

HAMMER STRENGTH

Equipment Dimensions

Machine	Width "	Depth "	Height "	Weight lbs
Four Way Neck	54	33	66	230
Abdominal Workstation	30	89	62	245
Bodyweight Exercise Platform	55	100	96	390
Seated Calf Raise	27	48	39	185
Seated Bicep	45	48	53	227
Seated Tricep	47	42	56	237
Chin/Dip/Hip Flexor Station	53	55	96	230
Deluxe Weight Tree	40	17	36	61
Gripper	21	42	33	62
Free Weight Bench Press	48	51	47	105
Incline Utility Bench	27	43	43	100
Free Weight Incline Press	49	49	62	130
Flat Utility Bench	51	16	18	57
Sit-Up Board	23	68	46	135
Iso-Lateral Behind Neck Press	63	47	72	295
Iso-Lateral Behind Neck Pulldown	60	63	77	325
Iso-Lateral Bench Press	64	43	67	310
Iso-Lateral Chest/Back	56	56	82	335
Iso-Lateral Decline Press	55	47	66	306
Iso-Lateral Hi Row	40	60	73	330
Iso-Lateral Incline Press	61	38	72	295
Iso-Lateral Wide Chest	62	44	69	306
Iso-Lateral Leg Curl	62	72	39	215
Iso-Lateral Leg Extension	62	52	48	280
Iso-Lateral Leg Press	60	64	72	530
Iso-Lateral Low Row	48	48	65	285
Iso-Lateral Pullover	49	39	70	380
Iso-Lateral Rotator Cuff	75	63	40	325
Iso-Lateral Rear Deltoid	50	68	42	287
Iso-Lateral Row	41	53	46	200
Iso-Lateral Ground Base Jammer	69	52	82	350
Horizontal Pec Dec	47	69	42	275
Behind Neck Press	66	50	72	270
Bench Press/Seated Dip	67	99	51	267
Hip & Back	62	49	43	200
Leg Extension	58	58	53	285
Leg Press	72	64	72	495
Lateral Raise	55	41	48	300
Seated Leg Curl	52	52	48	265
Tibia	24	15	12	52
Wrist Curl	24	16	12	47
Weight Tree	22	17	31	31
Seated Shrug	53	38	45	235