



Optional Vertical Leg Press



Optional Lever Arm Kit



Included Accessories

7ft. Lifting Bar Spring Collars Exercise Handles Dip Handles Lat Bar Activity Bar Short Bar Triceps Rope







CAGES / RACKS DSHR-1PL

The ultimate "Space-Efficient" Plate Loaded Strength Training System

Features

- ✓ Dual Adjustable Pulley Functional Trainer
- ✓ Smith Machine with Linear Bearings
- ✓ Half Rack with Adjustable Spotters
- ✓ Integrated Pull-Up, Dip & Landmine Stations
- ✓ Integrated Bar, Plate & Accessory Storage



Specifications:

Dimensions: (L x W x H): 62" x 82" x 89" / 158 x 209 x 226cm

Frame: 3" x 2" - 11 Gauge

Weight Rating: Unit = 992 lb. / 450 kg, Smith Machine = 772 lb. / 350 kg

Cable Rating: 6.2mm nylon coated tested to 2000 lb.

Functional Trainer Pulley Ratio: 2:1

Pads: High Resilience Polyurethane Foam

Product Weight: 540 lb. / 245 kg

Lifetime Residential Warranty*
Light Commercial Warranty*

*Visit paradigmfitnessequipment.com/warranty-information for full details





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