

SAVAGE FUNCTIONAL TRAINER CUM SMITH MACHINE CUM 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](#)



ALTERNATING CHEST PRESS	CABLE CROSSOVER	CHEST PRESS	CHEST FLY	CHEST PRESS WITH BAR	BENCH PRESS
REVERSE CABLE CROSSOVER	REVERSE FLY	SINGLE ARM ROW	BENT OVER ROW	LAT PULLDOWN	SEATED MID ROW
FACEPULL	SEATED ROW	SIDE BEND	CRUNCH	ROTATIONAL ROW	ANTEROTRUSION
LATERAL WOODCHOP	WOODCHOPPER	SHOULDER SHRUG	UPRIGHT ROW	CROSSOVER LATERAL RAISE	EXTERNAL ROTATION
INTERNAL ROTATION	SHOULDER PRESS	EXTERNAL HIP ABDUCTION	INTERNAL HIP ABDUCTION	LUNGE	PISTOL SQUAT
SQUAT	LEG CURL	BENCH LEG PRESS	BICEP CURL	REVERSE BICEP CURL	TRICEP EXTENSION
TRICEP OVERHEAD EXTENSION					



