



INSPIRE



FT1 FUNCTIONAL TRAINER

- Allows you to have complete freedom of movement in any direction or plane while performing weight resistance exercises. These unrestricted exercises are designed to move the way your body naturally moves. Many of the freestanding exercises incorporate core, secondary, and stabilizing muscles, giving you a more efficient workout.
- An excellent training machine for athletes interested in sport specific exercise movements or for people looking to strengthen their overall bodies, increase stamina and coordination or lose weight.

TECHNICAL SPECIFICATIONS

Usage	Commercial / Residential
Frame	Heavy Duty rectangular and tubular Steel
Dual independent Weight Stack	2 x 165lb Commercial Weight Stacks with Solid Guide Rods and Center Drilled Weight Plates.
Split Resistance	.5 resistance ratios provide a smooth, continuous feel and a longer range of motion for more versatility in your exercise movements
User-friendly adjustments	The quick, one-handed adjustable high/low pulley system adjusts to more than thirty height positions for all of your exercise needs.
Accessories	Multi-Functional Belt, Easy Curl Bar, Straight Bar, Ankle Cuff, Swing Handle, Tricep Rope, 2 x Single Handles, 2 x 5lb add-on weights, Exercise booklet
Dimensions	54" wide x 47" deep x 81.5" height without bench 54" wide x 83" deep x 81.5" height with bench

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