

# Body-Solid Pro Clubline Counter-Balanced Smith Machine - SCB1000



## TECHNOLOGY

### Technology

The precision engineered SCB1000 offers an affordable, club-quality solution for police and fire departments, military installations and schools seeking a state-of-the-art machine that offers superior biomechanics, sealed bearing pivot points, heavy gauge steel and durable upholstery.

Quality components and superior design allow this machine to handle up to 1,000 pounds with ease, making it the perfect Smith machine for all facilities. This heavy duty, commercially rated smooth machine offers:

Super-smooth vertical movement up and down the carriage.

Safe guided motion to keep you from losing your balance and eliminate the need for a spotter.

Ergonomically designed oval, 11-gauge steel that gives the SCB1000 a modern look and superior stability.

Case hardened rods and high quality bearings ensure smooth performance at any weight.

Six Olympic weight plate storage posts to safely suspend plates off the floor for easy access.

The perfect full body workout for people who are constantly on the run or unable to get a membership to a gym.

Assembled Dimensions: 84"H x 50"L x 86"W

## FEATURES

### Features

#### Pull out all the stops with the SCB1000 Counter-Balanced Smith Machine!

Leverage safety and stay in control of your workouts! The Body-Solid ProClubLine SCB1000 Smith Machine is the ideal partner for a total body workout in any space-challenged facility.

Counterbalanced to a comfortable 13 pounds, the SCB1000 allows any size user to start with an appropriate amount of resistance, then handles up to 1,000 pounds with ease. Its reverse pitch and silky smooth vertical carriage ensure freedom of biomechanically correct movement as you move safely and efficiently through

routines that can include bench press, chest press, military press, squats, lunges, curls, shoulder shrugs and dozens of other muscle-massing exercises.

Oval 11-gauge steel gives the SCB1000 a modern look and fantastic stability. Counterbalances are aesthetically shrouded and protected by gunmetal gray shields. Case hardened rods and club-quality bearings ensure smooth performance at any weight. Add it all up and you've got the perfect smith machine for any facility

### Benefits

A quality Smith machine can be used for any barbell exercise in which the barbell moves vertically up and down, such as the squat or the bench press. Body-Solid's ProClubLine SCB1000 Counter-Balanced Smith Machine capitalizes on state-of-the-art technology and precision engineering to offer an ideal strength-training solution for space challenged facilities such as police and fire departments, military institutions and schools.

Because it cannot fall forwards, backwards or sideways, a Smith machine is considered safer to use than an ordinary barbell. Since the weight does not need to be stabilized, this can allow unstable lifters to lift more weight. It also eliminates the need for a spotter.

### Why Buy?

#### Reasons for choosing the Pro Club Line Counter-Balanced Smith Machine.

Start with the basics. Body-Solid is recognized worldwide as a leader in the manufacture of home gyms and commercial strength training equipment. For over twenty years, we have developed and produced high-quality machines that are innovative in design, durable in structure and engineered to produce optimum workouts for any size user.

Finish with the facts. Because of our commitment to engineering user-centric machines at real-world price points, Body-Solid continues to be at the forefront of the rapidly advancing fitness industry. This is evident in the ProClubLine SCB1000 Counter-Balanced Smith Machine. Silky smooth movement. Sturdy steel construction. Biomechanically efficient function. It's all packed into this versatile, state-of-the-art weight training station.

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## Body Focus

Abs  
Calves  
Obliques  
Pectorals  
Quads  
Traps  
Triceps

## Exercises

Sit Ups  
Pec Fly  
Bench Press  
Incline Press  
Decline Press  
Upright Row  
Deltoid Raise  
Shoulder Press  
Standing Military Press  
Wide Grip Front Lat Pullup  
Close Grip Front Lat Pullup  
Wide Grip Front Lat Pulldown  
Close Grip Front Lat Pulldown  
Bent Over Row  
Seated Row  
Shoulder Shrug  
Biceps Curl (standing)  
Tricep Press Down  
Squat  
Glute Kick  
Seated Calf Raise  
Standing Calf Raise  
Outer Thigh Abduction  
Inner Thigh Adduction  
Calf Press

## Dimensions

Weight	541lb / 245.40kg		
	<b>Width</b>	<b>Length</b>	<b>Height</b>
Product Dimensions	86.00in / 2,184.40mm	50.00in / 1,270.00mm	84.00in/2,133.60mm
Box/Package Dimensions	31.50in / 800.10mm	87.60in / 2,225.04mm	8.86in / 225.04mm
	<b>Volume</b>	<b>Net Weight</b>	<b>Gross Weight</b>
	14.14 ft <sup>3</sup> / 0.40 m <sup>3</sup>	149.60lb / 67.86kg	182.60lb / 82.83kg

## Options



ORT Rubber Grip Olympic Plates  
Body-Solid Rubber (urethane) Grip Olympic Plates surpasses all others in quality, accuracy, reliability and price



OPT Steel Grip Olympic Plates  
Fully-integrated, Quad-grip design, cast from the highest quality gray iron



SFID325 Pro Club-Line Flat / Incline / Decline Bench

## Body-Solid Lifetime Warranty

### Warranty Agreement

This Warranty applies only in the United States to products manufactured or distributed by Body-Solid, Inc.(Body-Solid) under the Body-Solid brand name. The warranty period to the original purchaser is:

Lifetime of the original purchaser on the entirety of the product. This does not include Labor.

Body-Solid warrants that the Product you have purchased for non-commercial, personal, family, or household use from Body-Solid or from an authorized Body-Solid reseller is free from defects in materials or workmanship under normal use during the warranty period.

Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you.

It excludes expendable parts such as paint and finish.

This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.



### Warranty Service

To obtain warranty service, you must return the Product to Body-Solid in its original container (or equivalent). You must pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Body-Solid with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof -of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any Product not purchased from Body-Solid or from an authorized Body-Solid reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Body-Solid; (c) by modification of the Product; (d) as a result of service by anyone other than Body-Solid, or an authorized Body-Solid warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Body-Solid's receipt of payment or acceptable arrangement of payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY BODY-SOLID MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. BODY-SOLID EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER BODY-SOLID NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU.

This Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Body-Solid branded products. Body-Solid neither assumes nor authorizes anyone to assume for it any other express warranty.

## Body-Solid Commercial Rated

### Warranty Agreement

This Warranty applies only in the United States to products manufactured or distributed by Body-Solid, Inc.(Body-Solid) under the Body-Solid brand name. The warranty period to the original purchaser is:

Lifetime on Frames, welds, weight pates & guide rods  
2 Years on Pulleys, bushing, bearings & hardware  
1 Year on cables, upholstery, grips and all other components

Body-Solid warrants that the Product you have purchased for light-commercial use from Body-Solid or from an authorized Body-Solid reseller is free from defects in materials or workmanship under normal use during the warranty period.

Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you.

It excludes expendable parts such as paint and finish.

This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

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This Warranty does not extend to any Product not purchased from Body-Solid or from an authorized Body-Solid reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Body-Solid; (c) by modification of the Product; (d) as a result of service by anyone other than Body-Solid, or an authorized Body-Solid warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Body-Solid's receipt of payment or acceptable arrangement of payment.



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