



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

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