 36 kg  
Colour: black

#### PRODUCT DETAILS

- Rower with robust water tank
- Pulling cord 120 cm
- Resistance setting by adjustable water quantities
- Tilttable training computer showing time, strokes in total, strokes per minute, watt, pulsation, distance, calorie consumption
- 18 motivation programs
- 1 race program against the computer
- Integrated pulse receiver for chest belt (belt not included)
- Transport rollers
- Professional seat height: 33 cm
- Rail length: 126 cm perfect for tall people
- Minimum distance of the foot plates of only 9 cm similar to professional rower boats



## PRODUCT SPECIFICATIONS ROWERS

	<b>NEW</b> ROWER COBRA XTR PLUS Item No.: 4533	<b>NEW</b> ROWER COBRA XTR Item No.: 4539	<b>NEW</b> ROWER COBRA Item No.: 4536	<b>NEW</b> ROWER PRO FORCE Item No.: 4534	<b>NEW</b> ROWER WATER STREAM Item No.: 4537
Colour	silver/black	silver/black	black/white	black/silver	black
Weight	37 kg	37 kg	21 kg	24 kg	36 kg
Build up size (L x W x H)	232 x 55 x 75 cm	235 x 54 x 59 cm	150 x 166 x 50 cm	157 x 55 x 78 cm	205 x 52 x 98 cm
Foldable	■	■	■	■	■
Folding dimension (L x W x H)	118 x 55 x 155 cm	115 x 54 x 159 cm	125 x 57 x 44 cm	66 x 55 x 157 cm	65 x 52 x 205 cm
Drive system	Belt drive	Belt drive	-	Belt drive	Belt drive
Braking system	Permanent magnet	Permanent magnet	Resistance cylinders	Permanent magnet	Water resistance
Resistance adjustment	Automatic resistance adjustment	Automatic resistance adjustment	12-fold adjustable force resistance	Automatic resistance adjustment	Water quantity
Load spectrum	16 steps	16 steps	12 steps	16 steps	-
Fitness programs	7	10	-	14	18
Flywheel mass	8 kg	8 kg	-	8 kg	-
Footplate distance	16 cm	16 cm	18 cm	16 cm	21 cm
Computer	LCD Display	LCD Display	LCD Display	LCD Display	LCD Display
Permanent display	8	8	3	6	7
User	4	-	-	4	-
Training programs	7	10	-	21	18
Pulse	Chest belt	Chest belt	Ear pulse	Chest belt	Chest belt
Integrated pulse receiver for chest belts	■	■	-	■	■
Lower / Upper pulse limit	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable



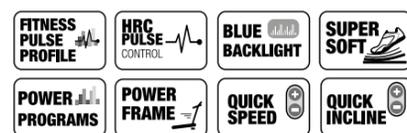
**HAMMER**  
HOME STUDIOS





**YOUR BEST MARATHON PREPARATION**  
XTRA LARGE RUNNING DECK

**TREADMILL LR22i** Item No.: 4321



**DESCRIPTION**

Top model of the Life Runner series with a 150 x 52 cm professional soft running deck and user-friendly quick buttons. running on a high end level. your marathon preparation at home.

Assembly size: 182 x 77 x 140 cm  
Folded size: 86 x 77 x 163 cm  
Running area: 150 x 52 cm  
Max. user weight: 150 kg  
Weight: 103 kg  
Colour: anthracite/silver/black

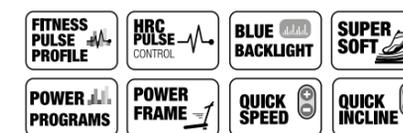
**PRODUCT DETAILS**

- Speed range 1-22 km/h
- Automatic incline from 1% up to 12%
- 8 x quick speed buttons (6, 8, 10, 12, 14, 18 and 20 km/h)
- 8 x quick buttons for the incline adjustment (1, 3, 5, 7, 9, 11, 13 and 15 levels)
- High-quality blue backlight LCD display
- Display shows time, speed, distance covered, calorie consumption and heart rate
- 18 training programs
- Speed and incline adjustment on the handle grips
- Hand pulse
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)



**SPORTIVE CARDIOVASCULAR TRAINING**  
YOUR ULTIMATE RUNNING MOTIVATION

**TREADMILL LR18i** Item No.: 4329



**DESCRIPTION**

Life Runner LR18i - your personal running trainer! 18 fitness programs, blue back light display and a soft running deck for a sportive cardiovascular training.

Assembly size: L181 x W73 x H134 cm  
Folded size: L113 x W73 x H156 cm  
Running area: 135 x 45 cm  
Max. user weight: 130 kg  
Weight: 80 kg  
Colour: anthracite/silver/black

**PRODUCT DETAILS**

- Speed range 1-18 km/h
- Automatic incline from 1% up to 12%
- 8 quick speed buttons (2, 4, 6, 8, 10, 12, 14 and 16 km/h)
- 8 quick buttons for the incline adjustment (1, 3, 5, 7, 9, 11, 13 and level 15)
- High quality blue backlight LCD display
- Computer display of time, distance, speed, calorie consumption and heart rate
- Speed and incline buttons on handlebar
- Anti-shock SUPER-SOFT running surface for joint-friendly training
- Hand pulse
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)





**RUNNING AT HOME**  
YOUR COMPACT CARDIO PARTNER



**TREADMILL LR16i** Item No.: 4326

**DESCRIPTION**

The entry model of the Life Runner series with a 132 x 43 cm professional running deck and user-friendly quick buttons. The premium computer display with blue backlight is designed for easy and intuitive operation

Assembly size: L171 x W73 x H127 cm  
 Folded size: L104 x W73 x H149 cm  
 Running area: 132 x 43 cm  
 Max. user weight: 120 kg  
 Weight: 69 kg  
 Colour: anthracite/silver/black

**PRODUCT DETAILS**

- Speed range 1-16 km/h
- 18 training programs
- Automatic incline from 1% up to 12%
- 3 x quick speed buttons (3, 5 and 7 km/h)
- 3 x quick incline buttons (level 4, 6 and 8)
- High quality blue backlight LCD display
- Computer display of time, distance covered, speed, calorie consumption and heart rate
- Speed and incline buttons on handlebar
- Shock absorbing SUPER-SOFT surface for joint friendly running
- Hand pulse
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)



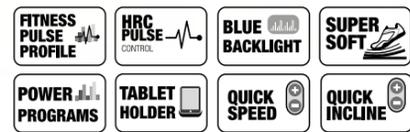


OUR PROFESSIONAL RECOMMENDATION:  
22KM/H AND 6.5 HP PEAK



NEW

TREADMILL RACE RUNNER 2200i Item No.: 4336



KURZBESCHREIBUNG

Race runner 2200i reaches speeds up to 22 km/h for running sessions that start with an easy warm-up and leads to a high-intensity power training. 26 programs for varied training routines.

Built up size: L196 x B72 x H139 cm  
Folded size: L112 x B72 x H175 cm  
Running area: L152 x B46 cm  
Max. body weight: 120 kg  
Weight: 79 kg  
Colour: silver / black / red

FEATURES

- BMI program to calculate your personal body mass index
- SUPER-SOFT running surface for joint-friendly training
- Smartphone and tablet PC holder for multimedia entertainment options
- Heart rate measurement via hand pulse sensors and chest belt receiver
- Space-saving folding mechanism: 90% pre-assembled. Unfold and train!
- Max. motor output: 6.5 hp  
Continuous motor output 2.5 hp
- 22 training programs – from complete novice to advanced intensive training
- Tablet PC holder and AUX jack
- Treadmill cockpit with easy, intuitive controls

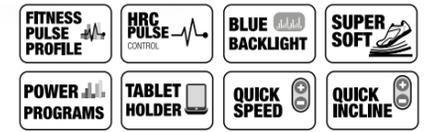


FULLY EQUIPPED - PERFECT FOR BEGINNERS  
20 KM/H, AND 5 HP PEAK AND 26 PROGRAMS



NEW

TREADMILL RACE RUNNER 2000i Item No.: 4335



DESCRIPTION

Simulate steep inclines for a more realistic running experience and to intensify your workout. The incline setting (up to 12%) can be easily set via the on-board computer.

Built up size: L172 x B69 x H133 cm  
Folden size: L105 x B69 x H161 cm  
Running area: L132 x B43 cm  
Max. body weight: 110 kg  
Weight: 69 kg  
Colour: silver / black / red

FEATURES

- SUPER-SOFT running surface for joint-friendly training
- 18 automatic fitness programs with various speed settings and inclines
- Heart rate measurement via hand pulse sensors and chest belt receiver
- Space-saving folding mechanism:
- 90% pre-assembled. Unfold and train!
- Max. motor output: 5.0 hp  
Continuous motor output: 2.0 hp
- 26 training programs – complete novice to advanced intensive training
- AUX port for music while you train
- Treadmill cockpit with easy, intuitive controls



**YOUR SPORTY ENTRY-LEVEL**  
20 KM/H AND MANUAL INCLINE



**TREADMILL RACE RUNNER 2000M** Item No.: 4334

**DESCRIPTION**

The Race Runner 2000M lets you reach top speeds of 20 km/h to take your running training to a whole new level, including 26 different fitness programs.

Built up dimensions: L172 x B69 x H133 cm  
 Folded size: L105 x B69 x H161 cm  
 Running area: L132 x B43 cm  
 Max. body weight: 110 kg  
 Weight: 64 kg  
 Colour: silver / black / red

**FEATURES**

- SUPER-SOFT running surface for joint-friendly training
- 3 manually adjustable incline settings
- Heart rate measurement via hand pulse sensors and chest belt receiver
- Space-saving folding mechanism: 90% pre-assembled. Unfold and train!
- Max. motor output: 5.0 hp  
Continuous motor output: 2.0 hp
- 26 training programs – novice to advanced
- AUX port for music while you train
- Treadmill cockpit with easy, intuitive controls
- 18 automatic fitness programs with various speed settings



**PRODUCT SPECIFICATIONS**  
TREADMILLS

	<b>TREADMILL LR22i</b> Item No.: 4321	<b>TREADMILL LR18i</b> Item No.: 4329	<b>TREADMILL LR16i</b> Item No.: 4326	<b>TREADMILL RR2200i</b> Item No.: 4336	<b>TREADMILL RR2000i</b> Item No.: 4335	<b>TREADMILL RR2000M</b> Item No.: 4334
Colour	anthracite	anthracite	anthracite	black/anthracite	black/anthracite	black/anthracite
Weight	103 kg	80 kg	69 kg	79 kg	69 kg	64 kg
Built up size (L x W x H)	182 x 85 x 140 cm	181 x 73 x 134 cm	171 x 73 x 127 cm	196 x 72 x 139 cm	172 x 69 x 133 cm	172 x 69 x 133 cm
Foldable	■	■	■	■	■	■
Folded dimension (L x W x H)	86 x 85 x 163 cm	113 x 73 x 156 cm	104 x 73 x 149 cm	112 x 72 x 175 cm	105 x 69 x 161 cm	105 x 69 x 161 cm
Performance	2,5 PS	1,75 PS	1,15 PS	2,5 PS	2,0 PS	2,0 PS
Running area	150 x 52 cm	135 x 45 cm	132 x 43 cm	152 x 46 cm	132 x 43 cm	132 x 43 cm
Speed	22 km/h	18 km/h	16 km/h	22 km/h	20 km/h	20 km/h
Incline	0-12% in 1% steps	0-12% in 1% steps	3x manual			
Computer	LCD Display	LCD Display	LCD Display	LCD Display	LCD Display	LCD Display
User	4+1	4+1	4+1	3	4	4
Training programs	18	18	18	22	26	26
Pulse	Hand pulse	Hand pulse	Hand pulse	Hand pulse	Hand pulse	Hand pulse
Integrated pulse receiver for chest belts	■	■	■	■	■	■
Lower / Upper pulse limit	Upper pulse limit adjustable	Upper pulse limit adjustable	Upper pulse limit adjustable			
Pulse percentage for upper limit	■	■	■	■	■	■
Heart rate controlled programs	4	4	4	3	3	3
Integrated transportation rollers	■	■	■	■	■	■
Power supply	230V, 50Hz	230V, 50Hz	230V, 50Hz	230V, 50Hz	230V, 50Hz	230V, 50Hz
Max. body weight	150 kg	130 kg	120 kg	120 kg	110 kg	110 kg



Safety spotter catchers for extreme weight load



Space saving

**WEIGHT BENCH BERMUDA**

Item No.: 45042

**DESCRIPTION**

All-round bench for perfect weight training including bars and a weight set of 25 kg!

Assembly size: L125 x W146 x H121 cm  
 Maximum of usable weight: 55 kg  
 Max. load capacity 130 kg  
 Weight: 51 kg  
 Colour: silver/black

**PRODUCT DETAILS**

- Universal bench with 4x adjustable backrest positions for flat and incline bench training
- Foldable space saving design
- High-quality comfort cushion
- Solid steel tube construction 38 x 38 mm, with scratch resistant powder coating
- Safety clips for the weight plates
- 25 kg weight discs
- Plastic-coated weight plates (4 x 5 kg and 2 x 2.5 kg)  
 1 x Barbell: 120 cm, Ø 30 mm
- 2 x Dumbbell bar: 30 cm, Ø 30 mm

**EXERCISES**

- Chest
- Shoulders
- Biceps/Triceps
- Upper/Lower legs



Safety spotter catchers for extreme weight load



Height adjust rack

**WEIGHT BENCH BERMUDA XT**

Item No.: 4507

**DESCRIPTION**

All-round bench with adjustable backrest for flat and incline benchpress as well as height adjustable spotter catchers.

Assembly size: L180 x W131 x H123 cm  
 Maximum of usable weight: 100 kg  
 Maximum load capacity 150 kg  
 Weight: 27 kg  
 Colour: silver/black

**PRODUCT DETAILS**

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

**EXERCISES**

- Chest
- Shoulders
- Biceps/Triceps
- Upper/Lower legs



**WEIGHT BENCH BERMUDA XT PRO** Item No.: 4508

**DESCRIPTION**

All-round weight bench with 4-times adjustable backrest, lat-tower and preacher curl

Assembly size: L180 x W131 x H123 cm  
 Maximum load 150 kg (person + weights)  
 Maximum of usable weight: 100 kg  
 Weight: 37 kg  
 Colour: silver/black

**PRODUCT DETAILS**

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

**MAX. LOAD:**

- Latissimus module: 80 kg
- Preacher curl: 60 kg
- Bench: 150 kg (body weight + weights)
- Leg curl: 50 kg, butterfly each side: 30 kg
- Spotter catches: up to 100 kg
- Weights and bars are not included

**EXERCISES**

- Chest
- Shoulders
- Latissimus
- Biceps/Triceps
- Upper/Lower legs



**INCLINE BENCH AB BENCH PERFORM ONE** Item No.: 4516

**DESCRIPTION**

Compact and easy to store bench with an adjustable seat and backrest which can be adjusted from an angle of 0 up to 88 degrees in 4 steps and therefore offers the perfect workout. With a maximum load capacity of 130 kg, this training bench is ideally suited for most athletes. Including sit-up function for perfect six-pack workouts.

Assembly size: L160 x W32 x H119  
 Maximum load capacity: 130 kg  
 Weight: 15 kg  
 Colour: black/anthracite

**EXERCISES**

- Chest
- Shoulders
- Abdominal
- Biceps/Triceps
- Upper/Lower legs



Accessory: Item No.: 4612 76 kg weight set

**WEIGHT BENCH SOLID XP**

Item No.: 4513

**DESCRIPTION**

Professional free weight system with security stopper and cable pull for unlimited exercises!

Bench: L215 x W73 x H100 cm  
Smith Machine: L143 x W158 x H216 cm  
Smith Machine+bench: L240 x W158 x H216cm  
Weight: 88 kg  
Colour: anthracite/black

**MAX. LOAD:**

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

**PRODUCT DETAILS**

- Professional bench with adjustable ergonomic backrest for flat and incline/decline bench training
- Multiple adjustable spotter catchers for safe training
- Arm curl for comfortable arm curling
- Curl bar for intensive arm workouts
- Latissimus bar with two hooks for easy balance
- Heavy duty triceps rope
- Storage positions for latissimus bar, triceps rope, and weight discs
- High-quality comfort 50 mm cushion, 7x adjustable
- Weights and bars are not included

**EXERCISES**

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



**PRODUCT SPECIFICATIONS**  
**WEIGHT BENCHES**

	<b>WEIGHT BENCH BERMUDA</b> Item No.: 45042	<b>WEIGHT BENCH BERMUDA XT</b> Item No.: 4507	<b>WEIGHT BENCH BERMUDA XT PRO</b> Item No.: 4508	<b>WEIGHT BENCH SOLID XP</b> Item No.: 4513	<b>INCLINE BENCH AB BENCH PERFORM ONE</b> Item No.: 4516
Colour	black/silver	black/silver	black/silver	black/anthracite	black/anthracite
Weight	51 kg	27 kg	37 kg	88 kg	17 kg
Build up size (L x W x H)	165 x 142 x 122 cm	180 x 131 x 123 cm	180 x 131 x 200 cm	240 x 153 x 216 cm	160 x 32 x 119 cm
Maximum of usable weight	55 kg	100 kg	100 kg	120 kg	-
Bench presses up to (person + weights)	130 kg	150 kg	150 kg	180 kg	130 kg
Upgradable with additional weights	■	■	■	■	-
Multiple adjustable barbell rack	-	96-120 cm	96-120 cm	■	-
Multiple adjustable back rest	4-fold	4-fold	4-fold	7-fold	4-fold
Seat adjustable	-	-	-	■	1-fold



**MULTI GYM FERRUM TX4** Item No.: 9036

**DESCRIPTION**

A complete and professional gym for your home. No limits, perfect ergonomics and a modern design.

Size without AB and Back Trainer  
L210 x W120 x H198 cm  
Weight: 147 kg

AB and Back Trainer  
L112 x W51 x H92 cm  
Weight: 13 kg

**PRODUCT DETAILS**

- 60 kg weights for a max. resistance of 80 kg
- 160° rotatable, height-adjustable cable pull module for many pull exercises for your upper body and legs
- Cable pull length: 120 cm
- Workout accessories:  
Power lat bar for many grip positions
- Removable leg press module with extra-large metal footplate
- Foot strap for professional leg workouts
- Height-adjustable preacher curl for effective arm workouts
- 40 mm comfort seat and backrest
- Adjustable leg curl
- AB and Back Trainer

**EXERCISES**

- Butterfly
- Bench press
- Latissimus pull
- Leg curl
- Arm curl
- Rowing
- Triceps press/pull
- Lateral cable pull
- Leg press
- Hamstrings
- AB and Back training





**MULTI GYM FERRUM TX3**

Item No.: 9035

**DESCRIPTION**

Fast results with professional equipment details

Ferrum TX3 is an effective and compact „strength-turbo“ which you can use to intensely work all the important muscle groups. Even in small rooms with low ceiling (space requirements only 235 x 110 x 200 cm) you can perfectly work your chest, back, shoulder, arm and leg muscles.

Max. permissible body weight: 130 kg  
Dimensions when set up: L210 x W120 x H198 cm

Space requirements: L250 x W280 x H198 cm  
Weight of device: 128 kg  
Color: silver/black

**PRODUCT DETAILS**

- 60 kg weights for a max. resistance of 80 kg
- 160° rotatable, height-adjustable cable pull module for many pull exercises for your upper body and legs
- Cable pull length: 120 cm
- Workout accessories:  
Power lat bar for many grip positions
- Removable leg press module with extra-large metal footplate
- Foot strap for professional leg workouts
- Height-adjustable preacher curl for effective arm workouts
- 40 mm comfort seat and backrest
- Adjustable leg curl

**EXERCISES**

- Butterfly
- Bench press
- Latissimus pull
- Leg curl
- Arm curl
- Rowing
- Triceps press/pull
- Lateral cable pull
- Leg press
- Hamstrings



**MULTI GYM FERRUM TX2**

Item No.: 9034

**DESCRIPTION**

Basic strength-training station Ferrum TX2

Quick workout results due to professional equipment details: cable pull module and power lats. bar for over 45 exercise options. The Ferrum TX2 is an effective and compact „strength-turbo“ with which you can intensely work all the important muscle groups.

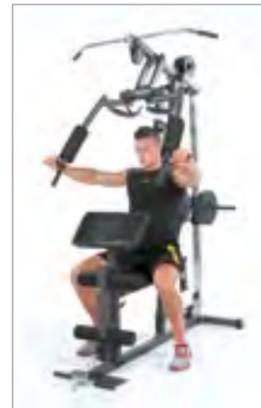
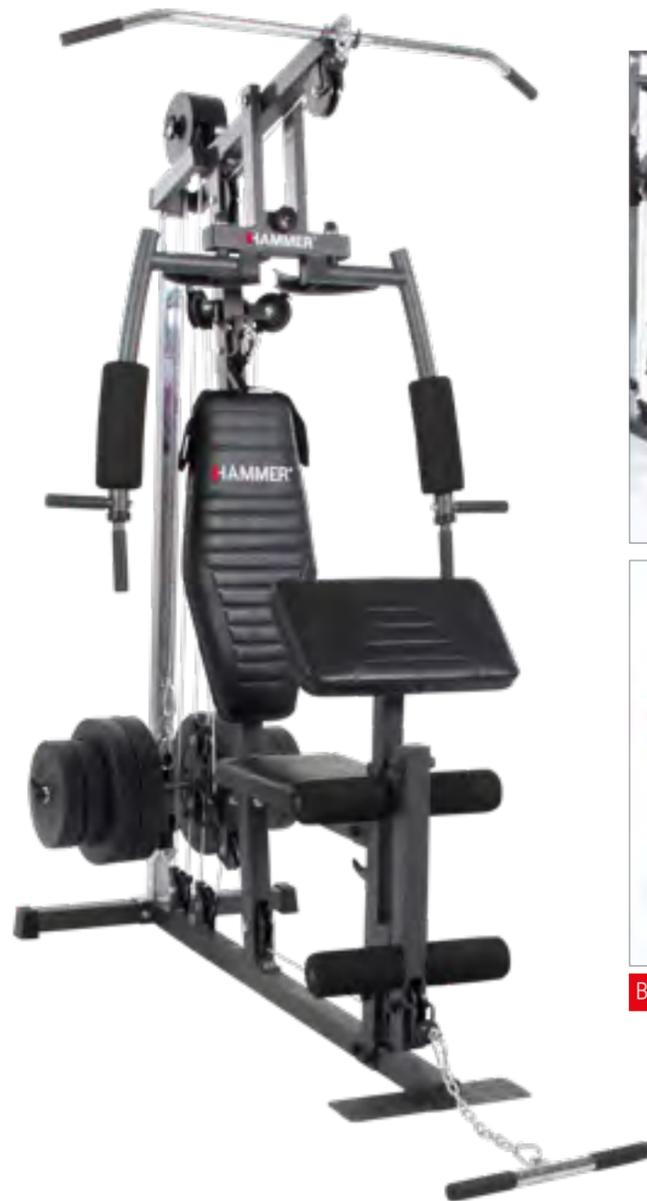
Max. permissible body weight: 130 kg  
Dimensions when set up: L150 x W120 x H198cm  
Space requirements: L270 x W280 x H198 cm  
Weight of device: 116 kg  
Color: silver/black

**PRODUCT DETAILS**

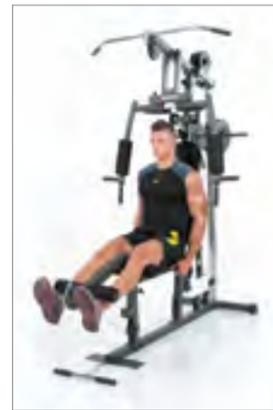
- 60 kg weights for a max. resistance of 80 kg
- 160° rotatable, height-adjustable cable pull module for many pull exercises for your upper body and legs
- Cable pull length: 120 cm
- Workout accessories:  
Power lat bar for many grip positions
- Foot strap for professional leg workouts
- Height-adjustable preacher curl for effective arm workouts
- 40 mm comfort seat and backrest
- Adjustable leg curl

**EXERCISES**

- Butterfly
- Bench press
- Latissimus pull
- Leg curl
- Arm curl
- Rowing
- Triceps press/pull
- Lateral cable pull
- Hamstrings



BENCH PRESS UP TO 120 KG



FOR BASEMENTS UP TO 2M

**MULTI GYM CALIFORNIA XP**

Item No.: 9067

**DESCRIPTION**

The classic HAMMER home gym with a resistance of up to 120 kg

Maximum resistance approx. 120 kg  
 Assembly size: 189 x 111 x 200 cm  
 Weight: 111 kg  
 Max. user weight: 120 kg  
 Colour: silver/black

**PRODUCT DETAILS**

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

**EXERCISES**

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



ROWING FUNCTION

FOR BASEMENTS UP TO 2M

**MULTI GYM ULTRA**

Item No.: 9030

**DESCRIPTION**

The multi gym Ultra with its compact design allows a wide range of exercise possibilities including rowing to strengthen your back muscles. The low height of only 200 cm allows a workout in rooms and basements with low ceiling heights.

Assembly size: L170 x W109 x H200 cm  
 Weight: 130 kg  
 Colour: anthracite/black

**PRODUCT DETAILS**

The 60 kg weight block provides sufficient training resistance for a maximum body weight of 130 kg. Solid steel tube construction.

- Weight block grading 12 x 5 kg
- Diverter pulleys ball bearing pulleys
- Seat upholstery 2-fold height-adjustable seat cushion

**EXERCISES**

- Lat Tower
- Butterfly
- Bench press
- Rowing
- Leg curl
- Leg flex
- Lower cable pull



**PRODUCT SPECIFICATIONS**  
MULTI GYMS

	<b>MULTI GYM CALIFORNIA XP</b> Item No.: 9067	<b>MULTI GYM FERRUM TX4</b> Item No.: 9036	<b>MULTI GYM FERRUM TX3</b> Item No.: 9035	<b>MULTI GYM FERRUM TX2</b> Item No.: 9034	<b>MULTI GYM ULTRA</b> Item No.: 9030
Weight block	60 kg	60 kg	60 kg	60 kg	60 kg
Max. resistance	120 kg	80 kg	80 kg	80 kg	80 kg
Build up size (L x W x H)	189 x 111 x 201 cm	210 x 120 x 198 cm	210 x 120 x 198 cm	150 x 120 x 198 cm	167 x 105 x 200 cm
Maximum of usable weight	60 kg	-	-	-	-
Upgradable with additional weights	-	-	-	-	-
Multiple adjustable back rest	-	-	-	-	■
Adjustable leg raise	-	■	■	■	-
Seat adjustable	-	-	-	-	-
Bench press	■	■	■	■	■
Butterfly	■	■	■	■	■
Biceps curl	■	■	■	■	■
Triceps	■	■	■	■	■
Rowing	■	■	■	■	■
Reversed leg raises	■	■	■	■	■
Leg curl	■	■	■	■	■
Abdominal	-	■	■	■	-
Back pull	-	■	■	■	■
Neck press	-	■	■	■	-
Lat pull	■	■	■	■	■
Leg press	-	■	■	-	-
Sidewise tensile	-	■	■	■	-
Weight	111 kg	147 kg	147 kg	119 kg	124 kg
Max. body weight	120 kg	120 kg	120 kg	120 kg	130 kg

**NEW**

Item No.: 4705-4711 & 4712-4718

**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



**WEIGHT PLATES**  
„THE ORIGINAL WITH THE GRIP HOLE“

Item No.: 4673 2 x 5.0 kg      Item No.: 4670 2 x 0.5 kg + 2 x 1.25 kg  
Item No.: 4674 2 x 10 kg      Item No.: 4672 2 x 2.5 kg

**WEIGHT PLATES**  
„THE ORIGINAL WITH THE GRIP HOLE“

Item No.: 4653 2 x 5.0 kg      Item No.: 4664 2 x 0.5 kg  
Item No.: 4620 2 x 7.5 kg      Item No.: 4665 2 x 1.25 kg  
Item No.: 4654 2 x 10 kg      Item No.: 4650 2 x 0.5 kg + 2 x 1.25 kg  
Item No.: 4655 2 x 20 kg      Item No.: 4652 2 x 2.5 kg

**NEW**



Item No.: 4701

**BARBELL**

1 x 48 cm, Ø 30 mm + clamp fasteners  
Colour: chrome

Item No.: 4702

**BARBELL**

2 x 35 cm, Ø 30 mm + clamp fasteners  
Colour: chrome



Item No.: 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

Item No.: 4704

Item No.: 4703



Item No.: 4656

Item No.: 4656

**DUMBBELL BAR**

2 x 35 cm, Ø 30 mm + Star Fasteners  
Colour: chrome



Item No.: 4607

Item No.: 4607

**BARBELL**

1 x 180 cm, Ø 30 mm + Clips  
Colour: chrome



Item No.: 4657

Item No.: 4657

**BARBELL**

1 x 160 cm, Ø 30 mm + Star Fasteners  
Colour: chrome



Item No.: 4658

Item No.: 4658

**SZ-BARBELL**

**BICEPS BARBELL**

1 x 120 cm, Ø 30 mm + Star Fasteners  
Colour: chrome

Star fasteners



**DUMBBELL SET**

Set with chromed bar and iron weights:

Colour: black, 15 kg  
Item No.: 6721

Colour: black, 30 kg  
Item No.: 6722

Colour: black, 20 kg  
Item No.: 6723

Colour: black, 40 kg  
Item No.: 6724



**DUMBBELL SET**

10 kg set made of cast iron:  
2 x 2,5 kg and 2 x 1,25 kg

Colour: chrome, 10 KG  
Item No.: 6750



Item No.: 4741-4756 & 4757

**PU DUMBBELL & RACK**

- Dumbbell made of PU for grip, durability, noise reduction and elasticity
- Fixed weights - no more annoying change over
- Available in many different weights: from 2 x 2.5 kg to 2 x 40 kg
- High-quality dumbbell rack
- Maximum weight: 700 kg
- Dimensions: L147 x W58 x H78 cm



**NEW**

**FINALLY IN PERFECT FORM  
SLIM WAIST AND SEXY SIX PACK**



**ABDOMINAL TRAINER AB ROLLER** Item No.: 6631

**DESCRIPTION**

The AB ROLLER from HAMMER is optimally suited for an effective six-pack workout in the comfort of your own home. The ergonomically designed comfort head cushion ensure comfortable neck support throughout the entire sequence of movement. The foam-covered handholds and the arm rests ensure a comfortable and varied ab muscle workout. With the AB ROLLER from HAMMER, sexy ab muscles are no longer just a thing of dreams.

- Handlebars with comfort foam
- Head-/Neck support, arm rest

Assembly size: L71 x W73 x H71 cm  
Weight: 2.5 kg  
Colour: black/red



**YOGA MAT ALAYA** Item No.: 3924

**DESCRIPTION**

Environment-friendly innovation – the Alaya yoga mat from FINNLO is made of eco-friendly material.

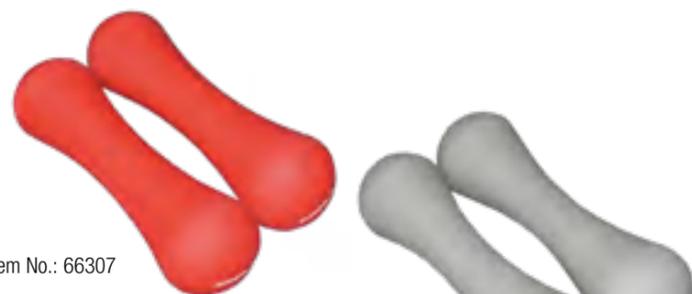
Assembly size: L180 x W61 x H0,6 cm  
Weight: ca. 1.2 kg  
Colour: light blue/stone grey

**PRODUCT DETAILS**

- Skin-friendly
- Odourless
- Hypo-allergenic
- Ideal grip on the floor
- Cleaning: washable
- Eco-friendly material: PVC and Latex free
- Practical carry strap included

**FEATURES / ADDITIONAL EQUIPMENT**

The ALAYA yoga/exercise mat from FINNLO is made of eco-friendly material. It consists of newly-developed TPE (thermoplastic elastomer) foam, a material with all kinds of benefits.



Item No.: 66307



Item No.: 66311



Item No.: 66312



**ANKLE WEIGHTS**

**FITNESS DUMBBELLS**

**DESCRIPTION**

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

- 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

**DESCRIPTION**

Intensive cardio training or body toning. Comfortable neoprene / Lycra surface: 0.5 kg or 0.75 kg.

- Item No.: 66308 0,5 kg
  - Item No.: 66309 0,75 kg
- Colour: anthracite/red



**GRIP PADS**

**DESCRIPTION**

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

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

Colour: black/red



**FITNESS GLOVE**

**DESCRIPTION**

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

- 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

Colour: black/red/dark brown

# HAMMER

100 YEARS IN SPORTS.





**GYMNASTIC BALL**

- Item No.: 66406, 55 cm
- Item No.: 66407, 65 cm
- Item No.: 66408, 75 cm

- Available in 3 sizes
- Premium anti-slip material
- Skin-friendly



**TRAINING TUBES**

- Item No.: 66415, Soft
- Item No.: 66416, Medium
- Item No.: 66417, Strong

- Efficient fitness training for all muscle groups
- Suitable for all body sizes and a complete body workout



**PUSH-UP GRIPS**

Item No.: 66403

- Effective training of the upper body muscles
- Handles are freely rotatable 360° and allow many grip positions



**GYMNASTIC BAND**

- Item No.: 66419, Soft
- Item No.: 66420, Medium
- Item No.: 66421, Strong

- Practical and effective way for flexibility and strength training
- Ideal for Crossfit, Yoga and Pilates



**AB TRAINER**

Item No.: 66404

- Two wheels guarantee maximum stability
- Long, non-slip handles ensure comfort and safety



**DOOR ANKER**

Item No.: 6632

- Simple and flexible attachment tool for sling trainer, expander and fitness straps
- No drilling required, easy to attach to the door



**BALANCE PAD**

Item No.: 66425

- Versatile for numerous fitness exercises
- Extremely easy on the joints
- Effective training for coordination, motor skills and stamina



**FASCIA MASSAGE ROLLE**

Item No.: 66401

- Multifunctional training device for strength, endurance and muscle building training
- Promotes blood circulation in tissues and muscles
- Ideal for warm up or cool down exercises



**FITNESS MAT**

Item No.: 66413

- Optimal for the workout at home
- Washable, skin-friendly, non-slip, hard-wearing, extra joint-friendly



**AB WHEELS**

Item No.: 66405

- Strengthening abdominal, thoracic and shoulder muscles
- Adaptable to your own movement
- Ergonomic foam handles for more comfort

**NEU**



Item No.: 6636, 60x120 cm  
Item No.: 6637, 85x160 cm

**PROTECTIVE FLOOR MAT**

- Suitable as a base for your fitness equipment
- For the protection of parquet or stone floors
- For noise reduction



**HAND TRAINER**

Item No.: 66410

- Hand exerciser for both big and small hands
- Stepless resistance adjustment possible



Errors and mistakes are non-binding/ 09.18 ENGL./FA

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