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## SPECIFICATIONS

Hammer Strength plate-loaded machines utilize a lever arm to vary the resistance during an exercise and incorporate innovative ergonomically correct designs unique to the strength training industry. Most Iso-Lateral machines are patented and can only be purchased from Hammer Strength. Original designs, comfortable operation and heavy-duty construction are the trademark of Hammer Strength.

### **Frame Construction**

The frames of Hammer Strength equipment are constructed of heavy-wall 1018 steel. Steel is 11-gauge tubing, which is either bent or welded. Tubing size is 1 1/2" x 2" and 1/2" x 3".

### **Frame Finish**

Preparation of Machines: The pre-washings include:

1. Caustic wash to eliminate all contaminants - rinse
2. Phosphatized for superior paint adhesion - rinse
3. Phosphatized again to seal metal for oxidation (i.e. rust)

Dried in oven at 275 degrees for 10 minutes.

T.G.I.C. powder coat is electrostatically applied for maximum coverage in paint booth that is atmospherically controlled and having a pressurized system to eliminate all contaminants. Thickness of application ranges between 3 - 7 mills allowing for superior coverage and protection.

Paint is baked at 400 degrees, plus or minus 3 degrees, for 30 minutes.

### **Upholstery**

Top quality Naugahyde and Boltaflex upholstery is used. Ten colors are offered as standards.

### **Bearings**

Pillow-block roller bearings are used between integral moving parts (i.e. workarms). They are sealed, to keep out dust and moisture and insure longer life.

### **Bolts and Nuts**

Frame bolts are 1/2" S.A.E. grade 5 - designed for high tensile strength. Nuts are nylon lock nuts.

## **HAMMER MACHINES: SPECIFICATIONS**

### **Hammer Iso-Lateral Bench Press**

Product Code: ILBP

Height: 69

Weight: 350

Width: 52

Length: 49

Starting Resistance: 7 lbs.

Unique Features:

- Two movement arms rotate and move independently around non-breakable ductile iron castings
- The movement arms movement causes adduction of the arms to allow for greater involvement of the pectorals; Iso-Lateral motion allows for equal strength development
- Natural position hand grips (horizontal or vertical) are available
- Horizontal grip simulates a more traditional bench press while vertical handles replicate athletic applications
- Upright position allows for easy entry and exit
- Optional counterbalance allows for elimination of the weight of the exercise arm

### **Hammer Iso-Lateral Incline Press**

Product Code: ILIP

Height: 75

Weight: 325

Width: 52

Length: 39

Starting Resistance: 8 lbs.

Unique Features:

- Two movement arms rotate and move independently around non-breakable ductile iron castings
- The movement arms converge through the motion, effectively working the pectorals and deltoids
- Horizontal grip simulates a more traditional bench press while vertical handles replicate athletic applications
- Iso-Lateral motion allows for equal strength development
- Optional counterbalance allows for elimination of the weight of the exercise arm

### **Hammer Iso-Lateral Decline Press**

Product Code: ILDCP

Height: 68

Weight: 315

Width: 54

Length: 51

Starting Resistance: 6 lbs.

Unique Features:

- Two movement arms rotate and move independently around non-breakable ductile iron castings
- The movement arms movement causes adduction of the arms to allow for greater efficiency of pectoralis work; Iso-Lateral motion allows for equal strength development
- Natural position hand grips are standard
- Seat belt provides extra stabilization

### **Hammer Iso-Lateral Shoulder Press**

Product Code: ILBNP

Height: 74

Weight: 350

Width: 58

Length: 51

Starting Resistance: 10 lbs.

Unique Features:

- This machine allows each arm to work independently with the workarms of the machine extending and adducting simultaneously, offering a new dimension to deltoid training.
- Back pad is angled 40° for better stabilization during heavy lifts and helps discourage hyperextension of the spine during exercise
- Seat belt provides extra stabilization
- Optional counterbalance allows for elimination of the weight of the exercise arm

### **Hammer Iso-Lateral High Row**

Product Code: ILHR

Height: 79

Weight: 330

Width: 41

Length: 61

Starting Resistance: 2 lbs.

Unique Features:

- Two movement arms rotate and move independently around non-breakable ductile iron castings
- The movement arms rotate back, down and out offering a unique dimension to upper back training; Iso-Lateral motion allows for equal strength development
- Chest pad and an adjustable thigh restraint help maintain proper body alignment during the exercise
- Natural position hand grips are standard
- Path of motion is opposite of the Incline Press
- Unique path of motion is difficult to replicate using traditional free weights or pulley exercises
- Additional handle provided to allow user stabilization during one-arm exercises

### **Hammer Iso-Lateral D.Y. Row**

Product Code: ILDRW

Height: 82

Weight: 360

Width: 56

Length: 51

Starting Resistance: 3 lbs.

Unique Features:

- From a seated position, two independent movement arms move and abduct during the movement to work the latissimus dorsi and several other muscle groups
- overhead pivot dictates a natural arc of movement around shoulder joint
- Seat and chest pad are angled slightly to enhance stabilization
- Additional handle provided to allow user stabilization during one-arm exercises
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### **Hammer Iso-Lateral Rowing**

Product Code: ILROW

Height: 51

Weight: 280

Width: 50

Length: 59

Starting Resistance: 12 lbs.

Unique Features:

- From a seated position, two independent movement arms move and abduct during the movement to work the latissimus dorsi and several other muscle groups
- Compact, low-profile design
- Multiple grips allow different options for exercise variety
- Additional handle provided to allow user stabilization during one-arm exercise

### **Hammer Seated Bicep**

Product Code: CBI

Height: 53

Weight: 225

Width: 46

Length: 50

Starting Resistance: 4 lbs.

Unique Features:

- Easily adjustable seat pad
- Natural position hand grips; Handles rotate to allow for difference in user forearm length
- Has a counterbalanced workarm
- Traditional preacher curl position
- Variable resistance profile provides improved resistance over free weights

### **Hammer Seated Calf Raise**

Product Code: CALF

Height: 55

Weight: 200

Width: 30

Length: 50

Starting Resistance: 60 lbs.

Unique Features:

- The seat pivots to allow the user to use his/her own bodyweight;
- The foot platform is angled in two planes to allow for a more natural movement of the foot;
- The range of motion release is conveniently located in front of the user
- Machine design emphasizes the Soleus muscle
- Thigh pad restraint adjusts to accommodate different user size

### **Hammer Ground Base Squat Lunge**

Product Code: GBSL

Height: 32

Weight: 240

Width: 54

Length: 54

Starting Resistance: 45 lbs.

Unique Features:

- Multi-functional unit that allows user to perform numerous exercises including; squats, lunges, shrugs, dead lifts, etc.
- Different strength curves available by utilizing different loading points and separate handle positions
- Feet on the floor positioning promote functional training

### **Hammer Smith Machine**

Product Code: PLSM

Height: 92

Weight: 630

Width: 84

Length: 43

Starting Resistance: 2 lbs.

Unique Features:

- Machine is angled 7 degrees to facilitate squats and pressing movements
- Bar is counterbalanced throughout the entire range-of-motion
- Adjustment range of the bar is from 10" (25.4 cm) to 81" (205.7 cm)
- Adjustable bar stops limit the bars range-of-motion

