

Jones Club Model

Not just another Smith™



Two Planes of movement!

Patented 3-D™ barbell motion provides for an almost unlimited array of exercises. Smith Machines move vertically only!

The Jones moves both **vertically** and **horizontally**, allowing for a more **natural, user-defined** motion. Because the body's natural movements can be utilized within the Jones, all free-weight exercises can be performed.

BodyCraft

MAX RACK 3-D

What is so revolutionary about the Jones?

- **It is the safest Free-Weight device ever made for the solo lifter!**
Think of it as a Power Rack where the Bar Hooks and Safety Spotters move along with every movement you make!
- **It is the next Generation of a Smith Machine!**
Think of it as a 3-D Smith, moving in two planes!
Or, lock it into place for traditional "Smith" exercises!



Safety Spotter, Dampening Spring and Locking Pin



Bar Hooks



Your choice of Olympic style bars:

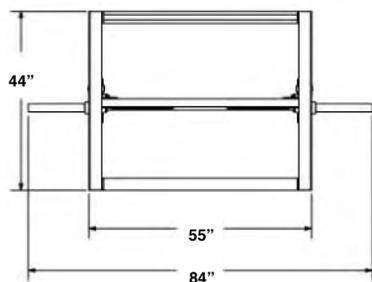


6' long, 25 lb. Aluminum Bar with 400 lb. capacity provides a lighter starting weight for more versatile training. The shorter length saves space!



7' long, 45 lb. Power Bar with 1000 lb. capacity provides the most common starting weight for the heavy lifter!

Floor Space

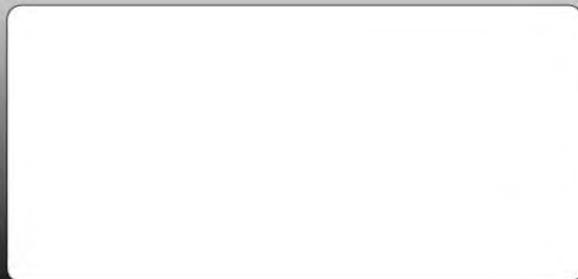


Dimensions With a 7' bar:
Main: 55" W x 44." L x 83" H

"The Freedom of a Power Cage with the Safety of a Smith Machine!"

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Authorized Dealer



New! JONES

Active Balance Bar

The patented Active Balance Bar incorporates the need for lateral stability which effectively provides the unique benefits of free-weight training, combined with the safety of machine training.

Because of the fixed path of motion, typical machine training does not provide muscular symmetry, or engage synergistic stabilizer muscles. The Active Balance Bar is the answer to this problem!

Free-weight training is inherently dangerous due to the general lack of safety spotters and inconvenience of racking the bar. Because the bar hooks and safety spotters always travel with the lifting bar, the Jones Machine is the answer to this problem!

The Jones Machine, combined with the Active Balance Bar, is simply the most effective, and safest strength training device ever made!.

