

Eopinions.com Review

Anyone who is serious about weight training knows that free weights are superior to machines in almost every way..... except one: Safety. Until now, that is! The revolutionary products available from Pro-Spot are incredible in their simplicity and effectiveness. What a great idea!

I have the SSG, which is the basic home model, along with the optional 200lb. weight stack/high-low pulley, and bench with leg extension/curl. There is also a higher-end HG6 model available which adds a pec flys, dip station, assisted pull ups/dips and chin-up bar. I didn't feel the extra cost of the HG6 made sense for me.

The SSG replaced a Body Solid cable home gym and squat rack with olympic bar set, and takes up less effective floor space. One thing I really like about the SSG is that it allows you to access all of the exercises from the front side of the unit. My old home gym had exercise attachments on all 4 sides, which required a tremendous amount of floor space. I have the SSG backed up to a wall now, leaving much more floor space in the room.

The main feature of the SSG is the "Grab & Go" barbell unit. An olympic barbell is suspended from the unit with cables and an integrated slide-locking mechanism. Running through the barbell is a rubber-mounted thin metal contact strip, with a break in the center of the bar. A small electrical current is circulated through the system, and by placing your fingers on the metal strip on each side of the barbell, your body completes the circuit. The electrical current unlocks the slide-locks on the cables when the circuit is complete, which allows the bar to move up and down freely. As soon as the circuit is broken, the slide locks are engaged instantly and the bar is stopped from coming down. It's difficult to explain, but if you check out the unit at www.prospotfitness.com.au, you'll get the idea.

The slide locks are only disengaged after the bar has been lifted about 1", so it's not like as soon as you touch the barbell it just falls. You basically get all set up for your exercise, rotate the bar so that the contact strip is at your fingertips, grab the bar with both hands, lift 1" to disengage the locks, and then complete your exercise. As soon as you're finished with the set, just take your fingertips off the contact strip and the slide locks will engage and hold the bar.

While the slide locks are disengaged, you're getting as close to true free weight exercise as possible, while still maintaining the safety aspect. There is really no noticeable drag from the cables while the locks are disengaged, it feels just like using a regular olympic bar. You get a great workout, and if you find yourself in trouble you can just let go of the bar with one or both hands and it will stop right where it's at. It's really even safer than having a spotter with a normal bar, since the spotter can still slip and drop the weight on you.

What I have found is that the SSG allows me to max out my last rep on each set to get the maximum effect, just like you would get with a spotter at the gym. With my old squat rack, I always had to keep safety in mind and not go to total failure on my reps when working out alone. I am now getting more results from my workouts than ever before, even though I'm doing the exact same exercises that I used to do!

The SSG has a barbell rated at 500 lbs., while the HG6 has a 750 lbs. bar. The cables that are attached to the bar (2 on each side) are rated at 2000 lbs. each, and one cable on each side is strictly a backup in case the primary cable ever were to snap (not likely). They really did think of everything with this! It is an extremely well designed and high quality product.

The 200 lb. stack and high/low cable pulleys are similar to what you would find on any high-end home gym. The bench and leg extension/curl are top-quality pieces as well. The bench is a fully adjustable flat/incline model with excellent padding. The extension/curl attaches to the low pulley for the weight stack via a cable under the bench, using a clip. If you want the bench out of the way to do squats, tricep pushdowns, etc. you simply unclip the cable and lift the bench up. The pads on the leg extension/curl are adjustable as well, and you can do leg extensions, standing leg curls or lying leg curls on it.

Overall, I am extremely happy with this unit! It really has given me the ability to get the most from my home workouts without worrying about having my throat crushed by a falling barbell. The technology is truly revolutionary, and it's already being seen in many pro and university athletic programs. I have no doubt that it will continue to grow in popularity as more people try it, and I'll bet in 5 years you'll be hard pressed to find a gym that doesn't use it. If the price doesn't scare you away, make sure you check this out, you'll be hooked!

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I've got the SSG model and I absolutely love it! The barbell has a touch sensor built in which controls the locking and unlocking features. When you grab the barbell you just lift it a little to unlock it, then when you're done just open your hands and it locks in place! The barbell is suspended by cables but you can't even feel them when using the bar. It gives free weight movement but with the safety of an automatic spot. You've really got to try it to believe it. I will never use a smith machine again! I got a lot of information on their website, www.prospotfitness.com.au and then went to a dealer listed on the site to purchase it. The equipment has a good warranty too. Get rid of your smith machine and get this equipment!

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A few months ago I finally got the NEW ProSpot HG6 after waiting 6 months for this latest machine to come on the market. The HG6 has cable cross over high/low pull and the Grab & Go Barbell. This machine has just about every exercise that you will ever need in a home gym, and it looks really cool also. So far it works smooth, but took about a week to get used to using it and figure out the best way to jump from one exercise to another. The cost is the biggest draw back, but don't sell your body short, shop around and press the retailer for a good deal (they want to sell them) and pony up the money. **NO SPOTTER NEEDED.** You get the safety of a smith machine but you don't have worry about finding those little holes, bushings locking up and you have more of a free weight experience, by having to balance the bar.