



## Functional Trainer

- 1 central weight stack allows for quick and easy weight adjustments between sets
- Magnetic clip provided for securing phones or tablets
- Optional Heavy Stack: FTRHS heavy stack for additional 100 lbs. of weight (23 kg / 50 lbs. of effective resistance)
- Optional Handle Package: FTRHP handle package includes 5 training handles (straight bar, EZ curl bar, rope, sports handle, ankle cuff)
- Knurled multi-grip pull-up bar for greater exercise variety
- Compact 212 cm / 83.5" overall height allows unit to be placed in rooms with low ceilings
- Placard highlights targeted muscle groups and proper user positioning for a wide range of exercises
- One-handed pulley adjustment offers easy operation
- 1:2 pulley ratio when both handles are in use for heavier controlled lifts. 1:4 pulley ratio when only 1 handle is in use for more explosive movements
- Enclosed handle provides safe and secure mounting point for exercise bands

ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	25 user start options

FRAME & CABLES	
FRAME COLOR	Graphite Grey
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING LOCATIONS	Yes

TECH SPECS	
CABLE TRAVEL	231 cm / 91" with both handles in use
OVERALL DIMENSIONS (L X W X H)	129.5 x 137.5 x 212 cm / 51" x 54" x 83.5"
PRODUCT WEIGHT (STANDARD STACK)	245 kg / 540 lbs.
PRODUCT WEIGHT (HEAVY STACK)	290.5 kg / 640 lbs.
MAX TRAINING WEIGHT	180 kg / 400 lbs.
MAX USER WEIGHT	136 kg / 300 lbs.

USER AMENITIES	
ACCESSORY STORAGE	Integrated storage for attachments, phone/tablet, and optional accessories
MULTI-GRIP PULL-UP BARS	Various grip angles for variety of exercise
PLACARDS	Muscle call outs, color-coded, start & finish exercise illustrations
PLACARD COLOR CODING	Yellow (upper body), Blue (lower body), Green (core)

WEIGHT STACK	
STANDARD WEIGHT STACK	68 kg / 150 lbs. of effective resistance with both handles in use (1:2 pulley ratio)
STANDARD WEIGHT STACK	34 kg / 75 lbs. of effective resistance with one handle in use (1:4 pulley ratio)
OPTIONAL HEAVY STACK	91 kg / 200 lbs. of effective resistance with both handles in use (1:2 pulley ratio)
OPTIONAL HEAVY STACK	45 kg / 100 lbs. of effective resistance with one handle in use (1:4 pulley ratio)
WEIGHT STACK GUARDING	Full front and rear shields
OPTIONAL HEAVY STACK	180 kg / 400 lbs. Actual Weight
STANDARD WEIGHT STACK	136 kg / 300 lbs. Actual Weight