

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
- Dumbbell Press
- Incline Dumbbell Press
- Overhead Dumbbell Press
- Shoulder Shrugs
- Upright Row
- Leg Extensions
- Leg Curls
- Lat Pulldown
- Seated Rows

And more...

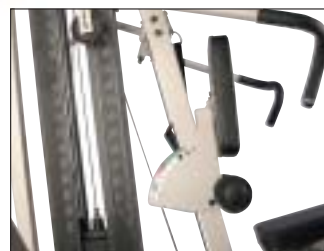
The Smooth Sierra *Quality, Efficiency and Variety*

The Smooth Sierra is a one-sided, multi-function home gym designed for ease of use. Whether you are a novice or experienced at strength training, you will gain immediate benefits from this gym. It is designed to optimize your workout in a minimal amount of time. You will also find the 66"(L)x57"(W)x83"(H) footprint very space-efficient.

The Smooth Sierra provides a wide variety of strength training exercises. The "Converging Axis" press arm delivers the perfect intuitive path of motion where you will feel the tension in your chest and not just your arms. The adjustable back pad with tilt feature allows you to perform incline chest presses, incline dumbbell presses, as well as overhead presses. The pressing handles can lock or free float to allow for a variety of motions.

In a reverse position, you can perform seated rows and feel a stretch that you won't feel with any other machine. You will find the 200 lb. standard weight stack comes in handy on this exercise. The Sierra is also equipped with an ab crunch pulley, lat pulldown station, and upright row footplate...all coming out of the front of this versatile machine.

Don't let the size fool you! The Smooth Sierra is packed with a variety of challenging exercises... a perfect home gym for anyone who wants to get in shape!



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SMOOTH
by **FITNESS**

Smooth Sierra



Incline Press



Overhead Press



Lat Pulldown



Biceps Curl



Bench Press



Upright Row



Seated Mid Row



Triceps Kickback



Straight Arm Pec Fly



Triceps Pushdown

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.

ABS



Leg Press



Abdominal Crunch



LEGS



Leg Extension



Leg Curl



Calf Raise



Inner/Outer Thigh Kick