**CFT Functional Trainer**

**Next Level Training**

Our most compact space-saving functional trainer designed for ease of use and unique fluid motions while training. 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 CFT allows you to train the way you move. With our 4.1 weight ratio, unique workouts like HIIT and speed training can also be performed pushing your training to the next level. Improve your core, balance, and coordination with the BODYCRAFT CFT.

**We Made It So Easy**

Instead of using numbered stickers that wear away over time, we use a laser etching technique which creates a permanent and precise visual alignment solution on the center column. Adjusting the pulleys for each exercise has never been so easy.

**Stack It Up**

150lb weight stack upgradeable to 200lbs. The weight stack to user weight ratio is 4:1 providing up to a total of 37.5 lbs of resistance allows for extremely smooth action. 2.5lb increment weight increases and greater range of motion. *(50lb upgrade shown in gray)*

**Train Your Way**

Independent, counter-balanced adjustable cable column pulleys with 32 height positions that rotate with your movements allowing you to train from every angle and any height. Unlike other functional trainers, our CFT has a 4:1 weight ratio which allows for speed and HIIT training. For more resistance, connect both cables together with the included chains for up to 75lbs of resistance. *(100lbs with the add-on weight)*
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FEATURES

- Compact, can be placed in any corner of the room or up to a wall.
- The dual pulleys move up and down on a counter-balanced system and are positioned in a wide format.
- Accessories included: Workout poster, 2 D-handles, 2 chains, and an ankle cuff are included.
- 4:1 cable ratio for smooth action and greater range of motion. Makes this machine ideal for speed training.
- Connect both pulleys with the included chains for a 2:1 cable ratio.
- Independent, counter-balanced adjustable cable column pulleys with 32 laser-etched height positions that rotate allowing you to train from every angle and any height.
- 150lb weight stack upgradeable to 200lbs.

SPECs

- FRAME: Heavy gauge oval steel tubing.
- FINISH: Tough diamond gray and textured black powder coated finish evenly coats all surfaces for a long-lasting finish.
- PULLEYS: 3.5” diameter fiberglass impregnated nylon pulleys with sealed ball bearings.
- CABLES: The most flexible nylon coated, 7 x 19 strand aircraft cable rated over 2000 lbs. Tensile strength.
- WEIGHT STACK: 150lb weight stack upgradeable to 200lbs. Weight stack to user weight ratio is 4:1.
- GUIDE RODS: Chrome plated 1” diameter tubular steel.
- DIMENSION: 39.5” L x 49.5” W x 62.5” H.
- WEIGHT: (Assembled) 284lb (334lbs with 200lb stack).

WARRANTY

- RESIDENTIAL: Lifetime Frame / 10 Years Parts / 2 Years Labor.
- COMMERCIAL: 10 Year Frame / 2 Years Parts / 1 Year Labor.

BODYCRAFT is a division of Recreational Supply Inc. 7499 Green Meadows Dr. Lewis Center, OH 43035 Phone 800-990-5556 Fax 740-965-2449 www.bodycraft.com

*We reserve the right to make improvements or changes at any time.