



SH-21

Smith machine

TECHNICAL SPECIFICATIONS:

- Multifunction machine that allows you to work the muscles of the entire body. Ideal for strength training. It enables the performance of more than 35 different exercises. Its high performance, ease of use, and robustness make it an essential element for quality training, whether at home, in residential communities, hotels, or small fitness centers.
- Reinforced steel chassis.
- Includes multiple accessories that increase training possibilities.
- Linear bearings that provide great smoothness of movement and require no maintenance.
- Aluminum bar for 50 mm diameter weight plates.
- Height-adjustable rotating pulleys.
- Dip bar.
- Pull-up bar and grip.
- Vertical posts with position numbering to facilitate element adjustments.
- Safety bars for the barbell when working with free weights.
- Height-adjustable safety stop for secure barbell work.
- Barbell attachment point (includes grip to connect to the bar).
- Height-adjustable support rollers.
- Elastic band attachment at the top.
- Barbell holder on the back of the machine.
- Hooks for storing accessories when not in use.
- Exercise chart pictogram.
- Workout load: 90 kg + 90 kg.
- Resistance ratio:
- Pulley ratio: 1:1 and 1:2
- Row and lat pulldown: 1:1
- Maximum user weight: 170 kg.
- Dimensions: 224 x 153 x 190 cm.
- Intensive use.

