

Body Solid GS348Q Smith Machine

The process of developing a cutting edge, state-of-the-art Series 7 Smith Gym System that meets Body-Solid's meticulous standards of quality that has not been easy.

The Body-Solid Series 7 GS348Q Smith Machine will provide the ultimate fitness experience that will take you to a new level of workout motivation.

The Body-Solid Series 7 GS348Q Smith Machine can get you where you want to be Bigger, Faster and stronger.

This Body-Solid Series 7 GS348Q Smith Machine will help you achieve a rapid path to good health, physical fitness and the body you really want.

Precise 7° angle Smith Machine combined with 7° angle free weight barbell workout center designed for natural upper and lower body exercise movements



SPECIFICATIONS

- Assembled Dimensions: 83" x 66"L x 64"W (84" at bar) Body-Solid Series
- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell workout center designed for natural upper and lower body exercise movements.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine.
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety and control.
- Large diameter Smith Bar responds quickly, is easy to control and weighs only 25 Lbs. It's ideal for amateurs or professionals.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction with a safe, solid 4-point stance for maximum stability.
- Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center.
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access.