

Specifications:

- Frame Structures: 2"x4", 2"x3" and 2"x2"; 11-gauge tubular steel.
- Finish: Two-toned (grey and black) electrostatically powder-coated frames. Rough textured finish for resistance to chipping.
- Upholstery: Bacteria and mildew resistant Naugahyde.
- Padding: 2" high density rebound foam padding on 3/4" plywood.
- Cables: 2000 lb. test internally lubricated nylon coated aircraft cable.
- Pulleys: 4-1/2" diameter commercial quality fiberglass impregnated nylon pulleys with sealed bearings.
- Grips: Heavy duty soft rubber.
- Weight Stack: 200 lb. cast iron (black) stack in 10 lb. increments with steel top plate.
- Guide Rods: 3/4" tubular 11-gauge steel, chrome plated.
- Adjustment Pins: Commercial grade spring-loaded pull pins screw to secure into frame.

Exercises:

- Chest Press
- Incline Press
- Shoulder Press
- Shoulder Shrugs
- Leg Extensions
- Leg Curls
- Leg Press
- Calf Press
- Lat Pulldown
- Pec Fly
- Seated Rows
- Ab Crunch

And more...



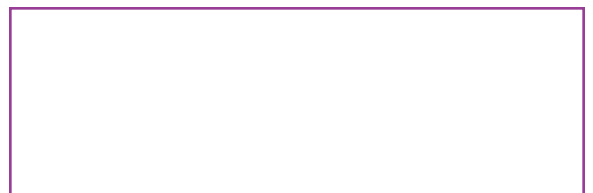
The Smooth Rio Grande II A Multi-Station Workhorse

The Rio Grande II is a two-stack home gym that offers a weight room full of exercises in small 96"x74" footprint. Made from heavy 2"x5" steel tubing, this machine has a sturdy well-built look. The multi-press station has four different grip choices and multiple backpad angles. It can be adjusted for any user height and/or press angle.

The straight-arm pec fly by Smooth is the trademark exercise on this machine. It allows for a greater range of motion than forearm type machines and guarantees that you will work the pec muscles.

Flip up the footplates and do a seated long row with full extension for total back isolation. The ab crunch is neatly tucked overhead for just the perfect angle. The leg press is a full 2-to-1 resistance ratio and has a four-bar linkage and oversized diamondplate, which is great for calf presses as well as the conventional leg press.

The Rio Grande II provides health club-quality strength training for up to three people simultaneously. It carries a full commercial warranty and is the perfect choice for vertical markets.



Smooth Rio Grande II



Incline Press



Seated Row



Bench Press



Lat Pulldown



Triceps Pushdown



Abdominal Crunch



Pectoral Fly



Shoulder Press



Standing One Arm Curl



Upright Row

UPPER BODY

The exercises shown on this chart represent a small sampling of the workout movements that may be performed on this unit. Please ask your local retailer for more information.

WARNING: Keep hands and fingers clear of all moving parts including weight stacks, pulleys and cables. Consult your physician prior to this or any other strenuous exercise.



Leg Press



LEGS



Calf Raise



Inner/Outer Thigh Kick



Leg Extension



Leg Curl



Gluteus Kick