

LES MILLS

# LES MILLS EQUIPMENT

THE SMARTEST CHOICE FOR GROUP TRAINING



# WHAT IS LES MILLS EQUIPMENT?

LES MILLS™ Equipment is engineered to help your members optimize their performance.



It enhances the workout experience, helps members achieve better results faster, and makes workouts more enjoyable.



Enjoyment keeps members motivated and coming back for more.

training, LES MILLS Equipment is second to none. Each innovative piece has been developed to overcome the limitations of traditional gym gear—providing unparalleled functional performance, durability, and aesthetic appeal.

With LES MILLS Equipment in your club, you'll improve workout experiences for your members and Instructors. It will support your personal training, small group training, and group training needs, and play a crucial role in member retention, satisfaction, and growth.

Designed by product engineers,  
**LES MILLS** experts, and global leaders in group



# WHY CHOOSE LES MILLS EQUIPMENT?

## MADE TO RETAIN AND ATTRACT MEMBERS

Members who do LES MILLS™ workouts stick with you for almost 50% longer than gym-floor-only members\*. LES MILLS Equipment enhances the experience, which is key to retaining and attracting Millennials and Gen Z, who make up 80% of paying gym-goers.

When your members train with LES MILLS Equipment, they get better results. They stay longer and refer more friends.

## BUILT FOR BETTER GROUP TRAINING

Great equipment is one of the top three things people look for when they join a gym. But most group training equipment is usually stock standard.

LES MILLS Equipment has been engineered with user insights and the limitations of existing equipment front of mind. We embraced innovation to overcome current issues, help isolate the right muscles, and deliver an elevated workout experience—featuring quicker transitions, improved comfort, and enhanced enjoyment.

With LES MILLS Equipment in your studio, the workouts you deliver instantly become superior.

## DELIVERS LONG-TERM VALUE

LES MILLS Equipment is designed to withstand rigorous use and endure the demands of busy gym environments. Proven in gyms worldwide, its exceptional durability and enhanced functionality make it a highly cost-effective solution. The solid warranty provides added peace of mind, ensuring this equipment is a long-term investment that delivers high-quality results for many years.

# THE SMART CHOICE FOR YOUR MEMBERS

## INNOVATION AT ITS BEST

Each item features clever innovations designed to overcome the limitations of other equipment. Currently enjoyed by 700,000 users, this cutting-edge equipment is proven to perform in gyms across the globe.

## ERGONOMICALLY SUPERIOR

Expertly crafted by physiotherapists and fitness experts, this equipment is designed to enhance technique and support optimal biomechanics and alignment. Specifically designed for human anatomy, it provides a more intuitive and supportive workout experience, making it easier for users to achieve their fitness goals while minimizing injury risk and maximizing comfort.

The quality of LES MILLS Equipment is exceptional. It is engineered to perform and manufactured to withstand the stresses of repeated use in a gym environment. This quality stems from a comprehensive process of designing, prototyping, testing, refining, and then conducting further rigorous testing—resulting in some of the lowest failure rates in the industry. When members use LES MILLS Equipment, they can be confident they're training with the best.

UNBEATABLE QUALITY. BUILT TO LAST

**LES MILLS**



# LES MILLS SMARTBAR AND WEIGHT PLATES

ENGINEERED FOR

LES MILLS  
**BODYPUMP**

LES MILLS  
**GRIT**

LES MILLS  
**CORE**

LES MILLS  
**tone**

LES MILLS  
**CEREMONY**

The SMARTBAR™ and Weight Plates are also used in select [Innovation Collection](#) programs.

“It really is the best! ... So comfortable to hold and easy to use. The weights are quick and easy to put on and off. They are also comfortable as hand weights and easy to store.”

KELSEY E.



## LES MILLS SMARTBAR

Innovation that lifts the bar. Designed for high performance, engineered for results.

The SMARTBAR is the industry's benchmark for quality and effectiveness. At the cutting edge of innovation and design, it's been engineered to solve problems traditional barbells never knew they had. This game-changing weight system will improve technique, enhance comfort and support members to more confidently build strength.

- The patented technology 'Gator' mechanism is manufactured using a high-performance engineering plastic
- Aluminium bar with ionized protective coating for longer-lasting durability and scratch protection
- Plates are manufactured from a cast iron core, which is over-molded with a low odor and non-marking TPE to provide protection and durability
- Rigorous stress testing ensures it lasts the distance, so members feel safe and have the confidence to nail their workouts—it's been proven to withstand at least 80,000 drops\*
- SMARTBAR warranty = 3 years



[VIEW SMARTBAR VIDEO](#)



[VIEW WEIGHT PLATES VIDEO](#)



[HOW TO USE SMARTBAR](#)

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# LES MILLS SMARTBAR

## Unique features

### 1 TEXTURED GRIP ZONES

For improved comfort and control when used as hand weights or kettlebells.

### 2 ERGONOMIC PLATES

Weight Plates can be loaded on your SMARTBAR or used as hand weights.

With multiple grip zones, you can hold the unique central handle, grip the sides, and even comfortably hold two plates in one hand.

### 3 ANTI-ROLL SHAPE

The squared plate shape means the SMARTBAR won't roll away between workout tracks.

### SMOOTH ROTATION

4 Rotating ends create smooth movement for improved form, effective muscle isolation, and enhanced performance.

### 5 PATENTED GATOR LOCK AND RELEASE

Plate changes are even faster and smoother with the unique 'Gator' design. Pull the red release lever and slide plates on and off with ease. Plates lock and unlock easily—no more loose, wobbly plates.

### QUICK AND EASY CLIP-FREE TRANSITIONS

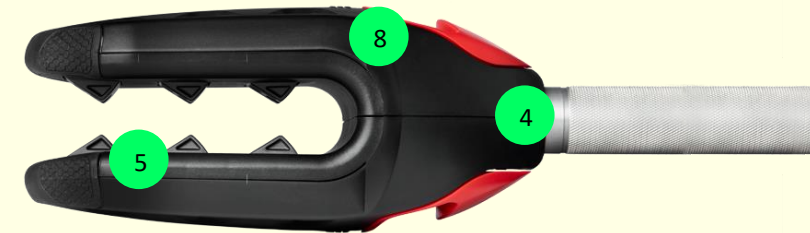
6 Incremental weight can be added with confidence, making it easier for members to push limits and get better results.

### OPTIMAL HANDLE DIAMETER

7 Bar and Weight Plate handles are the optimal ergonomic diameter (27mm). This reduces hand and forearm fatigue, aiding correct muscle activation and technique.

### QUALITY MATERIALS AND CONSTRUCTION

8 All internal and external parts are made to a high quality and safety standard. They are tested and proven to be safe, durable, and fit for purpose in the most demanding gym environments.



# LES MILLS SMARTBAR

Purchasing options

[SHOP NOW](#)



SMARTBAR BAR  
2.6kg / 5.8lb (131 x 13.1 x 9.1 cm)



WEIGHT PLATES (SET)  
1kg / 2.2lb (18 x 3.4 x 18cm)  
2.5kg / 5.5lb (21 x 3.4 x 21cm)  
5kg / 11.02lb (27 x 3.4 x 72cm)



WEIGHT PLATES (SEPARATELY)  
1kg / 2.2lb (18 x 3.4 x 18cm)  
2.5kg / 5.5lb (21 x 3.4 x 21cm) 3.7kg /  
8.16lb (24 x 3.4 x 24cm)  
5kg / 11.02lbs (27 x 3.4 x 27cm) 7.5kg /  
16.53lb (31 x 3.4 x 31cm)  
10kg / 22.05lb (33 x 3.5 x 33cm)



SMARTBAR RACK  
50kg / 110lb (140.5 x 53 x 31cm)  
Holds 12x SMARTBAR and Weight  
Sets + extra weights. Locking unit  
available separately.



WALL MOUNT STORAGE RACK  
Each pair of prongs holds 2x SMARTBAR  
or 4x Weight Plates of any size (when  
installed as directed).

# LES MILLS SMARTSTEP

ENGINEERED FOR

LES MILLS  
**BODYPUMP**

LES MILLS  
**GRIT**

LES MILLS  
**BODYSTEP**

LES MILLS  
**CEREMONY**

The LES MILLS SMARTSTEP™ is also used in some other LES MILLS programs and can be used for freestyle workouts.



# LES MILLS SMARTSTEP


Get more from every step with the space-saving, multi-purpose, all-in-one step.

Built with insight and backed by biomechanical analysis, this innovative step outsteps competitors in every dimension – functionality, performance, comfort, sustainability, style and storage\*.

- Integrated risers and click-to-rise functionality makes it quick and easy for members to level up (or down) their training.
- Designed to provide greater muscle activation and higher deflection – the platform dynamically flexes and users feel less impact.
- Stackable, space-saving and versatile, this compact step will lift the look of your studio.
- Made from durable, high performance materials – so members feel safe and have the confidence to nail their workouts. You can be confident your investment will go the distance.
- LES MILLS SMARTSTEP warranty = 3 years

*\*Based on an independent study conducted in March, 2025, where 100% of participants ranked the LES MILLS SMARTSTEP as their number one favorite bench across all categories among the options tested.*

 [VIEW SMARTSTEP VIDEO](#)

 [HOW TO USE SMARTSTEP](#)

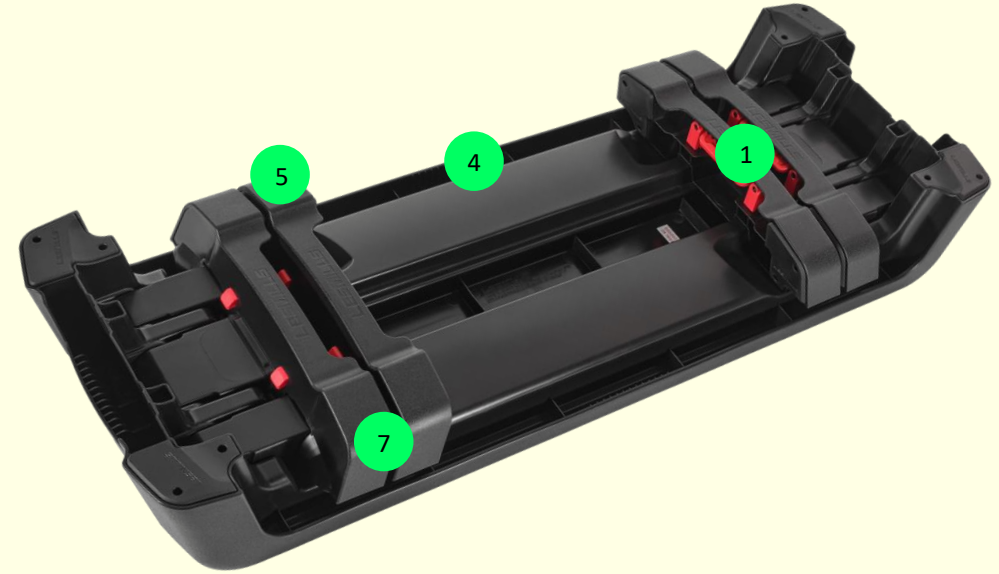
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# LES MILLS SMARTSTEP

## Unique features

- 1. 'CLICK-TO-RISE' FUNCTIONALITY**  
An innovative riser locking system allows for quick and easy height transitions during a workout – without the need for additional parts.
- 2. STEADY UNDERFOOT**  
The multi-directional surface provides underfoot grip, and back and hand comfort during bench work.
- 3. SMARTLY SHAPED**  
Designed for optimized useable surface area and maximum stability for increased safety.
- 4. MORE FLEX**  
Testing shows increased deflection, providing greater muscle activation with the feeling of less strain on joints.
- 5. INTEGRATED RISERS**  
The all-in-one design makes it easy to move around and takes up less storage space.
- 6. AUDIBLE LOCK**  
The audible 'click' confirms the risers are safely locked in place so members can train with confidence.
- 7. MULTI-LEVEL FOR MULTIPLE OPTIONS**  
Users can choose one of three heights and easily transition between the levels – it can even be used as an incline bench.
- 8. LIGHTWEIGHT, LESS PLASTIC**  
Engineered to use less plastic without compromising on performance.
- 9. DURABLE AND BUILT TO LAST**  
Made to a high quality and safety standard, it's been tested and proven to be safe, durable, and fit-for-purpose in the most demanding gym environments.



# LES MILLS SMARTSTEP

Purchasing options

[SHOP NOW](#)



SMARTSTEP  
7.9kg / 17.4lb (101 x 36.4 x 15cm)



SMARTSTEP Rack: Base Unit  
53 x 97 x 174cm (w x d x h)

Easily store 8x SMARTSTEPS with the SMARTSTEP Rack: Base Unit. The angled storage of the steps ensures safety and ease of use.



SMARTSTEP Rack: Expansion Kit  
89 x 97 x 174cm (w x d x h)<sup>1</sup>

Increase your SMARTSTEP storage to 16x steps when you combine the Base Unit with the Expansion Kit (8x steps per side).



SMARTSTEP Rack: Wheel Kit

Swap out the feet of the rack with lockable wheels to easily move your rack.

<sup>1</sup> This is the size of the Base Unit + Expansion Kit

# LES MILLS SMARTBAND

ENGINEERED FOR

LES MILLS **CORE** LES MILLS **tone** LES MILLS **CEREMONY**

The LES MILLS SMARTBAND™ is also used in select  
Innovation Collection programs.

“A must have! ... it has just the right amount of resistance needed for a challenging workout. The handles are sturdy and comfortable in my hands.

I especially like that the band is flat, it won't roll off my feet during workouts.”

NANETTE M.



# LES MILLS SMARTBAND

Resistance reinvented with user insight and revolutionary innovation.

Designed using advanced new materials, the LES MILLS SMARTBAND is scientifically engineered to help members comfortably increase intensity, as well as improve flexibility and movement range during even the most technical workouts.

- The flat profile and unique materials and construction provide consistent resistance, which means it doesn't get harder the further you pull allowing users to better engage target muscles, and more comfortably focus on technique
- Made of high quality TPE and safe for those with latex allergies
- Compressible handles with enhanced grip provide a superior training experience and more comfort than rigid handles
- Rigorous stress testing ensures it lasts the distance, so members feel safe and have the confidence to nail their workouts—it's been proven to withstand at least 45,000 stretches\*
- LES MILLS SMARTBAND warranty = 1 year

[!\[\]\(2020723f97c3fe13d8ecf52b30807736\_img.jpg\) VIEW LES MILLS SMARTBAND VIDEO](#)

[!\[\]\(f024d36410e36011059c73f7d7908105\_img.jpg\) HOW TO USE LES MILLS SMARTBAND](#)

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# LES MILLS SMARTBAND

## Unique features

### 1 LES MILLS SMARTBAND

A red-handled band with light to medium resistance.

### 2 LES MILLS SMARTBAND EXTREME

A black-handled band with medium to heavy resistance.

### 3 CONSISTENT RESISTANCE WITH EVERY STRETCH

Resistance stays the same as the band is extended, allowing for enhanced range of movement, improved technique, and targeted muscle isolation.

### COMPRESSION HANDLE

4 Compressible handles and enhanced grip ensure comfort in hand (even when holding an additional weight plate) and anchor well when used underfoot.

### 5 FLAT BAND PROFILE

Unlike with a tube, there are no anchoring or rolling issues.

### 6 SECURE CONNECTION

Spine and handle are securely connected for better functionality, durability, and a longer life.

### 7 MOVES FREELY

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

### 8 EASY TO FIND MID POINT

Strategic placement of the LES MILLS logo makes it quick and easy to identify the midpoint during a workout.

### 9 INTEGRATES WITH WEIGHTS

The handles are cleverly designed to connect with the SMARTBAR (and can also be held alongside the Weight Plates) enabling more dynamic training.

### STRONG AND DURABLE

10 Tested and proven to last.



# LES MILLS SMARTBAND

Purchasing options

SHOP NOW



LES MILLS SMARTBAND  
LIGHT TO MEDIUM RESISTANCE  
0.215kg / 0.47lb (1230 x 25 x 4mm)



LES MILLS SMARTBAND EXTREME  
MEDIUM TO HEAVY RESISTANCE  
0.215kg / 0.47lb (1230 x 25 x 4mm)



LES MILLS SMARTBAND RACK  
(30.6 x 12.6 x 13.1cm)  
Includes optional tethered locking  
solution.

# LES MILLS MBX MAT

ENGINEERED FOR

LES MILLS  
**BODYPUMP**

LES MILLS  
**CORE**

LES MILLS  
**BODYBALANCE**

LES MILLS  
**tone**

LES MILLS  
**CEREMONY**

The MBX™ MAT is also used in select  
Innovation Collection programs.

"I struggled with core training as other mats kept slipping and stretching. The Les Mills MBX MAT doesn't move! It's great for all floor work. I highly recommend."  
MICHELLE



## LES MILLS MBX MAT

A 2-in-1 fitness and yoga mat engineered to withstand the rigors of group fitness.

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

- The fit-for-purpose high-density PVC ensures the mat is durable and can withstand high-frequency use
- Two different carefully developed training surfaces in one mat
- Made from eco-considerate single material
- MBX MAT warranty = 1 year

[↻ VIEW MBX MAT VIDEO](#)

[↻ HOW TO USE MBX MAT](#)

**LES MILLS**



# LES MILLS MBX MAT

## Unique features

### 1 RED YOGA SIDE

A perfectly balanced surface of comfort and stability. Designed for bare feet, not footwear.

### GREY TRAINING SIDE

- 2 A high-durability surface designed for more intensive exercise. Designed for use with gym shoes.

### TARGET ZONES

- 3 Body alignment and target zones aid accurate movement and optimal workout performance.

### 4 OPTIMAL COMFORT

The optimal thickness for comfort under hands, feet, knees or elbows. Plus, it easily folds for added cushioning.

### 5 EYELETS FOR EASY STORAGE

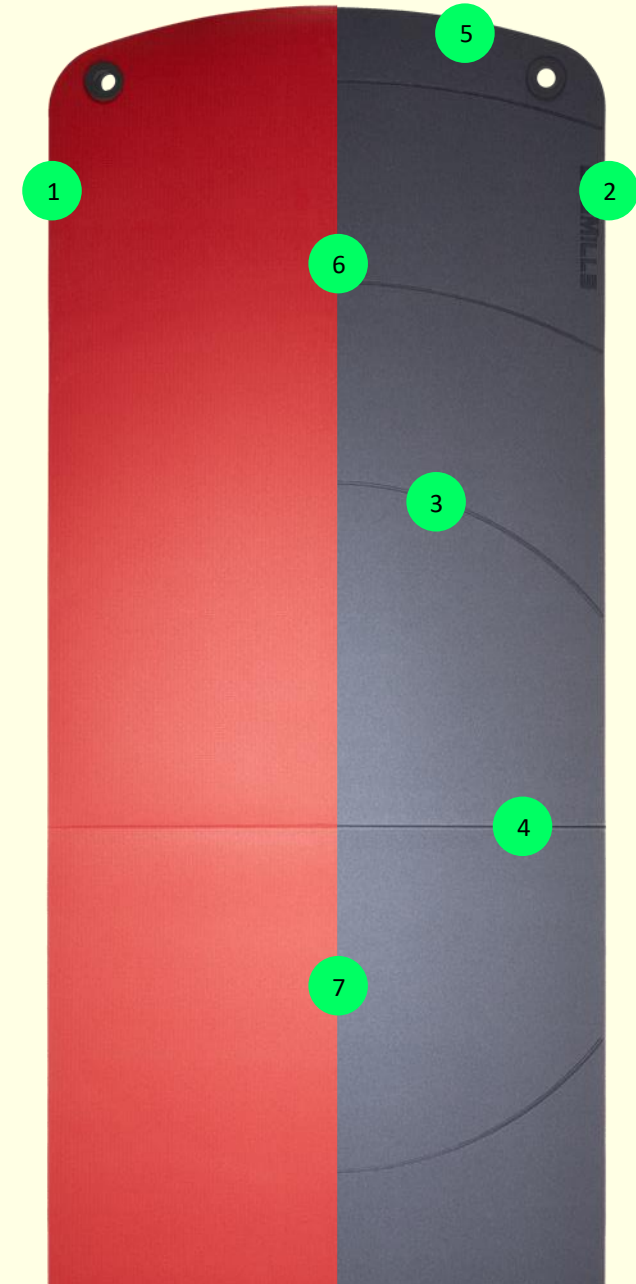
Durable slim profile eyelets for easy, space-efficient hanging storage.

### 6 ANTI-SLIP COATING

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

### 7 STRONG AND DURABLE

Tested and proven to last.



# LES MILLS MBX MAT

Purchasing options

SHOP NOW



MBX MAT

2.1kg / 4.6lb (180cm x 61cm x 5mm)



MBX MAT RACK

20.6kg / 45.4lb (191 x 76 x 56cm)

Easily store 50x MBX MATs per rack (25 mats per side). The flat storage ensures mats remain clean and dry and maximizes space efficiency.

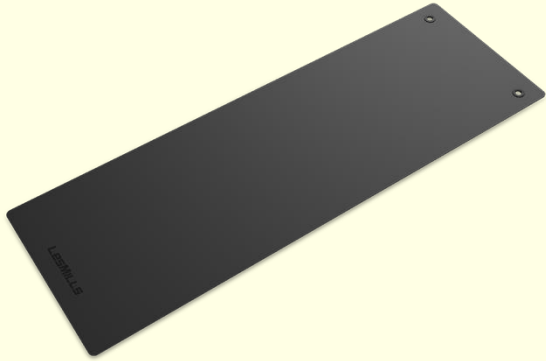
ALL YOUR STUDIO  
EQUIPMENT NEEDS  
COVERED



# ACCESSORIES FOR ENHANCED TRAINING

A range of essentials designed to enhance strengthening, toning, and recovery.

SHOP NOW



## LES MILLS YOGA MAT

Designed specifically for yoga, this mat offers enhanced grip and comfort. The soft, slip-free vegan leather top remains secure even when you get hot and sweaty. The natural rubber underside provides luxurious cushioning. Can be stored on an MBX Mat Rack.

Made from soft touch polyurethane top and natural rubber base. The moisture-wicking top surface is anti odor and easy to wipe clean.

180cm x 61cm x 0.4cm / 24.02" x 70.87" x .16"  
Approximately 2.45kg / 5.4lbs



## LES MILLS SCULPT BANDS

A pack of three washable bands offering three different levels of resistance: Light, Medium, Heavy. These bands are a versatile accessory for a variety of strength, sculpting, and toning workouts.

The soft, durable fabric is made of polyester, cotton and latex. It is comfortable on bare skin and has a no-slip silicon/rubber inner to keep the band from slipping or rolling.

Each fabric band is 6cm / 2.4in wide x 31cm / 12.2in length (lying flat); diameter 62cm / 24.4in

Resistance levels: Light 12.7kg / 28lbs, Medium 15kg / 33lbs, Heavy 18.1kg / 40lbs



## LES MILLS SLIDER SET

Made from durable lightweight plastic, these high-performing sliders can be used to increase core and glute activation, and improve your stability. Ideal for LES MILLS SHAPES™, Pilates, yoga and core training, the sliders create smooth movement on carpet, wooden floors or tiles.

This set of two sliders can be used to seamlessly create smooth movement on carpet, wooden floors, or tiles.

Diameter 17.9cm/7", plastic 8.3mm/0.33", foam 5mm/0.2"  
Lightweight .22kg / 0.48lbs per set of 2



## LES MILLS FOAM ROLLER

A compact roller ideal for full-body stretching and recovery exercises. The textured surface improves grip and offers massage. It can also be used for rehab exercises and to improve balance and core strength.

Made from strong, durable EVA foam, the textured surface improves grip and offers massage.

Diameter 45cm x 15cm / 18in x 6in  
Lightweight 600g / 1.3lbs

# CREATING INSPIRING SPACES IS A SMART MOVE

## BIGGER IS BETTER

Group training is more profitable than cardio and weights areas, so give it the space it deserves. If you're starting from scratch, go big. If your facility has already been built, consider moving a wall, optimizing existing storage, and relocating your stage to the shortest wall in the room to minimize dead space.

## CREATE EXPERIENTIAL SPACES

You want your studio to feel vibrant and inviting – somewhere that looks like people genuinely enjoy being there. Most people aren't drawn in by wooden floors, stark walls, a ballet barre, and floor-to-ceiling mirrors. Instead, create a space that feels warm and inspiring. Enhance the ambience by investing in high-quality audio. Ensure you have an amazing sound system and microphone set up. Your members AND Instructors will thank you.

## MAKE IT FUNCTIONAL

Put yourself in your members' shoes and set up everything

to make their life easy. Choose high-quality, multi-purpose equipment and position it near the entrances and along the sides of the room. Ensure that the studio is well-equipped with essentials such as water, towels, and proper ventilation – good air quality and temperature control are crucial for a comfortable environment.

*Want more tips on how to create a motivating group training space?*

[GET IN TOUCH](#)

**LES MILLS**

LES MILLS can supply product files to support your studio design needs and planning. [TELL US WHAT YOU NEED.](#)



## CUSTOMER FEEDBACK



4.8 based on 1099 consumer reviews



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

Scott Niven  
Head of Fitness, UK



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

Sharon Campbell  
Health and Fitness Manager, UK



Complaints about equipment have plummeted. 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



It's improved our group training in so many ways! Members walk into class and set themselves up with confidence ... It's easy to use, so they're no longer intimidated, they feel more comfortable ... **it's great quality, so there have been no issues with damage or wear.**

Rose Burgamy  
Group Fitness Director, USA