



# Hip Adduction

## HS-HAD

# \$3350

Size (L x W x H): 61" x 26" x 55"

Metric (cm): 155 x 66 x 140

Recommended Live Area (L x W x H): 61" x 77" x 55"

Metric (cm): 155 x 196 x 140

Machine Weight: 575 lbs (261 kg)

Weight Stack: 295 lbs (138 kg)

Max User Weight: 300 lbs (136 kg)

### Key Features:

- Ratchet mechanism allows user to adjust start position in 10-degree increments to accommodate each individual's desired range and flexibility
- Knee pads and dual foot positions provide leg support while reducing torque around the knee
- Front-mounted weight stack lets users adjust weight from the seated position and acts as a privacy screen

**HAMMER  
STRENGTH®**





# Product Line Specs – Hammer Select

STENGTH TEAM | October 15<sup>th</sup>, 2019

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# 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
<b>Seat Adjustments</b>	Lift-and-Lock System	Easy-to-adjust spring-assisted roller seat adjustment system
<b>Increment Weight Systems</b>	<p><b>Add-a-Weight:</b></p> <ul style="list-style-type: none"> <li>• Single 7.5 lbs (3.4 kg) increment weight</li> </ul>	<p><b>Drop-Down increment weight:</b></p> <ul style="list-style-type: none"> <li>• Two 5 lb (2.5 kg) increment weights</li> </ul>
<b>Finish</b>	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)
<b>Upholstery</b>	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)
<b>Misc. Adjustments</b>	Easy-to-adjust rotary adjustments	Remote actuated adjustment mechanisms allow for easy adjustment from the seated position
<b>Shroud</b>	No Front or Rear Shroud	Rear Shroud Standard (Full Shroud option as SEF)
<b>Start Positions</b>	Fixed	Start position is adjustable in five 10-degree increments