

XFT-100 EXTREME FUNCTIONAL TRAINER



Featuring rotating vertical adjustment columns and unique multi-position Extreme Swing Arms, the compact and space efficient, value engineered XFT-100 allows unrestricted movement in multiple planes and is the ideal solution for fitness training, sport-specific conditioning, and rehabilitation.

FEATURES

- Dual-weight stack design allows users to train or rehabilitate using different resistance levels and allows two users to train at same time
- Dual-adjustment columns rotate 360 degree to allow unrestricted movement in multiple planes
- Extreme Swing Arm allows 180 degree of rotation and choice of 14 horizontal positions using conveniently located foot pedals to position pulleys as close as 17" / 44 cm and as far apart as 67.5" / 172 cm
- Choice of 20 vertical positions through a range of 58" / 148 cm
- Step-by-step exercise chart with easy-to-follow user instructions for 18 common exercises

SPECIFICATIONS

DIMENSIONS (L x W x H)

39"x 72" x 87" / 99 cm x 182 cm x 220 cm

PRODUCT WEIGHT

Weight Stacks: 130 lbs / 59 kg each

Resistance Weight : 65 lbs / 29.5 kg each

Pull Force Increments : 5 lbs / 2.3 kg

Cable Travel: 6.4 ft / 195 cm per handle

Machine Weight: 553 lbs / 251 kg

COLOR

Matte Black

