

## FUNCTIONAL TRAINER

# HFT FUNCTIONAL TRAINER



## HFT

### Functional Trainer

CODE: LHFTG

#### DESCRIPTION

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, strengthening every part of your body, improving your core, balance and coordination.

- **Accessory Kit:** 2 single handles, long bar, sport stick (allows for complex movements to simulate tennis, golf and baseball swings), tricep rope, chin/push-up assist strap, ankle cuff, 2 chains, integrated multi-grip chin bar (help users build upper body and hand grip strength.), DVD and attached exercise guidebook.
- **Cable Column Pulleys:** Independent Adjustable Cable Columns have 31 height positions, and rotate 180 degrees allowing you to train from every angle and every height.
- **Weight Stack:** Dual 200LB weight stacks allows for extremely smooth action, lower increment weight increases, and greater range of motion.

#### SPEC

- **Weight Stack:** Dual 200lbs.  
The weight stack to user weight ratio is 2:1.
- **Dimensions:** 102cm (L) x 140cm (W) x 209cm (H)



# BODYCRAFT

FUNCTIONAL  
TRAINER



Dual 200Lb Weight Stacks



Variety Of Accessories



Multi-Grip Chin Up Bar



- 31 Adjustment Height Positions
- 180 Degree Rotation Cable Pulleys