

### Counter-Balanced Smith Machine (SSM-350G)

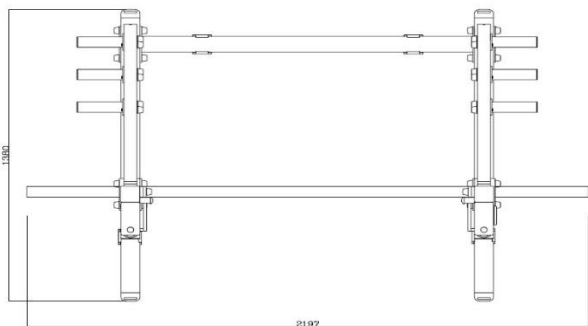
It's a machine for training top level athletes. It simulates the smoothness and safety of the best weight stack machine, yet gives you the feel and training effects of free weights.

This combination assures primary and secondary muscle group development for a faster, stronger, more complete workout.

Larger than the others, the design permits up to 49" of unrestricted horizontal gripping space and a full 68" of vertical travel. Unique Linear Bearing system is constantly recirculating to provide three times the load capacity and twenty-seven times the travel life of ordinary bearings.

Features include dual 6" diameter pulleys, counter-balanced weights, fully adjustable Safety Stops and six Olympic weight plate storage posts.

It's a breakthrough in exercise technology that offers more benefits and more results than any conventional Smith Machine in the industry.



#### Body-Solid Counter Balanced Smith Machine SSM350

- Precise 7 angle Smith Machine combined with 7 angle freeweight barbell workout center designed for natural upper and lower body exercise movements.
- Linear ball bearing Smith system with 20 crossmember lock-out points for a safe, solid stop at any point in your workout routine.
- Freeweight gunrack system with 14 lift-off and racking positions for ultimate versatility, safety and control. Large diameter Smith Bar responds quickly, is easy to control and weighs only 25 Lbs. It's ideal for amateurs or professionals.
- Heavy-duty all-4-side welded 11 gauge and 12 gauge 2"x3" mainframe steel construction with a safe, solid 4-point stance for maximum stability. Includes incredibly strong, adjustable safeties for both the Smith system and the freeweight barbell workout center.
- Six Olympic weight plate storage posts safely suspend plates off the floor for easy access.
- Olympic Bar holder mounted to the frame stores your bar without obstructing any exercise movements.