

SID-X9A

COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1



CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



POWER

Increases speed and agility by activating fast twitch muscle fibers.



STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



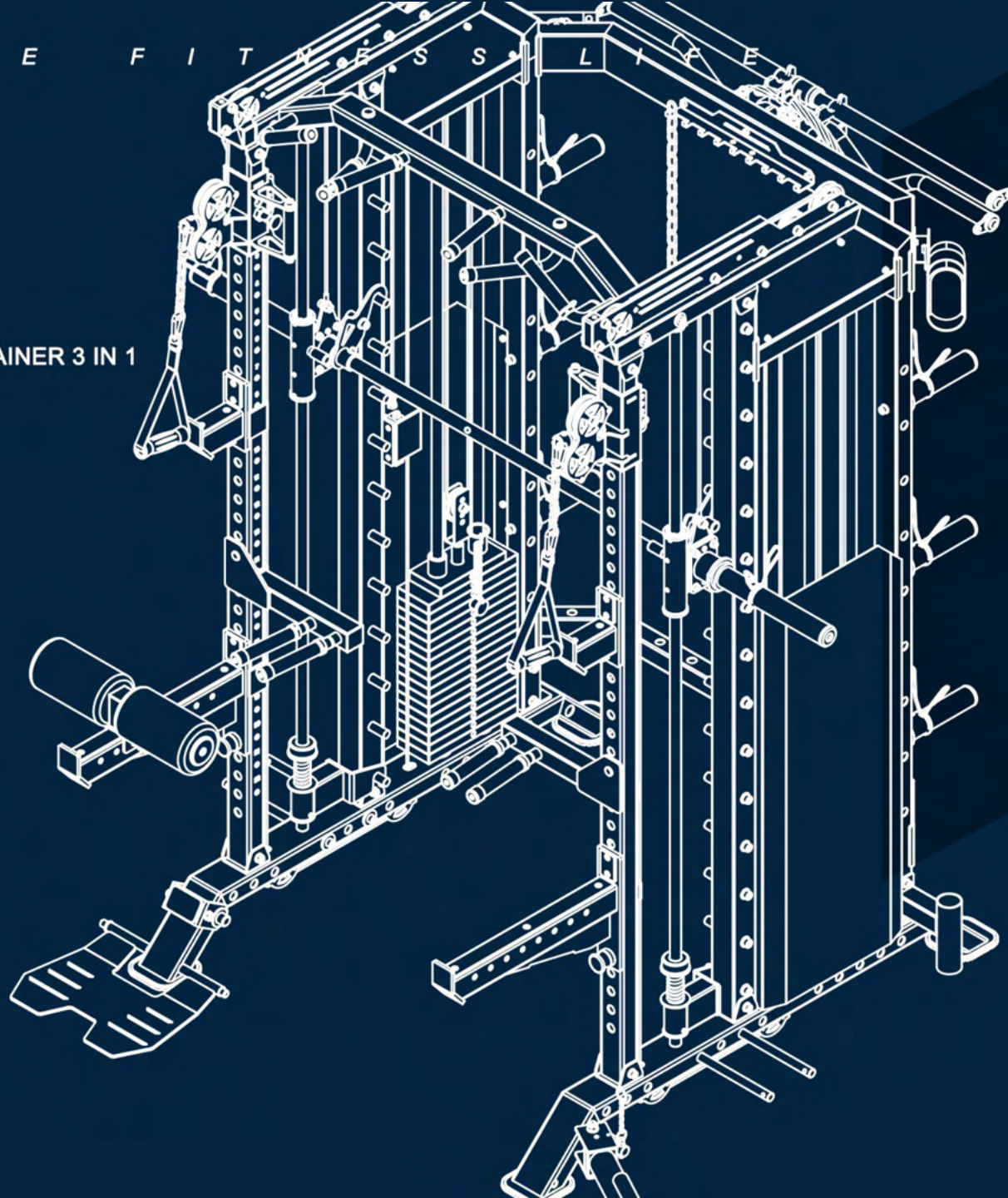
FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.



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Design concept extraction

Ups and downs rhythm, sports style

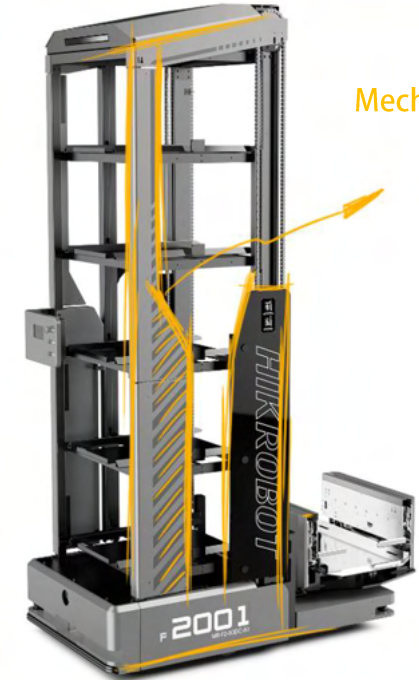
STYLING CONCEPT

Concise
Mechanical sense
Tough
Modern sense



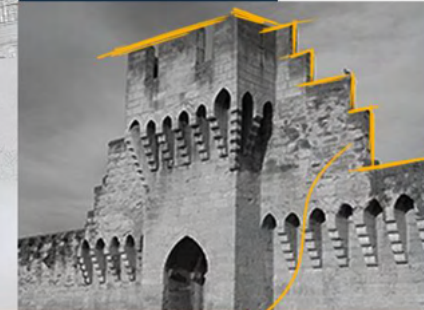
Sense of power
strong

Mechanical sense



DESIGN CONCEPT

Easy of use design
User experience
Brand recognition



The majesty of the city wall



Continuous turning

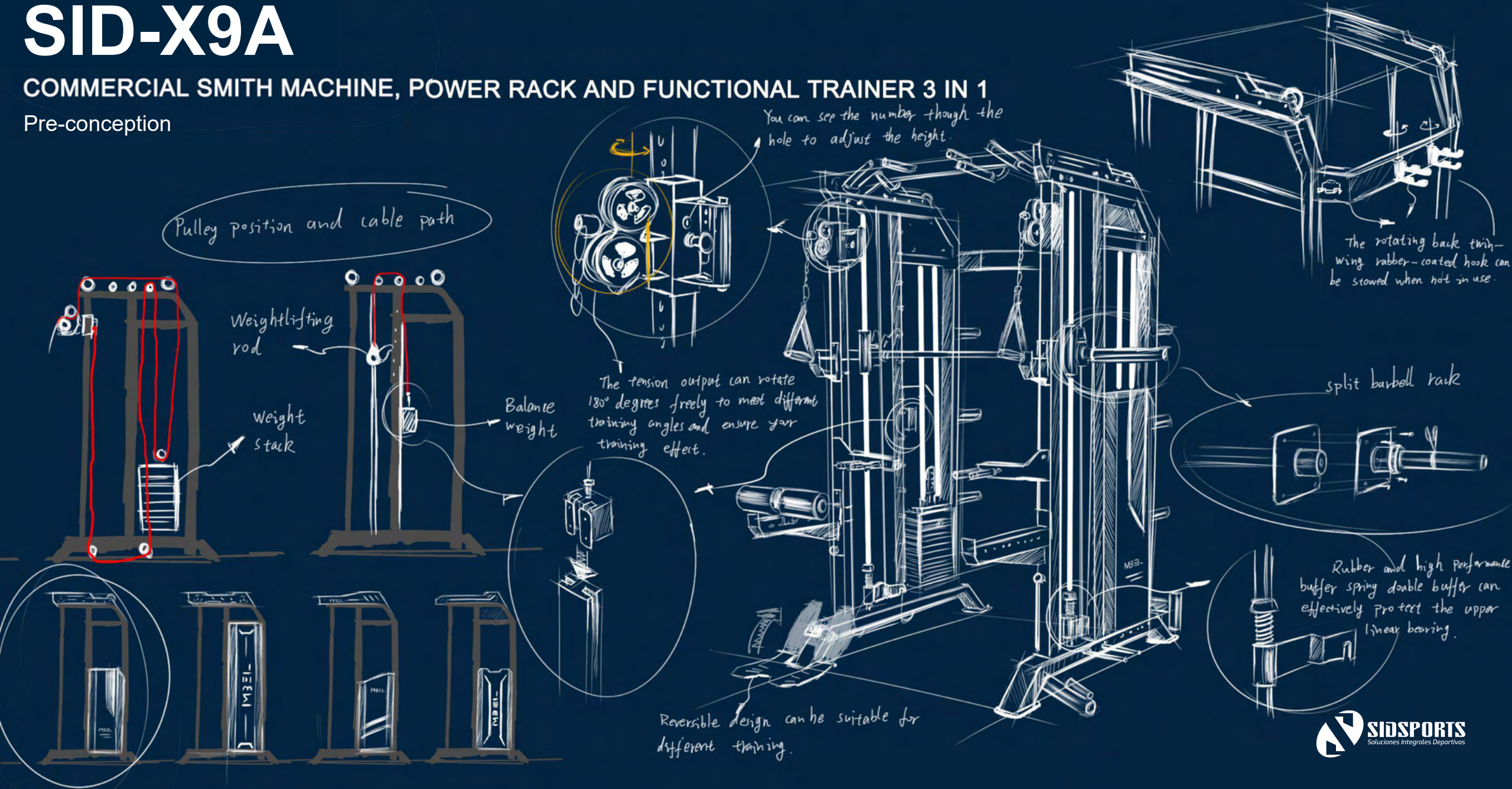


Ups and downs rhythm, sports style

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Pre-conception

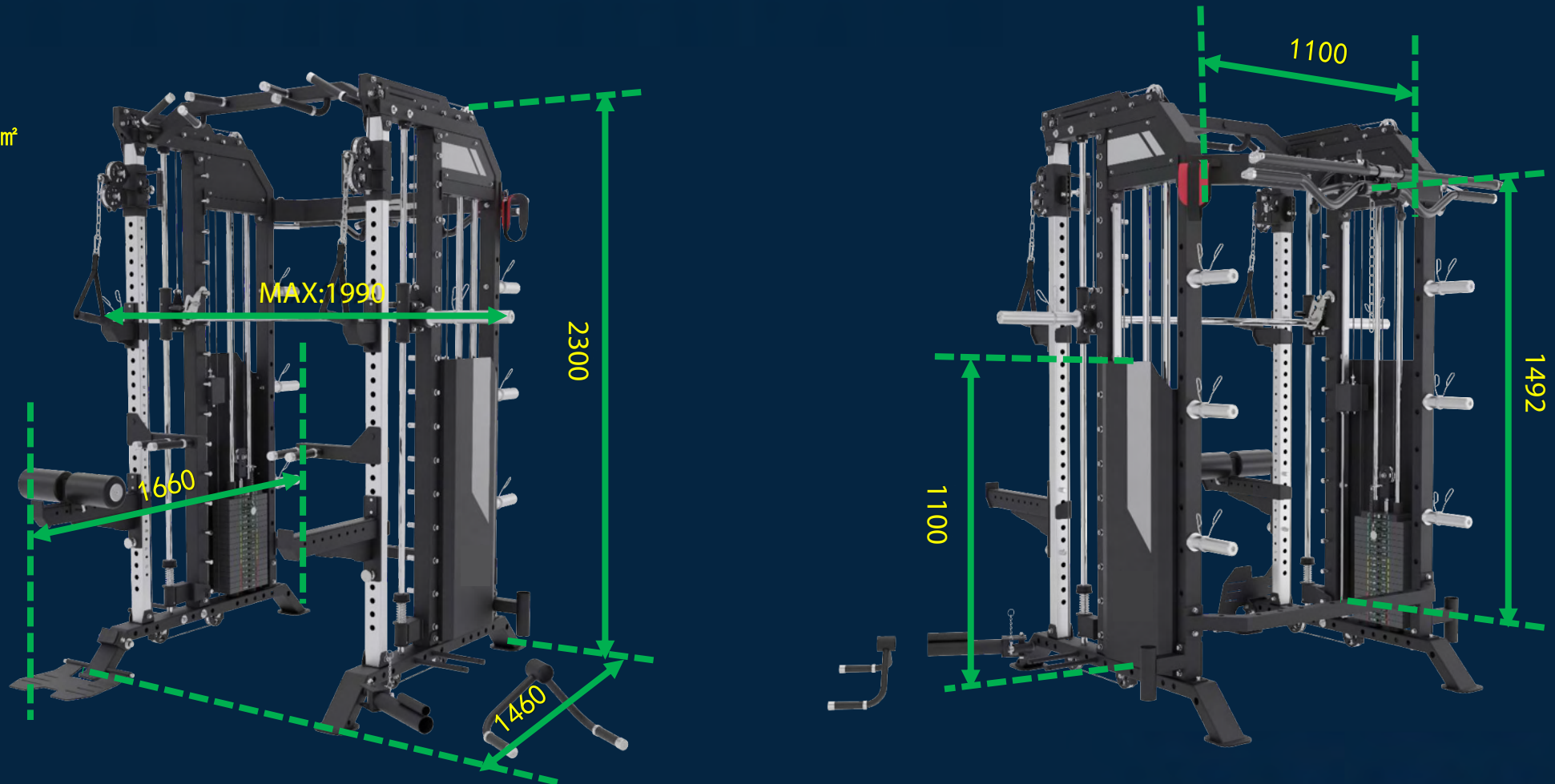


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Assembled dimensions

The largest area is about 2.9 m²



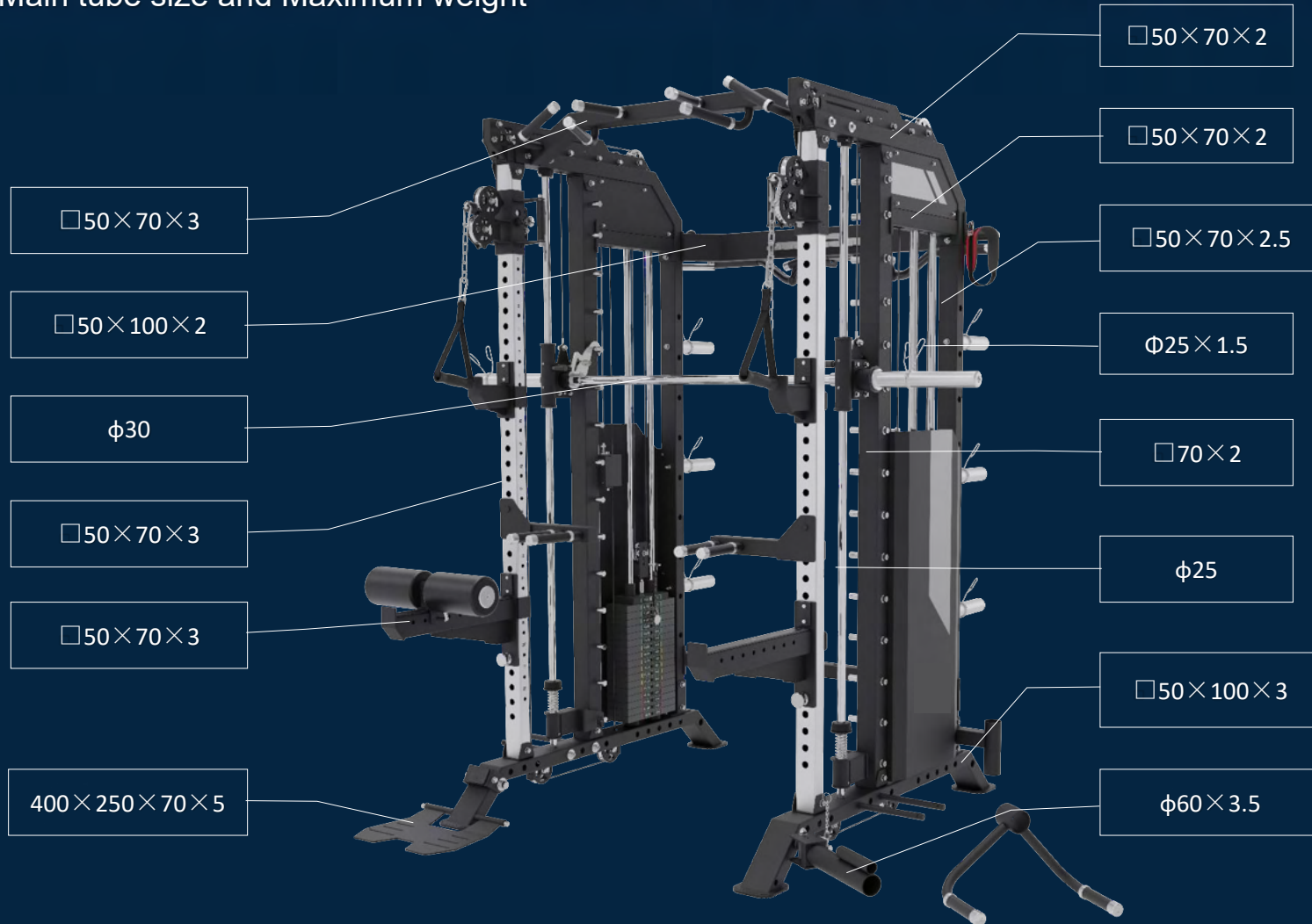
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Main tube size and Maximum weight

Maximum user weight:350lbs

Maximum weight capacity
(including user weight): 800lbs



Maximum
weight:555lbs
(Both)

Maximum
weight:135lbs

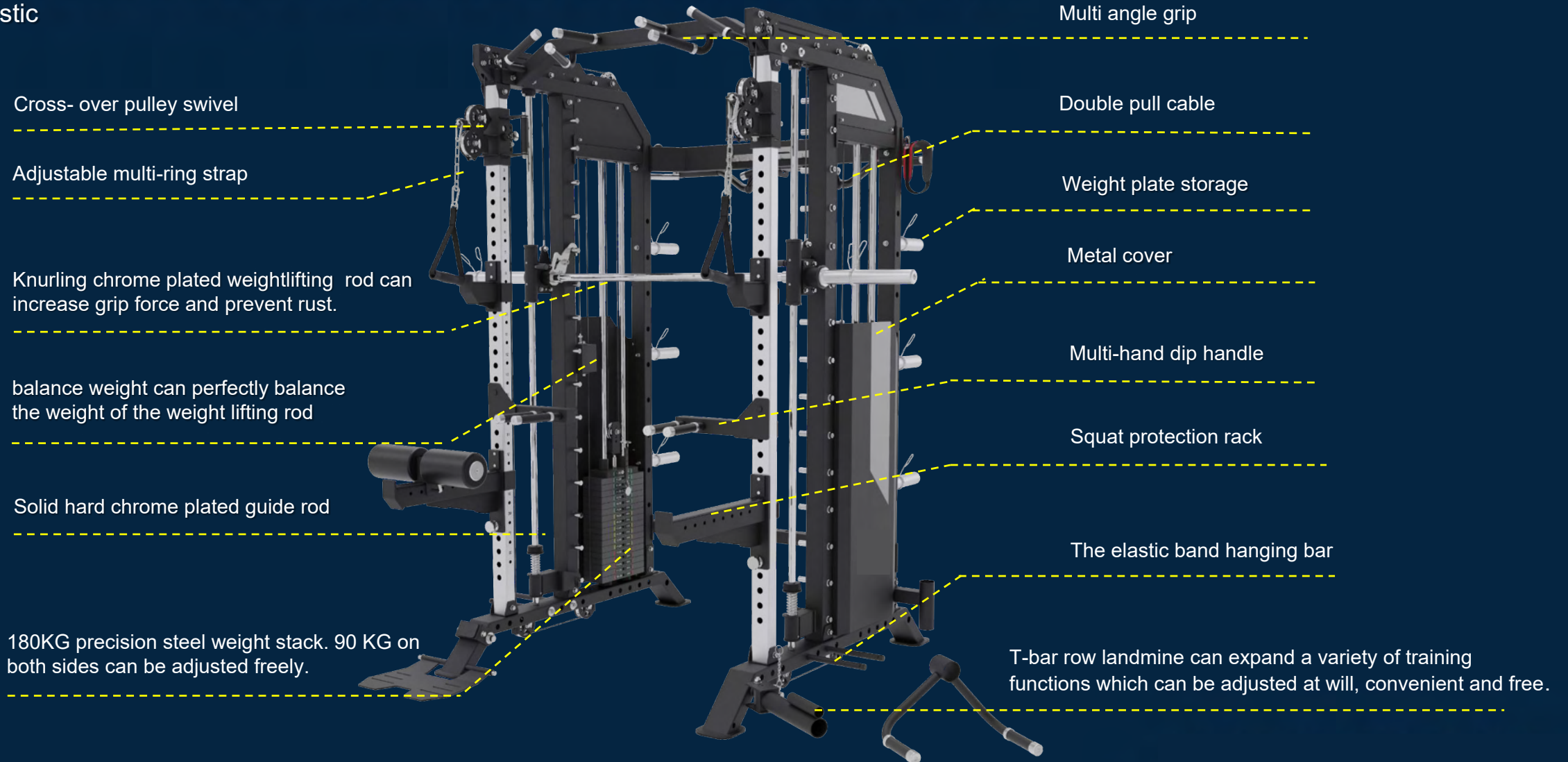
Maximum
weight:555lbs
(Both)

Maximum
weight:555lbs
(Both)

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Characteristic

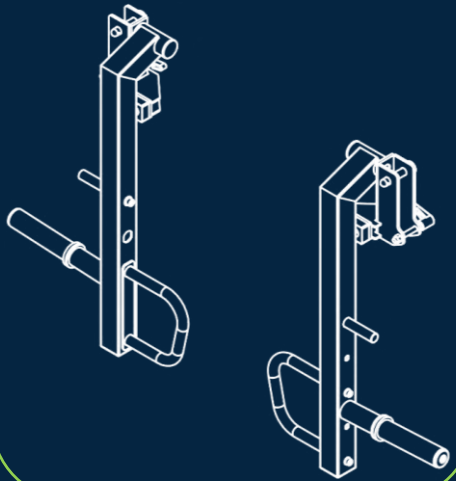


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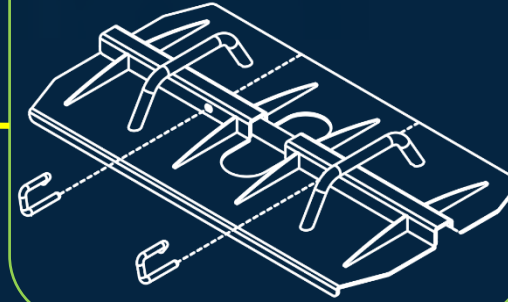
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Attachment for operation

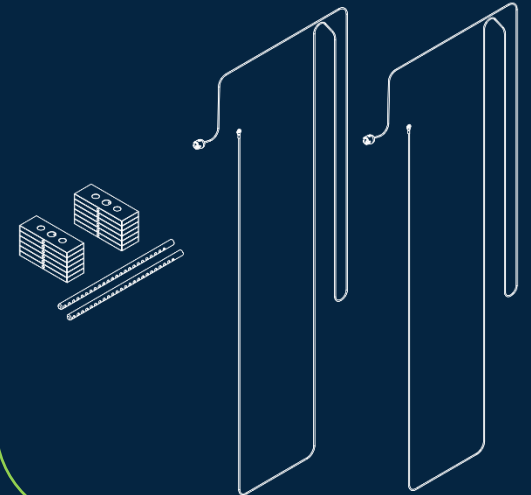
JAMMER ARM



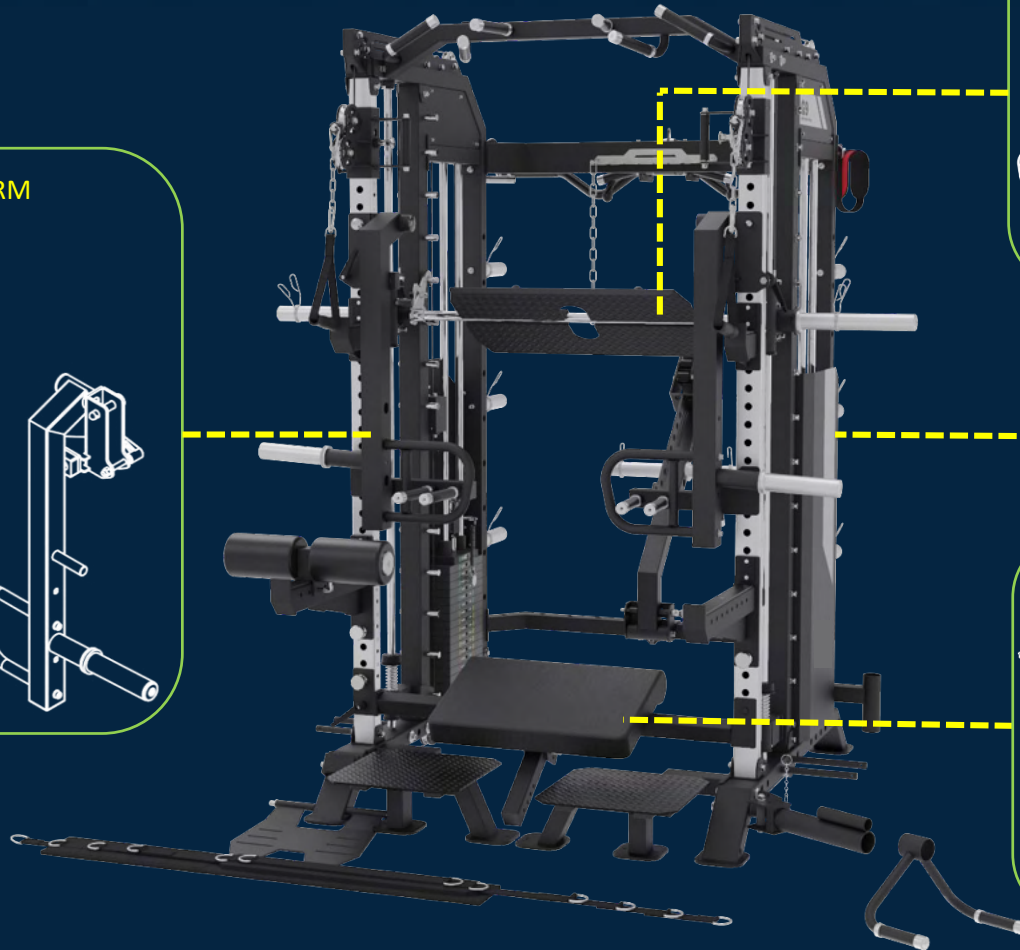
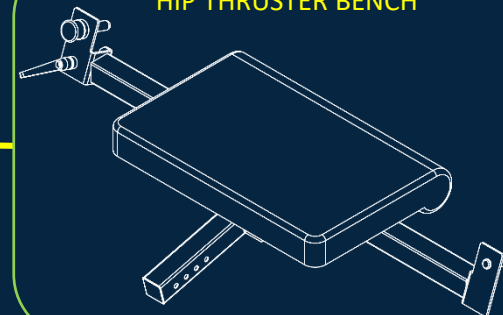
LEG PRESS



WEIGHT STACK & CABLE



HIP THRUSTER BENCH

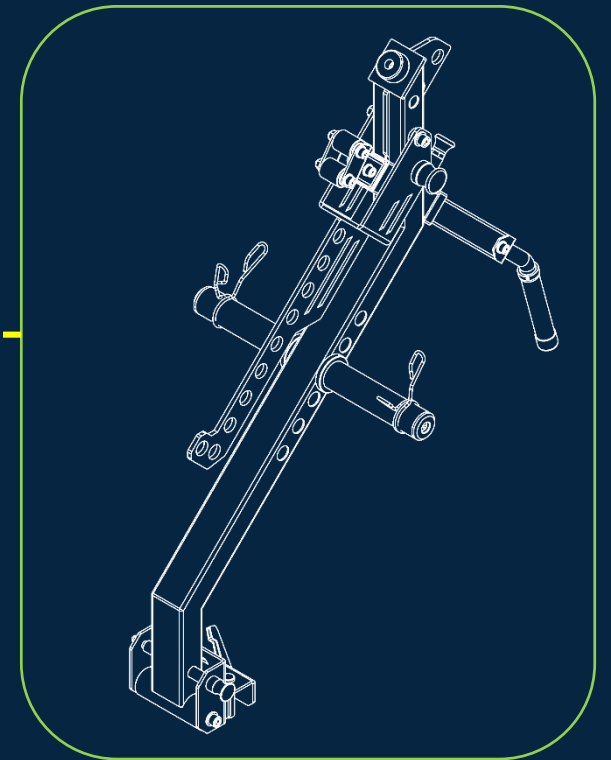
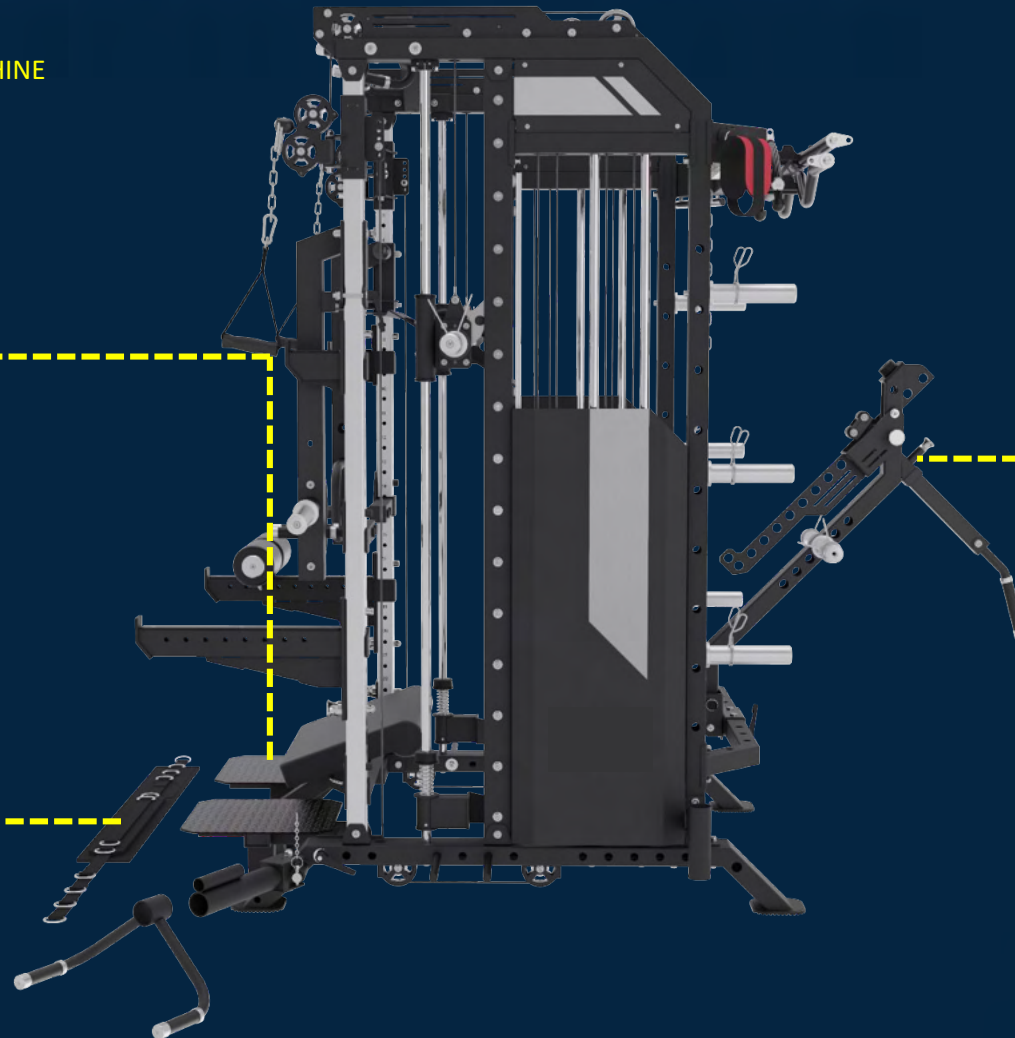
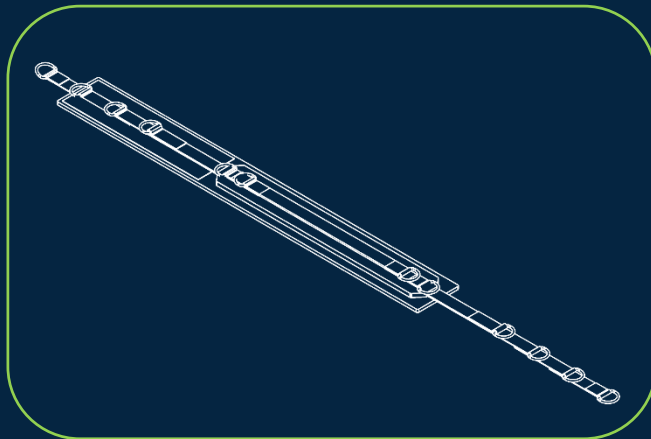
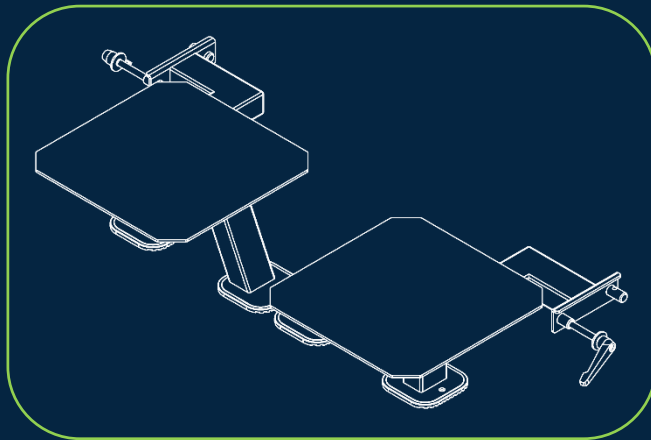


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Attachment for operation

BELT SQUAT MACHINE

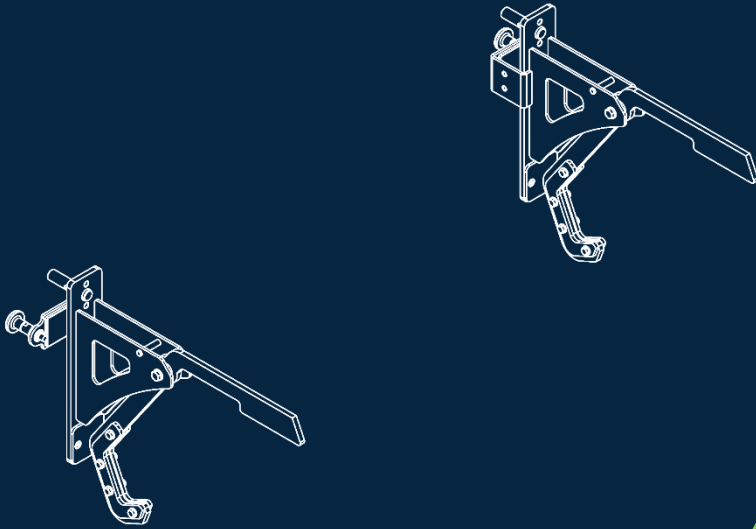


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Attachment for operation

MONOLIFT



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Short Safety Rack Static Test

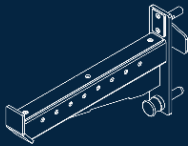
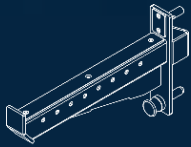


Test Conditions:
Test weight= $1.5G(\text{kg}) \times 2.5$.
G: Maximum load weight.
There is no damage after 5 minutes of 945kgs loading weight static test.
The equipment can't be locked on a flat floor during testing.

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Long Safety Rack Static Test



Test Conditions:

Test

weight= $1.5G(\text{kg}) \times 2.5$.

G: Maximum load weight.

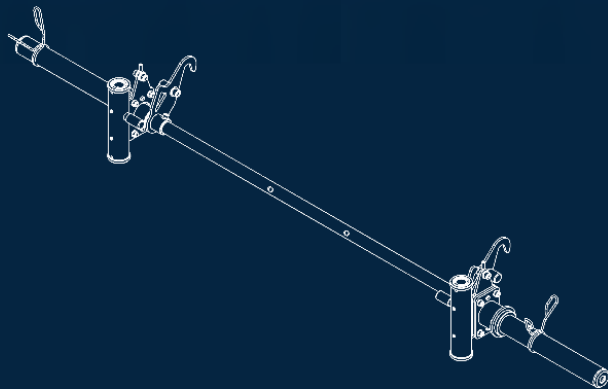
There is no damage after 5 minutes of 945kgs loading weight static test.

The equipment can't be locked on a flat floor during testing.

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Smith Rod Static Test



Test Conditions:

Test

weight = $1.5G(\text{kg}) \times 2.5$.

G: Maximum loading weight.

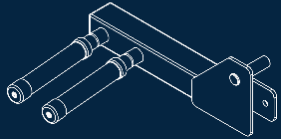
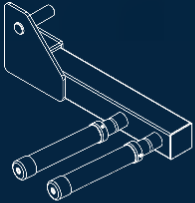
There is no damage after 5 minutes of 945kg loading weight static test.

The equipment can't be locked on a flat floor during testing.

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Dip Dandle External Force Test



Test Conditions:

Test

weight=1.5G(kg)×2.5.

G: Maximum loading weight.

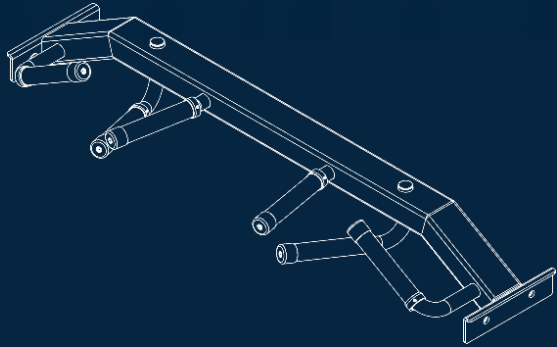
There is no damage after 5 minutes of 350kgs loading weight static test.

The equipment can't be locked on a flat floor during testing.

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COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1

Dip Dandle External Force Test

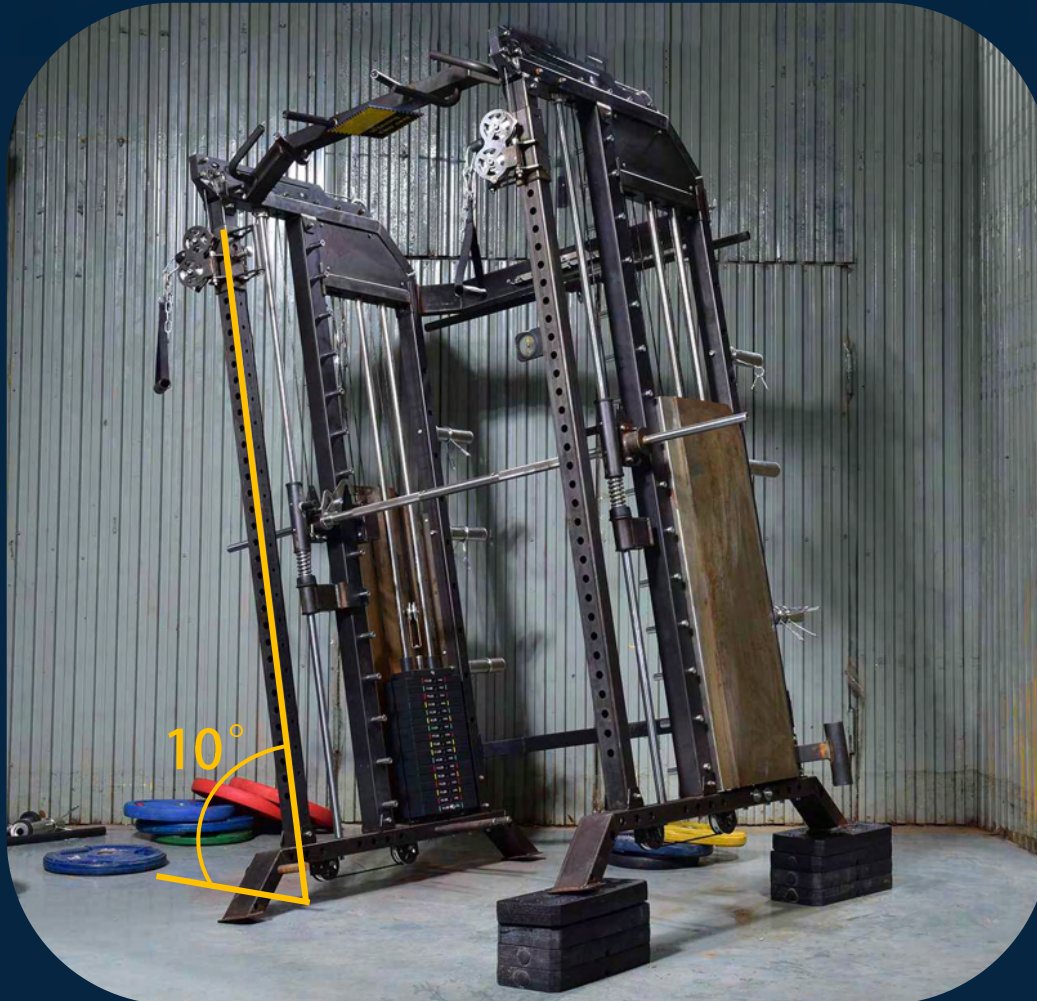


Test Conditions:
Test weight= $1.5G(\text{kg}) \times 2.5$.
G: Maximum loading weight.
There is no damage after 5 minutes of 350kgs loading weight static test.
The equipment can't be locked on a flat floor during testing.

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No-load 10° pping test-side It



Test Conditions:

1. Put the sample on the ground with a inclined angle less than 10° .
2. The sample will rest on the supporting surface without fixation unless the instruction manual specify that the sample shall be fixed on the floor.
3. The sample(no user load applied) is located on an inclined surface. It verifys that the sample will not fall over due to the anti-slip in the resting position.



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No-load 10° pping test-backward It



Test Conditions:

1. Put the sample on the ground with a inclined angle less than 10° .
2. The sample will rest on the supporting surface without fixation unless the instruction manual specify that the sample shall be fixed on the floor.
3. The sample(no user load applied) is located on an inclined surface. It verifys that the sample will not fall over due to the anti-slip in the resting position.



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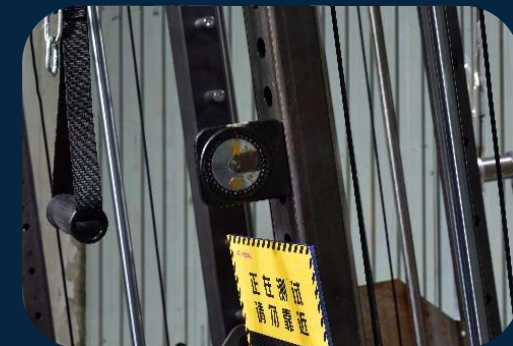
COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1

No-load 10° pping test-forward It



Test Conditions:

1. Put the sample on the ground with a inclined angle less than 10° .
2. The sample will rest on the supporting surface without fixation unless the instruction manual specify that the sample shall be fixed on the floor.
3. The sample(no user load applied) is located on an inclined surface. It verifys that the sample will not fall over due to the anti-slip in the resting position.

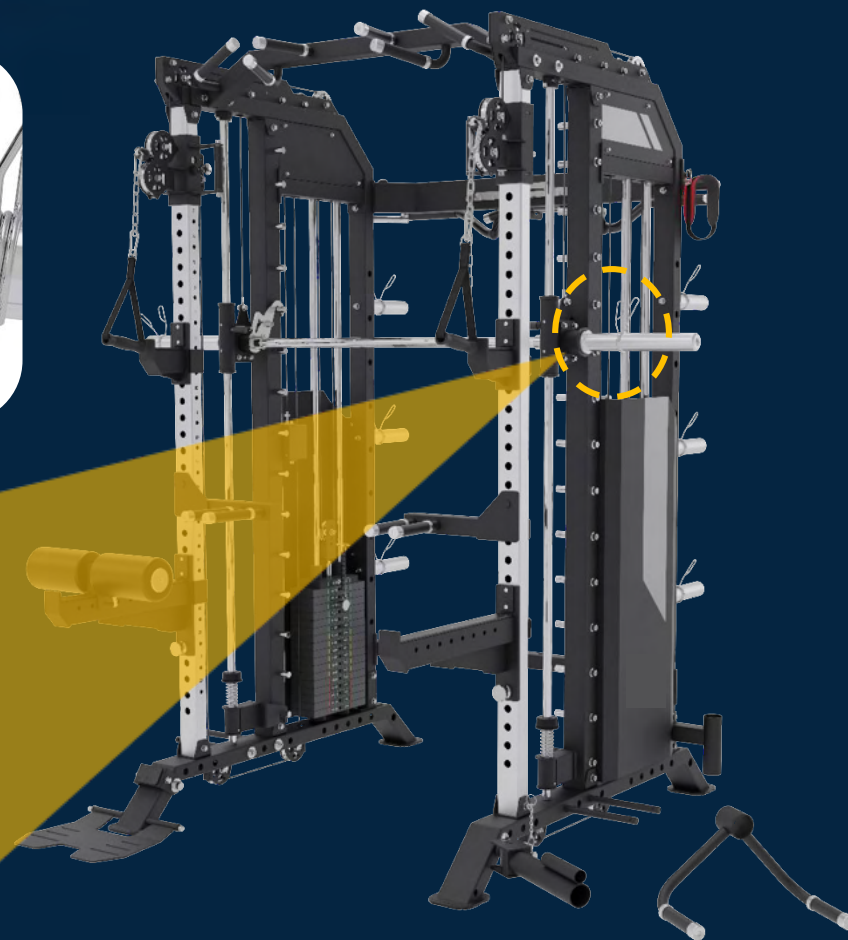
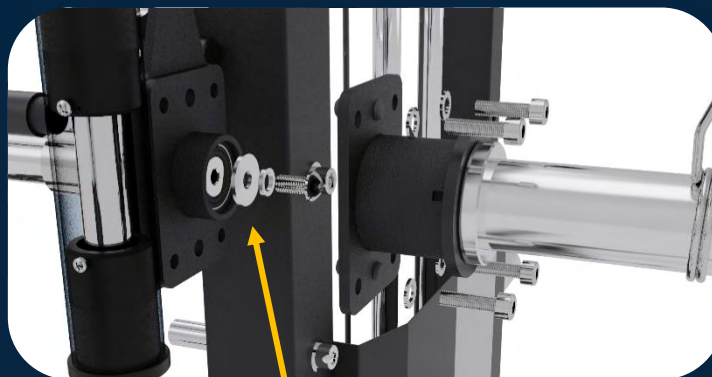


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Split barbell rack

The split barbell rack sliding components, weight lifting shaft and barbell rack in this new model are respectively detachable and connected, which is more convenient during transportation and packaging. It can reduce the transportation cost. The weight-lifting components can be hanged on the support pole through the hook and can be put at any position. The steering wheel makes the sliding sleeve moving up and down flexibly and smoothly and also increases the stability and safety during weight lifting exercise. This design is more humanized and ergonomic.





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Smith structure

Flexible limit bar can effectively avoid the overturning of weight lifting bar.



Lengthened design of stainless steel ring buckle is strong and impact resistance.

Anti-skid thread design of solid Olympic weight bar with chrome-plated knurling handle can increase grip strength and more safety.



Built-in mute bearing gives you a smooth and quiet fitness experience



Hard chrome plated high precision solid smith rail can make the movement more smooth and prolong the service life of the machine.

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Details

Multi angle Chin up bar can meet different training request.



Rubber non-slip material gloves can bear 70 N force.

Solid bar with resistant band helps you to adjust the weight and suitable for different needs.

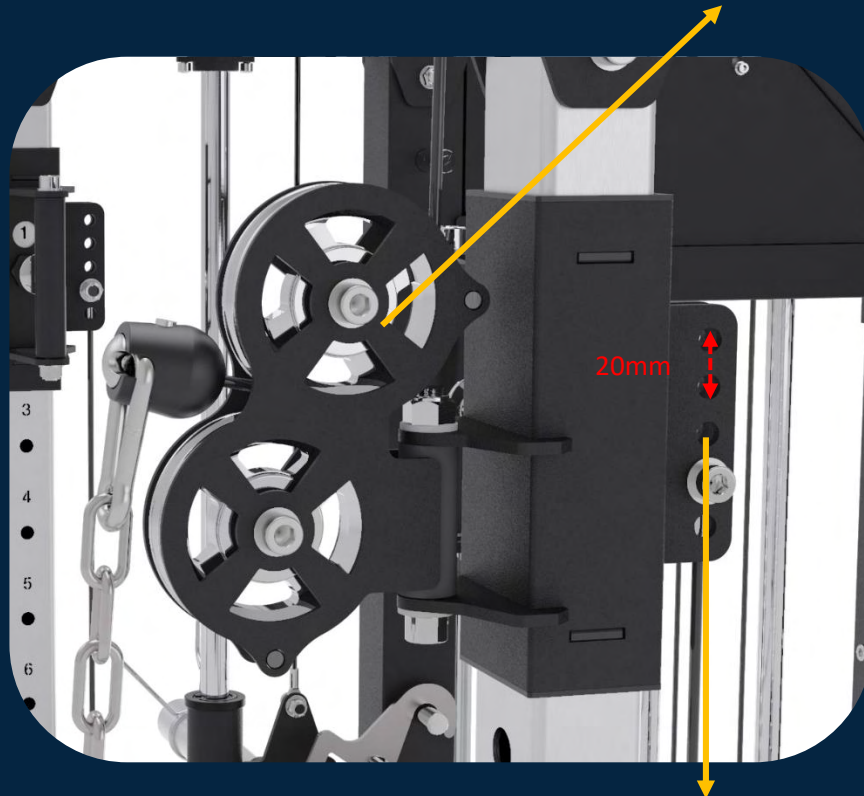


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Cross- over pulley cables

The tension output can rotate 180 degrees freely to meet different training angles and ensure your training effect.



Cable length can be adjusted slightly.

You can see the number through the hole to adjust the height .



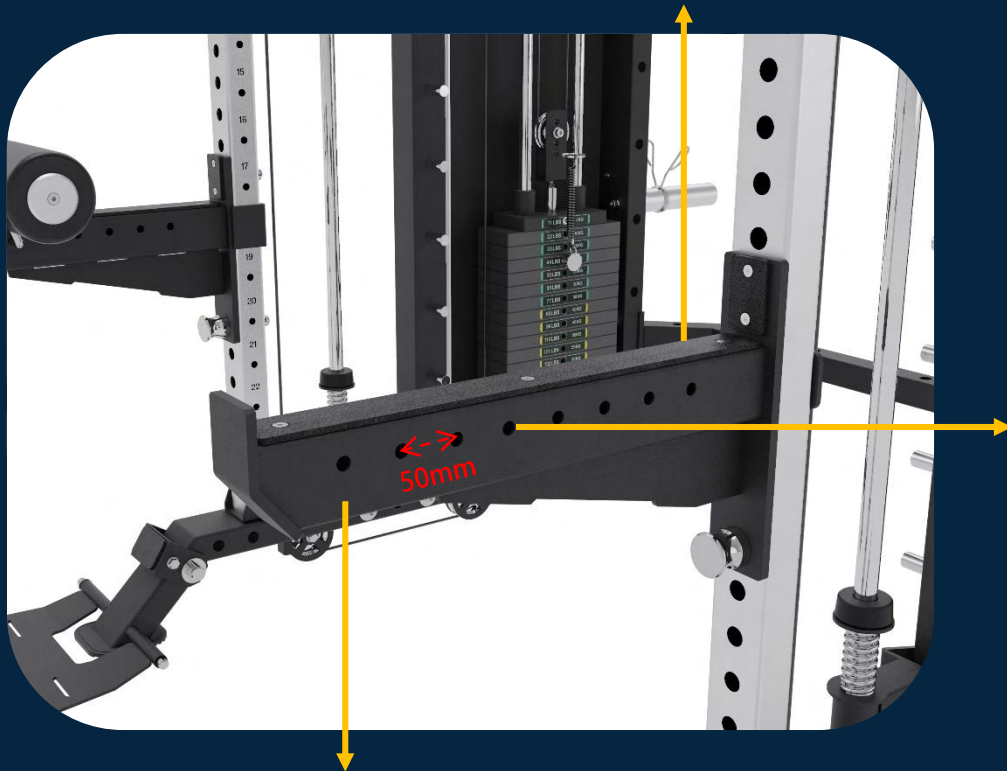
Zinc plated knob sets can easily be adjusted.

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Long safety rack and Leather FOAM

ABS pad, antiwear and deformation resistance



Steel safety rack has the protective function.

High-quality leather FOAM with anti-sweat, wear-resistant, odorless and clear leather texture will not break or peel after long use.



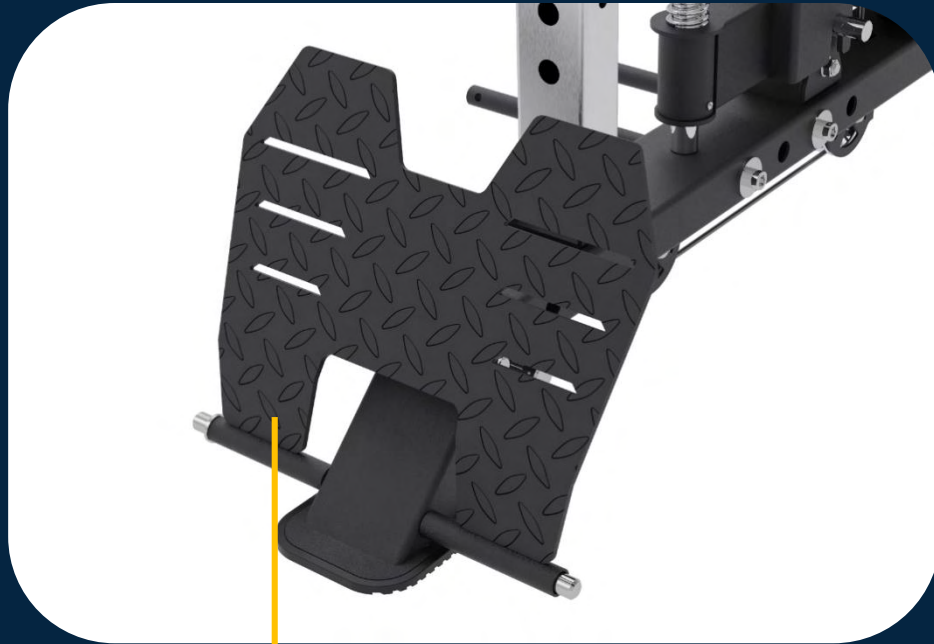
Aluminum alloy FOAM block

It can adjust the position of Foam rack with eight holes to meet the needs of different trainers

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Non-slip metal footplate



Reversible design can be suitable for different training which uses humanized non-slip metal footplate with 5mm thickness. It can increase the force of friction with the sole.

Rubber material provides elastic support for the pedal



Zinc plated long bolt is strong and beautiful.

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Details

Thick steel plate is stable and durable. Enlarged foot rubber pad can protect the floor



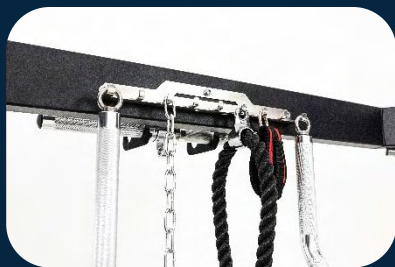
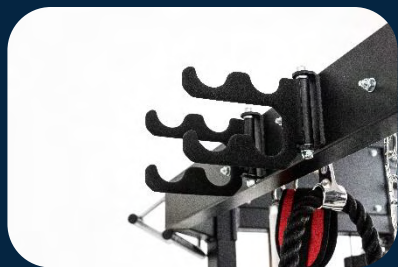
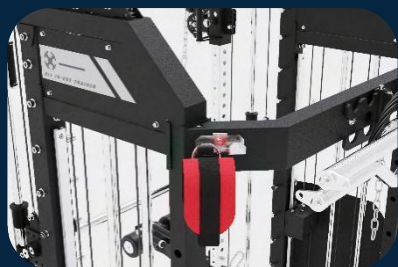
Rotating landmine attachment rotating frame is wear resistance.

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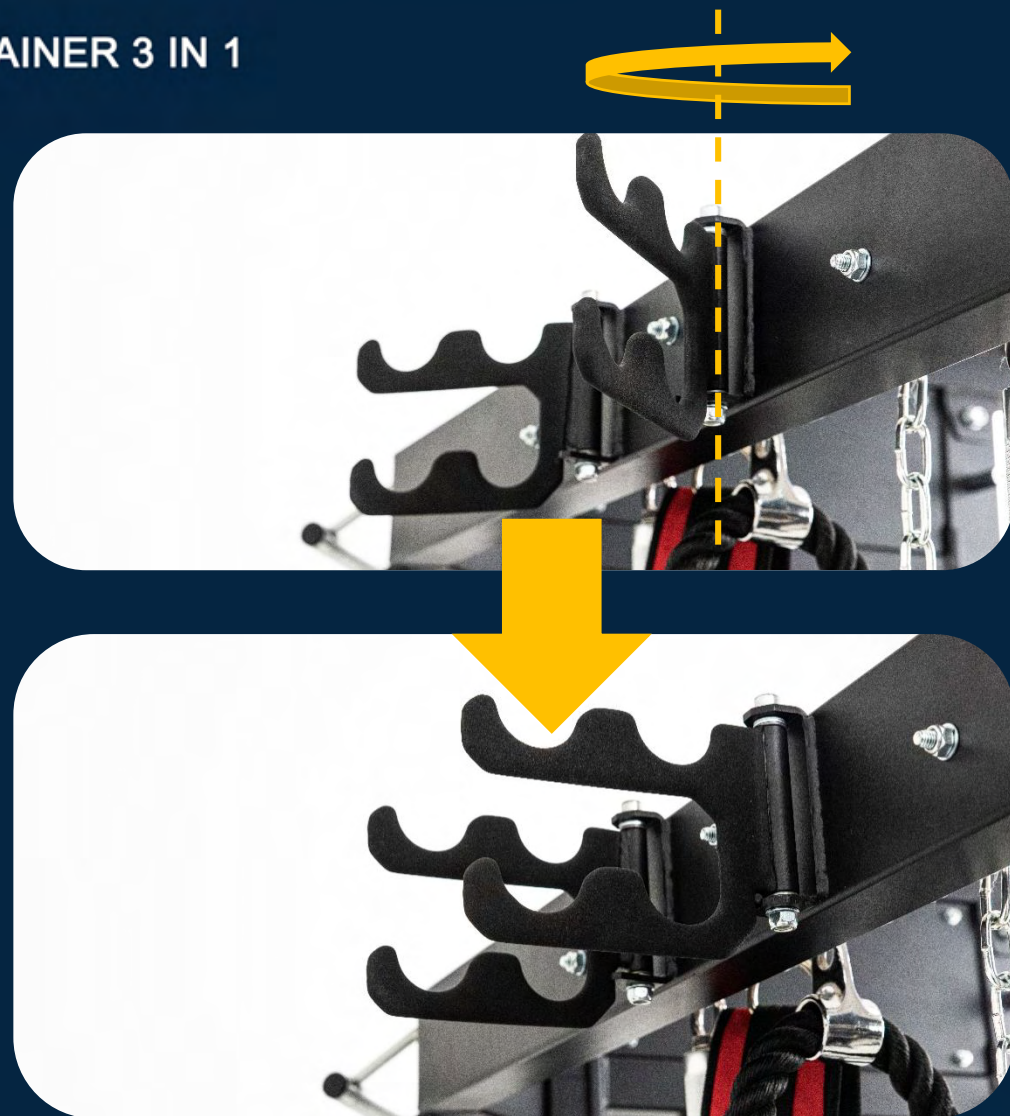
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Accessories storage

Doing more exercise with different accessories can meet the whole body muscles movement.



The rotating back twin-wing rubber-coated hook can be stowed when not in use. It can effectively avoid bumps and reducing the foot space.

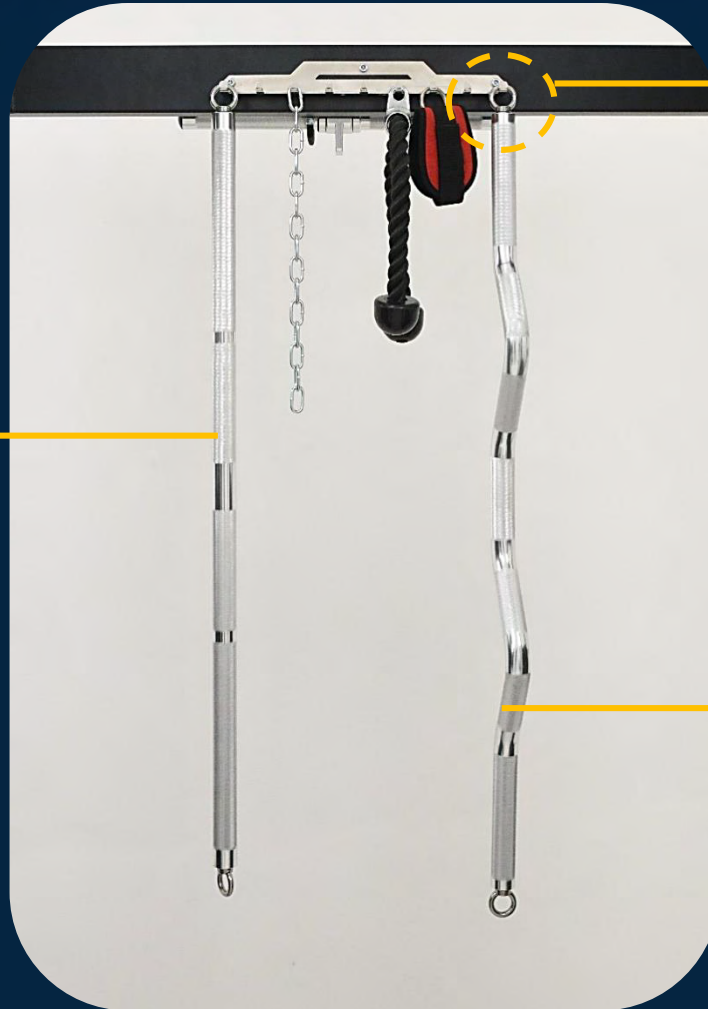
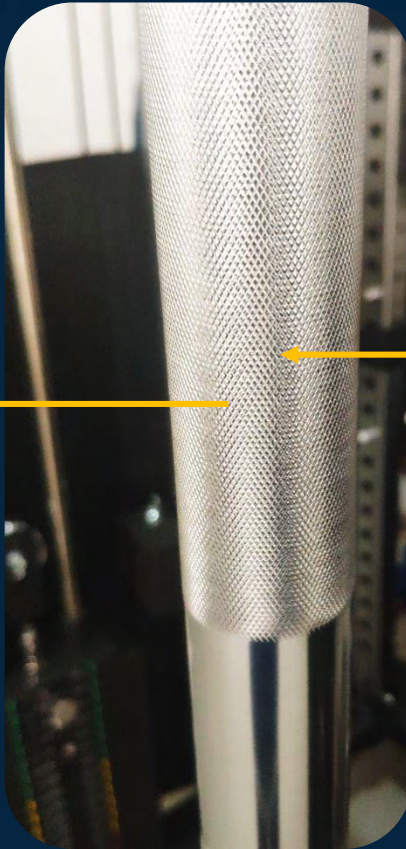


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Details

Upgraded aluminium alloy parts are sweat proof, slip proof and durable.



Aluminum alloy W shape curved knuriling bar made by Seven-segment CNC machines has no burr.. High quality grip, deep-groove ball bearings connecting with precision casting hanging rings make the movement more smooth.



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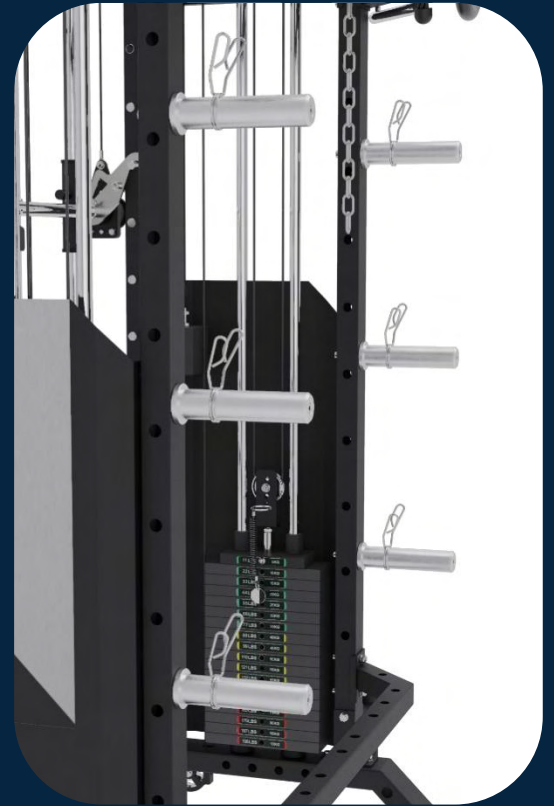
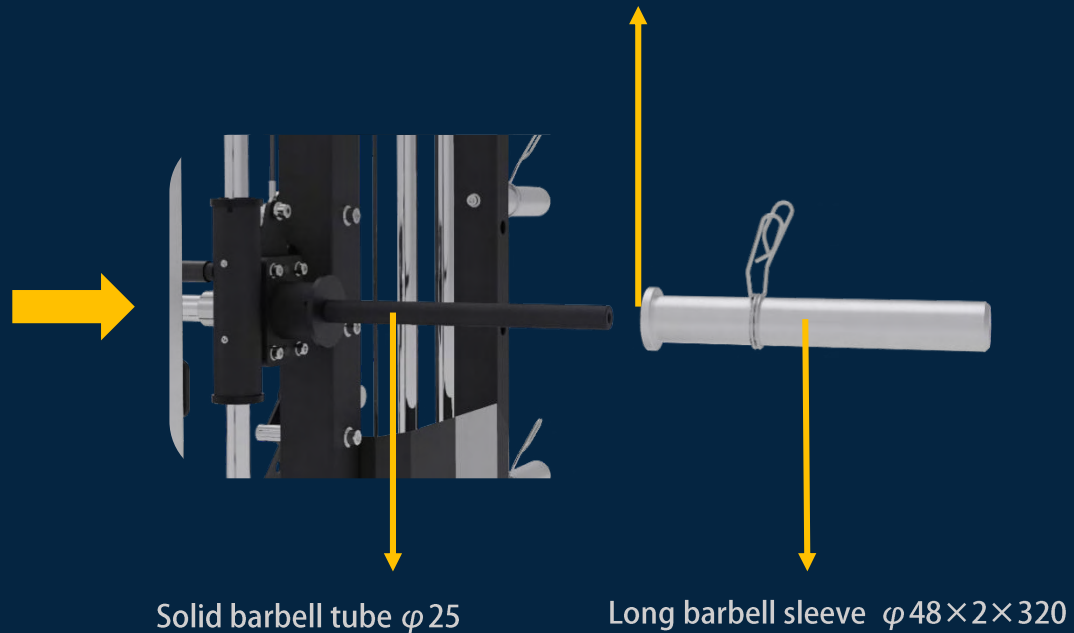
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Barbell casing



Stainless steel metal casing, wear-resistant and rust-proof. It can match both 1" & 2" size weight plates. The max weight capacity is 277.5lbs

Barbell sleeves are removable to fit different weight plate needs



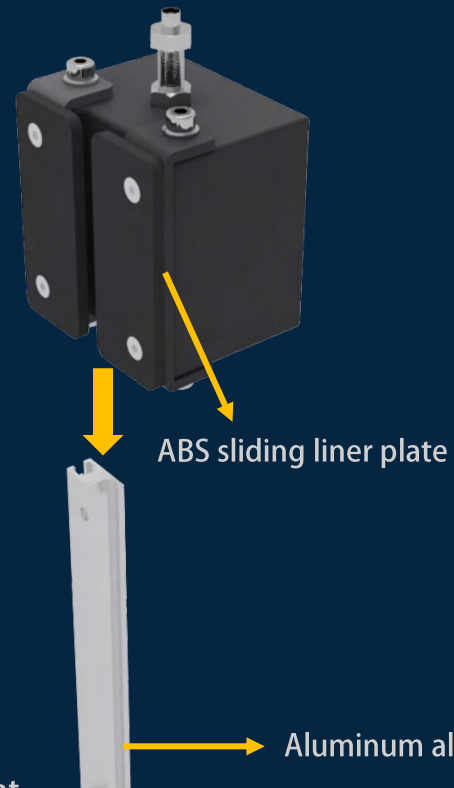
Six barbell sleeves can store different size barbells.

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Details

The aluminum alloy sliding rail and ABS sliding liner plate can effectively fix the track of the counter balance with silent sliding. The installation is convenient and firm. The balance can be clearly seen.

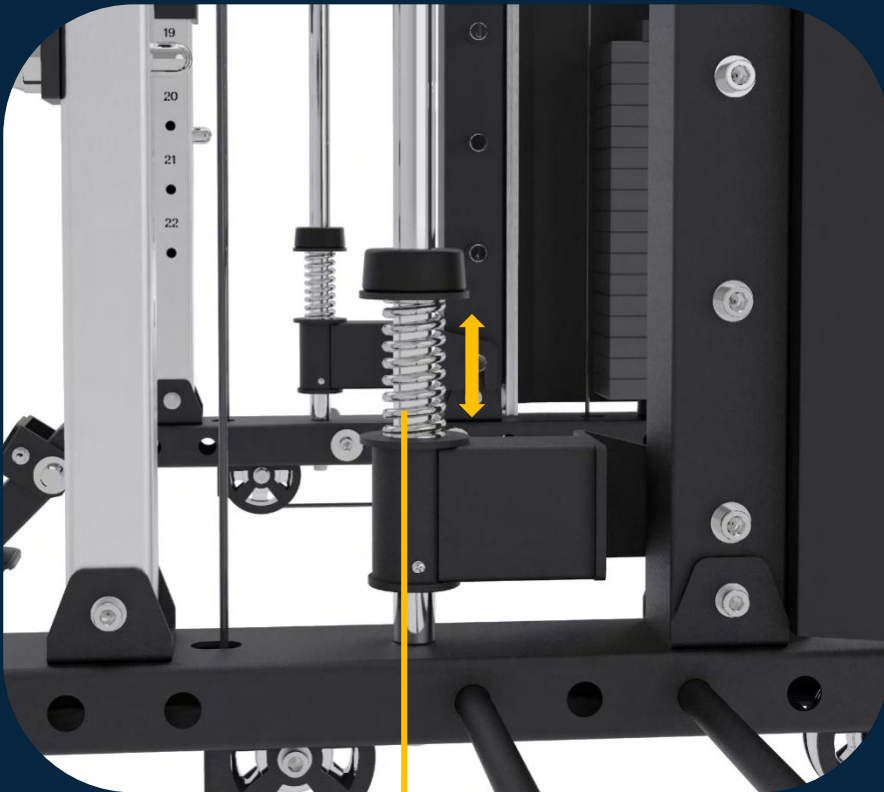


External counter balance can perfectly balance the weight of the weight lifting rod and make your training more precise.

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Details



High quality 65Mn thick spring is super shock absorption with high stability, anti-corrosion and anti-rust.

Rubber and high performance buffer spring double buffer can effectively protect the upper linear bearing.



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Weight stack

Weight selector pin avoids sliding during exercise, Large Beautiful and durable large aluminum alloy handle is easy to be adjusted.

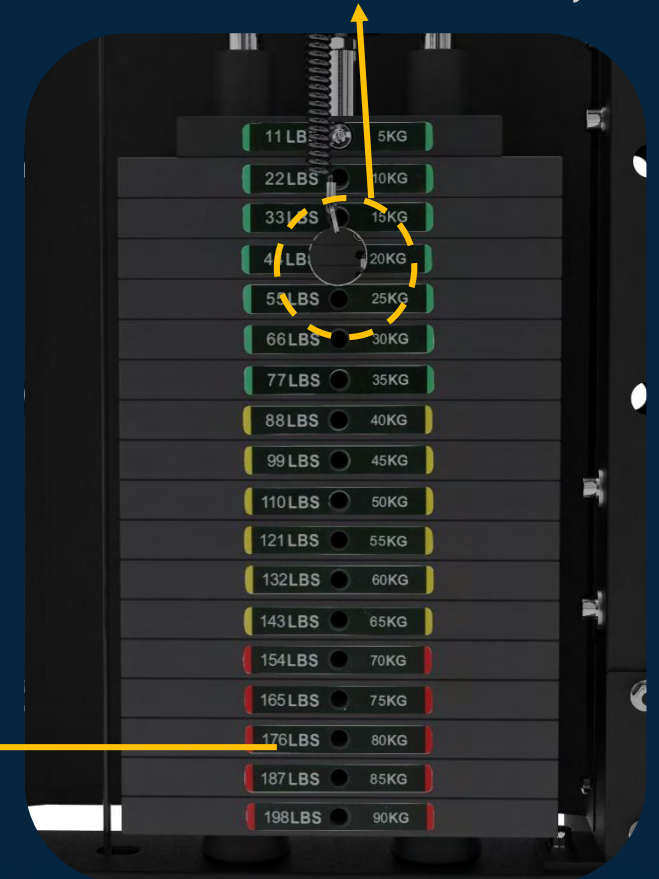
The metal shield greatly increases the firmness and aesthetics when fully protected



The stickers with large area of metal wiredrawing texture look fine and high end.



Total weight stack weight :
 $5\text{kg} \times 17 + 5\text{kg} \times 1 = 180\text{kg}$
 precision steel weight stack. 90 kg each side, and only needs to be easily adjusted by the bolt to start the fitness journey.



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Details

Aluminum alloy pulleys bring you a smooth and quiet fitness experience while being more durable.



The upper decorative board with the beautiful side shape increases the overall aesthetics of the product.



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Alternating chest press



Mainly exercise the pectoralis major, deltoid and triceps.



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Median chest clip



Rope clip chest is an isolated exercise for pectoral muscles because your triceps and deltoid anterior tracts are hardly involved. This will give your chest muscles a stronger pumping sensation.



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Standing bird



The motion resistance of this action is downward. During the process of the shoulder joint abduction is included in the process of being opposite to the direction of resistance. The deltoid muscle has the function of abducting the shoulder and the action is consistent with the muscle function. So this action can exercise the deltoid muscle.



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Reverse bird



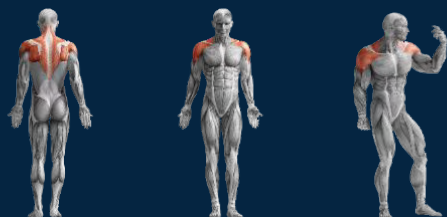
The motion resistance is forward. During the the process of extending the shoulder joint horizontally in the opposite direction of the resistance direction. The deltoid muscle has the function of horizontally extending the shoulder and the action is consistent with the muscle function. So this action can be exercised to the triangle muscle.



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Reverse cable x-over



Mainly exercise the deltoid posterior bundle.



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Kneeling pulldown



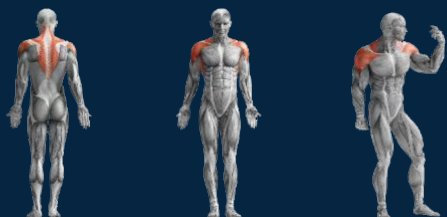
Mainly exercise latissimus dorsi, biceps and pectoralis muscle.



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Shoulder press



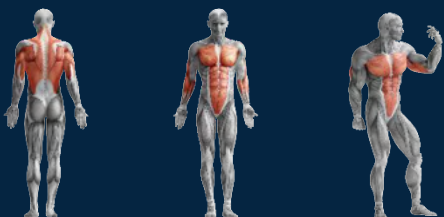
Mainly exercise deltoid and trapezius muscle.



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Curved arm dropdown



Mainly exercise the back muscles and triceps.



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One-legged one-handed rowing



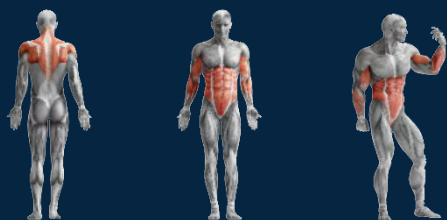
The resistance of the action is backward. During the process of extending the shoulder joint is opposite to the direction of the resistance. The latissimus dorsi muscle has the function of extending the shoulder joint and the action is consistent with the muscle function. So this action can be exercised to the back muscle.



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Anti-rotation



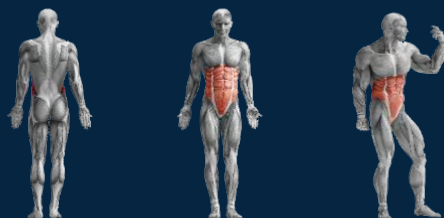
Mainly exercise core strength.



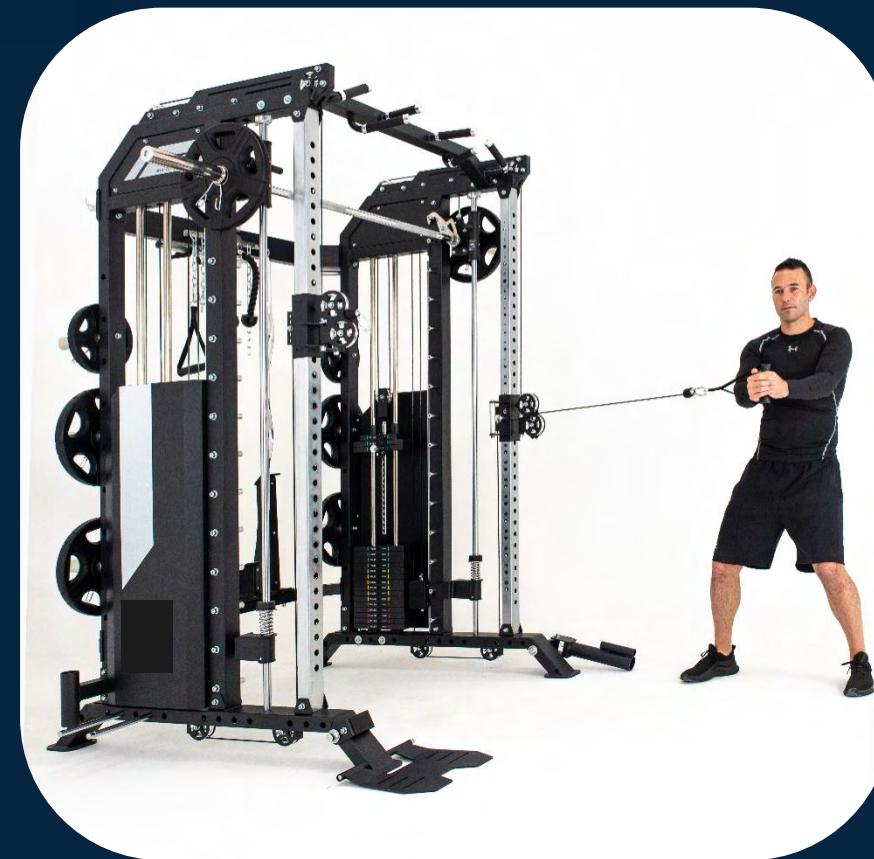
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Woodchopper



Mainly exercise abdominal core strength.



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External rotation



Mainly exercise the deltoid posterior bundle and deltoid middle bundle.

Secondary exercises: erector spinae, rectus abdominis, triceps and extensors.



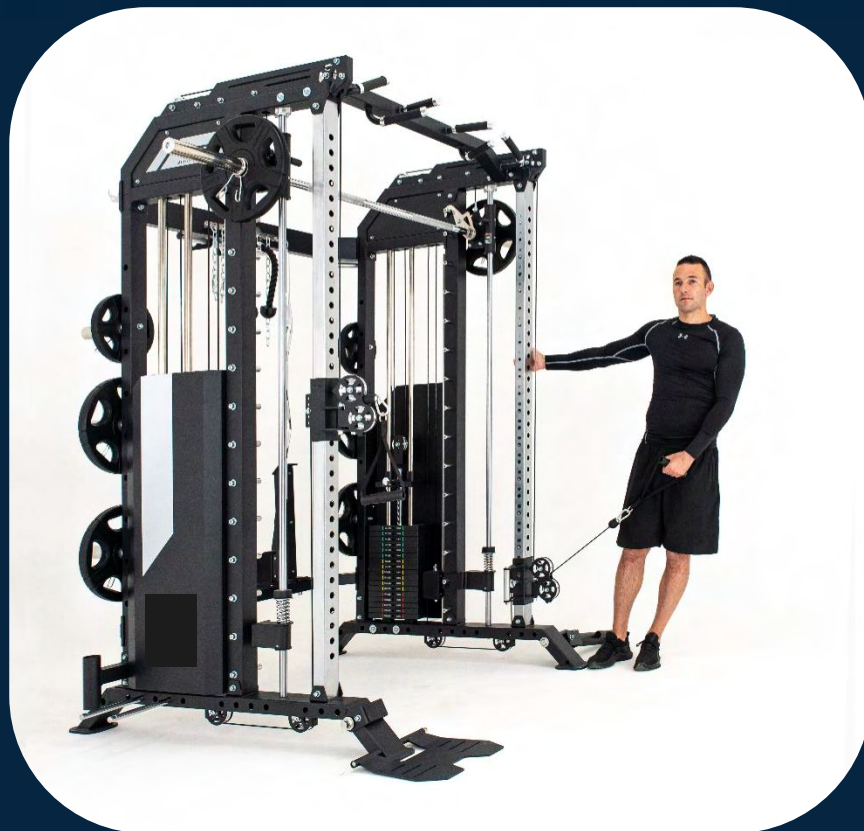
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Lateral raise



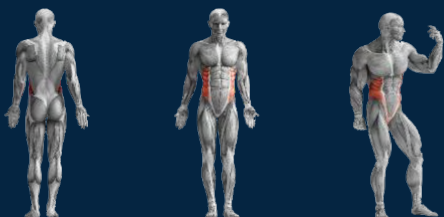
An effective method for improving the middle part of deltoid muscle.



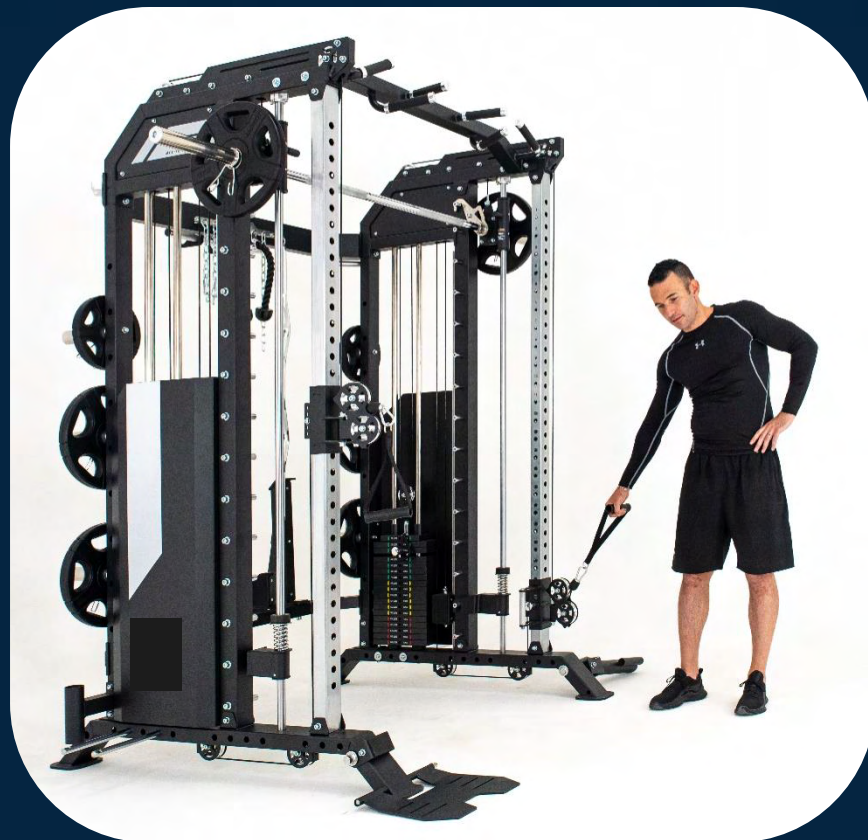
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Side bend



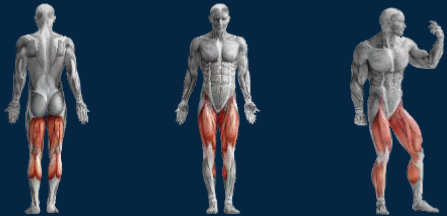
Mainly exercise the lateral abdominal muscles.



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Kneeling superman



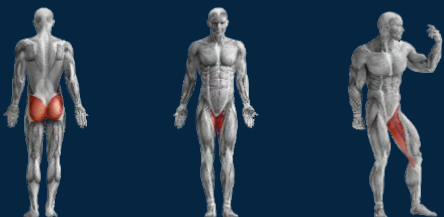
Mainly exercise the quadriceps, biceps, gastrocnemius and other leg muscle.



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Hip flexion



The original flexor muscle of hip flexion is the iliac psoas muscle, and the auxiliary muscles are rectus femoris muscle, pubic muscle, sartorius muscle, great adductor muscle, long adductor muscle, short adductor muscle, and extensor fascia lata.



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Leg kick-back



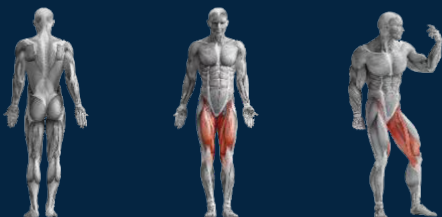
Mainly exercise hips and biceps.



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Low leg swing



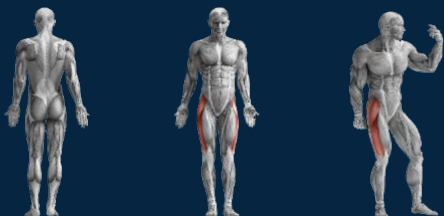
Mainly exercise the adductor muscles of the thigh (large adductor, long adductor, short adductor, gracilis, pubic muscle, etc.).



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Low leg swing



Mainly exercise hip abductor muscles (mid gluteal muscle, gluteus minimus, etc.)



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Lunge



Mainly exercise hip and leg muscles.



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Seated rowing



The resistance of the action is backward. During the process of extending the shoulder joint is opposite to the direction of the resistance. The latissimus dorsi muscle has the function of extending the shoulder joint and the action is consistent with the muscle function. So this action can be exercised to the back muscle.



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Squat with cable



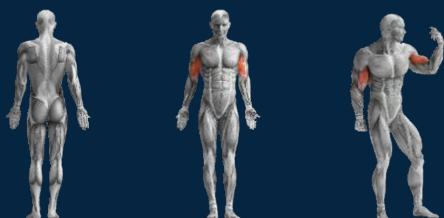
Load-bearing squats have strong stimulation to the entire lower limbs and torso, and can exercise the quadriceps, gluteus maximus, biceps femoris, semi Tendon muscle, semimembranosus muscle, and also has a strong effect on the erector spinae, piriformis, great adductor muscle, gluteus medius muscle, gluteus minor muscle, and calf muscle.



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Arm curl



Main exercise biceps, auxiliary muscles:
brachial muscle, brachioradial muscle.



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Tricep extension



Main exercise: Latissimus dorsi.



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Chest press with bar



The main exercises are the pectoralis major, the anterior beam of the deltoid, and the triceps, which can effectively pull the rib cage and shape the perfect curve of the pectoral muscles.



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High pulley tricep extension



The main part of the post-neck high-level pull-down exercise is the middle and lower trapezius muscles and the rhomboid muscle. This is a good method to increase the width of the back muscles. Muscles, brachial muscles, and brachioradialis also exercise.



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Pull-up



The wider the grip distance, the greater the stimulation to the back. Especially the latissimus dorsi. When the grip distance is narrower than the shoulder, the brachial and arm muscles will participate in the movement to a large extent.



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Dip



The arm flexion and extension of the parallel bars are mainly to practice the chest muscles, triceps and deltoids (front bundle), and also practice the latissimus dorsi and trapezius muscles. The equipment needed is the best parallel bars.



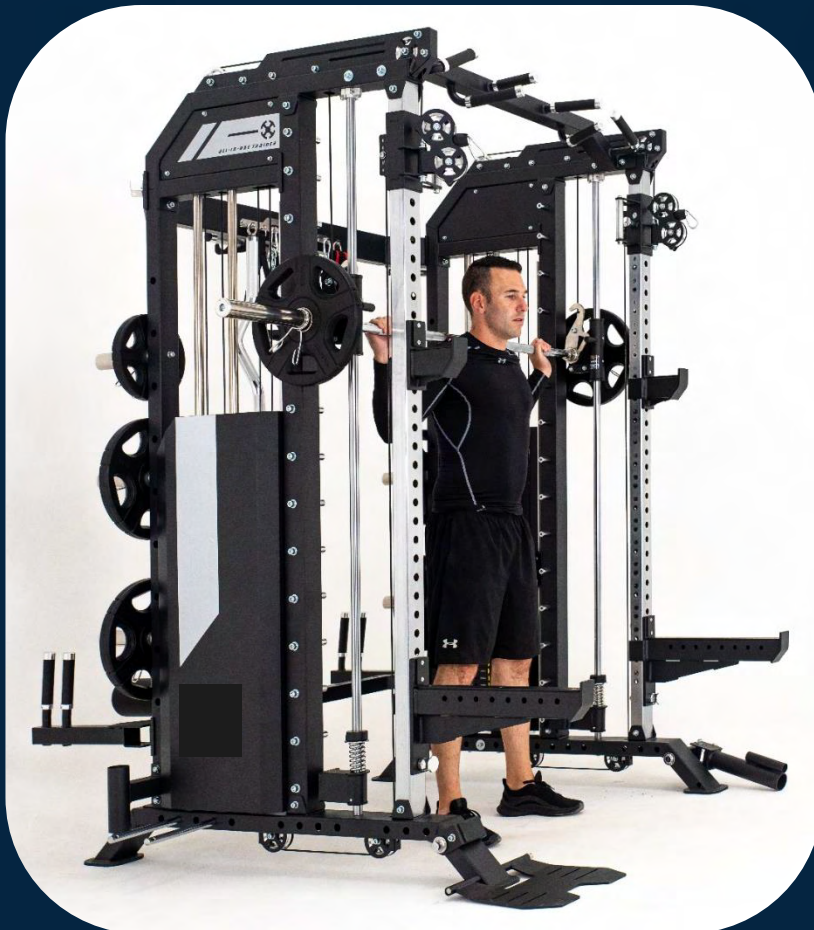
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COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1

Smith deep squat



Load-bearing squats have strong stimulation to the entire lower limbs and torso, and can exercise the quadriceps, gluteus maximus, biceps femoris, semi Tendon muscle, semimembranosus muscle, and also has a strong effect on the erector spinae, piriformis, great adductor muscle, gluteus medius muscle, gluteus minor muscle, and calf muscle.



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Smith dead lifts



Mainly exercise the back, gluteus maximus and leg muscles.



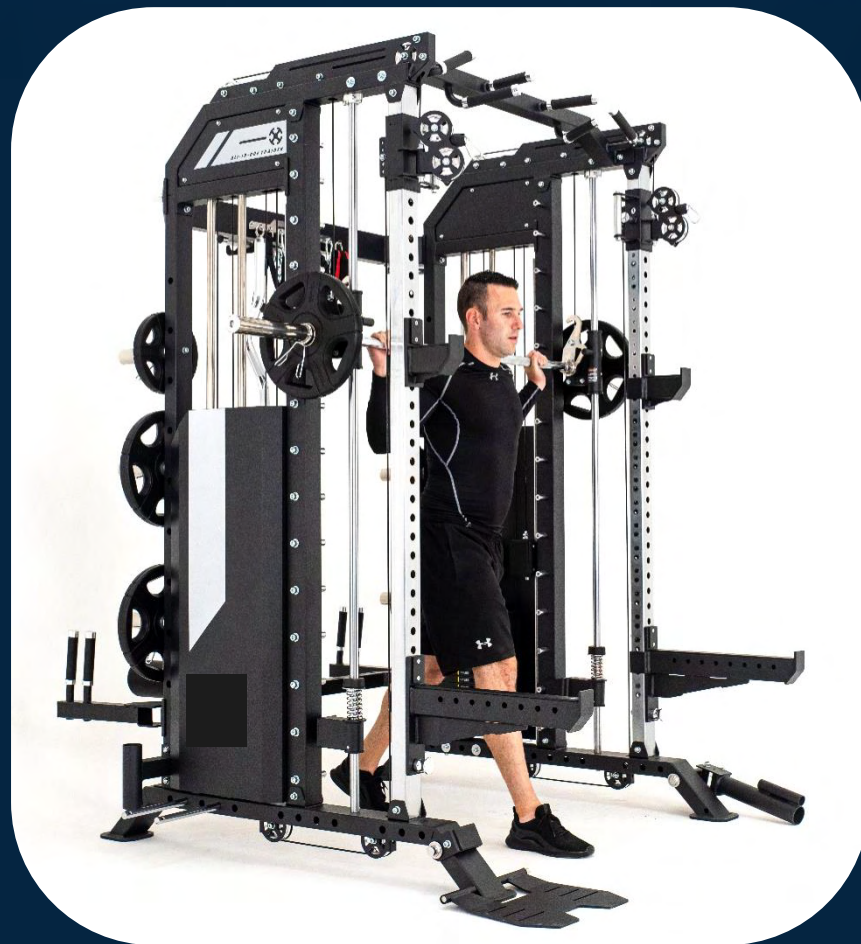
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COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1

Smith lunge



Mainly exercise gluteus maximus and leg muscles.



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Smith incline chest press



The three Smith bench presses of flat plate, upward tilt and downward tilt respectively focus on stimulating the middle, upper and lower parts of the pectoralis major, but no matter how the oblique push, the middle of the pectoralis major is under greater pressure.



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Smith flat chest press



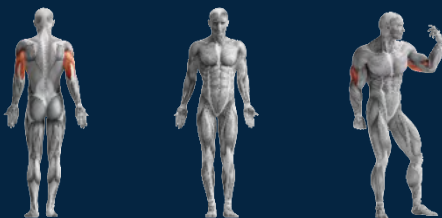
The three Smith bench presses of flat plate, upward tilt and downward tilt respectively focus on stimulating the middle, upper and lower parts of the pectoralis major, but no matter how the oblique push, the middle of the pectoralis major is under greater pressure.



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Seated triceps push-down



Mainly exercise triceps.



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Free weights flat chest press



The incline/flat/decline bench press spectively focus on stimulating the middle, upper and lower parts of the pectoralis major but whatever which way, the middle of the pectoralis major is under greater pressure.



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Free weights incline chest press squat



The incline/flat/decline bench press spectively focus on stimulating the middle, upper and lower parts of the pectoralis major but whatever which way, the middle of the pectoralis major is under greater pressure.



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Free weights squat



Load-bearing squat has strong stimulation to the entire lower limbs and trunk. It can exercise the quadriceps, gluteus maximus, biceps femoris, semi tendon muscle, semi membranous muscle, and also has a strong effect on the erector spinae, piriformis, great adductor muscle, gluteus medius muscle, gluteus minor muscle, and calf muscle.



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Free weights lunge



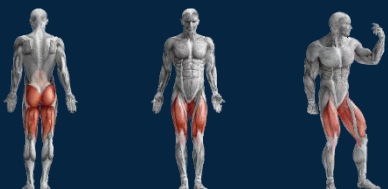
Mainly exercise gluteus maximus and leg muscles.



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COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1

Free weights dead lifts



Mainly exercise the back, gluteus maximus and leg muscles.



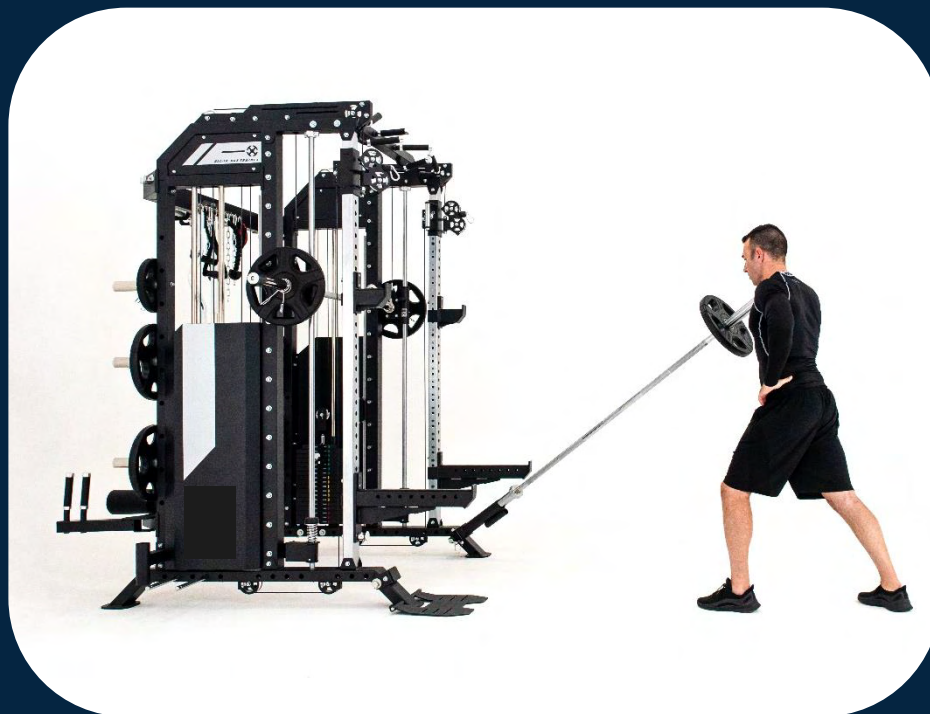
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COMMERCIAL SMITH MACHINE, POWER RACK AND FUNCTIONAL TRAINER 3 IN 1

Barbell push forward



Mainly exercise core parts and shoulder muscles.



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T-rowing



Mainly exercise latissimus dorsi.

