



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.



Index

Index

RECUMBENT ERGOMETER	06
EXERCISE BIKE	10
ERGOMETER	12
SPEED BIKE	15
CROSS TRAINER-ERGOMETER	16
ELLIPTICAL CROSS TRAINER	24
TRAMPOLINE	28
ROWER	32
TREADMILL	40
WEIGHT BENCH	46
MULTI GYM	51
WEIGHT PLATES	58
DUMBBELL SETS	60
SMALL FITNESS DEVICES	62



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

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.

HAMMER
120 YEARS IN SPORTS.



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.

The 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



NEW

BACK-FRIENDLY AND ENTERTAINING! YOUR NEW WAY OF CARDIOTRAINING



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



RECUMBENT ERGOMETER COMFORT MOTION BT

Item No.: 4858

DESCRIPTION

Strengthen your circulatory system, improve your fitness, build muscle or speed up your metabolism – all that in comfort and in a back-friendly position. That is what training on the HAMMER Comfort Motion BT recumbent bike is all about. The electronic magnetic braking system and a premium grooved belt drive system ensure a wonderfully smooth and quiet radial run-out. The large LCD computer panel is self-explanatory and easy to operate via the push and turn dial.

Assembly size: L160 x W52 x H110 cm
Max. user weight: 130 kg
Weight: 45 kg
Colour: anthracite/silver

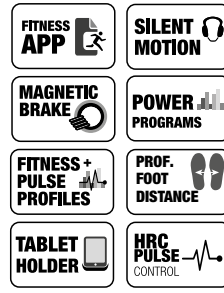
PRODUCT DETAILS

- Recumbent ergometer compliant with class HA and compliant with DIN EN 957-1/5 standard
- Permanent magnetic braking system with Silent Motion Technology (SMT)
- Minimal resistance starting at just 10 W
- Clear, XL LCD display with easy to use „push and turn“ system
- 22 automatic fitness programs, 12 hill programs, 4 heart rate programs
- Fitness test and body fat program
- Your choice: 5.5" LCD screen or smartphone/tablet
- Bluetooth technology and app like Kinomap, iConsole+ or BitGym. Experience “live routes” around the world.
- USB charger port for multimedia entertainment
- Ergonomic comfort seat with extra strong and elastic premium foam
- Breathable backrest
- Ergo handlebar with hand pulse sensors
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)

RECUMBENT ERGOMETER

NEW

COMPACT, ROBUST AND A SPACE SAVING OF 60% HEALTHY TRAINING WITH THE RC5



RECUMBENT BIKE **CLEVERFOLD RC5** Item No.: 4854

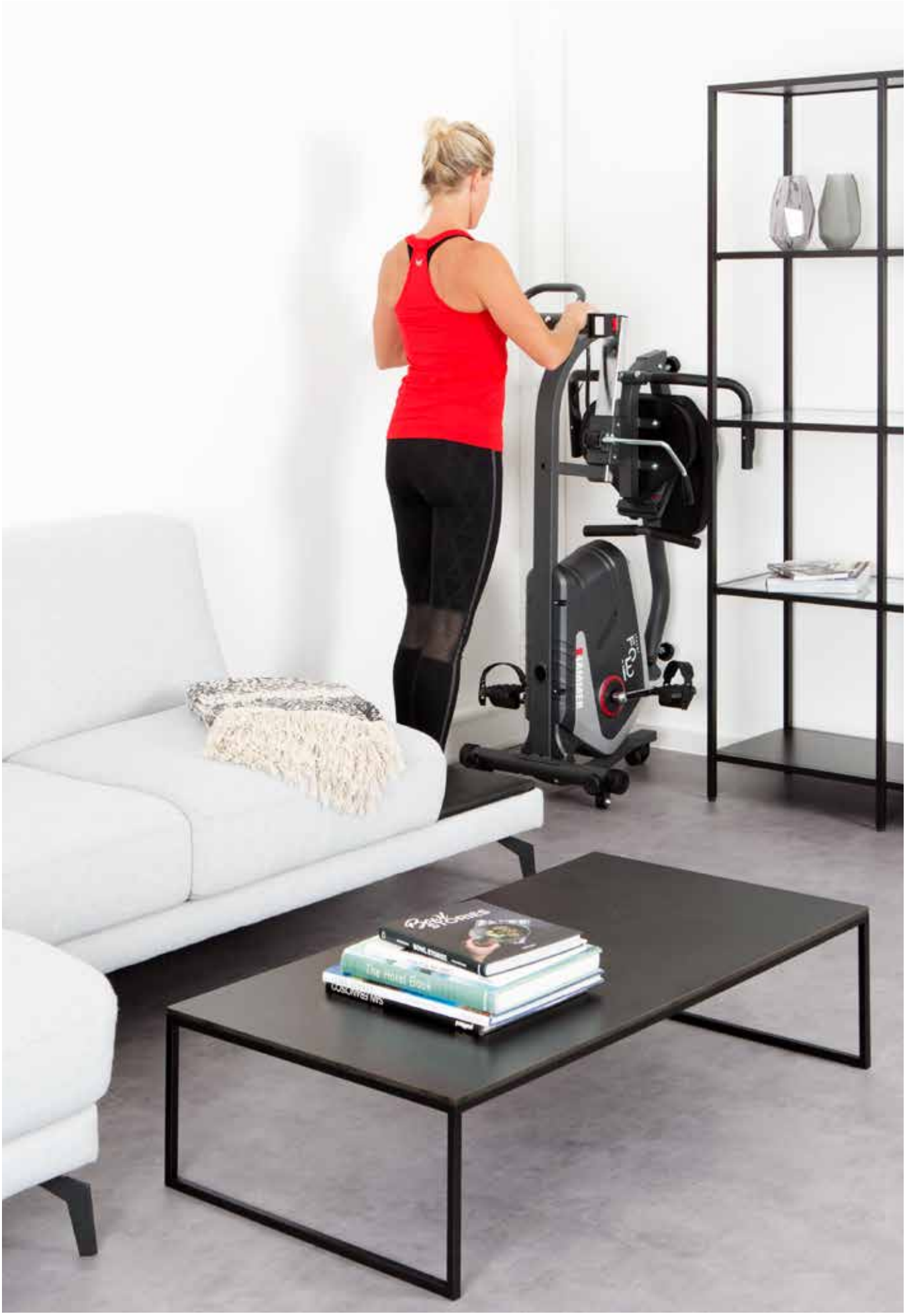
DESCRIPTION

Are you looking for a comfortable recumbent bike with various fitness and cardio programs as well as simple and intuitive computer operation? Do you have limited space at home and want to stow away your fitness machine quickly and without much fuss in a corner or next to the wardrobe? The HAMMER CleverFold RC5 comes with perfect equipment features and folds away to 60% of its footprint – the perfect fitness machine for you!

Assembly size: L133 x W62 x H95 cm
Folding size: L61x W62 x H130 cm
Max. user weight: 110 kg
Weight: 27 kg
Colour: anthracite/aluminum

PRODUCT DETAILS

- Foldable recumbent home trainer
- Permanent magnetic braking system with Silent Motion Technology (SMT)
- 8 kg flywheel mass and high-quality ball bearings
- Minimal resistance starting at just 10 W
- Compact, robust and a space saving of 60%
- 19 automatic fitness programs, 4 heart rate programs
- Fitness test
- Your choice: LCD screen or smartphone/tablet
- BitGym-app compatible. Experience "live routes" around the world.
- Comfort saddle and height-adjustable, back-friendly backrest with lumbar support
- Ergo handlebar with hand pulse sensors
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)





NEW

- FITNESS APP
- TABLET HOLDER
- MAGNETIC BRAKE
- PUSH TURN
- FITNESS+ PULSE PROFILES
- HRC PULSE CONTROL
- SILENT MOTION
- PROF. FOOT DISTANCE



EXERCISE BIKE **CARDIO T3** Item No.: 4860

PRODUCT DETAILS **CARDIO T3**

- Permanent magnetic braking system with Silent Motion Technology (SMT)
- 12 kg flywheel mass and high-quality ball bearings
- Minimal resistance starting at just 10 W
- 22 automatic fitness programs, 4 heart rate programs
- Fitness test, Body Fat and BMI
- Your choice: LCD screen or smartphone/tablet
- APP control for smartphone
- App compatible with BitGym. Experience “live routes” around the world.
- Comfort saddle vertically and horizontally adjustable
- Ergo handlebar with hand pulse sensors
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)

Assembly size: L90 x W46 x H137 cm
Max. body weight: 110 kg
Weight: 23 kg
Colour: black/red



CARDIO T2 Item No.: 4850

PRODUCT DETAILS **CARDIO T2**

- Ergo handlebar with hand pulse
- Permanent magnetic braking 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

Assembly size: L92 x W55 x H116 cm
Max. body weight: 100 kg
Weight: 23 kg
Colour: white/black

NEW

WATT CONTROLLED HEART RATE TRAINING
HEALTH IS YOUR MOTIVATION



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



EXERCISE BIKE **CARDIO XT6 BT** Item No.: 4862

DESCRIPTION

With the HAMMER Cardio XT6 you can improve your condition, reduce your weight and get your cardio-vascular system going. You have the choice between manual or automatic resistance adjustment as well as automatic fitness programs. You can also experience “live routes” with the BitGym app or Kinomap app. A 12 kg flywheel mass system and an electronic magnetic brake system ensure a sensationally smooth running. The resistance is adjustable from 10-350 watt, so even ambitious athletes can improve their performance. Handlebar adaptable to any body size.

Assembly size: L93 x W51 x H150 cm
Max. body weight: 130 kg
Weight: 35 kg
Colour: design black/anthracite

PRODUCT DETAILS

- Permanent magnetic braking system with Silent Motion Technology (SMT)
- Low and easy entrance
- 8 kg flywheel mass and high-quality ball bearings
- Minimal resistance starting at just 10 W
- 22 automatic fitness programs, 4 heart rate programs
- Fitness test, Body Fat and BMI
- Your choice: LCD screen or smartphone/tablet
- App compatible with BitGym. Experience “live routes”.
- Comfort saddle vertically and horizontally adjustable
- Ergo handlebar with hand pulse sensors
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)

EXERCISE BIKE



DIGITAL FITNESS
MODERN DESIGN, APP
AND BLUETOOTH

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



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

DESCRIPTION

Focus on health training, modern design and digital features.

The HAMMER Ergo Motion BT 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+ BitGym app or Kinomap app
- Bluetooth connection: the free app offers an alternative menu system, including innovative route profiles 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)

NEW

EFFORTLESS CARDIOVASCULAR TRAINING
FROM BEGINNER TO PROFESSIONAL LEVEL



ERGOMETER **CARDIO MOTION BT** Item No.: 4855

DESCRIPTION

Are you looking for a high-quality, ultra-sturdy and comfortable ergometer with a low step-through frame for easy mounting and automatic fitness programs? Are you also looking for superbly clear, self-explanatory and uncomplicated computer controls? If so, the Cardio Motion BT is the perfect choice for you!

Assembly size: L110 x W52 x H140 cm
Max. body weight: 130 kg
Weight: 37 kg
Colour: design black

PRODUCT DETAILS

- Ergometer with effortless, deep entry for health-oriented fitness training
- 8 kg flywheel mass for whisper-quiet movement
- High resolution 5.5" LCD display with tablet/smartphone holder
- Bluetooth technology with apps: KinoMap, Iconsole+ and Bitgym
- USB charger for multimedia entertainment
- Self-explanatory, extra-simple computer operation: "push, turn, exercise"
- Optional manual intensity adjustment
- Vario-handlebar with many grip positions: relaxed, pulse-oriented, sporty or rear-end position
- 3 heart rate programs: 55%, 75% and 95% of max. HR
- Watt display: 10-350 watt
- Resistance starting at just 10 watt: perfect for the elderly and after injuries
- 4 user programs for different family members
- 12 mountain valley profiles, 16 computer-controlled resistance levels
- Hand pulse sensors and chest belt receiver for heart rate control
- Handle and transport wheels for easy movement in the room
- Stand with height level adjustment for uneven ground

ERGOMETER



PRODUCT SPECIFICATIONS

EXERCISE BIKE

	NEW		NEW		NEW
	EXERCISE BIKE CARDIO T3	EXERCISE BIKE CARDIO T2	EXERCISE BIKE CARDIO XT6 BT	ERGOMETER ERGO MOTION BT	ERGOMETER CARDIO MOTION BT
	Item No.: 4860	Item No.: 4850	Item No.: 4862	Item No.: 4837	Item No.: 4855
Colour	black/red	white/black	black/red	anthracite/silver/red	black/red
Weight	24 kg	23 kg	35 kg	26 kg	37 kg
Build up size (L x W x H)	90 x 46 x 137 cm	92 x 55 x 116 cm	93 x 51 x 150 cm	105 x 50 x 128 cm	110 x 52 x 140 cm
Performance	-	-	10-350 Watt	10-350 Watt	10-350 Watt
Drive system	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven
Braking system	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet
Resistance adjustment	Manual	Manual	Computer-controlled	Computer-controlled	Computer-controlled
Load spectrum	8 Steps	8 Steps	16 Steps	16 Steps	16 Steps
Load control	RPM dependent	RPM dependent	RPM dependent	RPM independent	RPM independent
Fitness programmes	-	-	12	12	12
Flywheel mass	6 kg	6 kg	8 kg	8 kg	8 kg
Gear transmission ratio	1:8	1:8	1:8	1:8	1:8
Saddle / seat	Gel saddle	Gel saddle	Gel saddle	Gel saddle	Gel saddle
Computer	LCD display	LCD display	LCD display	LCD display	LCD display
Permanent display	1+5	1+5	1+5	1+6	1+6
User	1	1	4	4	4
Training programs	-	-	22	22	22
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 programs	1	-	4	4	4
Integrated transportation rollers	■	■	■	■	■
Power supply	Battery	Battery	230V, 50Hz	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	110 kg	100 kg	130 kg	130 kg	130 kg



NEW

INDOOR CYCLING IS THE NO. 1 CALORIE KILLER

THE SPEED RACER DRIVES YOU TO ABSOLUTE HIGH-SPEED LEVEL



SPEED BIKE SPEED RACER S

Item No.: 4859

DESCRIPTION

The Speed Racer with its 22 kg chromed flywheel drives you to absolute high-speed level. Indoor Cycling is the no. 1 calorie killer among trend sports and a popular sport activity in every gym. Whether weight reduction, condition training or preparation for the next cycling marathon, your new HAMMER Speed Racer S is your absolute high performance fitness tool. The compatible fitness apps iConsole+ / BitGym or Kinomap allow you the most modern training motivation.

Assembly size: L160 x W52 x H110 cm
Max. body weight: 130 kg
Weight: 55 kg
Colour: design black/red

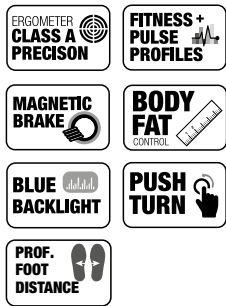
PRODUCT DETAILS

- Friction braking system with
- Silent Motion Technology (SMT)
- Low and easy entrance
- 22 kg flywheel mass and high-quality ball bearings
- Minimal resistance starting from 1 to 8
- Tablet/Smartphone holder
- App compatible with iConsole+ / BitGym or Kinomap. Experience "live routes".
- Comfort saddle vertically and horizontally adjustable
- Ergo handlebar design with multiple grip options
- Integrated heart rate receiver for wireless heart rate transmission (chest belt not included)



SPEED BIKE

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



CROSS TRAINER ERGOMETER **CROSSLIFE XTR** Item No.: 4126

DESCRIPTION

18 kg centrifugal force and a quality ball bearing facilitate harmonious, elliptical-shaped motion. 12 fitness programs with individually programmable profiles guarantee a controlled and athletic cardio workout.

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



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: silver/black/red

PRODUCT DETAILS

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- Training computer with iConsole+/BitGym or Kinomap app, controllable via smartphone or tablet PC
- 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



HEALTH TRAINING AND HIGH-INTENSITY WORKOUTS YOUR PERFECT TRAINING AT HOME



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

CROSS TRAINER ERGOMETER CROSS MOTION BT 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 ultra-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 makes 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+/BitGym or Kinomap 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 hand pulse 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



- MAGNETIC BRAKE
- PROF. FOOT DISTANCE

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
- Hand pulse 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 CONTROL
- BODY FAT CONTROL
- SILENT MOTION
- PROF. FOOT DISTANCE

CROSS TRAINER 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: white/black

PRODUCT DETAILS

- Cross trainer ergometer (HA class according to DIN EN 957-1/9)
- Permanent magnetic braking system with 12 kg flywheel mass
- 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
- Hand pulse sensors
- Height adjustable feet
- Transport rollers



SPORTIVE, RELIABLE AND PRECISE
FULL BODY WORKOUT WITH MANY EXTRAS



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE CONTROL
- BODY FAT CONTROL
- PROF. FOOT DISTANCE

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 mass
- 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
- Hand pulse sensors
- Height adjustable feet
- Transport rollers



PRODUCT SPECIFICATIONS

CROSS TRAINER

	ELLIPTICAL CROSS TRAINER ERGOMETER CROSSLIFE XTR Item No.: 4126	ELLIPTICAL CROSS TRAINER CROSSLIFE BT Item No.: 4127	ELLIPTICAL CROSS TRAINER CROSS MOTION BT Item No.: 4128	ELLIPTICAL CROSS TRAINER ELLYPTECH CT3 Item No.: 4120	ELLIPTICAL CROSS TRAINER ELLYPTECH CT4 Item No.: 4124	ELLIPTICAL CROSS TRAINER CROSSTECH XTR Item No.: 4123
Colour	white/black	silver/anthracite/red	silver/anthracite/red	white/black	white/black	white/black
Weight	42 kg	42 kg	42 kg	30 kg	30 kg	38 kg
Build up size (L x W x H)	130 x 62 x 164 cm	130 x 62 x 164 cm	123 x 53 x 164 cm	114 x 57 x 163 cm	114 x 57 x 163 cm	120 x 53 x 157 cm
Performance	35-260 watt	10-350 watt	10-350 watt	-	35-260 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	Computer-controlled	Manual	Computer-controlled	Computer-controlled
Load spectrum	35 steps	16 steps	16 steps	8 steps	16 steps	16 steps
Load control	RPM independent	RPM independent	RPM independent	RPM dependent	RPM independent	RPM dependent
Fitness programmes	12	12	12	-	12	12
Flywheel mass	18 kg	18 kg	18 kg	12 kg	12 kg	16 kg
Gear transmission ratio	1:8	1:8	1:8	1:8	1:8	1:8
Footplate distance	18 cm	18 cm	21 cm	21 cm	21 cm	20 cm
Stride Length	32 cm	32 cm	37 cm	28 cm	28 cm	28 cm
Computer	LCD display	LCD display	LCD display	LCD display	LCD display	LCD display
Permanent display	8	1+6	1+6	1	5	5
User	4+1	4	4	1	1	1
Training programs	22	22	22	-	17	17
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	230V, 50Hz	Batteries	Batteries	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	130 kg	100 kg	100 kg	130 kg

SPEED CROSS TRAINING AT ITS BEST
INTENSE, CHALLENGING AND FUN



CONNECT WITH
BLUETOOTH

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

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: anthracite/black/silver

PRODUCT DETAILS

- Electronic magnetic braking system with 12 kg flywheel mass system for high dynamics
- Performance in watt: 10-350 watt (speed-independent at 60 RPM); up to 400 watt (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 the 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

ELLIPTICAL
SPEED MOTION BT
Item No.: 4107

Colour	antracite/black/silver
Weight	53,5 kg
Build up size (L x W x H)	163 x 53 x 164 cm
Performance	10-350 watt
Drive system	Belt driven
Braking system	Permanent magnet
Resistance adjustment	Computer-controlled
Load spectrum	16 steps
Load control	RPM independent
Fitness programmes	12
Flywheel mass	12 kg
Gear transmission ratio	1:8
Footplate distance	14 cm
Step Length	43 cm
Computer	LCD display
Permanent display	1+6
User	4
Training programs	22
Pulse	Hand pulse
Integrated pulse receiver for chest belts	■
Lower / Upper pulse limit	Upper pulse limit adjustable
Pulse percentage for upper limit	■
Heart rate controlled programmes	4
Integrated transportation rollers	■
Power supply	230V, 50Hz
Class	Class HA (in accordance with DIN EN 957-1/9)
Max. body weight	130 kg

ELLIPTICAL CROSS TRAINER



ELLIPTICAL CROSS TRAINER

JUMP/STEP

JUMPSTEP

Unique and innovative!

JumpStep is the first trampoline in the world for home and studio use with an integrated step-board. The flexible and joint-friendly step-board makes JumpStep the most versatile trampoline in the world. The step-board can be easily removed to use JumpStep as a regular trampoline.

PROFESSIONAL-QUALITY SUSPENSION



SPACE-SAVING FOLDING MECHANISM



TRAINING WITH/WITHOUT STEP-BOARD



WORLD-NEW!
2 in 1

Step-Board +
Trampoline

- /// STEP-BOARD WITH ANTI-SLID SURFACE FOR SECURE FOOTING (PATENT PENDING)
- /// HANDLEBAR WITH TWO ADJUSTABLE POSITIONS: FOR STEP-BOARD WORKOUTS OR REGULAR TRAMPOLINE TRAINING
- /// 7-STEP HEIGHT ADJUSTMENT TO MATCH THE USER'S BODY HEIGHT
- /// HIGHLY ELASTIC, STUDIO-QUALITY RUBBER BANDS WITH INDIVIDUAL ATTACHMENT POINTS FOR EASY ASSEMBLY
- /// EXTREMELY TEAR-RESISTANT JUMPING MAT WITH A LOAD CAPACITY OF UP TO 110 KG
- /// ANTI-SLIP SUPPORT FEET FOR SAFE TRAINING
- /// LOW SPACE REQUIREMENTS FOR USE AND STACKABLE (55 X 134 X 144 CM)

TECHNICAL DETAILS

Dimensions max.	139 x 133 x 139 cm	Ergonomic grip angle
Low space requirements for use	55 x 134 x 144 cm	7-step height adjustment
Weight	23 kg	Sturdy design
Height difference between step-board and jumping area	20 cm	Anti-slip support feet
Step-board jumping area	31 x 44 cm	Professional quality suspension
Flexible step-board with pre-mounted rubber bands		Stackable
		Training with/without optional step-board



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



FITNESS TRAMPOLINE CROSS JUMP Item No.: 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/blue

FEATURES

- Jumping points for maximum training efficiency
 - Safety cover
 - Stable construction
 - Perfect and noiseless rebound feeling
 - Jumping area diameter: 98 cm
 - Folding mechanism with safety lever
- 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 in addition offers some professional features: Aluminum frame, an onboard computer for easy reading of the training data and a safe pulse measurement during the whole rowing exercise.

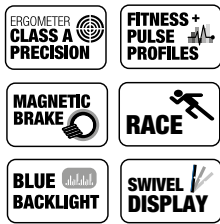
Assembly size: L150 cm x W166 cm x H50 cm
Folded size: L125 cm x W57 cm x H44 cm
Max. user weight: 120 kg
Weight: 21 kg
Colour: silver

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
- Ear pulse
- Upper pulse limit adjustable
- Integrated transport rollers
- Power supply: batteries
- Compact folding and space-saving



ROWING AGAINST THE COMPUTER THE PERFECT MOTIVATION



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 (belt not included)
- Smooth running aluminum 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

ROWER **COBRA XTR PLUS** Item No.: 4533

DESCRIPTION

The HAMMER Cobra series top model with aluminum 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: 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 aluminum 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)



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** 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). Aluminum 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 aluminum 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)





ROWING AGAINST THE COMPUTER

THE PERFECT MOTIVATION



- ERGOMETER CLASS A PRECISION
- FITNESS + PULSE PROFILES
- MAGNETIC BRAKE
- RACE
- BLUE BACKLIGHT
- SWIVEL DISPLAY



POWER ROWER PRO

Item No.: 4530

DESCRIPTION

The Power Rower Pro for the perfect power workout in the smallest space. The construction allows particularly powerful rowing strokes for an ambitious rowing training. 8 manually adjustable resistance levels ensure a workout adapted to the personal performance level. Perfect for beginners as well as fitness athletes! A compact, highly effective rowing machine with a comprehensive equipment, impressive technology, stable construction, a modern design and completely without electricity.

Assembly size: L152,5 x W56 x H69 cm
Folded size: L66 x W55 x H157 cm
Max. user weight: 110 kg
Weight: 19 kg
Colour: black/silver

PRODUCT DETAILS

- Permanent magnet braking system for a consistent, smooth and realistic rowing motion
- Integrated pulse receiver for chest belt (not included)
- Aluminum slide rails and comfortable seat
- New, innovative folding mechanism



HYDROPOWER TECHNOLOGY

TRAINING WITH THE POWER OF WATER



- POWER PROGRAMS
- TABLET HOLDER
- SWIVEL DISPLAY



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
- Tiltable 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

	ROWER COBRA Item No.: 4536	ROWER PRO FORCE Item No.: 4534	ROWER COBRA XTR PLUS Item No.: 4533	ROWER COBRA XTR Item No.: 4539	POWER ROWER PRO Item No.: 4530	ROWER WATER STREAM Item No.: 4537
Colour	black/white	black/silver	silver/black	silver/black	black/silver	black
Weight	21 kg	24 kg	37 kg	37 kg	19 kg	36 kg
Build up size (L x W x H)	150 x 166 x 50 cm	157 x 55 x 78 cm	232 x 55 x 75 cm	235 x 54 x 59 cm	152,5 x 56 x 69 cm	205 x 52 x 98 cm
Foldable	■	■	■	■	■	■
Folding dimension (L x W x H)	125 x 57 x 44 cm	66 x 55 x 157 cm	118 x 55 x 155 cm	115 x 54 x 159 cm	66 x 55 x 157 cm	65 x 52 x 205 cm
Drive system	-	Belt drive	Belt drive	Belt drive	Belt drive	Belt drive
Braking system	Resistance cylinders	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet	Water resistance
Resistance adjustment	12-fold adjustable force resistance	Automatic resistance adjustment	Automatic resistance adjustment	Automatic resistance adjustment	Manual	Water quantity
Load spectrum	12 steps	16 steps	16 steps	16 steps	8 steps	-
Fitness programs	-	14	7	10	-	18
Flywheel mass	-	8 kg	8 kg	8 kg	8 kg	-
Footplate distance	18 cm	16 cm	16 cm	16 cm	16 cm	21 cm
Computer	LCD display	LCD display	LCD display	LCD display	LCD display	LCD display
Permanent display	3	6	8	8	5	7
User	-	4	4	-	-	-
Training programs	-	21	7	10	-	18
Pulse	Ear pulse	Chest belt	Chest belt	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
Pulse percentage for upper limit	-	-	-	■	-	-
Heart rate controlled programs	-	1	1	4	1	-
Integrated transportation rollers	■	■	■	■	■	■
Power supply	Battery	230V, 50Hz	230V, 50Hz	230V, 50Hz	Battery	Battery
Max. body weight	130 kg	110 kg	120 kg	120 kg	110 kg	150 kg



NEW



YOUR BEST MARATHON PREPARATION EXTRA LARGE RUNNING DECK



TREADMILL LR22i TFT

Item No.: 4332

DESCRIPTION

Top model of the Life Runner series with a 150 x 52 cm professional soft running deck and a modern, innovative 10" TFT touch screen with Android software. Running on a high-end level. Your marathon preparation at home.

Assembly size: L199 x W85 x H51 cm
Folded size: L140 x W85 x H155 cm
Running area: 150 x 52 cm
Max. user weight: 130 kg
Weight: 70 kg
Colour: black

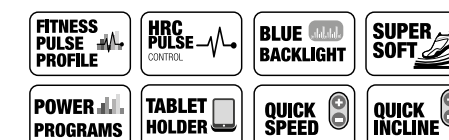
PRODUCT DETAILS

- Speed: 0,8-22 km/h in 0,1 km/h steps
- Incline up to 12% in 1% steps
- Hand pulse and integrated pulse receiver for chest belts
- 1 HRC program
- 12 different programs
- Tablet holder
- Modern, innovative 10" TFT Touch screen with Android software
- Computer: distance, incline, steps, calories, pulse, time, speed
- Web/Internet: internet access
- Music: plays music from USB stick
- Movie: you can play movies from the USB stick.

HAMMER



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



TREADMILL RACE RUNNER 2200i

Item No.: 4336

DESCRIPTION

The 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

PRODUCT DETAILS

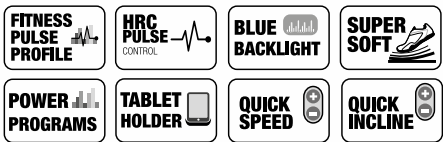
- Program to calculate your personal body mass index
- SUPER-SOFT running surface for joint-friendly training
- Smartphone and tablet PC holder for multimedia entertainment options
- Heart rate measurement via hand pulse sensors and chest belt receiver
- Space-saving folding mechanism: 90% preassembled. 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



TREADMILL



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.

Build up size: 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

PRODUCT DETAILS

- 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

	NEW		
	TREADMILL LR22i TFT <small>Item No.: 4332</small>	TREADMILL RR2200i <small>Item No.: 4336</small>	TREADMILL RR2000M <small>Item No.: 4334</small>
Colour	black	black/anthracite	black/anthracite
Weight	70 kg	79 kg	64 kg
Built up size (L x W x H)	199 x 85 x 51 cm	196 x 72 x 139 cm	172 x 69 x 133 cm
Foldable	■	■	■
Folded dimension (L x W x H)	140 x 85 x 155 cm	112 x 72 x 175 cm	105 x 69 x 161 cm
Performance	2,5 PS	2,5 PS	2,0 PS
Running area	150 x 52 cm	152 x 46 cm	132 x 43 cm
Speed	22 km/h	22 km/h	20 km/h
Incline	15% in 1% steps	0-12% in 1% steps	3x manual
Computer	LCD display	LCD display	LCD display
User	10	3	4
Training programs	12	22	26
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	3	3
Integrated transportation rollers	■	■	■
Power supply	230V, 50Hz	230V, 50Hz	230V, 50Hz
Max. body weight	130 kg	120 kg	110 kg



TREADMILL



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 a 4-fold adjustable backrest position 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 a 4-fold adjustable backrest position 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	PRODUCT DETAILS	EXERCISES
All-round weight bench with 4-fold adjustable backrest, lat-tower and preacher curl	<ul style="list-style-type: none">■ Preacher curl for comfort curl training■ Curl bar for intensive and controlled arm workout■ Latissimus module for pull and rowing exercises	<ul style="list-style-type: none">■ Chest■ Shoulders■ Latissimus■ Biceps/Triceps■ Upper/Lower legs
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	MAX. LOAD: <ul style="list-style-type: none">■ Latissimus module: 80 kg■ Preacher curl: 60 kg■ Bench: 150 kg (body weight + weights)■ Leg curl: 50 kg, butterfly each side: 30 kg■ Spotter catchers: up to 100 kg■ Weights and bars are not included	



Accessory: Item No.: 4612 76 kg weight set



WEIGHT BENCH SOLID XP Item No.: 4513

DESCRIPTION	PRODUCT DETAILS	EXERCISES
Professional free weight system with security stopper and cable pull for unlimited exercises!	<ul style="list-style-type: none">■ Professional bench with adjustable ergonomic backrest for flat and incline/decline bench training■ Multiple adjustable spotter catchers for save 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, 7-way adjustable■ Weights and bars are not included	<ul style="list-style-type: none">■ Butterfly■ Benchpress■ Latissimus pull■ Leg curl■ Squats■ Arm curl■ Rowing■ Triceps pull■ Shoulder press and many more
Bench: L215 x W73 x H100 cm Smith Machine: L143 x W158 x H216 cm Smith Machine+bench: L240 x W158 x H216 cm Weight: 88 kg Colour: anthracite/black		
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 SPECIFICATIONS

WEIGHT BENCHES

	WEIGHT BENCH BERMUDA Item No.: 45042	WEIGHT BENCH BERMUDA XT Item No.: 4507	WEIGHT BENCH BERMUDA XT PRO Item No.: 4508	WEIGHT BENCH SOLID XP Item No.: 4513
Colour	black/silver	black/silver	black/silver	black/anthracite
Weight	51 kg	27 kg	37 kg	88 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
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
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
Seat adjustable	-	-	-	■



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 & Back Trainer:
L210 x W120 x H198 cm
Weight: 147 kg

Ab & 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 & Back Trainer

EXERCISES

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



MULTI GYM FERRUM TX3 Item No.: 9035

DESCRIPTION	PRODUCT DETAILS	EXERCISES
<p>Fast results with professional equipment details</p> <p>The 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.</p> <p>Max. body weight: 130 kg Build up size: L210 x W120 x H198 cm Space requirements: L250 x W280 x H198 cm Weight: 128 kg Colour: silver/black</p>	<ul style="list-style-type: none">60 kg weights for a max. resistance of 80 kg160° rotatable, height-adjustable cable pull module for many pull exercises for your upper body and legsCable pull length: 120 cmWorkout accessories: Power lat bar for many grip positionsRemovable leg press module with extra-large metal footplateFoot strap for professional leg workoutsHeight-adjustable preacher curl for effective arm workouts40 mm comfort seat and backrestAdjustable leg curl	<ul style="list-style-type: none">ButterflyBench pressLatissimus pullLeg curlArm curlRowingTriceps press/pullLateral cable pullLeg pressHamstrings



MULTI GYM FERRUM TX2 Item No.: 9034

DESCRIPTION	PRODUCT DETAILS	EXERCISES
<p>Basic strength-training station Ferrum TX2</p> <p>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.</p> <p>Max. body weight: 130 kg Build up size: L150 x W120 x H198 cm Space requirements: L270 x W280 x H198 cm Weight of device: 116 kg Colour: silver/black</p>	<ul style="list-style-type: none">60 kg weights for a max. resistance of 80 kg160° rotatable, height-adjustable cable pull module for many pull exercises for your upper body and legsCable pull length: 120 cmWorkout accessories: Power lat bar for many grip positionsFoot strap for professional leg workoutsHeight-adjustable preacher curl for effective arm workouts40 mm comfort seat and backrestAdjustable leg curl	<ul style="list-style-type: none">ButterflyBench pressLatissimus pullLeg curlArm curlRowingTriceps press/pullLateral cable pullHamstrings



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: L189 x W111 x H200 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 lordosis 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



FOR BASEMENTS UP TO 2M



ROWING FUNCTION

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

	MULTI GYM FERRUM TX4 Item No.: 9036	MULTI GYM FERRUM TX3 Item No.: 9035	MULTI GYM FERRUM TX2 Item No.: 9034	MULTI GYM CALIFORNIA XP Item No.: 9067	MULTI GYM ULTRA Item No.: 9030
Weight block	60 kg	60 kg	60 kg	60 kg	60 kg
Max. resistance	80 kg	80 kg	80 kg	120 kg	80 kg
Build up size (L x W x H)	210 x 120 x 198 cm	210 x 120 x 198 cm	150 x 120 x 198 cm	189 x 111 x 201 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	147 kg	147 kg	119 kg	111 kg	124 kg
Max. body weight	120 kg	120 kg	120 kg	120 kg	130 kg



Item No.: 4705-4711



Olympic weights

PU

Cast Iron

WEIGHT PLATES WITH GRIP HOLE
IN CHROME AND BLACK

Item No.: 4761

PLATE FOR OLYMPIC WEIGHTS

- Suitable for Olympic plates (50 mm drilled hole)
- High-quality and stable design
- 8 brackets for plates
- Perfect storage for your own fitness room



HAMMER

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

Item No.: 4712-4718



WEIGHT PLATES

„THE ORIGINAL WITH THE GRIP HOLE“

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

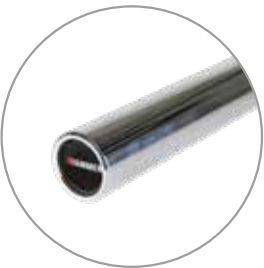
Item No.: 4670 2 x 0.5 kg + 2 x 1.25 kg
Item No.: 4672 2 x 2.5 kg

WEIGHT PLATES

„THE ORIGINAL WITH THE GRIP HOLE“

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

Item No.: 4664 2 x 0.5 kg
Item No.: 4665 2 x 1.25 kg
Item No.: 4650 2 x 0.5 kg + 2 x 1.25 kg
Item No.: 4652 2 x 2.5 kg



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.: 4704

Item No.: 4703

Item No.: 4758

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.: 4656



Item No.: 4607



Item No.: 4657



Item No.: 4658



Star fasteners

Item No.: 4656

DUMBBELL BAR

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

Item No.: 4607

BARBELL

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

Item No.: 4657

BARBELL

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

Item No.: 4658

SZ-BARBELL BICEPS BARBELL

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

DUMBBELL SET

Set with chromed bar and iron weights:

- Colour: black, 15 kg
Item No.: 6721

Colour: black, 20 kg
Item No.: 6723
- Colour: black, 30 kg
Item No.: 6722

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 for 16 dumbbells: 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



from 2 x 2.5 kg to 2 x 40 kg



Item No.: 4741-4756



Item No.: 4691 74 cm
Item No.: 4690 94 cm



Item No.: 4691 & 4690
LATISSIMUS ROD WITH GRIP 74 CM

- Solid chrome-plated material.
- Offers effective grip while working your back.

Item No.: 4696
MULTIGRIP

- Solid chrome-plated material.
- Offers effective grip with multiple hand areas.

Item No.: 4692
TRICEP ROD CURVED

- Solid chrome-plated material.
- Offers multiple grip positions for effective tricep, shoulder and back workouts.

Item No.: 4695
TRICEP HANDLE W-FORM

- Solid chrome-plated material.
- Offers multiple grip positions for varied tricep workouts.

Item No.: 4697
DOUBLE-MUSHROOM HANDLE

- Made from a solid chrome-plated material.
- Suitable for working your triceps.

Item No.: 4698
ROWING HANDLE

- Solid chrome-plated material.
- Offers variety when working your triceps, shoulders and back.

Item No.: 4699
TRICEP CABLE

- Classic tricep handle.
- Heavy-duty professional cable.
- Provides stomach exercise variety.

Item No.: 4693
PARALLEL HANDLE

- Solid chrome-plated material.
- Offers more exercise variations when training your triceps.

Item No.: 4694
TRICEP ROD STRAIGHT

- Solid chrome-plated material.
- Offers variety when working out your tricep, shoulders and back.



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 ensures 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: approx. 1.2 kg
Colour: light blue/stone grey

PRODUCT DETAILS

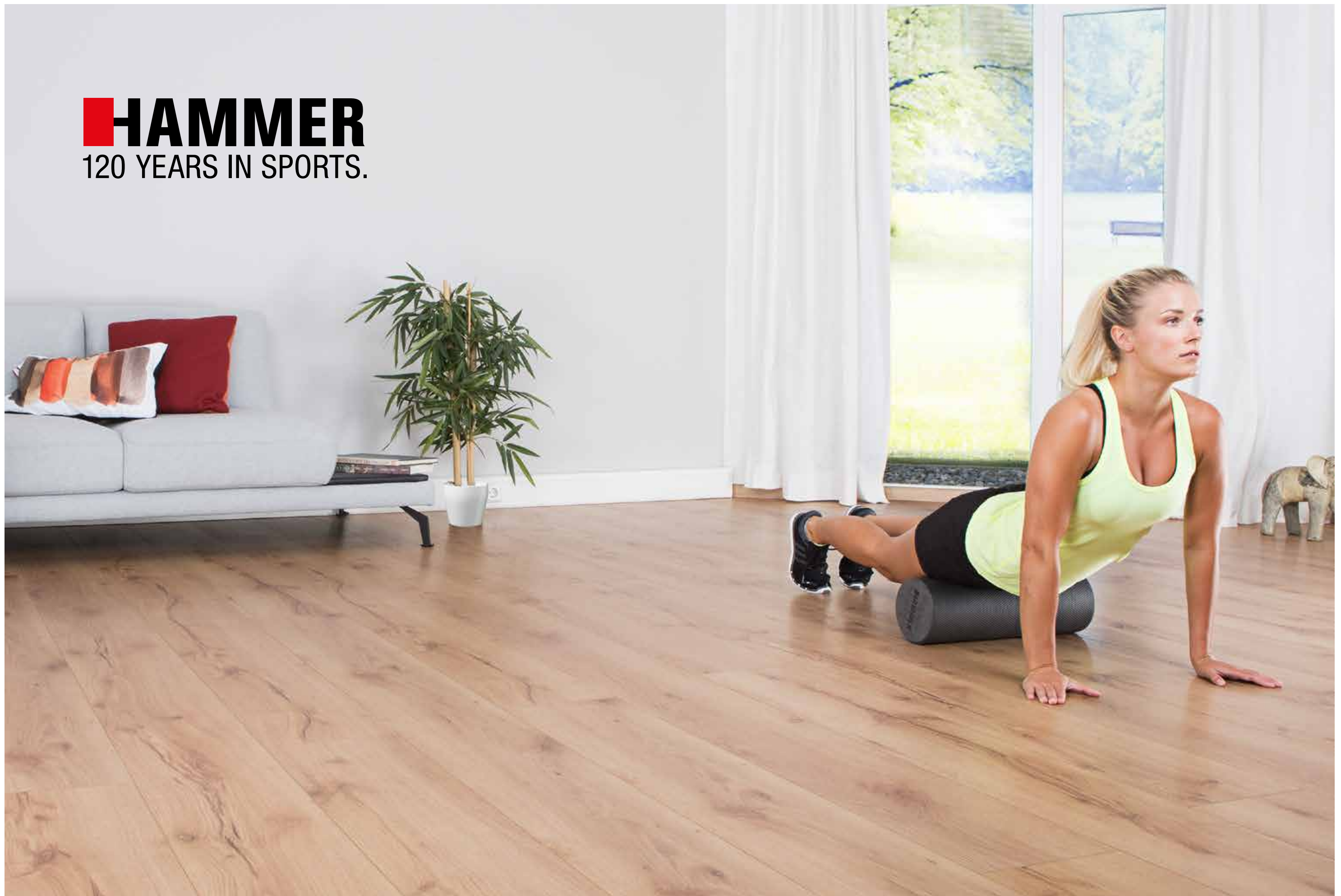
- Skin-friendly
- Odourless
- Hypo-allergenic
- Ideal grip on the floor
- Cleaning: washable
- Eco-friendly material: PVC and Latex free
- Practical carry strap included

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.



HAMMER
120 YEARS IN SPORTS.





FITNESS DUMBBELLS

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

- Item No.: 66307 2 x 1,0 kg
- Item No.: 66311 2 x 2,0 kg
- Item No.: 66312 2 x 3,0 kg



ANKLE WEIGHTS

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



GRIP PADS

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



FITNESS GLOVE

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



GYMNASTIC BALL

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

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



GYMNASTIC BAND

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

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



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



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



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



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

HAMMER SPORT AG

Von-Liebig-Str. 21
89231 Neu-Ulm
Germany

Fon (+ 49) 0731 / 974 88-555
Fax (+ 49) 0731 / 974 88-40

www.hammer-sport.de
export@hammer.de