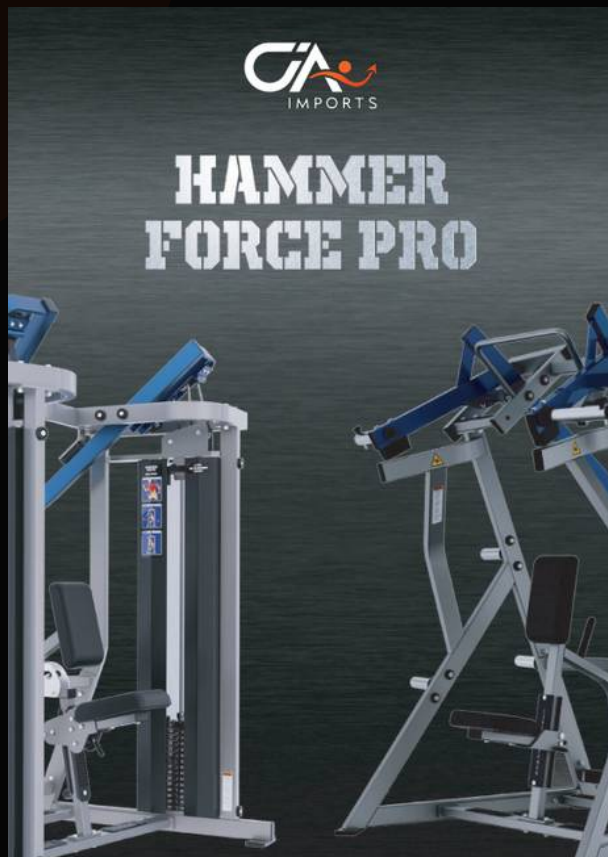




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Catálogo com equipamentos de força, imagens da linha e informações para seleção técnica.

Conteúdo completo preservado

Todas as páginas internas seguem em formato premium padronizado.

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**Driven. By.
Performance.**

Effective Your Training



**MOTION
TECHNOLOGY
SELECTORIZED**

Designed to move the way the body is supposed to move. Independent arm movements provide increased exercise variety and allow users to work limbs dependently or independently. It provides a free weight training-like feel with excellent biomechanics and high training comfort. The result is an exceptional fit and feel for the first-time user or seasoned athlete.

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POWERFUL. PRECISE. DESIGNED TO PERFORM.

- MTS redefines strength training by combining the Split-Move Technology — the hallmark of HammerForce Pro legendary plate-loaded series — with the unmatched convenience of selectorized weight stacks. Each of the 12 machines is engineered to deliver
- independent arm and leg movement, allowing users to experience the perfect balance of performance, precision, and user-friendly design.
- This is elite biomechanics made accessible — smooth, efficient, and built for results.



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Split-Move Biceps Curl

SM-2037



■ Dimension: 970*1480*1500 mm
▲ Weight: 236 kg
■ Recommended Live Area : 157*178 cm²
▲ Weight Stack: 50 kg *2

■ The DHZ Split-Move Biceps Curl offers independent arms for a natural diverging and converging motion, promoting balanced strength development. Adjustable pads and seat ensure proper wrist alignment and comfortable positioning, providing an optimal curling experience.

10

Split-Move Chest Press

SM-2038



■ Dimension: 1020*1730*1960 mm
▲ Weight: 347 kg
■ Recommended Live Area : 163*201 cm²
▲ Weight Stack: 75 kg *2

■ Designed with independent pressing arms, the DHZ Split-Move Chest Press allows for natural chest engagement and equal strength development on both sides. The ergonomic design ensures smooth pressing motion and balanced resistance throughout the range.

11

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HammerForce Pro

Split-Move Row

SM-2039



■ Dimension: 1300*1580*2090 mm
▲ Weight: 347 kg
■ Recommended Live Area : 191*188 cm²
▲ Weight Stack: 75 kg *2

■ With independent pulling arms and an ergonomic underhand grip, the DHZ Split-Move Row promotes natural movement patterns and precise muscle activation in the back. Adjustable seating ensures enhanced stability and proper alignment during every rep.

12

Split-Move Incline Press

SM-2040



■ Dimension: 1020*1730*1960 mm
▲ Weight: 347 kg
■ Recommended Live Area : 163*203 cm²
▲ Weight Stack: 75 kg *2

■ Inspired by natural human movement, the DHZ Split-Move Incline Press supports independent arm motion for balanced chest and shoulder development. The angled backrest facilitates comfortable entry and exit, making every session efficient and effective.

13

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Split-Move Shoulder Press

SM-2041



↳ Dimension: 1150*1580*1380 mm
 ↳ Weight: 339 kg
 ↳ Recommended Live Area : 175*188 cm²
 ↳ Weight Stack: 75 kg *2

■ The DHZ Split-Move Shoulder Press offers independent arm movement, promoting natural overhead pressing and balanced shoulder development. Adjustable handgrips and a supportive design make it easy to enter, exit, and perform each set confidently.

16

Split-Move Decline Press

SM-2042



↳ Dimension: 1000*1630*1680 mm
 ↳ Weight: 343 kg
 ↳ Recommended Live Area : 160*193 cm²
 ↳ Weight Stack: 75 kg *2

■ Optimized for lower chest engagement, the DHZ Split-Move Decline Press provides a stable and natural pressing path. The adjustable seat angle enhances comfort and supports strong pectoral activation with independent arm motion.

17

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Split-Move Triceps Extension

SM-2043



■ Dimension: 920*1330*1530 mm
▲ Weight: 264 kg
■ Recommended Live Area : 152*163 cm²
▲ Weight Stack: 50 kg *2

■ The DHZ Split-Move Triceps Extension ensures natural elbow movement with independent arm paths. Adjustable pads and seats maintain optimal wrist positioning, allowing for focused and comfortable triceps training.

18

Split-Move Front Pulldown

SM-2044



■ Dimension: 1220*1480*2040 mm
▲ Weight: 360 kg
■ Recommended Live Area : 152*208 cm²
▲ Weight Stack: 75 kg *2

■ Designed for a natural pulling arc, the DHZ Split-Move Front Pulldown features independent arms and ergonomic underhand grip options. This combination delivers effective back muscle activation and improved wrist comfort.

19

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Split-Move Shoulder Press

SM-2041



↳ Dimension: 1150*1580*1380 mm
 ▲ Weight: 339 kg
 ↳ Recommended Live Area : 175*188 cm²
 ▲ Weight Stack: 75 kg *2

■ The DHZ Split-Move Shoulder Press offers independent arm movement, promoting natural overhead pressing and balanced shoulder development. Adjustable handgrips and a supportive design make it easy to enter, exit, and perform each set confidently.

16

Split-Move Decline Press

SM-2042



↳ Dimension: 1000*1630*1680 mm
 ▲ Weight: 343 kg
 ↳ Recommended Live Area : 160*193 cm²
 ▲ Weight Stack: 75 kg *2

■ Optimized for lower chest engagement, the DHZ Split-Move Decline Press provides a stable and natural pressing path. The adjustable seat angle enhances comfort and supports strong pectoral activation with independent arm motion.

17

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Split-Move Triceps Extension

SM-2043



↳ Dimension: 920*1330*1530 mm
 ▲ Weight: 264 kg
 ↳ Recommended Live Area : 152*163 cm²
 ▲ Weight Stack: 50 kg *2

■ The DHZ Split-Move Triceps Extension ensures natural elbow movement with independent arm paths. Adjustable pads and seats maintain optimal wrist positioning, allowing for focused and comfortable triceps training.

18

Split-Move Front Pulldown

SM-2044



↳ Dimension: 1220*1480*2040 mm
 ▲ Weight: 360 kg
 ↳ Recommended Live Area : 152*208 cm²
 ▲ Weight Stack: 75 kg *2

■ Designed for a natural pulling arc, the DHZ Split-Move Front Pulldown features independent arms and ergonomic underhand grip options. This combination delivers effective back muscle activation and improved wrist comfort.

19

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Split-Move High Row

SM-2045



↳ Dimension: 1200*1830*1960 mm
 ▲ Weight: 354 kg
 ↳ Recommended Live Area : 191*188 cm²
 ▲ Weight Stack: 75 kg *2

■ The DHZ Split-Move High Row combines a unique pulling path with independent arm movement, offering a dynamic and versatile back training experience. This design targets upper back muscles effectively and supports smooth motion.

22

Abdominal Crunch

SM-2046



↳ Dimension: 1120*1000*1430 mm
 ▲ Weight: 241 kg
 ↳ Recommended Live Area : 173*130 cm²
 ▲ Weight Stack: 75 kg *1

■ The DHZ Abdominal Crunch engages the full core through simultaneous upper and lower body movement. Designed for maximum efficiency, it supports a controlled and challenging abdominal workout in a compact footprint.

23

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Split-Move Kneeling Leg Curl

SM-2047



■ Dimension: 1150*1580*1380 mm
▲ Weight: 339 kg
■ Recommended Live Area : 145*218 cm²
▲ Weight Stack: 75 kg *2

■ With ergonomic supports and counterbalanced arms, the DHZ Split-Move Kneeling Leg Curl ensures targeted hamstring engagement. The adjustable design provides comfortable entry and exit, supporting a smooth and effective leg workout.

24

Split-Move Leg Extension

SM-2048



■ Dimension: 1220*1450*1400 mm
▲ Weight: 341 kg
■ Recommended Live Area : 152*206 cm²
▲ Weight Stack: 75 kg *2

■ The DHZ Split-Move Leg Extension enables precise single-leg training and customized range of motion adjustments. Independent arm paths promote balanced development and optimal biomechanics, enhancing knee extension strength and control.

25

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V-Squat

SM-2049



■ Dimension: 2465*800*2005 mm
▲ Weight: 430 kg
■ Recommended Live Area : 247*80 cm²
▲ Weight Stack: 195 kg

■ Engineered to replicate the natural biomechanics of a true squat, the D4Z V-Squat delivers a smooth, curved movement path that minimizes stress on the lower back and knees—making it a powerful alternative to traditional leg presses or hack squats.

26



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PLATE LOADED

**HAMMER FORCEPRO
IS BUILT ON THE PURE
PERFORMANCE OF PLATE-
LOADED STRENGTH
EQUIPMENT**

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Glute Ham / Reverse Hyper

SM-2001



■ Dimension: 1810*1010*1320 mm
▲ Weight: 156 kg

■ Designed to build power where athletes need it most—hip extension, posterior-chain drive, and explosive strength. This machine reinforces the essential movement patterns behind sprinting, jumping, and lifting. With its smooth mechanics and supportive design, every rep builds stronger hips, a more resilient posterior chain, and greater overall athletic capacity.

32

Split-Move Chest / Back

SM-2002



■ Dimension: 1830*1330*2090 mm
▲ Weight: 177 kg

■ The Plate-Loaded Split-Move Chest/Back was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This combination machine offers a solution for both chest and back workouts.

33

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Split-Move Decline Chest Press

SM-2003



■ Dimension: 1300*1380*1730 mm
▲ Weight: 143 kg

■ The Hammer Series Vertical Traction was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This combination machine offers a solution for both chest and back workouts.

34

Split-Move D.Y. Row

SM-2004



■ Dimension: 1300*1430*2090 mm
▲ Weight: 164 kg

■ The Plate-Loaded Split-Move D.Y. Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. Underhand grip positions with overhead pivots deliver exercisers a natural arc of movement.

35

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Split-Move Front Lat Pulldown

SM-2005



■ Dimension: 1660*1050*2040 mm
▲ Weight: 143 kg

■ The Plate-Loaded Split-Move Front Lat Pulldown was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It uses a unique arc of motion and underhand grip positions to deliver variation and natural movement path.

36

Split-Move High Row

SM-2006



■ Dimension: 1550*1050*2010 mm
▲ Weight: 150 kg

■ The Plate-Loaded Split-Move High Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It provides a unique path of motion that contrasts the incline press for a workout that's not easily replicated by other machines.

37

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PURE. PERFORMANCE. CONQUER AGAINST GRAVITY.



- Engineered with independent and natural movement paths, each machine ensures an authentic, biomechanically optimized workout that mirrors the freedom of free weights while offering enhanced safety and control.
- With over 40 models—including powerful lower body, upper body, and versatile benches & racks—this lineup offers countless ways to challenge your muscles and push your limits.
- Whether you're an elite athlete or simply want to train like one, HammerForce Pro plate-loaded solutions deliver uncompromising performance, versatility, and reliability for every strength journey.



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Split-Move Horizontal Bench Press

SM-2007



■ Dimension: 1680*1550*1070 mm
▲ Weight: 109 kg

■ The Plate-Loaded Split-Move Horizontal Bench Press was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It's the Split-Move variation of a traditional bench press with angled back pads for stabilization.

38

T-Bar Row

SM-2008



■ Dimension: 2050*820*530 mm
▲ Weight: 91 kg

■ Built for uncompromising pulling strength, this T-Bar Row places the user in an unsupported, athletic stance—engaging the entire backside of the body from the ground up. With no pads to rely on, lifters develop raw back strength, powerful grip, and full-body stability. It's pure pulling performance with no shortcuts.

39

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Split-Move Low Row

SM-2009



■ Dimension: 1220*1200*1710mm
▲ Weight: 152 kg

■ The Plate-Loaded Split-Move Low Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It provides a unique path of motion that contrasts with the decline press.

40

Assisted Nordic Ham

SM-2010



■ Dimension: 1970*1360*1470 mm
▲ Weight: 183 kg

■ Engineered for high-level hamstring development, this assisted Nordic machine uses a counterbalanced design to adjust difficulty based on load—more plates mean more assistance. A single upper body pad adjustment accommodates users of all sizes while maintaining a secure, locked-in feel. Simple, effective, and built for serious posterior-chain strength.

41

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Split-Move Row

SM-2011



■ Dimension: 1500*1270*1300 mm
▲ Weight: 128 kg

■ The Plate-Loaded Split-Move Row was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It provides a compact, low-profile design and multiple grips for exercise variety.

44

Split-Move Shoulder Press

SM-2012



■ Dimension: 1300*1480*1880 mm
▲ Weight: 159 kg

■ The Plate-Loaded Split-Move Shoulder Press was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. The back pad is angled 40 degrees for stabilization and to eliminate hyperextension of the spine.

45

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Split-Move Super Incline Press

SM-2013



■ Dimension: 1270*1500*1530 mm
▲ Weight: 164 kg

■ The Plate-Loaded Split-Move Super Incline Press was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. The unique path of motion fills in the gap between the shoulder press and incline press.

46

Split-Move Wide Chest

SM-2014



■ Dimension: 1150*1500*1760 mm
▲ Weight: 139 kg

■ The Plate-Loaded Split-Move Wide Chest was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This machine offers a higher degree of converging motion than the decline press and accommodates larger exercisers.

47

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Split-Move Wide Pulldown

SM-2015



■ Dimension: 1810*1070*2040 mm
▲ Weight: 146 kg

■ The Plate-Loaded Split-Move Wide Pulldown was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. This machine offers double Split-Move training with pivots angled in two different planes.

48

Lateral Raise

SM-2016



■ Dimension: 1430*1130*1200 mm
▲ Weight: 116kg

■ This plate-loaded lateral raise delivers a smooth, natural arc of motion that complements shoulder mechanics—helping build strength, endurance, and stability. Ideal for strengthening the deltoids, improving symmetry, and supporting shoulder resilience for both athletic and everyday demands.

49

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Pullover

SM-2017



■ Dimension: 1380*1300*1500 mm
▲ Weight: 195 kg

■ The Plate-Loaded Pullover is ergonomically designed to reduce tension and provide exercisers with increased stability and control. The seat is angled and degree of shoulder extension is decreased for stability and reduced shoulder joint stress, respectively.

50

Seated Dip

SM-2018



■ Dimension: 1820*1240*1090 mm
▲ Weight: 130 kg

■ The Plate-Loaded Seated Dip allows exercisers to perform the exercise facing in or out for added variety.

51

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Super Fly

SM-2019



■ Dimension: 2090*2190*1050 mm
▲ Weight: 142 kg

■ A versatile fly trainer offering both flat and decline fly positions, allowing athletes to hit the chest from multiple angles. The flared back pads allow deeper, freer movement through each rep without shoulder interference. Whether the goal is strength, endurance, or muscle definition, this machine elevates chest training with exceptional range and comfort.

52

Open Stance Multi-Squat

SM-2020



■ Dimension: 1555*1375*850 mm
▲ Weight: 103 kg

■ Designed to generate power from the ground up, the open-stance Multi-Squat promotes natural foot positioning and full-body stabilization. Perfect for bilateral or unilateral work, it supports squats, lunges, and single-leg variations. Angled handles provide a strong, stable grip to optimize force transfer and movement control.

53

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Split-Move Leg Curl

SM-2021



■ Dimension: 1810*1350*1000 mm
▲ Weight: 130 kg

■ The Plate-Loaded Split-Move Leg Curl was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. And the divergent angle between hip and chest pads helps reduce lower-back tension.

56

Split-Move Leg Extension

SM-2022



■ Dimension: 1380*1450*1450 mm
▲ Weight: 137 kg

■ The Plate-Loaded Split-Move Leg Extension was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety.

57

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Hack Squat

SM-2023



■ Dimension: 2150*1560*1500 mm
▲ Weight: 236 kg

■ Built for targeted quad development, the Hack Squat uses a 45-degree pressing angle that emphasizes knee flexion and controlled extension. Linear bearings deliver smooth travel, while flip-in/flip-out racking handles ensure secure and seamless transitions. A reliable tool for building lower-body power, speed, and endurance.

58

Leg Extension

SM-2024



■ Dimension: 1430*1380*1450 mm
▲ Weight: 134 kg

■ The Plate-Loaded Split-Move Leg Extension was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. Two resistance loading positions provide dual strength curves depending on exercise goals.

59

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Seated Calf Raise

SM-2025



■ Dimension: 1240*840*1370 mm
▲ Weight: 91 kg

■ The Plate-Loaded Seated Calf Raise is designed to train the soleus muscle motions. It also has an adjustable thigh pad restraint to accommodate various exercisers.

60

Super Horizontal Calf

SM-2026



■ Dimension: 1630*1450*1520 mm
▲ Weight: 173 kg

■ The Plate-Loaded Super Horizontal Calf is designed to move resistance to the hips instead of the spine, and train both the gastrocnemius and soleus muscle motions.

61

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Glute Drive

SM-2027



■ Dimension: 1720*1480*1020 mm
▲ Weight: 152 kg

■ Purpose-built for glute activation without the setup hassle. Load the plates, secure your position, and drive. A non-slip foot platform anchors the stance, while high-density pads support powerful hip extension. This machine delivers efficient, repeatable glute training without tying up benches or barbells.

62

Ground Base Jammer

SM-2028



■ Dimension: 1500*1680*2290 mm
▲ Weight: 168 kg

■ The Ground Base Jammer is conducive to athletic applications that require ground-based explosiveness. Ground Base equipment is designed to keep the exerciser firmly planted on the ground while maximizing power and explosiveness from the feet up.

63

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Squat High Pull

SM-2029



■ Dimension: 1490*1580*870 mm
▲ Weight: 100 kg

■ The Plate-Loaded Ground Base Squat High Pull introduces balance to the squat exercise while providing biomechanics that keep exercisers' bodies in suitable positions for performance training. Ground Base equipment is designed to keep the exerciser firmly planted on the ground while maximizing power and explosiveness from the feet up.

64

Pendulum-X Squat

SM-2030



■ Dimension: 2480*1430*1995 mm
▲ Weight: 368 kg

■ Created for athletes who demand more from leg day, this pendulum squat emphasizes powerful hip and leg extension through its dynamic movement pattern. Resistance shifts smoothly through the range—lighter at the bottom, stronger at the top—creating an ideal strength curve. A high-intensity tool for developing strong legs and explosive lower-body performance.

65

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Split-Move Kneeling Leg Curl

SM-2031



■ Dimension: 1100*1270*1200 mm
▲ Weight: 114kg

■ The Plate-Loaded Split-Move Kneeling Leg Curl was blueprinted from human movement. Separate weight horns engage independent diverging and converging motions for equal strength development and muscle stimulation variety. It uses a kneeling position with a divergent angle between the hip and chest pads to help reduce lower-back tension.

68

Split-Move Bench Press

SM-2032



■ Dimension: 1250*1330*1760 mm
▲ Weight: 159 kg

■ The Plate-Loaded Split-Move Bench Press features separate weight horns that provide independent diverging and converging motions for equal strength development. Features Horizontal and Vertical grip options to replicate traditional bench presses or athletic movements. The Horizontal option is the most popular machine with a horizontal grip position. The Vertical option has a vertical grip for in-season athletes battling wrist, elbow, and shoulder soreness or injury.

69

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Seated Biceps

SM-2033



■ Dimension: 1270*1170*1350 mm
▲ Weight: 103 kg

■ The Plate-Loaded Seated Biceps is designed to give exercisers improved resistance over free weights in a preacher curl position. Handles rotate to accommodate differences in user forearm length.

70

Linear Leg Press

SM-2034



■ Dimension: 2400*1688*1480 mm
▲ Weight: 265 kg

■ The Plated-Loaded Linear Leg Press designed to push lower body strength to the limit. The machine features a 45-degree angle that provides a smooth, stable press, allowing users to load and target their quads, hamstrings, and glutes with unmatched intensity.

71

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Abdominal Oblique Crunch

SM-2035



■ Dimension: 1200*1480*1680 mm
▲ Weight: 162 kg

■ The Plated-Loaded Abdominal Oblique Crunch uses a swivel seat to target both sets of oblique muscles. This dual action motion trains the full abdominal wall.

72

Belt Squat

SM-2036



■ Dimension: 1985*1610*1525 mm
▲ Weight: 185 kg

■ Built to reduce spinal load while enabling heavy lower-body training, the Belt Squat offers a natural, user-defined path of motion similar to free-weight squatting. It supports high-force output, explosive training, and joint-friendly movement patterns. Durable, versatile, and ideal for serious leg development in any training environment.

73

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Belt Squat Pro

SM-2036L



■ Dimension: 1986*1604*1527 mm
▲ Weight: 208 kg

■ The fixed-mounted dip bars allow users to perform weighted dips directly on the belt squat system, delivering intense upper-body pushing training without occupying additional floor space. No separate dip station or rack attachment is required—just a clean, efficient setup that supports heavy loading and stable execution.

74

Super Squat Press

SM-2051



■ Dimension: 2240*1745*1425 mm
▲ Weight: 240 kg

■ Designed with articulating foot platforms and a refined strength curve, this machine provides a smooth yet challenging pressing experience. Independent work arms allow unilateral training for balanced leg development. It delivers powerful squat-press mechanics that feel intuitive and natural across every rep.

75

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Seated / Standing Shrug

SM-2052



■ Dimension: 1025*1450*1230 mm
▲ Weight: 107 kg

■ A versatile shrug trainer built for heavy trap development—whether seated or standing. This design allows users to load up, pull hard, and build serious upper-body strength. Stable, secure, and capable of supporting explosive movement, it's ideal for athletes seeking real-world carrying and bracing strength.

76

Split-Move Incline Press

SM-2053



■ Dimension: 1380*1160*1910 mm
▲ Weight: 148 kg

■ This incline chest press is engineered for athletes and lifters who require powerful upward-pressing strength. With an optimized, natural pressing path, the machine mirrors the mechanics of a traditional incline press while using independent arm movement to promote balanced strength development on both sides of the body.

77

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V-Squat

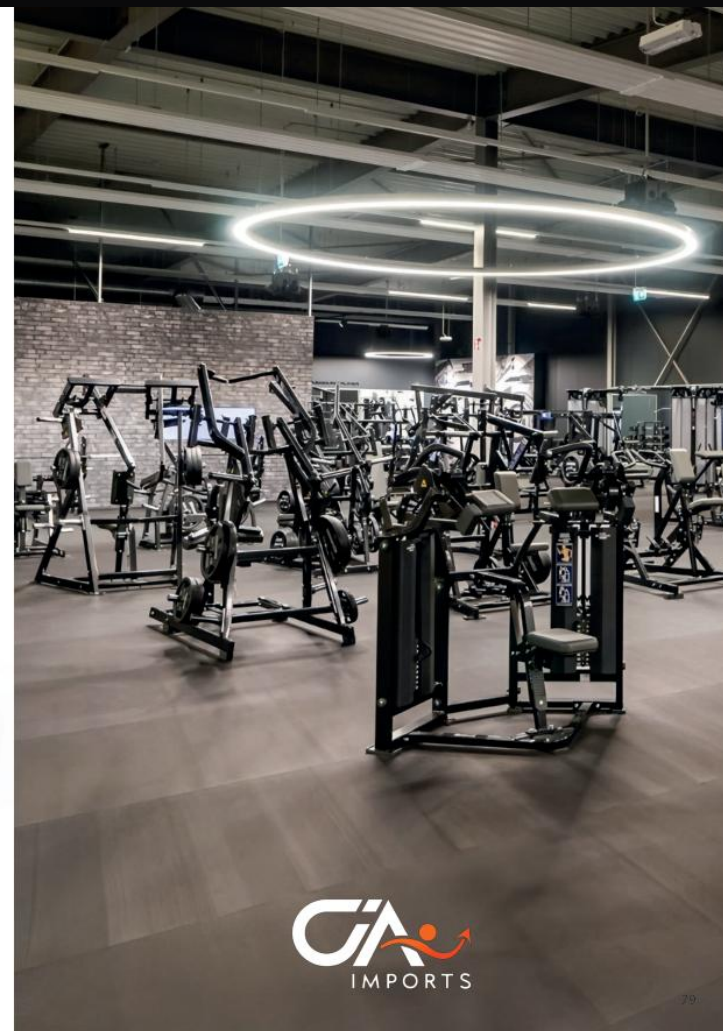
SM-3017



■ Dimension: 2470*1070*2050 mm
▲ Weight: 241 kg

■ The Plate-Loaded V-Squat is designed to have a natural squatting motion, while reducing back and knee strain through a curved arc of motion. It also employs a standard counter balance for lower starting resistance.

78



79

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BENCHES AND STORAGE

SET UP YOUR PERFECT PERFORMANCE WORKOUT

The durable steel frame construction withstands the impact of high-intensity free weight and bodyweight workouts. A wide range of options includes Olympic stations, training stations, bodyweight stations, and storage solutions.

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Flat Bench

SM-3001



■ Dimension: 1270*560*410 mm
▲ Weight: 25 kg

■ The Flat Bench is a traditional flat bench that offers high-grade durability and quality.

82

Abdominal Board

SM-3002



■ Dimension: 1740*610*880 mm
▲ Weight: 52 kg

■ A Decline Bench is a free weight bench that is angled downward to elevate the pelvis and lower the head, often with rollers to brace the feet. Abdominal crunch exercises work the muscles of the back and torso while upper body exercises performed with it work the lower portion of the Chest and Deltoids.

83

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Incline Bench-30 Degree

SM-3003



↳ Dimension: 1100*630*780 mm
▲ Weight: 34 kg

■ The 30 degree incline bench features a fixed angle that provides proper positioning for multiple upper body exercises.

84

Incline Bench-55 Degree

SM-3004



↳ Dimension: 890*550*1010 mm
▲ Weight: 33 kg

■ The 55 degree incline bench features a fixed angle that provides proper positioning for multiple upper body exercises.

85

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Utility Bench-75 Degree

SM-3005



↳ Dimension: 1300*640*940 mm
▲ Weight: 30 kg

■ The Utility Bench 75 Degree offers the functionality of a utility bench and a 75-degree curved footrest.

86

Decline / Abdominal Bench

SM-3006



↳ Dimension: 1610*610*870 mm
▲ Weight: 46 kg

■ The Decline/Abdominal Bench offers two workout options in one piece of equipment with the same high-grade durability and quality that comes with benches and racks.

87

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Multi-Adjustable Bench

SM-3007



↳ Dimension: 1330*560*470 mm
▲ Weight: 39 kg

■ The Multi-Adjustable Bench has six different pressing angles and three seat pad adjustments to fit the needs of all your exercisers.

90

Adjustable Decline Bench

SM-3008



↳ Dimension: 1630*720*940 mm
▲ Weight: 60 kg

■ This decline bench offers multiple angle adjustments—from a mild decline for controlled pressing to a deeper angle for intensified abdominal and chest work. A simple lever system provides fast changes without makeshift solutions. Stable, comfortable, and built to support heavy lifting and focused core training.

91

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Olympic Flat Bench

SM-3012



■ Dimension: 1330*1270*1270 mm
▲ Weight: 66 kg

■ The Olympic Flat Bench offers an Olympic style flat bench press with the same high-grade durability and quality that comes with benches and racks.

92

Olympic Incline Bench

SM-3013



■ Dimension: 1300*1330*1480 mm
▲ Weight: 90 kg

■ An Olympic style incline bench press with the same high-grade durability and quality that comes with benches and racks.

93

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HammerForce Pro

Olympic Decline Bench

SM-3014



■ Dimension: 1530*1350*1270 mm
▲ Weight: 87 kg

■ The Olympic Decline Bench offers an Olympic style decline bench press with the same high-grade durability and quality that comes with benches and racks.

94

Barbell Rack

SM-3015



■ Dimension: 790*720*1530 mm
▲ Weight: 65 kg

■ The Barbell Rack gives you convenient storage for 10 fixed barbells.

95

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Back Extension

SM-3016



■ Dimension: 1500*720*1100 mm
▲ Weight: 62 kg

■ The Back Extension has an adjustable angled pad for sound support and exceptional comfort.

98

Seated Arm Curl

SM-3018



■ Dimension: 1000*920*1100 mm
▲ Weight: 73 kg

■ The Seated Arm Curl offers the traditional preacher curl position with the same high-grade durability and quality that comes with benches and racks.

99

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Deluxe Weight Tree

SM-3019



Dimension: 510*690*1000 mm
Weight: 34 kg

The Deluxe Weight Tree offers four horns for maximum support and storage for your exercisers.

100

SIGNATURE COLOR

FRAME / SWING ARM
TITANIUM GREY

SWING ARM
OCEAN BLUE

A premium double-coat, double-bake painting process is applied to the entire structure. By performing two layers of coating and two high-temperature curing cycles, the finish achieves a denser surface, enhanced durability, and a high-gloss, mirror-like appearance.

STANDARD COLORS

FRAME OPTIONS



SWING ARM OPTIONS



RECOMMENDED COMBINATIONS



UPHOLSTERY
OPTIONS

BLACK

SADDLE BROWN

REDDISH BROWN

MOCHA