

## GS348Q

### Series 7 Linear Bearing Smith Machine

**Optional Attachments:**

**GLA348QS**

Selectorized Lat Attachment

**GPA3**

Pec Dec Station for GLA348QS

**GFID71**

Flat/Incline/Decline Bench

**GPCA1**

Preacher Curl Station

**GLDA3**

Leg Developer Station: 6 Roller

**SCB26**

Squat/Calf Block



#### GS348Q

#### Series 7 Linear Bearing Smith Machine

Set to a 7-degree reversed pitch, the Series 7 allows natural upper and lower body movements for maximum muscle interaction; a feature not found in the traditional Smith Machine. User safety is provided by 20 cross-member lock-out points that are accessible with a simple 15-degree rotation of the bar, eliminating the need for a spotter. For those exercises that demand freeweight movement, the 14-position gun rack with 17" extra heavy duty safeties is also set to a 7-degree reversed pitch providing convenient lift-off points and predictable racking.

The Series 7 works great with any bench for intense chest and shoulder routines. Add the optional Selectorized Lat Attachment for high and low cable exercises, lat pull-downs, triceps press-downs, cable crossovers and much more!

Assembled Dimensions: 83" x 66"L x 64"W (84" at bar)

#### Special Features

- Lifetime warranty
- Precise 7° angle Smith Machine combined with 7° angle freeweight barbell workout center designed for natural upper and lower body exercise movements
- Linear ball bearing Smith system with 20 cross-member lock-out points for a safe, solid stop at any point in your workout routine
- Freeweight gunrack system with 14 lift-off and racking positions for versatility, safety and control
- Large diameter Smith bar responds quickly, is easy to control and weighs only 25 lbs