



SMITH MACHINE

ITEM CODE: PL-SMITHMACHINE

SPECIFICATIONS: THE SMITH MACHINE IS A MACHINE MADE UP OF A BARBELL CONNECTED AT BOTH ENDS TO TWO STEEL BARS WHICH ACT AS A GUIDE DURING VERTICAL AXIS PULL/PRESS EXERCISES. THE MOVEMENT OF THE BARBELL FOLLOWS A 7° ANGLE, WHICH IS THE NATURAL TRAJECTORY OF MOVEMENT FOR PRESSING OR SQUATTING IN OLYMPIC LIFTING. 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.

ALL-IN-ONE ASSEMBLY: NO

MAX USER WEIGHT: 160 Kg

MAX LOADING WEIGHT: 300 Kg

TUBE SIZE: 50 x 100 x 3 mm - 40 x 80 x 3 mm

SET UP SIZE: 142 x 214 x 229 CM (LxWxH)

NET WEIGHT: 179 KG

WARRANTY: 1 YEAR FOR PROFESSIONAL USE

INVOLVED MUSCLES:

■ Full body

