

BUILDING CHAMPIONS

HD SPARC

The HD SPARC is the ultimate performance trainer for explosiveness and power with no impact stress on the knees or joints. It requires a high-knee and glute driving force which is ideal for developing maximum force and sprint speed.

**HAMMER
STRENGTH®**



HD SPARC

PHONE HOLDER

Place your phone in a secure spot while you're working out.

LCD CONSOLE WITH PERFORMANCE METRICS

View and measure metrics like time, distance, SPM, watts and level.

MULTI-GRIP HANDLEBARS

Multiple grip positions comfortably accommodate a wide range of athletes.

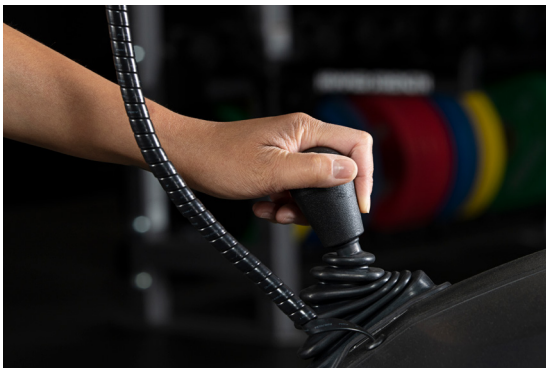
RESISTANCE KNOB

10 levels of resistance allow for immediate resistance changing and progression training.

OVERSIZED FOOT PLATFORMS

Allows athletes to choose their own preferred foot placement.

**HAMMER
STRENGTH®**



10 different resistance levels allow athletes to ramp up their workouts for optimal progression to reach their desired goals or performance outputs.



The biomechanical design of the HD SPARC allows athletes to push themselves harder with limited impact on the knees or joints.

HD SPARC
PT-SP-01

Console	LCD
Workout programs	Circuit, Interval
Workout metrics	Time, Distance, SPM, Watts, Level
Resistance levels	10
Console power supply	Two D Cell Batteries
Frame color	Casino Black Wrinkle
Phone holder	Yes
Transport wheels	Yes
Max user weight	350 lbs (159 kg)
Assembled weight	260 lbs (118 kg)
Assembled dimensions (L x W x H)	71 in x 34.7 in x 60.6 in (180 cm x 88 cm x 154 cm)

Hammer Strength Performance Trainers



HD AIR BIKE



HD TREAD



HD SPARC



HD SPARC

