



Hip and Glute HS-HG

\$4500

Size (L x W x H): 65" x 39" x 72"

Metric (cm): 165 x 99 x 183

Recommended Live Area (L x W x H): 94" x 39" x 72"

Metric (cm): 239 x 99 x 183

Machine Weight: 515 lbs (234 kg)

Weight Stack: 295 lbs (138 kg)

Max User Weight: 300 lbs (136 kg)

Key Features:

- Effectively trains the glutes, hip flexors, hip abductors and hip adductors
- Bi-directional cam system has immediate resistance pick-up and is ideal for high speed training
- Platform height adjustment accounts for users of all sizes

HAMMER STRENGTH®



BLACK



Product Line Specs – Hammer Select

STENGTH TEAM | October 15th, 2019

**HAMMER
STRENGTH**

Hammer Select – General Product Line Specifications

Frame

- Fully welded 11-gauge steel frames
- Primarily 4" x 2", 3" x 2", and 1-1/2" x 2" rectangular tubes
- Electrostatic powder coat finish for maximum durability
- Frames are mostly fully welded and constructed in two (no more than four) pieces to facilitate movement through smaller doorways and difficult installations.
- All hardware is nickel plated.

Options

- Frame Color Option
- Work Arm Color Option
- Upgraded SE option and SE with full shroud option

Weight Plates

- Solid 1" thick steel 10, 15, & 20 lb (5, 7.5, & 10 kg) weight plates
- Each plate contains low friction bushings, which surround the guide rods to minimize friction and noise.
- Top weight plate bushings are mounted in the plate with rubber grommets for optimal performance and to reduce the frequency that guide rods require lubrication.
- Guide rods are 3/4" cold drawn steel, turned ground and polished with hard chrome finish.
- Finish is wrinkle gray powder coat.
- The weight selection shaft is constructed of zinc plated cold finished steel and precision drilled for accurate pin selection.
- Magnetic weight selector pin locks into place 7/16" selector pin, which completely penetrates the weight plate and is held in
- The selector pin is connected to the top weight to eliminate loss or substitution of substandard pins.

Increment Weight

- Base version has one 7.5 lbs. drop-down increment weight.
- SE version has two 5 lbs. drop-down increment weights.

Adjustments

- Ergonomic latex free rubber over molded adjustment handles.
- Minimal adjustments for ease of use
- Seats adjust in 1/2" (12 mm) increments.
- Hand grips are an extruded 60-durometer-thermorubber compound
- The grips are retained with aluminum collars, which eliminates the tendency of the grip to slide off the handle.

Instructional Placards

- Placards pictorially illustrate the muscles trained and exercise instructions, for ease of use without language barriers.

Cable & Pulleys

- 7 x 19 strand construction, lubricated, nylon-coated cables meet U.S. military specifications.
- All pulleys are at least 4.25" working diameter fiberglass-impregnated nylon pulleys with sealed double sealed bearings.
- Cable ratings:
 - 1/8" cable = 2,000 lbf tensile strength
 - 3/16" cable = 4,200 lbf tensile strength

Foot platforms

- All foot platforms are molded with a slip-resistant texture.

Cushions

- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability.
- Three- and Four-pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board

Equipment Anchoring

- All machines have holes in the feet which allows for easy anchoring to the floor.
- Hammer Strength recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped

User Ratings

- User weight rating = 300 lb (136 kg)
- These units were designed to accommodate users from 4'11" to 6'4", which is the 1%-99% of adults in the USA. There are exceptions to this rule, as this is more of a guideline.

Certifications

- ASTM F1749-15, F2571-15, F2216-10, F2277-12
- EN 957-2:2003
- EN ISO 20957-1:2013
- CA TB117
- Prop-65 & REACH Directive

Warranty

- 10-year limited warranty on the structural frame (coatings excluded)
- 5 year on the pulleys, weight plates, & guide rods
- 1 year on the bearings, cables, grips & electrical.
- 90 days on the upholstery, springs, & any items not specified.
- Warranties outside the U.S. may vary.

Hammer Select – Base vs. SE

Options	Hammer Select – Base	Hammer Select – SE
Seat Adjustments	Lift-and-Lock System	Easy-to-adjust spring-assisted roller seat adjustment system
Increment Weight Systems	<p>Add-a-Weight:</p> <ul style="list-style-type: none"> • Single 7.5 lbs (3.4 kg) increment weight 	<p>Drop-Down increment weight:</p> <ul style="list-style-type: none"> • Two 5 lb (2.5 kg) increment weights
Finish	Powder-coat frame finish, white and platinum standard (SE or custom colors available)	Powder-coat frame finish. Nine colors standard (Premium and custom colors available)
Upholstery	Molded foam cushions covered with black upholstery standard (SE or custom colors available)	Molded foam cushions covered with your choice of 30 standard upholstery colors (Custom colors available)
Misc. Adjustments	Easy-to-adjust rotary adjustments	Remote actuated adjustment mechanisms allow for easy adjustment from the seated position
Shroud	No Front or Rear Shroud	Rear Shroud Standard (Full Shroud option as SEF)
Start Positions	Fixed	Start position is adjustable in five 10-degree increments