



PACKAGES BROCHURE



## LFX IS A NEW FUNCTIONAL TRAINING APPROACH.

Bringing together best-in-class Life Fitness and Hammer Strength equipment, LFX creates functional training spaces that elevate the fitness experience and help you and your members reach beyond your goals.

Used in small group training, personal training, or individual applications, LFX creates an exciting modern offering that attract new members, builds loyalty, and optimizes the fitness space in your facility.



INTRODUCING **LFX** PACKAGES

EQUIPMENT

+ LIFE FITNESS ACADEMY  
PROGRAMMING & EDUCATION

+ DIGITAL SUPPORT

# WHAT DO LFX PACKAGES INCLUDE?

## Equipment Packages + Digital Support + Life Fitness Academy Programming and Education

A comprehensive combination of fitness products, programming, education, and digital solutions offered by Life Fitness.

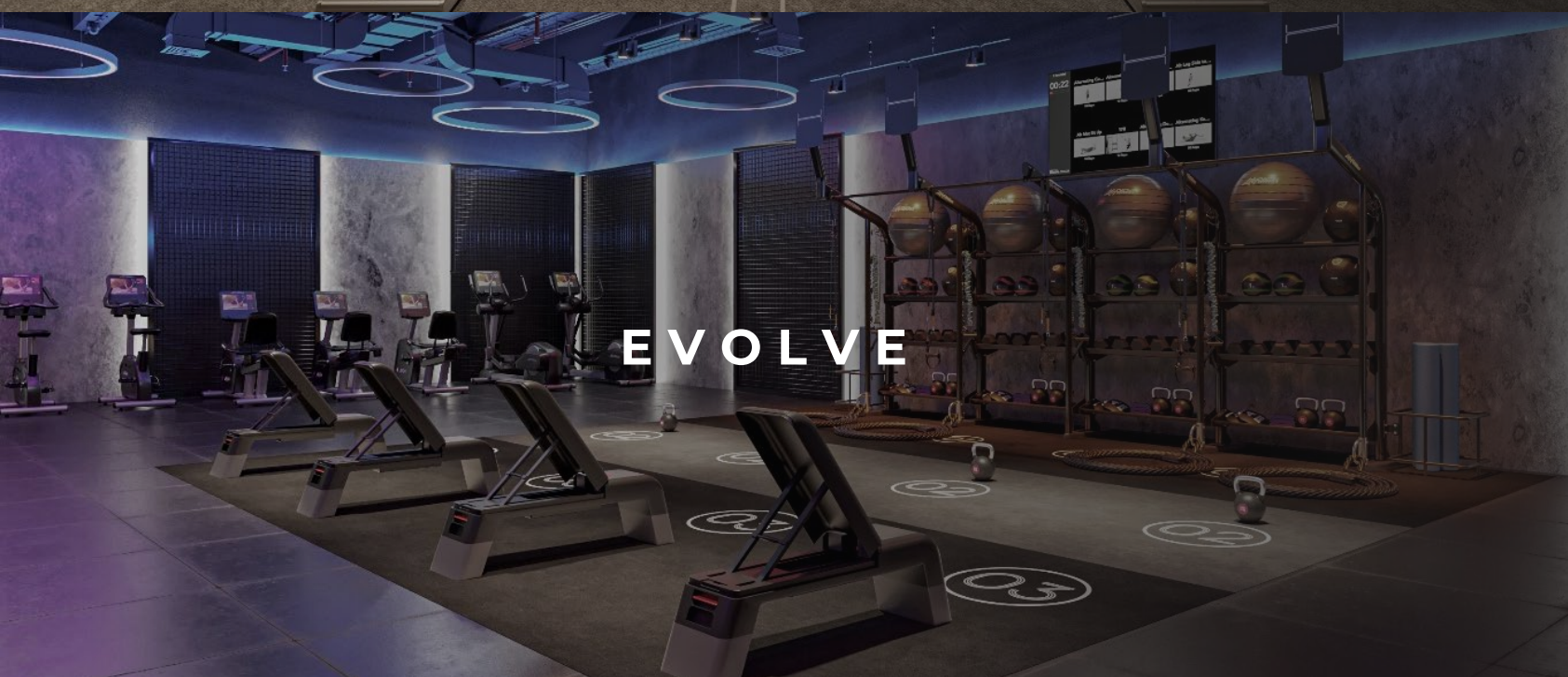
- + Equipment packages take the guesswork out of choosing the right product mix for your exercisers.
- + Digital support energizes small group and individual training spaces.
- + Life Fitness Academy programming invigorates exercisers of all ability levels.
- + Optimized for 12 participants working in 3 groups of 4.
- + Versatile to support personal training, individualized functional training, and Workout of the Day (WOD).
- + Onsite education enhance the skills of your instructor team.



INVIGORATE



EXCEL



EVOLVE



MOTIVATE

*LifeFitness*

TRAINING  
EXPERIENCES

**HAMMER  
STRENGTH®**

TRAINING  
EXPERIENCES



ATTACK



IGNITE



COMPETE







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Station 1: Burpee

Station 2: Squat to Split Jump

Station 3: Suitcase Carry

Station 4: Walking Lunge

Name	Percentage
Al	72%
Jacob	80%
Mary	85%
Nicole	57%
Dave	84%
Joe	90%
Niamh	60%
Sara	60%

Life Fitness

1kg 3kg 2kg

4kg

20 15 10

35 35 35

Life Fitness

3kg 5kg

1kg 2kg

10 10 10 12.5 12.5

Life Fitness

## ABOUT **INVIGORATE**

Welcome both new and experienced exercisers with colorful and open **Invigorate**.

**Keep workouts fun and approachable** with core training, accessible weights, stretching and mobility.

### **EQUIPMENT**

Invigorate has been designed as a non-intimidating area where the most basic functional training can take place.

- 4 Signature Accessories Racks for optimized storage.
- 4 Studio Decks.
- Soft accessories up to 16kg, including Medicine Balls, Studio Kettlebells, Studio Dumbbells, tires, and more.
- No bolt down required

### **APPLICATION**

- Designed to accommodate Small Group Training, Personal Training, and individualized Functional Training
- Supports core, strength, and bodyweight exercises.



# LF<sup>X</sup> INVIGORATE

**Minimum Live Area:** 30' x 20' = 600 sq. ft. // 9m x 6m = 54 sq. m.

**Bolt Down Required:** No.

Life Fitness Signature Accessory Storage Rack	4	Life Fitness Studio Kettlebell, 9kg	2	Life Fitness Studio Single Dumbbell 6kg, Urethane	4
Life Fitness SAR, Beauty Bell and Roller Storage	2	Life Fitness Studio Kettlebell, 10kg	2	Life Fitness Flip Tire, 40kg, Soft Vinyl	1
Life Fitness SAR, Mat Storage	2	Life Fitness Studio Kettlebell, 12kg	2	Life Fitness Flip Tire, 60kg, Soft Vinyl	1
Life Fitness SAR 3 Stability Ball Storage	2	Life Fitness Studio Kettlebell, 14kg	2	BOSU Pro Balance Trainer, Gray	2
Life Fitness Medicine Ball, 2kg, Green	2	Life Fitness Studio Kettlebell, 16kg	2	Life Fitness, Core Mat, 55Lx24Wx0.59"(139x61cm x 15mm), BLK	8
Life Fitness Medicine Ball, 3kg, Orange	4	Life Fitness Covered Resistance Tube, Extra Light, Gold	2	Hammer Strength Slam Bag, 2kg, Black Neoprene	2
Life Fitness Medicine Ball, 4kg, Red	4	Life Fitness Covered Resistance Tube, Light, Green	2	Hammer Strength Slam Bag, 4kg, Black Neoprene	2
Life Fitness Medicine Ball, 5kg, Blue	4	Life Fitness Covered Resistance Tube, Medium, Red	2	Hammer Strength Slam Bag, 6kg, Black Neoprene	2
Life Fitness Medicine Ball, 6kg, Maroon	2	Life Fitness Covered Resistance Tube, Heavy, Blue	2	Hammer Strength Slam Bag, 8kg, Black Neoprene	2
Life Fitness Studio Kettlebell, 4kg	2	Life Fitness Stability Ball, 55cm, Red	2	Hammer Strength Slam Bag, 10kg, Black Neoprene	2
Life Fitness Studio Kettlebell, 5kg	2	Life Fitness Stability Ball, 65cm, Gray	2	Life Fitness Foam Roller, Gray, Soft Firm, 18in/46cm	4
Life Fitness Studio Kettlebell, 6kg	2	Life Fitness Studio Single Dumbbell 2kg, Urethane	4	Life Fitness Studio Deck, Each	4
Life Fitness Studio Kettlebell, 7kg	2	Life Fitness Studio Single Dumbbell 3kg, Urethane	6		
Life Fitness Studio Kettlebell, 8kg	2	Life Fitness Studio Single Dumbbell 4kg, Urethane	6		
		Life Fitness Studio Single Dumbbell 5kg, Urethane	10		



EXCEL





## ABOUT **EXCEL**

A **unique balance of equipment** that incorporates cable training, providing **endless variety**, varying intensity levels, technical challenges, and strength work for **moderate to advanced exercisers**.

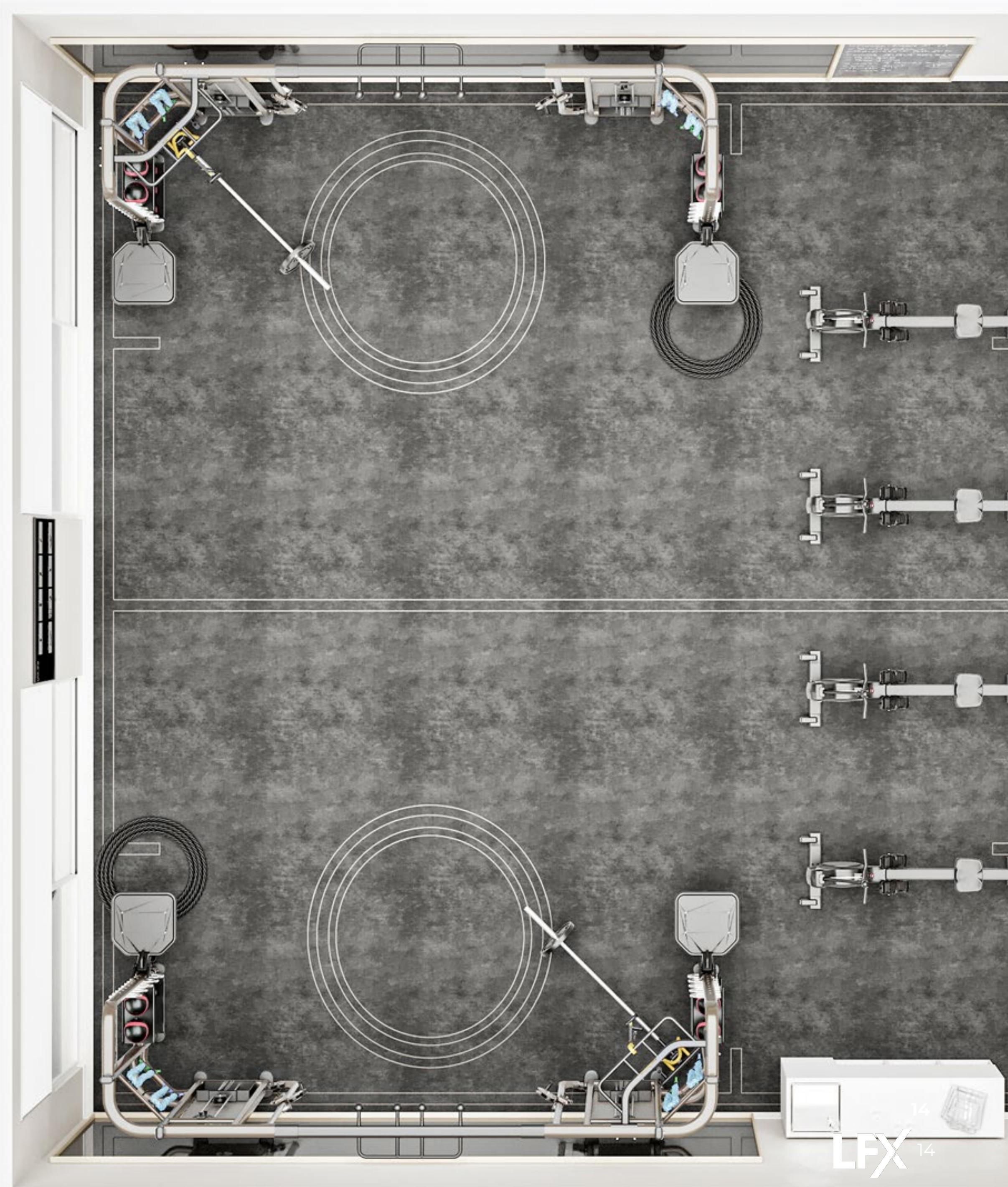
### **EQUIPMENT**

Excel has been designed as a comprehensive space that maximizes the versatility of training options.

- 2 Cable-Versa Synrgy90 provide cable training, workout stations, and storage options.
- 4 Heat Rowers
- Soft accessories up to 20kg, including Medicine Balls, Kettlebells, and cover bands.
- Bolt down required

### **APPLICATION**

- Designed to accommodate Small Group Training, Personal training, and individualized Functional training.
- Supports core, strength, bodyweight, and cardio exercises.





**LFX EXCEL**

**Minimum Live Area:** 35' x 30' = 1050 sq. ft. // 10,5m x 9m = 95 sq. m.

**Bolt Down Required:** Yes.

**Life Fitness Heat Row**

4

**SYNRGY90 Versa-Cable Package**

2

**SYNRGY90 Cable-Versa Package**

2

**SYNRGY360 Cable Crossover Boom Connector, XL**

2

**SYNRGY360 Step Attachment**

4

**Battle Rope, 1.5" diameter, 30ft, Black**

2

**TRX Suspension Trainer**

4

**Life Fitness Medicine Ball, 2kg, Green**

4

**Life Fitness Medicine Ball, 3kg, Orange**

4

**Life Fitness Medicine Ball, 4kg, Red**

4

**Life Fitness Medicine Ball, 5kg, Blue**

4

**Life Fitness Kettlebell, 8kg, Rubber, Stainless Handle**

4

**Life Fitness Kettlebell, 12kg, Rubber, Stainless Handle**

4

**Life Fitness Kettlebell, 16kg, Rubber, Stainless Handle**

4

**Life Fitness Kettlebell, 20kg, Rubber, Stainless Handle**

4

**Dual Handle Covered Band, Medium, Red**

8

**Dual Handle Covered Band, Very Heavy, Green**

8

**Covered Loop Band, Heavy, Blue**

8

**Hammer Olympic Plate 2.5kg, Rubber, Rndx**

2

**Hammer Olympic Plate 5kg, Rubber, Rndx**

2

**Hammer Olympic Plate 10kg, Rubber, Rndx**

2

**Hammer Olympic Plate 15kg, Rubber, Rndx**

2



EVOLVE





## ABOUT **EVOLVE**

**Evolve** is unique in its capacity to **welcome and challenge exercisers of any level**, allowing for a variety of body weight and traditional strength training movements.

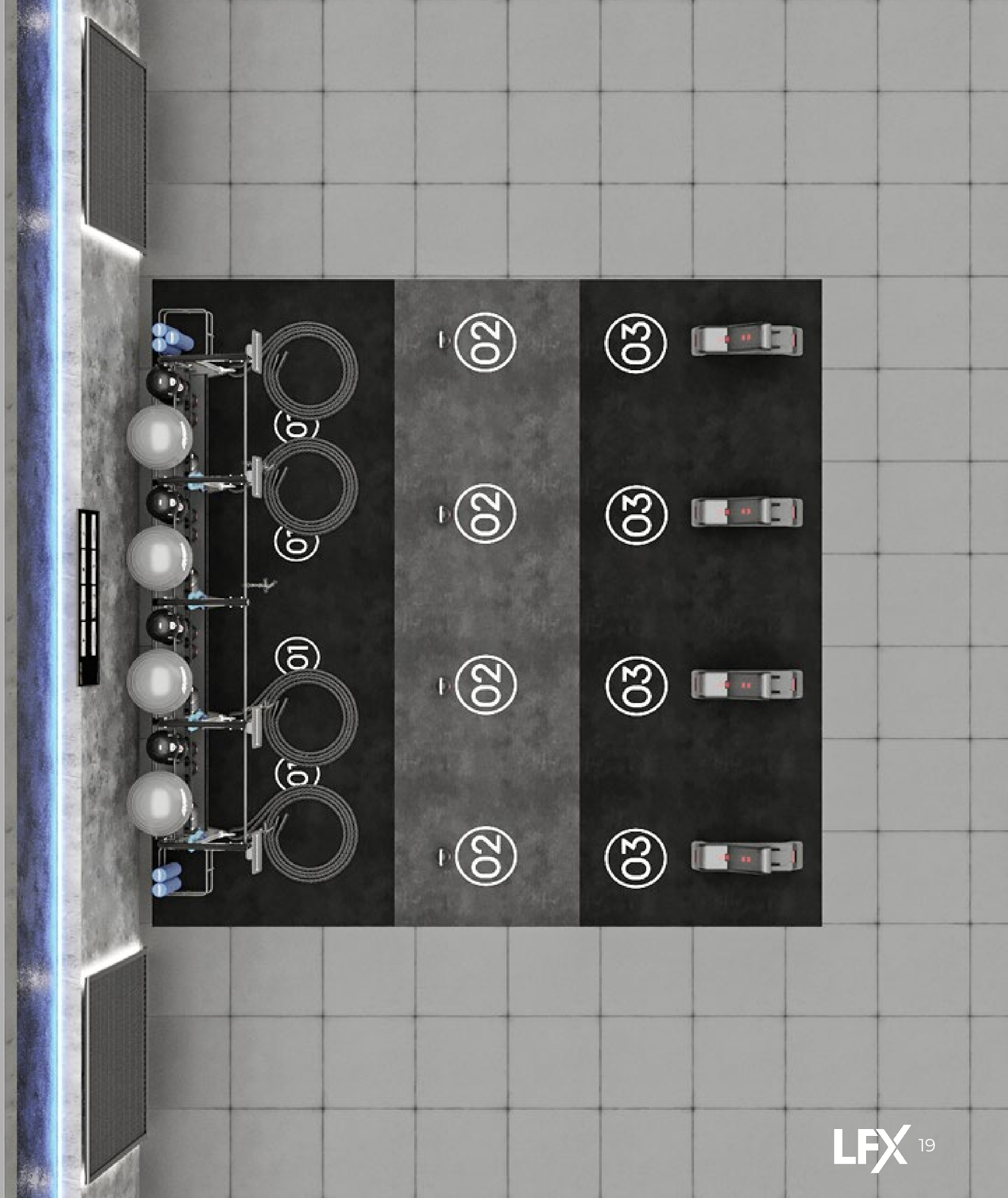
### **EQUIPMENT**

Evolve has been designed to welcome all exercisers regardless of the fitness level.

- A 4-Bay SYNRGY180 combines storage space with training stations, wall ball targets and battle ropes.
- Soft accessories up to 20kg, including Stability Balls, Medicine Balls, Kettlebells, Slam Bags, and Dumbbell, etc.
- 4 Studio Decks.

### **APPLICATION**

- Designed to accommodate small group training, Personal training, and individualized functional training.
- Supports core, strength, and bodyweight exercises.





**Minimum Live Area:** 30' x 20' = 600 sq. ft. // 9m x 6m = 54 sq. m.

**Bolt Down Required:** No.

SYNRGY180 Core	1	Life Fitness Stability Ball, 55cm, Red	2	Hammer Strength Slam Bag, 12kg	4
SYRNGY180 Add	3	Life Fitness Stability Ball, 65cm, Gray	2	Wall Ball, 14 lbs, 14" diameter	4
SYNRGY180 Dumbbell Shelf	4	Life Fitness Medicine Ball, 2kg, Green	4	Wall Ball, 20 lbs, 14" diameter	4
SYNRGY180 Accessory Shelf	4	Life Fitness Medicine Ball, 4kg, Red	4	Life Fitness Foam Roller, Gray, Soft, 36in	5
SYNRGY180 Dual Rail Shelf	8	Life Fitness Kettlebell, 8kg, Rubber, Stainless Handle	4	Life Fitness Vinyl Jump Rope, Gray, 9ft	5
SYNRGY180 Wall Ball Target	4	Life Fitness Kettlebell, 12kg, Rubber, Stainless Handle	4	Dual Handle Covered Band, Medium, Red	5
SYRNGY180 Battle Rope Anchor	4	Life Fitness Kettlebell, 20kg, Rubber, Stainless Handle	4	Dual Handle Covered Band, Very Heavy, Green	5
SYNRGY180 Suspension Chin	4	Hex Dumbbell, 5KG, Each, Rubber	8	Power Band,41x0.75" (104x1.9cm) x4.5mm Thick,Blue	5
SYNRGY180 Foam Roller Side Storage	2	Hex Dumbbell, 10KG, Each, Rubber	8	Power Band,41 X 1.25" X 4.5mm Thick,Green	5
TRX Suspension Trainer	4	Hex Dumbbell, 15KG, Each, Rubber	8	Power Band,41 X 1.75" X 4.5mm Thick,Black	5
Battle Rope, 1.5" diameter, 30ft, Black	4	Hammer Strength Slam Bag, 4kg	4	Life Fitness Studio Deck, Each	4
		Hammer Strength Slam Bag, 8kg	4		



Life Fitness  
Kochi 2019

Life Fitness  
Kochi 2019

MOTIVATE





## ABOUT **MOTIVATE**

Diversify training sessions with cardio challenges and core training to **drive heart rate and intensity**. **Motivate** is easily scalable for the **beginner exerciser**, while still allowing the **moderate exerciser** to push themselves.

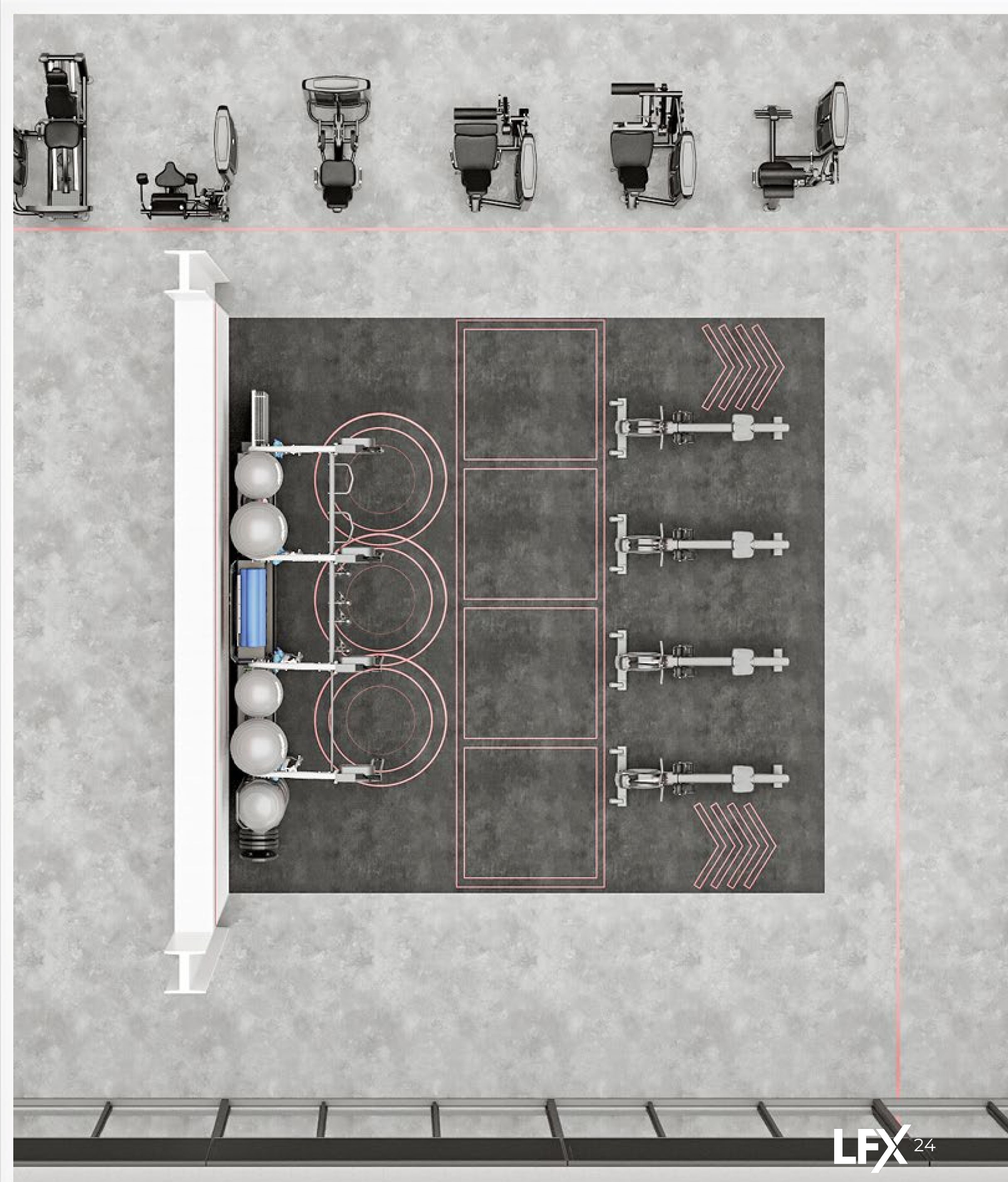
### **EQUIPMENT**

Motivate has been designed to offer a high intensity experience to all exercisers.

- A 3-Bay Synrgy180 combines storage space with training stations rope pulls, and power pivots.
- Soft accessories up to 24kg, including Stability Balls, Medicine Balls, Kettlebells, Slam Bags, and Dumbbells among others.
- 4 Heat Rowers

### **APPLICATION**

- Designed to accommodate Small Group Training, Personal Training, and individualized Functional Training
- Supports core, strength, bodyweight, and cardio exercises.





**MOTIVATE**

**Minimum Live Area:** 20' x 25' = 500 sq. ft. // 6m x 7,5m = 45 sq. m.

**Bolt Down Required:** No.

Life Fitness Heat Row	4	Hex Dumbbells 12.5kg Each	2	Life Fitness Stability Ball, 55cm, Red	2
SYNRGY180 Core	1	Hex Dumbbells 15kg Each	2	Life Fitness Stability Ball, 65cm, Gray	2
SYNRGY180 Add	2	Hex Dumbbells 17.5kg Each	2	Life Fitness Foam Roller, Gray, soft, 36"	4
SYNRGY180 Dumbbell Shelf	3	Life Fitness Medicine Ball, 1kg, Yellow	2	Life Fitness, Core Mat, 55Lx24Wx0.59" (139x61cm x 15mm), BLK	4
SYNRGY180 Accessory Shelf	6	Life Fitness Medicine Ball, 2kg, Green	2	Life Fitness Vinyl Jump Rope, Gray, 9ft	4
SYNRGY180 Dual Rail Shelf	2	Life Fitness Medicine Ball, 3kg, Orange	2	Power Band,41x0.75"(104x1.9cm)x4.5MM Thick, Blue	4
SYNRGY180 Stability Ball Storage	2	Life Fitness Medicine Ball, 4kg, Red	2	Power Band,41 X 1.25" X 4.5MM Thick, Green	4
SYNRGY180 Suspension Chin	1	Life Fitness Medicine Ball, 5kg, Blue	2	Power Band,41 X 1.75" X 4.5MM Thick, Black	1
SYNRGY180 Rock Ball Chin	1	Life Fitness Kettlebell, 8kg, Rubber, Stainless Handle	4	Dual Handle Covered Band, Medium, Red	4
SYNRGY180 Multi Grip Chin	1	Life Fitness Kettlebell, 12kg, Rubber, Stainless Handle	4	Dual Handle Covered Band, Very Heavy, Green	4
SYNRGY180 Rope Pull	4	Life Fitness Kettlebell, 16kg, Rubber, Stainless Handle	4	Life Fitness Covered Resistance Tube, Medium, Red	1
SYNRGY180 Power Pivot	4	Life Fitness Kettlebell, 20kg, Rubber, Stainless Handle	2	Life Fitness Covered Resistance Tube, Heavy, Blue	1
SYNRGY180 BOSU Ball Side Storage	4	Life Fitness Kettlebell, 24kg, Rubber, Stainless Handle	2	Hammer Olympic Plate 2.5kg, Rubber, Rndx	4
SYNRGY180 Mat Side Storage	1	Hammer Strength Slam Bag, 2kg, Black Neoprene	1	Hammer Olympic Plate 5kg, Rubber, Rndx	2
BOSU Pro Balance Trainer, Gray	4	Hammer Strength Slam Bag, 4kg, Black Neoprene	1	Hammer Olympic Plate 10kg, Rubber, Rndx	2
Hex Dumbbells 2.5kg Each	4	Hammer Strength Slam Bag, 6kg, Black Neoprene	1	Hammer Olympic Plate 15kg, Rubber, Rndx	2
Hex Dumbbells 5kg Each	4	Hammer Strength Slam Bag, 8kg, Black Neoprene	1	TRX Suspension Trainer	4
Hex Dumbbells 7.5kg Each	4	Hammer Strength Slam Bag, 10kg, Black Neoprene	1		
Hex Dumbbells 10kg Each	2	Hammer Strength Slam Bag, 12kg, Black Neoprene	1		



**HAMMER  
STRENGTH**



**HAMMER  
STRENGTH**

**HAMMER  
STRENGTH**

**HAMMER  
STRENGTH**

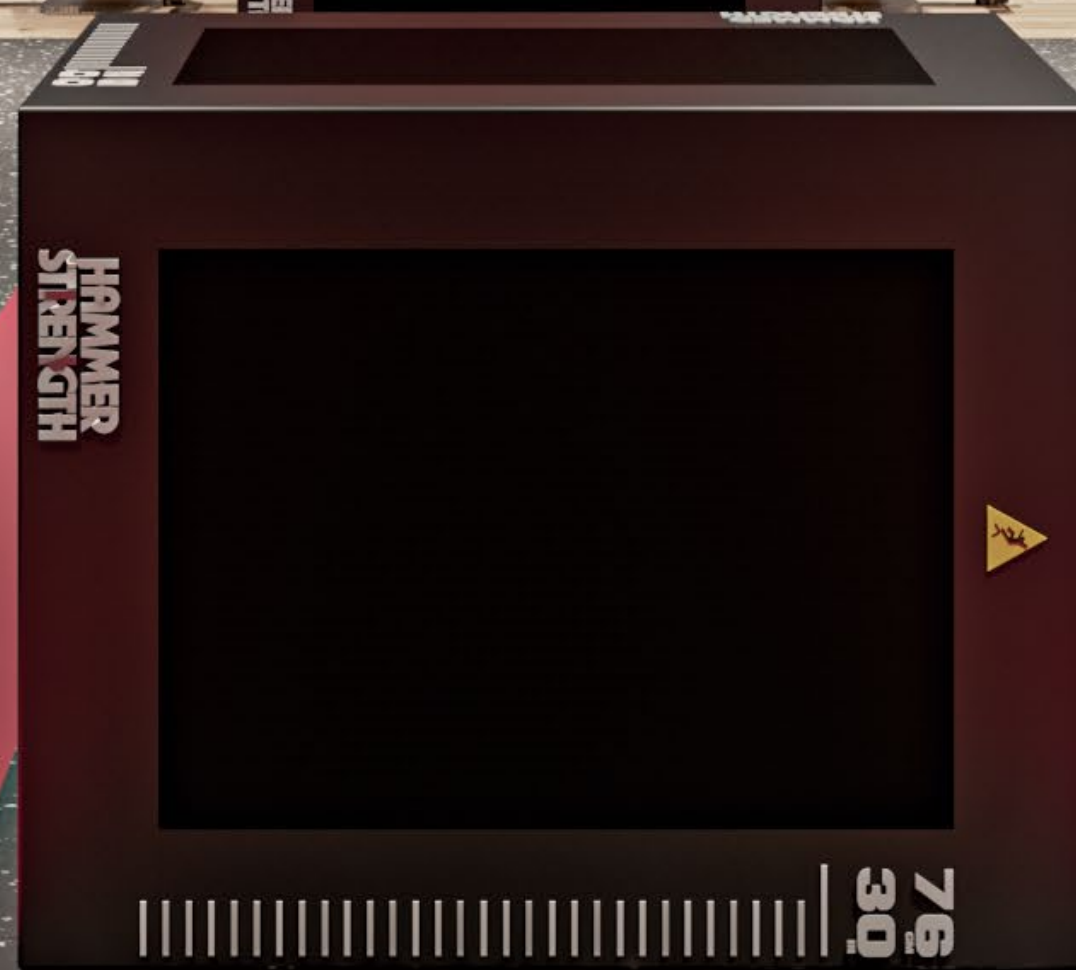
IGNITE

**HAMMER  
STRENGTH**



**HAMMER  
STRENGTH**

# HAMMER STRENGTH



## ABOUT **IGNITE**

Encourage exercisers to intensify their workouts with **Ignite**.

**Explosive movements and high-intensity** interval training can be used to strengthen **beginner to moderate exercisers**.

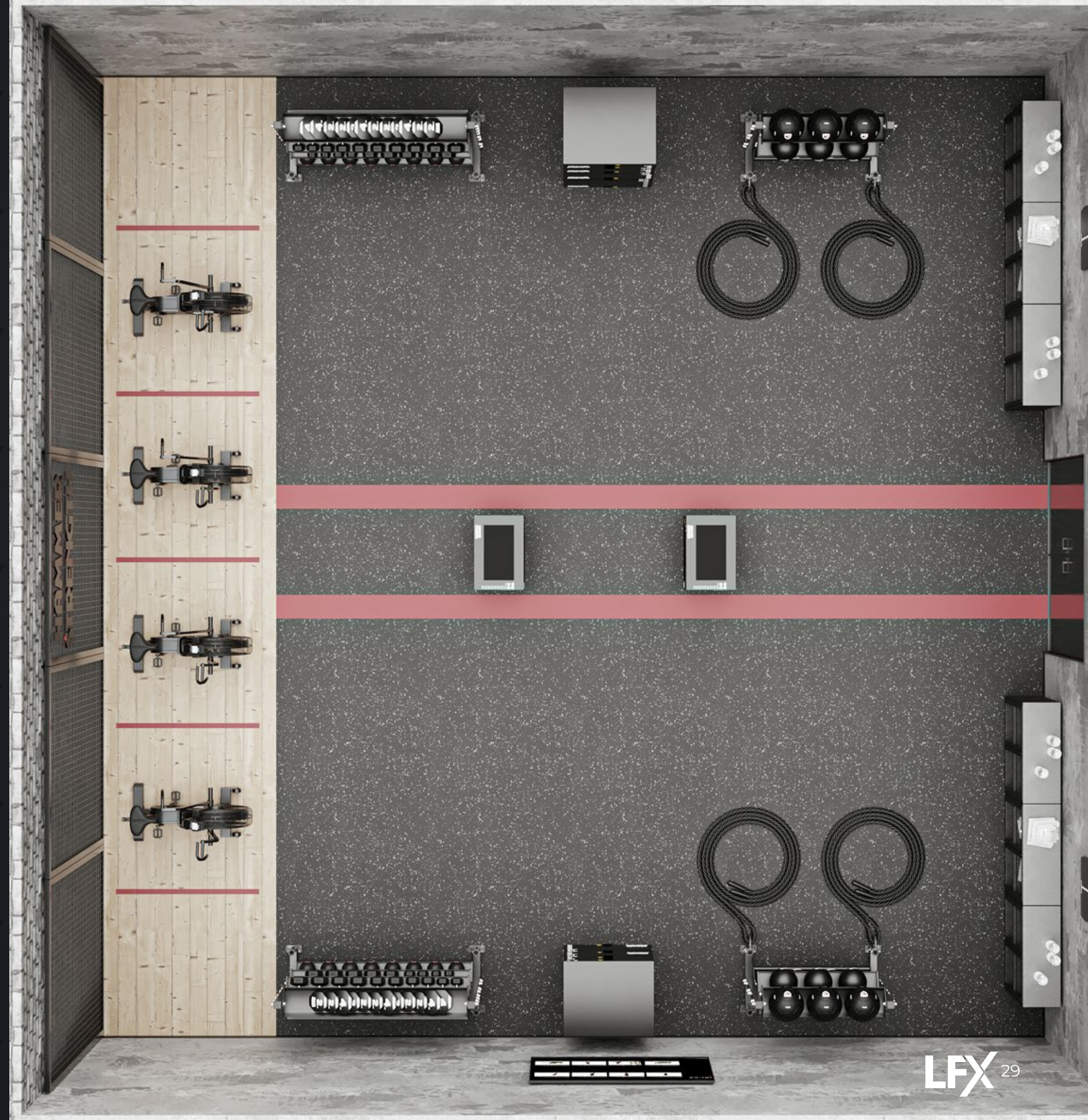
### **EQUIPMENT**

Ignite creates a performance environment by bringing explosiveness and high intensity to the functional training protocols.

- 4 Storage Racks with 4 battle ropes.
- Heavy accessories up to 32kg, including Kettlebells, Dumbbells, Slam Bags, and Slam Balls, among others.
- 4 HD Air Bikes
- 2 Stackable sets of plyo boxes, and 2 independent plyo boxes.

### **APPLICATION**

- Designed to accommodate Small Group Training, Personal training, and individualized Functional Training.
- The HD Air Bikes facilitate the implementation of HIIT sessions with ease.
- Supports core, strength, bodyweight, and cardio exercises





Minimum Live Area: 30' x 30' = 900 sq. ft. // 9m x 9m = 81 sq. m.

Bolt Down Required: No.

Hammer Strength HD Air Bike	4	Hex Dumbbell, 17.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 8kg, Black Neoprene	6
Hammer Strength 4ft Storage Rack	2	Hex Dumbbell, 20KG, Each, Rubber	4	Hammer Strength Slam Bag, 10kg, Black Neoprene	6
Hammer Strength HD Athletic 42" Storage M, Accessory Tray	4	Hex Dumbbell, 22.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 12kg, Black Neoprene	3
Hammer Strength HD Athletic 42" Storage Member, 2-Pipe	2	Hex Dumbbell, 25KG, Each, Rubber	4	Hammer Strength Slam Ball, 5kg	3
Hammer Strength HD Athletic 6ft Storage Rack	2	Hex Dumbbell, 27.5KG, Each, Rubber	2	Hammer Strength Slam Ball, 10kg	3
Hammer Strength HD Athletic 72" Accessory Storage Tray	4	LIFE FITNESS KETTLEBELL, 8KG, RUBBER	3	Hammer Strength Slam Ball, 15kg	2
Hammer Strength HD Athletic 72" Dumbbell Storage Tray	4	LIFE FITNESS KETTLEBELL, 12KG, RUBBER	3	Hammer Strength Slam Ball, 20kg	2
Hex Dumbbell, 5KG, Each, Rubber	4	LIFE FITNESS KETTLEBELL, 16KG, RUBBER	6	Wall Ball, 8lb, 14" diameter	2
Hex Dumbbell, 7.5KG, Each, Rubber	4	LIFE FITNESS KETTLEBELL, 24KG, RUBBER	6	Wall Ball, 14lb, 14" diameter	2
Hex Dumbbell, 10KG, Each, Rubber	4	LIFE FITNESS KETTLEBELL, 32KG, RUBBER	3	Wall Ball, 20lb, 14" diameter	2
Hex Dumbbell, 12.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 2kg, Black Neoprene	3	Hammer Strength Plyobox, Soft Foam	2
Hex Dumbbell, 15KG, Each, Rubber	4	Hammer Strength Slam Bag, 4kg, Black Neoprene	3	Hammer Strength Plyobox, Set, Stackable	2
		Hammer Strength Slam Bag, 6kg, Black Neoprene	3	Battle Rope, 1.5" diameter, 30ft. Black	4



COMPLETE





OFFICIAL  
HAMMER  
STRENGTH.  
BOX

HAMMER  
STRENGTH

15  
30  
45  
60  
75

2  
3  
4  
5

HAMMER  
STRENGTH



## ABOUT **COMPETE**

Demand a new level of intensity from exercisers with **Compete**. Explosive movements, Olympic lifting, and plyometric training call to those **advanced exercisers who want to bring out their inner athlete**.

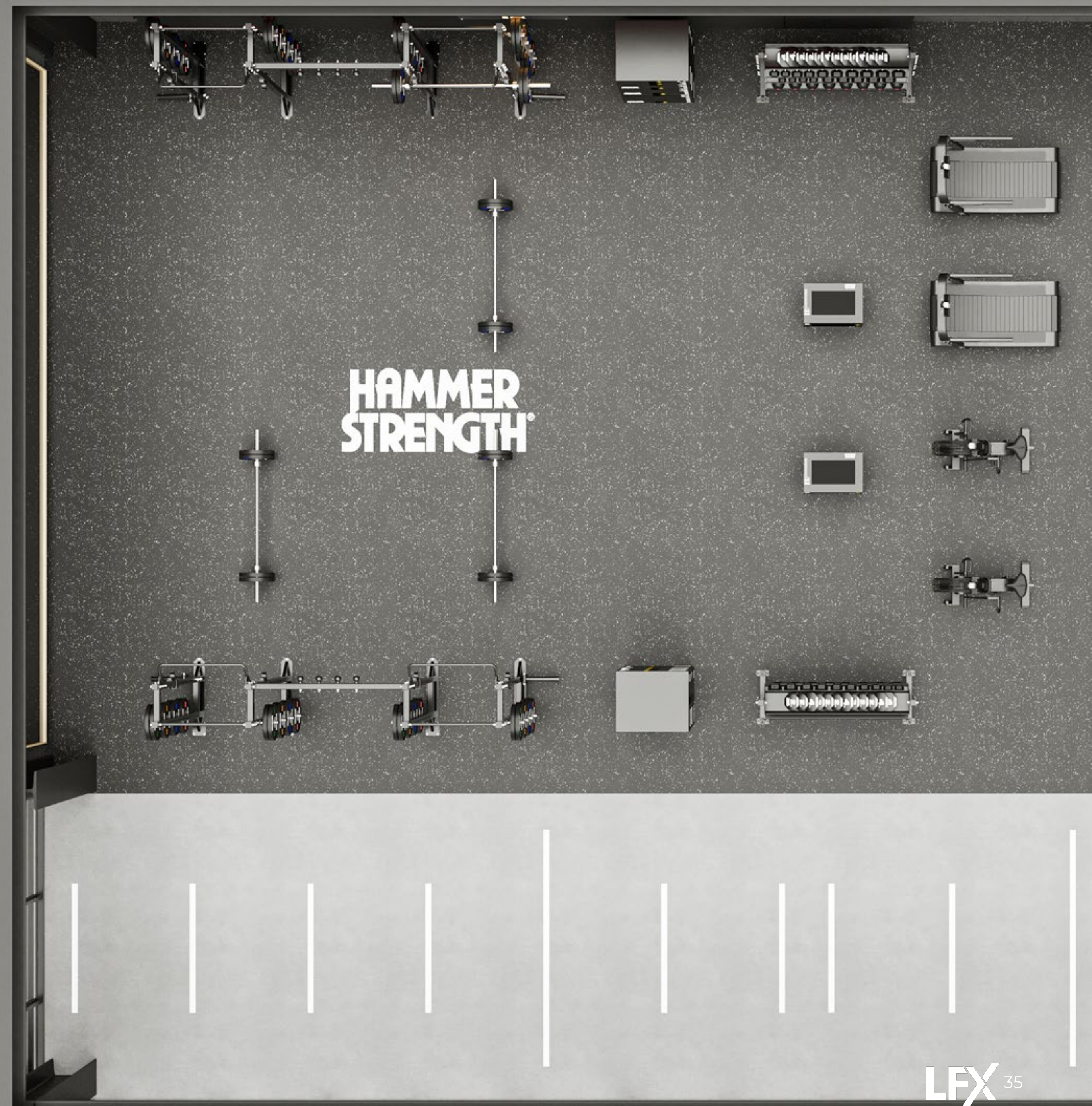
### **EQUIPMENT**

Compete has been designed to put a focus on performance and versatility in a functional training space.

- 2 HD Athletic Perimeters provide storage options and 4 barbell training stations.
- Heavy accessories up to 32kg, including bumper plates, barbells, kettlebells and dumbbells, among others.
- 2 Stackable sets of plyo boxes, and 2 independent plyo boxes.
- 2 HD Air Bikes and 2 HD Treads

### **APPLICATION**

- Designed to accommodate Small Group Training, Personal training, and individualized Functional Training.
- The HD Air Bikes and HD Treads facilitate the implementation of HIIT sessions with ease.
- Supports core, strength, bodyweight, and Olympic lifting exercises



# **LFX** COMPETE

**Minimum Live Area:** 40' x 20' = 800 sq. ft. // 12m x 6m = 72 sq. m.

**Bolt Down Required:** No.

Hammer Strength HD Tread	2	Hammer Strength Urethane Bumper, Black, 5kg	16	Hex Dumbbell, 25KG, Each, Rubber	4
Hammer Strength HD Air Bike	2	Hammer Strength Urethane Bumper, Green, 10kg	16	Hex Dumbbell, 27.5KG, Each, Rubber	2
Hammer Strength HD Athletic Perimeter Side Frame	8	Hammer Strength Urethane Bumper, Yellow, 15kg	16	Life Fitness Kettlebell, 8kg, Rubber	3
Hammer Strength 42" XMember, Suspension Chin	4	Hammer Strength Urethane Bumper, Blue, 20kg	16	Life Fitness Kettlebell, 12kg, Rubber	3
Hammer Strength 42" XMember, Monkey Bar	4			Life Fitness Kettlebell, 16kg, Rubber	6
Hammer Strength 72" XMember, Square	2	Hammer Olympic Bar, 28MM, Chrome, Bushing, 20KG	4	Life Fitness Kettlebell, 24kg, Rubber	6
Hammer Strength HD Athletic Power Rack Bar Support (Pair)	4	Hex Dumbbell, 5KG, Each, Rubber	4	Life Fitness Kettlebell, 32kg, Rubber	3
Hammer Strength HD Athletic 3" Ball Grip (Pair)	4	Hex Dumbbell, 7.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 2kg, Black Neoprene	3
Hammer Strength HD Athletic Weight Horn (Pair)	16	Hex Dumbbell, 10KG, Each, Rubber	4	Hammer Strength Slam Bag, 4kg, Black Neoprene	3
Hammer Strength HD Athletic Half Rack Bar Catch	4	Hex Dumbbell, 12.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 6kg, Black Neoprene	3
Hammer Strength HD Athletic Power Pivot	4	Hex Dumbbell, 15KG, Each, Rubber	4	Hammer Strength Slam Bag, 8kg, Black Neoprene	6
Hammer Strength HD Athletic 6' Free Standing Storage	2	Hex Dumbbell, 17.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 10kg, Black Neoprene	6
Hammer Strength HD Athletic 72" Dumbbell Tray	4	Hex Dumbbell, 20KG, Each, Rubber	4	Hammer Strength Slam Bag, 12kg, Black Neoprene	3
Hammer Strength HD Athletic 72" Accessory Tray	4	Hex Dumbbell, 22.5KG, Each, Rubber	4	Hammer Strength Plyobox, Soft Foam	2



PERFORMANCE

ATTACK



BUILDING CHAMPIONS

INNOVATION

HAMMER  
STRENGTH

INTERIOR  
INTERSECTION  
CONCRETE  
INNER  
PURPOSEFUL EXHAUST  
PICKING UP THE  
OF THE  
A JOY  
WINDFALL CHANCE  
ACCOMPLISH  
HANDSHAKE RE



## ABOUT **ATTACK**

Push exercisers to conquer their personal challenges with **Attack**.  
For the **advanced exerciser** who trains for performance and strives to better themselves through both **strength and body weight movements**.

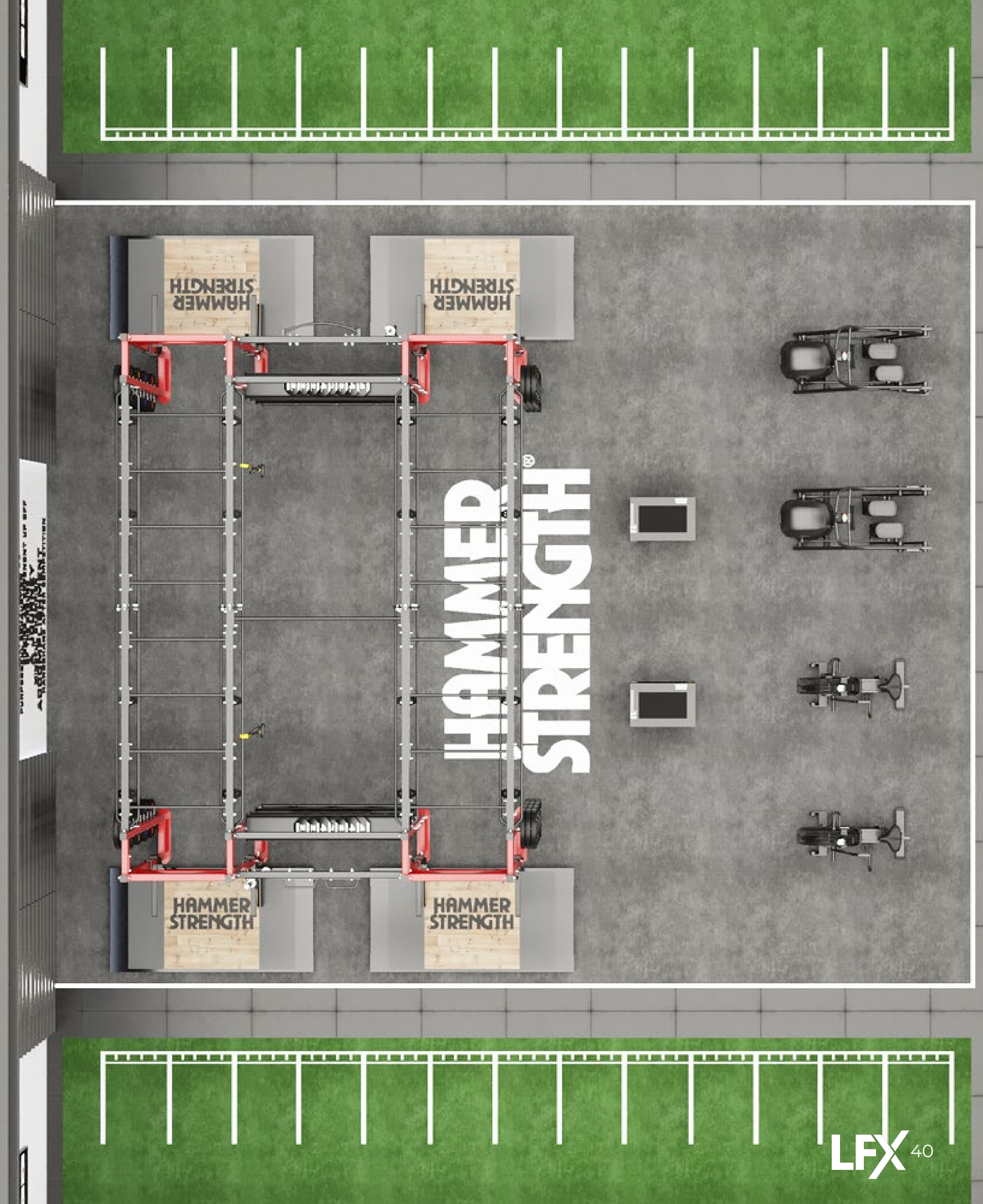
### **EQUIPMENT**

Attack is our most advanced total training space proposition.

- An HD Athletic Double Bridge creates a focal point for Olympic and strength-based exercises.
- Heavy accessories up to 32kg, including bumper plates, barbells, kettlebells and dumbbells, among others.
- 2 HD Air Bikes and 2 HD SPARCS

### **APPLICATION**

- Designed to accommodate Small Group Training, Personal training, and individualized Functional Training.
- The HD Air Bikes and HD SPARCs facilitate the implementation of HIIT sessions with ease.
- Supports core, strength, bodyweight, and Olympic lifting exercises



# LFX ATTACK

Minimum Live Area: 30' x 30' = 900 sq. ft. // 9m x 9m = 81 sq. m.

Bolt Down Required: No.

Hammer Strength HD SPARC	2	Hex Dumbbell, 7.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 4kg, Black Neoprene	4
Hammer Strength HD Air Bike	2	Hex Dumbbell, 10KG, Each, Rubber	4	Hammer Strength Slam Bag, 6kg, Black Neoprene	4
Hammer Strength HD Athletic Double Bridge, 14ft	1	Hex Dumbbell, 12.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 8kg, Black Neoprene	3
Hammer Strength 72" Dumbbell Tray	4	Hex Dumbbell, 15KG, Each, Rubber	4	Hammer Strength Slam Bag, 10kg, Black Neoprene	2
Hammer Strength 72" Accessory Tray	2	Hex Dumbbell, 17.5KG, Each, Rubber	4	Hammer Strength Slam Bag, 12kg, Black Neoprene	1
Hammer Strength HD Athletic Arc Bar	1	Hex Dumbbell, 20KG, Each, Rubber	4	Hammer Strength Slam Bag, 14g, Black Neoprene	1
Hammer Strength HD Athletic Bar Storage	2	Hex Dumbbell, 22.5KG, Each, Rubber	4	Hammer Strength Slam Ball, 5kg	3
Hammer Strength HD Athletic 3" Ball Grip (Pair)	1	Hex Dumbbell, 25KG, Each, Rubber	4	Hammer Strength Slam Ball, 10kg	3
Hammer Strength HD Athletic Bumper Plate Divider (Pair)	1	Life Fitness Kettlebell, 8kg, Rubber, Stainless Handle	3	Hammer Strength Slam Ball, 15kg	3
Hammer Strength HD Athletic Power Pivot	4	Life Fitness Kettlebell, 12kg, Rubber, Stainless Handle	4	Hammer Strength Slam Ball, 20kg	3
Hammer Strength Urethane Bumper, Black, 5kg	12	Life Fitness Kettlebell, 16kg, Rubber, Stainless Handle	4	Hammer Strength Plyobox, Soft Foam	2
Hammer Strength Urethane Bumper, Green, 10kg	12	Life Fitness Kettlebell, 20kg, Rubber, Stainless Handle	3	Collar, Lock Jaw Oly 2, Black, Each	12
Hammer Strength Urethane Bumper, Yellow, 15kg	12	Life Fitness Kettlebell, 24kg, Rubber, Stainless Handle	3	Hammer Strength Olympic Bar, 28MM, Chrome, Bushing, 20KG	6
Hammer Strength Urethane Bumper, Blue, 20kg	12	Life Fitness Kettlebell, 28kg, Rubber, Stainless Handle	2	TRX Suspension Trainer	4
Hex Dumbbell, 2.5KG, Each, Rubber	4	Life Fitness Kettlebell, 32kg, Rubber, Stainless Handle	1		
Hex Dumbbell, 5KG, Each, Rubber	6				

# PACKAGES COMPARISON

	INVIGORATE	EXCEL	EVOLVE	MOTIVATE	IGNITE	COMPETE	ATTACK
Structure	4 SAR	2 Cable-Versa SYNRGY90	4-Bay SYNRGY180	3-Bay SYNERGY180	4 HD Athletic storage racks	HD Athletic Perimeter	HD Athletic Double Bridge
Accessories weight	Up to 16 kg.	Up to 20 kg.	Up to 20 kg.	Up to 24 kg.	Up to 32 kg.	Up to 32 kg.	Up to 32 kg.
Cardio equipment	N/A	4 Heat Rowers	N/A	4 Heat Rowers	4 HD Air Bikes	2 HD Treads 2 HD Air Bike	2 HD SPARC 2 HD Air Bikes
Minimum live area	600 sq. ft. 54 sq. m.	1050 sq. ft. 95 sq. m.	600 sq. ft. 54 sq. m.	500 sq. ft. 45 sq. m.	900 sq. ft. 81 sq. m.	800 sq. ft. 72 sq. m.	900 sq. ft. 81 sq. m.
Bolt down required	No.	Yes.	No.	No.	No.	Yes.	No.
Unique feature	Flip Tires	Cable Training	Battle Ropes, Wall Ball Targets	Rope Pulls, Power Pivots	Accessible Hammer Strength Experience	Olympic Lifting	Olympic Lifting, Double Bridge

## LARGER SPACE OPTIONS

**For larger spaces, these equipment packages are intended to be used as building blocks.**

Multiple spaces can be combined to form a larger space that provides several training options to meet multiple training needs.

Each space is intended to accommodate up to 12 exercisers for small group training.



**COMBINED SPACES: COMPETE AND EVOLVE.** 1400 Sq. Ft. // 130 sq. m.



## LFX EDUCATION

- + 8-hour on-site course
- + Provides **CECs**
- + Hands-on and focused on teaching participants **how to deliver SGT programming**
- + Course specific to each SGT equipment package
- + **Supporting materials:** training manuals, presentation and programming



## SGT PROGRAMMING

**LFX Packages come with fitness programming designed by the Life Fitness Academy.**

- + 36 unique SGT workouts and 10 starter WODs per space.
- + Optimized for 12 participants working in groups of 4 exercisers.
- + Specific to each equipment package.
- + Includes programming delivered via digital tool.

Powered by **myzone®**

Bringing a new dynamic to your class and space by providing clear exercise visuals, expected heart rate zone for each exercise, and live feedback to every member via on-screen personal tiles. Their tiles show them how hard they're working, and calories burned. This clear exercise and effort instruction allows the instructor to focus on form and participant motivation.



EMPOWER POTENTIAL

PACKAGES BROCHURE - 2023