



# TRAIN THE WAY YOU MOVE

Whether the motion is for Strength Training. Sport Specific. or maybe it's a motion you perform at work or during leisure activities, the BODYCRAFT HFT allows you to train the way you move. You define the path of motion allowing you to strengthen every part of your body for the way you want to live. It's that simple. Functional Training also improves coordination. balance. and increases core strength.

SPORTS SPECIFIC



CORE



BALANCE



STRENGTH

## FEATURES

- Independent. Adjustable Cable Columns have 31 Height Positions. and Rotate 80 Degrees allowing you to train from every Angle and any Height
- 79.5" inches of cable travel which is aircraft cable rated at over 2000 lbs
- Compact: only 56"d X 40" 82"h.
- Beautiful Dval Tubing. sleek laser cut plates. chrome uprights. laser etched #'s. and attention to the smallest details all add up to an overall exceptional aesthetic appearance
- Quality built and warranted for Light Commercial and Home use
- Dual 150lb Weight Stacks upgradeable to 200lbs. Extremely smooth 2: 1 ratio allows for lower increment weight increases. and greater range





# SPECIFICATIONS **AND** FEATURES

<b>Frame</b>	Heavy 11 gauge. 3.25" x 1.75" oval steel tubing.
<b>Dimensions</b>	56" W x 40" D x 82" H (Can be placed up against a wall or in a corner depending on your needs or according to your space requirements)
<b>Finish</b>	The Platinum Gray and Textured Black finish is electromagnetically applied in powder form to evenly coat all surfaces. then baked on at high temperatures for a tough. long lasting finish.
<b>Pulleys</b>	3.5" diameter. fiberglass impregnated nylon pulleys with sealed ball bearings.
<b>Cable</b>	The most flexible nylon coated. 7 X 19 strand aircraft cable rated at over 2000 lbs. tensile strength.
<b>Weight Stack</b>	Dual 150lbs. Weight Stacks. The user weight ratio is 2:1. Each 150 lb. weight stack provides up to a total of 75 lbs. resistance in 5lb increments. This ratio allows for extremely smooth action. lower increment weight increases. and greater range of motion.
<b>Weight Stack Enclosures</b>	Protective Steel Rear Stack Cover for safety.
<b>Guide Rods</b>	Chrome plated 1" diameter tubular steel
<b>Accessories</b>	Attached Exercise Book. Long Bar. Short Bar. Tricep Rope. Chin Bar. Assisted Pull Up Strap, Ankle Strap. 2 Chains. and two Single Handles are all included.



150LB STACK



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM