X 900 FUNCTIONAL TRAINER CUM SMITH MACHINE

SPECIFICATIONS :

- Dimension: 205x147x232cm
- Weight stack of 80 Kgx2
- Maximum weight loading capacity: 200 Kg
- Attachments With Machine - Dips, Safety Panels, Lats Pads, Lats Bar, Bi/Tri Bar, Crossover Handle, Ground Pulley Handle, & more
- Exercises that can be done: Crossover, Smith Machine, Pec Fly, Rear Delt, Incline - Flat - Decline Bench Press, Shoulder Press, T-Bar, Rowing, Squats, Shrugs, Power Rack, Dipping, Pull Ups, Lats Pull Down, Bicep, Tricep, Bent Over Row, Dead Lift, Manual Squats, Lunges and many more

