

F I F T N E S S

LES MILLS
SMART TECH

≡ N G I N E E R E D





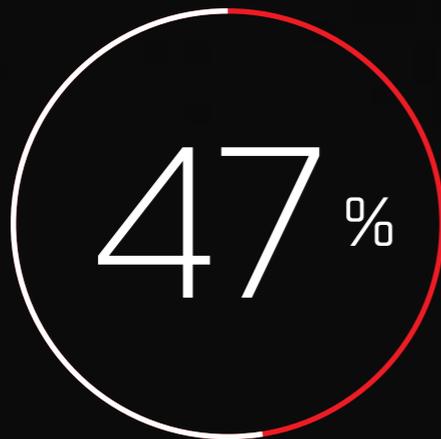


We do not stand still. It is not in our nature. While the world around us moves fast, we move faster. The pursuit of being better is at our core. Program evolution delivers us closer to our goals. Ergonomically conceived equipment is our revolution in the room. We'll work out smarter. Feel more connected 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 class³ 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.²

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.¹



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.²



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.⁴

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.⁵

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



¹ Nielsen Global Fitness Consumer Survey 2013

² Les Mills New Zealand 2016 Survey

³ SMARTBAR winner Reddot Design Awards 2013, SMARTSTEP Gold Designers Institute Best Design Awards 2013

⁴ 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.

⁵ 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

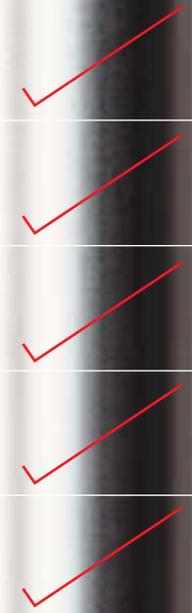
Rotating ends for smoother movement, improved form
and effective muscle isolation

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



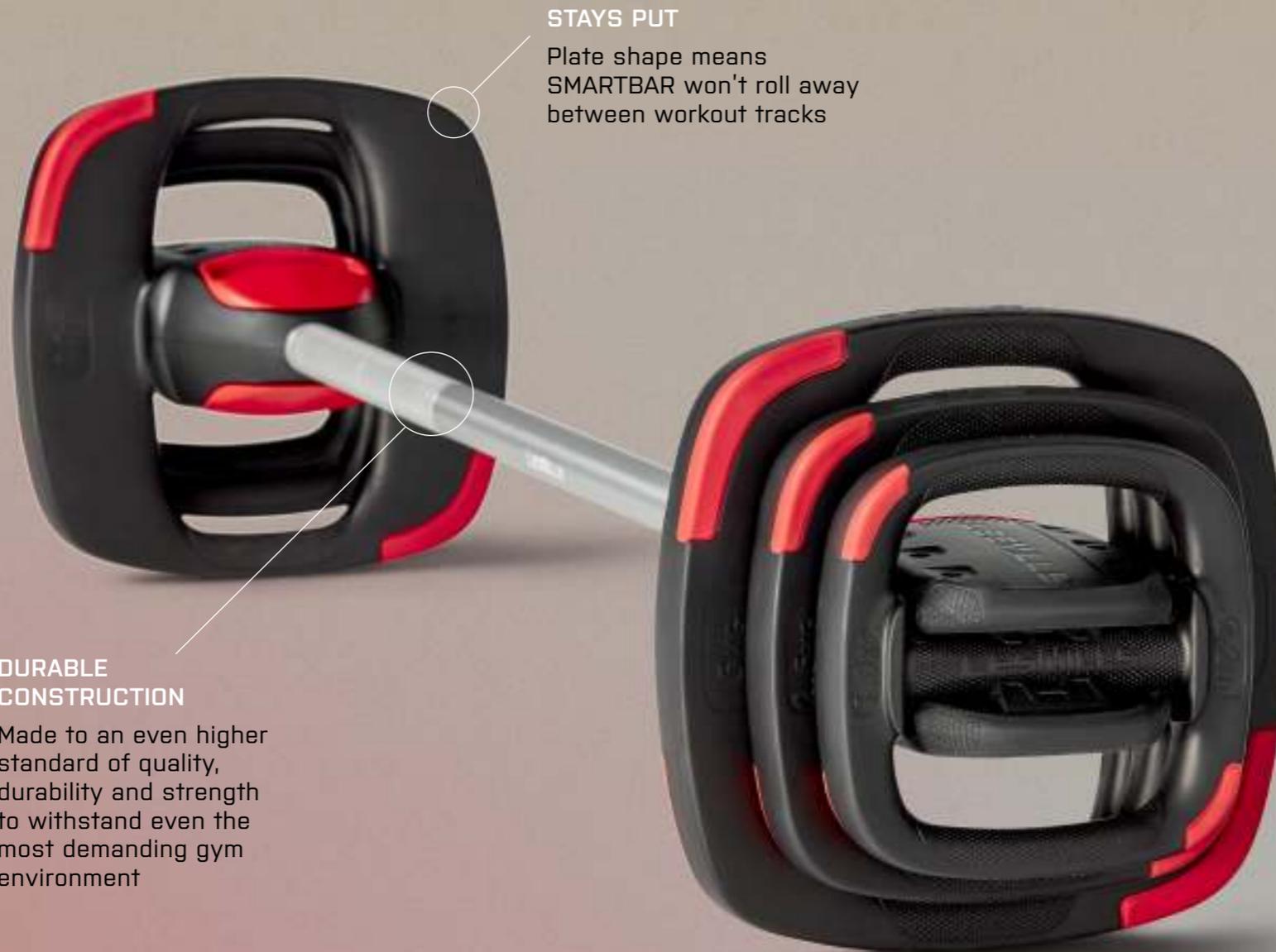
TEXTURED GRIP ZONES

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

LES MILLS
SMARTSTEP

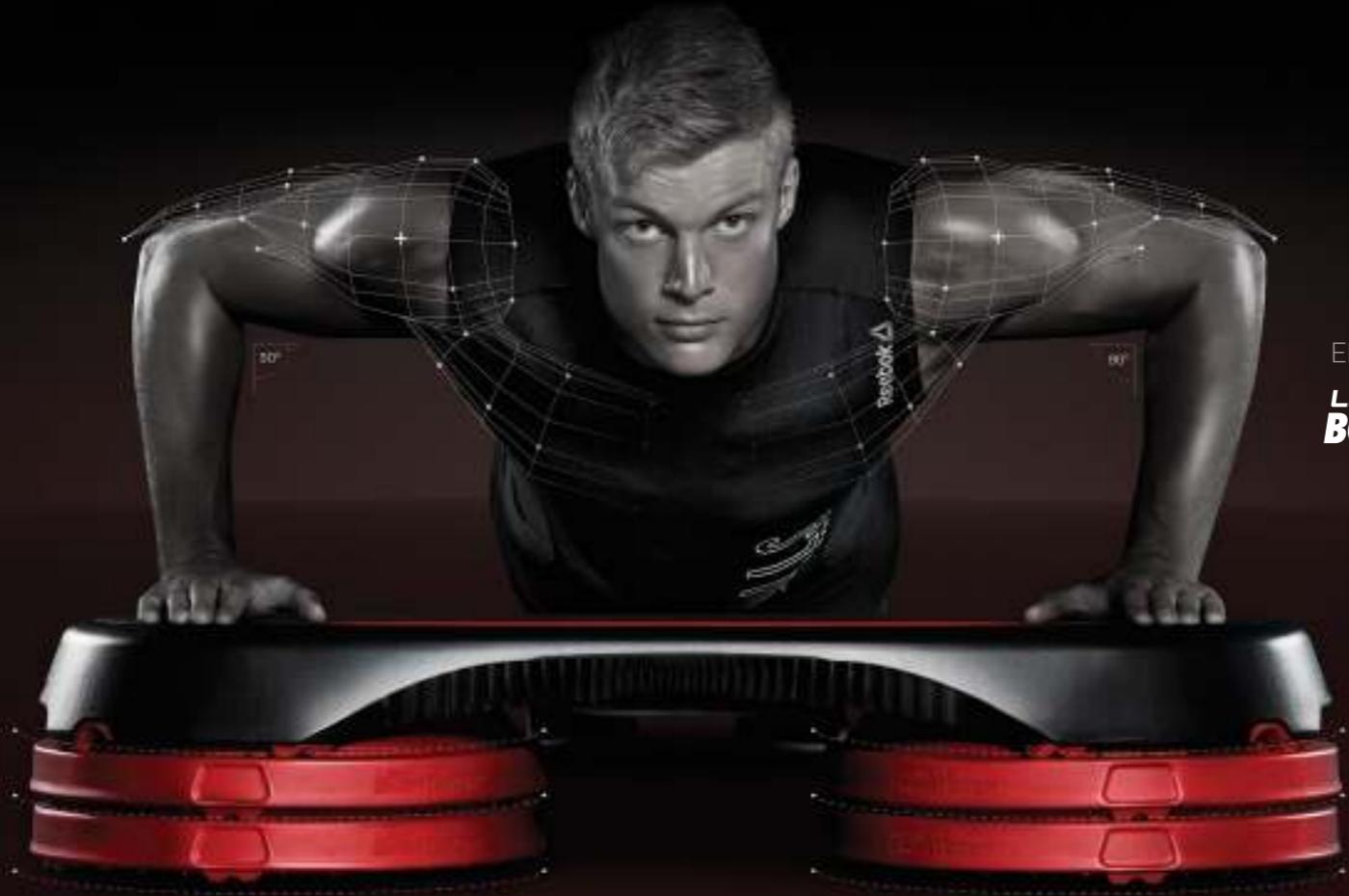
LES MILLS SMARTSTEP
IS UNIQUELY DESIGNED
& SCIENTIFICALLY
ENGINEERED FOR
STABILITY AND
OPTIMAL RECOIL.



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

RED TARGET LINE

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



UNIQUE INCLINE

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

**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

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

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 SMARTBAND STORAGE RACK HOLDS:



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

10 LES MILLS
SMARTBAND
of any
resistance level

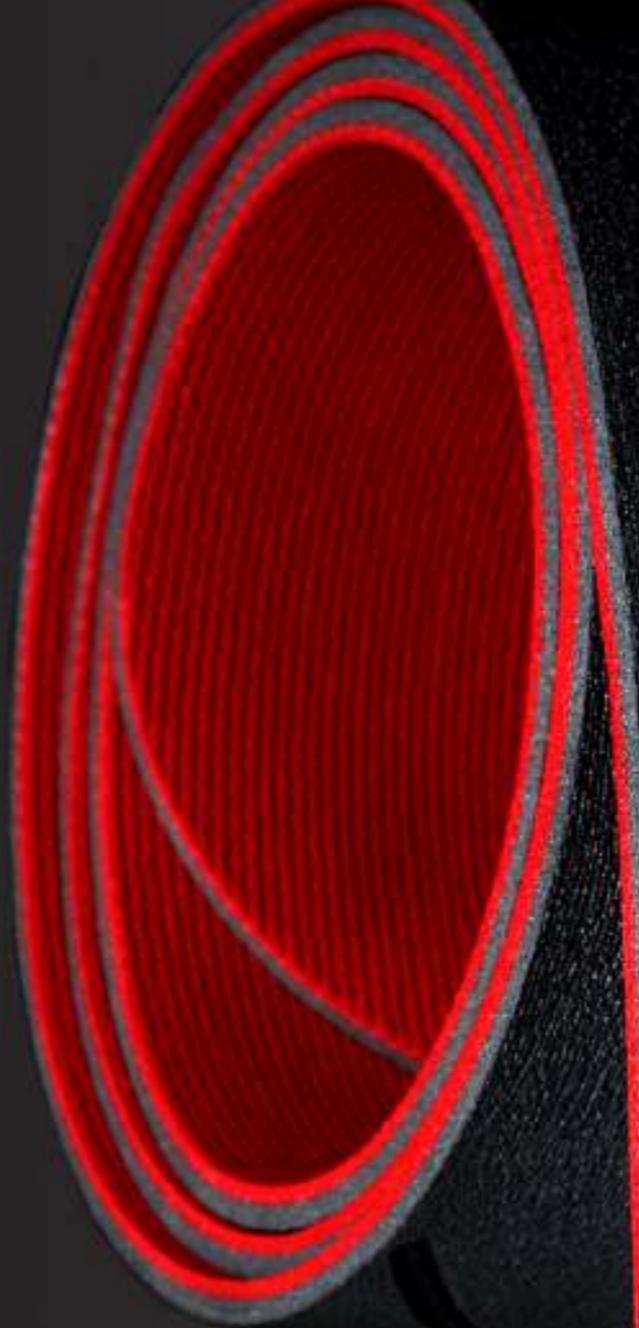
Our rack lets you store your LES MILLS SMARTBAND securely, neatly and without any tangling or knotting.

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



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

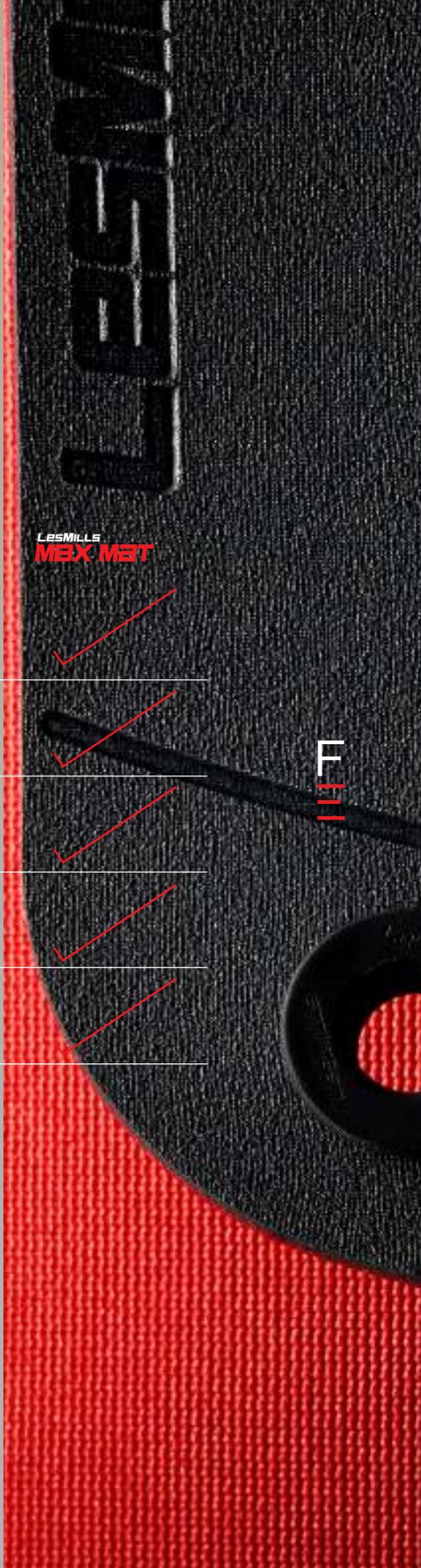
Anti-slip coating for enhanced grip in both wet and dry conditions

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



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

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.

John Blackburn
Head of fitness and customer experience,
UK

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

Scott Niven
Head of fitness,
UK

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

Magalie Legros
Club Sales,
France

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

Sharon Campbell
Health & fitness manager,
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

Renee Jones
Club owner,
Australia

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

Andrew Warburton
Instructor,
Australia

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

Mireille Desse
Class participant,
France

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

Elaine Denton
Instructor
UK