



# BODYX BK-3033 FREE MOVE 2D SMITH MACHINE

SKU: BK-3033





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PRODUCT  
DESCRIPTION

The BK-3033 moves both vertically and horizontally, allowing for a more natural, user-defined motion. Because the body's natural movements can be utilized, all free-weight exercises can be performed. The horizontal motion can also be locked for conventional "Smith Machine" type exercises.

- Hooks and safety spotters travel with you
  - Natural lift off and re-rack
- Can be locked for traditional Smith Machine exercises
  - Includes Multi Grip Chin-Up Bar



BODYX FREE MOTION PRO SMITH





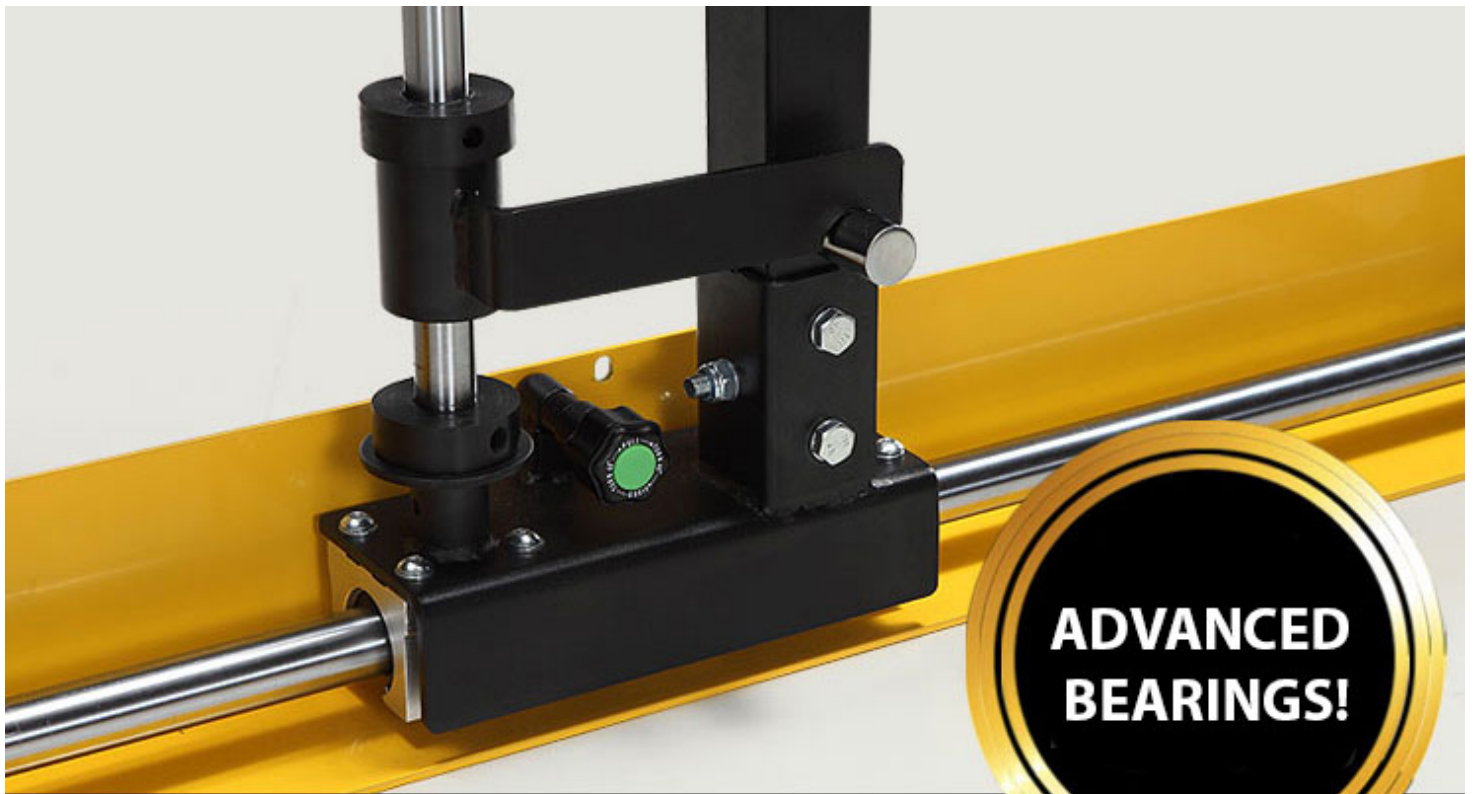
**UP**

**DOWN**

**LEFT / RIGHT**

**360 ROTATION**

**MOVE FREE SMITH**



**ADVANCED  
BEARINGS!**



**Free Move or Multiple locking positions to suit different exercises. Easily lock and unlock with adjustment pin.**



# Bench Exercise



Shoulder Press



Incline Press



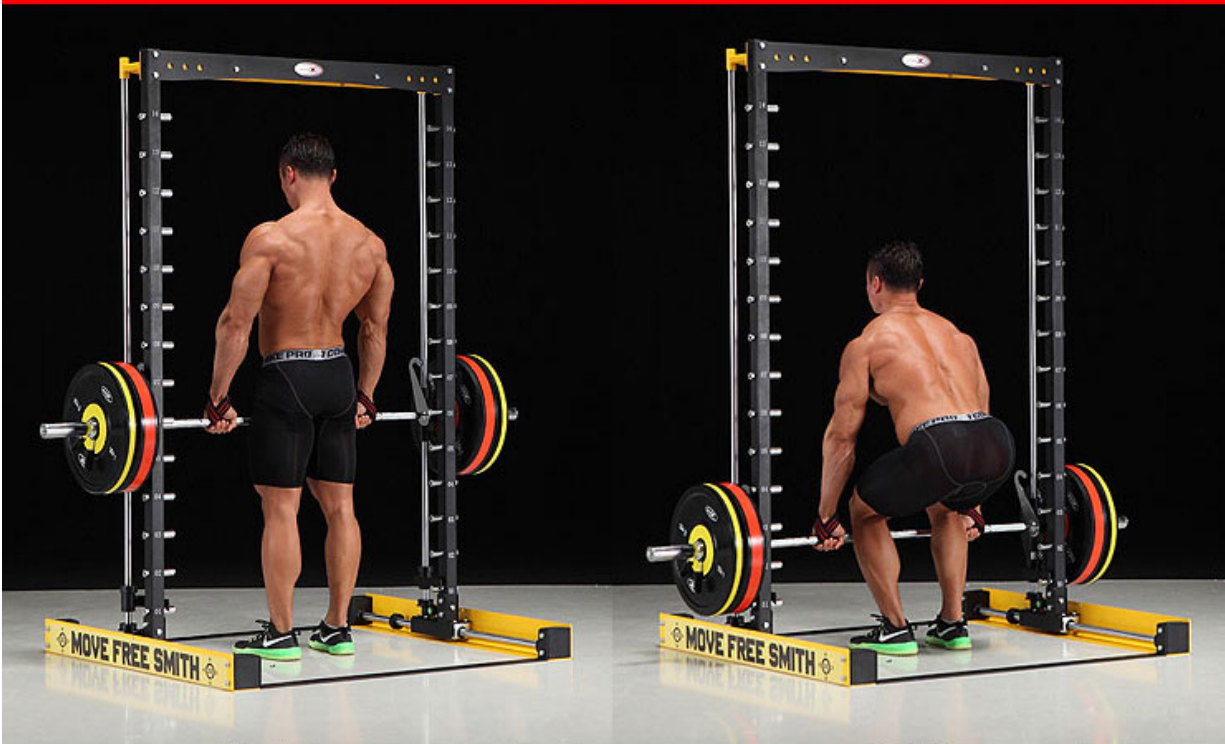
Flat Press



Decline Press



## Exercise



### BARBELL SQUAT

#### FRONT SQUAT

This causes the quadriceps to work harder than the hamstrings and requires extra core strength to keep an upright position compared to the back squat.



Sold Separately

## CABLE LINKAGE

### LATPULL DOWN

Optional module pulley system to link with the smith machine. Make use of the weights on the smith bar to perform various cable exercises with lat bar, tricep rope and many other attachments. Attachments sold separately.







# 운동가이드

## 1 프리모션 스미스



스쿼트



AB롤러



암컬



굿모닝



치닝&풀업



데드리프트



런지



프론트레이즈





# 2

## 벤치/활/용

플랫벤치프레스



인클라인벤치프레스



숄더벤치프레스



바벨로우



오버헤드프레스



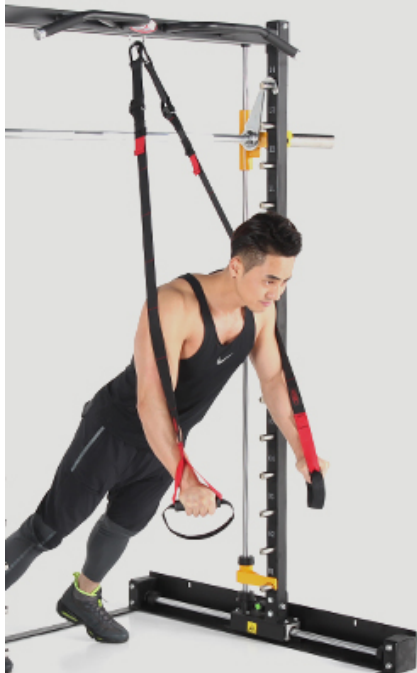
원암로우





# 3

## 케/이/블 GTX 운동



랫풀다운



오버헤드 프레스



트라이셉프레스



GTX 체스트프레스



ADDITIONAL INFORMATION

- Warranty**
- More Information**
- Product Weight**
- Max Load**
- Product Dimension**

More Information

Mainframe: Lifetime, Other parts: 1 year

Smith Bar length: 204cm

110kg

1 year

126 x 141 x 212 cm