# SAVAGE FUNCTIONAL TRAINER - SMITH MACHINE - MULTI GYM

## SPECIFICATIONS :

- Dimension: 180 x 219 x 227 cm
- Weight stack of 100 Kg x 2
- Maximum Weight Loading Capacity: 200 Kg
- Full Body training exercise
- Attachments With Machine - Dips, Safety Panels, Lats Pads, Leg Press, T-Bar, Lats Bar, Bi/Tri Bar, Crossover Handle, Ground Pulley Handle, Double Hook Bar & 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, Leg Press, Bicep, Tricep, Bent Over Row, Dead Lift, Manual Squats, Lunges and many more

- Watch Video



