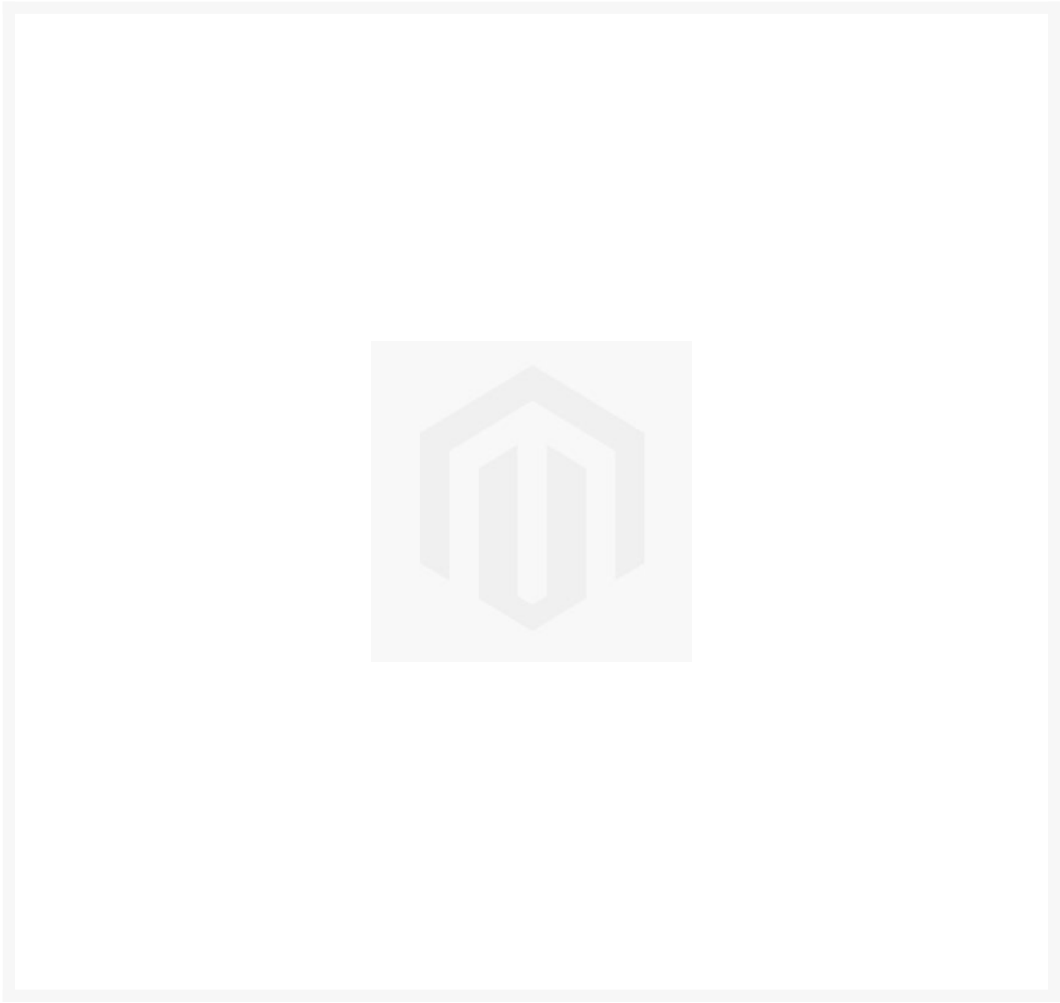


Inspire Fltness SF3 Smith Functional Trainer

£2,999.00

Product Images





Short Description



The perfect way to get maximum benefit from a single machine - it's the ideal home gym. This Inspire Fitness SF3 Smith Functional Trainer is a high quality dual adjustable pulley trainer that also comes with a selectorized smith machine that means no need to buy an [Olympic weight plates](#)!

The complete list of what you get includes the dual weight stacks as well as adjustable dual pulleys, the pull up bar, the selectorised Smith bar, a range of cable accessories and an adjustable bench. Unlike some other [cable machines](#), the Inspire SF3 Smith Bar allows you to choose between a 2:1 ratio or a 1:1. This means you can use the full 75kg each side for squats with the Smith bar.

Why Choose a Functional Trainer?

Ultimately, the Inspire SF3 Smith Functional Trainer (much like the [Inspire FT2 Functional Trainer](#)) is a very versatile piece of gym equipment. Designed to mimic natural movement patterns and so promoting "functional fitness" the SF3 offers a wide range of motion, allowing for both isolated and compound exercises. It also caters to beginners and advanced athletes alike.

With adjustable pulleys and numerous attachments, the Inspire Fitness SF3 can target multiple muscle groups effectively. This adaptability means you can maximise your space whilst still getting a complete workout. Using a cable machine can also help with injury prevention, improve your athletic performance and promote more functionality in your workout.

Key Features

- Complete home gym machine
- Selectorised Smith machine
- Dual Adjustable Pulley
- Accessories & Bench Included in package
- 2 x 75kg weight stacks
- Ability to choose 2:1 or 1:1 weight ratio for Smith bar
- Professional Installation available for additional fee

What's Included

- Double Tricep Rope

- 2 - D-Handles
- Dual Hook Curl Bar
- Ankle Strap
- Chin/Dip Bars
- Belt
- 2 x 5 lbs Add-On Weights
- Adjustable Bench worth £249.99

Additional Information

SKU	IF-SF3
Weight	286.000000
Equipment Usage	Home & Commercial Use
Warranty	Home Warranty: Lifetime frame and parts, 2 years cables, 90 days upholstery and 1 year labour
Made From	Heavy-duty round & rectangular steel with electrostatic powder finish
Additional Features	Weight multiplier - Doubles weight for heavy lifters, while using the smith bar.
Resistance Levels	2:1 for dual adjustable pulley or 1:1 when using the Smith machine
Accessories Available	Accessory Rack, Tablet Mount for mobile devices, Bench mount for FLB2 Folding Adjustable Bench
Adjustment Type	Selectorised Pin
Weight Stacks	2 x 165 lbs/75kg dual stack
Length Dimensions	1170mm
Width Dimensions	1500mm
Height Dimensions	2130mm