



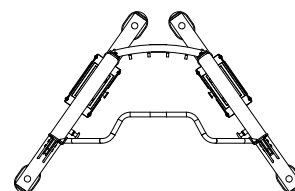
FS-100

FUNCTIONAL TRAINER

Pulley housings rotate 270° to allow movement in multiple planes.



Choice of 23 vertical positions clearly marked 1-23 on adjustment tube



SPECIFICATIONS:

Dimensions: US / Metric

D - 39" / 99 cm

W - 62.5" / 159 cm

H - 87.5" / 222 cm

Machine Weight: 505 lbs. (229 kg)

Floor Loading: 48 lbs. / ft² (233 kg/m²)

Weight Stacks: 130 lbs. (59 kg) ea.

Resistance Weight: 65 lbs. (29.5 kg) ea.

Pull Force Increments: 5 lbs. (2.3 kg)

Cable Travel: 8' (244 cm) per handle

OPTIONS:

Accessory Kit:

Triceps Rope, Sports Handle, Ankle Strap, Teardrop Handle (2)

Utility Bench

Model FS-20



Adjusts from -10 to 80 degrees.
Wheels for easy moving.

FRAME PAINT COLOR:
SILVER

Color coded exercise guide clearly illustrates the starting and ending positions of 18 primary exercises divided into 6 categories.

- Sport Specific
- Chest & Back
- Core
- Shoulders
- Legs
- Arms



Pec Fly



Biceps Curl



Forehand Swing



Outer Thigh

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