

HAMMER STRENGTH



HAMMER STRENGTH LINEAR LEG PRESS



HAMMER STRENGTH®

PLATE-LOADED EQUIPMENT

BUILDING CHAMPIONS

Hammer Strength is the #1 brand of plate-loaded equipment in the world and offers some of the industry's most advanced strength-training technologies. With the revolutionary vision and guidance of founder Gary Jones, Hammer Strength became the first to explore the ergonomic advantages of utilizing converging and diverging arcs of motion. With over 40 plate-loaded products — including the revolutionary Ground Base® machines — Hammer Strength gives you the power to build champions at any level.

NOTHING ELSE IS QUITE LIKE HAMMER STRENGTH EQUIPMENT

- » Highly sophisticated Computer Aided Design (CAD) software and years of collaboration with athletes and coaches ensure that every plate-loaded machine simulates the most natural, ergonomically-correct paths of motion... on and off the field.
- » Iso-Lateral® technology delivers the smoothest converging and diverging arcs of motion in the industry and allows users to move both limbs at the same time, independently, alternating, or with different weights for each.
- » Ground Base® technology offers the most advanced feet-on-the-ground positioning whether it's during traditional or explosive sport-specific training. Ground Base machines simulate real-life movement to build better balance and total-body stabilization.
- » Hammer Strength machines offer several standard and optional features depending on the piece. Standard weight horns allow weights to be stored on the machines for improved space efficiency. Standard rubber feet protect the base of the frame and prevent slipping.

STRENGTH IQ

EQUIPMENT CLASSIFICATION KEY:



FUNDAMENTAL
DEVELOPMENTAL: Plate Loaded
SPECIALIZED: Ground Base®



ISO-LATERAL
BENCH PRESS ILBP

- Starting resistance – 7 lbs (3.2 kg)
 - Standard weight horns – 6 (not shown)
 - 49" L x 52" W x 69" H – 350 lbs (125 cm L x 132 cm W x 175 cm H – 159 kg)
- Handle options: Horizontal (shown), Vertical (ILBP-V)



ISO-LATERAL
HORIZONTAL PRESS ILHBP

- Starting resistance – 18 lbs (8.2 kg)
- Standard weight horns – 4
- 66" L x 61" W x 42" H – 240 lbs (168 cm L x 155 cm W x 107 cm H – 109 kg)



ISO-LATERAL
WIDE CHEST ILWC

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 6
- 45" L x 69" W x 69" H – 305 lbs (114 cm L x 175 cm W x 175 cm H – 138 kg)



ISO-LATERAL
DECLINE PRESS ILDCP

- Starting resistance – 6 lbs (2.7 kg)
- Standard weight horns – 6
- 51" L x 54" W x 68" H – 315 lbs (130 cm L x 137 cm W x 173 cm H – 143 kg)



ISO-LATERAL
INCLINE PRESS ILIP-H

- Starting resistance – 8 lbs (3.6 kg)
 - Standard weight horns – 6
 - 39" L x 52" W x 75" H – 325 lbs (99 cm L x 132 cm W x 191 cm H – 147 kg)
- Handle options: Horizontal (shown), Vertical (ILIP-V)



ISO-LATERAL
SUPER INCLINE PRESS ILFMP

- Starting resistance – 11 lbs (5 kg)
- Standard weight horns – 6
- 50" L x 59" W x 60" H – 360 lbs (127 cm L x 150 cm W x 152 cm H – 163 kg)



ISO-LATERAL
SHOULDER PRESS ILSP

- Starting resistance – 10 lbs (4.5 kg)
- Standard weight horns – 6
- 51" L x 58" W x 74" H – 350 lbs (130 cm L x 147 cm W x 188 cm H – 159 kg)



ISO-LATERAL
CHEST/BACK ILCB

- Starting resistance – 7 lbs (3.2 kg)
- Standard weight horns – 6
- 72" L x 52" W x 82" H – 390 lbs (183 cm L x 132 cm W x 208 cm H – 177 kg)



ISO-LATERAL
FRONT LAT PULLDOWN ILPD

- Starting resistance – 1 lb (0.5 kg)
- Standard weight horns – 6
- 65" L x 41" W x 80" H – 315 lbs
(165 cm L x 104 cm W x 203 cm H – 143 kg)



ISO-LATERAL
WIDE PULLDOWN ILWPD

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 6
- 71" L x 42" W x 80" H – 320 lbs
(180 cm L x 107 cm W x 203 cm H – 145 kg)



ISO-LATERAL
D.Y. ROW ILDRW

- Starting resistance – 3 lbs (1.4 kg)
- Standard weight horns – 6
- 51" L x 56" W x 82" H – 360 lbs
(130 cm L x 142 cm W x 208 cm H – 163 kg)



ISO-LATERAL
LOW ROW ILLR

- Starting resistance – 8 lbs (3.6 kg)
- Standard weight horns – 6
- 48" L x 47" W x 67" H – 335 lbs
(122 cm L x 119 cm W x 170 cm H – 152 kg)



ISO-LATERAL
HIGH ROW ILHR

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 4
- 61" L x 41" W x 79" H – 330 lbs
(155 cm L x 104 cm W x 201 cm H – 150 kg)



ISO-LATERAL
ROWING ILROW

- Starting resistance – 12 lbs (5.4 kg)
- 59" L x 50" W x 51" H – 280 lbs
(150 cm L x 127 cm W x 130 cm H – 127 kg)



SEATED/STANDING SHRUG PLSH

- Starting resistance – 25 lbs (11 kg)
- Standard weight horns – 2
- 38" L x 53" W x 47" H – 235 lbs
(97 cm L x 135 cm W x 119 cm H – 107 kg)



SEATED DIP PLDIP

- Starting resistance – 4 lbs (1.8 kg)
- Standard weight horns – 4
- 67" L x 38" W x 42" H – 285 lbs
(170 cm L x 97 cm W x 107 cm H – 129 kg)



ISO-LATERAL

LATERAL RAISE PLLR

- Starting resistance – 1 lb (0.5 kg)
- Standard weight horns – 4
- 41" L x 55" W x 48" H – 295 lbs
(104 cm L x 140 cm W x 122 cm H – 134 kg)



SEATED BICEPS PLBI

- Starting resistance – 4 lbs (1.8 kg)
- 50" L x 46" W x 53" H – 225 lbs
(127 cm L x 117 cm W x 135 cm H – 102 kg)



GRIPPER PLGRIP

- Starting resistance – 14 lbs (6.3 kg)
- 43" L x 23" W x 47" H – 65 lbs
(109 cm L x 58 cm W x 119 cm H – 29.5 kg)



LINEAR LEG PRESS HSLLP

- Starting resistance – 118 lbs (53 kg)
- Standard weight horns – 8
- 95" L x 65" W x 57" H – 630 lbs
(241 cm L x 165 cm W x 145 cm H – 285 kg)



PULLOVER PLPO

- Starting resistance – 18 lbs (8.2 kg)
- Standard weight horns – 4
- 54" L x 51" W x 59" H – 370 lbs
(137 cm L x 130 cm W x 150 cm H – 168 kg)



4-WAY NECK PL4W

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 4
- 33" L x 54" W x 62" H – 245 lbs
(84 cm L x 137 cm W x 158 cm H – 111 kg)



LEG PRESS PLLP

- Starting resistance – 21 lbs (9.5 kg)
- Standard weight horns – 6
- Optional rhino horns
- 69" L x 51" W x 57" H – 535 lbs
(175 cm L x 130 cm W x 145 cm H – 243 kg)



ISO-LATERAL

LEG PRESS ILLP

- Starting resistance – 18 lbs (8.2 kg)
- Standard weight horns – 4 (not shown)
- 70" L x 59.5" W x 60" H – 605 lbs
(178 cm L x 151 cm W x 152 cm H – 275 kg)



V-SQUAT PLVSQ

- Starting resistance – 54 lbs (24.5 kg)
- Standard weight horns – 2
- 91" L x 42" W x 81" H – 530 lbs
(231 cm L x 107 cm W x 204 cm H – 240 kg)



LINEAR HACK PRESS PLLHP

- Starting resistance – 60 lbs (27.3 kg)
- Standard weight horns – 2
- 80" L x 62" W x 49" H – 410 lbs
(203 cm L x 157 cm W x 124 cm H – 186 kg)



ABDUCTOR PLABD

- Starting resistance – 3 lbs (1.4 kg)
- Standard weight horns – 2
- 52" L x 57" W x 47" H – 330 lbs
(132 cm L x 145 cm W x 119 cm H – 150 kg)



ADDUCTOR PLADD

- Starting resistance – 3 lbs (1.4 kg)
- Standard weight horns – 2
- 52" L x 57" W x 47" H – 330 lbs
(132 cm L x 145 cm W x 119 cm H – 150 kg)



SEATED CALF RAISE PLCALF

- Starting resistance – 60 lbs (27.2 kg)
- 50" L x 30" W x 55" H – 200 lbs
(127 cm L x 76 cm W x 140 cm H – 91 kg)



ISO-LATERAL SUPER HORIZONTAL CALF PLSHC

- Starting resistance – 20 lbs (9.1 kg)
- Standard weight horns – 2
- 63" L x 54" W x 53" H – 380 lbs
(160 cm L x 137 cm W x 135 cm H – 172 kg)



LEG EXTENSION PLLE

- Starting resistance – 7 lbs (3.5 kg)
- Standard weight horns – 2
- 56" L x 54" W x 57" H – 295 lbs
(142 cm L x 137 cm W x 145 cm H – 134 kg)



ISO-LATERAL LEG EXTENSION ILLE

- Starting resistance – 4 lbs (1.8 kg)
- Standard range limiter
- Double strength curve
- 54" L x 57" W x 57" H – 300 lbs
(137 cm L x 145 cm W x 145 cm H – 136 kg)



SEATED LEG CURL PLSLC

- Starting resistance – 3 lbs (1.4 kg)
- Standard weight horns – 4
- Standard range limiter
- 53" L x 54" W x 49" H – 330 lbs (135 cm L x 137 cm W x 125 cm H – 150 kg)



ISO-LATERAL
KNEELING LEG CURL ILKLC

- Starting resistance – 8 lbs (3.6 kg)
- Standard weight horns – 2
- 43" L x 50" W x 47" H – 250 lbs (109 cm L x 127 cm W x 119 cm H – 114 kg)



ISO-LATERAL
LEG CURL ILLC

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 4
- Standard range limiter
- 71" L x 53" W x 39" H – 285 lbs (180 cm L x 135 cm W x 99 cm H – 129 kg)



TIBIA DORSI FLEXION PLTIB

- Starting resistance – 3 lbs (1.4 kg)
- 15" L x 24" W x 12" H – 52 lbs (38 cm L x 61 cm W x 31 cm H – 24 kg)



GROUND BASE
JAMMER GBJ

- Starting resistance – 8 lbs (3.6 kg)
- Standard weight horns – 6
- 69" L x 66" W x 90" H – 370 lbs (175 cm L x 168 cm W x 229 cm H – 168 kg)



GROUND BASE
COMBO TWIST GBCT

- Starting resistance – 8 lbs (3.6 kg)
- Standard weight horns – 2
- 58" L x 58" W x 55" H – 275 lbs (147 cm L x 147 cm W x 140 cm H – 125 kg)

HAMMER STRENGTH®

GROUND BASE MACHINES

UNMATCHED PERFORMANCE TRAINING

Hammer Strength Ground Base machines are the most advanced performance training equipment on the market. Our challenging multi-plane exercises build strength, balance, and coordination that directly transfer to real-world actions and moves on the playing field. By training with feet on the ground users can perform explosive movements to maximize their power and endurance by engaging core and multiple muscle groups. Whether you're training for a powerful, ground-based sport or looking for cutting-edge functional training, Ground Base machines are an essential part of your program.



GROUND BASE

TWIST RIGHT

GBT-R

- Starting resistance – 12 lbs (5.4 kg)
- Standard weight horns – 2
- 55" L x 50" W x 55" H – 200 lbs
(140 cm L x 127 cm W x 140 cm H – 91 kg)



GROUND BASE

TWIST LEFT

GBT-L

- Starting resistance – 12 lbs (5.4 kg)
- Standard weight horns – 2
- 55" L x 50" W x 55" H – 200 lbs
(140 cm L x 127 cm W x 140 cm H – 91 kg)



GROUND BASE

COMBO DECLINE

GBCD

- Starting resistance – 2 lbs (0.9 kg)
- Standard weight horns – 6
- 65" L x 51" W x 96" H – 360 lbs
(165 cm L x 130 cm W x 244 cm H – 163 kg)



GROUND BASE

SQUAT LUNGE

GBSL

- Starting resistance – 45 lbs (20 kg)
- Standard weight horns – 2 (not shown)
- 54" L x 54" W x 32" H – 240 lbs
(137 cm L x 137 cm W x 81 cm H – 109 kg)



GROUND BASE

COMBO INCLINE

GBCI

- Starting resistance – 1 lb (0.5 kg)
- 71" L x 65" W x 72" H – 305 lbs
(180 cm L x 165 cm W x 183 cm H – 138 kg)



GROUND BASE

SQUAT HIGH PULL

GBSHP

- Starting resistance – 12 lbs (5.4 kg)
- Standard weight horns – 4
- 62" L x 57" W x 34" H – 220 lbs
(157 cm L x 145 cm W x 86 cm H – 100 kg)

Frame Colors



Upholstery Colors



Frame Color Chart

KEY:
 ● Standard ○ Premium + Custom — Unavailable

COLOR	PLATE LOADED	BENCHES & RACKS	MTS	OLYMPIC HEAVY-DUTY
Platinum	●	●	●	●
White	●	●	●	●
Black	●	●	●	●
Ice Blue Metallic	●	●	○	—
Midnight Metallic	●	●	○	—
Nickel	●	●	○	—
Blue	●	●	+	—
Red	●	●	+	—
Yellow	●	●	+	—
Custom	+	+	+	—

Upholstery Color Chart

KEY:
 ● Standard ○ Premium + Custom — Unavailable

COLOR	PLATE LOADED	BENCHES & RACKS	MTS	OLYMPIC HEAVY-DUTY
American Beauty Red	●	●	●	○
Azure	●	●	●	○
Black	●	●	●	●
Cranberry	●	●	●	○
Graphite	●	●	●	○
Hunter Green	●	●	●	○
Regimental Blue	●	●	●	○
Royal Blue	●	●	●	○
Slate	●	●	●	○
Wheat	●	●	●	○
Burgundy	○	○	○	○
Candy Apple Red	○	○	○	○
Chestnut	○	○	○	○
Concord	○	○	○	○
Crocus	○	○	○	○
Dove Gray	○	○	○	○
Emerald	○	○	○	○
Grotto	○	○	○	○
Gun Metal	○	○	○	○
Imperial Blue	○	○	○	○
Jade	○	○	○	○
Navy	○	○	○	○
Northwoods Green	○	○	○	○
Paprika	○	○	○	○
Plum	○	○	○	○
Putty	○	○	○	○
Space Blue	○	○	○	○
Suede	○	○	○	○
Terra Cotta	○	○	○	○
Turquoise	○	○	○	○
Custom	+	+	+	+

Premium and custom frame and upholstery colors are available for an additional charge.

Actual frame and upholstery colors may differ from printed color samples shown.