



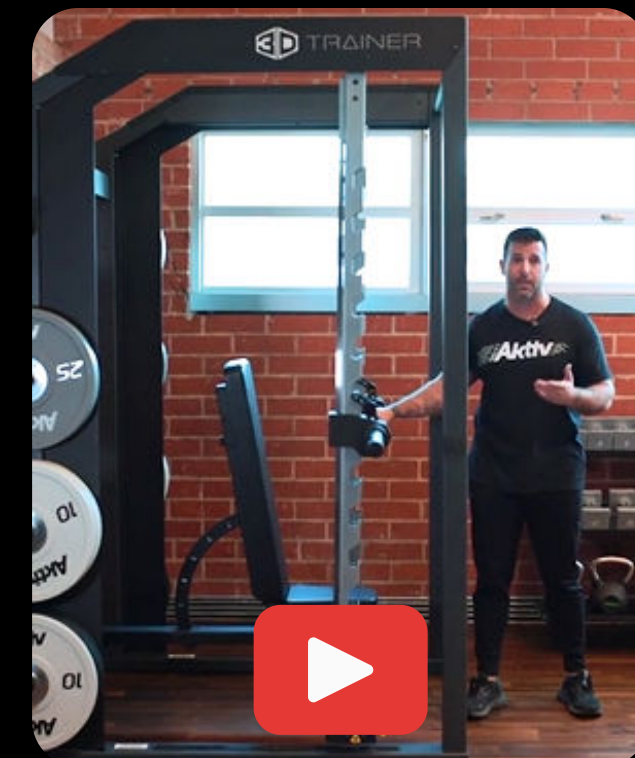
SMITH 3D TRAINER

A NEXT GEN ADVANCEMENT IN
FREE-WEIGHT TRAINING TECHNOLOGY

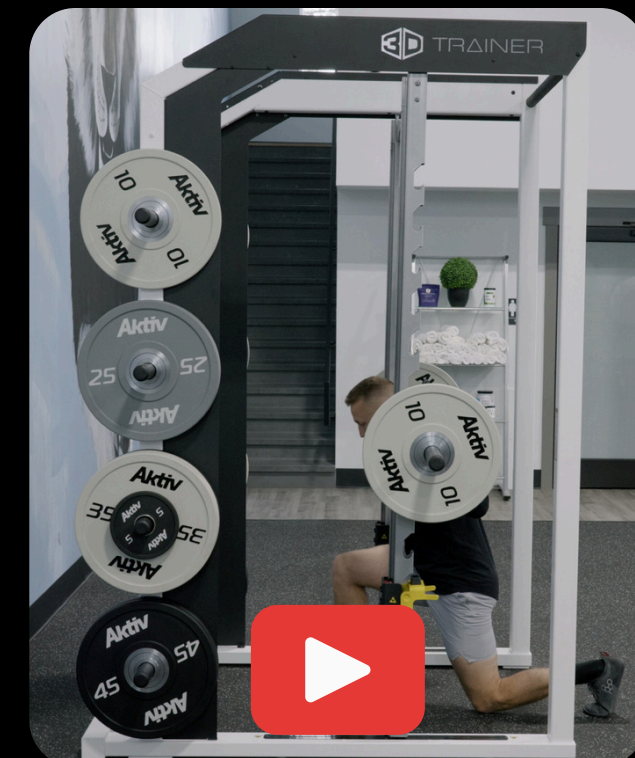
The S3D is an evolutionary strength training system, marking a major advancement in barbell training. Unlike traditional Smith machines limited by a fixed range of motion, the S3D moves the way you move, allowing for a natural path of bar travel.



INTRO TO S3D



GET STARTED



THE EXPERIENCE



KEY FEATURES

- A next generation barbell training tool that creates new efficiencies, increased functionality, and safety for every every gym
- Multi-Directional Range of Motion that mimics the natural travel path of Olympic barbell
- Natural Barbell Path of travel - Moves with You
- Unique Pre-load Adjustability – No need to compromise on form
- Safety Redefined
Synchronized safety catches enable self-spotting throughout every exercise

[LINK TO EXERCISES](#)
(CLICK)



SCAN FOR
EXERCISES



3D TRAINER™

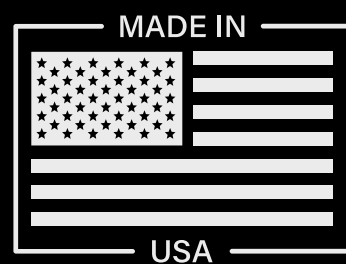
Dimensions: 76 in x 64 in x 95 in

Frame Finish: Polyester Powder Coat,
Semi-Gloss with Texture

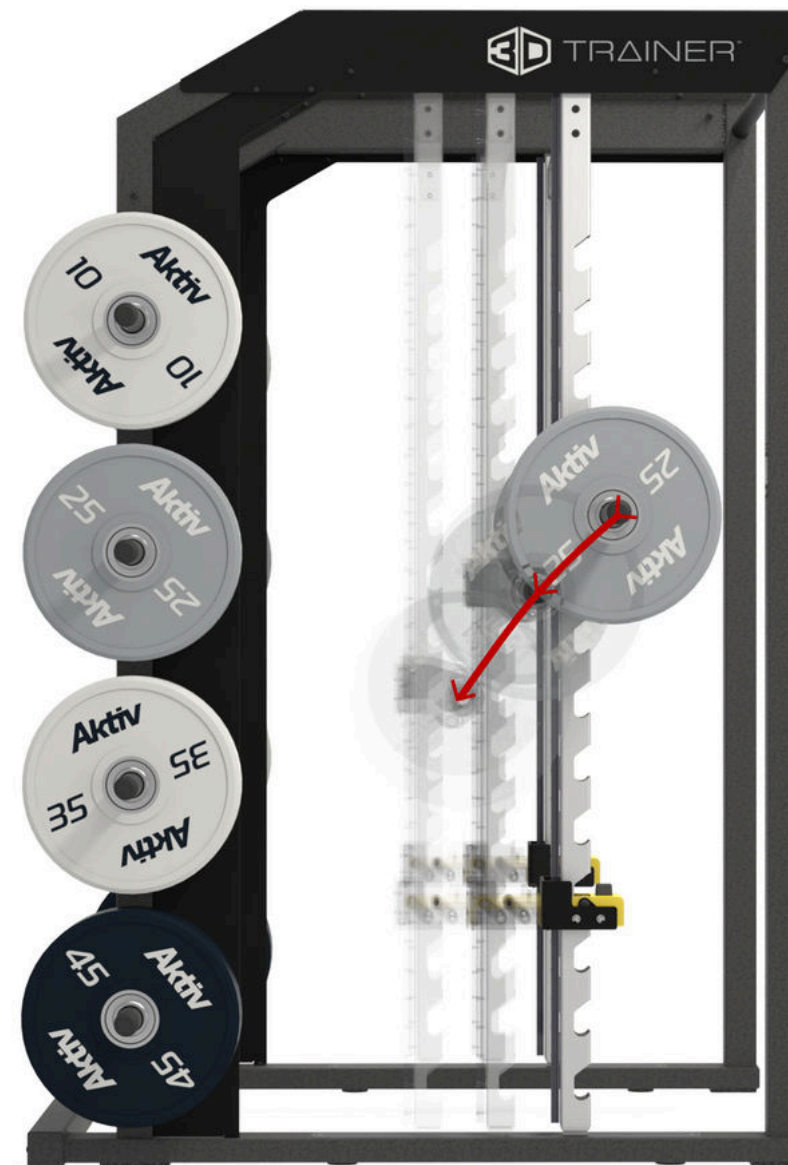
Material: Steel

Max Plate Load: 540 lb

Color: Choice of Dark Charcoal
(Anchor), Light Grey (Moon),
or Custom Color



64 in



76 in



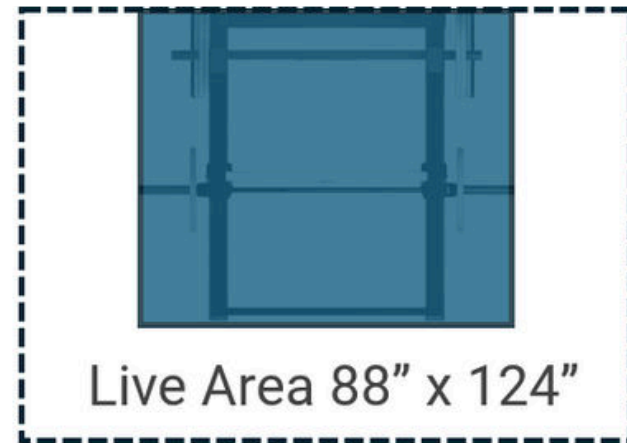
95 in

COMPARATIVE

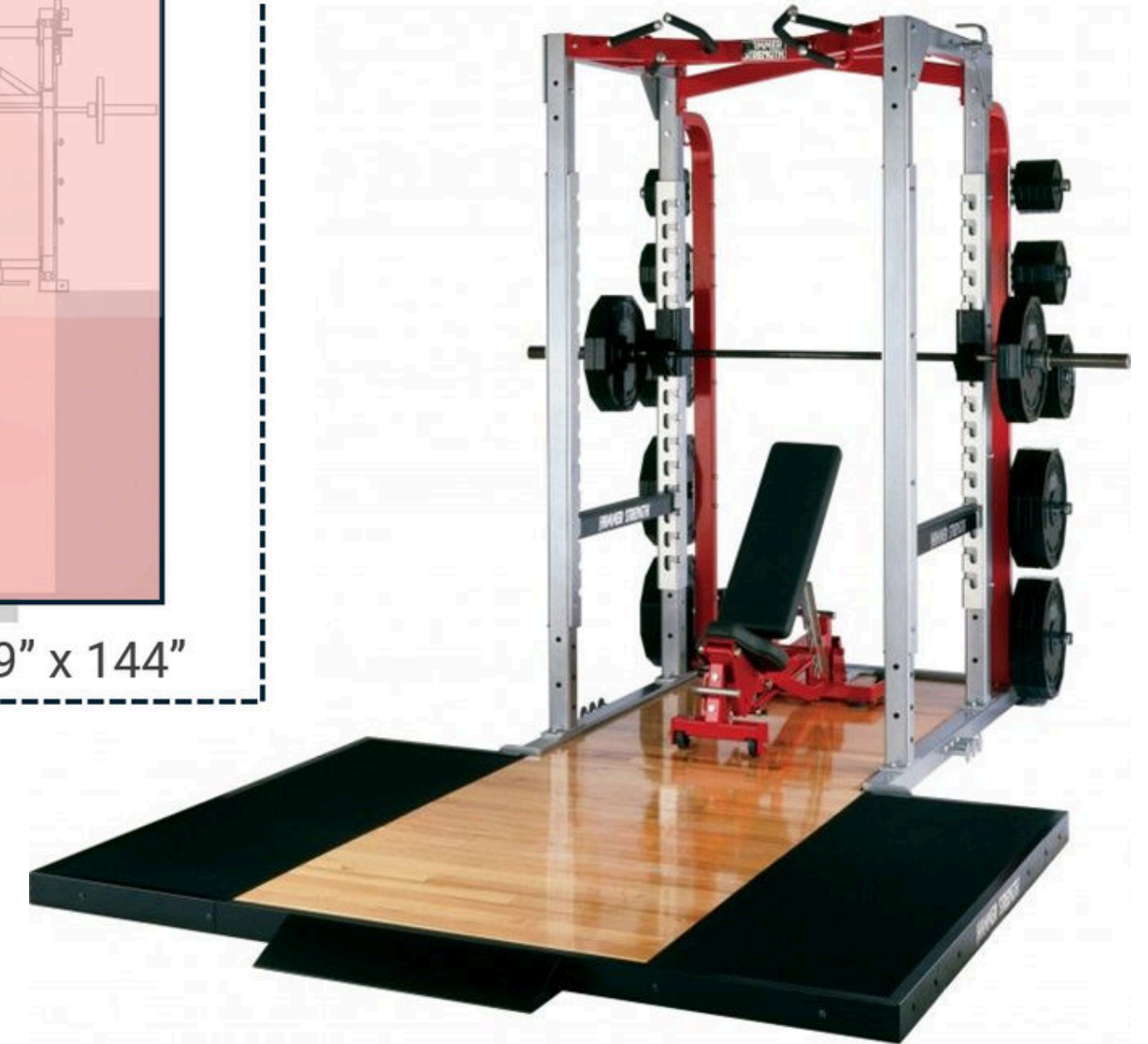
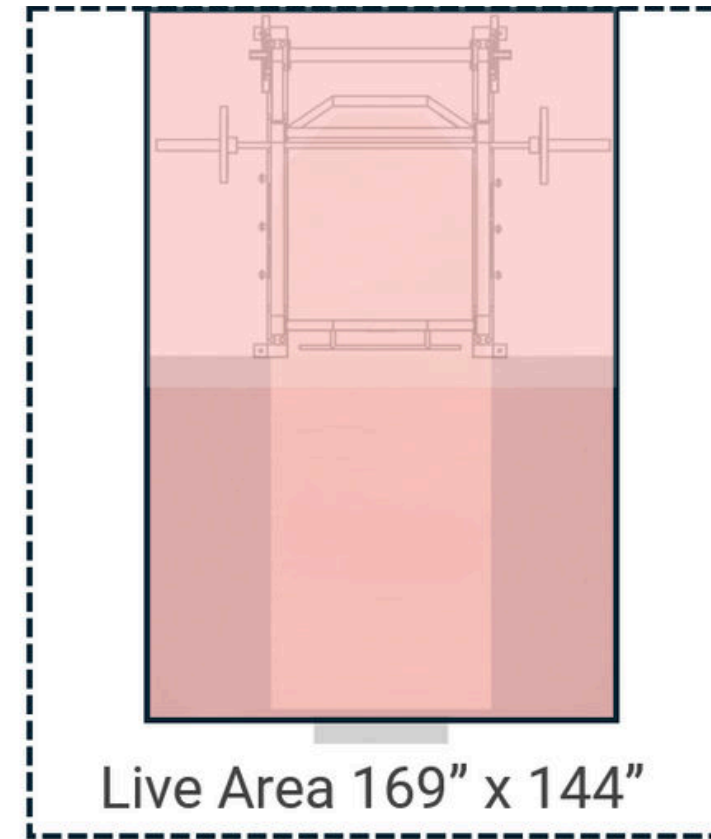


The S3D Occupies 55% Less Floor Space!

GYM RAX S3D



Typical Power Rack w/Platform



S3D Dimensions (W x D x H): 76 in x 64 in x 95 in
Live Area: +24 in



Rack Dimensions (W x D x H): 64 in x 73 in x 96 in
Platform Dimensions (W x D): 96 in x 72 in
Live Area: +24 in

WHAT OTHERS SAY...



Such a great addition to SRLA helping to take our clients' performance to the next level. What I like most is it provides extra confidence in all my workouts. It helps me to stay in my core and engage my full body.

*Rosie Kamalmazyan - CEO
Sports Rehab LA*



SRLA

The 3D Trainer is very efficient and without needing a spotter as with a free bar. You feel way more secure when going through exercises, and still fully engage your whole body just like a regular bar setup.


*Robert Rochell - CB
Green Bay Packers*



IRON
FITNESS


The 3D Trainer is as versatile as it is functional... it's a confidence-building tool for beginning lifters and at the same time offers an expansive range of advanced movements within a minimal footprint—An absolute standout.

*Dan Elder - VP of Operations
IRON Fitness*



The S3D enables us to progress our patients towards strengthening and stabilization with added safety. For disc injuries...we're able to reduce pressure and increase stabilization in the low back and hips by restricting lateral movements without inhibiting a natural movement pattern.

Dr. Suani Lara, DC



As soon as the S3D moves, your core gets activated, your legs are activated. It's a total body training machine. Great for athletes and easier to manage from exercise to exercise than regular free-weights.

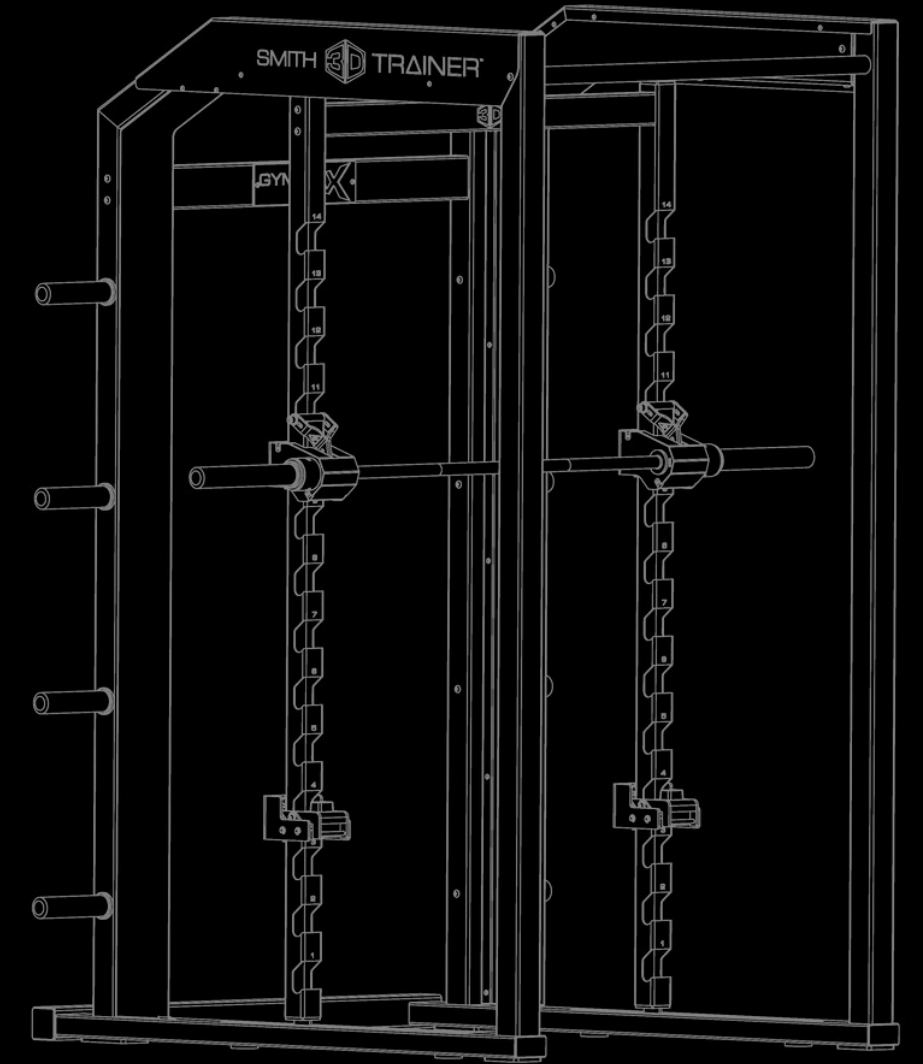
*Elijah Cooks - WR
Jacksonville Jaguars*



3D TRAINER™ IN ACTION...



SMITH 3D TRAINER™



GYM
RAX

3D TRAINER™

LEARN MORE 

