



***Hammer Strength  
Olympic Heavy-Duty Combo Rack  
(with optional Adjustable Bench)***



# HAMMER STRENGTH®

## OLYMPIC HEAVY-DUTY RACKS

### *Propel your performance*

Building on the legendary Hammer Strength tradition of equipment that makes a statement, the Olympic Heavy-Duty Rack products deliver what it takes to build champions – premium durability, outstanding functionality and ease of use. The comprehensive selection of racks, platforms and accessories is designed for the serious athlete who wants to take strength training to the next level. This series is the answer for athletic facilities looking for high-performance equipment at an exceptional value.

### *Add more power to your strength-training lineup*

- Dock'n Lock™ bench locking system quickly and easily locks the movable, adjustable bench in place to ensure it is properly aligned within the rack. Fore/aft linear bearing adjustment allows user to adjust lifting position relative to the bar.
- 3"x3", 9-gauge, sturdy steel tubing is pre-treated against rust for long-lasting durability.
- Adjustable bar supports with dual 1" (2.54 cm) stainless-steel pins provide rust-free security and replaceable wear strips protect the bar from metal-to-metal contact preserving the frame's finish.
- 1" (2.54 cm) diameter stainless-steel shaft runs through the entire length of the adjustable bar catches to reinforce strength. Thick ABS protective covering prevents damage to the knurling of the bar and bar catch.
- Adjustment racks are externally mounted to the frame, which maintains the machine's overall strength and integrity. These racks provide 16 adjustments for both the bar supports and catches in 3.5" (9 cm) increments. Each adjustment is numerically labeled for quick position identification.
- Spotter stands allow the person spotting to stand in the optimal position relative to the user. These stands easily flip up and out of the way when not in use.
- Durable wood platform and inserts are available for use with all Hammer Strength Olympic Heavy-Duty Racks.

#### STRENGTH IQ

##### EQUIPMENT CLASSIFICATION KEY:



FUNDAMENTAL



DEVELOPMENTAL



>> SPECIALIZED

SPECIALIZED: Advanced training equipment for more experienced users.



### □ *Combo Rack*

OHDGB

- Standard weight horns – 10
- 128" L x 65.5" W x 97.5" H – 990 lbs  
(325 cm L x 166 cm W x 248 cm H – 449 kg)
- Shown with optional Adjustable Bench



### □ *8' Power Rack*

OHDPR8

- Standard weight horns – 10
- 73" L x 65.5" W x 97.5" H – 805 lbs  
(185 cm L x 166 cm W x 248 cm H – 366 kg)



### □ *Half Rack*

OHDHB

- Standard weight horns – 10
- 55" L x 65.5" W x 96" H – 622 lbs  
(140 cm L x 166 cm W x 244 cm H – 282 kg)



### □ *Adjustable Bench*

OHDADJ

- 39" L (in) x 24" W x 19" H (flat) – 130 lbs  
(99 cm L (in) x 61 cm W x 48 cm H (flat) – 59 kg)
- 55" L (out) x 24" W x 45" H (upright) – 130 lbs  
(140 cm L (out) x 61 cm W x 114 cm H (upright) – 59 kg)



### □ **9' Power Rack**

OHDP89

- Standard weight horns – 10
- 73" L x 65.5" W x 109.5" H – 868 lbs  
(185 cm L x 166 cm W x 278 cm H – 394 kg)



### □ **Multi Rack**

OHDMB

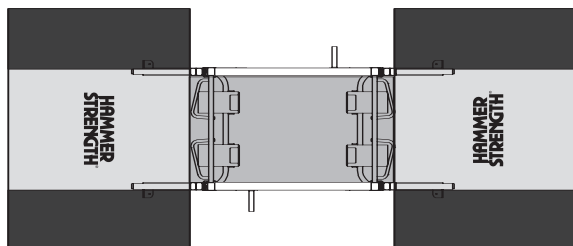
- Standard weight horns – 10
- 73" L x 65.5" W x 96" H – 765 lbs  
(185 cm L x 166 cm W x 244 cm H – 347 kg)



### □ **6' x 8' Platform**

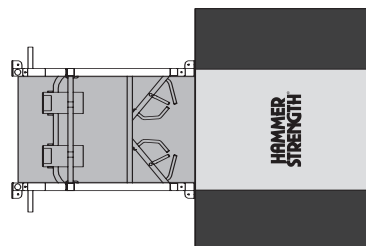
OHDP

- 72" L x 91.5" W x 3.25" H – 574 lbs  
(183 cm L x 232 cm W x 8.25cm H – 260 kg)
- For use as a stand-alone platform or with a wood insert and any Hammer Strength rack



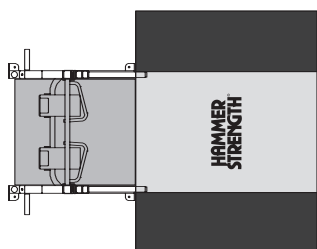
### □ *Long Insert with Platform* OHDLIP

- For use with Combo Rack
- Includes Long Insert and (2) 6' x 8' Platforms
- Long Insert with Platform Dimensions:  
225" L x 91.5" W x 3.25" H – 1438 lbs  
(572 cm L x 232 cm W x 8.25 cm H – 652 kg)



### □ *Medium Insert with Platform* OHDMIP

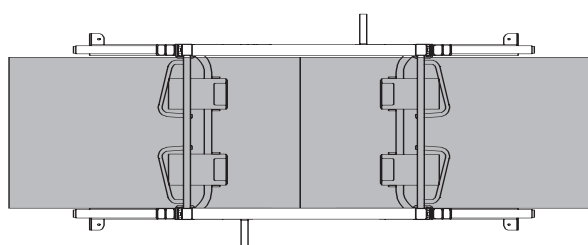
- For use with 8' and 9' Power Racks and Multi Rack
- Includes Medium Insert and 6' x 8' Platform
- Medium Insert with Platform Dimensions:  
142.5" L x 91.5" W x 3.25" H – 836 lbs  
(362 cm L x 232 cm W x 8.25 cm H – 379 kg)



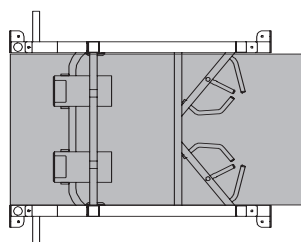
### □ *Short Insert with Platform* OHDSIP

- For use with Half Rack
- Includes Short Insert and 6' x 8' Platform
- Short Insert with Platform Dimensions:  
120" L x 91.5" W x 3.25" H – 758 lbs  
(305 cm L x 232 cm W x 8.25 cm H – 344 kg)

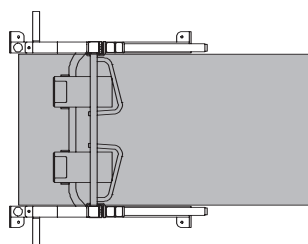




OHD Combo Rack



OHD Power Rack



OHD Half Rack

### Wood Floor Insert OHD1

- 82.75" L x 42" W x 3.25" H – 290 lbs (210 cm L x 107 cm W x 8.25 cm H – 132 kg)
- For use with Combo Rack, 8' and 9' Power Racks, Multi Rack and Half Rack without platform
- Two inserts required for Combo Rack

## Optional Accessories



### TECHNIQUE TRAYS OHD TT REVERSE TECHNIQUE TRAYS OHD RTT

- 42.5" L x 13.5" W x 19.5" H – 55 lbs (108 cm L x 34 cm W x 150 cm H – 25 kg)
- Technique trays for use with the Combo Rack and Half Rack
- Reverse technique trays for use with 8' and 9' Power Racks



### REVERSE BAR SUPPORTS OHD RBS

- 14" L x 4" W x 10" H – 19 lbs (36 cm L x 10 cm W x 25 cm H – 9 kg)
- For use with 8' and 9' Power Racks and Multi Rack



### RESISTANCE BAND PEGS OHD RBP

- 2" L x 3.5" W x 13" H – 8 lbs (30 cm L x 9 cm W x 8 cm H – 4 kg)
- For use with 8' and 9' Power Racks and Multi Rack

### INSERT RAMP RAMP

- 5.8" L x 30" W x 3.25" H – 15 lbs (14.73 cm L x 76 cm W x 8.25 cm H – 7 kg)

## Product Specs

### STANDARD FRAME COLORS\*



### STANDARD UPHOLSTERY COLOR\*



\*Frame and upholstery colors shown above are standard. Additional frame colors are not available. American Beauty Red, Azure, Cranberry, Hunter Green, Northwoods Green, Regimental Blue, Royal Blue, Slate, and Suede upholstery available for an additional charge.

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

Specifications subject to change.

### FRAME

- 9-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

### WARRANTY

10-year limited warranty on structural frame (coatings excluded) and 90 days on upholstery and any items not specified. Platforms and inserts: 1-year warranty on structural foundation and frame (excluding surface finish) and 90 days on rubber mats, hardware and items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.