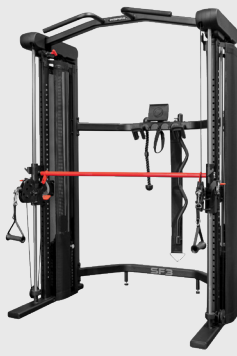




COMPARING THE SF3 & SF5



SF3
Smith Functional Trainer



SF5 NEW
Smith Functional Trainer

Adjustable Rotating Pulleys	2 x Swivel Pulleys 39 Vertical Positions 232 Degree Swivel	2 x Swivel Pulleys 39 Vertical Positions 232 Degree Swivel
Selectorized Smith Bar	✔	✔
Counterbalanced Carriages	No , when adjusting to position the Smith Bar and Carriages Weigh 37 Lb	Yes , when adjusting to position the Smith Bar and Carriages Weigh only 7 Lb
Frame	14 Gauge Steel	11 Gauge Steel
Resistance Band Anchor Points	✘	✔
Wide Grip Pull Up Bar	✔	✔
Rock-Climbing Grips	✘	✔
Optional Storage Rack	✘	Two-Tiered Horizontal Rack for Wall Balls, Dumbbells, Kettlebells, Slam Balls and More
Weight Stacks	2 x 165 Lb (15 x 10 Lb plates)	2 x 165 Lb (15 x 10 Lb plates) * Optional Heavy Weight Stack Upgrade for an Extra 50 Lb on Each Stack
Included Accessories	Dual Hook Curl Bar, Triceps Rope, 2 x D Handles, Ankle Strap, Multi-Purpose Belt, 2 x 5 LB Add-On Weight	Dual Hook Curl Bar, Triceps Rope, 2 x D Handles, Ankle Strap, Multi-Purpose Belt, 2 x 5 LB Add-On Weight
Built in Storage	Accessory Rack, Folding Bench Storage, Tablet Holder	2 x Accessory Rack, Folding Bench Storage, Tablet Holder, Cup Holder