



# SMITH MACHINE

ITEM CODE: PL-SMITHMACHINE-N

THE SMITH MACHINE IS A MACHINE MADE UP OF A GUIDED BARBELL CONNECTED AT THE TWO ENDS TO TWO STEEL BARS WHICH ACT AS A GUIDE DURING VERTICAL AXIS PULL/PRESS EXERCISES. THE BALANCE WHEEL MOUNTED ON CYLINDRICAL BEARINGS TO FACILITATE FLUID SLIDING ON THE STEEL RODS. THERE ARE ALSO SAFETY BLOCKS ALONG THE AXIS OF THE UPRIGHT ON WHICH THE BALANCE WHEEL CAN BE HOOKED WITH A SIMPLE ROTATION OF THE WRISTS.

**SPECIFICATIONS:** 2 ROCKER ARM SUPPORTS WITH ABS PROTECTION. 2 SAFETY BARS WITH ABS PROTECTION. 2 HANDLES FOR PULLUPS.

**ALL-IN-ONE ASSEMBLY:** NO

**MAX USER WEIGHT:** 160 KG

**MAX LOADING WEIGHT:** 300 KG

**SET UP SIZE:** 200 X 142 X 217,5 CM (LXWXH)

**TUBE SIZE:** 50 X 100 X 3 MM - 50 X 75 X 2.5 MM

**NET WEIGHT:** 265 KG

**WARRANTY:** 1 YEAR FOR PROFESSIONAL USE

**INVOLVED MUSCLES:**

■ Full body

