

LifeFitness

BENCHES AND RACKS



TRANSFORM YOUR FREE WEIGHT EXPERIENCE

Found in premium clubs and fitness facilities around the world, Life Fitness benches and racks are renowned for their exceptional look and feel, and are designed to seamlessly combine comfort and style.

Welcome to a training experience that is as luxurious as it is effective.



“A WHOLE NEW LEVEL
OF REFINEMENT AND
SOPHISTICATION FOR A
LINE OF BENCHES
AND RACKS.”

BENCHES

DESIGNED WITH THE FOCUS ON YOU.

Designed with the body's natural alignment in mind, every bench prioritizes comfort and sensation, from precise adjustments to ergonomically contoured pads.



MULTI ADJUSTABLE BENCH / LBR-MA

Featuring precision seat and back pad adjustments, the Multi-Adjustable bench provides seven adjustment angles from -10 to 70 degrees, allowing for more workout versatility.



ADJUSTABLE BENCH / LBR-AD

Adjusts six ways—including flat and incline—to support a variety of workouts. An angled lumbar pad provides ultimate comfort and support.



ADJUSTABLE DECLINE BENCH / LBR-DB

Designed specifically for performing core and decline exercises, this bench provides five different adjustments from 10 to -30 degrees to add versatility and vary exercise difficulty.



FLAT BENCH / LBR-FB

Designed with a single front leg for optimized foot positioning, this bench provides a sturdy surface to perform all exercises requiring a flat position.



UTILITY BENCH / LBR-UB

Featuring an 80-degree back pad angle and a low and narrow seat pad, this bench provides maximum stability for performing seated exercises.



ABDOMINAL BENCH / LBR-AB

Upgrade your ab workouts with this space-efficient bench. It's 17-degree angle maximizes ab engagement, while built-in handles and wheels ensure easy mobility.



ABDOMINAL CRUNCH BENCH / LBR-AC

Uses dual pivot motion to effectively replicate abdominal crunch movements. Includes user-friendly spring-assisted adjustment levers.



ARM CURL BENCH / LBR-BC

Two different pad angles allow for traditional preacher curls or more concentrated hanging curls to enhance workout versatility.

OLYMPIC BENCHES

BIG LIFTS. LITTLE DISTRACTION.

Life Fitness Olympic Benches streamline the process of performing Olympic lifts with their simple, user-friendly design. They require minimal adjustments and feature protective urethane coating on the racking, effectively reducing noise and preserving your bars.



OLYMPIC SQUAT RACK / SOSR

Premium benches and racks, like this Olympic squat rack, seamlessly integrate with other equipment to complete a training floor complete with premium strength training products. Includes five racking positions and eight weight horns.



OLYMPIC INCLINE BENCH / LBR-OI



OLYMPIC DECLINE BENCH / LBR-OD



OLYMPIC FLAT BENCH / LBR-OF



OLYMPIC MILITARY BENCH / LBR-OM



OLYMPIC BENCH WEIGHT STORAGE / LBR-OW

BODYWEIGHT AND FLEXIBILITY TRAINING

MORE RANGE OF MOTION. MORE VERSATILITY.

Experience enhanced strength, improved balance, and increased range of motion with our comprehensive bodyweight and flexibility training options.



BACK EXTENSION / LBR-BE

With an intuitive adjustment and an V-shaped thigh pad design, the Back Extension ensures continuous comfort throughout the entire range of motion.



DIP/LEG RAISE / LBR-LD

Featuring a 10-degree angled, stable back pad and extended handles, performing dips and leg raises feels natural and secure.



LEG RAISE / LBR-LR

With the flexible, domed back pad, angled elbow cushions and ergonomic handles, the Leg Raise provides comfort and support that conforms to your body during exercise.



CHIN/DIP/LEG/RAISE / LBR-LC

Multiple pull-up grips, an angled back pad for leg raises, and extended handles for dips enable three bodyweight exercises in one compact unit.



FLEXIBILITY TRAINER / LBR-FS

Supports proper body position and uses gravity to stretch all major muscle groups. Pivot system allows for a greater range of movement, which accommodates various body types and levels of flexibility.

STORAGE

HOME FOR YOUR ACCESSORIES.

Give your accessories the home they deserve and choose from Life Fitness's storage options that are meticulously engineered for an organized space that epitomizes style and practicality.



2-TIER DUMBBELL RACK / LBR-D2



3-TIER DUMBBELL RACK HEX / LBR-DF



3-TIER DUMBBELL RACK, SHORT SADDLE / LBR-DS



3-TIER DUMBBELL RACK, LONG SADDLE / LBR-DL



VERTICAL DUMBBELL RACK / LBR-DV



BARBELL RACK 5 / LBR-BB



BARBELL RACK 10 / LBR-BR



3-TIER ACCESSORY RACK / LBR-AR



VERTICAL MEDICINE BALL STORAGE / LBR-MB



OLYMPIC WEIGHT TREE / LBR-OT

CONFIGURABLE STORAGE

STORE IT YOUR WAY.

Configurable storage solutions give you the space and freedom to store accessories the way you want to.



ACCESSORY STORAGE RACK / SAR

The Life Fitness Accessory Storage Rack offers storage for a variety of training accessories. It helps keep facilities well organized and is perfect for a small training space that makes use of accessories.



ENDURANCE PACKAGE

Recommended Accessories

- (5) Medicine Balls - 4, 6, 8, 10, 12 lbs (1, 2, 3, 4, 5 kg)
- (8/7) Kettlebells - 10, 15, 20, 25, 30, 35, 40, 45 lbs (8, 12, 16, 20, 24, 28, 32 kg)
- (4) Resistance Tubes: Extra light, light, medium, heavy
- (3) Mats
- (3) Foam Rollers
- (3) Stability Balls



STRENGTH PACKAGE

Recommended Accessories

- (5) Medicine Balls - 4, 6, 8, 10, 12 lbs (1, 2, 3, 4, 5 kg)
- (8/7) Kettlebells - 10, 15, 20, 25, 30, 35, 40, 45 lbs (8, 12, 16, 20, 24, 28, 32 kg)
- (4) Resistance Tubes: Extra light, light, medium, heavy
- (2) Jump Ropes
- (6) Dumbbell Pairs - 2.5, 5, 7.5, 10, 12.5, 15 lbs (1, 2, 3, 4, 5, 6 kg)
- (2) Foam Rollers
- (3) Stability Balls



PERFORMANCE PACKAGE

Recommended Accessories

- (2) Wall Balls - 14, 20 lbs (not available in kg)
- (3) Slam Balls - 15, 20, 25 lbs (5, 10, 15 kg)
- (5) Sandbells - 8, 10, 12, 15, 20 lbs (4, 6, 8, 10, 12 kg)
- (4) Kettlebells - 30, 35, 40, 45 lbs (12, 16, 20, 24 kg)
- (4) Jump Ropes
- (6) Mats
- (1) BOSU®

MODEL OPTIONS



BASE UNIT

Designed for these accessories; Med Balls, Kettlebells, Foam Rollers, Sand Bells, Resistance Bands, Jump Ropes.



2 STABILITY BALL STORAGE

Designed for these accessories; (2) 55/65 cm Stability Ball, or BOSU® stored upside down.



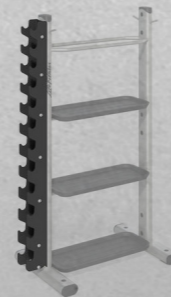
3 STABILITY BALL STORAGE

Designed for these accessories; (1) 55/65/75 cm Stability Ball, (2) 55/65 cm Stability Ball, or BOSU® stored upside down.



VERTICAL BOSU® BALL STORAGE

Designed for these accessories; BOSU®



BEAUTY BELL STORAGE

Designed for these accessories; (6) Beauty Bell Pairs, up to 20lbs (8 kg).



BEAUTY BELL W/ ROLLER STORAGE

Designed for these accessories; (6) Beauty Bell Pairs, up to 20lbs (8 kg), (2) Foam Rollers 6" (15 cm) diameter; 12"-18"(30-46 cm) long



MAT W/ ROLLER STORAGE

Designed for these accessories; (6) Mats up to 3/8" (2 cm) thick and up to 62" (158 cm) long. Adjustable eyelet hook spacing of 14" - 21" (36 cm - 53 cm), (3) Foam Rollers up to 6" (15 cm) diameter; 12"-36" (30cm - 91 cm) long.



MAT STORAGE

Designed for these accessories; (6) Mats up to 3/8" (2 cm) thick and up to 62" (158 cm) long. Adjustable eyelet hook spacing of 14" - 21" (36 cm - 53 cm)

CONFIGURABLE STORAGE

STORE IT YOUR WAY.

Configurable storage solutions give you the space and freedom to store accessories the way you want to.



MODULAR ACCESSORY STORAGE SYSTEM / SMSS

Fitness accessory storage made easy. The Modular Accessory Storage System allows for convenient access to training tools like kettlebells, dumbbells, medicine balls, resistance bands, stability balls, foam rollers and much more.

This space efficient system doesn't take up a lot of valuable square footage. It is easily built out to fit your specific space, and it can be configured with a variety of shelving and side storage options to meet the needs of your exercisers.



1. CHOOSE YOUR CORE

Build the CORE of your unit around available space and with the accessory storage you prefer.

2. CHOOSE YOUR EXTENSIONS

Improve and expand your system with additional Accessory shelves.

3. CHOOSE YOUR SIDES

Side storage increases the capacity of your storage options outside of your CORE and ADD sections.

SHELF & SIDE STORAGE OPTIONS

The structure of the modular accessory storage system begins with the core. Add as many extensions as you wish and create your individual filing system.

SHELF OPTIONS

STABILITY BALL STORAGE

- Holds two 55 cm stability balls comfortably
- Can hold one 55 cm and one 65 cm stability ball, or single 75 cm stability ball

DUAL RAIL SHELF

- Ideal for ball storage
- 5.75" (15 cm) between rails

ACCESSORY SHELF

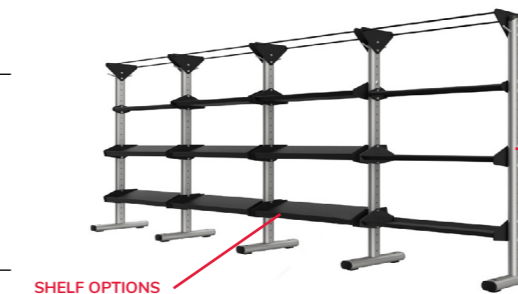
- Ideal for general accessory storage including kettlebells, slam bags, hex/ non-rolling dumbbells, med balls, wall balls, foam rollers, etc.
- Usable flat surface space: 46" x 13" (116 cm x 33 cm)

DUMBBELL SHELF

- Ideal for hex/non-rolling dumbbells.
- Per shelf capacity:
 - 4 pairs: 5 lb - 20 lb (2 kg - 9 kg)
 - 3 pairs: 25 lb - 35 lb (11 kg - 16 kg)
 - 3 pairs: 40 lb - 50 lb (18 kg - 23 kg)
- Shelf can be positioned forwards or backwards, flat (0° or angled (15°)
- Usable space: 46" x 16" (116 cm x 41 cm)

DUAL BOSU®+ SHELF

- Ideal for BOSU® ball and general accessory storage
- Usable space: 19" x 13" (48 cm x 33 cm)



SHELF OPTIONS

VIPR ROLLER SHELF

- Ideal for storing ViPR Pros and foam rollers vertically
- ViPR Pro capacity: up to 10 (depending on size)
- Foam roller capacity: up to 14

VIPR ROLLER SHELF / MAT STORAGE

- Combines the ViPR roller shelf and mat side storage
- Includes adjustable divider to keep accessories separated
- ViPR Pro capacity: up to 6 (depending on size)
- Foam roller capacity: up to 6
- Mat storage accommodates mats of 62" (158 cm) and eyelet spacing of 14" - 21" (36 cm - 53 cm)

SIDE STORAGE

DUAL RAIL

- Ideal for ball storage
- 6" (15 cm) between rails

ACCESSORY SHELF

- Ideal for general accessory storage including kettlebells, sand bells, med balls, wall balls, foam rollers, etc.
- Rubber over molded trays
- Usable space: 26" x 9" (66 x 23cm)

MAT STORAGE

- Can hold up to 6 mats up to 67" (170 cm) in length
- 4" (10 cm) long pegs are adjustable to accommodate eyelet spacing of 14"-21" (36 cm - 55 cm)

BOSU® STORAGE

- Holds single BOSU® ball

STABILITY BALL STORAGE

- Holds one 55/65/75 cm stability ball
- Diameter: 19" (48 cm)

WORKOUT BOARD

- Magnetic, dry-erase 30" x 18" (77 - 46 cm) steel board.
- Can store 4 markers and eraser.

POWER BLOCK® PRO 50 STORAGE

- For use with 1 pair of Power Block® Pro 50 adjustable dumbbells.
- Shelf can be positioned flat 0 or angled 15

FOAM ROLLER STORAGE

- Can store up to nine rollers vertically from 18" (46 cm) to 36" (92 cm)

SPECIFICATIONS

BENCHES

MODEL	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
MULTI-ADJUSTABLE BENCH	LBR-MA	58" X 29" X 17" (147 X 73 X 43 CM)	110 LBS (50 KG)
ADJUSTABLE BENCH	LBR-AD	55" X 25" X 45" (140 X 64 X 114 CM)	72 LBS (33 KG)
ADJUSTABLE DECLINE BENCH	LBR-DB	73" X 29" X 41" (185 X 73 X 104 CM)	175 LBS (80 KG)
FLAT BENCH	LBR-FB	46" X 31" X 16.5" (119 X 79 X 42 CM)	65 LBS (30 KG)
UTILITY BENCH	LBR-UB	36" X 28" X 36" (91 X 71 X 91 CM)	50 LBS (23 KG)
ABDOMINAL BENCH	LBR-AB	50" X 25" X 21" (127 X 63.5 X 53.3 CM)	45 LBS (20 KG)
ABDOMINAL CRUNCH BENCH	LBR-AC	62" X 32" X 38" (156 X 81 X 97 CM)	141 LBS (64 KG)
ARM CURL BENCH	LBR-BC	47" X 33" X 46" (119 X 84 X 117 CM)	210 LBS (96 KG)

OLYMPIC BENCHES

MODEL	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
OLYMPIC SQUAT RACK	LBR-OS	77.5" X 66" X 75.5" (197 X 168 X 192 CM)	400 LBS (182 KG)
OLYMPIC INCLINE BENCH	LBR-OI	58" X 51" X 57" (147 X 130 X 145 CM)	185 LBS (84 KG)
OLYMPIC DECLINE BENCH	LBR-OD	68" X 51" X 51" (173 X 130 X 130 CM)	210 LBS (96 KG)
OLYMPIC FLAT BENCH	LBR-OF	49" X 51" X 51" (125 X 130 X 130 CM)	150 LBS (68 KG)
OLYMPIC MILITARY BENCH	LBR-OM	48" X 51" X 66" (122 X 130 X 168 CM)	325 LBS (148 KG)
OLYMPIC BENCH WEIGHT STORAGE	LBR-OW	ADDS 28" (71 CM) L AND 17" (43 CM) W TO OLYMPIC BENCH	85 LBS (39 KG)

BODYWEIGHT AND FLEXIBILITY TRAINING

MODEL	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
BACK EXTENSION	LBR-BE	50" X 37" X 38" (127 X 94 X 97 CM)	151 LBS (69 KG)
DIP/LEG RAISE	LBR-LD	41.5" X 29" X 61" (105.4 X 73.6 X 155 CM)	137 LBS (62 KG)
CHIN/DIP/LEG RAISE	LBR-LC	45" X 50" X 91.5" (114 X 127 X 279 CM)	245 LBS (111KG)
FLEXIBILITY TRAINER	LBR-FS	54" X 23" X 43" (137 X 58 X 109 CM)	78 LBS (35 KG)

SPECIFICATIONS

STORAGE

MODEL	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
2-TIER DUMBBELL RACK	LBR-D2	90" X 25" X 33" (229 X 64 X 84 CM)	275 LBS (125 KG)
3-TIER DUMBBELL RACK (5-50 HEX)	LBR-DF	54" X 29" X 38" (137 X 73 X 96 CM)	167 LBS (76 KG)
3-TIER DUMBBELL RACK, SHORT SADDLE	LBR-DS	61" X 29" X 38" (155 CM X 73 CM X 96 CM)	200 LBS (91 KG)
3-TIER DUMBBELL RACK, LONG SADDLE	LBR-DL	96" X 29" X 38" (244 X 73.7 X 96.5 CM)	286 LBS (130 KG)
VERTICAL DUMBBELL RACK	LBR-DV	20" X 19" X 46" (51 X 48 X 117 CM)	57 LBS (26 KG)
BARBELL RACK 5	LBR-BB	36" X 23.5" X 56.5" (91.5 X 60 X 143.5 CM)	450 LBS (205 KG)
BARBELL RACK 10	LBR-BR	33" X 35" X 57" (145 X 89 X 144.8 CM)	128 LBS (58 KG)
3-TIER ACCESSORY RACK	LBR-AR	54" X 29" X 38" (137 X 73 X 96 CM)	168 LBS (76 KG)
VERTICAL MEDICINE BALL STORAGE	LBR-MB	25.5" X 25" X 56" (65 X 64 X 142 CM)	37 LBS (17KG)
OLYMPIC WEIGHT TREE	LBR-OT	27" X 23" X 37" (69 X 58 X 94 CM)	95 LBS (43 KG)

CONFIGURABLE STORAGE

MODEL	MODEL CODE	DIMENSIONS (L X W X H)	WEIGHT
SIGNATURE SERIES MODULAR ACCESSORY STORAGE SYSTEM	SMSS-CORE	27" X 54" X 73" (69 X 137 X 185 CM) BASE UNITY ONLY	80 LBS (36 KG)
SIGNATURE SERIES ACCESSORY STORAGE RACK	SAR	36" X 25" X 67" (94 X 66 X 171 CM) BASE UNIT ONLY	190 LBS (86 KG)



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