BODYX BK-3033 FREE MOVE 2D SMITH MACHINE

SKU: BK-3033

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

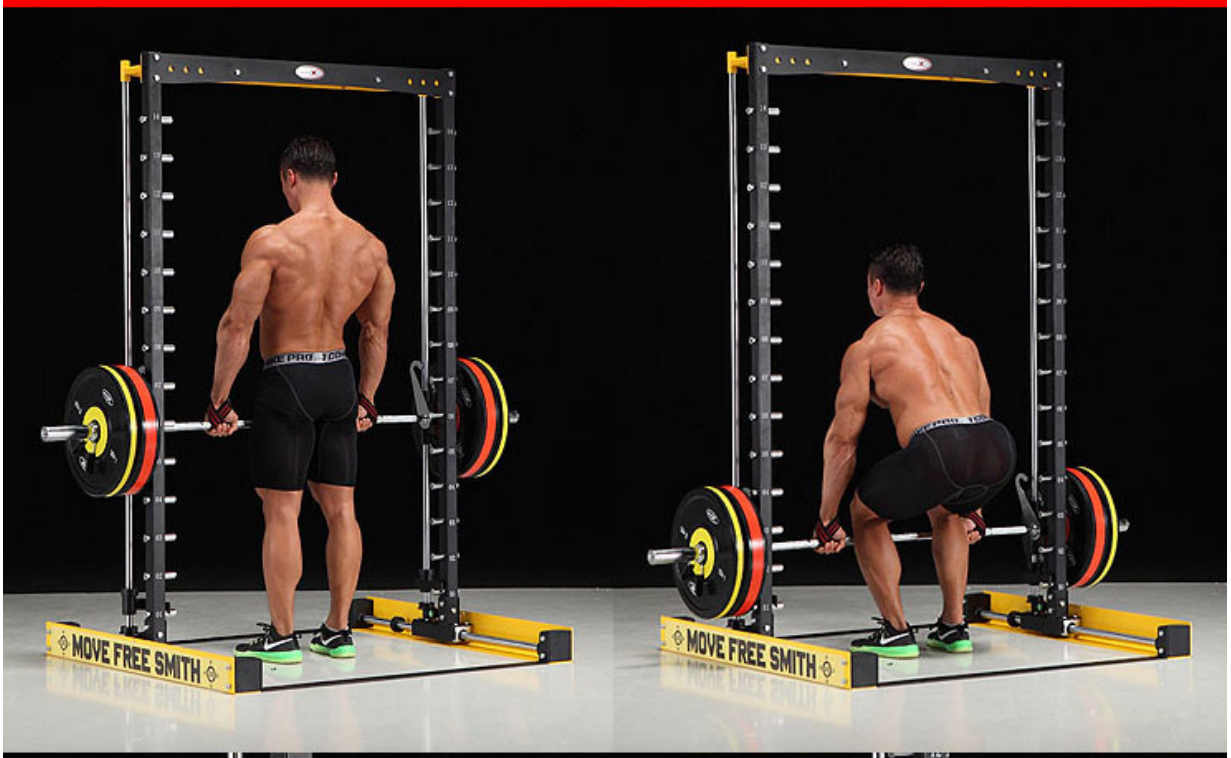
BODYX FREE MOTION PRO SMITH

MOVE FREE SMITH
MOVE FREE SMITH
MOVE FREE SMITH
MOVE FREE SMITH
UP
360
ROTATION
DOWN
MOVE FREE SMITH
LEFT / RIGHT
MOVE FREE SMITH

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

Bench Exercise

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 attachements. Attachments sold separately.
MOVE FREE SMITH

MOVE FREE SMITH
MOVE FREE SMITH

운동가이드

1
프/리/모/션 스미스

스쿼트

AB롤러

암컬

굿모닝

치닝&풀업

데드리프트

런지

프론트레이즈

2
벤/치/활/용

플랫벤치프레스

인클라인벤치프레스

숄더벤치프레스

바벨로우

오버헤드프레스

원암로우

ADDITIONAL INFORMATION

More Information

Warranty	Mainframe: Lifetime, Other parts: 1 year
More Information	Smith Bar length: 204cm
Product Weight	110kg
Max Load	1 year
Product Dimension	126 x 141 x 212 cm