



BODYX BK-3035C SMITH MACHINE WITH LAT STATION

SKU: BK-3035C





PRODUCT
DESCRIPTION



MANY FUNCTIONS IN 1 MACHINE

**SMITH MACHINE * HALF RACK * LAT ROW STATION
DIPS * DEADLIFT * LANDMINE * STORAGE**







본 구성

[단품] 렉토 스미스 하프랙



▼ BK-3035C 악세서리 구성품 자세히 보기 (무료증정)

- 1 랫풀다운 롱바 1개
랫풀 운동시 사용됩니다.



- 2 숏바(일자바) 1개
케이블 운동시 사용됩니다.



- 3 J-CUP (2개1조)
바벨을 걸을 때 사용합니다.



- 7 집게마구리
(2개1조) -3세트
원판 고정시 사용.
락조마구리1세트

- 4 세이프티 스포 암즈(2개1조)
프리웨이트 고중량 운동시 사용합니다.



- 5 덤바 (2개1조)
덤스, 푸쉬업 시 사용합니다.



- 6 포스트랜드마인
T바로우 운동시 사용합니다.





+
SMITH



1
스 / 미 / 스

스쿼트
SQUATE



바벨로우
BARBELL ROW



인클라인벤치프레스
INCLINE BENCHPRESS



플랫벤치프레스
FLAT BENCHPRESS



숄더 벤치프레스
SHOULDER BENCHPRESS



+
HALF RACK



2
하프랙

스쿼트

SQUAT



바벨로우

BARBELL ROW



데드리프트

DEAD LIFT



암컬

ARM CURL



업라이트로우

UPRIGHT ROW



숄더벤치프레스

SHOULDER BENCHPRESS



인클라인벤치프레스

INCLINE BENCHPRESS



플랫벤치프레스

FLAT BENCHPRESS



풀업

PULL UP



스미스풀업

SMITH PULL UP



딥스

DIPS



숄더프레스

SHOULDER PRESS



티바로우 트위스터

TEAR ROW



숄더벤치프레스

SHOULDER BENCHPRESS



+
CABLE



3
케이블

랫풀다운

LATPULL DOWN



백리어델트

BACK REAR DELT



래터럴레이즈

LATERAL RAISE



프론트레이즈

FRONT RAISE



트라이셉프레스

TRICEP PRESS



오버헤드프레스

OVER HEAD PRESS



GTX 체스트프레스

GTX CHEST PRESS



GTX 로우

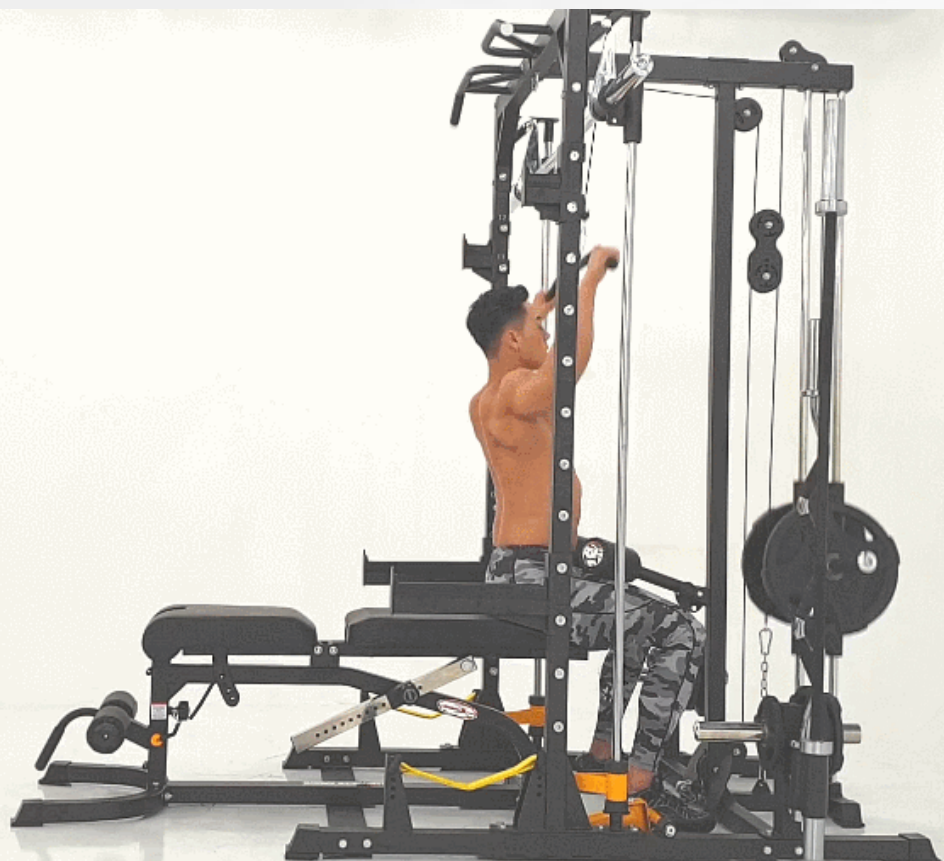
GTX ROW





1

**SMOOTH CABLE MOVEMENT
WITH DUAL STAINLESS
STEEL GLIDING ROD**

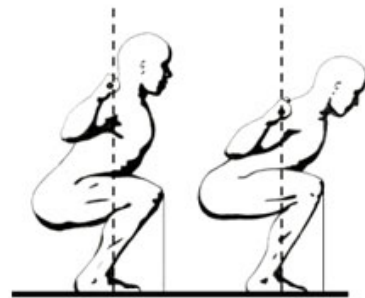
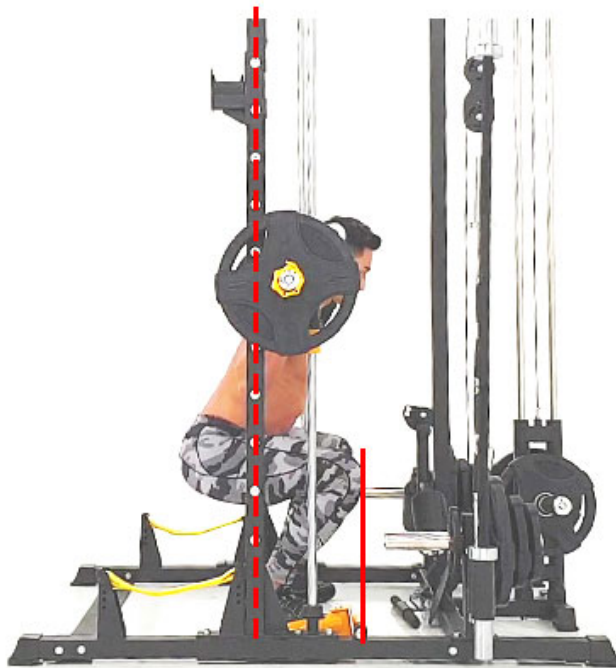




2

SMITH MACHINE IS EASY TO USE FOR BEGINNER

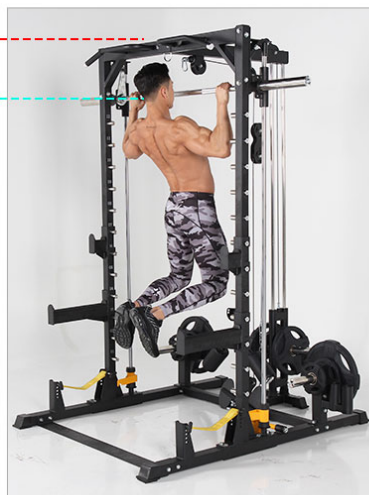
**HELPS TO BALANCE EQUIPPED WITH
ADDITIONAL SAFETY FEATURE**





3

MULTI-GRIP CHIN UP BAR



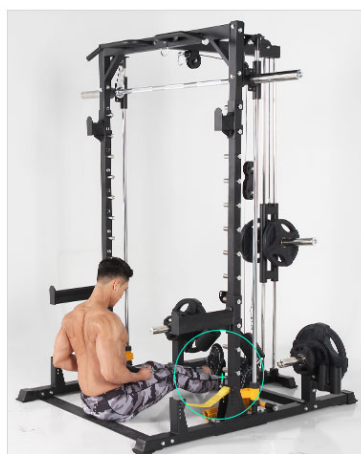
SMITH MACHINE BAR CAN ALSO BE USED AS
CHIN UP BAR FOR A SHORTER PERSON



4

SUPPORT PLATE

**SUPPORT LEG FOR LOW ROW
AND TRX EXERCISE**



5

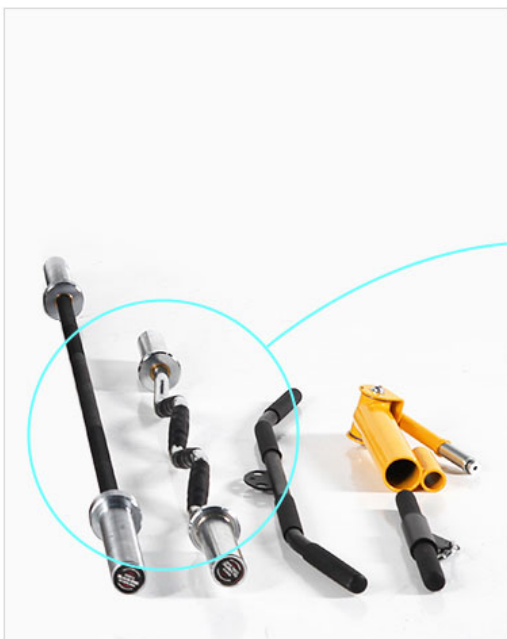
LEG HOLDER FOR LAT PULLDOWN





6

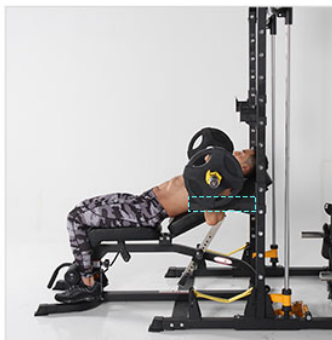
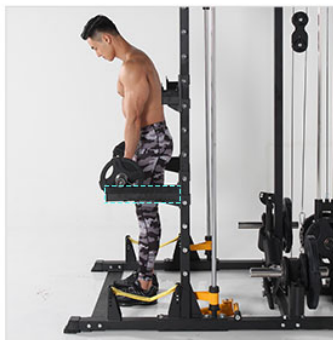
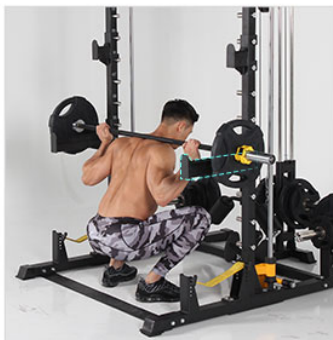
STORAGE FOR WEIGHT PLATES AND 2 X BARBELL



7

LONG SPOTTER ARM MAX LOAD 200KG

39.5cm





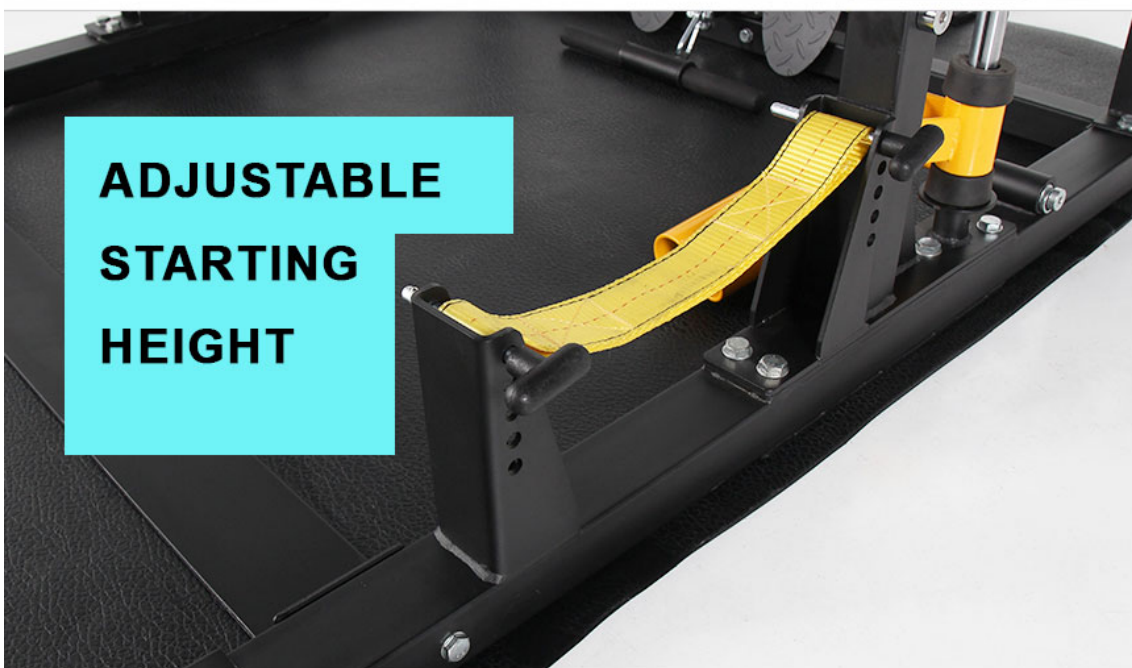


8

**STANDALONE
DEADLIFT
SAFETY STRAP
TO REDUCE
NOISE AND
CUSHION
IMPACT**

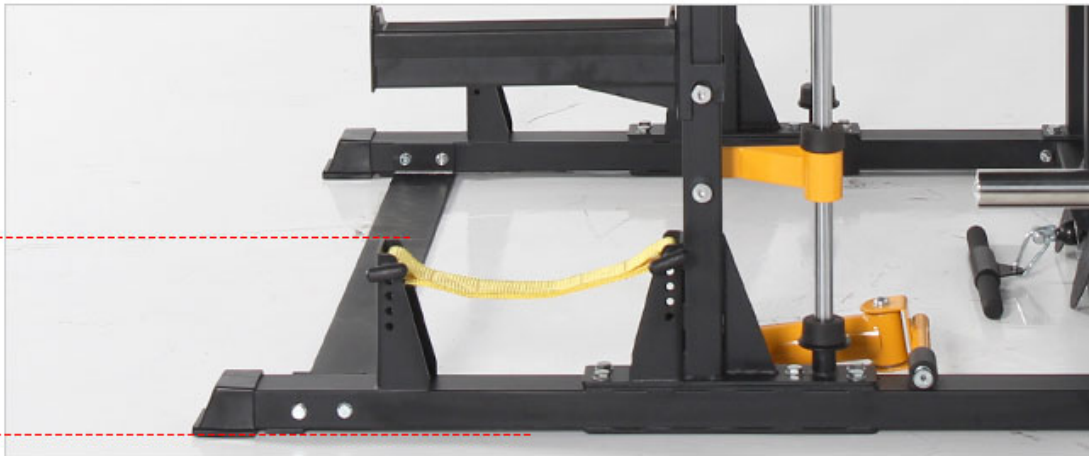


**ADJUSTABLE
STARTING
HEIGHT**

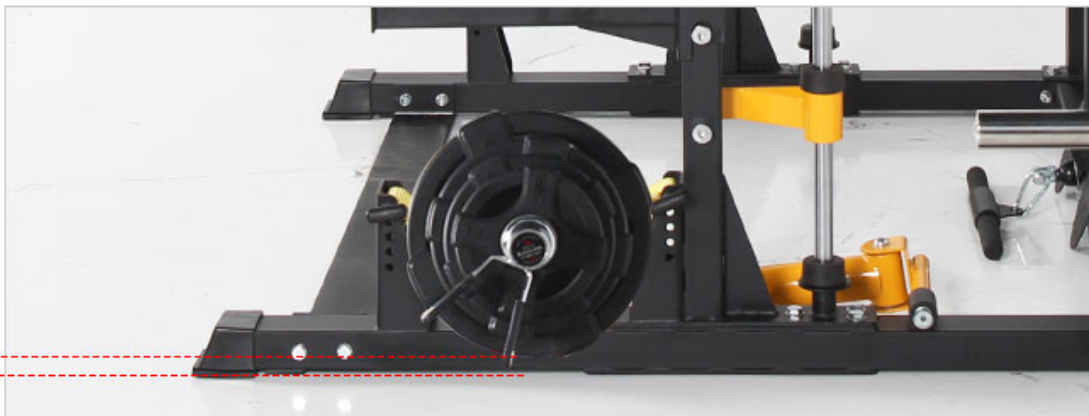




24cm



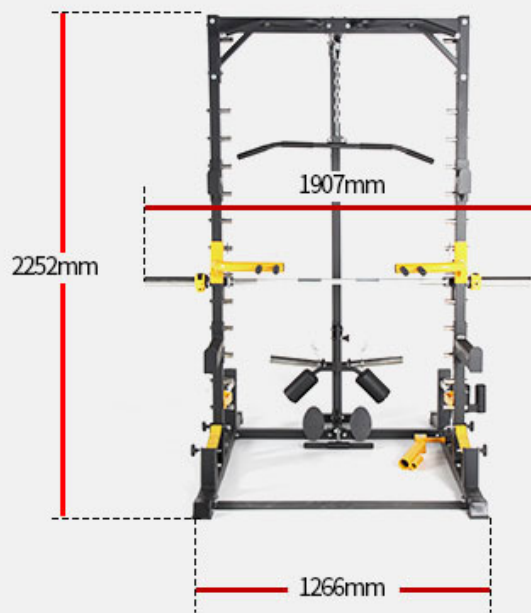
2.5cm





WORKOUT HABIT

SIZE



ADDITIONAL INFORMATION

More Information

Product Weight

Product Dimension

Max Load

Warranty

160kg

187 x 191 x 225cm (L x W x H)

200kg

1 Year