

## VIGOR COMPACT SMITH MACHINE

**(3**VIGOR

SKU: VS-CSM





PRODUCT DESCRIPTION

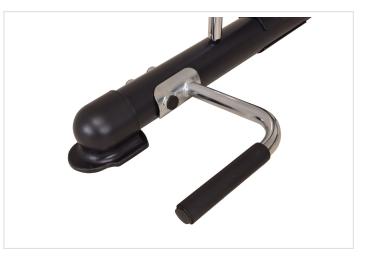
You can have a complete gym of your own in just a space of 109cm deep x 186cm wide. In such a compact footprint you can hit your muscles with many smith exercises. Plus the bar can be positioned at the highest point for chin up exercise.

- 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

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



**04 STORAGE**Keep your workout area neat with 2 x weight

Work your core using this removable support





for situp.

## storage holder

ADDITIONAL INFORMATION

## More Information

Warranty 1 Year

**Product Weight** 49kg

Max Load 200kg

**Product Dimension**  $109 \times 186 \times 192 \text{cm} (L \times W \times H)$