

STRENGTH / FUNCTIONAL TRAINERS



AF 2925 SMITH FUNCTIONAL TRAINER



Specifications
Dimensions: (In) • Length 65" • Width 104" • Height 94"
Weight Stack: 440 Lbs Both Sides / Effective Weight = 220 Lbs / 100 Kgs (Each Side).
Frame: High Tensile Strength Steel, Continuous Welded, Factory Assembled Weight Frame.
Cable: Heavy Rated Steel Cable With Nylon Coated.
Tube: Round Tubing (Wicket Combination Or Weight Stack Frame) And Oval Tubing (Main Frame).
Pulley: Fiber Glass Reinforced Nylon Pulleys With "V" Grooved Channel.
Workouts: Triceps Extension, Triceps Pushdown, Standing Low Row, Biceps Exercise, pull-up, 180 Degree Deltoid Raise, 45 Degree Deltoid Raise, Ab Crunch (Cable), Back Kick, Cable Crossover, Standing Inner Thigh.