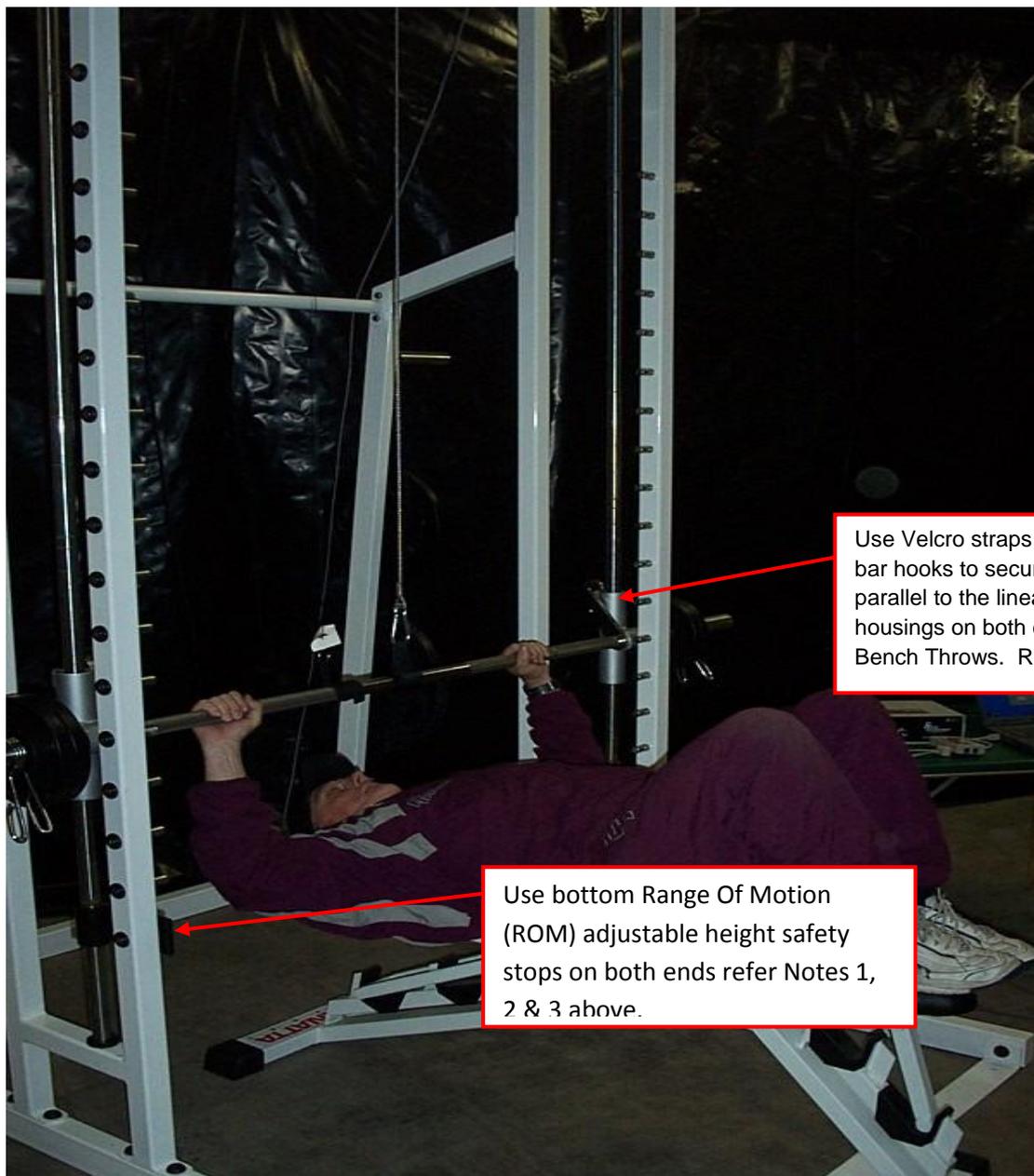
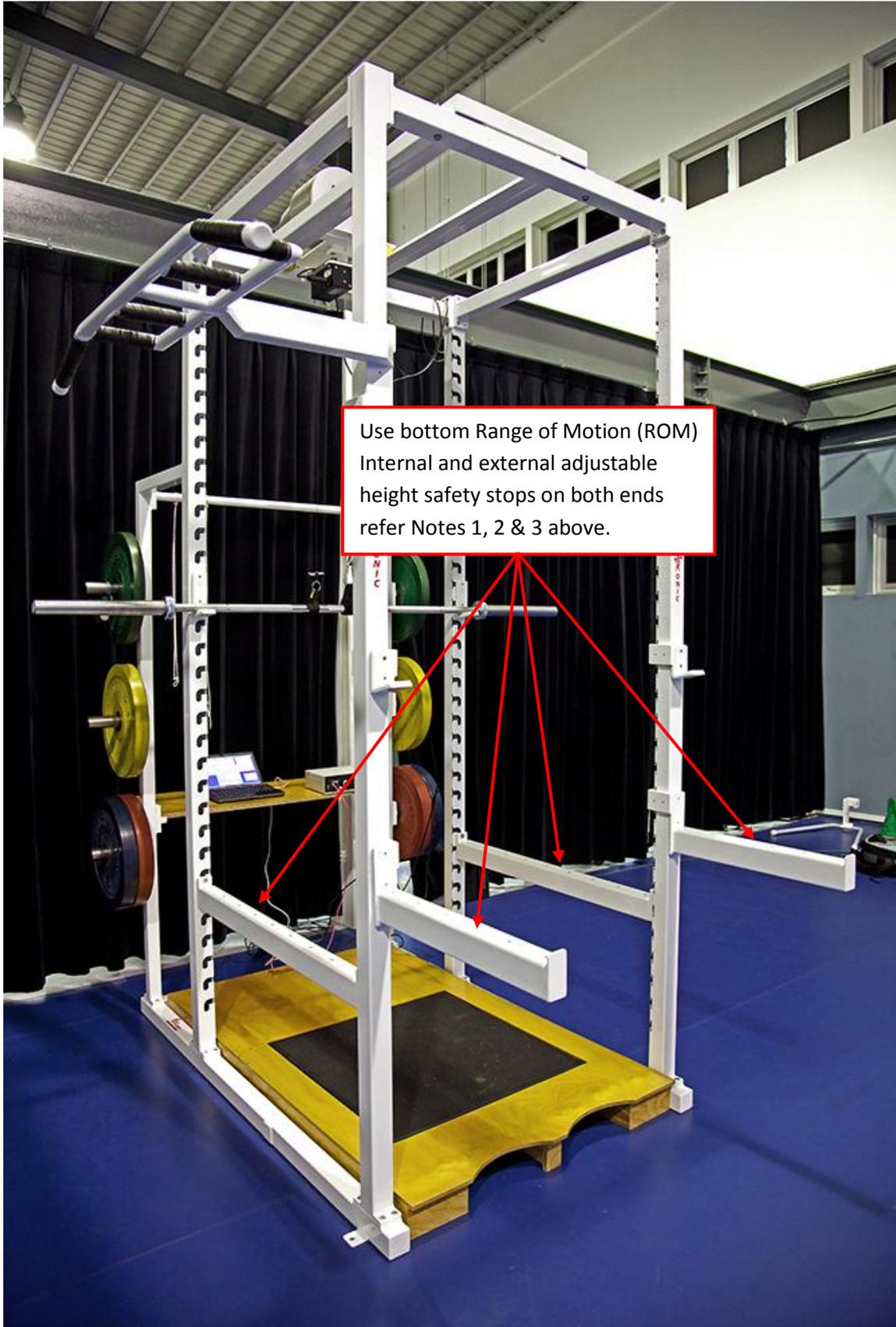


Fitness Technology Smith Machine and FT700 Power Cage safe & correct design set up

Make sure the bottom Range Of Motion (ROM) safety stops we supply on every Smith Machine & FT700 Power Cage is set @ the correct bottom end ROM position on all applications. Also make sure all users are shown how to set these 2 safety stops correctly before using this machine & all our FT700 Power Cages too. It prevents potential injury risks that could occur if the user misses a catch in bench throws or misses a weight bar hook clip connection in heavy squat load exercises. In the later application on Smith Machines the injury risk potential can be very high with no ROM device! With the ROM in place the weight bar can then only travel down to this set bottom ROM position.

1. It should be noted that Fitness Technology only supply a Smith Machine & FT700 Power Cage & portable Squat Rack design with bottom end adjustable height ROM safety stops supplied.
2. Unfortunately most Smith Machines, Power Cages & Squat Racks purchased & found in gyms come with NO Bottom ROM safety stops.
3. The consequences of not having these Bottom ROM safety stops can lead to user injuries on these inferior product designs. Refer below photo - re a safer Smith machine design.
4. On Bench Throws also use Velcro straps to secure the 2 bar hooks in a position parallel to the 2 linear bearing housings that run along the 2 shown guides (refer below photo.)





Use bottom Range of Motion (ROM)
Internal and external adjustable
height safety stops on both ends
refer Notes 1, 2 & 3 above.