



# VIGOR COMPACT SMITH MACHINE

SKU: VS-CSM





PRODUCT DESCRIPTION

You can have a complete gym of your own in just a space of 109cm deep x 186cm wide. In such a compact footprint you can hit your muscles with many smith exercises. Plus the bar can be positioned at the highest point for chin up exercise.

- Quad-Glide rollers system provides a smooth bar movement
  - 11 height positions
- Hit your max load safely with hook system and secondary safety catches
  - Foam ankle support for sit up
  - Additional handles for push up
    - 2 x weights storage
  - Suitable for Olympic and Normal weights
- Squat, bench press, deadlift, seated shoulder press, bend over row and many more.



### 01 QUAD-GLIDE ROLLERS

The smith machine, powered by Quad-Glide rollers system, is ultra smooth, quiet and maintenance free, putting conventional bearing smith bar to shame.



### 02 PUSH UP HANDLES

Removable push up handles for additional push up exercise



### 03 FOAM SUPPORT

Work your core using this removable support



### 04 STORAGE

Keep your workout area neat with 2 x weight



for situp.

storage holder

ADDITIONAL  
INFORMATION

More Information

<b>Warranty</b>	1 Year
<b>Product Weight</b>	49kg
<b>Max Load</b>	200kg
<b>Product Dimension</b>	109 x 186 x 192cm (L x W x H)