

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: 190 lb. cast iron (black) with steel top plate, making for a 200-lb. stack weight.
- 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 Presses
- Leg Extensions (Selectorized)
- Leg Curls (Selectorized)
- Squats
- Lat Pulldown
- Pec Fly
- Seated Rows

And more...

The Smooth Tahoe For Those Who Are Serious

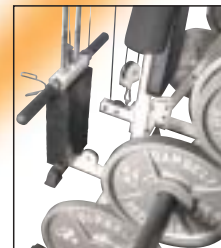
One look at the Smooth Tahoe, and it is obvious that this is more than just another Smith Machine. Perfect examples are the laser-cut gun racks on the front of this machine and the sealed linear bearings that are as smooth as glass.

Precise engineering makes for a pressing station that affords complete safety and versatility without the hassle of making numerous adjustments. To further ensure safety, the unit comes with standard safety stops. So, go ahead and load up the bar to the max!

The lat pulldown/pec fly station can be configured for plate loading and/or a 200 lb. selectorized weight stack. If you decide to use the stack, you can increase the load with additional free-weight plates, as well.

The flat/incline bench has eight positions and is the industry's *only* selectorized leg extension/curl station. Now you can avoid the hassle of loading or unloading plates. When you stand on the oversized built-in diamondplate for squats, you can feel safe knowing that you have adjustable spotter arms on both sides.

Convenience abounds with the 10 Teflon-coated Olympic plate holders mounted directly to the frame. Welded-on footplates at just the right angle gives total leverage for those intense seated rows. The Tahoe is built for serious weight lifters!



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