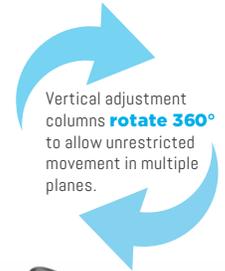
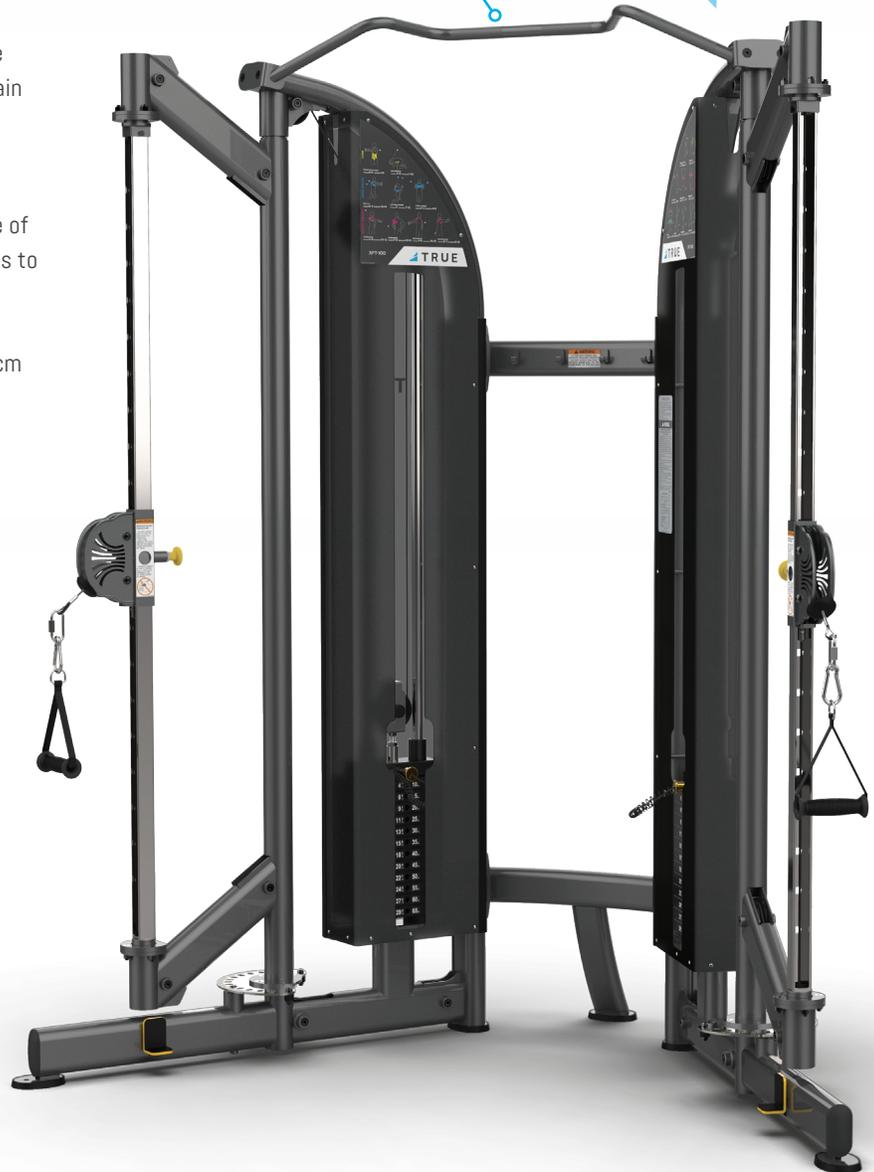


# XFT-100 EXTREME FUNCTIONAL TRAINER

Featuring rotating vertical adjustment columns and unique multi-position Extreme Swing Arms, the compact and space efficient, value engineered XFT-100 allows unrestricted movement in multiple planes and is the ideal solution for fitness training, sport-specific conditioning, and rehabilitation.



Multi-Grip Chin Bar



## FEATURES

- Dual-weight stack design allows users to train or rehabilitate using different resistance levels and allows two users to train at same time
- Dual-adjustment columns rotate 360 degree to allow unrestricted movement in multiple planes
- Extreme Swing Arm allows 180 degree of rotation and choice of 14 horizontal positions using conveniently located foot pedals to position pulleys as close as 17" / 44 cm and as far apart as 67.5" / 172 cm
- Choice of 20 vertical positions through a range of 58" / 148 cm
- Step-by-step exercise chart with easy-to-follow user instructions for 18 common exercises

## SPECIFICATIONS

### DIMENSIONS L X W X H

39" x 72" x 86.8" / 99 cm x 182 cm x 220 cm

### PRODUCT WEIGHT

Weight Stacks: 130 lbs / 59 kg each  
 Resistance Weight : 65 lbs / 29.5 kg each  
 Machine Weight: 553 lbs / 251 kg  
 Floor Loading: 44 lbs / sq ft / 215 kg / sq meter  
 Pull Force Increments : 5 lbs / 2.3 kg  
 Cable Travel: 6.4 ft / 195 cm per handle

### COLOR

Powder coat finish in charcoal.  
 FRAME COLOR OPTIONS: Custom Color options available. Contact your sales representative for more information.



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