

THE FIRST
AND
THE ORIGINAL
ON THE
WORLDWIDE
FITNESS MARKET

By Team MD

EQUIPMENT SPOTLIGHT

POWER SMITH DUAL SYSTEM UPPER

FREE-WEIGHT HIGH PERFORMANCE

MULTIPLE WORKOUT MACHINE: FROM INCLINED BENCH PRESS TO SHOULDER PRESS



Worldwide Fitness Company

The Panatta **Power Smith Dual System Upper** is an innovative machine made to perform thrust movements of the upper limbs, with independent load and along a particular convergent trajectory that amplifies the range of motion if compared to the traditional Smith Machine for an efficient work and ensuring total safety. The inclination adjustment of the backrest allows thrusting on different movement levels, switching the main focus from high pectorals to delts and trapezius. The height and depth adjustment of the seat and the wide range of the thrust units allow the correct use to users of all sizes and features, while the footrests give stability by enabling the person to have the correct lower back posture when performing the exercise and avoiding forward slippage of the pelvis. Safety is ensured by the hooks on the push carriages, which can be engaged and disengaged with a simple twist of the wrist, allowing them to easily position at different heights even if the set or repetition cannot be completed.

The **Power Smith Dual System Upper** creates different movements depending on inclination level of the backrest, going from a minimum of 40° to a maximum of 80° with steps of 5° for a total of nine different angles.

• LOWER POSITION (Bench Incline 40°):

Creates a thrust movement on an inclined bench, with a flexion/adduction of the shoulder and simultaneous extension of the elbow; the clavicular portion of the pectoralis major (high chest), the anterior portion of the deltoid and the triceps are mainly activated.

• UPPER POSITION (Bench Incline 80°):

Creates the overhead extension movement like the classic slow forward, with an abduction of the shoulder and simultaneous extension of the elbow involving the deltoid (mainly the anterior and lateral bundle), the upper trapezius and the triceps.

For all the other inclination angles, muscle activation will gradually shift from the high chest to the deltoids and trapezius as the bench inclination increases.



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www.panattasport.com

Athlete: Victor Martinez,
2007/2011 Arnold Classic Champ,
12 Time Mr. Olympia Competitor