

Smith Machine - Counterbalanced

Model: ES-C1B33YR

FEATURES

The Counterbalanced Smith Machine reflects the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. Designed for controlled, guided barbell training, this unit provides a safe and effective solution for users of all experience levels. The counterbalanced system reduces starting resistance, making it accessible for beginners while still delivering the stability and performance required in full-commercial environments. Built with heavy-duty materials and integrated safety features, this machine ensures reliable operation and long-term durability.

Key Features & Specifications:

Commercial-Grade Frame Construction:

Main frame: 3.94" × 1.97" × 0.12" flat oval steel tubing
All structural components utilize high-quality Q235 steel

Counterbalanced System:

Reduces effective bar weight for smoother operation and improved accessibility across all user levels

Heavy-Duty Bar & Capacity:

Olympic bar rated for up to **2,000 lbs**, engineered for long-term durability with minimal deflection

Safety & Stability:

Integrated safety mechanism ensures secure bar engagement throughout the full range of motion
Reinforced stainless steel hook plates (0.31" thick) provide reliable bar racking and support
High-strength bolt connections enhance overall frame stability

User-Focused Design:

Built-in bar storage hooks support a variety of training setups and exercises
Designed to accommodate a wide range of strength training movements in a controlled environment



SPECIFICATIONS

- Net Weight:** 384lbs
- Gross Weight:** 423lbs
- Footprint (L × W × H):** 92.9" × 39.8" × 88.4"