

# STRENGTH COLLECTION



- Iso-Lateral version of a traditional bench press
- Back pad is angled 5 degrees allowing for better stabilization during heavy lifts

ISO-LATERAL HORIZONTAL BENCHPRESS BF-2007

Machine Weight: 109 kg  
Dimensions (LxWxH): 168 x 155 x 107 cm



- Horizontal grip simulates a more traditional bench press
- Iso-Lateral motion allows for equal strength development
- Top Ten selling Hammer Strength machine

ISO-LATERAL INCLINE PRESS BF-2008

Machine Weight: 147 kg  
Dimensions (LxWxH): 99 x 132 x 191 cm



- Path of motion is opposite of the Iso-Lateral Decline Press allowing for real push/pull exercise
- Additional handle provided to allow user stabilization during one-arm exercises
- Iso-Lateral motion allows for equal strength development

ISO-LATERAL LOW ROW BF-2009

Machine Weight: 152 kg  
Dimensions (LxWxH): 122 x 119 x 170 cm



- Compact, low-profile design
- Multiple grips allow different options for exercise variety
- Additional handle provided to allow user stabilization during one-arm exercise
- Top Ten selling Hammer Strength machine

ISO-LATERAL ROWING BF-2011

Machine Weight: 127 kg  
Dimensions (LxWxH): 150 x 127 x 130 cm



- Back pad is angled 40 degrees for better stabilization during heavy lifts and helps discourage hyperextension of the spine during exercise
- Seat belt provides extra stabilization
- Iso-Lateral motion allows for equal strength development
- Top Ten selling Hammer Strength machine

ISO-LATERAL SHOULDER PRESS BF-2012

Machine Weight: 159 kg  
Dimensions (LxWxH): 130 x 147 x 188 cm



- Introduces the balance element within the squat exercise
- Offers a one-arm upright row while following the natural arc of movement-keeping the wrist in neutral position
- Feet on the floor positioning promotes functional training

SQUAT HIGH PULL BF-2029

Machine Weight: 100 kg  
Dimensions (LxWxH): 157 x 145 x 86 cm

**BODY FORCE**

*Just For Health*

2000LINE



- Available with horizontal grip option to simulate more traditional bench press or vertical grip option to replicate athletic movements
- Upright position allows for easy entry and exit
- Iso-Lateral motion allows for equal strength development
- Top Ten selling Hammer Strength machine

ISO-LATERAL BENCH PRESS BF-2001

Machine Weight: 159 kg  
Dimensions (LxWxH): 125 x 132 x 175 cm



- Upright user positioning is appropriate for all users
- Iso-Lateral motion allows for equal strength development
- Seat belt provides extra stabilization

ISO-LATERAL DECLINE PRESS BF-2003

Machine Weight: 143 kg  
Dimensions (LxWxH): 130 x 137 x 173 cm



- Underhand grip dictates a natural path of motion ideal for training the Latissimus Dorsi
- Additional handle provided to allow user stabilization during one-arm exercises
- Iso-Lateral motion allows for equal strength development
- Top Ten selling Hammer Strength machine

ISO-LATERAL FRONT LAT PULLDOWN BF-2005

Machine Weight: 143 kg  
Dimensions (LxWxH): 165 x 104 x 203 cm



- Combination machine allows real push/pull exercise for the chest and back
- Ideal solution for the space constrained facility
- Back pad is angled 10 degrees on the seat for chest press
- Iso-Lateral motion allows for equal strength development

ISO-LATERAL CHEST/BACK BF-2002

Machine Weight: 177 kg  
Dimensions (LxWxH): 183 x 132 x 208 cm



- Underhand grip position combined with 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

ISO-LATERAL D.Y. ROW BF-2004

Machine Weight: 163 kg  
Dimensions (LxWxH): 130 x 142 x 208 cm



- 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
- Iso-Lateral motion allows for equal strength development
- Top Ten selling Hammer Strength machine

ISO-LATERAL HIGH ROW BF-2006

Machine Weight: 150 kg  
Dimensions (LxWxH): 155 x 104 x 201 cm





ISO-LATERAL SUPER INCLINE BF-2013

- Unique path of motion fills the gap between the Shoulder Press and Incline Press
- Iso-Lateral motion allows for equal strength development

Machine Weight: 163 kg  
Dimensions (LxWxH): 127 x 150 x 152 cm



ISO-LATERAL WIDE CHEST BF-2014

- Higher degree of converging motion than the Decline Press
- Start position is wider making it more applicable for larger users
- Iso-Lateral motion allows for equal strength development
- Top Tenselling Hammer Strength machine

Machine Weight: 138 kg  
Dimensions (LxWxH): 114 x 175 x 175 cm



PULLOVER BF-2017

- Seat is angled at 30 degrees to provide user stability
- Seat belt provides extra stabilization
- Counterbalanced movement arm decreases initial starting weight
- The degree of shoulder extension is reduced to minimize the stress of the shoulder joint

Machine Weight: 168 kg  
Dimensions (LxWxH): 137 x 130 x 150 cm



SEATED DIP BF-2018

- Allows user to perform exercise either facing in or out
- Excellent exercise for traditional weightlifting while promoting functional training as the exercise replicates exiting a seated position
- Seat belt provides extra stabilization

Machine Weight: 129 kg  
Dimensions (LxWxH): 170 x 97 x 107 cm



ISO-LATERAL LEG CURL BF-2021

- Standard range limiter allows for limitation of either the start or end of range of motion
- Iso-Lateral version of the PLLC allows independent leg training for equal strength development
- Divergent angle between hip and chest pads helps reduce lower-back stress

Machine Weight: 129 kg  
Dimensions (LxWxH): 180 x 135 x 99 cm



ISO-LATERAL LEG EXTENSION BF-2022

- Iso-Lateral version of the PLLE allows independent leg training for equal strength development
- Two resistance loading positions provide dual strength curves depending on exercise goal
- Seat belt provides

Machine Weight: 136 kg  
Dimensions (LxWxH): 137 x 145 x 145 cm



SEATED CALF RAISE BF-2025

- Machine design emphasizes the Soleus muscle
- Thigh pad restraint adjusts to accommodate different user sizes

Machine Weight: 91 kg  
Dimensions (LxWxH): 127 x 76 x 140 cm



SUPER HORIZONTAL CALF BF-2026

- Machine design allows exercise of the Gastrocnemius and Soleus
- Seated position loads the resistance through the hips as opposed to through the spine

Machine Weight: 172 kg  
Dimensions (LxWxH): 160 x 137 x 172 cm



ISO-LATERAL WIDE PULLDOWN BF-2015

- Machine utilizes a "Double Iso-Lateral" configuration (pivots are angled in two planes)
- More precise control of the movement pattern and grip angle

Machine Weight: 145 kg  
Dimensions (LxWxH): 130 x 107 x 203 cm



LATERAL RAISE BF-2016

- Back pad is angled 25 degrees to allow better alignment of the Medial Deltoid
- Iso-Lateral motion allows for equal strength development

Machine Weight: 134 kg  
Dimensions (LxWxH): 104 x 140 x 122 cm



ABDUCTOR BF-2019

- Lumbar support back pad improves user positioning
- Nearly unlimited resistance potential, making it ideal for athletic applications
- Convenient handles assist user in positioning legs while also acting as a "self spotter"

Machine Weight: 150 kg  
Dimensions (LxWxH): 132 x 145 x 119 cm



ADDUCTOR BF-2020

- Lumbar support back pad improves user positioning
- Nearly unlimited resistance potential, making it ideal for athletic applications
- Convenient handles assist user in positioning legs while also acting as a "self spotter"

Machine Weight: 150 kg  
Dimensions (LxWxH): 132 x 145 x 119 cm



ISO-LATERAL LEG PRESS BF-2023

- The ONLY Leg Press on the market providing an Iso-Lateral motion and a diverging path-of-motion
- Biomechanics are ideal for independent leg training for equal strength development
- Seat is angled at 35° and adjusts in 1/2° increments
- Footplate is designed to maintain the ankle at 90° throughout the entire movement to minimize undesirable forces
- Standard Rhino horns

Machine Weight: 275 kg  
Dimensions (LxWxH): 175 x 130 x 145 cm



LEG EXTENSION BF-2024

- Lumbar support back pad improves user positioning
- Seat belt provides extra stabilization

Machine Weight: 134 kg  
Dimensions (LxWxH): 142 x 137 x 145 cm



JAMMER BF-2028

- Very conducive to explosive or transfer training
- Ideal training tool for the athletic market
- Feet on the floor positioning promotes functional training
- Top Tenselling Hammer Strength machine
- Highly versatile allowing both unilateral and bi-lateral training

Machine Weight: 168 kg  
Dimensions (LxWxH): 175 x 168 x 229 cm



ISO-LATERAL KNEELING LEG CURL BF-2031

- Standard range limiter allows for limitation of either the start or end of range of motion
- Traditional prone user position
- Divergent angle between hip and chest pads helps reduce lower-back stress

Machine Weight: 114 kg  
Dimensions (LxWxH): 109 x 127 x 119 cm