

RFT PRO TRAINER

Our Rack Functional Trainer (RFT) is built for MAXIMUM flexibility and safety. Rugged construction and pop pin adjustments make your workout enjoyable, quick and safe. Optional Band Pegs, Landmine, Battle Rope, Weight Tree, Dip Handles, & Speed Trainer Available.

HIGHLIGHTS



DUAL INDEPENDENT
150 LB WEIGHT STACKS
(UPGRADEABLE TO 200LBS)



DUAL
INDEPENDENT
HIGH PULLEYS



HIGH DENSITY RUBBER
STEEL REINFORCED
BAR HOOKS



In the Rear of the RFT are Dual Independent Low Pulleys. This Functional Station is Ideal for Rows, Bicep Curls, Ab Exercises, ect.

Built In to the F730 Frame are 2 Olympic Sized Bar Holders/Foot Plates

Dual Front Adjustable Swiveling Pulleys with 25 Height Positions. The Laser Etched #'s on the Inside of Each Upright Will Make Sure Both Pulleys are at Equal Heights.

OPTIONAL ADD-ONS



F737 LANDMINE ATTACHMENT



SPEED TRAINER OPTION



F739 BATTLE ROPE ATTACHMENT

CLICK OR
SCAN FOR MORE
INFORMATION



*RFT shown with optional Speed Trainer, F732, F735, F734, F739, and F737

RFT FUNCTIONAL TRAINER

FEATURES AND SPECIFICATIONS

FRAME	Heavy-Gauge 2" x 3" Rectangle Tubing w/Laser Cut Steel Plates
CABLE COLUMNS / UPRIGHTS	25 Precision Lasered Height Positions
ACCESSORIES	Dual Independent 180 Degree Rotational Adjustable Swivel Pulleys
CHIN BAR	(Wide – Classic – Narrow) Uses Include, Pull-Ups, Hanging Ab Straps, Bands, Inversion Boots
HOOKS & SPOTTERS	Dual Contoured Single Handles, Lat Bar, Padded Ankle Cuff, Dual Heavy-Duty 21 Link Adjustment Chain Set
STABILITY	High-Density Rubber Securely Screwed Down. Prevents Scratching
AESTHETICS	Non Skid Rubber Frame Stabilizers
FINISH	Black Oxide Hardware, Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
PULLEYS	Diamond Gray and Black Electrostatic Powder-Coated Finish
CABLES	3.5" Diameter, Fiberglass Impregnated Nylon Pulleys with Sealed Maintenance-Free Precision Ball Bearings
WEIGHT STACKS	Nylon Coated, 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength
WEIGHT CAPACITY	Dual 150 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 200 LBS Each.
WORKING SPACE	Rated for up to 1,000 lbs.
GUIDE RODS	34.5" Depth by 43" Wide Between Uprights
HARDWARE	Heavy Duty Chrome Plated
ASSEMBLED DIMS	1/2" Hardened Steel Bolts at all Connection Points
ASSEMBLED WEIGHT	65"L x 59"W x 83.2"H
	665lbs. for the 150lb. stack version and 715lbs. for the 200lb. stack version

WARRANTY

COMMERCIAL	Frame: 10 Years / Parts: 2 Years / Wear items: 6 Months
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ADD-ONS

SPEED TRAINER	Allows for quick intense sports specific movements without weight-stack/cable slack.
POWER ROW	Rower option for weighted rows
F732	Dip Attachment Option
F733	Extra Bar Catches
F734	Band Pegs Option
F735	Plate Rack Option
F737	Landmine Option
F739	Battle Ropes Option
F704	FID Utility Bench
F705	FID Utility Bench