



VIGOR VS-3000F COUNTER BALANCE SMITH MACHINE FUNCTIONAL TRAINER COMBO

SKU: VS-3000F



The **Vigor VS-3000F Counter Balance Smith Machine Functional Trainer Combo** has almost everything you need in free weight gym equipment. **The Vigor VS-3000F** is one of a kind and the future of elite gym training. Never before has there been another piece of free weight gym equipment which can be used in as many ways as the **Vigor VS-3000F** within the one piece of floor space.

ALL IN ONE GYM

- Half Rack
- Smith Machine
- Functional Trainer
 - Dip Station
 - Core Trainer
- Equipment Storage

KEY FEATURES:

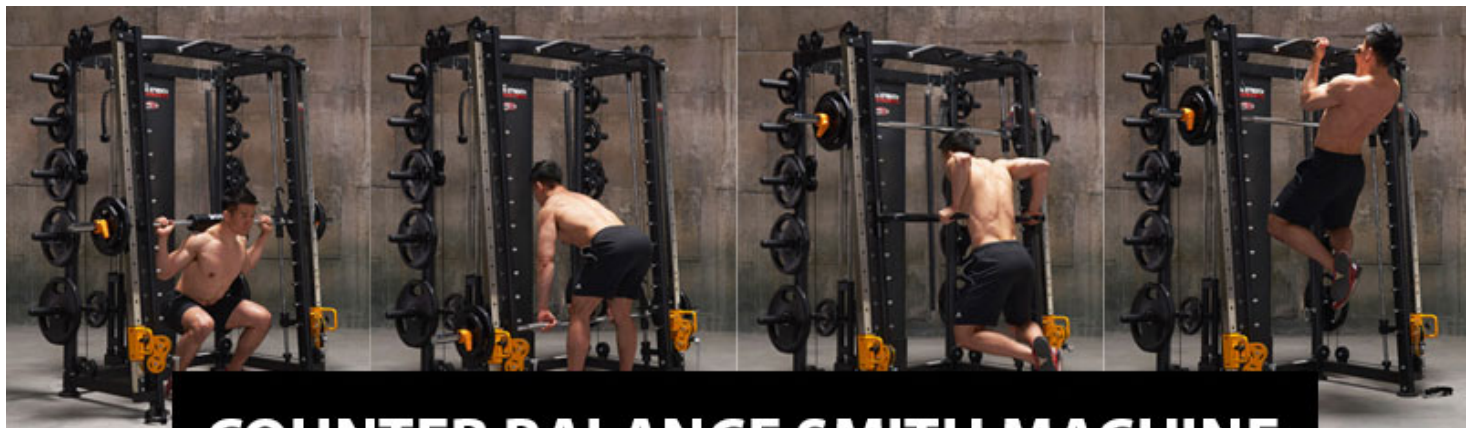
- Thick steel barbell hooks with quick and easy height adjustment
 - Counter balance system for smith bar
- Slanted at a angle for smith which allow more natural movements
- Chrome/stainless steel used for most contact points (more scratches-resistant)
 - Adjustable/Removable Dip Handles
- Thick steel barbell safety hooks with quick and easy height adjustment
 - Heavy duty cables and pulley
 - Extreme core trainer accessory
- Multi-grip chin up bar with comfortable knurling
 - Quick and easy pop pin functional adjustment
 - Thick steel support plates
- Ultra smooth smith machine movement and 30mm solid steel tubing
 - Weight plate storage
- Attachment accessories included such as straight bar, 2 x handle straps. Storage holding to keep your training space tidy.
 - Adjustable safety catches for Smith Machine exercises
 - Storage holder Olympic barbell

*Weights not included.

STANDARD ACCESSORIES







COUNTER BALANCE SMITH MACHINE FUNCTIONAL TRAINER COMBO



COUNTER BALANCE SMITH SYSTEM ZERO KG EFFECTIVE WEIGHT

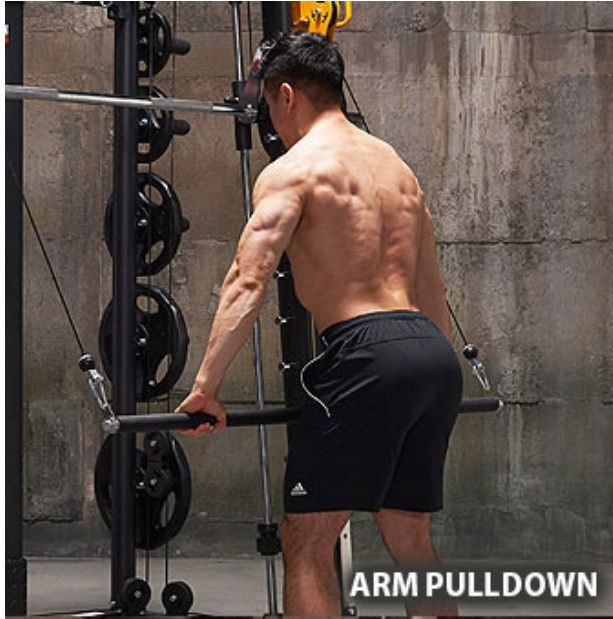
**0KG weight on the smith machine bar suits everyone.
Only lift the weights you put and nothing more.**



No. 1

Number 1 weight technology makes the smith bar 0kg!!

**THE SMITH MACHINE IS NOT ONLY THE
TRAINING TOOL FOR MEN, BUT NOW IT IS
ALSO A TOOL SUITABLE FOR WOMEN.**



ARM PULLDOWN

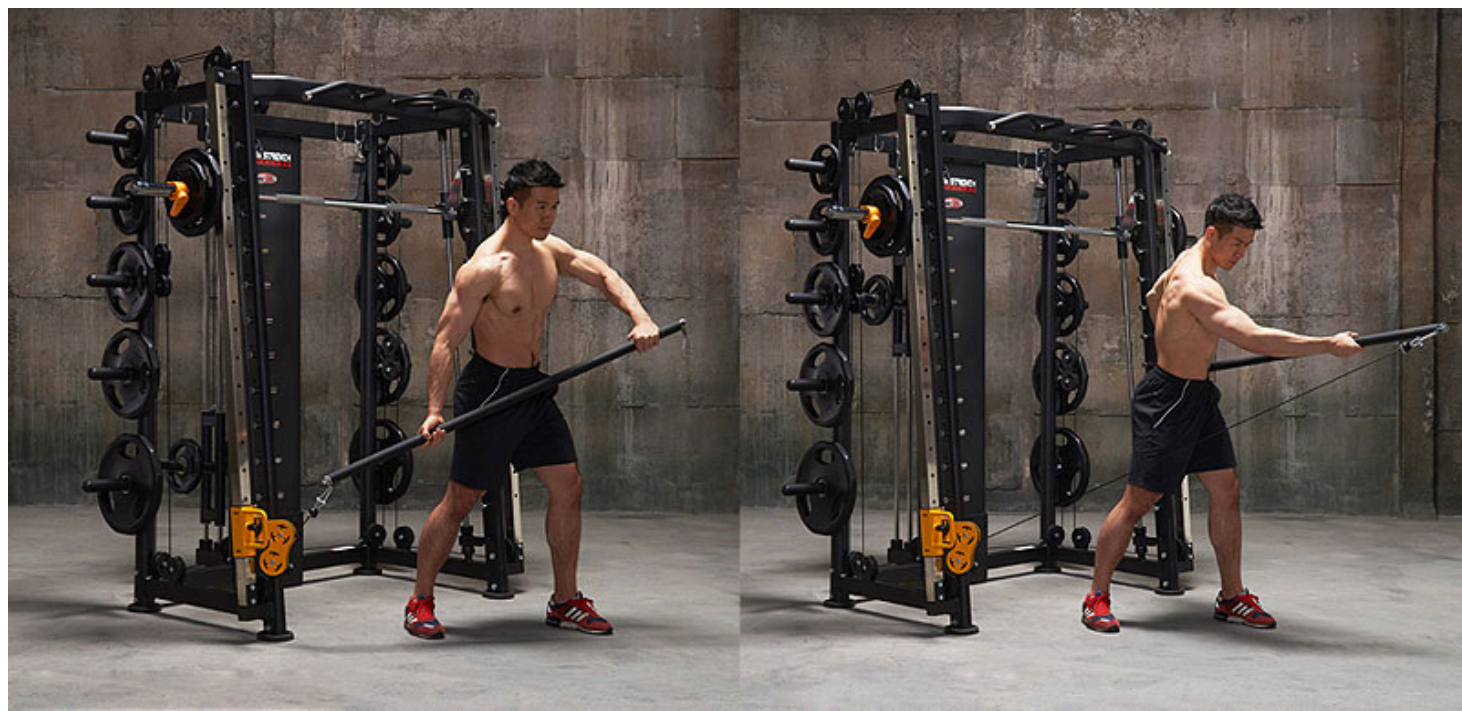
STRAIGHT BAR

With the straight bar attachment, many kinds of exercises can be performed.

It helps with sports conditioning, and can simulate many types of movements.







ACCESSORIES STORAGE HOOKS













ISOLATE YOUR TRICEPS

TRICEPS PRESS DOWN

Using the triceps, bring the bar down until it touches the front of your thighs and the arms are fully extended perpendicular to the floor. The upper arms should always remain stationary next to your torso and only the forearms should move.







BARBELL DEADLIFT

The Deadlift works more muscles than any other exercise, including the squat. The lift engages all of the major muscle groups. Deadlift works your lower and upper body, including your back muscles.

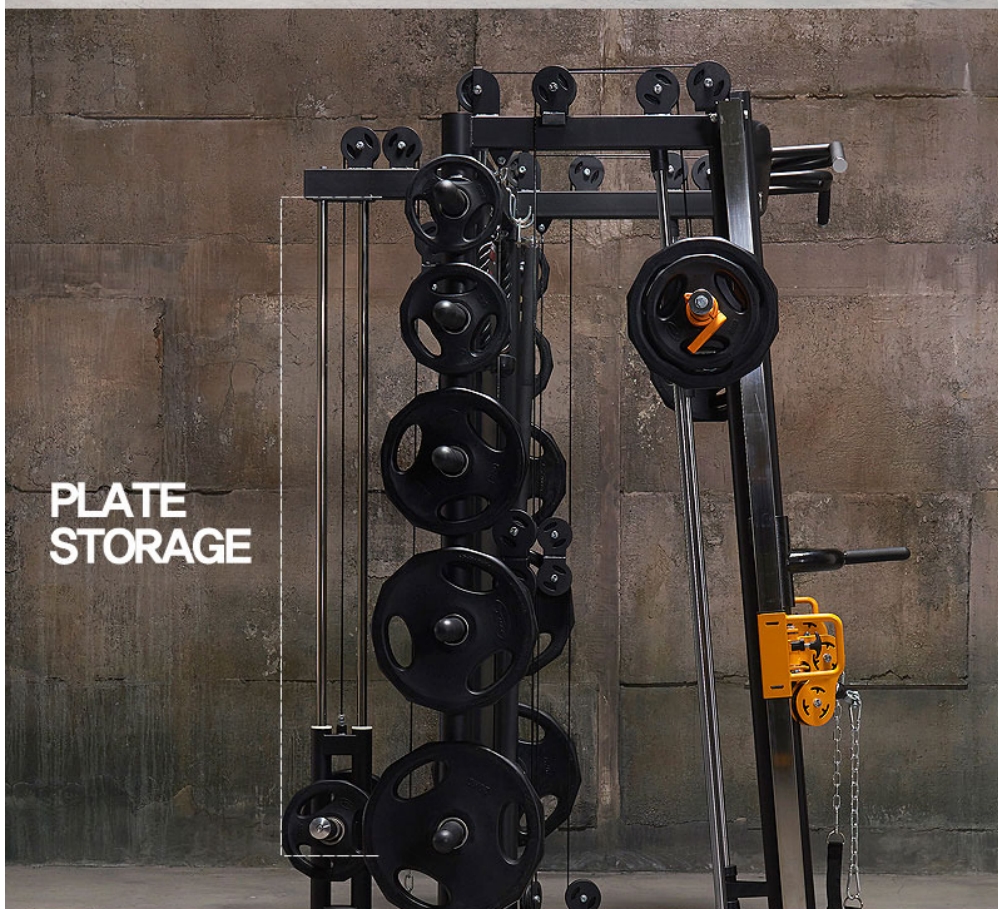


PLATE STORAGE

**5 PAIRS OF STORAGE POST
EASILY ORGANISE FROM 1.25KG TO 20KG**





ADDITIONAL INFORMATION

Warranty

Product Weight

Product Dimension

More Information

Mainframe: Lifetime, Other parts: 1 year

193kg

204 x 193 x 213 cm (WxLxH)