



3D CHEST/ARMS MACHINE FMI-M3DFC

- 3D chest movement with user-defined motion provides multiple chest exercises to maximize training variations
- 16 position arms on both left and right
- A traditional supported and seated position is ideal for traditional and first-time exercisers. To further challenge the body, advanced users may perform exercises off the backrest or standing
- Independent arm movement. Handles move independently for a wide variety of chest exercises and single arm movements
- Swivel pulleys design ensures fluid cable travel and provides nearly unlimited range of motion

Overall Weight	Weight Stack	Width	Length	Height
377 lbs.	175 lb.	52"	62"	66"

FEATURES AND SPECIFICATIONS

Bearing and Shafts: Maintenance free durability from sealed ball bearings over solid steel shafts at pivot points

Weights and Guide Rods: Heavy duty weight plates riding on 3/4 inch hardened steel chrome plated guide rods

Durable Grips: Durable grips from non-absorbing rubber compound secured with aluminum collars

Weight Stacks: Magnetic attached weight stack pin with breakaway lanyard to prevent loss or damage

Warranty: 10 years frame, 1 year parts