

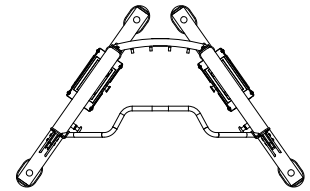


## FS-100 FUNCTIONAL TRAINER



*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. / ft<sup>2</sup> (233 kg/m<sup>2</sup>) **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)

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

- Sport Specific
- Shoulders

- Chest & Back
- Legs

- Core
- Arms



Pec Fly



Biceps Curl



Forehand Swing



Outer Thigh

**Utility Bench**

Model FS-20



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