

F I F T N E S S

LES MILLS  
**SMART TECH**

≡ N G I N E E R E D





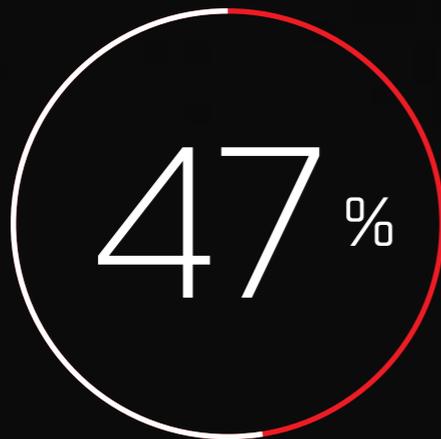


We do not stand still. It is not in our nature. While the world around us moves fast, we move faster. The pursuit of being better is at our core. Program evolution delivers us closer to our goals. Ergonomically conceived equipment is our revolution in the room. We'll work out smarter. Feel more connected to our commitment. To get fitter and healthier, faster. We do not stand still. It is not in our nature.

**FITNESS**  
**ENGINEERED**

Winning numerous design awards, SMART TECH equipment is considered best in class<sup>3</sup> and is designed to maximize efficiency & results for your members. Developed by Les Mills, the global leaders in group fitness SMART TECH significantly outperforms traditional equipment in all areas of functionality.<sup>2</sup>

THE SMART CHOICE



#### PAYS TO BE GREAT

Almost 50% of those considering joining a facility look at 'Great Equipment' as a major influencer of their purchase.

It is the third largest driver of a membership decision, falling only behind location and price.<sup>1</sup>



#### QUALITY MEANS QUANTITY

56% of participants say that the quality of the equipment they use for BODYPUMP™ has an influence on whether they choose to continue their membership.<sup>2</sup>



81%

#### ATTENDANCE UP

Clubs have shown great increases in BODYPUMP attendance by implementing proven Les Mills club solutions. Including SMART TECH equipment, top programming, instructor training and education resources.<sup>4</sup>

77%

#### A BETTER EXPERIENCE

Among BODYPUMP members who've used both SMARTBAR™ and other brands of equipment, three quarters say they get a better experience using SMARTBAR.<sup>5</sup>

The better the member experience the longer they stay at the club.



<sup>1</sup> Nielsen Global Fitness Consumer Survey 2013

<sup>2</sup> Les Mills New Zealand 2016 Survey

<sup>3</sup> SMARTBAR winner Reddot Design Awards 2013, SMARTSTEP Gold Designers Institute Best Design Awards 2013

<sup>4</sup> Les Mills UK and NZ SMARTBAR Report November 2014 to June 2015. Analysis from club chains in UK and NZ. Attendance growth range was 5-81% after installation of SMART TECH without timetable changes.

<sup>5</sup> Les Mills New Zealand 2016 Survey



LES MILLS  
**SMARTBAR**

LES MILLS SMARTBAR  
DESIGNED FOR HIGH PERFORMANCE.  
ENGINEERED FOR RESULTS.

The latest SMARTBAR is the industry's benchmark for effectiveness in fitness.

At the cutting edge of innovation & design, SMARTBAR is engineered for workouts that work & solves problems that traditional barbells never knew they had.

Enhancing form, results and enjoyment for your members, SMARTBAR is the ultimate in fitness equipment.



LES MILLS  
**SMARTBAR**



ENGINEERED FOR:

LES MILLS  
**BODYPUMP**

LES MILLS  
**GRIT**

LES MILLS  
**CXWORX**

# HOW SMARTBAR STACKS UP

Quick and easy clip-free plate transitions

Plates double as ergonomic hand-weights,  
replacing dumbbells

Rotating ends for smoother movement, improved form  
and effective muscle isolation

Strong & durable construction

Ideal for both group fitness and personal training

STANDARD  
BARBELL

LEMMING  
**SMARTBAR**





**ROTATING ENDS**

Now with even smoother movement, improved form and effective muscle isolation to enhance performance

**OPTIMAL BAR DIAMETER**

Reduces hand and forearm fatigue, aiding correct muscle activation and technique

**QUICK & EASY CLIP-FREE TRANSITIONS**

Incremental weight can be added with confidence, with the potential to burn more calories



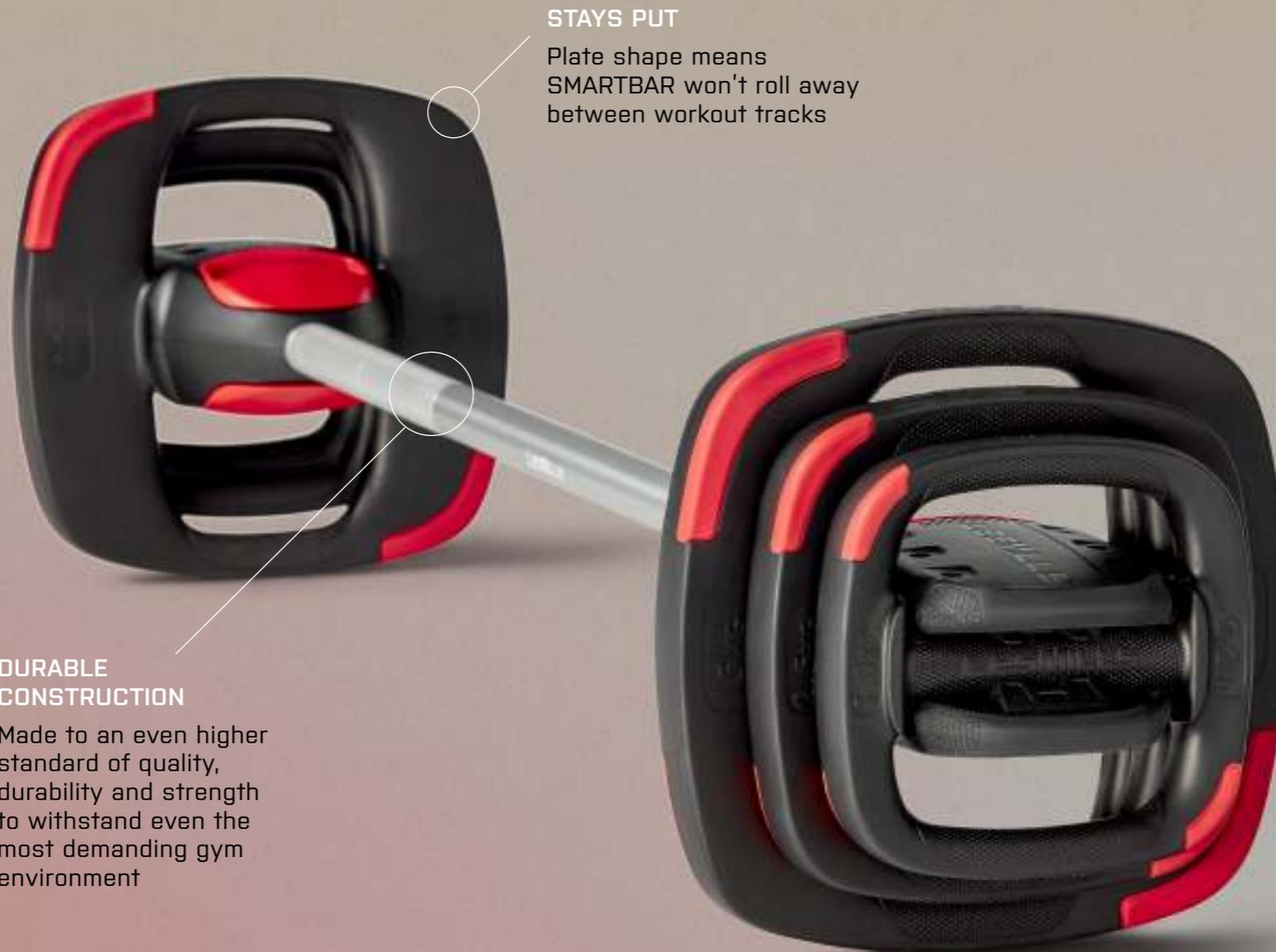
**TEXTURED GRIP ZONES**

For improved comfort and control when used as a hand-weight.



**IMPROVED GATOR**

Plate changes are even faster and smoother with the unique 'gator' design. Pull the red release lever and slide plates off with ease.



**STAYS PUT**

Plate shape means SMARTBAR won't roll away between workout tracks

**DURABLE CONSTRUCTION**

Made to an even higher standard of quality, durability and strength to withstand even the most demanding gym environment

**EACH SMARTBAR SET INCLUDES:**

1 X SMARTBAR BAR

**2.6kg**  
[131 x 13.1 x 9.1cm]



SMARTBAR PLATES (two of each)

**1kg** [18 x 3.4 x 18cm]  
**2.5kg** [21 x 3.4 x 21cm]  
**5kg** [27 x 3.4 x 27cm]



AVAILABLE SEPARATELY

**3.7kg PLATE** [24 x 3.4 x 24cm]  
**7.5kg PLATE** [31 x 3.6 x 31cm]  
**10kg PLATE** [33 x 3.6 x 33cm]





SMART  
STORAGE

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THE SMARTBAR STORAGE RACK HOLDS:

**12** SMARTBAR  
bar & weight  
plate sets

The storage system can accommodate 20% more weight plates than standard, and allows for different weight configurations to suit different clubs and facilities

SMARTBAR RACK  
50kg  
(140.5 x 53 x 31cm)

Locking unit  
available separately.  
[lesmills.com/smartbar](http://lesmills.com/smartbar)

**LES MILLS**  
**SMARTSTEP**

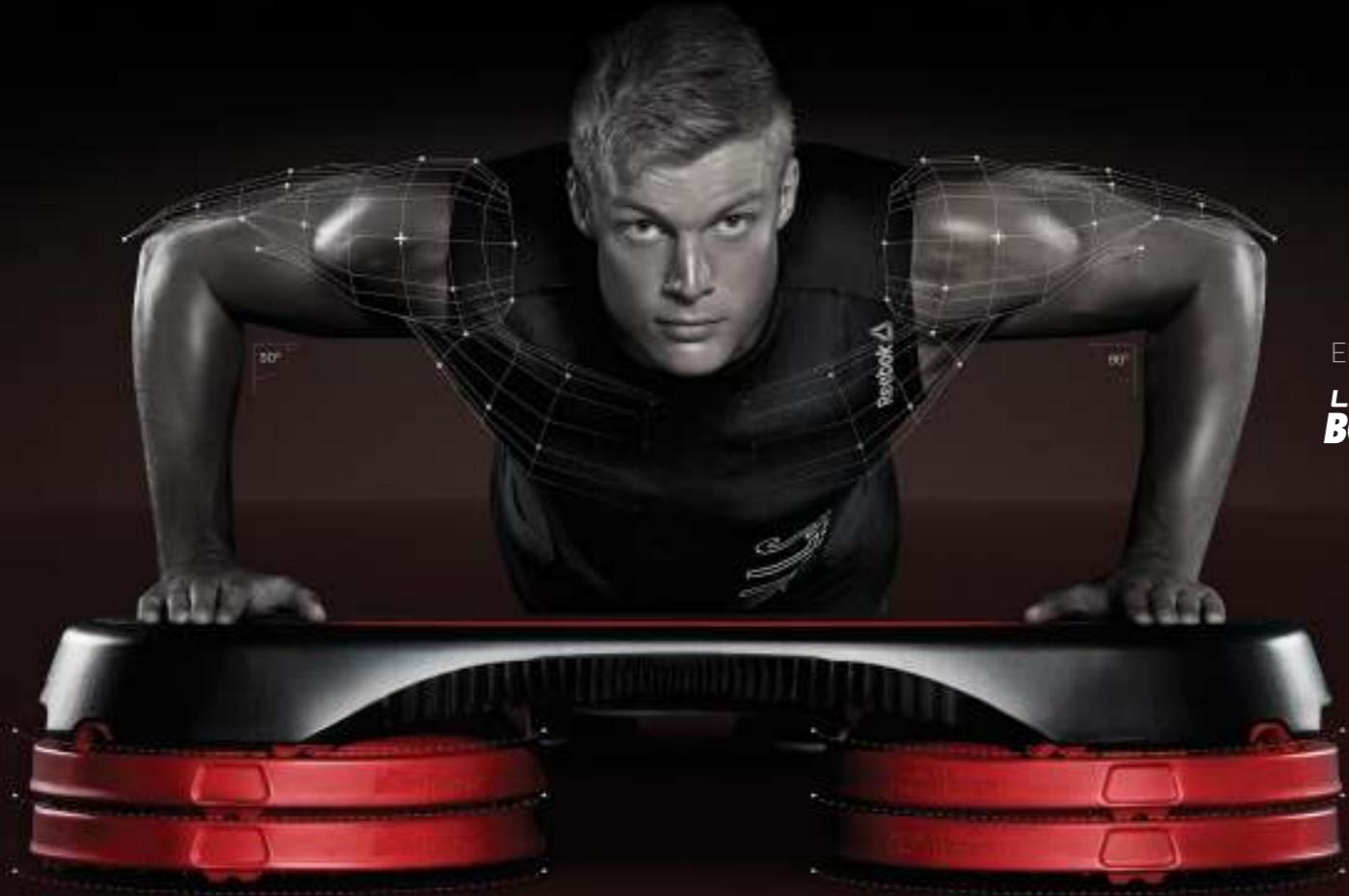
LES MILLS SMARTSTEP  
IS UNIQUELY DESIGNED  
& SCIENTIFICALLY  
ENGINEERED FOR  
STABILITY AND  
OPTIMAL RECOIL.



LES MILLS SMARTSTEP™ is an innovative leap on from traditional fitness steps, allowing you to jump confidently, lie comfortably, move smoothly and adjust intensity with ease.

A step forward in fitness technology, LES MILLS SMARTSTEP takes training to even greater heights.

**LES MILLS**  
**SMARTSTEP**



ENGINEERED FOR:

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**GRIT**

**LES MILLS**  
**BODYSTEP**

# HOW LES MILLS SMARTSTEP STACKS UP

No need for rack storage saves valuable floor space

STANDARD  
STEP

LES MILLS  
**SMARTSTEP**

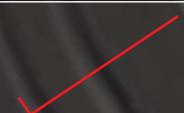


Can be moved in one piece between tracks

SOME



Multi-directional surface grip and non-slip feet



Surface is comfortable for back and hands



Target line on deck aids correct foot placement



Can be used on an incline



Ideal for both group fitness and personal training



**STEADY UNDERFOOT**

Multi-directional surface improves underfoot grip while increasing back and hand comfort during bench work



**INCREASED STABILITY**

Non-slip feet and improved riser locking allows you to leap with confidence

**CONTOURED SIDES**

Makes it easy to carry & move around



**UNIQUE INCLINE**

Functionality for more effective propulsion work (one riser) and bench work (up to four risers)

**RED TARGET LINE**

Improves foot placement, and can act as a coaching reference - helping to increase correct muscle activation

**DURABLE CONSTRUCTION  
AND ENGINEERING,**  
Proven to withstand the most  
demanding levels of use



**NON-SLIP**

Rubber feet improve shock  
absorption and reduce strain  
on joints

**CIRCULAR DESIGN**

Dramatically improves stability  
and makes riser placement  
easier and faster

**LOCK-DOWN**

Riser locking system allows for  
quick and easy transitions and  
one-piece movement between  
tracks – but risers also detach  
easily for storage

## SMART STORAGE



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LES MILLS SMARTSTEP IS DESIGNED TO NEST IN SEPARATE PIECES, ALLOWING SAFE STACKING UP TO 20 UNITS HIGH WITHOUT REQUIRING A RACK.

This saves valuable studio floor space compared with some other step brands.

LES MILLS  
SMARTSTEP  
**5.96kg**  
[105 X 42 X 10cm]

LES MILLS SMARTSTEP  
RISERS (PAIR)  
**0.7kg**  
[42 X 42 X 13cm]

[lesmills.com/smartstep](https://lesmills.com/smartstep)

LES MILLS

LES MILLS  
**SMARTBAND**

LES MILLS

LES MILLS SMARTBAND  
REINVENTS RESISTANCE  
TRAINING THROUGH  
USER INSIGHT &  
REVOLUTIONARY  
INNOVATION.



Designed using advanced new materials, LES MILLS SMARTBAND™ is scientifically engineered for the full intensity, flexibility and movement range of even the most technical workouts.

At the cutting edge of fitness, LES MILLS SMARTBAND delivers a consistent change in resistance as the band is extended.





LES MILLS  
**SMARTBAND**

ENGINEERED FOR:  
**LES MILLS**  
**CXWORX** / **LES MILLS**  
**tone**

90°  
30°

# HOW LES MILLS SMARTBAND COMPARES

Flat band profile to reduce anchoring and rolling issues

Free-moving nylon webbing throughout the spine for ease of movement

Compressible handle to improve comfort and fixation under foot

Optimal gripping surface when held in the hand

Ideal for both group fitness and personal training

STANDARD  
BAND



LES MILLS  
SMARTBAND

LES MILLS  
SMARTBAND  
EXTREME



**FLAT BAND PROFILE**

Reduces anchoring  
& rolling issues

Band features the LES MILLS  
logo, providing a simple and  
easy way to identify the centre  
point during workouts

**SECURE CONNECTION**

Between spine and handle  
is designed to ensure  
advanced functionality,  
durability and a longer life

**LES MILLS  
SMARTBAND  
EXTREME**

For medium to  
heavy resistance

**COMPRESSIBLE HANDLE**

Lets you hold additional band  
or weight, improves comfort,  
grip and fixation under foot

**MOVES FREELY**

High quality nylon webbing  
throughout the spine  
ensures ease of movement  
and improved functionality  
through a range of  
movements

**LES MILLS  
SMARTBAND**

For light  
to medium  
resistance

## SMART STORAGE



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The rack is lockable to protect your investment against theft. Lock not included

## THE SMARTBAND STORAGE RACK HOLDS:

**10** LES MILLS  
SMARTBAND  
of any  
resistance level

Our rack lets you store your LES MILLS SMARTBAND securely, neatly and without any tangling or knotting.

LES MILLS SMARTBAND  
**0.215kg** [1230 x 25 x 4mm]

LES MILLS SMARTBAND EXTREME  
**0.215kg** [1230 x 25 x 4mm]

LES MILLS  
SMARTBAND RACK  
**0.600kg**  
[30.6 x 12.6 x 13.1cm]

[lesmills.com/smartband](https://lesmills.com/smartband)



LES MILLS

LES MILLS  
**MAX MAT**

THE MBX MAT IS A  
FITNESS AND YOGA  
MAT ENGINEERED TO  
WITHSTAND THE RIGORS  
OF GROUP FITNESS.



Developed for an improved exercise experience for both mind and body. MBX™ Mat is engineered to withstand the rigors of group fitness, delivering optimal workout performance and a more comfortable exercise experience.

**With dual purpose functionality, MBX Mat improves balance, stability and grip.**

LES MILLS  
**MBX MAT**



ENGINEERED FOR:

LES MILLS  
**CXWORX**

LES MILLS  
**BODYBALANCE**

LES MILLS  
**barre**

# HOW MBX MAT COMPARES

Dual purpose design for yoga and high-impact exercise

Made from environmentally friendly high-density eco PVC

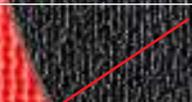
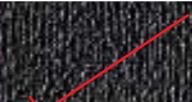
Anti-slip coating for enhanced grip in both wet and dry conditions

Body alignment and target zones for accurate movement

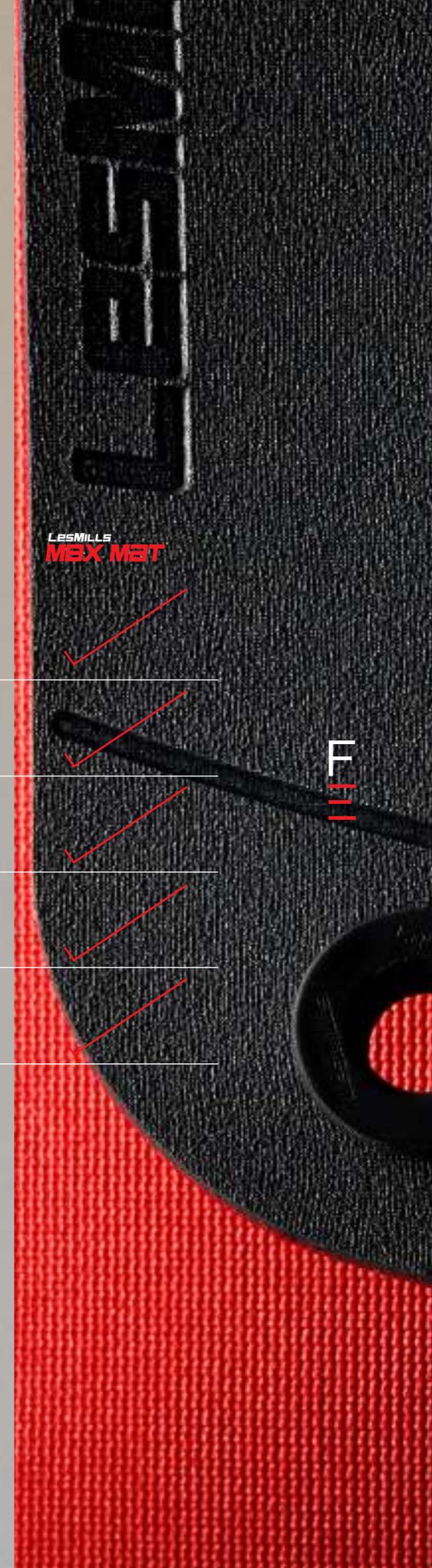
Easily folds in half for more comfort when exercises put pressure on knees or elbows

STANDARD  
MAT

LES MILLS  
MBX MAT



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**YOGA SIDE**

Made for the perfect balance of comfort and stability. Designed for bare feet, not footwear.

**FITNESS SIDE**

High durability fitness side handles more intensive exercises. Designed for use with gym shoes.

**EYELETS**

Durable slim profile eyelets for easy, space-efficient hanging storage.

**ANTI-SLIP COATING**

Providing optimized grip and reduced slipping in both wet and dry conditions.

**TARGET ZONES**

Body alignment and target zones aid accurate movement and optimal workout performance

**OPTIMAL COMFORT**

Can be folded double for high-impact exercise

## SMART STORAGE



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THE MBX MAT RACK HOLDS:

**50** MBX MATS  
per rack  
(25 mats  
per side)

Our rack lets you easily store your mats flat to ensure that they remain clean and dry and maximise space efficiency.

**MBX MAT**  
**2.1kg**  
[180cm x 61cm x 5mm]

**MBX MAT RACK**  
**17.48kg**  
[198.8cm x 72cm x 56cm]

[lesmills.com/mbxmat](https://lesmills.com/mbxmat)

Complaints about equipment have plummeted in all the clubs that have SMART TECH. In fact, I'd go so far as to say I've never heard a single negative comment about this equipment, ever.

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**John Blackburn**  
Head of fitness and customer experience,  
UK

The LES MILLS SMARTBAND has a great feel. The movement and stretch in the band is smoother, especially in fast, dynamic movements such as the wood-chop. It anchors well under the feet and feels much more secure

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**Renee Jones**  
Club owner,  
Australia

The clearest indicator of the success of SMART TECH at our clubs has been class attendance: occupancy in classes using SMART TECH is 12 per cent higher when compared to most other classes

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**Scott Niven**  
Head of fitness,  
UK

The ergonomic design of the SMARTBAR makes workouts feel safe, stable, comfortable and more enjoyable. It looks professional and modern and doesn't compromise the quality of members' workouts

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**Andrew Warburton**  
Instructor,  
Australia

LES MILLS SMARTSTEP is modern, trendy and beautiful. It's always remarked upon by members and prospects

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**Magalie Legros**  
Club Sales,  
France

The LES MILLS SMARTSTEP is wider, more stable and less slippery. We feel more confident in class

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**Mireille Desse**  
Class participant,  
France

My advice to other operators considering whether they can justify the expenditure on SMART TECH is simply this: can you afford not to?

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**Sharon Campbell**  
Health & fitness manager,  
UK

The mats are AWESOME! Comfortable and just the right thickness. You can grip the mat easily with bare feet and the mat is 'heavy' enough to grip the floor and remain in place for the whole class in a variety of poses. It has hook eyes for storage and is very easy to clean. I highly recommend

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**Elaine Denton**  
Instructor  
UK