

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
- Squats
- Lat Pulldown
- Pec Fly
- Seated Rows

And more...

The Smooth Sedona Compact Design Plus Functionality

Do you want the convenience of a home gym, but lack the space? The Smooth Sedona packs a lot of exercise in a small and compact package. Most supine (Lying Bench Press) home gyms range from 12 to 14 feet in length. The Sedona fits into the corner of your room, utilizing only 67"(L)x58"(W).



There is no compromise to the variety of exercises. With a removable flat-to-incline bench, the Sedona is equipped to do squats, calf raises, lying leg curls, shoulder shrugs, and many other exercises not commonly found on home gyms.

The bench is sturdy but lightweight, allowing it to be removed from the pressing station and utilized for dumbbell workouts. Front lat

pulldowns, rear lat pulldowns, and ab crunches can be done seated or in a kneeling position.

Take a look at the contemporary and extremely functional pec fly. Forearm pads are adjustable to fit any torso size, and range of motion can be controlled by the telescoping back pad. For optimum alignment, the press arm can be adjusted with a squeeze grip while the user is lying in place. In addition, the weight stack is centrally located and is accessible from all stations. Also, you will find no bulky overhead pivot joints to bang your head against.

If you are "space" challenged, you won't find a better home gym.



evo
SMOOTH
FITNESS

Smooth Sedona



Bench Press



Side Deltoid Raise



Upright Row



Lat Pulldown



Pectoral Fly



Bent Over Row



Biceps Curl



Shoulder Press



Triceps Pushdown



Front Lat Pulldown

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.



Seated Row



LEGS



Squat



Leg Extension



Leg Curl



Inner/Outer Thigh Kick