INTRODUCING THE NEW STANDARD IN GROUP FITNESS EQUIPMENT
Until now, the equipment central to group fitness has been slow to innovate. As the world’s leading creator of group fitness programming, Les Mills is in a unique position to develop cutting-edge equipment that integrates seamlessly with group fitness classes to deliver maximum results.

LES MILLS™ SMART TECH is the product of 3 years’ focused customer insight and development.

CUTTING EDGE EQUIPMENT THAT DELIVERS RESULTS
Les Mills’ SMART TECH equipment is designed to maximize efficiency and results for your members.

“Our instructors and members love the SMART TECH range. The plates are very well designed and are ergonomically perfect for holding in your hands. The steps are brilliant and because of the equipment, we have encouraged more people into the gym as the look and functionality are both fantastic.

Investing in the SMARTSTEP was a no brainer, the steps are fantastic, comfortable and the risers that lock in reduce the risk of injury, as the step doesn’t move. The SMARTBAR is perfect for LES MILLS GRIT and BODY PUMP, we transition quicker and we look the part.”

GRITSHED, Newcastle, Australia

“As a new club focused on innovation and keeping one step ahead, we felt it was the only option for us. The SMARTBAR has made a difference to our members who had difficulty in holding the heavier plates and has enhanced their workouts.”

ROAR FITNESS 247, Cockburn, Australia
WHY SMARTBAR

• Strong and durable construction
• Quick and easy plate transitions, without clips, which helps classes to run on time
• Rotating ends to enable smoother movement, improving form and aiding muscle isolation
• Plates can also be used as ergonomic hand-weights – reducing the need to purchase other products, and saving space
• Versatile for use beyond the group fitness studio – effective for functional and personal training too
• Modern and stylish design of both SMARTBAR and its rack ensure that your equipment can be a selling point even when not in use
• 2 year warranty
SMART BAR TECHNOLOGY

- Rotating ends enable smoother movement which improves form, aids muscle isolation and increases performance.
- Plates can be used as hand-weights. Being easy to grip, members can hold two in one hand. This allows them to increase weights incrementally, making progress more attainable.
- Patented ‘gator’ design makes plate changes fast and seamless. Just pull the red release lever and slide plates off.
- Durable construction, designed and tested to withstand even the most demanding gym environment.
- Quick and easy transitions, without clips.
- Rounded square shape of weight plates prevents rolling away between tracks.
- The SMART BAR storage rack holds 12 sets of SMART BAR bars and weight plates.

**DESCRIPTION** | **WEIGHT** | **DIMENSIONS (CM)**
---|---|---
SMART BAR Rack (holds 12 sets) | 64kg | 128.5 x 55 x 124
SMART BAR Bar | 2.8kg | 128 x 12 x 7.5
SMART BAR Weight Plates | 1kg, 2.5kg, 5kg, 10kg | 18 x 2.2 x 18, 20 x 2.2 x 20, 26 x 2.6 x 26, 32 x 3 x 32

SMART BAR can hold up to 60kgs at a time. SMART BAR can be purchased in sets which include one bar and six weight plates (two each of 1kg, 2.5kg and 5kg). 10kg plates are sold separately. Racks can be set up with different weight plate configurations as needed. Ask us for a quote to suit your facility.


SMART BAR can hold up to 60kgs at a time.

Ergonomic handle is optimal diameter to reduce fatigue in hands and forearms, aiding correct muscle activation and technique. Patented ‘gator’ design makes plate changes fast and seamless. Just pull the red release lever and slide plates off.
WHY SMARTSTEP

- Sturdy construction and design – tested to withstand a busy gym environment
- Round shape of risers makes assembly simple and efficient
- Safely stack up to eight risers on each side
- Non-slip feet increases member confidence in the stability of their equipment, enabling them to push harder and get fitter faster
- Incline functionality, resistance band integration, and red target line for coaching reference enable it to be used for functional or personal training
- Stack up to 20 units high without requiring a rack
- 2 year warranty
SMARTSTEP is designed to nest in separate pieces, which means that it can safely stack up to 20 units high without requiring a rack. This saves valuable studio floor space compared with some other step brands.

- Multi-directional surface improves grip under foot while increasing back and hand comfort during bench work.
- Contoured sides make it easy to carry.
- Increased stability, non-slip feet and improved riser engagement – so your members can leap on it with confidence.
- Red target line improves foot placement, and can act as a coaching reference - helping to increase correct muscle activation.
- Unique incline functionality for propulsion work (one riser high) and bench work (up to four risers high).
- Circular design makes riser placement easier and faster, while improving stability.
- Notches in deck allow for easy resistance band integration.
- Quick and easy transitions because it can be moved in one piece between tracks – but risers also detach easily for storage.
- Non-slip rubber feet allow for improved shock-absorption, reducing strain on joints.
- Strong and durable – tested to withstand even the toughest gym environment.

**Technology**

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>WEIGHT</th>
<th>DIMENSIONS (CM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMARTSTEP</td>
<td>5.96kg</td>
<td>105 x 42 x 10</td>
</tr>
<tr>
<td>SMARTSTEP Risers (pair)</td>
<td>0.7kg</td>
<td>42 x 42 x 13</td>
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</tbody>
</table>

WHY SMARTBAND

- The band’s flat profile reduces anchoring and rolling issues
- Nylon webbing moves freely throughout the spine ensures ease of movement
- Compressible handle improves comfort and fixation under foot
- Optimal surface for gripping when held in the hand
- Improved functionality through a range of moves
**Technology**

**Enhanced Grip** – designed to have positive engagement under class conditions while maintaining comfort.

**Quality Nylon Material** – webbing moves freely through the spine (band integration area) which ensures ease of movement and improved functionality through a range of moves.

**Band Centre Identification** – The LES MILLS logo provides a simple and easy way to identify the centre of the band during workouts.

**Strong and Durable** – Made from an injection moulded thermoplastic elastomer, this new material and design innovation has enabled Les Mills to reinvent resistance training, providing a resistance tool designed for the intensity and flexibility of functional training.

**Compressible Handle** – improves the overall comfort, user experience, and functionality of the handle whilst ensuring no fatigue to the hand or wrist muscles. Also offers improved comfort under foot.

**Flat Profile Band** – the flat profile greatly reduces anchoring and rolling issues (under foot, knee, in the hand) allowing a stress-free uninhibited workout.

**Subtle Resistance Designation** – identified by the colour of material and subtle identifier here, both allow users to select the right resistance for the workout without it being overly obvious to others.

**Life-long consistency** – testing shows this product (band material) retains its resistance over the duration of its intended life. This means all bands, new or old, offer the same experience.

**Spine To Handle Connection** – Vastly improved design to ensure advanced functionality, durability and a longer-life.
LES MILLS TUBES

LES MILLS Tubes work the body with a variety of moves and intensities, and allow more muscles to be targeted more effectively than with anti-gravity options like hand weights. The LES MILLS Tubes can be used in CXWORX and BODYVIVE 3.1 classes.

### CONTACT US

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DON OLIVER BARBELLS

The Don Oliver™ barbell range has been designed and manufactured in New Zealand by Don Oliver Fitness Equipment. The equipment is functional, durable and affordable. Each set includes one bar, a pair of collars, and two each of 1kg, 2.5kg and 5kg weight plates.

The vertical storage rack will hold 20 sets. Add the extension pack to increase capacity to 30 sets. The spike conveniently stores up to 13 x 10kg plates.

<table>
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<tr>
<th>DESCRIPTION</th>
<th>WEIGHT</th>
<th>DIMENSIONS</th>
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<tbody>
<tr>
<td>Barbell</td>
<td>2kg</td>
<td>130 x 2.54</td>
</tr>
<tr>
<td>Weight Plate</td>
<td>1kg</td>
<td>13.7 x 2.8</td>
</tr>
<tr>
<td>Weight Plate</td>
<td>2.5kg</td>
<td>23 x 2.8</td>
</tr>
<tr>
<td>Weight Plate</td>
<td>5kg</td>
<td>28 x 3.5</td>
</tr>
<tr>
<td>Weight Plate</td>
<td>10kg</td>
<td>37.5 x 4</td>
</tr>
<tr>
<td>Snaplock Collar</td>
<td>0.06kg</td>
<td>5 x 2.54 x 5</td>
</tr>
<tr>
<td>Spike Rack for 10kg Weight Plates</td>
<td>2kg</td>
<td>183 x 88 x 62.5</td>
</tr>
<tr>
<td>20 Set Rack</td>
<td>30kg</td>
<td>63 x 97 x 185</td>
</tr>
<tr>
<td>Rack Extension</td>
<td>12.5kg</td>
<td>within footprint of 20 set rack</td>
</tr>
</tbody>
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**DESCRIPTION**  
9mm - Gray  
12mm - Orange  
13.5mm - Black
