

HAMMER STRENGTH®

POWERFUL PERFORMANCE

The reputation of Hammer Strength equipment has been built with steel, sweat and grit.

Hammer Strength is the choice of professional athletes when they train at the highest levels, and it's relied upon by the top college and high school athletic programs in the country.

Hammer Strength is the No. 1 option for elite athletes because it can take the pounding they dish out, and, most importantly, it's designed to provide results.

It isn't reserved just for professional training facilities or college weight rooms. Everyday athletes benefit from the excellent biomechanical design in the same way that the pros do.

Hammer Strength isn't exclusive. It can be used to reach the fitness goals of anyone willing to put in the hard work.





HAMMER STRENGTH SELECT

TOUGH ENOUGH TO COMPLETE. THE HAMMER STRENGTH FAMILY.

Built with the Hammer Strength philosophy of performance strength training, Hammer Strength Select, the 22-piece line of selectorized strength equipment, combines attention to biomechanics with a rugged industrial aesthetic.

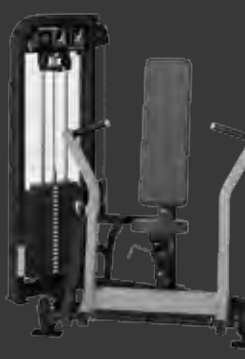
HAMMER STRENGTH SELECT



ASSIST DIP CHIN / HS-ADC



BICEPS CURL / HS-BC



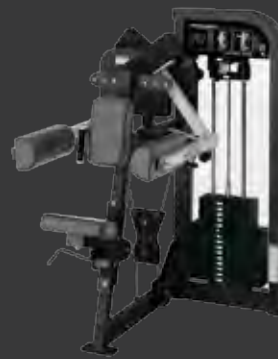
CHEST PRESS / HS-CP



FIXED PULLDOWN / HS-FPD



LAT PULLDOWN / HS-PD



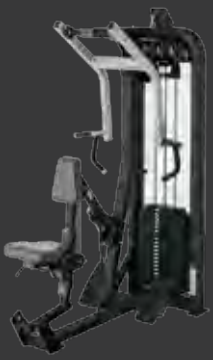
LATERAL RAISE / HS-LR



PECTORAL FLY / HS-PEC



PEC FLY/REAR DELT / HS-FLY



SEATED ROW / HS-RW



SHOULDER PRESS / HS-SP



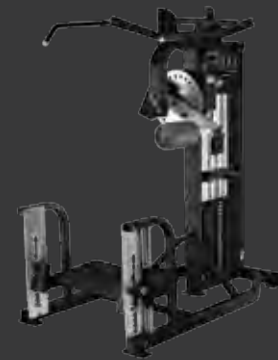
TRICEPS EXTENSION / HS-TE



HIP ABDUCTION / HS-HAB



HIP ADDUCTION / HS-HAD



HIP & GLUTE / HS-HG



HORIZONTAL CALF / HS-HC



LEG CURL / HS-LC



LEG EXTENSION / HS-LE



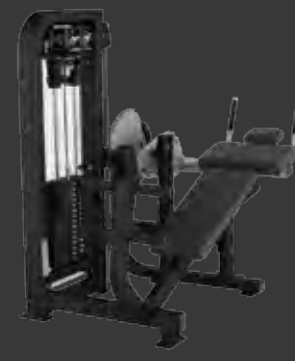
SEATED LEG CURL / HS-SLC



SEATED LEG PRESS / HS-SLP



STANDING CALF / HS-SC



ABDOMINAL CRUNCH / HS-ABC



BACK EXTENSION / HS-BE

HAMMER STRENGTH