

SSM120

SMITH MACHINE

Complete Home Gym Setup



Total Strength, Built-In Safety, All-in-One Versatility

The SOLE SSM120 Smith Machine delivers a complete strength training solution in one compact, multi-functional unit. Featuring a 17.6 lb (8 kg) knurled Smith-style bar with 11 safety-stop levels, users can perform controlled squats, presses, and lunges with the added stability and safety of a guided bar path, ideal for solo training at home. The two integrated barbell plate storage horns keep your space organized and plates easily accessible.

Designed for maximum versatility, the SSM120 includes a dual independent motion pulley system for cable-based exercises like rows, curls, and lateral raises, while the centre pulldown and row/curl attachment points allow seamless transitions between upper and lower body movements. Knurled lat pull-down and short straight bar accessories expand your training options, making this machine suitable for full-body workouts targeting strength, power, and muscular endurance.

Additional features like multi-position pull-up grips, anti-slip foot pedals, and detachable elbow support brackets for dips and leg raises round out this power-house setup. With a 68" (173 cm) bar and robust build quality, the SSM120 is engineered for progressive overload, functional training, and safe lifting making it the perfect centrepiece for any serious home gym.

SSM120 SMITH MACHINE

- 17.6 lb (8 kg) knurled Smith-style bar with 11 safety-stop levels
- Dual independent pulley system for cable exercises, including pull-downs and rows/curls
- 8 pre-set programs plus Bluetooth connectivity for heart rate and 3rd party apps
- Detachable elbow support brackets for dips and leg raises
- Knurled lat pull-down bar, and short straight bar
- 2 metal weight storage horns
- Anti-slip foot pedals

Model #:
16808591200

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SOLE + APP
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1 Pull-down Rod Hook**2** Knurled Smith-style Bar**3** Stainless Steel Guide Rods**4** Dual Weight Storage Horns**5** Anti-slip Footrests**6** Removable Support Brackets**7** 11 Safety Stops**8** Pull-up Bars

Lat Pull-down Bar



Short Straight Bar

SSM120**EQUIPMENT SPECIFICATIONS**

Frame	Heavy-gauge steel frame with powder-coated finish
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Total Load Capacity	660 lb (300 kg) - 330 lb (150 kg) per side
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Accessories	Lat-pull down bar, short straight bar, removable elbow support brackets
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Plate Storage	Dual storage horns
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Bar Dimensions	For use with 2-inch (50mm) Olympic-style weight plates
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Dimensions	48" L x 61" W x 84" H, 191 lb (122 L x 155 W x 214 H cm, 87 kg)
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Packaging: Box 1/2	85" L x 15" W x 6.5" H, 109 lb (216 L x 37 W x 16.5 H cm, 50 kg)
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Box 2/2	45" L x 18" W x 8" H, 96 lb (114 L x 45 W x 21 H cm, 44 kg)
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WARRANTY INFORMATION

Residential Warranty: Frame: 5 Years, Cable/Pulleys: 2 Years, Wear Items: 6 Months

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