

WHAT WE LIVE FOR



Creating the Ultimate Exercise Experience



INNOVATION
THOUGHTFUL DESIGN
RESEARCH &
THOROUGH TESTING



VILLAGE OF ORLAND PARK

LifeFitness

RECOMMENDATION DETAIL



PRODUCT RECOMMENDATION DETAIL

Please find our detailed product recommendation for VILLAGE OF ORLAND PARK on the following pages.

HAMMER STRENGTH POWER RACK

Machine Weight: 360 lbs **Starting Resistance: N/A**
Size: in. = 59L x 55W x 92H

- > Standard and Thick Grip Pull-Up Bars offer variety for optimal training of various degrees of difficulty
- > Weight Horn and Bar Storage keeps the floor clear, room organized and training sessions on track
- > Bar Catch and Bar Supports designed to meet the ultimate in performance and strength of the product



HAMMER STRENGTH BACK EXTENSION (BW-BE)

Machine Weight: 135 lbs **Starting Resistance: N/A**
Size: in. = 59L x 28.3W x 43H

- > Adjustable angled pad for sound support and exceptional comfort
- > Optional: floor bumpers



HAMMER STRENGTH SEATED ARM CURL (FW-AC)

Machine Weight: 160 lbs **Starting Resistance: N/A**
Size: in. = 39L x 36W x 43H

- > Offers the traditional preacher curl position with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: floor bumpers



HAMMER STRENGTH BARBELL RACK (FW-BAR)**Machine Weight: 142 lbs Starting Resistance: N/A****Size: in. = 31L x 28W x 60H**

- > Gives you convenient storage for 10 barbells
- > Optional: floor bumpers

**HAMMER STRENGTH FLAT BENCH (FW-FB)****Machine Weight: 54 lbs Starting Resistance: N/A****Size: in. = 50L x 22W x 16H**

- > A traditional flat bench that offers the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: floor bumpers

**HAMMER STRENGTH ADJUSTABLE BENCH (PRO STYLE) (FWMAB)****Machine Weight: 115 lbs Starting Resistance: N/A****Size: in. = 55L x 26W x 17H**

- > Offers a professional style adjustable bench with the same high-grade durability and quality that comes with Hammer Strength benches and racks

**HAMMER STRENGTH OLYMPIC BENCH WEIGHT STORAGE (O-BWS)****Machine Weight: 62 lbs Starting Resistance: N/A****Size: in. = 22L x 15W x 46H**

- > Offers an Olympic style bench with weight storage options and the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: floor bumpers
- > Shown here with Olympic Flat Bench (OFB). Also can be attached to the OFB (flat), OMB (military), OIB (incline), and ODB (decline)

**HAMMER STRENGTH OLYMPIC DECLINE BENCH (O-DB)****Machine Weight: 190 lbs Starting Resistance: N/A****Size: in. = 60L x 53W x 50H**

- > Offers an Olympic style decline bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks.
- > Optional: weight storage (OBWS), floor bumpers (3)



HAMMER STRENGTH OLYMPIC FLAT BENCH (O-FB)**Machine Weight: 145 lbs Starting Resistance: N/A****Size: in. = 52L x 50W x 50H**

- > Offers an Olympic style flat bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: weight storage (OBWS), floor bumpers (4)

**HAMMER STRENGTH OLYMPIC INCLINE BENCH (O-IB)****Machine Weight: 198 lbs Starting Resistance: N/A****Size: in. = 51L x 52W x 58H**

- > Offers an Olympic style incline bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: weight storage (OBWS), floor bumpers (3)

**HAMMER STRENGTH OLYMPIC MILITARY BENCH (O-MB)****Machine Weight: 339 lbs Starting Resistance: N/A****Size: in. = 56L x 48W x 65H**

- > Offers an Olympic style military bench press with the same high-grade durability and quality that comes with Hammer Strength benches and racks
- > Optional: weight storage (OBWS), floor bumpers (5)

**HAMMER STRENGTH SMITH MACHINE (HSSM)****Machine Weight: 635 lbs Starting Resistance: 15 lbs****Size: in. = 43L x 86W x 91H**

- > The Smith Machine bar path follows a seven-degree angle, which is the free weight motion of Olympic lifting — to give you the same workout environment as Olympic athletes.
- > Standard weight horns – 8
- > Adjustable bench not included

**HAMMER STRENGTH GROUND BASE SQUAT LUNGE****Machine Weight: 240 lbs Starting Resistance: 45 lbs****Size: in. = 54L x 54W x 32H**

- > Multi-functional unit allows user to perform numerous exercises including squats, lunges, shrugs, dead lifts, and more
- > Different strength curves available by utilizing different loading points and separate handle positions
- > Feet-on-the-floor positioning promotes functional training
- > Starting resistance – 45 lbs
- > Optional counter balance
- > Standard weight horns – 2



HAMMER STRENGTH ISO-LATERAL BENCH PRESS

Machine Weight: 350 lbs Starting Resistance: 7 lbs
Size: in. = 49L x 52W x 69H

- > Two movement arms move independently around non-breakable ductile iron castings
- > Movement arm path of motion causes adduction of the arms to allow for greater involvement of the pectorals
- > U.S. Patent No. 5,044,631 covers the unique features of this machine
- > Choose either horizontal or vertical hand grip position
- > Starting resistance – 7 lbs
- > Optional counter balance
- > Standard weight horns – 6

**HAMMER STRENGTH ISO-LATERAL DECLINE PRESS**

Machine Weight: 315 lbs Starting Resistance: 6 lbs
Size: in. = 51L x 54W x 68H

- > Two movement arms move independently around non-breakable ductile iron castings
- > Movement arm path of motion causes adduction of the arms to maximize efficiency of pectoralis work; Iso-Lateral motion allows for equal strength development
- > Seat belt provides extra stabilization
- > Standard weight horns – 6

**HAMMER STRENGTH ISO-LATERAL D.Y. ROW**

Machine Weight: 360 lbs Starting Resistance: 3 lbs
Size: in. = 51L x 56W x 82H

- > Underhand grip position combined with overhead pivot ensures natural arc of movement around shoulder joint
- > Seat and chest pad are angled slightly to enhance stabilization
- > Standard weight horns – 6

**HAMMER STRENGTH ISO-LATERAL HIGH ROW**

Machine Weight: 330 lbs Starting Resistance: 2 lbs
Size: in. = 61L x 41W x 79H

- > Two arms move independently around non-breakable ductile iron castings
- > Arms rotate back, down and out offering for unique upper back training
- > Chest pad and adjustable thigh restraint help maintain proper body alignment
- > U.S. Patent No. 5,273,505 covers the unique features of this machine
- > Standard weight horns – 4



HAMMER STRENGTH ISO-LATERAL INCLINE PRESS**Machine Weight: 325 lbs Starting Resistance: 8 lbs****Size: in. = 39L x 52W x 75H**

- > Two movement arms move independently around non-breakable ductile iron castings
- > Movement arms converge through the motion, effectively working the pecs and deltoids
- > U.S. Patent No. 5,181,896 covers the unique features of this machine
- > Choose either horizontal or vertical hand grip position
- > Starting resistance – 8 lbs
- > Optional counter balance
- > Standard weight horns – 6

**HAMMER STRENGTH ISO-LATERAL ROWING****Machine Weight: 280 lbs Starting Resistance: 12 lbs****Size: in. = 59L x 50W x 51H**

- > From a seated position, two independent movement arms move and abduct to work the latisimus dorsi and several other muscle groups
- > U.S. Patent No. 5,135,449 covers the unique features of this machine

**HAMMER STRENGTH ISO-LATERAL SHOULDER PRESS****Machine Weight: 350 lbs Starting Resistance: 10 lbs****Size: in. = 51L x 58W x 74H**

- > Enables each arm to work independently with the workarms of the machine extending and adducting simultaneously for optimal deltoid training
- > The seat is angled back to minimize lumbar compression
- > Optional counter balance
- > Standard weight horns – 6

**HAMMER STRENGTH SEATED BICEPS****Machine Weight: 225 lbs Starting Resistance: 4 lbs****Size: in. = 50L x 46W x 53H**

- > Easily adjustable seat pad
- > Utilizes a cam to adjust resistance profile



HAMMER STRENGTH SEATED CALF RAISE**Machine Weight: 200 lbs Starting Resistance: 60 lbs****Size: in. = 50L x 30W x 55H**

- > Seat pivots to allow user to use his/her own bodyweight
- > Foot platform is angled in two planes to allow for natural foot movement
- > Range-of-motion release conveniently located in front of the user

**SIGNATURE SERIES CABLE MOTION MULTI-JUNGLE SAMPLE 4-STACK****Machine Weight: 225 lbs (single base tower)****Weight Stack: Up to four 190 or 260 lbs stacks (station weight varies)****Size: in. = 32.5L x 32.5W x 94H (single base tower)**

- > Up to four individuals can train on the machine simultaneously
- > Available stations include: Triceps Pushdown, Lat Pulldown, Dual Pulley Pulldown, Row, Dual Pulley Row, Adjustable Pulley, Fixed Pulley Cable Crossover, Adjustable Pulley Cable Crossover

**SYNRGY360 ACCESSORY – DIP HANDLE****Machine Weight: 27 lbs Size: in. = 35L x 28W x 13H**

- > Compatible with Versa Spaces (FXTF-UU or FXTS-U) and Versa Cable Spaces (FXTF-CRU or FXTF-CLU)
- > 1.5" diameter ergonomic gripped handle accommodates wide variety of user sizes
- > Easily be removed with handle and adjusted along vertical column from 6"-36" in 6" increments



For other accessories or to configure your Synrgy360 your way, visit www.lifefitness.com/synrgy360/build

SYNRGY360 ACCESSORY – STEP UP PLATFORM**Machine Weight: 50 lbs Size: in. = 34L x 22W x 13H**

- > Compatible with Versa Spaces (FXTF-UU or FXTS-U) and Versa Cable Spaces (FXTF-CRU or FXTF-CLU)
- > 22"x22" landing area with textured coating
- > Easily be removed with handle and adjusted along vertical column from 6" - 36" in 6" increments
- > Maximum Training capacity = 400lbs



For other accessories or to configure your Synrgy360 your way, visit www.lifefitness.com/synrgy360/build

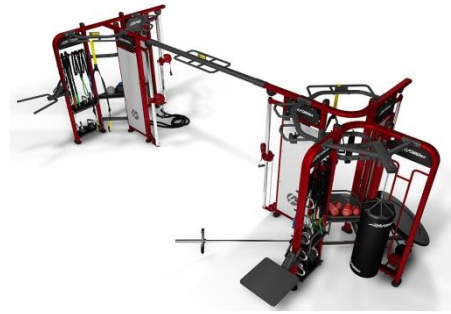
SYNRGY360XS – OPTIONAL CABLE CROSSOVER BOOM

Our unique Synrgy360 concept's modular design can be customized to best reflect your training programs and objectives, and provide your exercisers with the motivational resources they want and need. The Synrgy360XS has five pre-selected packages, each containing a unique combination of various training modalities.

Optional Cable Crossover Boom

Combine Synrgy360 units by connecting cable stations with the optional Cable Crossover Boom, to create a different training environment and added interior space.

- > Supports multiple suspension trainers
- > Additional chin handles
- > Available in three lengths
- > For other configurations, visit www.lifefitness.com/synrgy360

**SYNRGY360XS – COMBO PACKAGE**

Machine Weight: 1,536 lbs Height: 96 in

Footprint: 7.4 ft x 9 ft

Recommended Live Area: 22 ft x 22 ft

This space-efficient training hub consolidates the variety of four distinctive training spaces. Our unique Synrgy360 concept's modular design can be customized to best reflect your training programs and objectives, and provide your exercisers with the motivational resources they want and need. The Synrgy360XS has five pre-selected packages, each containing a unique combination of various training modalities.

Combo Package

Motivate your exercisers with the compelling variety afforded by user-defined cable motion training. Integrated auxiliary attachment points and storage facilitate an array of different training programs for users.

- > Cable Station
- > 2 Suspension Chin Up Bars
- > Rock Grip Chin Up Bar
- > Power Pivot
- > 7 Accessory Storage Shelves
- > 4 Battle Rope Attachments
- > Step-Up Platform
- > Dip Handle
- > For other configurations, visit www.lifefitness.com/synrgy360

Included Accessories: 1 TRX Suspension Trainer / 1 Short Handle/ 1 Long Handle / 1 DAP Training Belt / 1 Synrgy360 Power Pivot Bar

*Synrgy360XS is required to bolt to a concrete sub-floor

