



# PARADIGM™

Life is not a spectator sport

# CAGES / RACKS DSHR-2S PRO

A Fully-Loaded & Family Friendly "All-In-One" Trainer.

Multi-Grip Pull-Up Bar

Dual Adjustable Pulley Functional Trainer

Counter-Balanced Smith Machine

Half Rack J-Cups & Safety Spotters

Dip Station

Integrated Foot Plate

2 x 200 lb. Weight Stacks

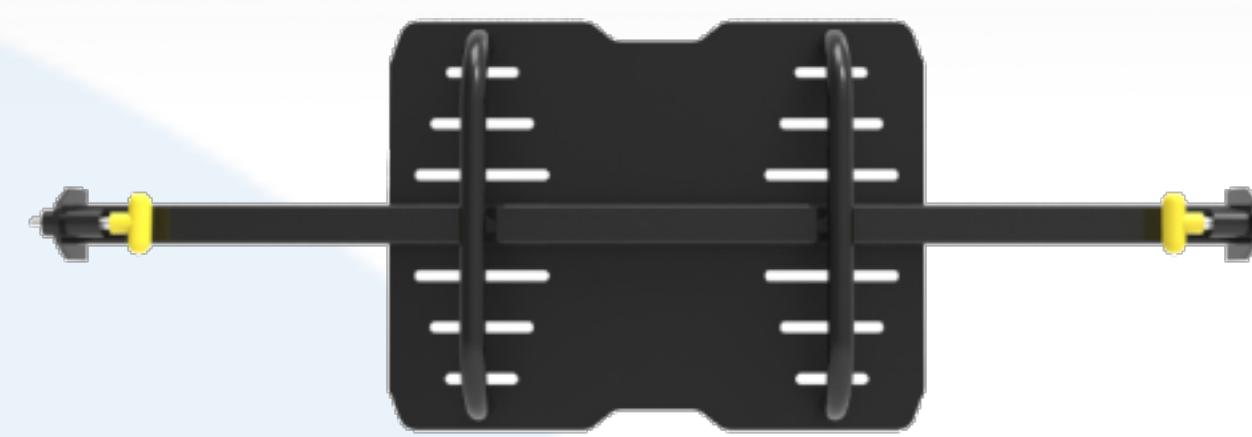
Bar Holder

Landmine

Optional Seat Station



Optional Vertical Leg Press



Optional Lever Arm Kit

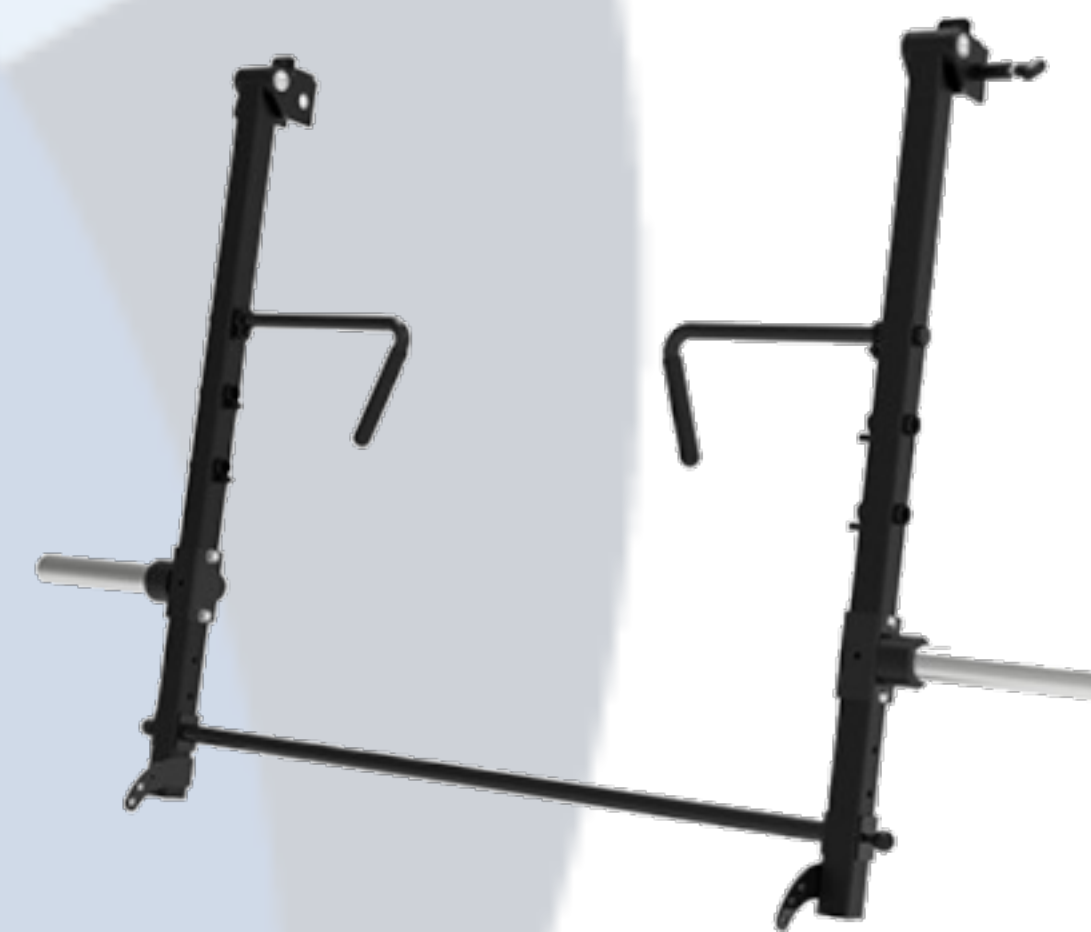


Plate Storage

Included Accessories

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

## Features

- ✓ Dual Adjustable Pulley Functional Trainer (2:1 & 4:1 Cable Ratios)
- ✓ Counter-Balanced Smith Machine with Linear Bearings
- ✓ Half Rack with Adjustable Spotters & J-Cups
- ✓ Integrated Pull-Up, Dip & Landmine Stations
- ✓ Integrated Bar, Plate & Accessory Storage

**HEVY**  
Workout logging  
made simple

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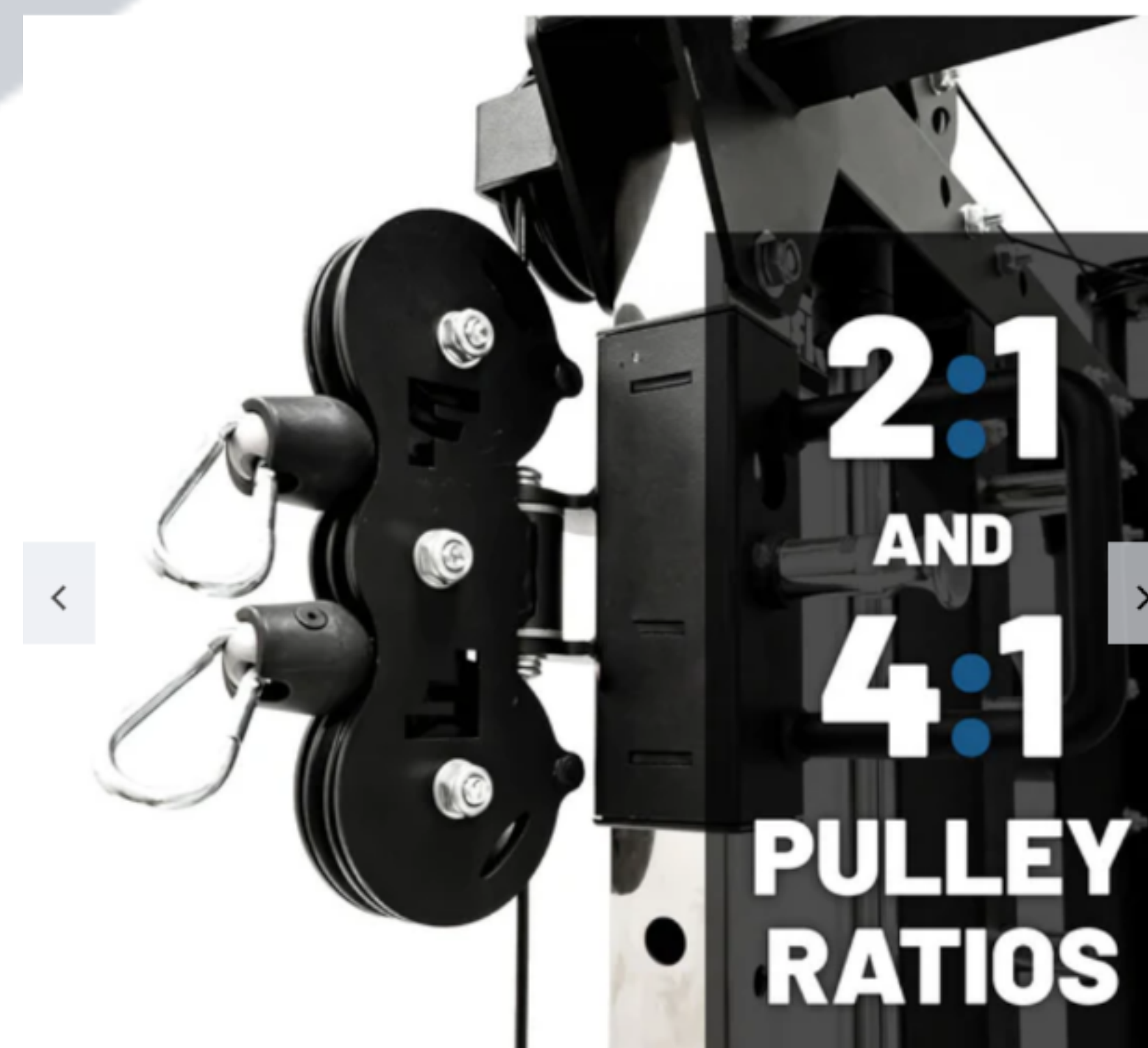
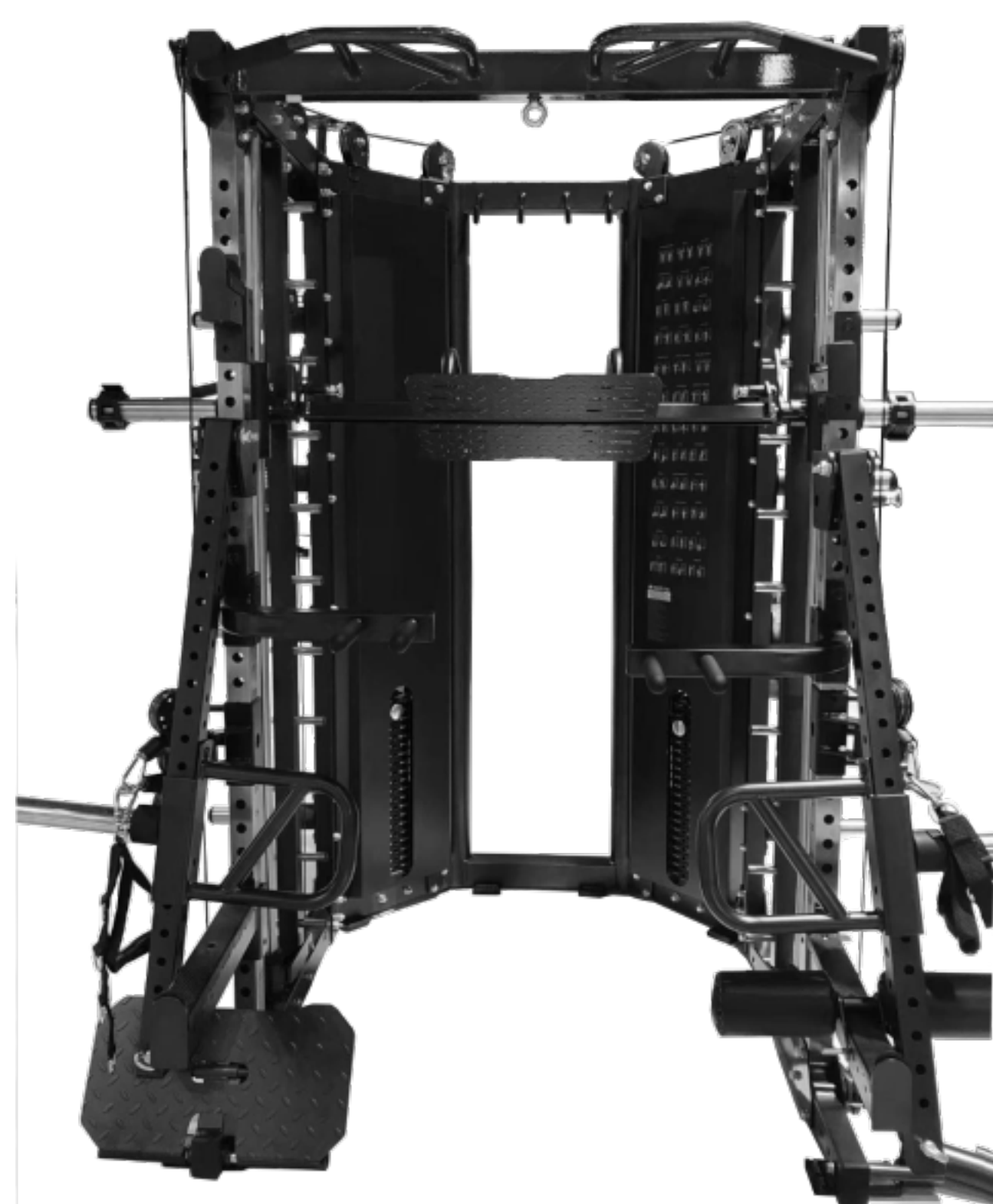
## Specifications:

Dimensions: (L x W x H): 57" x 77" x 87" / 145 x 196 x 221cm  
 Weight Rating: Unit = 992 lb. / 450 kg, Smith Machine = 772 lb. / 350 kg  
 Functional Trainer Weight Stack: 2 x 200 lb.  
 Cable Rating: 6.2mm nylon coated tested to 2000 lb.  
 Functional Trainer Pulley Ratios: 2:1 & 4:1  
 Pads: High Resilience Polyurethane Foam  
 Product Weight: 1188 lb. / 539 kg

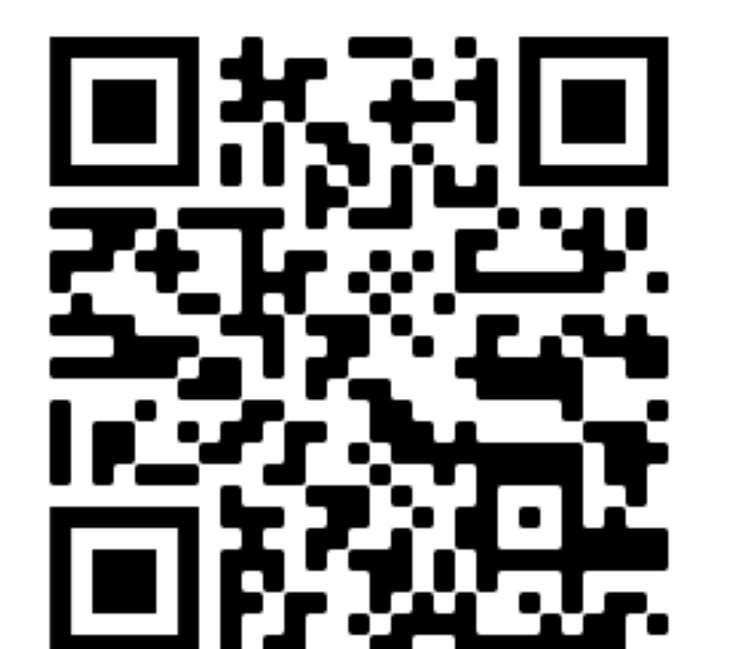
Lifetime Residential Warranty\*

Light Commercial Warranty\*

\*Visit [paradigmfitnessequipment.com/warranty-information](http://paradigmfitnessequipment.com/warranty-information) for full details



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