

Functional Trainer 400

G3MSFT4P



- 1:4 ratio for low starting resistance and high-speed movements
- Swivelling accessory station accommodates more training handles and attachments
- Integrated foldaway step for easy access
- Available with 290lb or 390lb stacks
- Multi-grip position pull-up handles with unique rock climbing attachment

EASE OF USE

Color-coded Pivots & Adjusts	Yes
Instructional Placards	Yes
Bottle & Towel Holder	Yes
Ergo Form Cushions	No

FRAME

Over-sized Frame Tubing	Yes
Frame finish	Proprietary two-coat powder process
Frame Color	Iced Silver

TECH SPECS

Overall Dimensions Functional Trainer	67"L x 44"W x 92.5"H
Weight Stack Functional Trainer G3-MSFT 400	2 x 400lbs. (1:4 Ratio, Effective Resistance 100lbs)
Total Weight Functional Trainer G3-MSFT 400	697 kg / 1537 lbs.

TECH SPEC

Cable Travel Length	427 cm / 14'
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WEIGHT STACK

Self-lubricating Weight Stack Bushings	Solid cold-rolled steel plate, with Teflon inner bushings.
Suspension	3-Point Design
Guards & Pulleys Covers	Yes
Weight Pins	Magnetic & tethered