

LIGHT COMMERCIAL

STRENGTH SERIES



BHFITNESS

POWER SMITH G140

The BH Fitness Power Smith is not just a multi-station machine; it is a complete gym condensed into a single machine.

Its careful design allows a complete workout of all muscle groups in a guided way with the combination of a dual adjustable pulley system (DAP) and a guided bar, all with a disc loading system.

In addition, to enhance its functionality and versatility, the Power Smith includes the necessary accessories to convert it into a robust half rack for free standing bar and bench work.

All this in a machine with Light Commercial guarantee, perfect for advanced users as well as for small installations for collective use.



Dimensions (LxIxh):
152x208x222,5 cm.
Weight: 231 Kg.

POWER SMITH G145 WITH WEIGHTS

The Power Smith with weights has the same functionalities as the disc version plus two 90 kg selectorised plate towers.

Its careful design allows a complete workout of all muscle groups in a guided way with the combination of a double adjustable pulley system (DAP) and a guided bar, all with two towers of plates of 90Kg each.

In addition, to enhance its functionality and versatility, the Power Smith includes the necessary accessories to convert it into a robust half rack for free standing bar and bench work.

All this in a machine with Light Commercial guarantee, perfect for advanced users as well as for small installations for collective use.

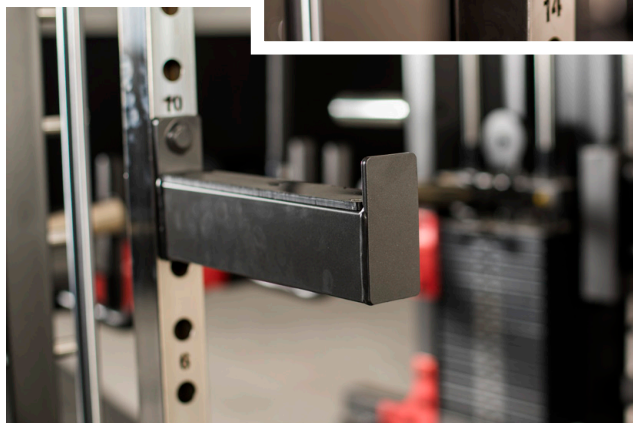


Dimensions (LxIxh):
152x208x222,5 cm.
Weight: 411 Kg.

FREE WEIGHT

The Power Smith includes two J-hooks and two safety stops to allow for a free bar workout space. In this way, the machine becomes a half rack that allows for a multitude of standing and bench exercises.

Safety stops for
olympic barbell work

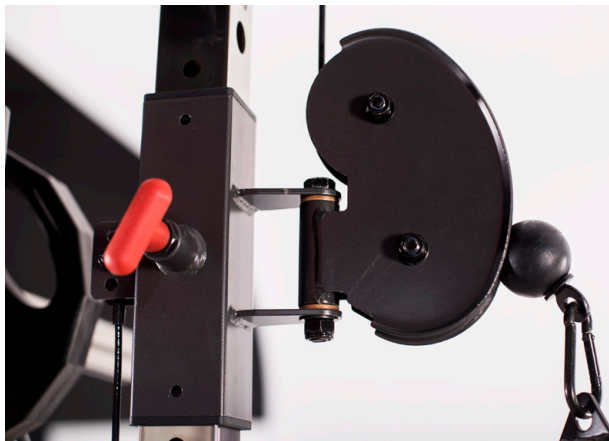


J-HOOKS



DUAL PULLEY

The Power Smith features a double adjustable pulley (DAP) that allows for a wide range of exercises. It also comes with a variety of different grips to work specific muscle groups.



Multiple grips

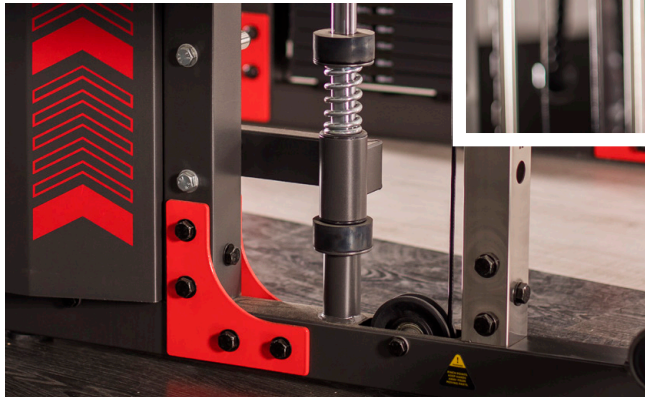
- 1: Bar
- 2: Long bar
- 3: Strap handles
- 4: Biceps/triceps
- 5: Rope
- 6: Foot strap





GUIDED BAR

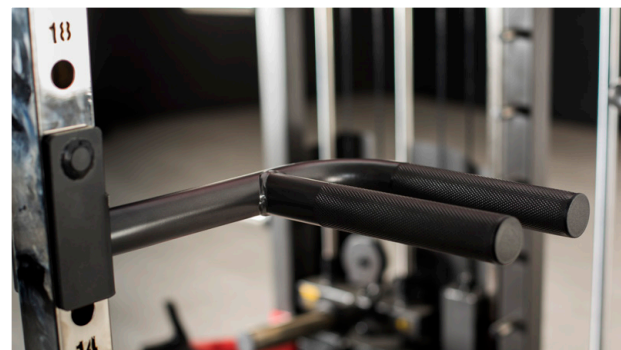
With the guided barbell, users can perform exercises such as the Olympic press or squats with the certainty that the barbell position will always be correct. With an assisted guidance system with counterweights to ensure a smooth movement, safety stops to prevent the bar from touching the floor and safety clamps for the discs included.



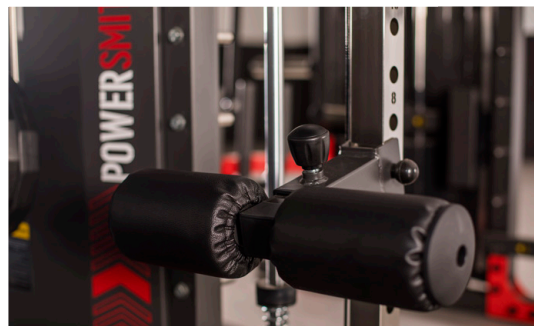
OTHER EXERCISES

The Power Smith has additional workstations and accessories to complete the most advanced weight training routines.

 Pull-ups



 Dips



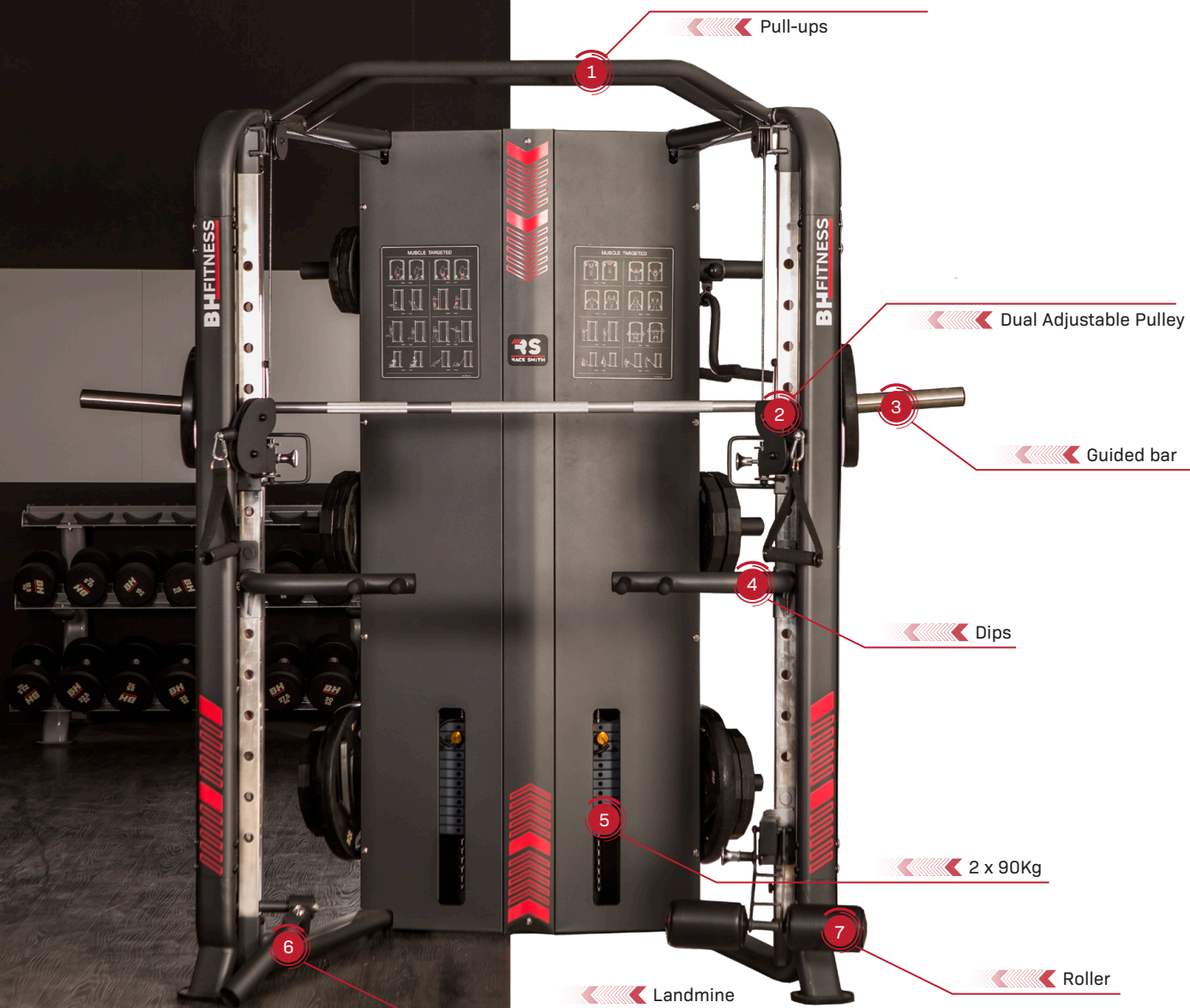
 Leg roller



 Landmine



RACK SMITH G160



The new Rack Smith is a weight training multi-station that combines the versatility of the double pulley with the possibility of working with a guided bar.

Specially designed to optimise space, this complete multi-function machine allows you to work a large number of muscle groups in a specific way, making it an optimal solution for small collective use centres such as hotels or personal training centres.

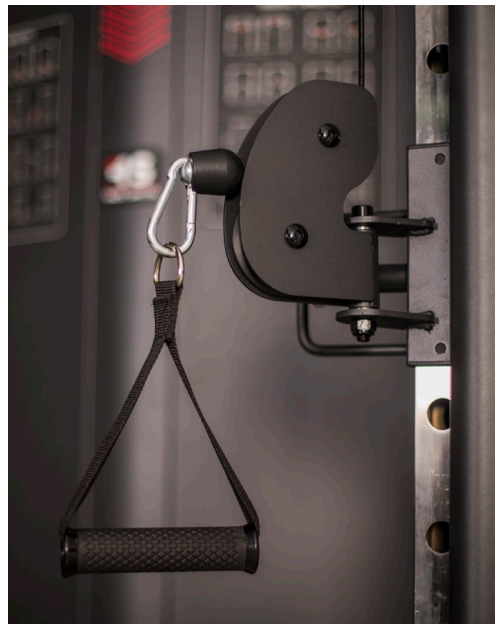
The pulley work is carried out with two 90 kg weight towers with magnetised weight selector and professional level components.

In addition, it includes several accessories that allow you to perform complementary exercises, such as dips or landmine.

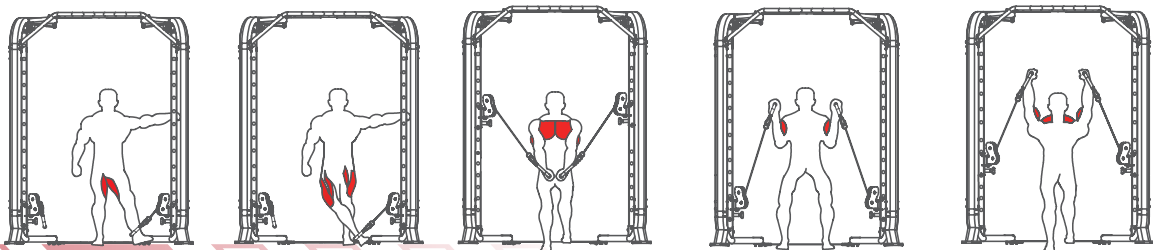
Dimensions (LxIxh):
220x124x225.5 cm.
Weight: 352 Kg.

DUAL PULLEY

The Rack Smith has a double adjustable pulley (DAP) adjustable in 16 heights that allows a wide range of exercises to be performed. With professional components and highly durable tensioning cable, this machine offers a fluid and constant movement.

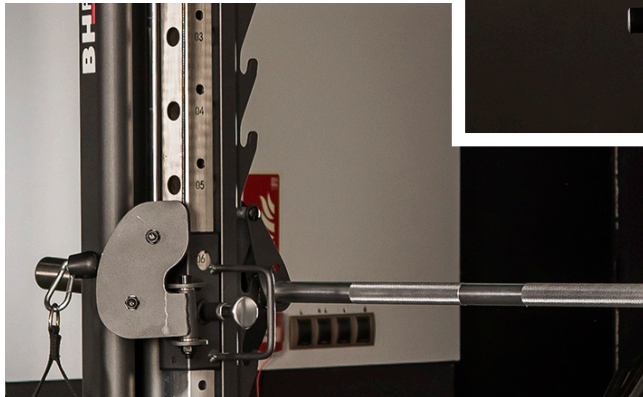


It includes a complete table of exercises.



GUIDED BAR

With the guided barbell, users can perform exercises such as the Olympic press or squats with the certainty that the position of the barbell will always be correct. With an assisted guidance system that ensures a smooth movement and safety stops so that the bar does not touch the floor.



OTHER EXERCISES

The Rack Smith has other workstations and accessories that allow you to complete the most advanced bodybuilding training routines.



Pull-ups



Dips



Roller



Landmine

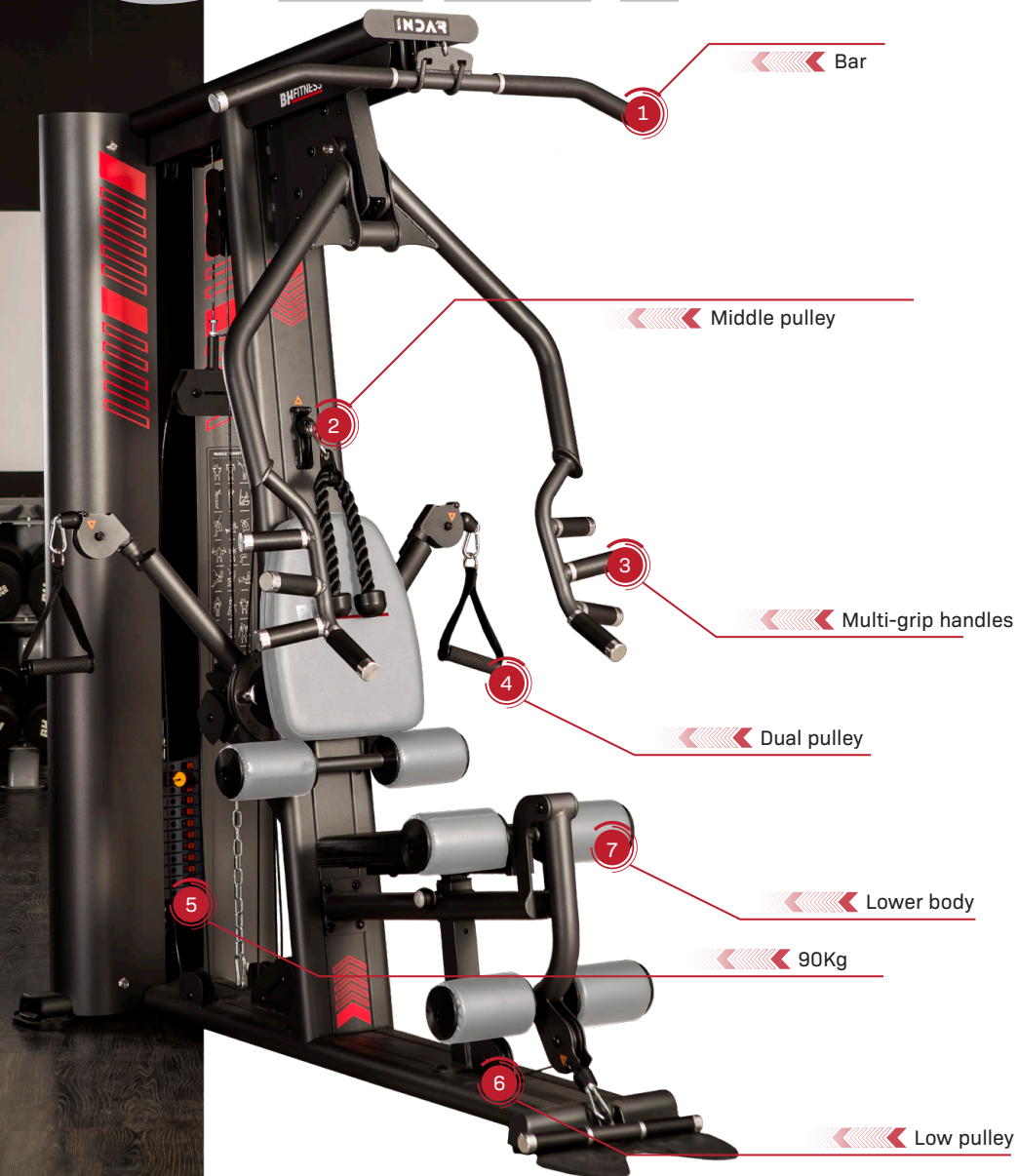
INDAR G127

The Indar is a robust multi-station designed to be able to perform a large number of exercises in a guided manner and in the smallest possible space.

Designed with both the individual user and small collective use centres in mind, its multiple pulley stations allow a wide variety of muscle groups to be worked.

It has a maximum load of 90 kg on all stations, double side pulley, upper pulley station and rollers to work the lower body among many other features.

All this in a machine with Light Commercial guarantee, perfect for advanced users as well as for small installations for collective use.



Dimensions (LxIxh):
190x72x210 cm.
Weight: 225 Kg.

UPPER BODY

The Indar multi-station has a complete upper body workout station consisting of the seat, from which you can work either with the arms with multi-grip, the double side pulley or the upper pull-up. In addition, the middle and lower pulley are a perfect complement to exercise muscles such as the biceps.



LOWER BODY

The lower body workout system incorporated in the Indar allows you to perform the most common leg exercises, such as extension or femoral exercises.





BH FITNESS

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