

Olympic Smith Machine



ARMS

BACK

CHEST

LEGS

SHOULDER

ABS

| VERSATILE EXERCISE PROGRAM | | |
|----------------------------|------------------|----------------|
| Strength | Endurance | Coordination |
| Balance | Flexibility | Agility |
| Cardiovascular | Core Stability | Joint Mobility |
| Metabolic Rate | Body Composition | Performance |

The Olympic Smith Machine is a versatile piece of equipment that can be used for a wide variety of exercises. It is designed to provide a safe and effective way to build strength, endurance, and coordination. The machine's unique design allows for a wide range of motion, making it ideal for both beginners and experienced lifters.



The Olympic Smith Machine is a versatile piece of equipment that can be used for a wide variety of exercises. It is designed to provide a safe and effective way to build strength, endurance, and coordination. The machine's unique design allows for a wide range of motion, making it ideal for both beginners and experienced lifters.



STANDING BACK SQUAT
This exercise targets the quadriceps, hamstrings, and glutes. It is a fundamental movement for building lower body strength.



BENT OVER ROW
This exercise targets the back, shoulders, and biceps. It is a great way to build upper body strength and improve posture.



OVERHEAD TRICEP EXTENSION
This exercise targets the triceps and shoulders. It is a great way to build upper body strength and improve flexibility.



STANDING FRONT SQUAT
This exercise targets the quadriceps, hamstrings, and glutes. It is a fundamental movement for building lower body strength.



SEATED CABLE ROW
This exercise targets the back, shoulders, and biceps. It is a great way to build upper body strength and improve posture.



SEATED LEG PRESS
This exercise targets the quadriceps, hamstrings, and glutes. It is a great way to build lower body strength and improve endurance.



SEATED SHOULDER PRESS
This exercise targets the shoulders and triceps. It is a great way to build upper body strength and improve flexibility.



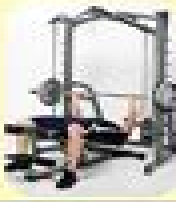
SEATED BICEP CURL
This exercise targets the biceps and shoulders. It is a great way to build upper body strength and improve flexibility.



LYING LEG PRESS
This exercise targets the quadriceps, hamstrings, and glutes. It is a great way to build lower body strength and improve endurance.



LYING BENCH PRESS
This exercise targets the chest, shoulders, and triceps. It is a great way to build upper body strength and improve flexibility.



LYING TRICEP EXTENSION
This exercise targets the triceps and shoulders. It is a great way to build upper body strength and improve flexibility.



LYING FRONT SQUAT
This exercise targets the quadriceps, hamstrings, and glutes. It is a great way to build lower body strength and improve endurance.



SEATED CABLE CROSSOVER
This exercise targets the chest, shoulders, and triceps. It is a great way to build upper body strength and improve flexibility.



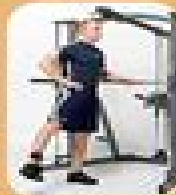
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