

HAMMER STRENGTH



HAMMER STRENGTH OLYMPIC HEAVY-DUTY 8' POWER RACK WITH OPTIONAL PLATFORM AND INSERT
(ALSO AVAILABLE 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"x 3", 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. The 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. Stands easily flip up and out of the way when not in use.
- » Durable maple platform and inserts are available for use with all Hammer Strength Olympic Heavy-Duty Racks. Custom logos on platforms are available for an additional charge.

STRENGTH IQ

EQUIPMENT CLASSIFICATION KEY:



FUNDAMENTAL

DEVELOPMENTAL

>> SPECIALIZED

SPECIALIZED: Advanced training equipment for more experienced users.



OLYMPIC HEAVY-DUTY
COMBO RACK OHDCR

- 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
- Several platform and insert options available. Contact Life Fitness for details.



OLYMPIC HEAVY-DUTY
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)
- Dimensions with optional platform and insert: 145" L x 91.5" W x 97.5" H (368 cm L x 232 cm W x 248 cm H)



OLYMPIC HEAVY-DUTY
9' POWER RACK OHDPR9

- 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)
- Dimensions with optional platform and insert: 145" L x 91.5" W x 109.5" H (368 cm L x 232 cm W x 278 cm H)



OLYMPIC HEAVY-DUTY
MULTI RACK OHDMR

- 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)
- Dimensions with optional platform and insert: 145" L x 91.5" W x 97.5" H (368 cm L x 232 cm W x 248 cm H)



OLYMPIC HEAVY-DUTY
HALF RACK OHDHR

- 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)
- Dimensions with optional platform and insert: 123" L x 91.5" W x 97.5" H (312 cm L x 232 cm W x 248 cm H)



OLYMPIC HEAVY-DUTY
ADJUSTABLE BENCH OHDADJ

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

PLATFORM AND INSERTS



Hammer Strength offers a platform and inserts to fit with any of our Olympic Heavy-Duty Racks. See sales representative for more information.

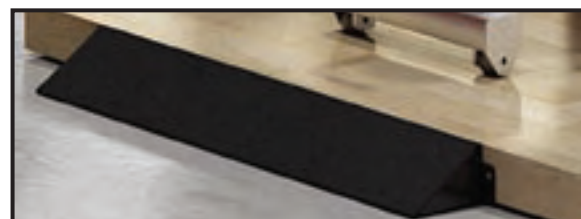
(Platform and insert shown with 8' Power Rack. Hammer Strength logo on wood platform not included.)



OLYMPIC HEAVY-DUTY

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)
- Painted custom logos available for additional charge (Hammer Strength logo on wood platform not included.)



OLYMPIC HEAVY-DUTY

PLATFORM & 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)

OPTIONAL ACCESSORIES AND STORAGE



OLYMPIC HEAVY-DUTY

ACCESSORY STORAGE RACK OHDAC

- 38" L x 40" W x 78.75" H – 226 lbs (97 cm L x 101.6 cm W x 200 cm H – 103 kg)
- Shown with OHDTT, OHDRBS, and OHDDIP



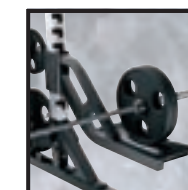
DIP HANDLES OHDDIP
REVERSE DIP HANDLES OHDRDP

- 31" L x 28" W x 10" H – 28 lbs (79 cm L x 71 cm W x 25 cm H – 13 kg)
- Dip Handles for use with the Combo Rack and Half Rack
- Reverse Dip Handles for use with 8' and 9' Power Racks and Multi Rack



RESISTANCE BAND PEGS OHDRBP

- 2" L x 3.5" W x 13" H – 8 lbs (5 cm L x 9 cm W x 33 cm H – 4 kg)
- For use with 8' and 9' Power Racks and Multi Rack



TECHNIQUE TRAYS OHDTT
REVERSE TECHNIQUE TRAYS OHDRTT

- 42.5" L x 13.5" W x 19.5" H – 55 lbs (108 cm L x 34 cm W x 50 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 OHDRBS

- 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



LARGE BUMPER PLATE STORAGE FWBPL

- (8) bumper plate storage positions (3 1/2" W x 8" H)
- (4) 10 and 5 lbs plate storage positions (4" W x 4" H)
- (2) 2 1/2 lbs plate storage positions (1 1/2" W x 4" H)
- 72" L x 16" W x 11 1/2" H (183 cm L x 41 cm W x 29 cm H)



SMALL BUMPER PLATE STORAGE FWBPS

- (4) bumper plate storage positions (3 1/2" W x 8" H)
- (3) 2 1/2, 5 and 10 lbs storage positions (4" W x 4" H)
- 46" L x 16" W x 11 1/2" H (117 cm L x 41 cm W x 29 cm H)

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.