



Body Solid Series 7 Complete Set GS348FB



The Body Solid Series 7 - Complete Set - a 7° inclination of the 14-position free weight rest and the Multipress unit with ball bearing guided bar, guarantee a natural movement execution. 20 engagement options for the guided bar guarantee an individual start and stop position. Butterfly module, training bench with bicep section and leg section, and lat/row pulley with 95kg weight magazine are included with the Body Solid Series 7 Complete Set.

CHF 3'990.00

The Series 7 is set to a 7 degree reverse incline, allowing natural upper and lower body movement for maximum muscle interaction, a feature not found on the traditional Smith machine. User safety is ensured with 20 crossbar locking points that can be accessed with a simple 15 ° rotation of the bar, eliminating the need for a spotter. For exercises that require free-weight movement, the 14-position cannon is also set to a 7 ° reverse incline with 43 cm of additional high-performance locks, providing convenient lift-off points and predictable rack.

The Series 7 is great for any bench for intense chest and shoulder routines. Add the optional Selectorized Lat Attachment for high and low cable exercises, lat pulldowns, tricep pressdowns, cable crossovers and much more!

The Body Solid Smith Series 7 machine is the product of advanced biomechanical design, superior construction techniques and meticulous quality standards. It is a collection of the best benefits that Smith Machine, Half-Cage and Multi-Station gyms offer

Equipment:

- Base frame with linear ball bearing multi press with 50mm bar - Smith system with linear ball bearing and 20 locking points for crossbars for a safe and solid stop at any point in your workout routine.
- Free weight rack with 14 rest positions (Gun Rack) - free weight Gunrack system with 14 lift and rest positions for ultimate versatility, safety and control
- 7° incline for a natural range of motion - precise 7° angle Smith machine combined with a 7° angle free weight barbell training center for natural upper and lower body movements



- Safety stopper
- Bar Weight 11kg - Large diameter Smith Bar responds quickly, is easy to control and weighs only 11kg. Ideal for amateurs or professionals
- Safety trays - includes incredibly strong adjustable safety trays for both Smith system and free weight dumbbell training center.
- Snap locks on the safety rests for easy adjustment
- 6 disc supports for 51mm Olympic weight plates
- bar support for 50mm bar
- Sturdy frame construction - heavy-duty all-4-side welded construction of 11 gauge and 12 gauge 5 x 7.5 cm mainframe steel with a secure, solid 4-point hold for maximum stability
- Lat/row module with a 95kg weight magazine. An additional foot rest provides a secure hold. Included in delivery.
- Butterfly module included in delivery
- GFID71 workout bench included
- Bicep part for training bench included in delivery
- Leg section for leg stretching/bending exercises included in the delivery of the training bench
- discs not included in scope of delivery

Use: home use to light commercial use, payload: approx. 200kg (2x100kg)

Equipment dimensions: L180 x B180 (with bar) x H211cm, training surface: L280 x B180

Accessories: 6 disc supports with 50mm diameter (attached to the frame), lat/rowing station, butterfly, bench GFID71, bicep section, leg section

Options: Barbell bar, discs

Warranty: 2 years on labor and spare parts (excluding consumables), 30 years on frame