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\(^3\) 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.\(^2\)

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\(^\text{TM}\) has an influence on whether they choose to continue their membership.\(^2\)
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

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.

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1 Nielsen Global Fitness Consumer Survey 2010
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
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.
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
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:

<table>
<thead>
<tr>
<th>1 X SMARTBAR BAR</th>
<th>SMARTBAR PLATES (two of each)</th>
<th>AVAILABLE SEPARATELY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2.6kg</strong> (131 x 13.1 x 9.1cm)</td>
<td><strong>1kg</strong> (18 x 3.4 x 18cm)</td>
<td><strong>3.7kg</strong> PLATE (24 x 3.4 x 24cm)</td>
</tr>
<tr>
<td></td>
<td><strong>2.5kg</strong> (21 x 3.4 x 21cm)</td>
<td><strong>7.5kg</strong> PLATE (31 x 3.6 x 31cm)</td>
</tr>
<tr>
<td></td>
<td><strong>5kg</strong> (27 x 3.4 x 27cm)</td>
<td><strong>10kg</strong> PLATE (33 x 3.6 x 33cm)</td>
</tr>
</tbody>
</table>
SMART STORAGE

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

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.
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.
<table>
<thead>
<tr>
<th>Feature</th>
<th>Standard Step</th>
<th>Smart Step</th>
</tr>
</thead>
<tbody>
<tr>
<td>No need for rack storage saves valuable floor space</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can be moved in one piece between tracks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multi-directional surface grip and non-slip feet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surface is comfortable for back and hands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Target line on deck aids correct foot placement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can be used on an incline</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ideal for both group fitness and personal training</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
INCREASED STABILITY
Non-slip feet and improved riser locking allows you to leap with confidence

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

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)

CONTOURED SIDES
Makes it easy to carry & move around
NON-SLIP
Rubber feet improve shock absorption and reduce strain on joints

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

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
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 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.
**How Les Mills SmartBand compares**

<table>
<thead>
<tr>
<th>Feature</th>
<th>SmartBand</th>
<th>Standard Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flat band profile to reduce anchoring and rolling issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Free-moving nylon webbing throughout the spine for ease of movement</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Compressible handle to improve comfort and fixation under foot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Optimal gripping surface when held in the hand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ideal for both group fitness and personal training</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Band features the LES MILLS logo, providing a simple and easy way to identify the centre point during workouts.

**FLAT BAND PROFILE**
Reduces anchoring & rolling issues.

**SECURE CONNECTION**
Between spine and handle is designed to ensure advanced functionality, durability and a longer life.

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

**LES MILLS SMARTBAND EXTREME**
For medium to heavy resistance.

**LES MILLS SMARTBAND**
For light to medium resistance.

**COMPRESSIBLE HANDLE**
Lets you hold additional band or weight, improves comfort, grip and fixation under foot.

**FLAT BAND PROFILE**
Reduces anchoring & rolling issues
SMART STORAGE

THE SMARTBAND STORAGE RACK HOLDS:

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

The rack is lockable to protect your investment against theft. Lock not included.
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.
## HOW MBX MAT COMPARES

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual purpose design for yoga and high-impact exercise</td>
<td></td>
</tr>
<tr>
<td>Made from environmentally friendly high-density eco PVC</td>
<td></td>
</tr>
<tr>
<td>Anti-slip coating for enhanced grip in both wet and dry conditions</td>
<td></td>
</tr>
<tr>
<td>Body alignment and target zones for accurate movement</td>
<td></td>
</tr>
<tr>
<td>Easily folds in half for more comfort when exercises</td>
<td>put pressure on knees or elbows</td>
</tr>
</tbody>
</table>
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.

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

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

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

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

<table>
<thead>
<tr>
<th>MBX MATS</th>
<th>MBX MAT</th>
<th>MBX MAT RACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 per rack (25 mats per side)</td>
<td>2.1kg (180cm x 61cm x 5mm)</td>
<td>20.6kg (198 x 28 x 17cm)</td>
</tr>
</tbody>
</table>

lesmills.com/mbxmat
WHAT CUSTOMERS SAY

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

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

Magalie Legros
Club Sales, France

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

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 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