

# Inspire Fitness SF5 Smith Functional Trainer

£3,499.00

## Product Images



## Short Description



With its home and light commercial warranty, the Inspire SF5 Smith Functional Trainer offers a very high quality gym machine that is a superb overall package. With the addition of nigger weight stacks, rock climbing grips, band pegs, rope anchor and the two shelf storage for dumbbells or kettlebells, the Inspire Fitness SF5 also comes with the counter-balanced Smith bar.

With its dual adjustable pulley, and Smith bar that is counter balanced to 13.6kg, the versatility of this dual weight stack machine is superb. The 2 x 95kg weight stacks come in 4.5kg increments and can be used either in the 2:1 ratio for the dual adjustable pulley or when using the Smith bar you can switch to 1:1 giving you the full 190kg weight.

## Choosing the SF5?

The beauty of functional trainers is that they offer a truly versatile way to workout. The SF5 Smith Functional Trainer has a solid heavy duty steel frame that is matte black powder coated. With the dual 95kg commercial weight stacks are solid guide rods and centre drilled weight plates that come in 4.5kg increments. But the SF5 comes with the enhanced functionality including the rock climbing grips, the battle rope anchor, more storage and optional horizontal storage racks.

Functional trainers are able to target multiple muscle groups. The adjustable pulleys allow for diverse exercises which enhances strength, flexibility and balance. They are suited for all fitness levels and ensure a safe and efficient training option that promotes functional movement patterns. In a smaller gym space they provide the most exercises for the area they cover.

## Key Features

- Smith machine and dual adjustable pulleys
- 39 vertical pulley positions low to high
- 232 degree swivel for each pulley
- Battle rope anchor and resistance band pegs
- Multi grip pull up bar
- 2 x 95kg weight stacks
- Counter balanced Smith bar (13.6kg)
- Huge selection of accessories
- Folding bench

# What's Included

- Multi grip pull up bar
- Double attachment points
- Knurled EZ Curl bar
- Triceps Rope
- (2) Soft strap 2-Ring D-Handles
- Chin / Dip Belt
- Ankle strap
- 2 x 5lb Add-On Weights
- 2 x storage shelves
- Tablet/Phone holder
- Storage holder for the FLB2 Bench

## Additional Information

SKU	IF-SF5
Weight	300.000000
Equipment Usage	Home & Light Commercial Use
Warranty	Home warranty: Lifetime frame and parts, 2 years cables, 90-day upholstery and 1 year labour. Light Commercial : up to 6 hours daily use - lifetime frame, 10 years parts, 1-year on cable
Made From	Frame - Heavy-duty steel, matte black powder coated, 2.0 mm tubing
Adjustment Type	(39) vertical pulley positions at 1.5-inch (38 mm) increments highly visible to the user through the integrated Position Window. Also Adjustable swivel pulley swivel through a 232-degree range
Weight Stacks	2 x 95kg stacks. Weight Plates = 10lb/4.5kg Numbered 1-21
Length Dimensions	1170mm
Width Dimensions	1500mm
Height Dimensions	2130mm