

Coastal Fitness

Better Equipment, Better Prices, Better Value

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Body-Solid Series 7 Smith Machine

The Series 7 Smith Machine. Set to a 7-degree reversed pitch, the Series 7 allows natural upper and lower body movements for maximum muscle interaction; a feature not found in the traditional Smith Machine. User safety is provided by 20 cross-member lock-out points that are accessible with a simple 15-degree rotation of the bar, eliminating the need for a spotter. For those exercises that demand freeweight movement, the 14-position gunrack with 17" extra heavy-duty safeties is also set to a 7-degree reversed pitch providing convenient lift-off points and predictable racking.